Lesson 1

Theme: **<u>Human Body and Health</u>**

1. Parts of the body

head
ears
mouth
arm
knee
chest
neck
chin
toes
hands
navel
fingers

Activity: Identify the parts on your body.

Ref: Understanding integrated Science book 1 page 1
Pentagram bk 1 page 4
Mk English book 2 page 114-116

Lesson 2

<u>Main parts of the body</u>

a) Head	**Parts of the body**
	Hair Eyes Cheek Nose

	Ears Mouth Chin
b) Trunk	**Parts of the trunk**
	Neck Chest Belly Shoulder Navel breasts
c) Limbs	**Parts of the Limb**
	Elbow Palms Ankle Nails Toes Thigh Fingers

Lesson 3

<u>Senses and sense organs</u>

There are five sense organs.

These are:- eyes, nose, ears, skin, tongue.

Senses	**organ**	**use**
seeing		to see

	eye	
hearing	 ear	to hear
tasting	 tongue	to taste
smelling	 nose	to smell
feeling	skin	to feel

Ref: Pentagram Basic Christian Religious Education book I page 6 – 7.

Lesson 4

<u>Personal Hygiene</u>

Personal hygiene is the cleanliness of our body.

Items used in keeping our bodies clean.

- Sponge, comb, water, soap, basin, toothbrush, etc.

Draw and name four items used to keep our bodies clean.

Ref: Understanding integrated Science book 2 page 12.

MK Primary English book 2 pages 16-17.

<u>Importance of Personal Hygiene</u>

We keep our bodies clean to:-

-kill germs

- prevent bad body smell

-remove dirt

-prevent skin diseases

Lesson 5

<u>Ways of keeping our bodies clean.</u>

-We wash our face.

-We comb our hair

-We cut our nails and hair short.

-We brush our teeth

-We bathe our body

(Practical lesson about ways of keeping our bodies clean)

Ref: Understanding Integrate Science book I pages 5-13.

MK Integrated Primary school book

Lesson 6

Keeping toilets and latrines clean .

Things we use to clean the toilets or latrines.

				
gloves	brush	water	broom	soap

How to keep the toilets clean

-By flushing

- By mopping

-By spraying

-By scrubbing

-By sweeping

How to keep the latrines clean

-By sweeping
-By smoking
-By mopping
-By scrubbing
-By spraying

Draw and name any four things we use to clean the toilets

Lesson 7

iv) Why do we keep toilets or latrines clean?

- To control germs
- To control flies
- To control bad smell
- To control some diseases.
- To promote good sanitation

i) How do we use the toilet/ latrines well?

We shall have a **practical lesson** on how to use and clean the toilets.

(See teaching points on pages 33 of Mk Integrated primary Science book I)

ii) <u>Why do we wash our hands after visiting the toilet?</u>

- To wash away germs
- To promote good health
- To control the spread of faecal/ diarrhoeal diseases.

iii) <u>Why do we wash our hands using soap?</u>

- To kill germs.

Ref: Understanding Integrated Science book I pages 26.

Lesson 8

<u>Rubbish disposal</u>

What is rubbish disposal?

Rubbish disposal is the proper way of putting rubbish where it should be.

<u>How to dispose rubbish</u>

- By putting rubbish into dustbins.
- By burning rubbish
- By burying rubbish
- By putting rubbish in sacks.
- By putting rubbish in rubbish pits.

Draw and name three things which we use to dispose rubbish

Lesson 9

<u>DISEASES</u>

i) **<u>Common diseases at home and school</u>**

-Malaria cough

-diarrhea chicken pox

Influenza tuberculosis

-dysentery trachoma

Measles ring worms

Scabies HIV/ AIDS

Mumps

ii) **<u>What brings these common diseases? [causes]</u>**

- <u>mosquitoes</u>
- <u>houseflies</u>
- <u>cockroaches</u>
- <u>worms</u>
- <u>dust</u>
- <u>sharing sharp objects</u>
- dirty food / bad food
- drinking dirty water or un boiled water
- sharing things we use for personal hygiene.
- Eating with dirty hands.
- poor rubbish disposal.
- Failure to use toilets and latrines correctly.

