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



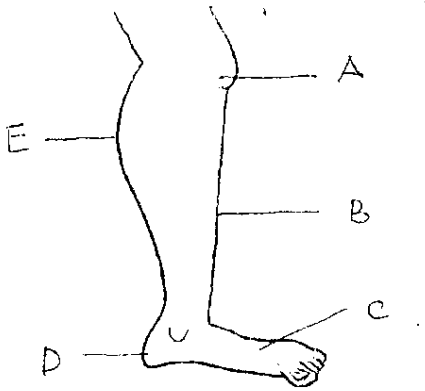
Uses of the parts of the arm

a) Hands / fingers
- For clapping
- For eating
- For holding
- For picking
- For protection
- For touching

b) Finger nails
- For protection
- For beauty

<u>Caring for the parts of the arm</u>
- 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. <u>Parts of the leg</u>



Uses of the legs

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

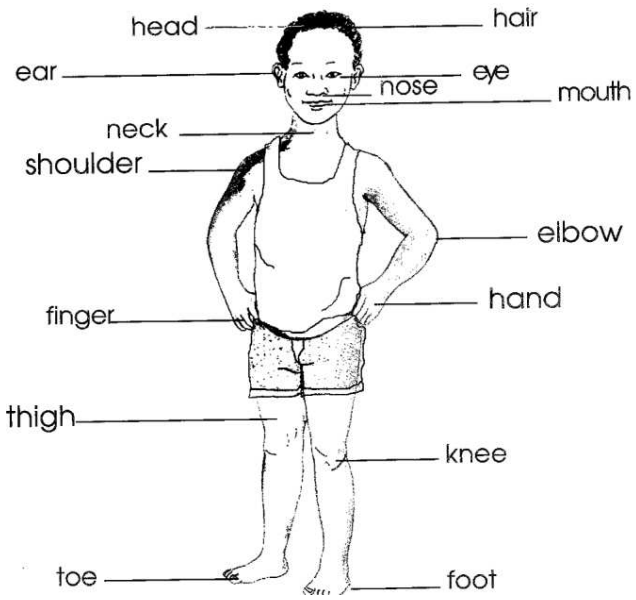
Caring for the legs

- 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

Good sitting posture

ii) Bad 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

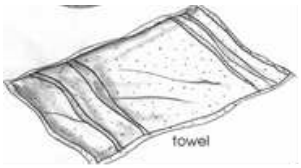
- Towel
- Water
- Hair brush
- Soap
- Tooth brush
- Razorblade
- Nail cutter
- Tooth paste
- Tooth picks
- Ear puds
- Toilet paper
- Comb

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

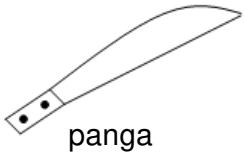
- Rag
- Hoe

Drawings of things we use to clean the environment


Water


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.

Vector	**Diseases**
Housefly	- Trachoma - Diarrhoea - Cholera - Typhoid - Dysentery
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 (Chilldhood)
- Polio
- Tuberculosis
- Tetanus
- Diphtheria
- Whopping cough
- Haemophilus influenza type B
- Measles
- Hepatitis B

Drawings pictures of some immunisable diseases



Polio



measles



Diptheria



tetanus

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) Diptheria
- 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

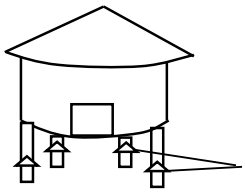
Ways of keeping food safe
- By covering the food

- 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



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

Environmentare 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
- 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 animalswhich live in bush or forest.

Examples of wild animals

- Lion
- Giraffe
- Zebra
- Elephant
- Tiger
- Leopard
- Snakes
- Buffalo
- Baboons
- Cheetah
- Frog
- 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 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)
- Bay
- 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.

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	-	spins
Tortoise and snail	-	shells
Crocodile	-	teeth/tail
Caterpillar	-	prickly hair
Bee	-	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	-	biting/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
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.
- 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

