

# **DIVINE EDUCATION CENTRE**



**LEARNING AREA 3**  
**LESSON NOTES TERM ONE 2024**  
**0784540287/0751565742**

**MIDDLE CLASS**

Taking care of myself for proper growth and development.

**Learning outcome:**

Caring for my eyes

**LESSON 1**

**Competence:**

Cares for and protects his / her eyes.

**Materials:** real body parts, visual aid, a drawn chart, water, towel, Vaseline

**Procedure:**

Discussing ways of caring and protecting his / her eyes.

- Washing
- Applying Vaseline
- Putting sun glasses

**Rhyme**

Wash wash wash your eyes don't

Forget your teeth

Daily daily you look very smart

**Activity:**

Let a learner trace the eye



**LESSON 2**

**Competence:**

Cares for and protects his / her eyes

**Suggested materials:** real body parts, visual aid, a drawn chart, water , towel, soap, Vaseline

**Procedure:**

Discussing about the protection and care of his / her eyes.

**Rhyme:** Parts ---

Parts of my body

Eye is a part of ---

Leg is a part of ---

**Activity:**

Let the learner shade the eye.

**LESSON 3****Competence:**

Cares for and protects his / her eyes

**Suggested materials:** real body parts, visual a drawn chart, water, towel, Vaseline

**Procedure:**

- Discussing ways of caring and protecting his / her eyes
- Washing eyes
- Applying Vaseline
- Putting on sun glasses

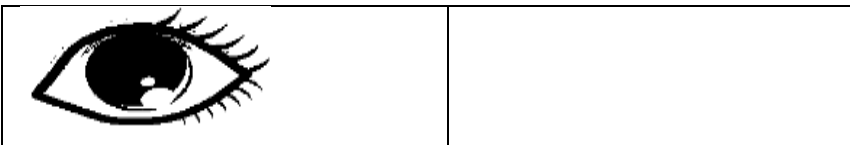
**Rhyme:**

Wash wash wash your eyes don't forget

Your teeth daily daily you look very smart

**Activity:**

Let the learner copy and draw the eye.

**LESSON 4****Learning outcome:**

Caring for my eyes

**Competence:**

Cares for and protects his / her eyes

**Materials:** real body parts, visual , charts and real things that harm the eye.

**Procedure:**

Discuss things that harm eyes and identify things that harm eyes

## Rhyme






My eyes are white and black

My lips are red they speak to you

Two ears one nose and this is me

### Activity:

Let a learner identify and copy things that harm eyes.

 stick	 pin	 needle	 pencil	 stone

## LESSON 5

### Learning outcome:

Caring for my eyes

### Competence:

Cares for and protects his / her eyes

**Materials:** real body parts, visual aid, charts and real things

### Procedure:

Discuss things that harm eyes and identify things that harm eyes.

### Rhyme:

My eyes are white and black

My lips are red they speak to you

Two ears one nose and this is me

### Activity:

Let a learner identify and colour things that harm eyes.

 sand	 flower	 knife	 nail	 sun

## **LESSON 6**

### **Learning outcome:**

Caring for my eyes

### **Competence:**

Cares for and protects his / her eyes

**Materials:** visual, charts, real objects that harm eyes

### **Procedure:**

Discussing, matching things that harm eyes and identifying things that harm eyes.

### **Rhyme:**

Fire x 3 is for cooking food etc

### **Activity:**

Let a learner match and identify things that harm eyes.

#### **Match**



## **LESSON 7**

### **Learning outcome:**

Caring for my eyes

### **Competence:**

Cares for and protects his / her eyes

**Material:** real objects, visual, chart

### **Procedure:**

Discussing things that harm eyes and fill in the missing letters

### **Rhyme:**

Good morning Mr. Sun  
How are you today  
The day has began  
Good morning Mr. Sun

### **Activity:**

Let a learner fill in the missing sounds.



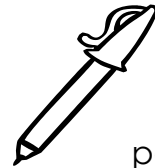
pin | p\_\_n



sun | s\_\_n



stick | st\_\_ck



pen | p\_\_n



nail | n\_\_il

### **LESSON 8**

#### **Learning outcome:**

Caring for my eyes

#### **Competence:**

Cares for and protects his / her eyes

**Material:** real objects, visual, charts

#### **Procedure:**

Discussing and circling the right words for the things that can harm the eye



insect      cat



nail      needle



stick      stone



five

fire

## LESSON 1

### Learning outcome (II)

#### Competence:

Protects and cares for his / her ears.

