

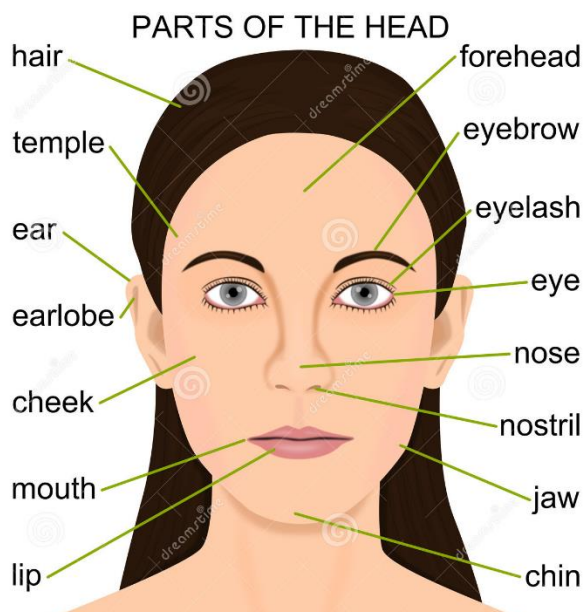
## P.2 Literacy 2 Lesson Notes Term I - III

### **THEME 1: HUMAN BODY AND HEALTH**

Sub theme: External parts of the body and their uses

#### **Parts of the head**

The head is the upper part of the body containing eyes, nose, ears, cheeks, chin, neck, tongue, teeth, mouth, eye brows, eyelids, eye lashes and the brain.



#### **Use of the parts of the head**

a) **Eyes:** An eye is the part of the body used for seeing.

##### Caring for eyes

- Washing the eyes with clean water and soap.
- Putting on sunglasses to protect them from direct sunlight, dust and foreign bodies.
- Treat eyes when they are sick.
- Eating food rich in vitamins.
- Use clean piece of cloth to clean the eyes.
- Provide enough light to read.

##### Problems to the eyes

- Foreign bodies.
- Too much sunshine.
- Diseases e.g trachoma, gonorrhea, night blindness.

- Smoke.

b) **Ears:** These are body organs used for hearing or listening.

Care for ears

- Washing them with clean water.
- Avoid cleaning ears with sharp objects.
- Removing the wax.

Problems to the ears

- Too much noise affects the ears.
- Deafness
- Diseases
- Foreign bodies
- Infections

c) **Nose:** It is the part of the body used for smelling.

Care for the nose

- Cleaning the nose with clean water.
- Cleaning with a clean handkerchief.
- Do not put dangerous objects in the nose.

Problems to the nose

- Foreign bodies
- Diseases (nasal congestion)
- Infections

d) **Teeth:** These are the organs found in the mouth and are white in colour.

Uses of the teeth

- For chewing
- For biting
- For tearing
- For grinding

Caring for the teeth

- Brushing teeth.
- Removing food remains
- Visiting the dentist every month.
- Removing the sick tooth.
- Avoid eating sugary things.

Problems to the teeth

- Bleeding gum
- Holes in the teeth

- Diseases

### **Parts of the chest**

The chest is the middle part of the body with the following parts; arm, breasts, shoulder, back and armpit.

### **Parts of the arm and hand**



### **Uses of parts of the arm**

#### **a) Hand**

- For holding
- For defense
- For picking
- For clapping
- For touching

#### **b) Finger nails**

- For beauty
- For defense

### **Caring for parts of the arm**

- Washing with water.
- Cutting fingernails short.
- Do not touch hot things with naked hands.

### **Problems to the parts of the hand**

- Cuts
- Fracture
- Dislocation
- Diseases



### Uses of legs

- For running
- For kicking
- For defence
- For standing
- For walking

### Caring for the legs

- Washing the legs with water
- Scrubbing the legs
- Cutting toe nails
- Putting on shoes

### Problems to the leg

- Cuts
- Dislocation
- Fracture
- Diseases

### **Body organs and their senses**

#### **Body organ**

eyes  
ears  
nose  
tongue  
skin

#### **Body senses**

seeing (sight)  
hearing  
smelling  
tasting  
feeling

### Body exercises

- Kicking
- Running
- Boxing
- Press-ups
- Jumping
- Dancing
- Skipping
- Swimming
- Sit-ups
- Jogging

### Importance of body exercises

- To be fit
- To be healthy
- To be strong

### **Personal hygiene**

This is the keeping of the body clean.

### Ways of keeping the body clean

- Bathing daily
- Washing clothes
- Brushing the teeth
- Combing hair
- Scrubbing the feet
- Cutting finger nails
- Ironing clothes

### Things we use to clean the body

- Sponge
- Water
- Soap
- Comb
- Towel
- Tooth brush
- Toothpaste
- Basin
- Razorblade

- Nail cutter
- Scissors

**a) Washing hands**

What we use to wash hands

- Clean water
- Soap

When to wash hands

- After visiting the latrine
- Before eating food
- After food

Why do we wash hands?

- To remove dirt
- To remove germs
- To prevent diseases

**b) Brushing teeth**

- How to brush the teeth?

What to use when brushing

- Toothbrush
- Toothpaste
- Water
- Brushing stick
- Ash

When do we brush the teeth?

- After meals
- In the morning

Why do we brush the teeth?

- To remove food remains
- To prevent bad smell
- To prevent tooth decay

**c) Bathing**What to use when bathing

- Soap
- Water
- Sponge
- Scrubbing brush

When to bathe

- Bathe daily

Why do we bathe?

- To remove sweat
- To remove dirt
- To remove bad smell
- To prevent skin diseases

**d) Cleaning ears**When do we clean ears?

- Regular

What to use when cleaning ears

- Ear buds
- Clean water
- Cotton buds

Why do we clean the ears?

- To be clean
- To prevent diseases
- To hear properly

**e) Cutting fingernails short**

- We cut fingernails short to remove hiding places of germs.
- They cause damage to the skin.

Things used to cut fingernails short.

- Razorblade
- Nail cutter

**f) Washing clothes**

- How to wash clothes
- Demonstration

**Things used to wash clothes**

- Soap
- Water
- Basin

**Why do we wash clothes?**

- To remove dirt.
- To remove bad smell.
- To be clean.

**g) Ironing clothes****Things we use to iron clothes**

- Flat iron
- Iron box

**Why do we iron clothes**

- To remove folds.
- To look smart.
- To remove dampness.
- To kill vectors.

