

Metabolic Maze

Energy comes in when you eat food and flows around your body, changing form as it goes.

Some energy flows out of the body as waste products (wee, poo), which transfers the energy to other living things such as plants and animals (bacteria).

Most of the energy leaves the body in the form of carbon dioxide (CO₂) when you breath out.

INSTRUCTIONS:

Print out this worksheet and use a pencil to track the energy from the mouth, where it comes in as food, around the body to where it flows out as carbon dioxide and waste!

