

LEVELED BOOK • 1

My Lungs



Written by Racheal Rice • Illustrated by Rémy Simard

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Focus Question

How do the lungs help your body get oxygen?

Words to Know	
breathe	sacs
lungs	system
oxygen	throat

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Level I Leveled Book
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Correlation	
LEVEL I	
Fountas & Pinnell	I
Reading Recovery	15-16
DRA	16



My **lungs** are part of a **system**
that keeps me alive.

My lungs help my body get
the **oxygen** it needs.



Oxygen comes from the air
I breathe.

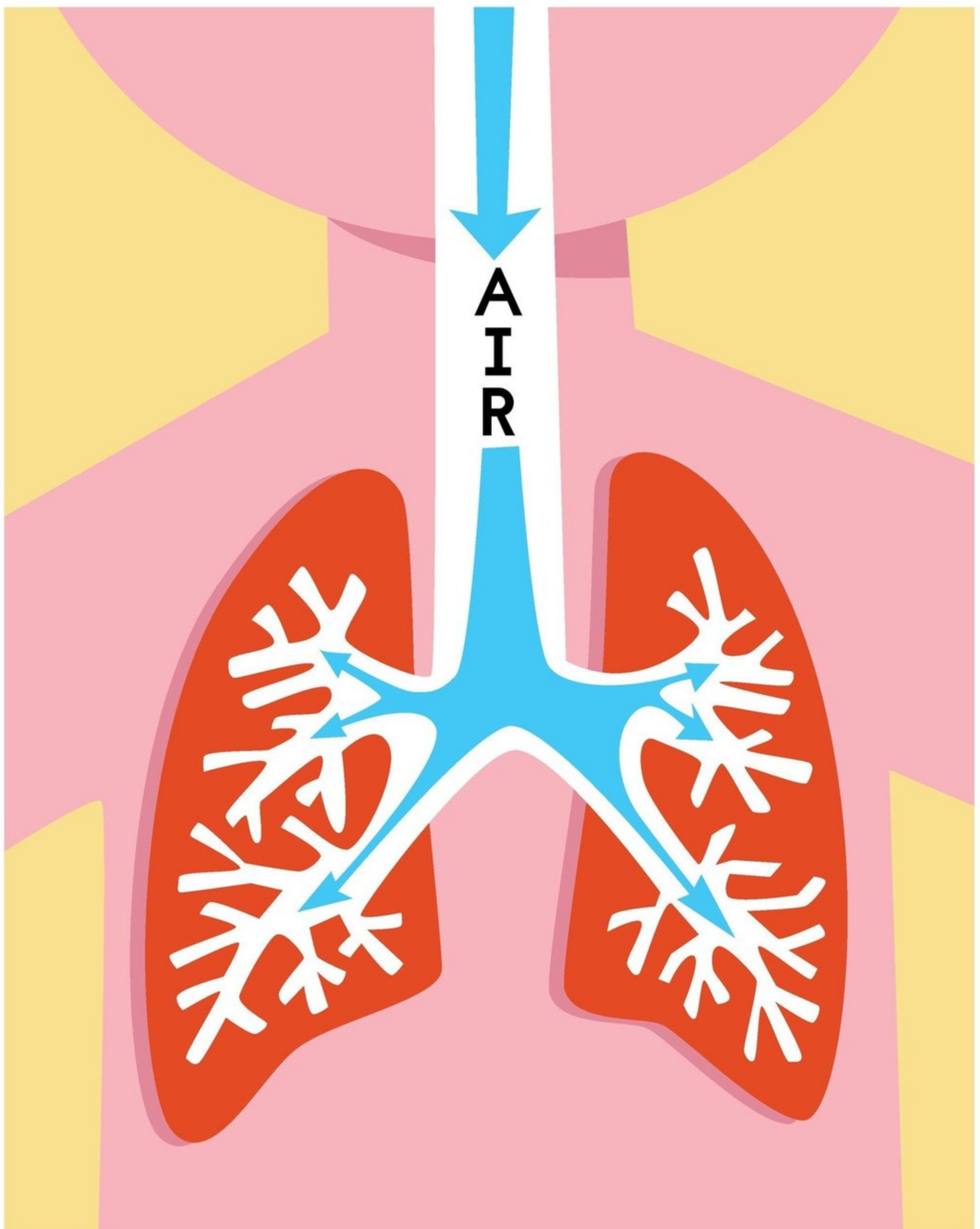
My lungs pull oxygen from the
air with each breath.



Each breath comes into my nose
or mouth first.

