

PRIMARY THREE

LITERACY 1

WORKBOOK

TERM III

2019

THEME ONE : HEALTH

- ⇒ Vectors
- ⇒ Germs
- ⇒ Diseases
- ⇒ Malaria
- ⇒ Dysentery
- ⇒ Trachoma
- ⇒ Diarrhea
- ⇒ Yellow fever
- ⇒ Sleeping sickness
- ⇒ Typhus fever
- ⇒ Plague
- ⇒ Elephantiasis
- ⇒ Typhoid
- ⇒ Cholera
- ⇒ HIV/AIDS

TWO : SOURCES OF ENERGY

- ⇒ Natural sources
- ⇒ Artificial sources
- ⇒ Uses of the different sources of energy
- ⇒ Things that use electricity sources of energy
- ⇒ Ways of saving energy
- ⇒ Importance of saving energy
- ⇒ Dangers of energy
- ⇒ Ways of avoiding dangers.

Lesson 1:

Date: _____

Spellings

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Corrections

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Lesson hints

Health is a physical, social, emotional, mental well being of an individual and not only the absence of an illness.

Vectors :

- ♦ They are living organisms that spread diseases
- ♦ They are also called disease carriers.

Examples of vectors and diseases they spread

Vector	Diseases
Female anopheles mosquito	malaria
Culex mosquito	Elephantiasis
Tiger/ aedes mosquito	Yellow fever
Housefly	Trachoma, cholera, dysentery, diarrhea, typhoid
Tsetse fly	Sleeping sickness (trypanosomiasis)
Lice	Typhus fever
Ticks	Relapsing fever
Water snails	Bilharziasis
Rat fleas	Bubonic plague
Black fly/ jinja fly/ simulium	River blindness
Cockroach	Cholera, dysentery, diarrhea, typhoid

Activity

1. Briefly explain the term vectors.

2. Name the vectors that spread the following diseases.

a) Malaria _____

b) River blindness _____

c) dysentery _____

d) sleeping sickness _____

Corrections

Lesson 2 :

Date : _____

Spellings

Corrections

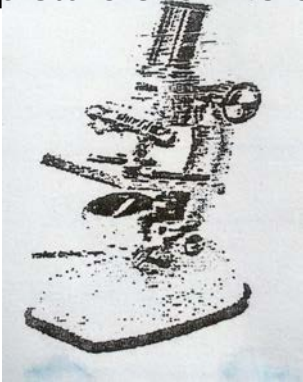
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GERMS

- Germs can be useful and harmful to animals
- Harmful germs are small living organisms which cause diseases.
- Germs are so small they cannot be seen by naked eyes.
- Germs are seen using a microscope.

A picture of a microscope



Examples of germs

- ◇ Bacteria
- ◇ Viruses
- ◇ Fungi
- ◇ Protozoa

Activity

1. In one sentence give the meaning of germs

2. State the **four** examples of germs.

(i) _____ (ii) _____

(iii) _____ (iv) _____

3. Draw a microscope

[illegible]

Date : _____

Corrections

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- ◆ Tetanus
- ◆ Tuberculosis
- ◆ Pneumonia
- ◆ Whooping cough
- ◆ Diphtheria
- ◆ dysentery
- ◆ Syphilis
- ◆ Gonorrhea
- ◆ Cholera
- ◆ Typhoid

Diseases caused by viruses to people

- ◇ Influenza ◇ AIDS
- ◇ Measles ◇ Ebola
- ◇ Polio ◇ Mumps
- ◇ Yellow fever ◇ Chicken pox

Activity

1. Mention six diseases caused by

a) bacteria to people

(i) _____

(ii) _____

(iii) _____

(iv) _____

(v) _____ (vi) _____

b) Virus to people

(i) _____

(ii) _____

(iii) _____

(iv) _____

(v) _____

(vi) _____

Corrections

Lesson 4 :

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Lesson hints:

Diseases caused by fungi to people

- ◇ Candida
- ◇ Ring worm
- ◇ Athletes' foot
- ◇ Oral thrush

Diseases caused by protozoa to people

- ◆ Malaria
- ◆ Sleeping sickness

Areas where germs are found

- * In the air
- * In the soil
- * In dirty water
- * In animal wastes
- * In and on sick people
- * In rubbish or garbage
- * In and on rotten animals
- * On dirty food

Activity

1. State the examples of diseases caused by;

b) Protozoa

(i) _____

(ii) _____ (iii) _____

b) Fungi

(i) _____ (ii) _____

(iii) _____

Corrections

Lesson 5 :

