

PRIMARY ONE LESSON NOTES FOR TERM TWO

LITERACY II

THEME: FOOD AND NUTRITION.

SUB-THEME: NAMES OF FOOD AND THEIR USES

WEEK 1

LESSON I

Food and nutrition

Food is something good to eat or drink to support life.

What is nutrition?

Nutrition is the way of getting food and how it is used in the body.

LESSON II

Names of food eaten at home

Cassava	sugarcane	biscuit
Banana	Sweet potato	Sausage
Beans	Maize	Irish potato
Soda	Rice	Yams

LESSON III

Name these foods

LESSON IV

Sources of food

- Plants
- Animals

Plants are the main source of food

Food we get from plants

Yams	Pumpkins
Beans	Tomatoes
Maize	Onions
Millet	Wheat

LESSON V

Food we get from animals

Beef	Fillet	Milk
Eggs	Liver	Pork

Chicken Mutton Goat meat

WEEK 2

LESSON I

Names of meat from animals

Goat - Goat meat

Pig - Pork

Fish - Fillet

Cow - Beef

Hen - Chicken

Sheep - Mutton

LESSON II

Places where we get food

Market Shops Garden

Farm Water Supermarket

Hotel/Restaurants

Food we get from the garden

- Banana
- Cassava
- Sweet potatoes
- Maize

LESSON III

Food we get from the farm

Eggs sugarcane ghee

Beef pork yams

Mutton milk fish

Food from the supermarket

Milk maize flour vegetables

Rice beef soda

Biscuits sweets ice-cream

LESSON IV

Food from the market

Beans Matooke Banana

Mango Cassava Sweet potato

Vegetables Oranges Yams

LESSON V

Food from hotels/restaurants

Chips Chicken Pork

Liver Soda Water

Food from shops

Rice Eggs Millet flour

Bread Sugar Tealeaves

WEEK 3

LESSON I

How do we get food?

- By buying
- By harvesting
- By hunting
- By fishing

LESSON II

Reasons why we eat food

- To be healthy
- To kill hunger
- For happiness
- For hospitality
- It's a habit

Uses of food in the body.

- To get energy
- To be healthy
- To grow

LESSON III

Classes of food

- Energy giving food (Go foods)
- Body building food (Grow food)
- Healthy giving food (Glow food)

Examples of energy giving food

Posho	Sweet potatoes	Porridge
Rice	Millet	Cassava
Irish potatoes	Matooke	Bread

LESSON IV

Examples of body building food (Grow food)

Beans eggs fish

Ground nuts chicken cowpeas

Examples of healthy giving food (Glow food)

Pineapples oranges guavas

Bananas cabbages onions

Apples carrots mangoes

Nakati tomatoes garlic

LESSON V

1. What is the best food for babies?
2. Which foods keep us healthy?
3. How do we call food that helps our bodies to grow?
   How do we keep safe from germs?
   - By salting
   - By tinning /canning
   - By sun drying
   - By using clean containers
   - By keeping food in clean stores

What is perseveration?

Is the way of keeping food safe from germs

Why do we preserve food?

-For future use

-To avoid rotting

To avoid bad smell

To avoid food poisoning

WEEK 4

LESSON I

Read the story carefully and answer the following questions?

BLESSED FAMILY

At our home, everybody is happy because there is a lot of food to eat. We eat beef, rice and milk from our farm.

Fruits like mangoes, sugarcanes, bananas and apples are always there. Sometimes dad brings big fish from the market.

We also have a granary to keep our dried food.

We eat a balanced diet at home.

Questions

a. Write any three examples of food you eat at home?
b. What type of food do you eat at home?
c. Where do you keep dried food?
d. Why is everybody happy?
e. Draw a granary

LESSON II

THEME: ACCIDENTS AND SAFETY

SUB-THEME: TYPES OF ACCIDENTS AND FIRST AID

What is an accident?

An accident is a sudden happening that may cause harm or pain to the body.

