



# Healthy Habits: Now You See It, Now You Don't

## LESSON PLAN

### SKILLS & OBJECTIVES

- Knows that changes in the environment can have different effects on different organisms (e.g., some organisms survive and reproduce, others die)
- Knows ways in which a person can prevent or reduce the risk of disease
- Understand that the transfer of germs is the problem on surfaces that may look clean

### MATERIALS

SPRAY BOTTLE

WASHABLE GREEN PAINT

DISINFECTING WIPES



Emphasize the importance of keeping shared surfaces clean with this activity that teaches students that germs can live on a surface that doesn't look dirty.

### INTRODUCTION

**What are Germs?** Introduce the lesson by asking students to share what they know about germs. Record answers on the board then write down the definition for them: **Germs are tiny little living things called microorganisms, or bacteria, that are all around us.** Germs are so small that you can not see them unless you use a microscope. Show pictures. Explain that some germs are actually good germs that help our bodies work properly. Many germs, though, can make us feel sick if they get into our bodies and cause an infection.

Make a list with the class of places where germs might live (e.g. noses, mouths, bathrooms, countertops, hands, telephones, doorknobs or any surface). Then, ask students how germs spread and make people sick (e.g. travels to a new person when an infected person touches a shared surface, breaths, coughs, etc.).

Discuss with students that we can prevent germs from spreading by keeping our hands and the surfaces we touch clean.

### DIRECTIONS

**1** Once students understand basic germs facts, try this demo: Fill a spray bottle with washable green paint diluted with water and pretend to sneeze while spraying some

of the solution onto a table top. Explain that the table has "germs" on it and invite half of the students to touch the table with their right hands to see if the germs get on them. Have those students shake hands with the other students in the class to see if the germs transfer from one person to another. Explain that this is what happens when we sneeze or cough into our hands and then touch an object. The germs get on the object.

**2** Have everyone in the class clean their hands with soap and water for 20 seconds to wash the "germs" away and keep from spreading them.

**3** Wipe the desk with a cleaning cloth or disinfecting wipe until it both looks and feels clean. Restate that the reason to keep the classroom clean and our hands clean is to reduce the chance that germs will spread from one place to another when we touch things.

### WRAP UP

Remind students that germs are so small that they can only be seen with a microscope.

### LESSON EXTENSION

Repeat the demonstration with a spray bottle filled with clear water. Explain that even though students can't see the "germs" the way they could with the green spray, they may still be there.

## HOME CONNECTION

Students can try a similar demonstration at home to show family members the importance of washing hands properly with soap and water:

1. Rub some vegetable oil on hands.
2. Sprinkle cinnamon "germs" on oil-coated hands.
3. Wash hands with cold water. What happens?
4. Wash with warm water and soap for 20 seconds. What happens?