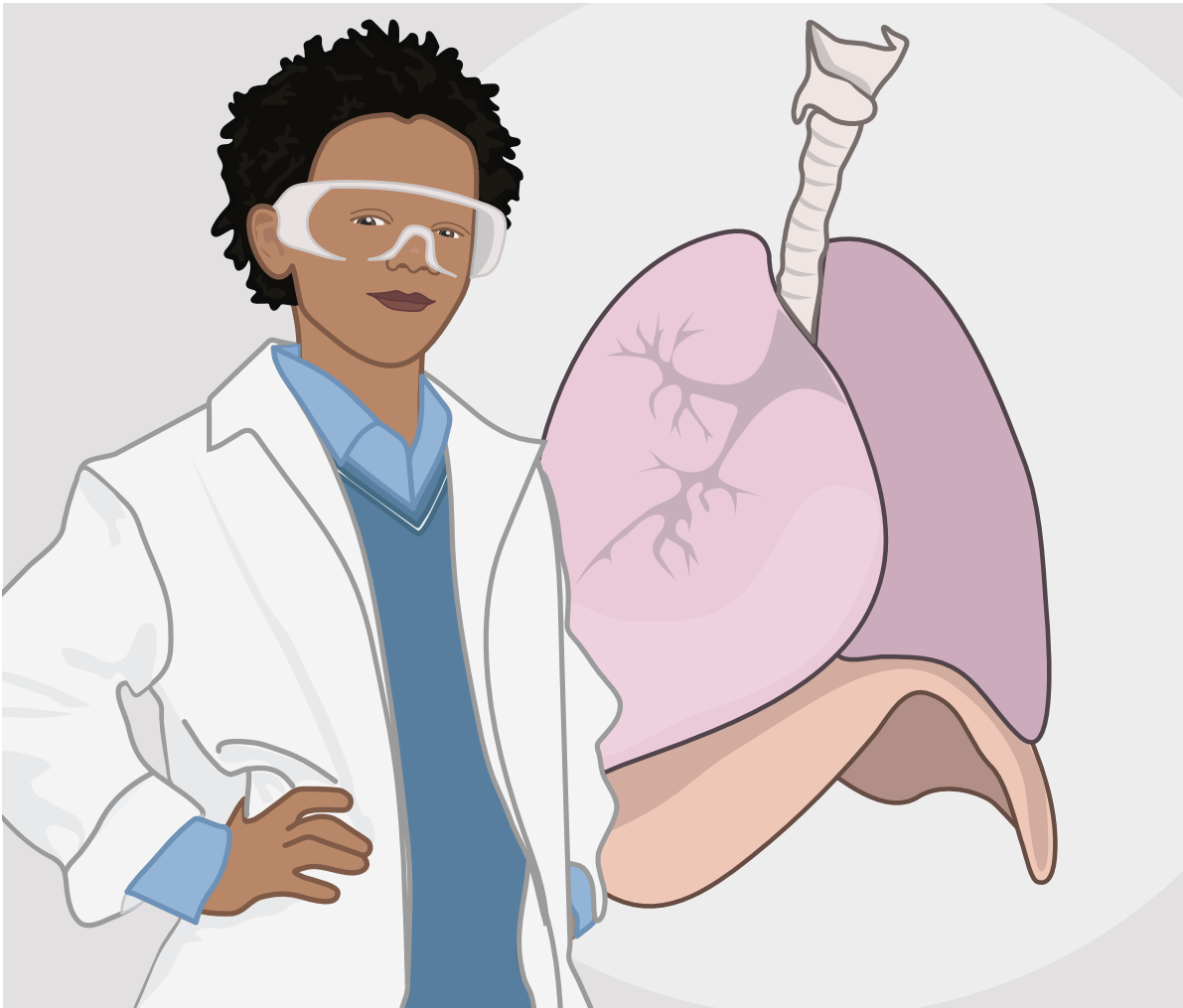


Simon's Respiratory System

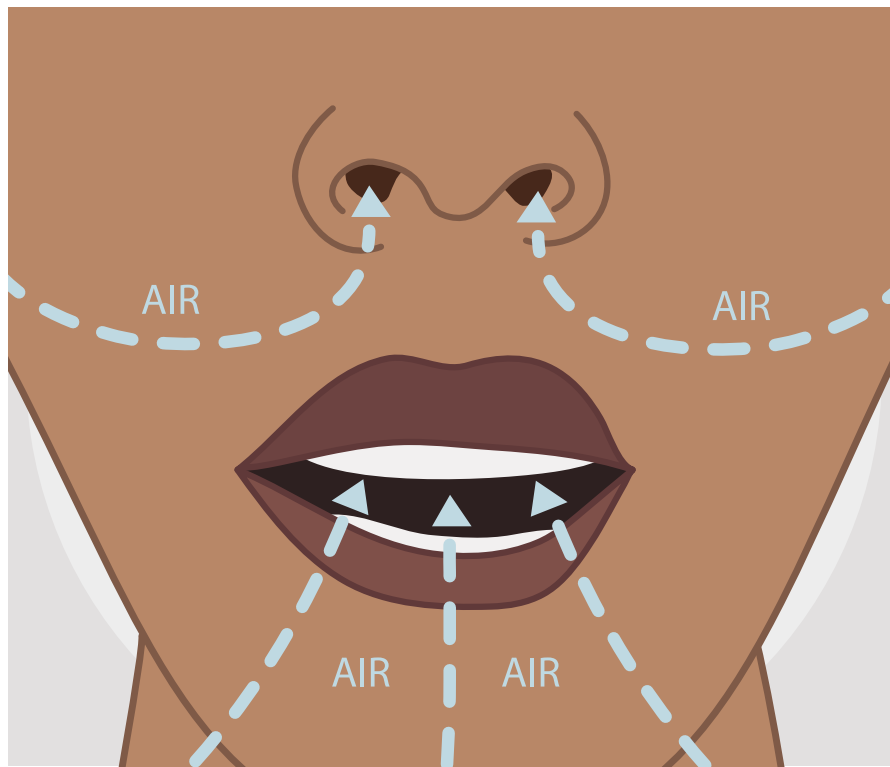
Level F/G



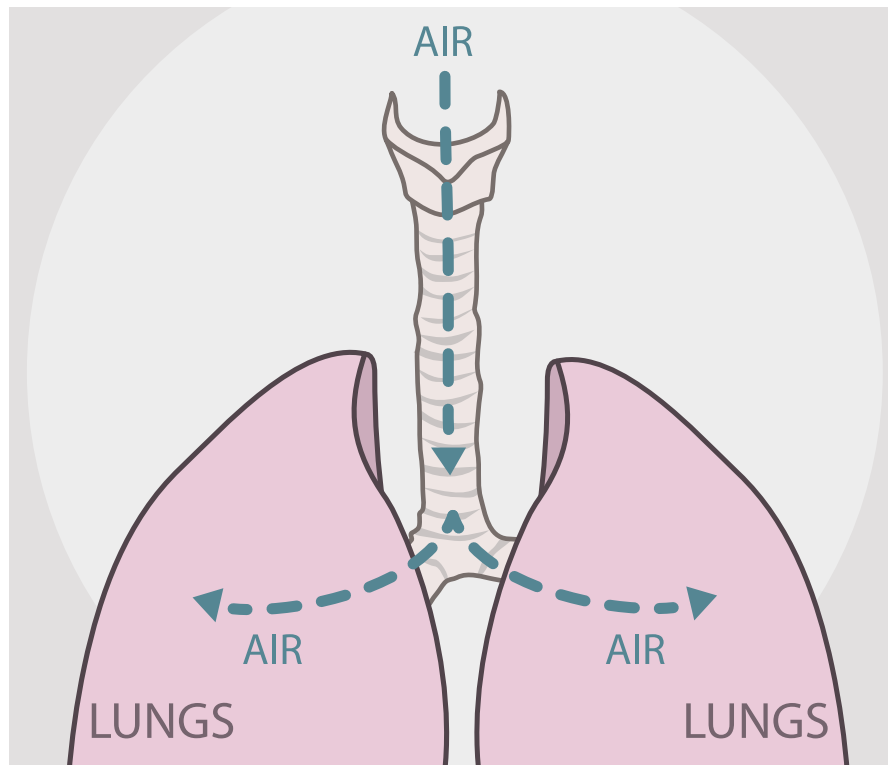
Written and Illustrated by Travis Schaeffer



Simon wants to learn about his respiratory system. He wants to learn more about how he breathes. Simon visits his doctor to talk about his respiratory system.



It is very important for us to breathe. We can breathe in air through both our nose and mouth. When we breathe in, we inhale oxygen. The respiratory system supplies the blood with oxygen. The blood then delivers the oxygen to the entire body.

