
THEMATIC OUTLINES

THEME: THE HUMAN BODY AND HEALTH

- ↗ External parts of the body
- ↗ Functions of the body parts
- ↗ Body sense organs and their functions
- ↗ Ways of caring for our body parts
- ↗ Personal hygiene
- ↗ Things we use to clean the body
- ↗ Things that we use to clean the body must be kept clean.
- ↗ Importance of keeping them clean
- ↗ Oral health
- ↗ Local materials used in brushing teeth
- ↗ Ironing our clothes
- ↗ Results of not ironing clothes
- ↗ Reasons why we bathe
- ↗ Why do we wash our hands?
- ↗ Things needs to wash hands
- ↗ Importance of keeping the body clean
- ↗ Dangers of poor personal hygiene
- ↗ Ways of preventing malaria
- ↗ Ways of controlling malaria
- ↗ Faecal diseases

Sanitation in our community

- ↗ Areas that need to be kept clean at home and school
- ↗ Ways of keeping the places clean
- ↗ Ways of keeping compound clean
- ↗ Importance of keeping compound clean
- ↗ Pit latrine
- ↗ Ways of cleaning pit latrines
- ↗ Class room
- ↗ Activities done to keep the class clean
- ↗ Things used to clean our classroom
- ↗ Slashers
- ↗ Dangers of not keeping the class clean
- ↗ Kitchen
- ↗ Items used for cooking:
- ↗ Ways of keeping our kitchen clean

- ☛ Bathroom
- ☛ Common diseases at school and at home
- ☛ Causes of common diseases and their spread
- ☛ Childhood disease (immunisable diseases)
- ☛ Examples of immunisable diseases
- ☛ Tuberculosis

THEME: 4 FOODS AND NUTRITION
SUB THEME 1: NAMES AND CLASSES OF FOODS

- ☛ Examples of food stuffs
- ☛ Sources of food
- ☛ How do people get food?
- ☛ Why do people eat food? (5 Hs)
- ☛ Food values/ classes
- ☛ Vitamins
- ☛ Other examples of food rich in vitamins
- ☛ Carbohydrates
- ☛ A balanced diet
- ☛ Effects of poor feeding
- ☛ Food hygiene
- ☛ Reasons why we keep food safe
- ☛ How can food get dirty?
- ☛ Food preservation
- ☛ Ways of keeping food for a long time (preservation)
- ☛ Reasons why food are preserved
- ☛ Dangers of eating dirty food.

THEME: OUR ENVIRONMENT

- ☛ Things in the environment
- ☛ Living things in the environment
- ☛ Non living things in the environment
- ☛ Types of animals
- ☛ Domestic animal
- ☛ Uses of domestic animal Meat from each animal
- ☛ Wild animals
- ☛ Animals and their sound
- ☛ Animals and their homes
- ☛ Animals and their weapons
- ☛ Types of birds
- ☛ Harmful insects
- ☛ Characteristics of insects
- ☛ Parts of an insect

- ☛ Stages of a housefly
- ☛ Dangers of insects
- ☛ Common plants
- ☛ Parts of a plant
- ☛ Fruits
- ☛ Uses of plants
- ☛ Ways of caring for plants
- ☛ Conditions for plants to grow well
- ☛ Seeds

THEME: THINGS WE MAKE

- ☛ Things we make in the community
- ☛ Things we use at home
- ☛ Materials used and their sources Importance of things we make

THEME 8: ACCIDENTS AND SAFETY.

- ☛ Causes of common accidents in our community
- ☛ Effects of accidents on the body
- ☛ Places where accidents are common
- ☛ Causes of accidents on the way/ road
- ☛ Ways of preventing accidents on the roads/ way
- ☛ Ways of managing accidents.
- ☛ Ways of giving first aids
- ☛ Why a person should be given first aid.
- ☛ What is a first aid box?

THEME: THE HUMAN BODY AND HEALTH

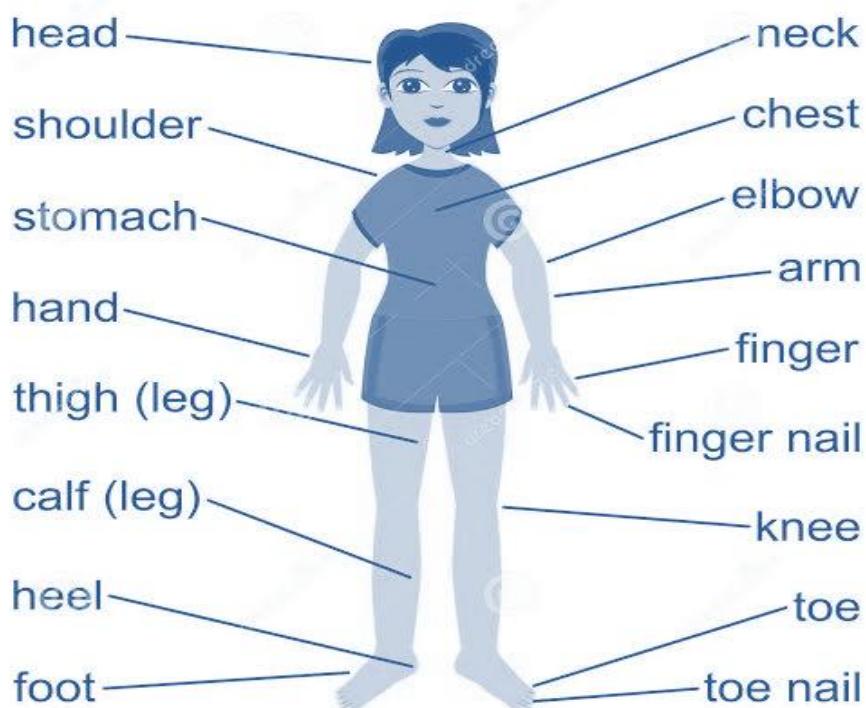
Sub-theme: Parts of the body and their functions

Lesson 1

Health is the state of being physically and mentally well.

In order to be healthy, all the body parts need to be working very well.

PARTS OF THE BODY

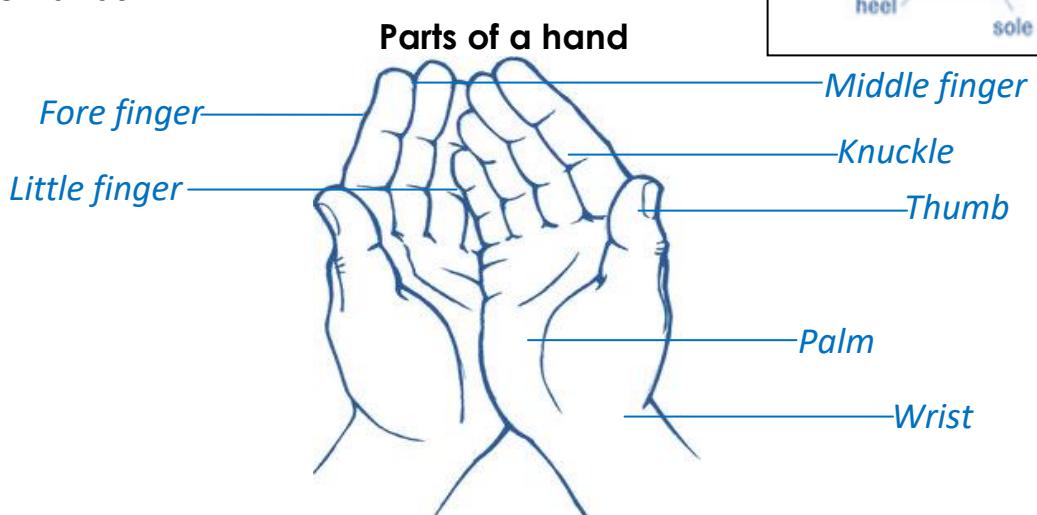


Groups of body parts

- ✓ Internal body parts
- ✓ External body parts

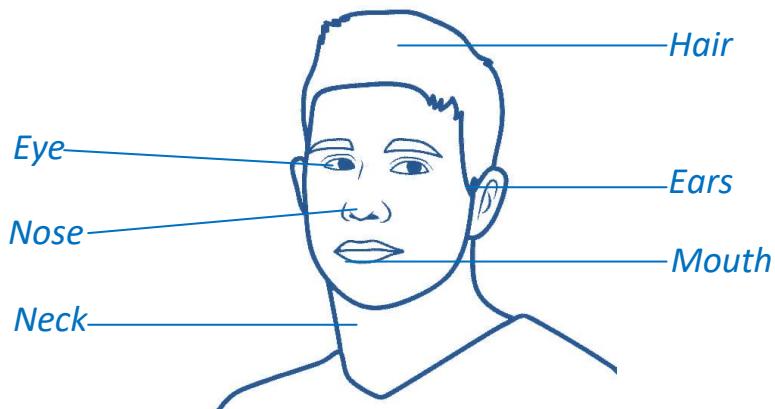
External parts of the body found:

(a) On the hands



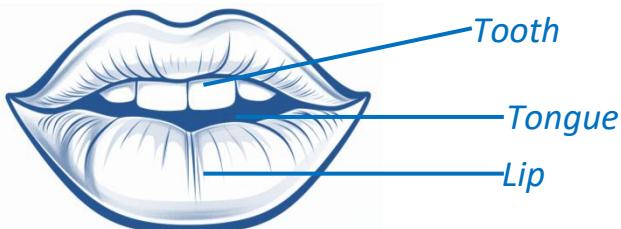
On the arm: fingers, finger nails, elbow, hand

On the head: hair, eyes, ears, nose



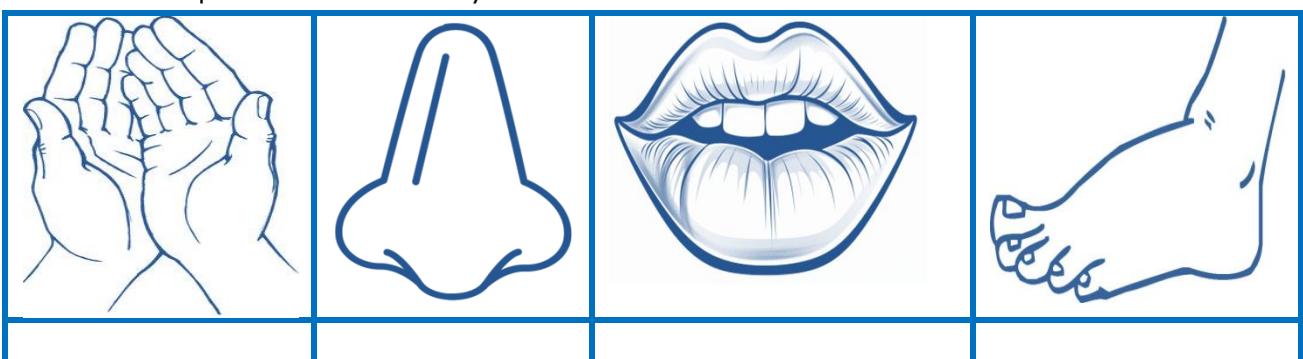
In the mouth:

Parts found in the body include: the tongue, teeth



Activity

- 1) Name any **two** parts of the body found on the head.
- 2) Which part on the head is used for:
 - a) Seeing:
 - b) Talking :
 - c) Smelling:
- 3) How many fingers does a normal person have?
- 4) Name the parts of the body below.

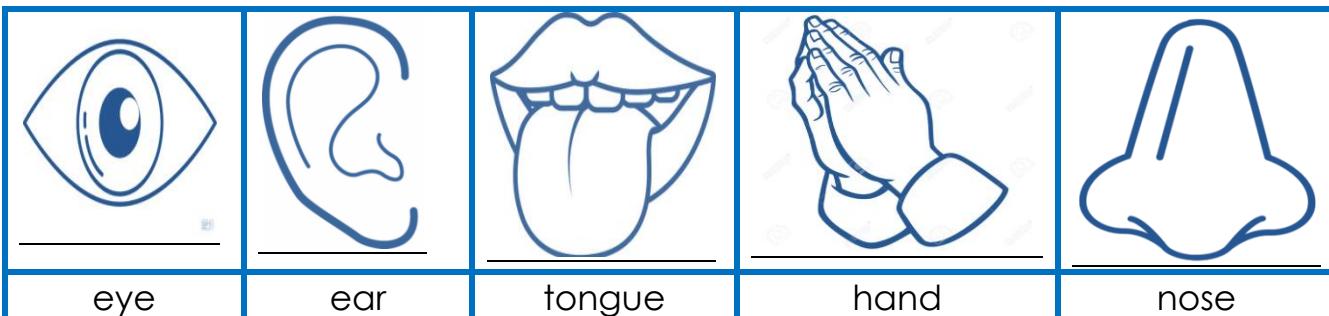


(nose, mouth, hand, toe)

Lesson 2

Functions of the body parts

Everybody parts has its own use.



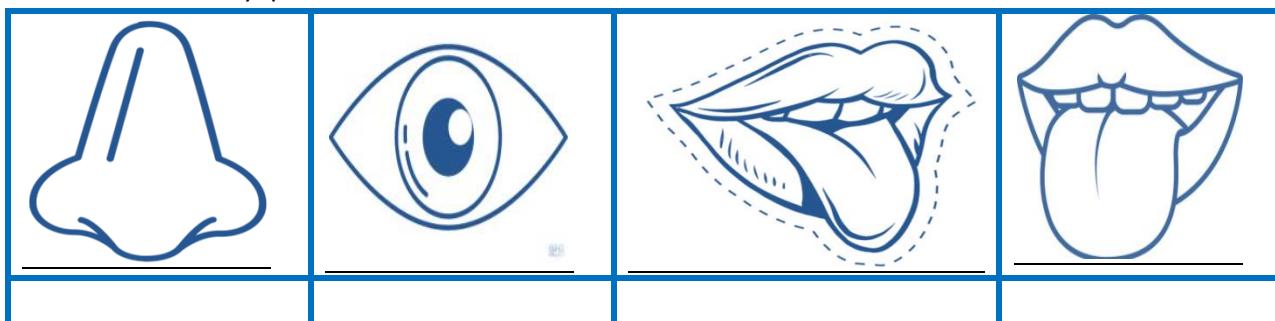
Parts of the body and their functions

- Eyes-----for seeing
- Ears-----for hearing
- Tongue----for tasting/ talking
- Nose-----for smelling/ breathing
- Hands----for holding, carrying things, touching, writing
- Fingers----for touching, writing
- Teeth-----for chewing, biting
- Feet-----for walking, running
- Hair-----for covering the head
- Mouth----for eating, talking
- Neck-----for connecting the head
- Finger nails---for scratching ourselves
- Legs- for walking

All these body parts work together to carryout different activities e.g. playing, eyes see what to play with, hands touch the play things, ears hear from other people you play with, legs walk as you play.

Activity

- How useful are these body parts to people?
 - Teeth
 - Hands
- Mention any **two** uses of mouth.
- Name the part that connects the head to the body.
- Which common part of the body covers the head?
- Write **two** uses of teeth to us.
- How do people move from one place to another?
- Name the body parts below.



8) Mention the body parts used for;

- a) Walking:
- b) Writing:
- c) Singing:
- d) Cooking food:

ii) Fill in the correctly.

I use eyes to _____

I write with my _____

I move / walk with my _____

I work with my _____

I _____ with my skin.

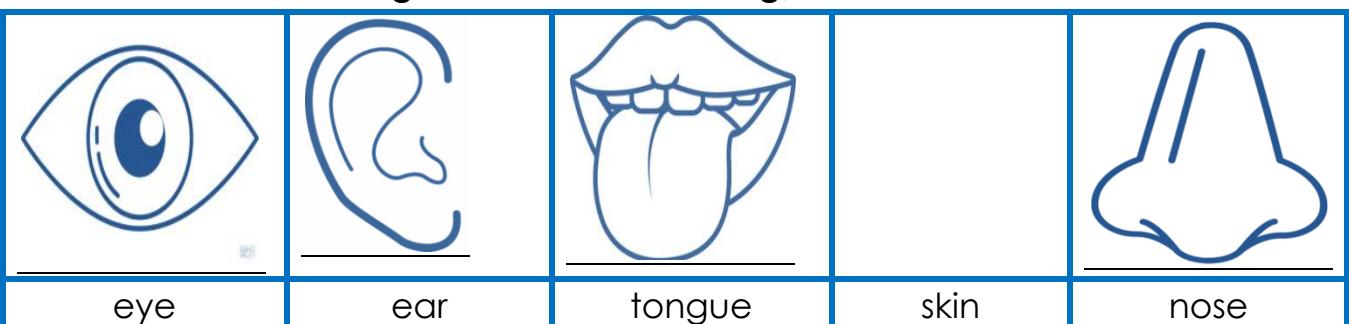
Lesson

Body sense organs and their functions

Senses are.....

Sense organs are body organs

There are five sense organs of a human being:



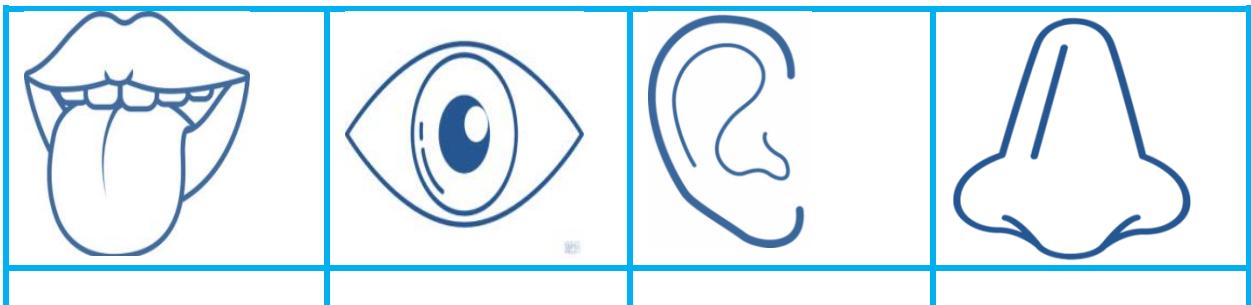
Uses of sense organs

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

Activity

- 1) Name the body organ responsible for feeling.
- 2) How is the tongue useful to people?
- 3) Which part of the body do you use for smelling?

Name the sense organs shown below



4) Match these senses to their correct sense organs

Tongue	for smelling
Nose	for hearing
Ears	for seeing
Eyes	for tasting

Lesson

Ways of caring for our body parts

- 1) Bathing the body
- 2) Brushing teeth regularly
- 3) Combing hair
- 4) Wearing clean clothes
- 5) Trimming the hair/ shaving
- 6) Cutting finger and toe nails short
- 7) Washing regularly
- 8) Rinsing the mouth

Activity

- 1) How do you care for your teeth?

- 2) Name the ways of cleaning the body parts shown below

brushing	bathing	combing	shaving

- 3) Name the body part cared for by:

- (a) combing
- (b) Shaving
- (c) Cutting

- 4) How should people brush their teeth?

- 5) Draw and name the **four** items used to clean our bodies.

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) 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:
 - a) Talking
 - b) Eating

Personal hygiene

- ☞ 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
 - 6) Washing regularly
 - 7) Rinsing the mouth
 - 8) Ironing clothes
 - 9) Drinking boiled water

Ways of promoting personal hygiene

bathing

combing

washing

Ironing

Activity

- 1) What is personal hygiene?
 - 2) Mention any **two** parts of the body that we should clean daily.
 - 3) How do people care for these body parts?
 - (a) Teeth
 - (b) finger nails
 - 4) Apart from brushing teeth, how can we care for the mouth?
 - 5) Which part of the body is cleaned using:
 - (i)toothbrush
 - (ii) Shaving machine:

State the way of maintaining personal hygiene shown below.



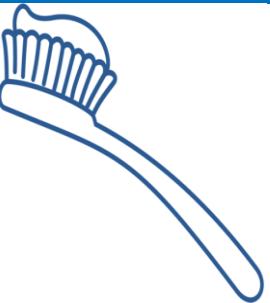
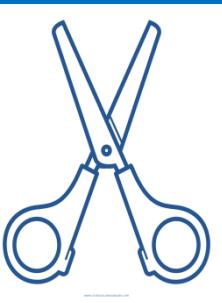
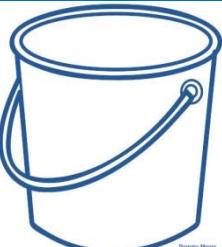
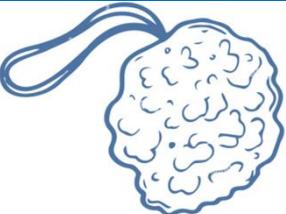
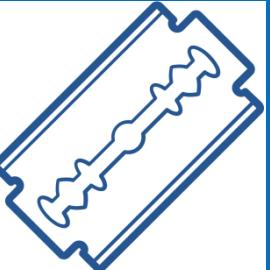
Lesson 2

Things we use to clean the body

We use different materials to keep personal hygiene. They include:

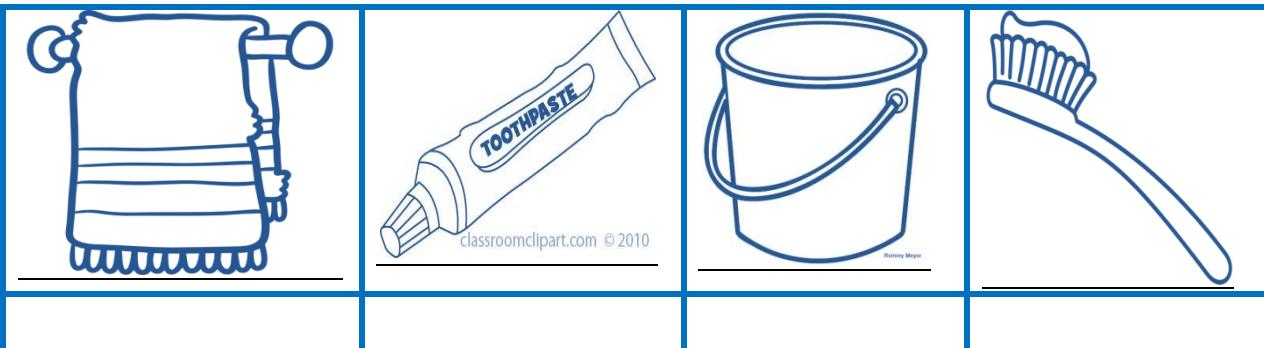
- | | | |
|---------------------|---------------------|------------------|
| 1) tooth brush | 6) tooth paste | 11) handkerchief |
| 2) sponge | 7) towel | 12) basin |
| 3) water | 8) pair of scissors | 13) nail cutter |
| 4) comb | 9) safety pin | 14) -Soap |
| 5) razor blade | 10) toilet paper | 15) Shavers |
| 16) Scrubbing brush | | |
| 17) Dental floss | | |

Items used to keep our bodies clean.

			
toothpaste	toothbrush	towel	Pair of scissors
			
bucket	Bathing sponge	soap	razorblade

Activity

- 1) Mention any **four** items used for cleaning our body.
- 2) Name these things used to promote personal hygiene.



