



HYGIENE AND NUTRITION SCHEME OF WORK GRADE 1 TERM ONE

NAME	
TSC NO.	
SCHOOL	

HYGINE AND NUTRITION SCHEME OF WORK GRADE 1 TERM ONE

W K	LSN	STRAND	S-STRAND	KEY INQUIRY QUESTIO N	SPECIFIC LEARNING OUTCOME	LEARNING EXPERIENCES	RESOURCES & REFERENCE	ASSESSME NT	REFLECTION	
1		OPENING AND PREPARATIONS								
2	1	Health practices	Healthy habits hand-washing, using the toilet/latrine	Which are some of the good health habits?	By the end of the lesson the learner should be able to: a) identify health habits that prevent illnesses, b) Appreciate the importance of practising health habits to promote wellbeing of self and others.	Identifying health habits that prevent illnesses using various multi-media elements. Demonstrations Oral explanations Listing steps/procedure Asking and attempting oral questions Taking notes	Water Towel Toilet papers	Observation Oral questioning		
	2	Health practices	Healthy habits drinking safe water, not using too much salt or sugar, eating healthy food	Which are some of the good health habits?	By the end of the lesson the learner should be able to: a) identify health habits that prevent illnesses b) Appreciate the importance of practising health habits to promote wellbeing of self and others.	Identifying health habits that prevent illnesses using various multi-media elements Oral discussions with pupils Role playing Asking and answering oral questions	Water Pictures Salt Sugar	Observation Oral questioning		
3	1	Health practices	Healthy habits adequate sleep and rest, physical activities and exercise, bathing daily	Why do we practice health habits?	By the end of the lesson the learner should be able to: a) identify health habits that prevent illnesses b) Appreciate the importance of practising health habits to promote wellbeing of self and	Review of previous lesson Identifying health habits that prevent illnesses using various multi-media elements Oral discussions and explanation Asking and answering	Pictures Video clips	Observation Oral questioning		

					others	questions orally.			
	2	Health practices	Healthy habits	Why do we practice health habits?	By the end of the lesson the learner should be able to: a) state the importance of practicing health habits to promote wellbeing of self and others, b) Appreciate the importance of practising health habits to promote wellbeing of self and others.	Learners state the importance of practicing health habits. Learners observe demonstrations of healthy habits Oral explanation Taking notes Asking questions and answering.	Video clips Pictures	Observation Oral questioning	
4	1	Health practices	Healthy habits	Why do we practice health habits?	By the end of the lesson the learner should be able to: a) practise health habits that promote wellbeing, b) Appreciate the importance of practising health habits to promote wellbeing of self and others.	Oral review of previous lesson. Demonstrations and role play of healthy habits. Learners practice health habits and keep a simple journal on health habits they have observed. Asking and attempting oral questions.	Hand towel Nail cutter	Observation Oral questioning	
	2	Health practices	Care of the teeth	How do you care for a gum where the tooth has been removed?	By the end of the lesson the learner should be able to: a) identify milk teeth as temporary in childhood, b) Appreciate shedding of teeth as a natural process.	Asking and answering oral questions. Identifying milk teeth using different media. Oral explanation on milk teeth Taking notes.	Toothbrush Toothpaste Pictures Video clip	Observation Oral questioning	
5	1	Health practices	Care of the teeth	How do you care for a gum where the tooth has	By the end of the lesson the learner should be able to: a) mention hygienic practices to observe during shedding of milk teeth, b) Appreciate shedding of	Review of work covered in previous lesson orally. Listing hygienic practices to observe	Toothbrush Toothpaste Pictures	Observation Oral questioning	

				been removed?	teeth as a natural process	when shedding teeth. Taking notes.	Video clip			
	2	Health practices	Care of the teeth	How do you care for a gum where the tooth has been removed?	By the end of the lesson the learner should be able to: a) observe hygienic practices during shedding of milk teeth, b) Appreciate shedding of teeth as a natural process.	Asking and answering oral questions. Role playing hygienic practices when shedding teeth. Oral explanation. Taking notes.	Toothbrush Toothpaste Pictures Video clip	Observation Oral questioning		
6	1	Health practices	Use of medicine	1. What precautions are needed when handling medicine at home	By the end of the lesson the learner should be able to: a) mention common forms of medicine used in our homes, b) Appreciate cleanliness when taking medicine at home and school.	Displaying and observing medicines. Oral discussion and explanation. Stating forms of medicine used at home. Naming examples of medicines Taking notes. Asking and answering oral questions.	Pictures Medicines of different forms	Observation Oral questioning		
	2	Health practices	Use of medicine	1. Why should we practice cleanliness when taking medicine?	By the end of the lesson the learner should be able to: a) state precautions when handling medicine found in the home, b) Appreciate cleanliness when taking medicine at home and school.	Oral review of previous lesson. Stating precautions observed when handling medicines found at home. Oral discussion and explanation. Oral questioning and answering.	Pictures Medicines of different forms	Observation Oral questioning		
7	1-2	MID-TERM EXAM AND REVISION								
8	1	Personal	Materials	1. Why do	By the end of the lesson the	Observing charts and	Towel	Observation		

