

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## 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 access valid information and products and services 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.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards:  
[www.cdc.gov/healthyschools/sher/standards/index.htm](http://www.cdc.gov/healthyschools/sher/standards/index.htm)



## Grades 6 to 8 • Personal Health Series

# Germs

These activities will help your students learn all about germs as well as how they can protect themselves from infection.

## Related KidsHealth Links

### Articles for Kids:

#### What Are Germs?

[KidsHealth.org/en/kids/germs.html](http://KidsHealth.org/en/kids/germs.html)

#### Why Do I Need to Wash My Hands?

[KidsHealth.org/en/kids/wash\\_hands.html](http://KidsHealth.org/en/kids/wash_hands.html)

#### What's Wrong With Biting My Nails?

[KidsHealth.org/en/kids/nails.html](http://KidsHealth.org/en/kids/nails.html)

#### The 5-Second Rule

[KidsHealth.org/en/kids/5\\_seconds.html](http://KidsHealth.org/en/kids/5_seconds.html)

### Articles for Teens:

#### Why Should I Care About Germs?

[TeensHealth.org/en/teens/care-about-germs.html](http://TeensHealth.org/en/teens/care-about-germs.html)

#### Hand Washing

[TeensHealth.org/en/teens/handwashing.html](http://TeensHealth.org/en/teens/handwashing.html)

#### How Can I Wash My Hands Without Spreading Germs?

[TeensHealth.org/en/teens/washing\\_hands.html](http://TeensHealth.org/en/teens/washing_hands.html)

#### The 5-Second Rule

[TeensHealth.org/en/teen/5\\_seconds.html](http://TeensHealth.org/en/teen/5_seconds.html)

## Discussion Questions

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

1. Why is it so important to wash your hands regularly? *When* is it important to wash your hands? How else can you prevent germs from spreading?
2. Not all germs are harmful. How are germs be good for us?



## Activities for Students

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

### Student Survey

#### Objectives:

Students will:

Survey, assess, and respond to knowledge of simple infection-prevention methods among their peers

#### Materials:

- Computer with Internet access
- “Student Survey” handout

#### Class Time:

2 90-minute sessions (plus time for survey data collection)

#### Activity:

[Note to teacher: Have your class take the Germs quiz before starting this activity. Using the anonymous “Student Survey” handout, students can collect data in several ways:

- They can approach peers with survey sheets and pens or pencils, then ask respondents to answer the questions and return the sheets to the students, or to designated collection bins.
- You can leave sheets in a hallway next to a collection bin.
- Students can also distribute sheets to neighborhood friends.
- The questions can be copied and pasted into a digital spreadsheet and distributed by email.

Make sure to give students clear instructions about anonymity and how to distribute and collect the sheets.]

Let’s find out how much other students know about how to avoid spreading germs and protecting themselves from infection. We’ll ask other students to fill out our survey, without asking them to write their names. Then as a class we’ll look at the data they give us and determine which facts students seem to have the most trouble with. Then we’ll create a public service announcement (PSA) for our school to address that specific infection prevention fact. In the PSA, we’ll make sure to include some of our data so students understand why we’re trying to spread the message about germs.

[Note to teacher: PSAs can be done individually, in small groups, or as a class, as posters for hallways, a podcast or script to be read for morning announcements, or a video to be shown at a school assembly.]

#### Extension:

Contact a local newspaper or blogger to see if they’d be interested in writing an article about your survey, the results, and the PSAs.



## Fresh Message

### Objectives:

Students will:

- Learn the benefits of washing their hands as well as when they should wash their hands
- Discover the proper technique for washing their hands

### Materials:

- Computer with Internet access
- Hand washing supplies (bowl, water, soap, and towels)
- Video camera

### Class Time:

30 minutes

### Activity:

[Note to teacher: This activity can be done individually, in small groups, or as a class.]

Sometimes public health messages about important things can seem really lame. As a result, people might ignore the messages. But people still need to know the information. So our challenge is to create a fun, catchy video to teach preschool and kindergarten kids how and when to wash their hands. We can use music, write a song, dance, tell jokes, whatever might capture the attention of young kids and help them remember details about hand washing. Then we'll send our video to local preschool and kindergarten classes.

### Extensions:

1. Create a brief, simple quiz to send to preschool and kindergarten classes with the video. Ask the preK and kindergarten teachers to quiz the kids, then send you the quiz results so that you can assess if the video is an effective learning tool. You can also revise the video based on feedback from the teachers and kids.
2. The student sitting next to you has a nasty cold and is coughing and sneezing without covering her mouth. Role-play the conversation you might have with her to politely explain how she can protect others from her germs.

