# 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?

**Illiness 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

## 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 

_____

Not for sale

3. Match the activity with the picture.

Swimming



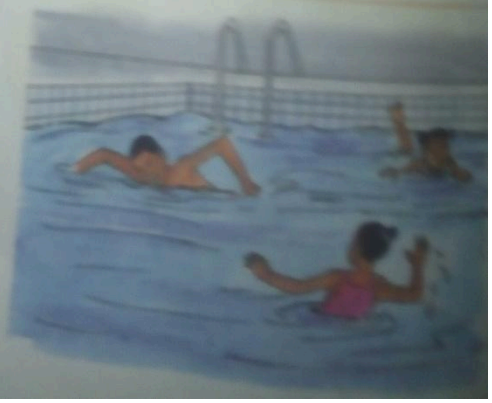
Walking



Riding a bicycle



Playing football



Property of the

# 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)

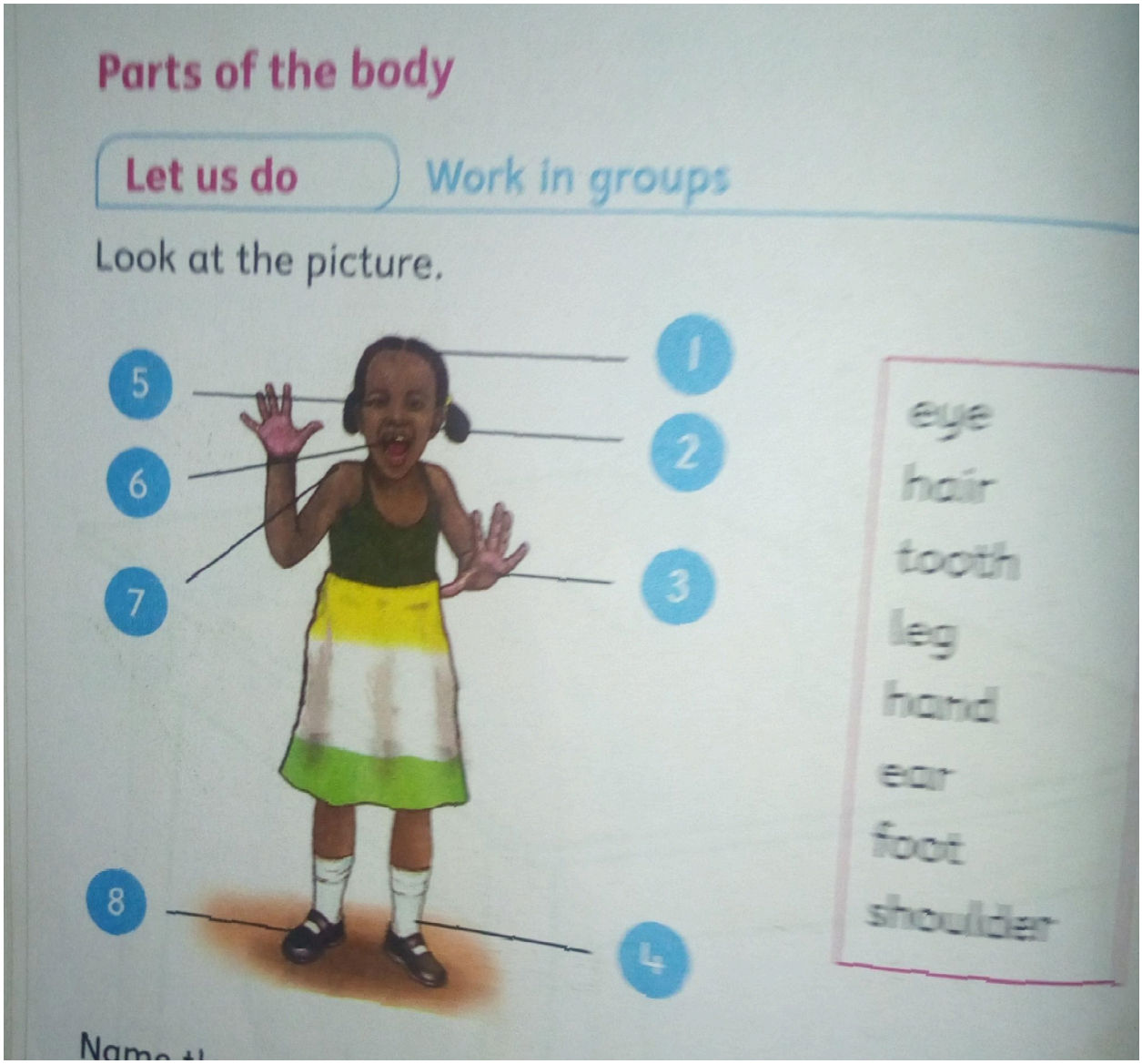
3._____is a type of medicine (tablet,table)

