

# #12052

## HEALTHY HABITS FOR LIFE: THE ABC'S OF HYGIENE

SUNBURST VISUAL MEDIA, 2003

Grade Level: K-2

18 Minutes



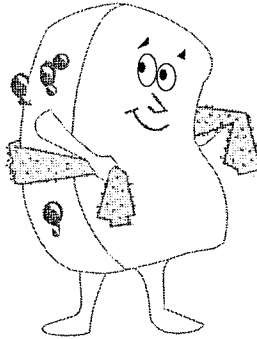
### CAPTIONED MEDIA PROGRAM RELATED RESOURCES

[#9206 GOOFY OVER DENTAL HEALTH](#)

[#11135 TAKE CARE OF YOUR TEETH](#)

[#12048 WHAT'S TO EAT? THE FOOD PYRAMID GAME SHOW](#)

# ***Guidance & Health***

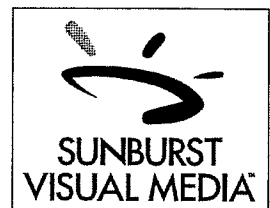


## **Healthy Habits for Life: The ABC's of Hygiene**

---

**Grades K-2**

**Teacher's Guide**





## Credits

---

**Program Production**  
Sunburst Visual Media

**Teacher's Guide**  
B. Christesen

**Print Material Design**  
Leigh A. Shinn



**Sunburst Visual Media**  
PO Box 11210 Tempe, AZ 85284-0021

**phone** 1.800.431.1934

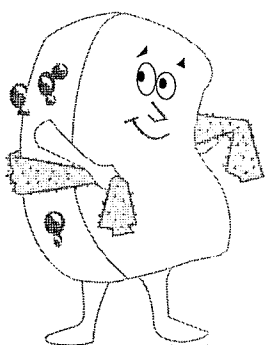
**fax** 1.888.803.3908

**[www.sunburstvm.com](http://www.sunburstvm.com)**

The purchase of this guide entitles the individual teacher the right to reproduce copies for classroom use only. The reproduction of any portion of this guide for an entire school or school system is prohibited.

© 2004 Sunburst Visual Media, a division of Global Video, LLC

*Sunburst Visual Media is a member of the School Specialty family of companies.*



# Table of Contents

Guide Information .....	<b>05</b>
Fast Facts .....	<b>08</b>
Before Viewing Activities .....	<b>09</b>
During Viewing Activities.....	<b>12</b>
After Viewing Activities .....	<b>13</b>
After Viewing Quizzes .....	<b>23</b>
Additional Resources.....	<b>25</b>
Answer Keys .....	<b>32</b>
Script .....	<b>44</b>



# About This Guide

Providing students with visual media is an excellent way to take them out of the classroom and into the real world. Our programs offer real-world footage, dynamic graphics, engaging dramatizations, and first-person testimonials that keep students interested and help them visualize difficult concepts. More importantly, they reinforce critical learning objectives shaped by state and national educational standards. However, the learning doesn't begin and end when the program does. You can make the learning experience even more effective by using the materials provided in this Teacher's Guide.

This guide is divided into the following sections:

- **Fast Facts** are designed to give your students a quick overview of the information presented within the video.
- **Before Viewing Activities** help identify what students already know about the subject, what they are curious about, and what they hope to learn.
- **During Viewing Activities** may be used during viewing to enhance students' understanding of the video.
- **After Viewing Activities** help students summarize and draw conclusions from the information that was presented.
- **After Viewing Quizzes** test students' retention of the information presented in the program and activity sheets.
- **Additional Resources** are designed to help you extend the information presented in the program into other areas of your curriculum.
- **Answer Keys** are provided for relevant activities or reproducible pages.
- **Script** content is provided in an unabridged version for future reference.



# Program Overview

Guide  
Information

*The ABC's of Hygiene* is a program for young children about personal cleanliness. Written in simple language that every primary grade student can understand, it stresses the importance of cleanliness and the need to establish a daily regimen of personal care. In a lighthearted manner, this up-beat program illustrates the proper techniques for washing the face and hands, brushing the teeth and caring for the hair. Great emphasis is placed on the idea that being clean helps a person to look good, feel good, and stay healthy.

In this video a young man named "Dirtfree Dan" talks to young viewers about the importance of making personal cleanliness a part of their daily routine. Dan begins by pointing out that, while animals such as horses and dogs need people to keep them clean, human beings must be responsible for their own personal cleanliness. His points are demonstrated by two children named Duke and Dahlia. Dan is also assisted by a tiny animated cartoon character named "Captain Clean."

After explaining that being clean helps a person to look good, feel good, and stay healthy, Dan discusses the three things which children should do every morning to start their day: wash their face, brush their teeth, and comb or brush their hair. Dan gives a detailed explanation of the proper way to perform each of these actions while Duke and Dahlia can be seen following his directions. Captain Clean is asked to rate the children by giving a "thumbs up" or "thumbs down" sign. Of course, they get a "thumbs up".

Next, Dan talks about the importance (and necessity) of washing the hands before every meal and after playing, touching pets, coughing or sneezing, and using the bathroom. Dan explains that germs are on everything we touch and can easily be transferred from our hands to our eyes, nose or mouth. When germs get inside the body they can make a person sick. To avoid this, the hands should be washed frequently throughout the day. Dan explains the proper technique for washing the hands.

The last part of the video illustrates what children should do at the end of the day: Take a bath or shower, shampoo their hair, and put on clean pajamas before going to bed. Dan stresses the importance of putting their dirty clothes into a hamper or other bin and not throwing them on the floor or hanging them back up in the closet.

Each part of the video ends with a simple rhyme that children can easily remember.





# Viewing Objectives

Guide  
Information

After viewing the program and utilizing the activities provided in the Teacher's Guide, students will be able to:

- Describe how contact with germs can result in illness.
- Practice personal cleanliness habits as part of their daily routine.
- Identify proper techniques for washing the face and hands, brushing the teeth and caring for the hair.
- Take responsibility for keeping themselves clean.
- Describe the importance of washing the hands often.



# Hygiene Fast Facts

---

Fast Facts

## Germs

- Germs are living things that are so small that you cannot see them without using a microscope.
- Germs are everywhere.
- Not all germs make you sick.
- To avoid getting sick, eat foods that are good for your body, exercise, get plenty of sleep and wash your hands often.

## Nutrition

- You should eat at least three times a day.
- Your body changes food to fuel.
- Food is the fuel that gives you energy to grow, work, play, and fight off germs.
- Eat plenty of healthy foods that have vitamins and minerals that are good for your body.

## Exercise

- In order to stay healthy, your body needs exercise.
- Exercise works your muscles to help make your body strong and healthy.

## Sleep

- Try to get at least ten hours of sleep each night.
- If you don't enough sleep your body could become too tired to fight off germs, and you can get sick.

## Washing Your Hands

- Every time you touch something, germs end up on your hands.
- Germs get into your body by going from your hands to your mouth.
- Always wash your hands before you eat.
- Always wash your hands after going to the restroom, touching animals, coughing, or playing outside.



# Preview Questions

Before viewing the program, take some time to think about and answer the following questions.

1. Why do you think it's important to keep your body clean?

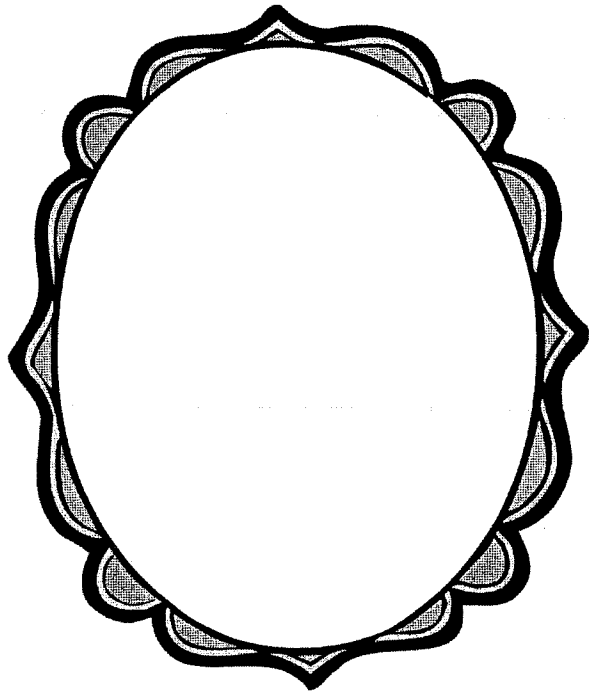
2. When is it okay to be dirty?

