1. Complete the following passage. Use the words below to fill the gaps. You may use each word once, more than once, or not at all.

Your body has many organs that work together to form organ

...................................................................................

The .............................................. are part of the breathing system which allows you to take .............................................., from the air and absorb it into your blood.

They also get rid of waste .............................................. ...............................................

The .............................................. system breaks down the food that you eat and absorbs .............................................. into the blood. This is then transported around the body in the .............................................. system.

The .............................................. is an important part of the circulatory system as it pumps .............................................. around the body. Blood carries oxygen and .............................................. to the parts of the body that need them.

2 a. Complete the following word equation for respiration.

................................................................................................. + oxygen →

................................................................................................. + water + energy

2 b. Complete the following sentences by crossing out the wrong words.

Respiration is a chemical reaction/reason in which glucose and oxygen/carbon dioxide combine to produce water, oxygen/carbon dioxide and fuel/energy.

This energy is used by all of the cells/bones in your body to keep you alive.

3. Write each letter from the diagram on the next page in the box next to the correct label.

   □ rib
   □ windpipe
   □ diaphragm
   □ left lung
   □ bronchiole
   □ voice box
   □ alveoli
4. Complete the following passage. Use the words below to fill the gaps.

You may use each word once, more than once, or not at all.

- cannabis
- addictive
- medical
- side effects
- recreational
- addicts
- chemical
- paracetamol
- mind

A drug is a __________________________ that affects the way that your body works.

Drugs can be divided into three main types: medical, __________________________ and illegal.

An example of a medical drug is __________________________.

Alcohol is an example of a __________________________ drug.

An example of an illegal drug is __________________________.

Many drugs are __________________________, which means that they make you want to keep taking them.

Drug __________________________ have to take drugs just to feel well enough to carry out everyday activities.

If you take too much of any drug, it can have unwanted __________________________ which can permanently affect both your body and your __________________________.
5 Is each of the following statements true or false? Underline the right word.

a. When you breathe in, the space inside your rib cage increases. true/false

b. The faster you breathe, the less oxygen is delivered to your cells. true/false

c. Cigarette smoke contains lots of chemicals that reduce the supply of oxygen to your cells. true/false

d. Smoking has no harmful effect on the development of a baby inside its mother. true/false

e. Tar is a substance that can cause cancer to develop. true/false

f. Smoking damages the cilia in the windpipe, so that the air entering your body is not as well cleaned. true/false

g. Smoking cigarettes may cause bronchitis, which can damage the alveoli of the lungs. true/false

6 Draw in lines to match each drug with some of its effects on the body.

- alcohol: • gives a relaxed, happy feeling, causes confusion and disorientation, and may also cause cancer of the lungs and bronchitis
- cannabis: • causes loss of inhibition, slows reaction times, makes eyesight blurred and speech slurred, and can cause damage to the liver
- nicotine: • gives energetic, happy feelings, and may cause depression and extreme nervousness
- cocaine: • heart rate and blood pressure increase, placing extra strain on the heart; highly addictive

7 Complete the passage below by crossing out the wrong words.

The skeleton is made of cartilage/bone which has two main jobs – firstly it keeps your body upright/soft and secondly it protects the organs. The skeleton is made up of lots of bones connected by joints/muscles which allow you to move all the different parts of your body.

There are two main types of joint in your body – hinge joints and ball and space/socket joints. Hinge joints are found in your knees/neck, and there are ball and socket joints in your hips/spine.
8 Look at the diagram below. In the table below, write each part of the joint next to the job it does.

![Diagram of a joint](image)

<table>
<thead>
<tr>
<th>Joint part</th>
<th>Job</th>
</tr>
</thead>
<tbody>
<tr>
<td>ligament</td>
<td>connects bone to bone</td>
</tr>
<tr>
<td>tendon</td>
<td>lubricates the joint</td>
</tr>
<tr>
<td>fluid</td>
<td>connects muscle to bone</td>
</tr>
<tr>
<td>cartilage</td>
<td>cushions the end of bones</td>
</tr>
</tbody>
</table>

9 Draw lines to match each of the words below with its correct meaning.

- **strain** • when a muscle gets longer and thinner
- **triceps** • when a muscle gets shorter and fatter
- **biceps** • injury caused by stretching a ligament
- **sprain** • muscle in the arm which contracts to raise arm
- **antagonistic pair** • muscle in the arm which relaxes to raise arm
- **contract** • injury caused by pulling a muscle
- **relax** • two muscles that pull in opposite directions