**h) Cleaning beddings****Examples of beddings**

- Bed sheets
- Bed cover
- Blankets
- Pillow cases
- Mattresses

**How do we clean the beddings**

- Washing them
- Ironing clothes
- Putting them under the sun

**Why do we clean them?**

- To prevent diseases
- To remove bad smell
- To remove dirt when washing



- To kill germs

## **SANITATION**

This is the keeping of the environment clean.

### **Areas that need to be kept clean**

- House (well ventilated)
- Latrine/toilet
- Kitchen
- Bathroom
- Rack
- Rubbish pit/dust bin/garbage bin/ trash bin
- compound

## **Question**

How do we promote sanitation?

(Activities done to promote sanitation)

### **a) House**

#### **How to keep the house clean**

- Sweeping it
- Mopping it
- Removing cobwebs
- Dusting windows and doors
- Scrubbing the floor

#### **Tools used to keep the house clean**

- Mop
- Water
- Rag
- Soap
- Broom
- Vim
- Squeezer

### **b) Latrine/toilet**

A latrine is a place where we ease ourselves from.

#### **Things found in the latrine/toilet**

- Tissue paper
- Leaves

- Water
- Soap
- Soft papers

#### Ways of keeping it clean

- By sweeping
- By smoking it
- By removing cobwebs
- By mopping

#### Tools used to keep the latrine clean

- Vim
- Broom
- Water
- Jik
- Dry banana leaves/grass
- Scrubbing brush (draw the diagrams)

#### Why do we smoke the pit latrine?

- To control vectors
- To reduce bad smell

#### Improper use of latrine

- Urinating on top
- Defecating on top
- Writing on walls

#### Dangers of improper use of latrine

- It creates a bad smell
- It causes diseases

### **c) Kitchen**

A kitchen is a place where food is prepared from.

#### Ways of keeping it clean

- By mopping
- By sweeping
- By scrubbing
- Removing cobwebs

#### Tools used to clean the kitchen

- Mop
- Water

- Rag
- Soil
- Broom
- Vim

#### Things used in the kitchen

- Saucepans
- Cooking stoves/stands
- Electrical/gas cookers

#### Dangers of a dirty kitchen

- It spreads diseases
- It causes bad smell

#### Why we keep the kitchen clean?

- To prevent bad smell
- To prevent diseases
- To prevent vectors

### **d) Bathroom**

A bathroom is a place where we bathe from.

#### Things we use in the bathroom

- Water
- Sponge
- Soap
- Towel

#### Improper use of a bathroom

- Defecating in it
- Urinating in it
- Writing on walls

#### How can we keep it clean?

- Scrubbing the bathroom
- Removing cobwebs
- Draining water
- Sweeping

#### Materials used to clean the bathroom

- Water
- Jik

- Soap
- Vim
- Broom
- Scrubbing brush

**e) Rack**

A rack is an object where we put utensils to dry

Ways of caring for a plate stand

- Washing it
- Painting it to avoid rusting

**f) Rubbish/dustbin/garbage bin/trash bin**

- A rubbish pit is a hole where we put rubbish.
- A dust bin is a container where we put rubbish.

Ways of managing rubbish

- By picking
- Using a dust bin

**COMPOUND**Dangers of a dirty compound

- It causes bad smell
- It causes diseases
- It is a breeding place for vectors

How do we keep the compound clean?

- Sweeping
- Picking rubbish
- Draining still water
- Clearing the bush around our homes

Why do we keep the compound clean?

- To prevent bad smell
- To prevent diseases

Tools used to clean the compound

- Broom
- Dustbin
- Rake

- Wheelbarrow
- Slasher

### Importance of sanitation

- It prevents diseases
- It controls vectors
- It prevents bad smell
- It controls accidents

### Dangers of poor sanitation

- It leads to accidents
- It leads to diseases
- It causes a bad smell
- It attracts vectors

### Good health habits

- Brushing teeth
- Eating in time
- Sweeping
- Bathing
- Sleeping in time
- Washing hands
- Washing clothes
- Mopping
- Burning rubbish
- Eating a balanced diet
- Doing body exercise
- Taking children for immunisation

### Common diseases

- Flu
- Measles
- Malaria
- Dysentery
- Mumps
- Chicken pox
- Ring worms
- Cough
- T.B

- Typhoid
- Cholera
- Diarrhoea

### Causes of common diseases

Diseases are caused by germs.

Germs are living organisms that cause diseases.

### Spreading of germs

Germs are spread by vectors.

Vectors are living things that spread germs.

### Diseases with their vectors

<b>Disease</b>	<b>Vector</b>
Malaria	Mosquito
Trachoma	Housefly
Dysentery	Housefly
Cholera	Housefly
Diarrhoea	Housefly
Sleeping sickness	Tsetse fly
Nagana	Tsetse fly
Cholera	Cockroach
Diarrhoea	Cockroach
Dysentery	Cockroach
Rabies	Mad dog
Typhus fever	Tick & flea
Anaemia	Bedbug

### How to prevent common diseases

- Washing hands before eating
- Covering food
- Cooking food properly
- Spraying
- Avoid sharing clothes
- Maintain personal hygiene
- Sleeping under treated mosquito nets

**THEME 2: FOOD AND NUTRITION**

**Food** is something good to eat or drink.

**Feeding** is the act of taking in food.

**Nutrition** is the act taking in food and how it is used in the body.

**Common foods we eat**

- Fish
- Honey
- Milk
- Beans
- Yams
- Cassava
- Oranges
- Meat
- Vegetables
- Carrots
- Rice
- Pineapple
- Maize
- Pumpkins
- Sweet potato
- Millet

**Note:** Diagrams

**Sources of food**

- Plants
- Animals
- Garden
- Market
- Shop
- Supermarket
- Water bodies
- Rain
- Hotel

**Places where we get food from**

- Garden                      -Shops
- Restaurants              - Lake

- Swamps
- Rivers
- Markets
- Supermarkets
- Hotels

### Reasons why we eat food

Looking at the 5Hs they are;

- To be healthy
- To kill hunger
- It is a habit
- For hospitality
- To be happy

Therefore, writing 5Hs in full it is;

- Healthy
- Happy
- Hunger
- Habit
- Hospitality

### Importance of food in the body

- We eat food to grow well.
- We eat food to get energy.
- To repair worn out cells.
- To prevent diseases

### **A balanced diet**

This is a meal with food values in their correct amount.

### Classification of food

- Proteins
- Carbohydrates
- Vitamins
- Minerals
- Fats and oils
- Water



- Roughages

a) **Proteins** are body building foods (Grow foods)

Examples of food rich in proteins

- Meat
- Milk
- Eggs
- Chicken
- Fish
- Beans
- Soya beans
- Groundnuts
- Cow peas

Uses of proteins in our body

- Helps in body growth.
- Repair worn out cells.

