

STOPS

A full stop is a dot put at the end of a telling sentences.

Examples

I am seven years old.

Our school is found along Muwayire road.

Exercise 1 Pick out words which should begin with capital letters.

train	nurse	kampala	Friday	christmas
flower	tuesday	peter	annet	kibuli
banana	jane	tree	monday	fred

Exercise 2

Punctuate these sentences correctly

i have two brothers

he must work very hard

we went to gulu last week

aunt nalule is a nurse

the book I read is Cinderella

mary and pam are sisters

suzan lives in mengo

dan will go to London in june

we go swimming every thursday

i live in kibuli

Comprehension about parts of the body and their functions.

PARTS OF THE BODY

My body has many different parts, namely; ears, eyes, nose, legs, toes, head, tongue, hands and many others. These body parts have various functions ,for example, the tongue is used for tasting, the eyes are for seeing, the nose is for smelling, the ears are for hearing, the legs are for walking, the hands for writing and holding. The knees are used for kneeling.

We care for these body parts through different ways like, brushing the teeth , bathing, cutting finger nails short, combing the hair, cleaning the ears and the nose and scrubbing the feet. It is important to keep our bodies clean.

Questions

Write the title of the passage.

What is the passage about?

Give any four body parts mentioned in the passage.

Which body part is used for kneeling down?

How can you keep your hair clean?

Draw and name these parts of the body. (head, shoulder, chest, eye)

Free composition about parts of the body

Guiding words:

tasting hearing mouth ears

feeling seeing teeth legs

skin smelling nose tongue

body bathing eyes clean
brushing soap towel toothbrush

SUB THEME : SANITATION

PRESENT CONTINUOUS TENSE

Adding ing to verbs

Examples

throw- throwing

brush- brushing

touch- touching

Change these verbs to present continuous tense

sing

mop

wash

fall

go

look

milk

skip

fetch

drop

watch

clap

read

walk

cut

Some verbs ending with (e) change to present continuous tense by dropping the (e) and adding ing.

give-giving

move-

drive-

care-

hide-

bake-

make-

fake-

have-

arrive

take-

prepare-

wave-

write-

dance-

Some verbs that end with a consonant change to present continuous tense by doubling the last letter.

mop, swim, clap, get, sit, cut, stop, skip,

Exercise 2

Use the words in the brackets to complete the sentences correctly.

The children are _____ their books. (read)

Mother is _____ some food for me . (cook)

The cat is _____ milk now. (drink)

James is _____ the floor now. (sweep)

Tom is _____ his head now. (touch)

The birds are _____ over the house. (fly)

The children are _____ with a rope. (play)

We are _____ a football match. (watch)

Sarah is _____ her clothes . (wash)

I am _____ a story book. (read)

QUESTION MARK (?)

Questions are used at the end of question sentences.

What, how, why, which and where are used to ask questions.

A question begins with a capital letter and ends with a question mark.

Exercise 1

Write any five questions using the these words . What, where, when ,who,how why.

a) _____

b) _____

c) _____

d) _____

e) _____

Exercise 2

Punctuate these sentences correctly

when will the doctor come.

which book are you reading

how old are you

where do you live

is the teacher at school

what time did you go to bed

what is your name?

COMPREHENSION ABOUT SANITATION

SANITATION

Sanitation is the general cleanliness of a place . We keep places like toilets, kitchens, bedrooms, sitting rooms, compounds, fields, and stores clean by mopping, sweeping, dusting, scrubbing, collecting rubbish and removing cob webs.

Some of the things we use when keeping clean are soap, rags, mops, scrubbing brushes , hoes , rake , pangas, dusters, brooms, slashers, basins and buckets.

We need to keep the environment clean, to prevent bad smell, malaria ,snake bites and control the spread of diseases like cholera, diarrhoea and dysentery.

Questions

What is sanitation?

Mention any two places we keep clean.

a) _____ b) _____

Write the title of the passage'

Why should we keep the environment clean and name any three things used when keeping places clean.

