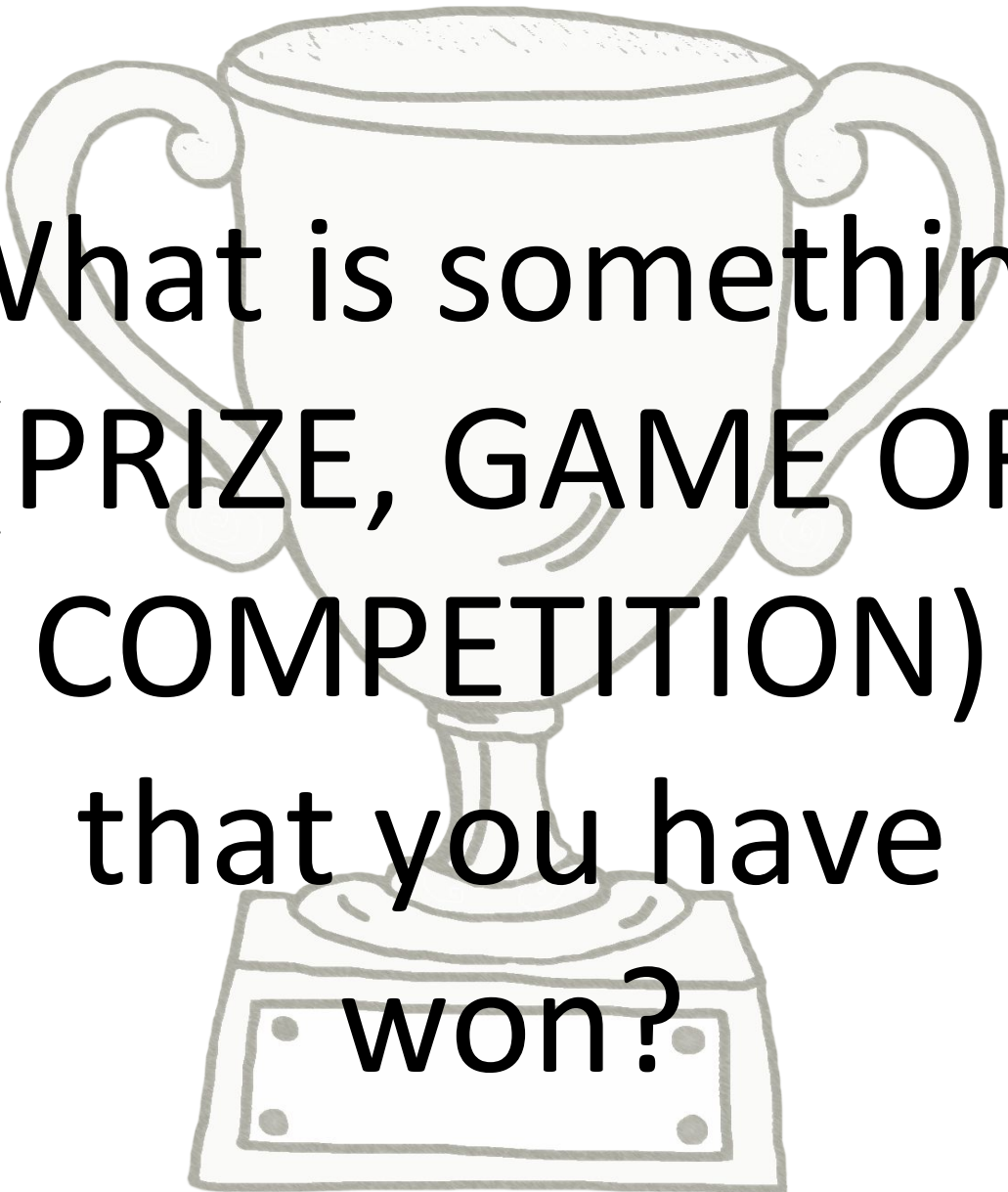


TROPHY TUESDAY

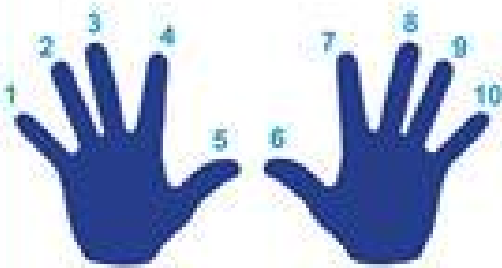
What is something
(PRIZE, GAME OR
COMPETITION)
that you have
won?



Quick Review

Name the **3 main ways** you can prevent germ-related illnesses.

What Are the Top 10 Ways to Spread Germs?



CLEAN YOUR HANDS

Wash with soap & water



www.publichealth.nsw.gov.au/healthandprevention

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HIOX

Get enough Sleep



SHORT
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Smelly Feet and Stinky Armpits

1. Most body odor is caused by sweat.
2. Feet have the fewest sweat glands.
3. Sweat is used to cool the body.
4. Some people don't smell at all.
5. A gland produces substances the body needs to function.
6. Eccrine glands are found in the dermis.
7. Human skin does not usually have bacteria on it.
8. Bacteria are relatively large organisms.
9. Apocrine glands are confined mostly to the armpits and groin.
10. Bacteria like to grow in warm, dry, light places.
1. Having stinky armpits is a sign that puberty is beginning.
2. The foods a person eats can cause body odor.
3. Halitosis is another word for sweating.
4. Decaying food caught in teeth or gums causes most bad breath.
5. Foot odor can be controlled by washing and wearing clean socks.
6. Deodorants can help prevent stinky underarms for a short time.
7. Bacteria live on your tongue so you should brush it when brushing teeth.
8. You should brush your teeth for 10 minutes twice a day.
9. An antiseptic mouthwash is used to lessen the pain of a toothache.
10. Flossing your teeth isn't as important as brushing. It only needs to be done only about once a week.