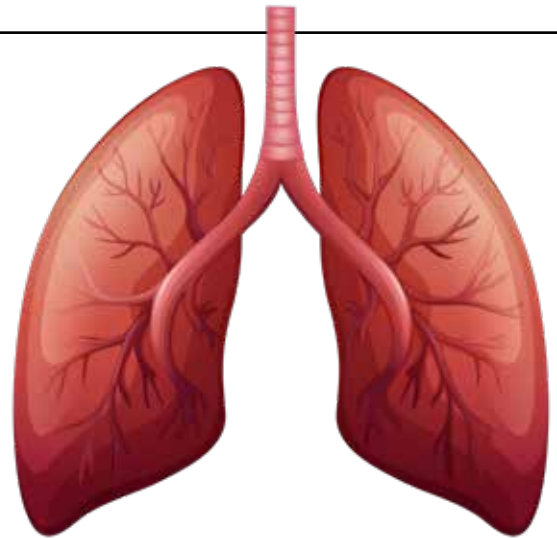


Name: _____

Your Lungs

By Cynthia Sherwood

You do something about twenty times a minute without even thinking about it—you breathe! In fact, every day you take about twenty-thousand breaths. The organs of your body that allow you to breathe are called your lungs. You have two of them that work together, located in your chest inside the rib cage.



Preview

Please log in to download
the printable version of this worksheet.

from the air you breathe and pumped into blood cells. Your lungs also get rid of harmful carbon dioxide from these cells. This process takes place inside hundreds of millions of tiny air sacs.

Each adult lung is about the size of a football. When they are healthy, your lungs feel a little like a sponge and are pinkish-gray. When lungs are damaged by smoking, they can appear gray or have black spots on them.

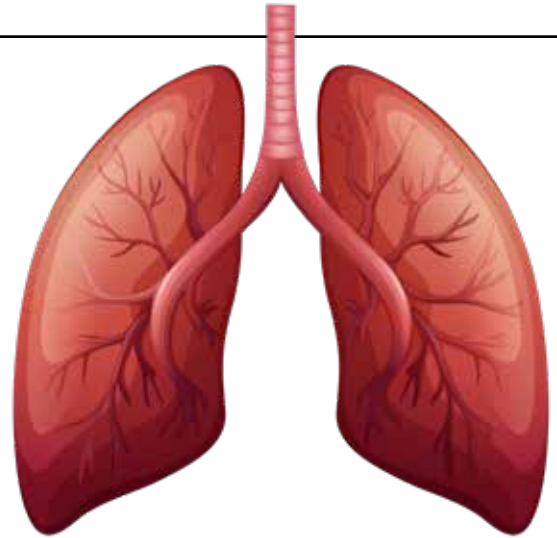
One disease that is very common in children involves the lungs. Asthma narrows the breathing tubes, making it harder to breathe. As many as nine million kids in the United States have asthma.

You probably already know that your lungs are important when you swim. But you may not know this—your lungs are the only part of your body that can float on water!

Name: _____

Your Lungs

By Cynthia Sherwood



1. Where are your lungs located?

2. Complete the graphic organizer.



Preview

Please log in to download
the printable version of this worksheet.

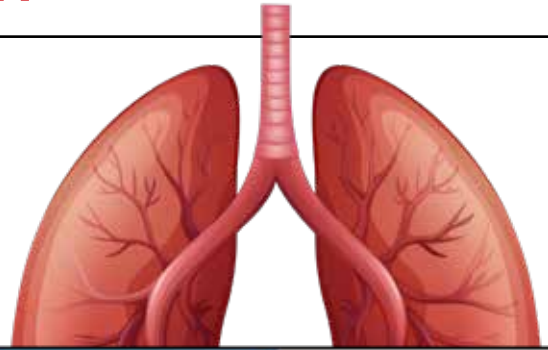
3. What is your trachea?

4. What do lungs look like when they've been damaged from smoking?

5. Why does asthma make it hard for people to breathe?

Your Lungs

By Cynthia Sherwood



Preview

Please log in to download
the printable version of this worksheet.



5. Why does asthma make it hard for people to breathe?

Asthma narrows the breathing tubes.