

# **HORMISDALLEN SCHOOLS**

## **P.1 LITERACY II LESSON NOTES**

TERM I - III

### **THEME: THE HUMAN BODY AND HEALTH**

#### **SUB – THEME: External parts of the body**

##### **a) Parts of the head**

- Drawing and naming the different parts
- Uses of the different parts of the head
- Caring for the parts of the head
- Problems to the parts of the head

##### **b) Parts of the arm**

- Drawing and naming parts of the arm
- Uses of the parts of the arm
- Caring for the parts of the arm

##### **c) Parts of the leg**

- Drawing and naming the parts of the leg
- Uses of the leg
- Caring for the leg
- Problems to the leg

##### **d) The structure of the body**

- Drawing and naming the different parts of the body

##### **e) Body organs and senses**

#### **SUB – THEME: Body posture and physical exercises**

##### **a) Body posture**

- Definition
- Kinds of posture (with diagrams)
- Importance of good posture
- Dangers of bad posture

##### **b) Body physical exercises**

- Examples of body exercises
- Importance of body exercises
- Precautions when doing body exercises

#### **SUB – THEME: Personal hygiene**

- Definition
- How to keep the body clean
- Things we use to clean the body
- How to clean the different body parts

##### **a) Eyes**

- ✓ How to clean the eyes
- ✓ What to use to clean the eyes
- ✓ Why do we clean the eyes (importance)

b) Ears

- ✓ How to clean the ears
- ✓ What to use for cleaning the ears
- ✓ Why do you clean the ears?

c) Teeth

- ✓ How to brush the teeth
- ✓ What to use when brushing
- ✓ When to brush the teeth
- ✓ Why do you brush the teeth?

d) Hair

- ✓ How to clean the hair
- ✓ What we use to clean the hair
- ✓ Why do we clean the hair?

e) Nose

- ✓ How to clean the nose
- ✓ What to use to clean the nose
- ✓ Why do we clean the nose?

f) Hands

- ✓ How to clean the hands
- ✓ What to use for cleaning the hands
- ✓ When to clean the hands
- ✓ Why do we clean the hands?

g) Skin

- ✓ How to clean the skin
- ✓ What to use for cleaning the skin
- ✓ Why do we clean the skin?
- ✓ Skin diseases
- ✓ How to prevent skin diseases

**SUB – THEME: Sanitation**

- Definition
- Areas we keep clean
  - a) Latrines /pit latrine
    - ✓ Things we use to keep latrines clean
    - ✓ How to keep the latrine clean
    - ✓ Why we keep the latrine clean
    - ✓ Things we use to clean ourselves in the latrine/pit latrine

- b) Toilets/latrines that uses water
  - ✓ Things we use to clean the toilets
  - ✓ How to keep the toilets clean
  - ✓ Why we keep the toilets clean
- c) Classroom
  - ✓ Things we use to clean the classroom
  - ✓ How to keep the classroom clean
  - ✓ Why we keep the classroom clean
- d) Bathroom
  - ✓ Things we use to clean the bathroom
  - ✓ How to keep the bathroom clean
  - ✓ Why to keep the bathroom clean
- e) Compound
  - ✓ Things we use to clean the compound
  - ✓ How to clean the compound
  - ✓ Why do we clean the compound?
- f) Dangers of a dirty environment

**SUB – THEME: Common diseases**

- Examples of common diseases
- Examples of common vectors
- How to prevent common diseases
- Places where we go for treatment
- People who provide health services

**SUB – THEME: Immunisation**

- Definition
- Examples of immunisable diseases
- Drawing pictures of some immunisable diseases
- Signs and symptoms of some immunisable diseases
- Importance of immunisation

## **TERM TWO**

### **THEME: ACCIDENTS AND SAFETY**

- Definition of accidents
- Common accidents at home and at school
- Causes of accidents at home and at school
- How to prevent accidents at home and at school
- Things that cause accidents at home and at school

#### **Accidents on the way / road accidents**

- Causes of road accidents
- How to prevent accidents on the road
- Effects of accidents

#### **First aid**

- Definitions ie. first aid , casualty , first aider
- Why do we give first aid?
- Qualities of a good first aider

#### **First aid box**

- Things in a first aid box (drawing , naming)
- Places where we find a first aid box

### **THEME: FOOD AND NUTRITION**

- Definition of food
- Examples of food
- Sources of food / places
  - ✓ Food from the garden
  - ✓ Food from animals
  - ✓ Food from water bodies
  - ✓ Food from the market
  - ✓ Food from the shops and supermarket
- Uses of food to the body
- Why do we eat food?
- How food gets dirty
- Things that make food dirty
- Ways of keeping food safe
- Safe places for keeping food

### **SUB – THEME: Eating habits**

- Good eating habits
- Bad eating habits
- Importance of keeping food safe
- Food taboos

## **THEME: OUR ENVIRONMENT**

### **SUB – THEME: Environment**

- Definition of environment
- Components of the environment
- Groups of things in the environment
  - a) Living things
    - ✓ Definition
    - ✓ Characteristics of living things
    - ✓ Examples of living things
  - b) Non – living things
    - ✓ Definition
    - ✓ Characteristics of non – living things
    - ✓ Examples of non – living things
    - ✓ Drawing and naming non – living things
- Groups of living things
  - a) Plants
  - b) Animals
- Animals
  - Groups of animals in the environment
    - a) Domestic animals
      - ✓ Definition
      - ✓ Examples of domestic animals (with diagrams)
      - ✓ Uses of domestic animals
      - ✓ Ways of caring for domestic animals
      - ✓ Products got from domestic animals
    - b) Wild animals
      - ✓ Definition
      - ✓ Examples of wild animals
      - ✓ Uses of wild animals
      - ✓ Products got from wild animals
- Dangers of animals
- Things we get from animal products
  - ✓ From milk
  - ✓ From animal skins and hides
  - ✓ From ivory , hooves and horns
  - ✓ From wool
- Groups of birds
  - a) Domestic birds
    - ✓ Definition

