

## GASEOUS EXCHANGE

## MULTIPLE CHOICE QUESTIONS

Each question has four possible answers. Circle the correct answer.

- (1) **Organisms need energy in the form of:**  
 (a) GMP                      (b) GTP                      (c) AMP                      (d) ATP
- (2) **In plants, gaseous exchange occurs through:**  
 (a) Stomata                      (b) Cuticle                      (c) Lenticels                      (d) All of these
- (3) **The aquatic plants get oxygen from:**  
 (a) Soil                      (b) Water                      (c) Air                      (d) None of these
- (4) **The nasal cavity opens into:**  
 (a) Glottis                      (b) Epiglottis                      (c) Pharynx                      (d) Larynx
- (5) **Muscular passage common to both food and air:**  
 (a) Pharynx                      (b) Larynx                      (c) Trachea                      (d) Oesophagus
- (6) **Which organ is also called as voice box?**  
 (a) Nostrils                      (b) Pharynx                      (c) Larynx                      (d) Glottis
- (7) **Vibrations of which produce sound?**  
 (a) Trachea                      (b) Oesophagus                      (c) Vocal cards                      (d) Nostrils
- (8) **Movements of which organs result in speech?**  
 (a) Lips                      (b) Cheeks                      (c) Tongue                      (d) All of these
- (9) **Which organs have ciliated and glandular cells?**  
 (a) Trachea                      (b) Bronchi                      (c) Both a & b                      (d) None of these
- (10) **How many lungs are present in thoracic cavity?**  
 (a) 4                      (b) 3                      (c) 2                      (d) 1
- (11) **Which thick muscular structure is present below the lungs?**  
 (a) Diaphragm                      (b) Trachea                      (c) Intercoastals                      (d) Ribs
- (12) **How many lobes are present in left lung?**  
 (a) 1                      (b) 2                      (c) 3                      (d) 4
- (13) **The physical movements associated with gaseous exchange are called:**  
 (a) Breathing                      (b) Peristalsis                      (c) Swallowing                      (d) Chewing
- (14) **During inspiration, the volume of the thoracic cavity:**  
 (a) Increases                      (b) Decreases                      (c) Remains constant                      (d) Lessens
- (15) **During expiration, the rib muscles:**  
 (a) Contract                      (b) Relax                      (c) Remain as such                      (d) None of these
- (16) **The respiration centre that controls breathing is located in:**  
 (a) Brain                      (b) Kidney                      (c) Heart                      (d) Lungs
- (17) **To which organs the respiratory centre sends messages?**  
 (a) Intercoastal muscles (b) Diaphragm                      (c) Both a and b                      (d) None of these

- (18) **Amount of oxygen in inspired air:**  
 (a) 21% (b) 16% (c) 18% (d) 14%
- (19) **Amount of carbon dioxide in inspired air:**  
 (a) 4% (b) 0.04% (c) 0.5% (d) 2%
- (20) **Amount of nitrogen in inspired air:**  
 (a) 70% (b) 72% (c) 76% (d) 79%
- (21) **Water vapours in inspired air:**  
 (a) Variable (b) Saturated (c) Almost none (d) All of these
- (22) **Dust particles in inspired air:**  
 (a) Variable (b) Saturated (c) Almost none (d) All of these
- (23) **The inflammation of the bronchi or bronchioles:**  
 (a) Asthma (b) Pneumonia (c) Emphysema (d) Bronchitis
- (24) **An infection of lungs:**  
 (a) Asthma (b) Pneumonia (c) Emphysema (d) Bronchitis
- (25) **The symptoms of which disease vary from person to person?**  
 (a) Asthma (b) Pneumonia (c) Emphysema (d) Bronchitis
- (26) **Virus of which disease can cause pneumonia?**  
 (a) Hepatitis (b) Polio (c) AIDS (d) Influenza
- (27) **Inhalers are used to treat:**  
 (a) Pneumonia (b) Lung cancer (c) Asthma (d) Emphysema
- (28) **How many different chemicals are present in cigarette smoke?**  
 (a) Less than 400 (b) Less than 4000 (c) More than 4000 (d) More than 2000
- (29) **How many persons die each year by lung cancer world wide?**  
 (a) 1000000 (b) 1,100,000 (c) 1,200,000 (d) 1,30,0000
- (30) **At what percentage, the rate of smoking is increasing in developing countries?**  
 (a) 1.4% (b) 1.6% (c) 2.4% (d) 3.4%

**ANSWER KEY**

Q.No	Ans								
1	d	2	d	3	b	4	c	5	a
6	c	7	c	8	d	9	c	10	c
11	a	12	b	13	a	14	a	15	b
16	a	17	c	18	a	19	b	20	d
21	a	22	a	23	d	24	b	25	d
26	d	27	c	28	c	29	d	30	d

**SHORT QUESTIONS**

**Q. No. 1 Define cellular respiration.**

**CELLULAR RESPIRATION**

The process in which the carbon-hydrogen bonds in the food are broken by oxidation reduction reactions and the energy is transformed into ATP is called cellular respiration.

