

*Primary Health and Safety:
Feeling Good with
Good Hygiene*

Teacher's Guide

Written by Barri Golbus

Produced by

COLMAN COMMUNICATIONS CORP.

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Primary Health and Safety:
***FEELING GOOD WITH
GOOD HYGIENE***

Time: 11 minutes

PROGRAM OVERVIEW

Intended Audience and Uses

This video is intended to be used with youngsters, ages 6-8. The program has been designed for the primary health and science curricula.

Program Synopsis

The germs of the world hold a convention. The featured speaker, the "Head Germ," talks about good hygiene,

which frustrates the germs' attempts to do their "dirty work," causing illness. One of the germs in the audience asks what good hygiene is, and the Head Germ gives examples. The first is showering or bathing daily, using soap correctly. Shampooing at least two or three times a week is another example given. The Head Germ then discusses good dental hygiene, showing a youngster who brushes correctly and who uses floss and mouthwash effectively. Good hygiene, continues the speaker, also can be practiced by washing one's hands after using the washroom, after playing outside and before one eats. He adds that germs like it when people share food, eating utensils, cups, glasses and clothing because the germs can then travel from one person to another. For the same reason, germs like it when people cough and sneeze without covering their mouths and turning away. But germs do not like it when people properly dispose of trash, clean up after their pets and wash their clothes regularly.

STUDENT OBJECTIVES

After viewing this video and participating in the suggested activities, students should be able to do the following:

1. Explain how to shower and bathe correctly.
2. Demonstrate how to brush and floss effectively.
3. Tell why proper trash disposal is an important part of good hygiene.
4. Explain why cleaning up after pets is necessary.

5. Tell why it is important to wash hands after using the washroom and before eating.
6. Demonstrate how to cover one's mouth when coughing and sneezing.
7. Tell why sharing food, drinks, eating utensils and clothing increases one's chances of contracting germs.

SUGGESTED LESSON PLAN

1. Introduction

Ask your class if anyone knows how good sports teams prepare for a big game. If no one mentions "finding out about the team they are playing," ask about this strategy and discuss it. Mention that football players often look at film of the opposing team's games to prepare, and baseball players study scouting reports to understand how members of the opposing team play — and to find out their strengths and weaknesses.

2. Previewing Activities

Now, pass out *Meet the Germs*. Encourage your students to look at the picture, then read the directions (or you may read the directions aloud to them). Tell the class that they will see a video in which these make-believe germs have gone to a meeting. The germs are somewhat like the baseball and football players mentioned previously. They meet to find out about good hygiene, which is their opposing team. Briefly discuss hygiene. Write the term on the

chalkboard. Does anyone know what it means? Next, have the students complete the exercise, then read aloud what they know about real germs. Emphasize that germs are very small and may cause disease.

3 Post-viewing Activities

Discuss the ways your students currently practice good hygiene. Does anyone brush his or her teeth for a full three minutes? How many use floss and mouthwash? Pass out ***Mr. Bacteria Gets It Right***. If necessary, do this handout with your students. Tell them that they should try to do all the items listed at the bottom of the page. Distribute ***How Germs Get Inside My Body***. Have your students do this exercise as individual seat work or as a class activity. Then discuss the answers. Pass out ***What Scares The Head Germ?*** Have your students do this handout as individual seat work or as a class activity. Again, discuss the answers. Pass out ***How I Will Practice Good Hygiene***. You may use this exercise with your class as a culminating activity, listing all the items mentioned in the video. Does your school or district have a nurse who can visit your class to give a presentation on the importance of good hygiene? If so, invite him or her. How about your county nursing, public health or medical society?

PURPOSES OF HANDOUT MATERIAL

Meet The Germs — Provides an introductory activity for the video

Mr. Bacteria Gets It Right — Reviews five important components of personal hygiene

How Germs Get Inside My Body — Reviews the principle ways pathogens enter the body

What Scares The Head Germ? — Presents an inventory of objects one can use to promote good hygiene

How I Will Practice Good Hygiene — Provides a culminating activity for the lesson

ANSWER KEY

Meet The Germs — Answers will vary.

Mr. Bacteria Gets It Right — Answers will vary.

How Germs Get Inside My Body — Sharing food, sharing drinks, sharing cups and glasses, sharing silverware, sharing clothing, failing to wash hands before eating

What Scares The Head Germ? — Soap, shampoo, washing machine, toothpaste, floss, bath tub, plastic bags for garbage, bleach, comb, mouthwash

How I Will Practice Good Hygiene — Possible answers include bathing or showering every day; using soap properly; shampooing at least twice a week; brushing for three minutes at least twice daily; flossing after each brushing; using mouthwash; washing hands after using the washroom and after playing; washing hands before eating; refraining from sharing food, drinks, silverware, cups, glasses and clothing; covering mouth and turning away when sneezing and coughing; cleaning up after pets; using and twisting tops of plastic garbage bags; throwing trash in covered containers; keeping clothes clean.

