

LESSON NOTES PRIMARY TWO – LIT I

TERM I, II & III

THEME 5: OUR SCHOOL AND NEIGBOURHOOD

SUB-THEME: LOCOATION, SYMBOLS AND BENEFITS OF OUR SCHOOL.

A. LOCATION OF THE SCHOOL

Our School

1. Our school is ……
2. A school is a place where people go to learn.
3. Our school is found along ..... road
4. Our school is built on ..... hill.
5. Our school is found in ..... division / sub county.
6. Our school is found in ..... village / zone.
7. Our school is found in ..... district.

Learner's activity

The pupils will visit the location of their school.

B. Symbols of a school.

School symbols are things which make our school different from other schools

a) School name
b) School uniform
c) School badge
d) School motto
e) School flag
f) School anthem
g) School signpost

h) School mission
i) School prayer.

Learners' activity

Write down five symbols of our school

1. _____
2. _____
3. Draw these school symbols
4. _____
5.

School uniform	School flag

IMPORTANCE OF THE SCHOOL SYMBOLS

B

1. School name

It shows the name of our school**.**

2. School uniform

It makes us different from other pupils

It also makes us (the pupils) look smart.

3. The School flag

It gives us a feeling of unity.

4. School prayer

It is a special prayer for the school

It teachers us to be God fearing

5. School motto

It encourages pupils to work hard.

6. School sign post.

It shows where the location of our school

Learners' activity:

1. What is the use of a school sign post?
2. _____makes the pupils look smart.
3. _____teaches us to be God fearing.
4. What is the special song of your school called?
5. What is the use of your school motto?
6. Write down your school motto.

D. Drawing school symbols

a) School uniform

(c) School flag

b) School badge

(d) School sign post

(e) **Things found on;**

School badge

School motto

a) School badge

1. _____
2. _____
3. _____

4. _____

b) School sign post

1. School badge
2. School motto
3. School name
4. School box number

4. **SCHOOL STRUCTURES**

1. School structures are the buildings found in the school

2. Examples of school structures;

1. Pupils sit and learn from the classroom.
2. Pupils use toilets to ease themselves
3. Food at school is prepared from the kitchen
4. The headmaster and the secretaries do their work from the offices
5. We buy things from the school canteen
6. Sick pupils rest in the sickbay.
7. Teachers meet and rest from the staffroom
8. Library is where the books for the school are kept
9. Store: The school property are kept in ht store

Activity

Match the following:

Library	where we go to ease ourselves
Kitchen	where pupils go for treatment
Toilet/latrines	where food is prepared
Sickbay	where school books are kept
Classroom	where pupils learn from
Store	where school property is kept

How important are the following school structures/

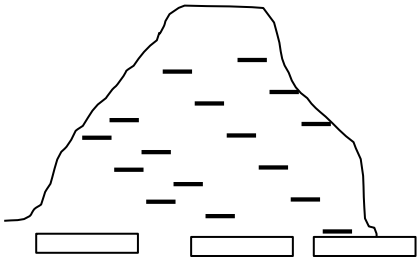
Dining hall _____ (b) staffroom _____

Things we use to build our school (Building materials)

Iron sheets, cement iron bars sand nails timber roofing tiles stones bricks blocks

Activity: Pupils will name strong building materials drawn.

Cement





Draw these building materials.

Nails	Iron sheets	stones

Where/ sources of strong building materials are got.

Material	**Source**
Cement	Factory
Nails	Factory
Paint	Factory
Timber / poles	Forest / bush
Sand	Lake side / swamp
Bricks / clocks	Swamp
Stones	Quarry
Tiles	Factory
Iron sheets	Factory
Iron bars	factory

Activity:

Draw places where we get strong building materials (swamp, factory, lake, forest)

Weak building materials

Gras

Mud

Sticks

Banana fibres

Ropes

Cow dung

Papyrus

Sources of weak building materials

Mud	-	soil & water
Banana fibres	-	banana plants
Grass	-	bush
Reeds	-	bush
Sticks	-	bush
Wow dung	-	farm

Papyrus - swamp

Activity

Pupils will draw the weak building materials

PEOPLE IN OUR SCHOOL

1. There are many people found in our school.

   These are

   a) Headteacher
   b) Teachers
   c) Bursar
   d) Secretary
   e) Cooks
   f) Cleaners
   g) Security guards
   h) Gate keeper
   i) Matrons
   j) School nurse
   k) School driver
   l) Water man
   m) librarian

Activity

1. Name your school headteacher
2. Who is your class teacher?
3. Name your school bursar
4. Draw your friends at school.

Uses of people in our school

1.	Headmaster	-	he heads the school
2.	Deputy headteacher	-	he assists the headteacher
3.	Teachers	-	they teach the children
4.	Secretary	-	types our home work and exams
5.	Bursar	-	keeps the school money
6.	Cooks	-	cook the food
7.	Cleaners	-	cleans the school
8.	Nurse	-	helps the sick children at school
9.	Security	-	guard keeps the school safe

10. Matrons - look after children in the boarding section

Learners' activity

Match the following

Headteacher	-	teachers the children
Bursar	-	types exams
Secretary	-	heads the school
Cook	-	keeps the school money
Teachers	-	cooks food

Why does a school need the following people?

Nurse, guards, cleaners

Things we use at school.

Things we use at school are called facilities

Examples of things we use at school

Chairs	tables	chalk	pencil	pen
papers	water	brooms	duster	ruler

Learners' activity

Draw things we use at school

Chalk	Broom	Chair	Pencil
Ruler	Table	Water	pen

Pupils' roles / duties / work

1. Sweeping the classroom.
2. Mopping the classroom
3. Dusting tables and chairs
4. Watering the flowers
5. Arranging books
6. Collecting books
7. Pupils with special duties at school are called prefects
8. A class monitor is the head of other pupils in the class.
9. The monitor makes sure that order is kept in class.

Learners' activity

1. Sate any two responsibilities of children at school.

2. Who is your class monitor?

Prefects

1. There are pupils who have special roles at school.
2. Prefects work together with teachers.
3. Prefects help pupils to be disciplined at school.
4. There are two very important prefects in our school.
5. They are

   Head boy and head girls
6. They head all other prefects
7. They are other prefects at schools like;
   a. Games prefects
   b. Meals prefect
   c. Health prefect

Learners' activity

1. Pupils who have special roles at school are called _____
2. Name the head girl of your school. _____
3. What is the name of your head boy? _____
4. Name other two prefects in your school.
   a. _____
   b. _____

CLASS RULES: these are rules governing a class

1. Do not play in classroom
2. Pay attention to your teachers
3. Put up your hand before you answer
4. Do not step on tables and chairs
5. Do not eat from class.
6. Do not go out of class without permission.

SCHOOL RULES: These are rules governing a school.

1. There are many school rules we must obey
2. School rules help us to be good pupils
3. They guide us to do good things. These are:
4. Pupils should not come to school late
5. Do not fight one another.
6. You should love your schoolmates
7. Do not do any harm to them
8. Never leave your school without permission.
9. Do not climb trees.

10. Never laugh at other people.

Learners' activity:

1. Give any two class rules
    a. _____
    b. _____
2. Identify one use of school rules.
    a. _____
3. Mention any two school rules.
    a. _____
    b. _____

Our time table

1. The timetable tells us what to do.
2. It shows us the right time to do something.
3.

Things found on the timetable.

These are :

Time	subjects / learning areas	Names of teachers
Days of the weak	name of the class	
Drawn timetable		

Learners' activity:

1. On which day do you learn art and craft?
2. Which subject has many lessons in a week?
3. What time do lessons start in your school?
4. At what time do pupils go for lunch in your school?
5. How many English lessons do you have in a week?
6. We should always keep our books in_____(order, dustbin)
7. Draw your class timetable in your books.

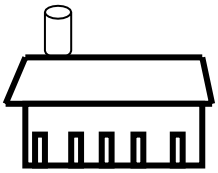
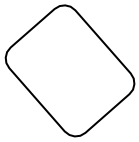
OUR NEEDS AT SCHOOL

1. A school has many needs
2. These are:

Furniture	stationary	balls	toilets	desks
Electricity	pens	clack	boards	chalk
Water	food			

Learners' activity

Name the school needs shown in the pictures below.

a)  	b)	c)
d) 	e)  	f)   stationery

a) _____ (b) _____ (c) _____

(d) _____ (e) _____ (f) _____

WAYS IN WHICH THE SCHOOL NEEDS ARE MET.

A There are very many ways in which a school meets its needs. These are:

1. Parents pay school fees.
2. Some parents also give gifts to the school e.g. books and pencils
3. Many school use government money to met their needs
4. Some schools have sponsors
5. Some schools have projects e.g. poultry keeping
6. Some schools have farms and gardens where they get food from
7. Some good people give money to the school.

Learners' activity

Mention any five ways in which a school meets its needs.

1. _____ 4. _____
2. _____ 5. _____
3. _____

Problems in meeting school needs.

1. Some schools do not have enough money
2. Some parents cannot pay school fees.

3. Some people steal school property
4. Some schools do not have enough classrooms ad seats.

5. Sometimes the sun destroys crops in the school farm.
6. Animals can also destroy the farm crops
7. Sometimes fire spoils things at school.

Ways of solving school problems.

1. Parents should help the school to meet its needs.
2. School properties should be kept safely.
3. Our school crops should be watered during the dry season.
4. Pupils should be taught to make things for the school e.g. bricks.
5. Broken desks chairs should be repaired.

Learners' activity

1. Write down three needs in your school.

a) _____ c) _____

b) _____

Keeping the school clean

Things we use to keep the school clean

Brooms	soap	matchbox
Rags	bucket	rags
Dustbin	Brushes	slasher
Rake	hoe	

1. Our school should be kept clean
2. Clean places are good to live in.
3. Rubbish should be thrown into dust bins or rubbish pits.
4. Remember always to wash your hands after going to the toilet.

Learns activity

Children sweeping the compound	Children watering plants	Children burning rubbish

2. Why do we keep our school clean?
   Give three reasons.
   a) _____ c) _____
   b) _____

3. Why do you always wash your hands after visiting the toilet?

Activities done at school

Writing	reading	playing	dancing
Singing	sweeping	drawing	picking rubbish
Shading			

Activity

Name the activities done at school.

SUB THEME: BENEFIITS TO THE SCHOOL FROM NEIGHBOURHOOD

OUR SCHOOL NEIGHBOURHOOD

1. A neighbor is someone who stays near you.
2. Children will name their neighbours in class and at home.
3. Neighbourhood is the areas around our school.
4. Things found in our neighbourhood are mosque, church, plants, market, police station, roads, schools
5. Our school neighbours do different things. They work to meet their needs.

