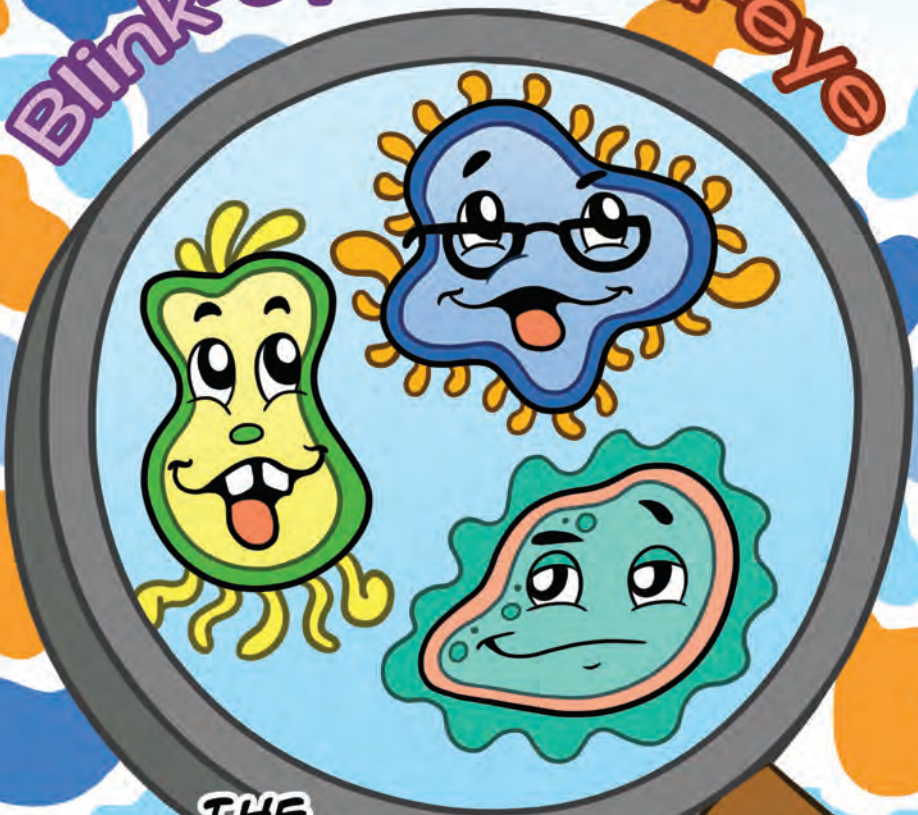
THE ADVENTURES OF BOINGG & SPRACKETTE

CENTENE® Corporation

# Quas-eye, Blink-eye & Vill-eye



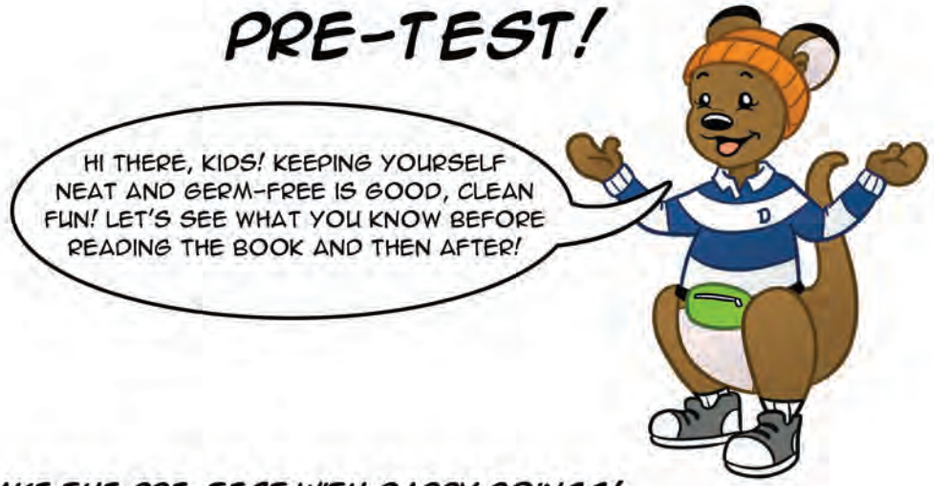
# THE GUNKY BACTERIA BROTHERS

WRITTEN & CREATED BY MICHELLE BAIN

Pixie Stuff Publishing™

GUNKY

# PRE-TEST!




***TAKE THE PRE-TEST WITH DARBY BOINGG! ANSWER THE QUESTIONS TRUE OR FALSE.***

1. A GOOD WAY TO KEEP GERMS FROM SPREADING IS TO WASH YOUR HANDS OFTEN.

   ***TRUE*** ***FALSE***

2. YOU SHOULD NEVER BRUSH YOUR TEETH BEFORE YOU GO TO BED.

   ***TRUE*** ***FALSE***

3. SODA AND CANDY HELP YOUR TEETH GROW STRONG.

