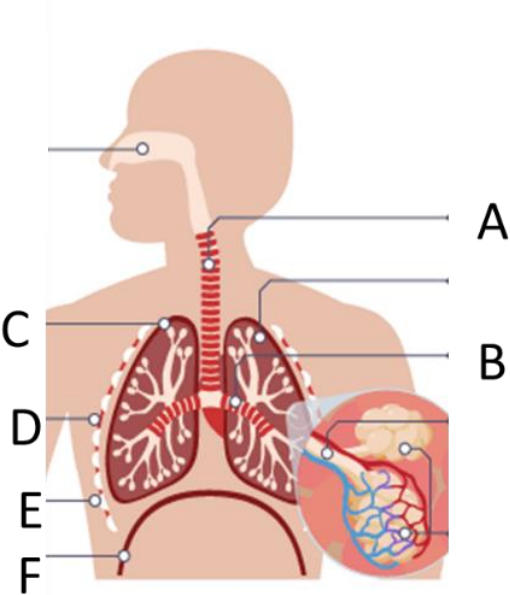


Year 8 breathing and respiration

To be on track in this topic you need to:

Breathing system	
1. State 2 reasons why we breath	<ul style="list-style-type: none"> • Get oxygen • Remove carbon dioxide
2. How is exhaled air different to inhaled air?	<ul style="list-style-type: none"> • Less oxygen • More carbon dioxide
3. Label a diagram of the breathing system 	A: trachea B: bronchus C: alveoli D: intercostal muscle E: rib F: diaphragm
4. Name the bones that protect the lungs	Ribs
5. State the function of the trachea	Take air into the lungs
6. State the function of the bronchi	Take air into and out of bronchioles
7. Describe the function of the alveoli	<ul style="list-style-type: none"> • Where oxygen goes into the blood • Where carbon dioxide comes out of the blood
8. Lungs have a large surface area in order to	Increase the rate of gas exchange

Ventilation	
9. Name the muscles which help us breathe	<ul style="list-style-type: none"> • Intercostal muscles • Diaphragm
10. Describe how the ribs move when we breathe in	Ribs move up and out
11. Describe how the diaphragm moves when we breathe in	Down
Aerobic respiration	
12. State the function of respiration	To release energy
13. Write the word equation for aerobic respiration	Glucose + oxygen → carbon dioxide + water
14. Where does the body get glucose for respiration?	Carbohydrates in food
15. Where does the body get oxygen for aerobic respiration?	The air
Effects of exercise	
16. What do we call the number of breathes you take in 1 minute	Breathing rate
17. What do we call the number of times your heart beats in 1 minute	Heart rate
18. What happens to heart rate when you exercise? Why?	<ul style="list-style-type: none"> • Increases • Blood flows faster • Oxygen and glucose to muscles faster • Faster aerobic respiration in muscles
19. What happens to breathing rate when you exercise? Why?	<ul style="list-style-type: none"> • Increases • More oxygen into body and to muscles • Faster aerobic respiration in muscles
Smoking	
20. Name three diseases caused by smoking	Cancer, heart disease, strokes
21. Name chemical in tobacco which causes cancer.	Tar
22. Name a chemical in tobacco which is addictive	Nicotine
23. Name a chemical in tobacco which is poisonous	Carbon monoxide

Alcohol	
24. Describe one short term effect of drinking too much alcohol	Slurred speech Longer reaction times Inability to walk properly Lower inhibitions
25. Which organ does alcohol damage?	Liver
26. What effect can drinking alcohol when pregnant have on the foetus?	It can lead to Foetal Alcohol Syndrome
27. What conditions can foetal alcohol syndrome cause	Learning difficulties Facial problems Reduced growth
Drugs	
28. Define the term 'drug'	Chemical that changes how the body works
29. Define the term 'legal drug'	A drug that it is not against to law to take
30. Define the term 'medicinal drug'	A drug given to you by a doctor to help treat you if you are ill
31. Define the term 'recreational drug'	A drug that people take for fun
32. Name 3 legal drugs	Alcohol, caffeine, paracetamol
33. Name 3 illegal drugs	Cannabis, heroine cocaine.

