

Measurement Activity Cards (3 cards)

Estimation Activity (Card 1)

Estimate and Check

1. Select an object and estimate its length. Record the object estimation and the actual length.

2. Discuss in your group and write the answers:

a) What strategy did you use to estimate? _____

b) How close was your estimate to the actual? _____

c) Why is estimation an important skill to learn?

Estimation Hunt

Find and record an object that is:

a) 7cm long _____

b) 1m long _____

c) 13cm long _____

d) 1.2m long _____

e) 89cm long _____

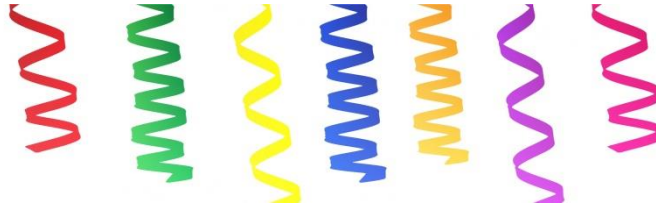
f) 2.0m long _____

1 m = 100 cm

Compare and Order (Card 2)

Ribbons of different length

1. Compare and order the ribbons in different ways. Explain how you ordered them and why?



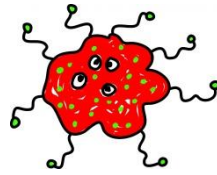
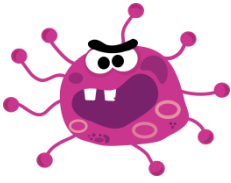
2. Describe the ribbons using the following vocabulary – short, shorter, shortest, long, longer, longest. For example: The red ribbon is 13cm long and it is the longest.

Which is Longer? (Card 3)

1. Which of the following objects is longer?
 - The width of the classroom door or
 - The height of the teacher's desk.



2. How did you find out which object is longer when you can't compare them by placing them next to each other?



Five Nasty Germs

*Five nasty germs were eager to play,
But then came the water and washed one away.*

*So four nasty germs tried to have some fun,
Until the soap came along and one had to run.*

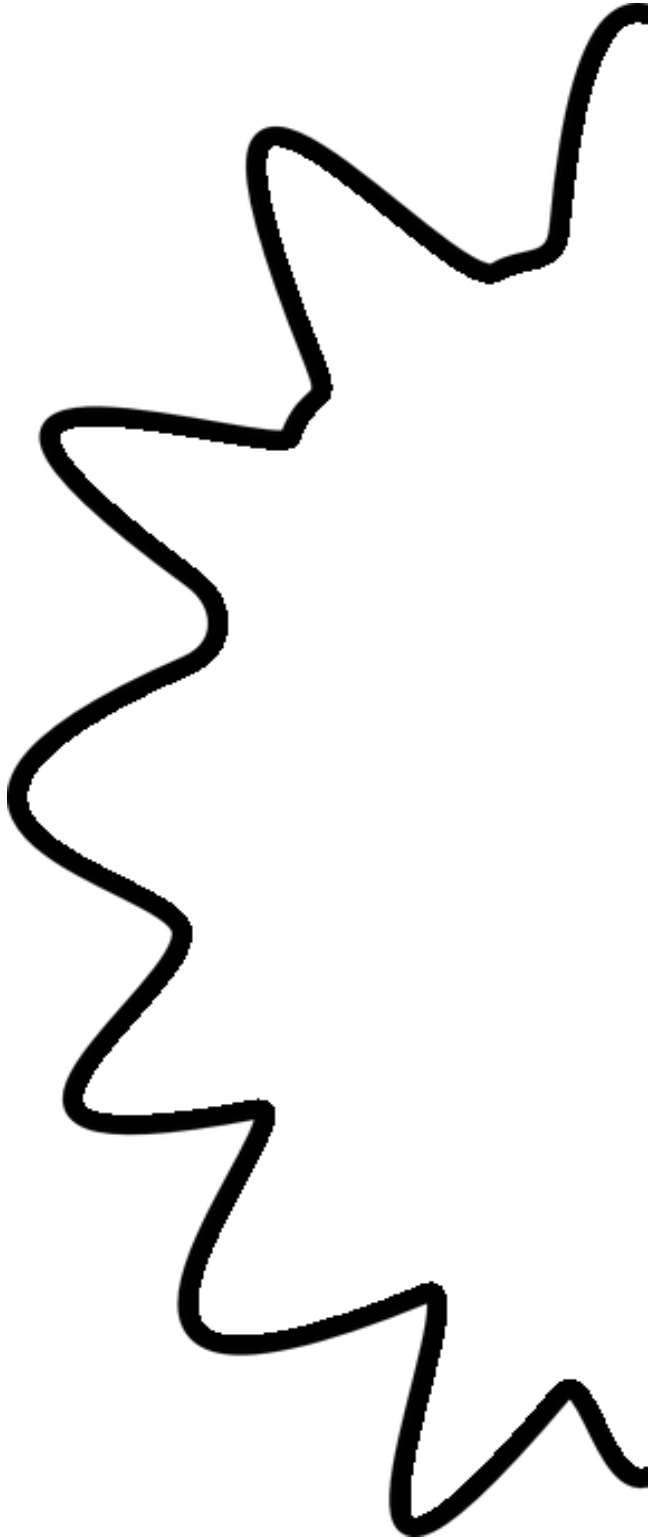
*Then three nasty germs tried to make you sick,
But along came the scrubbing and one couldn't stick.*

