

Germs are not for Sharing (1st Grade)



HAND-WASHING OBJECTIVES CHECK LIST

Students will be able to:

- perform** proper hand washing techniques.
- express ways** they can **remember to wash their hands regularly.**
- explain** the **importance** of washing hands.
- identify** that fruits and vegetables fit in the food groups of MyPlate and are healthy.

MATERIALS AND INGREDIENTS

Bins	Teacher Provides	Will be Delivered
<p><u>In Kitchen Bin</u></p> <ul style="list-style-type: none"> - cutting board (teacher only) - chef knife (teacher only) - large bowl <p><u>In Paper Goods Bin</u></p> <ul style="list-style-type: none"> - spoons/forks* (if needed) - small paper plates* (if needed) 	<ul style="list-style-type: none"> - activity sheets copies* - napkins* 	<ul style="list-style-type: none"> - book: "Do not lick this book" by Idan Ben-Barak - seasonal fruit or vegetable - family letter copies*

*one per student

ACTIVITY MATERIALS

Bins	Teacher Provides	Will be Delivered
	<ul style="list-style-type: none"> - paper towels* 	<ul style="list-style-type: none"> - hand soap - black pepper packets* - 5 plastic coated paper plates

*one per student

Reinforcing Colorado Comprehensive Health Standards

First Grade, Standard 2. Physical and Personal Wellness. Demonstrate health-enhancing behaviors to prevent injury or illness.

While INEP nutrition lessons focus on the Colorado comprehensive health standards, you will find you may utilize lessons to reinforce mathematics, reading, writing & communicating, science & social studies standards for your class.

SET-UP

Copies:

- Make copies of “*Wash Your Hands*” activity sheet (each student).

Work area:

- Students will work in 5 groups for ***Watch Soap in Action! Pepper/Water/Soap Activity***
- Have nutrition table ready for lesson materials and ingredients.

Food-prep:

- Wash seasonal fruit or vegetables for snack. Cut and divide the food into an appropriate number of pieces for the class. Use plates and spoons if needed.

Other-prep:

- Have the book *Do not lick this book* ready to read to the class.
- Have 5 paper plates, water (use pitcher) and black pepper packets (1 per student), ready for experiment- plan to divide students into 5 groups.
Video of experiment: <https://www.youtube.com/watch?v=TXZ1d70YZJ8>
- Have soap and paper towels ready for hand washing.

INTRODUCTION WITH STUDENTS



Let's Wake Up Our Brains! Brain Boost Exercise!

Shake those Germs Off- Repeat to get your heart going!

- ♥ We're gonna shake, shake, shake those germs off
- ♥ Shake, shake, shake those germs off
- ♥ We're gonna jump, jump, jump those germs off
- ♥ Jump, jump, jump those germs off
- ♥ We're gonna jog, jog, jog those germs off
- ♥ Jog, jog, jog those germs off
- ♥ We're gonna wash, wash, wash those germs off
- ♥ Wash, wash, wash those germs off
- ♥ Good –Bye Germs!! (adapted from Kid's Country Song & Dance CD by The Learning Station)

Now that our minds are ready to go, let's get started on our nutrition lesson.

- Why should we wash our hands?
- **Refer to the Key Behavior on the board and tell students that today they are going to learn about germs and the importance of regular hand washing.**
- Ask students to explain why hand washing regularly is important, (washing our hands regularly helps keep us from getting sick).

- Ask students what they know about germs. Give students 1 minute to talk to their neighbors about what they know about germs.
- Lead the discussion with some of the following questions:
 - ✓ Where do we find germs?
 - ✓ What do germs look like?
 - ✓ What do germs do to our bodies?
 - ✓ How do germs get on our bodies?
 - ✓ How do we get rid of germs?
- Read *Do not lick this book* and discuss with students.
- Explain to students that the germs are so small that we cannot see them with our own eyes. We need a tool called a microscope to see them well. When we see the germs, they come in many different shapes.
- Tell students that they will do an experiment that shows soap in action, practice washing their hands to get rid of germs and eat a healthy snack.

