

Chapter - 14
Breathing in and Out
Worksheet – 1

Q.1 Fill in the blanks:

1. All living beings _____ to stay alive.
2. We breathe in air through our _____.
3. The air we breathe in, is rich in _____.
4. From the nose, the air passes through the _____.
5. The oxygen rich air from lungs then enters _____.

Q.2 True false:

1. Carbon dioxide rich air is pure.
2. Diaphragm separates the chest (containing lungs) from the abdomen.
3. Lungs and heart are protected by the ribcage.
4. During inhalation, the diaphragm moves up and ribs move inward.
5. We feel breathless when we do vigorous physical exercises.

Q.3 Subjective questions:

1. Define breathing.
2. What is meant by inhalation?
3. What is a rib cage?
4. How do we breathe? Explain the process.
5. Explain changes that take place in diaphragm during inhalation and exhalation?