

Wellness 5th and 6th Grade Assignments

1. Enclosed is the answer key from the video we watched in class. For those who were absent, you can view if you have internet service. If not, this information is needed to complete the crossword puzzle and review sheet on the Respiratory system
2. Read the article about the coronavirus. Make a list of questions you might have.

If you have internet, you can visit here for more information.

<https://kidshealth.org/en/kids/coronavirus-kids.html>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

<https://hub.ihu.edu/2020/03/13/what-is-social-distancing/>

3. Optional: Keep a diary or journal of what you see in the news or read about the coronavirus while you are home.

Make a list of your daily activities that keep you physically active.

Name _____

HR Teacher

Respiratory System

<https://www.youtube.com/watch?v=uyqt7ekkP2E>

<https://www.youtube.com/watch?v=3p6Rlv9ZRY4>

1. We breathe in **OXYGEN** and breathe out **CARBON DIOXIDE**
2. The process of breathing is called **RESPIRATION**
3. About how many times a day do we breathe? **20000**

Parts of the Respiratory System and their functions

4. The **NOSE (NOSTRILS)** is a hollow cavity that brings the air/oxygen into the body. Sometimes we breathe through the mouth also.
5. The **CEILIA** or nose hair protects the nasal passage ways.
6. Air goes in the nose and mouth and meets at the **PHARYNX**
7. Air goes down the **TRACHEA** while food goes down the **OESOPHAGUS**
8. The **EPIGLOTTIS** prevents food from going into the windpipe and lungs.
9. The **LARYNX** or voice box sits below the pharynx and trachea. It holds our vocal chords
10. The **WIND PIPE** or trachea keeps airways clean.
11. The windpipe divides into two parts that enter the lungs. Within the lungs they divide into smaller branches called the **BRONCHIOLES (BRONCHUS)**
12. At the end of the bronchioles are small air sacks called **AVEOLI** This is where oxygen and carbon dioxide exchange places through the capillary walls
13. Why do we breathe harder when we exercise?

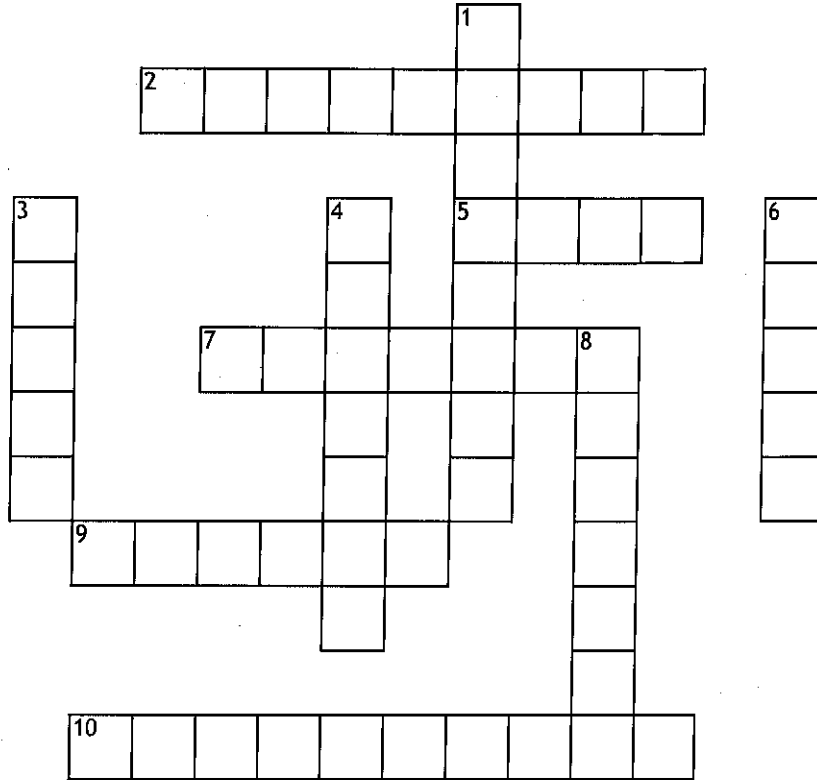
MUSCLES NEED OXYGEN BECAUSE THEY ARE MOVING FASTER AND WORKING HARDER

HEART HAS TO PUMP HARDER TO GET THE OXYGEN CIRCULATING TO REACH ALL PARTS OF THE BODY

Name: _____

Date: _____

The Respiratory System Crossword



Across

2. When this muscular organ moves down, air is drawn into the lungs. Separates lungs from stomach
5. Where air is drawn, moistened and filtered
7. Wide hollow tube reinforced by rings of cartilage, extending from the larynx to the bronchial tubes and taking air to and from the lungs
9. Also known as the voice box
10. A flap of cartilage behind the tongue, which is depressed during swallowing to prevent food from entering the windpipe

