



## **PRIMARY ONE LESSON NOTES FOR TERM TWO**

### **LITERACY II**

**THEME: FOOD AND NUTRITION.**

**SUB-THEME: NAMES OF FOOD AND THEIR USES**

#### **WEEK 1**

#### **LESSON I**

Food and nutrition

Food is something good to eat or drink to support life.

What is nutrition?

Nutrition is the way of getting food and how it is used in the body.





#### **LESSON II**

Names of food eaten at home

Cassava	sugarcane	biscuit
Banana	Sweet potato	Sausage
Beans	Maize	Irish potato
Soda	Rice	Yams

#### **LESSON III**

Name these foods

#### LESSON IV

Sources of food

- Plants
- Animals

Plants are the main source of food

Food we get from plants

Yams	Pumpkins
Beans	Tomatoes
Maize	Onions
Millet	Wheat

#### LESSON V

Food we get from animals

Beef	Fillet	Milk
Eggs	Liver	Pork

Chicken

Mutton

Goat meat

## **WEEK 2**

### **LESSON I**

Names of meat from animals

Goat - Goat meat

Pig - Pork

Fish - Fillet

Cow - Beef

Hen - Chicken

Sheep - Mutton

### **LESSON II**

Places where we get food

Market

Shops

Garden

Farm

Water

Supermarket

Hotel/Restaurants

Food we get from the garden

- Banana
- Cassava
- Sweet potatoes
- Maize

### **LESSON III**

Food we get from the farm

Eggs

sugarcane

ghee

Beef                      pork                                      yams

Mutton                  milk                                      fish

Food from the supermarket

Milk                  maize flour                      vegetables

Rice                  beef                                      soda

Biscuits              sweets                      ice-cream

#### **LESSON IV**

Food from the market

Beans                                      Matooke                                      Banana

Mango                                      Cassava                                      Sweet potato

Vegetables                                      Oranges                                      Yams

#### **LESSON V**

Food from hotels/restaurants

Chips                                      Chicken                                      Pork

Liver                                      Soda                                      Water

Food from shops

Rice                                      Eggs                                      Millet flour

Bread                                      Sugar                                      Tealeaves

#### **WEEK 3**

#### **LESSON I**

How do we get food?

- By buying
- By harvesting
- By hunting
- By fishing

## **LESSON II**

Reasons why we eat food

- To be healthy
- To kill hunger
- For happiness
- For hospitality
- It's a habit

Uses of food in the body.

- To get energy
- To be healthy
- To grow

## **LESSON III**

Classes of food

- Energy giving food (Go foods)
- Body building food (Grow food)
- Healthy giving food (Glow food)

Examples of energy giving food

Posho	Sweet potatoes	Porridge
Rice	Millet	Cassava
Irish potatoes	Matooke	Bread

## LESSON IV

Examples of body building food (Grow food)

Beans	eggs	fish
Ground nuts	chicken	cowpeas

Examples of healthy giving food (Glow food)

Pineapples	oranges	guavas
Bananas	cabbages	onions
Apples	carrots	mangoes
Nakati	tomatoes	garlic

## LESSON V

1. What is the best food for babies?
2. Which foods keep us healthy?
3. How do we call food that helps our bodies to grow?

How do we keep safe from germs?

- By salting
- By tinning /canning
- By sun drying
- By using clean containers
- By keeping food in clean stores

What is perseveration?

Is the way of keeping food safe from germs

Why do we preserve food?

-For future use

-To avoid rotting

To avoid bad smell

To avoid food poisoning

## **WEEK 4**

### **LESSON I**

**Read the story carefully and answer the following questions?**

#### **BLESSED FAMILY**

At our home, everybody is happy because there is a lot of food to eat. We eat beef, rice and milk from our farm.

Fruits like mangoes, sugarcanes, bananas and apples are always there. Sometimes dad brings big fish from the market.

We also have a granary to keep our dried food.

We eat a balanced diet at home.

#### **Questions**

- a. Write any three examples of food you eat at home?
- b. What type of food do you eat at home?
- c. Where do you keep dried food?
- d. Why is everybody happy?
- e. Draw a granary

### **LESSON II**

#### **THEME: ACCIDENTS AND SAFETY**

#### **SUB-THEME: TYPES OF ACCIDENTS AND FIRST AID**

What is an accident?

An accident is a sudden happening that may cause harm or pain to the body.

Accidents at home

Burns	scalds	Fainting	Cuts and wounds
Animal bites	insect bites	Electric shocks	Drowning

#### Accidents at school

Burns	Cuts and wounds	Scalds	Electric shocks
Snake bites	pierces	Fainting	Stings
Falls i.e. falling from a tree	Poisoning		

### LESSON III

#### Accidents on the way

Dog bites	Car knocks	Drowning	Falling down
Cuts and wounds	Snake bites	Stings	

Draw these common accidents



Snake bite	Falling from a tree

## LESSON IV

Things that cause accidents

Razor blades	Naked electric wires	Wild animals	Thorns
Car fire	Broken bottles	Safety pins	Nails
Slippery surfaces	Panga	Knife	Barbed wires
Poison	Fuel	Sharp stones	Needle
Iron sheets	Spear		

Match correctly

Knife	stings
Thorns	bites
Snakes	pierces
car	cuts
bee	knocks

## LESSON V

Draw these things that cause accidents

Thorns  
Car

Safety pin

Broken bottle

Fire  
Spear

Iron sheets

Needle

Things which can bite

Dogs      Snakes      Insects      and other flesh eating animals.