Date : _____

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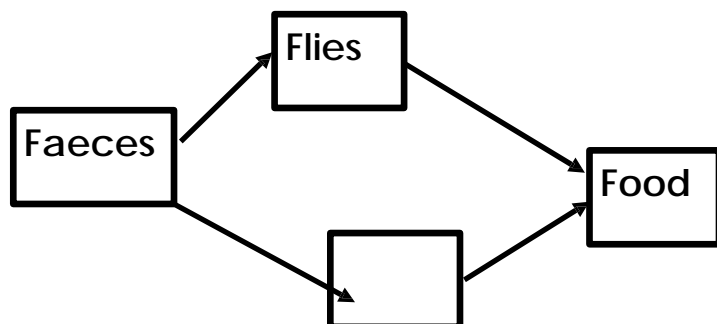
Lesson hints:

How germs are spread

- ♦ Through animal and insect bites.
- ♦ Through drinking contaminated water.
- ♦ Through eating food in dirty clothes.
- ♦ Through open cuts and wounds.
- ♦ Through the 4Fs.

The 4Fs disease path.

- ◇ Faeces
- ◇ Flies
- ◇ Fingers
- ◇ Food



Activity

1. Mention any **four** ways how germs can be spread.

- (i) _____
- (ii) _____
- (iii) _____
- (iv) _____

2. Write the 4fs in full

- (i) _____ (ii) _____
- (iii) _____ (iv) _____

Corrections

Lesson 6 :

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Spellings

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Corrections

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Lesson hint

Ways of preventing and controlling germs.

- ♦ Using latrines correctly
- ♦ Avoid using bushes for long calls.
- ♦ Wash hands after visiting a latrine.
- ♦ Use insecticides to control houseflies / cockroaches.
- ♦ Groom/cut short the finger-nails.
- ♦ Washing and ironing clothes regularly
- ♦ Burning and burying rubbish.
- ♦ Sleeping under treated mosquito net.
- ♦ Boiling drinking water.
- ♦ Cover leftover food.
- ♦ Keep food/water in clean containers
- ♦ Warn leftover food before eating.

Activity

1. State the way of preventing and controlling germs

(a) at school

- (i) _____
- (ii) _____
- (iii) _____

b) at home

(i) _____

(ii) _____

Corrections

Lesson 7 :

Date : _____

Spellings

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Corrections

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Lesson hints

Examples of common diseases in our sub-county/division

- | | |
|----------------|---------------------|
| ♦ Malaria | ♦ Sleeping sickness |
| ♦ Yellow fever | ♦ Typhoid |
| ♦ Diarrhoea | ♦ Typhus fever |
| ♦ Dysentery | ♦ Bubonic plague |
| ♦ Trachoma | ♦ Elephantiasis |
| ♦ Cholera | ♦ Measles |

Malaria

- It is caused by a parasite called plasmodium (plasmodia).
- Malaria is spread by a female anopheles mosquito.
- The male anopheles mosquito does not spread malaria because it does not suck blood. It only sucks juices from plants.
- The head of a mosquito has a sharp long tube which is used to suck blood called **proboscis**

Signs and symptoms

Signs:

- | | |
|----------------|----------------------|
| Vomiting | □ Sweating |
| □ Yellow eyes | □ Sores on the mouth |
| □ Yellow urine | □ Dry lips |
| □ Shivering | |

Symptoms:

- | | |
|-----------------------|-------------------------|
| Headache | ♦ High temperature |
| ♦ Pains in the joints | ♦ Body weakness |
| ♦ Stomachache | ♦ severe abnormal pains |

Activity

1. State any **six** common diseases in your area.

- (i) _____
- (ii) _____
- (iii) _____
- (iv) _____
- (v) _____
- (vi) _____

2. Identify the germ that causes malaria

3. State at least **three** signs and symptoms of malaria.

Signs

(i) _____

(ii) _____

(iii) _____

Symptoms

(i) _____

(ii) _____

(iii) _____

Corrections

Lesson 8 :

Date: _____

Spellings

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Corrections

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Lesson hints:

Effects of malaria

- ♦ Malaria
- ♦ It can lead to miscarriage (foetus get out of the mother's womb before its fully developed).
- ♦ Malaria leads to **anaemia**.
- ♦ Anaemia is lack of enough blood in the body and it is caused by lack of iron in the body.

