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EUKARYOTIC AND PROKARYOTIC CELLS

EUKARYOTIC CELLS (ANIMAL & PLANT)

- DNA enclosed in a nucleus.
- Larger (10-100 μm).
- · Found in animals, plants, fungi, protists.

Animal Cells (Eukaryotic)

- Nucleus contains genetic material, controls cell activities.
- Cytoplasm site of chemical reactions.
- Cell membrane controls substance movement.
- Mitochondria site of aerobic respiration.
- Ribosomes site of protein synthesis.

Plant Cells (Eukaryotic) (Same as animal cells, plus:)

- Cell wall (cellulose) provides strength.
- Chloroplasts photosynthesis, contain chlorophyll.
- Permanent vacuole stores cell sap, maintains structure.

PROKARYOTIC CELLS (BACTERIA)

- Smaller (\sim 1 μ m).
- No nucleus DNA is a single circular strand in cytoplasm.
- May have plasmids (small rings of DNA).
- No mitochondria or chloroplasts.
- Cell wall (peptidoglycan) for support.

Animal cell Nucleus Cytoplasm Cell membrane Cell wall Chloroplasts

SCALE & SIZE OF CELLS

- Cells are very small and require a microscope to be seen.
- Measured in micrometers (µm)
- $1 \mu m = 0.001 \, mm = 1 \times 10^{-3} \, m$
- Be able to convert between converts:
- 1 mm = 1000 μm (×1000 to c mm ⇒ μm, ÷1000 for μm ⇒ mm).
- 1 μ m = 1000 nm (×1000 nm, ÷1000 for nm $\Rightarrow \mu$ m).

ORDER OF SIZE (FROM SMALLEST TO LARGEST)

- HIV Virus ⇒ 100 nm
- Mitochondria & C →oplasts → 1.5 μm
- Cholera Bacteri
- · Cheek Cell (Ani
- Palisade Mesophyu
- Many subcellular structure cells are the sam relarger control
 prokaryotic c

ORDERS C NITU.

- Used pare size :tors of 10:
 0 1 2er ≥ 10¹
 0 → > 1
- Metric Pro

o

Centi- (cm)
 ''':- (mm) ⇒ x ∪.
 '''> × 0.00∪
 '''> ↑ ∩00000∪
 (10-9)

HOW STA

- Use: small c. umbers to avoid

 - calculations as they

CELL DIFFERENTIATION

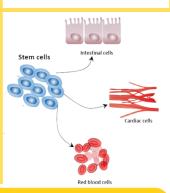
 Process where cells become specialised by switching certain genes on or off.
 Speciali cells develop struct ted to their n.

ATION IN

early in development, then stops.
In adults, only stem is (e.g., bone marrow) in differentiate for repair & replacement.
Red blood cells lose their nucleus, so cannot divide.

DIFFERENTIATION IN PLANTS

- Occurs throughout life.
- Cells differentiate when positioned but can redifferentiate if moved.



CELL BIOLOGY

CELL SPECIALISATION (ANIMALS)

SPERM CELL -Function: Cr fertilisation.

- Streamlined head and L S SWIMMIN
- Mitochondria in mid-piece '2s ener movement.
- Acrosome (head) → contains e, down egg membrane.

NERVE CELL / c) -Function: Transn electrical sig oss the bod.

- Long ax ries impr' lista. es.
- Dendrite inect v ;, muscles, and glar
- Myelin sh and spee hpulse transmission.
- Mitochondria in nerve endings > s energy for neurotransmitter release.

MUSCLE CELL -Function: Contra able movement.

- Contains protein filaments ⇒ c contraction.
- Lots of mitochondria ⇒ release energy for contraction.
- Stores glycogen → energy source for mitochondria.

LL SPECIALISATION (PLANTS)

> 70 µm

DOT HAIR CELL -Function: Absorbs water and minerals from the soil.

