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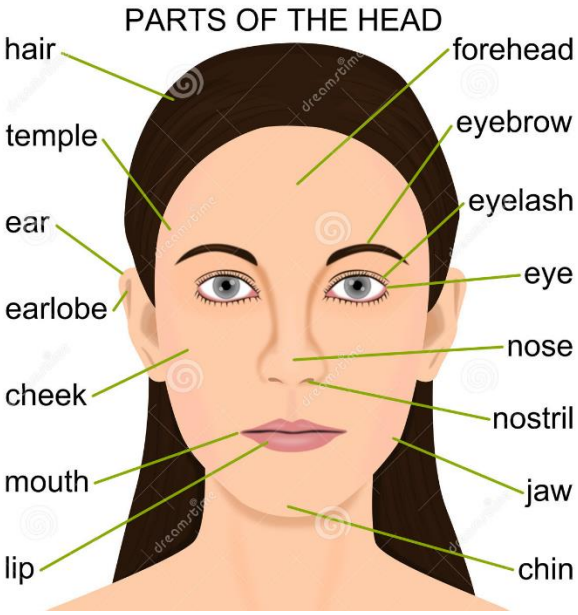
P.1 Literacy 2 Lesson Notes Term I

THEME: THE HUMAN BODY AND HEALTH

SUB THEME: <u>The external parts of the body and their uses</u>

Parts of the head

- Hair
- Eyes
- Ears
- Mouth
- Teeth
- Chin neck
- Eye brows
- Tongue
- Eye lashes
- Eye lashes
- Eyes lids



<u>Uses of the head</u>

a) Eyes - For seeing

Caring for the eyes

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

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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 eyes

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

c) Nose - For smelling (breathing)

How to care for the nose

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

d) Teeth

- For tearing food
- For biting food
- For grinding food

} chewing food

Caring for the teeth

- Brushing the teeth.
- Avoiding biting hard objects
- Avoid eating too much sugary foods
- Rising your mouth with salt and water
- Visiting a dentist for check up
- By flossing the teeth

1. Parts of the arm and hand.



Uses of our hands

- For picking things
- For holding
- For clapping
- For defence
- For touching
- For writing

Uses of fingers nails

- For protection /defence
- For beauty
- Caring for parts of the arm

Caring for parts of the arm

- By cutting finger nails short
- By washing hands with clean water and coap
- By removing dirt from fingernails
- Avoid touching hot things with bare hands

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Parts of the leg



Uses of the legs

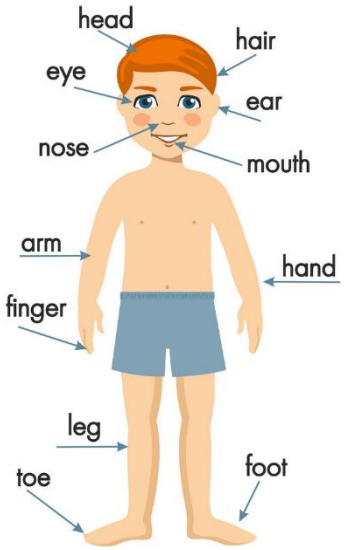
- For walking
- For kicking
- For running
- For standing
- For defence
- For jumping
- For hopping

Caring for a the legs

- By washing the legs with clean water
- By scrubbing the feet with brush pumice stone
- By cutting toe nails short
- By putting on shoes while walking

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The structure of the human body



Body organs and senses

We have five body senses

- Seeing /sight
- Tasting
- Hearing
- Feeling
- Smelling

Body senses with organs
Seeing - eyes
Smelling - nose
Feeling - skin
Hearing - ears
Tasting - tongue

A posture
Is the way we position the body when performing an activity

Types and examples of posture
There are two kinds of posture

- Good posture
- Bad posture

Examples of good posture
- Standing upright
- Sitting upright
- Walking upright and forward

Importance of good posture
- It keeps the body in good shape
- It prevents chest and back pain
- It eases digestion
- It prevents bone deformation
- For proper movement i
  of blood in the body
- It maintains the proper growth of bones
- It makes us look smart

Examples of bad posture
- Sitting while bending
- Standing while bending
- Walking while bending

Dangers of bad posture
- It leads to lameness
- It leads to chest pain
- It leads to poor flow of blood
- It leads to back pain

