



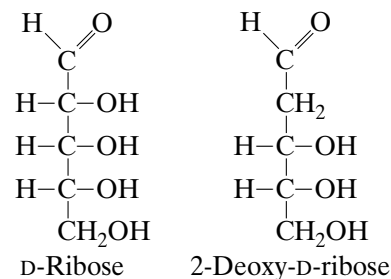
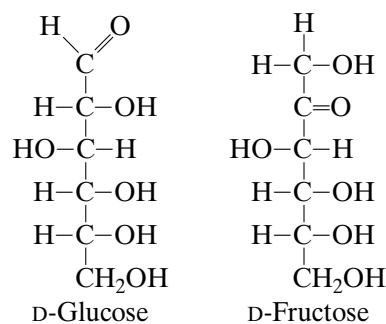
The protein in fish is denatured by the low pH of lime juice. Notice that the flesh shown with the limes has turned white compared with the flesh at normal pH.

term for the digestive enzymes found in the human stomach, works best at a very acidic pH of about 1.5. Cells that line the stomach secrete hydrochloric acid to produce this low pH environment. When food travels down the digestive tract, it carries these enzymes out of the stomach into the intestine. In the intestine, stomach enzymes stop working because sodium bicarbonate in the intestine raises the pH to about 8. Digestive enzymes in the intestine are formed by the pancreas and work best at pH 8.

Most chemical reactions, including enzyme reactions, speed up with increases in temperature. However, high temperatures (above about 60°C) destroy, or denature, protein by breaking up the three-dimensional structure. For example, the protein in an egg or a piece of meat denatures when the egg or meat is cooked. Proteins in the egg white become opaque when denatured. Heating can preserve food by denaturing the enzymes of organisms that cause decay. In milk pasteurization, the milk is heated to denature enzymes that would turn it sour. Refrigeration and freezing also help preserve food by slowing the enzyme reactions that cause decay.

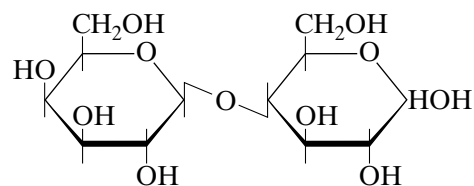
Carbohydrates

Carbohydrates are sugars, starches, and related compounds. The monomers of carbohydrates are monosaccharides, or simple sugars, such as fructose and glucose. A monosaccharide contains carbon, hydrogen, and oxygen in about a 1:2:1 ratio, which is an empirical formula of CH_2O .

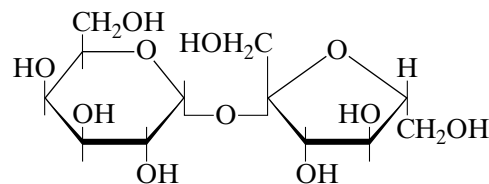


Monosaccharides chain representation

Two monosaccharides may be joined together to form a disaccharide. Sucrose, shown below, is a disaccharide. A disaccharide can be hydrolyzed to produce the monosaccharides that formed it. By a series of condensation reactions, many monosaccharides can be joined to form a polymer called a polysaccharide (commonly known as a complex carbohydrate).



Lactose—made from glucose and galactose



Sucrose—made from glucose and fructose