

Essential Chemistry

1. Introduction (Page 93-94)

Periodic Table

- Well Represented
- Moderately Represented
- In Trace Amounts
- No Present or of no nutritional value

1 H																	2 He									
3 Li	4 Be											5 B	6 C	7 N	8 O	9 F	10 Ne									
11 Na	12 Mg											13 Al	14 Si	15 P	16 S	17 Cl	18 Ar									
19 K	20 Ca	21 Sc	22 Ti	23 V	24 Cr	25 Mn	26 Fe	27 Co	28 Ni	29 Cu	30 Zn	31 Ga	32 Ge	33 As	34 Se	35 Br	36 Kr									
37 Rb	38 Sr	39 Y	40 Zr	41 Nb	42 Mo	43 Tc	44 Ru	45 Rh	46 Pd	47 Ag	48 Cd	49 In	50 Sn	51 Sb	52 Te	53 I	54 Xe									
55 Cs	56 Ba											57 Hf	58 Ta	59 W	60 Re	61 Os	62 Ir	63 Pt	64 Au	65 Hg	66 Tl	67 Pb	68 Bi	69 Po	70 At	71 Rn
87 Fr	88 Ra																									

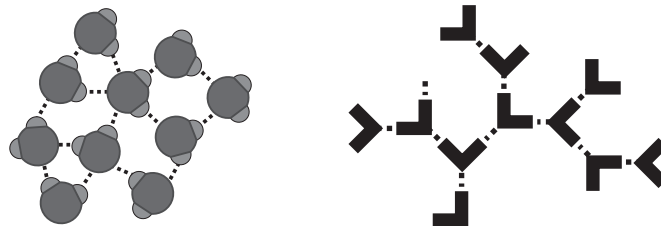
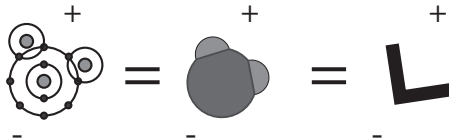
A. Atoms

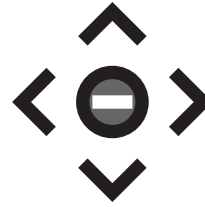
B. Molecules

- Importance of Charge

C. Water

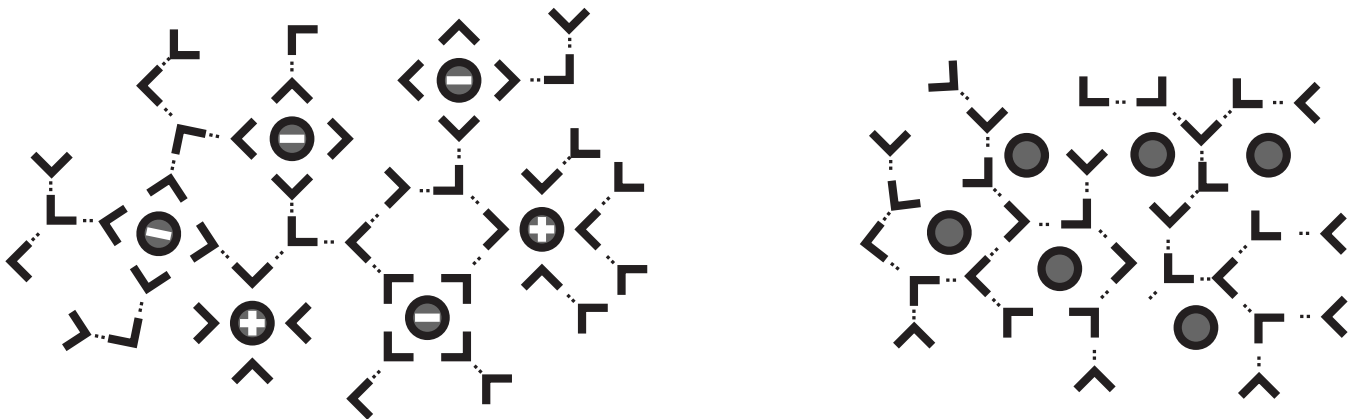
i. Polar





3. Solutions vs Suspensions (Page 94-95)

A. Arrangements



B. Physiological Significance

i. Blood and Transport Issues

4. Acids and Bases (Page 96-97)

A. Water and its Ions



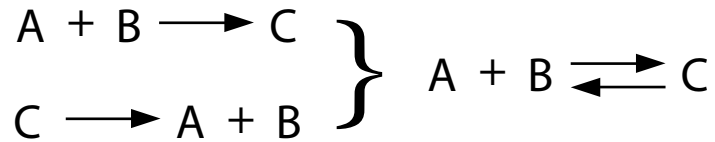
B. Significance of H^+ and OH^-

C. Measurement of H^+ and OH^- and the pH Scale

i. Pull out handout on Acids and Bases

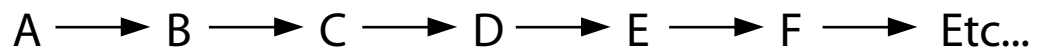
4. Chemical Reactions (Page 97)

A. Reversible



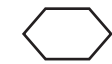
B. Metabolism

i. Metabolic Pathways



ii. Enzymes

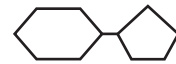
a. Consider Sucrose



Glucose



Fructose

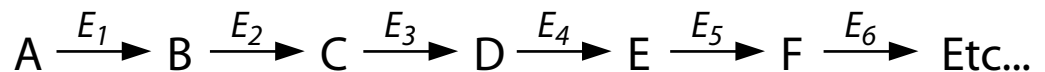


Sucrose

b. Enzymes and their functions

- Pull Out Enzyme Handout

iii. Enzymes and Metabolism



5. Proteins (Pull out Handout on Proteins)

6. Lipids (Pull out Handout on Lipids)

