

Science	8	Unorganised urban settlement: Insufficient sanitary facilities, Improper sewage disposal
Science	8	Do you know? The anti-venom vaccine that is given to snake bite victims is also used to prepare drugs for leprosy, asthma and measles.
Science	8	Therefore it is important to follow some simple precautionary measures to avoid harm from snakes. Some of them are as follows: Keep our environment clean. There are many piles of rubbish around us. Left over food is part of the rubbish. Rats and toads gather around these in search of food. Snakes chase after these prey and get into rubbish heaps for this reason. Avoid collecting piles of used newspapers, books, etc. Snakes al like all other reptiles prefer warmth. The warmth inside piles of newspapers, etc. may attract snakes. Do not pile up left over bricks, tiles in your back garden. They provide the necessary warmth and protection for snakes. Use correct protective gear when walking around places where snakes may be found. When walking around in the night carry a torch and wear protective boots. When walking on grass or shrubs, make a noise on the ground or beat the ground with a stick. Although snakes have little hearing they are extremely sensitive to vibration on the ground. Therefore, snakes creep away from such places for their own protections.
Science	8	Messages convey by the symbol: Substance which can explode on catching fire rubbing or shock. Oxidising (These substances provide oxygen which allows other substances to burn more fiercely). Highly flammable. Toxic. (These substances can kill. They may act when you swallow them, or breathe them in or absorb them through your skin). Irritant (These substance are not corrosive but can cause reddening or blistering of skin). Corrosive (These substances attack and destroy living tissue, including eyes and skin). Eye wash (If some chemical enters the eye, a place for washing the eye). Emergency shower (A place for washing the body if a chemical comes in contact with the body or in case of burns).
Science	8	The symbols used in factories help the ensure the protection of the workers of the factory as well as visitors coming from outside. In addition they also give a direction towards the orderly maintenance of the factory. Some such symbols and the messages conveyed by each is given in the table below. Fire Exit. Wear eye protectors. Wear ear protectors. Switch off when not in use.
Science	8	Symbol associated with the medical field convey messages to ensure the safety and orderliness of the employees, patients, visitors and places such as hospitals, operation theatres, medical laboratories. Wear masks. Wear gloves. Wash your hands. Danger, Biological hazard. Eg. Place where pathogenic microorganisms experiments are conducted. Radioactive. Eg. Place where X-ray are used. Emission of harmful rays.
Science	8	Assignment 13- Identify places in your school, classroom, laboratory where symbols can be put up in order to make such places safer and orderly. Construct some boards with appropriate symbols and place in suitable places in the school with the permission of your principal.
Science	8	Detergents: Things may not get sufficiently clean by using only water. In such cases using detergents is more successful. Removing dirt cannot be done only with water, but soap will have to be used. Soap has a function of converting insoluble dirt into a soluble form.
Science	8	Table 3.1 Types of mosquitoes spreading diseases to man. Malaria: Anopheles. Malaria was at one time at epidemic level in the dry zone of Sri Lanka. The disease causing pathogen is a micro-organism called Plasmodium. A vector mosquito which sucks blood from a malaria patient, can bite a healthy person and introduce the pathogen into his blood, spreading malaria to him.
Science	8	With the end of the rainy season, there is a rapid increase of these diseases. The vector of all of the above diseases are different mosquito types. Two main strategies are adopted for protection from the diseases. 1. Control the various stages in the life cycle of these mosquitoes. 2. Protect oneself from mosquito bites. Stagnant water is essential for the mosquito for laying eggs. Culex species of mosquito lays eggs in polluted water which is not very deep. To investigate the methods used for controlling the breeding of mosquitoes, conduct the following activity: Mosquito larvae will be observed only in fresh water. You can get some idea of the ways to be adopted for controlling the various stages of the life cycle of a mosquito. Several methods are adopted to destroy them. Breeding various types of carnivorous fish which feed on mosquito larvae. in fish tanks, ponds and water bodies shere mosquitoes breed. 'Thithayas', ' Bulath hapaya'. Adding various types of oils on to the surfaces of drains where water collect so that respiration of larvae and pupa is hindered. Adding substances like salt, soap ets to places where water collect in the house like flower pots, ant-traps etc. Spyring chemicals such as DDT and Malathion. (This method is not much in use due to environmental pollution thay can bring about.) The adult stage of the mosquito is a flying form, henc difficult to control. Yet can be controlled by cleaning up dark places around the house, where mosquitoes are commonly found, Fumigation is another method we can use for that purpose which helps to drive away mosquitoes from around your house. Do you know? Traditional methods used for driving away mosquitoes were burning cadju-nut shells and herbs such as 'madurutala'. However, taking care not to be bitten by mosquitoes is the best way to avoid the diseases.
Science	8	Therefore vessels containing water should be well rubbed and washed with soap and water.
Science	8	The eggs, larvae and pupa of house fly can be destroyed by removing garbage heaps around houses, by burying them or converting them to compost. Keeping the garbage bins closed, keeping your food covered will help to prevent ourselves from diseases caused by flies.

Science	8	If a cyclone threat is announced, keep little children indoors (Do not allow them to go out) If an evacuation notice is given, dress in protective clothing and shoes, move away before strong wind or floods come, get away from windows and stay near the stronger part of the house, if building are breaking, get under a strong table, if you are driving a vehicle get to a place with no trees around and stay parked. After a cyclone, Do not use wet electrical appliances, Be careful of broken electric cables, bridges, buildings. Do not drink polluted water.
Science	8	During lighting.. If you are outdoors, go into the house immediately, Avoid travelling in open vehicle such as bicycle, motor bicycle, tractors, boasts. Avoid touching metal objects. Avoid sleeping on the floor. Avoid going out to take clothes from clothes lines. Do not bathe or wash in water. Do not use telephone with wires. Do not stay in open places such as play grounds paddy fields. Danger signals. During weather conditions when lighting may occur, your hair and the body may rise up, indicating that in a few minutes lighting may strike.

Zambia

Subject	Grade	Description
Breakthrough to Creative and Technology Studies	1st	Using the toilet, Looking after our bodies, Unhealthy and healthy habits, Safety rules, . Safety, Dangerous actions, Throwing away rubbish, Health and safety, Working unsafely and safely, Storing safely
Stepping stones Social and Development Studies	1st	Picking up dirt, Always wash your hands, First Aid Box, The red ribbon stands for HIV/AIDS, Feeding a baby, Working together peacefully, Working makes children happy and grow healthy, Litter around us, Dirt around us, Dirt is bad, Dirt must be removed, Dirt can make us sick, Throwing away rubbish, Things that can hurt us, These things can pass on HIV/AIDS, Avoiding accidents, Things that can cause accidents, Sharing in community protection activities, Sharing in community protection activities, Road safety, Song: "I want to cross the road. Look light. Look left. Look right again. I want to cross the road."
New Progressive Primary English	1st	"Dr Lucy Mwenga is looking at the children's teeth. Teza is showing the children how to clean their teeth." He did not clean his teeth.
Basic Integrated Science	1st	The children's clinic: A mother takes her baby to the clinic. A nurse gives the baby a vaccination. Do you know why? Vaccinations protect us from diseases. Some immunizations are given on a spoon. At the children's clinic: mothers learn to feed and care of their babies. babies and toddlers are weighed. special food is given if babies do not grow. the babies' growth is recorded on a chart. Talk about vaccinations you have been given. Draw what happened. How babies grow: Babies grow fast when they are well. They learn to sit, crawl and walk. Talk about how this baby has grown. Say what it can do in each picture. Babies and young children need care. They need: feeding, bathing, carrying, changing, immunizing, loving. Drawing your baby brother or sister. What can they do? Show how you care for a baby. Say what is happening. Explain why. (pictures of growth monitoring, immunization) Keeping things clean: These things help to keep us clean. Name each thing in the picture. Show how you use each thing to keep clean. Say when you should do each of these things. How HIV is spread: A cut lets blood out. A cut lets germs in. Germs can make you ill. Keep cuts clean and safe. Germs can live in blood. HIV is a germ that can give people AIDS. HIV is spread by blood. These are some ways people might catch HIV. Say why these people might catch HIV. HIV stands for HUMAN IMMUNO VIRUS. AIDS stands for ACQUIRED IMMUNO DEFICIENCY SYNDROME. Read these words with your teacher. Copy them into your book. Stopping HIV/AIDS: HIV is carried in the blood. Look at these pictures. Learn how to protect yourself. Say why you must not share blades or touch needles. Look at these pictures. Say how these people are protecting themselves. Say why it is good to keep clean. Why might these things be dangerous? Say how to protect yourself from HIV/AIDS.
Breakthrough to Integrated Science	2nd	"Why do you need soap and water?" <u>Activity 1</u> Name three things that make up clean. What can we use to clean our face? What type of soap can people use for bathing? What do people use to make their skin soft after bathing? Long hair and long nails look bad. Long nails get dirty. Why should you keep your nails and hair short? <u>Activity 2</u> How do you clean your hair? What do you use to cut your hair? Why do you put oil on your hair? Why do you wash your hair? How do you care for your nails? What do you use to cut your nails? Clean teeth are health teeth. Clean teeth make our breath smell good. <u>Activity 3</u> Name some foods that can make teeth go bad. Name some foods that help to make your teeth healthy and strong. What can you use to clean your teeth? How many times should you clean your teeth each day? Do not put sharp things in your ears. <u>Activity 4</u> What do you use to clean your eyes and ears? Why do you clean them? We work with our hands. We greet people with our hands. We walk and run with our feet. <u>Activity 5</u> Why do you wash your hands? Why do people wear shoes? Why should people wash their feet? Why do you keep your fingernails and toenails short? We must eat clean food every day. <u>Activity 6</u> How do people keep food clean? Where do you find clean food? Where should you not buy food? Why? Why do we clean and wash some of our food? Clean food is good for our health. Dirty food is bad for our health. <u>Activity 7</u> How do you care for food? Where should you keep food to avoid harmful germs? Which places are unsafe to buy and eat food from? What can we do to our food before eating and cooking it? Not all water is clean. Not all water is safe for drinking and cooking. <u>Activity 8</u> Where do people get water? How can you make water clean and safe? Where do people store water? What are HIV and AIDS? HIV and AIDS are dangerous. H: Human, I: Immunodeficiency V: Virus, HIV: Human Immunodeficiency Virus A: Acquired I: Immune D: Deficiency S: Syndrome AIDS: Acquired Immune Deficiency Syndrome <u>Activity 9</u> What of HIV and AIDS stand for? What causes AIDS? Is HIV a disease? Can people get AIDS without HIV infections? What happens to a person with AIDS? We can stop the spread of HIV and AIDS by avoiding contact with blood and other body fluids. <u>Activity 10</u> How do people get HIV? How can we stop the spread of HIV? What is harmful to humans and the environment? How can we make picture 1 look like picture 2? Look at the pictures. Who is throwing waste in the right place? Why must we put waste in the right place? Why do people care for the environment? Look at the picture. Point to things are wrong. Why should we keep our homes and schools clean? Ask people in your community how they care for the environment. Ask these questions: Where do you throw the waste from your house? How do you get rid of bottles and paper? Where do you throw old furniture like a TV or a chair? So you throw waste in the river? Do you burn waste at your house? We breathe air. Air is all around us. We cannot see air. We can feel air. <u>Activity 1</u>

		Wave your hand or paper in front of your face. What do you feel? We need clean air for breathing. Look at the picture. Why is the man coughing? What happen when we breath in dirty air? Why do we need windows?
English	2nd	<u>HIV/AIDS</u> Malaria kills. You can help fight malaria. Mosquito, spray, larva, bite, sick, prevent, mosquito net, repellent, standing water. Tell you friend what is happening. Litter, glass, can, throw, ground, cut, bird, hurt, grass, plants, die
Stepping stones Social and Development Studies	2nd	<u>Child abuse</u> A child must not do hard work. Children have rights. "Drugs never solve problems-in the end they only add to them." Drugs are bad. We must not take drugs that are not good for us. Health problems which can be caused by smoking Nearly all people who die of lung cancer got it from smoking cigarettes. Smoking get worse colds and flu. Heart disease-your heart stops beating sooner. Smoking is bad. We should not smoke. "If you drink too much alcohol: You become mean and sad. You damage your brain. You weaken your heart. You damage your liver." Beer is bad. We should not drink beer. People who help us. This is a police officer. She is helping the children. A police officer helps people. My rights at home. We need to drink clean water. We must cover all our food. This will protect the food from germs. Germs can make sick. We must look after our food properly. We must wash fruit and vegetables. The pots and plates we use to prepare our food must be clean. We must serve clean in dishes. We must wash our hands before we eat. This will keep the food clean. If we eat with dirty hands we can get sick. After we eat, we must: Wash the dishes. Clean the kitchen. Cover leftover food. This is a clean kitchen. <u>A clean home</u> People need to live in a clean home. People must clean their home. A clean school. Pupils help to keep the school clean. A clean school is a healthy school. Where our water comes from. We get water from a well. We get water from a river. We get water from dams. E get water from taps. Safe and clean water We can make water safe and clean by: boiling, adding chlorine. How to keep water in the villages We must boil water that we want to drink. We must cover water. This keeps our water safe from germs. <u>Accidents at home</u> Do not run when you into the house. Do not iron clothes yourself. Do not put paraffin in food bottles Accidents at school Do not chase your friend. Do not point at your friend with a pencil. Accidents in the community Look carefully before you cross the road. Do not run on the road. <u>Common diseases</u> HIV/AIDS, Tuberculosis, Malaria, Dysentery/Cholera, Measles Drinking dirty water causes diseases. What is happening in this picture? Is it good or bad? Why do you say so? <u>Causes of diseases</u> The causes of these diseases are: Chorea: dirt in the home, Bilharzia: urinating in water Typhoid: not using proper toilets, not washing hands after using the toilets, eating uncovered food. Dysentery: not using proper toilets, eating dirty food. Malaria: mosquito bites, not cutting tall grass, leaving pools of water. <u>Methods of prevention</u> Cover small pools of water near the home with soil. Cut grass. Always boil drinking water. What is happening in this picture. We must keep our surrounding clean. <u>Road safety</u> Look at these signs. They are found on roads. You must look at the signs before you cross the road. Always watch the traffic lights. This is a pedestrian crossing. Road are dangerous. Do not play on the road. Look right, left and right again. Keep the road safety rules.
Breakthrough to Integrated Science	3rd	White blood cell can be damaged by HIV (the virus that causes AIDS). AIDS: a disease that makes it difficult for the body to fight other diseases. HIV: the virus that causes AIDS <u>Substance abuse</u> Substance abuse is when alcohol and drugs are used for a bad purpose. Different substances have difference effects. Depressants or "downers": "Downers" slow down the brain and make you feel sleepy. Examples include alcohol and sleeping pills such as valium. Substances causing a false reality: There can make you use and hear things that are not real. Examples are cannabis (marijuana), LSD, petrol and glue. Painkillers: When mild painkillers such as aspirin and paracetamol are used properly, they make you feel less pain. Strong painkillers that are abused include heroin and morphine. Stimulants or "uppers": These can make you shake, feel wide awake and agitated (jumpy). You may feel like this if you drink too much coffee or tea. Stimulants that can be abused include caffeine in coffee, cocaine and tobacco. <u>Addiction:</u> When people take drugs, they often find that they cannot stop using them-even if they want to stop. This is a serious problems. They are addicted to, or dependent on , the drug. <u>What happens to addicts?:</u> Addicts who take drugs such as morphine or heroin have a life of misery that can lead to early death. People who smoke cannabis(marijuana) move slowly and unsteadily. Their minds can play tricks and they see or hear things that are not really there. Cocaine addicts become nervous and find it difficult to sleep. They cannot concentrate and sometimes have a feeling of insects crawling on their skin, which makes them shout. Smoking cigarettes is also a form of addiction. Addicts often cannot work or concentrate on things because of the effects of the drugs they are taking. All they can think about is how to get more drugs.

