



# HOW DO I BREATHE?

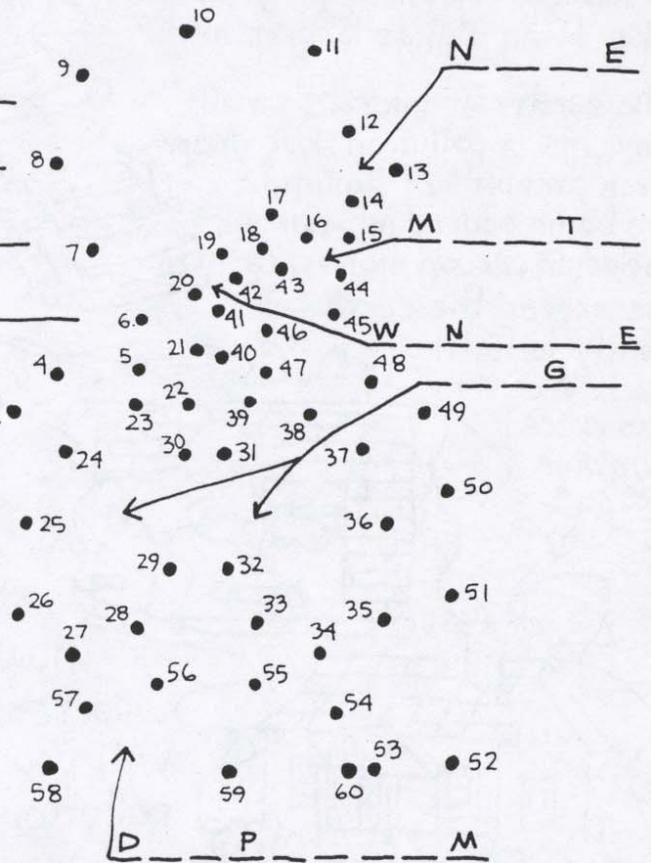
We all need energy to work, play, learn and grow. Our body gets its energy from what we eat. These nutrients from the food we eat need to be converted into energy. This is done with the help of oxygen. Remember, air is made up of different gases and one of them is oxygen. We get our needed oxygen by breathing in air.

You are already an expert at breathing, you've been doing it since you were born! We inhale air into our mouth and nose, down our windpipe in our throat and into our lungs. When exhaling we do the opposite. We exhale carbon dioxide out of our lungs, up our windpipe, and out of our mouth and nose. A strong muscle under our lungs pumps the air in and out. This muscle is called the diaphragm.

A big word for breathing is respiration. All of the parts of our body that help us breathe make up our respiratory system.

We've listed the underlined words from above. Look them up in the dictionary, and write in the definitions.

- breathing \_\_\_\_\_ 9.
- inhale \_\_\_\_\_ 8.
- exhale \_\_\_\_\_ 7.
- windpipe \_\_\_\_\_ 6.
- diaphragm \_\_\_\_\_ 3.
- respiration \_\_\_\_\_ 4.
- respiratory system \_\_\_\_\_ 2.



2. Draw a picture of the respiratory system by connecting the dots. Then write the correct name that corresponds to the body part.