Grade 1 Environmental Activities

Terms 1, 2 and 3 - notes for 11 topics

IN EVERY TOPIC

- What you will learn and the key words.
- Short, clear notes with worked examples.
- Questions to try and a topic test, with the answers at the back.

TOPICS IN THESE NOTES

Topic	Name	Term
1.1	Cleaning My Body	1
1.2	Our Home	1
1.3	Family Needs	1
1.4	Our School	1
1.5	Our Market	2
2.1	Weather and the Sky	2
2.2	Soil	2
2.3	Sound	2
3.1	Water	3
3.2	Plants	3
3.3	Animals	3

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CONTENTS

Topic	Name	Term	Page
1.1	Cleaning My Body	1	3
1.2	Our Home	1	7
1.3	Family Needs	1	10
1.4	Our School	1	14
1.5	Our Market	2	17
2.1	Weather and the Sky	2	20
2.2	Soil	2	24
2.3	Sound	2	27
3.1	Water	3	30
3.2	Plants	3	34
3.3	Animals	3	37
	Answers		40

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1.1 Cleaning My Body

WHAT YOU WILL LEARN

By the end of this topic you should be able to:

- identify materials used to clean different parts of the body
- wash face, teeth, hands, feet and hair using locally available materials

KEY WORDS

soap, water, towel, toothbrush, toothpaste, comb, basin, clean, germs.

1. Parts of the body we keep clean

We clean our body every day

We wash our face, teeth, hands, feet and hair. A clean body smells nice, looks neat and stays healthy.

Dirt carries germs. Germs are too small to see, but they can make us sick with stomach aches, coughs and skin rashes.

2. Materials we use to clean our body

Cleaning materials

Soap and water clean the face, hands, feet and body. A toothbrush with toothpaste cleans teeth; where there is no brush, many families use a chewing stick (mswaki). A comb tidies hair. A towel or clean cloth dries the body.

Match: toothbrush - teeth; comb - hair; soap - hands; towel - face.

3. Washing my face

Practical: washing the face

Materials: basin, water, soap, towel.

Steps: wet your hands, rub a little soap on them, wash your face gently (forehead, cheeks, nose, chin, around the eyes with the eyes closed), rinse with clean water, dry with a clean towel.

Use a small amount of water in the basin. Do not let soap go into your eyes. Each learner uses their own towel or a clean part of the cloth.

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4. Our teeth

Caring for our teeth

Teeth help us bite and chew food and help us speak clearly. Food left on the teeth can make them rot (tooth decay), hurt and smell bad.

We brush our teeth in the morning after breakfast and at night before we sleep. Some teeth fall out at our age and new ones grow; we must care for the new ones.

5. Brushing teeth the right way

Practical: brushing teeth

Materials: each learner's own toothbrush or chewing stick, toothpaste or a pinch of salt, a cup of water.

Put a small amount of toothpaste on the brush, the size of a pea. Brush the front teeth up and down in small circles, then the back teeth on top, then the inside. Brush gently for about two minutes. Spit, rinse with a little water, and wash the brush.

Never share a toothbrush. Keep it clean and dry.

6. Keeping our mouth healthy

Problems of a dirty mouth

Problems: tooth decay (holes in the teeth), toothache, bad breath and sore gums.
Good for teeth: water, milk, fruits, vegetables, sugarcane chewed then teeth rinsed. Too much of these harms teeth: sweets, sugary drinks, biscuits. After eating sweet things, rinse the mouth with water.

7. When we wash our hands

Times to wash hands

We wash our hands: after using the toilet, before eating, before touching food, after playing, after touching animals, after blowing our nose or coughing into our hands.
Germs on our hands go into our mouth when we eat. Clean hands keep away diseases such as diarrhoea.

8. Washing hands the right way

Practical: handwashing

Materials: tippy tap or jug, soap, towel.
Steps: wet your hands; rub soap on them; rub palms together, the backs of the hands, between the fingers and under the nails; rinse in running water; shake off the water and dry with a clean cloth or in the air.
Rub for as long as it takes to sing "Happy Birthday" twice. A tippy tap (a jerrican hung on sticks and tipped with the foot) saves water.



