**STATION 1: WATCH IT!**

Go to <https://www.youtube.com/watch?v=x1-m71WRBD8> - watch the video (4 Primary Functions of Protein in the Body) and answer the questions below.

1. What are the building blocks (monomers) of proteins? What is the name of the bonds that join these monomers together?
2. What is the first function of proteins discussed? What are two examples of proteins that provide this function in the body?
3. What is the second function of proteins in the video?
4. What is the function of enzymes?
5. What is the function of hormones? What is an example of a hormone in our bodies and what is its purpose?
6. What is the third function of proteins discussed in the video?
7. What is the purpose of hemoglobin?
8. What is the fourth function of proteins listed in the video?