

Questionnaire (before lesson)



My secret code

First letter of my first name (A-Z):

Number of day of my birthday (1-31):

First letter of my mother's/guardian's name (A-Z):

Colour in the faces for each question

	Disagree a lot	Disagree a little	Neither disagree nor agree	Agree a little	Agree a lot
1. Looking after myself is really important to me					
2. If I wash my hands, I am less likely to get sick					
3. If I wash my hands, my friends and family are less likely to get sick					
4. I know the main areas where germs hide outside schools and homes					
5. I know the main areas where germs hide on hands					
6. Most pupils in this school wash their hands every time after using the toilet					
7. Most pupils in this school wash / sanitise their hands every time before eating					
8. Most pupils in this school wash their hands within 5 minutes of getting home					
9. People should only wash their hands when they look dirty					
10. When I want to wash my hands, there's always soap available					

Hygiene Hotspots?

Circle the main places germs hide.



When are the most important times to clean our hands?

Please underline the correct phrases



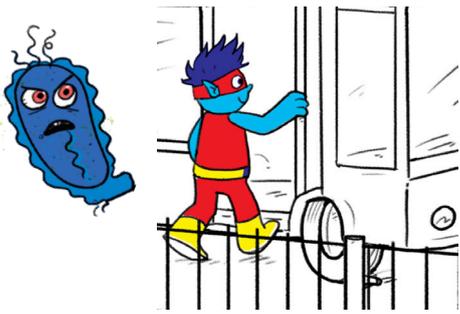
Every time before eating

Sometimes after using the toilet



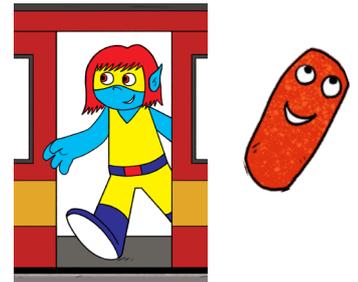
Every time I enter school

As soon as I get home



Before I get on a bus or train

After I get off a bus or train



Before lunch

After being near ill people



After coughing or sneezing

Before going to the park



After touching pets



Every time after using the toilet



Wow! Soap 'n' Pepper

Objective

Understand why we need soap and water when washing hands. When we get oily dirt on our hands, germs can stick to the oil and hide in it. Soap is good at removing this oil and pushes the germs away. Without soap, the oils are not removed and germs find it easier to stick. Remember, not all microbes are harmful – some help us!



What you need

- Bowl
- Water
- Sprinkle of black pepper
- Hand-soap
- Towel
- Pen
- Notebook

Experiment

1. Fill the bowl with water, but not to the top. The water represents your skin.
2. Sprinkle some black pepper onto the surface of the water. It should float on top. The pepper represents germs.
3. Dip your finger into the centre of the water and watch what happens to the pepper.
4. Dry your finger, and then dip it into the soap, so it covers your finger.
5. Dip your soapy finger into the water. Watch what happens to the pepper.

What happened without soap and with soap?

Why do we use soap to wash our hands?

When are the most important times to wash our hands?

Questionnaire

(immediately after lesson)



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5. I know the main areas where germs hide on hands					
6. People should only wash their hands when they look dirty					
7. When I want to wash my hands, there's always soap available					

Questionnaire (21 days after lesson)



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