Life's Common Challenges

Nutritional Needs

The Need to Feed

- □ All lífe forms ("need to feed") they must acquire essential elements
- All organisms require nutrients...
 - Intake in, take apart and take up
- Nutrients must satisfy 3 needs
 - 🗆 chemical energy
 - organic building blocks
 - 🗆 essential elements

Chemical Energy

The activities of cells, tissues, organs or even whole organisms depend on chemical energy

- This chemical energy is used to produce ATP ("cellular gasoline")
- THE ULTIMATE SOURCE OF ENERGY USED BY CELLS TO PRODUCE ATP AND THE MECHANISM OF ATP PRODUCTION DOES VARY SOMEWHAT BETWEEN LIFE FORMS

Carbon: Life's Building Blocks

- All cells require carbon and other atoms to build organic molecules that make up cells.
 - Cells to large organisms use these raw
 materials to build, grow, repair and reproduce.
- Once again, like energy, the source of these raw materials (mainly carbon) can and do vary from one life form to another.

Essential Elements

- In addition to chemical energy and building blocks some organisms require essential elements from their environment...
 - …atoms / molecules that cells themselves can not synthesize
 - ... they are needed to drive chemical reactions and complete the production of large organic molecules

All living organisms require at least 17 essential elements. For all life together that number might be as high as 30. Some organisms require elements that others do not and how much each requires also varies. Major Nutritional Modes
Phototrophs: obtain energy from light
Chemotrophs: obtain energy from chemicals
Autotrophs: obtain carbon from CO₂

- □ Heterotrophs: obtain carbon from organic sources
- COMBINING THE DIFFERENT SOURCES OF ENERGY AND CARBON RESULTS IN 4 MAJOR NUTRITIONAL MODES.

Table 27.1 Major Nutritional Modes

Mode of Nutrition	Energy Source	Carbon Source	Types of Organisms
Autotroph			
Photoautotroph	Light	CO_2	Photosynthetic prokaryotes (for example, cyanobacteria); plants; certain protists (for example, algae)
Chemoautotroph	Inorganic chemicals	CO_2	Certain <mark>prokaryotes</mark> (for example, <i>Sulfolobus</i>)
Heterotroph			
Photoheterotroph	Light	Organic compounds	Certain prokaryotes (for example, <i>Rhodobacter, Chloroflexus</i>)
Chemoheterotroph	-	Organic compounds	Many prokaryotes (for example, <i>Clostridium</i>) and protists; fungi; animals; some plants

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Animals

Nutritional Requirements

Saturday, August 24, 2013

Diverse Diets

□ All animals eat other organisms...dead or alive

- Animals must eat for both energy and building
 blocks
 - HERBIVORES- EAT PLANTS OR ALGAE
 - **CARNIVORES- EAT OTHER ANIMALS**
 - OMNIVORES- EAT EITHER PLANTS, ALGAE AND/ OR ANIMALS
- Most animals are opportunistic feeders, eating foods outside their standard diet when usual foods are unavailable

Nutritional Needs

 Animals must acquire nutrients for both energy and building blocks

- Animals must consume sugars, fats and proteins
- These macromolecules provide the energy for cellular respiration and provide the raw materials for biosynthesis
 - In addition animals require certain specific
 essential elements usually needed in much smaller amounts

Essential Nutrients

Animals require 4 classes of essential nutrients

- ESSENTIAL AMINO ACIDS
- **ESSENTIAL FATTY ACIDS**
- **VITAMINS**
- MINERALS



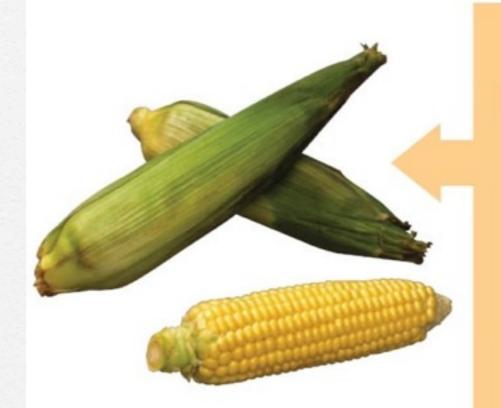
Essential Amino Acids

Animals require 20 amino acids to make proteins

- Most animals can make 12 of the 20 amino acids
- However the remaining 8 "essential amino acids" can only be obtained through diet
- Some animal proteins are called "complete proteins" because they have all 20 amino acids
 - □ for example meat, eggs and cheese
- Vegetarians can get all 20 amino acids by eating a varied diet of plant proteins



Essential amino acids for adults



Corn (maize) and other grains Methionine

Valine

Threonine

Phenylalanine

Leucine

Isoleucine

Tryptophan

Lysine

Beans and other legumes



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Essential Fatty Acids

- Anímals can make most,
 but not all fatty acíds
 - for example omega-3's and omega-6 fatty acids
 - found in canola oil, fish, walnut, pumpkin seeds, sunflower seeds, shellfish, leafy veggies



Vitamins

- Organic molecules with diverse functions usually needed in small amounts
 - important for many metabolic processes, including cellular respiration

Table 41.1 Vitamin Requirements of Humans				
Vitamin	Major Dietary Sources	Major Functions in the Body	Symptoms of Deficiency or Extreme Excess	
Fat-Soluble Vitamins				
Vitamin A (retinol)	Provitamin A (beta-carotene) in deep green and orange vegetables and fruits; retinal in dairy products	Component of visual pigments; maintenance of epithelial tissues; antioxidant; helps prevent damage to cell membranes	Blindness and increased death rate Headache, irritability, vomiting, hair loss, blurred vision, liver and bone damage	
Vitamin D	Dairy products, egg yolk; also made in human skin in presence of sunlight	Aids in absorption and use of calcium and phosphorus; promotes bone growth	Rickets (bone deformities) in children, bone softening in adults Brain, cardiovascular, and kidney damage	
Vitamin E (tocopherol)	Vegetable oils, nuts, seeds	Antioxidant; helps prevent damage to cell membranes	Degeneration of the nervous system	
Vitamin K (phylloquinone)	Green vegetables, tea; also made by colon bacteria	Important in blood clotting	Defective blood clotting Liver damage and anemia	

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Table 41.1 Vitamin Requirements of Humans

Vitamin	Major Dietary Sources	Major Functions in the Body	Symptoms of Deficiency or Extreme Excess
Water-Soluble Vitamins	;		
Vitamin B ₁ (thiamine)	Pork, legumes, peanuts, whole grains	Coenzyme used in removing CO ₂ from organic compounds	Beriberi (nerve disorders, emaciation, anemia)
Vitamin B ₂ (riboflavin)	Dairy products, meats, enriched grains, vegetables	Component of coenzymes FAD and FMN	Skin lesions such as cracks at corners of mouth
Niacin (B ₃)	Nuts, meats, grains	Component of coenzymes NAD ⁺ and NADP ⁺	Skin and gastrointestinal lesions, nervous disorders Liver damage
Vitamin B ₆ (pyridoxine)	Meats, vegetables, whole grains	Coenzyme used in amino acid metabolism	Irritability, convulsions, muscular twitching, anemia Unstable gait , numb feet, poor coordination
Pantothenic acid (B ₅)	Most foods: meats, dairy products, whole grains, etc.	Component of coenzyme A	Fatigue, numbness, tingling of hands and feet
Folic acid (folacin) (B ₉)	Green vegetables, oranges, nuts, legumes, whole grains	Coenzyme in nucleic acid and amino acid metabolism	Anemia, birth defects May mask deficiency of vitamin B ₁₂
Vitamin B ₁₂	Meats, eggs, dairy products	Coenzyme in nucleic acid metabolism; maturation of red blood cells	Anemia, nervous system disorders
Biotin	Legumes, other vegetables, meats	Coenzyme in synthesis of fat, glycogen, and amino acids	Scaly skin inflammation, neuromuscular disorders
Vitamin C (ascorbic acid)	Fruits and vegetables, especially citrus fruits, broccoli, cabbage, tomatoes, green peppers	Used in collagen synthesis (such as for bone, cartilage, gums); antioxidant; aids in detoxification; improves iron absorption	Scurvy (degeneration of skin, teeth, blood vessels), weakness, delayed wound healing, impaired immunity Gastrointestinal upset

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Minerals

- Inorganic molecules with diverse functions usually needed in small amounts
 - important for many metabolic processes, including enzymes, nerve impulses, building bone



Table 41.2 Mineral Requirements of Humans			
Mineral	Major Dietary Sources	Major Functions in the Body	
1			

Dairy products, dark green

Dairy products, meats, grains

Proteins from many sources

Meats, dairy products, many

fruits and vegetables, grains

Whole grains, green leafy

Meats, eggs, legumes, whole

grains, green leafy vegetables

vegetables, legumes

Bone and tooth formation, blood clotting, nerve and muscle function

Bone and tooth formation, acid-base balance, nucleotide synthesis

Component of certain amino acids

Acid-base balance, water balance, nerve function

Acid-base balance, formation of gastric juice, nerve function, osmotic balance

Acid-base balance, water balance, nerve function

Cofactor; ATP bioenergetics

Component of hemoglobin and of electron carriers in energy metabolism; enzyme cofactor

Sy	mptoms	
of	Deficienc	y*

Retarded growth, possibly loss of bone mass

Weakness, loss of minerals from bone, calcium loss

Symptoms of protein deficiency

Muscular weakness, paralysis, nausea, heart failure

Muscle cramps, reduced appetite

Muscle cramps, reduced appetite

Nervous system disturbances

Iron-deficiency anemia, weakness, impaired immunity

*All of these minerals are also harmful when consumed in excess.

Table salt

Table salt

vegetables

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Calcium (Ca)

Phosphorus (P)

Potassium (K)

Chlorine (Cl)

Sodium (Na)

Iron (Fe)

Magnesium (Mg)

Sulfur (S)

Greater than 200 mg per day required

Table 41.2 Mineral Requirements of Humans				
Mineral	Major Dietary Sources	Major Functions in the Body	Symptoms of Deficiency*	
Fluorine (F)	Drinking water, tea, seafood	Maintenance of tooth (and probably bone) structure	Higher frequency of tooth decay	
Zinc (Zn)	Meats, seafood, grains	Component of certain digestive enzymes and other proteins	Growth failure, skin abnormalities, reproductive failure, impaired immunity	
Copper (Cu)	Seafood, nuts, legumes, organ meats	Enzyme cofactor in iron metabolism, melanin synthesis, electron transport	Anemia, cardiovascular abnormalities	
Manganese (Mn)	Nuts, grains, vegetables, fruits, tea	Enzyme cofactor	Abnormal bone and cartilage	
Iodine (I)	Seafood, dairy products, iodized salt	Component of thyroid hormones	Goiter (enlarged thyroid)	
Cobalt (Co)	Meats and dairy products	Component of vitamin B ₁₂	None, except as B_{12} deficiency	
Selenium (Se)	Seafood, meats, whole grains	Enzyme cofactor; antioxidant functioning in close association with vitamin E	Muscle pain, possibly heart muscle deterioration	
Chromium (Cr)	Brewer's yeast, liver, seafood, meats, some vegetables	Involved in glucose and energy metabolism	Impaired glucose metabolism	
Molybdenum (Mo)	Legumes, grains, some vegetables	Enzyme cofactor	Disorder in excretion of nitrogen-containing compounds	

*All of these minerals are also harmful when consumed in excess.

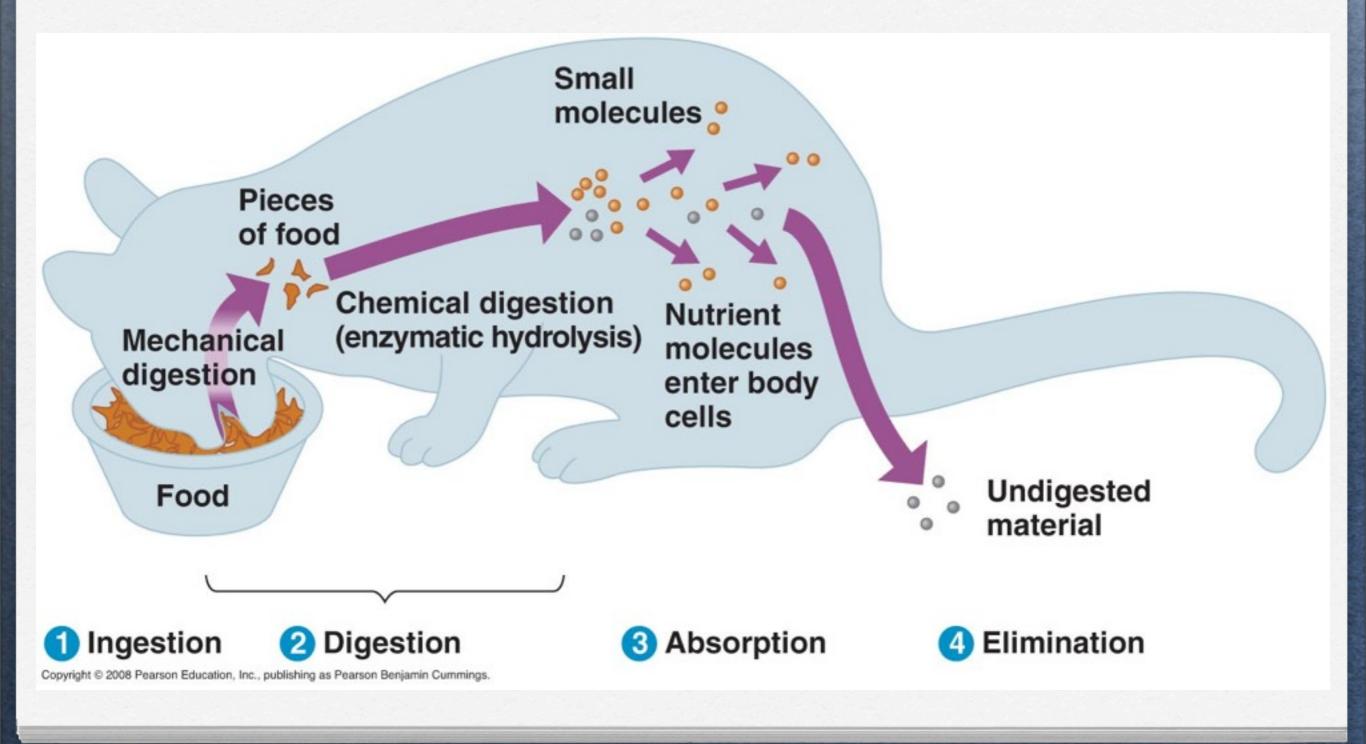
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Animals