Lesson 10

<u>Prevention of common diseases</u>

- <u>Sleeping under treated mosquito nets.</u>
- <u>Avoid sharing sharp objects.</u>
- <u>Clearing bushes around our homes</u>
- Eating clean food.
- Using the toilets / latrines correctly.
- Keeping our homes clean.
- Covering our food.
- Proper waste disposal.
- Drinking boiled water.

- ❖ Not sharing personal effects. E.g. sponges, towels, clothes, razorblades nail cutters.
- ❖ -Cleaning our fingers / hands before eating.

Ref: Fountain Primary Science book 2 pages 96.

Lesson 11

CHILDHOOD DISEASES (IMMUNISATION)

1. What is immunization?

Immunization is the giving of vaccine to a person to protect or prevent certain diseases.

Immunisable diseases

polio	measles

Whooping cough	diphtheria
tetanus	tuberculosis

Lesson 12

<u>Other immunisable diseases</u>

-rabies

-typhoid

-yellow fever

-Hepatitis B

-Haemephilius influenza b

<u>Importance of Immunisation</u>

-It reduces infant mortality rate.

-It promotes good health.

-It controls childhood diseases.

Lesson 13

WEATHER

1. What is weather?

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

2. Weather makers/ elements of weather.

			
Sunshine	Clouds	Wind	rainfall

Uses of wind and sunshine

i) We use wind for;

-flying kites and wind mills

-Sailing boats

-drying the clothes

Lesson 14

ii) **We use sunshine to;**

- -dry clothes
- -warm our bodies
- -dry our seeds
- to produce solar energy
- to preserve fish

Uses of rainfall

-Rainfall adds on the level of water in the water sources.

-Rainfall gives us water for use at home

-Rainfall helps our plants to grow.

-Animals get water for drinking.

Lesson 15

Importance of clouds

-Clouds make rain.

-Clouds protect us from strong sunshine.

Name and colour these uses of water at home.

Comprehensive SST book I page 35.

Mk Integrated Science book three page

MK Standard S.ST bk 2 page 78

Name these uses of sunshine

Lesson 16

Types of weather

-Sunny -rainy

-Cloudy -windy

Match correctly

Rainy		sunshine
Windy		clouds
Cloudy	wind	
Sunny		rainfall

Name these types of weather.

MK Primary Eng. Bk2 pg 103

Monitor S.ST bk 1 pg 43

MK Integrated Primary Sci. Pupils book 2 pages 52

Lesson 17

Colour and name the different activities done on these types of weather.

a. Rainy	
b. Cloudy	

c. Windy	
d. Sunny	

Ref: MK Integrated Sci book 2 page 54.

M0nitor S.ST Bk 1 pg 44

Lesson 18

<u>Types of seasons</u>

1. There are two types of seasons;

a) Wet season

b) Dry season

A. Wet season:

a) There is a lot of rain during the wet season

3. Activities done in a wet season.

planting	weeding	transplanting

B. Dry season:

There is a lot of sunshine during the dry season.

4. Activities done during the dry season

		
Clearing the land	Drying seeds	harvesting

Ref: Understanding Integrated Sci book I pages 46 – 47.

<u>Different ways of caring for plants</u> Lesson 20

mulching	harvesting
manuring	Spraying
weeding	watering

Ref: MK Integrated Sci book 4 pages 4 – 8.

1. Dangers of rainy weather. Lesson 21

floods	Destroys plants	Destroys houses	Kills animals

MK. Integrated primary Sci book 2 page 57. Monitor S.ST bk 1 pg 4

2. Dangers of windy weather

Destroys plants	Destroys houses	Take soil

3. Dangers of sunny weather.

Dries plants	Dries water sources	Kills animals	

Ref: Monitor SST book I pages 45 – 46.

Managing sunny weather Lesson 22

Wear light	Rest under a	Wear glasses	Wear caps / hats

clothes	shade		

Managing rainy and cloudy weather

		
Carry umbrellas	Wear heavy clothes	Sit near fire

Things we use to protect ourselves from rainy and cloudy weather.

Ref: Monitor S.ST book 1 page 47. Sharing our word Bk 1 pg 35

<u>Accidents and safety Lesson 23</u>

1. What is an accident?

An accident is a sudden happening that causes harm to the body.

2. **<u>Common accidents</u>**

cuts -burns

poisoning -drowning

electric shock - fractures

-road accidents

Insect bites -snake bites

3. Draw these accidents.

Snake bites	cut	burns

Causes of accidents

-Carelessness

-playing dangerous games

-Not following instructions.

