Bio 3

09/20/11

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**OT: EXAM THURSDAY!**

-you can arrive ten minutes early if you arrived to class early

-need 2 sharpened pencils, good eraser, scantron (886 or 886E)

-if the machine grades an erased answer wrong, you get marked down for it

-cheap calculator needed!

-cannot use phone/pda

-need regular sheet of notebook paper

-42 multi questions, 3 short-answer/math (show work on scantron!), 3 essay q's (make sure you

answer the question asked)

-25% only from lecture, 25% only from book, 50% covered in both material

-you get exam only once you are seated and have all the correct things out/put away

-then you raise hand for the professor to give you the exam

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**Mythsmasher**

(wives tale debunker, Urban Legend Demystifyer, Advertising claim examiner)

**Wives Tale #1:**

Giving kids sugar makes them hyper and behaviorally challenged!

**Response:**

-all of the food you eat is broken down into 1 of 4 kinds of macromolecules

-DNA and Proteins are building blocks, broken and reused

-other two FAT and SUGAR are energy molecules

(carbohydrates = starch = big sheet of sugar)

**We know:**

-sugar is the source of energy for cell function

-fats/carbs are turned into sugar and used

-leftover blood sugar is rebuilt into fats/starch and stored

**Therefore:**

-if eating sugar, should amp energy and activity?

-same if you eat fats/carbs?

-yes, it is transformed into blood sugar, energy

**Why?**

-after people eat, including sugar, why do you feel sleepy?

-**sugar is a sedative**

-bc: 2 reasons

1. sugar levels in blood are controlled tightly

-drop in blood sugar triggers conversions

-low blood sugar = hunger

2. evolution!

-animals who are full take a nap

-animals who are hungry are awake/looking for food

**So now we know:**

-eating lots of sugar does NOT make you hyper

-makes you sleepy!

-so why kids so energetic?

-evolution:

1. self-fulfilling prophecy: tell kids they get hyperactive w/sugar, then they think they get hyper

2. they need to acquire knowledge/skills, thus need energy to explore/learn

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Lab today:

-may attend lab at any time, you can appear to get help for exam

-don't have to come to lab if you don't need help

-can also come to Labs on Wednesday 1pm to 5pm, same room

-or in office