

Name:

Date:

Take a Breath! How Your Lungs Work

Take a slow, deep breath. Feel your chest rise, and then breathe out. Your lungs are working! You breathe all day and all night, even while you are sleeping. Your lungs are two soft, spongy organs inside your chest. Their important job is to bring oxygen into your body and help remove a waste gas called carbon dioxide.

When you breathe in, air enters through your nose or mouth. It travels down a tube called the trachea, or windpipe. The trachea divides into two tubes called bronchi, with one leading to each lung. Inside the lungs, these tubes divide into smaller and smaller airways.

At the ends of the smallest airways are millions of tiny air sacs called alveoli. This is where an important exchange takes place. Oxygen from the air moves into the blood. At the same time, carbon dioxide moves from the blood into the lungs so you can breathe it out.

Your lungs work closely with a large muscle called the diaphragm, which is located below the lungs. When the diaphragm moves downward, it helps the lungs fill with air. When it moves upward, it helps push air back out.

When you exercise, your muscles



need more oxygen. This is why you breathe faster when you run, jump, or play sports. Your lungs work harder to bring more oxygen into your body.

Taking care of your lungs is important. Regular exercise can help keep your lungs strong. Staying away from smoke, breathing clean air, and staying active can also help protect them. Every breath you take helps provide your body with the oxygen it needs to work, grow, and play!

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Comprehension Questions

1. Where are your lungs located?

2. What gas do your lungs bring into your body?

3. What waste gas do your lungs help remove?

4. What is another name for the trachea?

5. What are the two tubes that lead from the trachea to the lungs called?

6. What are alveoli?

7. What happens to oxygen inside the alveoli?

8. How does the diaphragm help you breathe?

9. Why do you breathe faster when you exercise?

10. Name three ways you can help keep your lungs healthy.

ANSWER KEY

Comprehension Questions

1. Where are your lungs located?

The lungs are located inside the chest.

2. What gas do your lungs bring into your body?

The lungs bring oxygen into the body.

3. What waste gas do your lungs help remove?

The lungs help remove carbon dioxide.

4. What is another name for the trachea?

Another name for the trachea is the windpipe.

5. What are the two tubes that lead from the trachea to the lungs called?

The two tubes are called the bronchi.

6. What are alveoli?

Alveoli are tiny air sacs inside the lungs.

7. What happens to oxygen inside the alveoli?

Oxygen moves from the alveoli into the blood.

8. How does the diaphragm help you breathe?

The diaphragm moves down to help the lungs fill with air and moves up to help push air out.

9. Why do you breathe faster when you exercise?

You breathe faster during exercise because your muscles need more oxygen.

10. Name three ways you can help keep your lungs healthy.

Possible answers include exercising, staying away from smoke, breathing clean air, and staying active.