

# Hygiene and safety: Outcomes and activities

## God is Wise Year 3

### Spiritual Awareness

Our bodies are temples of the Holy Spirit. Each individual is extremely valuable. It is therefore our responsibility to look after ourselves, to think ahead and act wisely for our own protection. Wisdom involves listening to others and obeying rules.

### Values: Our response to 'God is Wise'

- **Integrity:** Ask God and find out from the Bible: What is the right thing to do? Put this into practice
- **Wisdom:** Learn from people who are wise
- **Trust** in God to be a guide for the journey of life
- **Responsibility**

### Outcomes: Students will

- explain the basics of hygiene
- explain the importance of obeying safety rules
- explain the safety rules for preparing with hot food
- compare the health benefits of natural foods with junk foods / processed foods
- assess their own lifestyle for health and fitness; identify strengths and weaknesses

### Key Questions

What is wisdom?

Why should we take care of our bodies?

Why does God want us to follow rules?

What rules can we make for keeping safe?

What rules can we make for keeping germs away from our bodies, (including teeth)

What rules can we make for keeping our bodies strong and healthy?

### Activities

#### a) Safety

- Discuss times of feeling safe or unsafe.
- Suggest wise behaviour regarding relating to strangers.
- Devise a set of rules for safety for different situations - in the home, in the playground, on an outdoor adventure, at the beach, crossing roads, riding bikes.
- Make safety posters.

### Safety in the kitchen

Conduct some cooking activities.

#### Preliminary discussion and activities:

What are some of the things we must remember when preparing hot food?

What other dangers might there be in the kitchen?

Why do we need to wash our hands before we start preparing food?

Why do we need to put some foods in the refrigerator? Which foods? What happens to foods when they are left out of the refrigerator?

## **Safety in the kitchen demonstration and game**

Discuss potential dangers in working in the kitchen. Make a list, e.g.

### **DON'T**

- don't leave saucepan handles hanging over the edge of the stove.
- don't pick up hot food with your hand.
- don't leave toys on the kitchen floor.
- don't run and play around Mum when she's preparing hot food.
- don't leave perishable food out of the fridge

### **DO**

- use an oven mitt for handling hot things.
- take care not to bump anyone who is holding hot food or drinks.
- take care when using knives.

## **b) Hygiene**

- Make a list of rules for good hygiene.
- Discuss the consequences of not washing hands, not cleaning teeth etc.
- Discuss germs and how they affect our bodies
- Discuss the importance of cleaning teeth

## **Germs**

Germs are everywhere. Germs are so small that you can't see them.

Germs can make you sick.

You can get rid of germs by washing your hands and your body.

## **How to wash your hands**

Use warm running water. (If you don't have warm water, use cold running water.)

Use liquid soap where possible.

Rub hands together for at least 15 seconds.

Scrub underneath the fingernails.

Rinse and then dry.

## **How to dry your hands**

If you don't have paper towel or a clean towel, shake your hands dry before touching anything.

## **When to wash your hands**

Before eating or touching food

After using the toilet

After playing with animals

## **c) Wisdom in choosing healthy food**

**Natural food:** Also called 'unprocessed food'. These are foods directly from nature, such as fruit, vegetables, nuts, meat, fish and eggs. Some dried or tinned foods can be classified as natural foods if they do not have food additives, e.g. dried beans, lentils, rice, butter, milk, tinned tomatoes. Natural foods are the best foods.

**Fast food:** Convenience food from outlets. Ready-to-eat foods such as hamburgers, hot dogs, fried chicken and chips. These have some nutritional value but contain ingredients that are not good for our health. These should be eaten rarely.

**Food additives:** Chemicals added to give artificial colour or flavour, or to preserve the food. The long-term effects are unknown but it is better to avoid them.

**Processed food:** These are foods that are changed from their natural state and sold in packets, cartons and cans. Some have nutritional value. Some have nutritional value. These foods are not as healthy as foods from nature.

