

LAGOS STATE GOVERNMENT, MINISTRY OF EDUCATION  
EARLY CHILDHOOD CARE EDUCATION SCHEMES OF WORK



HEALTH HABITS

NURSERY 1 - AGE 3

1<sup>ST</sup> TERM

WKS	TOPICS	CONTENTS/ACTIVITIES	LEARNING MATERIALS
1	Disease/ Illness	<p>i. Give simple meaning of disease.</p> <p>ii. Give examples of some diseases common among children e.g. polio, cough, malaria, chicken pox, stooling, kwashiorkor etc.</p> <p>Note: Refer children for treatment when necessary to appropriate health facility centre.</p>	<p>- Poster/ pictures/charts showing signs of childhood diseases and healthy children.</p> <p>- Television clips on health.</p> <p>- Video player and tapes.</p> <p>- Radio jingles.</p>
2	Diseases: Causes	<p>i. List and discuss some causes of diseases and illnesses e.g. drinking dirty water, using dirty plates or cutlery to eat, picking food from the floor, living or sleeping in dirty room, stagnant water in the surroundings, littering of floor, roads and gutter with</p>	<p>- Clean water</p> <p>- Bottle</p> <p>- Container</p> <p>- Towel</p> <p>- Toilet soap</p> <p>- Basin</p> <p>- Cups,</p> <p>- Salt/sugar</p> <p>- Spoon</p> <p>- Medicated</p>

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		dirt. ii. Discuss the implications of dirty habits to our health and environment.	soap. - Disinfectant treated mosquitoes' nets - Clinical Thermometer - Newspaper, magazines, calendar cutting. - Pictures of various immunization programmes. - Show sample of drugs to children.
3	Diseases: Care	i. List and discuss some care to be given to a pupil that is ill e.g. giving ORT/SS solution when necessary, give food, water, warmth, give first-aid treatment, refer to clinic.  Note: *Teachers are advised not to administer medicine to pupils *Parents are advised to keep sick pupil(s) at home for proper care.	
4	Diseases: Prevention	Discuss with the children some preventive measures on childhood diseases e.g. immunization, cleanliness, live in air and cool house, ORT/SS Solution, use of insecticide, use of treated mosquito nets, de-worming.	
5	Immunization	i. Use simple words to explain immunization to the	

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		pupils. ii. Expose pupils to pictures/ photographs/posters/charts showing various vaccines e.g. BCG, vaccine against measles, polio; Vitamin A etc.  Note: *Educate parents on types of immunization (vaccines) exercise. *Collect and keep records of pupils' immunization.	
6	MID TERM BREAK	MID TERM BREAK	
7	Health Habits: Good	i. Discuss simple meaning of good health habits with the pupils. ii. Mention some ways of maintaining good personal health e.g. eating balanced diet (good food), drinking clean water, play safely, exercise, rest etc.	
8	Health Habits: Bad	Discuss simple meaning of bad health habits e.g. dirty nails, bushy hair,	

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		mouth odour, mucus in the nose, dirt in the eyes, smoking etc.	
9	Safety Rules	i. Discuss the meaning of safety rules. ii. Mention and discuss some safety rules a child needs to keep e.g. playing with electric sockets or wire, playing with naked fire, talking with strangers, flying kites on the road, rolling tyre or ball on the road, sitting in front of a car, crossing road alone etc.	
10&11	REVISION	REVISION	
12&13	EXAMINATION	EXAMINATION	

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HEALTH HABITS

NURSERY 1 - AGE 3

2<sup>ND</sup> TERM

WKS	TOPICS	CONTENTS/ACTIVITIES	LEARNING MATERIALS
1	REVISION	Revision of 1 <sup>st</sup> term's work	<ul style="list-style-type: none"> <li>- Posters/ photographs of drugs.</li> <li>- Water</li> <li>- Sponge.</li> <li>- Basin</li> <li>- Towel</li> <li>- Soap</li> <li>- Pictures/ charts on body parts, care of the body.</li> <li>- Dolls.</li> <li>- Comb</li> <li>- Lotion</li> <li>- Powder</li> <li>- Oil</li> <li>- Cotton wool</li> <li>- Body cream</li> <li>- Petroleum jelly</li> <li>- Tooth paste + fluoride</li> <li>- Tooth brush</li> </ul>
2	Drug Use I	i. Discuss the simple meaning of drug. ii. Mention and discuss management of drug to pupils e.g. no self medication, keeping drug out of reach of children, do not take overdose, do not take expired drug.	
3	Drug Use II	i. Mention and discuss the safe uses of drug to pupils e.g. to cure diseases, to heal wounds, to prevent sickness, to relax, to sleep etc. ii. Mention and discuss some categories of people that can use drug e.g. children, men, women, pregnant women, old people.	



