TOPIC 1:PLANT LIFE

COMMON PLANTS

- Banana plant
- Mango plant
- Sugar cane plant
- Sisal
- Cassava
- Pawpaw
- Onion plant
- Sweet potato
- Rice plant

Types of plants

- Non flowering plants
- Flowering plants

Flowering plants

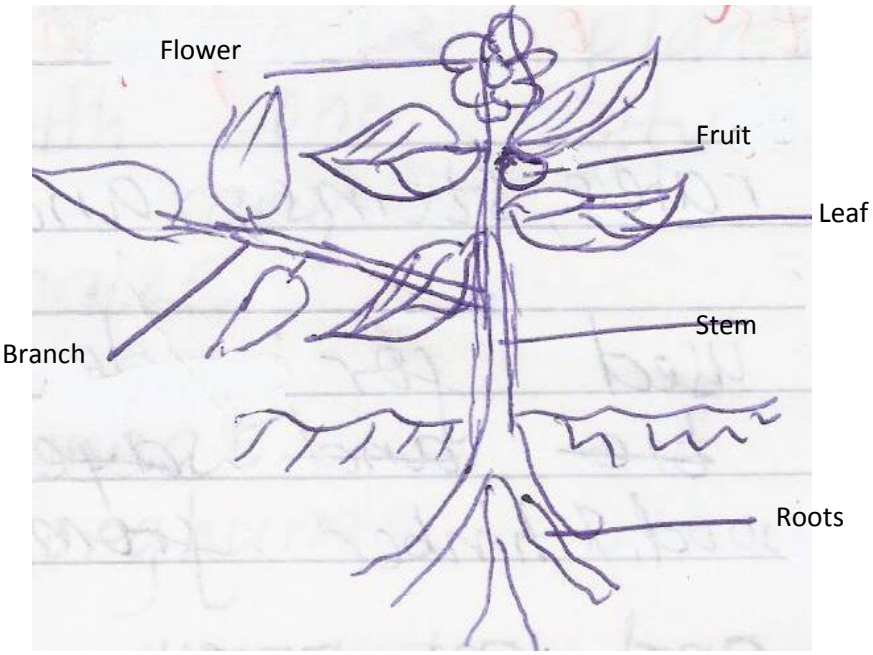
What are flowering plants?

Flowering plants are plants that bear flowers.

Examples of flowering plants

- Pawpaw plant
- Onion plant
- Tomato
- Coffee
- Sugar cane

Parts of a flowering plant



Uses of parts of plants

Leaves

- They make food for a plant
- They are for gaseous exchange.
- They store food for a plant.

Stem

- It stores food for a plant e.g sugar can, onions, yams, etc.
- It holds branches, fruits and leaves.
- It transports water from the roots to other parts of the plant.

Roots

- They hold the plant firmly in the soil.
- They absorb water from the soil to other parts of the plant.
- They store food e.g, cassava, sweet potatoes, carrots, etc.

Flowers

- A flower is a reproductive part of a plant.
- It reproduces a fruits and seeds.

Uses of parts of a plant to man

- Some leaves, roots stems, and fruits act as food.
- Flowers are used for decoration.

- We get fire wood and timber from stems
- We sell flowers and get money.
- Flowers are used to make perfumes, tie and dye.
- We get local medicine from roots, stem and leaves.
- Study purposes

Uses of plant to man

- Some plants are eaten.
- Some provide us with local medicine.
- We get charcoal, timber, firewood.
- Source of oxygen.
- We get fruits.
- Act as habitats for some animals.
- They act as wing breaks.
- We get building materials e.g grass, timber, poles.
- They provide raw materials for industries.
- They provide us with shade.
- They are used to make paper.

Dangers of plants to people

- Some plants have dangerous sap
- Some have thorns
- Other plants are poisonous.

Types of flowering plants

1. Monocotyledonous plants

These are plants that produce seeds with one cotyledon.

