

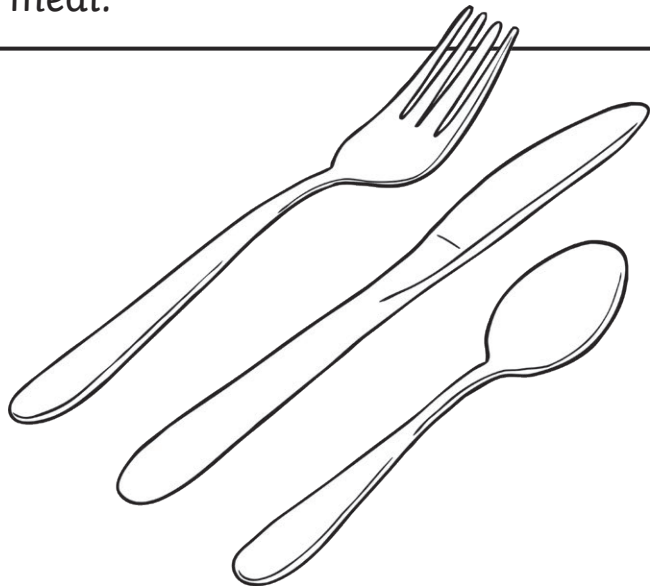
Balanced Meals

To investigate the importance of healthy eating and hygiene.

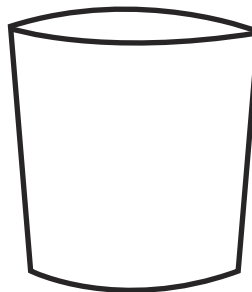


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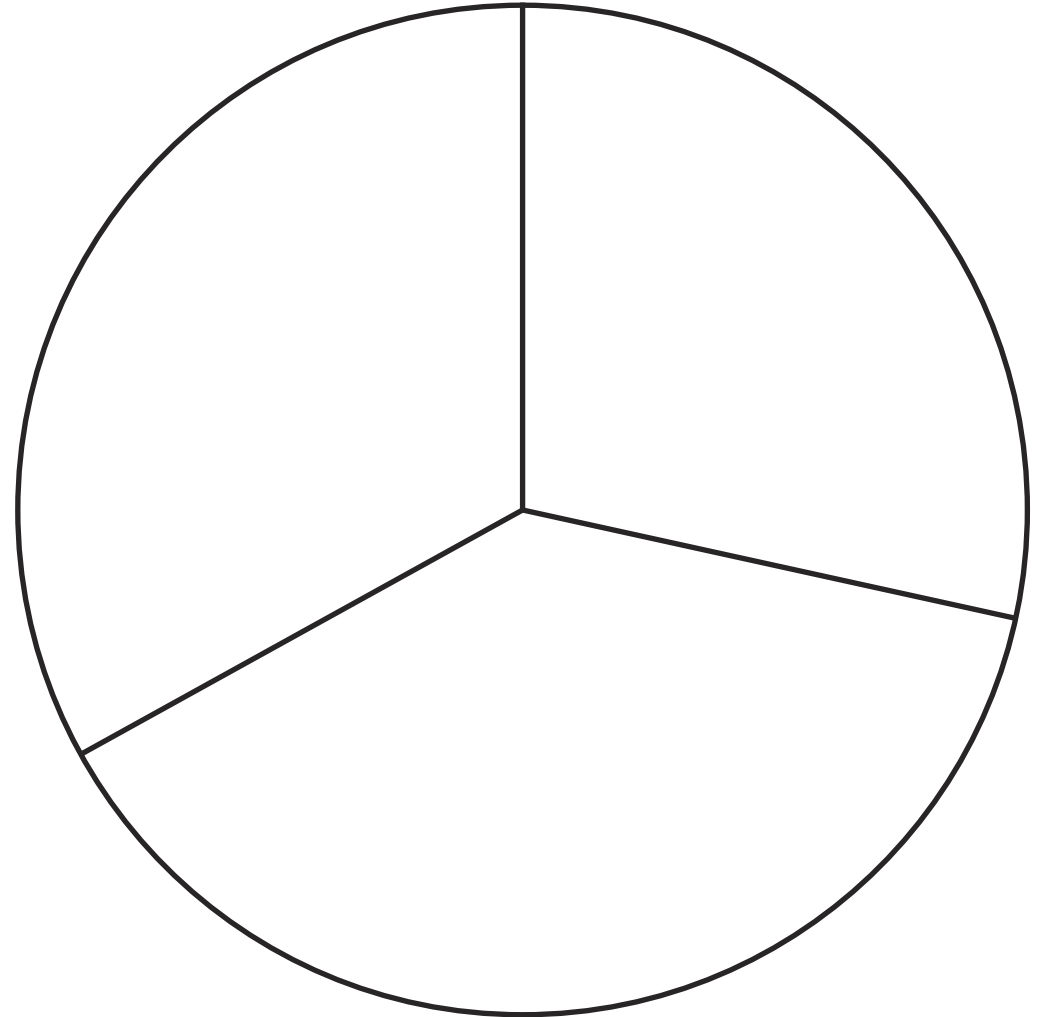
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Drinks

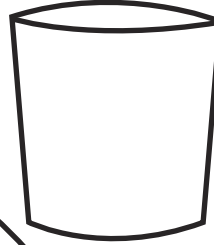


Breakfast



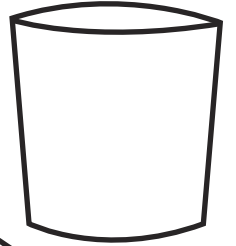
Lunch

Drinks



Balanced Meals

Drinks



Dinner

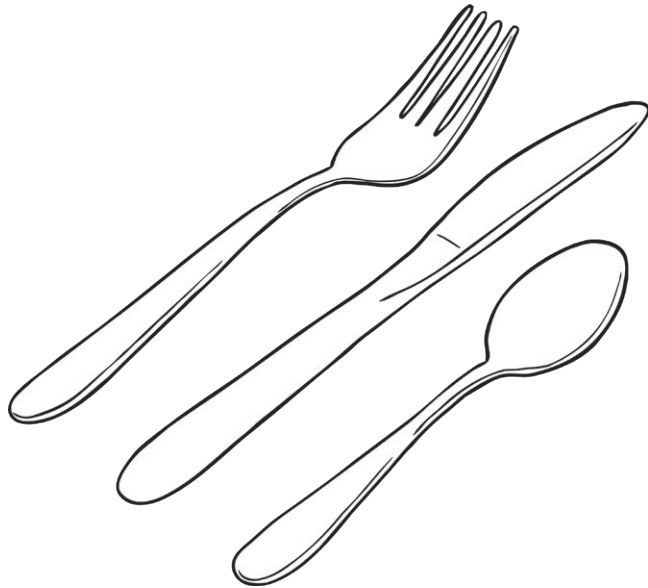
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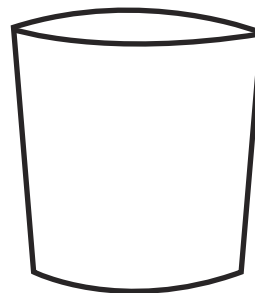


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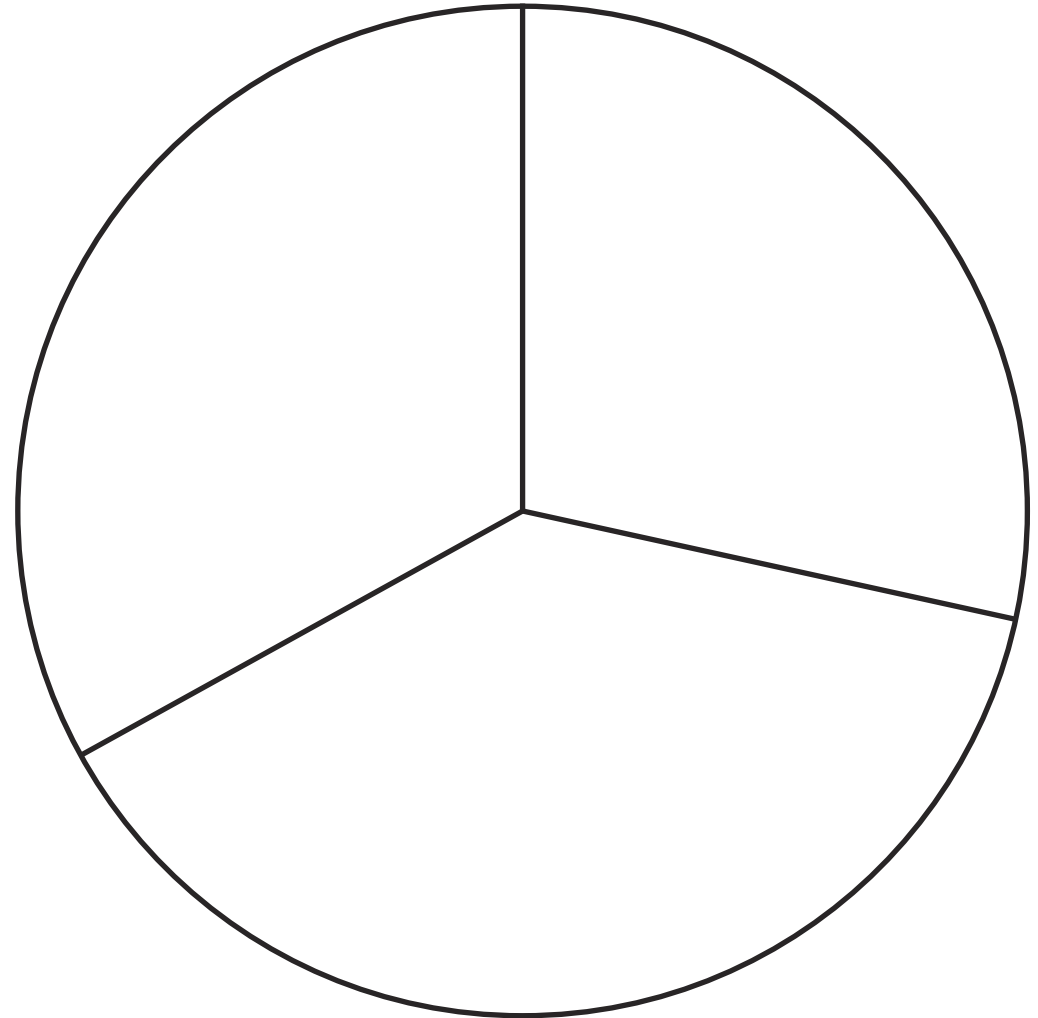
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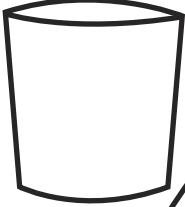
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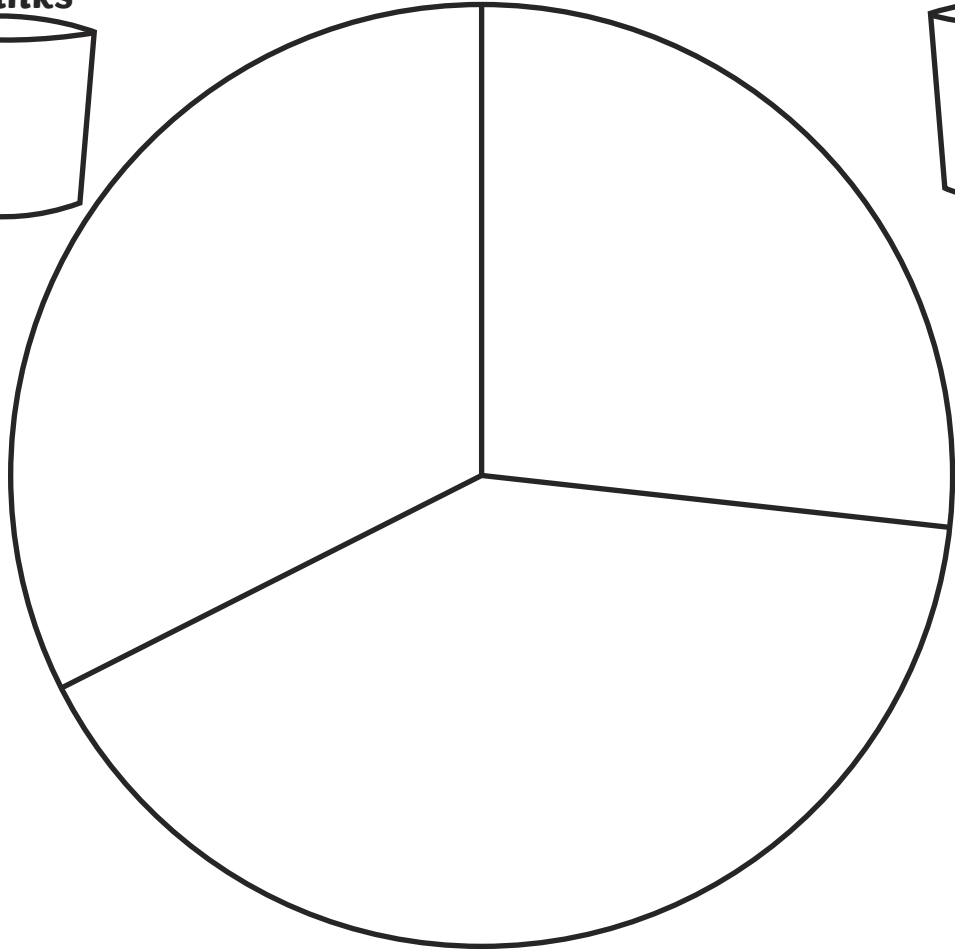
Breakfast



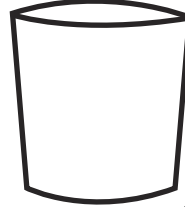
Drinks



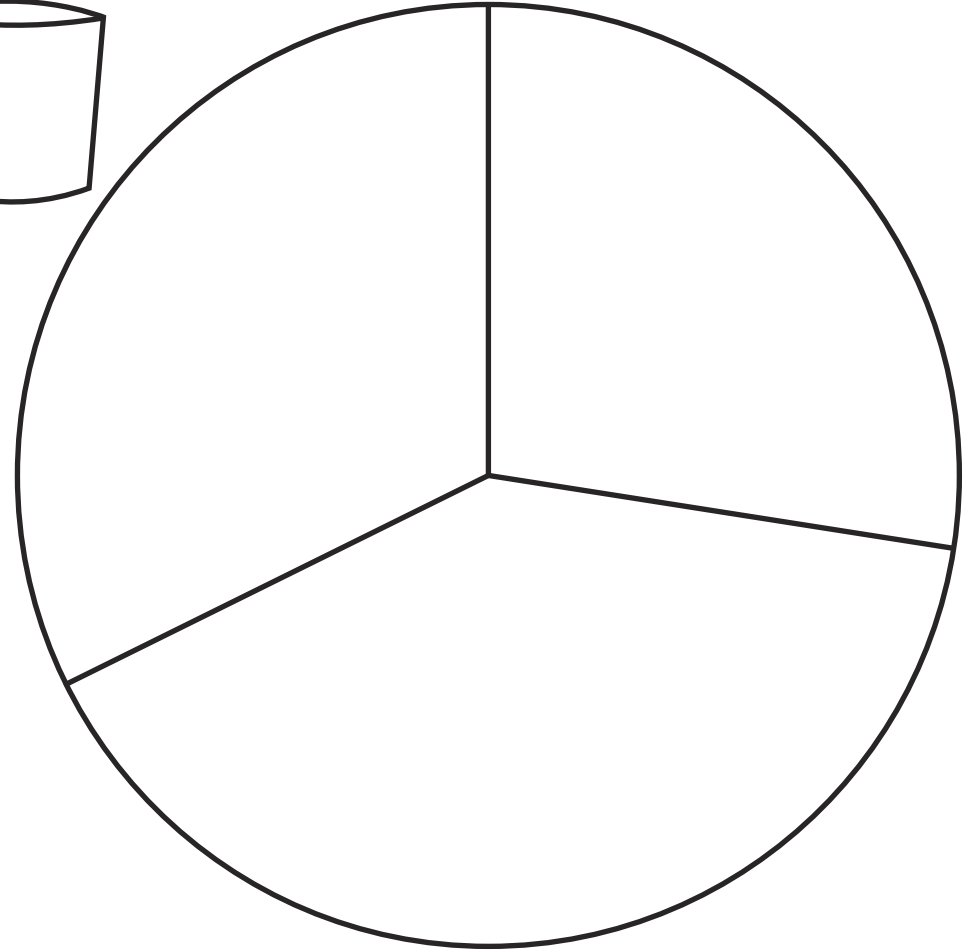
Lunch



Drinks



Dinner



Challenge! Can you choose one of these meals and explain **why** you choose the foods that you did?

