## HYGIENE & NUTRITION GRADE 1

## SCHEME OF WORK FOR TERM 1

**COMPETENCY BASED CURRICULUM** 

## HYGIENE AND NUTRITION ACTIVITIES SCHEME OF WORK GRADE 1 TERM 1

SCHOOL	GRADE	LEARNING	TERM	YEAR
		AREA		
	1	HYGIENE AND	1	
		NUTRITION		
		ACTIVITIES		

Week	Lesson	Strand	Sub-strand	Specific learning	Key inquiry	Learning Experiences	Learning resources	Assessment	Reflection
				outcomes	questions				
1	1	Healthy	Physical	By the end of the sub- strand, the learner	1. What is the	Learners to identify	Oxford Everyday	Observing learners	
		Practices	Activities	should	importance of	health habits that	Hygiene and Nutrition,	as they participate	
				be able to:	participating in	prevent illnesses like	Learner's Book Grade	in physical	
				a) State the importance	physical activities?	physical activities and	1 pg. 2	activities	
				of practicing physical	2. Which physical activities do you	exercise.	Video clips		
				activities. b) Participate in	like?		Charts		
				physical		Learners to state the	Balls		
				activities that promote		importance of	Bean bags		
				wellbeing.		participating in	Tires		
						physical activities.	Huddles		
							Skipping ropes		
						Learners to participate	Starter		
						in physical activities.	Swings		
							Slides		
							See-saws		

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	2		Washing	By the end of the sub-	1. Why do we wash	Learners to state the	Oxford Everyday	Observing the
			hands	strand, the learner should	hands? 2. Which times do	importance of washing	Hygiene and Nutrition,	procedure of
				be able to:	we	hands.	Learner's Book Grade	washing hands as
				a) Identify health habits that prevent illnesses	wash our hands? 3. Which materials		1 pg 2	carried out by
				like	do	Learners to observe	Video clips	learners.
				washing hands.	we use to wash our	washing hands.	Charts	
				b) Discuss the	hands?	demonstrations	Running water	
				importance of washing			Containers	
				hands to promote		Learners to role play	Soap	
				wellbeing of self and		washing hands.	Towel/serviettes	
				others.				
						Learners to practice		
						washing hands.		
2	1		Medicine	By the end of the sub-	1. Why do we take	Learners to state the	Oxford Everyday	Observing how
				strand, the learner should	medicine?	importance of taking	Hygiene and Nutrition,	learners demonstrate
				be able to: a) State the importance	2. Which type of	medicine when one is	Learner's Book Grade	taking
				of	medicine have you	ill.	1 pg 2	medicine and the
				medicine.	ever taken?		Video clip of children	precautions they
				b) Discuss on the form of medicine and how it	3. Which precautions		taking medicine	observe.
				is	should we observe	demonstrations of	Pictures of different	
				taken.	when taking	handling medicine.	forms of medicine	
	ļ				medicine?		(Tablets, capsules,	
	ļ	į				Learners to role play	ointment, inhaler, nose	
						taking medicine.	drops and syrup)	
							Samples of forms of	
							medicine.	

	2		Eating healthy	strand, the learner	1. Which foods do	Learners to name precautions to observe when taking medicine.  Learners to identify	Oxford Everyday	Observing the	
			foods	should	you now?	health habits that	Hygiene and Nutrition,	procedure of	
				be able to:	2. Which is your	prevent illnesses like	Learner's Book Grade	washing fruits as	
				a) Name the foods they	favorite food?	eating healthy foods.	1 pg 2	carried out by	
				eat.	<ol><li>What is the importance of</li></ol>		Video clips of children	learners.	
				b) Discuss the	taking	Learners to state the	washing fruits and		
				importance of eating	healthy foods?	importance of eating	eating a balanced diet.		
				healthy foods.		healthy foods.	Pictures of various		
							types of foods.		
						Learners to observe demonstrations of how	Real fruits Water		
						to wash fruits before	Basin		
						eating them. Learners	Buom		
						to role play on preparing healthy food			
						for eating.			
3	1		Adequate	By the end of the sub- strand, the learner	1. Why do we sleep?	Learners to identify	Oxford Everyday	Observing learners as they sleep	
			sleep and rest	should	2. What do we seep	health habits that	Hygiene and Nutrition,	and	
' '	'	ı	ı	be able to:	on?	prevent illnesses like	Learner's Book Grade	role play on	ı

having an adequate sleep and rest.

