



This shows a chemical reaction in a human cell started by an enzyme.

Enzymes: The Magical Helpers

Imagine having a team of magical helpers inside your body, making sure everything you eat gets turned into the energy you need to run, play, and learn. These helpers are called enzymes, and they work like tiny magicians to keep your body running smoothly.

Enzymes are special proteins that speed up chemical reactions in your body. Think of them as super-fast chefs in a kitchen, preparing your meals in record time. When you eat food, enzymes jump into action to break it down into smaller pieces that your body can use.

For example, when you eat a piece of bread, enzymes in your saliva start breaking it down right in your mouth! Then, other enzymes take over in your stomach and intestines, making sure all the nutrients get to where they're needed.

Each enzyme has a special job. There are enzymes that help break down carbohydrates, like those found in bread and rice. Other enzymes work on proteins from meat and beans, and still others break down fats from foods like cheese and fish.

Without enzymes, your body would be like a car without a key, it wouldn't run. So, next time you eat, remember the magical helpers working hard inside you, making sure you have the energy to be your great self every day!