

GERMS!

Germs are tiny organisms, or living things, that can cause \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Germs are so \_\_\_\_\_\_\_\_\_\_ that you need to use a microscope to see them. When they get in our bodies, we don't know what hit us until we have symptoms like a runny nose or \_\_\_\_\_\_\_\_\_\_\_ throat, that say we've been attacked!Germs are so small that you can’t see them!

There are many types of \_\_\_\_\_\_\_\_\_\_\_\_\_\_ (bacteria & viruses). Some we can get in our bodies by breathing \_\_\_\_\_\_\_\_\_\_ that has germs in it when somebody has coughed or sneezed. We can get other germs into our bodies by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ something that has germs on it and then putting our hands or food into our mouths without washing.

Washing hands is the best way to fight germs!!

**YOU SHOULD WASH YOUR HANDS WHEN YOU:**Use the \_\_\_\_\_\_\_\_\_\_\_\_\_.
Play with \_\_\_\_\_\_\_\_\_\_\_\_\_.
Handle \_\_\_\_\_\_\_\_\_\_\_.
\_\_\_\_\_\_\_\_\_\_\_\_\_, sneeze or \_\_\_\_\_\_\_\_\_\_\_ your nose.
Before preparing or touching \_\_\_\_\_\_\_\_\_\_.

***INFECTIONS & IMMUNIZATION***

When our bodies are under attack from germs, our body has a defence system: our \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. These tiny warriors fight against the invaders. Sometimes our immune system needs help recognizing the invaders, so we inject a very weak \_\_\_\_\_\_\_\_\_\_\_\_ into our bodies (called an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. ) Our bodies can then fight against the real disease.

Sometimes we get \_\_\_\_\_\_\_\_ or injuries, and then germs get into that opening. We should wash it out right away to clean the germs out so that we don’t get an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. OUCH!

We also get germs on our \_\_\_\_\_\_\_\_\_\_\_\_ from the food we eat. If there is sugar in the food, the “sugar bugs” or \_\_\_\_\_\_\_\_\_\_\_ attacks our teeth and makes holes called c\_\_\_\_\_\_\_\_\_\_\_. We have to visit the dentist to get a \_\_\_\_\_\_\_\_\_\_\_.

We can help our bodies to stay healthy by eating \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. We know that there are four food groups:
dairy, protein, grains and fruits & vegetables.

We should eat some of each food group every day.