Balanced Meals

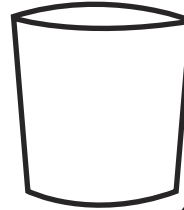
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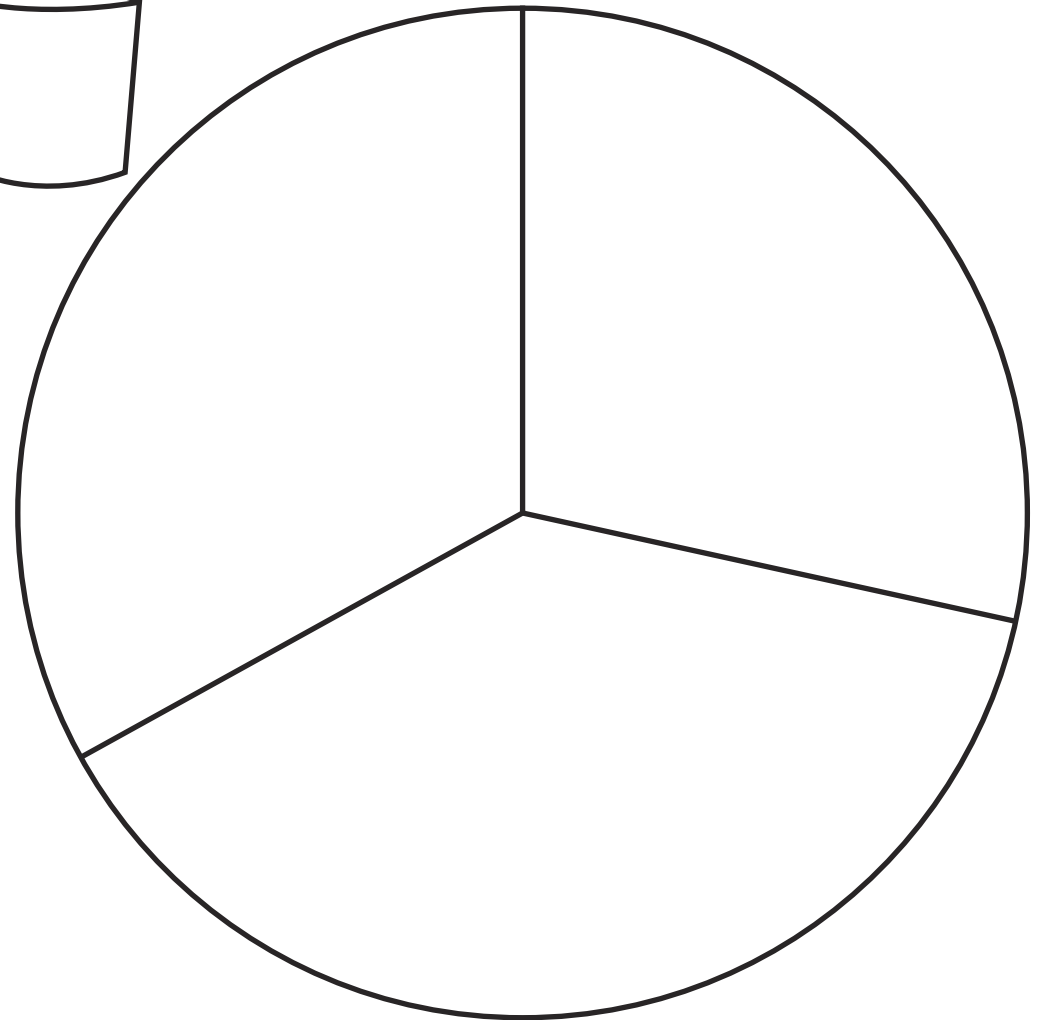
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Drinks



Breakfast

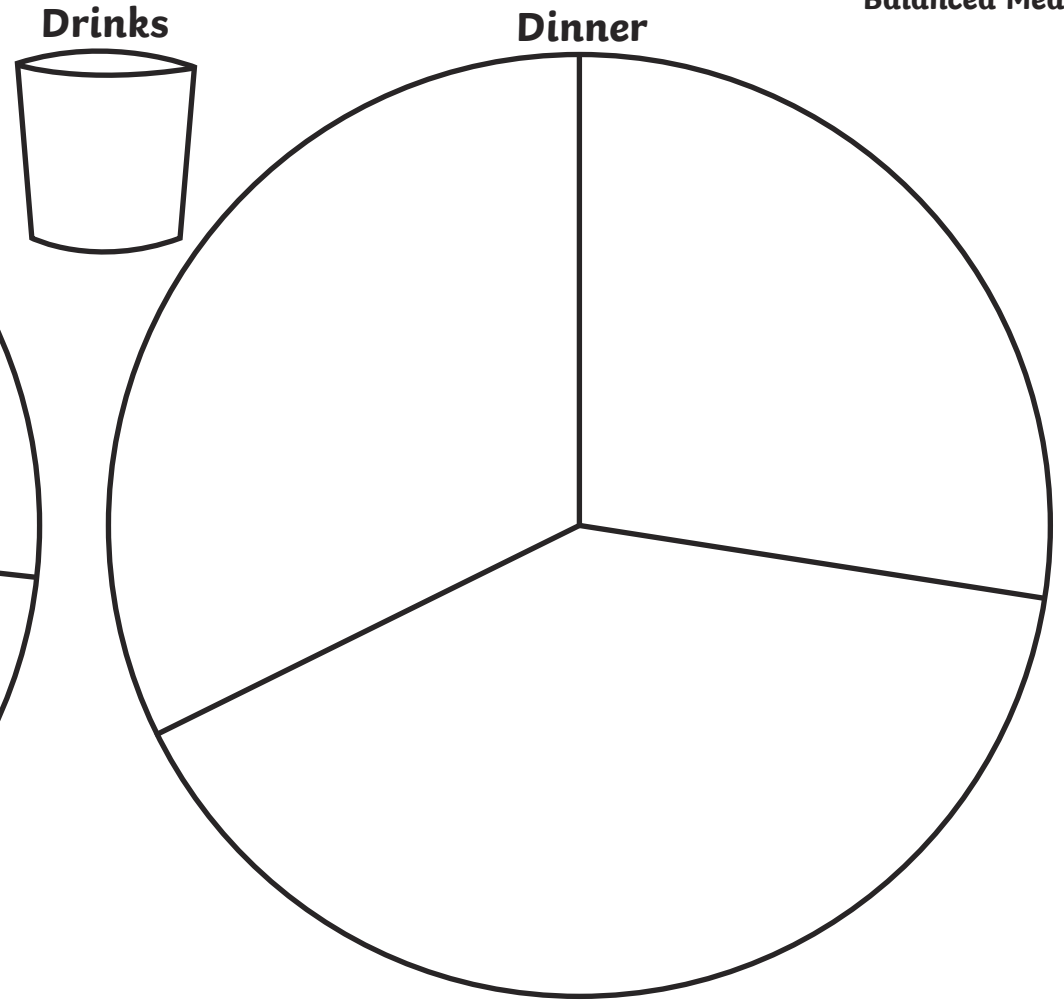
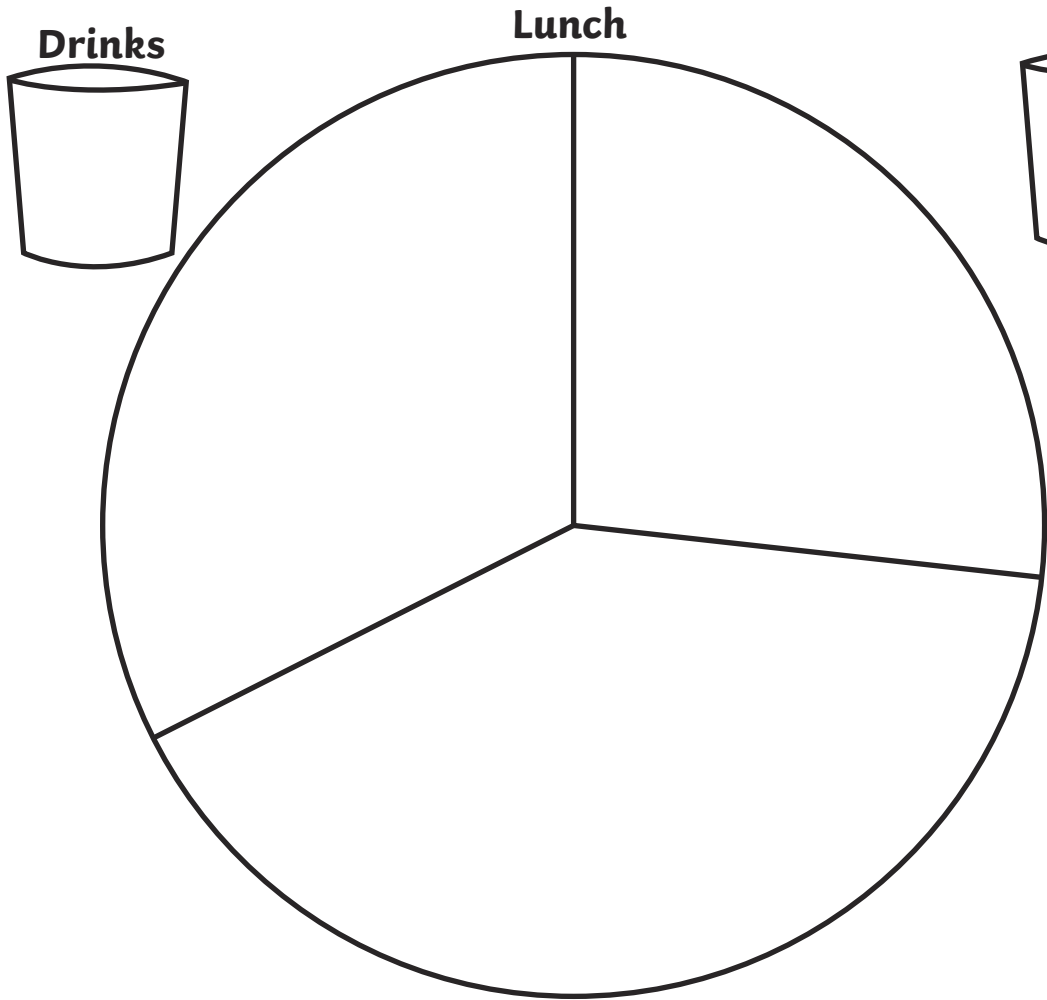


Snacks



Snacks





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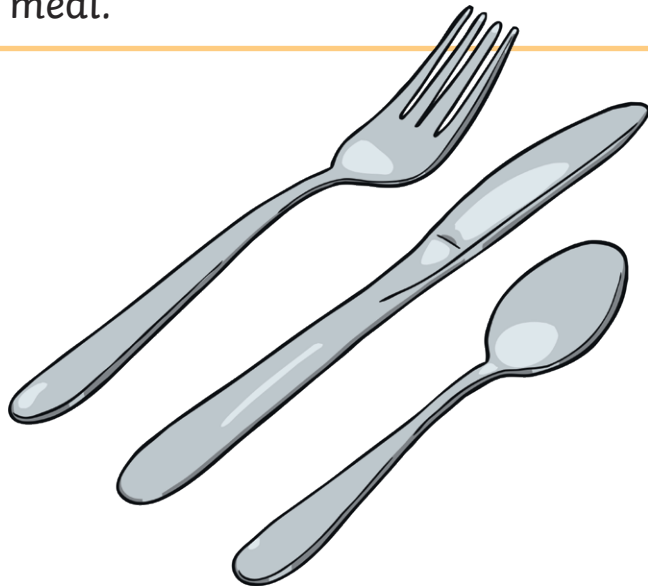
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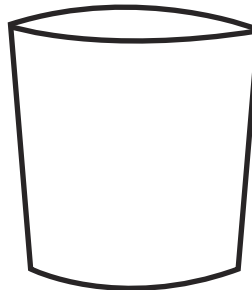


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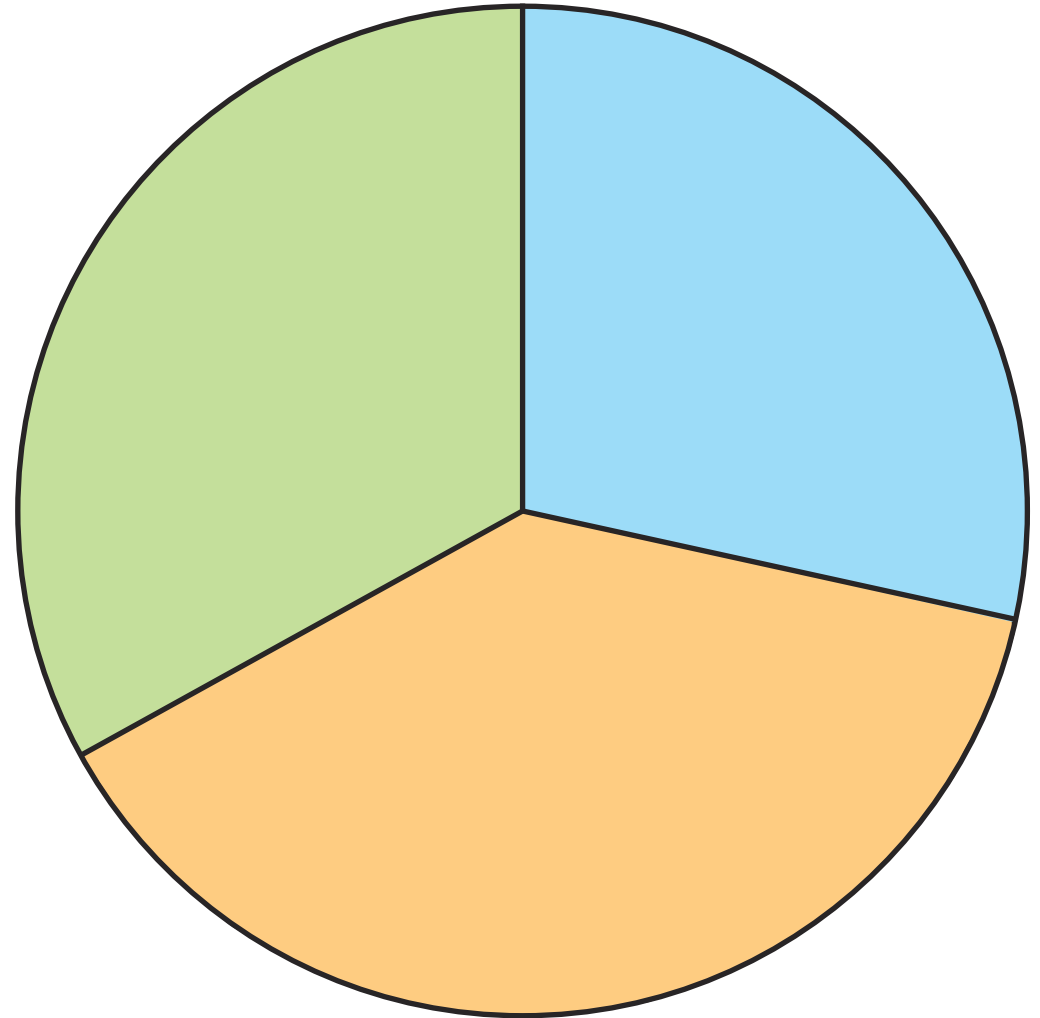
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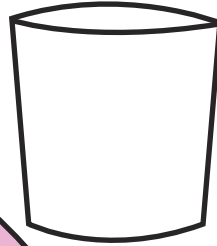
Drinks