		hygiene (Care of body parts)	used to clean body parts.	we clean our bodies? 2. What materials do we use to clean our bodies?	learner should be able to: a) Name materials used to clean different parts of the body. b) Draw materials used to clean different parts of the body. c) Learners will appreciate the importance of a clean body for personal hygiene.	displayed materials. Identifying materials displayed. Naming body parts. Discussing materials used to clean specific body parts. Drawing materials. Asking and attempting oral questions.	basin Water Soap Handkerchief Nail cutter Ear buds Comb	Oral questioning	
	2	Personal hygiene (Care of body parts)	Materials used to clean body parts.	1. Why do we clean our bodies? 2. What materials do we use to clean our bodies?	By the end of the lesson the learner should be able to: a) Name materials used to clean different parts of the body. b) Draw materials used to clean different parts of the body. c) Learners will appreciate the importance of a clean body for personal hygiene.	Observing charts and displayed materials. Identifying materials displayed. Naming body parts. Discussing materials used to clean specific body parts. Drawing materials. Asking and attempting oral questions.	Towel basin Water Soap Handkerchief Nail cutter Ear buds Comb	Observation Oral questioning	
9	1	Personal hygiene (Care of body parts)	Materials used to clean body parts.	1. Why do we clean our bodies? 2. What materials do we use to clean our bodies?	By the end of the lesson the learner should be able to: a) Name materials used to clean different parts of the body. b) Learners will appreciate the importance of a clean body for personal hygiene.	Reviewing previous lesson's work. Observing charts Identifying materials Naming body parts. Discussing materials used to clean specific body parts. Drawing materials. Asking and attempting oral questions.	Towel basin Water Soap Handkerchief Nail cutter Ear buds Comb	Observation Oral questioning	

	2	Personal hygiene (Care of body parts)	Cleaning parts of the body (the hair)	1. Why do we clean the hair? 2. What materials do we use to clean the hair?	By the end of the lesson the learner should be able to: a) name materials used to clean the hair b) mention the procedures used to clean the hair c) use appropriate materials to clean the hair,	Touching and identifying hair. Naming materials used to clean hair. Discussing procedures. Demonstrations. Explanation and discussions. Asking and attempting questions orally.	Water, soap, comb, hair brush.	Observation Oral questioning	
10	1	Personal hygiene (Care of body parts)	Cleaning parts of the body (face and neck)	1. Why do we clean the face? 2. What materials do we use to clean the face?	By the end of the lesson the learner should be able to: a) Name materials used to clean the face and neck. b) Mention the procedures used to clean the face and neck. c) Use appropriate materials to clean the face and neck.	Identifying face and neck. Naming materials used to clean face and neck. Discussing procedures. Demonstrations. Explanation and discussions. Asking and attempting questions orally.	Water, soap, towel, handkerchief.	Observation Oral questioning	
	2	Personal hygiene (Care of body parts)	Cleaning parts of the body (the leg and foot)	1. Why do we clean our legs? 2. What materials do we use to clean our legs?	By the end of the lesson the learner should be able to: a) Name materials used to clean the leg and foot. b) Mention the procedures used to clean the leg and foot. c) Use appropriate materials to clean the leg and foot.	Identifying the leg. Naming materials used to clean the leg. Discussing procedures. Demonstrations. Explanation and discussions. Asking and attempting questions orally.	Water, soap, towel, nail cutter.	Observation Oral questioning	
11	1	Personal hygiene (Care of	Cleaning parts of the	1. Why do we clean the nose?	By the end of the lesson the learner should be able to: a) Name materials used to	Identifying the nose. Naming materials used	Handkerchief ,	Observation Oral	

		body parts)	body (the nose)	2. What materials do we use to clean the nose?	clean the nose. b) Mention the procedures used to clean the nose. c) Use appropriate materials to clean the nose.	to clean the nose. Discussing procedures. Demonstrations. Explanation and discussions. Asking and attempting questions orally.	Video clip.	questioning	
	2	Personal hygiene (Care of body parts)	Cleaning parts of the body (the teeth)	1. Why do we clean our teeth? 2. What materials do we use to clean our teeth?	By the end of the lesson the learner should be able to: a) name materials used to clean the teeth b) mention the procedures used to clean the teeth c) use appropriate materials to clean the teeth,	Identifying teeth Naming materials used to clean teeth. Discussing procedures. Demonstrations. Explaining and discussing cautions to observe. Asking and attempting questions orally.	Pictures, video clip, water, toothbrush, tooth paste.	Observation Oral questioning	
12	1	Personal hygiene (Care of body parts)	Cleaning the whole body	1. Why do we clean our bodies? 2. What materials do we use to clean our bodies?	By the end of the lesson the learner should be able to: a) Clean body parts without wasting cleaning materials, b) Appreciate the importance of a clean body for personal hygiene.	Oral review. Naming materials used to clean the body. Discussing procedures. Demonstrations. Explaining cautions to observe. Asking and attempting questions orally.	Towel basin Water Soap Handkerchief Nail cutter Ear buds Comb	Observation Oral questioning	
	2	Personal hygiene (Care of body parts)	Using cleaning materials sparingly to avoid wastage	1. How can we use cleaning materials without waste?	By the end of the lesson the learner should be able to: a) Clean body parts without wasting cleaning materials, b) Appreciate the importance of a clean body for personal hygiene.	Oral review. Naming materials. Oral discussions and explanations. Demonstrations and role playing.	Water, Soap, Ear buds, Toothpaste,	Observation Oral questioning	

						Asking and answering oral questions.			
13 & 14	END OF TERM ONE ASSESSMENT AND CLOSING								