

## II. HOW DO YOUR LUNGS WORK

The lungs are the main organs for breathing. Each time you breathe, air enters through your nose and mouth and passes through your windpipe, known as the trachea. It then passes into the lungs. The lungs have branching airways called bronchial tubes. The bronchial tubes are wrapped by bands of muscle.

The lining of the airway produces mucus, a sticky substance which helps you get rid of dust, particles or germs that you breathe in which may irritate your lungs. The air then travels deeper into the lungs through smaller bronchi called bronchioles. The bronchioles end in balloon like sacs called alveoli.

1 These air sacs take oxygen from the air you breathe in and pass it into the bloodstream. They also collect carbon dioxide, a waste product from the bloodstream, which you breathe out. This exchange of oxygen and carbon dioxide is very important because every cell in the body needs oxygen to function. It takes a constant supply of oxygen for the cells of your body to live.