Control of malaria

- ☐ Clear bushes around the home
- ☐ Burry empty this and bottles which collect water
- ☐ Pour oil on pools of water around the house
- ☐ Fill up holes in the home with soil
- ☐ Sleeping under treated mosquito nets
- ☐ Taking anti-malarial tablets as directed by a doctor or health worker
- ☐ Putting wire mesh in the windows to stop mosquito from entering the house
- ☐ Spraying houses with insecticide
- ☐ Using mosquito coils, repellants and use of creams on open body parts
- ☐ Close doors and windows early enough in the evening

What is fumigation?

- ♦ The use of fume or smoke to chase away vectors such as mosquitoes
- ♦ The smoke may be from mosquito coils etc.

Activity

1. What are the effects of malaria?

- (i) _____
- (ii) _____
- (iii) _____
- (iv) _____

2. Mention any ways of controlling malaria in our home.

(i) _____

(ii) _____

(iii) _____

(iv) _____

3. What is fumigation?

Corrections

Lesson 9:

Date : _____

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Corrections

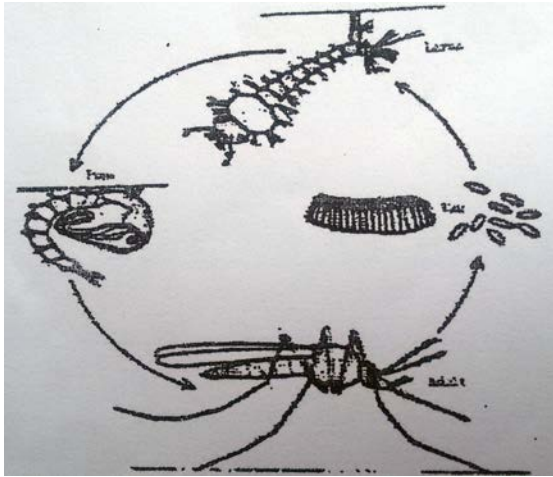
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Life cycle of anopheles mosquito



Activity

1. How many stages of development has a female anopheles mosquito?

2. Name the most dangerous stage in the above life cycle.

3. Which part of the mosquito above is used for sucking blood?

Corrections

Lesson 9 :

Date : _____

Spellings

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Corrections

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Lesson hints

Dysentery

- ♦ It is the passing out of watery stool with blood strains
- ♦ It is caused by amoeba or bacteria. It is spread through drinking contaminated water with amoeba parasites. The parasites can be carried by houseflies.

Signs of dysentery:

- ☐ Blood stained stools
- ☐ Vomiting

Signs of dysentery:

- ♦ Abnormal pain
- ♦ Painful passing out of loose, bloody stools
- ♦ Headache
- ♦ Fever

Prevention of dysentery:

- ♦ Use latrines daily.
- ♦ Wash your hands after visiting the latrine.
- ♦ Keep water sources clean.
- ♦ Wash all foods eaten raw.
- ♦ Boil water for drinking
- ♦ Destroy all breeding places for houseflies.

Activity

1. In one sentence write the meaning of dysentery.

2. Identify at least **two** signs and symptoms of dysentery

Signs

(i) _____

(ii) _____

Symptoms

(i) _____

(ii) _____

3. State any **three** ways of preventing and controlling dysentery.

(i) _____

(ii) _____

(iii) _____

Corrections

Lesson 11 :

Date : _____

Spellings

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Corrections

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Lesson hints :

Trachoma

- ♦ Trachoma is caused by a germ called Chlamydia.
- ♦ Trachoma is spread by a housefly.
- ♦ Trachoma is common in places with no water where people are unable to wash dirt and dust from their hands and eyes.
- ♦ Untreated trachoma leads to blindness.

Signs of trachoma

- Red watery eyes
- Pinkish or grey swellings on the eyes.
- The white part of the eye turns brownish.
- Watery discharge from the eyes.

Symptoms of trachoma

- ♦ Itching eyes
- ♦ Pain while looking at light

Prevention and control of trachoma

- * Avoid sharing the same basin of water while bathing with an infected person.
- * Avoid shaking hands with an infected person.
- * Avoid sharing the same handkerchief with an infected person.
- * Get treatment as soon as possible because trachoma can make you blind

Activity

1. Identify the vector that spreads trachoma

2. Give **one** effect of trachoma to people.

3. Mention any **two** signs of trachoma

(i) _____

(ii) _____

4. Suggest at least **three** ways of preventing trachoma.

(i) _____

(ii) _____

(iii) _____

Corrections

Lesson 12 :

