

- Your cells use oxygen to release energy from the sugar glucose
- Anaerobic Metabolism (human)
 - without enough oxygen muscle cells break down glucose to produce lactic acid
 - Lactic acid is associated with the “burn” you feel after heavy exercise
 - If too much lactic acid builds up, your muscles give out
- Physical conditioning allows your body to adapt to increased activity
- Fermentation in microorganisms
 - Fermentation alone is able to sustain many types of microorganisms
 - The lactic acid is produced by microbes using fermentation is used to produce
 - Cheese, sour cream, and yogurt dairy products
 - Soy sauce, pickles, olives
 - Sausage meat products
 - Yeast are a type of microscopic fungus that
 - Use a different type of fermentation
 - Produce CO₂ and ethyl alcohol instead of lactic acid
 - This type of fermentation called alcoholic fermentation is used to produce
 - Beer
 - Wine
 - Breads

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