**Q. No. 2 What is aerobic respiration?**

**AEROBIC RESPIRATION**

The process of respiration in which oxygen is used and there is complete oxidation of the food material producing carbon dioxide and water is called aerobic respiration.

**Q. No. 3 In what form energy is available to organisms?**

**ENERGY AVAILABILITY TO ORGANISMS**

The energy is available to organisms in the form of ATP (Adenosine Triphosphate) for their activities.

**Q. No. 4 Define gaseous exchange.**

**GASEOUS EXCHANGE**

The process of taking in of oxygen and giving out of carbon dioxide is termed as gaseous exchange.

**Q. No. 5 Define breathing.**

**BREATHING**

The process through which animals take air in their bodies to get oxygen from it and then give out the air for getting rid of carbon dioxide is called breathing.

**Q. No. 6 What is the difference between respiration and breathing?**

**DIFFERENCE BETWEEN RESPIRATION AND BREATHING**

The respiration involves the mechanical and the biochemical processes whereas breathing is only the mechanical or physical process of exchange of gases.

**Q. No. 7 How speech is produced?**

**PRODUCTION OF SPEECH**

The vibrations in vocal cards and the movements of lips, cheeks, tongue and jaws produce specific sounds which result in speech.

- Speech is an ability that only humans are gifted with and this is one of the characteristics which has put human beings superior to all.

**Q. No. 8 What is the function of the mucus secreted by the epithelial cells of trachea and bronchi?**

**FUNCTION OF MUCUS**

The glandular cells of trachea and bronchi secrete mucus which moistens the air and trap any fine particles of dust or bacteria that have escaped from the nasal cavity.

**Q. No. 9 What is the function of cilia present in trachea and bronchi?**

**FUNCTION OF CILIA**

The cilia present in trachea and bronchi beat with an upward motion so that the foreign particles along the mucus are sent to the oral cavity from where it may be either swallowed or coughed out.

- Q. No. 10 Explain whether breathing movements are involuntary or voluntary.**

**BREATHING MOVEMENTS**

The breathing movements are involuntary to a large extent. However, we can control the rate of breathing but not for a long time.

- Q. No. 11 Why the percentage of respiratory disorders is higher in Pakistan?**

**RESPIRATORY DISORDERS IN PAKISTAN**

The percentage of respiratory disorders is higher in Pakistan because of the more concentration of air pollutants not only in the urban but also in rural atmosphere.

- Q. No. 12 What was the death rate of pneumonia before the discovery of antibiotics?**

**DEATH RATE OF PNEUMONIA**

Prior to the discovery of antibiotics, one-third of pneumonia patients died from the infection.

- Q. No. 13 What is the death rate of lung cancer?**

**DEATH RATE OF LUNG CANCER**

Lung cancer is the most common cause of cancer-related deaths. It is responsible for more than 1.3 million deaths world wide annually.

- Q. No. 14 What will happen to lungs, if a person stops smoking?**

**DISCONTINUATION OF SMOKING**

If a person stops smoking, the chance to develop cancer decreases as damage to the lungs is repaired and contaminant particles are gradually removed.

- Q. No. 15 What is nicotine? What are its bad effects?**

**NICOTINE**

Nicotine is a powerful poison and was widely used as an insecticide in the past.

**Bad Effects:**

When inhaled through tobacco smoking, it reaches our circulatory system and not only hardens the walls of the arteries but also damages the brain tissues.

- Q. No. 16 What are the observations about rates of smoking by WHO?**

**RATES OF SMOKING BY WHO**

According to the WHO, the rates of smoking have declined in the developed world. In the developing world, it is rising by 3.4% per year as of 2002.

- Q. No. 17 When World No Tobacco Day is celebrated?**

**WORLD NO TOBACCO DAY**

The World No Tobacco Day is celebrated on 31<sup>st</sup> of May every year.

- Q. No. 18 What is the percentage of passive smokers to develop heart diseases and lung cancer?**

**PASSIVE SMOKERS**

Non-smokers who are exposed to second hand smoke (passive smoke) at home or work increase their heart disease risk by 25-30% and their lung cancer risk by 20-30%.

- Q. No. 19 How does smoking affect the social life of a person?**

**EFFECT OF SMOKING ON SOCIAL LIFE**

Smoking affects the social life of a person. Smokers may face social unacceptance because other people may not want to be exposed to other's smoke.

**LONG QUESTIONS**

**Q. No. 1 Explain gaseous exchange in plants.**

**GASEOUS EXCHANGE IN PLANTS****Lack of Organ System Level:**

Plants have no organs or systems for the exchange of gases with the environment. Every cell of the plant body exchanges gases with the environment by its own.

