

- Enzymes are biological catalysts that speed up chemical reactions in the body
- They are made up of proteins and have specific shapes that allow them to interact with specific substrates

7. Factors that Affect Enzyme Action:

- Enzyme activity can be affected by factors such as temperature, pH, and substrate concentration
- Enzymes have optimal conditions for activity, and may denature (lose their shape and function) outside of these conditions

8. Balanced Diet (Nutrients):

- A balanced diet includes a variety of nutrients, including carbohydrates, proteins, fats, vitamins, and minerals
- Each nutrient has a different role in the body, and a deficiency or excess can lead to health problems

9. Biological Molecules:

- Biological molecules include carbohydrates, lipids, proteins, and nucleic acids
- These molecules are essential for life and perform a variety of functions in the body

10. Digestive Enzymes:

- Digestive enzymes break down food molecules into smaller components that can be absorbed by the body
- Different enzymes are responsible for breaking down different types of molecules, such as carbohydrates, proteins, and fats