3) How useful are these items in keeping the body clean?

- (a) nail clipper
- (b) toothpaste
- (c) towel

Draw these items used in promoting personal hygiene

Soap	A pair of scissors	Toilet rolls	Basin

Lesson

Things that we use to clean the body must be kept clean.

- a) Clean the toothbrush after brushing
- b) Wash your hands when they are dirty
- c) Wash and dry your towel always
- d) Wash your pants, dry and iron them
- e) Iron your clothes after washing.

Importance of keeping them clean

Things used on our body should be kept clean

- a) to prevent bad smell
- b) to prevent skin diseases.
- c) to prevent dirt.
- d) to prevent germs.

Activity

1) Name these items used in cleaning the body parts.

2) State any **two** importance of keeping the bathing towel clean.

- 3) State any **two** things to be done after washing pants.
- 4) Give **two** reasons why things used on our body should be kept clean
- 5) Draw and name any four things used to clean our body.

Lesson

Oral health

Oral health is keeping our mouth clean.

The main activity done to keep our oral health is to brush our teeth regularly.

Brushing our teeth

Brushing is the act of removing dirt and small food from the teeth.

We use toothpaste and toothbrushes to clean our teeth.

Dental floss is used for removing small food remains between our teeth

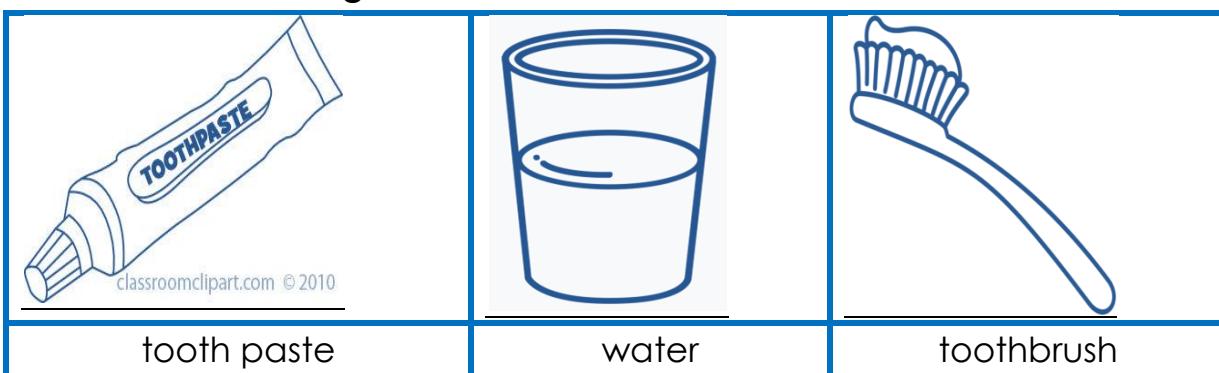
When do we brush our teeth?

- 1) We clean our teeth after eating food
To remove small food between our teeth
- 2) We clean our teeth every morning.
To remove contaminated saliva

Reasons for brushing our teeth

- ☛ We brush our teeth to prevent tooth decay
- ☛ We brush our teeth to prevent bad breath
- ☛ We brush teeth to prevent cavities.

Items used in cleaning our teeth



- ☛ Toothpaste is used for killing germs in the mouth
- ☛ Water is used for cleaning and rinsing mouth
- ☛ Toothbrush is used for removing small food and germs from between the teeth

Results of not brushing teeth

- 1) The mouth becomes smelly
- 2) The teeth decays faster
- 3) There is bad breath
- 4) You get teeth diseases
- 5) The colour of teeth change

Local materials used in brushing teeth

- 1) Ash
- 2) Charcoal
- 3) Soft sticks

Activity

- 1) What colour is the normal teeth?
 - 2) What is the work of dental floss?
 - 3) Why do we use toothpaste in brushing our teeth?
 - 4) State any **two** reasons why we brush teeth.
 - 5) Why do we brush after eating food?
 - 6) Name any **two** local materials used in brushing teeth.
 - 7) Draw and name any **two** items used for cleaning teeth.
 - 8) Mention **two** problems of not brushing our teeth daily.
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Lesson

Ironing our clothes

We iron our clothes after washing them.

Reasons why we iron clothes

- 1) We iron clothes to kill germs that cannot die with water.
- 2) We iron our clothes to be smart.

Items used in ironing clothes

Flat iron	Iron box	bedsheet	charcoal

Results of not ironing clothes

- 1) The clothes look older
- 2) You don't look smart
- 3) Vectors breeds on the clothes

Bathing

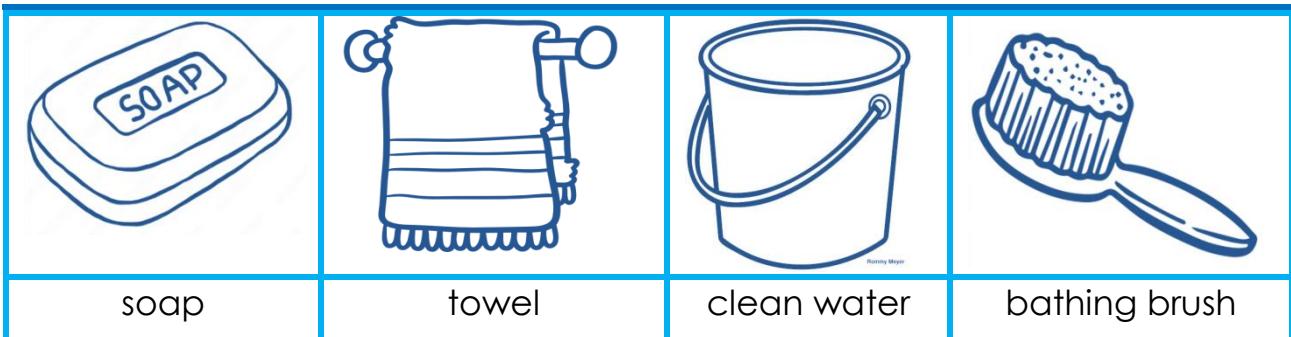
☞ Bathing is cleaning the body using clean water and the soap.

☞ **We bathe using clean water because:**

- (a) it avoids getting germs from dirty water.

- (b) Dirty water adds dirt on to our bodies
- (c) it avoids getting water borne diseases
- ☛ We bathe using soap to remove germs and dirt

Items used in bathing



Reasons why we bathe

- ☛ We bathe to avoid bad smell (body odour)
- ☛ We bathe to prevent germs
- ☛ We bathe to remove dirt from the body.
- ☛ We bathe to cool the body

Problems of not bathing regularly

- ☛ The body smells bad
- ☛ You get skin diseases
- ☛ Germs enters the body
- ☛ Dirt covers the body

Activity

- 1) What is bathing?
- 2) Mention **two** reasons why we bathe with clean water.
- 3) State any **two** uses of soap in promoting hygiene.
(for food, for bathing, for washing clothes)
- 4) State **two** problems Juma will get from swimming in dirty water.
- 5) Give reason why we do the following activities.
 - a) bathing
 - b) brushing teeth
 - c) ironing clothes
- 6) Mention **two** problems of not bathing regularly.
- 7) Name these things used for bathing.

8) Where do we bathe from?

Lesson

Why do we wash our hands?

We wash our hands to remove germs that enter our body through mouth.

We wash hands to remove dirt

Things needs to wash hands

- ☛ clean water
- ☛ soap
- ✓ We wash our hands with clean water to avoid more dirt and to remove germs.
- ✓ We use soap to wash our hand in order to kill germs

When do we wash our hands?

- ☛ Before eating food
- ☛ After eating food
- ☛ After visiting latrines
- ☛ After handling dead animal
- ☛ After greeting people

Why should drinking water be boiled first?

- We boil water for drinking to kill germs.

Why should we cut our finger nails short?

- We cut finger nails short to prevent eating germs.
- We cut finger nails short to keep away germs that hide there.

Activity

- 1) State the use of these items in washing hands
 - (a) Clean water
 - (b) Soap
- 2) Mention **two** reasons why we wash our hands.
- 3) When should we wash our hands? (Give any three)
- 4) Why should drinking water be boiled first?
- 5) Which body part is cleaned by trimming?
- 6) Why should we cut our finger nails short?

Importance of keeping the body clean

- to prevent tooth decay
- to prevent bad breath
- to prevent skin diseases like scabies, ring worm
- to prevent head lice
- To prevent faecal diseases
- To prevent bad body smell

Dangers of poor personal hygiene

- ✓ You get tooth decay
- ✓ You get skin diseases like ring worm and scabies
- ✓ Leads to bad body smell
- ✓ You get lice in your hair

QUESTION FOR THE LEARNER

Kato has not been brushing his teeth for three months,
What is likely to happen to him?

Activity

1. Why should we brush teeth after every meal?
2. Why do people keep their hair short?

Common diseases in our sub-county

Diseases.....

Sickness.....

Examples of common diseases

- ☛ Malaria
- ☛ Flu and cough
- ☛ Diarrhoea
- ☛ Typhoid
- ☛ Chicken pox
- ☛ Cholera
- ☛ Dysentery
- ☛ polio
- ☛ whooping cough
- ☛ Tuberculosis
- ☛ Diphtheria
- ☛ Tetanus
- ☛ Measles
- ☛ Hepatitis B

Ways of preventing malaria

- ☛ Draining stagnant water
- ☛ Sleeping under treated mosquito nets
- ☛ Cutting the bush around the house
- ☛ Removing broken containers
- ☛ Spraying insecticides

Ways of preventing and controlling the diseases

How can people control mosquitoes at home?

Malaria is caused by female mosquitoes. It also called Anopheles mosquitoes.

Other types of mosquitoes are

- 1) Culex mosquitoes
- 2) An aedes mosquitoes

Ways of controlling malaria

- 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

- 1) How is the female anopheles mosquito dangerous to people?
- 2) Name the insect shown below.



- 3) Complete the table below about the insect above

Pairs of legs	Pairs of eyes	Pairs of wings	Body division

- 4) Name the disease spread by insect above.
- 5) How can people control mosquitoes at home?
- 6) Name any **two** items used in controlling mosquitoes.
- 7) State any **two** types of mosquitoes.
- 8) Why do people sleep under mosquito nets?
- 9) Name the chemical for spraying mosquito. (insecticide, pesticides)
- 10) Name the immunisable disease that makes children lame.

Faecal diseases

Faecal diseases are diseases caused by poor disposal of faeces.

Proper places for disposing faeces

- (a) Toilets
- (b) Pit latrines

Examples of faecal diseases

- 1) Cholera
- 2) Dysentery
- 3) Diarrhoea

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

Activity

- 1) What are faecal diseases?
 - 2) Mention any **two** examples of faecal diseases.
 - 3) State any **two** ways of controlling faecal diseases
 - 4) Mention any **two** places for disposing faeces.
-

Lesson

Sanitation in our community

Sanitation is the general cleanliness of a place.

Sanitation is the keeping of our environment clean.

Sanitation is the general cleanliness of a place (environment) where we live / stay

Sanitation is the way we keep places surrounding us clean.

Areas that need to be kept clean at home and school

- | | | |
|--|--|--|
| <input checked="" type="checkbox"/> Bathroom | <input checked="" type="checkbox"/> pit latrine / toilet | <input checked="" type="checkbox"/> bedroom |
| <input checked="" type="checkbox"/> sitting room | <input checked="" type="checkbox"/> Compound | <input checked="" type="checkbox"/> verandas |
| <input checked="" type="checkbox"/> house | <input checked="" type="checkbox"/> kitchen | <input checked="" type="checkbox"/> Soak pit |
| <input checked="" type="checkbox"/> store | <input checked="" type="checkbox"/> dining room | |

How to clean these areas

- | | | |
|--------------|-------------------------|--------------------|
| 1) Slashing | 5) Smoking | 9) Burning rubbish |
| 2) Digging | 6) Dusting | 10) Covering |
| 3) Scrubbing | 7) Flashing the toilets | |
| 4) Mopping | 8) Picking rubbish | |
-

Activity

- 1) What is sanitation?
- 2) _____ is the way we keep places surrounding us clean.
- 3) Mention **two** places that we need to keep clean at school.
- 4) Mention **two** things we can do with rubbish to promote sanitation.
- 5) Name the activities done to promote sanitation



Ways of keeping the places clean

Compound

Compound is the area around our homes.

Things found in the compound

- ☛ Animals
- ☛ Trees
- ☛ Firewood
- ☛ Grasses

Ways of keeping compound clean

1. sweeping
2. Slashing the grass
3. Weeding the grass around the compound.
4. Picking rubbish

Things used to clean compound

broom	panga	Scrubbing brush	fire

- ☛ We use brooms for sweeping
- ☛ We use slashers for slashing tall grasses
- ☛ We use fire in burning rubbish
- ☛ We use rakes to collect rubbish

Importance of keeping compound clean

- ☛ It avoids bad smells at home.
- ☛ It controls diseases at home
- ☛ It beautifies compound
- ☛ It promotes sanitation
- ☛ It reduces vectors which breeds there

Activity

1) Name the things found in the compound.



(i)



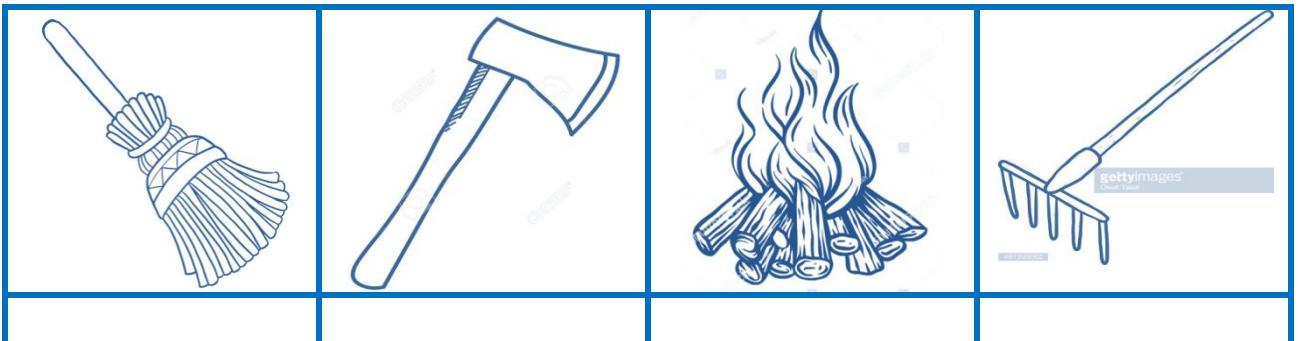
(ii)

2) What is compound?

3) Mention any **two** ways of keeping our compound clean.

4) Name any **two** items used for cleaning compound

5) Name these items in cleaning compound.



Lesson

Pit latrine

A pit latrine is a place where we properly dispose faeces and urines.

Places where pit latrines are found

At homes
At schools
At hospitals
At churches
In the markets

Importance of cleaning latrines

- ✓ It avoids bad smells
- ✓ It controls faecal diseases
- ✓ It promotes personal hygiene
- ✓ It promotes sanitation
- ✓ It avoids accidents
- ✓ It controls vectors which breeds there

Things used to clean latrines

			
broom	slasher	Scrubbing brush	fire

Ways of cleaning pit latrines

- Sweeping
- Scrubbing
- Smoking pit latrines
- Collecting rubbish around pit latrines
- By slashing around
- By mopping the floor

Activity

1. What is a pit latrine?
2. Mention **two** things disposed in pit latrines.
3. Mention any **two** things used when smoking pit latrines.
4. Give two places where pit latrines are found.
5. Give any **two** places that should be kept clean at home.
6. Mention any **two** ways of cleaning the house.
7. Why do people smoke pit latrines?

Class room

A classroom is the place where we learn at school.

Activities done to keep the class clean

- Mopping
- Sweeping
- By slashing around the classrooms
- Removing cob webs
- dusting furniture in class

Things used to clean our classroom

- 1) brooms
- 2) Scrubbing brush
- 3) Squeezers
- 4) Moppers
- 5) Slashers

Dangers of not keeping the class clean

- 1) It leads to poor sanitation
- 2) It causes diseases like flu, malaria, cough
- 3) It makes us dirty
- 4) It causes accidents

Activity

- 1) What is a class room?
- 2) What do we do in a classroom?
- 3) State **two** activities done to keep the inside of classroom clean.
- 4) State any **two** things used to clean our classroom.
- 5) What is the use of the following in cleaning our classroom
 - (a) Brooms
 - (b) scrubbing brush
 - (c) slashers
- 6) State any **two** dangers of not keeping the class clean.
- 7) Name the things which cause accidents in class
 - (i) Nails
 - (ii) Broken bottle

Ways of keeping places clean

Kitchen

Kitchen is a room at home or school where food is cooked.

A person who cooks food is called a cook.

Items used for cooking:

Plates, cups, stoves, jerricans, saucepans, spoons, knives, sieve, firewood/charcoal

Ways of keeping our kitchen clean

1. Mopping
2. Sweeping
3. Scrubbing
4. Dusting utensils.

Dangers of not keeping the kitchen clean

- ☛ It causes diarrhoeal diseases
- ☛ Food can easily get contaminated
- ☛ It affect food hygiene

Activity

- 1) What is Kitchen?
- 2) Who cooks food in the kitchen?
- 3) Mention any **four** items for cooking in kitchen.
- 4) Write **two** ways of keeping our kitchen clean
- 5) State any **two** dangers of not keeping the kitchen clean

Lesson

Bathroom

1. Mopping
2. Removing cob webs
3. scrubbing

Play ground

1. Slashing
2. Picking rubbish

Tools used to keep places clean

Slasher	rake
Hoe	rag
Panga	soap
Broom	water
Scrubbing brush	
Cobweb broom	

Activity

1. Name the way of cleaning our environment below.



2. Name **two** things used to clean classrooms.
3. How are these places kept clean?
 - a) Play ground
 - b) Bathroom
4. Mention any **two** effects of living in a dirty place.

lesson

Common diseases at school and at home

- | | |
|---|---|
| <input checked="" type="checkbox"/> Malaria | <input checked="" type="checkbox"/> Flu |
| <input checked="" type="checkbox"/> Chicken Pox | <input checked="" type="checkbox"/> Diarrhoea |
| <input checked="" type="checkbox"/> Cough | <input checked="" type="checkbox"/> Mumps |
| <input checked="" type="checkbox"/> Dysentery | |

Causes of common diseases and their spread

Germs causes diseases

How diseases are spread

- eating bad/ dirty food
- failure to use toilets well

Prevention of common diseases

1. keeping our homes clean and free from disease vectors
2. Covering our food.
3. Proper waste rubbish dispersal
4. Washing our fingers/ hands before eating
5. Ironing clothes
6. Using toilets/latrines

Activity

1. Mention **two** common diseases at our school.
2. _____ causes diseases. (**Hunger, Germs**)
3. Mention **two** ways how diseases are spreads.
4. State **two** ways of preventing common diseases.

Lesson 60

Childhood disease (immunisable diseases)

Immunisable diseases are diseases which can be prevented by immunization

What is immunization?

Immunization is the giving of vaccine to a person to protect or prevent certain disease.

Examples of immunisable diseases

Measles	Tuberculosis
Tetanus	Diphtheria
Polio	Whooping Cough
Hepatitis B	Influenza
Corona virus	

Signs and symptoms of immunisable diseases

Tetanus

- Stiff muscles all over the body
- Red eyes

influenza

- Runny nose
- Sore mouth
- Runny nose

Measles

measles

Whooping cough

1. Runny nose
2. Cough

Activity

What are immunisable diseases?

What is immunization?

State any **two** signs of whooping cough

Mention **two** examples immunisable diseases.

Tuberculosis

1. Coughing for a long time

2. Loss of weight
3. Hard to breath

Polio

1. Lame legs or hands become thin
2. Weak and thin legs or hands.

Diphtheria

1. Swollen neck
2. Sore throat
3. Finds it hard to breath

Other immunisable disease

1. Typhoid
2. Pneumonia
3. Hepatitis B

Importance of immunization

- it reduces on infant deaths
- it promotes good health
- it controls childhood diseases

Activity

1. State **two** signs and symptoms of polio.
2. Mention **two** symptoms of diphtheria.
3. State **two** importance of immunization.
4. Who immunize children?
5. Where are children immunized?
6. Which immunisable disease causes difficulty in breathing?

Topical activity

- 1) Name any **two** 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.

