

To introduce this topic, have a discussion about how we need our bodies to be healthy to do all of the activities that we do. (Ask the children what activities they like to do)

Discuss what a health body feels like (energy, feel strong, move fast, feel good).

Discuss what an unhealthy body feels like (tired, move slow, it hurts, feel weak)

Discuss ways to keep your body healthy (good hygiene, eat healthy food, exercise and sleep well)

Discuss germs: Simply put, germs are teeny tiny living organisms that can get into our bodies and make us sick when we don't do proper hygiene. While we can't see them with our eyes, germs can spread from our saliva when we sneeze or cough without covering our noses and our mouths – or when we sneeze or cough into our hands and don't wash them properly afterwards – and they can also be spread through our sweat and blood. Germs can make us sick with all kinds of different illnesses. They can cause mild sicknesses like coughs and colds. *Make sure to not overexplain or scare the children into washing their hands or looking out for germs. The point of these activities is to promote a good hygiene routine that will benefit the child in the long run. If they miss a hand wash or forget about a teeth-cleaning every now and again, that's okay.*

NUTRITION

When we eat lots of good, healthy foods:

- We have lots of **energy**
- We grow big and **strong**
- We can **run faster**
- We **feel better** and less grouchy
- We **look better**
- We **stay healthier**. We don't get as sick and don't catch as many germs.

It's OK to eat a little bit of junk food sometimes, but when we eat a lot of junk food:

- We have less energy and feel tired
- We can't run as fast
- We don't look as healthy
- We feel grumpier
- We get sick more often

Simple explanation of Digestion

- We eat food
- We chew food with our teeth to break it into small pieces
- Food travels down the esophagus to the stomach

- The stomach is full of acid
- The acid breaks down the food
- The food goes into the small intestine where nutrients are absorbed by our body
- Then it goes into the large intestine where the water is squeezed out
- Then the leftover food comes out as poop.

Link to Canada food guide and other nutrition information

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/educ-comm/toolkit-trousse/plan-1-eng.php>

HYGENE

- **Encourage the children to cover their nose and mouth** with a tissue when they cough or sneeze. Throw the tissue away after use and wash their hands. If a tissue is not available, encourage them to cover their mouth and nose with their sleeve, not their hand.
- **Encourage the children to wash their hands often with soap and water**, especially after they cough or sneeze. Children need to know that you should wash your hands: after being outdoors or getting your hands dirty, after using the bathroom, after touching animals, before and after touching food, after coughing, sneezing, or blowing your nose.
- **Encourage the children to avoid touching their eyes, nose, or mouth.** Germs spread this way.
- **Clean and disinfect surfaces or objects.** Clean and disinfect frequently touched surfaces in the home. Immediately clean toys that children have put in their mouths, especially when someone is ill.

PHYISCAL ACTIVITY

Babies aged 0-12 months need plenty of opportunities for free movement, as long as they can do it in a safe environment. An environment that encourages your child to explore and develop skills like reaching, rolling, sitting up, crawling, pulling up and walking is great.

Physical activity for children 2-5 years. Toddlers and preschoolers need plenty of time to just run around and play.

Children and youth aged 5–17 years should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily.

Amounts of physical activity greater than 60 minutes provide additional health benefits.

SOCIAL

Healthy Food Collage

Materials Needed: Magazine and catalog pictures of healthy foods, scissor, glue, paper
Have the children cut out pictures of healthy foods. Discuss the foods they see and why they are or are not healthy.

EXTENSION: You could have the children cut out pictures of physical activities and do an activities collage.

EXTENSION: You could also use this as a sorting activity. **Target: sharing ideas**

Food Groups

After talking about the food groups, put up a sheet of paper with each of the food groups written on it and then have the children cut out and glue food pictures from each food group and glue them onto the correct paper. <https://food-guide.canada.ca/en/?wbdisable=true>

Target: taking turns

Vegetable Soup game (like London Bridges)

We are making vegetable soup

Vegetable soup, Vegetable soup

We are making vegetable soup

Now put in the (vegetable of choice).

