



# Food Hero

# Cinnamon and Oil

# Handwashing Activity



## Supplies needed:

- Ground cinnamon or nutmeg
- Vegetable or other cooking oil
- Water
- Hand soap
- Paper towels

**Prep time:** 1 minute

**Activity time:** 5 to 10 minutes

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for more  
handwashing activities

## Instructions:

1. Place a piece of paper towel (or old newspaper) on a table or countertop. Ask your child to hold their hands palms up and together above the paper towel.
2. Pour roughly a teaspoon of the cooking oil into your child's hands.
3. Next, sprinkle ground cinnamon into your child's hands. Pretend that the cinnamon is make-believe germs.
4. Encourage your child to rub the cinnamon and oil around all the surfaces of their hands.
5. Now invite your child to try washing their hands in cold running water:
  - First, have your child place their hands under cold running water. Notice what happens. Does the cinnamon or oil come off? What if they rub their hands under the cold running water?
  - Second, have your child press their hands onto one side of a
6. Now invite your child to try washing their hands differently to get the cinnamon off:
  - First, ask your child what we should try differently. If they don't come up with it on their own, ask them to try washing their hands with soap and warm water.
  - Second, after they've washed, have your child press their hands onto the clean side of the paper towel. Did the soap and water help remove all the cinnamon this time? Did they get all the parts of their hands? If not, ask your child how they could wash their hands differently to make sure they get all the cinnamon off their hands.
7. As you talk about the differences in how they washed their hands, ask your child about the lessons they have learned:
  - What things do we need to wash germs away? *Possible answers:*
    - Soap
    - Warm water
    - Scrubbing
  - Whenever we wash our hands, what different parts of our hands should we make sure to scrub really well with soap? *Possible answers:*
    - Under our fingernails
    - Each finger
    - Between our fingers and thumbs
    - The front and back of our hands
    - Our wrists

fresh piece of paper towel. What happens? Did the cold running water wash our cinnamon "germs" away?