**We need the respiratory system because our body does not store oxygen.**

**The main organs in the respiratory system are the lungs.**

**INHALING:**

* **How oxygen from the air travels to cells inside your body:**
1. **Air enters nasal passages (nose and mouth) as you breathe in.**
2. **Air travels through throat to trachea, also known as the windpipe.**
3. **Trachea divides into two tubes, the bronchial tubes.**
4. **Bronchial tubes lead to lungs.**
5. **In lungs, bronchial tubes divide into small branches called bronchioles.**
6. **Air sacs (alveoli) found at ends of tine branches. In air sacs, oxygen in air passes to blood inside capillaries. Blood carries oxygen to heart, which pumps blood with oxygen throughout body.**
7. **Diaphragm (thick sheet of muscle located at bottom of chest cavity) moves up and down during inhaling. Moves up when a person exhales.**

**EXHALING:**

* **Waste product is carbon dioxide, which is made by cells when sugars are turned into energy to keep cells alive.**
* **Too much carbon dioxide = poison.**
* **Blood cells absorb oxygen from air in alveoli (air sacs) and give up carbon dioxide.**
* **Exhaled air has less oxygen and more carbon dioxide.**
* **There is still some oxygen in exhaled air, which explains why CPR is possible to help someone else breathe.**