

## Lesson 1

### Theme: Human Body and Health

#### 1. Parts of the body

head  
ears  
mouth  
arm  
knee  
chest  
neck  
chin  
toes  
hands  
navel  
fingers

**Activity:** Identify the parts on your body.


**Ref:** Understanding integrated Science book 1 page 1

Pentagram bk 1 page 4

Mk English book 2 page 114-116

## Lesson 2

### Main parts of the body

a) Head	Parts of the body
	Hair Eyes Cheek Nose

	Ears Mouth Chin
<b>b) Trunk</b>	<b>Parts of the trunk</b>
	Neck Chest Belly Shoulder Navel breasts
<b>c) Limbs</b>	<b>Parts of the Limb</b>
	Elbow Palms Ankle Nails Toes Thigh Fingers




### Lesson 3

#### Senses and sense organs

There are five sense organs.

These are:- eyes, nose, ears, skin, tongue.

Senses	organ	use
seeing		to see

	eye	
hearing	 ear	to hear
tasting	 tongue	to taste
smelling	 nose	to smell
feeling	   skin	to feel

**Ref: Pentagram Basic Christian Religious Education book I page 6 – 7.**

## **Lesson 4**




### **Personal Hygiene**

Personal hygiene is the cleanliness of our body.

Items used in keeping our bodies clean.

- Sponge, comb, water, soap, basin, toothbrush, etc.

Draw and name four items used to keep our bodies clean.

**Ref: Understanding integrated Science book 2 page 12.**

**MK Primary English book 2 pages 16-17.**

### **Importance of Personal Hygiene**

We keep our bodies clean to:-

- kill germs
- prevent bad body smell
- remove dirt
- prevent skin diseases

### **Lesson 5**

#### **Ways of keeping our bodies clean.**

- We wash our face.
- We comb our hair
- We cut our nails and hair short.
- We brush our teeth
- We bathe our body

(Practical lesson about ways of keeping our bodies clean)

Ref: Understanding Integrate Science book I pages 5-13.

MK Integrated Primary school book

## Lesson 6

### Keeping toilets and latrines clean .

Things we use to clean the toilets or latrines.

				
gloves	brush	water	broom	soap

#### **How to keep the toilets clean**

- By flushing
- By mopping
- By spraying
- By scrubbing
- By sweeping

#### **How to keep the latrines clean**

- By sweeping
- By smoking
- By mopping
- By scrubbing
- By spraying

**Draw and name any four things we use to clean the toilets**

## **Lesson 7**

### **iv) Why do we keep toilets or latrines clean?**

- To control germs
- To control flies
- To control bad smell
- To control some diseases.
- To promote good sanitation

### **i) How do we use the toilet/ latrines well?**

We shall have a **practical lesson** on how to use and clean the toilets.

**(See teaching points on pages 33 of Mk Integrated primary Science book I)**

**ii) Why do we wash our hands after visiting the toilet?**

- To wash away germs
- To promote good health
- To control the spread of faecal/ diarrhoeal diseases.

**iii) Why do we wash our hands using soap?**

- To kill germs.

**Ref: Understanding Integrated Science book I pages 26.**

**Lesson 8**

**Rubbish disposal**

What is rubbish disposal?

Rubbish disposal is the proper way of putting rubbish where it should be.

**How to dispose rubbish**

- By putting rubbish into dustbins.
- By burning rubbish
- By burying rubbish
- By putting rubbish in sacks.
- By putting rubbish in rubbish pits.

**Draw and name three things which we use to dispose rubbish**

**Lesson 9**

**DISEASES**

**i) Common diseases at home and school**

- |           |              |
|-----------|--------------|
| -Malaria  | cough        |
| -diarrhea | chicken pox  |
| Influenza | tuberculosis |

-dysentery

trachoma

Measles

ring worms

Scabies

HIV/ AIDS

Mumps

ii) **What brings these common diseases? [ causes]**

- mosquitoes
- houseflies
- cockroaches
- worms
- dust
- sharing sharp objects
- dirty food / bad food
- drinking dirty water or un boiled water
- sharing things we use for personal hygiene.
- Eating with dirty hands.
- poor rubbish disposal.
- Failure to use toilets and latrines correctly.

## **Lesson 10**

### **Prevention of common diseases**

- ❖ Sleeping under treated mosquito nets.
- ❖ Avoid sharing sharp objects.
- ❖ Clearing bushes around our homes
- ❖ Eating clean food.
- ❖ Using the toilets / latrines correctly.
- ❖ Keeping our homes clean.
- ❖ Covering our food.
- ❖ Proper waste disposal.
- ❖ Drinking boiled water.

- ❖ Not sharing personal effects. E.g. sponges, towels, clothes, razorblades nail cutters.
- ❖ -Cleaning our fingers / hands before eating.

