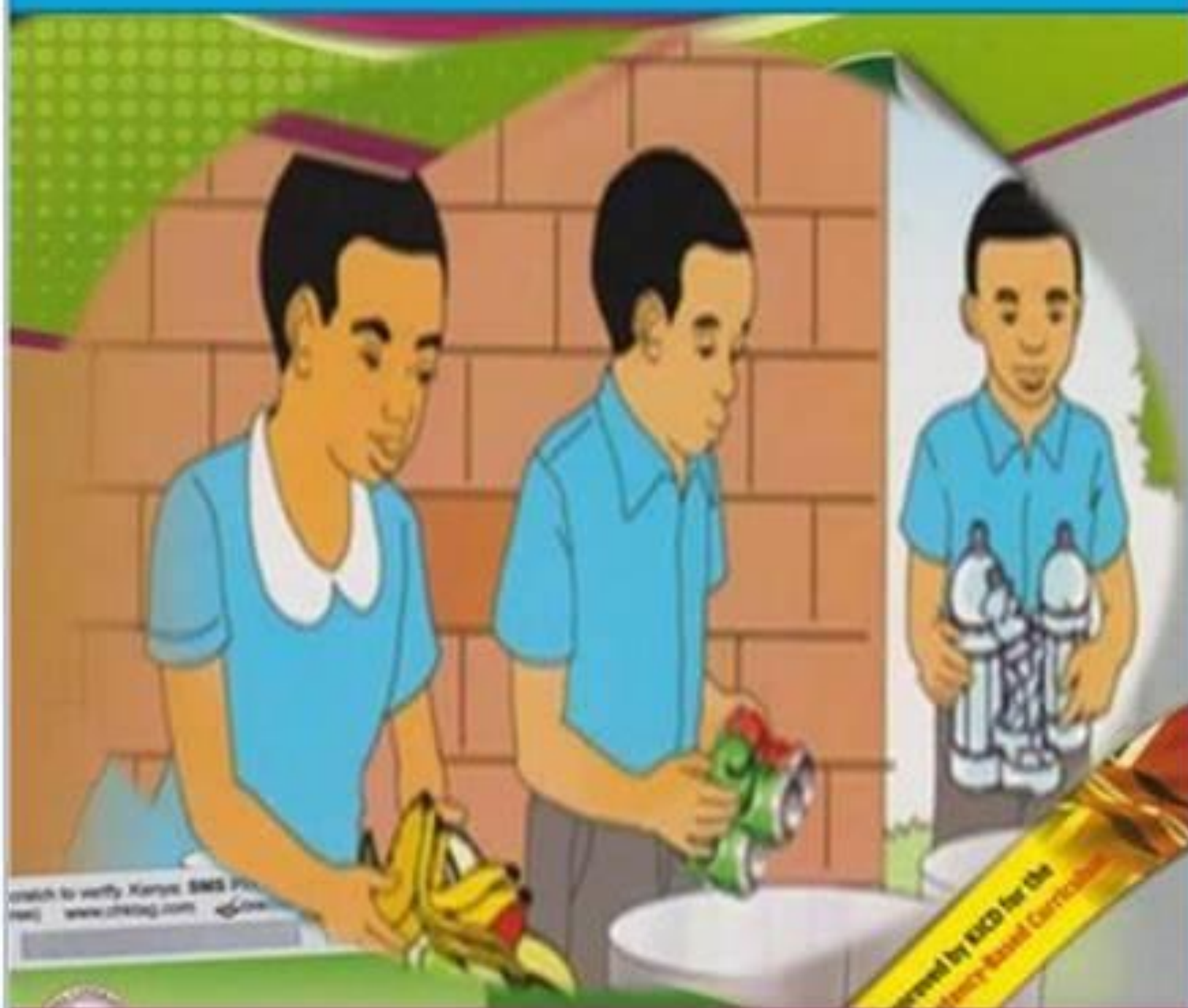


GRADE 3 ENVIRONMENTAL ACTIVITIES LESSON NOTES

LESSON NOTES



STRAND 1 SOCIAL ENVIRONMENT.

