

# Bacteria

- **Bacteria**

Many types of bacteria are harmful as they can enter the body and cause illnesses. Bad bacteria are called **germs**.

There are also good bacteria in our body. They help the body to carry out its functions more effectively.



## Examples

Cultured milk drinks contain the good bacteria *L. Casei* Shirota. They help in the digestion of food by killing the bad bacteria present in the digestive tract.

A special type of bacteria is added into milk and boiled. After keeping the mixture warm for several hours, the milk becomes thick and the sugar in it becomes slightly acidic. The acid in the milk prevents any harmful bacteria growing in it. This is the yoghurt that we take when we buy it from the supermarket. The bacteria in yoghurt are good for our digestive system.

- **Microscopic aquatic organisms**

Amoeba and paramecium are two examples of microscopic creatures that live in the water. Although you will not be able to see these organisms when you look into the pond, they form an integral part of the pond community.