**Ref: Fountain Primary Science book 2 pages 96.**

## **Lesson 11**

### **CHILDHOOD DISEASES (IMMUNISATION)**

1. What is immunization?

Immunization is the giving of vaccine to a person to protect or prevent certain diseases.

#### **Immunisable diseases**

polio	measles



Whooping cough	diphtheria
tetanus	tuberculosis

## **Lesson 12**

### **Other immunisable diseases**

- rabies
- typhoid
- yellow fever
- Hepatitis B
- Haemophilus influenza b

### **Importance of Immunisation**

- It reduces infant mortality rate.
- It promotes good health.

-It controls childhood diseases.

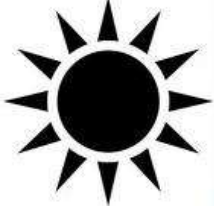



### **Lesson 13**

#### **WEATHER**

1. What is weather?

Weather is the daily condition of a place at a given time.

2. Weather makers/ elements of weather.

			
Sunshine	Clouds	Wind	rainfall

#### **Uses of wind and sunshine**

i) We use wind for;

-flying kites and wind mills

-Sailing boats

-drying the clothes


### **Lesson 14**

ii) **We use sunshine to;**

- -dry clothes
- -warm our bodies
- -dry our seeds
- to produce solar energy
- to preserve fish

**Uses of rainfall**

- Rainfall adds on the level of water in the water sources.
- Rainfall gives us water for use at home
- Rainfall helps our plants to grow.
- Animals get water for drinking.

**Lesson 15**

**Importance of clouds**

- Clouds make rain.
- Clouds protect us from strong sunshine.

Name and colour these uses of water at home.


**Comprehensive SST book I page 35.**

**Mk Integrated Science book three page**

**MK Standard S.ST bk 2 page 78**

**Name these uses of sunshine**


**Lesson 16**

**Types of weather**

-Sunny

-rainy

-Cloudy

-windy

**Match correctly**

Rainy

sunshine

Windy

clouds

Cloudy

wind

Sunny

rainfall

**Name these types of weather.**

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**MK Primary Eng. Bk2 pg 103**

**Monitor S.ST bk 1 pg 43**

**MK Integrated Primary Sci. Pupils book 2 pages 52**

**Lesson 17**

**Colour and name the different activities done on these types of weather.**

a. Rainy	
b. Cloudy	

c. Windy	
d. Sunny	

**Ref: MK Integrated Sci book 2 page 54.**

**MOnitor S.ST Bk 1 pg 44**

## **Lesson 18**

### **Types of seasons**

1. There are two types of seasons;

- a) Wet season
- b) Dry season

#### **A. Wet season:**

a) There is a lot of rain during the wet season

#### **3. Activities done in a wet season.**



planting	weeding	transplanting
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**B. Dry season:**

There is a lot of sunshine during the dry season.

**4. Activities done during the dry season**

		
Clearing the land	Drying seeds	harvesting

**Ref: Understanding Integrated Sci book I pages 46 – 47.**

mulching	harvesting
manuring	Spraying
weeding	watering

**Ref: MK Integrated Sci book 4 pages 4 – 8.**

**1. Dangers of rainy weather. Lesson 21**

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floods	Destroys plants	Destroys houses	Kills animals

**MK. Integrated primary Sci book 2 page 57. Monitor S.ST bk 1 pg 4**

**2. Dangers of windy weather**

Destroys plants	Destroys houses	Take soil

**3. Dangers of sunny weather.**

Dries plants	Dries water sources	Kills animals	

**Ref: Monitor SST book I pages 45 – 46.**

**Managing sunny weather Lesson 22**






Wear light	Rest under a	Wear glasses	Wear caps / hats

clothes	shade		
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### Managing rainy and cloudy weather

		
Carry umbrellas	Wear heavy clothes	Sit near fire

### Things we use to protect ourselves from rainy and cloudy weather.

Ref: Monitor S.ST book 1 page 47. Sharing our word Bk 1 pg 35

### Accidents and safety      Lesson 23

1. What is an accident?

An accident is a sudden happening that causes harm to the body.

2. Common accidents

- |                |                 |
|----------------|-----------------|
| cuts           | -burns          |
| poisoning      | -drowning       |
| electric shock | - fractures     |
|                | -road accidents |
| Insect bites   | -snake bites    |

3. Draw these accidents.

Snake bites	cut	burns

**Causes of accidents**

- Carelessness
- playing dangerous games
- Not following instructions.