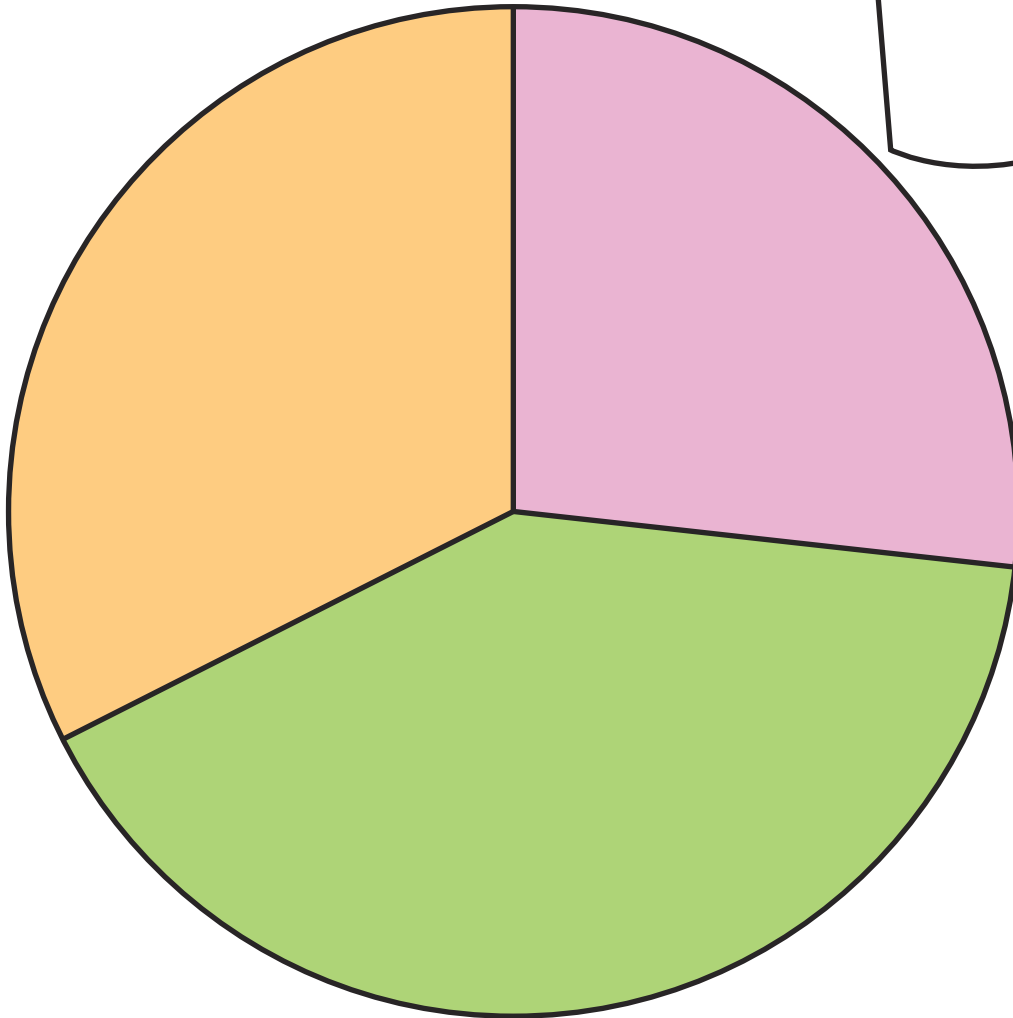
Breakfast



Drinks

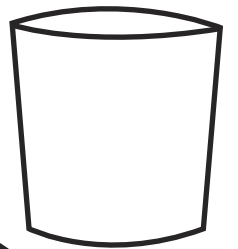


Lunch

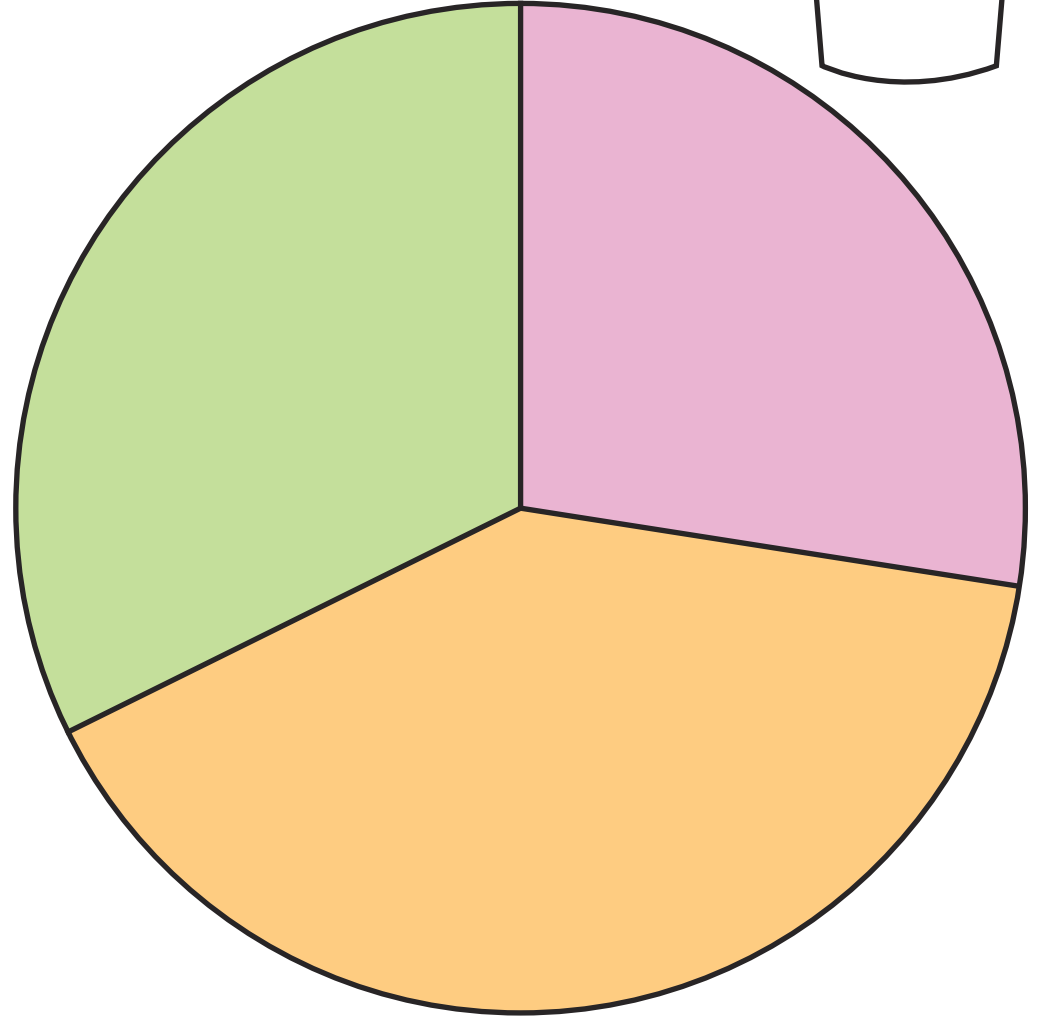


Balanced Meals

Drinks



Dinner



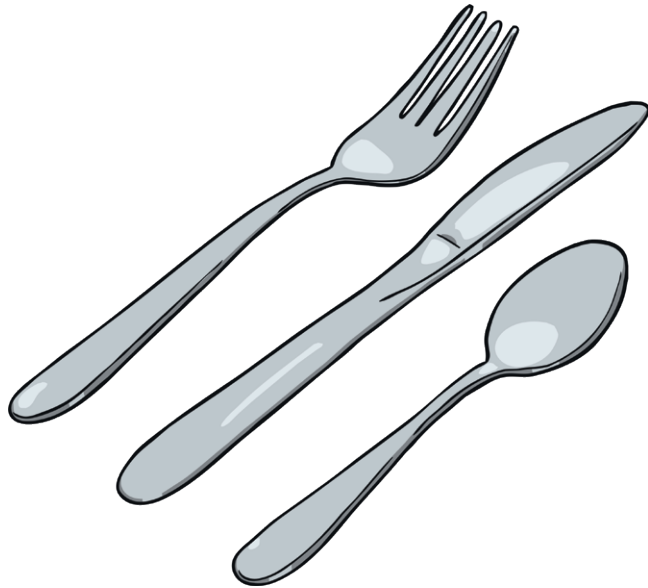
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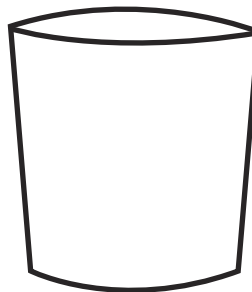


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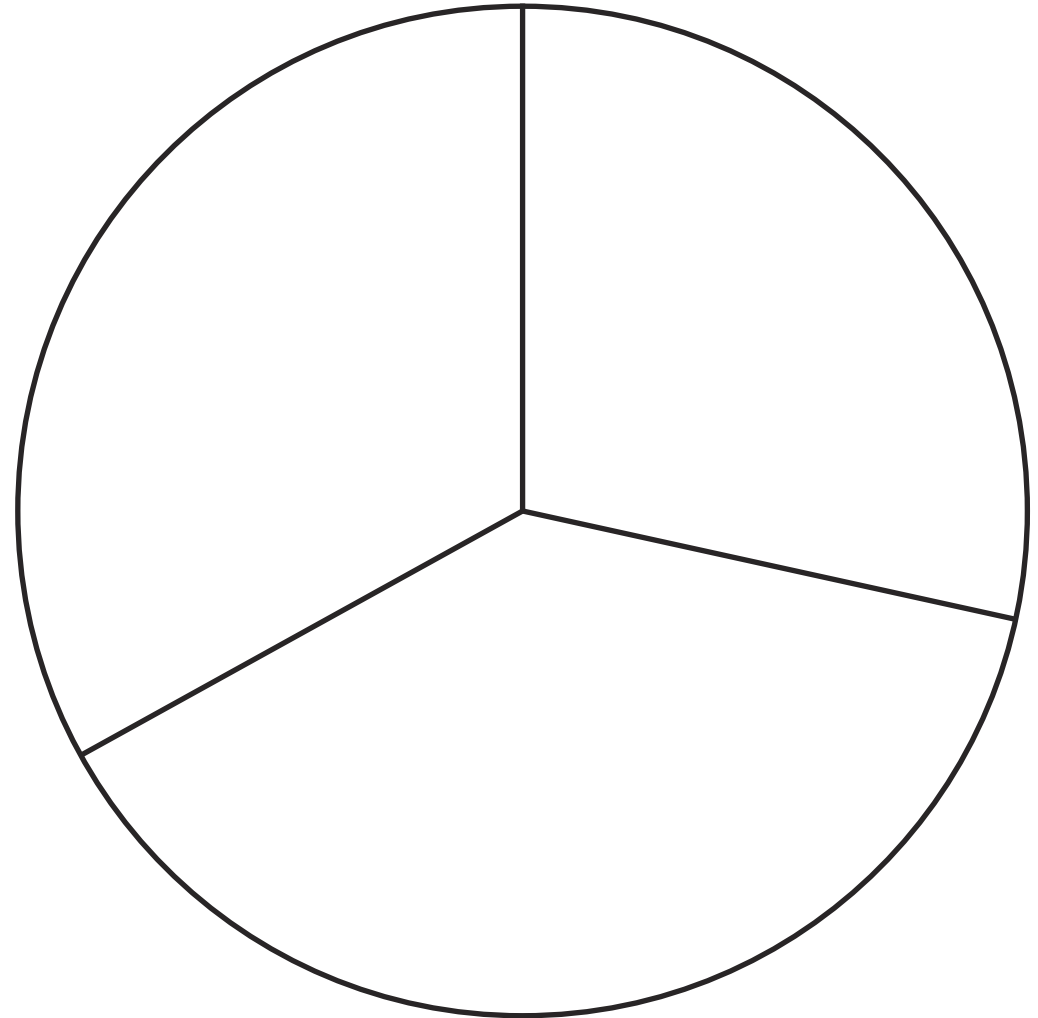
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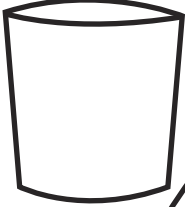
Drinks



