

# HOTT ACTIVITIES



Lesson Plan

## Mr. Clean and Tidy

Name: \_\_\_\_\_

Date: 8-17-10

Class/Classes: Health or Science

Grade Level: K-2

Professions: A variety of health professions

*All HOTT lesson plans are designed with the purpose of increasing students' awareness of the variety of health careers that are available to them. If possible, invite the corresponding health professional into your classroom to discuss his/her occupation. If this is not an option, use the attached sheet(s) to share this/these career(s) with your students.*

**Purpose:** To inform students on proper hygiene and staying clean.

**Materials needed:** Template on following page and hygiene questions

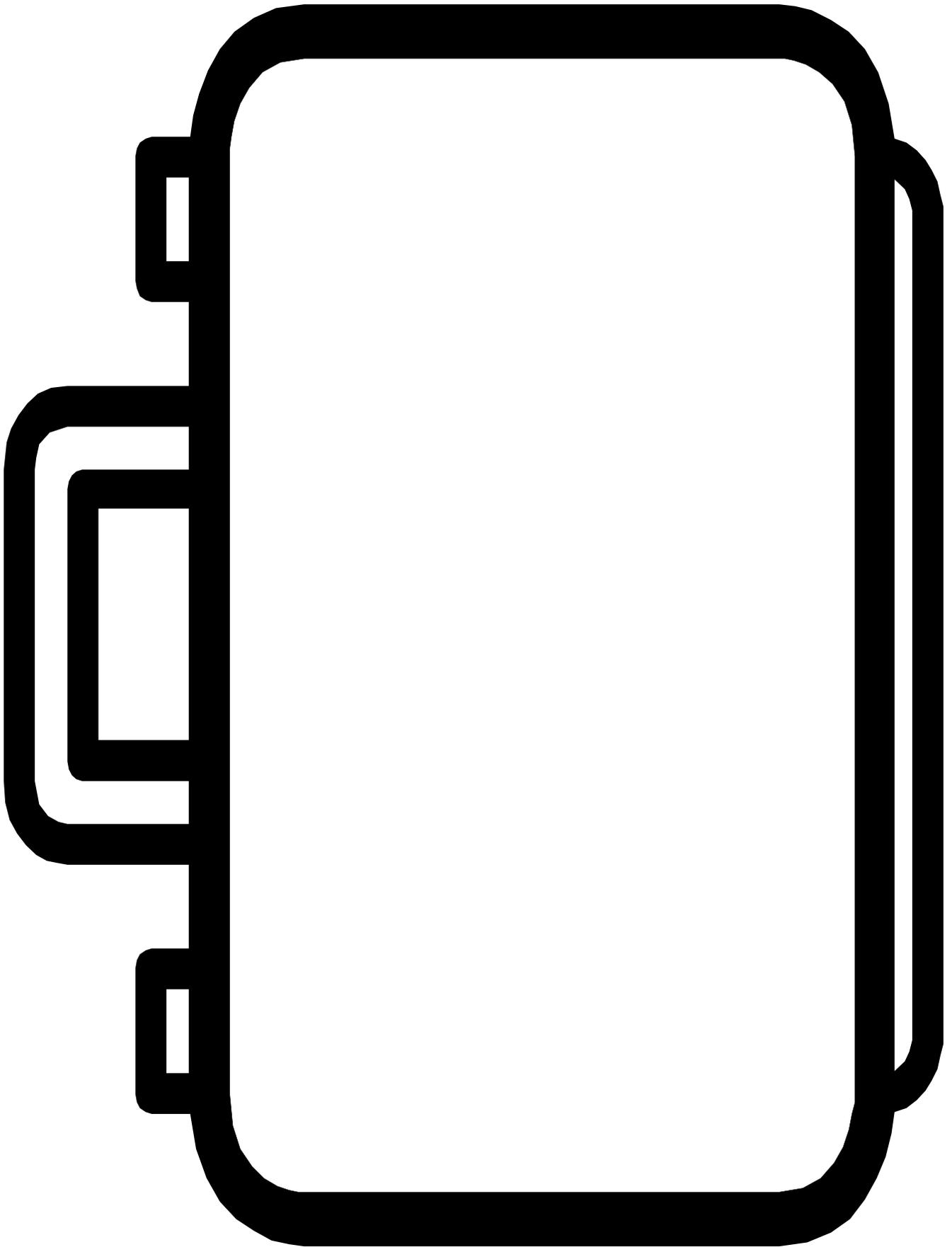
**Duration:** 1 hour

### Instructions:

- Split up the class into groups of about 4 and have them come up with a team name. This could also be done individually.
- Give each group a copy of the bag and the items attached to this lesson. They will need to cut out the sanitation items and color them.
- Ask the class a hygiene question and the first group to raise their hands gets to answer the question. If they get it right they get to add a sanitation item to the bag, but if they get it wrong, they don't get to add an item to the bag. The first team to fill their bag wins. 12 items will fill the bag.
- Sample questions and template are included.

### References:

- <http://www.hygiene-educ.com/en/learn/personal/guide/presentation2.htm>







### Sample Hygiene Questions

1. How long should you brush your teeth? 3–5 minutes
2. How often should you brush your teeth? At least twice a day
3. How long should you wash your hands? At least 20 seconds
4. Should hands be washed in cold or warm water? Warm water
5. What should you use to dry your hands after you wash them? Clean, dry towel
6. What bad habit can cause bad breath? Smoking
7. How often should you bathe? Once a day
8. What can you do to keep your nails looking healthy? Clip them and keep them groomed
9. What can you use to keep clothes clean? Washing machine
10. What will keep your hair clean? Shampoo
11. What will doctors wear to keep you and them from spreading germs? Gloves
12. What can you use to clean your hands when there is no soap available? Hand Sanitizer