

Lung Capacity Challenge Review

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Understanding the Respiratory System

Name: _____

Date: _____

Answer the following questions based on what you learned in the Lung Capacity Challenge lesson.

1. What is lung capacity?

- A. The amount of air the lungs can hold
- B. The speed of breathing
- C. The number of breaths per minute

2. Every person's lung capacity is the same.

- True False

3. What factors can influence a person's lung capacity? List at least two.

4. God breathed into man's nostrils the breath of ____; and man became a living soul.

5. Why might athletes have larger lung capacities?

- A. They breathe faster
- B. They train their lungs through exercise
- C. They are younger

6. How does God's design make our breathing remarkable? Give one example.

7. Lungs are simple organs that do not require much care.

- True False

8. Our bodies are ____ made, showcasing God's intricate design.

9. What activity did we do to measure lung capacity?

- A. Breathing exercises
- B. Balloon Lung Capacity Challenge
- C. Running a race

10. What did you learn about lung capacity today? Write a few sentences about your findings.

Answer Key

1. The amount of air the lungs can hold 2. False 3. Age and fitness level can influence lung capacity. 4. life 5. They train their lungs through exercise 6. God's design allows for efficient gas exchange, which is essential for life. 7. False 8. wonderfully 9. Balloon Lung Capacity Challenge 10. I learned that lung capacity varies from person to person and can be affected by fitness and health. Measuring it with balloons was fun!
