

WEEK BEGINNING FORECAST

UNIT-6

Topic- Staying healthy

SUBTOPIC: L-4- Lungs and breathing

L-5-Some health dangers

Aids: proposed to be used

Videos, charts, examples etc

Main points to be developed: To understand the structure and mechanism of lungs in human body.

What are medicines? How are they different from other drugs and their harmful effects.

Home tasks: Label the parts of Lungs (pg 88), learn class test.

Review:

1-Hard words:

- 1) Nostrils
- 2) Wind pipe
- 3) Ribs
- 4) Chest
- 5) Diaphragm
- 6) Smoke
- 7) dangerous
- 8) Air Sac
- 9) Relaxes

10) Respiration

11) Lung cancer

12) Wind pipe

13) Tuberculosis

II-Fill in the blanks:

1) Inhalation of smoke that comes from someone else smoking is called passive smoking.

2) Tuberculosis and Lung cancer are the two diseases caused by smoking.

3) Lungs transfers oxygen from the air into the blood.

4) Breathing involves the exchange of two gases the oxygen and Carbon dioxide into and out of our bodies.

5) There are millions of blood capillaries carrying blood through the lungs.

6) The hair present in the nose filter out particles in the incoming air.

III. TRUE AND FALSE

1. Carbon dioxide is the most important gas in the air. (false)

2. Drinking too much tea, coffee or cola can disturb our sleep pattern and make our hear beat faster. (true)

3. All medicines are drugs, but all drugs are not medicines.(true)

4. All medicines have a beneficial effect on our body. (false)

IV - Name the following:

Q1) A flat sheet of muscle under the ribs and lungs.

Ans: Diaphragm.

Q2) At the end of each airway in the lungs there are tiny little swellings called

Ans:air sacs or alveoli.

Q3) Two waste substances produced during respiration

Ans: Water and carbon dioxide.

V. Match the following.

B

A

- | | |
|-----------------------------------|--|
| 1. Chest relaxes and gets smaller | a) as the ribs moves upwards and out wards (5) |
| 2. A pair of lungs weighs | b) can be addicted (3) |
| 3. Some drugs | c) about one kg (2) |
| 4. Nicotine | d) as the ribs moves back (1) |
| 5. Chest expands | e) a chemical in a tobacco (4) |

VI- Define:

1) Respiration.

The process by which food is broken down to release energy ^{with the help of} ~~where~~ oxygen ^{is used} ~~used~~ ~~respiration~~, carbondioxide and water are released as waste substances.

2) Drug
^{chemicals}

A substance that kills pain or cures an illness.

VII. Questions and Answers.

Q.1. Explain the structure of lungs.

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Lungs are spongy air filled organs situated one on each side of the

heart. The wind pipe that enters into each lung divides into smaller tubes called air tubes that ends in a tiny swellings called air sacs.

Inside the air sacs there are many blood capillaries.

Each lung has millions of air sacs.

Q.3. Write the mechanism of lungs in the human body .

During inhalation the chest cavity gets bigger due to the upward and outward movement of ribs and flattening of diaphragm. The air rushes in through the windpipe and fills the lungs.

when we breathe out the chest and the diaphragm relaxes and become smaller again. This forces out the air out of the lungs and it passes out through the nose.

VIII. Give Reasons.

Q.1. We breathe faster during exercise or any other physical activity.

During exercise our muscles work hard and they need more energy. Thus more oxygen is drawn into the lungs, to release more energy through respiration.

IX. Label the parts of lungs. (page 88) (H. W)

work sheet :