

PRIMARY THREE LITERACY ONE LESSON NOTES TERM III

THEME 10

Health in our division and urban council.

Health means general wellbeing of a person. It also means being physically fit and free from disease.

Disease is an illness or disorder caused by infection or poor feeding.

Disease vectors

Vocabulary

Vector, disease, germ, characteristics.

Disease vectors are insects or animals which spread germs.

What is a germ?

A germ is a tiny living organism which causes a disease.

Germs are very tiny and cannot be seen by our naked eyes but can only be seen using an instrument called microscope.

Where are germs found?

Germs are found everywhere but mostly common in the following places:-

- Air
- In blood, urine, saliva and faeces of sick people.
- On rotten things like fruits, vegetables and flesh of dead animals.
- In dust bins and rubbish pits.
- In dirty toilets, pit latrines and urinals.
- In dirty food and water

Types of germs

- | | | | |
|-------------|----------|-------------|----------|
| 1. Bacteria | 2. virus | 3. protozoa | 4. fungi |
|-------------|----------|-------------|----------|

How germs spread

- Germs, spread from one person to another through different ways:
 - i) Through air
 - ii) Through insects and animal bites
 - iii) Through open body cuts and wounds
 - vi) Through sharing clothes with a sick person
 - iv) Through drinking dirty water
 - v) Through body contact in a sick person

Diseases spread through air

- | | | |
|-----------------|--------------|----------------|
| a) Tuberculosis | d) Influenza | g) Chicken pox |
| b) Diphtheria | e) Measles | |
| c) Pneumonia | f) Mumps | |

Diseases spread through eating dirty food.

- a) Cholera
b) Dysentery
c) Typhoid fever

How to control the above diseases

1. Wash hands before eating food.
2. Cover left over food.
3. Spray houseflies with insecticides.

Qn. Name the vector for the above diseases.

Housefly

Qn. How does it spread the germs that cause those diseases?

Using its hairy body.

Note:

- Cholera and typhoid victim passes out watery stool.
- Dysentery victim passes out watery blood stained stool.

Qn. Why a housefly is called a vector?

It spreads germs.

Exercise

Complete the sentences correctly using the words given in the brackets

1. _____ are tiny living organisms that cause diseases. (**vectors, pests, germs**)
2. Vectors are living organisms that _____ particular disease germs. (**cause, spray, spread**)
3. The machine used to see germs is called _____. (**microscope, microscope**)
4. Germs which cause tuberculosis spread through the _____. (water, air)
5. Underline the odd member

Fungi, Protozoa, cholera. Bacteria, virus

Read and write true or false

6. Tuberculosis, measles influence spread through air. _____
7. Germs can spread from one person to another through insects and animal bites . _____
8. A mosquito is not an example of a disease vector. _____
- 9, Protozoa is a type of germ. _____

The F's in full.

Faeces flies food fingers.

Diseases spread by 4F's

Dysentery, cholera, Typhoid fever

Diseases spread through water and food but not houseflies (polio, HepatitisB, bilharziasis, worms)

Germs spread through insects and animal bites.

These germs are spread when an insect or animal bites an infected person then it bites a normal person.

They include:

1. Malaria is spread by an infected female anopheles mosquito.
2. Elephantiasis is spread by a female culex mosquito.
3. Yellow fever is spread by a female aedes mosquito.
4. Sleeping sickness is spread by a tsetse fly.
5. Plague is spread by rat fleas.
6. Typhus fever is spread by ticks.
7. River blindness is spread by the black flies.
8. Rabies is spread by infected dogs.

Germs spread through open cuts and wounds.

These are tetanus germs which can enter the body through fresh cuts.

Germs spread through wounds and open cuts can be prevented by:

- Washing hands with clean with soap.
- Avoid touching open wounds with bare hands.
- Germs can be prevented from causing disease by keeping away vectors.

Diseases spread through body contact

- Ring worm infection
- leprosy
- scabies

Diseases spread through contact with infected blood

- HIV/AIDS

Exercise.

