

Bulatkan satu jawapan yang betul.

Circle one correct answer.

- 1 Laluan udara yang betul semasa menghembus nafas ialah

The correct air passage during exhalation is

A Hidung → Trakea → Peparu

Nose → Trachea → Lungs

B Peparu → Trakea → Hidung

Lungs → Trachea → Nose

C Peparu → Hidung → Trakea

Lungs → Nose → Trachea

D Hidung → Peparu → Trakea

Nose → Lungs → Trachea

- 2 Proses penyedutan udara masuk ke dalam peparu dan penghembusan udara keluar dari peparu dipanggil sebagai

The process of inhalation of air into the lungs and exhalation of air out from the lungs is called as

A pernafasan
breathing

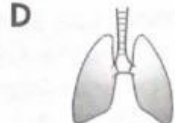
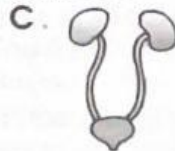
C pencernaan
digestion

B pembiakan
reproduction

D penyahtinjaan
defaecation

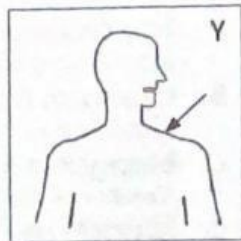
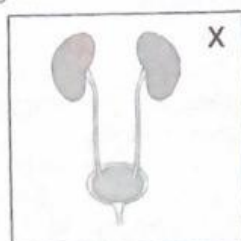
- 3 Antara berikut, yang manakah organ pernafasan manusia?

Which of the following is a human breathing organ?



- 4 Rajah di bawah menunjukkan dua organ perkumuhan manusia.

The diagram below shows two human excretory organs.



Hasil kumuh yang dikeluarkan oleh organ X dan Y ialah

The excretory products produced by organs X and Y are

X

A oksigen

oxygen

B oksigen

oxygen

C air kencing

urine

D air kencing

urine

Y

karbon dioksida

carbon dioxide

peluh

sweat

oksigen

oxygen

peluh

sweat

- 5 Antara berikut, pernyataan yang manakah benar?

Which of the following statements is true?

A Pernafasan melibatkan oksigen dibawa masuk dan karbon dioksida dikeluarkan.

Breathing involves oxygen being brought in and carbon dioxide is released.

B Kadar pernafasan bagi seseorang yang sedang tidur lebih cepat berbanding yang sedang bersenam.

Breathing rate for a person who is sleeping is faster than a person who is exercising.

C Karbon dioksida diperlukan untuk memecahkan makanan kepada bentuk ringkas bagi menghasilkan tenaga.

Carbon dioxide is required to breakdown the food into a simpler form to produce energy.

D Semua orang mempunyai kadar pernafasan yang sama walaupun aktiviti yang dilakukan berbeza.

Everyone has the same breathing rate even though the activity is different.

- 6 Penyahtinjaan ialah proses penyingkiran

Defecation is a process of removing

A udara daripada badan kita

the air from our body

B tinja daripada badan kita

faeces from our body

C peluh daripada badan kita

sweat from our body

D air kencing daripada badan kita

urine from our body

- 7 Apakah maksud perkumuhan?
What does excretion mean?
- A Penyingkiran bahan buangan dari tubuh manusia
Removal of waste products from the human body
- B Penyingkiran najis dari tubuh manusia
Removal of faeces from the human body
- C Penyingkiran air kencing sahaja dari tubuh manusia
Removal of urine only from the human body
- D Penyingkiran garam mineral sahaja dari tubuh manusia
Removal of mineral salts only from the human body

- 8 Manusia akan bertindak balas dalam keadaan panas, sejuk, kering dan basah.
Humans will respond in hot, cold, dry and wet conditions.



Organ yang terlibat dalam gerak balas di atas ialah

The organ involved in the response above is

- A mata eyes
B kulit skin
C telinga ears
D lidah tongue

- 9 Perhatikan situasi di bawah.
Observe the situation below.