- Large surface area (root hairs) > increases water uptake.
- Thin cell wall → reduces diffusion distance.
- Large vacuole → maintains water movement.
- Mitochondria → provide energy for active transport of minerals.

XYLEM CELL -Function: Transports water and dissolved minerals from roots to leaves.

- Hollow (no organelles/cytoplasm) → free water movement.
- Walls thickened with lignin → provides strength and prevents collapse.
- End walls broken down ⇒ forms a continuous column of water.

PHLOEM CELL -Function: Transports sugars (from photosynthesis) around the plant.

- Joined end-to-end ⇒ forms continuous tubes.
- Sieve plates (holes in end walls) ⇒ allow easy flow of sugars.
- Few subcellular structures → reduces resistance to flow.
- Companion cells with mitochondria ⇒ provide energy for active transport.

COMMUNICABLE (INFECTIOUS) DISEASES

 Caused by pathogens → transmissible (e.g. HIV, malaria, TB)

Pathogens include:

- Bacteria → reproduce quickly → release toxins → damage tissue
- Viruses → invade cells → replicate → burst cell → illness
- Fungi → can produce spores → spread to others
- Protists → often parasitic (live in host and cause damage)

Transmission methods:

- Direct contact → touching skin/fluids/faeces/infected plant material
- ■ By water > dirty/contaminated water
- By air → droplet infection (sneezing, coughing → inhaled)

PREVENTING SPREAD OF DISEASE

- Tood hygiene → keep food cold, cook thoroughly, use clean utensils
- Waste disposal → cover bins, remove waste→ stop flies (vectors)
- √ Vaccination → triggers immune response →
 stops pathogen spreading
- * Destroy vectors → pesticides/insecticides remove habitats

VIRAL DISEASES

- Not living (no 7 life processes)
 → no
 nucleus/cytoplasm/organelle
- Reproduce rapidly ⇒ inject DNA/RNA ⇒ host cell builds viruses ⇒ cell bursts ⇒ viruse spread

MEASLES

- Symptoms ⇒ fever + red rash
 ⇒ may cause blindness/brain
 damage
- Spread → droplet infection (cough/sneeze) → very contagious
- Prevention ⇒ is childhood vac

HIV/AIDS

- Symptoms ⇒ fl····· → virus attacks in become ')
 Sprear od (neer /th/brea 3
- T TRACCO MOSALL
 - ·- → plants (ton.

···red

კა

• Sp ntact v.
plan n stay in sc.
~50 ye

SYSTEMS

1e + TMV-

RESPONS'

FUNGAL DISEASES

ROSE BLACK SPOT

- Symptoms → Purple/black spots on leaves → less photosyn'
 → yellowing + early leaf
- Spread ⇒ Spores via wir
- Prevention → Use fungicia Remove & burn infected leav

1. Lymphocyte recognises pathogen by its antigens.

2. Lymphocyte produces antibodies with specific shapes.

3. Antibodies bind to pathogens and cause them to clump together. This means they can be ingested by phagocytes more easily.

HUMAN

Sto

NON-SPECIFIC V.

- Skin → barrier + se. bacteria
 hairs + mucus . pathogens
 nove mucus →
- lears 25 destroy path

acid kills pathogens a → natural flora outcompete

YSTEM OVERVIEW

- nd cells (WBCs) → defend ogens via:
- Pha s → WBC engulfs + digests
 athos

ibodius → made by lymphocytes → bind tigens (on pathogen surface) → agglutination (clumping) → ocytes digest

coxins → neutralise toxins (from ceria)

(IBODIES & ANTITOXINS

- Antibodies → Y-shaped → specific to 1 antigen → clump pathogens
- Memory cells ⇒ quicker response if reinfected
- Antitoxins → neutralise bacterial toxins

BACTERIAL DISEASES

Bacterial pathogens ⇒ infect
¬lants/animals ⇒ produce toxins ⇒
¬lamage cells

Not al' reteria are harmful ⇒
skin (e with pathogens) ⇒
gut / cellulos rake Vit K)
reliulos rake vit K)

