

# CHAPTER 33

How many times have you been sick in the past year?  
Once, twice, three times?

What if I told you there are ways to keep from getting sick so many times? Would you do it?

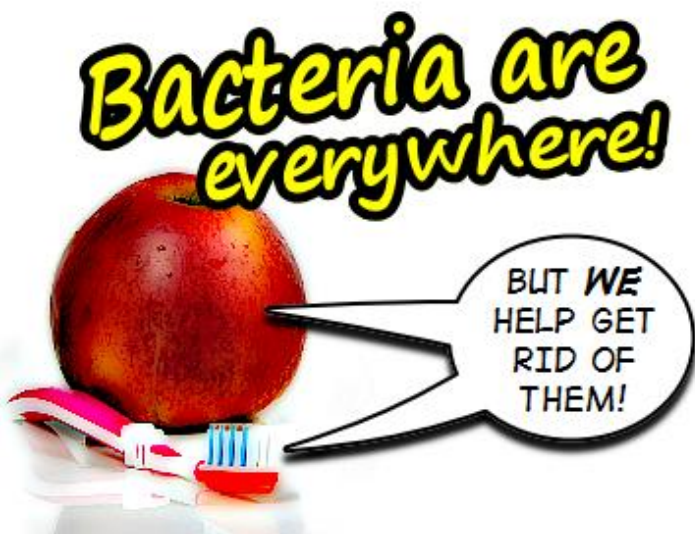
## Let's see if I can convince you...

First of all, many people get sick when they get bacteria inside their bodies.

Remember, not all bacteria is bad for you! Some of these little guys help you by hanging around in your intestines and digesting some of your food! Don't worry! This is a good thing!

But, as you learned in chapter 16, some bacteria are not as helpful. In fact, some bacteria get in or on your body and

starts to make many copies of itself (reproduction). They make so many copies that they are a threat to your safety! When this happens, your body tries to get rid of them!



## How does your body do this?

Well, have you ever had a cold before? If you have, it may have been because you had too many bacteria growing inside you and your body wanted to get rid of them!

## So how do bacteria get inside you?

Think of it this way...everything you touch may have some kind of bacteria on it. Whenever you:

**Touch your eye**

**Pick at your ear**

**Put your fingers in your mouth**

**Pick your nose** (don't do that, it's gross!!!)

and **Scratch your skin**

Most of the colds and upset stomachs people get come from bacteria that have found a way into their bodies! For example, whenever you touch something, your hands get covered with bacteria! If you don't get rid of these bacteria, and you put your hands in your mouth, all of those bacteria are now inside of your body!

## So how do I keep from getting sick so often?

This is the easy part...


# Wash your hands!

That's right... by washing your hands you can keep bacteria from getting inside you.

And when you wash your hands...

## use soap!

**Trust me...** bacteria do not like soap!  
It is poison for them!

A black and white photograph showing several hands of different people stacked together. The hands are positioned in a way that suggests they are being held or supported. A speech bubble is positioned above the hands, containing the text 'OKAY. EVERYONE WASHED THEIR HANDS, RIGHT?'. The hands are adorned with various pieces of jewelry, including rings and bracelets.

OKAY. EVERYONE  
WASHED THEIR  
HANDS, *RIGHT?*

You should always wash your hands and wrists with clean soap and water. Don't forget the back of your hands, in between your fingers and under your fingernails!

It is always a good idea to wash your hands:

- Before making or eating your food
- After handling any animals
- After using the toilet
- And if you have been around someone who has a cold or a cough

That brings up another issue...

Please... when you are sick and start to cough or sneeze...



**...cover your mouth!**



Every time you cough or sneeze you are spreading bacteria all over the place! If you cover your mouth when you sneeze, you can keep those bacteria from spreading to others!! Nobody wants to get sick so please keep your bacteria from

reaching anyone else! And when you are done... **wash your hands!**

If you use a tissue, be certain it gets thrown away into the trash! If someone even picks up your used tissue (yuck!), they can get sick from the bacteria in your snotty goo!

No matter how hard you try, you are still going to have bacteria in your mouth. That is okay! There is one very good way of keeping bacteria from growing inside your mouth...

# Brush your teeth!

Right now, you may have over 100 million bacteria hanging out in your mouth right now! It is warm, wet and has plenty of food for bacteria to grow!! Yikes!

