

Facts: Eukaryotic and prokaryotic cells

1. Eukaryotic cell	Has a nucleus that contains DNA, cytoplasm and a cell membrane . Examples: Animal and plant cells.
2. Prokaryotic cell	Does not have a nucleus , DNA is loose in the cytoplasm and as rings of DNA called plasmids . Example: Bacteria .
3. Size	Prokaryotic cells are much smaller than eukaryotic cells.

Facts: Animal and plant cells

4. Nucleus	Contains the genetic material (DNA) of a cell and controls the activities of a cell. Animals and plants .
5. Cell membrane	Controls the movement of substances into and out of the cell. Animals and plants .
6. Cytoplasm	Where chemical reactions such as aerobic respiration take place. Animals and plants .
7. Mitochondria	Where aerobic respiration that releases energy happens. Animals and plants .
8. Ribosomes	Synthesise (make) proteins . Smaller than mitochondria. Animals and plants .
9. Vacuole	Filled with cell sap to push the cell contents against the cell wall and keep the cell turgid. Plants only .
10. Chloroplast	Contains a chemical called chlorophyll which absorbs light for photosynthesis . Plants only .
11. Cell wall	Made of cellulose , provides structure and support for the cell. Plants only .

Facts: Cell differentiation

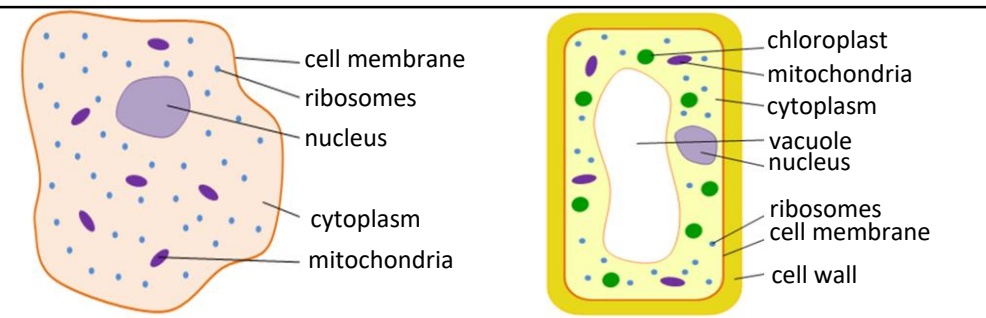
12. Cell differentiation	When a cell changes to become a specialised cell .
13. In animals	Most types of animal cell differentiate (change) at an early stage .
14. In plants	Many types of plant cells retain the ability to differentiate (change) throughout life .

Facts: Cell specialisation

15. Sperm cell (Animal)	Have a flagellum (tail) to swim to the egg and lots of mitochondria to produce energy by respiration .
16. Nerve cell (Animal)	Long, thin cells with branches that carry electrical impulses all over the body .
17. Muscle cell (Animal)	Contain lots of mitochondria to produce energy by aerobic respiration for contraction .
18. Root hair cell (Plant)	Large surface area to absorb water and minerals . Lots of mitochondria to carry out active transport .

Facts: Cell size calculations

19. Equation	Image size = actual size x magnification
20. Units	Millimetre (mm) --> Micrometre (µm) x by 1000. E.g. 7mm = 7000µm Micrometre (µm) --> Millimetre (mm) ÷ by 1000. E.g. 1mm = 0.001µm



Facts: Microscopes (Light and electron)

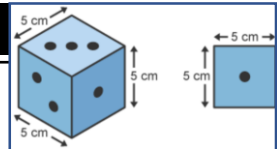
21. Magnification	How many times bigger an image is than the actual size.
22. Resolution	The amount of detail that can be seen.
23. Equation	Total magnification = magnification of eyepiece x magnification of objective Lens
24. Light	Low magnification and low resolution . Cheap and portable
25. Electron	High magnification and high resolution . Expensive .

