



PROJECT OCEANOLOGY



Human Metabolism during an Antarctic Expedition

Modified from an activity designed by Defence Dynamics (www.defencedynamics.mod.uk) and available through STEM Learning (www.stem.org.uk).

Listen to Polly explaining her grueling yet inspiring experiences during the expedition. Polly and her fellow trekkers found that meeting their basic human needs for food/drink, warmth, and oxygen were more difficult in the Antarctic environment. For each of the metabolic needs in the table below, list one or more challenges that they faced, and then how they met that challenge.

Metabolic Need	Challenges	Precautions and Preventions
Food/Drink		
Warmth		
Oxygen		

