



Immune System

Focus Factor Worksheet

Part 1: Lymph & Lymphatic System

Fill in the blanks:

1. Tissue fluid that enters the lymphatic vessels is called _____.
2. The lymphatic system helps balance _____, transport _____, and defend the body against _____.
3. The largest lymphatic vessel in the body is called the _____ duct.
4. Lymph nodes are small, _____-shaped organs that filter lymph and activate _____ cells.
5. The thymus is part of the _____ system but is also a key organ in the immune system.

. Multiple Choice:

1. Which of the following helps lymph move through the body?
 - a) The heart pumping directly into lymph vessels
 - b) Muscle movement, valves, and breathing
 - c) Gravity only
 - d) None of the above
2. lymphocytes are:
 - a) A type of red blood cell
 - b) A type of white blood cell that fights infection
 - c) A type of hormone
 - d) A type of fat cell



The spleen is responsible for:

- a) Filtering blood and storing immune cells
- b) Producing insulin
- c) Pumping lymph into arteries
- d) Storing calcium for bones

Part 2: Specific vs. Nonspecific Immunity

Fill in the blanks:

Nonspecific immunity is also called _____ immunity because it attacks any invader.

Specific immunity is also called _____ immunity because it targets specific germs and creates _____ for future protection.

An antigen is a _____ on a germ that triggers an immune response.

Multiple Choice:

Which of these is an example of nonspecific immunity?

- a) Skin acting as a barrier
- b) B-cells producing antibodies for chickenpox
- c) Memory T-cells responding to a flu virus
- d) Vaccination

Which antibody is the most common, and provides immunity after infection?

- a) IgG
- b) IgA
- c) IgM
- d) IgE

Part 3: Holistic Practices

Fill in the blanks:

Gentle jumping on a mini-trampoline is called _____ and helps lymph _____.

Dry brushing should always be done _____ the heart.

Vitamin C, zinc, and probiotics are examples of _____ practices that support the immune system.

Herbs like echinacea, garlic, and astragalus help strengthen _____ cells.

Short Answer:

Name two ways your lifestyle can affect your immune system besides food and herbs

- Describe how stress can influence immunity.

- Explain why movement, like yoga or rebounding, is important for lymph flow.

Part 4: Reflection

- What is the difference between specific and nonspecific immunity? Give an example of each from your own life.

- Why might a fever actually be helpful when your body is fighting infection? How could understanding this change the way you respond to getting sick?