Being addicted also affects the person's health. For example, heroin addicts do not feel like eating food. All drugs damage the brain, the heart and the kidneys. People who inject drugs can also get HIV/AIDS if they share needles.

Many addicts turn to crime, violence or prostitution to pay for the drugs they need.

Addicts can be a danger to themselves. They may commit suicide or be involved in accidents. For example, they may be confused, walk onto a busy road and be knocked over.

Addicts develop poor health.

Alcohol abuse

Some people drink to relax, but if they drink too much, they may say and do things that they would not usually do. They may argue, shout, fight, and get sick. When the alcohol wears off, they cannot remember what they have done and have a hangover. People who depend on alcohol are called alcoholics.

Health problems from alcohol abuse

The heart gets bigger and weaker. The liver disease called cirrhosis develops. Stomach ulcers and sores develop. Brain cells die, causing memory loss. Malnutrition may develop due to a lack of interest in food.

Pregnant mothers who drink often have babies with small heads and below normal intelligence. They may have "fanny faces", poor eyesight, and heart defects.

Other problems caused by alcohol abuse

Heavy drinking can lead to accidents and crime. Drinking is expensive. There may not be enough money for the family. This may lead to poverty and many other problems.

Unwanted pregnancies may happen because people who drink too much may lose their self-control and have unprotected sex.

Alcohol abuse may lead to poverty.

Activity 3: 1. Find out about the drug enforcement office in your area. Record your findings for a class discussion. 2. Discuss what you found out from these drug enforcement offices. Exercise 3: 1. Describe how people who take drugs behave. 2. Write down two problems that are caused by drinking too much alcohol.

Common diseases in Zambia are malaria, cholera, dysentery, and bilharzia.

Parasites

Mosquito, tsetse flies, lice, house flies and fleas all carry diseases. In Zambia, malaria kills more people than road accidents and HIV put together. Malaria is carried by female *Anopheles* mosquitoes. The mosquito sucks blood from humans, which they need for their eggs. Mosquitoes are attracted to their victims by the smell of sweat.

HIV/AIDS

HIV stands for Human Immunodeficiency Virus. AIDS stands for Acquired Immune Deficiency Syndrome. HIV/AIDS is a disease that has no cure. HIV destroys the body's immune system. This means it cannot fight off diseases or illnesses. AIDS is the end part of the diseases, when the body cannot fight an infection. HIV/AIDS is spread when blood or sex fluid from an infected person gets into another person's body. It is also spread by sharing injection needles with someone who is HIV-positive.

A voluntary counseling and testing center

1. The body is looked after by the immune system, which is made up of white blood cells.
2. When germs enter the body, white blood cells fight and kill them.
3. White blood cells fight disease and make you feel well again.
4. HIV is a very powerful virus that attacks white blood cells.
5. The fight between the white blood cells and HIV can last many years. But HIV kills all the white blood cells.
6. New germs can now attack the body. This illness is called AIDS.

In Zambia, many infections are spread through unprotected sex. The risk of getting HIV/AIDS increases when a person has an STI (sexually transmitted infection), which causes sores. HIV/AIDS can also be passed from an infected mother to her baby while it is in the womb, at birth, or through breastfeeding.

Food that is good for people with HIV/AIDS.

Infectious and non-infectious diseases

Diseases that can be spread from a sick person to a healthy person are called infectious diseases. Examples of infectious diseases are HIV, measles, TB (tuberculosis), and leprosy.

Diseases that are not passed on from person to person are called non-infectious diseases. Malaria is an example of a non-infectious disease.

Preventing diseases

If you want to prevent diseases, we need to stop germs from being spread. We can do this by sterilizing (cooking to kill germs) and disinfecting (cleaning with chemicals). Heat under pressure (in pressure cookers) is used to kill germs in tinned food. Instruments used in hospital operating theatres or in clinics and surgeries use heat to kill disease germs.

Things can be sterilized in boiling water.

Disease-spreading animals such as rats, fleas, flies, and mosquitoes must be killed. Insecticides are chemical poisons that kill insects. Rats are killed using rat poison, which can be given to them in food.

Spraying insecticide kills insects.

Eating the meat of a diseased animal can make people very ill. Infected animals are destroyed to prevent the disease from spreading. Sick animals that die must be destroyed.

If your skin is dirty, diseases can attack it. Scabies is a disease that attacks dirty skin. The tiny mites burrow under the skin and lay eggs. This causes an itchy rash. It is important to wash regularly. Always wash cuts with clean soapy water and use an antiseptic to prevent the wound from becoming infected. Scabies causes an itchy rash.

Vaccination

Medicine that prevents disease is called a vaccine. Using vaccines to protect people or animals is called immunization. Once you are immunized against a disease, you will not get that disease. There are vaccines for polio, smallpox, and measles. Getting vaccinated can help prevent disease and possible death.

		<p>Getting vaccinated can stop you from getting diseases.</p> <p><u>Drink safe and clean water</u></p> <p>Why is it important to drink safe and clean water? When you swallow food, it needs to dissolve in water before it can be used in your body. Your body uses protein, fats carbohydrates, vitamins, and minerals only when they are liquid. Water makes up about 70 per cent of your body. If you do not drink enough water, your body cannot function properly. Try to drink at least eight cups of water every day. Spice teas are a good way to drink water. Water is needed for good health, but it can have harmful chemicals and disease-carrying micro-organisms (very small animals that cannot be seen without a microscope.) Filtering and boiling water removes chemicals and kills micro-organisms, making it safe and clean to drink.</p> <p>Exercise 7. 2. Name one way water is made safe and clean to drink. 3. What method would you use to remove chemicals from water to make it safe and clean to drink?</p> <p>4. True or false? f) HIV/AIDS is an infectious disease.</p> <p>g) Malaria is caused by the female Anopheles mosquito. h) Tsetse flies cause malaria.</p> <p>addict: someone who depends on drugs or alcohol</p> <p>alcoholic: someone who depends on alcohol</p> <p>substance abuse: when alcohol or drugs are used for a bad purpose</p> <p>germ: a micro-organism that causes disease</p> <p>immune system: protects the body from illness and disease</p> <p>infectious: a disease that spread to other people and infects them</p> <p>micro-organism: very small animals that cannot be seen without a microscope</p> <p>sterilize: to make germ-free</p> <p>virus: a germ that attacks a cell and causes illness</p> <p>vaccine: medicine taken to prevent disease</p>
Creative and Technology Studies	3rd	<p>It is important to be clean and healthy.</p> <p><u>Do not do dangerous things:</u> Mulenga is doing a very dangerous thing. He is playing on his bicycle in the road. What do you think can happen to Mulenga?</p> <p><u>How to carry dangerous things:</u> Look at the picture. What is Mwendabai carrying. How should you carry sharp things?</p> <p><u>Taking care in the bush:</u> Some people die every year in the bush. This is because they do not take care. What is happening in the pictures below? What do you think happened? Avoid danger in the bush. The bush can be dangerous. A snake can bite you or a lion can kill you.</p> <p><u>Clean water:</u> Talk about how you can make the water you drink clean. Do this in groups. When should you drink water?</p> <p><u>Drink a lot of water:</u> Water helps to take away the dirt from our bodies. You should drink a lot of water. Why should you drink a lot of water?</p> <p><u>Visit the doctor:</u> It is important that you go to hospital often. Ask the doctors to check your health. Do not wait until you are sick.</p> <p><u>Keep clean:</u> You should keep clean where you stay. It is good for you and the environment. What do you think is happening in the picture? The girl is observing safety. The boy is observing safety.</p> <p>You can draw pictures on a lot of topics. The picture below shows someone caring for an HIV/AIDS patient. Draw a picture of someone holding hands with an HIV/AIDS patient.</p> <p>Some parents do not treat their children well. Look at the pictures. What do you think is happening? Draw your own picture showing a parent treating a child badly.</p> <p>Kabbale, Mwiinga, and Chisela are lying down behind a truck. The truck can run over them. Draw a picture showing girls and boys crossing the road properly.</p> <p>Some people do not treat children well. They beat them. They insult them. What is bad in the picture below. Sing a song about what you can see in the picture.</p> <p>It is good to treat children badly. Older people should treat children well. Look at the picture. Do you think what is happening in the picture is good? Sing a song about treating children badly.</p> <p>What do you think is happening in the picture? It is good or bad? The boys and the girls in the picture are smoking cigarettes. This is not good. Sing a song about cigarette smoking. Do this in groups.</p>
Breakthrough to Social and Development Studies	3rd	<p><u>Keeping food clean:</u> We must always eat clean food. Our food should always be kept in clean containers and served on clean plates. A dirty environment can also make food dirty. Dirty food can make us sick. Illnesses like diarrhoea and cholera are caused by eating dirty food and drinking dirty water. What are the people in the picture doing to keep their food clean?</p> <p>exercise 2: 3. Why should we eat clean food?</p> <p><u>Living in a clean and safe place:</u> we all need to live in a clean and safe environment if we are to stay healthy and happy. What things can you see in the picture below which help keep the village clean and safe? 1. We need clean water to prevent water-borne diseases such as diarrhoea, dysentery, and cholera. 2. We need a place with clean air so that we prevent air-borne diseases like sneezing, coughing, mumps, and tuberculosis from spreading. 3. If an environment is free from crime such as robbery and fighting, what is a safe place in which to live. This can be done if the community helps the police in their work. We can form a neighborhood watch group. 4. In our homes, tools should be kept in a safe place to avoid accidents. Electrical wires should be covered with plastic to avoid electrical shocks.</p> <p>exercise 1: 1. Why is it important to live in a clean environment? 2. Give two examples of water-borne diseases. 3. Why do we need clean fresh air?</p> <p><u>Water wells:</u> Many people living in villages get their water from wells. These wells should be protected so that dirt cannot get into them. How has the well in the picture on page 65 been protected?</p>