**Junk food:** food with no nutritional value and food that may be bad for our health. These include sweets, sugary foods, savoury snacks such as potato crisps, and soft drinks or imitation fruit drinks. Should be consumed rarely.

### **Eight rules for keeping healthy**

#### **NEW START stands for:**

- **Nutrients** – are the parts of food that makes us grow, and stay healthy. Only healthy foods do this.
- **Exercise** – at least half an hour every day
- **Water** – 6 glasses a day, (not fruit juice or fizzy drink)
- **Sunlight** – for vitamin D for strong bones.
- **Toxin-free** – avoid artificial food additives and avoid toxic chemicals in the environment
- **Air** – get fresh air every day
- **Rest** – don't stay up late
- **Think happy thoughts and trust in God**



# God is Wise

## Values education Year 3

### Wisdom

God is wiser than anyone in the whole universe. We can ask God for His wisdom.

#### Wisdom is...

- knowing the right thing to do, and doing it
- listening to people who are more experienced than we are
- listening to parents and teachers, and doing what they say
- doing what Jesus would do
- making right choices and decisions
- making right choices about the use of time and money

#### Activities

1. Imagine you are at a new school. What type of people would you look for when choosing new friends?
2. Pretend you are going to the supermarket. Imagine that you are going to buy the following things. Choose wisely! Remember to consider cost, nutrition and size. Next to each item write the type or brand and the size you would choose for your family. Explain why you consider these to be your wisest choice.  
e.g. yoghurt milk carrots peas toilet paper toothpaste

#### *Set it out like this:*

YOGHURT

type/brand.....

size.....

price.....

I chose this because.....

#### **What does the Bible say about wisdom?**

Proverbs 13:10 Wisdom is found in those who take advice.

James 1:5 Ask God for wisdom.

Proverbs 2:6-10 The Lord gives us wisdom.

1 Corinthians 3:18-19 The wisdom of this world is foolishness to God.

Matthew 7:24-27 The wise and foolish builders.

# Practical Science: Kitchen chemistry

## Dissolving Sugar at Different Heats

<http://www.sciencekids.co.nz/experiments/dissolvingsugar.html>

Learn about solutions as you add more and more sugar cubes to different temperature water. This easy experiment shows that you can only dissolve a certain amount and that this changes as the water gets hotter.

### What you'll need:

- Sugar cubes
- Cold water in a clear glass
- Hot water in a clear glass (be careful with the hot water)
- Spoon for stirring

### Instructions:

1. Make sure the glasses have an equal amount of water.
2. Put a sugar cube into the cold water and stir with the spoon until the sugar disappears. Repeat this process (remembering to count the amount of sugar cubes you put into the water) until the sugar stops dissolving, you are at this point when sugar starts to gather on the bottom of the glass rather than dissolving.
3. Write down how many sugar cubes you could dissolve in the cold water.
4. Repeat the same process for the hot water, compare the number of sugar cubes dissolved in each liquid, which dissolved more?

### What's happening?

The cold water isn't able to dissolve as much sugar as the hot water, but why? Another name for the liquids inside the cups is a 'solution', when this solution can no longer dissolve sugar it becomes a 'saturated solution'. This means that sugar starts forming on the bottom of the cup.

The reason the hot water dissolves more is because it has faster moving molecules which are spread further apart than the molecules in the cold water. With bigger gaps between the molecules in the hot water, more sugar molecules can fit in between.

# Practical Science: Kitchen chemistry

## The Floating Egg

Find out which liquids an egg will float in.

### MATERIALS

- 4 glasses of water
- Salt
- Sugar
- Flour
- Fresh egg

### STEPS

1. Fill each glass three-quarters full with water.
2. Stir a few tablespoons of salt into one glass of water, until it dissolves.
3. Stir the same amount of sugar into the second glass of water.
4. Stir the same amount of flour into the third glass of water. Leave the fourth glass of water plain.
5. Guess which glass of liquid the egg will float in. Now try them all!

