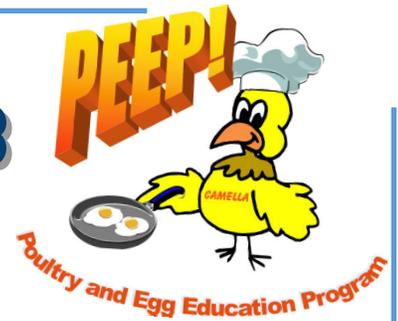


# Wash Your Hands: Leave NO Germ Behind!



## Lesson Overview

**Time:** 10-20 Minutes

### Learning Objectives:

In this lesson, participants will:

- Describe how hand washing relates to poultry and egg safety.
- Provide examples of when it is necessary to wash hands to prevent illness.
- Identify major steps to properly wash hands.

### Tennessee Department of Education Academic Standards

- Health Education Standards 3-5: 2.1, 2.3, 9.1, 9.3, 9.4
- Science Education Standards 5: 0507.Inq.1, 0507. Inq.2, 0507.Inq.4

### Contents:

- **Video:** Short, educational video outlining key points from this lesson
- **Handout & Activity Page:** Overview of key points and puzzle activity
- **Video Guide:** Fill-in-the-blank and short answer worksheet to supplement educational video
- **Check For Understanding Review:** Review of key points (Use if not using video & Video Guide)

### Materials:

- Printed handout for each participant
- Access to “Wash Your Hands: Leave NO Germ Behind!” Video
- Printed video guide for each participant
- Printed check for understanding review for each participant
- PowerPoint or other visual
- Activity 1: Paper or sticky notes, markers or pens
- Activity 2: Soap, access to a sink or bathroom
- Activity 3: Glo Germ kit OR glitter, paper, pencils, access to a sink or bathroom

### How Does This Relate to Poultry and Egg Safety?

- Egg and Poultry safety begins with cleanliness. This means washing hands often to prevent harmful bacteria that can be found on poultry and in eggs from spreading to other foods and surfaces, which can cause illness.

### Vocabulary

- **Foodborne Illness:** illness or sickness that is transmitted to humans by food containing harmful bacteria or pathogens.
- **Bacteria:** Living single-celled organisms that can be found everywhere. They can be dangerous or beneficial and thrive best in places such as the mouth, nose, intestines, and room temperature foods.
- **Germs:** A microorganism capable of spreading disease and illness.
- **Salmonella:** Bacteria that can be found in raw or undercooked eggs and poultry as well as other meats and dairy products.
- **Salmonellosis:** Illness caused by ingesting Salmonella bacteria in contaminated or under-cooked foods.
- **Campylobacter:** *Campylobacter jejuni*– Bacteria that can be found on poultry, cattle and sheep and is most commonly associated with raw or undercooked poultry and unpasteurized milk.
- **Campylobacteriosis:** Foodborne illness caused by ingesting Campylobacter.

### When Should You Wash Your Hands?

- Before and after handling food or food products.
- Before and after cracking an egg
- After using bathroom
- After touching hair or face
- After touching pets
- After coughing, sneezing, etc.
- After touching the trash can

### Hand Washing: Steps to Leave NO Germ Behind!

1. Wet hands under running water
2. Add Soap
3. Scrub palms and in-between fingers
4. Make sure to scrub under running water for at least 20 seconds
5. Dry hands with a clean paper towel

### Interest Approach:

Lead students through the *Activity 1: “Everywhere I Touch.”* Detailed procedures for this activity can be found in the Activity Guide section of this lesson. Make sure you prepare ahead of time and have the right supplies. You could also do \*Optional\* *Activity 3: “Glo or Glitter Germ* or substitute it for *Activity 1.*

### Objective 1. Describe how hand washing relates to poultry and egg safety:

- a. **Discussion:** Ask students the following questions, and respond to their answers in a way that leads them to the correct knowledge of the relationship between hand washing and safety.
  - “How does hand washing relates to poultry and egg safety?”
  - “Why is it important to wash your hands?”
  - “Why should you wash your hands when cooking or handling food (poultry and eggs?)”
- b. **Explain** “Egg and Poultry safety begins with cleanliness. This means washing hands often to prevent harmful bacteria that can be found on poultry and in eggs from spreading to other foods and surfaces, which can cause illness.”
- c. **Review** the Vocabulary of the *Subject Matter Outline* in this lesson. For extra practice with the Vocabulary, you could ask students to create a formula representing the relationship between each of the Vocabulary words.

### Objective 2. Provide examples of when it is necessary to wash hands to prevent illness.

- a. **Discussion** Ask “When do you think you should wash your hands while in the kitchen cooking and handling food?”
- b. Write answers on board, a large sticky pad or type into a slide as the students respond. (Can also have a student act as a “scribe” for this part of the lesson and write answers for you.)
- c. *\*Skip this step if you plan to watch the supplemental video in the next section\** **Compare** the list the students create with the “When you should wash your hands” list from the subject matter outline. **Ask** students if there are steps they think should be added to either list.