Examples:

People	**work**
A barber	cuts / trims our hair
The police	keeps law and order
A herds man	looks after cattle
A fisher man	catch fish
A cobbler	mends our shoes
Plumber	repairs water pipes
Fish monger	sells fish

Activity:

1. **Match**

A teacher	looks after cattle
A farmer	treats sick people
Policeman	teaches children
A doctor	keeps law and order
A herds man	grows crops

BENEFITS TO THE SCHOOL FROM THE NEIGHBOURHOOD

1. We get people to work in our school from the neighbourhood. E.g. teachers, cleaners, etc.
2. We get food from the farms in our neighbourhood
3. We get medicine
4. The school buys land from the school neighbourhood
5. The school gets money from people from the neighbourhood e.g. donors
6. We get building materials from the school neighbourhood.

Activity:

1. Name any three beneficiaries (things) the school gets from the neighbourhood.

a) _____ (b) _____

2. Read and draw.

a. Crops ☐

b. animals ☐

Benefits to the neighbourhood from school

1. The school teach children fro the neighbourhood
2. The school gives jobs to the people
3. The school is a meeting place for the people from the neighbourhood
4. The school teaches good behaviors e.g. cleanliness
5. The school lends furniture to the people in the neighbourhood
6. The school entertains people in the neighbourhood

Activity

1. Read and draw

a. Children dancing

b. Teacher teaching

c. A man sweeping

d. Two cooks

2. Causes of problems between school and neighbourhood.

(a) **Causes**

1. some people are thieves
2. Some people use bad language
3. Some people quarrel
4. Some people break and damage property
5. Some people burn schools
6. Some people kidnap children
7. Some people fight others.
8. Some people trespass.

(b) **Ways of preventing these problems**

1. People should respect one another
2. People should follow rules and regulations.
3. People should keep law and order.

Activity

What are they doing?

School and neighbourhood

Important places near our school

- Churches
- Mosque
- Police stations
- Hospitals
- Markets
- Shops etc.

THEME 2: OUR HOE AND COMMUNITY

SUB THEME: Relations among family members.

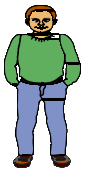
A family

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

Types of families

a) Nuclear family
b) Extended family

Members in a nuclear family

a) Father 

(c) mother 

b) Children 

Activity

1. Children draw members of a nuclear family in their books.

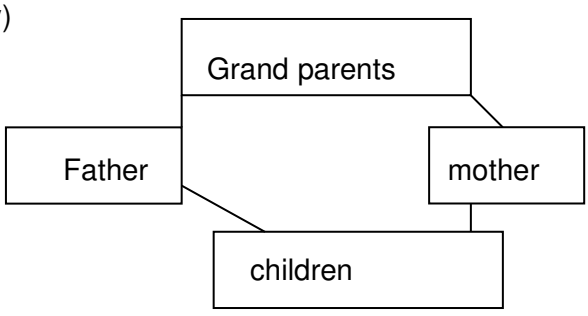
Extended family

An extended family is a family with father, mother children and relatives. Members of an extended family

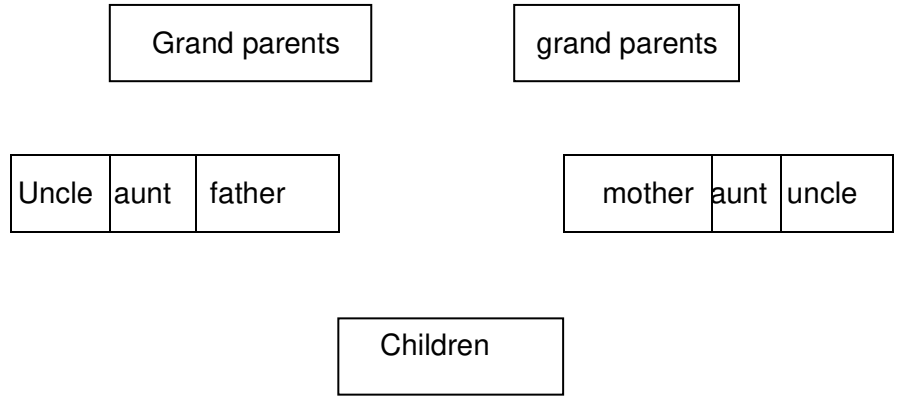
Father	mother	brother	sister	uncle
aunt	grandfather	grandmother	cousins	

Activity

Family tree (Nuclear family)



Extended family



Activity:

Children will draw the family tree.

Family relations

1. The son of my father and other is my brother
2. The daughter of my father and mother is my sister
3. The sister of my father and mother is my aunt
4. The brother of my father and mother is my uncle
5. The father of my father and mother is my grandfather
6. The mother of my mother and father is my grandmother.
7. The son of my brother or sister is my nephew
8. The daughter of my brother or sister is my niece
9. The children of my aunt and uncle are my cousins.

People who start / begin a family are husband and wife.

Roles of the family members

Duties of a father:

1. A father heads a family
2. A father pays school fees
3. A father buys food and other things for the family
4. A father takes and picks children from school
5. A father pays house rent.

Duties of a mother

1. A mother cares for the home
2. A mother cooks food
3. A mother looks after children
4. A mother washes clothes
5. A mother takes ad picks children from school.
6. A mother pays school fees
7. A mother heads a home when the father is not around.
8. A mother pays house rent.

Duties of children

1. Children clean the home
2. Children fetch water
3. Children collect firewood
4. Children help their parents
5. Children wash utensils
6. Children carry babies

Learner's activity

Read and draw

1. A mother cooking food

2. A boy sweeping

(3) a father digging

(4) a girl carrying firewood

Our community

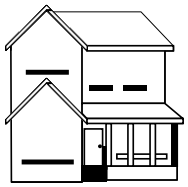
1. What is a community?
2. A community is a group of people living or working together.

Examples of communities are:

Church	mosque	school	police station
hospital	home	market	

Learners' activity

Draw a church, hospital

People found in our community

Doctors	barbers	nurse
Teachers	security guards	pastors
Fisherman	priests	carpenters
Mechanics	shopkeepers	venders
Herdsman	police officers	

Read and draw

Teacher	a farmer	a fisherman

Roles of different people in the community

1. Doctors treat sick people
2. Nurses cares for the sick people
3. Teachers teach children
4. Carpenters makes furniture

5. Plumber repairs broken pipes

6. Farmers grows crops and keeps (rear) animals
7. Herds man looks after cattle
8. Cobbler mends our shoes.
9. Shopkeepers sell things in a shop.
10. Fishmonger sells fish
11. Veterinary doctor treats sick animals
12. Barber cuts our hair
13. Police officers keeps law and order
14. Shepherd looks (care) after sheep
15. Oculist examines and treats eyes
16. Optician sells eye glasses
17. Tailor sews clothes

Activity

Match

a) Carpenter - grows crops
b) Doctor - looks after cattle
c) Farmer - makes furniture
d) Cobbler - treats sick people
e) Herdsman - mends shoes

Places of work of the people in the community

	People		**Places of work**
1.	Teacher	-	school
2.	Doctor	-	hospital
3.	Carpenter	-	workshop
4.	Farmer	-	farm
5.	Shopkeeper	-	shop
6.	Fisherman	-	lake
7.	Barber	-	saloon
8.	Mechanic	-	garage

1. **Draw these places of work**

2. **Draw these people**

Doctor	**Teacher**	**farmer**

Cultural practices and values in the community

Acceptable behaviors in different cultures in our community.

1. Greeting
2. Praying
3. Cooking
4. Serving
5. Worshiping
6. Eating
7. Singing and dancing
8. Dressing
9. Celebrating
10. Cultivating
11. Addressing different people

Culture is the way of living in an area / society.

Learners' activity

Eating	**Dancing**	**Praying**

Cultural practices in our community

1. Introduction
2. Singing and dancing
3. Marriage
4. Burial
5. Circumcision
6. Naming
7. Twins

Baganda	-	banana / matooke
Basoga	-	sweet potatoes
Acholi	-	millet
Bagwere	-	cassava
Karamajong	-	sorghum
Bakiga	-	Irish potatoes
Bagisu	-	millet

Cultural ways of greeting

Baganda women	-	kneeling
Basoga	-	kneeling
Banyankole	-	by hugging

Twins

1. Twins are children born on the same day by the same mother
2. The mother of twins is called Nalongo
3. The father of twins is called Ssalongo
4. A child born before the twins is called Kigongo
5. The child born after twins is called Kizza / Kiiza.

Names of twins

Boys	Girls
Wasswa	Babirye
Kato	Nakato

Learners' activity

Read and draw

1. Two girls dancing

2. People praying

3. A bride groom

4. Your traditional dress e.g. Kanzu and Gomesi

SUB THEME: PARTS OF THE BODY AND THEIR USES

PARTS

head	mouth	knees	eyes	nose	legs	hands
tongue	stomach	teeth	shoulders	fingers	head	feet
arms	breasts	neck	thighs	toes		

Activity

a) Pupils will name the parts orally
b) Draw and name the parts

(Picture showing parts of the body)

Stomach, mouth, breast, fingers, thigh, eye, head, neck, toes, leg, foot, ankle

The way different parts of the body work together to carryout different activities (functions of the body parts.)

Eye	-	see	skin	-	feel
Tongue	-	taste/ talk	teeth	-	chew
Legs	-	walk	hands	-	hold/ touch, writing
Nose	-	smell/breathe	fingers	-	touch
Belly	-	for covering the stomach			
Nails	-	scratching ourselves			

All these body parts work together to carryout different activities e.g. playing, eyes see what to play with, hands touch the play things, ears hear from other people you play with, legs walk as you play.

Activity

i) Pupils will match parts of the body with their uses

ii) Fill in the correctly.

I use eyes to _____

I write with my _____

I move / walk with my _____

I work with my _____

I_____with my skin.

SANITATION:

What is sanitation?

Is the general cleanliness of a place.

Is the keeping of our environment clean.

Sanitation s the general cleanliness of a place (environment) where we live / stay Areas that need to be kept clean at home and school

Bathroom	sitting room	house	store	pit latrine / toilet
Compound	kitchen	dining room	bedroom	veranda
Soak pit				

How to clean these areas

Slashing

Digging

Scrubbing

Moping

Smoking

Dusting

Flashing the toilets

Picking rubbish

Burning rubbish

Covering

Activity

Pupils will go out and pick rubbish from the school compound.

