

Grade 1 Notes: Hygiene and nutrition

Topic: Healthy practices

Sub strand: healthy habits

1: What are healthy habits?

Healthy habits are things we do to stay healthy. Things we do to stay healthy are; playing, washing hands, brushing teeth and eating healthy foods. We practice healthy habits to prevent us from getting diseases.

2: which healthy habits prevents illnesses?

Illness is a disease and we get diseases when we don't practice healthy habits

Habits that prevent illnesses are:

Washing hands

Sleeping well

Using the toilet or latrine

Doing exercises

Eating healthy foods

Bathing everyday

3: Why do we practice healthy habits.

We practice healthy habits to prevent our bodies from getting diseases i.e

We wash hands to remove germs,

We use the toilet to prevent illnesses,

We bathe everyday to keep body clean,

We exercise to keep our body fit.

4: Doing healthy habits

Let Learners go out and do healthy habits like running, skipping, playing football etc.

Exercise 1.1

1. Healthy or not healthy.

- (a) Eating chips. _____ (Healthy/Not healthy)
- (b) Drinking water. _____ (Healthy/Not healthy)
- (c) Bathing once a week. _____ (Healthy/Not healthy)

2. Say if each of the following foods is healthy or not.

A



B



C



D



3. Match the activity with the picture.

Swimming



Walking



Riding a bicycle



Playing football



Care for the teeth

● What are milk teeth?

We grow two sets of teeth

The first set are called **milk teeth**

As babies grow older they loose the milk teeth. The second set of teeth are called **permanent teeth**

● Removing teeth in a clean way

How to remove teeth in a clean way

1. Wash your hands

2. Hold the tooth with a clean cloth

3. Remove the tooth

4. Put the cloth in a bin

5. Gurgle salty water

Gurgle is to take water into the mouth, move it round then spit it.

Exercise 1.2

1.We wash our _____ before removing teeth (hands, mouth)

2.All children grow milk teeth.(true,not true)

3.Teeth that we remove are _____ teeth(milk, good)

4.We do not go to hospital to remove milk teeth.(Yes,no)

Use of medicine

Which medicine do you use at home?

Some of the medicines we take at home are;

- Capsules
- Tablets
- Ointment cream
- Using inhaler
- Putting nose drops
- Syrup

Sick people take **medicine** to feel better

Care when taking medicine

- Wash your hands when taking the medicine.
- Use clean water to take the medicine
- Make sure that you finish the medicine

- Do not share the medicine with anyone
- Store the medicine in a dry place
- Store the medicine away from the baby.

Exercise 1.3

1.We should take medicine
using _____ water(clean, sweet)

2.Touching medicine with dirty hands is
_____ (good,bad)

3. _____ is a type of medicine (tablet,table)

4.We should always keep medicine in a
_____ cupboard(closed, open)

Topic: Personal Hygiene

Care for the parts of the body

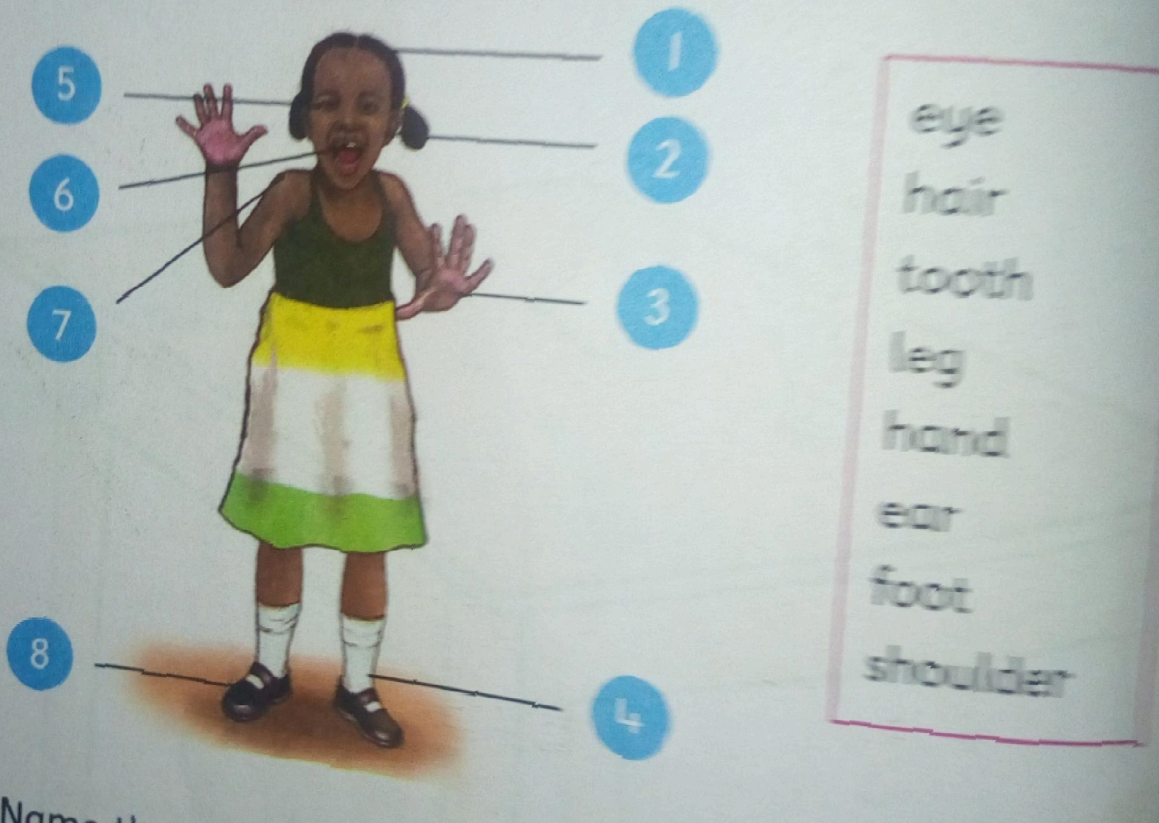
Parts of the body

Parts of the body

Let us do

Work in groups

Look at the picture.



