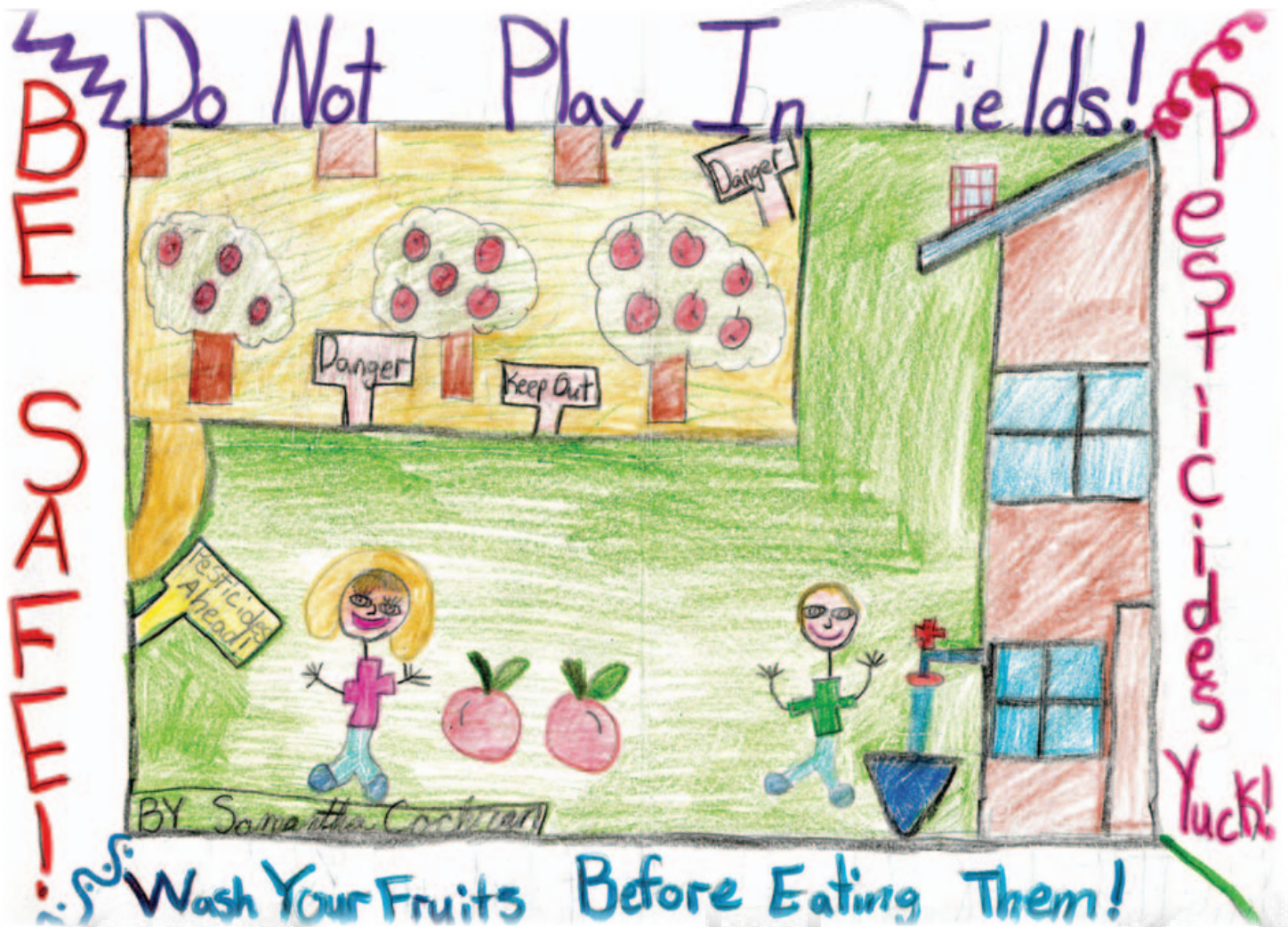


Pesticide Safety

Elementary School Curriculum



For Healthy Kids
Para Niños Saludables



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Beti Thompson, Principal Investigator



Day 1

Poisons and Pesticides

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Discussion Guidelines: Poisons and Pesticides



Mr. Yuk sign:

Does anyone know what this sign means?

- Mr. Yuk means **POISON**.
- Poisons are things that can make us very sick if we touch them, eat them, or drink them. Some of them make us sick to our stomachs, others make our heads hurt or make us dizzy. They are very dangerous.

What should you do if you see something with the Mr. Yuk sign on it?

If you see something with a Mr. Yuk sign on it, you should do two things:

- 1) Stay away from it!
- 2) Tell a grown-up!



Pesticide warning sign:

Does anyone know what this sign means?

- This is the pesticide warning sign.
- When you see this sign, it means that pesticides are on the grass, plants, or trees.
- Pesticides are chemicals that help plants grow. They are poisonous to people.
- (Hold up pesticide warning sign and Mr. Yuk sign together).

What does “poisonous” mean?

That’s right—it means that pesticides are very dangerous because they make people very sick.

So what should you do if you see this sign?

- 1) Stay away!
- 2) Tell a grown-up!

When you see the pesticide warning sign, you should stay away from the field or orchard. If you have to go in (i.e. with your parents), you should try not to touch the plants and be extra careful about washing your hands later. Do not swim in irrigation ditches because they may have pesticides in them. Swim at the community pool, instead.

Where might you see this sign?

In fields or orchards near your house or where your parents work.

Remember

- Remember, these signs mean **POISON** (hold up pesticide warning sign and Mr. Yuk sign).
- That means it is dangerous to touch, eat, or drink whatever is labeled with these signs.
- You should not play close to these things.
- If someone you know—your friend, your sister or brother—touches or eats something with one of these signs on it, you should tell an adult right away.

Discussion Guidelines: Poisons & Pesticides

Contact with pesticides

Does anyone know how pesticides get into the body?

- People are exposed to pesticides through their skin, mouth, eyes, and nose.
- Some people are exposed to pesticides in their jobs (farm workers and warehouse workers); others are exposed to pesticides in their homes, and still others exposed through the food they eat.

Symptoms of pesticide exposure:

People exposed to pesticides may experience a number of different symptoms. Does anyone know what those symptoms are?

- Even with only mild symptoms, a person can feel uncomfortable. Eyes can water, get red and itchy. Skin can get red bumps and feel itchy.
- Mild symptoms include (teacher can use the Mild Symptoms of Pesticide Poisoning poster to demonstrate symptoms):
 - Headache
 - Dizziness
 - Weakness, fatigue
 - Nausea, vomiting
 - Excessive sweating
 - Blurry vision
 - Chest pain, difficulty breathing
 - Watery eyes or mouth, and runny nose
 - Muscle pain, cramping



Demonstration: Blurred Vision

- Apply vaseline to the lenses of protective goggles or glasses.
- One of the symptoms of pesticide exposure is blurry vision. Have you ever had blurry vision? What did it feel like?
- (Children volunteer to try on goggles to experience blurred vision.)

