

DISNEY KINDERGARTEN AND PRIMARY SCHOOL

Monday, 30th March, 2020

Name: _____

Spelling words

tongue, cleanliness, smelling, tasting, shoulder, personal hygiene, bathing, combing

Personal hygiene

Personal hygiene is the general cleanliness of the body.

Personal hygiene is the keeping of the body clean.

Ways of promoting personal hygiene.

- by bathing
- by cutting the finger nails short
- by washing clothes
- by brushing the teeth
- by combing the hair

Exercise

1. What personal hygiene?

2. List any four ways of promoting personal hygiene.

3. Why do you wash your clothes?

4. Why must we boil drinking water?

5. Draw and name any two items used for cleaning the body.

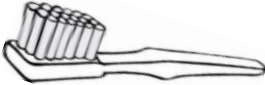
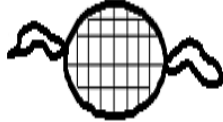
Name: _____

Refer to MKJUNIOR LITERACY BK2 pgs 26 – 27 for more assistance.

Things we use to keep the body clean

towel toothpaste, water, toothbrush, stone, nail cutter
razorblade, sponge

Name these things we use to keep the body clean

2. What is the use of a razor blade?

3. Why should we bathe regularly?

4. Give two reasons why we should brush our teeth every after a meal.

a) _____

b) _____

5. Nakku does not bathe nor brush her teeth regularly. What is she likely to suffer from due to poor hygiene?

Name: _____

Spelling words

nail cutter, razorblade, sponge, bathrooms, houses, pit latrine/toilets, kitchen, compound

SANITATION

Sanitation is the general cleanliness of a place.

Examples of areas which need to be kept clean are:

bathrooms, houses, pit latrines/toilets, kitchens, compounds, stores

How to keep these areas clean

- by slashing
- by digging around the compound
- by sweeping
- by scrubbing
- by mopping
- by removing cobwebs from the kitchen, houses, toilets/latrines and stores
- by smoking the latrines

Importance of promoting sanitation personal hygiene

- To prevent diseases and vectors
- To prevent bad smell
- It promotes good health

Exercise

1. What is sanitation?

2. Mention any four areas we should keep clean

3. How can we keep our toilet/ latrines clean? **(Give two ways)**

4. Give two things we use to promote sanitation

a) _____

b) _____

Name: _____

Spell the words below:

cholera, typhoid, flu, malaria, cancer, diarrhoea

COMMON DISEASES

- | | | |
|---------------|------------------|----------------|
| • cholera | • flu | • cancer |
| • chicken pox | • whooping cough | • tuberculosis |
| • polio | • hepatitis b | • diphtheria |
| • typhoid | • malaria | • diarrhea |
| • dysentery | • tetanus | • measles |

EXERCISE

1. Name any two common diseases.

2. Write any four infant killer diseases.

3. Which disease makes children lame?

4. How can we prevent immunisable diseases?

How can we prevent and control common diseases:

- | | |
|--|---|
| a) avoid smoking | e) sleeping under a treated mosquito net. |
| b) boiling drinking water | f) draining stagnant water |
| c) slashing bushes around | g) spraying with insecticides |
| d) washing hands after visiting a toilet or latrine. | |

Note: The female anopheles mosquito spread malaria.

