

Name \_\_\_\_\_

## Inflammation: An Exploration Inside Our Bodies

### Open-Ended Response Answer Key

1. Answers will vary.
2. It's important for the body to have inflammation because it helps protect against harmful invaders and promotes healing.
3. Answers may include getting enough rest, eating a healthy diet, and avoiding stress.
4. Without inflammation, the body might struggle to fight off infections and heal from injuries.

