



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

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Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Your state's school health policies:
nasbe.org/HealthySchools/States/State_Policy.asp

Germs are tiny living organisms that can make us sick if we don't know how to protect ourselves from them. The following discussion questions and activities will help your students learn what these tiny creatures are and how to avoid them.

Related KidsHealth Links

Articles for Kids:

What Are Germs?

KidsHealth.org/kid/talk/qa/germs.html

Why Do I Need to Wash My Hands?

KidsHealth.org/kid/talk/qa/wash_hands.html

Chilling Out With Colds

KidsHealth.org/kid/ill_injure/sick/colds.html

Why Does My Nose Run?

KidsHealth.org/kid/talk/qa/nose_run.html

What's Wrong With Biting My Nails?

KidsHealth.org/kid/talk/qa/nails.html

Checking Out Cuts, Scratches, and Abrasions

KidsHealth.org/kid/watch/er/cuts.html

Word! Disinfectants

KidsHealth.org/kid/word/d/word_disinfectants.html

Fungal Infections

KidsHealth.org/kid/health_problems/skin/fungus.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. Everybody knows that germs can make people sick. But what are germs? Where can you find them?
2. Who can name a kind of germ? What can germs do to your body? Why do you think that germs are bad for you?
3. What can you do to keep yourself safe from germs? Name some things that you can do to protect yourself.



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Skin: The Great Protector!

Objectives:

Students will:

- Demonstrate knowledge of germs and how germs can make people sick
- Illustrate and describe how skin protects the body from germs

Materials:

- Computer with Internet access
- 2 apples
- Paring knife
- 2 plates
- Apple Observation handout (available at: KidsHealth.org/classroom/prekto2/personal/hygiene/germs_handout1.pdf)
- Art supplies (colored pencils, markers, crayons)

Class Time:

20 minutes

Activity:

Germs are everywhere! But your body has something that helps to protect you - skin! Your skin helps keep you safe by blocking out germs. What could happen to us if we didn't have our wonderful skin? Let's find out by observing these two apples. The first one has a shiny skin protecting the soft inside part of the apple. But let's peel the skin off of this other apple and predict what we think might happen to it over the next few days. Using your Apple Observation handout, look at and record what each one looks like over the next 5 days. What do you notice about the two apples each day? How are they alike? How are they different? What do you think might happen to each of these apples over time? Do you think they will stay the same as they are today? Why or why not?

Extension:

1. Watch what happens when we cut into the skin of the first apple. This is what happens to your skin when you get a cut. What do you think will happen in that cut? Notice that the soft inside part of the apple is starting to turn brown. Why is that? Why is it important to wash a cut with soap and water and protect it with a bandage?



Hands-on Dirt!

Objectives:

Students will:

- Demonstrate knowledge of germs and what they can do to the body
- Observe what happens to their hands when they play
- Demonstrate proper hand washing techniques and explain the importance of washing hands

Materials:

- Area to play outside or plastic tubs full of dirt
- Magnifying glasses
- Soap
- Sink
- Paper towels
- How to Wash My Hands handout (available at: KidsHealth.org/classroom/prekto2/personal/hygiene/germs_handout2.pdf)
- Art supplies (colored pencils, markers, crayons)

Class Time:

30 minutes

Activity:

All day long, your hands touch things that have lots of tiny germs all over them. Today, we're going to take a close look at our hands after you've had some fun playing and we're going to learn what we can do to keep our hands clean. Let's go outside and dig in the dirt for a few minutes! Once we're back inside, we'll look at our hands with our magnifying glasses. What do you think you'll see? How do they look? Do you think it would be a good idea to go eat lunch right now? What could happen if you did that? The best way to get all those germs off your hands is to wash them. But does it matter how you wash your hands? Let's find out. Half the class will wash their hands with just water. The other half will use soap and water. Then we'll look at our hands under the magnifying glasses again. What do you think you'll find? Now, color the pictures on your How to Wash My Hands handout and number them to put them in the right order.

Reproducible Materials

Handout: Apple Observation

KidsHealth.org/classroom/prekto2/personal/hygiene/germs_handout1.pdf

Handout: How to Wash My Hands

KidsHealth.org/classroom/prekto2/personal/hygiene/germs_handout2.pdf



Name: _____

Date: _____

Apple Observation

Instructions: Each day, draw a picture of what the two apples look like.

Day

Whole Apple

Peeled Apple

1

A large empty rectangular box with a black border, intended for drawing a whole apple.A large empty rectangular box with a black border, intended for drawing a peeled apple.

2

A large empty rectangular box with a black border, intended for drawing a whole apple.A large empty rectangular box with a black border, intended for drawing a peeled apple.

3

A large empty rectangular box with a black border, intended for drawing a whole apple.A large empty rectangular box with a black border, intended for drawing a peeled apple.

4

A large empty rectangular box with a black border, intended for drawing a whole apple.A large empty rectangular box with a black border, intended for drawing a peeled apple.

5

A large empty rectangular box with a black border, intended for drawing a whole apple.A large empty rectangular box with a black border, intended for drawing a peeled apple.



Name:

Date:

How to Wash My Hands

Instructions: Color the pictures and number each one so they're in the right order.

