Dust and breathing

do more
feel better
live longer

Extension/homework sheet

Extension/homework

- Prepare a short PowerPoint presentation about asthma on one of these topics:
  - The science of asthma: what is it?
  - Living with asthma: how is it controlled?
  - Winning with asthma: an athlete's story
  - Inhalers: how do they work?
  - Asthma triggers: what causes asthma?
- When putting together your presentation, make sure you answer the following questions:
  - What is asthma?
  - What triggers asthma?
  - What happens to your airways when you have an asthma attack?
  - What helps alleviate asthma?
- In addition to your textbooks and your notes from the **How we breathe** session, you can look at the following websites for more information to help you put together your presentation
  - **Asthma UK** (www.asthma.org.uk)
  - **The NHS web page on asthma** (www.nhs.uk/conditions/asthma)
  - **Asthma.com**

Top tip

Use images to help get your point across. People like to see as well as hear, so make sure they are engaging and relevant to the information you are trying to share with your audience. Think about who you are trying to reach – what do you want them to do after they have seen your presentation?