**Gaseous Exchange through Cuticle:**

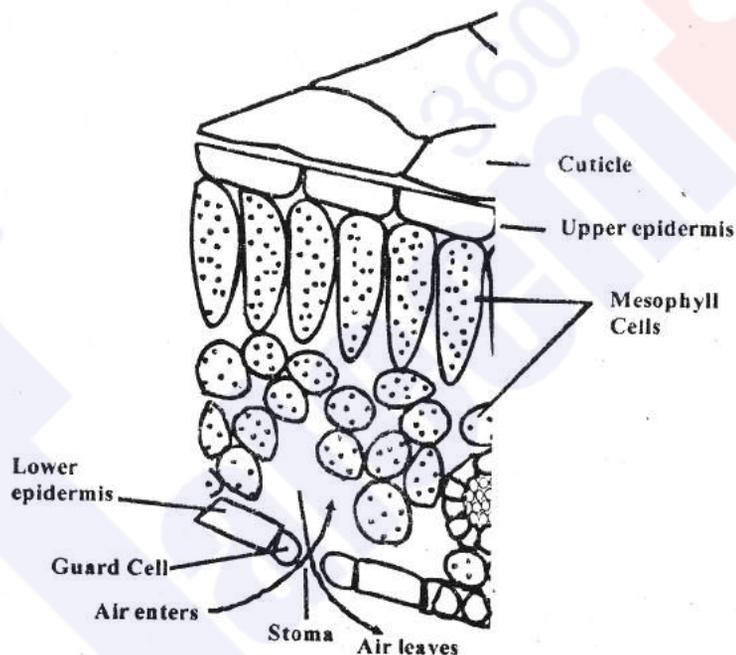
In young stems and leaves, some gaseous exchange occurs through the cuticle which is present over their epidermis.

**Gaseous Exchange through Stomata:**

The leaves and young stems have stomata in their epidermis. The gaseous exchange occurs through these stomata.

**Gaseous Exchange through Air Spaces:**

The inner cells of the leaves (mesophyll) and stems have air spaces among them, which help in the exchange of gases.



**Figure: Gaseous Exchange in a Leaf**

**Leaf Cells during Day Time:**

During the day time, when the mesophyll cells of leaves are carrying out photosynthesis and respiration side by side, the oxygen produced in photosynthesis is utilized in cellular respiration. Similarly, the carbon dioxide produced during cellular respiration is utilized in photosynthesis.

**Leaf Cells during Night Time:**

During night, when there is no photosynthesis occurring, the leaf cells get oxygen from the environment and release carbon dioxide through stomata.

**Gaseous Exchange through Lenticels:**

In woody stems and mature roots, the entire surface is covered by bark which is impervious to gases or water. The lenticels allow air to pass through them.

**Lenticels:** The pores in the layer of bark are called as lenticels.

**Presence:** The lenticels are slightly more raised than the general surface of the stem.

**Gaseous Exchange through Roots:**

Gases diffuse in and out of the general surface of the young roots. The gases are found in the soil surrounding the roots.

**Gaseous Exchange in Aquatic Plants:**

The aquatic plants get the oxygen dissolved in water and release carbon dioxide in the water.

**Q. No. 2** Write a note on human respiratory system.

**HUMAN RESPIRATORY SYSTEM**

The human respiratory system consists of two parts:

1. The Air Passageway
2. The Lungs

**1. THE AIR PASSAGEWAY**

The air passageway consists of the parts through which the outside air comes in the lungs and after the exchange of gases it goes out. The passage of air consists of the following parts:

1. Nostrils
2. Nasal cavity
3. Internal Nostrils
4. Pharynx
5. Larynx
6. Trachea
7. Bronchi
8. Bronchioles
9. Alveolar Ducts
10. Alveoli

**1. Nostrils:**

The nasal cavity opens to the outside through the openings called nostrils.

**2. Nasal cavity:**

The nose encloses the nasal cavity. The nasal cavity is divided into two portions by a wall. Each portion is lined by fine hairs and mucous which filter the dust particles from the air. The mucous also moistens and warms the incoming air and keeps its temperature nearly equal to that of the body.

### 3. Internal Nostrils:

The nasal cavity opens into pharynx by means of two small openings called internal nostrils.

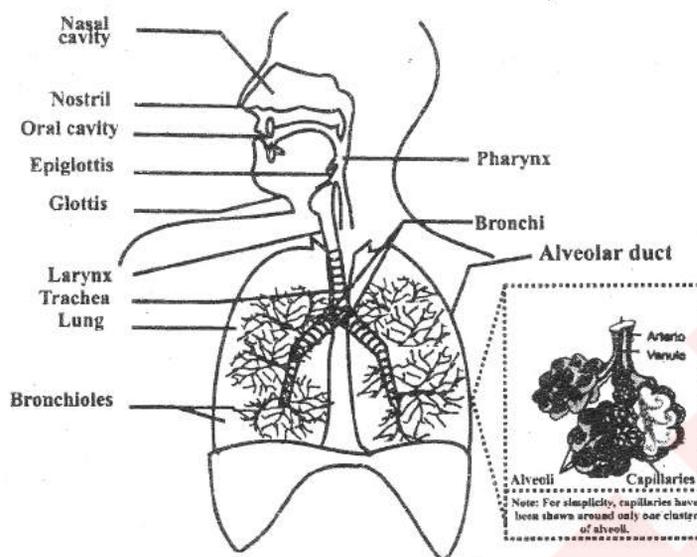


Figure: The air passageway and the lungs

### 4. Pharynx:

Pharynx is a muscular passage and is common to both food and air. It extends to the opening of oesophagus and the larynx.

### 5. Larynx:

The air goes from the pharynx into the larynx. The larynx is the box made of cartilage. It is present between pharynx and trachea. It is also called as voice box.