Facts: Chromosomes

26. Chromosomes	Long thread-like structures made from tightly coiled DNA .
27. Location	Chromosomes are found in the nucleus of a cell.
28. Gene	Small section of DNA which codes for a particular characteristic.
29. Body cells	Body cells have 23 pairs (46 single) of chromosomes.
30. Gametes	Gametes (egg and sperm cells) have 23 single chromosomes.

Facts: Mitosis and cell cycle

31. Cell cycle	The 3 stages that a cell goes through as it is growing and dividing .
32. Stage 1	The cell grows . The DNA replicates to form two copies of each chromosome . The number of sub-cellular structures such as ribosomes and mitochondria also increases .
33. Stage 2	In mitosis , one set of chromosomes is pulled to each end of the cell and the nucleus divides .
34. Stage 3	The cytoplasm and cell membranes divide to form two identical cells .

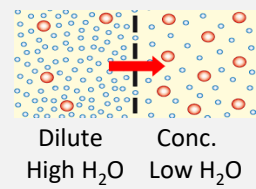


Facts: Stem cells in animals	
1. Stem cell	An unspecialised cell that can differentiate (change).
2. Sources of stem cells	Animal stem cells are found in embryos (developed from a fertilised egg) and adult bone marrow .
3. Uses	To treat conditions such as paralysis and diabetes .
4. + of embryo stem cells	Easy to extract and can they can differentiate into any type of cell.
5. - of embryo stem cells	Ethical issues (unused IVF embryos) and the body may reject them.
6. + of adult stem cells	The body won't reject them and there are no ethical issues.
7. - Disadvantages	They can differentiate into only a few types of cells and they are difficult to extract .

16. Surface area and volume	Surface area = A cube has six faces . So the area of 1 face = $5 \times 5 = 25\text{cm}^2$ The area of a cube = $6 \times 25 = 150\text{cm}^2$	Volume = space inside length x width x height $5 \times 5 \times 5 = 125\text{cm}^3$
17. Single celled organisms	Have a large surface area to volume ratio so do not need specialised exchange surfaces .	
18. Multicellular organism	Have a small surface area to volume ratio so do need specialised exchange surfaces .	

Facts: Stem cells in plants	
8. Meristem	Tissue in the shoots and roots of plants that contains cells that can differentiate into any type of plant cell throughout the life of the plant.
9. Uses	To clone plants quickly and economically , to clone rare species to protect from extinction and to produce crop plants with special features such as disease resistance .

Facts: Osmosis	
19. Solution	A mixture that contains a solute (sugar or salt) that has dissolved in a solvent (water) .
20. Sucrose	A type of sugar.
21. Dilute solution	A solution that contains a high concentration of water molecules and a low concentration of solute particles.
22. Concentrated solution	A solution that contains a low concentration of water molecules and a high concentration of solute particles.
23. Partially permeable membrane	A membrane that allows small molecules to pass through .
24. Osmosis	The net movement of water molecules from a high water concentration to a low water concentration across a partially permeable membrane . Or ... The net movement of water molecules from a dilute solution to a concentrated solution .



Facts: Diffusion	
10. Diffusion	The net movement of particles from a high concentration to a low concentration .
11. Concentration gradient	The difference in the concentration of a chemical across a membrane.
12. Specialised exchange surface	An area that is adapted to maximise that rate of diffusion in order to enable the survival of an organism. See the examples below:

13. Alveoli (lungs), gas exchange	14. Villi (small intestine), absorption of nutrients
<p>alveoli O₂ moves into the blood CO₂ moves out of the blood blood capillary</p>	<p>villi Glucose and amino acids move from the villi into the blood. blood capillary</p>