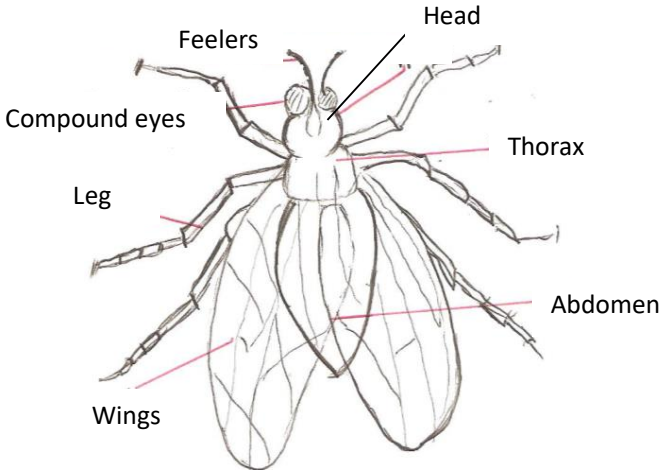
a) Insects with wings

- 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

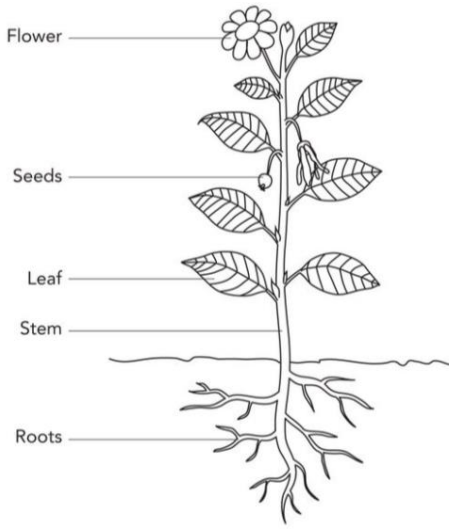
A plant is a green living thing which makes its own food.

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, sudds, 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	- 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
- 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.

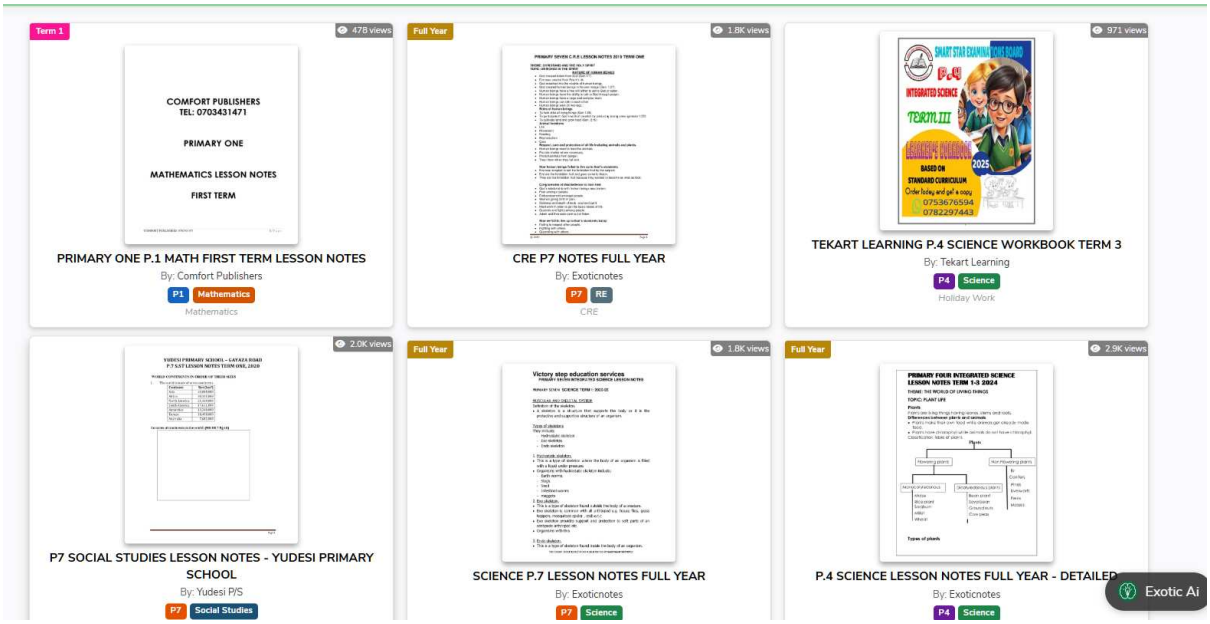
Factors that damage the environment

- 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

This document was downloaded from https://exoticnotes.com



Do you need more LESSON NOTES for Primary (All classes)?

Click
https://exoticnotes.com/notes/primary/

If you need LESSON NOTES for SCIENCE (P.1 – P.7)
Click
https://exoticnotes.com/notes/primary/science/

If you need LESSON NOTES for English (P.1 – P.7)
Click
https://exoticnotes.com/notes/primary/english/

If you need LESSON NOTES for Mathematics (P.1 – P.7)
Click
https://exoticnotes.com/notes/primary/mathematics/