

Name _____

The Lymphatic System: Your Body's Defender Against Invaders

Short Answer Key

1. Lymph nodes serve as security checkpoints in the lymphatic system by inspecting lymph for invaders, filtering out harmful substances, and initiating immune responses when necessary.
2. B cells produce antibodies that help the immune system recognize and target specific invaders, while T cells directly attack and destroy infected or abnormal cells.
3. The immune system develops immunity to diseases by remembering how to deal with specific threats. This is important for long-term protection as it allows the body to respond more effectively to future encounters with the same disease.
4. Lifestyle choices such as a balanced diet, regular exercise, and sufficient sleep can support and strengthen the immune system's function. These choices help the body maintain optimal health and immune response.
5. When invaders are detected in a lymph node, specialized white blood cells like lymphocytes work together to capture and neutralize the threat. This prevents the invaders from spreading further into the body.

