

# Pack 1: The Cell



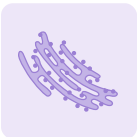
## The Cell

The smallest unit of life and the building block of everything in your body. You have around 37 trillion of them, and every one is busy right now.



## Nucleus

The control room of the cell. It holds your DNA, the full set of instructions that built you and keeps you going.



## ER (endoplasmic reticulum)

The factory floor where the cell makes its proteins. The folded sheets wrap around the nucleus, building the molecules that do most of the cell's work.



## Golgi apparatus

The packaging center. It receives proteins fresh from the ER, gets them ready for delivery, and sends them off to wherever in the cell they're needed.



## Mitochondria

The energy makers of the cell. They turn the food you eat into energy your cells can actually use, and there are hundreds of them in every single one.



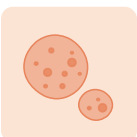
## Centrioles

The pair that helps cells divide. When a cell makes a copy of itself, the centrioles pull the DNA apart so each new cell ends up with a complete set.



## Vesicles

The tiny delivery bubbles of the cell. They carry molecules from one organelle to another, keeping the whole system in motion.



## Lysosome

The recycler of the cell. It breaks down old or damaged parts, taking them apart so the pieces can be put to use again somewhere else.