

# 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

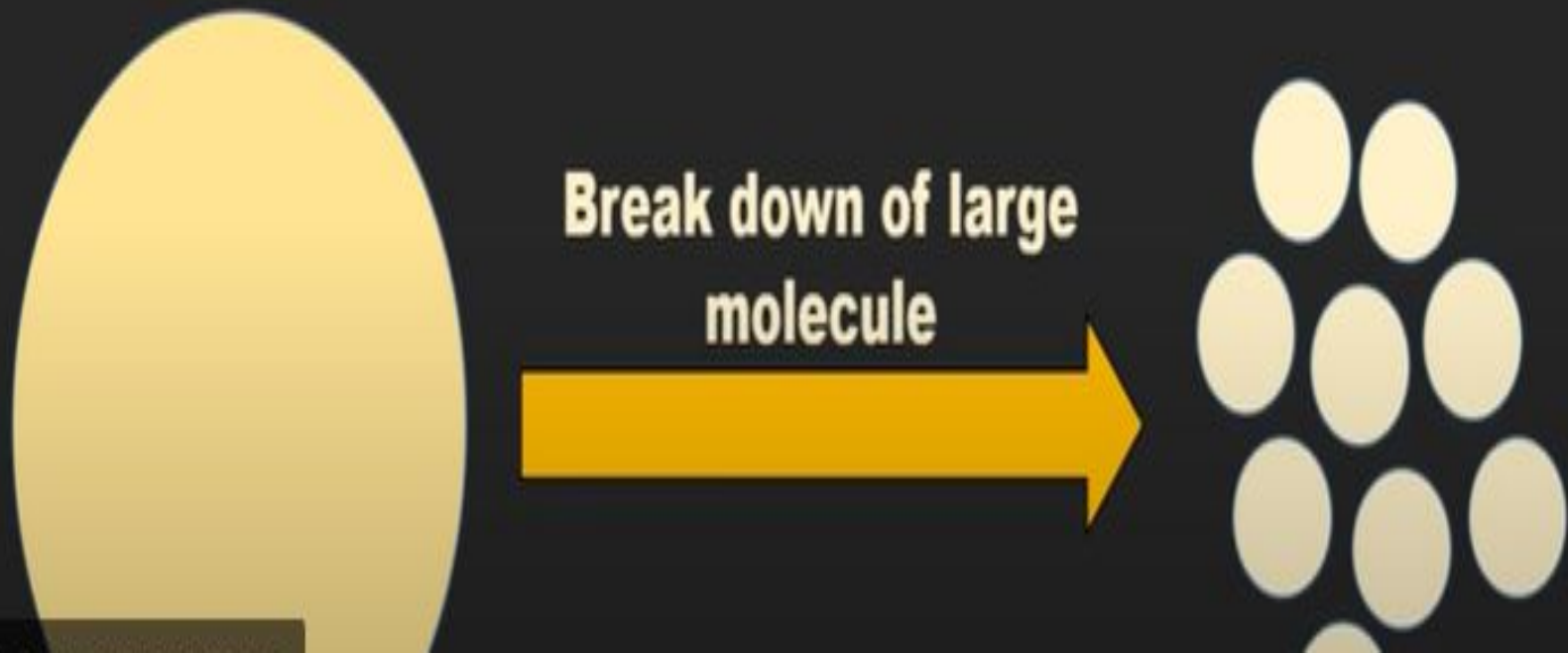
CATABOLISM

2

ANABOLISM

# Catabolism

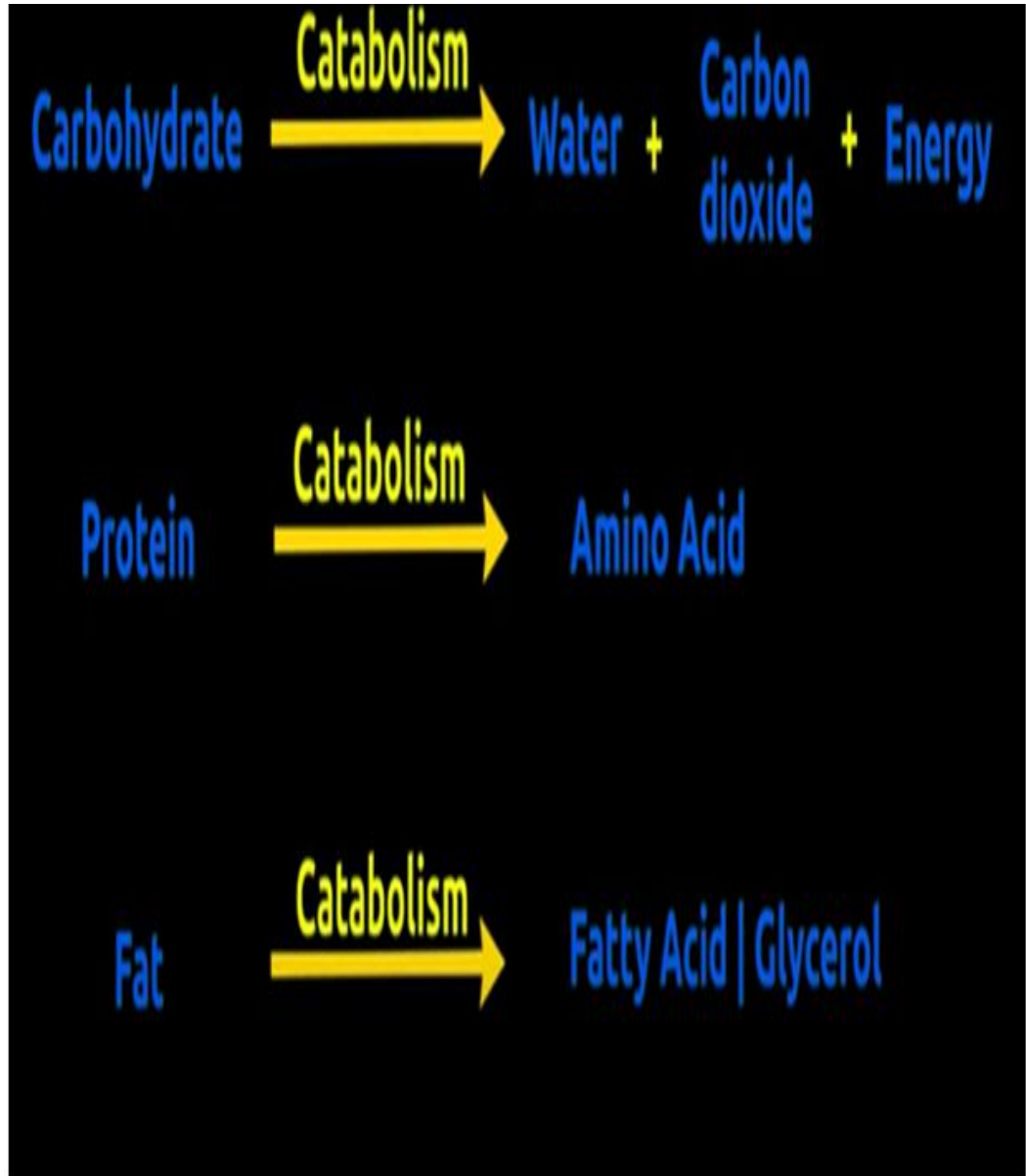
- ❑ Catabolism is the set of biochemical or metabolic reactions that break down larger and complex molecules into simpler ones.
- ❑ Catabolic reaction are exergonic, meaning it releases energy.



