

# 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

## Intermediate Phase

### Grade 4

# Educator Guide

<b>Name of Learner Activities</b> Learner Activity 1: Healthy habits Learner Activity 2: Germs in our home		<b>Time:</b> 2 Hours
<b>Grade 4</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 and environmental responsibility</li> </ul>		
<b>Objectives</b>		
<b>The learners will be able to:</b> <ul style="list-style-type: none"> <li>Understand that germs are tiny living things that can make us sick</li> <li>Understand germ breeding places in the home; understand places germs live and identify how to stop the spread of germs</li> </ul>		
<b>Content</b>	<b>Skills</b>	<b>Values</b>
<b>Learner Activity 1: Healthy habits</b> Learners read a text and answer questions.	<b>Learner Activity 1: Healthy habits</b> Summarises text; compares; draws conclusions; relates background knowledge.	<b>Learner Activity 1: Healthy habits</b> Learns about the value and importance of living a healthy lifestyle.
<b>Learner Activity 2: Germs in our home</b> Learners unscramble words to find germ breeding areas in the home.	<b>Learner Activity 2: Germs in our home</b> Decoding text; vocabulary; spelling; comprehension; listening and speaking.	<b>Learner Activity 2: Germs in our home</b> Recognises that germs can be spread easily from one person to another and that the spread of germs can be reduced by proper handwashing.
<b>Resources needed</b>		
<b>Learner Activity 1: Healthy habits</b> Access to the Internet to play the videos: <a href="http://goo.gl/zUb7hW">goo.gl/zUb7hW</a> and <a href="http://goo.gl/W2H5iv">goo.gl/W2H5iv</a> ; 4 x plastic sandwich bags and 4 x slices of bread; paper towel (damp for experiment); Dettol soap; The Dettol 6-steps of handwashing poster; printed copies of the Learner Activity worksheet.		
<b>Learner Activity 2: Germs in our home</b> Access to the Internet to play the videos: <a href="http://goo.gl/2vccBk">goo.gl/2vccBk</a> and <a href="http://goo.gl/W2H5iv">goo.gl/W2H5iv</a> ; The Dettol 6-steps of handwashing poster; 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: Healthy habits</b>  Introduce the lesson <ol style="list-style-type: none"> <li>Explain to the class that germs are tiny living things (microorganisms) that are all around us and can make us sick. Explain that germs cannot be seen by using their eyes and that a microscope can be used to see germs. Explain that they can be found on countertops, hands, playground, telephones, doorknobs, on any surface, including pets.</li> </ol>		



## Section B

### Intermediate Phase

### Grade 4

- b) Let the learners watch the Bill Nye Science Guy video about germs so they can garner an understanding (play up to 6 mins): [goo.gl/zUb7hW](http://goo.gl/zUb7hW)
- c) Ask questions about the video:
  - i. What are germs? Answer: Tiny living organisms.
  - ii. Can we see them? Answer: Not with the naked eye – only through a microscope.
  - iii. How are they spread? Answer: From not practising healthy habits like washing our hands.
- d) Tell learners that they are going to do an experiment to show how germs spread. Ask for two class volunteers and get them to wipe their hands on a slice of bread each on both sides. Then place each slice in a plastic bag with a moist paper towel and label it “dirty hands”. Then ask them to wash their hands with Dettol Soap and touch the second slice of bread. Then place each slice in the sandwich bag with a moist paper towel at the bottom and label it “clean hands”. Within 10 days, mould will start to grow on the dirty bread.
- e) Ask learners to observe what they see. Ask why they think the mould grew on the dirty slice of bread. Explain that bacteria grow in moist conditions.
- f) Explain that one of the best healthy habits to learn is washing hands. However, for handwashing to remove germs it must be done correctly. Tell learners that knowing when to wash your hands is the first step to staying healthy. Ask learners for times when they think it is important to wash their hands. Review their recommendations and add any from the list below that they may not have covered. Clean your hands before and after: Using the toilet; playing in the playground; playing with pets; eating; sneezing; coughing; meeting a sick person.
- g) Go over the Dettol 6-steps of handwashing poster and then ask learners questions to ascertain if they understood the steps: [goo.gl/W2H5iv](http://goo.gl/W2H5iv)

Complete the Learner Activity

Learners can then complete the Learner Activity worksheet.

#### Learner Activity 2: Germs in our home

Introduce the lesson

- a) Introduce the lesson by playing the cartoon video to the learners: [goo.gl/2vccBk](http://goo.gl/2vccBk)
- b) Ask learners after the video:
  - i. What was the story about? Answer: It was about germs wanting to make people sick.
  - ii. Where were the germs in the video? Answer: In the toilet, door handle, tissue, sleeve, school bus.
  - iii. Why was it a sad day for the germs? Answer: They kept getting blocked by the PDI agents.
  - iv. How do people become PDI agents? Answer: By following three simple rules: Washing their hands; covering their cough and sneezes and staying at home when they are sick.
- c) Explain that most germs are harmless to humans. Some types of bacteria even do us good, like the ones in our stomach that help us to digest food. Germs are so tiny (microscopic – which means they can only be seen through a microscope).
- d) The most common types are:
  - Bacteria (e.g. food poisoning)
  - Viruses (e.g. common cold)
  - Fungi (e.g. athlete’s foot)
- e) Germs can be spread around the home on people’s hands, usually through touching people or contaminated surfaces. Germs can also travel through the air on tiny dust particles or in water droplets expelled from our mouths and nose when we cough, sneeze or talk.
- f) Talk about common places in the home for germs. Ask learners to give examples:
  - Dirty food and water
  - Surfaces that are touched often like doorknobs, taps, TV remotes and telephones
  - Cleaning and waste areas like bins, sinks and toilets
  - Leftover food



