**P.3 LITERACY ONE NOTES TERM III**

**THEME: HEALTH IN OUR SUB COUNTY.**

**Week 2**

**Lesson 1**

Health is a state of physical, social, emotional, mental well being of an individual and not only the absence of an illness.

**What is a disease?**

A disease is an illness of the body of an organism.

**Vectors:**

Vectors are organisms that spread disease germs.

Vectors are living thing that spread germs from one host to another.

They are also called **disease carriers**.

**Examples of vectors and diseases they spread:**

|  |  |
| --- | --- |
| **vectors** | **diseases** |
| Female anopheles mosquito | malaria |
| Culex mosquito | elephantiasis |
| Tiger/ aedes mosquito | Yellow fever |
| Housefly | Trachoma, cholera, dysentery, diarrhoea, typhoid, polio |
| Tsetse fly | Sleeping sickness (trypanasomiasis) |
| Lice | Typhus fever |
| ticks | Relapsing fever |
| Water snails | Bilharziasis |
| Rat fleas | Bubonic plague |
| Black fly/ Jinja fly/ simulium flies | River blindness |
| cockroaches | Cholera, dysentery, diarrhoea, typhoid, polio. |

**Activity**

Identifying different vectors and diseases they spread in our environment

**Exercise**

1. **Briefly explain the term vectors.**
2. **Name the vectors that spread the following diseases;**
3. Malaria
4. River blindness
5. Dysentery
6. Sleeping sickness

**3.How are water snails dangerous to people?**

**Lesson 2**

**GERMS**

* Germs are living organisms that cause diseases.
* Germs can be useful and harmful to animals
* Harmful germs are small living organisms which cause diseases.
* Germs are so small that they cannot be seen by naked eyes.
* Germs are seen using a microscope.

**A picture of microscope**



**Example of germs**

* Bacteria - Fungi
* Viruses - Protozoa

**Activity**

1. Observing parts of a microscope.
2. Drawing a microscope.
3. Identifying areas where microscopes are used.

**Exercise**

1. In one sentence give the meaning of germs.
2. State the four examples of germs.
3. Draw a microscope.
4. How is a microscope useful to doctors?

**Lesson 3**

**Diseases caused by bacteria to people**

* Tetanus - Dysentery
* Tuberculosis - Syphilis
* Pneumonia - Gonorrhoea
* Whooping cough - Cholera
* Diphtheria - Typhoid

**Diseases caused by viruses to people**

* Influenza - AIDs
* Measles - Ebola
* Polio - Mumps
* Yellow fever - Chicken pox

**Activity**

Identifying diseases caused virus and bacteria to people.

**Exercise**

1. Mention any four diseases caused by;
2. bacteria to people
3. virus to people

**Lesson 4**

**Diseases caused by fungi to people**

* candidiasis ---ring worm
* athletes’ foot
* oral thrush
* tinea

**Ring worms:**

* These are red patches on the skin.
* It is caused by fungi.
* It affects the skin especially the neck, cheek, head and legs**.**

**Athletes’ foot:**

* It is a fungal infection.
* It attacks the skin between toes.
* It is itchy and painful.

**Candidiasis:**

* It is a fungal disease.
* It affects the vagina and penis.

**Oral thrush:**

* It is a fungal disease.
* It affects young babies.
* It is caused by yeast growing in bottles used for feeding babies.

**Diseases caused by protozoa to people**

* Malaria
* Sleeping sickness

**Areas where germs are found**

* In the air - In and on of sick people
* In the soil - In rubbish or garbage
* In dirty water - In and on rotten animals
* In animal wastes - On dirty food

**Activity**

Identifying diseases caused by fungi and protozoa to people.

**Exercise**

1. State the examples of diseases caused by;
2. Protozoa b) fungi
3. Identify any four places where germs are found.

**Lesson 5**

**How germs are spread.**

* Through animal and insect bites.
* Through drinking contaminated water.
* Through eating food in dirty containers.
* Through wearing dirty clothes.
* Through open cuts and wounds.
* Through the 4Fs.

