

Name _____

Breathing for Life: Why Do We Need to Breathe?

Multiple Choice Questions

1. What gas is essential for our cells to produce energy?
 - a) Carbon dioxide
 - b) Nitrogen
 - c) Oxygen
 - d) Hydrogen

2. What happens to oxygen when we inhale?
 - a) It's expelled from our body.
 - b) It enters our bloodstream through the alveoli.
 - c) It combines with carbon dioxide to form water.
 - d) It turns into energy immediately.

3. What is the waste product produced by our cells during cellular respiration?
 - a) Oxygen
 - b) Carbon dioxide
 - c) Water
 - d) Nitrogen

4. How does breathing help maintain the balance of carbon dioxide in our body?
 - a) By releasing carbon dioxide into the bloodstream
 - b) By sending signals to our muscles to make us breathe faster or deeper
 - c) By removing carbon dioxide from the air we breathe
 - d) By turning carbon dioxide into oxygen

5. Why does our breathing rate increase when we exercise?
 - a) To get rid of excess oxygen
 - b) To increase the level of carbon dioxide in our body
 - c) To provide more oxygen to our working muscles
 - d) To slow down our heart rate

