

HYGIENE AND NUTRITION ACTIVITIES SCHEME OF WORK FOR GRADE 1 TERM 3

SCHOOL	GRADE	LEARNING AREA	TERM	YEAR
	1	HYGIENE AND NUTRITION ACTIVITIES	3	

Wk	Lesson	Strand	Sub-strand	Specific Learning Outcome	Key Inquiry Question	Learning Experiences	Learning Resources	Assessment	Reflection
1	1	Safety education	Common accidents at home - Drowning	By the end of the sub-strand, the learner should be able to: <ol style="list-style-type: none"> a) Describe drowning. b) Mention causes of drowning at home. c) Identify ways of preventing drowning at home. 	<ol style="list-style-type: none"> 1. What causes drowning at home? 2. How can we prevent drowning at home? 	<ol style="list-style-type: none"> 1. Learners are guided to identify drowning at home. 2. Learners are guided to state the causes of drowning at home such as swimming alone. 3. Learners to tell stories of their experiences of drowning at home 4. Learners to identify ways of preventing drowning at home such as swimming under supervision. 5. Learner to view 	Pictures of children drowning and their causes such as swimming alone. Pictures and video clips on drowning and how to prevent them. Oxford Everyday Hygiene and Nutrition, Learner's Book Grade 1 pg. and 77	Ask learners oral questions on drowning.	

						pictures and video clips on causes of drowning at the home and share them in class.			
2		Common accidents at home - Electric shock	By the end of the sub-strand, the learner should be able to: a) Describe an electric shock. b) Mention causes of electric shock. c) at home. d) Identify ways of preventing electric shocks at home.	<ol style="list-style-type: none"> 1. What causes electric shock at home? 2. How can we prevent electric shock at home? 	<ol style="list-style-type: none"> 1. Learners are guided to describe an electric shock. 2. Learners are guided to state the causes of electric shock at home such as naked electricity sockets, touching naked wires and inserting metal objects into the sockets. 3. Learners to tell stories of their experiences of electricity sockets at home 4. Learners identify ways of preventing electricity sockets at home keeping naked flame and water out of reach 5. Learners to view pictures and video clips on causes of electric shocks at 	Naked wires Naked sockets Pictures of children inserting metals into the sockets Pictures and video clips on electric shocks and how to prevent them. Oxford Everyday Hygiene and Nutrition, Learner's Book Grade 1 pg. 71&74	Ask learners oral questions on electric shocks.		

						the home and share them in class.			
2	1		Common accidents at home - Choking	<p>By the end of the sub-strand, the learner should be able to:</p> <ol style="list-style-type: none"> a) Describe choking. b) Mention causes of choking at home. c) Identify ways of preventing choking at home. 	<ol style="list-style-type: none"> 1. What causes choking at home? 2. How can we prevent choking at home? 	<ol style="list-style-type: none"> 1. Learners are guided to identify choking at home from a variety of pictures on common accidents that occur at home. 2. Learners are guided to state the causes of choking at home such as speaking or laughing while eating, swallowing food that is chewed properly and swallowing large pieces of food. 3. Learners to tell stories of their experiences of choking at home 4. Learners to identify ways of preventing choking at home like chewing food completely before swallowing, swallowing small pieces of food and 	<p>Pictures of children who have been choked and their causes such as speaking or laughing while eating, swallowing food that is chewed properly and swallowing large pieces of food.</p> <p>Pictures and video clips on choking and how to prevent them.</p> <p>Oxford Everyday Hygiene and Nutrition, Learner's Book Grade 1 pg. 68&71</p>	<p>Ask learners oral questions on choking.</p>	

						<p>not to speak or laugh while swallowing food.</p> <p>5. Learners to view pictures and video clips on causes of choking at the home and share them in class.</p>			
2		Common accidents at home - Suffocation	<p>By the end of the sub-strand, the learner should be able to:</p> <p>a) Describe suffocation.</p> <p>b) Mention causes of suffocation at home.</p> <p>c) Identify ways of preventing suffocation at home.</p>	<p>1. What causes suffocation at home?</p> <p>2. How can we prevent suffocation at home?</p>	<p>1. Learners are guided to identify suffocation from a variety of pictures on common accidents that occur at home.</p> <p>2. Learners are guided to state the causes of suffocation at home such as placing paper bags over their heads.</p> <p>3. Learners to tell stories of their experiences of suffocation at home</p> <p>4. Learners identify ways of preventing suffocation at home such as</p>	<p>Pictures of children with paper bags over their heads. Pictures and video clips on suffocation and how to prevent them.</p>	<p>Ask learners oral questions on suffocation.</p>		

