

Name _____

Read the selection. Then answer the questions that follow.

Your Lungs

Your lungs work hard breathing every minute of every day. Lungs are some of the largest organs in your body. Your lungs fill up almost your whole chest.

Everyone has two lungs. The lung on the left side is a little smaller. This leaves room on that side for your heart to fit in.

If you could see your lungs, they would look pink and something like a sponge. Two large tubes connect the lungs to your windpipe. Your windpipe connects to your mouth.

Under your lungs is your diaphragm, a large, dome-shaped muscle. When you breathe in, your diaphragm flattens out so your lungs can fill with air. When you breathe out, your diaphragm moves up to push air out of your lungs.

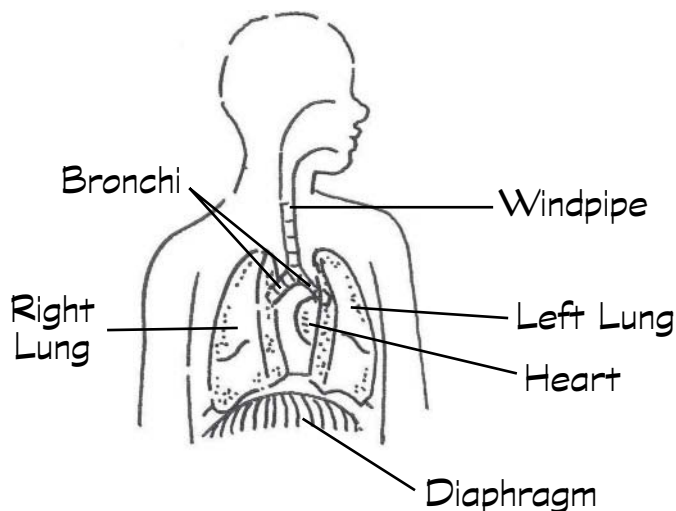
Adults breathe about ten to twenty times each minute when they are just relaxing. Children breathe faster, about twenty to thirty times each minute. When you exercise, your breathing rate increases.

Oxygen from the air you breathe passes through your lungs into your blood.

Smoking damages your lungs. They get clogged with dirt and cannot work correctly. Exercise helps

make your lungs stronger.

So, do not smoke, but do exercise to keep your lungs healthy!



Turn the page.

Answer the questions below.

1 What is generally true about how to keep your lungs healthy?

- Exercise will make your lungs wear out sooner.
- If your diaphragm moves up, you will breathe air in.
- Lungs should relax at night after working hard all day.
- If you smoke, your lungs will stop working properly.

2 Based on the diagram, what is the name for the two tubes that connect the lungs to the windpipe?

- diaphragm
- bronchi
- heart
- head

3 How are everyone's lungs alike?

- They get clogged with dirt.
- They make you stronger.
- They help people breathe.
- They make oxygen for you.

4 Which of these is usually true about the way people breathe?

- People breathe in oxygen using only their left lung.
- Adults often breathe more than thirty times each minute.
- People breathe faster when they exercise hard.
- Children breathe much more slowly than adults do.

5 Based on this selection, what can you say about the way most lungs look?

Common Core State Standards

Questions 1, 3–5: Informational Text 1. Ask and answer questions to demonstrate understanding of a text, referring explicitly to the text as the basis for the answers. **Informational Text 3.** Describe the relationship between a series of historical events, scientific ideas or concepts, or steps in technical procedures in a text, using language that pertains to time, sequence, and cause/effect. **Question 2: Informational Text 7.** Use information gained from illustrations (e.g., maps, photographs) and the words in a text to demonstrate understanding of the text (e.g., where, when, why, and how key events occur).