

MONOSACCHARIDE

Meaning: A monosaccharide is the most basic type of carbohydrate, made up of a single sugar molecule.

1. A monosaccharide is the simplest form of carbohydrates, consisting of a single sugar molecule.
2. Glucose and fructose are common examples of monosaccharides found in various fruits.
3. In biochemistry, monosaccharides serve as the building blocks for more complex carbohydrates.
4. During digestion, polysaccharides are broken down into monosaccharides for absorption into the bloodstream.
5. Monosaccharides are essential for cellular respiration, providing energy to living organisms.

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