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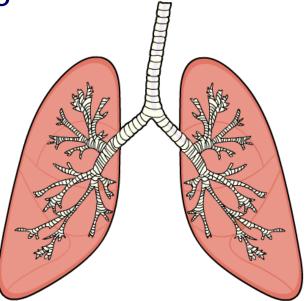
What is breathing?



The body uses the respiratory system to get the oxygen needed for respiration.

It is also used to get rid of one of the waste products of respiration: the gas carbon dioxide.

Breathing in and breathing out are separate processes in the body.



Breathing in is called **inhalation**. When you inhale, you breathe air, including oxygen, into your lungs.

Breathing out is called **exhalation**. When you exhale, you breathe out the contents of your lungs and get rid of the waste gas carbon dioxide.







What happens when you breathe in and out?

What happens to the volume of your lungs and chest when you inhale and exhale?

What causes their volume to increase and decrease?

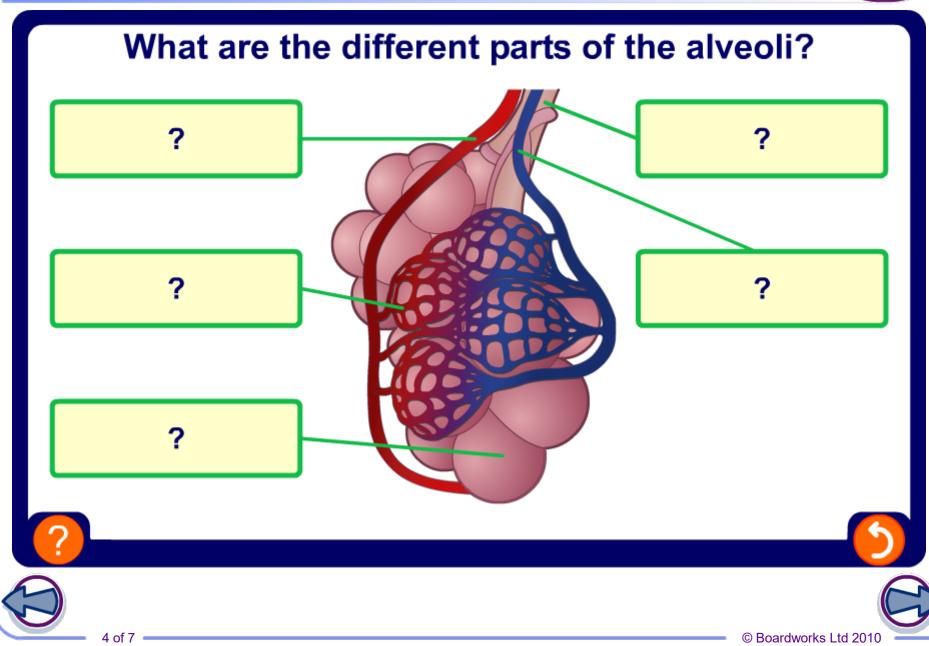
Click "**play**" to find out about breathing.





The alveoli





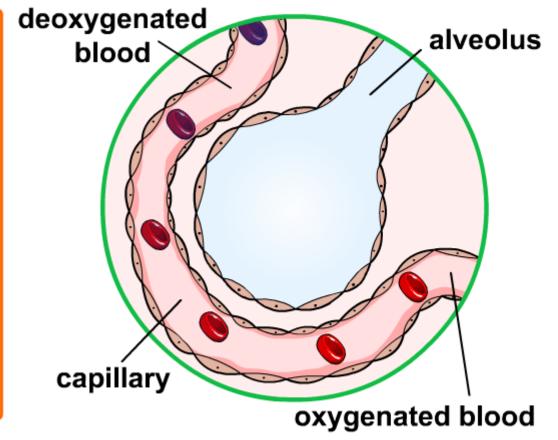


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What happens in the alveoli during gas exchange?

Gas exchange takes place within the alveoli by diffusion of oxygen and carbon dioxide between inhaled air and the bloodstream.

Click "**play**" to find out what happens.



Comparing inhaled and exhaled air



What are the differences between inhaled and exhaled air?

Inhaled Air	Exhaled Air
Oxygen: 21%	Oxygen: 16%
Carbon dioxide: 0.04%	Carbon dioxide : 4%
Water vapor: small amount	Water vapor: large amount

What are the main differences?

How could you test for the differences between inhaled and exhaled air?