1.1 Our Living Environment.




Locally available materials used as Beddings.

- The room where we sleep are called **bedrooms**.
- In a bed room there is a bed.
- A bed is used for sleeping.



Bedding materials and their uses.

Name	Local available material used as Beddings.	Use.
Mat.		✓ Use for lying on while resting.
Pillows		✓ It is a bag of cloth filled with soft materials. ✓ A pillow supports the head when sleeping or lying down.
Mattresses.		✓ A soft spongy, firm material covered with a cloth used for sleeping on.

<p>Bed sheet.</p>		<ul style="list-style-type: none"> ✓ It is a rectangular piece of cloth laid on the bed. ✓ The sheet laid on top of the mattress is called bottom sheet. ✓ The sheet laid after the bottom sheet is called top sheet.
<p>Bedcovers.</p>		<ul style="list-style-type: none"> ✓ It keeps off dust from the bed. ✓ A bed cover is lighter than a duvet.
<p>Blankets.</p>		<p>They keep us warm when we are on the bed.</p>

Caring for sleeping areas.

We can take care for sleeping areas by:

- ✓ Washing our beddings.
- ✓ Dry and air our bedding materials.
- ✓ Sweeping our bedroom.
- ✓ Mopping our bedroom with clean water and soap.



Washing beddings.



Airing bedding to dry in the sun.

Causes of Bedwetting.



What is bedwetting?

This is wetting of the bed during sleep.

What are the causes of bedwetting?

Bedwetting is caused by the following things.

- ▶ Drinking too much liquids before sleeping.
- ▶ Dreaming.
- ▶ Not being able to control bladder.
- ▶ Feeling unwell.

Hygiene practices to observe during bedwetting.

- ✧ Washing soiled and dirty beddings.
- ✧ Airing beddings to prevent smelling. Airing is taking them outside to dry in the sun.
- ✧ Covering the mattress with **mackintosh**. A **Mackintosh** is a material that does not allow liquids like water and urine to pass through.
- ✧ Bathing daily helps to remove bad smell.



Mackintosh is used to cover a mattress to prevent it from urine incase of bedwetting.

Effects of bedwetting.

This are thing that happen after bedwetting:

They include:

- ✓ Bad smell.
- ✓ We feel bad because of low self-esteem.
- ✓ Bed sores.
- ✓ Low self-esteem.
- ✓ Beddings attacked with maggots.
- ✓ Damages bedding materials such as the mattress.



Bedwetting damages mattress.

Importance of observing hygiene in Sleeping areas.

It is important to observe hygiene in our sleeping area because:

- ✓ Beds look neat and beautiful.
- ✓ Beds are comfortable to sleep in.
- ✓ It makes beds and beddings clean.
- ✓ It keeps off dust from the bed.

1.2 Family Needs.

Emotional Needs: How people express their feeling.





We express emotions differently.

This depends on the situations around us.

When we have a positive situation, we are happy.

When we have a negative situation, we are sad or angry.

People can express emotion as follows.

Sad	
Happy	
Angry	
Fear	

Ways through which emotional needs are met in life.

- ✓ Empathy.
- ✓ Showing love.
- ✓ Showing attention.
- ✓ Praising.



1.3 Food in Our Environment.

Food groups.

- We need food to be strong and healthy.
- We eat different types of food to make our body strong and healthy.
- We eat different types of food at home and at school.
- Different foods help our bodies in different ways.










Energy giving foods.

The foods that we eat to get energy are called energy giving foods.

We eat energy giving food to get energy to work, play and be strong.

Examples of Energy giving food are:

- ✓ Cassava.
- ✓ Sweet potatoes.
- ✓ Irish potatoes.
- ✓ Arrow roots.
- ✓ Sugarcane.
- ✓ Bread.
- ✓ Maize.
- ✓ Honey.
- ✓ Wheat.
- ✓ Millet.
- ✓ Sorghum.
- ✓ Sugar.