THEME: 4 FOODS AND NUTRITION
SUB THEME 1: NAMES AND CLASSES OF FOODS

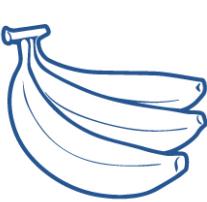
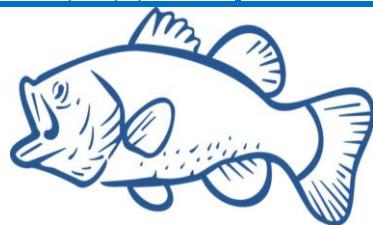
Common food in our community

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

Examples of food stuffs

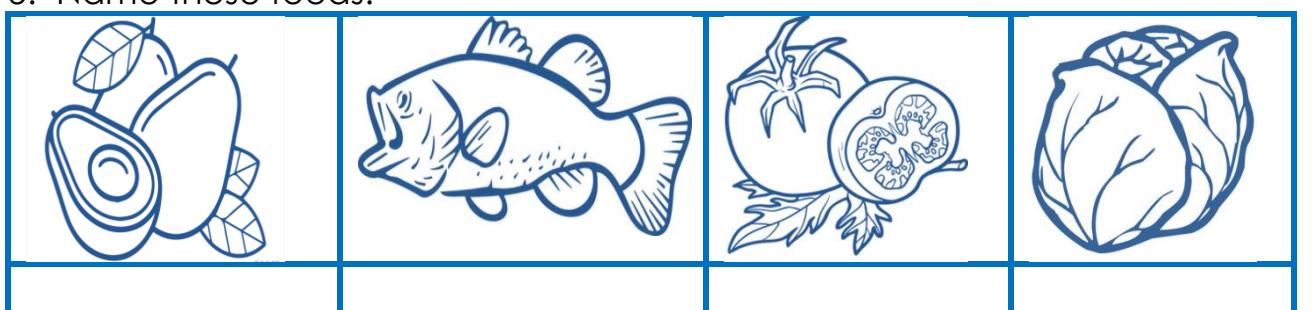
- | | | |
|------------|-------------|---------------|
| ☛ Maize | ☛ chicken | ☛ water |
| ☛ Millet | ☛ sugarcane | ☛ apples |
| ☛ cabbage | ☛ Milk | ☛ Water melon |
| ☛ Orange | ☛ cassava | |
| ☛ Pumpkins | ☛ Rice | |

Examples of food stuffs eaten at home and at school

			
Banana	Tomatoes	Green pepper	beans
			
Onion	avocados	Meat	Fish

Activity

1. What is food?
2. Name any **four** common foods in our community.
3. Mention any **two** examples of fruits eaten at home.
4. Name any **two** examples of food stuffs eaten at school.
5. Name these foods.



Lesson

Sources of food

Sources are points where something is got directly

There are two main sources of food. That is;

Plants and animals

Places where people get food

- ☛ Market
- ☛ water bodies
- ☛ Farms
- ☛ garden
- ☛ Shops
- ☛ bakeries

How do people get food?

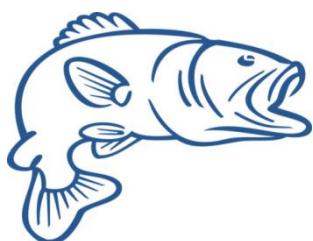
1. By hunting animals
2. By planting crops
3. By fishing
4. By buying

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

1. What is food?
2. Mention any **two** main sources of food.
3. Mention any **two** food got by planting in the garden.
4. Name the sources of food shown below.



(i)



(ii)

5. Mention the **two** main sources of food.
6. Name any **two** places where we buy food from.
7. Give any **two** reasons why people eat food.

Lesson

Food values/ classes

There are three classes of food.

- a) Body building foods (proteins)
- b) Energy giving foods (carbohydrates)
- c) Health giving foods (Vitamins/ protective food)

Proteins

Proteins are body building foods

These are foods which help us to grow well

Proteins are also called grow food.

Importance of proteins

- They build the body.
- For body growth

Examples of food stuffs rich in proteins

Beans peas

Milkfish

Eggs meat

Soya beans ground nuts

Chicken

Lack of enough proteins in the body causes a disease called **Kwashiorkor**

Activity

1) Name the three main classes of food

2) Match correctly

Body building foods carbohydrates

Energy giving foods Vitamins

Health giving foods proteins

3)

4) State any **two** importance of proteins in the body.

5) Mention any **two** examples of food stuffs rich in proteins

6) What causes Kwashiorkor?

Lesson

Vitamins

They are also called health giving foods

These foods are grouped into two groups

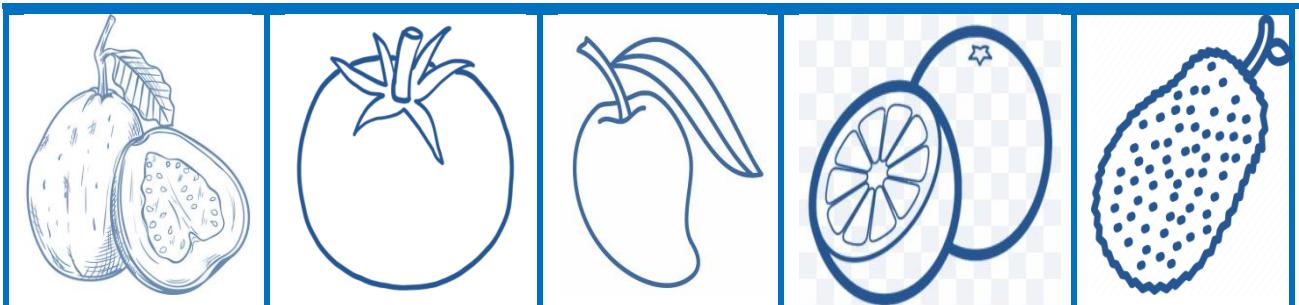
a) Fruits (b) vegetables

These foods also fight against diseases.

Importance of vitamins

- ✓ For body health
- ✓ Help the body to fight against deficiency diseases.

Examples of food rich in vitamins

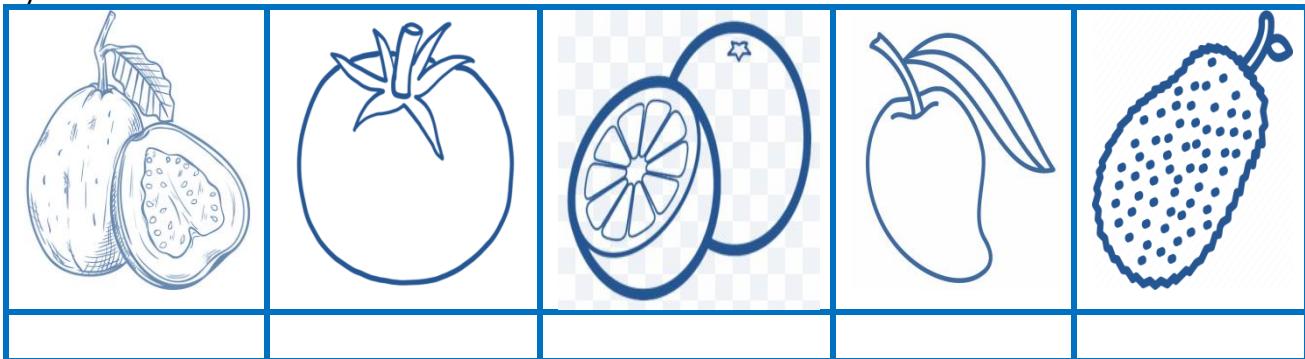


Other examples of food rich in vitamins

Mangoes	oranges
Apples	lemon
Grapes	carrots
Water melon	spinach
Guava	pineapple
Pawpaw	Cabbages
Dodo	
Passion fruits	jack fruit
Tomatoes	cucumber

Activity

- 1) List the groups of protective foods
- 2) Give another name for health giving foods
- 3) State any **two** importance of vitamins in the body.
- 4) What is food?
- 5) Give **two** examples of health giving foods.
- 6) Which deficiency disease is caused by lack of vitamin?
- 7) Name any **two** examples of food eaten raw
- 8) Name the food drawn below.



- 14) Mention any **two** examples of;

- a) Fruit vegetables
- b) Leafy vegetables

Carbohydrates

This is the food which helps us to be strong

They are energy giving foods. This is because they provide energy in the body.

Examples of food rich in carbohydrates

Yams	rice	Irish potatoes
Maize	wheat	sugarcane
Millet	bananas	honey
Cassava	sweet potatoes	

NOTE

Milk and eggs are rich in all the food values.

Lack of carbohydrates in the body causes a disease called **marasmus**.

Good feeding

Good feeding means eating balanced diet.

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 good body health
- 2) For proper body growth

Examples of balanced diet / meal

1. Pineapple + meat + rice + nakati
2. Bread + beans + cabbages + posho

Activity

1. Which food value helps the body to grow well?
2. How are the vitamins useful to the body?
3. Write the **two** examples of food rich in the food values.
4. What is balanced diet?
5. Mention any **two** importance of eating balanced diet.

Lesson

Effects of poor feeding

Some people fed poorly by eating one type of food e.g. posho everyday or bananas everyday

Effects of poor feeding

Poor methods of feeding may result into

1. Malnutrition
2. Death
3. Blindness
4. Poor body shapes

Signs of malnutrition

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

Activity

1. Write any **three** importance of balanced diet
2. Mention any **two** signs of poor feeding.
3. List any **two** effects of poor feeding

Food hygiene

Food hygiene is the way of keeping food clean and safe for eating.
Dirty food is harmful to our health.

Reasons why we keep food safe

1. To avoid contamination
2. To avoid diseases
3. To make food last long
4. To save money and time.
5. For future use.

How food is kept clean / safe?

- ☛ Covering food properly
- ☛ Touching food with clean hands
- ☛ Preparing food with clean hands
- ☛ Preparing food in clean places
- ☛ Keeping food in a clean place
- ☛ serving food in clean utensils
- ☛ Salting
- ☛ Refrigerating
- ☛ Washing fruits and vegetables with clean water

Ways of preparation food safely

- a) Heating it
- b) Cooking it
- c) Washing it
- d) Frying
- e) Baking
- f) Boiling
- g) Refrigeration
- h) Sun drying
- i) Roasting
- j) By covering food

How can food get dirty?

- 1) Keeping food in dirty containers
- 2) Serving in dirty containers
- Leaving food uncovered
- When dropped on dirty ground
- 3) Eating food with dirty hands
- 5) Keeping food in dirty places

Activity

- 1) What is food hygiene?
- 2) Name the animal below.



-
- 3) Why is the animal above not needed in kitchen?
 - 4) State any **two** reasons why we keep food safe.
 - 5) Mention any **two** ways how food is kept clean / safe.
 - 6) Write down **two** ways of preparation food safely.
 - 7) Why are we supposed to clean our hands before handling food?
 - 8) Name any **two** ways in which food can get dirty.
 - 9) How can we keep cooked food safe?
 - 10) Mention any **one** example of food preserved by salting.
 - 11) Why should people keep food safe?
-

Lesson

Food preservation

Food preservation is the way of keeping food for a long time without getting spoilt.

Ways of keeping food for a long time (preservation)

Local ways of keeping food

- 1) Salting e.g meat
- 2) Smoking e.g fish, meat
- 3) Sun drying e.g cassava, millet, maize, beans

Modern ways of keeping food for long

- 4) Freezing like in milk, fruits
- 5) Canning/ tinning like in meat, fish
- 6) Refrigeration e.g cooked food like milk, soup

Reasons why food are preserved

- ☛ To avoid wastage of food
- ☛ To fight famine
- ☛ To promote food security

Dangers of eating dirty food.

It is bad to eat dirty food because

- 1) We may eat germs
 - 2) Germs are small living things that cause disease
 - 3) Dirty food can cause diarrhea.
-

Activity

- 1) What is food preservation?
- 2) State any **two** ways of preserving food
- 3) Mention **two** local ways of preserving food.
- 4) State any **two** ways of preserving meat.

- 5) State **two** reasons why we preserve food.
- 6) Mention any **two** local ways of keeping food for long.

TOPICAL QUESTIONS

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

THEME 1: OUR ENVIRONMENT.

Sub-theme: Common animals.

What is environment?

Environments are things around us.

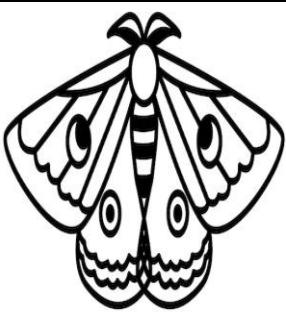
Examples of things in the environment

There are living and non living things in the environment.

What are living things?

♦Living things are things which have life.

Examples of living things in the environment

			
animals	bird	insects	plants

Groups of living things

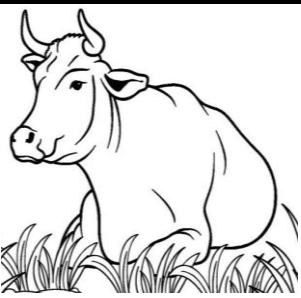
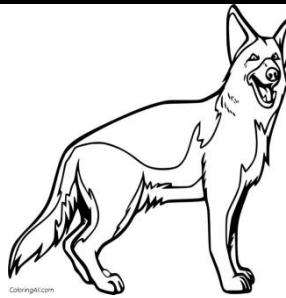
We have two groups of living things

- a) Plants
- b) Animals

ACTIVITY

Name the **two** groups of living things

Name the animals shown in the table below.

(cow, horse, hyena, dog)

1. What is environment?
2. What are living things?
3. Name any **three** living things.
4. Draw these living things.

plants	insects	animals	fish

Non living things

Non living things are things which do not have life.

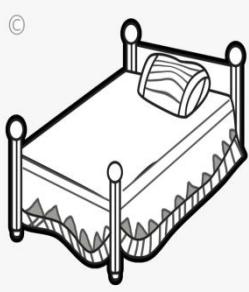
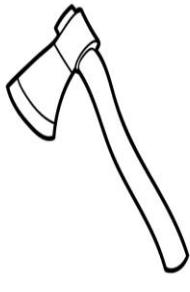
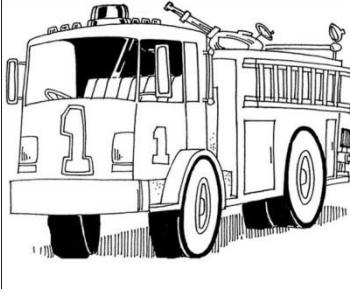
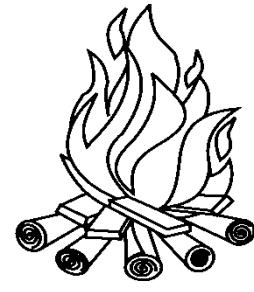
There are two groups of non living things namely:

- ❖ Artificial non living things
- ❖ Natural non living things

Artificial non living things

Artificial non living things are non living things created by people

Examples of artificial non living things in the environment

			
bed	axe	vehicles	fire

Natural non living things

Natural non living things are non living things created by God.

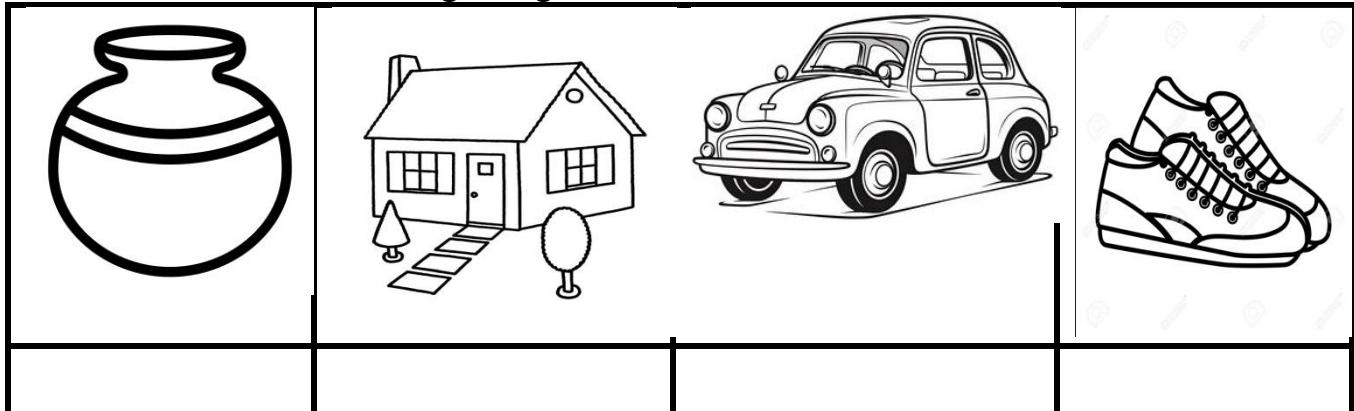
Examples of natural non living things in the environment

hills	lakes	mountain	

Activity

1. What are non living things
2. Mention any **two** groups on non living things.
3. What are artificial non living things?
4. Mention any **two** artificial non living things found in the environment.
5. What are natural non living things?

- Who created all natural non living things?
- Give any **two** natural non living things in the environment.
- Name these non– living things.



LESSON 3:

Common animals in our environment

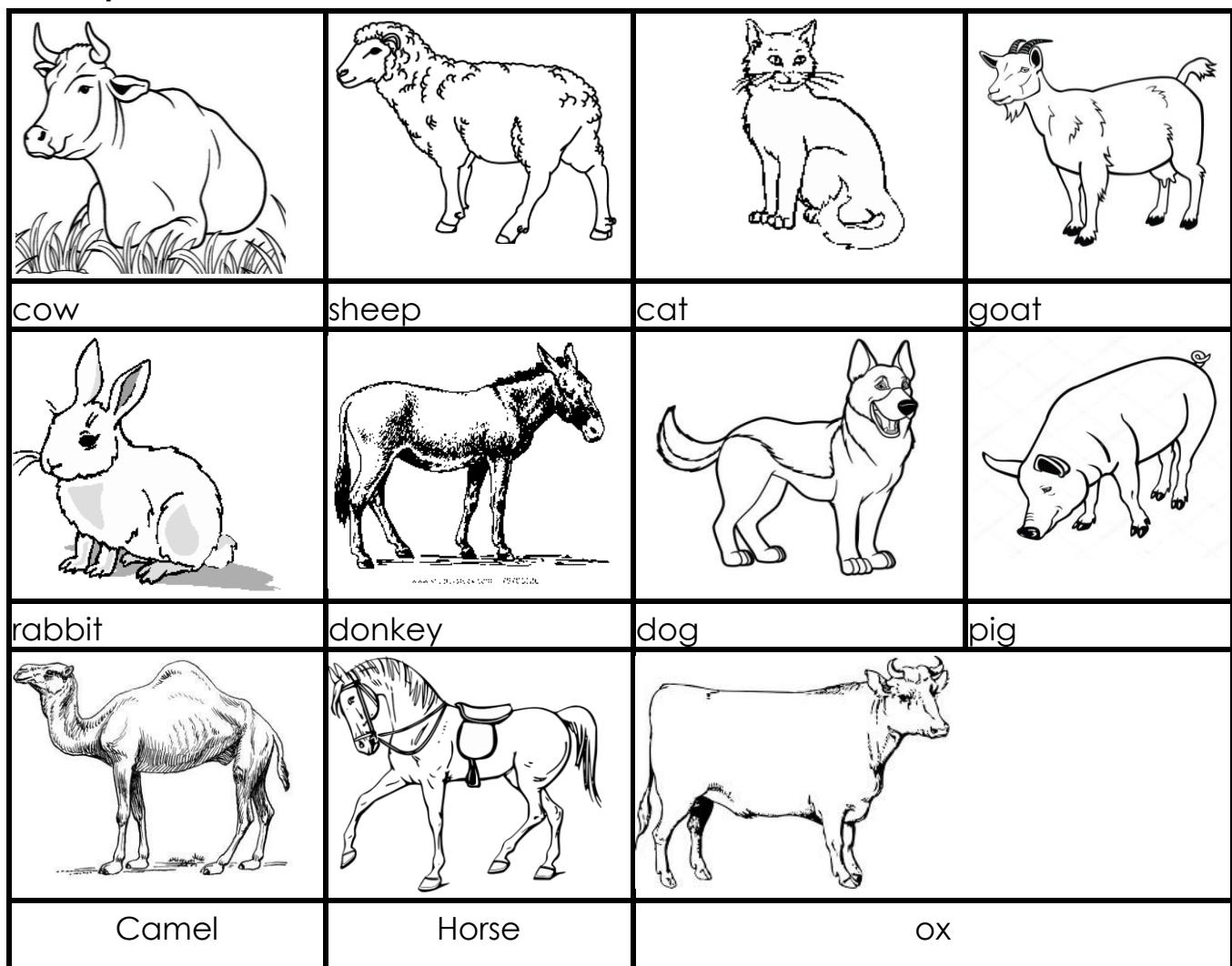
Types of animals

There are two types of animals.

- ☛ Domestic animals
- ☛ Wild animals

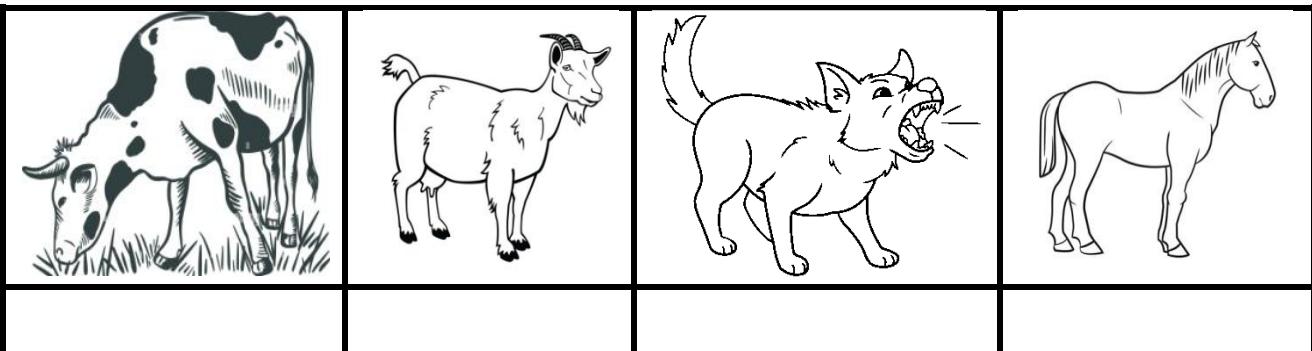
Domestic animals are animals kept at home.

