

HYGIENE AND NUTRITION SCHEME OF WORK GRADE 2 TERM ONE

WEEK	LESSON	STRAND	SUB-STRAND	SPECIFIC LEARNING OUTCOME	KEY INQUIRY QUESTIONS	LEARNING EXPERIENCE	LEARNING RESOURCES	ASSESSMENT METHOD	REFLECTION
1	1-2	Health practices	Importance of breakfast	By the end of the sub strand the learner should be able to: 1. State the meaning of the word breakfast 2. Identify when breakfast is taken during the day	a. What is breakfast? b. When do we take breakfast?	Guide learners to brainstorm on meaning of the word breakfast	Pictures	oral questions	
2	1-2	Health practices	Items taken during breakfast	Name food items taken during breakfast	Which food items are taken during breakfast?	Learners name food items they eat and drink in the morning	Slices of bread Arrowroots Sausages Sweet potatoes Eggs	Oral questions	
3	1-2	Health practices	Drawing food item	Draw and colour food eaten for breakfast	Which food items are eaten during breakfast?	Learners draw and colour foods eaten for breakfast	Pencils Crayons	Observation	
4	1-2	Health practices	Importance of eating breakfast	Tell the importance of eating breakfast as healthy habits	What is the importance of eating breakfast?	Learners are guide to tell the importance of eating breakfast as a habit	Pictures	Observation	
5	1-2	Health practices	Good oral habits	Identify good oral habits that promote development of healthy teeth	What things do I do that are good for my teeth?	Learners are guided to identify good oral habits	Milk Sweets Biscuits	Oral questions	
6	1	Health practices	Oral hygiene	Identify harmful oral habits that damage teeth	What is harmful to our teeth?	Learners are guided to identify harmful oral habits that damage teeth	Pencils Tooth picks	Oral questions	
	2	Health Practices	Oral hygiene	Brush their teeth	What do we use to brush our teeth?	Learners are guided on how to brush their teeth	Tooth brush	Observation	
7	1	Practices	Cleaning utensils at	Cleaning utensils at home	Utensils?	Reasons for cleaning utensils at	Healthy and unhealthy person		

			home			home			
	2	Health practices	Materials used for cleaning utensils	Identify materials used for cleaning utensils at home	What do we use to clean the utensils?	Learners identify materials for cleaning utensils	Soap Soap dish Sponge/sisal fiber Piece of cloth	Oral questions	
8	1	Health practices	Cleaning, drying and storing utensils	Clean, dry and store the utensils used at home	How do we dry and store the utensils?	Learners peer teach on how to clean, dry and store utensils and they do it practically	Utensils Soap Sponge	Oral questions Experiment	
	2	Health practices	Danger of second hand smoking	By the end of the sub strand, the learner should be able to mention substances that people smoke that are harmful to our health Mention places where people smoke these substances	Which are the harmful substances that people smoke? Which places/areas do people smoke from?	Learners brainstorm on substances that people smoke and are harmful to our health Learners to mention areas and places where people smoke these substances	Pictures Posters Video clip	Oral questions	
9	1	Health practices	Dangers of second hand smoking	State the meaning of the word second hand smoke and its effects on health	What is second hand smoking?	Learners are guided to explain the meaning of the second hand smoke	Pictures Posters	Observation Oral questions	
	2	Health practices	Keeping water safe from contamination	By the end of the sub strand, the learner should be able to: Tell what is water contamination Carry out experiment to demonstrate water contamination	What is water contamination ?	Learners are guided to brainstorm on the meaning of contaminated water Learners are guided to carry out a simple experiment to	Pictures Real objects	Observation Experiment	

						illustrate how water is contaminated			
10	1	Health practices	Keeping water safe from contamination	The learner should be able to mention changes in water that is contaminated State ways in which we can prevent water from contamination	What happens when water is contaminated ?	Learners to experiment and observe physical changes that occur in contaminated water Learners to be guided to tell how they can prevent contamination of water	Pictures Real objects	Oral questions Observations Oral reports	
	2	Health practices	Re-using water and soap at home	By the end of the sub strand, learner should be able to explain the meaning of word re-using	What do we use water and soap for?	Learners to brainstorm on the meaning of reusing	Water and soap	Oral questions	
11	1	Health practices	Ways of re-using water and soap at home	The learner should be able to mention ways of re-using water and soap at home	How can we use water and soap?	Learners to be guided to tell activities	Water and soap	Oral questions	
	2	Health practices	Makin soap gel	The learner should be able to make a soap gel from left over soap	How do we make a soap gel?	Learners to observe a demonstration on how to make a soap gel using left over soap from home	Realia (left over soap, water, bottles)	Observation Experiments	
12	1	Health practices	Re-using water and soap to minimize wastage in the home	The learners should be able to re-use water and soap to minimize wastage in the home	How can we re-use water and soap?	Learners practice how to make the soap gel and use it for hand washing	Soap Water	Observation Experiment	
	2	Personal hygiene	Use and care of personal items	By the end of the sub strand the learner should be able to identify the items used for	What items do we use for personal	Learners to be guided on mentioning items	Nail cutter Toothpaste Cotton buds	Oral questions observation	

				personal cleanliness	cleanliness?	for personal cleanliness	Shoes Body lotion		
13	1	Personal hygiene	Personal items	Identify personal items and give reasons why we should not share them	Which are the personal items?	Learners are guided to identify personal items and give reasons why they should be shared	Towel Handkerchief Combs Sock	Oral questions Observation	
	2	Personal hygiene	Cleaning a handkerchief	State the procedure used for cleaning a handkerchief	How do we clean a handkerchief?	Learners are guided on how to clean a handkerchief?	Handkerchief	Oral questions	
14	1	Personal hygiene	Cleaning a handkerchief	State the procedure used for cleaning a handkerchief	What do we need to clean a handkerchief?	Learners to clean their handkerchief	Handkerchief Salt Warm water Soap	Observation	
	2	Personal hygiene	Cleaning a comb	Clean a comb correctly	How do we clean a comb?	Learners to be guided on how to clean a comb.	Comb Soft brush Water Soap	Oral questions Observation	