

Chapter

1

Respiratory System

⇒ Assignment 1 ⇐

A. Cross (X) the correct answer.

- Humans breathe by inhaling _____ .
 - oxygen
 - nitrogen
 - hydrogen
 - carbon
- Which of the following is **not** a human respiratory organ?
 - nose
 - throat
 - lungs
 - ear
- What is the main function of the respiratory system in humans?
 - To pump blood throughout the body
 - To break down food into ener
 - To take in oxygen and remove carbon dioxide
 - To send messages to different parts of the body
- The tiny air sacs in the lungs where the exchange of oxygen and carbon dioxide takes place are called _____ .
 - bronchioles
 - trachea
 - alveoli
 - bronchi



5. During the breathing process, air is filtered in the _____.
- a. bronchi
 - b. nose
 - c. alveoli
 - d. lungs

B. Tick (✓) for true statements and cross (X) for false ones in the boxes.

- 1. The oxygen that enters the body is used to convert nutrients from food into energy.
- 2. Inside the nasal cavity, the air we breathe in is filtered by nose hairs.
- 3. The junction between the respiratory tract and the digestive tract is called the trachea.
- 4. The human lungs are protected by the rib cage.
- 5. A person who is exercising has a slower breathing rate.

C. Unscramble the words. The words are related to human respiratory system.

1. S E N O

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2. S G L U N

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3. Y G E N O X

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4. V O I L L E A

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5. A M G P H A R D I

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D. Fill in the blanks with the correct words below.

oxygen

inhalation

whale

lung capacity

carbon dioxide

trachea

cilia

diaphragm

1. Humans breathe using lungs as their main respiratory organ. In addition to humans, a marine mammal that also breathes with lungs is the _____.
2. The result of human respiration is _____ and water vapour. These are waste products of metabolism carried by the blood and released through the lungs.
3. The process of human respiration begins when a person breathes in air through the nose or mouth. This process of taking in air is called _____.
4. On average, a person can hold their breath for 30 to 90 seconds. One can practise breath-holding to improve their _____.
5. Oxygen is essential for human breathing. If a person stops breathing, the brain will experience a lack of _____, which can lead to fatal consequences, including death.
6. The muscle that helps the lungs expand and contract during breathing is called the _____.
7. Tiny hair-like structures inside the nose that help trap dust and germs are called _____.
8. The tube that connects the throat to the lungs and allows air to pass through is called the _____.

E. Match the descriptions on the left with the correct parts of the respiratory system on the right.

- | | | | | |
|----|---|---|---|-------------|
| 1. | The place where oxygen and carbon dioxide are exchanged | • | • | Lungs |
| 2. | The main organ used for breathing | • | • | Trachea |
| 3. | The tube that connects the throat to the lungs | • | • | Alveoli |
| 4. | The branching area between the respiratory and digestive tracts | • | • | Diaphragm |
| 5. | The small airways that lead to the alveoli | • | • | Bronchioles |
| 6. | The muscle that helps the lungs expand and contract | • | • | Pharynx |

F. Answer the following questions.

1. Why do we need to breathe all the time?

2. What gas do we inhale when we breathe? What gas do we exhale?

3. What happens to the air when it enters the nasal cavity?

4. How does the process of gas exchange occur in the lungs?

5. How does physical activity, like running or playing sports, affect your breathing?

Assignment 2

A. Cross (X) the correct answer.

- The lungs are covered by a membrane called the _____.
 - bronchia
 - pleura
 - pharynx
 - larynx
- The diaphragm is a muscle that separates the _____.
 - lungs and heart
 - chest cavity and abdominal cavity
 - trachea and bronchi
 - ribs and spine
- Look at the following diseases.
 - Asthma
 - Flu
 - Lung cancer
 - COVID-19Which of the respiratory diseases listed are caused by viruses?
 - (1) and (3)
 - (2) and (4)
 - (1), (2), and (3)
 - (1), (2), (3), and (4)
- Which of the following is a way to keep your respiratory system healthy?
 - Smoking regularly
 - Breathing in polluted air
 - Exercising and eating a balanced diet
 - Holding your breath for long periods
- Which of these is a common symptom of a respiratory disease?
 - Headache
 - Shortness of breath
 - Stomach ache
 - Blurry vision