My nose and **throat** warm up
and clean the air.

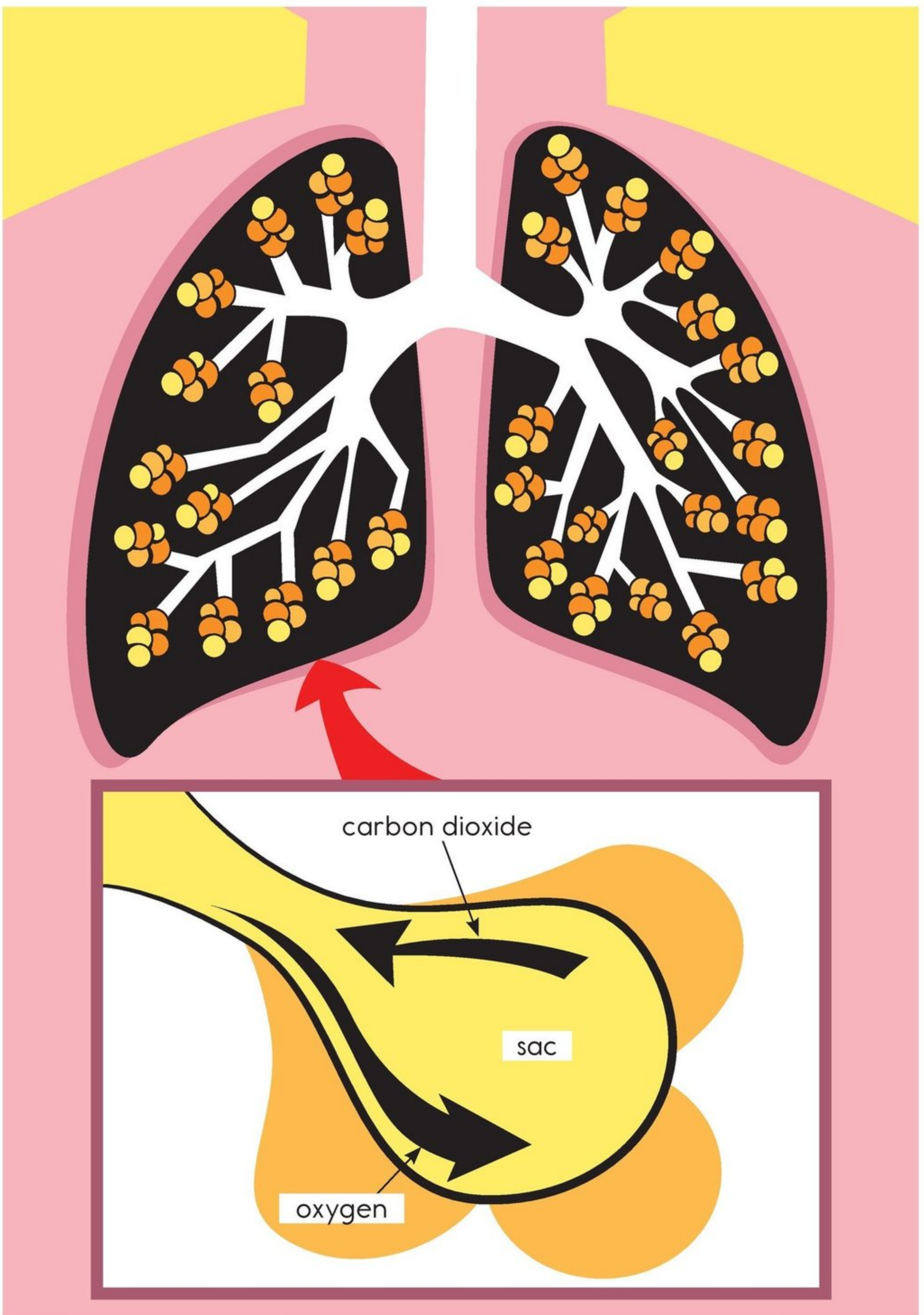
Tiny hairs in my nose and throat
do the cleaning.



The air moves down my throat
into my two lungs.
It moves through tubes in my lungs
that branch like trees.