Take the _____ and stir it up,

Stir it up, stir it up,

Take the _____ and stir it up

While making vegetable soup. **Target: taking turns**

Germ and Handwashing

While not scientifically directly linked to germs (it's actually about surface tension), the following simple demonstration takes just a few moments and acts as a great demonstration for reinforcing the importance of thorough hand washing. Plus it adds a little magic for kids – the sort of magic that helps to make the message memorable! All you need is a bowl of water, some black pepper and liquid hand wash. Sprinkle the pepper onto the surface of the water. It will float. Tell your child that the pepper represents germs. Ask your child to dip one finger gently into the water to see what will happen to the pepper. Nothing happens – just like not much happens when they give their hands a cursory dip under a running tap when washing their hands. Take their finger out of the water, dry it and coat it with hand soap. Now have them dip their finger again into the water. What happens to the pepper? **Target: peer interactions**

PHYSICAL

Fine Motor

Fruit and Veggie scrub sensory table

<http://www.prekinders.com/veggie-sensory-table/> **Target: grasping**

Fishing for Good Foods

Children can cut pictures from magazines (or for the little ones have them already cut) from the basic food groups. Have the children glue these pictures onto a fish shape cut from construction paper. Slip a paper clip onto the front of each fish. Make a fishing pole from a dowel and tie a magnet onto the end of the string. Label 4 small buckets with the name/picture of each food group. Have the children try to catch a fish and encourage them to decide which group the food belongs to and then put the fish in the correct bucket. **Target: eye hand coordination**

Brushing Teeth

Neat activity where the children brush until the letters come off the teeth. Stress the importance of teeth in breaking your food down. Explain to the children that without teeth you can't eat all types of food. You need to brush your teeth to kill germs.

<https://growingbookbybook.com/alphabet-activities-for-preschoolers-brush-away/>

Target: grasping

Gross Motor

Yoga

Use a YouTube video on children's yoga. There are many different types of children's themed yoga (Farm animal, Frozen, Pokémon)

Target: coordination

The Shape-Up Song

Sung to 'Farmer in the Dell'

We're jumping up and down

We're jumping up and down

We're getting lots of exercise

We're jumping up and down.

We bend and touch our toes.....

We kick our legs up high.....

We jog around the room.....

We wiggle our whole body....

We stretch up to the sky..... **Target: coordination**

Freeze dance: When the music stops, freeze in your pose and hold it until the music begins again. **Target: balance**

Potato Hop

Materials:

Brown construction paper

What to Do:

Cut ten large potato shapes brown construction paper and number them from 1 to

10. Tape the shapes to the floor in the proper sequence. Then let the children take turns hopping one potato to the other as everyone recites the rhyme.

One potato, two potato,

Three potato, four

Five potato, six potato,

Seven potato, more.

Eight potato, nine potato, Here is ten.

Now let's start all over again. **Target: balance**

INTELLECTUAL

Language

Read a Book about Germs

Target: vocabulary

Read a Book on healthy food

Target: vocabulary

Growing Song

(tune: Are you Sleeping?)

We need food and we need water

We need sleep, lots of sleep

To help our bodies grow

From our heads down to our toes

Grow, grow, grow

Grow, grow, grow **Target: vocabulary**

Are You Eating (Tune: *Are You Sleeping*)

Are you eating, are you eating

Healthy foods, healthy foods?

For your body needs them, for your body needs them

Every day, every day. **Target: repetition**

Carrots, Peas, and Broccoli (Tune: *Twinkle, Twinkle Little Star*)

Vegetables are good for me.

For my snack and in my lunch,

Veggie sticks are great to munch.

Carrots, Peas, and Broccoli,

Vegetables are good for me. **Target: vocabulary**

Happily We Eat Our Food (Tune: *Merrily We Roll Along*)

Happily we eat our foods, eat our foods, eat our foods.

Happily we eat our foods, To grow up big and strong

Happily we drink our milk, drink our milk, drink our milk.

Happily we drink our milk, To grow up big and strong

Other Verses:

Happily we eat our fruits...

Happily we eat our vegetables...

Happily we eat our meat...

Happily we eat our beans...

Happily we eat our breads...

