



Challenge  
★★★★★

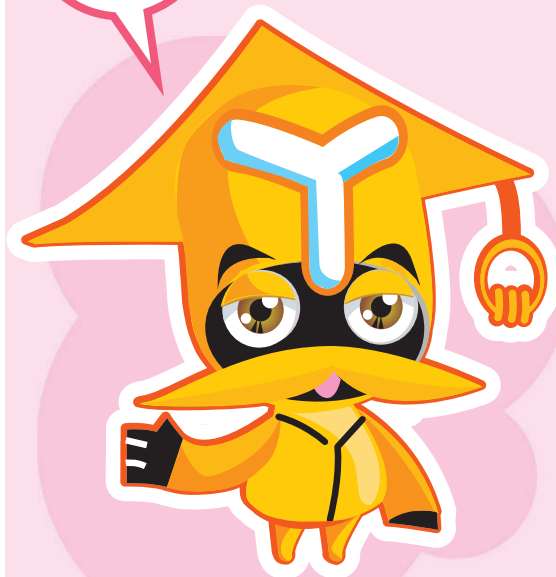


Food we take in can produce warmth in our body.

**L**ITTLE F does not like winter. He feels cold and always wants to eat more. He finds eating keep his body **warm**. Why is that? Let's ask Dr Y.

Feel like  
**eating**  
more!

Let me  
tell you,  
Little F.



In order for the **human** body to **function** **efficiently**, it needs **energy**. The energy is obtained through a process called **combustion**. The food we take in is fuel for combustion. As a result of the combustion process, a mild warmth is produced. This mild heat energy keeps the body warm especially in winter.



Answer: calorie



**The unit**

WHAT is the **measurement** unit for the **energy value** of food? Rearrange the letters and form the word!

A C L R O I E

**Vocabulary**

warm (adj) 溫暖  
human (adj) 人類的

function (v) 運作  
efficiently (adv) 有效率地

energy (n) 能量  
combustion (n) 燃燒

measurement (n) 測量  
value (n) 數值