HANDOUTS (CHAPTER -7)

CLASS -VII. SUBJECT -BIOLOGY

Part A: Fill in the Blanks

1. The process that releases energy from food is called _____. Answer: respiration

2. Respiration converts sugars into biochemical energy using _____. Answer: oxygen

3. During respiration, _____ and water are produced as waste products. Answer: carbon dioxide

4. The process that releases energy in cells is known as _____ respiration. Answer: cellular

5. Cells use _____ to break down glucose and produce energy. Answer: oxygen

6. There are two types of respiration: aerobic and _____ respiration. Answer: anaerobic

7. Aerobic respiration occurs in the presence of _____. Answer: oxygen

8. Anaerobic respiration takes place in the absence of _____. Answer: oxygen

9. Anaerobic respiration in yeast is also called _____. Answer: fermentation

10. Yeast is used in making breads and _____ batter. Answer: dosa

11. In human muscles, anaerobic respiration produces _____ acid. Answer: lactic

12. Accumulation of lactic acid causes muscle _____. Answer: cramps

13. Respiration in germinating seeds produces _____ energy. Answer: heat

14. The net result of plant respiration is carbon dioxide, water and _____. Answer: energy

15. Small openings on leaves used for gas exchange are called _____. Answer: stomata

16. Plants lose excess water through a process called _____. Answer: transpiration

17. Pores present in woody branches are called _____. Answer: lenticels

18. Amoeba and Hydra exchange gases by _____. Answer: diffusion

19. The respiratory organs of fish are _____. Answer: gills

20. Insects respire through branched tubes called _____. Answer: tracheae

21. Mammals have spongy respiratory organs called _____. Answer: lungs

22. Taking in oxygen-rich air is called _____. Answer: inhalation

23. Giving out carbon dioxide-rich air is called _____. Answer: exhalation

24. The red pigment in blood that carries oxygen is _____. Answer: haemoglobin

25. Carbon dioxide is removed from the body when we _____. Answer: exhale

Part B: Multiple Choice Questions

1. Which process releases energy from food?

A. Photosynthesis. B. Respiration. C. Transpiration. D. Digestion

Answer: Respiration

2. Which gas is used during aerobic respiration?

A. Nitrogen. B. Carbon dioxide. C. Oxygen. D. Hydrogen

Answer: Oxygen

3. Cellular respiration mainly occurs in:

A. Leaves. B. Roots. C. Cells. D. Blood

Answer: Cells

4. Aerobic respiration produces:

A. Alcohol and CO2. B. Lactic acid. C. CO2, water and energy. D. Only oxygen

Answer: CO2, water and energy

5. Anaerobic respiration occurs in the absence of:

A. Water. B. Light. C. Oxygen. D. Food

Answer: Oxygen

6. Anaerobic respiration in yeast is called:

A. Digestion. B. Fermentation. C. Transpiration. D. Breathing

Answer: Fermentation

7. Which substance accumulates in muscles during anaerobic respiration?

A. Glucose B. Oxygen C. Lactic acid. D. Alcohol

Answer: Lactic acid

8. Muscle cramps are caused by accumulation of:

A. Water. B. Lactic acid. C. Protein. D. Starch

Answer: Lactic acid

9. Germinating seeds release:

A. Cold. B. Heat. C. Light. D. Sound

Answer: Heat

10. Gas exchange in plants mainly occurs through:

A. Roots. B. Flowers. C. Stomata. D. Fruits

Answer: Stomata

11. Excess water is lost from plants by:

A. Respiration. B. Photosynthesis. C. Transpiration. D. Fermentation

Answer: Transpiration

12. Lenticels are found on:

A. Leaves. B. Flowers. C. Woody branches. D. Roots only

Answer: Woody branches

13. Amoeba exchanges gases through:

A. Lungs. B. Gills. C. Diffusion. D. Tracheae

Answer: Diffusion

14. The respiratory organs of fish are:

A. Lungs. B. Skin. C. Gills. D. Tracheae

Answer: Gills

15. Insects respire through:

A. Gills. B. Lungs. C. Tracheae. D. Skin

Answer: Tracheae

16. Taking in air is called:

A. Exhalation. B. Inhalation. C. Diffusion. D. Expiration

Answer: Inhalation

17. The diaphragm helps in:

A. Digestion. B. Breathing. C. Circulation. D. Excretion

Answer: Breathing

18. Normal adult breathing rate is about:

A. 14–20 breaths/min. B. 2–5 breaths/min.
C. 40–50 breaths/min. D. 80–100 breaths/min

Answer: 14–20 breaths/min

19. Oxygen is transported in blood by:

A. Plasma. B. Platelets. C. Haemoglobin. D. WBCs

Answer: Haemoglobin

20. Carbon dioxide is removed from the body through:

A. Digestion. B. Exhalation. C. Photosynthesis. D. Circulation

Answer: Exhalation