NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 

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| **3.1: Review Sheet** |

3.1.a. What are the resources the human body needs to survive?

|  |  |  |
| --- | --- | --- |
| Name of resource  How long can you survive without it? | Name of resource  How long can you survive without it? | Name of resource  How long can you survive without it? |
| Includes macromolecules (lipids, carbs, and proteins) as well as minerals and vitamins. | Taken in through both food and drink (55% of the body is made of this resource). | Air around us is about 20% of this gas necessary for human survival. |
|  | http://www.pictureanatomy.com/wp-content/uploads/2013/12/picture-of-water-and-the-human-body-bodies1.jpg |  |

3.1.b. What role does food play in the human body?

|  |  |
| --- | --- |
| Carbohydrates |  |
| Lipids |  |
| Proteins |  |

3.1.c. What role does water play in the human body?

|  |  |
| --- | --- |
|  | http://www.mangosteen-natural-remedies.com/images/functions-of-water-in-the-body.jpg |

3.1.d. What role does oxygen play in the human body?

|  |  |
| --- | --- |
| http://mrhartansscienceclass.pbworks.com/f/1327587937/09-16-CellRespirReview-L.gif | Oxygen allows humans to metabolize fuel (food) creating energy in the form of \_\_\_\_\_\_\_\_\_\_. Every cell in the human body needs oxygen to survive. Cells turn \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ into energy within mitochondria. Without oxygen we can’t process food or make energy. |

3.1.e. What human body systems work to create, process, or distribute the body’s main power sources?

|  |  |  |
| --- | --- | --- |
| Food | Water | Oxygen |
| Nutrients are broken down by the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ system and transported throughout the body by the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ system. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is also involved by providing key hormones responsible for the digestion and maintenance of blood-sugar levels. | Taken in through the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ system and transported throughout the body by the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ system. Wastes are removed by the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ system to maintain homeostasis of fluid levels. | Taken in through the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ system and transported throughout the body by the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ system. |
|  | http://upload.wikimedia.org/wikipedia/commons/1/18/Illu_urinary_system.jpg |  |

3.1.f. How do personal factors and environmental factors impact the body’s ability to survive without air, food, or water??

|  |  |
| --- | --- |
| Personal Factors | Environmental Factors |
|  |  |