Nutritional Processing

Saturday, August 24, 2013

4 Stages of Food Processing

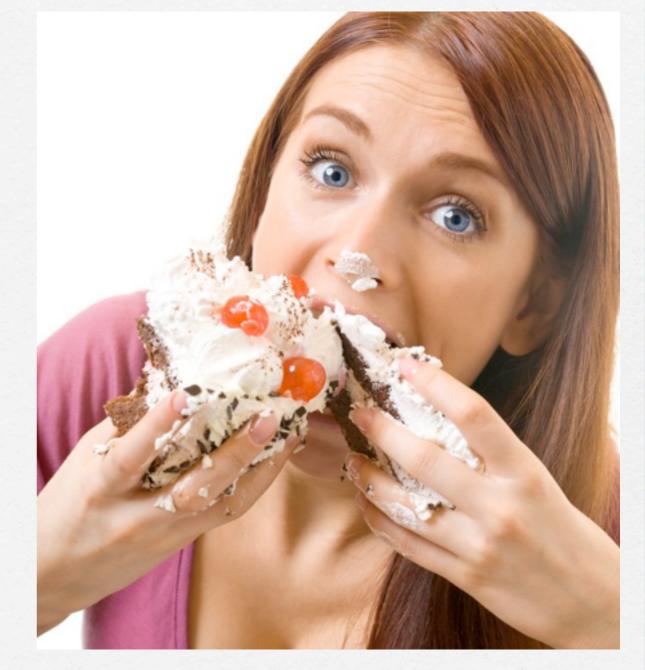


Ingestion

INGESTION- the act of feeding or or eating

variation in food = variation in feeding mechanisms

see slides that follow



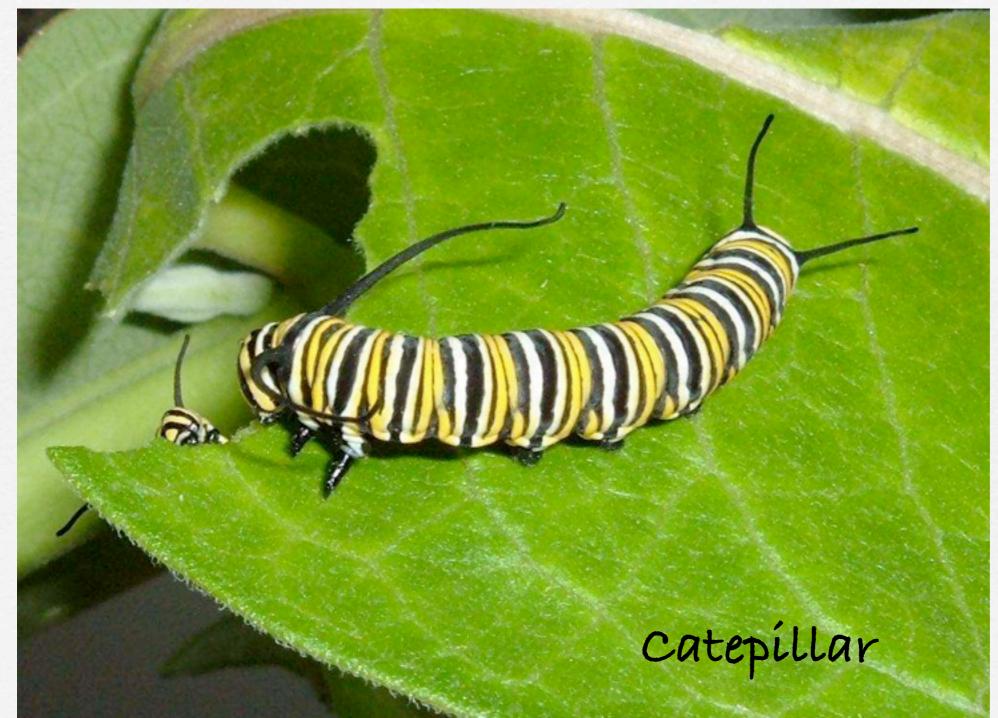
Suspension & Filter Feeders

eat small food particles suspended in water



Substrate Feeders Live in or on their food

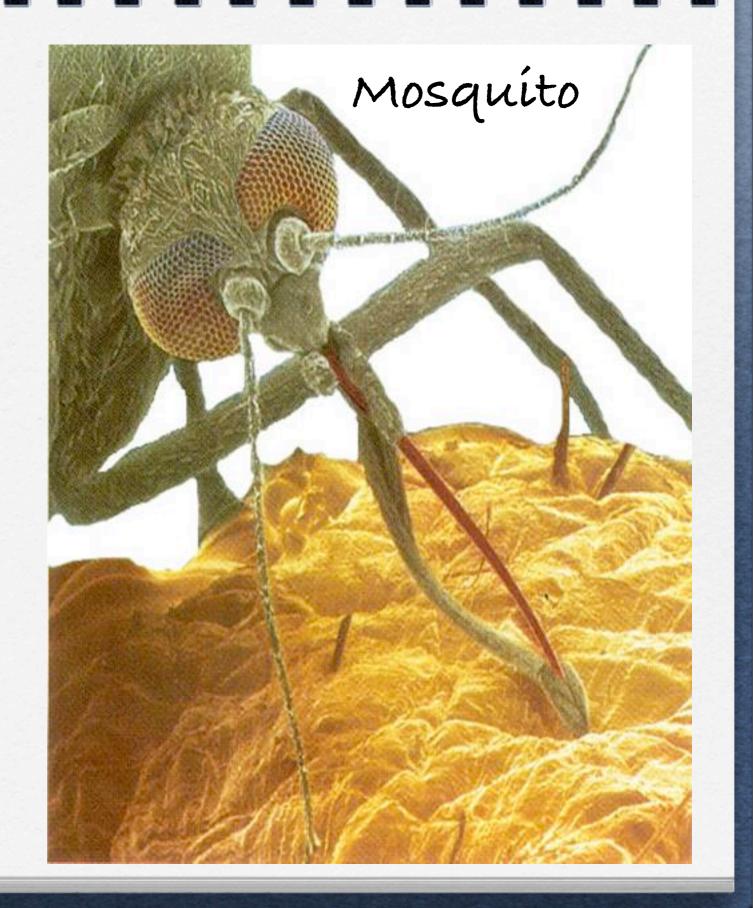
source



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Fluid Feeders

suck nutrient rich fluid from a living host



Bulk Feeders eat relatively large pieces of food



Digestion

- DIGESTION- breaking food into particles small enough to be absorbed into cells (increases SA:V)
 - MECHANICAL DIGESTION-physical breakdown of food, into smaller pieces...increasing surface area
 - CHEMICAL DIGESTION-breakdown of molecules into their subunits
 - this allows passage across membranes
 - and each organism needs to build its own specific molecules

Absorption

ABSORPTION- the act of taking up small molecules such as simple sugars and amino acids

Elimination

ELIMINATION- the act of passing undigested material out of the digestive system

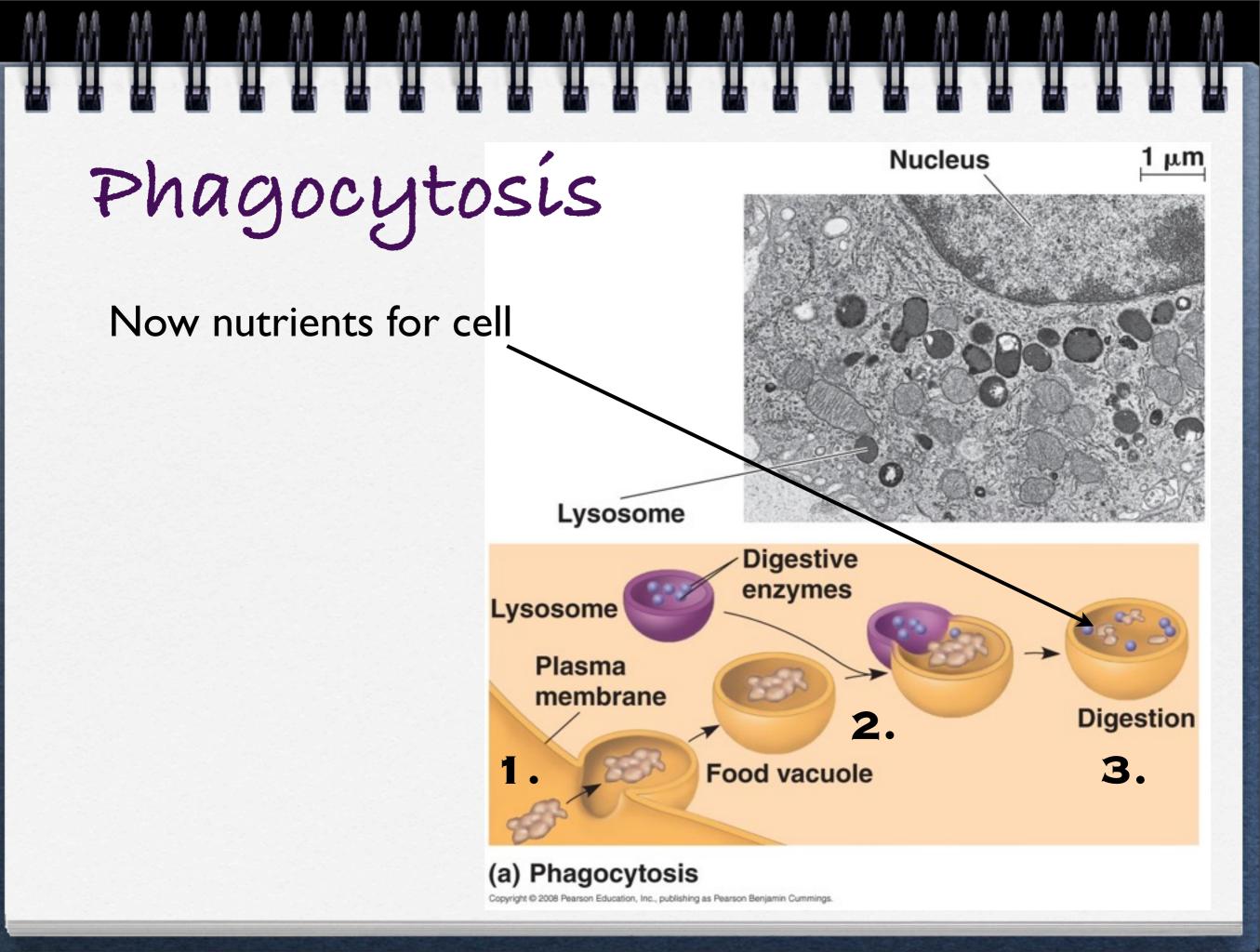
Digestive Compartments

How are animals able to digest molecules that they themselves are made of?

- The evolutionary adaptation found across a wide range of organisms is the processing of food within specialized compartments.
 - These compartments can be intracellular
 (vacuoles) or extracellular (digestive organs)

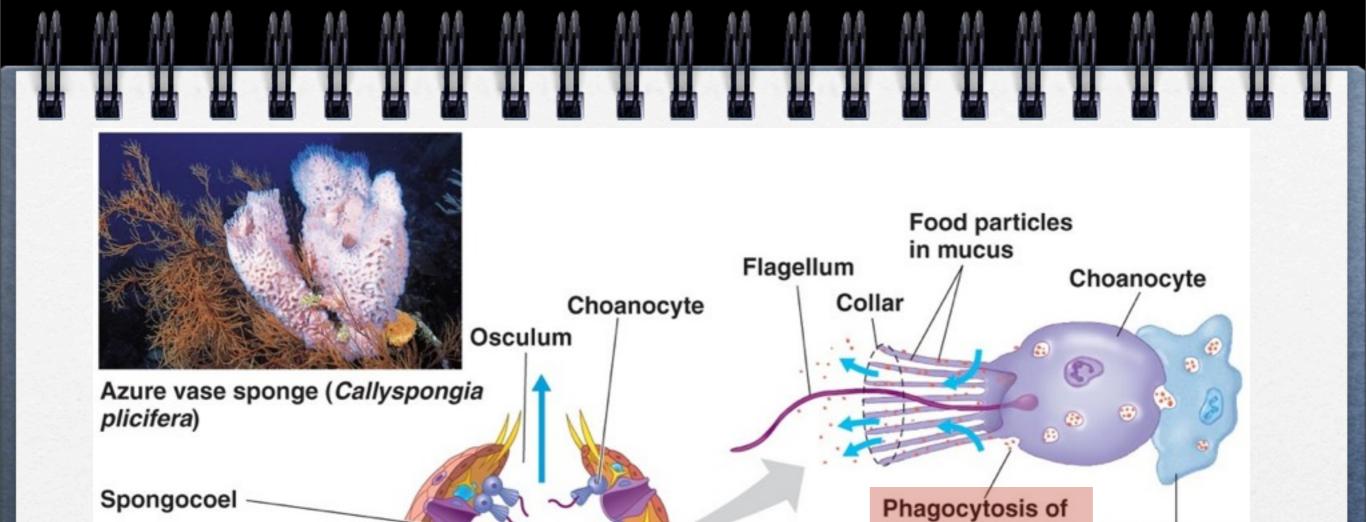
Intracellular Compartments

- FOOD VACUOLES- cellular organelles in which enzymes break down food (simplest digestive compartments).
 - □ Cell engulfs food by PHAGOCYTOSIS
 - Food vacuale fuses with LYSOSOME (digestive sac)
 - Digestion occurs safely inside compartment
- Few animals digest food exclusively this way, the sponge however is one organism that does.





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Spicules

food particles

Amoebocytes

Amoebocyte

Pore

Epidermis

Mesohyl

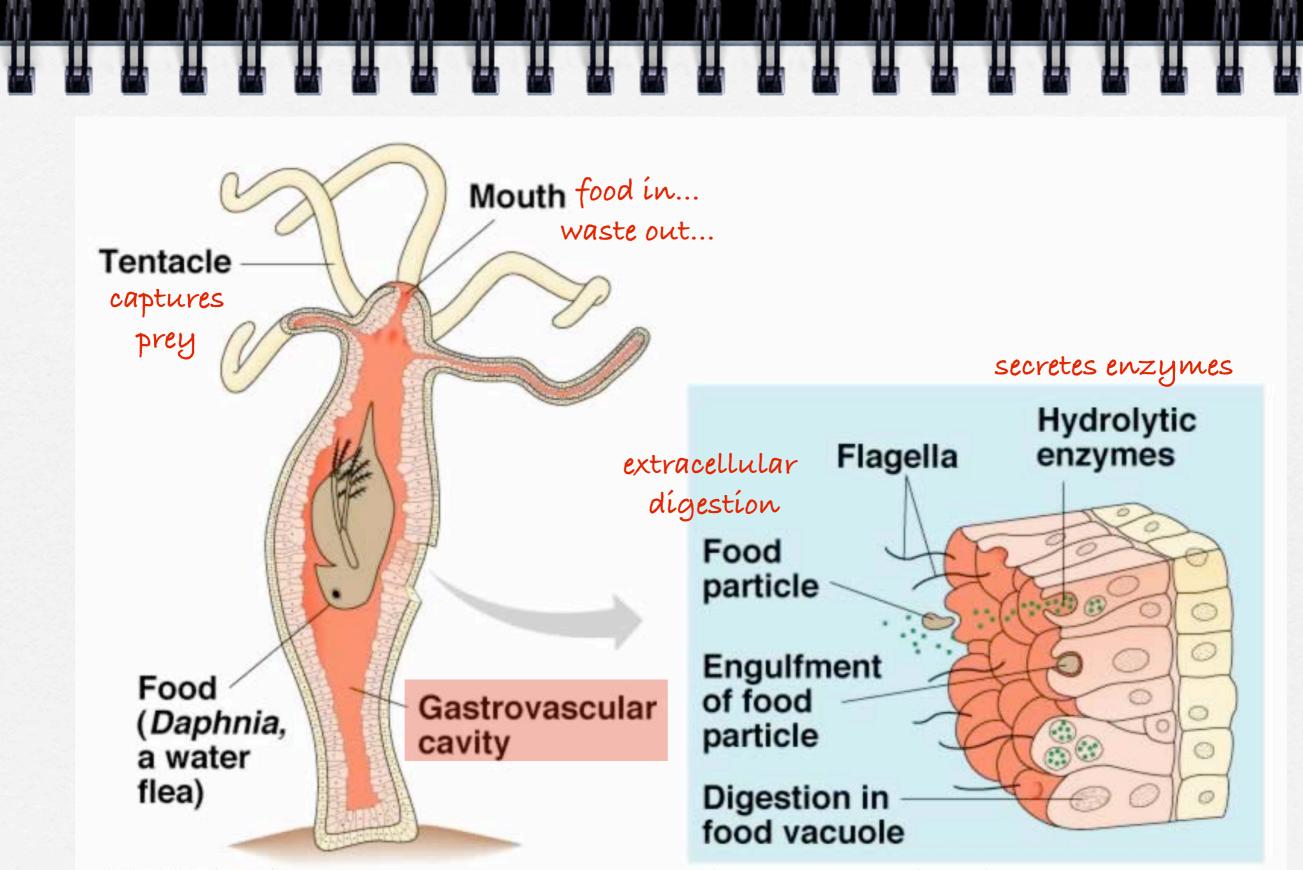
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Water

flow

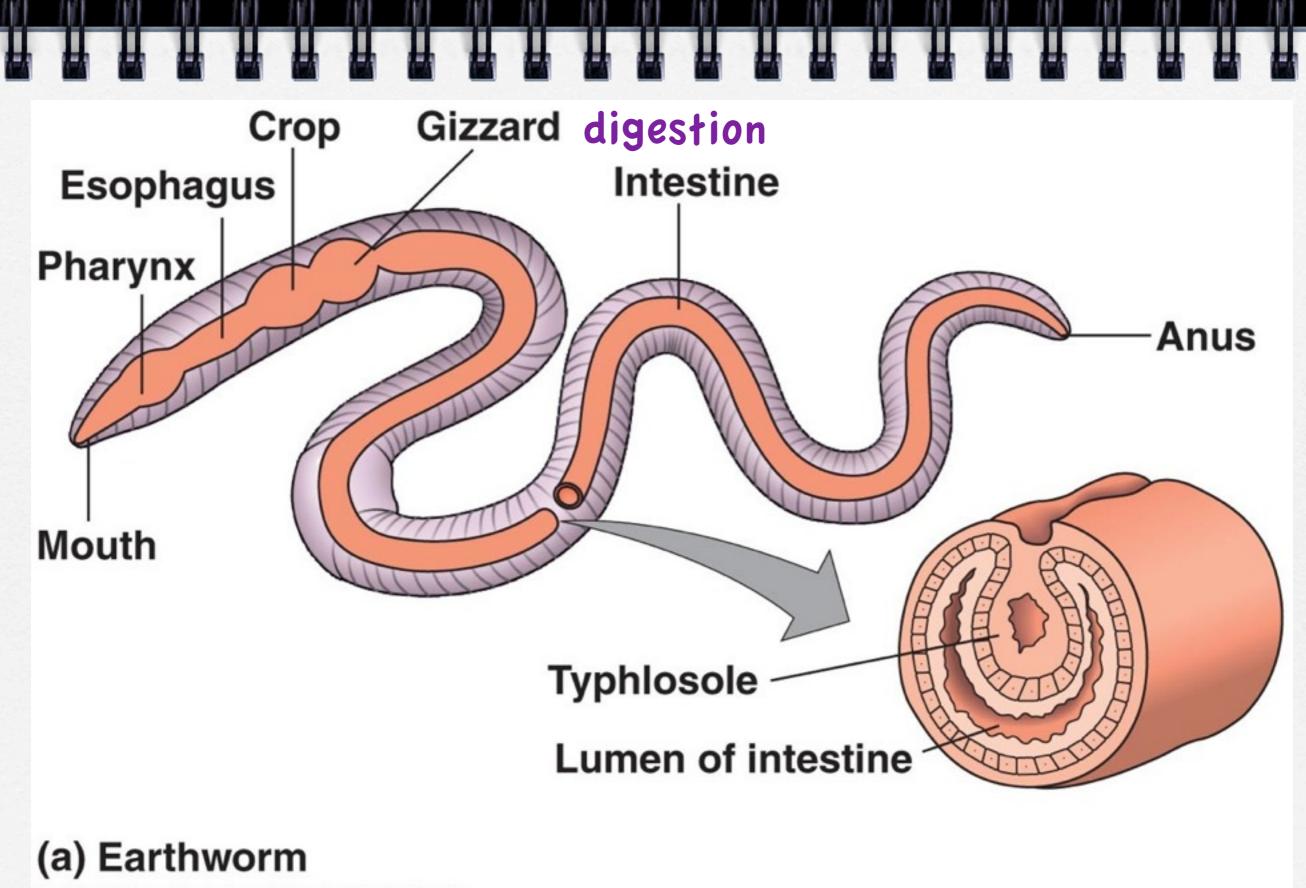
Extracellular Compartments

- Most animal species, molecular breakdown occurs by extracellular digestion, in compartments that continuous with outside of the animal's body.
- Some animals with simple body plans have digestive compartments with a single opening
 - 🗆 ex. Hydra
- Most animals have a digestive tube extending between two openings: mouth and anus.
 - □ This tube is called <u>ALIMENTARY</u> CANAL

