

Nutrition Objective

Children demonstrate proper handwashing technique and explain how it removes germs to help them stay healthy. Children are offered tastes of a seasonal fruit and vegetable.

Materials and Ingredients

seasonal fruit and vegetable
paper plates
plastic knives
serving containers

teacher knife
cutting board
tongs or spoons



Food Preparation

- Wash produce.
- Cut into an appropriate number of pieces for the class.
- Place in serving containers.

Lesson Introduction



Question of the Day: What happens when we wash our hands?

Read and discuss: Germs are Not for Sharing by Elizabeth Verdick

- What should you do if you drop food on the floor? (*refer to text*)
- When should we wash our hands? (*before we eat, after we use the bathroom, after outside play, after playing with our pets, etc.*).
- What are other ways we can keep our bodies healthy? (*eat fruits and vegetables, be active, etc.*).

TSGOLD: 8a, 9a, 9b, 9d, 11a, 11e, 12b, 17a, 18a, 37, 38

Lesson Process

- **Demonstrate** the action of washing your hands. Include all steps.
- Use the 20 second “This is the way we wash our hands” song. (*see next page*)
- Children go through the hand washing actions, singing the song together.
- Children and adults wash their hands. Remind children they are getting rid of germs.
- **Introduce and discuss** the seasonal fruits and vegetables.
- Model using tongs or spoons (rather than fingers) to take food from containers.
- Model cutting the food into smaller bites using a plastic knife.
- Children serve themselves and use plastic knives to cut the food into smaller bites.
- Eat together and give children time to taste and comment on the flavors and textures.

TSGOLD: 1c, 7a, 8a, 8b, 11a, 11c, 37

Share your Story

- Why is it important to wash your hands and eat fruits and vegetables? (*washing our hands and eating fruits and vegetables helps us avoid getting sick*)
- What do you dislike about being sick? (*you have to stay home, you don't feel good, etc.*)
- Share what you do at home to stay healthy.

TSGOLD: 2c, 8a, 9a, 9b, 9c, 9d, 10a, 10b, 11a, 11e, 12a, 12b, 37, 38

School to Home

Send home family letters to share the fun activities children did in the classroom.

Lesson Extensions

20 Second Germs Song

- “This is the way we wash our hands, wash our hands, wash our hands. This is the way we wash our hands for 20 seconds at least”.
- “Lather up and rub a dub dub, rub a dub dub, rub a dub dub. Lather up and rub a dub dub for 20 seconds at least”.
- “One more time before we’re done, before we’re done, before we’re done. One more time before we’re done, now that’s 20 seconds a piece”.

TSGOLD: 1c, 7a

Science! See Soap in Action

- Materials:** pinch of black pepper, shallow dish filled with water, and soap.
- Add black pepper “germs” to the water; children dip fingers in the water.
 - Pepper “germs” will stick to fingers; rinse fingers.
 - Now children put fingers in soap before putting them in the bowl of “germs”.
 - Children watch as the “germs” scatter away from their soapy fingers.

TSGOLD: 2c, 7a, 37

Physical Activity

Music and Movement

- Find song #11 “We Wash Up” on the *Happy and Healthy CD*.
- Everyone stands in a circle. Explain that we will pretend the ball is a germ.
- The teacher randomly stops the music. Whoever is holding the ball when the music stops takes their turn to wash hands.
- Continue playing until everyone has washed their hands.

TSGOLD: 2c, 4, 7a, 8b, 11a, 37

Germs Scavenger Hunt

- One teacher asks the children to close their eyes and count to 20, while another teacher hides at least two bean bags per child within the playground or classroom.
- A bucket is placed in a central location and children are told that the bean bags represent germs, and we want to get rid of them as they can make us sick.
- Children run around the playground looking for the germs.
- When they find one, they pick it up, run to the bucket, and drop it in.
- Vary the activity by having children move in different ways: hop, skip, walk backwards, crab walk, etc.

TSGOLD: 4, 7a, 8a, 8b, 11a, 11d, 37

Physical Education: Running

- Running is an essential skill and the basis for many sports and active games.
- When teaching children to run remind them to swing their arms with bent elbows, keep their heads up and look forward, and use balanced steps.
- Young children should be able to run for 60-90 seconds without stopping.
- See pages 92-93 in *Encouraging Physical Activity in Preschoolers* by Steve W. Sanders for more information and activities on running.

TSGOLD 4: Demonstrates traveling skills

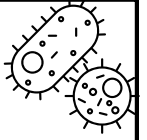


Germs

ECE Family Letter

**Germs are
not for
sharing!**

In their classrooms, children will be preparing healthy snacks using fruits and vegetables and learning how to be physically active.



