

Kleist Health Education Center



**...starting children
and young adults on
a lifetime journey of
healthy living!**

**Enabling individuals to enjoy longer,
healthier lives!**



The Kleist Health Education Center (KHEC) is a non-profit state-of-the-art health education building on the Florida Gulf Coast University campus in Fort Myers, Florida.

The KHEC is one of only 32 health education centers in the United States and the only one of its kind in the state of Florida.

Visiting students receive motivating health education instruction from master's and doctoral level health educators. Instructors combine interactive teaching techniques with computerized visual aids to help impact student learning and decision-making skills. Students learn that the choices they make today will affect their own future and the future of our society.



This learning lesson is for children in Grades K-3

Please use these slides to help guide you through your learning experience with your children/students.

New vocabulary words are **bolded**

The **goals** of this *Learning Lesson* are:

- 1) To teach children that many organisms/**germs** surround us in the world.
- 2) To teach children that there are good and bad **germs**; not all **germs** can make us sick, some are good!
- 3) To teach children how to minimize the spread of **germs**.

Germs are all around us!

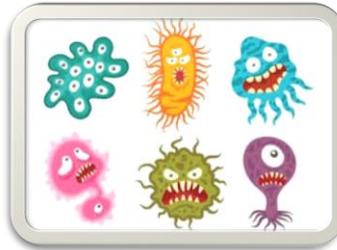


Where
can we
find
germs?



- Begin by asking the child what are germs?
- Ask in what places might we find them? EVERYWHERE!
- Germs**, are tiny organisms that live all around us, in the air; in the soil and water; and on food, plants, and animals (including on and in our bodies).
- Most germs are not harmful, but rather help us when it comes to synthesizing vitamins, maintaining digestive and immune system health, and breaking down food into nutrients.

There are all kinds of germs!



-Discuss with the child that germs can make us sick — from the cold virus that zaps our energy to bacteria like *E. coli* or salmonella that throw our stomachs for a loop.
-But not all germs **are bad**, there are good germs that help keep our body healthy inside (good bacteria-intestinal track).

How do germs get into our body?



- Germs enter the body through 3 main ways: the mouth, nose, and breaks in the skin.
- Discuss how germs can enter the body through each of these routes.
- Examples: Touching our nose, putting fingers in the mouth, cutting ourselves.

How can we spread germs to others ?



How do we spread germs?

-Discuss **behaviors** that can spread germs from person to person or from people to objects (toys).

-Hands and mouths are a great way to spread germs – coughing, sneezing, hand shaking, sharing objects (toys, drinks, foods, pencils etc.), items that our hands have touched can spread germs.

-Can you think of some things that we share? Water bottles, food in the cafeteria, our toys?

-Behaviors like coughing and sneezing spread germs through droplets into the air for others to breathe in.

-Activity- Spray water into the air using a spray bottle. Discuss just like these water droplets spread into the air, they then can land on someone and cause infection if they were harmful germs.

Discuss behaviors that will keep children healthy

-Examples:

Hand-washing. Often overlooked, hand-washing is one of the easiest and most effective ways to protect yourself from germs and most infections.

-Wash your hands thoroughly before preparing or eating food, after coughing or sneezing, after changing a diaper, after using the toilet, after playing with a pet, especially reptiles and exotic animals.

-Before you: prepare or eat food, treat a cut or wound, tend to someone who's sick, put in or take out contact lenses.

-Remember to keep your hands out of your eyes, ears and mouth.

-When soap and water aren't available, alcohol-based hand-sanitizing gels can offer some protection.

How can you keep your body healthy?



Discuss behaviors that will keep children healthy

-Examples:

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Additional Resources

[Proper handwashing for kids](#)

[10 hot spots for germs!](#)

[Flu prevention video](#)

[Learn about the *Corona Virus*](#)



Here is a list of additional resources to help extend your Learning Lesson.

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**Thank you for using our KHEC resources.
We hope that you found this short learning lessons helpful!
Please contact us at: 239-590-7459 to make a program reservation for your school
or class.
Please visit our website: ww.fgcu.edu/KHEC**