3. What are some of the things you do to keep yourself clean?



# That Clean Feeling

Draw a picture of how you look when you are dirty. Then write how you feel.



**I'm all dirty!**

I feel \_\_\_\_\_

---

---

---

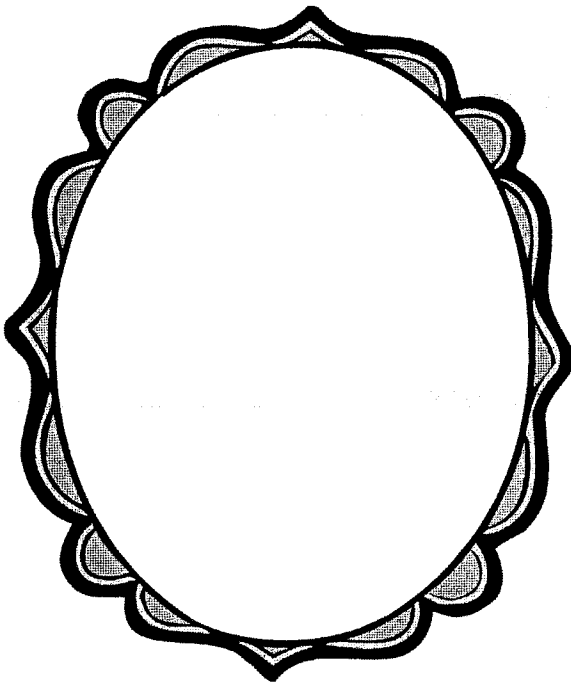
---

---

---

---

Draw a picture of how you look when you are clean. Then write how you feel.



**I'm all clean!**

I feel \_\_\_\_\_

---

---

---

---

---

---

---

Name \_\_\_\_\_

Before Viewing  
Activity 3

# New Words

Write what you think each word means. Then write a sentence using the word.  
Or, if you want, you can draw a picture to show what the word means.

1. RINSE \_\_\_\_\_

2. HAMPER \_\_\_\_\_

3. HEALTHY \_\_\_\_\_

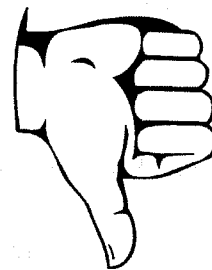
4. SHAMPOO \_\_\_\_\_

5. SCRUB \_\_\_\_\_



# Thumbs Up . . . or Thumbs Down?

Captain Clean gave a "thumbs up" sign to show that something was done the right way. He gave a "thumbs down" when something was wrong. Next to each story below, put an X under "Thumbs Up" or "Thumbs Down" to show whether it would be the right or wrong thing to do.



Arnie brushed his teeth. Then he loaned his toothbrush to his sister.

---

---

Maria washed her hands after she cleaned the bird's cage.

---

---

Tanya brushes her hair every morning and every night.

---

---

Barry put warm water and soap on his face, then he wiped the soap off with a towel.

---

---

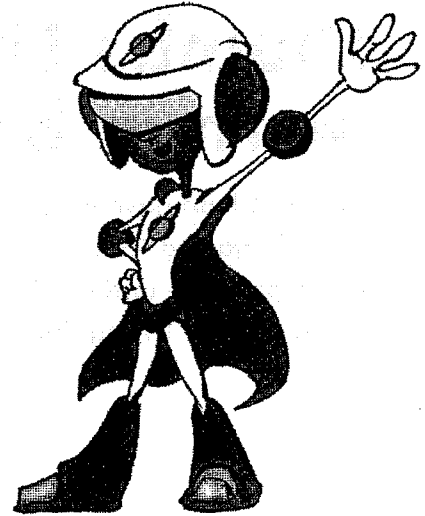
Melissa took off her dirty clothes and hung them up in her closet.

---

---

# Meet Captain Clean

Dirtfree Dan had a helper named Captain Clean.



Circle the right answer:

1. Is Captain Clean a real person?

YES      NO

2. Which three words might you use to describe Captain Clean?

TINY      ANIMAL      HUMAN      MAKE-BELIEVE      TALL      CARTOON

3. What can Captain Clean do that real people can't do?

SEE      HEAR      FLY      WALK

Make up your own imaginary helper. Draw a picture below. Then give your character a name. Write some of the things your helper can do that real people can't do.

My helper's name: \_\_\_\_\_

My helper can: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Silent Letters

Circle the letter that is silent in each word.

1.    W R I S T

2.    T H U M B

3.    S O A P

4.    R I N S E

5.    C O M B

Circle the word that rhymes with:

1. wrist                      dish                      fist                      first

2. thumb                      come                      jump                      home

3. soap                      soup                      rope                      hoop

4. rinse                      since                      fins                      lines

5. comb                      lamb                      home                      bomb





# Word Find Puzzle

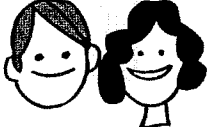


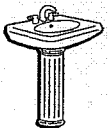



All the words in the box are hiding in the puzzle. Circle each word that you find.  
If you want the puzzle to look pretty, use different colored pencils to draw the circles.

BODY	COMB	FOREHEAD	GERM	HAMPER	HEALTHY
RINSE	SHAMPOO	SOAP	SCRUB	SHARE	TOWEL

E	X	M	C	T	O	W	E	L	M	I	Q
A	S	R	I	G	E	D	M	M	I	E	H
I	C	C	B	E	B	E	X	V	N	F	E
Y	R	S	T	R	O	N	G	S	I	O	A
L	U	V	H	M	D	E	A	R	O	R	L
O	B	I	O	C	Y	R	I	N	S	E	T
R	S	H	A	M	P	O	O	N	H	H	H
H	A	M	P	E	R	Y	R	A	A	E	Y
I	I	M	I	C	R	O	S	C	R	A	B
E	N	S	O	A	P	N	S	K	E	D	D
G	I	N	V	A	D	E	I	E	A	Y	A
N	M	E	L	E	C	O	M	B	V	N	Y

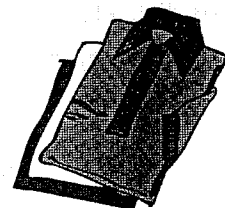
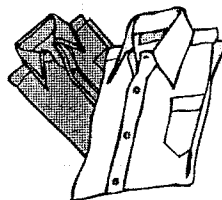
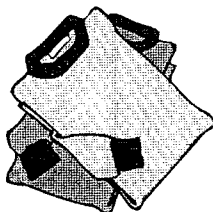
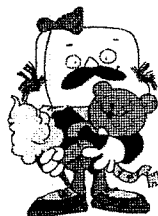
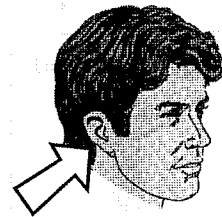
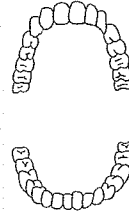
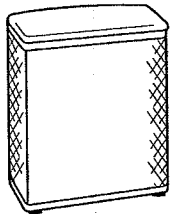
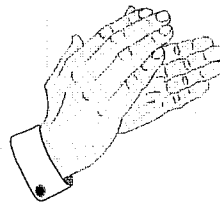
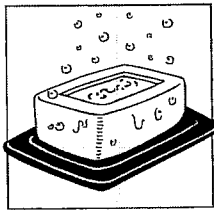
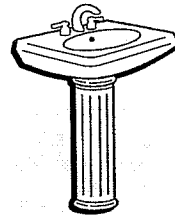
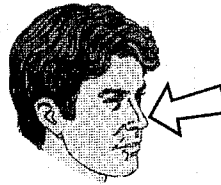
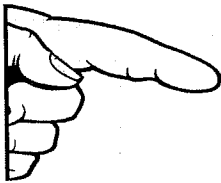
# My "Keep Clean" Chart

Here's a way to keep track of how well you keep yourself clean during the week.  
Each day, put a check in the box every time you do one of the things listed at the left.