Date : _____

Spellings

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Corrections

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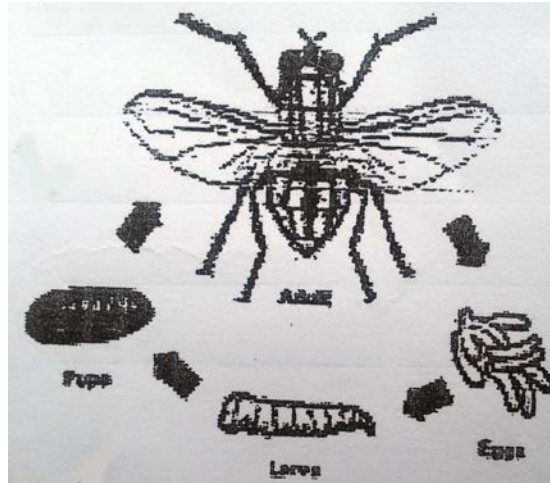
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Diarrhoea

- ☐ It is passing out of watery stools from the body many times a day. It is caused by a virus or a bacteria.

Life cycle of a housefly



- ♦ It is spread by the 4fs ie faeces, flies, food, fingers.
- ♦ Diarrhoea leads to dehydration and dehydration leads to death.

3Ds in full:

- ☐ Diarrhoea
- ☐ Dehydration
- ☐ Death

Signs and symptoms of diarrhoea

- ♦ Watery stools three or more times a day.
- ♦ Stomach pain.

How diarrhea spreads

- ☐ Eating contaminated food
- ☐ Drinking dirty or contaminated water
- ☐ Eating unwashed fruits
- ☐ Handling food with unwashed hands.
- ☐ Through the 4fs.

Activity

1. Briefly explain the term diarrhea

2. How is a housefly able to spread of diseases

Corrections

Lesson 13 :

Date : _____

Spellings

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Corrections

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Controls of diarrhea

- ◇ Cover food to protect it from houseflies and insects that bring germs.
- ◇ Wash utensils with clean water and soap.
- ◇ Keep utensils in clean cupboards.
- ◇ Boil drinking water to kill germs.
- ◇ Wash fruits before eating them.
- ◇ Serve food in clean utensils
- ◇ Keep the environment clean.
- ◇ Practice proper disposal of wastes
- ◇ Warm leftover food before eating.

Activity

1. Mention any **five** ways of controlling diarrhea in our division.

- (i) _____
- (ii) _____
- (iii) _____
- (iv) _____
- (v) _____

Corrections

Lesson 14 :

Date : _____

Spellings

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Corrections

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Dehydration

It is the condition when the body does not have enough water.

Signs of dehydration

- ☐ Sunken fontanelle (soft spot)
- ☐ Sunken eyes
- ☐ Little or no urine
- ☐ Dry mouth
- ☐ A pinch on the skin takes long to go back to normal
- ☐ The person is sleepy and easily gets annoyed
- ☐ Sudden weight loss

Causes of dehydration

- * diarrhea
- * vomiting

Diarrhoea and vomiting can lead to:

- ◇ Loss of water
- ◇ Loss of important salts like sodium and potassium.

How to treat dehydration

- ◆ Give a lot of fluids to the patients
- ◆ For babies encourage more breast feeding
- ◆ For older children give sweet tea, soup and fruit juice.
- ◆ Give the patient as much as food as he wants such as porridge, soup, fish and eggs.
- ◆ Give the patient ORS (Oral Rehydration Salts or Solution)
- ◆ Mostly for babies take them to the hospital.

Activity

1. Briefly explain the term dehydration.

2. State any **two** causes of dehydration

(i) _____

(ii) _____

3. Mention any **two** ways of treating dehydration

(i) _____

(ii) _____

Corrections

Lesson 15 :

Date : _____

Spellings

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Corrections

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Lesson hints

Practical lesson

Preparation of ORS or SSS locally:

ORS - Oral Rehydration Solution

SSS - Salt Sugar Solution

- ♦ Wash hands with soap and water.
- ♦ Measure one litre of clean drinking water.
- ♦ Measure eight leveled tea spoon
- ♦ Measure one leveled tea spoonful of salt and pour in.
- ♦ Taste the solution and give the patient.

