Activity 8. Collage of Healthy Foods

Objective
- To familiarize children with healthy foods that will help keep lead from staying in their bodies and making them sick.

Key Concepts
- Eating good foods, from the food pyramid, keep us healthy and strong.
- Eating foods that are rich in calcium, iron, vitamin C and zinc, and low in fat help protect against lead poisoning by helping to keep lead from staying in children’s bodies.

Materials
- A stack of magazines with pictures of foods
- Scissors
- Glue
- Sheets of paper for each child or newsprint for a group project

Preparation
- Cover tables with newspaper to protect from glue drippings.
- Set out materials in the workspace.

Introduction
- Discuss what a healthy diet is, using the food pyramid.
- Based on nutrition section of this manual, give examples of foods that have the four nutrients important for protecting children from lead poisoning (iron, calcium, vitamin C and zinc).

Procedure
- Ask children to cut out pictures of foods that help keep lead from staying in their bodies.
- Each child could create his or her own collage,
  or
- They could all work together to create a larger group collage.

Closure
- Ask the children what they learned about healthy food.
- Ask them to tell what their favorite healthy foods are..
Home-School Connection

- Include information in your parent newsletter or a flyer about this activity and its goals, as well as basic tips for preventing lead poisoning in the home (provided in the manual).
Activity 9. Cut Out And Paste Healthy Foods

Objective
- To familiarize children with healthy foods that will help keep lead from staying in their bodies and making them sick.

Key Concepts
- Eating good foods, from the food pyramid, keep us healthy and strong.
- Eating foods that are rich in calcium, iron, vitamin C and zinc, and low in fat help protect against lead poisoning by helping to keep lead from staying in children’s bodies.

Materials
- Crayons (option 1)
- Construction paper (option 2)
- Scissors
- Glue
- Paper plates

Preparation
- Cover tables with newspaper to protect from glue drippings.
- Set out materials in the workspace.

Introduction
- Discuss what a healthy diet is, using the food pyramid.
- Based on the nutrition section of this manual, give examples of foods that have the four nutrients important for protecting children from lead poisoning (iron, calcium, vitamin C and zinc).

Procedure
- Have children color in the food shapes provided and cut them out
  or
- Have children cut out food shapes provided in manual, trace around them onto construction paper, and cut out the shapes from the construction paper.
- Have them glue the paper food onto paper plates
• This exercise can be extended to include cutouts of knives, forks and spoons to lay next to the plate and strips of paper to weave into a place mat to put the plates on.

Closure
• Ask the children what they learned about healthy food.
• Ask them to tell what their favorite healthy foods are.

Home-School Connection
• Include information in your parent newsletter or a flyer about this activity and its goals, as well as basic tips for preventing lead poisoning in the home (provided in the manual).
Activity 10. Open Ended Drawing

As a follow up for any of these activities, have children draw something related to what they have learned.

Procedure 1

- Have each child create his or her own drawing.
- Ask each child to tell about the drawing.
- Write on the bottom what the child says.
- Compile the drawings into a class book.

Procedure 2

- Have the children work together on a mural.
- Ask each child to tell about the drawing he or she contributed to the mural.
- Write what the artist had in mind on the mural near various pieces.
Music Activities

Activity 11. Drumming Song: “Get the Lead Out”

Objective

- To describe how children should wash their hands to prevent lead from getting into their bodies and making them sick.

Key Concepts

- Washing hands is the best way for children to stop lead from getting into their bodies and making them sick.
- Children need to follow five steps when washing their hands:
  1. Place hands under running warm water.
  2. Apply soap.
  3. Rub hands together.
  4. Clean between fingers.
  5. Rinse well.
- Children must wash their hands with soap and water for 20 seconds to make sure that all the dirt and lead are gone. That’s how long it takes to sing the song.
- Children should wash their hands before they eat or sleep and after they play outside.

