

Name \_\_\_\_\_

## Breathing Easy: Exploring the Marvelous Human Respiratory System

### Short Answer Key

1. The epiglottis is a flap-like structure that covers the entrance to the windpipe (trachea) when we swallow, preventing food and drink from entering the airway.
2. The bronchioles carry air from the bronchi to the alveoli, where gas exchange occurs. Oxygen from the alveoli enters the bloodstream, while carbon dioxide from the bloodstream enters the alveoli to be exhaled.
3. Our breathing rate increases when we exercise to provide more oxygen to our muscles, which need extra energy during physical activity.
4. The diaphragm contracts during inhalation, creating space for the lungs to expand, and relaxes during exhalation, helping to push air out of the lungs.
5. Two ways to consciously control our breath are by taking deep breaths to calm ourselves and by holding our breath for a short period.