Examples of domestic animals



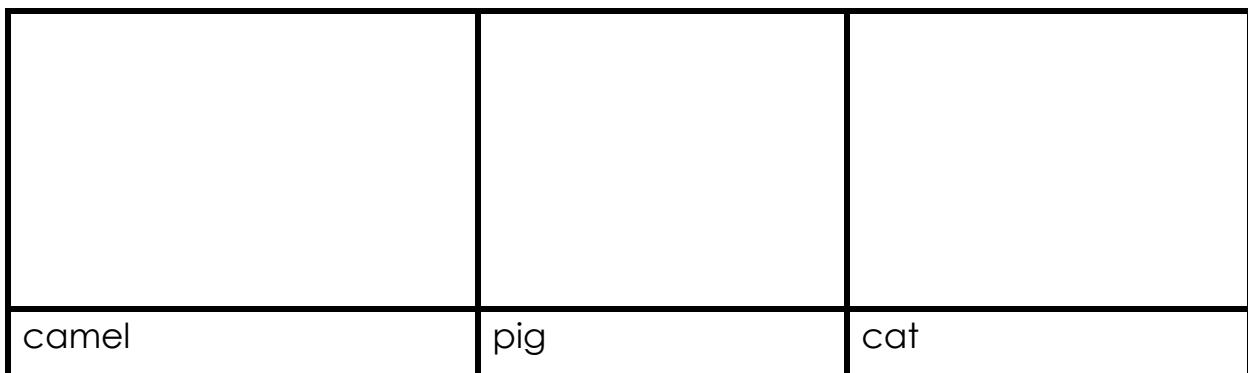
ACTIVITY

1. Write **two** types of animals.
2. What are domestic animals?
3. Name these domestic animals.



(cow, dog, horse, goat, camel)

4. Where do we find domestic animals?
5. Mention any **two** domestic animals.
6. Draw these domestic animals.



7. Circle the odd word out:

- (a) Cow, goat, pig, book
- (b) donkey, camel, monkey, ox

8. Arrange these words correctly to form domestic animals

- (a) Dnkoye_____ (b) taog_____ (c) cwo_____

LESSON 4: Uses of domestic animals

Uses of animals

1. They give us meat.
2. We get milk from cows and goats.
3. We get horns and hooves.
4. We sell them and get money.
5. A dog guards our home.
6. They work in our gardens

Animal products

Animal products are things we get from the animals.

Examples of animal products are:

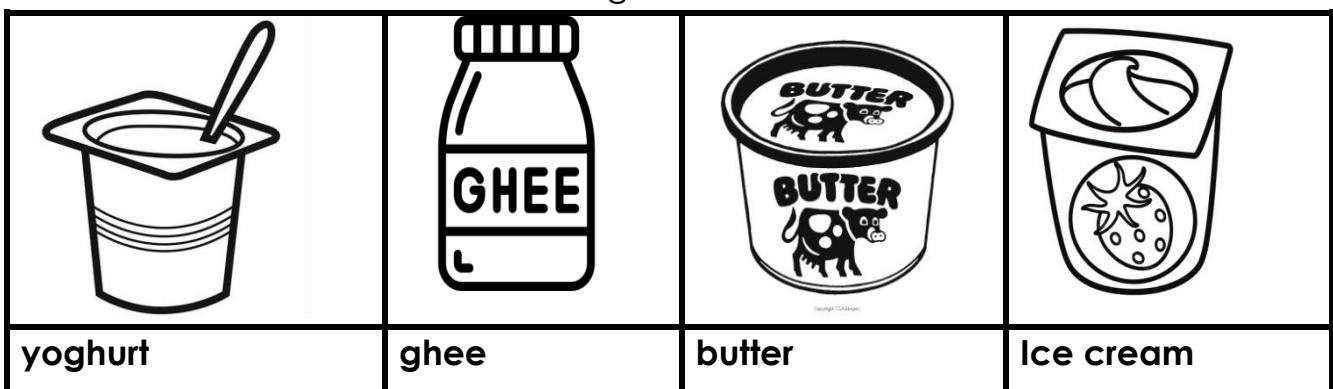
Milk, meat, skin and hides, droppings and dungs

Things got from milk.

- ☛ Butter
- ☛ Ghee

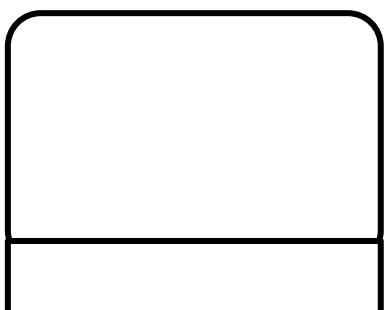
- ☛ Yoghurt
- ☛ margarine

- ☛ ice cream
- ☛ Cheese

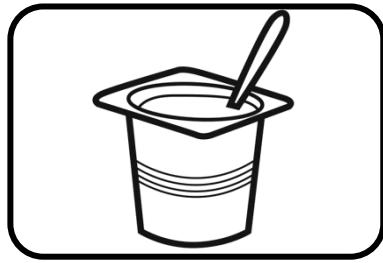
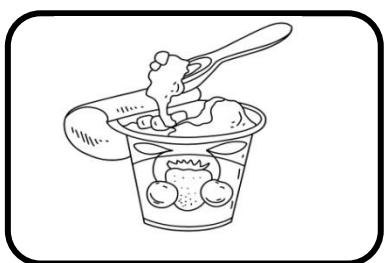


ACTIVITY

1. What are animal products?
2. Mention any **two** animal products.
3. Draw and name any three products made from milk.



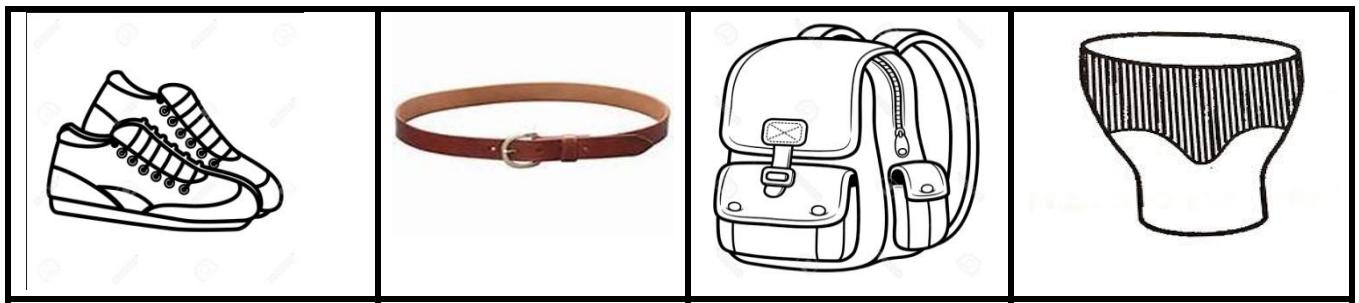
4. Which animals give us milk?
5. Mention any **two** animals which give us milk.
6. Name these animal products.



Lesson 5 : Things made from animal skin and hides.

- ☛ Both skins and hides cover the bodies of animals.
- ☛ Skins are got from small animals
- ☛ Hides are got from big animals
- ☛ Materials made out of skins and hides are called leather.

Examples of things we get from animal skins and hides

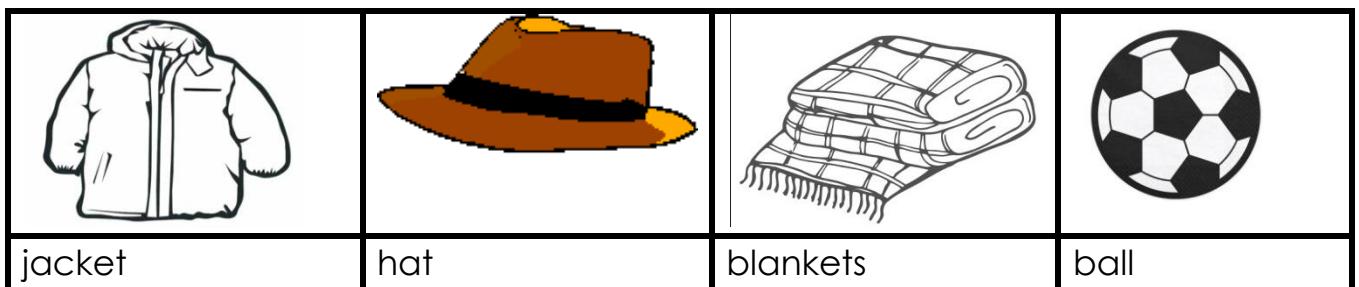


Shoes

Belt

Bag

Drum



jacket

hat

blankets

ball

ACTIVITY

1. What covers the body of animals?
2. Write any **two** domestic animals which provide us skins and hides.
3. Name the animal that guards our home.
4. Match the animals and their products

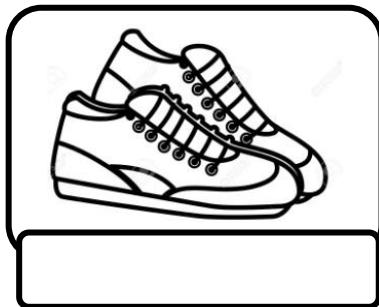
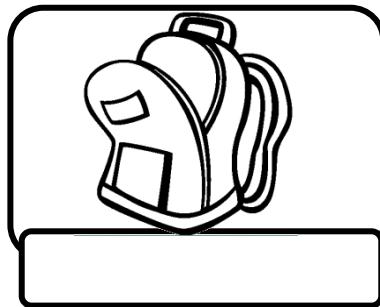
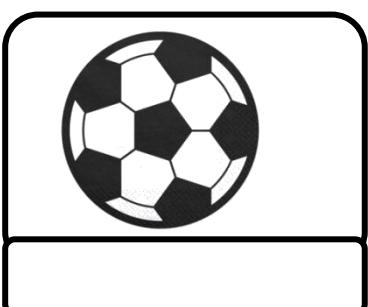
Dogs for milk

Cows for security

Pigs for eggs

Hens for pork

5. Name **two** animals which provide us with the skins and hides.
6. State any **one** use of a ball at school.
7. Name these things made out of animal skins.



8. We wear hat in _____ and rainy weather.
(cloudy, sunny)

9. Mention any **two** things which we get the skins.

Lesson 6 : Meat from each animal.

Meat from each animal

*fish– fillet/fish

*pig– pork

*rabbit– rabbit

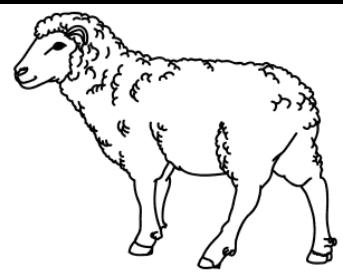
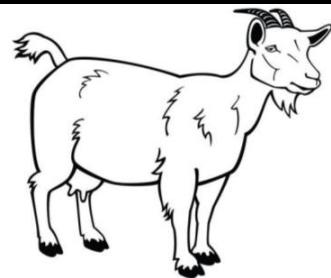
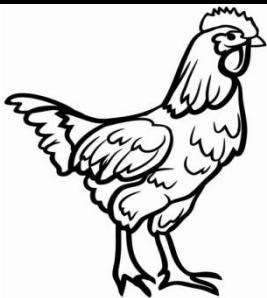
*hen– chicken

*turkey– turkey

*goose– goose

*Duck– duck

Meat got from some of the animals



chicken

beef

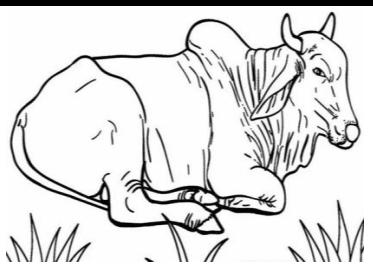
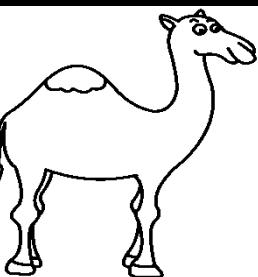
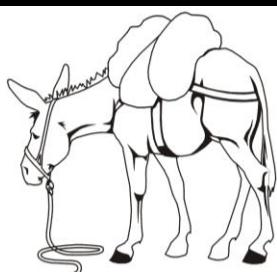
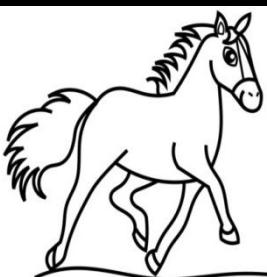
chevon

mutton

Pack animals

Pack animals are animals used for transport.

Examples of pack animals



horse

donkey

camel

ox

Work done by pack animals

- ☛ Pulling carts
- ☛ Ploughing
- ☛ Carrying luggage

ACTIVITY

1. Write **true** or **false** against these statements

(a) Cows give us meat and milk.

(b) Goats lay egg like hens

(c) Meat from the pig is called pork

2. Match the following animals to their meat.

goat

pork

sheep

beef

cow

chicken

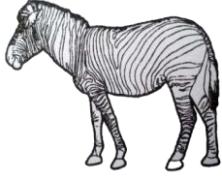
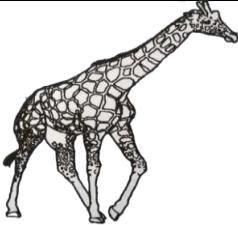
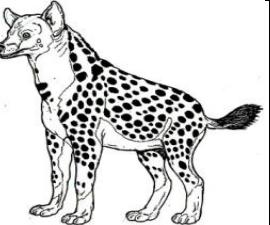
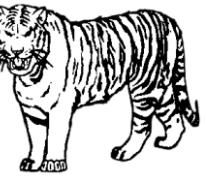
pig

chevon

hen

mutton

Below is a diagram of a cow gung.

rhino	crocodile	lizard	hippopotamus	cheetah
				
zebra	giraffe	monkey	hyena	tiger

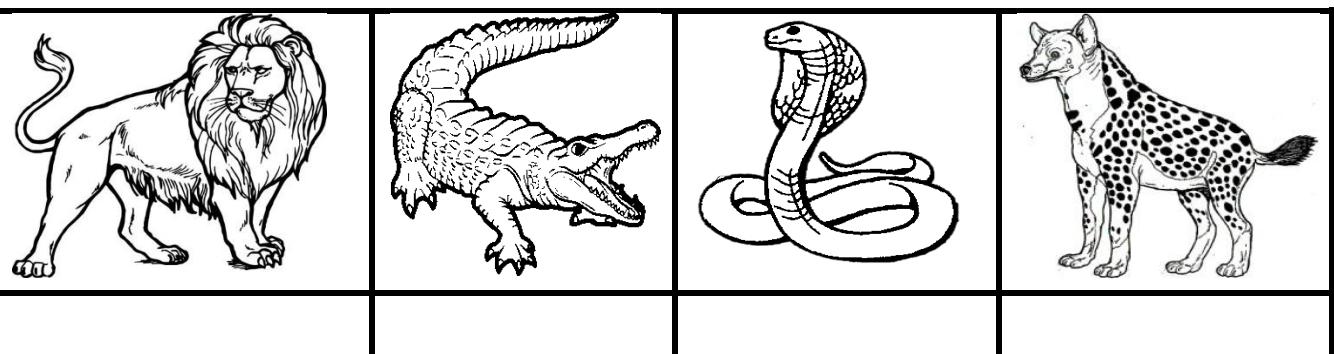
Uses of wild animals

1. They give us skins and hides.
2. They give us bush meat.
3. We sell them and get money.
4. Elephants give us ivory.
5. They are used for study purposes.
6. They act as tourist attraction.

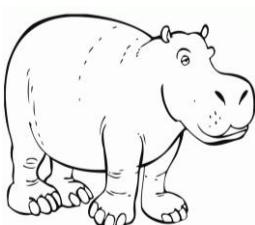
ACTIVITY

1. What are wild animals?
2. Which animals give us ivory?
3. Name any **two** wild animals.
4. Wild animals live in the (bush, home)

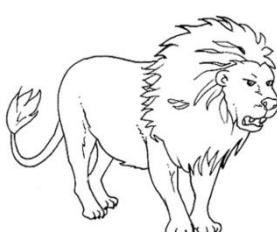
5. Name these wild animals.



6. Give any **two** uses of wild animals.
7. Name any **one** wild animal which starts with the letter
B_____ (ii) S_____ (iii) L_____
8. Mention any **one** animal which bite people.
9. Circle the correct name for these animals



elpehant hippopotamus



lion zebra

10. Name any **two** wild animals which live in water.

Needs of wild animals

- ☛ Food
- ☛ Water
- ☛ Shelter
- ☛ Protection

Uses of wild animals

- ☛ We kill them for food
- ☛ Tourists see them for money
- ☛ Keeping them give us jobs

Problems of wild animals

- 1) Wild animals kill people
- 2) Wild animals eat our animals kept at home
- 3) Wild animals destroy our crops

Examples of wild animals which destroy our crops

- ☛ Squirrels
- ☛ Wild pigs
- ☛ Monkeys
- ☛ Elephants

Examples of wild animals which kill people

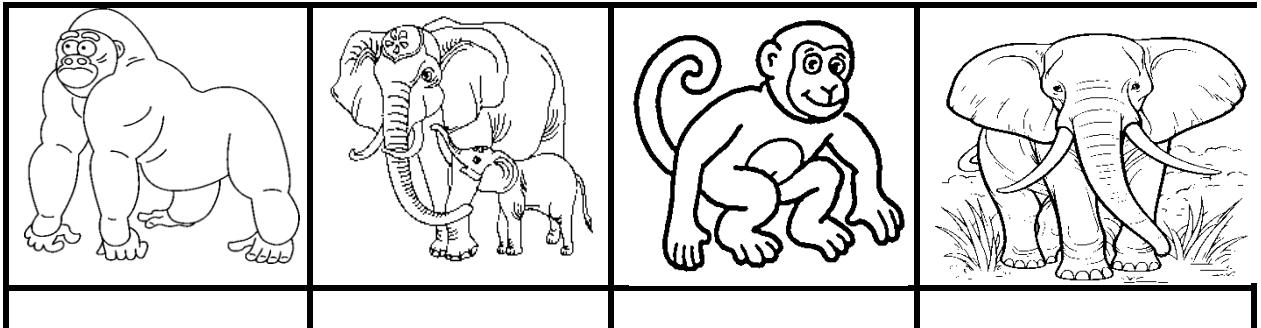
- ☛ Lions
- ☛ Elephants
- ☛ Snakes
- ☛ Leopards
- ☛ Cheetah
- ☛ Crocodiles
- ☛ Rhinoceros
- ☛ Hippopotamus

Activity

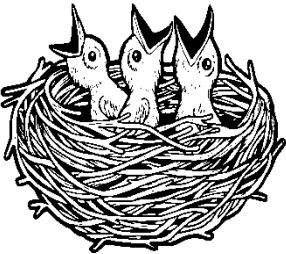
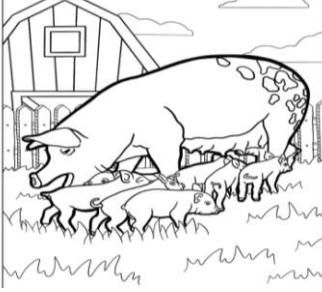
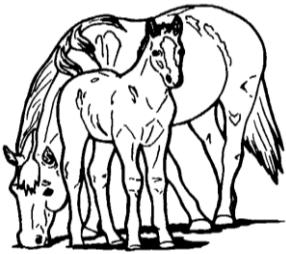
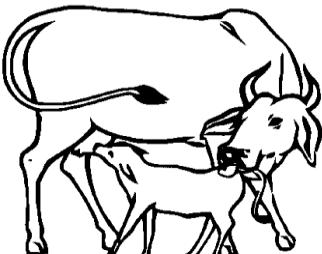
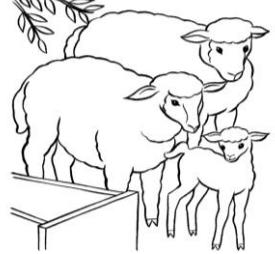
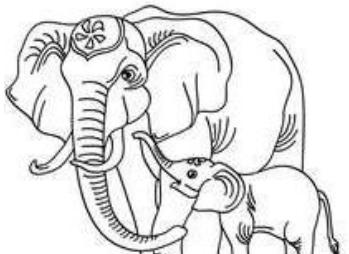
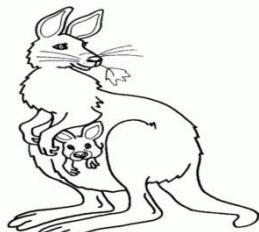
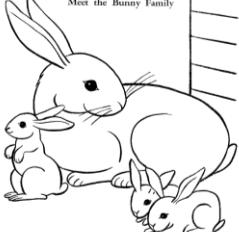
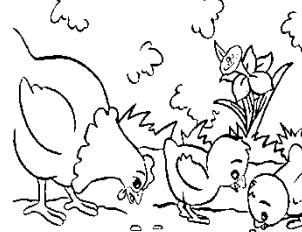
- 1) **What** are wild animals?
- 2) Mention any **two** places where wild animals live
- 3) State any **two** needs of a wild animal
- 4) State any **two** uses of wild animals
- 5) Name the animal which causes danger below.



- 6) Name any **two** animals which destroy our crops.
- 7) Name these animals shown in the picture below.



Lesson 8: Animal young ones

		
Nestlings for birds	Piglets for pigs	A baby for a man
		
Horse and foal	A cow and calf	Sheep and lamb
		An elephant and calf
		
Kangaroo and baby	Rabbit and kitten	Hen and chicks
		A duck and ducklings

Animal and their young ones

Every animal produce young one similar to it

How animals produce their young ones

- 1) Some lay eggs
- 2) Some animals give birth

Young ones of some animals

⇒ dog puppy
⇒ lion cub

⇒cat	kitten
⇒frog	tadpole
⇒fish	fry
⇒man	baby
⇒monkey	baby
⇒horse	foal
⇒goat	kid

ACTIVITY

1) Match the following animals to their young ones.