Body physical exercises
- Skipping
- Jumping
- running
- Pressups

- Stretching
- Swimming
- Riding
- Boxing
- Kicking
- Jogging
- Walking
- Dancing
- Yoga

Things used during body exercises

- Ropes
- Balls
- Bicycles
- Tyres
- Sticks

Importance of body exercises

- Reduces fats in the body
- Prevents obesity
- Makes us fit
- Makes joints flexible
- Eases digestion

SUB –THEME 3 – PERSONAL HYGIENE

Personal hygiene is the way of keeping the body clean

Personal hygiene is the general cleanliness of the body

Ways of keeping the body clean

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

Things we use to clean /promote personal hygiene

- Sponge

- Towel
- Water
- Hair brush
- Soap
- Toilet paper
- Ear buds
- Razorblade
- Nail cutter
- Tooth paste
- Comb

Note

Diagram should be drawn



Importance of personal hygiene

- It prevents skin diseases
- It keeps us smart
- It prevents a bad smell
- It removes dirt and germs

How to clean different parts of the body

a) Ears

How to clean the ears

- By washing
- By cleaning/removing dirt/wax

Things we use to clean ears

- Water
- Clean cloth

- Ears
- Handkerchief

b) Eyes

How to clean eyes

- By washing

Things used to clean the eyes

- Clean water
- Handkerchief
- Clean cloth

Why do we clean our eyes?

- To prevent eye disease like trachoma, river blindness
- To remove dirt

b) Teeth

How to clean the teeth

- By brushing every after a meal
- By running the mouth
- By flossing teeth

Things used to clean the teeth

- Tooth brush/tooth paste
- Clean water
- Salt
- Charcoal paste
- Local stick tooth brush , dental floss

When to brush the teeth

- Every after a meal

Why to brush our teeth?

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

c) Hair

The colour of our hair is black.

How to clean our hair
- By combing
- By shaving it
- 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 bad smell

d) Nose

How to clean the nose
- By blowing
- By washing

e) Hands

How to clean our hands
- By washing them
- Cutting finger nails short
- By removing dirt from finger nails

Things we use to clean the hands

Clean water
- Soap
- Handkerchief
- Nail cutter

When to clean the hands

- After visiting the toile/latrine
- Before serving food
- Before and after eating food

Why do we wash our hands ?

- To remove dirt
- To prevent bad smell

e) Skin

How to clean the skin

- By bathing
- By scrubbing
- By drying the skin

Things we us to clean the skin

- Soap
- Water
- Towel
- Toilet papers
- Handkerchief
- Sponge
- brush

Why do we clean the skin?

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

skin diseases

- scabies
- leprosy
- skin cancer
- measles
- chicken pox
- ring worms

- scurvy
- eczema
- athletes foot

How to prevent skin disease

- avoid sharing clothes
- by bathing regularly

SUB-THEME: SANITATION

Sanitation is the general cleanliness of the environment.

Sanitation is the keeping of environment clean.

Areas we keep clean

- bathroom
- kitchen
- toilets
- pit latrines
- compound

How to keep the toilets and latrines clean

- by sweeping
- by mopping
- by scrubbing
- by smoking

Why do we keep the latrine clean

- to prevent disease
- to control vectors
- to prevent bas smell

We smoke a pit latrine to prevent the bad smell.

B: Bathroom

How to keep the bathroom clean

- By mopping
- By scrubbing
- By sweeping
- By removing cobwebs

Things used to clean the bathroom

- Water
- Soap
- Vim
- Mop
- Scrubbing brush
- Broom
- Jik

Why to clean the bathroom

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

A: Toilet and latrines

How to keep them clean

- By sweeping
- By mopping
- By scrubbing
- By removing cobwebs

NB: A pit latrine is smoked

Things we use to keep the environment clean

- Water
- Soap
- Broom
- Rake
- Scrubbing brush
- Hoe
- Vim
- Jik
- Mop

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Diagrams should be drawn

The following equipment can be used to keep the environment clean



Brooms Rake Cleaning rags Dust pan

Things used to clean the latrines and toilets

- Water
- Soap
- Mop
- Scrubbing brush
- Broom
- Jik
- Vim

C: Classroom How to keep the class room clean

- By sweeping
- By mopping
- By removing cobwebs
- By scrubbing
- Picking rubbish

