



GENERAL SCIENCE
CH.10 RESPIRATION IN
ORGANISMS

Name: _____

Date: _____

Class: VII Sec: ____

1. Sometimes when we do heavy exercise, anaerobic respiration takes place in our muscle cells. What is produced during this process?
 - (a) alcohol and lactic acid
 - (b) alcohol and CO₂
 - (c) lactic acid and CO₂
 - (d) lactic acid only
2. Earthworms and frogs breathe through their skin because of which the skin of both the organisms is
 - (a) moist and rough.
 - (b) dry and rough.
 - (c) dry and slimy.
 - (d) moist and slimy
3. Fish breathe with the help of gills which are richly supplied with blood vessels. The gills help the fish to
 - (a) take in oxygen from air.
 - (b) take in oxygen dissolved in water.
 - (c) absorb nutrients present in water.
 - (d) release waste substances in water.
4. Yeast is used in wine and beer industries because it respire
 - (a) aerobically producing oxygen.
 - (b) aerobically producing alcohol.
 - (c) anaerobically producing alcohol.
 - (d) anaerobically producing CO₂.
5. During the process of exhalation, the ribs move
 - (a) down and inwards.
 - (b) up and inwards.
 - (c) down and outwards.
 - (d) up and outward.



INDIAN SCHOOL NIZWA - WORKSHEET

6. On a very cold morning, Boojho and Paheli were talking with each other as they walked down to their school. They observed that the air coming out of their mouth looked like smoke. They were amused and wondered how it happened. Help them find the answer.
7. Whenever we feel drowsy or sleepy, we start yawning. Does yawning help us in anyway?
8. Paheli participated in a 400 m race competition held at her school and won the race. When she came home she had mixed feelings of joy and pain as she had cramps in her leg muscles. After a massage she was relieved of the pain. Answer the following questions related to the situation.
 - (a) What can be the possible reasons for the pain in her legs?
 - (a) Why did she feel comfortable after a massage?
9. A food stall owner was preparing dough for making *bhaturas*. He added a pinch of yeast and sugar to the dough and left it in a warm place. After few hours, the dough had risen. There was a sour smell too.
 - (a) Why did the dough rise?
 - (b) Why did the dough smell sour?
 - (c) Why was sugar added to the dough?
 - (d) What would have happened if the dough was kept in the refrigerator, soon after it was prepared?
10. Explain only by the equations:
 - (a) Aerobic respiration
 - b) Anaerobic respiration
 - c) Anaerobic respiration in muscle cells (Lactic acid fermentation).