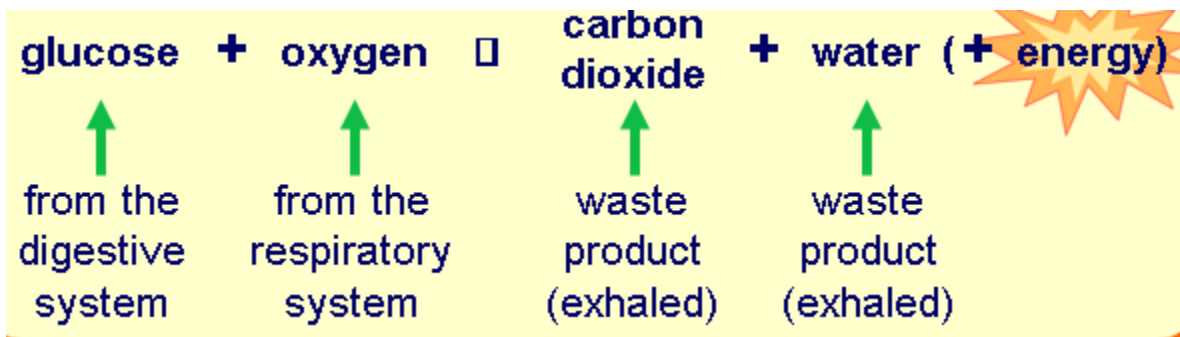


RESPIRATION

- Respiration involves the reaction of glucose and oxygen to release energy
- It happens in all living cells, inside the mitochondria
- Energy is needed so we can do things like:
 - Contract our muscles
 - Produce heat to keep us at our body temperature of 37°C
 - Build large molecules from smaller molecules

What is respiration?



This type of respiration is called **aerobic** respiration because energy is released in the presence of **oxygen**.

What is breathing?

The breathing system is used by the body to get the oxygen needed for respiration.

Breathing in and breathing out are separate processes in the body.

Breathing in is called **inhalation**. When you inhale, you breathe air, including oxygen, into your lungs.

Breathing out is called **exhalation**. When you exhale you breathe out the contents of your lungs and get rid of the waste gas carbon dioxide.