



# Lesson 4: Microorganisms

## Outcomes

### Learning Purpose

- Teach recommended health guidelines to stop the spread of viruses.
- Introduce the difference between germs and viruses.

### CATCH IT

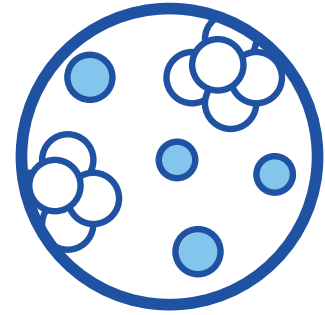
Always use a tissue when you cough and sneeze.

### BIN IT

Throw your tissue in the bin as soon as possible.

### WASH IT

Wash your hands.



### Australian Curriculum Links

- Identify and practice strategies to promote health, safety and wellbeing (ACPPS036).
- Describe strategies to make the classroom and playground healthy, safe and active spaces (ACPPS040).

### Resources

- SNEEZESAFE® certificate and letter to parents on [sneezesafe.com.au](https://sneezesafe.com.au)

### Key Learning Intention

We can help stop the spread of cold and flu viruses with 3 simple steps:

#### • Catch it!

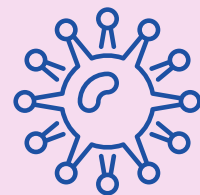
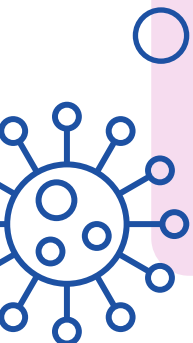
Germs can spread easily. Always use a tissue to catch your cough and sneeze.

#### • Bin it!

Germs can live on tissues for several hours. Throw the tissue away as soon as possible.

#### • Wash it!

Hands can transfer germs. Wash your hands as soon as you can.





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### Tiny Living Things

Microorganisms are tiny living things. They are so small that without a strong microscope, you can't even see them! Bacteria and viruses are microorganisms, and they enter the body through breathing in, drinking and eating.

- Harmful microorganisms can cause illness.
- The flu is caused by the influenza virus.
- There are more than 200 viruses that cause colds.
- Cold and flu viruses are spread through coughs, sneezes and touching infected people or objects.



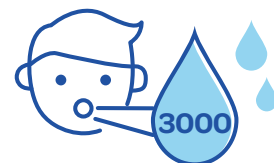
### Sneezesafe® Fun Facts



Your body can sneeze at up to **160 kilometres per hour**; faster than a car travels on the road.



Once you've been in contact with a cold virus, it takes **2 to 3 days for cold symptoms to start**.



About **3,000 droplets can fly out of your mouth** when you cough.



About **40,000 droplets can fly out of your mouth** when you sneeze.



If a person is ill, a single cough may contain over **200 million tiny germs**.



Almost everyone **closes their eyes when they sneeze**.



You use many different muscles in the body when you sneeze, such as your **tummy, chest, throat and eyelids**.





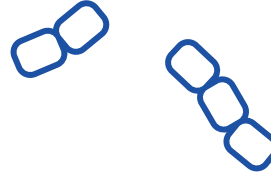
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## Activities

### True or False?

(you could play this as a game of elimination)

1. Most microorganisms cannot be seen with a microscope.
2. All microorganisms are harmless.
3. Some microorganisms can cause illness.
4. Bacteria and viruses are both types of microorganisms.
5. Viruses can spread through coughs and sneezes.
6. Microorganisms cannot spread through the air.
7. Using a tissue when you cough and sneeze can help stop the spread of viruses.



### Make A Picture Dictionary

Ask students to find an image or clip art that represents these words (or use the Fun Facts). Students can use PowerPoint or Google Docs to present their picture dictionary.

- Bacteria
- Microbe
- Microorganism
- Virus
- Germ
- Breathe
- Tissue
- Sneeze
- Cough