	<p>Improving water: For water to be useful, it must be clean. Do you know any ways of making water clean? Here are some of them. Adding chlorine: One way to make water clean is by adding chlorine to it. When chlorine is added to water, it kills any germs in the water. In this way, it makes the water safe to drink. Boiling: Boiling water kills the germs in it. This method is very cheap but it is not easy to boil water for a large number of people. Filtration: This is when dirty water is passed through filters to get rid of things that cannot dissolve. However, this method does not kill the germs in the water. After water has been filtered, other ways should be used to kill the germs in it.</p> <p>Exercise 5: 1. Name the chemicals added to water to make it safe to drink. 2. Why do people boil water? 3. Name a way of removing things which do not dissolve in water? 3. Look at the pictures below. What happens when you drink dirty water?</p> <p>Protecting sources of water: We all need clean water. We should take steps to prevent our source of water from becoming dirty. Chemicals, sewage water, dead animals or pollution must not get into our water. Dirty water can make us sick.</p> <p>Activity3: 1. Looks at the picture below. A) Where are these people getting water from? B) What should they do to keep the water clean? 2. Look at the pictures below. A) what is wrong in these pictures? B) Write down what the people should be doing to keep their water sources clean?</p> <p>Exercisse 7. 3. Name three ways of keeping your water clean.</p>
Breakthrough to Integrated Science	<p>4th</p> <p><u>Adolescent moods and feelings</u></p> <p>As our bodies change, the way we look at people and the way we feel about things will also change. These changes are normal, but we do not understand them, they can cause problems with how we feel and act when we are around other people. Not only do we need to understand the changes in our bodies and our feelings, but we also need to understand how our community feels about sexual intercourse. Zambian communities value the family structure because this has always kept tradition alive as it was passed on from parents to children. When babies are born outside this family structure, traditions cannot be carried forward. Babies born to unmarried mothers are often not cared for properly. For that reason communities feel that sexual intercourse at a young age is not good. There are also serious dangers involved in having sexual intercourse at any age. Dangers include:</p> <ul style="list-style-type: none"> •Health: HIV/AIDS can cause death. Sexually transmitted infections (STIs) such as syphilis and gonorrhoea can cause infertility (not above to have children) •Unwanted pregnancies: Adolescents girls are not ready to become mothers. They may have friends and relatives laughing at them when they become pregnant before they are married. They also suffer social, emotional, and financial problems if they become pregnant. Teenagers cannot afford to have children. Similarly, adolescent boys are not ready to become fathers and will also suffer these problems. Parenthood means responsibility, which many adolescent boys and girls have not yet learnt. • The law in Zambia forbids sexual intercourse before age of sixteen. <p>Unprotected sex can lead to unwanted pregnancies.</p>
Breakthrough to Integrated Science	<p>4th</p> <p><u>Unprotected sex</u></p> <p>Unprotected sex is sexual intercourse without using a condom. There are male and female condoms. Using condoms helps to prevent the spread of HIV/AIDS and most STIs. If condoms are used properly, they prevent unwanted pregnancies. The sperm stays in the condom and does not enter the female. Condoms must be used correctly to prevent the spread of disease and unwanted pregnancies. Condoms should be used only once and then thrown away. Someone who expects you to have sexual intercourse without a condom does not care about your health and happiness. A person who cares about you will not try to convince you to do something that you have learnt is not good for you. Unprotected sex can lead to illness.</p> <p><u>Contraception and pregnancy</u></p> <p>Contraception takes place when a single male sperm fertilizes a female egg. The fertilized egg develops. The egg develops into a ball of cells, which attaches itself to the soft lining of the uterus(womb). The ball of cells becomes an embryo. It takes nine months from conception or the embryo to develop into a body that is born. A pregnant women needs to take care of her own health and that of her unborn baby to ensure she gives birth to a healthy child.</p> <p>After the egg has been fertilized, it divides repeatedly to form a little ball of cells.</p> <p>Pregnant women should: •eat healthy foods. •not do anything that might injure the unborn baby •have regular check-ups with a doctor or midwife •know how to keep fit and prepare for the birth of the baby. •only use medicines that are prescribed by a doctor. •not smoke cigarettes or drink alcohol. Drinking alcohol during pregnancy can cause babies to have mental and heart defects. Smoking cigarettes during pregnancy can result in sickly, underweight babies. Pregnant women must look after their health.</p> <p>Exercise 4: 1. What happens at conception? 2. How long does it take conception to birth in humans? 3. Mention two ways that a pregnant woman can take care of herself and her unborn baby.</p> <p><u>Sexually transmitted infections</u></p> <p>Sexually transmitted infections (STIs) are diseases that are spread through sexual intercourse. In Zambia, many young people do not understand the dangers of unprotected sex, which can lead to STIs. There are many types of sexually transmitted diseases.</p> <p><u>Gonorrhoea</u></p> <ul style="list-style-type: none"> •the signs are a burning feeling when urinating, a yellowish discharge from the penis or the vagina, feeling ill, and painful swollen joints. •Gonorrhoea can cause sterility, making it impossible to have children. •If a pregnant women gets gonorrhoea, her body may also become infected. •The disease can cause blindness, arthritis and heart disease. <p><u>Syphilis</u></p> <ul style="list-style-type: none"> •The signs are sores on or near sexual organs. They are not painful. •Syphilis attacks the brain, causing blindness and madness. •If a pregnant women gets syphilis, her body may be born dead. Or the baby may have the disease and become crippled. •Clinics can test the blood of pregnant women to make sure it does not contain any syphilis germs. <p><u>Genital herpes (GH)</u></p> <ul style="list-style-type: none"> •The signs are blister-like sores on the sexual organs, and muscle pains. •Once the germs is in the body it is there for life. •A pregnant women with herpes can pass it on to her baby. <p><u>Treating STIs</u> Doctors can treat STIs with pills (antibiotics). It is important that STIs are attended to as soon as possible.</p>

HIV/AIDS

Acquired Immune Deficiency Syndrome (AIDS) is caused by a germ called the Human Immunodeficiency Virus (HIV). HIV, the virus, is passed on through the blood or body fluids such as semen (in males) and vaginal fluids (in females). This happens during sexual intercourse. It can also happen if drug users share needles, or if someone is given infected blood in a transfusion. HIV can also be passed from an infected mother to her baby before or during birth, or through breast-feeding. If HIV gets into your blood, it is so powerful that it destroys your antibodies. Your body cannot fight diseases and you become very ill. A person who has HIV is described as HIV-positive. A person who has HIV will develop AIDS which is a disease. There is no cure for AIDS. In Zambia antiretroviral drugs (ARVs) such as AZT can give relief and help to extend the life of people with HIV/AIDS. HIV/AIDS can be prevented by: not having sexual intercourse, using a condom, remaining faithful to one partner who is not infected. HIV/AIDS is not spread by holding hands, hugging or kissing. You cannot get HIV/AIDS by sharing cups, plates, and eating utensils. HIV/AIDS is not spread by hugging.

Exercise 5: 1. What does STI stand for? 2. Give two examples of STIs. 3. What does HIV/AIDS stand for? 4. Is there a cure for HIV/AIDS?

Summary activity: 1. What do we call a young person who just started puberty? 2. At what age does puberty usually start? 3. Describe three body changes that take place in boys at puberty. 4. Describe three body changes that take place in girls at puberty. 5. Give three reasons for mood changes in adolescents. 6. True or false? a) unprotected sex is dangerous. b) using a condom prevents STIs. c) it takes nine months from conception to birth in humans. d) Gonorrhoea and syphilis can be treated with antibiotics. e) In Zambia, it is forbidden to have sexual intercourse if you are under 16 years of age. 7. What do these letters stand for? a) STI b) AIDS c) HIV d) ARVs 8. Mention four ways that a pregnant woman can care for her health and that of her unborn child. 9. What harm can alcohol do to an unborn baby? 10. Describe two symptoms of gonorrhoea. 11. Describe two symptoms of syphilis.

Caring for your eyes

It is important to take care of your eyes. Dirt, dust, and bright light can damage your eyes. Do not: rub or touch your eyes with dirty hands, look directly at the sun or bright light, read or write in poor light, use herbal or other medicines in your eyes without speaking to a doctor first, use chemicals or household cleaners near your eyes.

Caring for your ears

It is important to take care of your ears. Ears collect dust and dirt from the environment. They also collect dirt from body oils and soaps. Ears produce wax that gets hard if it is not removed. Clean your ears with a soft cloth or cotton wool. DO not put anything sharp in your ear. This may damage the ear canal. Listening to very loud music can damage your ears. Using earphones can damage your ears. Use ear protectors if you work in a noisy place such as a factory. Only pierce your ears with sterilized needles.

Activity 2: 1. Name two things that could damage your ears. 2. Describe to a friend how to clean your ears.

Caring for your feet

When you walk around your feet get dirty. They collect dust on the heels, and dirt under the nails and between the toes. Is your feet get very dirty, the skin can get hard and crack. It is important to look after your feet and to keep them clean. If you do not take care of your feet, you may suffer from athlete's foot which is caused by a fungus. Wash your feet with soap and water, especially between the toes. Dry the skin well with a towel, especially between the toes. Apply skin lotion to stop your skin from cracking. Cut your toenails short to avoid germs collecting under them. Be careful when you walk barefoot. You may be bitten by a snake or cut your foot on broken glass.

Exercise 6: 1. Mention two ways to care for your feet. 2. Why must you take care if you walk barefoot?

Water born disease: Waterborne diseases are passed to people through water. In Zambia, examples are cholera, bilharzias and typhoid.

• Cholera is caused by a bacteria and is spread by drinking infected water and by eating food that has been washed in infected water. You can prevent cholera by eating clean, healthy food and drinking clean water.

• Bilharzia is caused by a worm (a parasite) that is carried by a small water snail. You catch bilharzia by swimming, or washing in, or drinking water in which these snails live.

• Typhoid is caused by a bacterium that infects food and drinking water. The germ is easily passed from one person to another.

Activity 4: 1. Mention three waterborne diseases. 2. Which disease is carried by a small water snail? 3. Find out where the water you use for cooking, bathing and drinking comes from. Do you think this water is safe?

Preventing water contamination

Water contamination means that the water is dirty and carries germs. Water can be contaminated by: washing clothes and cooking items in water sources, throwing rubbish in the water, using the water as a toilet, dead animals rotting in the water. In towns, most people use tap water that comes from a dam or reservoir. In villages, people may have to draw water from wells, streams or rivers. In some places rainwater is stored in tanks. A water source where animals drink, and people bath and wash their clothes, is easily contaminated by all the dirt and germs. This water is not safe to drink, to bath in or to use for cooking. We can water sources safe by: weeding around them, preventing animals from drinking there, stopping people from washing and bathing there, stopping people from using hushes as latrines and rubbish sites, encouraging people to boil water, stopping people from digging pit latrines near water sources or water wells.

Activity 6: 1. Find out where the water at your school comes from. 2. Do you think this water is safe? Why?

Preventing chemical contamination: In some provincial and district towns, the water is contaminated by chemical effluent. This is dirt or chemical waste from vehicles, garages, factories, and sewage. Chemical effluent pollutes the water and is harmful to humans and animals. Water contamination by chemical effluents can be prevented by: making laws that prevent factories from putting their effluent in water sources.

Exercise 7: 1. Name two things that can pollute water. 2. How can we make water safe to drink?

Dehydration:

Diarrhoea, typhoid, and cholera cause dehydration. People suffering from these diseases lose water from the body through vomiting and passing watery stools. Dehydration makes people weak and tired. It is important to prevent or to stop dehydration as soon as you notice the symptoms.

Ways to prevent dehydration: Drink a little water every time you pass a watery stool or vomit. Drink more fluids than usual. Boil water with a little salt and sugar added. Allow to cool and drink as needed. Breastfeed a dehydrated child normally.

Activity 7: 1. Discuss dehydration with a friend. 2. List two ways of preventing dehydration.

Ventilation:

		<p>Look at the small opening at the top of the classroom windows and doors. Why so you think they are there? We can feel air from outside the classroom even then the windows and doors are closed. Why? Allowing fresh air to come in and move around in a room is called ventilation. Good ventilation is very important. 1. Explain what is happening in the pictures below. 2. Now look at these pictures. Why are the sleeping children and the learners happy? When people stay in poorly ventilated buildings, they easily catch and pass on illness such as coughs and flu. Good ventilation is important in our classrooms, homes, and other buildings, because it : bring fresh air into the room, reduces water vapour and used air, gets rid of bad smells. Some people use fans to improve ventilation. Fans cause the air to move around the room. This makes the people in the room feel better. a dust fan, a ceiling fan.</p> <p><u>Air pollution</u></p> <p>When air has been made dirty, we call this air pollution. When we breathe air that is polluted, we also breathe in the dirt in the air. 1. Describe what is happening in the pictures above. 2. What will happen if you breathe in the air from the tractor or burning rubbish heap? Air pollution can cause chest illnesses and other health problems. Lung cancer is a very serious illness, which can be caused by air pollution and heavy smoking. People who smoke often become ill.</p> <p>Air pollution can harm plants and animals, making them weak, stunted, and unable to grow well. Stunted crops and unhealthy animals can be caused by air pollution.</p> <p>Exercise 4: True or false? 1.Smoking is good for your health. 2.Air pollution can cause chest illnesses. 3.Crops grow well when the air is polluted</p> <p>Preventing air pollution: Human activities are the cause of most air pollution. Burning rubbish, fumes from car engines and factories, and burning plants and trees all create air pollution. It is important that people take action to reduce and prevent air pollution.</p> <p>Activity 2: 1.Discuss ways of reducing or preventing air pollution. 2.Make a poster that shows people how to prevent air pollution 3.Put your poster up in your community.</p> <p>Materials such as wood, plastic, rubber, and cloth are bad conductors of heat. When bad conductors are used to protect us from getting burnt they are called insulators.</p> <p>Handles of objects used for cooking or heating things are good insulators of heat. They are made of wood, plastic, or rubber so that the heat from the object does not reach your hands. This makes them safe to use.</p>
Breakthrough to Creative and Technology Studies	4th	<p>Safety rules: Safety rules are made to protect you. They help to prevent accidents. Here are some safety rules. Wear the right clothes for that you are doing. Do not throw things in the classroom. Use the right equipment for what you are doing. Do not swim alone.</p> <p>Activity2: 1. Write down four other safety rules. 2. What can happen if you do not follow safety rules? 3. Look at the picture below. Write down rules for making water safe to drink. 4. What can happen if you drink water that is not clean?</p> <p>Use sports equipment in the right way to prevent injuries.</p> <p>Drink enough water to prevent dehydration.</p> <p>Personal hygiene: Wear clean clothes. Keep your hair short or tie it back if it long. Keep your nails short. Brush your teeth twice a day, when you wake up and before going to sleep.</p> <p>The environment is all around you. It is where you live, learn, work and play. On the playing fields: keep grass short, fill in potholes, remove stones, glass and objects that could hurt people.</p> <p>In the classroom, keep the classroom clean, fix any broken desks or chairs, replace broken window panes.</p> <p>In the workshop or drawing area, keep the work area clean, use only the tools that you need, protect work surfaces. make sure the floor is clean and dry, clean up when you are finished.</p> <p>Activity3: 1. Look at the environments in pictures 1 and 2. 2. Make a list of the dangers that you see. How can each environment be made safe?</p> <p><u>New words</u></p> <p>Accident: something that happens unexpectedly and causes injury or damage.</p> <p>Injury: harm done to someone's body</p> <p>Protect: to make sure something is not injured, harmed, or damaged.</p> <p>Safety rules: rules that protect</p> <p>Dehydration: to lose too much water from your body.</p> <p>hygiene: keeping yourself and your environment clean to prevent illness and disease.</p> <p>Look at the drawings below. What does each one remind you of? Compare the drawings. Do they have a similar message? (3 and 4: Traffic accident)</p> <p>Activity2: Draw a picture to show one of these messages: 1. A boy riding a bicycle dangerously in the middle of the road. 3. A child running across the road in front of a car. 7. A boy and a girl playing with a ball in the road. 10. A cyclist and a pedestrian in an accident.</p> <p>Paint theme pictures: Look carefully at the paintings below. 4. children playing with a ball on a road. 5, a boy urinating and a boy pitching water along the same river. 6 a boy walking across a traffic road</p> <p>Activity 4: Paint a picture for each of these messages: 1. Children eating healthy food and drinking clean water. 2: A boy and a girl walking in the pedestrian lane on a highway. 4. A child drinking water from a river. Another child is walking through the river upstream. 5. A boy pushing a wheelbarrow across a road. A car is close by.</p> <p>Song about social issues: There are many traditional and modern songs about HIV/AIDS, water and sanitation, nutrition, health and governance. This is a modern song about how difficult it is to live with HIV/AIDS and no ARVs. Leader: Be peter eee</p> <p>All: Bombasa Yapona, Bepikileni fyakulya, Bombasa Yapona, Ba ARV peniko, Bombasa ikate.</p> <p>Activity6 2. a) In groups of four, choose one of the following themes to compose a song about: HIV/AIDS, human rights, good nutrition, health and safety, democracy and good governance</p>
Breakthrough to Social and Development Studies	4rd	<p>Anti-AIDS club in schools: This club teaches school children awareness about HIV/AIDS.</p> <p>Activity8: 1. In groups, discuss how you can help the following people in your district. Make a list of the things you can do for them. As a class, choose one idea and work on it as a class project. • People with HIV/AIDS, visually impaired people, old people, street children.</p>