### DID YOU KNOW?

Density is how tightly the matter of a mixture is packed together. For example, an egg is denser than plain water, so the egg sinks. Salt water, however, is denser than an egg, and so the egg floats! Are you more or less dense than sea water? Note: If the egg is stale it will float in water because gas forms inside the egg when the egg is going bad. You can use this trick to check the freshness of an egg.

# Practical Science: Kitchen chemistry

## Acid or alkaline?

**Introduction:** There are different types of liquids. Based on its PH (amount of hydrogen) we can classify them into 3 types. Liquids that have a pH of 7 are called Neutral liquids. (Example water and milk) Liquids that have a pH greater than 7 are called alkaline liquids. (example soap, bleach, dishwashing liquid) Liquids that have a pH less than 7 are called acidic liquids. (vinegar and lemon juice)

**Aim:** to test the reaction between an acid and an alkaline liquid.

**Materials:** Fresh Lemons, a knife, a small measuring cup & measuring spoon, baking soda, liquid dishwashing soap and a clear cup for the reaction

### Procedure:

1. Roll the lemons on a table top like rolling dough. This releases the juice inside the lemon.
2. Cut the lemon in half (adults only, please) and carefully squeeze out the juice into a small measuring cup. Note how much juice was created from each lemon and put the juice aside.
3. Into the empty glass place 1 tablespoon of baking soda.
4. Add 1 teaspoon of liquid dish soap to the baking soda. Stir these up a bit.
5. Pour the lemon juice into the cup and stir. Now watch the lemon suds erupt!

**Observation:** record your observations:

How does it work? This is a classic example of an acid-alkaline reaction. This is often done with vinegar and baking soda. The baking soda (alkaline) and the lemon juice (an acid) combine to release Carbon Dioxide gas. The liquid soap turns the bubbles into foam that often erupts right out of the glass.

# Practical Science: Kitchen chemistry

## Volcano in the kitchen

- **Materials**
- 6 cups flour
- 2 cups salt
- 4 tablespoons cooking oil
- warm water
- plastic soda bottle
- dishwashing detergent
- food coloring
- vinegar
- baking dish or another pan
- 2 tablespoons baking soda

### Make the Chemical Volcano

First, make the 'cone' of the baking soda volcano.

Mix 6 cups flour, 2 cups salt, 4 tablespoons cooking oil, and 2 cups of water. The resulting mixture should be smooth and firm (more water may be added if needed).

Stand the soda bottle in the baking pan and mold the dough around it into a volcano shape. Don't cover the hole or drop dough into it.

Fill the bottle most of the way full with warm water and a bit of red food color (can be done before sculpting if you don't take so long that the water gets cold).

Add 6 drops of detergent to the bottle contents. The detergent helps trap the bubbles produced by the reaction so you get better lava.

Add 2 tablespoons baking soda to the liquid.

Slowly pour vinegar into the bottle. Watch out - eruption time!

### Experiment with the Volcano

Make a prediction about what happens if you change the amount of baking soda or vinegar. Record and analyze the effect, if any.

Can you think of ways to change the volcano to make the eruption go higher or last longer? This might involve changing the chemicals or the shape of the volcano. It helps to record numerical data, such as the volume of liquid, the height of the "lava", or duration of the eruption.



# Art Year 3

## God is Wise Yr 3

### Topic: Hygiene and safety

**Biblical connection:** Wise people follow wise advice. We should obey the rules for health and hygiene.

**Bible art as a wall display:** Mary and Martha with caption, "Mary listened."

**Proverbs 4:20 & 22** Listen to my words. Remember them and keep them in your heart. They will give life and health to anyone who understands them.

#### Drawing

- Make a poster showing ways to stop spreading germs that cause sickness: wash hands after the toilet and before eating or food preparation; use tissues when you sneeze and cover your mouth when you cough.

