

**CBC LESSON NOTES**

**HYGIENE AND NUTRITION**

**GRADE 1 NOTES**



**FREE LESSON NOTES FOR GRADE ONE**



## **HEALTHY PRACTICES**

### **Healthy habits**

These are things we do to remain and stay healthy

They include:

1. Playing
2. Washing hands
3. Brushing teethes
4. Eating healthy food

We practice healthy habits in our life to prevent us from getting diseases.

### **Healthy habits that prevent us from getting illness**

Illness is a disease and we can prevent it by practicing healthy habits

### **Ways of preventing illness;**

1. Washing hands
2. Using toilets and latrines well
3. Bathing everyday
4. Doing exercises
5. Eating healthy foods



## Why do we practice healthy habits?

- ✓ We practice healthy habits to prevent us from contacting diseases e.g washing our hands to remove germs.
- ✓ We use toilets to prevent us from getting some diseases like cholera.
- ✓ We drink clean water to prevent us from getting typhoid.
- ✓ We do exercise to make our body physically fit.

## Doing healthy habits practices

Learners should go out and do healthy habits like running, skipping and playing football etc.

## Exercise

Say if the following foods are healthy or not healthy



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Match the activities with the picture

1. Swimming



2. Riding bicycle



3. Playing football





#### 4. Walking



### Cares for the teeth

When we are born, we grow first set of teeth

These teethes are called **milk teeth**.

As children grow older they lose this set of teethes and grow new set of teeth called **permanent teeth**

### Removing teeth in a clean way

#### How to remove teeth in a clean way

1. Wash your hands
2. Hold the tooth with a clean cloth
3. Remove the tooth
4. Put the cloth in a bin
5. Gurgle salty water

To **Gurgle** is to take water into the mouth, move it round then spit it.

#### Exercise

1. We wash our ..... before removing teethes (hand, mouth)
2. All children grow milk teeth .....(true, not true)
3. We do not need to go to hospital to remove milk teeth (true, false)



## **USE OF MEDICINES**

Which medicines do we use at home?

Examples of drugs we take at home are:

1. Capsules
2. Tablets
3. Ointment cream
4. Using inhaler
5. Putting nose drops
6. Syrup

Sick people take medicine to feel better

### **Cares to observe when taking medicine**

- Wash your hands when taking the medicines
- Use clean water to take the medicine
- Make sure that you finish the medicine
- Do not share the medicine with anyone
- Store the medicine in a dry place
- Store the medicine away from the baby

### **Exercises 1.3**

1. \_\_\_\_\_ is a type of medicine: (tablet, chair)
2. We should always keep medicine in \_\_\_\_\_ (closed, open) place
3. Touching medicine with dirty hands is (good, bad)
4. We should take medicine using clean \_\_\_\_\_?



Drug cupboard

Tablet drugs



## TOPIC: PERSONAL HYGIENCE

**Care for the parts of the body**

Parts of the body







### **Things we use to clean the body:**

- Towel
- Sponge
- Toothpaste
- Handkerchief
- Pumice stone

**Pumice stone** - is a soft stone for scrubbing the feet.

**Handkerchief** - is a small cloth used to clean the nose?

### **How to clean our face**

1. Put water in a basin
2. Close your eyes
3. Put soap and rub
4. Rinse your face
5. Dry with a towel
6. Dry with a towel

### **Cleaning the teeth**

1. Wet your brush
2. Put toothpaste
3. Brush your teeth up and down, front and back

We clean our teeth using, tooth brush/chewed stick, tooth paste, and clean water.



Clean your teeth at least two times a day



### Washing our hands

- Wet your hands
- Put some soap
- Rub in between and all around
- Rinse your hands
- Dry with a towel



We wash our hands after visiting the toilet and before eating.



## Washing our feet

### How to clean your feet:

1. wet your feet
2. put some soap
3. scrub your feet
4. rinse the feet
5. dry them with a towel

Always keep your feet clean and dry keep your nails short

## Cleaning our hair, nose and ears

- we clean our ears with a soft wet cloth
- we use ear bud to remove wax from the ear
- we use handkerchief to clean our nose
- we use soap and wash our hair then we brush it with a hairbrush or comb to make it neat





## Washing the hair

- put water in a basin
- wet the hair
- put some soap
- rub then rinse
- dry and comb

Learners do an extended activity of washing the doll.

