AMAZING BODY SYSTEMS

IMMUNE SYSTEM



pogo

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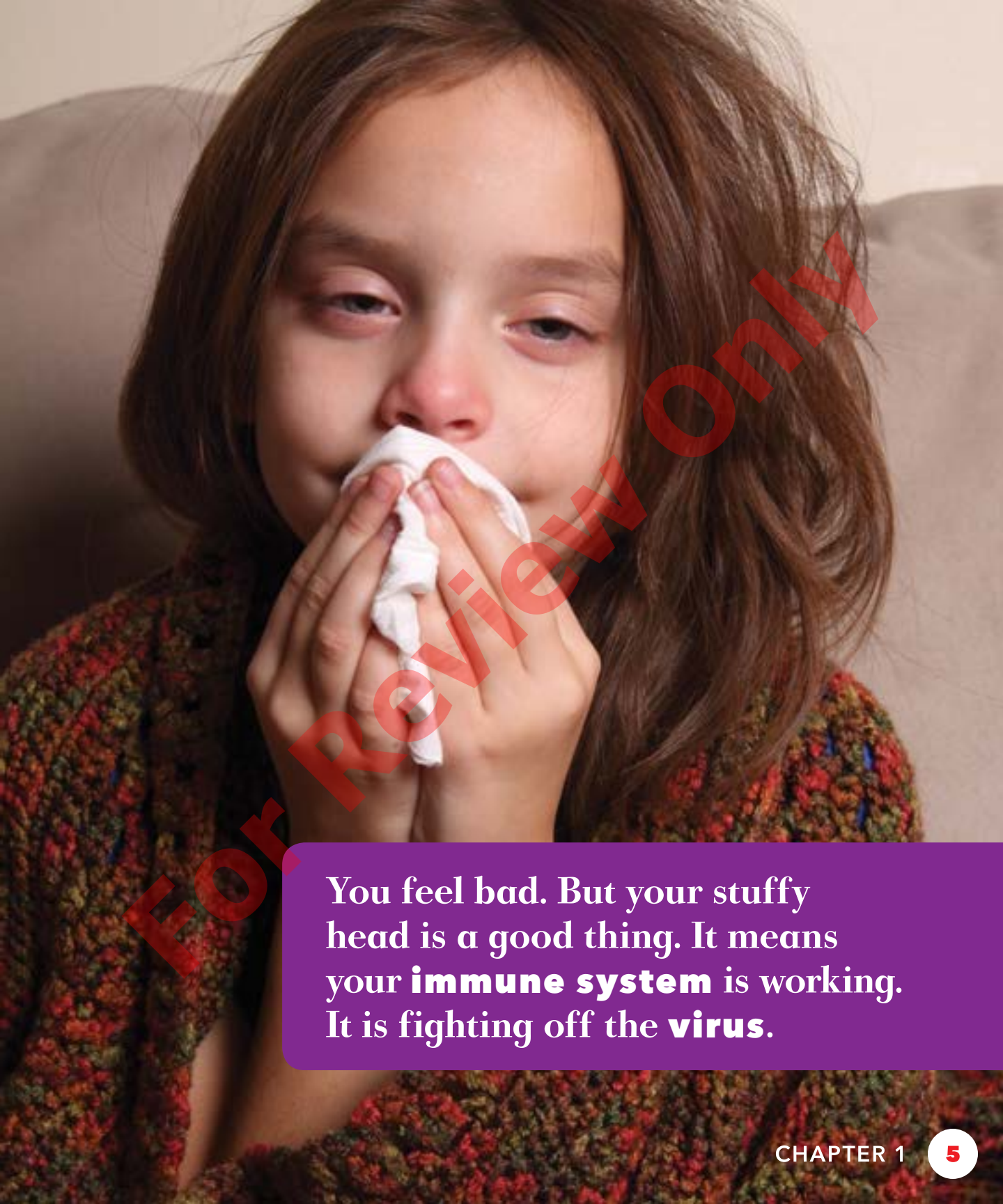
CHAPTER 1

YOUR BODY'S ARMY

First you feel a sore throat.
Then you start sneezing.
Soon your whole
head feels
stuffed up.
You have a cold.



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You feel bad. But your stuffy head is a good thing. It means your **immune system** is working. It is fighting off the **virus**.

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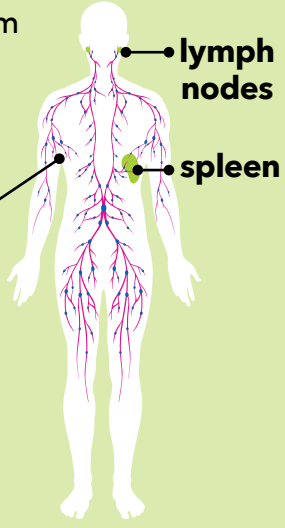


A virus is a kind of **germ**. **Bacteria** are another. Germs attack your cells. This can make you sick.

The immune system is your body's army. Some parts block germs from coming in. But sometimes they get inside your body. Other parts of the immune system destroy them.

TAKE A LOOK!

Your immune system is made of cells, **proteins**, tissues, and **organs**.