The 4F’s disease path

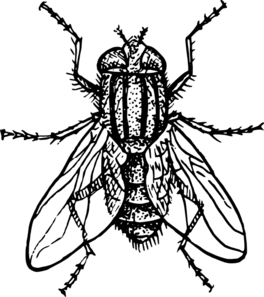
* Faeces
* Flies
* Fingers
* Food

Flies

Faeces food

fingers

**Diagram of a housefly**



**Activity**

* Identifying common ways how germs spread in our community.
* Drawing a picture of a housefly.

**Exercise**

1. Mention any four ways how germs can be spread.
2. Write the 4F’s in full.

**Lesson 6 & 7**

Practical lesson

**Ways of preventing and controlling germs.**

* Using latrines correctly.
* Avoid using bushes for long calls.
* Wash hands after visiting a latrine.
* Wash hands before and after handling food.
* Use insecticides to control houseflies/cockroaches.
* Groom/cut short the finger-nails.
* Washing and ironing clothes regularly.
* Burning and burying rubbish.
* Sleeping under treated mosquito net.
* Boiling drinking water
* Cover left over food
* Keep food/ water in clean containers
* Warm leftover food before eating

**Activity**

* Checking of long fingernails among leaner
* Washing of hands before eating food at the kitchen.

**Exercise**

State the ways of preventing and controlling germs

1. at school
2. at home

**Lesson 8**

**Examples of common diseases in our sub-county/ division**

Malaria sleeping sickness

Yellow fever typhoid

Diarrhoea typhus fever

Dysentery bubonic plague

Trachoma elephantiasis

Cholera measles

**Activity**

Identifying common diseases that affects people in our environment

**Exercise**

1. State any six common diseases in your area
2. WEEK 3

**Lesson 1 & 2**

**Malaria**

**Diagram of a female anopheles mosquito**

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* It is caused by a parasite called plasmodium (plasmodia).
* Malaria is spread by a female anopheles mosquito.
* The male anopheles mosquito does not spread malaria because it does not suck blood. It only sucks juices from plants.
* The head of a mosquito has a sharp long tube called **proboscis** used for sucking blood.

**Signs of malaria:**

* Vomiting
* Yellow eyes
* Yellow urine
* Shivering
* Sweating
* Sores on the mouth
* Dry lips

**Symptoms of malaria:**

* + - * Headache
      * Pains in the joints
      * Stomachache
      * High temperature
      * Body weakness
      * Severe abdominal pains

**Effects of malaria**

* Malaria kills people.
* It can lead to miscarriage (foetus get out of the mother’s womb before it is fully developed.
* Malaria leads to **anaemia.**
* Anaemia is lack of enough blood in the body and it is caused by lack of enough iron in the body.

**Control of malaria**

* + - * Clear bushes around the home
      * Burry empty tins and bottles which collect water
      * Pour oil on pools of water around the house.
      * Fill up holes in the home with soil.
      * Sleeping under treated mosquito nets.
      * Taking anti-malarial tablets as directed by a doctor or health worker.
      * Putting wire mesh in the windows to stop mosquito from entering the house.
      * Spraying houses with insecticide.
      * Using mosquito coils, repellants and use of creams on open body parts.
      * Close doors and windows early enough in the evening.

**What is fumigation?**

This is the use offume or smoke to chase away vectors such as mosquitoes.

The smoke may be from mosquito coils e.t.c

**Activity**

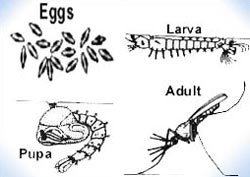
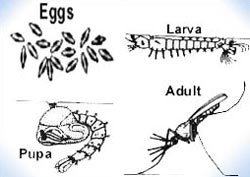
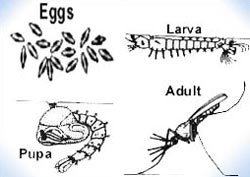
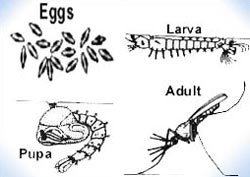
* Drawing the picture of female anopheles mosquito.
* Identifying methods commonly used to control malaria in their homes.

