



During cellular respiration, food and air is changed to energy.

Cellular Respiration: The Energy Factory

Imagine your body is a huge and very busy city. This city is filled with countless buildings. Inside each building is a power plant that keeps everything running smoothly. In your body, these buildings are called cells. This power plant uses a special method called cellular respiration to turn food into energy, which is a key part of your metabolism.

Here's how it works: When you eat, your body breaks down the food into tiny pieces called glucose. This is like the fuel that the power plant needs to make energy. Glucose travels through your blood to every cell in your body.

Inside each cell, there are tiny parts called mitochondria. Think of mitochondria as mini power plants. They take the glucose and mix it with oxygen, which you breathe in from the air. This method is like a magical recipe that creates energy, water, and a gas called carbon dioxide.

The energy made by cellular respiration powers everything you do, running, jumping, thinking, and even sleeping! It's like having a battery inside you that never runs out as long as you eat and breathe.

The water made by this method is used by your body. You breathe out the carbon dioxide. So, every time you take a breath, remember you're helping your tiny power plants make the energy you need to do great things every day.