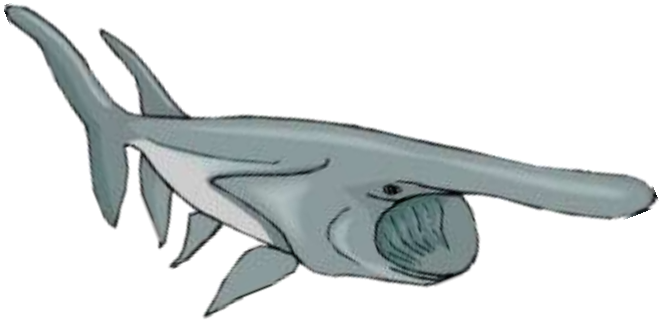
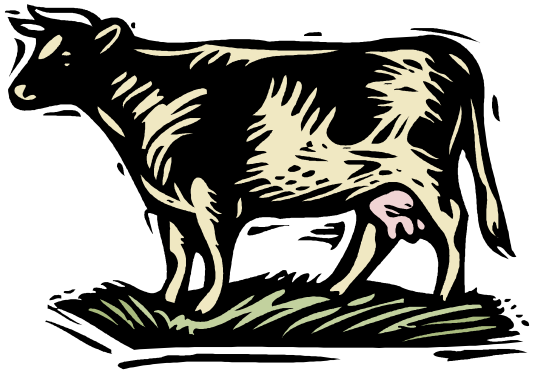
• **All living things respire**. Respiration is a process that includes breathing. The movement of air in and out of the body and vice-versa is known as breathing.
For example, animals such as earthworms breathe through their skin; fishes use gills for breathing and plants exchange gases through tiny pores called stomata, which are present mainly on the surface of leaves.









Difference between Aerobic and Anaerobic respiration

Aerobic respiration	Anaerobic respiration
It occurs in the presence of O_2.	It occurs in the absence of O_2.
It involves the exchange of gases between an organism and outside environment.	Exchange of gases is absent.
It occurs in the cytoplasm and mitochondria.	It occurs only in the cytoplasm.
It always releases CO_2 and H_2O.	End products may vary.
It yields 36 ATP.	It yields 2 ATP.
Example: Cells in our body	Example: Yeast and muscle cells

Adenosine triphosphate (ATP) is the universal unit of energy used in all living cells.It is the very basic molecule which meets our energy needs and is formed in the later steps of glucose oxidation.