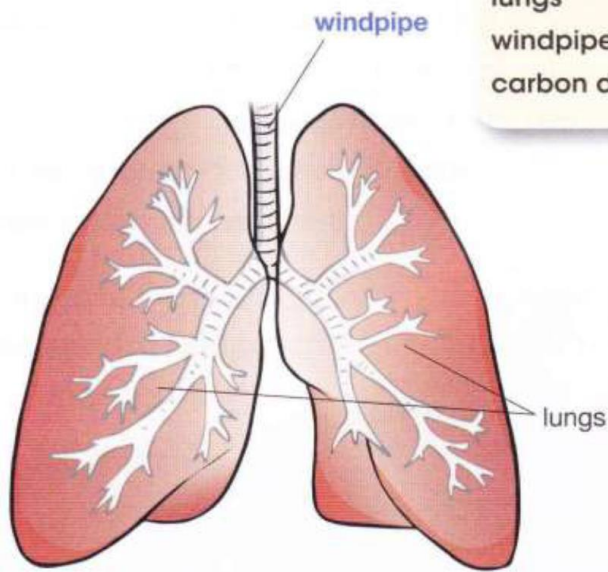


## 1.4 The lungs and breathing

We use our **lungs** for **breathing**. We need to breathe to stay alive. We breathe in and breathe out.

The lungs are found in the chest. They are protected by the ribs. The lungs are like stretchy sponges that fill up with air.



### Words to learn

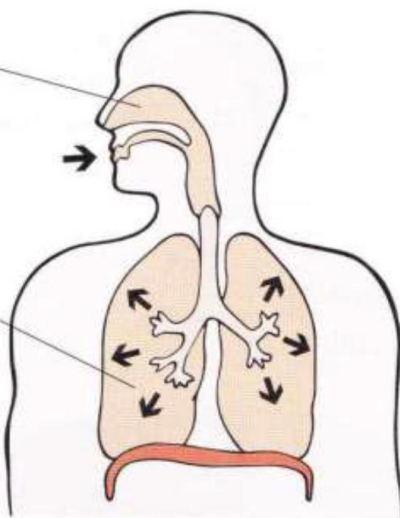
lungs    breathing  
windpipe  
carbon dioxide



### Breathing

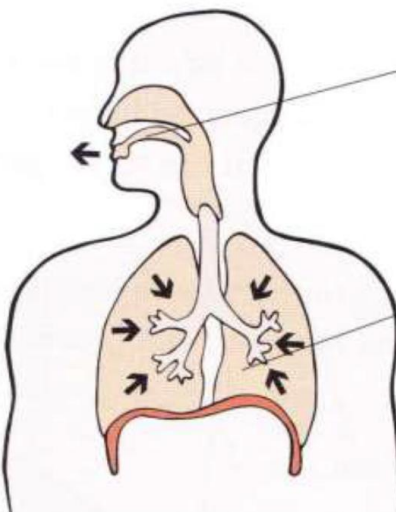
Air enters the body through the nose or mouth.

The air goes down the windpipe and into the lungs.



Air leaves the body through the nose or mouth.

Air is squeezed from the lungs and travels up the windpipe.



When we breathe in, oxygen from the air moves into the blood vessels in the lungs. Blood carries the oxygen to the heart and then to the other parts of the body. We need oxygen to live.

As your body uses up oxygen, it makes **carbon dioxide**. Carbon dioxide is a waste gas that the body must get rid of. The blood carries the carbon dioxide back to the lungs. We get rid of carbon dioxide in the air we breathe out.

### Complete sentences about the lungs and breathing

1 Use the words in the box to complete the sentences.

blood   ribs   **lungs**   **windpipe**   nose   carbon dioxide   oxygen

We **breathe** in air through our \_\_\_\_\_.

The air we breathe in contains \_\_\_\_\_.

The air moves down the \_\_\_\_\_ and into our \_\_\_\_\_.

The air then moves into the \_\_\_\_\_.

We breathe out air that contains \_\_\_\_\_.

The \_\_\_\_\_ protect our breathing system.

## What you have learnt

- 1 We use our lungs for breathing.
- 2 Our lungs get bigger and fill with air when we breathe in.
- 3 Our lungs get smaller and push out air when we breathe out.
- 4 We breathe in oxygen from the air.
- 5 We breathe out carbon dioxide.