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| **POWERING THE HUMAN BODY** |
|  | *Resource #1: Oxygen* | *Resource #2: Water* | *Resource #3: Food* |
| Functions | * allows body to metabolize food
* travels to cells
* oxidizes and fuels the body
 | * lubricates joints
* regulates body temperature
* moistens tissues
* protects body organs and tissues
* carries nutrients and oxygen to cells
 | * gives energy to move and stay alive
* builds new cells and tissues for growth
* allows healing
* prevents and fights infection
 |
| Body Systems Involved | * in through respiratory
* cardiovascular distributes to all cells
 | * in through digestive
* cardiovascular distributes to all cells
* urinary filters it through kidneys to remove waste
 | * in through digestive
* cardiovascular distributes to all cells
* endocrine makes insulin, which lets food into cells
 |

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| **POWERING THE HUMAN BODY** |
|  | *Resource #1: Oxygen* | *Resource #2: Water* | *Resource #3: Food* |
| Environmental Factors  | * air pressure in the area
* being underwater or underground
* altitudes
 | * extreme temperatures
* type of terrain
 | * temperature
* if water is available
 |
| Personal/Human Factors | * will power
* being fit or unfit
* asthmatic
* age
 | * food intake
* amount of water stored in the body
* activity level
* age and gender
 | * how much body fat or muscle
* metabolic rate
* amount of energy stored
 |