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Subject: *Carbohydrates and their metabolism*

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PLAN

- What is Carbohydrate?
- Glycolysis
- Gluconeogenesis
- Fructose metabolism
- Galactose metabolism
- Carbohydrates as storage

WHAT IS CARBOHYDRATE?

Carbohydrates are organic molecules composed of carbon, hydrogen, and oxygen atoms. The family of carbohydrates includes both simple and complex sugars. Glucose and fructose are examples of simple sugars, and starch, glycogen, and cellulose are all examples of complex sugars. The complex sugars are also called polysaccharides and are made of multiple monosaccharide molecules.

Carbohydrates

Simple

Complex

Monosaccharides

Disaccharides

Polysaccharides

Glucose

Fructose

Galactose

Maltose

Lactose

Sucrose

Starches

Fibers

Glycogen

Carbohydrates

Monosaccharide

also called simple sugars, are the most basic units of carbohydrates.

Polysaccharides

are polymeric carbohydrate molecules composed of long chains of monosaccharide units bonds.

Disaccharide

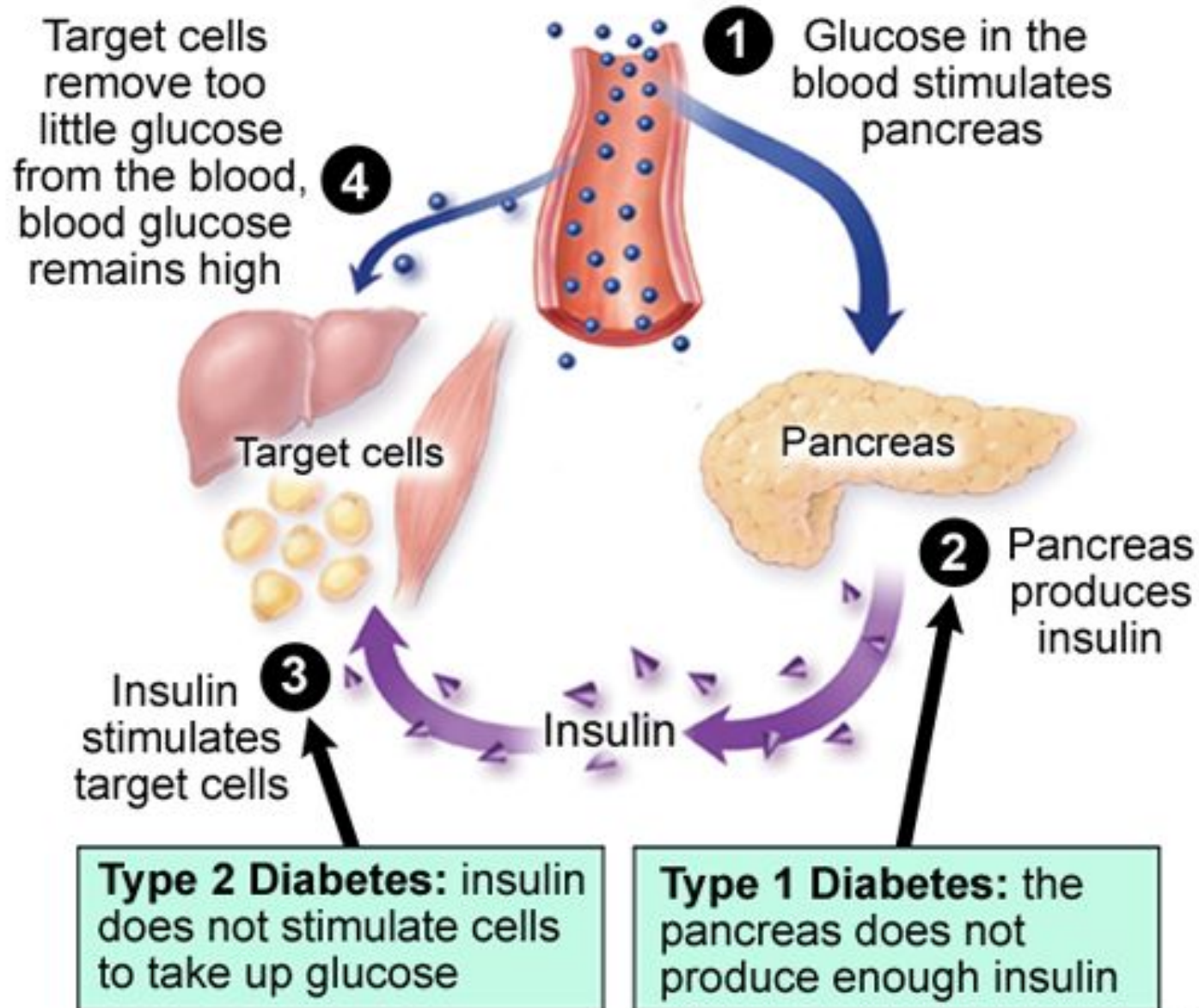
is the sugar formed when two monosaccharides are joined by glycosidic linkage.

GLYCOLYSIS

Glycolysis is the process of breaking down a glucose molecule into two pyruvate molecules, while storing energy released during this process as ATP and NADH. Nearly all organisms that break down glucose utilize glycolysis. Glucose regulation and product use are the primary categories in which these pathways differ between organisms. [In some tissues and organisms, glycolysis is the sole method of energy production. This pathway is anaerobic, because it doesn't require oxygen.