1. Underline places where germs can be found air, urine, beds, blood, clothes, homes.
2. What disease is spread by an infected female anopheles mosquitoes?.....(malaria,typhoid,cholera)
3. Circle the odd man out faeces ,cholera ,flies ,food, fingers
4. HIV/AIDS spreads through(blood, water ,air)
5. Write PIASCY in full

Common vectors and their characteristics e.g. mosquitoes, houseflies, cockroaches, tsetse flies, fleas, lice, black fly, ticks, mites, bedbugs, snails, dogs

- Vectors are insects or animals which spread germs
- Parts of houseflies
- e.g. antennae (feelers), compound eye, head, thorax, wings, spiracles, legs, abdomen, (mouth or proboscis)

Characteristics of a housefly

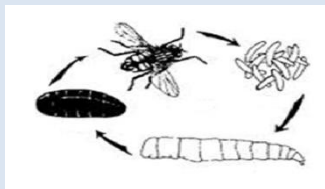
- A housefly is an insect vector. The body is covered with hair.
- It visits dirty places where it picks germs which stick on its hairy body. Houseflies carry germs to food and water that is not covered.

An adult housefly lays eggs in dirty places, rotting bodies and faeces.

The eggs hatch into larva after one day

The larva are called maggots.

- After 4 to 6 days the maggots change into pupa in which they neither move nor eat.



- The life cycle of a housefly
 - a) eggs
 - b) larva (maggot)
 - c) pupa
 - d) adult

A housefly undergoes 4 stage of life

The adult housefly comes out of pupa in about 4 to 5 days

The adult housefly is called the Imago.

Diseases spread by a housefly

A housefly spreads germs causing the following diseases: -

- Cholera
- Trachoma
- Typhoid
- Diarrhoea
- Dysentery

Exercise

1.are insects and animals that spread germs .
2. Underline the disease vectors from the list mosquitoes, houseflies ; dogs, lion, hens, ticks.
3. Give the name of a larva stage of a housefly.....
4. Circle the odd man out Malaria, Cholera, Trachoma, Typhoid, Dysentery
5. Write two characteristics of houseflies.

Lesson

Cholera

Cholera disease is caused by bacteria.

How it spreads:

1. Through drinking contaminated water.
2. Through eating contaminated food.

Note:

The above spread is the same for dysentery and also typhoid.

Signs

- Severe diarrhoea
- Vomiting
- weakness and collapse
- Dehydration

How to prevent cholera

- Drink clean boiled water
- Cover leftover food to prevent houseflies
- Wash hands before eating food.

Typhoid

- Typhoid is also caused by a bacteria.

Signs of typhoid

- Constant fever with headache
- Increasing body pain
- diarrhoea
- Abdominal pain

Prevention

- Drink clean boiled water
- Use the latrine or toilet instead of the bush for disposal of faeces
- Wash hands with clean water and soap after toilet use.
- Observe good food hygiene.
- Wash hands before and after eating food

Exercise

1. Tick what causes cholera

Bacteria, Virus, Germs

Write true or false

2. Cholera spreads through eating contaminated food.....
3. Serious diarrhea is not a sign of cholera.....
4. Washing hands with soap before touching food is one way of preventing cholera.....
5. Houseflies don't spread cholera

Lesson

Diarrhoea

Diarrhoea is a condition where a person passes out watery stool.

How is diarrhoea spread?

- Eating food which has been made dirty by a housefly.
- Drinking dirty water which has germs in it
- Eating food with dirty hands.

Dehydration

Dehydration is a condition when the body does not have enough water in it.

Causes of dehydration

- | | |
|---------------------|---------------------|
| i) Severe Diarrhoea | ii) Severe Vomiting |
|---------------------|---------------------|

Signs of dehydration

- | | |
|----------------------|--|
| - Sunken fontanelle | - A pinch on the skin goes back slowly |
| - Dry lips | - Sunken eyes |
| - Little or no urine | |

How to prevent diarrhoea

- Leftover food should be covered
- Wash hands before eating and after visiting toilet
- Boil water for drinking
- use the toilet or latrine regularly
- Wash fruits and vegetables

Treatment for diarrhoea and dehydration

- Give oral rehydration solution (ORS)
- Give a lot of fruit juice.

