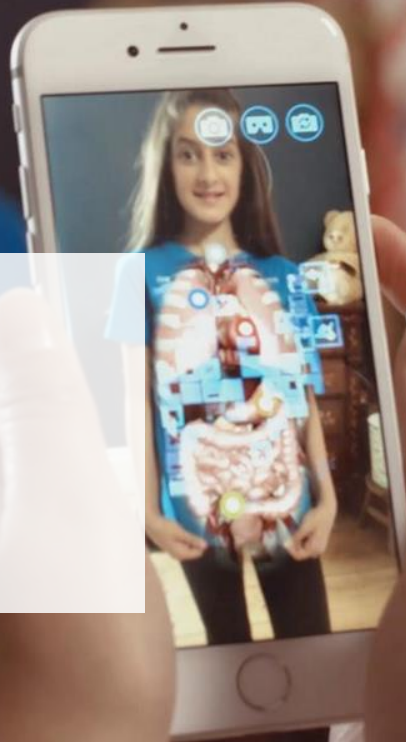


Respiratory System Quiz

CURISCOPE

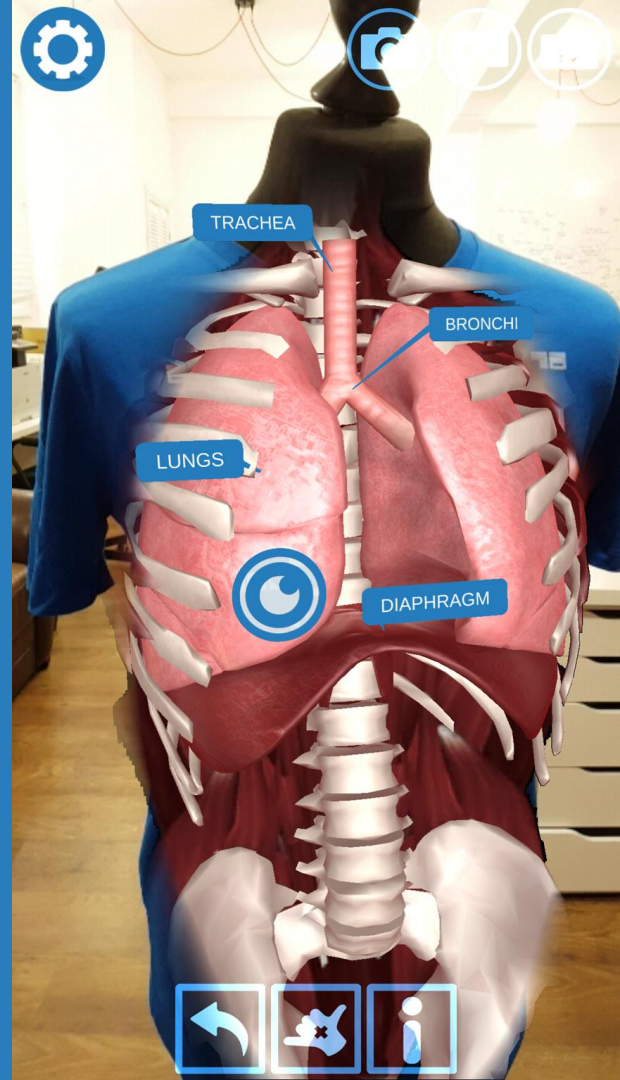
Respiratory System



Roughly how many times do we breathe in and out?

1. Every time you blink
2. 1 million times a day
3. Every time you breath in
4. 100,000 times a day

Adults normally breathe 12-20 times a minute when resting, but for children it is normal to take almost twice as many breaths.



Why do we need Oxygen?