#### Glottis:

Glottis is a narrow opening at the floor of the pharynx which leads to larynx.

#### Epiglottis:

The glottis is guarded by a flap of tissue called the epiglottis.

#### Vocal Cards:

Two pairs of fibrous bands called vocal cards are stretched along the larynx. The vocal cards vibrate when the air passes through them. This vibration produces sounds.

### 6. Trachea:

Larynx continues to the trachea, which is also called as wind pipe. It is about 12 cm long tube which lies in front of the oesophagus. There are C-shaped cartilaginous rings in the wall of trachea. The cartilages keep the trachea from collapsing even when there is no air in it.

### 7. Bronchi:

On entering the chest cavity, the trachea divides into two smaller tubes called bronchi. The singular of bronchi is bronchus. The bronchi also have cartilaginous plates in their walls. Each bronchus enters into the lung of its side and then divides into smaller branches.

**8. Bronchioles:**

The bronchi continue dividing in the lungs until they make several fine tubes called bronchioles.

**9. Alveolar Ducts:**

The bronchioles progressively lose the cartilage and they become narrower. The bronchioles end as fine tubules called the alveolar ducts.

**10. Alveoli:**

Each alveolar duct opens into a cluster of pouches called alveoli. The alveoli form the respiratory surface in human body. Each alveolus is a sac like structure lined by a single layer of epithelial cells. It is bound on the outside by a network of capillaries.

**Blood Circulation:**

The pulmonary artery from the heart containing deoxygenated blood enters the lungs and branches into arterioles and then into capillaries which surround the alveoli. These then join together to form the venules which form pulmonary vein. The pulmonary vein carries the oxygenated blood back to heart.

**2. THE LUNGS**

All the alveoli on one side constitute a lung.

**Number:**

There is a pair of lung in the thoracic cavity.

**Chest Wall:**

The chest wall is made up of 12 pairs of ribs and the rib muscles called the intercostal muscles.

**Diaphragm:**

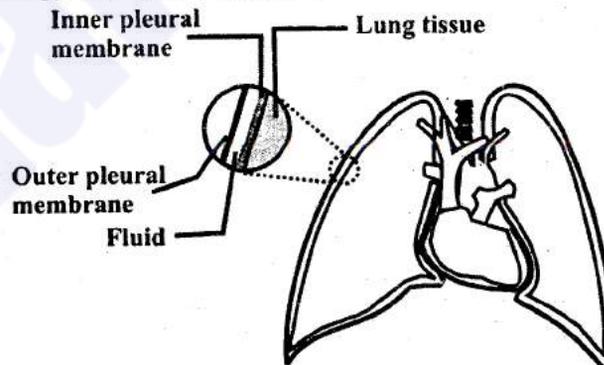
A thick muscular structure called diaphragm is present below the lungs.

**Size:**

The left lung is slightly smaller and has two lobes and the right lung is bigger and has three lobes.

**Elasticity:**

The lungs are spongy and elastic organs.



**Figure: Lungs and Pleural Membranes**

**Blood Circulation:**

The lungs have blood vessels that are the branches of pulmonary arteries and veins.

**Protection:**

Each lung is enclosed by two membranes called the outer pleural membrane and the inner pleural membrane. The membranes enclose a fluid which provides lubrication for the free expanding and contracting of the lungs.

Q. No. 3 Explain the mechanism of breathing.

### THE MECHANISM OF BREATHING

**Breathing:**

The physical movements associated with the gaseous exchange are called breathing.

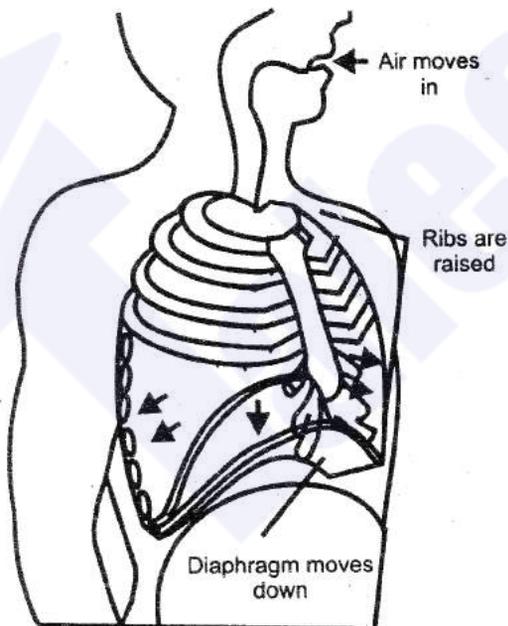
**Phases of Breathing:**

There are two phases of breathing:

