

PRY 1 Home Economics Second term enotes

Week: One

Class: Primary One

Topic: Revision

Behavioural objectives: At the end of the lesson, pupils should be able to:

Instructional material/Reference material: Learn Africa Home Economics, UBE edition

Building Background /connection to prior knowledge: The pupils are familiar with last term's topics.

Content:

Evaluation

Week: Two

Class: Primary One

Topic: Body grooming

Behavioural objectives: At the end of the lesson, pupils should be able to:

1. Explain how to take care of the body
2. Demonstrate the body grooming

Instructional material/Reference material: Learn Africa Home Economics, UBE edition

Building Background /connection to prior knowledge: pupils have learnt about the revision of previous term.

Content: Body grooming

Body grooming is the Care for one's personal appearance, hygiene, and clothing.

Reasons for body body grooming :

- To look neat
- To prevent body odour
- To prevent sickness and remain healthy.

Materials for body grooming:

- bucket of water
- Soap
- Creams

- Hair brush, toothbrush, sponge etc.

Evaluation: The teacher asked questions on what has been taught.

1. Explain body grooming ?
2. Mention reason three for body grooming ?
3. Mention 3 materials for body grooming ?

Week: Three

Class: Primary One

Topic: Craft

Behavioural objectives: At the end of the lesson, pupils should be able to:

- Mention different kinds of foods and snacks
- Identify the ingredients and the food.

Instructional material/Reference material: Learn Africa Home Economics, UBE edition

Building Background /connection to prior knowledge: pupils have learnt about body grooming and how to take care of the body.

Content:Craft

Craft is an act, art, ability, skilfulness, in making or preparing foods e.g snacks, cake , bread etc

There are different kinds of food e.g fried rice, beans etc.

Snacks also, like banana bread, plantain chips etc.

Evaluation: The teacher asked questions on what has been taught

1. Mention different kinds of food?
2. Mention different kinds of snacks ?

Week: Four

Class: Primary One

Topic: Craft

Behavioural objectives: At the end of the lesson, pupils should be able to:

- Mention the ingredients for the snack making
- Explain the preparation of the food

Instructional material/Reference material: Learn Africa Home Economics, UBE edition

Building Background /connection to prior knowledge: pupils have learnt about

Content:

Example: how to make banana bread

It is a popular homemade bread . You can make this bread with these:

Here are the ingredients you need to make banana bread:

- Ripe bananas – 2-3 pieces
- Flour – 1 cup
- Eggs – 4 pieces
- Evaporated milk – 1-2 cups
- Butter – 0.75 cup
- Sugar – 0.25 cup
- Yeast – 0.5 teaspoon
- Baking soda – 1 teaspoon
- Salt – 0.5 teaspoon
- Nuts (cashew or ground nuts) – 0.25 cup

1. Take the eggs out of the refrigerator so that they reach the room temperature by the time you will have to add them to this recipe.

2. If you have a microwave, pre-heat the milk for half a minute in it. If you don't have this machine, pre-heat the milk on a stove.

3. Carefully add yeast to your milk and mix this mixture.

4. Take another bowl and put flour in it. Add baking soda, sugar, and salt and mix all these ingredients.

5. You should break all the nuts into tiny pieces. Do this with a spoon or rolling pin.

6. The butter needs to be melted.

7. Take another bowl and peel bananas. Use a spoon or masher to mash this product inside the bowl.

8. In another bowl, break the eggs and gently whisk them.

9. Inside your mixture of milk plus yeast and flour, slowly pour the melted butter plus bananas. Mix everything together.

0. Add all other ingredients (the dry ones) and keep mixing.

1. Add the nuts and continue to mix all the products. Your dough will look nice and smooth when ready.

2. You need a bread pan. Put the dough on it and decorate the top with the leftover nuts.

3. Preheat your oven and bake the bread for about 60 minutes.

Evaluation: The teacher asked questions on what has been taught

1. Explain how to make plantain chips ?
2. Mention the ingredients used for it ?

Week: Five

Class: Primary One

Topic: Food and simple healthy snacks

Behavioural objectives: At the end of the lesson, pupils should be able to:

- Explain the reason we eat food
- Identify the foods and snacks

Instructional material/Reference material: Learn Africa Home Economics, UBE edition

Building Background /connection to prior knowledge: pupils have learnt about the makings of foods and snacks.

Content: Food and simple healthy snacks

Food: foods are liquid and solid substance we eat to keep and make our body healthy.

Snacks: snacks are junks food we eat for refreshment of the body and to make it healthy too

Reasons for eating food and snacks

1. Food make us grow
2. Snacks are made for our refreshment
3. Food gives us energy
4. We look beautiful and healthy when we eat good food and snacks
5. Good food and snacks make us healthy.

Evaluation: The teacher asked questions on what has been taught.