***Its deficiency disease is kwashiorkor***

b) **Carbohydrates** are energy giving foods. (Go foods)

Sources of carbohydrates

- Posho
- Rice
- Millet
- Wheat
- Bread
- Irish potato
- Sweet potato
- Cassava
- Honey
- Banana
- Sugarcane
- Yams
- Milk

Uses of carbohydrates in the body

- They provide energy in the body.
- They produce heat in the body.

***Its deficiency disease is marasmus***

c) **Vitamins** are health giving foods or protective foods (Glow foods)

Sources of vitamins

**Note:** Vitamins are mostly got in;

Vegetables e.g

- Dodo
- Nakati
- Carrots
- Cabbages
- Tomato
- Green pepper

Fruits

- Guava
- Apples
- Oranges
- Pineapple
- Pawpaw
- mangoes

Examples of vitamins

Vitamin A, Vitamin B1, Vitamin B12, Vitamin D,

Vitamin E, Vitamin K

Vitamin C is got from fruits and vitamin D is obtained from the sun

Uses of vitamins in the body

- They keep the body healthy.

Its deficiency diseases are;

- scurvy from vitamin C
- rickets from vitamin D and
- night blindness from vitamin A

**d) Fats and oils**Sources of fats and oils

## Fats

- Ghee
- Milk
- Blue band
- Cow boy
- Meat
- Egg yolk

## Oils

- Milk
- Cooking oil
- Sun flower
- Groundnuts

Uses of fats and oils

- It provides energy to do work.
- It produces heat in the body.

Dangers of too much fat in the body

- It brings obesity
- It leads to body tiredness
- It leads to heart failure

**e) Roughages**Sources of roughages

- Cabbage
- Dodo
- Pumpkin leaves
- Sukuma wik
- Mangoes
- Sweet potato
- Cassava

Uses of roughages

- They prevent constipation

**f) Mineral salts**Examples of minerals

- Iodine
- Calcium
- Ion
- Phosphorus

#### Sources of minerals

- Calcium
  - ✓ Salt
  - ✓ Milk
  - ✓ Fish
  - ✓ Beans
  - ✓ Eggshell
- Iron
  - ✓ Liver
  - ✓ Egg yolk
  - ✓ Meat
  - ✓ Leafy vegetables
- Iodine
  - ✓ Iodized salt
  - ✓ Sea weeds
  - ✓ Sea water

#### Uses of minerals

- Calcium makes our bones strong.
- Calcium makes teeth strong.
- Iron helps in blood formation.

### g) **Water**

#### Importance of a balanced diet in the body

- It makes us strong (gives energy)
- It makes the body grow.
- It prevents us from diseases.

#### Dangers of poor feeding

- It leads to diseases.
- It leads to death.
- It leads to body weakness.

- It leads to blindness.

**Malnutrition**

This is a poor state of health due to poor feeding.

Signs of malnutrition

- Loss of weight
- Body weakness
- Dullness
- Poor eye sight
- Change of hair
- Bleeding gum
- Dry pale skin
- Being restless
- Swollen neck

**Food preparation**

This is the way food becomes ready for eating.

Methods of food preparation

- By mingling
  - ✓ Posho
  - ✓ Millet
  - ✓ Bread
  - ✓ Matooke
  - ✓ Sweet potato
- By roasting
  - ✓ Meat
  - ✓ Chicken
  - ✓ Maize
  - ✓ Cassava
  - ✓ Banana
- By frying
  - ✓ Fish
  - ✓ Eggs
  - ✓ Chicken
  - ✓ Cassava e.t.c
- By baking

- ✓ Bread
- ✓ Cakes
- ✓ Doughnuts
- ✓ Chaps
- ✓ Chapatti
- By boiling
  - ✓ Eggs
  - ✓ Milk
  - ✓ Meat
  - ✓ Water
  - ✓ Rice e.t.c
- By steaming
  - ✓ Matooke
  - ✓ Rice
  - ✓ Meat
  - ✓ Green vegetables e.t.c

### Why do we cook food?

- To kill germs
- To give it a taste
- To make it soft

### **Food preservation**

This is the keeping of food safe from for a long time.

#### Methods of food preservation

##### a) **Local methods**

##### Smoking

- ✓ Fish
- ✓ Meat
  - Sun drying
- ✓ Fish
- ✓ Beans
- ✓ Maize
- ✓ Cassava

##### Salting

- ✓ Fish
- ✓ Meat
- ✓ Chicken e.t.c

**b) Modern methods**

Freezing

- ✓ Milk
- ✓ Meat

Canning/Tinning

- ✓ Milk
- ✓ Meat
- ✓ Beans
- ✓ Fish e.t.c

Reasons for preserving food

- For future use.
- To prevent it from going bad.

Places where food is kept safe

- Granary
- Store
- Refrigerator

Foods kept in a granary

- Maize
- Beans
  
- Groundnuts
- Dried cassava
- Millet

**Food hygiene**

This is the keeping of food clean

Ways of food hygiene

- By covering it.
- By putting it in a clean container.
- By preparing it in a clean place.
- By eating it with clean hands.
- By serving it with clean hands.
- By serving it from a clean place.

**Food contamination**

This is the way food becomes dirty

### Ways of food contamination

- Using dirty utensils.
- Using dirty hands when eating.
- Preparing it from dirty places.
- Serving it from dirty places.
- Leaving it open.
- Using dirty hands when serving.

### What makes food dirty?

- Rats
- Houseflies
- Cockroaches
- Dirty hands
- Dirty utensils

### Dangers of eating dirty food

- It leads to diseases e.g cholera, typhoid, dysentery, diarrhoea.
- It leads to death.

### Good eating habits

- Washing hands before eating food.
- Eating slowly.
- Eating while sitting down.
- Washing hands after eating food.
- Praying before eating food.
  
- Chewing food well.
- Eating slowly.

### Bad eating habits

- Eating while standing.
- Eating while playing.
- Talking while eating.
- Eating food with dirty hands.
- Eating food before praying.

## **TERM TWO**

### **THEME: OUR ENVIRONMENT**

**Definition:** Environment are things around us.

**OR**



Environment is man and his surroundings.

