Wash Your Hands..” Tell them that it has the same tune as “Row, Row, Row Your Boat.”

• Similarly introduce other piggyback songs if you know any.

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 “Wash, Wash, Wash Your Hands.”
• 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.

Closure

• Ask the children the following questions:
  • Why do you need to wash your hands? [Answer: to remove dirt and lead]
  • When should you wash your hands to keep lead out of your body? [Answer: Before eating or sleeping and after playing outdoors]

Home-School Connection

• Send the lyrics of the song home to parents in a newsletter or flyer, along with basic lead poisoning prevention information.
Wash, Wash, Wash Your Hands

(to the tune of Row, Row, Row Your Boat)

Wash, wash, wash your hands
Wash the lead away
Before you eat, before you sleep
And after outdoor play
Activity 13. “Today is Monday” Song

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

• Lyrics of “Today is Monday” copied onto paper or card stock.

Preparation

• Set out the paper or card with lyrics of “Today is Monday.”
• Collect pictures of food from children’s work and from this manual.

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 like greens, green beans and broccoli.
  4. Stay away from paint chips and dust.
• Tell the children that they are going to learn a special song that will help them learn about healthy foods. It is called “Today is Monday.”
• Explain that they will name a healthy food for each day of the week. The children should think of healthy foods they like and raise their hands to be called on during each verse.
• Explain that in this song, each time a new day is added they will go back and repeat all the other days, so they should be careful to listen and try to remember which food was named for each day.
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 the first verse of “Today is Monday,” using the name of any healthy food familiar to the children to fill in the first verse.
• Remind them that they will be the ones to name the healthy foods for each verse, and that each time they will repeat all the days, so they should be careful to listen and remember the foods that are named.
• 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.
• When you come to the place for a food to be named, ask for suggestions and call on students in turn.
• If they are having a hard time coming up with ideas, point to pictures of food, available either on food pyramid, in other work children might have done, or in the back of the manual.

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

Home-School Connection
• Send the lyrics of the song home to the parents in a newsletter or flyer. Include information about this activity and its goals, as well as basic tips on good nutrition and on lead poisoning prevention (provided in the manual).
Today Is Monday

Today is Monday.

Today is Monday.

Monday __________.

All you hungry children
Come eat some healthy food.

Today is Tuesday.

Today is Tuesday.

Tuesday ________.

All you hungry children
Come eat some healthy food.

Today is Wednesday.

Today is Wednesday.

Wednesday __________.

Tuesday ________.

Monday ________.

All you hungry children
Come eat some healthy food.

Today is Thursday.

Today is Thursday.

Thursday __________.

Wednesday__________.

Tuesday ________.

Monday ________.

All you hungry children
Come eat some healthy food.

Today is Friday.

Today is Friday.

Friday ______________.

Thursday ____________.

Wednesday___________.

Tuesday ____________.

Monday ____________.

All you hungry children
Come eat some healthy food.

Today is Saturday.
Today is Saturday.
Saturday_____________.
Friday _______________.
Thursday ____________.
Wednesday____________.
Tuesday ____________.
Monday ____________.
All you hungry children
Come eat some healthy
food.

Today is Sunday.
Today is Sunday.
Today is Sunday.
Sunday______________.
Saturday______________.
Friday ________________.
Thursday ______________.
Wednesday ____________.
Tuesday ______________.
Monday ____________.
All you hungry children
Come eat some healthy
food.
Cooking Activities

Activity 14. Rice Pudding: Low-Fat Dessert That Provide Iron, Calcium, Vitamin C and Zinc

Objective

• To introduce a healthy, traditional food that will help keep lead from staying in the children’s bodies and making them sick.

Key Concepts

• 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.
• Healthy foods can be fun to make and delicious to eat.
• Rice pudding contains milk, eggs, raisins, and rice.
• Milk, eggs, raisins, and rice are rich in calcium, iron, vitamin C and zinc, and low in fat.

Materials

• Measuring cups (one set for dry ingredients and one for wet ingredients)
• One large mixing bowl and two medium or small mixing bowls
• Casserole dish
• Tablespoon and teaspoon
• Fork or whisk for beating
• Mixing spoon
• Ingredients: white rice, uncooked; sugar; milk; salt; cinnamon; eggs; raisins

Preparation

• Read the recipe for rice pudding to familiarize yourself with the steps for preparation.
• Optional: Draw a picture chart of the ingredients, preparation steps, cooking and serving.
• Optional: Display a poster of the food pyramid for identifying ingredients.
• Assemble all the ingredients and place them on a tray in the order you will use them.
• Assemble all the cooking utensils and place them on another tray.
• Have two children wash and dry the table.
• Have children wash their hands in preparation for the cooking activity.
Remind them about the hand washing rule (wash your hands with soap and water before you eat or sleep and after you play outdoors) and have them sing, “Get the Lead Out” or “Wash Your Hands.”

Introduction

• Ask the children if they remember the four lead busters 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.
  4. Stay away from paint chips and dust.

• Tell the children that they are going to make rice pudding, which has lots of calcium, iron, vitamin C and zinc, and not a lot of fat. Eating foods that have lots of calcium, iron, vitamin C and zinc, and not a lot of fat help keep the lead from staying in their bodies.

• If a food pyramid poster is available, show the children each ingredient you’re using and have them find where it is on the food pyramid.

• Explain that everyone will have a turn adding and mixing ingredients.

• Explain that the healthy dessert they make will be served at lunch time.

Procedure

• Read aloud the first steps in the directions and ask the children what is the first thing that needs to be done.

• If you have made a picture chart, point to the pictures to illustrate each step.

• After reading each, check that the children understand by asking some questions, such as “What utensils do we need to get?” and “What ingredients do we need to measure?”
Closure

• Ask the children to repeat the rules from the lead busters posters.
• Then ask the children which rule they used in preparing the food and before eating the food. [Answer: Washing hands]
• Ask them which rule they will use when they eat the food. [Answer: Eating healthy foods]

Home-School Connection

• Enclose the recipe in a newsletter or flyer to parents so that they can make it at home. Include information about this activity and its goals as well as basic tips on good nutrition and on lead poisoning prevention.
Rice Pudding Recipe*

3 tablespoons white rice, uncooked
1 1/2 tablespoons sugar
1 quart milk
1/2 teaspoon salt
3/4 teaspoon cinnamon
2 eggs
1/2 cup raisins

1. Rinse rice.
2. Add all other ingredients except eggs.
3. Separate eggs and beat whites until very stiff.
4. Beat yolks and fold yolks into rice mixture.
5. Fold in egg whites.
6. Spoon into casserole dish.
7. Bake in slow oven (250-300 degrees) for 2 hours, stirring several times.

**Note:** To reduce fat content, low-fat or skim milk can be used instead of whole milk.