



A H E A L T H Y H O U S E

Keeping Your Home Clean

Why is it important to keep your home clean?

It can be hard to keep your home clean. It may also be hard to find the time to clean if you and others in the home are busy working or going to school. But, a dirty home can cause health problems. Many things such as pests, bacteria, mold, and dust, can build up in the home if you do not keep it clean. They can make you sick.

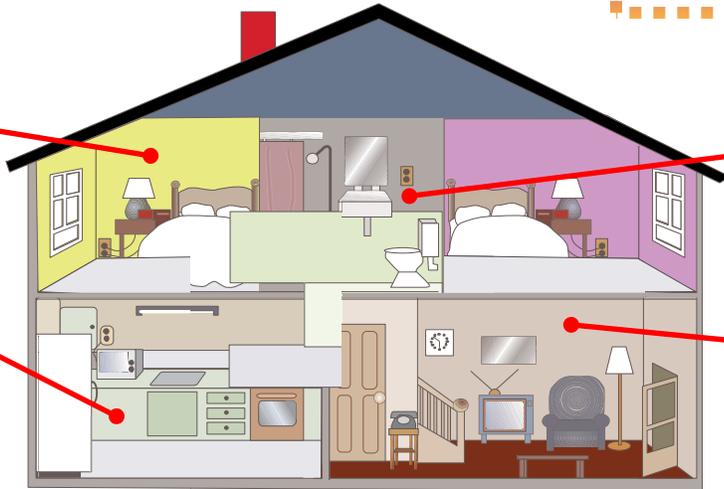
F.Y.I.

Vocabulary

- Bacteria
- Bedbugs
- Disinfectant
- Dust Mites
- Feces
- Fertilizers
- Mold
- Pesticides
- Rodents

Bedroom:

- Bedbugs
- Dust
- Dust mites
- Mold



Bathroom:

- Bacteria
- Insects
- Mold

Kitchen:

- Bacteria
- Insects
- Rodents
- Mold

Living Room:

- Dust
- Dust Mites
- Mold

Here are some examples of how bacteria, mold, and pests may affect the health of the people that live in the home:

Bathroom:

Carlos does not wash his hands every time after using the bathroom. He does not clean the bathroom either. Bacteria that grow in the bathroom get into Carlos' hands, eyes or skin. The bacteria can make him sick.

Living Room:

Carlos has carpet, curtains, and an old couch full of dust and mold in his living room. When Carlos sits on the couch, his eyes and throat start itching. He is allergic to dust mites and mold.

Kitchen:



Carlos forgets to take out the trash every night. Mice and cockroaches get into his kitchen looking for food in the trash. The urine and feces (*poop*) from mice and cockroaches have bacteria. If the urine or feces get into Carlos' hands, eyes or mouth he might get sick.

Bedroom:

Carlos has bedbugs inside his pillows and bed sheets. At night, they bite Carlos. Carlos wakes up in the morning with little red bumps on his arms or legs. They itch a lot during the day while he is working. They become infected as he scratches them.



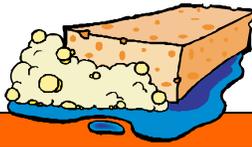
Other problems can come from pesticides and fertilizers. The people that live in your home may have pesticides or fertilizers on their shoes and clothes. People in the home, especially children, can get very sick if pesticides or fertilizers get on their skin. They can also breathe them in.

How can I keep my home clean?

It is a good idea that everyone living in the home help to clean it. All of you should talk about what each person is going to do to keep the home clean. Then decide when to do all of these chores. You can also do this if you live with friends or other workers. For example, you should sweep, take out the trash, and wash the dishes and countertops every day. Here are some more tips for keeping every room in your home clean:



Bathroom	Bedroom
<ul style="list-style-type: none"> Wipe the counters, sinks and faucets with a disinfectant at least two times a week. Clean the toilet and shower/bathtub with a disinfectant at least once a week. Clean more often if someone in the home is sick with a cold or flu. 	<ul style="list-style-type: none"> Wash bed sheets and pillow cases in very hot water once a week. Vacuum and dust your furniture at least every two weeks. If you see bedbugs, wash your sheets, blankets and pillow cases in very hot water. Then put them in the dryer set on high. Put items that cannot get wet, like shoes, in the dryer. Run it on high for 30 minutes, watching to see they don't melt.
Living Room	Kitchen
<ul style="list-style-type: none"> Sweep wood and tile floors every day. Vacuum carpet and curtains once a week. Vacuum couches and dust furniture at least every two weeks. Clean out your fireplace, especially the ashes if you use it often. 	<ul style="list-style-type: none"> Use a disinfectant to clean counter tops, tables, and stove <u>before</u> and <u>after</u> cooking. Wash the dishes every day. Wash cleaning towels and sponges often. Take the trash out every night.



