



INDIAN SCHOOL AL WADI AL KABIR

DEPARTMENT OF EVS [2021 – 2022]

LESSON: Blow Hot and Blow Cold

WORKSHEET

RESOURCE PERSON: Ms. Ambika Padmanabhan

NAME: _____ CLASS: V SEC: _____ DATE: _____

I. Identify and name the organ of the Respiratory System from the description given below.

1. I am a tube-like structure. The nasal passage joins me with the nostrils. I branch into two smaller tubes. - T ___ A ___ H ___ A
2. We are the breathing organs in which gases are exchanged. We look like two soft and spongy bags made of millions of air passages surrounded by blood vessels. - ___ U ___ G ___
3. We are a sheet of muscles below the lungs. We contract during inhalation and relax during exhalation. - D ___ A ___ ___ R ___ G ___
4. I am commonly known / referred to as the "Voice Box" or "Glottis". I am the passageway for air between the pharynx above and the trachea below. L ___ R ___ N ___
5. We are tiny air sacs where the lungs and the blood exchange oxygen and carbon dioxide during the process of breathing in and breathing out. A ___ V ___ O ___

II. Choose the correct answer.

1. During the process of exhalation, the ribs move

- a. down and inwards
- b. up and inwards
- c. down and outwards
- d. up and outwards

2. Which of the following gases are released during the process of exhalation by human beings? (*Choose all those that apply)

- a. Oxygen
- b. Carbon dioxide
- c. Water vapour
- d. Helium

3. Which of the following gases is required to break down digested food?

- a. Oxygen
- b. Carbon dioxide
- c. Water vapour

4. Which of the following reason is the best explanation for clouds of mist coming out when we speak or blow out air from our mouth, on a cold day?

- a. The water vapour in our breath condenses on coming in contact with the cold air of the atmosphere.
- b. The water vapour evaporates and so we can see the mist in the air
- c. The carbon dioxide mixes with the oxygen present in the air so we can see a cloud of mist.

5. While climbing stairs, we breathe faster because-

- a. to meet up the energy needs
- b. to save our energy
- c. to get more oxygen
- d. both a and c

III. Pick out the odd one out from the given set of words, based on their relation to lesson.

- 1. alveoli nasal passage oesophagus bronchioles
- 2. oxygen carbon dioxide water vapour chlorine

IV. Write the letter of the word or phrase from the word bank given below that corresponds to the answer for the questions 1-5.

- 1. What does "**Exhalation**" mean? _____
- 2. What happens to the **chest** when you inhale? _____
- 3. The presence of this **gas** in air helps in **complete burning of the fuel**. Name it. _____
- 4. Mention the **waste products** you **breathe out**. _____
- 5. What are the **openings in the nose** called? _____

Word Bank

- A. expands
- B. nostrils
- C. breathing out
- D. carbon dioxide and water vapour
- E. oxygen

V. Application in real life



1. Neha jogs every day. She finds that jogging helps her to stay fit and healthy. While jogging, her breathing rate increases. Why?

2.



Smitha was served a cup of hot chocolate. She was blowing air from her mouth to cool it.

How will blowing air from mouth help her to cool the cup of hot chocolate?

3. Simran was on a vacation to Shimla. The cool and pleasant climate of Shimla makes it a renowned summer retreat.

When Simran spoke out, clouds of mist were seen coming out from her mouth.

What could be the reason for this?



4. While burning frankincense, people fan the burning coal. Why?

