

# **NAMAGUNGA PRIMARY BOARDING SCHOOL**

## **P.6 (2022) INTEGRATED SCIENCE NOTES FOR TERM 1 SET (3)**

**(Part of P.5 term 3 work)**

NAME: .....STREAM:.....

### **LESSON ONE**

**THEME : HUMAN HEALTH**

**TOPIC : PRIMARY HEALTH CARE – PHC**

#### **RESPONSIBILITIES OF INDIVIDUALS, FAMILIES AND COMMUNITIES IN THE PROMOTION OF PHC**

Responsibilities of individuals in promoting PHC

- (i) Washing hands before handling food
- (ii) Washing hands after visiting latrines
- (iii) Regular bathing
- (iv) Washing and ironing clothes and beddings
- (v) Trimming finger and toe nails
- (vi) Regular dental flossing
- (v) Regular brushing of teeth

#### **RESPONSIBILITIES OF FAMILIES IN PROMOTING PHC**

- (i) Sweeping and collecting rubbish
- (ii) Taking children for immunization.
- (iii) boiling water for drinking
- (iv) Regular emptying of dustbins
- (v) Proper disposal of faeces and urine in latrine.
- (vi) Draining stagnant water in homes
- (vii) Practicing proper food hygiene

(viii) feeding family members on a balanced diet

## **RESPONSIBILITIES OF COMMUNITIES IN PROMOTING PHC**

- (i) Protecting water sources
- (ii) Organising Communal cleaning sessions
- (iii) Growing and caring for crops to promote food and nutrition
- (iv) Organising public fumigation to kill vectors
- (v) Constructing public toilets in public places like hospitals, schools, markets etc
- (vi) Mobilizing funds to construct community health centres
- (vii) Sensitizing people about the importance of sanitation, immunization etc

## **ACTIVITY FOR LESSON ONE**

1. State one role of an individual in promoting **PHC**?  
.....
2. In which way does regular bathing help to promote **PHC**?  
.....
3. How do people benefit from regular trimming of finger nails?  
.....
4. Why should water for drinking be boiled?  
.....
5. How is regular emptying of dust bins important in a home?  
.....
6. Which element of **PHC** is promoted through regular cleaning around water sources?  
.....

## **LESSON TWO**

### **SUITABLE LIFE STYLES AND GOOD HEALTH PRACTICES**

These are ways of living that help to reduce chances of getting diseases.

#### **Ways of promoting suitable lifestyles and good health practices.**

- (i) Doing regular physical body exercises
- (ii) Feeding on a balanced diet
- (iii) Maintaining good body posture
- (iv) Going for regular medical checkups
- (v) Having enough rest
- (vi) Washing and ironing clothes and beddings
- (vii) Regular brushing of teeth
- (viii) Avoid smoking and alcoholism
- (ix) Going for immunization
- (x) Boiling water for drinking

#### **IMPORTANCE OF PHYSICAL BODY EXERCISES**

- (i) They keep the body physically fit.
- (ii) They refresh the brain
- (iii) They allow proper circulation of blood in the body
- (iv) They make joints more flexible
- (v) They make muscles stronger
- (vi) They allow proper digestion of food in the body.

#### **PEOPLE WITH SPECIAL NEEDS IN THE COMMUNITY**

These are people who need special care in terms of handling.

## **Groups of people with special needs in our community.**

### **(i) The dumb**

This is a person who is unable to speak.

### **(ii) The blind**

This is a person who is unable to see

### **(iii) The deaf**

This is a person who is unable to hear

### **(iv) The lame**

This is a person who is unable to walk or has difficulty in walking

## **Ways of caring for people with special needs**

(I) Providing wheel chairs for the lame

(ii) Providing white cane for the blind

(iii) Washing for them clothes and beddings

(iv) Providing crutches for the lame

(v) Putting them in schools for people with special needs ie. the deaf ,  
behind and dumb

(vi) Bathing them where possible

## **ACTIVITY FOR LESSON TWO**

1. State one example of a suitable health lifestyle practiced by people in our community.

.....

2. Why do people iron clothes before wearing them?

.....

3. State one way in which people can keep their bodies physically fit.

.....

4. Why are the deaf grouped under people with special needs?  
.....
5. Give one way of caring for people with special needs in our community.  
.....
6. Write one vulnerable group of people and people with special needs.
- (i) **vulnerable** .....
- (ii) **special needs** .....

**END**