Fountain Primary Science bk 2 page 102 – 109 Sharing Our world bk 2 pg 35 to 36

Ref: Pr. Sci book I page 29-34

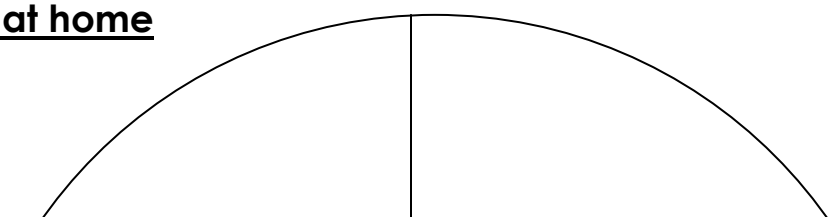
Mk Integrated Pr Sci book 3 pages 135, 136.

Lesson 24

Common Accidents at home

cuts	shock	scalds	fractures	poisoning

Things which cause accidents at home



Prevention of accidents at home

-raise the fire places

-keep drugs and poisons out of reach of childre

-Playing fair games

-handling food well

-avoid playing with sharp objects

Ref: Understanding Integrated Sci book 1 page 48.

Fountain book 1 pages 29 – 30.

Lesson 25

How to control accidents at home

Do not climb trees	Keep machines away
Do not play with sharp things	Keep away from fire or hot things

Ref: Understanding Integrated Sci book I page 52.

Fountain book I page 37

Accidents on the way

Snake bites -Insect bites

Falls -Car accidents

Cuts

Causes of accidents on the way Lesson 26

-playing on the road

-pot holes

-driving while drank

-overloading

-Failure to observe road signs

-Over speeding

-Vehicles in bad conditions

Ref: Sharing our world book I page 3.

Preventing accidents on the way

-Not playing on the road.

-Cross a busy road at a zebra crossing.

-Walk on the foot path.

-No over speeding and over loading vehicles.

-Cross the road with the help of the grown ups.

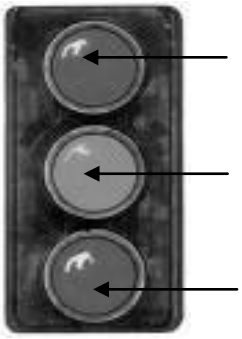
Ref: Comprehensive S.ST book 2 page 50, Book One Pg. 7-9

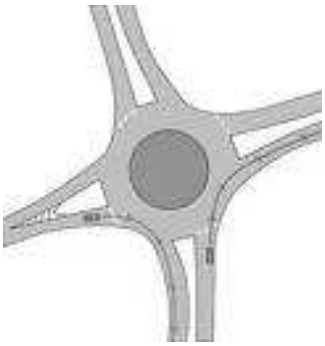
Road signs Lesson 27

1. Examples of road traffic signs.

- Zebra crossing
- School ahead
- Traffic lights
-No entry
-No parking
- Humps ahead
- No over taking
- Round about
- Animals ahead
- Corner ahead

2. Colour and name these road traffic signs.

		
Cattle crossing	Humps ahead	No parking
	 red orange green	

Danger ahead	Traffic lights	Zebra crossing
		
Parking	School ahead	Round about

Meaning of colours of the traffic lights

Red – stop

Orange – get ready

Green – go

Lesson 28

<u>Common accidents at school</u>

-Falls - scalds

-Cuts

-Burns

<u>Causes of accidents at school</u>

-playing rough games

-careless handling of hot food

-playing with sharp objects

<u>How to control accidents at school</u>

<u>-</u>Playing fair games

-handling food well

-avoid playing with sharp objects

<u>Effects of accidents</u>

-Accidents can lead to death

-lead to lameness

-loss of some body parts

Ref: Understanding Integrated Sci book I pages 50, 52.

Mk Integrated Pri. Scie. Bk 1 page 70, 72. MK S.ST bk 3

Lesson 29

THEME 7

Living together

The family

What is a family?

A family is a group of people related by blood or marriage.

Types of families

- Nuclear family
- Extended family

A nuclear family is a family where we find father, mother, and their own children.

People found in a nuclear family.

Father

Mother

Own children

An extended family is a family where we find father, mother, children and other relatives.

