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| **STERNGRR Card Sort:**  **Life Process, Definition, Example** | | | |
| **Synthesis** | **Making** materials | A plant **produces** chemical toxins as a defense against predators | |
| **Transport** | **Moving** materials | Plants absorb water from the soil and **move** it to the leaves | |
| **Excretion**  WASTE  (CO2 & AMMONIA) | Getting **rid of wastes** | Sweat **removes** excess salt from the human body | |
| **Respiration**  FOOD  ENERGY | Gas **exchange** AND production of **energy** (ATP) | Humans **gain oxygen** by breathing, and  use it in the **production of energy** | |
| **Nutrition** | **Gaining** and using **energy from food** | Bacteria **breaks down** dead organisms as a **source of food** | |
| **Growth and Development** | Getting **bigger and/or changing** | A tadpole **changes** into a frog through the process of metamorphosis | |
| **Reproduction** | **Controlling** internal processes | Clownfish lay hundreds of **new eggs**, but only a few survive to become adults |
| **Regulation**  Maintains (controls) a constant blood-glucose level, your body relies on a hormone produced in the **pancreas** called **insulin** | Producing **new cells** or **new organisms** | Reptiles **control** their body temperature by moving in and out of the sun |