Things used to clean the classroom

water
Mop
Soap
Vim
Broom
Scrubbing brush

Why to keep the classroom clean

- To prevent diseases
- To control vectors
- To remove the dirt

D: Compound

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How to clean the compound
- By sweeping
- By digging
- By slashing
- By trimming flowers
- By scrubbing the flow
- By collecting rubbish
- By burning rubbish

Things we use to clean the compound
- Rake
- Hoe
- Broom
- Panga
- Slasher
- Soap
- Water
- Dustbin

Why to keep the compound clean
- To prevent vectors /To control vectors
- To prevent diseases
- To prevent bad smell

Dangers of a dirty environment
- Diseases /It leads to spread of diseases
- It attracts vectors
- It brings bad smell

SUB-THEME: Common diseases

Examples of common diseases
- Flue
- Chicken pox
- Malaria
- Trachoma
- Diarrhea
- Mumps diabetes

- Sleeping sickness
- Dysentery
- Whooping cough

Examples of common vectors

- Ticks
- Fleas
- Tsetse fly
- Housefly
- Mosquitoes
- Cockroach
- Snail
- Lice
- Mad dogs

B: A vector is a living thing which spreads germs that cause diseases

Vectors and diseases they spread

Diseases are caused by germs which are spread by vectors

A germ is a tiny living things which causes diseases

Vector	**Diseases**
Housefly	Trachoma Diarrhea Cholera Typhoid Dysentery
Tsetse fly	Sleeping sickness/Nagana
Cockroach	Polio Leprosy Dysentery
Mosquitoes	Malaria Elephantiasis Yellow fever
Ticks	Typhus fever
Lice	Relapsing fever
Snail	Bilharzia
Rat fleas	Plague
Mad dog	Rabies

How to prevent /control the common diseases

- Sleeping under mosquito nets
- Immunising children
- Drinking boiled water
- Washing hands before and after eating
- Washing fruits before eating
- Spraying using insecticides
- Washing hands after visiting the latrine
- Visiting the health centres for check ups
- Avoid sharing sharp objects

Places where we go for treatment

- Hospitals
- Clinics
- Dispensaries
- Sick bay
- Pharmacy
- Drug shops

People who provide health services

- Doctors
- Nurses
- Mid wives
- Dentists
- Oculists
- Opticians

SUB-THEME : Immunisation

Immunization is the introduction of vaccines into the body.

Drugs used for immunization are called vaccines

Examples of immunization diseases (childhood)

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

Drawing pictures of some immunisable diseases

Signs and symptoms of immunisable diseases

Polio

- Weak bones
- Lameness
- Practicing of limbs/legs hands

Measles

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

Tetanus

- Stiff muscles all over the body
- Bay stops suckling
- Painful muscles when touched

Tuberculosis

- Loss of body weakness
- Prolonged cough
- Coughing and spitting sputum
- Fever

Diphtheria
- Swollen neck
- Sores in the throat
- Difficulty in breathing
- Fever

Whooping cough
- Difficult breathing
- Fever
- Coughing until vomit

Hepatitis B
- Yellow skin in palm and feet
- Yellow eyes
- Loss of appetite
- Vomiting
- Body weakness

Haemophilus influenza B
- Body weakness
- Vomiting
- Stiff neck
- Fever

Importance of immunisation

- Reduces infant mortality rate
- To boost the immunity of the body

Child Health Card

Things found in a child health card
- Child name
- Date of birth
- Sex
- Parent's name

- Vaccine name
- District
- Location

Position in the family (birth order)

THEME: ACCIDENTS AND SAFETY
Sub- Theme : Common accidents
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 (hot objects, burning charcoal, hot saucepans)
- Poisoning
- Cuts
- Snake bite
- Electric shocks
- Drowning
- Fainting
- Dog bite
- Lightening strike
- Scalds caused by hot liquids

Causes of accidents at home and school

- Climbing trees carelessly
- Playing with sharp objects
- Playing with sharp objects
- Playing with animals
- Playing near fire
- Playing near water bodies
- Playing on the road
- Walking bear footed
- Keeping medicine near children
- Playing with electric wires

