Health and Environment

Child's Book

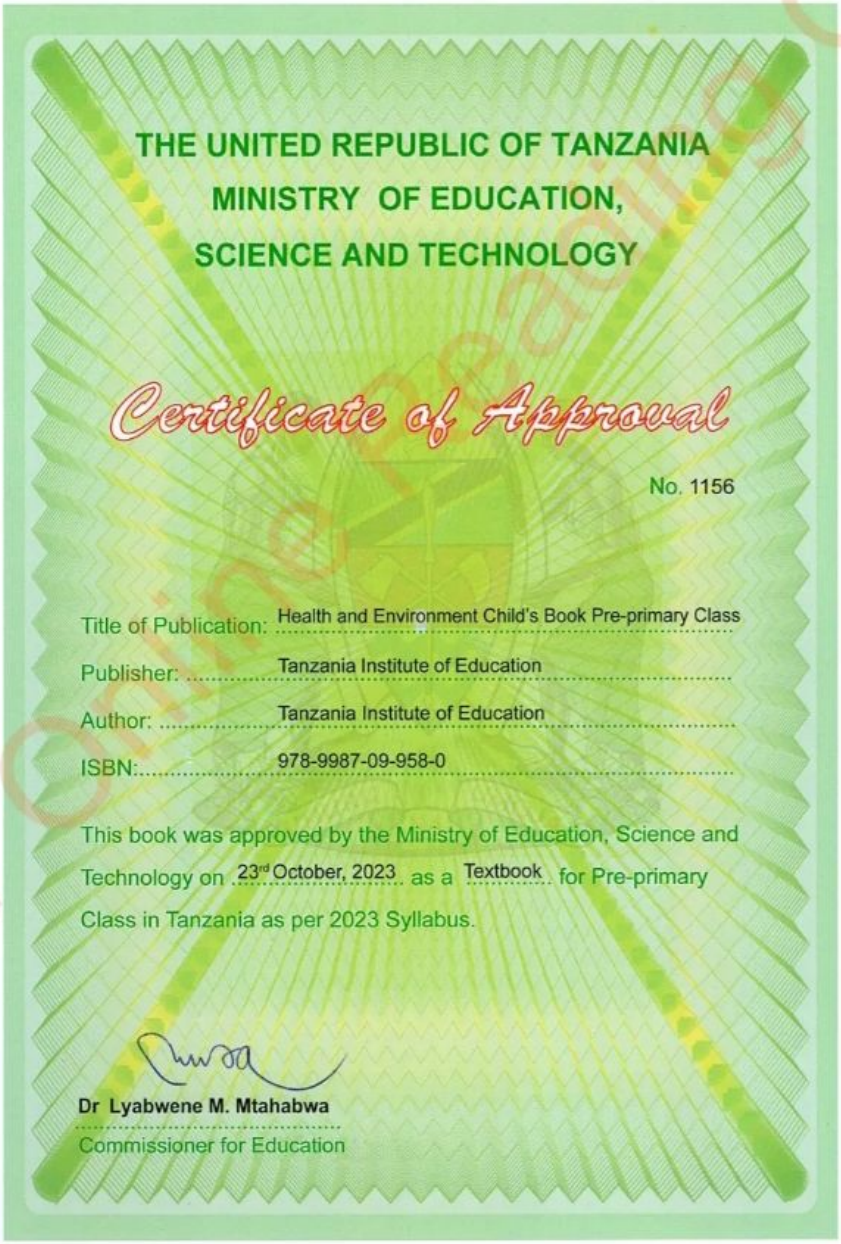
Pre-primary Class



Tanzania Institute of Education

Health and Environment

Child's Book
Pre-primary Class



THE UNITED REPUBLIC OF TANZANIA
MINISTRY OF EDUCATION,
SCIENCE AND TECHNOLOGY

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Dr Lyabwene M. Mtahabwa
Commissioner for Education

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Introduction

The Health and Environment book has been prepared based on the Pre-primary education curriculum and syllabus of 2023 provided by the Ministry of Education Science and Technology. Furthermore, this book is the result of combining two books titled Caring for our Health and Caring for the Environment which were printed in 2019 based on the 2016 curriculum.

The purpose of this book is to enable a child to develop competences in caring for health and environment through the following learning activities:

1. Caring for the body;
2. Appreciating our food;
3. Caring for dishes and utensils;
4. Identifying things in the environment;
5. Cleaning the surroundings;
6. Taking precautions against dangerous things; and
7. Taking precautions against diseases.

Learn more through the following links:
https://ol.tie.go.tz and ol.tie.go.tz

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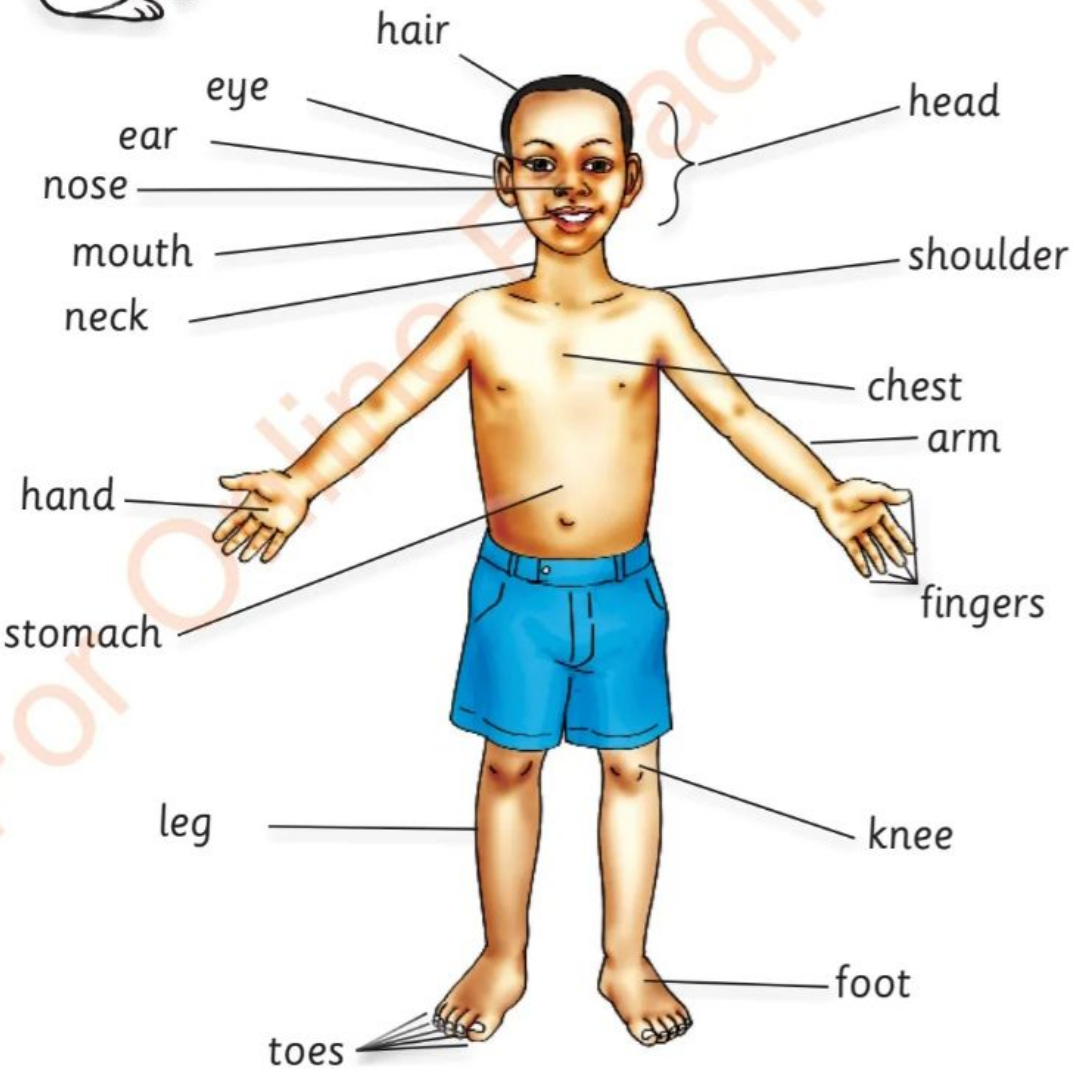
Chapter One