15. Adaptations of exchange surfaces	Lots of alveoli/villi or a folded membrane to provide a large surface area . Good blood supply to maintain a steep concentration gradient . Thin wall (one-cell thick) so particles only have to diffuse a short distance .
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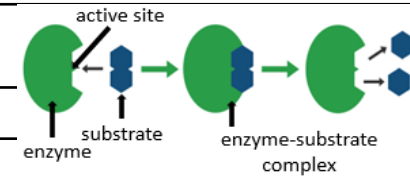
Facts: Active Transport	
25. Active transport	The movement of particles across a membrane from a low concentration to a high concentration (against a concentration gradient).
26. In plants	Mineral ions are absorbed from the soil (low concentration) into the plant root hair cells (high concentration).
27. In animals	Sugar molecules from the gut (low concentration) are absorbed into the blood (high concentration).
28. Energy	Active transport requires extra energy to move particles up a concentration gradient .
29. Mitochondria	Cell structures that produce the energy needed for active transport by the process of respiration .

Facts: Principles of organisation

1. Cell	Basic building blocks of all living organisms .
2. Tissue	A group of cells with a similar structure and function .
3. Organ	Groups of tissues working together, to perform a certain function .
4. Organ system	Groups of organs working together to perform body functions.
5. Organism	An individual animal or plant.
6. Types of tissue	Muscular tissue for movement. Glandular tissue produces hormones and enzymes. Epithelial tissue provides a covering for organs.

Facts: Enzymes

19. Proteins	Molecules made up of long chains of amino acids .
20. Uses	Proteins make hormones, antibodies and enzymes .
21. Enzyme	A biological catalyst which speeds up the rate of a chemical reaction without being used up or changed .
22. Substrate	The molecule that the enzyme breaks down .
23. Active site	Where the substrate binds to the enzyme.
24. Lock and key model	The active site has a complementary (opposite) shape to the substrate.



Facts: Digestion

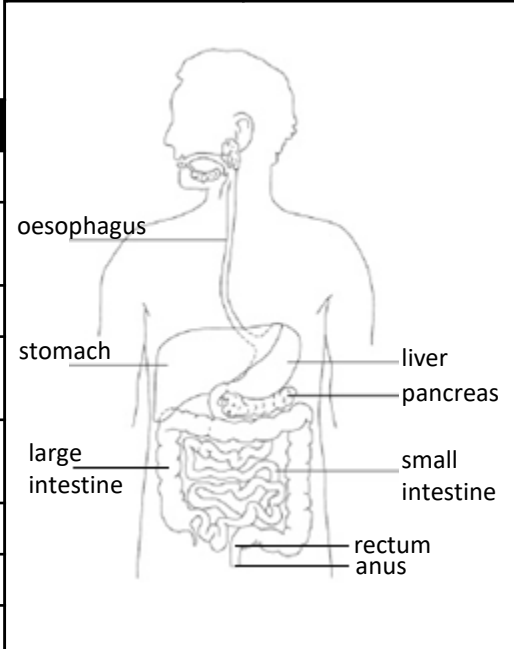
7. Digestion	The breakdown of large food molecules into small food molecules so that they can be absorbed into the blood .
8. Mechanical digestion	Breakdown of large food molecules into smaller molecules using chewing and churning .
9. Chemical digestion	Breakdown of large food molecules into smaller molecules using enzymes .
10. Bile	An alkali produced by the liver and stored in the gall bladder . Bile has two main functions: 1. To neutralise the hydrochloric acid from the stomach . 2. To emulsify lipids (break down fats into small droplets).

Facts: Digestive enzymes

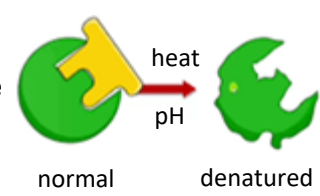
25. Carbohydrase	Breaks down carbohydrates into simple sugars . Produced in the small intestine, pancreas and salivary glands .
26. Amylase	Breaks down starch into glucose . Produced in the small intestine, pancreas and salivary glands .
27. Protease	Breaks down proteins into amino acids . Produced in the small intestine, pancreas and stomach .
28. Lipase	Breaks down lipids into fatty acids and glycerol . Produced in the small intestine and pancreas .

