



What does this mean? You will annotate "kid-friendly" notes on your paper as you read to better understand the information in the text. (Annotate means to "mark-up" or add notes to the text of what we think, feel, and wonder.)

Directions: Read the following passage and "Boogie Up Your Paper" using the S.N.O.T.S. annotating strategy and checklist.

## **Bone Up on Boogers**

Call it what you want - snot, mucus, boogers, phlegm or slime - that gross stuff in your nose works hard to keep you healthy. It's a tough job, but something's got to do it.

## It's Snot a Bad Thing

Snot is that slimy, gooey stuff that is technically known as mucus (Myoocuss.) Mucus membranes line the inside of your nose and sinuses and secrete snot to protect your body from invaders like germs, pollen and dust. The snot traps the tiny particles of junk that you breathe in so they don't make their way into your lungs and make you sick. If germs do sneak in, and you get sick, you'll probably get a runny nose because your body makes extra snot to wash away the germs.

## What It Is (And What It's Snot)

Snot is mostly water. It also has salt and chemicals in it that help it stay sticky. Snot and spit might look similar but they aren't the same stuff. Spit comes from salivary glands inside the mouth.

## It's Snot Lunch

Boogers are those hard, crusty globs that get stuck in your nose. They form when dirty snot dries out. What ever you do, don't eat that booger! Not only is it really gross, it's also bad for you because boogers are full of germs and other yucky things. However, you can't help eating a lot of snot because you're constantly swallowing the stuff. The average person swallows about a quart of