### **Exercise**

#### Answer all the questions

1. we use \_\_\_\_\_ and \_\_\_\_\_ to clean our hair
2. we use soap, water and \_\_\_\_\_ to wash our hair
3. draw two things we use to clean our teeths
4. name the parts of the body that we clean using the following pictured items



\_\_\_\_\_



\_\_\_\_\_



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## Use of toilets and latrines



- Learners to name things in each of the above pictures
- Ask them the ones found in their homes and school
- Discuss with them the importance of making toilets and latrines clean
- Each pupil to make a sketch of the type available at their home



**Note:** The latrines are found outside the house

Toilets are found inside the house

Good use of latrines prevent us from contacting illness

We are advised not to go to the bush, it is a bad habit

### **Exercise:**

Answer the following questions

After using the toilets, we should \_\_\_\_\_(talk, flush)

Latrine is to outside the house while toilets is to \_\_\_\_\_(besides, inside)

Use tissue papers should be \_\_\_\_\_(reuse, disposed)

## **FOOD**

### **SOURCES OF FOOD**

- learners to name food they eat
- learners to name foods available at their locations
- learners to look at many pictures of food
- learners to name the foods in the pictures



Learners to draw food they eat on the table

### **ANIMAL AND PLANT FOOD SOURCES**

Some foods we eat come from plants e.g

- Cabbage
- Carrots
- Vegetable

Some food we eat come from animals' e.g

- Meat
- Eggs
- Milk



Draw and color one food we get from animals and plants

We get beans from \_\_\_\_\_ (plants, animals)

Fish, milk and meat are foods we get from (plants, animals)

## **EATING HABITS**

### **Foods we eat everyday**

Let learners name foods they eat everyday

Guide them on the food they eat everyday

### **Food I like and dislike**

- people like some foods
- some foods are not liked by some people
- not all people like foods we like

Draw a table and let learners copy it on their own book

In the table learners to write foods they like and dislike

### **Which foods are good for my teeth?**

The foods that are not good for my teeth are:

- ice cream
- biscuits
- chocolates
- cakes
- sweets

We should avoid eating too much sugary foods

We should always eat foods that make our teeth strong





The food that makes our teeth strong are:

- milk
- fruits
- sugarcane

### **Exercise**

1. foods like ..... and ..... are not good for our teeths(cakes and biscuits, carrots and lemons)
2. which foods should we take to make our teeth strong.....(sugarcane, cakes, carrot)
3. Select one food that you like most and is the best for our teeth.



4. Draw two foods which are bad for your teeth?

### **Using our senses to know food**

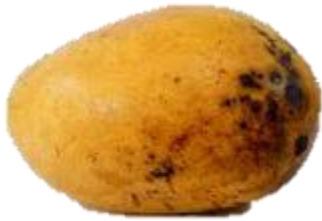
Food we eat at home and in school

- guide the learners to name the food they eat at home
- let the pupils name the food they eat at school

## Common foods at our locality

Locality is where we come from:

- people come from different localities and eat difference foods
- some foods are eaten in many homes
- guide learners to look at the picture and name the foods they eat in the locality





- ✓ Say the names of the foods in the pictures above
- ✓ Which of the foods do you eat at home?
- ✓ Which of these foods do you eat at school?
- ✓ Name other foods found in your locality?

### **Senses of food**

How do we know food?

How do we know the different kinds of food?

- smelling
- tasting
- touching
- seeing





- Learners to bring different kind of foods to school
- Learners in groups cover their eyes one at a time
- Guide the learners to use hands, nose and tongue to tell the type of food

### **Exercise**

Draw and color two foods you eat at home

Foods that taste better are not good for our health, (yes or no)

We can know food by .....( colour, taste or smell)

### **Cleaning of fruits**

We should clean foods thoroughly before eating.

### **Fruits at our place**

- some fruits come from our place
- our place is our locality

Learners to look at the picture and name fruits in their localities





Name the fruits you know in the pictures above?

.....

.....

.....

Draw and color two fruits found in your locality

### **Choosing fruits**

- all fruits are good for eating
- some fruits are medicine and treat us when we get sick
- We should avoid eating fruits that are bad to our health?

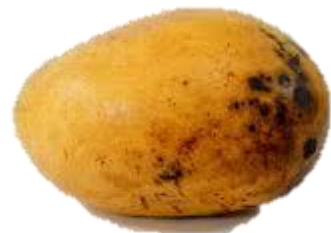
### **Type of bad fruits are:**

- rotten fruits
- dirty fruits
- poisonous fruits

When food goes bad we say it is rotten and it should not be it eaten.

Show learners pictures of different types of fruits

- let the them say whether the food is good or bad for eating





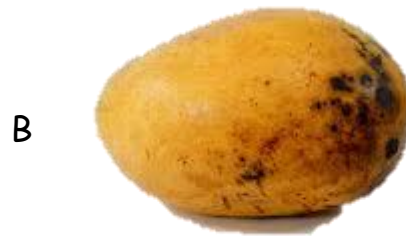
### **Washing of fruits**

- dirty fruits can make us ill
- wash fruits before eating them
- wash fruits with clean and running water

### **Exercise**

We .....fruits before eating

Which fruit will you eat A or B?



Draw two fruits found in your locality

### **Why we eat**

**How many times do we need to eat in a day?**

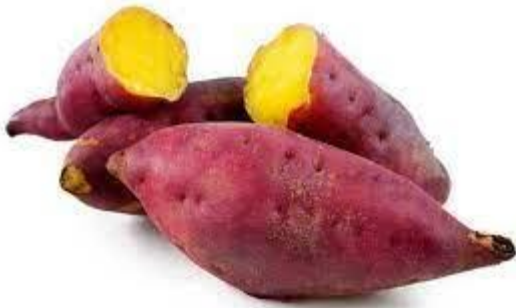
- when you wake up in the morning, we eat breakfast
- then in the afternoon we eat lunch
- In the evening before we sleep we eat supper.

