


# P.1 Literacy Lesson Notes Term II

**Theme: WEATHER**

**Lesson 1**

What is weather?

Weather is the condition of the atmosphere of a given place at a given time.

Elements of weather

These are:

a. Cloud cover b. Rain c. Sunshine d. Wind

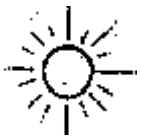
Activity

1. What do we call the condition of the atmosphere of a given place at a given time?
2. List down the four elements of weather.

**Lesson 2**

Types of weather

These are:

| Rainy | Windy | cloudy | sunny |
|---|---|---|---|
|  |  |  |  |

**Note:**

a. When there are clouds on the sky, we say it is cloudy.

b. When it is raining, we say it is rainy. c. When it is shinning, we say it is sunny.

d. When there is wind, we say it is windy.

Activity

1. Draw the following types of weather.

   a. sunny b. windy c. rainy d. cloudy

**Lesson 3**

Effects of weather on human activities.

Advantages of elements of weather.

**Rain**

Advantages of rain or uses of rain

- Rain helps or plants to grow well.
- Rain gives us water for cooking.

- Rain gives us water for bathing.
- Rain gives us water for washing.
- Rain gives us water for drinking.
- Rain softens the soil.
- Rain fills water bodies e.g. lakes, rivers, wells, oceans etc.
- Rain cools the temperature.
- Rain is the main source of water.

Activity

a. Mention any eight uses or advantages of rain to people.

**Lesson 4**

Dangers of too much rain

- Too much rain destroys crops.
- Too much rain destroys houses and property.
- Too much rain can cause floods.
- Too much rain can kill people and animals.
- Too much rain causes soil erosion.

Activity

a. Give any four dangers of too much rain.

**Lesson 5**

**Sunshine**

Uses of sunshine

- Sunshine dries our clothes.
- Sunshine gives us vitamin D
- Sunshine dries our seeds
- Sunshine gives us warmth and light.
- Farmers harvest the crops in dry season.
- The sun is the main natural source of light.

Dangers of too sunshine

- Too much sunshine dries up water bodies in wells.
- Too much sunshine dries up the plants.
- Too much sunshine can kill animals and people.
- Too much sunshine makes people and animals sick.

**Activity**

a. Mention any four uses of sunshine.

b. How does too much sunshine dangerous to people and animals?

**Lesson 6.**

**Wind**

What is wind? Wind is the moving air.

Uses of wind

- Wind helps us to fly kites.
- Wind helps pilots to fly aero plane.

- Wind dries our clothes
- Wind helps in winnowing seeds / grains.
- Wind helps boats and ships to move on water.

- Wind helps children to play with pinwheels.
- Wind help in making electricity. (wind mills)

Dangers of wind

- Strong wind destroys plants and houses.
- Strong wind takes away topsoil.
- Strong wind can blow away clothes
- Strong wind can cause storms.
- Strong wind can destroy houses/ buildings.

Activity

a. How is wind useful to people? (Give five)

b. What are the dangers of strong wind?

**Lesson 7**

**Clouds**

Uses of clouds

- Clouds provide natural shade.
- Nimbus clouds give us rain.
- Clouds protect us or reduce direct heat from the sun.

Dangers of clouds

- Clouds can cause accidents in air transport.
- Clouds causes lightening and thunder.

Activity

a. Give three uses of clouds to us.

b. How are clouds dangerous to us?

**Lesson 8**

Types & Seasons

These are; a. Wet season b. Dry season

The wet season: This is a period when we receive long periods of rainfall.

Activities carried out during wet season.

- Digging/ ploughing
- Planting of various crops
- Weeding the gardens.
- Harvesting of fleshly fruits such as water melon etc

Activity.

a. Name the two types of seasons.

b. What do we call the period when we receive a lot of rainfall?

c. What activities are done during wet seasons? (Give four)

**Lesson 9**

The dry season is a period when we receive long periods of sunshine.

**Activities carried out during a dry season**.

- Harvesting of grains

b). Clearing the fields. (Gardens)

c). Preparing the land

a) Drying of grains such as maize, sorghum, millet and many others.

**Ways of protecting ourselves from bad weather**

We can protect ourselves from bad weather by:-

a). Carrying umbrellas

b). Wearing rain coats and jackets on rainy day.

c). Staying in doors.

d). Wearing sweaters.

e). Wearing light clothes on a sunny day.

f). Staying near a fireplace

g). Wearing sun glasses on a sunny day.

i). Resting under tree shades on a sunny day.

g). Wearing gum boots.