Things we use to clean the body

Things we use to clean the body are;

- Water

- Soap
- Sponge
- Towel
- Handkerchief
- Toothpaste
- Toothbrush
- Pumice stone.

Pumice stone is a soft stone for scrubbing the feet

Handkerchief is a small cloth used to clean the nose

Cleaning our face

1.put water in a basin

2.close your eyes

3.wet your face

4.put soap and rub

5.rinse your face

6.dry with a towel.

Cleaning our teeth

1.wet your brush

2.put toothpaste

3.brush your teeth up and down,front and back

4.rinse your mouth

We clean our teeth using Colgate, tooth brush/chewed stick, tooth paste/salt, and clean water

Clean your teeth at least two times a day

Washing our hands

- Wet your hands
- Put some soap
- Rub in between and all around
- Rinse your hands
- Dry with a towel.

We wash our hands after visiting the toilet and before eating

Washing our feet

To clean my feet;

- Wet your feet
- Put some soap
- Scrub your feet
- Rinse the feet
- Dry them with a towel

Always keep your feet clean and dry

Keep your nails short

Cleaning our hair,nose and ears

- We clean our ears with a soft wet cloth
- We use ear bud to remove wax from the ear
- We use **handkerchief** to clean our nose
- We use soap and water to wash our hair then we brush it with a hairbrush or comb to make it neat



Washing the hair

- Put water in a basin
- Wet the hair
- Put some soap
- Rub then rinse
- Dry and comb

Let learner's do an extended activity of washing the doll

Exercise 2.1

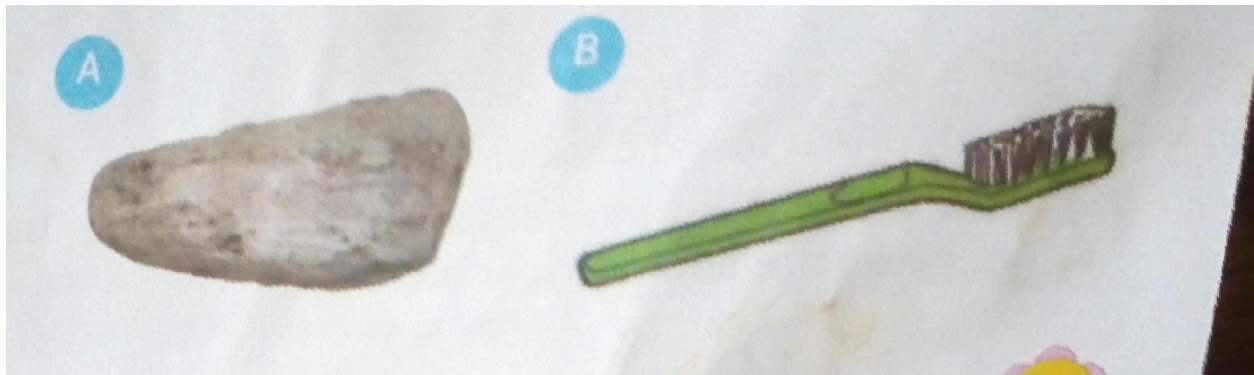
Answer this questions

1.We use and to clean our hair

2.Draw two things you use to clean your teeth

3.We use soap,water and to wash our face

4. Name the parts of the body we clean with these things



Use of toilets and latrines

Toilets,latrines or urinals

- Our homes have a toilet or latrines

- Schools also have toilets or latrines

Show the toilet, latrine and urinal



- Let learners name the things in each picture

- Ask them the one that is found at their home
- Let them draw the toilet or latrine they use at their home
- Note: The latrine is found outside the house
- Good use of toilets and latrines prevent illnesses
- Going to the bush is not a healthy habit

Always use the toilet or latrine

Exercise 2.2 _____

2. After using the toilet, we should _____ (knock, flush)

Fill in the blank spaces

1. Latrine is to outside the house while toilet is to

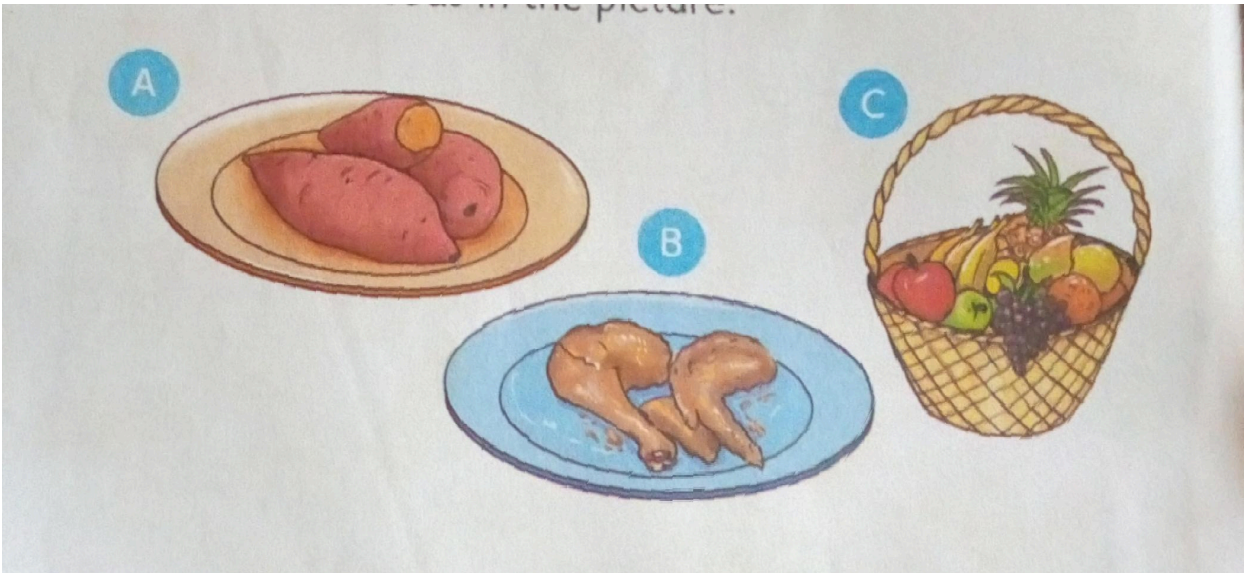
3. Used tissue paper should _____ (be used again, be thrown in the latrine)

