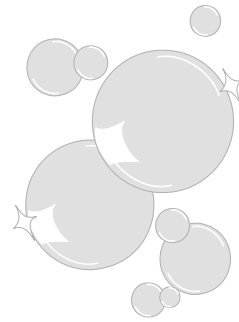


Test Your Lung Capacity

Materials

- A bucket or pail, approximately 2 gallons in capacity
- An empty beverage bottle with label removed (lid not needed)
- A flexible drinking straw
- A towel
- A marker



Procedure

1. Fill the bucket with water, preferably letting it remain in the sink.
2. Dunk the empty bottle in the bucket, completely filling it with water.
3. Place the straw into the mouth of the submerged bottle, and have one person hold the bottle and straw in place.
4. Let the person being tested exhale (blow) through the straw.
5. Remove the bottle, dry one side with a towel, and mark the water level on the bottle. The air space at the top is how much air was contained in the person's lungs.
6. Repeat the process of submerging and blowing, but this time have the person being tested take a deep breath before blowing into the straw. Compare the two marked levels. Was there more air in the lungs this time? See who can force the most air into the bottle - who has the greatest lung capacity. Have fun!

The water in the bottle is forced out to make room for the air blown into it. This makes the water bubble up and out of the bottle. Human lungs can hold more than a gallon of air, but the amount flowing in and out varies from person to person and from activity to activity. The more active we are, the more oxygen our body requires at that time, so the more air fills our lungs with each breath.

