

The Need for Energy All organisms need energy to stay alive. They use this energy to grow, maintain body processes, and reproduce. Many kinds of organisms require energy to move, as well. Energy to support these activities is released in the bodies of organisms from carbohydrates and other energy-rich organic molecules. In animals, plants, and most other species (kinds) of organisms, the process that releases this energy is cellular respiration. (For a small number of species that live in environments without oxygen, the energy-releasing process is fermentation.) The word equation and chemical equation below summarize the process of cellular respiration. How is energy stored in energy-rich molecules in the first place? It is stored through the process of photosynthesis. Through photosynthesis, plants, algae, and some kinds of bacteria use the Sun's light energy to chemically convert carbon into carbohydrates such as sugars and starches. The word equation and chemical equation below summarize the process of photosynthesis.