

# How do people breathe?

Reading Packet

Week of November 16-20

NAME: \_\_\_\_\_

- 1 Most of the time, you don't think about breathing. Air moves in and out of your lungs 15 to 25 times every minute. But why do you breathe? And what happens in your body when you breathe?
- 2 People breathe to take in good air and get rid of bad air. All the cells in the human body need a gas called oxygen. And cells need to get rid of a gas called carbon dioxide.
- 3 How does this happen? Air enters your nose and mouth. It goes down a tube called the trachea (TRAY•kee•uh) into two tubes. One tube goes into each lung. Your lungs are two sacs that act like sponges. Inside each lung, the tubes divide into smaller tubes. At the end of the tubes are millions of tiny sacs called alveoli (al•VEE•uh•ly). This is where your blood receives good air and unloads bad air.
- 4 The air you breathe is not always clean. Sticky areas of your nose, trachea, and lungs trap dirt and germs. But your lungs have little hairs called cilia (SIL•ee•uh). They act like tiny brooms to push the dirt and germs out of your lungs.

**Circle the right answer for questions 1–5. Write your answer to question 6 on a blank piece of paper.**

1. The air people breathe moves in and out of the lungs \_\_\_\_\_ times per minute.  
**A** 5 to 10  
**B** 15 to 25  
**C** 25 to 50  
**D** 35 to 65
2. Which word in paragraph 3 means "comes in"?  
**A** goes  
**B** unloads  
**C** enters  
**D** receives
3. Which paragraph tells about the purpose of breathing?  
**A** 1  
**B** 2  
**C** 3  
**D** 4
4. After air goes down your trachea, the air next enters \_\_\_\_\_.  
**A** your nose and mouth  
**B** millions of tiny sacs  
**C** your lungs  
**D** two tubes
5. The article does not say, but you can decide that the cilia \_\_\_\_\_.  
**A** help people stay healthy  
**B** pass oxygen to the blood  
**C** get rid of carbon dioxide  
**D** make the lungs wider

6. Think of a time when you had trouble breathing. What helped you breathe better?

## What is the "Forehead of the Sky"?

- 1 Mount Everest is the highest mountain on Earth. The mountain is in central Asia. Some Asian people call the mountain the "Forehead of the Sky."
- 2 It is hard to climb Mount Everest. The mountain is steep and rocky. The weather is cold and windy. Often there are fierce storms. Sometimes an avalanche crashes down the mountain. The hike down can be just as hard as going up.
- 3 The mountain is so high that the air is thin. It is hard to breathe. A climber must move slowly near the mountain's top. The climber takes six or eight breaths before each tiny step. Some climbers get mountain sickness. Their brains do not get enough oxygen. The climbers feel sick and confused. Most climbers take bottles of oxygen to help them breathe.
- 4 Many people have tried to climb Mount Everest. But not many have reached the top. In 1953, Edmund Hillary and Tenzing Norgay were the first climbers to reach the summit. In 2001, the first blind climber made it to the top. Why do people try so hard to climb Mount Everest? Here is what many climbers say: "Because it is there."



**Circle the right answer for questions 1–5. Write your answer to question 6 on a blank piece of paper.**

1. Mount Everest is located in central \_\_\_\_\_.  

A Asia	C Europe
B Africa	D America
2. Which word in paragraph 2 means "showing force"?  

A hard	C fierce
B steep	D rocky
3. A climber takes six or eight breaths before each step because the \_\_\_\_\_.  

A climber is confused
B weather is cold
C storm is fierce
D air is thin
4. The article does not say, but you can decide that mountain sickness is caused by \_\_\_\_\_.  

A a cold
B sore legs
C lack of sleep
D lack of oxygen
5. *Call* can have the following meanings. Mark the meaning used in paragraph 1.  

A to say something in a loud voice
B to give something a name
C to send a message
D to predict


6. Would you ever like to climb Mount Everest? Why or why not?

## Do alligators have a voice?

- 1 Alligators belong to the same animal family as snakes and turtles. Snakes and turtles are quiet. But an alligator is different. It makes its first sound even before it comes out of its egg. These noises tell the mother that it is time to free her babies from the nest.
- 2 Young alligators sometimes squeak. Grown alligators make other sounds. They hiss when they are angry or afraid. In alligator country, a hiss may mean that an angry alligator is coming at you. Or it may mean that a frightened alligator is slipping into the water to get away.
- 3 The most common alligator sound is a roar. Alligators often roar on spring evenings. They are looking for a mate. The roar of an alligator is one of the great animal sounds of the world.
- 4 Alligators can also be quiet. They float without sound in the water. Only their eyes and noses show. Alligators are often quiet in summer and winter. If the weather is too hot or too cold, they fall into a deep sleep.

