

DIVINE EDUCATION CENTRE



LEARNING AREA 3
LESSON NOTES TERM ONE 2025
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

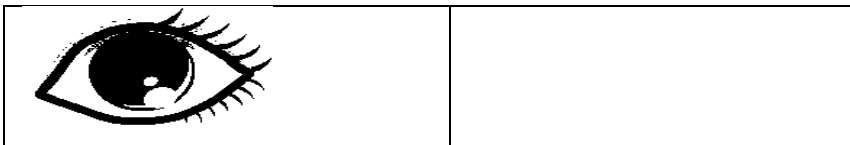
Rhyme:

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.



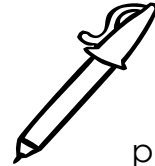
pin | p__n



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

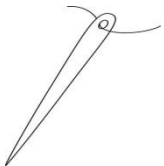
Material: real objects, visual, charts

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.

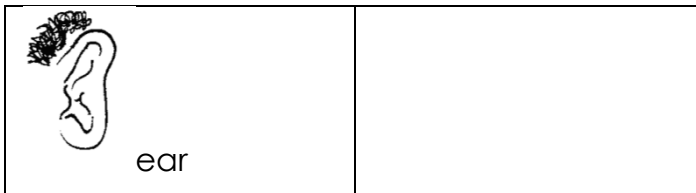
Song

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 |

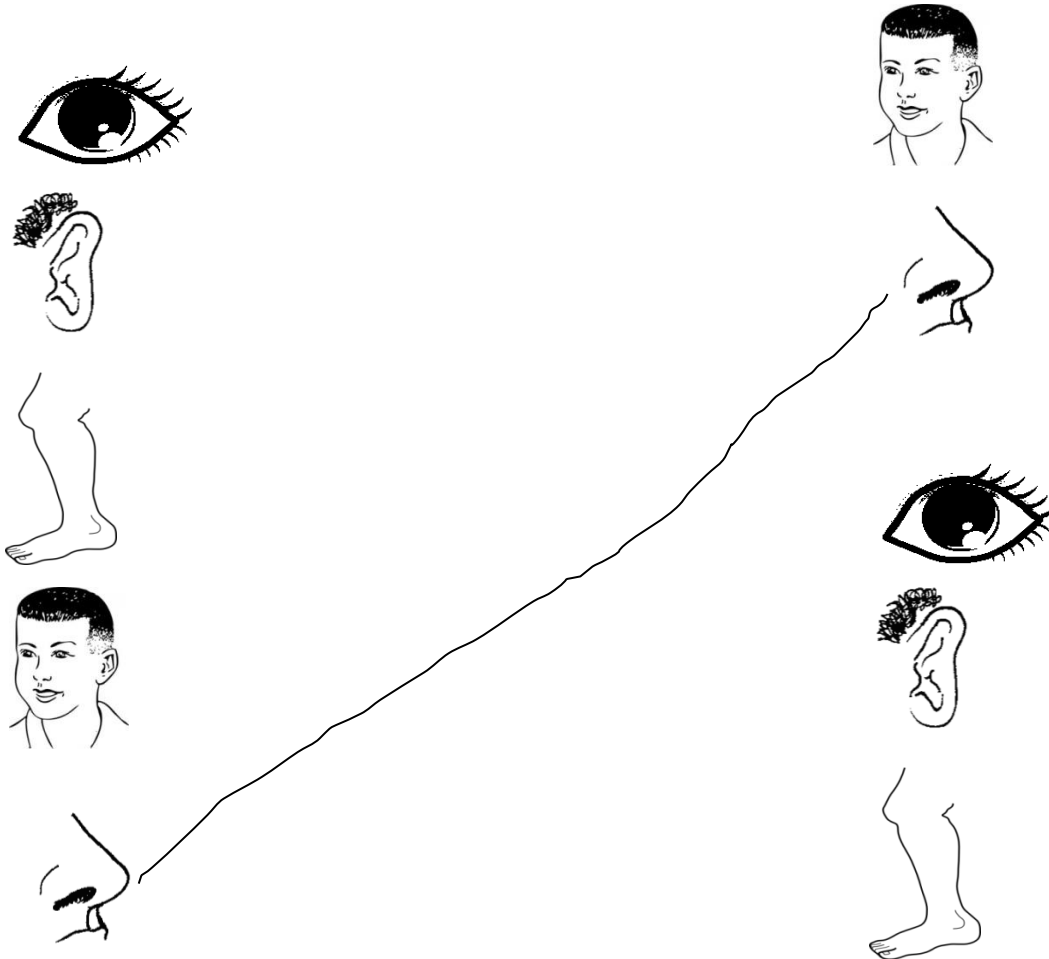
Song:

