

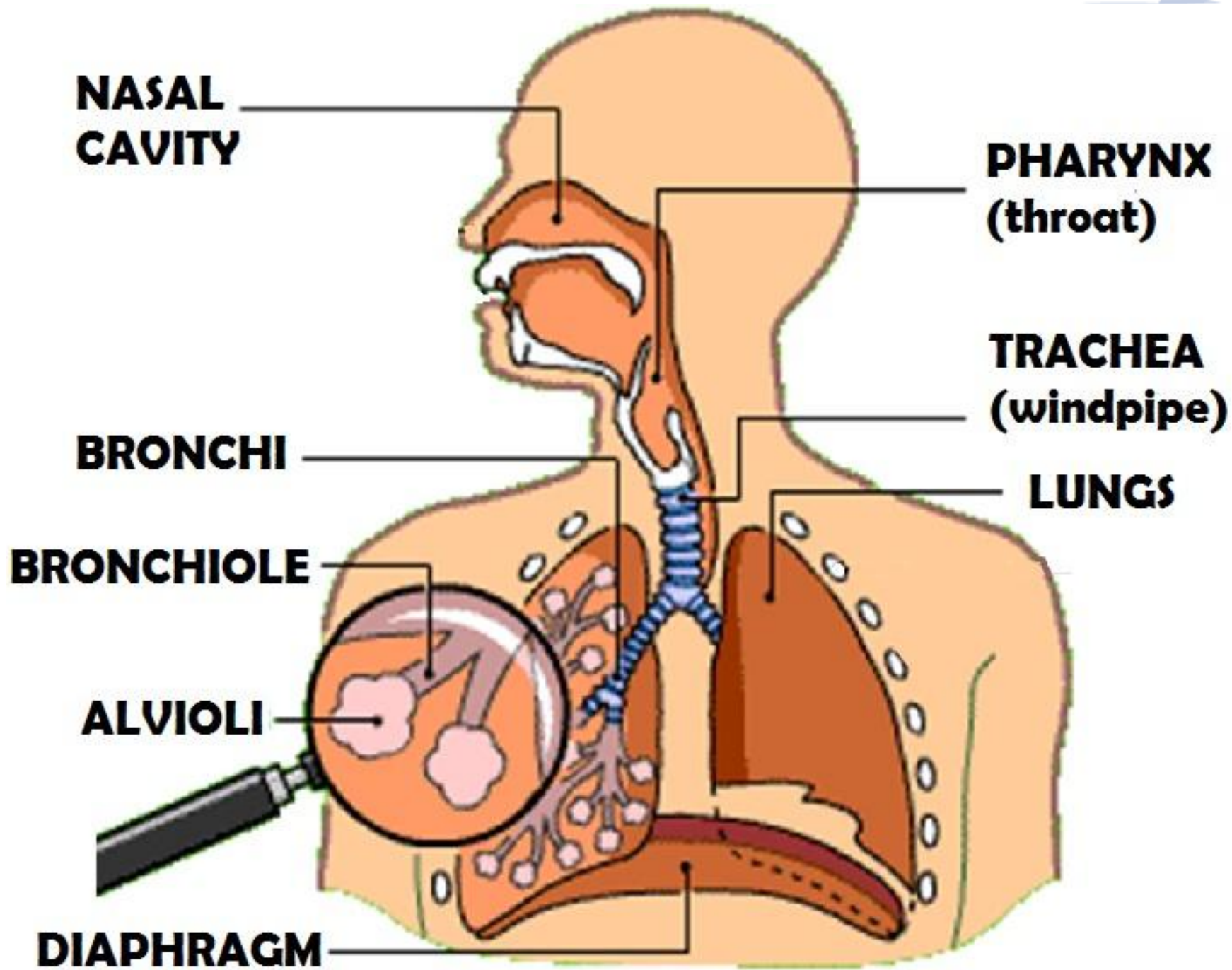
Your Respiratory System helps you breathe.

MAIN PARTS OF THE RESPIRATORY SYSTEM:

LUNGS: Your lungs (2) make up one of the largest organs in your body. They allow you to breathe - take in fresh air (oxygen) and get rid of stale air (carbon dioxide).

