

# Goodies



# Bogie business

**B**IG Dee loves picking

his nose. Yuck! What is that dry, smelly thing that comes from the nose? It is called a bogie. It looks disgusting, but it actually protects our body by trapping harmful things in the nose. Do not pick your nose with your fingers though. It is unhygienic, and you may hurt your nose!

Ah-choo!



You should cover your mouth and nose when sneezing!



## Editor's Note

"We had joy, we had fun, flicking bogies at the sun. But the sun got too hot, and the bogies turned to snot!" We used to sing those lyrics at school by taking a famous song called *Seasons in the Sun* and changing the words to sing about bogies! Did you know some scientists claim that eating bogies is good for the immune system? I would rather not do that, thank you very much; I much prefer eating grapefruits and oranges. Turn to P02 to find out why we produce bogies and snot. Welcome back, and enjoy reading and learning!



Simon



Miss, what is this strange liquid running out of our noses?

That is called mucus or snot.



## From mucus to bogie

A **BOGIE** is actually mucus, also known as snot, that dried up in your **nostrils**. In your nose, there is some wet, sticky **mucus**. It stops harmful or **irritating** substances in the air from entering your body. As the mucus in the nostrils dries, it gets stuck in the nostrils as a bogie.

## Swallowing the mucus?

**ON** average, an adult produces about 1.7 litres of mucus – that is about the volume of five cans of soft drinks! Most of that mucus is **swallowed** by our own body without us noticing. When you have a cold or when your nose is irritated, you may have a runny nose. That means mucus will not stop flowing out of your nose.

## Check the colour

**WHEN** you **sneeze**, try and take a look at the colour of your mucus. A healthy person gives **transparent** mucus. If it is yellow, you might have caught a cold! Tell your parents about it so that they could take you to see a doctor.



AHH...choo! Big Dee is **sneezing** and needs a pack of tissues. Help him walk through the maze to get to the tissues as soon as possible!



Answers on P12

## Vocabulary

nostril (n) 鼻孔  
mucus (n) 黏液

irritating (adj) 刺激的  
swallow (v) 吞

sneeze (v) 打噴嚏  
transparent (adj) 透明的

## Challenge