1 pg 4

spreading their

 	-	-		1	i	· · · · · · · · · · · · · · · · · · ·		
			a) Pont out the			Video clip on the right	beds after waking	
			importance of adequate		Learners to name the	sleeping posture	up.	
			sleep and rest.		importances of adequate sleep and rest.	Pictures of sleeping materials like baby cots		
						and blankets		
					Learners to role play			
					on sleeping and			
					spreading a bed after			
					waking up.			
2		Care for the teeth	By the end of the substrand, the learner should be able to:  a) Identify milk teeth as temporary in childhood.	1. What are milk teeth?	Guide learners to identify the appearance of teeth during the different stages of development (an infant, a toddler, a school age	Oxford Everyday  Hygiene and Nutrition,  Learner's Book Grade 1 pg 11  Video clips of children who have shed their	Listening to the learners as they tell stories on how they shed their milk teeth	
					pupil).	milk teeth		
					Ι Ράρη).	Pictures of children		
					Learners to colour or	who have shed their		
					model a tooth.	milk teeth		
					Learners to share			
					experiences or tell			
					stories about shedding			
					milk teeth during childhood.			

4	1	Care for the	By the end of the sub- strand, the learner	1. What should we	Guide learners to	Oxford Everyday	Observing the
		teeth	should	use to remove a	mention the hygienic	Hygiene and Nutrition,	learners
			be able to:	tooth?	practices to observe	Learner's Book Grade	demonstrate on
			a) Mention hygienic	2. How is a tooth	during shedding of	1 pg 12	how to remove the
			practices to observe	removed?	teeth (washing hands,	Video clips	milk teeth.
			during shedding of milk		gurgling salty water	Pictures of children	
			teeth.		after extraction, proper	removing teeth	
			b) Observe hygienic practices during		disposal of shed tooth,	Soap	
			shedding		proper disposal of	Clean water	
			of milk teeth.		soiled materials used	Salt	
					after tooth extraction).	Dust bin	
						Clean cloth	
					Learners to observe a		
					demonstration of		
					hygienic practices		
					during shedding of		
					teeth.		
	2	Care for the	By the end of the sub- strand, the learner	1. How do you take	Guide learners to	Video clips	Observing the procedure of
		teeth	should	care for the gum	mention the various	Pictures of children	taking
			be able to:	where the tooth has	ways of taking care of	taking care of the gum	care of the gum
			a) Mention ways of	removed?	the gum where the	where teeth have been	where teeth have
			taking care of the gum		tooth has been	removed	been removed.
			where the tooth has been		removed.	Salty water	
			removed.				
					Learners to observe a		
					demonstration of takin		

