



4-H NUTRITION, HEALTH & FITNESS HAND WASHING

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Beginning

Hand Washing



Part of living a healthy lifestyle is protecting yourself against illness. Washing your hands is one of the most important ways to keep yourself well. Some of the skills you can learn and activities you can do this year are listed below. Check your favorites. Then, work with your 4-H leaders and parents to make a 4-H project plan for what you want to do. If you haven't done so already, start a project folder that includes your project activity and supplemental pages, your project plan and any other activities that you complete.



Life Skill
Healthy Lifestyle Choices

- Understand the importance of washing your hands correctly, at the right times, to avoid becoming sick.
- Identify the places you are likely to find germs.
- Demonstrate how to wash your hands to remove most of the germs.
- Other _____



How long is
20 seconds?

Sing the Happy Birthday song two times. That's about 20 seconds.

Dirty-handed Experiment

You will need:

- 4-H leader
- Three 4-H friends
- Cooking oil
- Ground cinnamon
- Hand soap
- Fingernail brush
- Clean paper towels
- Timer



Sink with cold and warm running water

Directions

1. Go to the sink and roll up your sleeves so that hands and wrists are exposed.
2. Rub about 1 tablespoon of cooking oil on your hands like you do lotion.
3. Ask your leader to sprinkle 1/2 tablespoon ground cinnamon on your hands. Rub the cinnamon with oil all over your hands.
4. Choose one of the hand washing practices listed in the "Washing Dirty Hands" box. Three other 4-H members should choose different practices so that everyone washes his or her hands differently.
5. Answer the "Don't Get Caught Dirty-handed" questions.

Washing Dirty Hands

Use these practices for the Dirty-handed Experiment.

- Practice 1:** Wash with cold water for 10 seconds
- Practice 2:** Wash with cold water for 20 seconds
- Practice 3:** Wash with warm water and soap for 10 seconds
- Practice 4:** Wash with warm water and soap for 20 seconds

Don't Get Caught Dirty-handed

Complete the Dirty-handed Experiment. Look at everyone's hands and see if you can answer these questions.

1. Did the cold or the warm water remove more of the cinnamon oil from hands?
2. Did soap help remove some of the cinnamon oil from hands?
3. How long should you wash your hands to remove cinnamon oil from hands?
4. If the cinnamon oil were germs, who would have the "germiest" hands?



Record the answers to these questions in your 4-H project folder. Share the results of your experiment in a 4-H meeting.

Visit a day care or kindergarten class. Teach the children how to wash their hands properly. Work with them to make posters about hand washing to hang in their classroom.



4-H NUTRITION, HEALTH & FITNESS HAND WASHING

Germs Are Everywhere!

Because germs are in so many places, it's important to wash your hands often. Be sure to wash your hands . . .

- ◆ Before you eat or touch food.
- ◆ Before you touch your mouth, nose or eyes.
- ◆ Before you touch a cut or sore.
- ◆ Before and after you touch someone who is sick.
- ◆ After you eat.
- ◆ After you touch raw foods such as meat or fish.
- ◆ After using the restroom.
- ◆ After blowing your nose, coughing or sneezing.
- ◆ After touching your pet or other animals.
- ◆ After playing outside.
- ◆ After touching garbage.



Service Ideas

- Make gift baskets with soap and other things for hand washing and donate them to a nursing home.
- Make signs about hand washing to put in your school restrooms.
- Give a demonstration on how to wash your hands the right way.

Additional Resources

Washing your hands is one of the best ways to keep from getting sick. This activity sheet has given you the opportunity to explore things to think about as you make decisions about your health. You've learned the importance of hand washing and how to do it the right way. But there is much more to learn about keeping your body healthy. Use the resources listed below to continue learning about your health and ways to fight germs that cause sickness.

- School health nurse
- County health department
- Health or science teachers
- 4-H project groups
- 4-H nutrition, health & fitness Web page:

<http://4h.tennessee.edu/projects/nutrition.htm>

For more ideas,
contact your
4-H office.

Hand Washing Quiz

Test your family and friends by asking them these questions:

1. How long should you wash your hands? (20 seconds)
2. Is it okay not to use soap? (If water is all you have, it is better than not washing. Soap helps you wash more germs from your hands.)
3. How hot should the water be? (Use warm water. It feels better than cold or hot, and it helps soap do its job.)
4. What is the best way to dry your hands? (Use a clean towel. Do not use your clothes to dry your hands.)



Drown Those Germs: Wash Your Hands!

1. Use soap and warm running water.
2. Lather hands with soap and rub them together for 20 seconds.
3. Wash backs of hands, wrists, between fingers and under fingernails.
4. Rinse hands well.
5. Dry hands with clean towel. Paper towels are best. Use towel to turn off running water and to open door.



Don't forget
to submit your
project report to
your 4-H leader.

Other 4-H Nutrition, Health & Fitness Activities

Junior high lifeskills contest
4-H demonstrations
Summer workshops
4-H camp
Fair exhibits

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