1. To make water with Hydrogen
2. To digest our food
3. To conduct electricity
4. To convert sugars to energy

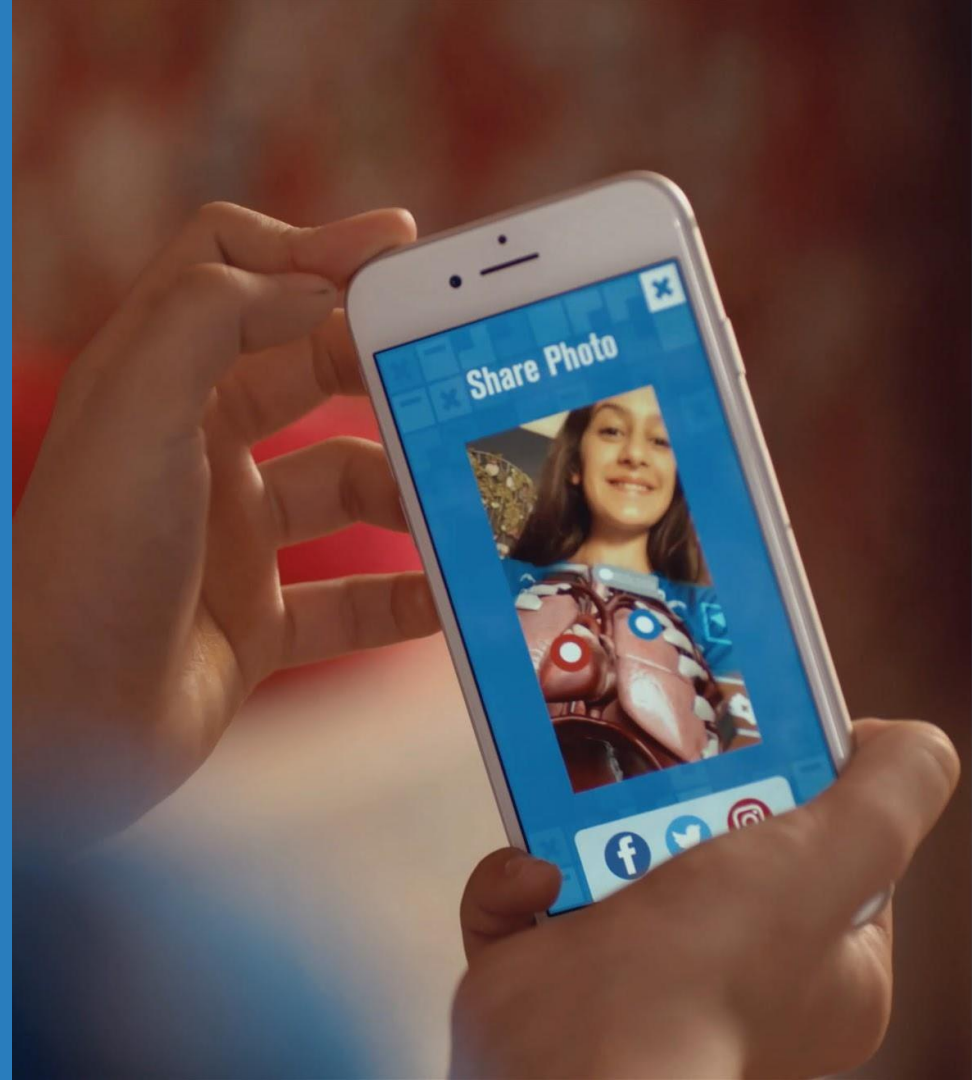
A process involving oxygen is known as aerobic. In our bodies aerobic respiration is the way we convert sugars into the energy our bodies need.



How many bronchi do you have?

