

Hand Washing

Pre-reading

Questions:

- Why is it important to wash your hands?
- When do you wash your hands?

Definitions:

- Prevent – to stop from happening
- Germs – very tiny bacteria that cause illness



Reading

14 Maria has three young children. She is busy. Her oldest child is five. Her
31 second child is four. Her third child is two. She has taught her children how to wash
45 their hands. They wash their hands after using the bathroom. They wash their hands
before eating a snack or meal.

51 The two older children can wash their own hands. Maria still washes her
64 youngest child's hands. They always use soap and warm water. They wash for at
78 least 10 seconds. The children slowly count to ten as they are washing their hands.
93 Hands may not be clean if washed less than 10 seconds.

104 Maria and her children wash their hands when they come home from shopping
117 or other public places. Maria knows there are many germs on doorknobs and
130 grocery carts. She knows there are many germs on other places people put their
144 hands. Hand washing is important to Maria. She wants her children to be clean and
159 healthy.

160 Hand washing is very important for anyone who wants to stay healthy. One of
174 the best ways to prevent illness is washing your hands. Stay healthy! Wash your
188 hands!

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Understanding

1. When do Maria and her children wash their hands? (List more than one answer)

2. Why do they wash their hands? _____

3. How long do they wash their hands? _____

4. Which children wash their hands by themselves? _____

5. What should you use when washing your hands? _____

Writing

In your own words, write about hand-washing. What did you know about hand-washing before reading this story? What new information do you know now? Is hand-washing important to you? Why or why not?
