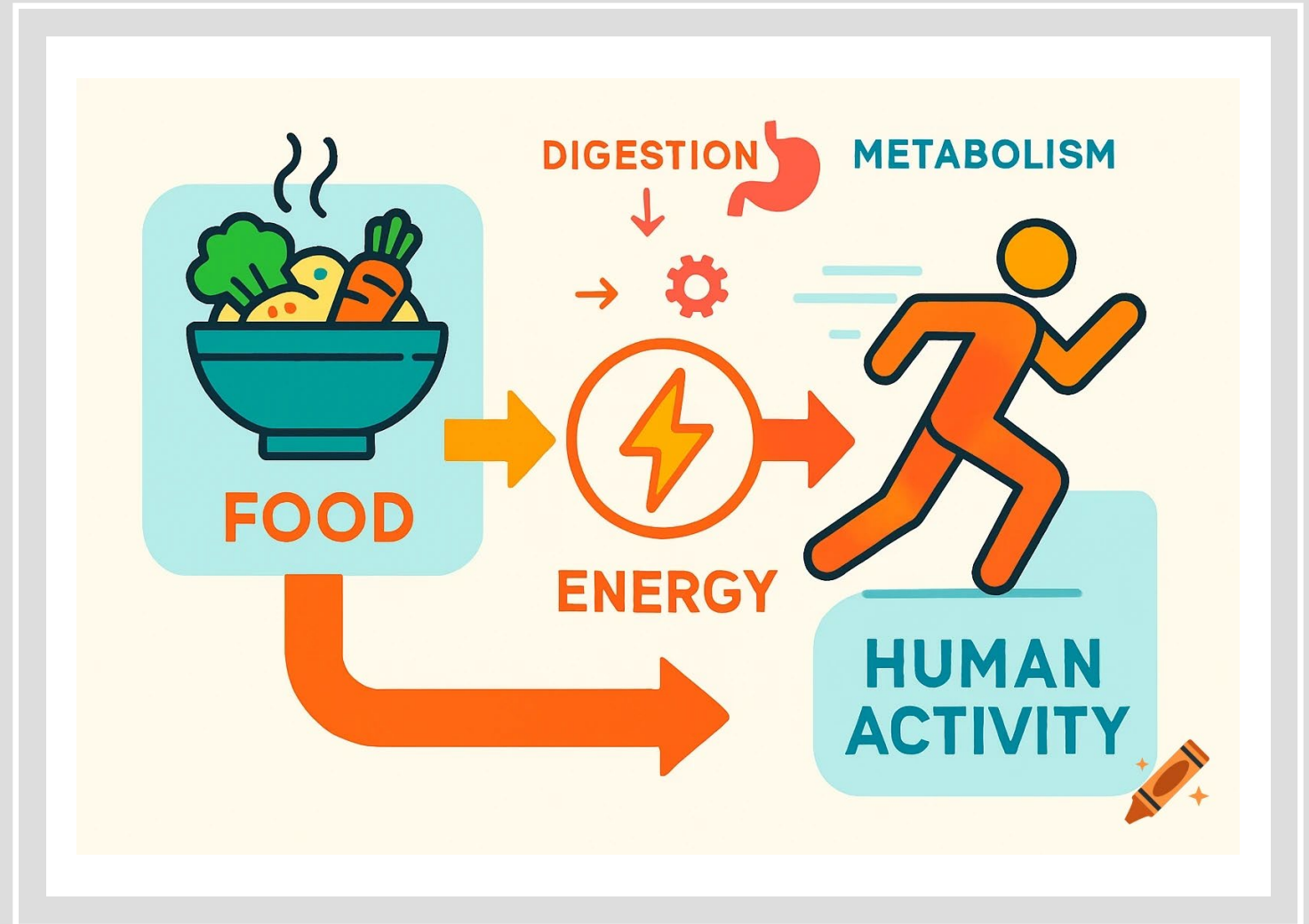


# SURVIVAL AND STARVATION

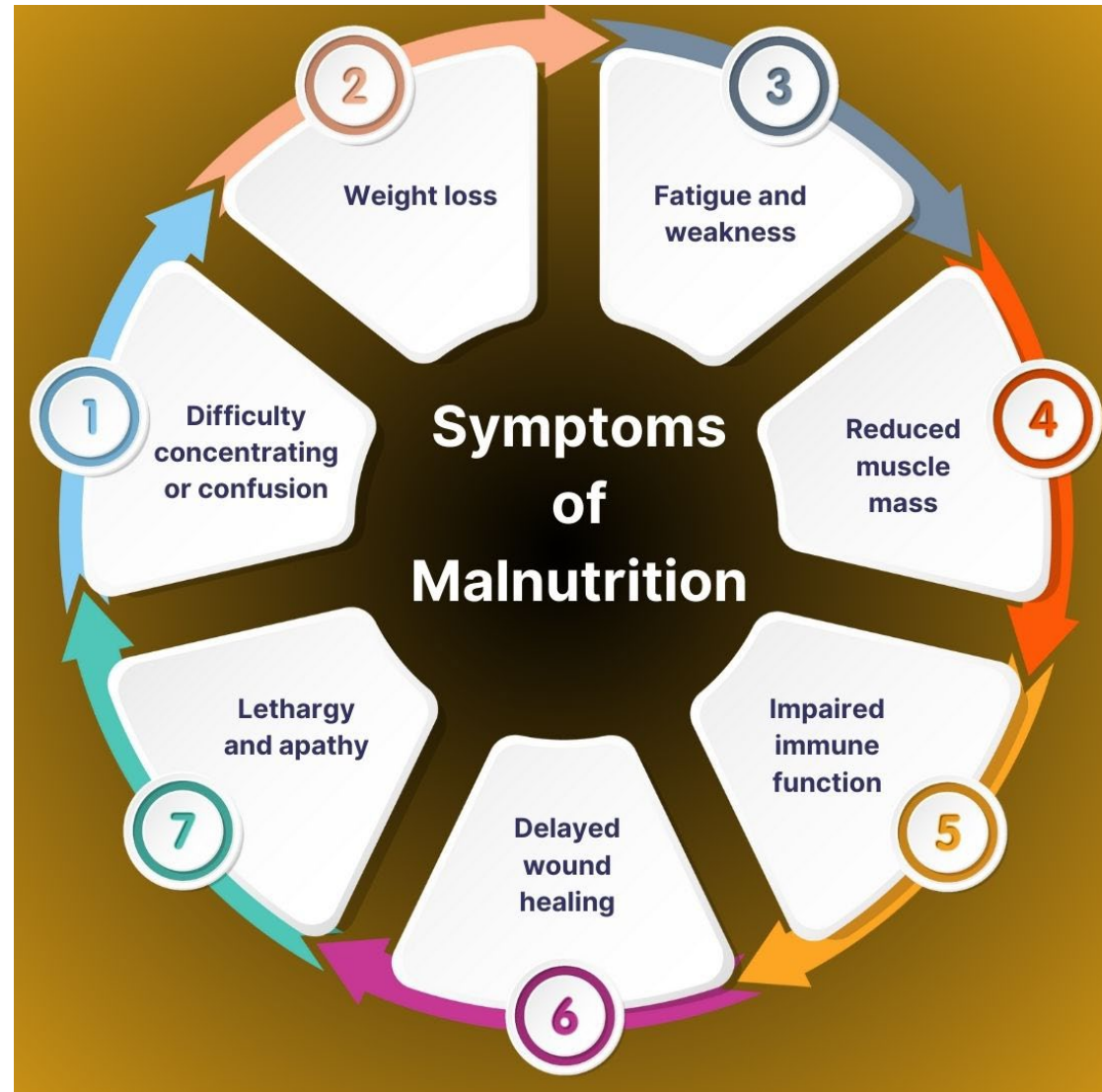
The Body Under Prolonged Stress

## HOW THE BODY GETS ENERGY

- The body needs energy to function.
- Energy normally comes from food.
- If food is limited, the body begins using:
  - stored fat
  - muscle tissue

