

Independence - Looking Good



Activity 1

Purpose: Shows the amount of bacteria on your hands when they are not washed, compared to washed hands

You will need:

- ★ 2x Slices of bread
- ★ 2x Sealed sandwich bag

Steps:

1. Give each participant 2 slices of bread, 2 sandwich bags, label the 2 sandwich bags- washed hands, not washed.
2. Take 1 slice of bread and make an indent into the bread and then place it into the sandwich bag and seal it. Label the bag not washed
3. Wash hands properly.
4. Take the second slice of bread and make an indent into the bread and then place the slice of bread into the sandwich bag and seal it. Label the bag not washed.
5. Leave the bags away for over a week.
6. After a week, look at the bags and there should be a difference between the two bags. On the bag labelled not wash, there will be blue mould growing on the slice of bread, showing how much bacteria there is on your hand before it is washed.