**Hygiene Notes Grade 2**

**Topic 1: Healthy practices**

**1:Healthy habits**

Healthy habits are things we do everyday to keep our bodies healthy. Some of the healthy habits are;

* Bathing everyday
* Playing
* Having enough sleep
* Washing our hands before eating and after visiting the toilet
* Brushing our teeth
* Wearing clean clothes
* Drinking boiled water
* Eating healthy foods

**The food we eat in the morning**

The meal we eat in the morning is called breakfast.

We eat breakfast everyday

We should eat breakfast before we go to school

**Foods we eat for breakfast**

Examples of food we eat for breakfast are;

* Tea
* Milk
* Bread
* Boiled green maize
* Sweet potatoes
* Eggs
* Porridge
* Yams
* Banana
* Pumpkins

**Why do we eat breakfast?**

We eat breakfast everyday because;

* It gives us energy to learn and play
* Breakfast makes us healthy
* It is good habit to eat breakfast

**2: Oral hygiene**

**Good oral habits**

Good oral habits are the things we do to keep our mouth and teeth clean

Good oral habits keep our teeth healthy and strong.

Good habits are;

1. Brush your teeth twice a day \_\_ brush in the morning,brush in the evening before going to bed. Use toothbrush, toothpaste and clean water to brush your teeth.
2. Eat hard foods\_\_ hard foods make our teeth strong. Examples of hard foods are; sugarcane,apples,pears
3. Drink milk \_\_\_ milk is good for our teeth and bones
4. Visit a dentist \_\_\_ visit a dentist at least two times a year.

**Dentist** is a doctor who treats our teeth

**Bad oral habits**

Bad oral habits are bad things we do to our teeth.

These are the bad oral habits. Do not do them

1. Do not bite your finger nails
2. Do not chew sticks and pencils
3. Do not suck your fingers
4. Do not use toothpicks

**Use of different rooms in our house**

**Our house**

Tend lives in Noveti village. He lives with his family. Their house has five rooms. It has one kitchen. There is one living room. There are two bedrooms. Tenda has his own bedroom. There is one bathroom and a toilet in the house.

**Answer the questions**

1. Tenda lives in \_\_\_\_\_ village
2. The house has \_\_\_\_\_\_ rooms
3. Is there a living room ( yes/ no)
4. There are two \_\_\_\_\_ in the house.

A house has several rooms

1. Sitting room/ living room
2. Bedroom
3. Bathroom
4. Kitchen
5. Toilet
6. Dining room
7. Store

**Uses f rooms in our house**

We use different rooms in our house for different purposes

1. We cook in the kitchen
2. We rest in the living room
3. We sleep in the bedroom
4. We take bath in the bathroom
5. We eat our meals in the dining room
6. We store food and other items in the store.

**Things found in a house**

Some of the things found in a house are;

* Furniture like tables,chairs, cupboards, beds
* Utensils like spoons, plates, sufurias
* Electronics like TV, radio,phones,computers
* Beddings eg blankets, mattress

**Cleaning things in the house**

We clean our house to remove dirt.

Dirt can give a house a bad smell

Dirt can bring rats and cockroaches into our house

Keep the house clean everyday

**Cleaning utensils**

Why do we clean utensils?

We clean utensils after every meal

Dirty utensils can bring cockroaches into the house

Eating food in dirty utensils make us sick

**Utensils** are items we use to cook and serve food.

**Materials used in cleaning utensils**

* Soap,
* drying rack
* Steel wool
* Sponge
* Sisal fibre
* Maize cobs

**How to clean utensils**

Use soap and clean water to wash utensils

1. Put some warm water in a basin. Add soap
2. Wash each utensil in the warm soapy water. Scrub the sufurias with steel wool
3. Rinse the utensils in clean water.
4. Place them on a rack to dry.
5. After, drying store the utensils in a clean place

**Dangers of second hand smoke**

**Things that people smoke**

Some people smoke tobacco

Others smoke cigarettes.

Smoking is bad for our health. It can cause bad diseases.

Never smoke

Use polite language to tell people not to smoke.

**How can you tell if a person has been smoking?**

People who smoke smell tobacco

Some may have stained teeth.

Smoking can make the eyes to look red.

People who smoke may have burnt fingers tips

Smoking can make a person to cough

**What is second hand smoke?**

When people smoke around us,we get second hand smoke.

Second hand smoke is smoke that comes from a person who is smoking

Second hand smoke is bad for our health. It can make us sick.

Stay away from people who are smoking

Use polite language to ask them to stop smoking

**Keeping water safe**

**What is water contamination?**

Water contamination means making clean water dirty.

Doing these things can make water dirty

1. Washing clothes in a river
2. Going for a short call or long call near a river
3. Throwing papers in water
4. Throwing soil in water
5. Animals can also make water dirty.

**How does contaminated water look like?**

Contaminated water has dirty colour.

It has a bad smell

It has dirt in it

Contaminated water is not good for drinking. It can make us sick

**How to prevent water contamination**

We can prevent water contamination by doing these things

1. Covering water containers
2. Covering water wells
3. Not putting dirty things in water
4. Watering animals away from the river
5. Using toilets and latrines

**Reusing water and soap at home**

**What do we use water and soap for?**

We use water at home for;

1. Drinking
2. Washing clothes and utensils
3. Washing vegetables and fruits
4. Washing our bodies

**Reusing water at home**

Reusing water means using water again

* Water used to wash clothes can be reused to clean the floor
* Water used to wash vegetables can be reused to water plants
* Water used to wash hands can also be reused to water plants

**Reusing soap**

When we use soap at home , small pieces of soap remain behind.

The small pieces of soap that remain after using soap are called **soap flakes**

**Soap flakes** can be reused to make a soap gel and a bar soap

**How to make a soap gel**

You will need

Soap flakes, open container, plastic bottles and warm water.

Procedure

1. Cut the soap flakes into small pieces
2. Put them in water
3. Stir the water until the flakes are finished
4. Pour the liquids in bottles. The liquid is called soap gel.
5. Use the soap gel to wash hands

**How to make a bar soap**

You will need

Soap flakes, open container and warm water

Procedure

1. Put the flakes in an open container
2. Add some warm water
3. Leave them to become soft
4. Remove the flakes from the water
5. Press them together to make one big soap
6. Mould the soap into the shape you want.

We reuse water to reduce wastage

We reuse soap to reduce wastage

We should always save water and soap.