

## Respiration – how do plants and animals breathe?

Can you swim under water? It is wonderful to swim under water like a fish. But, unlike a fish, you must soon return to the surface to fill your lungs with air. Without air you will die in a few minutes. Air contains the gas **oxygen**, which your body needs to burn your food to release energy. Using oxygen 'burn' food in your body is called **respiration**.

Humans and horses breathe in air through their noses and mouths. Air enters the **lungs**, where oxygen passes into the blood. The harder we work, the more oxygen we need.

### How does a fish breathe?

Even a fish must have oxygen to breathe under water. Oxygen dissolves in water like sugar does in tea. Fish can breathe the dissolved oxygen using their **gills**. The gills take the oxygen from the air into the blood.

### Plants respire too

Plants do not have mouths, noses, lungs or gills like animals, but they must take in oxygen from the air to burn their food. If a plant cannot take in oxygen, it cannot release the energy it needs to grow and stay healthy.

A plant 'breathes' through tiny holes in its leaves called **pores**. Gases enter and leave the plant through these pores.

### What you have learnt

All living things must take \_\_\_\_\_ from the air to release energy from their food. This is called \_\_\_\_\_. Humans, horses and other large animals breathe air into their \_\_\_\_\_. Fish have \_\_\_\_\_ to absorb oxygen dissolved in water. A plant can take oxygen into its body through tiny holes called \_\_\_\_\_ in its leaves.