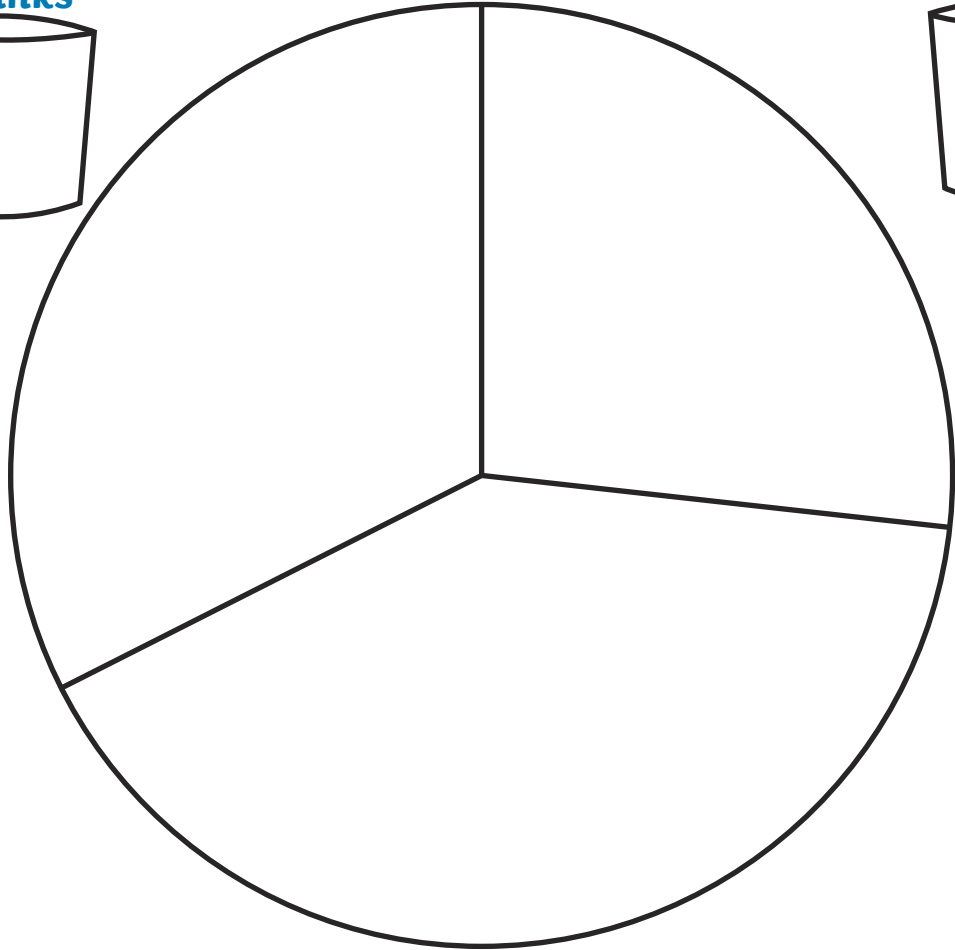
Breakfast



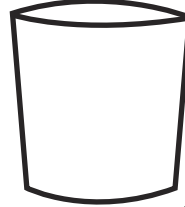
Drinks



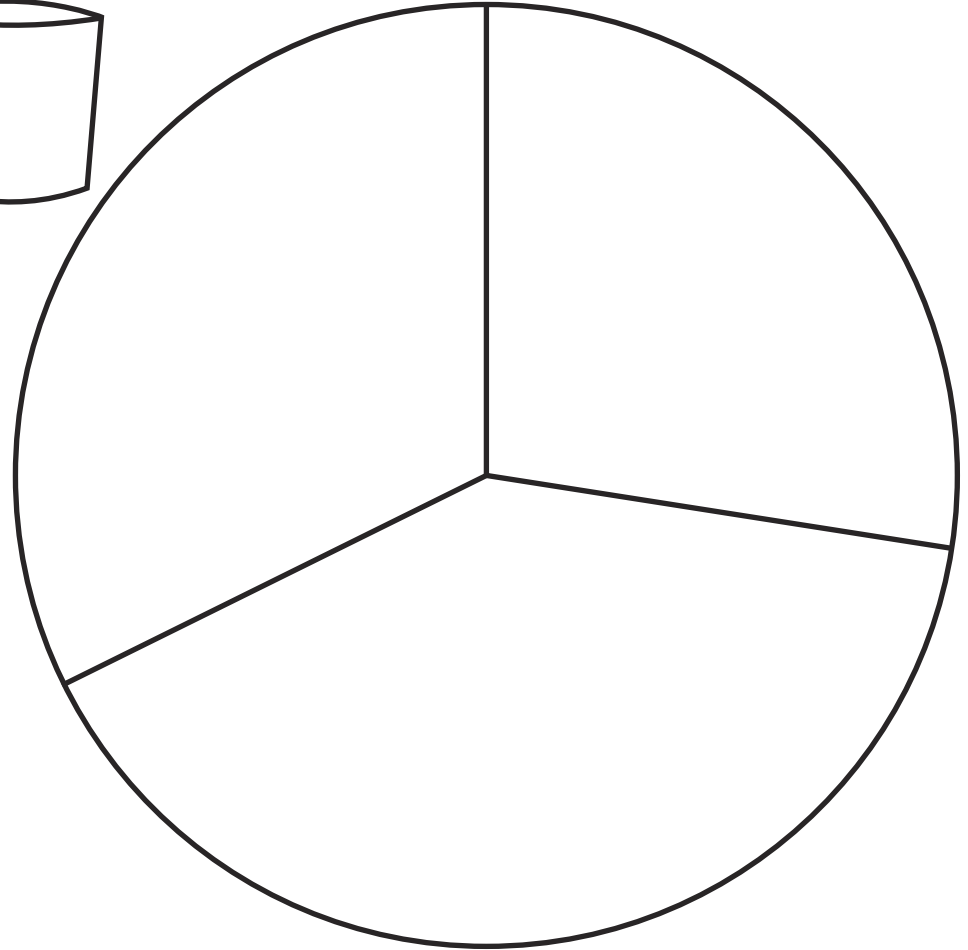
Lunch



Drinks



Dinner



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Balanced Meals

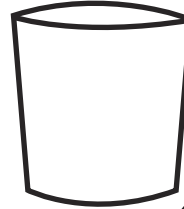
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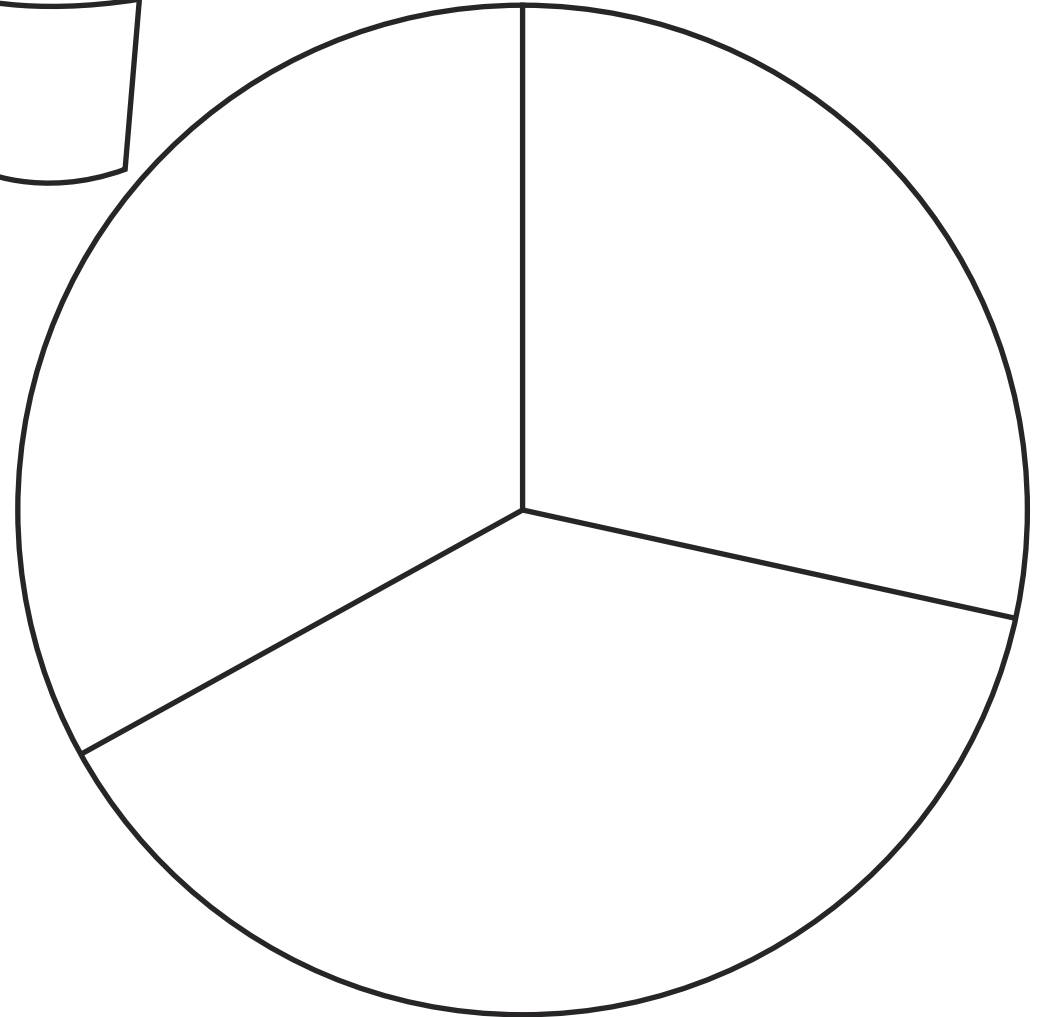
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Drinks



Breakfast



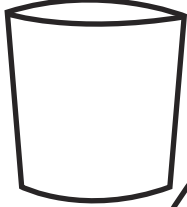
Snacks



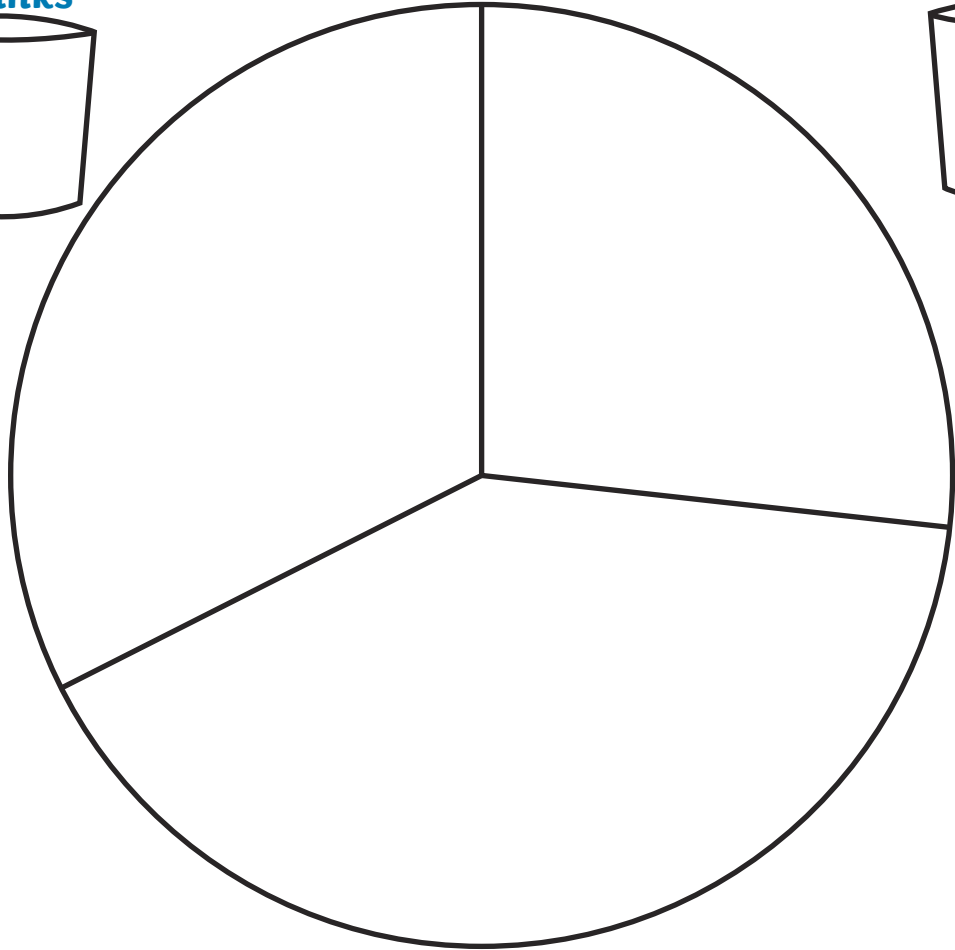
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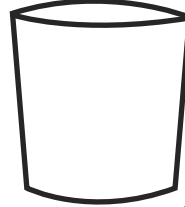
Drinks



