

SCIENCE · GRADES 4–5

Breathing

How the respiratory system works

The journey of a breath

1

Nose / mouth

Air enters. The nose has tiny hairs that filter dust.

2

Trachea (windpipe)

A tube that carries air to the lungs.

Example: About the width of your thumb.

3

Bronchi

The trachea splits into two — one tube to each lung.

4

Lungs

Two spongy organs in your chest. They take oxygen out of the air.

5

Alveoli

Millions of tiny air sacs at the end of the smallest tubes.

Example: Where oxygen passes into the blood.

6

Diaphragm

A big muscle below the lungs. It pulls down to bring air in.

Label the diagram

On the printed sheet, draw lines from the labels to the parts of the diagram.



[Diagram]

Cut out the labels and stick them in place.

nose	mouth	trachea
left lung	right lung	bronchi
diaphragm	alveoli	

Quick check

1. Why is breathing through your nose better than your mouth?
2. What gets EXCHANGED in the lungs?
3. What happens to your diaphragm when you breathe in?
4. Why is exercise good for your respiratory system?

