KAZO DISTRICT LOCAL GOVERNMENT

LESSON NOTES TERM TWO 2023

PRIMARY I LITERACY I

LESSON I

THEME: WEATHER

SUB THEME: TYPES AND ELEMENTS OF WEATHER

Read and Write

Weather

Elements

Conditions

Weather:

It is the day to day change in conditions of a place at a particular time.

Elements of Weather

Wind

Rain

Cloud Cover

Temperature

Air Pressure

ACTIVITY:

1. Fill in the missing letters

   El…ments

2. ……..is the day to day change in conditions of a place at a particular time.
3. Mention any two elements of weather.
   i) ……..
   ii) ……

LESSON 2

THEME: WEATHER

SUB THEME: TYPES AND ELEMENTS OF WEATHER

Read and Write

Wind

Sun

Rain

Types of weather

Sunny

Rainy

Windy

Cloudy

ACTIVITY:

1. Fill in missing letter
   Ra…n
2. List any three types of weather.
3. Draw types of weather.

Sunny	Rainy	Windy	Cloudy

LESSON 3

THEME: WEATHER

SUB THEME: TYPES AND ELEMENTS OF WEATHER

Read and Write

Weather

Sunny

Rainy

Elements of weather that make types of weather.

- Sun makes sunny.
- Rain makes rainy.
- Wind makes windy.

ACTIVITY:

1. What is weather today?
2. Match types of weather.

LESSON 4

THEME: WEATHER

SUB THEME: TYPES AND ELEMENTS OF WEATHER

Read and write these words

Rain

Cloud cover

Sunshine.

Listening to the story about weather.

Mummy has dried beans on a hot sunshine. After some time, she started thrashing in a short time there was a cloud cover and rain started falling down before she has finished.

Matching words to pictures from teacher's own collection.

ACTIVITY:

1. Read the written words above.
2. What is the story about?
3. Why was mummy drying beans?

LESSON 5

THEME: WEATHER

SUB THEME: TYPES AND ELEMENTS OF WEATHER

Read and write words

Windy

Rainy

Cloudy

Forming short sentences

When there is sunshine, the weather is sunny.

When there is rain, the weather is rainy.

When there is wind cover, the weather is windy.

When there is cloud cover, the weather is cloudy.

Matching sentence to pictures

Reference. page 46 MK Junior Literacy Bk I

Matching words to words.

Teacher's own collection.

ACTIVITY:

1. Forming sentences.

When there is wind, the weather is……

When there is rain, the weather is……

When the clouds cover the sun, the weather is……

2. Match words to words.

Elements	**Types.**
Rain	Sunny
Wind	rainy
Cloud cover	windy
Sunshine	cloudy

LESSON 6

Theme: weather

Sub theme: Activities for different seasons.

Read and write.

Hot

Dry

Wet

Season

This is one of the periods of different weather into which the year is divided.

We have 2 seasons in the year.

- Wet season.
- Dry season.

Activities in wet season.

- Planting
- Weeding
- Mulching
- Pruning
- Spraying

ACTIVITY:

1. What is a season?
2. Name the 2 seasons we have in our area.
3. List 4 activities done in wet season.

LESSON 7

Theme: weather

Sub theme: Activities for different seasons.

Read and write.

Plant

Weed

Dry

Activities in the dry season

- Preparing
- Watering
- Harvesting

- Drying
- Winnowing
- Storing
- Selling

ACTIVITY:

1. Spell the word “dry”

2. Write 5 activities done in dry season.

3. Match activities to picture.

LESSON 8

Theme: weather

Sub theme: Activities for different seasons.

Read and write.

-Hoe

-Panga

- Axe

- Rake

Tools used in rainy season

- Hoe
- Watering can
- Panga
- Forked hoe
- Wheel barrow
- Rake
- Knife
- Slasher

ACTIVITY:

1. Write the words
- Hoe
- Rake
- Panga
2. Name five tools used by your mother at home in rainy season.

3. Draw a hoe.

LESSON 9

Theme: <u>weather</u>

Sub theme: <u>Activities for different seasons.</u>

Read and write.

- Basket
- Axe
- Slasher
- Panga

<u>Tools used in dry season</u>

- Hoe
- Panga
- Slasher
- Wheel barrow
- Basket
- Winnowing basket
- Watering can
- Rake
- Axe

<u>ACTIVITY:</u>

1. Draw these tools

- Hoe
- Basket
- Panga
- Slasher

2. Match tools to the words



Spade



Hoe

Rake



LESSON 10

Theme: <u>weather</u>

Sub theme: <u>Activities for different seasons.</u>

Read and write.

