

Respiration

- Respiration is the process in which energy is released from the molecules of food which you eat
 - Respiration happens in the mitochondria of the cell
 - Aerobic respiration** involves oxygen, it is more efficient as all of the food is broken down to release energy
glucose + oxygen → carbon dioxide + water
 - The glucose is transported to the cells in the blood **plasma**
 - The oxygen is transported to the cells in **red blood cells**, by binding with **haemoglobin**
 - Carbon dioxide is a waste product and is transported from the cells to the lungs to be exhaled
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- Anaerobic respiration** is a type of respiration which does not use oxygen, it is used when the body cannot supply the cells with enough oxygen for aerobic respiration
 - Anaerobic respiration releases less energy than aerobic respiration
glucose → lactic acid + carbon dioxide
 - The **lactic acid** produced through anaerobic respiration can cause muscle cramps
 - Lactic acid will build up if there is not enough oxygen present in the blood supply to break it down. This is known as an **oxygen debt**



Fermentation

- Fermentation** is a type of anaerobic respiration which occurs in yeast
- Instead of producing lactic acid, yeast produces ethanol, which is a type of alcohol
glucose → ethanol + carbon dioxide
- This process can be used to form alcohol to drink or to allow bread and cakes to rise

Plant minerals

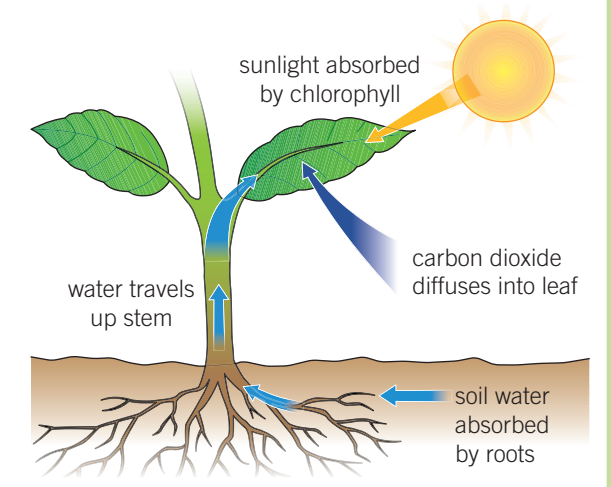
Plants need minerals for healthy growth, if they do not have enough of these minerals this is known as a **mineral deficiency**

Mineral	What is it used for?	What happens if there is not enough?
nitrates (contain nitrogen)	healthy growth	poor growth and older leaves yellow
phosphates (contain phosphorus)	healthy roots	poor growth, younger leaves look purple
potassium	healthy leaves and flowers	yellow leaves with deadpatches
magnesium	making chlorophyll	leaves will turn yellow

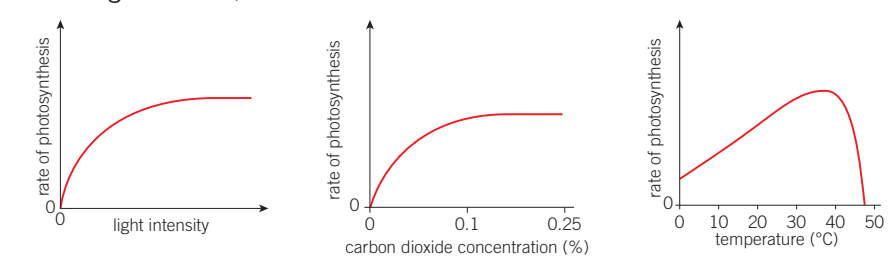
Fertilisers can be used to stop plants from suffering with mineral deficiencies

Photosynthesis

- Photosynthesis** is the process which occurs in the chloroplasts to produce glucose using sunlight
glucose + carbon dioxide → glucose + oxygen
- Any organism that can use photosynthesis to produce its own food is known as a **producer**, these are not just limited to plants but can include other organisms such as **algae**

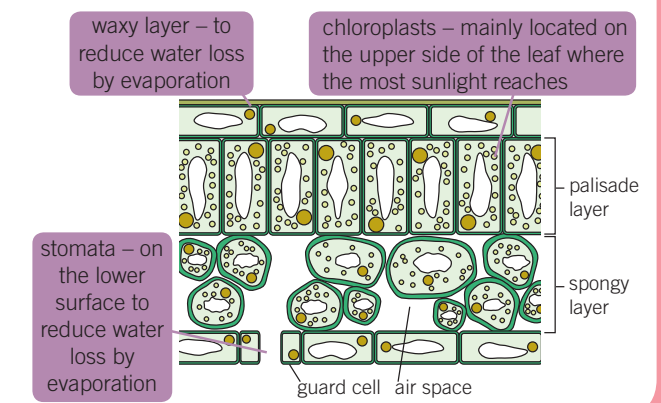


- The rate of photosynthesis can be affected by:
 - Light intensity – the higher the light intensity the higher the rate of photosynthesis up to a point
 - Carbon dioxide concentration – the higher the carbon dioxide concentration the higher the rate of photosynthesis up to a point
 - Temperature – the optimum temperature is the temperature at which photosynthesis occurs at the highest rate, before and after this the rate will be less



Leaves

- To best adapt for photosynthesis leaves have a number of adaptations
- They are thin to allow the most light through
- There is a lot of **chlorophyll** to absorb light
- They have a large surface area to absorb as much light as possible



Key terms

Make sure you can write definitions for these key terms.

aerobic respiration algae anaerobic respiration chlorophyll mineral deficiency fermentation fertiliser haemoglobin lactic acid magnesium
nitrates oxygen debt phosphates photosynthesis plasma potassium producer red blood cells