



SAMPLE LESSON PLANS

Grade 5 – Health Promotion

Unit 4

SOLs:

- 5.1.J Recognize the importance of good hygiene habits.
- 5.2.J Explain the relationship between health promotion and disease prevention.
- 5.2.K Demonstrate dental care, hand washing, and other personal hygiene habits.

Title: Hygiene and Disease Prevention

Objectives/ Goals: Students will

Materials:

- Materials identified in referenced resources

Procedure:

- Hold discussion and conduct activities included in the Kids Health *Germs Teacher's Guide* and show Kids Health video, *How the Immune System Works* <http://kidshealth.org/en/kids/ismovie.html> .
- Implement the 4th and 5th grade module of the VDH *Saving Smiles Curriculum* and/or implement the NIH's *Open Wide and Trek Inside Curriculum*.
- Additional resources to inform or supplement your discussions and activities are included in the references.

Assessment Ideas:

- Can students demonstrate proper handwashing and tooth brushing techniques?
- Can students explain how good hygiene prevents disease and promotes health?

References:

- Kids Health – How the Immune System Works
<http://kidshealth.org/en/kids/ismovie.html>
- Kids Health – Taking Care of Your Teeth <http://kidshealth.org/en/kids/teeth-care.html?ref=search>
- Kids Health – What are Germs? <http://kidshealth.org/en/kids/germs.html?WT.ac=k-ra>
- Kids Health – Why Do I Need to Wash My Hands? <http://kidshealth.org/en/kids/wash-hands.html>
- Kids Health Grades 3-5 Germs Teacher’s Guide
<https://classroom.kidshealth.org/classroom/3to5/personal/hygiene/germs.pdf>
- Kids Health Poster – Wash Your Hands
https://classroom.kidshealth.org/classroom/3to5/problems/conditions/wash_your_hands_k5.pdf
- Kids Health Poster -Don’t Share Germs
https://classroom.kidshealth.org/classroom/prekto2/problems/conditions/dont_spread_germs_k5.pdf
- National Institutes of Health (NIH) Open Wide and Trek Inside Curriculum
<https://science.education.nih.gov/supplements/nih2/oral-health/default.html>
- Virginia Department of Health (VDH) Saving Smiles Oral Health Curriculum Grades K-5
[http://www.vdh.virginia.gov/content/uploads/sites/30/2016/08/Saving Smiles K-5 Oral Health Education Curriculum.pdf](http://www.vdh.virginia.gov/content/uploads/sites/30/2016/08/Saving_Smiles_K-5_Oral_Health_Education_Curriculum.pdf)