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




# 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

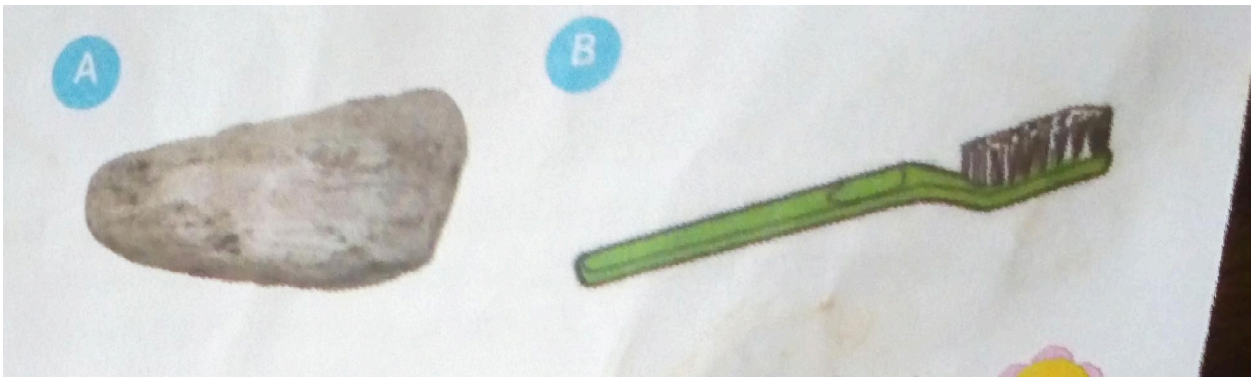
## Answer this questions

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**

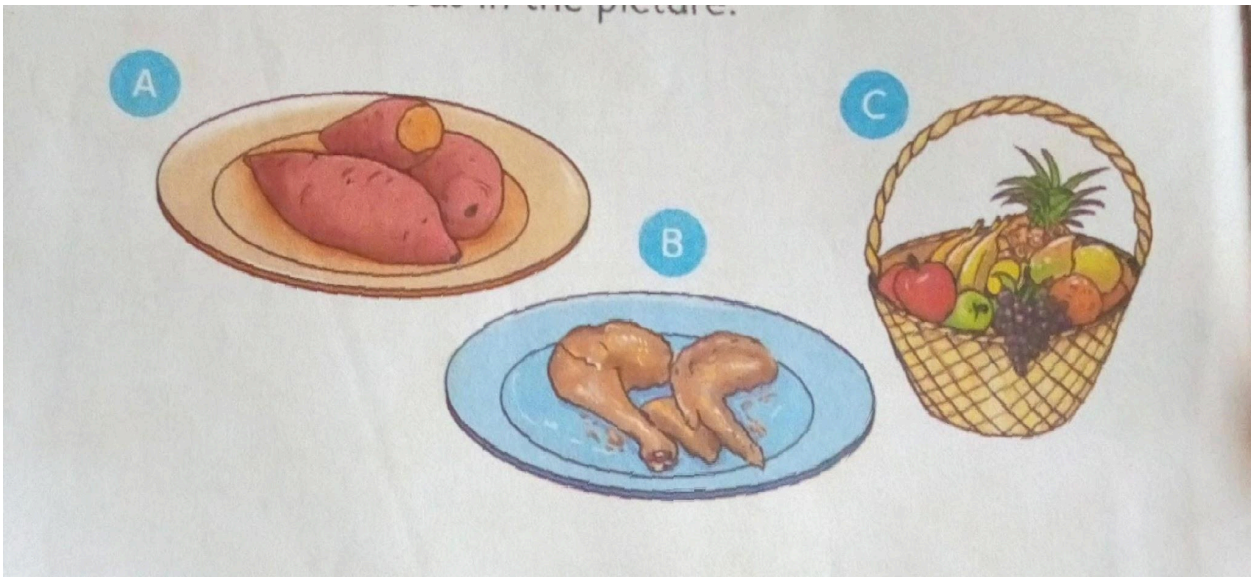
**3.Used tissue paper should_____(be used again,be thrown in the latrine)**

# 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 writfoods 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 note 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

