Helping and Hurting Our Immune Date Systems

Directions: Follow the steps below to become an expert on one of the following activities that help our immune system. Be prepared to dive into the data and share what you learn with your group!

Circle the Activity That You Will Focus On:

Eating lots of fruits Exercise and vegetables		Sleep	Being in the sunshine				
My Seasonal Prediction:							
I think that people will do more/less of this activity in the winter in comparison to							
the summer because							
Results Table for the Activity I'm Focusing On:							

Cause-and-Effect Pathways:

For each cause-and-effect pathway, write the activity that you're focusing on in the first box. Then fill in the effect boxes to show how this activity helps the immune system:

CAUSE		EFFECT		EFFECT
	\rightarrow		\rightarrow	

CAUSE		EFFECT		EFFECT
	\rightarrow		\rightarrow	

Understanding Seasonal Trends:

Describe the **trend** you notice in the graph for this activity by answering the questions below:

What happens to the line in the winter months (November, December, January) of each year?

What happens to the line in the summer months (June, July, August) of each year?

What does this graph tell us about how the amount of time people spend doing this activity changes between winter and summer?

Was your original prediction supported by the data?

Making Sense of the Data:

Why do you think people change the amount of time they spend on this activity between winter and summer?

How does the data help us understand why germs make us sick more often in the winter?



Your group members each learned about the other three activities. Use the table below to take notes on how each activity helps the immune system and seasonal trends.

Activity	y:					
Cause-and-Effect Pathway: Fill in one pathway for how this activity helps the immune system:						
	CAUSE	EFFECT	c,	EFFECT		
			\rightarrow			
Understanding Seasonal Trends: What does the graph for this activity tell us about how the amount of time people spend doing this activity changes between winter and summer?						
	Ma	king Sense of	the Da	ıta:		
Discuss with your group: Why do you think people change the amount of time they spend on this activity between winter and summer?						
How does the data help us understand why germs make us sick more often in the winter?						



Activity	/ :					
Cause-and-Effect Pathway: Fill in one pathway for how this activity helps the immune system:						
	CAUSE	EFFECT		EFFECT		
	\rightarrow		→			
	Understa	nding Seaso	nal Tre	nds:		
	the graph for this a bend doing this acti	activity tell us	s about	how the amo		
	Makin	g Sense of tl	he Data	1:		
Discuss with your group: Why do you think people change the amount of time they spend on this activity between winter and summer?						
How does the	data help us unders	stand why ge winter?	erms m	ake us sick mo	ore often in the	



Results Table for Other Activities:

Activity	y:				
	Ca	use-and-Effec	t Pathw	/ay:	
Fill in o	one pathway fo	r how this acti	vity help	os the immur	ne system:
	CAUSE	FFFF	•	FFFF	
	CAUSE	EFFECT		EFFECT	\neg
		erstanding Sea			_
	s the graph for	=			
people sp	oend doing this	activity chang	ges betv	ween winter a	and summer?
	N	laking Sense o	f the Da	ata:	
Discuss with your group: Why do you think people change the amount of time they spend on this activity between winter and summer?					
un	iey spena on tr	iis activity bety	ween wi	inter and sun	imer?
The state of the details and the state of th					
How does the data help us understand why germs make us sick more often in the winter?					
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