

FOOD FUEL

b) Does the energy **input** from the food you have selected balance the energy **output** from the activities?

Tick the box that agrees with your energy difference:

Energy input greater is greater than energy output

Energy input is balanced (*or nearly balanced*)

Energy output is greater than input

c) Explain what would happen to your body if:

Your energy input is greater than your energy output?

Your energy input and output are balanced?

Your energy output is greater than your energy input?

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5. **Exercise 1** and **2** model the way in which our bodies use energy.

Can you suggest some ways in which the model could be made more accurate?

e.g. Portion of food might be larger or smaller depending on the person

i _____

ii _____

iii _____

6. Why does your body still use energy when you are asleep?

7. **Respiration**

- Food is used to provide energy for all the cells in our body
- Cells use **glucose** from food and release the energy in a reaction called respiration.
- This reaction also uses **oxygen**, and produces **carbon dioxide** and **water**.

Complete the word equation below, using the words in bold above.

Glucose + _____ → _____ + _____ + **ENERGY**