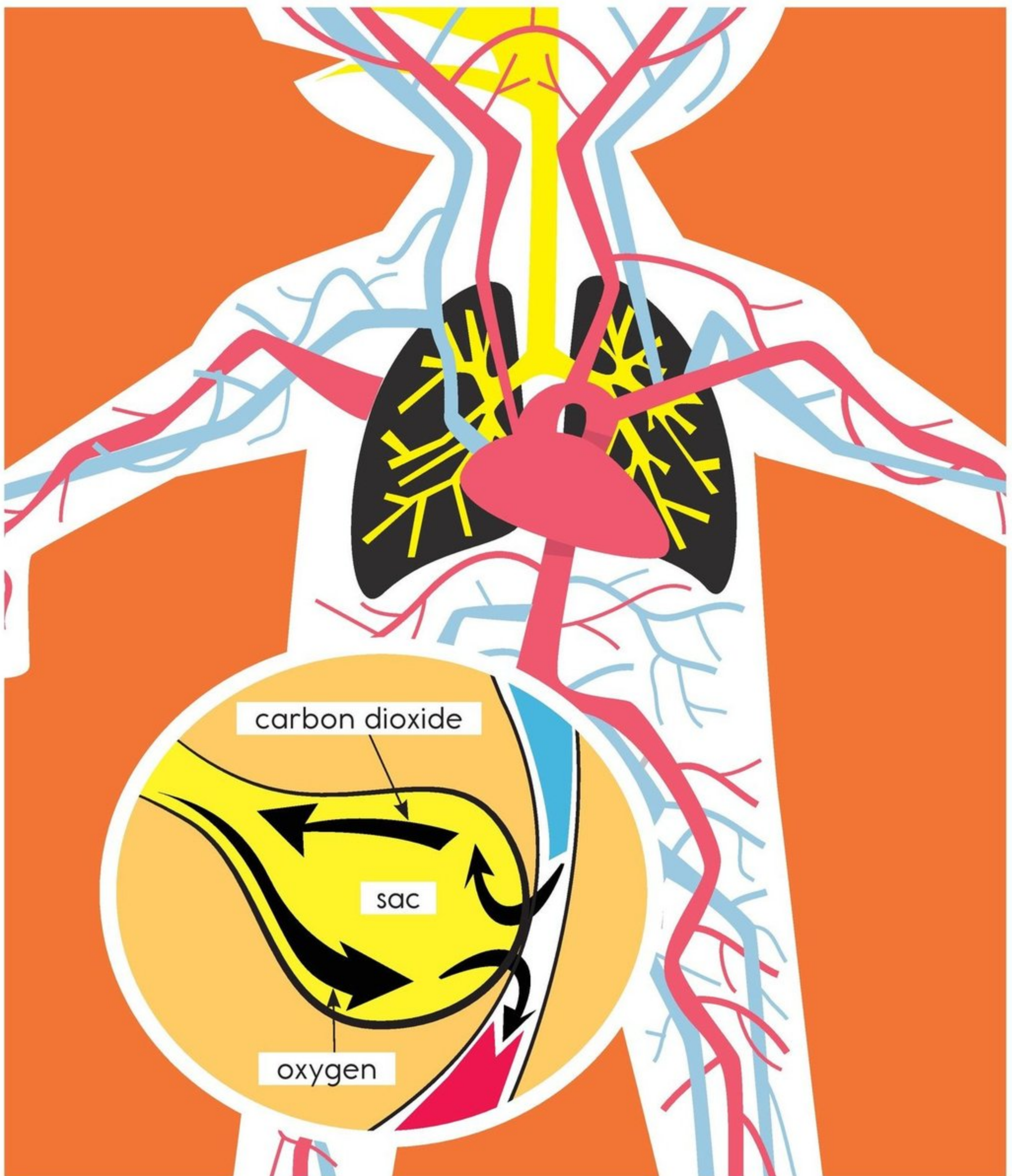
The tubes end in tiny **sacs** that look like bunches of grapes. The tiny sacs are like balloons.



My lungs trade oxygen for carbon dioxide through the tiny balloons.



Carbon dioxide is waste air.
My body doesn't need carbon dioxide.
My body sends carbon dioxide
to my lungs in my blood.



My blood drops off the carbon dioxide in the tiny balloons. Then, my blood picks up the oxygen and moves it through my body. This trade happens with each breath.



As I breathe in, my chest moves out.
My body makes room for my lungs
to fill with oxygen.



As I breathe out, my chest moves back in.

