

VIDYA BHAWAN BALIKA VIDYAPEETH, LAKHISARAI

CLASS-3

SUBJECT-E.V.S

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BY-KIRTI KUMARI

BASED ON NCERT PATTERN

Chapter-3, Respiratory system

Word Bank

1. Respiratory system: the body system that deals with breathing.
2. Windpipe: an air passage that carries air from the nose to the lungs in the body.
3. Lungs: spongy bag- like structures that are located in the chest cavity.
4. Breathing: process of taking in oxygen and throwing out the carbon dioxide.
5. Diaphragm: an organ that helps the lungs to expand and contract while breathing.
6. Deep breathing: method of breathing in a lot of oxygen-rich air.
7. Air pollution: the addition of harmful substances to the air as a result of human activities.

Quick look

- The respiratory system deals with the process of breathing.

- The main organs of respiratory system are nose , windpipe, and lungs.
- The process of breathing involves two steps – inhalation(taking in air) and exhalation (throwing out air).
- Deep breathing is a type of pranayama in which a lot of oxygen is taken in.
- Air pollution is the most harmful for all living beings.

Homework-Write it clearly in your notebook.