Strand	The Respiratory System.
Sub – Strand	Growth and changes.
Content learning outcome	Determine the function and care of respiratory system.

Lesson Notes:

❖ The respiratory system is a biological system consisting of specific organs and structures used for the process of respiration in human begins.

❖ In human beings, respiration takes place in the respiratory organ called **lungs**.

❖ The passage of air into the lungs to supply the body with oxygen is known as **inhalatio**n, and the passage of air out of the lungs to expel carbon dioxide is known as **exhalatio**n; this process is collectively called **breathing**.

❖ Most of the respiratory system is lined with mucous which produces white blood cells that protect the body from infections.

❖ We need oxygen to combine with nutrients in food to release energy that enables us to move.

❖ Harmful substances that we breathe in damages our lungs.

❖ The trachea or windpipe filters the air we breathe in before it reaches the lungs.

❖ The lungs is where exchange of gases occurs, the oxygen is taken to the heart to be sent to the rest of the body while the carbon dioxide is exhaled or breathed out through the nose.

Activity

Write whether the following statements are <u>True</u> or <u>False</u>.

1. In human beings, the respiration takes place in the small intestine.

2. The trachea or windpipe filters the air we breathe in before it reaches the lungs.

3. The lungs is where exchange of gases occur.

4. The respiratory system is involved in the intake and exchange of oxygen and carbon dioxide between man and the environment.

5. We need carbon dioxide to combine with nutrients in food to release energy.

Short Answer Questions

1. Write down 3 ways to take care of your respiratory system.

2. What is inhalation?

3. What is another name for windpipe?

4. State 3 importance of fresh air.

5. Explain the importance of white blood cells in our body.