

# Learning Objective:

To describe the importance of hygiene for humans

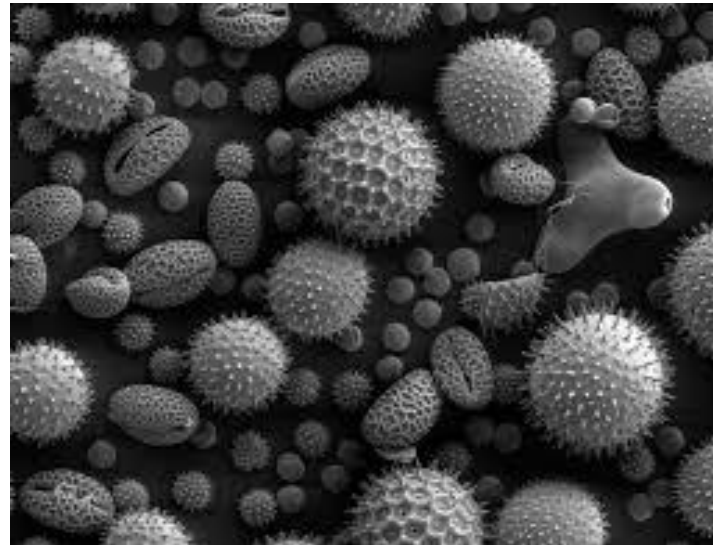
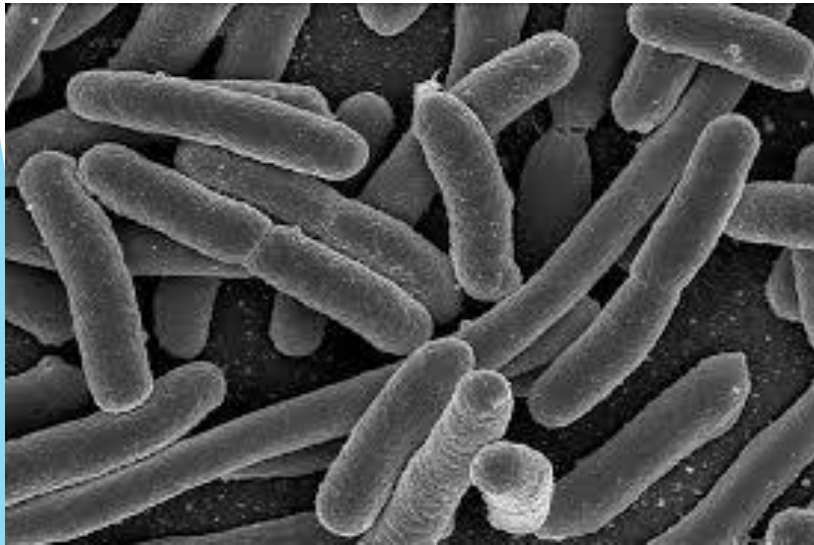
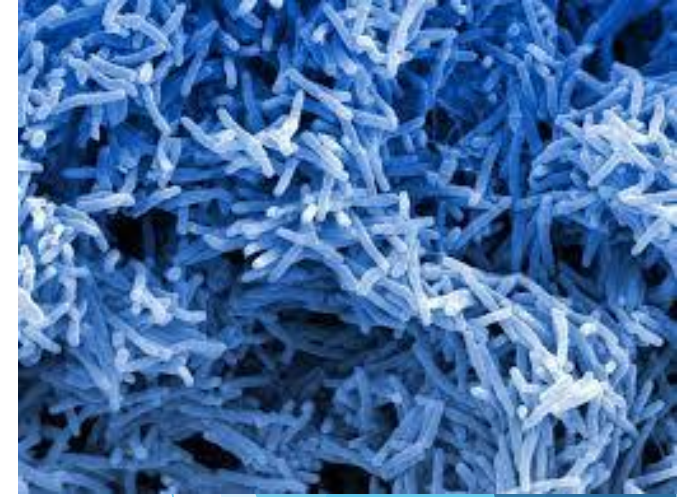
## Success Criteria:

- C. Describe what good hygiene is
- B. Recall and record some examples of good hygiene
- A. Describe why it is important for humans to have good hygiene

# What is bacteria?

## ▶ Bacteria

- A very small living thing that lives in air, earth, water, plants, animals
- We can't see it because it's so small
- Can cause disease and illness
- Can help our bodies stay fit and healthy
- Some are good for us and some are bad for us
- <https://www.youtube.com/watch?v=ϕLiUg1-BSUI>



