

## **ACTIVITY THREE: WATER, SANITATION AND HEALTH**

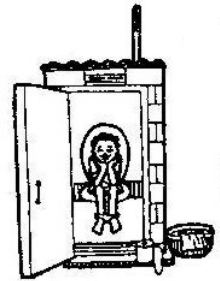
This LIFE ORIENTATION activity looks at basic sanitation – when and why should we wash our hands?

Most of us have different names, we live in different houses, if we were to write our addresses or our telephone numbers, they would all be different; some of us like polony on our bread and some of us don't; some of us have brothers and sisters and some of us don't; some of us have pets; some of us live in towns, others live on farms or in small villages. So, it seems like there are quite a few things that make us different from each other BUT there are many many things that make us similar. We all need to eat food or else we'll get very very hungry and then get sick and we all need to drink fresh clean water. We also ALL need to go to the toilet every day!!

The food and water that we eat and drink makes our bodies strong and our brains clear and bright. If our bodies don't need all the food and water that we feed them, they need to get rid of it and one of the ways they do that is when we go to the toilet.

### **Class Discussion:**

- As a class, let the children discuss different kinds of toilets that they have seen. They may like to draw pictures of the toilets they know – these could include flush toilets, pit latrines (of which there are many different types), 'eastern toilets' (also flush toilets but with no seat), commodes and buckets. There may even be mention of people using the bush or a tree as a toilet.

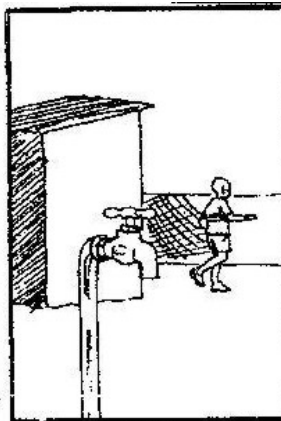


Germs are living things but they are so small, you can't see them. You have to use a microscope. You get good germs and bad germs and the ones that you can get on your hands after you've been to the toilet or helped your mother change the baby's nappy, are BAD germs. They can make you very sick if they get back into your mouth and then into your tummy.

*Photocopy the two comic strip stories on the next page or if you have access to an overhead projector, photocopy the stories onto an overhead transparency.*



This child has worms.



He doesn't wash his hands after going to the toilet.



His hands are covered in worm eggs that he can't see.



He gives his friend a biscuit. The biscuit is covered in worm eggs from his dirty hands.



The friend eats the biscuit covered in worms eggs.



The friend develops worms.



After going to the toilet



... Nathi does not wash his hands



He meets Tsepang and shakes hands



Tsepang meets Sizwe and shakes his hand



Nathi, Tsepang and Sizwe meet many friends and the germs are passed on to all of them



Soon everyone is suffering from diarrhoea

## QUESTIONS TO ASK THE CLASS:

1. After going through the comic strips, ask the learners, in groups of four or five to discuss the two 'stories' amongst themselves. They need to be able to talk through the pictures with words / a story.
2. Ask the children how they felt at the end of the story.
3. Have any of the children ever had diarrhoea (a runny sore tummy)? Let them know that sometimes a sore runny tummy can also be caused by eating food that is not fresh.
4. What should Nathi and the child in the comic strip have done, after going to the toilet?
5. When should we wash our hands?

### Some answers:

- After going to the toilet
  - After touching animals
  - After handling old food or taking the garbage outside
  - After changing babies' nappies
  - After cleaning
  - Before we eat
  - Before we start working with food
6. Why should we wash our hands? *(remember to link this back to the two comic strips)*
  7. In their groups, let the children think about and discuss rules for when they should wash their hands. Each group needs to come up with as many rules as there are learners in the group – in other words, if there are five children in a group, there will need to be five rules for that group. Each child can then report back to the rest of the class the rule that he/she contributed during the group discussion. These can be written onto the board by the teacher.

### Criteria to assess learners during this life orientation lesson

Criteria	Exceeded requirements of the Learning Outcome	Satisfied requirements of the Learning Outcome	Partially satisfied requirements of the Learning Outcome	Not satisfied requirements of the Learning Outcome
The learner was able to describe what happened in the comic strip				
The learner was able to answer the question of why hands should be washed in relation to germs/getting sick				
The learner was able to contribute at least one rule about when he/she should wash his/her hands				