

LESSON NOTES

PRIMARY TWO – NEWS

THEME I: OUR SCHOOL AND NEIGHBOURHOOD.

SUB-THEME: LOCATION, 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 is found on
4. Our school is built on hill.
5. Our school is found in division.
6. Our school is found in village/zone.

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.

1. School name
2. School Uniform
3. School badge
4. School Motto
5. School flag
6. School anthem
7. School sign post
8. School mission
9. School prayer

Learners' activity

Write down five symbols of our school.

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | |

C. IMPORTANCE OF THE SCHOOL SYMBOLS

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 teaches us to be God fearing.

5. School motto

- It encourages pupils to work hard.

6. School sign post;

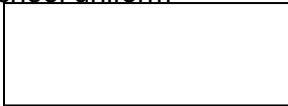
- It shows where or the location of our school.

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?

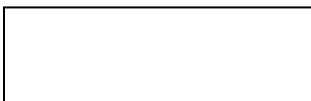
D. Drawing school symbols

(a) School uniform



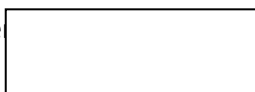
colours of the school uniform.

(b) School flag



Colours of the school flag

(c) School badge



The school motto is found on the school badge.

(d) School sign post



(e) **Things found on;**

(a) School badge

1. School motto

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 are;**

Classrooms dormitories school canteen toilets kitchen store
Offices dinning hall library computer laboratory sick bay
staff room

Use of the school structures;

1. Pupils sit and learn from the classrooms.

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 are checked and treated 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 the store.

Activity;

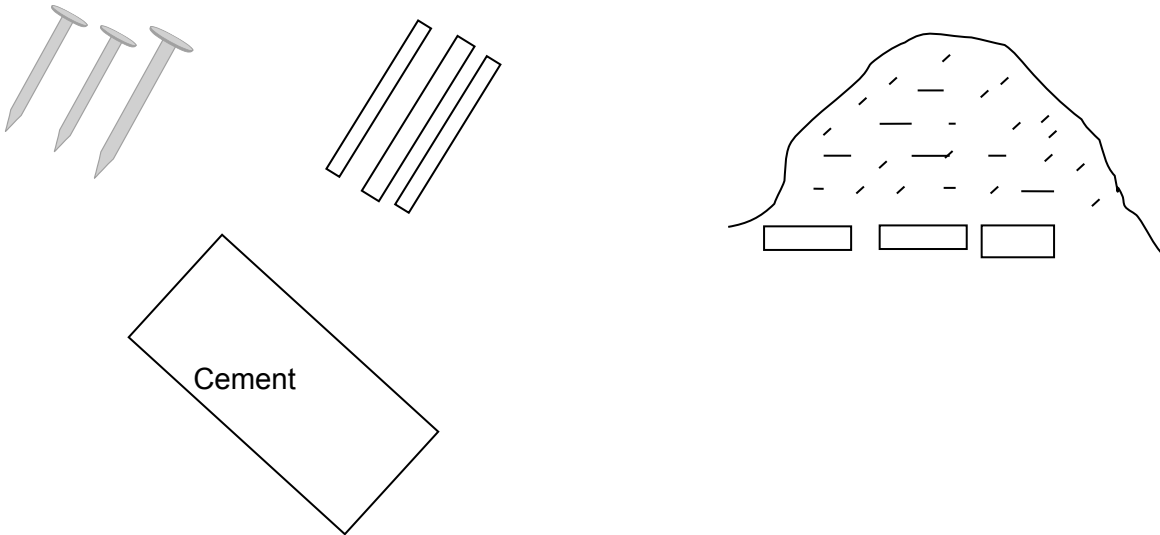
Match the following:

- | | |
|-----------|--------------------------------|
| Library | Where we go to ease ourselves. |
| Kitchen | Where pupils go for treatment |
| Toilet | Where food is prepared |
| Sickbay | Where school books are kept |
| Classroom | Where pupils learn from |
| Store | Where school property is kept. |

Things we use to build our school. (Building materials)

Iron sheets, cement, iron bars, sand, nails, timber

Activity: Pupils will name strong building materials drawn.



Where strong building materials are got?

Materials	Source
Cement	Factory
Nails	Factory
Paint	Factory
Timber	Forest
Sand	Lakeside
Bricks/blocks	swamps

Activity

Pupils will draw places where we get strong building materials.

- (a) factory
- (b) swamp
- (c) lake
- (d) forest

Weak building materials.

- 1. grass - reeds
Mud - ropes
Sticks - poles
Banana fibres
- 2. Weak building materials are easy to get.
- 3. Weak building materials are got from the forest, bush, swamps and valleys.
- 4. We get ropes from sisal plants.
- 5. We get banana fibres from banana plantation.

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) gatekeeper
- (i) Matrons

Activity

1. Name your school headteacher
2. Who is your classteacher?
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 homework 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: Looks after children in the boarding section.

Learners' activity.

Match the following

Headteacher	Teaches the children.
Bursar	Types exams
Secretary	Heads the school
Cook	Keeps the school money
Teachers	Cooks food

Things we use at school.

Things we use at school are called facilities.

Examples of things we use at school.

Chairs Tables Chalk Pencil Pens papers water
Brooms duster rulers.

Learners' activity;

Draw things we use at school.

Chalk	broom	chair	pencil
ruler	table	water	pen

Pupils' responsibilities in the school.

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. State 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;
Headboy and Headgirl
6. They head all other prefects.
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 headgirl of your school. _____
3. What is the name of your headgirl? _____
4. Name other two prefects in your school.

CLASS RULES

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.

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;
 - (a) Pupils should not come to school late.
 - (b) Do not fight one another.
 - (c) You should love your schoolmates.
 - (d) Do not do any harm to them.
 - (e) Never leave your school without permission.
 - (f) Do not climb trees.
 - (g) 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.

Things found on the timetable.

There are;

- 1. Time 2. Subjects 3. Names of teachers
- 4. Days of the week 5. Name of the class.

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.