People found in an extended family.

Father	aunt	nephew
Mother	grand father	grand mother
Children	cousin	etc
Uncle	niece	

Ways of living together in the school. [school activities]

- playing
- sharing
- working
- caring
- helping
- learning

School routine like;

- obeying school rules
- reciting the school motto
- singing the anthem
- saying the school prayer

Ways of living together in the community.

Working together e.g.

- Clearing roads
- sharing
- caring
- Cleaning wells

Participating in different ceremonies e.g.

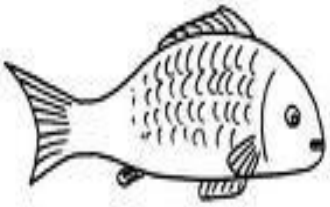
- Weddings
- Naming
- Baptism
- Introductions
- etc

Food and Nutrition

What is food?

Food is anything good that we eat or drink.

Names of common foods

			
milk	fish	eggs	pineapple
			
orange	cabbage	chicken	bread

Ref: Monitor book I page 23.

Comprehensive S.ST book I page 32.

Sources of food

The major sources of food are plants and animals.

a) Food got from plants



beans



orange

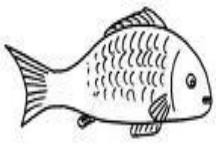


egg plants



bananas

Food got from animals



Fish



eggs



milk



chicken

Lesson 30

Places where we get food from

Gardens farms

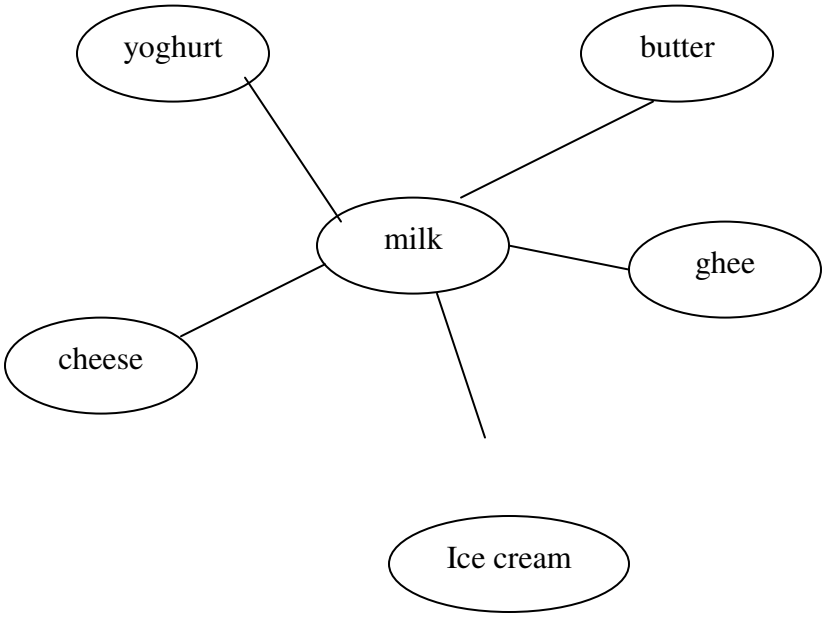
Shops lakes and rivers

Markets swamps

Animal food products

These are the foods got from animals.

Mapping milk products



Other animal products are meat, skins, e.t.c

Lesson 31

1. Importance of food

-It helps us to grow

-It gives us energy

- It keeps the body healthy.

2. Why do we eat food?

- to be happy
- to satisfy hunger
- to be healthy
- for hospitality
- it is a habit

3. <u>Classes of food</u>

-Body building food

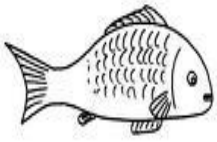
-Energy giving food.

-Health giving food.

4. Body building food:

This food makes our body grow.

Examples of body building food

				
chicken	eggs	fish	beans	milk

Ref: Comprehensive S.ST book I page 32.

Understanding Integrated Scie book 2 page 62.

MK Standard Bk 2 pg 78

Lesson 32

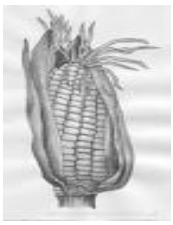
4. Energy giving food

These are foods which give us energy.