Examples

MaizeRiceWheatSorghum

2. Dicotyledonous plants

These are plants that produce seeds with two cotyledons.

Examples of dicotyledonous seeds

- Beans - Soya beans
- Ground nuts - Cow peas
- Mongo - Avocado

Types of seeds

- Small seeds e.g millet, simsim, rice
- Big seeds e.g mango, beans, avocado
- Dry seeds e.g, beans, G.nuts, maize.
- Fresh seeds e.g beans, G.nuts, cow peas.
- Viable seeds (seeds that germinate)
- Diamond seeds (these seeds are either broken/spoilt by weevils.

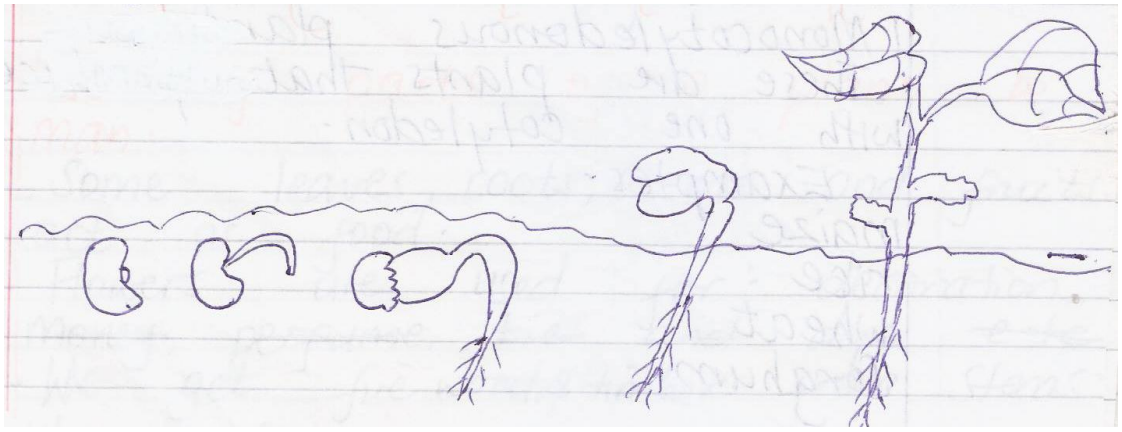
GERMINATION

What is germination?

It is the development of a seed into a seedling.

Conditions necessary for germination

OxygenWarmthMoisture

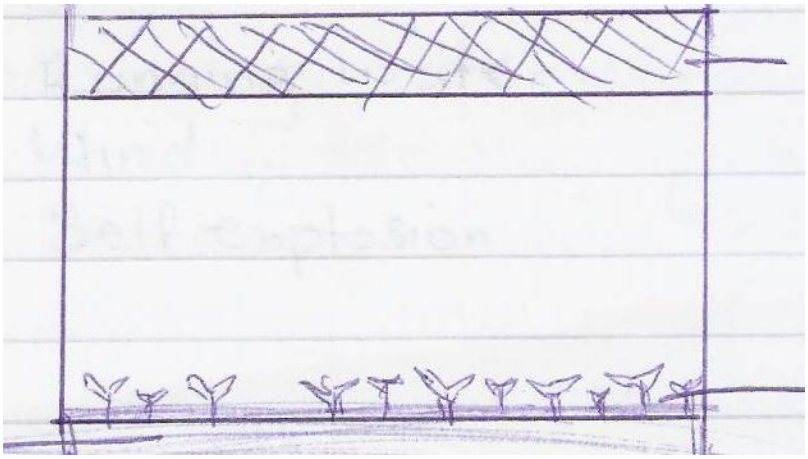


Nursery bed

A nursery is a place where seeds are planted before transported to the main garden.

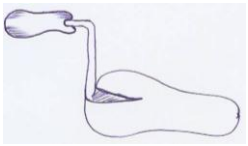
A seedling is a young plant.

