

Everyday Hygiene and Nutrition Activities

Grade 3 Scheme of Work

Term: One Year: _____

Week	Lesson	Strand	Lesson	Specific learning outcomes	Learning Experiences	Key inquiry questions	Learning resources	Assessment	Reflection
1	1	Health practices	Things we do to stay healthy	By the end of the lesson, the learner should be able to: Mention healthy habits that promote our well-being,	In groups learners are guided to identify healthy habits that promote wellbeing	What do you do to stay healthy?	Everyday Hygiene and Nutrition, Learner's Book Grade 3 pg. 3 ropes, pictures and photographs	Observing the health habits from the pupils Asking questions	
	2	Health practices	Why we do things that keep us healthy	By the end of the lesson, the learner should be able to: a. State the importance of practicing healthy habits for our well-being b. Practise healthy habits that promote our well-being c. Appreciate the importance of observing healthy habits for our well-being	Learners state the importance of practicing health habits (good health, prevent illness, proper growth and development, prevent infestation with parasites)	Why do we do things that keep us healthy? Which healthy habits do you do every day?	Everyday Hygiene and Nutrition, Learner's Book Grade 3 pg. 5 pictures charts manila papers	Asking questions	
2	1	Health practices	Teeth problems	By the end of the lesson, the learner should be able to name the common problems related to teeth	Learners to share experiences on the problems they have experienced with their teeth Learners are guided to identify the common problems related to teeth	What are the common problems related to teeth?	Everyday Hygiene and Nutrition, Learner's Book Grade 3 pg. 9 Video clips Charts	written questions oral questions observation	

							pictures resource person		
	2	Health practices	How do we prevent teeth problem?	By the end of the lesson, the learner should be able to mention ways or preventing teeth problems	Learners are guided to tell ways in which common problems relating to teeth can be managed Learners to listen to a talk by a resource person	How do we treat teeth problems?	Everyday Hygiene and Nutrition, Learner's Book Grade 3 pg. 11 video clips pictures charts resource person	Observations, oral questions written questions	
3	1	Health practices	Things we use to clean the classroom	By the end of the lesson, the learner should be able to identify the materials used for cleaning the classroom	Learners to identify the materials and equipment used for cleaning the classroom using realia	What materials do we use to clean the classroom?	Everyday Hygiene and Nutrition, Learner's Book Grade 3 pg. 14 Pictures, charts, dusters, cobweb brooms, brooms	Observations, oral questions written questions	
	2	Health practices	How do we clean the classroom?	By the end of the lesson, the learner should be able to care for the classroom	Learners to assess their own classroom learners are guided to clean the classroom learners to Practise how to clean the classroom	How do we clean the classroom?	Everyday Hygiene and Nutrition, Learner's Book Grade 3 pg. 15 Pictures, charts, dusters, cobweb brooms, brooms	Observations, oral questions written questions	
4	1	Health practices	Why and how do clean the classroom?	By the end of the lesson, the learner should be able to: a. Give reasons for cleaning the classroom	In groups, learners are guided to give reasons for cleaning the classroom. Learners identify the	What materials do we use to clean the	Everyday Hygiene and Nutrition, Learner's Book	Observations, oral questions written	

				b. Appreciate the importance of having a clean classroom	materials and equipment used for cleaning the classroom using realia and pictures.	classroom?	Grade 3 pg. 17-18 pictures, charts	questions	
	2	Health practices	What types of dirt can we find on utensils?	By the end of the lesson, the learner should be able to identify different types of dirt found on utensils	Learners are guided to identify types of dirt found on utensils learners are guided to identify cleaning materials using pictures, realia	What types of dirt do we find on utensils? Which cleaning items do you know?	Everyday Hygiene and Nutrition, Learner's Book Grade 3 pg. 20 egg shells, charcoal, ash, sieve, utensils with dirt, clean water, sponges	Observations, oral questions written questions	
5	1	Health practices	Materials that can be improvised to clean utensils	By the end of the lesson, the learner should be able to identify materials that can be improvised for cleaning utensils	Learners are guided to identify materials that can be improvised to clean utensils	What materials can be improvised to clean utensils?	Everyday Hygiene and Nutrition, Learner's Book Grade 3 pg. 23 Eggshells, charcoal, ash and video clips	Observations, oral questions written questions	
	2	Health practices	How can we improvise materials to clean utensils?	By the end of the lesson, the learner should be able to make improvised cleaning materials for cleaning utensils	Learners are guided in preparing the improvised materials for cleaning	How can we improvise materials to clean utensils?	Everyday Hygiene and Nutrition, Learner's Book Grade 3 pg. 24 egg shells, charcoal, ash, grinding stones and a sieve	Observations, oral questions written questions	