### Components of the environment

These are things that make up the environment. They include;

- Plants
- Animals
- Hills
- Water bodies
- Air
- Buildings
- Valleys
- Mountains
- Soil
- Rocks
- Man

### Groups of things in the environment

There are two groups. These include;

- a) Living things
- b) Non – living things

### Characteristics of living things

- They respire
- They reproduce
  
- They grow
- They feed
- They move
- They excrete
- They respond to stimuli

### Examples of living things

- Trees/plants
- Housefly
- Grasshoppers
- Fish
- Snakes
- Man

- Monkey
- Worms
- Lions
- Snails
- Lizards
- Bees
- Squirrels e.t.c

### Groups of living things

- a) Plants
- b) Animals

### Non- living things

These are things which do not have life.

### Characteristics of non-living things.

- They do not respire.
- They do not reproduce.
- They do not grow.
- They do not feed.
- They do not move.
- They do not excrete.
- They do not respond to stimuli.
- They do not have cells. They have particles.

### Examples of Non- living things

- Air
- Soil
- Stones
- Water
- Building
- Duster, etc.

### Activities that change /spoil the environment

- Cutting down trees
- Bush burning
- Poor methods of farming
- Brick making
- Quarrying
- Over fishing
- Over grazing

- Harvesting sand
- Poaching
- Fish poisoning

### Ways of conserving the environment/protecting the environment

- Mulching
- Planting trees
- Terracing
- Avoid bush burning
- Avoid over grazing
- Proper disposal of rubbish
- Use of proper methods of farming

### **Animals in the environment**

#### Groups of Animals

1. Domestic animals
2. Wild animals

Domestic animals are animals kept at home.

#### Examples of domestic animals

- Cow
- Pigeon
- Duck
- Turkey
- Goat
- Chicken
- Pig
- Camel
  
- Rabbit
- Dog
- Donkey
- Cat

### Importance of animals in the environment

- Some animals provide us with meat.
- Some animals provide us with milk.
- Some animals provide us with feathers for decoration.
- Some animals are used for transport.
- Some animals are sold and we get money.
- A dog can be used to guard our homes

- They provide us with skins and hides.
- Their droppings are used as manure.
- Bees give honey.
- Rabbits give us fur.
- Sheep provide us with silk for making clothes.
- Some animals are used for cultural purpose, like paying dowry.

### Wild animals

These are animals that live in bushes or forests.

### Examples of wild animals

- Lion
- Snakes
- Giraffe
- Buffalo
- Zebra
- Baboons
- Elephant
- Wolf
- Tiger
- Leopard
- Weaver birds
- Flamingo

### Importance of wild animals

- Some animals provide us with meat.
- Some animals provide us with skin and hides.
- We get ivory from elephants.

### Dangers of animals

- 
- Some animals kill people.
- Some animals spoil crops.

## **Birds**

### Groups of birds

1. Domestic birds
2. Wild birds

### Domestic birds (poultry)

These are birds kept at home.

#### Examples of domestic birds

- Turkey
- Chicken
- Ducks
- Pigeons
- Guinea fowl
- Geese
- Parrot

#### Wild birds

These are birds which live in the bush.

#### Examples of wild birds

- Owl
- Eagle
- Weaver bird
- Crested crane
- Vulture
- Wood pecker
- Egret
- Sunbird

#### Importance of birds

- Birds give us meat.
- Birds give us eggs.
- Birds provide us with feathers.
- We get droppings from birds which is used as manure.
- Some birds are sold and people get money.

#### Dangers of birds

- Some birds spoil the crops.
- Their droppings can pollute the environment.
- Some birds eat domestic birds.

#### **Animal products**

<u>Animal</u>	<u>Product (s)</u>
Cow	- milk, meat, horns, hooves, hides, cow dung, bones, blood.
Goat	- milk, meat, skins, horns, hooves, dung, blood.

- Sheep - milk, meat, wool, hooves, blood.  
Poultry - feathers, eggs, flesh, droppings.  
Pig - meat, bristles, lard, hooves.  
Rabbits - meat, fur, droppings.  
Elephants - ivory, hides

Things got from hides and skins

- Bags
- Shoes
- Belts
- Carpets
- Balls
- Jackets
- Drums
- Sofa sets

**NB:** Teacher should draw the above diagrams.

Products got from milk

- Ghee
- Cheese
- Yoghurt
- Butter
- Ice cream

Products got from animals wastes

- Manure
- Biogas

Animals and their legs

Two legged animals

Examples

- Man
- Birds
- Bats

Four legged animals

Examples

- Cows
- Monkey

- Giraffe
- Goats
- Pig
- Lion
- Elephant
- Dog
- Zebra
- Chameleon

#### Animals without legs

- Snake
- Snails
- Maggot
- Worms
- Fish
- Cell worms
- Slug

#### Animals with many legs (more than 4 legs)

- Centipedes
- Caterpillar
- Millipedes
- Scorpion
- Housefly
- Bee
- Ticks
- Grasshopper
- Lice
- Crabs

#### **Animal movements**

<u>Animal</u>	<u>Movement</u>
Man	- walks/runs
Snake	- glides
Caterpillar	- wrigglers
Birds	- flys
Fish	- swims

Baby	-	crawls
Snail	-	creeps
Frog	-	Jumps
Grasshopper	-	hops
Dog	-	runs/walks
Bat	-	flys
Crocodile	-	crawls
Tortoise	-	crawls
Lizard	-	crawls

:

Why animals move?

- To look for food.
- To look for protection.
- To look for partners (mating)
- To look for shelter.
- To look for water.
- To look for their young ones.
- To produce youngones/lay eggs.
- To look for materials.
- To look for friends.

**Animals' homes/habitats.**

A home is a place where animals stay and live.

A habitat is a home of a living thing.

**Animal homes**

<u>Animal</u>		<u>homes</u>
Cow	-	kraal/byre/cowshed
Goat	-	pen/goatshed
Pig	-	sty
Lion	-	den

Bird	-	nest
Dog	-	kennel
Wild rabbit	-	Burrow
Man	-	house
Domestic rabbit	-	hutch
Snake	-	burrow/water/grass
Earthworms	-	tunnel



Termites	-	anthills
Bees	-	hive
Spider	-	cob web
Parrot	-	cage
Horse	-	stable
Monkey	-	forest
Cat	-	basket
Sheep	-	pen/shed
Cockroach	-	dark places
Housefly	-	dirty places
Chameleon	-	Trees

**Animal weapons**

<u>Animal</u>		<u>Weapon</u>
Chameleon	-	colour change
Cow	-	horns
Dog	-	teeth
Man	-	hands/teeth/legs/nails
Lion	-	teeth/claws
Elephant	-	trunk
Cat	-	claws
Snake	-	Fangs/poison (venom)
Bird	-	beak/claws/spur
Fish	-	fins
Bed bug/skunk	-	bad smell
Frog	-	slippery body
Porcupines/hedgehog	-	spins
Tortoise and snail	-	shells
Crocodile	-	teeth/tail
Caterpillar	-	prickly hair
Bee	-	sting