						<p>proper disposal of paper bags.</p> <p>5. Learners to view pictures and video clips on causes of suffocation at the home and share them in class.</p>			
3	1		Importance of preventing accidents at home	<p>By the end of the sub-strand, the learner should be able to:</p> <p>a) State common accidents that occur at home</p> <p>b) Mention causes of accidents at home,</p> <p>c) Appreciate the importance of preventing accidents at home.</p>	<p>1. What are some of the accidents at home?</p> <p>2. What causes accidents at home?</p> <p>3. How can we prevent accidents at home?</p>	<p>1. Learners are guided to identify accidents at home like falls, cuts, drowning, suffocation, choking electrocution, burns.</p> <p>2. Learners are guided to state the causes of accidents at home such as sharp edges, slippery floors, vegetable/fruit peelings, broken glass, uncovered pits, rough floors, poorly arranged furniture, electricity sockets and the naked flame</p>	<p>Pictures of common accidents at home.</p> <p>Video clips on how to prevent common accidents that occur at home.</p> <p>Oxford Everyday Hygiene and Nutrition, Learner's Book Grade 1 pg. 67-79</p>	<p>Ask learners oral questions on common accidents that occur at home</p>	

						3. Learners identify ways of preventing accidents at home (wiping spills, arranging furniture properly, disposing off waste appropriately, covering open pits, proper handling of tools like knives and forks)			
2	Safety education	Dangerous chemicals at home	By the end of the sub-strand, the learner should be able to: a) Name some dangerous chemicals found at home and where they are used.	1. Which are some of the dangerous chemicals used at home?	1. Guide learners to identify dangerous chemicals used at home (detergents and cleaning agents, kerosene, pesticides, insecticides) 2. In groups, learners to mention dangerous chemicals found in their homes	Detergents Cleaning agents Kerosene Empty containers of dangerous chemicals at home (Insecticides and pesticides) Pictures of dangerous chemicals at home Video clips of dangerous chemicals at home Oxford	Ask learners oral questions on dangerous chemicals found in their homes		

							Everyday Hygiene and Nutrition, Learner's Book Grade 1 pg. 80		
4	1		Dangers chemicals cause at home	By the end of the sub-strand, the learner should be able to: a) Mention the dangers caused by chemicals used at home,	1. What are some of dangers caused by these household chemicals?	1. Guide learners to mention the dangers caused by chemicals used at home.	Detergents Cleaning agents Kerosene Empty containers of dangerous chemicals at home (Insecticides and pesticides) Pictures of dangerous chemicals at home Video clips of dangerous chemicals at home Oxford Everyday Hygiene and Nutrition, Learner's Book Grade 1 pg. 80	Ask learners oral questions on dangers of chemicals found in their homes	
	2		Dangers	By the end of the	1. Which	1. Let learners listen	Detergents	Ask	

			chemicals cause at home	sub-strand, the learner should be able to: a) Embrace the need to avoid handling dangerous chemicals used at home to ensure safety.	are some of the dangerous chemicals used at home? 2. What are some of dangers caused by these household chemicals?	to stories or watch a video on dangers caused by dangerous chemicals used at home.	Cleaning agents Kerosene Empty containers of dangerous chemicals at home (Insecticides and pesticides) Pictures of dangerous chemicals at home Video clips of dangerous chemicals at home Oxford Everyday Hygiene and Nutrition, Learner's Book Grade 1 pg. 83	learners oral questions on dangers of chemicals found in their homes	
5	1		Dangers chemicals cause at home	By the end of the sub-strand, the learner should be able to: a) Mention the dangers caused by	1. Which are some of the dangerous chemicals used at home? 2. What are some of dangers caused by these	1. Learners can draw and colour some of the dangerous chemicals at home using pencils, colours, crayons and computing devices	Empty containers of dangerous chemicals at home (Insecticides and pesticides) Pictures of	Ask learners oral questions on dangers of chemicals found in their homes	

				chemicals used at home, b) Embrace the need to avoid handling dangerous chemicals used at home to ensure safety.	household chemicals? 3. Which dangerous chemicals found at home can you draw?		dangerous chemicals at home Video clips of dangerous chemicals at home Pencils Crayons/Colours Drawing books Oxford Everyday Hygiene and Nutrition, Learner's Book Grade 1 pg. 80-83		
2	Simple first aid	What is first aid?	By the end of the sub-strand, the learner should be able to: a) Know what first aid is b) Define first aid	1. Which accident has ever happened to you? 2. What was done to you after the accident? 3. Why did	1. Guide learners in telling stories on when an accident happened to them and what was done to them after the accident. 2. Guide learners to read pictures on first aid.	First aid kit Oxford Everyday Hygiene and Nutrition, Learner's Book Grade 1 pg. 85	Ask learners oral questions to what first aid is.		

