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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 |