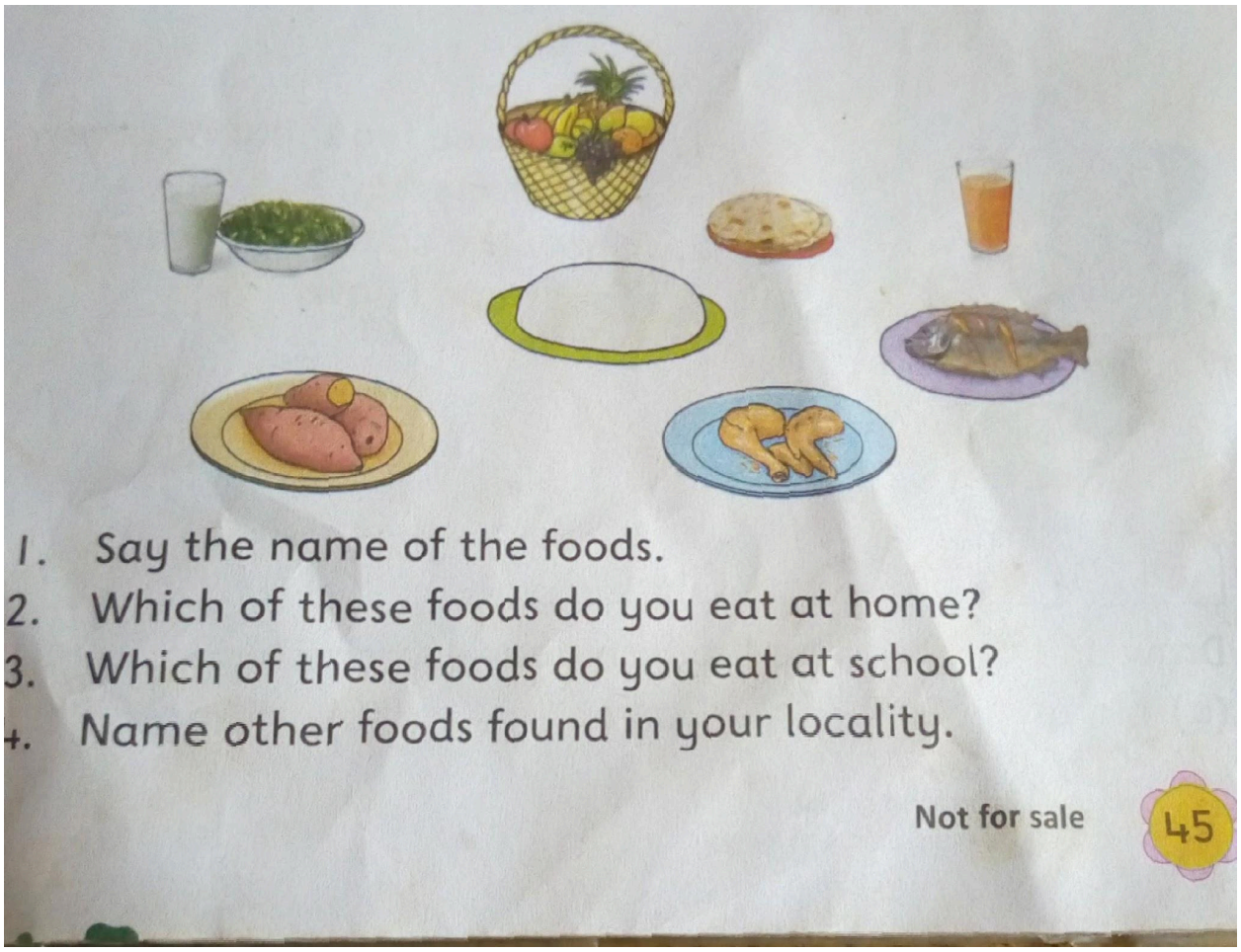
## Foods we eat at home and in school

- 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 are eaten in many homes.
- Guide Learners to look at the pictures and name foods they eat in their locality



1. Say the name of the foods.
2. Which of these foods do you eat at home?
3. Which of these foods do you eat at school?
4. Name other foods found in your locality.

Not for sale



# 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**

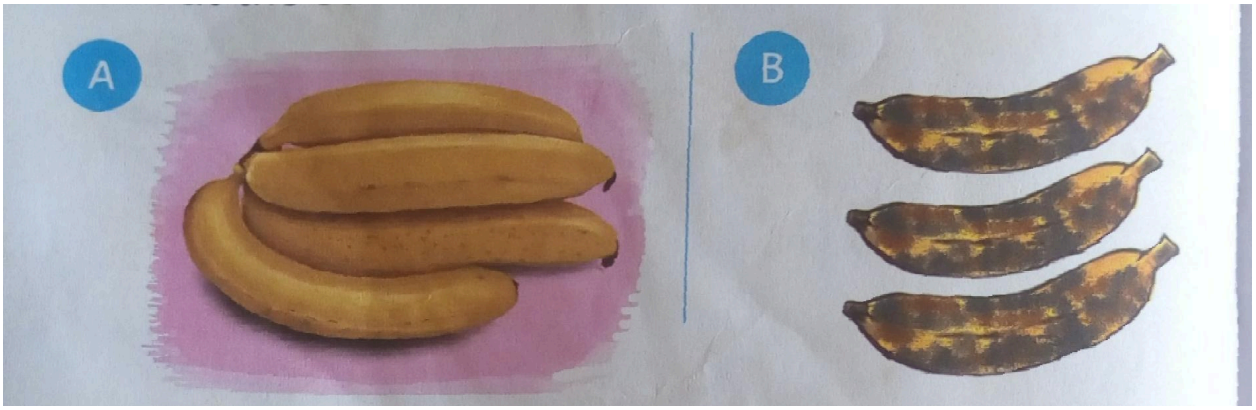
## Types of bad fruits are;

- **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?

