

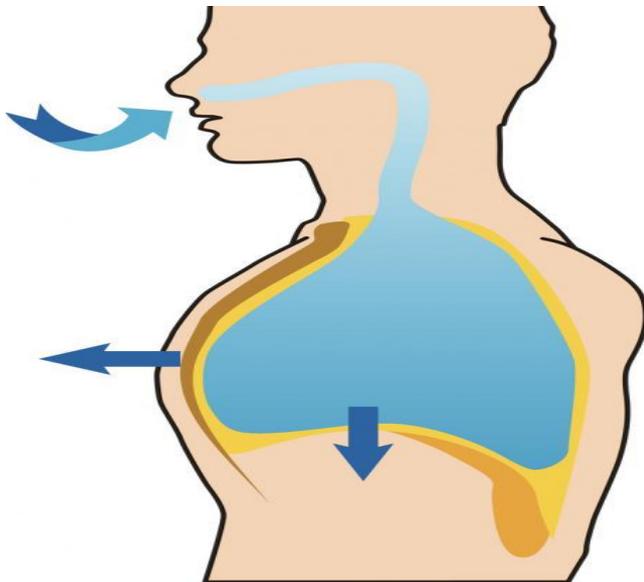
## LESSON- BLOW HOT , BLOW COLD

- **KEY POINTS –**

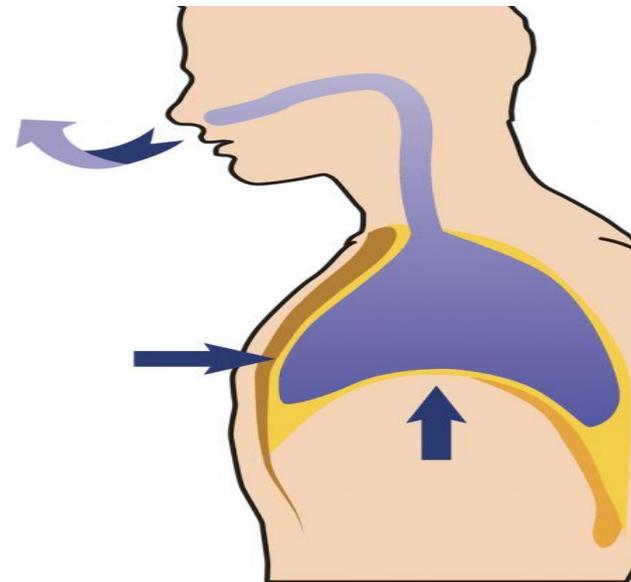
1. We are constantly taking in air and giving out air to live.
2. All animals and human beings breathe in oxygen and breathe out carbon dioxide.

- Answer the following –

Ques.1 Explain the following terms –



**Breath**



**Exhalation**

1. **Inhaling –** When we breathe in , our lungs expand and take in oxygen into our body .
2. **Exhaling –** When we breathe out , the lungs contract and takes out carbon dioxide.
3. **Breathing –** Breathing is an activity that we do to live. We breathe even when we are sleeping . It is a natural process of inhaling oxygen and exhaling carbon dioxide.

Ques.2 Give reasons –

1. How does our breathe helps us to warm our hand in winter ?



**Ans.** In winter , our hands become very cold . We open our mouth wide , blow on to our hands , the moist air and steam of our breathe makes our hands warm .

- 2 . Why does hot milk become cool when we blow our air from the mouth ?



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**Ans.** The water vapour in the air we breathe out makes the heat coming out of the milk to cool down faster.

**3 . Why is there haziness on the part of the mirror when you blow air ?**



**Ans.** The haziness produced on the mirror is due to the water vapour present in our breathe .

**Ques.3** List out things we can do by blowing air.

**Ans.** 1.) By blowing air , we can fill a balloon .

2) We can play some musical instruments .

3) We can also burn fire In a chulha by blowing air .

**Ques.4** What is the normal body temperature of a healthy person ?

**Ans .** 98.4 Fahrenheit .

**Ques.5** does the breathing rate changes with our activities ?

**Ans.** Yes , the breathing rate changes with our activities –

When a person is asleep or taking rest , the rate of breathing becomes slow because the body does not require too much of energy and oxygen .But when a person is exercising , the rate will increase .

**Ques.6 What is the correct way of breathing ?**

**Ans. 1. Always breathe in air through the nose not from your mouth .**

**3. Never sleep with your face covered because then you have to inhale the same air again and again .**

**Ques.7 What is Sthethoscope ?**



**Ans. Stethoscope is an instrument used by the doctor to listen to the sound of our heart beat and breathing .**

**Ques.8 Name any 6 musical instruments we can play by blowing air .**



**Ans . 1. Flute**



**2. Shehnai**



**3. Trumpet**



**4. Been**



**5. Whistle**

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**6. Mouth organ**

**Ques.9 We blow to cool hot things as well as to warm them. Give examples .**

**Ans. Blow to cool - hot milk , hot food ,water.**

**Blow to warm – cold hands , to burn fire .**

**Ques.10 Draw and explain the LUNGS of respiratory system .**

**Ans. We breathe in oxygen and breathe out carbon dioxide . Inside the lungs , the blood takes oxygen and supply to our body .**

