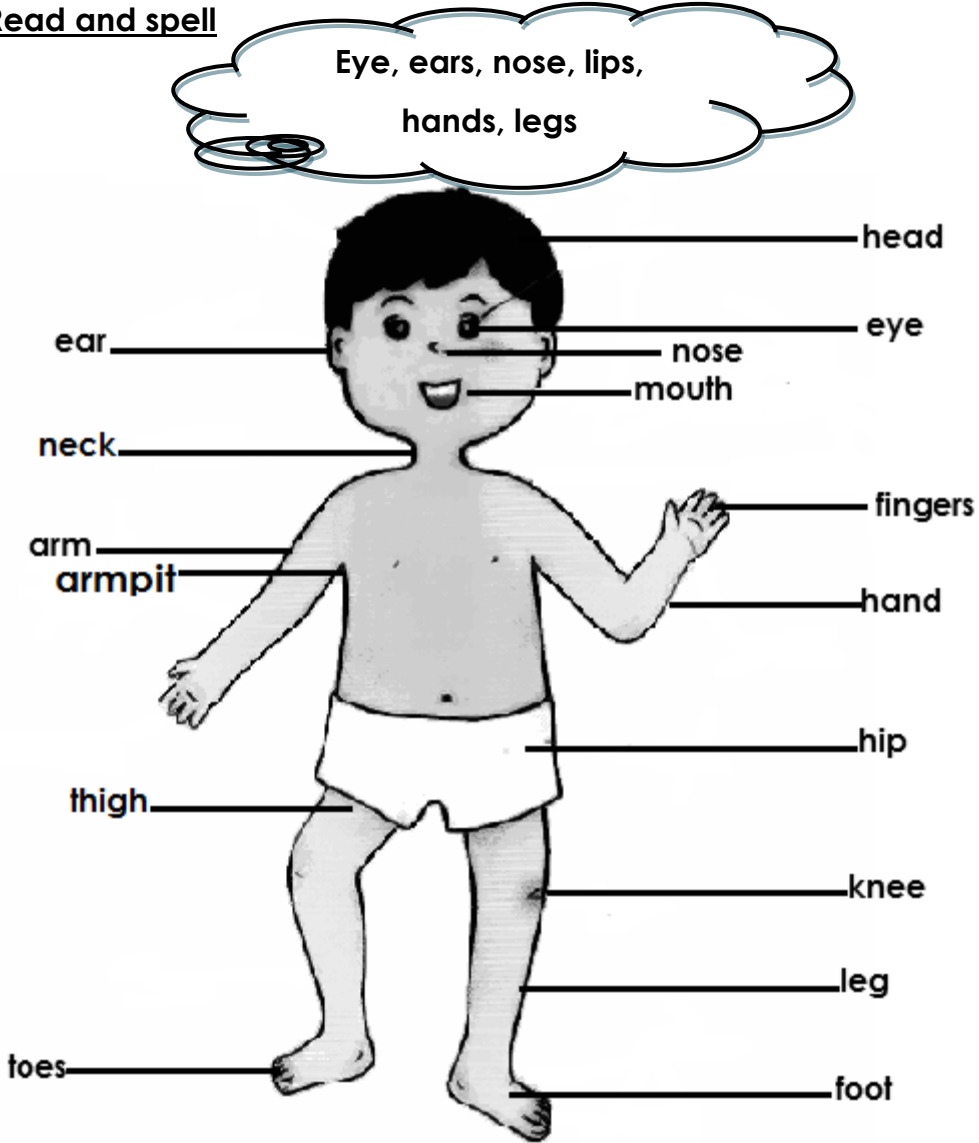


#CREATIVE PRINTERS 0703745068

THEME BASED LESSON NOTES

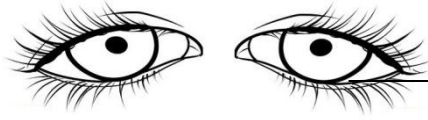
SUBJECT: LITERACY CLASS: P. 1 TERM: ONE YEAR: 2022

Theme	Topic:	Teachable / Deliverable lesson
The human body and health	The human body parts	<p>Lesson 1</p> <p>The human body and health</p> <p>⇒ <u>External parts of the body and their uses.</u></p> <p><u>Read and spell</u></p> <div></div>

