

## **GCSE Biology – Molecules of Life - Transcript**

Pasta, eggs and olive oil. It's not just the start of a recipe, they also contain substances that are vital for all living things on our planet.

These are called the molecules of life. The food we eat provides three of these: Carbohydrates, proteins and lipids such as fats or oils.

Inside the body these large molecules from food are broken down during digestion into small nutrient molecules that can be absorbed into the Bloodstream.

Once they're inside our cells they're reassembled into new molecules our bodies can use for energy, growth, and repair.

Carbohydrates come from starchy foods like potatoes, bread and pasta and sweet foods like fruit and chocolate.

They are made of sugars like glucose. And Glucose is our main source of energy, fuelling everything from muscle movement to brain activity.

Proteins are in foods like meat, eggs, cheese and beans. They are made of amino acids. They help tissues grow and repair tissues and make molecules like enzymes.

Lipids, such as fats and oils, are found in butter and margarine, meat, plant oils, oily fish, nuts and seeds. They are made of fatty acids and Glycerol.

They're a long term energy store, they insulate the body and are essential within the cell membrane.

Carbs, proteins and lipids are broken down, absorbed and rebuilt to keep us alive and full of energy.

They give us the molecules of life.