

2 Hours

If you can't get hold of a lung shaped cookie cutter, you could make your own or just make square biscuits and draw the outline of the lungs with your icing.

## Science

The air that we breathe goes down our windpipe into airways in the lungs. The airways spread out like tree branches into lots of smaller, thinner tubes called bronchioles. These tubes end in bunches of tiny round air sacs called alveoli. The total length of the airways in an adult is about 1,500 miles. Lungs need to have lots of branches (airways) so that they can take in lots of air.



Roll out to 0.5cm thick, cut biscuit shapes out.



Place onto a baking tray lined with baking paper and bake for 12-15 minutes at 170°C.



Once cool, decorate with branching patterns. The more branches, the healthier your lungs are.