	MON	TUES	WED	THURS	FRI	SAT	SUN
Wash my face 							
Brush or comb my hair 							
Brush my teeth 							
Wash my hands 							
Take a shower or bath 							
Shampoo my hair 							
Put dirty clothes in the hamper 							

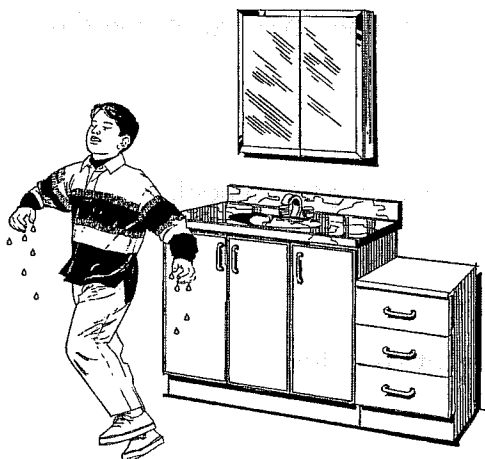
# Putting Things Together

In each row, put an X on the thing that does not belong with all the others.



# What's Wrong with This Picture?

Look at each picture. Then answer the question.



Toby just washed his hands.  
What is he doing wrong?

---

---

---

---

---

---



Jenna is going to brush her teeth.  
What is she doing wrong?

---

---

---

---

---

---



Lana is getting ready for bed.  
What is she doing wrong?

---

---

---

---

---

---

# Before or After?

Complete each sentence by writing "before" or "after" in the blank.

1. Take a bath or shower \_\_\_\_\_ you finish playing for the day.
2. Brush your teeth \_\_\_\_\_ you leave to go to school.
3. Wash your face \_\_\_\_\_ you start your day.
4. Comb or brush your hair \_\_\_\_\_ you go out in the morning.
5. Shampoo your hair \_\_\_\_\_ you go to bed at night.
6. Put your dirty clothes in the hamper \_\_\_\_\_ you take them off.
7. Put on clean pajamas \_\_\_\_\_ you go to bed.
8. Wash your hands \_\_\_\_\_ you eat anything, \_\_\_\_\_  
you go to the bathroom, \_\_\_\_\_ you cough or sneeze,  
\_\_\_\_\_ you brush the dog, and \_\_\_\_\_ you  
play outside.

# Does it Belong?

Read the titles of the book chapters below. Circle the chapters that might be found in a book about keeping yourself clean.

**Feeding Your Fish**

**How Paper is Made**

**Your Hair Needs Care**

**Soap and Water**

**Card Games for Kids**

**Don't Share Your Toothbrush**

**Rinse Yourself Off**

**How Germs Make You Sick**

**Wash Those Hands**

**How to Make Pancakes**

Make up a title for the book: \_\_\_\_\_

Draw a picture for the front cover of your book.

# Test Your Memory

Who is in charge of keeping you clean?

My answer is: \_\_\_\_\_

What are 3 main reasons why it's important to keep your body clean?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What 3 things should you do every morning?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What 3 things should you do every night?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What should you do often during the day?

I should \_\_\_\_\_

# Dirtfree University

Proudly awards this

## DIRTFREE

to

for excellence in learning how to keep clean

Wash Your Face!  
Brush Your Teeth!  
Comb Your Hair!



Wash Your Hands!  
Take a Shower!  
Wear Clean Clothes!

Awarded this \_\_\_\_\_ day of \_\_\_\_\_, 200\_\_

*Dirtfree Dan*

Dirtfree Dan, President



# ABC's of Hygiene Quiz

Fill in the blanks with words from the word box.

ten	germs	hands	
everywhere	exercise	towel	microscope
muscles	warm	fuel	

1. Germs are living things that are so small that you cannot see them without a \_\_\_\_\_.
2. Germs are \_\_\_\_\_.
3. Your body changes food into \_\_\_\_\_.
4. Moving, bending and stretching work your \_\_\_\_\_ and make your body strong and healthy.
5. Each night, try to get around \_\_\_\_\_ hours of sleep to keep your body germ-fighting strong and ready to work and play the next day.
6. If you don't get enough sleep for a bunch of days in a row, your body might get too tired to fight off \_\_\_\_\_ and that's when you can get sick.
7. The best way to keep from getting sick is washing your \_\_\_\_\_.
8. Always use \_\_\_\_\_ water to wash your hands.
9. If you're in a public restroom, use a paper \_\_\_\_\_ to open the door after washing your hands.
10. In order to stay healthy try to eat foods that are good for your body, \_\_\_\_\_, get plenty of sleep and wash your hands often.

# ABC's of Hygiene Quiz (cont.)

11. List 3 sources of protein:

---

---

---

12. List 3 fruits:

---

---

---

13. List 3 vegetables:

---

---

---

14. Why is it important to get the right amount of sleep each night?

---

---

---

15. Where can you find germs?

---

---

---

16. List 4 things you can do to avoid getting sick:

---

---

---

---



# Extensions

Additional  
Resources

## Discussion Questions:

### Part 1:

- What's the first thing you do every morning after you wake up?
- What do you do after you have breakfast?
- What do you think would happen if you didn't brush your teeth every day?  
How would you feel? How would you look?
- What kind of toothpaste do you use? Why?
- Is it ever a good idea to "take the day off" from washing your face and combing your hair? What would happen if you did?
- What would you say if someone offered you a drink from his or her water bottle?  
Why?

### Part 2:

- What are germs? How can they make you sick? Why is it hard to keep from getting germs on your hands?
- How many times a day do you wash your hands? Does your mom or dad have to tell you when to wash your hands?
- Do you think you can get your hands clean without using soap? What do you call running water over your hands without using soap?
- What happens when you eat with dirty hands?

### Part 3:

- Do you have a special place in your room to put your dirty clothes after you take them off? What do you put them in?
- How do you feel when you put on clean clothes?
- Do you ever wish you didn't have to take a bath at night? What do you say to your mom or dad when you feel this way? What does your mom or dad say to you?
- What do the "thumbs up" and "thumbs down" signs mean?

## Bulletin Board Starters:

- Ask children to go through old magazines and newspapers and cut out pictures of children washing their faces and hands, combing their hair, brushing their teeth, or performing other hygienic activities. Make a collage of these pictures and display them on a bulletin board.
- Invite children to write or dictate their own little poems about keeping themselves clean and illustrate their poems with drawings. Display the illustrated poems on the bulletin board.



# Extensions

Additional  
Resources

## Bulletin Board Starters (cont.):

- Ask children to choose one scene from the video and draw a picture of it. Display the pictures on a bulletin board.
- Ask children to think of reasons why it's important to keep their bodies clean. Then give them large cut-outs of book jackets. Ask children to make up titles for their books about staying clean. Have children write their titles on their book jackets and then decorate the covers. Display the jackets on the bulletin board.
- Make a Cleanliness Dictionary. Ask children to contribute words that describe what it feels like to be clean, such as happy, pretty, shiny, new, or cheerful. Write each one on a strip of posterboard or construction paper. Make a heading card that says "Clean Feelings" and tack it on the bulletin board. Under this, tack the strips containing the different "feeling" words. You may also ask children to make a drawing to illustrate each "feeling" word.



# Interdisciplinary Ideas

---

Additional  
Resources

## **Reading/Language Arts:**

Ask each child to read one of the books listed in the Bibliography in this Teacher's Guide, and to write or dictate a report on the book he or she has read.

## **Creative Expression/Movement:**

Invite volunteers to demonstrate the proper techniques for washing the hands and face, brushing the teeth, and keeping clothes clean.

## **Creative Writing:**

Ask children to create a title for each scene in the video. Write the suggested titles on the chalkboard.

## **Science/Art:**

Place two bowls of warm water on a table. Add liquid soap to one; leave the other one clear. Put a soiled white handkerchief into each bowl and invite volunteers to swish the handkerchiefs around in the water for the same amount of time. Remove the handkerchiefs and ask children which one is cleaner. Discuss why soap helps to make things clean.

## **Art/Creative Expression:**

Have children create "Captain Clean" characters out of old toothbrushes, soap wrappers, used toothpaste tubes, combs, shampoo bottles, and other household or classroom items. They may add scraps of fabric, yarn, buttons, and any other materials they need to complete their characters. Display all the completed "Captain Cleans" on a table or shelf.

## **Art:**

Divide the class into teams of three or four children. Ask each team to work together to create a poster about why it's good to be clean. Posters should include words as well as drawings.

## **Language Arts/Communication/Science:**

Hold a class discussion on germs and the fact that they can be found on everything we touch. Ask volunteers to demonstrate how germs are passed from one person to another and how they eventually get inside the body. If there is a sink in your room, have a volunteer demonstrate the correct way to wash the hands.



# Interdisciplinary Ideas

---

Additional  
Resources

## **Art:**

Give each child drawing paper and finger paints or other coloring supplies and ask them to draw a picture of what they think "clean" looks like. What colors would be good for clean? What colors might they use for dirty? What shapes might show clean or dirty?

