

# Chemistry, food & health



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# Connection between chemistry & life

Every human on our planet is surrounded by chemical compounds. Every matter in the world consists of molecules, and chemistry is one of natural sciences that helps people not only studying the Galaxy but also improving quality of life. It applies even our health and food. The more we know about biochemical processes, the better our health is.



# Main unnecessary biological polymers & compounds

- Proteins
- Fats
- Carbohydrates
- Vitamins

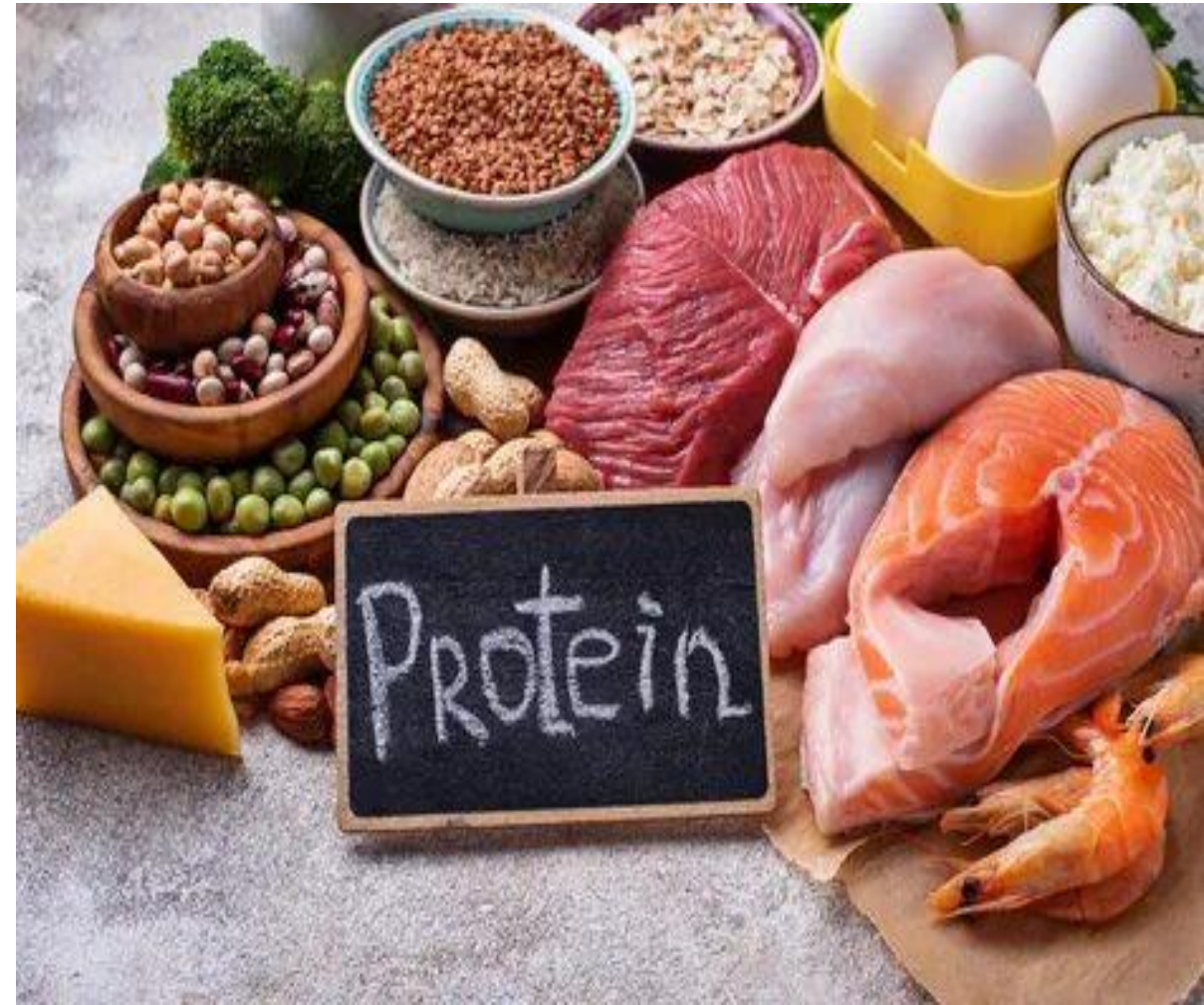


# Proteins

Their monomers are amino acids which are connected by forming peptide (amid) bond.