S						care of the gum where			
Second Common   Security   Secu						_			
S   Use of medicine   By the end of the substrand, the learner should   be able to: a) Mention common forms of medicine used in our homes.   S   Use of medicine   S   Use of medicine   S   S   S   S   S   S   S   S   S									
strand, the learner should be able to: a) Mention common forms of medicine used in our homes.  2 Use of medicine  By the end of the substrand, the learner should be able to: a) State precautions when handling medicine found in the home.  By the end of the substrand, the learner should be able to: a) State precautions when handling medicine found in the home.  Strand, the learner should be able to: a) Mention common forms of medicine used at home (tablets, capsules, syrups, ointment creams, inhalers, eye/ear/nose drops).  Learners can watch a video clip on different forms of medicine to determine the mastery of forms of medicine to determine the master of for	-	1	l llag of	Desther and of the out	1 Which forms of		Outsid Eventdov	A all and averations	
medicine be able to: a) Mention common forms of medicine used at home (tablets, capsules, syrups, ointment creams, inhalers, eye/ear/nose drops).  1. What precautions when medicine at a) State precautions when handling medicine at a) State precautions when handling medicine, and in the home.  1. What precautions when handling medicine, out of medicine, and in the home.  1. What precautions are needed when handling medicine, out of take medicine at home?  2. We of medicine when handling medicine, out of take medicine and home?  2. We of medicine when handling medicine, out of take medicine and handling medicine, out sharing medicine, of medicine.  2. We of medicine when handling medicine and home?  3. What precautions are needed when handling medicine, out of earn and safe water water water water medicine.  4. We of medicine used at home (tablets, capsules, syrups, ointment creams, inhalers, eye/ear/nose drops). forms of medicine  4. We of medicine used at home (tablets, capsules, syrups, ointment creams, inhalers, eye/ear/nose drops). forms of medicine  5. Common of medicine used at home (tablets, capsules, syrups, ointment creams, inhalers, eye/ear/nose drops). forms of medicine  6. Common of medicine  6. Common of medicine  8. Video clips of children when handling medicine out take when handling medicine, out sharing medicine, out sharing medicine.	5	1	Use of		1. Which forms of		Oxford Everyday	Ask oral questions	
be able to: a) Mention common forms of medicine used in our homes.    Secondary of medicine used at home (tablets, capsules, syrups, ointment creams, inhalers, eye/ear/nose drops).    Secondary of medicine used in our homes.			medicine		medicine do you		Hygiene and Nutrition,		
a) Mention common forms of medicine used in our homes.    Section   Pictures of forms of medicine   Pictures of forms of medicine   Pictures of forms of medicine   Pictures of medicine   Pictures of forms of medicine   Pictures of for				he able to:	know?	of medicine used at	Learner's Rook Grade		
forms of medicine used in our homes.    Capsules, syrups, ointment creams, inhalers, eye/ear/nose drops).   Pictures of forms of medicine (tablets, capsules, syrups, ointment creams, inhalers, eye/ear/nose drops).					KIIOW:				
in our homes.  In our				l ´				medicine	
inhalers, eye/ear/nose drops).  2 Use of medicine medicine  Use of medicine medicine  Use of medicine medicine  Use of medicine medicine  Use of war/nose drops).  Use of medicine  Use of war/nose drops).  Use of medicine  Use of medicine  Use of medicine  Use of war/nose drops).  Use of medicine  Use of medicine  Use of war/nose drops).  Use of we/ear/nose drops).  Use of medicine  Use of war/nose drops).  Use of war/				İ		'			
drops). (tablets, capsules, syrups, ointment creams, inhalers, eye/ear/nose drops).  Use of medicine  By the end of the substrand, the learner should be able to: a) State precautions when handling medicine found in the home.  1. What precautions are needed when handling medicine at home?  When handling medicine, use of clean and safe water  to take medicine, ont sharing medicine  (tablets, capsules, syrups, ointment creams, inhalers, eye/ear/nose drops).  Learners to discuss the Oxford Everyday Precautions to take when handling medicine at home?  (washing hands when handling medicine of clean and safe water properly  to take medicine, ont sharing medicine  To gray and the learner's Book Grade of clean and safe water properly  Pictures of forms of medicine				in our homes.		i i			
2 Use of medicine  By the end of the substrand, the learner should be able to: a) State precautions when handling medicine found in the home.  By the end of the substrand, the learner should be able to: a) State precautions when handling medicine found in the home.  By the end of the substrand, the learner should be able to: a) State precautions when handling medicine at home?  Mome?  By the end of the substrand, the learner should be able to: a) State precautions when handling medicine at home?  By the end of the substrand, the learner should be able to: a) State precautions when handling medicine at home?  By the end of the substrand, the learner should be able to: a) State precautions when handling medicine at home?  By the end of the substrand, the learners to discuss the precautions to take when handling  By the end of the substrand, the learners to discuss the hydren and Nutrition, handling  Carners to discuss on precautions to take when handling  Mome?  Wideo clip on different forms of indicines.  Doxford Everyday  Hygiene and Nutrition, Learner's Book Grade  1 pg 15-17  Video clips of children when handling medicine of take when handling medicine of take water  To take medicine, not sharing medicine, medicine						· .	Forms of medicine		
Learners can watch a video clip on different forms of medicines.  Use of medicine  By the end of the substrand, the learner should be able to: a) State precautions when handling medicine at handling medicine found in the home.  Learners to discuss the precautions to take when handling medicine at home?  Learners to discuss the precautions to take when handling medicine at home?  When handling medicine at home (washing hands when handling medicine, use of clean and safe water to take medicine, not sharing medicine, or sharing medicine, or medicine  Learners to discuss Oxford Everyday Hygiene and Nutrition, Learner's Book Grade discuss on precautions to take when handling medicine, use of clean and safe water to take medicine, not sharing medicine, or medicine						drops).	(tablets, capsules,		