## **Language Arts:**

Use the words "clean" and "dirty" as an example of antonyms, or words with opposite meanings. Ask children to contribute other pairs of words that mean the opposite of each other.

## **Language Arts/Art:**

Take an imaginary trip to visit Captain Clean in "Cleanland." Ask children to describe what it might look like, what kind of plants grow there, what kind of people they might meet there, and what the buildings are like. How do the people in "Cleanland" spend their time? What kind of things are not allowed in Cleanland? Children may draw pictures of what they think "Cleanland" might look like.

## **Creative Expression/Movement:**

Ask for volunteers to act out various situations that cause them to get dirty, such as falling down, playing with a dog, gardening, and anything else they can think of. As each child performs his or her charade, the others should try to guess what he/she is doing.

## **Science/Health:**

Invite a dental hygienist or dentist to speak to the class about the importance of taking good care of the teeth.



# Send-Home Page

---

Additional  
Resources

Dear Family Member,

Your child has viewed a video called *The ABC's of Hygiene*. This program was designed to help children understand the importance — and desirability—of keeping themselves clean. Here are some ways you can help reinforce the ideas that were presented in the video.

- Ask your child to tell you about the video. Here are some tips for staying clean that were presented in the video:

- Every morning you should wash your face, brush your teeth, and comb your hair.
- Germs can enter your body from your hands, so it's important to wash your hands before eating and after playing, touching animals, and using the bathroom.
- Take a bath or shower every night after you finish playing.
- Put your dirty clothes in a hamper and put on clean pajamas.

Reinforce these points by discussing them with your child.

- Ask your child to demonstrate the washing and brushing techniques he/she learned and discuss any differences from the way he/she has been doing this in the past.
- Make sure that your child washes his or her hands before eating, and after going to the bathroom, cleaning the pet's cage, and playing outside.
- Set a good example for your child by washing your hands before meals, after using the bathroom, and after any other germ-filled activity. Encourage all the members of your family to set a good example as well.
- Take your child to the store and let him/her pick out a clothes hamper for his/her dirty clothes. Help your child get into the habit of putting dirty clothes in the hamper instead of on the floor or in the closet.



# Grades K-1 Take Home Book

Additional  
Resources

Cut these pages out and staple them together to make a book. Then, draw pictures to go with the words.

<p>staple</p> <p>staple</p>	
<p>1. My forehead's clean.</p>	<p>2. My cheeks are, too.</p>

1. My forehead's clean.

2. My cheeks are, too.

3. Even behind here . . .

4. My face is like new!





# Grade 2 Take Home Book

Additional  
Resources

Cut these pages out and staple them together to make a book. Then, draw pictures to go with the words.

staple

staple

1. Carey was getting ready for school.

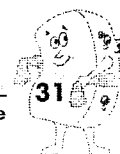
2. First, he washed his face.

3. Then, he brushed his teeth.

4. He combed his hair neatly.

5. Now he was ready to go out.

6. He felt like a million dollars!



# New Words

Write what you think each word means. Then write a sentence using the word.  
Or, if you want, you can draw a picture to show what the word means.

**ANSWERS WILL VARY BUT SHOULD INCLUDE THE FOLLOWING.**

1. RINSE TO WASH LIGHTLY, OR WASH WITH CLEAR WATER TO REMOVE SOAP

2. HAMPER A CONTAINER FOR DIRTY CLOTHES

3. HEALTHY THE STATE OF BEING WELL AND FEELING GOOD

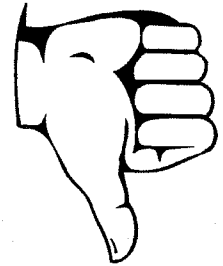
4. SHAMPOO A SPECIAL SOAP USED TO WASH HAIR, OR THE PROCESS OF WASHING HAIR

5. SCRUB TO RUB SOMETHING IN ORDER TO WASH OR CLEAN IT



# Thumbs Up . . . or Thumbs Down?

Captain Clean gave a "thumbs up" sign to show that something was done the right way. He gave a "thumbs down" when something was wrong. Next to each story below, put an X under "Thumbs Up" or "Thumbs Down" to show whether it would be the right or wrong thing to do.



Arnie brushed his teeth. Then he loaned his toothbrush to his sister.

\_\_\_\_\_

**X**

Maria washed her hands after she cleaned the bird's cage.

**X**

\_\_\_\_\_

Tanya brushes her hair every morning and every night.

**X**

\_\_\_\_\_

Barry put warm water and soap on his face, then he wiped the soap off with a towel.

\_\_\_\_\_

**X**

Melissa took off her dirty clothes and hung them up in her closet.

\_\_\_\_\_

**X**

# Meet Captain Clean

Dirtfree Dan had a helper named Captain Clean.

Circle the right answer:

1. Is Captain Clean a real person?

YES

**NO**

2. Which three words might you use to describe Captain Clean?

**TINY**

ANIMAL

HUMAN

**MAKE-BELIEVE**

TALL

**CARTOON**

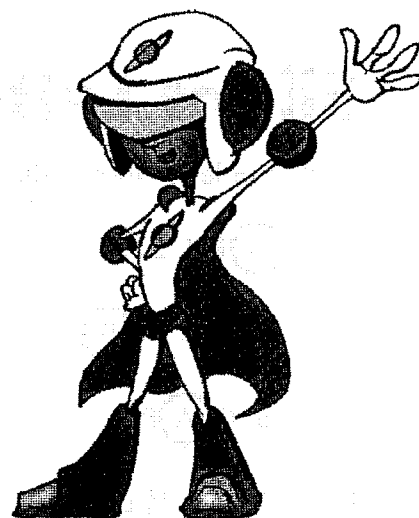
3. What can Captain Clean do that real people can't do?

SEE

HEAR

**FLY**

WALK



Make up your own imaginary helper. Draw a picture below. Then give your character a name. Write some of the things your helper can do that real people can't do.

My helper's name: \_\_\_\_\_

My helper can: \_\_\_\_\_

**ANSWERS WILL VARY**

---

---

---

---

---



# Silent Letters

Circle the letter that is silent in each word.

1. **W**RIST
2. THUM**B**
3. SO**A**P
4. RIN**S**E
5. COM**B**

Circle the word that rhymes with:

- |          |              |             |       |
|----------|--------------|-------------|-------|
| 1. wrist | dish         | <b>fist</b> | first |
| 2. thumb | <b>come</b>  | jump        | home  |
| 3. soap  | soup         | <b>rope</b> | hoop  |
| 4. rinse | <b>since</b> | tins        | lines |
| 5. comb  | lamb         | <b>home</b> | bomb  |

# Word Find Puzzle

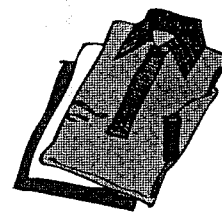
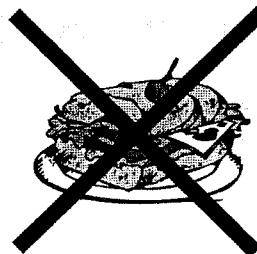
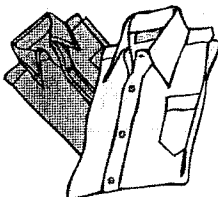
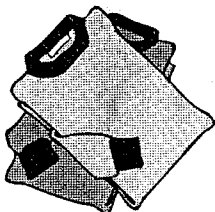
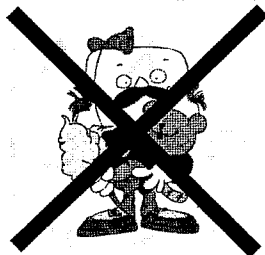
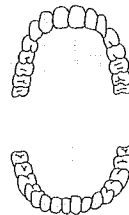
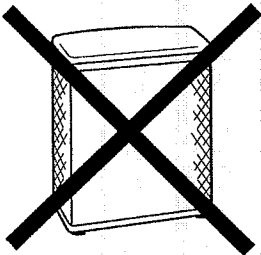
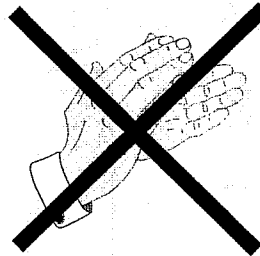
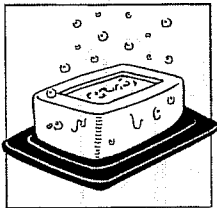
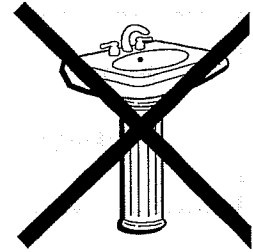
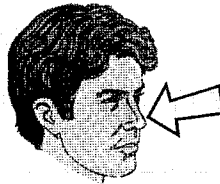
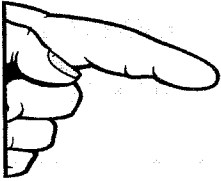
All the words in the box are hiding in the puzzle. Circle each word that you find.  
If you want the puzzle to look pretty, use different colored pencils to draw the circles.

