

# DIVINE EDUCATION CENTRE



**LITERACY 1 A (SCIENCE)**  
**LESSON NOTES TERM ONE 2025**  
**0784540287/0751565742**

**PRIMARY TWO**

## THEME: 3 THE HUMAN BODY AND HEALTH

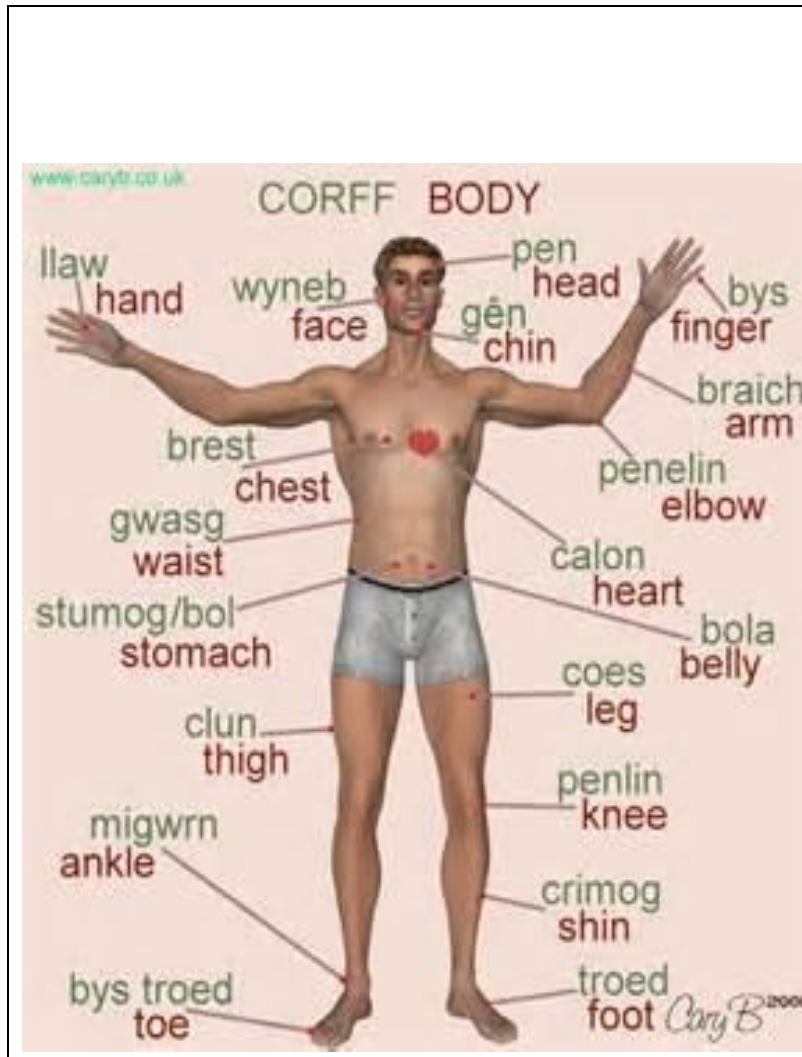
Sub theme: Parts of the body and their functions.

REF: Integrated Primary Science BK 2

MK English BK 2

### Parts of the body

Name these body parts.



### Parts of the body and their functions

- a) eyes ----- for seeing
- b) ears ----- for hearing
- c) tongue ----- for tasting / for talking
- d) nose ----- for smelling
- e) hands ----- for holding / carrying
- f) fingers ----- for touching / writing
- g) teeth ----- for chewing / biting / breaking food into small particles
- h) feet ----- for walking / running

- i) hair ----- for covering the head
- j) mouth ----- for eating talking
- k) neck -----for supporting the head
- l) Finger nails ----- for scratching our selves
- m) buttocks ----- for sitting

## lesson 6

**Draw the parts of the body used for;**

seeing	walking
tasting	biting

**What part of the body part of the body is used when?**

1. cooking - hands
  - eyes
  - legs
  - nose

2. writing - hands
  - eyes

3. playing games - hands
  - legs
  - feet
  - eyes
  - ears

1. eating - teeth
  - mouth
  - tongue
  - eyes
  - nose

2. reading - eyes  
- mouth  
- teeth  
- tongue  
- hands

### TOPICAL QUESTIONS

1. Which body part helps us in ;  
a) walking – legs, feet  
b) eating – mouth, teeth, tongue  
c) kneeling – legs, knees  
d) supporting the head -neck
2. How useful is the tongue?  
For tasting.
3. Draw the body and name these parts.  
( hair, ears, neck, breasts, ankles)


4. What is the use of the nose to us?  
- It is used for breathing.  
- It is used for smelling.

5. Draw the body parts used for :

talking	holding

### Caring for our body parts

1. By bathing  
2. By brushing our teeth  
3. By combing our hair

4. By cutting finger nails

## **Week 5**

### **Lesson 1**

#### **Sanitation**

**Ref; - MK Integrated Science for P.2**  
**- MK Integrated Science for P.3**

What is sanitation?

