

Name: _____

(Write the notes in your notebooks.)

Risk Factors to Our Health



It is important that the food we eat and the water we drink are clean and safe. If germs, such as harmful **microorganisms** and **parasites**, get into our food and drinks, they may give us food poisoning resulting in diarrhea and vomiting.

Unsafe or **contaminated** drinking water and poor sanitation can cause many diseases such as:

- vomiting
- diarrhea
- **skin irritations** (rashes or bumps on the skin)
- **gastrointestinal** diseases (upset stomach)

Food poisoning can be prevented by:

1. Preventing germs from reaching foods and drinks.
2. Washing hands with clean water and soap after using the bathroom.
3. Washing hands before and after preparing and eating food.
4. Keeping fingernails clean.
5. Storing food properly.

Unsafe or contaminated drinking water can be prevented by:

1. Using safe water that has been treated or from a protected well.
2. Boiling water that may not be safe.
3. Using clean, covered containers to collect and store water.

Poor **sanitation** can be prevented by:

1. Using a toilet and keeping it clean.
2. Flushing the toilet after using it.
3. Cleaning up faeces from pets.

Match the words from the box below to their definitions.

contamination	gastrointestinal	microorganisms
parasites	sanitation	skin irritations

1. Proper cleaning up of waste _____
2. Stomach ache _____
3. Rashes or bumps on the skin _____
4. Living things that lives inside other living things _____
5. Unclean or unsafe food and water _____
6. Living things that can only be seen with a microscope _____