My body

Parts of the body



Name your body parts.



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Let us sing a song with body parts.



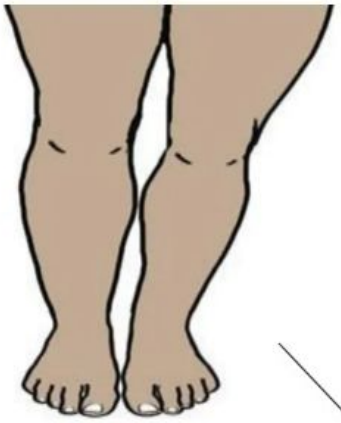
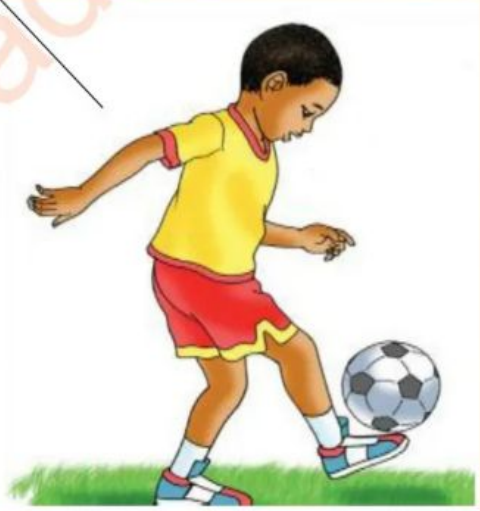
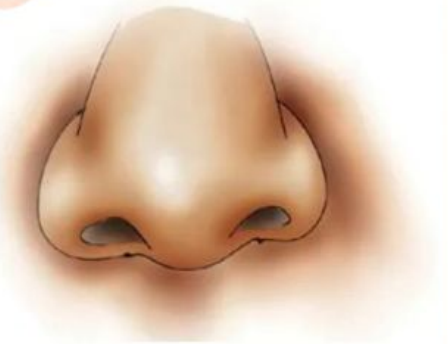
Head shoulders knees and toes
knees and toes
Head shoulders knees and toes
knees and toes
And eyes, and ears, and mouth
and nose
Head shoulders knees and toes
knees and toes

Name the parts of the body from the song.

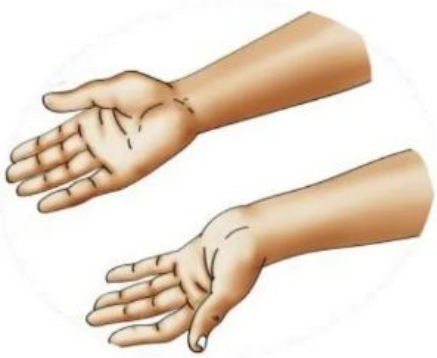
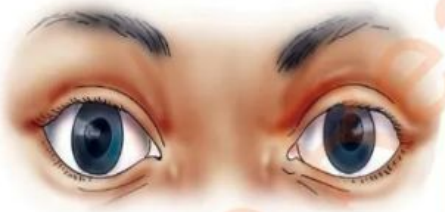


For Online Reading Only

Match part of the body and its use by drawing a line

Name	Part of the body	Use
legs		
ears		
nose		

For Online Reading Only

Name	Part of the body	Use
hands		
eyes		
mouth		

For Online Reading Only

Caring for our bodies



Let us sing a song about caring for the body.



This is the way I brush my teeth, brush my teeth, brush my teeth,
this is the way I brush my teeth early in the morning

This is the way I wash my face, wash my face, wash my face,
this is the way I wash my face
early in the morning

This is the way I comb my hair, comb my hair, comb my hair,
this is the way I comb my hair,
early in the morning

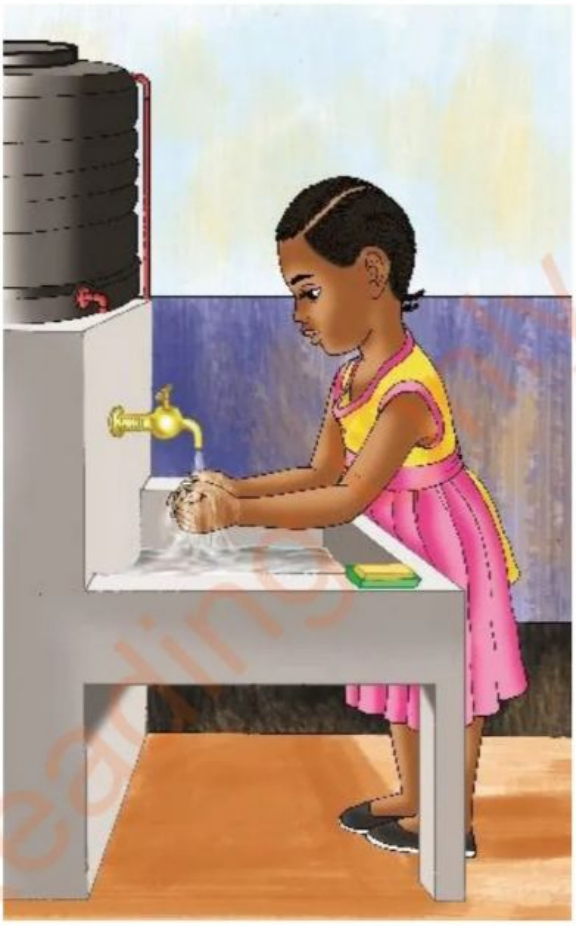
What have you learnt from this song?



