**Immune System Vocab**

The best way to help keep your immune system do its job is to **(1)** wash your hands regularly to avoid infections. **(2)** Eating nutritious foods, **(3)** getting plenty of exercise, **(4)** getting adequate sleep, and **(5)** visiting a doctor regularly help, too. Create a poster to hang on school walls, or an infographic, podcast or video to share on social media, to remind students about these five ways to help out their immune systems.

**Thymus:** a lymphoid organ situated in the neck of vertebrates that produces T cells for the immune system. The human thymus becomes much smaller at the approach of puberty.

**Spleen:** an abdominal organ involved in the production and removal of blood cells in most vertebrates and forming part of the immune system.

**Bone Marrow:** The soft blood-forming tissue that fills the cavities of bones and contains fat and immature and mature blood cells, including white blood cells, red blood cells, and platelets.

**Leukocytes:** a colorless cell that circulates in the blood and body fluids and is involved in counteracting foreign substances and disease; a white (blood) cell. There are several types, all amoeboid cells with a nucleus, including lymphocytes, granulocytes, monocytes, and macrophages.

**Phagocytes:** a type of cell within the body capable of engulfing and absorbing bacteria and other small cells and particles.

**Lymphoid:** relating to or denoting the tissue responsible for producing lymphocytes and antibodies. This tissue occurs in the lymph nodes, thymus, tonsils, and spleen, and dispersed elsewhere in the body.

**Lymphoid Tissue:**  Lymphoid tissue: The part of the body's immune system that is important for the immune response and helps protect it from infection and foreign bodies. Lymphoid tissue is present throughout the body and includes the lymph nodes, spleen, tonsils, adenoids, and other structures

**Innate:** The innate immune system is an older evolutionary defense strategy, relatively speaking, and it is the dominant immune system response found in plants, fungi, insects, and primitive multicellular organisms

**Immune:**  Having a high degree of resistance to an illness or disease