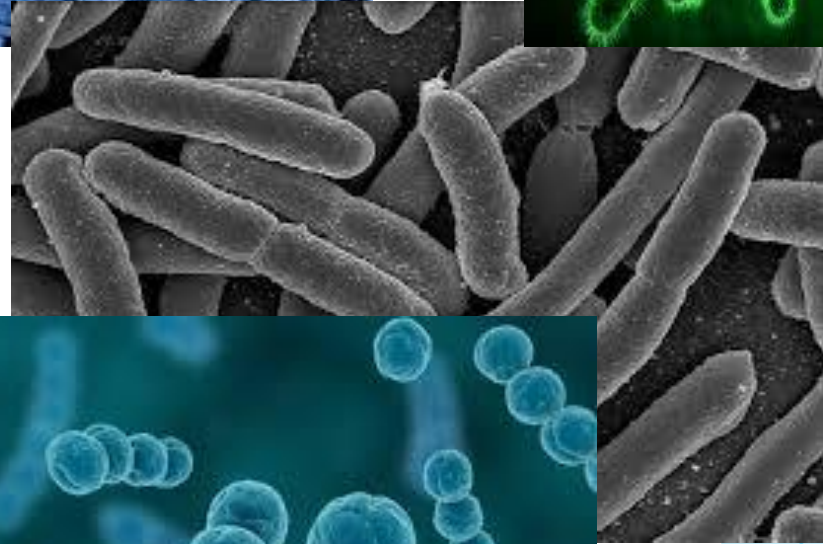
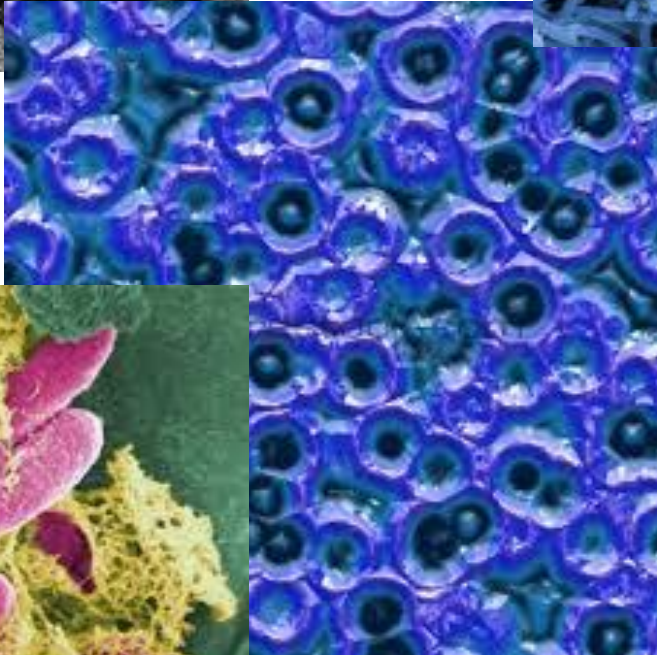
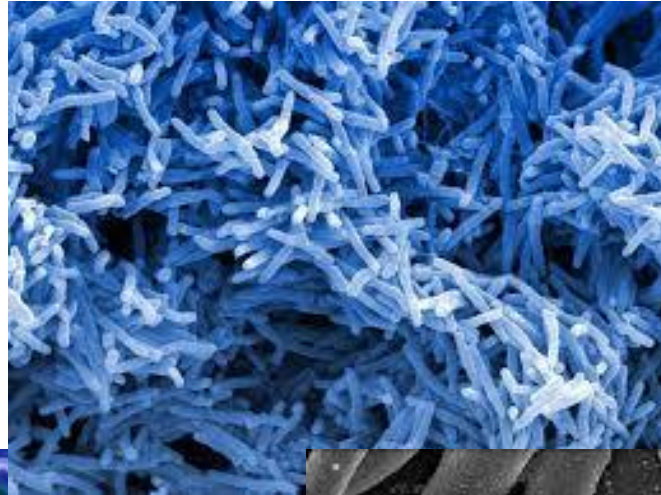
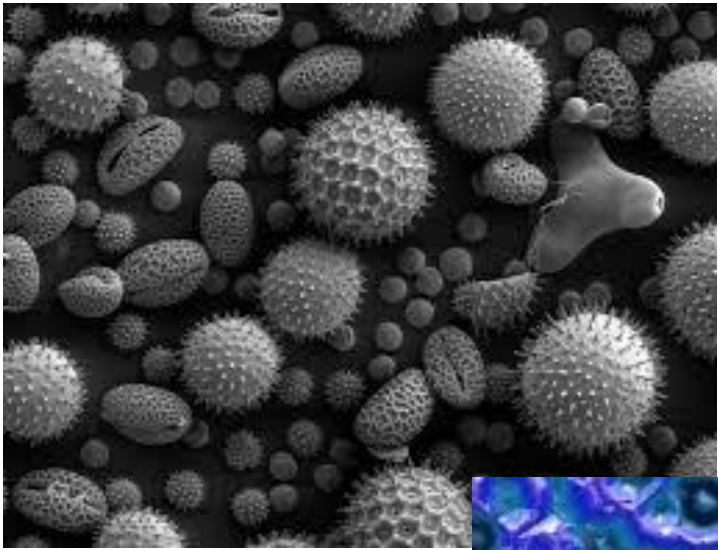


## Did you know?

**FUN  
FACT!**



- ▶ There is more bacteria in your mouth than there are people on Earth (7 billion)
- ▶ A regular work desk or table has 400 more times bacteria on it than a toilet seat
- ▶ Not all bacteria is harmful – lots of bacteria is important for us to survive but a few can be very harmful and make us poorly (pathogens) ... friend and foe!





# What is hygiene?

## ► Hygiene

- How clean people keep themselves or their environment clean
- If you keep yourself and your home clean you have good hygiene
- If you don't keep yourself or your environment clean you have bad hygiene
- Good hygiene will mean that less harmful bacteria is around or on us
- No matter how good your hygiene is you will never stop all bacteria from entering your body
- Examples of good hygiene that stop bacteria entering our bodies
- <https://www.youtube.com/watch?v=yT0ii3-p-NI>



# How can bacteria enter our bodies?

**Mouth**



**Nose**

**Cuts**



*In your books ...*

*Good hygiene is ...*

*Examples of good hygiene:*

*It is important to have good hygiene  
because....*