

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?

