*LITERACY ONE NOTES*

**FOR P.2**

**TERM ONE**

**2023**

**THEME**: **THE HUMAN BODY AND HEALTH**

Sub-theme: **Parts of the body and their functions**

**Week 1**

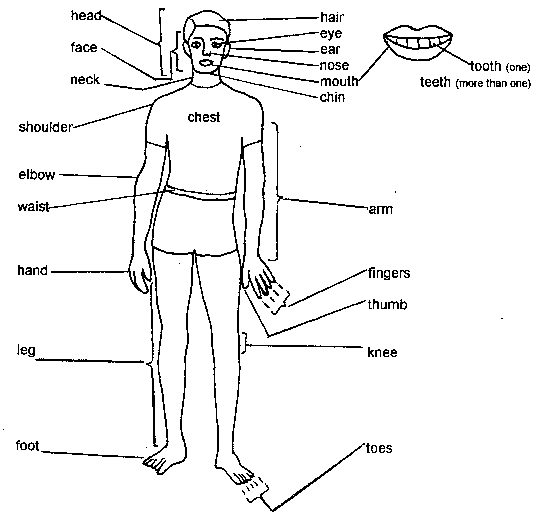
**Lesson 1**

Health is the state of being physically and mentally well.

Vocabulary

Health, body, function, mentally, physically

**Parts of the body**

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**Parts of the body found**;

**In the mouth**: the tongue, teeth

**On the head**: hair, eyes, ears, nose, chin

**On the arm**; fingers, finger nails, elbow, hand

**On the leg**; ankles, toes, toe nails, shin, knee, calf

**Reference**

Mk Junior Literacy book 2 page 23

**Activity**

Children will sing “God thought of making man”

**Exercise**

1. Draw and name any two parts of the body found on the head.

1. How many fingers does a normal person have?
2. A person has -----eyes.

**Lesson 2**

**Parts of the body and their functions**

Vocabulary

Scratching, biting, chewing, touching, holding, knee, tongue, finger, neck, teeth

1. Eyes---------for seeing
2. Ears---------for hearing
3. Tongue-----for tasting/ talking
4. Nose--------for smelling
5. Hands------for holding, carrying things
6. Fingers-----for touching, writing
7. Teeth-------for chewing, biting
8. Feet--------for walking, running
9. Hair---------for covering the head / for keeping the body warm
10. Mouth-----for eating, talking
11. Neck--------for supporting the head
12. Finger nails---for protection

**Activity**

Demonstrating how different body parts function.

Exercise

1. Give the importance of these body parts to people?

Teeth—

Hands---

1. Which common part of the body covers the head?
2. How do people move from one place to another?
3. Mention the body parts used for;
4. Walking
5. Writing
6. Singing
7. Cooking food

Reference

Mk Junior literacy book 2 page 24

**WEEK 2**

**Lesson 1**

**Body sense organs and their functions**

**Vocabulary**

Tasting, smelling, organs, senses , biting, elbow ,thigh, walking, protection

There are five sense organs of a human being;

1. Eyes
2. Nose
3. Ears
4. Skin
5. Tongue

**Uses of sense organs**

1. Tongue—for tasting
2. Nose-----for smelling
3. Ears------for hearing
4. Skin------for feeling
5. Eyes------for seeing

Activity

**Practical lesson on using the five body senses.**

Exercise

1. How is the tongue useful to people?
2. Which part of the body do you use for smelling?
3. Give the function of ears to people.

**Reference Mk Junior Literacy book 2 page 24**

**Lesson 2**

**Caring for our body parts**

**Vocabulary**

Trimming, toe nails, bathing, and shaving, breasts, hearing, tasting

Practical lesson on ways of caring for the body parts;

1. Bathing the body
2. Brushing teeth
3. Combing hair
4. Cutting finger and toe nails
5. Trimming the hair/ shaving

**Activity**

Children demonstrate the ways of caring for the body parts.