- Rake
- Manure
- Watering can

<u>Uses of tools in the garden</u>

1. We use a hoe for digging.
2. We use a panga for cutting.
3. We use a watering can for watering crops.
4. We use an axe for cutting big trees.
5. We use a knife for cutting.
6. A rake for collecting rubbish.
7. A sickle for cutting grass.
8. A spade for spreading manure.

<u>ACTIVITY:</u>

1 .Name two garden tools you know.

i) …….
ii) …….

2. Write 5 uses of garden tools in your area.

3. Draw 2 tools in your home used in the harvesting season.

LESSON 11

Theme: <u>Weather</u>

Sub theme: <u>Effects and management of weather.</u>

<u>Read and write</u>

Garden

Forked hoe

Wheel borrow

Good effects of weather

- Rain gives us water.
- Rain helps our crops to grow.
- The sun gives us light.
- The sun dries our clothes and seeds.
- The sun gives us vitamin D.
- Sunlight helps plants to make their own food.
- Wind dries our clothes.
- Wind helps to winnow our seeds.
- Wind helps our kites to fly.
- Clouds help the earth to cool.

<u>ACTIVITY:</u>

1. Name the main source of water.
2. State the element of weather that moves kites.
3. Mention any two good effects of weather.

LESSON 12

Theme: <u>weather</u>

Sub theme: <u>Activities for different seasons.</u>

Read and write.

Wind

Hoe

Panga

Forked hoe

Bad effects of weather

- Too much rainfall leads to floods.
- Too much wind destroys houses.
- Heavy rainfall causes landslides.
- Heavy rainfall makes the road slippery.
- Rain makes us wet.
- A long period without rain causes drought.
- Too much wind destroys crops.
- Too much sunshine causes sweating.

ACTIVITY:

1. Write the following words.

   Hoe

   Panga

   Watering cane

2. Which bad effect of weather destroys houses?

3. Rain helps our……to grow.

4. Write the element of weather that helps us to:-

Dry seeds……

Winnow seeds……..

Form rain……

LESSON 13

Theme: weather

Sub theme: Activities for different seasons.

Read and write.

Crops.

Sweat.

Floods.

Drought.

Managing weather.

- We do different things to match with weather changes.
- We use jackets to keep us warm during rainy weather.
- Light clothes help us to be cool during sunny season.
- Watering crops during dry season.

ACTIVITY:

1. Spell the words below.

- Crops
- Sweat
- Floods
- Drought

2. Name three ways we can manage weather in the environment.

LESSON 14

Theme: weather

Sub theme: Activities for different seasons.

Read and write.

Grow

Mulch

Harvest

Things we use during dry season.

- Hat
- Cap
- Vest
- Light cloth
- Sunglasses
- Sandals.

ACTIVITY:

1. Draw the clothes we wear according to weather.

vest	hat	sunglasses

2. Name 4 things we use during sunny weather.

LESSON 15

Theme: <u>weather</u>

Sub theme: <u>Activities for different seasons.</u>

Read and write.

Cap

Vest

Sandals

Things we use during wet season.

- Gumboots
- Rain coat
- Umbrella
- Sweater

ACTIVITY:

1. What does a man use when moving in muddy weather?

2. A primary one teacher was moving from school, and it rained on the way. What did she use to cover herself from rain?

3. Name 4 elements of weather you know.

LESSON 16

Theme: <u>Accidents and safety</u>

Sub theme: <u>Accidents and safety at home</u>

Read and write

Fire

Cuts

Dog

Snake

1. What is an accident?

An accident is an unexpected danger that causes injuries or death.

Common accidents at home.

- Fire
- Falls
- Cuts
- Poisoning
- Snakebite
- Dog bite
- Drowning
- Electric shock
- Bee sting

<u>ACTIVITY:</u>

A…….is an unexpected danger that causes injuries.

Draw these types of accidents.

fire	Bee sting

LESSON 17

Theme: <u>Accidents and safety</u>

Sub theme: <u>Accidents and safety at home</u>

Read and write

Knife

Razor blade

Nails

Things that cause accidents at home

- Fire
- Axe
- Knife
- Stones
- Broken bottles
- Water
- Hoe
- Razor blade
- -snakes
- -wasp
- -trees
- -electricity
- -bees

<u>ACTIVITY:</u>

1. Name 2 things that cause accidents at home.

2.Fill in 3 things that cause accidents at home.

Br...ke... bottl...s

N....dle

R….zo… bl….de

LESSON 18

Theme: <u>Accidents and safety</u>

Sub theme: <u>Accidents and safety at home</u>

Read and write

Bees

Poison

Wasp

Ways of avoiding accidents at home.

- Avoid playing near fire
- Avoid playing near water
- Keep the medicine away from children
- Avoid playing with electricity
- Avoid playing with sharp objects.
- Cleaning the compound
- Avoiding throwing stones to bees / wasps.