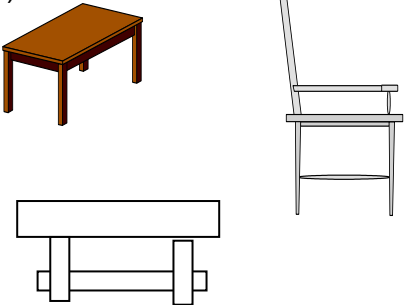
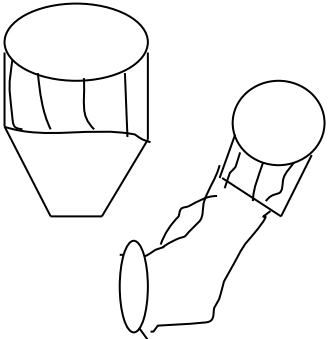

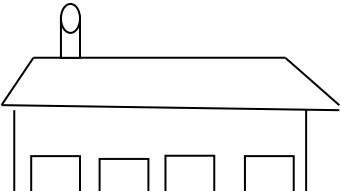

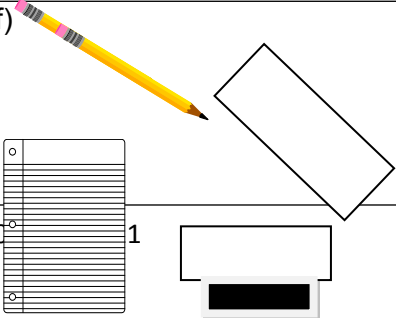
OUR NEEDS AT SCHOOL

- 1. A school has many needs.
- 2. These are;

Furniture stationary balls toilets electricity pens black
 boards Chalk desks water food

Learners' activity;

Name the school needs shown in the pictures below;

<p>(a)</p> 	<p>(b)</p> 	<p>(c)</p> 
<p>(d)</p> 	<p>(e)</p> 	<p>(f)</p> 

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- (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 schools use government money to meet 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.

Learner's activity

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

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

Problems in meeting school needs.

1. Some schools do not have enough money.
2. Some parents cannot pay school fees.
3. Some schools do not have enough classrooms and seats.
4. Some people steal school property.
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 and chairs should be repaired.

Learners' activity:

1. Write down three needs in your school.

(a) _____

(b) _____ (c) _____

Keeping the school clean

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.

Learners' activity

Read and draw.

Children sweeping the compound	Children watering plants	Children burning rubbish.

2. Why do you always wash your hands after toilets?

Activities done at school.

- Writing , reading, playing, dancing, singing, sweeping, drawing, picking rubbish, shading

Activity:

Name the activities below done at school.

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SUB THEME: BENEFITS 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 area 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

A barber

The police

A herdsman

A teacher

A fisher

A cobbler

Work

cuts our hair

keeps law and order

looks after cattle

teach children

catch fish

mends our shoes

Activity:

1. Match
A teacher looks after cattle.
A farmer treats sick people
Policemen teaches children
A doctor Keeps law and order.
A herdsman grow crops

18. 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 from the hospitals and clinics from the neighbourhood.
4. The school buys land from the school neighbourhood.
5. The school gets money from people from the neighbourhood.
6. We get building materials from the school neighbourhood.

Activity:

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

(a) _____ (b) _____ (c) _____

2. Read and draw.

(a) Crops

(b) animals

19. Benefits to the neighbourhood from school.

1. The school teach children from the neighbourhood.
2. The school gives jobs to the people from the neighbourhood.
3. The school is a meeting place for the people from the neighbourhood.
4. The school teaches good behaviours to the people in our neighbourhood 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

20. 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?

21. THEME 2: OUR HOME AND COMMUNITY

SUB-THEME: Relations among family members.

1. A family:

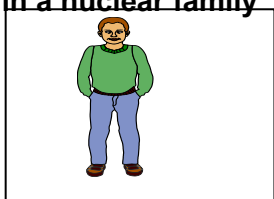
A family is a group of people living together related by blood or marriage.

2. Types of families.

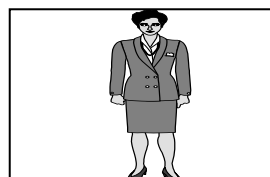
- (a) Nuclear family
- (b) Extended family.
- (c) Single parent family.

3. Members in a nuclear family

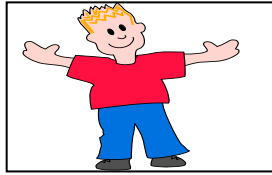
(a) Father



(b) Mother



(c) Children



Activity;

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

22. Extended family

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

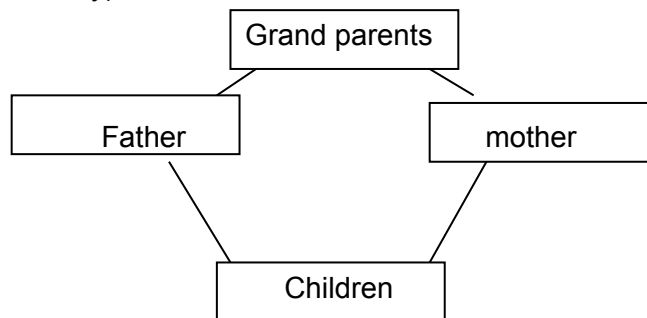
Father, mother, brother, sister, uncle, aunt, grandfather, grandmother, cousins.

Activity:

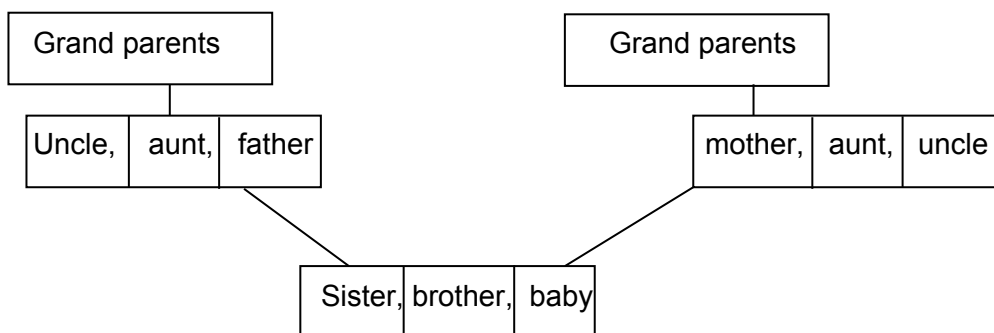
Pupils will draw members of an extended family.

23. Family relationship.

Family tree (Nuclear family)



Extended family tree.



Activity;

1. Children will draw the family trees.

24. Family relationships

1. The son of my father and mother 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.

25. 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 the children.
4. A mother washes clothes.
5. A mother takes and 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.


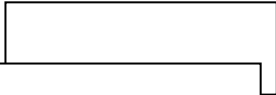


26. Duties of children.

1. Children clean the home.
2. Children fetch water.
3. Children collect firewood.
4. Children help their parents.

- 5. Children wash clothes and utensils.
- 6. Children carry the baby.

Learner's activity

Read and draw.

- 1. A mother cooking food. 
- 2. A father digging. 
- 3. A boy sweeping 
- 4. A girl carrying firewood. 

27. Our community.

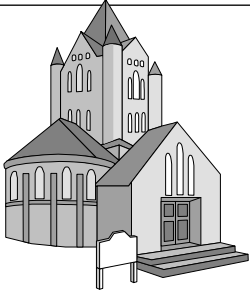
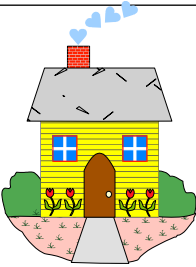
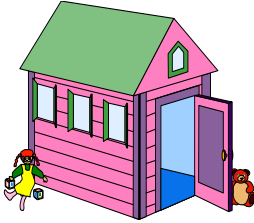
- 1. What is a community?

