

The background of the image is a dark blue gradient with numerous green, spiky, spherical cells scattered throughout. These cells have a textured, almost crystalline appearance and several thin, hair-like protrusions extending from their surfaces. The lighting is soft, creating a slight glow around the cells. The text 'The Immune System' is centered in a white, rounded, sans-serif font.

The Immune System

Let's take a look at the immune system and see what we can discover.

Click on the picture to watch a short film



To be immune (say: ih-MYOON) means to be protected. So it makes sense that the body system that helps fight off sickness is called the immune system. The immune system is made up of a network of cells, tissues, and organs that work together to protect the body.

White blood cells, also called leukocytes (say: LOO-kuh-sytes), are part of this defense system. There are two basic types of these germ-fighting cells:

1. phagocytes (say: FAH-guh-sytes), which chew up invading germs
2. lymphocytes (say: LIM-fuh-sytes), which allow the body to remember and recognize previous invaders

Leukocytes are found in lots of places, including your spleen, an organ in your belly that filters blood and helps fight infections. Leukocytes also can be found in bone marrow, which is a thick, spongy jelly inside your bones.

So you have this great system in place. Is it enough to keep you from getting sick? Well, everyone gets sick sometimes. But your immune system helps you get well again. And if you've had your shots (also called [vaccines](#)), your body is extra-prepared to fight off serious illnesses that your immune system alone might not handle very well. If you get the shot that covers measles, for instance, it can protect you from getting measles, if you're ever exposed to it.

Healthy kids can help their immune systems by [washing their hands](#) regularly to prevent infections, eating nutritious foods, getting plenty of exercise, getting enough sleep, and getting regular medical checkups. And if you feel great today, thank your immune system!

HOW THE BODY WORKS

Cells That Keep You Well

Directions: Match the immune system cell with its function.
Draw a line from the cell to its mission.



B cell

Mission: To devour invaders and launch the immune system attack.



Killer cell

Mission: To coordinate immune system attack by recruiting and activating other immune system cells.



Cytotoxic T cell

Mission: To tag invaders with antibodies so other immune system cells will know to destroy them.



Macrophage

Mission: To devour invaders or release toxic chemicals that kill invaders.



Memory cell

Mission: To destroy infected body cells before the virus has a chance to multiply.



Helper T cell

Mission: To make immune responses faster next time invader comes around.

To draw a line look at the tool bar up the top. Under the word **Arrange** is a line that looks like it has an arrow on each end. Click on this and then move your cursor to the worksheet and a cross will appear. Click on any spot and a line will appear. You can then move this line around and change it's position by clicking on the ends of the line. To create a new line, follow the same steps as above.

How much do you know?

Take this short quiz to see what you know about the immune system. Make sure you check out the answers at the end to help you learn something new if you got a question wrong.

Click on the germ to take the quiz now!

