

KEY FACTS

- Aerobic: glucose + O₂ → CO₂ + water + lots of energy (mitochondria)
- Anaerobic (animals): glucose → lactic acid + small energy
- Fermentation (yeast): glucose → ethanol + CO₂ + small energy
- Oxygen debt: extra O₂ after exercise to break down lactic acid

EQUATIONS / FORMULAS

Aerobic: glucose + O₂ → CO₂ + H₂O (+ATP)

Anaerobic (animals): glucose → lactic acid

Fermentation: glucose → ethanol + CO₂

KEY TERMS

Aerobic respiration	Uses O ₂ , lots of energy, in mitochondria
Fermentation	Anaerobic in yeast — ethanol + CO ₂
Oxygen debt	Extra O ₂ after anaerobic exercise to remove lactic acid

■ EXAM TIP: Aerobic = LOTS of energy. Anaerobic = LITTLE energy. Animals: lactic acid. Yeast: ethanol + CO₂.