



KidsHealth.org/classroom

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.

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

Germs are everywhere - on our hands, in the air, and in our food. The following discussion questions and activities will help your students learn all about germs as well as how they can protect themselves from these pesky organisms.

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

E. Coli

KidsHealth.org/kid/stay_healthy/food/ecoli.html

Food Poisoning

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

Articles for Teens:

Why Should I Care About Germs?

KidsHealth.org/teen/your_body/health_basics/care_about_germs.html

Hand Washing

KidsHealth.org/teen/your_body/skin_stuff/handwashing.html

Gastrointestinal Infections and Diarrhea

KidsHealth.org/teen/infections/intestinal/diarrhea.html

Discussion Questions

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

1. How often do you wash your hands? Why is it so important to wash your hands regularly? How else can you prevent germs from spreading?
2. Food poisoning is just one way that germs can wreak havoc on your body. Have you ever had food poisoning? How does food poisoning happen, and how might it be prevented?
3. Believe it or not, not all germs are harmful. How might some germs be good for us?



Activities for Students

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

Spread the Word ... Not Germs!

Objectives:

Students will:

- Learn what germs are and how they're spread
- Explore the types of germs
- Discover how to protect themselves from germs

Materials:

- Spread the Word handout (available at: KidsHealth.org/classroom/6to8/personal/hygiene/germs_handout1.pdf)
- Computer with Internet access
- Plain paper
- Art supplies (pens, markers, crayons)

Class Time:

1 hour

Activity:

Your doctor needs your help! In the last month, she's seen kids with everything from food poisoning to the flu. She's enlisted your help to spread the word about germs so that young kids can do their best to stay healthy. Working in small groups and using the Spread the Word handout, create a pamphlet for young kids that informs them about everything they should know about germs. Once you've read the articles at KidsHealth, you're ready to start writing! Be sure your pamphlet addresses the following information:

- What germs are and what they do to the body
- Types of germs
- How people can protect themselves from germs and stop the spread of germs

While writing your pamphlet, use language that young kids can understand. Also, consider using pictures to help convey your ideas.

Extensions:

1. You sit down with your family to enjoy one of your favorite meals - a juicy hamburger! You bite into your burger only to discover it's so rare it could moo! Of course, you've just learned about germs in school, so you know undercooked meat can be a breeding ground for harmful bacteria. Role-play the conversation you might have with your parents that respectfully informs them of the dangers of eating undercooked meat.
2. A local restaurant is concerned about recent food poisoning outbreaks and has hired your company, Germs Beware, to educate its employees about proper food handling. Design a training session in which you describe the ways germs can spread during food preparation and how employees can safely prepare food. Also, create a colorful poster that reminds employees how to handle food safely.



This Is the Way We Wash Our Hands!

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 and tape

Class Time:

30 minutes

Activity:

What's the best way to wash your hands? Read the articles at KidsHealth to find out. Then produce an informational video that helps parents teach their preschool-age children how to wash their hands. Along with teaching the proper technique, write a short song that helps the children remember the process.

Extensions:

1. Using the articles at KidsHealth, create a poster that teaches kids multiple ways to protect themselves from germs and how they can prevent spreading germs to others.
2. The student sitting next to you has a nasty cold and is coughing and sneezing without covering his mouth. Role-play the conversation you might have with him to politely explain how he can protect others from his germs.

Reproducible Materials

Handout: Spread the Word

KidsHealth.org/classroom/6to8/personal/hygiene/germs_handout1.pdf



Personal Health Series
Germs

Name:

Date:

Spread the Word

Instructions: Cut out your pamphlet and fold it in the middle. Using all 4 pages, write about what germs are and what they do to the body, the types of germs that exist, and how people can protect themselves.

A large rectangular area for writing, divided into two equal halves by a vertical solid line. The entire area is enclosed by a dashed border, indicating where to cut out the pamphlet.