Sanitation is the general cleanliness of a place.

Areas that need to be kept clean

Which areas should be kept clean at home?

- |                       |                             |
|-----------------------|-----------------------------|
| a) toilets / latrines | e) store                    |
| b) bed rooms          | f) compound                 |
| c) sitting rooms      | g) birth room / shower room |
| d) kitchen            | h) dining room              |

#### **2. Draw and name these ways of cleaning.**

slashing	picking rubbish	Sweeping

#### **At school**

- a) classrooms
- b) offices
- c) toilets
- d) kitchen
- e) dining hall
- f) stores

- g) sick bay
- h) library
- i) compound
- j) swimming pool
- k) field
- l) main hall
- m) stationary shop canteen

Ways of keeping places clean.

- 1. by sweeping
  - 2. by mopping
  - 3. by slashing
  - 4. by cob webbing
  - 5. by burning rubbish
- Lesson 2

### **How do we clean these areas?**

- 1. compound
  - a) slashing the grass
  - b) sweeping it
  - c) weeding the flower garden
  - d) disposing off rubbish
  - e) burning rubbish
- 2. House
  - a) mopping the house
  - b) sweeping it
  - c) dusting
  - d) scrubbing the floor / walls
  - e) cob webbing
  - f) wiping the windows
- 3. Bath room
  - a) scrubbing
  - b) cob webbing
  - c) mopping the floor
- 4. Pit latrine
  - a) smoking it
  - b) mopping the floor
  - c) sweeping
  - d) cob webbing
- 5. Kitchen
  - a) scrubbing
  - b) sweeping
  - c) mopping
- 6. Classroom