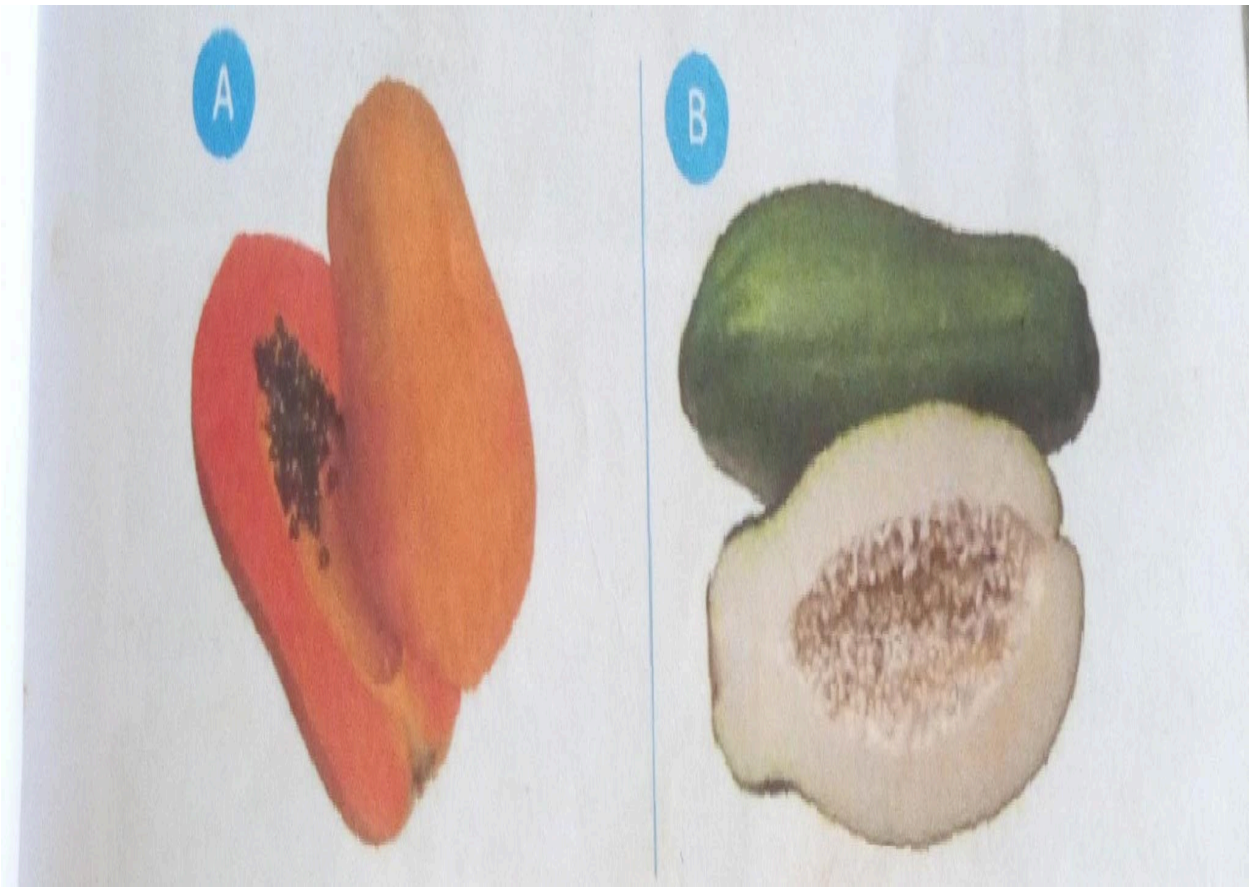
## Washing fruits

- Dirty fruits can make us I'll
- Was fruts before eating them
- Wash fruits with clean running water

