

10. When the faeces become hard, dry and compacted in the gut this is known as:
- a) Constipation
 - b) Diarrhoea
 - c) Flatulence
 - d) Cramp

Chapter 7: The respiratory system

1. The movement of air into and out of the body is the result of the contraction and relaxation of the:

- a) Alveoli
- b) Intercostal muscles and diaphragm
- c) Diaphragm alone
- d) Trachea

2. The cilia which line the trachea:

- a) Move the air in and out of the lungs
- b) Make mucus
- c) Move mucus along with trapped microorganisms and dirt away from the lungs towards the mouth
- d) Remove dead cells from the lining of the trachea

3. Which of the following is the correct sequence of events in mouth-to-mouth resuscitation?

- 1) Raise the chin and tilt head back to clear the airway
- 2) Give 4 quick breaths into the casualty and repeat every 5 seconds until the casualty breathes for themselves or help comes
- 3) Pinch the nose and seal your mouth around the casualty
- 4) Call for help

- a) 1, 2, 3, 4
- b) 2, 3, 4, 1
- c) 4, 3, 2, 1
- d) 4, 1, 3, 2

4. The alveoli have many of the features of a gas exchange surface. Which of the following is **NOT** a typical feature of an exchange surface?

- a) Large surface area
- b) Good blood supply
- c) Short diffusion distances
- d) A protective rib cage

5. Where does aerobic respiration take place in the cell?

- a) Nucleus
- b) Ribosomes
- c) Cytoplasm
- d) Mitochondria

6. What is the chemical produced during aerobic respiration which is used as an energy source in the cell?

- a) ADP
- b) ATP
- c) AMP
- d) Carbon dioxide

7. The products of anaerobic respiration in yeast are:

- a) Lactic acid
- b) carbon dioxide and water
- c) ethanol
- d) ethanol and carbon dioxide

8. Which of these statements is **NOT** one of the effects of regular exercise on your body?

- a) Your heart gets larger with a bigger and more efficient blood supply
- b) Your lungs get larger with a bigger and more efficient blood supply
- c) Your stomach gets larger with a bigger and more efficient blood supply
- d) Your muscles get larger with a bigger and more efficient blood supply

9. Look at the following list: exercise, drugs, anxiety, studying, altitude, smoking, environmental factors, cholesterol levels, weight. How many of these factors are known to affect the breathing rate?

- a) 5
- b) 7
- c) 9
- d) 6

10. Smoking causes many diseases including lung cancer and heart disease. Which of the following is the addictive drug which makes it very hard to give up smoking once you have started?

- a) Tar
- b) Carbon monoxide
- c) Nicotine
- d) Tobacco

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Minjie Lin



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