**Activity**

How can people protect themselves from bad weather? Give eight ways.

**Lesson 10**

**Ways of protecting other living things from bad weather.**

1. Protecting plants against bad weather: we can protect plants from bad weather by

a. Watering plants during a dry season.

b. Giving them shade from sun, rain, and wind.

c. Mulching the crops.

2. Protecting animals against bad weather: We can protect animals against bad weather by:

a. Making animals rest in a treat shade.

b. Giving water to animals when it is hot.

c. Building shelter for domestic animals.

**Activity**

1. Give four ways how plants can be protected against bad weather.
2. How can we protect animals against bad weather? Give three ways.

**Lesson 11**

Ways of harvesting water:

We can harvest water by using:

- tanks - pots - drums - saucepans
- buckets - jerrycans

**Activity.**

a. List any six ways of harvesting water.

**Lesson 12**

Ways of controlling soil erosion.

Soil erosion is the removal of top soil by wind, animals and running water.

**Ways of controlling soil erosion.**

a. mulching
b. terracing
c. planting trees/ Afforestation
d. planting grass
e. Harvesting water.

**Activity**

a. What do we call the washing away/ removal of top soil by running water.
b. Mention any five ways of controlling soil erosion.

**Lesson 13**

Accidents and safely.

What is an accidents?

An accident is an unexpected danger.

**Common accidents at home.**

The common accidents at home are:

Cuts
Falls
Burns
Animals bites
Drowning
poisoning
electric shock
nasal bleeding
strings

Activity

a. What is an accident?
b. List nine common accidents at home.

Causes of accidents at home.

Accidents have many causes e.g

a. Burns are caused by playing near hot things like stores, cookers, lamps and hot food.
b. Falls are caused by running about, climbing trees or walls

c. Cuts are caused by playing with sharp objects, like knives, razor blades, broken bottles and pins.

d. Stings are caused by bees, scorpions, crabs and wasps.

e. Animal bites are caused by dogs, cats and snakes.

f. Poisoning is caused by medicine, poisons and bad foods

g. Electric shock is caused by playing with live wires and sockets.

**Activity**

Give the things that cause the following accidents at home

a. burns b. falls c. cuts d. stings

e. animal bites f. poisoning g. Electric shock

**Lesson 14**

Common accidents at school.

The common accidents at home are:

| | |
|---|---|
| Falls | poisoning |
| Burns | electric shock |
| Lightening | stings |
| Animals bites | drowning |

**Activity**

Name eight common accidents at school.

**Lesson 15**

**Caused of common accidents at school.**

a. Burns are caused by playing near hot things like food, water, porridge

b. cuts are caused by playing with sharp objects like cutters, razor blades.

c. falls are caused by climbing walls and trees.

d. poisoning is caused by eating bad food, medicine.

e. Animal bites are caused by snakes, dogs cats, etc.

f. Drowning is caused by playing near water bodies.

g. Stings are caused by insects like bees wasps and scorpions.

h. Electrict shock is caused by playing with live wires and sockets

i. Lightening is caused by standing under tall trees when it is raining or playing under rain.

**Activity**

What accidents are caused by the following things.

a. playing near hot things b. climbing walls or things

c. eating bad food or medicine
d. playing with sharp objects
e. Touching live electric wires
f. Bees, wasps and scorpions

g. Standing under tall trees when it is raining.

**Lesson 16**

Injuries from accidents

Accidents can cause the following injuries

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| a. | broken bone/ fracture | | | b. | bruises | c. | bleeding |
| d. | wounds | e. | blisters | f. | pain | g. | blindness |
| h. | lameness | i. | deafness | j. | sickness | k. | death |

**Activity**

List any eight effects/ injuries of accidents

**Lesson 17**

**Ways of preventing accidents at home or school**

a. Avoid playing near hot things e.g fire.
b. Keep medicine away from children.
c. A void playing with sharp objects e/g cutters
d. Avoid climbing trees or walls.
e. Avoid playing near water bodies.
f. Do not play under rain.
g. Avoid touching live wires or sockets.
h. Keep the environment clean
i. Keep away from unknown animals like dogs, cats.
j. A void eating bad food.

**Activity**

How can we prevent accidents at school or home? (Give eight)

**Lesson 18**

**Accidents at water sources**

- Examples of water sources are wells, rivers, boreholes, stream, lakes etc.
- Accidents at water sources are got when children play, fall or while swimming in water

Children drown or die in water.