- ✓ Examples of domestic birds
- ✓ Caring for domestic birds
- b) Wild birds
  - ✓ Definition
  - ✓ Examples of wild birds
  - ✓ Uses of birds
  - ✓ Dangers of birds
  - ✓ Drawing and naming parts of the bird
  - ✓ Products got from birds

- c) Animals and their legs
  - ✓ Animals with two legs
  - ✓ Animals with four legs
  - ✓ Animals without legs
  - ✓ Animals with more than four legs
- Animal movements
- Why animals move
- Animal homes / habitats
- Animal weapons
- Animal protection
- Animal youngones
- Animal sounds
  - ✓ Why animals make sounds
- Animals and the food they eat
- Animal meat
- Living things with wings

### **SUB – THEME: Insects**

- Characteristics of insects
- Examples of insects (winged and wingless)
- The structure of an insect
- Types of insects
  - ✓ Useful insects
    - Examples of useful insects
    - How are they useful?
  - ✓ Harmful insects
    - Examples of harmful insects
    - Dangers of harmful insects

### **SUB – THEME: Plants**

- Examples of plants
- Parts of a plant
- Uses of flowers
- Colours of flowers
- Uses of plants to man

- Things got from plants by man
- Ways of caring for plants
- Things we use to care for plants (garden tools) and their diagrams
- Places where plants grow

## **SUB – THEME: Natural and artificial things**

### **a) Natural things**

- Definition
- Examples of natural things (with drawings)

### **b) Artificial things**

- Definition
- Examples of artificial things (with drawings)

## **Importance of components of the environment**

### **a) Air**

### **b) Water bodies**

### **Air**

- Definition
- Components of air
- Uses of air
- Things which use air

## **Factors that damage the environment**

## **How to conserve the environment**

## **THEME: THE HUMAN BODY AND HEALTH**

### **SUB THEME: The external parts of the body and their uses**

#### **1. Parts of the head**

- Hair
- Eyes
- Ears
- Mouth
- Nose
- Chin
- Cheek
- Neck
- Eye brows
- Eye lashes

## **The diagram of a head**



### **Uses of the head**

#### a) Eyes - For seeing

Caring for the eyes

- By washing them with clean water.
- By putting on sunglasses during sunny weather.
- By treating sick eyes.

#### **Problems to the eyes**

- Diseases e.g trachoma, night blindness, river blindness
- Foreign bodies
- Too much sunshine
- Itching
- Blindness

#### b) Ears - For hearing

##### **Caring for the ears**

- By washing them.\by removing dirt.
- Avoid putting sharp objects in the ears.
- Avoid sitting near loud speakers.

##### **Problems to the ears**

- Diseases
- Too much noise
- Foreign bodies
- Itching
- Deafness

#### c) Nose - For smelling

##### **How to care for the nose**

- By blowing it.
- By washing it with clean water.

#### d) Teeth

- For chewing
- For biting
- For grinding



### **Caring for the teeth**

- Brushing the teeth.
- Visiting the dentist.
- Avoid biting hard objects.
- Avoid eating sweet things.

## **2. Parts of the arm**



### **Uses of the parts of the arm**

#### **a) Hands / fingers**

- For clapping
- For eating
- For holding
- For picking
- For protection
- For touching

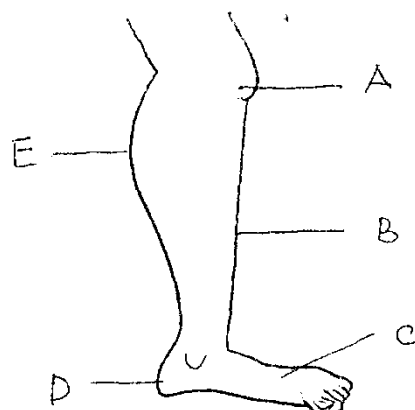
#### **b) Finger nails**

- For protection
- For beauty

### **Caring for the parts of the arm**

- By washing hands with clean water.
- By cutting finger nails short.
- By removing dirt from finger nails.
- Avoid touching hot objects with bare hands.

## **3. Parts of the leg**



### **Uses of the legs**

- For walking
- For running
- For kicking
- For defense
- For standing

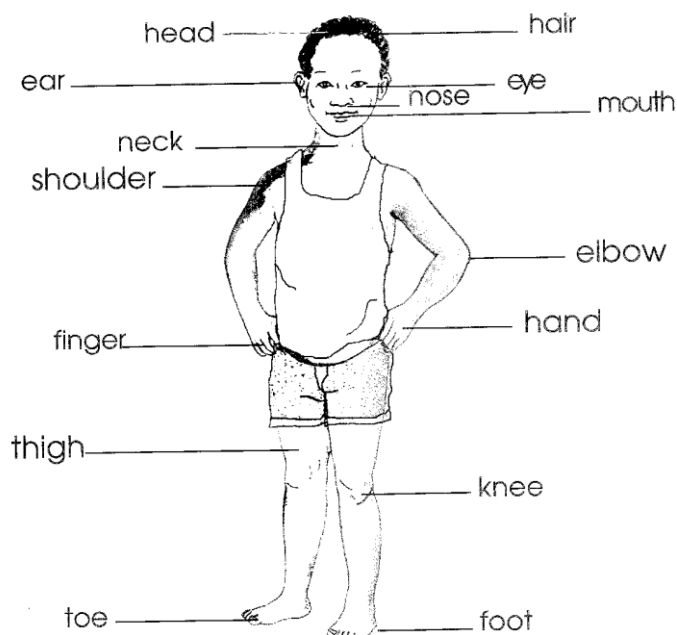
### **Caring for the legs**

- By washing the legs with clean water.
- By scrubbing the feet with a brush, stone e.t.c
- By cutting toe nails
- By putting on shoes

### **Problems to the legs**

- Cuts
- Diseases (leprosy, elephantiasis)
- Dislocation
- Fracture

## **4. The structure of the human body**



### **Body organs and senses**

We have five body senses. These are;

- Seeing
- Tasting
- Smelling
- Hearing
- Feeling

### **Body senses with organs**

Seeing	-	eyes
Smelling	-	nose
Tasting	-	tongue

Feeling	-	skin
Hearing	-	ears

### **SUB-THEME: Body posture and physical exercises**

a) Posture: Is the way we position the body.