Activity

1. Write the words in full.

a) ORS _____

b) SSS _____

Corrections

Lesson 16 :

Date : _____

Spellings

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Corrections

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Lesson hints:

Yellow

- ♦ It caused by a virus
- ♦ It is spread by tiger or aedes mosquito

Signs and symptoms of yellow fever

- ♦ Vomiting of black stuffs
- ♦ A lot of black stuffs
- ♦ The eyes turn yellow

Prevention and control of yellow fever

- ☐ Draining stagnant water
- ☐ Spraying insecticides
- ☐ Clear all the bush around the house
- ☐ Keep fish in dams and ponds to eat the mosquito larvae

Activity

1. Name the germ that causes yellow fever.

2. Identify **three** signs and symptoms of yellow fever.

(i) _____

(ii) _____

(iii) _____

3. Mention **three** ways of preventing yellow fever.

- (i) _____
- (ii) _____
- (iii) _____

Corrections

Lesson 17 :

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Sleeping sickness:

- ☐ It is caused by germs called trypanosomes.
- ☐ It spread by a tsetse fly.
- ☐ It is called sleeping sickness because the patient feels sleepy all the time.

Signs of sleeping sickness

- ◇ Loss of weight.
- ◇ Running eyes.
- ◇ Swelling in the neck.

Symptoms of sleeping sickness:

- ◆ Fever from time to time.
- ◆ Feeling weak and sleepy
- ◆ Loss of appetite

Places where tsetse flies are found:

- * Near rivers and streams of water because they need water to breed.
- * In the forest, thick grass and shrubs so that they hide away from sunlight.

Control of sleeping sickness

- Using tsetse fly traps
- Spraying tsetse flies with insecticides.
- Clear bushes near homes.
- People who keep animals should avoid very early and late grazing of animals.
- Clear bushes at the river banks and streams near homes

Activity

1. Name the disease carried by tsetse flies in animals

2. Identify **two** signs and symptoms of sleeping sickness.

Signs

(i) _____

(ii) _____

3. How can we control the spread of sleeping sickness in our environment?

i. _____

ii. _____

Symptoms

(i) _____

(ii) _____

3. State any **three** ways of controlling sleeping sickness.

(i) _____

(ii) _____

(iii) _____

Corrections

Lesson 18:

Date : _____

Spellings

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Corrections

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Lesson hints:

Typhus fever

- ☐ It is spread by lice. The typhus germ lives in excreta of lice.

- The louse excretes on your skin, when you scratch yourself you break the skin and make a door through which germs enter your body.

Signs of typhus fever

1. Skin rash
2. Swollen lymph nodes

Symptoms of typhus fever

1. High fever
2. Severe headache
3. Muscle aches

Prevention of typhus fever:

- ◇ Keep your body clean.
- ◇ Wash your hair and keep it short
- ◇ Iron clothes to kill lice .
- ◇ Cut your hair or trim it.

Activity

1. State any **one** symptom of typhus fever.

2. Mention **two** signs and symptoms of typhus fever signs.

Signs

(i) _____

(ii) _____

Symptoms

(i) _____

(ii) _____

3. Suggest any **three** ways of harvesting typhus fever.

(i) _____

(ii) _____

(iii) _____

Corrections

Lesson 19 :

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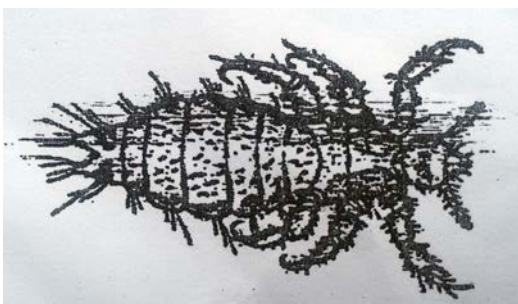
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Lesson hints

Plague:

- ♦ It is spread by rat fleas.
- ♦ Rat fleas hide in the fur of rats.
- ♦ A flea under goes a complete life cycle but has no wings.

A picture of a louse



Signs and symptoms

- * High fever
- * Headache
- * Swelling in the neck, arm pits and the lymph nodes.
- * Swollen glands.

Prevention of plague

- ♦ Keep the house and clothes clean.
- ♦ Use rat poison and traps to kill rats.
- ♦ Keep food away from rats and mice.
- ♦ Spray floors with insecticides powder.
- ♦ In case of an outbreak, people should take anti-plague vaccination.

Activity

1. Name the vector that spreads typhus fever.

2. State **two** ways of preventing typhus fever.

(i) _____

(ii) _____

3. Mention any **three** possible measures of preventing plague.

(i) _____

(ii) _____

(iii) _____

Corrections

Lesson 20 :

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Lesson hints:

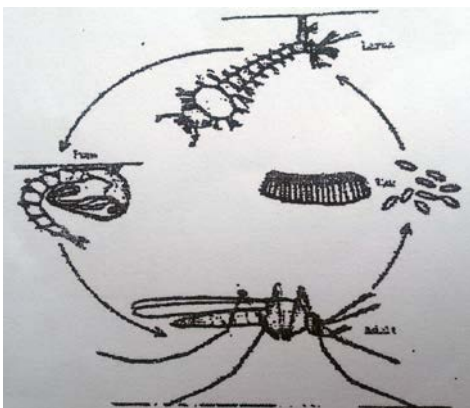
Elephantiasis:

- ☐ It is caused by filarial worms.
- ☐ It is spread by culex mosquito.