1. 2 for each lung
2. 4
3. 2
4. Millions

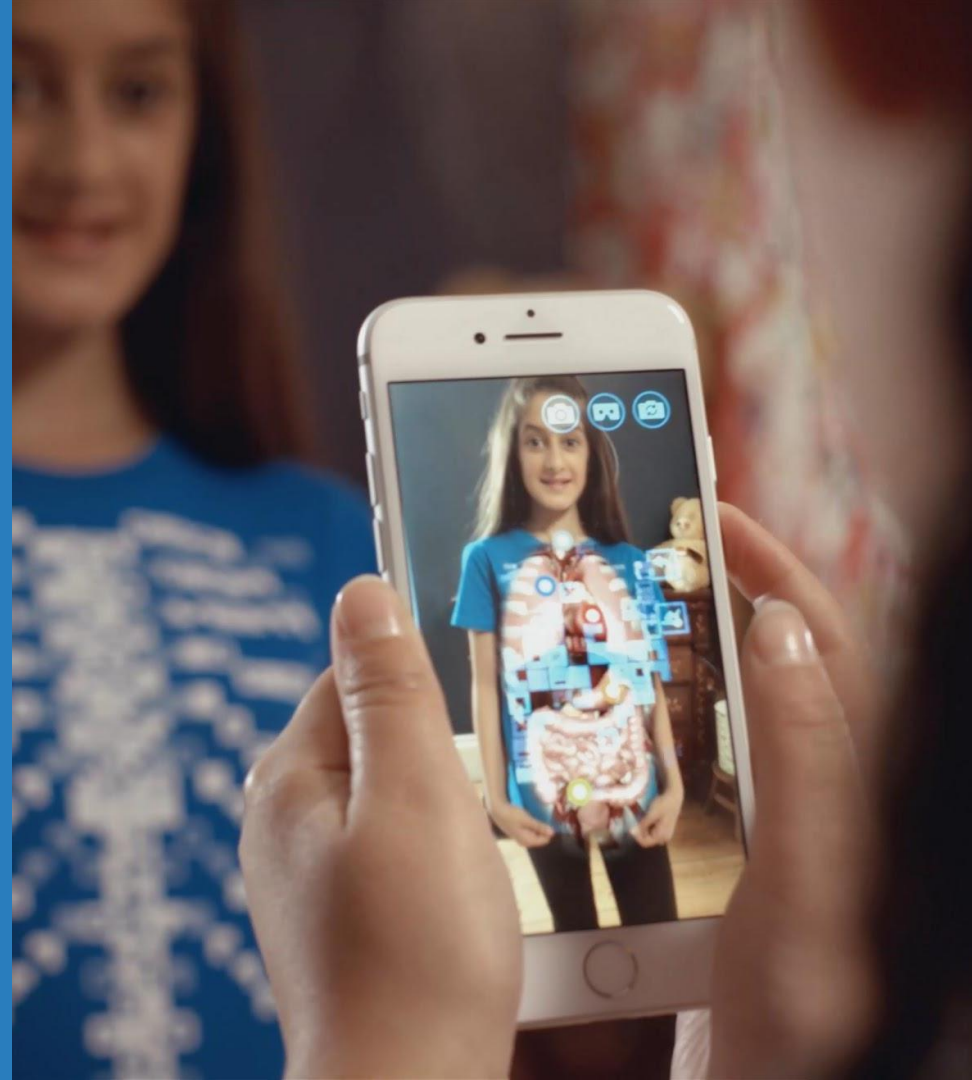
Bronchi is plural for your left and right Bronchus - they are the extensions of your windpipe into the lungs.



What are the small air sacs in lungs called?

1. Abalone
2. Alveoli
3. Ravioli
4. Anchovy

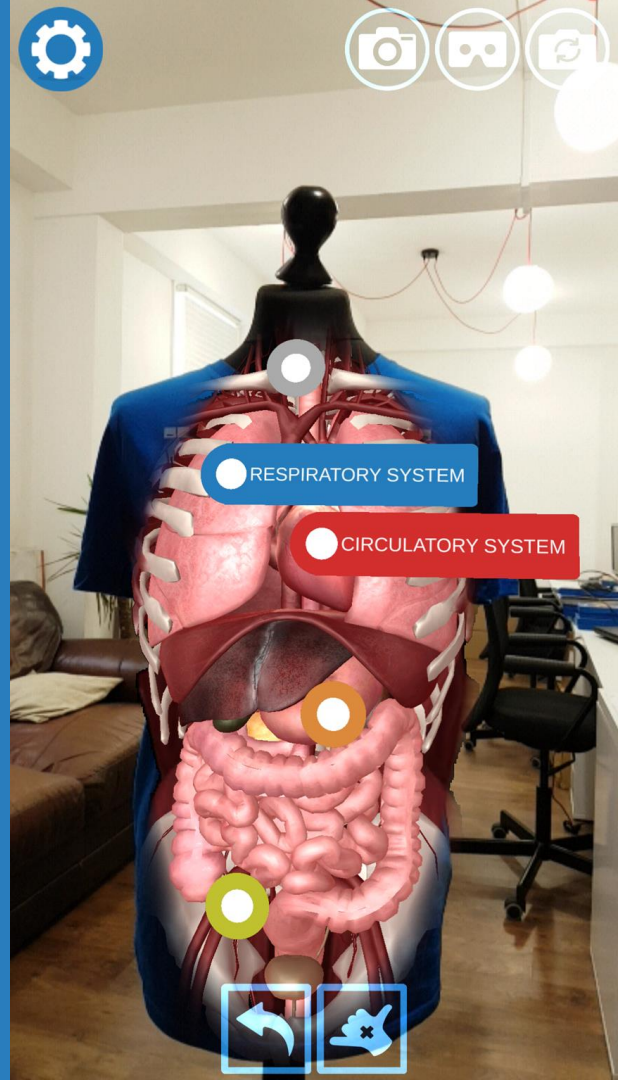
Whilst it is possible to get Anchovy in your lungs, it is not recommended!



Which of these muscles pull air into your lungs?