Activity Options

Teachers choose from among the following options.

Slide show: “Where Does Food Come From?”

The teacher presents slides about where food comes from and how farmworkers help grow and harvest the food we eat.

The “Where Does Food Come From?” slide show is available as part of *The Toolbox: A Health Curriculum Kit for Grades 1-3* developed by the National Center for Farmworker Health. It can be ordered through their webpage at www.ncfh.org or by calling 800-531-5120.

Art Station: How Pesticides Enter the Body

Children color the picture and draw arrows to indicate how pesticides can enter the body.

Table work

- Children complete safety maze, “Healthy Kids Maze”
- Children read and answer questions about “Enrique’s story”
- Children match words related to poisons & pesticides with their definitions



Teacher/Supervisor Discussion Guidelines: Poisons and Pesticides

- 1) The Mr. Yuk sign and the pesticide warning sign mean **POISON**.
- 2) Poisons are very dangerous.
- 3) They can hurt you if you touch them, drink them, or eat them.
- 4) You should stay away from them.
- 5) If you aren’t sure if something is poisonous, ask a grown-up!
- 6) Pesticides can enter your body through your skin, mouth, eyes, and nose.
- 7) Some symptoms of pesticide exposure include headache, watery eyes, dizziness, and muscle pain.

Slide Show

- Slide #1** Where Does Food Come From?
- Slide #2** Let's take a trip to the supermarket. How many different kinds of fruits and vegetables can you see? What you see on this screen is typical of any supermarket in the country.
- Slide #3** We take it for granted that there will be fresh food on hand, at any time of the year. Our bodies need different kinds of foods to make and keep us healthy and give us energy to work and play.
- Slide #4** The right foods help maintain good eyesight, strong muscles, and the ability to fight off germs. We need a balanced amount of food from each of the different food groups so that they can work together to make us strong.
- Slide #5** The foods that we need come from six food groups: Starches, vegetables, fruits, meats, milk products, and fats.
- Slide #6** It is very important that fresh food be available for us. Food provides the ingredients that go together to make strong healthy bodies.
- Slide #7** Most fruits and vegetables come from large farms and orchards all over the country. Farming takes more work than a farmer can do alone.
- Slide #8** You will probably be surprised to learn that many people work to bring food to your dinner table every day. These people are farmworkers.
- Slide #9** Many of the fruits and vegetables you buy in the grocery store were first hand-picked by farmworkers.
- Slide #10** Then the boxes are loaded into trucks and driven to your supermarket.
- Slide #11** There are millions of farmworkers in the United States. Many of them have families with children.
- Slide #12** Farmworkers come from many different cultural backgrounds.
- Slide #13** They feel very proud of who they are and where they come from. They may speak other languages.
- Slide #14** Some farmworkers work on farms close to their homes. Others may travel hundreds or thousands of miles each year to work. When people move to follow their work it is called migrating. These workers are often called migrant farmworkers.

Slide Show, continued

- Slide #15** Farmworkers and their families often travel from one place to another to reach their jobs in the fields. Sometimes children stay behind with family or friends while their parents travel to work.
- Slide #16** Sometimes children travel with their parents. Traveling by car, they cross many states and see lots of different places and things.
- Slide #17** Every time a farmworker family moves to a new place, the children have to go to a new school.
- Slide #18** The long trips and all the time they spend together helps them to have strong and close families.
- Slide #19** Farm work is very hard. Most of it is done outside, and it may require lots of lifting and carrying, bending, stooping or stretching. The work has to be done whether it is hot or cold or sunny or raining.
- Slide #20** The hard work farmworkers do is valuable to everybody. Without farmworkers, many of our favorite fruits and vegetables would not be at the store for us to enjoy.
- Slide #21** Farmworkers can be seriously hurt when operating farm machinery. Bending over crops for a long time may cause backaches and muscle pain. Working in the hot sun can lead to sunburn, dehydration, or sicknesses like heat stroke.
- Slide #22** Agriculture is a dangerous job. It is one of the three most dangerous jobs in the country.
- Slide #23** Farmworkers need to be especially careful when they work around chemicals used to treat plants. This is also why we need to wash our food before we eat it.
- Slide #24** Fruit and vegetables are sprayed with chemicals called pesticides. These chemicals kill bugs that live on fruits and vegetables. Pesticides are also poisonous to people, and must be washed from the fruit and vegetables before we eat them. Sometimes farmworkers have to work in fields that have just been sprayed with pesticides.
- Slide #25** Farmworkers have a very important job. They plant, tend, pick and package most of the fruits and vegetables that we eat.
- Slide #26** They work for long hours each day so that they can take care of themselves and their children. They are proud of who they are and what they do.
- Slide #27** Today we have learned about some of the foods that farmworkers collect and how food gets to our dinner tables. Now we know a little bit more about farmworkers: where they work and what they do. So next time you sit down to dinner, remember that a farmworker helped bring food to your table!

How Pesticides Enter the Body

Color the picture and draw arrows to the places where pesticides can enter the body.



Enrique's Story

Enrique Torres was born in Mexico. Now he lives in Grandview, Washington. He is married to Blanca. They have 3 sons and 2 daughters. Enrique works in the fields picking apples. When Enrique comes home from work, he leaves his boots and hat outside. Next he showers and puts on clean clothes. Then he hugs his sons and daughters.

1. What is Enrique's last name?
2. What country was he born in?
3. Where does Enrique live now?
4. Is he married or single?
5. Does Enrique have any children? How many?
6. Where does Enrique work?
7. What does he do for a job?
8. What does he do before he goes in his house?
9. What does he put on after he showers?



Poisons and Pesticides Matching Game

Draw a line from the word to its definition.

1. **Exposed**

Something that can kill or injure a living thing

2. **Fatigue**

A sign used to show something is poisonous

3. **Sweat**

A sign used to tell people that pesticides have recently been sprayed

4. **Nausea**

A building used to store goods

5. **Pesticide**

A sign that someone is sick

6. **Pesticide warning sign**

Feeling tired from working or playing

7. **Poison**

A condition of the stomach where you feel like vomiting

8. **Mr. Yuk sign**

To give off salty moisture from the skin

9. **Symptom**

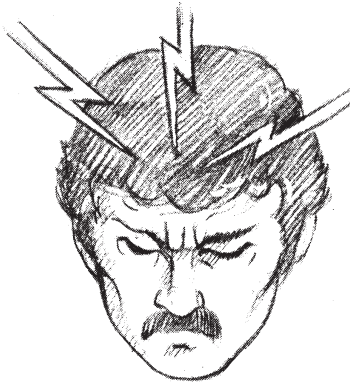
To leave without shelter, protections, or care