LESSON 4

COMPOSITION ABOUT SANITATION

Make any five meaningful sentences from the table below.

A rake	is used for	mopping the house
A panga		sweeping the bedroom
A hoe		cutting long grass
A broom		collecting rubbish
A rag		weeding the compound

Changing verbs to present simple tense by adding es'

We add es to verbs which end with ch, sh, ss , s , o , x to change them to present simple tense .

Examples

brush – brushes

go- goes

do-does

teach- teaches

Exercise

Change these verbs to present simple tense

hatch

hatch

dress

touch

catch

fish

fetch

pass

press

wash

brush

scratch

slash

go

do

Activity

Change the sentences with the correct form of the words in the brackets .

Mother _____ my uniform every day.

Jane _____ her homework every evening. (do)

Denis _____ to town on foot every Sunday . (go)

The cat _____ a mouse everyday. (catch)

Elizabeth _____ her teeth after every meal. (brush)

Our teacher _____ us a new song every Thursday. (teach)

Jesus _____ us every day. (bless)

Father _____ television every Saturday. (watch)

The maid _____ water from the well. (fetch)

Our body _____ herself everyday.

USE OFbecause.....

Examples

Bob did not go to school. He was sick.

Bob did not go to school because he was sick.

Joseph passed the examination. He revised his books.

Joseph passed the examination because he revised his books.

Exercise

Join these sentences correctly usingbecause.....

The little boy fell down. He was running.

Moses did not go out to play. He was very tired .

The teacher did not mark my work. It was very untidy.

Mother did not cook food. There was no firewood.

I want to comb my hair. It is untidy.

My grandfather cannot see. He is blind.

She is sweeping the classroom. It is dirty.

THEME : FOOD AND NUTRITION

SUB THEME : Classification of food

PASSAGE ABOUT FOOD

FOOD

Food is anything we eat or drink that adds value to the body. Examples of food include Irish potatoes, meat, sweet potatoes, maize, eggs, mangoes, milk, beans, bananas, peas and chicken. We eat food to be healthy, to be strong, to be happy, for hospitality and to satisfy hunger. Places where we can get food are the market, shop, rivers, lakes and oceans.

There are three food values. These are proteins, carbohydrates and vitamins. Foods rich in proteins are meat, chicken, beans, peas, groundnuts, pork, beef, eggs, mutton and milk. Foods rich in carbohydrates include cassava flour, milk, eggs, Irish potatoes, sweet potatoes, cassava, millet and milk. Foods rich in vitamins are mangoes, pineapples, jackfruit, apples, pawpaws, cabbages, oranges, passion fruit, lemon, dodo, spinach, guavas and avocado. Milk and eggs have all the food values.

QUESTIONS

Write the title of the passage.

According to the passage, what is food?

Mention any four examples of food in the passage.

Give any one reason why people eat food.

_____ and _____ have all the food values.

Draw, colour and name three examples of food.

Vocabulary

fat

thin

well

happy

sad

small

pain

weak

strong

dull

Construct sentences using the adjectives above.

An adjective is a word that describes / talks more about a noun.

Examples of adjectives

fat	thin	ugly	beautiful
big	sad	happy	good
deep	sad	dirty	clean
small			

Exercise 1

Write out the adjective in the sentences.

The beautiful girls have gone to swim. _____

The teacher does not like noisy children. _____

I swam in the shallow pool. _____

Diana has a heavy bag. _____

Peter's pencil is blunt. _____

We had a busy day. _____

Opposites of adjectives

Examples:

big- small hot- _____

fat- thin quick- _____

heavy--light black- _____

Match correctly

deep clean

sad

shallow

dirty

happy

fast

bad

good

slow

COMPOSITION ABOUT A BALANCED DIET

David : Hello, Frank.

Frank : Hello, David.

David : What are you eating for lunch?

Frank : I am eating rice , beans and meat.

David : Oh, that's a nice meal but its missing vitamins to be a balanced meal.