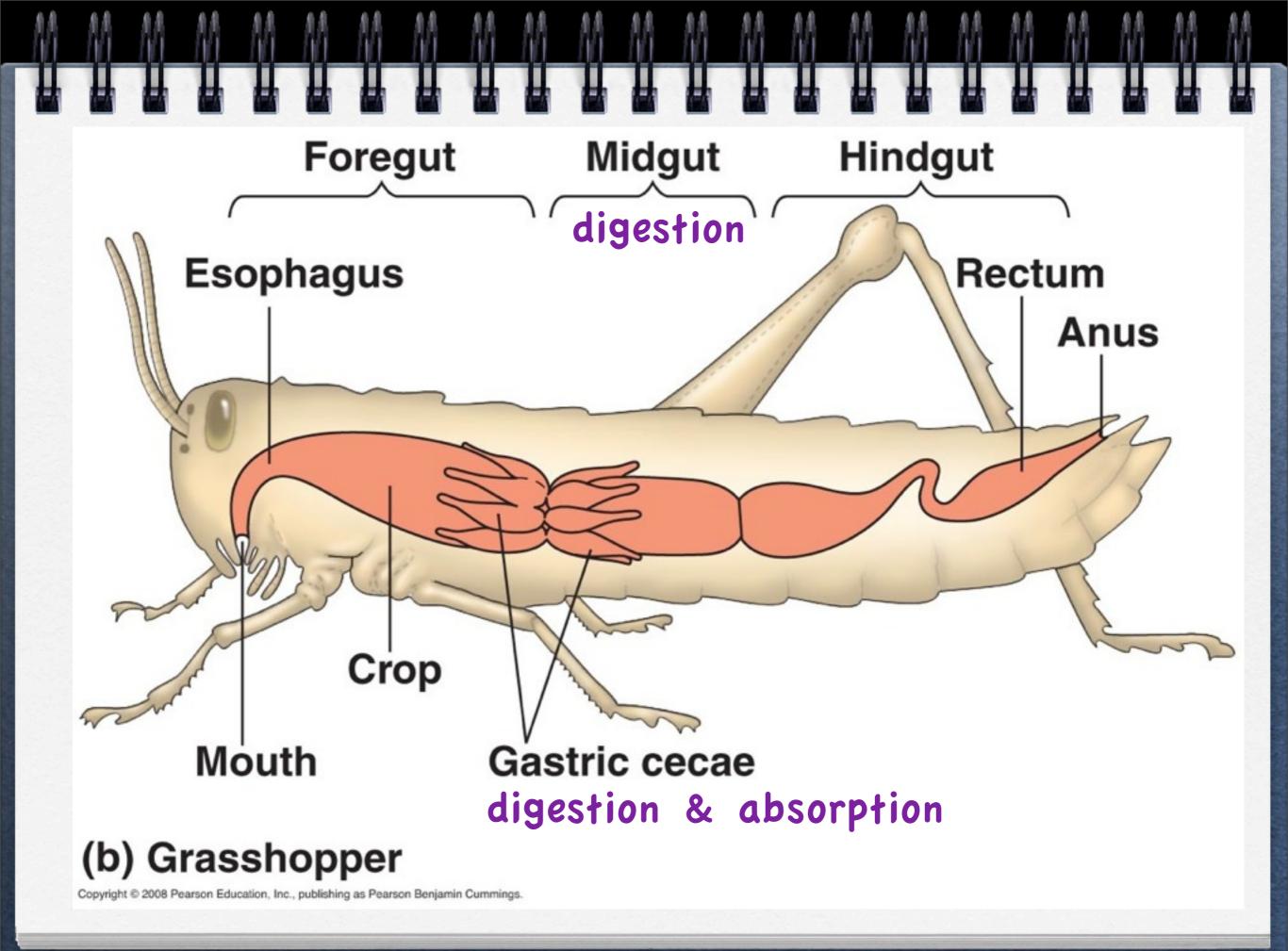


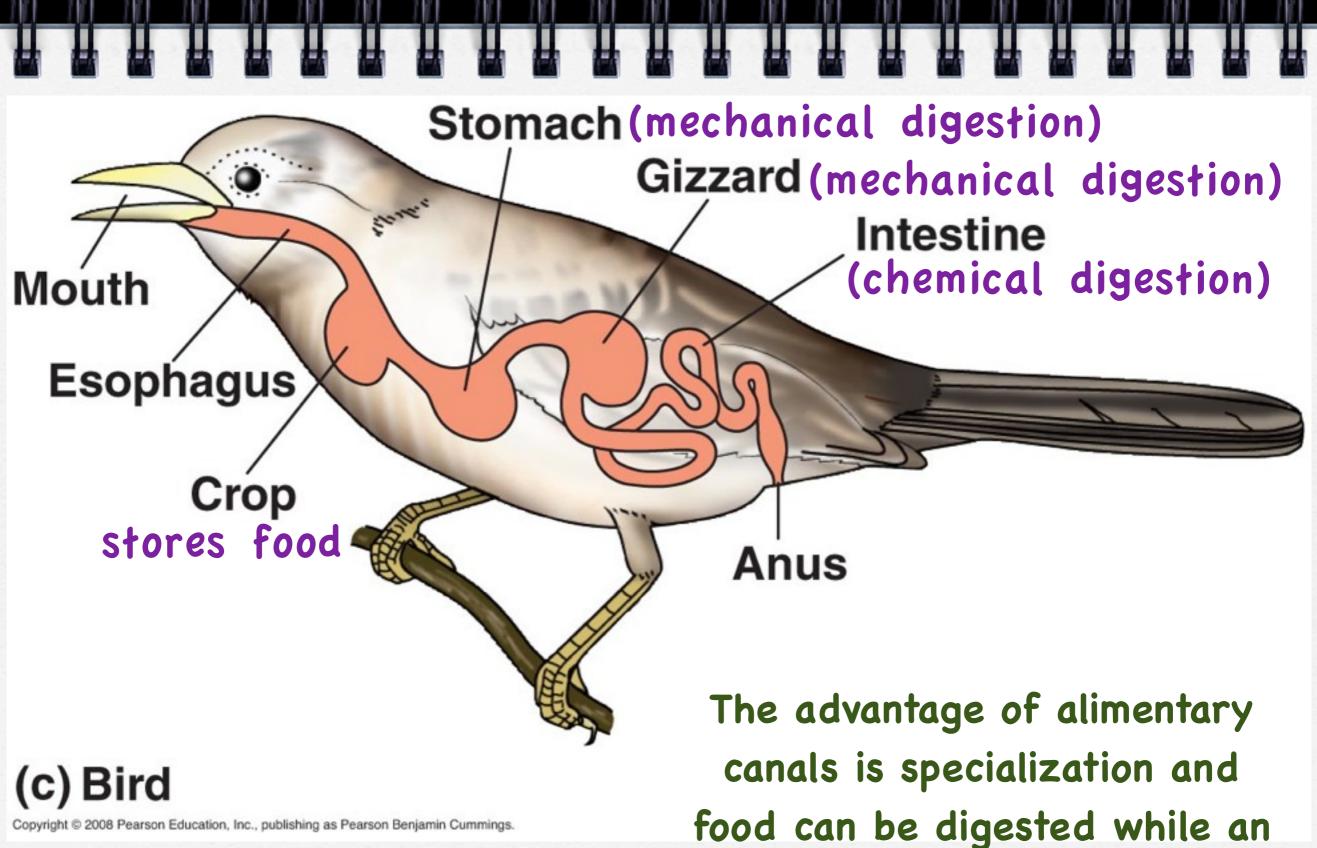
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intracellular digestion

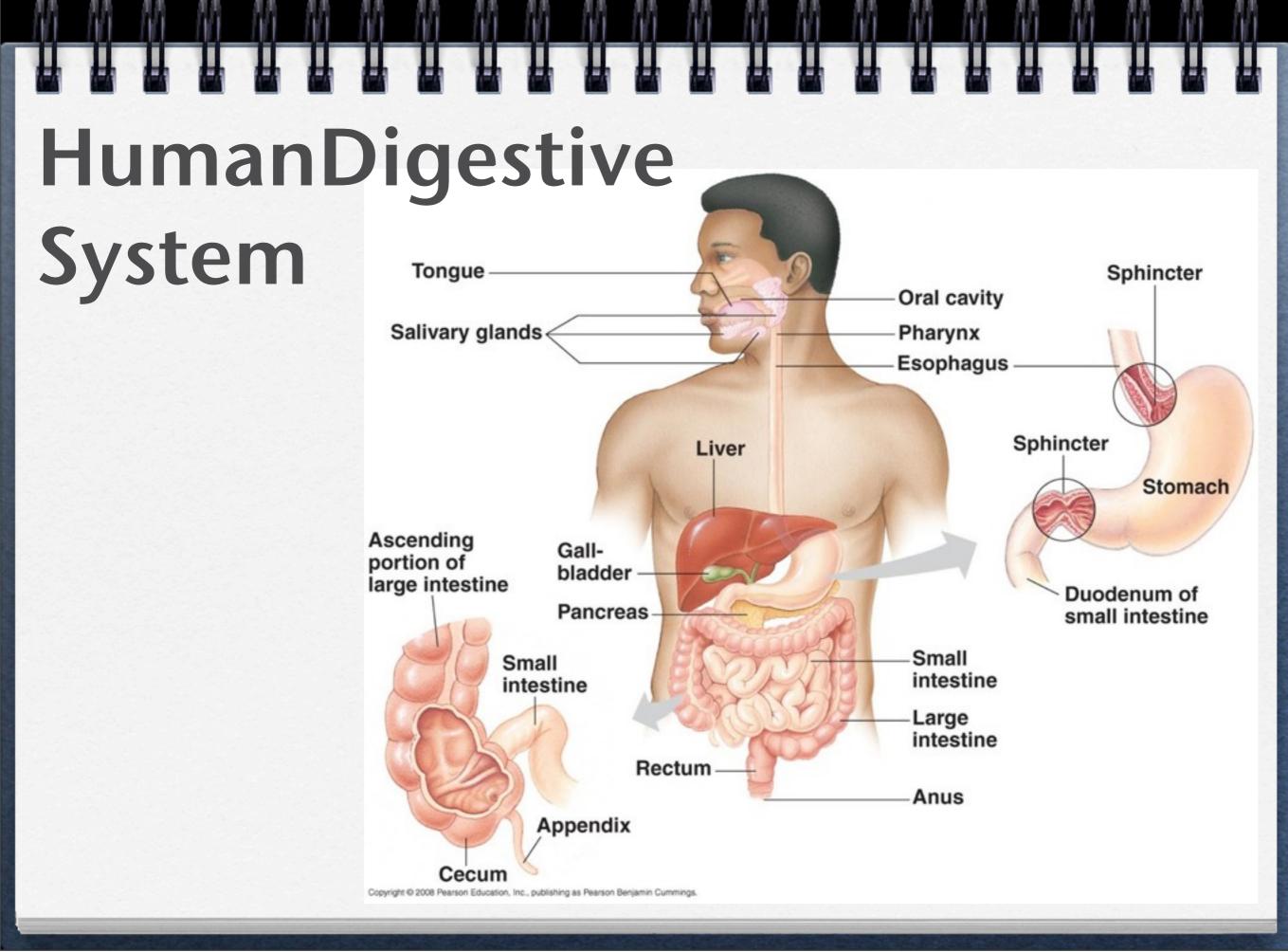


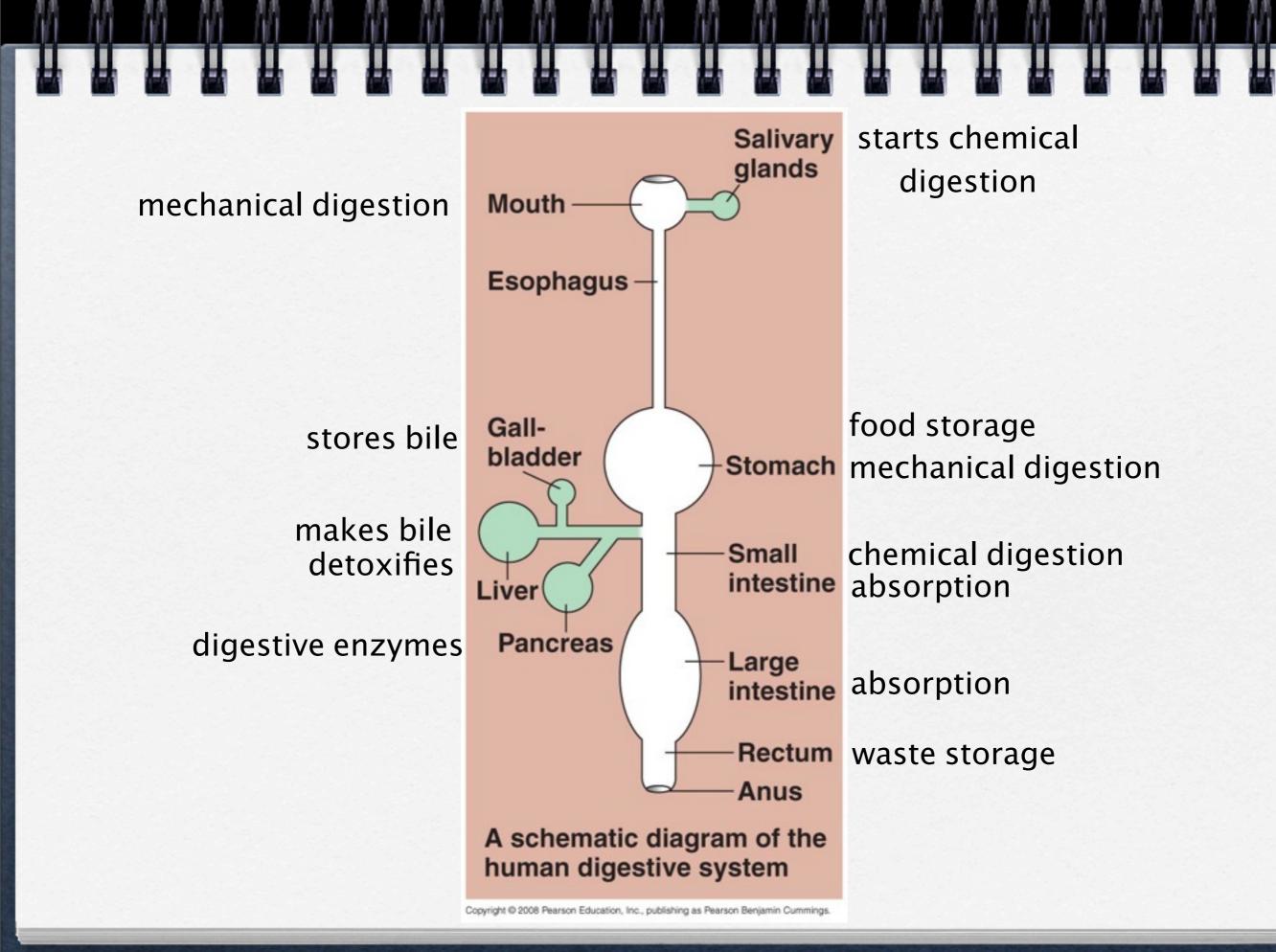
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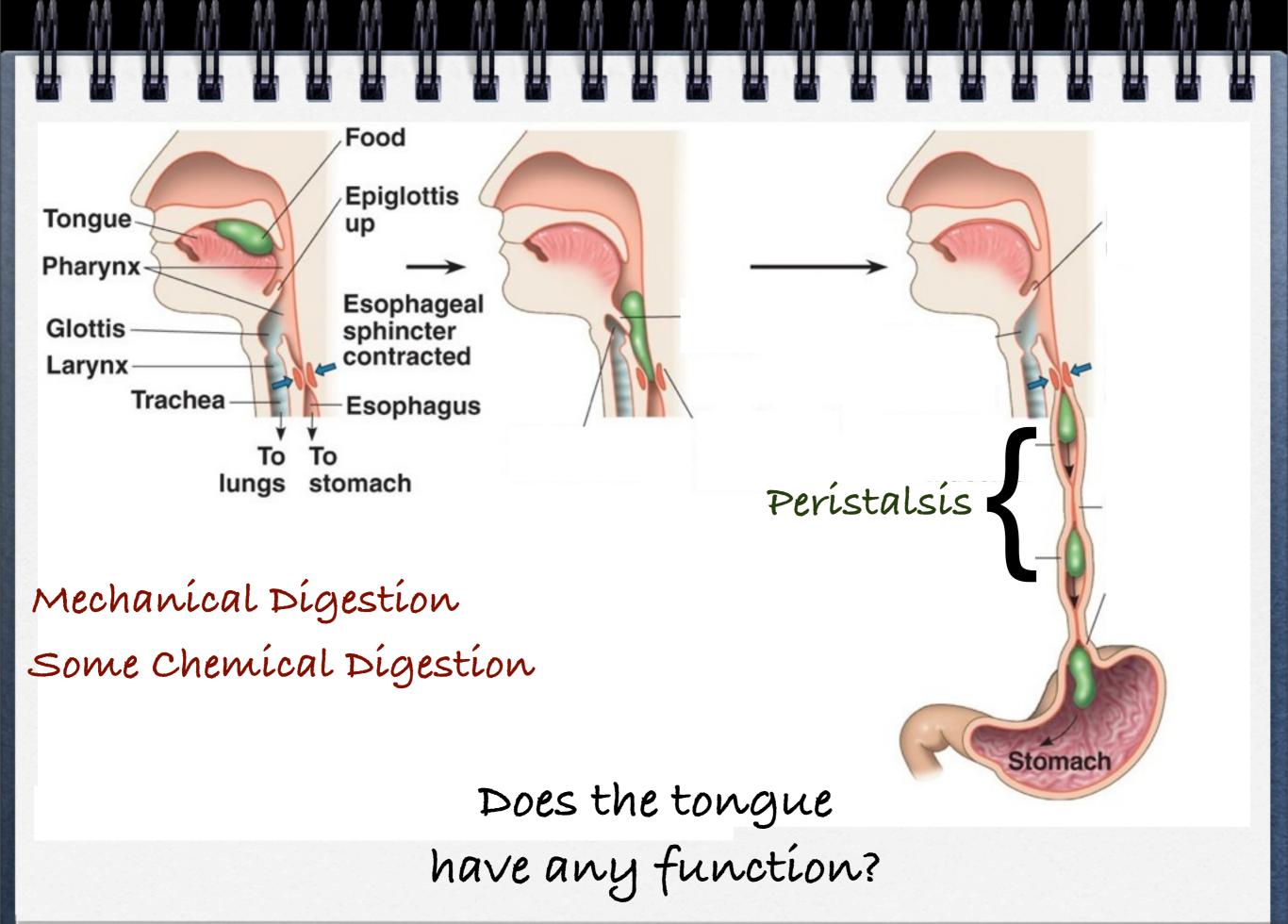