TRANSCRIPT OF THE VIDEO

HEAD GERM: Bacteria, viruses, parasites, fungi ... if you all take your seats, we can begin.

Ahem! Germs of the world, we are here today to address a very serious problem — good hygiene.

As you know, if kids practices good hygiene, we won't be able to make them sick any more!

WOMAN GERM: Sir, Sir! What is this good hygiene?

HEAD GERM: I thought you'd never ask! Here, you sees a youngster about to practice some good hygiene — he's going to take his daily shower.

And look what he's using — shampoo and soap. They makes things very slippery for us, and they has chemicals in them that can wipe us out!

GERM: But children have to know how to use the soap before that can happen!

HEAD GERM: Unfortunately, this lad does know. See how he lathers up his soap on the wash cloth to get it all soapy, then washes all around his body, everywhere — on his face, his ears, and behind his ears, his neck, his chest, under his arms — everywhere! It's disgusting!

Just imagine how many millions of us germs are going to be washed of

Uh, oh! He's shampooing! I bet he washes his hair at least

two or three times a week. That way, we germs won't be able to grow and multiply up there! And it's one of our favorite places, too.

There's just no justice in this world!

See what I mean? He's got a toothbrush, toothpaste, floss and mouthwash!

I ask you! How can we live in his mouth and between his teeth if he uses all that stuff?

GERM: Well, we can survive if people do not use them correctly.

HEAD GERM: That is right! If they brush quickly and does not scrub for at least three minutes, if they do not floss between each and every tooth, and if they forget to use their mouthwash — well, we can ruin their teeth and gums! We can make their mouth a mess!

But no chance of that here. Look how this youngster brushes for at least three full minutes.

She slides the brush slightly inside the gum and jiggles it gently to get all of us germs loose. She works all along the gum line, on the bottom and on the top.

Then she cleans each tooth by brushing it carefully, all around!

And she doesn't forget her tongue, either! She must know that we germs love to hide in small places around the

tongue, where we can grow and cause bad breath!

GERMS: Bad breath! Bad breath! We like to cause bad breath!

HEAD GERM: No chance of that here! She knows just what to do to scrape away that goopy stuff called plaque, where we germs love to hang out! See? She's getting the floss in all those places where toothbrush bristles can't get. Oh, woe is us!

And now, the *coup de gras*! She's washing out her mouth with mouthwash for a full half minute! If everybody did this, we'd never be able to cause tooth decay and gum disease.

Let us hope that the word does not get out! Otherwise, we germs will have had it!

No lovely home for us in the mouth!

GERM: Yeah, but we can always move to the hands! Right?

HEAD GERM: Right! Unless children washes their hands properly, which means washing them each time they uses the washroom.

It also means that when they plays outside they washes their hands afterwards, especially before eating. That is because, as you all knows, we germs loves to hang out in sand and dirt and many other places outside where it is easy to get onto hands and arms.

When kids washes after playing, using those special wipes or plenty of soap and water, we can't get onto their foods -- and then into their tummies -- when they eats!

ANONYMOUS GERM: And if we can't get inside kids' bodies, we can't do our dirty work, can we?

HEAD GERM: We cannot! And what is the use of being a germ if we cannot do our dirty work, I ask you!

We loves to get inside peoples and makes them sick and ill and feeling horrible.

Of course, it is no secret how we do that. Scientists knows that once we gets inside somebody we multiplies ourselves -- we makes more and more of us, and we eats up parts of the body to do it!

And that can make a person very, very sick! So that is why we does not like good hygiene. We does not like it when people showers or bathes every day to wash *us* off their skin.

We does not like it when they uses plenty of soap and washes everywhere!

We does not like it when they brushes and flosses and uses mouthwash!

We does not like it when they washes after using the washroom, or after they plays, or before they eats!

But we does like it when they shares their drinks because if one of the childrens has us germs, we will be passed on to

the other kid, and we can make her sick, too!

And for the same reason, we also loves it when children shares their food. Yes, we does!

And we also loves it when they shares their silverware and their cups and glasses.

And we germs just go wild with joy when peoples sneezes and doesn't cover their mouths because we get a nice trip, through the air, to somebody else!

And then we can be breathed in, or go inside through the skin around the eyes.