- a) sweeping
- b) cob webbing
- c) mopping
- d) scrubbing

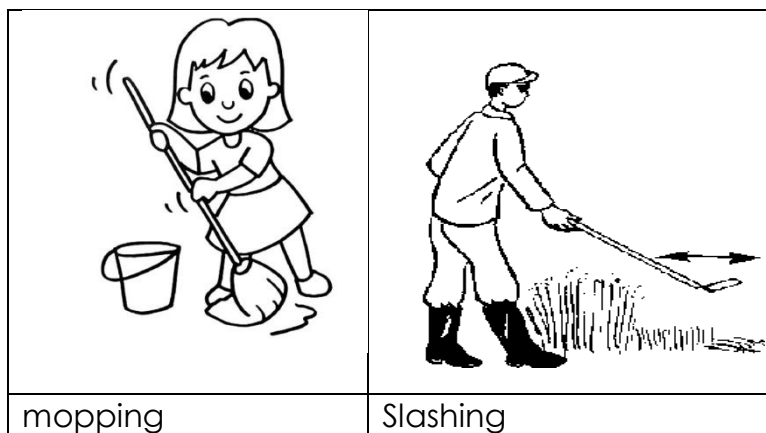
7. Classroom

- a) sweeping
- b) dusting
- c) scrubbing
- d) rubbing the chalkboard

8. Field

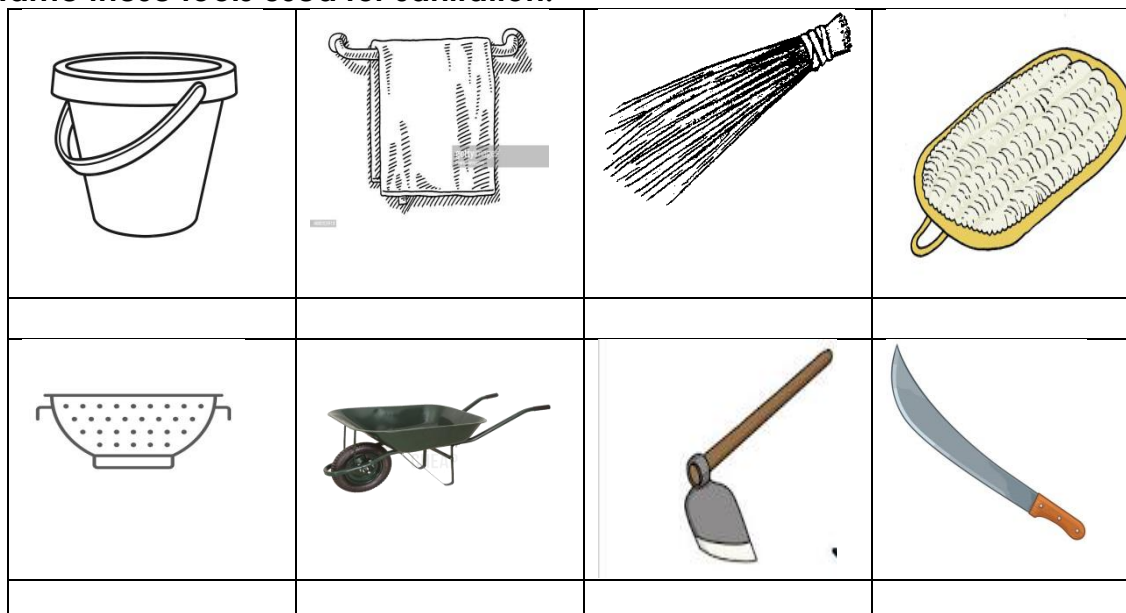
- a) picking rubbish
- b) slashing
- c) weeding

Name these ways of keeping clean.



Lesson 3

**Name these tools used for sanitation.**



## TOPICAL QUESTIONS

1. What is sanitation?  
It is the general cleanliness of an area.
2. Name any three places that should be kept clean at home.  
a) ..... b) .....  
b) .....
3. Draw the following.  
a) Sponge, b) tooth brush c) water d) basin
4. Why do we smoke pit latrines?  
To reduce the smell.
5. Why do we use soap when mopping?
  - To make the place clean.
  - To kill the germs.

## Lesson 4

### Personal hygiene

- **MK Integrated Science BK 2 pg 22 - 26**
- **Integrated Science pg 7 - 11**
- **MK Integrated Science Bk 3**

What is personal hygiene?





Is the general cleanliness of a human body and things she or he uses.

### Draw and name the things we use in sanitation?

Towel	Razor blade	Comb
toothbrush	water	Pair of scissors
Polishing brush	soap	Nail cutter



## Ways of keeping clean.

			
Brushing the teeth	bathing	Combing the hair	Washing hands

## Practical work on personal hygiene.

- a) Brushing the teeth
- b) Polishing shoes
- c) Combing the hair
- d) Washing handkerchiefs

1. Why do we keep our bodies clean?

- To prevent skin diseases.
- To prevent body smell.

2. Why do cut our nails short?

To destroy hiding places for germs.

3. Why do you brush our teeth?

- To prevent tooth decay.
- To prevent bad breath.

4. Why do we cut our hair short?

- To look smart.
- To prevent lice.

5. Why do we comb our hair?

To look smart.

## **Lesson 5**

### **Common diseases and how they are spread.**

1. Malaria – anopheles mosquitoes
2. diarrhoea – houseflies
3. dysentery - houseflies
4. typhoid - houseflies
5. cholera - houseflies
6. measles \_ air borne
7. flu \_ air bone
8. cough \_ air bone
9. chicken pox \_ air bone

### **Common diseases and their prevention**

1. Malaria - sleeping under treated mosquito net
  - spraying insecticide
  - cutting the bush around the house
  - draining stagnant around
  - removing broken containers
2. Diarrhoea , dysentery , typhoid , cholera
  - washing hands after visiting the toilets
  - boiling water for drinking
3. Measles – by immunization
4. Lung cancer- avoid smoking

## **Lesson 6**

### **TOPICAL QUESTION**

1. What is personal hygiene?

Personal hygiene is the general cleanliness of the human body.

2. How do we keep our teeth clean?

By brushing them

3. Draw and name three things you need when bathing.


4. How do we keep our nails clean?

By cutting the short

5. List down any four common diseases?

Flu, cough, measles, diarrhea, malaria, dysentery, etc.....

6. How dangerous is an anopheles mosquito?

It spreads malaria.

7. Why is stagnant water dangerous to us?

It breeds mosquitoes.