### Exercise 3.4

1.We _____ 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

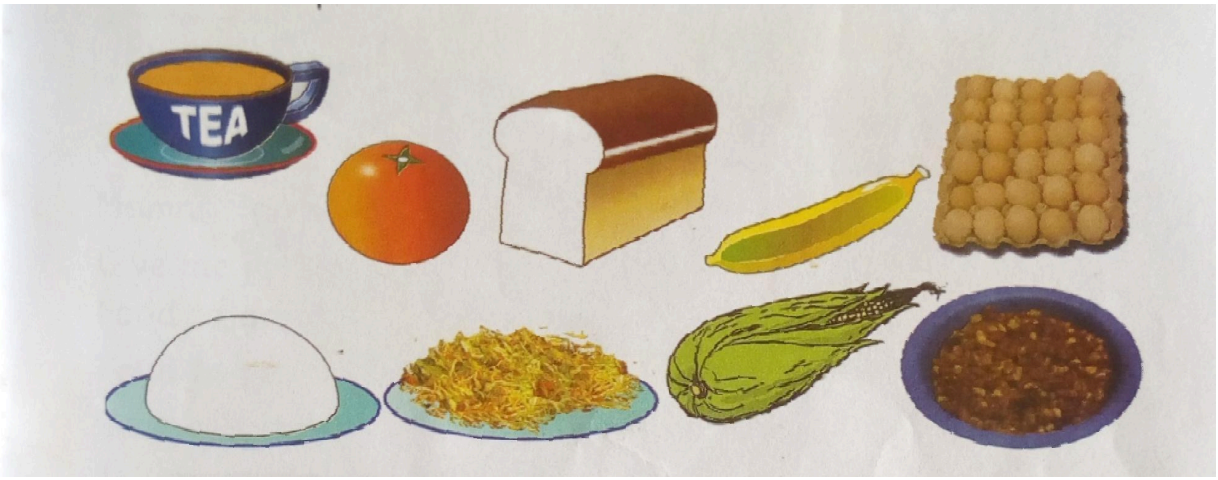
## How many times do you eat in a day?

