

How to wash your hands

Washing your hands can help protect you against germs and illnesses. This video reminds us how to wash our hands effectively.

Tasks

Do the preparation task first. Then watch the video and do the exercises.

Preparation task

Match the definitions (a–h) with the vocabulary (1–8).

Vocabulary

1. the flu
2. a germ
3. to prevent something
4. a lather
5. the palm
6. the tip
7. to rinse
8. to protect

Definition

- a. to stop something from happening
- b. to wash off soap, usually with water
- c. the end of a finger
- d. to keep someone or something safe
- e. an infectious illness that causes fever and headache
- f. the flat, inner surface of your hand
- g. a very small organism that can cause illness
- h. lots of bubbles, produced when soap is mixed with water

Task 1

Are the sentences true or false?

	Answer	
1. You can come into contact with germs in public places and at home.	True	False
2. You could get sick if you have germs on your hands and you touch your face.	True	False
3. Always wash your hands with liquid soap, not a bar of soap.	True	False
4. It's best to use cold water to wash your hands.	True	False
5. You only need to wash your hands for five seconds.	True	False
6. Washing your hands properly helps protect you and your family from germs and viruses.	True	False

Task 2

Write a number (1–6) to put these ideas in the order they are mentioned.

_____ Use soap and water to get a good lather on your hands.

_____ Dry your hands and use the paper towel to turn off the water.

_____ Rinse your hands.

_____ Wash the palms and the backs of your hands.

_____ Wash your fingertips as well.

_____ Get your thumbs and fingers nice and clean.

Discussion

Did you learn anything new from the video?

Answers

Preparation task

1. e
2. g
3. a
4. h
5. f
6. c
7. b
8. d

Task 1

1. True
2. True
3. False
4. False
5. False
6. True

Task 2

- 1 Use soap and water to get a good lather on your hands.
- 6 Dry your hands and use the paper towel to turn off the water.
- 5 Rinse your hands.
- 2 Wash the palms and the backs of your hands.
- 4 Wash your fingertips as well.
- 3 Get your thumbs and fingers nice and clean.