

Urbani School Health Kit
TEACHER'S RESOURCE BOOK

A Clean Environment and a Healthy Me

A Campaign on Clean Environment
for Health Promoting Schools



Urbani
School Health Kit



World Health
Organization

Western Pacific Region

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Objectives

After the lessons, schoolchildren **ages 5 to 9** will be able to:

- Describe a clean and healthy environment
- Explain the benefits of maintaining a clean and healthy environment
- Describe how germs in the environment cause disease
- Demonstrate good practices in maintaining a clean and healthy environment
- Share experiences in keeping the environment clean and healthy

In addition, schoolchildren **ages 10 to 12** will be able to:

- Draw and label the factors that cause infectious diseases: host, agent and environment
- List ways of ensuring food safety and clean water
- Demonstrate waste segregation and recycling

Key Messages

For ages 5 to 9

- A clean and healthy environment has: (a) safe food and water supply, (b) proper waste disposal, (c) clean air, (d) no pests such as flies, cockroaches and mosquitoes
- Maintaining a clean environment helps keep diseases away and fosters growth and development of children.
- Many disease-causing germs can be found in

dirty environments.

- Disease-causing germs enter the body via different routes: (a) through the mouth: when eating with dirty fingers or eating contaminated food or drinking water; (b) through the skin: direct skin contact or insect bites.
- Ways of keeping the environment clean and healthy include: (a) ensuring safe food and water supply, and (b) properly disposing of waste.

In addition, for **ages 10 to 12**

- Illnesses such as diarrhoea are spread through unhygienic practices and dirty environment.
- Five Keys to Safer Food:
 1. Keep clean.
 2. Separate raw and cooked food.
 3. Cook thoroughly.
 4. Keep food at safe temperatures.
 5. Use safe water and raw materials.
- Practice waste segregation and recycling.

Activities

For ages 5 to 9

- Words and Pictures
- Story telling
- Poster-making
- Demonstration: handwashing
- Demonstration: waste segregation
- Indoor Activity: cleaning the room and its surroundings

For ages 10 to 12

- Poster-making
- Demonstration: handwashing
- Demonstration: waste segregation
- Indoor Activity: cleaning the room and its surroundings
- Investigative report
- Survey on keeping the environment clean

Materials/Resources

For ages 5 to 9

- Pictures and flash cards
- Drawing boards and paper
- Board game and sets of questions for the game

For ages 10 to 12

- Pictures and flash cards
- Drawing boards and paper
- Board game and sets of questions for the game
- Survey checklist
- Survey chart

Keeping the environment clean is important to being healthy. Many disease-causing germs exist in dirty environments, such as the ones that cause diarrhoea and worm infections. This means that many diseases can be prevented through good personal hygiene, and by keeping the environment clean.

A healthy environment means:

- safe food and water
- clean surroundings
- clean air

Many disease-causing germs can be found in a dirty environment.

Food and water may be contaminated in several ways:

- Food and drinking water may be contaminated at the source. For example, if a toilet is built close to a well or a vegetable garden, human waste might contaminate the food and water.
- People who are already sick may spread disease if they improperly handle food or contaminate water supplies.
- Houseflies and cockroaches may carry germs and spread these over food and water they come in contact with.

A dusty environment can be dangerous to children who have allergies. House dust mites are insect-like creatures that are invisible to the naked eye. When they are present in the environment, some children develop a runny nose (rhinitis), or cough. Children with asthma might have an attack.

Disease-causing germs enter the body through different routes:

Through the mouth

- Eating with dirty fingers

Eating with dirty fingers is the most common way for germs to enter the body. Children, most especially, are fond of playing in the dirt and

What should children know about maintaining a healthy environment?

5 Keys to Safer Food

1. **Keep food clean.**
2. **Separate raw and cooked food.**
3. **Cook thoroughly.**
4. **Keep food at safe temperatures.**
5. **Use safe water and raw materials.**

Poster-making: 5 Keys

Form small groups then ask the children to make posters about food safety. Focus on "keys" as a unifying image for this activity.



forgetting to wash their hands before eating. The germs enter the mouth without being detected.

- Eating contaminated food or drinking dirty water

Food and water that are not collected, prepared or stored well may contain germs that cause diseases. Germs multiply fast, especially when in warm, moist environments. The more germs that enter the body, the greater the chance of getting sick.

Through the skin

- Direct skin contact



Some germs cause disease through direct skin contact. Examples are fungi that cause skin diseases or worms that enter bare feet.

Through the lungs

- Air-borne causes of disease

Colds and cough are caused by viruses that are inhaled and lodge in the airways. House dust mites, fungi and molds can also be inhaled and cause allergic reactions ranging from a runny nose to an asthma

预览已结束，完整报告链接和二维码如下：

https://www.yunbaogao.cn/report/index/report?reportId=5_27737

