	Lesson Plans for Nestle Collection
	Hygiene (Level 1, PreK-2)
	Reading Is Fundamental
	Books Supported: <ul style="list-style-type: none"> • <i>The Berenstain Bears Come Clean for School</i> by Jan and Mike Berenstain

INTRODUCTION

Helping students practice good hygiene will keep students, faculty, and staff from catching every bug that comes through the school. The books in this collection can help you teach students how to avoid many illnesses by practicing good hygiene. This lesson plan will provide general information for the collection and then book-specific information below.

Here are some examples of activities to support students' learning:

- Create a word wall of vocabulary from the unit. For pre-readers, include pictures that can be easily detached from and reattached to the wall. As you review vocabulary, ask students to help you match the pictures with the words.
- Set up a "Hygiene Literacy Center" in your classroom. Include books from this collection, other books about hygiene, and posters and fact sheets about hygiene from your school district, local health and safety organizations, and/or the CDC.
- Set up a "Hygiene" imaginative play area in your classroom. Include a play sink and play soap and a box of tissues. Students can role play good hygiene habits.
- It is likely that your school already has basic hygiene rules, like washing your hands before you eat and after you use the restroom. Let students practice singing "Happy Birthday to You" twice to get used to washing their hands for the recommended length of time. Come up with other fun ways to mark the time.
- Make your own hygiene posters. Let students pose showing right and wrong ways to wash hands, cover a sneeze, etc. and then display the posters in the classroom.

Materials List

- Sentence strips
- Books, posters and fact sheets about hygiene.
- Play sink and soap.
- Box of tissues

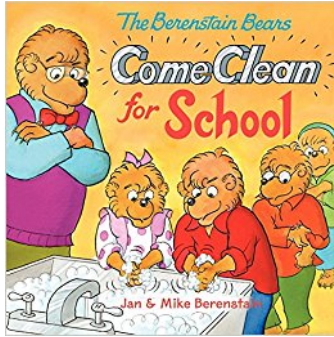
General Objectives for Hygiene Lessons

Students will:

- understand and practice good hygiene rules for good health at school and everywhere.
- wash their hands correctly, scrubbing all surfaces of the hand for 30 seconds
- cover their mouths and noses when they sneeze or cough.

BOOK-SPECIFIC LESSON PLAN 1

Using *The Berenstain Bears Come Clean for School* by Jan and Mike Berenstain with the Hygiene Level I Lesson Plan



The Berenstain Bears Come Clean for School by Jan and Mike Berenstain (HarperFestival, 2011) is part of the popular *Berenstain Bears* series. In this book, Papa and the cubs learn an important lesson: practice good hygiene rules to avoid getting sick.

Objectives

Students will:

- identify the central message or lesson of the text
- understand and explain why good hygiene is important
- understand basic handwashing rules and practices
- distinguish between fictional and informational elements of the text
- demonstrate understanding of characters, setting, and major events in the story

CCSS Alignment

RL.K.1 With prompting and support, ask and answer questions about key details in a text.

RL.K.3 With prompting and support, identify characters, settings, and major events in a story.

RL.K.4 Ask and answer questions about unknown words in a text.

RL.K.7 With prompting and support, describe the relationship between illustrations and the story in which they appear (e.g. what moment in a story an illustration depicts).

RL.K.10 Actively engage in group reading activities with purpose and understanding.

RL.1.1 Ask and answer questions about key details in a text.

RL.1.2 Retell stories, including key details, and demonstrate understanding of their central message or lesson.

RL.1.3 Describe characters, settings, and major events in a story, using key details.

RL.1.7 Use illustrations and details in a story to describe its characters, settings, or events.

RL.1.10 With prompting and support, read prose and poetry of appropriate complexity for grade 1.

RL.2.1 Ask and answer such questions as *who*, *what*, *where*, *when*, *why*, and *how* to demonstrate understanding of key details in a text.

RL.2.5 Describe the overall structure of a story, including describing how the beginning introduces the story and the ending concludes the action.

RL.2.6 Acknowledge differences in points of view of characters, including by speaking in a different voice for each character when reading dialogue aloud.

RL.2.7 Use information gained from the illustrations and words in a print or digital text to demonstrate understanding of its characters, setting, or plot.

RL.2.10 By the end of the year, read and comprehend literature, including stories and poetry, in the grades 2-3 text complexity band proficiently, with scaffolding as needed at the high end of the range.

NGSS Alignment

1-LS1-2. Read texts and use media to determine patterns in behavior of parents and offspring that help offspring survive.

Pre-Reading Activities: Look at the book cover with students, and read the title and author-illustrators' names. Ask students, "What are Brother and Sister Bear doing? Why are all the cubs washing their hands? Why is it important to wash your hands at school? How else can we keep school safe and clean?"

Reading: Read the book aloud to students. While it does contain helpful information on hygiene, this is a storybook and should be read as one.

There are many opportunities to connect the text with the illustrations. For example, characters are shown ignoring and practicing good hygiene rules. Some bears are sneezing and coughing their germs into the air, while others are shown covering their mouths and using a tissue.

Provide a list of questions for students to think about as you read:

Why does Mama Bear hope the cubs learn more about good health rules in school? (They always seem to get sick at the start of school. Papa Bear doesn't think good health rules are important.)

Where are cubs and grown-ups spreading germs? (at the bus stop, in the school auditorium)

What is Dr. Gert Grizzly's job? (She is a doctor.)

Which germ does Dr. Grizzly show on a slide? (the common cold)

When does Dr. Grizzly say you should wash your hands? (before you eat, after you use the bathroom, and whenever they are dirty)

Why does Papa refuse to wash his hands after Dr. Grizzly's presentation? (He still thinks it's silly.)

What happens to Papa at the end of the story? (He comes down with a cold.)

Make connections with students about the consequences of ignoring good hygiene. For example, Papa scoffs at the rules throughout the book, coughing into the air and several times refusing to wash his hands. In the end, he comes down with a cold.

Make the book available for students to read on their own.

Post-Reading:

Post-Reading Comprehension Questions:

What lesson do Papa and the cubs learn? (Practice good hygiene to keep from getting sick.)

What part of this story is fiction? What part is informational? (The story about the Bear Family is fiction, but the information about germs and hygiene Dr. Grizzly gives in her slideshow is informational.)

How can we keep from spreading germs? (cover your mouth when you cough or sneeze, wash hands with soap and hot water for as long as it takes to sing "Happy Birthday to You" twice)

Make connections with students about the consequences of ignoring good hygiene. (For example, Papa scoffs at the rules throughout the book, coughing into the air and several times refusing to wash his hands. In the end, he comes down with a cold.)

Talk about the different attitudes the characters have toward hygiene. How do Mama, Papa, Sister, Brother, and Dr. Grizzly feel about practicing good hygiene? What actions do they take based on their beliefs? (For example, Mama is worried that her family doesn't take hygiene seriously. She is glad that they learn about it at school and helps Brother and Sister practice good hygiene at home.)

Class Activity: Ask the students to summarize what they learned about hygiene from the story. Using the list on the back cover to start, make a list of classroom health rules.

ABOUT THIS TITLE
Lexile: AD530L
Interest Level: 4-8 years
Reading Level: PreK-3 rd
Themes Hygiene, Health, Germs, Illness, Families, School, Doctors

Word List:

Book-Specific Vocabulary:

Germs	Microscopic organisms that can make you sick
Microscope	A piece of equipment you can use to see germs
Common cold	A common germ that causes coughing and sneezing