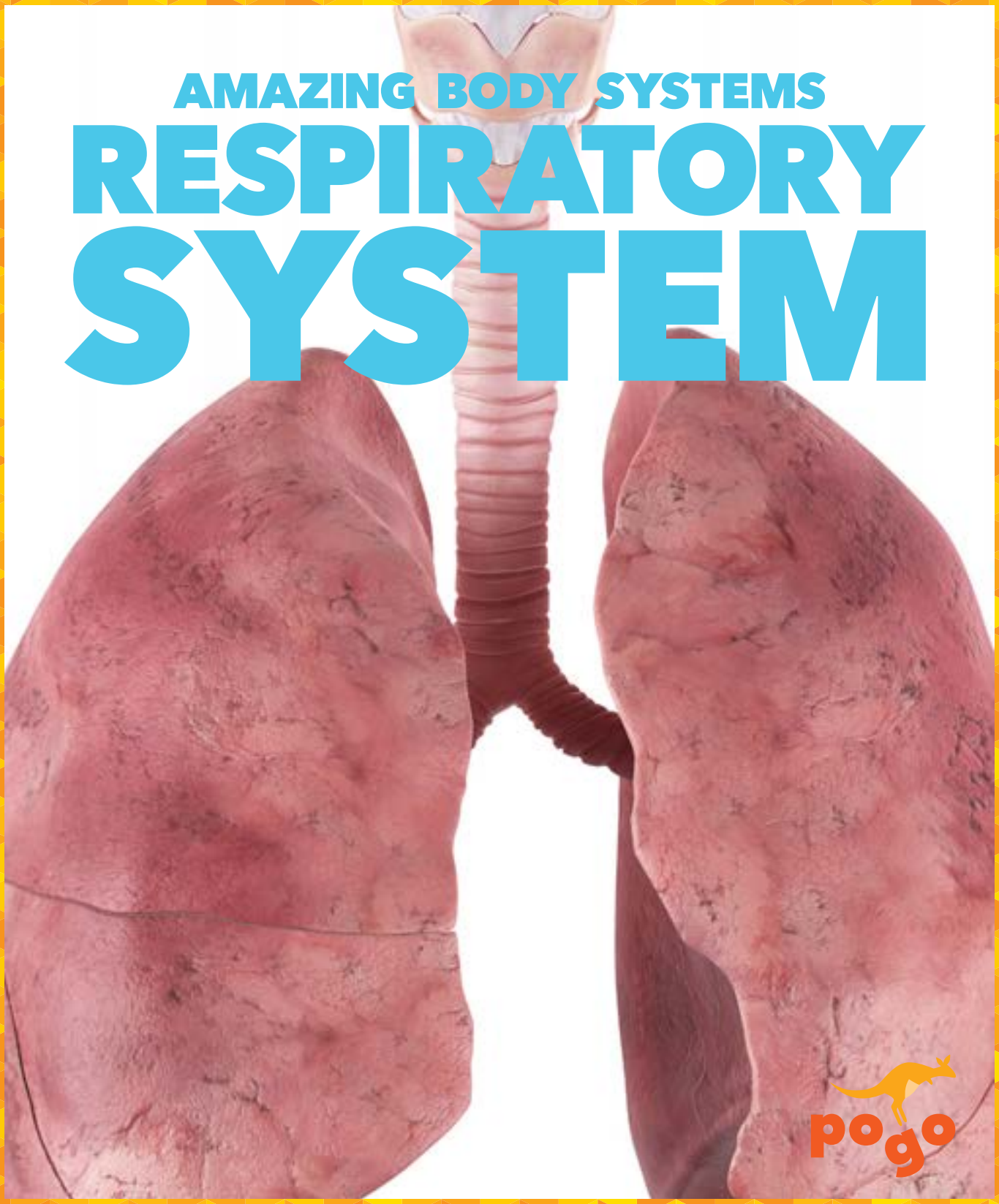
AMAZING BODY SYSTEMS

RESPIRATORY SYSTEM



pogo

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CHAPTER 1

YOUR LUNGS

**You breathe in. You breathe out.
You do this every second of every day.**

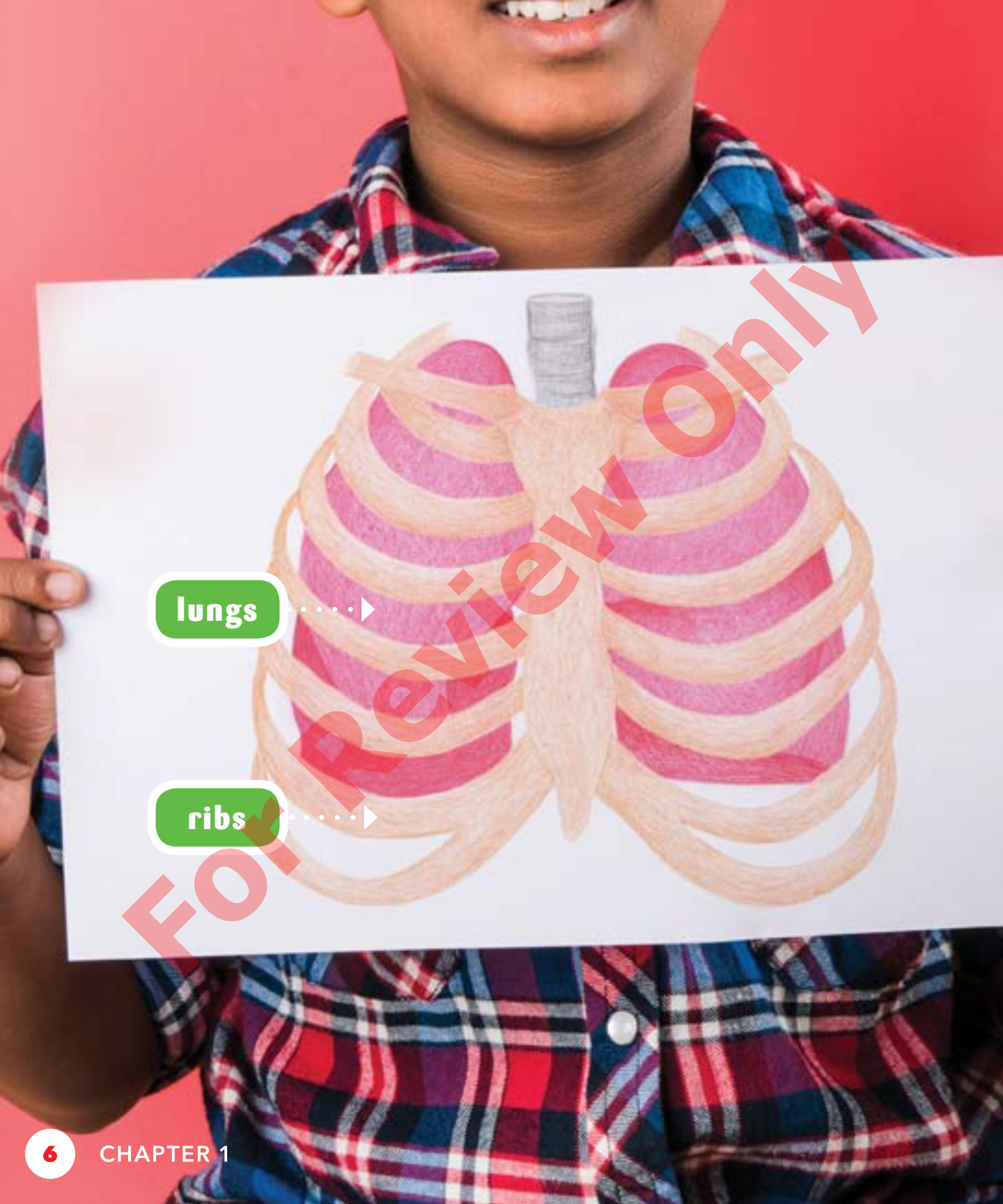


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You don't even think about it. And yet breathing is one of the most important things your body does. You breathe to live. Humans need the **oxygen** in the air. Oxygen unlocks the body's energy.

