

## The Human Body The Human Lung

Take a moment and breathe deeply in and out. As you do, imagine air filling your lungs. Imagine oxygen flowing in and carbon dioxide flowing out. That's the lung's job. This important organ works to exchange gases in your body. It also **provides**<sup>1</sup> oxygen to blood as it flows through on the way to the heart.

Mammals, reptiles and birds all have lungs. Humans have two lungs, a left lung and a right lung. Fresh air is drawn into a human's body with the help of a muscle called the diaphragm. Then, sponge-like **chambers**<sup>2</sup> in the lungs called alveoli do all the work. The walls of the alveoli are very thin. Oxygen being breathed into the lungs passes through the alveoli into tiny veins carrying blood. The tiny veins also bring the alveoli **carbon dioxide**,<sup>3</sup> which is released from the body when a person exhales.

Things like pollution and cigarette smoke are very harmful to the lungs. The dangerous chemicals contained in both hurt the lungs and make them weak. Sometimes, people get lung disease or lung cancer. It is very important to take good care of your lungs. Don't smoke and don't pollute the planet!

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<sup>1</sup> **Provides**- supplies

<sup>2</sup> **Chambers**- enclosed spaces

<sup>3</sup> **Carbon Dioxide**- a gas that is a mixture of carbon and oxygen, with no color or odor. It is breathed out by animals and humans and is taken in by plants.