Circle the right answer for questions 1–5. Write your answer to question 6 on a blank piece of paper.

1. The article does not tell about the \_\_\_\_\_ of an alligator.  
A tail  
B sleep  
C sounds  
D mother
2. Which word in paragraph 3 means “usual”?  
A roar  
B most  
C great  
D common
3. Which paragraph tells when alligators are quiet?  
A 1  
B 2  
C 3  
D 4
4. Alligators hiss when they are \_\_\_\_\_.  
A angry  
B sleeping  
C caring for babies  
D looking for a mate
5. The article does not say, but you can decide that alligators \_\_\_\_\_.  
A roar throughout the day  
B only sleep in the summer  
C do not like very cold temperatures  
D make the same sounds as babies and adults

 6. How are alligators like big cats, such as lions and tigers? How are they different?




## What is the first lady's job?

- 1 The first lady does not have a paying job. She is the wife of the president of the United States. But first ladies work hard. They greet important people. They help people learn to read or care for those who are sick.
- 2 Abigail Adams was one of the earliest and busiest first ladies. She often worked with her husband, John. In fact, many people thought she did too much. Sometimes she seemed to be running the country.
- 3 Another famous first lady was Eleanor Roosevelt. Her husband, Franklin, couldn't walk. So Mrs. Roosevelt traveled around the country for him. She talked to everyone. Then she went back to the White House. She told President Roosevelt what people were thinking and what they worried about. Mrs. Roosevelt also tried to make life better for America's poor people.
- 4 The people of the United States don't choose their first lady. She gets the job if her husband becomes president. Americans are lucky to have had so many hardworking women in the White House.

Circle the right answer for questions 1–5. Write your answer to question 6 on a blank piece of paper.

1. The article does not tell \_\_\_\_\_.  
A who is first lady now  
B where the first lady lives  
C how a first lady gets the job  
D how much the first lady is paid
2. Which word in paragraph 1 means “welcome someone in a friendly way”?  
A work  
B care  
C help  
D greet
3. Which paragraph tells what Eleanor Roosevelt did?  
A 1  
B 2  
C 3  
D 4
4. The article does not say, but you can decide that first ladies \_\_\_\_\_.  
A keep the White House clean  
B spend all their time traveling  
C live apart from the rest of their family  
D do more than some people who have paying jobs
5. *Running* can have the following meanings. Mark the meaning used in paragraph 2.  
A entering a contest  
B making a short visit  
C leading or managing  
D going faster than a walk

 6. If you were president or first lady of the United States, what would you do to help the country?




## Is slime good to eat?

- 1 Everyone has seen the green slime in fish ponds and swimming pools. But not everyone knows that this slime is living and growing. It is an important plant called algae (AL•jee). Someday algae may be people's main food.
- 2 Algae are the tiniest of all plants. They have no stems, leaves, or roots. In fact, most algae are only one cell. But they are quite strong. They only need water, sunlight, and air to grow. And they grow very fast.
- 3 There are many different kinds of algae. They come in many colors like green, blue-green, red, and brown. Seaweed is one kind of algae that can be eaten. Astronauts in space eat this green food. Algae are easy to store on spaceships. And they are very good for people. But algae are more than a food. They also make oxygen. Someday people in space might need algae for both food and air.
- 4 A whole plate of algae is better for you than many whole dinners. But who wants to eat slimy green stuff? Most people don't. So cooks use algae in soups and salads. They even make an algae cheese cake! You can't tell you're eating slime.

Circle the right answer for questions 1–5. Write your answer to question 6 on a blank piece of paper.

1. The article does not tell how \_\_\_\_\_.  
A algae are used in space  
B fast algae grow  
C small algae are  
D algae taste
2. Which word in paragraph 2 means “the smallest part of a living plant”?  
A air  
B cell  
C water  
D sunlight
3. Which paragraph tells what cooks do with algae?  
A 1  
B 2  
C 3  
D 4
4. Which of these does not help algae grow?  
A air  
B stems  
C water  
D sunlight
5. The article does not say, but you can decide that many people don’t know \_\_\_\_\_.  
A that algae are alive  
B that algae are slimy  
C how good algae are for them to eat  
D how algae look in ponds or swimming pools

 6. Think of a food that tastes better than it looks. Tell about it.