**Unit 6: Energy**

* Protein: found in living things for growth and repair (cells, organelles, tissues). Made of amino acids and found in meats, eggs, fish etc.
* Starch: Type of carbohydrates! Made up of chains of sugar molecules.
* Lipids: energy rich compound such as fats, oils, and waxes made of carbon, hydrogen, and oxygen. Insulates the body and cushions organs. Great source of stored energy.
* energy: the strength and vitality required for sustained physical or mental activity
* calories: Units to measure food energy.
* Cellular Respiration: the process in which cells obtain energy from glucose
* Basal Metabolic Rate: the amount of energy required to maintain minimum life functions while at rest. How many calories you body will burn on you stay in bed all day.
* Carbohydrates: Main source of energy. Make up cell walls in plants and sugars and starches come from plants. Found in pasta, bread, potatoes.
* Photosynthesis: plants take in energy from the sun and then use it to turn CO2 and H2O into sugars or glucose (good) and O2
* Stomata:organs in plants with which they breath in carbon dioxide and let out oxygen.
* Organelles: Part of a cell with specific function like a little cell organ
* Mitochondria: Powerhouse of the cell. Converts food into energy
* Chloroplasts: Found in plant cells. Turn sunlight into food.
* glucose C6H12O6: The food plants create using the process of photosynthesis