earlier meal is being absorbed

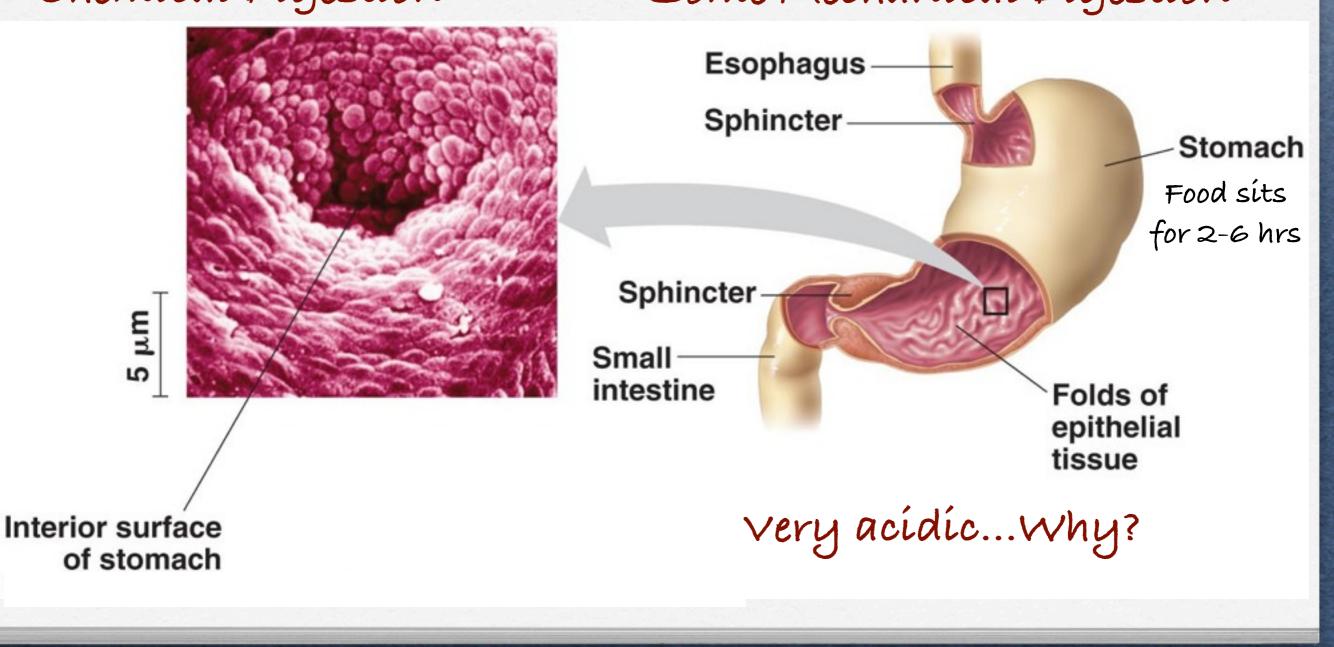


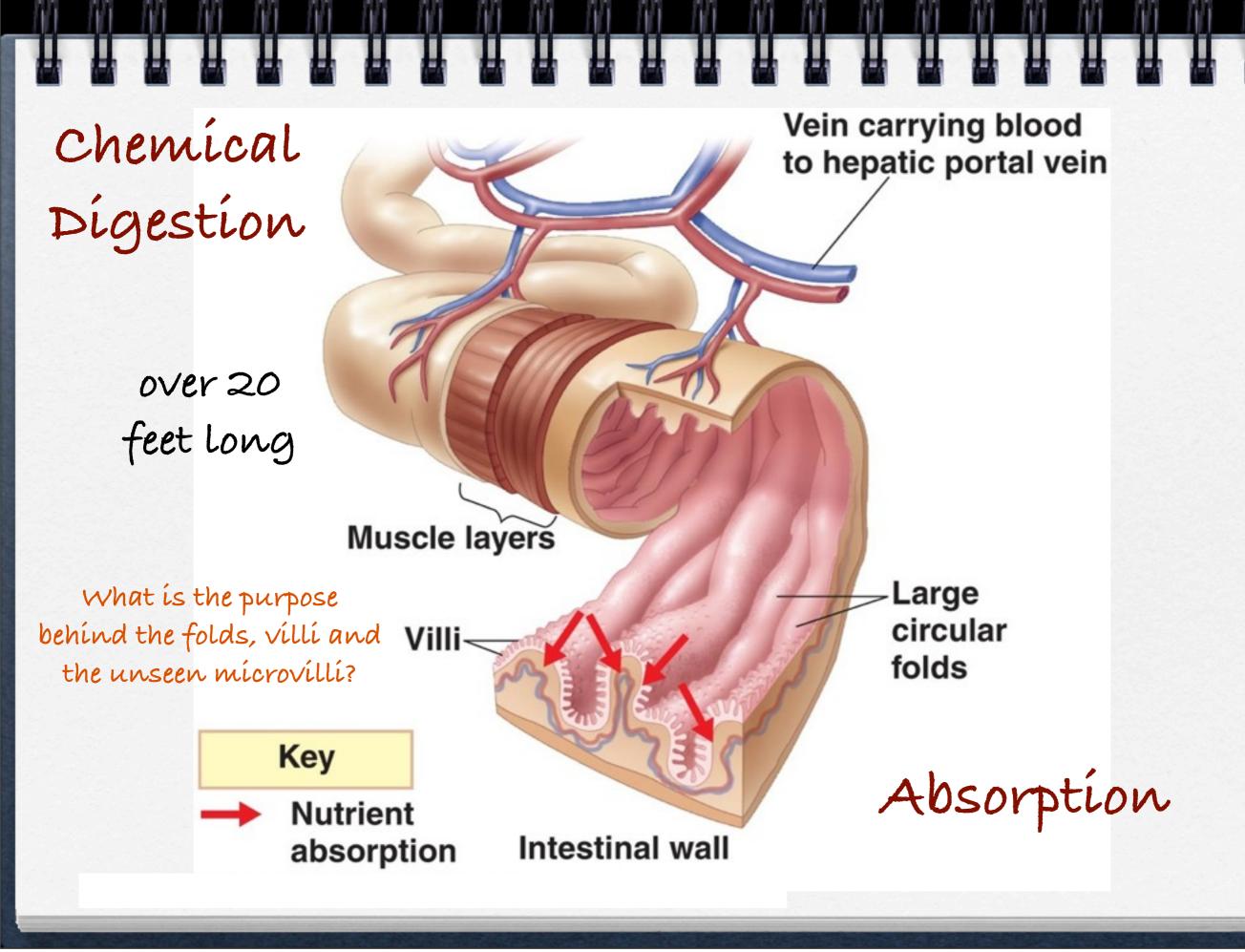


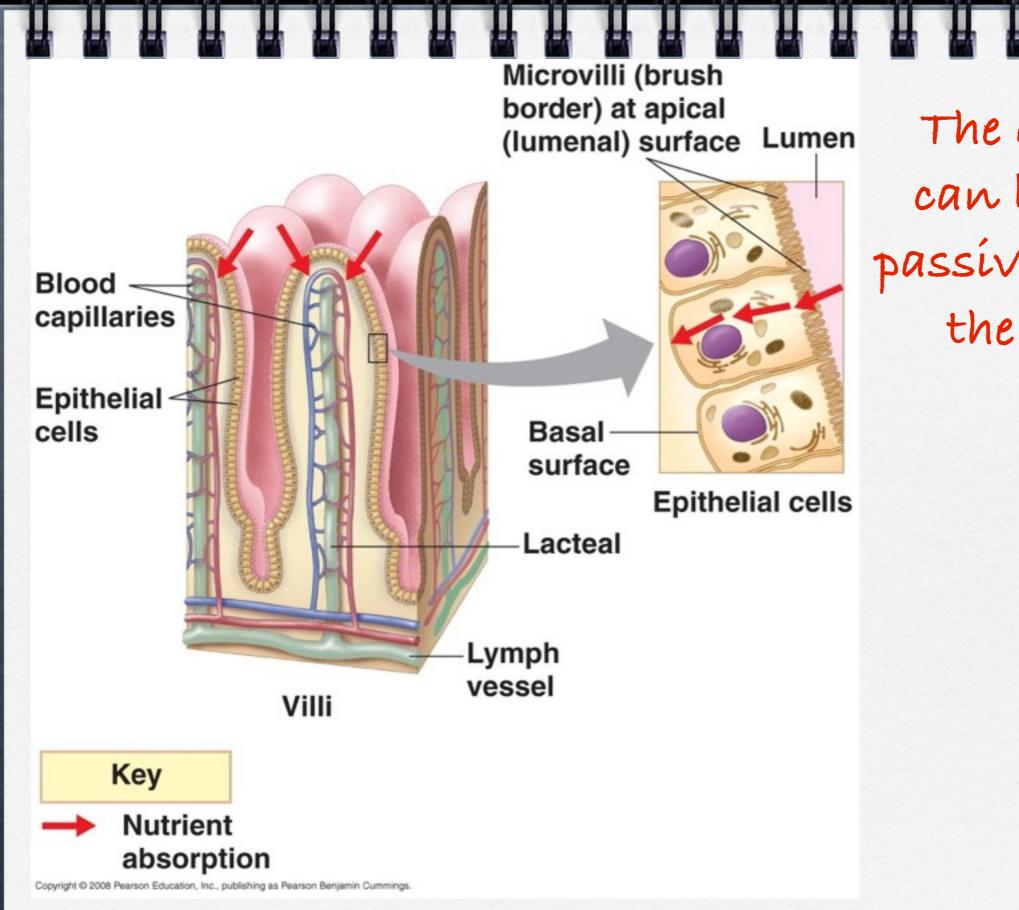




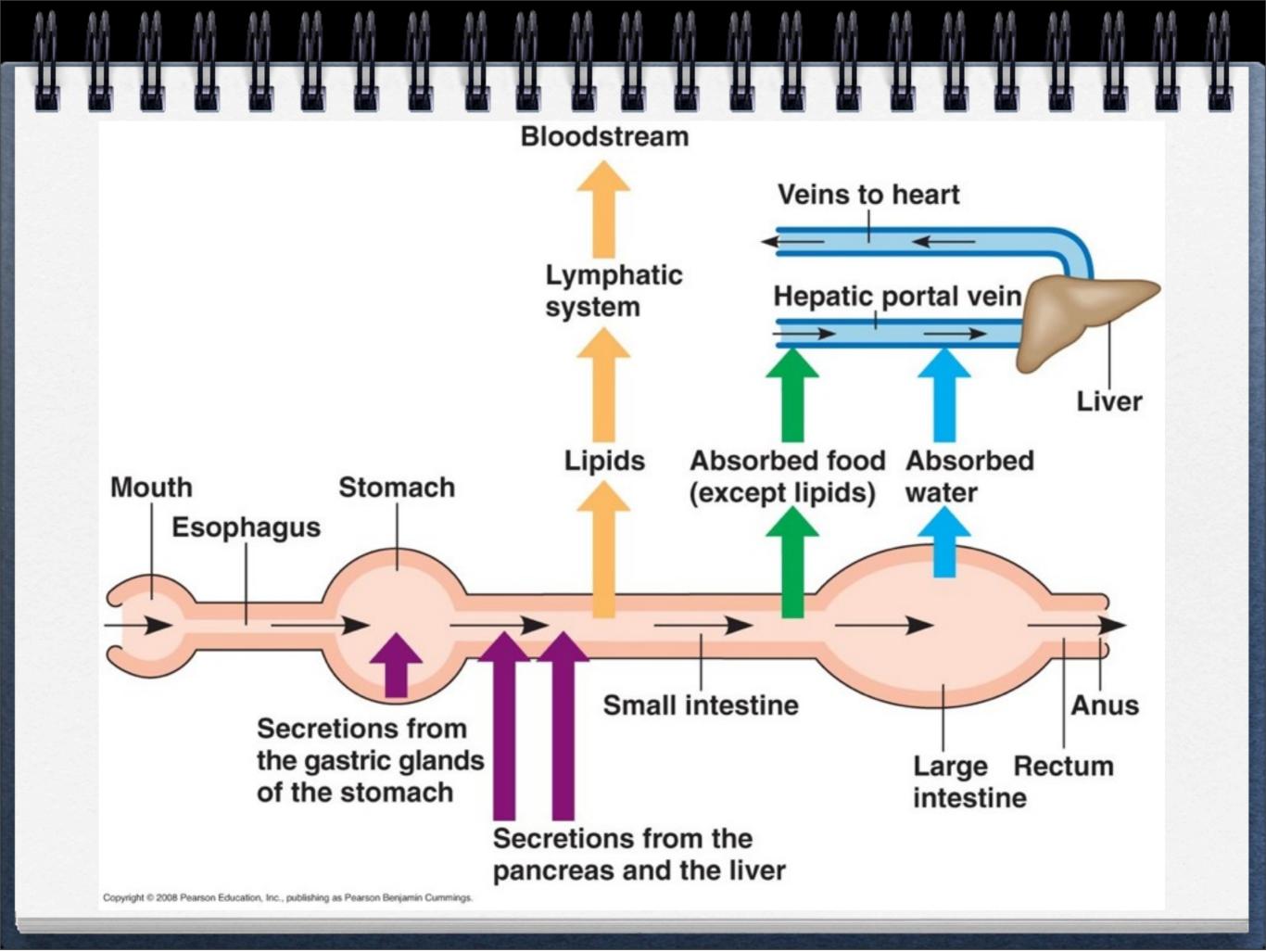
Mainly Storage Chemical Digestion Some Mechanical Digestion