#### **Kinds of posture**

There are two kinds of postures. That is;

- Good posture
- Bad posture

i) Good posture

Good standing posture

ii) Bad posture

Good sitting posture

Bad standing posture

Bad sitting posture

#### **Importance of good posture**

- It keeps the body in good shape.
- It prevents back and chest pains.
- It maintains the proper growth of bones
- For proper circulation of blood
- It eases digestion

#### **Dangers of bad posture**

- It causes lameness.
- It leads to chest pain.
- It leads to poor flow of blood.
- It leads to back pain.

#### **b) Body physical exercises**

Examples of body physical exercises

- Boxing
- Running
- Kicking
- Dancing
- Jogging
- Hopping
- Walking
- Swimming
- Press-ups
- Stretching
- Riding

A teacher should help the learner to draw

### **Importance of body exercises**

- To be fit.
- To be strong
- To be healthy
- To develop muscles
- For easy movement of blood in the body
- To be flexible

## **SUB THEME: PERSONAL HYGIENE**

Personal hygiene is the way of keeping the body clean.

### **Ways of keeping the body clean**

- By washing hands
- By bathing regularly
- By brushing teeth
- By cutting fingernails short
- By cleaning the ears
- By cleaning the ears

### **Things we use to clean/promote personal hygiene.**

- Sponge
- Towel
- Water
- Hair brush
- Soap
- Tooth brush
- Razorblade
- Nail cutter
- Tooth paste
- Tooth picks
- Ear puds
- Toilet paper
- Comb

**NB:** Teacher should draw the diagrams of the above items.



## **Importance of personal hygiene**

- It prevents diseases
- To look smart
- To prevent bad smell
- To keep the body clean
- To remove germs from our body
- To remove dirt from our body
- To keep body healthy.

## **How to clean the different body parts**

### **1. Eyes**

How to clean the eyes

- By washing them

### **Things we use to clean the eyes**

- Clean water
- Handkerchief
- Clean cloth

### **Why to clean our eyes?**

- To prevent eye diseases like trachoma, river blindness.
- To remove dirt

### **2. Ears**

#### **How to clean our ears**

- By washing them.
- By removing dirt.

#### **Things we use to clean ears**

- Water
- Clean cloth
- Ear buds
- Handkerchief

### **Why do we clean the ears?**

- To prevent diseases
- To remove dirt
- To prevent bad smell

### **3. Teeth**

#### **How to clean the teeth**

- By brushing every after a meal.
- By removing food particles.

#### **Things used to clean the teeth**

- Tooth brush/tooth past
- Clean water
- Salt
- Charcoal paste
- Stick tooth brush
- Tooth picks.

### **When to brush the teeth**

- Every morning
- Every after a meal

### **Why to brush our teeth?**

- To remove food remaining particles
- To prevent bad smell
- To prevent tooth decay

## **4. Hair**

The colour of our hair is black.

### **How to clean our hair**

- By combing
- By shaving it off
- By washing it.

### **Things we use to clean the hair**

- Water
- Comb
- Scissors
- Razorblade
- Soap
- 

### **Why clean our hair?**

- To look smart
- To prevent lice
- To remove dirt
- To prevent bad smell

## **Nose**

### **How to clean the nose**

- By washing it
- By blowing it

## **5. Hands**

### **How to clean our hands**

- By washing them.
- Cutting finger nails short.
- By removing dirt from the finger nails.

### **Things we use to clean the hands**

- Clean water
- Soap
- Handkerchief
- Nail cutter

### **When to clean our hands**

- After visiting the toilet/latrine.
- Before serving food

- After and before eating food

### **Why do we wash hands?**

- To remove dirt
- To prevent the bad smell.

## **6. Skin**

### **How to clean the skin**

- By bathing
- By scrubbing
- By drying the skin
- By cleaning the anus

### **Things we use to clean the skin**

- Soap
- Water
- Towel
- Toilet paper
- Handkerchief
- Sponge
- Brush

**N.B: The teacher will help the children to draw the above items**

### **Why do we clean the skin?**

- To prevent skin diseases
- To prevent bad smell
- To remove germs
- To remove dirt

## **Skin diseases**

### **Examples of skin diseases**

- Scabies
- Leprosy
- Measles
- Chicken pox
- Ring worms

### **How to prevent skin diseases**

- Avoid sharing clothes
- By bathing regularly

## **SUB THEME: SANITATION**

Sanitation is the general cleanliness of the environment.

### **Areas we keep clean**

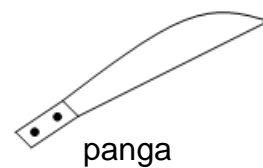
- Bathroom
- Bedroom
- Kitchen

- Toilets
- Pit latrine
- Compound

### **Things we use to keep the environment clean**

- Water
- Soap
- Broom
- Rake
- Scrubbing brush
- Rag
- Hoe

Drawings of things we use to clean the environment



### **Areas to keep clean**

#### **a) Pit latrines**

Things we use to clean pit latrines

- Water
- Soap
- Vim
- Scrubbing brush

#### **How to keep the latrines clean**

- By sweeping
- By mopping
- By scrubbing
- By smoking

#### **Why do we keep the latrines clean?**

- To prevent bad smell
- To prevent diseases

#### **b) Classroom**

Things we use to clean the classroom

- Water
- Soap
- Broom
- Rag
- Scrubbing brush

#### **How to keep the classroom clean**

- By sweeping



- By mopping
- By removing cob webs

Why we keep the classroom clean

- To prevent diseases
- To prevent vectors

### **c) Bathroom**

#### **Things we use to clean the bathroom**

- Water
- Soap
- Vim
- Rag
- Scrubbing brush
- Broom

#### **How to keep the bathroom clean**

- By mopping
- By scrubbing

### **d) Compound**

#### **Things we use to clean the compound**

- Rake
- Scrubbing brush
- Hoe
- Panga
- Slasher
- Water
- Soap

#### **How to clean the compound**

- By sweeping
- By slashing
- By scrubbing

#### **Why to clean the compound**

- To prevent vectors
- To prevent diseases
- To prevent bad smell

#### **Dangers of a dirty environment**

- Diseases
- Vectors
- Bad smell

## **SUB THEME: COMMON DISEASES**

### **Examples of common diseases**

- Flu
- Cough
- HIV
- Chicken pox
- Malaria
- Scabies
- Trachoma
- Diarrhoea
- Mumps
- Diabetes
- Sleeping sickness
- Dysentery

