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Topic: Metabolism Worksheet

Summary: Students review the types of food they eat and what is metabolism.

Goals & Objectives: Students will be able to use key vocabulary in understanding how the food they eat becomes part of their body and supplies them energy.

Time Length: 10 minutes

NGSS Standards: *HS-LS1-6.* Construct and revise an explanation based on evidence for how carbon, hydrogen, and oxygen from sugar molecules may combine with other elements to form amino acids and/or other large carbon-based molecules.

Materials:
Class notes or textbook or online textbook:

- https://flexbooks.ck12.org/cbook/ck-12-biology-flexbook-2.0/section/1.9/primary/lesson/significance-of-carbon-bio/
- https://flexbooks.ck12.org/cbook/ck-12-biology-flexbook-2.0/section/1.16/primary/lesson/types-of-biochemical-reactions-bio/
- https://flexbooks.ck12.org/cbook/ck-12-biology-flexbook-2.0/section/13.35/primary/lesson/digestion-bio/

Prerequisite Knowledge: None.

Procedures:
1. Give the students their lecture notes.
2. Tell the students which section they are to use in the textbook. Students are then going to read the section and answer the questions on the worksheet using their notes and the textbook.

Accommodations: Students with an IEP can take the handout home if they need extra time.

Editable DOCX File and Answer Key:
Available at www.ngsslifescience.com

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Name: _____ Row: _____

Date:_____ Period:_____

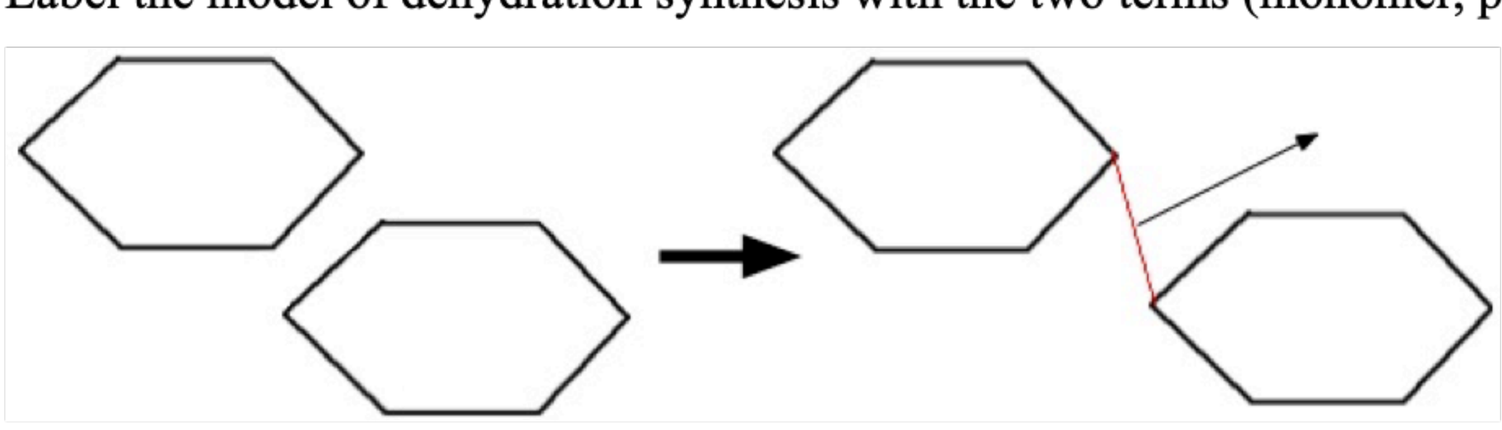
Metabolism Worksheet

Word Bank:

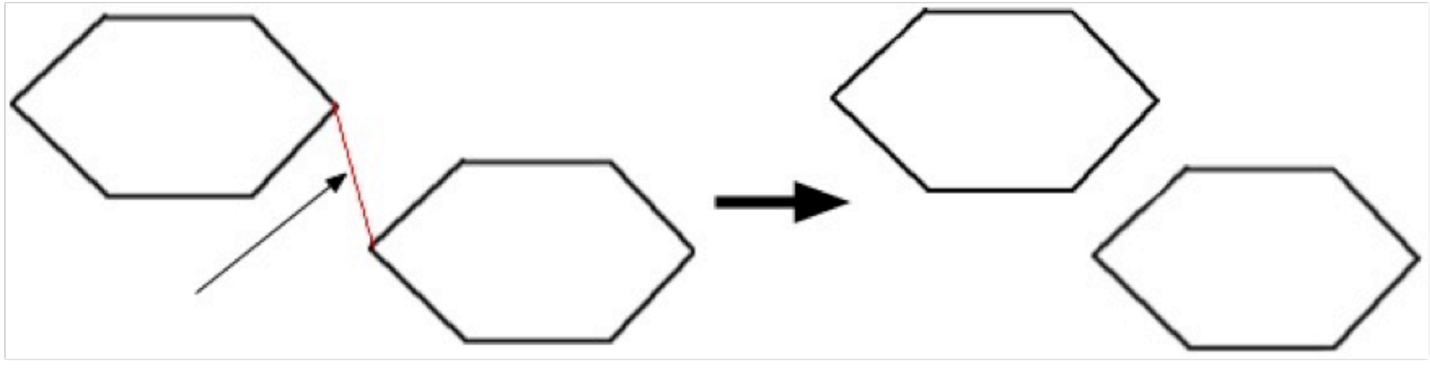
Nucleic Acid	Nutrients	Lipid
Monomers	Carbohydrate	Biomolecules
Glucose	Amino Acids	Protein
Energy	Small Intestines	Digestion

Fill in the blanks using the words above. Each word is used only once.

1. The process of breaking down food is called _____.
2. Once your food is broken down into smaller _____, your _____ puts it into the bloodstream.
3. Once the monomers are circulating in the bloodstream, they can be brought into cells to be used either for _____ or to build larger _____.
4. When you eat proteins, your digestive system breaks down the protein into the _____ monomers.
5. When you eat carbohydrates, your digestive system breaks down the carbohydrate into the _____ monomers.
6. Metabolism is the process of how _____ from your digestive system are used by your body.
7. When you eat an apple (any whole food), what four things are you eating? _____ _____ _____ _____
8. Label the model of dehydration synthesis with the two terms (monomer, polymer)



9. Label the model of digestion *(hydrolysis)* with the two terms (monomer, polymer)



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