1. How can we prevent common diseases?

2. Why are we advised to wash hands after visiting the latrine or toilet?

Name: _____

TEST ONE

1. Write any four parts of the body.

2. How important are these body parts?

a) Eyes

b) ears

c) legs

d) nose

3. Name any two senses of the body.

4. Which item is used for;

a. brushing our teeth _____

b. bathing everyday _____

c. combing our hair _____

d. washing cloths regularly _____

e. cutting finger nails _____

5. Match the following

nose

hearing

skin

tasting

ears

smelling

tongue

feeling

a) nose _____

b) skin _____

c) ears _____

d) tongue _____

6. What part of the body is used for chewing food?

7. List any two ways of promoting personal hygiene.

a) _____

b) _____

8. Why do you iron your clothes?

9. What is the use of a towel?

10. Why do we have to bathe regularly?

11. Give two reasons why we should brush our teeth every after a meal.

a) _____

b) _____

12. What is sanitation?

13. Mention any one area we should keep clean.

14. How can we keep our toilet clean?

15. Give two things we use to promote sanitation

16. State one danger of keeping our toilets dirty.

17. Why do you keep the bathroom clean?

18. What do we call keeping the body clean?

19. Mention any two importance of promoting sanitation and personal hygiene.

a) _____

b) _____

Monday, 6th April, 2020.

Name: _____

Learn these key words;

faecal, diarrhea, typhoid, dysentery, cholera, germs, medicine

Ways of preventing faecal diseases

1. by washing hands after using the toilet/ latrine with soap and water.
2. by boiling water for drinking
3. by washing hands before eating food
4. by covering food
5. by keeping toilets/ latrines clean
6. by washing utensils
7. by washing fruits and vegetables before eating them

Exercise

1. Name any two places that should be kept clean at home.

2. How do people keep the kitchen clean?

3. Why do people boil water for drinking?

4. Give two ways of controlling mosquitoes at home

a) _____

b) _____

5. How can people prevent diseases without using medicines/ drugs?

6. Why do people smoke latrines?

7. Give any two items used when washing hands.

8. Why is a female anopheles mosquito dangerous to people?

9. How do people make water safe for drinking?

Tuesday, 7th April, 2020.

Name: _____

Spelling words

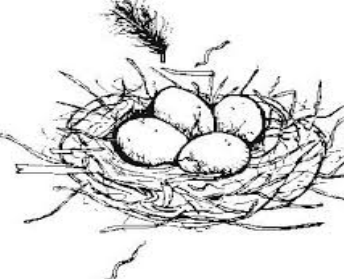
cassava, eggs, value, stuff, nutritive, sweet potatoes, source, plants

Food

Food is anything we eat and drink that has nutritive value to the body.

Examples of food stuffs eaten at home and at school.

mangoes, millet, tomatoes, oranges, bananas, rice, apples, milk, avocado, cassava, meat, sugarcane, water, watermelon

cassava	eggs	sweet potato	fish
			

Exercise

1. What is food?

2. List any two kinds of food you eat at home.

3. Draw and name any food stuff eaten at school.

Reference: Mk Junior Literacy Bk 2 pages 33 – 35

Wednesday, 8th April, 2020.

Name: _____

vocabulary

market, garden, forests, fishing, hunting, health, hunger, hospitality, habit

SOURCES OF FOOD

The main source of food is **plants** and **animals**

OTHER SOURCES OF FOOD

-lakes -rivers -markets -gardens -shops - forests

How do people get food?

- | | |
|---------------------|---------------|
| 1. by hunting | 3. by fishing |
| 2. by growing crops | 4. by buying |

Why do people eat food? (5 Hs)

- | | | |
|------------------|----------------------|------------------|
| 1. to be happy | 3. to satisfy hunger | 5. It is a habit |
| 2. to be healthy | 4. For hospitality | |

Exercise

1. Mention any two other sources of food.

2. Name the two main sources of food.

3. Mention any one type of food got from lakes and rivers.

- 4. Why do we eat food?**

5. Mention any two ways people get food at home.

a) _____

b) _____

Thursday, 9th April, 2020.