BODY	COMB	FOREHEAD	GERM	HAMPER	HEALTHY
RINSE	SHAMPOO	SOAP	SCRUB	SHARE	TOWEL

E X M C T O W E L M I Q  
 A S R I G E D M M I E H  
 I C C B E B E X V N F E  
 Y R S T R O N G S I O A  
 L U V H M D E A R O R L  
 O B I O C Y R I N S E T  
 R S H A M P O O N H H H  
 H A M P E R Y R A A E Y  
 I I M I C R O S C R A B  
 E N S O A P N S K E D D  
 G I N V A D E I E A Y A  
 N M E L E C O M B V N Y

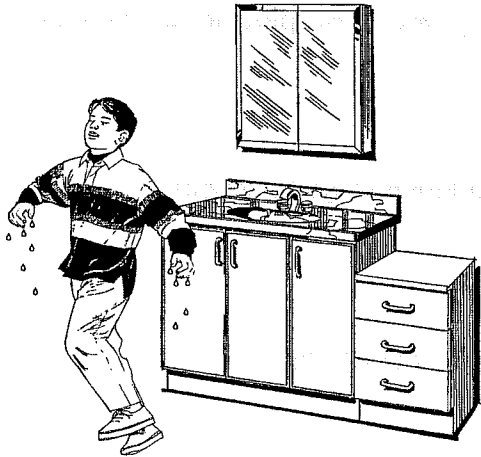
# Putting Things Together

In each row, put an X on the thing that does not belong with all the others.



# What's Wrong with This Picture?

Look at each picture. Then answer the question.



Toby just washed his hands.

What is he doing wrong?

**HE HAS NOT DRIED HIS  
HANDS OFF.**



Jenna is going to brush her teeth.

What is she doing wrong?

**SHE PUT TOO MUCH  
TOOTHPASTE ON HER  
TOOTHBRUSH.**



Lana is getting ready for bed.

What is she doing wrong?

**SHE DID NOT PUT HER DIRTY  
CLOTHES IN THE HAMPER.**



# Before or After?

Complete each sentence by writing "before" or "after" in the blank.

1. Take a bath or shower **AFTER** you finish playing for the day.
2. Brush your teeth **BEFORE** you leave to go to school.
3. Wash your face **BEFORE** you start your day.
4. Comb or brush your hair **BEFORE** you go out in the morning.
5. Shampoo your hair **BEFORE** you go to bed at night.
6. Put your dirty clothes in the hamper **AFTER** you take them off.
7. Put on clean pajamas **BEFORE** you go to bed.
8. Wash your hands **BEFORE** you eat anything, **AFTER**  
you go to the bathroom, **AFTER** you cough or sneeze,  
**AFTER** you brush the dog, and **AFTER** you  
play outside.



# Does it Belong?

Read the titles of the book chapters below. Circle the chapters that might be found in a book about keeping yourself clean.

## Feeding Your Fish

Your Hair Needs Care

Card Games for Kids

Rinse Yourself Off

Wash Those Hands

## How Paper is Made

Soap and Water

Don't Share Your Toothbrush

How Germs Make You Sick

## How to Make Pancakes

Make up a title for the book: \_\_\_\_\_

Draw a picture for the front cover of your book.

**ANSWERS WILL VARY**



# Test Your Memory

Who is in charge of keeping you clean?

My answer is: **ME**

What are 3 main reasons why it's important to keep your body clean?

1. **TO LOOK GOOD**
2. **TO FEEL GOOD**
3. **TO STAY HEALTHY**

What 3 things should you do every morning?

1. **WASH MY FACE**
2. **BRUSH MY TEETH**
3. **BRUSH MY HAIR**

What 3 things should you do every night?

1. **BRUSH MY TEETH**
2. **TAKE A BATH OR SHOWER**
3. **PUT MY DIRTY CLOTHES IN THE HAMPER**

What should you do often during the day?

I should **WASH MY HANDS**



# ABC's of Hygiene Quiz

Fill in the blanks with words from the word box.

ten	germs	hands	
everywhere	exercise	towel	microscope
muscles	warm	fuel	

1. Germs are living things that are so small that you cannot see them without a **MICROSCOPE**.
2. Germs are **EVERYWHERE**.
3. Your body changes food into **FUEL**.
4. Moving, bending and stretching work your **MUSCLES** and make your body strong and healthy.
5. Each night, try to get around **TEN** hours of sleep to keep your body germ-fighting strong and ready to work and play the next day.
6. If you don't get enough sleep for a bunch of days in a row, your body might get too tired to fight off **GERMS** and that's when you can get sick.
7. The best way to keep from getting sick is washing your **HANDS**.
8. Always use **WARM** water to wash your hands.
9. If you're in a public restroom, use a paper **TOWEL** to open the door after washing your hands.
10. In order to stay healthy try to eat foods that are good for your body, **EXERCISE**, get plenty of sleep and wash your hands often.



## ABC's of Hygiene Quiz (cont.)

11. List 3 sources of protein:

**ANSWERS WILL VARY**

---

---

---

12. List 3 fruits:

**ANSWERS WILL VARY**

---

---

---

13. List 3 vegetables:

**ANSWERS WILL VARY**

---

---

---

14. Why is it important to get the right amount of sleep each night?

**IF YOU DON'T GET ENOUGH SLEEP YOUR BODY COULD  
BECOME TOO TIRED TO FIGHT OFF GERMS, AND YOU CAN  
GET SICK.**

15. Where can you find germs?

**GERMS CAN BE FOUND EVERYWHERE.**

---

---

---

16. List 4 things you can do to avoid getting sick:

**WASH YOUR HANDS.**

**EAT NUTRITIOUS FOODS.**

**GET ENOUGH REST.**

**EXERCISE.**

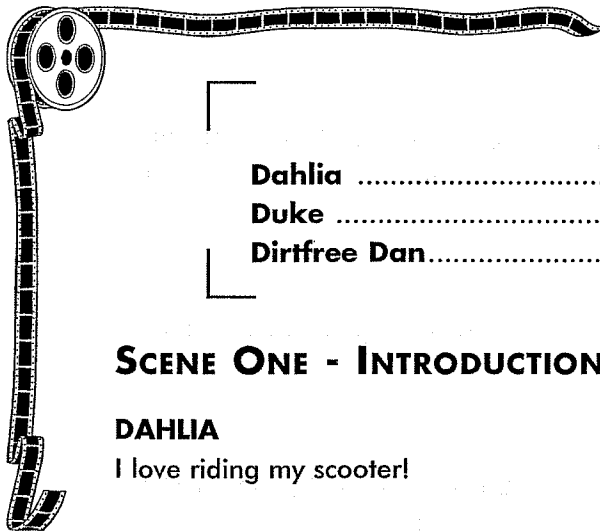
---

---

---



# Script



## CAST

Dahlia .....girl  
Duke .....boy  
Dirtfree Dan.....host

## SCENE ONE - INTRODUCTION

### DAHLIA

I love riding my scooter!

### DUKE

I love playing soccer!

### DIRTFREE DAN

If you're like my friends Duke and Dahlia, you like to do lots of different things....

Skipping and flipping

Racing and chasing

Stretching and catching

Wiggling and giggling

### DIRTFREE DAN

You might like to do some of these things, too. Hi, I'm Dan. Today my friends, Duke, and Dahlia, are going to help me teach you all about being healthy.

### DIRTFREE DAN

You know, a healthy body makes it possible for you to do lots of fun activities...

And what's even more amazing, at the same time your body is doing fun things like this...

