



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

**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

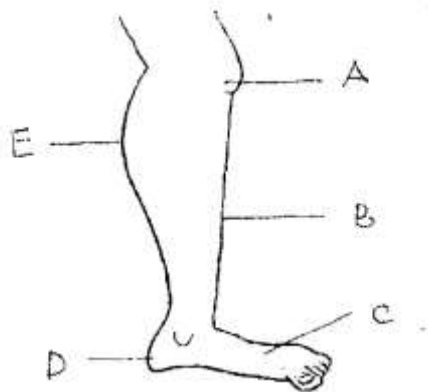
## b) Finger nails

- 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

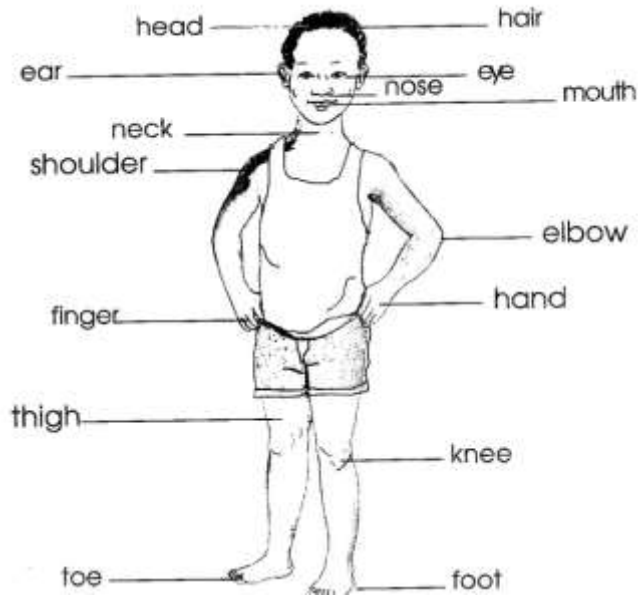
### Caring for the legs

- 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

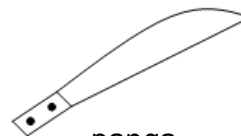
Drawings of things we use to clean the environment



broom



rag



panga

### **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	- Sleeping sickness



Cockroaches	- Diarrhoea - Polio - Leprosy
Mosquitoes	- Malaria - Elephantiasis - Yellow fever
Ticks	- Typhus fever
Flea	- Relapsing fever
Snail	- Bilharzia
Rats	- Plague

### **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.

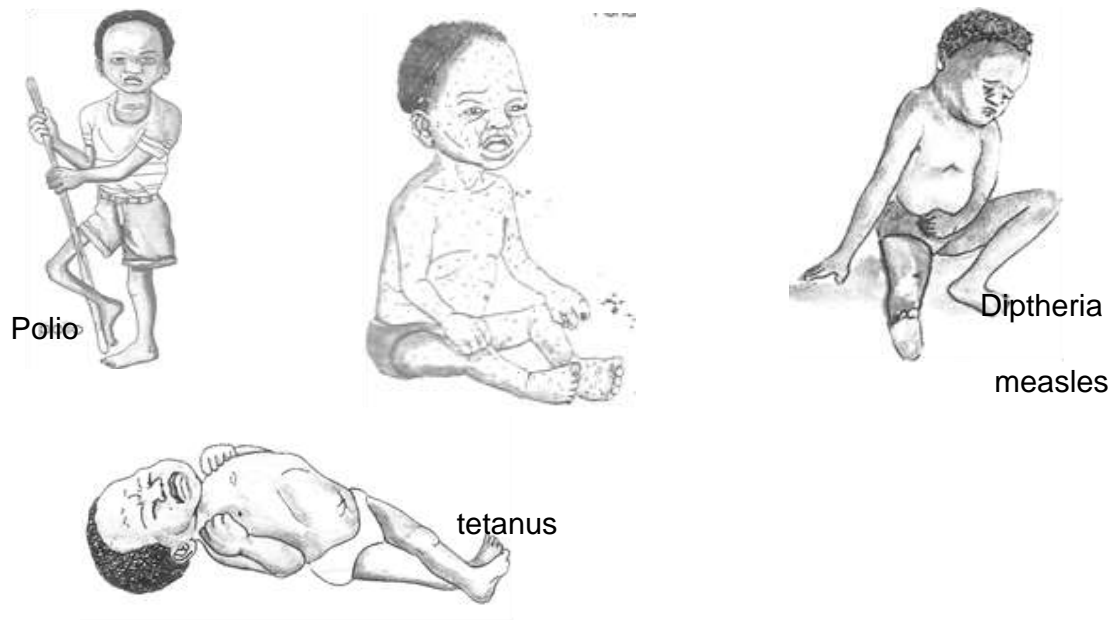
**Immunisation** is the way of preventing children against the killer diseases using vaccine.

