



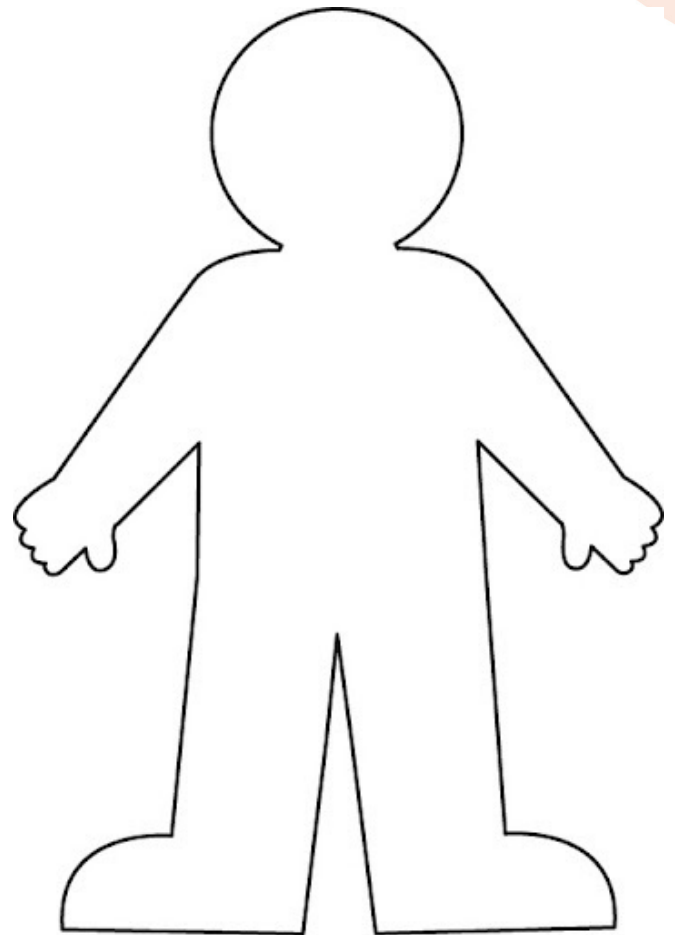
Lesson 1: Lungs

Worksheet 1 of 2

**Use the picture provided to draw the lungs.
Then, with your classmates or family, discuss what you know
about the lungs.**

To help you get started, we have provided some questions below.

- Where are the lungs located?
- How many lungs does a person have?
- What shape are the lungs?
- What other structures can be found inside the lungs?
- What do the lungs do?
- What happens when your lungs are sick or not working properly?



Student Impressions





Lesson 1: Lungs

Worksheet 2 of 2

Choose the correct answer for each statement.

1. The lungs bring _____ into the body.
2. The tree-like structures inside the lungs are called _____.
3. When our lungs expand and take in air, it is called _____.
4. The _____ is a muscle that contracts and helps to push air out of the lungs.
5. The more oxygen we need, that faster our lungs expand and contract. This kind of exercise is called _____ exercise.
6. When we push air out of our bodies it is called _____.
7. Our _____ carries oxygen throughout the body.
8. Our blood brings _____ _____ back to the lungs so that it can be pushed out of the body.

- A. Blood
- B. Bronchus
- C. Exhalation
- D. Diaphragm
- E. Oxygen
- F. Cardiovascular
- G. Carbon Dioxide
- H. Inhalation

1. Stand up and take a big deep breath. Hold it for 5 seconds and let it out slowly.
2. Now run in place for 3 minutes.
3. Now repeat the first step.

What did you notice? How different did taking a deep breath feel after running?
Discuss this activity with your class or family.