		<p><u>Road accidents:</u> Some people drive their cars carelessly by not keeping to the road traffic rules. They drive badly because they are in a hurry and they don't care about other people on the road. Sometimes they drive badly because they are drunk. Careless drivers can hurt, or even kill, people. Drivers should always drive very carefully. They should also respect other people who are on the road. Everyone should learn the road traffic rules and walk carefully on the road.</p> <p><u>Poor communication:</u> Some people live in places where there is no electricity, and so television, radio, and telephones cannot be used. They don't hear important information, for example, on HIV/AIDS and election.</p> <p><u>The basic needs of a citizen:</u> Everyone has the right to food, clean and safe water, clothes, shelter, education and medical care.</p> <p>Children's right: children also have the right to be treated equally (fairly). They have the right to be protected from bad things like drugs, war, HIV/AIDS, and being abused.</p> <p><u>How pollution breaks the food chain.</u></p> <p>People pollute and make the environment dirty in many ways. Look at the picture above and see in how many ways the people are polluting the river. If the environment is dirty and unhealthy, animals become sick and many of them may die. Young animals do not grow properly. Plants do not grow well in a polluted environment, either. Pollution breaks the food chain. If the land, air, and water of an environment is polluted, plants cannot grow. If this happens, the animals that eat plants have no food.</p> <p>Activity3: 3. As a class, think of some areas in your community that have been polluted, for example, a river. With your teacher's help, clean up the area as a class project.</p> <p>Exercise 3: 1. Explain how pollution can change the food chain you drew in activity 1. 2. What can be done to protect the food chain from pollution?</p> <p><u>Good sanitation keeps us healthy.</u></p> <p>When we get rid of household waste(rubbish) and human waste (faeces and urine) we keep ourselves healthy. Faeces carry germs. Germs can make people very sick. They are so small that they cannot be seen with only our eyes. We need special instruments to see them. Germs can float in air and in water. They like places that are warm and damp. They multiply very quickly. Files can spread germs quickly. Some germs are dangerous. Faeces and urine must be put somewhere where these dangerous germs cannot increase (become more) and spread. Some diseases that are spread by bad sanitation are cholera, dysentery, and typhoid.</p> <p><u>Ways of providing good sanitation in the community</u> (by picture) _</p> <p>Two types of pit latrines. Which latrines shows better sanitation?</p> <p>In rural areas, the most common type of toilets is a pit latrine. It is made by digging a deep hole. Faeces and urine are collected in the hole. The pit is covered with a slab. There should be two holes in the slab. One hole is called the squatting hole. This is where faeces and urine are dropped into the pit. The other hole is the air hole. It allows air to leave the pit. Flies are attracted to the air hole, so a pipe and a fly screen should cover it. This will prevent flies from entering the pit. The pit should be plastered so that the land around the pit doesn't become polluted. A leakage are is left near to the surface so that the liquid can leave the pit. Once the pit is full, a new one should be dug. A pit must always be kept far away from a well or a river. In urban areas, most houses have flush toilets. Water is used to flush toilets. Water is used to flush urine and faeces down the drain pipe. Waste water is taken to the sewage works. At the sewage works, it is filtered. The solid part can be used to make fertiliser and the liquid for irrigation in farms. This water cannot be used for drinking.</p> <p>Cleaning waste water at the sewerage works.</p> <p>Activity4: 1. Look at the two diagrams of pit latrines on page 87. Write down the differences between them. Which one do you think is more hygienic? Write down your reasons. 2. Draw the more hygienic pit in your exercise book. 3. Walk round your school and find out the following: 'How good is the sanitation?' 'Are the toilets or latrines safe and clean?' 4. Write a letter to the head teacher telling him or her what you have found out about pollution and sanitation at the school. Include any suggestions that you have about making sanitation even better at the school.</p> <p>Exercise4: Say whether the following statements are "True" or " False". 1. Germs live and multiply in human waste. 2. Good sanitation can help to keep us safe from cholera, typhoid and dysentery. 3. A riverbank is a good place to dig a pit latrine. . 4. Germs like places that are warm and damp. 5. Germs multiply very slowly. Always wash your hands after using the toilets.</p>
Breakthrough to Mathematics	4th	<p>Exercise6: 5. A hospital recorded 2345 people infected with HIV/AIDS. Later 5441 more people were also infected with the same disease. How many people were infected altogether? 10. A country recorded 7345 people infected with HIV/AIDS in 2005 and another 2457 in 2006. How many people were infected altogether?</p> <p>Summary activity: 7. A clinic recorded 3585 people infected with HIV/AIDS. An additional 5988 people were also recorded. How many people were infected altogether?</p> <p>Exercise2: 4. During an HIV test 1235 people were tested. It was found that 367 were HIV-positive. How many people were HIV-negative?</p> <p>Exercise16: 1. There is 1238 kg of food for HIV patients and another 4790 kg is delivered. How much food is there for them altogether?</p>
Breakthrough to English	4th	<p>Exercise2: Use should or should not to complete the sentences. 2. We ___ always throw rubbish in the bin. 4. We ___ wash our hands before eating food. 5. We _____ wear clean uniforms everyday.</p> <p>Read the following passage: An orphan is a child under the age of 18 whose parents have died. Some orphans have lost one parent. Other orphans have lost both parents. Most of the orphans in Zambia have lost both parents. Most of the parents have died of malaria or AIDS.</p> <p>Exercise 4: Use words from the box to complete the summary of the passage. Orphans without relatives to look after them live on the _____ or they live _____. _____ and AIDS kill many parents. A few orphans live in big homes called _____.</p> <p>Exercise 5: Translate these sentences into a Zambia language that you know. Many children in Zambia are orphans. Their parents have died from malaria or AIDS. Many orphans have to look after themselves.</p> <p>Road signs: Activity9 John knows what these road signs mean. Do you? Discuss the signs in groups.</p> <p><u>Pollution:</u> _</p> <p>Activity 3 Read this passage The world that we live in is becoming very unhealthy. There are substances that make the environment dirty and dangerous. The air, water and soil are becoming dirty and dangerous. This is called pollution. Pollution can make people sick. There are more and more cars in Zambian roads. These cars give out smoke or fumes. This smoke pollutes the air that people and animals breathe. It is unhealthy. Rubbish dumps in Zambia cause pollution. They give out gases that add to air pollution. They also cause diarrhoea and diseases like cholera.</p>

	<p>Activity4 Answer these questions 1. How does pollution affect our health? 2. What are the worst types of pollution? 3. What do you think could be done to reduce pollution?</p> <p>Exercise4: Write two paragraphs about pollution. Each paragraph should be about 15 words long. Paragraph 1: Explain what pollution is. Paragraph 2: Explain why it is unhealthy.</p> <p>Exercise 5: Find antonyms (opposites) for each of the underlined words in these sentences. Then write each sentence correctly, so that it makes sense. 1. Rubbish dumps are healthy. 2. Car fumes are safe. 3. There are few cars on the roads in Zambia. 4. Our environment is becoming clean. 5. Pollution can make people well.</p> <p><u>Moses saves a man</u></p> <p>Activity5 Discuss these questions in groups. 1. Have you helped someone who was in trouble? What did you do? 2. What should you do if your friend gets into trouble in a river? 3. What does it mean to "have courage"? 4. Make a list of three river safety rules.</p> <p>Activity6: Look at the pictures above. 1. Discuss what happened to the man's canoe. 2. What is the man trying to do? 3. What is Moses trying to do? 4. What do the people on the river bank think about this?</p> <p>Exercise5: Fill in the blank spaces with words given below. (Swam, padding tick, able, here, overturned) 1. Moses was a ____ because he tried to save the man. 2. The man was not ____ to get to the other side of the river. 3. The canoe overturned and the ____ floated away. 4. Moses ____ towards the man. 5. The canoe ____ in the water.</p> <p>Exercise 6. Complete the following sentences. 1. Moses swam towards the man because ____ 2. The man tried to get on top of the canoe so that ____.</p> <p>Exercise7. Copy this story into your Exercise book. Fill in the correct words. Use prepositions such as: to, into, near, up, on. Moses is a school boy. His school is ____ a big river. A lot of people paddle their canoes ____ the river. One day, Moses woke ____ late. When he got ____ school, the class had already started. The teacher refused to let Moses ____ the class. Moses decided to go and swim in the river. When he got ____ the river, he saw the man and the overturned canoe. He quickly took off his uniform and dived ____ the river. He swam ____ the drowning man. Moses saved the man.</p>
<p>Breakthrough to Creative and Technology Studies</p>	<p>5th</p> <p><u>I. Safety</u></p> <p>What will you learn in this chapter? When you have finished this chapter, you will be able to: Understand good working habits./ Know the rules for general safety./ Use the proper clothing./ Know how to look after your body./ Understand healthy habits./ Explain how we make the environment dirty./ Show how to care for environment./ Explain how to store tools correctly. This chapter is about general safety in the workshop, on the sports field, in the laboratory and in the natural environment. You will also think about your own personal hygiene and about eating a healthy diet.</p> <p>Activity: Look at the picture. What is wrong? What is not safe?</p> <p><u>Good working habits</u></p> <p>Safety in the classroom, in the workshop, on the sports field or at any work place is very important. Every year, a lot of people are injured at their work place. Some are burnt by chemicals and others are injured by the machines they use. Even on the sports field, many people suffer injuries. Sometimes, these injuries are caused by accidents. However, if people do not allow simple safety rules, they can be injured or they can injure others. These injuries can be very serious and long lasting. Some people have to stop working or going to school. This is why it is very important for us to follow general safety rules.</p> <p><u>Safety rules</u></p> <p>If we want to avoid accidents or injuries, we must observe safety rules. Here are some rules we can obey: a) In the workshop: Do not play around in the workshop./ Take care with machines./ Do not touch bare wires./ b) On the field: Follow your teacher's instructions./ Follow the rules of the game./ Be careful when you throw javelins./ Take care of the equipment./ Start when you are told to start and stop when you are told to stop. c) In the laboratory: Do not smell the chemicals./ Do not light fires./ Do not play with the chemicals./ Wear protective clothing. These are some of the rules for these work places. The kitchen is a work place too. So we must also follow safety rules when we work in the kitchen.</p> <p><u>Activity</u> 1. Look at the picture below, and find things that are not safe. Do you think the way she is wearing her hair and scarf could cause an accident? What else is wrong?</p> <p><u>Exercise</u>: Go into your groups. A) Talk about safety in the kitchen. B) Look at the picture for some ideas. C) Write down some rules for working safely in the kitchen.</p> <p><u>Proper clothes for the job</u></p> <p>When we are working we need to wear proper clothes. This helps us to be able to work well. We also need to wear proper clothes to protect ourselves. If you are working in a cold environment, you must wear warm clothes.</p> <p>Types of clothes: Look at the picture below. They show people wearing different types of clothes. " I am a miner. I wear a helmet to protect my head from falling rocks. " " I am a nurse. When I go to the theatre, I wear a mask I don't want to catch diseases. And I don't want to infect the patient.</p> <p>Exercise: 1. We should wear proper clothes at work. A) so that we look smart. B) to protect ourselves and work properly. C) to be loved by people. 2. True or false? A) All types of workers have the same clothes. B) Miners wear helmets to protect their heads. C) When you work in a cold environment you should not wear anything. D) Proper clothes at work are not necessary. 3. What should these people be wearing? a) a welder b) a runner c) a motor bike rider.</p> <p><u>Looking after our bodies</u></p> <p>We should care about our personal appearance. How we look is very important. We can practise personal hygiene by caring for our skin, hair, teeth, nails, ears, and eyes.</p> <p>a) Skin: Wash your hands, feet and face several times a day with warm water and soap./ Have a bath or shower every day./ Wear the right type of clothes.</p> <p>b) Nails: Cut your nails regularly so that they are not too long. / Clean your nails every day.</p> <p>c) Hair: Wash your hair often./ Brush or comb your hair several times each day./ Do not bleach or heat your hair unnecessarily.</p> <p>d) Teeth: Clean your teeth at least twice every day. / Use a toothbrush and toothpaste. / Do not eat too many sweets.</p> <p>e) Eyes: Do not put dirty fingers into your eyes./ Do not read in poor light./ Do not look into the sun. Never put medicines or chemicals in your eyes.</p> <p>f) Ears: Do not listen to very loud music./ Do not put anything in your ears./ Wash your ears often.</p>

Importance of hygiene

Hygiene and healthy habits are very important in our lives. If we want to be healthy, we must look after our bodies and practise personal hygiene. This will make it hard for us to catch infections which can lead to disease. Looking after ourselves is our responsibility. We know that when we become ill, we are the ones who feel the pain. So we must take steps to keep ourselves and our surroundings clean. It is also our responsibility to look after our family. We should not do anything that will make them ill.