10. **Warehouse**

Something used to destroy pests

Symptoms of Pesticide Poisoning

Síntomas de Contaminación a Causa de los Pesticidas



Headache
Dolor de cabeza



Dizziness
Mareos



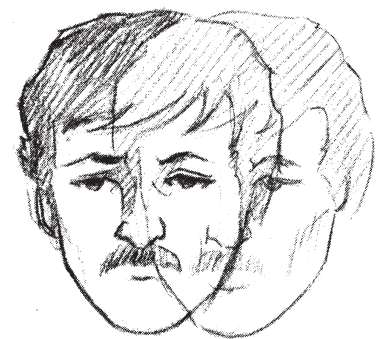
Weakness, fatigue
Debilidad, fatiga



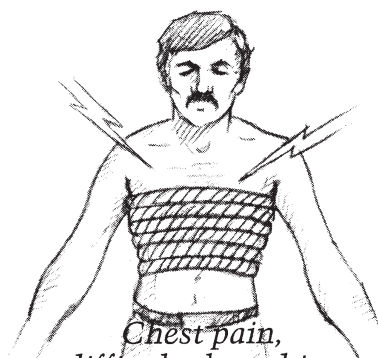
Nausea, vomiting,
diarrhea
Náuseas, vómito, diarrea



Excessive sweating
Sudor excesivo



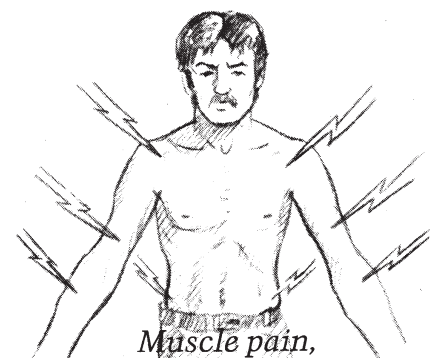
Blurry vision
Vista nublada



Chest pain,
difficulty breathing
Dolor en el pecho,
dificultad para respirar



Increased secretions from
eyes, nose, and mouth
Aumento de los
secretiones de los ojos,
nariz, y boca

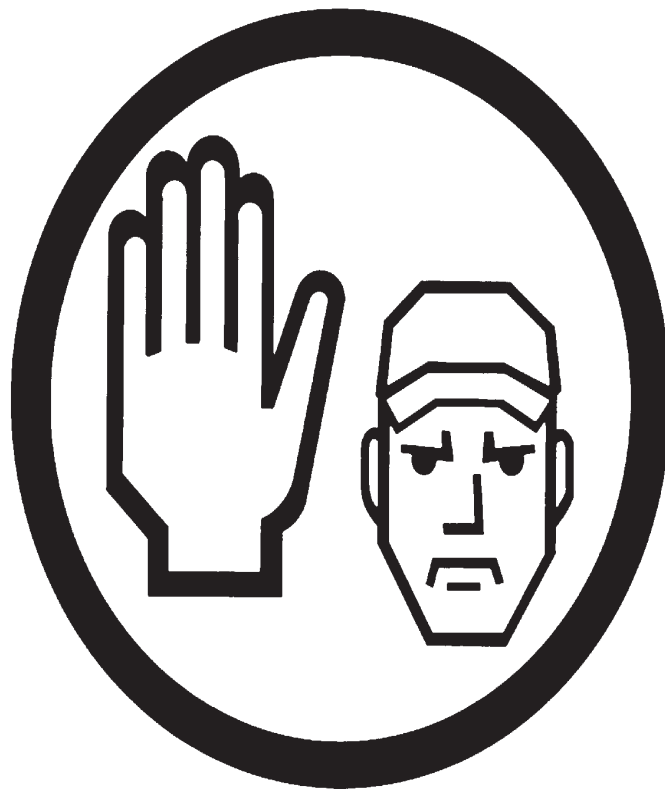


Muscle pain,
cramping
Dolor muscular
calambres



DANGER
PESTICIDES

PELIGRO
PESTICIDAS



KEEP OUT
NO ENTRE



Day 2

Handwashing and Washing Fruits and Vegetables

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Review Guidelines

What did we learn yesterday about poisons?

- Poisons are very dangerous.
- Poisons can hurt us if we touch them, drink them, or eat them.
- We should stay away from poisons.
- If you aren't sure if something is poisonous, ask a grown-up!
- Pesticides can enter a body through the skin, mouth, eyes, and nose.
- Pesticides can make people feel sick.



Discussion Guidelines: Hand Washing

Remember how we talked about how farmers and farmworkers put pesticides on plants to help them grow?

Some of the pesticides get carried by the wind into our backyards or carried into our homes on our parents' clothes. When we touch things that have pesticides on them, some of the pesticides stick to our hands. We cannot see the pesticides, because they are very small. When we play outside or play with toys inside, we might get little bits of pesticides on our hands.

Do you think your hands have pesticides on them?

Well, let's see! Does someone want be our volunteer?

Demonstration: Glo-germ

(Have volunteer hold toy with powder on it.)

This toy was sitting outside, so it might have some pesticides on it. Now, let's see if any of the pesticides are sticking to your hands! (Volunteer places hands under ultraviolet light. Children see "pesticide residues" [Glo-germ powder] on volunteer's hands.)

Glo-germ can be purchased by calling 1-800-842-6622 or visiting www.glogerm.com.

Discussion:

Remember, these chemicals help plants but can hurt people.

What can we do to stay healthy? Does anyone have any ideas?

Wash our hands! Washing our hands with warm water and soap cleans the pesticides off.

When should we wash our hands?

After we play outside, before we eat or drink, before and after we go to the bathroom, etc.

Does anyone know the steps in good handwashing?

(Have volunteer demonstrate while class watches)

- 1) Turn on water.
- 2) Get hands wet.
- 3) Put soap on hands.
- 4) Rub to create lather.
- 5) Wash front of hands, back of hands, and between fingers.
- 6) Rinse off soap with warm water.
- 7) Dry hands with paper towel.
- 8) Turn off water with paper towel.
- 9) Throw paper towel in trash can.

Let's see if the pesticides are all gone!

(Volunteer places hands under ultraviolet light again.)

Now, let's wash our hands to get rid of those pesticide residues and make our hands clean so we can eat safely! (Students practice washing hands and looking at hands under ultraviolet light.)

Discussion Guidelines: Washing Fruits and Vegetables

Preparation:

Apply baby powder to fruit or vegetable to be used in demonstration.

Discussion:

• Show children pictures of fruits and vegetables, or hold up real fruits and vegetables. *Pretend that you're hungry, and your mom tells you can have an apple for a snack. Does anyone know what you have to do before you eat your apple?*

Remember when we talked about handwashing?

Why did we have to wash our hands?

- Because when we play with toys or play outside, pesticides might stick to our hands.
- Since pesticides are poisonous, they can make us very sick!
- Sometimes farmers use pesticides on fruits and vegetables to help them grow.
- When we pick apples from a tree or buy peaches in a store, they might have pesticides on them.

Remember when we looked at our hands under the special light and saw pesticides?

- Let's see if this apple has pesticides on it... It does!
- (Rub fruit with black cloth to remove baby powder. Show cloth to children.)

What shall we do to make the fruits and vegetables safe for eating?

- We should wash them!

