

Glitterbug

For younger aged groups...

- *Use...*
 - Plastic Food
 - Germ Reproduction Jars
 - Glitterbug Light & Lotion
 - Glitterbug powder and tin for large groups
 - Fight Bac Poster

Begin this program with questions about what a farmer does.

- Try to get them to realize that a farmer grows not only the food that we eat but also the clothes that we wear.

Show the plastic food.

- *Ask...*
 - How many of you like to eat hamburgers?
 - Where do you like to buy your hamburgers?
 - *McDonalds is usually most popular answer.*
 - Where does McDonalds get its hamburger?

Have an audience member tell you one thing on the burger and where it came from.

- Each answer leads back to the farm eventually...
 - If they don't do it themselves; help them reach that conclusion.

After they have identified each part of the burger talk about how lucky we are to have farmers to produce our food and clothes.

- *Ask...*
 - How many people handle your food from the time a farmer grows it until you go to McDonalds and pick it up?

Take the bun as an example.

- *Explain...*
 - A farmer grows the wheat and when it is ready to harvest, he has machinery that handles the wheat.
 - From there he takes it to the elevator to store the wheat and they may take a sample of it to test it so we have machines and people handle the wheat at the elevator.
 - From the elevator, the wheat would go to a mill where it will be ground into flour.
 - *Ask them if they think machines help do this.*
 - From the mill, the flour will go to a bakery to make the buns; again, people and machines will handle it.

- Then McDonalds will buy the buns and make the hamburgers.
- Ask...
 - What do all of those machines and people have on them?
 - *Germs and/or bacteria are the answer you're after.*
 - What is a germ?
 - Can we see germs?
 - Where are germs?

Try to get them to see that even if we can't see germs, they are everywhere and some germs can make us very sick.

- Germs make us sick if they get inside our body so we want the germs to stay outside our body.

Show them how fast germs grow using the germ reproduction jars.

- Ask...
 - How many of you help cook at home?

Show them the Fight Bac poster and talk about each method of keeping food safe to eat.

- ***There are four main ways to make sure that we keep our food safe to eat.***
 1. Separate
 - Don't cross contaminate
 2. Cook Food to Proper Temperature
 - Use a food thermometer
 3. Chill Food That are Going to be Eaten Later
 4. Wash Hands and Surfaces Often
 - This is the most important and easiest to do
- ***Say...***
 - We are going to focus in on hand washing today because it is so important.
- ***Ask...***
 - When do you think you should wash your hands?
 - ***Before*** eating, helping cook foods, handling any dishes that will be holding food.
 - ***After*** going to the bathroom, handling animals, playing outside or doing anything where they get their hands dirty.

Talk about the right way to wash hands.

- ***Ask...***

- How many of you have every been told to wash your hands and you go in, run a little water over your fingers and then dry them on your pants on your way out of the bathroom?
- Is that a good way to get rid of the germs?
- We need three things to wash our hands the right way...what are they?
 - *Soap, warm water and something to dry hands with.*
 - *Address the fact that sometimes they may not have soap or maybe there is only cold water.*
 - *They should still wash their hands the best they can with what is available.*

Sometimes at this point I show the “Fight Bac” video that shows the proper way to wash hands. The humor in this video is geared towards older students and adults but it does a good job of showing the right way to wash.

Talk them through the proper way to wash their hands.

1. Wet hands
 2. Get hands completely soaped up
 3. Scrub hands for a full 20 seconds
 - *Can sing ABC song or something similar to make sure they scrub for the full 20 seconds.*
 - *Make sure they know they must clean all of the areas of their hands during these 20 seconds.*
 4. Rinse off all the soap
 5. Dry hands with a paper towel, clean cloth or a hand dryer
- ***Ask...***
 - How many of you think you can do a good job of washing your hands?
 - ***Say...***
 - I have a special light that will help us see if you are doing a good job.

Before they put on the lotion, tell them that what they are seeing are pretend germs.

- *We can't see germs without a microscope but just like the lotion, the germs are all over our hands.*

Have them put on the lotion and look under the light.

- *If large group, only have 3 or 4 volunteers come forward or use powder & tin*
 - ***Put some glitterbug powder into the tin and dip my hand into it.***
 - ***Have the students line up and shake hands with each of them and then give them a chance to look under the light.***
 - ***Tell them that they can wash their hands later when the teacher gives them a break.***

Have them wash their hands and come back and look again to see if they did a good job of washing.

While they are washing their hands, tell the others that you are going to show them how easy germs spread from person to person.

After the hand washing has been completed and they have looked to see where they missed, ask them to tell you some of the spots that they missed.

- *Talk about and show the fingernail brush and tell them this is another tool that will help in the creases around their nails.*

To summarize, ask them a few review questions.

- ***Ask...***
 - Can you list the three things needed to wash their hands properly?
 - *Soap, warm water & something clean to dry hands with*
 - How long should you spend scrubbing your hands?
 - *At least 20 seconds*
- ***Say...***
 - If you will always wash your hands the proper way before you eat or help cook, after you go to the bathroom and anytime you have been doing something that gets your hands dirty, you will stay much healthier.
 - Thank you for being such a great audience.
 - Help me be a germ buster by washing your hands the right way every time!