

# Educator Workbook

CAPS-aligned

Life Skills

## Grade R-7

Growing tomorrow's  
leaders through  
learning about  
hand hygiene



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# Section A

## Introduction

### Foreword

As a teacher, you will know that some illnesses can be prevented by washing our hands regularly. Of the range of hygiene behaviours considered important for health, handwashing with soap is a top priority in all settings. Diarrhoea is a leading killer of children, accounting for approximately 8 percent of all deaths among children under age 5 worldwide in 2016. This translates to over 1,200 young children dying each day, or about 450,000 children a year, despite the availability of simple effective treatment. One of the best ways to stop the spread of germs is through good hygiene. It is imperative, therefore, that you, the teacher, play an active role in ensuring that learners are aware of the many ways in which they can protect themselves from ill health.

For over 80 years, Dettol has been protecting the health of families. They work in communities across the globe with partners to deliver hygiene education to keep families healthy. Dettol visits schools every year to teach learners the importance of correct hygiene practices and habits to keep healthy.

Dettol has created this user-friendly, fun and factual Educators' Workbook to help teach important health messages to learners relating to hygiene. By completing the activities together with your learners, you will teach them lessons that they will remember for life. The activities, which are aligned to the CAPS curriculum, cover the Life Skills/Life Orientation curriculum standards and have been designed to ensure that learners have fun while learning.

You can assist your learners by:

- Ensuring that they wash their hands before they eat, after playing in the playground, visiting the toilet, after coughing or sneezing or touching pets
- Showing them that it is not enough just to wash their hands with water only
- Placing reminders up in your classroom of the Dettol 6-steps of handwashing
- Teaching them that, although germs cannot be seen with the naked eye, they are all around us and can make us sick
- Demonstrating that washing their hands is one of the best ways to stop germs from spreading

**Dettol, be 100% sure.**

Here is a quick overview of the CAPS-aligned content that you will find in this educational pack:

**Grade R**

Life Skills – Good basic hygiene practices

**Grade 1**

Life Skills – Healthy habits

**Grade 2**

Life Skills – Healthy living

**Grade 3**

Life Skills – Health protection: Basic health and hygiene

**Grade 4**

Life Skills – Health and environmental responsibility

**Grade 5**

Life Skills – Health and environmental responsibility

**Grade 6**

Life Skills – Health and environmental responsibility

**Grade 7**

Life Orientation – Health, social and environmental responsibility: Common diseases



## Background and Context

Pick n Pay School Club is celebrating its 15<sup>th</sup> year of providing much-needed educational material, which now reaches 105,875 teachers and 2.26 million learners across South Africa. The Dettol learning programme is aligned to the CAPS curriculum, which adheres to the standards set by the Department of Education.

The material is designed to facilitate the learning process and culminates in the assessment of competency levels according to the standards set for each specific grade. The educator is supported by way of research and learning content that is presented clearly and is easy to implement in the classroom.