### **Examples of common vectors**

- Ticks
- Flea
- Tsetsefly
- Housefly
- Mosquito
- Cockroach
- Dog
- Snail
- Lice
- Rats

**A vector** is a living thing which spreads germs that cause diseases.

### **Vectors and the diseases they spread**

**Diseases** are caused by germs which are spread by vectors.

**A germ** is a tiny living things which causes diseases.

<b>Vector</b>	<b>Diseases</b>
Housefly	<ul style="list-style-type: none"><li>- Trachoma</li><li>- Diarrhoea</li><li>- Cholera</li><li>- Typhoid</li><li>- Dysentery</li></ul>
Tsetseflies	<ul style="list-style-type: none"><li>- Sleeping sickness</li></ul>
Cockroaches	<ul style="list-style-type: none"><li>- Diarrhoea</li><li>- Polio</li><li>- Leprosy</li></ul>
Mosquitoes	<ul style="list-style-type: none"><li>- Malaria</li><li>- Elephantiasis</li><li>- Yellow fever</li></ul>
Ticks	<ul style="list-style-type: none"><li>- Typhus fever</li></ul>
Flea	<ul style="list-style-type: none"><li>- Relapsing fever</li></ul>
Snail	<ul style="list-style-type: none"><li>- Bilharzia</li></ul>
Rats	<ul style="list-style-type: none"><li>- Plague</li></ul>

### **How to prevent / control the common diseases**

- Sleeping under mosquito nets
- Not sharing sharp objects
- Drinking boiled water
- Washing hands before eating
- Washing hands after visiting the toilet/pit latrine
- Spraying using insecticides
- Immunizing children
- Washing fruits before eating them
- Always visit the health centres for checkups

### **Places where we go for treatment**

- Hospitals clinics
- Sickbay
- Dispensaries
- Pharmacy
- Drug shops

### **People who provide health services**

- Doctors
- Nurses
- Mid wives
- Dentists

## **SUB THEME: IMMUNISATION**

**Immunisation** is the introduction of vaccines into the body.

**Immunisation** is the way of preventing children against the killer diseases using vaccine.

The medicine we use for immunization is called **vaccine**.

### **Examples of immunisable diseases (Childhood)**

- Polio
- Tuberculosis
- Tetanus
- Diphtheria
- Whooping cough
- Haemophilus influenza type B
- Measles
- Hepatitis B

## Drawings pictures of some immunisable diseases



## Signs and symptoms of some immunisable diseases

### **a) Measles**

- Red eyes
- Running nose
- Skin rash all over the body
- Sores in the mouth
- High temperature (fever)

### **b) Whooping cough**

- Not breathing well (difficult breathing)
- Fever
- Coughing until vomit

### **c) Tuberculosis**

- Loss of body weight
- Coughing blood
- General body weakness
- Prolonged cough

### **d) Polio**

- Weakness
- Fever
- Lameness

### **e) Diphtheria**

- Swollen neck
- Sores in the throat

### **f) Tetanus**

- Stiff muscles
- Child stops breast feeding
- Muscles tighten when touched

### **Importance of immunization**

- It reduces disability of children
- It reduces death rate
- For better growth
- For better health

## **TERM II**

### **ACCIDENTS AND SAFETY**

An accident is a sudden happening that causes harm or death to a person.

#### **Common accidents at home and at school**

- Burns with hot things like water, milk.
- Poisoning
- Cuts by sharp objects like knives and razor blade
- Snake bites
- Electric shock
- Lightning strike
- Drowning
- Falling down
- Knocking one another
- Electric shock
- Fainting
- Stoning one another
- Lightning strike
- Falling in a pit latrine
- Stings
- Foreign bodies in ears and nose

#### **Causes of accidents**

- Climbing trees
- Playing with sharp objects
- Careless running
- Playing near fire
- Playing near water bodies
- Playing with stones
- Playing near hot objects
- Walking bare footed
- Playing on the road
- Not following road signs
- Crossing the road carelessly
- Playing with electric wires
- Keeping medicines near children
- Playing in the bush
- Playing with animals e.g dogs

### **How to prevent accidents**

- Walk faster but not running
- Avoid climbing trees
- Crossing the road carefully
- Follow road signs
- Avoid playing bad games
- Don't walk bare footed
- Avoid playing with sharp objects
- Avoid playing near fire or hot objects
- Avoid playing with electric wires
- Avoid playing on the road
- Keep medicines away from children
- Avoid playing near water bodies
- Avoid throwing stones
- Through away broken bottles and glasses

### **Things which cause accidents**

- |                  |                |
|------------------|----------------|
| - Nails          | - Broken glass |
| - Thorns         | - Hoe          |
| - Needles        | - Panga        |
| - Safety pin     | - Slasher      |
| - Broken bottles | - Barbed wire  |
| - Fire           | - Dogs         |
| - Razor blade    | - Snakes       |
| - Knife          | - Pins         |
| - Motor cycles   | - Pencils      |
| - Cars           | - drugs        |

### **Accidents on the way/road accidents**

- Falling down
- Knocking one another
- Electric shock
- Fainting
- Stoning one another
- Lightning strike
- Falling in a pit latrine
- Animal bites
- Insect bites
- Electric shock
- Drowning
- Light
- Motor accidents
- Cuts

### **Causes of road accidents**

- Bad roads
- Weather changes
- Overloading of vehicles
- Speeding vehicles
- Careless driving
- Driving while talking on phone
- Driving while drunk
- Untrained drivers
- Careless overtaking
- Lack of road signs
- Not following road signs

### **How to prevent accidents on the road**

- Stop overspeeding
- Use zebra crossing to cross the road
- Stop overloading
- Do not drive while drunk
- Do not talk on phone while drinking
- Follow road signs
- Avoid playing on the road

### **Effects of accidents**

- Death
- Sickness
- Blindness
- Pain
- Deafness
- Lameness
- Family suffering
- Poverty

### **SUB THEME: FIRST AID**

First aid is the first help given to a casualty before being taken to the hospital.

