

# Physiological Aspects

Levels: 2 and 3

**Subject:** Eating, as a source of energy

TEACHER

STUDENTS



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Our body is made up of millions of tiny little "things" we call cells. They're a bit like bricks; the bricks our bodies are made of. Some cells are in charge of forming our bones... Others form the eyes... Others the heart... Others the skin...!

In order to work properly cells need energy, which we get from the food we eat.

As you know, food contains many elements that help us stay strong and healthy.

**Carbohydrates** are one such element; they're what provide us with the energy we need to do things.



In our stomach, the things we eat and drink are transformed so that our body can make better use of them. This transformation process we call **digestion**.

During digestion, carbohydrates turn into **glucose**, which is like the gasoline our body needs, in order to work properly.

Once the **stomach** has gone about transforming the food into glucose, the blood carries the glucose to every cell in the body.

