

# Chapter 11 : Energy Flow in Rainforest Ecosystems



All living things need energy! Every plant and animal needs food to live and grow. The sun is where it all starts. Plants use sunlight to make their own food. It's a process called photosynthesis. Animals and fungi can't make food. They have to eat! Some animals eat plants, like leaves, nuts, and fruit. Some animals eat bugs, worms, mice, and other animals. Many animals eat both plants and animals — they're not picky! A food chain is the movement of energy between living things. It often starts with plants which are eaten by animals who are themselves eaten by other animals.