Accidents at home

Burns scalds Fainting Cuts and wounds

Animal bites insect bites Electric shocks Drowning

Accidents at school

Burns Cuts and wounds Scalds Electric shocks

Snake bites pierces Fainting Stings

Falls i.e. falling from a tree Poisoning

LESSON III

Accidents on the way

Dog bites Car knocks Drowning Falling down

Cuts and wounds Snake bites Stings

Draw these common accidents

Snake bite	Falling from a tree

LESSON IV

Things that cause accidents

Razor blades	Naked electric wires	Wild animals	Thorns
Car fire	Broken bottles	Safety pins	Nails
Slippery surfaces	Panga	Knife	Barbed wires
Poison	Fuel	Sharp stones	Needle
Iron sheets	Spear		

Match correctly

Knife	stings
Thorns	bites
Snakes	pierces
car	cuts
bee	knocks

LESSON V

Draw these things that cause accidents

Thorns Safety pin Broken bottle
Car

Fire Iron sheets Needle
Spear

Things which can bite

Dogs Snakes Insects and other flesh eating animals.

How objects cause accidents

- By piercing
- By cutting
- By batting
- By knocking
- By stringing

WEEK 5

LESSON I

How do we get accidents?

- By playing with sharp objects
- By playing near hot objects like fire
- By playing in the bush
- By playing on the road
- Failure to follow road signs
- Driving while drunk
- Failure to listen to instructions.
- Over speeding
- Over loading
- Driving while talking on the phone.

LESSON II

How do we avoid accidents?

- Avoid climbing trees
- Avoid playing on the road
- Follow the road signs well
- Cross the road from the zebra crossing
- Avoid playing with sharp objects
- Avoid over speeding
- Use life jackets while traveling on water.
- Use floaters while swimming
- Avoid playing with fire.

LESSON III

Why are accidents bad?

- They cause pain
- They cause death
- Loss of blood
- The cause disabilities e.g. lameness, blindness, mental disorders.

LESSON IV

First aid

What is first aid?

First aid is the first help given to a casualty/victim before being taken to the hospital.

A first aider is a person who gives first aid to a casualty.

A casualty is an injured person.

LESSON V

Why do we give first aid?

- To save life
- To stop bleeding
- To reduce pain
- To prevent further injuries
- To promote quick recovery
- To prevent infections like tetanus.

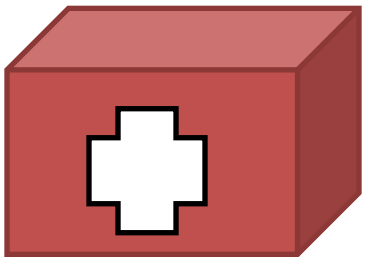
WEEK 6

LESSON I

What is a first aid box?

A first aid box is a tin/ container/box that is used to keep things used to give first aid.

Draw a first aid box.



First aid kit is a set of tools/instruments that are used to give first aid.

Things found in a first aid box:-

- Surgical spirit -tablets/medicine
- Threads -black stone

- Gauze
- Razor blade
- Cotton wool
- Plaster
- Bandage

LESSON II

Draw these things used to give first aid.

Bandage	Safety pin	Tablets/medicine
Plaster	Razor blade	Cotton wool
Gauze	Surgical spirit	Black stone

LESSON III

Safety on the road.

Road signs

These are things that help us to use the road well.

Examples of road signs

Zebra crossing	Traffic lights	Children crossing
Parking	No parking	Humps ahead
Round about	u-turn	

Learners draw the road signs.

Zebra crossing	children crossing	traffic lights

LESSON IV

1. What is an accident?
2. Name four common accidents at school.
3. Why is it dangerous to play on the road?
4. List down any five things that cause accidents.

How to cross the road?

We cross a busy road from the zebra crossing.

When crossing the road, look right, look left, and look right again if the road is clear then cross.

