

When should you wash your hands?

1

Tick the activities that should involve hand washing and explain why.

Before eating



After using the toilet



After playing outside



Think of all the activities you've done today. How many times have you washed your hands?



Are Max and his friends doing the right thing?

1. Max is playing with his dog in the garden. When his mother calls him in to dinner he realises how hungry he is and runs straight to the set table. 'Tasty', he thinks, and immediately reaches for the sandwich. Is Max doing the right thing?

Yes No



Why?

.....

.....

.....

2. After playing in the schoolyard, he offered a bite of his snack to his friend. Is this the right thing to do?

Yes No



Why?

.....

.....

.....

3. Which of these is the right way to sneeze?

A B



Why?

.....

.....

.....

Look at the pictures and decide for yourselves!



What is good hygiene?

3

1. Look up the definition of hygiene using an encyclopedia, tablet, or computer. What does it say?

2. What do you think makes good hygiene? Write down examples and explain why you think they're important.

What you'll need:
- An encyclopedia,
tablet, or computer

Good hygiene means we're clean, healthy, and free from illness.



Why should you dry your hands?

4

Try the following experiment:

1. Wet your hands.
2. Now dry them so that your palms are really dry.
3. Press your palm on the sand.

What happens?

4. Wash your hands again.
5. Pat your hands, leaving them a little wet.
6. Now press your palm on the sand.

What do you notice this time?

Why should you always dry your hands well?

What you'll need:

- A shallow bowl with sand
- Water
- A paper towel

Just like the grains of sand, our hands pick up microbes when they are still wet. We should always dry our hands thoroughly.



What are microbes?

Find a classmate and carefully read through the section in your textbook titled 'Let's talk about microbes!'

Next, think of 2 questions to ask your classmate about what you've read. Swap cards with your classmate and fill in the questions they've written. Swap back once you've both completed your answers and score each other's. Be ready to share what you've written with the rest of the class!

1.
Question

.....
.....
.....
.....

Answer

.....
.....
.....
.....

2.
Question

.....
.....
.....
.....

Answer

.....
.....
.....
.....

Let's share what we've learned about microbes!



Try the following experiment with your teacher:

1. Rub your hands with fluorescent lotion. Make sure you've covered every spot, including your fingertips, backs of hands, and between your fingers.
2. Hold your hands under the black light box. If they glow, it means they need to be washed and dried! Microbes could be on them!
3. Wash your hands using soap, and dry them completely.
4. Rub your hands with fluorescent lotion again, and place them under the black light box. What's changed? Are any parts of your hands still glowing? If so, you have not washed them well enough so there could still be microbes on them!

What you'll need:

- A sink near you
- Soap
- Paper towels
- Fluorescent lotion
- Black light box

Find out if you need to wash your hands, and if you wash and dry them properly, by doing this experiment.



Now you've learned all about hand hygiene and microbes, let's make a poster about them!

Work with a classmate or in a group of three to make a poster on hand hygiene. Try and include all the things you've learned about microbes and hand hygiene:

- What hand hygiene is
- Why hand washing and drying is important
- When you should wash your hands
- How to wash your hands

The posters will be used to help you and your class members to remember everything you've learned about hand hygiene!

Remember everything you've learned about hand hygiene!

