

The NITROGEN cycle

NITROGEN GAS
2 nitrogen atoms stuck together with a triple bond

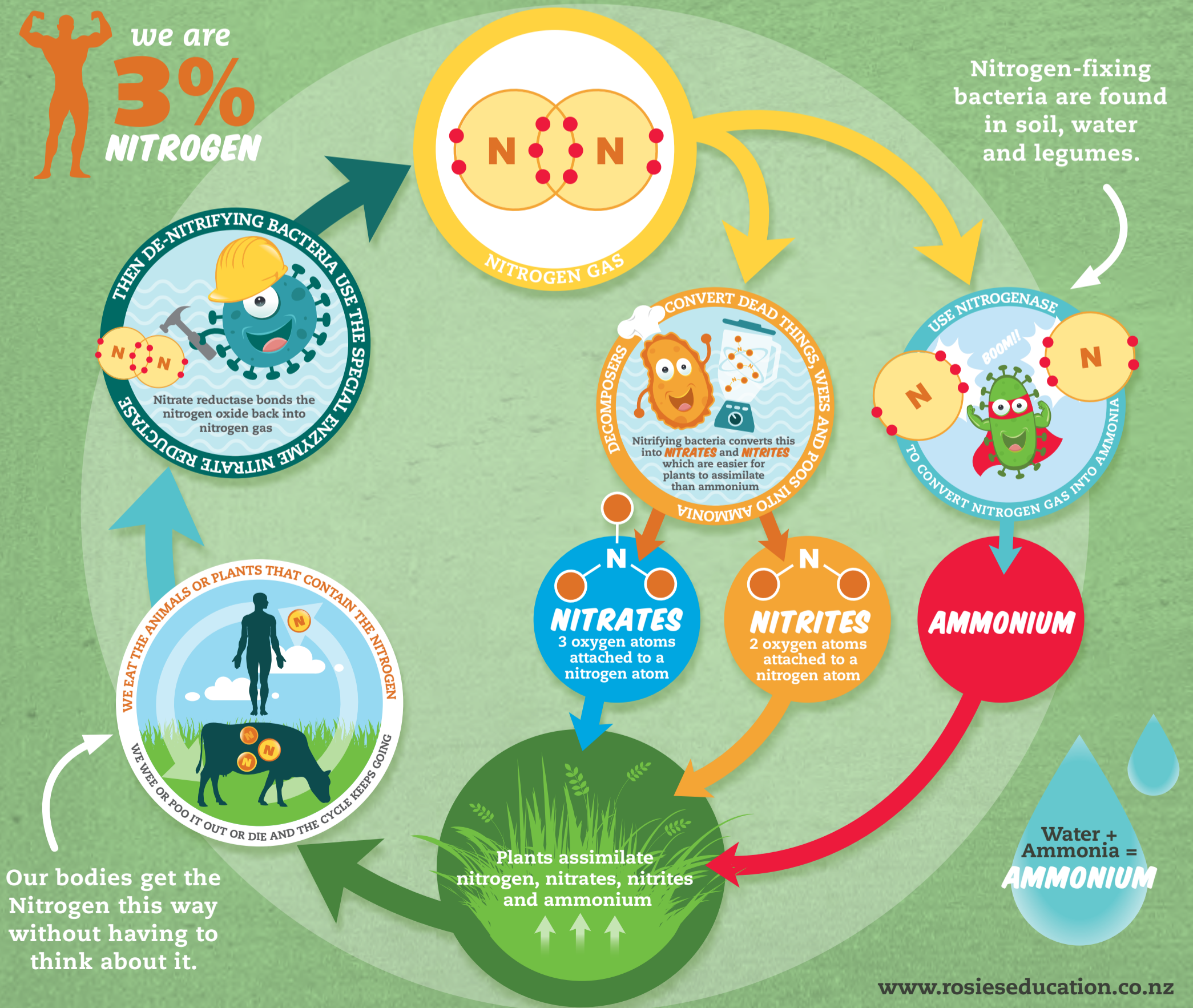
Nitrogen makes up 78%
of the air around us but our bodies can't use it in this form

PLANTS
solve the problem for us by assimilating it

The super strong triple bonds have to be split for the plants to get at the pieces

we are **3%** NITROGEN

Nitrogen-fixing bacteria are found in soil, water and legumes.



Our bodies get the Nitrogen this way without having to think about it.