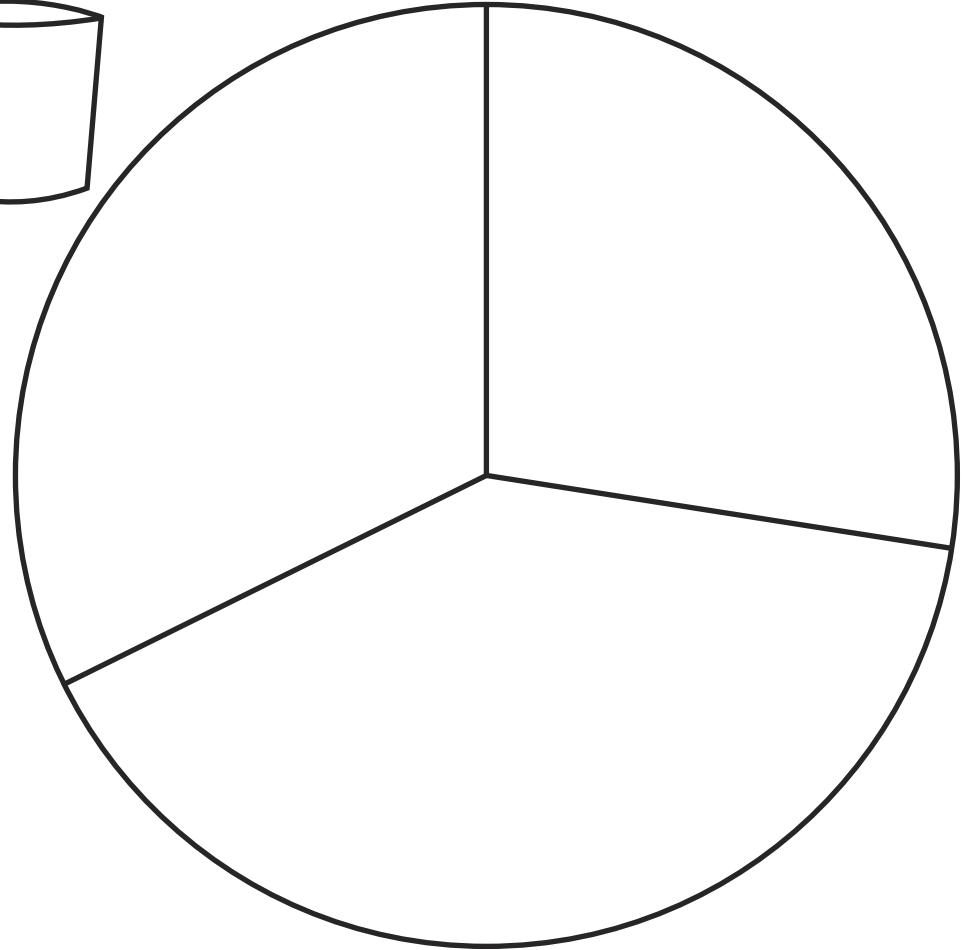
Lunch



Drinks

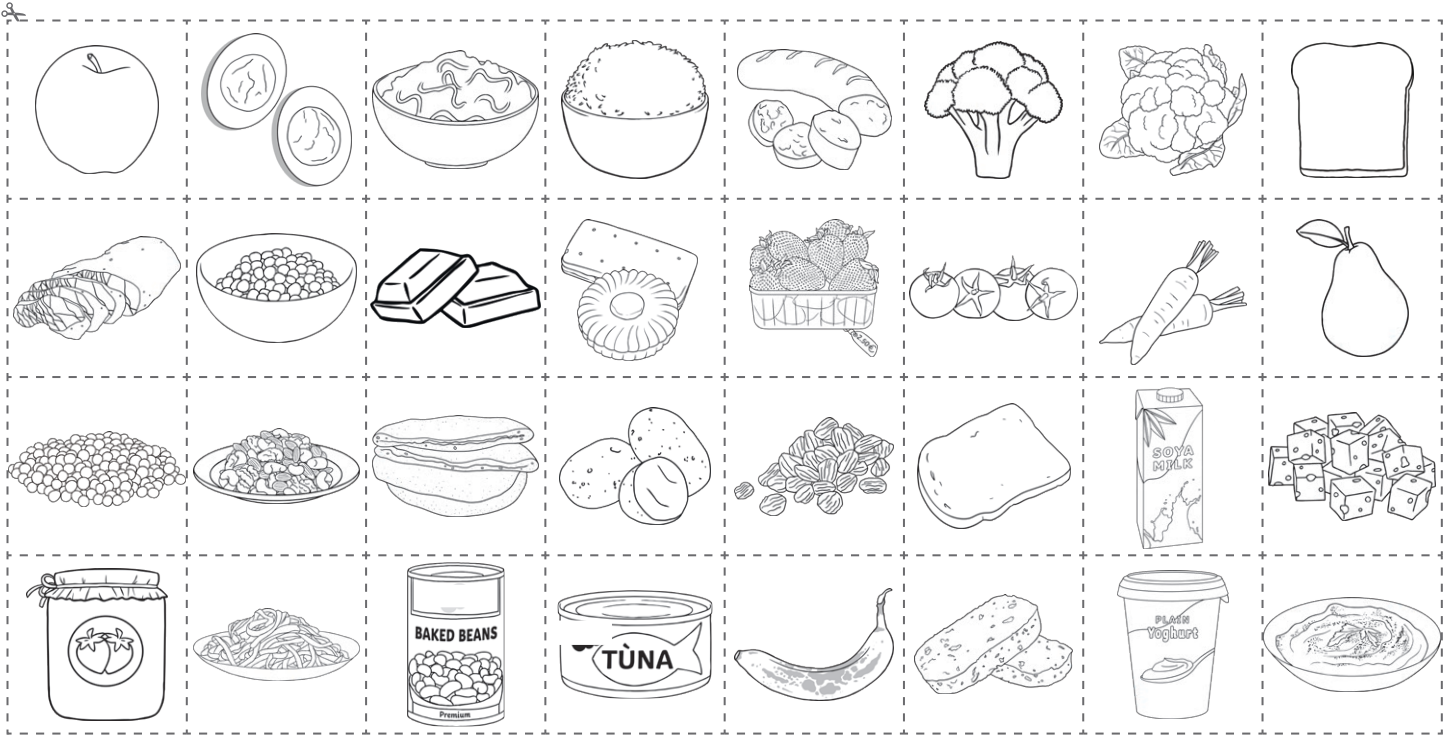


Dinner

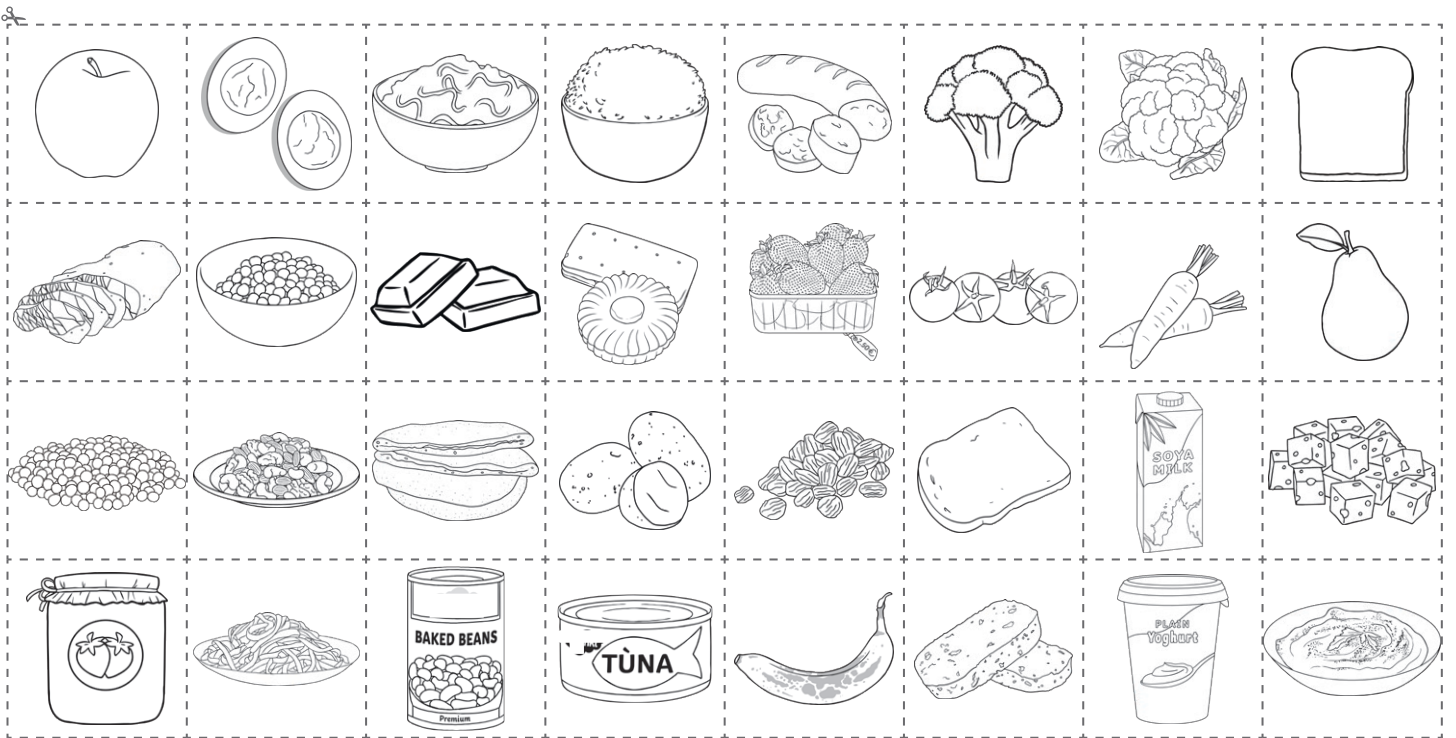


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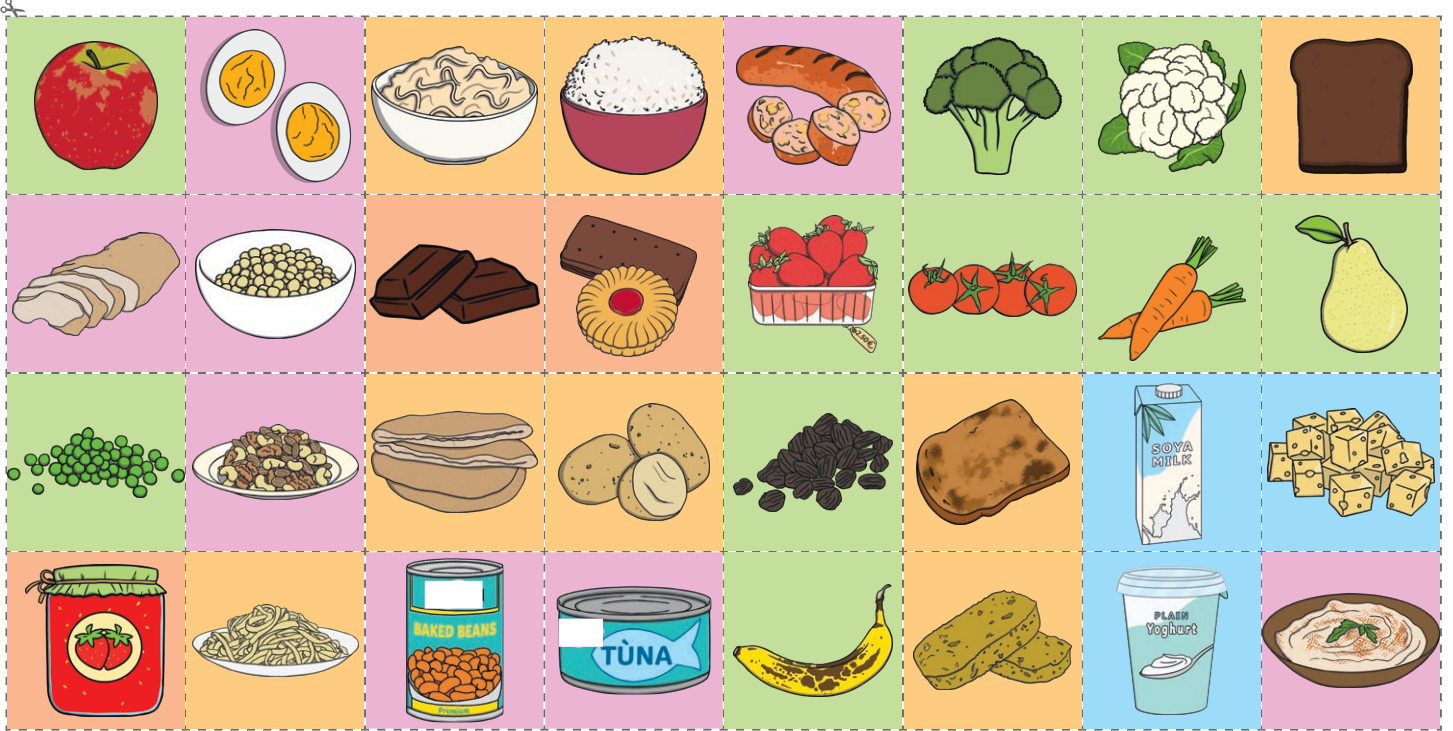
Balanced Meals



Balanced Meals



Balanced Meals

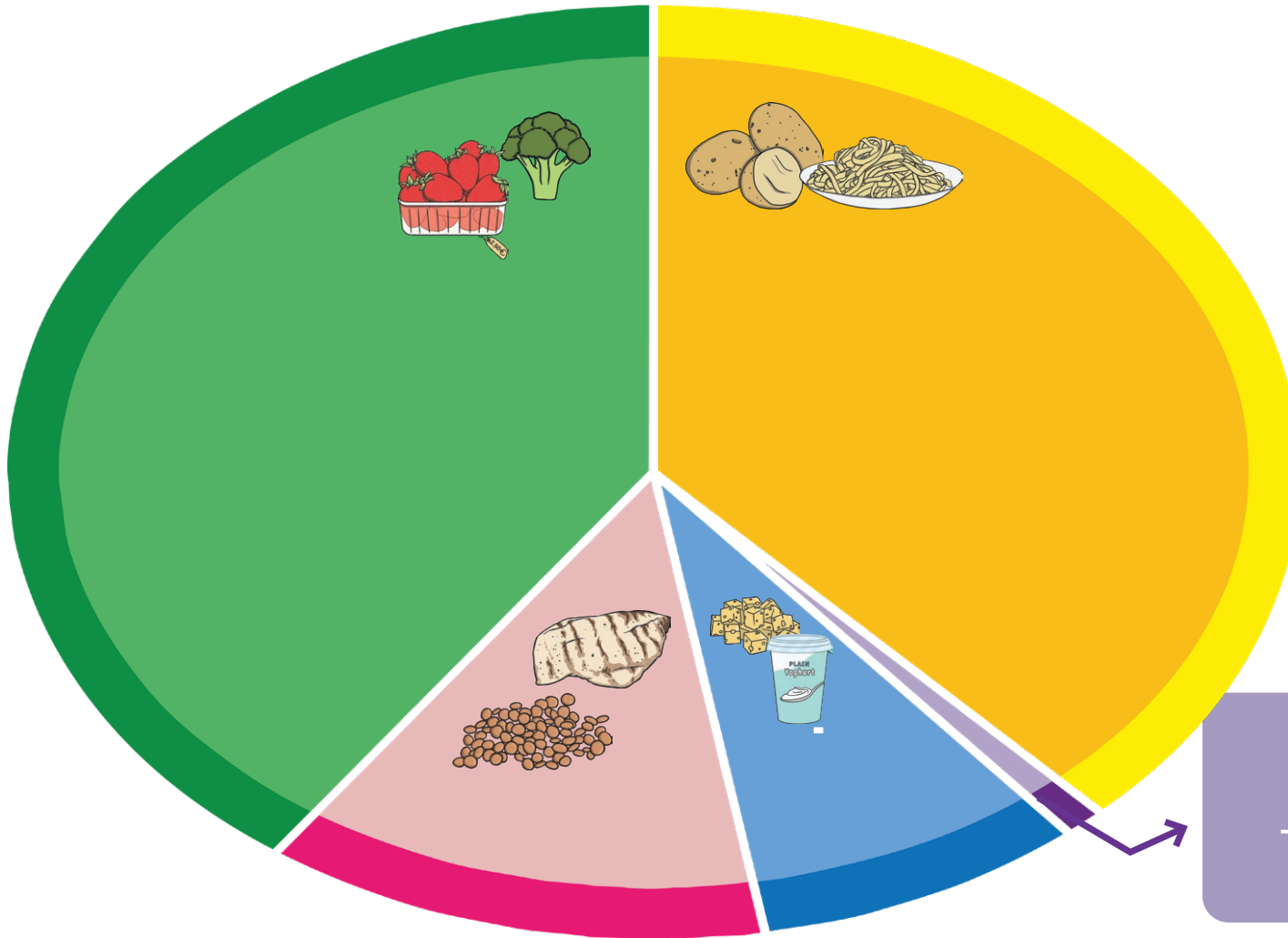


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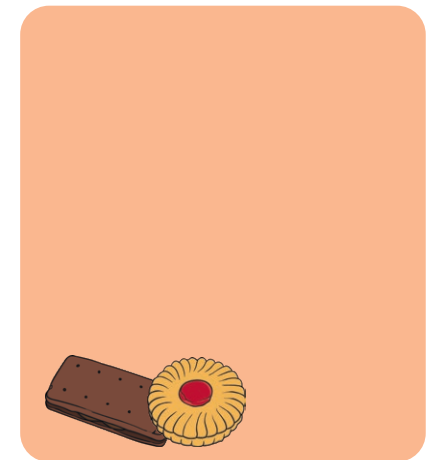


Eating Well

To investigate the importance of healthy eating and hygiene.



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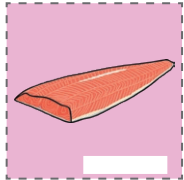
Eating Well



Fruit and vegetables



Foods high in fat, salt and sugars



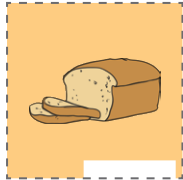
Proteins



Dairy and alternatives

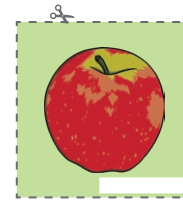


Oil and spreads



Carbohydrates

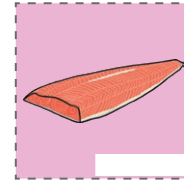
Eating Well



Fruit and vegetables



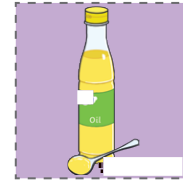
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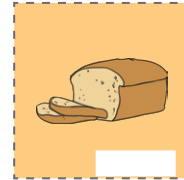
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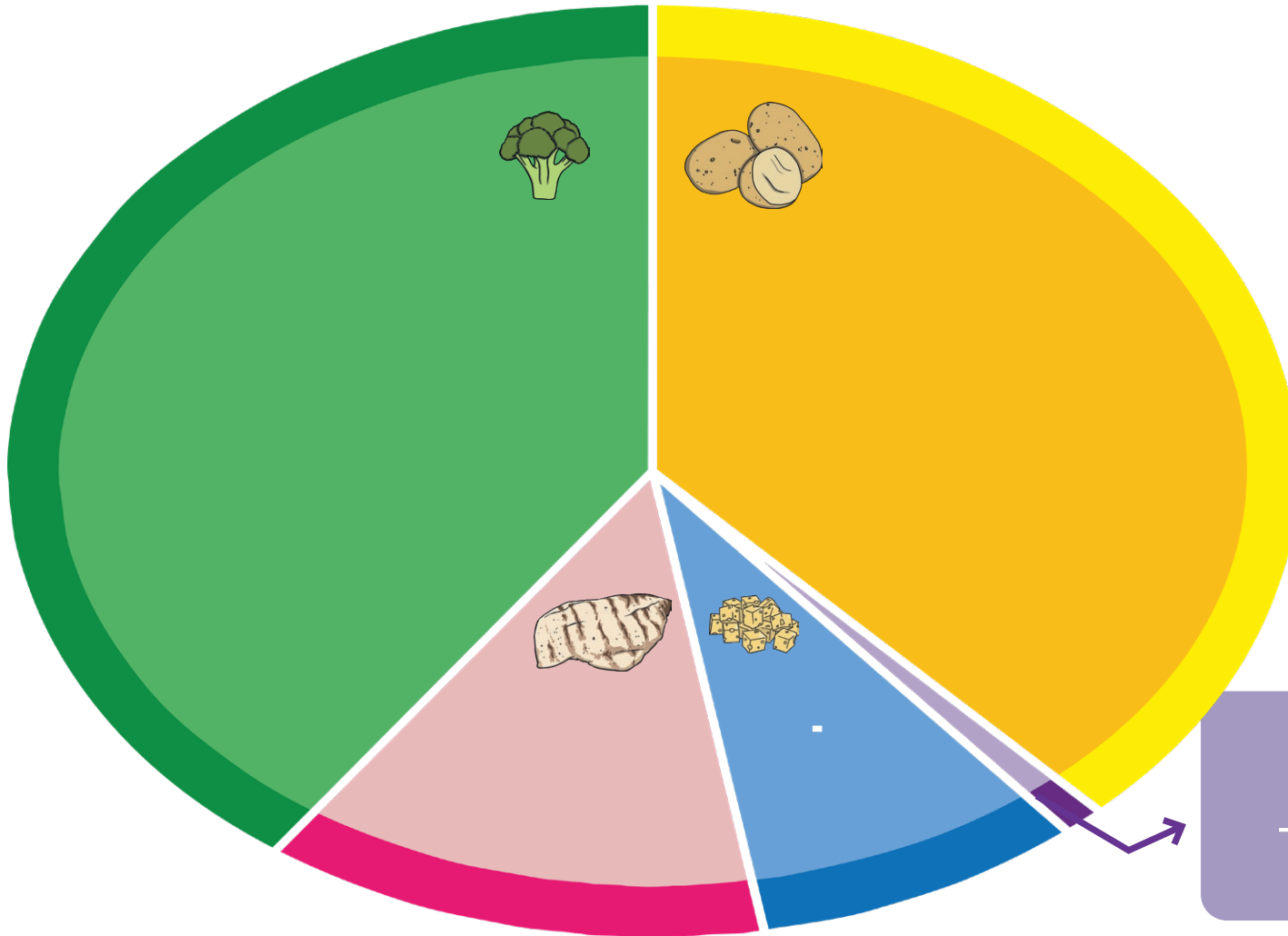
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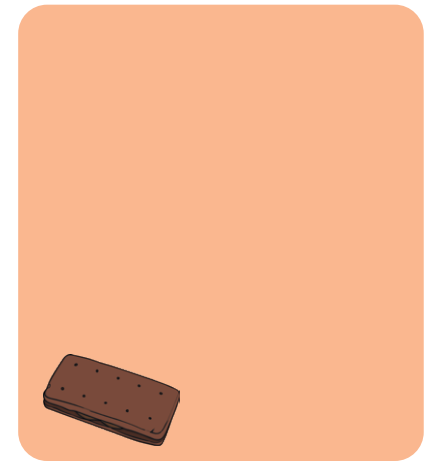
Carbohydrates