Ways of prevents accidents at water sources.

a. playing away from water bodies
b. A void swimming when there is no adult.
c. Little children school not be allowed to water alone.

**Activity**

a. Mention any four examples of water sources.

b. Give any three ways of prevents accidents at water sources.

**Lesson 19.**

**Common accidents on the road.**

a. motor accidents involving cars, bicycles, motorcycles etc.

b. falls.

c. Animal bites like snakes and dogs.

d. Stings of bees, wasps and scorpions etc.

e. cuts.

f. electric shock

g. Lightening

**Activity**

Write down eight common accidents on the road.

**Lesson 20**

**Causes of road accidents.**

a. playing on the road.

b. Dangerous road

c. Over speeding vehicles

d. Over loaded vehicles.

e. Vehicles that are over taking along corners of the road.

**Activity**

Name any five causes of road accidents.

**Lesson 21.**

Ways of preventing road accidents.

a. cross the road where there is a zebra crossing

b. Walk on the right hand side of the road.

c. A void playing on the road.

d. Never cross the road while running

e. Before crossing the road, look to the right, then to the left and right again then cross.

f. Seek for help when crossing the road.

**Activity**

Mention any five ways of controlling road accidents.

**Lesson 22**

First Aid

What is first Aid?

First aid is the first help given to an injured person before being taken to the hospital.

Importance of first aid.

a. First aid saves life
b. First aid prevents further injuries
c. First promotes quick recovery.
d. First aid reduces pain.
e. First aid gives hope.

**Activity**

a. What do we call the first help given to an injured person before being taken to the hospital?
b. Give five reason why we give first aid.

**Lesson 23**

The first aid kit (box)

A first aid is a box where things used to give first aid are kept.

Things found in the first aid kit.

| | | | | | |
|---|---|---|---|---|---|
| a. | cotton wool | b. | plaster | c. | surgical blade |
| d. | surgical spirit | e. | soap | f. | a pair scissors. |
| g. | a bandage | h. | pain killers | i. | safety pins |
| j. | splints | k. | gloves | l. | gauze |
| m. | clean water | n. | clean cloth | | |

**Activity**

a. What is a first aid kit?
b. List any 12 things found in the first aid kit (box)
c. Draw these things we use to give first aid.

| | | | | | |
|---|---|---|---|---|---|
| a. | soap | b. | splints | c. | surgical spirit |
| d. | safety pins | e. | a pair of scissor | f. | gloves |
| g. | bandage | h. | cotton wool | | |

**Lesson 24**

End of theme revision exercises (s) capturing the key areas.

**Lesson 25**

**Theme: Food and Nutrition.**

Names of food

a. What is food? Food is something we eat or drink good for the body

b. Examples of foods we eat.

i. milk ii. sweet potatoes iii. rice iv. simsim

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| v. | beans | vi. | matooke | vii. | carrots | viii. | Peas |
| ix. | posho | x. | tomatoes | xi. | Millet | xii. | Cassava |
| xiii. | eggs | xx. | Groundnuts | xxi. | Fish | | |

**Activity**

a. What is food?

b. Draw and name ten examples of food.

**Lesson 26.**

Sources of food and its importance

a. Sources of food.

There are two sources of food. They are:

i. animal ii. plants

Common places where we get food from are:

a. markets b. gardens c. rivers d. shops

e. lakes f. bush/ forests.

b. Importance of food.

- food gives us energy.
- food helps us to grow.
- Food protects our bodies from diseases.
- Food helps us to feel happy
- Food helps our bones to grow well

**Activity**

a. Mention the two sources of food.

b. Give four reasons why we eat food.

c. Write down any four places where we get food from.

**Lesson 27.**

Classes of food

There are three classes of food. They are: a. Energy giving food

b. Body building food c. Health giving food

**Energy giving food**: is the food we eat to get energy or strength.

Examples of energy giving food: posho, rice, cassava, sugar, millet, milk, maize, yams, matooke, irish potatoes.

**Activity**

a. Name the three classes of food.

b. Why do we eat food like maize, posho or matooke.

c. Draw these energy giving foods.

a. maize b. millet c. matooke d. cassava

**Lesson 28.**

**Body building food**: is the food which helps our bodies to grow.

Examples of body building food: eggs, meat, groundnut, milk, chicken, fish, cowpeas, beans,

**Activity**

a. draw and name five body building foods.

b. Mention any two animals that provide eggs.

c. What food do cows provide to people?