					they do first aid to you?				
6	1		Why do we do first aid?	By the end of the sub-strand, the learner should be able to: a) State reasons for carrying out First Aid to an injured person.	1. Why do we do First Aid on an injured person?	1. Let learners listen to a story on First Aid and answer questions asked. 2. Guide learners to mention reasons for carrying out First Aid on an injured person.	First aid kit Charts on First Aid Oxford Everyday Hygiene and Nutrition, Learner's Book Grade 1 pg. 86	Ask learners oral questions on why we do first aid.	
	2		The first aid kit	By the end of the sub-strand, the learner should be able to: a) Identify a First Aid kit. b) Draw and colour a First Aid kit.	1. What is a First Aid kit?	1. Let learners observe a first aid kit. 2. Guide learners in telling where they saw the item (First Aid kit) 3. Learners to mention where they do see the First Aid kit 4. Guide learners to draw a First Aid kit and colour it.	First aid kit A chart/picture with a First Aid kit Pencils Drawing books Colours/crayons Oxford Everyday Hygiene and Nutrition, Learner's Book Grade 1 pg. 87		
7	1		Things found in the First Aid kit	By the end of the sub-strand, the learner should be	1. Which contents are	1. Guide learners to identify contents of a First Aid kit (Bandage,	First Aid kit Bandage Scissors	Ask learners oral questions	

			(Bandage, Scissors and Gloves)	able to: a) Identify contents of a First Aid kit b) Know the use of the First Aid kit contents.	found in the First Aid kit? 2. How are the contents used?	Scissors and Gloves) and how they are used. 2. Learners to draw and colour First Aid kit contents (Bandage, Scissors and Gloves.	Gloves Pencils Drawing books Crayons/Colours Oxford Everyday Hygiene and Nutrition, Learner's Book Grade 1 pg. 88	on First Aid kit contents and how they are used.	
	2		Things found in the First Aid kit (Bandage, Scissors, Gloves, Cotton wool, Tweezer and Safety pins)	By the end of the sub-strand, the learner should be able to: a) Identify contents of a First Aid kit b) Know the use of the First Aid kit	1. Which contents are found in the First Aid kit? 2. How are the contents used?	1. Guide learners to identify contents of a First Aid kit (Bandage, Scissors, Gloves, Cotton wool, Tweezer and Safety pins)) and how they are used. 2. Learners to draw and colour First Aid kit contents (Cotton wool, Tweezer and Safety pins)	First Aid kit Bandage Scissors Gloves Cotton wool Tweezer Safety pins Pencils Drawing books Crayons/Colours First aid kit Oxford Everyday Hygiene and Nutrition, Learner's Book Grade 1 pg. 88-89	Ask learners oral questions on First Aid kit contents and how they are used.	
8	1		First aid for cuts	By the end of the sub-strand, the	1. What First Aid	1. In groups, guide learners to share	First aid kit contents (Clean	Observe learners as	

				<p>learner should be able to:</p> <p>a) Practice simple First Aid for minor cuts</p>	<p>is done for cuts?</p>	<p>experiences on what was done to them when they had a cut.</p> <p>2. Show learners video clips, pictures, charts on First Aid for cuts.</p> <p>3. Guide learners to role play on simple First Aid for cuts.</p>	<p>piece of cloth, water, a pair of scissors, pair of gloves and cotton wool)</p> <p>Video clip/picture/charts showing first aid for cuts</p> <p>Oxford Everyday Hygiene and Nutrition, Learner's Book Grade 1 pg. 89-90</p>	<p>they role play on dressing a cut</p>	
	2		<p>First aid for wounds</p>	<p>By the end of the sub-strand, the learner should be able to:</p> <p>a) Practice simple First Aid for wounds</p>	<p>1. What First Aid is done for wounds?</p>	<p>1. In groups, guide learners to share experiences on what was done to them when they had wounds.</p> <p>2. Show learners video clips, pictures, charts on First Aid for wounds.</p> <p>3. Guide learners to role play on simple First Aid for wounds.</p>	<p>First aid kit contents (Clean piece of cloth, water, a pair of scissors, pair of gloves and cotton wool)</p> <p>Video clip/picture/charts showing first aid for wounds</p> <p>Oxford Everyday Hygiene and</p>	<p>Observe learners as they role play on dressing a wound</p>	

							Nutrition, Learner's Book Grade 1 pg. 89- 90		
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