

True or False

1. False
2. True
3. True
4. True
5. False

Short Answer Questions

1. 3 ways to take care of our respiratory system:

- Increase your walking speed.
- Maintain a healthy weight.
- Stay hydrated.

2. The passage of air into the lungs to supply the body with oxygen is known as **inhalation**.

3. Another name for windpipe is **trachea**.

4. Importance of fresh air:

- Fresh air is good for digestion.
- Strengthen your immune system
- You will have more energy and sharper mind.

5. The white blood cells in our body help fight infections by attacking bacteria, viruses and germs that enter our body. A white blood cell originates in the bone marrow but circulates throughout the bloodstreams.