

STUDENT WORKBOOK



This workbook is a follow-up activity developed by the Amanda Young Foundation for students in years 5 & 6. It is to be used after students have completed the Detect & Protect program. Teachers can either book an incursion with AYF or run their own lesson using our web based resources. We thank Telethon for sponsoring the printing of these workbooks.

To book, ring or email the Education Manager

0433 615 656

regional@amandayoungfoundation.org.au



Supported by 

Meet Buddy!



Buddy is holding a yellow
Amanda Rose—a symbol for the Amanda
Young Foundation. Buddy likes to wear a blue
and yellow bandanna –the colours of the
foundation.
Colour-in Buddy.

Detect & Protect *with Buddy*

Workbook Answers

- Q1. Microscopic organisms, germs
- Q2. Microscopic parasite, cold, Covid 19
- Q3. bacteria
- Q4. 10
- Q5. 700
- Q6. Mucus Nose
- Q7. False
- Q8. At the back of your throat and nose
- Q9. drink bottles, spoons, food, whistles,
tooth brushes, musical instruments.
- Q10. When you are sick and going out—wearing
a mask can protect you and others.
- Q11. If you are very sick—see a doctor or go to
the hospital

Detect & Protect with Buddy



“Excellent work!

Remember to

DETECT AND PROTECT.

Stay well,”

Love Buddy.

Who is Buddy?

Buddy is a German Shepherd dog and he lived with Barry, Lorraine and Amanda Young many years ago.

German Shepherd dogs are

- **Clever**
- **Strong**
- **Loyal**
- **Good Detectives**
- **Good Protectors**



Amanda Young was very sick with Meningococcal

Disease at the age of 18 and her parents started the Amanda Young Foundation in 1998 to raise awareness about this serious disease.

Follow Buddy throughout this workbook and learn how to “DETECT and PROTECT” yourself from meningococcal disease.

1. What are bacteria? Circle the 2 correct answers...

vitamin D germs
 flowers
microscopic organisms water

2. What is a virus? Circle the 3 correct answers...

vitamin C cold
 microscopic parasite
sand Covid 19

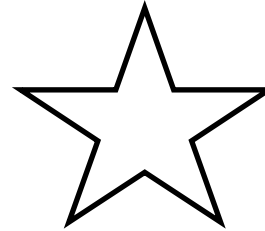
3. Is meningococcal a bacteria or a virus?

Answers are at the back of this book



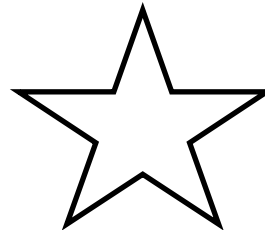
Detect & Protect *with Buddy*

Earn your Detect and Protect Stars. There are 4 to collect. Finish this workbook and your teacher can sign for your first star. Your teacher or parent can sign the next 3 stars. (For example - washed your hands for 20 seconds - PROTECTED)



Well done you have completed your workbook.

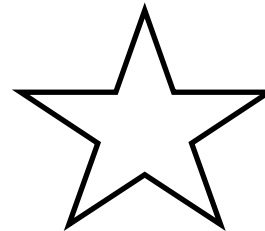
Signed—



Well done you (circle)

DETECTED / PROTECTED...by

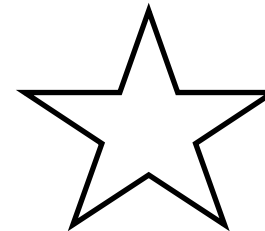
Signed—



Well done you (circle)

DETECTED / PROTECTED...by

Signed—



Well done you (circle)