Activity: We can get ill if we do not practise personal hygiene. In your exercise book, draw a picture of a healthy person. Label your drawing, using the words below: clean teeth, short nails, clean clothes, short clean hair, clean skin.

Exercise: 1) Who should take care of our bodies? A) our sisters and brothers. B) the teacher c) we should. 2) What can we do to practise personal hygiene? 3) the following table shows how we should care for parts of our body.

Making our environment dirty

Instead of looking after our environment, we make it very dirty. As a result, life has become difficult on our planet. To pollute simply means to make dirty. We pollute our environment in the following ways.

Different ways of polluting the environment

a) Water pollution: We make our water dirty by throwing plastic papers into it, urinating in the water, and dumping chemicals into it. Sometimes waste from latrines goes into our streams or rivers. We also put soaps into the water.

b) Land pollution: What do we see when we walk around our villages or towns? We see piles of garbage. People throw away things they no longer need - empty tins, plastic bags, left over or rotten food, chemicals, old cars. This makes our environment dirty.

c) Air pollution: Another way we make our environment dirty is by polluting our air. Today there are many cars on our roads and they produce a lot of smoke as they drive along. This smoke makes our air dirty. Factories give out smoke that pollutes the air.

Activity: a) Draw some pictures to show the ways we pollute our environment. B) Label each type of pollution in your pictures. C) Discuss the pictures in your groups. Talk about the effects of pollution.

exercise: a. Environment means: a) sky, b) the place where we live (our home and our surroundings), c) the lakes 2. Look at this picture. Describe each type of pollution in the picture. 3. do you think pollution is a big problem for our country? Why? 4. True or false? a) The environment includes only the air. b) Without the environment, people and animals cannot live. c) We can make our environment dirty in only one way. d) When we throw fertiliser into water, we pollute the water.

The effects of pollution

It does not help to pollute the environment in any way. When we pollute the environment, our health, the way we enjoy ourselves and how we make a living are all affected. Polluting our water sources means we shall have no water to drink. Without water we cannot survive very long. The fish and animals that live in water will die. This means we shall have no food to eat. We have to be careful when we use chemical fertilisers. If we put too many chemicals on the land, we make it unfit for growing crops. If we cannot grow crops, we shall have no food to eat. We shall have nowhere to play. Diseases will break out. Air pollution can lead to breathing problems. It can affect our lungs. It will not be safe for anyone to walk about in the open. Noise pollution can damage our ears. This will result in us becoming deaf.

Caring for the environment

We can do many things to care for the environment. Using compost manure instead of chemical fertilisers. / Not pouring chemicals on the land. / Not dumping garbage anywhere. / Burying waste. / Covering wells.

Activity: 1. Where you live, people pollute the environment in many ways. List the ways in which people make the environment dirty. Discuss these with the person next to you. 2. In your group, say whether people should be allowed to cut down trees or not. 3. Imagine there is a pile of garbage where you live. Suggest what you would do about it.

Exercise: 1. The only type of pollution that affects us is air pollution. True or false? 2. Who needs the environment? A) any people b) only animals. C) both people and animals. D) no one. 3. How should we look after the environment? A) Throw banana skins away on the street. b) Sweep the streets and burn the rubbish. c) We should not build latrines near water sources. 4. How should we treat the environment? Make a list.

Storing tools

Listen to this story. One day, Mulenga's mother left a knife lying on the sitting room floor. She was cooking in the kitchen. She did not want Mulenga to disturb her. So, she left him in the sitting room. She forgot about the knife on the floor. When Mulenga was left alone, he took the knife. He started to play with it. Mulenga's mother soon heard a loud cry. She ran to the sitting room. She found Mulenga crying. He had cut himself badly. She rushed him to the hospital. Accidents like that are very common. Tools that are not stored properly can cause accidents. When you finish work, store the tools in a proper place. Children, especially, must not be able to reach them.

Where to store tools

Different types of tools are stored in different places. It is better if these places can be locked. This will prevent anyone getting the tools and using them or getting hurt. These screwdrivers and spanners should be stored in a tool box. These kitchen utensils should be stored in a cupboard. This sports equipment should be stored in a sport storeroom. Sharp objects should be stored in drawers, out of reach of children.

Activity: Go into your groups. Discuss how to store various tools you use at home and at school. For example: a hoe, shovel, axe, slashers, test tubes, beakers, pots, and pans. Choose one person. Present your answers to the class. Give reasons for your answers.

Assessment 1. Say what is wrong in the picture below and describe what the girl should be wearing. 2. a) Say why hygiene is important. B) Mention the parts of the body we should take care of. C) Explain how to look after one of these parts. 4. a) Name types of pollution. b) Give one example for each type of pollution. c) Describe some effects of pollution. 5. a) Say why we should store tools properly. b) Name one tool. Say where you would store it and why.

New words: Accident, injury, chemicals, hygiene, pollution, tools

Safety: When you make a carving, you work with sharp tools. Remember to keep hands and fingers away from the sharp parts of shutting tools such as chisels and gouges. Keep your eyes protected from stone fragments. It is best to wear goggles to protect your eyes when you are working.

Exercise: 1. Explain how to keep safe when working with stone.

		<p>Exercise: In your groups, write a song on HIV/AIDS, substance abuse or child abuse. Sing the song to the class.</p> <p><u>Singing call and response songs.</u></p> <p>AIDS kills</p> <p>Hello, people (leader)</p> <p>Hello, People, listen to me (all)</p> <p>Listen to (leader)</p> <p>Listen to what I am saying (all)</p> <p>People, AIDS (leader)</p> <p>People, AIDS kills (all)</p> <p>So you must (leader)</p> <p>So you must protect yourself (all)</p> <p>If you don't (leader)</p> <p>If you don't protect yourself (all)</p> <p>We shall (leader)</p> <p>We shall all die. (all)</p>
Primary Maths Today	5th	<p>Exercise3: In your exercise book, write down the correct symbols that should go in the boxes below. F) HIV/ (deadly, diseases)</p>
Breakthrough to Social and Development Studies	5th	<p>Many people have HIV and AIDS. Lots of parents have died od AIDS and have left their children without anyone to look after them. These children are called orphans. They sometimes have to live in an orphanage.</p> <p>These are some examples of violations against children's right. When a boy or girl is forced to have sex with anyone.</p> <p>Child spacing: The average mother in Zambia has six children. She spends many years looking after her children and cannot earn any money. When she does get money, she has to buy food and clothes for all her children. Some mothers decide to have fewer children. Thy wait for some years between babies. This is called child spacing. Families who practise child spacing have more money to spend on they children. These mothers can also work because they do not have to spend all their time looking after many children.</p> <p>The picture above shows some chemicals going into the water near a factory. What has happened to all the creatures that live in the water? How will there chemicals affect the environment? IF the rivers are dirty and unhealthy, people cannot drink the water or eat the fish that live in it. If they do, they might become very ill.</p> <p>Problems in urban areas. These shanty towns usually have no water and the sanitation is poor because the sewerage is not taken away by special pipes. This can cause diseases, such as cholera and dysentery, to spread.</p> <p>When people cannot find jobs in towns and cities, it causes other problems. There is more crime. There is also more prostitution. This spreads HIV/AIDS. These problems can make life in towns and cities very difficult.</p>
Environmental Science	5th	<p>Objective: State the effects of diarrhoea. Pupil's activities: 1. Study the series of pictures and information showing the effects of diarrhoea. This person has diarrhoea and goes to the toilet frequently and loses a lot of fluids. 2. He has to drink a lot of fluids to replace the lost water. This loss of water is called dehydration. Replacing ht lost water is known as rehydration. (There was no statement of 3) 4. If diarrhoea continues, he become too weak and will need help to eat and drink. 5. A person too weak to drink or eat is given fluids by doctors. This may save his life.</p> <p>Information: Diarrhoea is the name given to the condition where a person produces every now and then, watery faeces(stool). The person may also vomit and have stomach-ache. The faeces smell different from normal faeces. Diarrhoea is caused by germs which enter a person's mouth. Germs enter the mouth in many ways. Some of these are through eating dirty food and drinking water. Diarrhoea is the most common cause of death in children between the ages of six months and two years. The main reason why children die of diarrhoea is that the y lose a lot of water from their bodies. The losing of too much water is called dehydration.</p> <p>Written Record: Write True or False. 1. Diarrhoea is a condition where a person frequently produces watery faeces. 2. Diarrhoea is the only cause of death in children between six months and two years. 3. Losing too much water is called dehydration. 4. Diarrhoea puts water back into the body and also gives energy. 5. People often die from dehydration because they become too weak.</p> <p>Objective: Prepare a rehydration drink for a diarrhoea patient. Pupil's activities: 1. Put clean water into a 1 litre container. 2. Add half a teaspoon of salt to the water. 3. Add 8 level teaspoons of sugar to the salt and water. 4. Stir the mixture until the sugar and salt dissolve in the water completely. 5. taste the drink. It should taste like tears. 6. Store the drink in a clean dry place and give sips to a diarrhoea patient.</p> <p>Information: When a person has diarrhoea, he needs a lot of liquids to drink. Rehydration drink is the best home cure for diarrhoea. You can make rehydration drink at home from water, salt and sugar. To make this drink, you mix 1 litre of clean water with half level teaspoon of salt and eight(8) level teaspoons of sugar. The mixture should taste like tears. Keep giving the drink to the patient often in small sips day and night.</p> <p>Written Record: 1. Fill in the missing words. To make a ____ drink, add salt and sugar to clean _____. It should taste like _____. Give a drink to the sick person _____. The rehydration drink is the best home ____ for diarrhoea. 2. Finish this in your book. Clean _____ + _____ + _____ = Rehydration drink.</p> <p>Objective: Describe how alcohol and other drugs affect excretory organs. Pupil's activities: Look at the picture. 1. Describe what the people in the pictures are doing. 2. Is it good to drink beer? 3. Is it good to smoke? 4. What happens when people drink beer?</p> <p>Information: Alcohol and tobacco are two drugs that people take very often. Alcohol is very dangerous to the health of a person. Alcohol can poison the liver and can make the stomach and the feet swell. Smoking tobacco can cause a lot of diseases. Smoking can cause cancer of the lungs and stomach. Smoking also can cause heart problems.</p> <p>Written record: Copy these sentences and state whether they are True or False. 2. Alcohol and tobacco are not drugs. 2. Cigarette smoking can cause cancer of the lungs. 3. Alcohol is taken through breathing. 4. Lungs are organs affected by smoking drugs. 5. The liver controls alcohol in the blood.</p> <p>Mosquito: A mosquito is a flying insect that sucks blood and transmit a parasite that causes malaria.</p>

