

How we breathe





Slide 2 Human respiratory system

Air enters the body and travels through the **trachea**, or “**windpipe**”, to the **lungs**.

The respiratory system helps release **energy** throughout the body.





Slide 3 Breathe in, breathe out



Breathe in



Breathe out



Slide 4 Allergens

An **allergic reaction** occurs when the immune system believes something is harmful to the body.

People can be **allergic** to lots of different things.



Slide 5 Smoking

- Smoking tobacco releases toxins such as tar, smoke and carbon monoxide into the lungs
- Tar coats the inside of the lungs and is full of harmful poisons
- One of the bodies responses to allergies and smoking is to thicken the mucus which lines our airways. It's usually thin and runny





Slide 6 Exercise

Exercise increases your **heart** and **breathing rate**.

Your breathing rate increases to draw more air into your **lungs**.

Therefore, **allergies**, **smoking** and **asthma** can affect your **ability to exercise**.





Slide 7

How do we breathe? quiz

TRUE OR FALSE?

1. We breathe to bring air into the lungs and get oxygen to our muscle tissues.
2. The main waste product from breathing is carbon monoxide.
3. An allergy can cause less mucus to be produced in the lungs.
4. People can suffer with different allergies.
5. Inhalers cannot cure asthma.
6. Mucus helps to push air through the trachea.
7. Exercise increases the body's need for oxygen.





Slide 8

How do we breathe? answers

TRUE OR FALSE?

1. We breathe to bring air into the lungs and get oxygen to our muscle
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4. People can suffer with different allergies.
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