Kadar pernafasan siapakah yang paling tinggi?

Whose breathing rate is the highest?

- A Seri
B Malik
C Rina
D Tan

- 10 Antara berikut, yang manakah kesan semasa menarik nafas?

Which of the following is the effect during inhalation?

- I Udara keluar
The air is exhaled
- II Dada naik
Chest moves upwards
- III Isi padu udara bertambah
The volume of air increases
- A I sahaja I only
B I dan II I and II
C II dan III II and III
D I, II dan III I, II and III

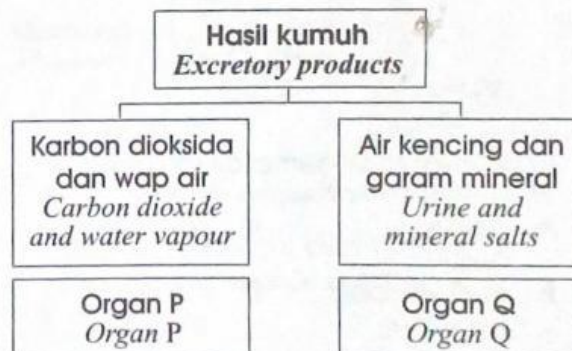
- 11 Antara berikut, yang manakah organ perkumuhan manusia?

Which of the following is the human excretory organ?

- I Peparu Lungs
II Kulit Skin
III Telinga Ear
IV Lidah Tongue
- A I dan II I and II
B II dan IV II and IV
C I, II dan IV I, II and IV
D Semua di atas All of the above

- 12 Carta menunjukkan hasil kumuh organ P dan Q.

The chart shows the excretory products of organs P and Q.

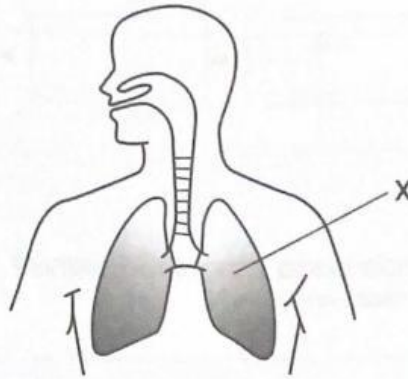


Organ P dan organ Q ialah

Organ P and organ Q are

- | P | Q |
|------------------|----------------|
| A kulit skin | ginjal kidneys |
| B ginjal kidneys | peparu lungs |
| C peparu lungs | kulit skin |
| D peparu lungs | ginjal kidneys |

- 1 Rajah di bawah menunjukkan organ yang terlibat dalam pernafasan manusia.
The diagram below shows the organ involved in human breathing.



- (a) Namakan organ X.
Name the organ X.

X : _____

- (b) Mengapakah organ X penting kepada manusia?
Why is organ X important to humans?

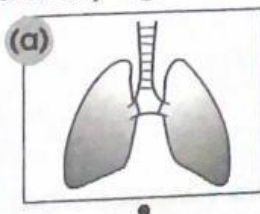
- (c) Nyatakan apa yang terjadi semasa bernafas.
State what happens during breathing.

- (i) Semasa menarik nafas, udara _____ paru-paru.
During inhalation, the air is _____ the lungs.

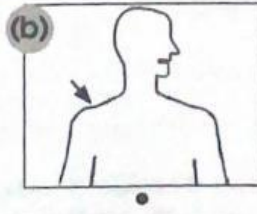
- (ii) Semasa menghembus nafas, udara _____ paru-paru.
During exhalation, the air is _____ the lungs.

- (d) Apakah hasil kumuh yang dikeluarkan oleh organ X?
What excretory product is released by organ X?

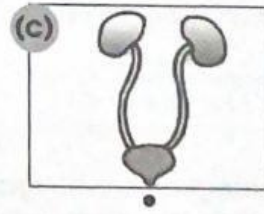
- 2 Padankan organ perkumuhan di bawah dengan hasil kumuh yang dihasilkan.
Match the excretory organs below with the excretory product produced.



