



Microbes in My Life! Reference Sheet

Food Items with Good/Beneficial Microbes:

1. **Cheese:** (all types, including macaroni and cheese): *Lactobacillus* (bacteria), *Lactococcus* (bacteria) act as the starting culture for the cheese, turning the milk hard while keeping the cheese moist.
2. **Bread:** (all, including hamburger buns, pizza crust, and sandwich bread): *Saccharomyces cerevisiae*, known as yeast (fungi) that makes bread rise.
3. **Bacon/Ham:** *Micrococcus* (bacteria) helps cure and preserve bacon.
4. **Pepperoni, salami, and sausage:** *Lactobacillus* (bacteria) used to develop the flavor and color of the meat. *Penicillium chrysogenum* (fungi) is used to preserve the meat and give it its flavor.
5. **Yogurt:** *Streptococcus thermophilus* (bacteria) ferment milk into yogurt. Alginic acid is derived from *Phaeophyceae*, a brown seaweed (algae), and used as a thickener in most dairy products.
6. **Chocolate** (including brownies, chocolate chips): *Saccharomyces cerevisiae* (yeast) and *Candida rugosa* (yeast) ferment cocoa beans, turning cocoa beans into chocolate.
7. **Root Beer/Ginger Ale:** *Saccharomyces cerevisiae* (yeast, a fungi) is added to increase carbonation.
8. **Pudding:** *Phaeophyceae*, a brown seaweed (algae,) is the source of alginic acid which is used as a thickener.

Some foods need to be washed/cleaned or cooked before eating because microbes can live on these foods that can make use sick. Below are microbes that are present on foods that can make us sick when we do not wash or cook our food first before eating.

1. **Fruits/Vegetables:** Some raw fruits and vegetables contain harmful germs that make you and your family sick such as *Salmonella* (bacteria), *E. coli* (bacteria), and *Listeria* (bacteria).
2. **Chicken, Beef, Pork, and Turkey:** Raw and undercooked meat can make you sick. Raw meat can contain *Campylobacter* (bacteria), *Salmonella* (bacteria), *Clostridium perfringens* (bacteria), and *Yersinia* (bacteria).
3. **Eggs:** Raw eggs can contain *Salmonella* (bacteria) that can make you sick.



Objects We Touch Everyday Reference Sheet

Which of the following items did you touch today?

1. Remote Control
2. Telephone
3. Refrigerator Doorknobs
4. Bathroom Light Switches
5. Computers/Tablets
6. Lunch Boxes
7. Keys
8. Microwave Handle
9. Bath Towels
10. Sink Faucet
11. Video Game Controller
12. Pet Toys/Pet Food Bowl
13. Money

Not all microbes are harmful, but some can be found throughout your home and make you sick, including:

- *Staphylococcus aureus* (bacteria)
- Yeast
- Mold
- *Salmonella* (bacteria)
- *Escherichia coli* (bacteria)
- Fecal matter
- SARS-CoV-2 virus (COVID19)
- Influenza virus (Flu)

If you touched any of the objects listed above, you could have touched microbes that can make you sick. Therefore, make sure to wash your hands before eating or touching your nose, mouth, or eyes!