SALMONEL

- Symptoms → , + cramps + vomiting + diarrhoea (toxins irritate c
- Spread
 - 'Inder /contaminated food ,gs, chicken)
 - . → UK chicken
 - d → Cook food thoroughly → Pre. nt raw meat crosscontamination → Hand + surface washing

GONORRHOEA

- Symptoms → Yellow/green discharge + pain urinating + possible infertility/blindness in babies
- Spread → Unprotected sex
- Prevention > Condoms >
 Antibiotics (some resistance) >
 Contact tracing & treatment

PROTIST DISEASES

 Eukaryotic, mostly unicellular > few are pathogenic > spread via vector (e.g. mosquito) > infect host

MALARIA OVERVIEW

- Cause → Protist from Plasmodium genus
- Spread → Female Anopheles mosquito (vector)
- Symptoms ⇒ Recurrent fever + shaking ⇒ due to bursting red blood cells ⇒ can be fatal
- Treatment > Antimalarial drugs (less effective due to resistance)
- Prevention ⇒
- Insecticides in buildings ⇒
 Insecticide-treated nets ⇒ Stop
 mosquito breeding (remove
 standing water) ⇒ Antimalarials
 for travellers

MALARIA LIFE CYCLE

 Mosquito bites human > parasite enters liver > asexual reproduction > enters blood > infects RBCs > mosquito feeds again > sexual reproduction in mosquito

PHOTOSYNTHESIS

- ◆ Plants = autotrophs → make own food using light, CO₂ + H₂O
- Producers in food chains
- Endothermic reaction ⇒ energy from environment > chloroplasts via light
- Takes place in mesophyll cells (contain chlorophyll)
- Glucose ⇒ used for respiration + to make plant substances
- Oxygen ⇒ by-product, used in respiration / diffuses out

₱ **EQUATIONS**

Word:

- $CO_2 + H_2O \Rightarrow (light +$ chlorophyll) → Glucose + O2 Balanced symbol:
- $6CO_2 + 6H_2O \Rightarrow (light +$ chlorophyll) > C6H12O6 + 6O2

✗ REACTANTS: HOW THEY ENTER

- H₂O ⇒ absorbed by roots ⇒ xylem → leaves
- CO₂ → diffuses in through stomata

FACTORS AFFECTING **PHOTOSYNTHESIS**

LIGHT INTENSITY

- ↑ light → ↑ rate (more energy) → un' another factor limits
- Graph: linear ↑ > plateau

CO2 CONCENTRATION

- \uparrow CO₂ \Rightarrow \uparrow rate (more raw material) \Rightarrow then levels off
- Graph: same pattern as light

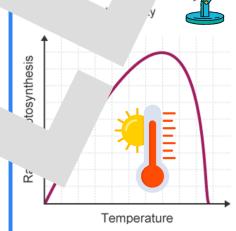
TEMPERATURE

- 1 temp > 1 kinetic ene "isions > ↑ rate
- Too high > enzymes denatu.
- Graph: curve with optimum peak

CHLOROPHYLL

- More chloropla
- & chlorophyll leaf loss) > 1

o diseas



At low light intensities,

the increase in the rate

of photosynthesis is linear







NOENERGETICS

REQUIRED PRACTICAL

Aim → Effect of light intensity on rate of photosynthesis (via oxygen production)

Method:

- > Pondweed in water > lamp a' distance → count bubbles in 3 r repeat at diff. distances > calcular mean
- **Variables**
- → IV = Distance from lamp
- → DV = Bubbles/min
- → CVs = Temp (thermo (NaHCO₃) → same pla of water

Improvements

- → Use gas syringe for O2
- > Repeat for accuracy
- → Glass tank or LED to stop te changes

Results

- → Distance t intensity ↓ > bubbles/r
- ve downy > Grapl
- > Suppe erse s
- Light

140

11

nnce

2056 and

' of li. ring factors

phote

of

- ctor can affect rate of photosynthesis. .sity, temp or CO2 increases (until
- for limics

MINERSE S.