Demonstration:

How should we wash fruits and vegetables?

- 1) Turn on water.
- 2) Wash hands—wet, soap, rub, rinse.
- 3) Run fruits, vegetables under water.
- 4) Rub hands against them to get them clean.
- 5) Dry hands with paper towel.
- 6) Turn off water with paper towel.
- 7) Throw paper towel in trash can.

Let's wash these fruits and vegetables to get rid of pesticides and make them clean so we can eat them safely!



(Students practice washing real or toy fruits and vegetables.)

Activity Options

Teachers choose from among the following activities.

Dramatic Play: Washing Practice with Glo-germ

- Children practice washing their hands and washing fruits & vegetables. Children touch toy(s) covered in Glo-germ powder, touch real or toy fruits & vegetables, then look at their hands under the ultraviolet light. Following the procedure demonstrated by a volunteer, children wash their hands and the fruits & vegetables well with soap and water, then look under the light to make sure that they have removed all “pesticides.”

Art Station

- Children make collages of fruit & vegetable pictures from magazines.

Table Work

- Children read and answer questions about “Enrique’s Story: Washing Fruits and Vegetables.”
- Children read clues to help them unscramble words related to handwashing and washing fruits & vegetables.
- Children match words related to handwashing and washing fruits & vegetables with their definitions.



Teacher/Supervisor Discussion Guidelines: Washing fruits and vegetables

- 1) When we have been playing outside or in our houses, our hands can get very dirty.
- 2) Even though bits of pesticides are too small to see, they might hurt us if we eat them.
- 3) We keep ourselves healthy by washing our hands with soap and warm water before we eat or drink, and after we go to the bathroom.
- 4) Fruits and vegetables are good for us—they keep us healthy! We should eat lots every day.
- 5) Farmers use pesticides to help fruits and vegetables grow. Pesticides help plants grow, but they are poisonous for people—they make us very sick if we eat them.
- 6) Fruits and vegetables may have pesticides on them that are too small for us to see.
- 7) We must wash fruits and vegetables in warm water to clean off the pesticides and make them safe to eat.

Enrique's Story: Washing Fruits & Vegetables

Sometimes Enrique brings apples home from the orchard where he works. On weekends, Enrique and his family buy vegetables from the market. After they bring the fruits and vegetables home, they wash them in cold water. Enrique tells his sons and daughters why it is important to wash fruits and vegetables: In the fields, big machines spray pesticides to keep bugs away from the crops. These pesticides can stay on the fruits and vegetables for a long time. Pesticides are dangerous to eat, especially for children. At school, Enrique's children remind their friends to wash their fruits and vegetables.

1. Where does Enrique get the apples he brings home to his family?
2. What do Enrique and his family buy from the market on weekends?
3. What do they do to the fruits and vegetables after they bring them home?
4. Why do machines spray pesticides on crops in the field?
5. Do pesticides stay on fruits and vegetables for a long or short time?
6. Are pesticides safe for people to eat?
7. Why do you think Enrique's children remind their friends to wash fruits and vegetables?



Pesticide Safety Word Scramble

Use the clues on the left to help you unscramble the words.

Mr. Yuk is this color

ERENG

Chemicals that help plants, but can hurt people

SEIPSEIDT

What you should wash to stay healthy

SDNHA

What you use to wash your hands

PASO

Do this to fruits to remove pesticides from it

AHSW

This can carry pesticides to your backyard

DINW

We can get sick if we touch, drink, or eat this

OSONIP

Pesticides are so small they seem

NLISIBVEI

You should wash your hands with

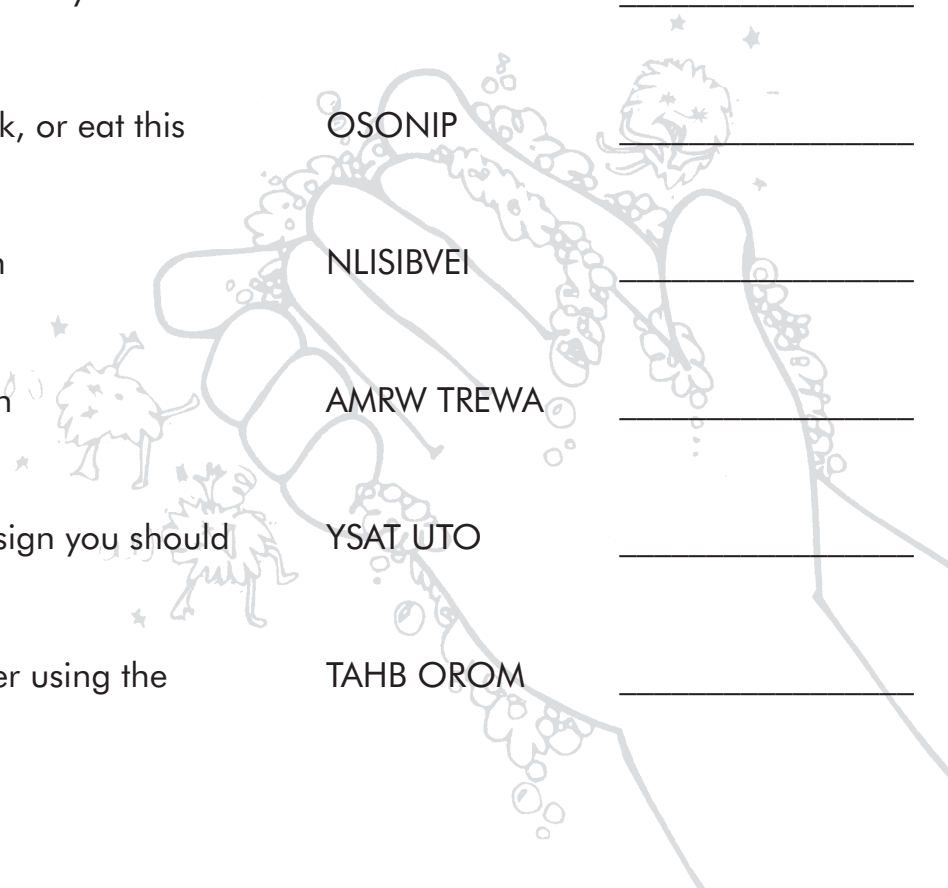
AMRW TREWA

If you see the pesticide warning sign you should

YSAT UTO

You should wash your hands after using the

TAHB OROM



Handwashing and Washing Fruits and Vegetables Matching Game

Draw a line from the word to its definition.