- 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

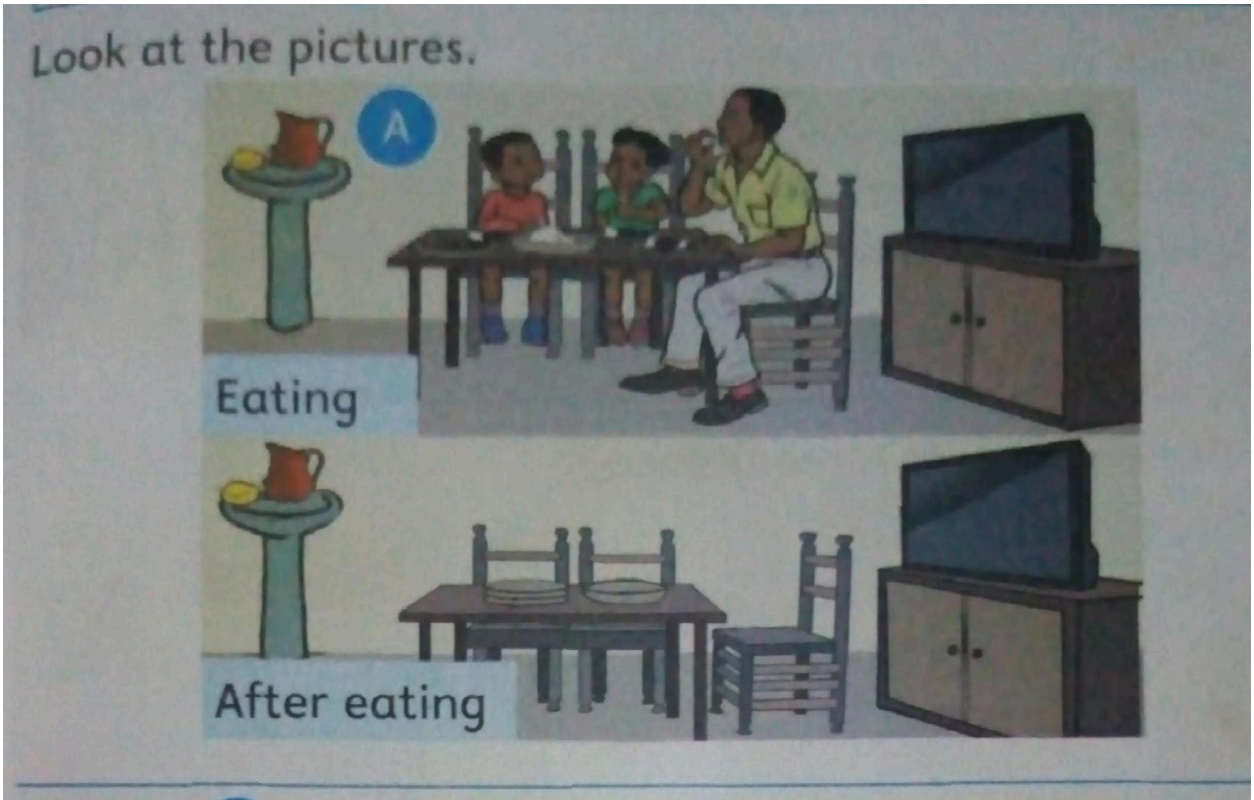
**1.Wash your hands before eating**

**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,fallsand chocking**

## Cuts and burns

**Look at the pictures**

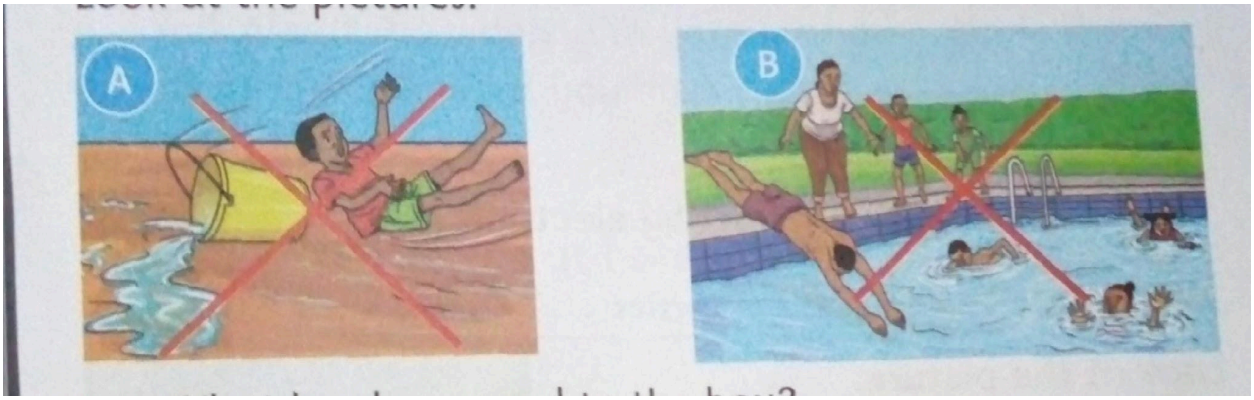



**The boy in picture A has cut his leg and the girl in picture B has a burn.**

**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 chocked.**
- **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

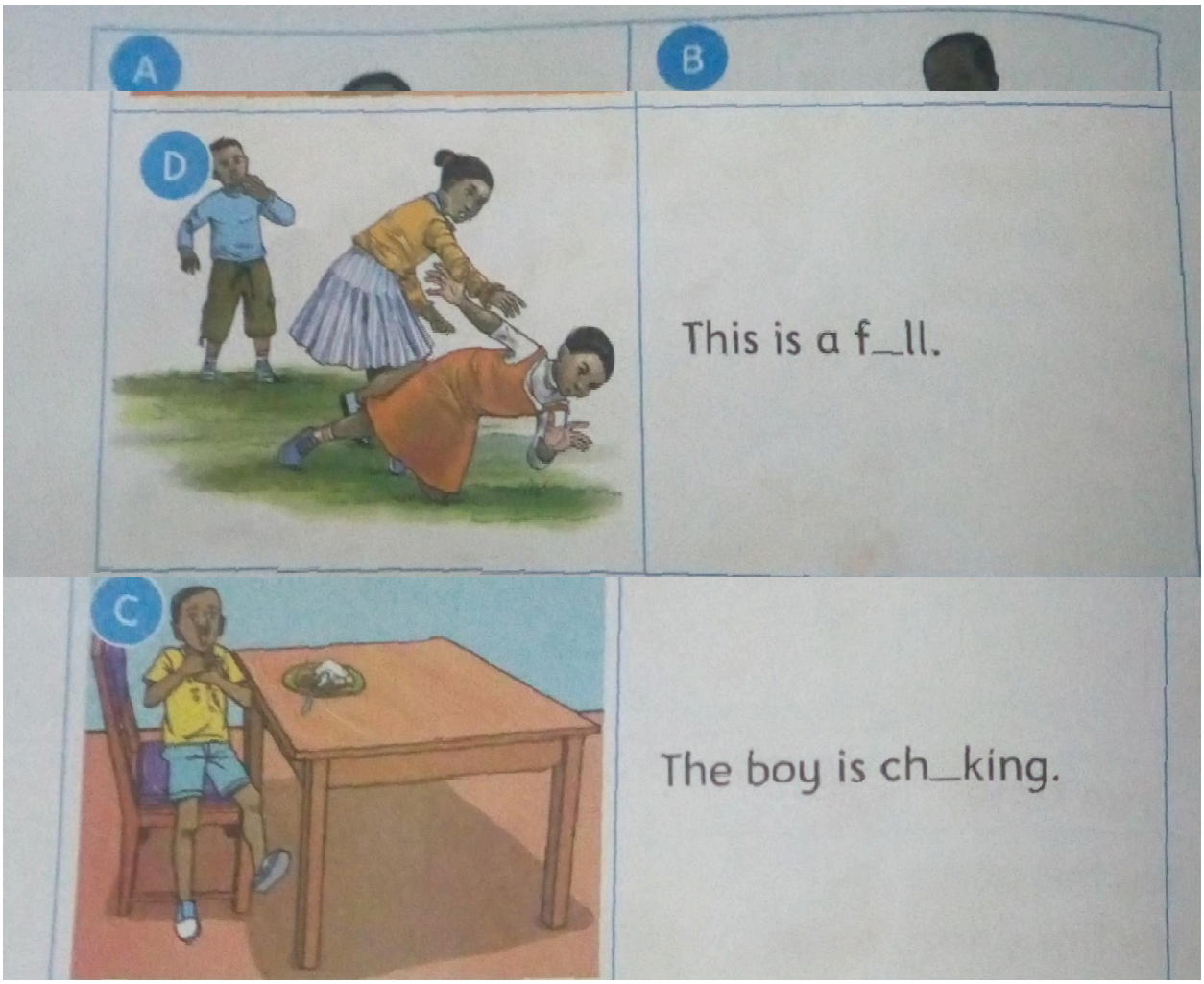
- Wiping water on the floors prevent falls.
- Arranging furniture prevents falls
- We should put all waste in dustbins
- Always hold the knife by the handle
- Do not play with sharp objects like iron sheets