ACTIVITY:

1. Match pictures on page 61 Junior literacy book I.

LESSON 19

Theme: Accidents and safety

Sub theme: Accidents and safety at home

Read and write

Accidents

Road

Cut

Lame

Effects of accidents at home

-Lameness

-Blindness

-Deafness

-Death

-Poverty

-pain

-loss of jobs

-worry

-loss of property

-spread of diseases

ACTIVITY:

1. List any three effects of accidents at home.

2. Mention four common accidents at home and school.

LESSON 20

Theme: Accidents and safety

Sub theme: Accidents and safety at home

Read and write

Pin

Pierce

Razorblade

Classification of harmful objects according to those which bite, pierce or cut e.g.pins, razor blades

Animals that bite	**Objects that pierce**
-Dog	-pin
-Bees	-compass
-Cat	-broken bottles
	-needle

Objects that cut.

- Knife
- Panga
- Razor blade
- Hoe

ACTIVITY:

1. Classify the harmful objects according to those which bite and pierce.

2. Name any 4 accidents one may get on way.

LESSON 21

Theme: Accidents and safety

Sub theme: <u>Accidents and safety at home</u>

Read and write

Pin

Needle

Razor blade

Snake

Examples of accidents on the way

- motor accident
- Cuts and injuries
- Lightning
- Drowning
- Dangerous animals
- Insect bites
- Insect sting

Causes of accidents on the way

- Bad weather
- Playing on the road
- Alcoholism
- Speeding vehicles
- Bad roads

<u>ACTIVITY:</u>

1. Write 3 examples of accidents on the way.

2. Underline the causes of accidents on the way.

Play with electricity, bad road, fire, hoe, bad weather.

LESSON 22

Theme: <u>Accidents and safety</u>

Sub theme: <u>Accidents and safety at home</u>

Read and write

Road

Drive

Over loaded

Ways of avoiding accidents on the way.

- Avoid playing on the road.
- Follow road signs.
- Do not drive while drunk.
- Drivers should not over load vehicles.
- We should not drive old cars.
- Drivers should not over speed vehicles.

ACTIVITY:

1. List 5 ways of avoiding accidents on the way.

2. Draw 2 examples of accidents on the way.

LESSON 23

Theme: Accidents and safety

Sub theme: Accidents and safety at home

Read and write

Road

Speed

Accident

Alcohol

Road signs

- Zebra crossing
- Children crossing
- Humps ahead
- Traffic lights
- No parking
- Parking
- Bend to the left
- Animal crossing

ACTIVITY:

1. What is a road sign?

   ……is a symbol used on the road?

2. List 4 road signs you know.
3. Draw a road sign of zebra crossing.

LESSON 24

Theme: <u>Accidents and safety</u>

Sub theme: <u>Accidents and safety at home</u>

Read and write

Traffic

Green

Lights

The traffic lights

There are three colours on the traffic lights



The red light tells us to stop.

The orange light tells us to get ready.

The green light tells us to go.

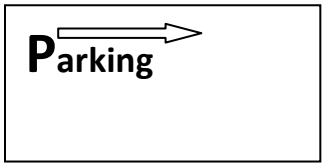
<u>ACTIVITY:</u>

1. Name the colours on the traffic lights

2. The red light tells us to…….

3.The …….light tells us to go.

4. Name this symbol drawn.



LESSON 25

Theme: <u>Accidents and safety</u>

Sub theme: <u>Accidents and safety at home</u>

Read and write

Nails

Thorns

Objects

Dangerous

Examples of dangerous objects on the road.

- Broken bottles
- Nails
- Barbed wires
- Thorns

<u>ACTIVITY:</u>

1. Give at list 6 example of dangerous objects on the road.

2. Fill in the missing letter

H...e kn…fe p...nga

3. Match exercise on page 61 Junior Literacy book 1.

LESSON 26

Theme: <u>Accidents and safety</u>

Sub theme: <u>Accidents at school and in class.</u>

Read and write

Avoiding

Drowning

Falling down.

Examples of accidents at school

- Fracture
- Drowning
- Cuts and injuries
- Falling into a pit latrine
- Poisoning
- Falling down
- Piercing

ACTIVITY:

1. Fill in the missing letters

Fr….ct...re Inj…ri...s

2. List the 2 examples of accidents at school and in class.

LESSON 27

Theme: Accidents and safety

Sub theme: Accidents at school and in class.

Read and write

Basketball court

Demarcated

Ground

Precautions.

Ways of avoiding accidents in class and at school.

In order for us to stay safe, we should play in safe places.

- Football field.
- Physical Education ground.
- Basketball court.
- Demarcated athletic ground.
- Store medicine in recommended places e.g.cupboard, fridge, sealed box.
- Avoid throwing stones.
- Avoiding running anyhow.

- Avoiding climbing desks.

