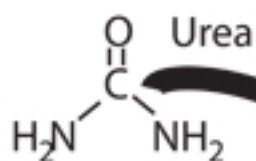


# What We Do with Number 1: the Nitrogen Cycle



We use amino acids from food to make proteins that create muscle, tissue, organs, hormones, enzymes, and urea.

## Ammonification

In the pipes, bacteria transform urea into ammonium ( $\text{NH}_4^+$ ).

## Nitrogen Fixation

Nitrogen-fixing bacteria living in the legume root nodules fix nitrogen into useful compounds we need to make proteins and nucleic acids (DNA and RNA).

## Nitrification

In the aeration basins, aerobic bacteria transform ammonium into nitrites ( $\text{NO}_2^-$ ) and nitrates ( $\text{NO}_3^-$ ).

## Denitrification

In the swirly water, anaerobic bacteria transform nitrate ( $\text{NO}_3^-$ ) into nitrogen gas ( $\text{N}_2$ ), which is 78% of the air we breathe