**FACTS ABOUT ENZYMES FOR KIDS**

**References: BBC Bitesize-** [Enzymes - Enzymes - Edexcel - GCSE Biology (Single Science) Revision - Edexcel - BBC Bitesize](https://www.bbc.co.uk/bitesize/guides/z88hcj6/revision/1)

[Digestive enzymes and absorption - Nutrition, digestion and excretion - KS3 Biology - BBC Bitesize](https://www.bbc.co.uk/bitesize/topics/zf339j6/articles/zs9dkty#z3j2qfr)

1. Enzymes are like tiny helpers in our bodies, they speed up chemical reactions.

2. Enzymes don't change themselves when they help.

3. They make sure things happen faster, like a magic trick!

4. Without enzymes, our bodies would work slower.

5. Enzymes help us digest food in our stomachs.

6. They also help plants grow and flowers bloom.

7. Enzymes can be found in fruits like apples and bananas.

8. They are important for making things like cheese and bread.

9. Enzymes are like the chefs of our body, cooking up reactions!

10. Enzymes help heal cuts and bruises on our skin.

11. They play a big role in how our muscles move.

12. Enzymes are essential for animals to breathe and for plants to make oxygen.

13. They are super small but incredibly powerful!

14. Enzymes have special names, like "amylase" for breaking down sugars.

15. They work like keys that unlock specific reactions in our bodies.

16. Enzymes can be found in our saliva, helping us taste food.

17. Some enzymes even help clean up messes in the environment, like oil spills.

18. Scientist’s study enzymes to understand how they work and how to use them to help us.

19. Enzymes are like puzzle pieces that fit perfectly to make things happen.

20. They can be sensitive to temperature and pH levels, like Goldilocks looking for the perfect porridge!

21. Enzymes help plants make their own food through photosynthesis.

22. Our bodies have thousands of different enzymes, each with its own job.

23. Enzymes are incredibly efficient, making chemical reactions happen millions of times faster than they would without them!

24. They also play a role in the sense of smell, allowing us to enjoy delicious scents.

25. Lipase is a digestive enzyme that breaks down fats in food into smaller parts called fatty acids and glycerol for our bodies to use.