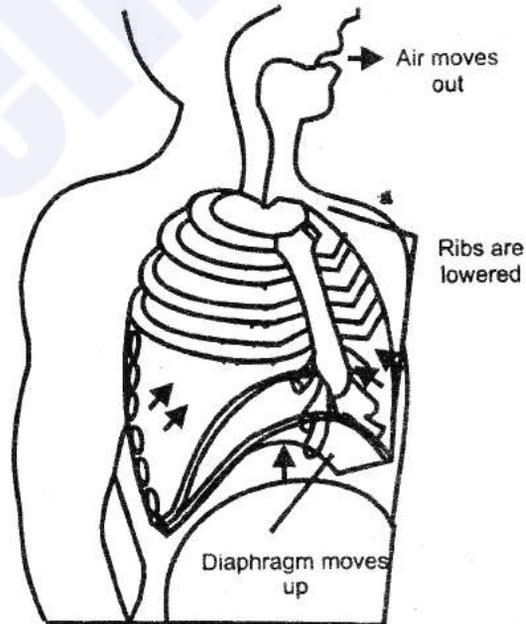
1. Inhalation
2. Exhalation

**1. Inspiration or Inhalation:**

During inspiration, the rib muscles contract and ribs are raised. At the same time the dome-shaped diaphragm contracts and is lowered. These movements increase the area of the thoracic cavity, which reduces the pressure on lungs. As a result, the lungs expand and the air pressure within them also decreases. The air from outside rushes into the lungs to equalize the pressure on both sides.



**Figure: Steps of Inhalation**



**Figure: Steps of Exhalation**

## 2. Expiration or Exhalation:

After the gaseous exchange in the lungs, the impure air is expelled out in exhalation. The rib muscles relax bringing the ribs back to the original position. The diaphragm muscles also relax and it gets its raised dome shape. This reduces the space in the chest cavity and increases the pressure on lungs. The lungs contract and the air is expelled out of them.

### Normal Breathing Rate:

Humans breathe 16-20 times per minute in normal circumstances i.e. at rest.

### Control of Breathing Rate:

The rate of breathing is controlled by the respiratory centre in the brain. The respiratory centre is sensitive to the concentration of carbon dioxide in the blood.

### Stimulation of Respiratory Centre:

When we do exercise or some hard job our muscle cells carry out cellular respiration at greater rate. It results in the production of more carbon dioxide which is released in the blood. This greater than normal concentration of carbon dioxide stimulates the respiratory centre of brain.

### Response by Respiratory Centre:

The respiratory centre sends messages to the rib muscles and diaphragm to increase the rate of breathing so that the excess carbon dioxide present in blood can be removed out of body.

### Maximum Breathing Rate:

During exercise or other hard physical works the breathing rate may increase up to 30-40 times per minute.

**Q. No. 4** Give a comparison between inspired and expired air.

### COMPARISON BETWEEN THE INSPIRED AND THE EXPIRED AIR

Feature	Inspired Air	Expired Air
Amount of oxygen	21%	16%
Amount of carbon dioxide	0.04%	4%
Amount of nitrogen	79%	79%
Amount of water vapours	Variable	Saturated
Amount of dust particles	Variable	Almost none
Temperature	Variable	Almost equal to body temperature

**Q. No. 5** Write a note on bronchitis.

### BRONCHITIS

#### Definition:

The inflammation of the bronchi or bronchioles is called bronchitis.

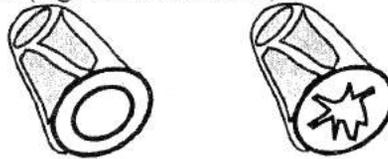
#### Outcomes:

It results in excessive secretions of mucus into the tubes, leading to the swelling of tubular walls and narrowing of tubes.

**Causes:**

It is caused by:

- Viruses
- Bacteria
- Exposure to chemical irritants (e.g. tobacco smoke)



**Figure: Normal Bronchus      Inflamed Bronchus**

**Types of Bronchitis:**

There are two major types of bronchitis i.e. acute and chronic.

**Acute Bronchitis:**

The acute bronchitis usually lasts about two weeks and patients recover with no permanent damage to the bronchi or bronchioles.

**Chronic Bronchitis:**

In chronic bronchitis, the bronchi develop chronic inflammation. It usually lasts for three months to two years. The majority of the people diagnosed with chronic bronchitis are 45 years of age or older.

**Symptoms:**

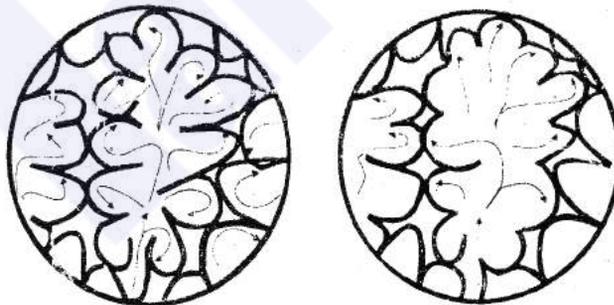
Symptoms of bronchitis include:

- Cough
- Mild wheezing
- Fever
- Chills
- Shortness of breath especially when doing hard job

Q. No. 6      Write a note on emphysema.

**EMPHYSEMA****Introduction:**

Emphysema is the destruction of the walls of the alveoli.



**Normal**

**Emphysema**

**Figure: The Alveoli**

**Outcomes:**

It results in larger sacs but with less surface area for gaseous exchange. As lung tissue breaks down, the lungs do not come back to their original shape after exhalation. So air cannot be pushed out and is trapped in the lungs.

