**Comparing and contrasting Respiration and Fermentation** Class notes

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| **Respiration** | ***Similarities*** | **Fermentation** |
| * **Aerobic process  (needs O2)** * **Releases more ATP (36ATP)** * **Animals and plants do it** * **Does not make lactic acid or alcohol** | * **Both release energy (ATP)** * **Happens inside the cell** * **Breaks down glucose** * **Makes CO2** | * **Anaerobic process  (does not need O2)** * **Releases a little ATP (2ATP)** * **Muscle cells, yeast, *L. acidophillus*** * **Makes lactic acid or alcohol** |