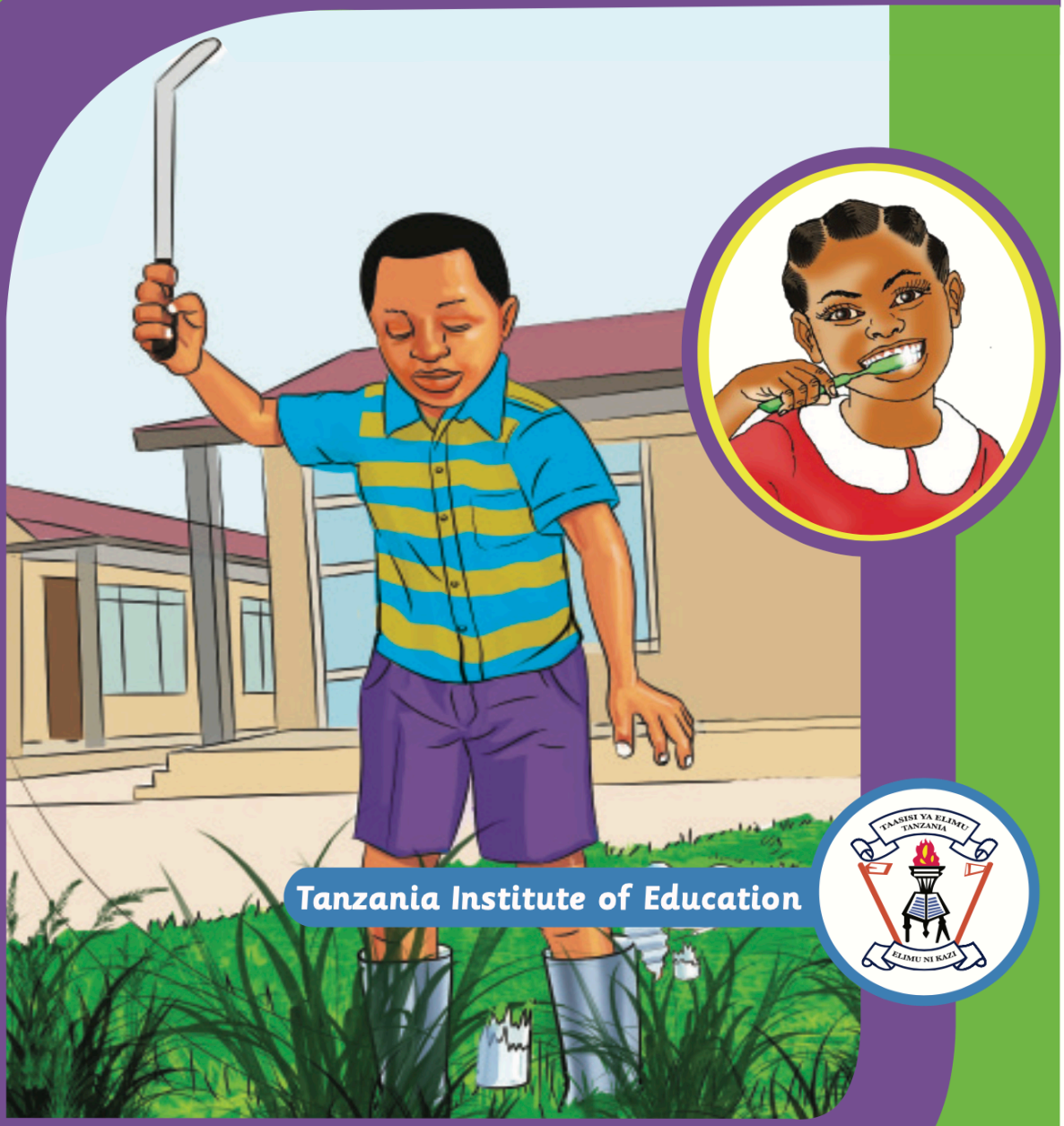
Health and Environment

Pupil's Book
Standard One



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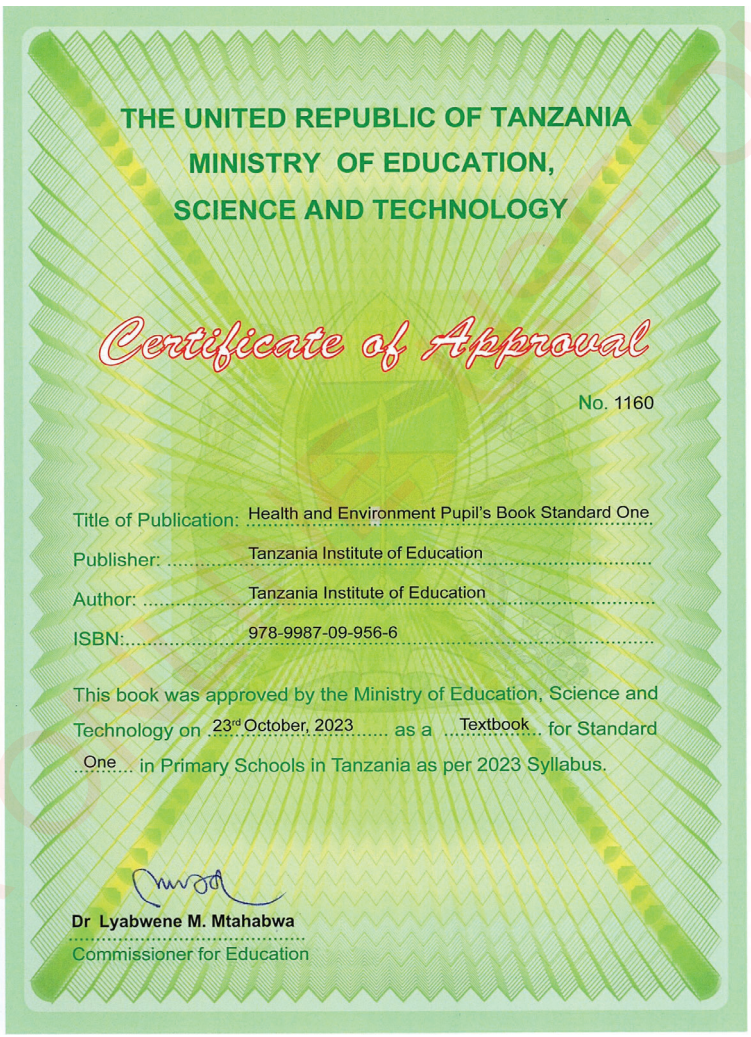

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SCIENCE AND TECHNOLOGY

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Dr Lyabwene M. Mtahabwa
Commissioner for Education

Tanzania Institute of Education

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Lastly, the Institute would like to thank the Government of United Republic of Tanzania for the financial support and supervision that facilitated the writting and printing of this textbook.



Dr Aneth A. Komba
Director General
Tanzania Institute of Education

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Introduction

This book has been prepared based on curriculum and syllabus of Primary Education Standards I and II of the year 2023 issued by the Ministry of Education, Science and Technology. Moreover, the book is the result of improvement and the combination of the two Health and Environment books for Standards One and Two published in the year 2018 based on the 2016 curriculum and syllabus. The objective of this book is to enable the pupils to build competencies in taking care of health and the environment through the following learning activities:

1. *Cleaning the body;*
2. *Taking care of clothes;*
3. *Protection from dangerous environment and objects; and*
4. *Identifying safety signs.*

Additional learning resources are available at TIE e-Library https://ol.tie.go.tz or ol.tie.go.tz

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Chapter One

Body cleanliness

I clean my mouth.



I use these items to clean my mouth.

1 

2 

3 a 

b 

Questions

1. Name the items used for cleaning the mouth presented in pictures 1-3.
2. Name other items used for cleaning the mouth that you know.

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I know the steps for cleaning my mouth.



I clean my mouth by following these steps.

1



I put some toothpaste on my toothbrush.