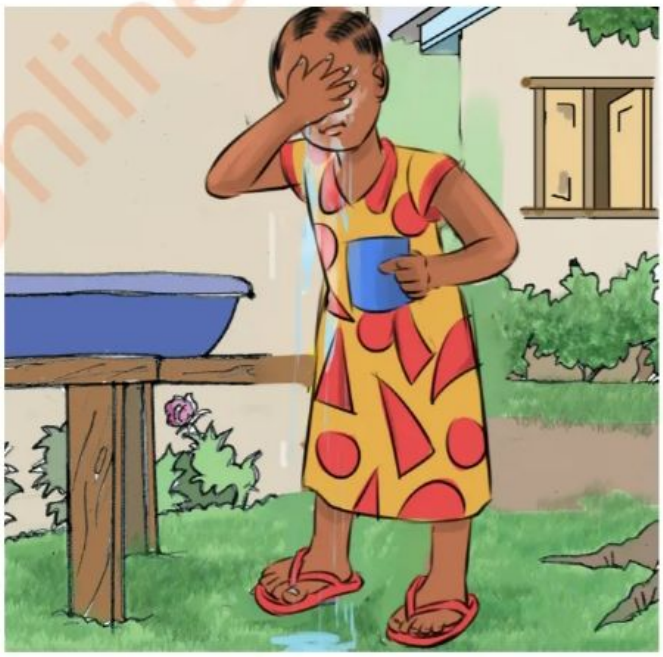
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I brush my teeth.

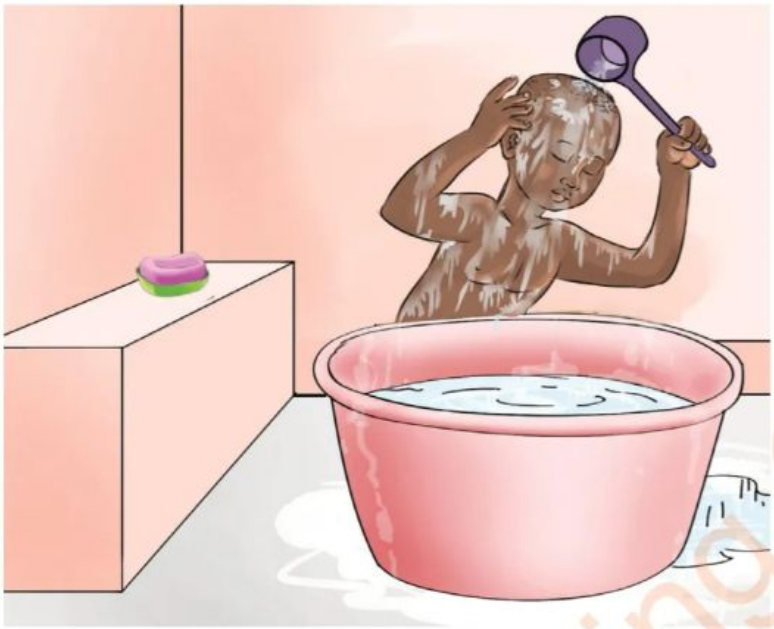


I wash my hands.



I wash my face.

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I bath.



I comb my hair.

What actions do you see in the pictures?
Why do you brush your teeth?
When do you wash your hands?
Why do you take a bath?
Why do you comb your hair?
Clean your body.



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Things used for cleaning the body



bucket



toothbrushes



comb



towel



comb



basin with water



toothpaste



soap



mug

What things do you see in the pictures?
Explain the use of things used for cleaning the body.
Name other things used for cleaning the body.



For Online Reading Only

Caring for clothes

Our clothes



shorts



a pair of trousers



skirt



blouse



underwear



vest

For Online Reading Only



belt



shirt



socks



t-shirt



sweater



shoes



dress



Name the clothes you see in the pictures.
Which ones among these do you wear?
Why do you wear clothes?
Name other clothes you know.

For Online Reading Only



belt



shirt



socks



t-shirt



sweater



shoes



dress



Name the clothes you see in the pictures.
Which ones among these do you wear?
Why do you wear clothes?
Name other clothes you know.

For Online Reading Only

Caring for clothes and shoes

1



2



For Online Reading Only

3



4



What actions do you see in the pictures 1, 2, 3 and 4?
Which things are used to wash clothes?
Where do you hang clothes after washing them?
Where do you keep clothes after they dry?
Which things are used to clean shoes?
Wash your clothes step by step.



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Chapter Two

Our food

We love our foods.



Let us sing a song about food.



Avocado avocado, papaya papaya,
Banana banana, banana banana
All are fruits, all are fruits.
Amaranthus amaranthus,
potato potato,
Chicken chicken, chicken chicken
All are foods, all are foods.

For Online Reading Only

Put a ✓ in a box for foods that you know









✓			
maize	fish	orange	milk







meat	carrots	rice







chicken	amaranthus	beans

For Online Reading Only









green bananas tomatoes sardines pawpaws



Name the foods you see in the pictures.
Name other kinds of food that you know.
Which food do you like most?
Explain the importance of food in our body.
Watch the video on different kinds of food.
Name the food you saw in the video.

Table manners





What table manners should be followed when eating?
What should be avoided while eating?

For Online Reading Only

Keeping food



















What do you see in these pictures?
Which things are used to keep food at your home?
Why do we keep food in a clean and safe place?