2 Use of medicine By the end of the substrand, the learner should be able to: a) State precautions when handling medicine at home?  1. What precautions are needed when handling medicine at home?  1. What precautions the precautions to take when handling medicine at home?  When handling medicine, use of clean and safe water to take medicine, use of clean and safe water to take medicine, ont sharing medicine, on the medicine at home properly  When handling medicine, use of clean and safe water to take medicine, ont sharing medicine, omedicine medicine  Noticip on different forms of medicines.  Dxford Everyday Hygiene and Nutrition, learner's Book Grade in procautions to take when handling medicine when handling medicine or to take medicine, use of clean and safe water properly  Noticip of children when handling medicine or to take medicine, or medicine							syrups, ointment		
Use of medicine    Description						Learners can watch a	creams, inhalers,		
Use of medicine  By the end of the substrand, the learner should be able to: a) State precautions when handling medicine found in the home.  1. What precautions are needed when handling medicine at home?  When handling medicine, use of clean and safe water to take medicine, not sharing medicine, use of sharing medicine, medicine  Learners to discuss the Oxford Everyday Hygiene and Nutrition, learners as they discuss on precautions to take when handling I be able to: a) State precautions when handling medicine at home?  When handling medicine, use of clean and safe water to take medicine, not sharing medicine, medicine  When handling medicine of the substrand, the learner should  By the end of the substrand, the learner should  By the end of the substrand, the learner should  By the end of the substrand, the learner should  By the end of the substrand, the learner should  By the end of the substrand, the learner should  By the end of the substrand, the learner should  By the end of the substrand, the learner should  By the end of the substrand, the learner should  By the end of the substrand, the learner should  By the end of the substrand, the learner should  By the end of the substrand, the learner should  By the end of the substrand, the learner should  By the end of the substrand, the learner should  By discuss on precautions to take  When handling medicine at home  (washing hands when handling medicine of clean and safe water  Properly  Pictures of forms of sharing medicine  By the end of the substrand, the learner should  By given and Nutrition,  Bearner's Book Grade  When handling medicine at home  1 pg 15-17  By						video clip on different	eye/ear/nose drops).		
Use of medicine  By the end of the substrand, the learner should  be able to: a) State precautions when handling medicine found in the home.  By the end of the substrand, the learner should  be able to: a) State precautions when handling medicine at home?  handling medicine, use of clean and safe water  to take medicine, not sharing medicine.  The medicine and Nutrition, learners as they discuss on precautions to take when handling  learners as they discuss on precautions to take when handling medicine, use of clean and safe water  to take medicine, not sharing medicine, medicine  medicine  To possible to: are needed when handling  learners as they discuss on precautions to take when handling  discuss on precautions to take when handling medicine of take when handling medicine of clean and safe water  properly  to take medicine, not sharing medicine, medicine						forms of medicines.			
Use of medicine  By the end of the substrand, the learner should  be able to: a) State precautions when handling medicine found in the home.  By the end of the substrand, the learner should  be able to: a) State precautions when handling medicine at home?  handling medicine, use of clean and safe water  to take medicine, not sharing medicine.  The medicine and Nutrition, learners as they discuss on precautions to take when handling  learners as they discuss on precautions to take when handling medicine, use of clean and safe water  to take medicine, not sharing medicine, medicine  medicine  To possible to: are needed when handling  learners as they discuss on precautions to take when handling  discuss on precautions to take when handling medicine of take when handling medicine of clean and safe water  properly  to take medicine, not sharing medicine, medicine									
medicine strand, the learner should are needed when be able to: a) State precautions when handling medicine at home? when handling medicine at home? when handling medicine at home? (washing hands when handling medicine, use of clean and safe water to take medicine, not sharing medicine.			llas of	Distherend of the out	1 What are courtions		Outsid Francisco	1 :	
medicine should be able to: a) State precautions when handling medicine at home? when handling medicine at home?  handling medicine at home (washing hands when handling medicine, use of clean and safe water to take medicine, not sharing medicine, medicine  medicine should be able to: a) State precautions when handling medicine at home (washing hands when handling medicine water properly Pictures of forms of sharing medicine, medicine  medicine at home (video clips of children handling medicine properly) Pictures of forms of medicine		2	Use of		1. What precautions	tne	Oxford Everyday	Listening to the	
a) State precautions when home? medicine at home 1 pg 15-17 take handling medicine found in the home. (washing hands when handling medicine, use of clean and safe water properly to take medicine, not sharing medicine, medicine medicine.			medicine		are needed when	precautions to take	Hygiene and Nutrition,	learners as they	
when home? medicine at home 1 pg 15-17 take handling medicine found in the home. When home. handling medicine, use of clean and safe water properly to take medicine, not sharing medicine medicine medicine medicine medicine.					handling medicine at	when handling	Learner's Book Grade		
in the home.  handling medicine, use of clean and safe water to take medicine, not sharing medicine, medicine properly Pictures of forms of sharing medicine, medicine					home?	medicine at home	1 pg 15-17		
of clean and safe water properly to take medicine, not sharing medicine, medicine				handling medicine found		(washing hands when	Video clips of children	when handling	
water properly to take medicine, not sharing medicine, medicine				in the home.			handling medicine	drugs	
sharing medicine, medicine							properly		
						to take medicine, not	Pictures of forms of		
taking dosage as Forms of medicine						sharing medicine,	medicine		
						taking dosage as	Forms of medicine		

