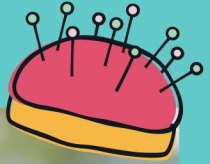




CROCHET COCCI FRIENDSHIP BRACELET



Bacteria are tiny, one-celled creatures. Most bacteria are harmless microorganisms that can actually be helpful to the human body. For example, the bacteria in our intestines helps us get nutrients from food and then digest it properly. Bacteria can be round, rod-shaped, or spiral-shaped. Round bacteria are called **cocci**. Diplococcus are cocci arranged in pairs while streptococcus are cocci arranged in chains.

In this activity, we'll be crocheting a friendship bracelet made from a chain of round loops similar to the chain of round bacteria that make up streptococcus. Ana Maria loves crocheting bacteria stuffed animals, but first she had to master this basic chain stitch. Practice your technique by making these friendship bracelets!



Ana Maria Porras studies how our microbiome influence our health and she loves to crochet bacteria.

YOU WILL NEED :

- Crochet hook (Size H/5 mm or smaller)
- Yarn of different colors (medium weight)



1 Make a slip knot by folding the end of the yarn over to make a 4-inch tail. Fold the tail over the working yarn to make a loop.



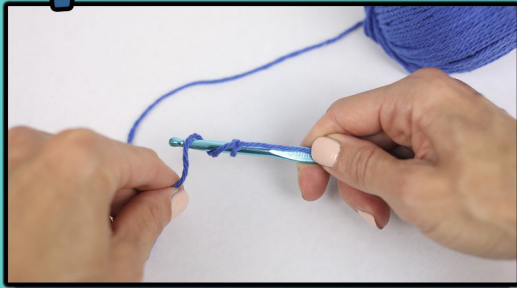
2 Now pinch the working yarn between your fingers and push it through the loop. Pull the ends of the working yarn and the tail to slightly tighten the loop.



3 Slip the loop onto your crochet hook then pull the working yarn to tighten the loop around the hook. Don't make it too tight. It should be able to slide on the hook.

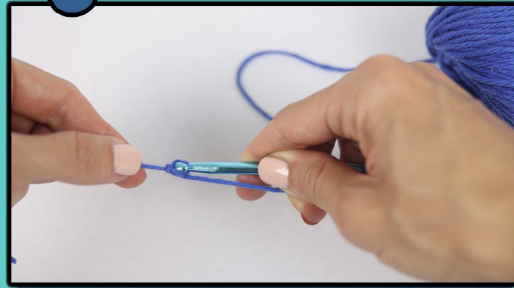


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To make a chain stitch, hold the crochet needle and the tail in your right hand. The tail should be pulled tightly downward. Using your left hand, wrap the working yarn behind the crochet hook and over. Let the working yarn catch in the hook and pull down tightly.

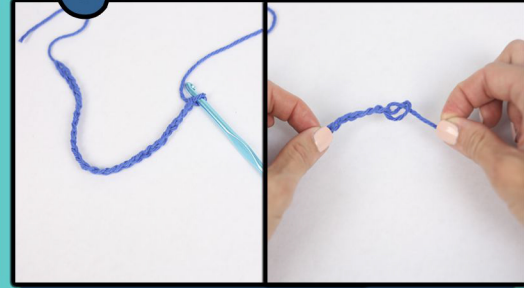
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Now switch the tail of the yarn from your right hand to your left hand. Slide the tail end toward the hook then lift the loop over the hook.

Pull down gently to secure your first chain.

6



Repeat steps 4 and 5 until you've reached your desired length. Cut the working yarn (leave a few inches) then remove your chain from the hook.

Thread the loose end through your last loop. Pull tightly.

THINK ABOUT IT!



“Germ” is a generic word that refers to bacteria and viruses, which can be confusing. But it turns out that viruses and bacteria are different. For example, viruses can only survive inside another living being, like a human, where they attach to a cell and then begin to multiply. In order for bacteria to stay alive, they get nutrients from many different types of environments, from the ocean to the ground we stand on to the human body. How else are viruses and bacteria different? How are they similar?

The human body is an ecosystem that hosts trillions of microbes. Every human's microbes are different based on what they eat, how many times they wash themselves, and who they live with. Scientists believe the makeup of microbes in your body can affect your health, mood, and more. Why do you think this is? How could giving unhealthy people more “good bacteria” be helpful?



FUN FACT!

More than 70% of the human body is filled with bacterial cells-- about 100 trillion of them!