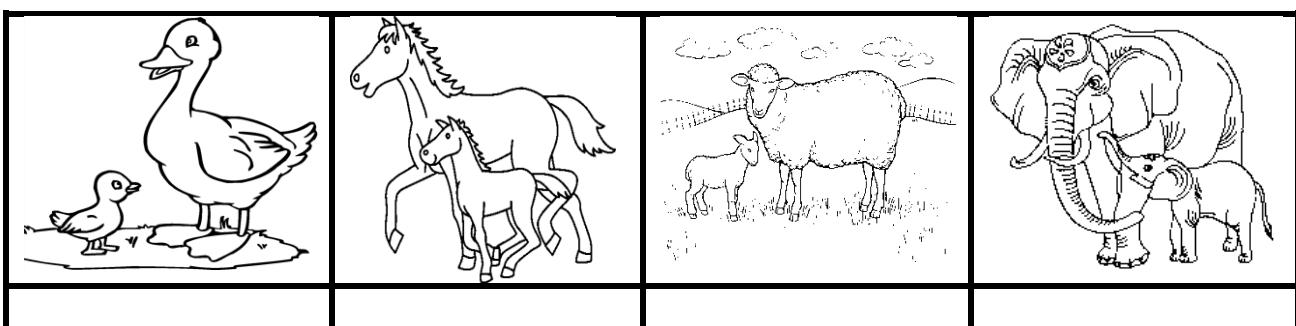
- | | |
|--------------|--------|
| (a) lion | calf |
| (b) sheep | baby |
| (c) elephant | cub |
| (d) monkey | kitten |
| (e) cat | lamb |

2) mention any two animals whose young ones are called babies

3) Fill in the missing word correctly.

- (a) A young dog is called _____
 (b) A young one of a snake is a _____

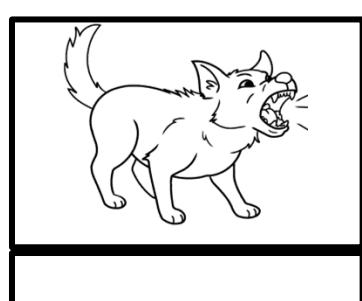
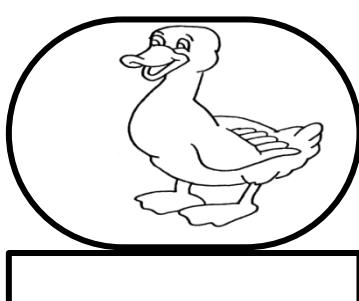
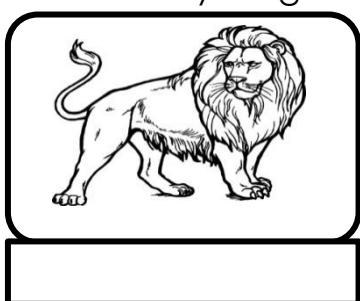
4) Name the mother animal



4) Complete these statements.

- (a) Cow is to calf as pig is to _____
 (b) Fish is to fry as man is to _____
 (c) Hen is to chick as frog is to _____
 (d) A cub is to _____ as a kid is to a _____

5) Name the young ones of these animals



Lesson 9: Animals and their sounds

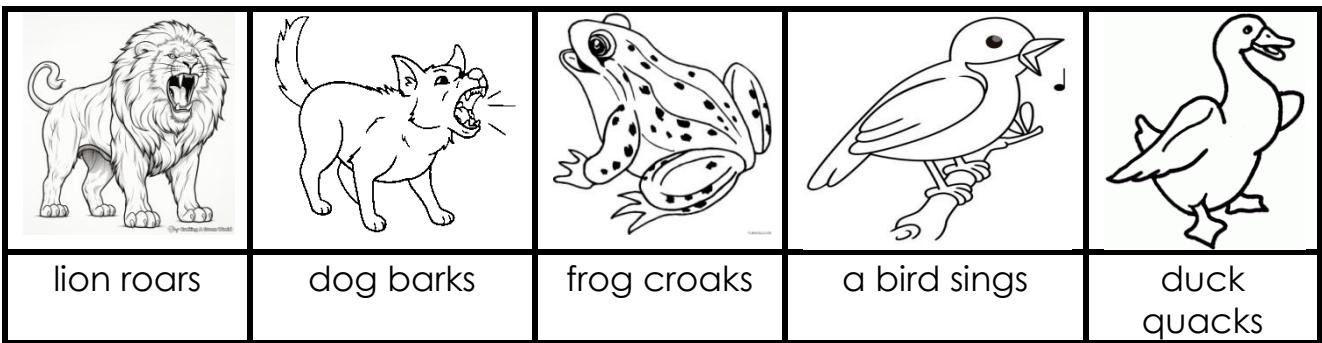
Lesson hints:

Different animals make different sounds for different purposes

Reasons why animals make sounds

- ☞ When they are hungry
 - ☞ When they are thirsty
 - ☞ When looking for others
 - ☞ To express pain
 - ☞ To express happiness
 - ☞ For defense
 - ☞ To protect territories

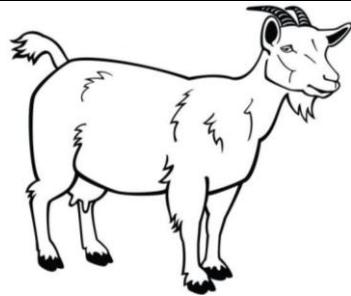
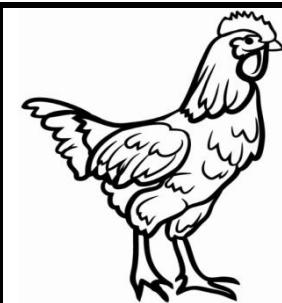
Sound made by different animals



Animal	sound
lion	roars
dog	barks/ cry, howl, chuff/ growl
cow	mows/lows
goat/ sheep	bleats
bees	hum/buzz
cat	mews/purrs
man	speaks
elephant	trumpets
monkey	chatters
baby	cries
cock	crows
snake	hisses

ACTIVITY

1. Which animal trumpets?
 2. Name **two** domestic animals which bleat.
 3. Write the sound made by frogs.
 4. Mention any **two** reasons why animals make sounds.
 5. Apart from barking, mention **two** sounds made by a dog.
 6. Name any **two** animals which make sounds.
 7. Which sound is made by these animals?



8. Mention any **two** animals which bleat.

Lesson 10 : Animals and their homes

Animals' homes

A home is a place where we live and stay

Animals' homes are places where different animals live and stay

Examples of homes of animals

animal	home	Horse	stable
dog	kennel	fish	water
pig	sty	cow	kraal
man	house	goat	shed
lion	den	whiteants	anthill
rabbit	hutch/barrow	sheep	pen/shed
bird	nest	bee	hive

Homes of some animals

hutch	cobweb	nest	water	grass

Reasons why animals need homes

- ☛ For protection
- ☛ For sheltering
- ☛ To give birth to young ones

Materials used by animals for making their homes.

- ☛ Grasses
- ☛ Feather
- ☛ Soil

Man uses these materials

- ☛ Cement
- ☛ Soil
- ☛ Grasses
- ☛ Sticks
- ☛ Bricks

ACTIVITY

1) Name the homes of these animals

a) Rabbit _____

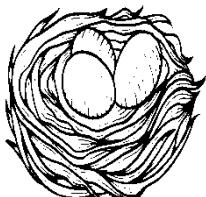
b) Birds _____

c) sheep _____

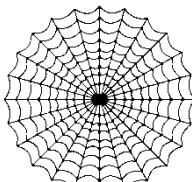
2) pigs _____ Mention **two** materials used to build our class

3) Why do animals need homes?

4) Name the homes of animals below



(a)



(b)

_____ (nestling, nest, cobweb)

Lesson 11 : Why animals move:**Animal movements**

Different animals move in different ways

Ability of animals to move from one place to another is locomotion

Body parts used by animals during movement

1. Legs/ limbs
2. Wings
3. Ears
4. Fins
5. hoofs

Different ways how animals move

Hop, skip, jump, run, slide, glide, fly, swim, burrow, climb, creep, crawl, wiggle

Activity

1) Ability of an animal to move from one place to another is called _____

2) Mention any **two** examples of animals kept at home.

3) Name any **two** wild animals.

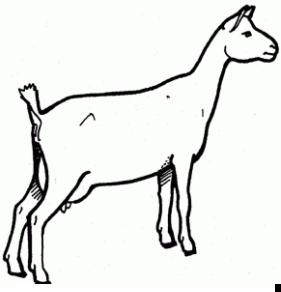
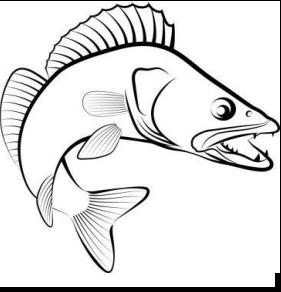
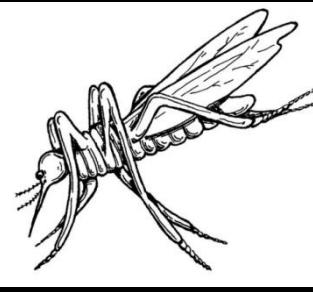
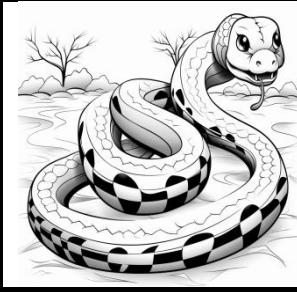
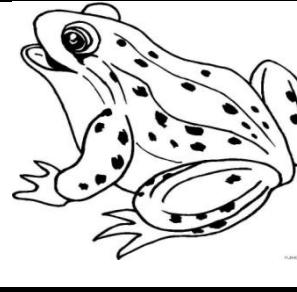
4) Write **two** body parts used by animals to move

5) Name the body part used for movement below



6) Mention **two** ways animals move.

Ways how some animals move

			
Goats walk	Fish swims	Bats fly	Kangaroo leaps
			
Fish swim	Mosquitoes fly	Snakes slithers	Frogs leaps

Ways some animals move

- ☛ people-walk
- ☛ caterpillar-wriggles
- ☛ Cow-walk/run
- ☛ dog-runs/walks
- ☛ baby-crawls
- ☛ grasshopper-hops
- ☛ snake, snake-slithers

Examples of animals and the way they move

walking	people, duck, cows, goats, sheep, lions, elephants,
wriggling	Caterpillars
hopping	Grasshoppers, locusts
slithering	snakes
swimming	fish, crocodiles, ducks
running	Man, dogs, donkeys, camels,
flying	Bats, insects, most birds

Some animals with more than one movement

- ☛ People walk, run and crawl
- ☛ Monkeys walk, run, climb
- ☛ Snakes crawl
- ☛ Snakes also slither and glides

Reasons why animals move

- 1) To look for food
- 2) To look for water
- 3) To look for family
- 4) To look for protection
- 5) To look for good shelter

Activity

- 1) State **two** reasons why animals move.
- 2) State **two** ways people move.
- 3) Which animal move by wiggling?
- 4) Which animal move by;
 - (a) Slithering_____ (b) hopping_____
 - (c) swimming_____ (d) leaping_____
- 5) Apart from snakes, which other animal slithers?

Animal weapon is what an animal uses to defend itself.

Animal weapon

cow	horns
cat	claws
Snake	fangs/poison
lion	teeth
man	hands/ teeth
bedbug	bad smell
crocodile	tail
monkey	teeth
bee	stings
bird	beak
elephant	ivory
chameleon	changes colour
dog	teeth
snail	shell

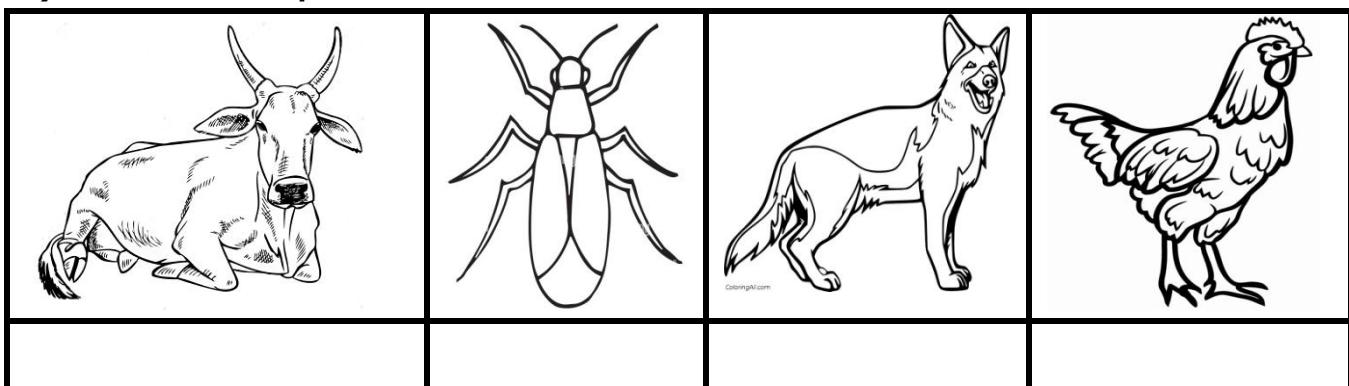
ACTIVITY

- 1) What is an animal weapon?
- 2) Match the following animals to their weapons.

monkey	beak
chameleon	claws
dog	poison
snake	hands
cat	changes colour
bird	teeth

- 3) What does a man use to protect himself?

- 4) Write the weapon of these animals



Lesson 14 : Common birds in our environment.

Lesson hints:

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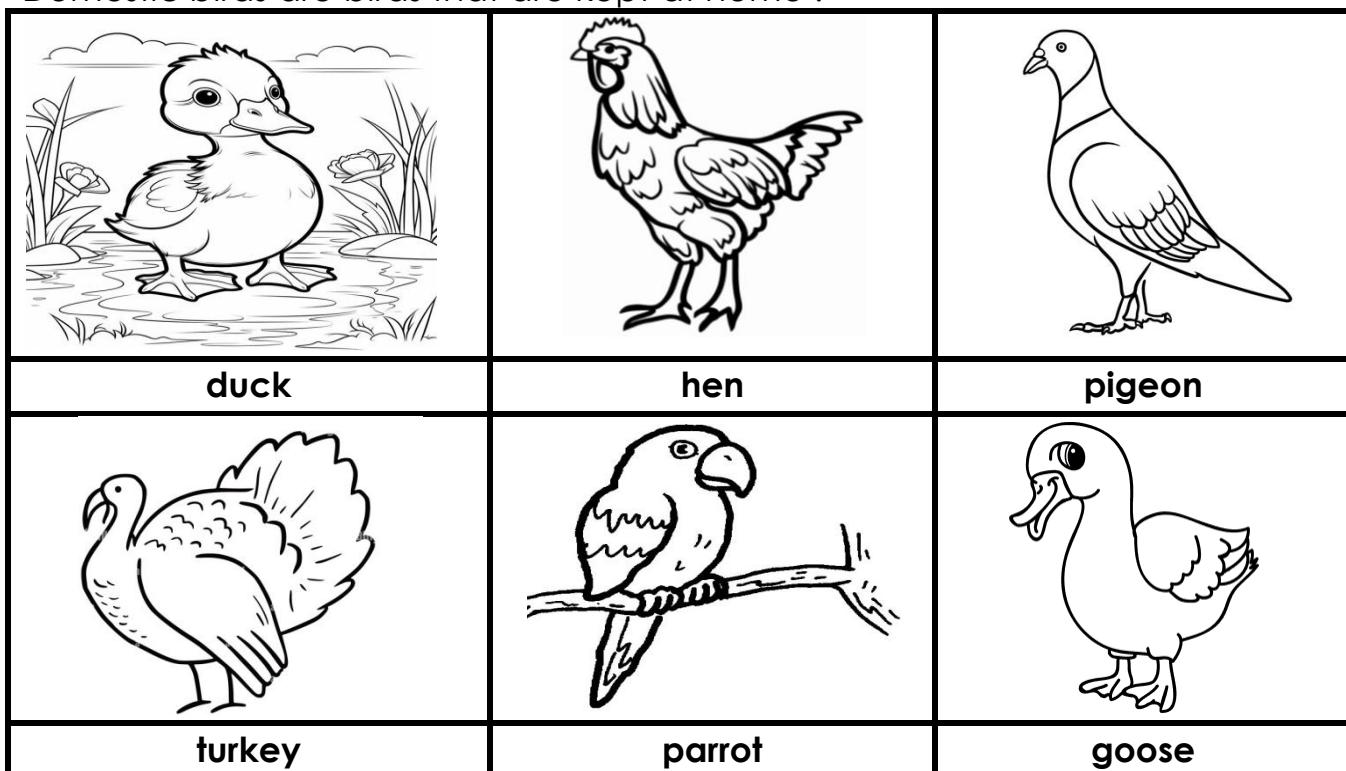
There are two types of birds.

- ☛ Wild birds
- ☛ Domestic birds.

Domestic birds

What are domestic birds?

Domestic birds are birds that are kept at home .

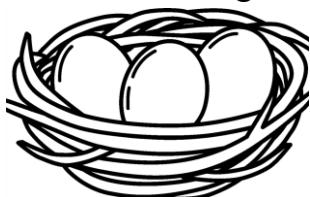


Uses of domestic birds

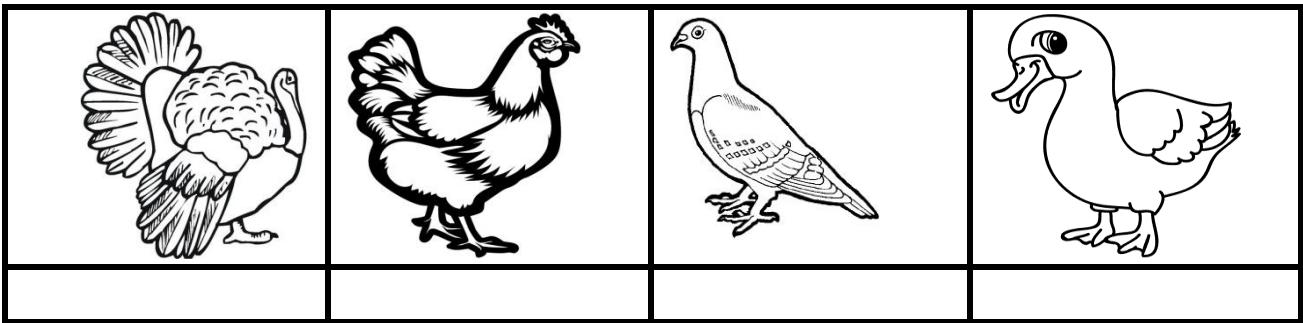
- ◆ They give us eggs.
- ◆ we sell them and get meat.
- ◆ We sell them and get money.
- ◆ We get feathers for decoration.
- ◆ We use them for cultural practices.
- ◆ We use birds for study purpose.

ACTIVITY

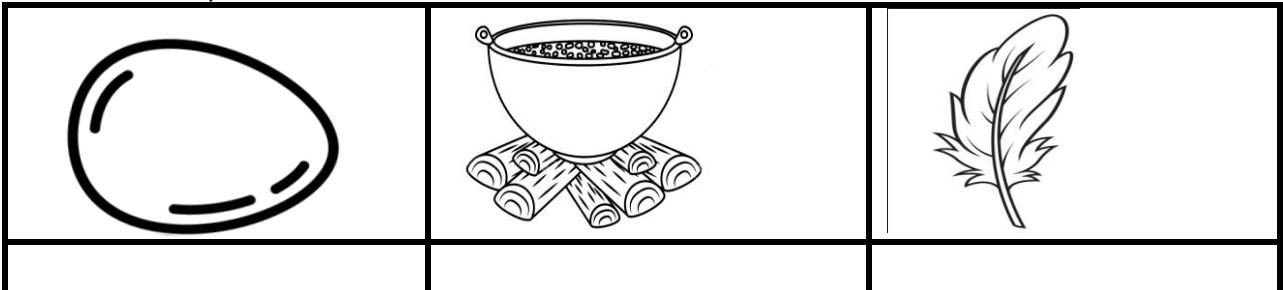
1. Give another name for domestic birds
2. Name the biggest domestic birds
3. Name the thing we get from hen.



-
4. Where are domestic birds found?
 5. Give any **two** uses of domestic birds.
 6. Name any **two** examples of domestic birds.
 7. Name these domestic birds.



8. How are feathers useful to birds?
9. Give any **two** domestic birds which give us eggs.
10. Name the products of domestic birds below.