Facts: Digestive system

11. Digestive system	Several organs working together to digest and absorb food .
12. Mouth	Teeth chew food to start mechanical digestion . The salivary glands produce enzymes to start chemical digestion .
13. Oesophagus	A muscular tube which moves food to the stomach by peristalsis .
14. Stomach	1. Muscular tissue carries out mechanical digestion by churning . 2. Glandular tissues produces enzymes for chemical digestion .
15. Small intestine	1. Enzymes breakdown large food molecules into small molecules. 2. Small molecules are then absorbed into the blood .
16. Pancreas	Produces digestive enzymes.
17. Rectum	Stores faeces.
18. Anus	Where faeces leaves the body.



Facts: Enzyme activity


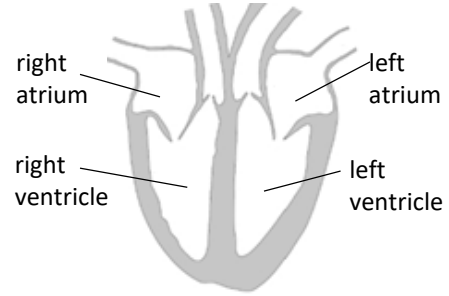
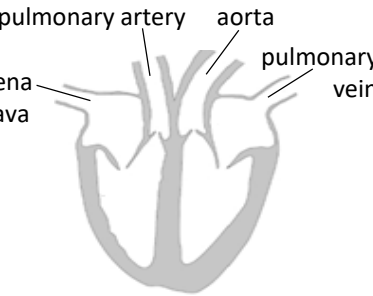
29. Optimum conditions	The best working conditions for the enzyme, were enzyme activity is at its fastest rate .
30. Enzyme activity	The activity of an enzyme is affected by two conditions; temperature and pH .
31. Optimum temperature	Enzymes in the human body have an optimum temperature of 37°C (body temperature) .
32. Optimum pH	Protease, pH 2 as it found in the stomach (hydrochloric acid is present in the stomach). Amylase pH 7 . Bile neutralises hydrochloric acid to provide this optimum pH.
33. Denature	The active site changes shape and the substrate no longer fits . 

Facts: Respiratory system

1. Structure	Organ system made up of the: trachea, bronchi, lungs and alveoli .
2. Breathing	The mechanical action of taking air in and out of the lungs (inhaling and exhaling).
3. Respiration	A chemical reaction that takes place in our cells, to provide energy .
4. Gaseous exchange	Happens through the process of diffusion, gases move from an area of high concentration to an area of low concentration.
5. Alveoli	Where gas exchange occurs in the lungs. Oxygen diffuses from the alveoli into the blood and carbon dioxide diffuses from the blood into the alveoli .
6. Alveoli adaptations	<ol style="list-style-type: none"> 1. Lots of alveoli to provide a large surface area. 2. Good blood supply to maintain a steep concentration gradient. 3. Thin wall so particles only have to diffuse a short distance.

Facts: Circulatory system

7. Structure	Organ system made up of the: heart, blood vessels and blood .
8. Double system	Blood passes through the heart twice on each journey around the body.
9. The Heart	The right side of the heart pumps blood to the lungs and the left side of the heart pumps blood around the body.
10. Atria	The top two chambers of the heart. The right atrium and the left atrium.
11. Ventricles	The bottom two chambers of the heart. The right ventricle and the left ventricle.
12. Resting heart rate	Controlled by a group of cells in the right atrium .
13. Blood vessels	Transport blood around the body. There are 3 main types; arteries, veins and capillaries

14. Double circulatory system	15. Chambers of the Heart	16. Blood vessels of the Heart
<p>The lungs</p>  <p>The rest of the body</p>		

Facts: Blood vessels

17. Arteries	Carry blood under high pressure away from the heart . They have thick walls with lots of muscle tissue and elastic fibres to allow them to stretch and spring back .
18. Vein	Carry blood under low pressure back into the heart . They have thin walls with little muscle tissue and elastic fibres . They have valves to keep blood flowing in the right direction .
19. Capillaries	Carry blood through organs and body tissues directly to cells . They are one cell thick which allows rapid diffusion of materials between the blood and body to take place.