PROCESS

- Step 1: Ask students if they know why we use soap when we wash our hands. All answers count - (*because soap gets our hands clean, soap gets rid of germs, my teacher told me to, etc.*).
- Let's do the **Watch Soap in Action! Pepper/Water/Soap Activity!**
- Step 2: Divide students into 5 groups. Pass out one plastic coated paper plate to each group and one pepper packet to each student. Pour enough water onto each plate to fill the bottom of the plate.
- Step 3: Students open and pour pepper into the water. Tell students to think of the pepper as germs and put a finger into the pepper. The pepper should stick to the fingers like germs do.
- Step 4: Next (one student per group or teacher) puts a small drop of soap on their finger and sticks it in the pepper. Watch the "germs" run away. Discuss how soap battles germs.
- Step 5: Ask students when it is important to wash our hands.
- ✓ before preparing or eating food
 - ✓ after using the bathroom
 - ✓ coming back from playing outside
 - ✓ after sneezing or coughing
- Important:** Show students how to cough or sneeze into their arm or shoulder instead of their hands to help keep their hands clean.
- Step 6: Demonstrate how to wash hands. Emphasize the importance of using warm water and soap and rubbing all parts of your hands. Sing the 20 second song below.

This is the way you Wash Your Hands Song

(sing to the tune-This is the way you...)

*This is the way you wash our hands, wash your hands, wash your hands
This the way you wash your hands for 20 seconds at least
Lather up and rub-a-dub-dub, rub-a-dub-dub, rub-a-dub-dub
Lather up and rub-a-dub-dub for 20 seconds at least
One more time before you're done, before you're done, before you're done
One more time before you're done, now 20 seconds a piece*

Step 7: Pass out and go over the Wash Your Hands activity sheet with students. Students will work on this activity sheet while they wait for their turn to wash their hands.

Step 8: Send small groups of students to the sink to wash their hands. Have them spend enough time to do a thorough job of hand washing.

Step 9: After all students have practiced thorough hand washing, pass out the snack, small paper plates, and napkins to students. Tell students that eating fruits and vegetables help us fight germs in our bodies.

Step 10: **Let's Eat, Let's Talk.** While students eat, ask them what they learned by having them explain why we should wash our hands regularly. Help students think of ways they can make sure to wash their hands regularly. Ask and discuss the questions in the box **Make Health Happen.**

Step 8: Pass out parent letter to take home.

Make Health Happen

What did you learn today that makes you want to wash your hands regularly?

How can you make sure to remember to wash your hands after you go to the bathroom and before you eat?

How does a person get a cold?

BACKGROUND INFORMATION

It is important for students to learn about germs, the tiny organisms, or living things, that can cause disease. The term “germs” refer to bacteria, viruses, protozoa, and fungi.

Germs are found in the air, water, plants, animals as well as inside and outside our bodies. Many kinds of germs are helpful, such as the bacteria found in our gut that aid in digestion. However, there are also harmful germs that can cause infections.

The spread of harmful germs is preventable through simple public health measures such as covering your mouth when coughing, getting vaccinated, and washing your hands.

Washing your hands with soap for at least 20 seconds is one of the easiest and best way to get rid of germs.

Students should wash their hands before eating, before preparing food, after going to the bathroom, after blowing their nose, after playtime, and after touching a pet.

Traditional soap vs. antibacterial soap: Antibacterial soap has become a popular alternative to traditional soap because it contains certain chemicals that kill bacteria. Although this sounds beneficial, researchers concluded that antibacterial soaps are no better at preventing illness than washing hands with plain soap and water outside of healthcare settings. In school settings, using traditional soap is the cheapest and best option.

What about hand sanitizer? Soap and water are your best bet, but hand sanitizers also kill germs. They work best when they contain at least 60% alcohol and your hands do not have dirt on them. They do not kill all germs but are a good solution when soap and water is not an option.

Hand washing before any cooking or food preparation is required and particularly important in nutrition classes. Foodborne illness caused by germs can be prevented by establishing good hand washing habits and wearing disposable gloves when handling food. **Note:** In some nutrition lessons, students prepare uncooked dishes, such as salads to share with other students. For those food preparation activities, students are required to wear plastic gloves on both of their hands. When wearing plastic gloves, the student should not touch anything but the ingredients and utensils.