Activity

1. Identify the body parts below.

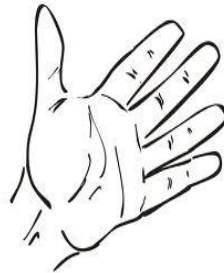
a)



b)



c)



d)



2. Fill in the missing letters.

Sh__ulder

Ch__st

F__ng__r

M__ __th

3. Draw the following body parts.

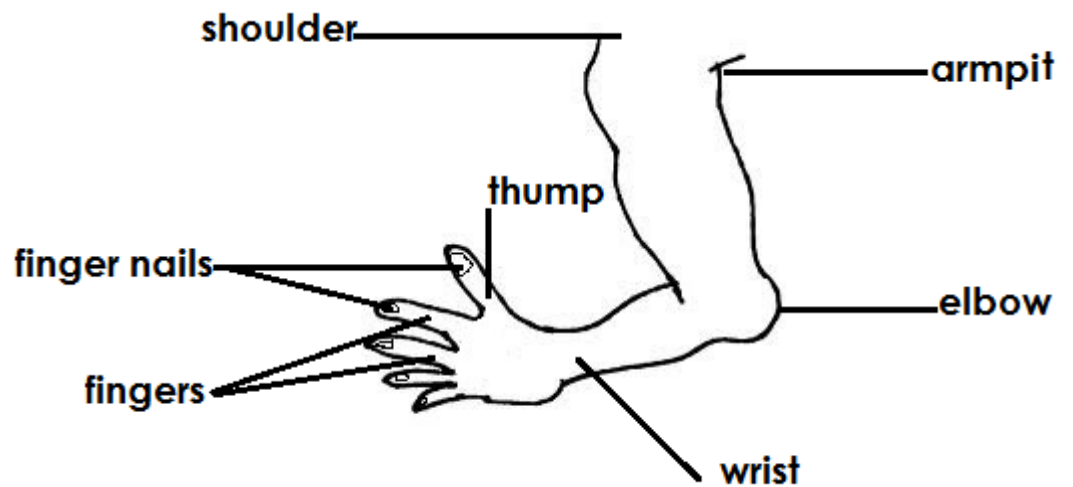
nose	leg	mouth	arm

4. Fill in the missing letters.

Parts of a head



Parts of the arm

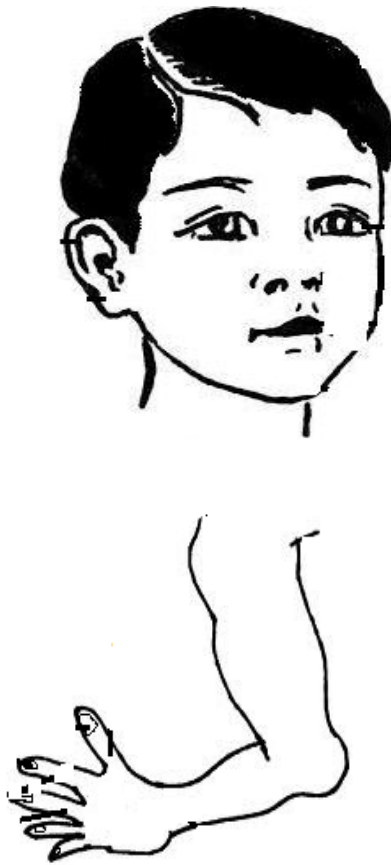


Activity

1. Fill in the missing letters to complete the words correctly.

- a) th__m__
- b) wr__st
- c) n__str____ls
- d) ch____k
- e) e__b__w
- f) a__m
- g) h____d
- h) n____s__
- i) f__ng__r

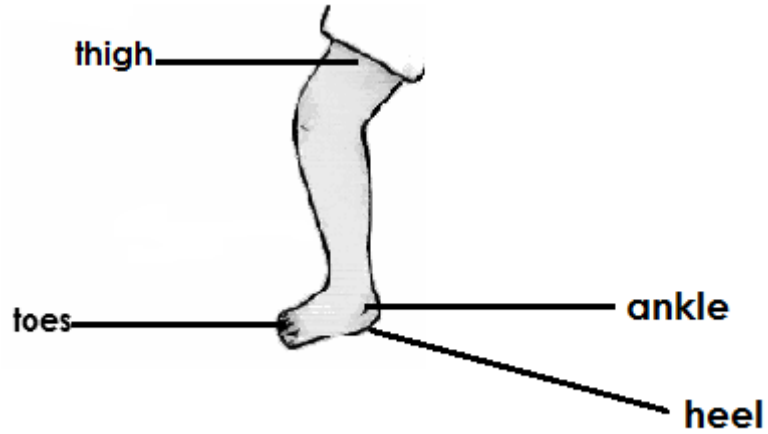
2. Identify the parts of the body below.



