

# LUNGS

**Key Concepts:**

1. Lungs are used in breathing.
2. Lungs take oxygen from the air and pass it to the blood to be carried to all parts of the body.
3. To keep lungs healthy and pink, don't smoke, avoid air pollution, eat healthy foods and be physically active.

**Outcomes:**

1. Students will be able to name one way to keep lungs healthy.
2. Students will be able to state why the lungs are so important for health.

**Student Activities:**

Welcome the students to the Lungs. Ask them to sit down.  
(Show Lung Model Prop.)

**Ask: Where are your lungs?**

*Answer: Your lungs are in your chest.*

**Tell the students:** Put their hands on their ribs and take a deep breath and then exhale.

**Tell the students:** Lungs take the oxygen from the air you breathe and pass it to the blood so it can go to all parts of your body like your heart and muscles. When you jump up and down, your heart beats faster. Do you breathe faster, too? Let's find out.

**Activity:** Have students sit quietly for 30 seconds. Have each student count number of times he/she breathes in 30 seconds. Then have students jump up and down 30 seconds. When finished, have students again check number of breaths in 30 seconds.

**Tell the students:** Healthy lungs help you breathe faster when you run and play and help bring oxygen to your exercising muscles.

**Ask: What color are your lungs?**

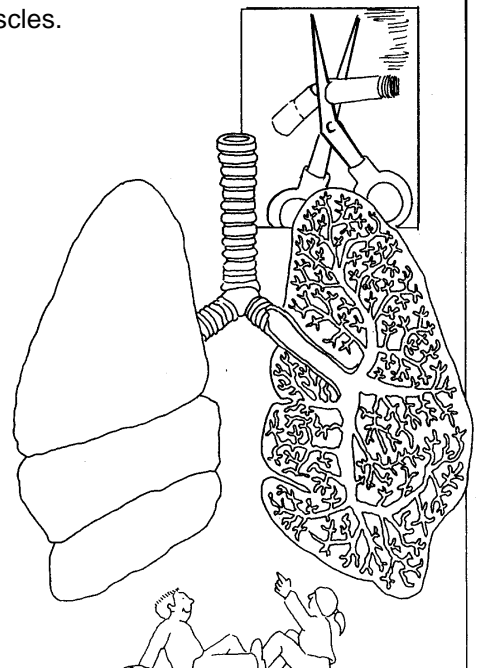
*Answer: Pink - color of tongue.*

**Ask: What can you do to keep your lungs healthy and pink?**

*Answer: One of the best things you can do to keep your lungs healthy is to never start smoking.*

**Ask: What happens to your lungs when you smoke?**

*Answer: When you smoke, you breathe in tars, nicotine and harmful gasses, like carbon monoxide. They make it hard for your lungs to bring in the oxygen your body needs. Smoking turns your lungs gray and unhealthy. (Show the Healthy Lung/unhealthy Lung Poster and the Soft Lung Model Prop.)*





**Tell the student:** The air you breathe is often polluted with smoke, dirt, germs and much more. Sometimes you can see and smell the bad air, but sometimes you can't. Your lungs will try very hard to clean up as much of the dirt and germs that you breathe in. But you can help by avoiding air pollution and fighting to prevent it.

**Ask:** **What happens when smoke gets in your eyes?**

*Answer:* You feel a burning hurt in your eyes.

**Tell the Students:** If your lungs had feeling in them when you got smoke in your lungs, it would hurt just like the burning you feel when you get smoke in your eyes.

**Ask:** **What are some things we can do to help keep the air clean?**

*Answer:*

1. Don't smoke.
2. Ask others not to smoke
3. Ride your bike or walk instead of always using the car
4. Avoid using paints, glues, bug killers and household cleaners that come in spray cans.

**Ask:** **Is it harmful to be around others who smoke?**

*Answer:* Smoke from someone else's cigarette, cigar or pipe is called second-hand smoke and can be harmful to nonsmokers. Tobacco smoke contains hundreds of poisons that circulate in the air which can be inhaled by anyone nearby.

**Ask:** **What else can second-hand smoke do?**

*Answer:* Second-hand smoke can make it hard for children with asthma to breathe.

**Ask:** **Who is going to keep their lungs pink and healthy so that they work best?**

**Tell the Students:** You are now ready to visit the muscles.