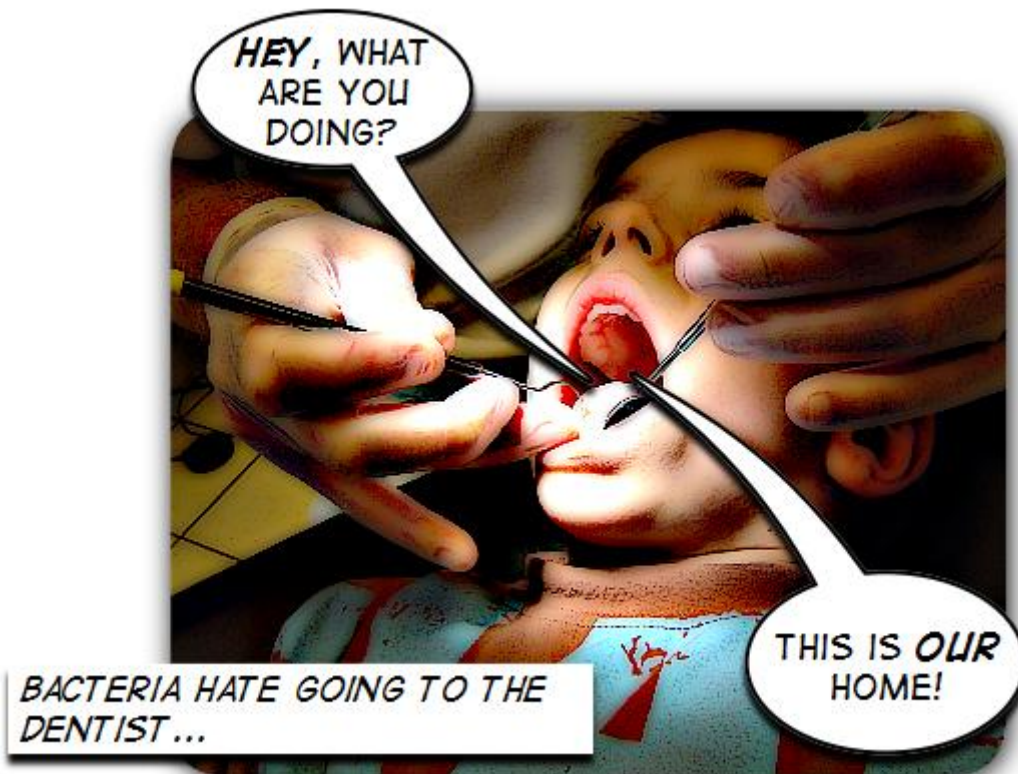
Every time you brush your teeth, you are scrubbing off millions of these little critters! And you are keeping your teeth staying nice and white.

Have ever woke up in the morning and found a sticky layer over your teeth before? That is called **plaque** ("plak") and

it is a mixture of leftover food, bacteria and bacteria waste! Yuck!

If plaque is not brushed off of your teeth, it can get pretty hard and turn yellow or brown in color! This

hardened plaque is called **tartar** and you will need a dentist to remove it from your teeth!



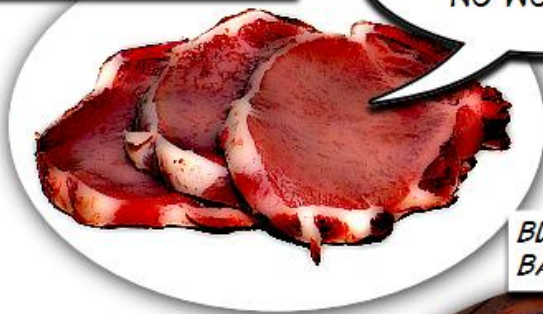
If you do not brush your teeth, the bacteria in your mouth will grow a lot! In fact, the bacteria will grow so much that they will start to eat part of your teeth! Yikes! When this happens, you have a **cavity**! Ouch!

It is a fact that the food you eat is loaded with bacteria!! That is why it is very important that you wash your fruits and vegetables before you eat them. It is also important to cook all of your meat before you eat it!

## But why do we have to cook our food?

BACTERIA LOVE TO HANG OUT AND RELAX.

AHH THIS IS THE LIFE.  
PLENTY OF FOOD.  
NO WORRIES!



BUT THEY DO NOT LIKE  
BAR-B-QUES...



**HELP!!!**

We must cook our meat to make certain that all of the bacteria inside it are killed! meat must be cooked at a high temperature and for a long enough time so that it kills all of the bacteria.

**But how do I know how long and how hot I should cook the food?**

Every kind of food is different, but most of the bacteria that is hanging out in your refrigerator can not live beyond 140°F. (How hot is that? Well, your body temperature right now should be around 98.6°F). Some food, like chicken and large pieces of beef need to be cooked until they are close to 165°F. Just to be certain that no little critters are still around!

**With so many bacteria around us, inside us and on us, how do we keep from getting sick all the time?**

**That is a good question! And you are going to explore the answer in the next chapter!**

Fill in the blanks with the correct words from the bank at the bottom of the page.

\_\_\_\_\_ is a sticky

\_\_\_\_\_ that \_\_\_\_\_

over your \_\_\_\_\_ .

\_\_\_\_\_ is \_\_\_\_\_ mixture

\_\_\_\_\_ \_\_\_\_\_ food,

bacteria and \_\_\_\_\_ waste.

### Word Bank:

Leftover

layer

bacterial

Teeth

a

it

Plaque

forms

of

Fill in the blanks with the correct words from the bank at the bottom of the page.

\_\_\_\_\_ is \_\_\_\_\_ plaque that forms  
\_\_\_\_\_ your \_\_\_\_\_ .

**Word Bank:**

teeth  
hardened  
on  
tartar

## Which one is right? Circle the correct answer.

1. Ways you can keep from getting sick include:

- a. washing your hands
- b. eating a lot of chocolate
- c. not getting enough sleep

2. Washing your hands with soap is important because:

- a. soap makes the skin on your hands become dry
- b. soap is poisonous to bacteria
- c. bacteria love to eat soap

3. Which of the following does not help bacteria get inside you:

- a. rubbing your eyes
- b. sharing a drink with someone
- c. brushing your teeth

4. I should always wash my hands \_\_\_\_\_.

- a. before going to bed
- b. before and after going to the supermarket
- c. before and after preparing a meal

5. Brushing your teeth...

- a. gets rid of all bacteria in your mouth
- b. increases the number of bacteria in your mouth
- c. keeps plaque from forming on your teeth

6. One way to get rid of the bacteria in my food is to...

- a. keep it in the refrigerator
- b. wash my hands before I prepare the meal
- c. heat the food at least to 140°F to 165°F