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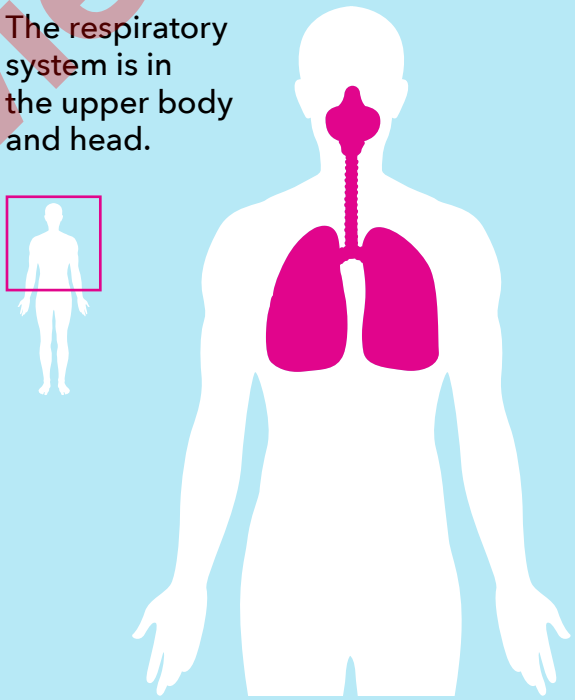
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The **respiratory system** controls breathing. The **lungs** are the central **organs** of this body system. They are two large, spongy organs. They sit in your chest. Strong bones called ribs cover your lungs. They keep the soft organs safe.

TAKE A LOOK!

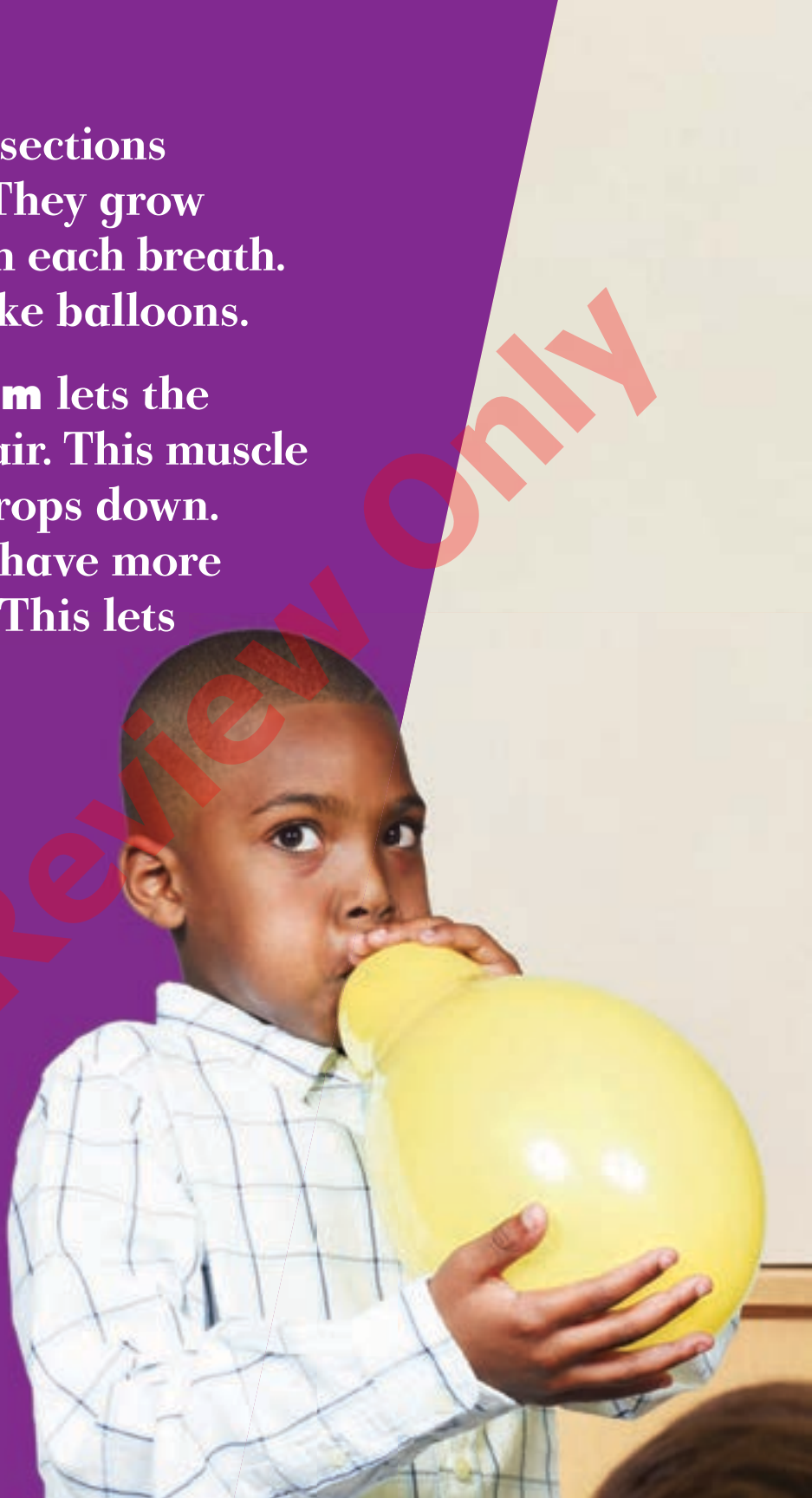
The respiratory system is in the upper body and head.



