



## Grade 5 Sample Lesson Plan: Hygiene and Disease Prevention

Recognize the importance of good hygiene habits.  
Explain the relationship between health promotion and disease prevention.  
Demonstrate dental care, hand washing, and other personal hygiene habits.

### Steps

- Hold discussion and conduct activities included in the Kids Health *Germ's Teacher's Guide* and show Kids Health video, *How the Immune System Works* <http://kidshealth.org/en/kids/ismovie.html>.
- Implement the 4<sup>th</sup> and 5<sup>th</sup> grade module of the VDH *Saving Smiles Curriculum* and/or implement the NIH's *Open Wide and Trek Inside Curriculum*.
- Additional resources to inform or supplement your discussions and activities are included in the references.

### Assessment Idea

- Can students demonstrate proper handwashing and tooth brushing techniques?
- Can students explain how good hygiene prevents disease and promotes health?

### References

- Kids Health – How the Immune System Works  
<http://kidshealth.org/en/kids/ismovie.html>
- Kids Health – Taking Care of Your Teeth  
<http://kidshealth.org/en/kids/teeth-care.html?ref=search>
- Kids Health – What are Germs?  
<http://kidshealth.org/en/kids/germs.html?WT.ac=k-ra>
- Kids Health – Why Do I Need to Wash My Hands?  
<http://kidshealth.org/en/kids/wash-hands.html>
- Kids Health Grades 3-5 Germs Teacher's Guide  
<https://classroom.kidshealth.org/classroom/3to5/personal/hygiene/germs.pdf>

## Health Smart Virginia Sample Lesson Plan

- Kids Health Poster – Wash Your Hands  
[https://classroom.kidshealth.org/classroom/3to5/problems/conditions/wash\\_your\\_hands\\_k5.pdf](https://classroom.kidshealth.org/classroom/3to5/problems/conditions/wash_your_hands_k5.pdf)
- Kids Health Poster -Don't Share Germs  
[https://classroom.kidshealth.org/classroom/prekto2/problems/conditions/dont\\_spread\\_germs\\_k5.pdf](https://classroom.kidshealth.org/classroom/prekto2/problems/conditions/dont_spread_germs_k5.pdf)
- National Institutes of Health (NIH) Open Wide and Trek Inside Curriculum <https://science.education.nih.gov/supplements/nih2/oral-health/default.html>
- Virginia Department of Health (VDH) Saving Smiles Oral Health Curriculum Grades K-5  
[http://www.vdh.virginia.gov/content/uploads/sites/30/2016/08/Saving\\_Smiles\\_K-5\\_Oral\\_Health\\_Education\\_Curriculum.pdf](http://www.vdh.virginia.gov/content/uploads/sites/30/2016/08/Saving_Smiles_K-5_Oral_Health_Education_Curriculum.pdf)