Air kencing
Urine



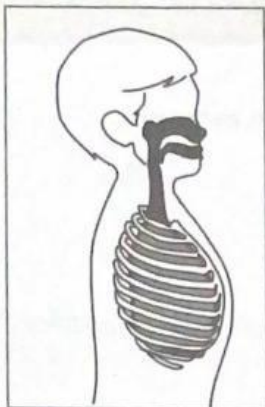
Karbon dioksida
Carbon dioxide



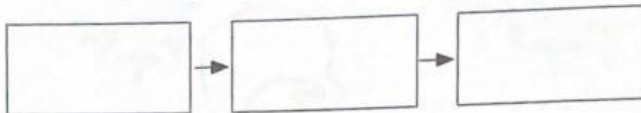
Peluh
Sweat

- 3 Rajah menunjukkan gambar semasa menarik nafas dan menghembus nafas.
The diagram shows the pictures during inhalation and exhalation.

(a) Menarik nafas.
Inhalation.



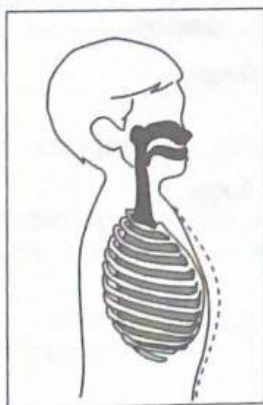
- (i) Tuliskan laluan udara semasa menarik nafas.
Write the passage of air during inhalation.



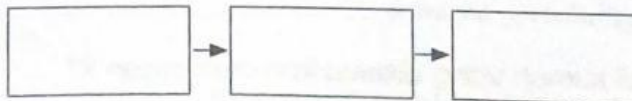
- (ii) Apakah perubahan pada dada yang dapat dilihat?
What change on the chest that can be seen?

- (iii) Terangkan kandungan oksigen di dalam udara yang disedut masuk.
Explain the oxygen content in the inhaled air.

(b) Menghembus nafas.
Exhalation.



- (i) Tuliskan laluan udara semasa menghembus nafas.
Write the passage of air during exhalation.



- (ii) Apakah perubahan pada dada yang dapat dilihat?
What change on the chest that can be seen?

- (iii) Terangkan kandungan karbon dioksida di dalam udara yang dihembus keluar.
Explain the carbon dioxide content in the exhaled air.

- 4 Jadual di bawah menunjukkan masa yang diambil oleh Halim dalam lumba lari 200 m, 400 m, 600 m dan 800 m.

The table below shows the time taken by Halim in the 200 m, 400 m, 600 m and 800 m races.

Jarak (m) Distance (m)	Masa yang diambil (s) Time taken (s)	Anggaran kadar pernafasan dalam masa 30 s Estimated breathing rate within 30 s
200	45	46
400	86	56
600		
800	150	72

- (a) Tuliskan pemboleh ubah yang
Write down the variable that is

(i) dimanipulasikan :
manipulated :

(ii) bergerak balas :
responding :

- (b) Apakah corak perubahan kadar pernafasan Halim dalam lumba lari itu?
What is the trend of the changes of Halim's breathing rate in the race?

- (c) Ramalkan masa yang diambil oleh Halim pada jarak 600 m.
Predict the time taken by Halim at a distance of 600 m.

- (d) Nyatakan satu inferens tentang masa yang diambil oleh Halim.
State one inference about the time taken by Halim.

- 5 Tuliskan organ deria dan rangsangan yang terlibat bagi setiap aktiviti di bawah.
Write down the sensory organs and stimuli involved for each activity below.



Organ deria :
Sensory organ :

Rangsangan :
Stimuli :



Organ deria :
Sensory organ :

Rangsangan :
Stimuli :



Organ deria :
Sensory organ :

Rangsangan :
Stimuli :