1. How do we keep our home clean?
2. Why do we keep our homes clean
3. Name two places we must keep clean
4. What do we use to keep toilets clean

5. Why do we clean toilets?

6. What do we use to clean our classrooms
7. Which materials d we use to keep these places clean?

   Toilets - _____

   Compound - _____

   Kitchen - _____

   Bathroom - _____

TOOLS MATERIALS USED

Tools and materials used to keep the place down clean

Water	Rake	Rag
Panga	Match box	Dustbin
Hoe	Scrubbing brush	Bucket, basin
Broom	Slasher	Liquid / detergents
Rake	Soap	
Match box	Knife	

Activity

1. Pupils will match tools to their uses

   Hoe - sweeping

   Brush - scrubbing

   Broom - digging

2. Drawing and naming the tools used to clan the environment.

PERSONAL HYGIENE

What is personal hygiene? Personal hygiene is the way of keeping our body clean. Skills(ways) of keeping clean.

- Brushing
- Washing regularly
- Cutting finger nails short

- Drinking boiled water
- Combing hair

- Cutting hair short.

Things we use to clean the body

- tooth brush
- sponge
- water
- comb
- razor blade
- tooth paste
- towel
- pair of scissors
- safety pin
- toilet paper
- handkerchief
- basin
- nail cutter

Activity

Pupils draw and name the things we use to clean our body.

Toothpaste	Comb	Towel	Bathing soap

Naming four skills for keeping clean

Things that we use to clean the body must be kept clean.

a) Clean the toothbrush after brushing
b) Wash your hands when they are dirty
c) Wash and dry your towel always
d) Wash your pants, dry and can iron them
e) We iron our clothes.

Importance of keeping them clean

a) Things used on our body should be kept clean to prevent bad smell
b) Things used on our bodies should be kept clean to prevent skin diseases.
c) Things used on our bodies should be kept clean to prevent dirt.
d) Thins used on our bodies should be kept clean to look smart.
e) We clean the things to prevent diseases.

Activity

Exercise:

1. Give two reasons why things used on our body should be kept clean

a)_____ (b) _____

2. Draw and name any two things used to clean our body.

Why do we brush our teeth?

- We brush our teeth to prevent tooth decay
- We brush our teeth to prevent bad breath
- We brush teeth to prevent cavities.

Why do we iron our clothes?

- We iron clothes to kill germs that can not die with water.
- We iron our clothes to be smart.

Why do we bathe?

- We bathe to avoid bad smell (body odour)
- We bathe to prevent germs
- We bathe to remove dirt from the body.

Activity

Give reason why we do the following activities.

a) bathing_____

b) brushing teeth _____

c) ironing clothes_____

Why do we wash our hands?

We wash our hands to remove germs that enter our body through mouth.

Why should drinking water be boiled first?

- We boil water for drinking to kill germs.
- Why should we cut our finger nails short?
- We cut finger nails short to prevent eating germs.
- We cut finger nails short to keep away germs that hide there.

Activity

Pupils will do practical work e.g. cutting finger nails short, washing their hands clean.

Common diseases

Preventing and controlling common diseases

Diseases like:-

- Malaria
- Flue and cough
- Diarrhea
- Typhoid

- Chicken pox

- Cholera
- Dysentery

Ways of preventing and controlling the diseases

- Avoiding smoking
- Avoiding spitting
- Guarding against harmful insects
- Cutting bushes down
- Sleeping under mosquito nets
- Boiling water for drinking
- Spraying
- Covering food removing the stagnant water

Activity

1. Name three common diseases you know

a) _____ (b) _____ (c) _____

2. Why do we sleep under mosquito nets?
3. Why do we boil water for drinking
4. We boil water for drinking to kill _____
5. Write any two ways of preventing common diseases.

a)_____ (b) _____

THEME: 4 FOOD AND NUTRITION

SUB THEME: CLASSIFICATION OF FOODS

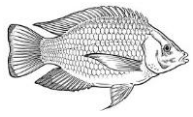
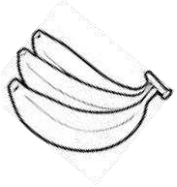
Common food in our community

What is food?

Food is something good we eat or drink Examples of common food

Rice, matooke peas beans cassava millet meat fish groundnuts yams Maize eggs potatoes cabbage chicken milk splash

Examples of foods

			
Fish	Banana/ matooke	Yams	g-nuts

Activity

1. What is food?
2. Name any fur common foods in our community.

_____ _____

_____ _____

3. Why do we eat food?
    a. _____
    b. _____
    c. _____

Sources of food

Plant	water bodies'	garden	shops	market	forests
Birds	animals	insects	bakery		

The source		**Examples of food**
Garden	-	cassava, potatoes, beans, g-nuts
Butcher	-	meat, chicken, mutton
Market	-	rice, beans flour wheat
Dairy/animal	-	milk
Forest / plants	-	fruits
Water bodies	-	fish

Activity:

1. Write down any four sources of food.

_____ _____

_____ _____

2. What is the main source of food?
3. Name the food we get from water

Classes of food

There are three classes of food.

a) Body building foods (proteins)
b) Energy giving foods (carbohydrates)
c) Health giving foods (Vitamins/ protective food)

Body building foods (proteins)

These are foods which help us to grow well

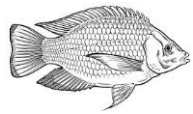
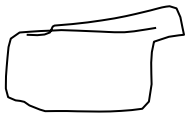
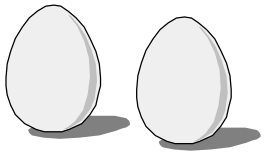
Examples:

Fish, bens, milk, eggs, groundnuts, chicken, meat, peas, cheese

Chicken	Meat	Milk

Note: Lack of enough proteins in the body causes a diseases called **Kwashiorkor**

Examples

		
Fish	Meat	eggs

Energy giving foods (Carbohydrates)

This is the food which helps us to be strong

Examples:

Posho	banana	cassava	eggs	millet	potatoes	maze yams
milk	sugarcane	bread	glucose	honey		

Also fats give us energy e.g.

butter	ground nuts	oil	milk fats	meat fats	ghee

Note: Lack of carbohydrates in the body causes a disese called **marasmus**.

Activity

1. Give the other name for energy giving foods. _____
2. If one lacks carbohydrates, he will suffer from _____
3. Draw these energy giving foods.

Bread	Cassava	Banana	Sugarcane

Health giving foods (vitamins)

These foods are grouped into two groups

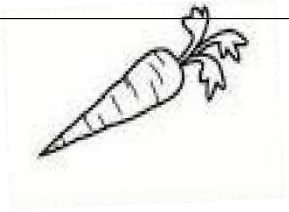
a) Fruits (b) vegetables

These foods fight against diseases.

Examples

Fruits	**vegetables**
Mangoes	cabbages
Pawpaws	nakati
Pineapples	carrots
Apples	carrots
Jackfruits	jobyo
Oranges	ensugga
Grapes	tomatoes
Water melon	lemons

Lack of vitamins in the body causes a disease called scurvy.

			
Apples	Tomatoes	pineapple	carrots

Activity:

1. List the groups of protective foods

a) _____ (b) _____

2. What is food?
3. Give three examples of health giving foods.

4. Name any three examples of food eaten raw

a)_____(b) _____ (c) _____

Good feeding

Balanced diet

What is a balanced diet? It is a meal with all food values.

Balanced meal help us to have good health.

Balanced meals help us to grow well.

Examples of balanced diet / meal

1. Pineapple + meat + rice + nakati
2. Bread +beans + cabbages + posho

Activity

1. Pupils will arrange a balanced diet practically

Effects of poor feeding

Some people fed poorly by eating one type of food e.g. posho everyday or bananas everyday

Poor methods of feeding may result into

- Mulnutrituion
- Death
- Blindness
- Poor body shapes

Signs of malnutrition

- Loss of weight
- Swollen body
- Change of hair colour and texture
- Loss of appetite
- Dullness

Activity

1. Write any three importance of balanced diet
2. List any two effects of poor feeding

a) _____ (b) _____

FOOD HYGIENE

- Food hygiene is the way of keeping food safe / clean.
- Dirty food is harmful to our health.
- How food gets dirty?
- Food can get dirty when left uncovered
- When dropped on dirty ground.
- When it is kept in dirty places
- When it is kept in dirty containers

- When handled with dirty hands.
-

Keeping food safe and clean

1. Covering it well
2. Using clean utensils
3. Touching food with clean hands
4. Preparing food with clean hands
5. Preparing food in clean places
6. Serving food with clean hands, utensils ad in clean places
7. Washing fruits.

Ways of preparation

a) Heating it
b) Cooking it
c) Washing it
d) Frying
e) Baking
f) Boiling
g) Roasting
h) Heat kills germs in the food.

Activity

1. How does food get dirty? Give any three ways.

a) _____

b) _____

c) _____

2. Name any two ways of preparing food to eat

a) _____

b) _____

3. Give one danger of eating dirty food.

4. What is food hygiene?

Ways of preserving food

- Salting
- Smoking
- Sun drying
- Warming
- Freezing
- Boiling
- Roasting

Activity

1. Why do we boil water fro drinking?

   _____

2. Mention any three foods we eat uncooked.

   a) _____ (b) _____ (c) _____

3. Give two ways of preserving our food.

   a) _____

   b) _____

4. Why do we boil water for dirking?
5. _____
6. Mention any three foods we eat uncooked.

Dangers of eating dirty food.

It is bad to eat dirty food because

a) We may eat germs
b) Germs are small living things that cause disease
c) Dirty food can cause diarrhea.
d) What are germs?

LESSON NOTES TERM II PRIMARY

TWO – LIT II

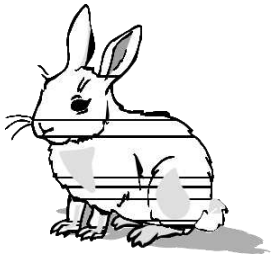
THEME 5: OUR ENVIRONMENT

COMMON ANIMALS.

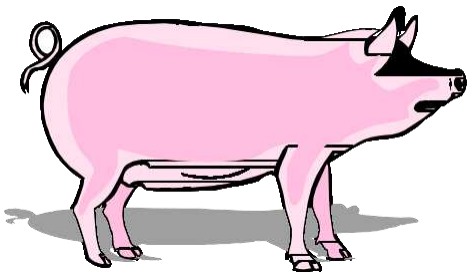
1. Domestic animals: What are domestic animals? Domestic animals are animals we keep in our homes.

Examples:

Rabbit horse donkey cow pig ox goat dog camel' Sheep cat.