ACTIVITY:

1. Write any four examples of common accidents at school.

2. Mention any two safety measures you know.

LESSON 28

Theme: Accidents and safety

Sub theme: Accidents at school and in class.

Read and write

Blindness

Death

Lame

Effects of accidents at school and in class.

- Lameness
- Blindness
- School drop out
- Deafness
- Death
- Poverty
- Pain
- Loss of jobs
- Worry
- Poverty
- Spread of diseases
- Spread of diseases.

ACTIVITY:

Write any three effects of accidents at school and in class.

LESSON 29

Theme: Accidents and safety

Sub theme: Accidents at school and in class.

Read and write

Needle

Safety pin

Compass

Razor blade

Dangerous objects at school and in school and in class

-Razor blade
-Needle
-Compass
-Stones
-safety pin
-nails
-broken bottles
-wasp
-snake

ACTIVITY:

1. What is an accident?
2. Write 2 causes of accident on the way.
3. Give any one way of helping an injured person.

LESSON 30

Theme: Accidents and safety

Sub theme: Accidents at school and in class.

Read and write

Look

Left

Busy

Safe ways of moving to and from school.

- Do not play on the road.
- Walk in groups.
- Cross the busy road from the zebra crossing.
- Do not cross the road at the junction.
- Follow traffic rules.

- Do not walk on the middle of the road.

When crossing the road, look left, look right, look left again if the road is clear, then cross but do not run.

ACTIVITY:

1.What should we do when moving on roads?

……..

……..

……..

2.Name 2 road signs we should follow.

……..

……..

LESSON 31

Theme: Accidents and safety

Sub theme: Accidents at school and in class.

Read and write

Road signs

Zebra crossing

Throwing

Middle

Unsafe ways of using the road.

- Not following traffic rules
- Playing on the road.
- Not reading road signs.
- Throwing at moving cars.
- Walking on the middle of the road.

ACTIVITY:

1. Where do we find zebra crossing?

2. Name the type of people who does not respect zebra crossing.

3.Give the unsafe ways of using the road.

LESSON 32

Theme: <u>Accidents and safety</u>

Sub theme: <u>Accidents at school and in class.</u>

Read and write

Cuts

Burns

First aid

Pinch

What is first aid?

First aid is the first help given to the injured person before being taken to the health center / worker.

Examples of first aid

- Washing cuts with clean water.
- Tying cuts.
- Cooling burns with cold water.
- Putting uninjured person in an open space for flesh air.
- Pinching the nose.
- Covering cuts with bandage.

<u>ACTIVITY:</u>

1. What is First aid?

2. Give at least four examples of first aid.

……..

……..

……

LESSON 33

Theme: <u>Accidents and safety</u>

Sub theme: <u>Accidents at school and in class.</u>

Read and write

Bandage

A pair of scissors

Cotton wool

Materials in first aid box

- Cotton wool
- Bandage
- Spirit
- Pair of scissors
- Razor blades

Places where we find first aid box

- Hospitals
- Health centers
- Schools
- Police station

<u>ACTIVITY:</u>

1. Write 4 materials found in the first aid box.
2. List two places where we find first aid box.
3. Draw a first aid box.

LESSON 34

Theme: <u>Accidents and safety</u>

Sub theme: <u>Accidents at school and in class.</u>

Read and write

Look

Crossing

Junction

Role playing road safety.

Role playing safe ways of crossing the road:-

When crossing the road, look left look right, look left again if the road is clear, then cross but do not run.

Do not cross a road at the junction.

ACTIVITY:

Going to the road to role play.

LESSON 35

Theme: Accidents and safety

Sub theme: Accidents at school and in class.

Read and write

Pain

Recovery

First aid

Qualities of a good first aider.

- A person who gives first aid is called a first aider.
- A good first aider must be quick.
- A good first aider must be willing to help without pay.
- A good first aider should be honest.
- A good first aider should be trust worthy.
- A good first aider should be clean before giving first aid.

Importance of first aid.

- To save life
- To reduce pain
- For quick recovery
- To stop bleeding
- To prevent further injury

ACTIVITY:

1. What is first aid?

2. List two qualities of a good first aider.
3. Name any three things in the first aid box.

LESSON 36

Theme: <u>Living together.</u>

Sub theme: <u>Family.</u>

Read and write

Father

Mother

Brother

Sister

What is a family?

A family is a group of people living together related by blood, marriage or aadoption.

Types of families.

There are 2 types of families:-

- Nuclear family
- Extended family

A nuclear family.

A nuclear family is a family where we find father, mother and children.

<u>ACTIVITY:</u>

1. What is a family?

2. Give two types of families.

3. List any three members of a nuclear family.

LESSON 37

Theme: <u>Living together.</u>

Sub theme: <u>Family.</u>

Read and write

Children

Aunt

Uncle

Nephew

Extended family.