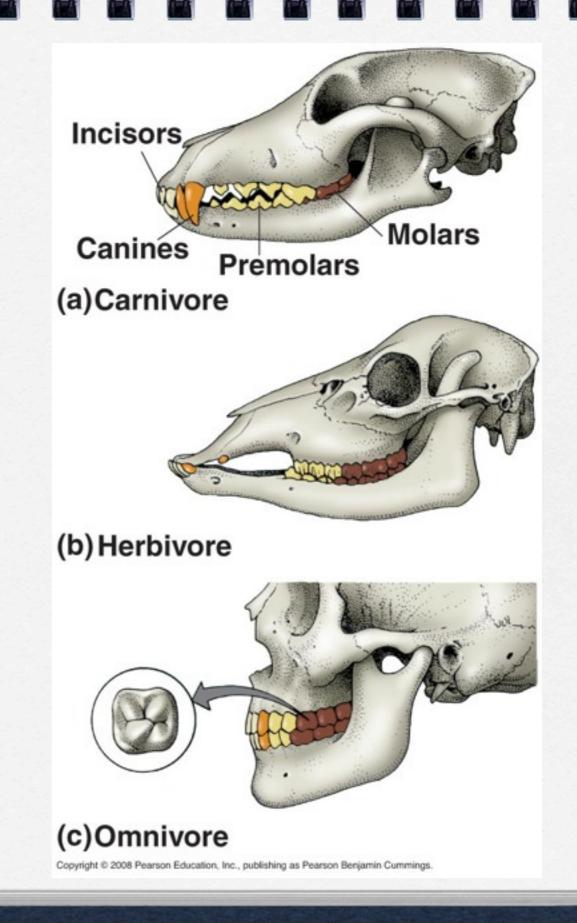


The absorption can be active or passive depending the nutrient

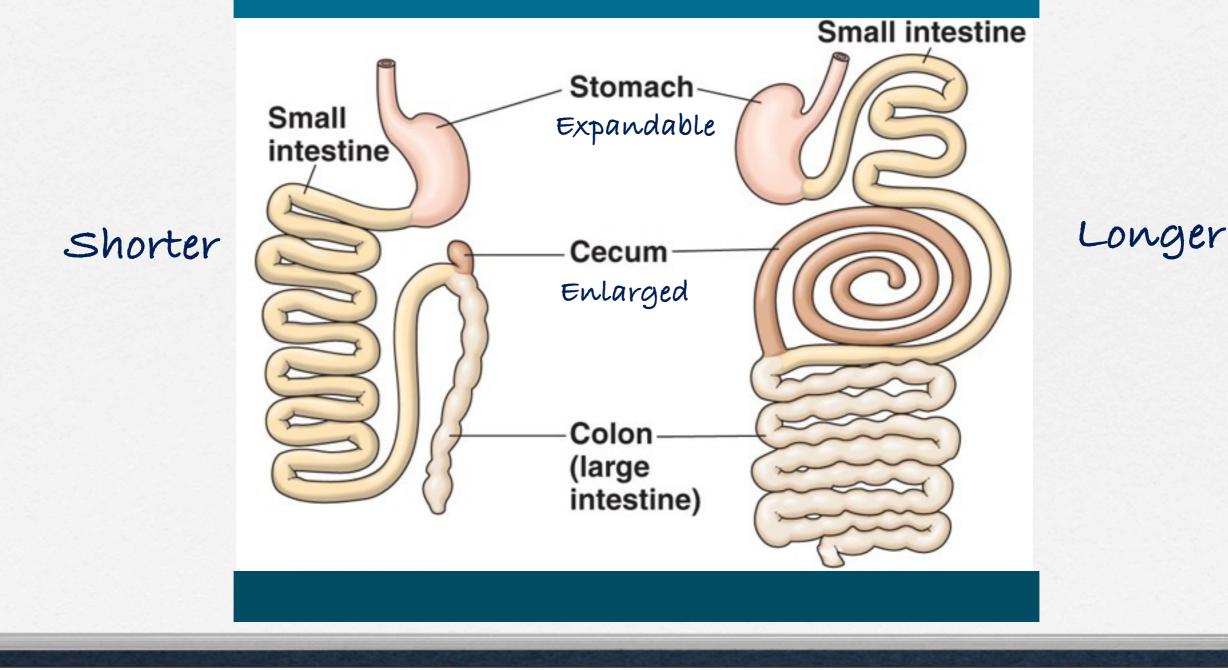


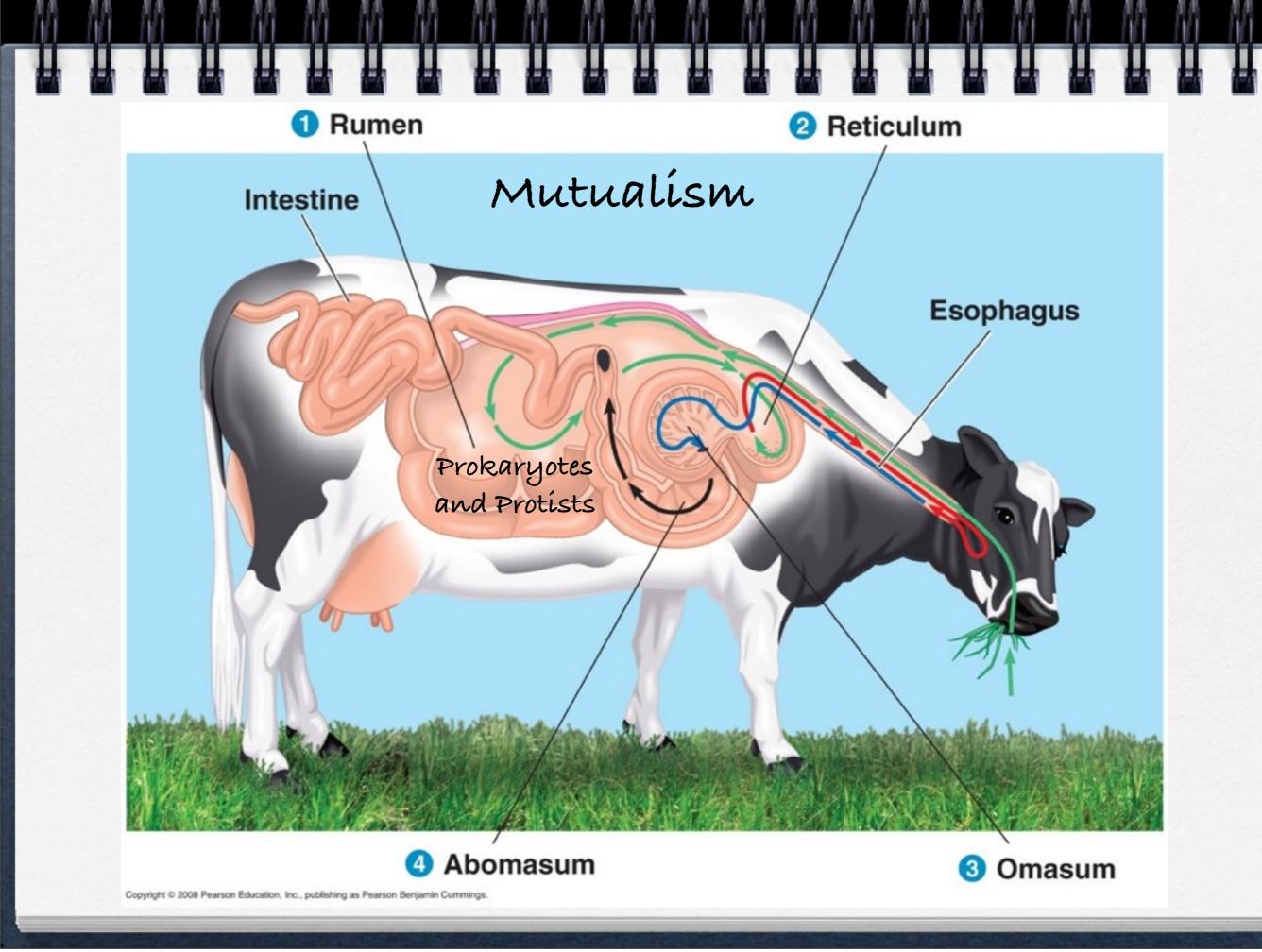
Evolutionary Adaptations

- Dental Adaptations
- Stomach Adaptations
- Intestinal Adaptations
- Mutualistic Adaptations



Which digestive tract belongs to the carnivore, the herbivore?





Plants

Nutritional Requirements

Phototrophs

- Plants must acquire 17 essential elements
- Plants do not have to eat, but they must acquire the essential elements so that they make their own "food"
- Plants carry out photosynthesis... a process that uses sunlight and CO₂ to make their own sugars (organic compounds)
- No process is more important than photosynthesis to the welfare of life on earth.

Nutritional Needs

- Plants produce sugars (organic molecules) that provide energy and building blocks not only for themselves but for most the food webs above them.
- These macromolecules provide the energy for cellular respiration and provide the raw materials for biosynthesis
 - In addition plants require certain specific essential micro-elements usually needed in much smaller amounts

Essential Nutrients

- Plants require 2 classes of essential nutrients
 - **MACRO-ELEMENTS**
 - **MICRO-ELEMENTS**

□ Plants acquire 3 essential elements from the air and the remaining 14 from the soil.

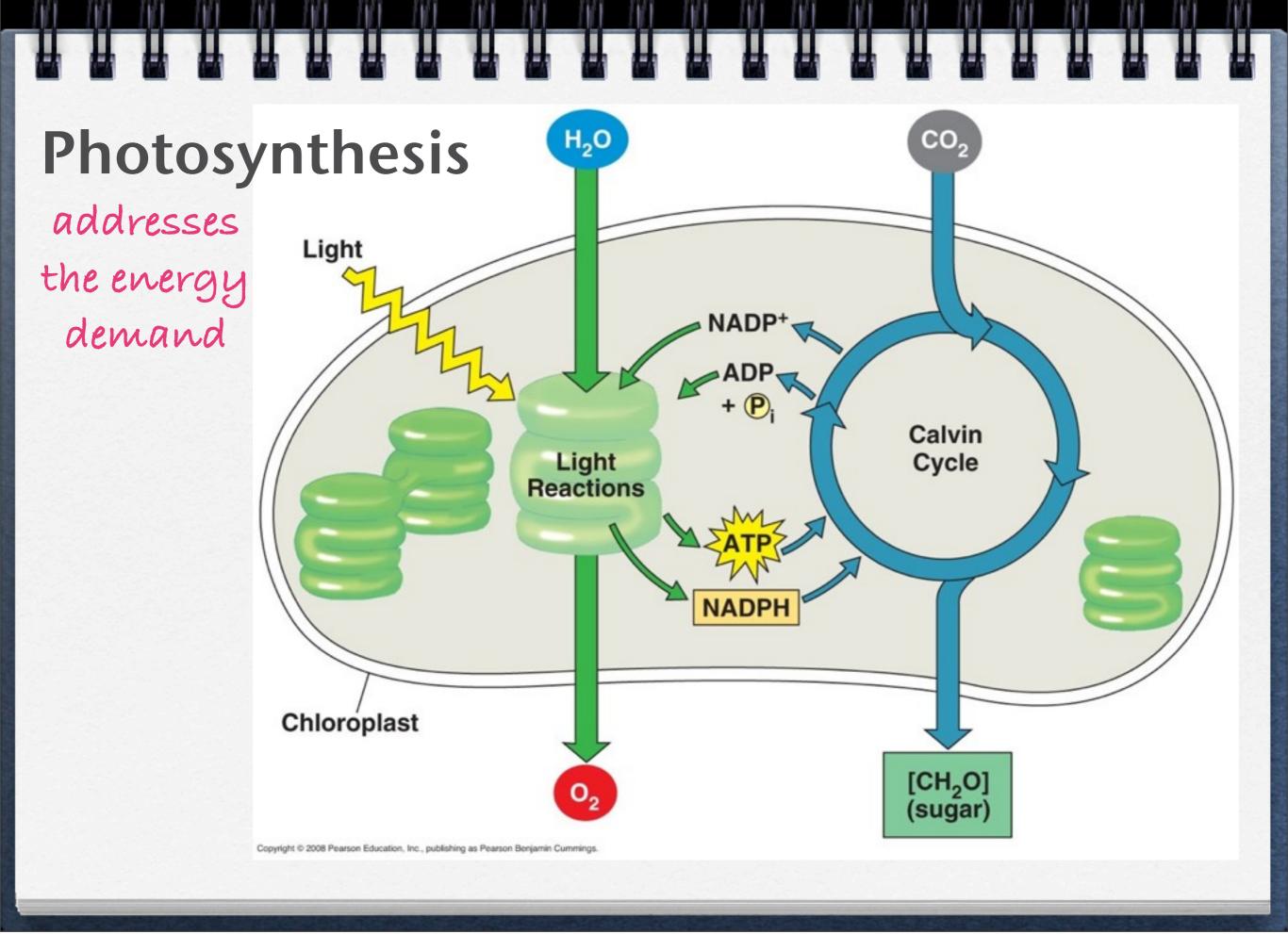
Table 37.1 Essential Elements in Plants

Element	Form Available to Plants	% Mass in Dry Tissue	Major Functions
Macronutrients			
Carbon	CO_2	45%	Major component of plant's organic compounds
Oxygen	CO_2	45%	Major component of plant's organic compounds
Hydrogen	H ₂ O	6%	Major component of plant's organic compounds
Nitrogen	$\mathrm{NO_3}^-$, $\mathrm{NH_4}^+$	1.5%	Component of nucleic acids, proteins, hormones, chlorophyll, coenzymes
Potassium	K ⁺	1.0%	Cofactor that functions in protein synthesis; major solute functioning in water balance; operation of stomata
Calcium	Ca ²⁺	0.5%	Important in formation and stability of cell walls and in maintenance of mem- brane structure and permeability; activates some enzymes; regulates many responses of cells to stimuli
Magnesium	Mg^{2+}	0.2%	Component of chlorophyll; activates many enzymes
Phosphorus	H ₂ PO ₄ ⁻ , HPO ₄ ²⁻	0.2%	Component of nucleic acids, phospholipids, ATP, several coenzymes
Sulfur	SO_4^{2-}	0.1%	Component of proteins, coenzymes
Micronutrients			
Chlorine	Cl ⁻	0.01%	Required for water-splitting step of photosynthesis; functions in water balance
Iron	Fe ³⁺ , Fe ²⁺	0.01%	Component of cytochromes; activates some enzymes
Manganese	Mn ²⁺	0.005%	Active in formation of amino acids; activates some enzymes; required for water-splitting step of photosynthesis
Boron	$H_2BO_3^-$	0.002%	Cofactor in chlorophyll synthesis; may be involved in carbohydrate transport and nucleic acid synthesis; role in cell wall function
Zinc	Zn^{2+}	0.002%	Active in formation of chlorophyll; activates some enzymes
Copper	Cu ⁺ , Cu ²⁺	0.001%	Component of many redox and lignin-biosynthetic enzymes
Nickel	Ni ²⁺	0.001%	Cofactor for an enzyme functioning in nitrogen metabolism
Molybdenum	MoO ₄ ²⁻	0.0001%	Essential for symbiotic relationship with nitrogen-fixing bacteria; cofactor in nitrate reduction

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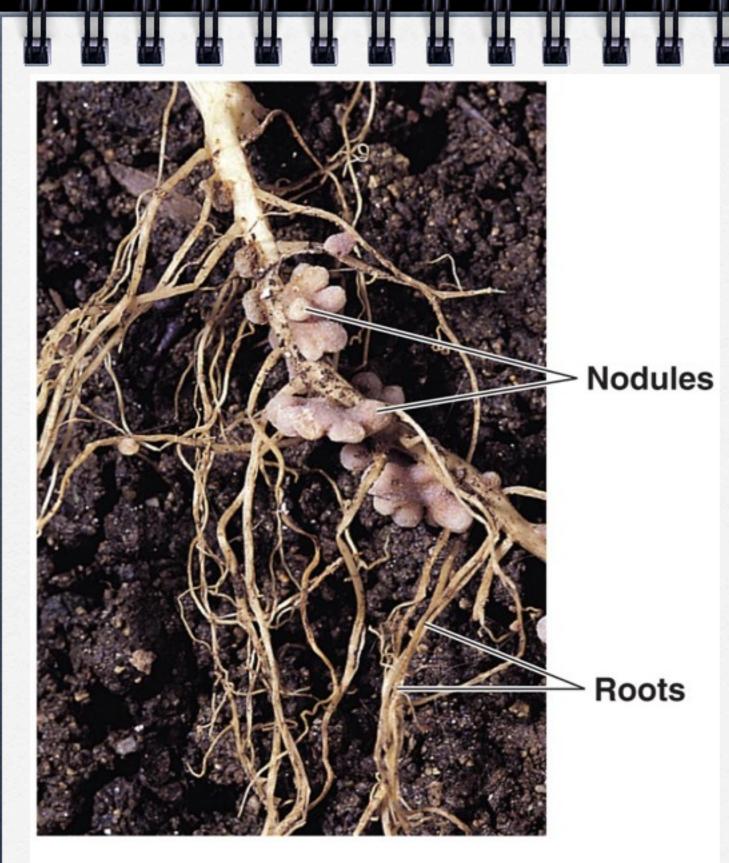
Plants

Nutritional Processing



Evolutionary Adaptations

- Mutualistic Adaptations
 Unusual Feeding Adaptations
- Many other adaptations exist but will be addressed at a later date



