



# Fun With Food and Fitness

First-grade nutrition education newsletter

Lesson **1**

## Pesky Germs

Your child has participated in a lesson about germs. Germs are everywhere! We can't avoid germs, but we can decrease the risk of illness by preventing the spread of germs. Read on for ways to extend the lesson at home.

### What are germs?

Tiny living organisms that we can't see with our eyes. Germs can make us sick.

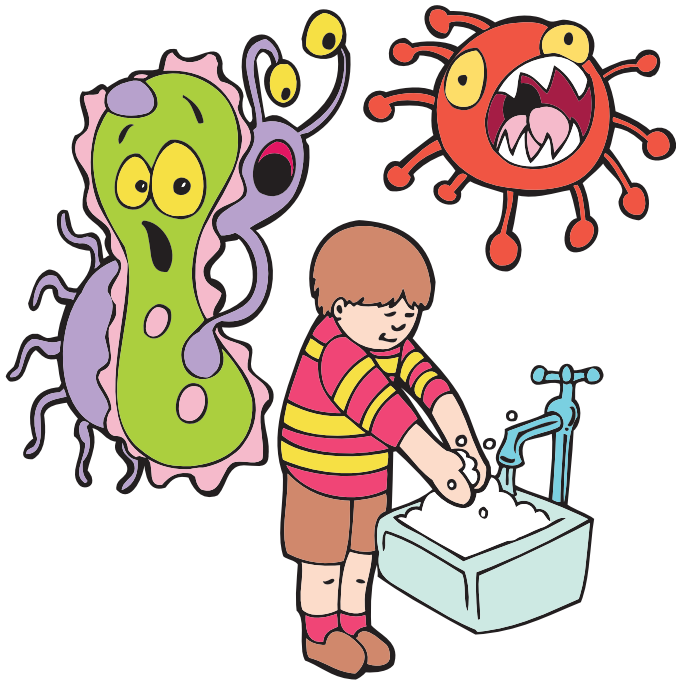
### How to correctly wash your hands

1. Turn the water on and wet your hands. Turn the water off.
2. Put soap on your hands. Lather them by rubbing them together for twenty seconds. Be sure to wash between your fingers, the backs of your hands and under your fingernails.
3. Turn the water back on and rinse your hands.
4. Dry your hands with a clean, dry towel.



### Water can be warm or cold for hand washing

Soap and rubbing do the job of lifting the dirt and germs from the hands. Rinsing takes the germs away.



## When should you wash your hands?

- After using the restroom
- After blowing your nose
- After playing with pets
- Before and after eating
- After playing outside

## Why should you wash your hands?

Germs are on most things you touch, such as doorknobs, toys and animals. Not washing hands can cause the spread of germs to other things, like food. Eating some kinds of germs can make you sick.

## How long is twenty seconds?

That is how long the hands should be scrubbed. Have your child sing the ABCs or the Happy Birthday song while they wash their hands. Both take about twenty seconds.

## Is hand washing or hand sanitizer better?

Hand washing and hand sanitizer both get rid of germs but in different ways. The alcohol in hand sanitizer kills the germs. Washing your hands correctly with soap and water washes germs away. Hand sanitizer does not get rid of chemicals, such as pesticides, that can be found in dirt.



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