Blurt it

Step 1

Name _____ **Date** _____

1. Cover your notes and put your phone face down.
2. Set a timer for 5 minutes.
3. Write down everything you remember about infection and response: facts, key words, equations, practicals, and mistakes to avoid. Diagrams count too.

Stuck? Start with one of these: pathogen · antibody · vaccination

When the timer ends, turn over and check what you remembered.

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Check it, fix it, space it

Steps 2, 3 and 4

Check it

Tick each idea you wrote down, even in your own words.

- [ ] Pathogens are viruses, bacteria, protists and fungi; they spread by direct contact, water or air
- [ ] Bacteria can release toxins; viruses reproduce inside cells and damage them
- [ ] Named diseases: measles, HIV and tobacco mosaic virus (viruses); salmonella and gonorrhoea (bacteria); rose black spot (fungus); malaria (protist)
- [ ] The body's first defences: skin, hairs and mucus in the nose, cilia and mucus in the airways, and stomach acid
- [ ] White blood cells engulf pathogens, make antibodies and make antitoxins
- [ ] Vaccines use a dead or inactive pathogen so your body can make antibodies fast next time
- [ ] Antibiotics kill bacteria but not viruses; painkillers only ease symptoms
- [ ] Some bacteria are now resistant to antibiotics
- [ ] New medicines go through preclinical testing (cells, tissues, animals), then clinical trials, some double-blind with a placebo

Key words to use: pathogen · communicable disease · virus · bacterium · protist · fungus · toxin vector · phagocytosis · antibody · antitoxin · vaccination · antibiotic · antibiotic resistance

I remembered _____ out of 9.

Fix it

Pick 3 ideas you missed. Look them up, then write each one correctly.

1

2

3

Space it

Blurt again on a fresh sheet. Gaps help you remember for longer.

Tomorrow

Date _____

Score _____ / 9

In 3 days

Date _____

Score _____ / 9

In a week

Date _____

Score _____ / 9

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