Facts: Blood

20. Blood	Blood is a tissue containing plasma, red blood cells, white blood cells and platelets .
21. Plasma	Transports carbon dioxide , food molecules, urea and hormones.
22. Red blood cells	Carry oxygen . They have a large surface area, no nucleus and lots of haemoglobin so they can carry as much oxygen as possible.
23. White blood cells	Change shape to engulf and destroy pathogen , produce antibodies and antitoxins .
24. Platelets	Help the blood to clot .

Facts: Non-communicable diseases – Coronary Heart disease and Cancer

25. Non communicable	A disease that is not caused by a pathogen (bacteria or virus) and cannot be transferred (spread) between people or other organisms.
26. Coronary heart disease	Caused by the build up of fatty deposits in the coronary arteries. This narrows arteries, reducing blood flow and therefore the amount of oxygen reaching heart muscle. This can then cause heart attacks and heart failure .
27. Stents	A metal mesh used to open and widen blocked arteries to increase the flow of blood containing oxygen and glucose . <ol style="list-style-type: none"> 1. Benefits: A life-long fix to the artery, no more medication. 2. Risks: An operation, meaning a risk of developing an infection and/or blood clots.
28. Statins	Drugs that help lower cholesterol in the blood. <ol style="list-style-type: none"> 1. Benefits: No operation, reduce the risk of CHD and strokes. 2. Risks: Must be taken regularly to be effective, side-effects.
29. Cancer	Uncontrollable cell growth and division causing a tumour .
30. Benign tumour	Grows quickly but does not invade other parts of the body , can easily be removed .
31. Malignant tumour	Grows quickly and invades other tissues, spreading to other parts of the body to form secondary tumours .

Facts: Plant organisation

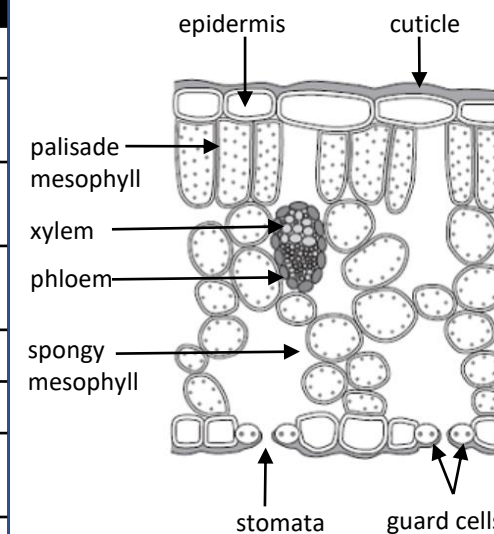
1. Cells	The main cells in a plant are the palisade cells, guard cells and root hair cells.
2. Tissue	The main tissues in a plant are the xylem, phloem and meristem.
3. Meristem	Tissue in the shoots and roots of plants containing cells that can differentiate into any type of plant cell throughout the life of the plant.
4. Organ	The main organs of a plant are the roots, stem, leaves and flowers.
5. Organ system	The roots, stem and leaves make up the transport system of a plant. Moving substances such as glucose and water up and down the plant.

Facts: Root hair cells

6. Root hair cells	Absorb water and mineral ions from the soil.
7. Water	Absorbed by osmosis (high water concentration to a low water concentration).
8. Absorbing water adaptations	Root hair cells have a large surface area and a thin cell wall making osmosis faster.
9. Mineral ions	Absorbed by active transport (low concentration to a high concentration).
10. Absorbing mineral ions adaptations	Root hair cells have many mitochondria that produce energy by respiration. This energy is needed because active transport moves ions against the concentration gradient from a low to high concentration.