AW (HT ONLY)

te (more light → more photosynthesis)

another factor becomes limiting

rse Square

- Tntensity = 1 / Distance²
 - ance = $30 \text{cm} \rightarrow \text{Light intensity} = 1/30^2 = 0.001 \text{ au}$
- ¹ lamp → lower intensity

GROWING

A GREENHOUSE

.ng factors to boost photosynthesis → increase yield →

- artificial lighting, remove shades
- Temp → traps heat, paraffin heaters
- CO₂ → from heaters
- Mater → irrigation system
- Pests/diseases → enclosed space, easier to manage
 - 🥟 Nutrients → fertilisers
 - Only increase factors until another becomes limiting > avoid vasting money

weed Water

photosynthesis Temperature limiting Factors limiting ð Rate

Light intensity

High carbon dioxide concentration, high

High carbon dioxide concentration, low

Low carbon dioxide concentration, low temperature

Number of bubbles per minute 120 100 60= Lamp

THE EYE®

- The eye is a sense organ with receptor cells sensitive to light intensity and colour.
- Its role ⇒ receive light ⇒ focus it on the retina.

* STRUCTURE OF THE EYE

- Sclera white, tough outer layer protecting the eye.
- ♦ Cornea transparent front; refracts (bends) light.
- Tris controls light entering by adjusting pupil size.
- Pupil hole allowing light in.
- Lens transparent disc that changes shape to focus light on retina.
- 6 Ciliary muscles + suspensory ligaments work together to adjust lens shape.
- № Retina contains receptor cells that detect light intensity & colour.
- Noptic nerve carries impulses from retina ⇒ brain.

ADAPTATION TO LIGHT

- Reflex action protects retina from bright light damage.
- → Dim light: pupil dilates (iris relaxes) → more light enters
- → Bright light: pupil constricts (iris contracts)
 → less light enters

ACCOMMODATION (FOCUSING ON NEAR/FAR OBJECTS)

- Lens changes shape to focus light correctly on retina
- Near object: ciliary muscles contract | suspensory ligaments loosen | lens thi refracts more light.
- Distant object: ciliary muscles re' suspensory ligaments tighten | lens to refracts less light.

■ COMMON EYE DEFECTS

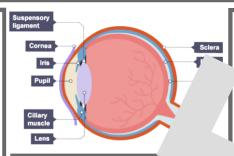
- Myopia (short-sightedness) ⇒ can't focus on distant objects ⇒ image forms in front of retina ⇒ corrected with co (spreads light).
- Hyperopia (long-sighter near objects → image forn corrected with convex lens light).

Y TREATING EYE DEFECTS

- Contact lenses sit on cornea | hard |
 soft = comfy but ^ ction risk.
- 🔌 Laser surgery 🧪 es cornea:
- Myopia → _______ (less refraction,
- Hyperor nea curved ' refraction
- ⚠ Risk: infec /ision /

💡 EXAM TIPS

- → Link structure → function (e. refracts, retina = detects).
- → Describe pupil reflex clearly (br. int vs dim).
- → Remember near = thick lens, far = thin lens.
- → Be ready to draw ray diagrams for myopia & hyperopia corrections.



CONTROL OF BODY TEMPERATURE

- The body must stay around 37°C for enzymes to work efficiently.
- Heat produced respiration ⇔
 heat lost to s
 balance mai
- Controlled by trached thermoregulatory cerebrain.
- → Contr detecting blood
- → S^I sternal ter reands plses to ain.

-Mr O HIGH

(COU.