**Exercise**

1. How do you care for your teeth?
2. How should people brush their teeth?
3. Draw and name the two items used to cut the finger nails short

**Reference MK Junior Literacy book 2 page 26**

**Lesson 3**

**Topical questions**

1. Which body part is used for seeing?
2. How many sense organs has a human being?
3. How useful is the tongue to people?
4. Draw and name the two parts of the body found in the mouth.
5. Name the common part of the body that covers the head.
6. Mention any two things used to brush the teeth.
7. Which part of the body supports the head?
8. How do people move from one place to another?
9. Name the body parts used for;
10. Talking
11. Eating

**Reference**

Mk Junior Literacy book 2 page 22-26

WEEK 3

Lesson 1

**Personal hygiene**

**Vocabulary**

Hygiene, general, cleanliness, clean, keeping

**Practical lesson on ways of keeping clean**

Personal hygiene is the general cleanliness of the human body.

Personal hygiene is the way we keep our bodies clean.

**Ways of keeping the body clean**

1. Brushing teeth
2. Combing hair
3. Cutting finger and toe nails short
4. Shaving hair
5. Bathing daily

**Activity**

Children will demonstrate the ways of keeping the body clean.

**Exercise**

1) How do people care for these body parts?

a) –teeth c) hair

b) -finger nails d) eyes

2) Apart from brushing teeth, how can we care for the mouth?

**Reference** Mk Junior Literacy book 2 page 26

Fountain Integrated Primary Science book 2 page 40-41

**Lesson 2**

**Vocabulary**

Razorblade, nail cutter, scrubbing brush, cutting, bathing, cleanliness, keeping ,brushing.

**Materials used to keep personal hygiene**

|  |  |  |  |
| --- | --- | --- | --- |
| Soap | nail cutter | Toothpaste | Water |
| shavers | dental floss | -Toothbrush | dental floss |
| sponge | handkerchief | comb |  |

**Local materials used in cleaning teeth**

1. **Ash**
2. **charcoal**

**Pictures of the items used to keep personal hygiene**

**Activity**

Observing things used to keep personal hygiene

Drawing things used to keep personal hygiene.

**Exercise**

1. Draw and name any four things used to keep the body clean.
2. How useful are these items in keeping the body clean?

a) nail cutter

b) toothpaste

c) towel

**Reference**

Mk Junior Literacy book 2 page 26-27

Fountain Integrated Science book 2 page 19

Mk Integrated Primary Science book 2 page 22

**Lesson 3**

**Vocabulary**

Prevent, decay, lice, breath

**Importance of keeping the body clean**

* to prevent tooth decay
* t*o* prevent bad breath
* to prevent skin diseases ( scabies, ringworm)
* to keep away lice
* To prevent faecal diseases
* To prevent bad body smell

**Dangers of poor personal hygiene**

* It leads to tooth decay
* It leads to skin diseases
* Leads to bad body smell

**Activity**

Singing a song

Reading textbooks

**QUESTION FOR THE LEARNER**

Kato has not been brushing his teeth for three months,

What is likely to happen to him?

**Reference**

Mk Junior Literacy book 2 page 27

**Exercise**

1. Why should we brush teeth after every meal?
2. Why do people keep their hair short?
3. Identify one danger of poor personal hygiene.
4. How do keep the clothes clean?
5. Give the importance of ironing clothes.
6. Identify any two ways of promoting personal hygiene.

**WEEK 4**

**Lesson 1**

**Vocabulary**

Stagnant, draining, broken, mosquitoes, bites, spreads

**Common diseases in our sub-county**

Malaria polio

Typhoid whooping cough

Cholera Tuberculosis

Diarrhoea Diphtheria

Dysentery Tetanus

Measles Hepatitis B

Flu Chicken pox

**Ways of preventing malaria**

* Draining stagnant water
* Sleeping under treated mosquito nets
* Cutting the bush around the house
* Removing broken containers
* Spraying insecticides
* Closing doors and windows early

**How can people control mosquitoes at home?**

**1)** Draining stagnant water

**2)** Removing broken containers

3) Slashing the bush around the house

4) Spraying insecticides

5) Closing doors and windows early

**Note** **The female anopheles mosquito spreads malaria**

**Activity**

Reading textbooks

**Exercise**

1. How is the female anopheles mosquito dangerous to people?
2. How can people control mosquitoes at home?
3. Name the immunisable disease that makes children lame.