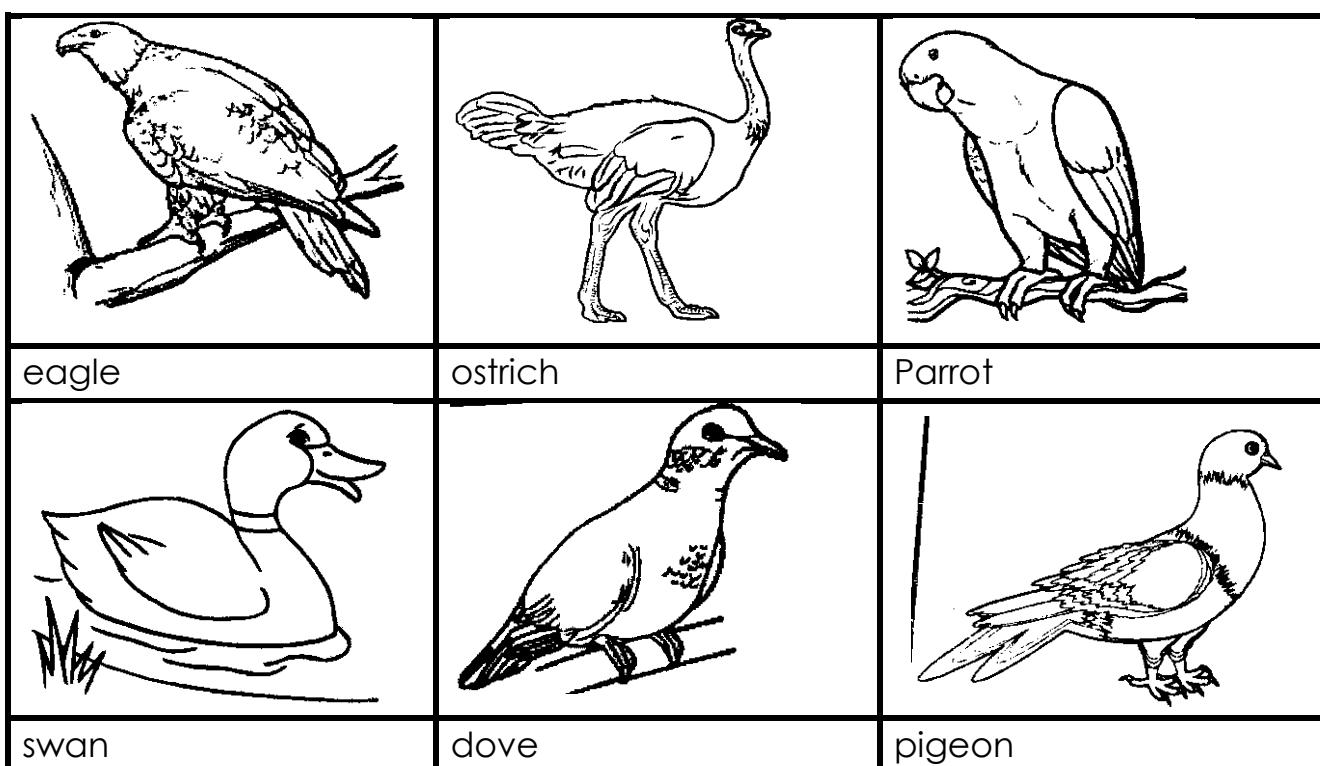


Lesson 16: Wild birds

What are wild birds?

Wild birds are birds that live in the bush.

Examples of wild birds

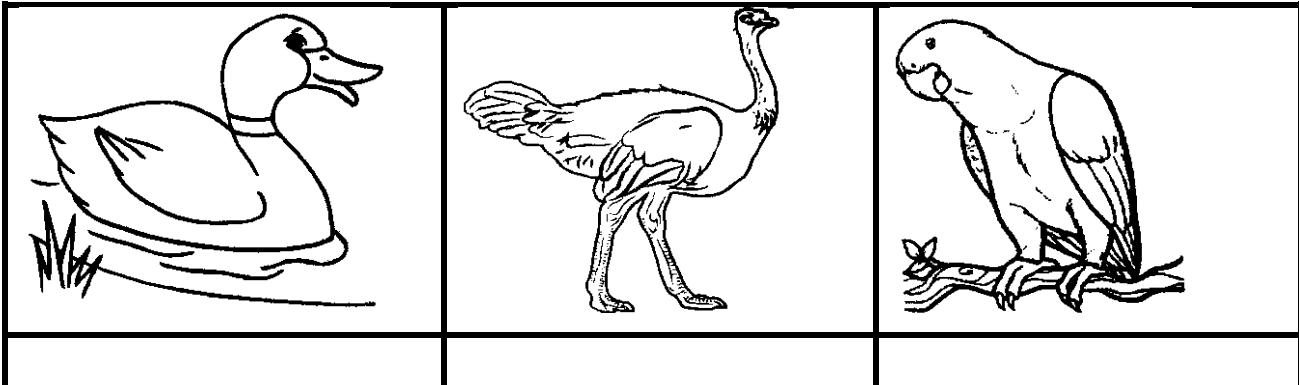


Uses of wild birds

- 1) Some wild birds are eaten.
- 2) Some birds lay eggs and their eggs are eaten like an ostrich.
- 3) Their feathers are used for decoration.

ACTIVITY

- What are wild birds?
- Name any **one** wild bird which provides us with eggs.
- Mention any **two** wild birds which destroy crops
- Name any **two** wild birds eaten by us.
- Name the **three** wild birds below.



- are animals which live in water
- Mention any **two** uses of wild animals.
- Which wild animals bite people?

Revision exercise

- Mention any **two** birds which give us eggs.
- Define an animal weapon.
- Mention **two** reasons why animals move from one place to another.
- Write "**correct**" or "**wrong**" at the end of a sentence.
 - Monkeys eat people: _____
 - A frog moves by hopping: _____
 - Cheese is got from skin: _____
- Mention **three** things we get from birds
- Write one birds found in these homes.**
 - Nest: _____
 - Pen : _____
 - Cage: _____
 - Poultry house: _____

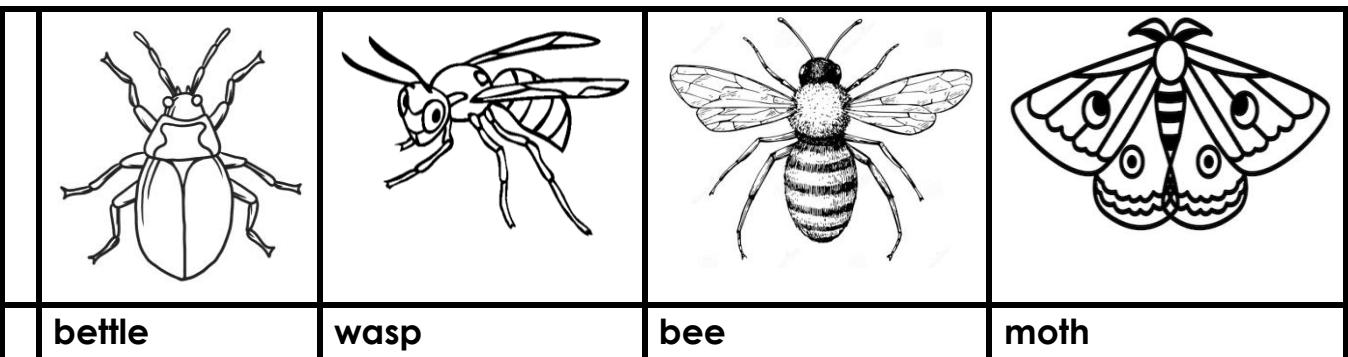
16. Match these birds to their young ones.

Bird Young one

- | | |
|------------|----------|
| i. duck | owlet |
| ii. hen | gosling |
| iii. goose | duckling |
| iv. owl | chick |

Insects

Examples of insects



Characteristics of an insect

- ☛ An insect has six legs/ 3 pairs of legs
- ☛ An insect has three main body parts.
- ☛ An insect has feelers
- ☛ An insect has two pairs of compound eyes
- ☛ An insect breathe through spiracles.

ACTIVITY

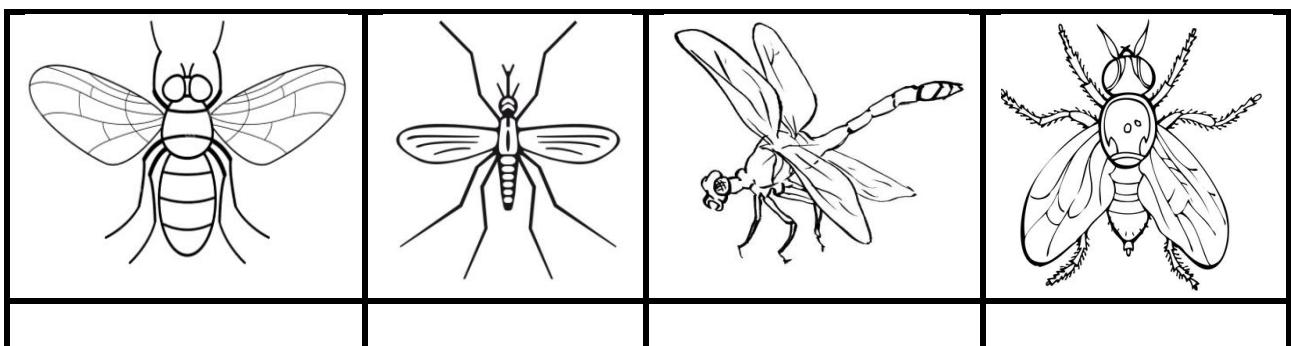
1. Fill in the missing words

- All insects have _____ pairs of legs each.
- cockroaches have _____ pairs of compound eyes
- All insects have _____ body division.

2. Give any **two** useful insects.

3. Which insect gives us honey?

4. Name the insects below.



5. Name the three body parts of an insect.

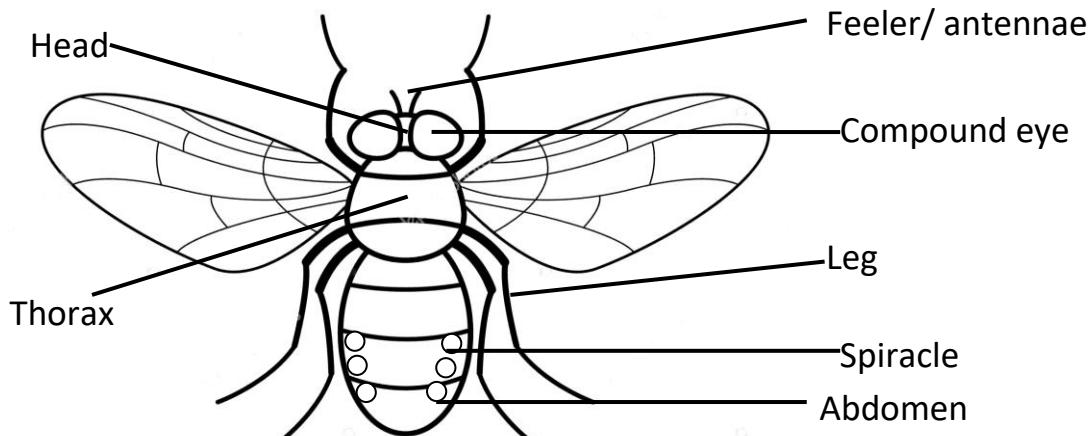
6. Write **two** characteristics of insects.

7. Which part of an insect is used for breathing?

8. Name **two** harmful insects

Lesson 18: Parts of an insect

Parts of an insect



An insect has 3 main body parts

- ☛ Head
- ☛ Thorax
- ☛ Abdomen

Lesson 19 : Uses of the parts on an insect.

Uses of the parts on an insect

- ◆ feelers - for feeling
- ◆ eyes - for seeing
- ◆ wings - for flying
- ◆ legs - for walking
- ◆ spiracles - for breathing

ACTIVITY

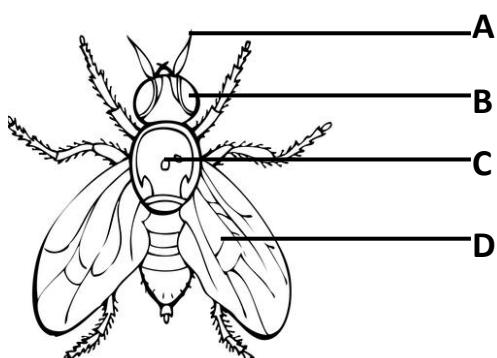
1. How are the following parts useful on an insect?

- (a) Legs: _____
- (b) Wings: _____
- (c) Spiracles: _____
- (d) Eyes: _____

2. Spiracles are to insects as _____ is to people.

3. How many eyes does an insect have?

4. Use the diagram below to answer the questions below.



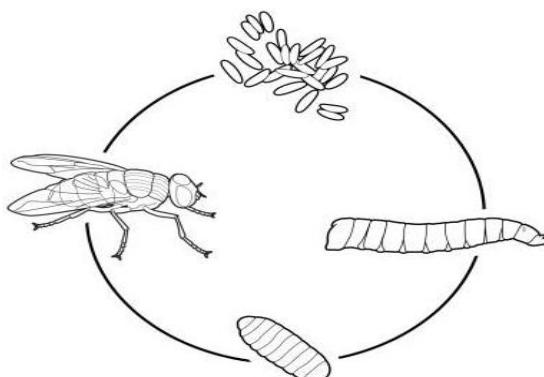
5. Match the parts of an insect to their uses

wings	spiracles
feelers	for breathing
for flying	for feeling
eyes	for seeing

Stages of a housefly

Lesson hint

Houseflies undergo four stages. This is called complete metamorphosis.



Egg, larvae, pupa, adult

Larva stage of a housefly is called maggot.

Places where houseflies are found

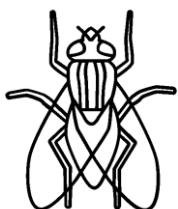
- ☛ Pit latrines
- ☛ Rubbish pits
- ☛ Dirty places

Other insects that undergo four stages

- ☛ Butterfly
- ☛ Mosquito

ACTIVITY

1. Name the stages of a housefly below



2. Give any **two** places where houseflies are found.

3. Write the larva stage of a housefly.

4. How many stages does a housefly undergo?

Stages of a cockroach

A cockroach undergoes three stages.

The second stage of a cockroach is **nymph**.

A cockroach lays its eggs in dark places

Other insects that undergo three stages

1. Grasshoppers

2. Locusts

3. Bees

Food eaten by a cockroach

- ✉ Papers
- ✉ Clothes
- ✉ Dirty things
- ✉ in toilets
- ✉ Leftover food

Places where cockroaches are found.

- ♦Toilets
- ♦Dark corners
- ♦Clothes
- ♦Cupboards

ACTIVITY

1. Write **one** thing eaten by insects.

2. Draw and name three common places where cockroaches are found.

3. How many stages does a cockroach undergo?

4. Draw and name the stages of a cockroach

5. Name the second stage of cockroach.

6. Name the second stage of cockroach.

7. Cockroaches lay _____ in dark places. (eggs, child)

8. Name any **two** insects that undergo three stages.

9. Give any **two** places where cockroaches are found.

Lesson 23 : Dangerous insects.

Lesson hints.

How some insects are harmful to us

- ♦Tsetse flies spread sleeping sickness.
- ♦Mosquitoes spread malaria.
- ♦Caterpillars eat leaves of plant.
- ♦Termites eat stems and roots of a plant.
- ♦Houseflies carry germs which cause diseases.

Diseases spread by a housefly.

1. Cholera

2. Dysentery
3. Diarrhoea
4. typhoid
5. Trachoma

ACTIVITY

1. Write any **two** harmful insects.
2. Which insect spreads malaria?
3. How are termites dangerous?
4. Which insect carries germs?
5. Write any **two** diseases spread by a housefly.

Lesson 24 : How to avoid dangerous insects:

How to avoid dangerous insects:

- ☛ By spraying
- ☛ By sleeping under treated mosquito nets
- ☛ By pouring oil on dirty water
- ☛ By cutting bush around our homes
- ☛ By keeping our homes clean
- ☛ By burning rubbish
- ☛ By keeping toilets clean
- ☛ By covering food
- ☛ By removing dirty water around our homes

How insects protect themselves.

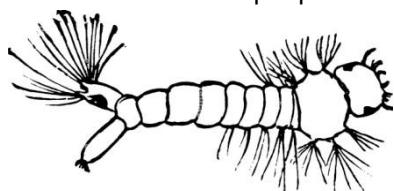
- ☛ By stinging
- ☛ By producing a bad smell
- ☛ By flying.

Ways of caring for insects

1. By providing them with water
2. By providing them with shelter e.g. bee hives
3. By not killing them
4. By protecting them from their enemies
5. By protecting their habitats.

ACTIVITY

1. Give any **two** ways of avoiding dangerous insects.
2. Name the insect whose pupae stage is shown below.



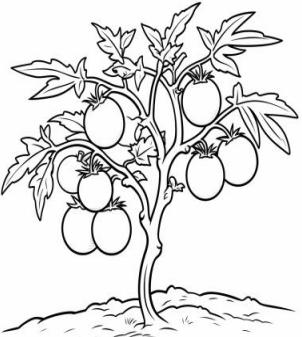
3. Write any two ways of caring for the insects

4. Write any **two** places that should be kept clean at home.
5. Shade yourself sleeping under a treated mosquito net.
1. What other name is given to domestic birds?
2. Draw and name three dangerous insects
3. How do we call the four stages of growth for an insect?
4. Name the larva stage for the insects below.
 - a) Butterfly :
 - b) Cockroach:
5. How many main body parts does an insect have?
6. Mention **two** reasons why people keep birds?
7. Which part of a bird helps it to fly?
8. Name **one** wild bird that eats our chicks:
9. Which insects live in the following places
 - a) dirty places:
 - b) dark places:
10. How can we protect ourselves from mosquito bites?
11. Why are bees important to people?
12. Mention **two** insects that go through only three stages of growth

LESSON 25: Common plants in our environment

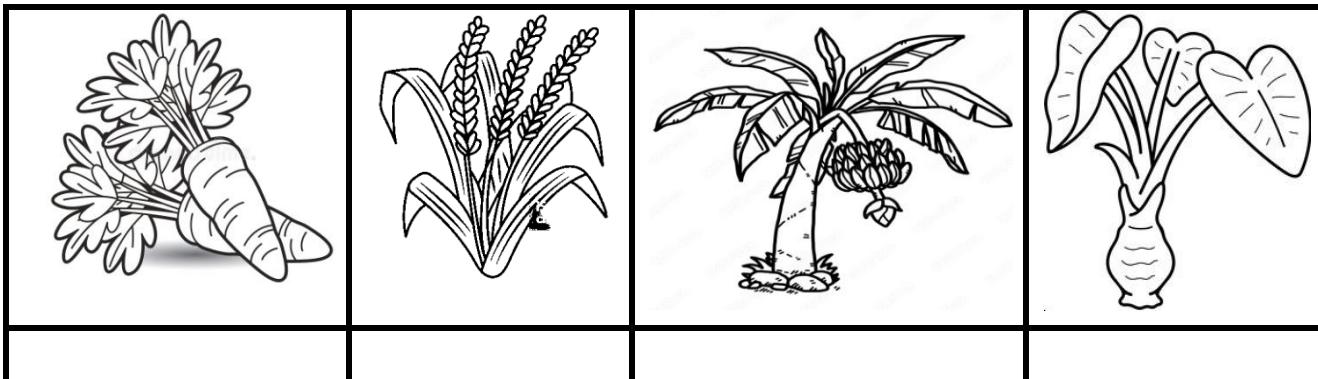
Plants are living things.

Examples of plants

			
Pumpkin plant	sugarcane plant	Egg plant	Carrot plant
			
maize	Tomato plant	Apple plant	Pawpaw plant

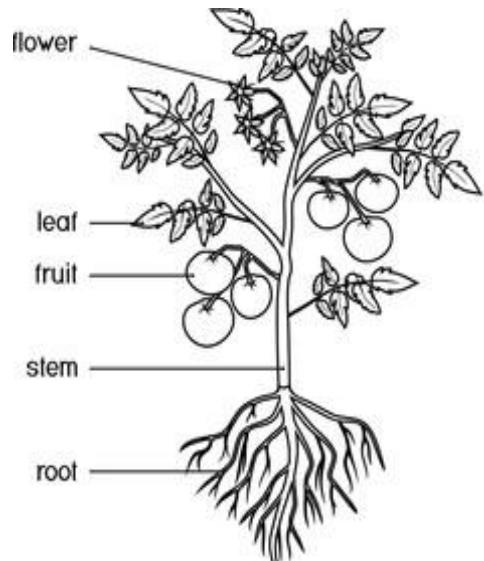
Activity

- 1) Name any four common plants at school.
- 2) Name any **two** common plants at home.
- 3) Name these plants correctly.



Lesson 26 : Parts of a plant.

Date:



There are two systems of a plant

Shoot system

Root system

Shoot system is the part of the plants above the soil.

A plant has four main parts of shoot system.

☞ Leaves

☞ Roots

☞ Stem

☞ Flower

ACTIVITY

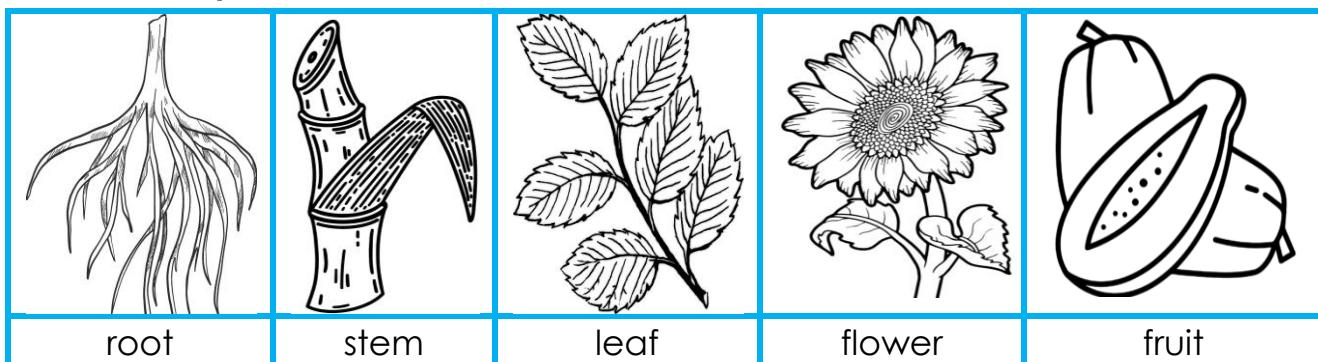
1. Mention the main parts of a plant.
2. Name the parts of a plant on shoot system.
3. Which part of the plants grows in the soil?
4. Show all the part of the plants below



Lesson 27: Uses of each part on a plant

Lesson hints

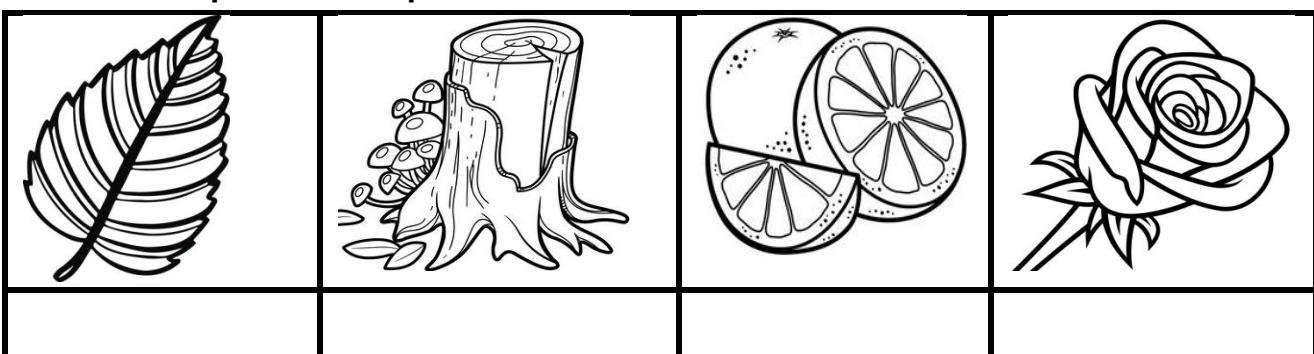
Parts of the plants and their uses



- 1) Leaves make food for the plant.
For breathing (stomata)
- 2) Stem holds the leaves of a plant.
Some stems store food for the plant.
- 3) Roots hold the plants in the soil.
- 4) Some roots store food for the plant.
Some roots store water for the plant.

