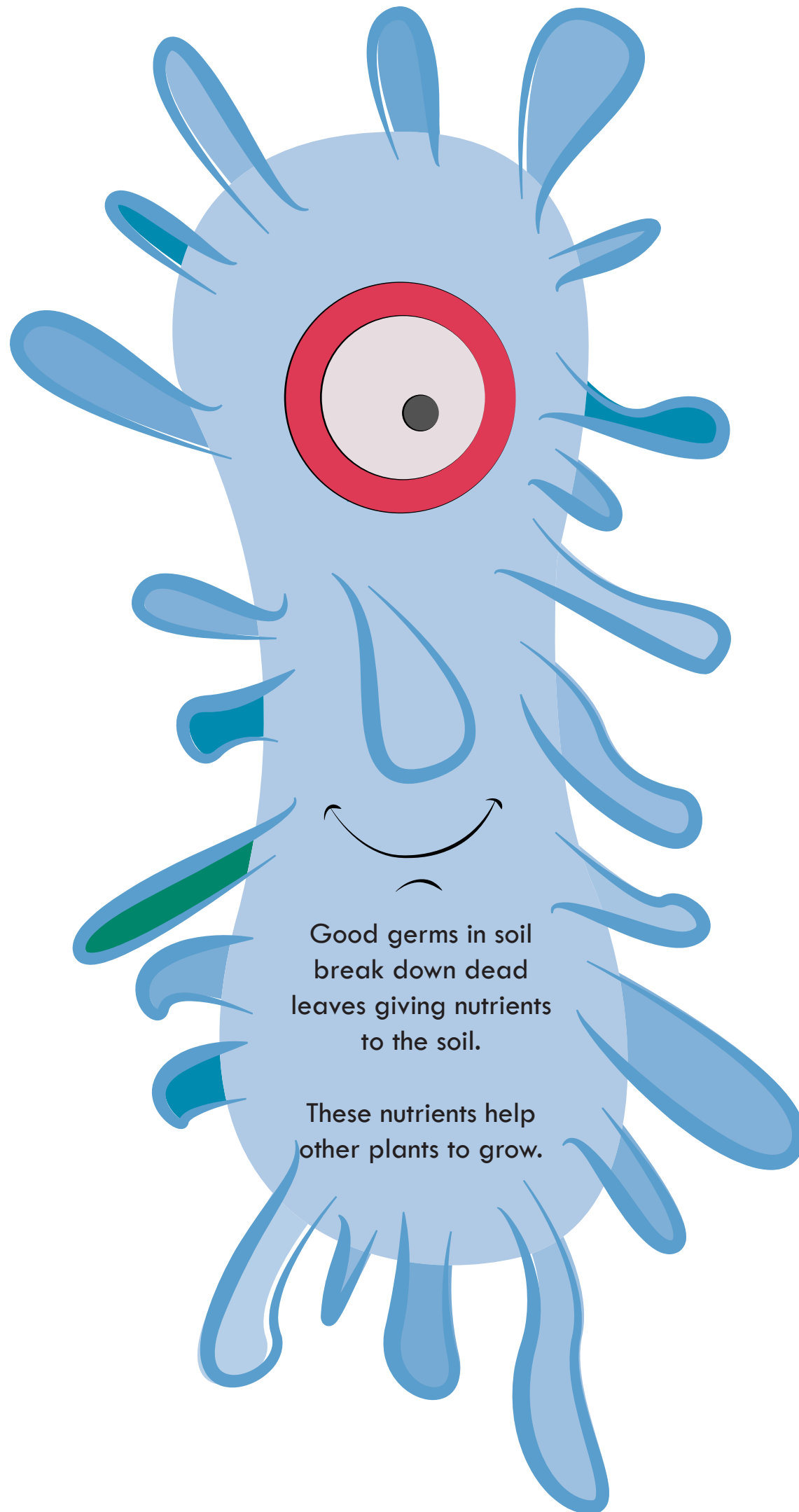


Canal, river and pond water can contain bad germs that might make you ill.

Do you think we should drink this water? No!



Good germs in soil
break down dead
leaves giving nutrients
to the soil.

These nutrients help
other plants to grow.

