



What is Metabolism?





Metabolism is the
biochemical process
by which the food
you eat is broken
down into energy



ПОКАЗАТЬ ДРУГИЕ ВИДЕО



that your body
needs to
function



Types of Metabolism

1

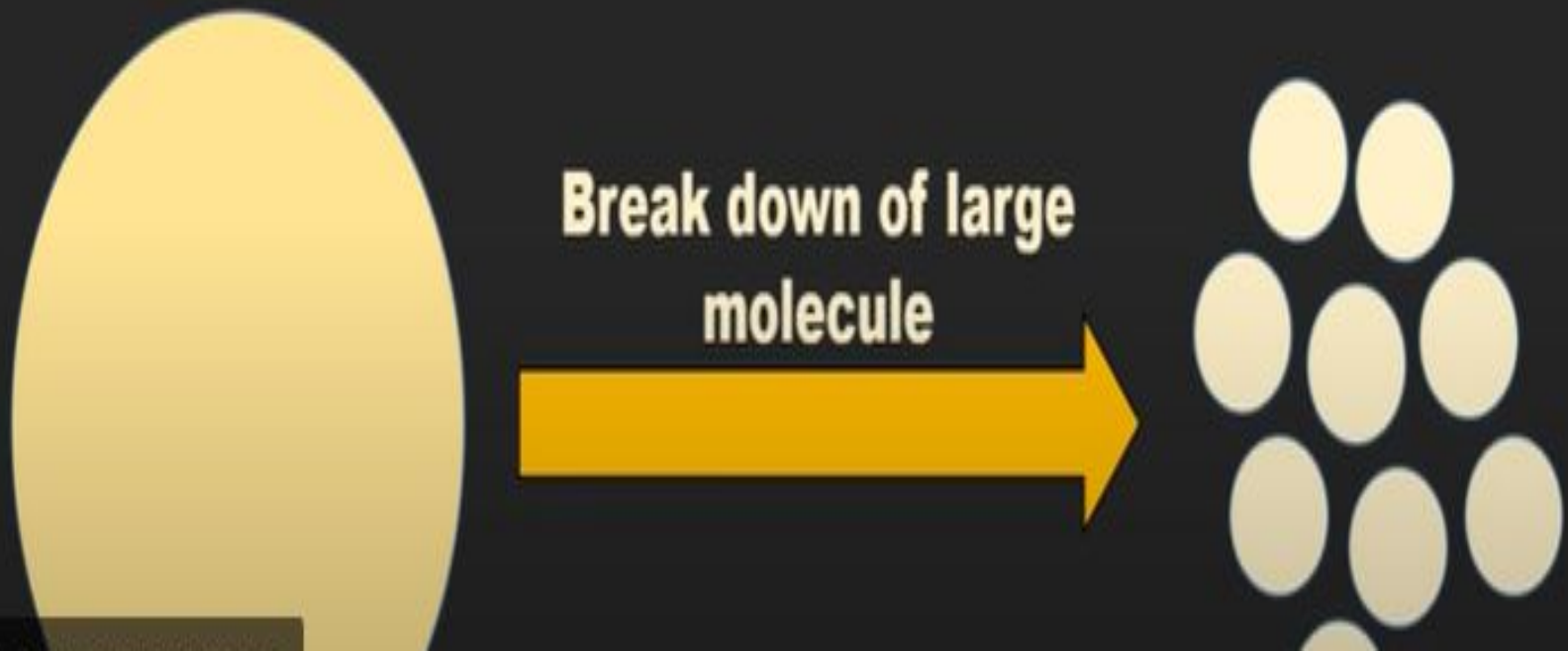
CATABOLISM

2

ANABOLISM

Catabolism

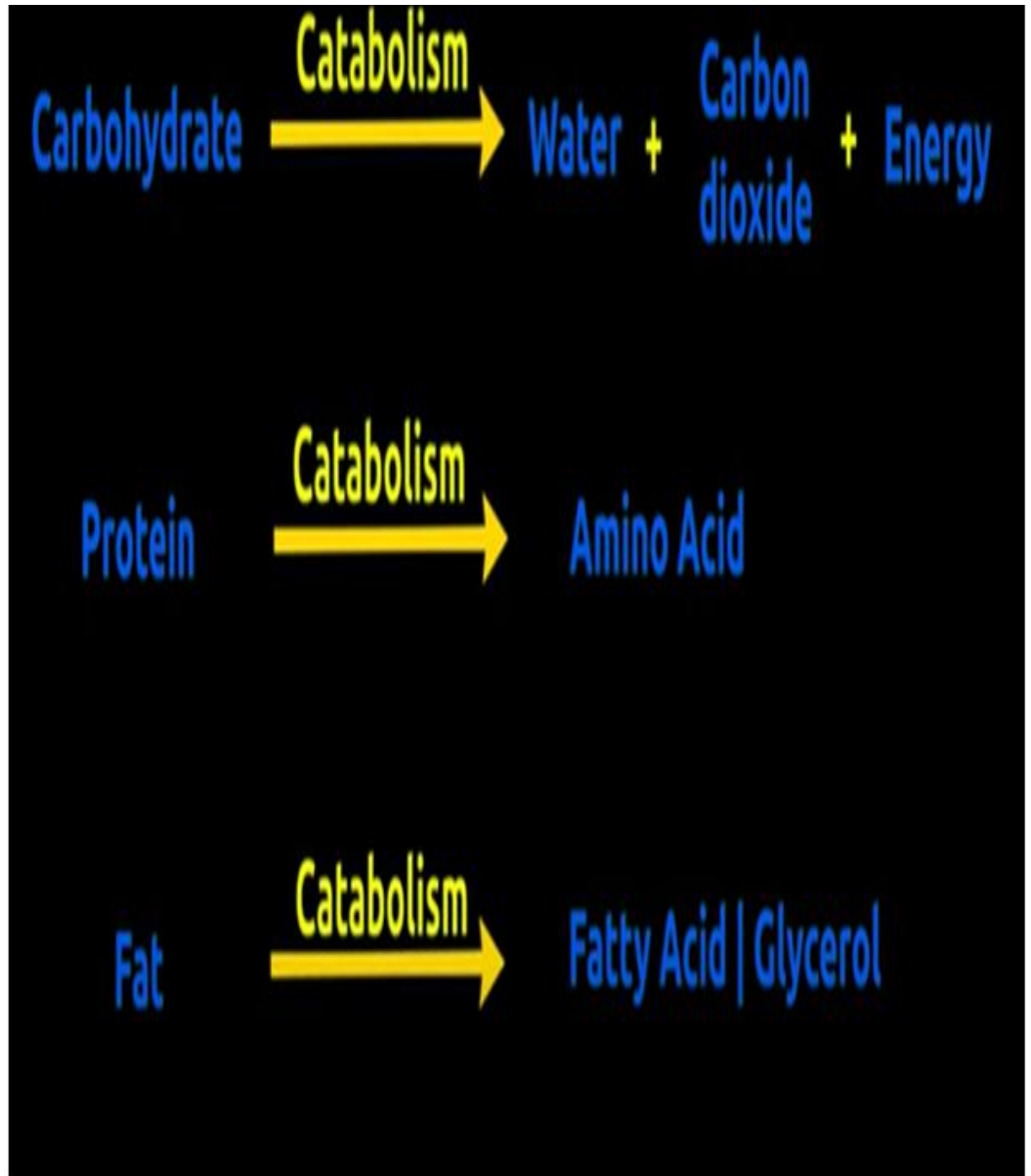
- ❑ Catabolism is the set of biochemical or metabolic reactions that break down larger and complex molecules into simpler ones.