   ***TRUE*** ***FALSE***

4. WEARING CLEAN CLOTHES HELPS YOU FEEL CLEAN AND FRESH.

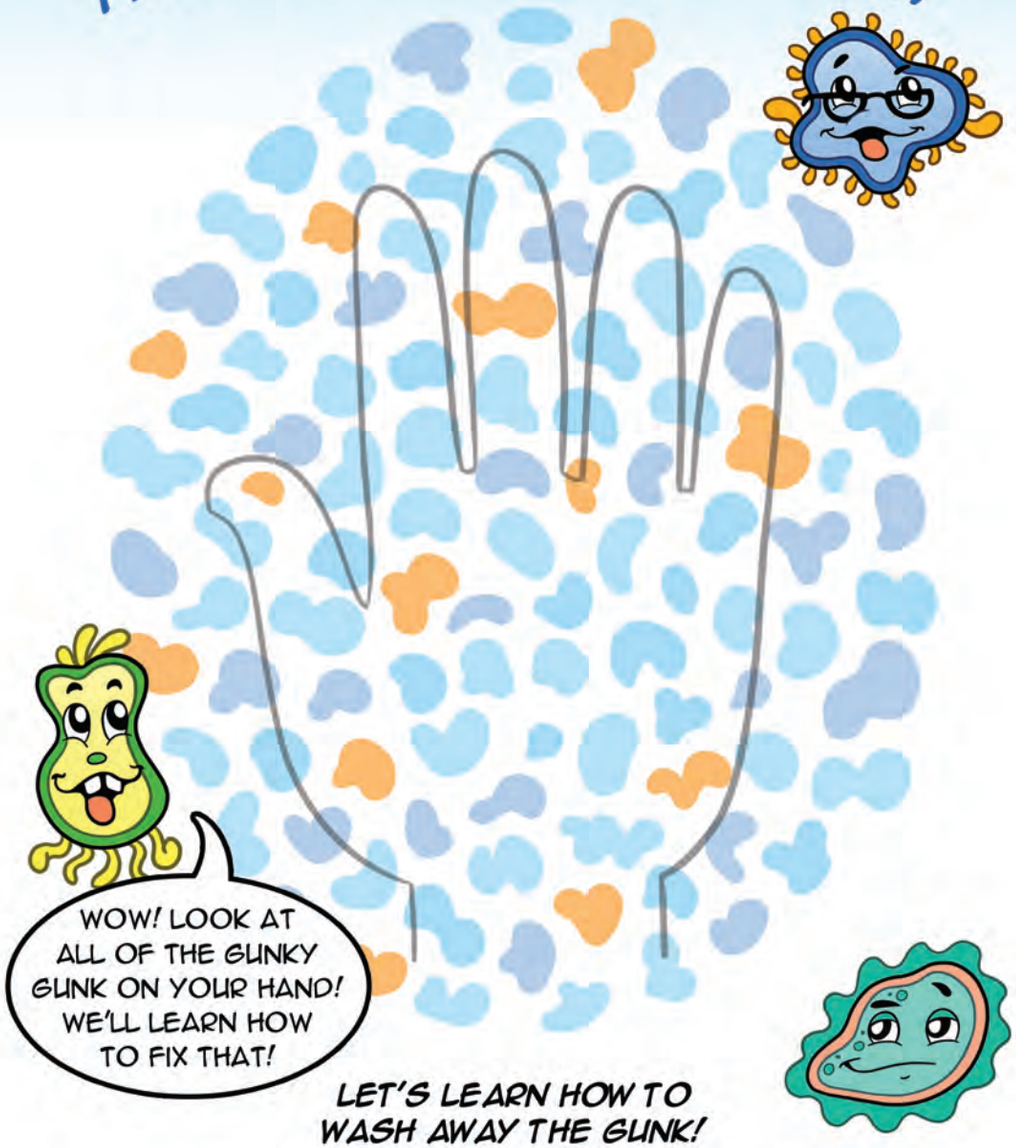
   ***TRUE*** ***FALSE***

5. GERMS ARE TOO SMALL TO SEE UNLESS YOU HAVE A MICROSCOPE.

   ***TRUE*** ***FALSE***

**DISCLAIMER:** This book provides general information about personal hygiene. This information is not intended to be used for the diagnosis or treatment of a health problem or as a substitute for consulting a licensed health professional. Consult with a qualified physician or healthcare practitioner to discuss specific individual health needs and to professionally address personal hygiene or medical concerns.