Signs and symptoms

- ☐ They cause the swelling of the affected parts.
- ☐ The parts mostly affected are;
 - The feet (swollen feet)
 - Testicles

Life cycle of a culex mosquito



Prevention and control of elephantiasis

- ◇ Spraying insecticides
- ◇ Clear all the bush around the house
- ◇ Drain stagnant water
- ◇ Sleep under treated mosquito nets.

Activity

1. Identify the vector that spreads elephantiasis

2. State any **one** sign of elephantiasis.

3. Suggest at least **two** measures of controlling elephantiasis.

(i) _____

(ii) _____

Corrections

Lesson 21 :

Date : _____

Spellings

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Corrections

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Lesson hints

Typhoid

- ☐ It is caused by bacteria
- ☐ It spread by a housefly

Signs and symptoms of the typhoid:

- ☐ Intestinal bleeding
- ☐ Persistent fever
- ☐ Abdominal pain
- ☐ Headache
- ☐ General body weakness
- ☐ High fever
- ☐ Sever diarrhoea

Prevention of typhoid and cholera

- ◆ Boiling drinking water
- ◆ Covering food properly
- ◆ Washing hands after using the latrine or toilet
- ◆ Use latrines properly
- ◆ Take the infected person to the hospital
- ◆ Observe good hygiene
- ◆ Washing fruits before eating.

Activity

1. State the vector that spread typhoid

2. Identify any **three** symptoms of typhoid.

(i) _____

(ii) _____

(iii) _____

3. Suggest ways of preventing typhoid.

(i) _____

(ii) _____

(iii) _____

Corrections

Lesson 21 :

Date : _____

Spellings

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Lesson hints

Cholera

- It is caused by a bacteria vibro cholerae
- It is spread by a housefly.

How it spreads

- ◇ Through contaminated food and water
- ◇ Food contaminated by a housefly
- ◇ Drinking un boiled water

Signs of cholera

- ◆ Serious diarrhoea
- ◆ Dehydration
- ◆ vomiting
- ◆ Body weakness

Symptoms of cholera

- ☐ Rapid loss of liquids
- ☐ Body weakness
- ☐ Unconsciousness

Prevention of cholera

- ◆ Boiling drinking water
- ◆ Covering food properly
- ◆ Washing hands after using the latrine or toilet
- ◆ Warming leftover food
- ◆ Use latrines properly
- ◆ Take the infected person to the hospital
- ◆ Observe good hygiene
- ◆ Washing fruits before eating

Activity

1. State the vector that spreads cholera

2. How does cholera spread?

3. Mention **two** signs and symptoms of cholera.

Signs

(i) _____

(ii) _____

Symptoms

(i) _____

(ii) _____

3. Suggest ways of preventing cholera

(i) _____

(ii) _____

(iii) _____

Corrections

Lesson 22 :

Date : _____

Spellings

Corrections

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Lesson hints:

Relapsing fever:

- ♦ It is caused by spirochetes.
- ♦ It is spread by ticks/lice.
- ♦ A tic has eight legs and two main body parts.

Prevention of ticks

- ♦ Dip animals in dip tanks with chemicals
- ♦ Use insecticides power to spray where ticks hide.
- ♦ Practice double fencing
- ♦ Remove ticks from animal using hands.
- ♦ Encourage egrets on farms to eat ticks off animals

A picture of a tick



Prevention of common vectors

- ☐ Sweeping
- ☐ Slashing
- ☐ Spraying
- ☐ Digging around the house
- ☐ Smearing house
- ☐ Draining stagnant water

Activity

1. Mention the vector that spreads relapsing fever.

2. State **three** ways of preventing ticks in animals.

(i) _____

(ii) _____

(iii) _____

Corrections

Lesson 23 :

Date : _____

Spellings

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Corrections

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Lesson hints:

HIV/AIDS

Concept of HIV/AIDS:

HIV : Human Immunodeficiency Virus.

AIDS : Acquired Immune Deficiency Syndrome

Immune : protected against

Acquired : means to get

Deficiency means lack of

Syndrome : signs and symptoms of diseases

HIV/AIDS is caused by a virus. The virus that causes AIDS is called HIV.

