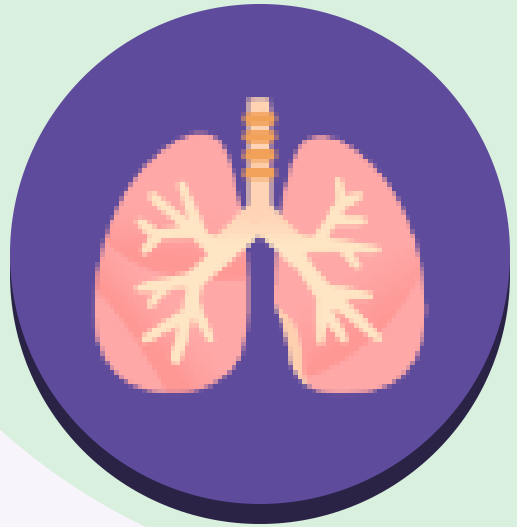
Biology A · Unit 5 · Level 1

Breathing, Exercise & Energy



TODAY'S PLAN

- 🔥 Cells burn food
- 🪙 Energy coins
- 🫁 Breathing
- 🏃 Exercise

Review · 5 minutes

Quick Review



🍞 Carbs turn into **sugar**.

🌀 Sugar goes into the **blood**.

👉 Point: what do cells use for energy? 🍬 or 🪨

Words to Know

Words to Know



Cellular respiration
cells burn food for energy



ATP
energy coins for cells



Oxygen
the air we breathe in



Carbon dioxide
the air we breathe out

Learn

Cells Burn Food



🔥 Cells **burn** sugar for energy.

💨 They need **air** (oxygen) too.

Learn

Energy Coins



🪙 Cells make **energy coins** (ATP).

💪 Cells spend coins to **work**.

🃏 Check 1 of 3



Cells spend energy coins to…

Point to the picture!

😴 Do nothing

💪 Work

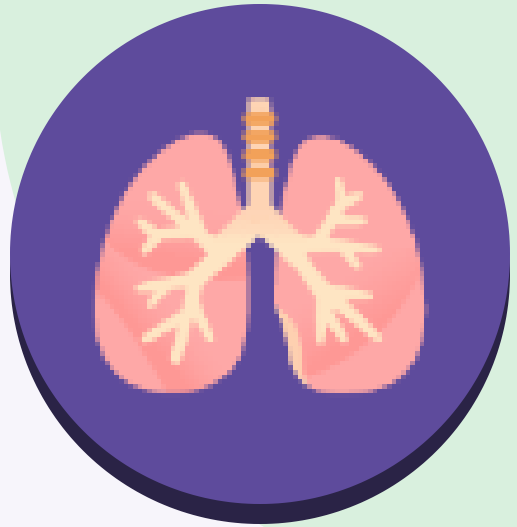


Work

Energy coins (ATP) let cells work.

Compare

Breathe In, Breathe Out



In



💨 Oxygen
🫁 Lungs take it in

Out



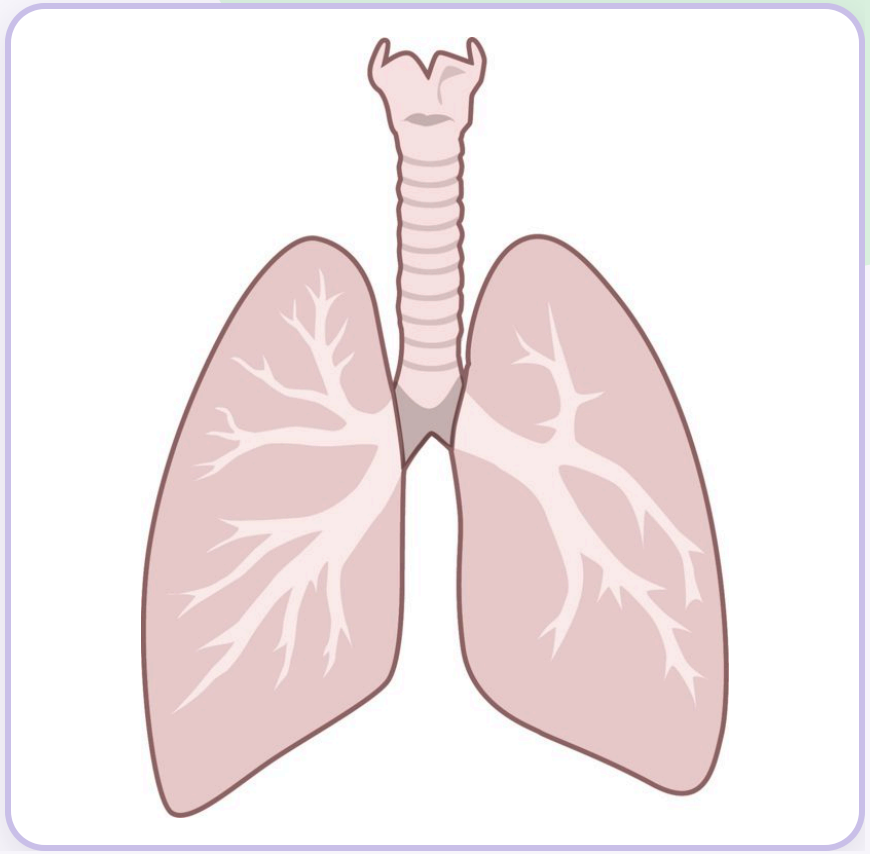
😮‍💨 Carbon dioxide
🔥 Made when cells burn food

Learn

Lungs and Heart

🫁 **Lungs** take in air.