A community is a group of people living or working together.

2. Examples of communities are;

Church, Mosque, school, police station, hospital, home, market, family.



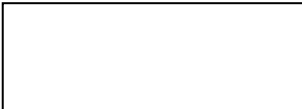
Learner's activity

28. People found in our community.

- Doctors
- Nurses
- Teachers
- Heardsmen
- Fishermen
- Carpenters
- Shopkeepers
- Policemen
- barbers
- cobblers
- security guards
- pastors
- priests
- mechanics
- venders

Read and draw

- 1. A teacher 
- 2. A farmer 
- 3. A fisherman 

29. Roles of different people in the community.

- 1. Doctors treat sick people.
- 2. Teachers teach children.
- 3. Nurses cares for the sick people.
- 4. Carpenter makes furniture.
- 5. plumber repairs broken pipes.
- 6. Farmer grows crops.
- 7. Herdsman looks after cattle.

- 8. Cobbler mends our shoes.
- 9. Shopkeeper sell things in a shop.

Activity:

Match

- (a) carpenter grow crops
- (b) doctor looks after cattle
- (c) farmer makes furniture
- (d) cobbler treats sick people
- (e) herdsman mends shoes

30. Places of work of the people in the community.

- | | People | Place 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.

hospital	school

2. Draw these people;

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doctor	teacher	farmer

31. Cultural practices and values in the community

Acceptable behavior in different cultures in our community.

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

Learners' activity

Draw these;

Eating	Dancing	Praying

32. Cultural practices in our community;

1. Introduction
2. Singing and dancing
3. Marriage
4. Burial
5. Circumcision

- 6. Naming
- 7. Twins

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 Kiiza.

33. Names of twins

Boys

Wasswa
Kato

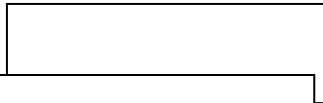
Girls

Babirye
Nakato

Learners' activity

Read and draw.

- 1. Your traditional dress e.g. Kanzu and Gomesi.
- 2. Two girls dancing.
- 3. People praying
- 4. A bride and groom.



THEME 3: THE HUMAN BODY AND HEALTH

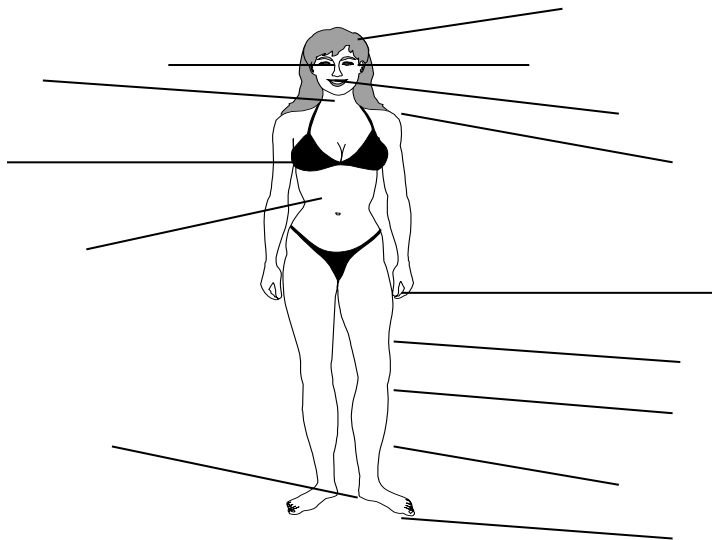
SUB THEME: PARTS OF THE BODY AND THEIR USE.

1. 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



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

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

- | | | | | | |
|--------|---|-------|-------|---|----------|
| Eyes | - | see | skin | - | feel |
| Tongue | - | taste | teeth | - | chew/eat |
| Legs | - | walk | hands | - | touch |
| Nose | - | smell | | | |

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 correctly.

I use eyes to _____
I write with my _____
I move/walk with my _____
I work with my _____
I _____ with my skin

Etc.

3. **SANITATION:**

What is sanitation?

Sanitation is the general cleanliness of a place (environment) where we live/stay. Areas that need to be kept clean;

Bathroom, sitting room, house, store, pit latrine,/toilet, compound, kitchen, dining room, bedroom, verandar, soakpit

How to clean these areas;

- Slashing
- Digging around the compound
- Sweeping
- Scrubbing
- Mopping
- Smoking
- Dusting
- Flushing the toilets
- Cutting
- Picking
- Burning rubbish
- Covering

Activity;

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

4. **TOOLS/MATERIALS USED**

Tools and materials used to keep the place down.

- Water
- Pang
- Hoe
- Broom
- Rake
- Match box

- Scrubbing brush
- Slasher
- Soap
- Rag
- Knife
- Dustbin
- Bucket/basin
- Liquid

Activity:

(i) Pupils will match tools to their uses.

Hoe	sweeping
Panga	cutting
Brush	scrubbing
Broom	digging

(ii) Drawing and naming the tools used to clean the environment.

5. PERSONAL HYGIENE

What is personal hygiene? Personal hygiene is the way of keeping our body clean. Skills for keeping clean;

- Brushing
- Washing regularly
- Cutting finger nails
- Drinking boiled water
- Bathing
- Combing hair
- Cutting hair short

Things we use to clean the body;

- Tooth brush
- Sponge
- Soap

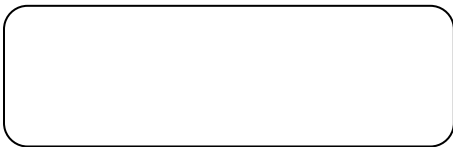
- Water
- Comb
- Razor blade
- Tooth paste
- Towel
- Pair of scissors
- Safety pin
- Toilet paper
- Handkerchief
- Basin

Activity:

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









(ii) Naming four skills for keeping clean.

6. 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 then 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) Things 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.



7. Why do we brush our teeth?

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

(b) Why do we iron our clothes?

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

(c) 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 reasons why we do the following activities;

(a) bathing _____

(b) brushing teeth _____

(c) ironing clothes _____

8. 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.

9. Preventing and controlling common diseases.

Diseases like;

- Malaria
- Flue and cough
- Diarrhoea
- Typhoid
- Cholera

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

Activity

1. Name three common diseases you know;

(a) _____ (b) _____ (c) _____

2. Why do we sleep under a mosquito net?

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

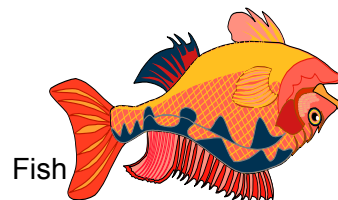
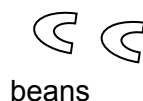
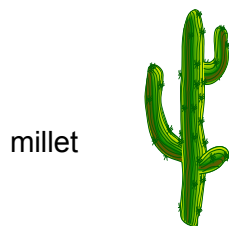
SUB THEME: CLASSIFICATION OF FOODS.

