

break down	build	keep	make	obtain
		collect		
play some part	slow down	speed up	take place	

Your body is a chemical factory. At any moment, up to 1,000 different chemical reactions (1) _____ inside every cell. Together, these reactions are called metabolism.

They each (2) _____ in keeping you alive and well. So, metabolism is all the chemical reactions necessary for life.

Metabolism will (3) _____ when you are active and (4) _____ when you sleep. Basal metabolism is the slowest metabolism needed to (5) _____ you alive. There are two types of metabolism.

Catabolism is the breakdown of complex molecules into simpler ones, resulting in the release of energy. All living things (6) _____ energy by a type of catabolism called respiration. This uses oxygen to (7) _____ glucose sugar into carbon dioxide, water, and energy.

Anabolism is the opposite of catabolism. Anabolism uses energy from catabolism to (8) _____ complex molecules from simpler ones. For example, energy is needed to (9) _____ starch out of glucose, and proteins from amino acids.