

## Bread Experiment – Why washing your hands Matters

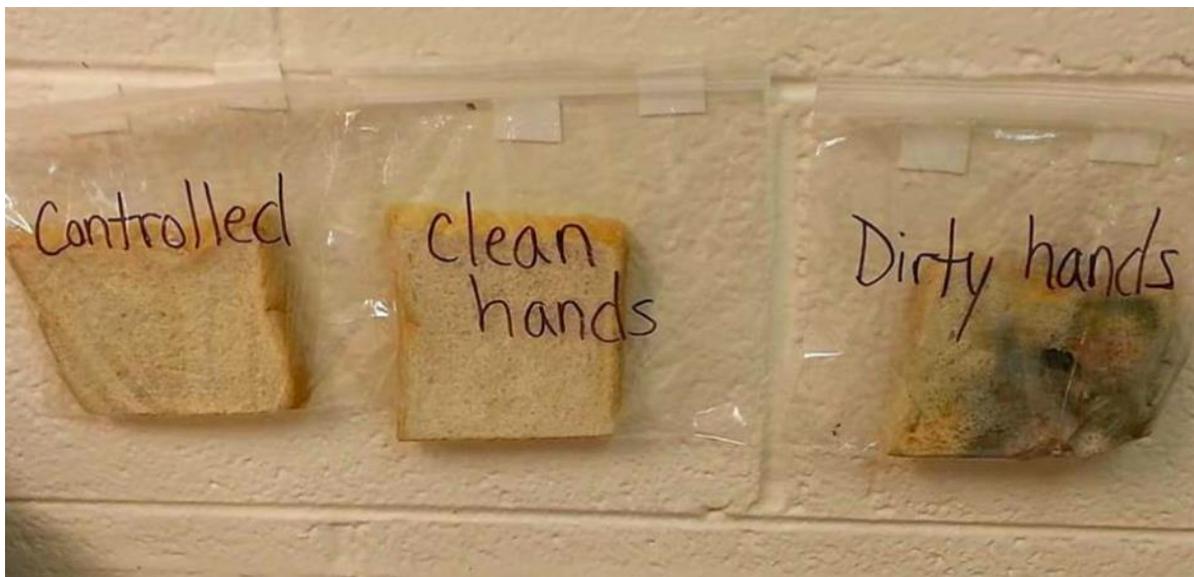
Adapted from: [https://www.scarymommy.com/teacher-bread-experiment-germs-hand-washing-viral/?utm\\_source=FB](https://www.scarymommy.com/teacher-bread-experiment-germs-hand-washing-viral/?utm_source=FB)

### Materials

- Three clear re-sealable plastic bags
- Three pieces of bread
- Plastic gloves

### Method

1. Put on gloves and place one piece of bread in a baggy using a gloved hand.
2. Label this first bag “controlled”.
3. Wash your hands and with your bare hands put another piece of bread in a bag.
4. Label this second bag “clean hands”.
5. Pass a piece of bread around the class and let every student touch it. Then place it in the third bag.
6. Label this baggy “dirty hands”.
7. Watch how the bread changes over time due to germs. You may wish to take pictures every few days or weeks or use a table chart to note the changes.



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