**Suggested materials:** visual, chart, real objects like soap, towel, water

#### Procedure:

Discussing way and how to protect his / her ears.

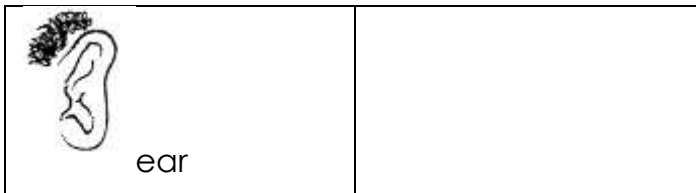
#### Song

Head shoulders knees and toes

Knees and toes eyes ears nose and mouth

#### Activity

Let a learner copy and learn



## LESSON 2

### Learning outcome:

Caring for my body

#### Competence:

Protects and cares for his / her body

**Materials:** visual aid. Real body parts, water, soap, basin, toothbrush, toothpaste, sponge, sandals, towel, brush, comb, nail cutter

#### Procedure:

Discussing ways of protecting our body

- |            |                |                        |
|------------|----------------|------------------------|
| • Bathing  | • Combing hair | • Cutting finger nails |
| • Brushing | • Cutting hair | • Applying Vaseline    |

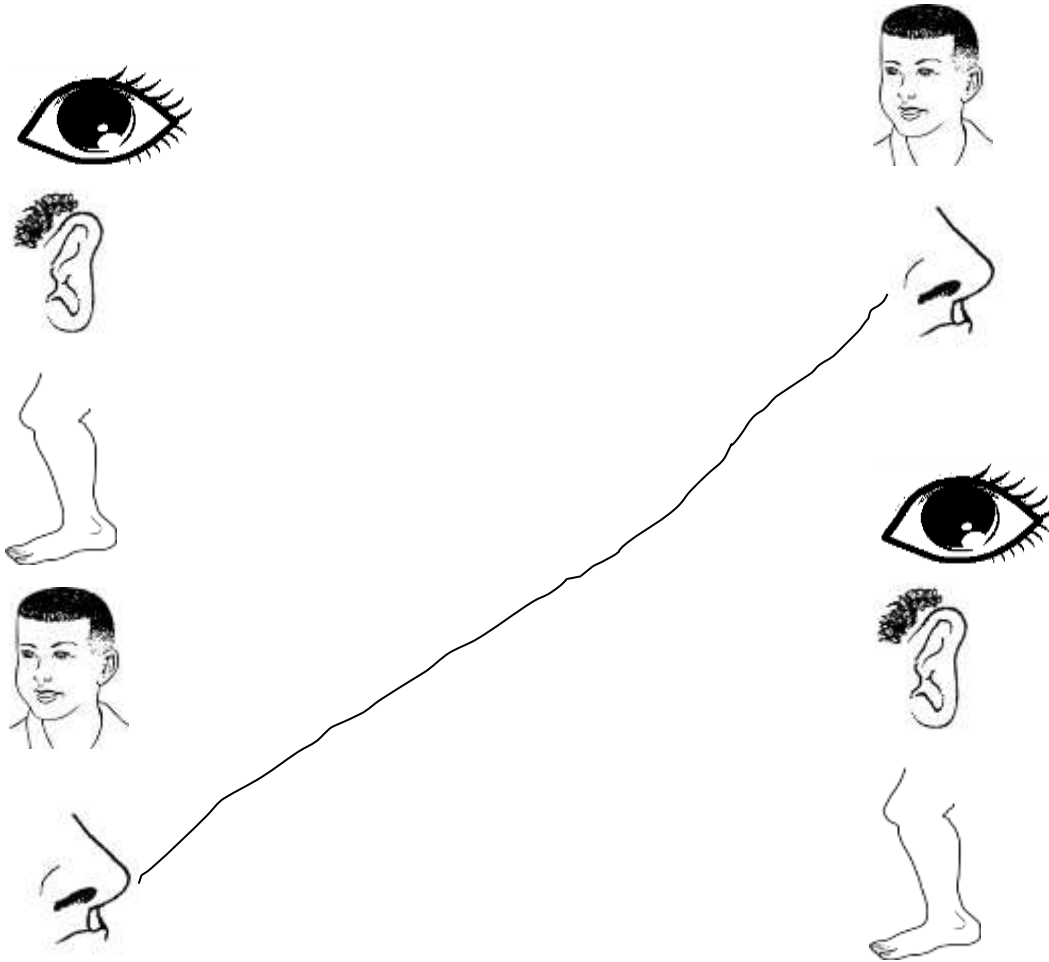
Song:

Head shoulders knees and toes

Knees and toes eyes ears nose and mouth

**Activity:**

Let a learner match the same body parts



**LESSON 3**

**Learning outcome:**

Identifying and naming different body parts and their uses.