Examples are;

Bread, bananas, millet, sorghum

Draw and name any three energy giving food

		
cassava	maize	bread

5. Health giving food

These are foods that keep our bodies healthy.

Example: All fruits and vegetables.

			
pawpaw	carrots	tomato	mango

Ref: Comprehensive S.ST book I page 32.

Understanding Integrated Science book 2 page 62.

Lesson 33

<u>Ways of keeping food safe</u>

-cover all the food.

-wash hands before eating

-wash hands before preparing food

-serve food in a clean place.

-eat food from a clean container

-wash fruits before eating them

-wash vegetables before cooking them

Ref: Understanding Integrated Scie book 2

Questions

a)Why do we cover our food?

To keep it free from flies.

b) What do flies carry to our food?

- germs

c) What happens when we eat food touched by flies?

- **we become sic**k

d) Why do we wash our hands before eating?

- **to remove germs**

- to remove dirt

Lesson 34

<u>Preserving food</u>

What is food preservation?

This is keeping food for a long time without going bad.

Ways of preserving food.

tinning	boiling	smoking

Sun drying	salting	Refrigeration

The importance of preserving food

-It helps to preserver food for future use

-It helps to keep the food safe.

Ref: Integrated Pr. Scie book 2 page 91
Fountain Pr Scie book 2 page …….
Mk Integrated Pr. Scie book 3 pages

Lesson 34

Good eating habits

-sit properly while eating.

-put just enough food in the mouth.

-chew food properly.

-eat your food quietly.

-drink water or juice after eating food and not when eating.

(Practical lesson)

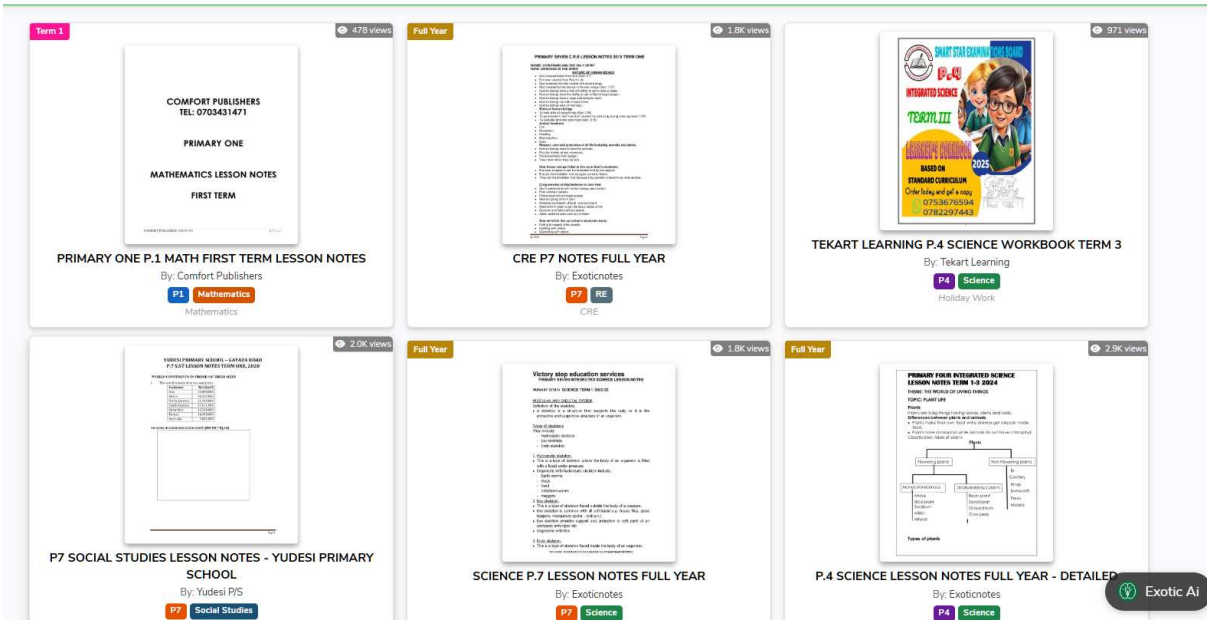
Ref: Mk Integrated Pr Sc book 4 page 14

N.B

Do revision on the following topics;

1. **How different people in school help one another.**
2. **How different family members help one another.**
3. **How different people in the community help one another.**

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