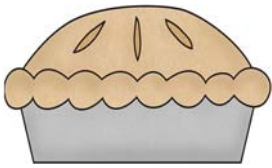


Name: \_\_\_\_\_



# Germs and Food



Most of the food we eat is not sterile. However, our body does a pretty good job of protecting us from some germs. For instance, our stomach acid helps to sterilize food that may have come into contact with germs. Food can have germs that come from a variety of sources. Food can get germs from people's hands, from dirty countertops, from dirty utensils and from germs that are air borne. Many foods come from farms and grocery stores and it can also get germs from those locations. Food from animals can also carry germs from the animal. For this reason, it is extremely important to wash your hands with warm water and soap extremely well before and after handling food. Germs can grow and multiply very quickly on food and for this reason, food is often refrigerated. When food is put in the refrigerator, the coolness helps slow down the growth of germs. When food sits at room temperature, germs can grow much easier and for this reason, we wash food like apples, especially the peels as the germs remain on the peel. It is always wise to wash food that can be washed before eating it, food like apples, grapes, and carrots wash easily. Cooking also helps sterilize food and much of the food we eat is cooked. If food is not handled and stored correctly, the germs can cause sickness like, stomach aches, diarrhea, vomiting or even more serious illnesses.

## QUESTIONS:

- ❶ What is one way that our body fights germs?
  
- ❷ What are 3 ways that germs can find their way to food?
  
- ❸ How can you make sure the food you eat has minimal germs?
  
- ❹ What can happen to you if you eat food that has many germs?
  
- ❺ Why is hand washing important when touching food?