LESSON V

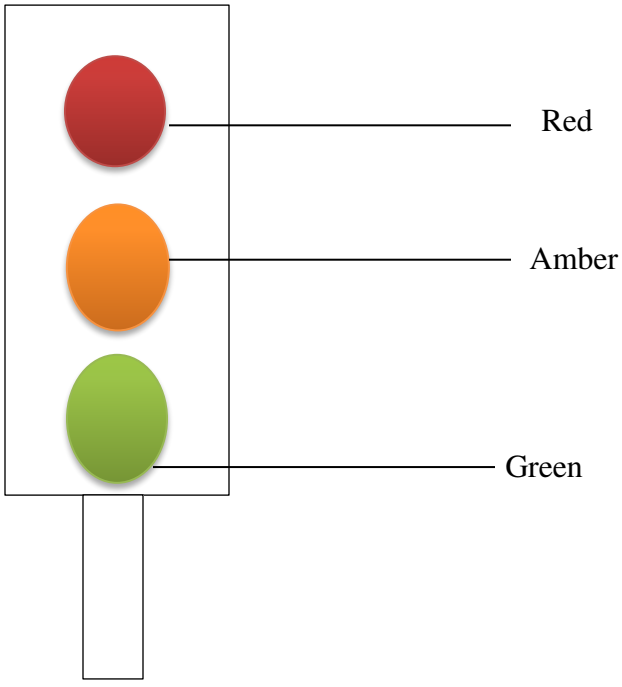
Safe ways on the road

- Walk alongside the road.
- Cross a busy road from a zebra crossing.
- Keep off the pavements.
- Do not play on the road.
- Look at the road signs.
- Walk in groups.

WEEK 7

LESSON I

The traffic lights



Red means Stop

Amber means get ready

Green means go

.

LESSON II

THEME: OUR ENVIRONMENT

SUB-THEME: COMPONENTS OF THE ENVIRONMENT

Environment is study of the surroundings.

Environments are things around us.

Read and spell these words

Surroundings	Components	Around
Living things	Non-living things	

Name the things around us.

LESSON III

Components of the environment

These are things in the environment

Animals	Water	Plants	Vehicles
Mountains	Birds	Buildings	

Non livings things

These are things that do not have life

Examples

Buildings Vehicles Stones Tables

LESSON IV

Living things

These are things that have life

Examples

Fish Girl Cow Rabbit Snake Trees

Learners draw examples of living things

Characteristics of living things

Living things grow, breathe, reproduce, and feed

LESSON V

Groups of living things

Animals plants

ANIMALS

There are two groups of animals

-domestic animals

-wild animals

What are domestic animals?

Domestic animals are animals that are kept at home.

Examples of domestic animals

Cows pigs goats camel donkey horse hens

Learners draw examples of domestic animals

WEEK 8

LESSON I

Wild animals

Wild animals are animals that stay in the bush or zoo.

Places where we find wild animals.

Bush forest jungle zoo water bodies' game reserves /park

Examples of wild animals

Rhino zebra snake fish lion elephant

Learners draw the examples of wild animals

Examples of fish

Tilapia

Nile perch

Silver fish

LESSON II

Animals and their young ones

A	B
Cow, Camel	calf
Pig	piglet
Goat	kid
Sheep	lamb
Man	baby
Cat	kitten
Rabbit	kitten
Dog	puppy
Horse	foal

a)What do we call a young one of a pig ?

b) How do we call a young horse?

LESSON III

Wild animals and their young ones

A	B
Lion	cub
Crocodile	hatchling
Zebra	calf
Frog	tadpole
Bird	nestling
Fish	fry
Elephant	calf
Kangaroo	joey

Snake	snakelet

a)How do we call a young crocodile ?

b)What is a cub ?

c)What is the mother of a tadpole?

LESSON IV

Animals and their homes

Animal	home
Cow	kraal
Dog	kennel
Pig	sty
Cat	basket
Rabbit	hutch
Hen	coop
Goat	shed
Sheep	shed
Lion	den
Fish	water
Snake	grass/soil

Horse stable

LESSON V

Animals and their sounds

A dog says boo-boo it barks

A cow says moo-moo it moos

A cock says co-co it croaks

A snake says ss –ss it hisses

A sheep says baa –aaa it bleats

A pig says hm-hm it grunts

A horse neighs

WEEK 9

LESSON I

Animal movements;

Why do animals move?

- Animals move to look for food
- Animals move to look for shelter
- Animals move to look for water
- Animals move to look for their young ones
- Animals move to look for friends

Learners read and write the reasons why animals move

LESSON II

How do animals move?