**Symptoms:**

The symptoms of emphysema include:

- Shortness of breath
- Fatigue
- Recurrent respiratory infections
- Weight loss

**Appearance of Symptoms:**

By the time the symptoms of emphysema appear, the patient has usually lost 50% to 70% of lung tissue.

**Serious Complications:**

The level of oxygen in blood may get so low that it causes serious complications.

**Q. No. 7** Write a note on pneumonia.

**PNEUMONIA****Introduction:**

Pneumonia is an infection of lungs.

**Double Pneumonia:**

If this infection affects both lungs, it is called double pneumonia.

**Common Cause:**

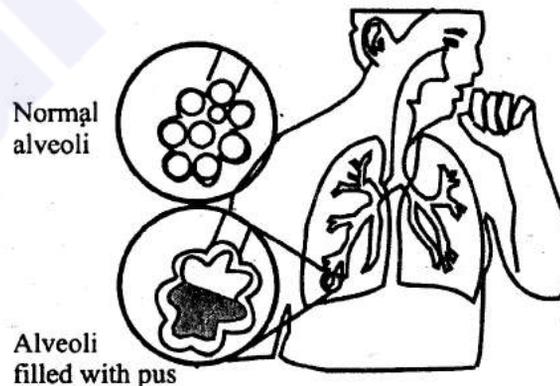
The most common cause of pneumonia is a bacterium, *Streptococcus pneumoniae*.

**Other Causes:**

- Viral infections (influenza virus)
- Fungal infections

**Mode of Infection:**

When the causative organisms enter the alveoli, they settle there and grow in number. They break the lung tissues and the area becomes filled with fluid and pus.



**Figure: Pneumonia**

**Symptoms:**

The symptoms of pneumonia include:

- Cold
- High fever
- Shivering
- Cough
- Sputum production
- Short of breath

**Skin Colour:**

The patient's skin colour may change and become dusky or purplish. It is due to poor oxygenation of blood.

**Prevention:**

Vaccines are available to prevent pneumonia caused by *S. pneumoniae*.

**Treatment:**

Antibiotics are used in the treatment of this type of pneumonia.

**Fatal Disease:**

Prior to the discovery of antibiotics, one-third of pneumonia patients died from the infection.

**Q. No. 8 Write a note on asthma.**

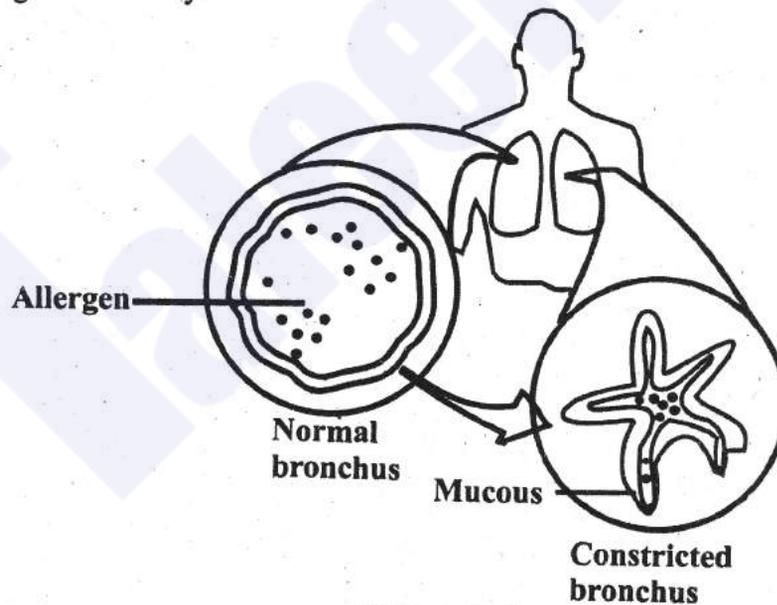
**ASTHMA****Introduction:**

Asthma is a form of allergy.

**Outcomes:**

There is

- Inflammation of the bronchi
- More mucous production
- Narrowing of the airways



**Figure: Asthma**

**Sensitivity:**

In asthma patients, the bronchi and bronchioles become sensitive to different allergens. When exposed to any of such allergens, the sensitive airways show immediate and excessive response of constriction. In this condition, the patient feels difficulty in breathing.

**Allergens:**

The agents that cause allergy are called allergens.

**Examples:**

- Dust
- Smoke
- Perfumes
- Pollens

**Symptoms:**

The symptoms of asthma vary from person to person. The major symptoms include:

- Shortness of breath (especially with exertion or at night)
- Wheezing (whistling sound when breathing out)
- Cough
- Chest tightness

**Treatment:**

The chemicals with ability to dilate the bronchi and bronchioles are used in the treatment of asthma. Such medicine is given in the form of inhalers.

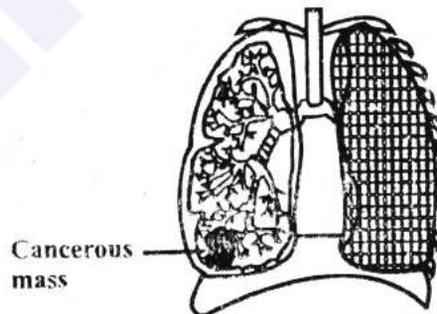
**Q. No. 9 Write a note on lung cancer.**

**LUNG CANCER****Introduction:**

Lung cancer is a disease of uncontrolled cell divisions in the tissues of the lung. The cells continue to divide without any control and form tumours.

