

Chapter - 14
Breathing in and Out
Worksheet – 2

Q.1 Fill in the blanks:

1. The air that we breathe out is _____ and _____.
2. The air that we breathe out has _____.
3. When we breathe in air, _____ enters our body.
4. It is important that we breathe in deeply and do breathing _____ to stay healthy.
5. Tiny hair present in our nostrils trap the _____.

Q.2 True false:

1. We must always inhale through our mouth and not through our nose.
2. We should cover our head while sleeping.
3. Going for a walk, early in the morning, helps us to inhale clean and fresh air.
4. We should maintain oral hygiene.
5. We should brush our teeth regularly.

Q.3 Subjective questions:

1. When we blow air on a glass, why does it turn hazy or cloudy?
2. How is breathe useful?
3. Why is it important to breathe deeply?
4. Why should we always inhale from our nose?
5. Why kind of air should we breathe in?