8. How can we prevent mosquitoes when sleeping?

By sleeping under treated mosquito nets.

9. Write down any two diseases spread by houseflies.

a) diarrhoea b) dysentery c) cholera d) typhoid

10. Why do we boil water for drinking?

To kill germs.

**11. Draw a housefly.**


**WEEK 6**  
**Lesson 1**

**THEME: 4 FOOD AND NUTRITION**

**Sub Theme : Classes of food.**

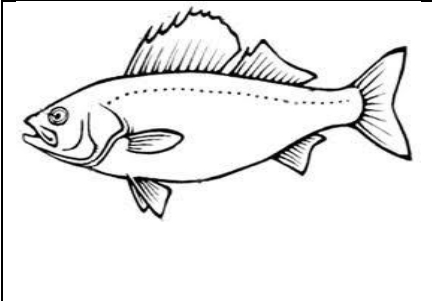



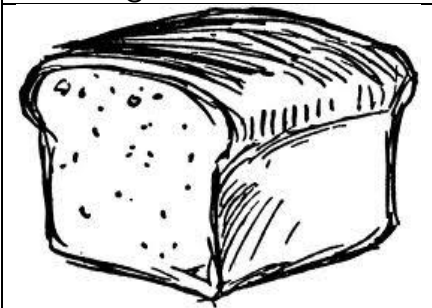
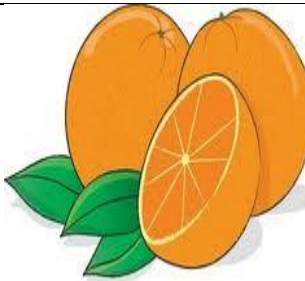
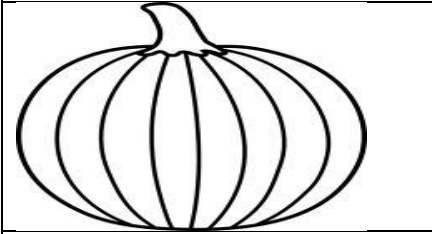
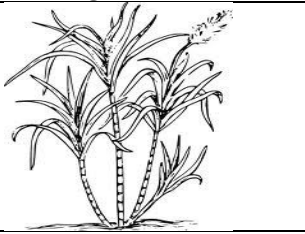
**Ref; MK Integrated Science BK 2 PG 88 – 92.**

**Integrated Science Course BK2 pg 57 – 58**

**What is food?**

Food is anything we eat or drink that adds value to the body.

**Example of food.**

	
fish	Rice
	
cabbage	Millet
	
bread	Orange
	
pumpkin	Sugarcane

## Why do we eat food?

- To become healthy
- To be happy
- For hospitality
- We eat food as a habit
- We eat food when we are hungry

## Uses of food

### Why do we eat food?

- a) To grow.
- b) To be healthy
- c) To have energy.

### Where do we get food?

From the; garden, market, farm, animals, bird etc

## Lesson 2

### Classes of food.

Go

Glow

Grow

### Values of food

Proteins

Vitamins

Carbohydrates

### A) Which foods have proteins in them?

1. eggs 2. milk 3. meat 4. groundnuts 5. beans 6. fish 7. chicken 8. cowpeas  
9. soyabeans 10. simsim

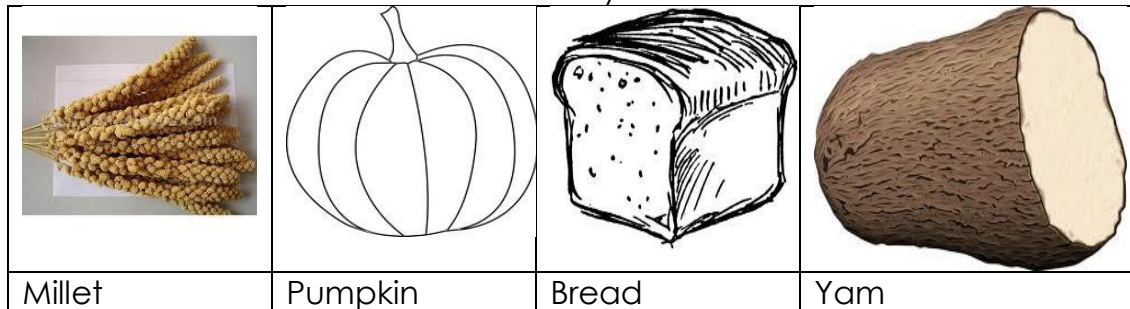
Draw and name four food rich in proteins.