Topic: Foods

Sources of food

Food at our place

- Learners to name the foods they eat
- Learners to look at the pictures of foods
- Learners to name foods in the pictures



Activity

Learners to draw foods they eat on the table

Animal and plant food sources

Source is where food come from

- Some foods come from plants e.g
ugali,sukuma wiki,cabbage, carrots etc
- Some foods come from animals e.g
milk,meat,eggs,fish etc

Exercise 3.1

1.Draw and colour

(a) One food we get from a

(b) One food we get from plants

2.We get tomato from _____ (animals,plants)

3.Fish,milk and meat are foods from
animals _____ (true,not true)

Eating habits

Food we eat every day

- Let Learners name the foods they eat every day

- Guide them to draw the foods they eat every day

Foods I like or dislike

- People like some foods
- Some people do not like some other foods
- Not all people like the foods we like

Note: draw a table and let Learners copy it on their books, let them write foods they like or not like.

Which foods are good for my teeth

- The foods that are not good for our teeth are ice cream, biscuits, chocolates, cakes and sweets.
- We should avoid eating too much sugary foods.
- We should always eat foods that make our teeth strong.
- The foods that make our teeth strong are milk, fruits, sugarcane and carrots.

Exercise 3.2

1. Foods like _____ and _____ are not good for my teeth. (carrots, biscuits, milk, sweets)

2. Draw two foods that you like.

3. Draw two foods that are bad for your teeth

Using our senses to know food

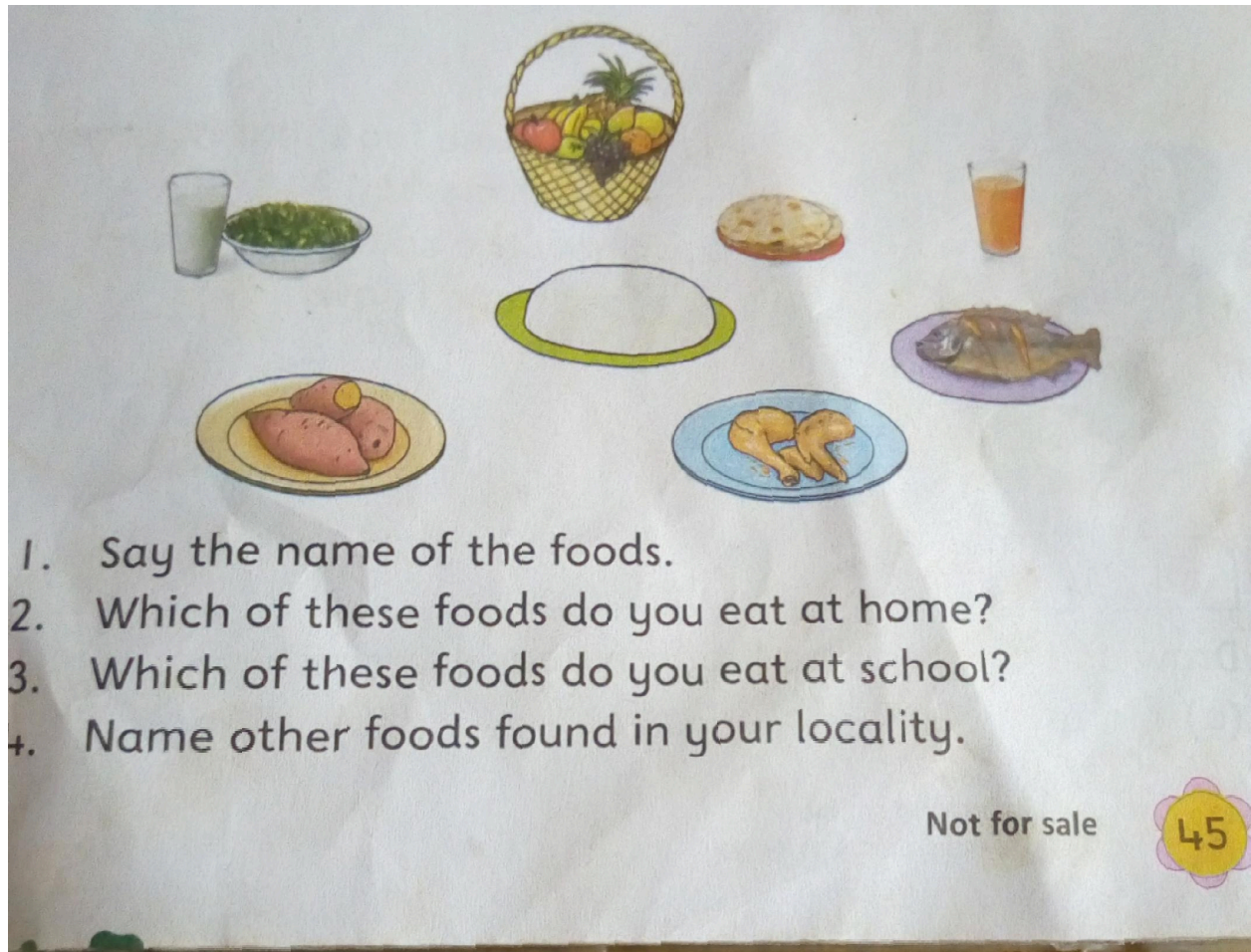
Foods we eat at home and in school

- Guide Learners to name the foods they eat at home
- Let pupils name that foods they eat at school

Common foods at our locality

Locality is where we come from.