**Malignant Tumours:**

The cellular growth may also invade adjacent tissues beyond the lungs.



**Figure: Lung Cancer**

**Symptoms:**

The most common symptoms are:

- Shortness of breath
- Coughing (including coughing up blood)
- Weight loss

**Major Cause:**

Smoking is the main cause of lung cancer. This risk of lung cancer is significantly lower in nonsmokers. Cigarette smoke contains over 50 known carcinogens.

**Other Causes:**

The main causes include:

- Carcinogens
- Ionizing radiation
- Viral infection

**Passive smoking:**

The inhalation of smoke from another's smoking is called passive smoking. It is also a cause of lung cancer. The smoke from the burning end of a cigarette is more dangerous than the smoke from the filter end.

**Prevention:**

Eliminating tobacco smoking is a primary goal in the prevention of lung cancer.

**Role of WHO:**

The World Health Organization has called for governments to stop tobacco advertising to prevent young people from taking up smoking.

**Q. No. 10 Describe bad effects of smoking.**

**BAD EFFECTS OF SMOKING**

Smoking is harmful due to the chemicals in cigarettes and smoke. Tobacco smoke contains over 4,000 different chemicals, out of which at least 50 are carcinogens and many are poisonous.

**Misperception:**

Many people think that lung cancer is the only smoking-related disease and it is the number one cause of death among smokers. But it is not right. Cigarette smoke affects the body from head to toe. Smokers have a much higher risk of developing a number of life-threatening diseases.

### **Carcinogenic:**

Smoking may also lead to the cancers in:

- Kidneys
- Oral cavity
- Larynx
- Breast
- Bladder
- Pancreas

### **Damage to Respiratory System:**

Many chemicals in tobacco smoke damage the air passageway, which lead to emphysema and other respiratory disorders.

### **Effect on Circulatory System:**

Smoking also has effects on the circulatory system. The carbon monoxide present in tobacco smoke lessens the oxygen-carrying capacity of haemoglobin.

### **Cause of Arteriosclerosis:**

Many other chemicals in smoke increase the production of blood platelets. When platelets are more than the normal numbers, they make the blood viscous and it can lead to arteriosclerosis.

### **Lung Infections:**

Smokers are at greater risk of developing infections, particularly in the lungs. For example, smoking increases the risk of tuberculosis by two to four times, and of pneumonia by four times.

### **Effect on Teeth:**

Smoking is also responsible for weakening and staining the teeth. Tooth loss is 2 to 3 times higher in smokers than in non-smokers.

### **Effect of Nicotine:**

Nicotine is a powerful poison and was widely used as an insecticide in the past. When inhaled through tobacco smoking, it reaches our circulatory system and not only hardens the walls of the arteries but also damages the brain tissues.

### **Passive Smokers:**

Non-smokers who are exposed to second hand smoke (passive smoke) at home or work increase their heart disease risk by 25-30% and their lung cancer risk by 20-30%.

### **Effect of Smoking on Social Life:**

Smoking affects the social life of a person. Smokers may face social unacceptance because other people may not want to be exposed to other's smoke.

## REVIEW QUESTION:

### MULTIPLE CHOICE QUESTIONS

- The process of gaseous exchange involves:**
  - Breakdown of C-H bonds to yield energy.
  - Physical movements that take air in and out of body.
  - Getting oxygen from the air and removing carbon dioxide.
  - Transport of oxygen by the blood to different parts of the body.
- Most of the gaseous exchange in a leaf occurs through:**
  - Stomata
  - General surface
  - Cuticle
  - Lenticels
- How many bronchi are there in the air passageway?**
  - One
  - Two
  - Many
  - None
- Where does the gaseous exchange occur in humans?**
  - Pharynx
  - Trachea
  - Bronchi
  - Alveoli
- Which structure actively helps in taking the air out of lungs?**
  - Nasal cavity
  - Bronchus
  - Bronchiole
  - Diaphragm
- The primary chemical stimulus for breathing is the concentration of:**
  - Carbon dioxide in blood
  - Oxygen in blood
  - Carbon dioxide in muscles
  - Oxygen in muscles
- Point out the FALSE statement about respiration:**
  - Gases can easily pass through the walls of the alveoli
  - Gas exchange in lungs is very efficient because lungs provide large surface area
  - In emphysema the walls of alveoli break and there is more surface area
  - Dust particles can damage the lung by irritating the inner alveoli surface.
- A disease involving the breakdown of air sacs of the lungs is:**
  - Pneumonia
  - Bronchitis
  - Asthma
  - Emphysema
- Which process does not occur in the nasal cavity?**
  - Trapping of large dust particles
  - Humidification of the inhaled air
  - Warming of the inhaled air
  - Exchange of gases
- What type of blood vessels surrounds the alveoli?**
  - Artery
  - Arteriole
  - Capillary
  - Vein

### ANSWER KEY

Q.No	Ans								
1	c	2	a	3	b	4	d	5	d
6	a	7	c	8	d	9	d	10	c

**SHORT QUESTIONS**

Q.2 Write short answer to the following questions.