1. Heart
2. Tongue
3. Diaphragm
4. Bicep

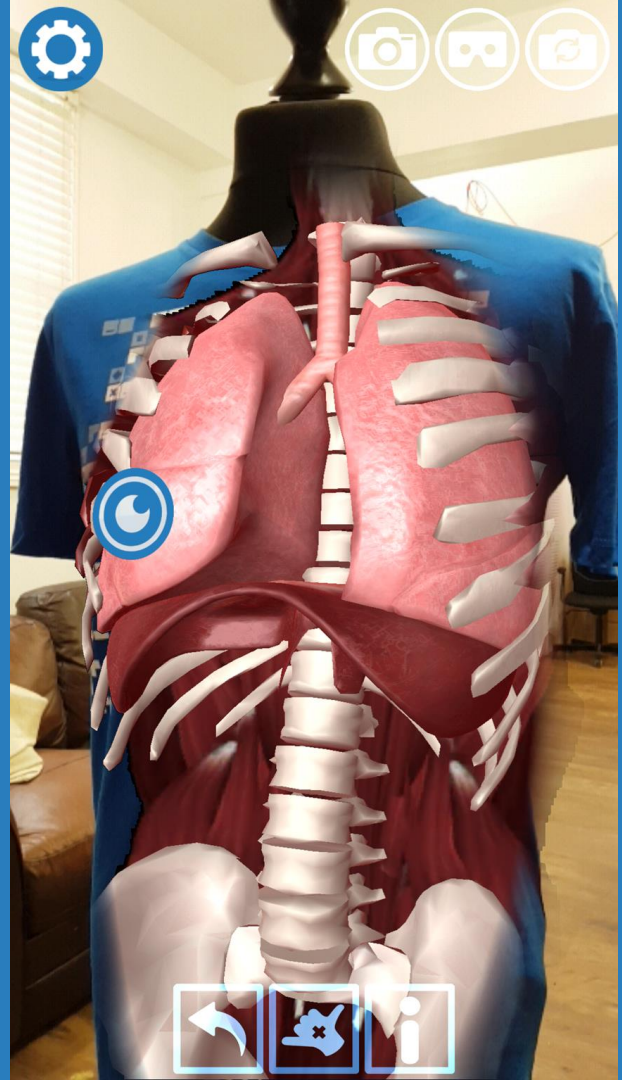
The diaphragm is a dome shaped sheet of muscle that separates your chest from your abdomen.



What causes hiccups?

1. Involuntary contractions of your diaphragm
2. Involuntary contractions of your heart
3. Involuntary contractions of your throat
4. Involuntary contractions of your tongue

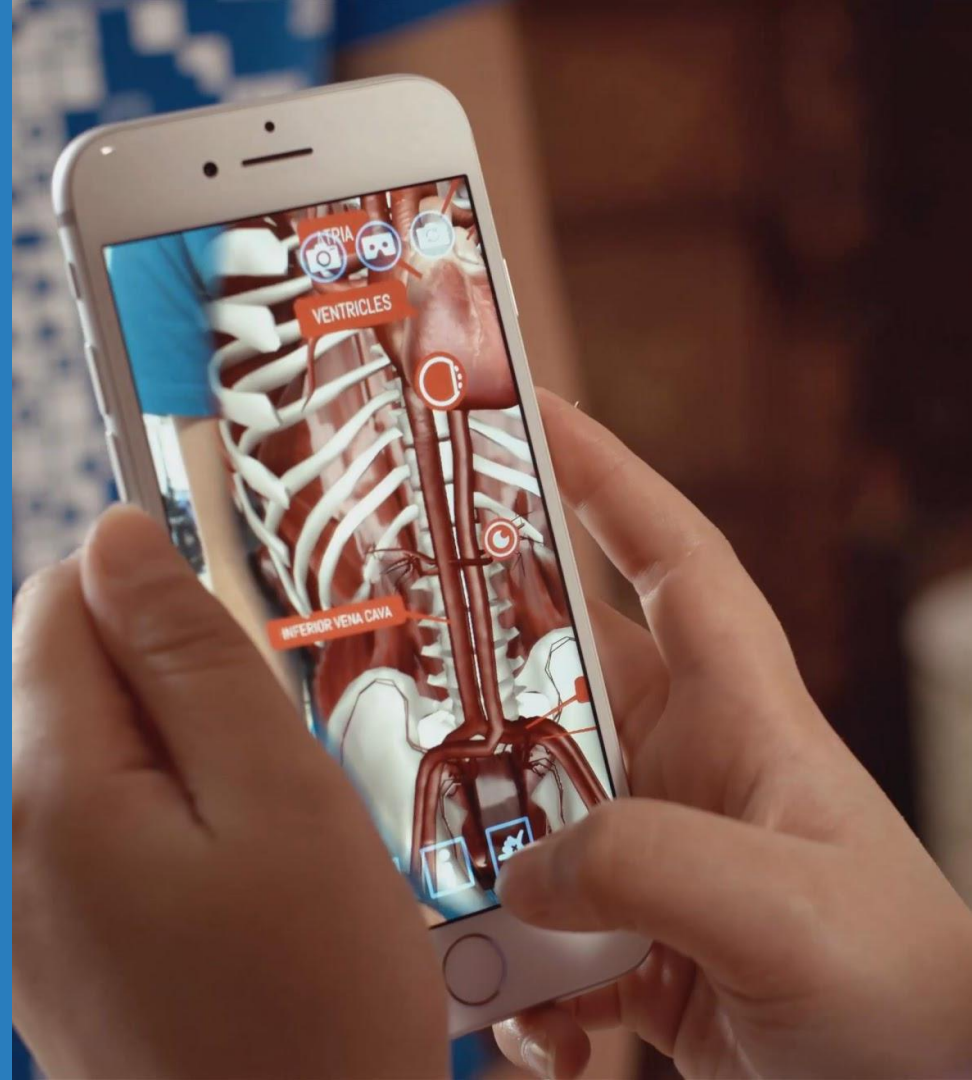
Hiccups are spasms caused by irritation of the nerves of the diaphragm, luckily they rarely last too long!