**Exercise**

1. Identify the germ that cause malaria
2. State at least three signs of malaria.
3. Mention any ways of controlling malaria in our home.

**Lesson 3**

**Life cycle of a female anopheles mosquito**



**NOTE:**

1. Mosquitoes lay eggs in stagnant water/ still water.
2. The eggs hatch into larvae.
3. The larva of a mosquito is called **wriggler.**
4. The larva breathes through **siphon.**
5. The larva develops into pupa, then adult.

**Activity**

Drawing the life cycle of anopheles mosquito.

**exercise**

1. How many stages of development has a female anopheles mosquito?
2. Name the most dangerous stage in the above life cycle.
3. Which part of the mosquito above is used for sucking blood?

**Lesson 4**

**Dysentery**

* + - * It is the passing out of watery stool with blood stains
      * It is caused by amoeba or bacteria. It is spread through drinking contaminated water with amoeba parasites. The parasites can be carried by houseflies.

**Signs of dysentery:**

* + - * Blood stained stools
      * Vomiting

**Symptoms of dysentery:**

* + - * Abdominal pain
      * Painful passing out of loose, bloody stools
      * Headache
      * Fever

**Prevention of dysentery:**

* + - * Use latrines properly.
      * Wash your hands after visiting the latrine.
      * Keep water sources clean.
      * Wash your hands before handling and eating food.
      * Wash all foods eaten raw.
      * Boil water for drinking.
      * Destroy all breeding places for houseflies.

**Activity**

* Observing proper toilet habits.
* Boiling water for drinking in their homes.

**exercise**

1. **In one sentence write the meaning of dysentery.**
2. **Identify at least two symptoms of dysentery.**
3. **State any three ways of preventing and controlling dysentery.**

**Lesson 5**

**Trachoma**

* Trachoma is caused by a germ called **Chlamydia.**
* Trachoma is spread by a housefly.
* Trachoma is common in places with no water where people are unable to wash dirt and dust from their hands and eyes.
* Untreated trachoma leads to blindness.

**Signs of trachoma:**

* Red watery eyes.
* Pinkish or grey swellings on the eye.
* The white part of the eye turns brownish.
* Watery discharge from the eyes.

**Symptoms of trachoma:**

Itching eyes.

Pain while looking at light.

**Prevention and control of trachoma**

* Avoid sharing the same basin of water while bathing with an infected person.
* Avoid shaking hands with an infected person.
* Avoid sharing the same handkerchief with an infected person.
* Get treatment as soon as possible because trachoma can make you blind.

**Activity**

* Identifying the vector that spreads trachoma.
* Checking for handkerchiefs among learners.

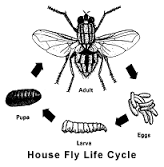
Exercise

1. Identify the vector that spreads trachoma.
2. Give on effect of trachoma to people.
3. Mention any two signs of trachoma
4. Suggest at least one way of preventing trachoma.

**Lesson 6**

**Diarrhoea**

It is passing out of watery stools from the body many times a day. It caused by a virus or bacteria.

 **Life cycle of a housefly:**

It is spread by the 4fs i.e. faeces, flies, food, fingers.

Diarrhoea leads to dehydration and dehydration leads to death.

**3Ds in full:**

Diarrhoea

Dehydration

Death

**Signs and symptoms of diarrhoea.**

* Watery stools three or more times a day.

**Symptom**

* Stomach pain.

**How diarrhoea spreads:**

* Eating contaminated food
* Drinking dirty or contaminated water
* Eating unwashed fruits
* Handling food with unwashed hands.
* Through the 4fs

**Activity**

Drawing the life cycle of a housefly.

