



Family Activities

Title: **Germs Make Me Sick!**

Author: **Melvin Berger**

Illustrator: **Marylin Hafner**

Our world is shared with millions of microorganisms. The feature book explains what germs are, how bacteria and viruses affect the human body, and how the body fights against them. Using a microscope, LeVar discovers what germs really look like and talks to lab scientists about germs, and habits that can keep us healthy. A visit to an organic farm illustrates how microorganisms are important to growing food.

Here are several activities you and your child can do together after watching this episode.

Edible Germ

What germ is good for you? Why, wheat germ, of course! Try making this simple recipe with your child.

Peanut Butter Treats

- ¼ cup wheat germ
 - ¼ cup powdered milk
 - ¼ cup peanut butter
 - ¼ cup honey
1. Your child can measure all the ingredients and put them in a bowl.
 2. Stir well.
 3. With clean hands, form into balls and place on wax paper.
 4. Enjoy this nutritious treat!

Unfolding Get-Well Cards

Is there someone in your family who is ill? Is there a neighbor who needs some cheering up? Get the family involved in making special get-well cards. Unfolding cards is one example.

You will need:

- long sheets of drawing paper (approximately 18 inches long)
- crayons, markers
- scissors

Directions:

1. Cut a length of paper, approximately 6 by 18 inches.



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2. Fold the paper in half and then fold it in half again.
3. Open the paper. You will have four sections.
4. Draw a picture and write a message that extends across all four sections of the paper.
5. When finished, refold the paper, starting at the right side.
6. Write a get-well message on the top cover. Then send or deliver your card.

To read the message, the recipient will unfold each section, one at a time.