**Suggested materials:** real body parts, visual. Charts

**Procedure:**

Discuss with the learners the ways and how to protect our body parts.



### Rhyme:

Head shoulders knees and toes x 3

Knees and toes eyes ears nose and mouth

Pa la la

### Activity:

Let the learners match pictures to their words.



head



ear



leg



eye







mouth



nose

### Activity 2

Let the learners copy and write the body parts

 eye	 ear	 nose	 leg

## **LESSON 4**

Identifying and naming different body parts and their uses.

### **Competence:**

Naming his / her body parts

**Materials:** visual aid, real people, charts

### **Procedure:**

Discuss with the learners the different parts of the body while showing them for example head, eyes, ears, nose, tongue etc

### **Rhyme**

Head shoulders knees and toes x 3

Knees and toes eyes ears nose and mouth

Pa la la la la x 2

### **Activity:**

Let the learner match the same body parts.



## **LESSON 5**

Identifying and naming different body parts and their use.

### **Competence:**

Naming his / her body parts

### **Procedure:**

Discuss with the learners the different parts of the body and their uses e.g

- eyes for seeing ,
- nose for smelling
- ears for hearing
- tongue for testing etc

## **LESSON 6**

### **Learning outcome:**

Caring for my ears

### **Competence:**

Cares for and protects his / her eyes

**Suggested materials:** real objects that can harm the ears, chart, visual aid

### **Procedure:**

Discussing ways of caring and protecting plus identifying things that harm ears

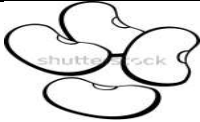



### **Rhyme**

Fire x 3 fire is for cooking food

Fire is for giving us light etc

### **Activity:**

Let a learner copy and identify things that can harm the ears.

 bean	 bead	 Sand	 thorn

## **LESSON 7**

### **Learning outcome:**

Caring for my ears

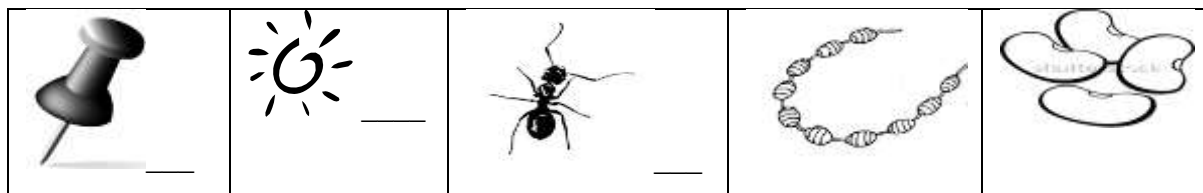
### **Competence:**

Cares and protects his / her ears

**Suggested materials:** real objects that can harm the ears, chart, visual

### **Procedure:**

Discussing ways of caring and protecting his / her ears and naming things that can harm the ears.



Beans, sand, pin, thorn, sun, stick, insect, beads

## **LESSON 8**

### **Learning outcome:**

Caring for my ears

### **Competence:**

Cares for and protects his / her ears.

**Suggested materials:** real objects, visual, chart

### **Procedure:**

Discussing things that harm ears and read and draw things that can harm the ear.

### **Questions:**

What do we use to hear?

Show me your ears

### **Activity:**

Let a learner read and draw things that harm ears.

Bean\_\_\_\_ Pin\_\_\_\_ Axe\_\_\_\_ Pen\_\_\_\_ Panga\_\_\_\_ Nail \_\_\_\_

## **LESSON 9**

### **Learning outcome:**

Caring for my ears

### **Competence:**

Cares for and protects his / her ears

**Suggested material:** real objects, visual, charts

### **Procedure:**

Discussing things that harm ears and match things that can harm the ears to their names



Nail



Pencil



Fire



Beans



Pin

## **LO VII**

### **Lesson**

### **Learning outcome:**

I identify and naming different body parts and their uses

### **Competence:**

Names his / her body parts

**Suggested materials:** real body parts, visual, chart

### **Procedure:**

Discuss with the learner the ways of caring for the body.