**Lesson 29**

**Health giving food** (protective foods): This is food we eat to be healthy.

The main groups of health foods are; a. Fruits b. vegetables.

- examples of fruits: mangoes, pineapples, watermelon, passionfuits, pawpaw, oranges
- Examples of vegetables; carrots, onions greens like nakakti, tomatoes, dodo, cabbages, eggplants.

**Activity**

a. _____food is the food we eat to be healthy.

b. Draw and name six examples of fruits.

c. draw these vegetables.

i. cabbages ii. tomatoes iii. eggplant iv. carrot

v. onion

**Lesson 30.**

Ways of getting food.

<u>People get food in many ways. These are:</u>

a. Growing crops and harvesting them.

b. Buying it from the market.

c. catching fish from lakes and rivers.

d. Hunting some animals for food.

e. Gathering fruits.

**Activity**

How do people get food? Give five ways.

**Lesson 31**

How food get contaminated?

<u>Food can be contaminated by</u>

a. Touching the food with dirty hands.

b. Leaving food uncovered.

c. putting food in dirty containers.

Keeping our food safe (free from germs)

We can keep our food free from contamination by:

| | | | | | |
|---|---|---|---|---|---|
| a. | covering food | b. | cooking it | c. | warming it |
| d. | salting it | e. | washing it | f. | smoking it |
| g. | Refrigerating | h. | sundrying | i. | Storing it in a clean place. |

**Activity**

a. How can food get contaminated? Give three ways.

b. Give seven ways how food can be kept safe.

**Lesson 32.**

Importance of keeping food safe. We keep food safe to:

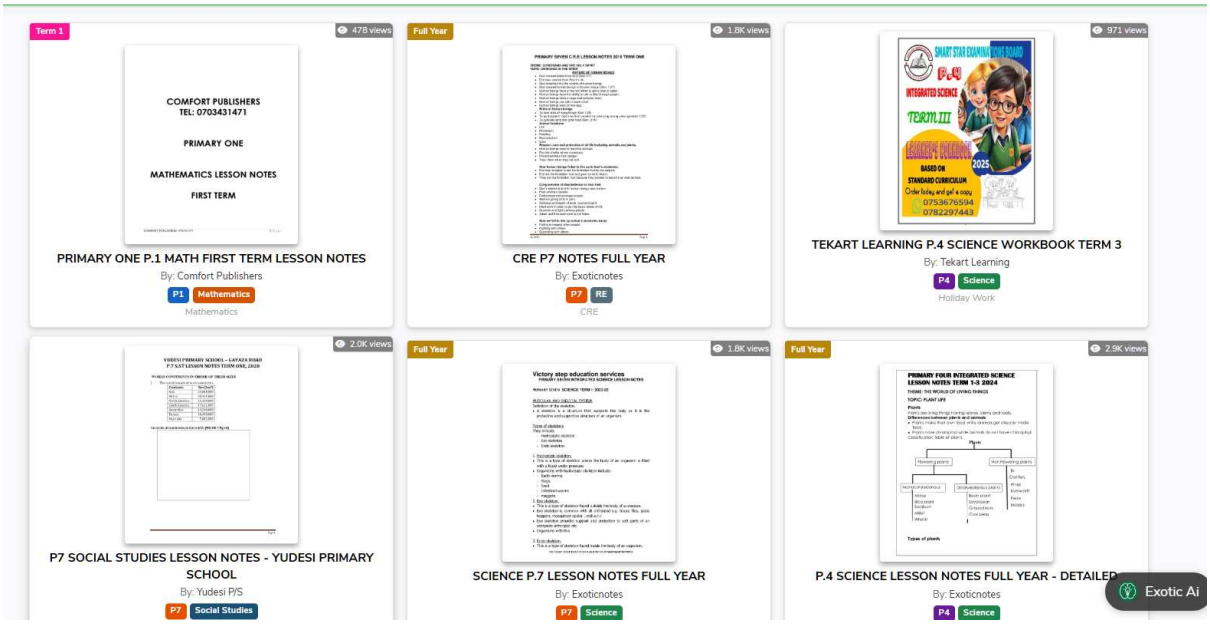
| | | | |
|---|---|---|---|
| a. | Avoid contamination | b. | a void rotting |
| c. | Avoid bad smell. | D. | avoid diseases. |

**Activity**

Mention four importance of keeping food safe.

**End of theme revision exercises.**

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