



# The Trouble with Germs

Did you know that **germs** are everywhere? You can't see them because they are very small, but **germs** can make you very sick if you're not careful. The trouble with **germs** is that they can easily be passed from you to your friends, teachers, and mom and dad. Washing your hands frequently helps protect you from **germs**, so you can avoid staying in bed all day with a bad cold. In the following experiment you will learn the proper way to clean your hands. This will help you stay healthy.



## You will need:

- A plastic container
- Fresh soil
- Paper towels
- A magnifying glass
- Soap and water

## Instructions:

1. Fill the plastic container with fresh soil.
2. Put your hands in the soil and get your hands very dirty.
3. Wipe the dirt off of your hands with a paper towel.
4. Inspect your hands with a magnifying glass. Do your hands look completely clean? Can you see bits of dirt still stuck on your hands and under your fingernails?
5. Now place your hands in the soil again and get them dirty.
6. Go to the sink and wash your hands with warm water and soap. Did the water and soap help clean your hands better than just a paper towel?
7. Inspect your hands with the magnifying glass again. Do you see any dirt on your hands? **Germs** are too small to see but they are everywhere and the same soap used to clean the dirt from your hands also gets rid of the **germs** on your hands. Use more soap and water to make sure your hands are completely clean!

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