<p>Cassava.</p> 	<p>Sweet potatoes</p> 	<p>Irish potatoes.</p> 
<p>Arrow roots</p> 	<p>Sugarcane</p> 	<p>Bread or wheat</p> 
<p>Maize</p> 	<p>Honey</p> 	<p>Millet</p> 

Sorghum

Sorghum + cassava ugali

Sugar



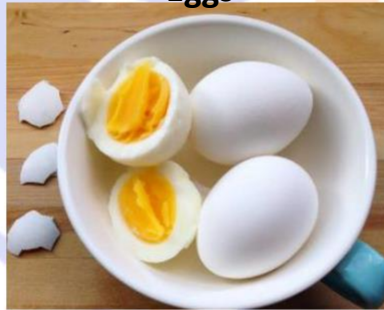
Body Building Foods.

- They are foods that make our body to grow.
- The foods make our bodies grow are called body building foods.
- The following are body building foods we eat at home.

Chicken.



Eggs



Milk

Beef



Mutton



Pork

Fish



Insects



Beans

Peas



Green grams



Cashew nuts



Ground nuts



Protective foods.

- They are foods that protect us from diseases.
- They include:
 - ✓ Kales.
 - ✓ Cabbage.
 - ✓ Spinach.
 - ✓ Pumpkin.
 - ✓ Black night shade (managu)
 - ✓ Spider weed (saga)
 - ✓ **Pigweed**
 - ✓ Carrots.
 - ✓ Tomatoes.
 - ✓ Onions.
 - ✓ Garlic.
 - ✓ Ginger.
 - ✓ Oranges.
 - ✓ Pears.
 - ✓ **Avocados.**
 - ✓ Ripe bananas.
 - ✓ Guava.
 - ✓ Grapes.
 - ✓ Apple.
 - ✓ Pineapples.
 - ✓ lemon



















Kales



Cabbages

Carrots



<p>Ripe bananas</p> 	<p>Spider weed (saga)</p> 	<p>Grapes.</p> 
<p>Spinach</p> 	<p>Pumpkin</p> 	<p>Black night shade (manage)</p> 
<p>Tomatoes.</p> 	<p>Onions</p> 	<p>Guavas</p> 
<p>Pineapples</p> 	<p>Ginger</p> 	<p>Garlic</p> 
<p>Oranges</p> 	<p>Lemon</p> 	<p>Pigweed</p> 
<p>Pears</p> 	<p>Onions</p> 	<p>Avocado</p> 

1.4 Our community.

Ways of Keeping Safe in the Community.

- We meet many people every day in the community.
- Some people are well known to us while others we do not know them. The people we meet and do not know are called **strangers**.
- **We can keep safe in the community by:**
 - ✓ We should not accept money sweets, juice or sodas from strangers.
 - ✓ We should not accept to enter in cars owned by strangers.
 - ✓ Use the roads safely.
 - ✓ Avoid walking alone at night. ✓ Avoid open pits.
 - ✓ Do not always walk alone. Keep company (walk with others.)
- ✓ Always use safe routes when going home and to school.
- ✓ Use the internet safely avoiding strangers.
- ✓ Know where the fire assembly point is found in the compound.
- ✓ Avoid or report those who are bully.

Safe places in the community.

- A safe place is where we run to when there is danger to avoid getting injured.
- Safes places in the community include:
 - ✓ At home.
 - ✓ At school.
 - ✓ Worship places.
 - ✓ Police stations.



Police stations.



At home



Worship place like church

At school.



Police station.

Dangerous or Unsafe places in the community.

- A dangerous place is where we cannot live.
- We should avoid dangerous places.
- Examples of dangerous places are:
 - ✓ Lonely roads.
 - ✓ Dark corners.
 - ✓ Forest and bushy areas.
 - ✓ Isolated or abandoned buildings.
 - ✓ Caves.
 - ✓ Rivers.
 - ✓ Open pits.
 - ✓ Abandoned building.