- **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)

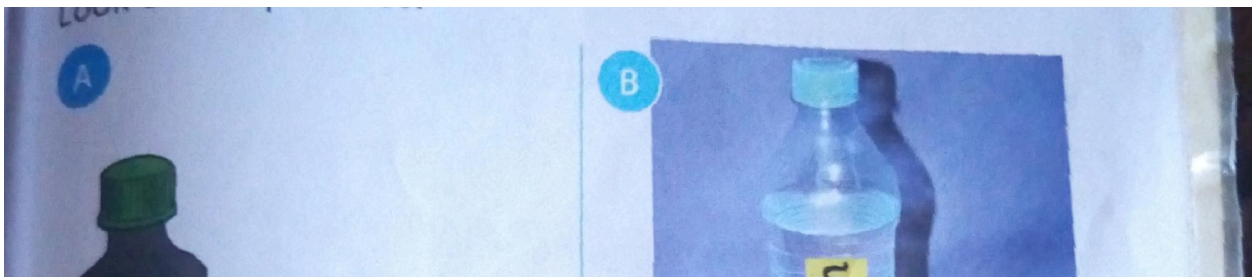
# Dangerous chemicals at home

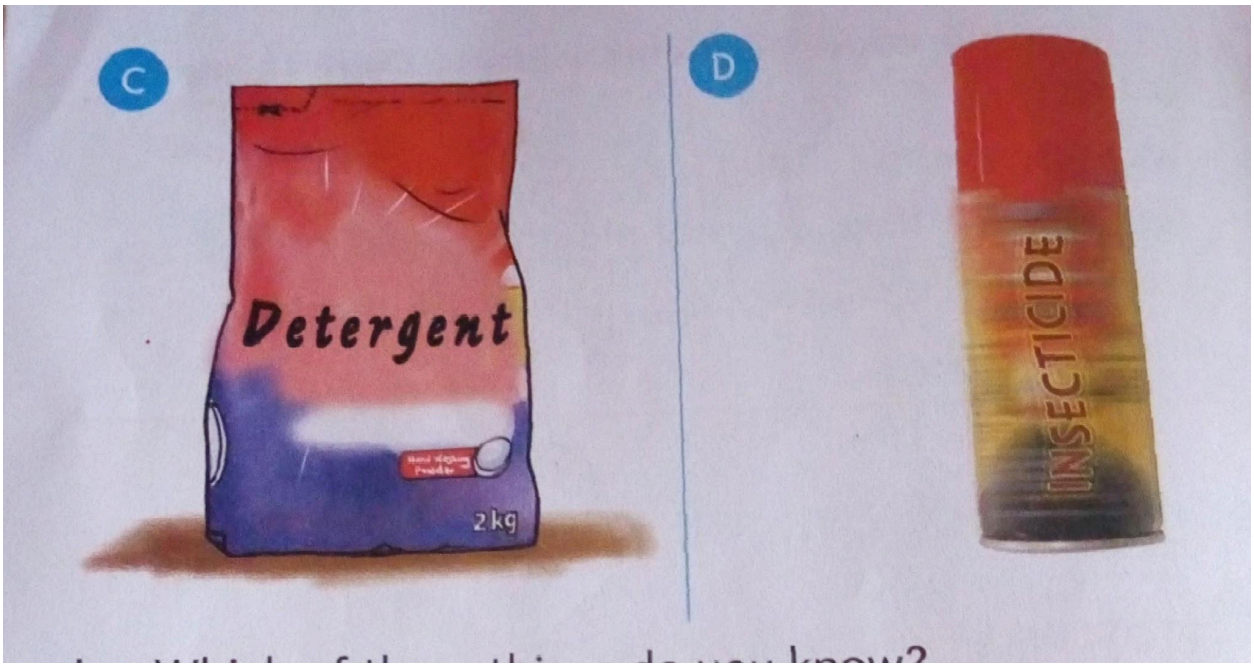
## Dangerous is a thing that can harrm us

- 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?

