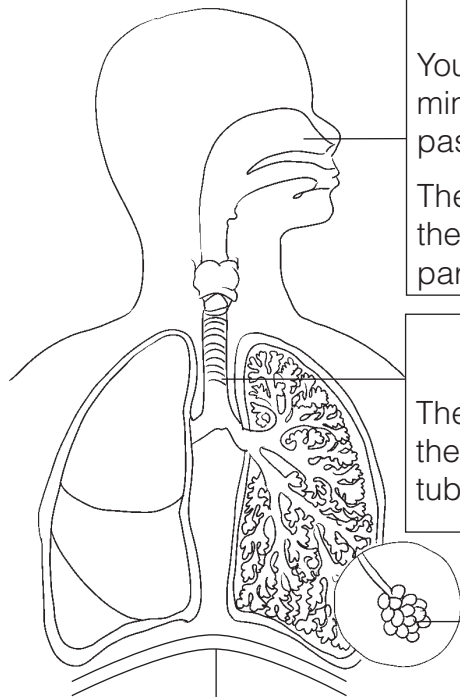




## The Human Respiratory System



### Nose

You inhale (breathe in) fresh air about twenty times every minute. The air is drawn into the lungs through your nasal passages.

There are tiny hairs and moisture (known as mucus) in the nose which clean the air by filtering out dirt and dust particles.

### Windpipe

The air travels down the windpipe, which is a tube leading to the lungs. The tube branches out into two separate smaller tubes, one to each lung.

### Air sacs

Both lungs contain many tiny air sacs. When the air breathed in reaches the air sacs, oxygen is taken in and transported to the heart where it will be sent via the bloodstream to all parts of the body.

At the same time, the air sacs absorb carbon dioxide produced by the body to be breathed out.

### Diaphragm

A thin, dome-shaped muscle lies just below the lungs.

When we breathe in, the diaphragm moves downwards as the rib cage moves outwards and upwards. This leaves space for your lungs to expand, and air pressure brings more air in.

When your diaphragm relaxes, the space gets smaller and air is pushed out.