**Exercise**

1. Briefly explain the term diarrhoea.
2. Write 3D’s in full
3. How is a housefly able to spread faecal diseases?

**Practical lesson**

**Lesson 7 & 8**

**Control of diarrhoea**

* + - Cover food to protect it from houseflies and insects that bring germs.
    - Wash hands after using latrine and before handling food.
    - Wash utensils with clean water and soap.
    - Keep utensils in clean cupboards.
    - Boil drinking water to kill germs.
    - Wash fruits before eating them.
    - Serve food in clean utensils.
    - Keep the environment clean.
    - Practice proper disposal of wastes
    - Warm leftover food before eating.

**Activity**

* Observing good personal hygiene
* Doing activities that promotes sanitation at school and at home.

**Exercise**

1. Mention any four ways of controlling diarrhoea in our division.

**Week 4**

**Lesson 1**

**Dehydration**

* It is the condition when the body does not have enough water.
* Dehydration is the lack of enough water in the body.

**Signs of dehydration**:

* Dry mouth
* Sunken eyes
* Sunken fontanelle (soft spot)
* Little or no urine
* A pinch on the skin takes long to go back to normal.
* The person is sleepy and easily gets annoyed.
* Sudden weight loss.

**Diagram of a dehydrated person.**

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**Causes of dehydration**

* Diarrhoea
* Vomiting
* Severe burns and scalds

**Diarrrhoea and vomiting can lead to:**

* Loss of water.
* Loss of important salts like sodium and potassium.
* Death

**How to treat dehydration:**

* Give a lot of fluids to the patient
* For babies encourage more breastfeeding
* For older children give sweet tea, soup and fruit juice.
* Give the patient as much as food as he wants such as porridge, soup, fish and eggs.
* Give the patient ORS (Oral rehydration salts or solution)
* Mostly for babies take them to the hospital

**Activity**

* Identifying signs of a dehydrated person.
* Observing items used to treat a dehydrated person.

Exercise

1. Briefly explain the term dehydration.
2. State any two causes of dehydration.
3. Mention any two ways of treating dehydration

**Practical lesson**

**Lesson 2 & 3**

**Preparation of ORS or SSS locally:**

ORS- Oral Rehydration Salt/ Solution

SSS-Salt Sugar Solution

1. Wash hands with clean water and soap.
2. Measure one litre of clean boiled water into a clean container.
3. Measure eight leveled tea spoonfuls of sugar and one leveled tea spoon of salt into the container.
4. Stir until all the salt and sugar dissolves.
5. Taste the solution and give the patient.

**How to prepare ORS of a sachet**

* Wash your hands with clean water and soap.
* Measure one litre of clean boiled water into a clean container.
* Open the sachet and empty it in a litre of water.
* Stir the solution and taste

**Dosage:**

* A child takes a quarter of a mug after every stool.
* Adults take half of a mug after every stool.

**NOTE:**

* When making SSS, sugar, salt and water are used.
* Water works as a solvent.
* Salt and sugar work as solutes.
* Water replaces the lost water in the body
* Salt replaces lost mineral salts in the body.
* Sugar replaces the lost energy in our body.

**Activity**

Making SSS using salt, sugar and water.

exercise

1. Write the words in full
2. ORS
3. SSS
4. Why is sugar used when preparing ORS?
5. Why are we advised to wash our hands before making ORS?

**Lesson 4**

**Yellow fever**

It caused by a virus.

It is spread by tiger or aedes mosquito

**Signs and symptoms of yellow fever**

* Vomiting of black stuffs
* A lot of bleeding under the skin
* The eyes turn yellow

**Prevention and control of yellow fever**

* Draining stagnant water
* Spraying insecticides
* Clear all the bush around the house
* Keep fish in dams and ponds to eat the mosquito larvae

**Activity**

Observing activities that control the spread of yellow fever.