- → Vasoc rels widen → ↑ bc
 - t lost by radia.
 :: sweat gla.
 :vaporates,
 - e, °(at → c ad → m, 'ast.
- % K. temperature mal (negative

WHEN SEE STOO LOW

ronstriction: blood vessels blood flow near skin

- → Nc j: conserves body heat.
 - .nd up: traps air for

.ng: skeletal muscles contract rapidly → respiration releases heat energy.

 Result: body temperature increases back to normal.

🔁 NEGATIVE FEEDBACK LOOP

Thermoreceptors detect temp change → send signal to brain.

- Effectors (muscles, glands) respond ⇒ restore normal body temperature.
- Example: sweating & vasodilation when too hot | shivering & vasoconstriction when too cold.

* KEY TERMS

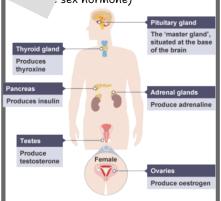
- Vasodilation ⇒ widening of blood vessels to release heat.
- Vasoconstriction → narrowing of blood vessels to conserve heat.

ENDOCRINE SYSTEM

- Glands that secrete hormones directly into the bloodstream ⇒ hormones travel in blood ⇒ affect target organs.
- Co do nervous system:
- ! longer-lasting effects.

a jocring)s & Jes:

- qla، ster gland > ،ates other
- Pancre n (↓ blood glucose)
- Thyroid → thyroxine (controls meta' \(\bar{\chi} \) growth)
- Adr nds ⇒ adrenaline
 (p' oody for action)
 C remales) ⇒ oestrogen
 - sex hormone) (males) → testosterone . sex hormone)

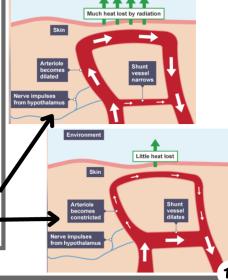


PITUITARY GLAND

- Master gland → releases hormones into blood in response to conditions
- → stimulates other glands (e.g. TSH → thyroid → thyroxine)
- Hormones only affect target cells
 must have complementary receptors
- Non-target cells = no effect

HORMONE ACTION

 Process: Gland (e.g. pituitary) → releases hormone → carried in blood → binds to receptors on target organ → causes a response



DNA STRUCTURE

DNA = polymer made of repeating units → nucleotides.

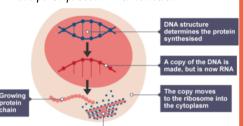
 Each nucleotide = phosphate + deoxyribose sugar + base (A T C G) > forms sugar-phosphate backbone + bases inside strand > double helix shape

⊗BASE PAIRING

 A ⇔ T | C ⇔ G → held by hydrogen bonds → forms 'rungs' of the DNA ladder → base sequence = genetic code for proteins

* CODING FOR PROTEINS

 3 bases = 1 amino acid (triplet code) → order of bases → order of amino acids → shape of protein → its function



PROTEIN SYNTHESIS (HT)

- Translation
 (at ribosome): ribosome
 reads mRNA triplets → tRNA brings
 matching amino acids → amino acids i
 by peptide bonds → form protein cha
 folds into functional protein

RIBOSOME FUNCTION (HT)

Ribosome 'reads' mRNA in triplets →
each codes for one amino acid → joins
them in correct order → chain released →
folds into unique shape → specific
function

💪 PROTEIN FUNCTIONS ('

Enzymes = biological cate
reactions) | Hormones = che
messengers (e.g. insulin) | Stru
proteins = support and strength
collagen)

- Random DNP nges → can alter amino acid → protein shape changes → A may change
- Most mutatio.
 (if enzyme no longer fits substrate structural protein weakens)

₱gene switching (non-codi

 Not all DNA codes for proteins regions switch genes on or off → control gene expression | Mutations here may alter whether genes are expressed or silenced