1. **Invisible**

Foam formed when a soap is stirred or shaken in water

2. **Dangerous**

To clean off with water

3. **Field**

Whatever remains after a part is taken

4. **Spray**

Impossible to see

5. **Lather**

Containing poison; having or causing an effect of poison

6. **Poisonous**

To clean with water and soap

7. **Residue**

To be free from danger, harm, or loss

8. **Rinse**

Able or likely to cause injury

9. **Safe**

A piece of open land

10. **Wash**

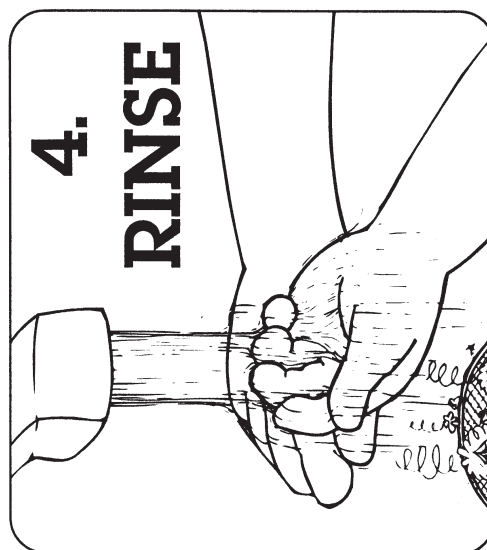
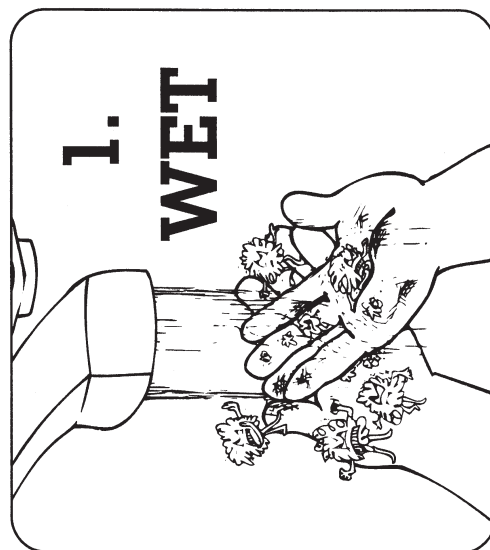
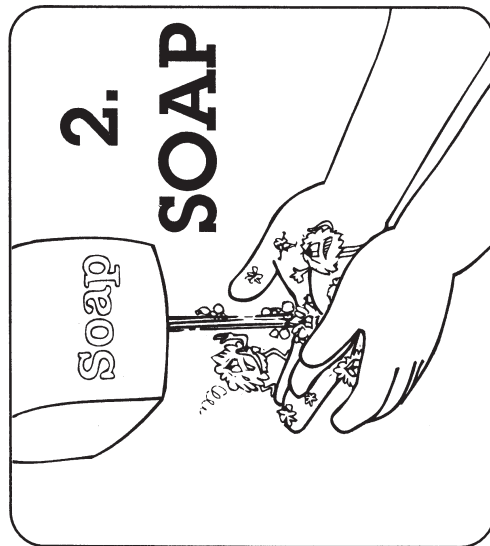
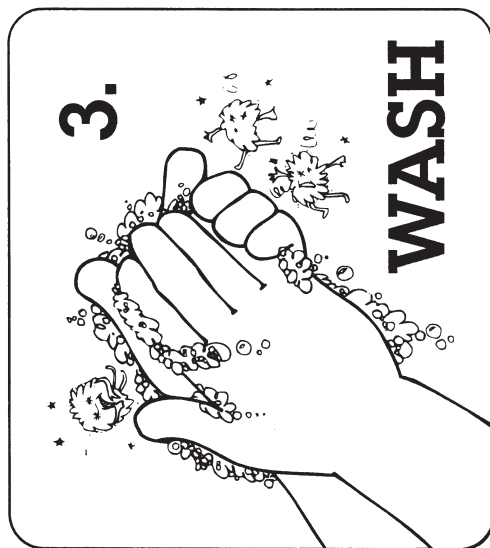
A place where fruit and nut trees are grown

11. **Orchard**

Liquid flying in fine drops like water blown from a wave



Be a Germ-Buster... WASH YOUR HANDS!



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Please call 1-800-525-0127 (TDD relay 1-800-833-6388).

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Day 3

Protecting Yourself from Pesticides

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Review Guidelines

Day 1 Materials:

What have we learned so far about poisons and pesticides?

- Poisons are very dangerous.
- Poisons can hurt us if we touch them, drink them, or eat them.
- The pesticide warning sign means that pesticides—poisonous chemicals—are on the grass or plants.
- Being exposed to pesticides can make you sick.



Pesticide warning sign:

What does this sign mean?

- The pesticide warning sign means that pesticides are on the grass or plants.
- Pesticides are poisonous! They can hurt us if we touch them, drink them, or eat them.

What should you do if you see this sign?

- If you see this sign, you should stay away from the field or orchard. If you have to go in (for example, with your parents), you should try not to touch the plants and be extra careful about washing your hands later.

Day 2 Materials:

What have we learned about washing our hands and washing fruits & vegetables?

- We should wash our hands after we play outside, before we eat or drink, and before and after using the bathroom.
- We should wash our fruits and vegetables before eating them so that we take off all the pesticides.

Can someone tell me how to wash my hands?

How do I wash fruits & vegetables?



Discussion Guidelines: Protecting Yourself from Pesticides

What to do when you are playing outside:

What can you do to protect yourself from pesticides when you are playing outside?

- Stay out of the fields. If you have to enter a field with your parents, don't touch any of the plants.
- Never swim in irrigation ditches. Pesticides can get washed off the plants and get into the irrigation water. Swim at the local pool or play in a sprinkler in your yard.
- If you see that pesticides are being sprayed, play inside your house.

What to do when you are at home:

Remember how we talked about pesticides being carried home on parents' clothes?

What can we do to avoid contact with these pesticides?

Does anyone have any ideas?

That's right, we can:

- Wait until our parents have changed out of their work clothes before we hug them.
- Not touch our parents' dirty work clothes, work boots, hats, or bandanas.
- If we have to wash our parents' work clothes, we can wear gloves or use a plastic bag to cover our hands. Always wash work clothes separately from family laundry.
- Store our parents' work clothes away from our clothes.

What should we do if we see chemical bottles at home?

- 1) Stay away from them. You should never touch or drink out of an unmarked container.



Activity Options

Teachers choose among the following activities.

Art station

- Children make Pablo and Angelita puppets using construction paper and popsicle sticks.

Dramatic play

- Children form four groups.
- Children select characters and roles in the Pesticide Safety Puppet Show. Characters are Pablo, Angelita, and narrator; roles are lights and music technicians.
- Each group prepares a puppet show and presents it in front of the class.

Table work

- Children match words related to pesticide safety with their definitions.
- Children read and answer questions about “Enrique’s Story: Enrique’s clean clothes.”



Pictures of Pablo & Angelita

Color each puppet. Cut them out and paste them to popsicle sticks. They are ready for the show.



Dramatic Play: Pesticide Safety Puppet Show

Scene 1

Narrator: *Angelita and Pablo are cousins who live in Toppenish in the Yakima Valley. The weather has been rainy for the last few days. Today it is finally sunny, so they are going outside to play.*

Scene 1

Hide & Seek in the Field

Angelita: Let's play hide-and-peek. I know some really good hiding places in the field. You'll never find me.

