

Life Functions and Characteristics

1. **Nutrition:** obtaining materials (food) and energy for building the body and for use in life's activities.
2. **Transport:** absorption (taking in) and the circulation of materials by an organism.
3. **Respiration:** Conversion of stored food into energy.
4. **Excretion:** removing wastes from an organism.
5. **Synthesis:** Chemical activities that build large molecules from small ones.
6. **Regulation:** Involves responding and adapting to changes in the environment.
7. **Growth:** The increase in cell size and number.
8. **Reproduction:** production of new individuals from pre-existing ones. Which process is not needed for the survival of an individual?
 - a. **Metabolism:** total of all life's activities.
 - b. **Homeostasis:** Stable internal environment.