

Name _____

Energizing Our Bodies: How Food Becomes Energy

Open-Ended Response Questions

1. Describe the process of digestion and its role in turning food into energy.
2. Compare and contrast the roles of glucose and fats in providing energy to our cells.
3. Explain why ATP is considered the "energy currency" of our cells and how it is replenished.
4. Discuss the importance of balanced nutrition in ensuring our body has a sufficient supply of nutrients for energy production.

