**HELPFUL VS. HARMFUL BACTERIA**

Bacteria - the oldest living organisms on earth - are omnipresent. The human body, the air we breathe, the surfaces we touch, the food we eat, the plants that surround us, the environment we live in, etc., are all filled with bacteria.

Almost 99% of these bacteria are helpful, where the remaining are notorious.

**Helpful Bacteria Examples**

**Lactobacillus/Döderlein's bacillus**: present in milk and dairy products, fermented foods and also form part of our organs. Helps ferment and pickle foods. Helps breakdown lactose (product in milk ingredients) in the body.

**Bifidobacterium:** present in the gastrointestinal tract of humans. Controls pH levels in the intestines and helps prevent infection.

**Streptomyces:** They are widely found in soil, water, and decaying matter. Help matter decay.

**Harmful Bacteria Examples**

**Clostridium tetani:** found in soil, skin, and the gastrointestinal tract. Causes tetanus when it enters through a wound.

**Food Borne Illness:** Refer to handout on Food Borne Illnesses