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

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

The two older children can wash their own hands. Maria still washes her youngest child’s hands. They always use soap and warm water. They wash for at least 10 seconds. The children slowly count to ten as they are washing their hands.

Hands may not be clean if washed less than 10 seconds.

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

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

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