### Objective 3. Identify major steps to properly wash hands.

- a. **Discussion** Ask students to share what they do when they wash their hands on a daily basis. Let them share in groups or pairs, or to the class. **Review** and discuss their responses.
- b. **Play Supplemental Video 1: Leave No Germ Behind.** Distribute copies of the *Video Guide* worksheet and use it to identify the major steps to properly wash hands.
- c. *\*Optional\** Activity 2: “Perfect Hand Washing Practice”

### Review

- a. **Ask** “What questions do you have?”.
- b. **Evaluate** with the “*Check For Understanding Handout.*”
- d. Puzzle Answers from the “*Check For Understanding Handout.*” :
  - Across: 2. Food; 3. Egg; 5. Pet; 6. Sneezing
  - Down: 1. Coughing; 3. Eating; 4. Trash

## Activity & Video Guide

### Outline

#### **Supplemental Video 1: Leave No Germ Behind**

- Give each student a copy of the *Leave No Germ Behind Video Guide*.
- Play the *Leave No Germ Behind Video* (About 2 minutes in length). Give students enough time to fill in *Video Guide*.
- Video Discussion: Ask students to recall the “When you should wash your hands” part of the video (go back to and pause on the review screen) How does this list compare to the list the students made before the video? Is there anything we should add to our list? Is there anything the video might have missed?
- Video Discussion: Ask students to recall the beginning of the video where “John” is making eggs. Point out other food safety mistakes John might be making.
- Video Discussion: Can you identify an inaccuracy in the video?

#### **Activity 1: Everywhere I Touch**

- Using sticky notes or small pieces of paper, demonstrate how bacteria can easily spread from surface to surface without proper hand washing.
- Give each student a stack of sticky notes (approx. 10-15 notes total per student )
- Give them approx. 3 minutes and ask them to put a sticky note on everything they touch (door handles, desks, water bottles, pencils, papers, phones, etc.)
- Discuss how the spread of bacteria and germs can be minimized with proper hand washing
- Discuss how this activity relates to the safety of poultry and eggs.
- For added creativity (especially with younger students) give each student markers or crayons and have them draw or color “germs.”

### Key Points

#### **Leave No Germ Behind Video**

This video outlines and reviews steps to Perfect Hand Washing and when you should wash your hands.

**Add the Review Points from the video Here!**

**Add Video Guide Answers Here!**

Just as a challenge to students. See if they notice a minor error stated by the narrator of the video. (It has to do with the solution formula)

#### **Everywhere I Touch**

This activity should demonstrate:

- How easily germs and harmful bacteria from your hands are spread to other surfaces.
- A simple visual of what bacteria looks like spread around the kitchen and what it could be contaminating.
- How the spread of bacteria from food can be minimized with proper hand washing.

## Activity & Video Guide

### Outline

### Key Points

#### **Activity 2: Perfect Hand Washing Practice**

- If a sink or bathroom is available, ask students to practice the perfect hand washing technique. Remind them of the hand washing steps.

#### **Activity 3: Glo Germ or Glitter Germ**

- Pre-order Glo germ kits
- Have each student compare the amount of Glo germ left on their hands after washing:
  - \* With no soap for only 10 seconds
  - \* With no soap for 20 seconds
  - \* With soap for only 10 seconds
  - \* With soap for 20 seconds
- Discuss the results and how this relates to the safety of poultry and eggs.
- *NOTE: For a cheaper (but messier) alternative, use glitter glue instead of Glo Germ.*

#### **Perfect Hand Washing Practice**

This activity or demonstration is an opportunity for students to practice the perfect hand washing technique

#### **Glo Germ or Glitter Germ**

The best results should be after using soap for at least 20 seconds.

This activity should demonstrate:

- Why sticking your hands under water for a few seconds is not good enough.
- How hard it is to actually clean your hands.
- How easy it would be for bacteria on your hands to spread into other foods if your hands are not washed properly.

## References

### **Educational Resources:**

Academic Standards. (2016). <https://www.tn.gov/education/topic/academic-standards>

Educational Materials On Food Safety. <http://fightc-les.org/>

Fight Bac! - Partnership for Food Safety Education. (2016). <http://www.fightbac.org/>

### **Activity Resources:**

Glo Germ. (2016). <http://www.glogerm.com>

### **Handout Puzzle:**

Discovery Education Puzzle Maker. (2016). [http://www.discoveryeducation.com//free-puzzlemaker/index.cfm?campaign=flyout\\_teachers\\_puzzle](http://www.discoveryeducation.com//free-puzzlemaker/index.cfm?campaign=flyout_teachers_puzzle)

# Wash Your Hands: Leave NO Germ Behind!



## How does this relate to Poultry and Egg Safety?

When handling poultry and egg products it is important to wash your hands often to prevent harmful bacteria that can be found on poultry and in eggs from spreading to other foods and surfaces. Without proper hand washing before and after handling poultry, you can become ill or cause others to become ill.

