

MY NAME

Healthy Vibe - Space Invaders pg 19

HEALTHY VIBE

Space Invaders

Microbes will get you if you don't clean up your act

OUR HOMES CAN BREED BUGS AND BACTERIA. CARE AND LOTS OF SOAP AND WATER ARE YOUR BEST DEFENCE.

Sickness can be caused by inadequate domestic or personal hygiene. Not cleaning the toilet, not getting rid of rubbish, not washing clothes and bedding frequently, and not storing food properly are some examples of poor domestic hygiene. Here are five of the biggest culprits when it comes to spreading harmful bugs in your home and simple steps you can take.

Kitchen cloth or sponge

PROBLEM: It's full of tiny food particles from last night's dinner and it's always damp - perfect for bacteria to breed in.

REMEDY: Rinse the cloth or sponge after use and dry it out. Make sure it's in good condition. Old sponges retain more dirt and moisture. An effective strategy is to microwave cloths for 30 seconds to kill bacteria.

Cutting Boards

PROBLEM: Boards used to chop meat, fish and poultry can quickly breed dangerous salmonella if not looked after or cleaned.

REMEDY: Use one board for vegies and one

for meat. Always scrub them after use with hot, soapy water (don't just wipe the board: bacteria can be trapped in any scratches). Replace any boards with deep cracks.

Glasses, phones, remote controls

PROBLEM: Any item that's been handled can carry bacteria - maybe someone just sneezed, changed the pet litter or put out the garbage.

REMEDY: Wash your hands whenever you've come into contact with germs. If your hands are clean, you are less likely to pass on germs.

Toothbrushes

PROBLEM: Toothbrushes carry bacteria from our mouths. They can pick up bacteria if stored next to other toothbrushes or on wet benches.

REMEDY: After using your toothbrush, wash it thoroughly, in hot water if possible, then shake and leave it to dry in a place where it can't be splashed with dirty water.

Pets

PROBLEM: Pets bring in bacteria from walking, playing and eating outside.

REMEDY: Keep your pets clean with regular brushing and bathing to reduce the germs they bring inside. Wash hands after emptying litter trays, as you would after using the toilet.

The key to good hygiene is making sure germs don't get the chance to multiply around the house, either on surfaces that everyone shares or by being passed from person to person. Scrubbing with lots of soapy water will ensure that bugs are lifted and flushed away. Soap or a good detergent are all you need.

Some cleaning products contain antibacterial agents. These products are no more effective at preventing infection in the home than good personal and household hygiene using ordinary soap, warm water and plain detergent.

Antibacterial ingredients are valuable in hospitals and other healthcare settings, but their effectiveness could be compromised by unnecessary domestic use. Their widespread use in the home could make some bacteria resistant to these antibacterial substances.

STAY STRONG

SAVE YOUR BACK AND STAY SAFE IN THE WORKPLACE.

Pg20

STRONG & SMART

BEAT THE BUGS WITH A FLU SHOT AS THE WEATHER COOLS OFF.

Pg22

CELEBRITY HEALTH

RUGBY LEAGUE'S RHYSS WESSER TALKS ON MAKING GOALS AND EATING FOR ENERGY.

Pg22

HEALTHY MIND

WINTER CAN TRIGGER THE ONSET OF SEASONAL AFFECTIVE DISORDER (SAD) IN SOME PEOPLE.

Pg23

HEALTHY BODY

TRY THIS RECIPE FOR A HEALTHY MEAT-BASED PASTA SAUCE THAT'S A FAVOURITE AROUND THE WORLD.

Pg23

Germs are everywhere, and we actually need them to keep us healthy, but too much bacteria can make us sick. Even the kitchen sponge and cutting boards can have microbes in them, so we need to make sure they are all rinsed carefully after every time we use them.

To cut down on bacteria on your hands, always wash them thoroughly after going to the toilet or touching your pets. Soap, water and detergent are all you need to keep your home free from harmful bugs.

Activity 1

Reading for meaning

Read *Healthy Vibe – Space Invaders* on page 19

Shade one bubble.

1. **All you really need to use to have good hygiene at home are soap, water and detergent.**

True

False

2. **The text tells us that we should always**

breed bugs and bacteria at home

use lots of soap and water to get rid of germs

use the same cutting board for meat and vegetables

3. **The text tells us *Microbes* will get you if you don't clean up your act. Which word could you use instead of *microbes*?**

sickness

illness

germs

space invaders

4. **This text tells us that it is easy to keep our home hygienic, if we make sure germs don't get the chance to multiply.**

True

False

5. **List all the words in the text that mean the same as *germs*.**

.....
.....
.....

Activity 2

Language Conventions - Spelling

The spelling mistakes on these labels have been circled.

Write the correct spelling for each circled word in the box.

cleening

detergant

bucchet



woshing

The spelling mistakes in these sentences have been circled.

Write the correct spelling for each circled word in the box.

1. We all **no** we need to wash our hands regularly.

2. Our homes can **bredee** bugs and bacteria.

3. Always **kepe** your kitchen sponges clean.

4. Always clean your **cuting** board.

Each line has one word that is incorrect.
Write the correct spelling of the word in the box.

You shood always

wash your hands arfter

tuching your pet.

Activity 3

Language conventions
Shade one bubble.

Which of the following correctly completes the sentence?

1. Our homes can ***** bugs and bacteria.

breeding

breed

bred

breeder

2. Make sure germs ***** get the chance to multiply.

dont

do'nt

don't

d'ont

Activity 4 Writing a narrative

The common Stages and phases of an effective narrative include:

Stages	phases
Orientation	This sets the scene, creating a visual picture of the setting, atmosphere and time of the story. Characters are introduced and clues are set in place for the coming complication.
	Sequence of events that is expected
Complication	An unexpected problem or complication occurs that affects the main character. This usually creates tension.
	Characters react to the problem.
	Problem seems to be resolved.
	A new problem occurs, which is now often worse than before.
Resolution	The problem is solved and the story ends.
Evaluation	Characters reflect on what has happened.

VIBE SCHOOL

Issue 147
Years 3-4

Write a narrative.

The idea for your story is DANGER.



Your story might be about a dangerous person, being in a dangerous situation, or something dangerous that is about to happen.

Your story could be about how people in dangerous situations find courage, help or understanding.

Think about:

- The characters and where they are.
- The complication or problem to be solved.
- How the story will end.

Remember to:

- Plan your story before you start.
- Write in sentences.
- Pay attention to the words you choose, your spelling and punctuation.
- Check and edit your writing when you have finished.