**Exercise**

1. Name the germ that causes yellow fever.
2. Mention any three ways of preventing yellow fever.

**Lesson 5**

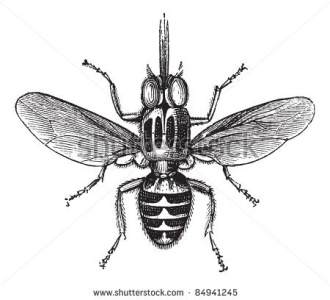
**Sleeping sickness:**

It is caused by germs called trypanasomes.

It spread by a tsetse fly.

It is called sleeping sickness because the patient feels sleepy all the time.

**Diagram of a tsetse fly.**

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**Signs of sleeping sickness**

* Loss of weight.
* Running eyes.
* Swellings in the neck.

**Symptoms of sleeping sickness:**

* Fever from time to time.
* Feeling weak and sleepy
* Loss of appetite

**Places where tsetse flies are found:**

* Near rivers and streams of water because they need water to breed.
* In the forest, thick grass and shrubs so that they hide away from sunlight.

**Control of sleeping sickness**

* Using tsetse fly traps
* Spraying tsetse flies with insecticides
* Clear bushes near homes
* People who keep animals should avoid very early and late grazing of animals.
* Clear bushes at the river banks and streams near homes

**Activity**

Drawing the picture of the tsetse fly.

**Exercise**

1. Name the diseases carried by tsetse flies in animals.
2. Identify any two signs of sleeping sickness.
3. State any three ways of controlling sleeping sickness.

**Lesson 6**

**Typhus fever:**

It is spread by lice. The typhus germ lives in excreta of lice.

The louse excretes on your skin, when you scratch yourself you break the skin and make a door through which germs enter your body.

**Signs of typhus fever**

1. Skin rash
2. Swollen lymph nodes

**Symptoms of typhus fever**

1. High fever
2. Severe headache
3. Muscle aches

**Prevention of typhus fever:**

* Keep your body clean.
* Wash your hair and keep it short
* Iron clothes to kill lice.
* Cut your hair or trim it.

**Activity**

Observing pupils with long hair in class.

**exercise**

1. State any on symptom of typhus fever.
2. Suggest any three ways of prevention of typhus fever.

**Lesson 7**

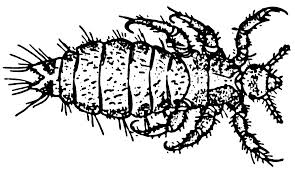
**Plague:**

It is spread by rat fleas.

Rat fleas hide in the fur of rats.

A flea under goes a complete life cycle but has no wings.

**A picture of a louse**



**Signs and symptoms**

* High fever
* Headache
* Swelling in the neck, arm pits and the nymph nodes
* Swollen glands

**Prevention of plague**

* Keep the house and clothes clean.
* Use rat poison and traps to kill rats.
* Keep food a way from rats and mice.
* Spray floors with insecticide powder.
* In case of an outbreak, people should take anti-plague vaccination

**Activity**

Observing methods and skills of controlling plague

**exercise**

1. Name the vector that spreads typhus fever.
2. State two ways of preventing typhus fever.
3. Mention any three possible measures of preventing plague.

**Lesson 8**

**Elephantiasis:**

It is caused by filarial worms.

It is spread by culex mosquito.

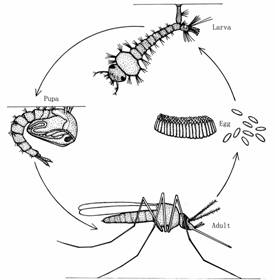
**Signs and symptoms:**

They cause the swelling of the affected parts.

The parts mostly affected are:

* The feet (swollen feet)
* Testicles (hydrocoele)

**Life cycle of a culex mosquito:**



**Prevention and control of elephantiasis**

* Spraying insecticides
* Clear all the bush around the house
* Drain stagnant water
* Sleep under treated mosquito nets

**Activity**

Drawing the lifecycle of culex mosquito

**exercise**

1. Identify the vector that spreads elephantiasis
2. State any one sign of elephantiasis
3. Suggest at least two measures of controlling elephantiasis

**WEEK 5**

**Lesson 1**

**Typhoid**

It is caused by bacteria.