Structure of a nursery bed



<u>Tools used to transport seedlings from the nursery bed.</u>

A trowel



Seed dispersal

Seed dispersal is the scattering of seeds from one place to another.

<u>Agents/things that scatter seeds</u>

- Man
- Birds
- Wind
- -Animals
- - Running water
- - Self explosion

TOPIC 2: ACCIDENTS AND FIRST AID/SAFETY

An accident is un expected danger that causes injury or death.

<u>Common accidents at home</u>

- Cuts
- Poisoning
- Fire out break
- Snake bite
- Foreign bodies in ears and nose.
- - Burns and scalds
- - Falls
- - Electric shock

- Obstruction in breathing from swallowing sharp objects

Accidents at school

- Falls
- Cuts
- Electric shock
- Foreign bodies in ears and nose e.g beans
- Drowning
- Lightening strike

Causes of accidents at home and at school

- Playing dangerous games
- Climbing trees
- Playing with electricity
- Playing with fire
- Playing with sharp objects
- Playing with broken bottles/glasses.
- Misunderstanding with neighbours at home
- Playing in the rain.

Accidents on the road

- Knocked by vehicles
- Cuts
- Falls
- Kidnapping
- Drowning
- Snake bite
- Dog bite
- Lightening strike

Causes of accidents on the road

- Playing on the road
- Overspeeding vehicles
- Over loading
- Failure to follow traffic rules
- Walking bare footed
- Walking in the rain

- Driving while telephoning
- Riding carelessly on the road.

Effects/dangers of accidents

- It causes death
- It causes deformation of the body
- It leads to family suffering
- If cots a lot of money.

Prevention of accidents

- Keep medicine away from children
- Do not climb trees
- Do not touch electric wires
- Do not play on the road
- Do not play or move in the rain
- Avoid playing dangerous games
- Do not play with sharp objects
- Following the road carefully
- Use zebra crossing on the road.

First aid

First aid is the first help given to a casualty before being taken to the hospital.

A casualty

This is a person who has got an accident.

A first aider

This is a person who gives firs aid.

Qualities of a good first aider

- He /she should have common sense.
- He/ she should be observant.
- He/she should be gentle and tactful.
- He /she should be kind.

Why do we give first aid?

- To save life
- To promote quick recovery
- To reduce pain
- To reduce bleeding

FIRST AID FOR DIFFERENT ACCIDENTS

Burns and scalds

Pour cold water on the affected part.

Fracture

A fracture is a broken bone in the body.

Apply splint to keep the broken bone in one position.

Nose bleeding

Sit the casualty down and pitch the nose.

Snake bite

Tie the upper part of the affected part.

Cuts

Clean the injured part with clean water.

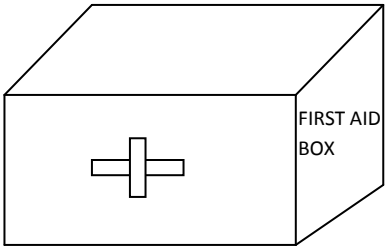
If the wound is big, use a cloth and tie it tightly.

First aid box

This is a box made from either wood or plastic where we keep things we use to give first aid.

First aid kit

These are things/instruments used to give first aid.



Things found in the first aid box

- Bandage
- Safety pins
- Cotton wool
- A pair of scissors
- Splints
- Spirit
- A piece of cloth
- Thermometer.
- Plaster
- Razorblades
- Gause
- Pain killers (aspirin, panadol)
- Blankest
- Antiseptic solution
- Syringe/needle

TOPIC 3: IMMUNIZATION

This is the used of vaccines.

This is the introduction of vaccines in the body to prevent immunisable disease

Examples of immunisable diseases

- Polio
- Measles
- Tetanus
- Tuberculosis
- Whooping cough (pertusis)
- Hepatitis
- Diphtheria
- Haemophillus influenza type B

Signs and symptoms of immunisable diseases

Measles - It is caused by a virus.