10. Common food in our community.

What is food?

Food is what 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.



Activity:

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

_____, _____, _____

3. Why do we eat food?

(i) _____
(ii) _____
(iii) _____

11. **Sources of food**

Plants, water bodies, garden, shops, market, forests,
birds, animals, insects

The source

Garden
Butcher
Shops
Market
Diary/animal
Forest/plants

example of food.

cassava, potatoes, beans, groundnuts
meat, chicken, mutton
rice, beans, flour, wheat
bananas, potatoes, pineapples, carrots, tomatoes
milk
fruits

Animals/birds

meat, eggs

Water bodies

fish

Activity:

1. Write down any four sources of food.

(i) _____, _____, _____

(ii) _____

2. What is the main source of food?

3. Name the food we get from water _____

12. Classes of food.

There are three classes of food.

- (a) Body building foods (proteins)
- (b) Energy giving foods (carbohydrates)
- (c) Health giving foods (Vitamins)

A. Body building foods. (Proteins)

This is the food which help us to grow well.

Examples:

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



Chicken



Meat



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

Activity: Name these foods;







13.B Energy giving foods (carbohydrates)

This is the food which helps us to be strong.

Examples;

Posho, matooke, cassava, eggs, millet, potatoes, maize, yams, milk, sugarcane, bread, glucose, honey.

Also fats give us energy e.g.

Butter, G. nuts fats, oil, milk fats, meat fats, ghee

Note: Lack of carbohydrates in the body causes a disease 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	bananas	Sugarcane

14. Health giving foods (Vitamins)

Protective foods.

These foods are grouped into two groups;

- (a) Fruits (b) vegetables

These foods fight against diseases.

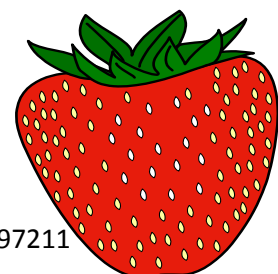
Examples

Fruits

Mangoes
Pawpaws
Pineapples
Apples
Jackfruits
Oranges
Grapes
Water melon

Vegetables

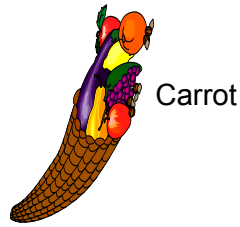
cabbages
Nakati
ddodo
carrots
Jobyo
ensugga
tomatoes
lemons



Apple

Tomato

Cabbage



Carrot

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.

(i) _____ (ii) _____ (iii) _____

15. Good feeding

Balanced diet.

What is a balanced diet?

A meal with different classes of food.

Importance of a balanced diet.

(a) Balanced meal help us to have good health.

(b) Balanced meals help us to grow well.

Examples of balanced diet/meal

1. Pineapple + meat + rice + Nakati

2. Bread + beans + cabbage + posho

Activity:

1. Pupils will arrange a balanced diet practically.

16. Effects of poor feeding

Some people feed poorly by eating one type of food. E.g. posho everyday or bananas everyday.

Poor methods of feeding may result into;

- Malnutrition
- Death
- Blindness
- Poor body shapes

Signs of malnutrition

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

Activity:

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

(i) _____ (ii) _____

3. Give two signs of malnutrition

(i) _____ (ii) _____

17. Food Hygiene

What is food hygiene?

How food gets dirty.

- Food can get dirty when left uncovered.
- When it falls on dirty ground.
- When it is kept in dirty places.
- When it is kept in dirty containers.
- When it is handled with dirty hands.
- Dirty food is harmful to our health.
- Food that we eat is always prepared by;

- (a) Heating it
- (b) Cooking it
- (c) Washing it
- (d) Frying it
- (e) Baking it
- (f) Boiling it.

Heat kills germs in the food.

Activity:

1. How does food get dirty?
2. Name any two ways of preparing food to eat.
(i) _____ (ii) _____
3. Dirty food is _____ to our health.
4. What is food hygiene?

18. THEME 4: FOOD AND NUTRITION

SUB THEME: FOOD HYGIENE

(a) Keeping food safe/clean (preserving)

- Food must be kept clean right away from the garden.
- Food that can be eaten raw (uncooked) e.g. bananas, mangoes, carrots, should be washed with clean water before eating.
- Food must be cooked well so that germs are killed.
- Food must be covered to keep away flies, cockroaches and dirt.
- Water for drinking must be boiled to kill germs.
- Cold food should be warmed before eating.
- Some food can be salted to be safe.
- Wash hands before eating food.
- Some food can be smoked.
- Use clean utensils.
- Keep some food in the fridge.
- Some food can be sun dried

Activity:

1. What is food hygiene?
2. Name any two ways how food gets dirty.
(i) _____ (ii) _____
3. Why do we boil water for drinking?
4. Mention any three foods we eat uncooked.
(i) _____ (iii) _____
(ii) _____

19. 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 diseases.
- (c) Dirty food can cause diarrhea
- (d) Diarrhoea is the passing out of watery faeces .
- (e) Dirty food can cause dysentery.
- (f) Dysentery is the passing out of bloody faeces.
- (g) Dirty food causes vomiting, worms etc.

Activity:

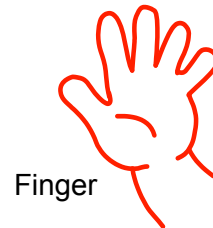
- 1. Name the small living things that cause diseases.
- 2. Where should we put our faeces?
- 3. What can happen to us when we eat dirty food?
- 4. _____ is the passing out of bloody faeces. (dysentery, diarrhea)

20. The spread of diarrhea (4’F’s)

Diarrhoea is spread by 4’F’s.

- 1. Faeces 2. Flies, 3. Fingers, 4. Food

This is what we call the disease path.



Germs are spread through these 4 F’s.

Some other common diseases that cause diarrhea are:

Typhoid, cholera, malaria, measles, eating unwashed fruits, drinking dirty water.

Activity;

- 1. Write the 4’F’s.
F _____ F _____
F _____ F _____

2. Name two other diseases that can cause diarrhea.

(i) _____

(ii) _____

21. Effects of Diarrhoea (dangers)

- Too much diarrhea and vomiting may cause dehydration.
- Dehydration means loss of water/fluids in the body.
- Dehydration causes death in both children and adults.

The 3 D's

The 3 Ds can mean.

Diarrhoea Dehydration Death

Signs of dehydration

- Deep breathing.
- Dry lips/mouth
- Sunken eyes
- Loss of weight
- Pale skin
- General weakness of the body
- One feels thirsty.

Prevention of diarrhea

- Eat well cooked food.
- Wash hands before eating food.
- Use latrines and toilets properly.
- Avoid eating dirty food.
- Drink boiled water
- Do not eat with animals.