# TRACE YOUR HAND BELOW!




***LET'S LEARN HOW TO WASH AWAY THE GUNK!***

WRITE YOUR NAME HERE!

# Fun Germ Facts!

DID YOU KNOW THERE ARE GOOD AND BAD BACTERIA?

## TWO TYPES OF GERMS

**VIRUS**

THE SMALLEST TYPE OF GERM. THIS IS THE KIND THAT CAUSES COLDS AND THE FLU.

**BACTERIA**

A SINGLE CELL GERM. MANY BACTERIA LIVE IN YOUR BODY ALREADY AND ACTUALLY KEEP YOU HEALTHY!

## ATCHOOOO!

WHEN YOU SNEEZE, GERMS CAN FLY **3 - 5 FEET** AND TRAVEL UP TO **100 MILES AN HOUR!**

## EUREKA!

IN 1861, LOUIS PASTEUR WAS THE FIRST TO DISCOVER THAT PEOPLE GOT SICK BECAUSE OF GERMS!

## HAND IT TO THE GERMS!

THERE ARE USUALLY MILLIONS OF BACTERIA ON EACH HAND.

WOW! THERE ARE SO MANY THINGS TO LEARN ABOUT GERMS!



# Getting the Gunk off!

HYGIENE IS KEEPING BOTH YOUR BODY AND YOUR APPEARANCE NEAT AND CLEAN. THIS MEANS WASHING YOUR HANDS AND BRUSHING YOUR TEETH, AS WELL AS MAKING SURE TO WEAR CLEAN CLOTHES AND BATHE REGULARLY. HAVING GOOD HYGIENE WILL KEEP YOU HEALTHY AND HAPPY!

WASHING YOUR HANDS KEEPS GERMS FROM SPREADING SO YOU AND THOSE AROUND YOU DON'T GET SICK.

BRUSHING AND FLOSSING YOUR TEETH HELPS THEM GROW HEALTHY AND STRONG.

Did you know your teeth are alive? Caring for your CHOMPERS is important!

BATHING AND WEARING CLEAN CLOTHES HELPS YOU STAY HEALTHY AND FRESH SO OTHERS WANT TO BE AROUND YOU!

# Gunk and the Tub

YOU CAN TAKE A SHOWER OR BATH

ALWAYS USE A CLEAN WASHCLOTH

YOUR FINGERS MAY GET WRINKLY

ALWAYS USE SOAP

SOAP

WASH YOUR HAIR

WASH BEHIND YOUR EARS

ASK AN ADULT TO HELP YOU CLEAN YOUR EARS WITH A COTTON SWAB.

BATHING AND SHOWERING ARE VERY IMPORTANT FOR A LOT OF REASONS. WHEN YOU PLAY YOU WILL START TO SWEAT AND GET DIRTY. IT'S IMPORTANT THAT ONCE YOU'RE DONE PLAYING, YOU TAKE A BATH OR SHOWER SO YOU CAN WASH AWAY ALL OF THE DIRT, GERMS, AND GUNK. GERMS AND DIRT CAN CAUSE YOU TO GET SICK AND EVEN START TO HURT YOUR SKIN IF YOU GO TOO LONG WITHOUT BATHING. EVEN IF YOU DON'T FEEL LIKE YOU'RE VERY SWEATY OR DIRTY, IT'S GOOD TO TAKE A SHOWER OR BATH BEFORE BEDTIME.

# Don't Be a Gunk Mouth!

"CHEW"SE TO CARE FOR YOUR MOUTH!

FLOSSING IS IMPORANT TO KEEP THE SPACES BETWEEN YOUR TEETH CLEAN AND HEALTHY.

FLOSS

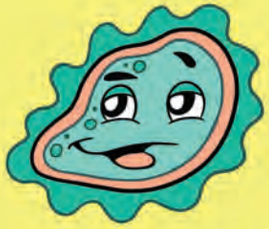
**TEETH**
LET YOU CHEW YOUR FOOD AND HELP MAKE WORDS WHEN YOU TALK.