### **How objects cause accidents**

- By piercing
- By cutting
- By batting
- By knocking
- By stringing

## **WEEK 5**

### **LESSON I**

How do we get accidents?

- By playing with sharp objects
- By playing near hot objects like fire
- By playing in the bush
- By playing on the road
- Failure to follow road signs
- Driving while drunk
- Failure to listen to instructions.
- Over speeding
- Over loading
- Driving while talking on the phone.

## **LESSON II**

How do we avoid accidents?

- Avoid climbing trees
- Avoid playing on the road
- Follow the road signs well
- Cross the road from the zebra crossing
- Avoid playing with sharp objects
- Avoid over speeding
- Use life jackets while traveling on water.
- Use floaters while swimming
- Avoid playing with fire.

## **LESSON III**

Why are accidents bad?

- They cause pain
- They cause death
- Loss of blood
- They cause disabilities e.g. lameness, blindness, mental disorders.

## **LESSON IV**

First aid

What is first aid?

First aid is the first help given to a casualty/victim before being taken to the hospital.

A first aider is a person who gives first aid to a casualty.

A casualty is an injured person.

## LESSON V

Why do we give first aid?

- To save life
- To stop bleeding
- To reduce pain
- To prevent further injuries
- To promote quick recovery
- To prevent infections like tetanus.

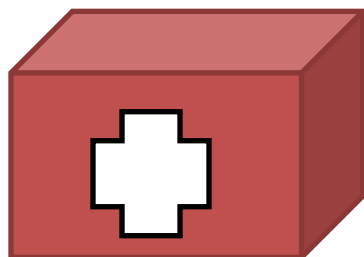
## WEEK 6

### LESSON I

What is a first aid box?

A first aid box is a tin/ container/box that is used to keep things used to give first aid.

Draw a first aid box.



First aid kit is a set of tools/instruments that are used to give first aid.

Things found in a first aid box:-

- Surgical spirit
- Threads
- tablets/medicine
- black stone

- Gauze
- Razor blade
- Cotton wool
- Plaster
- Bandage

## LESSON II

Draw these things used to give first aid.

Bandage	Safety pin	Tablets/medicine
Plaster	Razor blade	Cotton wool
Gauze	Surgical spirit	Black stone

## LESSON III

Safety on the road.

Road signs

These are things that help us to use the road well.

Examples of road signs

Zebra crossing	Traffic lights	Children crossing
Parking	No parking	Humps ahead
Round about	u-turn	

Learners draw the road signs.

Zebra crossing	children crossing	traffic lights
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## LESSON IV

1. What is an accident?
2. Name four common accidents at school.
3. Why is it dangerous to play on the road?
4. List down any five things that cause accidents.

How to cross the road?

We cross a busy road from the zebra crossing.

When crossing the road, look right, look left, and look right again if the road is clear then cross.

## LESSON V

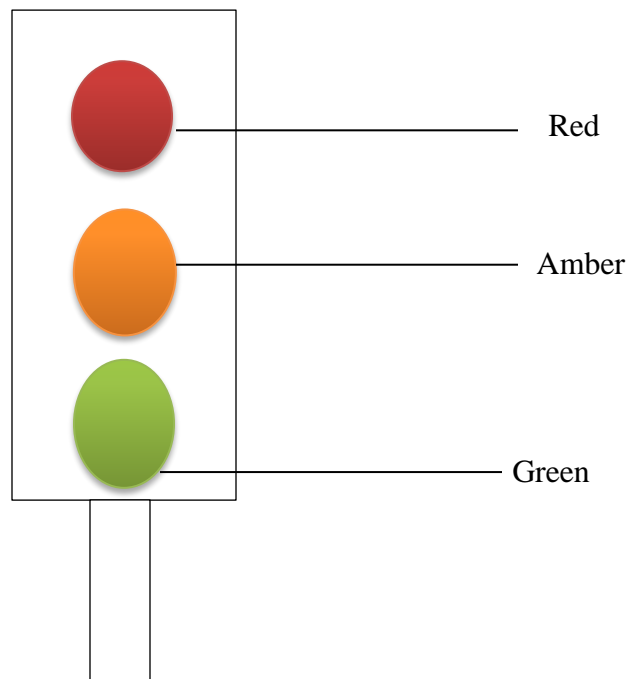
Safe ways on the road

- Walk alongside the road.
- Cross a busy road from a zebra crossing.
- Keep off the pavements.
- Do not play on the road.
- Look at the road signs.
- Walk in groups.