9. Washing feet and caring for nails

Practical: washing feet

Materials: basin, water, soap, towel.
Wash the feet with soap and water, between the toes and around the heels. Rinse and dry them well, especially between the toes, so the skin does not crack or itch. Wear shoes or sandals when possible to keep away jiggers and cuts.
Long, dirty nails keep germs. Nails should be short and clean. An adult cuts the nails, never a child with a blade.

10. Caring for our hair

Caring for hair

Materials: comb, picture of hair washing.
Wash the hair with soap or shampoo and water, rub the scalp gently, rinse well and dry with a towel. Comb or brush the hair every day to keep it neat.
Use your own comb. Sharing combs can spread lice and ringworm. Hair can be short, long, braided or covered; all hair needs to be kept clean.

11. Using water and soap carefully

Clean without waste

Close the tap while soaping. Use a basin or cup, not a running tap, to wash the face and brush teeth. Put soap back on a dry dish so it does not melt away.

Used water from washing hands can water plants (not food plates or people). Water and soap cost money and water is hard to fetch for many families.

12. A cleaning song and a one-week journal

Song (to "Here we go round the mulberry bush")

"This is the way we wash our face, wash our face, wash our face. This is the way we wash our face, early in the morning." Add verses: brush our teeth, wash our hands, wash our feet, comb our hair.

Journal: a table with the days Monday to Sunday and pictures of face, teeth, hands, feet, hair. Each day, tick what you cleaned. A parent or guardian can help at home.

13. Healthy habits poster

Practical: a healthy habit poster

Materials: paper, crayons, cut-out pictures; groups.

Each group draws or sticks pictures of good habits: brushing teeth, washing hands, washing the face, combing hair. Add a short title, for example "Clean teeth, happy smile!"

Groups show their poster and say one reason a clean body is important. Display the posters near the handwashing point.

TRY THESE

1. Name three parts of the body we wash.
2. Why should we keep our body clean?
3. What do we use to clean our teeth?
4. What do we use to tidy our hair?
5. What do we do first?
6. Why do we close our eyes?
7. What do teeth help us do?
8. When should we brush our teeth?
9. How much toothpaste do we use?
10. Should we share a toothbrush?
11. Name one problem of a dirty mouth.
12. Which is better for teeth: water or a sugary drink?
13. Name two times we wash our hands.
14. How do germs get from our hands into our body?
15. What do we rub on our hands after wetting them?
16. Name a part of the hand we often forget.
17. Where do we wash between on our feet?
18. Why do we dry between the toes?
19. What do we use to wash hair?
20. What do we use to keep hair neat?
21. What do we do with the tap while soaping our hands?
22. Where should soap be kept?
23. Sing the verse about brushing teeth.

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24. What will you tick in your journal tonight?
25. Name one habit on your poster.
26. Why is a clean body important?

TOPIC TEST

T1. Tell your partner which part of your body you clean first in the morning.
T2. Draw and colour two cleaning materials and label them.
T3. Say the steps of washing your face in order.
T4. Say one thing that can harm our teeth.
T5. Show a partner how to brush the back teeth.
T6. Tell your family one thing you learnt about caring for teeth.
T7. Make a list with your partner of three times you will wash your hands today.
T8. Teach a younger child at home how to wash hands.
T9. Say two ways to keep your feet healthy.
T10. Say the steps of washing hair in order.
T11. Say how your family saves water at home.
T12. Make up a new verse for the song.
T13. Explain your poster to a learner from another class.

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1.2 Our Home

WHAT YOU WILL LEARN

By the end of this topic you should be able to:

- identify materials used to clean a home environment
- state common accidents at home for personal and others' safety
- carry out activities to ensure cleanliness in the home
- reflect on the importance of living in a clean home environment

KEY WORDS

broom, duster, mop, rag, dustbin, litter, accident, safe.

1. Materials for cleaning a home

Cleaning materials at home

We sweep with a broom. We wipe tables and windows with a rag or cloth. We dust shelves with a duster. We mop the floor with a mop or a wet cloth. We collect litter into a dustbin or a rubbish pit.

Some brooms are made from local grass or palm leaves; some are bought. Both clean well.

2. Drawing cleaning materials

Practical: draw and tell

Materials: paper, crayons.

Draw a broom, a duster and a dustbin. Colour them neatly.

