

Energize!



How do the cells in an organism function?

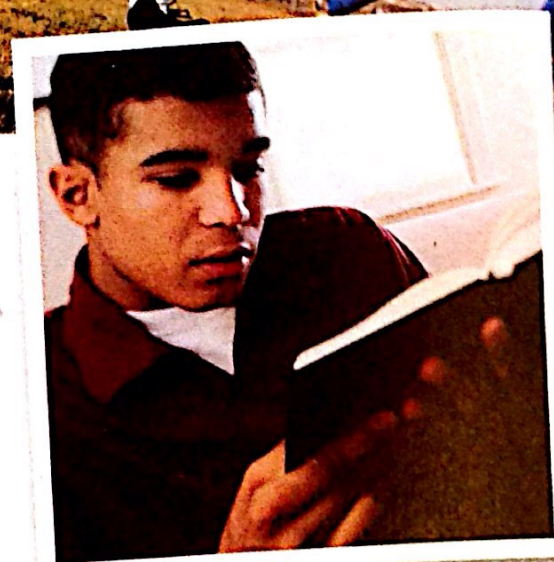
Active Reading 5 Identify As you read, underline sources of energy for living things.

How do you get the energy to run around and play soccer or basketball? How does a tree get the energy to grow? All living things, from the tiniest single-celled bacterium to the largest tree, need energy. Cells must capture and use energy or they will die. Cells get energy from food. Some living things can make their own food. Many living things get their food by eating other living things.

Cells Need Energy

Growing, moving, and other cell functions use energy. Without energy, a living thing cannot replace cells, build body parts, or reproduce. Even when a living thing is not very active, it needs energy. Cells constantly use energy to move materials into and out of the cell. They need energy to make different chemicals. And they need energy to get rid of wastes. A cell could not survive for long if it did not have the energy for all of these functions.

Active Reading 6 Relate Why do living things need energy at all times?



Your cells use energy all the time, whether you are active or not.