

Name: _____

Are Your Hands Clean?

Matt went outside to play. He had a lot of fun digging in the dirt and making new roads for his favorite truck. Pretty soon, it was time for dinner. When Matt came inside, his mom told him to wash his hands. How did she know that his hands were dirty? She could see the dirt all over them! It was very clear to see that Matt's hands needed a good scrubbing.

Did you know, though, that your hands can actually be dirty even when they look clean? Every day you come into contact with millions of germs. These germs may be lurking on door knobs, in bathrooms and even on your desk. Every time you touch something, pesky germs end up on your hands. Even though your hands don't look dirty, they are covered with bacteria and viruses that could make you very sick. This is why it is so important to always thoroughly wash your hands.



When you wash your hands, first rinse them in warm water. Next, get some soap and rub your hands together for fifteen to twenty seconds. As you rub, don't forget to scrub the tops of your hands, in between your fingers and underneath your fingernails too! Finally, rinse away the soap and the germs and dry your hands on a clean towel. Now your hands won't only look clean, they'll be clean. That is, until you touch something else, or like Matt, head outside to play in the dirt!

Are Your Hands Clean?

Questions

1. Why is it important to wash your hands?

_____ 2. If your hands look clean then they probably are clean.

- A. True
- B. False

_____ 3. In this passage *thoroughly* means _____.

- A. completely
- B. occasionally
- C. rarely
- D. quickly

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- _____ 4. Choose the best title for this passage.
- A. Playing in the Dirt is Fun
 - B. Hand Washing is For Wimps
 - C. Matt and His Mighty Truck
 - D. Scrub Away To Keep Germs Away

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How many of these can you write about? Think! Write! Check all the ones you answered.

- Washing your hands really well can help your body stay healthy. What other activities can help you stay healthy? Write a magazine article for kids all about healthy habits. In your article give at least two ideas of things that kids should or should not do in order to stay healthy.
- Most kids love to watch TV commercials. Write a TV commercial that encourages kids to wash their hands. Remember, TV commercials are short! You will need to come up with a snazzy ad that will get your information across in thirty seconds or less. Be creative and have fun!