**First aider** is a person who gives first aid.

**A casualty** is a person who has got an accident.

### **Why do we give First Aid?**

- To save life
- To reduce pain
- To stop bleeding
- To promote quick recovery

### **Qualities of a good first aider**

- He should have common sense
- He should be observant
- He should be gentle and tactful
- He should be kind

### **First Aid Box**

This is a box made from either wood or plastic where we keep things we use to give first aid.



First Aid box

### **Things found in the First Aid box**

- Bandage
- Spirit
- Gloves
- Cotton wool
- Soap
- Gauze
- Iodine
- Water
- Safety pin
- Antiseptic solution
- Arm sling
- Splints
- Needle & syringe
- Surgical blade
- Pair of scissors
- Pain killer

### **Places where we find a first aid box**

- School
- Home
- Vehicles
- Bank
- Hotels
- Market
- Hospital



# **THEME: FOOD AND NUTRITION**

Food is anything good to eat or drink.

## **Examples of food**

- Cassava
- Maize
- Bananas
- Eggs
- Bread
- Sugarcane
- Beans
- Milk
- Pineapple
- Groundnuts
- Cabbage
- Groundnuts
- Mangoes
- Oranges
- Pumpkin
- Apples
- Yam
- Maize e.t.c

## **Sources of food**

- Plants
- Animals
- Water bodies

## **Other places where we get food**

- Garden
- Shop
- Supermarket
- Kiosk
- Farm
- Field

## **Food got from plants**

- Bananas
- Cassava
- Sweet potatoes
- Millet
- Yams
- Rice
- Cabbages
- Carrot
- Pineapple
- Irish potatoes
- Pumpkin e.t.c

## **Food got from animals**

- Meat (mutton, beef, pork, chicken e.t.c)
- Eggs (from birds)

- Milk
- Honey (from a bee)

### **Food from water bodies**

- Water
- Salt
- Fish

### **Food from the garden**

- Banana
- Cassava
- Millet
- Oranges
- Mangoes
- Carrot
- Pumpkin
- Beans
- Rice
- Peas e.t.c

### **Food from shop and supermarket**

- Bread
- Sugar
- Millet flour
- Beans
- Maize
- Salt
- Sweets
- Biscuits
- Maize flour
- Ice cream
- Eggs
- Soda e.t.c

### **Uses of food in the body**

- For growth
- For health
- For strength (energy)

### **Reasons as to why we eat food**

- To be healthy
- It is a habit
- To kill hunger
- To be happy
- For hospitality

### **How food gets dirty**

- Touching food with dirty hands
- Not cooking it
- Cooking food from a dirty place
- Serving food in a dirty place
- Serving food in dirty containers
- Cooking food using dirty water

### **Things which make food dirty**

- Dust

- Houseflies
- Cockroaches
- Rats
- Dirty water
- Dirty hands
- Dirty utensils

### **Ways of keeping food safe**

- By covering the food
- By washing hands before touching it
- By washing hands
- By using clean water
- Preparing food in a clean container
- Cooking food in a clean place
- Serving food in a clean place

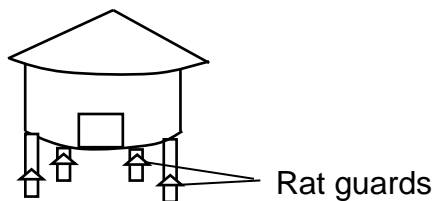
### **Ways of keeping food safe for a long time**

- By sun drying
- By smoking
- By salting
- By canning/tinning
- By refrigerating/freezing

### **Safe places of keeping food**

- Granary
- Fridge
- Cupboard
- Store

### **The structure of a granary**



### **Food we keep in the granary**

- Millet
- Beans
- Sorghum
- Maize
- Dry cassava
- Simsim
- Rice
- Wheat
- Dry cassava

### **Importance of keeping food safe**

- To prevent food from getting dirty
- To prevent diseases
- To prevent bad smell
- To prevent it from rotting

## **SUB THEME: EATING HABITS**

### **a) Good eating habits**

- Wash hands before eating food
- Wash fruits before eating them
- Say prayers before eating
- Eat slowly
- Eat quietly
- Eat while the mouth is closed
- Sit down while eating food
- Chew food well
- Wash hands after eating
- Wash hands after eating

### **b) Bad eating habits**

- Eating food without washing hands
- Eating while standing
- Eating while walking
- Eating while talking
- Eating while singing
- Eating unwashed food e.g. fruits
- Eating quickly

### **Food taboos**

- Catholics don't eat meat on Ash Wednesday.
- Catholics don't eat meat on Friday during lent period.
- Moslems don't eat pork.
- People don't eat their totems.

## **THEME: ENVIRONMENT**

Environment are things around us.

**OR**

Environment is man and his surroundings.

### **Components of the environment**

These are the things that make up the environment. They include:

- Plants
- Animals
- Water
- Water bodies e.g lakes, rivers, swamps
- Hills
- Mountains
- Air/wind
- Rocks
- Buildings
- Soils
- Valleys
- Man

### **Groups of things found in the environment**

There are two groups. These include:

- a) Living things
- b) Non - living things

**a) Living things**

Living things are things which have life.

**Characteristics of living things or things which living things do**

- They respire/breathe
- They reproduce
- They grow
- They feed
- They move
- They excrete

**Examples of living things**

- Plants
- Housefly
- Grasshoppers
- Fish
- Snakes
- Man
- Monkey
- Worms
- Lions
- Snails
- Lizards
- Bees
- Squirrels

**b) Non – living things**

These are things which do not have life.