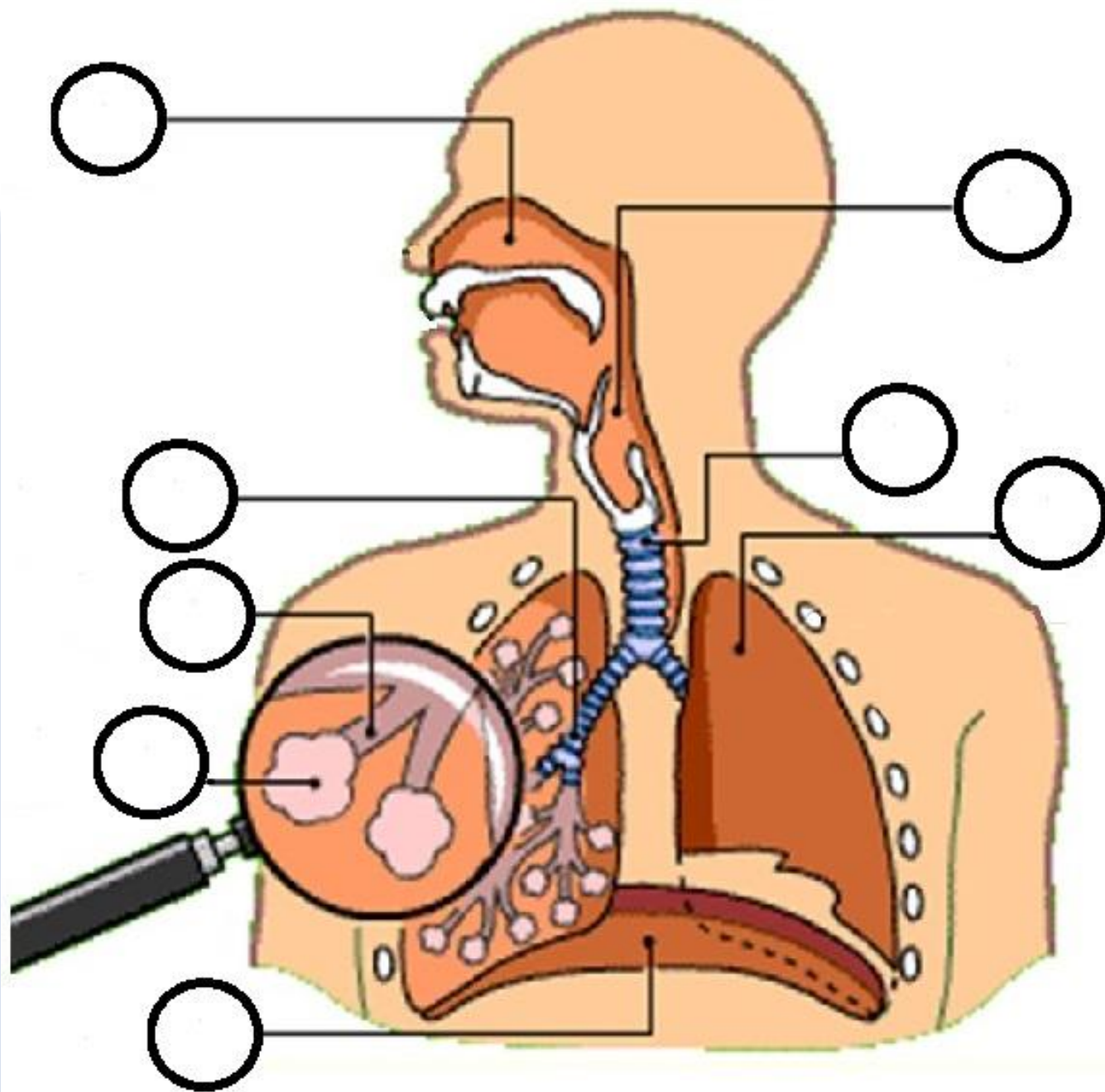
TRACHEA: The passage carrying the air from the nose to the lungs, known as the windpipe. It splits into 2 bronchi, one bronchus to each lung.

DIAPHRAGM: A strong sheet of muscle that separates the lungs from the organs below them.



How the Respiratory System Works:

- The diaphragm contracts (moves downward), allowing more room in the chest cavity
- Oxygen-rich air enters through the nose or mouth
- The air travels through the larynx (or voice box) and down the trachea (or windpipe)
- The trachea is split into two bronchial tubes, one entering each lung; air travels down through these tubes
- The bronchial tubes then split into thousands of tiny tubes (bronchioles) and the air travels down through these
- At the end of the bronchioles, the air enters tiny, capillary-lined air sacs called alveoli (capillaries are small blood vessels that are linked to other major arteries)
- The pulmonary artery brings carbon dioxide-rich blood to the capillaries and exchanges this poisonous gas for the vital oxygen in the air
- The oxygen-rich blood travels out through the pulmonary vein and is carried away to various parts of the body
- The diaphragm relaxes and the carbon dioxide follows the reverse path that the oxygen travelled (from the alveoli, through the bronchioles, up the bronchial tubes, up the trachea, through the larynx, and out the nose/mouth) and is exhaled.



- 1. Lungs**
- 2. Alveoli**
- 3. Nasal Cavity**
- 4. Bronchi**
- 5. Diaphragm**
- 6. Bronchiole**
- 7. Trachea**
- 8. Pharynx**