

Activity sheet 4 - Answer Sheet

Cycling health



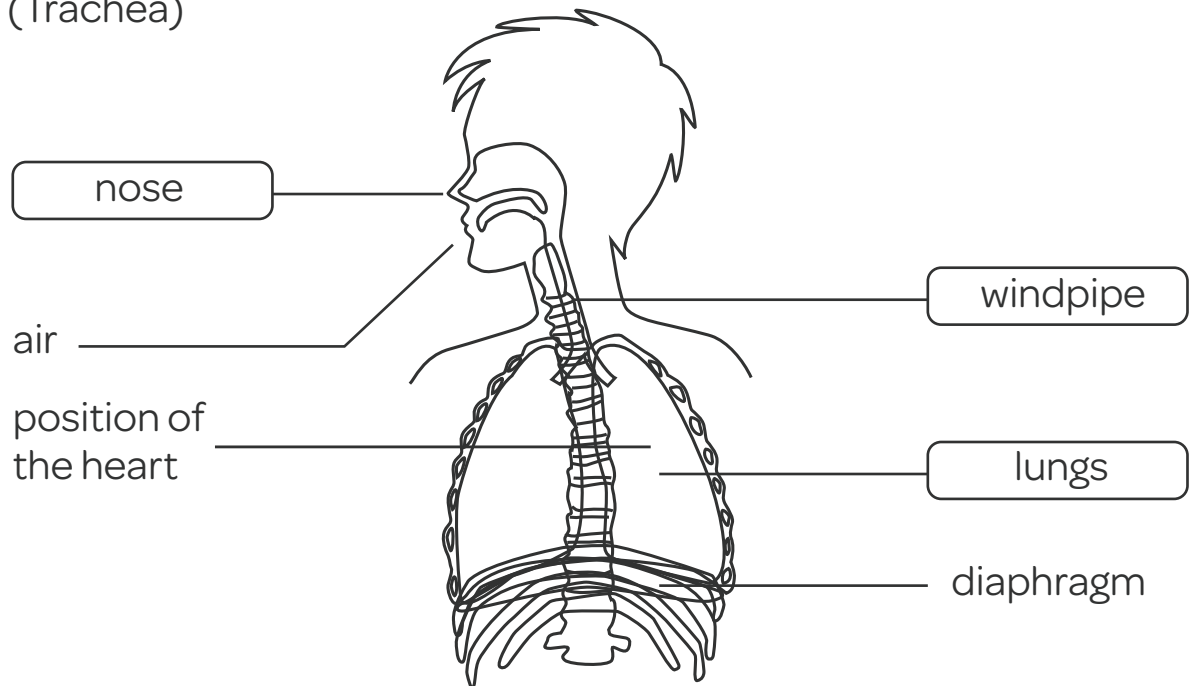
Respiration

Finish labelling this diagram:

Nose

Windpipe (Trachea)

Lungs



Fill in the missing words to complete this paragraph about respiration.

Respiration is a chemical reaction which occurs in every cell in your body. Glucose, a kind of sugar, reacts with oxygen to release energy. When we inhale (breathe in) we take in oxygen. The muscle below the ribcage called the diaphragm is pulled down and air fills the lungs. It passes into tiny blood cells and is taken around the body.

When we cycle we are taking aerobic exercise. We use up the energy stored in our muscles.

cell

inhale

muscles

body

chemical

energy

diaphragm

exercise

lungs