How to prevent accidents at home and school

- Avoid climbing trees
- Crossing the road carefully
- Follow road signs
- Avoid playing near water bodies
- Keep medicines away from children
- Avoid playing with fire
- Avoid playing with electric wires

Things which cause accidents

- Nails
- Thorns
- Needles
- Razor blade
- Broken bottle
- Fire
- Slasher
- Barbed wire
- broken glass
- snakes
- hoe
- panga
- safety pin
- pencils
- pins
- dogs

Accidents on the way/road

- Knocked by a car
- Animal bites
- Drowning
- Fracture
- Electric shock
- Cuts

Causes of road accidents

- Bad roads
- Playing on the road
- Over loading vehicles
- Speeding cars
- Careless driving
- Driving while drunk
- Untrained drivers
- Not Following road signs

- Driving while telephoning

How tom prevent accidents on the road

- Use zebra crossing to cross the road
- Avoid over loading cars
- Following road signs
- Avoid playing on the road
- Avoid telephoning while driving
- Drivers should be trained
- Bad road roads should be repaired

Effects of accidents

- Death
- Fractures
- Pain
- Lameness

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 we give first aid

- To save life
- To reduce pain
- To prevent further injury
- To promote quick recovery

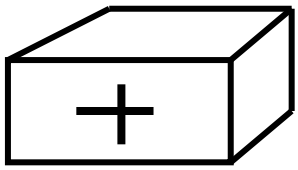
Qualities of a good first aider

- He should be kind
- He should be observant
- He should be clean
- He should have common sense

- He should be gentle and tactful
- He be fast/quick

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 a first aid box. (First aid kit)

- Bandage
- Spirit
- Gloves
- Cotton wool
- Gloves
- Surgical blade
- Gauze
- Iodine
- Safety pin
- Splints
- Arm sling
- Antiseptic solution
- Needle and spring
- A pair of scissors
- Pain killers

Places where we find a first aid box

- School
- Hospital
- Bank
- Hotels
- Market

- Vehicle
- Home
- Police station
- Supermarket
- Market

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
- Thorns
- Needles
- Safety pin
- Broken bottles
- Fire
- Razor blade
- Broken glass
- Hoe
- Panga
- Slasher
- Barbed wire
- Dogs
- Snakes

- Knife
- Motor cycles
- Cars
- Pins
- Pencils
- drugs

Accidents on the way/road accidents

- knocked by a car
- animals bites
- Knocking one another
- Electric shock
- Fainting
- Stoning one another
- Lightning strike
- Falling in a pit latrine
- Animal bites
- Insect bites
- Light
- 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
- Failure to follow 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
- Fractures
- Pain
- Lameness
- Loss of some body parts
- Loss of blood

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/skillful/knowledgeable
- He should be kind

First Aid Box

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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
- To grow
- To get energy
- To be happy
- For hospitality

5H' s used in food
- Hunger
- Health
- Happiness
- Hospitality
- Habit

How food gets dirty
- Touching food with dirty hands
- 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

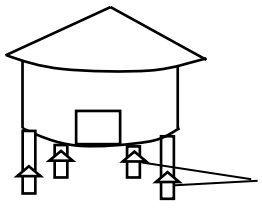
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Ways of keeping food safe
- By covering the food
- By washing hands before touching it
- By washing hands
- By using clean water
- Preparing food in a clean container
- Cooking food in a clean place
- Serving food in a clean place

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

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

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.

Examples of Non- living things

- Air
- Soil
- Stones
- Pencil
- Plate
- Water
- Building
- Duster
- Tables
- Chairs
- Stools
- Book

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
- Duck
- Goat
- Pig
- Rabbit
- Donkey
- Pigeon
- Turkey
- Chicken
- Camel
- Dog
- 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 then 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
- Giraffe
- Zebra
- Elephant
- Tiger
- Leopard
- Bear
- Wolf
- Snakes
- Buffalo
- Baboons
- Cheetah
- Frog
- Tortoise
- Fox
- fish

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
- Weaver birds
- Guinea fowl

Uses of birds

- For eggs
- For feathers
- For manure (droppings)
- 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 proving them shelter