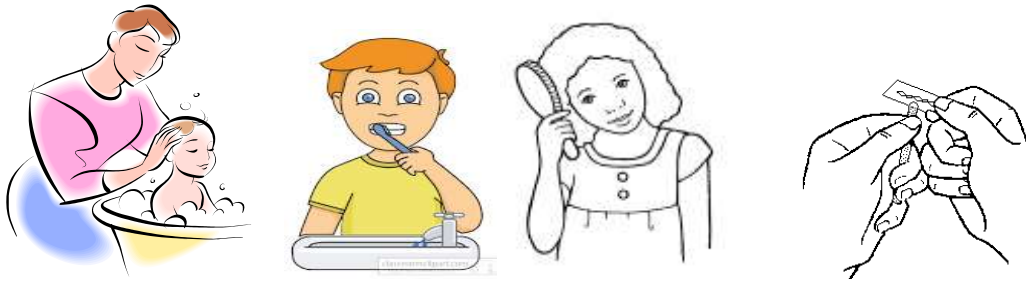
### **Rhyme:**

Wash x 3 your face don't forget your

Teeth daily x 3 you look very smart

**Activity:**

Let a learner learn ways of cleaning the body

**LESSON****Learning outcome:**

Identify and naming different body parts and their uses.

**Competence:**

Name his / her body parts.

**Materials:** real body parts, visual, chart

**Procedure:**

Discuss with the learners things used to clean the body.

**Questions:**

What do we use to bathe?

What do we use to brush our teeth?

**Activity:**

Let a learner copy and draw things used to clean the body.

water



broom



rag



bucket



comb



basin



soap



toothbrush



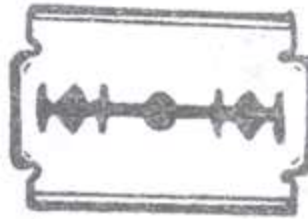
towel



brush



razorblade



toothpaste



sponge



**Lesson learning outcome:**

**Competence:**

**Materials:** real objects,, towel, comb brush, sponge etc

**Procedure:**

Discussing ways of caring for the body and drawing the things used to clean the body

**Rhyme:**

Parts of my body head, hear etc

**Activity:**

Let a learner draw and write things used to clean the body.

Comb brush water soap towel

**Lesson****Lesson learning outcome:****Competence:**

**Materials:** real objects,, towel, comb brush, sponge etc

**Procedure:**

Discussing ways of caring for the body and matching the things used to clean the body to their names

Match



soap



brush



tap



comb

**Lesson****Lesson learning outcome:****Competence:**

**Materials:** real objects, water, basin, soap, towel

**Procedure:**

Discussing ways of caring for the body and drawing yourself bathing.



**Activity:**

Let a learner draw and shade

Draw yourself bathing

**Lesson**

**Materials:** visual aid, real people, charts

**Rhyme:**

Head shoulders

Knees and toes x 3

Eyes ears nose and mouth

Palalala lalala x2

**Activity:**

Let the learners match body parts and their uses.



touching



hearing



seeing



smelling

## **Lesson**

Using gross and fine motor (large and small) muscles

### **Competence:**

Uses his / her body parts to perform activities confidently.

**Materials:** free choice and outdoor work

## **LOX**

### **Lesson**

Expressing creativity free and independently

### **Competence:**

Uses his / her body parts to express original ideas.

**Materials:** free choice and outdoor work

## **Lesson 9**

### **Learning outcome:**

Keeping healthy and practicing good health habits (LOXI)

### **Competence:**

Appreciates good feeding

**Materials:** charts, flash cards, visual aid real food.

What is food?

Food is something good to eat or drink.

### **Procedure:**

Discussing food we eat e.g cassava , rice, beans, posho, banana etc

### **Rhyme:**

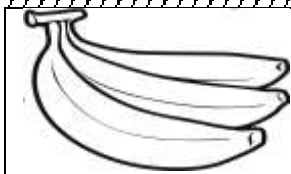
Fish fish fish

What a nice food when I eat fish

I grow fast and I get energy

### **Activity:**

Let a learner identify types of food.



