



Growing germs!

Complete this **FUN** activity to learn all about the importance of washing your hands!

Have you ever wondered why adults are always telling you to wash your hands with soap and water? We're going to find out why through this fun and simple science experiment!



You will need:

- 👉 4 plastic ziplock sandwich bags
- 👉 4 slices of bread
- 👉 A permanent marker for labelling
- 👉 A spray bottle filled with water
- 👉 A camera to take photos (optional)



Instructions:

1. Use the marker to label the plastic sandwich bags with 'Control', 'Cough', 'Touch' and 'Contact'.
2. Use tongs to put one slice of bread inside the 'Control' bag. Try not to touch the bread with your hands – you may need to ask an adult to help you!
3. Take another slice of bread and cough all over it. Normally you should be covering your coughs with your arm, but we'll let you have some fun with this one! Put the bread inside the 'Cough' bag.
4. Take your third slice of bread but this time rub your hands all over it. Make sure you rub both sides of the bread. Put the bread inside the 'Touch' bag.
5. Finally, take the last slice of bread and rub it on a table, kitchen counter or any other surface around the house that you can find and place it in the 'Contact' bag.
6. Take the spray bottle and add a spritz of water to each bag. Then seal the bags tightly.
7. Place all four bags in a dark, warm location, such as inside a cupboard.
8. Check the bread every day and see if you can slowly spot the germs growing. You can use a camera to record what you see or draw what you see in your Germ Diary!

Think!

Which slice of bread had the most germs growing on it? Why do you think that is?

How could soap and water stop the germs from growing?



Safety

At the end of the experiment, throw away the sealed bags containing the mouldy bread. Make sure you do not open the bags.

Breathing in the mould spores can make you sick.

Fun Fact!

Our superhero researchers at Telethon Kids grow germs in the lab so they can look at them and study them. This helps them work out why a child is sick, and how to make them better.