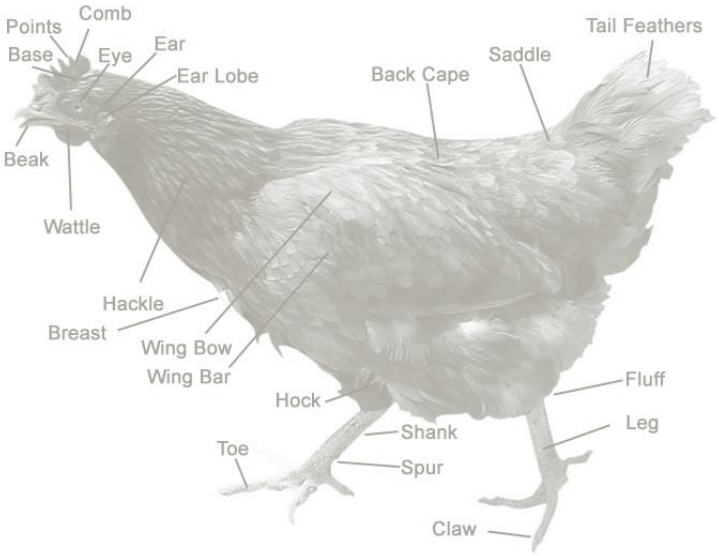
Dangers of birds

- 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)
- Bats
- 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 prrotection
- To look for shelter.
- To look for water.
- To look for their young ones.
- To look for their youngones
- To look for friends.

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Website: www.tekartlearning.com

Animal homes (habitats)

This is a place where animals stay/live.

Animal		homes
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.

Animal		Weapon
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	-	spines
Tortoise and snail	-	shells
Crocodile	-	teeth/tail
Caterpillar	-	prickly hair
Bee/wasp	-	sting

Animal protection

How animals protect themselves

Animal		Protection
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	-	scratching
Snake	-	biting and spitting venom
Man	-	fighting/biting/kicking
Porcupine/hedge hog	-	scratching using pines

Animal		**Youngones**	**Animal**		**Youngones**
Dog	-	puppy	Turkey	-	poult
Man	-	baby	Fish	-	alevin/fry
Hen	-	chick	Goose	-	goosling
Birds	-	nesting	Sheep	-	lamb
Lion	-	cub	Cockroach	-	nymph
Elephant	-	calf	Housefly	-	maggot
Cat	-	kitten	Mosquito	-	wriggler
Duck	-	duckling	Frog	-	tadpole

Crocodile	-	hatching	Monkey	-	baby
Pig	-	piglet	Rat/mice	-	pups

Animal sounds

Animal		Sound
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. (head, thorax, abdomen)

- 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

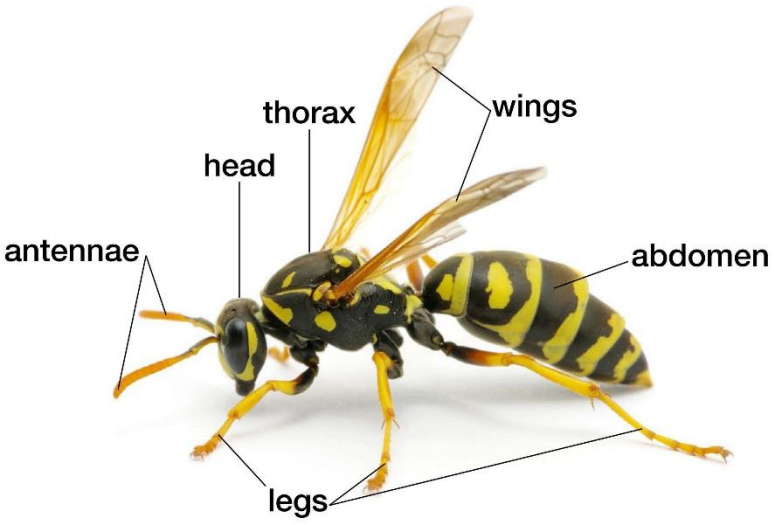
a) Insects with wings

- Grasshoppers
- Bees
- Wasps
- Cockroaches
- Locusts
- Tsetse fly
- Butterfly
- Moth
- Beetle
- White ants

b) Insects without wings

- Termites
- Red ants
- White ants
- Black ants
- White ants
- beetles

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
- Wheat plant
- Wheat plant
- Sorghum plant
- Yam plant
- Orange plant