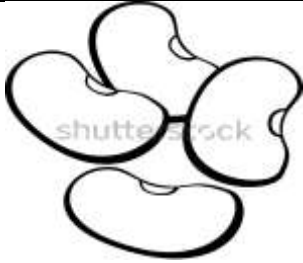
bananas



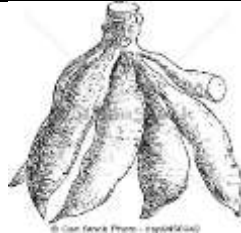
yams



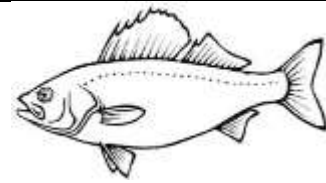
rice



beans



cassava



Fish

## LESSON 10

### Learning outcome:

Keeping healthy and practicing good health habits

### Competence:

Appreciates good feeding

**Materials:** Charts, flash cards, visual aid, real food,

What is food?

Food is something good to eat or drink.

### Procedure:

Discussing food we eat and match

### Rhyme:

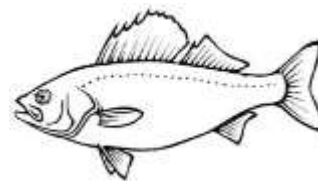
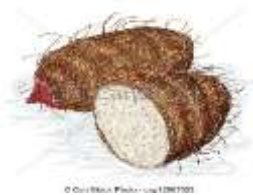
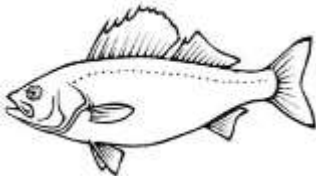
Fish fish fish

What a nice food when I eat fish

I grow fast and I get energy

### Activity:

Let a learner match the same types of food.



### LESSON 13

#### Learning outcome:

Keeping healthy and practicing good health habits.

#### Competence:

Appreciates good feeding.

**Materials:** charts, flash cards, visual aid, real food,

What is food? Food is something good to eat or drink.

#### Procedure:

Discuss with the learners the food we eat.

#### Rhyme



Fish fish fish

What a nice food when I eat fish

I grow fast and I get energy

**Activity:**

Let a learner copy and draw

 bean	 egg	 rice	Sweet potato

**LESSON 14**

Keeping and practicing good health habits

**Competence:**

I can identify food that is good for my healthy.

**Materials:** visual , real sources of food

**Procedure:**

Discuss with the learners about sources of food and identify them e.g market, shops, garden

**Song:**

I went to the market

I went to the butcher

**Activity:**

Let a learner identify and shade sources of food.



Market



shop



garden

**LESSON 15****Learning outcome:**

Keeping healthy and practicing good health habits

**Competence:**

I can identify food that is good for my health.

**Materials:** visual aid, real places, charts

**Procedure:**

Discuss sources of food e.g garden, market, shop and match

**Rhyme:**

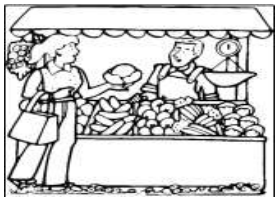
I went in garden with my hoe

With my hoe I dig with my hoe

I dig with my hoe

**Activity:**

Let a learner match the same sources of food.



**LO XIII**

**Lesson 1**

**Learning outcome:**

Knowing relating with God and his creation

**Competence:**

Appreciate God's love and cares for my creations.

# MORE PRACTICE WORK FOR TERM ONE

## LEARNING AREA 3 (HEALTH HABITS)

### Body parts

#### Read and match

eye



nose



leg



head



#### Match to its word.



mouth



tongue



ears



arm



nose

## Read and draw

Ears	Head	Eyes
Mouth	Leg	Nose

## Name the body parts



## Circle the correct word for the picture



eye

eat



noise

nose



ears

elephant



learn

leg



head

herd



foot

fingers



mouth

mat

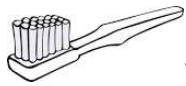


## Fill in the missing letters

n---se    l---g    ey-----    m-----uth    t-----ngue  
t-----eth    h-----ad    f-----ngers    e-----r    f-----ot

