

Breathing and Respiration

1. Fill in the blanks

- A. In the cell, the food is broken down into _____ and _____ using _____.
- B. Yeasts respire _____ and during this process yield _____.
- C. Muscle cramps are caused by _____ generated during _____.
- D. A breath means _____ plus _____.
- E. During heavy exercise, the breathing rate can increase up to _____ times per minute.
- F. Inhaled air contains _____ % O_2 and _____ % CO_2 , whereas exhaled air contains _____ % O_2 and _____ % CO_2 .

2. True or false

- A. All living organisms respire to get energy from food.
- B. Hot water bath or massage improves circulation of blood and can help relieve muscle cramp.
- C. Whenever a person needs extra energy, he/she breathes slower.
- D. On an average, an adult human being at rest breathes in and out 25 times in a minute.
- E. Breathing doesn't involve the movement of the diaphragm and the rib cage.

3. Match the following:-

Column A	Column B
I. Inhalation	A. Nasal cavity
II. Diaphragm	B. Alcohol
III. Sneeze	C. Anaerobic respiration
IV. Muscle	D. Respiration
V. Yeast	E. Oxygen

4. Answer the following questions

- A. What is respiration? Why do we need that? Explain cellular respiration
- B. What are the similarities and differences between aerobic and anaerobic respiration?
- C. What are anaerobes? Provide an example
- D. Do our muscle cells respire an aerobically? If yes, then in which situations?
- E. What is breathing? Explain inhalation and exhalation and breathing rate
- F. How do we breathe? Explain the process in detail
- G. Why do we feel hungry after a physical activity?
- H. Why is sneezing is a protective mechanism?