			
Eggs	Beef	Ground nuts	Chicken

### B) Which foods are rich in carbohydrates?

1. cassava 2. sweetpotatoes 3. irishpotatoes 4. bread 5. millet 6. rice 7. matooke 8. yam  
9. pumpkins 10. maize flour

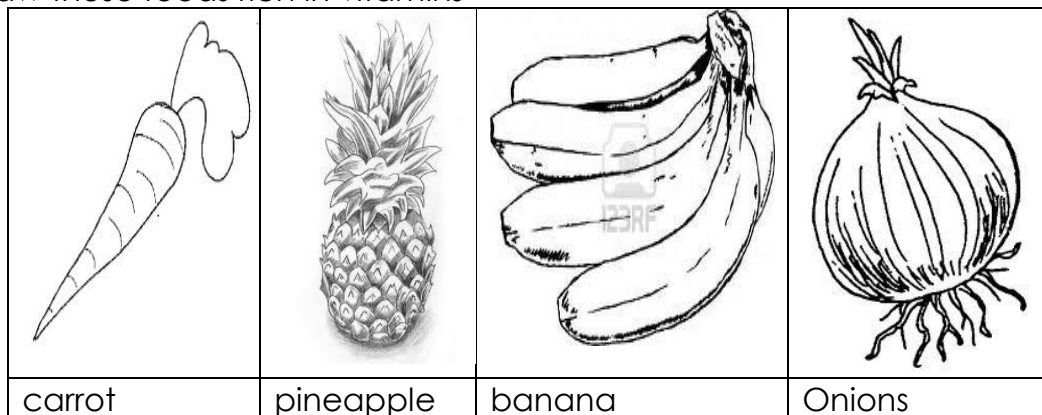
Draw and name four foods rich in carbohydrates.



### C) Which foods are rich in vitamins?

1. Oranges 2. Bananas 3. Mangoes 4. pawpaws 5. Tangerines 6. nakati 7. Pineapples  
8. bittertomatoes 9. guavas 10. Carrots 11. Jackfruit 12. Cabbages 12. Onions 13. Tomatoes  
12egg plants 13. Sugarcanes 14. sikuma wiki apples etc.....

Draw these foods rich in vitamins



### Practical work

- Collect as many examples of foods as you can.
- Let the children arrange them in their classes.
- Allow children to study the classes made and correct any mistakes made,

### Lesson 2

#### Importance of these classes of food

##### 1. Proteins

- They build our bodies.
- They repair our bodies

- They give us energy
- They help our bodies to grow.

##### 2. Carbohydrates

##### 3. Vitamin

- They protect us from diseases.

-

- They help our bodies to be healthy.

### **Balanced diet**

#### **What is a balanced diet?**

It is a meal that contains all food values in their right amount.

#### **Practical work**

- Using the foods you collected, make balanced diet meals for;
  - a) breakfast
  - b) lunch
  - c) super

### **Lesson 4**

#### **IMPORTANCE OF A BALANCED DIET**

- For good health.
- For good grow
- For getting energy/strength

Draw the foods in a balanced meal that you would wish to have for super.


**N.B A balanced diet helps us to have good feeding.**

#### **Effects of poor feeding**

##### **1. Malnutrition**

What is malnutrition?

Malnutrition is a poor condition of health caused by lack of the right type of food.

## **Lesson 5**

### **Causes of malnutrition**

- lack of food
- lack of right types of food
- lack right a mount of food

### **Signs of malnutrition**

- Loss of weight
- Swollen body
- Change of hair colour
- Loss of appetite
- Body weakness
- Dullness

#### 2. Death

- Due to lack of food.

#### 3. Blindness

- Due to.....

#### 4. Poor body shape

- Due to.....

## **Lesson 6**

### **TOPICAL QUESTIONS**

#### 1. What is food?

Food is anything we eat or drink.

#### 2. Name any four examples of food.

Sorghum, matooke, rice, oranges, fish, groundnuts, yams, blueband, milk, sugarcane etc....

#### 3. Which class of food protects our bodies from diseases?

Vitamins

#### 5. Draw and name three foods rich in vitamins.


#### 6. Give two reasons to why we eat food.

- To grow, to be healthy, to have energy

#### 3. Name two signs of malnutrition.

loss of weight, swollen body, loss of appetite, body weakness, dullness

**END**