- People come from different localities and eat different foods
- Some foods are eaten in many homes.
- Guide Learners to look at the pictures and name foods they eat in their locality



Senses and food

How do we know food?

We know different kinds of foods by

- Smelling
- Tasting
- Touching

- Seeing

Activity

Let Learners bring different kind of foods to school

In groups let them cover their eyes one at a time.

Guide Learners to use hands,nose and tongue to tell the type of foods

Exercise 3.3

1.Draw and colour two foods you eat at home

2.We can know food by it's colour,taste,smell or _____ (touch,ty)

3.Foods that taste bitter are not good to our bodies.(yes,no)

Cleaning of fruits

Fruits at our place

- Some fruits come from our place.
- Our place is our locality

Let Learners look at the pictures of fruits and name fruit in their locality.



Learners activity:

Draw and colour two fruit found in your locality

Choosing fruits

Are all fruits good for eating?

- We should not eat bad fruits

Types of bad fruits are;

- TRotten fruits
- Dirty fruits
- Poisonous fruits

When food goes bad we say it's rotten

Show Learners pictures of fruit and let them say which fruits are good and which ones are bad

Look at the pictures



Which bananas are good for eating?



Which mangoes are good for eating?

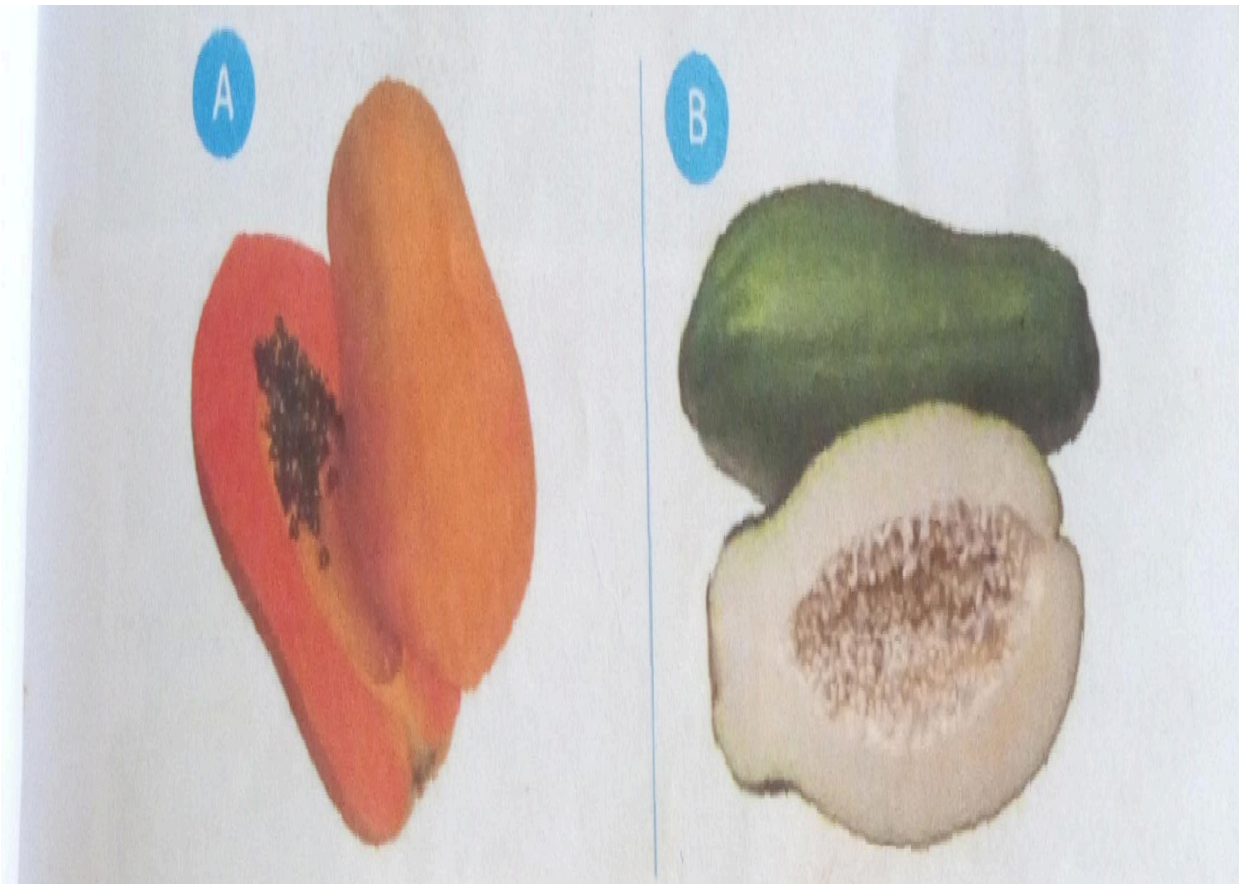
Washing fruits

- Dirty fruits can make us ill
- Wash fruits before eating them
- Wash fruits with clean running water