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4	Personal Hygiene: Care of the Body I	<p>i. Discuss personal hygiene to the pupils.</p> <p>ii. Sing the song on parts of the body and their care.</p> <p>iii. Guide the child to identify some parts of the body e.g. head, mouth, ears, eyes, head, legs, skin, teeth etc.</p>	<p>- Chewing stick.</p> <p>- Cotton bud</p> <p>- Tissue paper</p> <p>- Models of teeth</p> <p>- Potty</p> <p>- Training pants</p> <p>- Disinfectants</p> <p>- Disposable pants.</p>
5	Personal Hygiene: Care of the Body II	<p>i. Demonstrate and discuss about oral hygiene e.g. bathing twice daily, cutting of fingers or toes' nails short, wearing clean cloth etc.</p> <p>ii. List and discuss the consequences of neglecting care of the body e.g. germs, diseases, body rashes etc.</p>	<p>- Pictures of simple toilet hygiene.</p> <p>- Pictures of type of toilet e.g pit, water system, etc.</p>
6	MID TERM BREAK	MID TERM BREAK	NOTE: Caregiver should avoid child abuse during toilet training.
7	Personal Hygiene: Toilet - Uses	<p>i. Guide pupils to identify and locate toilets in the school premises.</p> <p>ii. Mention types of toilet e.g. pit, water closet.</p> <p>iii. Mention some uses of</p>	

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		toilets e.g. to urinate, to defecate.	
8	Toilet - Habits	<p>i. Mention some items that can be found in the toilet e.g. tissue paper, napkin, liquid soap, cleaning brush, washing sink, closet, water reservoir etc.</p> <p>ii. Train pupils to wash hands after the use of toilet.</p>	
9	Orphans	<p>i. Discuss who an orphan is with the pupils.</p> <p>ii. Discuss some result of psychological distress condition of an orphan e.g. fear, withdrawal, neglect etc.</p>	
10&11	REVISION	REVISION	
12&13	EXAMINATION	EXAMINATION	

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HEALTH HABITS

NURSERY 1 - AGE 3

3<sup>RD</sup> TERM

WKS	TOPICS	CONTENTS/ACTIVITIES	LEARNING MATERIALS
1	REVISION	Revision of 2 <sup>nd</sup> term's work	- Water
2	Sanitation I	i. Give simple meaning of sanitation. ii. Discuss some places general sanitation can take place e.g. house, market, school, supermarket, roads.	- Basin - Cups - Containers - Filters - Charts - Picture books
3	Sanitation II	i. Discuss some materials that can be used for sanitation e.g. broom, rake, finger rake, parker etc. ii. Mention the state agency in charge of sanitation in Lagos State. LAWMA – Lagos State Waste Management Authority. iii. Group the pupils for role play on sanitation.	- Plastic taps - Fire wood - Kerosene - Stove - Aprons - Alum - Chlorine - Drawer - White cloth - Funnel - Container with tap
4	Pests	i. Display pictures and charts of different insects to discuss pests. ii. List some examples of	- Towels - Wash hand basin

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		pests e.g. houseflies, cockroach, mosquitoes etc. iii. Discuss harmful effects of pests on man.	- Broom -Duster.
5	Pests Control	Discuss ways of reducing/preventing pests in our environment e.g. cutting of bushes, cleaning of dirty plates and gutter, flushing of toilets, disposal of refuse, use of insecticide etc.	
6	MID TERM BREAK	MID TERM BREAK	
7	REPTILES	i. Display pictures and charts of different reptiles for discussion. ii. Explain to pupils what reptiles are. iii. List some examples of reptiles e.g. lizard, snake, wall-gecko etc.	
8	Reptiles: Control	i. Discuss where reptiles can be found. ii. Discuss ways of preventing reptiles in our environment e.g. use of window net, camphor, fumigation etc.	
9	Community	i. Give simple meaning of	

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	Hygiene: Cleanliness	cleanliness. Also use songs and rhymes to illustrate. ii. List and demonstrate simple household chores e.g. sweeping, dusting, mopping etc. *Train and encourage pupils to dispose refuse properly.	
10&11	REVISION	REVISION	
12&13	EXAMINATION	EXAMINATION	