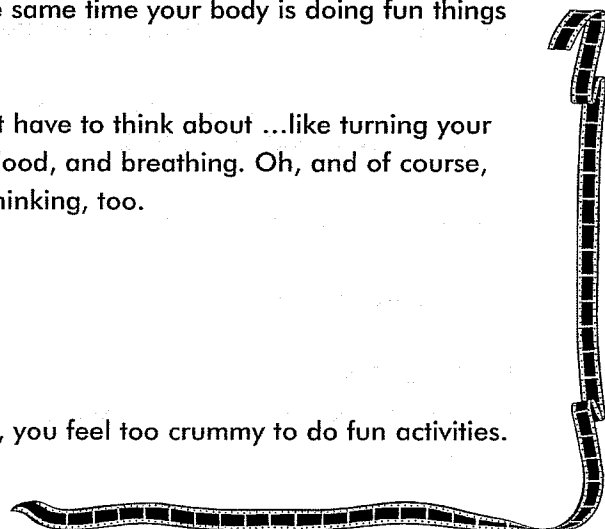
It's doing important jobs that you don't have to think about ...like turning your breakfast into energy, pumping your blood, and breathing. Oh, and of course, thanks to the brain inside your body, thinking, too.

### DUKE

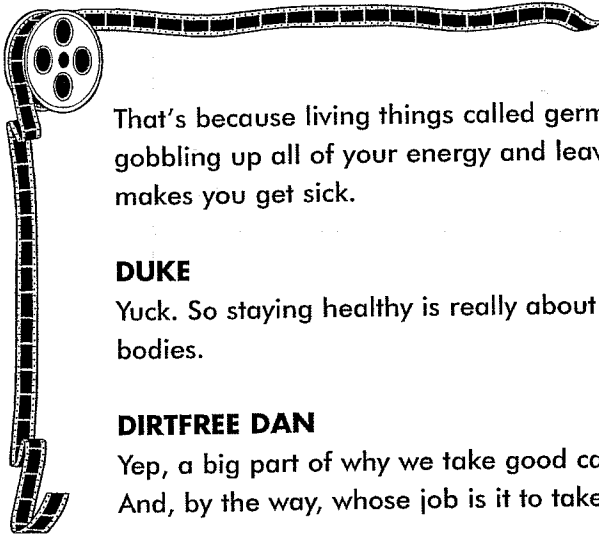
Wow. THAT'S amazing!

### DIRTFREE DAN

Yeah, but if you have a cold, or the flu, you feel too crummy to do fun activities.



# Script



That's because living things called germs have invaded your body, and they are gobbling up all of your energy and leaving behind wastes of their own... and that makes you get sick.

## **DUKE**

Yuck. So staying healthy is really about keeping germs from getting inside our bodies.

## **DIRTFREE DAN**

Yep, a big part of why we take good care of our bodies is about fighting germs. And, by the way, whose job is it to take care of your body?

## **DUKE AND DAHLIA**

My job?

## **DIRTFREE DAN**

Right! It's your job! But don't worry; it's not that hard to keep your body in germ-fighting shape.

In fact, in a few minutes we're going to make a Staying Healthy poster that shows four easy things you can do everyday to keep germs from gobbling up your energy and making you sick.

But before we do that, let's take a closer look at what we're all fighting against – germs.

Germs are living things that are so small that you cannot see them without using a special instrument like this one: a microscope.

Germs are so tiny that they might be on this kazoo right now. Let's put it under the microscope, and take a look.

Well, do you see any germs?

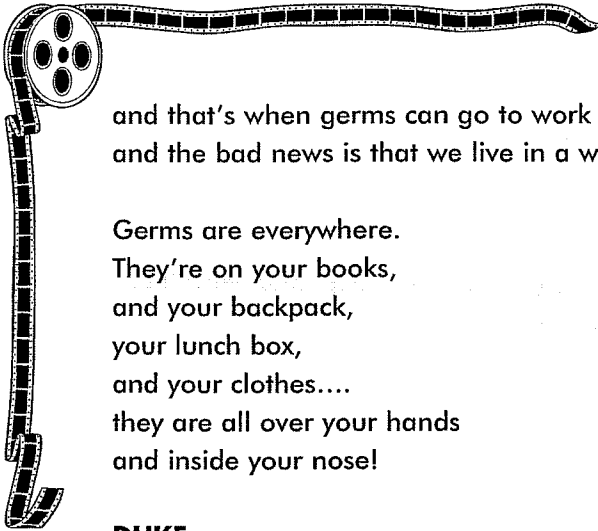
A-ha! There they are!

## **DIRTFREE DAN**

Well, germs like these can get inside your body through your nose or mouth... or through a cut...



# Script



and that's when germs can go to work to make you sick...  
and the bad news is that we live in a world covered with all kinds of germs.

Germs are everywhere.  
They're on your books,  
and your backpack,  
your lunch box,  
and your clothes....  
they are all over your hands  
and inside your nose!

## **DUKE**

Yikes!

## **DIRTFREE DAN**

But, don't worry, not all germs make you sick.

And, your amazing body has very special cells, kind of like germinators, that fight back against those germs that do make you sick.

## **DUKE AND DAHLIA**

Cool!

Cool!

## **DIRTFREE DAN**

But, sometimes you will get sick...and, you probably know how that feels ...  
you might have a headache, a cough, or a case of the sniffles!

## **SCENE TWO - GERMS!**

### **DIRTFREE DAN**

So, let's begin filling in our Staying Healthy poster with four easy things you can do so germs don't have a chance to slow you down.

Are you ready?

Number 1 is: eat foods that are good for your body,

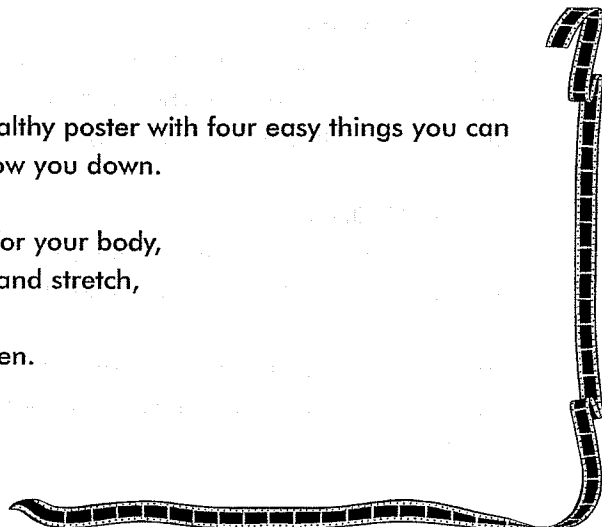
Number 2 is: exercise...like run, jump and stretch,

Number 3 is: get plenty of sleep,

and Number 4 is: wash your hands often.

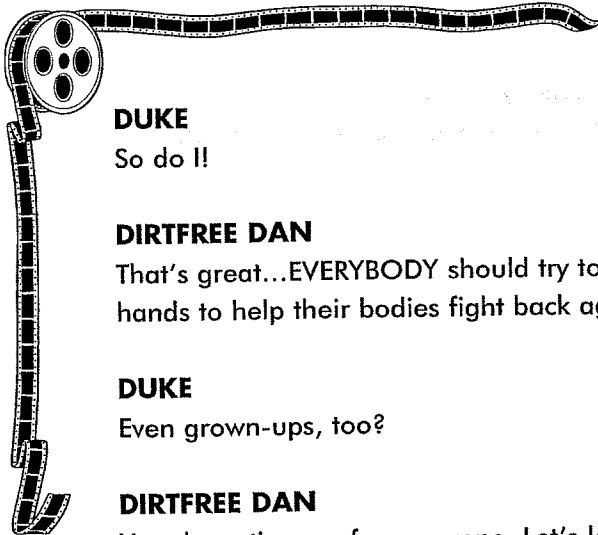
### **DAHLIA**

Hey, I do those things already!





# Script



**DUKE**

So do I!

**DIRTFREE DAN**

That's great...EVERYBODY should try to eat well, exercise, sleep, and wash their hands to help their bodies fight back against germs.

**DUKE**

Even grown-ups, too?

**DIRTFREE DAN**

Yes, these tips are for everyone. Let's look at each tip – starting with something everyone loves to do...eating!

It's a good thing that we like to eat...because our bodies need food...at least three times a day.

You see, your body changes food into fuel. When you eat, it's like putting gasoline in a car. Food is the fuel that gives you energy to grow, work, play, and fight off germs.

But, you need to eat foods that are healthy, and that means eating foods that have vitamins and minerals and other things that are good for your body.

**DUKE**

So, does that mean that I have to eat liver and spinach everyday?

**DIRTFREE DAN**

No, no, no – you could eat those foods if you like them, but there are lots of healthy foods you can choose from. How about if we talk about the kinds of foods you should eat every day?