Exercise 3.4

1. We wash fruits before eating them (wash, bite)

2. Which fruit will you eat? A or B? why



3. Draw two fruits found in your locality

Why we eat

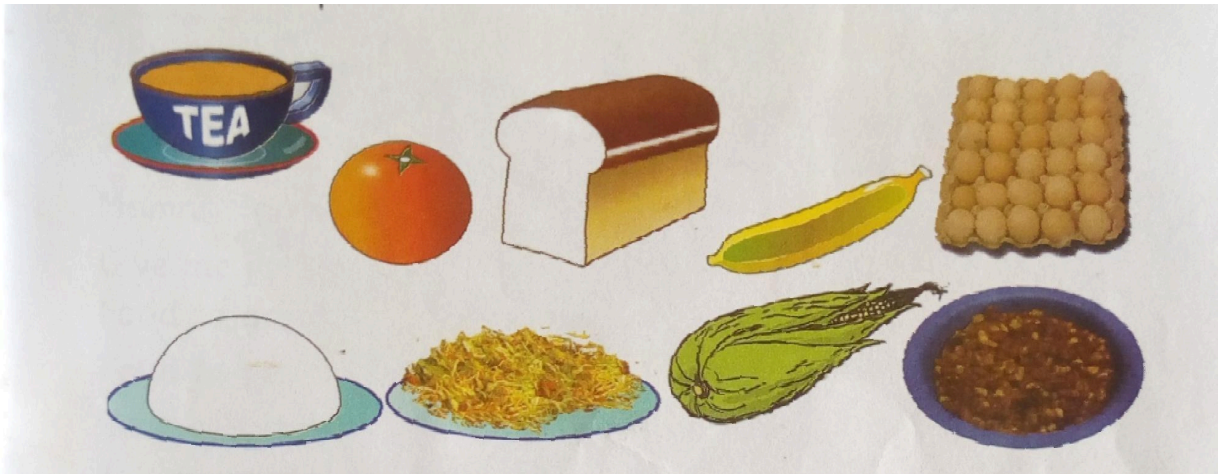
How many times do you eat in a day?

- When you wake up in the morning, you eat breakfast.
- Then in the afternoon you eat lunch
- In the evening before you go to sleep you eat supper

- So we eat three meals a day, breakfast, lunch and supper.

Foods we eat at different times

Show Learners pictures of foods



- Let them show which foods they eat when they wake up
- Which foods they eat during the day
- Which foods you eat before you go to sleep

Why do we eat every day?

- We eat every day to get energy
- Energy helps us to play, sing, run and jump.

- We also eat to **grow**
- We eat to be **healthy**

Exercise 3.5

- 1.Name two activities that you do.
- 2.Say if you need energy to do them.
- 3.We eat to grow and _____ (be healthy, sleep)

Good behavior during meal times

Meaning of mealtime

Look at the pictures



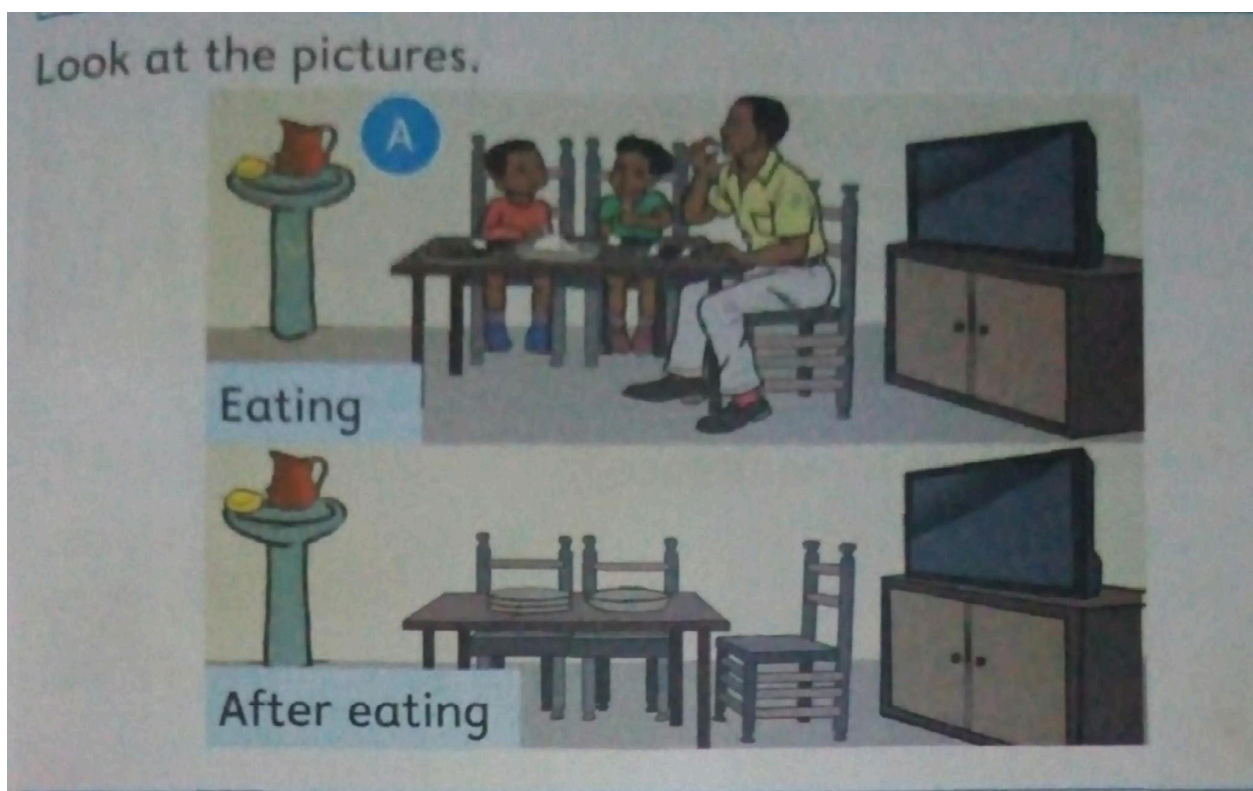
- The pictures show people eating

- The time we eat is called mealtime

Good behavior when eating

1. Wash your hands before eating
2. Serve food that you can finish
3. Close your mouth while chewing
4. Clear the table after eating

- Show Learners this pictures and ask them questions.