Activity

1. Give the uses of the following parts of a plant.
 - (a) Leaves : _____
 - (b) Stem: _____
 - (c) Roots : _____
2. Stomata are for plants as _____ are for insects.
3. Name the parts of the plants below



Lesson 28: Parts eaten on a plant.

We eat different parts of different plants

We eat leaves, roots, stems, fruits and some flowers

Leaves eaten as food

- ◆ Dodo
- ◆ Cabbage
- ◆ Nakkati
- ◆ Onion
- ◆ Bugga.

Stems eaten as food

- ◆ Sugarcane

♦Irish potatoes

♦Yam

Roots eaten as food

♦Sweet potato plant

♦Cassava

♦Ginger

ACTIVITY

1. Draw these plants whose stems we eat.

yam plant	sugarcane plant	sweet potato plant

5. Mention **two** parts of plants which are eaten.

6. State **two** pants whose leaves are eaten.

7. Mention **two** plants that we eat their roots.

Lesson 29: Other parts we eat

Other parts we eat

We eat the seeds of some plants.

Plants we eat their seeds

Beans

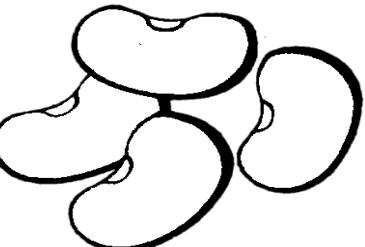
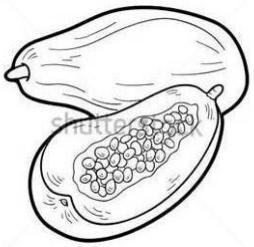
Cow peas

Peas

Groundnuts

ACTIVITY

1. Name these plants

		
beans	paw paws	apples

2. State **two** plants that we eat their seeds

- (i) _____
(ii) _____

3. Give **one** use of roots to a plant.

- (i) _____
(ii) _____

4. Which part of sweet potatoes is eaten by us?

Lesson 30 : Uses of plants and places where they are grown.

Uses of plants

- ◆ Plants give us shade.
- ◆ They give us firewood.
- ◆ We get food from plants.
- ◆ Some plants are wind breakers.
- ◆ We make charcoal from plants.
- ◆ Some plants give us flowers.
- ◆ Some plants are used as fences.

Places where plants are grown.

- ◆ Gardens
 - ◆ Swamps
 - ◆ Water
 - ◆ Deserts
-

ACTIVITY

- 1) Mention any **two** sources of food.
- 2) Name four uses of plants.
- 3) Write **two** places where we get plants.
- 4) Draw and name 3 (three) plants that provide us with food.

Lesson 31: dangers of some plants

Dangers of plants

- ◆ Some plants are poisonous
 - ◆ Some plants have thin horns.
 - ◆ Some plants keep dangerous animals like snakes.
 - ◆ Some plants make the compound dirty.
-

ACTIVITY

1. Give any five dangers of plants.

Lesson 32 : Plants that give us medicine.

Plants that give us medicine

- ☛ Bombo plant
- ☛ Mululuza plant
- ☛ Moringa plant
- ☛ Kigaji plant (Aloe vera)
- ☛ Mango plant
- ☛ Guava plant

Plants that give us juice

- ◆ Orange plant
- ◆ Watermelon plant
- ◆ Mango plant
- ◆ Passion fruit plant

- ◆ Pawpaw plant
 - ◆ Apple plant
 - ◆ Sweet banana plant
 - ◆ Pineapple plant
-

ACTIVITY

- 1) Name any **four** plants that give us medicine.
- 2) Give any **two** dangers of plants.
- 3) Mention three plants that give us juice.

Lesson 34 : Caring for plants.

Ways of caring for plants.

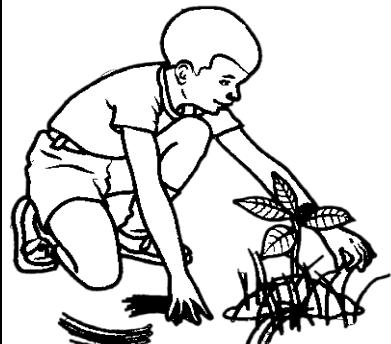
- ☛ By mulching
- ☛ By spraying them.
- ☛ By pruning
- ☛ By watering them.
- ☛ By weeding them.
- ☛ By harvesting them.

Meaning of some the ways of caring for plants

1. Watering is giving plants water
2. Spraying is the watering of plants using chemicals
3. Staking is giving plants support
4. Harvesting is the removing of ready crops from the garden.
5. Weeding is the removing of unwanted plants from the garden.
6. Pruning is the removing of unwanted branches from the plant.
7. Mulching is the covering of soil with dry grass from the garden.
8. Thinning is the removing of excess plants from the garden.

ACTIVITY

- 1) What is harvesting
- 2) **What term is used to mean**
 - a) the watering of plants using chemicals
 - b) the removal of seedlings from the nursery bed
 - c) cutting excess branches of plants
- 3) Name these ways of caring for plants



- 4) What is pruning?
- 5) Farmers spray their crops to kill _____ (pests, people)
- 5) Give any **two** things plants need to grow well.

Lesson 35 :

Seeds

A seed is a living part of a plant that grows into a new plant.

Examples of seeds

- | | | |
|---|--|---|
| <input checked="" type="checkbox"/> Bean seeds | <input checked="" type="checkbox"/> Ground nut seeds | <input checked="" type="checkbox"/> wheat seeds |
| <input checked="" type="checkbox"/> Millet seeds | <input checked="" type="checkbox"/> peas seeds | <input checked="" type="checkbox"/> Sim sim seeds |
| <input checked="" type="checkbox"/> Sorghum seeds | <input checked="" type="checkbox"/> rice seeds | |

Types of seeds

There are two types namely;

- Monocotyledonous seeds
- Dicotyledonous seeds

Mono-means one,

Monocotyledonous seed

Monocotyledonous seed are seeds which have one cotyledon

Examples of monocotyledonous seeds

- ♦Millet seeds
- ♦Rice seeds
- ♦Wheat seeds
- ♦Sorghum seeds
- ♦Sim sim seeds

Maize does not provide us with seeds. Maize provides us with grains.

ACTIVITY

- 1) What is a seed?
- 2) Mention the **two** types of seeds.
- 3) What does the word **mono** mean?
- 4) What are monocotyledonous plants?
- 5) Why is rice called monocotyledonous seeds?
- 6) Mention **two** examples of monocotyledonous seeds.

Lesson 36 : Dicotyledonous seeds.

Di—means **two**

Dicotyledonous seeds are seeds with two cotyledons

Examples of dicotyledonous seeds

- 1) bean seed
- 2) cow peas seed
- 3) avocado seed
- 4) groundnut seed
- 5) soya bean seed

ACTIVITY

- 1) What are dicotyledonous seed?
- 2) What does the word **Di-** means
- 3) Draw these dicotyledonous seeds.

Bean seed	Soya bean seeds	Groundnuts seeds

Lesson 37

Germination is the growing of a seed into a seedling.

A seedling is a young plant.

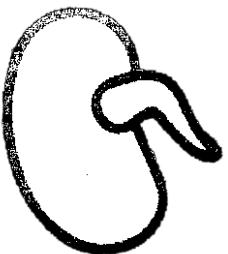
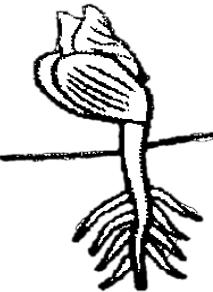
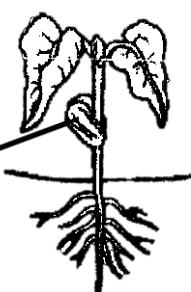
Conditions necessary/needed for a seed to germinate

- ☛ Water
- ☛ Warmth
- ☛ Oxygen.

Conditions for plants to grow well

- ☛ Sunlight
- ☛ Air (carbon dioxide)
- ☛ Warmth
- ☛ Soil

Stages of germination

		
Seed	Seedling	plant

ACTIVITY

- 1) Which air is needed for germination?
- 2) Which air is needed for plant growth?
- 3) _____ is the growing of a seed into a seedling.
- 4) What is seedling?
- 5) State **two** conditions needed for seedlings to grow into plants.
- 6) Write **two** conditions needed for a seed to germinate.
- 7) Name any **two** examples of seeds
- 8)

Test Exercise

- 1) Mention the two main groups of plants.
- 2) _____ is a part of a plant that grows in to a new plant.
- 3) Which part do we eat from the following plants?
 - (a) Onion _____
 - (b) Cassava: _____
 - (c) Banana: _____
- 4) What is seed germination?
- 5) List down **two** conditions needed for plants to grow well.
- 6) Name the main natural source of heat and light.
- 7) Which is the best type of soil for plant growth?
- 8) Fill in the missing term:
 - (a) _____ is the mixture of many gases.
 - (b) _____ gas is used to put off fire.
- 9) Mention **two** uses of water at school.
- 10) What are food crops?
- 11) Mention **two** food crops you know
- 12) List down **two** cash crops you know.

THEME 8: ACCIDENTS AND SAFETY.

Causes of common accidents in our community

Lesson 1:

What is an accident?

- ☛ An accident is a sudden injury that causes harm on a body or
- ☛ An accident is unexpected injury on the body.

Effects of accidents on the body

- ☛ It causes injury
- ☛ It causes bleeding of blood
- ☛ It leads to death

Places where accidents are common

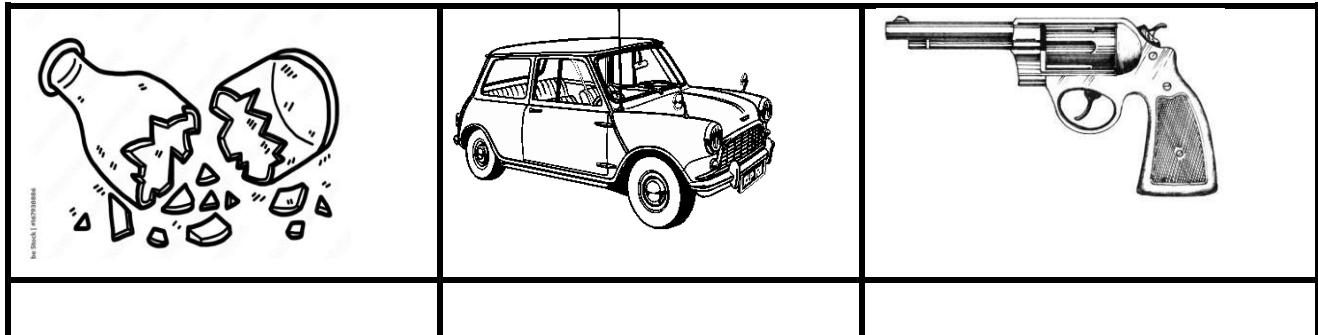
Examples and causes of common accidents

- | | |
|-----------------------------|------------------|
| ☛ Breaking bones (Fracture) | ☛ Bites |
| ☛ Cuts/pierces | ☛ Electric shock |
| ☛ Drowning | ☛ Stings |
| ☛ Burns | ☛ Nose bleeding |
| ☛ Scalds | ☛ Poisoning |

Activity

- 1) What is an accident?
- 2) What names is given to the breaking bones?
- 3) State **two** effects of accidents on the body.
- 4) Mention **two** animals which cause accidents.

- 5) Name **two** places where accidents are common.
- 6) Which accidents happen on roads?
- 7) Give any **two** examples of common accidents
- 8) Name these dangerous things which can cause accidents



Lesson 2 Accidents at home and school

Examples of accidents and their causes

- | | | |
|--|--|---|
| <input checked="" type="checkbox"/> Breaking bones | <input checked="" type="checkbox"/> Scalds | <input checked="" type="checkbox"/> Nose bleeding |
| <input checked="" type="checkbox"/> Cuts/pierces | <input checked="" type="checkbox"/> Bites | <input checked="" type="checkbox"/> Poisoning |
| <input checked="" type="checkbox"/> Drowning | <input checked="" type="checkbox"/> Electric shock | |
| <input checked="" type="checkbox"/> Burns | <input checked="" type="checkbox"/> Stings | |

Cause of accidents at home and at school

1. falling
2. Sharp objects
3. water bodies
4. fire
5. hot vapour
6. dog and snakes
7. electricity
8. insects
9. a blow on the nose
10. misuse of drugs

Managing of accidents at home

- 1) Report to the elders
- 2) Making alarm
- 3) Rushing the person to the hospital
- 4) Use bandage.

ACTIVITY

- 1) To whom should we report accidents?
- 2) Give any **two** accidents at home.
- 3) How can we manage accidents at home?
- 4) Give two causes of accidents at home
- 5) Draw these accidents at school.

falls	bites

burns	cuts

Lesson 4:

Causes of accidents on the way/ road

Over speeding

Throwing objects to moving vehicles

Speaking on phones while driving

Not following traffic rules

Playing on the road

Driving while drunk

Grazing animals along the road

Playing with electric wires

Over loading

Bad driving

Crossing from road junctions

Activity

- 1) State **two** means of road transport.
- 2) Mention **two** causes of road accidents.
- 3) Which accident do you get when you cross the road carelessly?
- 4) Which accident do you get when you climb the trees?
- 5) Mention **two** things which cause accidents on the roads.

Ways of preventing accidents on the roads/ way

1. By following traffic signs
2. By not playing with dangerous animals
3. Crossing roads from zebra crossing
4. Do not drive carelessly
5. Do not overload
6. Do not over speed
7. By not driving when drunk
8. By not playing on the roads.

Ways of managing accidents.

Incase accidents happen, we can manage it by:

1. giving first aid
2. Rushing to the hospital
3. Using a bandage.

4. Disconnect electric circuit.
5. Put cold water on fore head in case of nose bleeding.

ACTIVITY

- 1) Which accident is caused by a dog?
- 2) Where are people taken after getting an accident?
- 3) Name **two** accidents on the roads.
- 4) Give any **two** ways of preventing accidents.
- 5) Write any **two** ways of managing accidents.

Lesson 6 : First aid.

Lesson hints:

What is first aid?

- ☛ First aid is the first help given to an injured person before being taken to the hospital.
- ☛ A person who gets an accident is **causality**.

Why a person should be given first aid.

- ☛ To save life
- ☛ To reduce pain
- ☛ For quick recovery
- ☛ To stop bleeding

Ways of giving first aids

- ☛ Trying cuts to stop bleeding.
- ☛ Washing cuts with clean water.
- ☛ Covering cuts with a bandage.
- ☛ Cooling burns with cold water
- ☛ Pushing the stomach to let water out.

ACTIVITY

- 1) What is first aid?
- 2) What do we call a person who has got an accident?
- 3) State **two** reasons for giving first aids.
- 4) Mention **two** ways of giving first aids.
- 5) We give first aid to stop _____.
- 6) Who is a first aider?

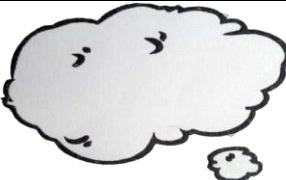
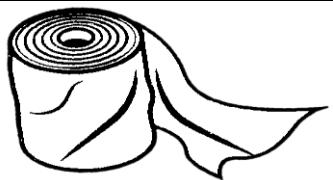
Lesson 8 First aid/box/kit

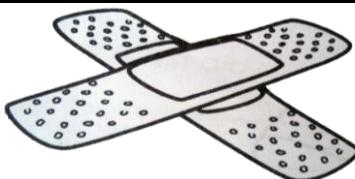
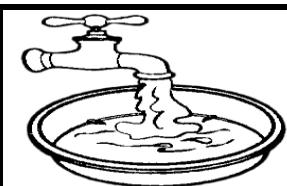
Lesson hints:

What is a first aid box?

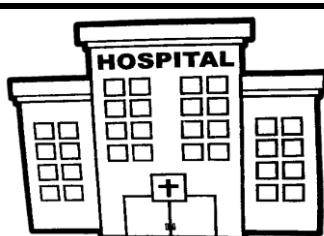
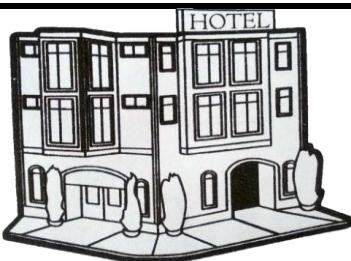
♦**This is a box where things used to give first aid are kept.**

Things found in the first aid box or things used to give first aid.

		
soap	cotton wool	bandage

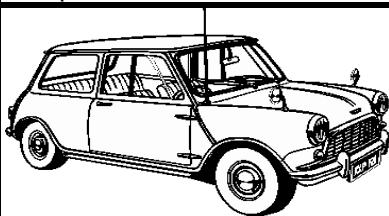


Places where first aid boxes are found.



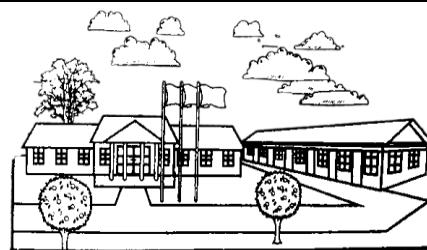
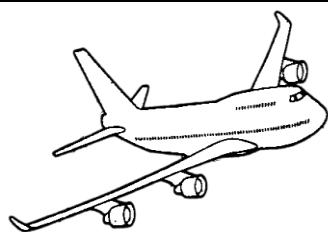
hotel

hospital



home

vehicle



aero plane

school

Places where we find first aid boxes.

- homes
- hotels
- Schools
- restaurants
- vehicles

REVISION EXERCISE

1. What is an accident?
2. Mention any **two** common accidents at home
3. Identify any **two** things that cause accidents at home and school.
4. Write down any **two** causes of accidents at home and school.
5. How can we prevent accidents at home and school. Give four ways.
6. Write out the effects of accidents from the list.

love obedience

death good relationship poverty lameness

7. The first help given to an injured person is called _____

8. Who is a causality?

9. What do we call a person who gives first aid?

10. Why do we give first aid? Give three reasons

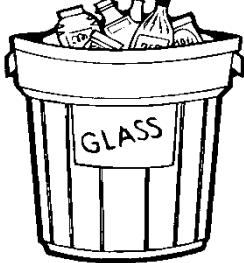
11. Mention any **four** things found in the first aid box.

12. Identify any **three** places where first aid boxes can be found.

13. State any **two** effects of accidents on the body.

14. Write down any four ways of preventing accidents at home and school.

15. Below is a diagram of a dustbin. Use it to answer the question below.



16. Name the sanitation materials shown below.

17. Why is it put in our class?

THEME: MEASURES

Sub theme: Seasons

Examples of measures

1. Money
2. Time
3. Length
4. Weight
5. Height

Seasons:

What is a season?

A season is a long period of time when an area receives the same weather conditions.

Types of seasons:

There are two types of seasons in a year and these are;

- (i) Wet season/rainy season
- (ii) Dry season/sunny season

Wet season:

A wet season is a period when an area receives a lot of rainfall.