Lesson 2.

Read and spell
Parts of the leg.

ankle, heel, knee, toes, foot, thigh

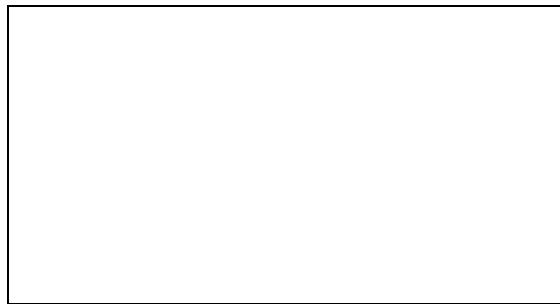


Activity

1. Fill in the missing letters to complete the given words correctly.

- a) t__e
- b) fe__t
- c) a__kle
- d) th__g__
- e) kn__e__

2. Draw a leg in the space below



Lesson 3

Read and spell

hearing, tasting, touching,
smelling, feeling, chewing,
walking

Body parts and their uses

Part	Function
eyes	for seeing
ears	for hearing
nose	for smelling
mouth	for eating
tongue	for tasting
skin	for feeling
teeth	for chewing
hands	for touching
legs	for walking

Activity :

Match the following body parts to their uses.



touching



seeing

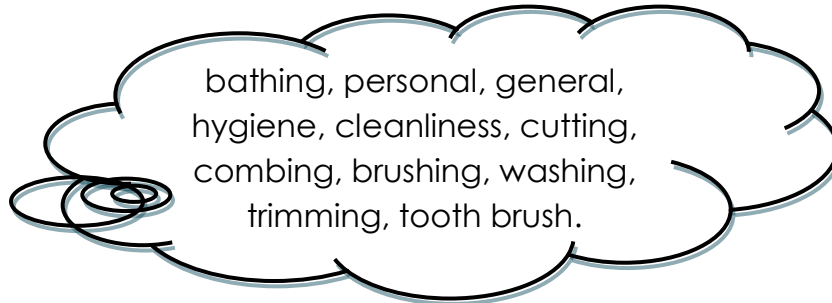


smelling



hearing

Lesson 4 **Read and spell the words.**



Personal hygiene

Personal hygiene is the general cleanliness of the body.

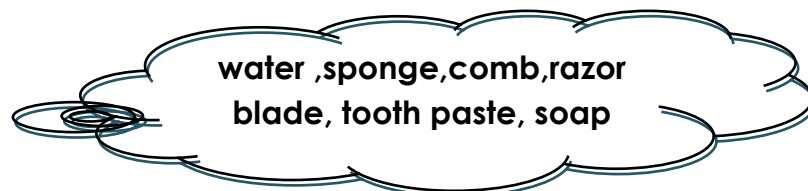
Ways of caring for our body parts.

- ⇒ bathing
- ⇒ combing hair
- ⇒ cutting finger nails
- ⇒ brushing teeth
- ⇒ washing hands and clothes.

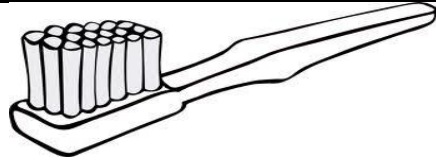
Activity

1. What is personal hygiene?
2. Write down any four ways of caring for our bodies
3. Draw yourself bathing at home.

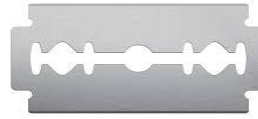
Lesson 5 **Read and spell**



Materials used for cleaning our body parts.



Tooth brush



Razor blade



soap



Tooth paste



Comb



sponge

Activity

1. Draw the following tools used for cleaning our bodies.

<p>Tooth brush</p>	<p>Tooth paste</p>

Soap	water

LESSON 6

Read and spell

sponge ,brushing ,bathing cutting
,finger nails, washing, ironing

Uses of materials that help us to keep our bodies clean.

Tool	use
soap	for bathing
comb	for combing hair
tooth brush	for brushing teeth
razorblade	for cutting fingernails
water	for bathing.