Rabbit



pig

Activity:

1. What are domestic animals?

_____

2. Give five examples of domestic animals.

_____, _____, _____

_____, _____, _____

3. Draw these domestic animals.

dog	cow	cat	rabbit

2. Uses of domestic animals.

People keep animals for a purpose.

(a) cow - We get milk, beef, skin, horns
(b) dog - guards our homes.
(c) sheep - mutton, wool
(d) goat - meat, skin, milk
(e) rabbit - fur, meat
(f) cat - kills rats from the house
(g) pig - pork
(h) horse - transport
(i) donkey- transport
(j) Ox - Work in the garden/transport (ploughing)
(k) Camel - transport

Products of milk

- Cheese
- Yoghurt
- Ice cream
- Ghee
- Butter

Activity: Match animals to their uses;

Cow	transport
Dog	mutton and wool
Sheep	beef
Horse	guards home

Why do people keep cats in their homes?

Name any two products we get from milk.

a) _____

b) _____

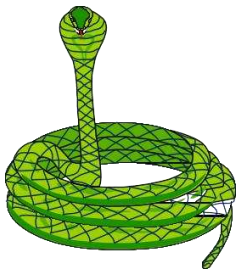
3. Wild animals:

What are wild animals? Wild animals are animals that live in the bush, forest or water. (wilderness).

Examples

Zebra, rat, snake, fish, lion, rhino, crocodile, elephant, giraffe, monkey, fox, leopard, tiger

Most wild animals are dangerous to us.

Snake 

Activity:

1. What are wild animals?

   _____

2. Mention six examples of wild animals.

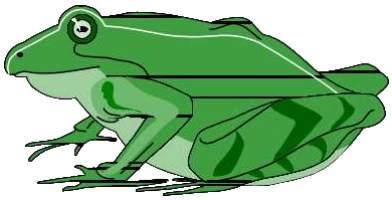
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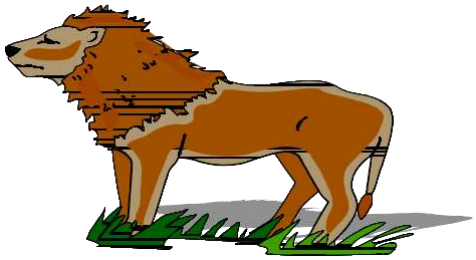
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Uses of wild animals

- They give us food e.g. meat……..
- They give us skin e.g. snake, leopard
- They give us ivory (elephant)
- They attract the tourists and they give us money
- They give us horns.

3. Name the wild animals.





4. **Dangers of wild animals.**

Wild animals are dangerous to us and to domestic animals. They destroy our crops. Some of . They kill people. Some wild animals spread diseases.

Elephant	-	ivory
Rhino	-	horns
Kob	-	meat
Buffalo	-	meat

Leopard	-	skin
Snake	-	skin

Activity:

1. From which animal do we get the following;

(a) Skin _____ (b) ivory _____

(c) meat _____ (d) horns _____

5. Animal products / Things we get from animal product.

Useful animals also provide us with other things.

These are things made from wool, skins and milk.



socks



milk



suit case

horns – glue, earrings, buttons, bungles, necklaces etc

- From horns, hooves and bones of some animals, we make glue which is used in schools and offices.
- We can sell these products and get money.
- In some parts of the world, elephants have been trained to transport people.

Activity:

1. Name three things made from wool.

_____, _____, _____

2. Mention any three products from skins.

_____, _____, _____

3. Name two milk products.

_____, _____

6. Animal young ones

Animals are living things. They produce young ones. Some lay eggs and others give birth to young ones.

Animal	**Young one**

Cow	calf
Cat	kitten
Goat	kid

Pig	piglet
Dog	puppy
Elephant	calf
Lion	cub
Rabbit	bunny
Frog	tadpole
Fish	fry
Sheep	lamb
Man	baby
Donkey	foal
Horse	foal
Duck	duckling
Monkey	baby
Bird	nestling
Owl	owlet
Hen	chick
Duck	duckling

Activity

1. Write down the mother animals of these young ones.

(a) lamb _____ (b) baby _____

(c) calf _____ (d) kid _____

(e) rack _____ (f) puppy _____

(g) toadpole _____

7. Animal homes

Animal have homes. Some animal homes are made by people and others live in homes made by themselves.

Animal	**Home**
Pig	sty
Cow	kraal
Goat	shed
Sheep	fold
Lion	den
Fish	water/aquarium
Man	house
Rabbit	hutch/burrow
Dog	kennel

Cat	basket
Rat	burrow/hole

Snake	water/grass/bush/forest/anthill
Horse	stable
Spider	web
Bird	nest



House kennel Kraal

Activity:

1. Give the homes of these animals;

(a) pig _____ (b) dog _____

(c) lion _____ (d) man _____

(e) fish _____

8. Animal sounds

<u>All animals make sounds</u>;

They make sounds for different reasons;

(a) When they are hungry or thirsty.

(b) When they are angry/annoyed.

(c) When they are sick/in pain.

(d) When they are looking for their young ones.

(e) When they are in danger.

(f) When they want company.

Animal	**sound**	**It says**
Cow	Lows	Moo – oo
Goat	Bleats	Mee-ee
Dog	Barks	Bwo-bu
Lion	Roars	
Cat	Purr/mews	mew
Rat/mouse	Squeaks	
Bee	Hums/buzzes	zzz

Bird	Sings	

Pig	Grunts	mmm
Sheep	Bleats	Bee - ee
Snake	Hisses	sss
Baby	Cries	aa-aa
Donkey	Brays	
Elephant	Trumpets	
Monkey	Chatters	
Horse	Neighs	
Cock	Crows	
Hen	Clucks	
man	Speaks/talk	

Activity:

1. Mention three reasons why animals make sounds.

(a) _____

(b) _____

(c) _____

2. Name the sounds of these animals.

(a) bee _____

(b) snake _____

(c) Elephant _____

(d) cat _____

9. Animal movements

Animals move from one place to another for reasons;

(a) to look for food.

(b) to look for water.

(c) to look for shelter.

(d) to look for protection.

(e) to look for their young ones.

(f) to hide from danger.

(g) to look for new homes

Different animals have different ways of moving.

Animal	Movement
Bird	flies
Monkey	jumps
Cow	walks
Snake	glides
Fish	swims
Caterpillar	wriggles
Man	walks

There are many animals that use more than one type of movement e.g.

(a) A bird can walk and fly.

(b) A cat can walk and run.

(c) Man can crawl, walk and run

(d) A duck can walk and fly

(e) A dog can walk and run.

Activity;

1. Write down two reasons why animals move.

(a) _____

(b) _____

Match animal to movement;

Animal	**Movement**
Snake	hopping
Fish	crawling
Man	wriggling
Caterpillar	running
Dog	jumping
Bird	gliding
Baby	flying
Grasshopper	walking
Frog	

10. Animal weapons

A weapon is something an animal uses to defend itself from danger or enemy.

Animal	**Weapon**
Snake	fangs
Crocodile	tail
Bedbug	bad smell
Cat/dog/lion	claws/teeth
Elephant	trunk
Cow	horns
Dog/rat/lion/pigs	teeth
Chameleon	change colour
Birds	beaks
Bee	sting
Snail/tortoise	hard-shell
Man/monkey	hands

Activity:

1. What is a weapon?
2. Give the weapons of these animals;

(a) elephant _____

(b) bee _____

(c) chameleon _____

(d) snake _____

11. Birds

Birds can also be grouped into two groups

(a) domestic birds

(b) wild birds

Domestic birds

These are birds that we keep in our homes. Examples;

Turkey, ducks, pigeon, hens, cocks,

goose duck turkey parrot G. foul(Enkofu)






Stages of a bird

egg - nestling - bird

Uses of domestic birds

(a) eggs
(b) meat
(c) feathers
(d) pets e.g. dogs, cats
(e) cocks tell the time

Wild birds

These are birds that are found in forests and bushes. Some of them can be eaten and their eggs can also be eaten. Examples;

An owl, an eagle, Ostrich, Swan, Penguin, weaver birds

Activity

1. Name the domestic birds you know.

   _____,_____, _____

2. Write down the uses of birds;

   _____

3. How many days does a hen take to hatch its eggs?

   _____

4. **Draw these animals**

duck	hen	turkey

12. Insects

Common Insects

Names of common insects;

Housefly , cockroach, locust, mosquito, flea, tick, wasp, bedbug, grasshopper, ants, butterfly, spider, earthworm, bee

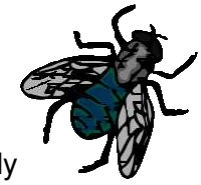
- Insects are living things. They reproduce by laying eggs.

Characteristics of an insect.

(i) An insect has six legs.

(ii) An insect has three main body parts.

(iii) An insect breathes through spiracles.

Fly 



earthworm



butter fly, cockroach, grasshopper

Activity;

1. Give any four examples of common insects.

   (a) _____ (b) _____

   (c) _____ (d) _____

2. Name any two characteristics of insects.

   (a) _____

   (b) _____

13. Useful/good insects.

These are insects that are good/useful to us.

Examples:

Grasshoppers, bees, white ants, bees, moth, butterflies

These insects help us in different ways;

(a) We use some of them as food e.g. white ants, grasshoppers

(b) Some make food for us. E.g. bees make honey.

(c) Some insects help to pollinate flowers and we get fruits and seeds. E.g. butterflies, moth and bees.

Activity;

1. Name three examples of useful insects.
2. Why are grasshoppers and white ants important to people?
3. What does bees give us?

14. Harmful/bad insects.

Harmful insects are insects that are dangerous or cause injury to people or plants.

Examples:

Houseflies, bedbugs, termites, mosquitoes, cockroaches, caterpillars, tsetse flies, locusts, banana weevils, cotton stainer, bean weevils,

A spider is not an insect because it has eight legs and two main body parts.

