

Potential Integration:
ELA; Science

Health
1.PCH.1.1 Recognize that germs produce illness and can be spread from one person to another.
1.PCH.1.2 Use measures for preventing the spread of germs.
1.PCH.2.1 Illustrate symptoms of sickness and measures for getting well.

Materials:

- Props - hand sanitizer, box of tissues, vitamins, small pillow, can of soup, bottle or bar of soap
- Book – I Know How We Fight Germs by Kate Rowan (ISBN: 0-439-20710)
- Book – Germs Make Me Sick by Melvin Berger (ISBN: 0-06-445154-2)
- Video Option: Sid the Science Kid (28:08):
<https://www.youtube.com/watch?v=4tpmiGFxRg4>
- Fight the Germ!”, appendix 1(image is CCO 1.0 Universal)

Statement of Objectives:

By the end of this lesson, you will be able to explain how germs can be spread and how to prevent spreading germs. You will also be able to describe why germs make us sick, how to recognize symptoms of sickness as well as strategies to get well.

Focus Step:

Place the following props on a table in the front of the class and ask students what these items have in common: hand sanitizer, box of tissues, vitamins, small pillow, can of soup, bottle or bar of soap. All of these items can help us prevent the spread of germs or getting sick. Ask students to describe how each item contributes to the prevention of sickness or spread of germs.

Hand sanitizer – kills germs on our hands

Soap – when used with warm water – kills and rinses germs off of our hands and bodies

Tissues – catches germs when we sneeze or cough – works best when followed with sanitizer or soap and water

Vitamins and Soup Can – eating a well balanced diet gives us the vitamins, minerals, and nutrients we need to help our immune system fight germs and stay healthy

Small pillow – getting lots of sleep helps our bodies replenish important cells and enzymes needed to keep our bodies healthy and strong

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Teacher Input:

Option 1:

Share the books *Germs Make Me Sick* and *I Know How We Fight Germs* to illustrate how germs make us sick, how they are spread, how to prevent the spread of germs and how to recognize and treat illnesses when we get sick.

Option 2:

This episode of *Sid the Science Kid* is offered by the U.S Department of Health and Human Services to teach children about germs, viruses, and vaccines.

<https://www.youtube.com/watch?v=4tpmiGFxRg4> Sid learns what germs are, how they are spread, how to prevent the spread of germs through washing hands, cleaning surfaces, the elbow sneeze, and getting vaccines.

Both options help students examine how germs make us sick, how our bodies fight germs, how to limit or prevent the spread of germs and things we can do to stay healthy and get well when we do get sick. Use the Germ Graphic Organizer for students to record facts about how germs are spread and how to prevent the spread of germs while they listen to the books or watch the video. Students can use pictures and sentences to represent their comprehension of the facts shared in the stories/video.

Assessment:

Using the handout called “Fight the Germ!” (appendix 1), have students use crayons to show three ways that germs can spread and three ways to get rid of germs.

