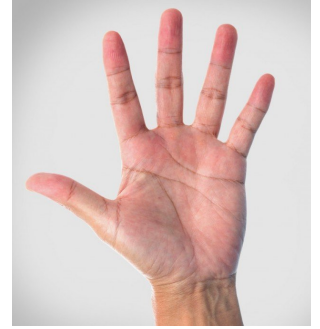


How clean are your hands?

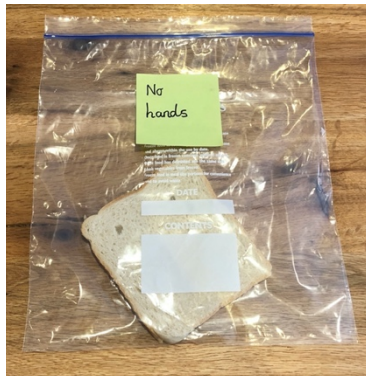


What you'll need:

- Three slices of bread
- Three re-sealable bags

Instructions:

1. Label each of the bags: 'No hands', 'Dirty hands' and 'Clean hands'.
2. Place one slice of bread inside the 'No hands' bag without touching it and seal the bag. You can use tongs, gloves, a tissue etc.
3. Take a second slice of bread and wipe the bread with your unwashed hands. Place the bread in the 'Dirty hands' bag and seal it.
4. Now wash your hands with soap and water- remember the 20 second rule (or sing 'happy birthday' twice).
5. Then take a third slice of bread and wipe the bread with your clean hands. Place the bread in the 'Clean hands' bag and seal it.
6. Take all three bags and place them in a cool, dry place.



We are now going to observe what happens to our bread over time! Over the next two weeks, look at each bag closely every day. What slice of bread grows mould first? Which grows the most mould? Which grows the least mould? Why do you think that is? Why do you think we should wash our hands regularly? Why is it especially important to wash our hands before touching food or at mealtimes?

Safety: Do not take the bread out of the bag as mould spores can be harmful if breathed in.