

## P.1 Literacy Lesson Notes Term II 2013

### **Theme: WEATHER**

#### **Lesson 1**

What is weather?

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

#### Elements of weather

These are:

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





#### Activity

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

#### **Lesson 2**

#### Types of weather

These are:

Rainy	Windy	cloudy	sunny
			

#### **Note:**

- a. When there are clouds on the sky, we say it is cloudy.
- b. When it is raining, we say it is rainy.
- c. When it is shining, we say it is sunny.
- d. When there is wind, we say it is windy.

#### Activity

1. Draw the following types of weather.
  - a. sunny
  - b. windy
  - c. rainy
  - d. cloudy

#### **Lesson 3**

#### Effects of weather on human activities.

#### Advantages of elements of weather.

#### **Rain**

#### Advantages of rain or uses of rain

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

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

#### Activity

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

#### **Lesson 4**

##### Dangers of too much rain

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

#### Activity

- a. Give any four dangers of too much rain.

#### **Lesson 5**

##### **Sunshine**

##### Uses of sunshine

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

##### Dangers of too sunshine

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

#### **Activity**

- a. Mention any four uses of sunshine.
- b. How does too much sunshine dangerous to people and animals?

#### **Lesson 6.**

##### **Wind**

What is wind? Wind is the moving air.

##### Uses of wind

- Wind helps us to fly kites.
- Wind dries our clothes.
- Wind helps boats and ships to move on water.
- Wind helps pilots to fly aero plane.
- Wind helps in winnowing seeds / grains.

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

#### Dangers of wind

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

#### Activity

- a. How is wind useful to people? (Give five)
- b. What are the dangers of strong wind?

### **Lesson 7**

#### **Clouds**

##### Uses of clouds

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

##### Dangers of clouds

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

#### Activity

- a. Give three uses of clouds to us.
- b. How are clouds dangerous to us?

### **Lesson 8**

#### Types & Seasons

These are; a. Wet season b. Dry season

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

Activities carried out during wet season.

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

#### Activity.

- a. Name the two types of seasons.
- b. What do we call the period when we receive a lot of rainfall?
- c. What activities are done during wet seasons? (Give four)

### **Lesson 9**

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

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

- Harvesting of grains

b). Clearing the fields. (Gardens)

c). Preparing the land

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

### **Ways of protecting ourselves from bad weather**

We can protect ourselves from bad weather by:-

- a). Carrying umbrellas
- b). Wearing rain coats and jackets on rainy day.
- c). Staying in doors.
- d). Wearing sweaters.
- e). Wearing light clothes on a sunny day.
- f). Staying near a fireplace
- g). Wearing sun glasses on a sunny day.
- i). Resting under tree shades on a sunny day.
- g). Wearing gum boots.

### **Activity**

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

### **Lesson 10**

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

1. Protecting plants against bad weather: we can protect plants from bad weather by
  - a. Watering plants during a dry season.
  - b. Giving them shade from sun, rain, and wind.
  - c. Mulching the crops.
2. Protecting animals against bad weather: We can protect animals against bad weather by:
  - a. Making animals rest in a treat shade.
  - b. Giving water to animals when it is hot.
  - c. Building shelter for domestic animals.

### **Activity**

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

### **Lesson 11**

Ways of harvesting water:

We can harvest water by using:

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

**Activity.**

- a. List any six ways of harvesting water.

**Lesson 12**

Ways of controlling soil erosion.

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

**Ways of controlling soil erosion.**

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

**Activity**

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

**Lesson 13**

Accidents and safely.

What is an accidents?

An accident is an unexpected danger.

**Common accidents at home.**

The common accidents at home are:

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

Activity

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

Causes of accidents at home.

Accidents have many causes e.g

- a. Burns are caused by playing near hot things like stores, cookers, lamps and hot food.
- b. Falls are caused by running about, climbing trees or walls
- c. Cuts are caused by playing with sharp objects, like knives, razor blades, broken bottles and pins.

- d. Stings are caused by bees, scorpions, crabs and wasps.
- e. Animal bites are caused by dogs, cats and snakes.
- f. Poisoning is caused by medicine, poisons and bad foods
- g. Electric shock is caused by playing with live wires and sockets.

### Activity

Give the things that cause the following accidents at home

- a. burns
- b. falls
- c. cuts
- d. stings
- e. animal bites
- f. poisoning
- g. Electric shock

### Lesson 14

Common accidents at school.

The common accidents at home are:

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

### Activity

Name eight common accidents at school.

### Lesson 15

**Caused of common accidents at school.**

- a. Burns are caused by playing near hot things like food, water, porridge
- b. cuts are caused by playing with sharp objects like cutters, razor blades.
- c. falls are caused by climbing walls and trees.
- d. poisoning is caused by eating bad food, medicine.
- e. Animal bites are caused by snakes, dogs cats, etc.
- f. Drowning is caused by playing near water bodies.
- g. Stings are caused- by insects like bees wasps and scorpions.
- h. Electric shock is caused by playing with live wires and sockets
- i. Lightening is caused by standing under tall trees when it is raining or playing under rain.

