

Science Worksheet Class VII
Respiration in Organisms

1. Name the following

1. Muscular floor of chest cavity.
2. Process of breaking down of food in cell.
3. An anaerobic organism.
4. Tiny pores on the surface of leaf.
5. Organism with tracheal system.

2. Choose the correct answer

1. Normal rate of breathing per minute in an adult at rest is _____.
a. 9-12 b. 21-24 c. 30-33
2. Fishes breathe with the help of _____.
a. lungs b. gills c. spiracles
3. During exhalation, the diaphragm moves _____.
a. outwards b. downwards c. upwards d. does not move
4. In cockroaches, the air enters the body through _____.
a. spiracles b. trachea c. skin d. gills
5. During heavy exercise, we get cramps in the muscles due to the accumulation of _____.
a. carbon dioxide b. lactic acid c. alcohol d. water

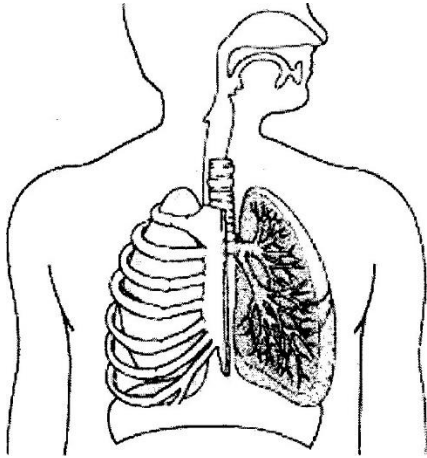
3. Fill in the blanks-

1. During exhalation, the air we breathe out is rich in _____.
2. Yeast respire _____ producing _____, _____ and _____
3. Skeletal structure that surrounds the chest cavity is called _____.
4. Taking in of air rich in oxygen is called _____.
5. Insects take in air through small openings called _____.

4. Answer the following

1. Why do we get muscle cramps after heavy exercise?
2. During heavy exercise, the breathing rate of a person increases. Why?
3. Why do we feel hungry after a physical exercise?

4. What will happen if our diaphragm shows no movement?
5. Define cellular respiration.
6. Explain breathing in cockroach.
7. How does sneezing protect us from germs?
8. Distinguish between aerobic and anaerobic respiration.
9. Identify the system and label the following parts and write their functions.
 - a. lungs
 - b. ribs
 - c. diaphragm
 - d. nasal cavity



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