PEER Life Science Toxic or Not Who are Sam and Ella Notes Outline KEY

**Introduction**

* A substance, state, or event that has the potential to threaten the surrounding natural environment and adversely affect people’s health is called an environmental hazard.
* People can be exposed to environmental hazards through the food they eat by entry through the digestive system.

**Lesson**

* The digestive system is the system in the body that breaks down food and absorbs nutrients.
* Food safety is important because it helps minimize our risk of allowing the things we eat or drink to make us sick.
* The 3 C’s of Food Safety are clean, cold, and cooked. Another important factor of food safety is making sure to separate raw meat, poultry, seafood, and eggs from other foods.
* Any ingredient added to foods are called food additives. However, some people can have adversereactions to these and can even have allergic reactions to them.
* Metals and chemicals from fertilizers are also important sources of environmental health hazards.
* Lead poisoning primarily occurs through the digestive system, although it can also enter the body through the respiratory system.
* Eating contaminated fish can lead to mercury poisoning. This poisoning can affect both the nervous system and the kidneys.
* Arsenic poisoning can occur through ingestion, direct contact, or by inhalation. It is a common ingredient in pesticides and other poisons.
* Nitrates are not naturally toxic to people, but in infants they can be transformed into nitrites through the digestive system. This can cause babies to become deprived of oxygen, which is fatal.
* Bacteria, which are single-celled organisms, are not all bad, but some can cause diseases.
* The smallest known disease causing microorganisms are viruses.