2

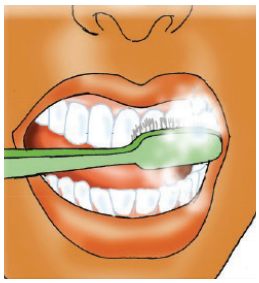
a



b



c



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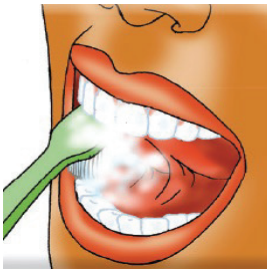

I brush my teeth on both sides.

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3



I clean my tongue.

4



I rinse my mouth using clean and safe water.

5



I spit toothpaste and water from my mouth into a sink.

6



I clean my toothbrush using clean water.

7



I keep my toothbrush in a clean and safe place.

Question

What have you learnt from pictures 1-7?

Activity 1

(a) Watch videos on the internet showing the steps for cleaning the mouth.

(b) Clean your mouth by following the steps you have learnt.

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Exercise 1

1. Mention the items you use for cleaning your mouth.
2. Why is it important to clean your mouth?

I wash my face.



I use these items to wash my face.



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Questions

1. Name the items used for washing the face presented in pictures 1-6.
2. Name other items used for washing the face that you know.

Activity 2

Boast about items for washing face by mentioning their uses.



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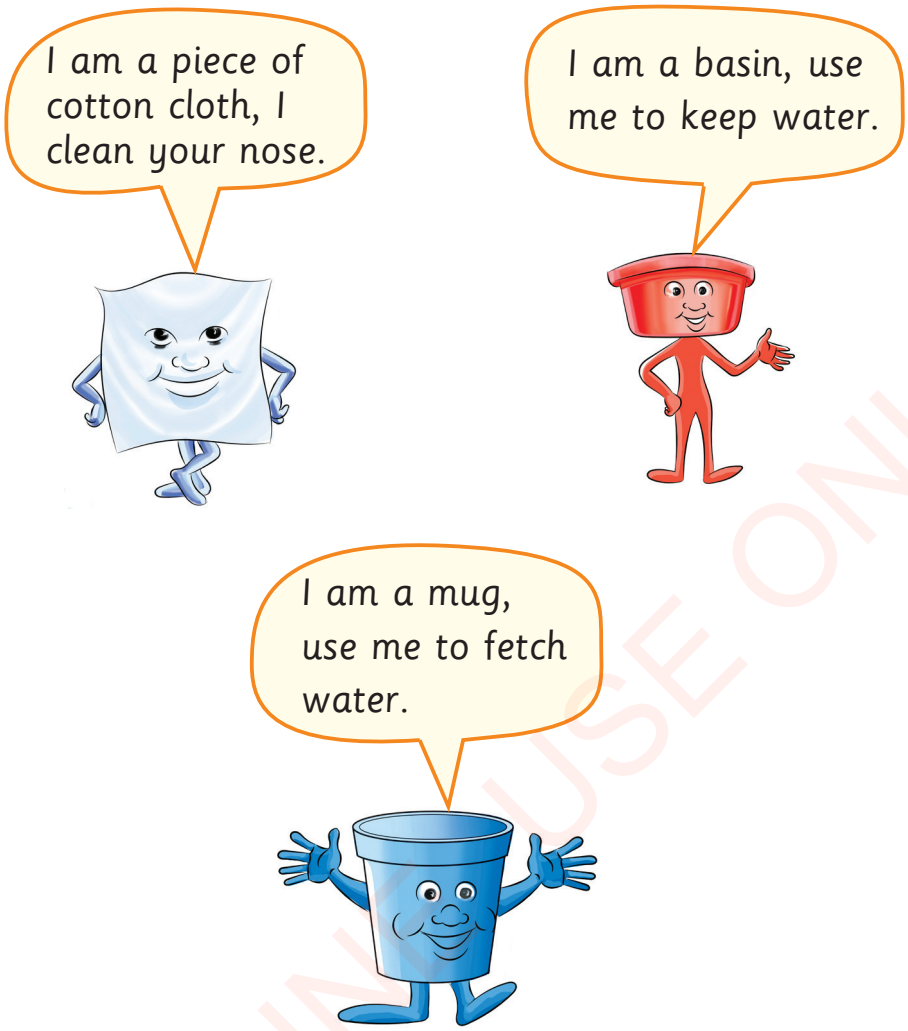
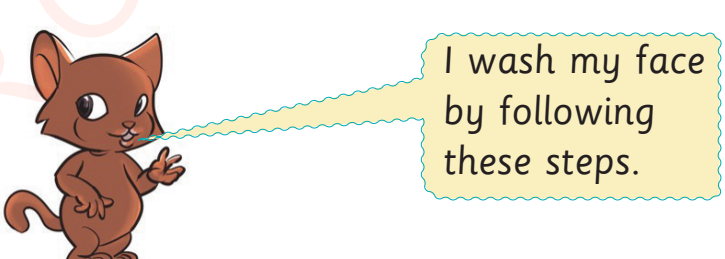