Which family is showing good behavior during meal times? A or B?

Why we show behavior during mealtimes

- Bad eating manners can cause choking
- Serving a lot of food make other people miss food.
- Showing food in your mouth is lack of respect

Choking is when food get stuck in the the throat

Exercise 3.6

1. Peter likes talking while eating. He can _____ (choke, drown)

2. We only wash our hands after eating. _____ (yes or no)

3. Do not _____ food (waste, eat)

Buying food

Where do we buy food?

We buy food from the following places;

- Burchery
- Kiosk
- Restaurant
- Hotel
- Shop
- Open air market

Kiosk is a small shop

Restaurant is a place where cooked food is sold

The food we buy

We buy food from different places.

1.We buy meat from the butchery

2.We get cooked food from a restaurant

3.We can buy maize and beans in the open air market

* Let Learners do an exercise of matching pictures on page 67 pupils book grade 1

Topic 4: Safety Education

Common accidents at home

What accidents happen at home?

Look at the pictures

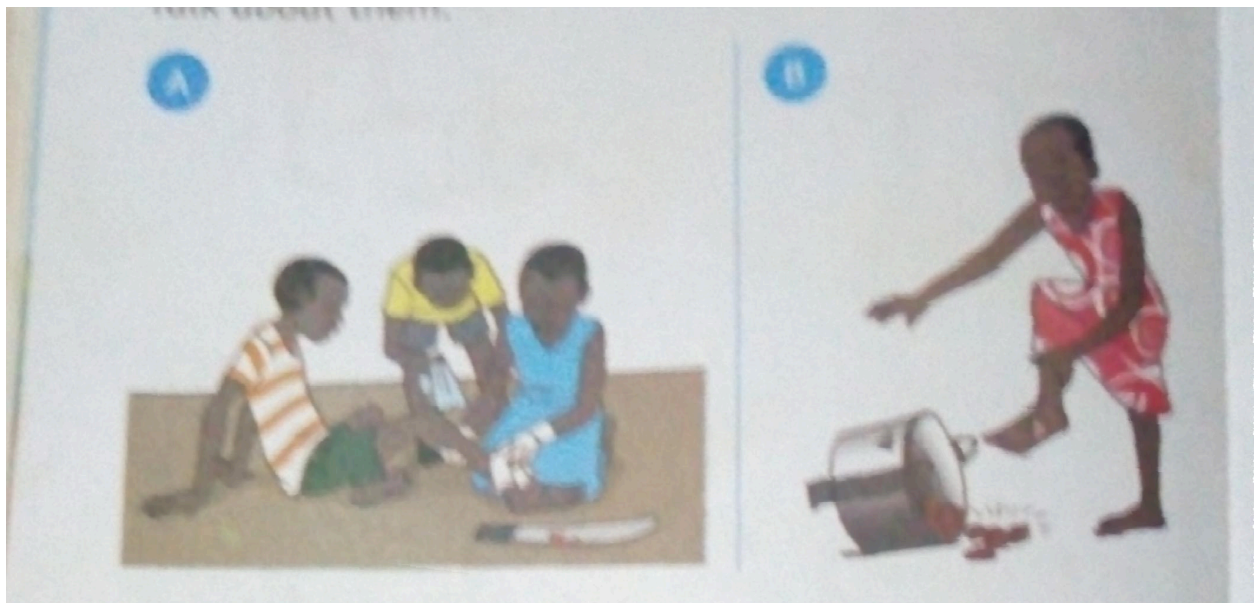


- The children in the pictures are **hurt**.
- They had an accident

- **An accident** is a bad thing that happens to us like cuts, burns and falls.
- **Some accidents at home are cuts, burns, falls and chocking**

Cuts and burns

Look at the pictures

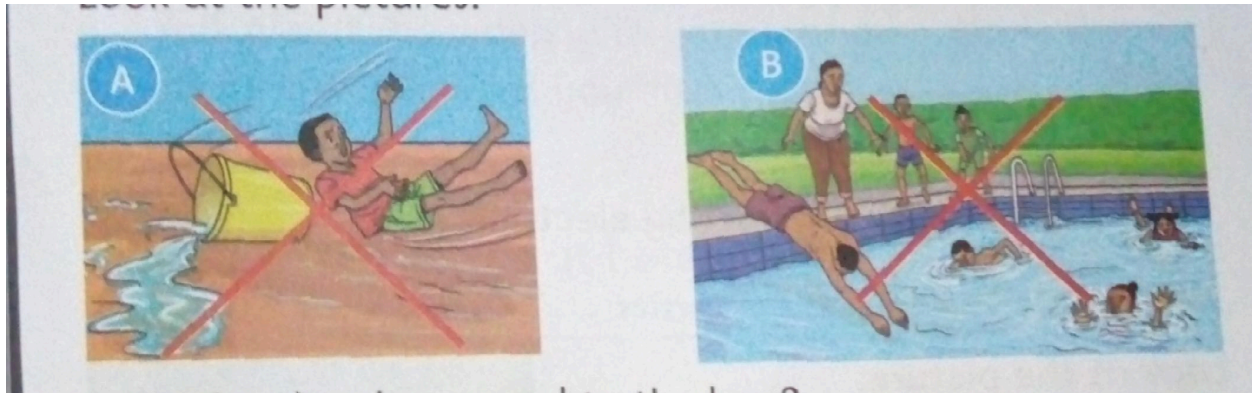


The boy in picture A has cut his leg and the girl in picture B has a burn.