**Characteristics of non-living things.**

- They do not respire.
- They do not reproduce.
- They do not grow.
- They do not feed.
- They do not move.
- They do not excrete.
- They do not respond to stimuli.
- They do not have cells. They have particles.

**Examples of Non- living things**

- Air
- Soil
- Stones
- Pencil
- Plate
- Water
- Building
- Duster, etc.

**N.B:** The teacher draws pictures for non – living things.

**SUB – THEME: GROUPS OF LIVING THINGS**

**a) Animals**

Groups of animals in the environment

i) **Domestic animals**

Domestic animals are animals which are kept at home.

**Examples of domestic animals**

- |          |           |
|----------|-----------|
| - Cow    | - Pigeon  |
| - Duck   | - Turkey  |
| - Goat   | - Chicken |
| - Pig    | - Camel   |
| - Rabbit | - Dog     |
| - Donkey | - Cat     |

**N.B:** The teacher will help the children to draw the above animals.

**Uses of domestic animals**

- For meat
- For milk
- For hides and skins
- For security
- We get wool from sheep
- For transport
- For chasing away rats
- We get fur from rabbits

**How to care for domestic animals**

- By giving them food
- By giving them water
- By giving them shelter
- By treating them

**Products got from domestic animals**

- Milk
- Meat
- Horns
- Hides and skins
- Honey
- Feathers
- Blood
- Wool

ii) **Wild animals**

Wild animals are animals which live in bush or forest.

**Examples of wild animals**

- |            |            |
|------------|------------|
| - Lion     | - Snakes   |
| - Giraffe  | - Buffalo  |
| - Zebra    | - Baboons  |
| - Elephant | - Cheetah  |
| - Tiger    | - Frog     |
| - Leopard  | - Tortoise |

**Uses of wild animals**

- For meat
- For hides and skins
- For transport
- For tourist attraction

### **Products got from wild animals**

- Hides and skins
- Ivory
- Hooves
- Horns

### **Dangers of animals**

- They destroy crops
- Some wild animals kill people
- They spread diseases
- They bite
- They knock
- They sting

### **Things we get from animal products**

#### **a) Products got from milk**

- Ghee
- Cheese
- Yoghurt
- Butter
- Ice cream

#### **b) Products got from animal hides and skins**

- Bags
- Shoes
- Belts
- Carpets
- Balls
- Jackets
- Drums
- Sofa sets

### **Drawings of products got from animal skins and hides**



#### **c) Products from ivory, hooves and horns**

- Buttons
- Necklaces
- Glue
- Ear rings

#### **d) Things from animal wastes**

- Manure
- Biogas

## **Groups of birds**

- a) Domestic birds
- b) Wild birds

### **a) Domestic birds**

These are birds kept at home

#### **Examples**

- Duck
- Hen
- Cock
- Turkey
- Pigeon e.t.c

### **b) Wild birds**

These are birds which live in the bush or forest.

#### **Examples**

- Eagle
- Crested crane
- Ostrich
- Owl
- Sun bird
- Flamingo
- Vulture
- Wood pecker
- Crow
- Kiwi e.t.c

## **Uses of birds**

- For eggs
- For feathers
- For manure
- For meat
- For source of income
- For pleasure
- For cultural purposes
- For tourist attraction

## **Caring for birds**

- By giving them food
- By treating them
- By providing them shelter

## **Dangers of birds**

- They destroy crops
- They make the environment dirty
- They make a lot of noise
- They carry vectors

## **Products got from birds**

- Eggs
- Feathers
- Droppings
- Meat



## **Structure of a bird**

### **Parts of the bird and their uses**

- a) Beak
  - For picking food
  - For defence
- b) Feathers
  - Covers its body
  - They protect the skin of the bird
  - They provide warmth to the body of the bird
  - They give birds the colours
- c) Wings
  - They help the bird to fly
- d) Spur/claws
  - For defence
- e) Nostril
  - For smelling
- f) Eyes
  - For seeing

## **Animals and their legs**

### **Two legged animals**

#### **Examples**

- Man
- Birds
- Bats

### **Four legged animals**

#### **Examples**

- Cows
- Monkey
- Giraffe
- Goats
- Pig
- Lion
- Elephant
- Dog
- Zebra
- Chameleon

### **Animals without legs**

- Snake
- Snails
- Maggot
- Worms
- Fish
- Cell worms
- Slug

### **Animals with many legs (more than 4 legs)**

- Centipedes
- Caterpillar
- Millipedes
- Scorpion
- Housefly
- Bee
- Ticks
- Grasshopper
- Lice
- Crabs
- Insects (ticks, bees, houseflies e.t.c)

### **Animal movements**

How animals move

- Some walk/run
- Some jump/hop
- Some fly
- Some glide
- Some wriggle
- Some crawl
- Some swim
- Some creep/slithers

### **Animals which move by walking/running**

- Cow
- Pig
- Lion
- Goat
- Elephant
- Zebra
- Man

### **Animals which move by crawling**

- Baby
- Tortoise
- Crocodile
- Lizard

### **Animals which move by flying**

- Birds (eagle, crow)
- Bat
- Insects (white ants, grasshoppers e.t.c)

### **Animals which move by creeping**

- Snail
- Slug
- Earth worms

### **Other animal movements**

- |             |   |          |
|-------------|---|----------|
| Snake       | - | Glides   |
| Caterpillar | - | Wriggles |
| Fish        | - | Swims    |
| Frog        | - | Jumps    |
| Grasshopper | - | Hops     |

### **Why animals move?**

- To look for food.
- To look for protection.
- To look for protection
- To look for shelter.
- To look for water.
- To look for their young ones.
- To look for their youngones
- To look for friends.

### **Animal homes (habitats)**

This is a place where animals stay/live.