Down

1. Direct air passages to the lungs which separate from the windpipe
3. Hollow cavity that allows food and air into the body
4. Air goes in the nose and mouth and meets
6. Set of organs in the rib cage with branching passages where air is inhaled and exhaled
8. Small air sacs where oxygen and carbon dioxide is exchanged (diffused) into the blood stream

Name: _____

Date: _____

The Respiratory System Review 2

1. Set of organs in the rib cage with branching passages where air is inhaled and exhaled

2. Where air is drawn, moistened and filtered

3. When this muscular organ moves down, air is drawn into the lungs. Separates lungs from stomach

4. A flap of cartilage behind the tongue, which prevents food from entering the windpipe

5. Air goes in the mouth and meets here

6. Also known as the voice box

7. Wide hollow tube reinforced by rings of cartilage, extending from the larynx to the bronchial tubes and taking air to and from the lungs

8. Small air sacs where oxygen and carbon dioxide is exchanged (diffused) into the blood stream

9. Direct air passages to the lungs which separate from the windpipe

10. Hollow cavity that allows food and air into the body

11. Food goes down the

Coronavirus (COVID-19)

What Is the Coronavirus (COVID-19)?

At the end of 2019, a new type of coronavirus began making people sick with flu-like symptoms. The illness is called coronavirus disease-19 — COVID-19 for short. The first cases were diagnosed in people who had visited a market in China that sold live seafood and animals. The virus spreads easily and has now affected people in many countries.

What Are the Signs & Symptoms of Coronavirus (COVID-19)?

COVID-19 causes a fever, cough, and trouble breathing. Symptoms are a bit like those people have with a cold or the flu. The virus can be more serious in some people, and may lead to illnesses like pneumonia.

How Does Coronavirus (COVID-19) Spread?

Experts are still investigating how COVID-19 spreads. In general, coronaviruses spread through droplets sent into the air when people cough or sneeze. The virus can spread in communities from one person to another, and through contact with surfaces that have germs on them.

Is the Coronavirus (COVID-19) Dangerous to Children?

Experts are still learning about COVID-19, so we don't have a lot of information about it yet. There are far fewer cases of the virus reported in children. Most of them caught the infection from someone they lived with or a family member. The virus seems to cause a milder infection in children than in adults or older people.

Call your doctor if your child or someone in your family has a fever, cough, or other flu-like symptoms. Tell the doctor if they have been near someone with COVID-19 or lived in or traveled to an area where lots of people have the coronavirus.

Make sure your children have all their vaccinations. Protecting kids against illnesses like measles and the flu helps keep them out of the doctor's office or hospital where they could be around other germs, including the coronavirus. Plus, kids who have another infection may have a harder time getting better if they do get the coronavirus. It's not too late to get a flu shot!

How Is Coronavirus (COVID-19) Treated?

Most people with COVID-19, including children, do not have serious problems. They usually get better with rest and fluids. But it is important to keep kids with COVID-19 away from others who may have a harder time with the virus.

People who are very ill get care in a hospital with breathing help, IV fluids, and other treatments.

How Can I Protect Myself From Coronavirus (COVID-19)?

As with other viruses, the best ways to protect yourself and your family are:

- Avoid people who are sick. Since COVID-19 may be contagious before a person has any symptoms, avoid large gatherings and busy places until the outbreak is under control.
- Try to stay at least 6 feet (2 meters) away from someone who is coughing or sneezing.
- Wash your hands well and often. Wash for at least 20 seconds with soap and water or use hand sanitizer with at least 60% alcohol. Teach your kids to do the same.
- Try not to touch your eyes, nose, and mouth.
- Use a household cleaner or wipe to clean and disinfect surfaces and objects that people touch a lot.
- Follow recommendations from your local health authority, especially if there are people with coronavirus in your area.

Antibiotics can't treat viruses so they won't help with the coronavirus. Medicines for the flu don't work either because the coronavirus is different from the flu virus.

Experts around the world are studying and tracking COVID-19 and are taking steps to prevent it from spreading. This means identifying people who have the virus and anyone they come into contact with.

Where Can I Learn More About the Coronavirus (COVID-19)?

Check the Centers for Disease Control and Prevention (CDC) website for up-to-date, reliable information on COVID-19.