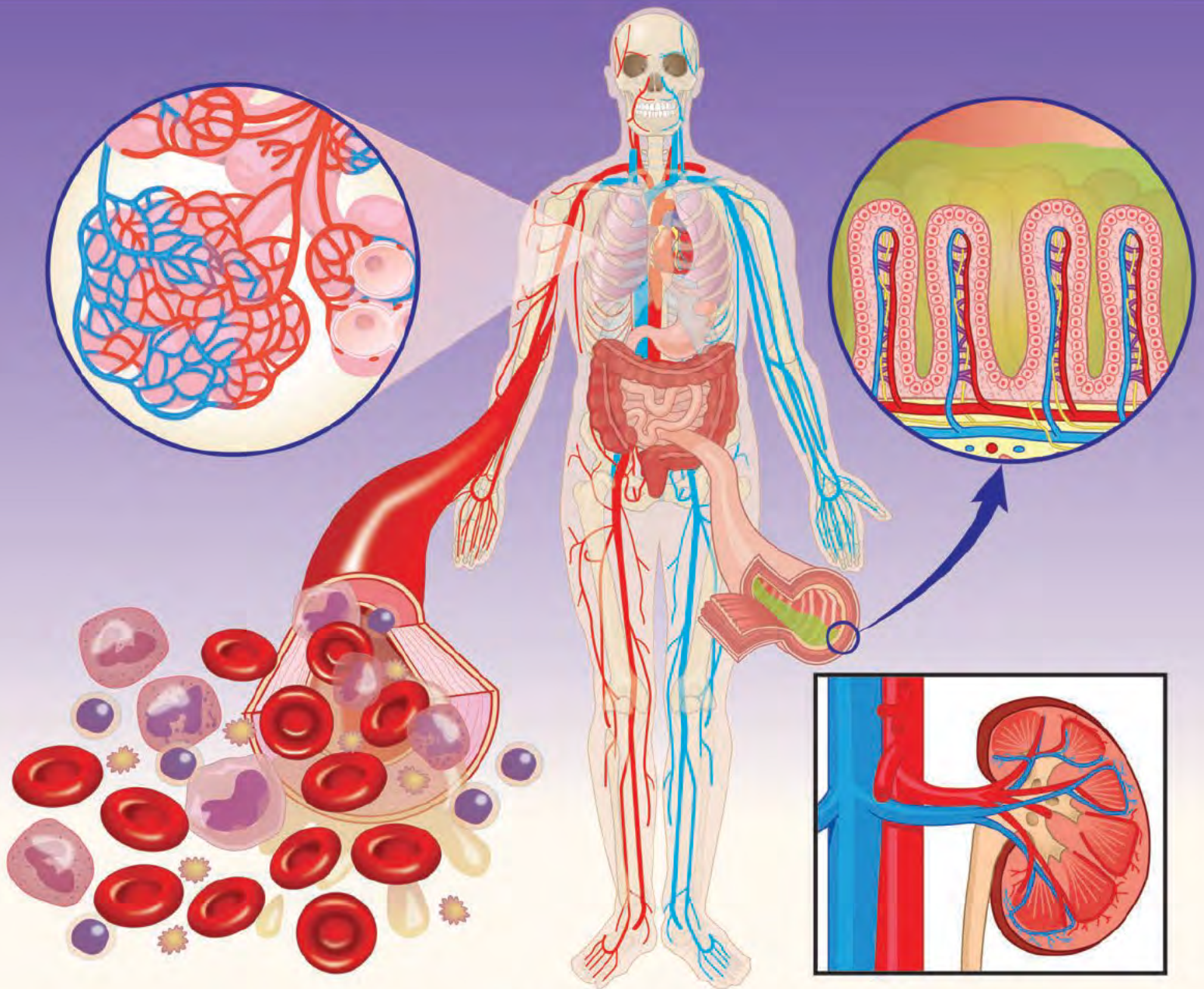


HUMAN BODY II: Providing Fuel & Transportation *Learning Guide*



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Phone: 800-507-0966

Fax: 800-507-0967

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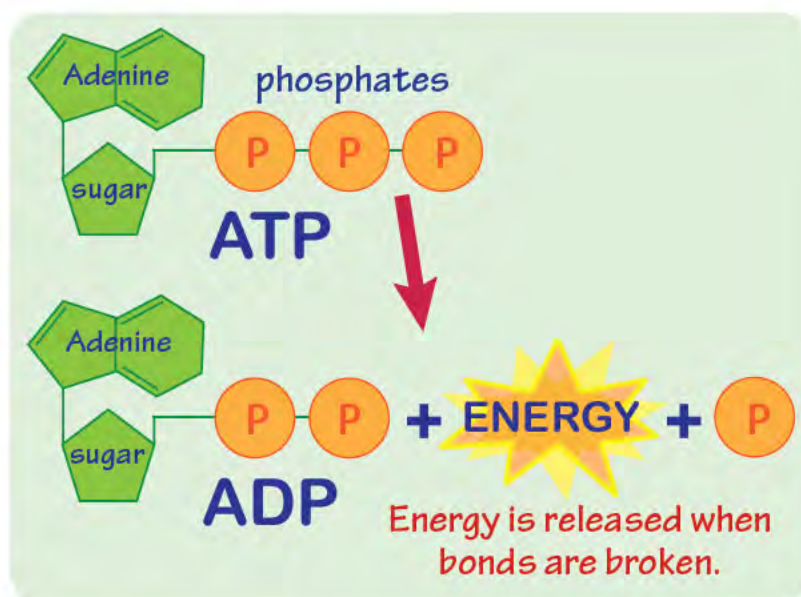
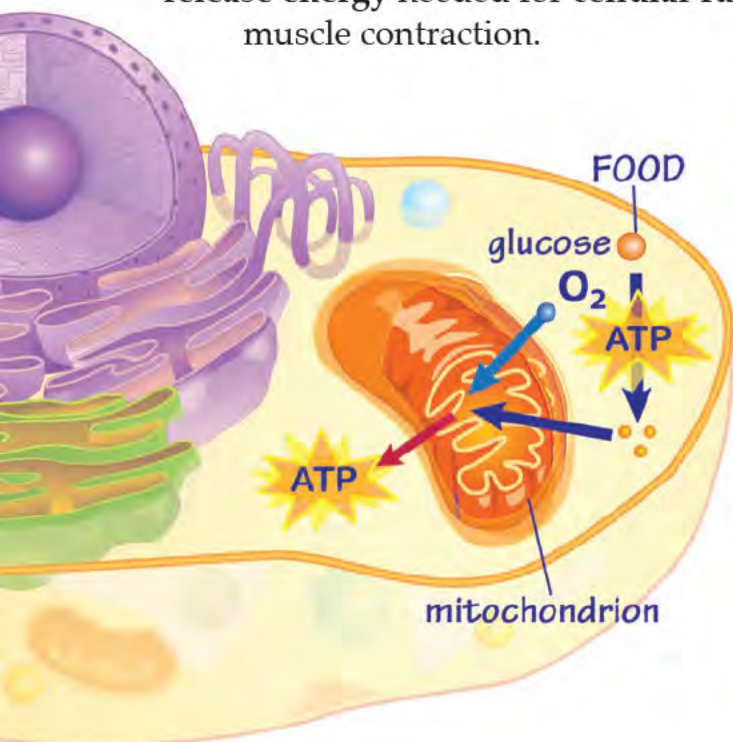
ISBN 978-1-63212-076-2

Printed in the United States of America.

FOOD AND NUTRIENTS

Food and Cellular Energy

Your body relies on what you eat and drink to **maintain healthy tissues** and to generate the **energy** used by cells. That **energy** is in the form of **ATP** (adenosine triphosphate), a molecule that contains **high energy bonds**. When those bonds are chemically **broken**, they **release energy** needed for **cellular functions**, such as muscle contraction.



Not all foods can generate the same amount of energy in our bodies. We measure the energy value of food in **calories**.



Nutrients

Food contains different kinds of **nutrients**, which are substances that help maintain the body. There are **six categories** of nutrients: **carbohydrates**, **fats**, **proteins**, **vitamins**, **minerals** and **water**.

