



Food Hero Soap and Pepper Handwashing Activity



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handwashing activities

Supplies needed:

- Shallow bowl, plate or pie tin
- Water
- Ground black pepper
- Dish soap

Prep time: 1 minute

Activity time: 10 minutes

Instructions:

1. Fill the bowl, plate or pie tin with about an inch of water.
 2. Ask your child to explain to you what they know about why we use soap when we wash our hands.
 3. Have your child sprinkle some ground pepper evenly across the surface of the water. The pepper flakes should float. Pretend that the pepper is make-believe germs. .
 4. Invite your child to poke the tip of their dry finger into the middle of the water in the dish. Talk about what happens. The make-believe germs (pepper) shouldn't move.
5. Have your child dry off their finger.
 6. Now, squeeze a drop of dish soap onto your child's finger.
 7. Invite your child to poke the tip of their soapy finger into the middle of the water in the dish. Talk about what happens. The pepper should scatter away from the soapy finger.
 8. As you talk about the changes in the pepper, ask your child about the lessons they have learned:
 - Why is it important to use soap when we wash our hands? (*Possible answer:* To push germs away)
 - Why should we scrub our hands with soap for at least 20 seconds (the time to sing our ABC's)? (*Possible answer:* To make sure there is enough time to wash every part of our hands and push all the germs away)