Dog	runs
Lion	runs
Baby	crawls
Fish	swims
Bird	flies
Snake	glides
Sheep	walks
Cow	walks
Rabbit	leaps

LESSON III

Uses of animals

- Animal are used for transport e.g gorses, donkeys, camels
- Animals give us milk e.g cows, goats
- Animals give us meat e.g mutton, pork, beef.
- They give us wool e.g sheep.
- They give us security e.g dogs.
- A cat catches rats and snakes.
- An ox ploughs the garden.

Activity

a) Name two animals which give us milk.
b) Mention three animals used for transport
c) A _____ guards our homes
d) We use an _____ to plow our gardens
e) How are animals useful to us?

LESSON IV

Animal products

1. We get meat from different animals
    - Pig pork
    - Hen chicken
    - Sheep mutton
    - Cow beef
    - Goat goat meat
2. We get _____ and _____ from horns

LESSON V

Other animal products

Products from milk

- Cheese, yoghurt, blue band, ghee, butter, ice cream.

WEEK 10

LESSONS I

Products from animal skins / leather

Watches, belt, jackets, drums, bags, shoes

Things made from horns

Buttons, shoe soles

Activity

Mention four products from milk

_____

_____

_____

_____

Draw and name things from animal skins

LESSON II

Products from wool

- Blanket
- Pillows
- Jackets
- Bed covers

What do we get from wool?

Write the animal that gives us wool.

LESSON III

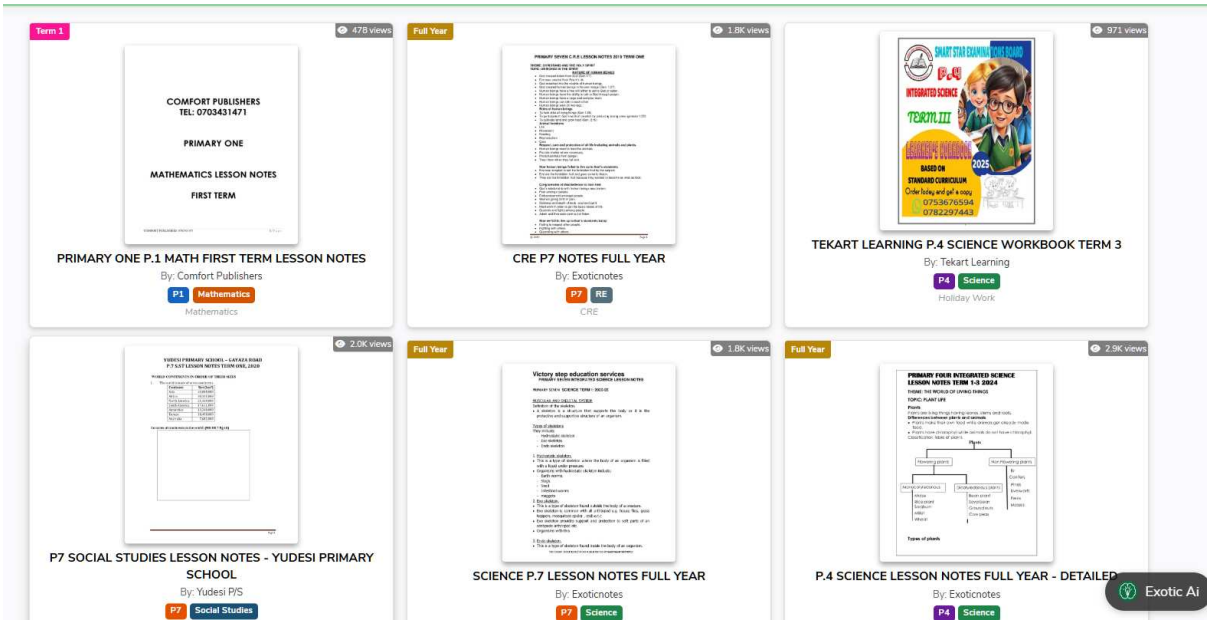
Uses of feathers

- Decorations

Learners will answer these questions.

1. Write the young ones of these animals
   Cat _____ Pig _____
   Cow _____ Rabbit _____
   Dog _____
2. Which animal guards our home?
   _____
3. Draw and name the animal that live in water
4. Write two animals that are used as means of transport.
5. Which animal can we use to plow?

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