name: class: date:

Immune Defense Strategies

1. Fill in the gaps with the right words!
2. Scan the QR code to check your answers interactively!
3. Copy the text in your exercise book!
4. Formulate the content of the text yourself!
   Use all gap words!

The human body is a complex _____, protected by an even more intricate defender known as the _____ system. This system is made up of various organs, cells, and proteins that work together to fight off _____, such as viruses, bacteria, and foreign bodies that can cause _____. The first line of defense includes the skin and mucous membranes, which act as physical _____. When these barriers are breached, the immune system deploys white _____ cells to attack the invaders. Among these defenders, T-cells target infected cells, while B-cells produce _____ that latch onto pathogens, marking them for destruction. The _____ filters the blood, catching any foreign particles. Similarly, the lymph nodes are _____ that capture pathogens and provide a site for immune _____ to gather and coordinate their attack. Another critical component is the _____ marrow, where most immune cells are produced before being distributed throughout the _____. Vaccines play a crucial role by training the immune system to recognize and combat specific _____ without causing the disease. This is achieved by introducing a harmless _____ of the pathogen, stimulating the production of antibodies. This preparedness is known as _____, which can significantly reduce the severity of infections. The immune system also has a _____ feature, allowing it to quickly respond to pathogens it has previously encountered, making some _____ less threatening or even preventable in future encounters. However, maintaining a healthy immune system requires a balanced _____, regular exercise, adequate sleep, and minimizing stress.

body | immunity | diet | immune | illness | spleen | system | pathogens | antibodies | memory | diseases | barriers | piece | cells | checkpoints | blood | pathogens | bone

Reference: https://materials.school/educational-activities/task-collection/health-education/immune-defense-strategies (created with ChatGPT)