## Functions of proteins:

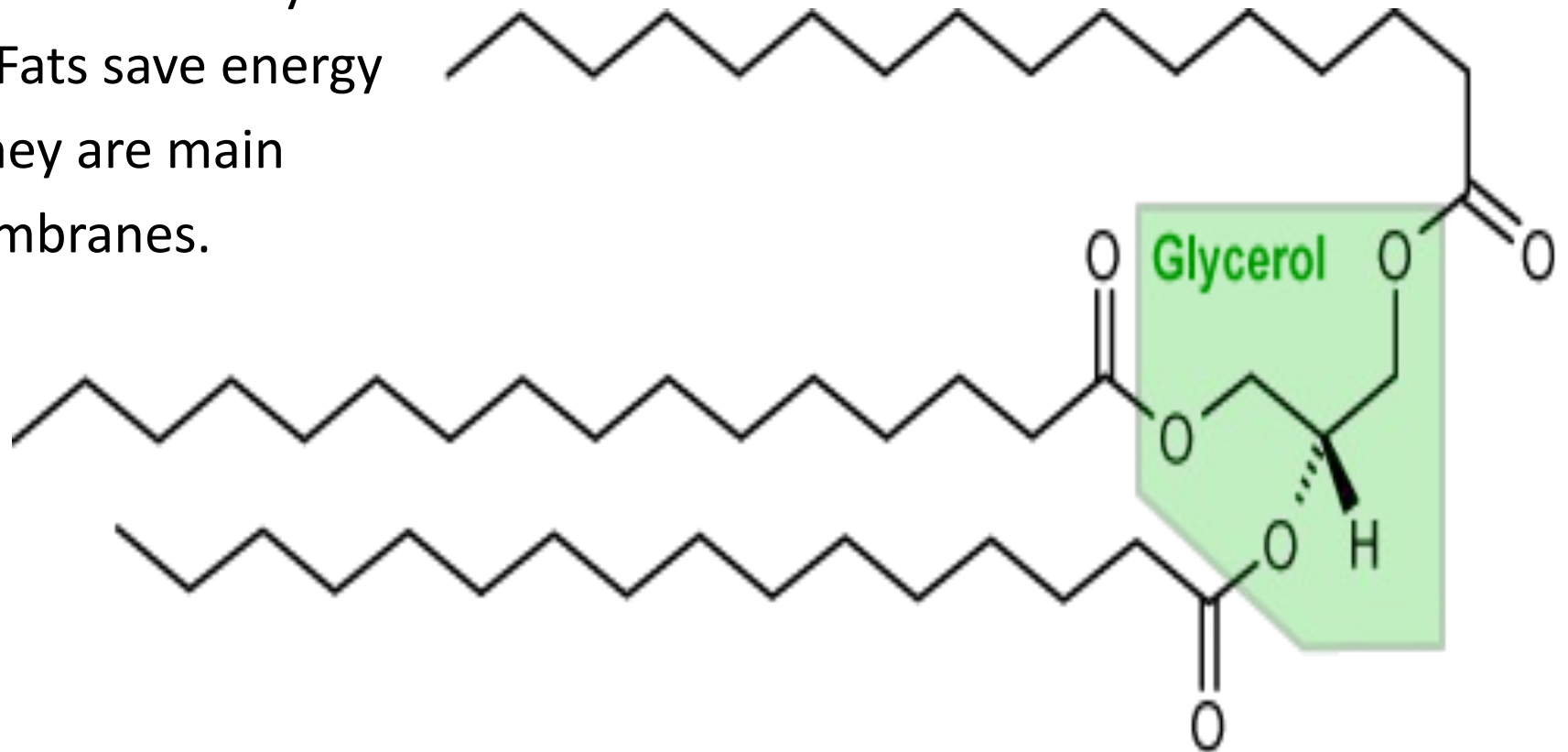
- structural;
- storage;
- transport;
- hormonal;
- receptor;
- defensive;
- enzymatic.



