

This is the **Foundation Separate** version — Higher Tier content has been removed.

Anaerobic respiration occurs when oxygen is insufficient. It releases much less energy than aerobic respiration but does not require oxygen.

- In animals and bacteria: glucose → lactic acid (+ small amount of energy).
- In yeast and plants: glucose → ethanol + carbon dioxide (+ small amount of energy). This is called **FERMENTATION**.
- Anaerobic respiration produces much less ATP than aerobic (2 ATP vs up to 38 ATP per glucose molecule).
- Lactic acid accumulates in muscles during intense exercise → causes fatigue and the burning sensation in muscles.
- Oxygen debt: after anaerobic exercise, extra oxygen is needed to break down lactic acid in the liver (converted back to glucose). This is why breathing rate stays elevated after exercise stops.
- Fermentation in yeast: used in beer/wine brewing (ethanol produced) and bread-making (CO<sub>2</sub> causes dough to rise).
- Anaerobic respiration in muscles is a temporary measure — only sustainable for short periods.

### Key Terms

<b>Anaerobic respiration</b>	Respiration without oxygen — produces lactic acid (animals) or ethanol + CO <sub>2</sub> (yeast)
<b>Fermentation</b>	Anaerobic respiration in yeast or bacteria — produces ethanol and CO <sub>2</sub>
<b>Lactic acid</b>	Product of anaerobic respiration in animal muscle cells — causes fatigue
<b>Oxygen debt</b>	Extra O <sub>2</sub> needed after anaerobic exercise to break down accumulated lactic acid

■ **Exam Tip:** Anaerobic in animals → LACTIC ACID. Anaerobic in yeast → ETHANOL + CO<sub>2</sub>. These are the two products you need to know. A common error is mixing them up — plants/yeast make ethanol, animals make lactic acid.