## WEEK 7

### LESSON I

The traffic lights



Red means Stop

Amber means get ready

Green means go

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## **LESSON II**

### **THEME: OUR ENVIRONMENT**

#### **SUB-THEME: COMPONENTS OF THE ENVIRONMENT**

Environment is study of the surroundings.

Environments are things around us.

Read and spell these words

Surroundings

Components

Around

Living things

Non-living things

Name the things around us.

## **LESSON III**

Components of the environment

These are things in the environment

Animals

Water

Plants

Vehicles

Mountains

Birds

Buildings

Non living things

These are things that do not have life

Examples

Buildings

Vehicles

Stones

Tables

## **LESSON IV**

Living things

These are things that have life

Examples

Fish

Girl

Cow

Rabbit

Snake

Trees

Learners draw examples of living things

Characteristics of living things

Living things grow, breathe, reproduce, and feed

## **LESSON V**

Groups of living things

Animals

plants

**ANIMALS**

There are two groups of animals

-domestic animals



-wild animals

What are domestic animals?

Domestic animals are animals that are kept at home.

Examples of domestic animals

Cows    pigs    goats    camel    donkey    horse    hens

Learners draw examples of domestic animals

## **WEEK 8**

### **LESSON I**

Wild animals

Wild animals are animals that stay in the bush or zoo.

Places where we find wild animals.

Bush    forest    jungle    zoo    water bodies'    game reserves /park

Examples of wild animals

Rhino    zebra    snake    fish    lion    elephant

Learners draw the examples of wild animals

Examples of fish

Tilapia

Nile perch

Silver fish

### **LESSON II**

Animals and their young ones

**A**

Cow, Camel

Pig

Goat

Sheep

Man

Cat

Rabbit

Dog

Horse

**B**

calf

piglet

kid

lamb

baby

kitten

kitten

puppy

foal

a )What do we call a young one of a pig ?

b) How do we call a young horse?

**LESSON III**

Wild animals and their young ones

**A**

Lion

Crocodile

Zebra

Frog

Bird

Fish

Elephant

Kangaroo

**B**

cub

hatchling

calf

tadpole

nestling

fry

calf

joey

Snake

snakelet

a)How do we call a young crocodile ?

b)What is a cub ?

c)What is the mother of a tadpole?

#### **LESSON IV**

Animals and their homes

Animal	home
Cow	kraal
Dog	kennel
Pig	sty
Cat	basket
Rabbit	hutch
Hen	coop
Goat	shed
Sheep	shed
Lion	den
Fish	water
Snake	grass/soil

Horse

stable

## LESSON V

Animals and their sounds

A dog says boo-boo      it barks

A cow says moo-moo      it moos

A cock says co-co      it croaks

A snake says ss –ss      it hisses

A sheep says baa –aaa      it bleats

A pig says hm-hm      it grunts

A horse neighs

## WEEK 9

### LESSON I

Animal movements;

Why do animals move?

- Animals move to look for food
- Animals move to look for shelter
- Animals move to look for water
- Animals move to look for their young ones
- Animals move to look for friends

Learners read and write the reasons why animals move

## LESSON II

How do animals move?

Dog	runs
Lion	runs
Baby	crawls
Fish	swims
Bird	flies
Snake	glides
Sheep	walks
Cow	walks
Rabbit	leaps

## LESSON III

Uses of animals

- Animal are used for transport e.g gorses, donkeys, camels
- Animals give us milk e.g cows, goats
- Animals give us meat e.g mutton, pork, beef.
- They give us wool e.g sheep.
- They give us security e.g dogs.
- A cat catches rats and snakes.
- An ox ploughs the garden.

Activity

- a) Name two animals which give us milk.
- b) Mention three animals used for transport
- c) A \_\_\_\_\_ guards our homes
- d) We use an \_\_\_\_\_ to plow our gardens
- e) How are animals useful to us?

## LESSON IV

### Animal products

1. We get meat from different animals

- Pig                                      pork
- Hen                                      chicken
- Sheep                                      mutton
- Cow                                      beef
- Goat                                      goat meat

2. We get \_\_\_\_\_ and \_\_\_\_\_ from horns

## LESSON V

### Other animal products

#### Products from milk

- Cheese, yoghurt, blue band, ghee, butter, ice cream.

## WEEK 10

### LESSONS I

Products from animal skins / leather

Watches, belt, jackets, drums, bags, shoes

Things made from horns

Buttons, shoe soles

Activity

Mention four products from milk

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Draw and name things from animal skins

## LESSON II

Products from wool

- Blanket
- Pillows
- Jackets
- Bed covers

What do we get from wool?

Write the animal that gives us wool.

## LESSON III

Uses of feathers

- Decorations

Learners will answer these questions.

1. Write the young ones of these animals

Cat \_\_\_\_\_

Pig \_\_\_\_\_

Cow \_\_\_\_\_

Rabbit \_\_\_\_\_

Dog \_\_\_\_\_

2. Which animal guards our home?

\_\_\_\_\_

3. Draw and name the animal that live in water

4. Write two animals that are used as means of transport.

5. Which animal can we use to plow?