

At Home Activity: Handwashing

This activity is designed to test various methods of handwashing and determine which is most effective at removing bacteria.

Supply List:

- ☐ Cooking oil (ex. canola, vegetable, olive)
- ☐ Ground cinnamon
- ☐ Measuring spoons
- ☐ Hand soap
- ☐ Sink

If there are multiple people doing this activity, have each person complete one handwashing method and discuss which works the best. If there is only one person doing this activity, they can complete each handwashing method to determine which works the best.

Getting Started:

Measure 1 tbsp of oil, pour into hands and rub hands together to coat in oil

Sprinkle 1 tsp of cinnamon into hands and rub hands together to coat in cinnamon

NOTE: The cinnamon represents bacteria throughout this activity

Follow each handwashing method to see which removes the most cinnamon from hands

Handwashing Methods:

- **METHOD 1:** Wet hands with water, scrub for 5 seconds without soap, rinse and dry.

- **METHOD 2:** Wet hands with water, scrub for 5 seconds with soap, rinse and dry.
- **METHOD 3:** Wet hands with water, scrub for 15 seconds without soap, rinse and dry
- **METHOD 4:** Wet hands with water, scrub for 15 seconds with soap, rinse and dry.

Any cinnamon that remains on the hands represents leftover bacteria that was not removed by the handwashing method.

Discussion:

- Which method removed the most cinnamon?
- Why did this method work the best at removing the cinnamon?
- Which method removed the least cinnamon?
- Why did this method not work at removing the cinnamon?