Diabetes and Insulin Production and Function

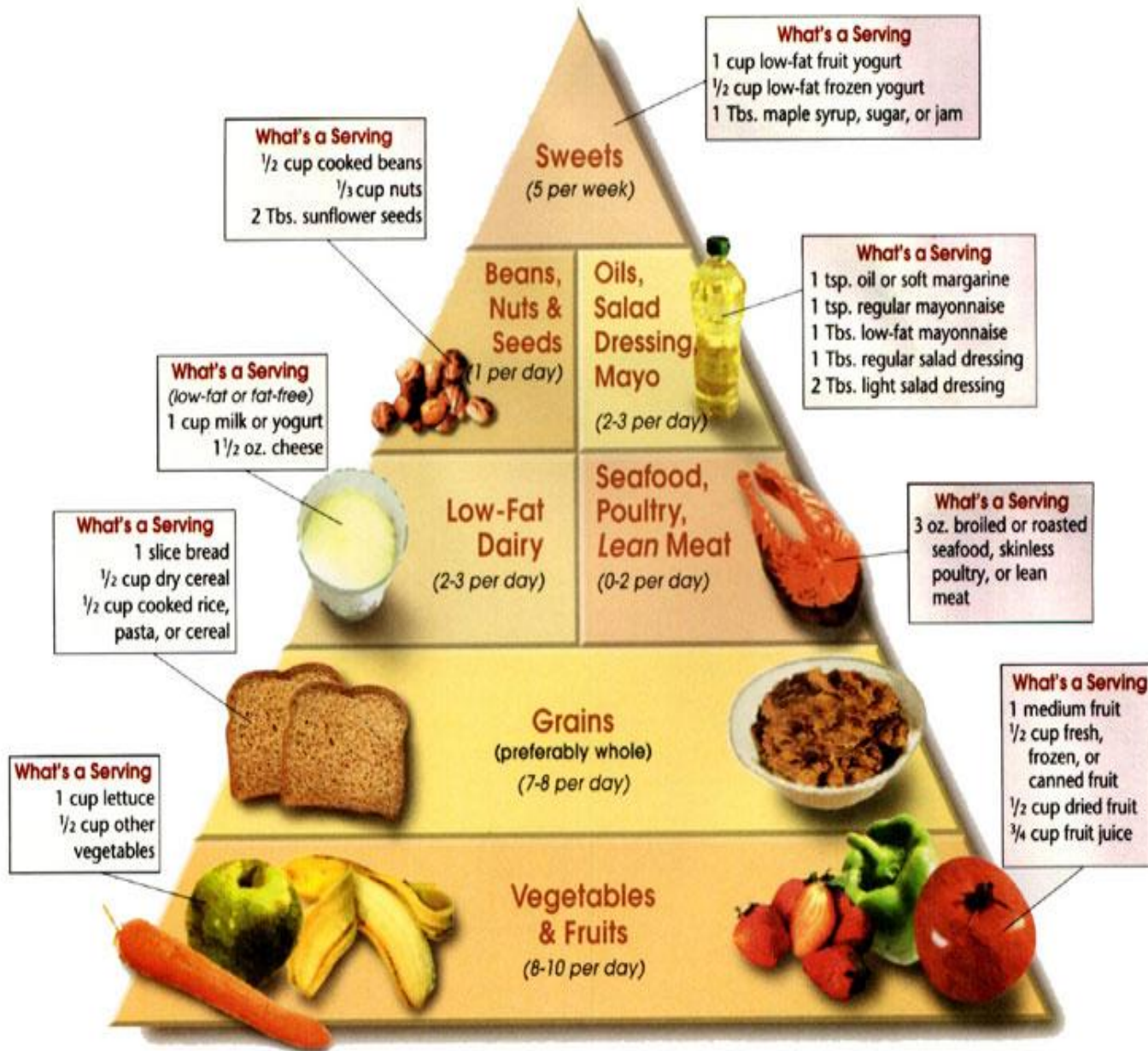


FRUCTOSE METABOLISM

Fructose must undergo certain extra steps in order to enter the glycolysis pathway. Enzymes located in certain tissues can add a phosphate group to fructose

GALACTOSE METABOLISM

Lactose, or milk sugar, consists of one molecule of glucose and one molecule of galactose. After separation from glucose, galactose travels to the liver for conversion to glucose. Galactokinase uses one molecule of ATP to phosphorylate *galactose*



Note: Choose lower-salt foods from all categories.

DISACCHARIDES

Maltose

is are dextrodisaccharide from malt and starch. It is used as a sweetening agent

Lactose

Is a large sugar molecule that is made up of two smaller sugar molecules, glucose and galactose

Sucrose

Is common table sugar. Is produced naturally in plants, from which table sugar is refined.

POLYSACCARIDES

Starch

Is a polymeric carbohydrate consisting of a large number of glucose units joined by glycosidic bonds.

Fibers

From the is a natural or synthetic substance that is significantly longer than it is wide.

Glycogen

Is a multibranched polysaccharide of glucose that serves as a form of energy storage in humans, animals, bacteria