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Chapter Three

Caring for dishes and utensils

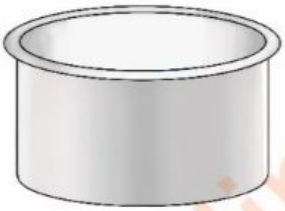
Dishes and utensils



spoon



cup



metal pan



wooden spoon



jug



thermos



kettle



basin



plate



bowl



pot

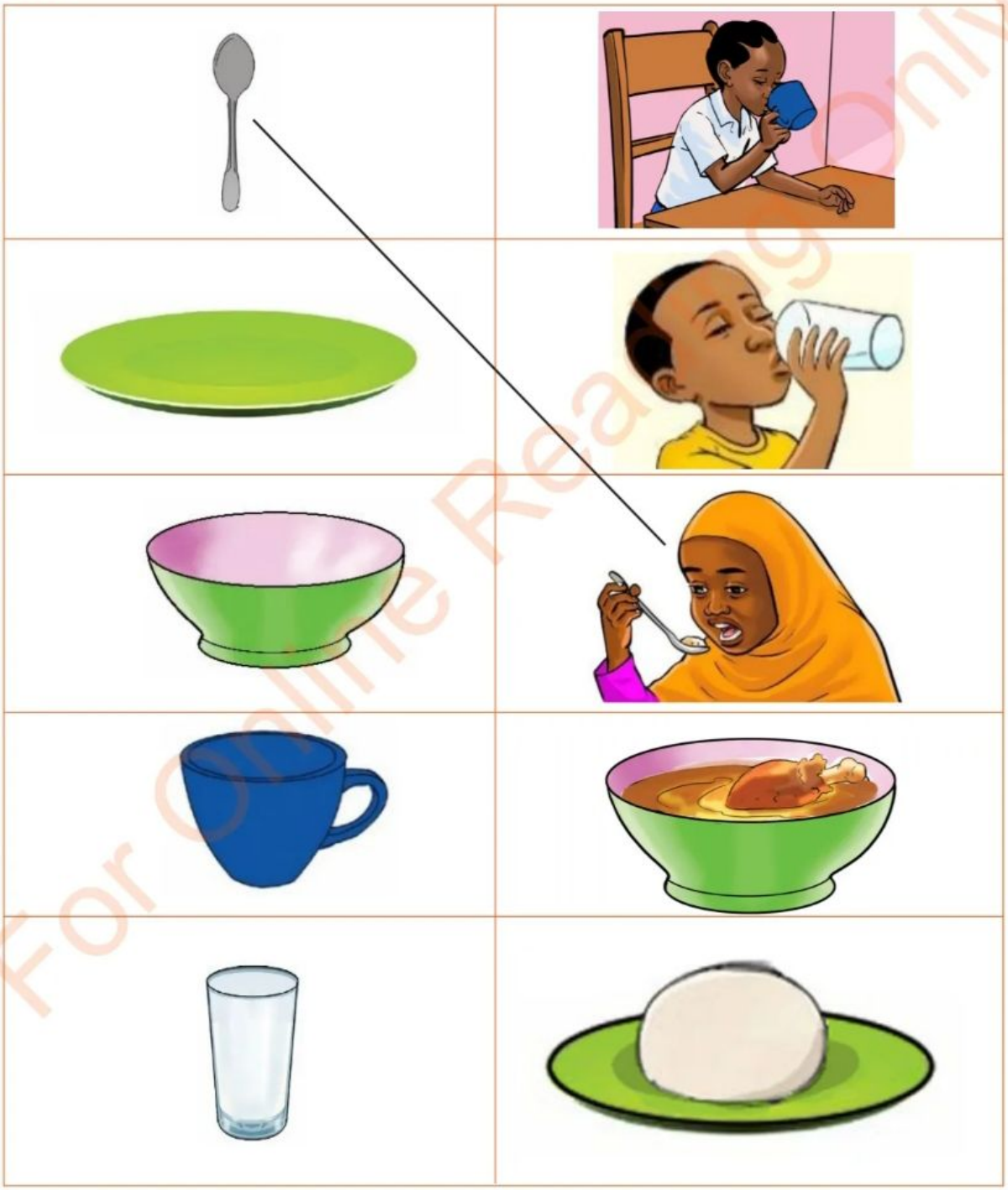


What do you see in the pictures?
Which utensils do you use when you are eating food?
Name other dishes and utensils you know.

For Online Reading Only

Understanding utensils used for eating food

Match the food utensil and its use by drawing a line



For Online Reading Only

Washing dishes and utensils



What is the child in the picture doing?
Name the things used to wash dishes and utensils.
Where do you keep clean dishes and utensils?
Wash the dishes and utensils.



Storing dishes and utensils



cupboard



Basin

What do you see in the pictures?
Where do you keep dishes and utensils at your home?



For Reading Only

Chapter Four

Our environment

Objects in the environment



Let us sing a song about the environment.



How good is our school, decorated with flowers, take a look from a distance, it is shiny shiny shiny
How good is our school, surrounded by nice trees, take a look from a distance, it is shiny shiny shiny
How good is our class, with tables and chairs, take a look from a distance, it is shiny shiny shiny
How good is our school, with windows, doors and flag, take a look from a distance, it is shiny shiny shiny

What objects are named in the song?
Name other objects you know in your environment.
What have you learnt from this song?



For free reading only

Domestic animals



cat



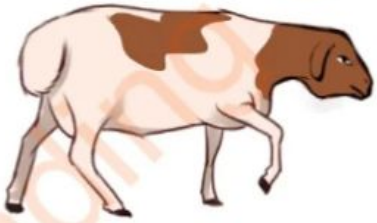
rabbit



dog



goat



sheep



donkey



cow

Name animals you see in the pictures.
Which of these animals have you ever seen?
Which animal do you like most and why?
Name the animals kept at your home.
Watch the video on domestic animals.
Name the animals you saw in the video.



For Online Reading Only

Wild animals

Circle the named animal in the pictures below.

zebra





giraffe



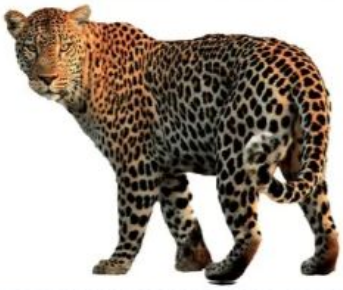


antelope





leopard





For Online Reading Only

baboon





lion





snake





elephant





Name the animals that you have seen among those in the pictures.
Where do they live?
Which animal do you like most and why?
Name other wild animals you know.
Watch the video on wild animals.
Name the animals you saw in the video.



For Online Reading Only

Birds



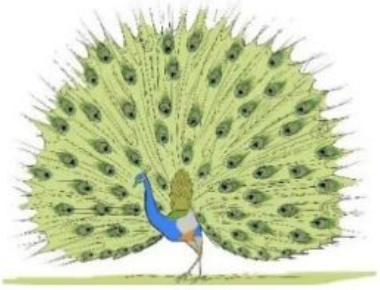
hen



ostrich



egret



peacock



guineafowl



duck



pigeon



crow

Which birds have you ever seen among those in the pictures?
Which bird do you like most and why?
Name other birds you know.
Name the birds kept at your home.
Watch the video on birds.
Name the birds you saw in the video.



For Online Reading Only

Insects



bee



butterfly



cockroach



housefly



grasshopper



mosquito

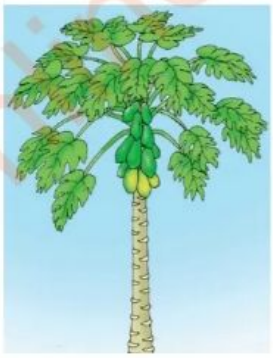
Name the insects you see in the pictures?
Name other insects you know.
Watch the video on insects.
Name the insects you saw in the video.



Plants



tree



papaya tree



banana tree



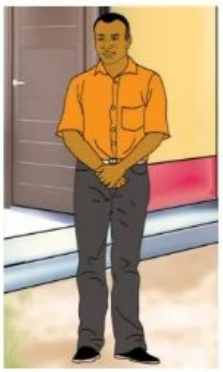
flower

What do you see in the pictures?
Why are plants important to us?
Watch the video on different plants.
Name the plants you saw in the video.



For Online Reading Only

People

1 

2 

3 

4 

5 

6 

7 

8 

Name the people you see in pictures 1, 2, 3 and 8.
Name the jobs of people shown in pictures 4, 5, 6 and 7.
Name the jobs of other people you know in your community.
What do you want to be when you grow up?



For Online Reading Only

Means of transport



car



motorcycle



bus



aeroplane



bajaj



train

What do you see in the pictures? Which means of transport have you ever used among those in the pictures? Name other means of transport which you know.

