



ACTIVITY #9: T CELL CUPCAKES



What you will need:

- An adult to assist with baking
- Prepare cupcakes using your favourite recipe
- Cake decorations e.g.: icing, fondant, fruit and nuts, edible decorations





Instructions:

1. Decorate your cupcakes in any style you chose to reflect the three types of T cells we have.
 - a. **Cytotoxic T Cells:** These are our 'fighters'. Their primary job is to kill 'bad cells' (these may be infected cells, bacteria, cancer cells, etc.). Once they recognise a cell as 'bad', they attack.
 - b. **Helper T Cells:** As the name suggests, these cells are our 'helpers'. When they recognise a cell is 'bad', they become activated to help other cells in the immune system to respond to the 'threat'. They do this by releasing cytokines to the cells around them.
 - c. **Regulatory T Cells:** These are our 'controllers'. Their task is to stop an overactive immune response once the 'threat' has been eliminated. These cells are important in preventing our immune system from getting carried away and attacking our healthy cells.
2. Do your best macrophage impression and eat up your left over 'cell' bits (icing, berries, etc.)!

Follow us on Instagram or Facebook, share a picture of your creations and tag us @dayofimmunologywa for your chance to win a prize!

(Bonus, now that you've learnt about all the players in our immune system, why not re-create them all!?)