**Reference**

**MK Integrated Primary Science book 2 age 40**

**Lesson 2**

**Vocabulary**

Faecal, diarrhoea, typhoid, dysentery, cholera, remove, germs, medicine

**Ways of preventing faecal diseases**

1. Washing hands after using the toilet
2. Boiling water for drinking
3. Covering food
4. Washing hands before eating food
5. Keeping toilets/ latrines clean
6. Washing fruits before eating them
7. Washing utensils

**Exercise**

1. Give any two ways of preventing diseases without using drugs/ medicine.
2. Why should people sleep under treated mosquito nets?
3. Write any two items used when washing hands?
4. How do people make water safe for drinking?

**Lesson 3**

**Spellings**

**Rubbish, picking, germs, malaria, sweeping, kill, safe, promote**

**Sanitation**

Sanitation is the general cleanliness of a place.

Sanitation is the way we keep places clean.

**Ways of keeping the places clean**

**Compound**

1. sweeping
2. Slashing the grass.
3. Picking rubbish

**Pit latrine**

* Sweeping
* Scrubbing
* Smoking pit latrines

**Class room**

* Mopping
* Sweeping
* Removing cob webs
* dusting tables

**Activity**

Learners demonstrate the ways of cleaning the places.

**Exercise**

1. Mention any two things used when smoking pit latrines.
2. Give any three places that should be kept clean at home.
3. Mention any two ways of cleaning the house.
4. Why do people smoke pit latrines?
5. Write any one importance of keeping places clean.

**References**

MK Junior literacy book 2 page 30

Mk Integrated Primary Science book 2 page 47

**WEEK 5**

**MID TERM ONE EXAMS**

**WEEK 6**

**Lesson 1**

**Spellings**

**Faecal, burning, dustbin, cobweb, field, dispose**

**Ways of keeping places clean**

**Kitchen**

* Mopping
* Sweeping
* Scrubbing

.

**Bathroom**

* Mopping
* Removing cobwebs
* scrubbing

**Play ground**

* Slashing
* Picking rubbish

**Tools used to keep places clean**

Slasher rake

Hoe rag

Panga soap

Broom water

Scrubbing brush

Cobweb broom

**Pictures of the items used to keep places clean**

**Activity**

Learners demonstrate the ways of cleaning places.

Learners observe the tools used for cleaning places.

**Exercise**

1. Draw the things used to clean classrooms.
2. Broom b) rag
3. How are these places kept clean?

a) Play ground

b) Bathroom

3. Why do people wash hands after picking rubbish?

**Lesson 2**

1. **Topical questions**
   1. Name any three places that should be kept clean at school.
   2. Why should people brush their teeth after meals?
   3. Draw and name any two things used for cutting finger nails.
   4. How is a towel useful in keeping the body clean?
   5. Mention any one danger of not brushing teeth.
   6. How do people keep the kitchen clean?
   7. Why do people boil water for drinking?
   8. Give any two ways of controlling mosquitoes at home.
   9. How can people prevent lice in the hair?
   10. Draw and name any three things used while bathing.
   11. How can people prevent diseases without using drugs?

**Lesson 3**

**FOOD AND NUTRITION**

**Vocabulary**

Value, maize, cabbage, stuff, nutritive, sugarcane, watermelon, pineapple, raw

Food is anything we eat and drink that has nutritive value to the body.

**Examples of food stuffs eaten at home and at school**

Maize sugarcane

Millet cabbage

Tomatoes cassava Orange chicken

Mangoes Rice water

Banana apples

Water melon grapes

Avocado Pumpkins

*meat*

Milk

**Examples of food stuffs**

**Activity**

Observing different examples of food stuffs.

**Exercise**

1. Mention any two examples of fruits eaten at home.

1. Draw these food stuffs eaten at school.
2. Pineapple b) sweet bananas c) fish
3. Write any two food stuffs people peel before eating.
4. Give any two foodstuffs eaten without cooking.

