

Food is Our Fuel

Cross-Curricular Focus: Life Science



Everything that is alive needs energy. All animals, including people, get the energy they need from **food**. If you think about the human body as an amazing machine that can do all kinds of wonderful things for us, think of food as the **fuel** that helps keep it running.

Plants use sunlight to make their own food. Animals are not able to do that. Some animals eat plants. Some animals eat other animals. Some animals, like people, eat both plants and animals.

Since plants make their own food using sunlight, the sun's energy is found in plants. When we eat plants, like fruits and vegetables, we get more of the sun's energy than when we eat animals. Energy is very strong in the sun. It loses a lot of its strength by the time it goes into a plant. By the time an animal eats a plant, the energy is even less strong. The animal has also used energy to find the plant to eat. When a second animal eats the first animal, it gets even less energy than the first animal got. The second animal has had to find and chase down the first animal, and so it has also used up a lot of energy to get more.

Name: _____

Answer the following questions based on the reading passage. Don't forget to go back to the passage whenever necessary to find or confirm your answers.

1) Where do all animals get their energy? _____

2) Where do plants get their energy?

3) If our bodies are amazing machines, then food is our _____

4) Why do we get more energy from eating vegetables than we get from eating meat? _____

5) If a third animal eats the second animal, will it get more or less energy?