**How animals protect themselves?**

<u>Animal</u>		<u>Protection</u>
Bee	-	stinging
Chameleon	-	changing colours
Millipedes	-	coiling
Caterpillar	-	pricking
Scorpion	-	stinging
Python	-	squeezing
Snail	-	hiding in the shell.
Cow	-	knocking/kicking

Bedbug	-	producing bad smell
Dog	-	biting/scratching
Cat	-	biting/scratching
Snake	-	biting and spitting venom
Man	-	fighting/biting/kicking

<u>Animal</u>		<u>Youngones</u>	<u>Animal</u>		<u>Youngones</u>
Dog	-	puppy	Turkey	-	poult
Man	-	baby	Fish	-	FRY
Hen	-	chick	Goose	-	gosling
Birds	-	nesting	Sheep	-	lamb
Lion	-	cub	Cockroach	-	nymph
Elephant	-	calf	Housefly	-	maggot
Cat	-	kitten	Mosquito	-	wriggler
Duck	-	duckling	Frog	-	tadpole
Crocodile	-	hatching	Monkey	-	baby
Pig	-	piglet	Rat/mice	-	pups

### Animal sounds

<u>Animal</u>		<u>Sound</u>
Rat/mice	-	squeaks
Pig	-	grunts
Man	-	talks
Bird	-	whistles/sings/chirps
Monkey	-	chatters
Horse	-	neighs
Elephant	-	trumpets
Dog	-	hisses
Snake	-	bleats
Sheep/goat	-	bleats
Lion/leopard	-	roars
Cat	-	pulps
Bee	-	buzzes
Cow	-	moos
Baby	-	cries

### Why animals make sounds?

For protection

When in danger

For communication

When hungry/thirsty

When they are happy.

When they are angry.

When they want to mate.

**Animals and their food**

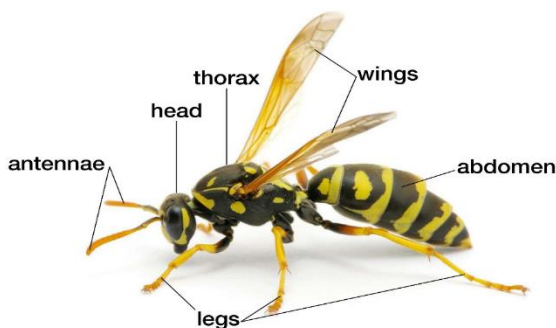
Dog	-	bones
Cat	-	milk/rats
Baby	-	breast milk
Cows goat, sheep	-	grass/peelings
Man	-	bread
Rabbits	-	pellets/leaves
Turkey	-	insects/grains
Hyena/lion	-	flesh
Frog	-	insects
Lizard/chameleon	-	insect
Snakes	-	insects
Bats/birds	-	fruits/insects

**Animal meat**

Pig	-	pork
Sheep	-	mutton
Cow	-	beef
Chicken	-	chicken
Goats	-	goats' meat
Fish	-	fish fillet
Calf	-	veal

**INSECTS****Characteristics of Insects**

- They have three main body parts.
- They have six legs.
- They have two compound eyes.
- All insects have a pair of feelers.

**Parts of an insect****Common insects**

- Mosquito
- Praying mantis

- Tsetse fly
- Crickets
- Houseflies
- Termites
- Grasshopper
- Locusts
- Bees
- Wasps
- Moths
- Butterfly
- Ants
- Cockroaches

**Groups of insects**

- a) Harmful insects
- b) Useful insects

**Examples of harmful insects**

- Bees
- Cockroaches
- Housefly
- Termites
- Wasp
- Tsetse fly
- Locusts

**Dangers of harmful insects**

- Some insects destroy crops.
- Some insects spread disease.
- Bees and wasps sting.
- Some insects bite.

**Examples of useful insects**

- Beetles
- Bees
- Grasshopper
- White ants
- Butterfly
- Moth

**Uses of insects**

- Some insects can be eaten.

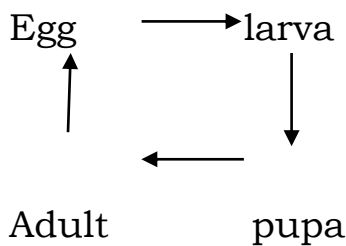
- Some insects pollinate flowers.
- A bee gives us honey.

### **CHANGES IN INSECTS (Lifecycles)**

1. Complete life cycle
2. Incomplete life cycle

#### **Complete life cycle**

This is the life cycle with four stages of development. Namely: Eggs, Larva, Pupa, Adults

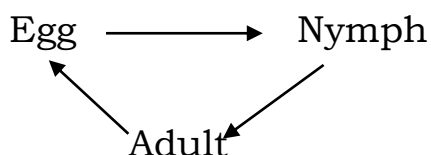


#### **Examples of insects which undergo complete life cycle**

- Butterfly
- Housefly
- Tsetse fly
- Black fly
- Bee
- Wasp
- Mosquito
- Moth

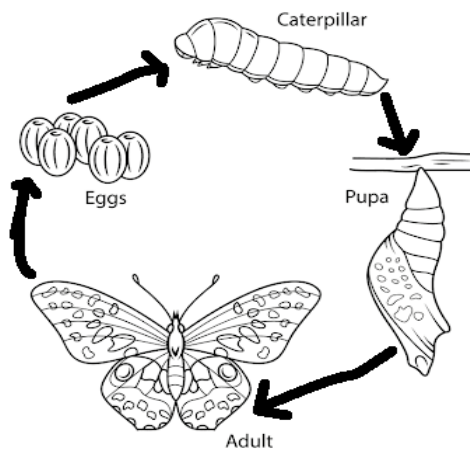
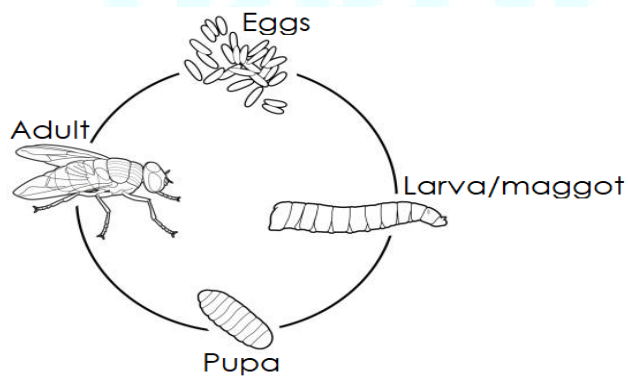
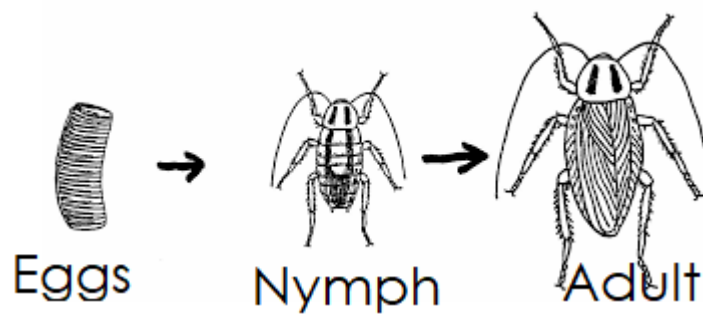
#### **Incomplete lifecycle**

