**Essential Standards – How energy travels through the ecosystem – 2nd quarter**  
  
**8.L.5:** Understand the composition of various substances as it relates to their ability to serve as a source of energy and building materials for growth and repair of organisms.

**Essential Understandings.**

Some substances are better suited for providing energy than others.

**Essential Question:**

How can the substances you consume affect you?

**8.L.5.2:** Explain the relationship among a healthy diet, exercise, and the general health of the body (emphasis on the relationship between respiration and digestion)

Essential Understandings:

A healthy diet and exercise can improve digestion and respiration.

Lifestyle choices, such as tobacco and drug use, can negatively impact your health.

Essential Question:

What can you do to improve the general health of your body?

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