

DIVINE EDUCATION CENTRE



LEARNING AREA 3
LESSON NOTES TERM ONE 2025
0784540287/0751565742

TOP CLASS

TOP CLASS LESSON NOTES TERM I

LEARNING AREA 3 (HEALTH HABITS)

Topics to be covered in term one

- Body parts
- Body senses
- Things used to clean our bodies
- Things we wear
- Things that harm our bodies (dangerous objects)
- Food we eat
- Fruits we eat
- Sources of light

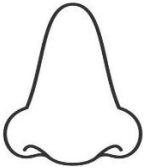



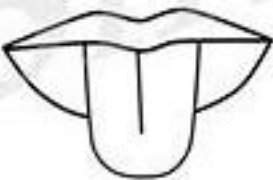

Learning out:

Caring for the body

WEEK ONE







Activity 1

Name the body parts

Activity 2

Name these body parts

Tick the same words.

mouth

mat

mouth

finger

finger

skirt

back

back

tie

ten

teeth

teeth

Activity 3

Match the same words.

teeth

lips

head

chin

tongue

teeth

leg

head

chin

leg

lips

tongue

Activity 4

Fill in the missing letters

t----ngue te----th ey----s l----ps n-----se l-----g

Activity 5

Fill in the missing letter

he----d ch----n e----r b---ck kn-----es h ----nd

WEEK 2

Body uses

Activity 1

Match the same words

seeing	tasting
hearing	smelling
touching	walking
feeling	seeing
walking	hearing
smelling	touching
tasting	feeling

Activity 2

Complete correctly.

I use my eyes for -----
I use my ears for -----
I use my nose for -----
I use my leg for -----
I use my fingers for -----
I use my skin for -----

Activity 3

Match the body part to its use.

skin	hearing
finger	tasting
nose	walking
eyes	feeling
legs	touching
tongue	smelling
ears	seeing

Activity 4

Circle its use

ears	smelling	hearing
eyes	touching	seeing
skin	feeling	cooking
legs	jumping	walking
nose	smelling	tasting

Activity 5

Fill in the missing letter

f__ __ling	w__lking	t__sting
sm__lling	t__uching	se__ing

WEEK 3

Things used to clean our body

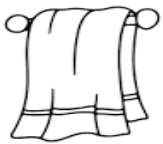
Activity 1

Read and draw

Soap	Brush	Comb	Towel	Water	toothbrush

Activity 2

Circle the correct words for the picture



cup

sponge

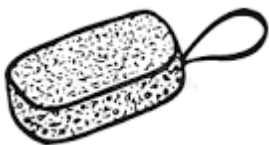
towel



water

tin

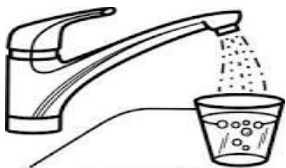
soap



book

sponge

ball



tin

cup

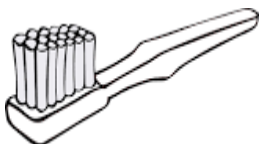
water



comb

soap

towel




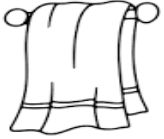
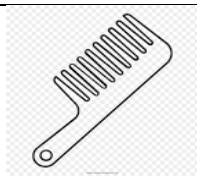

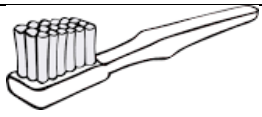

ball

toothbrush

brush

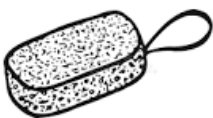
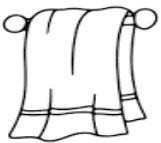
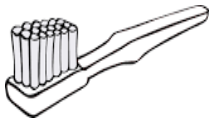
Activity 3

Name these things used to clean our body.