Facts: The leaf

11. Leaf	Where photosynthesis occurs; $\text{glucose} + \text{carbon dioxide} \rightarrow \text{glucose} + \text{oxygen}$
12. Epidermis and cuticle	Covers the outer surfaces of the plant. Coated in a waxy cuticle to prevent water loss. The upper epidermis is transparent to allow light to pass through it.
13. Palisade mesophyll	Made up of palisade cells. Most photosynthesis occurs here. Cells are tightly packed and contain many chloroplasts to absorb light.
14. Spongy mesophyll	Cells are loosely packed and contain air spaces, which increases the rate of diffusion of gases to and from the cells.
15. Xylem tissue	Transports water and minerals up the plant.
16. Phloem tissue	Transports sugar (glucose, sucrose) up and down the plant.
17. Stomata	Tiny holes in the underside of the leaf, which allows carbon dioxide to diffuse into the leaf for photosynthesis and oxygen to diffuse out.
18. Guard cells	Control the opening and closing of the stomata.



Facts: Xylem tissue

19. Xylem	Transports water and minerals up the plant.
20. Structure	Hollow, dead tubes strengthened with lignin.
21. Transpiration stream	The movement of water from the roots, through the xylem and out of the leaves.
22. Transpiration	The loss of water from the leaves.
23. Rate of transpiration	How fast water is lost into the atmosphere through the stomata.
24. A Potometer	Measures the rate of transpiration.
25. Equipment diagram	As water is lost from the leaves. The plant absorbs the water from the beaker causing the air bubble to move toward the plant. The further the air bubble moves the faster the rate.
26. Factors affecting transpiration	Increasing transpiration \rightarrow windy, high light intensity (sunny), high temperature. Decreasing transpiration \rightarrow humid (lots of water in the atmosphere).

Facts: Phloem tissue

27. Phloem	Transports sugar (glucose, sucrose) up and down the plant.
28. Structure	Columns of elongated living cells with small pores in the end walls to allow cell sap to flow through.
29. Translocation	The movement of sugar (glucose, sucrose) up and down the plant.
30. Importance	Sugar needs to be able to reach all the cells of a plant so that respiration can take place.

