* Isotopes are when atoms are the same atomic number, but different atomic mass. (for carbon, the isotope changes when there are more neutrons)
  + Carbon-12
    - 6 Protons + 6 neutrons = 12 (atomic mass
  + Carbon-13
    - 6 protons + 7 neutrons = 13 (atomic mass)
* Atoms are bound together in different ways
  + Covalent bonds (strong)
    - When atoms share electrons
  + Ionic bonds (strong)
    - One transfers an electron to another (can break down relative easily)
  + Hydrogen bonds (weak)
    - Formed from the attraction between a hydrogen atom and another atom with a slight negative charge
* PH Scale
  + Acids are low PH
    - Vinegar is an acid
    - acids can donate protons to other chemicals
  + Bases are high PH
    - Baking soda is a base
    - Bases bind with free protons
  + Water is a PH of 7.0
  + Blood should be a PH of 7.2
* Glucose is primary energy to us.
  + not needed it’s stored as glycogen and fat.
  + Chitin and cellulose can’t be digested by most animals (cellulose is wood, chitin is bug exoskeleton)
  + Fiber aids in digestion and has health benefits.
* LIPIDS
  + Energy storage
  + Element of cell walls