

Grade 2

Health Objective 2.02

Summarize methods for preventing the spread of germs through food, water, air, and touch.

Math Objective 4.02

Complete simple probability experiments; describe results, make predictions.

Materials Needed:

Appendix 1a, b - *How Lou Got the Flu*

Appendix 2 - Worksheet for *How Lou Got the Flu*

Appendix 3 - Hand washing directions

Potato

Ziploc bag

Glitter

Grab bag (hand sanitizer, soap, towel, Kleenex, food container, drinking glass, straw, silverware)

Focus:

[Before class put a small amount of glitter on hands.]

Ask students if they have ever heard of the word germs?

- *What are germs?*
- *How do we spread germs?*

Tell students that since they have been doing such a good job in class that we need to congratulate each other.

Ask student to move around the room, shake their neighbor's hands and tell them what a good students they are.

(Make sure that you are shaking hands as well)

When students have had plenty of time to rotate around the room, tell everyone to stop and look at their hands. Tell the students that glitter represents germs

- *Does everybody have the "germs" on their hands?*
- *How did these germs get there?*
- *Can we get the germs off just by wiping our hands?*
- *Do you think we have real germs on our hands right now, and if we do, can we get rid of them?*

Teacher Input:

Read the story *How Lou Got the Flu*, to the students aloud. Tell the students just to listen to the story the first time it is read. Then read it aloud again and tell the students to fill out the corresponding worksheet. After reviewing the answers talk with the students about how germs can be spread through the air and by touching people. Ask the students if they can think of another way that germs can be spread. If the students do not think of food or water on their own, talk about how germs can also be spread through the consumption of different kinds of food and water.

Go back to the story that was just read and ask the students what the different characters could have done to prevent from spreading the flu to others. Ask the students what are some of the different things that they can do to prevent the spreading of germs? Talk about the importance of washing your hands. Review the Hand washing handout Appendix 3 and model hand washing for students.

Practice & Assessment:

Activity 1

Peel and cut into half a potato. Pass one half of the potato around so that all of the students can touch it with their hands. Now tell the students to all wash their hands using the previous directions in the classroom sink or in the bathroom. After everyone's hands have been washed, pass around the other half of the potato for everyone to touch. Put both halves of the potato into separate sealed Ziploc bags to sit overnight. Make predictions with the students about what they think will happen to the potatoes.

The following day, have the students look at the potatoes and pass them around in the bags so that everyone can see them. Ask the students why they think the potatoes look the way they do. Tell the students to draw pictures of each of the potatoes in their journals and then write about what they learned through this experiment about washing their hands.

Activity 2

Create a Grab Bag. Decorate a brown grocery bag and place germ prevention items in the bag. Ask each student to blindly reach into the bag and pull out an item. They must explain to the class how this item could be used to prevent the spreading of germs.

Hi, How **Lou** Got the **Flu**

I'm Louise - most people call me Lou - and I live in Kansas. I feel pretty rotten now. I have a sore throat, a cough, and achy muscles. Doctor Petrie said I caught the flu-that's short for influenza. My friends Sue, Hugh, and Stu also caught it. I hear it's going around (and not just to people whose names rhyme!) My dad's giving me lots of stuff to drink and making sure I sleep a lot. I asked Doctor Petrie, "Where does the flu come from?" She said, "Many scientists think the flu comes from ducks in China." How can a virus travel around the world?

You'll see, my friend, you'll see...

Six months ago on a farm in China, there was a duck that carried a flu virus in its body. The duck was never lonely because over a billion ducks live in China. About a billion people live there, too.

So, how did it get from the **DUCK to me?**

People can't become infected with duck viruses, so how did this flu spread to people? Pigs! Min Peng, a farmer in China, raises pigs. When the duck flew over Min Peng's farm and pooped on the ground, a pig sniffed the duck virus into his body.

So, how did it get from the **DUCK
to the **PIG** to me?**

You'll see, my friend, you'll see...

The pig spread the virus to many of the other pigs on the farm. One day, one of the baby pigs touched Min Peng's face, and—you guessed it—Min Peng caught the flu virus.

So, how did it get from the **DUCK** to the
PIG to the **FARMER** to me?

You'll see, my friend, you'll see...

He was sick for a few days. Later, Min Peng went to the market. Mei-li Yuan bought some red bean ice cream from him. When Min Peng was giving her change, he accidentally sneezed on the money. "I'm so sorry," said Min Peng, "I'm just getting over the flu." "I hope you feel better soon," said Mei-li Yuan, and took a bite of the ice cream

So, how did it get from the **DUCK** to the
PIG to the **FARMER** to the
SHOPPER to me?

You'll see, my friend, you'll see...

The next night, Mei-li Yuan was studying for an exam with her friend Maria, who is from the United States. While they were studying, Mei-li Yuan and Maria got thirsty. Since there was only one soda, they shared it.

So, how did it get from the **DUCK** to the
PIG to the **FARMER** to the
SHOPPER to the
STUDENT to me?

AHOOO!

She sneezed right next to me. And that's
how I got the flu from a duck in China

How Lou Got the Flu!

Here is a list of the characters that are in the story. Number them from 1 to 6. As you are listening to the story for the second time, put a 1 beside the name of the character that got the flu first. Then put a 2 beside the name of the character that got the flu next. Keep doing this until you put the number 6 beside the name of the character that got the flu last.

_____ Maria

_____ Min Peng

_____ Lou (Louise)



_____ A Duck in China

_____ Mei-li Juan

_____ A Pig on a Farm



How to Wash Your Hands



- 1. Turn on the sink using warm water**
- 2. Use enough soap to make plenty of suds.**
- 3. Rub your hands together for at least 20 seconds.**
- 4. Wash on the backside of your hands, between your fingers, around your wrists and on your palms!**
- 5. Rinse your hands.**
- 6. Dry your hands using a dryer or a paper towel.**
- 7. Turn off the sink using your towel so that you do not get more germs from the faucet.**