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

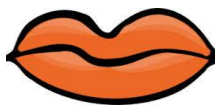
Head shoulders knees and toes x 3

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	 thorne

LESSON 7

Learning outcome:

Caring for my ears

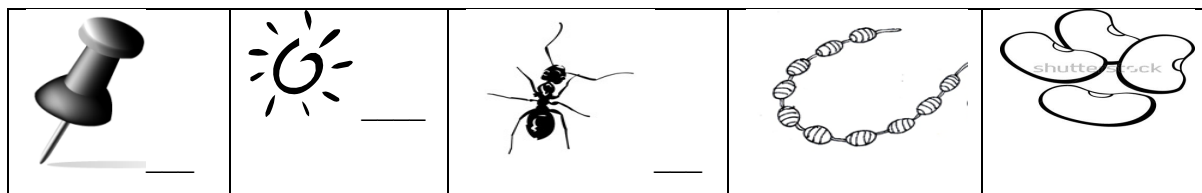
Competence:

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.

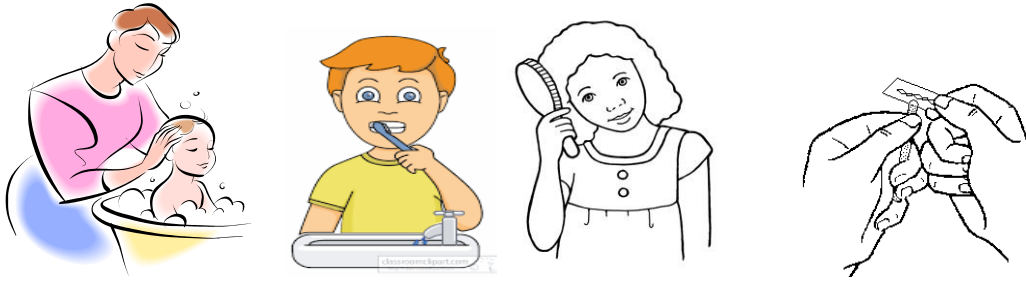
Rhyme:

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



comb



towel



sponge



broom



basin



brush



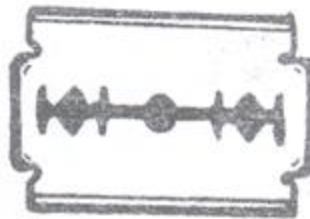
rag



soap



razorblade



bucket



toothbrush



toothpaste



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:

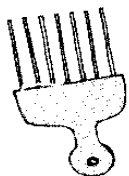
Competence:

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:

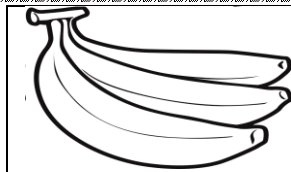
Fish fish fish

What a nice food when I eat fish

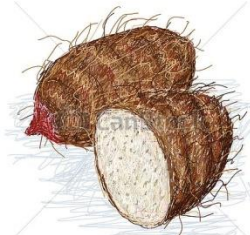
I grow fast and I get energy

Activity:

Let a learner identify types of food.



bananas

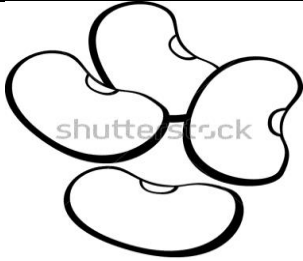


© Can Stock Photo - csp12567323

yams

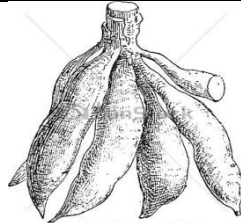


rice



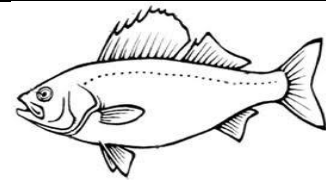
shutterstock

beans



© Can Stock Photo - csp0456642

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:

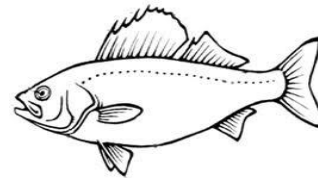
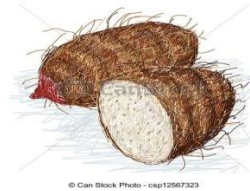
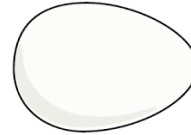
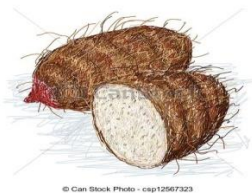
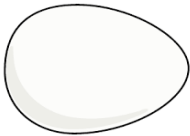
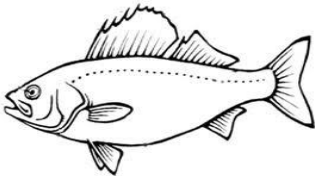
Fish fish fish

