All cells in our bodies need **oxygen** but cannot store very much. We would die in approximately **4** minutes without it. When we breathe, lungs soak up oxygen and transfer it to the **blood** where it is pumped through your body. In the cells, oxygen is turned into energy.

Air enters the body through the **nose** and mouth. The air is warmed in the nose, and the nostrils are lined with **hair** and **mucus** to filter dust.

The small piece of cartilage in your throat that opens and closes to let air and food down different passages is called the **epiglottis**. The main airway to your lungs is called the windpipe or **trachea**.

Your lungs can be compared to pinkish-grey **sponges** that soak up oxygen. The network of air passages found here is called the **bronchial** tree. The smallest tubes end in little round sacs one cell thick called **alveoli**. This is where red blood cells pick up oxygen and release carbon dioxide. There are **600 million** alveoli in our lungs. There is a small space in the **upper left** lobe where the heart fits.

A large muscular sheet called the **diaphragm** helps you breathe; It flattens out and moves downwards when you **inhale** and springs back and moves upwards when you **exhale**.
The average adult breathes ___16___ times every minute, and ___30 - 60___ times every minute after heavy exercise.

A disease of the lungs is asthma. Some asthma triggers are ___animals___, ___moulds___, ___pollen___ and ___air pollutants__. (samples only – answers will vary)

The major organs of the respiratory system are: ___lungs___, ___windpipe___, ___and___ ___blood vessels___.

The major tissues of the respiratory system are: ___epithelial___, ___nerve___, ___connective___, ___muscle___.

The major function of the respiratory system is: ___gas exchange___.

______________________________