I know the steps for washing my face.



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I wash my eyes using clean and safe water.



I wipe my nose using a piece of clean cotton cloth.



I wash my face using soap, and clean and safe water.



I dry my face using a towel.



I apply body oil on my face.

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Question

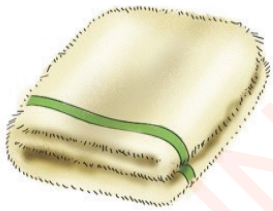
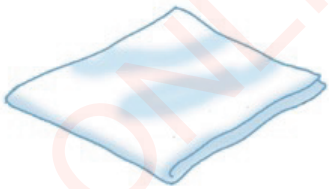
Why is it important to wash your face?

Activity 3

(a) Watch videos on the internet showing the steps for washing the face.
(b) Wash your face by following the steps you have learnt.

Exercise 2

Match each of the items shown in the pictures with their uses by filling the letter of the correct answer in the table.

Item	Uses
1 	A 
2 	B 
3 	C 

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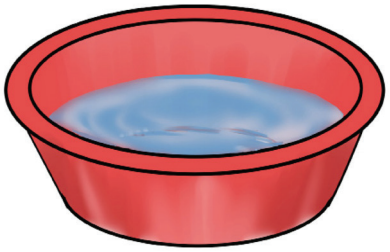
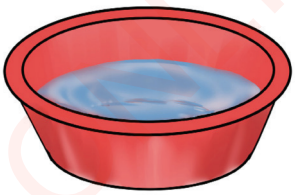
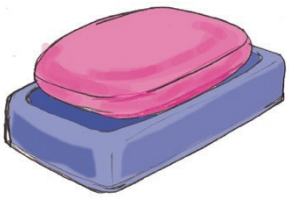
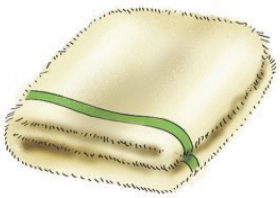
Item	Uses
4 	D 

Question	1	2	3	4
Answer				

I clean my ears.



I use these items to clean my ears.

1 	2 
3 	4 

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Questions

1. Name the items used for cleaning ears presented in pictures 1- 4.
2. Name other items used for cleaning the ears that you know.

I know steps for cleaning my ears.



I clean my ears by following these steps.

1



I dip a clean piece of soft cotton cloth in clean water.

2



I apply soap to the wet soft cotton cloth.

3



I clean the front folds of my ear with the wet soft cotton cloth.

4



I clean the back folds of my ear with the wet soft cotton cloth.

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5



I dry my ears with a towel.

Question

What have you learnt from the pictures 1-5?

Activity 4

(a) Watch videos on the internet showing the steps for cleaning the ears.
(b) Clean your ears by following the steps you have learnt.

Exercise 3

1. Mention three (3) items used for cleaning ears.
2. Why is it important to clean your ears?

I wash my hair.



I use these items to wash my hair.

