

# PSHE – YEAR 4

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## Healthy Lifestyles

# Learning Outcomes:

- To know that simple hygiene routines can prevent the spread of bacteria and viruses
- Be able to explain what bacteria and viruses are and how they affect our health and how they spread
- To know how we can help stop the spread of them
- Know a range of simple everyday hygiene routines
- Recognise the shared responsibility for maintaining a clean environment

Watch the following clip all about germs.

<https://www.youtube.com/watch?v=YBGsoimPXZg>

## Types of Germs:

**Bacteria** are tiny, one-celled creatures that get nutrients from their environments in order to live. In some cases that environment is a human body. Bacteria can reproduce outside of the body or within the body as they cause infections. Some infections that bacteria can cause include ear infections and sore throats.

But not all bacteria are bad. Some bacteria are good for our bodies — they help keep things in balance. Good bacteria live in our intestines and help us use the nutrients in the food we eat and make waste from what's left over. We couldn't make the most of a healthy meal without these important helper germs! Some bacteria are also used by scientists in labs to produce medicines.

**Viruses** need to be inside living cells to grow and reproduce. Most viruses can't survive very long if they're not inside a living thing like a plant, animal, or person. Whatever a virus lives in is called its host. When viruses get inside people's bodies, they can spread and make people sick. Viruses cause chickenpox, measles, flu, and many other diseases. Because some viruses can live for a short time on something like a doorknob or countertop, be sure to wash your hands regularly!



What daily or weekly routines help prevent infection?



L.O – To know simple hygiene routines to stop the spread of bacteria and viruses.

## Independent Task:

In the middle of your page write the following:



Stop Germs,  
Stay Healthy

Design a poster using information boxes and pictures, showing people how to stop germs spreading.

Make it colourful, bright and fun!