

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.

1. Mark says the immune system is...

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| A) simpler than he expected | B) more complicated than he thought |
| C) exactly as complicated as the textbook says | D) not worth studying carefully |

2. Anna lists the external barriers and then says they...

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|------------------------------------|------------------------------------|
| 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 |

3. When talking about phagocytes, Anna uses the phrase...

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|--------------------|--------------------|
| A) "killing cells" | B) "special cells" |
| C) "memory cells" | D) "eating cells" |

4. Mark describes the adaptive immune system as...

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| A) faster but less precise | B) slower but much more precise |
| C) as fast as the innate system | D) completely unpredictable |

5. According to Anna, memory cells stay in the body...

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| A) for a few days | B) for several months |
| C) only after vaccination | D) for years |

6. Mark says vaccines introduce a pathogen that is...

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|----------------------------|------------------------------|
| A) fully active | B) completely destroyed |
| C) weakened or inactivated | D) taken from another person |

7. Anna mentions that in autoimmune diseases the system attacks...

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| A) only viruses | B) bacteria in the gut |
| C) foreign substances only | D) the body's own healthy tissue |

8. Mark's final practical advice includes...

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| 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 |