

# Primary Science: Immune System

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The immune system protects our body from pathogens that make us sick like viruses and bacteria. It is made up of cells, organs, and tissues that team up to fight against these bad things.

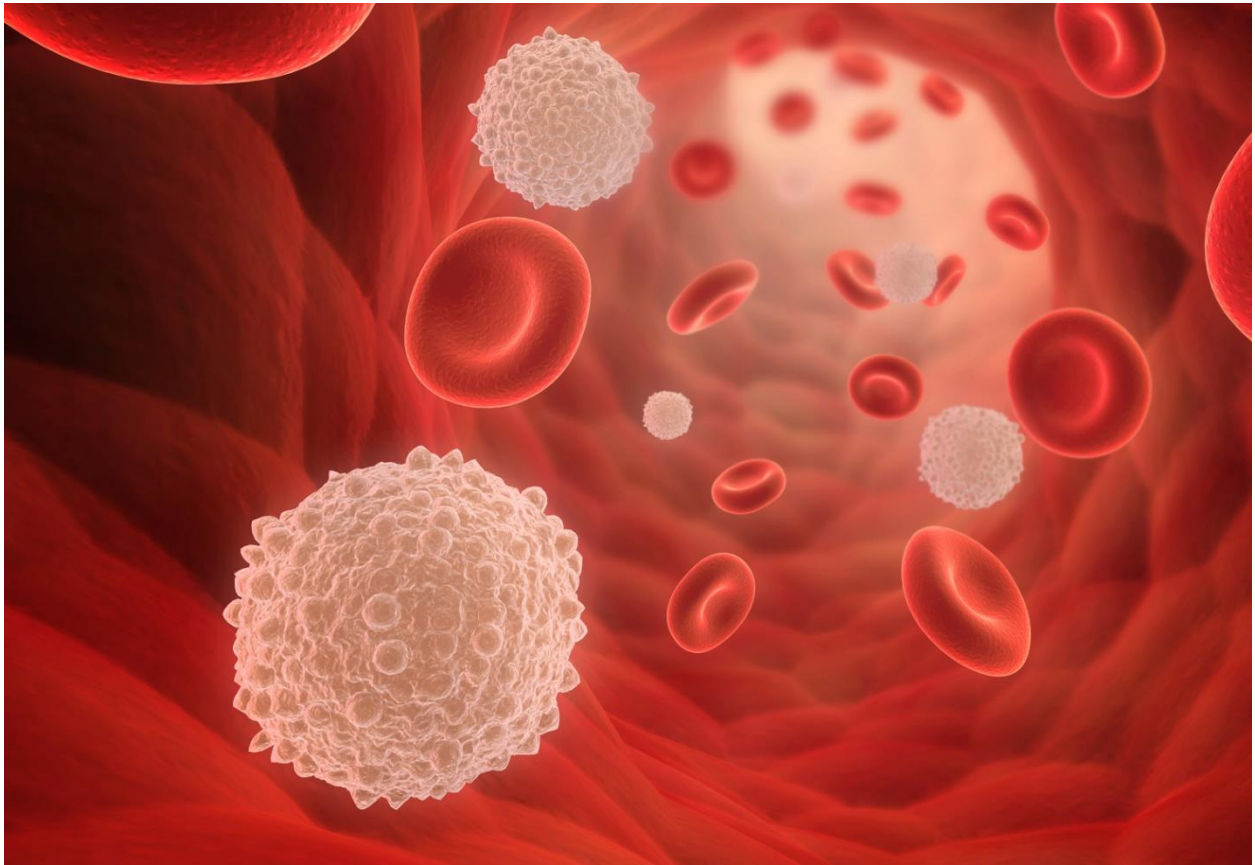
Our immune system is the reason why we don't always get sick! We are exposed to millions of germs every day, so we need to make sure our immune system is strong enough to fight off the infections.

Our body remembers how to fight infections if the same germ attacks. The older we get, the more germs our body is protected against.



# Primary Science: Immune System

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In our bodies, we have white blood cells that are germ-fighting cells. There are several types of white blood cells and each has its own special role in fighting off the different germs that make us sick!

Imagine that they are like little warriors or security guards in your body that are waiting to attack any invaders or bad cells that enter the body, like viruses and bacteria!



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Some people can have problems with their own immune system that don't work as properly as others. Allergies are common among many. When the immune system comes in contact with something that is harmless, like a peanut, it will overreact and cause problems to your body.

Some conditions can confuse the immune system, that can cause it to fight good cells instead of germs.



# Primary Science: Immune System

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Our immune system fights for us without any help, but we can help it! It is important we keep our immune system healthy, so it is strong enough to fight off the bad germs that we come in contact with.

There are a number of things we can do, such as having good hygiene standards, eat healthy food, stay active, and get plenty of rest.

Our body works hard to keep us healthy and safe, so treat it the same way!



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**Answer the questions.**

What is the immune system?

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What does it do?

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What do white blood cells do?

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**Answer the questions.**

What happens if we have an allergy?

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What can we do to help our immune system?

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