- Explain the reason we eat food ?
- Identify the foods and snacks ?

Week: Six

Class: Primary One

Topic: Fruit drink

Behavioural objectives: At the end of the lesson, pupils should be able to:

- Mention different kinds of fruits
- Explain why we drink fruits juice

Instructional material/Reference material: Learn Africa Home Economics, UBE edition

Building Background /connection to prior knowledge: pupils have learnt about foods and simple healthy snacks

Content:

Fruit drink is a sweet, edible part of a plant and also produce from combination of different fruit plants that makes the body good and healthy especially for making of juice. Examples of fruit like Apple, pineapple, guava, lemon orange, etc.

There are different kinds of fruit drink e.g apple juice, pineapple juice, orange juice, banana juice, etc

Why do we drink fruits:

1. They help prevent sickness
2. They makes our foods digest easily
3. They gives us vitamin

Evaluation: The teacher asked questions on what has been taught.

- Mention different kinds of fruits drink ?
- Explain why we drink fruits juice ?

Week: Seven

Class: Primary One

Topic: Mid term break

Behavioural objectives: At the end of the lesson, pupils should be able to:

Instructional material/Reference material: Learn Africa Home Economics, UBE edition

Building Background /connection to prior knowledge: pupils have learnt about

Content:

Evaluation: The teacher asked questions on what has been taught.

Week: Eight

Class: Primary One

Topic: Home decoration

Behavioural objectives: At the end of the lesson, pupils should be able to:

- Explain why home decoration is good
- Mention materials for home decoration
- Explain what is home decoration

Instructional material/Reference material: Learn Africa Home Economics, UBE edition

Building Background /connection to prior knowledge: pupils have learnt about fruit drink and why we drink them.

Content:

Home decoration: Home decoration refers to the art and science of making an internal and external space more attractive and functionally useful for its residents.

It used for decorating your home with various designer elements such as color, style of furniture, floor design etc.

Examples of home decoration: painting, furniture work like table , chef , chairs, centre table, Flowers. These accessories include such items as curtains, sofa sets, cushions, tablecloths and decorative craft products,

Reasons for home decoration:

- To make it more attractive
- To make it good and comfortable for living
- To make it more beautiful

Materials for home decoration: flower, chairs colour bulb, fine gate, different paints etc.

Evaluation: The teacher asked questions on what has been taught.

- Explain why home decoration is good ?
- Mention materials for home decoration ?
- Explain what is home decoration ?

Week: Nine

Class: Primary One

Topic: Types of toilet

Behavioural objectives: At the end of the lesson, pupils should be able to:

- Explain types of toilet
- Explain what toilet is

Instructional material/Reference material: Learn Africa Home Economics, UBE edition

Building Background /connection to prior knowledge: pupils have learnt about home decoration and reasons why home is decorated and the materials for making home decoration.

Content:

Toilet: toilet is where we use in order to release wasteful substance in our bodies.

Types of toilet are as follows:

1. Water closet(WC) or modern toilet
2. Pit toilet

Evaluation: The teacher asked questions on what has been taught.

- Explain types of toilet ?
- Explain what toilet is ?

Week: Ten

Class Primary One:

Topic: Toilet hygiene

Behavioural objectives: At the end of the lesson, pupils should be able to:

- Explain toilet hygiene
- practise how to use toilet
- Mention things that should be in the toilet

Instructional material/Reference material: Learn Africa Home Economics, UBE edition.

Background /connection to prior knowledge: pupils have learnt about types of toilet

Content:

Toilet hygiene: The toilet is an important part of the house, we remove waste product from our body, e.g. urine, faeces in the toilet. The toilet should be kept clean and tidy all the time.

Types of toilet are as follows:

1. Water closet(WC) or modern toilet
2. Pit toilet

Reasons toilet should be made hygienic

- To prevent toilet diseases.

Proper use of the toilet:

- sit on the toilet seat
- clean up with toilet tissue and drop the tissue in the toilet bowl
- Flush the toilet after use
- wash your hands with soap and water and sanitize it with sanitizer
- Gently shut the door and leave

How to use pit toilet:

- squat directly over the pit hole
- Clean up with toilet paper or water
- Cover the hole after use
- Wash your hands with soap and water and sanitize it with sanitizer
- Gently close the door and leave

Use of modern toilet:

- Wash the toilet bowl with water and detergents, and a toilet brush
- Apply a disinfectant e.g. izal, Dettol etc.
- Mop the floor

Materials found in the toilet:

- soap
- Water
- Disinfectant
- Hand towel
- Toilet brush
- Air freshener
- Mirror.

Evaluation: The teacher asked questions on what has been taught.

- Explain toilet hygiene?
- Explain how to use modern and pit toilet?
- Mention things that should be in the toilet?