How these insects are harmful:

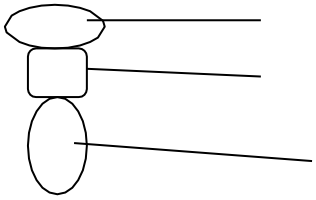
- Houseflies carry germs which cause diseases like cholera, dysentery, diarrhoea, typhoid, trachoma, conjunctivitis.
- Tsetse flies spread sleeping sickness to people and animals
- Mosquitoes spread malaria.
- Bean weavils eat bean seeds
- Cotton stainer stains cotton.
- Caterpillars eat leaves of plants
- Banana weavils eat banana stems
- Termites eat stems, roots of plants and spoil our homes

Activity:

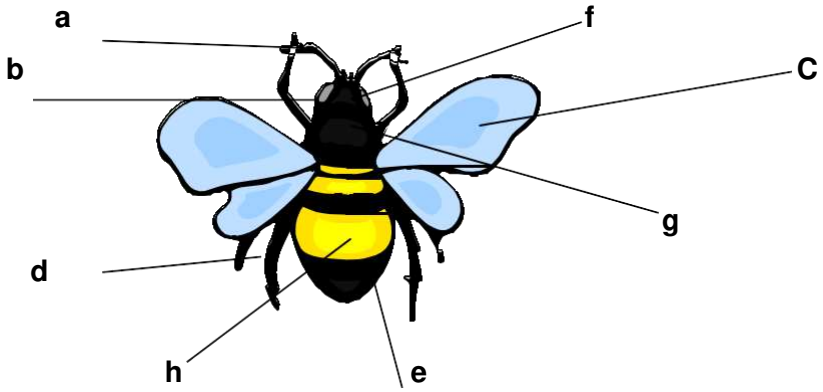
1. Name one disease spread by houseflies
2. Give three examples of harmful insects
3. What insects spread malaria?
4. What do we call insects that make holes in seeds?

15. Parts of an insect.

An insect has 3 main body parts. (Abdomen, thorax, head)



Other body parts of an insect



a.	**feeler/antenna**	**b.**	**eye**	**c.**	**wing**	**d.**	**leg**
e.	**spiracles**	**f.**	**head**	**g.**	**thorax**	**h.**	**abdomen**

A. Activity:

(i) Pupils will draw the above insect and name it.

(ii) How many legs has a true insect?

(iii) On which body part of an insect do we find the legs?

(iv) Where does an insect breathe from?

16. Parts of an insect.

The head:

- On the head there is a pair of eyes and a pair of feathers. feelers
- An insect uses the feelers to feel as it moves.
- The thorax has four wings which help the insect to fly and the legs
- These wings are found on the thorax. There are some insects that do not have wings.
- On the thorax again, legs are found.

The abdomen.

- On the abdomen there are spiracles.
- Insects use spiracles to breathe.

Activity

1. Draw an insect and show on the following parts;

(a) Feathers

(b) Legs

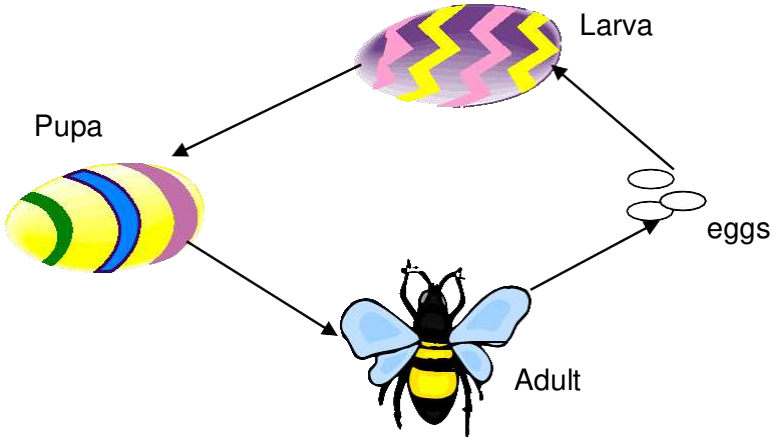
(c) Spiracles

(d) Wings

15. Changes in insects.

Insects grow from eggs.

Stages of a house fly.



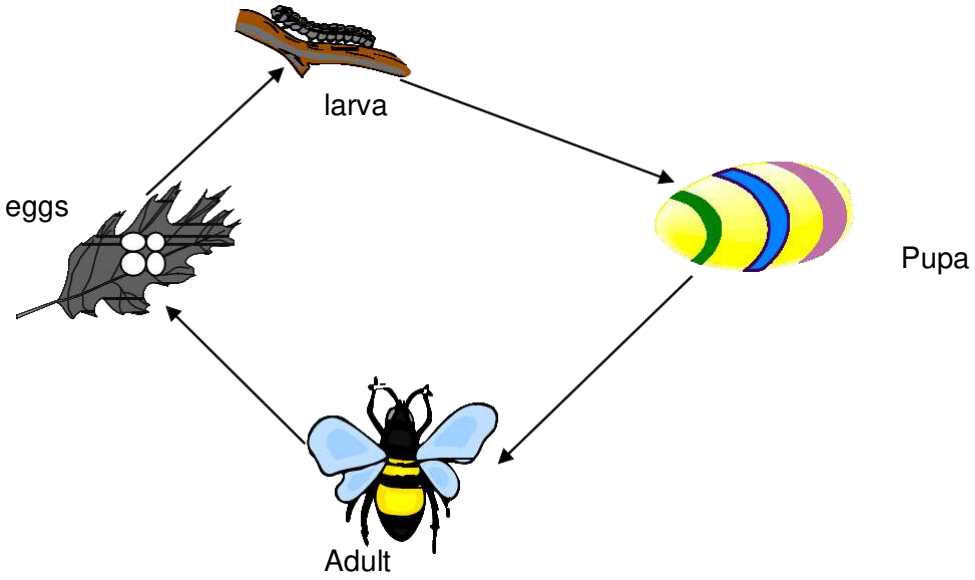
- A housefly grows through four stages.
- It is common in dirty homes.
- The larva stage of a housefly is called a Maggot.
- Houseflies are common in dirty places like rubbish pits, pit latrines or toilets. This is where they lay the eggs from and grow.

Activity:

1. Pupils will draw the stages and name them.
2. What do we call the larva stage of a housefly?
3. Where are houseflies commonly found?

16. The life stages of a butterfly.

Also butterflies grow from eggs.



- The larva stage of a butterfly s called a **caterpillar**. This is the most active and dangerous stage to our plants.
- It feeds on leaves of plants.
- Butterflies lay eggs on leaves of plants.
- Butterflies suck nectar from flowers.
- The pupa of a butterfly does not feed or move. It stays in a cover called cacoon.

Activity:

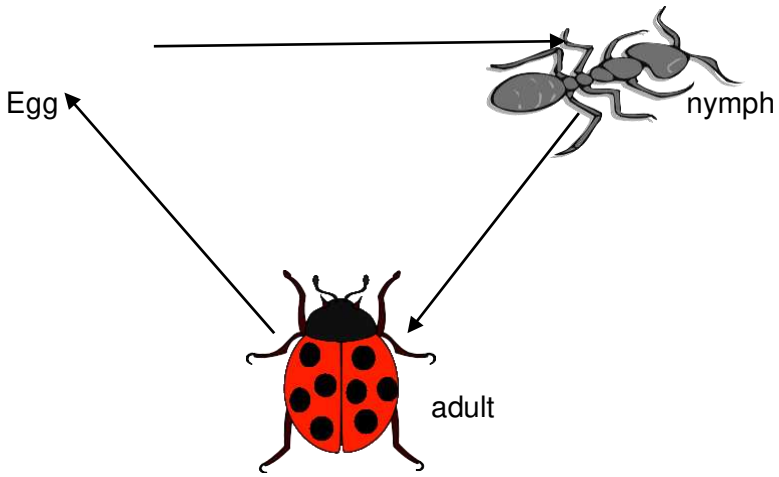
(i) Draw and name the stages of a butterfly.

(ii) What is the larva stage called?

(iii) Which stage of a butterfly is dangerous to our plants?

17. Life stages of a cockroach (Talk about other insects with 3 stages of growth)

A cockroach lays its eggs in dark places or corners e.g. cupboards.



- Cockroaches feed on papers, clothes, left overs and dirty things in the toilet.

- Other insects which grow through three stages are grasshoppers, locusts.

Activity:

1. How many stages of growth does a cockroach go through?
2. What do we call the second stage of a cockroach?
3. Where does a cockroach lay its eggs?
4. Give any two things cockroaches can spoil.

20. Protecting ourselves from harmful insects.

- We can avoid mosquitoes by;

(a) Spraying
(b) Cutting bushes around our homes.
(c) Sleeping under mosquito nets.
(d) Removing stagnant water around our homes.
(e) Pouring oil on bleeding places around our homes.

From houseflies

- We can avoid houseflies by;

(a) Spraying
(b) Covering the pit latrines.
(c) Burning the rubbish
(d) Practicing proper disposal of wastes.
(e) Covering our food.

Activity:

1. Write down any four ways of protecting harmful insects.

2. Give one way we can protect ourselves against houseflies.
3. Why do we cover food?

21. Common plants;

Plants are living things. Plants grow breathe, re-produce.

Examples of plants;

- Maize plant

- Orange plant
- Paw paw plant
- Cabbage plant
- Cassava plant
- Sorghum plant
- Tobacco plant
- Yam plant
- Mango plant
- Coffee plant
- Millet plant
- Peas plant
- etc

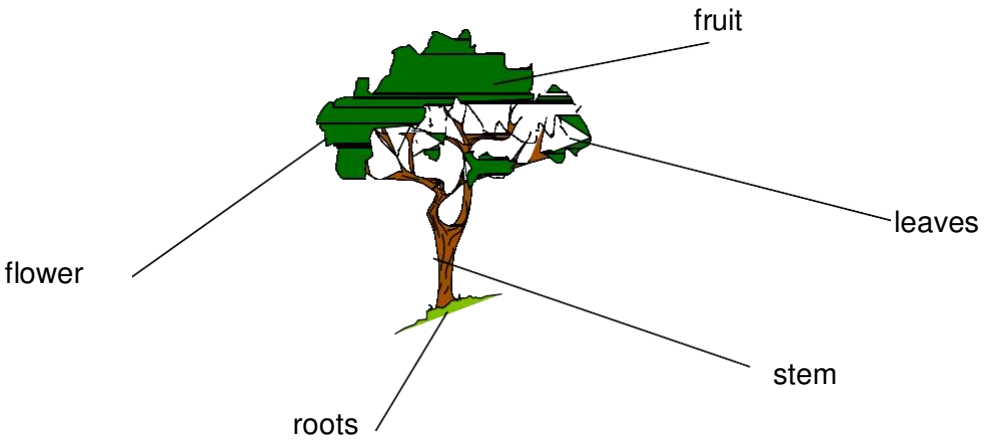
Activity:

1. Give four examples of common plants;

22. Parts of a plant

A plant has three main parts;

(i) roots (ii) stem (iii) leaves



Activity;

1. Pupils will draw and name the parts of a plant.
2. Write the main parts of a plant.

24. Uses of plants

(a) Plants provide us with shade.