### Activity

What accidents are caused by the following things.

- a. playing near hot things
- b. climbing walls or things
- c. eating bad food or medicine
- d. playing with sharp objects
- e. Touching live electric wires
- f. Bees, wasps and scorpions

g. Standing under tall trees when it is raining.

### **Lesson 16**

Injuries from accidents

Accidents can cause the following injuries

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

### **Activity**

List any eight effects/ injuries of accidents

### **Lesson 17**

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

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

### **Activity**

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

### **Lesson 18**

#### **Accidents at water sources**

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

Ways of prevents accidents at water sources.

- playing away from water bodies
- Avoid swimming when there is no adult.
- Little children school not be allowed to water alone.

### **Activity**

- Mention any four examples of water sources.

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

### **Lesson 19.**

#### **Common accidents on the road.**

- a. motor accidents involving cars, bicycles, motorcycles etc.
- b. falls.
- c. Animal bites like snakes and dogs.
- d. Stings of bees, wasps and scorpions etc.
- e. cuts.
- f. electric shock
- g. Lightening

#### **Activity**

Write down eight common accidents on the road.

### **Lesson 20**

#### **Causes of road accidents.**

- a. playing on the road.
- b. Dangerous road
- c. Over speeding vehicles
- d. Over loaded vehicles.
- e. Vehicles that are over taking along corners of the road.

#### **Activity**

Name any five causes of road accidents.

### **Lesson 21.**

#### Ways of preventing road accidents.

- a. cross the road where there is a zebra crossing
- b. Walk on the right hand side of the road.
- c. A void playing on the road.
- d. Never cross the road while running
- e. Before crossing the road, look to the right, then to the left and right again then cross.
- f. Seek for help when crossing the road.

#### **Activity**

Mention any five ways of controlling road accidents.

### **Lesson 22**

First Aid

What is first Aid?

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

#### Importance of first aid.



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

### Activity

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

### Lesson 23

The first aid kit (box)

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

Things found in the first aid kit.

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

### Activity

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

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

### Lesson 24

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

### Lesson 25

#### Theme: Food and Nutrition.

Names of food

- a. What is food? Food is something we eat or drink good for the body
- b. Examples of foods we eat.
  - i. milk
  - ii. sweetpotatoes
  - iii. rice
  - iv. simsim

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

### Activity

- What is food?
- Draw and name ten examples of food.

### Lesson 26.

Sources of food and its importance

- Sources of food.

There are two sources of food. They are:

- animal
- plants

Common places where we get food from are:

- |            |                   |           |          |
|------------|-------------------|-----------|----------|
| a. markets | b. gardens        | c. rivers | d. shops |
| e. lakes   | f. bush/ forests. |           |          |

### b. Importance of food.

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

### Activity

- Mention the two sources of food.
- Give four reasons why we eat food.
- Write down any four places where we get food from.

### Lesson 27.

Classes of food

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

- |                       |                       |
|-----------------------|-----------------------|
| b. Body building food | c. Health giving food |
|-----------------------|-----------------------|

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

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

### Activity

- Name the three classes of food.
  - Why do we eat food like maize, posho or matooke.
  - Draw these energy giving foods.
- |          |           |            |            |
|----------|-----------|------------|------------|
| a. maize | b. millet | c. matooke | d. cassava |
|----------|-----------|------------|------------|

### Lesson 28.

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

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

#### Activity

- a. draw and name five body building foods.
- b. Mention any two animals that provide eggs.
- c. What food do cows provide to people?

### Lesson 29

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

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

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

#### Activity

- a. \_\_\_\_\_ food is the food we eat to be healthy.
- b. Draw and name six examples of fruits.
- c. draw these vegetables.
  - i. cabbages                      ii.        tomatoes                      iii.        eggplant                      iv. carrot
  - v.        onion

### Lesson 30.

Ways of getting food.

People get food in many ways. These are:

- a. Growing crops and harvesting them.
- b. Buying it from the market.
- c. catching fish from lakes and rivers.
- d. Hunting some animals for food.
- e. Gathering fruits.

#### Activity

How do people get food? Give five ways.

### Lesson 31

How food get contaminated?

Food can be contaminated by

- a. Touching the food with dirty hands.
- b. Leaving food uncovered.

c. putting food in dirty containers.

Keeping our food safe (free from germs)

We can keep our food free from contamination by:

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

**Activity**

- a. How can food get contaminated? Give three ways.
- b. Give seven ways how food can be kept safe.

**Lesson 32.**

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

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

**Activity**

Mention four importance of keeping food safe.

**End of theme revision exercises.**