DETECTED / PROTECTED...by

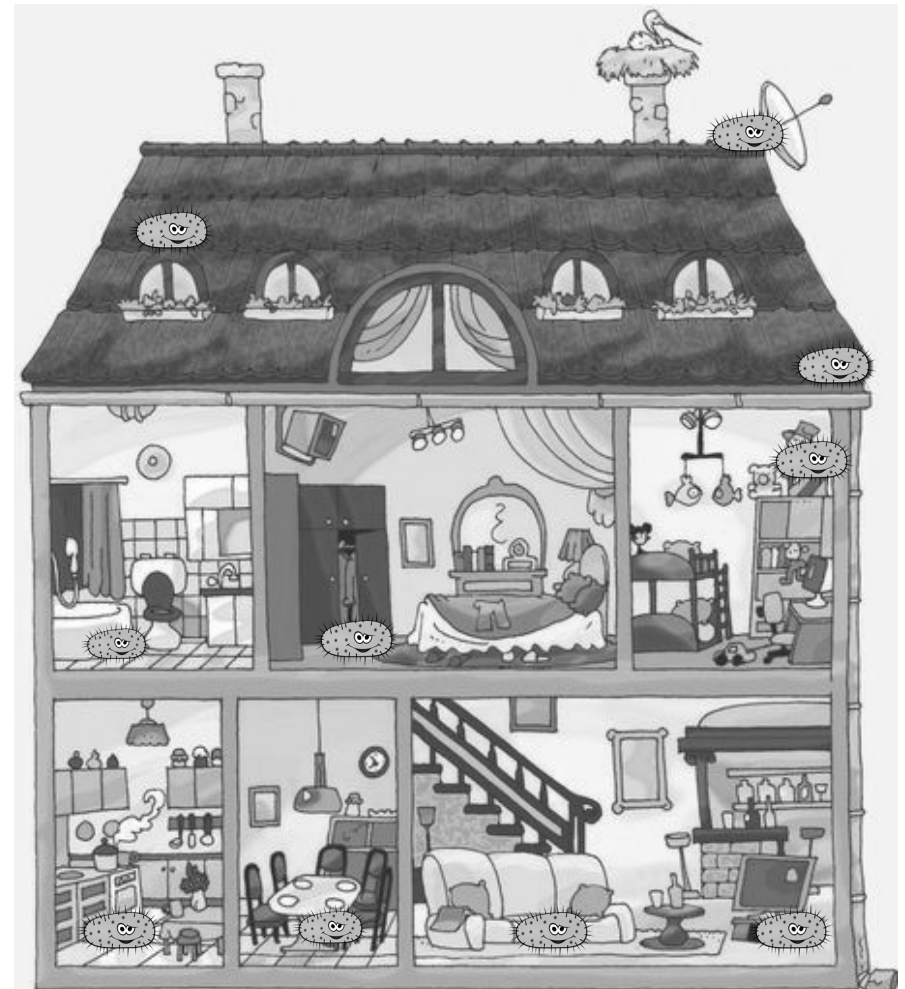
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Detect & Protect with Buddy

