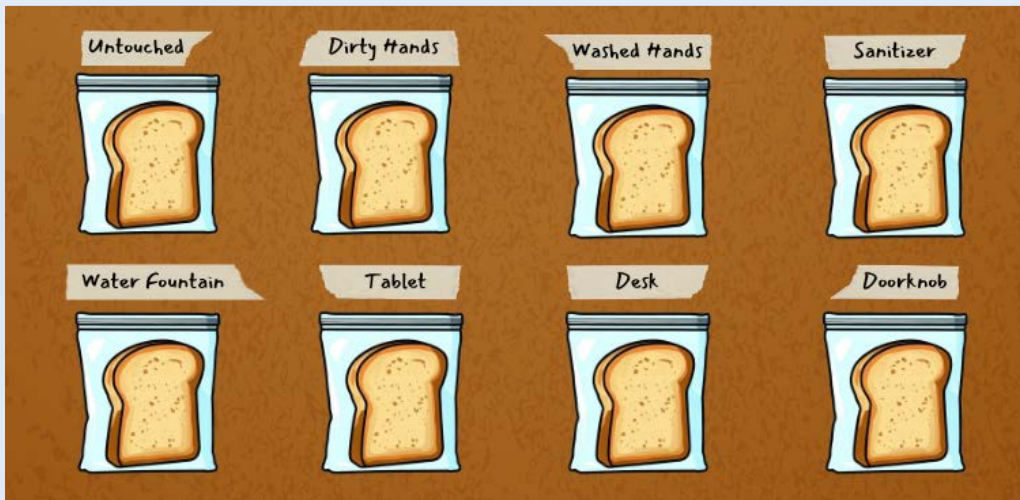




HEALTHY SCHOOLS HEALTHY PEOPLE

PROJECT: Bread Experiment

Germs are all around us. They aren't visible to the naked eye, but the illnesses they cause can be seen when classmates get sick. Experiment to find the best way to keep hands clean and identify some of the most germy-covered surfaces at school and at home.



What You Will Need:

Bread (Source from a baker or homemade for faster results)

Tongs

Sealable Plastic Bags

Masking Tape

Marker

Step 1: Instructions

- ✓ Use tongs to place a slice of bread in a plastic bag then seal it. Write "Untouched" on a piece of masking tape and use it to label the bag.
- ✓ Take another piece of bread, wipe your hands on it, and seal it in a separate bag, labeling it "Dirty Hands."
- ✓ Wash your hands for 20 seconds, with soap and water, then dry them. Wipe your hands on a third piece of bread, then put it in another bag labeled "Washed Hands." Follow these steps with another slice using hand sanitizer.
- ✓ Identify a frequently-touched surface and use tongs to wipe the bread on it, before putting the slice in a separate, labeled bag. Repeat with other surfaces, then wash your hands.

Step 2: Observations

- ✓ Check on the bread over the coming days or weeks. Take pictures and write down your observations about how each slice has or hasn't changed since it was put in the plastic bag.
- ✓ Set an end date for the experiment and at that point, quantify what has grown on the bread. This could involve determining what percentage of the slice was affected and noting how dense the mold growth became.
- ✓ After the experiment is over, dispose of the bags of bread slices, without opening them.

Step 3: Discussion

- ✓ Were you surprised by the amount of mold growth on different slices of bread?
- ✓ Do you think this is a good representation of illness-causing germs on hands and surfaces? Why or why not?
- ✓ Will this experience impact your hand hygiene habits?

When using soap and hand sanitizer, always follow the instructions on the label.

