

Risk Factors to Our Health

germs	wash	diarrhea	contaminated
safe	micro-organisms	store	treated
	sanitation	covered	

1. It is important that the food we eat and the water we drink are _____.
2. If germs such as harmful _____ get into our food, we may get food poisoning.
3. Food poisoning is an illness that results in vomiting and/ or _____.
4. When water is _____ that means that it is unsafe for drinking.
5. We can prevent food poisoning by not allowing _____ to get in our food and drinks.
6. We must always _____ our hands before we touch food.
7. It is very important to _____ food properly so that it does not get contaminated.
8. We should not use water for drinking or cooking that has not been properly _____.
9. Using unclean toilets and not cleaning up after yourself is poor _____.
10. You should always keep your garbage bin _____ and replace the bag when it is full.