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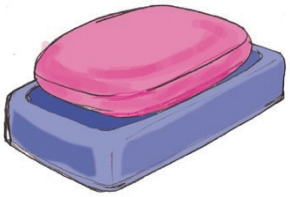
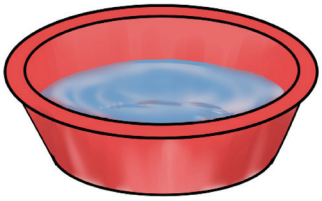
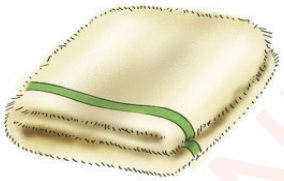
1 

2 

3 

4 

5 

6 

7 a 

b 

Questions

1. Name the items used for washing hair presented in pictures 1- 7.
2. Name other items used for washing hair that you know.

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I know the steps for washing my hair.



I wash my hair by following these steps.

1



I pour water on my hair.

2



I apply soap on my hair.

3



I scrub my hair.

4



I rinse my hair with clean water.

5



I dry my hair with a towel.

6



I apply hair oil to my hair.

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7



I comb my hair
using a comb.

Questions

1. What have you learnt from pictures 1- 7?
2. Why is it important to wash your hair?

Sing the following song, then answer the question that follow.



Song

I like my hair.
I wash my hair using soap and water.
I apply hair oil to make it shine.
I comb my hair using a comb.

Question

Mention the items used for washing hair from the song.

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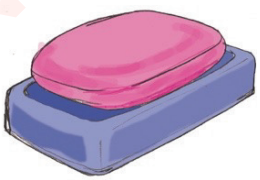
Activity 5

(a) Watch videos on the internet showing the steps for washing hair.
(b) Wash your hair by following the steps you have learnt.

Exercise 4

Put a tick (✓) for items used for washing hair and a cross (X) for items not used for washing hair.

S/N	Item	Answer
1.		
2.		
3.		
4.		

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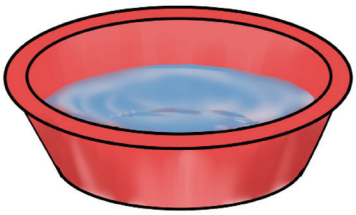
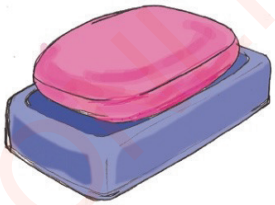
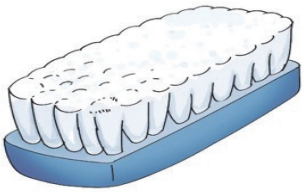
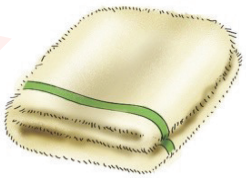
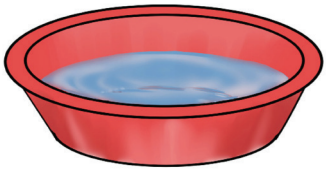
S/N	Item	Answer
5.		
6.		

I wash my hands and cut fingernails.



I use these items to wash my hands and cut my fingernails.

1 	2 
3 	4 

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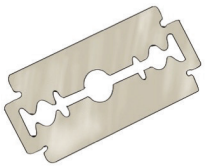
a 

b 

c 

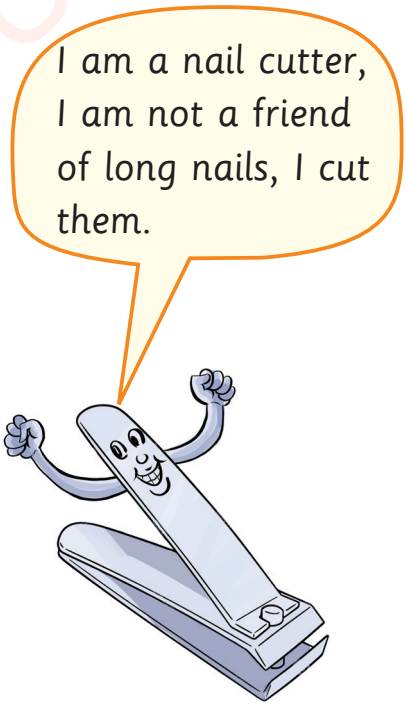
Question

Name the items used for washing hands and cutting fingernails presented in pictures 1- 5.

