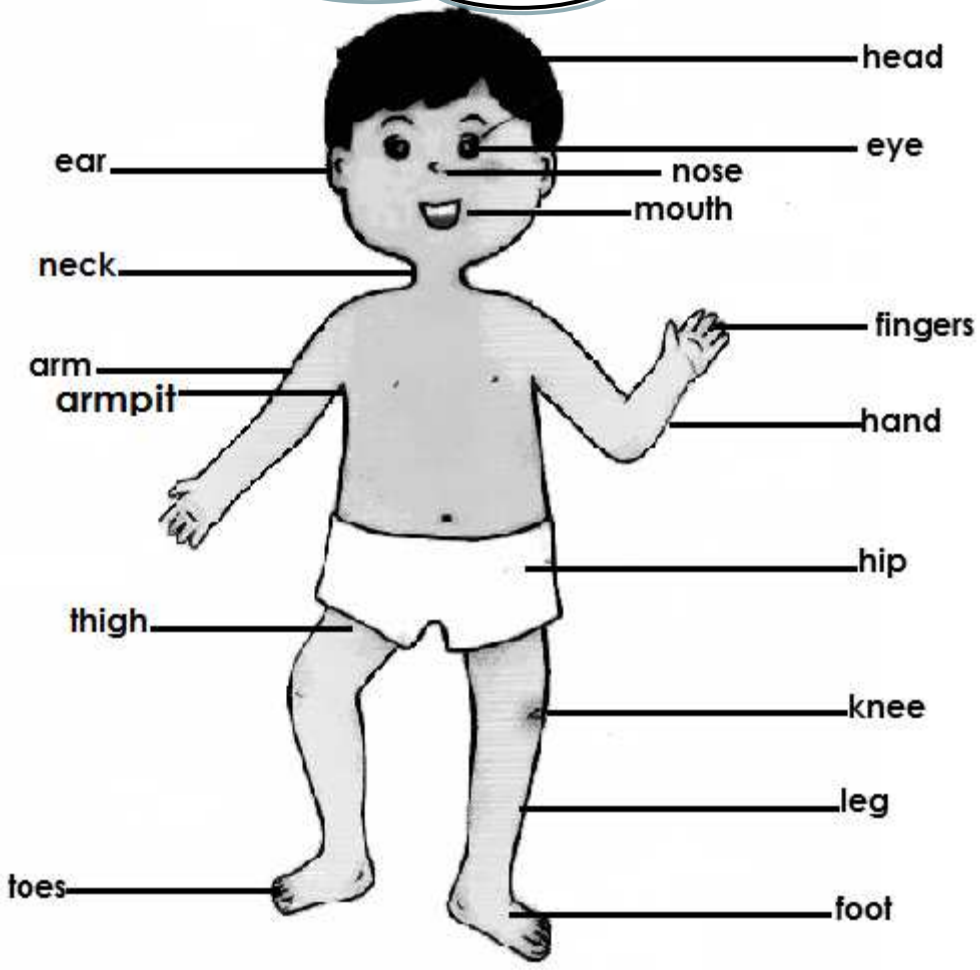
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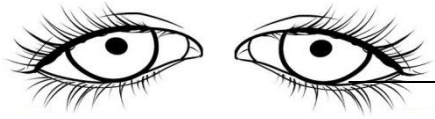
THEME BASED LESSON NOTES

SUBJECT: LITERACY CLASSS: P. 1 TERM: ONE YEAR: 2022

Theme	Topic:	Teachable / Deliverable lesson
The human body and health	The human body parts	**Lesson 1** **The human body and health** ⇒ **External parts of the body and their uses.** **Read and spell** Eye, ears, nose, lips, hands, legs 

Activity

1. Identify the body parts below.

a) 

_____

b) 

_____

c) 

_____

d) 