This is the lifecycle with three stages of development. Namely; Egg, Nymph, Adult.

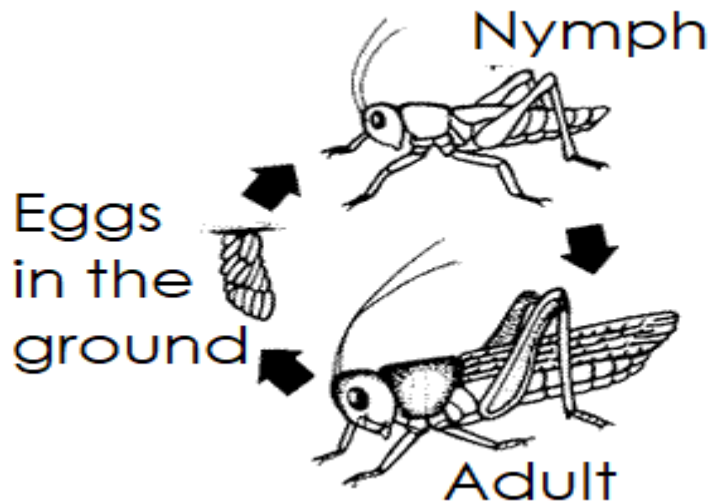


Examples of insects with incomplete lifecycle

- Locusts
- Crickets
- Termites
- Grasshoppers
- Cockroach
- Playing mantis

**Lifecycle of butterfly****Lifecycle of a housefly****Lifecycle of a cockroach**

### **Life cycle of a grasshopper**



### **PLANTS**

A plant is a green living thing.

#### **Examples of common plants**

- Banana plant
- Onion plant
- Mango plant
- Sugarcane plant
- Pineapple plant
- Cactus plant
- Pawpaw plant
- Sisal plant
- Cassava plant
- Sorghum plant
- Bean plant
- Ferns e.t.c

#### **Places where plants grow**

- On water e.g, water lily, suds, water hyacinth
- Dry places e.g, sisal, cactus.
- Swamps eg., cabbages, sugarcane, yams, rice
- Garden e.g, cassava, potatoes, banana
- Rocks e.g, Liverworts, lichens

#### **Groups of plants**

##### **a) Non flowering plants**

These are plants which do not bear flowers.

### Examples of non-flowering plants

- Mosses
- Liverworts
- Pine
- Cypress

### **b) Flowering plants**

These are plants which bear flowers.

### Examples of flowering plants

- Banana plants
- Maize plants
- Cassava plants
- Bean plants e.t.c

### **Types of flowering plants**

- a) Dicotyledonous plants
- b) Monocotyledonous plants

### **Dicotyledonous plants**

These are plants which produce seeds with two cotyledons.

### Examples of dicotyledonous plants

- |                  |                          |
|------------------|--------------------------|
| - Mango plant    | Soya bean plant          |
| - Sim sim plant  | - Coffee plant           |
| - Bean plant     | - Avocado plant          |
| - Cow peas plant | - Coconut plant          |
| - Cotton plant   | - Jack fruit plant e.t.c |

### **Monocotyledonous plants**

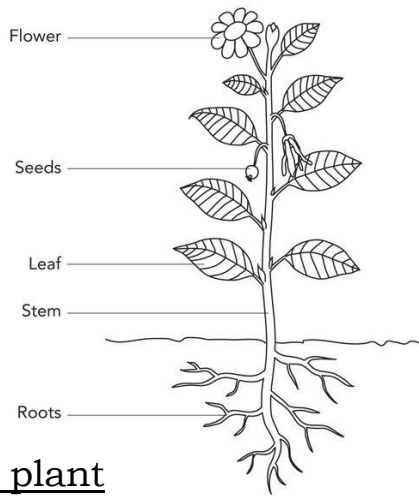
These are plants which produce seeds with two cotyledons.

### Examples of monocotyledonous plants

- Maize plant
- Rice plant
- Wheat plant
- Oats plant
- Barleyplant
- Sorghum plant
- Millet plant



## **Parts of a plant**



## **Main parts of a plant**

1. Leaves
2. Stem
3. Roots

Part	Uses to the plant
Roots	<ul style="list-style-type: none"> <li>- Roots hold the plant firmly in the soil.</li> <li>- Roots absorb water and mineral salts from the soil.</li> <li>- Some roots act as food store for a plant.</li> </ul>
Stems	<ul style="list-style-type: none"> <li>- It holds the leaves, branches, flowers and fruits above the ground.</li> <li>- Stems transports water and mineral salts from the roots to the leaves.</li> <li>- Some stems store food for the plant.</li> </ul>
Leaves	<ul style="list-style-type: none"> <li>- They make food for the plant.</li> <li>- Leaves help plants to breathe through the stomata.</li> <li>- Some leaves store food for the plant.</li> </ul>

## **Uses of parts of a plant to man**

Leaves	<ul style="list-style-type: none"> <li>- Some leaves are used as food e.g. cabbages.</li> <li>- Leaves give us herbal medicine.</li> <li>- Some leaves are used to thatch houses.</li> </ul>
Stems	<ul style="list-style-type: none"> <li>- They give man timber.</li> <li>- They are used as herbal medicine.</li> <li>- They give us food e.g. sugarcane, irish potatoes,</li> </ul>

	yams. - They give us firewood and charcoal.
Roots	- Roots are eaten as food e.g cassava, sweet potatoes - Some roots give us herbal medicine.