- Red eyes
- Dry cough
- Runny nose
- High fever
- Skin rash
- Sores in the mouth.

Polio

It is caused by a virus through drinking and eating contaminated water or food.

- Bones become weak
- The child becomes lame.

Tuberculosis

- It is caused by bacteria through air or drinking unboiled milk from an affected cow.
- Loss of weight
- Coughing for a long time
- Loss of appetite
- Persistent fever

Whooping cough

It is caused by bacteria through air.

- Coughing that ends by vomiting
- First breathing
- Runny nose

Tetanus

It is caused by bacteria through cuts and wounds on the body.

- Stiff muscles
- The child stops breast feeding
- Tightening of muscles while touched.
- High body temperature.

Diphtheria

It is caused by bacteria through air.

- Swollen neck
- Sore throat
- Mild fever
- Difficult in breath

Hepatitis

- Yellow urine
- Yellow skin
- Yellow eyes
- Loss of weight

Haemophillus influenza type B

- Poor blood clotting
- Excess bleeding

Immunization sites and vaccines

This is the medicine or drug used to immunize

Types of vaccines

- Measles vaccine
- DDT vaccine
- HEP B vaccine
- Polio vaccine
- BCG vaccine
- HIP vaccine

Administration of vaccines

- Orally
- Injection

Diseases	**Vaccine**	**Sites on the body**
Polio	Polio vaccine	Drops in the mouth
T.B	BCG vaccine	Right upper arm at birth
Measles	Measles vaccine	Left upper arm at 9 months
Tetanus Diphtheria Whooping cough(pertusis)	D P T Vaccine ↓ ↓ ↓ Tetanus Pertusis Dephtheria	Left upper thigh.
Hepatitis + Haemophillus influenza type B	HIB + Hep B vaccine	Left upper thigh

Why do we immmunise?

- To prevent the killer diseases
- It reduces disability of children
- It reduces death rates f children
- Reduces costs in terms of money
- Contributes to the proper growth of a child
- It boots the immunity of children and adults.

The child heath card

Things found on the Child Health Card

- Child's Name
- Mother's Name
- Father's Name
- Sex of a child
- Date of birth
- Village
- Health unit
- Father's occupation
- Mother's occupation
- Birth order in the family.

Importance of a Child's Healthy Card

- It helps to remember the date of the next visit of immunization
- It helps the parents to monitor the growth of a child.
- It helps the doctor to monitor the growth of a child.
- It helps the parent to remember the birth date of the child.
- It helps the doctor to know which doze to use.

Roles of individuals, families and community to promote immunization

Individual

Educating people about the importance of immunization

Family

- Taking their children for immunization
- Ensure that all children at home are immunized.

Community

- Organizing seminars work shops and plays
- Helping in building health centres

MEASUREMENTS

Time of the day

- Morning from 12 am midnight to 11:59 am
- Mid-day at 12:00 noon
- Afternoon from 12:00 noon – 5:559 pm
- Evening from 6:00 pm to 11:59 at night
- Mid night at mid nigh 12:00am

Measuring length and height

Things we measure height and length

- Person
- Buildings
- Desks
- Books, etc.
- Trees
- Clothes
- Blackboards

Things used to measure

- Hand span
- Arms length
- Strides
- Ruler
- Arms span
- Foot or feet
- Tape measure

NB: Length is measured using centimeters and metres.

Measuring weight (mass)
weigh is the heaviness or lightness of an object.

Weight is measures using kilograms and grams

Things we measure in kilograms and grams.

- Sugar
- Beef/meat
- Person
- Rice
- Beans
- Sorghum

- Millet - Flour
- G.nuts

Things we use to measure weight.

- Weighing scales
- Beam balance
- See saw

(Diagram to be drawn by the teacher)

Measuring liquid things (capacity)

Liquid things are measured in litres.