_____

2. Fill in the missing letters.

Sh__ulder

Ch__st

F__ng__r

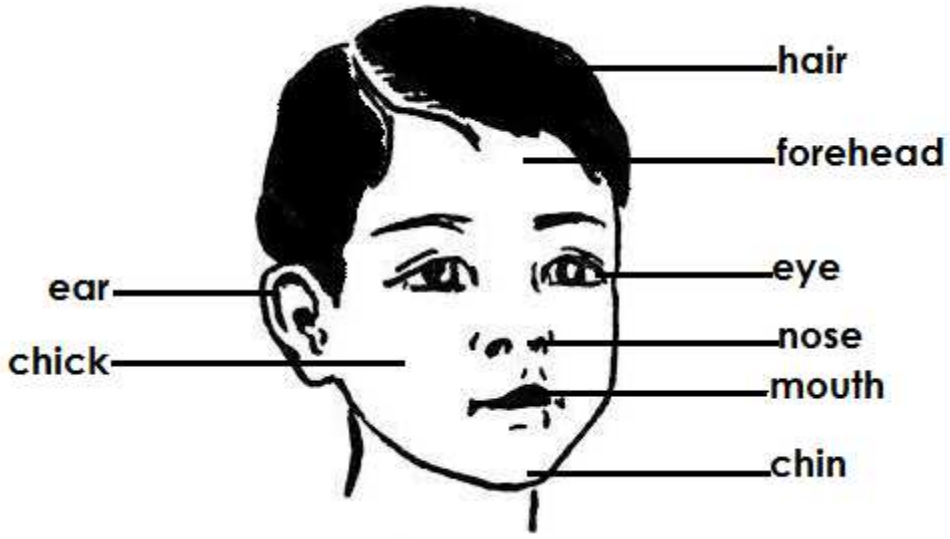
M__ __ th

3. Draw the following body parts.

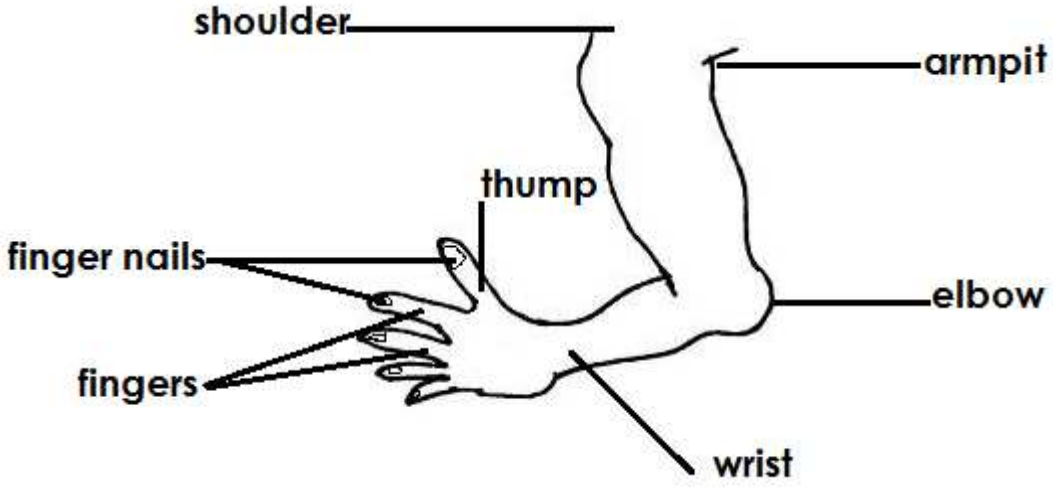
nose	leg	mouth	arm

4. Fill in the missing letters.

Parts of a head



Parts of the arm



Activity

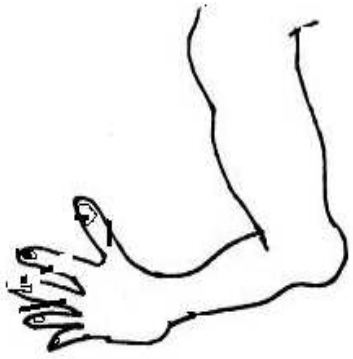
1. **Fill in the missing letters to complete the words correctly.**

a) th__m__
b) wr__st
c) n___str_____ls
d) ch___ ___k
e) e__b__w
f) a__m
g) h___ ___d
h) n____s___
i) f___ ng___r

2. **Identify the parts of the body below.**



_____

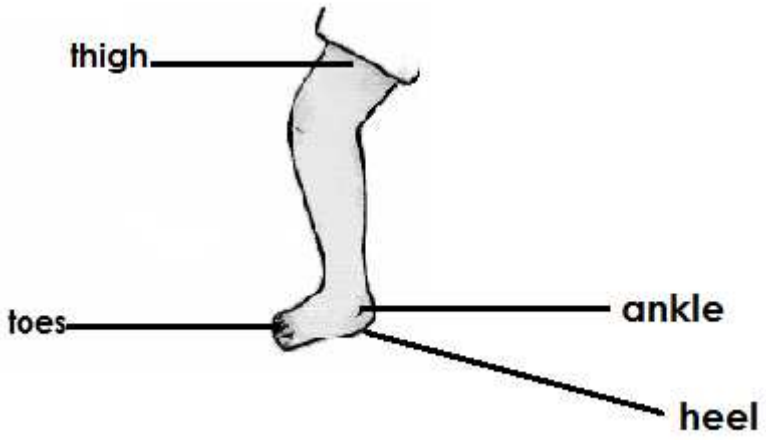


_____

Lesson 2.