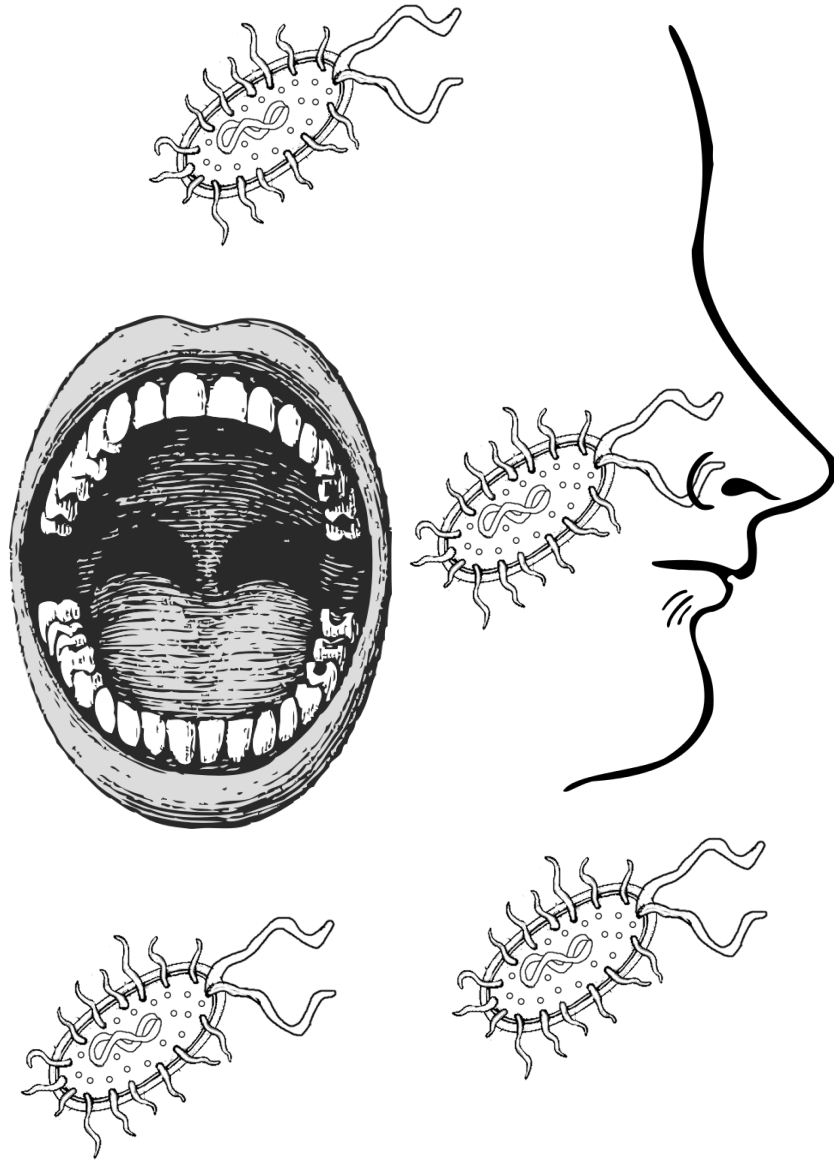


Buddy says, "If you are very sick with meningococcal disease, you may get a purple, blotchy rash. Your parents will know what to do and they will take you to the doctor."

4. Count the bacteria in this picture. How many are there? _____



Detect & Protect *with Buddy*



Detect & Protect *with Buddy*

Sing this song 3 times in your head (to the tune of Row, Row, Row Your Boat). That is how long you need to wash your hands. Wash the top and bottom of your hands and in-between your fingers and thumb.

Wash, wash, wash your hands

Rub and scrub them clean

Count to twenty
That is plenty

Remember in-between.



Detect & Protect with Buddy



Cough and sneeze into your elbow– not your hands. The respiratory droplets from a sneeze can travel 2 to 4 metres!

Wash your hands for at least 20 seconds before you eat, after going to the toilet and after coughing and sneezing.



Detect & Protect with Buddy

5. There are billions of bacteria in our mouth but approximately how many TYPES of bacteria are there?

Circle the correct answer.

