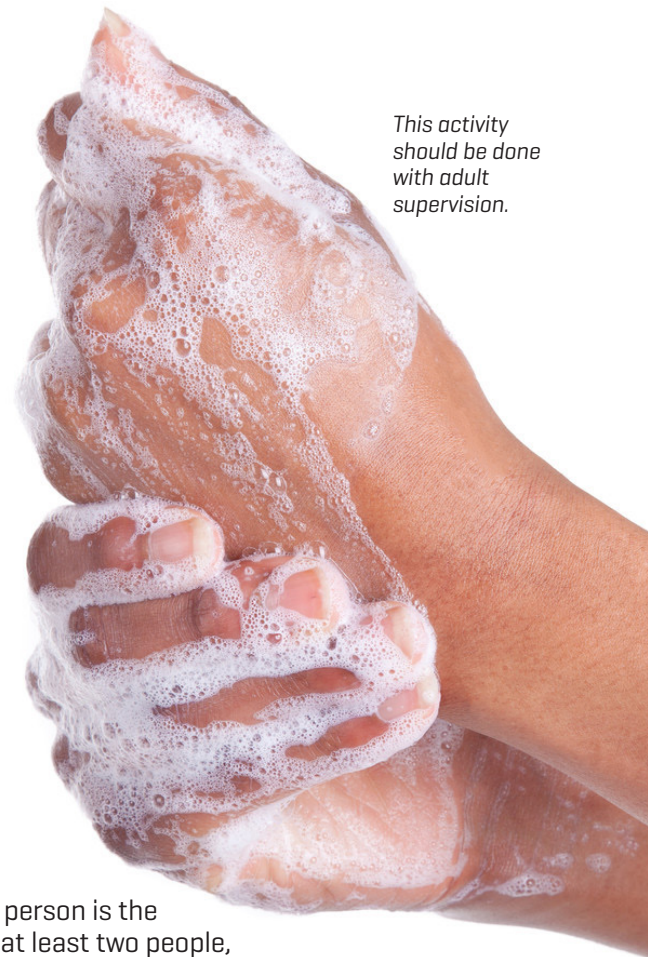


# SOAPY SOLUTIONS

How do YOU wash YOUR hands?

*This activity should be done with adult supervision.*



## Materials Needed:

cooking oil

cinnamon

sink with hot and cold water

hand soap

measuring spoons

paper towels

timer

The activity works best if three people are hand washers and the fourth person is the measurer, timer, soap dispenser, and sink faucet controller. If there are at least two people, do the handwashing variations one at a time and take a photo of each of them so that you can compare them later.

## Procedure

<p><b>1.</b> Answer the question: What is the most effective way to remove germs from your hands?</p>	<p><b>2.</b> Have three volunteers rub 1 tablespoon of oil all over their hands until they are completely coated.</p>	<p><b>3.</b> Sprinkle 1 teaspoon of cinnamon on their hands. Have them rub it around until it is evenly distributed. The cinnamon represents germs.</p>
<p><b>4.</b> Have the three people wash their hands, one at a time:</p> <p><b>Person #1:</b> Wash hands with COLD water and NO SOAP. Rub briskly for 20 seconds.</p> <p><b>Person #2:</b> Wash hands with WARM WATER and NO SOAP. Rub briskly for 20 seconds.</p> <p><b>Person #3:</b> Wash hands with WARM WATER and SOAP. Rub briskly for 20 seconds.</p>	<p><b>5.</b> Record your observations:</p> <ul style="list-style-type: none"> <li>• The method that removed the most “germs” was.....</li> <li>• The method that removed the least “germs” was.....</li> <li>• Draw three hands. Show how the hands looked after they were washed. Draw the germs that were left.</li> </ul>	<p><b>6.</b> Record your conclusions:</p> <ul style="list-style-type: none"> <li>• I can remove germs from my hands by:</li> <li>• If I use only cold water and no soap to wash, this might happen:</li> <li>• Why does the warm water help?</li> <li>• Why does soap help?</li> <li>• Why does rubbing help?</li> </ul>

This modified activity is complements of The Partnership for Food Safety Education. [www.fightbac.org](http://www.fightbac.org).

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