



Food Hero

Apple Food Safety

Handwashing Activity

Supplies needed:

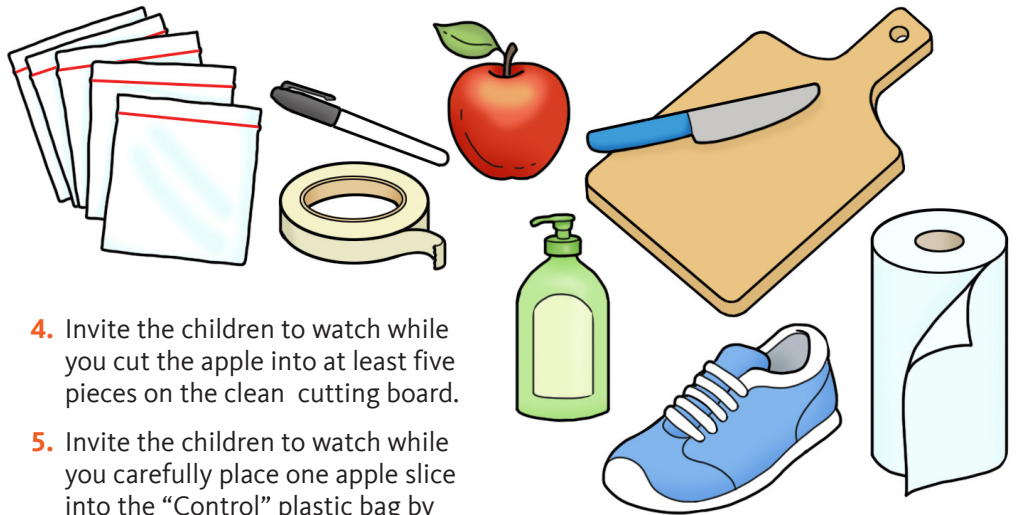
- Five ziplock plastic bags
- Permanent marker OR tape and pen
- 1 apple
- Cutting board and knife to cut apples
- Hand soap
- Paper towels
- Shoe

Prep time: 10 minutes

Activity time: viewing over two weeks

Instructions:

1. Wash the cutting board in your dishwasher or by hand, using hot water and detergent or soap and rinsing it well. Dry it with a clean paper towel.
2. Label the five bags with a permanent marker or tape and pen. Use these five bolded terms for the five labels:
 - **Control** (the apple slice that will not be touched)
 - **Unwashed Hands** (the apple slice that will be touched with unwashed hands)
 - **Clean Hands** (the apple slice that will be touched with washed hands)
 - **Breath** (the apple slice that will be breathed on)
 - **Shoe** (the apple slice that will be wiped on the bottom of someone's shoe)
3. Do not have children wash their hands before starting the activity; they'll need unwashed hands for step 6. Adults should wash their hands before starting.



4. Invite the children to watch while you cut the apple into at least five pieces on the clean cutting board.
5. Invite the children to watch while you carefully place one apple slice into the "Control" plastic bag by using the knife to slide it off the cutting board and into the bag. Seal the bag. *This is your control apple that should help you to see the difference in decay between apples with germs and apples without germs.*
6. Invite a child to pick up an apple slice and rub their hands all over it, then place the slice into the "Unwashed Hands" bag and seal it.
7. Now it is time for a handwashing session! *If you have several children washing their hands and/or are in a classroom setting, use our High Speed Hand Washing Method to get your group's hands washed well and in a timely manner.* <https://foodhero.org/handwashing-tools>. Instruct the children to wash their hands really well with soap and warm water for at least 20 seconds, then dry with a clean paper towel.
8. Invite a child to rub an apple slice all over their clean hands, then place the slice into the "Clean Hands" bag and seal it. Invite a child to pick up another apple slice and breathe all over it, then place the slice into the "Breath" bag and seal it.
9. Invite a child to pick up the last apple slice and wipe it on the bottom of a shoe they have recently worn outside. Have them place the slice in the "Shoe" bag and seal it.
10. Place all the bagged apple slices together somewhere safe where you can watch them for two weeks.
11. Check on the slices often. For the first week or so, there won't be too much action other than a little browning. Over time, you should start to see different amounts and types of bacteria forming on the contaminated slices. Compare the apples. Take photos or record some notes about each apple.
12. As you observe the changes in your apples, talk about the lessons you have learned:
 - What does this activity tell us about why we wash our hands?
 - Why should we cough into our elbow instead of into the air?
 - Why does wearing a mask help keep people healthy?
 - Why do we need to wash our hands before we cook and eat?