(b) They act as wind breakers. (trees protect our homes from strong wind)

(c) They give us flowers for decoration.

(d) They provide us with medicine (Medicinal plants)

(e) They provide us with timber.

(f) They give us firewood.

(g) They fence our school.

(h) They provide us with charcoal.

(i) Forests are homes of some wild animals plus bushes.

(j) We get fruits from plants.

(k) Plants provide us with food.

Activity;

1. Write any five uses of plants.

25. Plants which give us food./Useful plants

Plants which give us food can be called food crops.

Examples

Cassava plants, banana, irish potato, sweet potato, yam, rice, maize, millet, bean, pea, etc.

Activity;

1. Pupils move around and see plants which give us food.
2. Draw some examples of food crops.

26. Crops grown for sale.

Crops grown for sale are known as cash crops.

Examples

Coffee, sugarcane, tea, vanilla, sorghum, tobacco, vanilla, sisal, sunflower

Their products.

Sugarcane - sugar

Coffee	-	coffee powder, husks

Cotton - clothes

Tobacco - cigarettes

Sisal - ropes, bags, baskets

Sunflower - cooking oil / animal feeds

Cotton seeds - cooking oil

Mutuba plant/ fichus plant – back cloth

Activity:

1. What are cash crops?
2. Give any three examples of cash crops.
3. Write down the products of these plants.

(a) sugarcane _____

(b) Tea _____

(c) Tobacco _____

(d) Cotton _____

(e) Sunflower _____

(f) Cooking oil _____

28. Dangers of plants

- Some plants have thorns and they prick us.
- Some plants are poisonous.
- Some plants have bad smell.
- Some plants keep dangerous animals and insects like snakes, bees, wasps, rats
- Some plants have leaves which make the compound dirty.
- Some plants keep dangerous animals e.g. snakes.

Activity:

1. Pupils will write down the dangers of plants.

29. Caring for plants

We care for plants by;

- Watering them-
- Weeding -
- Spraying
- Pruning
- mulching - mulching is the covering of top soil with dry plant materials.
- Fencing
- Harvesting

Plants need the following conditions to grow well;

- Sunlight
- (air) oxygen
- moisture (water)

Activity:

1. Give any four ways how we can care for plants.
2. What is mulching?
3. Write down the three conditions necessary for plants to grow.

30. SEEDS

What is a seed?

- A seed is a living part of a plant that grows into a new plant.
- Seeds are found in the fruit.
- The fruit protects the seeds.

Some of the seeds can not be eaten because they are poisonous, sour, hard.

Activity:

1. What is a seed?
2. Name any four seeds that we eat.
3. What are edible seeds?
4. Why are some seeds non edible? Give any two reasons.

31. Germination of seeds.

- Germination is the growing of a seed into a new plant.
- Stages of plant growth:

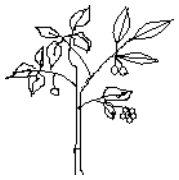
  1. seed 2. Seedling 3. Plant
- A seedling is a young plant
- Seeds need the following to germinate;

(i) Moisture (water)

(ii) Oxygen / air

32. Stages of a plant





Seed seedling plant

33. Uses of seeds

For planting

- For food
- For medicine
- For decoration etc**.**

e

Activity:

1. A young plant is called a _____
2. Give the needs of a seed to germinate.

THEME: 6 THINGS WE MAKE.

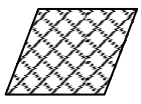
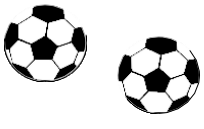
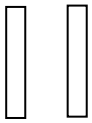
SUB-THEME

Things we make in the community.

Crafts: Are things made from local materials.

(a) Play materials.

- Ropes
- Dolls
- Balls
- Sticks
- Strings
- Metre sticks
- Mats
- Baskets
- Hats

					
mat	balls	dolls	ropes	sticks	hats

2. Things we use in the home.

Kitchen; stove, plate, mortar/pestle, basket,ladle, pot, spoon, mingling stick, saucepan.

Bedroom: bed, bedsheets.

Sitting room: mat, cushion, chair, table

Wearing: ornaments, jewelry, footwear, clothes

3. Materials used and their sources.

Material	**Source**
Banana fibres	Banana plants
Sisal	Sisal plants
Clay soil	swamps
Palm leaves	Swamps and valleys
straws	factory
sticks	Bush/forest
grass	Bush
raffia	Swamps
thread	Factory
needle	Factory
bricks	Swamps/valleys
mud	Soil
sand	Lakeside
Iron sheets	Factory
tiles	factory
Timber/poles	forest

4. Importance of the things we make.

1. We use pots for keeping water.
2. We use balls, ropes, sticks, strings and dolls for playing.
3. We sit on mats in our homes.
4. We sell them and get money.
5. We use raffias for dancing.
6. Use threads and needles for sewing clothes.
7. We use bricks, blocks, tiles, grass, timber, poles for building.
8. We use sticks and straws for decoration.
9. They help us to know our culture.

Activity:

1. Pupils will write the uses of the things we make.

5. Learner's activity

Name the materials used to make these things.



_____



_____



_____



_____

Theme 7: TRANSPORT IN OUR COMMUNITY

Sub theme: Means and uses of transport in our community.

1. What is transport?

   Transport is the movement of people and goods from one place to another.

   Types of transport

   (a) road transport
   (b) air transport
   (c) railway transport
   (d) water transport

Learner's activity:

1. _____is the movement of people and goods from one place to another.
2. Name four types of transport.
3. Road transport;

   Means of transport used on the road.

1. cars, buses, lorries, bicycles, animals e.g. horse, camel, donkey, motorcycles, pedestrians, taxis.

Learner's activity:

Draw the following means of transport.

A car	bus	train
lorry	bicycle	taxi

3. Water transport;

<u>Means of water transport</u>.

1. Canoe
2. Boat
3. Ship
4. Ferry
5. Yatch

Air transport

Means of air transport;

1. Aeroplane
2. Helicopter
3. Paracute
4. Kite
5. Rocket
6. Tram

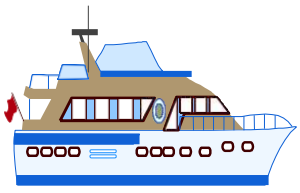
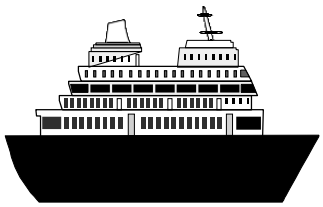
RAILWAY TRANSPORT (MEANS)

Train

Tram

<u>Learners' activity</u>.

Name these means of transport.

4. People who operate the means of transport.

Means	People
Aeroplane	pilot
Ship	ship captain
Train	captain
Boat	sailor
Bicycle	cyclist
Motorcycle	cyclist
Bus	driver
Tax	driver

Activity

Match

Train	pilot
Boat	cyclist
Aeroplane	captain
Bicycle	sailor

5. Uses of transport

1. We use transport for carrying people.
2. We use transport for carrying food.
3. We use transport for carrying water.
4. We use transport for carrying charcoal.
5. We use transport for carrying cement.
6. We use transport for carrying animals.

Learner's activity;

1. Give four uses of transport to man.

6. Road Safety

(a) Safe ways of using the road.

1. Do not play on the road.
2. Following traffic signs.
3. Walking in single line.
4. Stop, look right, left and right again and cross.
5. Cross the road from the zebra crossing.

6. Use footpath.

Un-safe ways of using the road.

1. Playing on the road.
2. Not crossing from zebra crossing.
3. Crossing where roads meet/near a bend.
4. Crossing at junctions/near the top of a hill/between parked cars.
5. Throwing objects at moving vehicles.

Learner's activities

(a) Give any two ways of using the road safely;

1. _____,_____

(b) Give any two un safe ways of using the road.

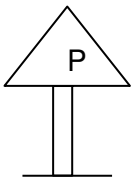
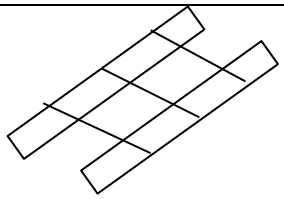
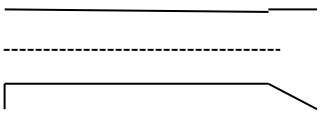
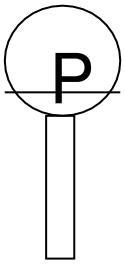
_____, _____

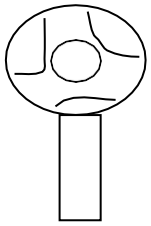
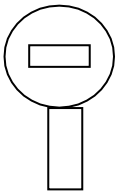
7. Road signs.

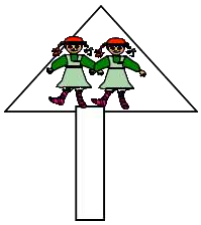
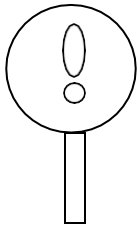
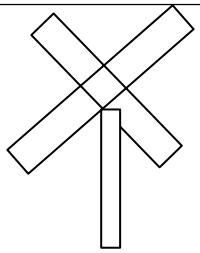
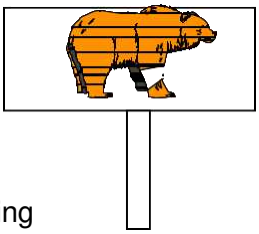
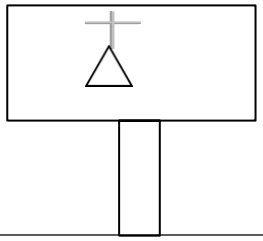
1. Road safety signs are signs used on the road.

2. Road safety signs help us to use the road well.

Examples of road signs;

 Parking	 Zebra crossing
 Bridge a head	 No parking

Round about	No way through
School ahead 	 Humps a head
 Accident ahead	Railway crossing 
 Animals crossing	 Church a head
Men at work	

8. Dangerous things found on the road.

1. Land slides/falling rocks.
2. Pot holes
3. Water passengers
4. Broken bottles
5. Broken electric wires and poles
6. Land mines
7. Waste disposals.
8. Nails
9. Water

Causes of road accidents

- Over speeding
- Over loading
- Drunkardness
- Pot holes
- Bad roads

- Bad vehicles

- Not following the road signs
- Over taking

People who help in traffic

1. Policeman/police woman.
2. Parents
3. Teachers
4. Older children
5. Wardens
6. Lollipop men/women

Activity

1. Name these dangerous things on the road.

9. Learners' activity

Draw these people who help us to cross the road.

