

Name:



How Can We Stay Healthy?



Germs are tiny living things that are too small to see without a microscope, but they can make people sick. There are four main types of germs – bacteria, viruses, fungi, and protozoa. Some bacteria are helpful, like the ones in our stomach that help us digest food. But harmful germs can cause illnesses such as colds, flu, or infections. Germs spread easily when someone coughs, sneezes, or touches something with dirty hands. The best way to stay healthy is to stop germs from spreading. Washing your hands often with soap and warm water is one of the most effective ways to remove germs. You should always wash your hands before eating, after using the washroom, after coughing or sneezing, and after playing outside. Covering your mouth and nose with a tissue or your elbow when you cough or sneeze also helps protect others from getting sick. Our immune system is the body's defense against germs. When germs enter the body, the immune system works to find and destroy them. Getting enough sleep, eating healthy foods, and exercising all help strengthen the immune system. Vaccines also help protect us by training the body to fight specific germs before they can make us ill.

By practicing good hygiene, staying active, and eating well, we can prevent many illnesses. Keeping our bodies clean and healthy not only protects us but also helps keep our families, classmates, and communities safe.

1-What are germs, and why can't we see them easily?

2-Name the four main types of germs.

3-What are two ways germs can spread from one person to another?

4-How can we keep our immune system strong?

5-How do vaccines help protect us from diseases?

6-Fill in the Blanks:

Germes are tiny _____ things that can make people _____.

The four main types of germes are bacteria, _____, fungi, and _____.

Washing your _____ with soap and water helps remove germes.

The immune system helps the body _____ and _____ germes.

_____ protect us by training our bodies to fight certain germes.

Choose the best answer:

7-Which of the following is NOT a type of germ?

- a) Bacteria
- b) Virus
- c) Oxygen
- d) Fungi

8-What is one of the best ways to stop germes from spreading?

- a) Eating snacks
- b) Washing hands with soap and water
- c) Watching TV
- d) Sharing drinks

9-What does the immune system do?

- a) Helps us sleep
- b) Fights germes and diseases
- c) Makes food
- d) Spreads germes

10-How do vaccines help the body?

- a) They make you sleepy
- b) They teach the body to fight germes
- c) They kill all bacteria
- d) They clean your hands

11-When should you wash your hands?

- a) Only in the morning
- b) Before eating and after using the washroom
- c) Only when you feel sick
- d) Once a week

