Name: _____ Date: _____

Swollen Glands: Checkpoints in Your Neck

Circle group

When your throat is sore, a doctor presses the sides of your neck. Under your skin are small lumps shaped like beans. They are called lymph nodes. People sometimes call them glands. Most of the time you cannot feel them.

Your body has thin tubes that carry a clear fluid called lymph. Lymph nodes sit along these tubes like checkpoints on a road. You have groups of nodes in your neck, under your arms, and in other places. Lymph flows through a node, and the node filters it. Germs and other unwanted bits get caught.

Nodes are full of white blood cells. These are the fighters of your immune system. When a germ gets caught, the white blood cells go to work. The node makes more of them. The extra crowd makes the node swell. A swollen node can feel sore, like a soft marble under your skin.

The swelling shows that your body is working hard. When you are well, the nodes shrink back. If a node stays big for a long time, a doctor should look at it. Swollen glands are a message. Your defenses are busy.

Questions

1. What shape are lymph nodes?

_____

_____

2. What does a node do to lymph as it flows through?

_____

_____

3. What are white blood cells?

_____

_____

4. Why does a node swell when you are sick?

_____

_____

5. What happens to the nodes when you are well again?

_____

_____

6. Why does the writer call swollen glands a message?

_____

_____

Words to know

filters: catches the bad bits and lets the rest pass
immune: having to do with the body's way of fighting germs

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

Swollen Glands: Checkpoints in Your Neck

Triangle group

When you have a sore throat, the doctor often presses gently along the sides of your neck. Under your skin there are small, bean-shaped lumps called lymph nodes. People sometimes call them glands. Most of the time you cannot feel them at all.

Your body has a network of thin tubes that carry a clear fluid called lymph. The tubes run through the body, and lymph nodes sit along them like checkpoints on a road. You have clusters of nodes in your neck, under your arms, and in other places too. As lymph flows through a node, the node filters it. Germs and other unwanted bits get caught there.

Nodes are also packed with white blood cells, which are the fighters of your immune system. When a germ gets caught, the white blood cells in the node spring into action. The node makes more of them, and this extra crowd makes the node swell up. A swollen node may feel tender, like a small, soft marble under the skin.

That swelling is a sign that your body is working hard. When the sickness is gone, the nodes slowly shrink back to their normal size. If a node stays big for a long time, a doctor will want to take a look. Swollen glands are not a problem in themselves. They are a message that your defenses are busy.

Questions

1. What are lymph nodes shaped like?

_____

_____

2. What does lymph do as it flows through a node?

_____

_____

3. What are white blood cells?

_____

_____

4. Why does a node swell when you are sick?

_____

_____

5. What happens to the nodes after the sickness is gone?

_____

_____

6. Why does the writer call swollen glands a message?

_____

_____

Words to know

network: a set of parts that are all joined together
filters: catches the bad bits and lets the rest pass
clusters: groups of things close together
immune: having to do with the body's way of fighting germs
tender: sore when touched

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

Swollen Glands: Checkpoints in Your Neck

Square group

When you have a sore throat, the doctor will often press gently along the sides of your neck. Beneath your skin lie small, bean-shaped lumps called lymph nodes, which people sometimes refer to as glands. Under normal circumstances, you cannot feel them at all.

Your body contains an elaborate network of thin tubes that carry a clear fluid known as lymph. These tubes run throughout your body, and lymph nodes are positioned along them like checkpoints on a highway. You have clusters of nodes in your neck, beneath your arms, and in several other places as well. As lymph flows through a node, the node filters it, and germs and other unwanted particles become trapped inside.

Nodes are also packed with white blood cells, the fighters of your immune system. Whenever a germ gets caught, the white blood cells in that node spring into action. The node produces even more of them, and this extra crowd causes the node to swell. A swollen node may feel tender, rather like a small, soft marble lodged beneath your skin.

That swelling is evidence that your body is working hard. Once the sickness has passed, the nodes gradually shrink back to their normal size. If a node remains enlarged for a long time, a doctor will want to examine it. Swollen glands are not a problem in themselves. They are a message that your defenses are busy.

Questions

1. What shape are lymph nodes?

_____

_____

2. What does a node do to lymph as it flows through?

_____

_____

3. What are white blood cells?

_____

_____

4. Why does a node swell up when you are sick?

_____

_____

5. What happens to the nodes once the sickness has passed?

_____

_____

6. Why does the writer describe swollen glands as a message?

_____

_____

Words to know

network: a set of parts that are all joined together
filters: catches the bad bits and lets the rest pass
clusters: groups of things close together
immune: having to do with the body's way of fighting germs
tender: sore when touched

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

For the teacher: Swollen Glands: Checkpoints in Your Neck

Each student sheet carries a shape, not a level. The same topic and facts, written three ways.

Circle: Swollen Glands: Checkpoints in Your Neck

Easier · 189 words · Flesch-Kincaid grade 1.9

1. Small beans.
2. It filters the lymph and catches germs and unwanted bits.
3. The fighters of your immune system.
4. The node makes extra white blood cells to fight the germs it caught.
5. They shrink back to their normal size.
6. They show that your body's defenses are busy fighting something.

Triangle: Swollen Glands: Checkpoints in Your Neck

This passage · 229 words · Flesch-Kincaid grade 3.8

1. Small beans.
2. The node filters it and catches germs and unwanted bits.
3. The fighters of your immune system.
4. The node makes extra white blood cells to fight the germs it caught.
5. They slowly shrink back to their normal size.
6. They show that your body's defenses are busy fighting something.

Square: Swollen Glands: Checkpoints in Your Neck

Harder · 235 words · Flesch-Kincaid grade 6.2

1. Small and bean-shaped.
2. It filters the lymph, and germs and other unwanted particles become trapped.
3. The fighters of your immune system.
4. The node produces extra white blood cells to fight the germs it caught.
5. They gradually shrink back to their normal size.
6. They are evidence that the body's defenses are busy fighting something.