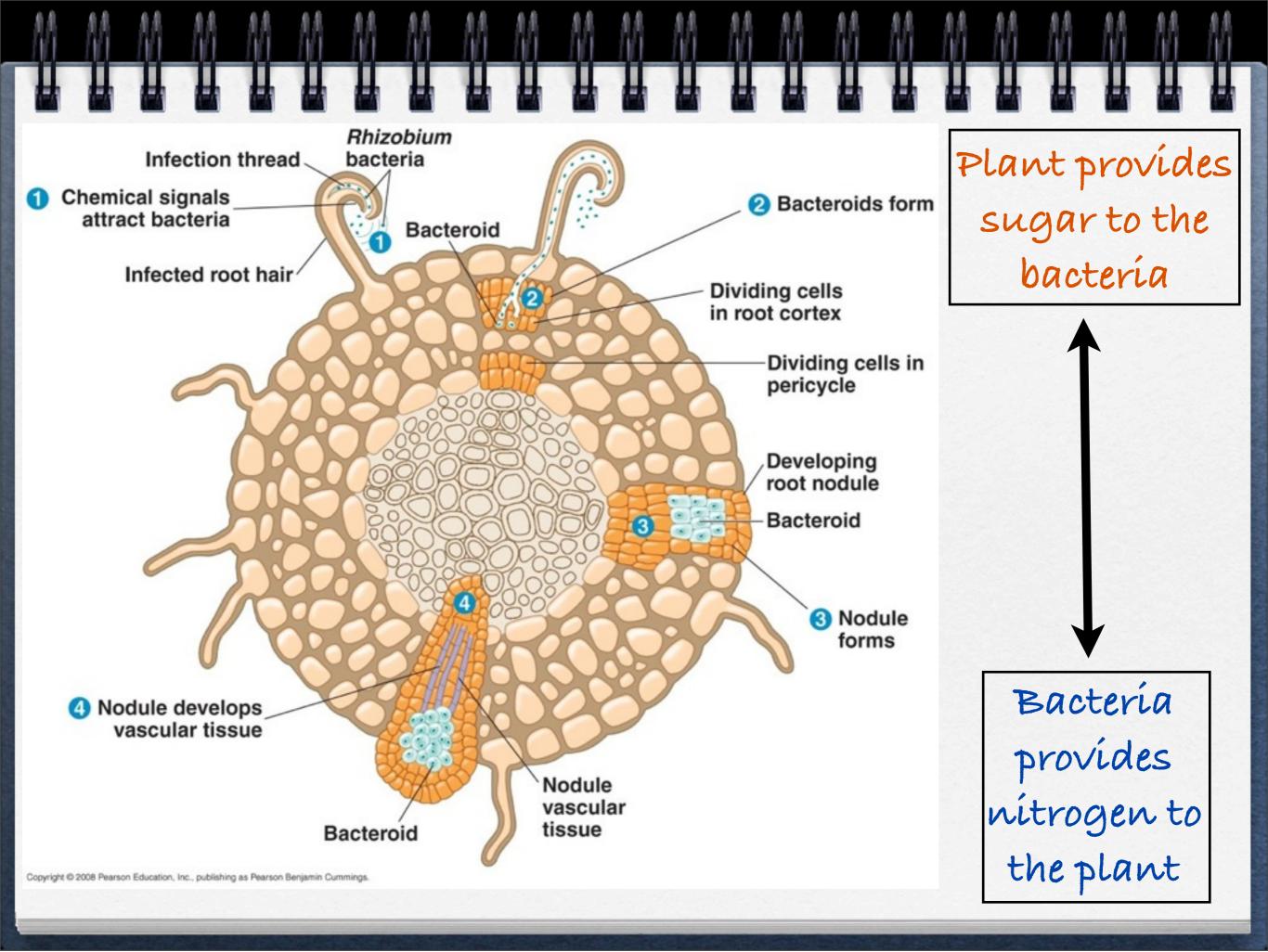
Root Nodules

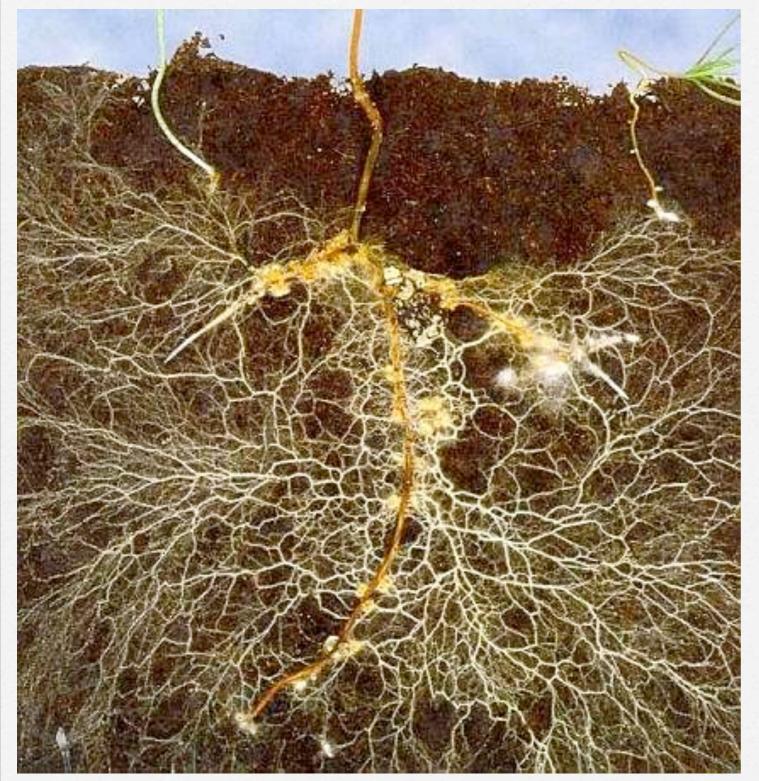
Plants

g Prokaryotes

(a) Pea plant root

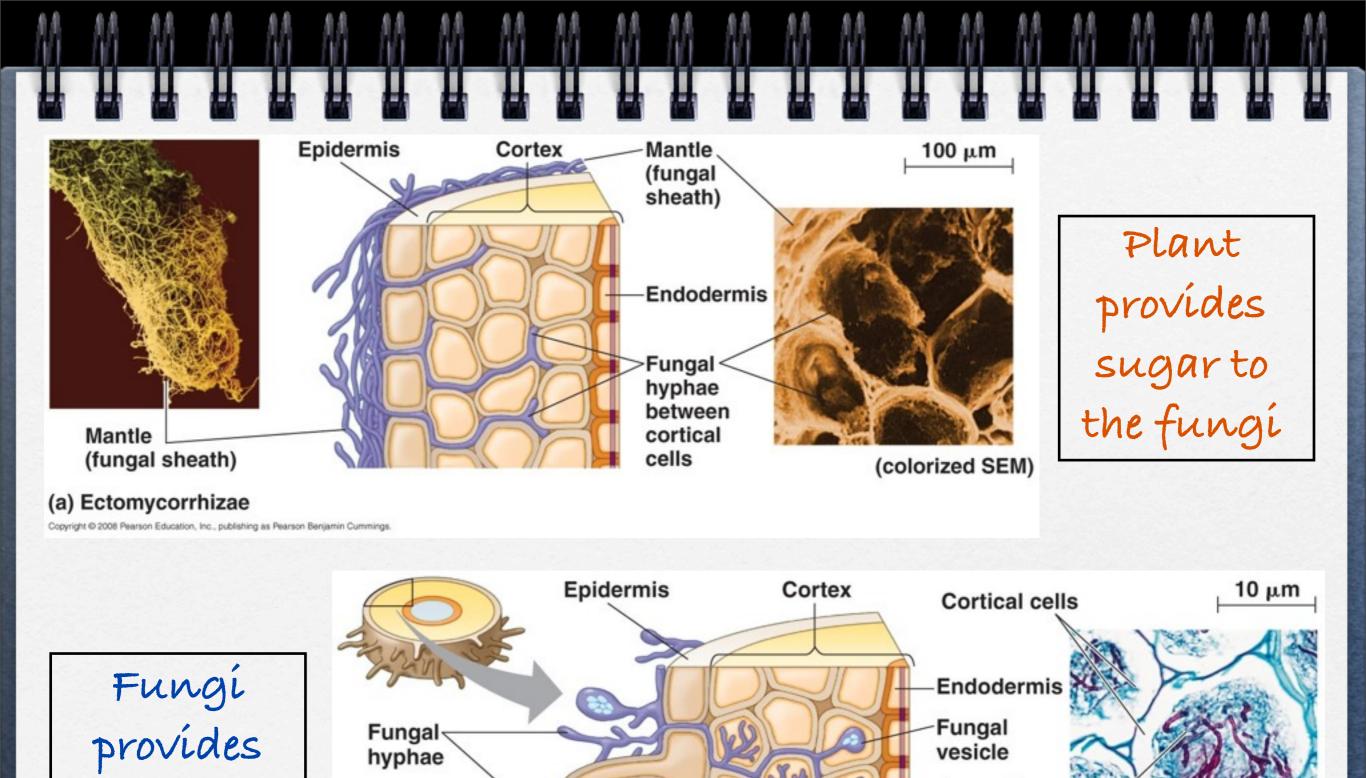
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Mycorrhizae Plants

g Fungí



Casparian

Arbuscules

membrane

(LM, stained specimen)

Plasma

strip

(b) Arbuscular mycorrhizae (endomycorrhizae) Copyright © 2008 Pearson Education, Inc., publishing as Pearson Benjamin Cummings.

Root

hair

water to

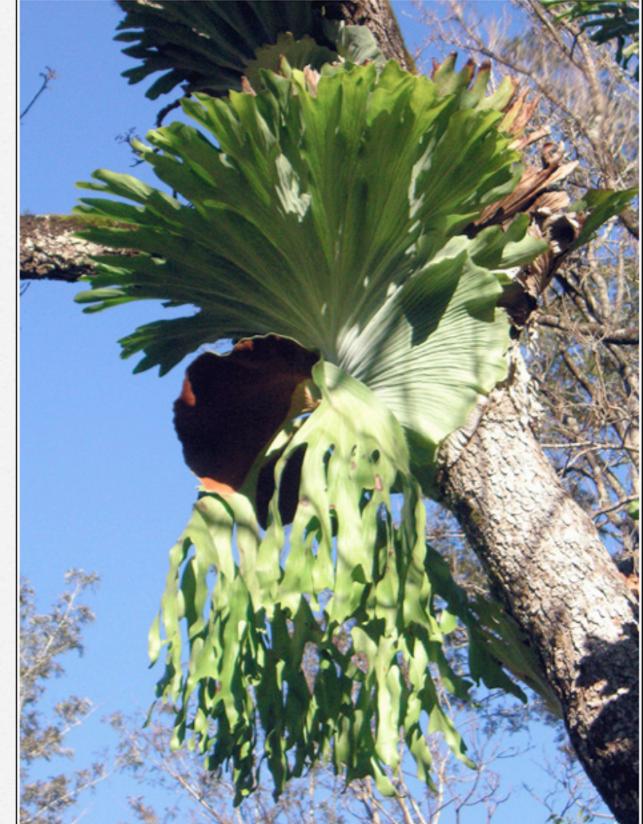
the plant

Epiphytes



T

Staghorn Fern

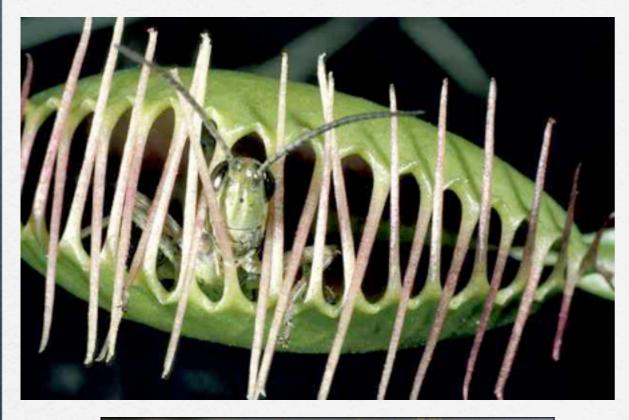


Parasítíc Plants





Carnívorous Plants





Pítcher Plant



venus Fly Trap

Fungi

Nutritional Requirements

Heterotrophs

- □ Fungimust acquire the 17 essential elements
- Fungí have to eat, they can not make their own "food"
- Fungí digest their "food" outside their body and then absorb the sugars and organic compounds from their environment
- Fungí are decomposers, they are very important in an ecological standpoint because they recycle matter in ecosystems.

Nutritional Needs

- Fungí must acquíre sugars (organíc molecules) that províde energy and building blocks.
- These macromolecules provide the energy for cellular respiration and provide the raw materials for biosynthesis
 - In addition fungi require certain specific essential nutrients usually needed in much smaller amounts

Essential Nutrients

- Fungí requíre 2 classes of essential elements
 - MACRO-ELEMENTS
 MICRO-ELEMENTS



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Essential Mineral Nutrients of Fungi

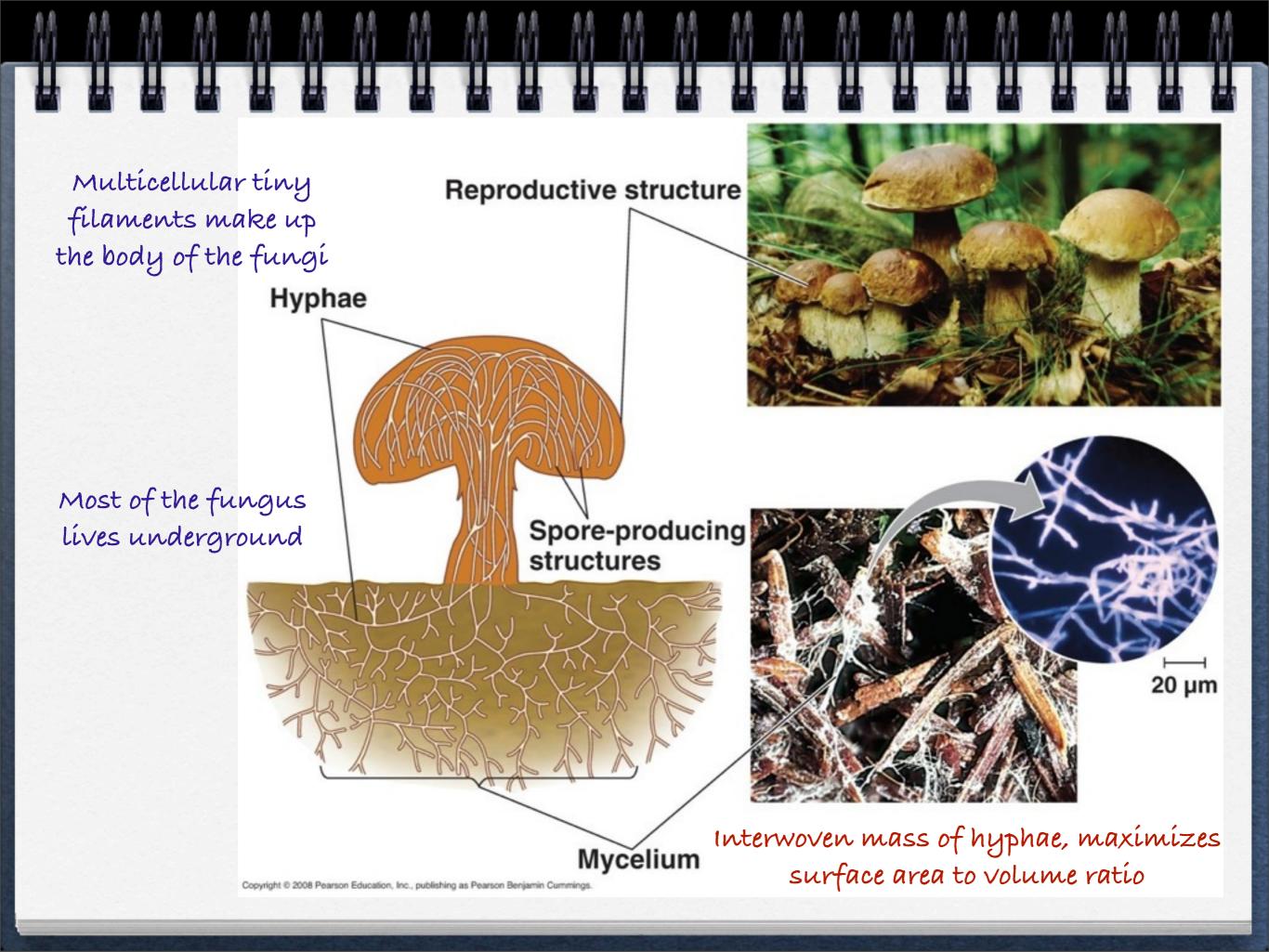
Table 1. Essential Mineral Nutrients of Fungi

Element	Utilizable Form	Concentration (M)	Functions and Comment
Macronutrients			
Potassium	KCI, K ₂ HPO ₄	10-3	Enzyme activity; carbohydrate metabolism; ionic balance
Phosphorus	KH₂PO₄	10-3	Nucleic acids; energy transfer; intermediary metabolism
Magnesium	MgCl ₂	10-3	Enzyme activation; ATP metabolism
Nitrogen	NaNO ₃ , NH ₄ Cl	10-3	Amino acids, nucleotides and vitamins
Sulfur	K ₂ SO ₄	10-4	Amino acids, vitamins and other sulfhydryl compounds
Calcium	CaCl ₂	10-4	Enzyme activity, membrane structure; not universally required
Micronutrients			
Iron	FeCl ₃ , FeSO ₄	10-6	Cytochromes and heme apoenzymes; pigments
Copper	CuSO ₄	10-6-10-7	Enzyme activity; pigments
Manganese	MnCl ₂	10-7	Enzyme activity; TCA cycle, nucleic acid synthesis
Zinc	ZnCl ₂	10-*	Enzyme activity; organic acid and other intermediary metabolism
Molybdenum	Na2MoO4	109	Enzyme activity; nitrate metabolism; vitamin B ₁₂

Some evidence suggests that these elements are also essential to fungi Cobalt, Scandium, Vanadium and Gallium

Fungi

Nutritional Processing



Fungi as Decomposers

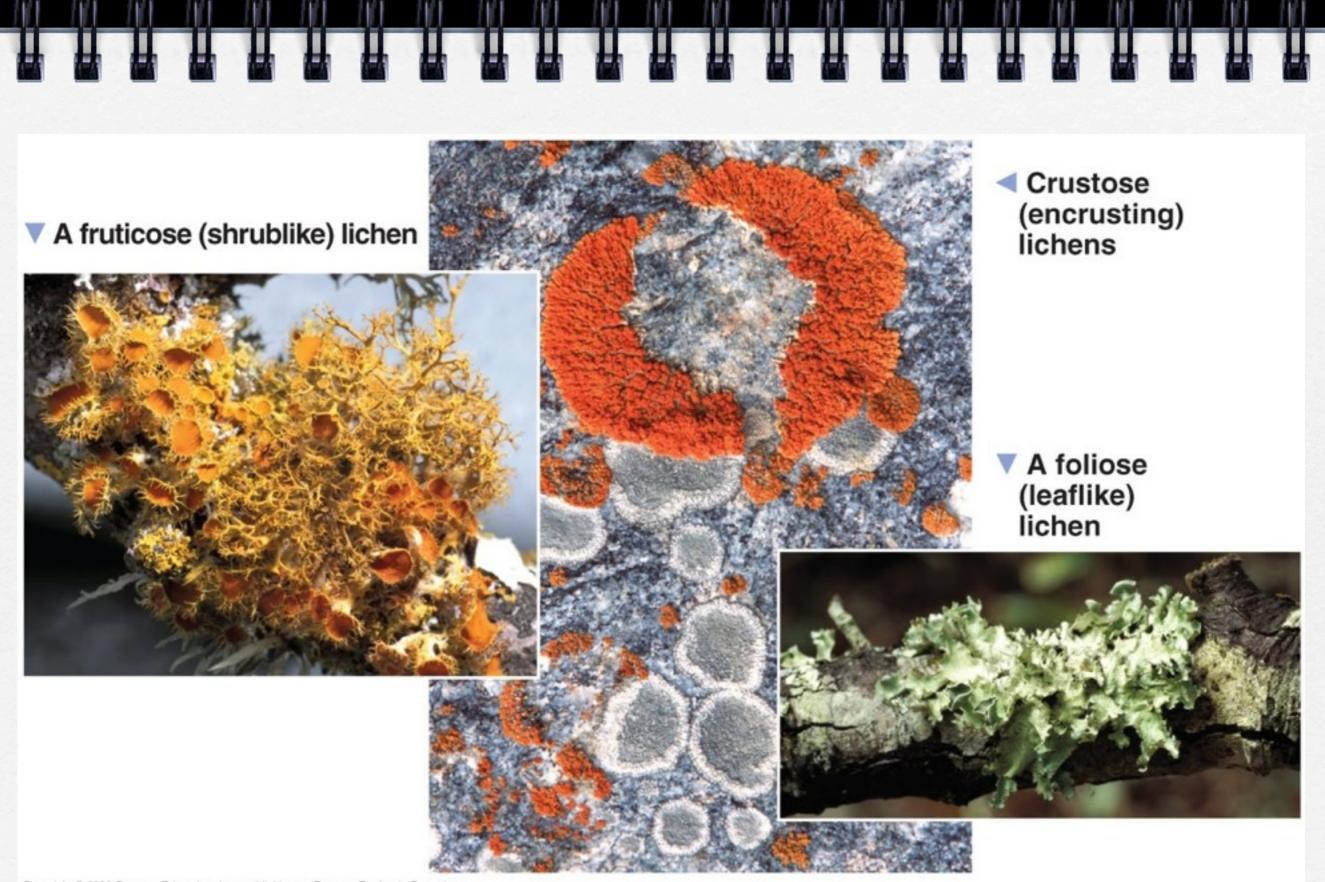
- Fungí can dígest and absorb many carbon containing substances: dead organisms, cellulose, jet fuel and house paint.
- They return all elements back to soil and complete the cycle of matter in ecosystems.
- Without decomposers like fungi life on earth would not continue.

