



LET'S DO CAMPAIGN

How to Keep Healthy to Our Body System

You are going to inform everyone in this city to take care of their health through exploring their body system. Using your powerful words, you will explain it to the citizen how important it is.



PUT YOUR WRITING HERE!

Title: The importance of the respiratory system

The function of your respiratory system is to get oxygen for your vital organs (and the other ones too). It also needs to deliver oxygen to all your cells. The main parts of your respiratory system are the nose, the trachea, the lungs and the mouth.

First, you breathe the air in through your nose and then it goes into your trachea. Then the air ends up in your bronchi which filters the harmful things and then goes into the lungs. In the lungs the alveoli separate the oxygen and carbon dioxide. The oxygen ends up in your blood which is pumped away to your organs, while the carbon dioxide goes back through the trachea out of your mouth.

To take good care of your respiratory system is to do sportz, breathe fresh air, don't smoke, eat healthy food for a bal, maintain a healthy weight, and avoid indoor and outdoor air pollution