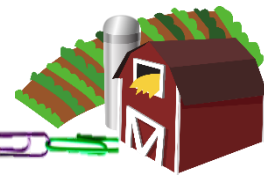




Links to Agriculture

How Well Do You Wash Your Hands?



What and Where Are Germs?

A germ is a small microorganism that cannot be seen with the naked eye. Germs can make us sick or spread diseases. Germs like to grow on warm, moist surfaces like your skin. Disease-causing germs can easily be transferred to food. Even though you cannot see, smell, or taste germs, they can be in many different places we touch every day. Germs can attach themselves to our food. So, fruits and vegetables should be washed before you eat them.



Why Do You Need to Wash Your Hands?

If asked, “Why do you need to wash your hands?”, you would probably answer “because they are dirty.” That is a good answer but when you wash you are really trying to remove germs and to prevent the spread of germs. Germs can make you, your family, and friends sick. So, you really wash your hands to remove germs and stay healthy.

When Should You Wash Your Hands?

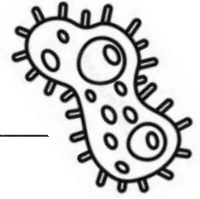
You should wash your hands whenever they look dirty, but you should also wash your hands before you eat or drink and after you use the bathroom. Whenever you blow your nose, sneeze, or cough you should wash them. After playing with animals, sharing materials, or taking out the trash are other times that require you to wash your hands.



How Well Do You Wash?

Good hand washing means you should wet your hands under warm running water and add soap. Don't just rinse off the soap. Scrub the front and back of your hands and between your fingers for at least 20-30 seconds (the time it takes you to sing “Happy Birthday”). Then rinse under warm running water and dry with a clean towel. SAY GOOD-BYE to those nasty germs!

How Well Did You Read?



1. What do germs do?

2. Where do germs grow best?

3. Why should you wash your hands?

4. Explain the relationship between the *Happy Birthday* song and good handwashing.

When was the last time you washed your hands?

Was it a quick splash under cold water?

Did you use soap?

What have you done since you washed?

Have you eaten or put your fingers in your mouth?

Have you touched someone else?

Do you think your hands are clean?



Try the *Soapy Solutions* experiment, and you'll discover the most effective way to remove bacteria from your hands.

Soapy Solutions – An Experiment



Materials:

cooking oil cinnamon measuring spoons soap a sink

Procedure:

1. Rub 1 tablespoon of cooking oil all over your hands until completely coated.
2. Sprinkle 1 teaspoon of cinnamon on your hands and rub it around until it's evenly distributed. **The cinnamon will be like bacteria.** They are all over!
3. Wash your hands using the 3 different methods below and look for the amount of cinnamon (pretend bacteria) that remains after each method.
4. Record your results in the table below.



	Method	Results
Method A	Cold water and no soap	
Method B	Warm water and no soap	
Method C	Warm water and soap	

To control the test:

- For each method rub your hands briskly for 20 seconds and record the results.
- Wash your hands thoroughly before each different method.
- Repeat steps 1 and 2 before each method.

Results:

1. Which method removed the most cinnamon (or bacteria)?
2. Which method removed the least?
3. How long does it take to get the bacteria washed off?
4. How does the warm water help?



Germ Trivia

- One **germ** can multiply to more than 4 million in just 8 hours.
- The number of **germs** on fingertips can double after using the bathroom.
- If you wear a ring, there could be over 700 million **germs** under it.
- Millions of **germs** can also hide under watches and bracelets.
- Damp hands spread 1000 times more **germs** than dry hands.



Did You Know...?

- A housefly can transport **germs** as far as 15 miles away from the original source of contamination.



- **Germs** can be spread on computer mice and keyboards, shared pencils, telephones, light switches and doorknobs.



Joke Time

Why did the germ cross the microscope?



Joke Answer:

To get to the other slide



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