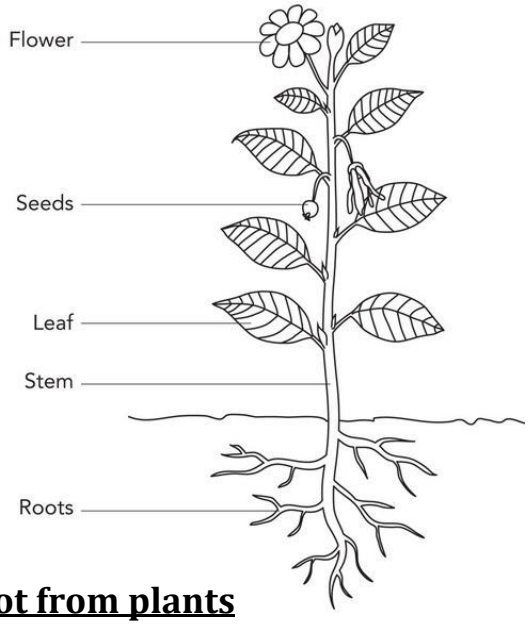
Parts of a plant

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, sorghum
- Rocks – e.g, Liverworts, mosses.

Things made from plants by man

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

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	- For digging - For harvesting - For weeding
Panga	- For cutting small trees - For harvesting

	- For pruning
Rake	- For collecting rubbish - For collecting grass
Trowel	- For transplanting seedlings
Wheel barrow	- For carrying manure - For carrying harvested crops
Axe	- For cutting trees
Basket	- For carrying food
Knife	- For pruning - For harvesting

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
- Birds

- Sun
- Air
- Water
- Water bodies
- Animals
- 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