What is an extended family?

Extended family is a family where we find father, mother, their children and other relatives some families have adapted children.

Members of extended family.

- Father
- Mother
- Children
- Aunt
- Uncle
- Grand father
- Grand mother
- Niece
- Nephew
- Boy cousin
- Girl cousin

<u>ACTIVITY:</u>

1. What is an extended family?

2. Name any four members of extended family.

3. Fill in the missing letter.

C...usin

LESSON 38

Theme: <u>Living together.</u>

Sub theme: <u>Family.</u>

Read and write

Aunt

Uncle

Niece

Brother

Roles of family members.

Father:

- Heads a family.
- Buys food for family.
- Pays school fees.
- Takes children to school.
- Pays house rent.
- Buys clothes and other things for the family.

Mother:

- Cooks food for the family.
- Looks after children.
- Washes clothes.
- Cares for the home.

Children:

- Carry the baby.
- Help to cook food.
- Help the mother to clean the home.
- Fetch water.
- Wash utensils.

<u>ACTIVITY:</u>

1. Give any two roles of father in a home.

2. Fill in missing letters

F……ther M……ther

LESSON 39

Theme: <u>Living together.</u>

Sub theme: <u>Family.</u>

Read and write

Father

Mother

Children

Advantages of a nuclear family.

- There is love in the family.
- Division of labour is good.
- Every member knows his / her work.
- There is development.
- There is discipline in home.
- Basic needs are provided equally.

Disadvantages of a nuclear family.

- Little labour.
- Wastage of food.

<u>ACTIVITY:</u>

1. Read and draw.

father	mother	sister	brother

2.Fill in the missing letters.

S….ster

B…..othe…..

M…..th……r

LESSON 40

Theme: <u>Living together.</u>

Sub theme: <u>Family.</u>

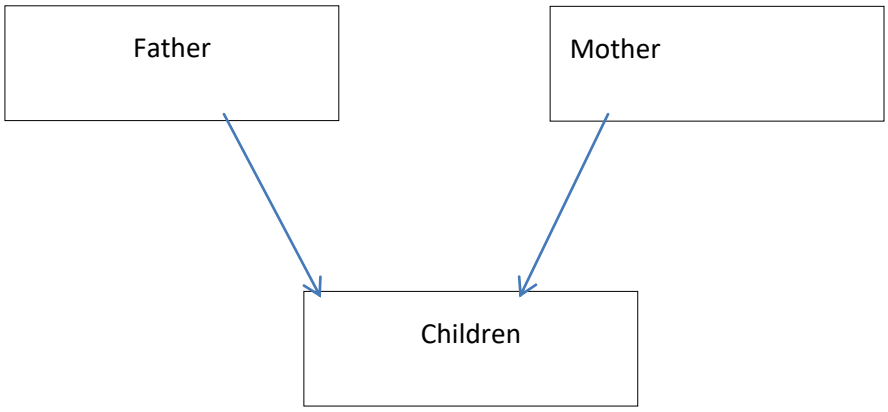
Read and write

Aunt

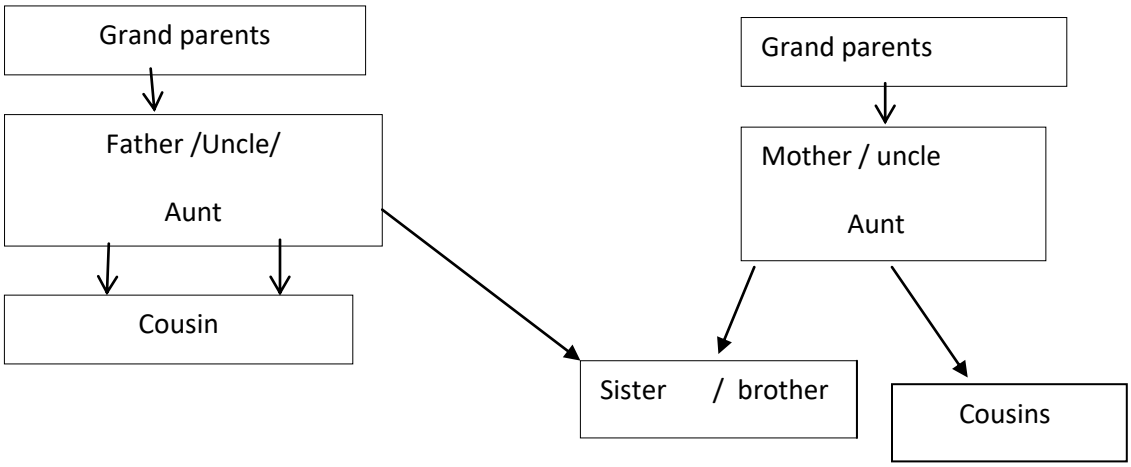
Uncle

Grand mother

Family relationship



An extended family tree



<u>ACTIVITY:</u>

1. From the family tree, list the members of the nuclear family.

……

……

……..