<u>Animal</u>		<u>homes</u>
Cow	-	kraal/byre/cowshed
Goat	-	pen/goatshed
Pig	-	sty
Lion	-	den
Bird	-	nest
Dog	-	kennel
Wild rabbit	-	Burrow
Man	-	house
Domestic rabbit	-	hutch
Snake	-	burrow/water/grass
Earthworms	-	tunnel
Termites	-	anthills
Bees	-	hive
Spider	-	cob web
Parrot	-	cage
Horse	-	stable
Monkey	-	forest
Cat	-	basket
Sheep	-	pen/shed
Cockroach	-	dark places
Housefly	-	dirty places
Chameleon	-	Trees

### **Animal weapons**

A weapon is anything used for defense.

<u>Animal</u>		<u>Weapon</u>
Chameleon	-	colour change
Cow	-	horns
Dog	-	teeth
Man	-	hands/teeth/legs/nails
Lion	-	teeth/claws
Elephant	-	trunk
Cat	-	claws
Snake	-	Fangs/poison (venom)
Bird	-	beak/claws/spur
Fish	-	fins
Bed bug/skunk	-	bad smell
Frog	-	slippery body
Porcupines/hedgehog-		spins

Tortoise and snail	-	shells
Crocodile	-	teeth/tail
Caterpillar	-	prickly hair
Bee	-	sting

## **Animal protection**

### **How animals protect themselves**

<u>Animal</u>		<u>Protection</u>
Bee, wasp	-	stinging
Chameleon	-	changing colour
Millipedes	-	coiling
Caterpillar	-	pricking
Scorpion	-	coiling
Python	-	squeezing
Snail	-	hiding in the shell.
Cow, lion, leopard	-	knocking/kicking
Bedbug	-	producing bad smell
Dog	-	biting/scratching
Cat	-	biting/scratching
Snake	-	biting and spitting venom
Man	-	fighting/biting/kicking
Porcupine/hedge hog	-	scratching using pines

<u>Animal</u>		<u>Youngones</u>		<u>Animal</u>		<u>Youngones</u>
Dog	-	puppy		Turkey	-	poult
Man	-	baby		Fish	-	alevin
Hen	-	chick		Goose	-	gosling
Birds	-	nesting		Sheep	-	lamb
Lion	-	cub		Cockroach	-	nymph
Elephant	-	calf		Housefly	-	maggot
Cat	-	kitten		Mosquito	-	wiggler
Duck	-	duckling		Frog	-	tadpole
Crocodile	-	hatching		Monkey	-	baby
Pig	-	piglet		Rat/mice	-	pups

### **Animal sounds**

<u>Animal</u>		<u>Sound</u>
Rat/mice	-	squeaks
Pig	-	grunts
Man	-	talks
Bird	-	whistles/sings/chirps
Monkey	-	chatters
Horse	-	neighs
Elephant	-	trumpets
Dog	-	hisses
Snake	-	bleats
Sheep/goat	-	bleats
Lion/leopard	-	roars
Cat	-	pulps
Bee	-	buzzes
Cow	-	moos
Baby	-	cries

### **Why animals make sounds**

- To call for help
- To show that they are happy
- To show that they are in danger
- To show that they are hungry
- To show that they are sad

### **ANIMALS AND THE FOOD THEY EAT**

#### **Animals that feed on grass**

- Cow
- Goat
- Buffalo
- Zebra
- Elephant
- Antelope
- Cob
- Giraffe

#### **Animals that feed on meat/bones**

- Dog
- Lion
- Leopard
- Hyena
- Cat
- Fox
- Wolf
- Cheetah

#### **Animals and their food**

Dog	-	bones
Cat	-	milk/rats
Baby	-	breast milk
Cows goat, sheep	-	grass/peelings
Man	-	bread
Rabbits	-	pellets/leaves
Turkey	-	insects/grains
Hyena/lion	-	flesh
Frog	-	insects
Lizard/chameleon	-	insect
Snakes	-	insects
Bats/birds	-	fruits/insects

#### **Animal meat**

Pig	-	pork
Sheep	-	mutton
Cow	-	beef
Chicken(hen, cock)	-	chicken
Goats	-	goats' meat
Fish	-	fish fillet
Calf	-	veal
Rabbit	-	rabbit pie

#### **Living things with wings**

- Birds (eagles, parrot, hen, cock, duck)
- Insects (grasshopper, white ants, bees)
- Bats

## **SUB THEME: INSECTS**

### **Characteristics of Insects**

- They have three main body parts.
- They have three pairs of legs (6 legs).
- They have one pair of compound eyes.
- All insects have a pair of feelers.

### **Examples of Insects**

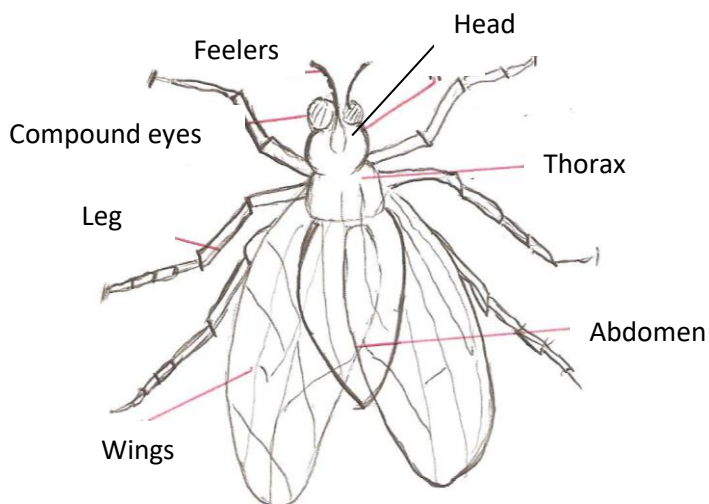
#### **a) Insects with wings**

- Grasshoppers
- Bees
- Wasps
- Cockroaches
- Locusts
- Tsetsefly
- Butterfly
- Moth

#### **b) Insects without wings**

- Termites
- Red ants
- White ants
- Black ants

### **The structure of an insect**



### **Types of insects (groups)**

- a) Useful insects
- b) Harmful insects

#### **Useful insects**

#### **Examples of useful insects**

- bees
- grasshopper
- white ants
- butterfly
- moth

### **How useful are some insects**

- Some insects can be eaten e.g grass hoppers, white ants.
- Some insects help in pollination like bees, butterflies, moth.
- Bees give us honey.