It spread by a housefly.

**Symptoms of typhoid**

* Intestinal bleeding
* Persistent fever
* Abdominal pain
* Headache
* General body weakness

**Signs of typhoid.**

* High fever
* Severe diarrhoea

**Prevention of typhoid and cholera**

* Boiling drinking water
* Covering food properly
* Washing hands after using the latrine or toilet
* Warming left over food
* Use latrines properly
* Take the infected person to the hospital
* Observe good hygiene
* Washing fruits before eating

**Activity**

Practicing good sanitation activities.

**exercise**

1. State vectors that spread typhoid
2. Identify any three symptoms of typhoid.
3. Suggest ways of preventing typhoid.

**Lesson 2**

**Cholera:**

It is caused by a bacteria vibrio cholerae

It is spread by a housefly.

How it spreads

Through contaminated food and water.

Food contaminated by a housefly.

Drinking unboiled water.

**Signs of cholera**

Serious diarrhoea Dehydration

Vomiting Body weakness

**Symptoms of cholera:**

* Rapid loss of fluids.
* Body weakness.
* unconsciousness

**Prevention of cholera**

* Boiling drinking water.
* Covering food properly.
* Washing hands after using the latrine or toilet.
* Warming left over food.
* Use latrines properly.
* Take the infected person to the hospital.
* Observe good hygiene.
* Washing fruits before eating.

**Activity**

Doing activities that promote sanitation at school and at home.

**exercise**

1. State vectors that spread cholera.
2. Suggest ways of preventing cholera.

**Lesson 3**

**Relapsing fever:**

* It is caused by spirochetes.
* It is spread by ticks/lice.
* A tick has eight legs and two main body parts.

**Prevention of ticks:**

* Dip animals in dip tanks with chemicals.
* Use insecticides power to spray where ticks hide.
* Practice double fencing.
* Remove ticks from animals using hands.
* Encourage egrets on farms to eat ticks off animals.

**A picture of a tick**



Prevention of common vectors

Regular sweeping of the places where we stay.

Slashing bushy areas near our homes.

Spraying vectors with insecticides.

Digging around the house.

Smearing house

Draining stagnant water near our homes.

**Activity**

Doing activities that control ticks.

**exercise**

1. Mention the vector that spreads relapsing fever.
2. State any two ways of preventing ticks in animals.

**Lesson 4 & 5**

**HIV/AIDS**

**Concept of HIV/AIDS:**

**HIV:** Human Immunodeficiency Virus.

**AIDS:** Acquired Immune Deficiency Syndrome

**Immune:** protected against

**Acquired:** means to get

**Deficiency:** means lack of

**Syndrome:** signs and symptoms of diseases

HIV/ AIDS is caused by a virus. The virus that causes AIDS is called HIV.

**Signs of AIDS**

* Herpes zoster (kisipi)
* Kaposi’s sarcoma (skin cancer)
* Oral thrush
* Diarrhoea which lasts long.
* Dry cough
* Excessive sweating at night.
* Persistent fever

**Symptoms of AIDS**

* Tiredness
* Lack of energy.
* Feeling pain while swallowing.
* Loss of weight.
* Severe headache.

**Activity**

Observing signs of AIDS patient

**Exercise**

1. Write the words in full
2. HIV b) AIDS
3. Mention any two signs and symptoms of HIV / AIDS

**Lesson 6**

**How HIV/AIDS is spread:**

* Through sexual intercourse with an infected person.
* Through unscreened blood transfusion.
* Through sharing sharp piercing and cutting body instruments.
* Through traditional circumcision (use of the same knife).
* Through use of unsterilized medical equipment e.g syringes.
* From expectant mother to unborn baby.

**Effects of HIV/ AIDS:**

* Death
* Loss of employment
* Body weakness
* Poverty
* Children drop out of school
* Very useful members of the community may be lost.