6	1	Health practices	Cleaning utensils using improvised materials	By the end of the lesson, the learner should be able to: a. Demonstrate how to clean utensils using the improvised cleaning materials b. Clean utensils using improvised cleaning materials c. Appreciate the use of improvised cleaning materials	Learners are guided to clean utensils using the improvised cleaning materials	How do we clean utensils using the improvised cleaning materials?	Everyday Hygiene and Nutrition, Learner's Book Grade 3 pg. 25 egg shells, charcoal, ash, sieve, utensils to clean, clean water,	Observations, oral questions written questions	
	2	Health practices	Which medicine do we use at home?	By the end of the lesson, the learner should be able to identify medicine for internal and external use at home	Learners are guided to identify internal and external medicine used at home	Which medicine do we use at home?	Everyday Hygiene and Nutrition, Learner's Book Grade 3 pg. 27 empty packets, containers of medicine and pictures	Observations, oral questions written questions	
7	HALF TERM								
8	1	Health practices	Knowing how and when to take medicine	By the end of the lesson, the learner should be able to interpret simple instructions on dosage of medicine for various ailments	learners are guided to interpret simple instructions on dosage using empty packets and containers of medicine	How do we know how and when to take medicine	Everyday Hygiene and Nutrition, Learner's Book Grade 3 pg. 28 empty packets, containers of medicine and pictures	Observations, oral questions written questions	
	2	Health	How do we store	By the end of the lesson, the learner	Learners are guided on how	How do we	Everyday	Observatio	

		practices	medicine?	should be able to Practise proper storage of medicine at home	to store medicine through demonstration learners to role-play on interpreting instructions	store medicine	Hygiene and Nutrition, Learner's Book Grade 3 pg. 29 pictures computing devices	ns, oral questions written questions	
9	1	Health practices	How does water get dirty?	By the end of the lesson, the learner should be able to mention how water is contaminated in the environment	Learners are guided to discuss ways in which water can be contaminated in their environment	How does water get dirty?	Everyday Hygiene and Nutrition, Learner's Book Grade 3 pg. 32 Pictures, charts, handkerchief, bowl, water bottles, burner	Observations, oral questions written questions	
	2	Health practices	Is clear water always safe for drinking?	By the end of the lesson, the learner should be able to differentiate between clear water and safe water for drinking	Learners are guided to differentiate between clean water and safe water through experimentation	Is clean water always safe for drinking?	Everyday Hygiene and Nutrition, Learner's Book Grade 3 pg. 33 pictures, charts, clean white piece of cloth, sufuria	Observations oral questions written questions	
10	1		How can we make water safe for drinking?	By the end of the lesson, the learner should be able to: a. Make water safe for drinking by boiling b. State the importance of drinking safe water for good health	Learners are guided to discuss reasons why we need to drink safe water Learners are guided to boil water for drinking through demonstrations	Why should we drink safe water? How can we make water safe for drinking?	Everyday Hygiene and Nutrition, Learner's Book Grade 3 pg. 34 water, sufuria, some fire, video clip, piece of white cloth	Observations oral questions written questions	

	2		How can we store drinking water?	By the end of the lesson, the learner should be able to: a. Store boiled water meant for drinking b. Appreciate the need for safe water for drinking	Learners are guided on how to store boiled water for drinking	How can we store water safe for drinking?	Everyday Hygiene and Nutrition, Learner's Book Grade 3 pg. 35 Pictures Charts jerricans and drums water bottle	Observations oral questions written questions	
1	1		Types of kitchen gardens	By the end of the lesson, the learner should be able to identify types of kitchen gardens	Learners are guided identify forms of kitchen gardens	What forms of kitchen gardens do we have?	Everyday Hygiene and Nutrition, Learner's Book Grade 3 pg. 37 buckets, sacks, boxes, pots, tins	Observations oral questions Oral reports	
	2		Crops grown in a kitchen garden	By the end of the lesson, the learner should be able to name different crops grown in a kitchen garden	Learners to be guided to discuss the crops grown in kitchen gardens using pictures, video clips, photos	Which crops can we grow in kitchen gardens?	Everyday Hygiene and Nutrition, Learner's Book Grade 3 pg. 39 real crops e.g. tomatoes	Observations oral questions Oral reports	
1	2	Kitchen Garden	Why we need kitchen gardens	By the end of the lesson, the learner should be able to name different crops grown in a kitchen garden	Learners are guided to discuss the importance of having a kitchen garden	Why do we need kitchen gardens?	Everyday Hygiene and Nutrition, Learner's Book Grade 3 pg. 40 pictures	Observations oral questions written questions	
	2	Kitchen Garden	Making a kitchen garden	By the end of the lesson, the learner should be able to: a. Make a kitchen garden at home	learners are guided in creating a kitchen garden within the school compound	How do we make and maintain	Everyday Hygiene and Nutrition,	Observations oral	

				and at school b. Appreciate the importance of a kitchen garden at home and at school	learners to maintain the kitchen garden learners to take photos of the kitchen garden	kitchen gardens?	Learner's Book Grade 3 pg. 41 relevant farm tools Seeds, seedlings Seedlings Watering Can Computing Devices	questions Oral reports	
1 3	1	Kitchen garden	Things we use to keep latrines, toilets and urinals clean	By the end of the lesson, the learner should be able to identify the materials used to clean a toilet, a latrine or urinal in their environment	learners to identify materials used for cleaning the toilet, latrine or urinal using pictures or realia	What materials do we use to clean toilets, latrines and urinals?	Everyday Hygiene and Nutrition, Learner's Book Grade 3 pg. 42 charts, pictures, antiseptic, brooms, mops	Observations oral questions written questions	
	2	Kitchen garden	Cleaning toilets, latrines and urinals	By the end of the lesson, the learner should be able to explain the steps of cleaning a toilet, a latrine or urinal in their environment	Learners are guided on how to clean a toilet, latrine or urinals learners to role play how to do the cleaning	How do we clean urinals?	Everyday Hygiene and Nutrition, Learner's Book Grade 3 pg. 43 toilet cleaning equipment and materials	Observations oral questions written questions	
1 4	ASSESSMENT/CLOSING OF THE SCHOOL								