Materials

- A Copy of the lyrics to “Get The Lead Out”
- One or more drums

Preparation

- Make up or adapt any drumming rhythm that will fit the words to “Get The Lead Out.”
- Make two photocopies of the lyrics of the song.
- Cover one copy with clear contact paper and post it near the sink where the children wash up.
- Place the other copy of the to “Get The Lead Out” so that all the children in the group can see it.
Introduction
• Ask the children whether they remember what they can do to keep lead from getting into their bodies and making them sick.
• If necessary, point to the lead busters posters to reinforce the four prevention messages. Tell the children:
  • Wash your hands with soap and water before you eat or sleep and after you outdoor play.
  • Leave your shoes near the outside door, and wear slippers or socks when you are inside your home, or wipe your feet well on a mat before entering.
  • Eat healthy foods that keep lead from staying in your body. These foods include dried beans, milk, cheese, yogurt, meat and vegetables like greens, beans and broccoli.
  • Stay away from paint chips and dust.
• Tell the children that there are five steps to washing their hands:
  1. Place hands under running warm water.
  2. Apply soap.
  3. Rub hands together.
  4. Clean between fingers.
  5. Rinse well.
• Tell the children that they are going to learn a special song that will help them remember to wash their hands well. The name of the song is “Get The Lead Out.”

Procedure
• Have the children put on their “listening ears.” Tell them that first you will sing the song to them, and then everyone will sing the song together.
• Hold the song card up and to the side so that all the children can see it.
• Begin singing “Get The Lead Out.”
• Use simple hand motions to illustrate the message of the song.
• Ask the children if they are ready to learn the song.
• When they indicate their readiness, tell them that you will sing the first line and then they can repeat it. Begin teaching the song. Repeat each line as many times as necessary until all or most of the children seem to know it.
• Let the children take turns beating the rhythm on the drum.

Closure
Ask the children the following questions:
• Why do you need to wash your hands? [Answer: To remove dirt and lead]
• How many steps does it take to clean your hands well? [Answer: Five]
• What are the steps? [Answer: wet hands, apply soap, rub hands together, clean between fingers, and rinse well.]
• How long should you wash your hands? [Answer: Twenty seconds, or as long as it takes to sing “Get The Lead Out.”]
• When should you wash your hands to keep lead out of your body? [Answer: Before eating or sleeping and after playing outside]

Home-School Connection
• Send the lyrics of the song home to parents in a newsletter or flyer, along with basic lead poisoning prevention information (provided in the manual).

Get The Lead Out

Lead is bad, it can make you sick.
You can get the lead out with this easy trick
Take warm water and add some soap
Rub your hands together - don’t say ‘Nope.’
Clean between your fingers, then rinse and rinse.
Sing this little ditty - it gives you the hints.
Get the lead out, get the lead out
Get the l-e-a-d lead out!
The following song can be taught in addition or instead:

**Wash Your Hands**
Wash your hands before you eat
Wash your hands before you sleep
Wash your hands after outdoor play
Wash your hands every day
* Warm water
* Soap
* Rub hands
* Between fingers
* Rinse
Activity 12. Piggy Back Songs

Objective

• To reinforce the importance of hand washing hands to protect from lead poisoning, and other lead poisoning prevention concepts

Key Concepts

• Washing hands is the best way for children to stop lead from getting into their bodies and making them sick.
• Children should wash their hands before they eat or sleep and after they play outdoors.
• (Other concepts that may be addressed in improvised songs.)

Materials

• Lyrics of “Wash, Wash, Wash Your Hands” copied onto thick paper or card stock.

Preparation

• Set out the paper or card with lyrics of “Wash, Wash, Wash Your Hands.”
• Think about some familiar melodies to which lyrics might be put.
• Think of other possible lyrics from other lead poisoning prevention concepts.

Introduction

• Ask the children whether they remember what they can do to keep lead from getting into their bodies and making them sick.
• If necessary, point to the “Lead Busters” posters to reinforce the four prevention messages:
  1. Wash your hands with soap and water before you eat or sleep and after outdoor play.
  2. Leave your shoes near the outside door, and wear slippers or socks when you are inside your home, or wipe your feet well on a mat before entering.
  3. Eat healthy foods that keep lead from staying in your body. These foods include dried beans, milk, cheese, yogurt, meat and vegetables such as greens, green beans and broccoli.
  4. Stay away from paint chips and dust.
• Tell the children they are going to learn a special song that will help them remember to wash their hands well. The name of the song is “Wash, Wash,