**Fountain Primary Science bk 2 page 102 – 109    Sharing Our world bk 2  
pg 35 to 36**

**Ref: Pr. Sci book I page 29-34**

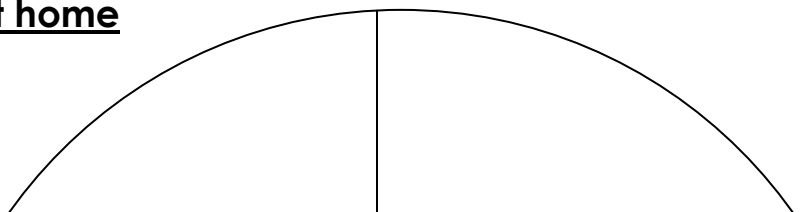
**Mk Integrated Pr Sci book 3 pages 135, 136.**

**Lesson 24**

**Common Accidents at home**

cuts	shock	scalds	fractures	poisoning

**Things which cause accidents at home**



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**Prevention of accidents at home**

- raise the fire places
- keep drugs and poisons out of reach of children
- Playing fair games
- handling food well
- avoid playing with sharp objects

**Ref: Understanding Integrated Sci  
book 1 page 48.  
Fountain book 1 pages 29 –  
30.**

**Lesson 25**

**How to control accidents at home**

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Do not climb trees	Keep machines away
Do not play with sharp things	Keep away from fire or hot things

**Ref: Understanding Integrated Sci book I page 52.**

**Fountain book I page 37**

### **Accidents on the way**

Snake bites

-Insect bites

Falls

-Car accidents

Cuts

### **Causes of accidents on the way Lesson 26**

-playing on the road

-pot holes

-Vehicles in bad conditions

-driving while drunk

**Ref: Sharing our world book I page 3.**

-overloading

-Failure to observe road signs

-Over speeding

### **Preventing accidents on the way**

-Not playing on the road.

- Cross a busy road at a zebra crossing.
- Walk on the foot path.
- No over speeding and over loading vehicles.
- Cross the road with the help of the grown ups.





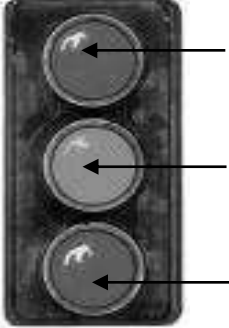

**Ref: Comprehensive S.ST book 2 page 50, Book One Pg. 7-9**




**Road signs Lesson 27**

1. Examples of road traffic signs.

- Zebra crossing
- School ahead
- Traffic lights
- No entry
- No parking
- Humps ahead
- No over taking
- Round about
- Animals ahead
- Corner ahead

2. Colour and name these road traffic signs.

		
<p>Cattle crossing</p>	<p>Humps ahead</p>	<p>No parking</p>
	 <p>red</p> <p>orange</p> <p>green</p>	

Danger ahead	Traffic lights	Zebra crossing
		
Parking	School ahead	Round about

### **Meaning of colours of the traffic lights**

Red – stop

Orange – get ready

Green – go

### **Lesson 28**

#### **Common accidents at school**

- Falls
- scalds
- Cuts
- Burns

#### **Causes of accidents at school**

- playing rough games
- careless handling of hot food
- playing with sharp objects

#### **How to control accidents at school**

- Playing fair games
- handling food well
- avoid playing with sharp objects

#### **Effects of accidents**

-Accidents can lead to death

-lead to lameness

-loss of some body parts

**Ref: Understanding Integrated Sci book I pages 50, 52.**

**Mk Integrated Pri. Scie. Bk 1 page 70, 72. MK S.ST bk 3**

## **Lesson 29**

### **THEME 7**

#### **Living together**

The family

What is a family?

A family is a group of people related by blood or marriage.

#### **Types of families**

- Nuclear family
- Extended family

A nuclear family is a family where we find father, mother, and their own children.

#### **People found in a nuclear family.**

Father

Mother

Own children

An extended family is a family where we find father, mother, children and other relatives.

#### **People found in an extended family.**

Father

aunt

nephew

Mother

grand father

grand mother

Children

cousin

etc

Uncle

niece



## **Ways of living together in the school. [ school activities ]**

- playing
- sharing
- working
- caring
- helping
- learning

School routine like;

- obeying school rules
- reciting the school motto
- singing the anthem
- saying the school prayer

## **Ways of living together in the community.**

Working together e.g.

- Clearing roads
- sharing
- caring
- Cleaning wells

Participating in different ceremonies e.g.


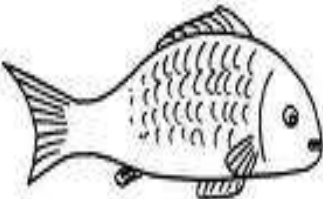






- Weddings
- Naming
- Baptism
- Introductions
- etc

## Food and Nutrition

### What is food?

Food is anything good that we eat or drink.

### Names of common foods

			
milk	fish	eggs	pineapple
			
orange	cabbage	chicken	bread

Ref: Monitor book I page 23.

Comprehensive S.ST book I page 32.