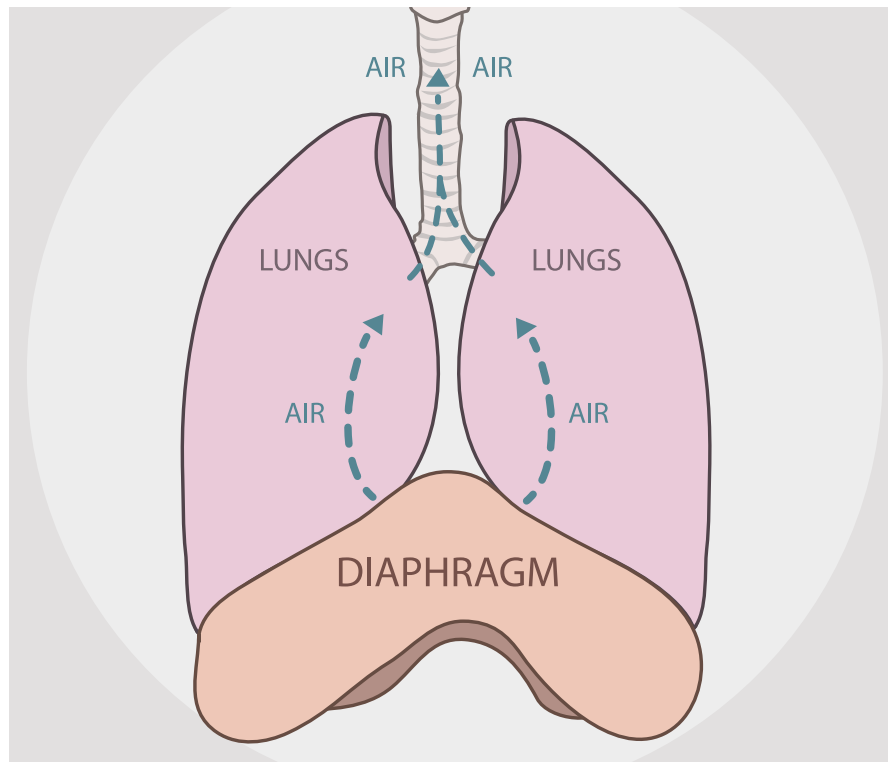


After air enters the nose and mouth, it travels down the trachea or windpipe. The trachea is the tube that enters the chest. The trachea splits into two smaller tubes. These tubes lead air to the lungs.

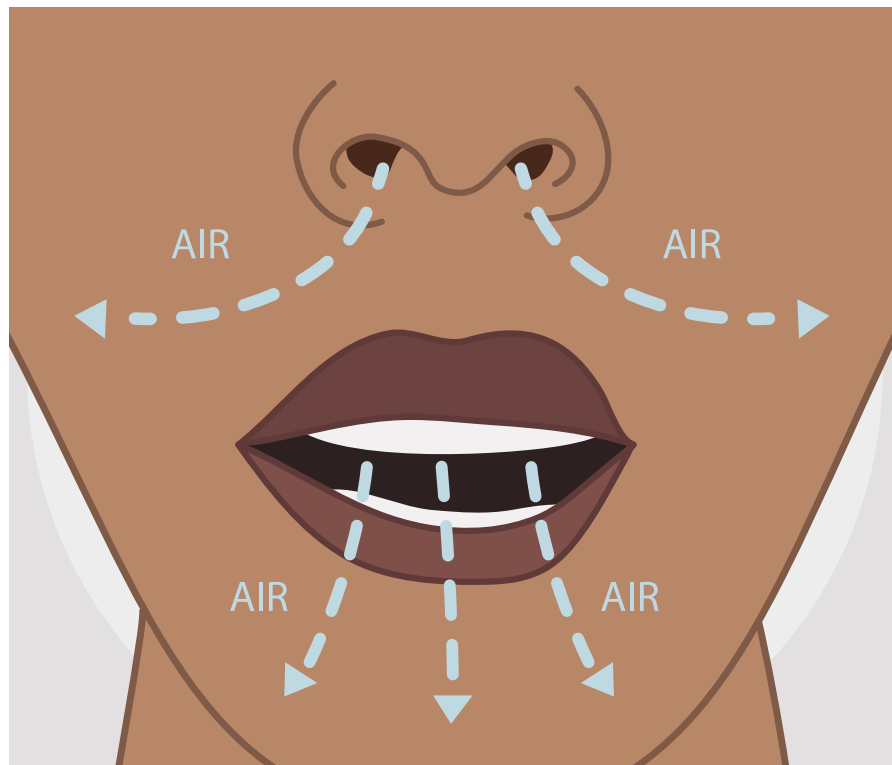


You have two lungs in your body.