Solutes used to make ORS.

1. Salt
2. Sugar

Solvent used to make ORS

Safe drinking water

Exercise

1. What do we call the condition where a person passes out watery stool.....(cholera ,diarrhea ,measles)

2. Circle the disease vector that spreads diarrhoea

Mosquito, rats, housefly, bed bag

3 .Underline the conditions that lead to dehydration

Sunken eyes , severe vomiting, dry lips, severe vomiting

4. Write ORS in full

.....

5. Give two signs a person who is dehydrated may show

.....

.....

6. Write the 3Ds in full

.....

Dysentery

There are two types of dysentery

1. Bacillary dysentery caused by bacteria
2. Amoebic dysentery caused by Amoeba

How dysentery is spread

1. Through drinking contaminated water.
2. Through eating contaminated food.

Sign

- Blood stained stool.

How to prevent dysentery

- Using the latrines regularly
- Washing hands before eating and after visiting the latrine
- Covering leftover food.

Trachoma

Trachoma is a disease caused by a bacterium called chlamydia.

Trachoma is the only disease spread by a housefly but it is not spread through drinking dirty water or by the way of 4F's.

How it spreads

- A housefly lands on the eyes of a sick person then later on the eyes of a normal person.
- Sharing towels or handkerchiefs with a sick person and then transfer the hands to your eyes.
- Sharing the same basin of water with a sick person.

Signs

- Eyes become red and itch a lot
- Water comes from the eyes
- The eyelids swells
- Pain while looking at light

Exercise

1. Name the disease spread by a housefly but not spread through drinking dirty water or through the way of 4F's.....
2. How is dysentery spread?
3. Write out the odd man out from the list below

Proper storage of food, washing hands with soap after visiting toilets, drinking safe water, using latrines regularly

4. Underline the types of Dysentery

Amoebic dysentery, Vibrio cholerae, bacillary dysentery

Mosquitoes

There are three types of mosquitoes

There are;

1. Tiger mosquitoes
2. Anopheles mosquito
3. Culex mosquito

The female anopheles mosquito spread germs which cause malaria

The germs are called plasmodia

The culex mosquito spread germs which cause elephantiasis

- The tiger mosquitoes spread germs which cause yellow fever.
- Another name for Tiger mosquitoes is called Aedes mosquito
- Mosquitoes like hiding in dark places like bushy areas, clothes, corners and under the beds.

- Female anopheles mosquitoes feed on blood of animals.

Male mosquitoes feed on juice from fruits

Life cycle of a mosquito

- Female mosquitoes lay their eggs in stagnant water
- The eggs hatch into larvae.
- The larva feed and then change into pupae.
- After some days the pupae change into adult mosquitoes
- The larva stage of a mosquito is called a wiggler
- They move by wriggling

How malaria is spread

The female anopheles mosquito bites and sucks blood from a person who has malaria then bites another person without malaria. Malaria is caused by a protozoan germ called plasmodium.

This blood has malaria parasites called plasmodia which cause malaria

Symptoms of malaria

A person with malaria gets

- | | | |
|---------------|----------------------------|----------------------|
| - headache | - High temperature (fever) | - Body weakness |
| - stomachache | - Vomiting | - Pain in the joints |

Control

- Draining stagnant water
- Spraying insecticides to kill adult mosquitoes
- fumigation
- Pouring oil on stagnant water
- slashing tall grass
- Sleeping under mosquito nets
- Slashing the bushes around homes.
- Covering all container holding water like water tanks, pots etc.

Exercise

1. The protozoa germ that causes malaria is called.....(female anopheles mosquito, plasmodia)
2. Underline the mosquito that spreads malaria
Culex, female Anopheles, Aedes
Writes true or false
3. Culex mosquitoes spread elephantiasis.....
4. Mosquitoes undergo incomplete metamorphosis.....

5. Larva is the most dangerous stage of mosquitoes to man.....
6. Draw and name two ways of controlling malaria.

Elephantiasis

This disease is spread by a culex female mosquito.

The mosquito spreads a worm which causes elephantiasis.

