

## Risk Factors to 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 or vomiting. Unsafe or contaminated drinking water and poor sanitation can cause many diseases such as vomiting, diarrhea, skin irritations, or gastrointestinal diseases.

**Food poisoning can be prevented by:**

- Preventing germs from reaching foods and drinks
- Washing hands with clean water and soap after using the bathroom
- Washing hands before and after preparing and eating food
- Keeping fingernails clean
- Storing food properly

**Unsafe or contaminated drinking water and poor sanitation can be prevented by:**

- Using safe water that has been treated or water from a protected well
- Boiling water that may not be
- Use clean covered containers to collect and store water
- Use a toilet and keep it clean
- Teach children to use a potty and flush the faeces in a toilet
- Clean up faeces from pets

1. Name TWO diseases that unsafe or contaminated drinking water will cause. [2]

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2. Give TWO ways food poisoning and contaminated drinking water can be prevented. Write them in the chart below. [4]

Food Poisoning	Contaminated drinking water