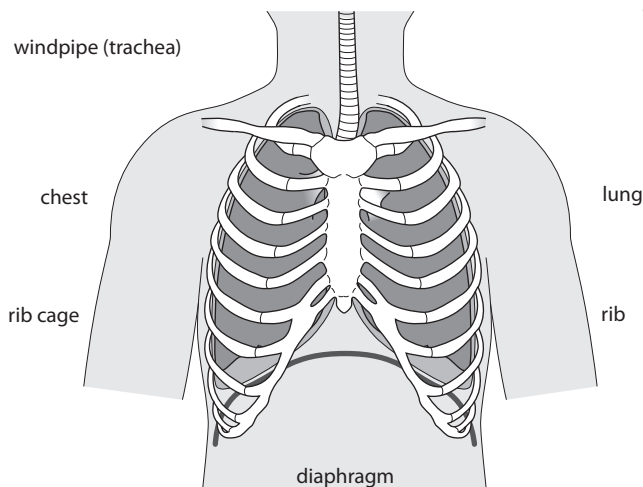




# Unit 4 Your lungs

## Cross-curricular – Biology Anatomy and health

- 1 Jaką czynność wykonujemy nieprzerwanie przez całą dobę?  
a exercise    b rest    c breathe    d stretch
- 2 Przeczytaj tekst i sprawdź swoją odpowiedź.



## Your lungs and you

**Your lungs are very special. You can breathe, talk, shout, sing and stay alive – all because you have lungs.**

Your lungs are in your chest, and they are very large. They fill almost all of the space in your chest. You have two lungs, but the lung on the left side of your body is smaller. This extra space on the left is for your heart.

Your rib cage protects your lungs. There are twelve pairs of ribs in your rib cage, and these bones keep your lungs safe. Under your lungs is a big strong muscle called the diaphragm. You can inhale (breathe in) air and exhale (breathe out) air because you have a diaphragm.

When you kick a ball, run a race or swim in the pool, you probably don't think about inhaling. You don't have to! Every time you inhale air, many body parts work together and you don't have to think about it.

When you breathe in, your diaphragm becomes small and flat. It can then move down, so your lungs have more space to fill up with air. Your rib muscles also lift the ribs up to give the lungs more space. At the same time, you inhale air through your mouth and nose. The air goes down your trachea, or windpipe.

Healthy lungs look pink. To keep your lungs pink and healthy, you mustn't smoke. Smoking isn't good for any part of your body, and your lungs really hate it.

Exercise is good for your lungs and heart. When you do intense exercise, your lungs have to have more air to get extra oxygen. As you breathe hard and take in more air, your lungs become stronger. You must look after your lungs so your lungs can look after you!

## WORD BOOSTER

Dopasuj wyrazy 1–4 do definicji a–d.

- |           |   |
|-----------|---|
| 1 flat    | a different from and usually better than normal |
| 2 healthy | b keep someone or something safe                |
| 3 protect | c physically strong and not ill                 |
| 4 special | d level and smooth, without curves              |

- 3 Przeczytaj tekst jeszcze raz i wybierz prawidłowe odpowiedzi.

- 1 The lung on the right side of your body is ...  
a the same size as the lung on the left side.  
b smaller than the lung on the left side.  
c bigger than the lung on the left side.
- 2 Your rib cage ...  
a keeps your bones safe.  
b protects your lungs.  
c gives your left lung more space.
- 3 The diaphragm is a muscle ...  
a round your heart.  
b in your rib cage.  
c under your lungs.
- 4 When you inhale, you ...  
a breathe in.  
b breathe in and out.  
c think about inhaling.
- 5 Your diaphragm moves down ...  
a when you breathe.  
b when you inhale.  
c when you exhale.
- 6 Smoking ...  
a makes you breathe hard.  
b keeps your lungs pink.  
c is bad for your lungs.

- 4 Ułóż zdania w odpowiedniej kolejności.

- a Your lungs then have more space. ☐
- b The air in your lungs gives your body oxygen. ☐
- c You breathe out (exhale). ☐
- d They fill up with air. ☐
- e You breathe in (inhale). ☐
- f Your diaphragm becomes flatter. ☐
- g It moves down. ☐

- 5 Odpowiedz na pytania.

How much intense exercise do you do? What do you do, and how long do you do it for? Do you think your lungs are healthy? Why?/Why not?



## INSIDE INFORMATION

- In an average day, an adult breathes about 25,000 times.
- At rest, a person breathes 14 to 16 times per minute.
- After exercise, a person breathes up to 60 times per minute.