Pablo: My parents said that I'm not allowed to play out there.

Angelita: Oh, come on! They'll never know!

Pablo: No. We would be too close to the tractors and pesticides. We might get hurt. Let's play hide-and-peek where my dad is working. It will be cool out there and we can watch him while we play.

Angelita: But isn't that too close to the tree where your dad is picking apples?

Pablo: Yes, but that way my dad can hear us when we talk to him.

Angelita: What about the pesticides on the trees?

Pablo: That's right. We need to stay away from the orchards. The picnic table looks far enough away. Let's play there!

Narrator: *Remember, play in parks and yards, but not in or near fields or orchards.*

Dramatic Play: Pesticide Safety Puppet Show

Scene 2

Narrator: *Angelita doesn't really want to play hide-and-peek anymore, so Pablo comes up with a fun new idea: going swimming in the irrigation ditch. Angelita reminds him why that might not be such a good idea after all...*

Scene 2

Swimming in the Irrigation Ditch

Angelita: I don't really want to play hide-and-peek. Let's go skip rocks in the irrigation ditch.

Pablo: I know! Let's go skip rocks now and then we can go swimming afterwards.

Angelita: No, my mom said the water is too dirty to drink or swim in.

Pablo: How is it dirty? It looks pretty clear to me.

Angelita: You know all the stuff they spray on the trees where your dad works?

Pablo: Oh yeah, the pesticides.

Angelita: When it rains, they all get washed into the ditch and make the water too dangerous to swim in. Besides, we don't have an adult with us anyway.

Pablo: Boy, I guess that shoots that idea. We'll have to come up with something fun to do outside today. It's sunny and warm.

Angelita: Do you have any ideas?

Pablo: I know! Let's go ask Grandma if we can climb the trees outside the house.

Angelita: Great idea!

Narrator: *Never swim in irrigation ditches. Go with an adult to a clean pool or lake instead.*

Dramatic Play: Pesticide Safety Puppet Show

Scene 3

Narrator: *Pablo and Angelita were becoming frustrated because they couldn't find anything fun and safe to do outside. Now it looks like they've finally come up with a fun idea: climbing trees in the yard.*

Scene 3

Climbing the Apple Tree

Pablo: Now we finally found something fun to do! I'm glad Grandma said we could climb in these apple trees.

Angelita: Yeah, she said they haven't been sprayed with pesticides in a few days, so they're safe to climb now. She said she would watch us from the porch to make sure we stay safe.

Pablo: Let's see who can find the biggest apple. (A few moments later...) Look at this gigantic one!

Angelita: Yeah, but look at mine. Mine is bigger! I know, let's see who can eat their apple the fastest!

Pablo: I don't think we should eat them now. Grandma said that we need to wash food from the garden before we eat it.

Angelita: But this isn't out of the garden. It's off the apple tree.

Pablo: Yes, but remember we saw Grandpa spraying the apple trees last week. I think we should wash these apples first.

Angelita: I guess you're right. I'll race you to the house. (Puppets run the other way.)

Narrator: *Even though trees or bushes were sprayed a long time ago, they can still have small amounts of pesticides left on them. Never eat fruit right off the tree.*

Dramatic Play: Pesticide Safety Puppet Show

Scene 4

Narrator: *Now that they've picked their apples, the cousins remember how important it is to wash their fruit in case there are any pesticides left on them. They rush inside to wash their apples so they can eat their nutritious snack right away.*

Scene 4

Apples for Snack

Pablo: I won! I got here first!

Angelita: Nice job, but I'll beat you to the sink to wash my apple! (Scrubs her apple under running water.) There. Now my apple is all clean and ready to eat.

Pablo: Wait! Don't eat it yet. Aren't your hands still dirty? They'll just get your apple dirty again.

Angelita: Oh yeah, I guess I'd better wash them too.

Pablo: Even though the tree hasn't been sprayed in awhile, my dad said there can still be a little bit of pesticides left on the branches for a long time. When you climb the trees, those pesticides rub off on your hands.

Angelita: You're right. I guess I wouldn't want to eat anything that kills bugs. Even though I'm not a bug, it still isn't good for people.

Pablo: (Washes his hands and apple when Angelita is finished.) There, now mine's clean. Want to go out on the porch to eat our apples?

Angelita: Sounds good.

Both: (Each take a bite of their apples.) Yummy!

Narrator: *Always wash fruits and vegetables and your hands before eating. That way no pesticides can get into your mouth.*

THE END

Enrique and Blanca: No Playing in the Fields

Yesterday after school, Enrique and Blanca's children ran out into the fields to find Enrique in the orchard. When Blanca found them, she was angry they had gone into the field. She explained to them why she was upset. Some days, airplanes fly over and spray pesticides on the fields. Other days, big machines drive through the fields and spray them from the ground. All of these pesticides on the crops can get on their shoes, clothes, hands, and face, and make them very sick. She told her children that it is important to stay in the yard where no pesticides are sprayed. The children agreed to play in the yard from now on.

1. Why did Enrique and Blanca's children run out into the field after school?
2. Why did Blanca get angry with them?
3. How do pesticides get on the crops in the fields?
4. Why is it important to keep pesticides off your clothes and hands?
5. Where does Blanca want her children to play from now on?
6. Do you think Blanca should have gotten upset with her children?



Enrique's Clean Clothes

After Enrique takes a shower after work, he puts on clean clothes and puts his dirty work clothes in a special basket. He keeps this basket away from his family and their laundry so the pesticides don't spread. When Enrique washes his work clothes, he puts on gloves to sort them. He washes his work clothes with detergent and hot water on the full water level so the pesticides wash out better. Enrique always washes his work clothes after he wears them once, even if they don't look dirty. When Blanca washes the rest of the family's clothes, she washes them in separate loads from Enrique's work clothes.

1. Does Enrique put the same work clothes back on after he takes a shower?
2. Where does Enrique put his dirty work clothes when he takes them off?
3. Why does Enrique put his dirty work clothes separate from the family's other clothes?
4. What does Enrique wear when he sorts his dirty work laundry?
5. Does he wash his work clothes in hot or cold water?
6. How full is the water level in the washer?
7. How many times does Enrique wear his work clothes before he washes them?
8. Why do you think Blanca washes the rest of the family's clothes separately from Enrique's work clothes?



Healthy Kids Word Search

With a dark crayon or pencil, color over every X, Y, and Z. The letters remaining form words about pesticide safety. They go up, down, across, diagonally, and backwards.

S X P E S T I C I D E S Z H
Y A Z Z Y D A N G E R X Y S
S Z F X P Z Y X Z X Y L Z A
D Y Y E R X X Z Y Z A X Y W
L X Z X O Z Z X X B Y Y X Y
E Y X Z T X Y Z E Z C X G Y
I Z Y Y E Z Y L Y X A X N X
F X N X C X Y X Z X U Z I Z
Z X O X T Z X Y Z Y T Y H X
Y Z S Z I S E O H S I Z T Y
Z Z I X V Y Z X Y Z O X O Z
Y Z O Y E Z X Z X Z N Z L X
X Z P X Z C A R E F U L C Y

Use at least two words you found in the word search to write a Healthy Kids pesticide safety message.

