











BUILD A BIKE

Touch the screen to build a bike.

How Does Our Body Turn Food into Fuel?

CARBOHYDRATES (sugar) are what chemical building blocks found in our food. When you eat carbs, your body converts them into sugar. Blood transports the sugars throughout your body, bringing energy to your muscles.

SIMPLE CARBS are digested quickly because they have only one type of sugar. These are found in foods like bananas, yogurt and candy.

COMPLEX CARBS combine at least three sugars, and are digested more slowly. These are in foods like whole grain pasta and potatoes.

Athletes, like the triathlete/pro cyclist, often eat complex carbs before exercising to store up energy for release over time. During a long bike race, athletes may eat simple carbs for a fresh burst of energy. The body treats the complex carbs in regular the same as the simple carbs in chocolate bars. But the apple is a healthier choice because it also contains vitamins, fiber, and other things the body needs.



HOW CELLS WORK

How much DNA do humans have in common?



Almost, but not quite.
The 23rd pair differs. In this pair, females have two X chromosomes (XX), while males have one X and one Y chromosome (XY).



What is a gene?