# Fats

They are products of esterification between glycerin & carboxylic acids.

Their main functions in human body are energetic & structural. Fats save energy inside fat cells & also they are main components of cell membranes.



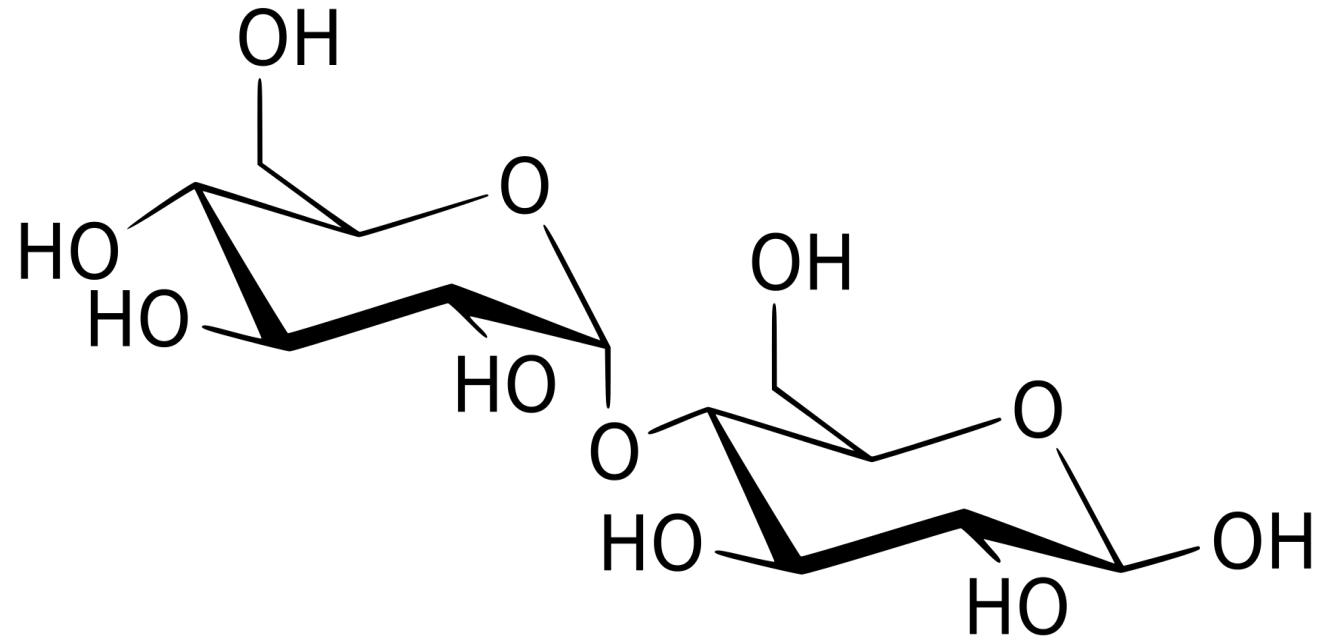






# Carbohydrates

Polysaccharides consist of monosaccharides. They are molecules where almost every carbon atom has forms chemical bond with hydroxyl group & also there is one carbonyl group. Main carbohydrates functions are structural, defensive, plastic, energetic & storage.



# Vitamins

A vitamin is an organic molecule (or a set of molecules closely related chemically, i.e. vitamers) that is an essential micronutrient which an organism needs in small quantities for the proper functioning of its metabolism. Essential nutrients cannot be synthesized in the organism, either at all or not in sufficient quantities, and therefore must be obtained through the diet.





# Hygiene, care & beauty

Our health is not only food. It is important to follow the hygiene to stay more healthy for a long time. Many people would like to look pretty & well-groomed. All of these problems are solved by chemistry.



# Drugs





# Stay healthy!

## Healthy Living Habits



ACTIVE LIFESTYLE



REGULAR MEASUREMENT



FITNESS & EXERCISES



HEALTHY FOOD



MEDICAL TEST