- Traffic police
- Teachers
- Older children
- Wardens
- Parents

THEME 8: ACCIDENTS AND SAFETY

1. CAUSES OF COMMON ACCIDENTS IN OUR COMMUNITY

What is an accident?

An accident is an unexpected injury on the body.

Or

An accident is sudden danger that hurts or injures a person's body.

2. <u>Common causes of accidents</u>.

- Poor housing
- Fire
- Animals
- Sharp objects
- Vehicles
- Electricity

- Irresponsible behavior

- Violence
- Poison
- Medicine etc

Activity:

1. What is an unexpected injury on the body called? _____
2. List down any four causes of accidents

2. Types of accidents

- burns, nose bleeding, cuts, breaking bones, falls, electric shock, drowning, choking, poisoning, bites, stings

Burns

Burns are caused by;

- Playing with fire
- Careless house keepers
- Careless handling of hot objects/things
- Limited space in the home/work place
- Keeping dangerous fuels in the house

Falls

Falls are caused by;

- Running carelessly
- Rushing with no reason
- Rudeness
- Playing rough games
- Climbing

Activity

1. Mention any five types of accidents
2. List down two causes of falls
3. Name two causes of burns

Cuts

Cuts are commonly caused by;

- Playing with sharp objects e.g. nails, razorblades, pins, knives etc.
- Playing in unsecure places
- Playing/walking on rough places

Poisoning

Poisoning is commonly caused by;

- Greediness
- Keeping poison near open places
- Carelessness
- Neglect over some substances

Bites

Bites are caused by;

- Carelessness
- Children trying to discover more
- Rough playing
- Stray animals
- Playing in bush/long grass
- Bad handling of animals

Activity;

1. Name any two causes of poisoning
2. List down any three sharp objects
3. Give any three animals that cause bites

Drowning

Drowning can be caused by;

- Floods
- Bad swimming pools
- Untrained swimmers
- Negligence of concerned people
- Irresponsible behavior
- Playing near/on water bodies

Road accidents

Road accidents are commonly causes by;

- playing on the road.
- Careless drivers
- Bad roads
- Bad vehicles

- Unsteady riding on busy roads

- speaking on phone while driving
- Driving while drunk
- Not following road signs

5. Prevention of road accidents;

- Avoid over speeding.
- Avoid overloading
- Following road signs.
- Not playing on the road
- Following traffic lights

.

Activity

- Pupils discuss the ways of preventing accidents with the help of the teacher.

Activity;

With the help of the teacher, pupils will discuss the ways of managing accidents.

Electric shock

Causes of electric shock can be;

- Poor wiring
- Bad hearted people
- Children trying to discover
- Carelessness
- Broken wires
- Playing with electric gargets

Activity

1. Name any two causes of drowning
   (a) _____
   (b) _____
2. Why is it bad to play on the road?
3. List down 3 causes of electrical shock.

Preventing accidents in our homes/school;

- Stop running unnecessarily
- Handle sharp objects carefully
- Keep away poison/medicine

- Wear shoes/gumboots when walking in bad places

- Not playing rough games
- Not playing near/on water bodies
- Not playing with unfamiliar animals
- Use medicines as instructed by health worker
- Avoid climbing
- Follow traffic rules when using roads
- Avoid playing in bushes
- Not playing with electric wires
- Not playing with electric wires
- Not speaking on phones while driving
- Not to drive when drunk

Activity

Pupils discuss the ways of preventing accidents with the help of the teacher.

Managing accidents

We can manage accidents by;

- Giving first aid
- Reporting
- Disconnect electric circuit
- Making an alarm
- Good feeding
- Daily cleaning
- Using bandage
- Rushing to hospital
- Put cold water on forehead incase of nose bleeding

Activity

With the help of the teacher, pupils will discuss the ways of managing accidents.

First Aid

(a) First Aid concept

What is first Aid?

- First Aid is first help given to an injured person before taken to hospital.
- A person who gets hurt in an accident is called causality.
- A person who gives first aid is a first aider.

Why do we give first aid?

- to save life
- to reduce pain
- to promote recovery
- to prevent further injury
- to stop bleeding

Examples of first aid

- Cooling burns with cold water
- Washing cuts with clean water
- Covering the cut with the bandage
- Pinching nose incase of the nose bleeding
- tying the cuts to stop bleeding
- disconnecting the circuit.

Activity

1. Who is a first aider?
2. Give any three reasons why we give first aid.
3. What first aid can you give to a person who is bleeding through the nose?

First aid box (kit)

What is a first aid kit?

First aid kit is a kit /box where things used to give first aid are kept.

<u>Examples of first aid materials (things)</u>

(i) Soap - Washing hands/around cuts
(ii) cotton wool - for cleaning the cuts.
(iii) bandage - tying wounds/broken limbs
(iv) razorblade - cutting plaster, strings etc
(v) Safety pins - removing objects from the body
(vi) Iodine/spirit - Cleaning cuts to kill germs
(vii) Medicine/Aspirin/panadol - pain killers
(viii) gloves
(ix) a pair of scissors – for cutting plaster / bandage

Where to find first aid kits

- Hospitals - Schools
- Hotels - Vehicles
- Homes
- Aircrafts etc

Activity

1. What is a first aid kit?
2. Write down any three places where first aid kits are found.
3. Why does a first aider carry cotton wool in the first aid kit?
4. _____if for removing objects from the body.

LESSON NOTES TERM III -

PRIMARY TWO – LIT II

THEME : Peace and Security

SUB-THEME : Roles of people who keep peace and security

Definition:

Peace: Means living in harmony without fighting and quarreling with one another.

Security: Means living with protection and freedom. People who promote peace and security at home.

- Parents
- Guards
- Old children
- Elders
- Relatives
- Watch man

Factors that promote peace and security at home

- Love
- Obedience
- Caring/helping
- Good health
- Good relationship
- Respect
- Good feeding
- Protection

Activity:

1. What is living with protection and freedom mean? (peace, security)

People who promote peace and security at school.

- Teachers
- Guards
- Cooks
- Cleaners
- Nurse
- Secretaries
- Watch man
- librarian
- Matrons
- Bursar
- Children

Factors that promote peace and security at school.

- School rules
- Loving one another
- Caring for one another
- Observing children's rights and responsibilities
- Sharing with one another
- Listening to teachers, friends, prefects
- Obedience
- Protection
- Helping others

Activity:

1. List down any four people who promote peace and security at school.

People who promote peace and security in our community.

- Elders (men and women)
- Local council members
- Local defense unit (LDU)
- Army
- Police
- Parents
- Teachers
- Youth
- Religious leaders e.g. Sheikhs etc

How different people promote peace and security in our community.

(a) Parents

(i) By guiding and counseling

(ii) Teaching discipline

(iii) Providing basic needs

(b) Teachers:

(i) Providing and reinforcing rules and regulations

(ii) Making sure that children have discipline

(iii) Providing guiding and guidance

(iv) Teaching discipline and respect for one another

Activity:

1. Underline people who keep peace and security in our community.

   (police blind people youth babies parents)

2. Give one way how parents promote peace and security in our community.
3. What is community?
4. Where do teachers keep peace and security?

Children:

- Obey rules and regulations
- Peer guidance and protection
- Listen and respond to issues and report to the most relevant helper.

Police:

- Keep law and order
- Guidance and counseling
- Enforce discipline
- Protect people and their property
- Arresting wrong doers

Religious Leaders:

- Guidance and counseling
- Teach societal norms and values
- Preach to people the word of God/Allah.

Activity:

1. Mention ways how the following people promote peace and security.

a) children b) police c) Religious leaders

2. Draw a policeman

<u>General ways of promoting peace and security in our community.</u>

- Respecting one another
- Loving one another
- Providing security

- Reporting bad/wrong doers

- Solving problems or conflicts
- Obeying rules
- Listening to elder's advise
- Guidance and counseling
- Not stealing

Importance of peace and security

- Promotes love
- Promotes harmony
- Promotes safety
- Promotes care for others
- Promotes happiness in the community

Activity:

1. Write down any three general ways of promoting peace and security in our community
2. Whom should we report the wrong doers to?
3. Give any two people who should provide peace and security to children.

Causes of insecurity:

At home;

- Poverty
- Stealing
- Violence
- Defilement
- Poor relationship
- Fighting
- Diseases
- Lack of basic needs
- Child neglect
- Isolation
- Not respecting others

At school;

- Teasing
- Fighting or quarrels
- Stealing
- Beating and fighting others
- Not respecting others
- Defilement

- Poor relationship

Activity:

1. Identify any three causes of insecurity at home.

Effects / results of insecurity

Effects are outcomes of insecurity e.g.

- Death
- Fear
- Famine
- Displacement
- Child abuse
- Poverty
- Disability
- Violence
- Loss of jobs
- Dropping out of school
- Loss of property
- Fights
- Homeless

Activity:

1. What is insecurity?
2. Write down any three effects of insecurity to people
3. Give two reasons why it is good to keep peace and security in the neighbourhood.

THEME : Child protection

SUB-THEME : Child work and child abuse

Definition : A child is a person below eighteen years of age.

Child work

These are activities done by children

Examples of child work

- Sweeping
- Mopping
- Arranging a house
- Washing clothes and utensils
- Caring for the young ones
- Fetching water
- Cooking
- Digging in the garden

Child abuse:

Is when a child is denied his or her rights

Ways / forms of child abuse.

A child who undergoes the following experiences is abused:

- Denying a child education
- Defiling a child
- Kidnapping a child
- Teasing a child
- Burning a child
- Threatening a child
- Harassing a child
- Labouring a child e.g. carrying heavy things, breaking stones etc.
- Not showing a child love
- Beating badly a child
- Denying a child basic needs
- Denying a child medical care
- Child sacrifice
- Child battering

Activity:

1. What name is given to a person who is below eighteen years of age?
2. What are basic needs?
3. Write down any four basic needs of people.
4. What is child abuse?
5. Write down any three forms of child abuse.
6. Give two examples of child abuse.

Causes of child abuse:

- Poverty
- Alcoholism
- Death of parents
- Indiscipline
- Violence
- Insecurity
- Early marriages
- Disobedience
- Lack of respect
- Wars

- Greed (love for things)

Activity:

1. Write out the causes of child abuse only

   Greed wars paying school fees discipline alcoholism

2. Children should_____their parents. (abuse, obey)

The effects of child abuse:

These are the outcomes of the bad act done to children:

- Anger
- Lame
- Death
- Fear
- Blindness
- Loneliness
- Worry
- Deaf
- Shame
- Displacement
- Isolation
- Neglect
- Sadness
- Hatred

N.B: Children need to be protected in order to avoid the above outcomes/effects which can cause problems to their lives.

