



## P.2 LITERACY SELF - STUDY LESSONS SET 1 4.6.2020

**USE YOUR LITERACY CLASS WORKBOOKS TO WRITE DOWN THESE NOTES AND DO ALL THE GIVEN ACTIVITIES.**

### **LESSON ONE**

**THEME : HUMAN BODY**

**SUBTHEME : BODY PARTS**

**By the end of this lesson, you should be able to:**

- Identify body parts
- Name body parts
- Draw body parts

### **Read and spell these words**

Shoulder, elbow, breast, stomach, mouth

**Introduction: Human body**

The human body is the structure of the human being. As human beings, our bodies have got different parts and each of these body parts has its specific use as shown below;

### **Uses of body parts**

<b><u>External body parts</u></b>	<b><u>Use</u></b>
Ear	for hearing
Eye	for seeing
Nose	for smelling
Mouth	for eating / talking
Hand	for holding/ writing / lifting
Leg	for walking
Neck	for turning our heads
Teeth	for chewing

Finger nails for scratching

Lips for covering the teeth

**Internal body parts**

These are body parts found inside our bodies. These include the following:

heart

liver

lungs

Kidney e.tc

**Body senses**

Human beings have five body senses. Below are the organs and their senses.

**Body organ**

**Sense**

nose

smelling

eyes

seeing

ears

hearing

tongue

tasting

skin

feeling/ touch

**Activity**

1. Draw a human body and on it name any four body parts.
2. What is the use of the following parts on our bodies?

Ear \_\_\_\_\_

Eye \_\_\_\_\_

Nose \_\_\_\_\_

Mouth \_\_\_\_\_

Leg \_\_\_\_\_

3. Which body organ is used for tasting?

**Read and spell words of the sub-theme. Use 10 words in sentences to show that you know the meaning**

Our home and community.

family	related	blood	marriage	nuclear
extended	nieces	nephew	cousin	relatives
daughter	aunt	examples	members	uncles
guide	counsel	cares	provide	son.
mechanic	hairdressers	repairs	judged	safe
community	salon	shelter	medical	care
education	security	enforcing	building	order.
culture	cultural	carried	traditional	
practice	share	language	circumcision	burial
funeral rites	sacrifice	tattooing	de-tooting.	
victory	entertain	married	celebrate	
competition	people	money	complete.	
greeting	tribe	live	area	vehicles
firewood	utensils	Own	with	their.
working	group	people	controls	where.

## **LESSON TWO**

**THEME: HUMAN BODY**

**SUBTHEME: BODY PARTS**

**By the end of this lesson, you should be able to:**

- Identify ways of caring for our body parts.
- Draw tools for caring for our body parts.

**Read and spell these words**

Combing, brushing, bathing, washing

### **Introduction**

**Ways of caring for different body parts.**

We care for our body parts in the following ways:

- ◆ By cutting the finger and toenails short
- ◆ By brushing our teeth every after a meal
- ◆ By combing our hair
- ◆ By washing our hands before and after a meal
- ◆ By bathing regularly

**Reasons why we care for our body parts**

We care for our body parts in order to:

- Control diseases
- Control bad body smell
- Prevent bad breath

## Things used to care for our body parts

There are different tools used to keep our different body parts clean and below are some of the tools used.

- Toothbrush
- Comb
- Soap
- Bathing sponge
- Water
- Brush
- Towel

### Activity

1. How do we care for the following parts of the body?

**Parts**

**Care**

Hair

\_\_\_\_\_

Teeth

\_\_\_\_\_

Finger nail

\_\_\_\_\_

Feet

\_\_\_\_\_

Skin

\_\_\_\_\_

2. Why do we care for our bodies?

\_\_\_\_\_

3. Draw these tools used for caring for our body parts.

Comb	Soap	Towel	Toothbrush

## **LESSON THREE**

**THEME: HUMAN BODY**

**SUB THEME: DISEASES CAUSING GERMS**

**By the end of this lesson, you should be able to:**

Give the meaning of germs

- State the dangers of germs
- Give the meaning of health habits

**Read and spell these words**

Organism, living, diseases, spread

**Introduction : Germs**

Germs are the small living organisms which cause diseases. There are different germs found in our communities. The types of germs include the below;

**Types of germs**

- ◆ fungi
- ◆ bacteria
- ◆ virus
- ◆ protozoa

**Dangers of germs.**

Germs are very dangerous to our bodies because they cause diseases

**Health habits**

These are good acts which help us to keep our bodies healthy.

They support our general wellbeing and make us feel good.

Health habits are habits that help us to avoid diseases.

There are different health habits we need to practice at home;

## Examples of health habits at home

- ◆ Sweeping the house/compound
- ◆ Bathing.
- ◆ Brushing the teeth
- ◆ Burning rubbish
- ◆ Clearing bushes around the home
- ◆ Washing our hands before eating food
- ◆ Washing hands after using a toilet
- ◆ Cooking and food serving from clean utensils
- ◆ Covering food well
- ◆ Washing fruits before eating them.
- ◆ Washing and ironing clothes.
- ◆ Eating well-cooked food among others
- ◆ Drinking boiled water
- ◆ Doing regular exercises

## Activity

1. \_\_\_\_\_ are small living organisms which cause diseases.
2. How are germs dangerous to our health?
3. What are health habits?
4. Write down 4 examples of health habits.
5. Why should we wash and iron our clothes before wearing them?
  