Eating Well

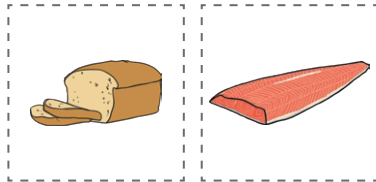
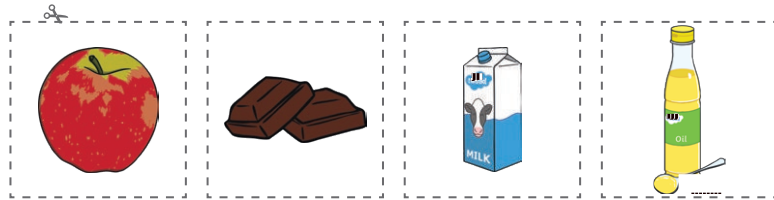
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Eating Well



Fruit and
vegetables

Proteins

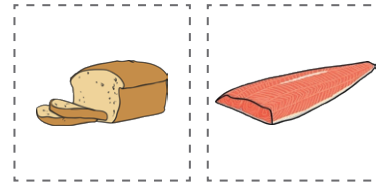
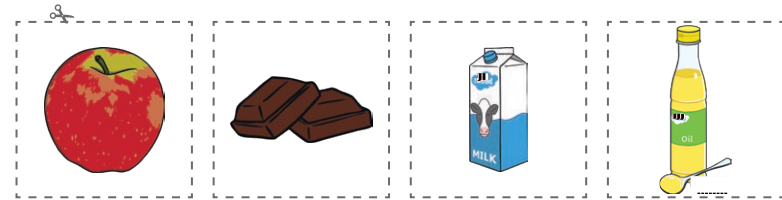
Foods high in fat,
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Oil and spreads

Dairy and
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Eating Well



Fruit and
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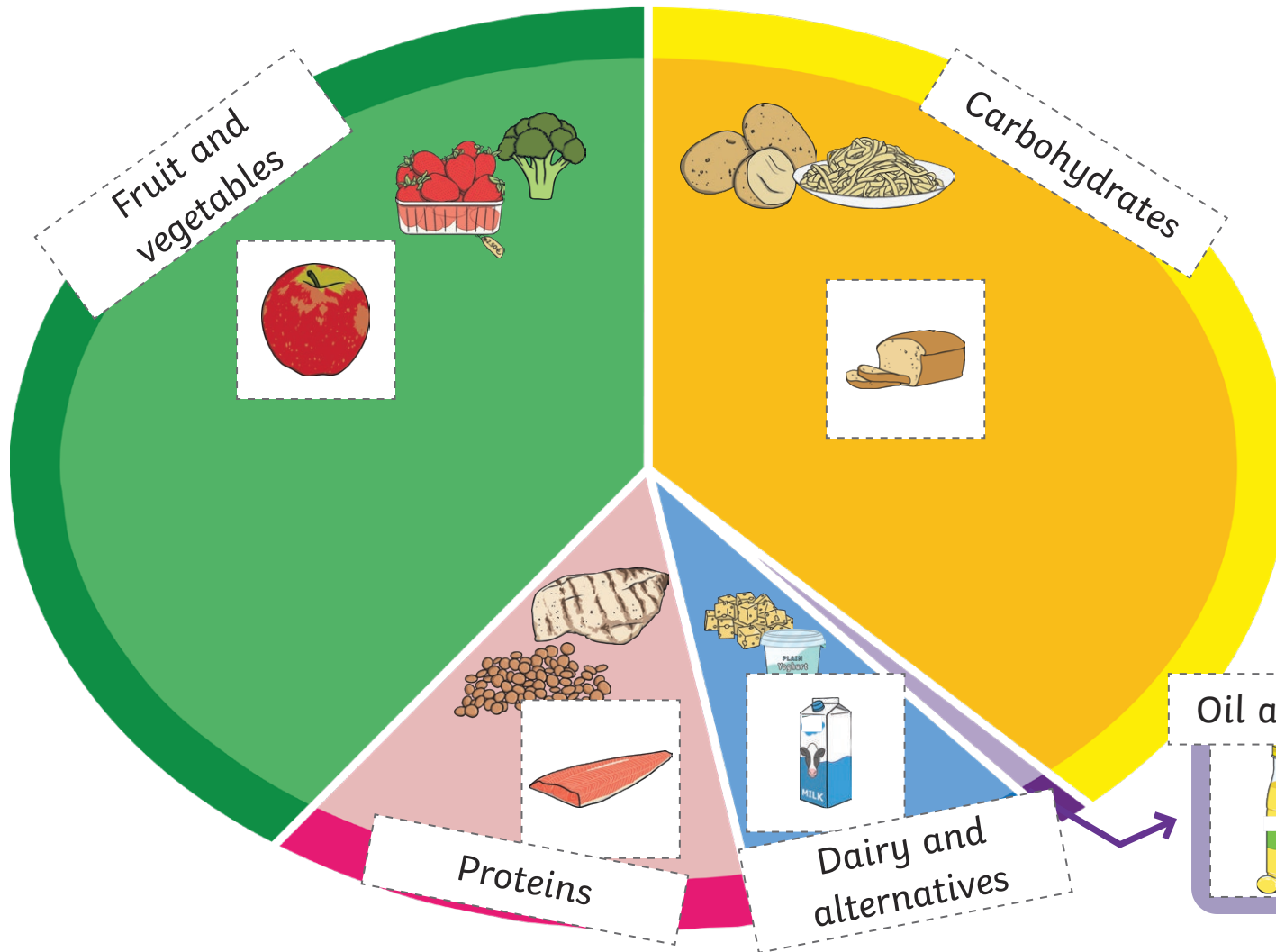
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Eating Well Answers

To investigate the importance of healthy eating and hygiene.



With a partner, label the correct sections on the Eatwell Guide. Then, see if you can sort each food into its correct place on the guide.

Foods high in fat, salt and sugars

This block contains illustrations of foods high in fat, salt, and sugars, including chocolate bars, a cookie, and a sandwich.

Staying Healthy

How can we stay healthy?

Being healthy is all about looking after your body and your mind. There are many things you can do to stay healthy, including:

- being active and exercising;
- spending time with friends and family;
- eating a balanced **diet**;
- having good hygiene;
- getting enough sleep;
- doing activities that you enjoy;
- drinking plenty of water.

Get Set, Go!

Being active and exercising keeps our bodies and minds healthy.

Exercise keeps our bodies healthy, especially our heart, lungs, bones and **muscles**.

Exercise helps our brain. It improves our concentration which is great for learning!

Being active is good for our minds - it makes us feel happy!

Exercise is fun, especially together with friends and family.



How to Be Active

You should aim to exercise for at least an hour every day. This can be spread throughout the whole day, so if you haven't moved much for a while it is good to get up and be active.

Being active can be a part of your everyday routine. Things like walking to school, dancing to your favourite songs and playing at the park are all great things you can do.

You should try to include a variety of different types of activities across the week. There are lots of fun activities to choose from!



trampolining



basketball



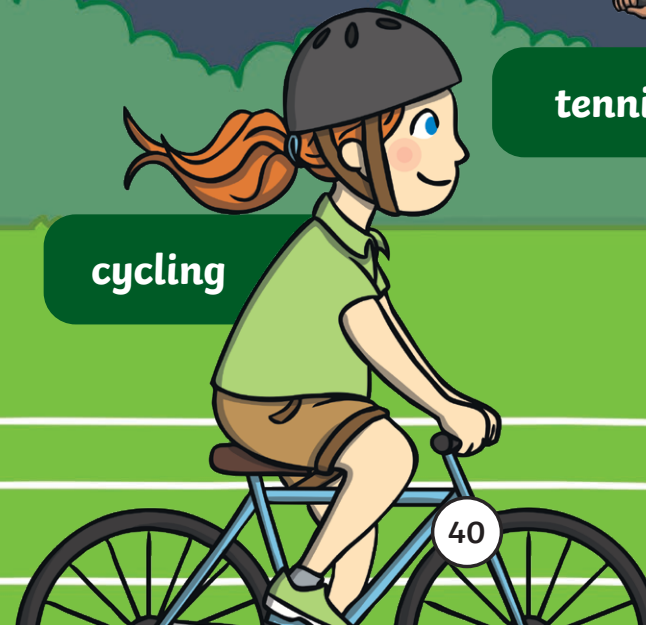
swimming



running



football



cycling



tennis

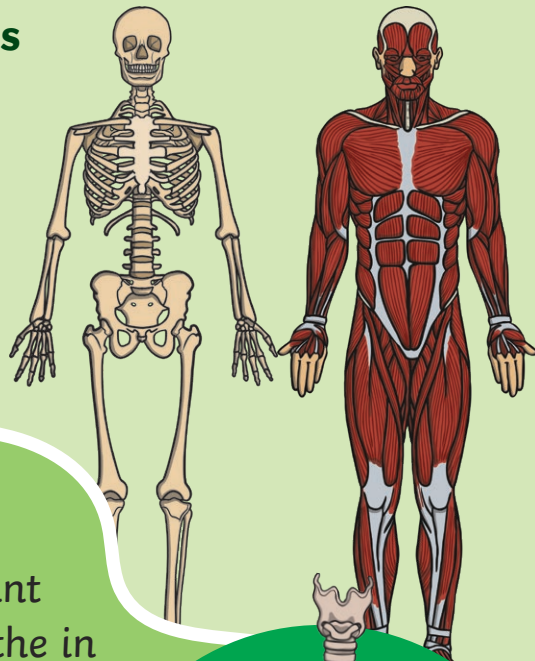
What happens to your body when you exercise?

When you are active, you should find your breathing gets faster and you feel warmer. Your **heart rate** will also increase. There's lots going on inside your body and exercise helps keep all these parts healthy too.

Skeleton and Muscles

Your **skeleton** and **muscles** work together to help you move. Exercise helps make your bones and **muscles** stronger.

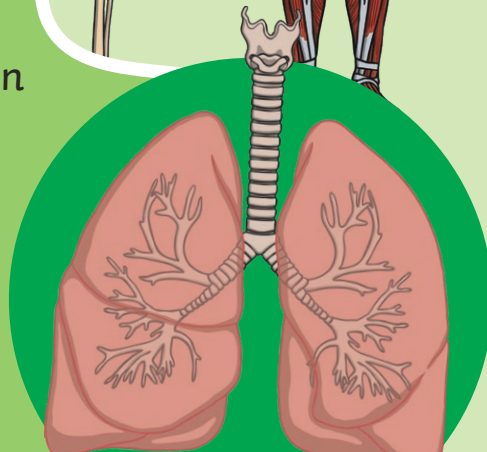
Skeleton **Muscles**



Lungs

Your lungs are important for breathing. We breathe in **oxygen** in the air, which is essential for our bodies to survive. Exercise helps our lungs work better.

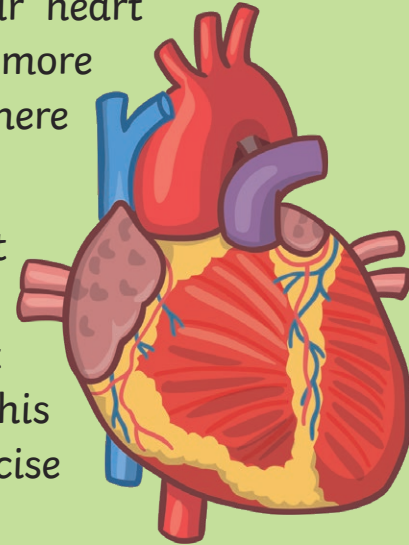
41



Heart

From your lungs, **oxygen** moves into your blood and is pumped around the body by your heart. When you exercise, your heart beats faster, partly to deliver more **oxygen** around your body to where it is needed.

The heart is a **muscle** and it works hard night and day to keep you alive. This is why it is so important that we keep this **muscle** strong and healthy. Exercise helps us to do this!



The number of times your heart beats in a minute is called your **pulse**.

Find your **pulse** in your neck or wrist before you do any activity. Count how many beats your heart does in one minute.

Try repeating this after you have done some exercise.

What do you notice?

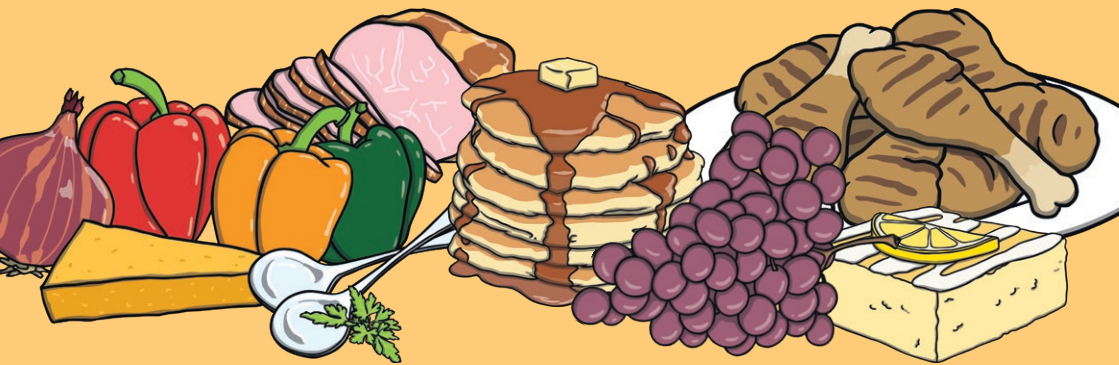
42



Eating Well

Part of being healthy and feeling well involves eating a varied and balanced **diet**.

Humans need a **diet** with a range of different food groups to stay healthy. Each type of food does a different job in your body. This is why it is important to try to eat the right types of food and drink, in the right amounts.

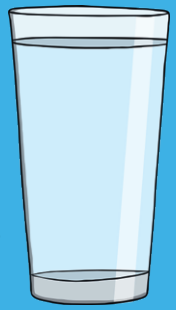


It's important to include healthy food and drinks in your **diet**. Some foods and drinks, especially those high in fat, salt and sugar, can be enjoyed occasionally and in smaller amounts.

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It's good to drink plenty of water so you don't **dehydrate**.



Did you know



Some people have an **allergy** or an intolerance to some foods. This means that they must avoid it in their **diet**.