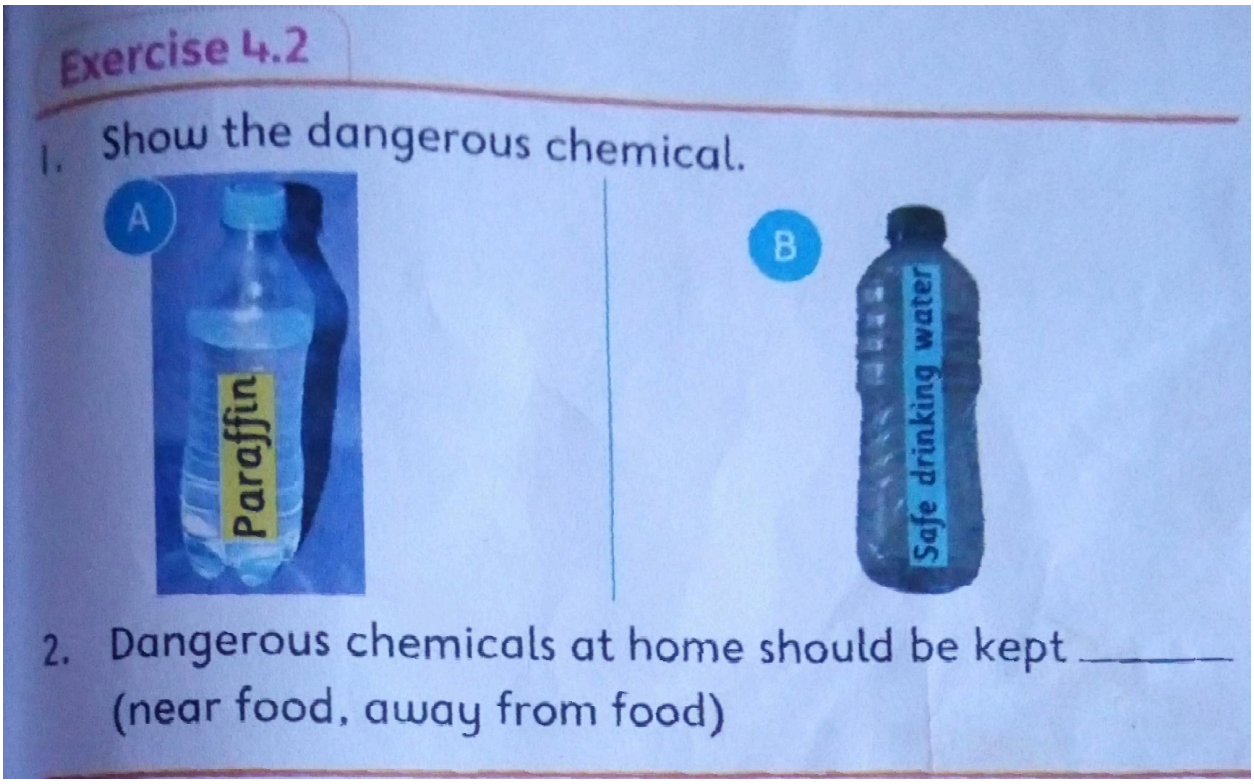
- **Some soaps can damage our skin**
- **Water with soapcanharm our eyes too**
- **We can get ill when we take liquid soap.**
- **Parrafin catches fire easily**
- **Paraffin also harms our skin**
- **Insecticides can harm our bodies as well**

- **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**




# 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 hfirst aid activity in groups.

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

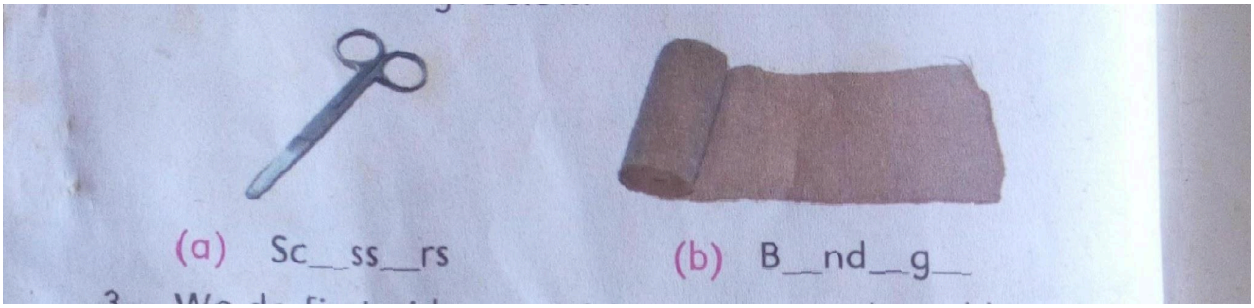
Let the others do first aid to him/her

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)