

Respiration

- . Respiration is the process in which energy is released from the molecules of food which you eat
- · Respiration happens in the mitochondria of the cell
- Aerobic respiration involves oxygen, it is more efficient as all of the food is broken down to release energy

glucose + oxygen → carbon dioxide + water

- The glucose is transported to the cells in the blood plasma
- The oxygen is transported to the cells in red blood cells, by binding with haemoglobin
- Carbon dioxide is a waste product and is transported from the cells to the lungs to be exhaled
- Anaerobic respiration is a type of respiration which does not use oxygen, it is used when the body cannot supply the
 cells with enough oxygen for aerobic respiration
- · Anaerobic respiration releases less energy than aerobic respiration

glucose → lactic acid

- . The lactic acid produced through anaerobic respiration can cause muscle cramps
- Lactic acid will build up if there is not enough oxygen present in the blood supply to break it down. This is known as an oxygen debt

Fermentation

- Fermentation is a type of anaerobic respiration which occurs in yeast
- · Instead of producing lactic acid, yeast produces ethanol, which is a type of alcohol

glucose → ethanol + carbon dioxide

. This process can be used to form alcohol to drink or to allow bread and cakes to rise









