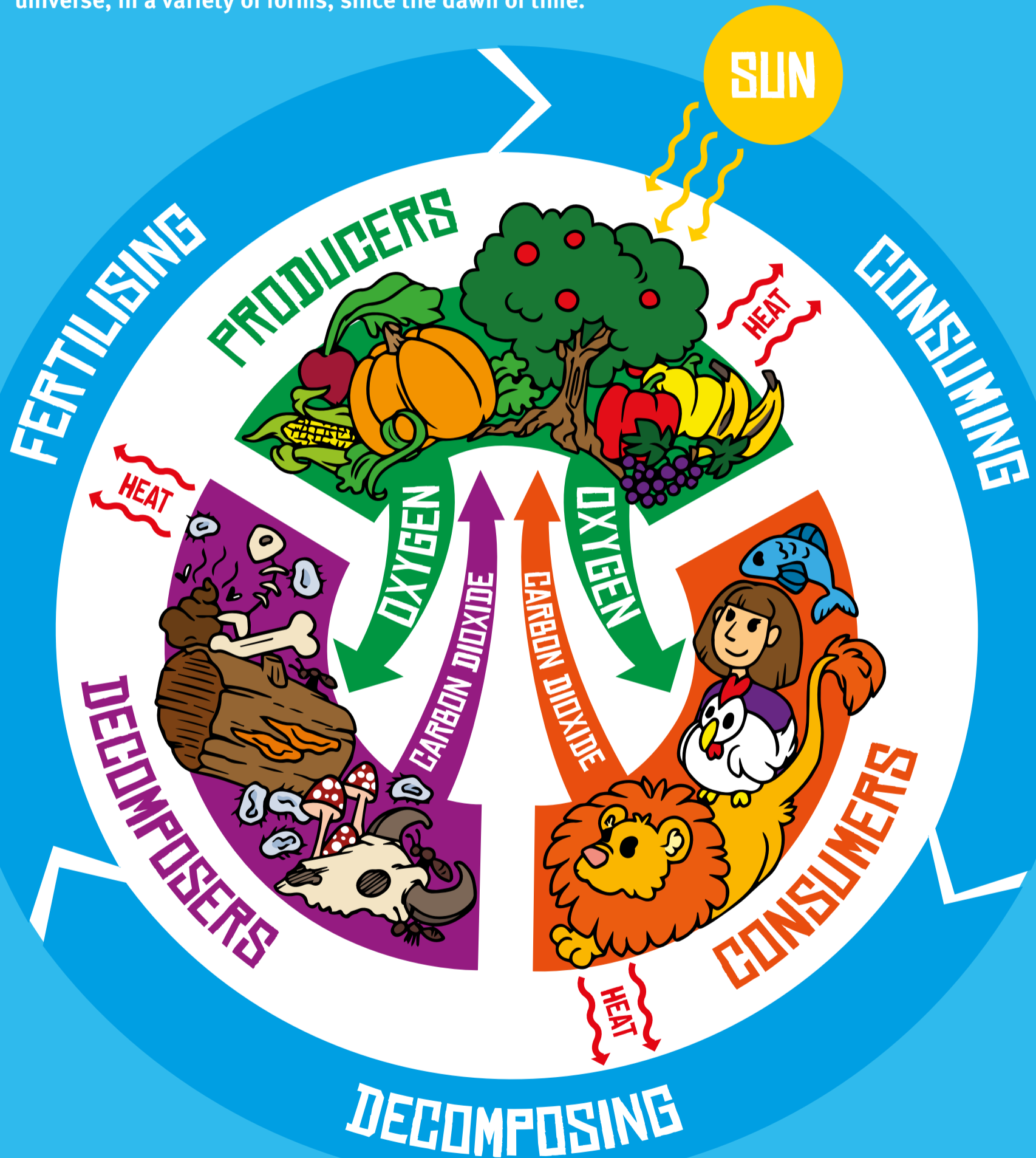


The Energy Cycle

The First Law of Thermodynamics

The amount of energy in a closed system (our entire universe) always stays the same. The energy can change from one form to another, but it cannot be destroyed; and new energy cannot be created.

That means the energy flowing through your body right now has been moving around our universe, in a variety of forms, since the dawn of time.



The energy cycle begins with the sun. Plants use sunlight to transform energy into a form that animals can digest (food) and breath (oxygen). When you eat plants or animals, some of this energy flows into your body to fuel your life processes. Then the energy flows back out and the cycle begins again.

