

# The Respiratory System

One of the most important elements your body needs is **oxygen** and the system that brings oxygen into your body is the **respiratory system**.

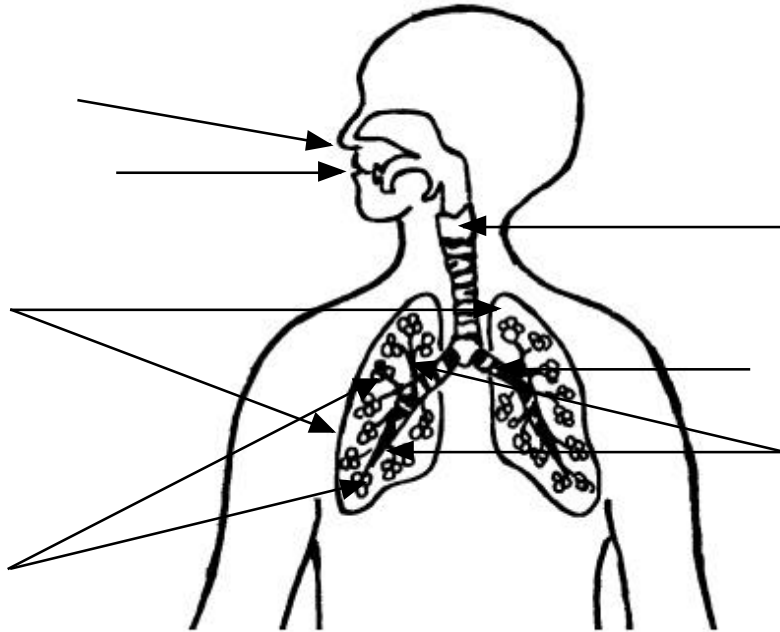
Air, which contains oxygen, enters the body through the **mouth** or **nose**. It then travels down a tube in your throat called the **trachea**. You can feel your trachea by touching your neck just above your chest.

Your trachea branches into two parts just before the lungs called the **bronchial tubes**. Once the air enters the lungs, these tubes continue to branch into smaller **bronchiole tubes**, ending at small sacs known as **alveoli**. At this point, the oxygen in the air enters the bloodstream and the **carbon dioxide**, a waste product from your body, leaves the blood and takes the reverse route out of the body.

How often you breathe is determined by your **breathing rate**. Your brain sends a signal to take a breath every time the amount of carbon dioxide in your body increases. This happens many times every minute. The signal travels to the **diaphragm**, a long muscle located under your lungs. The diaphragm pulls down, making the lungs expand which causes air to enter your mouth or nose.

Can you trace the path using your finger that air takes on the diagram below?

# A Diagram of The Respiratory System



# A Labelled Diagram of The Respiratory System