Activity 6

Boast about the items for washing hands and cutting fingernails by mentioning their uses.





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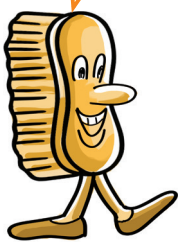
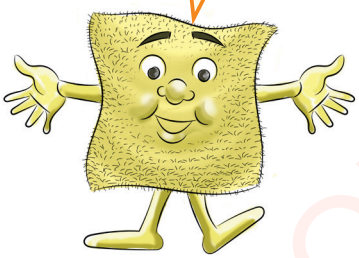
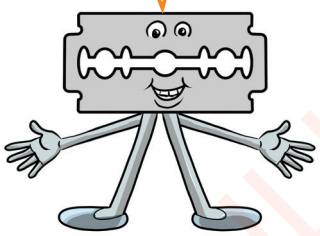
I am a brush, I scrub your hands and fingernails.



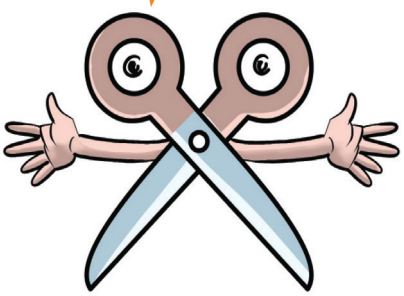
I am a towel, use me to dry your hands.

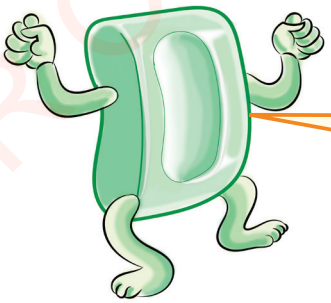


I am a razor blade, I am not a friend of long nails, I cut them.



I am a pair of scissors, I am not a friend of long nails, I cut them.





I am soap, use me to remove dirt from your hands.

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I cut and wash my fingernails.



I cut my fingernails using different items.



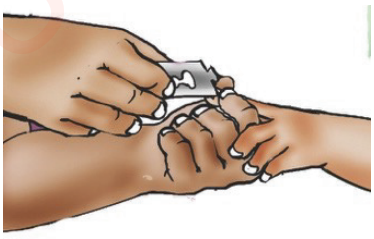
Fingers with long nails.



I cut my fingernails using a pair of scissors.



I cut my fingernails using a nail cutter.



I cut my fingernails using a razor blade.



I wash my fingernails using a brush, soap and clean water.

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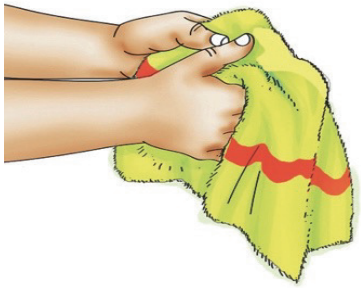
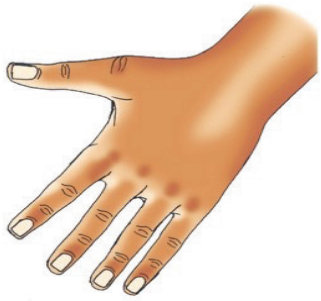


I dry my hands using a clean towel.



Well cut and cleaned fingernails.

Question

Why is it important to cut and wash your fingernails?

Activity 7

(a) Watch videos on the internet showing the steps for cutting and washing fingernails.
(b) Cut and wash your fingernails by following the steps you have learnt.

Exercise 5

1. Mention three (3) items used for cutting and washing fingernails.
2. Draw any one item you like to use when cutting your fingernails.

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I wash my hands.



I wash my hands by following these steps.