Name: _____

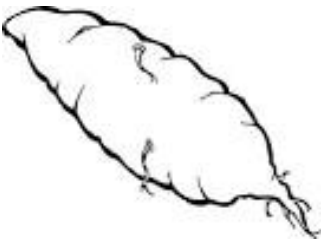
Key words: Learn them by heart. Spell them too.

values, classes, vitamins, carbohydrates, proteins, stuffs

Food values / classes

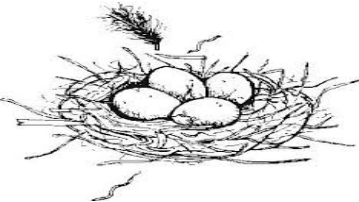
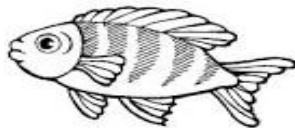
1. Carbohydrates

Carbohydrates are energy giving foods. Examples of carbohydrates are; cassava, irish, rice, yams, posho, sweet, potatoes, matooke, honey and others.

	
cassava	sweet potatoes

2. Proteins

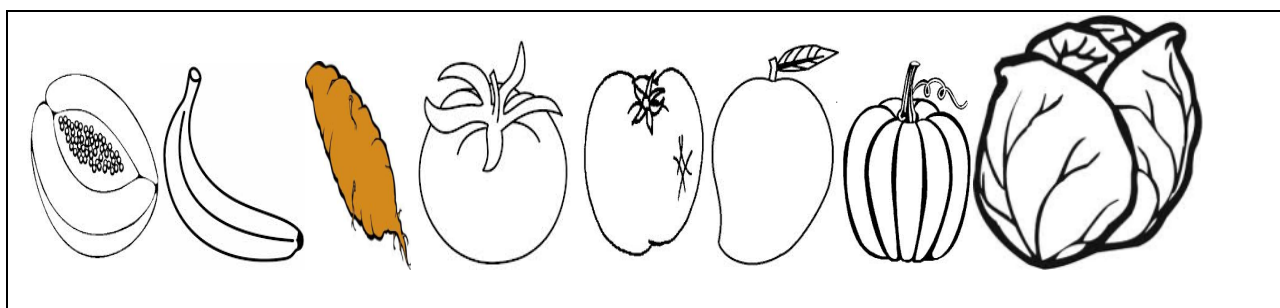
These are body building foods. Examples of proteins are: milk, meat, fish, eggs, beans, ground nuts, simsim and others.

eggs	fish
	

3. Vitamins

These are protective foods like fruits and vegetables.

Examples: oranges, mangoes, cabbages, carrots among others.



Friday, 10th April, 2020.

Name: _____

Answer the questions on page 35 in MK Junior Literacy Book 2

[illegible]

Name: _____

Key words

strength, against, fight, repair, diet, energy, building

Uses of food in the body

Carbohydrates

- Provide energy to the body

Proteins

- They build the body
- For proper growth

Vitamins

- To keep the body healthy

A balanced diet

A balanced diet is a meal that contains all food values in their right amount.

Importance of eating a balanced diet

1. For proper grow
2. For body health

EXERCISE

- 1 .What is a balanced diet?

2. Name any two examples of foods rich in proteins.

3. Give any two importance of a balanced diet.

4. What do we call the keeping of food free from getting bad?

5. How can we keep food free from getting bad?

Name: _____

Vocabulary

hygiene, covering, prepare, dirty, fridge, prepare

Food hygiene

Food hygiene is the way of keeping food clean.

How to keep food safe/ clean?

- | | |
|------------------------------|--------------------------------------|
| 1. by covering | 3. by keeping food in a clean place |
| 2. by using clean containers | 4. by handling food with clean hands |

How can food get dirty/contaminated?

- | | |
|--------------------------------------|----------------------------------|
| 1. Keeping food in a dirty container | 3. Eating food with dirty hands |
| 2. Serving food in a dirty container | 4. Keeping food in a dirty place |

Ways of preserving food

To preserve food is to keep food for a long time without getting spoilt.

- By salting e.g with meat, fish
- By smoking e.g fish, meat
- By roasting e.g cassava, sweet potatoes.....
- By sun drying e.g cassava, millet, maize, beans
- By freezing e.g foods like milk, soup
- By canning or tinning

EXERCISE

1. List any two ways of preserving food.

- 2 .Why do we preserve food?

3. Give any two reasons why people eat food.

a) _____

b) _____

4. Mention any two examples of food preserved by sun drying
