

Name _____



Keeping Your Respiratory System Healthy

By Brandi Waters

Breathing is something that you do every minute of every day. You do it from the moment you are born until the moment you die. Breathing keeps you alive. Your respiratory system includes all of the parts of your body that help you breathe. It includes your nose, throat, windpipe, voice box, and lungs, as well as other parts and muscles that help the respiratory system do its job. Your respiratory system works hard and does a very important job. Shouldn't you do all that you can to keep it healthy? The good news is that it is easy to take care of your respiratory system. The most important thing that you can do is to NOT do something! Don't smoke. Cigarette smoke is full of harmful chemicals and sticky substances. It coats your lungs and the tiny hairs, called cilia, throughout your respiratory system. Not only is this gross, it also keeps your respiratory system from working at its best. If you smoke for many years, your respiratory system could stop working at all! Do yourself a favor and don't smoke. Exercise is something that you can do to keep your respiratory system healthy. Exercise makes your lungs work harder. This makes them stronger, just like lifting weights makes your muscles stronger.



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Questions

- _____ is the main function of the respiratory system.
 - Thinking
 - Breathing
 - Speaking
 - all of the above
- The _____ is a part of the respiratory system.
 - voice box
 - esophagus
 - heart
 - tongue
- Cigarette smoke forms a sticky coating over the _____ in the respiratory system.
 - blood vessels
 - nose
 - cilia
 - nicotine
- What is the most important thing that you can do to keep your respiratory system healthy?

- Exercise is good for your lungs because _____.

