



Growth



Puppies



Baby



Child



Adult

Growth is change.
Energy makes things grow.



Growth Is Energy

Every living thing is growing all the time. Sometimes living things grow bigger. Sometimes they do not get bigger but still grow. They grow new cells to replace old ones.

It takes energy to grow—**chemical energy** stored in simple sugars. The energy to make these sugars comes from light energy. Most of this light energy comes from the sun. Plants absorb the light energy and store it in their leaves, stems, fruits, and roots as chemical energy. They use the energy to grow. When we eat the plants, we absorb the chemical energy. When we eat animals, we absorb their chemical energy that came from the plants they ate.

Discussion Questions

1. How do the things in the pictures (on page 16) get their energy to grow?
2. Can you get energy straight from the sun to grow? (*No, but plants can.*)
3. What happens if you eat more food than you need? Not enough food?

Activities

1. Have the students draw an energy flow from a carnivore (meat eater) back to the sun.
2. Look at the calorie counts on packages of food. Calories are a measure of the energy in the food.