

Lipids

- includes fats, oils, cholesterol, phospholipids
- nonpolar: do not have a charge (electrons are shared evenly)
  - won't dissolve in  $H_2O$

Fats + Oils

- store large amounts of energy
- animal fats = meat, butter (solid)
- plant fats = oil (liquid)
- similar structure
  - triglyceride (fatty acids)
    - glycerol molecule
    - 3 fatty<sup>acid</sup> chains (tails)

Types

1. saturated fat
  - single bonds between C atoms
  - $C-C-C-C$
  - max. # of H atoms
  - animal fats
2. unsaturated fat
  - at least 1 double bond between C
  - $C=C$
  - plant fats

Cholesterol

- structure: rings
- found in cell membrane
- make steroid hormones
  - ex: testosterone, estrogen

Phospholipid

- Structure
  - phosphate group
  - glycerol molecule
  - 2 fatty chains (tails)
- make up cell membrane