Symptom

- The legs grow big and look like those of an elephant.

Yellow Fever

This is spread by an Aedes mosquito.

The mosquito spreads a virus which causes either yellow or dengue fever.

Symptom

During the first three to six days after you've contracted yellow fever — the incubation period — you won't experience any signs or symptoms. After this, the infection enters an acute phase and then, in some cases, a toxic phase that can be life-threatening.

Acute phase

Once the infection enters the acute phase, you may experience signs and symptoms including:

- Fever
- Headache
- Muscle aches, particularly in your back and knees
- Sensitivity to light
- Nausea, vomiting or both
- Loss of appetite
- Dizziness
- Red eyes, face or tongue

These signs and symptoms usually improve and are gone within several days.

Tsetse flies

A tsetse fly spread germ causes sleeping sickness to people and Nagana to animals.

Signs of sleeping sickness

- Fever for a long time
- Dullness, weakness, laziness and sleepy

- Loss of body weight

Prevention and control

- Spraying insecticides to kill adult tsetse flies
- Using tsetse fly traps
- Clear busy areas around
- Do not build your house near a forest.

Cockroaches

- A cockroach is a flat brown insect.

Qn. Where do cockroaches hide?

1. Cupboards
2. Boxes
3. Bookshelves
4. Latrines
5. Cracks on walls

Name two vectors found in a latrine

1. Housefly
2. cockroaches

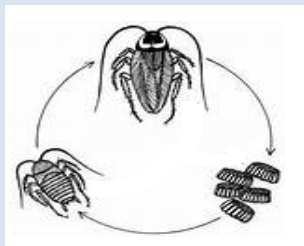
Qn. How do cockroaches spread germs?

They move to many dirty places and carry germs.

- Cockroaches carry germs which cause the following disease.
 - a) Polio
 - b) Typhoid
 - c) Leprosy
 - d) Food poisoning
 - e) Amoebic dysentery

The life cycle of a cockroach

- The female lays eggs in an egg case containing about 16 eggs.
- The eggs hatch into nymphs which look exactly like the adults but no wings



This type of life cycle is called incomplete lifecycle

Keep cockroaches away by

- a) Throwing away left over pieces of food
- b) Destroy them using insecticides
- c) Empty cupboards and clean them often
- d) Cover latrines to stop cockroaches moving from the latrine to other places.

Exercise

1. Tsetse flies spreadto animals (sleeping sickness ,nagana ,malaria)
2. Mention two signs of sleeping sickness.

3. Write down two ways of how to control sleeping sickness, nagana in animals
4. The cockroaches lay their eggs in what is called_____
5. The larva cockroach is called_____
6. Mention three places where we can find cockroaches
7. Write four ways of preventing cockroaches.
8. Underline the diseases spread by cockroaches
Polio, high temperature, typhoid, leprosy.

Water snails

Water snails spread the worms which causes bilharziasis

The worm is called a blood fluke

Qn. Name the body parts where blood flukes live in people.

1. Bladder
2. intestines

qn. How is bilharziasis spread?

Through drinking contaminated water.

Signs

- Blood in the urine
- The liver and spleen become big

Prevention

- Swim in well treated water.
- Use latrines for urinating and defecating
- Boil water for drinking

Qn which bad practice spreads biharziasis?

Urinating in water sources.

Exercise

1. Snails spread.....that cause bilharziasis (wormth, warmth, warms, worms).

Write true or false

2. Urinating blood in urine is a sign of having bilharzia.....
3. Worms that's that cause bilharzia live in the blood of an infected person.....
4. Boiling drinking water can help control bilharziasis.....
5. Drinking contaminated water and swimming in contaminated water exposes one to bilharzia.....

Bed bugs

- A bedbug is an insect.
- It is brown or reddish in colour.
- It does not have wings.
- They live in beds, chairs, mattresses and blankets.
- Bedbugs do not spread any disease but just suck blood causing irritation, scratching.
- Bedbugs can cause anaemia.

Prevention and control

- Spray walls with insecticide regularly to kill the bedbugs.
- Pour hot water in the bed to kill eggs, nymph and adults
- Wash and iron beddings regularly.

