

YOUR LUNGS

Level 3-4

In a game of rugby, I do a lot of running around so I need a lot of oxygen going into my lungs. You need oxygen and that's why we breathe in air. Did you know that our lungs extract the oxygen and we breathe out carbon dioxide? The oxygen is then passed into the blood and transferred all around our body.



When exercising you need more oxygen so you breathe quicker. When you can't breathe in enough oxygen, you become out of breath.

TRY THIS

Fill up a sink or big bowl full of water and put a clear bottle upside down under the water, also full of water. Get a friend to hold the bottle under water as you put a tube or straw into the bottle. Take a deep breath and breathe out into the tube. When you have run out of breath, have a look at the bottle. The space in the bottle is the amount of air you breathed out.

Using a clean or new straw for each individual – do this for your group or class and plot the results. What did you find?

FACTS

1. No one can live for more than a few minutes without oxygen.
2. Your lungs look like two pink sponges.
3. There are over 350 million little air sacs in your lungs.
4. Your diaphragm is the muscle that helps you breathe.
5. You yawn because your body needs more oxygen.
6. At rest, the body takes in and breathes out about 10 litres of air each minute.
7. During a running race you need up to 15 times as much oxygen as you do if you were resting.
8. When you are asleep, you breath every three to four seconds.
9. The right lung is slightly larger than the left.
10. The highest recorded 'sneeze speed' is 165 km per hour.
11. We lose half a litre of water each day through breathing. This is the water vapour we see when we breathe onto glass.



HEALTH TIP

SMOKING DOES A LOT OF DAMAGE TO YOUR BODY, ESPECIALLY YOUR LUNGS. DON'T TRY IT!