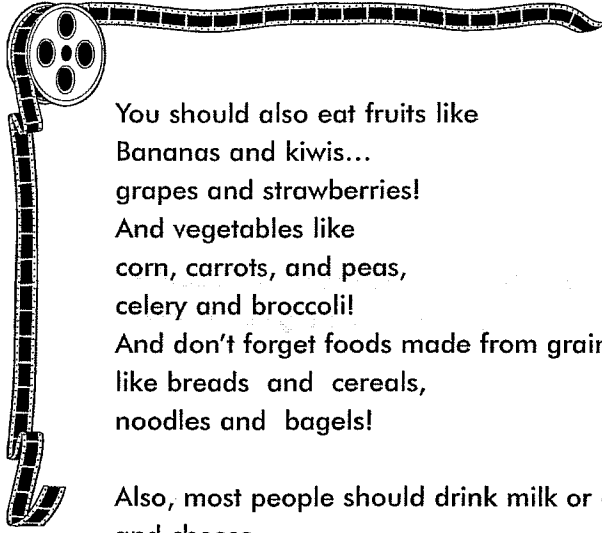
**DIRTFREE DAN**

Imagine that each day you could go to a restaurant...a restaurant that only serves healthy foods...what kinds of things might you eat each day?

Well, everyday you should eat some kind of protein, like chicken, eggs, fish, or beef. Or if you don't eat meat, you might eat tofu, nuts, or something made out of soybean.



# Script



You should also eat fruits like  
Bananas and kiwis...  
grapes and strawberries!  
And vegetables like  
corn, carrots, and peas,  
celery and broccoli!  
And don't forget foods made from grain,  
like breads and cereals,  
noodles and bagels!

Also, most people should drink milk or eat foods made from milk like yogurt  
and cheese.

See – there're lots of healthy choices! But you don't need to eat EVERYTHING  
here – just pick a few different kinds of things. Good – that looks like a healthy  
meal!

It's much healthier than eating foods that are fried or greasy, like hamburgers  
and French fries, or sweet treats like candy and cookies. You should eat those  
foods only once in a while.

## **DUKE**

Rats.

## **DIRTFREE DAN**

I have an idea; let's practice choosing healthy foods together, so you'll know  
for sure which foods to eat the next time you're looking in the refrigerator!

## **DIRTFREE DAN**

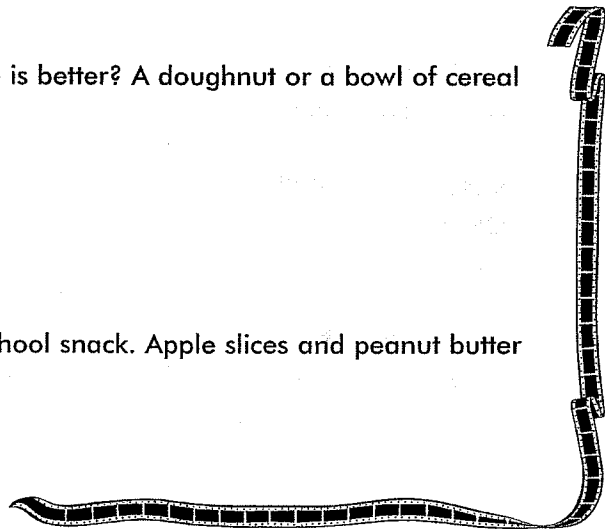
Let's start with breakfast. Which choice is better? A doughnut or a bowl of cereal  
with milk?

## **DUKE**

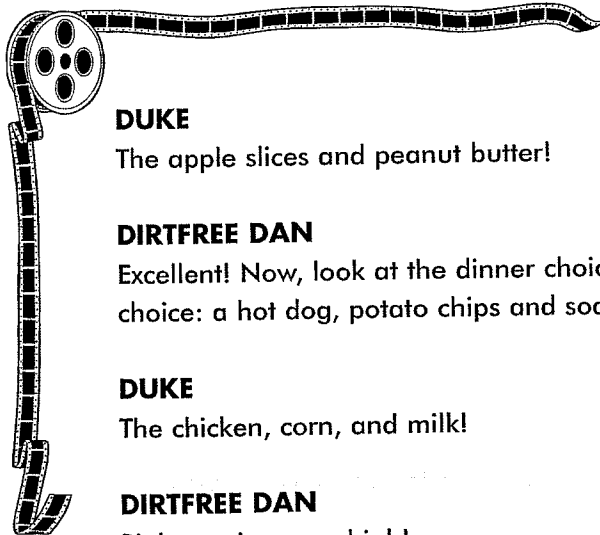
The bowl of cereal with milk!

## **DIRTFREE DAN**

Right! And which is a healthier after school snack. Apple slices and peanut butter  
or ice cream and cookies?



# Script



**DUKE**

The apple slices and peanut butter!

**DIRTFREE DAN**

Excellent! Now, look at the dinner choices. Which one do you think is a healthy choice: a hot dog, potato chips and soda, or chicken, corn, and a glass of milk?

**DUKE**

The chicken, corn, and milk!

**DIRTFREE DAN**

Right again – good job!

**DIRTFREE DAN**

So, remember...if you eat good foods, you will be sure to have the energy you need to climb a hill, study your spelling words, AND fight off those nasty germs!

## SCENE THREE - EXERCISE

**DIRTFREE DAN**

That brings us to the second way to keep your body feeling good and healthy... and that is by getting exercise. Your body wants to, and needs to, move!

**DIRTFREE DAN**

And it should move! Playing sports...like basketball...and playing outside... like on a jungle gym...makes your body strong on the outside and the inside ... and having a strong body means your special germ fighting systems can work hard to keep you from getting sick.

**DIRTFREE DAN**

Hey, I have a question for you.

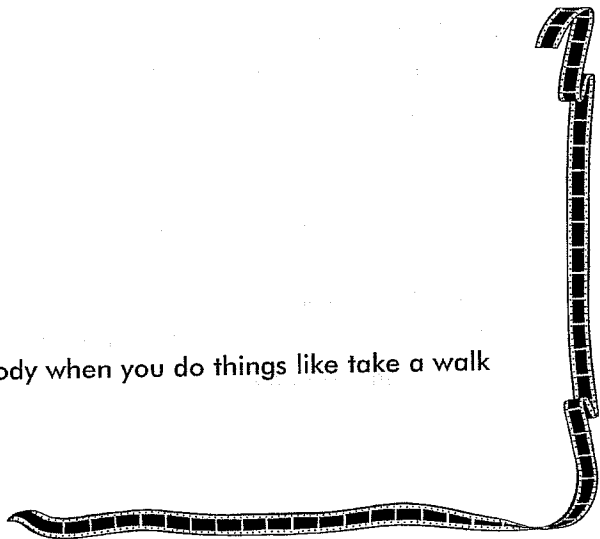
**DUKE AND DAHLIA**

Okay.

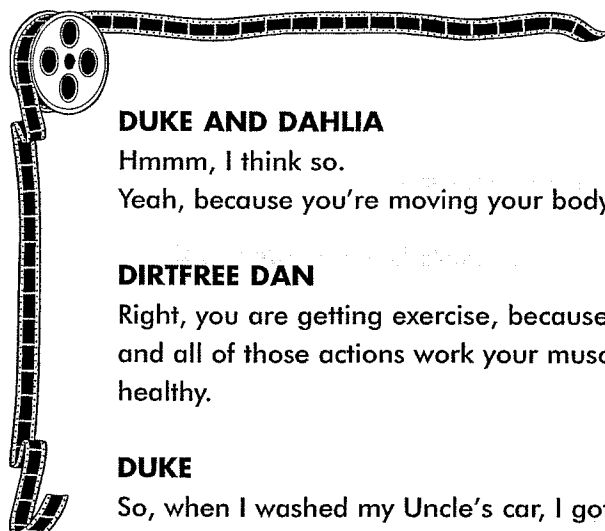
I'm ready.

**DIRTFREE DAN**

Do you think you are exercising your body when you do things like take a walk or work in the garden?



# Script



## **DUKE AND DAHLIA**

Hmmm, I think so.

Yeah, because you're moving your body.

## **DIRTFREE DAN**

Right, you are getting exercise, because you are moving, bending, and stretching, and all of those actions work your muscles, and make your body strong and healthy.

## **DUKE**

So, when I washed my Uncle's car, I got some exercise. No wonder I was tired afterwards!

## **DIRTFREE DAN**

That's exactly right. Lots of activities you do around your house or yard exercise your body in some way. Hey, let's look at a few of Duke and Dahlia's activities and you decide whether or not they are getting exercise. Ready?

## **DIRTFREE DAN**

Check out Duke with that soccer ball. Is he getting exercise?