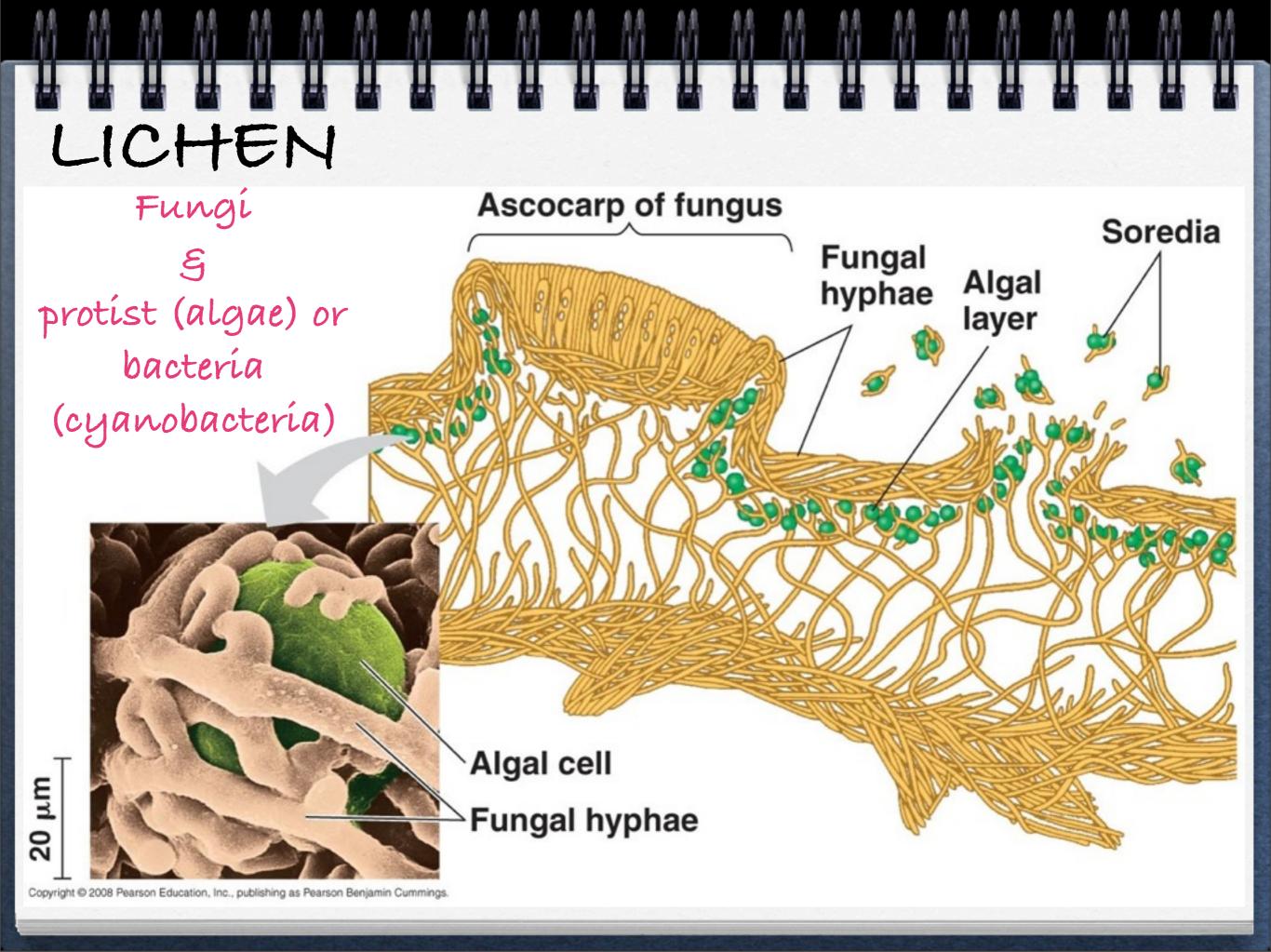
Fungi as Mutualists

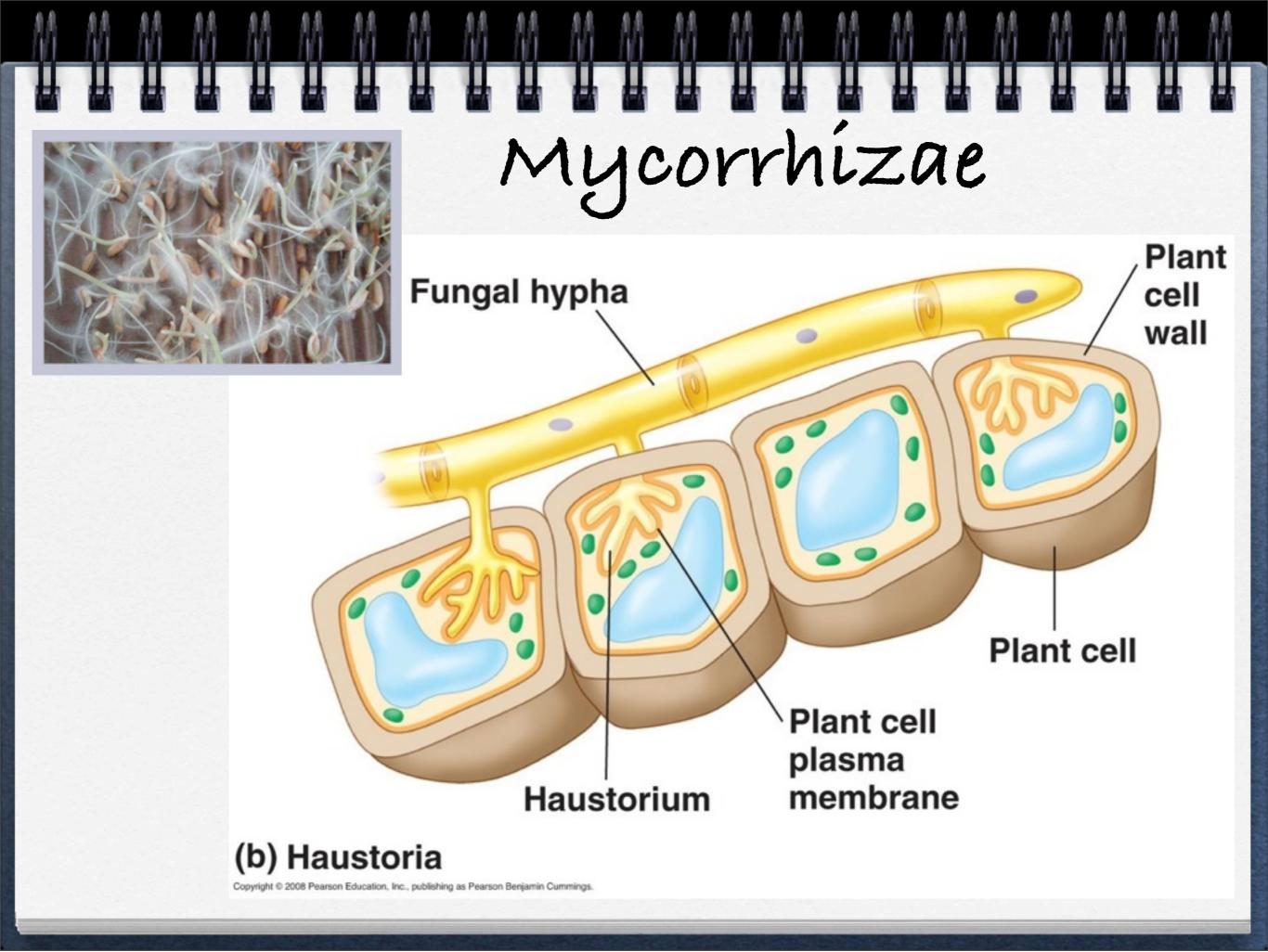
- Some fungí deríve ímportant nutrients from mutualístic relationships between photosynthetic organisms.
- These relationships often involve fungi providing the water and minerals and the autotroph providing the sugars.

Fungi as Mutualists

- LICHENS- a mutualistic relationship where fungi provide water and minerals and algae provide sugars
- MYCORRHIZAE- a mutualistic relationship where a fungi provide water and minerals and plants provide sugars
- Fungus-gardening insects-leaf cutting ants feed the ants while the fungus digest the cellulose for the ants



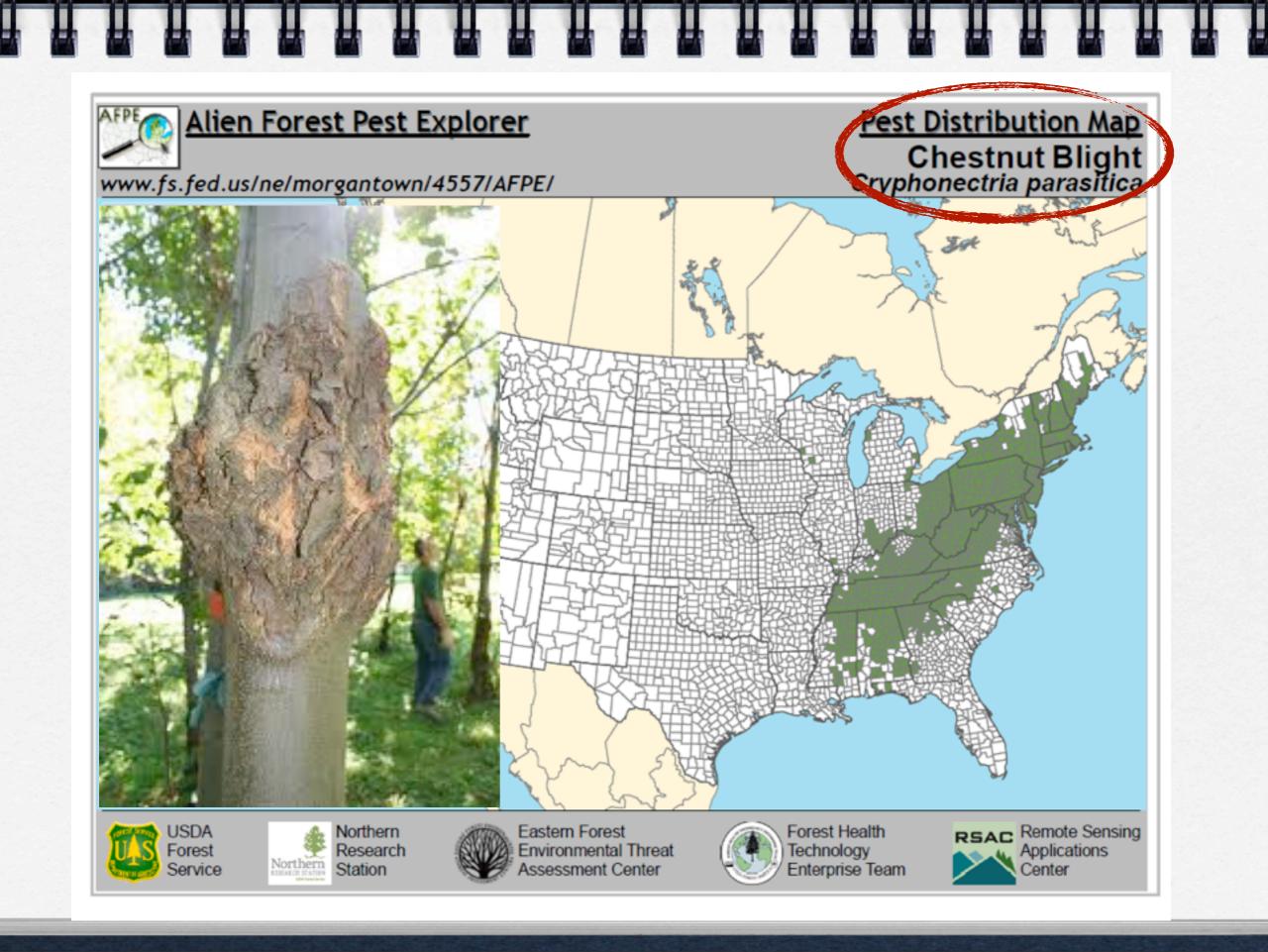


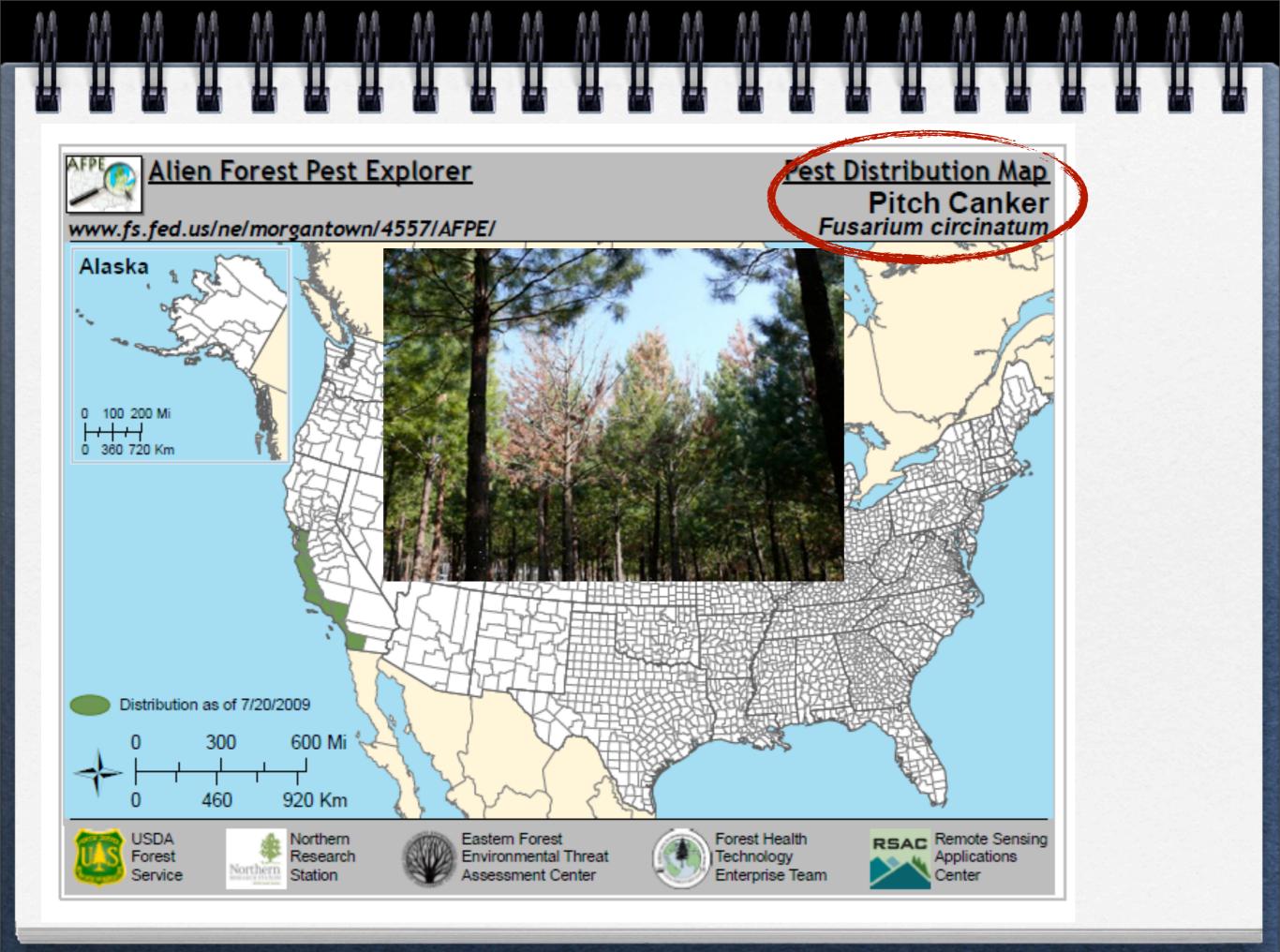




Fungi as Pathogens

- About 30% of fungí feed from líving organisms as parasítes or pathogens.
- Mostly affects plants but can also attack animals including humans.





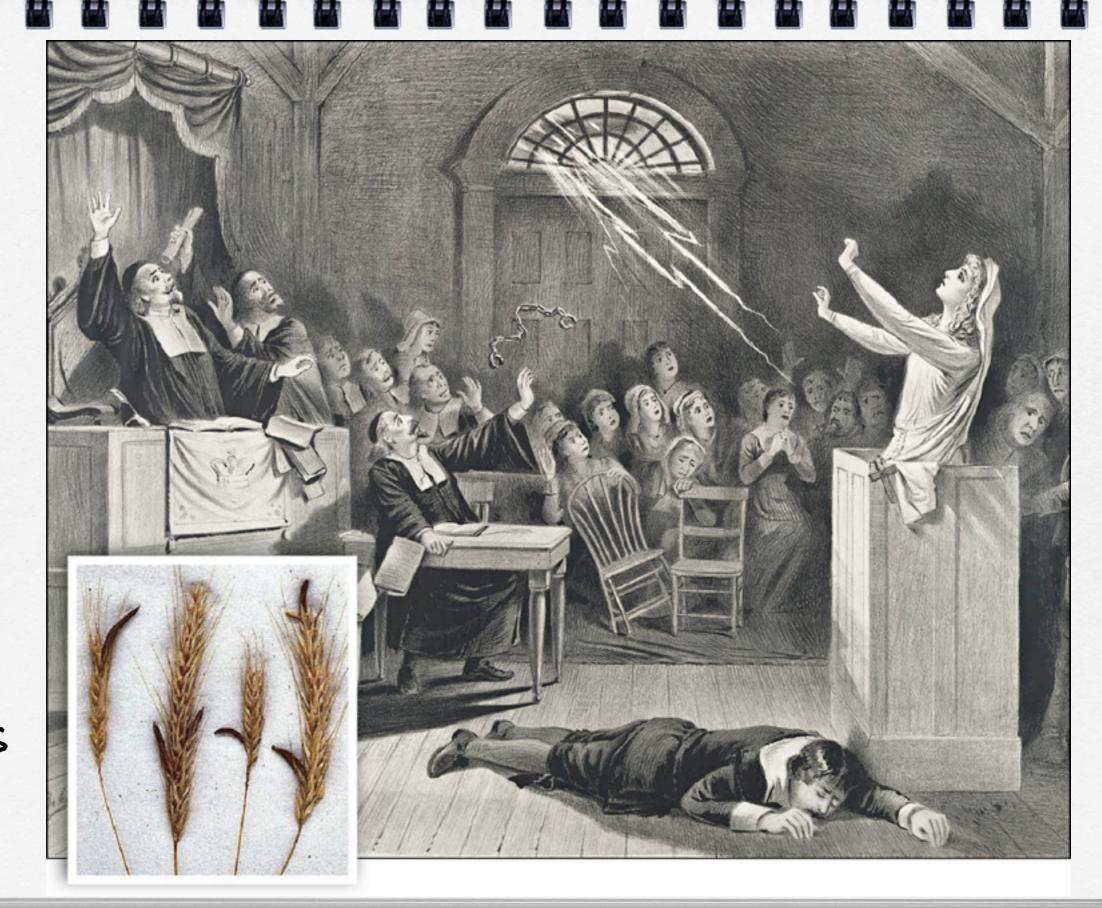




(a) Corn smut on corn

(b) Tar spot fungus on maple leaves

(c) Ergots on rye



Rye Ergots



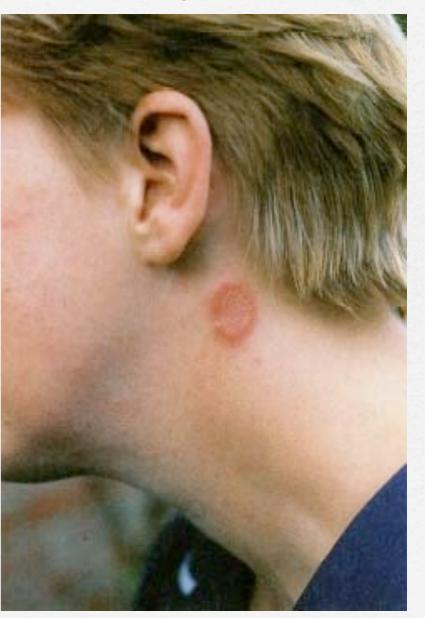
Yeast Infections





Athletes Foot

Ríngworm



Protista

Nutritional Requirements

Nutritional Diversity

- Like all life protists must acquire the 17 essential elements
- How they acquire these essential elements as a group is very diverse...
- □ Some are HETEROTROPHS, some are AUTOTROPHS and yet others are MIXOTROPHS as they obtain their nutrition or produce it from photosynthesis