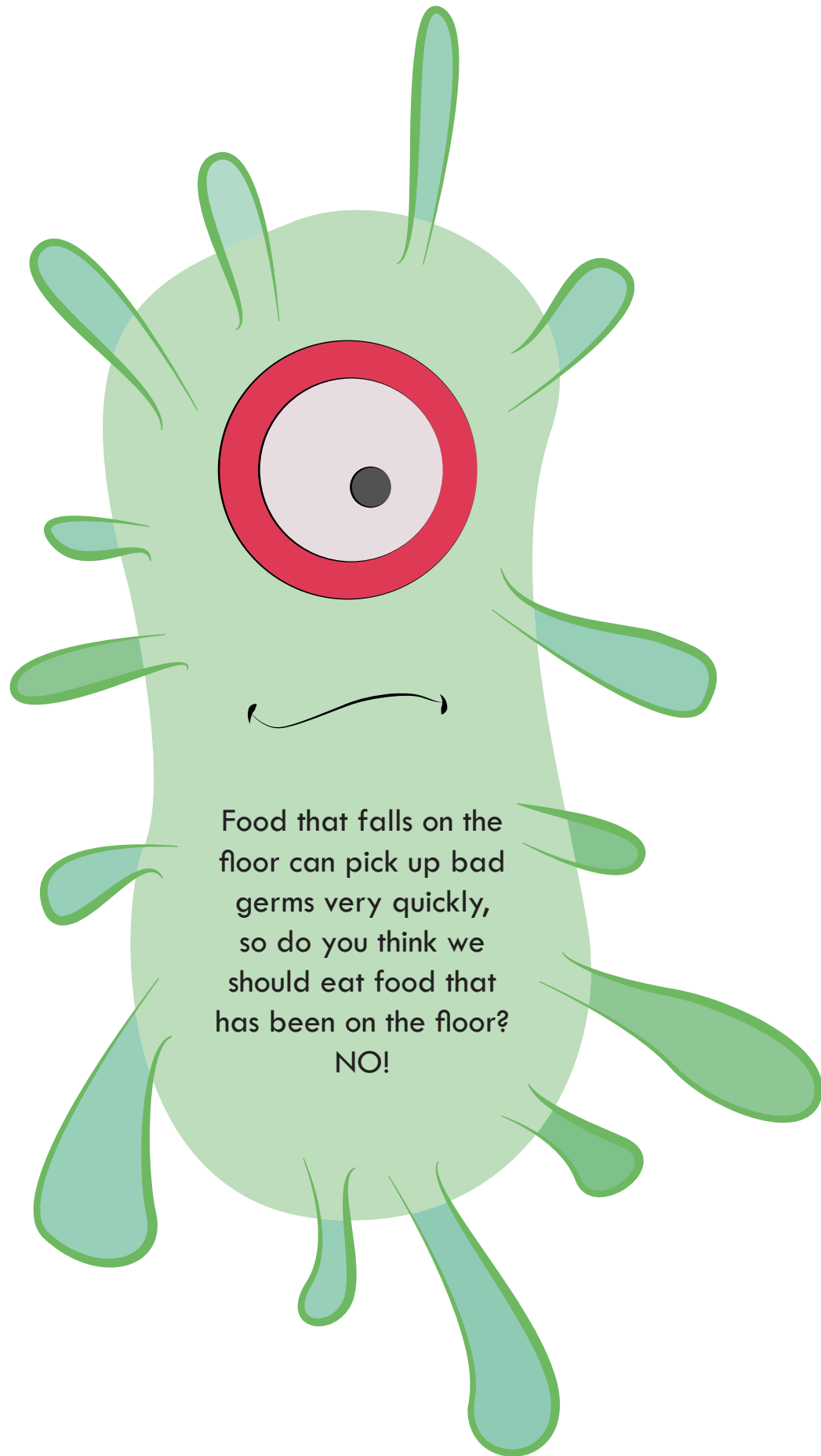


Soil has bad germs
in it that can make
you poorly, so after
playing outside
always wash your
hands to stay healthy.



To make bread we have
to add a good germ
called yeast.

This makes the bread
rise and become fluffy.



Food that falls on the
floor can pick up bad
germs very quickly,
so do you think we
should eat food that
has been on the floor?
NO!

