

# Biology Bricks Keywords

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## What This is About

Please use this document to help further your knowledge, by printing out the keywords associated with the relevant page.

This document is set up for you to cut out the keywords (and laminate them if you think it will help), to be used as a quick guide reference for the subject matter that is included.

## Warning

**Please note:** the keywords included in this document are those that link with the page subject matter. They may relate to other pages as well, but they are meant for the page that the link is provided from. Use them as a resource as you so wish.

## Printing

Please feel free **not** to print this page of the document, it is merely a reference and information page.

## Metabolism

How your body processes foods and turns it into energy. The energy created is then stored and used for growth and repair of your body.



## Eating

Eating, it's pretty important. We need to eat foods to provide us with energy, which is controlled by your metabolism.



## Healthy

Eating healthy means eating the right amounts of all types of food. If you eat more of one thing, it can become unhealthy for you.



## Unhealthy

Eating unhealthy means that if you eat a lot of foods that are not good for you, it can have an adverse effect on your body.



## Carbohydrates

Carbohydrates are broken down by the enzymes in your body to allow for normal function of breathing, digestion, blood circulation and repair of the body.



## Fats

These are broken down by enzymes in your body to allow for normal function of breathing, digestion, blood circulation and repair of the body.



## Energy

Metabolism is involved in the creation of energy, which we need to help maintain our body. This energy is used when we need to move, or do anything.



## Chemical Reactions

Chemical reactions include the carbohydrates, fats and proteins being broken down by enzymes in your body to produce energy.



## Sustenance

Eating food is sustenance. In order for your body to perform at it's optimum level, you need to provide it with enough sustenance.



## Synthesis Reaction

Two processes called catabolism and anabolism. Catabolism breaks down large molecules to smaller ones; anabolism does the opposite to create a larger molecule.

