

1.5 Lipids

Name: _____ Class: _____ Date: _____ **Total: 11 marks**

KEY WORDS phospholipid 磷脂 • hydrophobic 疏水 • polar 极性 • lipids 脂质
• carbohydrates 碳水化合物

Objective

Build the skills to answer exam questions on **lipids**.

You must be able to:

- describe lipids as **nonpolar** and **hydrophobic** 疏水
- describe a **phospholipid** 磷脂 (polar head, nonpolar tails)
- link phospholipid structure to the cell membrane

1 Worked examples

Study these first. Each one shows the method for a question type used later — follow the steps and you can do the Practice and Exam-style questions yourself.

■ Lipids are hydrophobic

Lipids are mostly nonpolar, so they do **not** mix with water (**hydrophobic**). They include fats (energy storage), phospholipids (membranes), and steroids.

■ Fats store energy

Fats (triglycerides) pack a lot of energy per gram — more than carbohydrates — making them efficient long-term energy stores.

■ Phospholipids build membranes

A **phospholipid** has a **polar (hydrophilic) head** and two **nonpolar (hydrophobic) tails**. This dual nature is the key to the membrane.

■ The bilayer

In water, phospholipids arrange into a **bilayer**: heads face the water on both sides, tails hide inside, away from water. This forms the basic structure of the cell membrane.

2 Practice

Now apply the methods above.

2.1 Do lipids mix with water? Give the term. [1]

2.2 Describe the two parts of a phospholipid. [2]

2.3 Which lipid stores energy efficiently? [1]

3 Exam-style questions

3.1 A phospholipid has a polar head and [1]

A	B
C	D

- A** a polar tail
B two nonpolar tails
C no tail
D a charged tail

3.2 Phospholipids form a bilayer in water.

(a) Describe how the heads and tails are arranged in the bilayer. [2]

(b) Explain why this arrangement forms spontaneously in water. [2]

3.3 Explain why fats are better than carbohydrates for long-term energy storage. [2]