

## Grade 4

### Health Objective 2.03

Summarize methods for preventing the spread of germs that cause communicable diseases.

### Language Arts 2.06

Summarize major points from fiction and nonfiction texts to clarify and retain information and ideas.

### Materials Needed:

Appendix 1 – Cover Your Cough transparency

Large plastic egg

Miniature marshmallows

Poster paper

Markers

*Those Mean Nasty Dirty Downright Disgusting but...Invisible Germs* by Judith Anne Rice

### Focus:

Prior to the lesson fill a large plastic egg with miniature marshmallows. Show the egg to the class and explain that the egg represents their body. Carefully open the egg so that none of the other marshmallows fall out and insert one marshmallow into the egg. Explain that these marshmallows represent germs that get into your body. [Students will not know that there are more marshmallows in the egg.] Explain that once inside the body germs begin to multiply. Pop open the egg and allow all the marshmallows to pour out. This shows students how quickly the germs have multiplied.

### Teacher Input:

Display the Cover Your Cough transparency (Appendix 1). Ask students to name some of the places that they think germs may be found. In the previous activity, students saw that germs multiply very quickly and can make many people sick. Discuss the ways to prevent the spread of germs depicted on the transparency. Tell students that these are just a few of the ways to prevent the spread of germs but they are very helpful in preventing illness. Ask students how often they remember to follow the guidelines on the transparency.

### Practice & Assessment:

Read *Those Mean Nasty Dirty Downright Disgusting but...Invisible Germs*. Explain to the students that while you are reading they should pay close attention to the details and take notes. Specifically they should note where Rosa got her germs. They should also pay attention to how Rosa got rid of her germs. After reading the book and with students using their notes, brainstorm a list of ways people can prevent the spread of germs.

Place students into pairs and tell them they are to create a germ prevention poster for the class. After each pair has finished their poster, allow them to share their ideas and put the posters around the room to remind students they can prevent the spread of illness.

**Stop the spread of germs that make you and others sick!**

# Cover your Cough



Cover your mouth and nose with a tissue when you cough or sneeze or

cough or sneeze into your upper sleeve, not your hands.



Put your used tissue in the waste basket.



# Clean your Hands

after coughing or sneezing.



Wash hands with soap and warm water

or  
clean with alcohol-based hand cleaner.



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