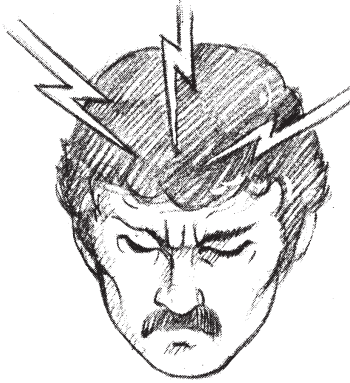


Materials for Parents

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Symptoms of Pesticide Poisoning

Síntomas de Contaminación a Causa de los Pesticidas



Headache
Dolor de cabeza



Dizziness
Mareos



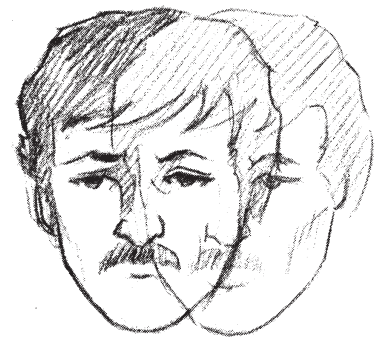
Weakness, fatigue
Debilidad, fatiga



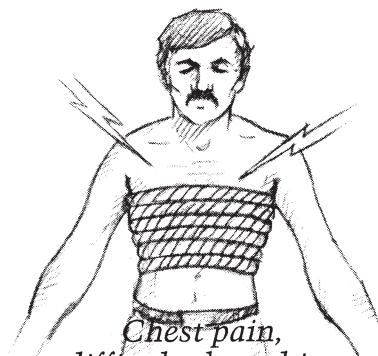
Nausea, vomiting,
diarrhea
Náuseas, vómito, diarrea



Excessive sweating
Sudor excesivo



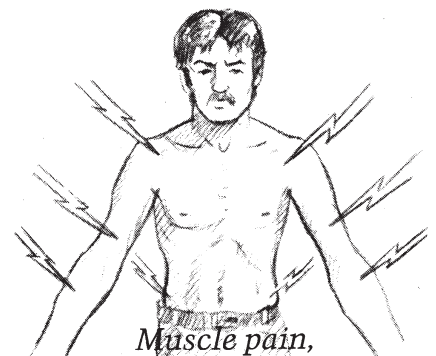
Blurry vision
Vista nublada



Chest pain,
difficulty breathing
Dolor en el pecho,
dificultad para respirar



Increased secretions from
eyes, nose, and mouth
Aumento de los
secreciones de los ojos,
nariz, y boca



Muscle pain,
cramping
Dolor muscular
calambres

Pesticide Safety Tips

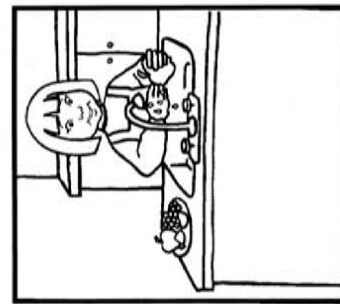
AT HOME...

Wash work clothes after wearing them once.

- Wash in hot water with plenty of detergent.
- Wash and store separately from family's clothes.



Always wash fruits and vegetables before eating them.

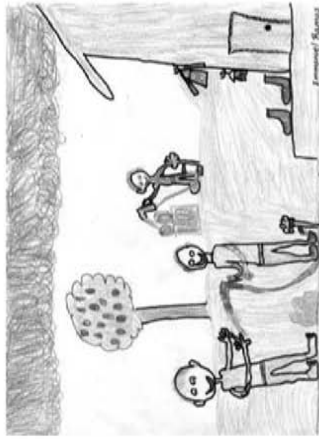
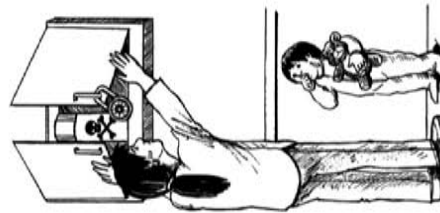


WITH FAMILY...

Do not allow children to play in fields or irrigation ditches.



Use and store pesticides safely and out of the reach of children.



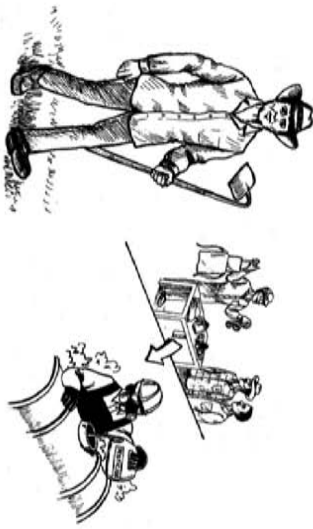
PESTICIDE SAFETY TIPS



Pesticide Safety Tips

AT WORK...

Wear appropriate protective clothing.



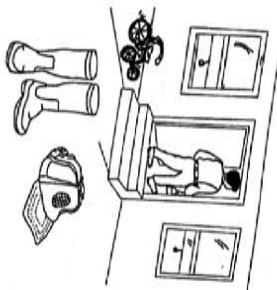
Wash hands with soap and water before:

- Eating or drinking
- Using the restroom
- Chewing gum, smoking or chewing tobacco

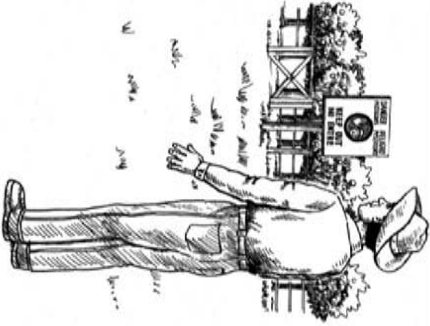


COMING HOME FROM WORK...

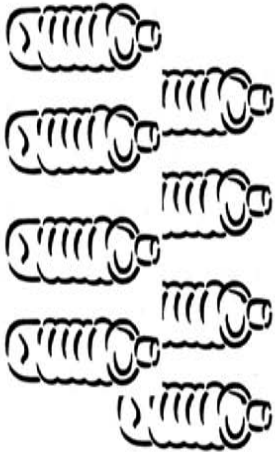
Take off boots and hat before entering home.



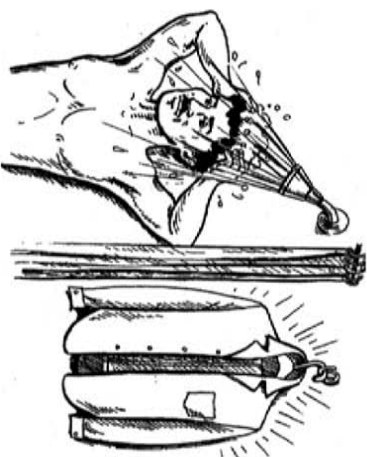
Do not enter recently sprayed fields.



