

Nutrition Objective

Children demonstrate proper handwashing technique and explain how it removes germs to help them stay healthy. Children taste seasonal fruits and vegetables.

Materials & Ingredients

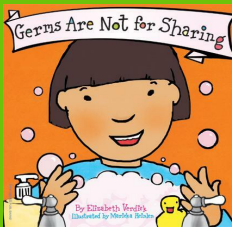
seasonal fruits and vegetables
paper plates
plastic knives
serving containers

teacher knife
cutting board
tongs or spoons



Food Preparation

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



Lesson Introduction

Question of the Day: What happens when we wash our hands?

Read and discuss: *Germs are Not for Sharing* by Elizabeth Verdick

- What should you do if you drop food on the floor? (*refer to text*)
- When should we wash our hands? (*before we eat, after we use the bathroom, after outside play, after playing with our pets, etc.*).
- What are other ways we can keep our bodies healthy? (*eat fruits and vegetables, be active, etc.*).

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

Lesson Process

- Demonstrate the action of washing your hands. Include all steps.
- Use the 20 second "This is the way we wash our hands" song. (*see next page*)
- Children go through the hand washing actions, singing the song together.
- Children and adults wash their hands. Remind children they are getting rid of germs. (*see Music and Movement taking turns handwashing activity next page*)
- Introduce and discuss the seasonal fruits and vegetables.
- Model using tongs or spoons (rather than fingers) to take food from containers.
- Children serve themselves and use plastic knives to cut the food into smaller bites.
- Eat together and give children time to taste and comment on the flavors and textures.

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

Share your Story

- Why is it important to wash your hands and eat fruits and vegetables? (*washing our hands and eating fruits and vegetables helps us avoid getting sick*)
- Why is being sick no fun? (*you have to stay home, you don't feel good, etc.*)
- Share what you do at home to stay healthy.

TSGOLD: 2c, 8a, 9a, 9b, 9c, 9d, 10a, 10b, 11a, 11e, 12a, 12b, 37, 38

School to Home

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

Lesson Extensions

20 Second Germs Song

- “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”.

TSGOLD: 1c, 7a

Science! See Soap in Action

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

- Add black pepper “germs” to the water; children dip fingers in the water.
- Pepper “germs” will stick to fingers; rinse fingers.
- Now children put fingers in soap before putting them in the bowl of “germs”.
- Children watch as the “germs” scatter away from their soapy fingers.

TSGOLD: 2c, 7a, 37

Physical Activity

Music and Movement

- Find song #11 “We Wash Up” on the *Happy and Healthy* CD.
- Everyone stands in a circle. Explain that we will pretend the ball is a germ.
- The teacher randomly stops the music. Whoever is holding the ball when the music stops takes their turn to wash hands.
- Continue playing until everyone has washed their hands.

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

Germs Scavenger Hunt

- One teacher asks the children to close their eyes and count to 20, while another teacher hides at least two bean bags per child within the playground or classroom.
- A bucket is placed in a central location and children are told that the bean bags represent germs, and we want to get rid of them as they can make us sick.
- Children run around the playground looking for the germs.
- When they find one, they pick it up, run to the bucket, and drop it in.
- Vary the activity by having children move in different ways: hop, skip, walk backwards, crab walk, etc.

TSGOLD: 4, 7a, 8a, 8b, 11a, 11d, 37

Physical Education: Running

- Running is an essential skill and the basis for many sports and active games.
- When teaching children to run remind them to swing their arms with bent elbows, keep their heads up and look forward, and use balanced steps.
- Young children should be able to run for 60-90 seconds without stopping.
- See pages 92-93 in *Encouraging Physical Activity in Preschoolers* by Steve W. Sanders for more information and activities on running.

TSGOLD 4: Demonstrates traveling skills

For additional activities, songs & information, visit

<https://coloradosph.cuanschutz.edu/school-wellness>