1



2



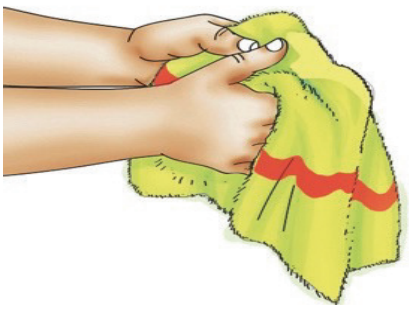
3



4



5



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Questions

1. What have you learnt from the pictures 1- 5?
2. Why is it important to wash your hands?

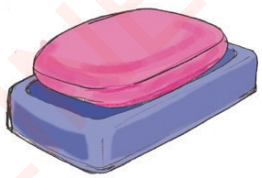
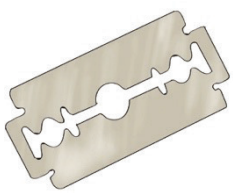
Activity 8

(a) Watch videos on the internet showing the steps for washing hands.

(b) Wash your hands by following the steps you have learnt.

Exercise 6

Write the names of the following items used for washing hands and fingernails.

S/N	Item	Name
1.		
2.		
3.		

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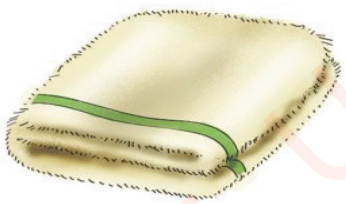
5.		
6.		

I wash my feet and cu toenails.



I use these items to wash my feet and cut toenails.

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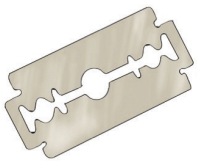
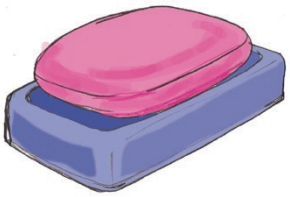
1 a  b  c 

2 

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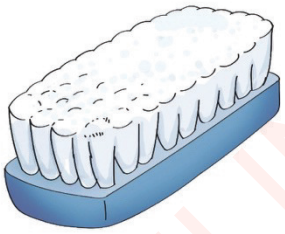
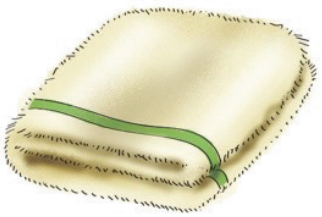
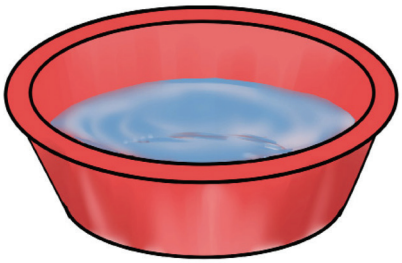
4 

5 

6 

HEALTH AND ENVIRONMENT STD 1 - PB.indd 24 09/12/2023 16:50

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Questions

1. Name the items used for washing feet and cutting toenails presented in pictures 1-6.
2. Mention other items used for washing feet and cutting toenails that you know.

I cut and wash my toenails.



I cut and wash my toenails using different items.



feet with long toenails.



I cut my toenails using a razor blade.



I cut my toenails using a nail cutter.



I cut my toenails using a pair of scissors.

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I wash my toenails using a brush, soap and clean water.



Feet with well cut and cleaned toenails.

Question

Why is it important to cut and wash your toenails?

Activity 9

(a) Watch videos on the internet showing the steps for cutting and washing toenails.
(b) Cut and wash your toenails by following the steps you have learnt.

Exercise 7

Match each of the following items with their uses by filling the letter of the correct answer in the table.

S/N	Item	Uses
1.		A. 
2.		B. 

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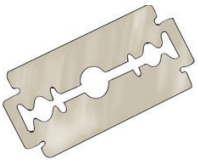
S/N	Item	Uses
3.		C. 

Question	1	2	3
Answer			

I wash my feet.



I wash my feet by following these steps.

1 

2 

3 

4 

5 

6 

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Questions

1. What have you learnt from pictures 1-6?
2. Why is it important to wash your feet?

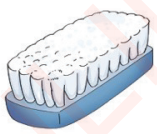
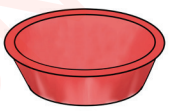
Activity 10

(a) Watch videos on the internet showing the steps for washing feet.