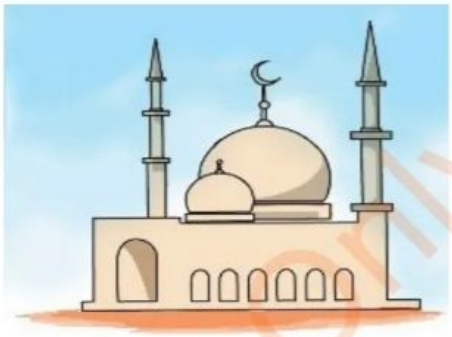


For Online Reading Only

Buildings



church



mosque



school



house



police post



dispensary



What do you see in these pictures?
Have you ever been in any of these buildings?
Why did you go there?
Explain the use of each building.

For Online Reading Only

Various things in the environment



sharpener



bookshelf



exercise book



pot



umbrella



laptop



television



bed



pencil



ball



sofa



table

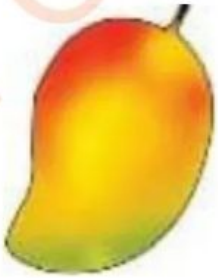
What do you see in the pictures?
Explain the use of things you have seen in the pictures.
Show things used in the classroom.
Name other things you know in your environment.



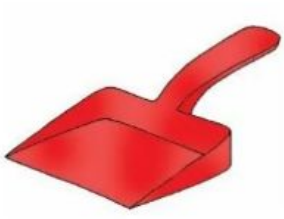
For Online Reading Only

Differentiating things in the environment

Put a ✓ to show the object which is different from the others in each group

a		 ✓	
b			
c			

For Online Reading Only

d			
e			
f			
g			

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Chapter Five

Cleaning our surroundings

Things used to clean the surroundings

 dustbin	 rake	 brooms
 water	 dustpan	 slasher
 mops	 hoe	 machete

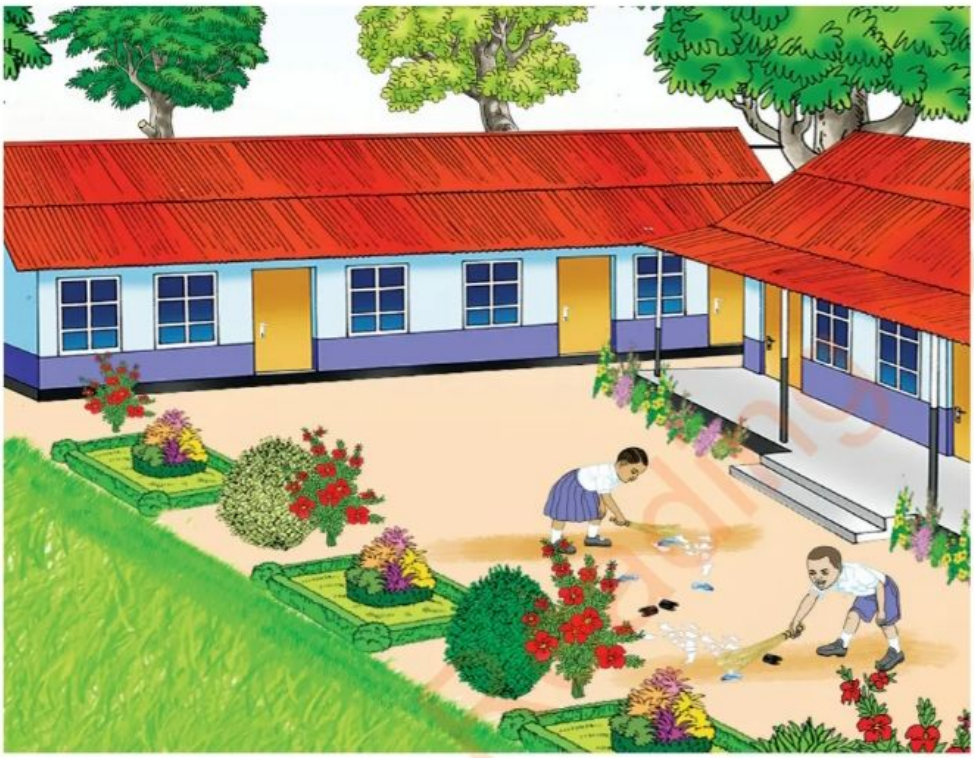


What things used for cleaning do you see in the pictures?
Explain the use of each.
What things do you use for cleaning the surroundings?

For Online Reading Only

Let us clean our surroundings

1



2

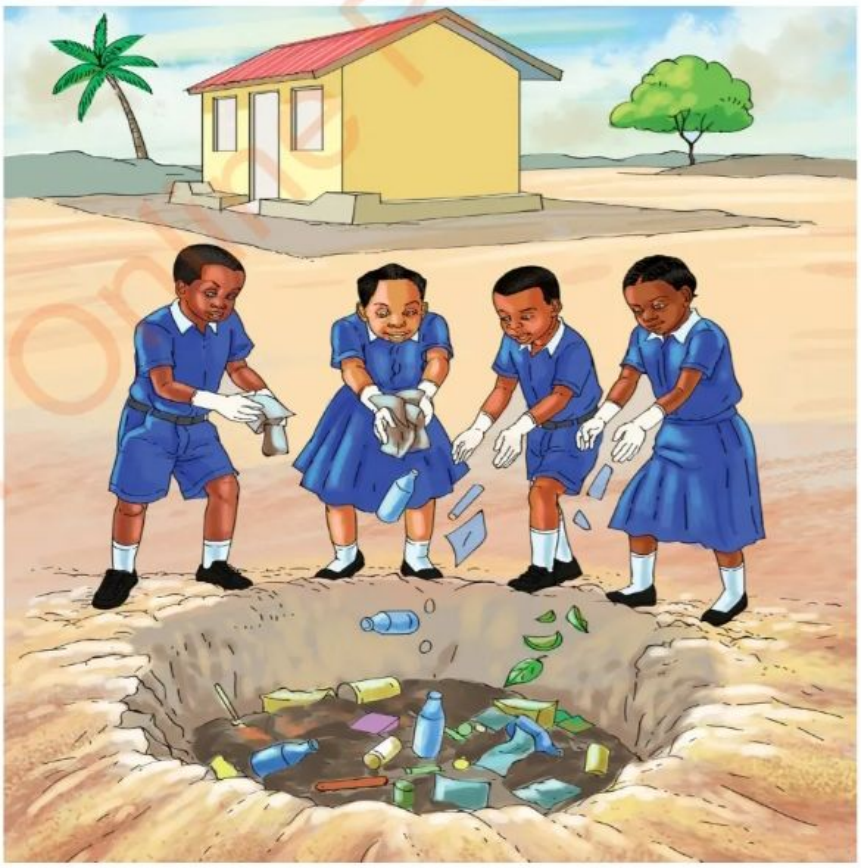


For online reading only

3



4



For Online Reading Only

5



6



What actions do you see in pictures 1, 2, 3, 4, 5 and 6? Which activities do you do when cleaning your surroundings? Clean your surroundings.



For Online Readers Only

Effects of a dirty surroundings

1



2



For Online Reading Only

3



4





What do you see in pictures 1, 2, 3 and 4?
Why is the child vomiting?
What have you learnt from the pictures?