## **THINGS WE USE TO CLEAN OUR BODY**

### Copy



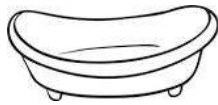
toothbrush



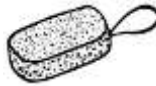
soap



water



basin



sponge



brush



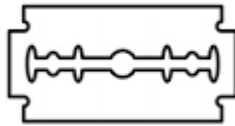
toothpaste



vaseline



towel



razorblade

### Read and match

brush

sponge

toothbrush

water



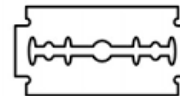
## Read and match

soap

razorblade

towel




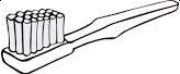
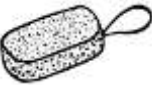

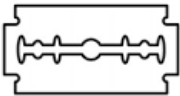
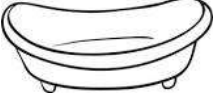
toothpaste



## Read and draw

Brush	Razorblade	Towel
Toothbrush	Soap	Water
Sponge	Basin	

## Name these

## Fill in the missing letters

s----ap

w-----ter

sp-----nge

b----sin

t----wel

br-----sh

t----othbrush

toothp-----ste

## THINGS WE WEAR

### Copy



tie



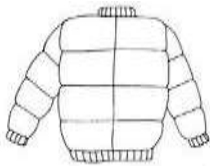
dress



shoes



trouser



jacket



skirt



shirt



stockings



hat

### Read and match



Shoes



Dress



Shirt



Socking

## Match



Short



Hat



Trouser



Skirt

## Read and draw

short	skirt	hat	Shoes
trouser	jacket	tie	Dress

## Name these



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

### Circle the correct word

short	shrto
ite	tie
dress	ssdre
sktri	skirt
oesh	shoes
sockings	sckingso

### Fill in the missing letters

j---cket	tr----user	dr-----ss	t-----e
s----ckings	sh----rt	sk----rt	

### **DANGEROUS OBJECTS**

#### copy and write



stick



snake



pin



stone



fire



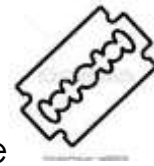
broken bottle



knife



needle



razorblade

#### Match and write



snake\_\_\_\_\_



stone\_\_\_\_\_



fire\_\_\_\_\_



needle\_\_\_\_\_

## Match



knife



broken bottle



stick



nail

## Read and draw

stone	broken bottle	Nail
knife	needle	Fire
stick	Snake	

## Name these



## Fill in the missing letters

Kn---fe

st----ne

n-----edle

fir-----

n-----il

h-----e

sn -----ke

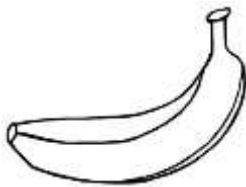
p-----n

br-----ken bottle

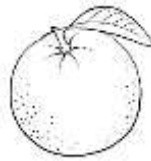
st-----ck

## **FRUITS**

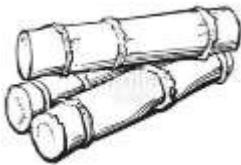
### copy and draw



yellow banana



orange



sugarcane



mango



avocado



pineapple



apple



pawpaw

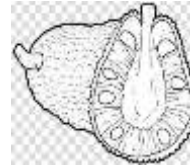
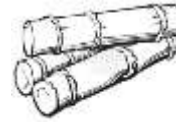
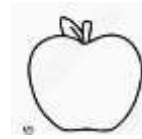
## Read and match

mango

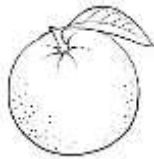
jackfruit

apple

sugarcane



## Match and write



tomato\_\_\_\_\_

pineapple\_\_\_\_\_

pawpaw\_\_\_\_\_

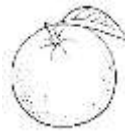
orange\_\_\_\_\_



## Name these



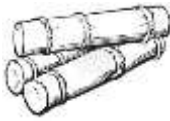
\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

## Read and draw

Pawpaw	Orange	Sugarcane
Tomato	Apple	Pineapple
Mango	Jackfruit	

## Fill in the missing letters

s---garcane

-----pple

p----neapple

j-----ckfruit

or-----nge

p-----wpaw

w-----termelon

av-----cado

y-----llow banana