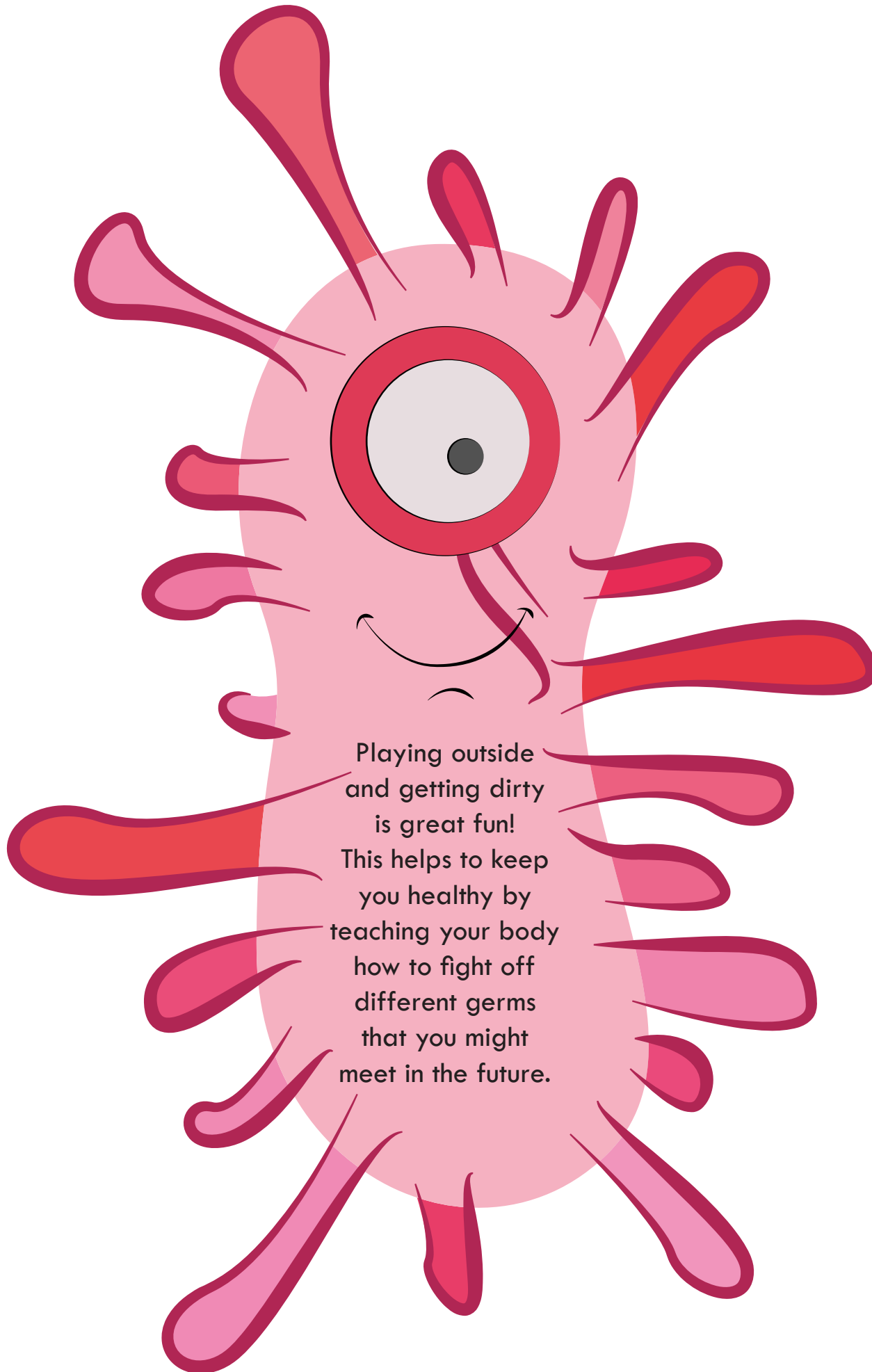




Some yoghurts
have good germs
in them to keep
your stomach
healthy and help
you breakdown
your food.



Before you
eat fruit or
vegetables
always give them
a wash to get rid
of any bad germs
that come from
the manure the
farmers used to
grow them.