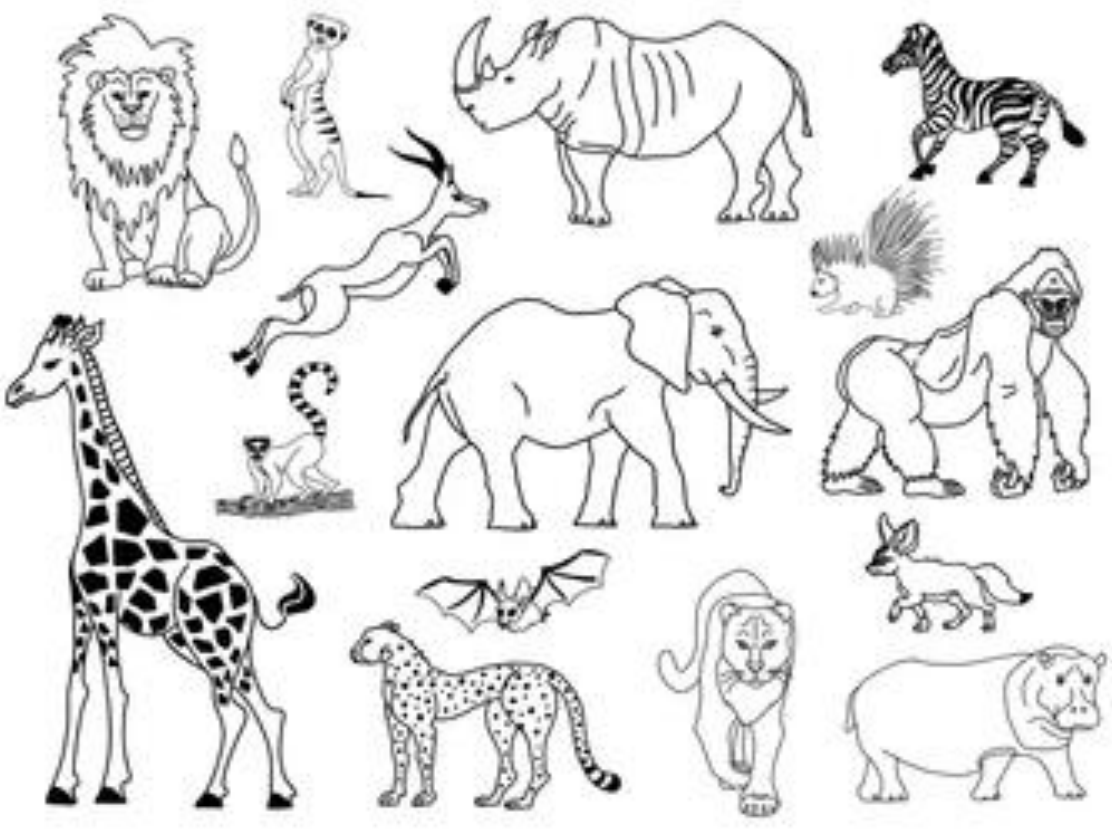
How to conserve the environment

- 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

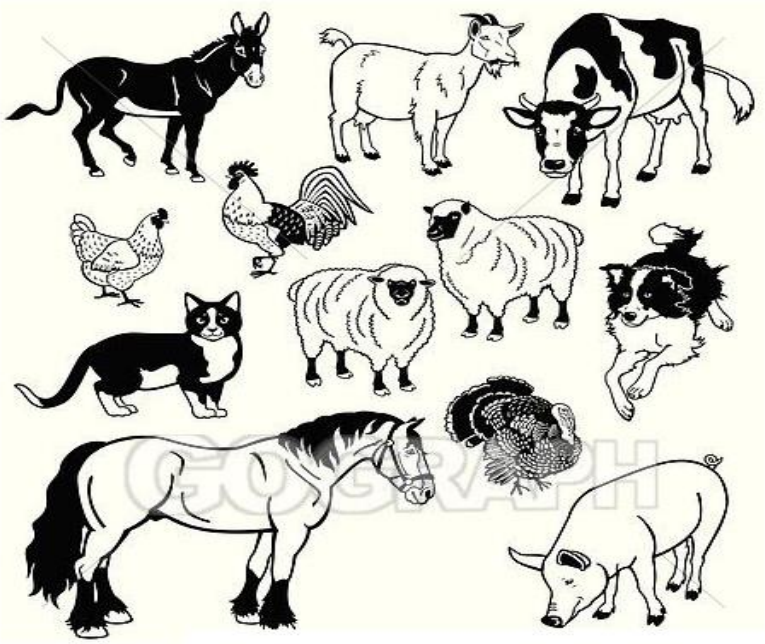
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Wild animals

