

Name _____ Date _____

Why Do We Need Food?

Worksheet

1. Has anyone ever told you to “eat your vegetables so you can grow big”? Well, they were right! Food gives us the energy we need to breathe, move, sleep, and grow! All food does not give our bodies the same energy. Place a star above each item that has high nutritional value. Take a photo.

2. All living organisms need food to survive. This food supplies our bodies with the energy and nutrients needed to do daily activities.

3. Open your Backpack and add an animal and a food item that the animal would eat to the scene. Take a photo. How would that food help the animal?

4. Now you know that the food we eat provides energy in our bodies. But how does energy get into the food we eat? It starts with producers, which are plants. Place the organisms that are not producers in the trash. Take a photo.

5. Producers create and store their own energy in a process known as photosynthesis. Plants need 3 things to produce glucose, also known as sugar, through photosynthesis. Two of them are carbon dioxide, which is a gas, and water. What else do you think is needed? Open your Backpack and add the model. Take a photo.

6. Consumers get their energy by eating other organisms. Consumers can be placed into three groups based on the food they eat. Some consumers eat plants and are called herbivores. Others eat other consumers and are called carnivores. The third group eats both plants and animals and are called omnivores. Match a food with each of the consumers by adding an arrow connecting the food and the consumer. Take a photo.

7. Match each of the consumers with an item it might eat by moving the models as needed. Place an arrow between each pair of models showing who is consuming whom. Take a photo. Select one of the pairs and explain why the animal is eating that food and what the energy from the food will be used for.

8. If plants did not receive sunlight, would consumers have anything to eat?

9. This model will show the flow of energy. Place each model above or below an arrow to show the order in which the energy flows through them. Take a photo. How did you know the correct order?

10. Open your Backpack. Select and add models to create your own flow of energy. Add text boxes to explain the energy flow. Take a photo.