Can you sort these foods into those that would make a healthy snack and those that should just be eaten occasionally?



What healthy snacks do you like to eat?

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Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more **sustainable** food. It shows how much of what you eat overall should come from each food group.



These foods are high in fat, salt and sugars. Eat less often and in smaller amounts.



6-8 glasses a day
Water, lower fat milk and sugar-free drinks.
Limit fruit juice and/or smoothies to a total of 150ml per day.



The Eatwell Guide has five main groups. Try to have a variety of different foods from each of the groups to get all the **nutrients** you need.

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables



We need to try to make sure we eat plenty of fruit and vegetables. Not only are they great as part of a meal, but they make good healthy snacks too.

It is good to base your meals around starchy carbohydrate foods.



Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates





Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses and two portions of sustainably sourced fish per week, one of which is oily.
Eat less red and processed meat

Foods like **dairy**, meat and fish are good for you when eaten in the right amounts because they are high in protein.

Humans do not have to eat meat in order to survive. In fact, many people choose not to eat meat and fish. They can still eat a balanced **diet** if they eat other foods from this group such as lentils, peas and beans. These are a healthy choice for all **diets**.



Dairy and alternatives

Choose lower fat and lower sugar options

Some people cannot, or choose not to eat **dairy** and there are alternatives available. These include soya alternatives, coconut milk, oat milk, almond milk and vegetable spread.

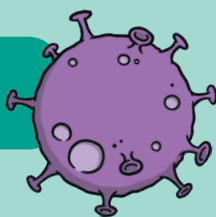


Oil & spreads

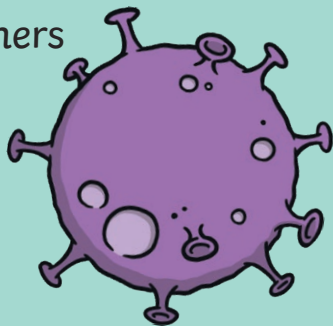
Choose unsaturated oils and use in small amounts

You do need some fat in your **diet**. Unsaturated fats, such as found in olive oil, are healthier fats. Saturated fats (found in a range of foods) are considered less healthy. All types of fat should be eaten in small amounts.

Germs and Illnesses



Being hygienic involves keeping ourselves clean. This helps to keep us, and others around us, healthy. It also makes us feel better about ourselves and helps us feel more confident when we're with other people.

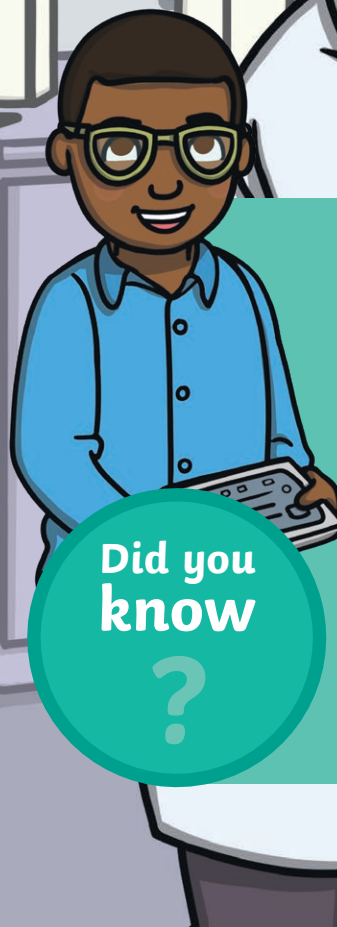


Germs can cause several illnesses that you may have come across, such as colds and chickenpox (which are both caused by something called a virus).

Germs can spread between people in different ways, such as through the air or by touching other people or surfaces. Luckily, there are simple things that you can do, such as good handwashing, to stop their spread.



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Did you know



Microorganisms are tiny living things that we cannot see without the help of a special piece of equipment called a microscope. There are lots of different types of microorganisms and many of them are actually useful to us. Germs are normally what we call the microorganisms that can make us sick.



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Keeping Clean

How can we keep clean?

Having good hygiene isn't just for when you're ill. There are several things that should be part of your routine to help keep you clean, healthy and remove any germs.



Having a bath or shower.



Brushing your teeth.



Regularly washing your hands.



Washing your face.



Using a tissue to catch coughs and sneezes.



Wearing clean clothes.

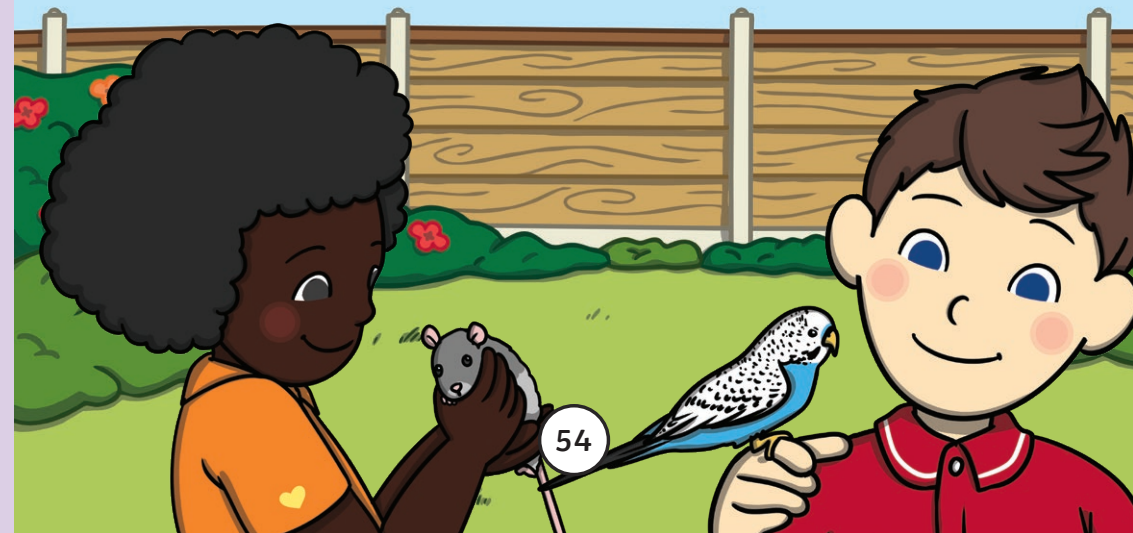
Can you think of any others?

Washing Your Hands

Regularly washing your hands is very important. It removes dirt and stops us spreading germs that can cause illnesses. You should try not to touch your eyes, nose or mouth when your hands are not clean.

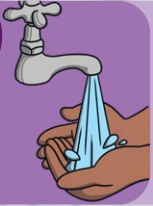
Here are some of the times we should wash our hands:

- ▶ before preparing food or eating
- ▶ after we have been to the toilet
- ▶ after we cough, sneeze or blow our nose
- ▶ when we come in from play or outdoor activities
- ▶ when we've touched animals



How to Wash Your Hands Properly

1



Wet your hands with water.

2



Apply enough soap to cover your hands.

3



Rub your hands together.

4



Use one hand to rub the back of the other hand and clean between the fingers. Repeat with the other hand.

5



Rub your hands together and clean in-between your fingers.

6



Rub the backs of your fingers against your palms.

7



Rub your thumb using your other hand. Do the same with your other thumb.

8



Rub the tips of your fingers on the palm of your other hand. Repeat with your other hand.

9



After washing your hands for at least 20 seconds, rinse them with water.

10



After you have rinsed them, dry your hands thoroughly.

Coughs and Sneezes

Coughs and sneezes are very common. Follow these simple rules when you cough, sneeze or blow your nose, to help stop germs spreading.

1



Use a clean tissue to catch your cough or sneeze. Make sure the tissue covers your mouth and nose.

2



Put your used tissue in the bin as soon as possible.

3



Wash your hands straight away.

If you don't have a tissue with you, use your sleeve or the inside of your elbow instead of your hands. Remember to still wash your hands properly.

57

Keeping Our Teeth Clean

Keeping our teeth clean is really important to keep our mouths healthy and try to avoid tooth **decay**.



It's important to brush your teeth with a fluoride toothpaste at least twice a day and for about two minutes each time. One of these times should be just before you go to bed. When you've finished brushing your teeth, spit the toothpaste out but don't rinse (rinsing stops the fluoride from working as well!).

Other things you need to do to look after your teeth include visiting your dentist regularly and trying to avoid sugary drinks and food.



58

Investigating Exercise

To test the effects of exercise on the human body.



With a partner, cut out the activities and read each one. Do you think it would make your heart rate faster or not if you did it for 30 seconds? Stick each activity onto the correct place in the table.

Would make my heart rate faster	Would not make my heart rate faster

touch
your toes



run on
the spot



tap your nose



star jumps



lunges



sit down
and stand up



hop on
the spot



balance on
one leg



jump on
the spot



tap your
shoulders



touch your
head then
your shoulders



stretch each
arm above
your head



make circles
with your
arms



tap each toe
on the floor



wiggle
your fingers



Investigating Exercise

To test the effects of exercise on the human body.



With a partner, cut out the activities and read each one. Do you think it would make your heart rate faster or not if you did it for 30 seconds? Stick each activity onto the correct place in the table.

Would make my heart rate faster	Would not make my heart rate faster

touch
your toes



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the spot



tap your nose



star jumps



lunges



sit down
and stand up



hop on
the spot



balance on
one leg



jump on
the spot



tap your
shoulders



touch your
head then
your shoulders



stretch each
arm above
your head



make circles
with your
arms



tap each toe
on the floor



wiggle
your fingers





Lucy's Gym

Sheffield

Hi! My name is Lucy and I work in a local gym and sports centre as a gym instructor.

I've got a problem though. Over the last few months, I've noticed that less and less children are coming to take part in our holiday sports camps, weekend activities and swimming lessons, but the problem doesn't stop there! Our adult classes have become much quieter too and very few people keep up with their weekly exercises.

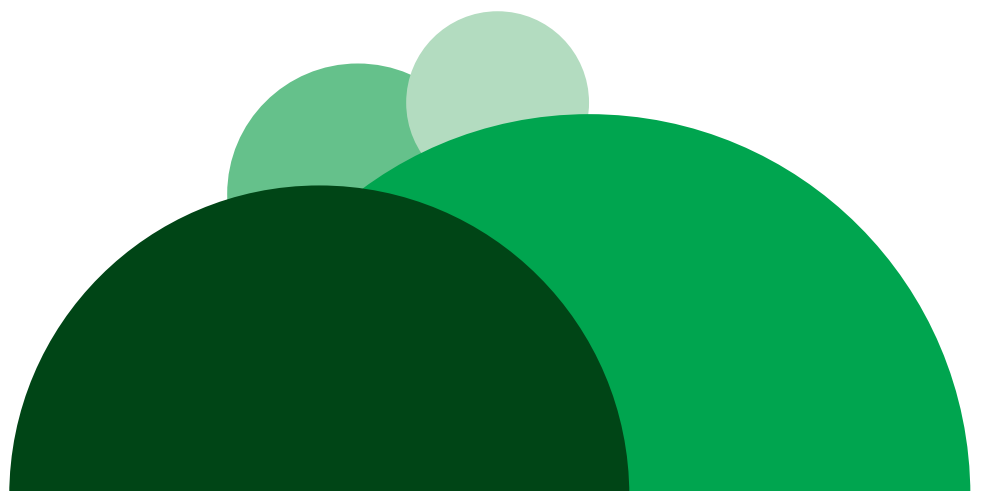
I need your help! Please can you find a way to encourage adults and children to start exercising?

Can you think of a way to tell them why they should exercise, what happens if they don't exercise and what sort of exercise they could do?

I've heard all about your class and how creative you are, so I'm sure you will do a brilliant job! I'll look forward to seeing what you come up with!

Many thanks,

Lucy



What Do You Think Will Happen? (Making Predictions)

To test the effects of exercise on the human body.

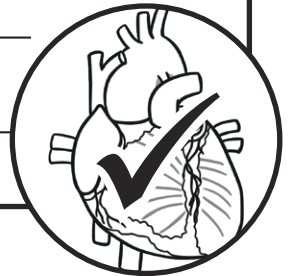


Can you explain why you think your chosen activities **would** or **would not** make your heart rate faster?

You can use the word bank at the bottom of the page to help you.

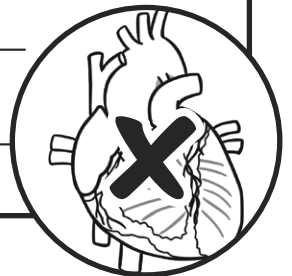
I think _____ would make my heart rate faster

because _____



I think _____ would not make my heart rate faster

because _____



Word Bank

heart rate

harder

legs

energy

fast

more

arms

warmer

slow

less

body

breathe

easier

movement

tired

faster/slower

What Do You Think Will Happen? (Making Predictions)

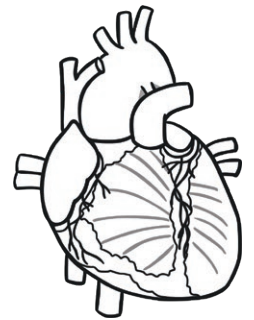
To test the effects of exercise on the human body.



Can you explain why you think your chosen activities **would** or **would not** make your heart rate faster?

You can use the word bank at the bottom of the page to help you.

Lined writing area for student response.



Word Bank

heart rate

harder

legs

energy

fast

more

arms

warmer

slow

less

body

breathe

easier

movement

tired

faster/slower

What Do You Think Will Happen? (Making Predictions)

To test the effects of exercise on the human body.

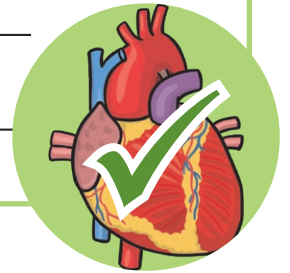


Can you explain why you think your chosen activities **would** or **would not** make your heart rate faster?

You can use the word bank at the bottom of the page to help you.

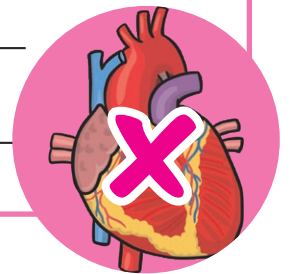
I think _____ would make my heart rate faster

because _____



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Word Bank

heart rate

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easier

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tired

faster/slower

What Do You Think Will Happen? (Making Predictions)

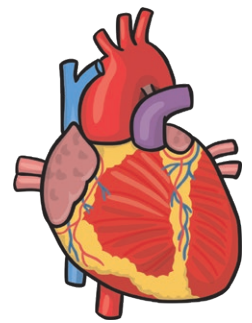
To test the effects of exercise on the human body.



Can you explain why you think your chosen activities **would** or **would not** make your heart rate faster?

You can use the word bank at the bottom of the page to help you.

A large rectangular area with a light green border, containing ten horizontal lines for writing an answer.



Word Bank

heart rate	harder	legs	energy
fast	more	arms	warmer
slow	less	body	breathe
easier	movement	tired	faster/slower

Mariam is thinking about how we feel after exercising.



I think that running for two minutes will affect my body more than doing star jumps for two minutes.

Do you think she is right? Why or why not?

How could she find out if she is right?

What might she observe (notice)?

Mariam is thinking about how we feel after exercising.



I think that running for two minutes will affect my body more than doing star jumps for two minutes.

Do you think she is right? Why or why not?

How could she find out if she is right?

What might she observe (notice)?

Reasoning Card 5

Do you think she is right? Why or why not?

Answers may vary. It could be argued that both are exercises of a similar intensity so her body could feel similar after both (this is why it would be important to test to find out). Children may also relate to their own experiences of how they have felt after these different exercises.

How could she find out if she is right?

Answers should relate to carrying out both exercises for the same amount of time. Children may reference a rest between each exercise. She could measure her pulse rate (children may even note that she could take her pulse before she started to compare the difference).