<u>Read and spell</u>
<u>Parts of the leg.</u>

ankle, heel, knee, toes, foot, thigh



Activity

1. **Fill in the missing letters to complete the given words correctly.**

a) **t____e**
b) **fe____t**
c) **a___kle**
d) **th___g___**
e) **kn____e____**

2. **Draw a leg in the space below**

Lesson 3
Read and spell

hearing, tasting, touching, smelling, feeling, chewing, walking

Body parts and their uses

Part	Function
eyes	for seeing
ears	for hearing
nose	for smelling
mouth	for eating
tongue	for tasting
skin	for feeling
teeth	for chewing
hands	for touching
legs	for walking

Activity :
Match the following body parts to their uses.



touching



seeing



smelling



hearing

Lesson 4
Read and spell the words.

bathing, personal, general, hygiene, cleanliness, cutting, combing, brushing, washing, trimming, tooth brush.

Personal hygiene

Personal hygiene is the general cleanliness of the body.
Ways of caring for our body parts.

- ⇒ bathing
- ⇒ combing hair
- ⇒ cutting finger nails
- ⇒ brushing teeth
- ⇒ washing hands and clothes.

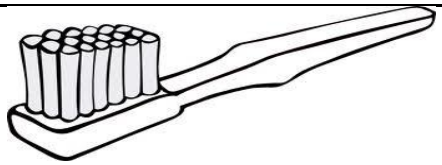
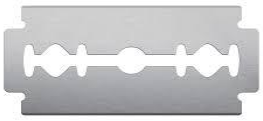
Activity

1. What is personal hygiene?
2. Write down any four ways of caring for our bodies
3. Draw yourself bathing at home.

Lesson 5
Read and spell

water ,sponge,comb,razor blade, tooth paste, soap

Materials used for cleaning our body parts.

	
Tooth brush	**Razor blade**
	
soap	**Tooth paste**
	
Comb	**sponge**

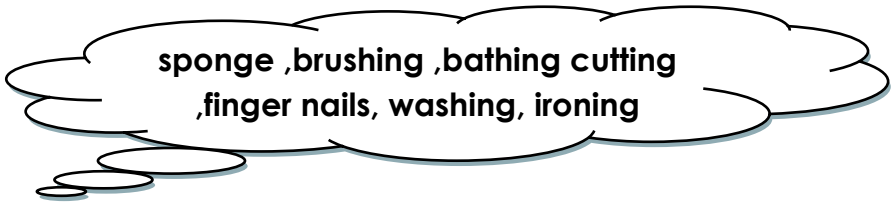
Activity

1. Draw the following tools used for cleaning our bodies.

Tooth brush	Tooth paste

Soap	water

LESSON 6
Read and spell



Uses of materials that help us to keep our bodies clean.

Tool	**use**
soap	for bathing
comb	for combing hair
tooth brush	for brushing teeth
razorblade	for cutting fingernails
water	for bathing.

Activity:

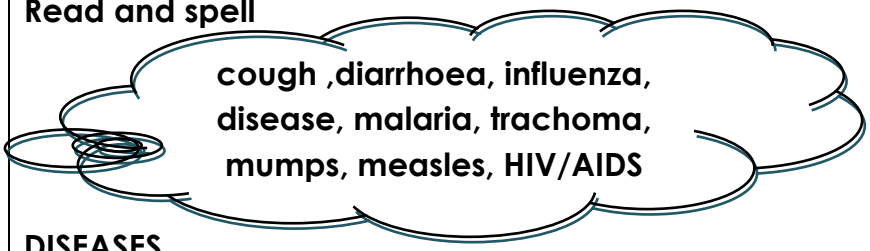
1. **Complete the words below by filling in the missing letters.**

a) t____ ___th br___sh
b) raz___ ____blade
c) so___ap

2. Give the uses of the following hygiene tools.
   a) water_____
   b) comb_____
   c) razorblade_____

Lesson 7

Read and spell



DISEASES

A disease is an abnormal condition of a part or organ of a living thing.

Examples of common diseases.

a) diarrhoea
b) malaria
c) trachoma
d) mumps
e) measles
f) HIV/AIDS

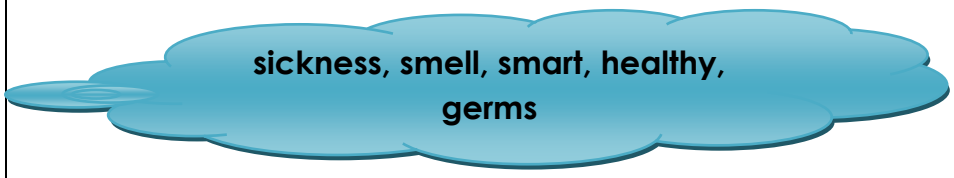
Activity

1. **Fill in the missing letters to complete the words correctly.**

a) d__ ___rrhoe___
b) m____l__ria
c) m__mps

2. Write down any four common disease.

Read and spell



The importance of keeping our body clean are ;

⇒ To avoid sickness
⇒ To be smart

⇒ To prevent bad smell
⇒ To be healthy
⇒ To kill germs

Activity

1. **Fill in the missing letters to complete the words correctly.**

a) a____v___i__
b) sm____ll
c) he___lthy
d) g__ ___ms

2. Give any three importance of keeping clean.
3. Why should we bathe daily?

Read and spell

dirty , mosquitoes, house fly, worms, cockroaches, sharing, sharp objects

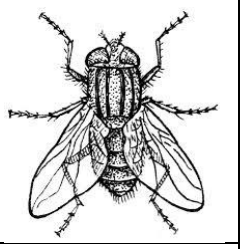
How disease are spread.

