

# Autoimmune Diseases and Allergies

Use this worksheet after reading the lesson to practise the key ideas and prove you can meet the success criteria.

Name \_\_\_\_\_

Date \_\_\_\_\_

Class \_\_\_\_\_

## 1. Key Ideas

When the immune system turns against itself — or over-reacts to harmless triggers

- Definition of autoimmune disease and allergy (Type I hypersensitivity)
- How loss of self-tolerance leads to autoimmune attack

## 2. Success Criteria

By the end, you should be able to:

- Definition of autoimmune disease and allergy (Type I hypersensitivity)
- Key terms: self-tolerance, allergen, IgE, mast cell, histamine, anaphylaxis
- Examples of autoimmune diseases and their target tissues

## 3. Key Terms

### autoimmune disease

a non-infectious disorder in which the immune system produces antibodies or cytotoxic T cells that attack the body's own

### Why anaphylaxis

a medical emergency

### Bacteria

living cells; viruses are non-living particles that require host cells to reproduce

### Autoimmune diseases

classified by the tissue attacked

### allergy

an exaggerated immune response to a normally harmless substance (allergen)

### leukotrienes

potent bronchoconstrictors

## 4. Activity: Build the Lesson Map

Use the lesson to complete the table. Keep answers brief but specific.

Prompt	Your answer
Main concept	
Important example	
Common mistake to avoid	
How this links to the next lesson	

## 5. Short Answer Questions

1. Explain this lesson goal in your own words: "Definition of autoimmune disease and allergy (Type I hypersensitivity)". Use one specific example from the lesson.

**BAND 3** **2 MARKS**

---

---

---

---

2. Apply this idea to a new example: "Key terms: self-tolerance, allergen, IgE, mast cell, histamine, anaphylaxis". Show your reasoning clearly.

**BAND 4** **3 MARKS**

---

---

---

---

3. Analyse why this idea matters for understanding Autoimmune Diseases and Allergies: "Examples of autoimmune diseases and their target tissues".

**BAND 5** **4 MARKS**

---

---

---

---

---

## 6. Extend: Apply the Idea

BAND 5/6

5 MARKS

**A student gives a memorised answer about Autoimmune Diseases and Allergies but does not use evidence or reasoning.**

Improve the answer by writing a stronger response that uses accurate terminology, a relevant example and a clear explanation.

---

---

---

---

---

---

---

## 7. Multiple Choice

1. What is the best first step when answering a question about Autoimmune Diseases and Allergies?

- A. Identify the key concept being tested
- B. Write every fact from memory
- C. Ignore the command word
- D. Skip examples and evidence

2. Which answer would show stronger understanding of Autoimmune Diseases and Allergies?

- A. An answer with accurate terms and reasoning
- B. A copied definition only
- C. A single-word response
- D. An answer with no example

3. What should you do if a question asks you to explain?

- A. Link the idea to a reason or cause
- B. List unrelated facts
- C. Only draw a diagram
- D. Write the shortest possible answer

## 8. Success Criteria Proof

Finish with evidence that you can do each success criterion.

### SUCCESS CRITERION 1

**Prove that you can: Definition of autoimmune disease and allergy (Type I hypersensitivity)**

**BAND 3** **2 MARKS**

---

---

---

---

### SUCCESS CRITERION 2

**Prove that you can: Key terms: self-tolerance, allergen, IgE, mast cell, histamine, anaphylaxis**

**BAND 4** **3 MARKS**

---

---

---

---

### SUCCESS CRITERION 3

**Prove that you can: Examples of autoimmune diseases and their target tissues**

**BAND 5** **4 MARKS**

---

---

---

---

**One thing I still need help with:**

---

---