

# Germ on Our Food!

**Supplement for:** Food Safety

**Time:**

Approximately **20–25 minutes**

**Instructions:**

1. **Germ Simulation:**
  - Apply a small amount of **water or oil** to one student's hands.
  - Lightly sprinkle **ash, dry soil, turmeric powder, or chalk dust** onto their hands to represent germs.
2. **Spreading Germs:**
  - Have the student **touch a piece of fruit or roti**.
  - Show the class how the "germs" have transferred onto the food.
3. **Class Discussion:**
  - Ask: *Would you eat this food? Why or why not?*
  - Discuss how real germs (which are invisible) spread in the same way and can make people sick.
4. **Handwashing Test:**
  - First, have the student try wiping their hands on their clothes (germs remain).
  - Next, let them rinse with only water (some germs remain).
  - Finally, have them wash with **soap and water** to see the best cleaning result.
5. **Lesson Wrap-Up:**
  - **Always wash hands before eating or cooking** to remove germs.
  - **Wash food properly before eating**, especially fruits and vegetables.
  - **Keep food covered** to protect it from germs.

**Lesson Objective:**

This activity visually demonstrates how germs spread from unwashed hands to food. It teaches students the importance of proper handwashing and food hygiene to prevent illness.

**Materials (per student):**

- **A small amount of water or oil** (to make hands sticky)
- **Ash, dry soil, turmeric powder, or chalk dust** (to represent germs)
- **A piece of fruit or roti** (for demonstration)
- **Access to water and soap** (for the handwashing test)