Activity 4

Match a picture to a word.



brush

comb

soap

tooth brush

towel

sponge

Activity 5

Read and draw

Towel	Tooth paste	Sponge
Comb	Water	Soap

WEEK 4

Dangerous objects

Activity 1

Circle the same words.

fire	fire	mat
razorblade	tin	razorblade
wall	pin	pin
broken bottle	cup	broken bottle
stick	stick	mat
hat	stone	stone

Activity 2

Read and match

Thorn



broken glass



fire



safety pin



nail

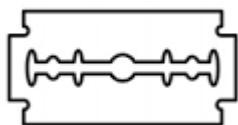


stone



Activity 3

Tick the correct word



broken bottle

razorblade



stick

pin



razorblade

fire



safety pin

nail



stick

stone



broken bottle

pin

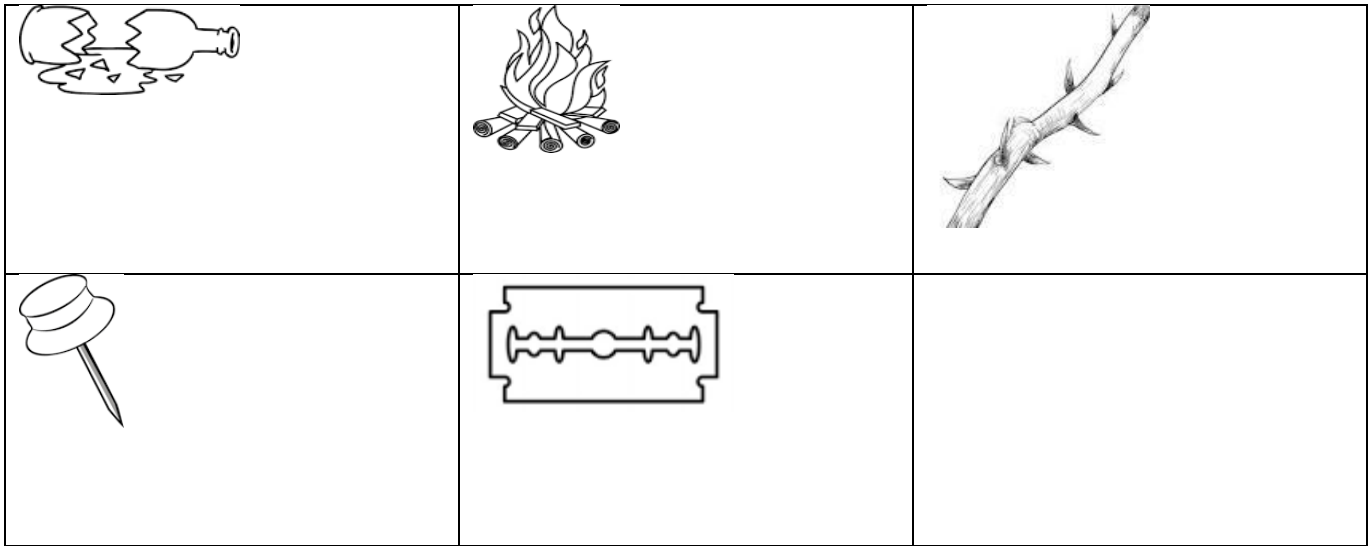
Activity 4

Read and draw

Pin	Broken bottle	Stone
Safety pin	Nail	Stick

Activity 5

Name these pictures

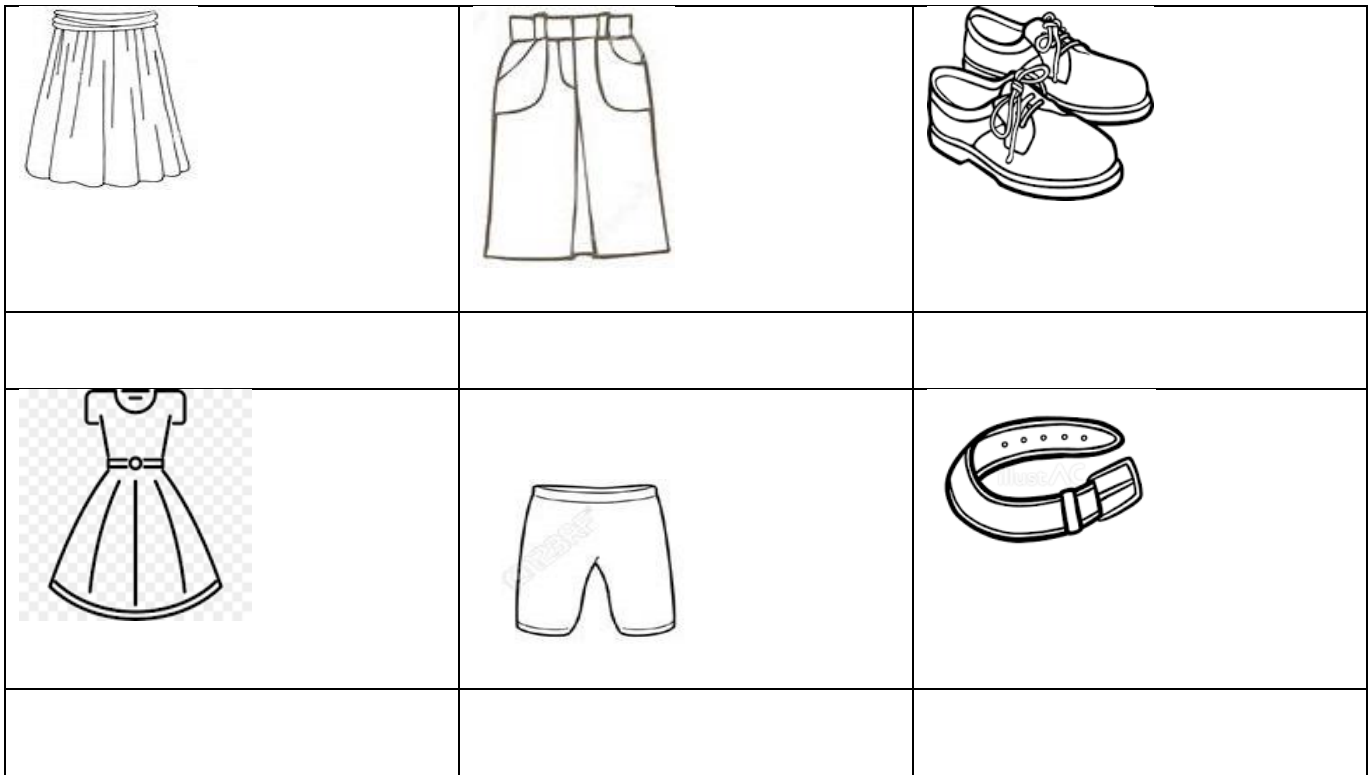


WEEK 5

Things we wear

Activity 1

Name things we wear.



Activity 2

Tick the correct word for a picture



tie

short



sweater

axe



tin

shirt



dress

dog



hat

short



trousers

dress

Activity 3

Read and draw

Trouser	Dress	Skirt
Tie	Jacket	Hat

Activity 4

Read and draw

Short	Sweater	Shirt
Belt	Shoe	Trouser

Activity 5

Fill in the missing letter

tr---usser

