



LESSON: BLOW HOT BLOW COLD

WORKSHEET - 2

RESOURCE PERSON: Ms. Mini Henry

NAME: \_\_\_\_\_ CLASS: V SEC: \_\_\_\_\_ DATE: \_\_\_\_\_

**I. Study the given case carefully and respond to the questions that follow.**

**Case Study: The Importance of Nasal Breathing for Respiratory Health**

A youth sports team conducted an experiment to compare nasal breathing and mouth breathing among young athletes. The goal was to analyze the impact of different breathing methods on respiratory health, energy levels, and overall well-being.

**Observation:** Two groups of athletes were monitored over a month:

Group A practiced nasal breathing. Group B primarily breathed through their mouths.

At the end of the study, doctors observed that Group A had fewer cases of sore throats, nasal congestion, and respiratory infections. In contrast, Group B reported more frequent throat dryness, sneezing, and fatigue.

**Findings:**

- \*The nasal-breathing group showed better air filtration due to nose hairs trapping dust and germs.
- \*They also had warmer, more humidified air reaching the lungs, reducing irritation.
- \*The mouth-breathing group lacked natural filtration, making them more susceptible to infections.

**Conclusion:** Breathing through the nose plays a crucial role in maintaining respiratory health by filtering air and preventing infections. Encouraging nasal breathing can help reduce health issues associated with unfiltered air entering the lungs.

**Q1. Why was the experiment conducted?**

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**Q2. What was the key difference between Group A and Group B?**

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**Q3. What health problems did Group B experience more frequently?**

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**Q4. Why did Group A have fewer respiratory issues?**

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**Q5. What is the main conclusion of the study?**

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**II. Given below is an application-based question. Think well and answer it.**

Q1. Ayaan watched his grandmother's chullah fire fade. She blew gently through a hollow pipe, and the flames grew stronger. Curious, Ayaan tried it too, learning how air helps fire burn. He smiled as the fire danced, realizing how a small breath could make a big difference. From that day, he always remembered—fire needs air to stay alive, just like we need food to stay strong.

What does fire need to grow stronger?

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**III. Can you find the words related to the respiratory system hidden in this word search puzzle?**



**NOSE**

**NOSTRILS**

**LUNGS**

**OXYGEN**

**AIR**

**WINDPIPE**

**BRONCHI**

**RIBCAGE**

**DIAPHRAGM**

**NASAL PASSAGE**