*When those two nasty germs got into a fight,
Then rinse came along and washed one out of sight.*

*The last nasty germ thought it couldn't be seen,
But along came a towel and the hand was clean.*

Ann Melrose 1995

Maths Symmetry
Microorganism



Lesson 5 Health – Wash Your Hands Quiz

Teacher's Page (10 questions)

1. *Always wash your hands:*
 - a) *After touching a door handle*
 - b) *After going to the toilet*
 - c) *Before eating*
 - d) *All of the above*

2. *One of the best ways to avoid getting sick is to:*
 - a) *Play lots of video games*
 - b) *Eat lots of lollies*
 - c) *Never wash your hands*
 - d) *Wash your hands often*

3. *Tiny microbes, like bacteria, will have a tougher time making you sick if you keep your hands away from:*
 - a) *Your face*
 - b) *Lollies*
 - c) *Quizzes and tests*
 - d) *Frogs*

4. *It is important to wash your hands each time for:*
 - a) *200 seconds*
 - b) *20 minutes*
 - c) *20 seconds*
 - d) *2 minutes*

5. *After drying your hands with a paper towel, it is important to:*
 - a) *Clean the mirror with the paper towel*
 - b) *Turn the tap off with the paper towel and throw it in the bin*
 - c) *Fold the paper towel into an origami swan*
 - d) *Wash your hands again for another 20 seconds*

6. *If no paper towels are available to dry your hands, it is best to:*
 - a) *Skip handwashing*
 - b) *Allow your hands to air dry*
 - c) *Break dance*
 - d) *Blow on your hands to dry them*

7. *Frequent handwashing is important:*
 - a) *In the winter*
 - b) *When lots of people are sick*
 - c) *Every day of the year*
 - d) *When your hands look dirty*

8. *A good way to stop spreading germs is to avoid:*
 - a) *Drinking out of the same bottle*
 - b) *Eating from the same cutlery*
 - c) *Touching your face when you are at the shops*
 - d) *All of the above*

9. *The mucous from a sneeze or cough can travel up to:*
- a) *4cm*
 - b) *400cm*
 - c) *40cm*
 - d) *None of the above*
10. *It is always important to cover your sneeze or cough by:*
- a) *Sneezing/coughing into the crook of your elbow*
 - b) *Using a tissue, throwing it away and washing your hands*
 - c) *Turning away from people you might be standing near*
 - d) *All of the above*