And then we can do what, fellow germs?

GERMS: Our dirty work! Our dirty work making people sick!

HEAD GERM: Very good! Of course, we can't be spread if people covers their mouths or turns away when they sneezes or coughs.

We can be spread if children wear each other's clothing...

BOY ONE: Can I wear your hat today?

BOY TWO: Yeah, sure.

HEAD GERM: ...especially hats and caps, because we can live in little animals called lice, that sometimes get into people's hair. Oh, we love those lice because they can make people absolutely miserable!

And now, fellow germs, we come to a very important part of the program.

We must all be aware that smart peoples keeps their surroundings as clean possible to keep us from spreading! They wraps trash, where we love to live, in plastic bags, tightly wrapped, and places those bags in containers that are covered. So, there's no way we can escape to do ...

GERMS: ... our dirty work, our dirty work of making people sick!

HEAD GERM: Precisely!

Smart people also clean up after their pets, both inside and outside. That's good hygiene, too. And we hates it because it robs us of places where we can lives and multiply.

And because we lives happily in dirty clothes, we doesn't like it when clothing is washed! We germs likes dirty clothes much better.

We likes it because ifs a nice place for us to live — and we especially like the smell!

Although persons doesn't like the smell.

Oh, oh! This does not look good for us germs! No! This is terrible!

Oh, pity the poor germs in there! They're all goners!

And now, fellow germs, this is what we all fear the most — a completely clean human being in a clean place wearing

clean clothing. See how neat he makes himself look! It's disgusting!

His hair is combed, his clothing is spotless! He's as clean as a whistle!

He feels good because he's so clean and neat!

Fellow bacteria, parasites, viruses and fungi — this is good hygiene! This is our enemy! The truth is, we cannot do our dirty work — we cannot cause sickness — when good hygiene is present.

The only thing we can do is run away. And so, we must flee whenever people showers and bathes daily, and when they uses soap and shampoos properly.

We must hide, fellow germs, when people brushes and flosses and uses mouthwash! Otherwise, we will be demolished.

Likewise, when kids washes their hands after using the washroom, after they play and before they eat!

Nor can we do our dirty work when people properly disposes of trash.

We cannot get peoples sick if they cleans up after their pets.

But we can get them sick if they shares their clothing, their food and silverware, and their cups and glasses.

We cannot do our dirty work if peoples insists on covering their mouths when they coughs and sneezes!

And so, in conclusion, fellow germs, whenever and wherever you find good hygiene - stay away!

Good hygiene is a germ's worst nightmare, but a kid's best friend!

Web Resources

Online Children's Dental Care Magazine

Features games, puzzles and adventure stories — all about dental hygiene.

<http://www.magicalos.com/ikid.html>

James John School Germ Project

Students at James John School in Portland, Oregon share their experiences with germs

<http://buckinan.pps.k12.or.us/sail/jamesjohngerms/germs.1>

Dental Care

The American Dental Association's illustrated guide to proper brushing and flossing techniques

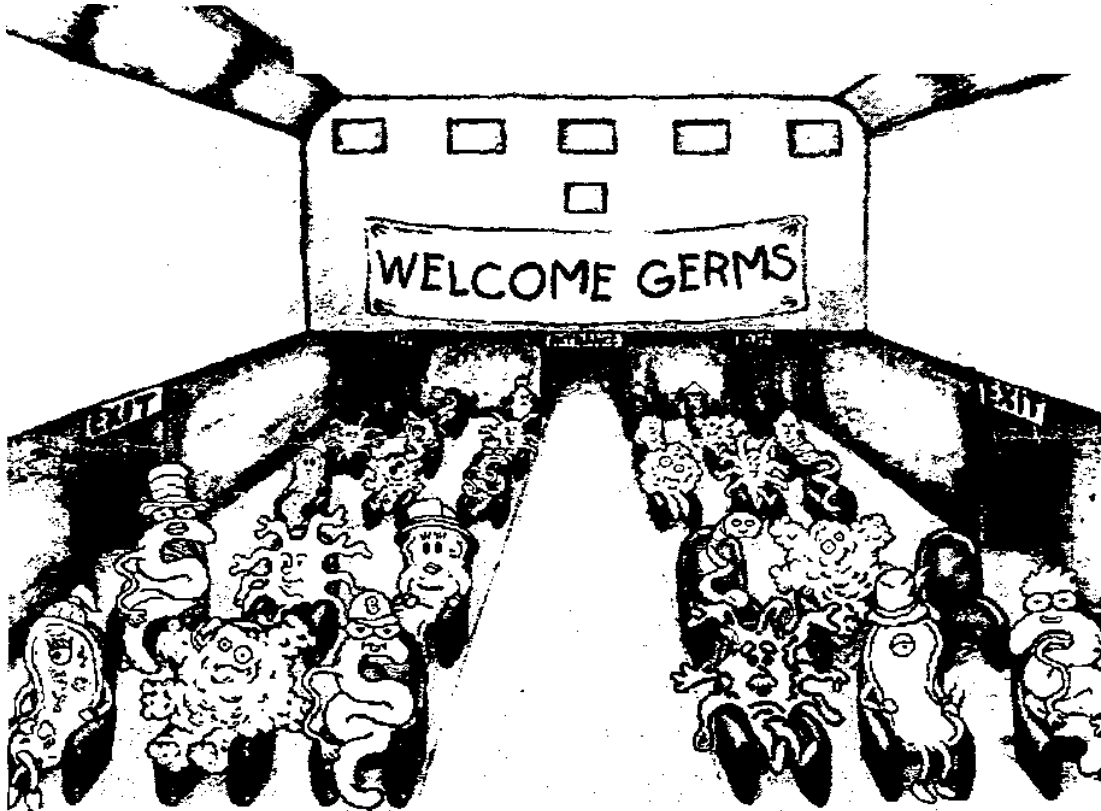
<http://www.ada.org/consumer/clean.html>