500

600

700

6. Meningococcal bacteria are found in the m_ _ _ s at the back of your throat and _ _ _ _.

7. Meningococcal Disease is COMMON.

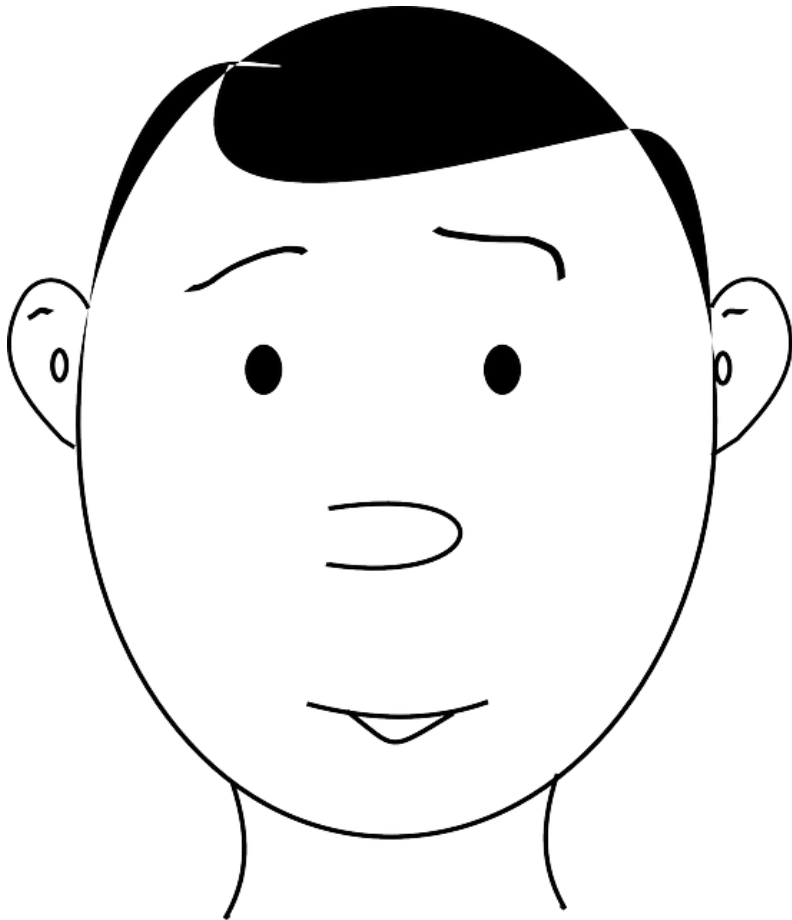
True or False?



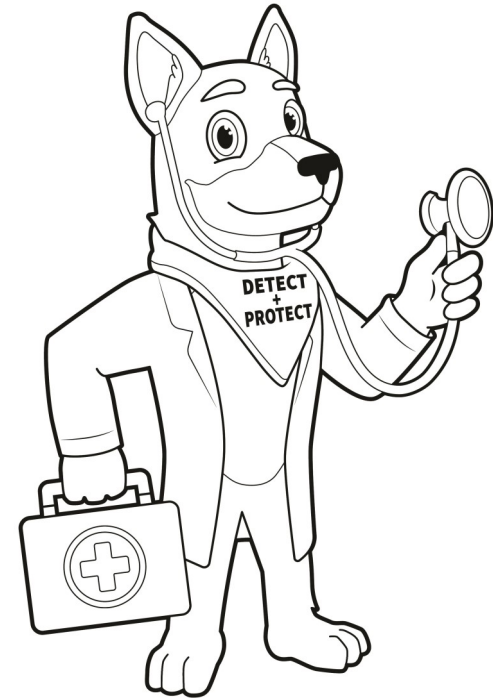
Detect & Protect with *Buddy*

Q8. Where do meningococcal bacteria like to live?

Draw the bacteria in the head below.



Detect & Protect with *Buddy*



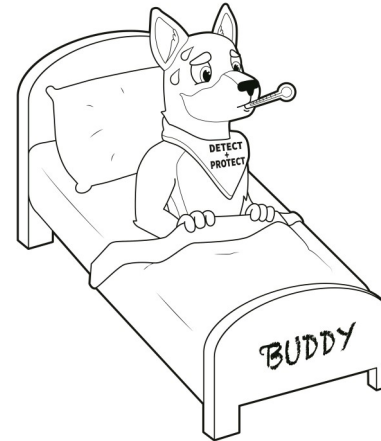
Q11. What is the health message that Buddy is showing you here?

Detect & Protect with Buddy

Q10. What is the health message that Buddy is showing you here?