Activity:

1. Write down any four effects of child abuse.
2. Fill in the missing letters

   d_ath sha__e lam____ an__er hat___ed

Ways of avoiding child abuse:

- Children should be given love and protection
- Children should be talked to but not beaten
- They should be given the basic needs
- Defilers and rapists should be arrested.
- Parents should avoid domestic violence and keep together in marriage.
- Children should not do child labour.
- Children should avoid strangers

- Children should listen to elders advice
- People who harass children should be punished.

N.B : Children should be protected in the following ways:

1. Child to child monitoring
2. Reporting incidents
3. Parental guidance
4. Using educational messages e.g. both young and teacher talk

Activity:

1. Give any three ways of avoiding child abuse.

Activities done by children at school.

- Mopping the class
- Sweeping the compound and classrooms
- Arranging books
- Dusting tables and chairs
- Collecting and giving out books
- Keeping order in class
- Watering the plants
- Burning the rubbish
- Rubbing the black/chalkboard
- Cleaning the toilets/pit latrines

Activities done in the community.

- Making furniture (things out of wood)
- Teaching
- Treating the sick
- Farming
- Fishing
- Cattle keeping
- Hunting
- Charcoal burning
- Brick making
- Mining
- Typing
- Keeping law and order
- Transportation
- Building

Activity:

1. Name any three activities children do at school
2. Draw yourself watering plants.
3. Match people with their activities done in the community.

Hunter	keeps law and order
Secretary	teaches people
Teacher	hunts animals
Policeman	types work

Children's rights	Chris's basic needs
a) Education	food, water, clothes, shelter, love, medical care
b) Good feeding	
c) Medical care	
d) Play	
e) Freedom of speech	
f) Pray	

Theme: Measurements

Seasons:

Definition:

These are periods in a particular year. There are two periods/seasons in a year in our country. These are:

1. Wet season
2. Dry season

Wet season

A wet season is a period when we receive a lot of rainfall.

Activities done in a wet season:

- Planting
- Weeding
- Pruning
- Harvesting water

Dangers of too much rainfall.

- Too much rainfall can destroy our plants, houses, and roads.
- Too much rainfall causes floods

- It also causes hunger

- It brings diseases
- It can lead to displacement of people.
- Kills people / animals

Activity:

1. What are seasons?
2. Mention the two periods (seasons) in a year.

Dry season

It is a season/period when we receive much sunshine compared to rainfall.

N.B: A long sunshine period is called a drought.

Activities done during a dry season are:

- Harvesting crops
- Repairing the tools
- Drying the seeds
- Winnowing the seeds
- Sorting seeds for planting
- Preparing the land
- Watering plants

Dangers of too much sunshine:

- Crops dry up
- Water bodies dry up
- People get famine
- Too much sunshine causes diseases like headache.
- There is always too much dust.

Activity:

1. What do we call a long period of too much sunshine? (drying, drought)
2. Mention any two activities done in dry season.
3. Give any two dangers of too much sunshine.
4. Write down the cause of drought
5. Draw and name one activity you can do during dry season.
6. Match correctly.

Harvesting crops	wet season
Weeding	dry season

THEME 11: RECREATION, FESTIVALS AND HOLIDAYS

Recreation activities at home and schools

What is recreation?

Recreation is the way of refreshing one's mind.

Activities done for recreation

- Picnics
- Resting
- Listening to music
- Telling and listening to stories
- Visiting friends
- Reading for pleasure
- Swimming
- Playing
- Watching games / movies / plays
- Praying
- dancing

Examples of recreation centres:

The following are the examples of recreation centres:

- Hotels
- Beaches
- Theatres
- Restaurants
- Bars
- Studio
- Zoos
- stadium

Activity:

1. Write down any four recreational activities
2. Mention any two recreation centres /places
3. Draw these recreational activities
    a) A person swimming (b) Children playing football

Importance of recreation

- For enjoyment
- For fun

- For amusement

- For entertainment
- For exercising the body
- For resting
- For learning
- To earn living (to get jobs)
- For friendship formation
- For good decision making
- For pleasure

Activity:

1. Draw a line on the importance of recreation only.

a) for fighting

b) for enjoyment

c) for eating

d) for fun

e) for stealing

2. Why do some people go for recreation? Give three reasons
3. Name one recreational centre found at the lake side.

Cultural festivals:

Culture is a way of living.

Examples of cultural festivals:

1. Naming

a) Twins

Twins are two children born on the same day by the same mother.

Names of twins in Buganda:

	Girls	**Boys**
First born	Babirye	Wasswa
Second born	Nakato	Kato

Parents of twins:

Father : Ssalongo

Mother : Nalongo

b) Other names are given according to tribes and culture of a person

2. Initiation: This is the way of introducing a child or person into the family.

Examples of initiation ceremonies include;

- Circumcision e.g. Bagisu & Sebei
- Detoothing

- Tattooing

- Naming

Importance of initiation:

- For identification
- For recognition
- To fit in the society

Activity:

1. What do we call children born on the same day by the same mother?
2. Give any two examples of initiation ceremonies
3. Give the names of these twins in Buganda

   (i) first born girl twin_____ (ii) second born boy twin: _____

HOLIDAYS

Is the resting period.

Types of holidays:

1. School holidays
2. National holidays/public holidays
3. Religious holidays

A. School holidays:

Examples of school holidays include:

- First term holiday
- Second term holiday
- Third term holiday

B. National/Public holidays

Examples include:

- New years day — 1st January every year
- Liberation day — 26th January
- Women's day — 8th March
- Heroes' day — 9th June
- Independence day — 9th October
- Labour day — 1st May

C. Religious holidays

- Good Friday
- Easter Sunday
- Easter Monday
- Martyrs' day — 3rd June
- Christmas day — 25th December
- Boxing day — 26th December

Activity:

1. Write down any two types of holidays
2. When do we celebrate independence holiday?
3. Apart from Good Friday, write down any other religious holiday.
4. Why do we celebrate Christmas day?

Importance of holidays:

a) We rest when not at school
b) Children help their parents at home.
c) People visit their relatives and friends
d) People go for prayers
e) People celebrate
f) Parents get time to be with their families.

TOPICAL QUESTIONS FOR TERM III

THEME 9: PEACE AND SECURITY

1. Name any two people who keep peace and security at home.
2. Write LC's in full.
3. From the list below, write down who keep peace and security at school.

   Police officers

   Cleaners

   Doctors

   Cooks

   Grandmother

   Teachers

   Prefects

   Housekeepers
4. What is the work of the police officers in the community?
5. How do parents keep peace and security at home?
6. Mention any two people who promote peace and security in the church.
7. Whom should we report the wrong doers in the community to?
8. Identify any three causes of insecurity at home.
9. Give any two results of insecurity.
10. Identify any importance of peace and security.
11. Draw and name any two people who keep peace and security in the community.

12. Why do we need peace and security at school?
13. Suggest one way of promoting peace and security at home.

THEME 10: CHILD PROTECTION

1. Who is a child?
2. Mention any three examples of work children do at home.
3. Draw and name these needs of children.

clothes	food	houses	water

4. What is child abuse?
5. Give any three form of child abuse.
6. Identify any two effects of child abuse.
7. What are children's rights?
8. Write down any three rights of children.
9. State any three ways of child abuse.
10. What are the ways of child protection? (Give three ways)
11. Write out the causes of child abuse only.

    Poverty

    Kidnapping

    Insecurity

12. Children should_____their parents (abuse, obey)

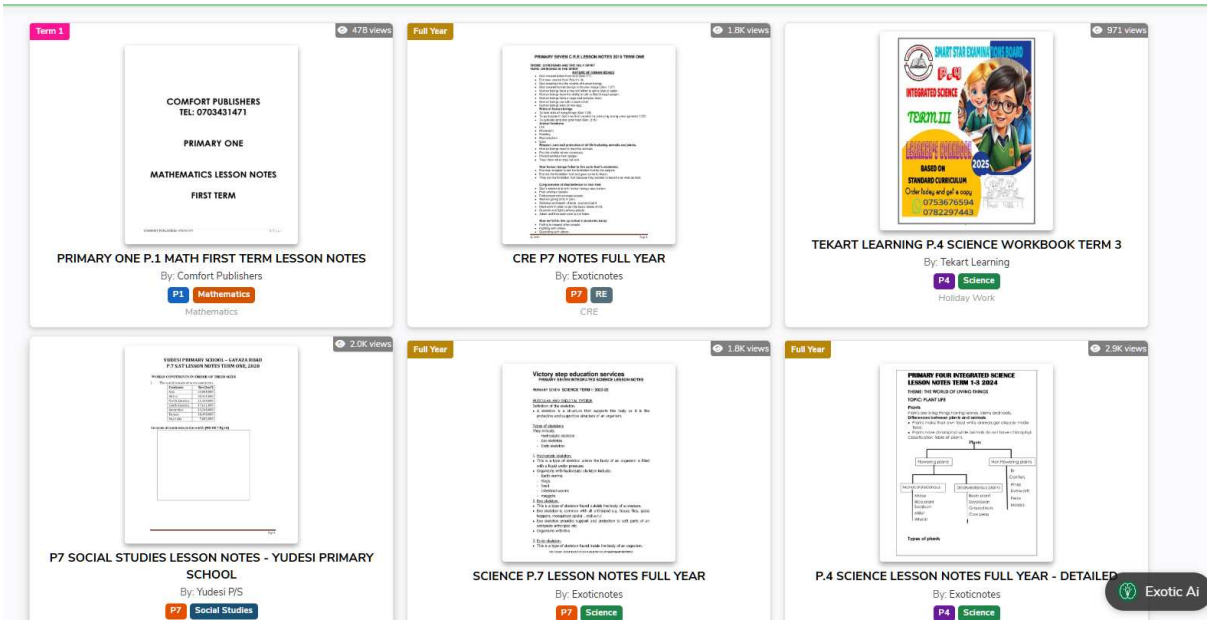
THEME 11: RECREATION, FESTIVALS AND HOLIDAYS

1. Give any two recreation activities done at home.
2. Mention any three recreation activities done at school.
3. Draw these recreation activities done at school.

Swimming	Resting	Playing

4. List three uses of recreation activities.
5. Name the children born on the same day by the same mother at the same time.
6. Give special names given to twins.
7. Mention the group of people who circumcise the men.
8. Give one importance of initiation.
9. Give any three types of holidays.
10. Mention two examples of religious holidays.
11. Why do people need holidays? Give three reasons

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