Cuts and burns are common accidents at home.

Falls and drowning

Ask Learners to look at the pictures



The boy in picture A has a fall and picture B shows drowning in water

Falling and drowning are also common accidents

Electric shock, choking and suffocation

- When we talk while eating, we can get choked.
- Electric shock is to get hurt by electricity.
- Do not touch or put metals in sockets, you can get an electric shock
- Do not cover your head with plastic bags, you can suffocate.
- To suffocate is when you lack air to breathe

Causes of accidents at home

Sharp objects

- Sharp objects like scissors, old iron sheets and knives can cut us,do not play with them.Always be careful when handling them.
- Things that can make us fall are.
 - 1.Slippery floors
 2. Banana peels
 3. Furniture that is not arranged well
 4. Rough ground

Note: Furniture are things like chairs,beds,tables and desk

Slippery is something that can make one slide and fall

Sockets and flames

Touching a socket is very dangerous ,it can cause a shock

Playing with fire is also dangerous,it can cause burns

Learners to look at pictures on page 75 pupils book.

How can we prevent accidents at home

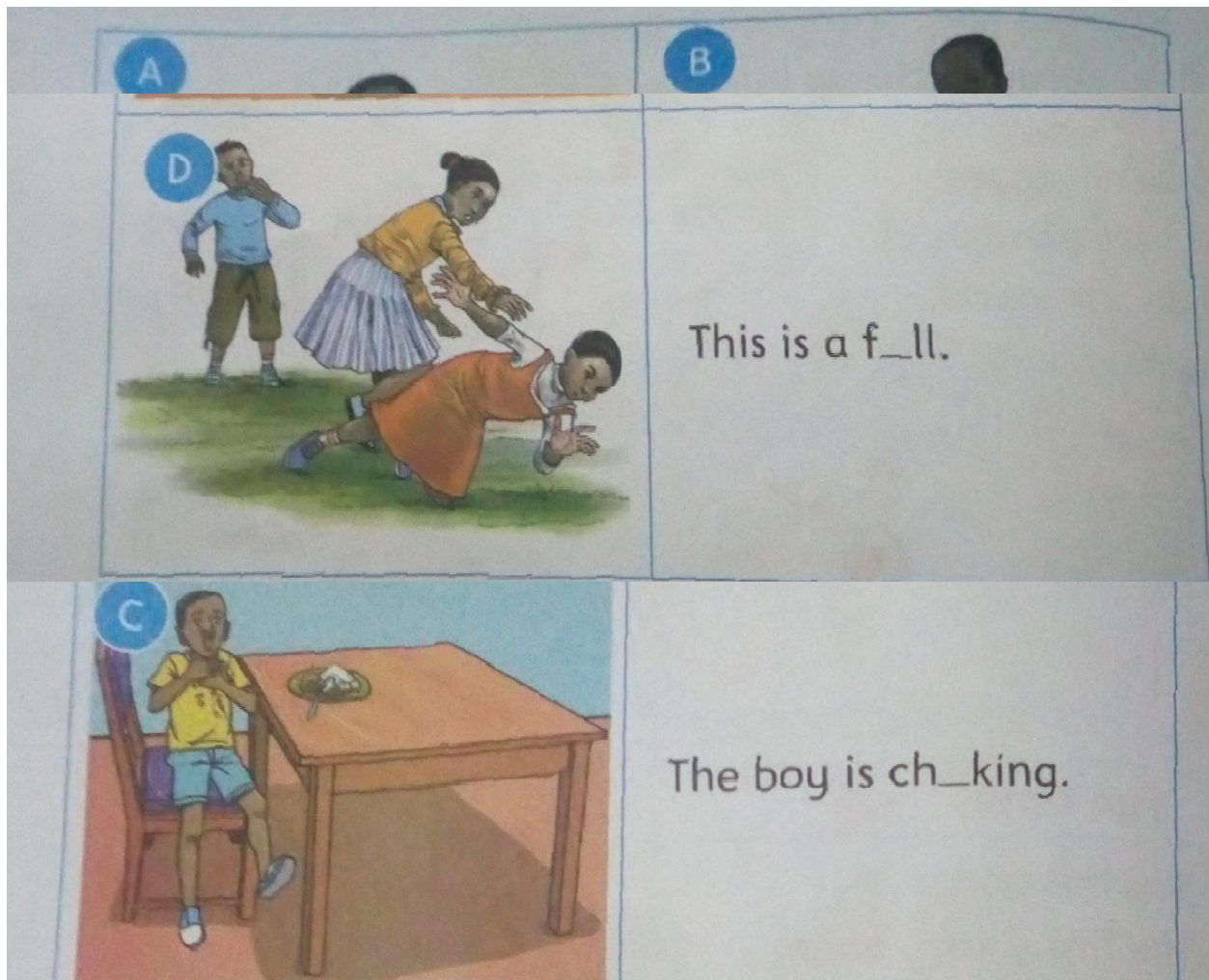
- Wiping water on the floors prevent falls.
- Arranging furniture prevents falls
- We should put all waste in dustbins
- Always hold the knife by the handle
- Do not play with sharp objects like iron sheets

- Do not play near fire

Activity: Ask Learners to make posters of how to prevent accidents in groups.