1. **By mosquitoes. Mosquitoes spread malaria to us .**



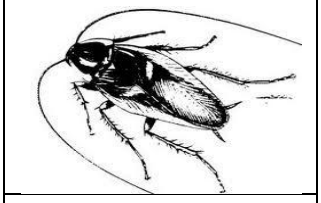
A mosquito

2. House flies spread to us cholera and diarrhea and trachoma



a house fly

3. Cockroaches spread to us cholera and diarrhoea



cockroach

4. Eating dirty food
5. Sharing clothes spreads skin disease
6. Sharing sharp objects

Activities

1. Name any three insects that spread diseases to us .
2. Write down one disease that is spread by mosquitoes to us.
3. Why is it a bad habit to eat dirty food?
4. Mention any two ways disease is spread to us.

Read and spell

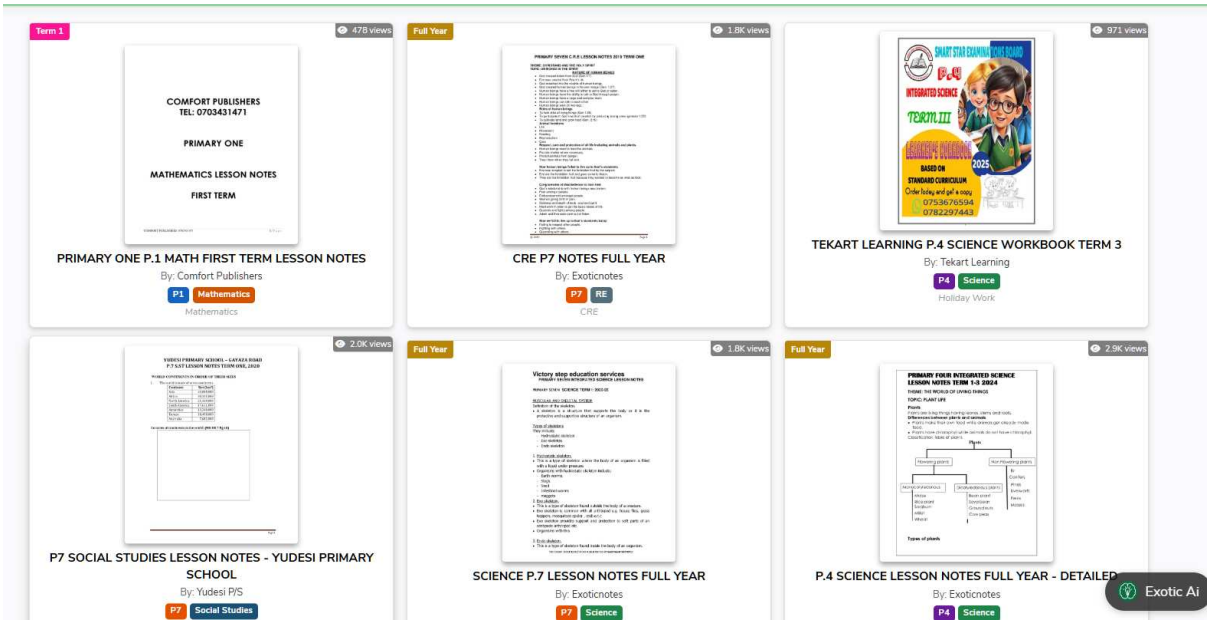
avoid ,mosquito net, immunizing, washing hands, clearing bushes

How to prevent disease.

⇒ By sleeping under a treated mosquito net to control malaria.
⇒ Washing hands after visiting the toilet/ latrine
⇒ Not sharing sharp objects like razor blades
⇒ Immunizing against the immunisable diseases like polio, measles,

		and tetanus and whopping cough. ⇒ Clearing bushes around our homes. ⇒ Removing broken containers from our compound. **Activity** 1. Fill in the missing letters to complete the words correctly. a) imm____nising b) m___squ___to n__t c) sh___rp d) ob___ects 2. Match diseases and the way they are spread. Malaria — sharing sharp objects Cholera — mosquitoes HIV/AIDS — houseflies 3. Write any two ways diseases can be prevented.

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