

Journey To The Centre Of Your Body

A lot can happen in a couple of minutes. Trust me, I've just had the most intense few minutes ever. Don't get me wrong, I'm happy with how things turned out. It was just a bit unexpected. Maybe I'd better go back a bit and tell you how it all started.

I was floating through the air, minding my own business. The same as any other day, really. I'd managed to avoid being breathed in by a dog, but somebody opened a door, and I was wafted upwards. I was a bit disorientated, but suddenly all I could see was a giant pair of black holes heading towards me.

Hairs like trees raced past me. I thought I was going to get stuck on the sticky, mucus lining, but somehow I made it past and into another tunnel. There were billions of us all bumping into each other at this point. This was my chance to shine, though. After all, isn't this what all of us oxygen atoms live for? To help things breathe?

I saw some of my old friends flying back the other way. They all looked absolutely worn out, but each one had a couple of carbon atoms keeping them company. Hopefully, that will be me in a couple of minutes. Did you know only a quarter of the oxygen a person breathes in makes it to the lungs? The rest is breathed straight back out!

Luckily, I made it to the lungs. I whizzed straight along the bronchial tubes and down into the bronchi. It didn't take me long to reach the bronchioles, but then I came to a dead-end at the alveoli. There were so many of us down there, it was hard to see what was going on. It took less than a second to make it to the wall and, before I knew it, I'd passed through a tiny gap and WHOOSH! I was carried away by the bloodstream.

Talk about a roller-coaster ride! It was up, down, round, down, left, right and all around! And that was before I even reached the heart. Once I passed through that big thing, it was even more exhilarating!

Don't get me wrong, the human circulatory system is massive. We're talking 60,000 miles of veins in a child! Nearly double that in an adult. That just tells you how fast I was going. It took the red blood cell I was holding on to less than a minute to make it all the way back to the heart! I'd been dropped off by then, of course. I went to the liver this time.

I'm just waiting to get my own couple of carbon atoms to keep me company (and obviously turn me into carbon dioxide). Then it'll be back on up to the mouth and out into the atmosphere. I'm hoping a tree will take me in and convert me back to oxygen so that I can do this all again. I'm hoping to get the brain next time!

VOCABULARY FOCUS

1. Which word describes how the oxygen atom found the two minutes?
2. What impression do you get about how the oxygen atom moved from the word "wafted"?
3. Which word or phrase means closest to "dizzy or confused"?
4. Find a word that describes how the oxygen moves through the bloodstream.
5. Write a definition for "exhilarating".

VIPERS QUESTIONS

S

Summarise the key events in the oxygen's journey

R

What length are the veins in a child?

I

What carried the oxygen atom through the bloodstream?

S

What was going to happen to the oxygen atom after it reached the liver?

R

How did the oxygen get from the alveoli into the bloodstream?

Answers:

1. Intense
2. It was delicate and floated
3. Disorientated
4. Carried
5. Very happy/exciting/thrilling

S: Breathed in, passed down into the lungs, went through the various parts of the lung, passed into the blood stream, the heart pumped it to the liver.

R: 60,000 miles

I: A red blood cell

S: It was going to be turned into carbon dioxide

R: It passed through a tiny gap