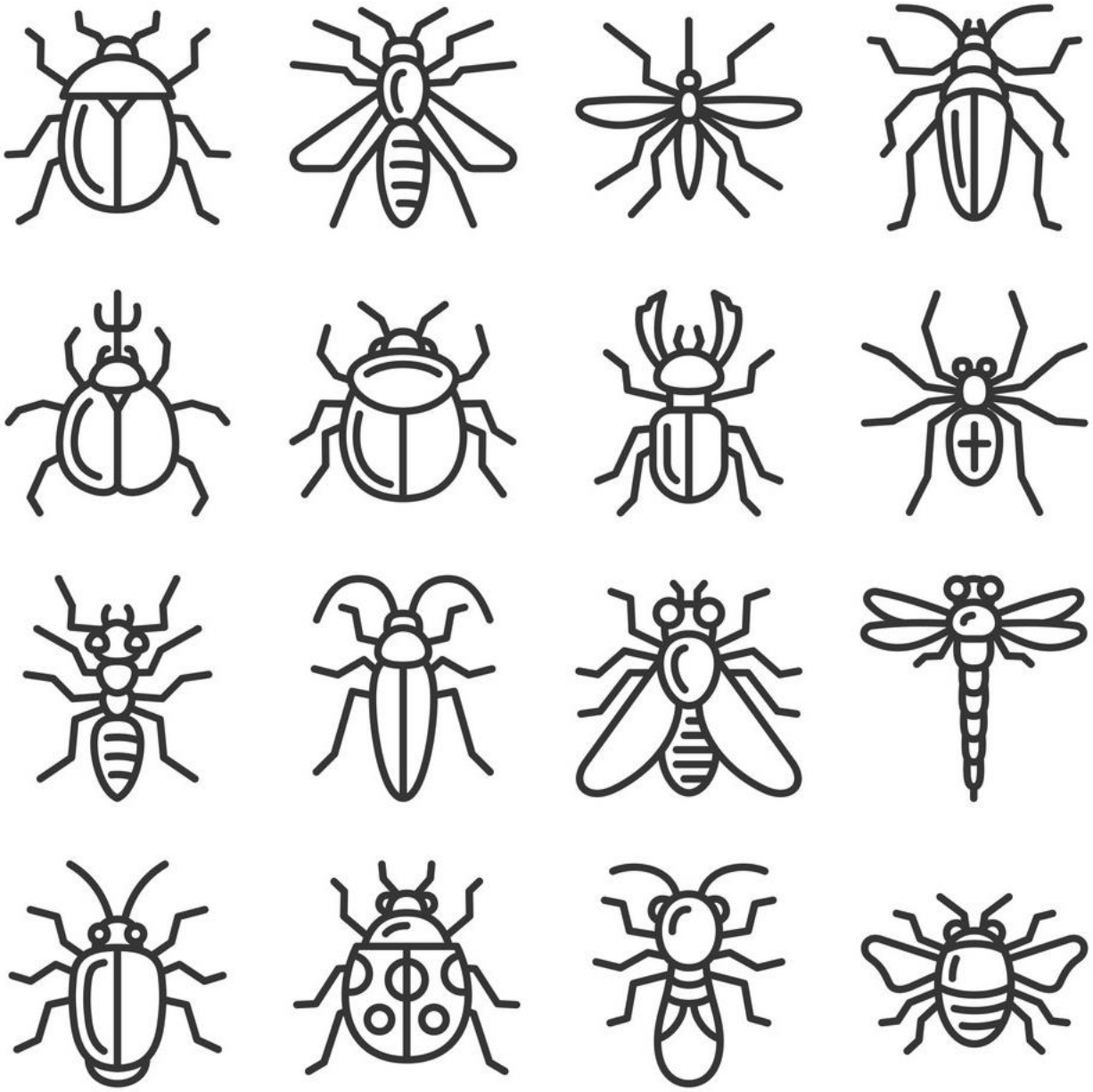


Domestic animals

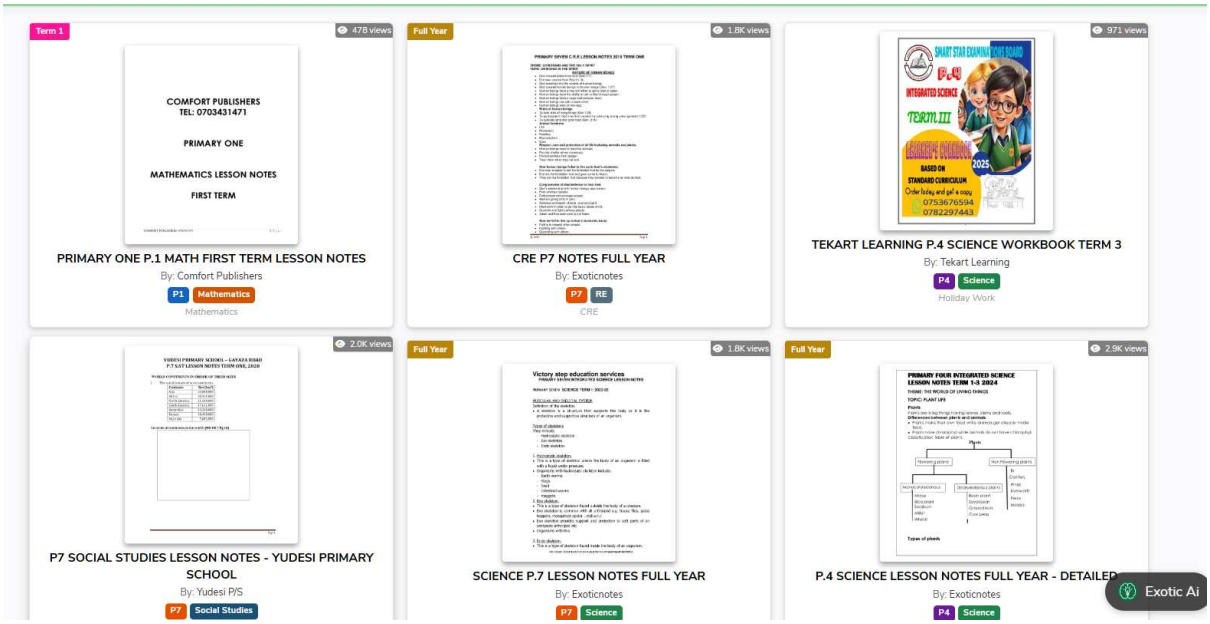


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Insects



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