Tell your partner: "This is a broom. We use it to sweep the floor." A clean home helps us stay healthy and makes the family happy.

3. Common accidents at home

Accidents at home

Common accidents: burns from fire, hot water or a jiko; cuts from knives, broken glass or sharp tins; falls on a wet floor or from a high place; poisoning from drinking paraffin or medicine; electric shock from sockets and wires.

To keep safe: stay away from fire and hot pots, do not play with knives, wipe up spilt water, never drink from unknown bottles, never touch sockets. If something happens, tell an adult at once.

4. Finding dangerous places at home and school

Spot the danger (picture of a home and a school compound)

At home: the cooking area, stairs or a ladder, a wet floor, a place where medicine or paraffin is kept, a well or water tank. At school: the stairs, the kitchen, a ditch, a broken desk.

For each place, say one safe rule: "Walk on the stairs." "Keep away from the school kitchen." "Tell the teacher about a broken desk."

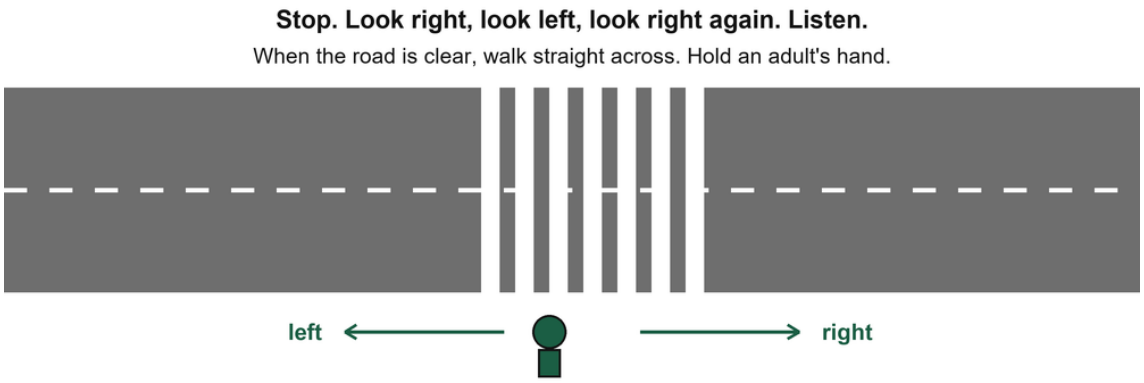
5. Crossing the road safely

Practical: pretend road crossing

Materials: chalk lines on the ground as a road, a zebra crossing drawn.

Stop at the side of the road. Look right, look left, look right again. Listen for cars and motorbikes. When the road is clear, walk straight across; do not run. Cross at a zebra crossing if there is one, and hold an adult's hand.

Never play on the road or cross between parked vehicles.



6. Keeping the home clean

Ways to keep a home clean

Sweep the house and compound. Wash dishes after eating. Put rubbish in the bin or pit. Clear stagnant water where mosquitoes breed. Air the beddings in the sun. Everyone in the family helps.

A dirty home can bring flies, rats and mosquitoes, which spread diseases such as diarrhoea and malaria.

7. Cleaning our classroom

Practical: classroom clean-up

Materials: brooms, dusters, a bin; groups.

Group 1 collects litter into the bin. Group 2 dusts the desks and windowsills. Group 3 sweeps from the back to the front. Move desks carefully together, never alone.

Do not pick up broken glass or sharp things; call the teacher. Wash your hands after cleaning.

8. Why a clean and safe home matters

A clean and safe home

A clean home keeps away germs and pests and makes us happy and proud. A safe home keeps us from burns, cuts, falls and poison.

Promise card: each learner draws one thing they will do at home this week, for example "I will sweep the compound" or "I will keep the baby away from the fire."

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TRY THESE

1. What do we use to sweep?
2. What do we use to wipe a table?
3. Draw a broom.
4. Tell your partner what a duster is for.
5. Name one accident that can happen in the kitchen.
6. What should you do if you see broken glass?
7. Name a dangerous place at home.
8. Name a dangerous place at school.
9. What do we do first at the road?
10. Which way do we look?
11. Name two ways to keep a home clean.
12. What can live in a dirty home?
13. Which way do we sweep the classroom?
14. What do we do if we find broken glass?