**LIPS**
LET YOU FORM WORDS WHEN YOU TALK.

**GUMS**
SURROUND AND HELP HOLD YOUR TEETH IN PLACE.

**TONGUE**
HELPS YOU SPEAK AND TASTE FOOD.

BRUSHING AFTER YOU WAKE UP AND BEFORE YOU GO TO BED WILL HELP YOU TO NOT GET CAVITIES.



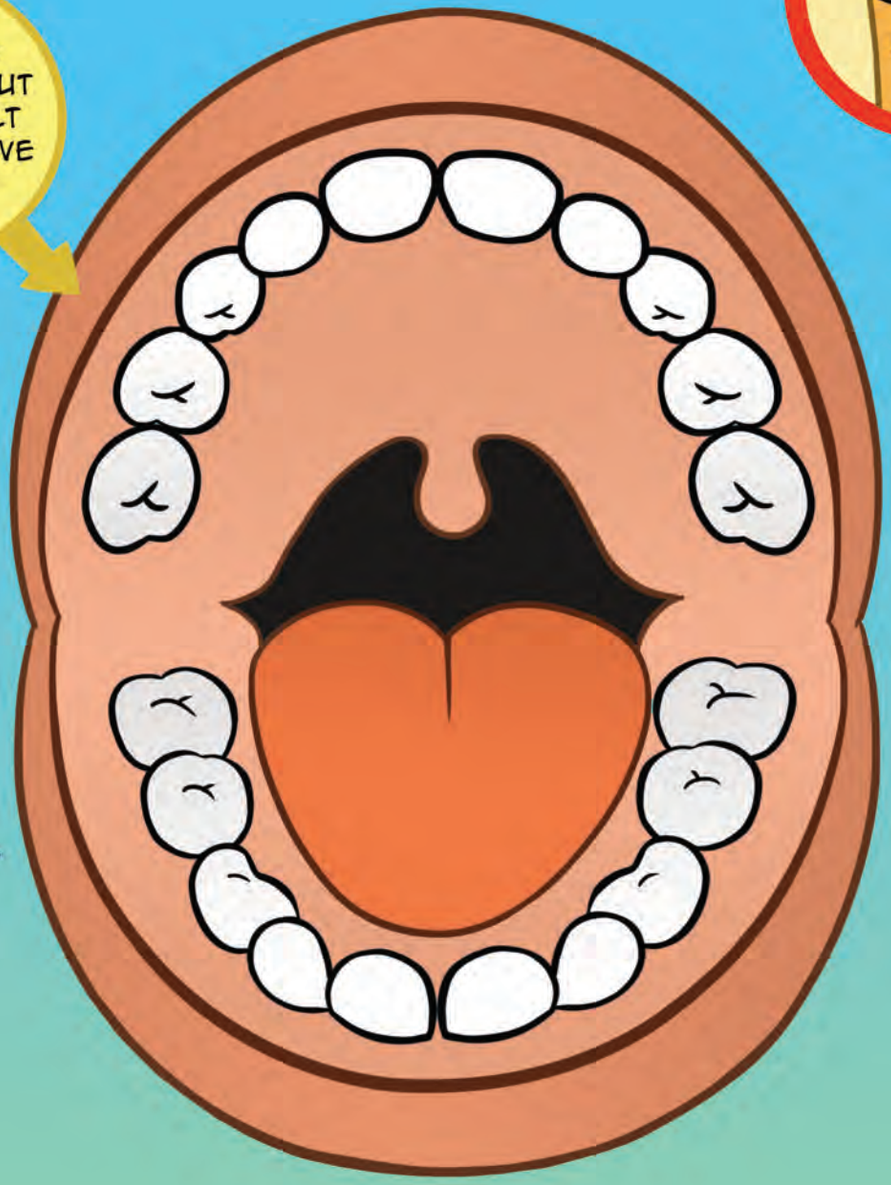
EVERY TIME YOU EAT, FOOD BITS ARE LEFT ON AND AROUND YOUR TEETH. IT'S IMPORTANT TO CLEAN THEM SO YOUR SMILE STAYS HEALTHY AND STRONG. WHEN BRUSHING, KEEP GOING FOR 30 SECONDS OR FOR A VERSE OF YOUR FAVORITE SONG. BRUSH TWICE A DAY AND FLOSS ONCE, BECAUSE WHEN YOU TAKE CARE OF YOUR TEETH, YOUR TEETH WILL TAKE CARE OF YOU! THAT'S A LOT TO "CHEW" ON!

