

# LERNING AREA 3

## Topics to be covered

Body parts

Food

Fruits

Caring for my environment

Dangerous objects

Things God created

## LESSON 1

(LO iii)using the senses of touching and feeling to describe things and situations

Competences-learner differentiates between texture, temperatures and forms of objects.

### Examples;

Cold water

Warm water

Hot water

Teaching tools

Water

Water jugs

Cups

Basins

Buckets

Glasses

### Learners' activity

Identifying temperatures of water by washing hands with the help of a teacher

## **LESSON 2**

### **Learners' activity;**

Draw the basin of hot water

## **LESSON 3**

Match to the correct word

Cold

Hot

Warm

## **LESSON 4;**

Circle the old man out.

Hot

table

warm

## **LESSON 5**

### **Match the same words**

Hot

warm

Cold

water

Warm

hot

Water

cold

## **LESSON 6**

### **Fill in the missing letters**

C\_ld

W\_rm

H\_t

Wat\_r

## LESSON 7

Read and draw the pictures.

Cold water

Warm water

Hot water

Learning outcome iv:

Completeness: Protects and cares for her/his body.

### **Importance of caring for his/her body**

We bath to remove dirt

We brush the teeth to tooth decay

We bath to avoid bad smell

We wash our eyes to remove plunks

We wash our feet to remove bad smell

We clean our nose to remove mucus

We cut our hair short to look smart

We cut our finger nails short to remove germs.

### **Teaching tools:**

razor blade

water

nail cutter

ear buds

sponge

soap

Vaseline

Towel

Face towel

### **Project:**

**They will wash their hands with water using different temperatures of water in order to identify**

Tooth brush

Tooth paste

Comb

### Learners' activity

They demonstrate how to protect and cares for their body, through dialogues, role plays and stories

### LESSON 2

Learner activity

Draw the pictures



### LESSON 3

Match to the word



towel



water



Soap

#### Project:

Learners will use real objects e.g. towel, water, soap and sponge to clean their body.

#### LESSON 4:

Face towel

ear buds

Tooth paste

sponge

Vaseline

face towel

Ear buds

tooth paste

Sponge

Vaseline

#### LESSON FIVE

Fill in the missing letters

T\_ \_th paste

Raz\_r blade

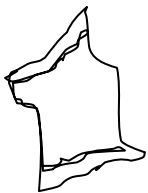
C\_omb

#### LESSON 6:

Name the pictures.



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

Learning outcome V:

Using the sense of smell and caring for the nose.

Competences: Describes bad, good and dangerous things according to their smell.

**Examples:**

Things with a good smell

Things with a bad smell

Dangerous things.

Learners' activity:

Identify things with a good/bad smell and dangerous things which can harm their nose.

**LESSON 2**

Learners' activity:

Learning things with a good smell.

Perfumes

Vaseline

Flower

Powder

Food

**Teaching tools:**

**Real objects i.e. flowers, perfume powder, Vaseline, food**

**LESSON 3**

Read and draw things with a good smell.



Flowers

Perfume

**LESSON 4:**

Learning things with a bad smell

Rotten food

Fieces

Urine

Rotten rats

### **LESSON 5:**

#### **Match the same words**

Fieces

urine

Urine

rotten food

Rotten food

fieces

### **LESSON 6:**

#### **Dangerous things which can harm the nose.**

Pin

Beads

Beans

Needle

Stones

Safety pin

Learning out come vi:

Using the sense of test and caring for the mouth.

Competences: Appreciates different tastes of different food stuffs.

**Examples:** sweet things

Sweets

Ice cream

Soda

Juice

Apple

Cakes

Sugar

## LESSON 2:

Sour things

Medicine

Aloe vela

Lemon

## LESSON 3:

Read and draw sweet things

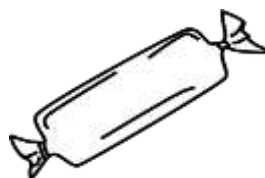
Sugarcane



Cake



Ice cream



Sweets

## LESSON 4:

**Match to the pictures**

Apple

Soda

Cake

## LESSON 5

Match and draw sour things

Aloe vela

medicine

Medicine

lemon

Lemon

aloe vela



## LESSON 6:

Fill in the missing letters

Alo\_ vela

Medi\_ \_ne

L\_mon

Learning outcome vi:

Competences:

Protects and cares for his/her mouth

Activities:

- Making local toothbrushes and practicing brushing teeth
- Talking about what happens when our teeth go bad.
- Telling stories about the losing of teeth

## LESSON 2:

Things used to clean our teeth



Tooth paste



Toothbrush



Clean water

Tooth Picks

Local toothbrushes

Charcoal

## LESSON 3:

A story about losing teeth

Once upon a time  
There lived a young boy  
His name was Matina,  
This boy could not brush  
His teeth, his mouth was  
Always smelling, he has  
holes in the teeth, so his  
teeth was paining him

so much and his mother  
took him to the dentist  
and they remove his  
four teeth and remained  
with gaps in the mouth  
his friend started calling him  
he could not meet again.

