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Researchers have found that children who grow up on farms are less likely to get allergies, including asthma. This may be because they are exposed to a wider range of different microbes that help to train their immune systems not to overreact.

A Visit to the Farm

Take a trip to a farm to see the animals. What can you spot? Cows, sheep, goats, hens, ducks, geese? What other animals do you see?

