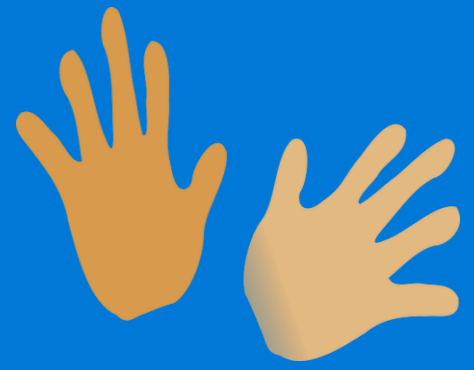


FOR YOUNG KIDS

# HAND WASHING EXPERIMENT



Hand Washing is important to stop the spread of germs. While some people will decide to rinse their hands under running water or go the day without properly washing their hands. Hand Washing is proven to decrease your chance of becoming sick.

## WHAT YOU WILL NEED

**Access to a sink will be needed for the experiment.**

- Vegetable Oil
- Paper
- Flax Seeds “Germs”
- Glue stick

- Soap
- Paper Towel
- Pencil
- Water

## WHAT WILL YOU LEARN?

- Following step by step directions
- Proper hand washing practice
- Fine motor and coordination skills
- Comparing similarities and differences

# PROCEDURE

## STEP BY STEP INSTRUCTION

### Step 1

- Pour a teaspoon of oil in hand . Then sprinkle a small amount of flax seeds (germs) into your hand.
- Rub your hands together.
- Take note of where the flax seeds (germs) are hiding on your hands.

### Step 2

- Use a paper towel to wipe the oil and flax seeds (germs) off your hands.
- Note the amount of germs left on hands after wiping hands with paper towel.
- Have the learner answer the following questions:
  - How do your hands feel?
  - Do your hands look and feel clean?
  - Where do you think the germs are hiding?

### Step 3

- Wash hands in cold water without soap. Look at your hands and answer the following questions: Did you notice if your hands were cleaner? Are your hands still oily? (Cold water was not able to get rid of oil so imagine the job it does on cleaning your hands or germs.)
- Wash hands in warm water with soap. Make sure to follow the key steps of handwashing (Wet, Use Soap, Scrub, Rinse and Dry). What did you notice this time after washing hands?

## OBSERVATIONS

**What were some similarities and difference found when completing the experiment?**

### Do

- Use warm water, lots of soap and dry hands when washing hands.
- Scrub hands between fingers and under nails
- Wash hand frequently to prevent from spreading germs

### Don't

- Do not using cold water to wash hands.
- Avoid wash hands quickly and skipping steps when washing your hands

# ALTERNATIVE OPTION FOR GROUPS

**Have each group trace their hand four times on paper. Then, cut it out. Use the glue stick and flax seeds to show what your hand looks like after the following:**

- No washing hands at all
- Wiping with a paper towel
- Washing with cold water
- Scrubbing with warm water and soap including drying towel