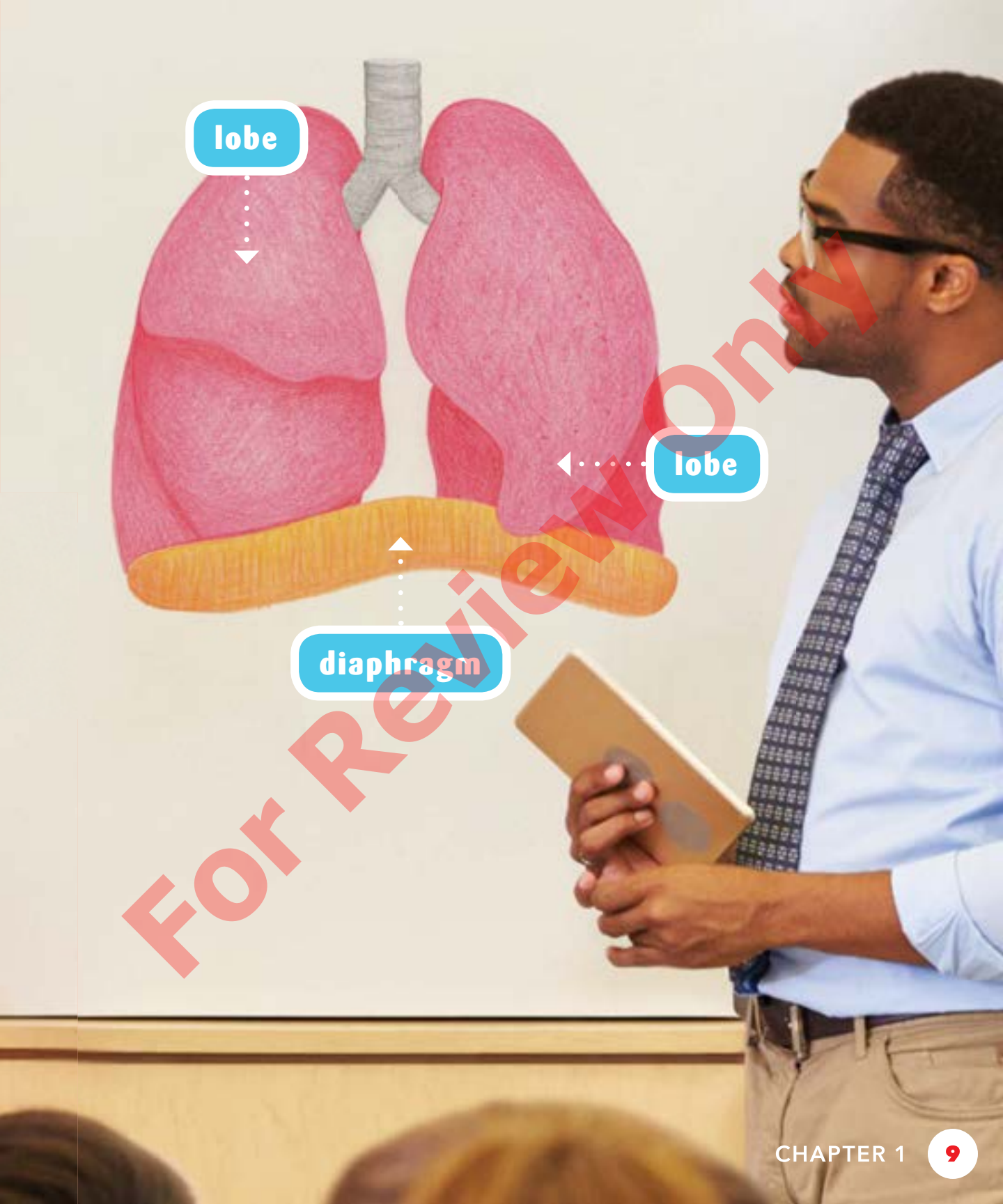
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Each lung has sections called **lobes**. They grow and shrink with each breath. They're a bit like balloons.