# All about Your Mouth!

KIDS HAVE 20 TEETH, BUT AS AN ADULT YOU WILL HAVE 32 TEETH.

THE FIRST SET OF TEETH YOU HAVE ARE KNOWN AS ***BABY TEETH.*** THOSE WILL FALL OUT WHEN YOUR ADULT TEETH GROW IN.

FOUR TEETH THAT GROW IN THE BACK OF YOUR MOUTH AS YOU GROW UP ARE CALLED ***WISDOM TEETH.***



SODA AND CANDY ARE OKAY TO HAVE ONCE IN A WHILE, BUT TOO MUCH IS NOT GOOD FOR YOUR TEETH.

YOUR MOUTH GROWS UP JUST LIKE YOU DO! REMEMBER TO BRUSH, FLOSS AND SEE YOUR DENTIST!

# Gunkilocks & the Four Hairs

## TYPES OF HAIR

WHATEVER TYPE OF HAIR YOU HAVE, IT'S IMPORTANT TO KEEP IT NEAT AND CLEAN!

TO KEEP YOUR HAIR TANGLE-FREE

ALSO TO KEEP YOUR HAIR TANGLE-FREE

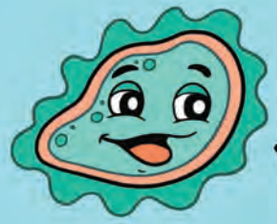
TO KEEP YOUR HAIR MOIST AND IN PLACE

TO CLEAN AND KEEP YOUR HAIR SOFT

KEEPING YOUR HAIR NEAT AND CLEAN WILL HELP IT TO GROW HEALTHY AS IT GETS LONGER, AND IT HELPS YOU SMELL NICE.



# No Gunky Threads!



WEARING CLEAN CLOTHES HELPS YOU FEEL CLEAN AND FRESH, AND KEEPS DIRT AND GERMS OFF YOUR BODY!

***FIRST:*** INTO THE WASHING MACHINE WITH SOAP!

ALL CLOTHES NEED TO BE WASHED ON A REGULAR BASIS, EVEN IF THEY DON'T LOOK THAT DIRTY!

***NEXT:*** INTO THE DRYER!

ASK YOUR PARENT OR FAMILY MEMBER TO SHOW YOU HOW!

KEEPING GUNK-FREE IS COOL!

***LAST:*** DON'T FORGET TO FOLD OR HANG YOUR CLOTHES IN THE CLOSET!

# No Gunky Paws!

**PEEE-YEWWW!**
IF YOU THINK YOU ARE STINKY, YOU PROBABLY ARE! GET RID OF THE FUNK BY WASHING OFF THE GUNK!

TRIM THOSE NAILS!

WASH THE BOTTOMS!

CLEAN BETWEEN THOSE TOES!

YOU MAY NOT THINK ABOUT YOUR FEET OFTEN, BUT THEY'RE IMPORTANT! THEY LET YOU WALK, RUN AND PLAY, SO KEEP THOSE TOOTSIES FRESH AND CLEAN!



