What is mitochondria?

Mitochondria are membrane-bound organelles found in most eukaryotic cells. They are known as the "powerhouse of the cell" because they generate energy in the form of ATP through cellular respiration.

What is light?

Light is a form of electromagnetic radiation that travels in waves and can be perceived by the human eye. It consists of photons and exhibits both wave-like and particle-like properties.

What is food?

Food is any substance consumed by living organisms to provide energy and essential nutrients for growth, repair, and maintaining bodily functions. It includes carbohydrates, proteins, fats, vitamins, and minerals.