Signs and symptoms

- ◇ Herpes zoster (kisiipi)
- ◇ Kaposi sarcoma (skin cancer)
- ◇ Oral thrush
- ◇ Diarrhea which lasts long
- ◇ Dry cough
- ◇ Excessive sweating at night
- ◇ Persistent fever
- ◇ tiredness

Activity

1. Write the words in full

a) HIV

b) AIDS

2. Mention any **four** signs and symptoms of HIV/AIDS

(i) _____

(ii) _____

(iii) _____

(iv) _____

Corrections

Lesson 24 :

Date : _____

Spellings

Corrections

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How HIV/AIDS is spread

- ♦ Through sexual intercourse with an infected person
- ♦ Through unscreened blood transfusion
- ♦ Through sharing sharp piercing and cutting body instruments
- ♦ Through traditional circumcision (use of the same knife)
- ♦ Through use of unsterilized medical equipment e.g syringes
- ♦ From expected mother to un born baby.

Effects of HIV/AIDS:

- ♦ Death
- ♦ Loss of employment
- ♦ Body weakness
- ♦ Poverty
- ♦ Children drop out of school
- ♦ Very useful members of the community may be lost
- ♦ Children become orphans

Activity

1. Mention any **three** ways how HIV/AIDS is spread from one person to another

- (i) _____
- (ii) _____
- (iii) _____

2. State at least **four** effects of HIV/AIDS

- (i) _____
- (ii) _____
- (iii) _____
- (iv) _____

Corrections

Lesson 25 :

Date : _____

Spellings

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Corrections

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Lesson hints

Care for HIV/AIDS patients

- ◇ Keep them clean
- ◇ Wash your hands before and after caring for them
- ◇ Make sure the patients takes drugs on time
- ◇ Give a balanced diet to the patient
- ◇ Talk and play with the patient
- ◇ Give him/her hope
- ◇ Help them to stop bad habits like smoking, drinking alcohol

Control of HIV/AIDS

- ☐ Abstain from sex if not married
- ☐ Have only one faithful marriage partner
- ☐ Use sterilized medical instruments
- ☐ Avoid sharing cutting instruments
- ☐ Use condoms if you must have sex

Activity

1. State any **three** signs and symptoms of HIV/AIDS.

- (i) _____
- (ii) _____
- (iii) _____

2. Suggest ways of caring for HIV/AIDS patients.

(i) _____

(ii) _____

(iii) _____

3. Mention any **two** possible ways of controlling the spread of HIV/AIDS.

(i) _____

(ii) _____

Corrections

Lesson 26 :

Date : _____

Spellings

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Corrections

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Lesson hints:

PIASCY MESSAGES ON HIV/AIDS

Have good morals:

- ◇ Obey your religious teachings
- ◇ Good morals help you to make right and safe choices.
- ◇ Be kind and honest
- ◇ Live your parents, teachers and elders who show you good character and behavior.

Follow your religion to stay safe

- This helps you to delay sex until marriage
- Pray for the strength to stay in school
- It is a comfort zone when you have problems, it gives hope.

Always say no to sex:

- ◆ This enables to complete school.
- ◆ It enables you to work towards your purpose of life.
- ◆ Always say no to offers from strangers.
- ◆ If someone is asking for sex, always tell a trusted adult.

Activity

1. Reciting PIASCY messages eg

Abstain from sex, say no to bad touches, self awareness, Assertiveness, self esteem, avoid dark corners, don't accept gifts from strangers.

Lesson 27 :

Date : _____

Spellings

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Corrections

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Lesson hints

Stay in school

- ◇ Make education the most important thing in your life.
- ◇ Go to every day and study hard.
- ◇ Do not out of school to marry or work.
- ◇ Always help your parents at home.

Boys, girls stay in school:

- Both have equal rights to education and to stay safe.
- Both can do equal work and perform equally well in school.
- Girls do not accept gifts from boys in return for sex.

Importance of piascy messages in schools

- Helps children to develop awareness about AIDS
- Helps children to prevent acquiring HIV/AIDS
- Children get equipped with ways of caring for HIV/AIDS patients

Activity

Reciting PIASCY messages eg

Abstain from sex, say no to bad touches, self awareness

Assertiveness, self esteem, avoid dark corners, don't accept gifts from strangers etc.

Lesson 28 :

Date : _____

Spellings

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Corrections

1. _____
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Topical questions

1) In one sentence give the meaning of vectors.