# Draw Your Own Germ!

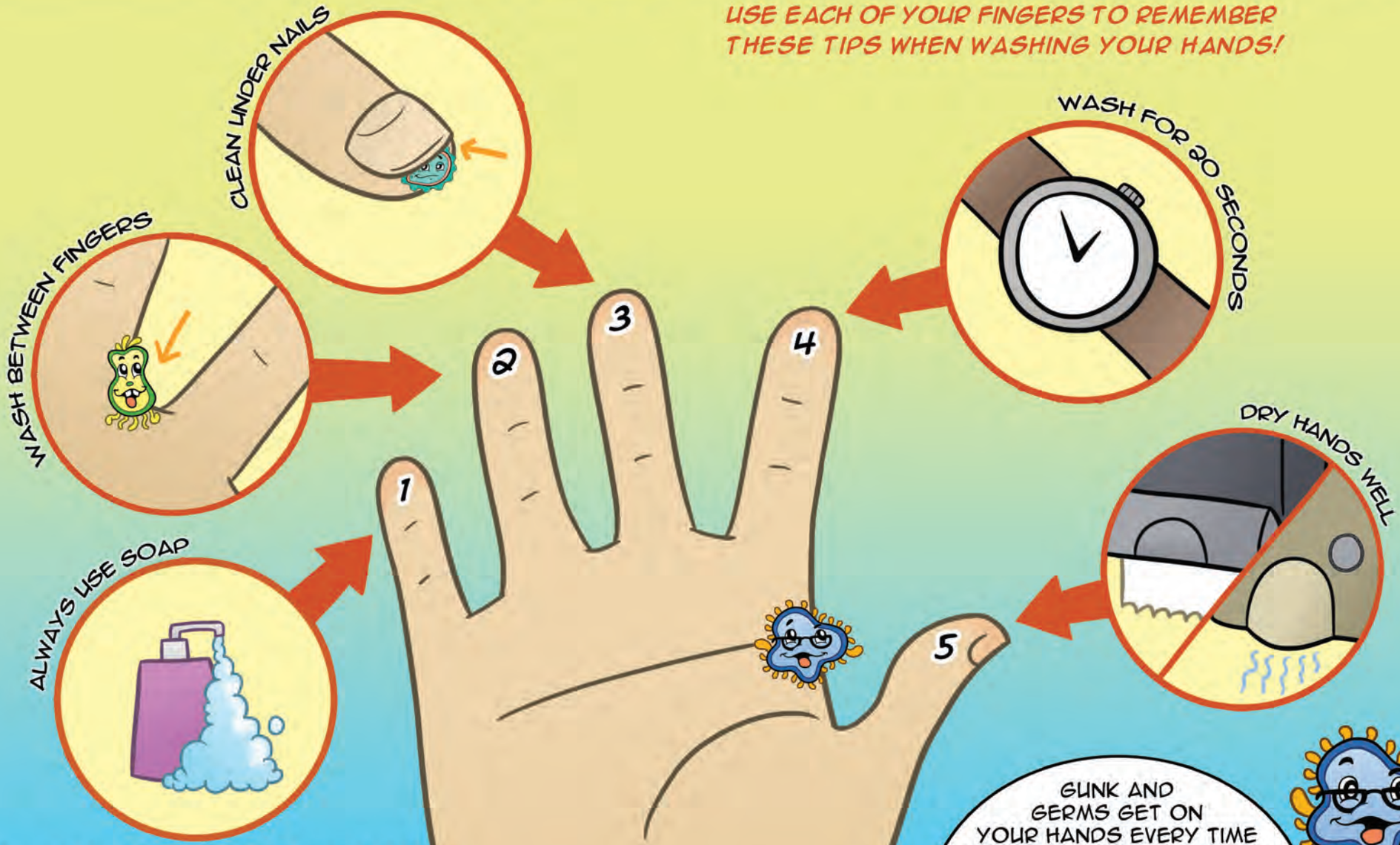
GERMS HAVE MANY SHAPES, SIZES AND COLORS. USE YOUR IMAGINATION TO DRAW YOUR OWN GUNKY GERM BELOW!

MICROSCOPE

GERMS ARE SO SMALL, TO SEE THEM YOU HAVE TO LOOK THROUGH A SPECIAL TOOL CALLED A MICROSCOPE!

# The Hi-Five Finger Plan

USE EACH OF YOUR FINGERS TO REMEMBER THESE TIPS WHEN WASHING YOUR HANDS!




**WASH YOUR HANDS:**

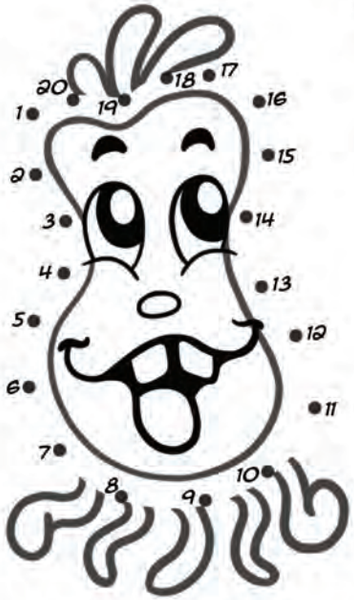
- AFTER FEEDING OR CLEANING PETS
- BEFORE TOUCHING A CUT
- BEFORE AND AFTER MEALS
- AFTER PLAYING OUTSIDE
- AFTER PLAYING WITH PETS
- AFTER COUGHING, SNEEZING, OR BLOWING YOUR NOSE.
- AFTER GOING TO THE BATHROOM
- BEFORE AND AFTER COOKING

GUNK AND GERMS GET ON YOUR HANDS EVERY TIME YOU TOUCH ANYTHING, AND THOSE GERMS CAN MAKE YOU OR OTHERS SICK. THAT'S WHY WASHING YOUR HANDS IS ONE OF THE MOST IMPORTANT THINGS YOU CAN DO TO STAY HEALTHY AND HAPPY! DON'T PASS THE GERMS ON!