sho----t

h---t

dr----ss

b---lt

sh----e

WEEK 6




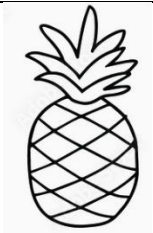
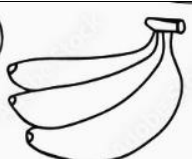

Learning out come:

Using my sense of taste and caring for the mouth.

Activity 1

Fruits we eat

Name these fruits we eat.

Activity 2

Read and draw.

Jackfruit	Mango	Apple
Pineapple	Orange	Yellow banana

Activity 3

Read and draw

Tomato	Carrot	Sugarcane
Pawpaw	Jack fruit	Pineapple

Activity 4

Fill in the missing letter

carr----t

t---mato

ba----ana

y-----llow banana

or-----nge

m-----ngo

Activity 5

Fill in the missing letter

j----ckfruit

a--- ----le

p----ne apple

or----nge

c----rrot

m-----ngo

WEEK 7

Food we eat

Read and draw

Meat	Fish	chicken
Yam	Rice	Beans


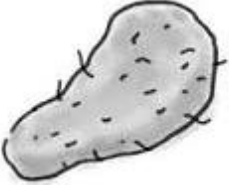

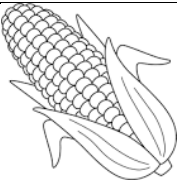
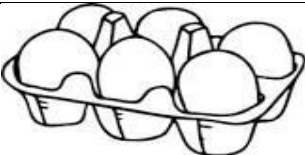
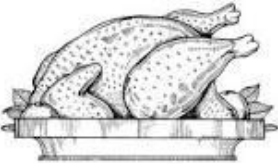
Activity 2

Read and draw

Maize	Cassava	Sweet potatoes
Eggs	Irish	

Activity 3

Name the pictures

Activity 4

Tick the same words.

sweet potatoes

irish

sweet potatoes

egg

egg

ehe

shop

maize

maize

cassava

cassava

tin

soap

fish

fish

Activity 5

Read and draw

Maize	Matooke	Meat
Rice	Milk	Cassava