Lonely roads



Dark corners.



Forest/bushy areas



Isolated buildings



Caves.



Rivers.



Open pits



Behaviours that exposed one to danger in the Community.

- ✓ Playing near the roads and walkways.
- ✓ Using mobile phones and earphones when walking on the roads.
- ✓ Visiting places without your parents or guardians.
- ✓ Accepting gifts from strangers.
- ✓ Failure to follow instructions from parents and teachers.

Basic road safety signs.

☆ Using traffic lights.

We use traffic lights to cross the road so that we avoid accidents.

Traffic lights have three colours.

When **red** it means stop.

When **amber** it means get ready to cross the road.

When **green** it means go or cross the road.



The red light also may show a person standing which means we should not cross the road.

The green light may also show a person walking which means we should cross the road.



Use pedestrian crossing.

People who use the road while walking on foot are called **pedestrians**.

We can also use a pedestrian crossing to cross the road.

When crossing the road, we should be careful because other people use vehicles on the road.

People who help children to cross the road are called **crossing guards**.

They help children to cross the roads especially near schools.



A pedestrian crossing.



A pedestrian guard helping people to cross the road



Using stop signs.



This sign is used to tell us to stop when we are using the road.

It is used to allow others to use the road before we are also allowed.

It helps to avoid accidents.

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1.5 Cultural Events.

Cultural events carried in the community.

- Culture means people way of life or how people do things in the community.
- Different communities do things differently.
- That means different communities have different cultures.
- Cultural events in the community help us to live happily together.
- Cultural events in our communities also remind us to care of the environment.

Importance of cultural events.

They help us meet different people.

They bring us together for unity.

They educate us.

They help us to conserve the environment.

- Examples of cultural events in the community are:

- ✓ Birthday celebrations- we celebrated the day of the year we were born
- ✓ Weddings-celebrations happens when a man and a woman get married.
- ✓ Religious celebrations-such as Christmas to remember the day Jesus Christ was born, Easter
- ✓ Music festivals.
- ✓ Art exhibitions etc.



- Some culture activities that help us to conserve the environment include:

- ▶ Tree planting days.
- ▶ Market cleaning day.
- ▶ Water conservation day.
- ▶ Animal vaccination day.

Tree planting day



Market cleaning day



Water conservation day



Animal vaccination day.



Cultural events that promote Environmental care and Social well-being in the community.

- Tree planting days.
- Market cleaning day.
- Water conservation day.
- Child naming.
- Initiation.
- Dowry ceremony.
- Harvesting.
- Planting.

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STRAND 1 QUESTIONS AND ANSWERS.

1. A bedroom is a room where we _____ (sleep, cook)
2. Name four things we use while making bed.
3. Making our bed makes our room _____ (neat, bad)
4. We use a _____ to keep off dust from the bed. (Bedcover, pillow.)
5. We can keep hygiene in our sleeping areas by

6. Name the bedding material that keeps us warm while sleeping _____
(bed, blanket)
7. Mackintosh is a bed material we use to _____
(protect mattress from urine, cover the bed)



STRAND 2 NATURAL ENVIRONMENT.

2.1 Weather.

Unfavourable weather conditions.

Weather of a place can be:

- ✧ Windy.
- ✧ Sunny.
- ✧ Cloudy.
- ✧ Rainy.

Sometime the weather can be dangerous.

When the weather is dangerous, it can cause harm

Weather that causes harm is said to be unfavourable weather.

Examples of unfavourable weather are:

- ☞ Heavy rainfall.
- ☞ Drought.
- ☞ Strong wind.
- ☞ Extreme heat.
- ☞ Snow.
- ☞ Fog.

Heavy rainfall



Drought



Strong wind



Extreme heat



Snow



Fog



Effects of Unfavourable weather:

- ✓ Damage buildings.
- ✓ Damage crops and trees.
- ✓ Causes flooding.
- ✓ Causes death or loss of life.
- ✓ Causes water scarcity.

Strong wind-damage to building.



Heavy rains-damages to roads.