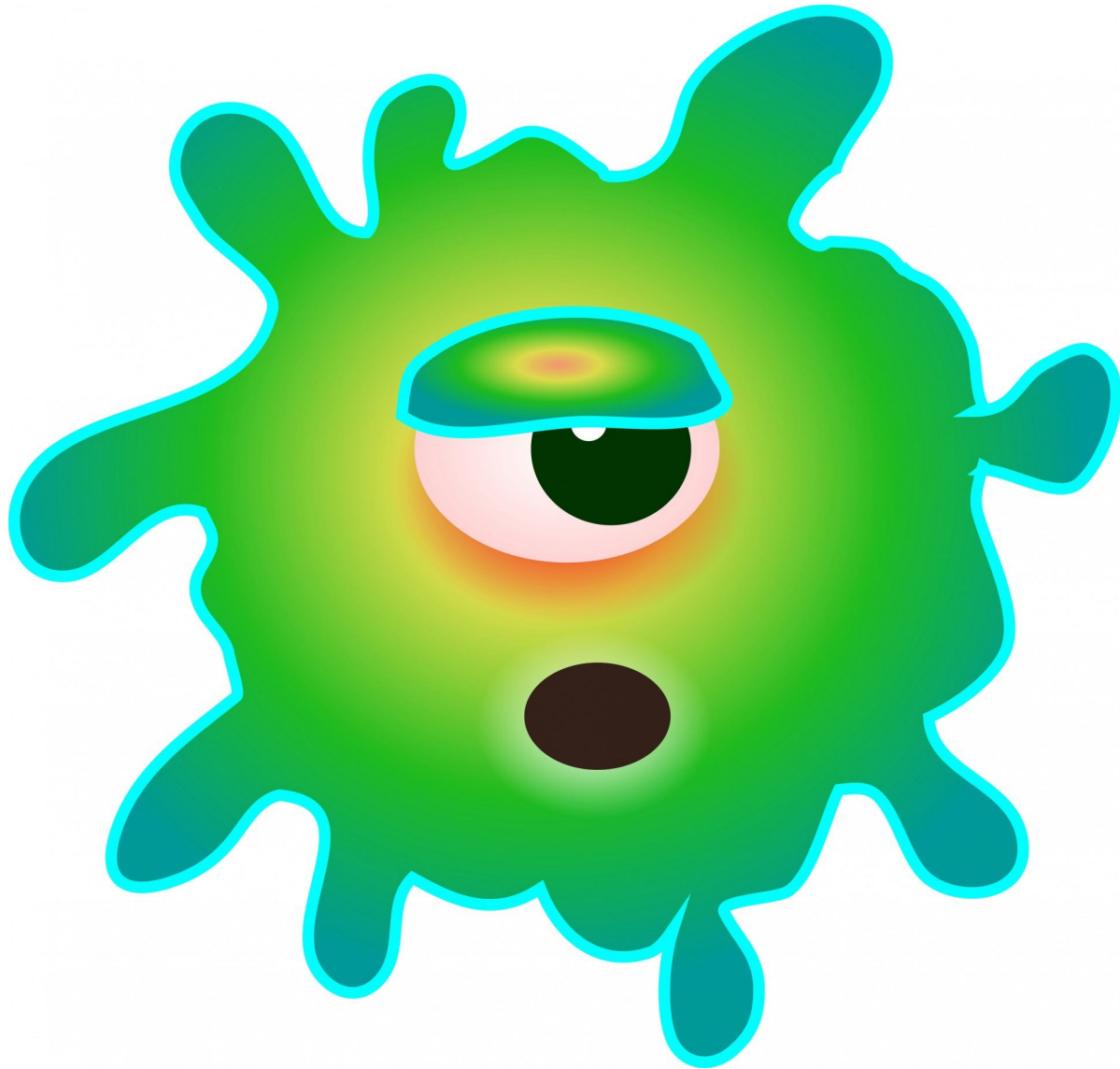
Closure:

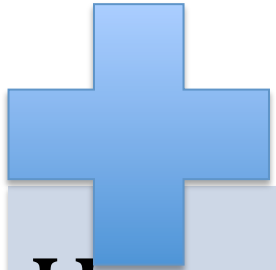
Today you learned how germs are spread, how to prevent the spread of germs, and strategies to feel better soon. We will use these hygiene practices in our class to help keep us healthy and strong.

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Fight the Germ!

Show three ways that germs can spread and three ways to get rid of the germ

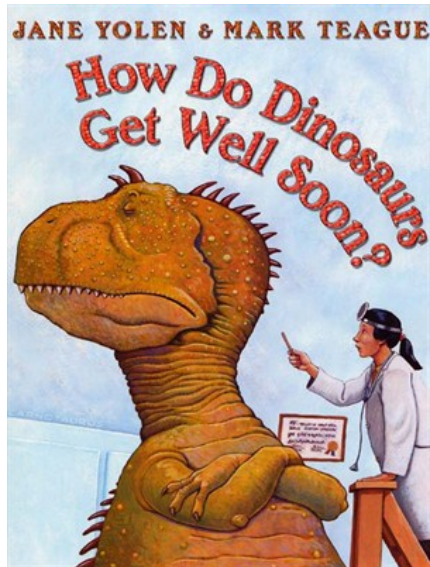




How to prevent
spreading germs



How germs
are spread



What should this dinosaur do to feel better soon?