You are going to learn about:
- being clean and being dirty
- keeping yourself clean
- keeping food and water clean
- keeping your home and school clean.

LESSON 1. CLEANING THINGS

Activity 19

Look at the pictures on the next page.
What needs cleaning at home?
What needs cleaning at school?
Why?

Activity 20

Who cleans things at home?
What do YOU clean?
Show how you clean things.
REMEMBER

Many things need cleaning.
For example......

ASK YOURSELF

What things do I clean?

THINGS I CLEAN MYSELF

What things do I clean?

REMENDER

We clean food.
We clean pots and plates.
We clean the floor and the ground.
We clean clothes.
We clean babies.
We clean ourselves.
We are very clean!

HOMEWORK

Ask your family how to clean something.
OR
Ask your family why we clean things.
LESSON 2. DIRT YOU CANNOT SEE

Activity 21

Look at Picture 1.

Where has Muke been? Are his hands clean or dirty?

Picture 1

Picture 2

What is Muke doing now?

Picture 3

Are his hands clean or dirty now?
Dirt is everywhere.
- There is dirt in rubbish.
- There is dirt in bad food.
- There is dirt in faeces.
- There is dirt on our hands.
- There is dirt on our bodies.
- There is dirt under our nails.
- There is dirt in dirty water.
Sometimes we can see the dirt. Sometimes we cannot see it.

Activity 22

Dirt can make you sick.
How can it get in your mouth?

ASK YOURSELF

Am I afraid of dirt? Why? Why not?

REMEMBER

Dirt makes you sick.
Hands carry dirt.
For example......

HOMEWORK

Ask your family how dirt makes you sick.
LESSON 3. A DAY IN THE LIFE OF MY HANDS

Activity 23

Show what you do with your hands in the day.
What are the danger points?
HOMEWORK

Draw a picture of yourself and your home.
First draw yourself. Show
  your hands and nails
  your feet
  your hair
  your mouth and teeth
Draw some of your clothes.
Draw some food.
Draw the water in the house.
Draw the toilet.
Draw the rubbish pit.

MY HOME

This is your house. Draw yourself in the house. Then draw clothes, food, water, toilet, rubbish pit.

Show the picture to your family.
LESSON 4. WASHING HANDS

Activity 24

Muke and Mule are going to eat. They are washing their hands.

How is Muke washing his hands?
How is Mule washing her hands?
Are they the same?
Which way do you like to wash your hands?
Why?
READING

There is always dirt on our hands. Sometimes we can see it. Sometimes we cannot see it.
Always wash hands:
- before touching food
- before eating food
- before cooking
- before feeding children
- after using the toilet
- after touching animals.
Use soap.
Use running water.

ASK YOURSELF

When do I wash my hands?
How do I wash my hands?

WASHING MY HANDS

I must wash my hands
........................................
(say when)

REMEMBER

Always use soap to wash your hands.

HOMEWORK

Ask your family about when you should wash your hands.
LESSON 5. KEEPING YOURSELF CLEAN

Activity 25
How many times do you wash your hands in a day?
How many times do you wash your body?
How many times do you clean your teeth?
How many times do you wash your clothes in a week?
How often do you wash your hair?

Why do you do these things?
Activity 26

Name the parts of the body.

Why is it important to clean these parts? Tell the class why.

READING

| If you eat with dirty hands... | you will get sick. |
| If you keep yourself clean...  | you will not get sick. |
| If your armpits are clean...   | you will smell nice. |
| If you wash your hair...       | you will look nice. |
| If you clean your teeth...     | your teeth will be strong. |
| If you cut your nails short... | your hands will be clean. |
Activity 27

Sing this song. The monitor will check your cleanliness.

*Have you washed?*
- Yes, come and see, we have washed!
*If you have not washed you should go and wash.*
- Yes, come and see, we have washed!

**ASK YOURSELF**

Have I bathed today?
Have I cleaned my teeth?
Have I washed my hands?
Have I combed my hair?
Are my clothes clean?
Are my nails short and clean?
Do I look clean? Do I feel clean?

**REMEMBER**

Keep yourself clean!
Keep yourself clean because........

**BEING CLEAN**
I feel clean today.
I look clean today.
I am clean today because I have......
...........................................

**HOMEWORK**

Teach the song to your brothers and sisters at home.
What are the washing rules in your house? Ask your family.
LESSON 6. CLEAN FOOD

Activity 28
Talk about the picture.

Flies carry dirt. They leave dirt on our food.
Dirt on food can make you sick.
Do not eat food if flies have walked on it.
Food which is not covered may be dirty. Do not eat it.
Activity 29

How can we keep food safe from flies?
What do you do in your house?

ASK YOURSELF

Do flies walk on my food?
Do I always cover food?

REMEMBER

Always cover food.
Always cover food because.....

COVERING FOOD

In my house we cover food with
........................................
........................................
........................................

HOMEWORK

Ask your family:
Where do we find flies?
How can we keep away flies?
Tell the class what they said.
LESSON 7. CLEAN WATER

We need water for drinking, cooking and washing. We need CLEAN water.

Activity 30

Is the water in the glasses clean or dirty? How do you know?
Activity 31

Talk about the pictures.
They show what makes water dirty.

What can you see in the pictures?
How does water get dirty?

READING

Dirty water is not safe to drink.
If you drink it you will be sick.
Think before you drink!
ASK YOURSELF
Do I always drink clean water?

REMEMBER
Drink safe clean water!
Think before you drink!

HOMEWORK
Ask your family how to make water clean.

MY WATER
My water is always safe because......................
My water is not always safe because ...............
LESSON 8. CLEAN HOME AND SCHOOL

Activity 32

Go outside and walk around the school.
Pick up some rubbish.
Put it in a box or sack.
Throw it in the pit.
Wash your hands with soap and running water.
Go back to the classroom.
Talk about the rubbish you found.
Why is it good to throw away rubbish in the pit?
Why did you wash your hands?

READING

Rubbish is bad. It brings flies and other animals. They eat the rubbish and pick up dirt. Then they come to eat our food. They bring dirt on their feet. They put the dirt on our food. The dirt can make us sick.

Throw rubbish in the pit. Then the flies will have nothing to eat. They will not put dirt on our food.