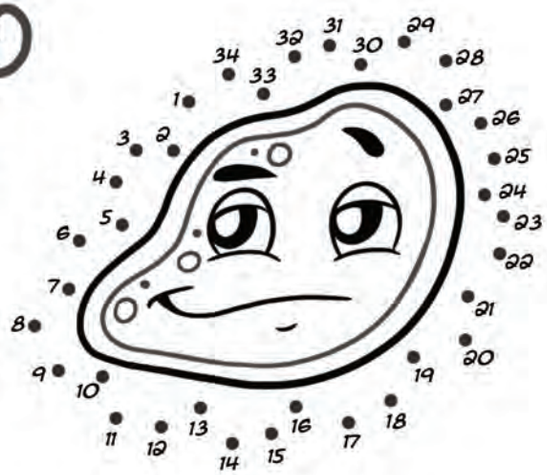
# Connect the Dots

THEN COLOR IN THE GUNKY BROTHERS!

BLINK-EYE



QUAS-EYE



VILL-EYE



# Find the Words

FILL IN THE BLANKS THEN FIND THOSE WORDS IN THE PUZZLE BELOW!

T__THBR_SH

SH__P_O

F__SS

CL_PP_R

C_MB

F__T

S__P

H_N_

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| F | L | O | S | S | L | B | T | H | J | F |
| A | X | L | M | O | R | Z | V | A | M | B |
| B | Q | R | P | A | M | X | D | N | Q | K |
| S | H | A | M | P | O | O | B | D | O | N |
| N | O | L | C | C | I | E | H | G | L | P |
| Z | T | O | O | T | H | B | R | U | S | H |
| T | F | R | M | C | L | I | P | P | E | R |
| V | U | S | B | X | P | N | F | O | O | T |

# Fill in the Answers

WHEN SHOULD I WASH MY HANDS?

_____

_____

_____

WHEN SHOULD I WASH MY CLOTHES?

_____

_____

_____

HELP DARBY GET HIS CLOTHES TO THE WASHING MACHINE!

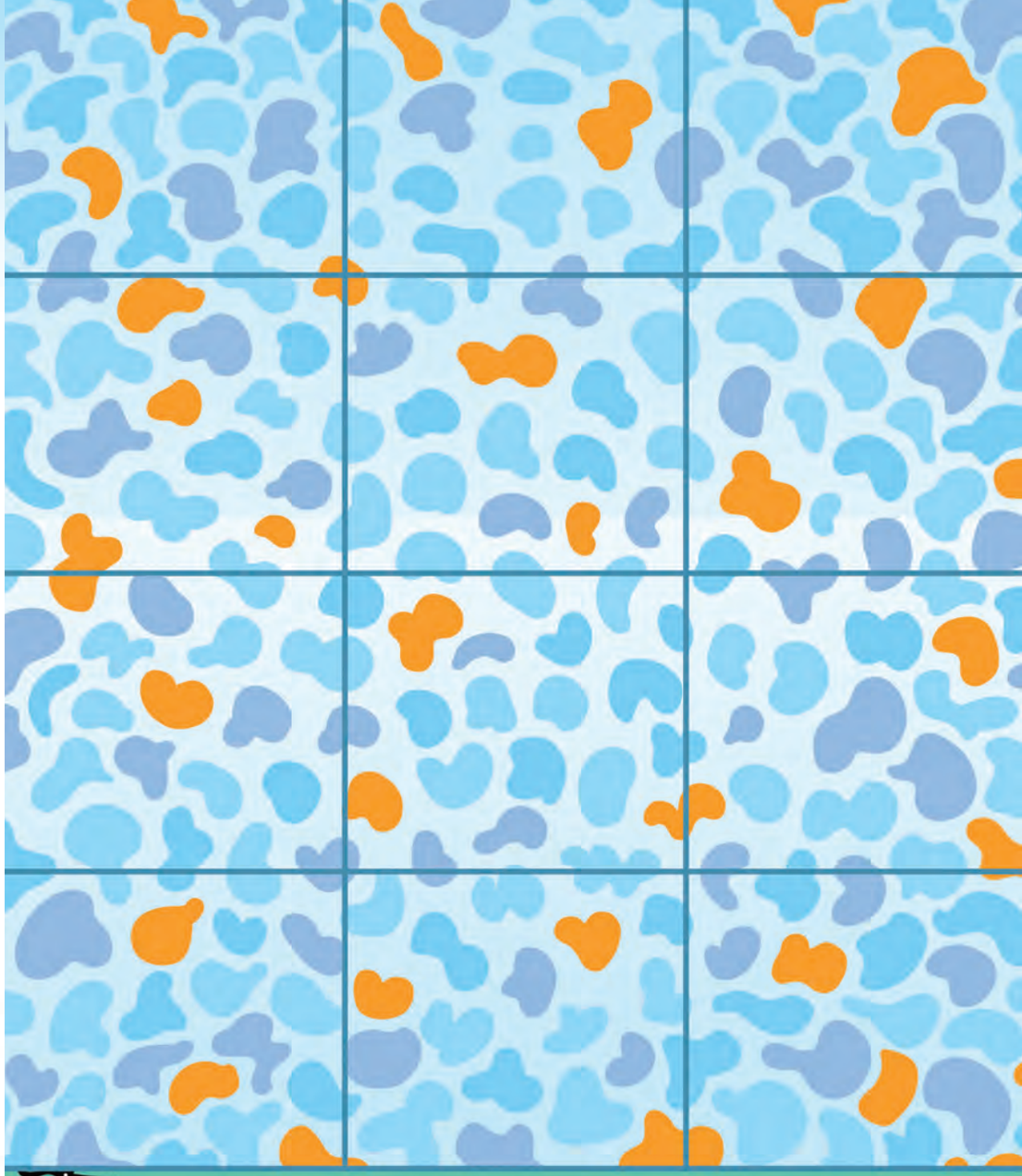
READ THE WORDS BELOW AND CIRCLE THE PICTURES!

