

METABOLISM

Metabolism: is the sum of all energy-requiring & energy-releasing reactions that occur in the body

- The significance of metabolism is to acquire, store and release energy
- The energy is derived from chemical bonds found in the nutrient molecules in the diet

Factors that Affect Metabolism:

1. Age
2. Genetics
3. Weight
4. Physical Activity
5. Lean muscle mass

2 forms of metabolism:

- 1. Anabolism:
 - Building up using small molecules to make large molecules
 - Requiring energy
 - Ex: Glucose + glucose to make maltose
- 2. Catabolism:
 - Breaking down of organic molecules into its simplest unit
 - Releasing energy
 - Ex: Maltose broken down to glucose + glucose

Enzymes:

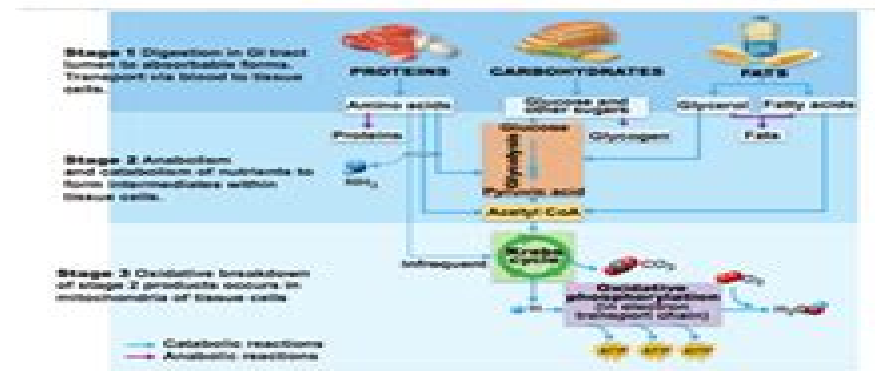
- A catalytic protein that starts and speeds up a chemical reaction
- CHO → glucose via salivary amylase
- PRO → amino acids via pepsin
- LIPIDS → fatty acids & glycerol

Catabolic hormones:

G: glucagon-increases BG levels

E: Epinephrine-increase glucose levels

C: Cortisol-increase glucose



Hormonal Regulation of Metabolism:

- Catabolic & anabolic hormones regulate metabolism
- Catabolic hormones: stimulates the breakdown of molecules releasing energy
- Catabolic hormones include the following:
 - Cortisol: known as stress hormone

Metabolism Anatomy Packet Answers

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Metabolism Anatomy Packet Answers:

Unveiling the Magic of Words: A Report on "**Metabolism Anatomy Packet Answers**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Metabolism Anatomy Packet Answers**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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