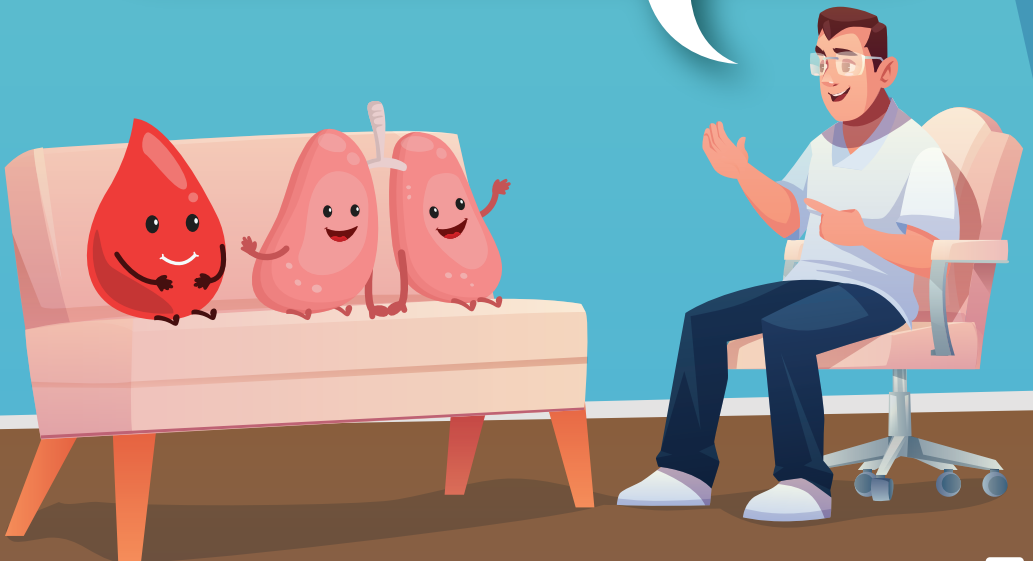


# What Happens When We Breathe?

**TV presenter:** Good morning, everyone, and welcome to the show! Let's all take a deep breath. Breathe in... and out!

In the air, there are different kinds of gases, but oxygen is the one we need the most.

There are two parts of our bodies that help us to get oxygen from the air: our lungs and our blood. They're here today to tell us what they do.

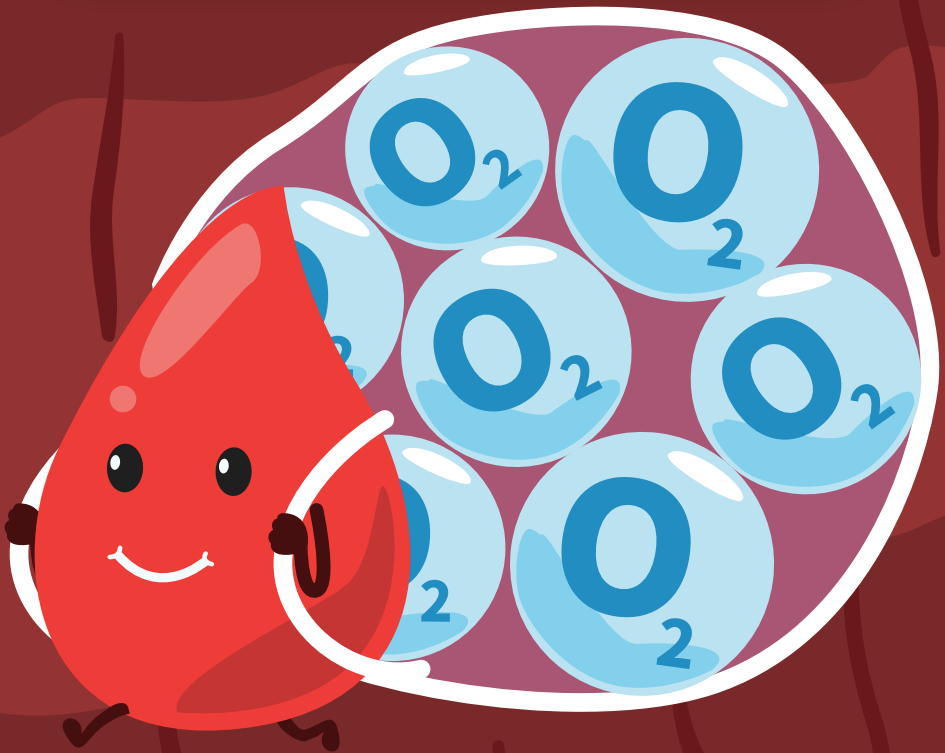


**Lungs:** Hello, everybody! We're the lungs. We're two bags in your chest. We look the same and have the same important job. When a person breathes in through the nose or mouth, air comes into us. We hold it inside the body.

**TV presenter:** What happens next?

**Blood:** Then it's my turn! When air goes into the lungs, I fetch the oxygen and carry it to every cell in the body.

Cells make a gas called carbon dioxide, which is a kind of waste. I carry that back to the lungs.

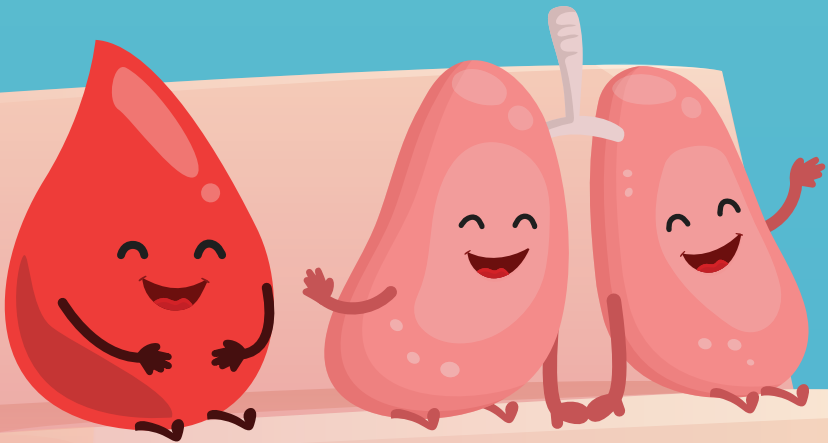


**TV presenter:** What happens to the carbon dioxide?

**Lungs:** We breathe it out! Then we can bring more oxygen in, which people need to live.

**Blood:** We all work really hard!

**TV presenter:** You do! Thank you for telling us about your work. I'll think about you every time I take a deep breath.



Place two fingers over your wrist. Can you feel a little flutter? That's your pulse! It comes from your heart pushing blood around your body. Count how many times it beats in one minute. Ask a teacher or parent to measure their pulse too. Is it higher or lower?



# GLOSSARY

<b>saliva</b>	(n.)	口水	the liquid our mouth makes
<b>break down</b>	(phr. v.)	弄碎	to divide something into smaller pieces
<b>bacteria</b>	(n.)	細菌	very small organisms, some of which make us sick
<b>nutrient</b>	(n.)	營養	the parts of food the body uses to grow and live
<b>energy</b>	(n.)	能量	the power that moves the body
<b>breathe</b>	(v.)	呼吸	to take air in and out of the lungs
<b>presenter</b>	(n.)	主持	a person who introduces a show or event
<b>oxygen</b>	(n.)	氧氣	a colourless gas that is needed for life
<b>lung</b>	(n.)	肺	the organ in your body that you breathe air into
<b>cell</b>	(n.)	細胞	the building blocks of living things