Learners' activity:

Children will answer the question from the story.

What was the name of the boy?

Why did he get holes in the teeth?

Why was his mouth smelling?

Where did his mother take him to remove his teeth?

What name was given by his friends after removing teeth?

#### **LESSON 4**

A rhyme:

Brush brush brush your teeth

Don't forget your hair daily daily

Daily daily you look very smart

Learners activity:

Reciting a rhyme

#### **LESSON 5**

Learners activity:

Matching words to pictures

Tooth brush



Water



Tooth picks



Tooth paste

Learning outcome vii: identifying and naming different body parts and their uses.

Competences: Describes activities performed by different body parts

**Examples:**

Walking  
Touching  
Seeing  
Clapping  
Dancing  
Hearing  
Laughing  
Crying  
Smiling  
Running  
Sitting  
Nodding  
Eating

**TEACHING TOOLS**

**Drums**

**Food**

**Whistle**

**Balls**

**Chair**

Learners activity: A learner will demonstrate the activities performed by body parts

**LESSON 2**

Uses of body parts.

Legs for walking

Ears for hearing

Eyes for seeing

Hands for touching

Waist for dancing

Learners' activity:

A learner will use the body parts to perform the activities.

**LESSON 3**

Learners' activity: learner will recite a rhyme about body parts

Parts of the body

Ears are part of \_\_\_\_\_

Eyes are part of \_\_\_\_\_

Hands are part of \_\_\_\_\_

Feet are part of \_\_\_\_\_

Legs are part of \_\_\_\_\_ parts of my body

Learning outcome viii: having self concept confidence and self-esteem

Competences: expresses him/herself freely.

Examples:

News telling

Story telling

## **Teaching tools**

Picture story

### **LESSON 2**

Learners activity: learner will talk about himself by telling news.

News news

Yes tell us the news

My name is Annah

I live in Kikaaya

My teacher is teacher Teddy

My class is Top Pretty

My school is White Angels Nursery School

Bulenga campus

I am five years old

When I was coming to school this morning, I saw a bird flying over the house.

### **LESSON 3**

Learners' activity: learner will talk about him/herself by telling the new at home.

News news

Yes tell us the news

My name is Tom

I am five years old

I live in Bulenga

My father is Mr. Bwanika

My mother is Mrs Mary Bwanika

I have one brother

I love my parents and my parents

Loves me too.

### **LESSON 4:**

Learners' activity: learners will tell the story.

A story was about myself.

One day, I was coming to school I met an old man. This old man was feeling hungry. He requested me to take him to my mother and get some food. So I decided to take the old man at my mother's place. When we reached there they welcome him and gave him some food. This old man was very happy from then we became friends. This is the end of my story.

Learning outcome ix: Using gross and fine motor (large and small) muscles.

### **Competences:**

Performs and responds to various situations with his/her body.

### **Examples:**

Tearing pieces of papers  
Threading beads with small holes  
Twisting materials to make ropes and balls  
Walking on a log / plunk  
Modeling with clay  
Playing airplanes over the chair (stretch out arms and legs)  
Jumping some stretches and heights (long and high)  
Walking backwards  
Running and skipping  
Throwing and catching a ball  
Kicking a ball  
Drawing things  
Dodging  
Targeting

**Teaching tools:**

Real objects i.e. papers, clay, beads, ropes, balls, chair

**LESSON 2:**

Learners activity: Learner will tear the papers

**LESSON 3**

Learners activity:

Learner will twist materials to make ropes and balls.

Threading beads with small holes

**LESSON 4**

Learners' activity: Learner will model with clay.

Learner will walk backwards.

**LESSON 5**

Learners' activity: learner will throw and catch the ball with his/her friend.

Learning outcome (x)expressing creativity freely and independently

Competences: uses available materials with the environment to make some thing original

**Examples:**

Making masks

Drawing

Painting

Praising God through singing praying and dramatizing for the skills that God gave me.