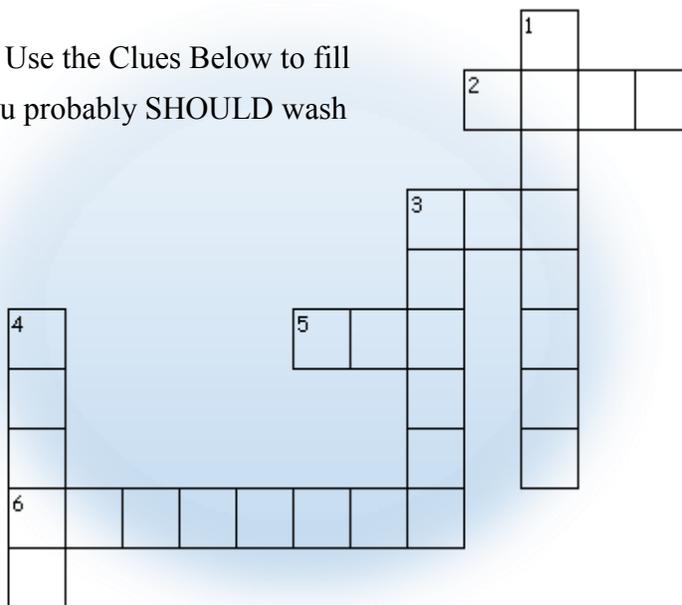
**WHEN Should You wash your hands?** Use the Clues Below to fill in the Cross Word Puzzle and reveal times when you probably SHOULD wash your hands!

**Across:**

- 2. Before you eat this
- 3. Before and after cracking an:
- 5. After touching this furry friend that carries germs you don't want in your food
- 6. Bless you!

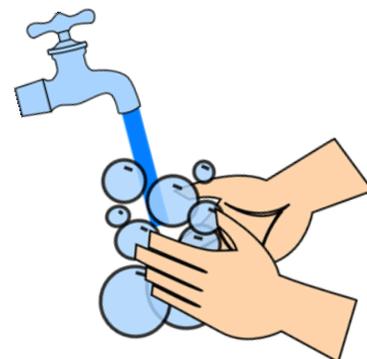
**Down:**

- 1. Don't make others sick by not washing after \_\_\_\_\_.
- 3. Your parents probably taught you to wash up before \_\_\_\_\_ a meal.
- 4. Definitely wash after touching THIS gross "Can."

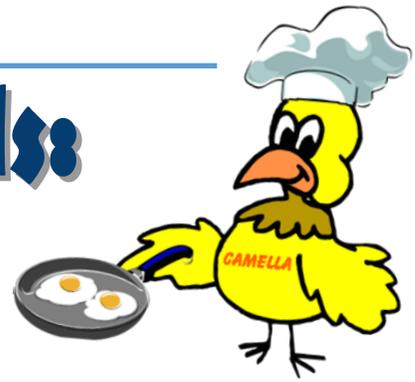


## Steps to Leave No Germ Behind!

- 1. Wet hands under running water
- 2. Apply soap
- 3. Scrub palms, in-between fingers, and under fingernails
- 4. Make sure to scrub for at least 20 seconds
- 5. Dry with a clean paper towel



# Wash Your Hands: Leave NO Germ Behind!



*Fill in the blank as you watch the video.*

- According to the video, 20 seconds is about the same amount of time it takes to sing the \_\_\_\_\_ song.
- According to the video, you should wash your hands \_\_\_\_\_ you crack eggs or touch raw poultry.

*Answer these questions about the video.*

- What are some examples of mistakes John made in the video?

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- What are two examples the video suggested of good times to wash your hands?

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# Wash Your Hands: Leave NO Germ Behind!



## Fill in the Blank:

- You should wash your hands for \_\_\_\_\_ seconds.
- When washing your hands, make sure to scrub \_\_\_\_\_ fingers and \_\_\_\_\_ finger nails.
- True or False \_\_\_\_\_ It is important to wash hands often when cooking poultry and eggs in order to keep bacteria from spreading.
- True or False \_\_\_\_\_ It is not necessary to use soap every time you wash your hands.

## Short Answer:

- List some examples of times when you should wash your hands.

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- List the all the steps of perfect hand washing.

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# Wash Your Hands: Leave NO Germ Behind!



## Fill in the Blank:

- You should wash your hands for 20 seconds.
- When Washing your hands, make sure to scrub **IN-BETWEEN** fingers and **UNDER** finger nails.
- True or False **TRUE** It is important to wash hands often when cooking poultry and eggs in order to keep bacteria from spreading.
- True or False **FALSE** It is not necessary to use soap every time you wash your hands.

## Short Answer:

List some examples of times when you should wash your hands. Before and after handling food or food products.

- Before and after cracking an egg
- After using bathroom
- After touching hair or face
- After touching pets
- After coughing, sneezing, etc.
- After touching the trash can

List the steps all the steps of perfect hand washing.

1. Wet hands under running water
2. Add soap
3. Scrub palms, in-between fingers, and under fingernails
4. Make sure to scrub under running water for at least 20 seconds
5. Dry hands with a clean paper towel