2) Name the vectors that spread the following diseases.

a) Malaria _____

b) sleeping sickness _____

c) Bilharzia _____

3) Identify any **two** causes of dehydration.

(i) _____

(ii) _____

4) Mention at least **three** ways of controlling vectors in homes.

(i) _____

(ii) _____

(iii) _____

5. How is a housefly able to spread faecal diseases?

6. Write the **four** ways of spreading germs in order

(i) _____

(ii) _____

(iii) _____

(iv) _____

7. Identify any **two** ways how HIV/AIDS is spread from one person to another

(i) _____

(ii) _____

8. Mention at least **two** ways of preventing and controlling HIV/AIDS.

(i) _____

(ii) _____

9) Why should people iron their clothes?

10) Write the following words in full.

A) SSS _____

B) HIV _____

C) ORS _____

Corrections

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Lesson 29 :

Date : _____

Spellings

Corrections

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Lesson hints:

Sources of energy

Natural sources

- ☐ Wind e.g for sailing boats and driving wild mills.
- ☐ Water e.g for hydro electric power
- ☐ Sun e.g for solar energy

Artificial sources

- ☐ Fuel e.g diesel, petrol, wood, charcoal, paraffin etc.
- ☐ Electricity in homes
- ☐ Battery.

Uses of artificial energy:

Uses of diesel and Petrol

- ♦ It is used to run vehicles.
- ♦ Diesel oil is used for heating homes.
- ♦ Petrol is used for heating homes.
- ♦ Petrol is used as a solvent.
- ♦ Petrol and diesel are used in generators to produce electricity.

Uses of paraffin

- ☐ For lighting
- ☐ For cooking
- ☐ It can be used in generators to produce electricity.

Activity

1. identify any **two** examples of natural sources of energy.

(i) _____

(ii) _____

2. Give any **three** examples of artificial sources of energy.

(i) _____

(ii) _____

(iii) _____

3. Mention any **one** use of petrol and diesel to people.

Corrections

Lesson 30 :

Date : _____

Spellings

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Corrections

1. _____
2. _____
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Lesson hints

Uses of wood/charcoal

- ♦ For cooking
- ♦ For roasting maize
- ♦ For baking bread
- ♦ For study purpose
- ♦ For making campfire

Uses of hydro electricity

Electricity is used for;

- ◇ Running refrigerators
- ◇ Lightning
- ◇ Washing
- ◇ Water heating
- ◇ Cell phone charging
- ◇ Ironing clothes
- ◇ Industry machines are run by electricity

Examples of things that use electricity at home

- | | |
|--------------------|------------------|
| * Washing machines | * Refrigerators |
| * Flat iron | * Television |
| * Telephones | * Computers etc. |

Activity

1. Name the natural source of fuel used by people in the villages

2. State any **four** uses of electricity at home.

(i) _____

(ii) _____

(iii) _____

(iv) _____

3. Mention at least **three** things that use electricity at home.

(i) _____ (ii) _____

(iii) _____

Corrections

Lesson 31 :

Date : _____

Spellings

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Corrections

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Lesson hints

Ways of saving energy

- * Using energy saving stoves or bulbs
- * Switching off electrical appliances when not in use.
- * Putting out fire after use especially firewood and charcoal.
- * Planting trees for wood charcoal
- * Following instructions on proper use of energy.

Importance of saving energy

- ☐ To avoid wastage
- ☐ To minimize cost
- ☐ To use in the future

Danger of energy

Dangers:

- * Live wires can shock people to death
- * Strong wind– can destroy buildings and crops
- * Storm– can dry crops and kill animals
- * Floods– can destroy buildings, crops and kill people

Ways of avoiding dangers

- ☐ Planting trees to act as wind breaks
- ☐ Avoid playing with electric wires
- ☐ Avoid pushing nails into sockets
- ☐ Using fire extinguishers

Activity

1. State any **two** dangers of energy to people.

(i) _____

(ii) _____

2. Suggest any **three** ways of avoiding dangers of energy

(i) _____

(ii) _____

(iii) _____

3. Mention any things at your home that use electricity.

(i) _____ (ii) _____

(iii) _____ (iv) _____

4. Suggest at least **two** uses of petrol and diesel to people

(i) _____

(ii) _____

5. Suggest at least **two** artificial sources of energy used by people in the villages

(i) _____

(ii) _____

6. Suggest any **three** ways of saving energy at home

(i) _____

(ii) _____

7. Give any **two** ways of avoiding dangers

(i) _____

(ii) _____

8. Give any **two** dangers of saving energy

(i) _____

(ii) _____

Corrections