2.Draw them below.

LESSON 41

THEME: <u>Living together</u>

SUB THEME: <u>Ways of living together in the school</u>

Read and write.

- Sweep
- Sing
- Share

Activities we do together in the school.

- Playing
- Sharing
- Helping
- Sweeping
- Praying
- Singing
- Learning
- Caring
- Slashing

<u>ACTIVITY:</u>

1. Matching activities to the word.
   (Junior Literacy book 1 page 71)
2. Fill in the missing letters.
   Pl_ying
   Sh_r_ng
   L_arni_g

LESSON 42

THEME: <u>Living together</u>.

SUB THEME: <u>Ways of living together in the school.</u>

Read and write

- Clean
- Pray
- Class

Things we do together at school.

- Praying
- Sweeping
- Smearing
- Singing
- Assemblies
- Classes
- Picking rubbish

<u>ACTIVITY.</u>

1. Read and draw things we do together.

sweeping	Picking rubbish	eating	praying

2. What is she doing?



She is……

LESSON 43

THEME: <u>Living together</u>.

SUB THEME: <u>Ways of living together in the school.</u>

Read and write.

- Pray
- Raise
- Teach

<u>School routine.</u>

- Assembly
- Cleaning
- Sweeping
- Praying
- Singing anthem
- Smoking the latrine
- Playing
- Learning
- Teaching
- Raising the frag
- Following time table

<u>ACTIVITY.</u>

1. Add "ing" to the words of school routine.

Sweep	sweeping.
Pray	……..
Sing	……
Smoke	……
Play	……..
Teach	……..
Learn	……..
Raise	……..

LESSON 44

THEME: <u>Living together</u>

SUB THEME: <u>Ways of living together in the school</u>

Read and write

- God
- Sins
- Peace
- Hand

Reading school prayer.

Look at me oh God, as my heart silent all, to you all I turn.For the sins I have committed, I pray to be encouraged.For under your guidance oh lord, where all is peace I will be lead, not to sob but rejoice, as my hand in yours lies. Amen.

ACTIVITY:

1. Fill in the missing letter.
   Go_
   Pra_
   _eace
2. Write the first line of the school prayer.

LESSON 45

THEME: Living together

SUB THEME: Ways of living together in the school

Read and write

- School
- Motto
- Anthem

Revising the school motto, prayer and national anthem

- Teach school anthem
- Teach school prayer
- Teach national anthem

ACTIVITY:

1. Fill in the missing letters.
   Scho_l
   Mot_o
2. Write your school motto.

LESSON 46

THEME: <u>Living together</u>

SUB THEME: <u>Ways of living together in the community.</u>

Read and write.

- Sick
- Wells
- Care

Ways of working together in the community.

- Cleaning wells
- Cleaning the roads
- Sharing
- Caring for the sick

<u>ACTIVITY:</u>

1. Draw people cleaning the well.

2. Match the different ways of working together
   Ref. Junior Literacy book 1 page 75

LESSON 47

THEME: <u>Living together</u>

SUB THEME: <u>Ways of living together in the community</u>

Read and write

- Twin
- Burial
- Wedding

Ceremonies in the community.

- Wedding ceremony
- Burial ceremony

- Baptizing ceremony
- Introduction ceremony
- Twin ceremony

ACTIVITY:

1. Role play the graduation ceremony.
2. Fill in the missing letters.
   W_dding
   Ba_tism

LESSON 48

THEME: Living together

SUB THEME: Ways of living together in the community

Read and write.

- Role
- Play
- Baptism

Occasions when people need to work together.

- Wedding
- Baptism
- Burial
- Graduation
- Introduction
- Twin ceremony

ACTIVITY:

1. Talk about baptism with the learners.
2. Role play the baptism ceremony.

LESSON 49

THEME: Living together

SUB THEME: Ways of living together in the community

Read and write

- Team
- Labour
- Easier

Importance of working together.

- Division of labour
- Team spirit
- Every member participate
- Removes boredom
- Understands more
- The work becomes easier
- The lesson becomes interesting

ACTIVITY:

1. Draw two people working together in sweeping the class.
2. List one importance of working together.

LESSON 50

THEME: Living together

SUB THEME: Ways of living together in the community.

Read and write

- Work
- Garden
- Compound

Practicing in communal work.

- Working in the school garden.
- Collecting grass in the school compound.

ACTIVITY:

1. Role playing the above work.

LESSON 51.

THEME: Food and nutrition.

SUB THEME: Names and sources of food.

Read and write

- Maize
- Millet
- Beans

Food is something good to eat or drink.

