



## Gerbusters

Charlene Cheese was asked to speak at Walker Elementary. She thought she would talk about the great benefits of cheese which is full of protein and calcium which is good for your body. But when Charlene Cheese got to the school they wanted her to talk about something different. They wanted her to talk to the students about germs and staying healthy. It seemed that everyone at Walker School was getting sick and they needed help. Charlene Cheese knew that people often get sick by the spreading of germs. She knew enough about how to prevent the spreading of germs so she began her speech.

"Hello Walker School. I am here today to talk to you about germs. Germs are teeny, tiny organisms that make you sick. They can easily be passed from one person to another making it easy to get lots of people sick. But I have good news. I know how to stop them and I am here today to help you become a germbuster. The number one thing you can do is wash your hands. You should wash your hands before you eat and after you go to the bathroom. To be a germbuster you need to use soap and water, wash the top and bottom of your hands, between your fingers and inside your fingernails for at least 20 seconds. I like to sing the ABC song to make sure I wash my hands good enough. You can also be a germbuster by covering your cough or sneeze in your sleeve. It is the best way to prevent spraying germs to other people and things. It is also important to keep your body clean by washing it and brushing your teeth. All of these things will help you to keep germs away and keep your body from getting sick. I am so glad I could help you and now it is your turn to go out there and be a germbuster."

Charlene Cheese said hello to some of the boys and girls as she headed towards the door. Just then the Principal, Mrs. Knots grabbed Charlene's hand. She spoke, "Thank you so much for that wonderful speech but aren't you forgetting something." Charlene Cheese thought she covered everything she knew about germs. She replied, "No, I think that's it?" Mrs. Knots spoke, "Isn't there one more thing that the students at Walker School should know about staying healthy?" Charlene thought again and then giggled.

Charlene had forgotten one of the most important things about keeping your body healthy...eating healthy. Charlene headed back to the front of the auditorium to continue her healthy message. "I am so sorry boys and girls but it seems that I have forgotten my favorite part about staying healthy, eating healthy. When you eat foods from the five food groups like grains, vegetables, fruits, milk products, and meat and beans they will give your body all it needs to be healthy and strong. Eating healthy is a great way to be a healthy hero for your own body. So remember to fight the bad guys, germs, by washing your hands, covering your sneeze, keeping your body clean, and most importantly eating good, healthy foods. You can do it!" The students at Walker School gave Charlene Cheese a big round of applause and then they all quickly went to wash their hands before eating a healthy lunch.