IMPORTANT: Keep pesticides or fertilizers from getting into the home. Take your shoes off before coming in the home. Keep your work clothes in an area away from your other clothes and away from other people. Wash your work clothes as soon as possible. Wash your work clothes by themselves. Then run the washer again with no clothes in it. This will make sure the pesticides do not get on the rest of the laundry.



Vocabulary & Definitions

Bacteria:	Microscopic organisms that can cause diseases.
Bedbugs:	These are small, brown, oval-shaped insects that eat the blood of animals or humans. After they eat blood, their bodies swell and turn a reddish color. They do not make you sick, but can make your skin very itchy.
Disinfectant:	A cleaning substance such as chlorine that kills bacteria and viruses. You can buy disinfectants as a spray, liquid, powder, or wet wipes.
Dust Mites:	These are very small insects that eat the flakes of dead skin from animals or people. They live in places like pillows and mattresses. You cannot see them with your eyes. They can cause asthma and allergy problems.
Feces:	Waste matter discharged from the intestines; excrement; <i>poop</i> .
Fertilizers:	Any substance, such as manure or a mixture of nitrates, added to soil or water to increase its productivity.
Mold:	A furry coating that grows on food that is getting old. It also grows in humid, dark places such as bathrooms and closets. Mold can make you sick if you breathe or eat a lot of it.
Pesticides:	Chemicals used to kill harmful animals or plants.
Rodents:	Small mammals such as mice, rats, squirrels, etc. with large front teeth used for gnawing or nibbling.

Keeping Your Home Clean

Lesson Plan

Materials needed	Handouts	Estimated time
<ul style="list-style-type: none"> • Dry erase board and dry erase markers • Pencils 	<ul style="list-style-type: none"> • “Keeping Your Home Clean” Lesson • “Listening Activity” Handout • Skills Practice Worksheet • Pre-Assessment and Post-Assessment • Answer Key 	<ul style="list-style-type: none"> • 1 hour

NOTE TO INSTRUCTOR: To accommodate the literacy levels and educational experiences of the participants, oral and/or group activities may be substituted for reading, writing, skills practice, and survey activities.

Elements	Activities	Notes
Preparation	<ul style="list-style-type: none"> • Introduce the topic Time: 5 minutes • Conduct the Pre-Assessment Time: 5 minutes • Introduce the new vocabulary Time: 5 minutes 	<ol style="list-style-type: none"> 1. How do you clean your home? 2. How do you think a clean home helps your family stay healthy? 3. What are some ways pesticides can get into your home? <ul style="list-style-type: none"> • Distribute Pre-Assessment, and ask them to turn it in when it is complete. • Write the vocabulary words on the board, and ask the students to read them aloud. Ask the students if they know what they mean. Provide students with the definitions. Use “Keeping Your Home Clean” lesson.
Instructions	<ul style="list-style-type: none"> • Read the lesson “Keeping Your Home Clean”. Time: 10 minutes • Identify the vocabulary words in the lesson Time: 5 minutes • Distribute and review the Skills Practice Worksheet with the students and ask them to complete it. Use the Answer Key sheet to verify the correct answers. Time: 25 minutes 	<ul style="list-style-type: none"> • Instructor leads guided reading of topic. • Students identify the vocabulary words by circling them in the lesson. • Activity 1: Students have 10 minutes to complete this activity. • Activity 2: Students have 10 minutes to complete this activity. • Activity 3: Students have 5 minutes to complete this activity.
Concept Check	<ul style="list-style-type: none"> • Conduct Post-Assessment Time: 5 minutes 	<ul style="list-style-type: none"> • Students complete Post-Assessment.

Keeping Your Home Clean

Listening Activity

Listening Activity

Purpose: To practice listening comprehension

Time: 5 minutes

1. Tell your students that in this activity they will practice their listening comprehension skills.
2. State that you are going to read five different sentences twice.
3. Let them know that after you finish reading the sentence for the second time, they need to decide if the sentence is True or False.
4. At the end, check the students' answers to make sure they are correct. If some students do not have the right answer, invite other students to participate in the discussion until the information is clear.

True or False?

