



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
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Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

Your state's school health policies:
nasbe.org/HealthySchools/States/State_Policy.asp

Why do you wash your hands before you eat? Why do you cover your nose when you sneeze? One word: Germs! Germs are tiny living organisms that can cause disease. The following discussion questions and activities will help your students learn about how they can avoid spreading germs and getting sick.

Related KidsHealth Links

Articles for Kids:

What Are Germs?

KidsHealth.org/kid/talk/qa/germs.html

Chilling Out With Colds

KidsHealth.org/kid/ill_injure/sick/colds.html

What Is an Ear Infection?

KidsHealth.org/kid/ill_injure/sick/ear_infection.html

A Kid's Guide to Fever

KidsHealth.org/kid/ill_injure/sick/fever.html

A Kid's Guide to Shots

KidsHealth.org/kid/stay_healthy/body/guide_shots.html

Why Do I Need to Wash My Hands?

KidsHealth.org/kid/talk/qa/wash_hands.html

Being Safe in the Kitchen

KidsHealth.org/kid/stay_healthy/food/safe_in_kitchen.html

Food Poisoning

KidsHealth.org/kid/ill_injure/sick/food_poisoning.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. What are germs? How do they make people feel? Are all germs the same?
2. Not all bacteria are bad for your body. When can some kinds of bacteria help keep you healthy?
3. When germs attack, your immune system comes to your body's defense! How does your body fight germs and infections? What can you do to protect yourself from infections?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Attack of the Germs: The Body Fights Back

Objectives:

Students will:

- Demonstrate knowledge of germs and how they can cause disease
- Explain how the human body responds to germs

Materials:

- Computer with Internet access
- Script Paper handout (available at: KidsHealth.org/classroom/3to5/personal/hygiene/germs_handout1.pdf) or pen and paper

Class Time:

45 minutes

Activity:

Congratulations! You've been hired to write the script for the next blockbuster movie, "Attack of the Germs: The Body Fights Back." But first, do some research by reading the articles on KidsHealth to learn about the different types of germs, how they can spread and cause disease, and how the immune system responds. Once you have your facts straight, make a list of the different characters, including the germs, the mucus, the white blood cells, and, of course, the unsuspecting human who doesn't realize that germs have invaded his or her body but isn't feeling too well. Remember, the movie's producers will be checking for accurate facts about germs and a clear description of how the human body fights infections.

Extensions:

1. How do shots protect you from disease? In the sequel to your movie, "Shots," how would the germ character act? What would the immune system say?
2. There is no vaccine or shot to stop you from catching a cold, but there are things you can do to make yourself feel better while you wait for your cold to go away. Take a poll of kids in your school: What do they do to feel better when they have a cold? Then make a bar graph to show the results from your poll.



Inspection Time

Objectives:

Students will:

- Demonstrate knowledge of healthy practices to avoid or reduce the risk of infections
- Describe ways in which healthy behaviors and environments promote good health

Materials:

- Computer with Internet access
- Restaurant Report Card handout (available at: KidsHealth.org/classroom/3to5/personal/hygiene/germs_handout2.pdf)

Class Time:

40 minutes

Activity:

To stop the spread of germs in a restaurant, it's important for the kitchen to be clean. Your town's health department has appointed you Chief Kitchen Inspector. Your job is to visit kitchens around town and give them a grade on how well they're keeping germs out of the food, from the raw stage to the time it's on someone's plate. But first you have to do some research. Check out the articles on KidsHealth to learn what to do to prevent the spread of germs, especially during food preparation. Once you have the facts, make a list of what you will check during the inspection. Your supervisors at the health department will be checking to make sure your inspection is complete.

Extensions:

1. In a group, role-play a kitchen inspection, with some students as the kitchen staff and restaurant owner and with others as health inspectors. Does the kitchen meet the standards on your Restaurant Report Card? Does anything need improvement?
2. Washing your hands is the best way to stop germs from spreading, but a lot of people don't know how to wash their hands properly. Design a poster for the restaurant kitchen describing, step by step, how to wash hands. Be sure to include when it's important to wash hands.

Reproducible Materials

Handout: Script Paper

KidsHealth.org/classroom/3to5/personal/hygiene/germs_handout1.pdf

Handout: Restaurant Report Card

KidsHealth.org/classroom/3to5/personal/hygiene/germs_handout2.pdf



Name: _____

Date: _____

Script Paper

Instructions: Use this paper to draw your characters and write your script for "Attack of the Germs: The Body Fights Back."

Character

Character

Character



Name: _____

Date: _____

Instructions: Make a list of what you will check during your kitchen inspection.

G = Good

N = Needs Improvement

F = Eeew! Close this kitchen at once!



Restaurant Report Card

In a healthy kitchen...	Comments	Grade
<input type="checkbox"/> Refrigerated cooked food is used within 5 days.		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		