

NAME: \_\_\_\_\_

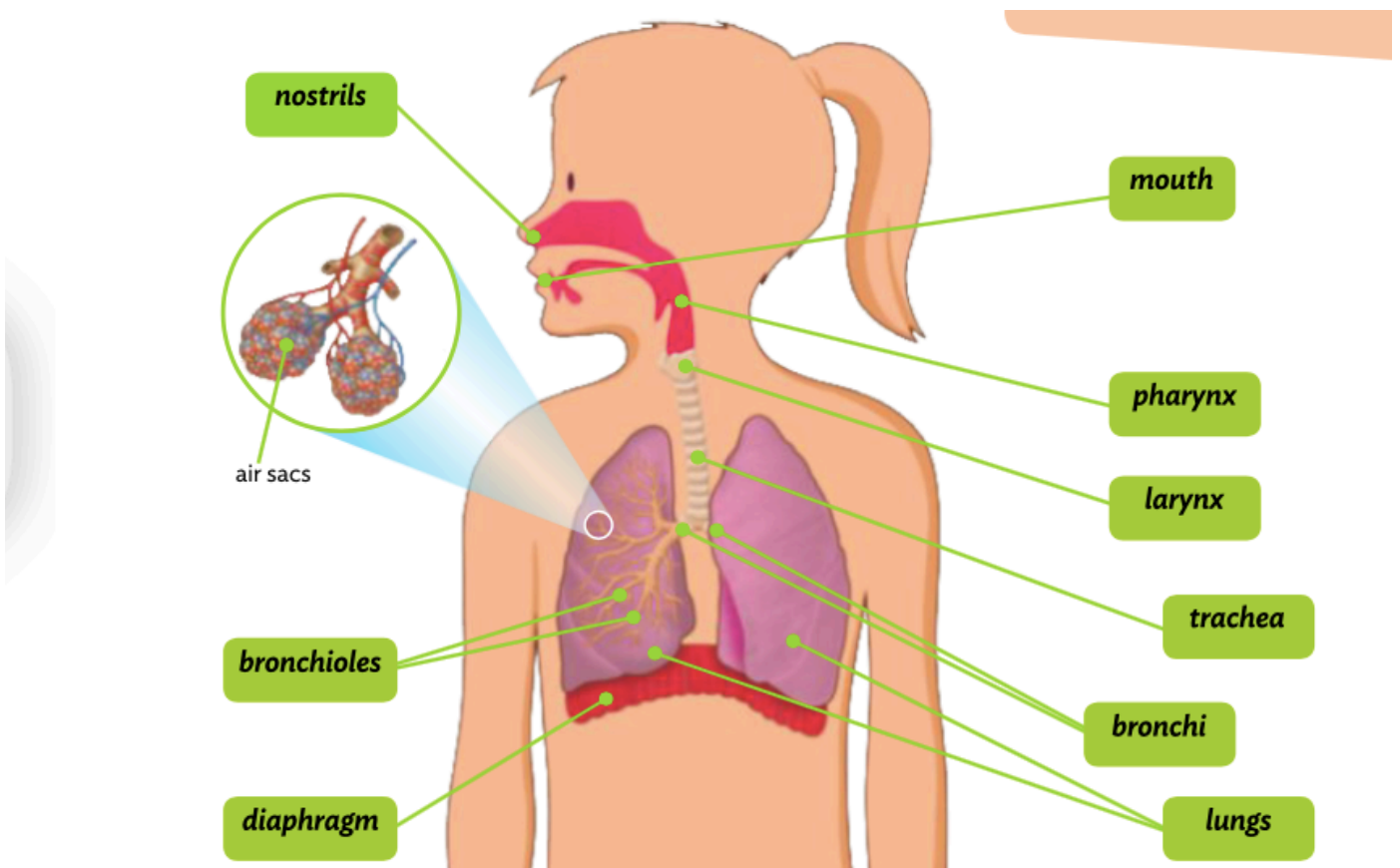
TEACHER ÁLEX

**RECUERDA:**

Las siguientes actividades son para realizar durante toda la semana. Te propongo hacer una ficha diaria y así repartir el trabajo durante tres días. Al final, encontrarás las respuestas a las actividades y así comprobar tu progreso. También puedes hacer una foto a tus ejercicios y enviármela por papas 2.0. Un abrazo muy fuerte y ánimo.

**THE RESPIRATORY SYSTEM**

1. Observe and draw, then, study the diagram. Observa el dibujo, luego cópialo en tu cuaderno. Después, estúdialo.



\* Remember the pronunciation or check the words in [www.wordreference.com](http://www.wordreference.com)

1. Read, copy and translate. Lee, copia y traduce en tu cuaderno.

## The respiratory system

**Respiration** takes place in the **respiratory system**. It involves two stages: inhalation (breathing in) and exhalation (breathing out).