### Sources of food

The major sources of food are plants and animals.

a) Food got from plants



beans



orange

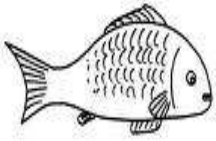


egg plants



bananas

### Food got from animals



Fish



eggs



milk



chicken

## Lesson 30

### Places where we get food from

Gardens

farms

Shops

lakes and rivers

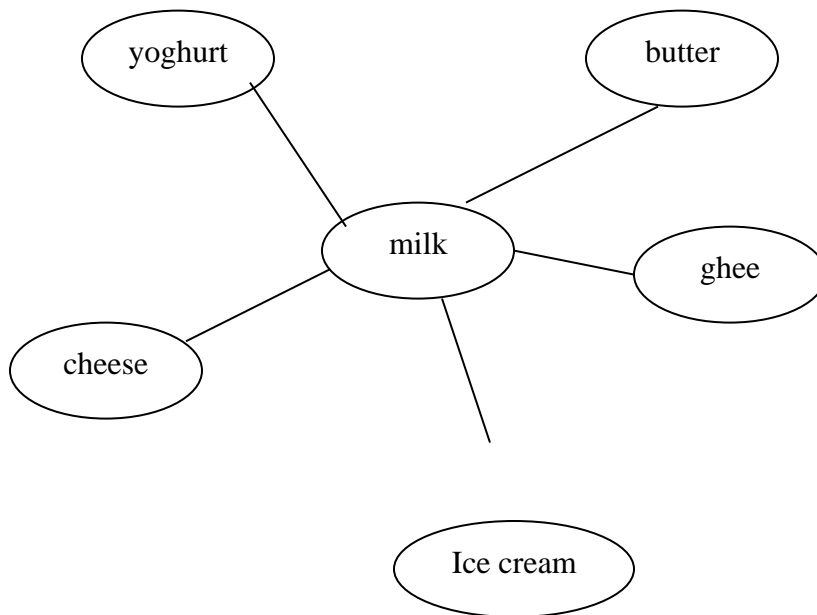
Markets

swamps

### Animal food products

These are the foods got from animals.

Mapping milk products



Other animal products are meat, skins, e.t.c

## Lesson 31

### 1. Importance of food

-It helps us to grow

-It gives us energy

- It keeps the body healthy.

## 2. Why do we eat food?

- to be happy
- to satisfy hunger
- to be healthy
- for hospitality
- it is a habit



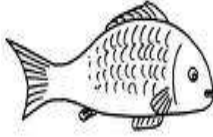


## 3. Classes of food

- Body building food
- Energy giving food.
- Health giving food.

## 4. Body building food:

This food makes our body grow.

### Examples of body building food

				
chicken	eggs	fish	beans	milk

**Ref: Comprehensive S.ST book I page 32.**

**Understanding Integrated Scie book 2 page 62.**

**MK Standard Bk 2 pg 78**

## Lesson 32




### 4. Energy giving food

These are foods which give us energy.

Examples are;

Bread, bananas, millet, sorghum





**Draw and name any three energy giving food**

		
cassava	maize	bread

## 5. Health giving food

These are foods that keep our bodies healthy.

Example: All fruits and vegetables.

			
pawpaw	carrots	tomato	mango

**Ref: Comprehensive S.ST book I page 32.**

**Understanding Integrated Science book 2 page 62.**

### Lesson 33

#### Ways of keeping food safe

- cover all the food.
- wash hands before eating
- wash hands before preparing food
- serve food in a clean place.
- eat food from a clean container
- wash fruits before eating them
- wash vegetables before cooking them

**Ref: Understanding Integrated Scie book 2**

#### Questions

**a) Why do we cover our food?**

To keep it free from flies.

b) What do flies carry to our food?

- **germs**

c) What happens when we eat food touched by flies?

- **we become sick**

d) Why do we wash our hands before eating?

- **to remove germs**

- **to remove dirt**

**Lesson 34**

**Preserving food**

**What is food preservation?**

This is keeping food for a long time without going bad.

**Ways of preserving food.**

tinning	boiling	smoking

Sun drying	salting	Refrigeration
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### **The importance of preserving food**

- It helps to preserve food for future use
- It helps to keep the food safe.

**Ref: Integrated Pr. Scie book 2 page 91**  
**Fountain Pr Scie book 2 page .....**  
**Mk Integrated Pr. Scie book 3 pages**

### **Lesson 34**

#### **Good eating habits**

- sit properly while eating.
- put just enough food in the mouth.
- chew food properly.
- eat your food quietly.
- drink water or juice after eating food and not when eating.

#### **(Practical lesson)**

**Ref: Mk Integrated Pr Sc book 4 page 14**

#### **N.B**

**Do revision on the following topics;**

- 1. How different people in school help one another.**
- 2. How different family members help one another.**
- 3. How different people in the community help one another.**