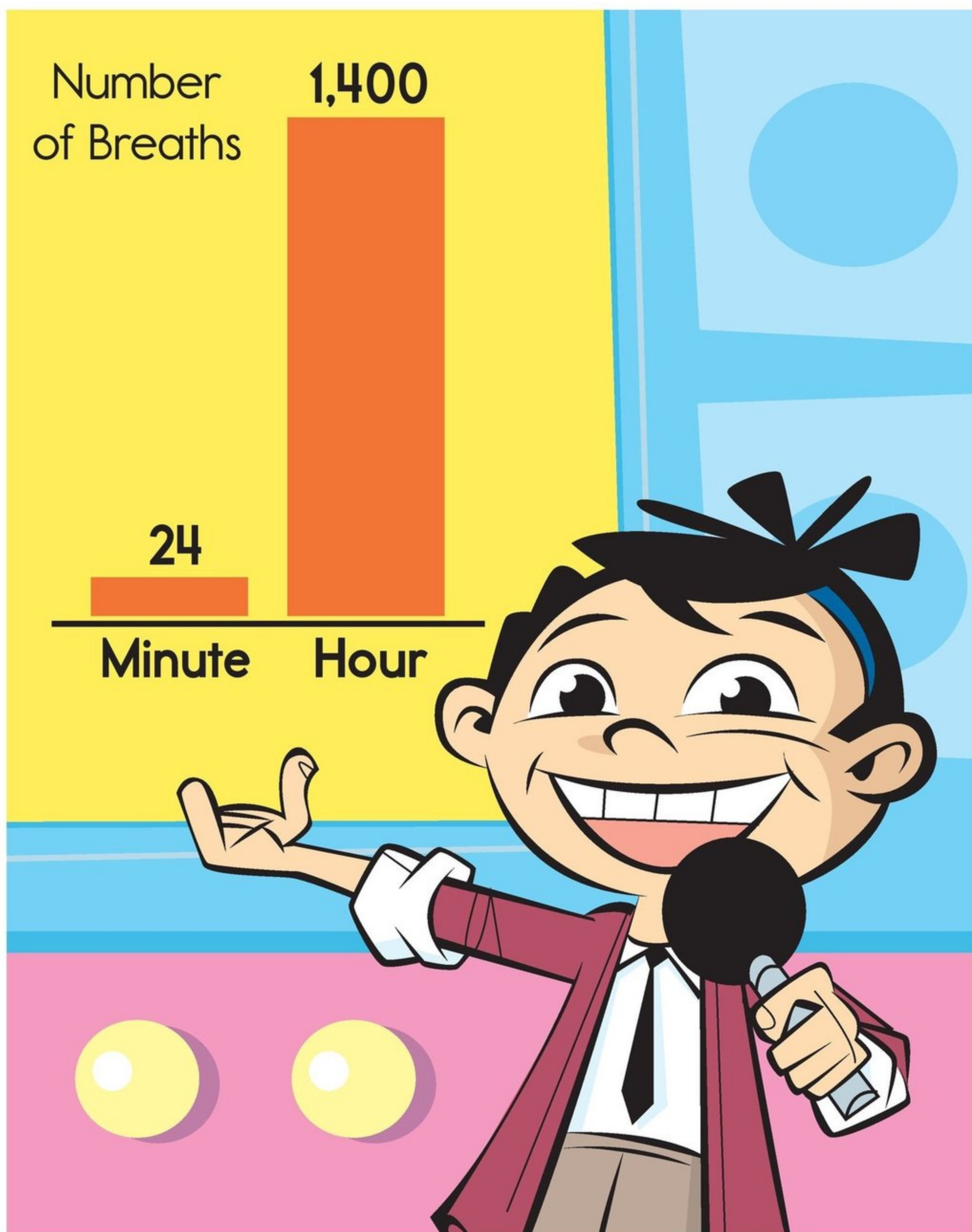
The carbon dioxide moves out of my lungs.



I breathe all the time, but I don't
think about it.

I don't have to think about it.

If I did have to think about it,
I'd think of nothing else.



I take about 24 breaths
each minute when I'm resting.
That's more than 1,400 breaths
each hour.



I'm thankful that my lungs work
so hard for me.

Glossary

breathe (v.)	to take in and let out air through the nose or mouth (p. 4)
lungs (n.)	parts of the body in the chest that are used for breathing (p. 3)
oxygen (n.)	a gas that has no color, taste, or smell and that most animals need to live (p. 3)
sacs (n.)	body parts inside living things that are shaped like pouches and often contain air or fluid (p. 7)
system (n.)	a group of things or ideas that work together (p. 3)
throat (n.)	the inside of the neck where air travels to the lungs and food and drink pass to the stomach (p. 5)

My Lungs

A Reading A-Z Level I Leveled Book
Word Count: 265

Connections

Writing

Write a newspaper article about how the lungs work. Include facts from this book in your article.

Math

How many breaths do you take in one minute?

Work with three or four students to make a bar graph. Show how many breaths your group takes in one minute.



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