**Reference**

Mk Junior Literacy book 2 page 34-35

**WEEK 7**

**Lesson 1**

**Vocabulary**

Hunting, fishing, hospitality, health, hunger, fruit, passion,

**Sources of food**

There are two main sources of food. That is;

Plants and animals

**Sources of food**

Market water bodies

Farms garden

Shops plants

animals

**How do people get food?**

1. By hunting animals
2. By growing crops
3. By fishing
4. By buying

**Why do people eat food? (5 Hs)**

1. To be happy
2. To be healthy
3. To satisfy hunger
4. For hospitality
5. It is a habit

**Activity**

Observing the garden

**Exercise**

1. How do people get food in your area?
2. Mention the two main sources of food.
3. Give any two reasons why people eat food.
4. Identify any two places where people get food.

**Reference**

Mk Junior Literacy book 2 page 33

**Lesson 2**

**Vocabulary**

Values, classes, Vitamins, proteins, carbohydrates, stuffs

**Food values/ classes**

1. Vitamins
2. Carbohydrates
3. Proteins

**Examples of food stuffs rich in proteins**

Beans peas

Milk fish

Eggs meat

Soya beans ground nuts

**Examples of food rich in vitamins**

Mangoes oranges

Apples lemon

Grapes carrots

Water melon spinach

Guava pineapple

Pawpaw

Cabbages

Dodo

Passion fruits

Tomatoes cucumber jack fruit

**Examples of food rich in carbohydrates**

Yams rice Irish potatoes

Maize wheat sugarcane

Millet bananas honey

Cassava sweet potatoes

**Activity**

Children will group food according to their classes or values**.**

**Exercise**

1. Mention any three examples of;

a) Fruit vegetables

b) Leafy vegetables

2. Write any two fruits used to make juice.

3Mention any two fruits without seeds.

**Reference**

Mk Junior Literacy book 2 page 34-36

**Lesson 3**

**Vocabulary**

Strength, against, fight, diet, sugarcane, energy

**Uses of food in the body**

**Carbohydrates (They are energy giving foods)**

They provide energy in the body**.**

**Proteins (They are body building foods)**

* They build the body.
* For proper body growth

**Vitamins (They are health giving foods)**

* For body health

**A balanced diet**

A balanced diet is a meal that contains all the food values in their right amount.

**Importance of eating a balanced diet**

1. For body health
2. For proper body growth

**Activity**

Reading textbooks

**Mk Junior Literacy book 2 page37**

**Exercise**

1. Which food value helps the body to grow well?
2. How are the vitamins useful to the body?
3. Why is breast milk the best food for babies?

**Reference**

Mk Junior Literacy book 2 page 37

**WEEK 8**

**Lesson 1**

**Vocabulary**

Fridge, properly, covering, prepare, hygiene, dirty. A balanced , diet

**Food hygiene**

Food hygiene is the way of -keeping food clean.

**How food is kept clean / safe?**

1) Covering food properly

2) Handling food with clean hands

3) Keeping food in a clean place

4) Serving food in clean containers

**How can food get dirty?**

1) Keeping food in dirty containers

2) Serving food in dirty containers

3 Eating food with dirty hands

5) Keeping food in dirty places

**Activity**

Reading textbooks

**Ways of preserving food**

**To preserve is to keep food for along time without getting spoilt.**

1. Salting eg meat fish
2. Smoking eg fish, meat
3. Freezing ,
4. Sun drying e.g cassava, millet, maize, beans
5. Refrigeration e.g cooked food like milk, soup

**Exercise**

1. How can we keep cooked food safe?
2. Mention any one example of food preserved by salting.
3. Why should people keep food safe?
4. Give the importance of preserving food.

**Reference**

**MK Junior Literacy book 2 page 38--40**

**Lesson 2**

1. **TOPICAL QUESTIONS**
2. Mention any three examples of food stuffs eaten at home.
3. Why do people eat food?
4. Write the two examples of food rich in all food values.
5. Mention the main two sources of food.
6. How do people get food in your area?
7. Give the meaning of a balanced diet
8. .Write any two uses of in the body.
9. How do people preserve cassava and maize?
10. Mention any two examples of fruit vegetables.
11. Give any three places where people get food.
12. Draw and name any three food stuffs rich in proteins.