For Online Reading Only

Chapter Six

Precautions against dangerous things

Risky behaviours



Let us sing a song on risky behaviours.



Children children, let's be very careful
Children children, let's be very careful

Don't play with fire, fire will burn you
Don't play with broken glass, broken glass will cut you
Don't play with nails, nails will hurt you
Don't play with the knife, knife will cut you
Don't play with razor blades, razor blades will cut you

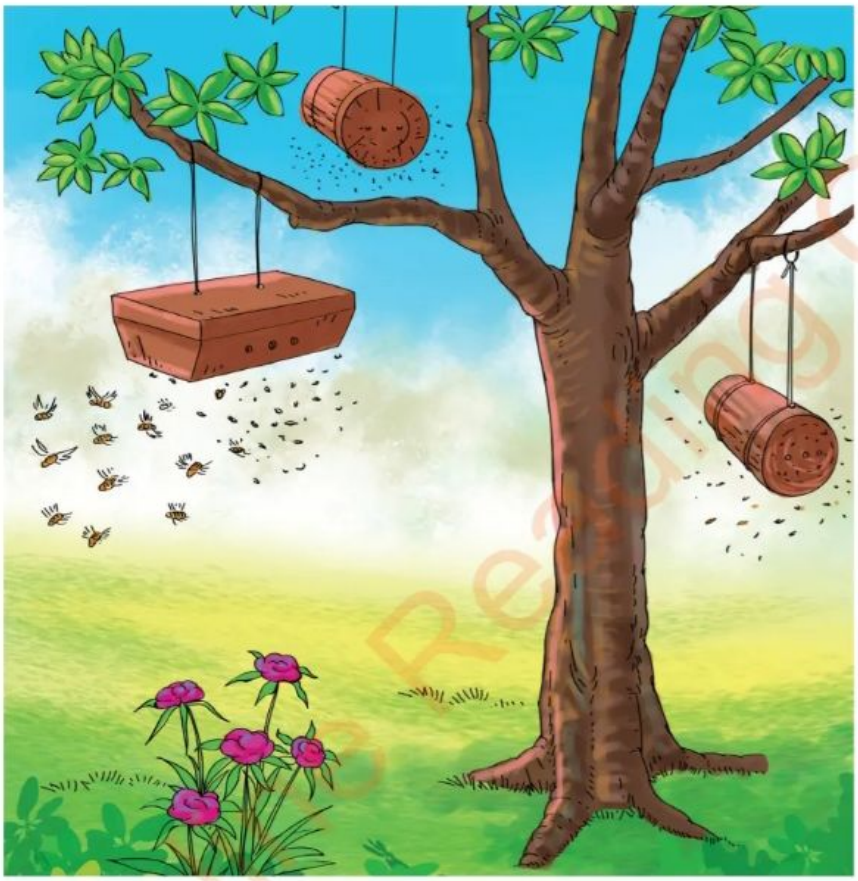
Name the risky behaviours in the song.
What other risky behaviours do you know?



For Classroom Reading Only

Dangerous environment

1



2

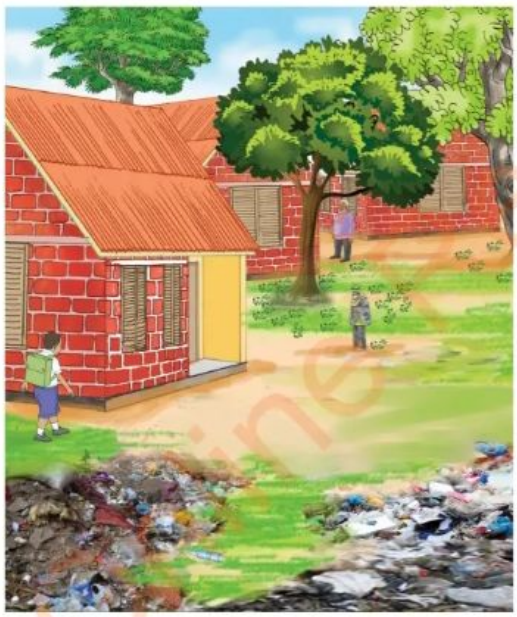


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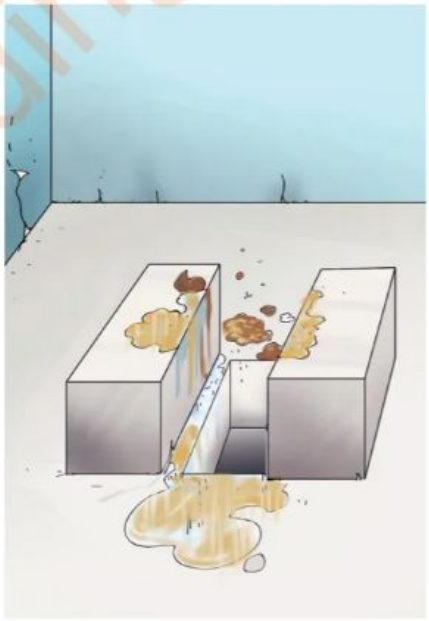
3