Exercise 4.1

1. Name the accidents.



2. _____ can cause accidents in the kitchen.(a knife, blanket)

3.We can prevent falls by _____ (keeping the floor dry,playing with a knife)

4.Electricity can cause _____ (electric shock, drowning)

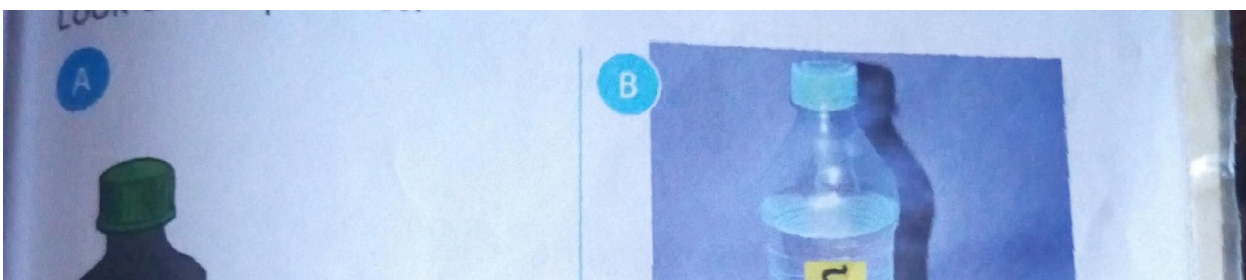
Dangerous chemicals at home

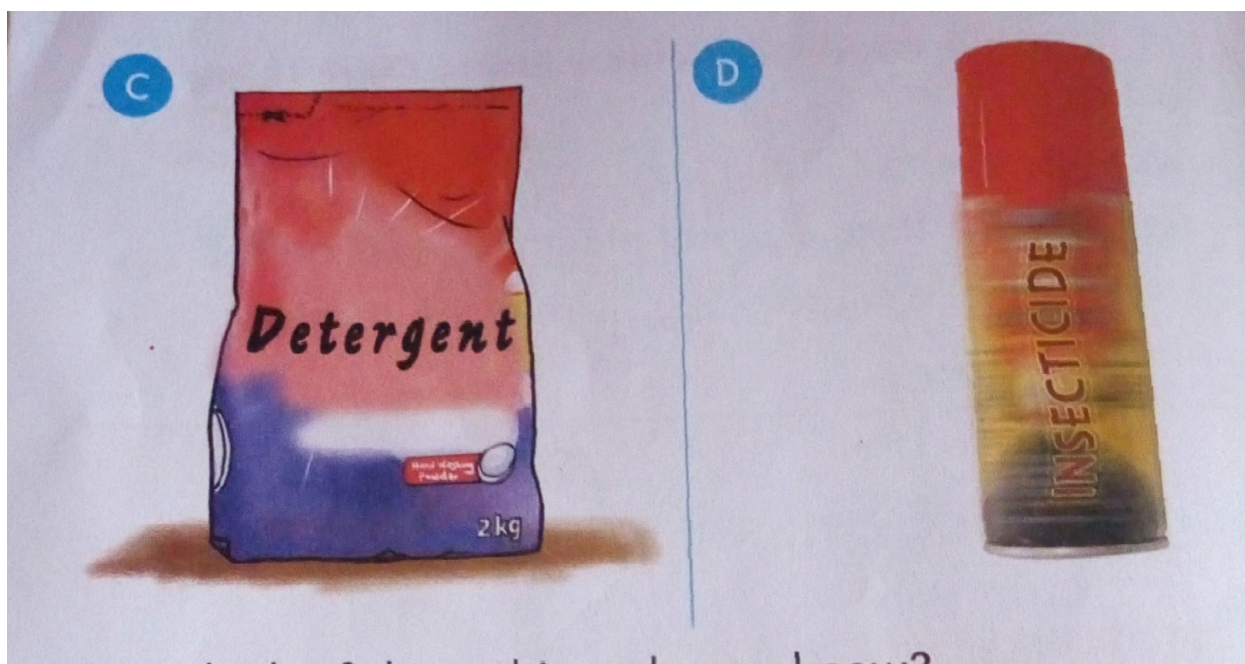
Dangerous is a thing that can harm us

- **Chemicals** are things ilke paraffin,soap and insecticides

Which chemicals are dangerous at home?

Let Learners look at the pictures of dangerous chemicals at home





- Some chemicals can harm us
- They are dangerous chemicals

What dangers do chemicals at home cause?

- Some soaps can damage our skin
- Water with soap can harm our eyes too
- We can get ill when we take liquid soap.
- Paraffin catches fire easily
- Paraffin also harms our skin
- Insecticides can harm our bodies as well

- Pesticides are also dangerous.

Insecticides are chemicals that kill insects like mosquitoes


Pesticides kills pest like weevil.

Give Learners this exercise on pg 85 pupils book


Exercise 4.2

1. Show the dangerous chemical.

A



B



2. Dangerous chemicals at home should be kept _____
(near food, away from food)

Simple first aid

What is first aid?

First aid is the first help given to a hurt person

We do first aid for all accidents

We do first aid to reduce loss of blood

First aid also reduces pain

The first aid kit

Let Learners look at the first aid kit on pg 89 pupil book



We keep first aid things in a first aid kit

Things found in a first aid kit are;

- **Bandages**
 - **Scissors**
 - **Gloves**
 - **Cottonwood**
 - **Elastoplast**
 - **Safety pins**
 - **Tweezers**
 - **Sterile pad**
- Show Learners pictures of items found in a first aid kit on pg 90 pupils book**



Activity

Let Learners do a first aid activity in groups.

Let one pupil in each group act like they have been cut on the leg

Let the others do first aid to him/her

Observe and give out marks

Exercise 4.3

1. Your friend has cut herself. What will you do?

2. Name the things below.



3. We do first aid on a cut to ____ (stop bleeding, stop crying)

4. Things used in first aid are kept in a ____ (first aid kit, house)

5. ____ are not found in a first kit (pins, nails)