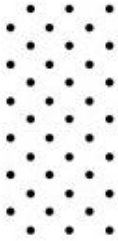
#### For safety in the kitchen:

- Draw kitchen utensils and cut them out to make a collage.
- Make another poster: Be careful with sharp things and hot things in the kitchen.

#### Printing

- Build up a picture using kitchen equipment such as plastic forks and spoons, plastic cups and old unwanted kitchen utensils such as an egg lifter or potato masher – anything that could make interesting print patterns. Make a stamp pad from a kitchen sponge in a shallow container. Pour a little paint on the sponge and you are ready to print.

**Thinking Skills Wise Yr 3**

|  |   |
|--|---|
| <p><b>Hygiene 1</b><br/>Draw tap.<br/>Now redesign it by doing this:<br/>B – make one part bigger<br/>A – add something extra<br/>R – replace one part with something else</p>   | <p><b>Hygiene 2</b><br/><br/>Name 5 things that NEVER need to be washed.</p>                  |
| <p><b>Hygiene 3</b><br/>Think of 3 different things this picture could represent. It must have something to do with keeping clean.</p>  | <p><b>Hygiene 4</b><br/><br/>Give 10 ways of making things clean in and around your home.</p> |
| <p><b>Hygiene 5</b><br/><br/>Give 3 possible reasons why someone would not be allowed to use soap for bathing or showering.</p>  | <p><b>Hygiene 6</b><br/><br/>Find 5 different uses for some “bubble bath”.</p>                |

## Safety in the home 1

### Be wise and avoid an accident!

God is wise.

This means that He always makes the right decisions.

People need to be wise.

People need to think carefully about the things they do.

When people act wisely they do the right thing.

We can ask God to help us to do the right thing.

When we don't think carefully, we can do the wrong thing.

Accidents happen when people do not think carefully.

Accidents do not just happen on their own. Accidents can happen when people are careless, tired, angry, hurrying, being silly, afraid, thoughtless, impatient, showing off, boasting, being rude or daring.

### Describe an accident that could happen when a person is:

- Careless
- Being silly
- Impatient
- Showing off
- Angry

## Safety in the home 2

### Be careful!

#### What could happen if you:

- a) run inside?
- b) Run around a corner?
- c) show off on your bike?
- d) Show off jumping on your bed?
- e) Rush when cooking with hot things?
- f) Rush and pull out electrical plugs without switching them off?

#### Hot water hurts

1. Make a list of all the places in your home that have hot water.
2. What do you have to remember when around hot water? Remember that it doesn't take much hot water to burn you. Steam burns badly.

## **Safety in the home 3**

### **Safety in the kitchen**

1. What are some of the safety points to remember in the kitchen when using...?

- a) A stove
- b) knives
- c) kettle of hot water
- d) electrical appliances

and when carrying...?

- e) hot things
- f) things made of glass

2. What would you do if some glass was broken?

## **Safety in the home 4**

### **What would you do?**

- 1. A box of biscuits is high on a shelf. How will you get them?
- 2. How do you close doors properly? Think about fingers.
- 3. What do you need to think about with electrical appliances and water?
- 4. How can toys be dangerous?

### **Safety rules**

- 1. Think of and write 5 of the most important safety rules for your home.
- 2. What would be five safety rules for our classroom?

## Safety in the home 5

### Reading directions

The label on a bottle of pills says:

**Cough fix**

**Take 3 a day after meals**

**Do not take with meals**

**Keep in a cool place**

1. What are these pills for?
2. When should the pills be taken?
3. How many are needed per day?
4. What must you never have with these tablets?
5. Where would be the best place to keep these tablets?

The label on a dress says:

**100% nylon**

**Wash in warm water**

**Keep away from heaters and fire**

1. What is this dress made of?
2. How should you wash this dress?
3. What must you never go near when wearing this dress?