Detect & Protect with Buddy



DETECT

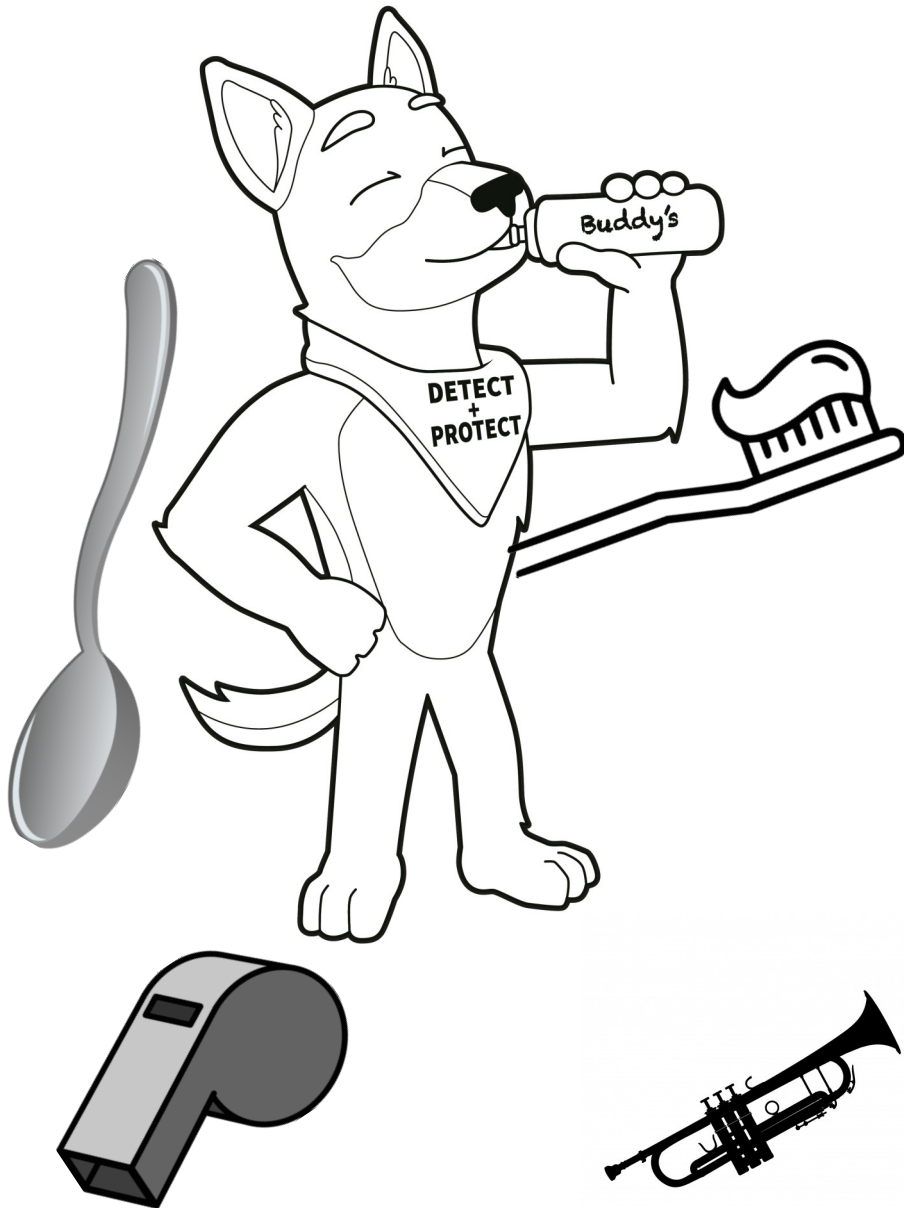
High fever is a symptom of meningococcal disease. It may be just a cold but your parents will check on you to make sure you are OK.



PROTECT

Stay at home if you feel sick to PROTECT yourself and others. Your parents will decide if you need medical treatment.

Detect & Protect with Buddy



Detect & Protect with Buddy

Q9. *Be Aware Do Not Share* anything that has been in your mouth.

Complete -

dr_ _k b_ _ _ _ _s

sp_ _ns

f_ _d

w_ _ _ _ _s

t_ _th br_ _ _ _s

m_ _ _ _ _l instruments