Nutritional Needs

- Protists must acquire sugars (organic molecules) that provide energy and building blocks.
- These macromolecules provide the energy for cellular respiration and provide the raw materials for biosynthesis
 - In addition protists require certain specific essential nutrients usually needed in much smaller amounts

Protista

Nutritional Processing

Essential Nutrients

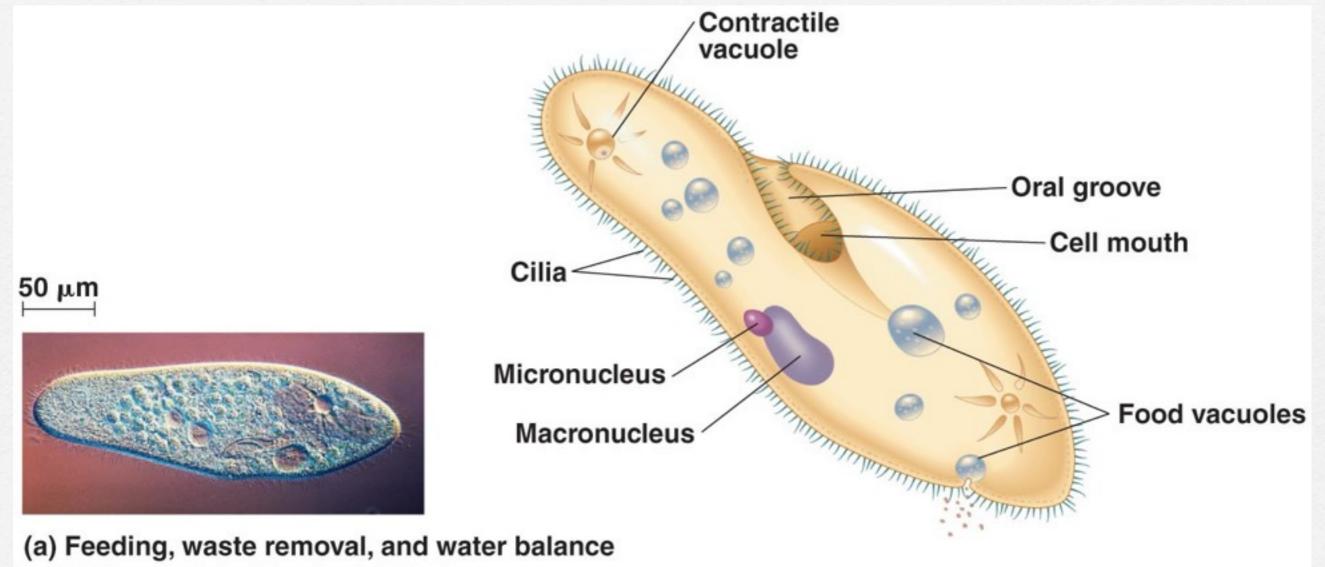
Protista acquire "food" in one of three ways ABSORPTION П INGESTION П Unless of course, they make their own "food"

Unikonta: HETEROTROPHIC

Amoebas



Chromalveolata: Paramecium



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HETEROTROPHIC

Archaeplastida

Green Algae AUTOTROPHIC



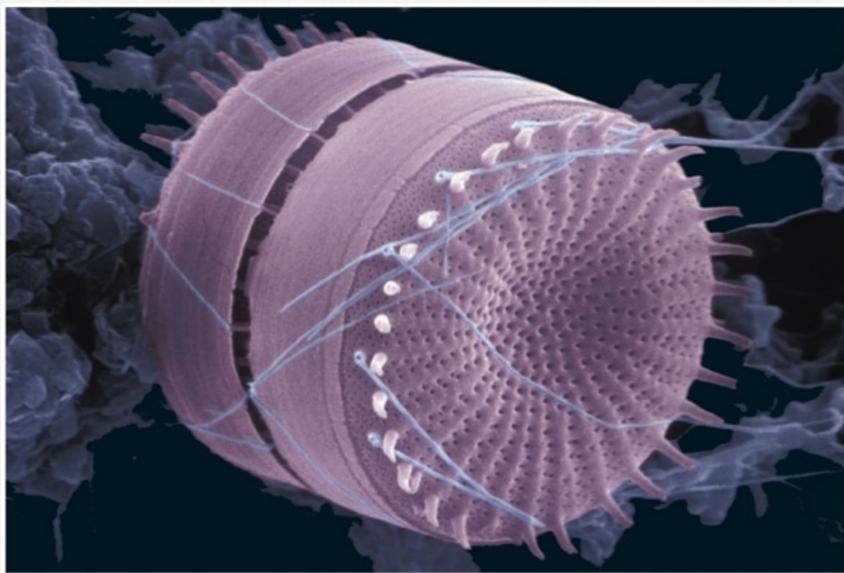
(a) Ulva, or sea lettuce

2 cm

(b) Caulerpa, an intertidal chlorophyte



Chromalveolata: Diatoms



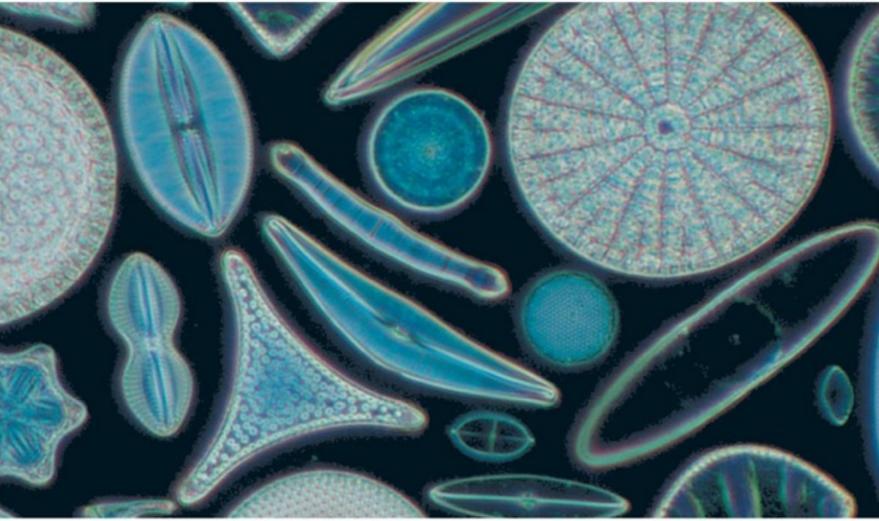
unicellular algae, that have a unique glass-like wall made of silicon dioxide embedded in an organic matrix

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Important component of phytoplankton, one bucket of sea water may contain millions of diatoms

AUTOTROPHIC

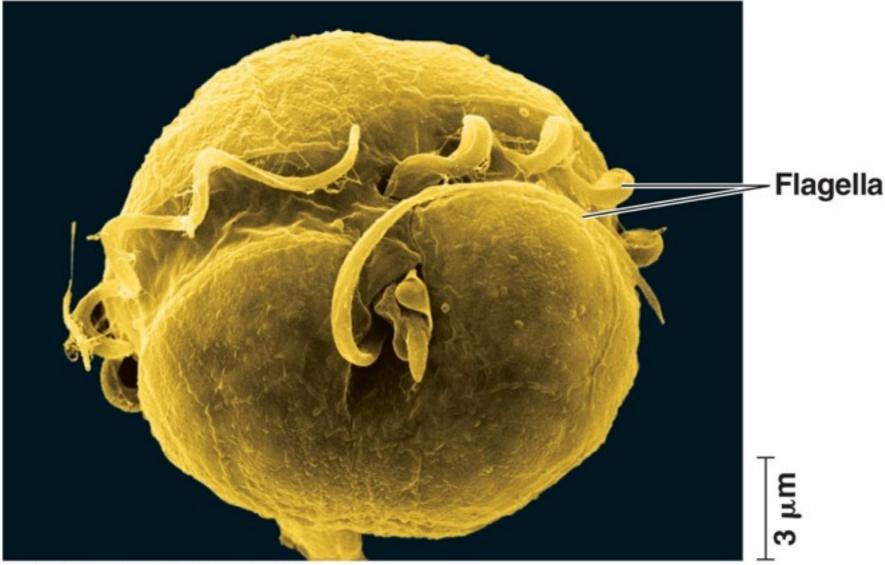
Chromalveolata



Some of the most important photosynthetic organisms on earth!

Chromalveolata Scientists estimate that 30% of the world's Herbivorous photosynthesis is Carnivorous plankton planktor performed by diatoms, Bacteria absorbed by dinoflagellates, Soluble organic matter multicellular Protistan algae and other producers secrete aquatic protists Copyright © 2008 Pearson Education, Inc., publishing as Pearson Benjamin Cummings

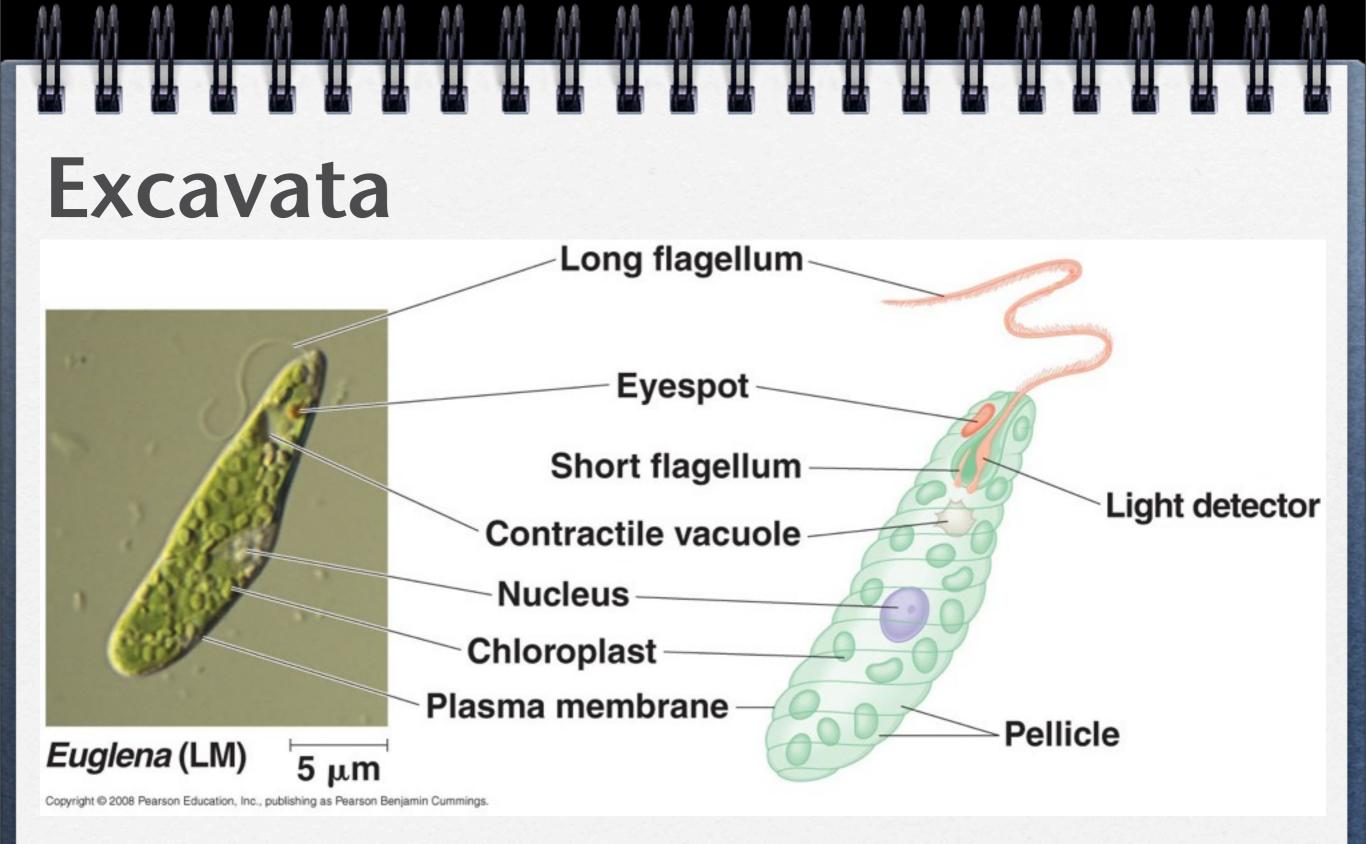
Chromalveolata: Dinoflagellates



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MIXOTROPHIC

Important component of phytoplankton, abundant producers of aquatic ecosystems



MIXOTROPHIC

Bacteria

Nutritional Requirements

Nutritional Diversity

- Like all life bacteria must acquire the 17 essential elements
- How they acquire these essential elements as a group is very diverse...
- Some are HETEROTROPHS, some are AUTOTROPHS
- All four nutritional modes are represented in this group

Nutritional Needs

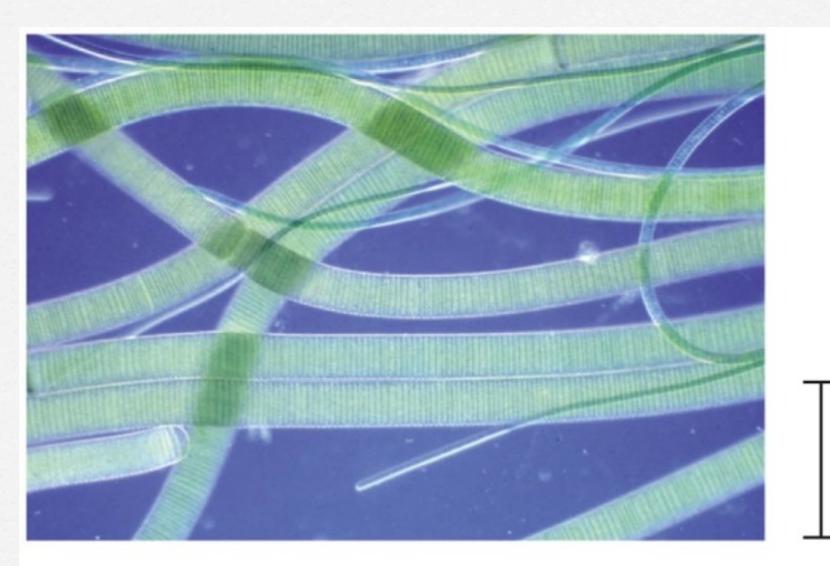
- Bactería must acquíre sugars (organic molecules) that provide energy and building blocks.
- These macromolecules provide the energy for cellular respiration and provide the raw materials for biosynthesis
 - In addition bacteria require certain specific essential nutrients usually needed in much smaller amounts

Bacteria

Nutritional Processing

Cyanobacteria рнотодитоткорня

Important component of phytoplankton



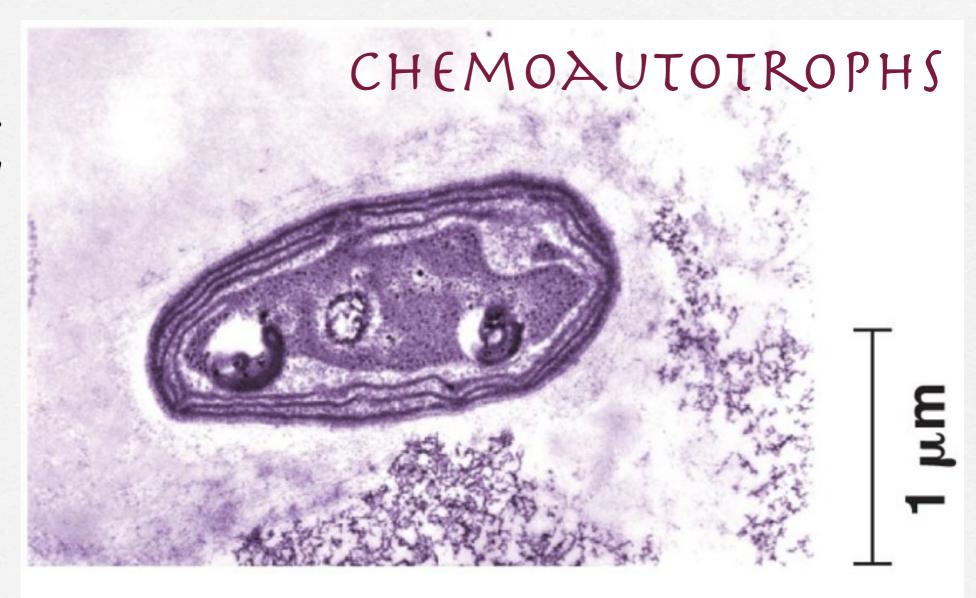
Some also fix nítrogen

Two species of *Oscillatoria*, filamentous cyanobacteria (LM)

50 µm

Beta Proteobacteria

These bacteria acquire energy through nitrogen compounds, they play a key role in the nitrogen cycle.

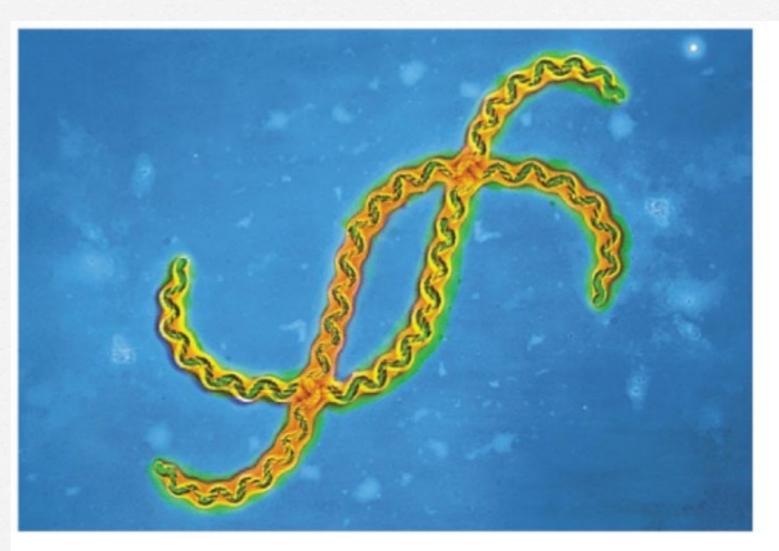


Nitrosomonas (colorized TEM)

Spirochetes HETEROTROPHS

Pathogens

Cause Lyme Disease & Syphilis



Leptospira, a spirochete (colorized TEM)

Alpha Proteobacteria

Rhizobium

These bacteria fix nitrogen for plants and in return they given sugars



Rhizobium (arrows) inside a root cell of a legume (TEM)