

**Learning Objective:**

# To know how to wash my hands

## Related Learning Objectives

- ✓ To know how to get ready to cook
- ✓ To know where to store food and why

## Prepare in advance

- ✓ Washing hands video

## How to link recipe to Learning Objective

- ✂ You need to use your hands to rub in the butter, then knead and shape this soda bread, so it's important to ensure your hands are really clean before you start cooking

## Recommended recipe

- 📖 Soda bread with fresh butter

## Skills focus

- ✂ Rubbing in
- ✂ Kneading dough
- ✂ Shape by hand with accuracy
- ✂ Cutting dough with table knife into even portions

## Competence cornerstone

Sing or chant a familiar song/rhyme with the class that lasts between 20 and 40 seconds. Then tell them that this is about how long they should take to **wash** and **rinse** their hands.

We wash our hands to make sure they are **clean** and not **dirty**. Can we always see if they are dirty – or might there be **invisible germs**?

Ask the children when we should wash our hands? If they don't mention it, be sure to include that it is necessary to do so before we touch food to be **hygienic (germ-free)**. We touch food when we eat it and cook with it.

Share NHS or other child-friendly video to show how children should wash their hands. Chant and point to palms, fingers, thumbs, knuckles and nails to reinforce understanding of how thorough we need to be.

## Suggested activity

Children to practise the movements and any words for washing their hands as per chosen video for a class performance at the end of the lesson.

Complete complementary pupil sheet if you wish.



### Resources required:

- ✓ Pupil sheet
- ✓ Coloured pencils or crayons

## Discuss & digest

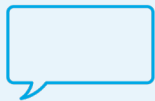
Ask questions to reinforce key concepts and vocabulary. For example:

- When should we wash our hands?
- Can you show me your palms?
- Why do we need to wash our hands?
- What do we use to rinse our hands?

Finish with skills vocabulary/actions if you have time.

## Cross-curricular links

<b>Art</b>	Draw round own hand or hands and decorate
<b>English</b>	Rehearse sentences about handwashing using subordination e.g. I wash my hands <b>when/if</b> they are dirty
<b>History</b>	Was personal hygiene the same in the past as it is now?
<b>Maths</b>	Compare and sequence intervals of time
<b>Music</b>	Understand musical notations for time
<b>Science</b>	Describe the importance of hygiene for humans



## Key vocabulary

- ✓ wash
- ✓ clean
- ✓ invisible
- ✓ hygienic
- ✓ soap
- ✓ fingers
- ✓ knuckles
- ✓ rinse
- ✓ dirty
- ✓ germ
- ✓ unhygienic
- ✓ palms
- ✓ thumbs
- ✓ nails



## Outdoor opportunity

Wash hands before going outside for a picnic.