

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 15th 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 5

Educator Guide

Name of Learner Activities Learner Activity 1: How germs spread Learner Activity 2: Good hygiene habits		Time: 2 Hours
Grade 5		Subject Life Skills Term 1
Curriculum Standards (CAPS): Life Skills Term 1 <ul style="list-style-type: none"> Health and environmental responsibility 		
Objectives		
The learners will be able to: <ul style="list-style-type: none"> Understand that washing their hands removes dirt and germs that cause diseases; understand the importance of keeping hands clean; take responsibility for keeping hands clean Define 'hygiene'; explain why having good personal hygiene is important 		
Content	Skills	Values
Learner Activity 1: How germs spread Learners complete the questions in the activity.	Learner Activity 1: How germs spread Learners relate background knowledge; draw conclusions; problem solve.	Learner Activity 1: How germs spread Understands the value of why good hygiene habits need to be practiced avoiding local environmental health problems.
Learner Activity 2: Good hygiene habits Learners circle the correct answers to the questions.	Learner Activity 2: Good hygiene habits Relate background information; listening and speaking; draw conclusions; critical thinking.	Learner Activity 2: Good hygiene habits Understands that handwashing helps to keep them healthy and the important times to wash their hands.
Resources needed		
Learner Activity 1: How germs spread Access to the Internet to play the videos: goo.gl/pcpido and goo.gl/JLwepa ; the Dettol 6-steps of handwashing poster; open area to play the game; Dettol soap and water; printed copies of the Learner Activity worksheet.		
Learner Activity 2: Good hygiene habits Access to the Internet to play the video: goo.gl/4QZsVC ; the Dettol 6-steps of handwashing poster; printed copies of the Learner Activity worksheet.		
Teacher preparation before starting		
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.		
Teaching the Learner Activities		
Learner Activity 1: How germs spread Explain to learners that germs are so small that you cannot see them, and that they can be found almost everywhere. There are many types of germs, including bacteria and viruses. Some bacteria and viruses cause illnesses and diseases. Some are naturally occurring and do not make people sick and may be beneficial to people's health. Examples of beneficial bacteria are ones used to make yoghurt and cheese. People also have beneficial bacteria in their intestines or stomach that help them digest food.		



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Intermediate Phase

Grade 5

Some illnesses and diseases that are caused by bacteria and viruses can be harmful. Handwashing reduces the number of germs on our hands. Washing your hands properly and often can prevent the spread of many illnesses and diseases.

Introduce the lesson

- a) Introduce the lesson by playing the video about germs: goo.gl/pcpido
- b) Now tell learners that they will be playing a game called "Clean tag".
- c) Explain the Dettol 6-steps of handwashing. Keep a copy on the board. Choose four learners to play roles: Two will be disease-causing germs, one will be a hand washer (soap & water), and the last one a hand sanitizer.
- d) Tell the remaining learners to run away from the germs. If one of the germs happens to tag them, they must immediately freeze and stand with their legs far enough apart to make a tunnel through which someone can crawl. The hand washer and hand sanitizer are the only ones who can unfreeze (clean) the frozen (contaminated) learners by crawling through the tunnel between their legs.
- e) "Cleaned" learners are then free to run around again. Have the learners discuss what happened when they were tagged by the germs. What happens in real life? Answer: They can make you sick. Explain what happened when they were 'cleaned' by the hand washers? What would happen if there were no hand washers in the game? What would happen if there were no hand washers in real life? What would happen in the game if there was one germ and four hand washers? Discuss what the findings mean in their personal life. How does this change their handwashing habits?
- f) Show the learners the Dettol 6-steps of handwashing. Explain that washing hands is the best way to stop germs from spreading. Ask some learners to demonstrate the steps with Dettol soap and water for the class to see.
- g) Complete the lesson by playing the video: goo.gl/JLwepa

Complete the Learner Activity

Learners can then complete the Learner Activity worksheet.

Answers to worksheet activity

Germs are 5.22.5.18.25.23.8.5.18.5. (everywhere).

There are 6.15.21.18 types of germs (four).

Germs can 19.16.18.5.1.4 easily through coughing or sneezing (spread).

It is 9.13.16.15.18.20.1.14.20 to wash our hands regularly (important).

The Dettol 6-steps of handwashing:

1. Rub your palms together.
2. Rub your fingers and palms and the space in between them.
3. Rub your fingers and thumbs.
4. Rub your nails and palms.
5. Rub your thumbs in your palms.
6. Rub your fingers in your palms.

Learner Activity 2: Good hygiene habits

Reinforcing good hygiene practices is essential. It is important to prepare learners and ensure that they are clean for their health and wellbeing.

