

Name _____

The Breath-Holding Adventure: What Happens When We Hold Our Breath

Multiple Choice Questions

1. What controls the automatic process of breathing in your body?
 - a) The heart
 - b) The stomach
 - c) The brain
 - d) The muscles

2. When you hold your breath, what happens to your body's oxygen levels?
 - a) They increase
 - b) They remain the same
 - c) They start to drop
 - d) They become unpredictable

3. What waste product builds up in your blood when you hold your breath?
 - a) Oxygen
 - b) Carbon dioxide
 - c) Nitrogen
 - d) Hydrogen

4. What is one way your body responds to breath-holding?
 - a) It relaxes all muscles
 - b) It decreases heart rate
 - c) It constricts blood vessels
 - d) It increases oxygen intake

5. Why is it important to practice safe breath-holding?
 - a) To win a competition
 - b) To experience muscle contractions
 - c) To avoid fainting or hypoxia
 - d) To challenge the brain

