Name: _____ Date: _____

The Respiratory System

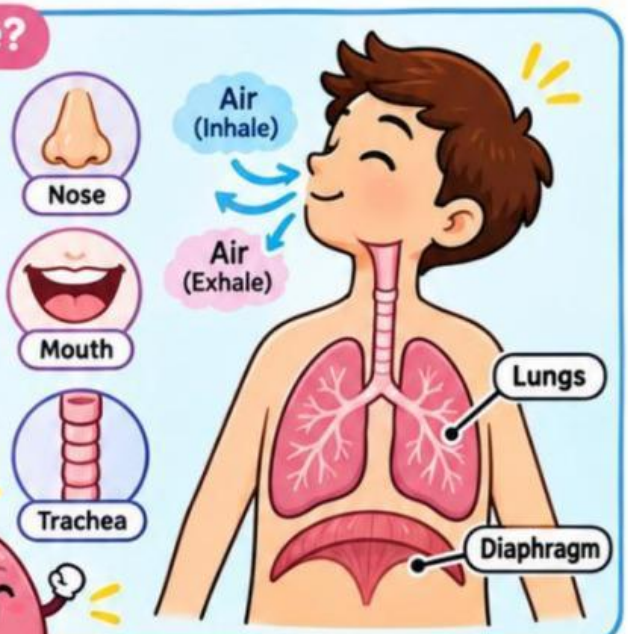
Reading: How Do We Breathe?

The respiratory system is a group of organs that helps us breathe. Its main function is to take oxygen into our bodies and remove carbon dioxide.

When we inhale, air enters through our nose or mouth. It travels down the trachea and reaches the lungs through two tubes called bronchi.

The lungs are the main organs of the respiratory system. Inside the lungs, oxygen passes into the blood, and carbon dioxide is removed. The diaphragm is a muscle below the lungs that helps us breathe in and out.

We can keep our respiratory system healthy by exercising regularly, avoiding cigarette smoke, drinking water, and breathing clean air.





1. Choose the correct answer.

1. **What is the main function of the respiratory system?**
   a) To digest food.
   b) To help us breathe.
   c) To move our bones.
2. **What gas does our body need to breathe?**
   a) Carbon dioxide.
   b) Nitrogen.
   c) Oxygen.
3. **What are the main organs of the respiratory system?**
   a) The lungs.
   b) The kidneys.
   c) The intestines.
4. **Which muscle helps us breathe?**
   a) The biceps.
   b) The diaphragm.
   c) The triceps.

2. Write T for True or F for False.

a) (_____) Air can enter through the nose or mouth.

b) (_____) The lungs are responsible for digesting food.

c) (_____) Exercising regularly helps keep our respiratory system healthy.

3. Match each organ with its correct function.

1. Trachea	a. Help exchange oxygen and carbon dioxide.
2. Lungs	b. Help air enter and leave the lungs by contracting and relaxing.
3. Diaphragm	c. Carries air from the throat to the bronchi.

Answers: 1. ___ 2. ___ 3. ___

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