Dogs

- Dogs are animals kept in our homes as pets.
- They should be vaccinated because they spread rabies from other infected dogs to people through their bites.

Qn. How is rabies spread?

Through a bite of an infected dog.

Signs

- The dog becomes uncontrolled.
- After six months the person also becomes mad and begins barking like a dog.

Prevention and control

- Vaccination of the dogs
- Killing infected dogs
- The person should get vaccination as soon as possible if he is bitten by a dog.

Fleas.

The fleas which live on man bite him causing irritation and itching.

Fleas which live on rats are commonly called rat fleas.

Fleas do not have wings

Fleas bite and suck blood from people and animals

Rat fleas spread bacteria which causes disease called bubonic plague from an infected rat to human beings.

Signs

- swelling in the neck, armpits and groin

Prevention

- kill rats
- spray with insecticides to kill fleas
- In case of an outbreak, people should take an anti-plague vaccination

Lice

There are three types of lice namely: -

- i) The body lice
- ii) The hair lice
- iii) The crab lice

The body lice live in dirty clothes and dirty blanket

The hair lice live in people's dirty hair

The crab lice live on the hair around private parts.

- They suck blood, cause itching, irritation and scratching
- They spread relapsing fever.

Prevention

- Always trim hair
- Use fine combs to remove the eggs and dead lice

Qn. How do vectors spread disease causing germs?

I. Through bites.

II. Through hairy bodies

III. Through moving in dirty places

Exercise

1. Under line vectors without wings
Lice, housefly, ticks, fleas, cockroach, dog
2. Why are vectors not good?
3. Fill in this table

Disease	Disease vectors
(i) Bubonic plague
(ii) Fever
(iii) Rabies
(iv) Scabies

Prevention and controlling vectors

We can prevent disease from spreading by: -

- Keeping proper hygiene
- Covering food.

- Spraying using insecticides
- Sweeping our house and compounds
- Slashing
- Digging around the house
- Sleeping under mosquito nets
- Draining or oiling stagnant water

HIV AND AIDS

Concepts of HIV and AIDS

HIV stands for Human Immuno-deficiency virus.

HIV is a virus which cause AIDS

HIV destroys the white blood cells.

- A person with HIV starts suffering from various diseases and illnesses
- When a person has a certain number of signs and illness we say the person has AIDS.

AIDS stands **for Acquired Immune Deficiency Syndrome**

Spread of HIV and AIDS

- Having unprotected sex with infected people.
- From infected mother to child through breast feeding.
- From infected mother to child when giving birth.
- Infected blood transfusion.

Ways HIV and AIDS cannot be spread.

1. Shaking hands with infected people.
2. Sharing food with infected people.
3. Playing with infected people.

Signs of HIV and AIDS

I.Chronic cough

II.Oral thrush

III.Loss of body weight

IV.Skin rash

V.Severe night sweating

Effects of HIV and AIDS to a person

- I. Weakens body immunity.
- II.stigmatization

Ways of caring for HIV and AIDS patients

- Feeding them on a balanced diet.
- Counseling and guidance
- Giving them ARVs.(Anti-Retroviral)
- Avoiding stigmatization
- Taking medicine on time.

How to prevent HIV/AIDS

- Avoid having sex before marriage
- Avoid sharing sharp skin piercing instruments like safety pins, razor blades
- Blood for transfusion should be screened.
- Abstaining from sex
- Being faithful to one sexual partner.
- Condom use.

Qn. How can a P3 child prevent him or herself from catching HIV and AIDS?

By abstaining from sex.

PIASCY STANDS FOR

Presidential Initiative on AIDS Strategy for Communication to Youth.

Message 1 Choose to abstain

Message 2 Children have rights and responsibilities

Message 3 Premarital sex is risky

Message 4 Say No to gifts for sex

Message 5 Test for HIV

Message 6 HIV damages the body

Message 7 People with HIV need care and support.

Qn. How is PIASCY important to you as a P3 child?

Helps to know more about HIV and AIDS.

