

THE IMMUNE SYSTEM



KENYA NATIONAL
SPELLING
BEE
LEARN THAT WORD



You have this great defence system in your body that keeps you from getting sick? It is called the immune system /i'mju:n/ /'sistəm/

Well, everyone gets sick sometimes. But your immune system helps you get well again.

White blood cells, also called leukocytes /'lu:kə(ʊ)sait/ (say: LOO-kuh-sytes), are part of this defence system.

They are like little warriors floating around in your blood waiting to attack invaders, like viruses and bacteria.

Leukocytes are found in lots of places, including your spleen, an organ in your belly that filters blood and helps fight infections. Leukocytes also can be found in bone marrow, which is a thick, spongy jelly inside your bones.

IMMUNE SYSTEM WORDSEARCH

A	P	A	T	H	O	G	E	N	G	E	N
I	E	N	I	C	C	A	V	M	T	M	T
R	A	H	E	R	D	G	R	Y	T	L	C
E	N	A	K	R	W	P	C	T	Y	I	Y
T	T	Y	N	V	E	O	Y	M	T	G	Y
C	I	R	T	T	G	V	P	O	R	B	S
A	G	K	J	A	I	H	I	E	V	U	Q
B	E	L	H	N	O	B	L	S	R	I	L
Q	N	P	Q	C	I	L	O	I	S	T	H
J	G	P	Y	T	A	K	V	D	M	A	T
B	B	T	N	V	Z	M	S	G	Y	Q	P
L	E	A	X	J	R	B	Y	L	M	D	Z

ALLERGY
ANTIBODY
BACTERIA
HIV
PASSIVE

PHAGOCYTE
VACCINE
ANTIBIOTIC
ANTIGEN
HERD

LYMPHOCYTE
PATHOGEN
SKIN
VIRUS



WATER & SOAP



PALM TO PALM



BETWEEN FINGERS



FOCUS ON THUMBS



BACK OF HANDS



FOCUS ON WRISTS

Healthy kids can help their immune systems by **washing their hands regularly** to prevent infections, eating nutritious foods, getting plenty of exercise, getting enough sleep, and getting regular medical check-ups. And if you feel great today, thank your immune system!

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