Things we measure in litres./Examples of liquid things)

- Water - Oil
- Juice - Milk
- Fuel - Diesel

Things we use to measure liquids

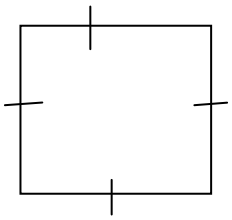
- Tins
- Cups
- Jerrycans
- Measuring cylinder
- Packets, etc.

(Diagram to be drawn by the teacher)

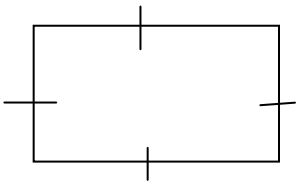
Shapes and solids

<u>Naming shapes</u>

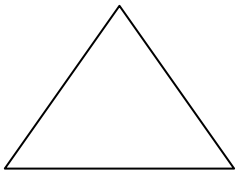
Square



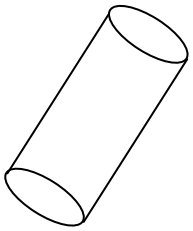
Rectangle



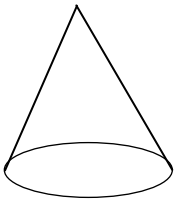
Triangle



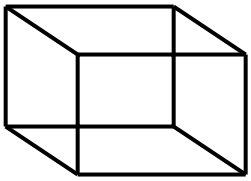
Cylinder



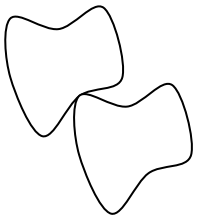
Cone



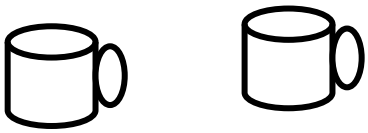
Cuboid



Stones



Cups



MANAGING CHANGES IN THE ENVIRONMENT

WEATHER

Weather is daily condition of the atmosphere recorded for a short period of time.

Types of weather

- Sunny
- Rainy
- Windy
- Cloudy

(Diagram to be drawn by the teacher)

Elements of weather

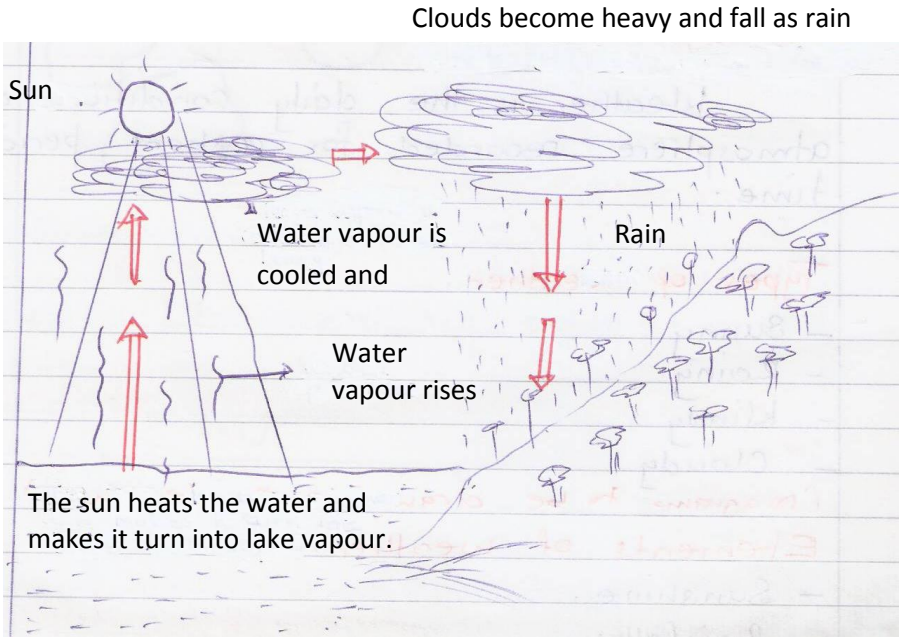
- Sunshine
- Rainfall
- Cloud cover
- Temperature
- Humidity
- Air pressure
- Wind

Rainfall - This is the amount of rain fall in a place.