Watch for new recipes and fun activities to try at home every month! This week children learned about germs and the importance of washing their hands regularly.

Recipe

For more recipes visit
<https://www.myplate.gov/myplate-kitchen/recipes>



Fruit Salad

Ingredients:

- 1 cup diced strawberries (fresh or frozen)
- 1 cup watermelon (cubed)
- 1 cup pineapple chunks, fresh or canned in 100% juice (do not drain)

Directions:

1. Wash your hands.
2. Stir the fruit together in a medium-sized bowl.
3. Serve as soon as possible.
4. Refrigerate leftovers or try freezing make a slushy.



**Physical
Activity:
Germs
Scavenger
Hunt**

- Ask your child to close their eyes and count to 20, while you hide several items like bean bags, wash cloths, napkins, etc.
- A bucket is placed in a central location.
- Tell your child that the hidden items represent germs, and we want to get rid of them as they can make us sick.
- Your child runs around outside or in your home looking for the germs.
- When they find one, they pick it up, run to the bucket, and drop it in.
- Vary the activity by having your child move in different ways: hop, skip, walk backwards, crab walk, etc.
- Let your child have a turn hiding the objects and the adults run around finding the germs.

**Science!
See Soap in
Action**

Materials: pinch of black pepper, shallow dish filled with water, and soap.

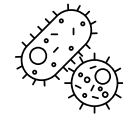
- Add the black pepper “germs” to the water.
- Children stick their fingers into the water.
- Pepper “germs” will stick to fingers, rinse fingers.
- Now children put fingers in soap before putting them in the bowl of “germs”.
- Have the children watch as the “germs” scatter away from the soap.



**Adult Wellness
Workshops**

We offer wellness workshops for adults to share ideas for creating healthy habits at home. Join us for a free workshop and learn more about how to be active as a family, tips for picky eaters, drinking better beverages, and eating more fruits and veggies.

Scan the code with your phone’s camera and fill out the form to SIGN UP.



**¡Los gérmenes
no son para
compartir!**

En el salón de clases, su hijo(a) preparará aperitivos saludables con frutas y vegetales, y aprenderá como mantenerse físicamente activo(a). ¡Manténgase alerta para recibir nuevas recetas y actividades divertidas para probar en casa cada mes! Esta semana, los niños aprendieron sobre los gérmenes y la importancia de lavarse las manos regularmente.

Receta

Para más recetas visite
<https://www.myplate.gov/myplate-kitchen/recipes>



Ensalada de Frutas

Ingredientes:

- 1 taza de fresas picadas (frescas o congeladas)
- 1 taza de sandía (en cubos)
- 1 taza de piña en trocitos, fresca o de lata en 100% jugo (no la escurra)

Instrucciones:

1. Mezclar todas las frutas en un tazón mediano.
2. Sirva lo más pronto posible.
3. Refrigere lo que sobre o congélelos y haga un batido de frutas.



**Actividad
Física:
Búsqueda de
Tesoro de los
Gérmenes**

- Haga que su niño(a) cierre los ojos y cuente hasta 20 mientras usted esconde bolsas de juguete, toallas pequeñas, servilletas, etc.
- Ponga una cubeta en el centro.
- Dígale a su niño que los artículos escondidos representan gérmenes, y nos queremos deshacer de ellos porque nos enferman.
- Los niños buscan los gérmenes afuera o adentro de su hogar.
- Cuando encuentren uno, corren hacia la cubeta para ponerlo adentro.
- Cambie la actividad haciendo que los niños se muevan en diferentes formas: saltando, galopando, caminando al revés, caminando como cangrejos, etc.
- Deje que los niños tomen turnos escondiendo los objetos y los adultos encuentran los gérmenes.

**¡Ciencia!
Vea el
jabón en
acción**

Materiales: una pizca de pimienta negra, un plato profundo con agua, y jabón.

- Agregue la pimienta negra “gérmenes” al agua.
- Haga que los niños metan sus dedos en el agua.
- La pimienta “gérmenes” se les pegará a los dedos; enjuaguen los dedos.
- Ahora los niños ponen jabón en los dedos antes de ponerlos en el plato de “gérmenes”.
- Los niños observan como los “gérmenes” se alejan del jabón.



**Talleres de
Bienestar para
Adultos**

Ofrecemos Talleres de Bienestar para Adultos para compartir ideas de cómo crear hábitos saludables en el hogar. Acompañenos a un taller gratuito para aprender más acerca de cómo mantenerse activos en familia, ideas para ayudar a los niños a comer mejor, beber mejores bebidas, y comer más frutas y vegetales. Escanee este código con la cámara de su celular y llene la forma para registrarse.