Frank: Oh yes , we did not find any fruits and vegetables in the market.

David : Here you are , you can have an orange to add to your meal.

Frank : Thank you, David. I can now make some juice.

QUESTIONS

Write the title of the conversation.

What is the title of the dialogue?

How many people are talking?

Who spoke first?

What is Frank eating for lunch?

Where did Frank get the food from?

Who spoke last?

GUIDED COMPOSITION

Choose a word to fill in the gaps to complete the passage

_____ is anything we eat or drink that adds value to the body. Food is classified into three groups namely energy giving foods , body building foods and protective foods.

Among the energy giving foods are cassava, rice, maize, and _____. Body building foods include vegetables, and _____. A meal with all the food values is a _____ diet.

It is important to have a balanced diet in order to be healthy,
_____ and to grow well.

The effects of poor feeding are blindness and _____, the signs of poor feeding are; a swollen body, loss of _____ and general body weakness.

(sweet potatoes, food, fruits, strong, balanced, appetite, lameness)

SANITATION

Sanitation is the general cleanliness of a place . We keep places like toilets, kitchens, bedrooms, sitting rooms, compounds, fields, and stores clean by mopping, sweeping, dusting, scrubbing, collecting rubbish and removing cob webs.

Some of the things we use when keeping clean are soap, rags, mops, scrubbing brushes , hoes , rake , pangas, dusters, brooms, slashers, basins and buckets.

We need to keep the environment clean, to prevent bad smell, malaria ,snake bites and control the spread of diseases like cholera, diarrhoea and dysentery.

Questions.

What is sanitation?

Mention three ways how we can keep a place clean.

What thing is used to sweep the house?

Why do we need to keep the environment clean?

Write the title of the story.

A DIALOGUE ABOUT A BALANCED DIET

Diana : hello Florence

Florence : hello

Diana : what are you eating for lunch?

Florence : I am eating rice , beans and meat.

Diana : oh, that's a nice meal but its missing vitamins to be a balanced meal.

Florence: oh yes ,I did not find any fruits and vegetables in the market.

Diana : Here you are , you can have an orange to add to your meal.

Questions.

Who talked first?

What is Florence eating for lunch?

What was Florence's meal missing to be a balanced diet?

How many people are talking in the dialogue?

Who talked last?

PARTS OF THE BODY

Vocabulary

ears,eyes,nose, mouth, tongue,head,knee,holding,kneeling, tasting

My body has many different parts, namely; ears, eyes, nose, legs, toes, head, tongue, hands and many others. These body parts have various functions, for example, the tongue is used for tasting, the eyes are for seeing, the nose is for smelling, the ears are for hearing, the legs are for walking, the hands for writing and holding. The knees are used for kneeling. We care for these body parts through different ways like, brushing the teeth, bathing, cutting finger nails short, combing the hair, cleaning the ears and the nose and scrubbing the feet. It is important to keep our bodies clean.

Questions

What is the story about?

List down three body parts mentioned in the story.

What part of the body is used for tasting food?

Mention two ways how we can care for our body.

Write the title of the story.

Vocabulary

food, hospitality, satisfy, hunger, healthy, food values

FOOD

Food is anything we eat or drink that adds value to the body. Examples of food include Irish potatoes, meat, sweet potatoes, maize, eggs, mangoes, milk, beans, bananas, peas and chicken. We eat food to be healthy, to be strong, to be happy, for hospitality and to satisfy hunger. Places where we can get food are the market, shop, rivers, lakes and oceans. There are three food values. These are proteins, carbohydrates and vitamins. Foods rich in proteins are meat, chicken, beans, peas, groundnuts, pork, beef, eggs, mutton and milk. Foods rich in carbohydrates include cassava flour, milk, eggs, Irish potatoes, sweet potatoes,

cassava, millet and maize flour.

Questions

What is food?

Write three examples of food.

Where can one get food?

Why do we eat food?

Mention three food values that you know.