

## ONLINE STUDY MATERIAL-6

### SUBJECT-E.V.S

SESSION-2020-21

CLASS-V

## CHAPTER 6

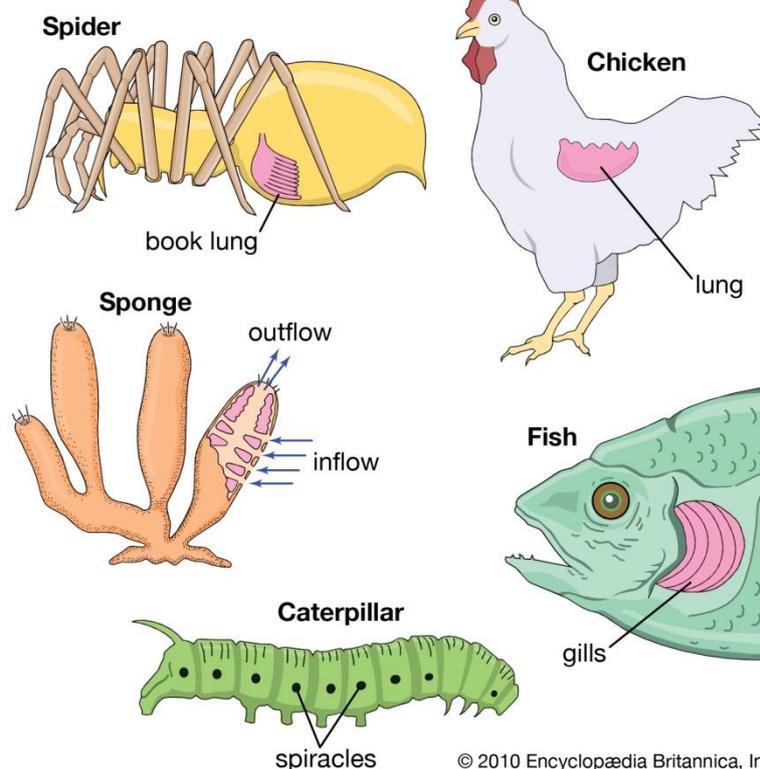
### TOPIC: EVERY BREATH YOU TAKE

## DAY-1

### ❖ Points to remember

- All living things breathe to stay alive.
- Plants breathe through small holes ( stomata) present under the surface of their leaves.
- Fish breathe through gills.
- Mammal like human beings, elephants, cats and dogs have lungs to breathe.

#### Different ways of breathing



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## ❖ ACTIVITY

- List any four activity in which you need to blow or suck air.

## ❖ Think & Answer

- ★ Breathing and respiration are similar. No

## Q/A round

Q: Mention some ways of how different animals breathe.

Ans- Fish breathe through their gills and mammals like elephants and cats breathe through their lungs.

## Weblink

<https://youtu.be/JQvdXX7hGqI>

# DAY-2

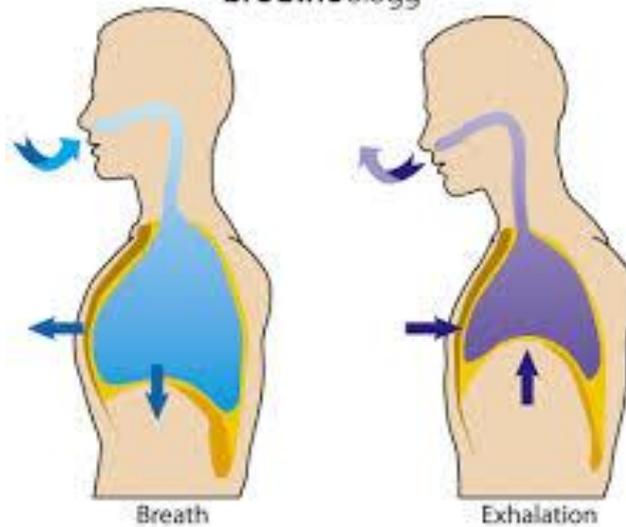
## ❖ Points to remember

### INHALING AND EXHALING

- Taking air in is called **inhaling**.
- Giving out air is called **exhaling**.
- Breathing in animals involves taking in oxygen and giving out carbon dioxide.

The movements of the chest during breathing.

breathology®



### Q/A round

Q: What do you mean by breathing?

Ans: The process of respiration, during which air is inhaled into the lungs through the mouth or nose and then pumping out the stale air or unwanted carbon dioxide is called breathing.

