

## Respiratory System

### A. Choose the correct answer:

1. What do we breathe in to stay alive?

- A) Smoke
- B) Oxygen
- C) Dust
- D) Water vapor

2. Which organ helps us breathe in air?

- A) Heart
- B) Lungs
- C) Stomach
- D) Liver

3. What happens when we breathe out?

- A) We release oxygen
- B) We release carbon dioxide
- C) We release water
- D) We release food

### B. Fill in the Blanks:

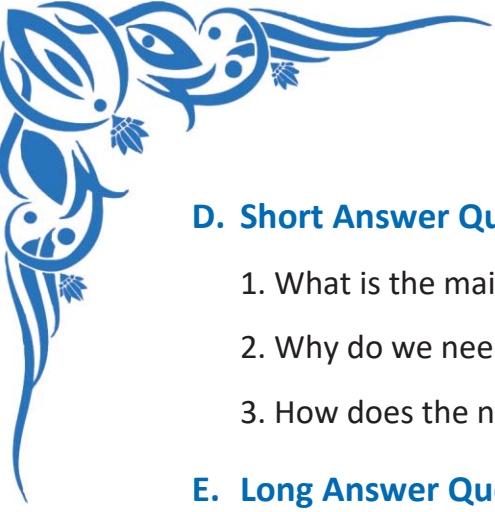
1. We use our \_\_\_\_\_ to breathe in and out.
2. The \_\_\_\_\_ protect the lungs inside our chest.
3. The process of breathing in is called \_\_\_\_\_ and breathing out is called \_\_\_\_\_.

### C. Case Study:

Rahul was playing in the park with his friends. After running for a while, he started breathing heavily. His chest moved up and down quickly. When he sat down and rested, his breathing slowed down again.

#### Case Study Questions:

1. Why did Rahul start breathing heavily after running?
2. What happens to our breathing when we rest?
3. Why is it important to take deep breaths when we exercise?
4. How do our lungs help us when we breathe?



#### **D. Short Answer Questions:**

1. What is the main job of the lungs?
2. Why do we need to breathe?
3. How does the nose help in the breathing process?

#### **E. Long Answer Questions:**

1. Explain how the respiratory system works.
2. Why is clean air important for healthy breathing?
3. Describe what happens to the air we breathe in and the air we breathe out.