## **Safety in the home 6**

### **Be a wise in everything you do**

God wants us to be wise in all we do. When we act wisely, we can set an example to our friends and family, especially to younger children.

When we act wisely, we lead the way by showing others how to act.

This is what the bible says about wise leaders:

*Wise leaders will shine with all the brightness of the sky. And those who have taught many people to do what is right will shine like the stars forever. (Daniel 12:3)*

1. What does it mean to lead the way in being wise?
2. Who could YOU teach about being wise?
3. What is the reward for those who act wisely?

### **Safety around water**

1. Make a list of wise rules to follow for safety around water. Think about rivers, swimming pools and the sea.
2. What is the most important thing to remember If you are looking after a little child near water?

## Safety in the kitchen 1

Sniffer wants to tell us to be careful of hot things.  
Copy these examples and draw a picture for each.  
Put a tick next to the things that are safe.  
Put a cross next to the things that are unsafe.



Sniffer says, "Be careful around hot things!"

Leaving saucepan handles over the edge of the stove

Using an oven mitt for handling hot things

Picking up hot food with your hand

Keeping matches away from small children.

## Safety in the kitchen 2

Sniffer wants to tell us to be careful in the kitchen.  
Copy these examples and draw a picture for each.  
Put a tick next to the things that are safe.  
Put a cross next to the things that are unsafe.



Sniffer says, "Take care in the kitchen!"

Taking care around people with hot drinks

Leaving toys on the kitchen floor

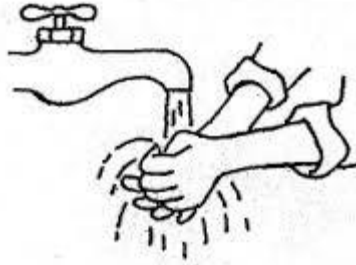
Running and playing around Mum when she's preparing hot food.

Cleaning up spills on a slippery floor

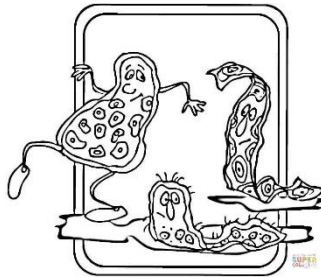
### Safety in the kitchen 3

#### Wash your hands!

Draw a picture of yourself washing your hands.



Germs are tiny creatures that we cannot see.  
Write down some of the places that germs like to live.



Why should we keep the kitchen very clean?

### Safety in the kitchen 4

#### Dry your hands!

Draw a picture of yourself drying your hands. Keep paper towel or a very clean hand towel in the kitchen.



Germs do not walk but they swim. Why is it important to wash AND dry your hands before preparing food?

What happens when bad germs enter the inside of your body?



Sniffer says, "Do not dry your hands on the same towel you use for drying dishes."



## Safety in the kitchen 5

### Hand washing

Draw a picture of your hand.

Write down the answers to these questions:

**Why** should wash our hands? (*Germs*)

**What** should we wash our hands with? (*Soap and clean water*)

**When** should we wash our hands? (*After going to the toilet, before meals and before preparing food*)

**How** should we wash our hands? (*Rub hands together under running water*)

**Who** should wash their hands? (*Everyone!*)



## Safety in the kitchen 6

### Food safety



1. Write down five accidents waiting to happen in this kitchen.
2. Some foods go bad if you leave them out of the refrigerator. Choose the foods that should go in the fridge from this list. Write them down. Think of some others.
  - Meat
  - Dry lentils
  - Milk
3. Why does tinned food not need to be refrigerated? Why does it need to be refrigerated once you open it?
4. What happens when you eat food that is affected by bad germs?

In each section write a sentence about keeping germs away from our bodies. The words will give you clues. Draw a picture for each as well.

|                         |                         |
|-------------------------|-------------------------|
| <b>Wash hands when?</b> | <b>Wash hands when?</b> |
| <b>Preparing food</b>   | <b>Cough or sneeze</b>  |