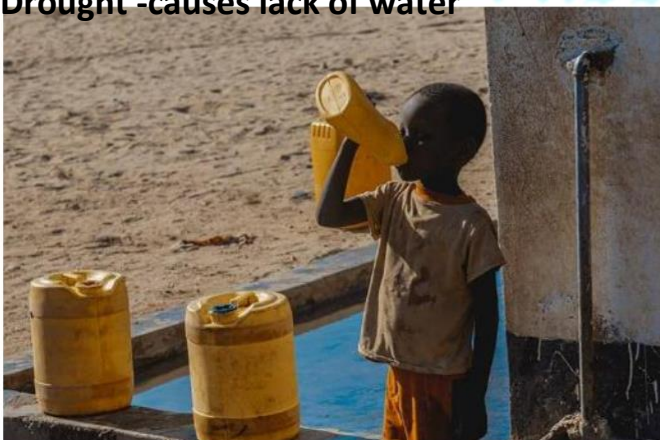
Strong wind- damage crops.



Heavy rainfall -causes flooding.



Drought -causes lack of water



Unfavourable weather conditions and their safety measures.

Unfavourable weather conditions	Safety measures.
Heavy rainfall	Shelter indoors. Avoid walking through stagnant water and flood. Stay indoors.
Strong winds	Stay indoor in strong rooms.
Extreme heat	Drink enough water. Avoid long exposure to the sun.
Snow	Dress warmly.
Fog	Ensure you use light when moving.

2.2 Soil.

The earth is covered by soil cover.

We grow plants using the soil.

Soil can be smooth or rough.

Soil can be smooth or rough because of the size of the soil particles.

The way soil feels in our hands when we touch it is called soil texture.

Characteristics of different types of soil.

There are three types of soil.

- ✓ Clay soil.
- ✓ Loam soil.
- ✓ Sand soil.

Clay soil



Loam soil



Sand soil



Clay soil.

- ▶ It is also called fine soil.
- ▶ Clay soil feels smooth when touched

Characteristics of Clay soil.

- It has small particles.
- Feels smooth.
- It is sticky when wet.
- Makes long ribbon.
- Does not dry quickly.
- Cracks when it is dry.

Sand soil.

- ▶ Sand soil is also called rough soil.
- ▶ It feels tough when touched.

Characteristics of sand soil.

- ↗ Feels coarse or rough.
- ↗ It has big particles.
- ↗ It does not stick when wet like clay soil.
- ↗ It has loose particles.
- ↗ It dries up quickly.

Loam soil.

It is also called medium soil.

Characteristics of loam soil.

- ▶ Has medium sized particles.
- ▶ Has medium texture.
- ▶ It feels both rough and smooth when toughed.
- ▶ Makes short ribbons that break easily.
- ▶ It has a lot of dead plants and animals.
- ▶ It is fertile

How to take care of soil in the environment.

Caring for the Soil environment	Meaning	Picture
Manuring	This is applying or adding manure	 A close-up photograph of a person's hand holding a clump of dark brown, rich soil. The background shows a larger pile of similar soil.
Mulching	This is covering soil with dry plant materials	 A photograph showing a vibrant green plant growing in a field. The soil around the plant is covered with a thick layer of dry straw or hay, which acts as mulch.
Planting trees	Growing of trees in our environment.	 A photograph of several children in school uniforms (yellow shirts and green skirts) engaged in a tree-planting activity. They are in an outdoor setting, and one child in the foreground is carefully placing a small tree sapling into the ground. Other children are visible in the background, some holding saplings.

2.3 Heat.

Sources of Heat.

- We get heat from different things in the environment.
- The things that give us heat are called **sources of heat**.
- Heat is usually produced from things that are burning or rub.
- Things that burn to produce heat are called fuels.
- Sources of heat include:
 - ✓ The sun.
 - ✓ Gas.
 - ✓ Electricity.
 - ✓ Charcoal.
 - ✓ Kerosene.

The sun.