Weaving e.g. Mats

**LESSON 2**

Learners' activity: Learner will make masks using papers.

**LESSON 3:**

Learners' activity: Learner will draw the pictures and shade them using colours.

**LESSON 4:**

Learners activity: Learner will sing and prays to God.

Learning outcome (xi) Keeping healthy and practicing good health habits.

Competences: Keeps him /herself clean

**Examples**

Weashing different items e.g. underwear dress/ shirt and feet

Practicing cleaning different parts of my body e.g. eyes, ears, mouth

Combining my hair

Brushing my teeth

Practicing good toilet habits

Thanking

**Teaching tools**

Underwear

Dress

Shirt

Handkerchief

Water soap

Basin/bucket

Ear buds

Face towel

Vaseline

Toothpicks

Tooth brush

Tooth paste

Comb

**LESSON 2**

Learners' activity: Learner will wash their items with help of a teacher.

**LESSON 3:**

Learner' activity: Learner will clean the body parts with the help of a teacher.

**LESSON 4:**

Learners' activity: Learner will comb her/his hair and brush the teeth with the help of a teacher.

### **LESSON 5:**

Learners activity: Learner visits the toilet and answers the question e.g.

What do you when you visit the toilet?

What do you take when you are going for a long call?

After visiting the toilet what do you do?

(LO XI)

Competences: I can tell the importance of a balanced diet

Examples:

Explaining what a balanced diet is

Naming the different foods in the environment

Talking about the importance of eating different types of food

Modeling different types of foods

Telling stories about good eating habits

Singing songs, reciting rhymes related to good feeding

Talking about foods that make up a balanced diet

### **Teaching tools**

Different types of food

Cassava

Matooke

Sweet potatoes

Irish potatoes

Rice

Beans

Yams

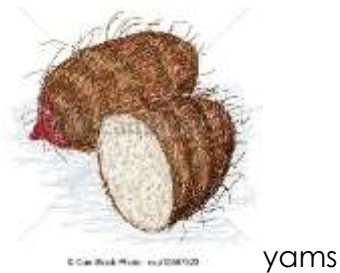
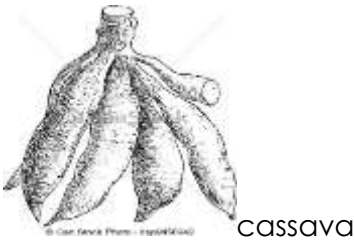
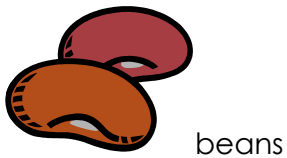
Maize

Millet

Clay

## LESSON 2

Learner2 activity: Learner will name the different foods in the environment



Teacher's activity: A teacher will explain what a balanced diet is.

## LESSON 3:

Learners' activity: Learner will tell and answer the question about the importance of eating different foods. e.g.

### Proteins

Milk  
Eggs  
Fish  
Meat

### Vitamins

Fruits  
Vegetables

### Carbohydrates

Rice  
Cassava  
Maize  
Millet  
yams



## **LESSON 4**

Learners activity: Learner will model different types of food using clay.

## **LESSON 5:**

Learners' activity: Learner will answer the questions.

Teacher's activity: Teacher will tell the story about good eating habits.

Once upon a time there was a boy called Bakaitandwe. He was humble and polite boy whenever he was given food he could first pray for it which made his mother happy and proud of him. He had good table manners like not talking while eating could not eat while walking even not playing on the dinning table while eating.

## **Questions**

1. What was the name of the boy in the story?
2. Who wants to be like Bakaitandwe?
3. Which good table manners did Bakaitandwe have?

(LO xi)

Competences : I can say no and guard against abuse.

## **Examples:**

Explaining the right of girls and boys to say no to sexual abuse and describing ways in which to do.

Talking about the different kinds of abuse

Singing songs

Dramatizing how to protect myself against abuse

Thanking God for the gift of skills of protecting ourselves from abuse e.g. through prayers and songs.

## **LESSON 2**

Teachers activity: Teacher will explain the right of girls and boys to say no to sexual abuse and describes the ways in which to do it.

Learners' activity: Learner will listen to the teacher and also to be careful with the friends they play with.

## **LESSON 3:**

Teachers' activity: Teacher will talk about different kinds of abuse. E.g. beating starving.