**Activity**

Dramatizing how AIDS is spread

**Exercise**

1. Mention any three ways how HIV /AIDS is spread from one person to another.
2. State at least four effects of HIV / AIDS.

**Lesson 7**

**Care for HIV/ AIDS patients:**

* Keep them clean
* Wash your hands before and after caring for them.
* Make sure the patient takes drugs on time.
* Give a balanced diet to the patient.
* Talk and play with the patient.
* Give him/her hope
* Help them to stop bad habits like smoking, drinking alcohol .

**Control of HIV/AIDS:**

* Abstain from sex if not married.
* Have only one faithful marriage partner.
* Use sterilized medical instruments.
* Avoid sharing cutting instruments.
* Use condoms if you must have sex.

**Activity**

Dramatizing ways how AIDS can be controlled in a community.

**exercise**

1. State any three signs and symptoms of HIV / AIDS.
2. Suggest ways of caring for HIV /AIDS patients.
3. Mention any two possible ways of controlling the spread of HIV / AIDS.

**Lesson 8**

**PIASCY MESSAGES ABOUT HIV/ AIDS:**

**Presidential Initiative on AIDS Strategy for Communication to Youth (PIASCY).**

**PIASCY messages:**

**Have good morals**

* Obey your religious teachings.
* Good morals help you to make right and safe choices.
* Be kind and honest.
* Live your life with a purpose.
* Listen to your parents, teachers and elders who show you good character and behaviour.

**Follow your religion to stay safe:**

* This helps you to delay sex until marriage.
* Pray for the strength to stay in school.
* It is a comfort zone when you have problems, it gives hope.

**Always say no to sex:**

* This enables you to remain healthy.
* It enables to complete school.
* It enables you to work towards your purpose of life.
* Always say no to offers from strangers.
* If someone is asking for sex, always tell a trusted adult.

**Activity**

Reciting poems with PIASCY messages.

**Exercise**

Reciting PIASCY messages e.g.

Abstain from sex; say no to bad touches, self awareness

Assertiveness, self esteem, avoid dark corners, don’t accept gifts from strangers

**Week 6**

**Lesson 1**

**Stay in school**

* Make education the most important thing in your life.
* Go to every day and study hard.
* Do not out of school to marry or work.
* Always help your parents at home.

**Boys, girls stay in school:**

* Both have equal rights to education and to stay safe.
* Both can do equal work and perform equally well in school.
* Girls do not accept gifts from boys in return for sex.

**Importance of PIASCY messages in schools**

* Helps children to develop awareness about AIDS
* Helps children to prevent acquiring HIV /AIDS
* Children get equipped with ways of caring for HIV / AIDS patients

**Activity**

Reciting PIASCY messages

**exercise**

Reciting PIASCY messages eg

Abstain from sex, say no to bad touches, self awareness

Assertiveness, self esteem, avoid dark corners, don’t accept gifts from strangers

**etc**

**Lesson 2&3**

**Topical questions**

1. In one sentence give the meaning of vectors.

--------------------------------------------------------------------------

1. Name the vectors that spread the following diseases
2. Malaria ---------------------------------------------------------------------------
3. Sleeping sickness------------------------------------------------
4. Bilharzia------------------------------------------------------------
5. Identify any two causes of dehydration.
6. -----------------------------------------------------------------------
7. ------------------------------------------------------------------------
8. Mention at least three ways of controlling vectors in homes.
9. -----------------------------------------------------------------------------
10. ----------------------------------------------------------------------------
11. ----------------------------------------------------------------------------
12. How is a housefly able to spread faecal diseases?
13. Write the four ways of spreading germs in order
14. ------------------------ b)---------------------------------------
15. ------------------------ d)---------------------------------------
16. Identify any two ways how HIV /AIDS is spread from one person to another.

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1. Mention at least two ways of preventing and controlling HIV /AIDS.

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1. Why should people iron their clothes?

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1O) Write the following words in full.

