

Humans need energy

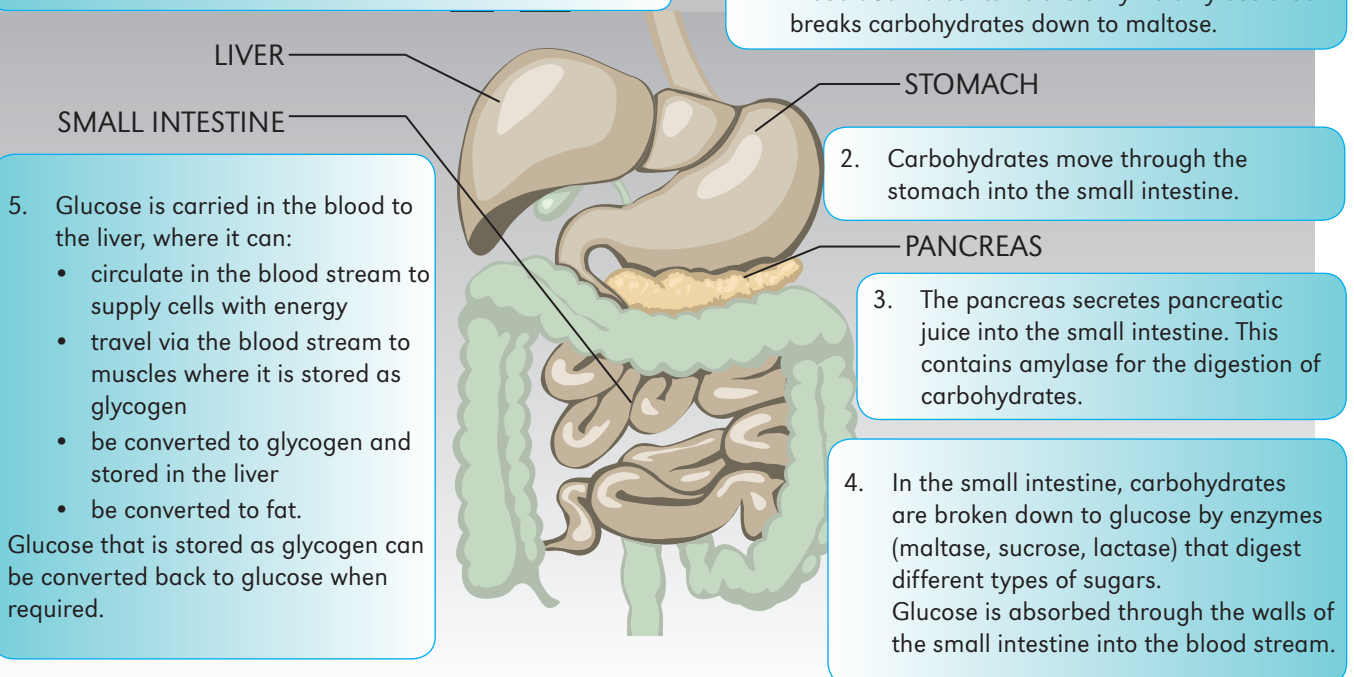
- Humans need a constant source of **GLUCOSE** to provide energy for cells.
- **Carbohydrate**-rich foods, such as whole-grains, vegetables and fruits, are the main source of energy for humans.
- When we eat a meal, carbohydrates are broken down into **glucose**, which is transported in the blood stream to our cells.

How does glucose get from the food we eat into our cells?



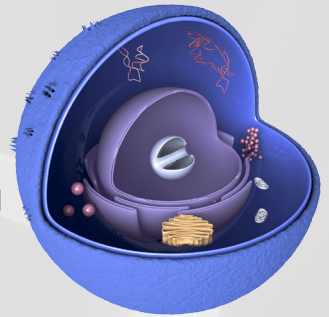
DIGESTION OF CARBOHYDRATES

1. Digestion of complex carbohydrates starts in the mouth. Saliva contains the enzyme amylase that breaks carbohydrates down to maltose.



A constant supply of energy

- Humans need 80 - 90mg of glucose per 100mL of blood to survive.
- After a meal, the level of glucose in the blood rises.
- When we don't eat, the level of glucose in the blood falls.
- The pancreas produces two hormones that work to keep our blood glucose levels steady.



How do blood glucose levels stay steady?

INSTRUCTIONS

Your task is to create a STORYBOARD to explain two ideas to your peers.

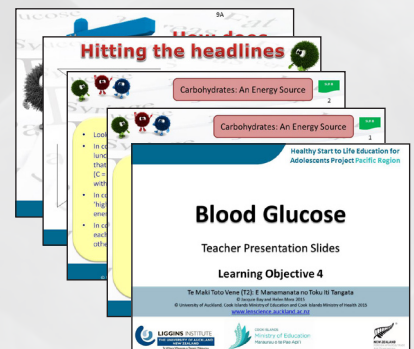
1. How does glucose get from the food we eat into our body cells?
2. How do blood glucose levels stay steady?

Work with a PARTNER

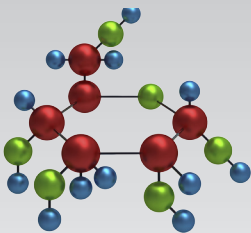
Resources you can use:

- The information on this worksheet
- The student presentation "BLOOD GLUCOSE"
- The KEY WORD list
- The STORYBOARD template.

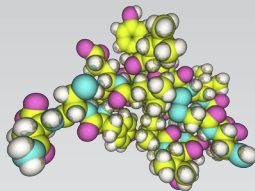
Think about **W's** – **what**, **where**, **when**, **why** and **how**



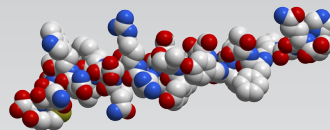
KEY WORD LIST



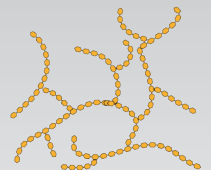
GLUCOSE



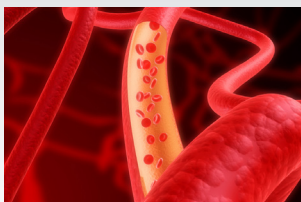
INSULIN



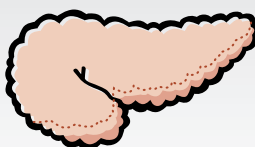
GLUCAGON



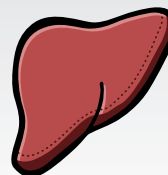
GLYCOGEN



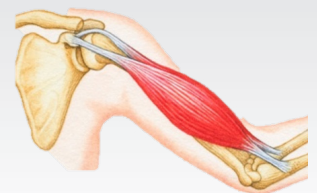
BLOOD



PANCREAS



LIVER

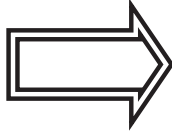


MUSCLE

Storyboard

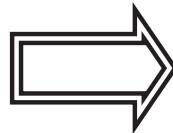
1.

2.



3.

4.



5.

6.

