**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.  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 others | Review of previous lesson Identifying health habits that prevent illnesses using various multi-media elements  Oral discussions and explanation  Asking and answering questions orally. | Pictures  Video clips | Observation  Oral 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 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 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. | Toothbrush  Toothpaste  Pictures  Video clip | 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) 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 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 cuter  Ear buds  Comb | Observation  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 cuter  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 cuter  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 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. | Observation  Oral 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 cuter  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.  Asking and answering oral questions. | Water,  Soap,  Ear buds,  Toothpaste, | Observation  Oral questioning |  |
| 13 & 14 | END OF TERM ONE EXAM AND CLOSING | | | | | | | | |