**Uses of flowers to people**

- For decoration
- Some flowers are used as herbal medicine
- Some flowers are eaten

**Uses of plants to man**

- Plants give us food.
- Some plants provide us with herbal medicine.
- Plants act as wind breakers.
- Plants give us charcoal and firewood.
- Plants provide building materials e.g poles, timber.
- Plants are a source of oxygen.
- Plants are a source of raw materials to industries.
- Some plants are habitats of some animals.

**Dangers of plants**

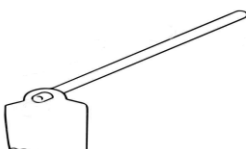
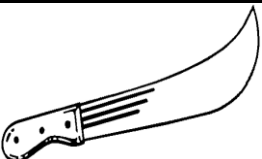


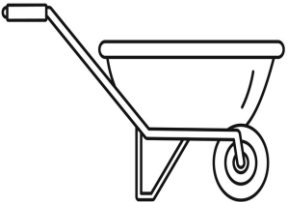
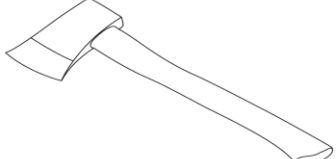
- Some plants spoil our crops.
- Some plants smell bad.
- Some plants are poisonous to us.
- Some plants prick us i.e they pierce us.
- Some plants hide dangerous animals e.g cactus, spear grass, sisal, coach grass


**Ways of caring for crops**

- Weeding      - This is the removal of unwanted plants from the garden.
- Weeds        - These are unwanted plants from the garden.
- Pruning      - This is the cutting or removal of excess branches from a plant.
- Thinning     - Is the removal of excess plants from the garden.

- Mulching - Is the covering of the soil with dry plant materials  
e.g leaves
- Watering - Is the applying of water to plants.
- Spraying - Is the applying of pesticides to plants.
- Staking - Giving support to a plant.
- Harvesting - Is the removal of ready crops from the garden.
- gap filling - Is the filling of spaces where crops did not grow

### **Garden tools and their uses**

Hoe		<ul style="list-style-type: none"> <li>- For digging</li> <li>- For harvesting</li> <li>- For weeding</li> </ul>
Panga		<ul style="list-style-type: none"> <li>- For cutting small trees</li> <li>- For harvesting</li> <li>- For pruning</li> </ul>
Rake		<ul style="list-style-type: none"> <li>- For collecting rubbish</li> <li>- For collecting grass</li> </ul>
Trowel		<ul style="list-style-type: none"> <li>- For transplanting seedlings</li> </ul>
Wheel barrow		<ul style="list-style-type: none"> <li>- For carrying manure</li> <li>- For carrying harvested crops</li> </ul>
Axe		<ul style="list-style-type: none"> <li>- For cutting trees</li> </ul>

Watering can		- For watering crops
--------------	---	----------------------

### **Parts eaten on a plant**

leaves	<ul style="list-style-type: none"> <li>- Cabbage</li> <li>- Onions</li> <li>- Lettuce</li> <li>- Sukuma wiki</li> <li>- Nakati</li> <li>- Spinach</li> <li>- Pumpkin</li> </ul>
Roots	<ul style="list-style-type: none"> <li>- Carrot</li> <li>- Sweet potatoes</li> <li>- Cassava</li> <li>- Beet root</li> <li>- Yam</li> </ul>
Stem	<ul style="list-style-type: none"> <li>- Sugarcane</li> <li>- Yams</li> <li>- Irish potatoes</li> </ul>
Flower	<ul style="list-style-type: none"> <li>- Cauli flower</li> </ul>
Fruit	<ul style="list-style-type: none"> <li>- Mango</li> <li>- Apple</li> <li>- Tomato</li> <li>- Pawpaw</li> <li>- Orange</li> </ul>

## **GERMINATION**

Germination is the development of a seed into a seedling.

A seedling is a young plant.

### **Conditions necessary for germination**

These are things that seeds need to grow into seedling.

- Water(moisture)
- Air (oxygen)

- Warmth

### **Nursery bed**

This is a place where seeds are first planted to grow into seedlings before being transplanted to the main garden.

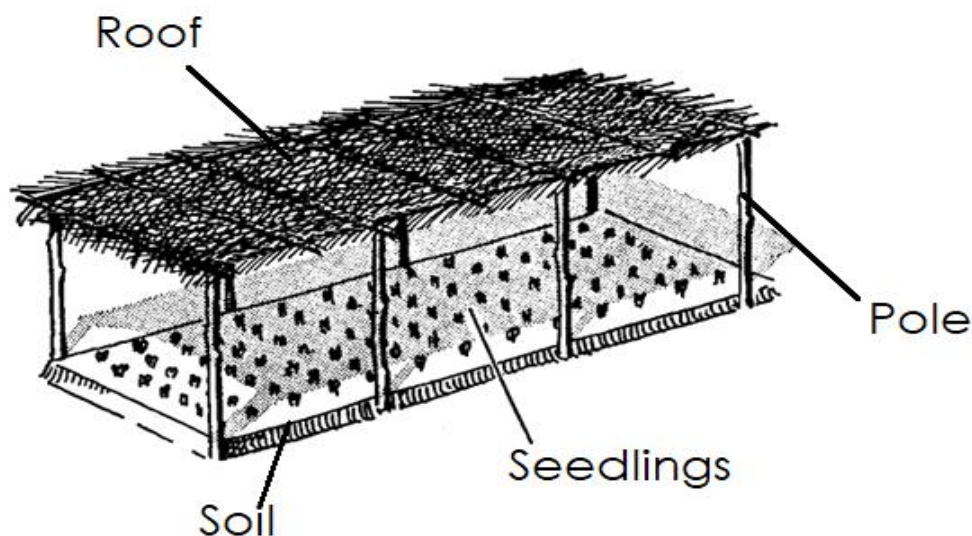
### **Importance of a nursery bed**

- It helps a farmer to sort out good seedlings.
- It provided shade to the seedlings.

