What is the month and the date of your birth\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_. ( *Example: (Nov/30)*

Please circle the correct answer(s).

1. What conditions affect the respiratory system?

* *Asthma*
* *Pneumonia*
* *Bronchitis*
* *Sleep* *apnea*

1. What other body system works with the respiratory system?

* *Circulatory*
* *Skeletal*
* *Excretory*
* *Neurological*

1. What are the air sacs in your lungs called?

* *Bronchioles*
* *Capillaries*
* *Alveoli*
* *Bronchial tubes*

1. What body part is not included in your airways?

* *Larynx*
* *Trachea*
* *Bronchioles*
* *Femur*

1. Our bodies move carbon dioxide and waste products from the air.

* *True*
* *False*

1. Your body controls breathing. Lungs are like sponges; they cannot get bigger on their own. Muscles in your chest and abdomen tighten or contract to create a slight vacuum around the lungs causing air to flow in. When you exhale:

* *The muscles relax and the lungs deflate on their own*
* *The Muscles aren’t involved*
* *The lips push air into the lungs*
* *The gluteus maximus pushes the air out*

1. Your breathing usually does not require any thought because it is controlled by the autonomic nervous system, also called the involuntary nervous system.

* *True*
* *False*

1. Breathing requires no effort from your body unless you have a lung disease or are doing physical activity

* *True*
* *False*

1. Which of the following can damage your airways?

* *Cigarette Smoke*
* *Air pollutants*
* *Vaping*
* *Chew tobacco*

1. When you exhale you breathe out:

* *Nitrous oxide*
* *Carbon monoxide*
* *Potassium chloride*
* *Carbon dioxide*

KEY

1 Circle All 4

2 Circulatory

3 Alveoli

4 Femur

5 False

6 The muscles relax

7 True

8 True

9 Chewing Tobacco

10 Carbon Dioxide