



4-H Healthy Living

Encouraging youth to make healthy choices

UP FOR THE CHALLENGE

LESSON 3

KEEPING IT CLEAN! KEEPING IT HEALTHY!

LEVEL: Middle School (6-8)

GOAL: Youth will identify where germs hide.
KEY QUESTION: What are wise choices we have to make to stay healthy and safe? Where do germs hide? How do we prevent germ spread?
MATERIALS NEEDED: <ul style="list-style-type: none"> • 4-H Wheel • CD Player • Black light, glitter bug lotion or substitute • Paper plates • Note Pad • Music • 4 lbs. of beads or jelly beans • Variety of healthy nutritional items – whole grain hot dog buns, peanut butter, sunflower seeds, banana, jam, other • Hand soap • Sink, hot water • 5 graduated size jars with lids • Parent notes • Foods for nutritious snack to prepare
TEACHING TIP: Include water breaks!!!

Agenda	Topic	Source
3:30 15 minutes	Welcome Warm-up game 4-H Wheel Ice-breaker – Musical Hand Shake	Chapter 1, Lesson 1, pg 16, Get in the Movement Groove 4-H Wheel Activity See games
3:45 20 minutes	Mini-Lesson: Where germs hide Demonstration: Proper hand washing Reinforcement: Germ jars	Chapter 1, Lesson 3, pg 25 – 28 Importance of good hygiene; Activity 2: hand washing challenge, germ jars Activity 3: When to wash your hands
4:05 30 minutes	Activity: Make a nutritious snack Mini-Lesson: MyPlate	Make a nutritional snack Chapter 1, Lesson 2, pg 22-24 MyPlate Beginning Challenge and Now We're Cookin' Prepare a simple nutritious snack
4:35 15 minutes	Active Game: Germ Tag Cool down: [WATER break]	See games
4:50 10 minutes	Reflection / sharing circle	4-H Wheel Activity
5:00	Good-bye	