

Choose the word from the Term Tank that best completes each sentence in the paragraphs below.

| Term Tank   |             |           |           |
|-------------|-------------|-----------|-----------|
| expands     | air sacs    | exhaling  | diaphragm |
| energy      | oxygen      | combines  | food      |
| respiration | bloodstream | abdomen   | lungs     |
| distribute  | nostrils    | contracts | filtered  |
| warm        | wastes      | windpipe  | inhaling  |

The human body could not function without \_\_\_\_\_<sup>(1)</sup>. Oxygen \_\_\_\_\_<sup>(2)</sup> with digested \_\_\_\_\_<sup>(3)</sup> to supply the body with \_\_\_\_\_<sup>(4)</sup>. Oxygen travels through the \_\_\_\_\_<sup>(5)</sup> to every organ and other part of the body that needs it. \_\_\_\_\_<sup>(6)</sup> brings the needed oxygen into the body. \_\_\_\_\_<sup>(7)</sup> expels \_\_\_\_\_<sup>(8)</sup> such as carbon dioxide and water. The whole process is called \_\_\_\_\_<sup>(9)</sup>.

Air is breathed in through the \_\_\_\_\_<sup>(10)</sup> and is \_\_\_\_\_<sup>(11)</sup> by the hair and mucus of the nasal linings. The filtered air passes through the \_\_\_\_\_<sup>(12)</sup> into the branches of the windpipe called \_\_\_\_\_<sup>(13)</sup>. The air sacs \_\_\_\_\_<sup>(14)</sup> oxygen evenly throughout the \_\_\_\_\_<sup>(15)</sup>. Oxygen enters the bloodstream through these air sacs. The nostrils and the windpipe also serve to \_\_\_\_\_<sup>(16)</sup> the air before it enters the lungs.

The muscular \_\_\_\_\_<sup>(17)</sup> separates the chest cavity from the \_\_\_\_\_<sup>(18)</sup>. The diaphragm \_\_\_\_\_<sup>(19)</sup> to allow air into the lungs and \_\_\_\_\_<sup>(20)</sup> to force out carbon dioxide and waste.

**Try This:** Your lungs have reserve capacity that enables you to get much more air into them than you do in normal breathing. List as many situations as you can think of when you might need this extra air.