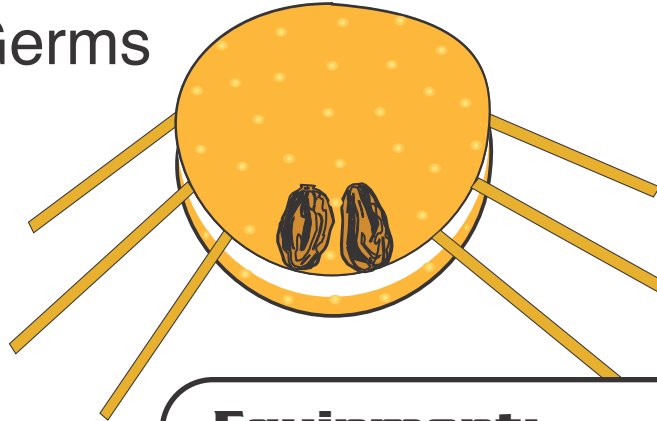


What You Will Need

Giant Germs



Equipment:

small paper plates
plastic knives
napkin
can opener (if olives are used)

Ingredients:

Crackers, about 2" size
Peanut butter
Cream cheese spread
Pimiento cheese spread
Small pretzel sticks
Raisins
Dried fruit bits
Sliced ripe olives

Other Possible Activities:

Handwashing Poem (included with this lesson)
BAC-Catcher game
Handprint "wash me" reminders on paper towels—
Use tempera paint for handprints on paper towels—
use as reminder posters near hand sinks or to take home.



Although it is difficult to see germs, we know they are pretty nasty! Encourage children to “build” their own Giant Germs (after washing their hands) and then enjoy a snack attack!

Let each child create their own **Giant Germs** from the listed “parts”:

Body—

crackers (2 per Germ)
may be round or shaped—work best with about 2” size

Germ Filling—choose one, or offer variety—

1 tablespoon peanut butter (creamy works best) OR
1 tablespoon cream cheese spread OR
1 tablespoon pimiento-cheese spread

Legs/antenna—

small pretzel sticks (10 per Germ)

Eyes—

raisins
dried fruit bits
sliced olives

Spread the Germ Filling on one cracker.
Make a cracker sandwich. Insert the pretzel
“legs” into the filling. With a dab of filling,
set fruit or olive eyes on top of Germ.

Makes 1 Giant Germ

K-STATE
Research and Extension

Material funded by USDA SNAP. USDA is an equal opportunity provider. SNAP provides food assistance to people with low income. For information, call 1-888-369-4777



Nutrition Facts

Serving Size 1 piece (56g)
Servings Per Container 1

Amount Per Serving

Calories 280 **Calories from Fat** 140

% Daily Value*

Total Fat 15g	24%
Saturated Fat 3g	14%
Cholesterol 0mg	0%
Sodium 430mg	18%
Total Carbohydrate 30g	10%
Dietary Fiber 2g	7%
Sugars 4g	
Protein 7g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 6%	•	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.