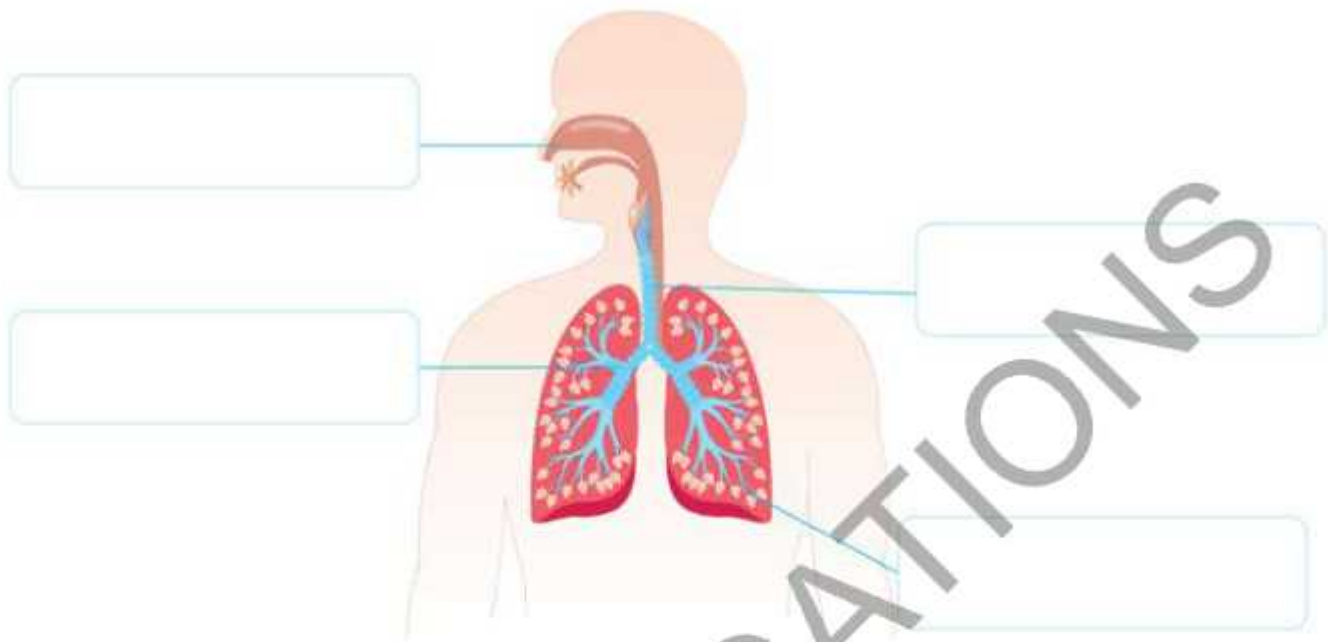
- B. Find five names of diseases that affect the human respiratory system. Colour the hidden words found among the letters in the box. The words can be arranged horizontally or vertically.**

B	G	J	B	S	Q	D	A	P	U	W	K	F	S	A
R	F	F	G	H	J	K	S	Q	W	C	O	L	D	P
O	W	Q	I	U	V	L	T	X	S	D	G	U	X	R
N	E	J	R	E	C	M	H	Z	G	Q	F	G	Z	I
C	R	H	C	V	D	F	M	W	F	J	H	H	C	L
H	D	X	Q	A	S	W	A	E	G	K	S	J	V	M
I	S	V	B	T	P	O	W	T	U	L	R	K	B	O
T	U	B	E	R	C	U	L	O	S	I	S	L	W	U
I	Z	G	H	P	C	X	M	N	U	M	T	Q	Q	T
S	X	O	X	D	G	H	R	Y	L	B	Y	F	T	H
V	B	S	A	R	T	Y	O	P	J	H	D	R	H	D

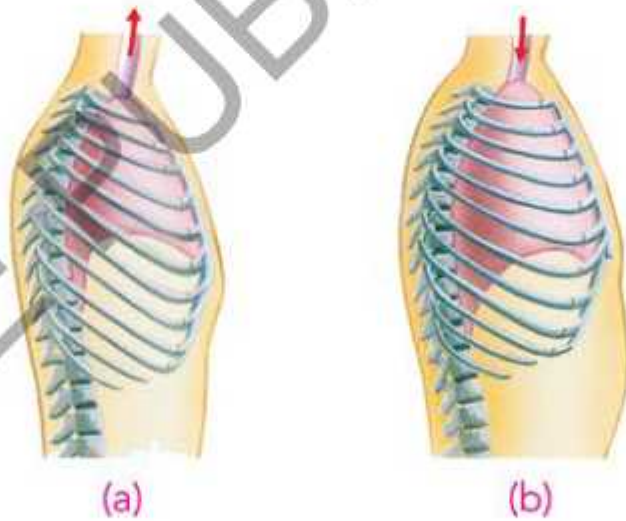
- C. Write 'T' for true statements and 'F' for false ones in the boxes.**

1. Asthma is a disease that makes it harder for people to breathe.
2. Washing your hands regularly can help prevent the spread of respiratory infections.
3. Smoking helps keep the lungs clean and healthy.
4. Flu and colds are caused by bacteria.
5. Exercising regularly and eating healthy food can help keep your respiratory system strong.

- D. Look at the diagram of the human respiratory system below.
Label the parts that are pointed out.



- E. Look at the picture. Explain the process of breathing in humans based on the picture.



F. Match the symptoms on the left with the correct respiratory disease on the right.

1. Constant coughing,
sometimes with blood

Bronchitis

2. Difficulty breathing in cold
weather or after exercise

Flu

3. Itchy throat and mild
runny nose

COVID-19

4. Fever, dry cough, and sore
throat

Tuberculosis (TB)

5. Coughing with mucus and
chest pain

Asthma



G. Answer the following questions.

1. Why do people with asthma find it difficult to breathe when their symptoms appear? What causes it?

2. If you have the flu, what should you do to make sure you do not spread the illness to others?

3. Nowadays, more and more motor vehicles produce exhaust fumes that pollute the clean air in cities.
 - a. What could happen to your respiratory organs if you often breathe in exhaust fumes?

 - b. Why are exhaust fumes harmful to the respiratory system?

 - c. What can you do to protect your respiratory system from dirty air?

 - d. What can you do to make sure you can breathe clean air as often as possible?