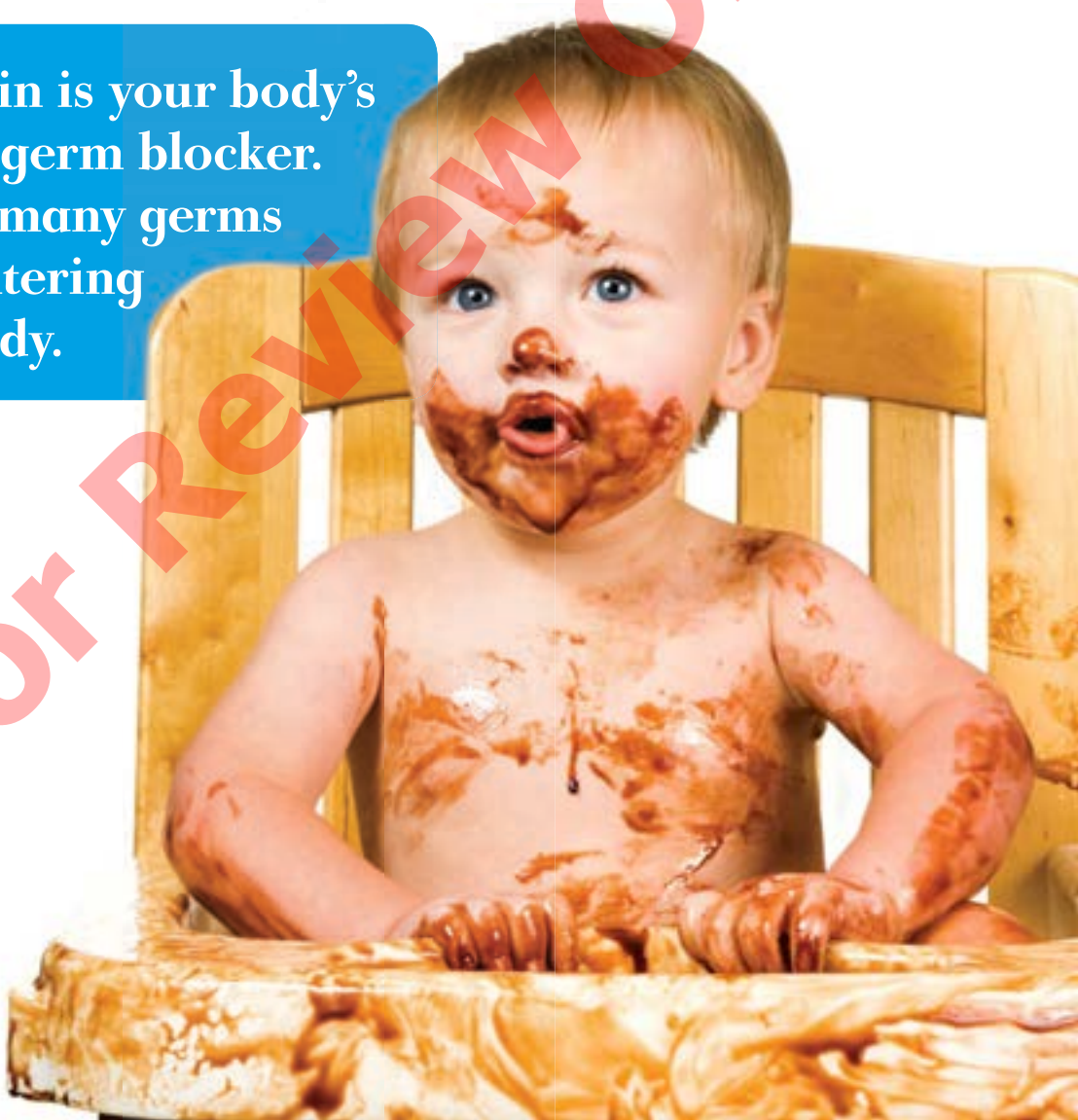


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CHAPTER 2

BLOCK AND ATTACK

Your skin is your body's biggest germ blocker. It stops many germs from entering your body.



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Sticky **mucus** lines the nose, throat, and stomach. It traps germs. Tiny moving hairs push the germs up. A sneeze or cough makes germs fly out.

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ACTIVITIES & TOOLS

TRY THIS!

STICKY MUCUS



Try making mucus. Then see if you can figure out how it stops germs.

What You Need:

- 3 packets of unflavored gelatin
- ½ cup of boiling water (ask a parent for help with this)
- 2 bowls
- ½ cup corn syrup
- fork

1. **Put the boiling water in a bowl. Slowly add the gelatin. Mix with a fork.**
2. **Let it sit for five minutes.**
3. **Put the corn syrup in another bowl. Slowly stir in the gelatin mix. This makes the mucus. Feel the mucus with your fingers. What does it feel like? How do you think it stops germs?**

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GLOSSARY

antibody: A protein that fights germs.

bacteria: Tiny creatures that live inside and outside of the body.

B cell: A type of white blood cell that circulates in our blood and creates proteins called antibodies that destroy germs.

blood vessels: Tubes that carry blood around the body.

bone marrow: A soft inside layer of bones that makes blood cells and stores fat.

germ: A microscopic living thing that causes disease.

immune system: A body system that protects the body and kills germs.

mucus: A sticky liquid that coats your nose, throat, and mouth.

organs: Parts of the body that do certain jobs.

proteins: Living material found in animal and plant cells.

spleen: An organ that filters blood.

T cell: A type of white blood cell that circulates in our blood and scans for infections.

virus: A tiny creature that enters cells inside the body.



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