❤️ The **heart** pumps blood to cells.





We breathe OUT…

Point to the picture!

😮‍💨 Carbon dioxide

🍬 Sugar

✅ Answer · Card 2 of 3



Carbon dioxide

We breathe out carbon dioxide.

Learn

Exercise

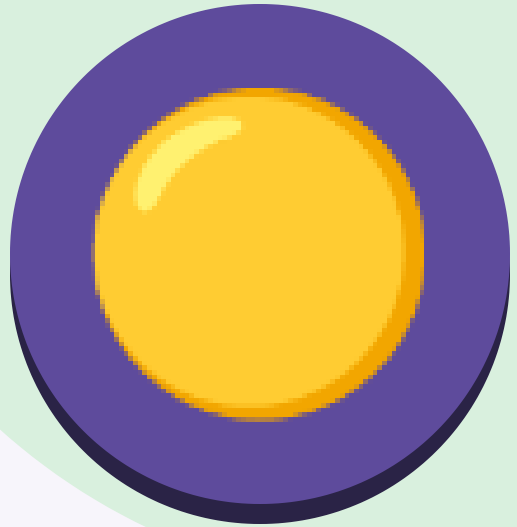
🏃 When I move, cells need **more energy**.

❤️ Heart goes **faster**. 🫁 Breathing goes **faster**.



Learn

Blue Turns Yellow

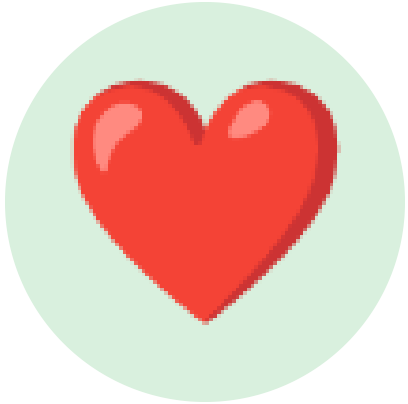


🔵 BTB is **blue**.

😮‍💨 Breathe out into it (staff helps).

🟡 It turns **yellow**: carbon dioxide!

🃏 Check 3 of 3



After exercise my heart…

Point to the picture!

⬆️ Beats faster

⬇️ Stops

✅ Answer · Card 3 of 3

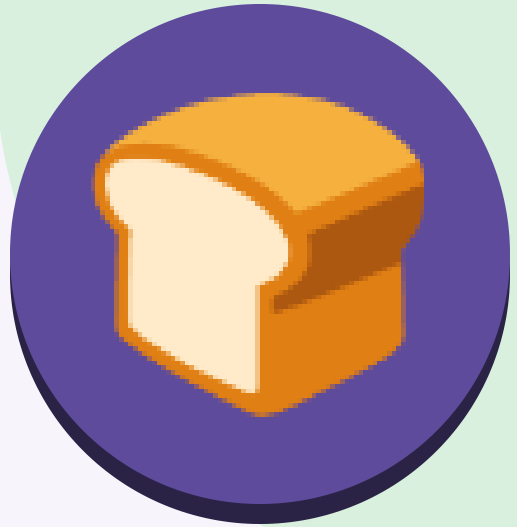


Beats faster

Exercise makes the heart beat faster.

Learn

Yeast Eats Sugar



🍞 Yeast is **alive**.

🍬 It eats sugar and makes **bubbles** (gas).

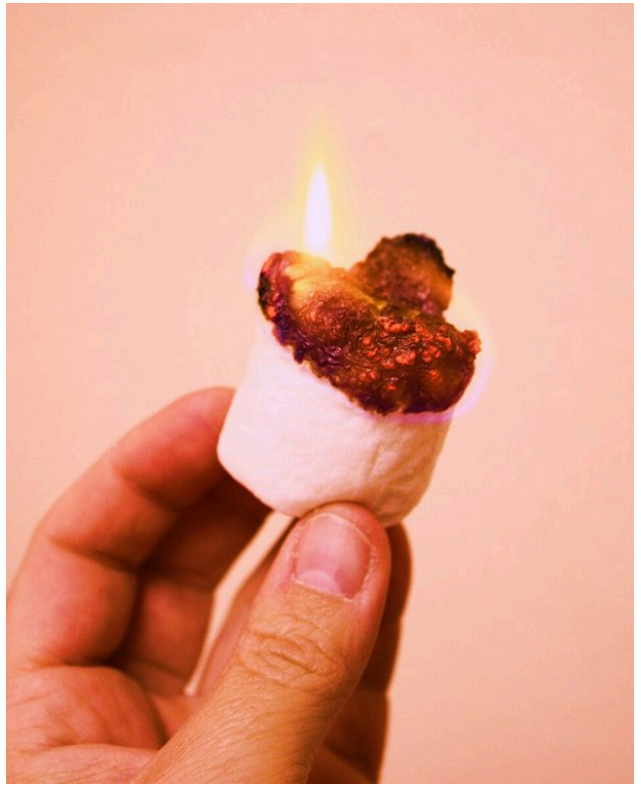
Learn

Fire and Food

🔥 A burning marshmallow gets **smaller**.

💨 Its matter goes into the **air**.

🏃 Our cells burn food slowly, the same way.



Wrap-Up

Recap



Respiration
cells burn food



ATP
energy coins



Breathing
oxygen in, CO2 out



Exercise
heart and breathing faster

Wrap-Up

Great Job!



🔥 Cells burn food for energy.

🫁 I breathe in oxygen.

🏃 Exercise makes my heart faster.