1. SSS--------------------------------------------------------------------------------------
2. HIV--------------------------------------------------------------------------------------
3. ORS--------------------------------------------------------------------------------------

**Lesson 4**

**Energy in our Sub-County / Division**

**Sources of energy**

Natural sources:

* Wind e.g for sailing boats and driving wind mills
* Water e.g for hydro electric power
* Sun e.g for solar energy

**Artificial sources**

* Fuel eg diesel, petrol, wood, charcoal, paraffin etc
* Electricity in homes
* Battery.

**Uses of artificial energy:**

**Uses of diesel and Petrol**

* It is used to run vehicles.
* Diesel oil is used for heating homes.
* Petrol is used as a solvent.
* Petrol and diesel are used in generators to produce electricity.

**Uses of paraffin**

* For lighting
* For cooking
* It can be used in generators to produce electricity.

**Activity**

* Identifying common fuels used at home.
* Identifying items that uses diesel.

**exercise**

1. Identify any two examples of natural sources of energy.
2. Give any three examples of artificial sources of energy.
3. Mention any one use of petrol and diesel to people.

**Lesson 5**

**Uses of wood / charcoal**

* For cooking
* For roasting maize
* For baking bread
* For study purpose
* For making campfire

**Uses of hydro electricity**

* Electricity is used for:
* Running refrigerators
* Lighting
* Washing
* Water heating
* Cell phone charging
* Ironing clothes
* Industry machines are run by electricity.

**Examples of things that use electricity at home**

Washing machines Refrigerator

Flat iron Television

Telephones Computers etc

**Activity**

* Drawing materials that uses electricity at home.
* Discussing uses of wood fuel at home.

**Exercise**

1. Name the natural source of fuel used by people in the villages.
2. State any two uses of electricity at home.
3. Mention at least three things that use electricity at home.

**Lesson 6**

**Ways of saving energy**

* Using energy saving stoves or bulbs.
* Switching off electrical appliances when not in use.
* Putting out fire after use especially firewood and charcoal.
* Planting trees for wood charcoal.
* Following instructions on proper use of energy.

**Importance of saving energy**

* To avoid wastage.
* To minimize cost.
* To use in the future.

**Lesson 7**

**Danger of energy**

**Dangers:**

* Live wires- electricity can shock people to death.
* Strong wind- can destroy buildings and crops.
* Storm- can destroy crops.
* Drought- can dry crops and kill animals.
* Floods – can destroy buildings, crops and kill people.

**Ways of avoiding dangers**

* Planting trees to act as wind breaks.
* Avoid playing with electric wires.
* Avoid pushing nails into sockets.
* Using fire extinguishers

**Activity**

* Drawing a fire extinguisher.
* Discussing way of saving energy.

**Exercise**

1. State any two dangers of energy to people.
2. Suggest any three ways of avoiding dangers of energy.

Lesson 8

**TOPICAL QUESTIONS**

1. Identify the two sources of energy in our division.
2. -----------------------------------------------------------------------------------
3. -----------------------------------------------------------------------------------
4. State any three examples of natural sources of energy.

1. -------------------------------------------------------------------------------------------
2. -------------------------------------------------------------------------------------------
3. ------------------------------------------------------------------------------------------
4. Mention any things at your home that use electricity.
5. ----------------------------------------------------------------------------------------
6. ----------------------------------------------------------------------------------------
7. Suggest at least two artificial sources of energy used by people in the villages.
8. -----------------------------------------------------------------------------------
9. -----------------------------------------------------------------------------------
10. State at least two uses of petrol and diesel to people.
11. ----------------------------------------------------------------------------------------------
12. ---------------------------------------------------------------------------------------------
13. Suggest any three ways of saving energy at home.
14. ----------------------------------------------------------------------------------
15. ----------------------------------------------------------------------------------
16. ---------------------------------------------------------------------------------
17. Give any two dangers of saving energy.
18. -----------------------------------------------------------------------------------
19. -------------------------------------------------------------------------------------
20. Identify at least two ways of avoiding dangers.
21. -----------------------------------------------------------------
22. -----------------------------------------------------------------