

## FOCUS ON FOOD SAFETY:

# Slam Dunk Your Germs

### Objectives:

The children will:

- Learn the importance of washing their hands correctly before eating or handling food.
- Demonstrate how to properly wash their hands.

### Learning & Life Skills:

- Disease prevention
- Personal safety

### Materials:

- Soap (optional)
- Warm water (optional)
- Sink or dishpan (optional)
- Paper towels (optional)
- “Handwashing Poster” (optional)

### Time:

5 minutes

### Procedure:

1. Discuss with the children the importance of washing their hands properly before they eat or handle food. Explain that washing our hands “slam dunks” the germs away and keeps the germs off of the foods we eat. Washing our hands helps to keep us from spreading germs and getting sick. Ask the children to identify times when they should be sure to wash their hands. (*After touching a pet or playing outdoors, after covering your mouth to sneeze or cough, after blowing your nose, after using the bathroom and before eating.*)
2. Explain that to wash their hands properly they need to use soap and warm water and scrub for 20 seconds. Twenty seconds is about how long it takes kids to sing the Alphabet (ABC) or Happy Birthday song twice. Now demonstrate the proper way to wash your hands with soap and warm water while scrubbing for 20 seconds. Be sure to scrub between and around your fingers, your wrists and the fronts and backs of your hands. When you’re done scrubbing, dry your hands with a paper towel.  
**(Volunteer Note:** If you don’t have access to water, pantomiming will do. Sing the Alphabet song out loud to time yourself during the pantomime.)
3. Now have the children pretend to wash their hands while singing the Alphabet song twice.

### Try This Too:

Display the “Handwashing Poster” where your group can see it. You could also photocopy and distribute it to the group to take home.

### Talking It Over:

Ask the group the following questions.

#### Share It:

- How did you feel when we sang while washing our hands?
- Will this activity help you remember to wash your hands?

#### Process It:

- What is the best way to wash your hands?
- How many seconds does it take to wash your hands correctly?
- How many times do you need to sing Happy Birthday to properly wash your hands?