Drink 6-8 glasses of water every day.



Shower and put on clean clothes immediately after coming home from work.



Puntos de Seguridad Sobre los Pesticidas

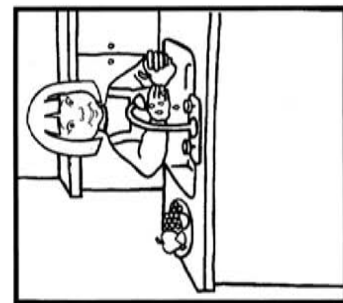
EN CASA...

Lave su ropa de trabajo después de haberla usado sólo una vez.

- Use suficiente detergente y agua caliente.
- Lave y guarde la ropa del trabajo separada de la ropa del resto de la familia.



Siempre lave las frutas y verduras antes de comerlas.

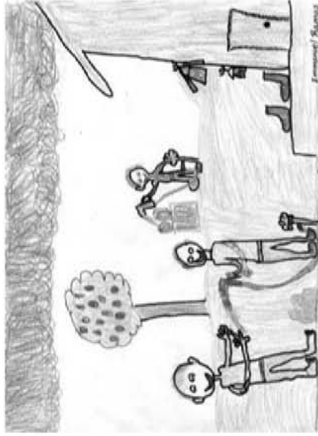
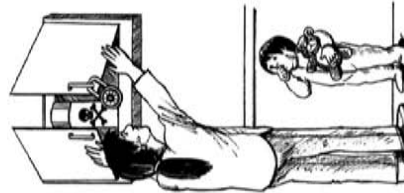


EN LA FAMILIA...

No deje jugar a los niños en los campos ni nadar en las zanjas de irrigación.



Use y guarde los pesticidas en un lugar seguro y fuera del alcance de los niños.



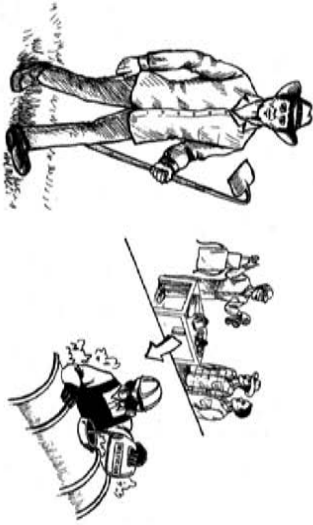
PUNTOS DE SEGURIDAD SOBRE LOS PESTICIDAS



Puntos de Seguridad Sobre los Pesticidas

AT WORK...

Wear appropriate protective clothing.



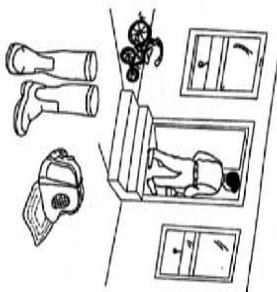
Wash hands with soap and water before:

- Eating or drinking
- Using the restroom
- Chewing gum, smoking or chewing tobacco

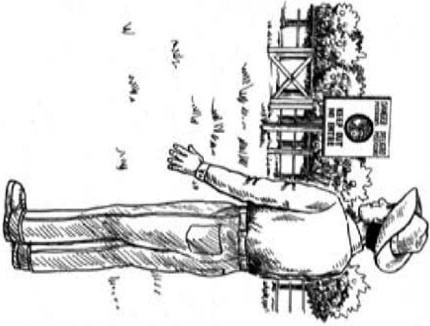


COMING HOME FROM WORK...

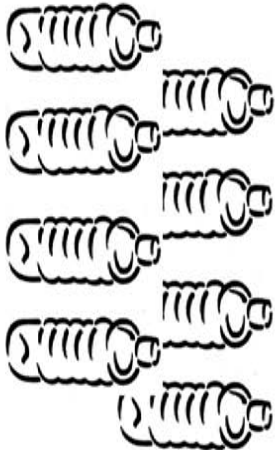
Take off boots and hat before entering home.



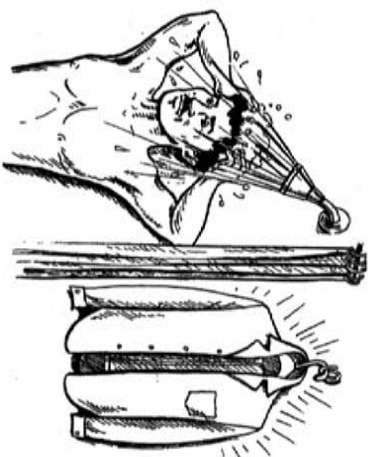
Do not enter recently sprayed fields.



Drink 6-8 glasses of water every day.



Shower and put on clean clothes immediately after coming home from work.



Clothes Washing Tips



Washing Work Clothes

Following these steps will help reduce pesticide exposure in the home.

Washing work clothes:

- Wash work clothes **after wearing one time**, even if they do not look very dirty.
- Wash work clothes **separately from family clothes**. Otherwise, some of the pesticides from work clothes may get on family clothes.
- Wear rubber gloves while handling dirty work clothes or shake the clothing from plastic bag into the water. **Wash hands** after handling work clothes.
- **Use detergent and hot water at full water level**. Set the **water level on high**, even for small loads, so that the pesticides can be well rinsed. Wash clothes again if they have pesticide stains or smell like pesticides after washing the first time.

Drying and storing work clothes:

- **Dry work clothes outside on a clothesline in direct sunlight**. The sunlight will help break down the pesticides. If pesticides have been sprayed recently on fields nearby, dry clothes inside in a clothes dryer.
- Once dry, **store work clothes separately** from family clothes.

Guía para Lavar la Ropa de Trabajo



Lavar la Ropa de Trabajo

Siguiendo estas instrucciones le ayudara a reducir el contacto con los pesticidas en casa.

Lavando la ropa de trabajo:

- Lave la ropa de trabajo **después de haber sido usada una vez.**
- Lave la ropa del trabajo **separada de la ropa del resto de la familia.** De otra manera, alguno de los pesticidas de la ropa del trabajo pueden llenar la ropa de la familia.
- Use guantes de hule cuando toque la ropa de trabajo o vacié la ropa desde una bolsa de plástico a el agua. **Lave sus manos** después de haber terminado.
- **Use detergente y agua caliente a un nivel de agua lleno.** Ponga el nivel del agua en alto, incluso si no es mucha ropa, para que los pesticidas puedan ser exprimidos. Lave la ropa de nuevo si la ropa todavía tiene manchas de pesticidas o huele a estos después de haberla lavado la primer vez.

Secando y guardando la ropa de trabajo:

- **Seque la ropa de trabajo afuera en un tendedero a los rayos del sol.** Los rayos del sol ayudaran a evaporar los pesticidas. Si los pesticidas han sido rociados recientemente en los campos vecinos, seque la ropa adentro en una secadora de ropa.
- Una vez seca, **guarde la ropa de trabajo separada** de la ropa del resto de la familia.





For Healthy Kids

Para Niños Saludables

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