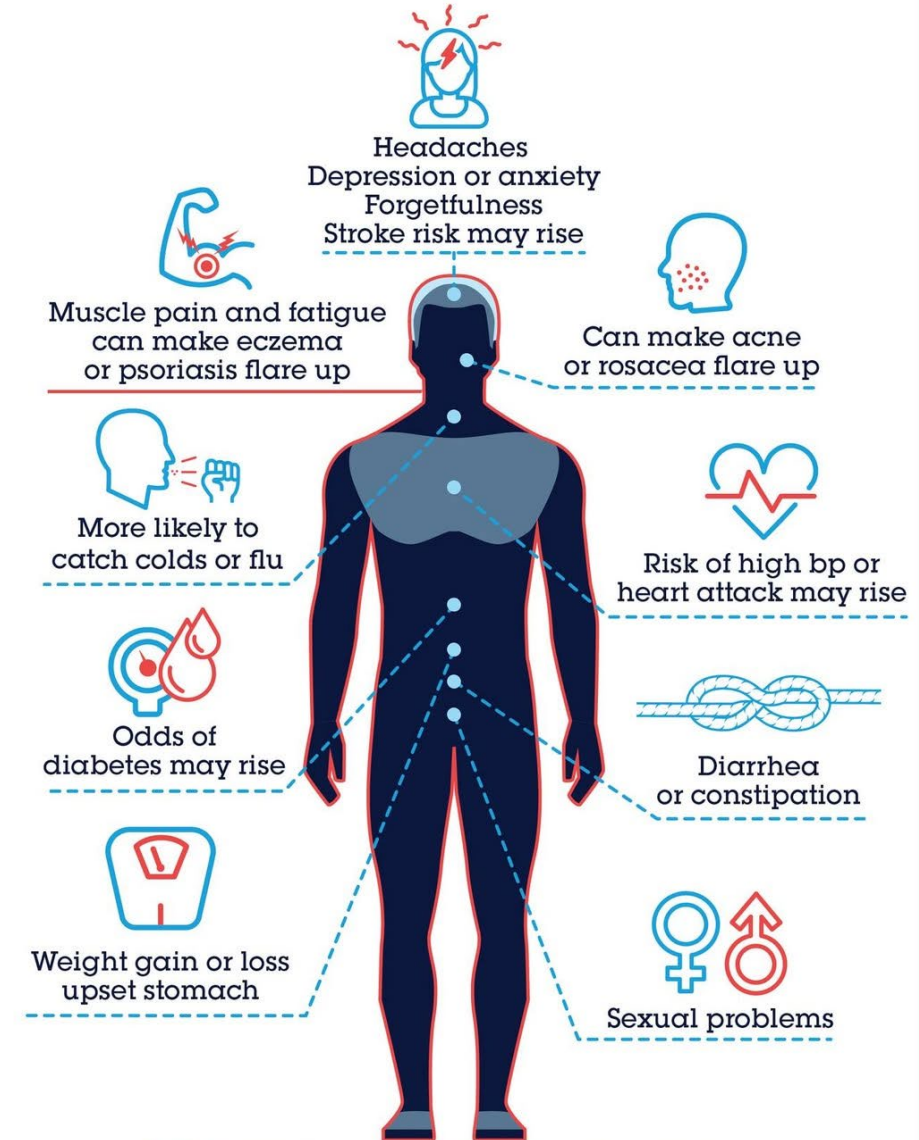


## EFFECTS OF MALNUTRITION



# PROLONGED STRESS IN THE BODY

## PHYSICAL EFFECTS OF LONG-TERM STRESS





## DISCUSSION

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How might limited access to food affect someone's energy and strength?

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How might constant fear or uncertainty affect the body over time?

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Why might it become harder to concentrate, think clearly, or remember things?