ANSWERS

<i>1. D</i>	<i>2. D</i>	<i>3. A</i>	<i>4. C</i>	<i>5. B</i>
<i>6. B</i>	<i>7. C</i>	<i>8. D</i>	<i>9. B</i>	<i>10. D</i>

Illness Cards

Influenza (The Flu)

Symptoms:

A high temperature
Feeling tired and weak
Headache
Chesty cough
Aches and pains
Runny nose
Sore throat

Chickenpox

Symptoms:

A high temperature
Feeling sick
An itchy rash
Loss of appetite
Painful muscles
Headache

Measles

Symptoms:

A high temperature
Sore eyes sensitive to light
Blotchy rash all over the body
Coughing and sneezing

Meningococcal Disease

Symptoms:

A high temperature
Feeling very tired, weak, unwell and sleepy
Headache
Aches and pains
Sore eyes sensitive to light
A blotchy rash that doesn't fade when a glass is rolled over it

Tonsillitis

Symptoms:

A high temperature
Headache
A sore throat and pain when swallowing
Coughing
Earache

Glandular Fever

Symptoms:

A high temperature
A very sore throat
Swollen glands in the neck
Extreme tiredness

Germs Beware

Read the following text and answer the questions.

It's cold outside, your nose is running and you have a temperature. Oh no, sounds like you have a cold. Lots of illnesses have a high temperature and to make sure that it is not any other disease off to the doctor you go. It is no fun having a cold but it is just a cold.

Most colds occur in winter when the weather gets cool and people spend more time indoors. Being indoors increases our chances of bacteria and viruses spreading from person to person. Germs love to live on keyboards, remote controls, pencil sharpeners, bathroom taps and even handballs.

Here are some tips to stop those germs:

1. Wash your hands often. In order to wash your hands properly, wet your hands, rub with soap for 20 seconds. Rinse with water and dry your hands with a towel or paper towel.
2. COVER those coughs and sneezes. Covering your cough or sneeze is a good way to stop germs from spreading. Cough or sneeze in to the crook of your elbow or sleeve. Whenever possible, sneeze or cough into a tissue and then make sure you throw the tissue away and wash and dry your hands.
3. Avoid face touching. If a person touches an unclean surface or object and then touches their eyes, nose, mouth or ears, germs can quickly enter the body. It might take a while but train yourself not to touch your face.
4. Be aware do not share. Avoid sharing school items and never share anything from your mouth. Make sure you have your own water bottle and food utensils and do not share these items.

Questions

A. Why do you think germs spread more easily indoors?

B. Why shouldn't you sneeze or cough into your hands?

C. How does using another child's equipment help spread germs?

Timing activity

*With a partner, time each other through each activity.
Record your own time and your partner's time for each question.*

Name:	Partner:
<i>How many times can you say 'Be aware do not share' in 60 seconds?</i>	
<i>Write your own name legibly 10 times. How long did it take?</i>	
<i>Say your 2 x tables. How long did it take?</i>	
<i>Say - Protect Don't Infect - 20 times. How long did it take?</i>	
<i>Write the first verse of Advance Australia Fair. Time it.</i>	
<i>List your 10 favourite things. How long did that take?</i>	
<i>Say each word in your spelling list slowly, twice. Time it.</i>	
<i>You choose</i>	
<i>Partner chooses</i>	



Why Soap Works
Experiment Recording Sheet

1. *What I predict will happen when I put my finger into the bowl for the first time.*

2. *What actually happened?*

3. *Draw a picture or add a photograph.*

4. *Why was there a difference in how the pepper behaved when the soap was added?*



5. *Think of the surface of the water as the skin on your hands and the pepper as germs on your hand. Write a sentence to explain what happens when soap meets the germs on your skin.*

6. *Why should we use soap when we wash our hands?*