- ❑ Catabolic reaction are exergonic, meaning it releases energy.



Catabolism

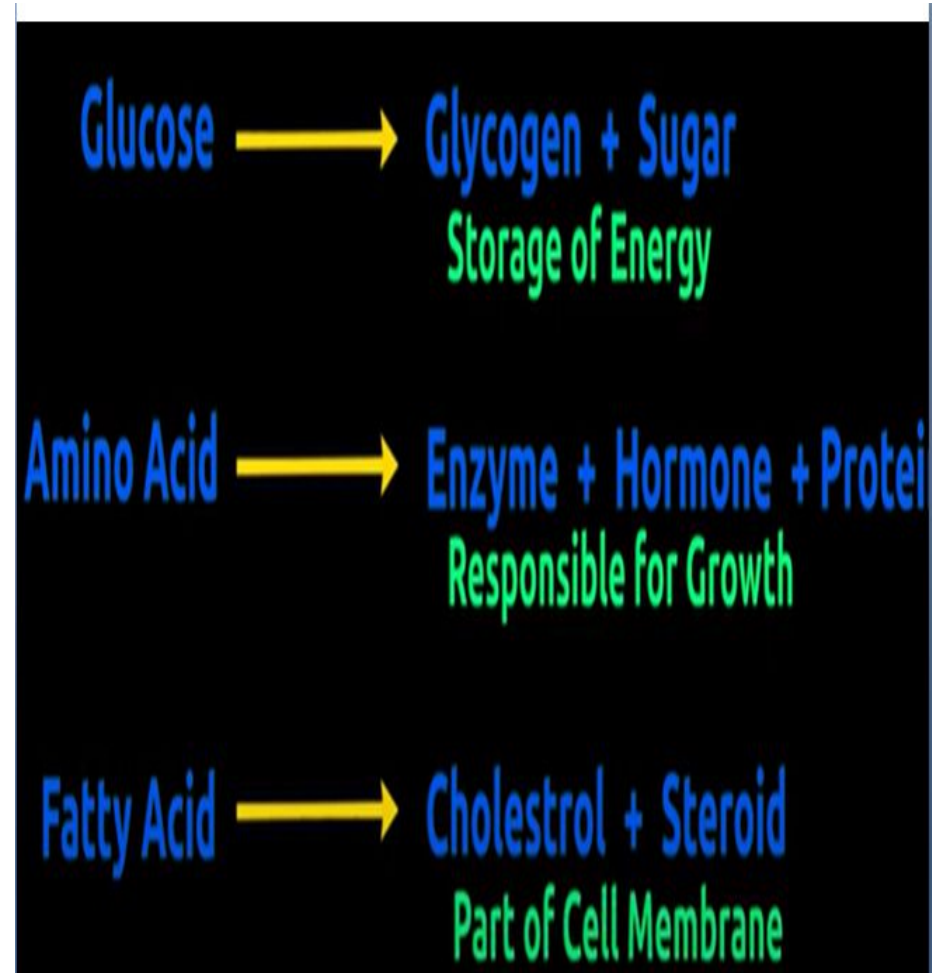
- ❑ Catabolism is also known as destructive metabolism, which means it produces the energy required for all activity in the cells.
- ❑ An example of a catabolic reaction is digestion and cellular respiration where you break apart sugars and fats for energy.

