

### **Attack of the Persistent Cold Virus**

A sliver of light marks a brand new day  
A spiky virus rolls, eager to find its way  
Its first task is to hunt for healthy cells  
And put them under magical spells  
The virus then sees a cell, plump and pink  
An easy prey hypnotized by a single wink  
Poor infected cell multiplies in no time  
The virus is pleased with its little crime  
But soon the virus is challenged to a fight  
White blood cells come to make things right  
At times antibiotics come and go  
Some big shot with nothing to show  
But this little virus is a clever one  
It escapes just in time when its job is done  
Through a cough, a sneeze, even a kiss  
To start a new day in such wondrous bliss.

## **The Sneaky Sneeze**

It starts with a tickle then you wrinkle your nose

Eyes will close and muscles will freeze

The urge will come when you least expect it

The sneaky, sinister, sickening sneeze

It travels at a speed of 100 kilometres per hour

As fast as a cheetah running after a meal

And then, a burst of sound, loud at times

Sometimes it comes as a high-pitched squeal

The sneaky sneeze will clear your nose

And expel 40,000 little droplets in the air

A swirl of bacteria and viruses, too

A blast of infection you wouldn't want to share

So bring a tissue, a hanky or just pinch your nose

Have pity on the unfortunate person beside you

Watch out for the sneaky, sinister, sickening sneeze

*A-choo! A -choo! A -choo! Bid those germs A-dieu!*

## **Good Bacteria Training Manual**

Not all bacteria are born to infect  
Some are true, trained to protect  
Good bacteria study well into the night  
They master lessons until first light

### **Lesson One: Suit Up for the Fight!**

Be ready like a soldier or a brave knight  
Wear protective gear for the task  
A helmet, a shield, even a mask

### **Lesson Two: Never Back Down!**

Even when invaders are all around  
Stay together, move forward and charge!  
Look out for those baddies, small or large

### **Lesson Three: Protect Those Cells!**

Pay attention to the stomach and bowels  
There, healthy cells need protection  
They are exposed, open to infection

### **Lesson Four: Work Together!**

Fight as one until the enemies surrender  
And finally, the lessons are complete  
Good bacteria are now tough to beat.

## **The Yellow Sponge**

A sponge is like Swiss cheese  
Some find it cute, easy to squeeze  
In the kitchen it's such a big deal  
To clean with it after every meal  
Pots and pans must sparkle and shine  
So nice to look at in one neat line  
Thanks to the sponge that works hard  
By the sink it stands guard  
But not many people know  
A microscopic inspection will show  
That this soft, soggy square  
Is home to germs, so beware!  
Tiny bits of food and pools of water  
Give life to the germ monster  
Perhaps the right thing to do  
Is to clean the cleaning aid, too.

## **The Millionth Germ**

Germs multiply before you know it  
When hands get dirty, even just a bit  
As soon as germs reach a million, you'll see  
One little germ as lively as can be

The millionth germ is proud to be the best  
It is stronger and smarter than the rest  
The millionth germ is stubborn no doubt  
It's decidedly smart in finding a hideout

It rolls and wiggles its hotdog-shaped body  
And laughs, yes it does, rather proudly  
*(I'm the 1% your bacterial soap can't kill.  
I'll multiply in a minute, what a thrill!)*

It sticks to a tiny skinfold while others flee  
And snorts, yes it does, rather arrogantly  
*(Your 70% isopropyl alcohol has no effect.  
I'm the perfect germ, what do you expect?)*

## **The Birthday Suds**

Frothy, foamy

Suds that smell sweet

Velvety, creamy

Like a melted treat

Rub those fingers

The skin in-between

Sing a birthday song

Take your time to clean

Lather, splatter

Bright bubbles fly by

Rinse with water

And pat your hands dry.

## **Apple**

Delicious and sweet

Bright rosy skin you can eat

Its flesh packs a crunch so juicy

That a princess so white,

And God's first man took a bite

Both fell under its crimson spell

Give in, it's not forbidden

Juice it, bake it, slice it open

Dip it and take it as a treat

See what a difference it makes

As it fights sickness and aches

Fruitful fruit.

## **Germmy Germ: Drama Queen**

Can't you see me at all?

Am I so invisible and small?

*(Like some bed bug on your sheet)*

Just catch me or my life's incomplete!

Why do you hate me so?

There are more awful things, you know

*(Like a snake that's four feet long)*

I make your immune system strong.

Why do you hurt me all day?

Do I deserve the disinfectant spray?

*(Like the smelly socks you outgrew)*

All I really want is to be with you.

## **The White Knight**

I have no suit of armour or a clunky shield  
Not even a sidekick horse to ride on a field  
No queens, kings or princesses to protect  
I am but a cell that's round and white  
I'm brave and noble, the littlest white knight  
Out to defend the body from infection  
By tracking down bacteria in the blood vessel  
They're tricky to find but easy to wrestle  
I eat them up when they finally surrender  
I may only have a life measured in hours  
But I do my noble deed with all my powers  
I'm a hard-working cell you can count on.

## **Bug Shapes**

Once you see us up close, you'll be surprised  
We come in different shapes, all are pint-sized  
Most bacteria take the shape of balls  
Tiny round bugs that sometimes do harm  
Now a ball with spikes may cause alarm  
That's a virus that people sometimes catch  
There are other curious shapes you must know  
Like a tiny gummy worm moving so slow  
Or a squirmy tadpole out for a swim  
Some of us look really weird and scary  
Like a metal screw with legs that are hairy!  
Thank goodness we're too small for you to see.