GERMS
TOOTHBRUSH
SOAP
HAIR BRUSH

LAUNDRY BASKET
NAIL CLIPPERS
HAND SANITIZER
DRY TOWEL

TRACE YOUR HAND AGAIN!





HAVE AN ADULT HELP YOU CUT OUT THE PUZZLE PIECES ABOVE. THEN MIX UP THE CARDS AND LAY THEM ON A TABLE WITH THE GERM PATTERN FACING UP. TURN OVER TWO CARDS AT A TIME AND TRY TO MATCH THE CLEANING TOOL WITH THE PART OF THE BODY YOU USE IT ON.

COTTON SWAB
LET A GROWNUP HELP!

SOAP

COMB

TOOTHBRUSH

BETWEEN TEETH

HAND

HAIR

EAR

CLIPPER

FLOSS

FINGERNAIL

TOOTH

# POST-TEST!

NOW LET'S SEE WHAT YOU'VE LEARNED AFTER READING THE BOOK!

**TAKE THE POST-TEST WITH DARBY BOINGG! ANSWER THE QUESTIONS TRUE OR FALSE.**

1. A GOOD WAY TO KEEP GERMS FROM SPREADING IS TO WASH YOUR HANDS OFTEN.

TRUE FALSE

2. YOU SHOULD NEVER BRUSH YOUR TEETH BEFORE YOU GO TO BED.

TRUE FALSE

3. SODA AND CANDY HELP YOUR TEETH GROW STRONG.

TRUE FALSE

4. WEARING CLEAN CLOTHES HELPS YOU FEEL CLEAN AND FRESH.

TRUE FALSE

5. GERMS ARE TOO SMALL TO SEE UNLESS YOU HAVE A MICROSCOPE.

TRUE FALSE

**FLIP OVER TO SEE THE ANSWERS!**

1.) TRUE 2.) FALSE 3.) FALSE 4.) TRUE 5.) TRUE

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SOAP

WASH
ME

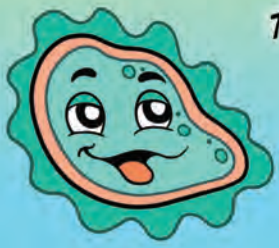
# Tips to Keep the Gunky Brothers Washed Away!

HYGIENE IS AN IMPORTANT THING
WHETHER CLIPPING YOUR NAILS
OR SHOWERING.

WASH YOUR HANDS
WHEN YOU BLOW YOUR NOSE,
AND ALWAYS WEAR
NICE, CLEAN CLOTHES.

BEING CLEAN IS A LOT OF FUN.
YOU SHOULD DO IT WHEN
YOUR PLAYING IS DONE.

WASHING UP EVERY DAY
WILL HELP YOU KEEP
THOSE GERMS AWAY!



Cenpatico
Improving Lives

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