4



5

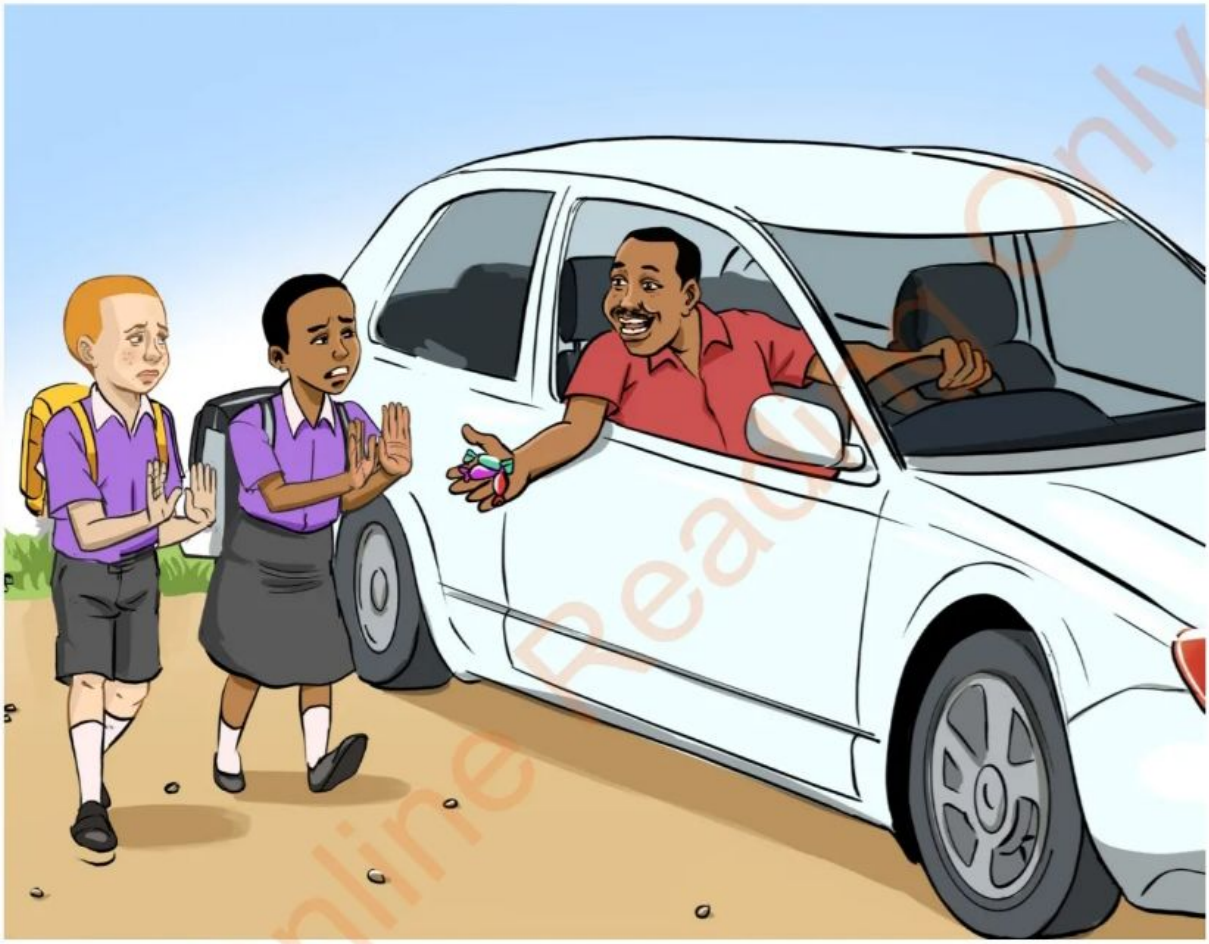


Explain what you see in pictures 1, 2, 3, 4 and 5.
Explain what danger might happen in each picture.
What have you learnt from the pictures?



For Online Reading Only

Avoiding dangerous environments



What do you see in the picture?
What action do these children show?
Why do they do that?



For Online Reading Only



Let us sing a song called don't touch my body.





Don't touch my body.







What do you see in these pictures?
If someone touches you in these areas what are you supposed to do?
What have you learnt from these pictures?

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Safety signs



children crossing



traffic lights



zebra crossing



slippery floor



Danger



inflammable



emegency exit



keep environment clean

Explain the meaning of each safety sign.
Have you ever seen any of those signs?
Where did you see them?



For online reading Only

Chapter Seven

Precautions against diseases

Causes of diseases

1



2



For Online Reading Only

3



4



What do you see in pictures 1, 2, 3 and 4?
What diseases might these children get?
Name other diseases you know and their causes.



For Private Reading Only

Protecting oneself against diseases

1



2



For Online Reading Only

3



4



What actions do you see in pictures 1, 2, 3 and 4?

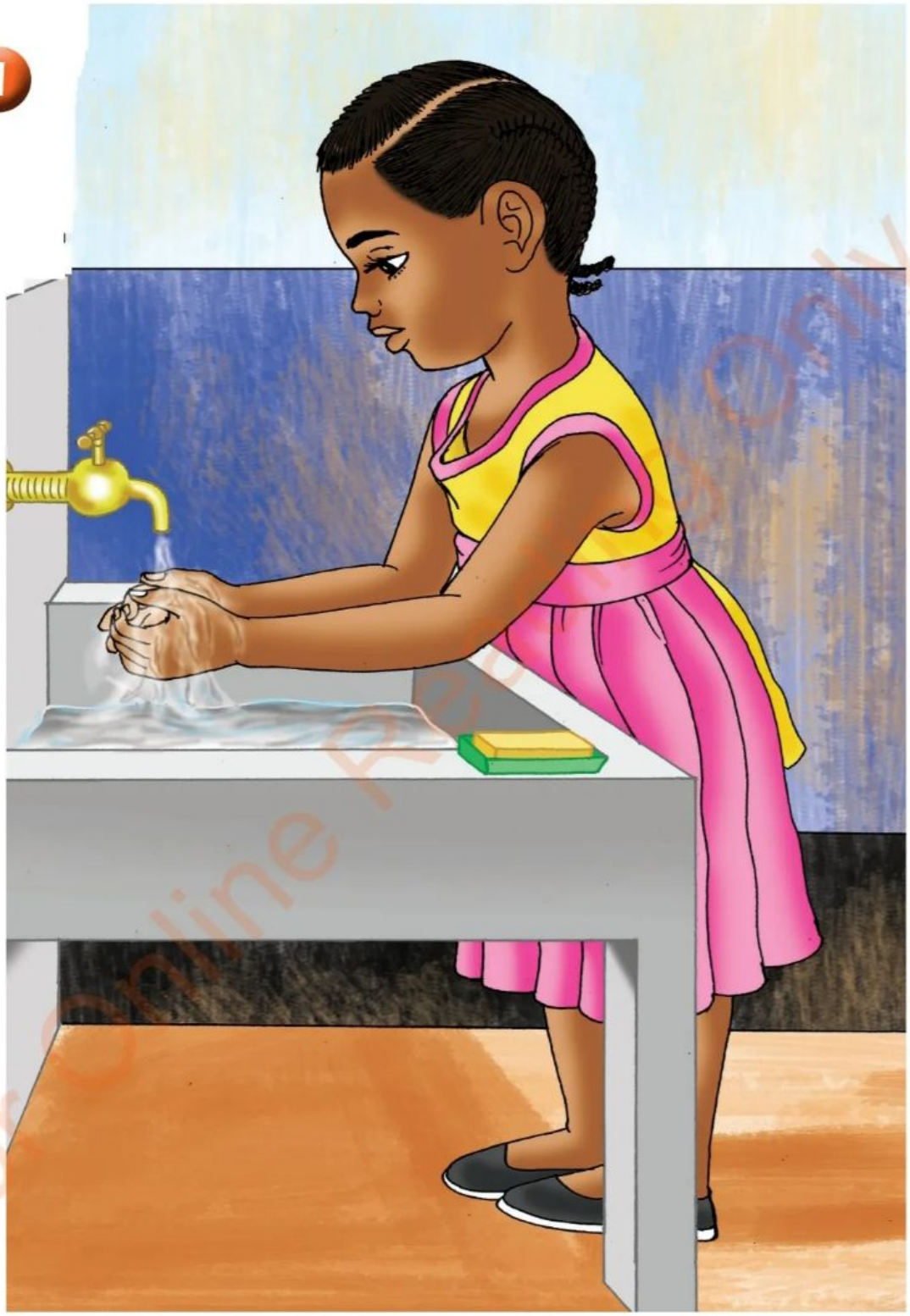
What actions among these do you do?

What do these actions help to prevent?



