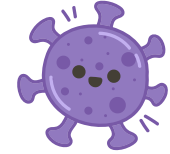
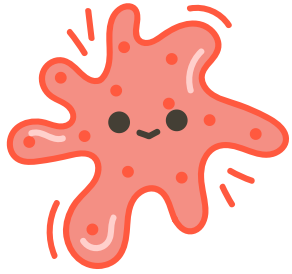


Helpful Bacteria



☀️ Beneficial Bacteria and What They Do

Bacteria Name	Where it lives	Superpower Function
Lactobacillus	Your gut and yogurt 🥛	Helps digest food and fights bad germs
Bifidobacterium	Intestines	Keeps your tummy calm and boosts immunity
Escherichia coli (E. coli)	Intestines	Helps make vitamins like Vitamin K 🌿
Streptomyces	Soil	Makes antibiotics to fight infections
Rhizobium	Plant roots 🌱	Helps plants grow by making nutrients

Natural defences

Our Body has Lots of Natural Defences

Body Part

What It Does (Defence Power)

Skin

Like a shield – keeps germs out



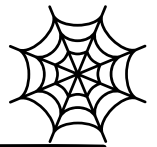
Nose hairs

Like tiny filters – trap dust and germs



Mucus

Sticky trap to catch germs (like a spider web)



Stomach acid

Destroys many germs that get swallowed



White blood cells

Ninja fighters that attack invaders



Fever

Turns up the heat to kill off bugs