Gas cooker



Electric cooker



Kerosene stove.



Charcoal burner



Traditional jiko



Solar heater.



Sources of heat at home and fuel used.

Source of heat	Fuel used
Solar heater	Sun
Charcoal burner	Charcoal
Stove	Kerosene or paraffin.
Traditional jiko	Firewood.
Electric cooker.	Electricity.

Uses of Heat in the Environment.

Heat is used to:

- ✓ Warming ourselves.
- ✓ Used for cooking.
- ✓ Used for ironing.
- ✓ Used for drying.



Warming



Cooking



Ironing



Drying

Basic Heat conservation measures at home.

Heat conservation measures are things we do to prevent loss of heat.

We can reduce loss of heat by:

- ✓ Switching off heat source after use and when not in use.
- ✓ Use energy saving stoves.
- ✓ Protecting fireplaces from winds.
- ✓ Use right heat source for right purpose.
- ✓ Use heat without wastage.

How to keep safe when using different sources of heat.

- ✓ Avoid playing with fire.
- ✓ Avoid playing with electric appliance.
- ✓ Avoid prolonged exposure in the sun.
- ✓ Be aware of fire alarms.
- ✓ When in fire places be accompanied by adults.

STRAND 3 RESOURCES IN OUR ENVIRONMENT.

3.1. Water.

Ways in which water can be contaminated.

- Water is used both at home and in school.
- We use water to cool ourselves.
- We also use water to clean ourselves and clean items at home.
- Water that is contaminated is not good for drinking.
- Contaminated water is unhealthy and spreads diseases.
- Water is contaminated in the following ways:
 - ✓ Dung and urine from animals.
 - ✓ Washing and bathing in water sources.
 - ✓ People urinating and defecating in water.
 - ✓ People washing vehicles in water.
 - ✓ Soil erosion.

Dung and urine from animals.



Washing and bathing in water sources.



People urinating and defecating in water sources.



Washing vehicles in water.



Soil erosion.



Human activities that contaminate water include:

- Washing clothes.
- Bathing.
- Urinating.
- Swimming.
- Animals drinking direct from water sources.
- Excreting in water sources.

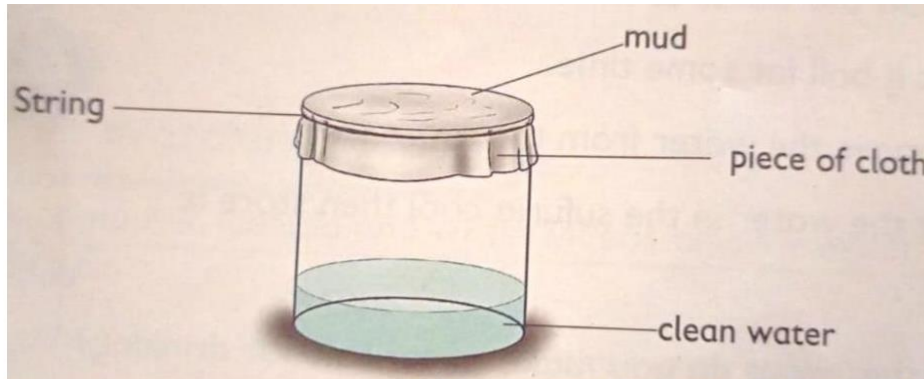
Activities we can use to make water clean.

We can make water safe for drinking by the following methods.

- ✓ Boiling-it kills germs.

Material required to filter water.

- ✓ A piece of cloth.
- ✓ Improvised water filters.
- ✓ A sieve.



Activities at home where water is used.

- ▶ Washing clothes.
- ▶ Washing hands.
- ▶ Washing dishes.
- ▶ Washing vegetables and fruits.
- ▶ Bathing.
- ▶ Watering animals.
- ▶ Watering crops (irrigation.)

Ways water can be reused.

We can reuse water in the following ways:

- ✓ Washing toilets.
- ✓ Watering plants.
- ✓ Sprinkling on earthen surfaces to reduce dust.
- ✓ Cleaning outdoor surfaces.