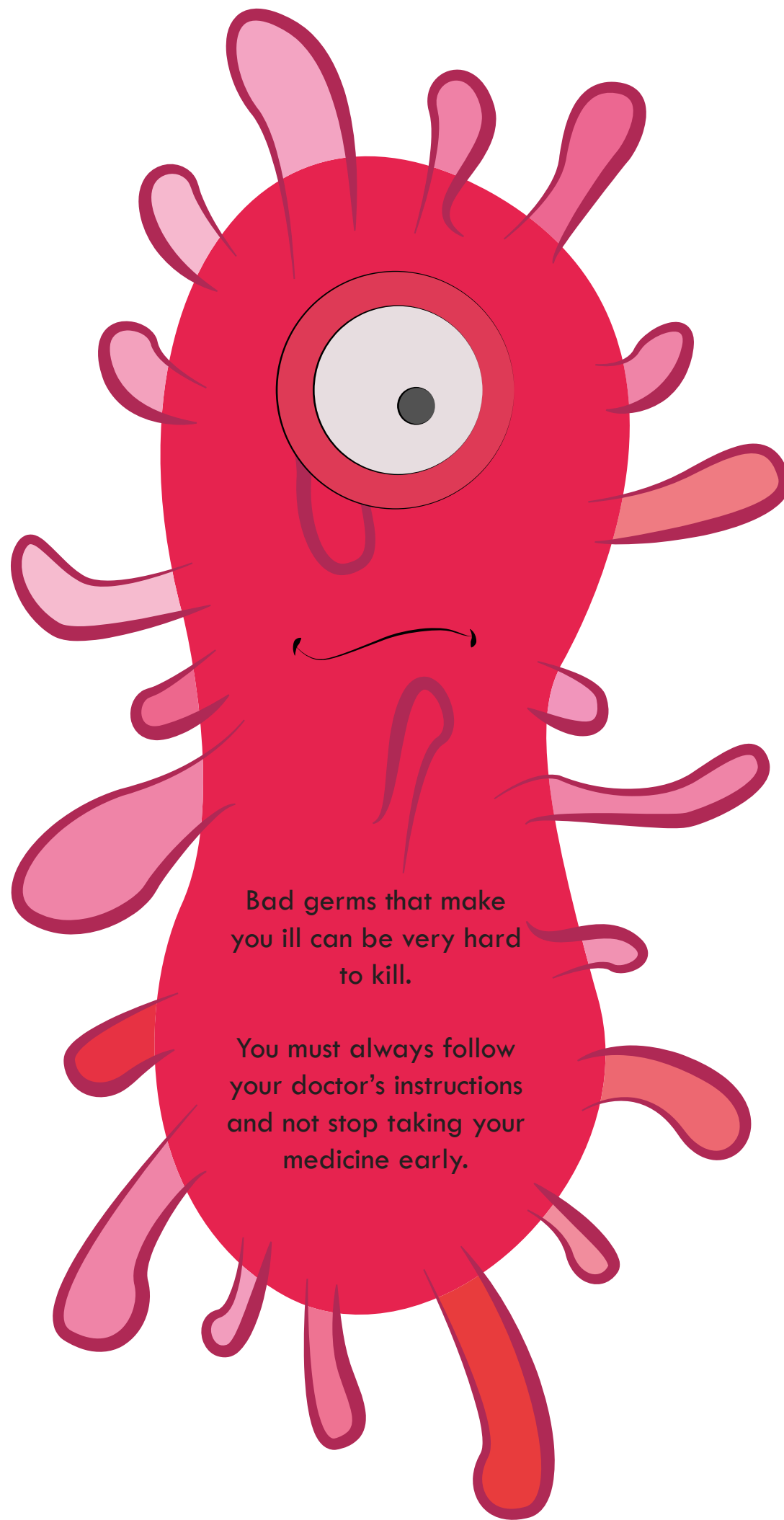
Playing outside
and getting dirty
is great fun!
This helps to keep
you healthy by
teaching your body
how to fight off
different germs
that you might
meet in the future.



When people and animals are sick they can spread bad germs that can then make you ill, so when visiting the doctors, hospital, dentist and vets always use hand gel or wash your hands to stay healthy.



Some good germs make
chemicals that can be
used in medicine to
make you better.



Bad germs that make you ill can be very hard to kill.

You must always follow your doctor's instructions and not stop taking your medicine early.