Wash Your Hands!

Name: _____ Date: _____

Draw pictures and write sentences to show when you should wash your hands.



I wash my hands _____

_____.



I wash my hands _____

_____.

I wash my hands _____

_____.

I wash my hands _____

_____.

¡Lávate las manos!

Nombre: _____ Fecha: _____

Haz dibujos y escribe frases para mostrar cuándo debe lavarse las manos.



Yo me lavo las manos _____



Yo me lavo las manos _____

Yo me lavo las manos _____

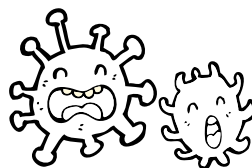
Yo me lavo las manos _____

Family Letter: Handwashing

Dear Families,

Today, your student learned the importance of washing their hands regularly for at least 20 seconds. They practiced singing the song (below) while they washed their hands. If they wash while they sing the whole song, their hands will be clean.

Studies show that practicing regular handwashing reduces the number of school absences from viruses, colds, flu, and stomachaches in children.



Let's sing this song together before we eat using the tune of "wheels on the bus"!

This is the way you wash your hands, wash your hands, wash your hands.

This is the way you wash your hands, for 20 seconds at least.

Lather up and rub-a-dub-dub, rub-a-dub-dub, rub-a-dub-dub.

Lather up and rub-a-dub-dub, for 20 seconds at least.

One more time before you're done, before you're done, before you're done.

One more time before you're done, now 20 seconds a piece.

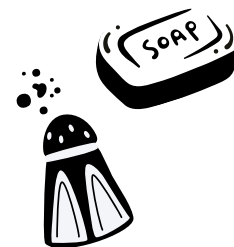
Wash your hands regularly!

To keep from getting sick, washing your hands will do the trick!

Science: See Soap in Action!

Materials: pinch of black pepper, soap, and shallow dish filled with water

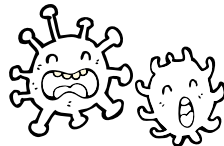
1. Add the black pepper "germs" to the water.
2. Children stick their fingers into the water.
3. Pepper "germs" will stick to fingers. Rinse fingers.
4. Children put fingers in soap before putting them in the bowl of "germs".
5. Have the children watch as the "germs" scatter away from the soap.



Queridas familias,

Hoy, su estudiante aprendió la importancia de lavarse las manos regularmente por lo menos por 20 segundos. Cantaron la canción que mencionamos mas adelante mientras se lavaban las manos. Si se lavan las manos mientras cantan la canción completa, sus manos estarán limpias.

Estudios de salud muestran que lavarse las manos de forma regular, reduce el número de ausencias escolares por virus, resfriados, gripe y dolores de estómago en los niños.



¡Vamos a cantar esta canción juntos antes de comer con la melodía de "ruedas en el autobús"!

A lavarse, du ru ru du ru las manitas, du ru ru du ru

A lavarse, du ru ru du ru ¡Las manitas!

Con jabón, du ru ru du ru con jabón, du ru ru du ru

Con jabón, du ru ru du ru ¡Con jabón!

Restregando, du ru ru du ru las manitas, du ru ru du ru

Restregando, du ru ru du ru ¡Las manitas!

Enjuagando, du ru ru du ru las manitas du ru ru du ru

Enjuagando, du ru ru du ru ¡Las manitas!

A secarse, du ru ru du ru las manitas, du ru ru du ru

A secarse du ru ru du ru, ¡Las manitas!

¡Lávese las manos frecuentemente!

¡Para evitar enfermarse, lavarse las manos hará el truco!

Ciencia: ¡Ver el jabón en acción!

Materiales: pizca de pimienta negra, jabón y plato poco profundo lleno de agua

- Agregar la pimienta negra "gérmenes" al agua.
- Los niños meten los dedos en el agua.
- Pimienta "gérmenes" se pegará a los dedos. Enjuague los dedos.
- Los niños ponen los dedos en el jabón antes de ponerlos en el tazón de "gérmenes".
- Haga que los niños observen cómo los "gérmenes" se alejan del jabón.