Activity:

1. What is dehydration?
2. Write the 3 D's

(i) D _____ (ii) D _____ (iii) D _____

3. How can we prevent diarrhea?

LESSON NOTES TERM II 2010

PRIMARY TWO - NEWS

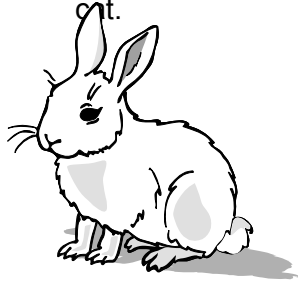
THEME 5: OUR ENVIRONMENT

COMMON ANIMALS.

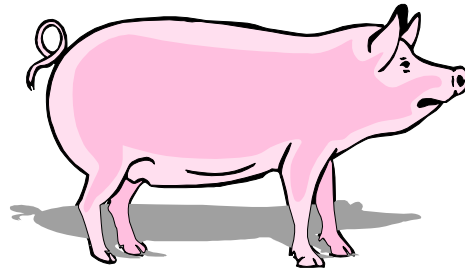
1. Domestic animals: What are domestic animals? Domestic animals are animals we keep in our homes.

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
- (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

Activity: Match animals to their uses;

- Cow transport
- Dog mutton and wool
- Sheep beef
- Horse guards home

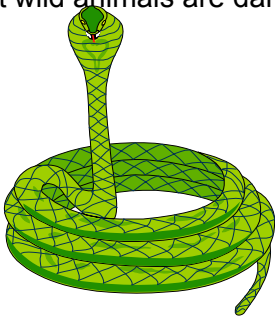
3. Wild animals:

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

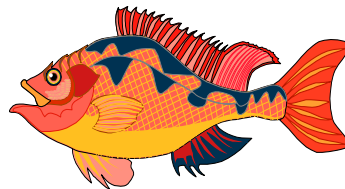
Examples

Zebra, rat, snake, fish, lion, rhino, crocodile, elephant, giraffe, monkey

Most wild animals are dangerous to us.



Snake



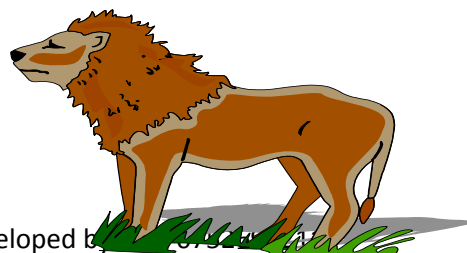
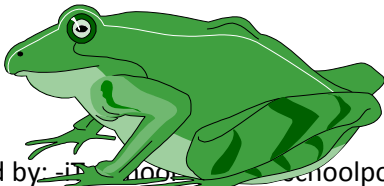
Fish

Activity:

1. What are wild animals?

2. Mention six examples of wild animals.

3. Name the wild animals.



4. Uses of wild animals.

Wild animals are dangers to us and to domestic animals. They destroy our crops. Some of these wild animals can be used for;

- (a) Meat
- (b) Skin
- (c) Tusks, horns
- (d) Money when they are in the zoo (attracts tourists)

Elephant	-	tusks
Rhino	-	horns
Kob	-	meat
Buffalo	-	meat
Leopard	-	skin
Snake	-	skin

Activity;

1. From which animal do we get the following;

- | | | | |
|----------|-------|-----------|-------|
| (a) Skin | _____ | (b) tusks | _____ |
| (c) meat | _____ | (d) horns | _____ |

5. **Animal products**

Useful animals also provide us with other things.

These are things made from wool, skins and milk.



socks



milk



suit case

- 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.
_____ , _____

5. 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	rack
Frog	toadpole
Fish	fry
Sheep	lamb
Man	baby

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.

Animals 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



House

kennel

Kraal

Activity;

1. Give the homes of these animals;

(a) pig _____

(b) dog _____

(c) lion _____

(d) man _____

(e) fish _____

8. Animal sounds

All animals make sounds;

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	Squeals	
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 movement

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.

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.

9. Activity;

1. Write down two reasons why animals move.

- (a) _____
(b) _____

2. 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

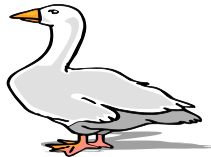
Birds can also be grouped into two groups.

- (a) domestic birds
- (b) wild birds

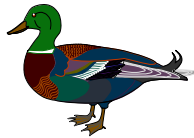
1. Domestic birds.

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

Hen



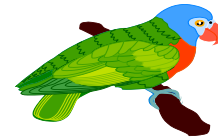
duck



turkey



parrot



Uses of domestic birds.

- (a) eggs
- (b) meat
- (c) feathers
- (d) pets

11. 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, G. fowl, an eagle, Ostrich, Swan, penguin

Activity;

1. Name the domestic birds you know.

_____, _____, _____

2. Write down the uses of birds;

3. Draw these animals

duck	hen	turkey

12. Insects

Common Insects

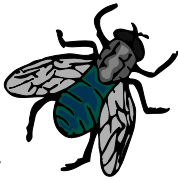
Names of common insects;

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

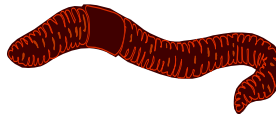
- Insects are living things. They reproduce by laying eggs.

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

Activity;

1. Give any four examples of common insects.

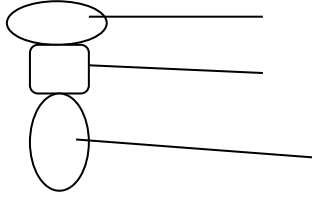
- (a) _____ (b) _____
- (c) _____ (d) _____

2. Name any two characteristics of insects.

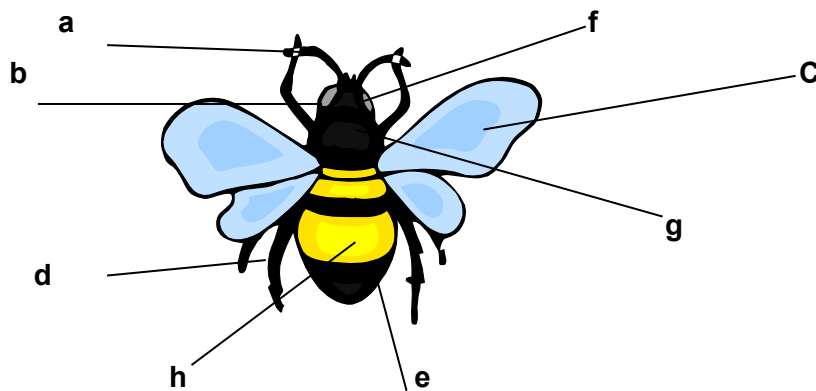
- (a) _____
- (b) _____

13. Parts of an insect.

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



Other body parts of an insect



- | | | | | | | | |
|----|-----------|----|------|----|--------|----|---------|
| a. | feeler | 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?

14. Parts of an insect.

The head;

- On the head there is a pair of eyes and a pair of feelers.
- An insect uses the feelers to feel as it moves.
- The thorax has four wings which help the insect to fly.

