

St. Andrews Scots School

Adjacent Navniti Apartments,
I.P. Extension, Patparganj, Delhi – 110092

Session: 2025 – 26
(Worksheet-7)

Class: VII

Subject: Science

Chapter: Respiration in Animals and Plants

Q.1. Define:

- a) Cellular respiration
- b) Tracheal respiration
- c) Lenticels
- d) Oxyhaemoglobin

Q.2. Fill in the blanks:

- a) Larynx is also known as _____.
- b) Frog have lungs and _____ as respiratory organ.
- c) The accumulation of _____ causes muscle cramps.
- d) Breathing involves the movement of the _____ and _____.

Q.3. Multiple Choice Questions:

- a) An adult human being at rest breathes in and out for _____ times in a minute.
(i) 15-16 (ii) 16-18 (iii) 15-18 (iv) 18-20
- b) The small openings in the body of a cockroach are called _____.
(i) Holes (ii) Pores (iii) Traches (iv) Spiracles
- c) Plants use _____ gas during respiration.
(i) Hydrogen (ii) Oxygen (iii) Nitrogen (iv) Carbon dioxide.
- d) The respiratory organ in the whales is _____.
(i) Gills (ii) Fins (iii) Skin (iv) Lungs

Q.4. State whether the following statement is true or false.

- a) Cellular respiration takes place in all the cells of living organisms.
- b) Increased physical activity reduces the rate of breathing.
- c) All living organisms respire to get energy from food.

- d) The size of the chest cavity increases during inhalation.

Q.5. Very Short Questions Answers:

- a) What is respiration? Draw a neat and well-labelled diagram of human respiratory system.
- b) Differentiate between respiration and breathing.
- c) Why does an athlete breathe faster and deeper than usual after finishing the race?
- d) Why do we often sneeze when we inhale a lot of dust-laden air?