

## **AMBIENT Content Questions**

### **Straw Breathing Exercise**

1. Asthma affects which of the following?
  - a. Peak flow of lungs
  - b. Cardiovascular rate
  - c. Bronchial numbers
  - d. Lung fluids
  
2. How can you keep your lungs healthy?
  - a. Use an inhaler from the drugstore whenever you feel short of breath
  - b. Breathe deeply every 15 minutes
  - c. Breathe pure oxygen once a week
  - d. Don't breathe polluted air including smoking
  
3. How can you assess how well your lungs function?
  - a. By measuring how long you can hold your breath
  - b. By how you feel and sound when you breathe
  - c. By monitoring your peak flow
  - d. By how you feel after doing 20 jumping jacks