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**Body Goo: Volume 1, Sneezing!**

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For my twins Alice and Archie thank you for inspiring me to write the Body Goo books. Your questions about the human body and humorous conversations about the sounds and smells we make are not always appropriate but are always insightful. Hope all children can enjoy these books.

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[Table of Content](#)

[Your Goo and You: Sneezing](#)

[Why Body Goo: Volume 1, Sneezing Do We Sneeze?](#)

[The Nose Knows](#)

[Uh-oh, I'm Going to Sneeze!](#)

[Slime Time](#)

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[S'not Easy Being Green](#)

[Types of Sneeze](#)

[Slimy Happy People?](#)

[Germs in the Goo](#)

[Sneezing Myths: Goo or False?](#)

[Should You Say 'Bless You' After An \*Achoo\*?](#)

[Achoo-ing Around the World.](#)

[Good Manners Are Nothing to Sneeze At!](#)

Body Goo: Volume 1, Sneezing  
[Red Faces](#)

[Strange Sneezing Superstitions](#)

[Nearly Time to Goo!](#)

[Goo-lossary](#)

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[Who's Who in the World of Goo?](#)

## Your Goo and You: Sneezing

Sticky, slobbery, splattery sneezes are one of the many ways your body keeps you strong and healthy. A big fat sneeze blasts out dirt, dust, and germs from your nostrils, so you can breathe easy!

Just like when we yawn or cough, we don't have to Body Goo: Volume 1, Sneezing think about how to sneeze. And we're not the only ones. Perhaps you have seen a cat or dog sneezing, but did you know elephants can sneeze through their trunks? And iguanas are probably the sneeziest of all in the animal kingdom!

But even though it's such a natural thing to do, sneezing can seem a bit of a mystery. But not for much longer!

Read on to find out what colour your bogeys should be, and discover how much snot you drink every day - if you dare!

Body Goo: Volume 1, Sneezing

Take an intrepid trip around the world and tangle your tongue with some common sneezy

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sayings in other languages. Travel back in time to see what people in the past thought about snot and sneezing!

Keep your eyes peeled for the *Give it a Goo* phrase throughout the book. It will appear after a word that's hard to say and will help you pronounce it. Have a *goo* at saying these words a few times, and when you've finished the book, check out the Goo-lossary at the end for a list of all the impressive new words you know! Let's start off with a fun fact: the scientific term for sneezing is 'sternutation' (give it a goo: stern-you-tay-shun).

Ready to delve into the soggy world of sneezing? Hope you brought your Body Goo: Volume 1, Sneezing umbrella? Things are about to get spectacularly snotty!

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## Why Do We Sneeze?

Sneezing is one of the many ways your immune system (give it a goo: ee-mewn sis-tem) protects you and keeps you healthy. It stands guard and defends against baddies like germs and viruses. If you lived in a castle, the immune system would be the soldiers or Body Goo: Volume 1, Sneezing guards that identify and destroy intruders to your castle (body.)

The sneeze plays a very important part in all this, because it clears your nose and throat of any things that shouldn't be there, like dust and germs. If you didn't sneeze them out, they might end up working their way further into your body and making you ill.

Lots of things can cause a sneeze. Germs can set up home in your nose, and when you have a cold or 'flu your nose lining swells up and becomes puffy, making you want to sneeze.

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Dust in the air can make your nose itch. Many people also have allergies to things like pet hair and pollen. Maybe you, or somebody you know, has hay fever? That's your nose trying to get rid of pesky pollen from grass and flowers!

Most of us get snotty when we cry, and some folks sneeze when they smell strong odours like perfume Body Goo: Volume 1, Sneezing or smoke.

Around one in ten people sneeze when they look at bright lights like sunlight. This is called photic sneezing (give it a goo: foh-tick sneezing). Photic sneezing is passed down through families. Do you sneeze Body Goo: Volume 1, Sneezing when you look at bright lights? Then some of your relatives probably *achoo* at light too!



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## **Body Goo Volume 1 Sneezing**

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