## Reproducible Materials

### Handout: Student Survey

[KidsHealth.org/classroom/6to8/personal/hygiene/germs\\_handout1.pdf](http://KidsHealth.org/classroom/6to8/personal/hygiene/germs_handout1.pdf)

### Handout: Student Survey Answer Key

[KidsHealth.org/classroom/6to8/personal/hygiene/germs\\_handout2.pdf](http://KidsHealth.org/classroom/6to8/personal/hygiene/germs_handout2.pdf)

### Quiz: Germs

[KidsHealth.org/classroom/6to8/personal/hygiene/germs\\_quiz.pdf](http://KidsHealth.org/classroom/6to8/personal/hygiene/germs_quiz.pdf)

### Answer Key: Germs

[KidsHealth.org/classroom/6to8/personal/hygiene/germs\\_quiz\\_answers.pdf](http://KidsHealth.org/classroom/6to8/personal/hygiene/germs_quiz_answers.pdf)



## Student Survey

Instructions: Please answer these questions. Do not write your name on this sheet.

1. I'm in \_\_\_\_\_ grade.
2. I'm:
  - a) male
  - b) female
3. The best way to protect yourself from germs, and to avoid spreading germs to other people, is to (choose one):
  - a) wear a surgical mask and gloves
  - b) stay inside
  - c) wash your hands
4. Underline the times when it's important to wash your hands (choose one or more):
  - a) before eating
  - b) before going to bed
  - c) after using the bathroom
  - d) after blowing your nose or coughing
  - e) after taking a shower
  - f) after playing outside or with a pet
  - g) after being with someone who's sick
5. True or false: It's OK to eat food if it's on the floor for less than 5 seconds.
  - a) true
  - b) false
6. In the past week, did you wash your hands with soap and water after every trip to the bathroom?
  - a) yes
  - b) no
7. In the past week, have you noticed anyone at school not washing their hands with soap and water after using a bathroom?
  - a) yes
  - b) no



## Student Survey Answer Key

1. I'm in \_\_\_\_\_ grade.
2. I'm:
  - a) male
  - b) female
3. The best way to protect yourself from germs, and to avoid spreading germs to other people, is to (choose one):
  - a) wear a surgical mask and gloves
  - b) stay inside
  - c) wash your hands
4. Underline the times when it's important to wash your hands (choose one or more):
  - a) before eating
  - b) before going to bed
  - c) after using the bathroom
  - d) after blowing your nose or coughing
  - e) after taking a shower
  - f) after playing outside or with a pet
  - g) after being with someone who's sick
5. True or false: It's OK to eat food if it's on the floor for less than 5 seconds.
  - a) true
  - b) false
6. In the past week, did you wash your hands with soap and water after every trip to the bathroom?
  - a) yes
  - b) no
7. In the past week, have you noticed anyone at school not washing their hands with soap and water after using a bathroom?
  - a) yes
  - b) no



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## QUIZ

1. The four major types of germs are \_\_\_\_\_.
2. True or false: Some bacteria are not harmful to people; some are even helpful.
3. The single best way to protect yourself from germs, and to avoid spreading germs to other people, is to \_\_\_\_\_.
4. Name four times when it's important to wash your hands:
5. True or false: It's OK to eat food if it's on the floor for less than 5 seconds.
6. If you have to cough or sneeze, you should cover your mouth and nose with either a \_\_\_\_\_ or your \_\_\_\_\_.
7. The best way to clean your hands is to wash them with soap and water for \_\_\_\_ seconds.
8. Which body system is responsible for fighting germs?
  - a) cardiovascular
  - b) digestive
  - c) endocrine
  - d) immune
  - e) nervous
  - f) respiratory
9. True or false: Athlete's foot is a kind of fungus.
10. True or false: Most viruses can't survive very long if they're not inside a host, such as the living cells of things like plants and animals (and people).



## Quiz Answer Key

1. The four major types of germs are bacteria, viruses, fungi, protozoa.
2. True or false: Some bacteria are not harmful to people; some are even helpful.
3. The single best way to protect yourself from germs, and to avoid spreading germs to other people, is to wash your hands.
4. Name four times when it's important to wash your hands: (any three of the following: when your hands are dirty, before eating, before cooking or preparing food, after using the bathroom, after handling money, after blowing your nose or coughing, after playing outside or with a pet, after changing a diaper, after being with someone who's sick)
5. True or false: It's OK to eat food if it's on the floor for less than 5 seconds.
6. If you have to cough or sneeze, you should cover your mouth and nose with either a tissue or your elbow.
7. The best way to clean your hands is to wash them with soap and water for 20 seconds.
8. Which body system is responsible for fighting germs?
  - a) cardiovascular
  - b) digestive
  - c) endocrine
  - d) immune
  - e) nervous
  - f) respiratory
9. True or false: Athlete's foot is a kind of fungus.
10. True or false: Most viruses can't survive very long if they're not inside a host, such as the living cells of things like plants and animals (and people).