3.2. Plants.

Safety measures to observe when handling plants.

Plants are useful to us in many ways.

We should handle plants with care.

Some plants are dangerous as they have things such as thorns.

Thorns can injure us.

Some plants are poisonous.

We should avoid them by not eating them.

We can handle plants safely by:

- ✓ Using protective gears such as gloves.
- ✓ Have knowledge about poisonous plants and how to handle them.
- ✓ Wash hands before and after handling crops.
- ✓ Use tools to handle.
- ✓ Disposal of plant wastes.



A thorn plant.



Using gloves to handle plants

Classifying of plants.

- Plants are of different types.
- They also grow in different areas.
- Plants have many uses such as food, medicines, livestock feed, materials for building etc.



Classifying plants into edible and non-edible

Edible and nonedible plants.

- We use plants as food.
- The plants we use as food are called **edible plants.**
- We eat their different parts such as leaves and roots.

Plants we eat roots



Cassava.
Carrot.
Arrow root.
Sweet potato.

<p>Plants we eat fruits.</p> 	<p>Bananas. Avocadoes. Oranges. Pawpaw. Mangoes. Tomatoes.</p>
<p>Plants we eat the leaves.</p> 	<p>Cabbages. Kales. Cow peas. Onions.</p>
<p>Plants that give us seeds that we eat.</p> 	<p>Maize. Rice. Ground nuts. Beans. Green grams.</p>
<p>Plants we eat the stems</p> 	<p>Sugarcane.</p>

Some plants cannot be eaten.

Plants that can not be eaten are called **non-edible plants.**

Some of the non-edible plants include:



Poison ivy



Datura plant



Cactus.



Sodom apple

Kitchen Gardens.



This is a small plot or area around our house where we can plant vegetables. In kitchen gardens we can plant vegetables and fruits. Kitchen gardens are very important because:

- ✓ They help us get food throughout.
- ✓ They help our family to save money.

Materials used to make kitchen gardens.

- ☆ Old tyres.
- ☆ Basins.
- ☆ Pipes.
- ☆ Sacks.
- ☆ Hanging or floating pots.
- ☆ Plastic containers.
- ☆ Hanging walls.

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Old tyres used for kitchen gardens



Basin used for kitchen gardens.



Pipes used for kitchen gardens.



Sacks used for kitchen gardens.



Hanging/floating pots



Plastic containers



Types of vegetables we can plant in kitchen gardens.

- ✧ Kales.
- ✧ Spinach.
- ✧ Tomatoes.
- ✧ Onions.
- ✧ Black night shade.
- ✧ Coriander (dhania)





3.3. Animals.

- Animals are part of living organisms.
- They are important in many ways.
- Some are kept at home.
- Others stay in the forest.
- Animals we keep at home are called **domestic animals.**
- Those that live in the forest are called **wild animals.**

Importance of Domestic animals to Human beings.



Some domestic animals give us food such as beef, milk, mutton eggs honey and pork. Example of animals that give us food include:



Cow.



Goat.



Sheep.



Chicken.



Bees.



Pigs.



Sheep



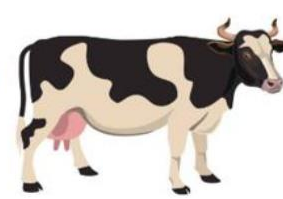
Goat



Chicken



Pig



Cow



Bee

Some domestic animals like dogs provide us with security.
A dog does not allow strangers in our homes.



Some domestic animals provide companionship.
These animals are called pets.

Examples of pets at home include:

- ✓ Dogs.
- ✓ Cats.
- ✓ Pigeons.
- ✓ Rabbits.



☆ Some animals we keep at home provide manure.
Manure makes soil fertile.

When the soil is fertile plants grow well/ We
get manure from the following animals:

- ☞ Cattle/cow.
- ☞ Rabbits.
- ☞ Goats.
- ☞ Chicken.
- ☞ Sheep.

