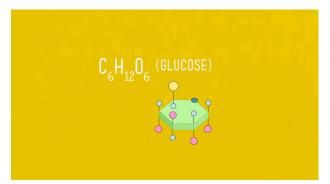
Cellular Respiration: how we derive energy from the food we eat (specifically **glucose**)

Glucose:



However, our body's can't just use that energy. Our body's need to first turn that energy into a really specific form of stored energy called ATP (Adenosine Triphosphate)

ATP (Adenosine Triphosphate)

Also consider the currency of biological energy

Ex:

Think of it as if its an American dollar it's what you need to do business in the US, you can't walk in to the store and try to buy an item with Indian Rupees although its money its not the money you need. **Same goes with energy.**

Our cells need energy to be transferred into Adenosine Triphosphate to be able to grow, move, create electrical impulses in out nerves and brain. **Everything.**

