PrimaryLeap

Score 5

Name:_____ Subject: Science

Date:_____ Sheet: The immune system

The Immune System

The immune system protects our bodies from germs. Tiny invaders called pathogens constantly try to enter our bodies through the skin, the mouth, the nose and all over. Bacteria and viruses are common pathogens that make us sick.

The job of the immune system is to fight these pathogens and get them out of the body. What's so incredible about the immune system is that it remembers how to fight the infection, so if the pathogen comes back for round 2, the body can beat it off straightaway!

Some people's immune systems have problems, instead of fighting bad cells their immune systems fight good cells. Diabetes type I happens when the body's cells attack good cells in the pancreas. Other times the immune system has a completely over the top reaction to something kind of harmless. When it does this it creates an allergy. People can have allergies to peanuts, eggs, pollen, dust and a whole list of other things.

The immune system can take care of itself very well. Most people naturally have strong immune systems but there are things we can do to make it even stronger. If you have a strong immune system, it will be hard for you to get sick and while everyone else is blowing their noses and coughing from common colds, you will be running up and down untouched!

Facts about the immune system

Washing your hands and keeping them clean will help your immune stystem stay healthy.
Vegetables are your body's favourite food. Water helps clean our bodies from the inside, it's much better than juice and fizzy drinks that are filled with sugar. Sugar weakens the immune system.
Exercise gives the cells of our bodies more oxygen and oxygen keeps them alive.
Getting a good night's sleep helps the body build up strength, ready to start another day.
The sun is essential for our bodies to make vitamin D, a special vitamin we need to stay strong and healthy. It also relaxes the body, letting it recharge.

Questions

1. What is the function of the immune system? _____
2. What causes disease and infection? _____
3. Write true or false: People can have allergies to peanuts, eggs, and pollen. _____
4. The sun is essential for our bodies to make which vitamin? _____
5. Write true or false: Exercise gives the cells of our bodies more oxygen. _____

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