**SCHEMES OF WORK FOR HYGIENE AND NUTRITION GRADE ONE TERM ONE**

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| WK | LSN | STRAND | S-STRAND | KEY INQUIRY QUESTION | SPECIFIC LEARNING OUTCOME | LEARNING EXPERIENCES | RESOURCES & REFERENCE | ASSESSMENT | REFLECTION |
| 1 | 1&2 | REVISION |  |  |
| 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.DemonstrationsOral explanationsListing steps/procedureAsking and attempting oral questionsTaking notes | WaterTowelToilet papers | ObservationOral 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 illnessesb) Appreciate the importance of practising health habits to promote wellbeing of self and others. | Identifying health habits that prevent illnesses using various multi-media elementsOral discussions with pupilsRole playingAsking and answering oral questions | WaterPicturesSaltSugar | ObservationOral 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 illnessesb) Appreciate the importance of practising health habits to promote wellbeing of self and others | Review of previous lesson Identifying health habits that prevent illnesses using various multi-media elementsOral discussions and explanationAsking and answering questions orally. | PicturesVideo clips | ObservationOral questioning |  |
|  | 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 explanationTaking notesAsking questions and answering. | Video clipsPictures | ObservationOral 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 towelNail cutter | ObservationOral 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 teethTaking notes.  | ToothbrushToothpastePicturesVideo clip | ObservationOral questioning |  |
| 5 | 1 | 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) mention hygienic practices to observe during shedding of milk teeth,b) Appreciate shedding of teeth as a natural process | Review of work covered in previous lesson orally.Listing hygienic practices to observe when shedding teeth.Taking notes. | ToothbrushToothpastePicturesVideo clip | ObservationOral 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) 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. | ToothbrushToothpastePicturesVideo clip | ObservationOral 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 medicinesTaking notes. Asking and answering oral questions. | Pictures Medicines of different forms | ObservationOral 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 | ObservationOral questioning |  |
| 7 | 1-2 | MID-TERM EXAM AND REVISION |  |  |
| 8 | 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) 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.  | TowelbasinWaterSoapHandkerchiefNail cuterEar budsComb | ObservationOral 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. | TowelbasinWaterSoapHandkerchiefNail cuterEar budsComb | ObservationOral 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. | TowelbasinWaterSoapHandkerchiefNail cuterEar budsComb | ObservationOral 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 hairb) 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. | ObservationOral 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. | ObservationOral 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. | ObservationOral questioning |  |
| 11 | 1 | Personal hygiene (Care of body parts) | Cleaning parts of the body(the nose) | 1. Why do we clean the nose? 2. What materials do we use to clean the nose? | By the end of the lesson the learner should be able to: a) Name materials used to clean the nose.b) Mention the procedures used to clean the nose.c) Use appropriate materials to clean the nose. | Identifying the nose.Naming materials used to clean the nose.Discussing procedures.Demonstrations.Explanation and discussions.Asking and attempting questions orally. | Handkerchief, Video clip. | ObservationOral 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 teethb) mention the procedures used to clean the teeth c) use appropriate materials to clean the teeth,  | Identifying teethNaming 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. | ObservationOral 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. | TowelbasinWaterSoapHandkerchiefNail cuterEar budsComb | ObservationOral 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.Asking and answering oral questions. | Water, Soap,Ear buds,Toothpaste, | ObservationOral questioning |  |
| 13 & 14 | END OF TERM ONE EXAM AND CLOSING |