			(tablets, capsules,	

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						prescribed, proper	syrups, ointment		
						storage of medicine).	creams, inhalers,		
							eye/ear/nose drops).		
						Learners to role play			
						on precautions when			
						taking medicines.			
١.	6	1	Use of	By the end of the sub-	1. Why should we	Guide learners to	Oxford Everyday	Observe learners as	
		'		strand, the learner					
			medicine	should	practice cleanliness	discuss why they	Hygiene and Nutrition,	they demonstrate	
				be able to:	when taking	should observe	Learner's Book Grade	cleanliness when	
				a) Observe cleanliness	medicine?	cleanliness when	1 pg 15 - 17	taking medicine.	
				when taking medicine at		taking medicine at	Video clips of children		
				home and school.		home and school.	handling medicine		
							properly		
						Learners to role play	Pictures of forms of		
						on cleanliness when	medicine		
						taking medicines.	Forms of medicine		
							(tablets, capsules,		
							syrups, ointment		
							creams, inhalers,		
							eye/ear/nose drops)		
							Soap		
							Water		
							Towel/serviettes		
							TOWER SERVICILES		
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	2	Personal	Care of Parts	By the end of the sub-	1. Which parts of the	Guide learners to name	Oxford Everyday	Listening to
		Hygiene	of the body	strand, the learner should be able	body do you know?	different parts of the	Hygiene and Nutrition ,	learners as they
				to:		body shown in their	Learner's Book Grade	identify parts of
				a) Sing songs related to		Learner's Book	1 pg 20	their body.
				parts of the body. b) Identify different			Parts of the body chart	
				parts			Parts of the body	
				of the body.			pictures	
							Video clips on prats of	
							the body	
7	1		Materials used	By the end of the sub-	1. What materials do	Guide learners to	Oxford Everyday	Listening to
			to clean parts	strand, the learner should be able	we	identify cleaning	Hygiene and Nutrition,	learners as they
			of the body	to:	use to clean our	materials	Learner's Book Grade	mention materials
				a) Name materials used	bodies?	used to clean parts of	1 pg 19	they use to clean
				to clean		the body.	Pictures	their bodies.
				the different parts of the			Video clips	
				body.			Soap	
							Water	
							Towel	
							Nail cutter	
							Pumice Stone	
							Comb	
							Toothbrush	
							Toothpaste	
							Improvised cleaning	
							materials	

	2	Cleaning our	By the end of the sub-	1. Why do we clean	Guide learners to	Oxford Everyday	Observing the	
		face	strand, the	our face?	identify cleaning	Hygiene and Nutrition,	learners as they	
			learner should be able to:	2. What materials do	materials	Learner's Book Grade	demonstrate the	
			a) Name materials used	we	used to clean the face.	1 pg 22	procedure of	
			to clean	use to clean our		Pictures of materials	cleaning the face.	
			the face.	face?	Learners to observe a	used to clean the face		
			b) Mention the procedure	3. How do we clean	demonstration on	Video clip on cleaning		
			used to	our face?	cleaning the face.	the face		
			clean the face.			Soap		
			c) Use appropriate		Learners to practise	Water		
			materials to		how to clean the face	Towel		
			clean the face.		using dolls.			
					Learners to clean parts			
					of their face.			
					Learners to sing songs			
					and recite poems on			
					cleaning the face.			
8	1	Cleaning our	By the end of the sub-	1. Why do we clean	Guide learners to	Oxford Everyday	Observing the	
		teeth	strand, the learner should be able	our teeth?	identify cleaning	Hygiene and Nutrition,	learners as they	
			to:	2. What materials do	materials used to clean the	Learner's Book Grade	demostrate othe	
			a) Name materials used	we	teeth.	1 pg 23-24	procedure of	
			to clean	use to clean our		Pictures of materials	brushing the teeth.	
			the teeth. b) Mention the	teeth?	Learners to observe a	used to clean the teeth		
			procedure	3. How do we clean	demonstration on	Video clips		
			used to	our teeth?	cleaning the teeth.	Toothpaste		

