

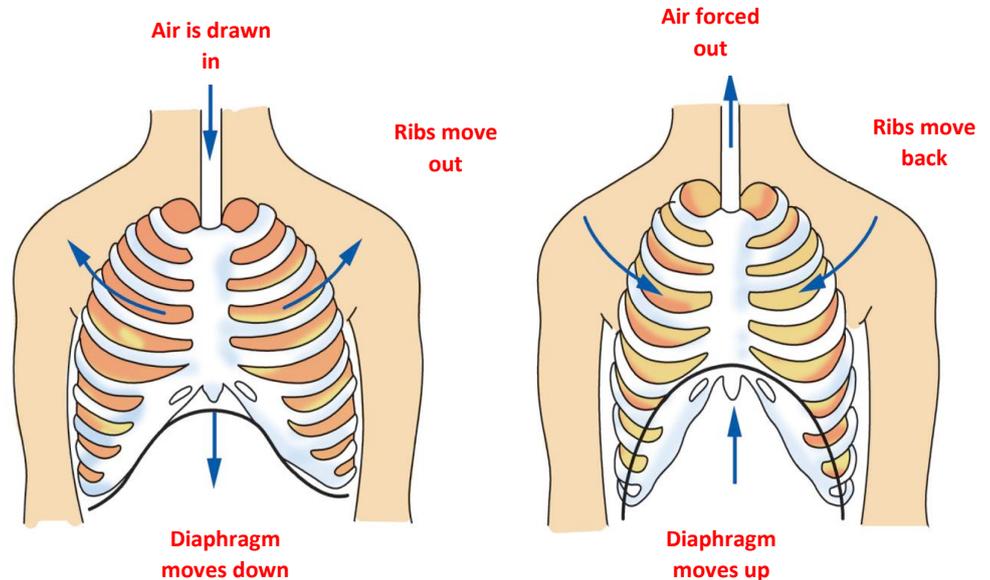
CLASS 7 CHAPTER 10 RESPIRATION IN ORGANISMS ASSIGNMENT 2
TOPIC : INTRODUCTION TO RESPIRATION DATE 12/05/2020

BREATHING :

Breathing can be defined as a process in which organisms, with the help of their respiratory organs, take in the oxygen-rich air present in the surroundings and release out air that contains high amount of carbon dioxide in it. Breathing occurs continuously in the organisms.

Inhalation is the process of taking the air that contains oxygen inside the body.

Exhalation is a process of releasing out air that contains carbon dioxide out of the body. Inhalation and exhalation take place alternatively in the breathing process.



INHALATION

EXHALATION

Breathing rate can be defined as the number of times a person breathes in a minute. A breath can be defined as an inhalation followed by an exhalation. The breathing rate is not always constant in human beings. We generally breathe faster when our body needs more energy for example while exercising. This is so because the body needs more oxygen that can break down the food and produce more energy. An average adult human being breathes 15 to 18 times in a minute. While exercising, this rate can change up to 25 times a minute.

Why do we feel hungry after doing a physical activity like walking or running?

When we do a physical activity the food that is present in our body is converted into energy. Since all the food gets consumed in generating the energy we start feeling hungry. Hence in order to gain more energy we need to eat more food.

IMPORTANT QUESTIONS:

1. What do you mean by inhalation and exhalation?
2. Define breathing rate.
3. What do you mean by the term breath ?
4. Which gas is taken in during breathing and which gas is given out during breathing ?
5. Why do we feel hungry after doing physical work?

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