Introduce the lesson

- a) Start the lesson by playing the video: goo.gl/4QZsVC



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- b) Explain to learners that we can pick up germs on our hands during the day. They can spread to anything we touch until we wash our hands. Washing our hands is one of the most important steps we can take to avoid getting sick and spreading germs to others.
- c) Ask learners to think of their night time routines and what they do.
- d) Divide students into pairs and have them share their routines. Discuss as a class why they take care of their bodies and introduce the topic of personal hygiene.
- e) Ask learners what are some reasons we should have good personal hygiene? List answers on the board.
- f) Explain that some people go for days without washing their hair. Some people always want to look and smell their best. Explain that either way, bodies sometimes mature faster than grooming habits and good hygiene practices are up to the learners to maintain.
- g) Talk about some basic hygiene practises:
 - i. The most basic of hygiene rituals: Cleaning the body every day is a must.
 - ii. Toothbrushing is important. Talk about gingivitis, cavities, and bad breath. Always have floss on hand.
 - iii. Encourage frequent handwashing, especially before eating and after using the toilet, sneezing, or playing with pets.
- h) Watch the video about the 6-steps of handwashing: goo.gl/4QZsVC
- i) Tell the learners that part of good hygiene practices are to keep hands clean.

Complete the Learner Activity

Learners can then 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 5

How germs spread

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



How do we protect ourselves from getting a cold or flu? Germs are all around us. The common cold and flu are caused by viruses that spread from person to person. There are four major types of germs. They are called bacteria, viruses, fungi, and parasites. Not all germs are bad. Good bacteria live in our bodies as helper germs like the bacteria in our stomach that aids digestion. Germs are spread:

- To the hands by sneezing, coughing or rubbing of the eyes
- To food from unwashed hands
- From sick people to other people
- From animals to people

That's why it is important to wash our hands to stop the spread of germs.

Learner Activity 1

Each letter of the alphabet has a number beneath it.

1. Use the numbers to break the code to the answers below:

A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26

- Germs are 5.22.5.18.25.23.8.5.18.5. _____
- There are 6.15.21.18 types of germs. _____
- Germs can 19.16.18.5.1.4 easily through coughing or sneezing. _____
- It is 9.13.16.15.18.20.1.14.20 to wash our hands regularly. _____



Good hygiene habits

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

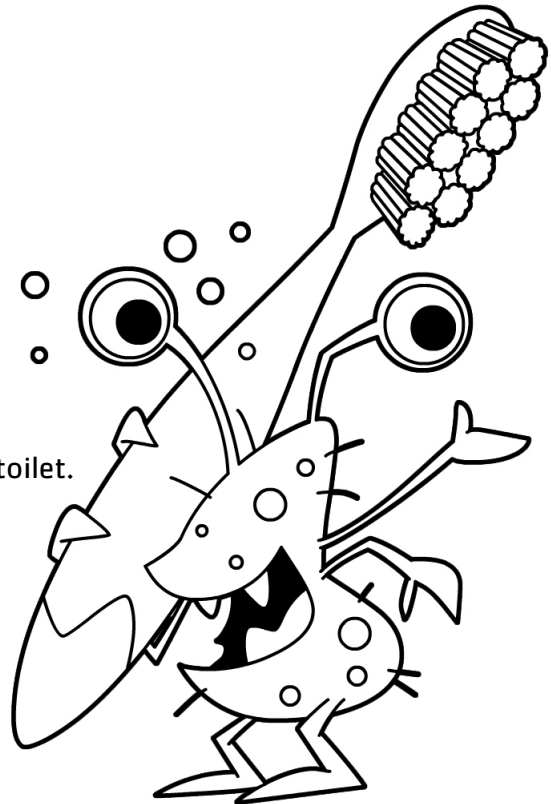


How are germs spread?

Germs can be carried into the home in or on people and pets, or in contaminated food and water. We can also pick up germs on our hands during the day. Germs can spread to anything we touch until we wash our hands. Washing our hands is one of the most important steps we can take to avoid getting sick and spreading germs to others.

1. Look at the Dettol 6-steps of handwashing poster and then complete the questions below.
2. Circle the correct answer:

- a) We should/shouldn't share toiletries.
- b) We should/shouldn't clean kitchen surfaces.
- c) We should/shouldn't wash our hands before eating.
- d) We should/shouldn't wash hands after coughing.
- e) We should/shouldn't sneeze into a tissue.
- f) We should/shouldn't keep our environment clean.
- g) We should/shouldn't wash hands after going to the toilet.
- h) We should/shouldn't brush our teeth every day.



Learner Activity 2



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

Notes

Handwriting practice lines consisting of 30 horizontal rows. Each row is composed of three lines: a solid top line, a dashed middle line, and a solid bottom line.



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