GENETIC INHERITANCE

KEY TERMS

- Gamete ⇒ sex cell (sperm/egg in animals, pollen/ovum in plants)
- Chromosome ⇒ thread of DNA carrying genes, found in nucleus
- Gene ⇒ short DNA section codir for a protein
- Allele → different version of t same gene
- Dominant → always expressed (1 copy needed)
- Recessive ⇒ only expressed if 2 copies present
- Homozygous → 2 same alleles (e.g. TT or tt)
- Heterozygous ⇒ 2 "eles (e.g. Tt)
- Genotype → allele com..
 TT, Tt, tt)
- Phenotype ⇒ phusis 's haracteriss (e.g. tall/shor'

MONOHYBRI

• Trait cor by 1 gen

c ies are recessive

- Inherit from each :2 alle! ne
 Dom! T) in
- phenoty,
 Recessive (e.g. hoth
- ous dominario
- TOUS dominant
- •
- · Phe
- → T1,→ tt = 5
- 711-5
- Capital let inant /

Punnett

-how allele combinations in

- Ku. ''-ies can be calculu
- e.g. Tt × ic , Tt, tt → 3 tall :
 1 short

(t, tt, tt > 1 tall : 1

= homozygous (TT

.lways write dominant allele st (e.g. Tt not tT)

'ERITED DISORDERS

s passed on via alleles → e.g.: .brosis (recessive) / polydactyly (dc_nant)

YSTIC FIBROSIS (recessive)

ff = has disorder | Ff = carrier | FF = unaffected

- Ff × Ff → 25% ff / 50% Ff / 25% FF
 → 1 in 4 chance child has disorder
- Ff × FF → 0% ff (no child with



INHERITANCE CONT.

POLYGENIC INHERITANCE

Traits controlled by multiple genes (e.g. eye colour, height) Wide range of phenotypes Not sharing Punnett squares

Calle nic inheritance

Tip: w these are many ge

REES (P s)

2s = females

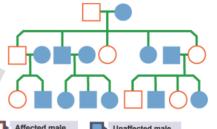
- Shau nshaded = unaffecteu
- Horizontal line arents / Vertical = offspring
- Use to w carrier status / probabi heritance

PREDI ROBABILITIES (HT)

n res → show genotypes &

j. 3:1 = 75% dominant trait / sssive

Calculate chances of phenotype appearing in next generation





INHERITED DISORDERS CONT.

POLYDACTYLY (dominant, allele = D)

- Dd or DD = has disorder | dd = unaffected
- Dd x dd ⇒ 50% Dd (child with disorder) / 50% dd (no disorder)

	D	d
d	Dd	dd
d	Dd	dd

🔗 EMBRYO SCREENING

- Done in IVF → genes tested before implantation or from embryo in womb
 → detect disorders like CF
- For: avoids suffering / saves NHS money / laws stop abuse
- Against: unfair (seen as 'undesirable') / expensive / risk of misuse ('designer babies')

∖ GENE THERAPY

- Inserts normal allele into DNA → replaces faulty one
- Still developing / not always successful
- Raises ethical issues (unnatural vs easing suffering)

LEVELS OF ORGANISATION

PRODUCERS

- Photosynthetic organisms → make their own food using sunlight → producers of biomass
- Start of every food chain → photosynthesise → make glucose → used for growth + respiration
- In extreme environments > chemoautotrophs (use chemicals instead of light)

FOOD CHAINS

- Show transfer of energy ⇒ from Sun ⇒ producer ⇒ primary consumer ⇒ secondary ⇒ tertiary
- Arrows = direction of energy flow
- E.g. Grass > Mouse > Owl
- Producer → makes own food
- Primary consumer ⇒ eats producer
- Secondary consumer → eats primary consumer

INVESTIGATING ECOSYSTEMS

- Ecology = study of interactions between organisms + environment
- Quadrats (wood/wire square) used to:
- Measure abundance of plants or slow-moving animals
- Record number of species, species richness, % cover
- → % cover = (squares covered ÷ total squares) × 100