BIOLOGY PAPER 1: Infection and response

Facts: Communicable disease		19. Nose and trachea	Mucus traps the pathogens. Then the tiny hairs on the cilia cells move mucus and trapped pathogens out of the airways.
1. Communicable disease	A disease passed on from person to person caused by a pathogen .	20. Stomach	Chemical barrier, hydrochloric acid kills bacteria.
2. Pathogen	A microorganism that causes infectious disease .	21. Immune system	When a pathogen enters the body white blood cells (WBCs) will destroy the pathogens in 3 ways: 1. Phagocytosis 2. Antibody production 3. Antitoxin production.
3. The four pathogens	1. Bacteria 2. Virus 3. Fungus 4. Protist	22. Phagocytosis	White blood cells surround and engulf pathogens , releasing chemicals to digest them .
4. Bacteria	Prokaryotic cells (no nucleus) that reproduce rapidly in the body and produce poisons (toxins) that damage tissues and make us feel ill .	23. Antibodies	White blood cells produce antibodies which attach to the antigens on the surface of a pathogen. So other white blood cells can easily find and destroy the pathogen.
5. Virus	Smaller than bacteria. They live and reproduce in cells . The cell then bursts and this cell damage makes us ill .	24. Antitoxins	White blood cells can produce antitoxins, which neutralise the toxins produced by bacteria.
6. Fungus	Eukaryotic cells (have a nucleus). Yeast is a fungus	Facts: Vaccination	
7. Protist	Usually a single-celled eukaryotic organism.	25. Vaccine (vaccination)	A small amount of dead/inactive pathogen injected into the body.
8. Vector	An organism that can spread a disease (usually insects or rats).	26. Immunisation	Making someone immune to a disease (don't get it), the result of a having a vaccine .
9. Salmonella (bacteria)	Causes fever, vomiting, diarrhoea. Spread by eating contaminated food . Prevented by cooking food properly and vaccinating poultry (chickens).	27. Vaccines advantages	Less chance of getting an infectious disease, they can eradicate (get rid of) a disease and money is saved on treating the disease.
10. Gonorrhoea (bacteria)	Causes pain when urinating and thick yellow/green discharge. Spread by sexual contact . Prevented by using condoms . Treated by antibiotics .	28. Vaccine disadvantages	Vaccines are expensive, they do not always work and they can cause side effects.
11. Measles (virus)	Causes fever and red skin rash. Spread through sneeze or cough droplets. Prevented by vaccination, MMR (measles, mumps and rubella).	Facts: Discovery and development of drugs	
12. HIV (virus)	Causes a flu-like illness and long term damage to the immune system . Spread by sexual contact and sharing needles. Prevented by using condoms .	29. Traditional drugs	Extracted from plants and microorganisms. E.g. Aspirin extracted from willow (tree) .
13. Tobacco Mosaic Virus	Causes leaves to become discolored . Spread by contact between plants or farmers. Treated by removing infected plants and, washing hands and tools.	30. Antibiotics	ONLY kill bacteria. Do not kill viruses as they live inside cells .
14. Rose black spot (fungus)	Causes black/purple spots on leaves . Spread by air, water and direct contact by gardeners. Treated by removing infected leaves and fungicides.	31. Painkillers	Treat symptoms of disease e.g. fever. Do not kill pathogens.
15. Malaria (protist)	Causes episodes of fever. Spread by mosquitos (vector). Prevented by removing breeding sites , sleep under nets and use insect repellent .	32. Antibiotic resistance	When a bacterium cannot be killed by an antibiotic. E.g. MRSA bacteria.
Facts: Human defence system		33. Drug trial	A thorough testing procedure to check that new drugs are safe and effective. Made up of two parts, preclinical and clinical testing .
16. Non-specific system	The first line of the body's defence. Stops the pathogens entering the body.	34. Preclinical testing	Drug testing carried out on cells, tissues, and animals before it is tested on human volunteers. To test for efficacy (does the drug work) and toxicity (is the drug safe).
17. Eyes and mouth	Enzymes in tears and saliva kill the pathogen or make it inactive.	35. Clinical testing	Drug testing carried out on humans, healthy volunteers first then on volunteers who suffer from the illness. To test for side effects and to work out the optimal (best) dosage
18. Skin	Acts as a physical barrier . Platelets clot the skin if cut.	36. Placebo (fake drug)	A substance that is like the drug being tested but it does not actually do anything .
		37. Double blind trial	One group of patients is given the new drug and the other is given a placebo. Neither the patient nor the doctor knows who has taken the new drug or placebo. Removes bias

BIOLOGY PAPER 1: Bioenergetics
Facts: Photosynthesis reaction

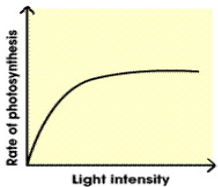
1. Photosynthesis	An endothermic reaction that takes place in a leaf and produces food (glucose) for the plant.
2. Endothermic	A chemical reaction that takes in energy . Photosynthesis takes in light energy from the Sun .
3. Reactants	Substances that react together during photosynthesis: carbon dioxide and water .
4. Products	Substances that are produced by photosynthesis: glucose and oxygen .
5. Palisade cells	The cells in the leaf where photosynthesis takes place .
6. Chloroplasts	Cell structures that contain chlorophyll for photosynthesis.
7. Chlorophyll	A green pigment that absorbs light energy for photosynthesis.
8. Equation	$\text{carbon dioxide (6CO}_2\text{)} + \text{water (6H}_2\text{O)} \xrightarrow{\text{(light energy + chlorophyll)}} \text{glucose (C}_6\text{H}_{12}\text{O}_6\text{)} + \text{oxygen (6O}_2\text{)}$
9. Uses of glucose	Produces energy during respiration , stored as insoluble starch , makes fat and oils for energy storage, makes cellulose for cell walls and converted into amino acids to build proteins.