The **diaphragm** lets the lungs fill with air. This muscle tightens and drops down. Now the lungs have more space to grow. This lets you **inhale**.



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ACTIVITIES & TOOLS

TRY THIS!



MAKE A LUNG

Use a bottle and balloons to make a lung.

What You Need:

- an empty plastic water bottle
- two balloons
- scissors
- a thumbtack

1. **Cut off the round end of one balloon.**
2. **Stick the thumbtack in the bottom of the water bottle. This makes a hole. Pull the thumbtack out. Be careful!**
3. **Put the cut balloon's round end over the bottom of the bottle. It covers up the hole.**
4. **Blow in the other balloon. Let the air out. This stretches the balloon.**
5. **Put the balloon in the top of the bottle. Fold the top of the balloon over the bottle's rim. The balloon now hangs inside the bottle. This is the lung.**
6. **Pull on the bottom balloon. This is the diaphragm. What happens to the top balloon?**

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GLOSSARY

alveoli: Tiny air sacs in the lungs.

bronchi: Two main tubes that branch off the windpipe.

bronchioles: Smaller tubes that branch off the bronchi.

capillaries: Small tubes that carry blood in the body.

carbon dioxide: A gas that is a waste product of the body.

circulatory system: The system of blood, vessels, and heart that moves blood throughout the body.

diaphragm: A muscle wall between the chest and the abdomen.

exhale: To breathe out.

inhale: To breathe in.

lobes: Rounded parts of something.

lungs: Baglike organs inside your chest that you use to breathe; the lungs supply the blood with oxygen and rid it of carbon dioxide.

mucus: A slimy fluid that coats and protects the inside of your mouth, nose, throat, and other breathing passages.

organs: Parts of the body that do certain jobs.

oxygen: A gas found in the air, which people need to live.

respiratory system: The body system that controls breathing.

vibrate: To move back and forth rapidly, producing a quivering effect or sound.

vocal cords: Tissue in the throat that vibrates to make a person's voice.



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