Happily we eat our cereal. . **Target: repetition**

Cognitive

Wash your hands song

<https://www.youtube.com/watch?v=DJD9zPv2NmM>

Target: repetition

Spreading Germs Experiment

https://www.google.com/search?q=teaching+children+about+germs%5D&oq=teaching+children+about+germs%5D&aqs=chrome..69i57j0l2.39512j0j8&sourceid=chrome&ie=UTF-8#kpvalbx=_1wJxXszZNofi-gSw4KKoCA36

Target: cause and effect

Bread and Germs Experiment #1

<https://nypost.com/2019/12/18/disgusting-classroom-experiment-proves-you-really-should-wash-your-hands/>

Target: cause and effect

Apple and Germs Experiment #2

https://www.playdoughtoplato.com/wp-content/uploads/2014/09/DSC_7709.jpg

Target: cause and effect

Glitter Germs

In this activity, sprinkle a little glitter on your child's hands. Then have them wash with just water. Repeat the experiment, washing with soap and water the second time. Have your child observe which method removes more glitter. You can also put glitter on your hand and touch the children's hands, door handle, toys etc. Show them how the glitter (like germs) can spread by touch.

Target: sequencing

Meet the Veggies (have a picture of the real item to show the children as you say the poem)

Tomato: I'm round and red

And juicy too.

Chop me for a salad,

Or dump me in your stew!

Lettuce: Hey, wait a minute!

If a salad you're fixin'

I can stand alone.
No need for the mixin'!

Onion: Chop me and slice me
But keep water near.
I sometimes get juicy
And can bring on a tear!

Carrot: Orange is my color
I stand long and lean.
In the garden you'll see
Just my bright leaves of green.

Pea: I live in a pod
With so many others.
I think I was born
With one hundred brothers!

Green Bean: Look in the garden
You'll see my sign.
Then bring out your basket
When it's pickin' time!

Potato: I've an eye for perfection
To give you the best.
Baked, mashed or fried-
I'll pass the test!

Cabbage: My head is quite thick
So people tell me.
I guess that's the reason
Grocery stores sell me!

Celery: Cut and rinse my stalks,
Then spread on cream cheese.
A refreshing hors d'oeuvre
To make parties a breeze!

Squash: Some call me a game,
A game of good sport,
But I'm really to eat
As a side dish of sorts!

Brussel Sprout: I'm kinda cute
When I'm served on a plate
I'm just a little mouthful.
You can eat six or eight!

Cauliflower: I carry white flowers
To break off and eat.

I'm sometimes served raw,
A nutritious snack treat!

Broccoli: My friends call me trees.
Now that's a funny name.
Though I am a dark green
With stalks just the same.

We're the veggies
You should eat every day!
Now don't make a face.
We're as good as we say! **Target: labeling**

CREATIVE

Favorite Fruit Graphing

Make a column for each child on a piece of poster board. Put a picture of each child at the top of each column. Print out or cut out different pictures of healthy foods. Ask the children to pick the foods they like and glue it in their column. Discuss the different foods as the children put them on their chart. **Target: making choices**

Playdough Germs

Offer the children playdough, google eyes, pipe cleaners etc. for the children to create their own "germs".

Target: creativity



Blow Paint Germ Art Use an eye dropper to add a few drops of liquid paint to a hand outline. Next use a straw to blow the "germs" all over the page just like they would do if you were to sneeze without covering your nose.

Target: problem solving



EMOTIONAL

Clean the Germs

Step 1 Over the sink, rub a little vegetable oil on your child's hands, then sprinkle with cinnamon "germs" while explaining that real germs are too small to see. Be sure to tell your kids not to touch their noses or eyes while cinnamon is on their hands.

Step 2: Have your child wash his or her hands without soap. Gosh! The "germs" won't come off.

Step 3: Add soap—and watch those "germs" disappear!
While they're washing:

1. Talk about why it's important to wash their hands frequently.
2. Wash hands with soap and water for 20 seconds. Try singing "Wash the Germs Off My Hands" to the happy birthday tune, two rounds are good.
3. Show them how to rub between their fingers and do the back of their hands too.
4. Elicit from them times that they should always wash their hands, like after using the toilet, when they come in from outside, before they eat something....

Step 4: Ask them to look closely at their hands, do they still smell like cinnamon on them? Now smell them, do they still smell like cinnamon? If the answer is yes, then they need to try a little bit harder...

Target: independence

Traveling Sneeze

Show them why you tell them to cover their mouths when sneezing, so they can see for themselves how far a sneeze travels. Take coloured water and a spray bottle. Pretend that the water is a sneeze. Spray it on a blank paper or tissue see just how far and wide the coloured water 'germs' reach.

Target: independence

Washing Germs

Fill a container with water and soap. Add sponges and other items for the children to wash. In this activity they used an assortment of prickly balls for the children to find and clean.

Target: self confidence

