Who Are Sam And Ella?

Introduction

To the Teacher:
In teaching this lesson, it will be useful to refer to the **Teachers' Materials** before you begin, to give you vital information associated with the unit.

One of the ways we encounter environmental hazards is through the food we eat.

Substances or organisms in or on our food and water enter the digestive system and may cause serious problems throughout the body.

In this lesson you will learn about substances (such as food additives and chemicals), and organisms (such as bacteria and viruses), and the problems they can cause in the body.

So who are Sam and Ella? You'll find out if you read the lesson carefully.

Objectives

By the end of this lesson you should be able to:

- Identify the rules for food safety
- Identify sources of food-borne illnesses and contaminants

Instructions

Begin by taking the "Pre-Test", then proceed with the rest of this unit by going through the "Lessons". When you get to the lesson guides, read each one. When you are finished, complete the post-test.