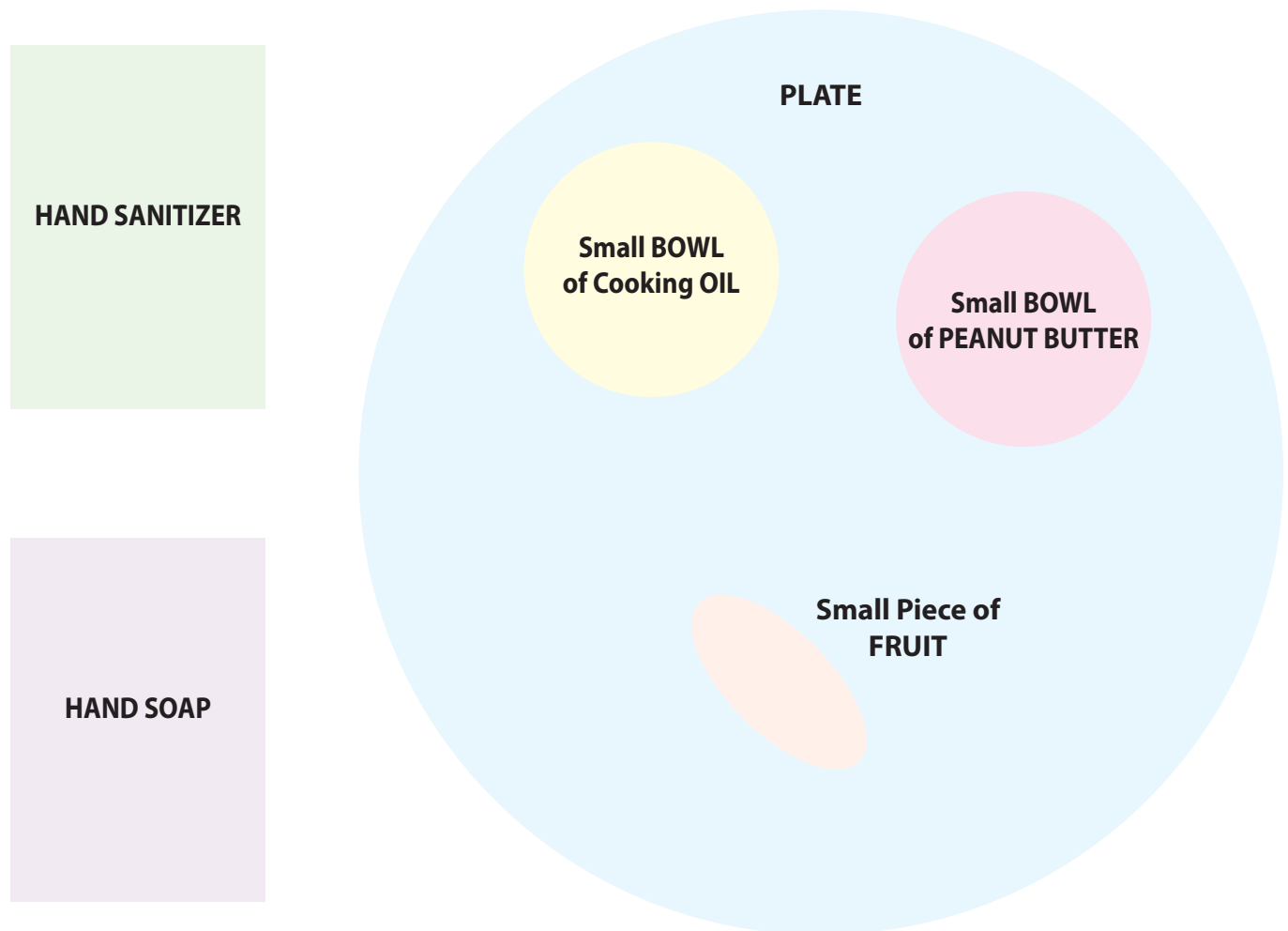


## **MATERIALS & SUPPLIES NEEDED**

- One plate (or clean counter-top)
- Two small bowls
- Vegetable oil (or butter, or margarine)
- Small piece of fruit (any kind: apple, banana, orange, etc.; or fruit juice; or fruit preserves, jam, etc.)
- Peanut Butter
- Access to Dirt (garden dirt; any dirt)
- Hand sanitizer (or isopropyl alcohol; or a small amount of water, with no soap)
- Hand soap, liquid (or dishwashing soap; or bar hand soap)
- Access to a sink

## **INITIAL SET-UP (NEAR A SINK)**



# TEST INSTRUCTIONS

In this lesson, the steps for each test are the same.

## TESTS

1. Dirt / Soil
2. Piece of Fruit
3. Vegetable Oil
4. Peanut Butter

## STEPS FOR EACH TEST

1. Apply substance for this test (Dirt/Soil; Fruit; Oil; Peanut Butter)
2. Apply small amount of hand-sanitizer; rub over hands
3. Check hands — how clean are they? Is any residue remaining?
4. Re-apply substance, if hands are clean
5. Wet hands; apply soap; wash with soap and water; rinse
6. Check hands — how clean are they? Is any residue remaining?
7. Which method was better?

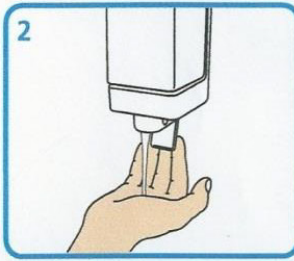
Bonus Test (Optional):

After learning the WHO method for hand-washing, re-apply peanut butter, and wash hands with soap and water, using the WHO method.

