Activated dendritic cells present the pathogen-derived peptide antigens to naive CD4+ helper T lymphocytes in the T cell zone of regional lymph nodes. Recognition of peptide antigens by the T cell receptor (TCR) activates naive CD4+ helper T lymphocytes and induces T cell proliferation to generate antigen-specific effector and memory cells. These CD4+ helper T lymphocytes are not autoreactive, but are responding normally to foreign peptide antigens derived from a pathogen protein.