# Catabolism

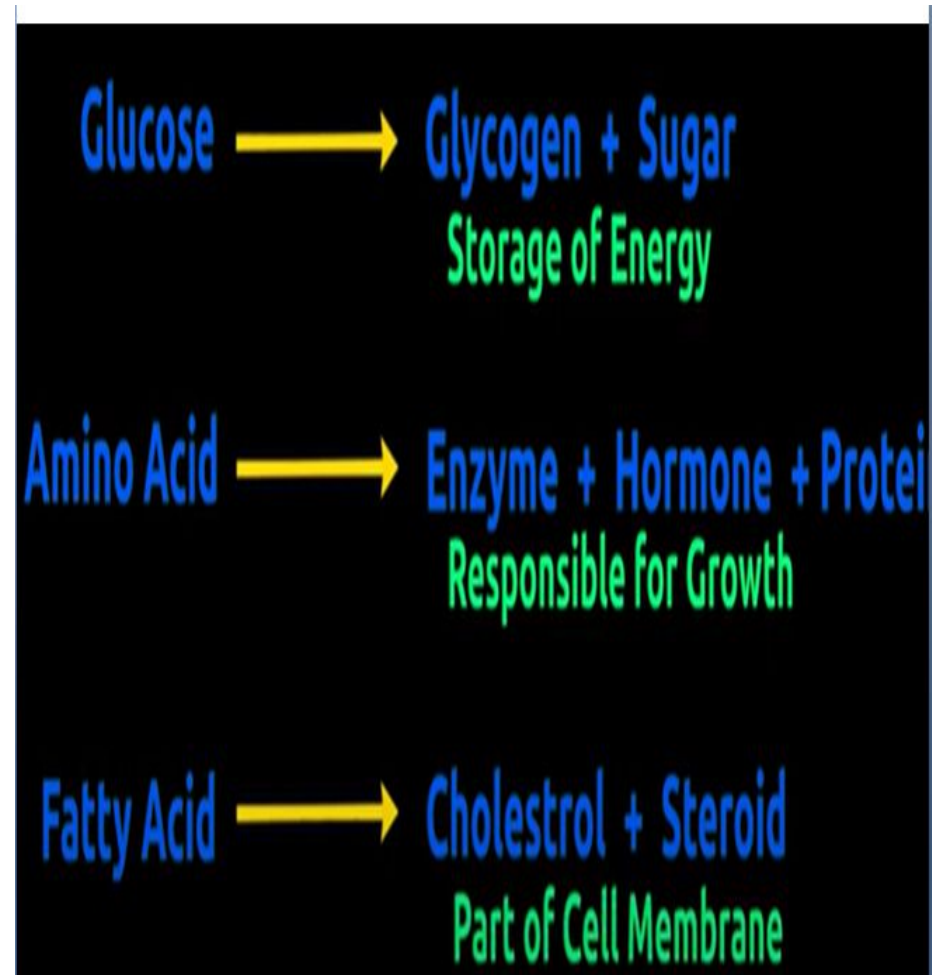
- ❑ Catabolism is also known as destructive metabolism, which means it produces the energy required for all activity in the cells.
- ❑ An example of a catabolic reaction is digestion and cellular respiration where you break apart sugars and fats for energy.