	<p>Objective: Discuss ways of controlling diseases caused by parasites: Pupil's activities: 1. what is happening in each of the picture? 2. Why are people doing what they are doing in each of the pictures? (1) Cattle in dip tank. (2) Slashing vegetation (3) Spraying insecticide. (4) Using a mosquito net.</p> <p>Information: Name of vector: Mosquito. Disease that it causes: Malaria. How to control it: Covering holes, Spraying insecticide on mosquito larva. Slashing grass. Sleeping under a mosquito net.</p> <p>Written Record: malaria: Covering pools of stagnant water. Spraying insecticide on mosquito larva. Slashing grass. Sleeping under a net.</p>
<p>Breakthrough to Social and Development Studies</p>	<p>6th</p> <p><u>Child abuse</u></p> <p>What are children's rights? Children have rights. These rights include: the right to be protected from sexual exploitation and abuse. Some children are sexually abused. This is not their fault. Sometimes they are abused by people they trust. Sexual abuse is a very bad thing. People who sexually abuse children must be stopped. If a child is being abused, he or she should tell an adult that they trust about what is happening to them.</p> <p>Activity16: 1. Give four examples of: a) child abuse.</p> <p><u>Civic issues</u></p> <p>Civic duties: Keep the community clean. It is easier for people to stay healthy when they live in a clean environment.</p> <p>Activity17: 2. What can you do to make the park safer, healthier and better?</p> <p>Here are some of the things that made people happy in traditional Zambian life: Having many wives to bear lots of children. / Having many children to help their parents in old age and remember them after their death.</p> <p>To achieve this type of happiness, which is long lasting, we need to plan and have long-term goals in life. Once we have done this, we may even sacrifice certain things in order to achieve our goals. For example, if a boy or girl plans to stay healthy and have a healthy family, he or she will abstain from sex until he or she is married. That will help to keep him or her safe from HIV and AIDS. A student who wants a good education will sacrifice time and money to achieve his or her goal. Do you think it is necessary to have long-term goals in life? Why do you think so?</p> <p>Exercise 8: 2. Which long-term goal can help a person not to have sex before marriage?</p> <p><u>Food preservation</u></p> <p>Food processing: Food processing should be done in a clean environment because dirty food goes bad. This is how some food is processed before it is preserved: 1. All the skin and unnecessary parts are removed. 2. Depending on the methods of preservation, some food may be: cooked (boiled, fried, stewed, or steamed), ounded or ground to flour. 3. The food is then stored. Containers and bags must be clean (airtight containers or bags are sometimes used).</p> <p>How food is preserved: Some of the preservation method that people use today were first used a very long time ago. Below are some traditional methods of food preservation that are still being used. Smoking: When food is smoked, all the bacteria die because of the strong heat. The smoke on food protects it from new bacteria. Drying: Drying food in the sun also kills bacteria. When the food is dry, bacteria cannot get into it. Salting: When food is salted, the salt solution around it stops bacteria from getting into the food. Cooking: This kills bacteria. Cooking makes food stay safe from bacteria for a longer time than fresh food. Food may be boiled, fried, stewed, or steamed. Freezing: Making food very cold helps it to stay good for much longer. Food that can be frozen must be well cleaned and put in clean plastic or a container before freezing. It must be eaten soon after it has been defrosted. Bottling and canning: This stops food and liquids from going bad for a very long time. The containers must be airtight and they must be sterilised (all the germs in the container must be killed).</p> <p>Activity3: 1. Make a list of the types of food shown in the picture on page 91. How has the food been preserved? 2. Which of the preserving methods do you think is the best one? Why do you think it is the best?</p> <p>Exercise 3: Fill in the missing words: 1. Preserving food means _____. 2. Two traditional methods of preserving food are _____ and _____. 3. Food p_____ means preparing food for preserving. 4. We preserve food so that _____. 5. _____ and _____ are modern methods of preserving food.</p> <p><u>Protecting the environment</u></p> <p>People pollute the land, water and air every day. This is a very serious problem. Everyone can help to protect the environment. For, example, smoking vehicle should not be allowed on the road, as the fumes from the smoke pollute the air. Factories should also be controlled so that they do not pollute the air, rivers and land. Everyone should be careful about how they get rid of their rubbish. They should make compost from biodegradable waste. Biodegradable waste is rubbish, like vegetable and peeling, that can go back into the soil. Many materials can be recycled.</p> <p><u>Environmental pollution</u>. There are various types of environmental pollution that affect people, animals and plants. A. Air pollution (fumes, smoke, colds, asthma, cough), B. Water pollution (oil, sewerage, fertiliser, cholera, typhoid, kills fish and plants), C. Noise pollution (loud music, noisy vehicles: loss of hearing and sleep headache), D. Soil pollution (dirty environment: diseases, factory waste, papers, plastic).</p> <p>Activity6: With a partner, discuss what causes the pollution in each section. Investigate the environment around your school. Can you find any evidence of air, water, noise, or soil pollution?</p> <p>Exercise6: Write down some solutions to the pollution in each section.</p> <p><u>Road safety</u></p> <p>This topics will teach you more about the things that affect road safety. <u>Who is responsible for road safety?</u> All pedestrians and motorists are responsible for road safety. Police record show that road accidents are increasing (there are more and more accidents). If everyone obeyed road traffic, rules, there would be very few accidents on our roads.</p> <p><u>Conditions of vehicles</u>: Most car accidents involve cars that do not work properly. Cars must be in good condition at all times. Look at the picture below. Windscreen wipers clear the windscreen when it is raining so that the driver can see clearly. / Straight wheels and inflated tyres keep the car balanced when moving. / the car is controlled by the steering wheel. / The horn must be loud enough to warn people. / Lights and indicators tell pedestrians and other motorists about the driver's intention. / Brakes that do not work properly can cause bad accidents because the car cannot stop quickly. / A car must work properly in order to be safe for travel.</p>

	<p>Carelessness on the road. Speeding causes many road accidents and kills many people. Drivers should think of other road users and be very careful. There is a law against people talking on their mobile phones while they are driving. If a driver wants to answer his phone, he should stop the car on the side of the road to do so. Drivers can also buy handsfree sets for their mobile phones. A hands-free set is a headpiece that is connected to the mobile phone. If drivers have hands-free sets, they can talk on their phones without taking their hands off the steering wheel. It is very dangerous for people to drive if they have been drinking alcohol or if they have taken drugs. People who have drunk alcohol or taken drugs cannot well because they are not able to react quickly. They can cause serious road accidents and may hurt, or even kill, other people. Some people drive cars when they do not have a driving licence. These people make many mistakes because they have not had proper driving lessons. They do not always know what the road rules are and can cause serious accidents. Everyone who travels in a car should wear a seatbelt, but some people do not wear their seatbelts. This is very dangerous. People who do not wear their seatbelts can be badly hurt if they have an accident. All activities that cause accidents are against the law. The Red Traffic Commission fines anyone who I found breaking the road rules.</p> <p>Road signs: It is important to know what all the road signs mean. Find out how many signs you know by touching the signs below to the meanings. Match the above signs to the meaning below: 1. School children crossing, 2. Hump on road, 3. Narrow bridge, 4. Traffic light ahead, 5. Temporary stop sign.</p> <p>Activity2: With a partner, look at the picture below. Write down a list of the things that the driver is doing correctly. What does the road sign mean?</p> <p>Exercise2: Answer the question below. 1. What are some of the main causes of road accidents? 2. What must people do to avoid road accidents? 3. What do the different traffic light colours mean?</p>
Creative and Technology Studies	<p>6th</p> <p><u>Safety</u></p> <p>In this lesson you will: Demonstrate good working habits in the environment. Observe general safety. Accidents happen at home, at school, on the road and in many other places. Many accidents occur because of carelessness.</p> <p>Common accidents at home: (pictures)</p> <p>Activity1: 1. Look at these pictures with your partner. 2. Talk about common accidents. 3. Have you ever been involved in an accident? Tell your partner and write about it in your workbook.</p> <p>Prevention of accidents at home. Read these rules about how you can make your home a safer place.</p> <p>Accident prevention rules 1. Keep all medicines in a safe place. 2. Clear the floor of broken glass or other dangerous object. 3. Keep paraffin stoves in a safe place. 4. Make sure electric appliances are safe.</p> <p>Activity2: In your workbook, answer these questions. 1. How safe is your home? 2. How can you make your home more safe against accidents?</p> <p>Prevention of accidents at school: Accidents can happen on the school premises, especially in classrooms and on playgrounds. Not only is the environment often unsafe but pupils' misbehaviour causes accidents as well.</p> <p>Activity3: 1. Read the list below with your partner. 2. Talk about how the teacher can help pupils learn in a safe environment.</p> <p>The teacher's duties: 1. Keep watch over the pupils at all times. 2. Help the pupils to understand what kind of behaviour causes accidents. 3. Ensure that pupils follow the school rules. 4. Ensure that the school's floors and grounds are cleared of dangerous objects.</p> <p>Prevention of accidents in the community: A large number of accidents happen in the community. With education and proper precautions many of these accidents could be prevented. The dangerous situations in the pictures could be prevented by following these safety rules.</p> <p>Accidents Prevention Rules: 1. Follow road safety rules. 2. Do not eat plants or flowers. 3. Do not play near rivers, lakes, or wells. 4. Do not anger dogs.</p> <p>Activity4: In your group discuss accidents that can happen in your community. 2. Think about rules that could prevent these accidents. 3. Write these rules in a poster form.</p> <p><u>First aid</u>: First aid is the first care or assistance given to a person who is injured before the person is taken to a hospital. A first aid kit is necessary for treating minor accidents, such as cuts or bruises. For serious accidents, before taking the person to the hospital, there are some basic rules which must be observed. Read carefully the 'First Aid Rules' listed below.</p> <p>First Aids Rules: 1. Find out what happened. 2. Keep the accident victim as calm as possible. 3. Assess hazards-make the area safe. 4. Do not move the victim if a major injury is suspected. 5. Cover the victim to maintain body heat. 6. Look after the victim until a doctor or ambulance arrives. 7. Remember to always wear protective gloves.</p> <p>Activity5: Answer these questions in your workbook: 1. Describe two accidents that can happen in a community. How can these be prevented? 2. Describe four accidents that can happen in a home. How can these accidents be prevented? 3. List items that would be found in a first aid kit.</p> <p><u>Sanitation</u></p> <p>In this lesson you will: Observe healthy habits and personal hygiene. In any community, healthy habits and hygiene are essential. Proper hygiene and good sanitation are very important, because human waste left in the open and near water sources promotes the spread of infectious and serious diseases. The community must have good sanitation practices in order to prevent the spread of diseases. These diseases are spread to one's own body, or to other people's bodies, when germs from infected faeces are transferred from unwashed hands through the mouth to the rest of the system. Flies and insects also spread germs to other community members.</p> <p>Activity1: 1. With your partner, look at this picture carefully. 2. Identify activities in which infectious germs can be spread and cause disease.</p> <p>Closed latrines: Latrines and toilets are important because they prevent the spread of disease by keeping faeces and urine away from food and water supplies and out of the reach of insects and animal. The latrine should be at least 20 metres from dwellings, springs, rivers or streams. To make a closed latrine, the slab should be placed over a round hole in the ground. The hole should be one or two metres deep and one metre across. The hole should be kept covered when not in use and the slab should be washed often. The latrine should be used by one family only.</p> <p>Activity2: 1. Study this picture with your partner. 2. Discuss why this latrine is a good form of sanitation.</p> <p>Closed water toilets: Water toilets are excellent forms of sanitation because water is used to flush human waste down a sewer system. This human waste is then treated so that germ and bacteria cannot be spread easily.</p> <p>Maintenance of water toilets: 1. Flush after every use. 2. Clean surfaces every day with disinfectants, such as harpic, Dettol, etc. 3. Avoid flushing down items that can cause a blockage of the plumbing system. Such as leaves, sticks, fabric, etc.</p> <p>Ventilated improved pit latrine (V.I.P.) In the absence of running water, a ventilated improved pit latrine is recommended because like the closed latrine it prevents the spread of diseases. The ventilation pipe disperses unpleasant odours. A mesh screen covering the vent pipe also stops flies and insects from entering the latrine and then spreading diseases.</p>

Rules of maintaining high standards of sanitation: 1. Use properly constructed pit latrines or water toilets. 2. Ensure that drainage and plumbing function properly. 3. Keep latrines clean.

Prevention of waterborne disease: Diseases are spread from one person to another when water is contaminated. These waterborne diseases affect the intestines. Some examples of waterborne diseases are: typhoid, cholera, diarrhoea, and dysentery.

Rules for prevention of waterborne diseases: 1. Keep the wells and public water holes clean and covered. Do not allow animals to graze near areas where people get their drinking water. Fence in the area to keep animals out. 2. Keep human waste and garbage away from water holes, rivers and streams. 3. Do not dispose of garbage in water. Burn all garbage. Ant garbage that cannot be burned should be buried in a deep pit. 4. Build latrines a good distance from areas where animals graze.

Activity3: In your workbook, answer the following questions: 1. Why is it important to wash hands with soap and water after using the toilet? 2. Why it is important to keep toilets and surroundings clean? 3. When is it important to boil all drinking water and store it in clean containers with lids?

Swimming safely

In this lesson you will: Discuss swimming skills: Whenever you are near any body of water, you must be very alert. Water can be very dangerous especially if you are not a confident swimmer. Never go swimming alone and always make sure that you test the depth of water before going in. Do not go into deep water if you are not a confident swimmer. In shallow water, practise swimming strokes with a strong swimmer. If available, use armbands that will make you feel more comfortable in the water.

Water safety rules: Never swim alone./ Learn to swim./ Beware of moving water such as rivers and streams especially after heavy rains. / Go in water feet first and very slowly the first time to test the depth. Never dive into unfamiliar water. You may bang your head and seriously damage your head, neck, and spine. Call or wave for help if you are in trouble.

Activity1: In your workbook, indicate whether the following statements are 'True' or 'False'. 1. When you see that a person is having difficulty in deep, flowing waters of a river, you should go into the river to rescue him. 2. Stay clear of rocks in water because you may slip and get hurt. 3. Swim even though there are no other people with you. 4. Check how deep unfamiliar water is before going in.

Unhealthy habits: In this lesson you will: Observe healthy habits and personal hygiene.

Alcohol abuse: The unhealthy habits of some people not only damage their own health but harm the people around them. Those who abuse alcohol bring physical and emotional suffering to children and partners. Alcohol should never be abused.

Activity1: 1. Describe what is happening in the above picture. 2. What are some consequences of alcohol abuse?

The dangers of smoking: Some people abuse substances such as cigars, pipes and cigarettes. They swallow smoke particles and chemicals which get into their lungs and cause serious illness. Smoking and alcohol abuse cause extra strain on the heart and have harmful effects on the lungs and body in general. Smoking can also cause stomach ulcers and all kinds of problems with the digestive system. Children, whose parents smoke, are at a greater risk for contracting pneumonia and other respiratory illnesses because their lungs are weakened by the second-hand smoke that they breathe.

Activity2: 1. In your group, discuss why abuse of substances such as drugs, cigarettes and alcohol has harmful effects on our bodies and our relationships. 2. Discuss what can be done to discourage children from starting unhealthy habits. 3. How can you help a substance addict?

Encourage healthy habits: It is important to educate children about the dangers of substance abuse. Knowledge about drugs, alcohol and smoking and their effects lead people to making more informed decisions about their lifestyles so that healthier choices can be made.

Activity3: 1. With your partner, look at the posters below. They promote healthy habits. 2. design your own poster promoting healthy habits.

Safety in the home

In this lesson you will: Observe healthy habits and personal hygiene. The Red Cross is an international organization that not only provides food and aid relief but also conducts illustrates a presentation made by two facilitators of the Red Cross dealing with safety in the home. " Accidents causing very serious injuries or death happen daily. Many people get burns from cooking pots and open fires. Children also get serious injuries from broken glass, sharp knives and poisonous fluids.

Activity1: 1. With your partner, identify and list common causes of accidents in the home. 2. Next to each item on your list, write down ways of preventing such accidents.

HIV/AIDS

In this lesson you will: Observe healthy habits and personal hygiene. HIV stands for Human Immunodeficiency Virus. Once the virus enters the body, it destroys the cells that protect the body against disease. When a person has HIV he/she also develops AIDS (acquired Immune Deficiency Syndrome). HIV/AIDS cannot be spread through activities such as playing, swimming, being in close contact or enjoying a meal with an infected person. "I am Mulambo. This is my friend Mwamba. Although he is HIVpositive, he is strong and plays football." "Mwamba, Let's swim faster". "Mulambo, thanks for a fun filled day." " Thank you, Mother, for the delicious porridge."