Blood flows to the lungs AFTER which organ?

1. The brain
2. The heart
3. The kidneys
4. The spleen

And don't forget, the blood also flows back to the heart AFTER the lungs - where it has been oxygenated.



What can help recover your breath after exercise?

1. Facing north
2. Placing your hands on your hips
3. Rolling your tongue
4. Shutting your eyes

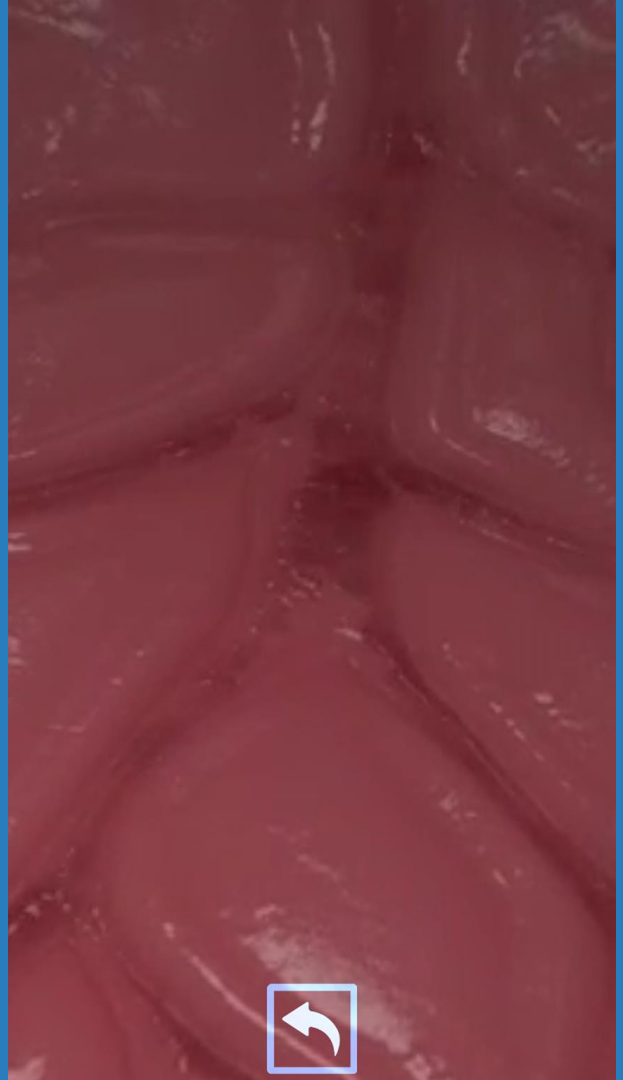
Placing your hands on your hips opens up more air space in your lungs.



What exchanges in an Alveoli?

1. Glucose
2. Gases
3. Vitamins
4. Blood

Two gases exchange in the alveoli of our lungs: Carbon Dioxide and Oxygen.



What happens to Carbon Dioxide in the lungs?

1. You breathe it out
2. It converts to Oxygen
3. It converts sugars to energy
4. It turns to liquid

To prevent reaching toxic levels, Carbon Dioxide is removed from the blood by the alveoli and sent back to the lungs to be breathed out. Nice!

