

# Lesson 4

Middle Primary School | Year levels – Years 3 and 4

## MICRO-ORGANISMS

### TINY LIVING THINGS

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

#### Resources

- SNEEZESAFE® stickers to reward learning.
- Interactive whiteboard resources on [sneezesafe.com.au](http://sneezesafe.com.au).
  - SNEEZESAFE® games to reinforce learning.
  - SNEEZESAFE® stories teaching good respiratory and hand hygiene.
- SNEEZESAFE® certificate and letter to parents on [sneezesafe.com.au](http://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.



## Introduction | Life processes and living things

### Micro-organisms are tiny living things:

- Micro-organisms are so small that you can't see them without a strong microscope.
- Bacteria and viruses are micro-organisms and enter the body through breathing in, drinking or eating.
- Harmful micro-organisms 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 over 100 miles an hour (161 kilometres per hour), faster than a car travels on the road unless you're at a racetrack!
- Once you've been in contact with a cold virus, it takes 2 to 3 days for cold symptoms to begin.
- 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 two hundred 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.

### ACTIVITY 1: FUN FACTS - ARE THESE SENTENCES TRUE OR FALSE?

- Most micro-organisms cannot be seen with a microscope.
- All micro-organisms are harmless.
- Some micro-organisms can cause illness.
- Bacteria and viruses are both types of micro-organisms.
- Viruses can spread through coughs and sneezes.
- Micro-organisms cannot spread through the air.
- Using a tissue when you cough and sneeze can help stop the spread of viruses.

### ACTIVITY 2: MAKE A PICTURE DICTIONARY

Find an image or clip art that represents these words (or use the Fun Facts). Try Power Point or Publisher to present your work.

- Bacteria
- Microbe
- Micro-organism
- Virus
- Germ
- Breathe
- Tissue
- Sneeze
- Cough