Activity:

1. Complete the words below by filling in the missing letters.

a) t____ __th br____sh

b) raz______blade

c) so____ap

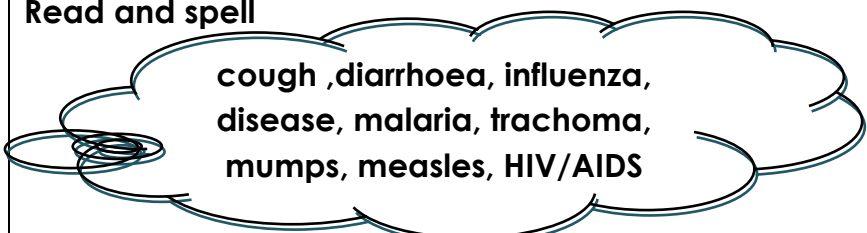
2. Give the uses of the following hygiene tools.

a) water_____

b) comb_____

c) razorblade_____

Lesson 7
Read and spell



cough ,diarrhoea, influenza,
disease, malaria, trachoma,
mumps, measles, HIV/AIDS

DISEASES

A disease is an abnormal condition of a part or organ of a living thing.

Examples of common diseases.

- a) diarrhoea
- b) malaria
- c) trachoma
- d) mumps
- e) measles
- f) HIV/AIDS

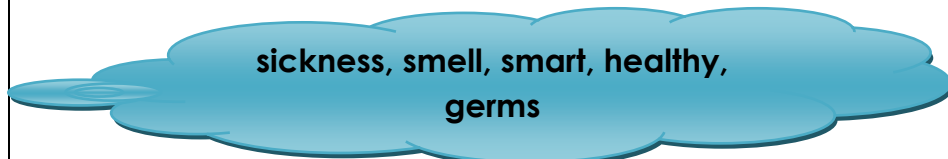
Activity

1. Fill in the missing letters to complete the words correctly.

- a) d__ __rrhoe__
- b) m__l__ria
- c) m__mps

2. Write down any four common disease.

Read and spell



sickness, smell, smart, healthy,
germs

The importance of keeping our body clean are ;

- ⇒ To avoid sickness
- ⇒ To be smart

- ⇒ To prevent bad smell
- ⇒ To be healthy
- ⇒ To kill germs

Activity

1. Fill in the missing letters to complete the words correctly.

- a) a__v__i__
- b) sm__ll
- c) he__lthy
- d) g__ms

- 2. Give any three importance of keeping clean.
- 3. Why should we bathe daily?

Read and spell



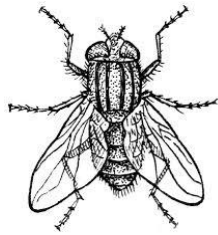
How disease are spread.

- 1. By mosquitoes. Mosquitoes spread malaria to us .



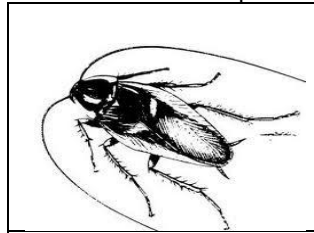
A mosquito

- 2. House flies spread to us cholera and diarrhea and trachoma



a house fly

3. Cockroaches spread to us cholera and diarrhoea



cockroach

- 4. Eating dirty food
- 5. Sharing clothes spreads skin disease
- 6. Sharing sharp objects

Activities

- 1. Name any three insects that spread diseases to us .
- 2. Write down one disease that is spread by mosquitoes to us.
- 3. Why is it a bad habit to eat dirty food?
- 4. Mention any two ways disease is spread to us.

Read and spell

**avoid ,mosquito net, immunizing,
washing hands, clearing bushes**

How to prevent disease.

- ⇒ By sleeping under a treated mosquito net to control malaria.
- ⇒ Washing hands after visiting the toilet/ latrine
- ⇒ Not sharing sharp objects like razor blades
- ⇒ Immunizing against the immunisable diseases like polio, measles,

- and tetanus and whooping cough.
⇒ Clearing bushes around our homes.
⇒ Removing broken containers from our compound.

Activity

1. Fill in the missing letters to complete the words correctly.

- a) imm____nising
- b) m____squ____to n____t
- c) sh____rp
- d) ob____ects

2. Match diseases and the way they are spread.

Malaria	sharing sharp objects
Cholera	mosquitoes
HIV/AIDS	houseflies

3. Write any two ways diseases can be prevented.