### **Seed grown in a nursery bed**

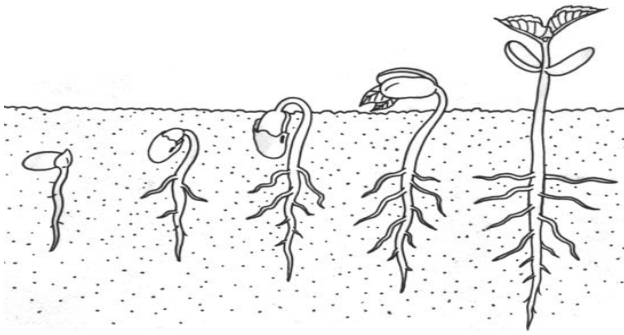
- Tomatoes
- Onions
- Red pepper
- Bitter tomatoes
- Egg plants
- Garlic
- Carrots
- Cabbage
- Green pepper
- Passion fruits
- Lettuce

### **Structure of a nursery bed**



### **Stages of plant growth**

Seed  $\longrightarrow$  seedling  $\longrightarrow$  plant

**Ways of caring for seedlings**

- By watering them
- By spraying them
- Providing a shade for them

**Tools / equipments used in a nursery bed**

- a) Watering can - For watering
- b) Trowel - For transplanting seedlings
- c) Spray pump - For spraying

**THEME 3: ACCIDENTS AND SAFETY****Accident**

An accident is a sudden danger that causes harm or death.

**Common accidents at home and school**

- Drowning
- Burns
- Bites
- Electric shock
- Stings
- Lightning strikes
- Cuts
- Nose bleeding
- Fractures
- Scalds
- Bruises
- Poisoning
- Falls

**Things that cause accidents (dangerous objects)**

- Broken bottles
- Nails

- Thorns
- Razor blades
- Needles
- Gun
- Arrows
- Barbed wire
- Panga
- Cars
  
- Knives
- Poison
- Medicine
- Broken glasses
- Stones

### **Causes of accidents at home and school**

- Playing with sharp objects like knives, pins, panga e.t.c
- Playing dangerous games
- Climbing trees
- Playing near water bodies
- Leaving medicine at the reach of children
- Playing with or near fire
- Throwing stones
- Playing with naked electric wires
- Misunderstanding between neighbours
- Playing near or in bushes
- Over running
- Playing with hot things
- Un supervised swimming
- Playing in rain
- Walking bare footed

### **Preventing accidents at home and school**

- Do not play with sharp objects
- Do not play with dangerous animals and insect
- Do not climb trees and ladders
- So not play in the bush

- Do not play with electric wires
  - Do not play near water bodies
  - Do not leave medicine at the reach of children
  - Slash bushes around our homes and schools
  - Do not over run
  - Do not play dangerous games
  - Do not touch naked electric wires
  - Do not walk bare footed
- 
- Do not play with poison
  - Do not play with broken glasses/bottles

**Common accidents on the road**

- Bruises
- Drowning
- Fractures
- Cuts
- Bites
- Lightning strike
- Knocks

**Things that cause accidents on the road**

- Broken bottles
- Broken wires
- Nails
- Stones
- Pot holes
- Vehicles

**Causes of road accidents**

- Playing on the road
- Over loading
- Over speeding on the road
- Over taking
- Careless driving
- Driving when one is drunk
- Receiving phone calls when driving
- Not following road signs and traffic rules
- Walking bare footed
- Bad roads



**Ways of controlling accidents on the road**

- Do not over load
- Do not play on the road
- Repair bad roads with pot holes
- Do not over speed
- Do not over run
- Do not play in the rain
- Follow road signs
  
- Do not drink and drive
- Do not over take
- Drive carefully
- Do not talk on phone when driving

**Effects of results/consequences/outcomes/dangers of accidents**

- Death
- Loss of jobs
- Lameness
- Pain and suffering
- Poverty
- Loss of property
- Family suffering

**FIRST AID**

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

**Casualty**

This is a person who has got an accident.

**First aider**

Is a person who gives first aid.

**Qualities of a good first aider**

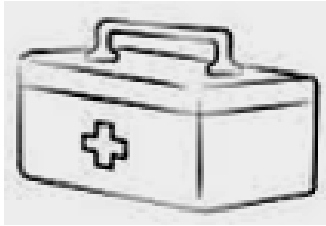
- He should be quick
- He should be kind
- He should be gentle
- He should be knowledgeable
- He should have common sense
- He should be observant

**Reasons why we give first aid**

- To save life
- To prevent further injuries
- To reduce pain
- To prevent quick recovery

## **FIRST AID BOX**

This is a container where we keep things used to give first aid.



### **Things found in the first aid box**

- Razor blades
- Spirit
- Bandage
- Cotton wool
- Scissors
- Plaster
- Pain killers
- Iodine
- Soap
- Clean cloth
- Safety pin
- Gauze
- Liniment

### **Places where first aid box are found**

- Hospitals
- Homes
- Schools
- Banks
- Churches
- Aeroplane
- Vehicles
- Hotels

**NOTE:** An ambulance is a vehicle which takes the causality to the hospital.

First aid kits are things used to give first aid. These are things found in the first aid box or the equipment.

### **Different first aid given to different accidents**

Accident	First aid
Fracture	- Apply splints
Nose bleeding	- Pinch the nose - Use a cold pad
Snake bite	- Tie above the bitten part - Give cold milk
Poison	- Give cold milk
Burns and scalds	- Pour cold water
Drowning	- Mouth to mouth breathe - Press the stomach
Cuts and wounds	- Clean wound with clean water
Electric shock	- Give cold milk

## **THEME 4: MEASUREMENTS**

### **Time of the day**

- a) Morning time - 06:00am (midnight to 11:59am)
- b) Mid day - at 12:00 noon
- c) Afternoon - from 12:00noon – 5:59pm
- d) Midnight - at 12:00am

### **Measuring length and height**

#### **Things we measure height and length**

- Person
- Trees
- Buildings
- Clothes
- Desks

- Blackboards
- Books, etc.

### Things used to measure length and height

- Handspan
- Armspan
- Arm's length
- Foot/feet
- Strides
  
- Tape measure
- Ruler

Length is measured in centimeters and metres.

**N.B:** Diagrams to be drawn

### Measuring weight (mass)

Weight is the heaviness or lightness of an object.

Weight is measured in kilograms/grams.

### Things we measure in kilograms and grams

- Sugar
- Rice
- Beef/meat
- Beans
- Person
- Sorghum
- Millet
- Flour
- G. nuts
- Powdered milk

### Things/tools we use to measure weight

- Weighing scales
- Beam balance
- See saw
- A set of scales
- Scale balance

**N.B:** Diagram to be drawn by the teacher

**Measuring liquid things (capacity)**

Liquid things are measured in litres.

**Things we measure in litres (Examples of liquid things)**

- Water
- Oil
- Juice
- Milk
- Fuel
- Diesel
  
- Acid
- Liquid soap
- Soda
- Wine e.t.c

**Things we use to measure liquids**

- Tins
- Cups
- Jerrycans
- Measuring cylinder
- bottles
- Packets, etc.

**N.B: Diagram to be drawn by the teacher**