- 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.

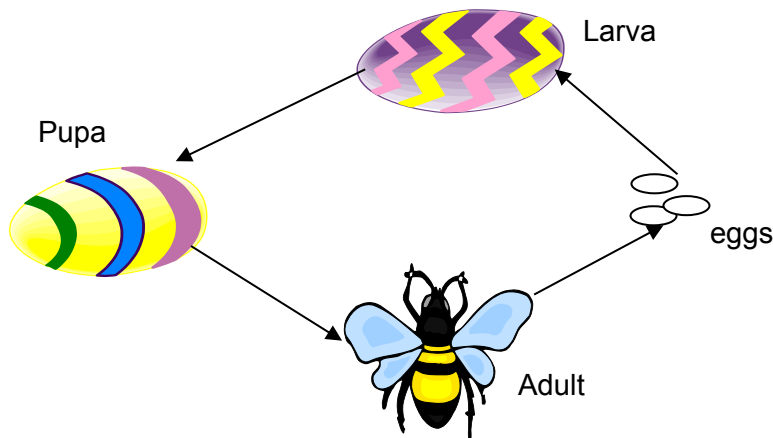
Activity

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.

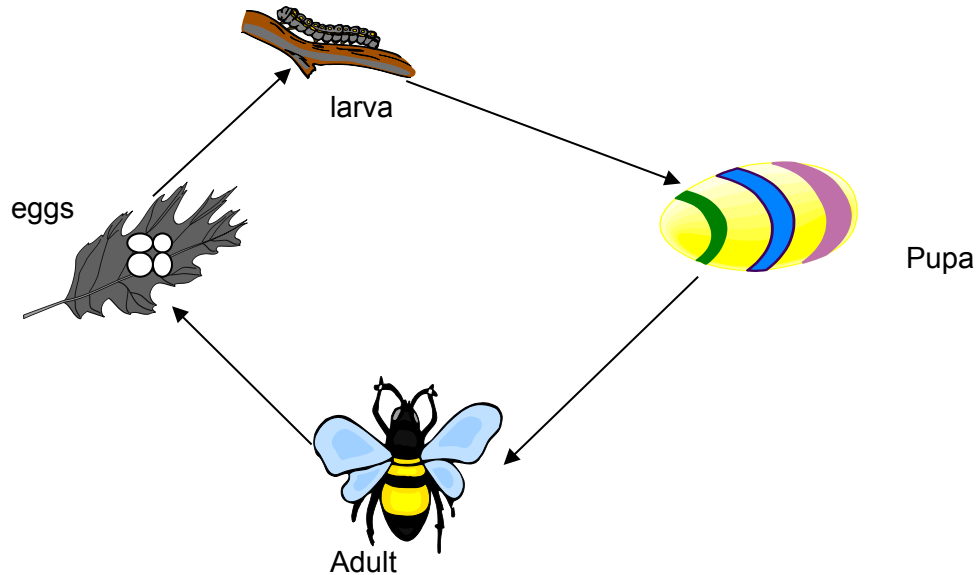
Activity;

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.



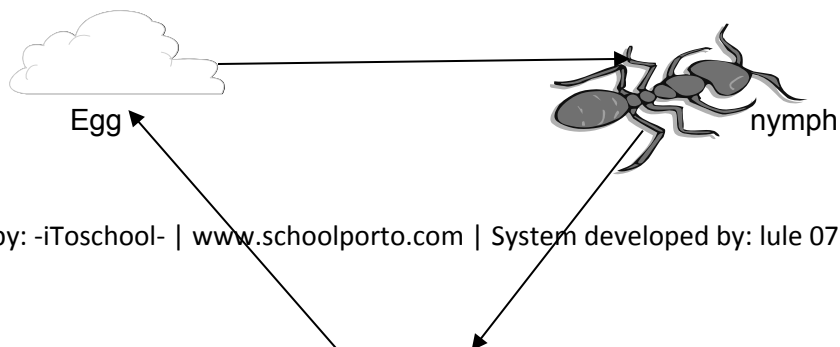
- The larva stage of a butterfly is called a **caterpillar**. This is the most active and dangerous stage to our plants.
- It feeds on leaves of plants.
- Butterflies lay eggs on leaves of plants.
- Butterflies suck nectar from flowers.
- The pupa of a butterfly does not feed or move. It stays in a cover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

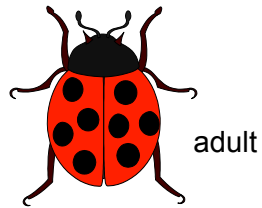
Activity;

- Draw and name the stages of a butterfly.
- What is the larva stage called?
- Which stage of a butterfly is dangerous to our plants?

17. Life stages of a cockroach

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.

18. Useful/good insects.

There are insects that are good/useful to us.

Examples;

Grasshoppers , bees, white ants, bees, months, 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, month and bees.

Activity;

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

19. 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, spider.

How these insects are harmful;

- House flies carry germs which cause diseases like cholera, dysentery, diarrhea, typhoid, trachoma, conjunctivitis.
- tse tse 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 weevils 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?

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, die, breath, feed, and others.

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

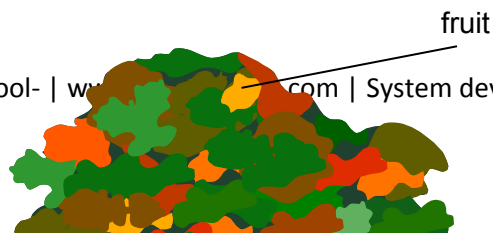
Activity;

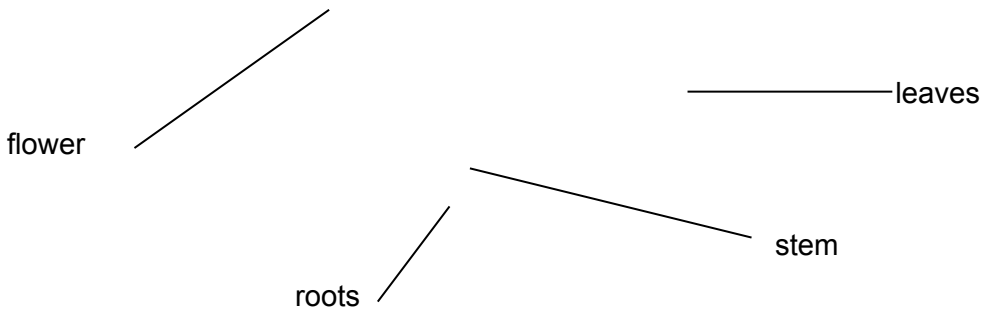
1. Give four examples of common plants;

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.

23. Uses of parts of a plant.

Leaves: These can be used as food. Some leaves store food. Leaves help give shape to the plants. Some leaves give new plants.

Flowers: Flowers develop into fruits. Flowers provide nectar to bees.