Activity1: 1. Read the speech bubbles in the pictures. 2. In your group, discuss whether Mulambo can get HIV by being with his friends. 3. With your teacher's help, design and illustrate two posters listing the ways in which HIV can and cannot be spread.

Taking care of your teeth

In this lesson you will: Observe healthy habits and personal hygiene. After every meal it is important to brush your teeth. Good care of your teeth keeps them healthy and strong teeth are needed to chew your food properly. When brushing your teeth start with the top teeth at the gum line using downward strokes. Begin with the upper back teeth and brush each tooth working your way around to the other side of your mouth. Then do the same for the inside area of the upper teeth. Then repeat the same method for the lower teeth.

At about 6 or 7 years of age, baby teeth fall out and the adult teeth or permanent teeth grow. The adult, usually after the age of 18, should have 32 teeth. The teeth are shaped differently for specific functions. Incisors cut food, Canines bite and tear food, Premolars grind food, Molars grind food. Upper teeth, Lower teeth. Teeth and their roots that are below the gum line.

Activity1: 1. Identity the four types of teeth. 2. From the illustration above, identify the teeth which you have in your mouth.

Pollution

In this lesson you will: Discuss sources of pollution. Discuss how to care for the environment. Pollution is dirt or impurities in the environment. If our air and water are not clean, diseases can spread and diseases can weaken and kill people.

Some causes of air pollution: Here are some ways in which air can become dirty: emissions from car exhausts./ chemical emissions from factories / emissions from burning fuels in homes, such as wood, charcoal, kerosene, etc. emissions from burning garbage.

Activity 1: 1. With your group, investigate the environment around your school. Did you discover any sources of air pollution? List these sources.

The effects of air pollution: The smoke produced by motor vehicles, trains and factories pollute our air. Polluted air is harmful to our health and lives. Air pollution can cause diseases such as asthma, lung cancer, migraine headaches and influenza. Diseases spread very quickly in crowded places and areas with poor ventilation. It is important to keep air fresh and flowing in a room. Trees and plants are also very important because they take in carbon dioxide and give off oxygen which we breathe and is necessary for our survival.

Activity 2: 1. Look at the pictures on the next page with your partner. 2. Decide which picture shows a healthy environment and which an unhealthy one. 3. Draw a table and list the reasons that make the environment healthy or unhealthy.

Water pollution: Everybody needs clean water. Without clean water we cannot survive. Although water may appear clean, it may contain impurities and germs that can cause serious illness such as cholera, diarrhoea, typhoid and dysentery. Animals, fish, birds, and insects can also die if they are exposed to polluted water. Stagnant water, for example, water that is not flowing and dirty, is a serious health hazard because mosquitoes breed in large numbers in these waters. Malaria is transmitted by the bite of certain mosquitoes, and is characterized by attacks of chills and fever. Malaria is the cause of deaths of many people every year.

Activity 3: Answer these questions in your workbook: 1. What can happen when the air we breathe is polluted? 2. How does water become polluted? 3. How can we help to keep the air clean?

Land pollution: Besides air and water pollution, land can also be made hazardous to our health. Activity 4: 1. Look at the picture below with your partner. 2. Discuss whether you think the land environment is healthy or unhealthy. 3. Share your answers with the whole class.

Mauniamo shanty compound: Mauniamo compound is located near a fertilizer factory. There is a piece of land near the factory where the people from the compound grow their vegetable crops. There is also a rubbish dump next to their vegetable plants. Children often play in the area near the fertilizer factory. Two years ago people from the environmental council of Zambia came from Lusaka and completed an investigation of the factory. They were dissatisfied with the way that hazardous chemicals from the factory are dumped onto the surrounding land. This is very unhealthy for the people who live in the compound. The vegetables they gather from the field next to the factory and rubbish dump are contaminated by the chemicals in the ground. When people eat these vegetables they become ill. The children also suffer from a variety of illness because they are exposed to the chemicals while they play near the factory and rubbish dump.

Activity 5: Read the above passage and answer these questions in your workbook. 1. Why has the land near this compound become polluted? 2. What can be done to reduce land pollution? 3. Investigate the area around your home. Do you think that the land is clean or polluted? Give reasons for your answer. 4. In your group, write a letter to the fertilizer factory located near the Mauniamo compound. Plan your letter carefully and list details describing how the hazardous chemicals are damaging the surrounding environment.

Caring for tools

In this lesson you will: store tools correctly, care for the tools. Different kinds of metals are used in making tools. The most common metals are iron, tin and steel. It is important that these tools are well maintained so that they function properly and last longer. Tools must also be stored in a safe place so that people will not be accidentally hurt. Ensure that tools are kept in a well-secured storeroom and that only authorised people have access to this room. Tools must be arranged in an orderly manner. It is a good idea to arrange tools according to their use, for example, cutting tools, joining tools, bending tools and drilling tools. Keep tools clean and wash and dry them thoroughly. Dry them well before storing them in a clean and secure place.

Activity 1: 1. Draw a tool that you use often. 2. Discuss what could happen if you do not maintain and store tools safely. Together with your group members, role-play a scene in which an accident occurs because tools are not stored safely.

Appropriate clothing

In this lesson you will: Use appropriate dress in sport and the work environment. Safety in the workplace or on the sports field is very important. Appropriate clothing should be worn in specific types of jobs. For example, when doctors are in the operating theatre, they wear gloves and masks to protect themselves from becoming infected and spreading diseases. Miners must wear helmets and protective gear and carry a torch to guide them in the darkness underground. Football players wear special shoes in order to run faster.

Activity 1: 1. Discuss with your partner the occupations of the people in the picture above. 2. Are they wearing appropriate clothing? Explain your answer. 3. Draw pictures of people engaged in other activities. Show how important their clothing is for their protection.

Perishable and non-perishable foods

In this lesson you will: Observe healthy habits and personal hygiene. Non-perishable foods are also known as dry foods. These foods include: dried fish, dried groundnuts, cereals, beans, dried fruits, etc. Perishable foods are also known as fresh foods. These foods decay and decompose if they are not refrigerated. These foods include: meat, cheese, chicken, milk, yogurt, bread, fresh fruits and vegetables, etc. 1. Identify the foods in this picture. 2. Decide whether each food is perishable or non-perishable. In your workbook, draw a table as shown below and complete it.

Food storage: To prevent both perishable and non-perishable food from decaying or being contaminated by insects and dirt, it must be stored properly. The following are suggestions for storage of various foods. Vegetable racks: A vegetable rack is used for storing vegetables, root vegetables and fruit. Refrigerator: Refrigerated food can last for several days to weeks. A refrigerator also has a compartment for freezing perishable foods, such as meat, chicken, and fish, so that they can be stored for longer periods of time.

Deep freezer: A deep freezer is ideal for storing large cuts of meat, fish and chicken for a long period of time. A freezer usually comes with a booklet that gives the time periods in which foods can be stored. Plastic and dry containers: These containers can be used to store traditional drinks, such as mabwe, munkoyo, tea leaves, rice, salt, dried beans and sugar. Make sure that all containers are washed thoroughly before use. Boxes: Boxes can be used for short term storage of green vegetables, onions and fruits. It is best to keep these boxes in a dark and cool place.

Basins: A basin with cold water can be used for temporarily storing milk sachets. Sacks: Sacks are made from sisal or synthetic materials. They are used for storing non-perishable foods, such as maize, flour, rice, grains, cassava flour, mealie meal, etc.

Granaries: Granaries are common in villages. They are made from tree branches and grasses and elevated from the ground to protect foods from animals and insects. Granaries are used to store grain after harvest.

	<p>Food bins: Food bins are suitable for storing mealie meal and flour. They are made of metal and have tight fitting lids. Clay pots: Clay pots are very common in villages. They are used to store foods, such as beans, millet and dried vegetables. Baskets: Baskets are made from bamboo and reeds. These are popular in both urban and rural areas for storing foods, such as fruit, dried vegetables, root vegetables, etc.</p> <p>Activity2: In your textbook, answer these questions: 1. what is the difference between perishable and non-perishable foods? 2. List five perishable foods and five non-perishable foods. 3. State ways in which perishable foods can be stored. 4. State ways in which non-perishable foods can be stored.</p> <p><u>Katendi's unhappy situation</u></p> <p>In this lesson you will: observe healthy habits and personal hygiene. Katendi was twelve years old when both her parents died in a tragic bus accident. She was forced to go and live with her uncle and his wife. Katendi was hopeful that she would be able to continue school because she loved learning and wanted to become a teacher. Unfortunately life with her uncle and aunt became very unhappy and she was forbidden from going to school. Her aunt gave Katendi exhausting chores throughout the day and often into the late night. She was beaten severely if she didn't complete the chores quickly. Katendi was also given little food and was not allowed to bathe regularly, in order to save on water bills. She was given a blanket and told to sleep in the corner of the kitchen. Often her uncle would sneal in during the night and force himself upon her. She was so terrified she couldn't tell her aunt about this sexual abuse. Katendi who was once a cheerful and healthy girl became miserable and sickly. She felt trapped in her situation in which she was abused emotionally, physically, and sexually.</p> <p>Activity1: 1. With your partner, talk about the ways in which Katendi was abused. 2. Can you think of anything that Katendi could do to get herself out of this very unhappy situation?</p> <p><u>Malnutrition</u></p> <p>In this lesson you will: Observe healthy habits and personal hygiene. Malnutrition is a condition that arises when the body does not get the balance of nutrients in food to meet its requirements. A malnourished child cannot grow and develop well into an adolescent and adult. There are two main types of protein-energy malnutrition: marasmus, kwashiorkor. Some children show signs of both these protein-energy forms of malnutrition (PEM). Marasmus: Children get marasmus when they do not get good food to eat over a period of time. Often children get marasmus between the ages of six to fourteen months, during the weaning period, because the mother's breast milk isn't adequately supplemented. Their bodies start to waste away as their bones and muscles become progressively weaker and their body functions start failing. Children with marasmus may show the following symptoms: They have very little body fat. They are very underweight for their ages. They are constantly hungry. They seem to have an old person's face and a very unhappy expression.</p> <p>Kwashiorkor: Kwashiorkor is severe malnutrition in infants and children that is caused by a diet high in carbohydrate and low in protein. This disease is also a protein-energy form of malnutrition and often sets in between the ages of 18 to 48 months. It is a serious disease because the body become so weak that it cannot fight odd infections. Children displaying signs of kwashiorkor require emergency medical care. Children suffering from kwashiorkor may show the following symptoms: Parts of their bodies, especially the legs, feet and abdomen, are swollen. Their skin is cracked and peeling. Their hair is often reddish. (The word kwashiorkor comes from Ghana and it literally means 'red boy'.) Their expressions are unhappy and they're often peevish and may not want to eat.</p> <p>Activity1: With your partner, draw up two columns with the heading Marasmus and Kwashiorkor and list under each the symptoms of the disease. 2. Find out if there are any international food agencies in your community that can provide emergency food relief and medical care.</p> <p><u>Keeping healthy</u></p> <p>In this section you will: Observe healthy habits and personal hygiene. Personal hygiene is very important to keep us healthy. We also need to eat balanced meals and have enough time to sleep and rest. Regular physical activity and exercise are essential to keep healthy. If we have a healthy lifestyle, we can reduce the risk of contracting diseases.</p> <p>Activity1: 1. With your partner, discuss which o these activities you do. 2. Draw pictures of the what you keep healthy.</p> <p><u>Caring for the environment</u></p> <p>In this lesson you will: Discuss how to care for the environment. Demonstrate how to care for the environment. There are many ways in which we can care for our environment. WE can clean up litter around our school and keep the building itself neat and clean.</p> <p>Activity1: 1. In your group, compare the picture on this page and the one on page 101 to discuss what makes the school environment healthy or unhealthy. 2. Investigate the area around your school. Do you think it is a healthy environment? Why or why not? 3. How can you make your school environment healthier? Make a plan to carry out your suggestions.</p> <p><u>Workplace clothing</u></p> <p>In this lesson you will: use appropriate dress in sports and work environment. People in certain work environment will wear clothing that is appropriate to the job. For example, a nurse will wear a uniform not only for distinguish her from the other people in the hospital but also for cleanliness. Fire-fighters will wear protective clothing that do not catch fire. They will also wear protective helmets, gloves and boots. They often carry an axe to break down doors in locked buildings.</p> <p><u>Be water-safe</u></p> <p>In this lesson you will: Discuss swimming skills. Trouble in the water: 1.a) If someone is in trouble in the water and you can't swim, don't jump in to help. Immediately call an adult or someone who can swim. Throw something that can float, like a lifesaving ring, to the person to hold on to while help arrives. b) If you are a confident swimmer, get into the water but be very careful. People who are struggling in the water panic easily and can pull you down as well. When you reach the person use the lifesaving grip as shown below. 2. Once you get the person out of the water, check if he or she is breathing. Then lie the person on his or her side so that the water will flow out of the mouth more easily. 3.a) If the person starts coughing, wrap him or her in a warm blanket and give him or her a drink with sugar to help revive the person from the shock. d) If the person is not breathing, immediately call for an ambulance.</p> <p>Activity1: 1. Go to your local clinic or hospital and investigate whether there is a nurse or medic who can come and speak to your class about lifesaving. Prepare a list of questions to ask the speaker. 3. If you have access to a library, look for books on lifesaving and with your partner prepare and deliver a presentation to your class.</p> <p>Observe healthy habits and personal hygiene. In the evening I helped my mother clean the house.</p>
English	6th Exercise 1: Discuss issues