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			clean the teeth.			Toothbrush/ chew stick	
			c) Use appropriate			Water	
			materials to		Learners to clean their		
			clean the teeth.		teeth.		
					Learners to sing songs		
					and recite poems on		
					cleaning the teeth.		
	2	Washing our	By the end of the sub-	1. Why do we wash	Guide learners to	Oxford Everyday	Observing the
		hands	strand, the	our hands?	identify cleaning	Hygiene and Nutrition,	procedure of
			learner should be able to:	2. What materials do	materials used to wash the	Learner's Book Grade	washing hands as
			a) Name materials used	we	hands.	1 pg 25	carried out by
			to wash our hands. b) Mention the procedure	use to wash our hands?	Learners to observe a	Pictures of materials used to wash our hands	learners.
			i '				
			used to	3. How do we wash	demonstration on	Video clips on the	
			wash our hands.	our hands?	washing the hands.	washing our hands	
			c) Use appropriate			Soap	
			materials to			Water	
			wash the hands.		Learners to wash their	Towel/ Serviettes	
					hands.		
					Learners to sing songs		
					and recite poems on Washing the hands.		
9	1	Washing our	By the end of the sub-	1. Why do we clean	Guide learners to	Oxford Executor	Observing the
9	1	Washing our	j *	1		Oxford Everyday	ı l
		feet	strand, the learner should be able	our feet?	identify cleaning	Hygiene and Nutrition,	procedure of washing the feet
			to:		materials		as

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			a) Name materials used	2. What materials do	used to clean the feet.		carried out by
			to clean	we		1 pg 26- 27	learners.
			the feet. b) Mention the	use to clean our	Learners to observe a	Pictures of materials	
			procedure	feet?	demonstration on	used to clean our feet	
			used to	3. How do we clean	cleaning the feet.	Video clip on cleaning	
			clean the feet.	our feet?		the feet	
			c) Use appropriate		Learners to clean their	Soap	
			materials to		feet.	Water	
			clean the feet.			Towel	
					Learners to sing songs	Pumice stone	
					and recite poems on	Nail cutter	
					cleaning the feet.		
2		Cleaning our	By the end of the sub-	1. Why do we clean	Guide learners to	Oxford Everyday	Observing the
		nose	strand, the learner should be able	our nose?	identify cleaning	Hygiene and Nutrition,	procedure of blowing the nose
			to:	2. What materials do	materials used to clean the	Learner's Book Grade	as
			a) Name materials used	we	nose.	1 pg 27	carried out by
			to clean	use to clean our		Picture of a	learners.
			the nose. b) Mention the	nose?	Learners to observe a	handkerchief	
			procedure	3. How do we clean	demonstration on	Video clip on blowing	
			used to	our nose?	cleaning the nose.	the nose	
			clean the nose.			A clean handkerchief	
			c) Use appropriate				
			materials to		Learners to clean their		
			clean the nose.		nose.		
					Learners to sing songs		
					and recite poems on		