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



# Anabolism

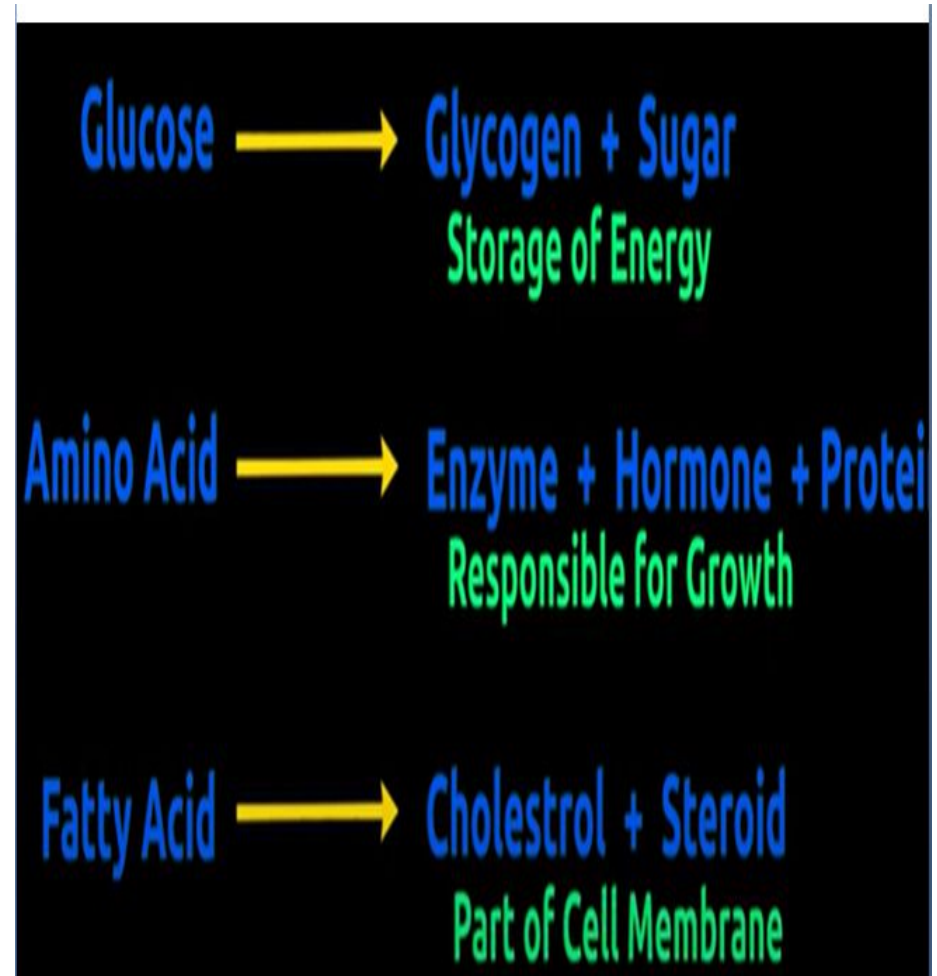
- Anabolism is the process by which components of food are combined to form new cell material. Anabolism requires energy which is supplied by catabolism





# Anabolism

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



# Terminology

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