1. Differentiate between breathing and cellular respiration.

**DIFFERENCE BETWEEN BREATHING AND CELLULAR RESPIRATION**

<b>Breathing</b>	<b>Cellular Respiration</b>
<b>Definition:</b> The process through which animals take air in their bodies to get oxygen from it and then give out the air for getting rid of carbon dioxide is called breathing.	<b>Definition:</b> The process in which the carbon-hydrogen bonds in the food are broken by oxidation reduction reactions and the energy is transformed into ATP is called cellular respiration.
<b>Energy Production:</b> No energy is produced.	<b>Energy Production:</b> Energy is produced in the form of ATP.
<b>Level:</b> It occurs at organ system level and respiratory system is involved	<b>Level:</b> It occurs at cell level.

2. Trace the path of air from the nasal cavity to the alveoli.

**PATH OF AIR FROM THE NASAL CAVITY TO THE ALVEOLI**

1. Nasal cavity
2. Internal nostrils
3. Pharynx
4. Larynx
5. Trachea
6. Bronchi
7. Bronchioles
8. Alveolar ducts
9. Alveoli

3. How will you differentiate between a stoma and a lenticel?

**DIFFERENCE BETWEEN STOMA AND LENTICEL**

<b>Stoma</b>	<b>Lenticel</b>
<b>Formation</b> A pore opens when guard cells become turgid.	<b>Formation:</b> Develops from cambium.
<b>Presence:</b> Present on lower epidermis of leaf.	<b>Presence:</b> Present on stem of dicot stem.
<b>Function:</b> Helps in gaseous exchange during night	<b>Function:</b> Helps gaseous exchange during night

## **UNDERSTANDING THE CONCEPT**

1. How do the different parts of the plant body exchange gases with the environment?  
Consult Long Question No. 1
2. Write down the steps of inhalation and exhalation.  
Consult Long Question No. 3
3. State the signs and symptoms, causes and treatments of bronchitis, emphysema and pneumonia.  
Consult Long Question No. 5, 6 and 7
4. How does the tobacco smoke damage the respiratory system?

### **DAMAGE OF TOBACCO SMOKE TO RESPIRATORY SYSTEM**

Smoking is harmful due to the chemicals in cigarettes and smoke. Tobacco smoke contains over 4,000 different chemicals, out of which at least 50 are carcinogens and many are poisonous.

#### **Misperception:**

Many people think that lung cancer is the only smoking-related disease and it is the number one cause of death among smokers. But it is not right. Cigarette smoke affects the body from head to toe. Smokers have a much higher risk of developing a number of life threatening diseases.

#### **Damage to Respiratory System:**

Many chemicals in tobacco smoke damage the air passageway, which lead to emphysema and other respiratory disorders.

#### **Lung Infections:**

Smokers are at greater risk of developing infections, particularly in the lungs. For example, smoking increases the risk of tuberculosis by two to four times, and of pneumonia by four times.

#### **Passive Smokers:**

Non-smokers who are exposed to second hand smoke (passive smoke) at home or work increase their heart disease risk by 25-30% and their lung cancer risk by 20-30%.

#### **Effect of Smoking on Social Life:**

Smoking affects the social life of a person. Smokers may face social unacceptance because other people may not want to be exposed to other's smoke.

## **THE TERMS TO KNOW**

#### **Alveolar duct:**

Fine tubules at the end of bronchioles, open into alveoli

#### **Alveolus:**

A sac like structure present next to the alveolar duct

#### **Asthma:**

An inflammation of the bronchi that causes narrowing and swelling of the airways

#### **Breathing:**

The process through which animals take air in their bodies to get oxygen and then give out the air for getting rid of carbon dioxide

**Bronchioles:**

Fine tubules formed by the division of bronchi

**Bronchitis:**

Inflammation of the bronchi or bronchioles

**Bronchus:**

The part of the air passage way formed by the division of trachea

**Diaphragm:**

The muscular structure that forms the floor of the chest cavity

**Emphysema:**

A disease in which the walls of the alveoli are destroyed

**Exhalation:**

The phase of breathing in which air is expelled from the lungs

**Gaseous exchange:**

Taking in of oxygen and giving out of carbon dioxide by organisms

**Inhalation:**

The phase of breathing in which air is drawn into the lungs

**Larynx:**

The part of the air passage way between pharynx and trachea

**Lenticels:**

Pores in the bark of woody stems and mature roots

**Nasal cavity:**

Hollow space in the nose; opens to the outside through nostrils; divided into two portions by a wall

**Nostril:**

The opening of the nasal cavity

**Pneumonia:**

The infection of one or both lungs; caused by specific bacteria, viruses or fungi; the infected part of the lung becomes filled with fluid and pus

**Trachea:**

Wind pipe; part of the air passage way between larynx and bronchi

**Vocal cords:**

Two pairs of fibrous bands called vocal cards are stretched along the larynx. The vocal cards vibrate when the air passes through them. This vibration produces sounds.