

True or False? Facts About Lungs

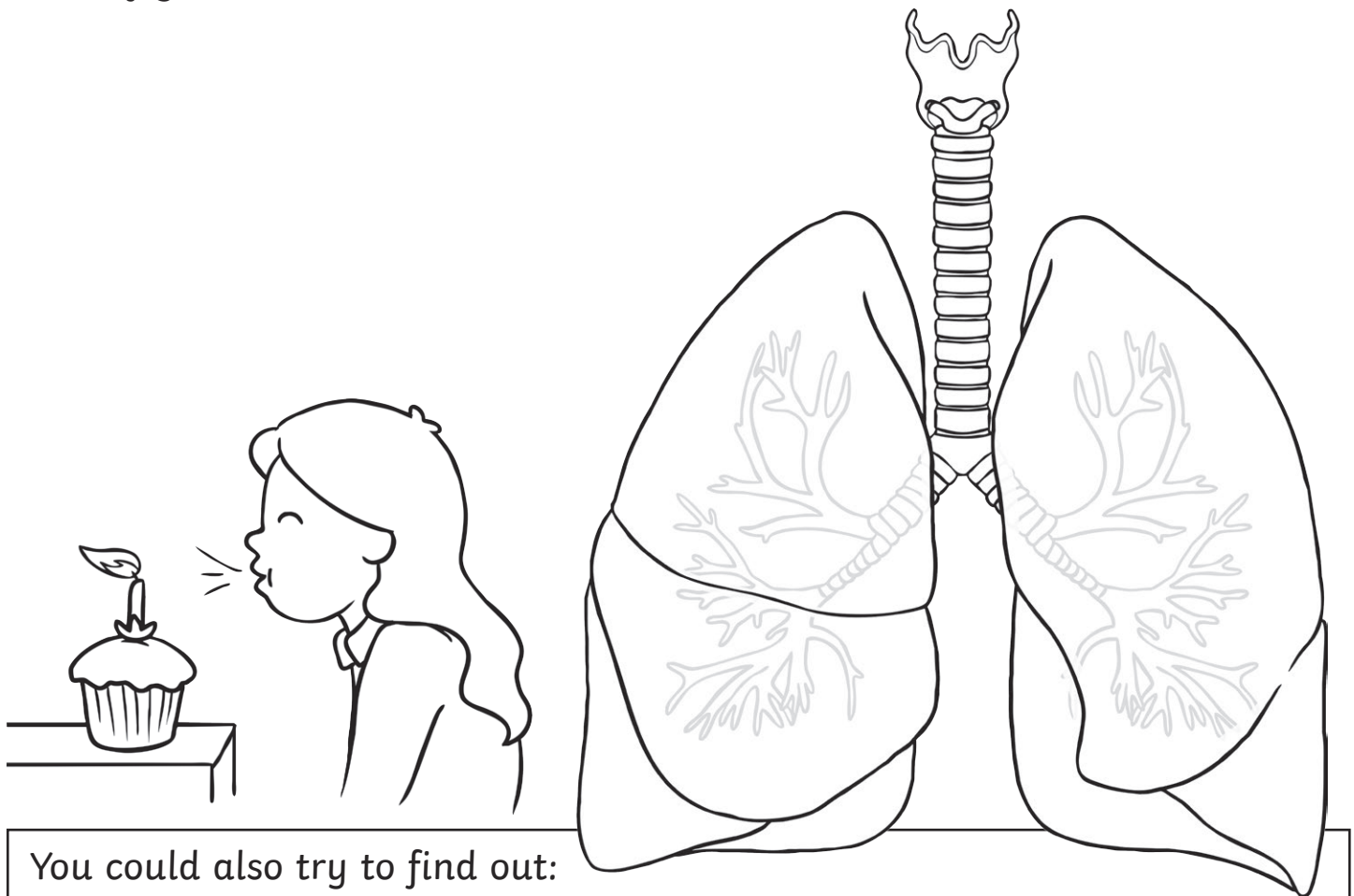
Amazing Fact

Sighing is the act of taking one breath on top of another breath. Scientists have found that we need to sigh at least 12 times an hour to avoid damaging our lungs.

Challenge

Read the statements about lungs on the following page.

Write whether you think they are true or false. Then research the statements to see if you are correct.



You could also try to find out:

- how the brain controls breathing;
- what happens after we breathe in;
- what the air we breathe is made up of.

True or False? Facts About Lungs

Facts	True or False
Lungs help blood to get around your body.	
Humans have two lungs.	
Lungs transport oxygen around your body, from the air you breathe in.	
Smoking is good for your lungs.	
The average adult breathes 200 times a minute.	
You can help your lungs work better by doing exercise.	
People who have asthma have problems with their legs.	
You cannot live with one lung.	
Your lungs are in your tummy.	
Bronchitis is an illness of the lungs.	

True or False? Facts About Lungs

Answers

Facts	True or False
Lungs help blood to get around your body.	false
Humans have two lungs.	true
Lungs transport oxygen around your body, from the air you breathe in.	true
Smoking is good for your lungs.	false
The average adult breathes 200 times a minute.	false
You can help your lungs work better by doing exercise.	true
People who have asthma have problems with their legs.	false
You cannot live with one lung.	false
Your lungs are in your tummy.	false
Bronchitis is an illness of the lungs.	true