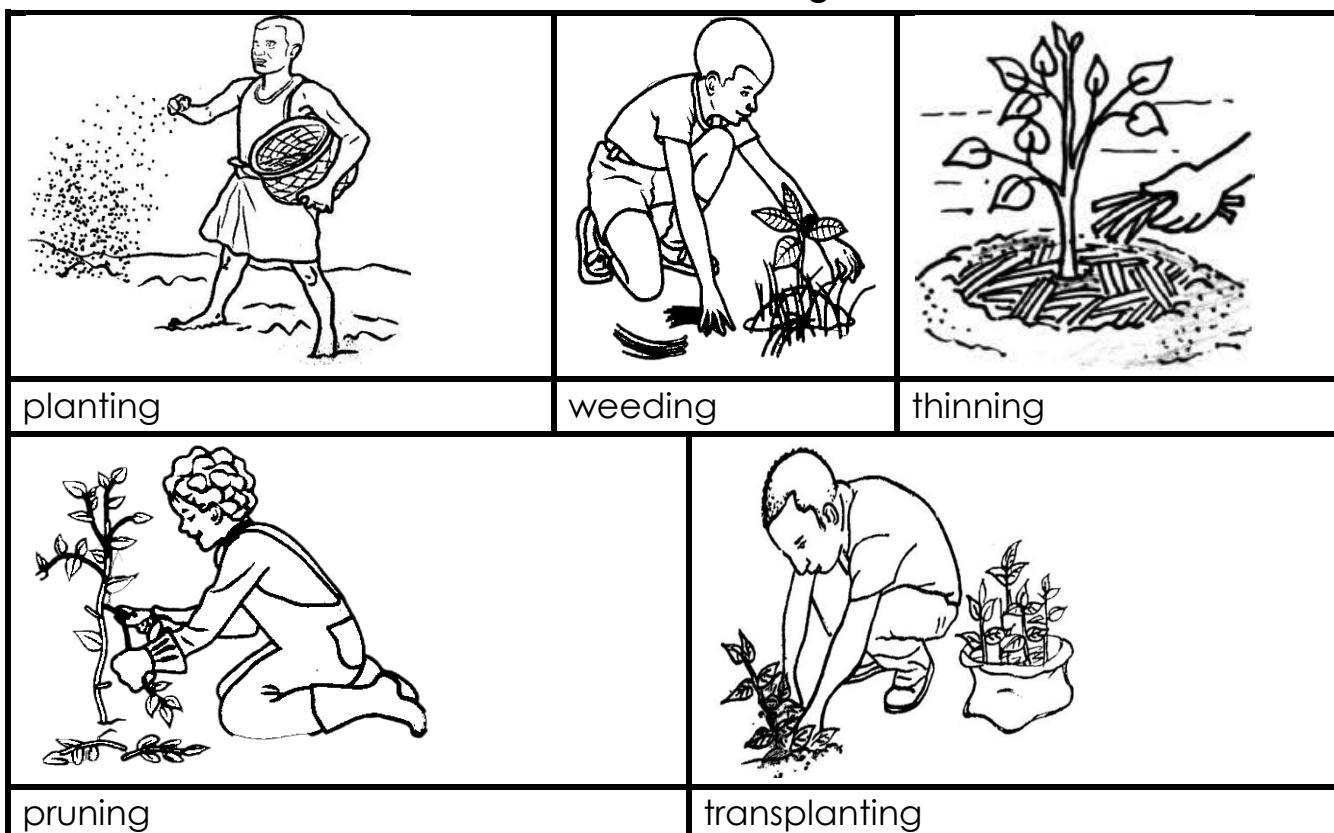
Activities done during the wet season:

- 1) Planting
- 2) Weeding
- 3) Transplanting
- 4) Pruning
- 5) Thinning

Meaning of key terms:

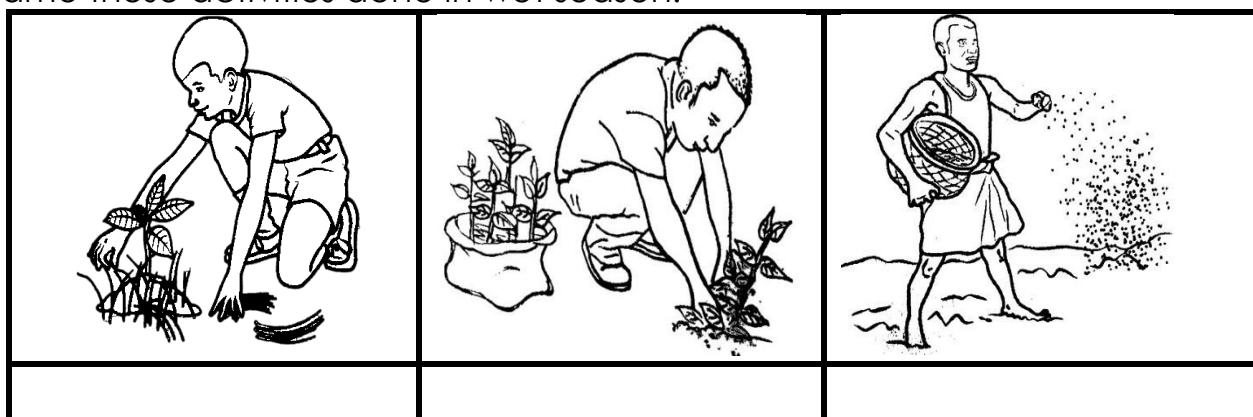
- ☛ Weeding is the removing of unwanted plants from the garden.
- ☛ Transplanting is the transfer of seedlings from nursery beds to the main garden.
- ☛ Thinning is the removing of excess plants from the garden.
- ☛ Pruning is the removing of excess branches and old leaves from the plant.
- ☛ Harvesting is the removing of ready crops from the garden.

Common activities done during wet season



Activity:

1. List down **two** types of seasons in a year.
2. Mention any **three** activities done in wet seasons.
3. What is:
 - a) Pruning
 - b) Thinning
4. What term is used to mean the removing of ready crops from the garden?
5. Name these activities done in wet season.



Dry season:

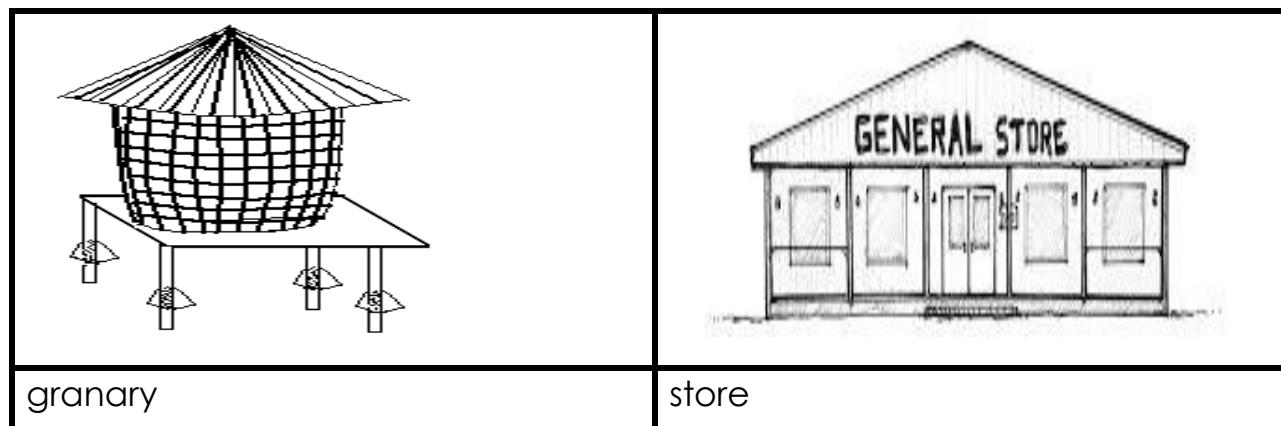
This is a long time when an area receives a lot of sunshine.

Excessive dry season causes drought

Activities done during the dry season

- Drying seeds
- Harvesting
- Storing seeds
- Clearing land
- Watering plants
- Winnowing

Places where we keep the dried seeds/crops.



Activity:

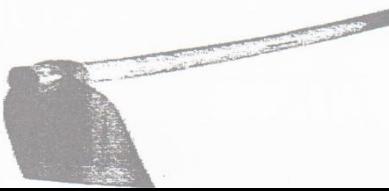
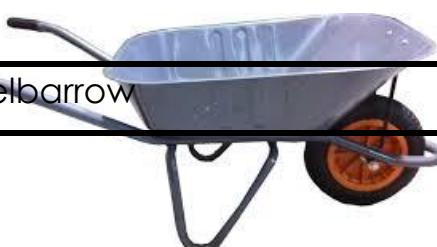
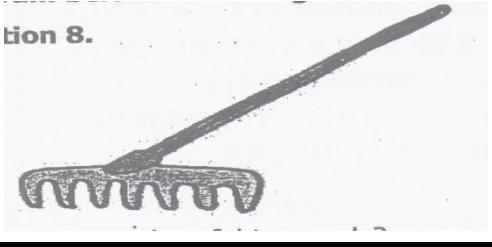
1. Write down **two** activities done during the dry season.
2. What name is given to a person who grows crops?
3. What is weeding?
4. In which season do farmers weed their crops?
5. What are weeds?
6. Name the best season for watering crops.
7. **Name the activity done in dry season below.**



Garden tools:

Garden tools are things used in the garden to do different work.

Examples of garden tools

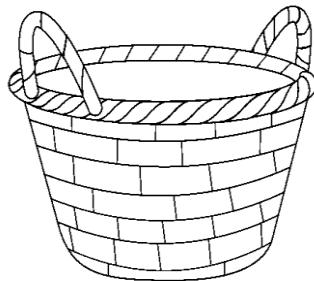
	
hoe	trowel
basket	knife
	panga
slasher	axe
	 rake
spade	

Activity:

1. Name any four garden tools

i) _____



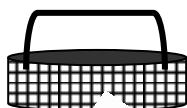


ii) _____

iii) _____

iv) _____

2. Match the garden tools to their names.



slasher



axe



Basket

3. Draw these garden tools.

slasher	axe	wheelbarrow

Importance or uses of each tool used in the garden.

Hoe: For digging, weeding crops

Trowel: for transplanting.

Pruner: for removing branches ad old leaves from the plant

Watering can: for watering plants

Basket: for carrying food from the garden

Knife: for peeling food

Wheelbarrow: for carrying manure to the garden

Panga: for cutting small trees

Axe: for cutting trees

Rake:for collecting rubbish

Activity:

1. A _____ is used for watering plants.

2. Give the importance of the garden tools below

Basket _____

Panga _____

Hoe _____

Axe _____

Rake _____

3. A slasher is used for _____

Weather:

What is weather?

Weather is the change in the atmosphere of a given place at a given time.

Elements of weather

There are four elements of weather

- Rainfall
- Sunshine
- Wind
- Cloud

Activity

1. Define weather

2. Fill in the missing letters.

- a) W_____d
- b) Cl_____ds
- c) W_____ther
- d) Pl_____c_____

3. Write any three elements of weather.

4. Write small words from the given words.

- a) Atmosphere _____,
- b) Wind _____,
- c) Sunshine _____,

Types / Conditions of weather

These are the patterns in which weather conditions appear.

There are four types of weather

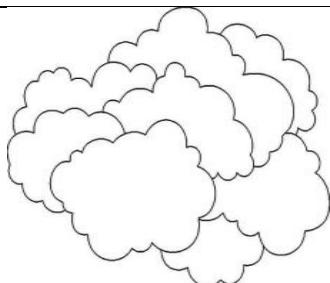
1. Sunny weather
2. Rainy weather
3. Cloudy weather
4. Windy weather



Sunny weather



Rainy weather



Cloudy weather



Windy weather

Ways people behave during different weather conditions.

1. People put on light clothes during sunny weather to feel fresh.
2. People put on heavy clothes during rainy or cold weather to be warm.

Dangers caused by weather changes.

- Too much wind breaks houses and trees.
- Too much sunshine causes drought.
- Too much sunshine destroys people's crops.
- Rainy weather causes thunder and lightning that kills people and animals.
- Too much rain causes floods.
- Too much sunshine causes headache.
- Too much sunshine raises dust.

Activity:

1. Draw these types of weather.

sunny	cloudy

2. On which weather condition do people put on gumboots?
3. Write two dangers of too much sunshine.
4. How harmful is too much rainfall?
5. Which weather element brings rain?

Sub – theme: Units of measure.

Weight

Weight is how heavy or light something is.

Standard units of measuring weight.

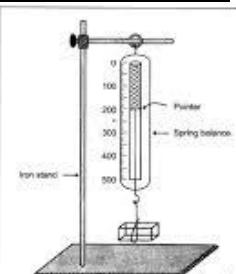
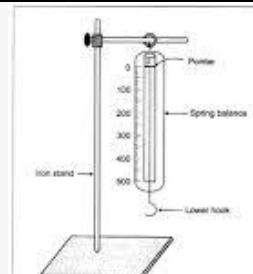
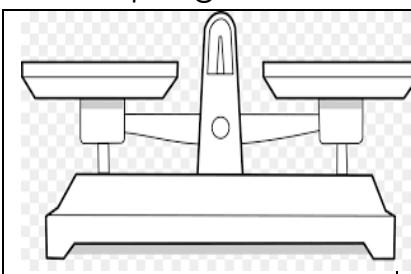
It is measured in **Kilograms (kg)** and **grams (g)**.

Things measured in kilograms.

- Sugar
- Ground nuts
- Salt
- Meat
- Beans
- Irish potatoes
- Maize flour
- Tea leaves

Things used to measure weight.

- Beam balance
- Weighing scale
- Spring balance



Weighing scale

See-saw

Spring balance

Activity

1. Name any four things measured in kilograms.
2. Write the two standard units for measuring weight.
3. Give **any** two things used to measure weight.
4. Write **three** things people measure.

Capacity:

Capacity is the amount of liquid a container can hold.

Capacity is measured in **litres**.

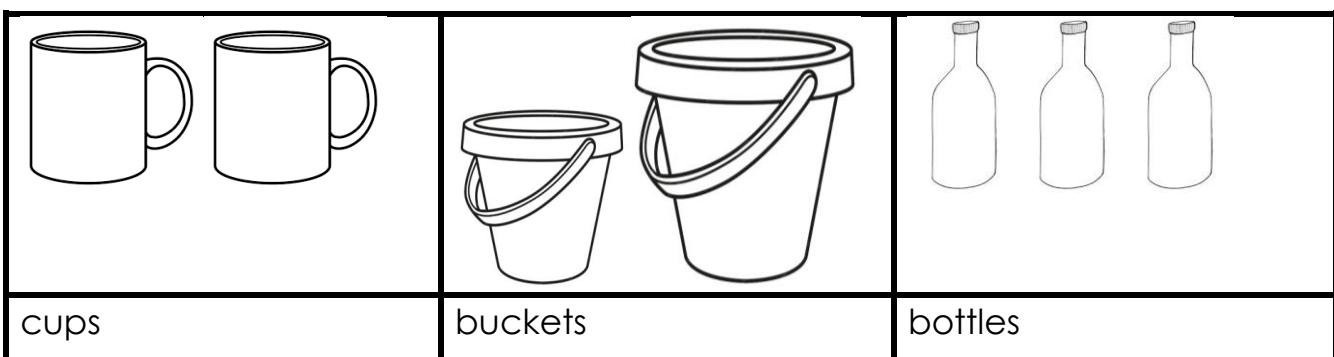
Examples of liquids measured in litres.

- | | | |
|---------------|-----------|---------|
| - Water | - milk | - juice |
| - Cooking oil | - alcohol | - soda |
| | | - fuel |

Things we use to measure liquids;

- | | | |
|-------|-----------|-------------|
| - Cup | - Bottles | - Jerrycans |
|-------|-----------|-------------|

Activity:



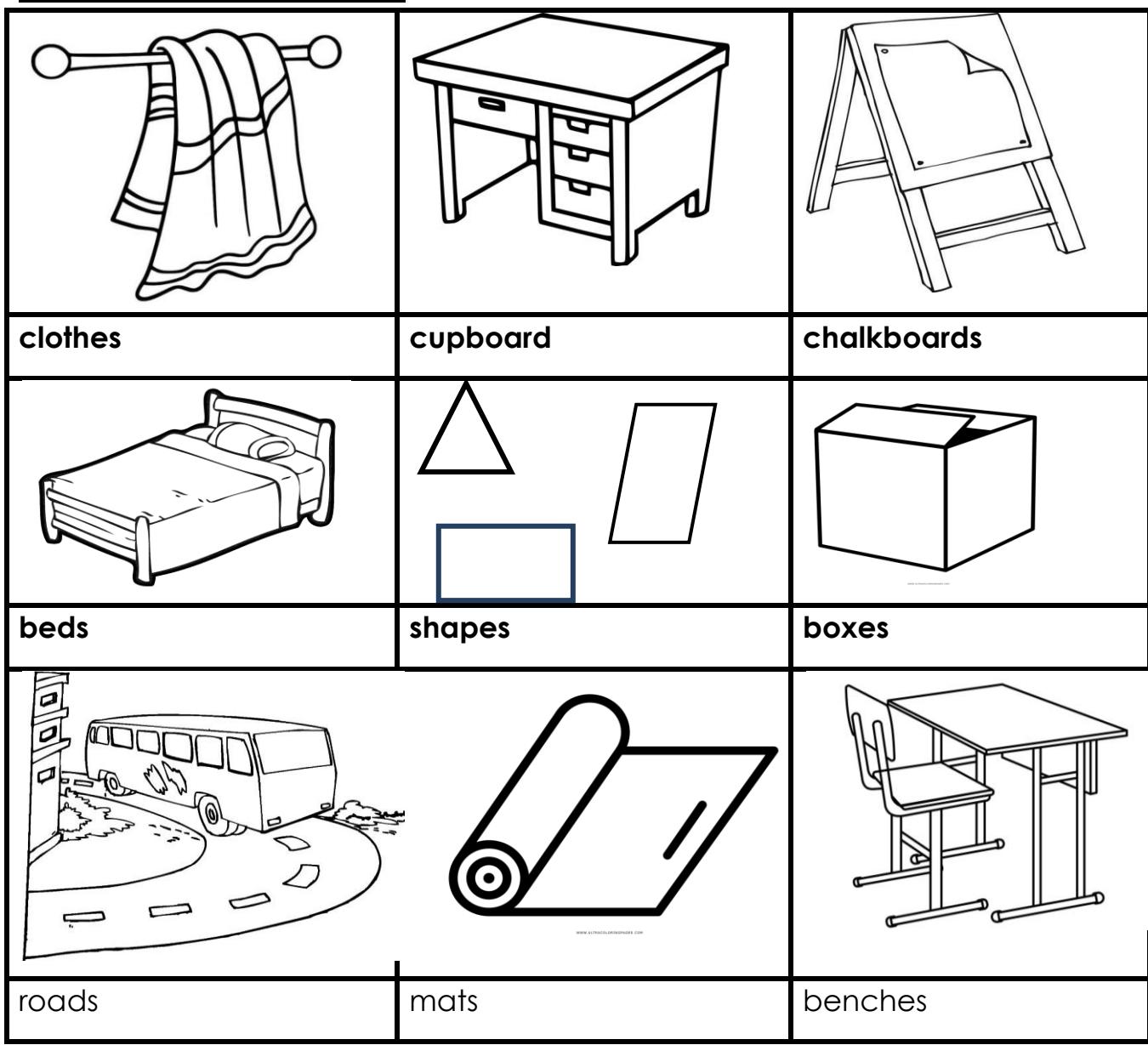
Activity

1. Mention any four things measured in litres.
2. Name the standard unit for measuring liquids.
3. Write **two** things we use to measure liquids.

Length:

Length is how long or short something is.

Things measured in metres.



Things we use to measure length.

- a) Tape measure
- b) Rulers
- c) Strings
- d) Foot
- e) Handspan
- f) Strides

Activity:

1. Draw these things we measure in metres.

buildings	roads
tables	clothes
desks	shapes

2. Name any **two** things used to measure length.

Sub – theme: Calendar

Days of the week.

There are seven days in a week.

Days of the week are written beginning with a capital letter.

- Sunday 1st
- Monday 2nd
- Tuesday 3rd
- Wednesday 4th
- Thursday 5th
- Friday 6th
- Saturday 7th.

Activity:

- How many days make a week?
- On which day do most Christians go to church?
- On which day do Muslims go to the mosque?
- Name any four days of the week.
- What is the first day of the week?
- What is the last day of the week?
- How many days make a week?
- is the third day of the week.
- Write the days that begin with letter "T".
- Write in short.
 - Wednesday _____
 - Saturday _____
 - Monday _____

Months of the year and their days.

There are twelve months in a year.

<u>Month</u>	<u>Number of days</u>	<u>Position</u>
January	31 days	1 st
February	28/29 days	2 nd
March	31 days	3 rd
April	30 days	4 th
May	31 days	5 th
June	30 days	6 th
July	31 days	7 th
August	31 days	8 th
September	30 days	9 th
October	31 days	10 th
November	30 days	11 th
December	31 days	12 th .

Note: A year is made up of 365 or 366 days.

Activity;

- How many months make up a year?
- Write the sixth month of the year?
- Name the shortest month of all.
- Write **two** months with 31 days.
- Which month has 28/29 days?

Money:

Money is the medium of exchange.

Types of money

- ☛ Coins
- ☛ Notes/paper money

Note: In Uganda, we use Uganda shillings (=)

We keep our money safe in the bank.

Denominations of money:

		
Fifty shillings	One hundred shillings	Two hundred shillings
		
Five hundred shillings	One thousand shillings	

Notes

 	 	 
One thousand shillings	Two thousand shillings	Five thousand shillings



Ten thousand shillings

Twenty thousand shillings

Fifty thousand shillings

Features found on money.

Money

Fifty shillings

One hundred shillings

Two hundred shillings

Five hundred shillings

One thousand shillings

Features

head of a cow

cow

fish

head of a crested crane

a crested crane.

Ways people get money.

- By working to get salary.
- By selling things like fish, clothes, etc.
- By getting donations and loans.

Uses of money.

- Money helps us to get food.
- Money helps us to get medicine.
- Money helps us to get shelter.
- Money helps us to go to school.
- Money helps us to get transport.

Ways people keep money.

- ✉ In wallets
- ✉ In banks
- ✉ In safes (metallic or wooden boxes)

Activity;

1. What name is given to the medium of exchange.
2. Write any **two** forms of money.
3. Which form of money is known as the notes?
4. Where do we keep our money safe?
5. Write two uses of money.
6. Circle the correct currency for Uganda.

Dollar,

shillings,

pounds.

7. Match correctly

Two hundred shillings
Five hundred shillings
One hundred shillings

a cow
fish
head of a crested crane

Revision exercise:

1. How many days make up a week?
2. _____ is the first day of the week.
3. How many months make up a year?
4. What do we call a long period of too much sunshine?
5. Mention **two** activities done in the dry season.
6. What do we call people who grow crops and keep animals?
7. What name is given to Ugandan money?
8. How do people get money?
9. During which weather do people put on light clothes?
10. _____ is the condition of the atmosphere at a given time at a particular place.
11. A long period of time when an area receives the same weather conditions is called _____
12. Write true or false
 - a) A granary is used for storing dry seeds
 - b) In Uganda we have two types of seasons
 - c) Capacity is measured in metres
 - d) January has 30 days
13. Draw and name two activities done during a wet season.
14. What is money?
15. State two types of money
16. Give two uses of money
17. Where do we keep our money safe?