		<p>We have touched on fears which are very real and very scary. There are, however, other fears that may or may not have been mentioned. These are fears of illnesses such as HIV/AIDS, or malnutrition from lack of access to food. As a class discuss, of you wish to, fears that you have about HIV/AIDs and the impact that it might have on your life. Read the newspaper extracts on page 55. Decide if the comments express necessity, criticism, probability, certainty, doubt, judgement or make dedications. "A group of HIV-positive people in Solwezi help members access anti-retroviral drugs." "The hammermill project of the Network for Zambian People living with HIV/Aids makes it possible for members to go for viral load testing." "Chest complications may cause HIV-positive people to stop their livelihood of selling charcoal." "Asset Holding Company-Municipal Mining Services, Zambian firm, is educating thousands of local people on how to deal with the impacts of HIV/Aids." "Wee believe that with time, people with HIV will become independent." "We need income generating activities for HIV-positive people." "An estimated two million Zambians living with HIV." Now, express your own ideas and opinions about HIV/Aids. Use terms that express necessity, criticism, probability, certainty, doubt, judgement, or make dedications. For example, share comments such as the following: a. I feel that it is a necessity to educate people about HIV/Aids. b. I am critical of what people are doing about it.</p>
Stepping stones Mathematics	6th	In Wards A,B,C, and D there are 368 HIV/AIDS patients. If there are an equal number of patients in each ward, how many patients are in Ward B?
Breakthrough to Creative and Technology Studies	7th	<p>Wear the correct clothes: Some sports clothes are also made to protect you fro injuries. For example, wearing sports shoes protects your feet from getting cut if you stand on something sharp.</p> <p>Say "no" to drugs: Some drugs can prevent illness or help us to het better when we are ill. If drugs are abused, they can harm our bodies. Drug abuse is a serious problem and can lead to addiction. People who take drugs are a danger to themselves and others. If you do not start taking drugs, you will not need to stop. If you take medicines incorrectly, it is also drug abuse.</p> <p>Do not smoke: Smoking causes many health problems. It is the major cause of lung cancer and heat disease. People who smoke have a greater risk of dying at an earlier age than those people who do not smoke.</p> <p>Avoid alcohol: Drinking alcohol can make a person feel weak and drowsy. It can also cause feeling of aggression. An alcohol is someone who abuses alcohol. An alcoholic can cause many problems for friends and relatives. Alcohol damages the liver and the brain. Drinking alcohol is a risk to your health and to other people.</p> <p>Exercise 3: Copy these sentences into your exercise book. State whether each one is true of false. 1. Alcohol, smoking and drugs are good for sport. 2. Smoking can cause lung cancer. 3. Abusing drugs and alcohol does not lead to addiction. 4. Drinking alcohol can make a person aggressive. 5. Smoking does not cause many health problems.</p> <p>Sanitation: It is unhealthy to live in dirty places. It is important that we do not allow rubbish to pile up where we live. Rubbish should be removed as quickly as possible to avoid the spread of disease</p> <p>Getting rid of rubbish: A kitchen bin is used for fruit and vegetable peels and leftover food. It needs to be emptied and cleaned every day to avoid attracting cockroaches and other pests. Clean it with warm, soapy water. When it is dry, line it with plastic or newspaper. A rubbish bin is kept outside. All the rubbish from the house and the surroundings should be put in it. The bin needs to be emptied every time it is full. Clean it with warm, soapy water to remove germs and bad smells. Rubbish can also be dumped I a rubbish pit. The pit should be dug some distance away from the house. This keeps germs and bad smells away from the house. When it is nearly full, fill it up with soil and dig another one. This will help deter flies.</p> <p>Drainage: A system of drain is used to take waster water and sewage away from living areas to septic tanks. This helps to prevent the spread of disease.</p> <p>Maintaining environmental hygiene: It is important to keep our homes and surroundings clean because it will help tot prevent disease. It is important to do the following things: Sweep and weed around the house and the rubbish pit. Always throw all the rubbish inside the pit. Sprinkle wood ash or soil on top of refuse to deter flies. Cover the pit with soil then it is nearly full. Another way to maintain environmental hygiene is to keep toilet clean. We can also maintain environmental hygiene by keeping our surroundings clean. Dirty environmental attract flies, which can lead on our food and cause diseases such as dysentery. Cholera, typhoid and diarrhoea.</p> <p>Activity5: work in group/ 1. Discuss the diseases that can be picked up by eating unclean, contaminated food. 2. Look at the picture on page 11. Discuss each picture. What should be done to keep the environment clean?</p> <p>Exercise 5: Write your answers in your exercise book. 1. Describe how to take care of a rubbish pit. 2. Write down some points on keeping toilets clean. 3. What effects can a dirty environment have an a person's health?</p> <p>Summary activity 1. Why is it important to follow safety rules when we play sport? Give some example. 2. Name some of the health problems that are caused by smoking and drinking alcohol. 3. Say whether the following statements are true or false. A) It is safe to play football in the road. b) Alcohol gives you energy to play sport. c) If you smoke cigarettes, you may not live as long as someone who does not smoke. d) It does not matter what clothes you wear when you play sport. 4. How do drains help prevent the spread of disease in our environment? 5. Why do we need to empty rubbish bins every day? 6. What do we need to do when a rubbish pit is nearly full? Why? 7. Why do we need to ensure that our environment does not attract flies? 8. Identify three things in your environment that you think are a health hazard. For each one, write down how you think the problem can be solved. 9. Say whether the following statements are true or false. a) Flies cause diseases such as dysentery, cholera and typhoid. b) Sprinkling wood ask on top of refuse will deter flies. c) A rubbish bin can be kept inside. d) The rubbish bin can be kept inside. e) A kitchen bin does not need to be emptied every day. f) Keeping our environment clean will help us to stay healthy.</p> <p>Hygiene: keeping yourself and your environment clean to prevent disease. Sanitation: to ensure the environment is free from germs and dirt.</p> <p>Demonstrate lifesaving skills: Learning how to swim, and understanding wate safety, is very important. Accidents can happne in the water but if you know how to swim and if you know something about how to rescue a drowning person you can help to prevent these accidents. In Grade 6, you learnt that you should first try to reach a person with a pole, an extended hand or a rope. These are the safest ways to rescue someone if you are not a grained lifesaver. If the person is further out than you can reach and you decide to enter the water, approach the person carefully from behind. Talk to the person as you move closer and try to get him or her to calm down. Tell the person that he or she must do exactly as you say. If it looks like they will try to grab hold of you because they are scared, do not go closer to them until they have calmed down. Take hold of a piece of clothing or one hand under the person's chin. Tell him or her not to struggle. Now pull the person back to the shore on his or her back. Tell the person to extend his or her arms away from you. Keep on talking to the person to reassure him or her. Remember! You must never attempt to rescue someone if tou are not a strong swimmer or if it means that you will put yourself in danger.</p> <p>Acitivity11: You must only do this activity if your teacher or an adult who can swim, is watching you. 1. Take it in turns to pretend that you are in difficulty in the water. Practise treating water while your partner rescues you using the technique described above. 2. After you have completed the activity, discuss what was difficult or easy about using this lifesaving technique.</p> <p>Summary activity: 21 b) You should never swim alone. C) You should not attempt to rescue a drowning person if you are not a strong swimmer.</p> <p>Activity1: This poster warns people about the dangers of HIV/AIDS. "ABSTAIN* HIV/AIDS has NO CURE. Please Know Your Status."</p>

	<p>Exercise 5: Work in the groups. Discuss the following questions and make notes in your exercise book. 1. Why should you be careful when using cutting tools? 2. If you cut yourself by accident, what would you do to make sure your friends did not come into contact with your blood? 3. If your friend was hurt in the workshop, what would you do?</p> <p>Music composition: The way to compose a song is to start with a theme. For example, you could compose a song about soccer, HIV/AIDS of farming.</p> <p>Disease of the skin: There are many diseases which can affect the skin. It is important to know about these diseases, so that we can avoid getting them. Many skin problems can be avoided by simply practising good hygiene and washing regularly with soap and water.</p> <p>Activity 3: 1. Discuss how you can avoid catching skin diseases in everyday life.</p> <p>Active 4. 3. Discuss whether these diseases could be prevented by basic hygiene.</p> <p>New words: germs: micro-organism which cause disease, HIV; Human Immunodeficiency Virus, infectious; a disease that is spread by germs; one does not have to touch a disease person to be infected.</p> <p>What you will learn in this chapter: At the end of this chapter, you will be able to: explain the importance of personal hygiene/ explain the importance of wearing clean clothes/ discuss the dangers of substance abuse / explain the difference between a virus and a bacterium/ discuss the effects of cholera, tuberculosis malaria, and HIV/AIDS on individuals and families/ explain why HIV and AIDS is a threat to Zambians / discuss the effects of diseases on the population, discuss the prevalence of diseases in relation to the provision of health services</p> <p><u>Personal hygiene</u></p> <p>The importance of personal hygiene: Personal hygiene is important for good health. Boys and girls should learn to take responsibility for their own personal hygiene. What personal hygiene routine do you follow? Talk to a friend about what you understand personal hygiene to mean. Good personal hygiene included doing the following things: Washing our bodies often with soap and water. ? Watching our feet, ensuring that we wash and dry them well. / Washing and drying between the toes. / Keeping our hair and scalp clean. / Caring for our fingernails, by keeping them short, neat and clean. / Caring for our ears, and cleaning them with a soft cloth and cotton ear buds. / Caring germs, cavities and bad breath. In every day life, we come into contact with many germs and bacteria. Some of these may cause infections if we have open scratches or small wounds. Some bacteria may cause more serious diseases like cholera. We will learn more about these later on in this chapter. By washing our bodies frequently, we get rid of germs and bacteria infections and serious diseases. (It is important to wash under your arms daily [picture]). In everyday life, our bodies produce sweat, especially under the arms. Zambia has a warm climate, and it is quite normal for us to produce a lot of sweat. Warm, sweaty bodies attract bacteria, which can then cause skin problems and irritations. Furthermore, our bodies start to produce bad smells, which can be unpleasant for other people. Our hair and scalp collect dust, sweat, and sometimes head lice. By washing our hair frequently, and keeping it neat, we can prevent itchy scalps, and skin problems. Head lice can be a problem among young children, and by caring for our hair we can seek treatment for head lice as soon as we notice them. Caring for our teeth is an important part of personal hygiene. We can avoid costly visits to the dentist by brushing our teeth twice a day. This removes bacteria and bits of food from the teeth, and will help to prevent tooth decay. A diet that does not include too many sweets and fizzy drinks will also help to prevent tooth decay. Clean teeth also help to prevent bad breath. (Brushing your teeth twice a day will prevent tooth decay and bad breath. [picture]). By caring for our personal hygiene, we can prevent health problems, and reduce the need to visit a doctor or dentist.</p> <p>Activity 1: 1. In class, discuss why personal hygiene is important for everyone.</p> <p>Exercise 1: 1. Make a list of health problems that could be prevented by good personal hygiene. 2. Compare your list with your friend's list.</p> <p>The importance of wearing clean clothes: Just as our bodies get dirty during everyday activities and need to be kept clean, so our clothes need to be kept clean. When our bodies sweat, our clothes also get sweaty. Sweaty clothes attract dust, dirt and germs! The germs can multiply, and lead to illness and health problems. Dirty clothes also cause bad smells. For this reason, we should try to keep our clothes clean, and wash them often. To ensure good personal hygiene, it is important to ensure that we wear clean underwear. Try to wash your underwear often. This helps to get rid of germs and bacteria, and to prevent bad smells. Socks should also be washed often. If socks are not washed regularly, they become encrusted with sweat and bacteria build up. This can lead to skin irritations and even sores on the feet. Shoes should be kept clean and, if necessary, polished with a soft cloth. If shoes get wet, place them in a warm, dry place (not too close to a fire or brazier) to dry out, as they can become damaged if allowed to remain wet. Shoes can be costly which is why we should take good care of them.</p> <p>Activity 2: 1. In class, discuss the importance of wearing clean clothes.</p> <p>Exercise 2: 1. Answer true or false. A) Wearing clean clothes can help to prevent bad smells. B) Dirty socks are not a problem.</p> <p>Some cosmetics are necessary for our everyday personal hygiene, and some are a luxury</p>
Breakthrough to Integrated Science	<p>7th</p> <p><u>Substance abuse</u></p> <p>The dangers of substance abuse: substance abuse means using substance like drugs and alcohol in an irresponsible and even dangerous manner. There are different reasons why people abuse drugs and alcohol. Some people have personal problems, like problems with money or their families. They abuse drugs and alcohol because they want to forget about their problems and feel better. Some people feel pressurised into using drugs and alcohol because all their friends use drugs and alcohol. They want to feel part of a social group. We say they abuse drugs and alcohol because of peer pressure. Some people abuse drugs and alcohol because they want to relax. However, abusing drugs and alcohol does not solve any problems, abusing drugs and alcohol will lead to many more serious problems.</p> <p>Here is a list of some of the consequences of substance abuse: - Substance abuse leads to many health problems. - People who drink too much alcohol suffer from diseases of the liver, heart, and skin. - Babies born to alcoholic mothers suffer from birth defects, deformed limbs and brain damage. - Drug abusers suffer from dizziness, poor eyesight and general poor health. They could also get diseases such as HIV/AIDS if they use contaminated injection needles. - Substance abuse leads to a lack of self-esteem. The abusers don't care about personal hygiene or grooming, and they struggle at school or work. Often people know they should not be abusing substances, and that other people are complaining about them, so they feel really bad about themselves. - Substance abuse leads to financial problems. This is because drugs and alcohol are costly, and people may spend money needed for food or school clothes on the substances they crave. - Social problems usually result from substance abuse. People become bad-mannered, drunk, and even dangerous when they abuse drugs and alcohol. This can lead to families breaking up, children being abandoned, or even family violence. - Eventually people become so dependent on drugs and alcohol that they cannot do without them. They resort to extreme means, like stealing money, in order to buy drugs and alcohol. They need to be helped by a counsellor or health-worker, or even a hospital, to recover from this dependency. As you can see, there are many, many reasons why you should not take drugs and drink alcohol.</p> <p>Activity 7: 1. In class, discuss substance abuse, and why you think it is a bad thing. 2. Find out if there are any counsellors who can help drug users in your community.</p>