# Hand-washing technique with soap and water



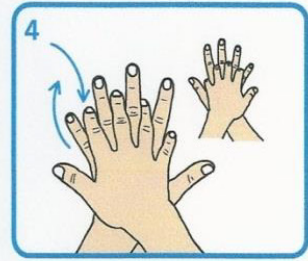
Wet hands with water



Apply enough soap to cover all hand surfaces



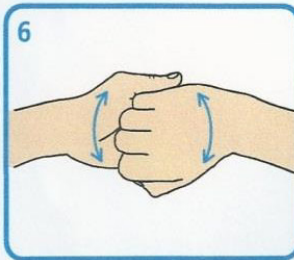
Rub hands palm to palm



Rub back of each hand with palm of other hand with fingers interlaced



Rub palm to palm with fingers interlaced



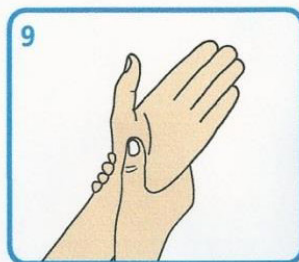
Rub with back of fingers to opposing palms with fingers interlocked



Rub each thumb clasped in opposite hand using a rotational movement



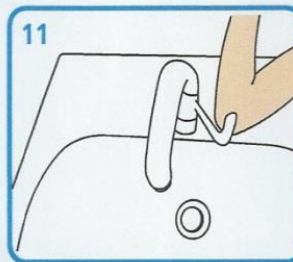
Rub tips of fingers in opposite palm in a circular motion



Rub each wrist with opposite hand



Rinse hands with water



Use elbow to turn off tap



Dry thoroughly with a single-use towel

## ADDITIONAL TIPS / SUGGESTIONS:

- Steps 3 through 8 should take 20-30 seconds
- (It can be fun to find a 30-second song to sing, during steps 3-8; search online for handwashing songs!)
- After Step 8 (before Step 9), also clean the tip of each thumb against the opposite palm.
- Be sure to use a clean towel when drying hands
- Tap may also be turned off with the towel, after drying hands
- When all steps are complete, hand-sanitizer may be used, as a final step