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1



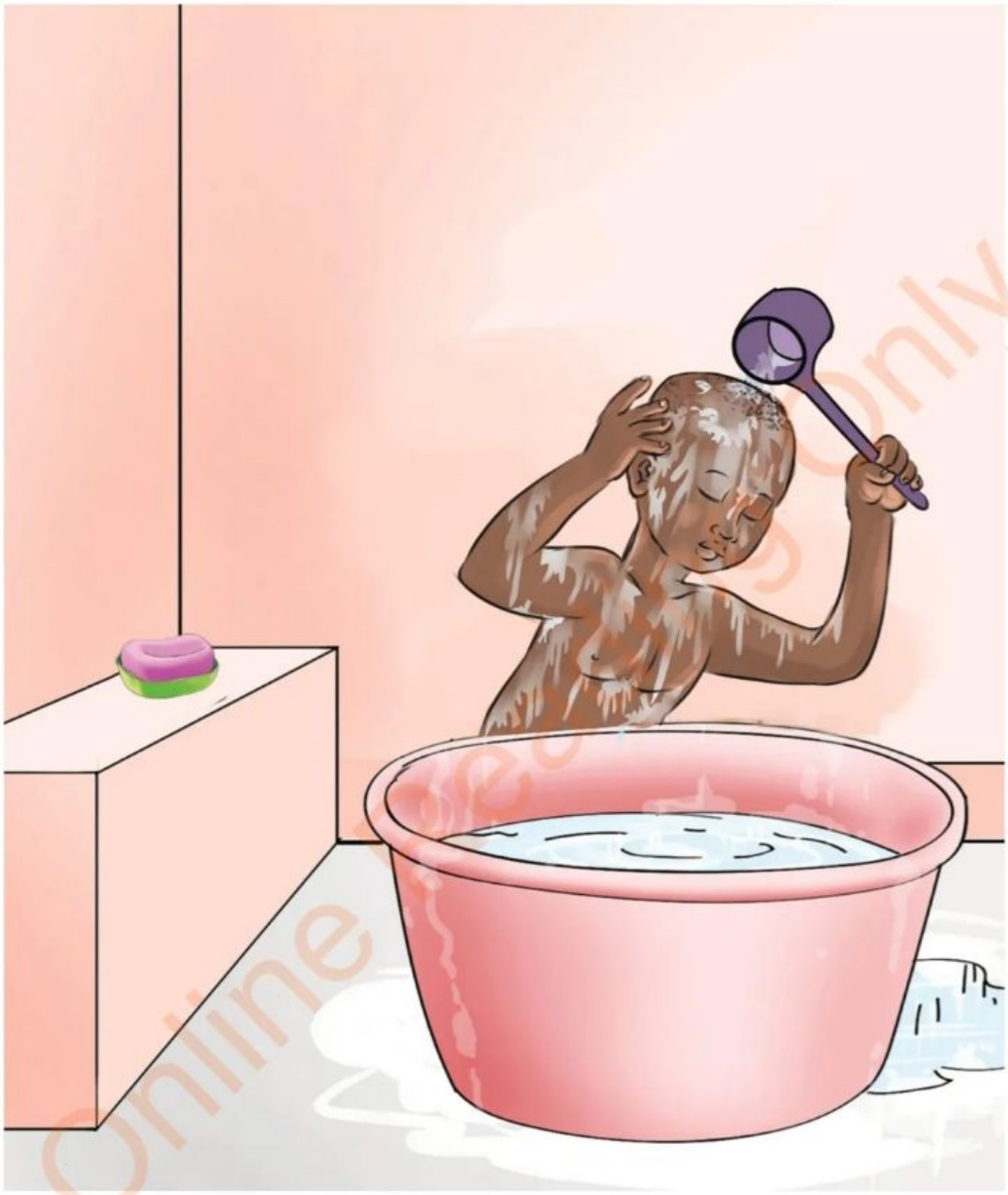
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2



For Online Use Only

3



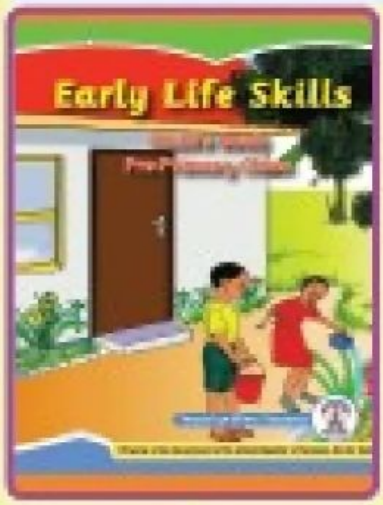
What do you see in pictures 1, 2, and 3?
What do those actions help?
Which actions do you do to protect yourself against diseases?

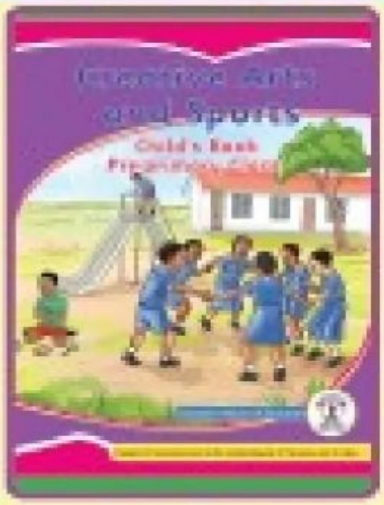


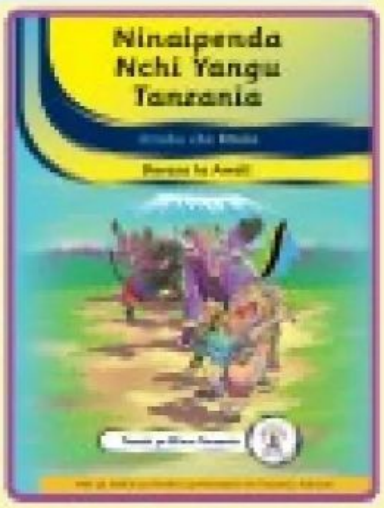
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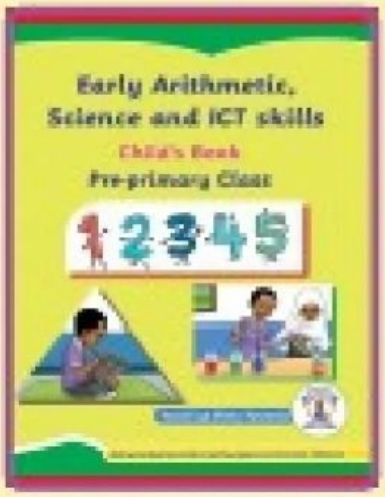
Other Books by Tanzania Institute of Education

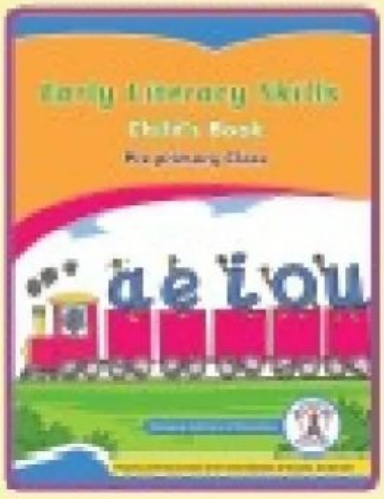
Pre-primary Class











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