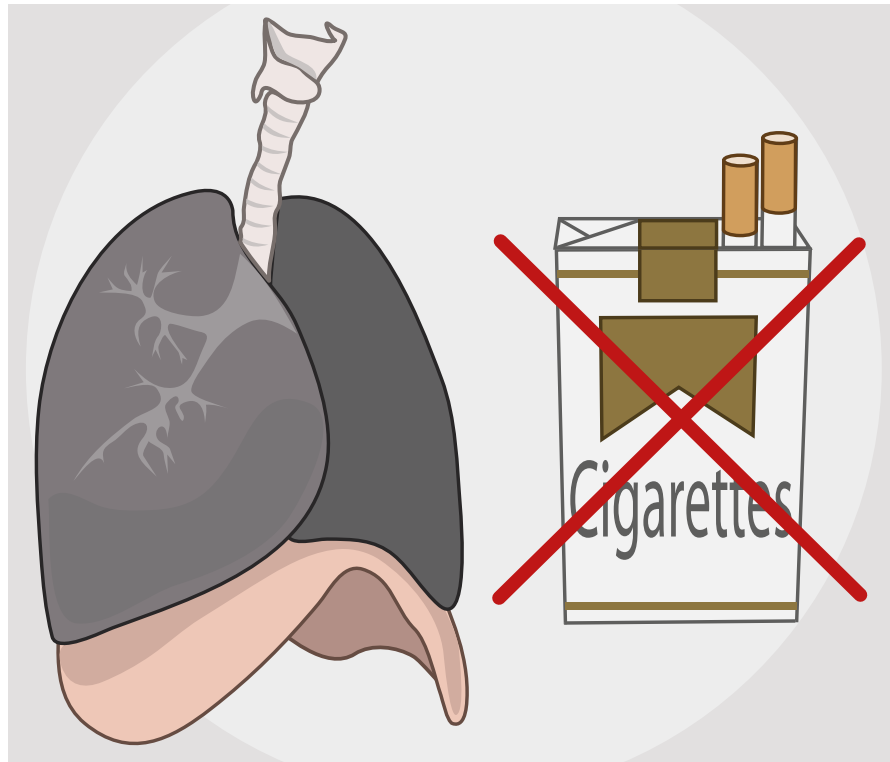
Your lungs are large and located in your chest. Place your hand on your chest and breathe in and out. You will feel your chest get larger breathing in and smaller breathing out. This is your lungs at work.



Below your lungs is the diaphragm. Your diaphragm is like a pump. It pulls oxygen into the lungs and pumps carbon dioxide out of the lungs. It pushes air back up the trachea and back out your nose and mouth when you exhale.



When you exhale, the air you release from your mouth and nose is warm. It is warm because it had to travel back through your warm body. That is why you can see your breath on a cold day or why you can fog up a cold window.



Your lungs allow you to breathe, talk, sing, laugh and shout. Lungs keep you living a healthy and happy life. This is why you should keep your lungs safe and healthy. You can keep your lungs healthy by exercising and not smoking cigarettes. Cigarettes can hurt your lungs!



Simon learned a lot about his respiratory system. He learned how it works and why it is important. Simon will take care of his lungs by exercising and not smoking.

yes



Simon's Respiratory System

no



<p>learn</p>	<p>breathe</p>	<p>large</p>	<p>Simon</p>	<p>respiratory system</p>	<p>air</p>	<p>doctor</p>
<p>visit</p>	<p>deliver</p>	<p>small</p>	<p>nose</p>	<p>mouth</p>	<p>oxygen</p>	<p>blood</p>
<p>below</p>	<p>release</p>	<p>warm</p>	<p>body</p>	<p>trachea / windpipe</p>	<p>tube</p>	<p>chest</p>
<p>exercise</p>	<p>smoking</p>	<p>healthy</p>	<p>lungs</p>	<p>diaphragm</p>	<p>pump</p>	<p>carbon dioxide</p>
<p>hurt</p>			<p>cigarette</p>			