OTHER PROGRAMS IN THIS SERIES

***I CAN BE SAFE
GERMS & DISEASE***

MEET THE GERMS

Directions: You will see some make-believe germs in a video. Real germs can't talk, but these germs do. The germs are meeting to find out about good hygiene. Color the germs. Then, write what you know about real germs.



What I Know About Real Germs

MR. BACTERIA GETS IT RIGHT

Directions: Mr. Bacteria says children must do certain things to practice good hygiene. Using soap correctly is one of them. Color the germs in the picture, then check the boxes below. The more boxes you can check, the better your hygiene.



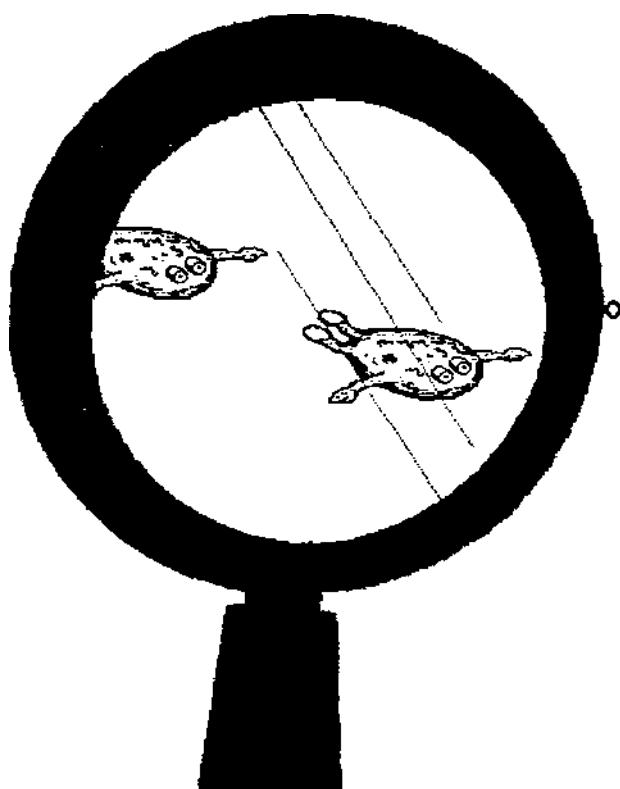
What I Do

- Bathe or shower once every day
- Shampoo at least twice weekly
- Brush my teeth for three minutes at least two times every day
- Floss after each brushing
- Use mouthwash after each brushing

Name _____

HOW GERMS GET INSIDE MY BODY

Directions: You saw germs fly through the air and go into someone's nose. Draw the person and show the germs going into her nose. Color your picture. Then, below, tell six other ways germs can get inside your body.