### Acronyms:

**CAPS:** Curriculum and Assessment Policy Statement

**GET:** General Education and Training



# Section B

## Foundation Phase

### Grade 3

# Educator Guide

<b>Name of Learner Activities</b> Learner Activity 1: Germs are everywhere Learner Activity 2: Health protection		<b>Time:</b> 2 Hours
<b>Grade 3</b>		<b>Subject</b> Life Skills Term 1
<b>Curriculum Standards (CAPS):</b> <b>Life Skills Term 1</b> <ul style="list-style-type: none"> <li>Health protection <ul style="list-style-type: none"> <li>Basic health and hygiene</li> </ul> </li> </ul>		
<b>Objectives</b>		
<b>The learners will be able to:</b> <ul style="list-style-type: none"> <li>Understand that germs are everywhere in the environment and how they are spread</li> <li>Understand that proper handwashing removes harmful germs from hands and prevents the spread of illnesses and diseases</li> </ul>		
<b>Content</b>	<b>Skills</b>	<b>Values</b>
<b>Learner Activity 1: Germs are everywhere</b> Learners find and colour-in the hidden germs in the pictures.	<b>Learner Activity 1: Germs are everywhere</b> Work together in groups; critical thinking; observation.	<b>Learner Activity 1: Germs are everywhere</b> Demonstrates knowledge of germs and how germs can make people sick.
<b>Learner Activity 2: Health protection</b> Learners cut and paste hygiene tips into a hygiene chart and list their own hygiene awareness tips.	<b>Learner Activity 2: Health protection</b> Critical thinking and observation; work together in a group; observation.	<b>Learner Activity 2: Health protection</b> Demonstrates knowledge of how germs are spread and understands the importance of washing hands and displaying good hygiene habits.
<b>Resources needed</b>		
<b>Learner Activity 1: Germs are everywhere</b> Access to the Internet to play the videos: <a href="http://goo.gl/NPWdZY">goo.gl/NPWdZY</a> and <a href="http://goo.gl/ZPCK3D">goo.gl/ZPCK3D</a> ; sticky notes; talcum powder; printed copies of the Learner Activity worksheet.		
<b>Learner Activity 2: Health protection</b> Access to the Internet to play the videos: <a href="http://goo.gl/JVbWYc">goo.gl/JVbWYc</a> (please play the video up until 1.52 mins) and <a href="http://goo.gl/CzNhux">goo.gl/CzNhux</a> ; spray bottle filled with water; 2 apples; knife for cutting apples; 3 jars with lids; labels for jars; pen for labelling; Dettol soap; sanitised chopping board; printed copies of the Learner Activity worksheet.		
<b>Teacher preparation before starting</b>		
Study the lesson plans prior to the lessons and ensure you have all the resources required for the lessons. Familiarise yourself with content for the two lessons before the lesson starts. Watch the YouTube videos mentioned in the 'Resources needed' section of this Educator Guide and decide which of them to incorporate into your lesson. Print sufficient Learner Activity worksheets.		
<b>Teaching the Learner Activities</b>		
<b>Learner Activity 1: Germs are everywhere</b>  Germs are everywhere. Germs can be either good or bad. There are germs that live on the skin and are usually not harmful but hands can collect all kinds of germs, some harmful. We can't see germs without using a microscope.		



# Section B

## Foundation Phase

### Grade 3

# Educator Guide

#### Introduce the lesson

- Ask learners what they know about germs. Let them share ideas. Explain that germs are (tiny living organisms that live in many places but can creep into our bodies and make us sick).
- Play the cartoon video about germs: [goo.gl/NPWdZY](http://goo.gl/NPWdZY)
- Tell learners that they are going to pretend that they are special agents and investigate how germs can move around the classroom. Explain that germs multiply and can spread very quickly (this is called infection) – illustrate this by placing a few sticky notes onto the board, chairs and desks. Explain that they represent germs. Now remove them and put them onto another surface. Ask learners to witness what happens when you remove the sticky notes (they leave a trail of stickiness (infection) behind. Place learners in groups to investigate how germs move around the classroom.
- One member of the group pretends to sneeze into their hand (place talcum powder in their hand) and then walks around the classroom touching objects (desks, chairs, learners, pencils etc.).
- The rest of the group must watch this behaviour and place sticky notes wherever the group member has touched.
- Afterwards, ask the class where the most common places for germs were found.
- Ask why they thought this. Establish that germs are on people (because we can move) and objects shared by people. Now ask the class what the best way was to stop people spreading germs. Encourage learners to clean their hands whenever they use the toilet, sneeze, cough or play on the playground.
- Explain the Dettol 6-steps of handwashing. Play the Dettol video showing the 6-steps of handwashing: [goo.gl/ZPCK3D](http://goo.gl/ZPCK3D)

#### Complete the Learner Activity

Learners can then complete the Learner Activity worksheet.

#### Learner Activity 2: Health protection

Explain to the class why it is important to clean our hands. Explain how cleaning our hands reduces the number of germs on them. Establish how germs cause diseases and make us unwell and if we don't clean our hands we spread the germs to everything and everyone we touch. Encourage pupils to use partner talk to brainstorm things we do that increase the number of germs on our hands. Discuss with the class some rules to follow to help reduce the number of germs on our hands (handwashing; washing food items before eating; tooth brushing etc.).

