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