Learners' activity: Learner will listen to the teacher.

## **LESSON 4:**

Learners' activity: Learner will recite a rhyme about abuse.

I will never go to school anymore and more

where there is a fat teacher

who always beats me

He pulled my hair

He knocked my head

I will never go to school anymore and more

**LESSON 5:**

Learners' activity: Learner will act a short drama about child abuse with guidance of a teacher

**LESSON 6:**

Learners' activity: Learner will pray and thank God for the gift of protection.  
Teacher's activity: Teacher will guide a learner to pray.

Learning outcome xii: Keeping safe and avoiding accident.

**Competences:** Responds to safety rules.

**Examples:**

Dramatizing and practicing road safety rules

Story telling

Telling news

Singing

Riddles

Talking about safety rules

**LESSON 2:**

Learners' activity: A learner will act a short drammar about road safety rules with the help of their teacher.

**LESSON 3:**

Learners' activity: Learner will listen and the answer the questions about the road safety rules. E.g.

How do you cross the road?

What is the use of a zebra crossing?

What is the use of traffic lights?

Teachers' activity: Teacher will create a story about road safety then will teach the road signs.



Zebra crossing

Project: Learner will be taken outside and draw a zebra crossing using chalk and powder paint (black and white).

**LESSON 4:**

Learners' activity: Learner activity will tell the news about safety road rules with the help of the teacher

**LESSON 5:**

Learners' activity: Learner will listen to the teachers.

I am a road sign with three colours red, orange, green. What am I?

(LO xii)

Competences: sensitive to dangerous things e.g. shakes, poison, sharp objects & road accidents.

### Examples

Talking about first aid and what should be done to common accidents.

Singing songs about dangerous things

Dramatizing

Role playing

Drawing dangerous things

Teaching tools

First aid box

Real objects

### LESSON 2:

Learners' activity: Learner will listen

Teachers' activity: Teacher will talk about first aid given to the accident people.

### LESSON 3:

Learner activity: Learner will act as an accident person and her/his friends will care for her and give him/her first aid.

Teachers' activity: Teacher will help the learners.

### LESSON 4:

Learners activity: Learner will draw dangerous things. e.g.

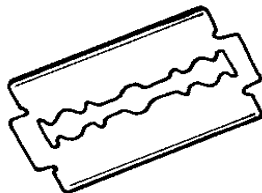
Snake



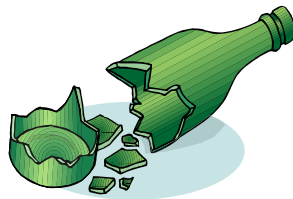
Dog



Razorblade



Broken bottle





Pin

Learning outcome xiii: knowing relating with God and his creation  
Competences: Shows love and care for God's creation.

**Examples:**

Playing with pets  
Playing with younger children  
Miming care for the sick  
Miming care for domestic animals  
Practicing cleaning younger children  
Practicing sharing with others.

**Teaching tool:**

Pets (structure)  
Young children  
Lab coat  
Medicine  
Snacks  
Juice  
Plaster  
Water  
Banana peels  
Food  
Soap  
Towel  
Vaseline  
Tooth brush  
Tooth paste

**LESSON 2:**

Learners activity: Learner will model pets using artificial clay.  
Teachers activity: Teacher activity will help the learner to model.

**LESSON 3:**

Learner activity: Learner will play with young children.  
Teachers' activity: The teacher will guide them while playing.

**LESSON 4:**

Learners' activity: Learner mimes how to care for the sick using real material like lab coat, medicine, plaster etc

Teachers' activity: Teacher helps a learner to care about the sick.

### **LESSON 5:**

Learners' activity: Learner mimes how to care for the animals by using real things like food, banana, peels, water.

### **LESSON 6:**

Learners' activity: Learner will practice cleaning young children by the help of a teacher.

### **LESSON 7:**

Learners' activity: Learner will practice sharing with others

Teachers' activity: teacher will show the learner the way they should share.

(LO xiii)

Competence: I can participate in religious practices.

### **Examples**

Listening and re-telling stories

Listening to religious instructions and teaching

Leading prayers

Leading prayers

Participating in praying and praising God.

Composing and saying a prayer

Dramatizing religious events

Reciting religious events

Naming places of worship.

### **Teaching tools**

Bible

Charts showing places of worship

### **LESSON 2:**

Learners' activity: Learner will listen to the bible story and the learner will answer the questions

Teachers' activity: Teacher will tell the story.

