



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards:
<http://www.cdc.gov/healthyschools/sher/standards/index.htm>

These activities will help your students understand the role of the respiratory system.

Related KidsHealth Links

Articles for Kids:

Your Lungs & Respiratory System

KidsHealth.org/en/kids/lungs.html

Movie: Lungs & Respiratory System

KidsHealth.org/en/kids/rsmovie.html

Activity: The Lungs

KidsHealth.org/en/kids/bfs-rsactivity.html

Word Find: Respiratory System

KidsHealth.org/en/kids/bfs-rswordsearch.html

Quiz: Lungs & Respiratory System

KidsHealth.org/en/kids/rsquiz.html

Articles for Teens:

Lungs and Respiratory System

TeensHealth.org/en/teens/lungs.html

Coping With Colds

TeensHealth.org/en/teens/colds.html

Flu Facts

TeensHealth.org/en/teens/flu.html

Asthma

TeensHealth.org/en/teens/asthma.html

Bronchitis

TeensHealth.org/en/teens/bronchitis.html

Pneumonia

TeensHealth.org/en/teens/pneumonia.html

Sinusitis

TeensHealth.org/en/teens/sinusitis.html

Cystic Fibrosis

TeensHealth.org/en/teens/cystic-fibrosis.html

Resources for Teachers:

Asthma Special Needs Factsheet

KidsHealth.org/en/parents/asthma-factsheet.html

Cystic Fibrosis Special Needs Factsheet

KidsHealth.org/en/parents/cf-factsheet.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. The respiratory system includes the nose, throat, voice box, windpipe, and lungs. What do you think makes these parts a body system?
2. What are some factors that influence how well the respiratory system works? Which factors are harmful and which are helpful? What can you do to keep your respiratory system healthy?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Captain O₂ to the Rescue!

Objectives:

Students will:

- Demonstrate knowledge of the function of the respiratory system
- Illustrate the path of oxygen through the respiratory system

Materials:

- Computer with Internet access
- "Captain O₂ to the Rescue" handout or plain paper
- Art supplies (colored pencils, markers)

Class Time:

1 ½ hours

Activity:

Check out KidsHealth.org to learn all about the parts of the respiratory system and how these body parts work together to help you breathe. Once you have the information, write and illustrate a comic strip about Captain Oxygen, a courageous and daring oxygen molecule better known as Captain O₂, leading his fellow oxygen molecules through the respiratory system.

Extension:

Captain Oxygen and his fellow oxygen molecules can't make their way to cells throughout the body without the help of other body systems. Write an essay explaining how other body systems play a role in breathing.

Reproducible Materials

Handout: Captain O₂ to the Rescue!

KidsHealth.org/classroom/6to8/body/systems/respiratory_handout1.pdf

Quiz: Respiratory System

KidsHealth.org/classroom/6to8/body/systems/respiratory_quiz.pdf

Quiz Answer Key: Respiratory System

KidsHealth.org/classroom/6to8/body/systems/respiratory_quiz_answers.pdf

Instructions: Use this storyboard to write and illustrate your comic strip about Captain Oxygen.



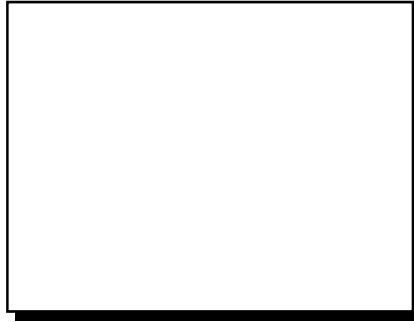
Human Body Series Respiratory System



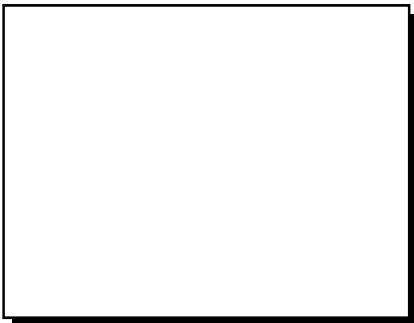
Name: _____

Date: _____





















Name:

Date:

Quiz

1. Another name for the windpipe is:
 - a) Bronchi
 - b) Bronco
 - c) Trachea
 - d) Trickya

2. We inhale this gas into our lungs to help keep our body's cells alive:
 - a) Carbon dioxide
 - b) Carbon monoxide
 - c) Nitrogen
 - d) Oxygen

3. We exhale this gas out of our lungs as waste:
 - a) Carbon dioxide
 - b) Carbon monoxide
 - c) Nitrogen
 - d) Oxygen

4. Another name for the voicebox is:
 - a) Larry
 - c) Larynx
 - d) Lynx
 - e) Pharynx

5. The muscle below the lungs that helps us inhale and exhale is the:
 - a) Diadelmuerte
 - b) Diaphoresis
 - c) Diaphragm
 - d) Diatom



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