Exercise

1. What do the following stand for:

- (i) HIV
- (ii) AIDS

2. Which virus causes AIDS?

3. What is AIDS?

Write Yes or No

4. HIV/AIDS spread through blood transfusion if the blood donor is affected.....

5. AIDS kills is an example of a PIASCY message

6. Sharing food with a person who is living with AIDS can spread the disease to other.....

7. State any two PIASCY messages in your school compound that can help you as a P3 child to control HIV and AIDS.

8.

Sanitation

Definition: sanitation refers to the steps taken to promote public health.

Sanitation is concerned with the following. (Activities done to promote sanitation)

1. Having a latrine or toilet.

- To dispose faeces and urine.

2. Digging a rubbish pits.

To dispose rubbish and dust.

3. Slashing grass around our homes.

- To destroy hiding places for mosquitoes, snakes.

4. Draining away all stagnant water(still water)

- Stagnant water is water which does not move.
- It collects in broken containers, holes.
- Draining prevents breeding of mosquitoes.

5. Sweeping our compound.

- To prevent breeding of houseflies.

6. Having a clean plate stand.

Use: -prevents utensils from getting dirty.

-Enables utensils to dry.

7. Living in a well-ventilated house.

We should have:

- **Windows**- let in fresh air and light.
- **Doors** – let in fresh air and light.
- **Ventilators**- let out warm air or used air.

A clean home should have the following:

- A well ventilated house or a house with windows, doors and ventilators.
- A clean kitchen
- A pit latrine
- A plate stand or rack
- A compound with short grass and flowers.

Reasons why proper sanitation is important.

- The spread of disease and germs is reduced.
- Improves health of people
- Controls contamination of water.

Exercise

1. The general cleanliness of where we stay or live is
2. Draw and name two items we can use to promote sanitation in our environment

3. What is the danger of having stagnant water in tins, polyethylene bags, ditches and old tanks and in pools?
4. Which disease from the list below can easy spread in area with poor sanitation
Cholera, HIV/AIDS, nagana;
Use yes or no
5. Proper sanitation controls the spread of diseases.....
6. Draining a way stagnant water helps to control malaria in the area.....
7. Sanitation is not concerned with having toilets and latrines.....

Bedrooms

These are places in a house where we sleep in

- They should be kept cleaned and the things found in them.

How to keep the bedrooms clean

- The floor should be swept
- We should remove cob webs
- The floor should be mopped
- A mattress and blanket should be put in sunshine after every two weeks to kill vectors and germs.
- Beddings e.g. bed sheets, pillow covers and mattress covers should be washed and ironed.

Qn. Why should we spread beddings under sunshine daily?

To kill fleas and bedbugs.

Kitchen

A kitchen is a place in a home where food is prepared.

How to keep the kitchen clean

The kitchen should be kept clean by;

- sweeping, moping, keeping away animals the goats, hens and rats
- Removing cob webs for corners of the kitchen
- Washing and drying all utensils kept in the kitchen
- Keeping away flies by spraying them.

Classrooms

These are rooms or buildings found in a school where pupils learners from.

Activities done to keep the classrooms clean

- Mopping, sweeping, removing cobwebs, dusting chairs and desks. Cleaning the blackboard and washing the windows.

Reasons for keeping the classrooms clean

- Keep away germs
- To keep away dust and dirt
- Keeps our books and other things clean

Exercise

1. Mention three important places in a home.
2. Tick beddings from the list
Dress, bed sheet, pillow cover, shirts, mattress
3. Give three activities done in keeping the kitchen clean.
4. Draw and name three things used to keep the classroom clean.
5. Give two reasons why classrooms should be kept clean.

PERSONAL AND FOOD HYGIENE

Defn:

- Personal hygiene is the general cleanliness of the body and the things used on it.

How to keep the body clean

- Washing or bathing twice a day.
- Washing the face.
- Brushing the teeth after every meal.
- Washing hands after visiting the toilet or before eating food.
- Washing hands when they are dirty.
- Cutting our fingernails short.
- Washing and combing our hair

Importance of keeping the body clean

- To remove dirt.
- To prevent bad smell.
- To prevent bad breath.
- To prevent skin diseases.

