# **The Respiratory System Comprehension Check**

For questions 1-5, match each aspect of the respiratory system to its definition:

|  |  |
| --- | --- |
| 1. Alveoli | a. a blood vessel with a very narrow opening |
| 2. Bronchi | b. airways to the lungs that connect to the trachea |
| 3. Bronchiole | c. tiny, hairlike structures that line the nose |
| 4. Capillary | d. a small tube that divides into smaller versions of itself, there are millions of these tubes in the lungs |
| 5. Cilia | e. tiny air sacs in the lungs |

1. Alveoli - e
2. Bronchi – b
3. Bronchiole – d
4. Capillary – a
5. Cilia – c
6. Describe the process of respiration.
7. What organs make up the respiratory system?
8. Why do you breathe faster and deeper when exercising compared to relaxing?
9. Describe one type of health concern that causes problems for the respiratory system.
10. According to the text, what can you do to keep your respiratory system and body healthy?

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1. Alveoli - e
2. Bronchi – b
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5. Cilia – c
6. Describe the process of respiration.
   1. Respiration is the process organisms like humans use to get and use oxygen. When you breathe in, you take in oxygen. Your cells use this oxygen to break down food for energy. While this happens, your cells also produce wastes like carbon dioxide gas. When you breathe out, you get rid of that carbon dioxide.
7. What organs make up the respiratory system?
   1. The respiratory system includes the nose, mouth, trachea, bronchi, lungs, and other smaller structures found within the lungs. The respiratory system also includes bones that form a protective cage around the lungs as well as muscles like the chest cavity and the diaphragm.
8. Why do you breathe faster and deeper when exercising compared to relaxing?
   1. Exercising causes your muscles to use oxygen faster. You need to breathe deeper and more often when exercising to ensure your body gets all the oxygen it needs.
9. Describe one type of health concern that causes problems for the respiratory system.
   1. The flu is a virus that invades the respiratory tract and multiplies. It causes your body to have symptoms such as achy muscles, fatigue, and high temperatures.
   2. Pneumonia is a bacterial infection which causes your lung tissues to become inflamed. There are antibiotics to help with pneumonia!
   3. Allergies are reactions that occur when someone is sensitive to such substances as pollen or animal hair.
   4. Asthma is a disease that causes inflammation in the bronchi which obstructs airflow. Medicine such as inhalers can help relax these structures and allow for easier breathing.
10. According to the text, what can you do to keep your respiratory system and body healthy?
    1. According to the text, people can eat healthy, exercise, and avoid smoking to keep their respiratory system healthy.