Staying Healthy: What are Vaccines?

Have you ever wondered how some people never get sick from certain diseases? The answer might be vaccines! Vaccines are a safe way to protect yourself from illnesses. They work by introducing a weakened or inactive form of a virus or bacteria to your body. This helps your body build immunity, which means it can fight off the real disease if you ever come into contact with it.

Vaccines are like training wheels for your immune system. They help it learn how to recognize and destroy specific threats before they can make you sick. This is important because some diseases can be very serious, even deadly.

Vaccines have been controlling and even eradicating many diseases since they were developed. For example, smallpox, a deadly disease that once killed millions of people, is now extinct thanks to vaccines!

Here are some interesting facts about vaccines:

•Vaccines can protect not only you, but also those around you, especially people who cannot be vaccinated due to medical reasons. This is called herd immunity.

•Most vaccines require multiple doses to be fully effective.

•Scientists are constantly researching and developing new vaccines to protect us from emerging diseases.

Read the text and Choose the best answer:

1. What are vaccines used for? a) To cure diseases b) To prevent diseases c) To test for diseases

2. How do vaccines introduce weakened or inactive forms of a virus or bacteria into the body normally?

a) Through injection with a needle b) By consuming a pill c) By inhaling a mist

3. Why do you think vaccines are given in multiple doses? a) To weaken the immune system

b) To help the body build strong immunity c) To make the vaccine more affordable

4. Based on the article, what can we learn about the effectiveness of vaccines?

a) They are not very effective against most diseases. b) They can completely eliminate some diseases.
c) They only work for a short period of time.

5. What does the fact that scientists are constantly developing new vaccines suggest?

a) All current vaccines are becoming less effective.

b) New diseases are produced yearly that require new vaccines.

c) Scientists have not been doing a good job.

B Speaking section:
Complete the sentence from the reading and then read the sentence using the microphone.

1. Vaccines are a safe way_____.

2. This is important because _____.

3. Vaccines have been controlling and _____.

4. Most vaccines require _____ ..

LIVEWORKSHEETS