Roots: The roots support the plant firmly in the ground. The roots help the plant to get water from the soil. The roots store food for us.

Fruits: Store seeds that we eat as food. Store seeds that we plant.

Activity:

1. Mention two uses of leaves to us.
2. Name three plant roots we eat as food.

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.
- (j) We get fruits from plants.
- (k) Plants provide us with food.

Places where plants grow.

- 1. Some plants grow in the garden.
- 2. Some plants grow in swamps.
- 3. Some plants grow on water.
- 4. Some plants grow in the desert.
- 5. Some plants grow on rocky areas.

Activity;

- 1. Write any five uses of plants.

25. Plants which give us food.

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
- Cotton seeds - cooking oil

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 _____

27. Different plants that grow in different areas.

- (a) Plants that grow in swamps/wetlands include;
Sugarcanes, yams, rice, papyrus, yams, kalitunsi, cabbages,
- (b) sisal and cactus grow in the desert. A desert is a dry land covered with sand and very hot.
- (c) Plants that grow on water include; water lily, water cabbage, water hyacinth.
- (d) Plants that grow in the garden include;
Cassava, beans, maize, potatoes, peas, beans, sorghum, millet, dodo, water melon.

Activity:

1. Name three places where plants grow.
2. Mention two plants that grow on water.
3. List four plants that grow in the garden.

28. Dangers of plants

- Some plants have thorns and they prick us.
- Some plants are poisonous.
- Some plants are weak when children climb them, they fall down and get an accident.
- 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.

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
- Fencing
- Harvesting

Plants need the following conditions to grow well:

- Sunlight
- Oxygen (air)
- 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.

Types of seeds

(a) **Fresh seeds**

These are seeds that have water in them. e.g. fresh beans, fresh peas etc.

(b) **Dry seeds.**

Dry seeds do not have much water in them. E.g. dry maize seeds, dry bean seeds etc

(c) **Small seeds**

Examples

Sims sim, sorghum, millet

(d) **Big seeds**

These are sometimes one in a fruit though some are many. E.g. jackfruit seeds, coconut seeds, ovacado seeds, mango seeds.

(e) **Edible seeds.**

These are seeds which can be eaten e.g. ground nuts, beans, simsim, maize.

(f) **Inedible seeds**

These are seeds that can not be eaten e.g.

Orange seeds, ovacado seeds, mango 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. Sorting seeds for planting.

- Good seeds grow well in good soil.
- Good seeds are healthy.
- Good seeds grow into good plants.
- Bad seeds cannot grow into good plants.
- Old seeds cannot grow into good plants. The growing of a seed into a new plant is called germination.
- A young plant is called a seedling.

Germination of seeds.

- Seeds need the following to germinate;
- (i) Moisture
 - (ii) Air
 - (iii) Warmth

Seed

seedling

Activity:

1. Why do we saw good seeds?
2. A young plant is called a _____
3. Give the needs of a seed to germinate.

THEME: 6 THINGS WE MAKE. Things we make in the community.

(a) Play materials.

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

mat	balls	dolls	ropes	sticks	hats


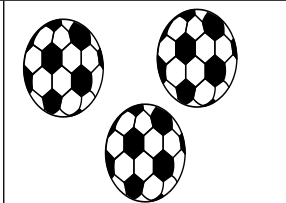
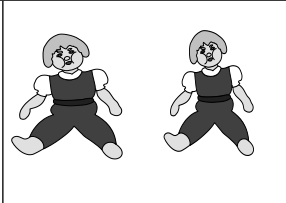
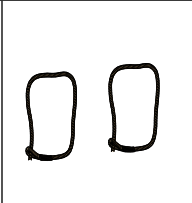
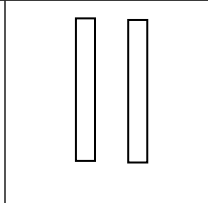

TERM II: THEME 6: THINGS WE MAKE

SUB – THEME:

Things we make in the community;

- (a) Play materials;
- ropes, sticks, strings, metre sticks, mats, baskets, hats
 - dolls

- balls

					
mat	balls	dolls	ropes	sticks	hat

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.

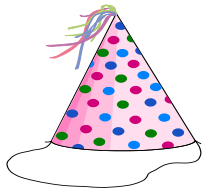
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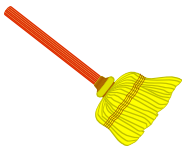
1. Pupils will write the uses of the things we make.

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.

2. 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;

Means of water transport.

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

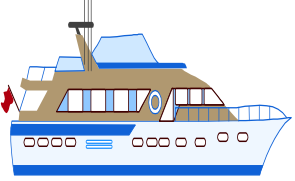
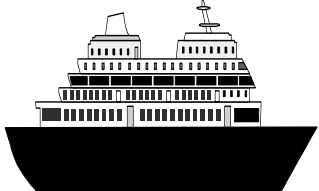
Air transport

Means of air transport;

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

Learners' activity.

Name these means of transport.

4. People who operate the means of transport.

Means

Aeroplane

Ship

Train

Boat

Bicycle

People

pilot

ship captain

captain

sailor

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;

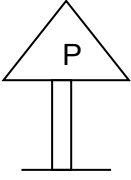
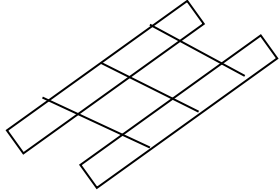
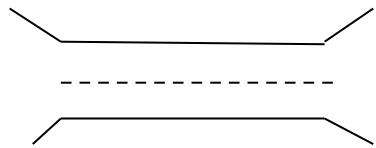
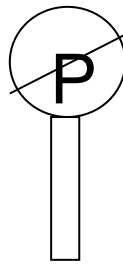

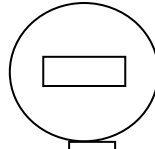
1. _____,

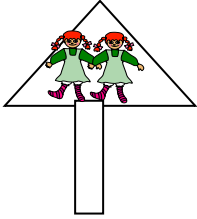
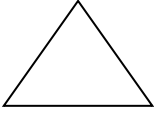
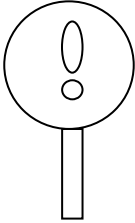
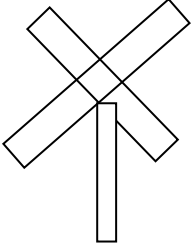
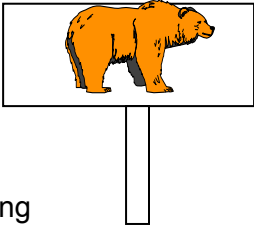
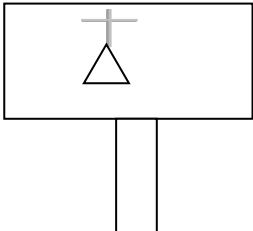
(b) Give any two un safe ways of using the road.

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;

 <p>Parking</p>	 <p>Zebra crossing</p>
 <p>Bridge a head</p>	 <p>No parking</p>
	

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

8. Dangerous things 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

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.

