1. Respiration is the process of:

   ☐ breathing air in and out

   ☐ removing waste

   ☐ releasing energy from food in cells

   ☐ making food from light

2. What did Lavoisier and Laplace conclude about respiration?

   ☐ It happens only in the lungs

   ☐ It is a slow kind of combustion

   ☐ It does not release heat

   ☐ It needs no oxygen

3. Anaerobic respiration in human muscles produces:

   ☐ glucose

   ☐ lactic acid

   ☐ carbon dioxide and water

   ☐ alcohol

4. What does a cell use the energy from respiration for? (Select all that apply.)

   ☐ movement

   ☐ making sunlight

   ☐ active transport

   ☐ growth

   Tick every correct option.

5. What are the products of aerobic respiration?

   ☐ Carbon dioxide and water

   ☐ Lactic acid

   ☐ Glucose and oxygen

   ☐ Ethanol and carbon dioxide

6. Anaerobic respiration in yeast produces:

   ☐ protein

   ☐ lactic acid

   ☐ alcohol and carbon dioxide

7. Respiration and breathing are the same process.

   ☐ True ☐ False

8. Which use energy from respiration?

   ☐ Diffusion of oxygen

   ☐ Making proteins

   ☐ Active transport

   ☐ Muscle contraction

   Tick every correct option.

9. After hard exercise, breathing returns to normal at once because no extra oxygen is needed.

   ☐ True ☐ False

10. Aerobic respiration takes place mainly in the _____ of the cell.

    _____

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1. **releasing energy from food in cells**

   Respiration releases energy from glucose in cells.

2. **It is a slow kind of combustion**

   Body heat melted the ice.

3. **lactic acid**

   Glucose → lactic acid in muscles.

4. **movement; active transport; growth**

   Energy powers movement, growth and active transport; cells cannot make sunlight.

5. **Carbon dioxide and water**

   Glucose + oxygen → CO_2 + water.

6. **alcohol and carbon dioxide**

   Yeast fermentation gives alcohol + CO_2.

7. **False**

   Respiration is a chemical reaction in cells; breathing moves air.

8. **Making proteins; Active transport; Muscle contraction**

   Diffusion is passive.

9. **False**

   False. Extra oxygen is needed to break down the lactic acid built up during anaerobic respiration (the oxygen debt), so you keep breathing hard after stopping.

10. **mitochondria**

    Mitochondria are the site of aerobic respiration.

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