Science Fables

The Body's Tiny Defense Team

Story Quiz

This quiz follows Zara and Eli as they learn how the immune system protects the body from cold viruses and other germs.

1. What causes the common cold?

A. Cold weather by itself
B. Tiny germs called viruses
C. Drinking cold water
D. Not wearing a jacket

2. How can cold viruses spread?

A. Through droplets from coughs and sneezes or from contaminated hands
B. Only through food
C. Only through insect bites
D. Through sunlight

3. Which are part of the body's first line of defense?

A. Mucus, cilia, tears, saliva, and skin
B. Bones, muscles, and joints
C. The heart and lungs only
D. Hair and fingernails only

4. What do neutrophils and macrophages do?

A. Carry oxygen through the body
B. Find, surround, and help destroy invading germs
C. Digest food in the stomach
D. Make the body taller

5. Why might a person sneeze, make extra mucus, or develop a mild fever during a cold?

A. These are signs that the immune system is fighting the germs
B. The bones are growing
C. The body is becoming weaker forever
D. The lungs have stopped working

Answer Key

1. B — Tiny germs called viruses

The common cold is caused by tiny germs called viruses.

2. A — Through droplets from coughs and sneezes or from contaminated hands

Cold viruses can spread through droplets from coughs and sneezes or from contaminated hands.

3. A — Mucus, cilia, tears, saliva, and skin

Mucus, cilia, tears, saliva, and skin are part of the body's first line of defense.

4. B — Find, surround, and help destroy invading germs

Neutrophils and macrophages find, surround, and help destroy invading germs.

5. A — These are signs that the immune system is fighting the germs

Sneezing, extra mucus, or a mild fever are signs that the immune system is fighting the germs.