Common causes of accidents.

- 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.

3. Cuts

Cuts are commonly caused by;

- Playing with sharp objects e.g. nails, razor blades, 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.

4. Drowning

Drowning can be caused by;

- floods
- bad swimming pools
- Un trained 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

Electric shock

Causes of electric shock can be;

- poor wiring
- bad hearted people
- children trying to discover
- carelessness
- broken wires
- playing with electric garjets

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.

5. 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 medicine 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.

6. 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.

7. 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 a casualty.
- 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 in case of the nose bleeding
- trying 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?

8. 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.

Examples of first aid materials (things)

- | | | | |
|-------|--------------------------|---|--------------------------------|
| (i) | Soap | - | Washing hands/around cuts |
| (ii) | cotton wool | - | for cleaning the cuts. |
| (iii) | bandage | - | trying 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/Asprine/panadol | - | pain killers |

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.

TERM III NEWS:

THEME: PEACE AND SECURITY

SUB THEME: ROLES OF PEOPLE WHO KEEP PEACE AND SECURITY

People who provide us with security;

(a) At home;

1. Parents

2. Grand parents
3. Children
4. House keepers
5. Security guards.

(b) At school

1. Teachers
2. Children
3. Prefects
4. Non teaching staff
5. Security guards.

(c) In the community

1. Police
2. Religious leaders
3. The army
4. L.D.U's (Local Defence Unit)
5. L.C's Local Council members.
6. Elders
7. Security guards.
8. Cultural leaders e.g. kings

Activity

Draw people who provide us with peace and security.

children	teachers	parents
policemen	Grand father	A soldier

Roles of people who keep peace and security.

(a) Teachers;

1. Teachers guide and counsel children.
2. Teachers teacher children.
3. Teachers provide rules and regulations to children.
4. Teachers enforce discipline.

(b) Parents;

1. Parents guide and counsel children.
2. Parents enforce discipline in children.
3. Parents provide family needs to children.

(c) Children;

1. Children obey rules and regulations.
2. Children guide their friends.
3. Children protect their friends.
4. Children report bad behaviours to elders.

(d) Police;

1. Police keeps law and order.
2. Police counsel and enforce discipline.
3. Police protect people and their property.

(e) Religious leaders;

1. They guide and counsel children.
2. They enforce societal norms.
3. They preach the word of God.

Learner's activity;

1. Name any two people who provide us with peace and security at;

- | | |
|------------|-------------|
| (a) School | (b) at home |
| 1. _____ | 1. _____ |
| 2. _____ | 2. _____ |

2. How are these people important in our community?

- (a) Police men
- (b) Priests

3. Write the following in full;

(a) L.D.U _____

(b) L.C _____

Ways of promoting peace and security.

1. Praying
2. Following rules and regulations
3. Obeying rules
4. Thanking
5. Forgiving
6. Sharing
7. Helping
8. Guiding others.
9. Greeting

Learner's activity

Read and draw

People praying	Children greeting
Children helping one another	Children sharing

Importance of promoting peace and security.

We need security to;

1. Respect one another.
2. Love one another.
3. Co-operate with others.
4. Have freedom of speech.

5. Move freely.
6. Grow and develop well.

Effects of insecurity.

Insecurity causes;-

1. Death
2. Hunger
3. Famine
4. Divorce
5. Child abuse
6. Disabilities.
7. Loss of job.
8. Fights
9. Fear
10. Trauma
11. Dropping out of school.
12. Homelessness
13. Displacement
14. Loss of property

Learners' activity;

1. Identify three ways of promoting peace and security.
2. Give two reasons why we need peace and security in our community.
3. Mention three effects of insecurity in the community.

Theme 10: Child protection

Sub-theme: Child work and child abuse.

Children's work at home.

1. They fetch water.
2. They do house work.
3. They collect firewood.
4. They dig in the garden.

Basic needs of children.

Children need the following;

- a. food, clothes, water, shelter, medical care, love.
- b. They need to live in a peaceful environment.

Activity:

- 1. Draw the needs of children.

clothes	Food	Houses	Water

- 2. Give two examples of work children do at home.

Bad acts done to children.

Child abuse

Child abuse is the way children are mistreated.

Forms of child abuse

- 1. Beating them
- 2. Child sacrifice
- 3. Child labour
- 4. Kidnapping
- 5. Rape
- 6. Defilement
- 7. Making children carry heavy loads.
- 8. Harsh punishments
- 9. Denial of basic needs.

Activity

- 1. What is child abuse?
- 2. Name these forms of child abuse.

Effects of child abuse.

- 1. anger, sadness, loneliness, pain, hatred, lame, worry, deaf, fear, shame, death, isolation

Ways of child protection.

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

Activity

1. Identify three effects of child abuse.
2. Give three ways of child protection

Children's rights.

Children have a right to;-

- a. Education.
- b. Good feeding
- c. Clean environment.
- d. Medical care.
- e. Play
- f. Pray
- g. Freedom of speech

Learner's activity

1. Give any four rights of children.
2. State any four ways of child abuse.

Theme 12: Recreation, festivals and holidays.

Sub-theme: Recreation activities at home and school.

These are;

1. Going for a picnic.
2. Resting
3. Listening to music
4. Telling and listening to stories.
5. Paying a visit.
6. Reading for pleasure.
7. Playing and watching games.
8. Swimming.

Importance of recreation activities.

We need them for;

1. Learning
2. Amusement
3. Enjoyment
4. Fun
5. Rest
6. Entertainment
7. Exercises

Activity

1. Draw these activities done at school.
(a) Swimming (b) Resting
2. Give three uses of recreation activities.

Cultural festivals

These are;-

1. Naming e.g. twins and cultures.
2. Initiation e.g. circumcision, de-toothing, tattooing, naming.

Importance of initiation

Initiation can be for;-

- (a) Identity (b) Recognition.

Activity

1. Name the children born on the same day by the same mother at the same time.
2. Mention one group of people who circumcise the men.
3. Give one importance of initiation.
4. Give special names given to twins.

Holidays

Types of holidays

- (a) School holidays
- (b) National and public holidays.
- (c) Religious holidays

1. School Holidays

- (a) Term I (ii) Term II (iii) Term III

2. National and public holidays.
 - (a) Independence day.
 - (b) Women's day
 - (c) Labour day
 - (d) Heros day
 - (e) Liberation day

3. Religious holidays.

- (a) Martyrs day
- (b) Christmas day
- (c) Iddi day
- (d) Easter day

Activity

1. Give two types of holidays.
2. Mention two examples of religious holidays.
3. Name one natural holiday.

(b) Importance of holidays e.g.

1. To rest when not at school.
2. To help parents at school.
3. To celebrate.
4. Visiting friends and relatives
5. Praying
6. Merry making

Activity

1. Draw;
 - (a) Children playing at school
 - (b) At home on Christmas holiday.

2. Give one importance of holidays.