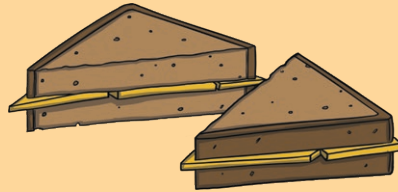
What might she observe (notice)?

She might observe (notice) that she feels tired, that she is out of breath or her breathing gets faster, that she feels warmer, that she is sweating and that she feels thirsty.

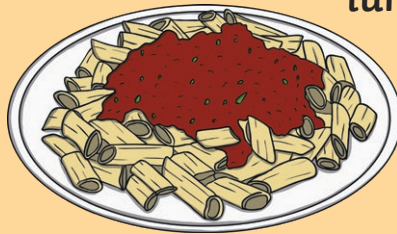
Here is a breakfast, lunch and dinner for one day.



breakfast



lunch



dinner

Think about what you have learnt about the Eatwell Guide.

What is already included in these meals that is a good part of a balanced diet?

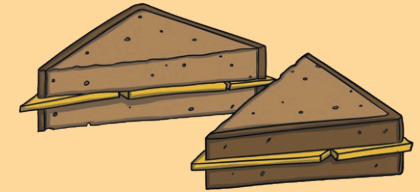
What might you add to these meals to improve them? Explain why.

Can you suggest some healthy snacks that could be eaten between these meals?

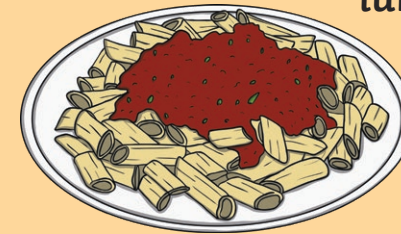
Here is a breakfast, lunch and dinner for one day.



breakfast



lunch



dinner

Think about what you have learnt about the Eatwell Guide.

What is already included in these meals that is a good part of a balanced diet?

What might you add to these meals to improve them? Explain why.

Can you suggest some healthy snacks that could be eaten between these meals?

Reasoning Card 6

What is already included in these meals that is a good part of a balanced diet?

It already includes some carbohydrates (oats/bread/pasta), some dairy (milk/cheese and alternatives) and a small amount of fruit/vegetables (pasta sauce).

What might you add to these meals to improve them? Explain why.

Children should notice that these meals are not yet well balanced enough, as there are not yet at least five portions of different fruit and vegetables and there isn't currently enough protein. Answers will vary but suggestions could include:

Breakfast: Add some fruit such as slices of banana or strawberries.

Lunch: Add some salad, e.g. slices of tomato or cucumber. There could be some vegetable sticks such as carrots and pepper.

Dinner: Vegetables could be added to the tomato

sauce, e.g. peas or courgettes. Some protein could be added to the sauce, e.g. lentils or chicken.

Can you suggest some healthy snacks that could be eaten between these meals?

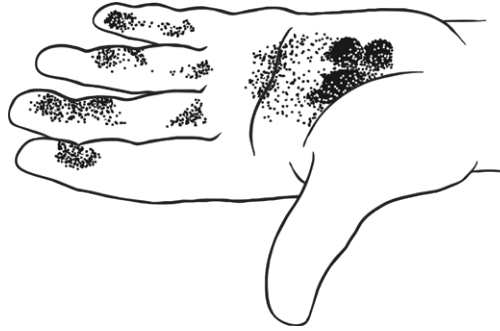
Answers could include:

- **Plain yoghurt with fruit**
- **Boiled egg**
- **Hummus with vegetable sticks**
- **Fruit like apples, satsumas or berries or vegetables like carrots or celery.**

Removing Germs

To investigate the importance of healthy eating and hygiene.

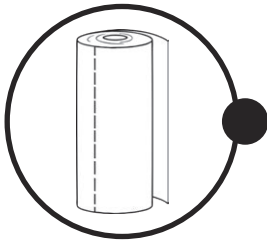
Which is the best way to remove germs from our hands?



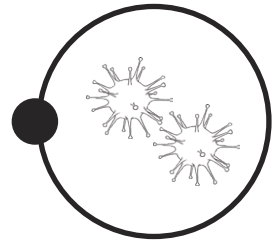
What do you think will happen? (prediction)

Draw a line to the answer you have chosen.

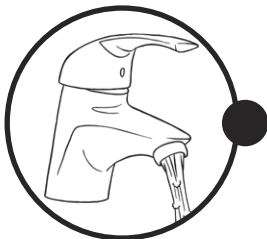
I think the **paper towel** will...



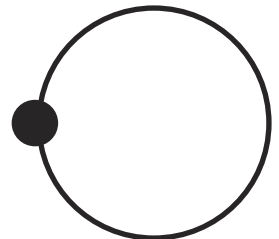
remove some of the 'germs'.



I think the **water** will...



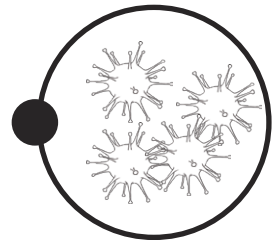
remove all of the 'germs'.



I think the **soap and water** will...



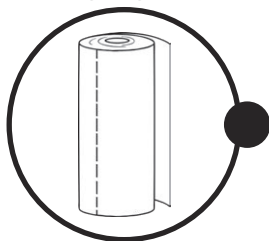
not remove many of the 'germs'.



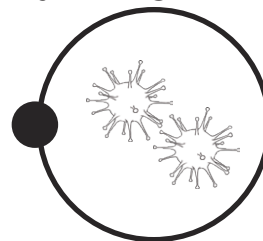
What happened? (results)

Draw a line to the answer you have chosen.

The **paper towel**...



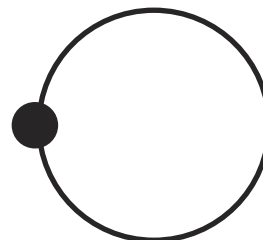
removed some of the 'germs'.



The **water**...



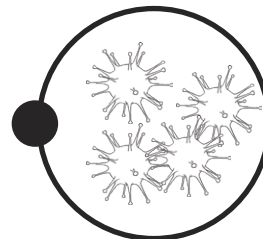
removed all of the 'germs'.



The **soap and water**...

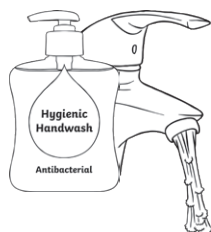


did not remove many of the 'germs'.



What have we found out? (conclusion)

You should use _____ to remove germs from your hands.



soap and water



water



paper towel

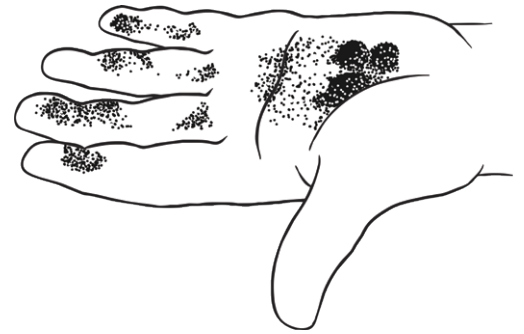
Removing Germs

To investigate the importance of healthy eating and hygiene.



Which is the best way to remove germs from our hands?

You can use this word bank to help you to fill in the 'prediction' and 'observation' sections of your sheet.



Word Bank

remove

some

many

glitter

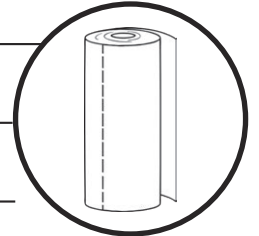
not remove

all

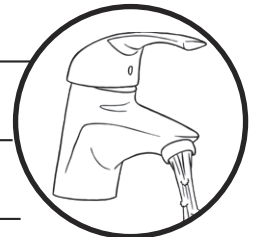
germs

What do you think will happen? (prediction)

I think the **paper towel** will...



I think the **water** will...



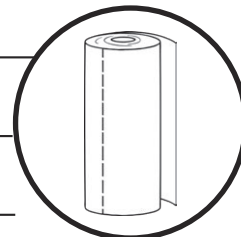
I think the **soap and water** will...



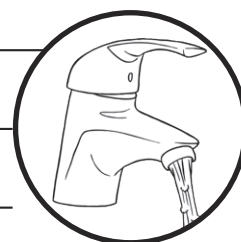
remove some many glitter
not remove all germs

What happened? (results)

The **paper towel** _____



The **water** _____

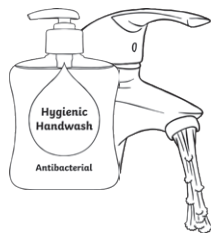


The **soap and water** _____



What have we found out? (conclusion)

You should use _____ to remove germs from
your hands because _____



soap and water



water



paper towel

Removing Germs

To investigate the importance of healthy eating and hygiene.

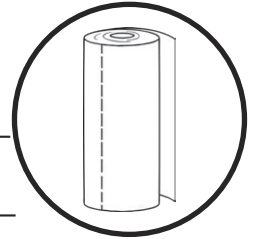


Which is the best way to remove germs from our hands?

What do you think will happen? (prediction)

What do you think will happen?

I think the **paper towel** will...



I think the **water** will...



I think the **soap and water** will...



What happened? (results)

What happened?

The **paper towel** _____

The **water** _____

The **soap and water** _____

What have we found out? (conclusion)

What have we learnt?

You should use _____ to remove germs from
your hands because _____

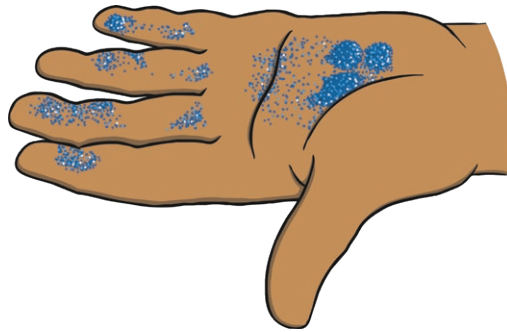
Challenge!

**Can you explain some other important ways that we can help to
stop the spread of germs?**

Removing Germs

To investigate the importance of healthy eating and hygiene.

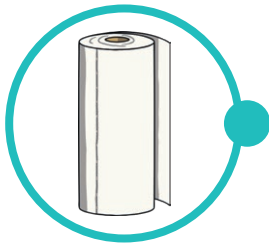
Which is the best way to remove germs from our hands?



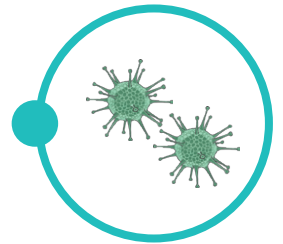
What do you think will happen? (prediction)

Draw a line to the answer you have chosen.

I think the **paper towel** will...



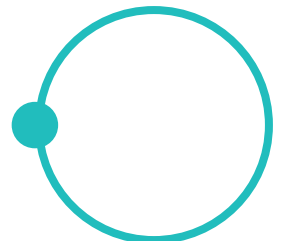
remove some of the 'germs'.



I think the **water** will...



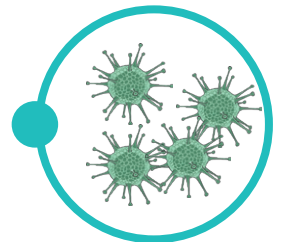
remove all of the 'germs'.



I think the **soap and water** will...



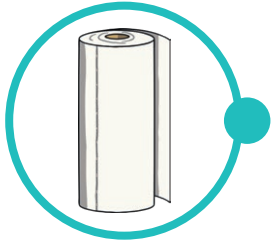
not remove many of the 'germs'.



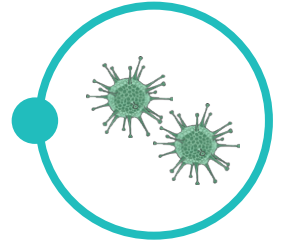
What happened? (results)

Draw a line to the answer you have chosen.

The **paper towel**...



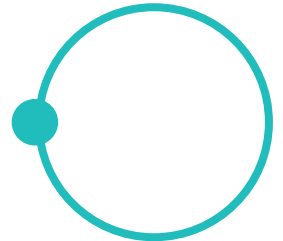
removed **some** of the 'germs'.



The **water**...



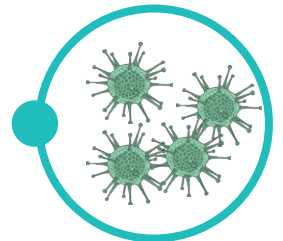
removed **all** of the 'germs'.



The **soap and water**...



did not remove many of the 'germs'.



What have we found out? (conclusion)

You should use _____ to remove germs from your hands.



soap and water



water



paper towel

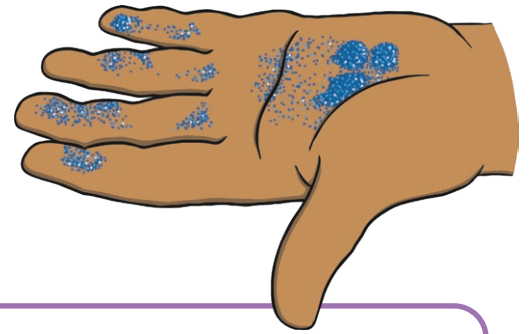
Removing Germs

To investigate the importance of healthy eating and hygiene.



Which is the best way to remove germs from our hands?

You can use the word banks to help you to fill in the sections.



Word Bank

remove

some

many

glitter

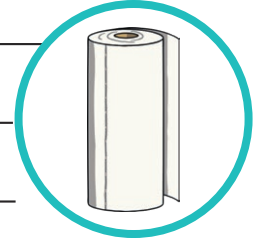
not remove

all

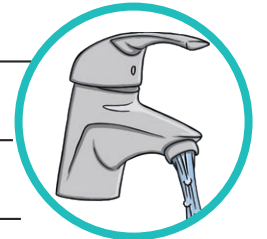
germs

What do you think will happen? (prediction)

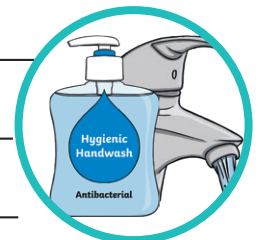
I think the **paper towel** will...



I think the **water** will...



I think the **soap and water** will...



some

many

glitter

removed

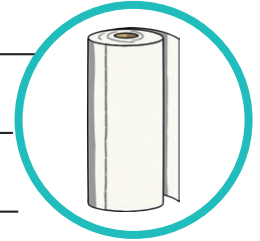
all

germs

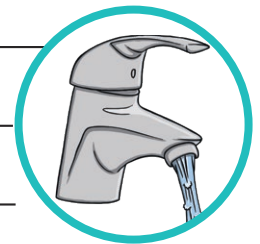
did not remove

What happened? (results)

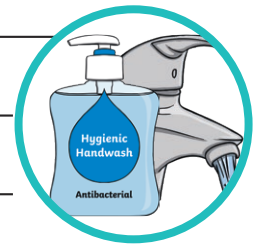
The **paper towel** _____



The **water** _____



The **soap and water** _____



What have we found out? (conclusion)

You should use _____ to remove germs from your hands because _____



soap and water



water



paper towel

Removing Germs

To investigate the importance of healthy eating and hygiene.

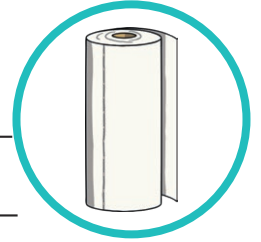


Which is the best way to remove germs from our hands?

What do you think will happen? (prediction)

What do you think will happen?

I think the **paper towel** will...



I think the **water** will...



I think the **soap and water** will...



What happened? (results)

What happened?

The **paper towel** _____

The **water** _____

The **soap and water** _____

What have we found out? (conclusion)

What have we learnt?

You should use _____ to remove germs from
your hands because _____

Challenge!

Can you explain some other important ways that we can help to stop the spread of germs?