CLOTHES

Keeping our clothes clean

- By washing them
- Putting them out to dry
- ironing them

Reasons why clothes should be kept clean

- To remove dirt.
- To remove the bad smell

- To remove sweat
- To kill germs

Reasons why we iron our clothes

- To kill germs
- To kill lice, fleas.

Steps used when washing

- **Sorting- to identify dirty clothes**
- **Soaking-to dissolve dirt**
- **Rinsing –to remove foam**
- **Drying – to drain water out of the cloth.**

Note:

- **Drying can be done by sunshine or wind.**
- **The role of soap in washing is to dissolve dirt.**

Exercise

1.is the general cleanliness the body and things used on it (sanitation ,personal hygiene)
 2. Tick the activities done to promote person
Bathing, eating, cuing fingernails short .sweeping the compound, brushing teeth
 3. Underline the correct word from the list
sanitation, station, cleanliness, cleanness
- Write true or false
4. If Mary irons her clothes germs will die.....
 5. Washing clothes can't remove dirt
 6. We brush to prevent bad breath.....

FOOD HYGIENE

This is the keeping of food free from germs.

Ways of handling food properly

- Wash hands before handling food to prepare it.
- Wash all food to be prepared.
- Put food in clean container.
- Cooking food in a clean place.
- Covering food leftover food.
- Washing hands before serving food.
- Serving food in a clean place.

How food becomes dirty

- Food can get dirty in the following ways.
- When it is served from dirty places.

- When food is served using dirty hands.
- When it is served or kept in dirty containers.
- When it is left uncovered and dust gets on to it.

Exercise

1. Make a sentence with the following words
Food.....
Germs
2. Underline place where we can get food from
market, school, garden, lake, home.
3. Mention two ways of how food is made dirty
.....
.....
- 4is the keeping of food clean or keeping food free from germs

Ways of keeping food free from germs.

- Preparation
- Serving
- Storage

1. Preparation

- Wash hands before handling food to prepare it.
- Wash all food to be prepared and put it in clean containers.
- Cook your food in a clean place or kitchen.
- Put food in a clean place and cover it.

Ways of preparing food

- Roasting ,frying,

2. Serving

- Washing your hands with clean water and soap before serving.
- Serve well cooked food when it is still hot.
- Serve food using clean plates, spoons and forks.
- Eat your food in a clean place like a dining table and a chair.

3. Storage

- Wash your hands, plates, forks and spoons after eating.
- Clean the place where you have eaten from in order not to attract houseflies.
- Keep the leftover food properly covered in a cupboards.
- Try the plates, spoons sauce pans in the cupboard.
- Re-heat the leftover food if you want to eat it again.

Storing

What is storing?

Storing is the keeping of food which is not to be eaten immediately after harvesting

Places where food is stored

Food may be stored in;

-Granaries -A granary

-Sacks. -Tins

-Baskets -Boxes



Rat guards

What is the importance of rat guards?

Rat guards are used to guard or trap rats.

Importance of storing

Food is stored:

-To get what to plant in the next season.

-To sell when the market is good.

-To keep food to eat in the dry season.

Preserving food

What is preserving food??

Ways of preserving food

Food is preserved by?

-Canning/ tinning-Fish, meat

-Smoking e.g. meat, fish, sweet potatoes, cassava

-Sun drying e.g., beans, peas, cassava, maize, fish.

-Cooking e.g., iris potatoes.

-Refrigeration/ freezing

-Salting e.g. meat, fish

Why food should be preserved

-To avoid germs.

-To avoid diseases

Exercise

1. What is storing?

Fill in the missing letters.

2. Gr-nary

Rat guard

.use the diagram below to answer the questions



3 .Name the structure below

4.The structure above is used forharvested food (harvesting ,storing ,trapping rats)

PRIMARY HEALTH CARE

This is the health care is where individuals, families and communities work together to solve their health problems.

PHC in full is primary Health care

A family is a group of people living together in a home related by blood or marriage.

Roles of members in a family

A. Roles of a father

- He heads the family
- He is responsible for needs like shelter, clothing, education etc.
- He provides love and security to his children and other relatives
- He decides for the family
- He buys food for the family
- He takes young children for immunization
- He pays school fees

B. Roles of the mother

- She cooks/prepares food for everyone and cares for the sick.