Learners write and illustrate germ-busting rules to go on display around the classroom on colourful pieces of card or paper. Teach learners that prevention is the best intervention. Addressing the spread of germs in schools is essential to the health of the learners and proper handwashing is one of the most effective ways to prevent the spread of germs. It is important for learners to know when and how to properly wash their hands before eating, after playing outside, playing with pets, after using the toilet, after coughing or sneezing, after blowing their noses and after playing on the playground.

#### Introduce the lesson

- Introduce the lesson by playing the video to the class: [goo.gl/JVbWYc](http://goo.gl/JVbWYc) (play video up until 1:52 mins)
- Ask the questions: How are germs spread? Where are germs found?

#### Activity:

- Fill a spray bottle with water and set the nozzle to "mist".
- Explain to class that the water is like all the germs inside of each of them.
- Pretend to sneeze (don't cover up sneeze), and as you do spray the water on the children sitting in front of you. Walk around the room and continue to pretend to sneeze and cough while spraying water.



## Section B

### Foundation Phase

### Grade 3

- d) Explain that this activity demonstrates how germs are spread when you don't cover your cough or sneeze.
- e) Now, use a tissue to cover up a pretend sneeze/cough. Repeat, using your elbow or upper arm to cover the sneeze/cough.
- f) Explain that this activity demonstrates how germs are prevented from spreading by using the tissue or your elbow.
- g) Now, tell the class that they are going to prepare an experiment to prove how germs are spread, but the results will only show in 10 days. Tell them to guess which apple piece would have the most germs.
- h) You will need:
  - 2 apples
  - 3 jars with lids
  - Labels for jars
  - Pen
  - Dettol soap
- i) Label the jars as follows:
  - Not touched
  - Dirty (the half that would be handled with unwashed hands)
  - Washed
- j) Cut both apples in half on a sanitised cutting board. Explain to the learners that these apples will show how many germs come from our hands!
- k) Slide one apple half in the clean jar from the cutting board (the aim is not to touch it at all). Label this jar "Not touched with hands" and then tighten the lid.
- l) Next, ask two learners to rub their unwashed hands over another apple half and then put it in the jar. Label this jar "Dirty" and then screw on the lid. Then ask a learner to wash their hands with Dettol soap following the Dettol 6-steps of handwashing and rub his/her hand on the apple and put it in the 3rd jar labelled "washed" and screw on the lid.
- m) Place all jars on a shelf window for about five days. Ask learners what happened to the apples in all the jars. Learners will notice some browning in the first apple piece, mould on the apple in the "Dirty" jar and browning on the "washed" apple. Ask learners that is the conclusion? The apple that grew mould was the one touched with dirty hands.
- n) Play the Dettol handwashing video: [goo.gl/CzNhux](http://goo.gl/CzNhux)
- o) Explain the Dettol 6-steps of handwashing and the importance of handwashing the correct way. Recap ideas for health protection: Washing hands; washing food before eating; brushing teeth etc.

Complete the Learner Activity

Let learners complete the Learner Activity worksheet.

#### Assessment

Refer to the Resource Section for the Assessment Rubric.

#### Teacher reflection

Is there anything you would do differently if you taught this unit again?



## Germes are everywhere

Name:..... Date:.....



Germes live everywhere. You can find germes in the air, on food, plants, in kitchens and toilets and even in playgrounds! They are found on just about every surface, including your body. Most germes are harmless, but some germes try and break down your immune system and make you sick. That's why it is important to wash your hands.

1. How many Germes can you find hidden in the pictures? \_\_\_\_\_
2. Once you have found the germes, colour-in the pictures.



Learner Activity 1





# Section B Foundation Phase Grade 3

## Health protection

Name:..... Date:.....



Handwashing is one of the most effective ways to protect yourself from germs. Wash your hands thoroughly before preparing or eating food, after coughing or sneezing, after using the toilet and playing outside.

1. Colour-in Captain Dettol's advice tips below and then cut and paste them into the healthy hygiene chart. Add four more tips of your own.


Advice tips:

Always wash your hands before eating	Always wash your hands after going to the toilet	Sneeze into a tissue or your elbow	Always wash your food before you eat it
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## Assessment Rubric:

Assessment	
Rating code	Description of competence
7	Outstanding achievement
6	Meritorious achievement
5	Substantial achievement
4	Adequate achievement
3	Moderate achievement
2	Elementary achievement
1	Not achieved



# notes



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