

Complete the sentences using the words below.

When Mrs Davies is running, her muscle activity increases. To do this, her muscle cells at a faster rate to give her more energy. Her muscles need to be supplied with and more quickly. Her heart beats faster to increase the flow of which carries the products and away from her muscles.

BLOOD, BREATHE, CARBON DIOXIDE, GLUCOSE, HEAT, NITROGEN, OXYGEN, RESPIRE.

Give two changes that happen to your body when you exercise and explain why that happens.

Define 'aerobic respiration'.

Match the word with the statement:

Respiration	Is needed to release energy from glucose in the body.
Oxygen	The process that releases energy from food.
Carbon Dioxide	Is needed to do anything.
Water	Is a poisonous by-product of respiration.
Energy	Is made when energy is released from food.

List three different ways energy from aerobic respiration is used in our body:

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AEROBIC RESPIRATION

What is the function of mitochondria and why do muscles contain more mitochondria than a skin?

Name the two waste products in aerobic respiration.

Write the word equation for aerobic respiration:

What is the difference between 'breathing' and 'respiration'?