- She cares for the home and family.
- She makes sure that the homes is clean
- Disciplining the children

Accidents and first Aid

An accident is a sudden happening in which a person may get injured or killed.

Common accidents at home

- Falls, bites, stings, cuts, electric shocks, knocks, nose bleeding
- A fracture is a broken bone in the body.

Common accidents at school

- Falling down (falls)
- Stepping on broken glasses (cuts)
- Snake bites, dog bites

Common accidents on the road

- motor accidents
- knocks
- Animal bites

Causes of accidents

- Carelessness
- Playing dangerous games
- Playing with dangerous objects
- Ignorance about dangerous things

Examples of injuries got from accidents

- burns
- scalds
- fractures
- bruises
- dislocations

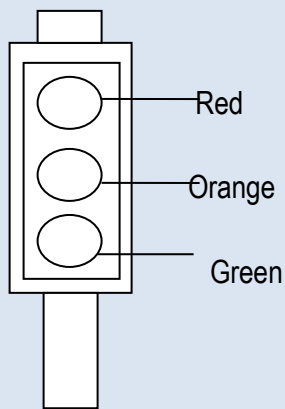
Cause of accidents on the road

- Speeding vehicles
- careless drives
- Over loading vehicles
- Playing on the road.
- Driving vehicles in bad mechanical conditions

How to avoid accidents

- Avoid playing on the road.
- Always walk on pavements and not on the road.
- Avoid playing with sharp or pointed objects.
- Avoid playing dangerous games.

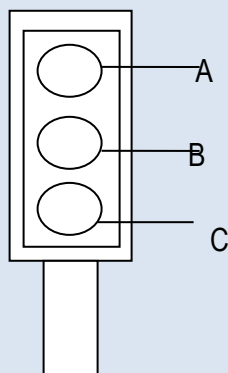
- Respecting traffic light



- Red means **stop**
- Orange means get **ready**
- Green means **go**

Exercise

1. Write PHC in full
2. Complete the traffic light



Use yes or no

3. Orange means get ready.....
4. Falls are common accidents at school.....
5. Grand mother is found in a nuclear family.....
6. Over speeding car control road accidents

Poisoning

What is poisoning

Poisons are things which harm our bodies when we eat or drink them.

Examples

-Rat poison.

-Paraffin

-Diesel.

-Medicine if taken in large amounts.

Causes of poisoning

-Carelessness

-Ignorance about the presence of dangerous things.

How to avoid poisoning

-Putting poison where children cannot reach

- -Avoiding carelessness

First aid

First aid is the first help given to the casualty before being taken to the hospital.

A casualty is a person who has got an accident

Importance of first aid

1. To reduce pain
2. To save life
3. To promote quick recovery
4. To prevent the condition from becoming worse.

Qualities of a good first aider

- a) A good first aider should be kind and sympathetic
- b) A good first aider should be clean.
- c) A good first aider should know what to do.
- d) Should be quick

The first aid box and kit

A first aid box is where things used to give first aid are kept.

A first aid kit is a collection of things used to give first aid

Name the things found in the first aid box.

Bandage, spirit, a pair of scissors, plaster razorblade, cotton wool, panadol, black stone

Places where we find first aid kits

- Hospitals
- In a home
- In vehicles like cars, omnibus, taxis
- In an office

- In a hotel, restaurant and bars
- In schools
- In factories

Uses of first Aid box

- It helps to keep drugs and instruments safely.
- Instrument and drugs are protected from sunlight and germs.
- Instruments and drugs cannot be made dirty easily.
- It is easy to transport a first aid box from one place to another.

Exercise

1. What is first Aid?
2. A person who has got an accident is a.....(hospitalisted, casualty)

Re- arrange the sentences

3. first aid give we to pain reduce
- 4 found bandage first aid box is
5. Tick the qualities of a good first aider

It helps to keep the drugs and instruments safely

Should be clean

It's easy to transport

Should be quick

6. How is the first aid box useful to the school nurse?