It is good we eat three meals in a day



## Foods we eat at different times

### Breakfast



### Lunch



### Supper





Let them show the food of their choice they eat when they wake up in the morning?

### **Why do you eat every day?**

- we eat every day to get energy
- energy help us play, sing walk , run etc
- we also eat to grow
- we eat to be healthy

### **Exercise**

Name the activities you do at home

Say if you need energy to do them

We eat food to grow and remain healthy

### **Good behaviors during meal time**

Meaning of mealtime

Time to eat food

Good behaviors when eating

- Wash your hands before eating
- Serve food that you can finish
- Close your mouth when chewing
- Clear the table after eating





Look at the pictures below

Show the learners the picture and ask them questions



In the above picture which family is showing good behavior in eating?

### **Why we show behaviors during eating**

- bad behaviors manners can cause choking
- serving a lot of food can cause other people to miss food
- showing food in your mouth when eating is a lack of respect
- choking is when food get into the throat

### **Exercise**

Charles Like talking when eating..... he can get (chocked, Drown)

We only wash our hands after eating..... (Yes, no)

Do not eat ..... food (waste, good)



## BUYING FOOD

Where do we buy food?

We buy food from the following place

- butchery
- kiosk
- restaurant
- hotel
- shop
- open air market

kiosk - is a small shop

Restaurant - is a place where cooked food is sold

### **The food we buy**

We buy food from different places

We buy meat from the butchery

We get cooked food from the restaurant

We can buy maize and millet from an open air market

Let learners do an exercise of matching pictures on page 67 pupils book  
grade 1



## SAFETY EDUCATION

Common accidents at home

What accidents happen at home

Look at the picture below



The children in the picture are hurt

They had an accident

An **accident** is a bad thing that happens to us like cuts, burns and falls

Most accidents we experience at home are cut, burns, falls and chocking



## Cuts and burns

Look at the picture below



The boy in the picture A has cut his leg and the girl in picture B has a burn

Cuts and burns are common accidents we get at home.

## Falls and drowning

Ask learners to look at the picture



The boy in picture A has shown drowning in water

Falling and drowning are also common accidents at home

Do not cover your head with bags which can suffocate you

Do not touch or put metals in electric sockets, you can get electric shock

To suffocate is when you lack air to breathe



## **Causes of accidents at home**

### **1. sharp objects**

sharp objects like broken glasses and knives can cause cut, we should not play with them. Always be careful when handling them.

### **Things that can make us fall are:**

1. slippery floor
2. banana peels
3. furniture that are not arranged

**Slippery** is something which can make you slide

### **Sockets and flames**

Touching sockets is very dangerous, it can cause shock

Playing with fire is also dangerous, it can cause burns

Learners to look at page 75 pupils book grade 1

### **How can we prevent accidents at home?**

- ✓ Wiping water in the floor to prevent fall
- ✓ Arranging furniture prevent fall
- ✓ We should put all waste in a dustbin
- ✓ Always hold a knife with a handle
- ✓ Do not play with sharp objects such as iron sheets
- ✓ Do not play near fire

Learners to make posters of preventing different accidents



## Exercise

.....can cause accidents in the kitchen?

We can prevent fall by .....(keeping floor dry, playing with knife)

Electricity can cause .....(electric shock, drowning)

## Dangerous chemicals at home

**Dangerous** is a thing that can harm us

Chemicals like paraffin, soap and insecticides

Which chemicals are dangerous at home?

Pictures of the chemicals





Some chemicals can harm us

They are dangerous chemicals

### **What danger do chemical at home cause**

- some soap can damage our skin
- water with soap can harm our eyes
- we can get ill when we take liquid soap
- paraffin also harm our skin
- insecticides can also harm our body
- pesticides are also dangerous

Insecticides are chemicals used to kill insects e.g mosquitoes

Pesticides kill pests e.g weevil

### **Exercise**

Show the dangerous chemical in the diagram below





# **SIMPLE FIRST AID**

## **WHAT IS FIRST AID**

First aid is the first help given to the hurt person

We do first aid for all accidents

We do first aid to reduce the loss of blood

We do first aid to reduce pain

Learners to look at the first Aid kit on page 89 pupils book grade 1

First Aid kit



We keep first aid things in a first aid kit

**Things found in a first aid kits are;**

- bandages
- gloves
- cottonwood
- safety pin





- tweezers
- sterile pad
- Elastoplast
- Scissors

Show learners pictures of items we find in First Aid kit



Learners do first aid activities in groups

Let one pupil in each group act like have injured the leg

Let the other do first aid for him/her

### **Exercise**

Your friend has cut herself what will you do?

Name the things below.....





1. We do first aid in a cut to stop (pain, crying)
2. Things used for first Aid are kept in (house, first aid kit)
3. \_\_\_\_\_are found in first Aid kit (nails, Gloves)

**The end**