During **inhalation**, the diaphragm **contracts** and **descends**, creating space for the lungs to expand. This movement draws air with oxygen into your nostrils and mouth. Then, the air continues down the pharynx, the larynx and the trachea to the lungs. At the lungs, the air enters the bronchi, then the bronchioles and finally it reaches the air sacs.

During **exhalation**, the diaphragm **relaxes** and **rises**, pushing air out of the lungs. The air with carbon dioxide leaves the body from the air sacs through the air passageways all the way back to the nose and mouth.

2. Copy the words on your notebook and number. Copia las palabras en tu libreta y enumera. Luego, comprueba tus respuestas (al final de este documento).

### Science: Healthy living

#### Words



#### The respiratory system

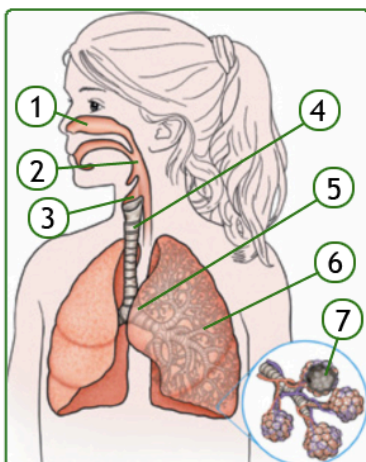
Presentation

Practice

Puzzle



Number the words.



... alveolus

... bronchioles

... bronchus

... exhalation

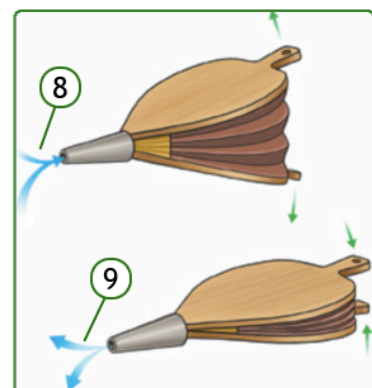
... inhalation

... larynx

... nose

... pharynx

... trachea



## REVIEW:

1. Now, let's check the previous unit by reading the next guidelines and then, matching the nutrients with their function. Ahora, revisaremos el tema anterior, leyendo las siguientes directrices para una dieta sana y, después, uniendo los nutrientes con su función.

**Recommendations for a healthy diet**

Reading

Listening

The Real Thing



Read the text.

These guidelines can help you to maintain a healthy diet.

1. Eat foods from all the food groups.
2. Reduce your intake of sweets, cakes, pastries, and sweet drinks. They only provide empty calories.
3. Avoid animal fats, if possible. They are bad for the circulatory system.
4. Eat lots of fresh fruit and vegetables. They contain vitamins and fibre.
5. Choose wholemeal bread and pasta, if possible. They contain fibre.
6. Eat more fish than meat.
7. Chicken is better for you than beef because it has less fat.

**Recommendations for a healthy diet**

Reading

Listening

The Real Thing



Now match.

**nutrients****help our body**

fats



grow

carbohydrates



be full of energy

proteins



be hydrated

vitamins and  
minerals

function well

water



be full of energy

ANSWERS/ RESPUESTAS:

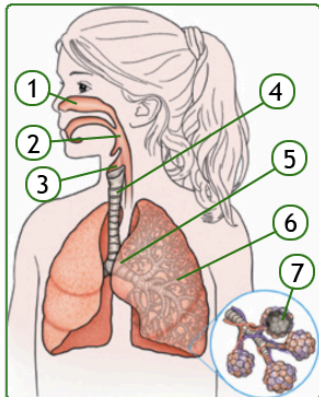
**Science: Healthy living**  
Words



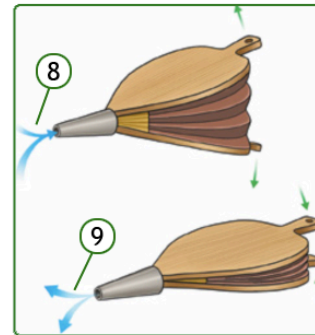
**The respiratory system**



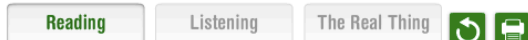
Number the words.



- 7 alveolus
- 6 bronchioles
- 5 bronchus
- 9 exhalation
- 8 inhalation
- 3 larynx
- 1 nose
- 2 pharynx
- 4 trachea



**Recommendations for a healthy diet**



Now match.



**nutrients**

- fats
- carbohydrates
- proteins
- vitamins and minerals
- water

**help our body**

- grow
- be full of energy
- be hydrated
- function well
- be full of energy