Facts: Rate of photosynthesis

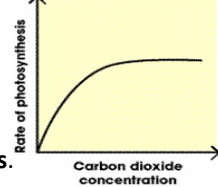
10. Rate	How quickly photosynthesis takes place (how quickly glucose and oxygen are produced).
11. Limiting factor	A factor that can slow down the rate of photosynthesis e.g. light, CO₂ and temperature .
12. Enzymes	Biological catalysts that speed up photosynthesis . They are denatured by high temperatures

13. Light limiting factor graph

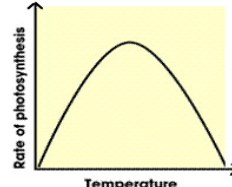
A – as light increases rate increases. **Light** is the **limiting factor**.
B – as light increases rate stays the same. **CO₂ or temp** are now the **limiting factors**.


14. CO₂ limiting factor graph

A – as CO₂ increases rate increases. **CO₂** is the **limiting factor**.
B – as CO₂ increases rate stays the same. **Light or temp** are now the **limiting factors**.


15. Temp limiting factor graph

A – as temp increases rate increases. **Temp** is the **limiting factor**.
B – as temp increases rate decreases **temp** is still the **limiting factor**.


Facts: Aerobic respiration in animal and plant cells

16. Respiration	An exothermic reaction that produces energy and takes place in all cells .
17. Exothermic	A chemical reaction that gives out energy .
18. Uses of energy	For movement, to keep warm and to build up larger molecules from smaller ones.

19. Aerobic respiration	Respiration that occurs in the presence of oxygen . Lots of energy is produced due to the complete breakdown of glucose .
20. Reactants	Substances that react together during respiration: glucose and oxygen .
21. Products	Substances that are produced by respiration: carbon dioxide and water
22. Mitochondria	The cell structures where respiration occurs .
23. Equation	glucose (C ₆ H ₁₂ O ₆) + oxygen (6O ₂) → carbon dioxide (6CO ₂) + water (6H ₂ O) + (energy)

Facts: Anaerobic respiration in animal, plant and yeast (fungal) cells

24. Anaerobic respiration	Respiration without oxygen . Much less energy is produced due to the incomplete breakdown of glucose .
25. Equations	In animal muscle cells: glucose → lactic acid In plant and yeast (fungal) cells: glucose → ethanol + carbon dioxide
26. Lactic acid	Produced during anaerobic respiration in animal cells . Causes muscle fatigue .
27. Fermentation	This is what anaerobic respiration is called in yeast cells . Fermentation has economic importance in the manufacture of bread and alcohol .
28. Ethanol	A product of anaerobic respiration (fermentation) in yeast . Ethanol provides the alcohol in alcoholic drinks.
29. Carbon dioxide	A product of anaerobic respiration (fermentation) in yeast . Carbon dioxide provides the bubbles in alcoholic drinks and also makes bread rise .

Fact: Response to exercise

30. Rate	The rate of respiration increases to meet the increase in demand for energy .
31. Heart rate	Heart rate increases providing cells with more blood containing more glucose and oxygen .
32. Breathing rate and volume	Breathing rate and volume increases . This increases the amount of oxygen entering the blood stream and removes carbon dioxide .
33. Glycogen stores	Glycogen stores are broken down to provide extra glucose for respiration .
34. Oxygen debt	The volume of extra oxygen the body needs after exercise to breakdown the lactic acid into carbon dioxide and water. Lactic acid + oxygen → carbon dioxide + water

Facts: Metabolism

35. Metabolism	The sum of all the chemical reactions that occur in our cells including the building up of new molecules. E.g. glucose to starch and amino acids to proteins.
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