

Toddler 18-36 Months

Germ & Handwashing

Nutrition Objective

MyPlate teaches children the importance of eating a balanced diet filled with fruits, vegetables, grains, protein, and dairy to fuel their bodies and support lifelong wellness. Children learn about the importance of washing their hands properly to avoid spreading germs. Children are offered a taste of seasonal fruits and vegetables.

Materials and Ingredients

seasonal fruits and/or vegetables
paper plates
plastic knives

teacher knife
cutting board
tongs or spoons
serving containers



Food Preparation (according to CACFP guidelines)

Before preparing food, show the whole foods to the children.

- Wash seasonal fruits and vegetables.
- Cut into an appropriate number of pieces for the class.
- Place in serving containers.



Lesson Introduction

Read and discuss: *Wash, Wash, Wash* by Pamela Chanko and Alicia Padron

- Point out the pictures to children and teach important vocabulary for washing their hands:
 - wash, hands, germs, soap, sink
- Check out this video to learn the sign for “wash” in American Sign Language

https://www.youtube.com/watch?v=V_yIAccXiN0

TSGOLD: 8a, 9a, 9b, 9d, 11a, 11e, 12b, 17a, 18a, 37, 38

Lesson Process

- Using the 20 second “This is the way we wash our hands” song, demonstrate the action of washing your hands. Include all steps.
 - *“This is the way we wash our hands, wash our hands, wash our hands. This is the way we wash our 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 we’re done, before we’re done, before we’re done. One more time before we’re done, now that’s 20 seconds a piece.”*

Lesson Process

- Children and adults wash their hands while singing the song. Remind children they are getting rid of germs. Use hand over hand instruction when necessary.
- Introduce and discuss the seasonal fruits and/or vegetables.
- Model using spoons or forks (rather than fingers) to take food from containers.
- Children serve themselves and use toddler knives to cut the food into smaller bites.
- Eat together and give children time to taste and react to the foods.

TSGOLD: 1c, 7a, 8a, 8b, 11a, 11c, 37

Music and Movement

- Find song #11 “We Wash Up” on the Happy and Healthy CD.
- Everyone stands or sits in a circle and rubs their hands together like they are washing. Use hand-over-hand instruction where necessary.

TSGOLD: 2c, 4, 7a, 8b, 11a, 37

Physical Activity

Skill: walking and balance

Materials: rings

- Place rings on the ground in a line with a few feet of space between each.
- Children practice walking from one ring to the next.

TSGOLD: 4, 5

School to Home

Send home family letters to share the fun activities children did in the classroom.

For additional activities, songs and information, visit
<https://colosph.cuanschutz.edu/school-wellness>



SNAP-Ed
Division of Food & Energy Assistance

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.
This institution is an equal opportunity provider.