Once upon time there was a man called Zacheus, he was short. One day Jesus was passing through Jerusalem all people gathered together to see Jesus but Zacheus could not see him so he decided to climb a tree to see him.

### **Questions**

Who climbed the tree?

Who was passing through Jerusalem?

Instructions and teaching.

Teachers' activity: reading the bible verses and explain to the learner.

#### **LESSON 4:**

Learners' activity: Learner will pray.

Teachers' activity: teacher will lead the prayer.

#### **LESSON 5:**

Learners activity: Participating in praying and praising God.

Teachers' activity: Teacher will lead in praising and praying.

#### **LESSON 6:**

Learners' activity: Learner will pray.

Teachers' activity: Teacher will compose a class prayer.

#### **LESSON 7:**

Learners' activity: Dramatizing religious events.

Teachers' activity: Teacher will baptize the children in the service.

#### **LESSON 8:**

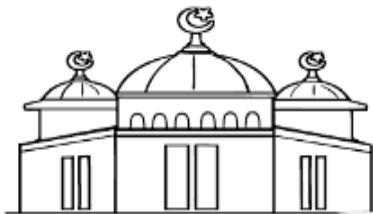
Learners' activity: Naming places of worship.

Teachers' activity: Teacher will give learners exercise.

Name these;



\_\_\_\_\_



\_\_\_\_\_

## **(MORE WORK SUMMARY)**

### **TERM II TOP HEALTH HABITS (LEARNING AREA 3)**

#### **WEEK 1 - 2**

##### **Body parts**

##### **Activity**

- ✓ Name the body parts
- ✓ Fill in the missing letter
- ✓ Read and draw body parts
- ✓ Fill in correctly.
- ✓ Tick, circle the correct words

##### **Read and fill in correctly.**

My name is Betty.

I have ----- eyes and ----- nose.

I use my legs for -----and ears for -----

Match body parts to there use.

##### **Read and answer**

What do you use for hearing?

-----is used for seeing. Etc

#### **WEEK 3**

##### **Introducing food we eat.**

##### **Activity**

- ✓ Read and draw
- ✓ Name the pictures
- ✓ Fill in the missing letter in words
- ✓ Read and match
- ✓ Find the picture number
- ✓ Talk about importance of food in the body orally.

Cassava meat milk bread matooke beans gnuts millet

Maize sweet potatoes rice etc

## **WEEK 4**

### **Caring for my environment**

#### **Things we use to clean the environment**

Brooms rake panga hoe rag garden fork dustbin etc

#### **Activity**

- ✓ Name the pictures
- ✓ Read and draw
- ✓ Circle tick underline
- ✓ Fill in the missing letter
- ✓ Find the picture number.

#### **Actions done when cleaning the environment**

Mopping sweeping digging cutting washing dusting  
combing

#### **Note:**

**Ask learners to mention actions performed during cleaning**

#### **Activity**

##### **Read and draw**

Sweeping	Mopping	Dusting

- ✓ Name the pictures

#### **Complete the sentences**





She is-----



He is-----

- ✓ Fill in the missing letter in the words
- ✓ Make sentences with the words orally
- ✓ Listen and write

## **WEEK 5 - 6**

Introducing dangerous things (things which harm my body)

thorn    needle    stick    broken bottle    broken glass    stone  
safety pin    fire    nail    medicine    etc

### **Activity**

- ✓ Read and draw
- ✓ Match pictures to words
- ✓ Colour picture for a word
- ✓ Name the pictures
- ✓ Fill in the missing words
- ✓ Match and write
- ✓ Complete the sentences
- ✓ Listen and write
- ✓ Find the picture number
- ✓

## WEEK 7 – 8

Introducing common insects

bees, grasshopper, caterpillar, termite/ants, wasp, butterfly, housefly, tsetse fly, bedbug, spider, maggot, mosquito, snail

### Activity

Spell and learn

### Read and draw

bee	butterfly	ant
maggot	worm	housefly

### Fill in the missing letter.

b---d bug    tset-----e    w ----rm    w-----sp    sp----der    gr----sshopper

### Circle the correct word.

termite

tertim

spaw

wasp

maggot

ggotma

eeb

bee

**Match the same words.**

grasshopper

mosquito

spider

caterpillar

snail

grasshopper

caterpillar

spider

mosquito

snail

✓ listen and write

✓ cross a picture for a sound

**Note:**

This work should be done on paper work for insects because kids can not draw different insects.