

Name \_\_\_\_\_

## Lymphatic System: Your Body's Superhero Shield

### Short Answer Key

1. Lymph is a clear fluid that circulates through the lymphatic system. Its primary role is to transport white blood cells, oxygen, nutrients, and cellular waste products. It also plays a critical role in immune defense by trapping and neutralizing harmful invaders.
2. Lymph nodes are small, bean-shaped structures found along lymphatic vessels. They are important in immune defense because they act as surveillance stations. When harmful substances are detected in the lymph, lymph nodes become active and produce more white blood cells and antibodies to fight off infections.
3. Lymphatic vessels have thinner walls and no pump like the heart, whereas blood vessels have thicker walls and are responsible for carrying oxygenated blood. Lymphatic vessels transport lymph, which is a clear fluid that plays a role in immune defense and maintaining fluid balance.
4. Two lymphatic organs are the spleen and the tonsils. The spleen filters blood, removing damaged blood cells and acting as a reservoir for white blood cells. The tonsils, located in the throat and nasal passages, help trap and destroy inhaled or ingested pathogens.
5. Individuals can take several steps to support the health of their lymphatic system, including staying hydrated by drinking enough water, eating a balanced diet rich in fruits and vegetables, exercising regularly to aid lymphatic circulation, practicing good hygiene to reduce the risk of infections, and avoiding smoking and excessive alcohol consumption.

