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Why Do You Wash?



Microbes on a Hand

Did you know that millions of microbes live on your hands? Microbes are very, very small living things – you can't see them! Some microbes aren't dangerous, but some can make you sick.

Remember to wash your hands. It's important to wash away the microbes after you go to the toilet, and after you touch dirty things. Wash your hands before you touch food, too.

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Meat that's not cooked has dangerous microbes. Wash your hands after you touch meat that's not cooked, and cook meat well.



It's important to brush your teeth every day. When you eat food with sugar, the microbes on your teeth also eat the sugar. This can damage your teeth and make your teeth unhealthy.

To keep your teeth healthy, brush them with toothpaste to wash away the microbes. Go to the dentist every year, and don't eat too much food with sugar.



Unhealthy Teeth



Brushing Teeth

Go to pages 32–33 for activities.

LIVEWORKSHEETS

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5 Why Do You Wash?

Read pages 12–13.

1 Complete the poster.

food meat Millions toilet sick dirty

Did you know ...?

Millions of microbes live on your hands!

Microbes can make you _____.

Always wash your hands ...

before you touch _____.

after you go to the _____.

after you touch _____ things.

after you touch _____ that's not cooked.

2 Circle the correct words.

- 1 The microbes on your hands / in your mouth can damage your teeth.
- 2 Brush your teeth to wash away the toothpaste / microbes.
- 3 To keep your teeth healthy, go to the dentist / doctor.
- 4 Don't eat too much food with vitamins / sugar.

3 Write true or false.

- 1 All microbes are dangerous. _____
- 2 Some microbes can make you sick. _____
- 3 Meat that is not cooked has dangerous microbes. _____
- 4 It's important to keep your teeth clean. _____
- 5 When you eat food with sugar, the microbes in your mouth eat the sugar, too. _____