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

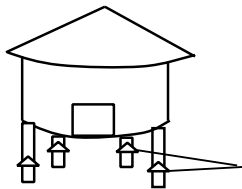
### **Ways of keeping food safe for a long time**

- 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**



Rat guards

### **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)**

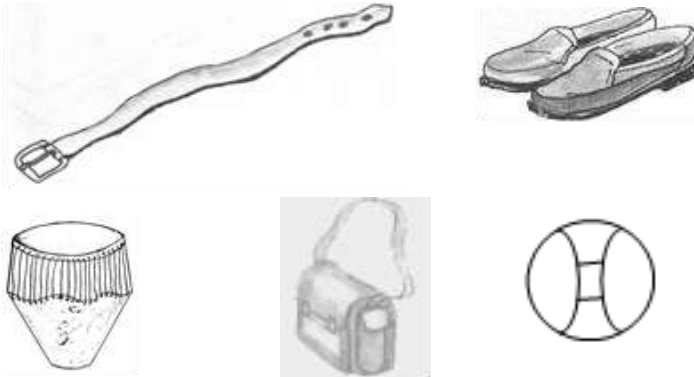
Products got from milk

- 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)
- Bay
- Insects (white ants, grasshoppers e.t.c)

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

- Snail
- Slug
- Earth worms

### **Other animal movements**

Snake	-	Glides
Caterpillar	-	Wiggles
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	-	goosling
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**

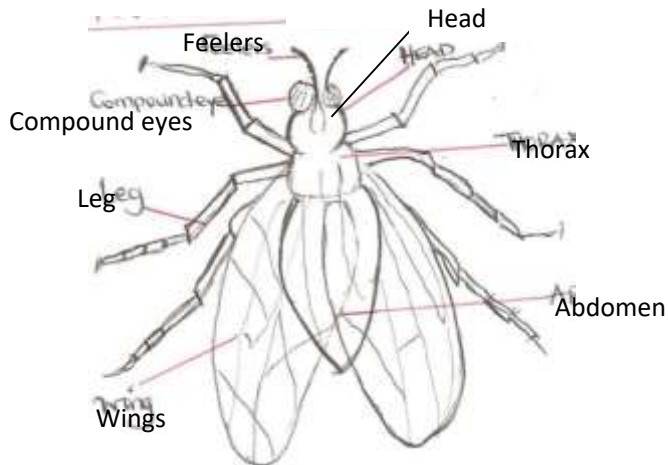
#### **a) Insects with wings**

- 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

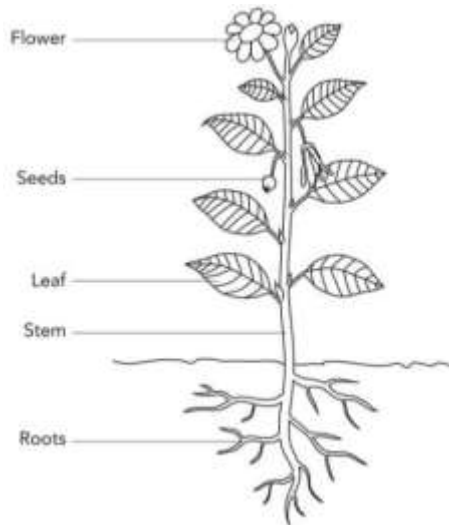
#### **Parts of a plant**

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, sudd, 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> </ul>
	<ul style="list-style-type: none"> <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
- Compounds
- Benches
- Bicycles
- Chairs
- 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