

Aktiviti PAK-21

Unit 10: What's the Matter?

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Activity: KNOWING BACTERIA

Instructions:

- 1 This activity is done in groups.
- 2 Each group needs to list down the differences between good and bad bacteria like Probiotics.
- 3 Find the pictures and information on the Internet.
- 4 Present the information creatively on a mah-jong paper in front of the class.

Probiotics

- Probiotics help balance the friendly bacteria in your digestive system.
- Probiotics can help prevent and treat diarrhea.
- Probiotics supplements improve some mental health conditions.
- Certain probiotics strains can help keep your heart healthy.
- Probiotics may reduce the severity of certain allergies and eczema.