







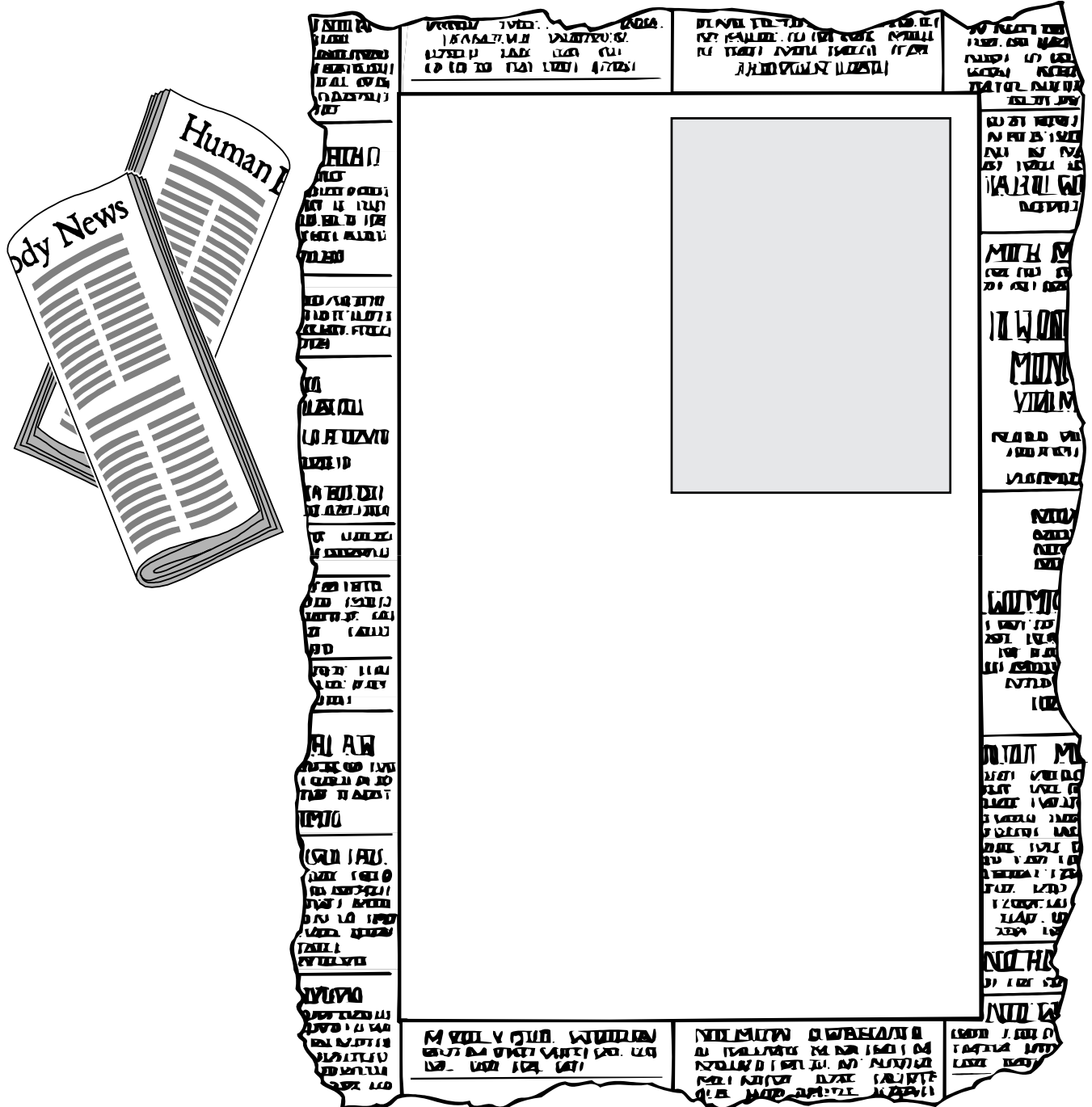


Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Breathe All About It!

Instructions: Write your story on what happens inside the bronchial tubes of a person having an asthma flare-up. If you need more room, continue your story on the back of this sheet. Include a headline for your article as well as an illustration that shows the changes that take place in the bronchial tubes.





Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question.

1. What's another term for a person's airways?

- a. tracheas
- b. windpipes
- c. bronchial tubes
- d. bronchoconstriction

2. What do you call something that sets off an asthma flare-up? \_\_\_\_\_

3. A \_\_\_\_\_ attaches to an inhaler and holds asthma medication in place.

4. List three possible asthma triggers:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

5. Describe what happens to a person's bronchial tubes during an asthma flare-up. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

6. True or false: Asthma is contagious. \_\_\_\_\_

7. List three asthma symptoms:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

8. A \_\_\_\_\_ is used to measure how well a person can blow air out of the lungs.

9. Which of the following is a substance that can cause an allergic reaction?

- a. peak flow meter
- b. allergen
- c. trachea
- d. asthma flare-up

10. Explain why smoking is bad for people with asthma. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## Quiz Answer Key

- What's another term for a person's airways?
  - tracheas
  - windpipes
  - bronchial tubes
  - bronchoconstriction
- What do you call something that sets off an asthma flare-up? trigger
- A holding chamber attaches to an inhaler and holds asthma medication in place.
- List three possible asthma triggers:  
any of the following: allergens (dust mites, molds, pollen, animal dander, cockroaches),  
irritants (chalk dust, smoke, perfumes, cosmetics, cleaning solutions, fresh paint, gasoline fumes)  
pollutants (ozone), exercise, weather, respiratory tract infections (cold, flu)
- Describe what happens to a person's bronchial tubes during an asthma flare-up. The bronchial tubes are inflamed.  
They swell and produce thick mucus. The smooth muscle that surrounds the airway lining tightens up. It is difficult for the  
air to move through.
- True or false: Asthma is contagious. false
- List three asthma symptoms:  
any of the following: wheezing, coughing, tightness in chest, difficulty breathing, shortness of breath  


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- A peak flow meter is used to measure how well a person can blow air out of the lungs.
- Which of the following is a substance that can cause an allergic reaction?
  - peak flow meter
  - allergen
  - trachea
  - asthma flare-up
- Explain why smoking is bad for people with asthma. The airways of a person with asthma can be overly sensitive  
to cigarette smoke. Cigarette smoke can cause asthma flare-ups to happen more often. Smoking can undo the  
effect of controller medicine that a person with asthma is using. It can force someone to use rescue medicine more  
frequently.