**BREATHING – Occurs in Lungs**

**Inspiration – Inhaling**

**-**Ribs move \_\_\_\_\_\_

 -Diaphragm \_\_\_\_\_\_\_\_ 

 -Chest cavity gets \_\_\_\_\_\_\_\_

 -Air pressure inside \_\_\_\_\_\_\_

**→ Causes air to move in**

**Expiration – Exhaling**

 **-**Ribs move \_\_\_\_\_\_\_

 -Diaphragm curves \_\_\_\_\_\_

 -Chest cavity gets \_\_\_\_\_\_\_\_

 -Air pressure inside \_\_\_\_\_\_\_

**→ Causes air to move out**



**RESPIRATION – Occurs in Mitochondria**

Process where \_\_\_\_\_\_\_\_\_\_\_ from lungs (breathing) breaks down \_\_\_\_\_\_\_\_\_\_\_ from the small intestine (digested food) to release \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ after both being transported to the mitochondria of cells by the blood.