

5 Qualities of Life

(In no particular order)

1) Heredity

- Having genetic material to pass on traits to offspring
- Examples: Your dad has 6 fingers and you are born with 6, Both your parents have red hair and so do you

2) Reproduction

- The ability to produce offspring
- Examples: A plant produces a seed, Two turtles make baby turtles

3) Metabolism

- The sum total of all chemical reactions
- Examples: you exercise and burn fat reserves, you eat and breakdown food into energy

4) Homeostasis

- The ability to maintain a constant internal environment despite a changing external environment (stay the same inside no matter what you are exposed to)
- Examples: Your body fights an infection, Shivering because you are cold, Panting because you are hot

5) Cell Organization

- Being made of cells that work together
- Examples: Your heart is made of muscle, connective and nerve tissue

The Cell Theory

- 1) All living things are composed of cells
- 2) The cell is the basic unit of life
- 3) Cells arise from pre-existing cells