☆ Some domestic animals help us to do work at home.

☆ Animals like oxen help us in ploughing our farms.



☆ Some domestic animals help us in transporting things such as loads.

☆ Example of animals that help us to transports loads are:
Donkeys.
Camels.



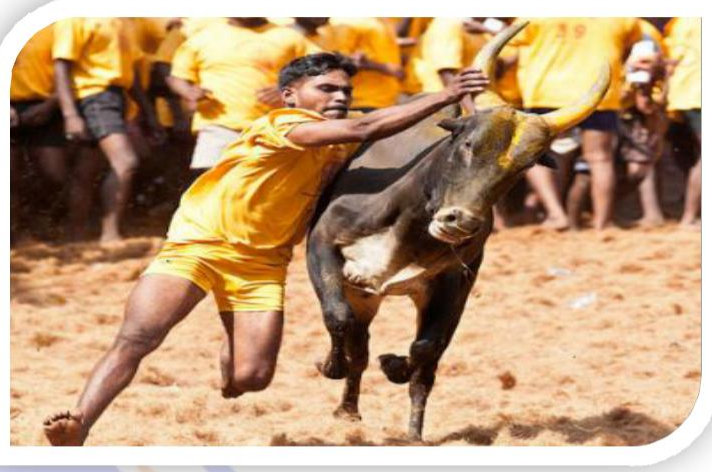


Some animals are used by people in sports activities.



Examples of animals used in sports activities include:

- ↗ Bulls.
- ↗ Horses.
- ↗ Cocks.



Some animals are source of energy such as biomass.



Some animals attract tourists.

Ways of caring for domestic animals.

We can take care of our animals by:

- ↗ Cleaning their habitat. (Where they stay.)
- ↗ Grooming-cleaning animals.
- ↗ Feeding the animals.
- ↗ Watering animals- provide them with clean water.

3.4 Enterprise Project.

Waste materials which can be used to generate income.

We use different materials in school such as containers. Some of these containers are paper, bottles and tins. These are among waste material.

Types of waste materials in the environment include:

- ✓ Bottles.
- ✓ Cans.
- ✓ Waste papers.
- ✓ Waste clothing materials.



Bottles

Other materials we use include:



Pens



Books



Shoes



Clothes



Tissue paper



Waste papers.



Tins

We also eat food and throw away remains as wastes. Such as banana peels, orange peels etc.



Ways of collecting waste.

Sweeping.

Picking.

Raking.

We can sort waste into the following groups:

Wet wastes- this is waste that has water in them.

Examples of wet waste include food remains, fruits and vegetable wastes.

Dry wastes-waste that is not wet.

Some of the dry waste include plastic waste, metal pieces, paper and wood waste.

We can reduce waste in school by:

- ↗ Carry or eat enough food.
- ↗ Serve just enough food for ourselves.
- ↗ So not tear papers from books.
- ↗ So not carry things you do not need in school like toys, wires and nails.

How to reuse waste in schools.

- › Use tins to plant flowers.
- › Plastic containers to keep chalk.
- › Old clothes to make dusters.
- › Dirty water to water flowers in the garden.
- › Wood shavings as fuel.

Plastic materials, metals and paper waste can be used to make new things in factories. Changing the form of waste to make new things is called **recycling**.

Wastes that can be recycled in school:

- ✂ Used plastic bottles.
- ✂ Old newspapers.
- ✂ Old metals.
- ✂ Old books.

Ways of using waste to generate income in the environment.

- ☆ Using tissue paper rolls to make pen holders.
- ☆ Use fruits and vegetables and food remains to make manure.
- ☆ Collect plastic, metal and glass wastes and sell them to be recycled in factories.
- ☆ Use papers to make cards and envelopes for sale.

Safety measures to observe when handling wastes.

- › Use personal protective equipment such as gloves, aprons, gumboots and masks.
- › Observe hygiene by washings hands after handling wastes.
- › Always keep company of adults with you when handling wastes.
- › Be aware of potential hazards from waste materials you are handling.