  Using words from the box fill in the gaps in the text. Some of the words need to be used more than ones.

Aerobic      Anaerobic      carbon      Energy      enough      glucose      poisonous      lactic acid      little      not all      not enough      oxygen      oxygen debt      pant      water

C:\Users\Ewunia\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\Q3BW50DU\MC900436163[1].wmfOrganisms respire in order to release energy.

………………………… respiration is respiration requiring …………………………. In aerobic respiration the reactants are ………………………… and …………………………. The products are water and ………………………… dioxide. ………………………… is also released.

Glucose + oxygen carbon dioxide + water + **ENERGY**

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………………………… respiration is respiration without oxygen.  
Anaerobic respiration takes place when there is …………………………oxygen available but energy is required. This happens when an athlete runs very fast but the body cannot supply ………………………… oxygen.  
In anaerobic respiration the reactant is only …………………………. The product is ………… ……………..  
 A ……………… energy is released. This is because not all the energy is released from each glucose molecule.

C:\Users\Ewunia\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\JLYLPMA9\MC900347945[1].wmf  
 Glucose lactic acid + **energy**

Lactic acid is ………………………….

To get rid of lactic acid the person will ………………… in order to get a good supply of oxygen.   
You have to keep breathing hard for a while after you stop to get oxygen into your muscles to convert the painful lactic acid which has built up to harmless…………………dioxide and …………………

The amount of oxygen required to do this is called ……………………… ……………….