Statement	True	False
1. You should take out the trash every day to keep mice and cockroaches away from your home.	✓	
2. You should clean your bathroom more than once a month.	✓	
3. You should wash sheets and pillow cases in cold water.		✓
4. People in your home can get sick from the pesticides and fertilizers in your work clothes and shoes.	✓	
5. You do not need to wash kitchen towels and sponges.		✓



Keeping Your Home Clean Skills Practice Worksheet

Name: _____

Date: _____

Activity 1: Let's Read!

Jorge lives in a home with four other men. No one likes to clean. They clean the bathroom only once every few months. The men like to grill meat every night for dinner. They forget to clean their kitchen counters and tables with a disinfectant. Often, they go to bed without washing their dishes. Jorge gets sick a lot with a cold or diarrhea. He has to miss work because of it.

1. Why do you think Jorge is often sick with diarrhea?

2. What two tips would you tell Jorge and his roommates about how to clean?

Activity 2: Finding the Right Match

Circle the illustrations that represent the correct answer. Use the lesson if you need it.

What is a chore you need to do every day?

Clean kitchen counters and tables



Vacuum and dust furniture



What is a chore you need to do once a week?

Sweep floors



Clean the toilet and shower/bathtub



Which of these two chores do you need to do every two weeks?

Vacuum the carpet in the bedroom



Wash towels and sponges



Activity 3: Listening

Listen to your teacher's instructions carefully and mark the correct answer.

Statement	True	False
1	<input type="radio"/>	<input type="radio"/>
2	<input type="radio"/>	<input type="radio"/>
3	<input type="radio"/>	<input type="radio"/>
4	<input type="radio"/>	<input type="radio"/>
5	<input type="radio"/>	<input type="radio"/>

Activity 1: Let's Read!

Jorge lives in a home with four other men. No one likes to clean. They clean the bathroom only once every few months. The men like to grill meat every night for dinner. They forget to clean their kitchen counters and tables with a disinfectant. Often, they go to bed without washing their dishes. Jorge gets sick a lot with a cold or diarrhea. He has to miss work because of it.

1. Why do you think Jorge is often sick with diarrhea?

Jorge and his roommates do not clean the house and the bathroom as they should. They forget to do the dishes and clean countertops every time they cook. Germs such as bacteria and viruses grow in the bathroom and kitchen and make them sick.

2. What two tips would you tell Jorge and his roommates about how to clean?

Clean the toilet and shower/bathtub with disinfectant at least once a week. Use disinfectant on counters, tables, and stove before cooking. Clean counters and tables after every meal.

Activity 2: Finding the Right Match

Circle the illustrations that represent the correct answer. Use the lesson if you need it.

What is a chore you need to do every day?

Clean kitchen counters and tables



Vacuum and dust furniture



What is a chore you need to do once a week?

Sweep floors



Clean the toilet and shower/bathtub



Which of these two chores do you need to do every two weeks?

Vacuum the carpet in the bedroom



Wash towels and sponges



	Statement	True	False
Activity 3: Listening Listen to your teacher's instructions carefully and mark the correct answer.	1 Taking out the trash every day will help keep mice and cockroaches away from your house.	✓	
	2 You should clean your bathroom more than once a month.	✓	
	3 You should wash sheets and pillows cases in cold water.		✓
	4 People in your home can get sick from the pesticides and fertilizers in your work clothes and shoes.	✓	
	5 You do not need to wash kitchen towels and sponges.		✓



Keeping Your Home Clean
Pre-Assessment

Date: _____

Name: _____

Circle the correct answer.

1. Will keeping your home clean help to keep you healthy?

Yes

No

2. Which of these pests found in the home can affect your health?

a. dust mites

b. rodents

c. bedbugs

d. all of the above

3. Which of these chores will help to keep your kitchen clean?

sweeping
the porch

sweeping
the porch

4. Is a disinfectant a cleaning substance that kills bacteria and viruses?

Yes

No

5. Should you wash your work clothes without other clothes in the same load?

Yes

No

Total Correct: _____



Keeping Your Home Clean

Post-Assessment

Date: _____

Name: _____

1. Will keeping your home clean help to keep you healthy?
2. Which of these pests found in the home can affect your health?
 - a. dust mites
 - b. rodents
 - c. bedbugs
 - d. all of the above
3. Which of these chores will help to keep your kitchen clean?
 - a. wiping countertops
 - b. sweeping the porch
4. A disinfectant is a cleaning substance that kills bacteria and viruses.
 - a. True
 - b. False
5. Should you wash your work clothes without other clothes in the same load?
 - a. Yes
 - b. No

Circle the correct answer.

Yes

No

wiping
countertops

sweeping
the porch

True

False

Yes

No

Total Correct: _____

What should you do if you see bedbugs in your home? (not scored)
