How We Breathe

- When you inhale you breathe__________________.
- When you exhale you breathe__________________.
- Lungs have________ muscles.
- Muscles around and ______________ your lungs do the work of inflating & deflating.

Your Air Cleaning System

- Lungs need to be__________________ in order for them to deliver oxygen and remove waste.
- Nose_________ filter dust and dirt out of air you breathe.
- **Goblet cells** are present in your____________ and________________.
  - They release a sticky________________ that helps trap particles, too.
- **Cilia** covers the inside of your__________________________.

From Your Lungs to Your Blood and Back Again

Moving Oxygen into the Blood

- At end of bronchioles (in lungs) are tiny sacs containing air called__________________________.
  - The alveoli are surrounded by capillaries and oxygen moves through into blood.

Removing Waste from Your Blood

- Carbon dioxide is a________________ product made by cells.
- Carbon dioxide passes through the______________________, too.
- Move from cells to_______________, and eventually into the air we exhale.

How Your Respiratory System Works When You Exercise

Why do you breathe harder when you exercise?__________________________________________

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

Why do the muscles that control breathing “know” when to work faster?

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________