

# 4-H Foods & Nutrition Wednesday Week 1 Challenge

## Hand Washing

Practice washing your hands properly

- Wet your hands with warm water
- Add soap
- Rub your hands for 20 seconds (sing the ABC Song or say the 4-H Pledge twice) making sure to rub in between fingers and under fingernails
- Rinse your hands with warm water
- Dry your hands with a clean paper towel
- Turn off the faucet using the paper towel so you don't re-contaminate your hands
- Throw the paper towel away

A recipe for making Giant Germs fun-filled cracker sandwiches is included on the webpage



Questions to think about:

What did you learn about washing your hands properly?

Why do you think it's important to wash your hands properly?

When should you wash your hands?

How can you help others learn how to properly wash their hands?