

The Immune System

Vocabulary and listening practice

1 Vocabulary: fill in the blanks

Fill in the blanks (1–20) with the words from the word bank. Use each word once. There are **two extra words** that you do not need.

Word bank

<i>antigens</i>	<i>attack</i>	<i>B-cells</i>	<i>bacteria</i>	<i>biggest</i>	<i>blood</i>
<i>boost</i>	<i>defence</i>	<i>enzymes</i>	<i>fluid</i>	<i>germs</i>	<i>immune</i>
<i>nodes</i>	<i>own</i>	<i>pathogens</i>	<i>proteins</i>	<i>regularly</i>	<i>skin</i>
<i>spread</i>	<i>unhealthy</i>	<i>vaccine</i>	<i>white</i>		

The immune system keeps the body safe from harmful microorganisms. Scientists call disease-causing microorganisms (1) _____ (from the Greek word *pathos* – ‘suffering’), but in everyday language people simply call them (2) _____ – a word that covers both bacteria and viruses. The immune system works closely with the circulatory system, which carries (3) _____ through the heart, arteries and veins. Germs may enter the body through your mouth, nose or broken (4) _____, while intact skin is the first line of (5) _____ against them. That is why you must keep your whole body clean, especially your hands, washing them (6) _____ to prevent the (7) _____ of germs.

(8) _____ blood cells, such as lymphocytes, neutrophils and macrophages, travel through the blood and tissues, seeking out viruses and (9) _____, which are single-celled microorganisms. Macrophages are the (10) _____ of these cells. There are two main types of lymphocytes: T-cells and (11) _____. T-cells destroy infected or (12) _____ cells, while B-cells produce antibodies – (13) _____ that help to fight germs. The lymphatic system carries a (14) _____ called lymph to the lymph (15) _____, where bacteria are trapped and destroyed.

A (16) _____ contains a weakened or inactivated pathogen, so the body produces antibodies and memory cells before the real pathogen can (17) _____ it. An allergy is the result of the (18) _____ system overreacting to a harmless substance, and an autoimmune disease develops when the immune system attacks the body's (19) _____ cells. Two of the best ways to (20) _____ the immune system are getting plenty of sleep and avoiding chronic stress.

2 Listening comprehension

Listen to Mark and Anna talking about the immune system. Choose the best answer (A, B, C or D) according to what the speakers actually say.

- Mark says the immune system is...
A) simpler than he expected
B) more complicated than he thought
C) exactly as complicated as the textbook says
D) not worth studying carefully
- Anna lists the external barriers and then says they...
A) form the first line of defence
B) form the second line of defence
C) are part of the adaptive system
D) only work in children
- When talking about phagocytes, Anna uses the phrase...
A) "killing cells"
B) "special cells"
C) "memory cells"
D) "eating cells"
- Mark describes the adaptive immune system as...
A) faster but less precise
B) slower but much more precise
C) as fast as the innate system
D) completely unpredictable
- According to Anna, memory cells stay in the body...
A) for a few days
B) for several months
C) only after vaccination
D) for years
- Mark says vaccines introduce a pathogen that is...
A) fully active
B) completely destroyed
C) weakened or inactivated
D) taken from another person
- Anna mentions that in autoimmune diseases the system attacks...
A) only viruses
B) bacteria in the gut
C) foreign substances only
D) the body's own healthy tissue
- Mark's final practical advice includes...
A) sleeping less and staying very clean
B) taking more antibiotics
C) sleep, managing stress and not being obsessively clean
D) avoiding all contact with other people