## **DAHLIA**

Yep – he's running around and kicking the ball!

## **DIRTFREE DAN**

That's right!

What about Dahlia playing with her doll. Is she getting exercise?

## **DUKE**

Nope...she's just sitting still.

## **DIRTFREE DAN**

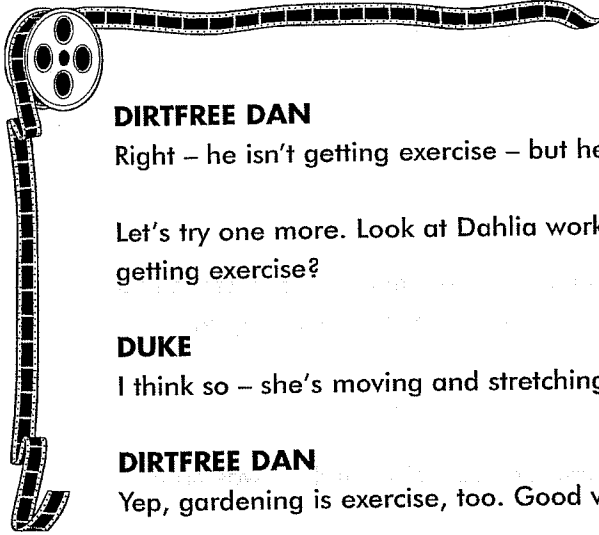
Exactly.

And what about Duke, putting that puzzle together. Is he getting exercise?

## **DAHLIA**

He's exercising his brain...but not his body.

# Script



## **DIRTFREE DAN**

Right – he isn't getting exercise – but he's probably having fun.

Let's try one more. Look at Dahlia working in her mom's flower garden. Is she getting exercise?

## **DUKE**

I think so – she's moving and stretching.

## **DIRTFREE DAN**

Yep, gardening is exercise, too. Good work!

## **SCENE FOUR - SLEEP**

### **DIRTFREE DAN**

Well, now that you have a good idea about what exercise is...and isn't... let's talk about how you can keep your body feeling good just by lying down.

Hey, that's just it...lying down!

Actually, that's the third thing on our poster: getting enough sleep. Each night, try to get around ten hours of sleep to keep your body germ-fighting strong and ready to work and play the next day.

Dahlia, what's your bedtime schedule?

### **DAHLIA**

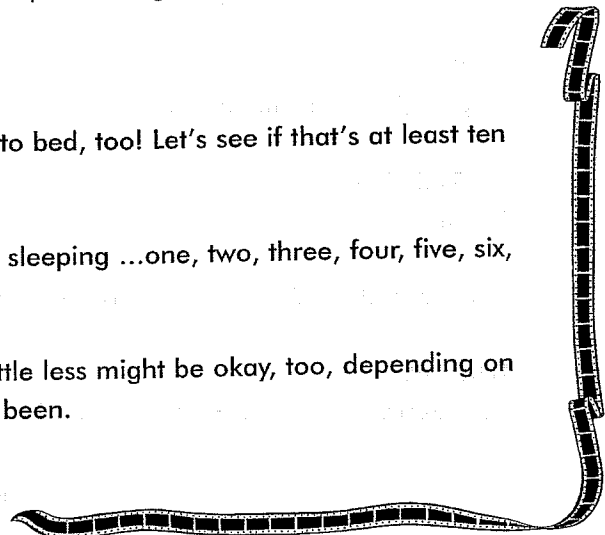
Well, I usually go to bed around 8 o'clock, so I can get up at 6 o'clock the next morning.

### **DIRTFREE DAN**

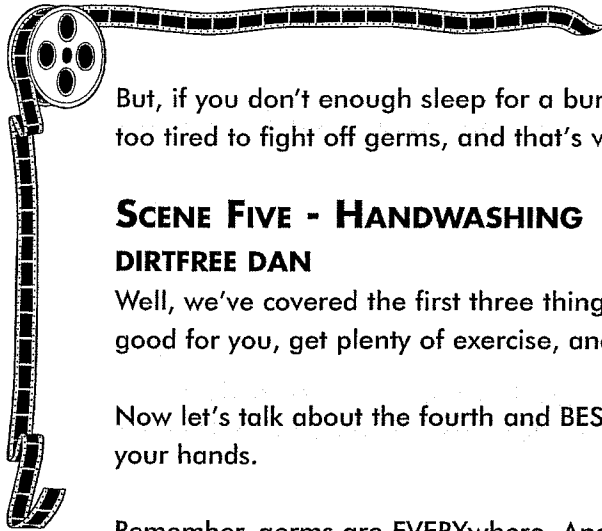
Good – that's exactly when Duke goes to bed, too! Let's see if that's at least ten hours of sleep.

Let's count the hours that Duke spends sleeping ...one, two, three, four, five, six, seven, eight, nine, ten.

Perfect...ten hours! A little more or a little less might be okay, too, depending on how tired you are, or how busy you've been.



# Script



But, if you don't enough sleep for a bunch of days in a row, your body might get too tired to fight off germs, and that's when you can get sick.

## **SCENE FIVE - HANDWASHING**

### **DIRTFREE DAN**

Well, we've covered the first three things on our poster. You should eat food that's good for you, get plenty of exercise, and try to get enough sleep.

Now let's talk about the fourth and BEST way to keep from getting sick: washing your hands.

Remember, germs are EVERYwhere. And every time you touch something, those germs end up on your hands, and that's when germs can sneak right into your body...from your hands to your mouth.

You also pass along germs from your hands to something else or to somebody else, and that's when germs from your body can sneak into someone else's body.

### **DUKE**

Uh, oh.

### **DIRTFREE DAN**

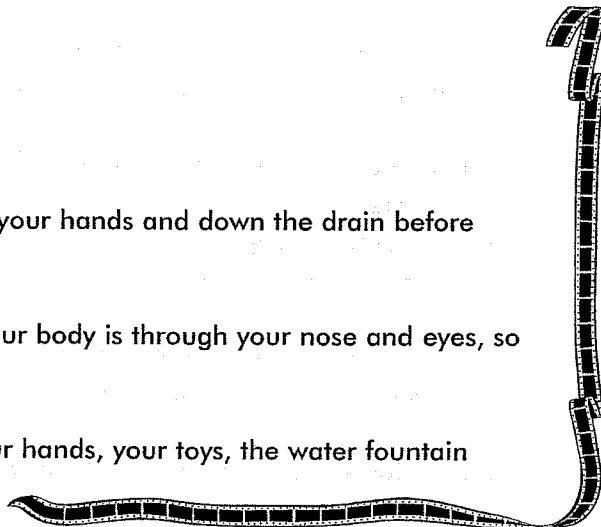
So, it's especially important to wash your hand germs down the drain before you eat, because there is no telling which germs are waiting to go down your throat with your dinner!

And, ALWAYS wash your hands after doing these germy activities...  
going to the bathroom,  
touching animals,  
blowing your nose,  
coughing, or  
playing outside.

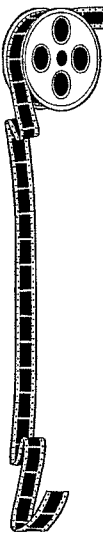
That way, you'll wash the germs off of your hands and down the drain before they get in your body.

Another place germs can sneak into your body is through your nose and eyes, so try not to touch them.

Don't put things in your mouth like your hands, your toys, the water fountain



# Script



spout, pencils, or other people's forks or water bottles because you know what's all over everything...

## **DUKE AND DAHLIA**

Germs!!!!

## **DIRTFREE DAN**

Even though you've been washing your hands since you were very small, let's take a look at the best way to wash your hands to get the germs to go down the drain.

Get your hands wet with warm water

Use plenty of soap

Wash the palms

Tops

Fingers

And wrists

And then dry off with a clean towel

And, if you're in a public restroom, try to use a paper towel to open the door handle to keep your clean hands...well, clean!

Good job. Well, we covered a lot of important information on how to stay healthy today, so let's review....

To stay healthy and feeling good you must take good care of your body everyday, so you can fight off the germs that can make you sick.

Do you remember the four things on our Staying Healthy poster that you can do everyday to keep your body in top germ-fighting shape? Let's take one last look:

1. eat foods that are good for your body
2. exercise
3. get plenty of sleep
- 4: wash your hands often

If you do these things, germs won't have a fighting chance against your body! You'll be healthy, strong, and feeling good.

Thanks for helping out today, Duke and Dahlia. It's time to go now; we'll see you later!