Names of food.

- Banana
- Maize
- Pumpkins
- Tomatoes
- Millet
- Cassava
- Beans
- Ground nuts

ACTIVITY:

Draw and name these food.

banana	tomatoes	cassava	maize

LESSON 52.

THEME: Food and nutrition.

SUB THEME: Names and sources of food.

Read and write

- Rice
- Carrots
- Cassava

Food from the garden.

- Banana
- Cassava
- Pumpkins
- Carrots
- Rice
- Tomatoes
- Pineapples
- Millet

ACTIVITY:

Read and draw.

tomatoes	pineapples	carrots	cassava

LESSON 51

THEME: Food and nutrition

SUB THEME: Names and sources of food

Read and write.

- Rice
- Eggs
- Bread

Food we get from the store and shop.

STORE

- Posho
- Beans
- Millet
- Cassava
- Peas
- Sorghum
- Ground nuts

SHOP

- Rice
- Bread
- Eggs
- Cheese
- Ghee
- Ice cream
- Yoghurt

ACTIVITY:

1. Draw a bread
2. Fill in the missing letters
   P_sho
   _ggs
   Bre_d
   M_llet

LESSON 54

THEME: Food and nutrition

SUB THEME: Names and sources of food

Read and write.

- Shop
- Lake
- Butcher

Sources of food

- Garden
- Market
- Shop
- Lakes
- Super market
- Bucher
- Plants
- Animals

ACTIVITY:

1. Fill in the missing letters.
   B_tcher
   Pl_nts
   L_kes
   Sh_p
   Ma_ket

   2.Draw three food stuffs you know.

LESSON 55

THEME: Food and nutrition

SUB THEME: Names and sources of food

Read and write

- Guava
- Apples
- Pawpaw

Food from the plants

- Mangoes

- Guava fruit
- Avocado
- Pineapples
- Pumpkins
- Oranges
- Pawpaw
- Apples

ACTIVITY:

1. Fill in the missing letters.
   Pa_paw
   Ap_les
   P_pk_ns

2. Name the following foods below.

LESSON 56

THEME: <u>Food and nutrition</u>

SUB THEME: <u>Use of food</u>

Read and write

- Yams
- Rice
- Maize

Examples of food that give us energy.

Energy is the ability to do work.

Food that give us energy are:-

- Cassava
- Yams
- Posho
- Potatoes
- Bread
- Butter
- Millet
- Glucose
- Honey
- Maize
- Rice
- Banana
- Cooking oil

ACTIVITY:

1. Fill in the missing letters
   -Y_ms - ban_n_
   -R_ce -br_ad
   -H_ney -p_tat_es

LESSON 57

THEME: Food and nutrition

SUB THEME: Uses of food

Read and write

- Eggs
- Meat
- Fish

Body building foods are proteins.

- These are foods that help us to grow.

Examples of body building foods.

- Eggs
- Meat
- Chicken
- Beans
- Fish
- Soya beans

ACTIVITY:

1. Name any two foods that help us to grow.
2. Fill in the missing letter.
   F_sh
3. Draw an egg.

LESSON 58

THEME: Food and nutrition

SUB THEME: Uses of food

Read and write.

- Dodo
- Nakati
- Egg plants

Food that keep us healthy.

- They help the body to fight against diseases.

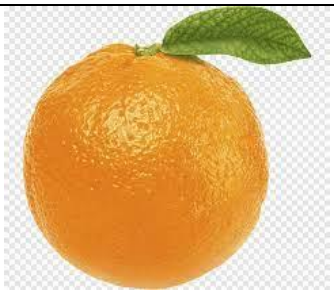
Examples of food that keep us healthy.

- Fruits:- -Mangoes
  -Pawpaw
  -Pineapples
  -Orange
  -Apples
- Vegetables:- Cabbage.
  -Dodo
  -Carrot
  -Nakati
  -Spinach
  - Egg plants
  -Tomatoes

ACTIVITY:

1. Draw two vegetable crops.

2. Name these fruits.

LESSON 59

THEME: Food and nutrition

SUB THEME: Uses of food

Read and write

- Diet
- Meal
- Values

Balanced diet and importance.

Balanced diet is a meal that contains all food values

Importance of a balanced diet

- It helps us to grow well.
- It helps us to get energy.
- It helps us to be healthy.
- It helps to be strong.

ACTIVITY:

1. …… is the meal that contains all food values.
2. Balanced diet helps us to grow…….
3. Balanced diet helps us to be……
4. Fill in the missing letters
   Bal_nc_d
   H_alt_y Str_ng

LESSON 60

THEME: <u>Food and nutrition</u>

SUB THEME: <u>Uses of food</u>

Read and write

- Shape
- Blind
- Death

Effects of poor feeding.