### **Examples of harmful insects**

- Housefly
- Wasp
- Cockroach
- Tsetsefly
- Locust
- Red ants
- Bees
- Wasp

### **Dangers of insects**

- Some insects destroy crops.
- Some insects spread disease.
- Bees and wasps sting.
- Some insects bite.
- Some insects make our food dirty.

## **SUB THEME: PLANTS**

A plant is a green living thing which makes its own food.

### **Examples**

- Banana plant
- Mango plant
- Pineapple plant
- Pawpaw plant
- Cassava plant
- Onion plant
- Sugarcane plant
- Cactus plant
- Sisal plant e.t.c

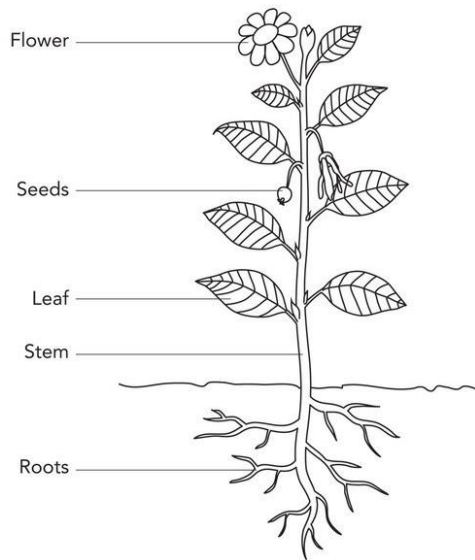
### **Parts of a plant**

There are three main parts of a plant. These are;

- Leaves
- Stem
- Roots

### **Other parts of a plant**

- Flowers
- Fruits
- Branches



### **Things got from plants**

- Timber
- Firewood
- Flowers
- Medicine
- Charcoal
- Food/fruits
- Poles

### **Uses of plants**

- Some plants are eaten by man.
- Some plants provide us with local medicine.
- Some plants are feeds to man's animals
- Plants are habitats of some animals.
- We get charcoal and firewood.
- Plants provide building materials.
- Plants are raw materials for local industries.
- Plants are source of oxygen.
- Plants act as wind breaks.
- We get fruits from plants.

### **Uses of parts of a plant**

#### **Flowers**

- For decoration
- For making perfumes
- Some provide us with medicine
- Some are eaten
- We sell them and get money
- For showing love



### **Colours of flowers**

- Red
- Yellow
- Purple
- Blue
- White
- Pink
- Orange

### **Places where plants grow**

- Water – e.g, waterlily, suds, water hyacinth.
- Dry places – e.g, sisal, cactus.
- Swamps - eg., cabbages, sugarcane, yams, rice
- Garden – e.g, cassava, potatoes, banana.
- Rocks – e.g, Liverworts, lichens.

### **Things made from plants by man**

- Brooms
- Mortar and pestle
- Doors
- Tables
- Chairs
- Benches
- Beds
- Drum
- Desks

### **Ways of caring for plants**

- By weeding
- By thinning
- By pruning
- By mulching the garden
- By harvesting ready crops
- By watering
- By spraying
- By watering them
- By adding manure in the soil
- By gap filling

### Things we use to care for the plants (Garden tools)

Hoe	<ul style="list-style-type: none"><li>- For digging</li><li>- For harvesting</li><li>- For weeding</li></ul>
Panga	<ul style="list-style-type: none"><li>- For cutting small trees</li><li>- For harvesting</li><li>- For pruning</li></ul>
Rake	<ul style="list-style-type: none"><li>- For collecting rubbish</li><li>- For collecting grass</li></ul>
Trowel	<ul style="list-style-type: none"><li>- For transplanting seedlings</li></ul>
Wheel barrow	<ul style="list-style-type: none"><li>- For carrying manure</li><li>- For carrying harvested crops</li></ul>
Axe	<ul style="list-style-type: none"><li>- For cutting trees</li></ul>
Basket	<ul style="list-style-type: none"><li>- For carrying food</li></ul>
Knife	<ul style="list-style-type: none"><li>- For pruning</li><li>- For harvesting</li></ul>

N.B: Teacher will help the learners to draw the garden tools.

### SUB THEME: NATURAL AND ARTIFICIAL THINGS

#### a) Natural things

Natural things are things which exist on their own.

Natural things are things made by God.

Examples of natural things (with drawings)

- Plants
- Sun
- Air
- Water
- Water bodies
- Animals
- Birds
- Hills
- Mountains
- Star
- Moon

### Importance of components of the environment

#### i) Air

Air is the mixture of gases

##### Components of air

- Oxygen
- Carbondioxide
- Nitrogen
- Rare gases

##### Uses of air

- Air is needed for breathing
- Air helps in making fire
- Air helps our clothes to dry
- Air helps in winnowing seeds
- Air helps in filling objects like balloons, tyrese.t.c
- Carbondioxide is used by plants to make their own food
- Oxygen is needed by seeds to germinate

### **Things which use air**

- Balloons
- Kites
- Windmill
- Balls
- Tyres
- Wind vane

### **b) Artificial things(man made things)**

Artificial things are things made by man.

#### **Examples of artificial/man-made things (with drawings)**

- |             |                   |
|-------------|-------------------|
| - Cars      | - Bicycles        |
| - Compounds | - Chairs          |
| - Benches   | - Buildings, etc. |

### **Factors that damage the environment**

- Cutting down trees
- Over grazing
- Too much rainfall
- Bush burning
- Poor methods of farming
- Building in wet lands (swamps)
- Over fishing
- Brick making
- Poor disposal of rubbish
- Pollution

### **How to conserve the environment**

- By mulching
- By planting trees
- By watering plants
- By harvesting water
- By terracing
- By using water harvesting tanks to collect water
- Proper disposal of rubbish
- Proper use of wet lands