Water cycle (rain formation)

How rain is formed:

- The sun heats the water body
- The water turns into water vapour
- The water vapour rises up and cools and becomes clouds
- The cloud becomes heavy and fall as rain.



Uses of rain

- Rain makes the soil soft.
- Rain adds water to water bodies
- Rain helps plants to grow.
- Rain gives water for home use
- Rain dissolves minerals in the soil.

Dangers of too much rain

- Rain causes floods
- Rain spreads diseases
- Rain causes soil erosion
- Rain destroys crops and houses.

Things used on a rainy day

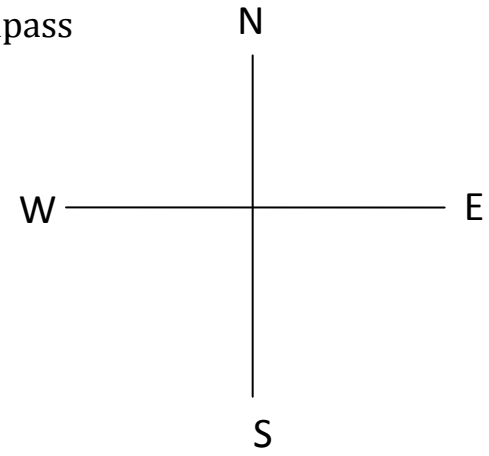
- Gumboots
- Banana leaves
- Rain coat
- Umbrella
- Jackets
- Sweaters

Sunshine

The sun is the man natural source of heat and light energy.

The sun rises from the East and sets to the West.

Compass



<u>Uses of sunshine</u>

- Sunshine dries our clothes
- Sunshine helps plants to grow
- Sunshine gives us vitamin D
- Sunshine dries ready crops
- Sunshine dries small fish

<u>Dangerous of too much sunshine</u>

- Sunshine dries young crops
- Sunshine dries water bodies
- Sunshine causes drought
- It hardens the soil.

Wind

Wind is moving air

<u>Uses of wind</u>

- Wind helps in winnowing
- Wind flies objects like kites
- Wind sails boats on water
- It dries clothes
- It moves wind mills

Dangers of wind

- It destroys plants
- It causes soil erosion
- It spreads diseases
- It causes accidents on water
- It spoils houses.

AIR

Air is a mixture of gases

Examples of gases (components of air)

- Oxygen
- Carbondioxide
- Rare gases
- Nitrogen

Uses of air

- Oxygen is for breathing
- Carbondioxide stops burning
- Air fills balloons balls and types
- Oxygen supports burning
- Oxygen helps in seed germination

CLOUDS

Types of clouds

- Nimbus clouds which bring rain.
- Circus - the furthest clouds
- Stratus
- Cumulus
- Cumulo nimbus clouds

(Diagrams to be drawn by the teacher)

Uses of clouds

- Clouds protect us from direct sunshine
- Nimbus clouds give us rain

Activities done during different seasons

Rainy /wet season

- Planting crops
- Weeding
- Pruning
- Harvesting water

Sunny (dry season)

- Preparing land
- Mulching
- Spraying crops
- Harvesting crops
- Drying seeds
- Watering crops
- Washing clothes
- Swimming
- Sun bathing

Windy

- Winnowing
- Flying kites

Protecting animals against bad weather

- Providing water to animals
- Giving them enough food
- Providing them shelter
- Planting trees in grazing area.

Protecting plants against bad weather

- Watering plants
- Mulching plant staking
- Terracing the land
- Providing shade to the seedlings

Weather instruments and their uses

Rain gauge - To measure the amount of rain.

Wind vane - To show the direction of wind.

Thermometer - To measure temperature.

Sunshine recorder - To measure the amount of sunshine.