

Activity Three – Wash Your Hands!

Taken from the State Science Teacher Resource Book page 12.2.32

Instructional Procedures

Materials

- Cooking spray or vegetable oil
- Cinnamon
- Soap
- Paper towels
- Warm faucet water
- Cold faucet water

1. Talk with the students about safe food handling practices at their homes. Do they thoroughly wash dishes? Do they refrigerate food properly? Do they look for expiration dates on packages? Do they wash their hands with soap and warm water?
2. Use this activity to show students the importance of washing hands with soap and warm water.
 - a. Apply cooking spray or vegetable oil to each student's hands. (*Or you may choose to use a couple of volunteers to demonstrate the activity.*)
 - b. Sprinkle cinnamon on the palms, backs, and in-between each student's hands. The cinnamon represents germs that get on our hands.
 - c. Try to get rid of the cinnamon using only cold water. Discuss the results.
 - d. Try to get rid of the cinnamon using soap and warm water. The cinnamon "germs" will rinse right off the student's hands and into the sink.
 - e. Try to get rid of the cinnamon using soap and warm water. The cinnamon "germs" will rinse right off the student's hands and into the sink.
 - f. Ask the students why the cinnamon stayed on their hands until they used soap and warm water. How is this similar to washing germs off our hands? Is it important to use soap and warm water for hand washing?