

My Lungs

My lungs help my body breathe.

The upper part of my chest is almost filled with my lungs. My lungs are made up of millions of elastic-like sacs which fill up with air and let out air. My lungs can hold about as much air as a basketball!

Air comes into my body through my nose and mouth. It travels down my trachea (windpipe), through my bronchial tubes, and then to both my lungs.

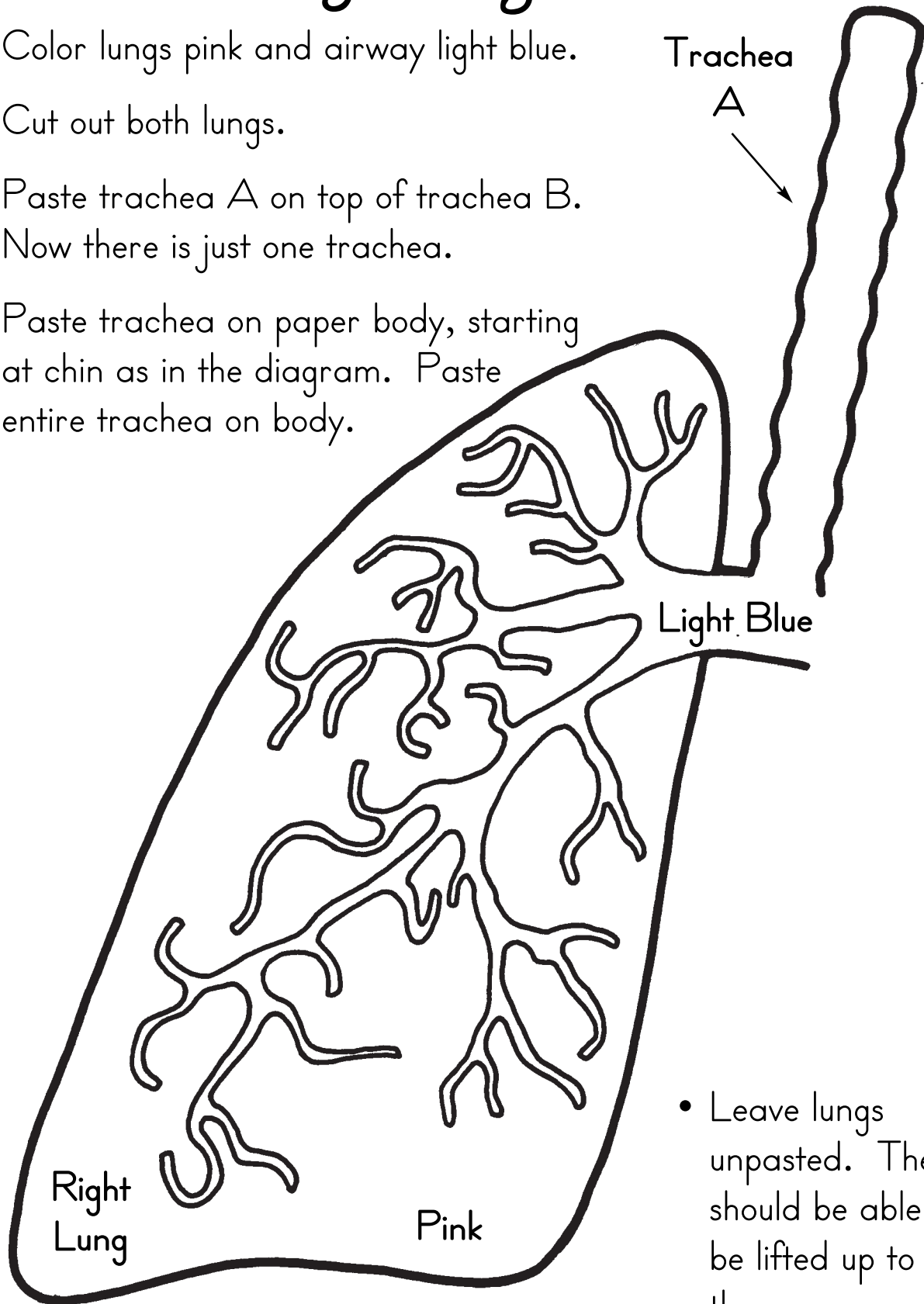
My lungs trade air with my blood. My heart pumps used blood to my lungs. My lungs take the carbon dioxide and other things I can't use out of my blood. My lungs give back fresh oxygen to my blood. After the trading is done, my blood goes back to my heart to work again.

A big, strong muscle helps make my lungs work. It is called my diaphragm. My diaphragm is under my lungs. It helps my lungs expand when they are filling up with air. My diaphragm also helps my lungs squeeze out the used air.

So, every time I inhale (breathe air in) and every time I exhale (breathe air out), I know my lungs are working. My lungs help my body breathe. They are like balloons filling up with air and letting air out!

My Lungs *(cont.)*

- Color lungs pink and airway light blue.
- Cut out both lungs.
- Paste trachea A on top of trachea B.
Now there is just one trachea.
- Paste trachea on paper body, starting at chin as in the diagram. Paste entire trachea on body.



- Leave lungs unpasted. They should be able to be lifted up to see the organs underneath.

My Lungs (cont.)

