



### Daily Dose of Science Challenge: How Germs Spread

**Question:** How do germs spread and how can we stop them?

**Background:**

Germs are tiny microorganisms that can cause diseases and make people sick. We know they're spread through contact, even though we can't see them.

**Activity:**

Suggested materials:

- Bread (We recommend 3 slices, but you can use 1 and cut it into thirds if needed). Can also use a potato.
- Ziplock bag
- Gloves

**Vocabulary** to incorporate into this lesson:

- Control
- Microorganism

**Procedure:**

1. Have everyone in the family pass around and touch a slice of bread\*. If possible, do this after a period of hands not being washed. Place that slice in one ziplock bag and label it "dirty hands".
2. Have everyone wash their hands extremely well! Check out our Soapy Science video for reminders on how to wash your hands!
3. Then, get them to pass the second slice of bread around and put that piece of bread in a second ziplock bag labeled 'clean hands'.
4. With gloves on, put one slice in a third ziplock bag and label that the control slice of bread.
5. Leave all three bags for approximately one week taking daily observations.

\*If you're using a potato, try to keep it in a dark place when not making observations

**Explain:**

Make predictions on which piece will grow the least or the most mold. Make observations every day to see how it changed. Which bread got moldy first? Which one got moldy last? Try and take daily photos of the bread to see how it changes.

**Extension:**

What else can we do to stop the spread of germs?  
Can bacteria be good or is it always bad? Can it be both?

**Connect with us:**

Show us how much mold you've grown!

**Additional resources:**

More activities: <https://www.cdc.gov/flu/pdf/freeresources/updated/teachingchildrenflu.pdf>

