

HOW FAST DO WE BREATHE?

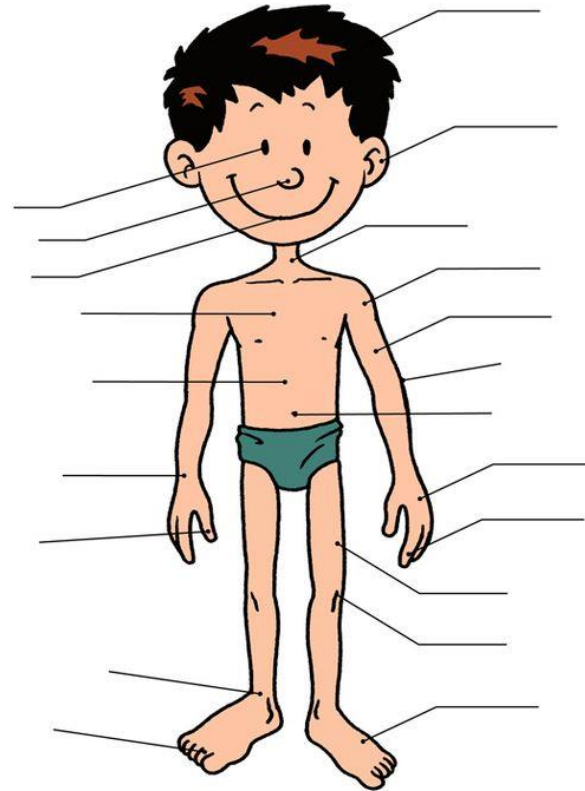
UNIT 5 L2



LET'S LABEL THE BODY PARTS

The Human Body

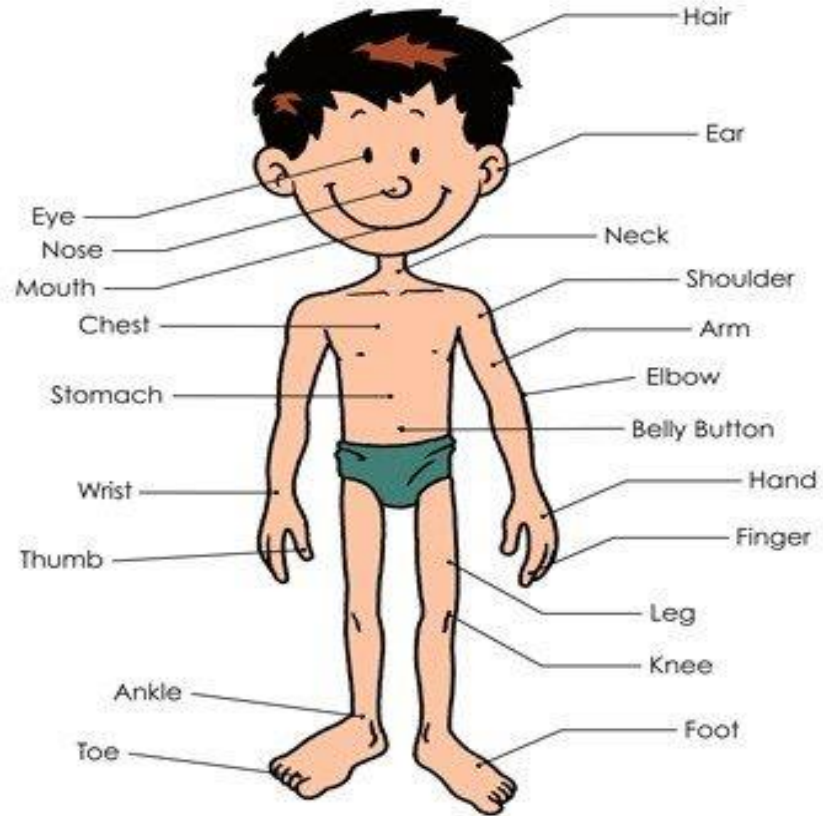
Name _____



WHICH BODY PARTS DO WE USE TO BREATHE

The Human Body

Name _____



HOW DOES BREATHING WORK?



Breathing is something our bodies do automatically, without us even having to think about it.



When we breathe in, we take air into our lungs. Our lungs are like big sponges that soak up all the oxygen from the air.



Then, our bodies use that oxygen to help us stay alive and healthy. After we take in the oxygen, our bodies get rid of the stuff we don't need by breathing out. This stuff is called carbon dioxide.



Carbon dioxide is a waste product that our bodies don't need, so we breathe it out to keep our bodies clean and working well. So remember, every time you take a breath, your body is doing an amazing job of keeping you alive and healthy!

LET'S DO A QUIZ

- In pairs answer these questions:
- 1) True or false – Healthy food keeps our bodies strong
- 2) Which body parts do we use to breathe?
Nose, mouth, Lungs, Stomach, Feet, Ears, Hands
- 3) True or False – Human bodies take in carbon dioxide
- 4) True or False – When we breathe air is taken to our lungs
- 5) True or False – You can measure your own heart rate on your neck