### Do you know ???

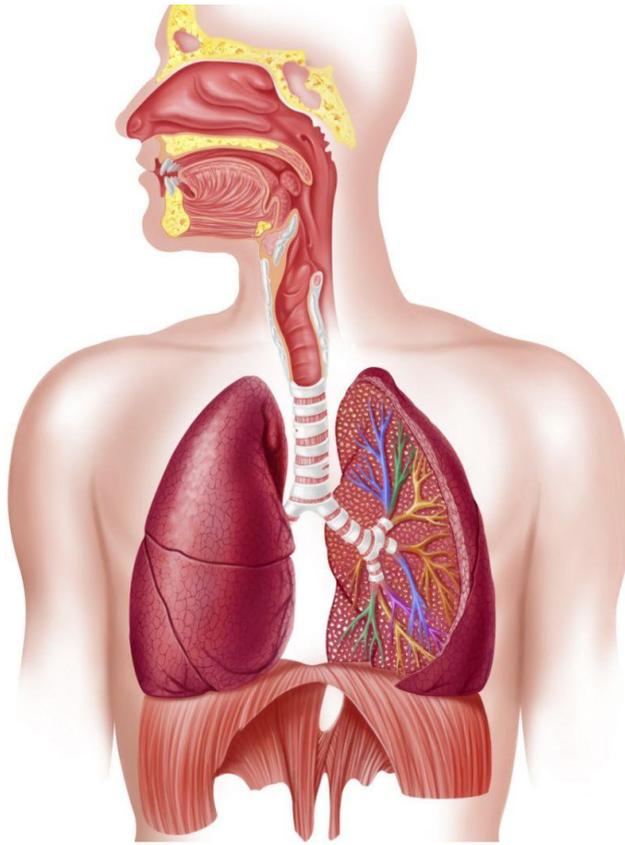
- On an average, we breathe around 13-17 times in a minute. This rate may increase up to 60-80 times, after running.

## DAY-3

### ❖ Points to remember

#### RESPIRATORY SYSTEM

- Human beings inhales oxygen and exhale carbon dioxide by the means of respiratory system.
- The respiratory system in humans is a pathway from the nose to the lungs.
- The whole process takes place with the help of a muscle called the diaphragm.
- When we we inhale, these muscles together stretch the lungs.
- When we exhale, these muscles contract and bring the lungs back to the normal size.



### **Think & Answer**

Respiration releases energy. Yes

Our blood carries oxygen to all parts of our body. Yes

### **Web links :**

<https://m.youtube.com/watch?v=LljOZcplfVk>

### **Q/A round**

**Q.** Name the body parts that help us in breathing.

**Ans:** Nose, nasopharynx, pharynx and trachea ( windpipe), lungs, blood vessels, diaphragm and another set of small muscles between the ribs help us in breathing.

### **Do you know?**

We should always breathe through our nose and not through our mouth. This keeps the dirt and germs out of a body. This will also keep our lungs clean and healthy

## DAY-4

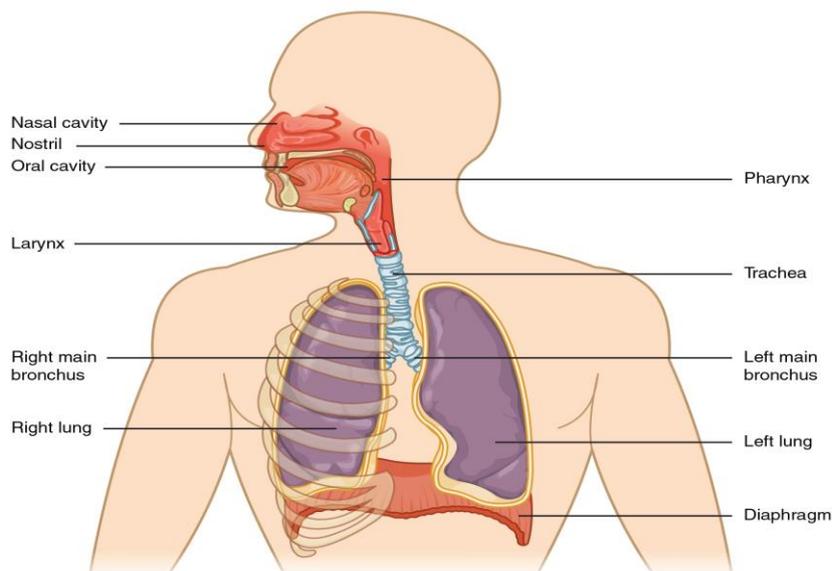
### ❖ Points to remember

#### Energy production

- The oxygen which is inhaled enters the blood and is used to break down the glucose to release energy.
- The body uses this energy for growth and to repair the damage of tissues.

### Short notes

- **Respiration-** Respiration is the process that all living things go through to create the energy they need to live. It usually involves exchanging two gases—oxygen and carbon dioxide. The cells take in oxygen and release carbon dioxide. This oxygen is then used to breakdown the glucose and release energy.



### Respiratory system

### **Think & answer**

The energy released during respiration is not used for growth. NO

## **DAY-5**

### **❖ Points to remember**

#### **FRESH BREATHE**

- Freshness of breath is very important.
- We should always brush our teeth twice a day and rinse our mouth after meals.

### **Q/A round :**

Q: Why should we take care of our oral hygiene?

Ans: Good oral and dental hygiene can help prevent bad breath, tooth decay and gum disease—and can help you keep your teeth as you get older.

Q: How will you make sure you have fresh breath?

Ans: Brushing teeth twice a day, scraping tongue and rinsing mouth after meals will amke sure one has a fresh breath.

### **Challenge:**

- Pneumonia is caused due to an infection in the lungs.
- What causes asthma?  
Exposure to various irritants and substances that trigger allergies can trigger signs and symptoms of asthma.
- Smoking is injurious to health.

### **ASSIGNMENT**

Draw a neat and labelled diagram of human respiratory system in your notebook.

# Concept Map