TRANSECTS

- Measure species abundance across changing habitats (e.g. hillside, shoreline)
- Place quadrat at regular intervals (e.g. every 5m)
- Record ⇒ individual counts / richness / % cover
- Used to link abiotic factor light, altitude) to specier abundance

ABUNDANCE OF ORGANISMS

- You should know how to calculate:
- Mean ⇒ Add all values ÷ total quadrats
- Median → Mid
 ve (or
 average of t
 values)
- Mode → M .on value

FEEDING RE ISHIPS

- Producers
 consumers
- Predators = organisms | Prey ______
- Predator-prey cycles:
- More prey → predator ↑ → pre ↓ → predator ↓ → prey ↑ →
 repeats
- Cycles are out of phase (predator peak follows prey peak)

REQUIRED PRACTICAL 9

AIM: Measure population size of a species and the effect of a factor on its distribution.

MEASURING POPULATION SIZE

- Method Overview: Quadrats used to sample randomly → reduces time + avoids bias.
- Sample must be large enough + representative of the population.
- Steps:
- Lay out area (e.g. 10 m × 10 m).
- Use random number generator to place quadrats.
- Count chosen species in each quadrat.
- Record data in a table.
- Estimate population:
- Population = (total area ÷ area sampled) × total counted

INVESTIGATING EFFE FACTOR ON DISTRIB!

- · Using a Transect
- Steps: Place tap pre throug changing habit as lope
 Place quadrat
- Place quadrat (e.g. every 5 m).
- Count species + measfactor (e.~ altitude).
- · Record r 'at graph.

Conclusion

As all dandelio higher altic

DECOMPOSITA

nutrients to the (recycling).

. Rate of decay = spec

.... affected . 3 main

FACTORS ____ AY RATE

Temp → Enzymes work

ist irmer temps ↑ rate |

enzymes denature ↓

d = reactions slow (e.g.

ridge).

"ability →
MI ns need water to
secre mes & absorb

rien Dry = little/no decay.
en availability → Needed for
c respiration | Less oxygen =
decay | Some microbes
anaerobically → anaerobic

STIGATING DECAY

ample: Milk pH at 10°C, 20°C, 30°C over time.

 Higher temp = faster pH drop = faster decay.

formula: <u>Rate=Change in value/Change</u> in time

HOW MATERIALS ARE CYCLED

- Materials cycle through biotic + abiotic co nents.
- F (e.g. carbon) are finite, so must be a to support new organisms.

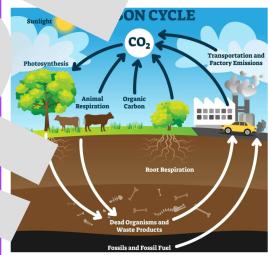
CYCLE

remove nts/alga/ -h lakes glu orms

- Cc imal ding
- CO₂ rec plants, animals, decc
- Decomposition: bre dead organisms → returns CO2
- Fossilisation: under pressure and no decomposition > / fassil fuels

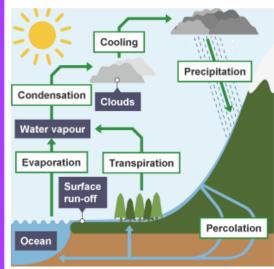
 fambustion of fr some set CO2

 factor of some set of sition, combustion: return



WATER CYCLE

- Evaporation: Sun heats water → liquid to gas
- Transpiration: Water vapour released from leaves
- Condensation: Vapour cools → clouds
- Precipitation: Water falls as rain/snow/sleet
- Run-off, percolation, and root absorption return water to oceans



ROLE OF MICROORGANISMS

- Decomposers (bacteria/fungi) break down waste + dead organisms → return CO₂ + minerals to environment
- During decay: respiration returns CO₂ to atmosphere
- Decomposition recycles materials (e.g. nitrates, magnesium)

Z

MR. ZEE'S RESOURCES