6. Draw people carrying out these health habits.

bathing	brushing teeth	washing clothes

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## **LESSON FOUR**

**THEME: HUMAN BODY**

**SUB THEME: HEALTH HABITS**

**By the end of this lesson, you should be able to:**

- Identify health habits
- State health habits

**Read and spell these words**

Ironing, sweeping, rubbish, picking

**Introduction: Examples of health habits at school**

There are many examples of health habits at school and these include the following;

- ◆ Washing hands after latrines
- ◆ Picking rubbish
- ◆ Sweeping classrooms
- ◆ scrubbing latrines
- ◆ Arranging classrooms
- ◆ Laying the bed (boarders)
- ◆ mopping the dormitory
- ◆ Ironing the uniform
- ◆ Brushing teeth
- ◆ Bathing
- ◆ Smoking of latrines
- ◆ Washing hands before eating food.

## **Importance of good health habits**

Health habits are very useful to the human being in the following ways below

- Health habits control diseases
- Health habits control bad smell
- Health habits help to keep our bodies healthy

## **Activity**

1. What are health habits?
2. List down 6 examples of health habits.
3. How are good health habits important to us?
4. Name 3 elements of weather?
5. How do regular exercises improve one's health?

## **LESSON five**

**THEME: HUMAN BODY**

**SUB THEME: PERSONAL HYGIENE**

**By the end of this lesson, you should be able to:**

- Define personal hygiene.
- Identify and activities under personal hygiene
- Mention activities under personal hygiene

**Read and spell these words**

Hygiene, germs, dirty, clothes

**Introduction: Personal hygiene**

Personal hygiene is a way of keeping our bodies clean.

We use different tools to keep our bodies clean.

### **Tools used to keep personal hygiene.**

These are things used to keep our bodies clean. Below are the tools we use to keep our bodies clean;

Toothbrush, soap, water toothpaste, song towel.

### **Activities done to promote personal hygiene**

There are some activities done to promote personal hygiene. Below are some of the activities

- Bathing daily
- Brushing the teeth every after a meal
- Ironing clothes
- Washing clothes
- Combing the hair
- Cutting fingernails short

### **Importance of personal hygiene**

Personal hygiene is very important to people in the different ways:

- Personal hygiene controls bad body smell.
- Personal hygiene promotes smartness
- Personal hygiene controls diseases

### **Dangers of poor personal hygiene**

Poor personal hygiene is very harmful to people in the following ways;

- ◆ It causes diseases.
- ◆ It creates bad breath.
- ◆ It creates bad body odour

### **Ways of preventing diseases**

We can control diseases when we practice the following in our daily life:

- ◆ Keeping the environment clean
- ◆ Brushing teeth every after a meal
- ◆ Bathing daily
- ◆ Washing hands regularly

### **Activity**

1. What is personal hygiene?
2. Outline four activities done to promote personal hygiene.
3. What would happen to a person who does not brush his/ her teeth daily?
4. Give any two good practices that help us to prevent diseases?
5. Why is it good for one to bathe every day?
6. Draw and name any two tools used to promote personal hygiene.

## **LESSON SIX**

**THEME: HUMAN BODY**

**SUB THEME: SANITATION**

**By the end of this lesson, you should be able to:**

- Define sanitation
- Identify activities under sanitation
- Give activities under sanitation

### **Read and spell the words below**

Sanitation, compound, kitchen, mopping, slashing

### **Introduction: Sanitation**

Sanitation is the way of keeping our environment clean.

There are many activities done to promote sanitation in our environment.

Below are some of the activities under sanitation.

### **Activities done to promote Sanitation**

- Sweeping
- Slashing
- Picking rubbish
- Burning rubbish
- Mopping
- Scrubbing latrines

### **Places that need to be kept clean**

In order to avoid germs, we must keep the following places clean;

- toilets
- kitchen
- latrine
- dining room

- bedroom
- compound
- bathroom

## **Places where germs are common**

- rubbish pits
- dust bins
- dirty toilets
- dirty clothes

## **Ways of keeping our houses clean**

These are some of the ways we can keep our houses clean;

- ◆ By removing cobwebs
- ◆ By dusting the furniture
- ◆ By cleaning the window
- ◆ By sweeping the floor
- ◆ By mopping the floor
- ◆ By digging around the house

## **Tools/ materials used to keep those places clean**

Below are some of the tools used to keep different places clean;

- ◆ Water
- ◆ Panga
- ◆ Scrubbing brush
- ◆ Slasher
- ◆ Hoe
- ◆ Soap
- ◆ Broom

**Activity.**

1. What is sanitation?
2. List down 4 activities carried out under sanitation.
3. Outline any four places that need to be kept clean.
4. Write any two ways we can keep our classes clean?
5. Give any one reason why we should keep our compounds clean.
  
6. Draw the following tools used to promote sanitation

water	hoe	soap	slasher