**Lungs and Respiratory System**

KidsHealth.org/teen/your\_body/body\_basics/lungs.html

**Asthma**

KidsHealth.org/teen/asthma\_basics/what/asthma.html

**Allergies**

KidsHealth.org/teen/diseases\_conditions/allergies\_immune/allergies.html

**Coping With Colds**

KidsHealth.org/teen/infections/bacterial\_viral/colds.html

**Bronchitis**

KidsHealth.org/teen/infections/common/bronchitis.html

**Pneumonia**

KidsHealth.org/teen/infections/bacterial\_viral/pneumonia.html

**Smoking**

KidsHealth.org/teen/drug\_alcohol/tobacco/smoking.html

**How Can I Quit Smoking?**

KidsHealth.org/teen/drug\_alcohol/tobacco/quit\_smoking.html

Activity:

Read the articles on KidsHealth to learn how the respiratory system exchanges gases between the air and the body. Once you’ve read about it, you’ll be ready to live it!

1. Let’s say you’re an oxygen molecule. In a few paragraphs, describe your trip as you go from being in the air to the respiratory system and, finally, a person’s body tissues. Next, put it in reverse. As a carbon dioxide molecule, describe your trip from the body’s tissues to the outside air.
2. You’re the oxygen molecule again. Describe the obstacles you run into as you and your oxygen molecule friends are inhaled by a person having an asthma flare-up.
3. Now, oxygen molecule, you’re entering even tougher territory: the lungs of a long-term smoker. Describe your experience in this harrowing trip.
4. Pollutants are all around us, from secondhand smoke to car exhaust to factory emissions. What are some of the different ways that your respiratory system filters these pollutants from the air you breathe?
5. How does your body pull air in and push it out? Where does the air travel? How does oxygen move from the lungs to your blood?
6. Runny nose, sneezing, stuffy head – you know what it’s like to have a cold. What other problems can affect the respiratory system? What can you do to keep your system healthy?