



Handwashing

Those Mean Nasty Dirty Downright Disgusting but... Invisible Germs

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NUTRITION FOCUS Handwashing, Food Safety

PHYSICAL ACTIVITY Handwash Relay

SNACK Handi snack or Healthy Hand Whole Grain Cookies

LESSON OBJECTIVES

1. The students will learn why handwashing is important.
2. The students will learn proper technique and how long to wash hands.

LESSON ORDER

1. Introduce the importance of handwashing.
2. Read a children's story book, Those Mean Nasty Dirty Downright Disgusting but...Invisible Germs
3. Talk about when to wash your hands, how long to wash and why.
4. Play a physically active game.
5. Make and enjoy a healthy snack.

REQUIRED MATERIALS

- 11 x 17 Laminated Posters of Soaper Man, Water Woman and Dry Boy or print from www.soaperhero.org under Teacher Features.
- Option 1- Handi-wash unit include large black light, plastic board box, cover and Glitterbug potion lotion.
- Option 2- Blacklight and Glitterbug potion lotion.
- Option 3- Two plush germ monsters dusted with Glitterbug powder.
- Two large hand clappers.
- Two color cones.
- Two Plastic Poly spots.
- Tasting experience ingredients and supplies and Handi snack or Health Hand Whole Grain Cookies.

TIPS FOR INCREASING ENGAGEMENT WHILE READING THE BOOK

- As you say the title of the book *Those Mean Nasty Dirty Downright Disgusting but...Invisible Germs* ask students to help you say “invisible” each time you say it throughout the book.
- The story book is in both English and Spanish. If you or some of the children speak Spanish consider reading the Spanish words as well.

TEACHING THE LESSON

“Today we are going to talk about the importance of handwashing. There are three main things you need to wash your hands. To help us keep them in mind I’m going to share with you the Soaper Heroes.”

Hold up 11 x 17” posters of Soaperheroes as you talk about each one.

“Of course, the first thing we need is soap – this is Soaper Man! Next we have Water Woman.”

Show Water Woman poster.

“Get your hands wet, then add soap. Lather soap for 20 seconds. Make sure to rub and scrub away from running water- otherwise it will all run down the drain. Not sure how long 20 seconds is? Try singing the ABC song twice. Rinse hands. Next, and perhaps the most important Soaper Hero is Dry Boy.”

Show Dry Boy poster.

“Germs like wet and warm places. Drying your hands helps finish the hand washing process.”

*“Now that we’ve been reminded of the three important steps to handwashing we are going to read a fun book titled *Those Mean Nasty Dirty Downright Disgusting but...Invisible Germs!* This book has the story in both English and Spanish! Isn’t that exciting?”*

After reading the book:

“Did you know germs are invisible? Everyone hold up your hands with the palm up. Look closely- can you see any germs? No, right? We are going to use a special lotion that will show what germs might look like if we could see them. We will see the special lotion by putting hands in this hand-i-wash that has a black light in it.”

Option 1: Hand-i-wash - Teaching with the hand-i-wash: Pull out the corrugated boards and fabric cover. Use Velcro to attach boards into a box. Place fabric over it with opening matching up to opening in boards. Apply small amount of Glitterbug lotion to hands. Ask the child to rub their hands together. Turn on black light and set inside the box or hold up hands to help show people “pretend germs”. The unit is designed to fit over any standard counter sink. By ducking into the unit and washing, individuals can view the lotion being removed as they scrub. The hand-i-wash can also be used on a table as well. Depending on time, have each student go through the process of looking at hands under the hand-i-wash cover or you could ask for a few volunteers. If you have time, ask the students to go wash their hands and come back to see how many pretend germs they have removed.



Option 2: Use blacklight flashlight and glitterbug lotion. This option works well if it is a situation you need children to stay seated. Walk around and place lotion on hands. Then turn off the lights and walk around to the children with black light to show them pretend germs.

Option 3: Germ monster plush toys and Glitterbug powder. At beginning of lesson, toss the germ-monster toys around to different students as you are discussing the importance of handwashing. After the discussion ask students to look at hands under black light. This will demonstrate how germs can easily be transferred between people. Powder can often be found on faces and other areas that have been touched.

PHYSICAL ACTIVITY: THE HANDWASH RELAY

“We are going to play a fun game that involves a lot of moving. So get ready to be active!”

For this game, the class will divide into two teams. Each team has a starting point (marked by a poly dot) and a colored cone for each team set up across the room. Give first student on each team the large hand clapper.

“When I say go, the first student will start clapping the large hand clapper and begin walking quickly and carefully to the color cone. Run around the cone with the clapper still clapping back to the next student in line. Hand off clapper. You will continue until each student in your line has had a turn. Are you ready?”

Play game.

“Great job everybody! Now let’s make a fun hand theme snack!”

HEALTHY SNACK:

Healthy Hand Whole Wheat Cookies OR Handi Snack
(popcorn & crackers in plastic glove)

Handi Snack

Supplies needed:

- Plastic gloves
- Popcorn
- Raisins or Colored Whole Grain Goldfish Crackers

Fill each glove's finger and thumb with a few raisins or goldfish crackers. Finish filling glove with popcorn. Twist and tie with ribbon or twist tie.

OR
Healthy Hand Whole Grain Sugar Cookies.

LESSON REVIEW

While enjoying the snack review the lesson

HEALTHY HAND WHOLE WHEAT COOKIES RECIPE

Directions:

In a medium bowl mix the butter, granulated sugar & cream cheese together until light & fluffy, about 3 minutes. Add egg and vanilla, mix until well blended. In a separate bowl, whisk together flour, salt & baking soda. Gradually add flour mixture to butter mixture, mix until just combined. Flatten dough into a 6-inch disc, wrap in plastic wrap and chill for 1 hour. After dough is chilled, preheat oven to 350 degrees. Spray a cookie sheet with non-stick cooking spray. Roll dough to ¼ inch thickness on a lightly floured surface. Use a cookie cutter to cut shapes from the dough, re-rolling scraps as necessary. Place cookies 1 inch apart on cookie sheet. Bake 10-12 minutes or until lightly browned at the edges. Let cookies cool.

Icing (Optional)

To prepare icing, whisk together powdered sugar, yogurt and lemon zest. Drizzle over cooled cookies. Top with sprinkles or sparkling sugar if desired. Let icing set 15 minutes before serving.

Ingredients

- 2 1/2 cups whole wheat flour or
1 1/4 cups whole wheat flour and
1 1/4 cups white flour
- 1/2 teaspoon salt
- 1/4 teaspoon baking soda
- 1/2 cup butter softened
- 1/2 cup granulated sugar
- 1 ounce neufchatel or regular
cream cheese
- 1 large egg
- 1 tsp. vanilla

Frosting (optional)

- 1/2 cup powdered sugar
- 2 tablespoon plain
Greek yogurt
- 1/4 teaspoon zested
lemon rind



Ask children if they can give some examples of when hands should be washed.

“Who can tell me when we should wash our hands?”

Allow children to give a few answers. Possible and appropriate answers:

- Before you:
 - ☐ Eat or prepare food
 - ☐ take care of someone who is ill
 - ☐ bandage a cut or sore
- After you:
 - ☐ go to the bathroom
 - ☐ blow your nose
 - ☐ cough or sneeze
 - ☐ touch an open sore
 - ☐ play out-side
 - ☐ pet an animal
 - ☐ use items another person would touch like grocery store cart or toys
 - ☐ handling raw meat or eggs