

# HOW CLEAN IS YOUR AIR?

Air is important to a healthy life. Everyone on earth needs to breathe in order to live. Our lungs take in the air and transfer the oxygen in the air to the blood which carries it to every cell in our bodies to convert food into energy. The oxygen is exchanged for carbon dioxide which is carried back to the lungs for us to breathe out. The air has nitrogen, oxygen, carbon dioxide and other gases in it. Plants need carbon dioxide which they exchange for oxygen. In order to keep things living there needs to be a good balance between oxygen and carbon dioxide. Many things in today's world can upset this balance, and introduce harmful things into the air. This is called dirty air or "pollution". There are three areas that we need to protect from pollution.

## 1. The outside environment



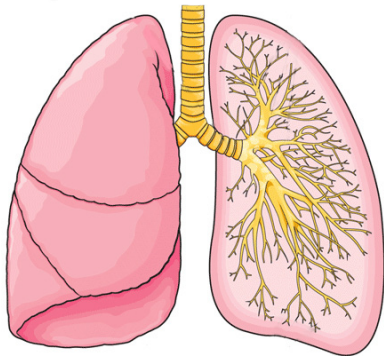
- 093 26317 373<4~ 9=0<239 - 3.4. \57#, 9=61<, 3>2.
- \16\*, 2~263, 21< 8==6 =< <5#3 1 @09.
- 8617> ><339 17# 9%<0@9.
- <3+=&3 #321~574 <0@@59% \$<+= 1<=07# ~<0< %=+3.
- <32~263 17# <3-093 >= #32<3193 +170\$12>0<574 \19>3.

- =837 >%3 \57#=\9 \$<= \$<39% 15< >= 2=+3 57.
- \*338 %=+3 26317 \$<+= #09> 17# +56#3\.
- #= 7=> 093 98<1~9 =< 2%3+52169 >%1> \566 8=660>3 >%3 15<.
- #= 7=> 9+=\*3.

## 2. The inside environment - our homes, offices, schools & vehicles.



## 3. Our bodies - lungs and airways.



- @<31>%3 #3386~ @~ 9>17#574 17# >1\*574 >%<33 #338 @<31>%9 - 57 >%<=04% ~<0< 7=93 17# =0> >%<=04% ~<0< +=0>%, >%<=04%=0> >%3 #1~.
- 3?3<2593 =0>#==<9 57 >%3 \$<39% 15<.
- #= 7=> 9+=\*3 =< 57%163 9+=\*3 =< 2%3+52169.
- #= 7=> 9>1~ 57 1<319 \%3<3 =>%3<9 1<3 9+=\*594.

Decode the messages from the code below to find the things you can do to help keep air clean.

a	b	c	d	e	f	g	h	i	k	l	m	n	o	p	r	s	t	u	v	w	x	y
1	@	2	#	3	\$	4	%	5	*	6	+	7	=	8	<	9	>	0	&	\	?	~