# Section B Intermediate Phase Grade 4

## Educator Guide

- Cleaning items like cleaning cloths, sponges and dirty toothbrushes
- Pets
- Other people

g) Read the poem by Ken Nesbitt

I have half a billion germs  
I keep as tiny pets.  
They're cute and clean and never mean  
and give me no regrets.  
They spend all day engaged in play  
upon my skin and hair.  
They're on my clothes, between my toes  
and in my underwear.  
They dance and shout and bounce about.  
They run and jump and slide.  
My epidermis teems with germs  
who party on my hide.  
I never fret about the pets  
inside my shirt and socks.  
I love them there but wonder where  
they keep their litter box?

**Kenn Nesbitt**

- h) Ask learners what the underlying message is in the poem. Answer: The underlying message is that germs are everywhere!
- i) Explain that the best way to help stop the spread of germs is through good hygiene.
- Wash hands often – especially before eating, before and after preparing food, and after coughing, sneezing, going to the toilet or playing in the playground
  - Cover nose and mouth with a tissue when coughing or sneezing. Put any used tissues straight in the bin and wash your hands
- j) Demonstrate the steps of proper handwashing to learners. You can play the Dettol song whilst doing this: [goo.gl/W2H5iv](http://goo.gl/W2H5iv)

Complete the Learner Activity

- a) Allow learners to 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?



# Section B

## Intermediate Phase

### Grade 4

## Healthy habits

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

Read the passage and then answer the questions and test your hygiene knowledge.



Sharing is caring, but when it comes to personal hygiene toiletries, there are items that should never be shared. For example, sharing a toothbrush could result in the spreading of infections. Germs found in the home could be carried in by people and pets, or in contaminated food and water. We can also pick up germs on our hands during the day. So how do we break the **chain of infection**?

Good hygiene is one of the best way to stop the spread of germs:

- Wash your hands before eating, before and after preparing food, after coughing, sneezing or using the toilet
- Cover your nose and mouth with a tissue when coughing or sneezing. Put any used tissues straight in the bin and wash your hands
- Clean your hands and surfaces regularly, separate raw and cooked foods and cook food thoroughly. Chill fresh and cooked foods to slow the growth of bacteria
- Vaccinations can protect people from serious infection

Answer the following questions:

1. Why should we not share personal items like toiletries?

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2. How do germs find their way into our homes?

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**Section B**  
**Intermediate Phase**  
**Grade 4**

**Learner Activity 1**

3. Why should we clean food surfaces?

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4. What should we do when we sneeze?

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5. How could you prevent the spread of germs at school?

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# Section B

## Intermediate Phase

### Grade 4

## Germs in our home

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



Germs are tiny beings that can make us sick if they get into our bodies.

Common sources of germs in the home are:

- Dirty food and water
- Surfaces like doorknobs, taps, TV remotes and phones
- Cleaning and waste areas like bins, sinks and toilets
- Leftover food
- Cleaning items like cleaning cloths, sponges and dirty toothbrushes
- Pets and other animals like rodents and flies
- Other people

1. Unscramble the following words to find germ breeding areas in the home.

tpes \_\_\_\_\_

letiotS \_\_\_\_\_

stap \_\_\_\_\_

nibs \_\_\_\_\_

liefs \_\_\_\_\_

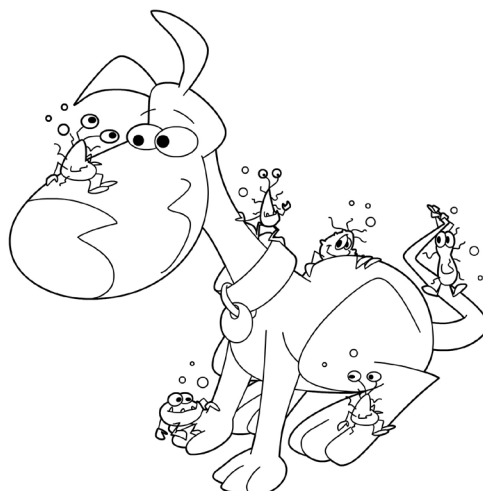
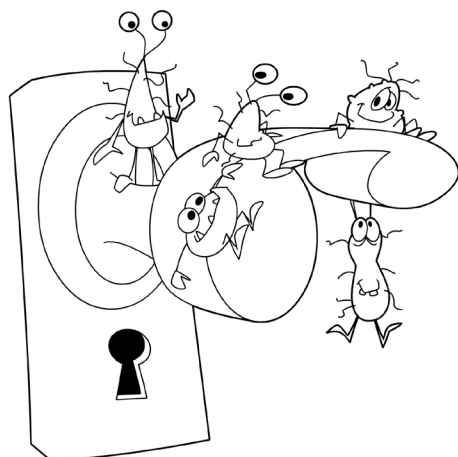
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**Assessment Rubric:**

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



Notes

Notes

Lined area for notes.



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