- Death
- Poor body shape
- Malnutrition
- Blindness
- Poor body development

Malnutrition is the poor health caused by lack of some food values in the body.

<u>ACTIVITY:</u>

1. Draw a person with a poor shape.

2. Fill in the missing letters.
   P_ _r
   De_th
   Bl_nd
   Mu_nut_tion

LESSON 61

THEME: <u>Food and nutrition</u>

SUB THEME: <u>Keeping food safe</u>

Read and write

- Salt
- Cook
- Cover

Ways of keeping food safe.

- By salting
- By tinning
- By smoking
- By cooking
- By sun drying
- By covering
- By warming
- By use of refrigerators

ACTIVITY:

1. Fill in the missing letters.
   S_lting
   C_ _k
   S_n drying
2. Write two ways of keeping food safe.

LESSON 61

THEME: Food and nutrition

SUB THEME: Keeping food safe

Read and write.

- Smell
- Spoil
- Rotten

Problems of keeping food unsafe.

- Food gets dirty and can make us sick.
- Food gets rotten.
- Food can spread diseases like stomachache, diarrhea.

- Food gets a bad smell.
- Food gets a spoilt in a short time.

ACTIVITY:

1. …… is a something good to eat or drink.
2. Fill in the missing letters.
   Sm_ll
   Spoi_t
   R_tten
   S_ck

LESSON 64.

THEME: Food and nutrition

SUB THEME: Keeping food safe

Read and write.

- Milk
- Meat
- Fruits

Examples of food that we keep in the fridge and Sun dry.

Fridge

- Meat
- Milk
- Fruits
- Vegetables

Sun dry

- Beans
- Cassava
- Ground nuts
- Peas
- Maize
- Millet

ACTIVITY:

1. Draw a bottle of milk.

2. Read and draw

Two orange fruits	cabbage	Two beans	A bottle of milk

LESSON 65

THEME: Food and nutrition

SUB THEME: Keeping food safe

Read and write

Fish

Smoke

Meat

Examples of food that we smoke and salt.

SALT

- Meat
- Fish
- cassava

SMOKE

- fish
- meat
- chicken
- cassava

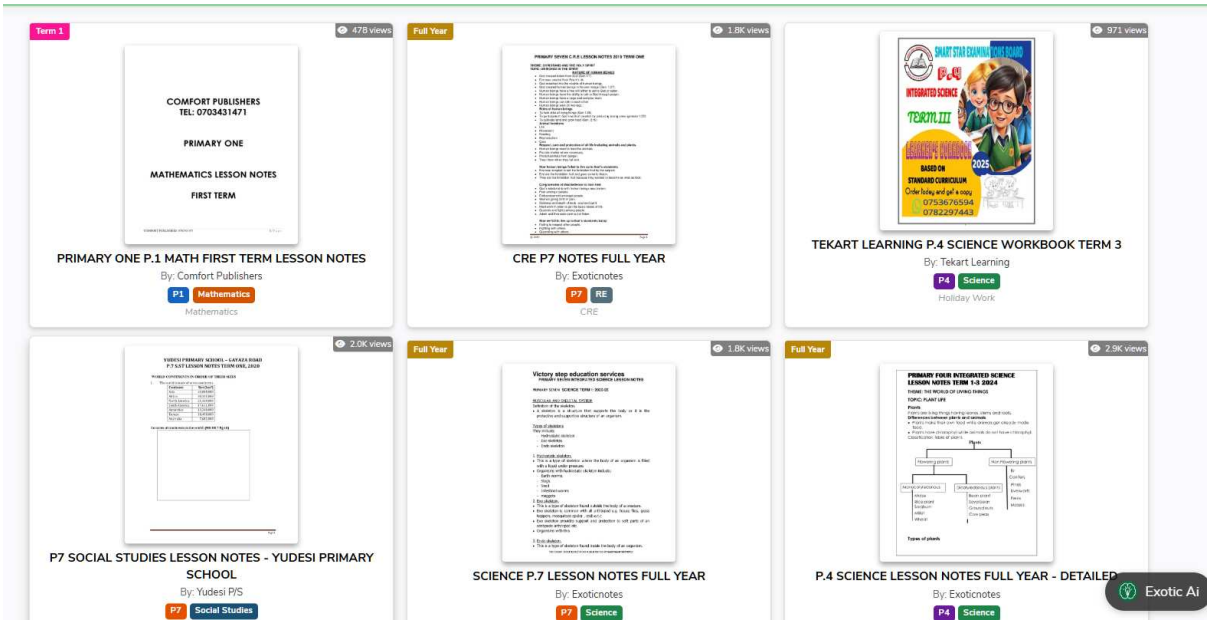
- sweet potatoes

ACTIVITY:

Draw a hen and a fish.

A hen	A fish

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