For example
carbohydrates
which are
absorbed in the
form of glucose
get converted to
carbon dioxide and
water. This process
releases energy



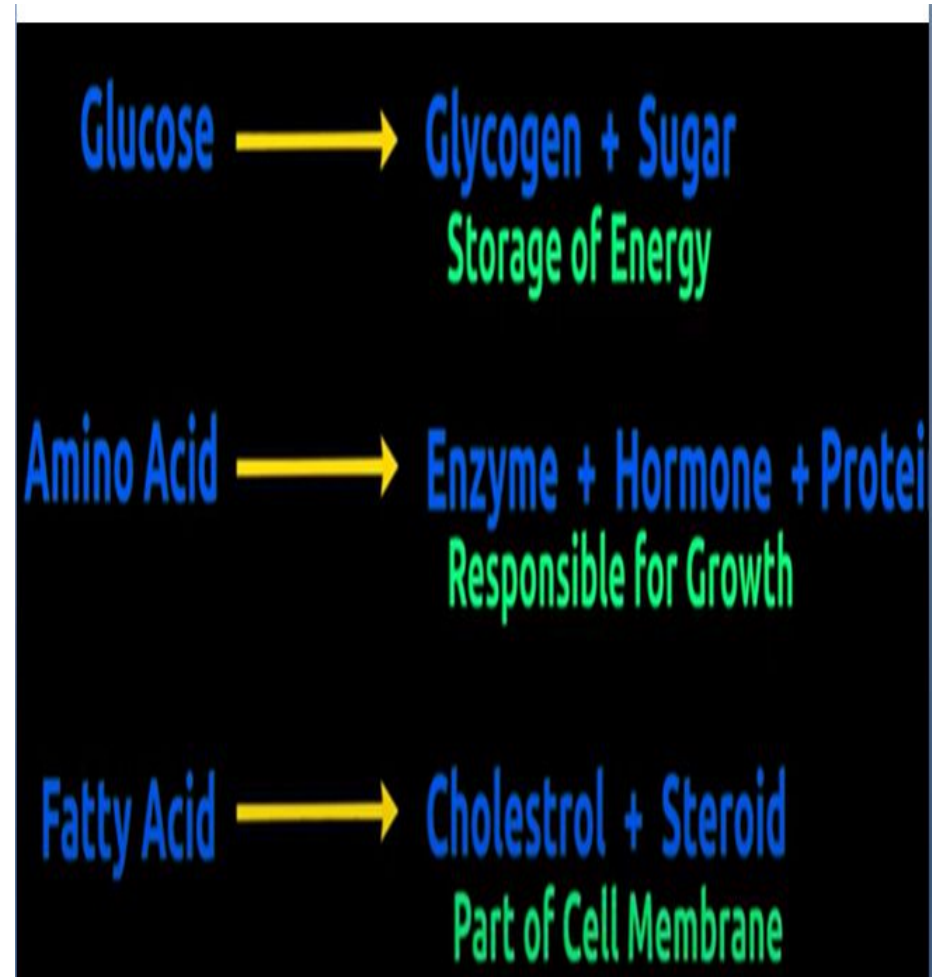
Anabolism

- Anabolism is the process by which components of food are combined to form new cell material. Anabolism requires energy which is supplied by catabolism



Anabolism

- For example carbohydrates which are absorbed in the form of glucose get converted to carbon dioxide and water this process releases energy.



Terminology

Constituent	Құрайтын	Составляющая
Fatty acids	Май қышқылдары	Жирные кислоты
Heft	Жылу	Тепло
To accelerate	Жылдамдату	Ускорять
To break down	Ыдырату	Разрушать
To demand	Талап ету	Требовать
To describe	Сипаттау	Описать
To perform	Орындау	Выполнять
To store	Сақтау	Хранить
Involves	Қамтиды	Включает себя
Hydrolysis	Гидролиз	Гидролиз