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


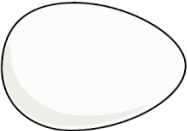

Fish fish fish

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:

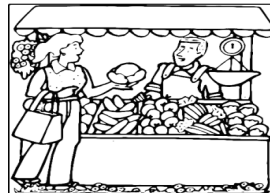
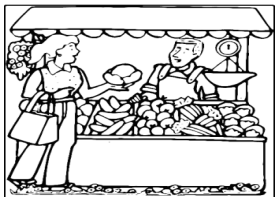
Discuss sources of food e.g garden, market, shop and match

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

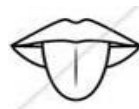
Read and draw

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

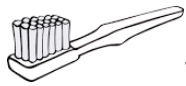
mat

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



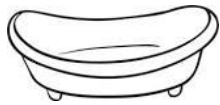
toothbrush



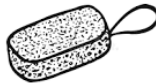
soap



water



basin



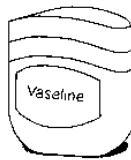
sponge



brush



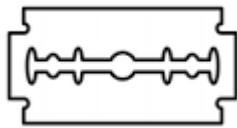
toothpaste



vaseline



towel



razorblade

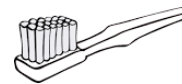
Read and match

brush

sponge

toothbrush

water



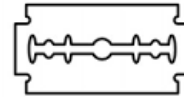
Read and match

soap

razorblade

towel




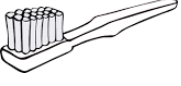
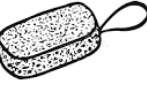

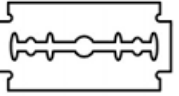
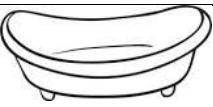
toothpaste



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



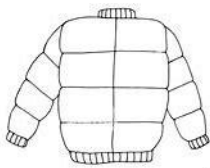
dress



shoes



trouser



jacket



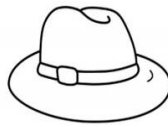
skirt



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	shрто
ite	tie
dress	ssdre
sktri	skirt
oesh	shoes
sockings	sckingso

Fill in the missing letters

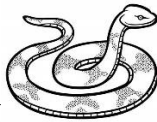
j---cket	tr----user	dr-----ss	t-----e
s----ckings	sh----rt	sk----rt	

DANGEROUS OBJECTS

copy and write



stick



snake



pin



stone



fire



broken bottle



knife



needle



razorblade

Match and write



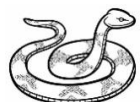
snake_____



stone_____



fire_____



needle_____

Match



knife



broken bottle



stick

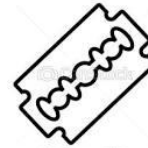
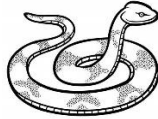


nail

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

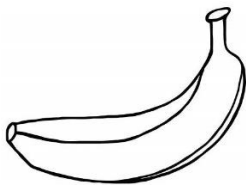
p-----n

br-----ken bottle

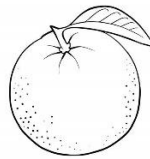
st----ck

FRUITS

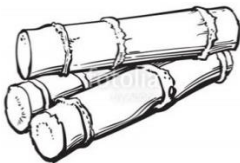
copy and draw



yellow banana



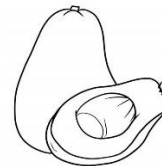
orange



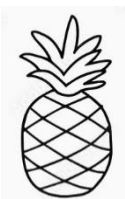
sugarcane



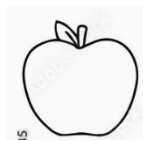
mango



avocado



pineapple



apple



pawpaw

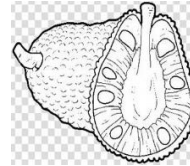
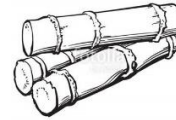
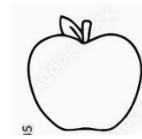
Read and match

mango

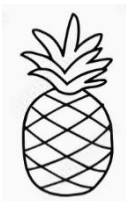
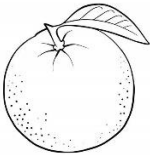
jackfruit

apple

sugarcane



Match and write



tomato_____

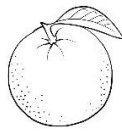
pineapple_____

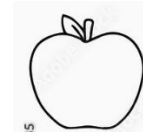
pawpaw_____

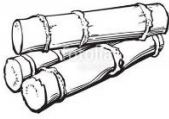
orange_____

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