

HEALTH MIDTERM STUDY GUIDE

CLEAN WATER

- 70% of our body is made up of Water!
- No one can live for more than 2 or 3 DAYS without water!
- We need clean water EVERY DAY!

WATER SOURCES (WHERE WATER COMES FROM)

- Rivers and Lakes
- Rainwater
- Seawater
- Wells
- Reservoirs (a natural or artificial lake or pond in which water is collected and stored for use)

Water must be cleaned at a Water Treatment Plant (building) before it is used or cooking or drinking.

CONTAMINATED: to make impure (not clean) or hazardous (dangerous)

KEEPING WATER SUPPLY CLEAN

- Get rid of rubbish and garbage properly
 - Place in plastic bags
 - Put in a bin with a cover that fits well
 - DO NOT pour waste (used/bad) water into drains, canals or rivers
 - It might get carried into reservoirs with rainwater and make drinking water bad!
 - Pour wastewater into the toilet or sink
 - Gets carried by pipes to a treatment center before it gets drained into the sea
 - Oil pollutes the water and harms marine (sea) life and birds.

FOOD POISONING

- **GERMS:** tiny organisms that can cause a disease
- **CONTAMINATION:** to stain, or infect or make something unable to be eaten, drank or used by adding something harmful or unpleasant
- **CUTLERY:** things we use to eat like forks, spoons and chopsticks

5 C's TO STOP FROM GETTING FOOD POISONING:

1. Clean your hands

a. Wash hands after using the toilet or before you eat.

b. Wash your hands for **at least 20 seconds!**

i. 5 STEPS FOR WASHING YOUR HANDS:

1. Wet your hands with water

2. Add soap

3. Scrub (rub together) palms (under part of your hand)

4. Wash the back of your hands

5. Scrub in between your fingers

6. Scrub the tips of your fingers

7. Wash your wrists (the part that connects your hands to your arms)

8. Rinse thoroughly (make sure all soap is washed off with water)

2. Prevent Cross-Contamination of food

a. Cross-Contamination: When raw (uncooked food) touches cooked food, germs cross over from the raw food to the cook food

b. Wash any boards used to cut raw meat, fish and chicken

c. Use Soap and Hot water to wash

3. Chill leftover food in the refrigerator

a. Germs grow quickly if food is left at room temperature (not in a refrigerator)

b. Put any leftover food into the refrigerator immediately

c. Bring soups and gravy to a boil when re-heating them

4. Cook food well

a. Only eat food that has been cooked well, especially shellfish (clams, lobster, shrimp) and meat (chicken, beef, pork)

5. Use separate Cutlery

a. Germs can spread easily when 2 or more people use the same cutlery, especially if 1 person is sick.