

Lesson Extra - Biomolecules, Cells, and The Human Body - Movie Marathon

- Play each video.
 - Type a 1 to 3 sentence summary for each video that you watch.
 - Use the “keyword” in your answer if one is provided.
 - Search “Ted Ed Nutrition” to find the videos if needed.
1. Watch - [What happens when you exercise regularly](#)? Use the word “mitochondria” in your answer.

2. [What is a calorie?](#)

3. [What makes muscles grow?](#)

4. [How does food affect your gut?](#)

5. [How does sugar affect your brain?](#)

6. [How does your body know you are “full?”](#) What foods keep you “full” longer?

7. [What causes heartburn?](#)

8. [Is it safe to eat “spotty” fruits and vegetables?](#)

9. [How do carbohydrates impact your health?](#)