						cleaning the nose.		
10	1		Cleaning our	By the end of the sub-	1. Why do we clean	Guide learners to	Oxford Everyday	Observing the
			ears	strand, the learner should be able	our ears?	identify cleaning	Hygiene and Nutrition,	procedure of cleaning our ears
				to:	2. What materials do	materials	Learner's Book Grade	as
				a) Name materials used	we	used to clean the ears.	1 pg. 27	carried out by
				to clean	use to clean our		Pictures materials use	learners.
				the ears. b) Mention the	ears?	Learners to observe a	dot clean our ears	
				procedure	3. How do we clean	demonstration on	Video clip on cleaning	
				used to	our ears?	cleaning the ears.	the ears	
				clean the ears.			Ear buds	
				c) Use appropriate				
				materials to		Learners to clean their		
				clean the ears.		ears.		
						Learners to sing songs		
						and recite poems on		
						cleaning the ears.		
	2		Combing our	By the end of the sub-	1. Why do we clean	Guide learners to	Oxford Everyday	Observing the
			hair	strand, the learner should be able	comb our hair?	identify materials	Hygiene and Nutrition,	procedure of
				to:	2. What materials do	used to comb our hair	Learner's Book Grade	combing hair as
				a) Name materials used	we use to comb our		1 pg 27	carried out by
				to comb the hair. b) Mention the	hair?	Learners to observe a	Pictures of materials	learners.
				procedure	3. How do we comb	demonstration on	used to comb the hair Video clips on	
				used to	our hair?	combing the hair.	combing	
				comb the hair.			hair	
				c) Use appropriate		Learners to comb their	Soap	
		l		materials to		hair	Water	

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comb the hair.	
Learners to sing songs A comb	
and recite poems on	
combing the hair	
11 1 Using cleaning By the end of the sub- 1. How can we use Guide learners to use Pictures	Observing the
materials strand, the cleaning materials cleaning materials video clips materials without	procedure of using
without waste to: without waste? waste Soap	cleaning materials
a) Clean body parts (soap, water, Water	without wasting
without toothpaste) Toothpaste	them.
wasting cleaning	
materials, Learners to role play	
on how to clean	
parts of the body.	
2 Taking care of By the end of the sub- 1. How do we take Guide learners to Pictures of various	Listening to the
a towel strand, the care of our towel? discuss on ways of types of towels (hand learner should be able	learners discuss on
to: taking care of their and body towel)	the ways of taking
a) How do we take care towel. Video clips on taking	care of a towel.
of our towel? care of the towel	
Learners to observe a	
demonstration on	
airing out the towels	
after use.	
Learners to role play	
airing out their after	
use.	

12	1	Taking care of	By the end of the sub-	1.How do we take	Guide learners to	Combs	Observing the
		a comb	strand, the learner should be able	care of our comb?	discuss on ways of	Brush to use in washing	procedure of washing a comb
			to:		taking care of their	a comb	as
			a) How do we take care		comb.	Soap	carried out by
			of a comb?			Water	learners.
					Learners to observe a	A stick to use in	
					demonstration on	removing hair particles	
					cleaning a comb.	from the brush	
						Video clips on taking	
					Learners to practice	care of a comb	
					cleaning a comb.		
	2	Taking care of	By the end of the sub-	1.How do we take	Guide learners on ways	Toothbrushes	Observing the
		a toothbrush	strand, the	care of our	of taking care of their	Toothbrush holder/	procedure of
			learner should be able to:	toothbrush?	toothbrush.	Clean container	cleaning a
			a) How do we take care			Water	toothbrush and
			of a toothbrush?		Learners to observe a	Video clip on how to	storing it.
					demonstration on	clean a brush after use	
					cleaning a toothbrush after use and storing it.	and store it	
					Learners to practice		
					cleaning their		
					toothbrushes and		
					storing them after use.		
13	1	Taking care of	By the end of the sub-	1.How do we take	Guide learners to	Handkerchiefs	Observing the
		a handkerchief	strand, the	care of our	discuss on ways of	Salty water	procedure of
			learner should be able	handkerchief?		Soap	

		to:			

		a) How do we take care		taking care of their	Basin	washing a	
		of a handkerchief?		handkerchief.		handkerchief	
				Learners to observe a			
				demonstration on			
				washing a			
				handkerchief.			
				Learners to practice			
				washing a			
				handkerchief.			
2	Importance of	By the end of the sub-	1. Why do we clean	Guide learners to	Video clips of children	Ask oral questions	
	cleaning our	strand, the	our bodies?	mention various ways	cleaning various parts	to prompt learners	
	bodies	learner should be able to:		of taking care of their	of their bodies	to point out the	
	bodies	a) Appreciate the		bodies.	Pictures of children	importance of	
				bodies.			
		importance of a			taking care of their	taking care of their	
		clean body for personal		Learners to point out	bodies.	bodies.	
		hygiene.		the importance of a	Oxford Everyday		
				clean body.	Hygiene and Nutrition ,		
					Learner's Book Grade		
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