

Name _____

The Nose and Mouth: Your Breathing Buddies

Open-Ended Response Questions

1. Imagine you are explaining to a friend why it's essential to breathe through your nose when the air is cold and dry. What would you say, and how would you describe the benefits of nasal breathing?
2. Discuss the relationship between your sense of smell and your nose's role in breathing. How are these two functions connected?
3. Think of a real-life situation where you might naturally switch from nose breathing to mouth breathing. Describe the scenario, the reasons for the switch, and how your body adapts.
4. Reflect on the importance of understanding how your nose and mouth work in the breathing process for maintaining good respiratory health. What are some practical steps you can take to keep your respiratory system healthy?

