

Food Safety Fun Food Activities for Children

Activity: Wash My Hands

Idea 1—Poem

Teach children the poem, *Wash My Hands*. Make the hand motions with the children as they say the poem. Say the poem when the children wash their hands. To wash for 20 seconds, repeat the poem at least twice.

Wash My Hands

This little hand is a good little hand.

(Motion: Hold up one hand.)

This little hand is the sister (brother).

(Motion: Hold up the other hand.)

Together they wash, and they wash, and they wash.

(Motion: Put hands together and make motions of hand washing.)

One hand washes the other.

Idea 2—Teach Skills

Teach children to wash their hands.

Materials Needed

- Liquid soap
- Paper towels
- Fingernail brush (if desired)
- Handwashing sink

Show children how to

- get their hands wet.



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- put soap on them.
- rub them together.
As they rub their hands together, repeat the *Wash My Hands* poem twice or sing the *ABC Song* twice. This takes about 20 seconds. Another 20-second song option is *Twinkle, Twinkle Little Star*. This is a fun way to help children learn how long to wash their hands.
- dry their hands with a paper towel or hand air dryer.
- turn off the water with a paper towel.



Idea 3—Discuss

Talk to children about why and when they need to wash their hands.

Why to Wash Hands

Explain that germs are very small, so small they cannot be seen. Germs can make people sick if they are not washed away.



Explain that germs come from many places or things. For example, when a person sneezes, germs are spread. Ask the children to think of other places germs come from. Use the list below to help children with answers.

- Pets and other animals
- Playgrounds
- Bathrooms
- Surfaces everyone touches, such as doorknobs
- Everyone's body

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When to Wash Hands

Ask children to name when they need to wash their hands. Use the list below to help the children with answers.

- Anytime you are not sure hands are clean
- Before you set the table
- Before you sit down to eat
- Before you help make food
- After you eat or drink
- After you help make food
- After a bandage is changed
- After you use the toilet
- After you sneeze or use a tissue
- After you cough and cover your mouth with your hand
- After you play with, feed, or care for pets or other animals

Idea 4—Read

Read a book to the children about handwashing. Read *Those Mean Nasty Downright Disgusting but Invisible Germs* to the children. Check out a copy from your local library. The book was written by Judith Rice (1989) and published by Redleaf Press, St. Paul, MN.

This delightful book helps children learn why hand washing is important. Ask the children to think about what germs on their hands might look like.

