

Function of the Mouth 1. Swallowing lubricates our digestive tract and allows us to consume food 5. The paranasal sinuses also add nitric oxide to our air as it passes to our lungs, which helps with our heart and our metabolism. Nasal (Nose) Breathing, the first system, depends upon a well-grown upper palate or maxillae and palatine bones. Suckling for Breastfeeding 4. Nasal Breathing. Tongue-Powered Speech. 2. 3.