

The Respiratory System

Chapter 18: The Respiratory System · Topic 1

Key Concept

We breathe in air through our nose or mouth, which travels down the trachea (windpipe) into the lungs.

Inside the lungs, tiny air sacs called alveoli allow oxygen to pass into the blood and carbon dioxide to pass out.

The diaphragm, a muscle below the lungs, helps us breathe by contracting and relaxing to move air in and out.

The respiratory system works closely with the circulatory system to deliver oxygen throughout the body.

Quick Revision Notes

- We breathe in through the nose or mouth.
- Air travels down the trachea into the lungs.
- Alveoli are tiny air sacs in the lungs.
- Oxygen passes into blood at the alveoli.
- Carbon dioxide passes out at the alveoli.
- The diaphragm helps us breathe.
- It contracts and relaxes to move air.
- Respiratory and circulatory systems work together.

Practice Questions

- 1 Draw and label the respiratory system.
- 2 Discuss the role of the trachea.
- 3 Explain what alveoli do.
- 4 Research the diaphragm's function.
- 5 Discuss how respiratory and circulatory systems connect.
- 6 Take a deep breath and describe what you feel.