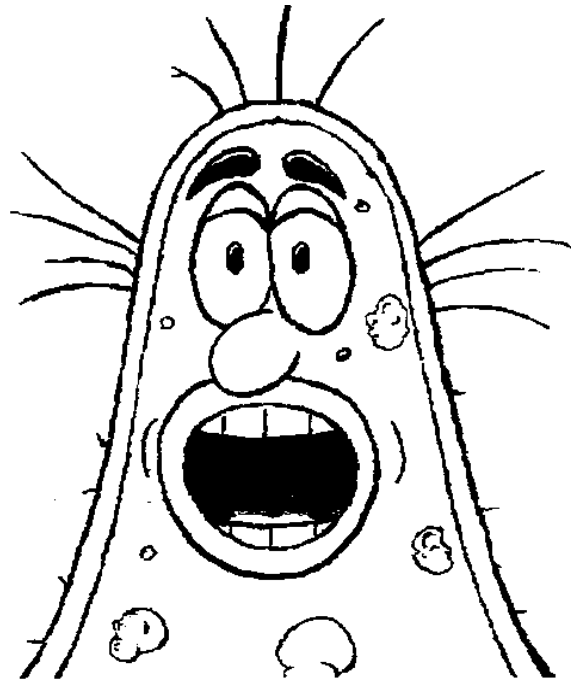


Other Ways Germs Can Get Inside My Body

Name _____

WHAT SCARES THE HEAD GERM?

Directions: The Head Germ is afraid of many things about good hygiene. Color the Head Germ. Then draw a circle around the things that will scare him.



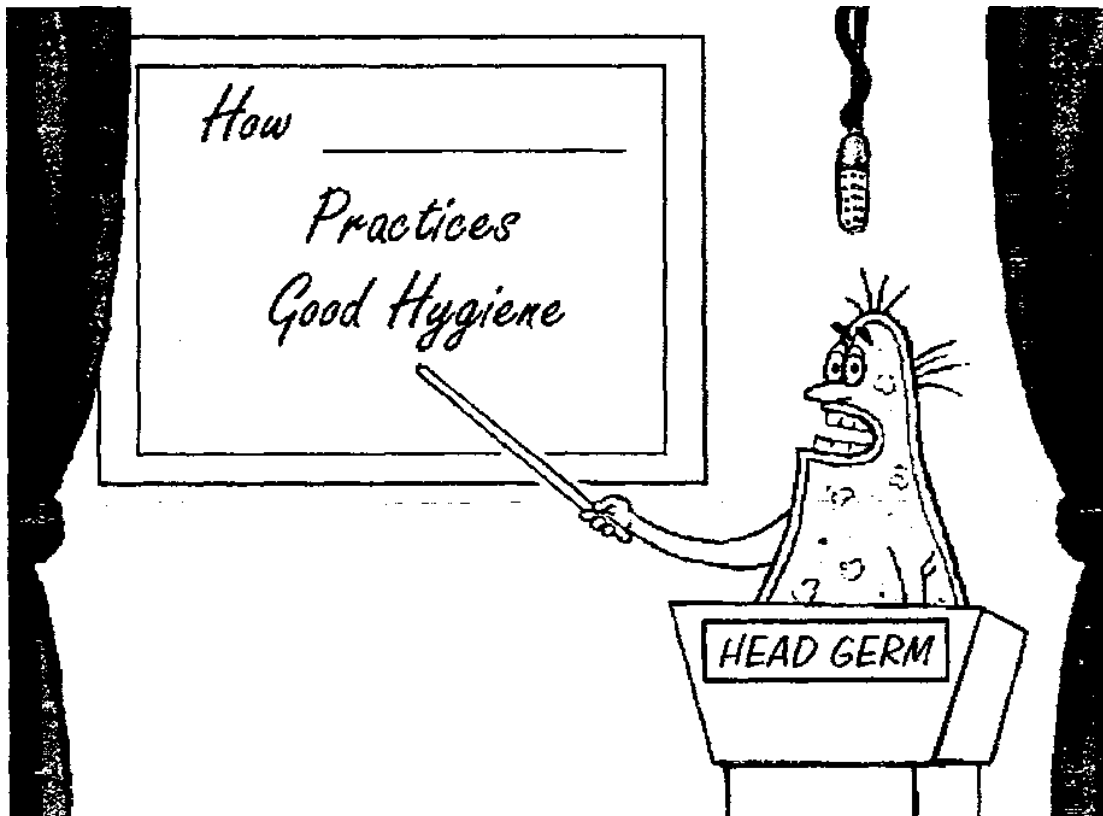
What Will Scare Him?

Soap A Dirty Shirt Shampoo Dirt
Shared Silverware A Washing Machine
Mud Trash Toothpaste Floss
Plaque A Bath Tub A Shared Cup
Unwashed Hands A Sneeze Lice
A Cough Plastic Bags for Garbage
Bleach A Comb Mouthwash

Name _____

HOW I WILL PRACTICE GOOD HYGIENE

Directions: The Head Germ is telling how you practice good hygiene. Put your name on the line and color the picture. Then, tell all the ways you intend to practice good hygiene.



What I Will Do