(b) Wash your feet by following the steps you have learnt.

Exercise 8

Match each of the following items with their uses by filling the letter of the correct answer in the table.

S/N	Item	Uses
1.		A. Scrubbing nails
2.		B. Drying feet
3.		C. Cutting nails
4.		D. Scrubbing feet
5.		E. Keep water

Question	1	2	3	4	5
Answer					

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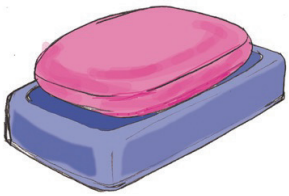
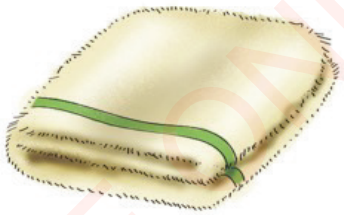
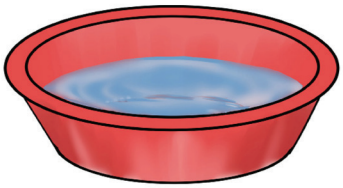
I like bathing.



I bathe to look smart; I use these items to bathe.

1 

2 

3 

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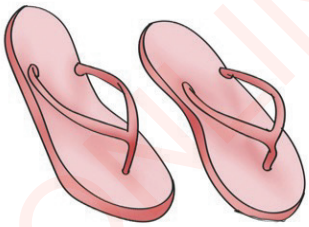
5 

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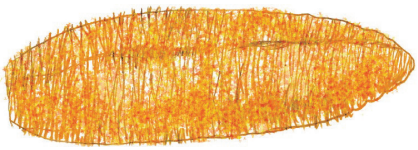
8 

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Questions

1.Name the items used for bathing presented in pictures 1-8.
2. Name other items used for bathing that you know.

I know steps for bathing.



I bathe by following these steps.

1



2



3



4



5



6



HEALTH AND ENVIRONMENT STD 1 - PB.indd 30 09/12/2023 16:50

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7



8



Question

What have you learnt from pictures 1-8?

Sing the song about body cleanliness and answer the questions that follow.

Song

Butterfly butterfly
Open the door
Look there
I wake up early in the morning
I clean my mouth to avoid bad smell
I wash my face to look smart
I clean my ears to avoid germs
I bathe so as to look smart
I comb my hair so as to look smart
I put on my clothes
I go to school looking smart.

HEALTH AND ENVIRONMENT STD 1 - PB.indd 31 09/12/2023 16:50

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Questions

1. Why is it important to bathe every day?
2. Name four (4) types of body cleanliness from the song.

Exercise 9

1. Draw and paint the following items for bathing:
   (a) Mug
   (b) Soap
   (c) Towel
   (d) Basin with water
   (e) Sponge
   (f) Body oil
2. Put a tick (✓) for a picture showing a step of bathing and a cross (X) for that not step for bathing.

S/N	Action	Answer
(a)		
(b)		

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S/N	Action	Answer
(c)		
(d)		
(e)		
(f)		

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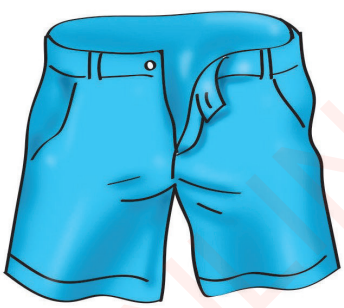
Chapter Two

Taking care of clothes

I know my clothes.



I wear these clothes to look smart.

1 

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9



10





11





12





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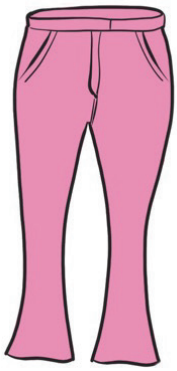

14



Questions

1. Name the clothes presented in pictures 1-14.
2. Name other clothes that you know.

Exercise 1

1. Name four (4) clothes worn by:
   (a) Men
   (b) Women
2. Name types of clothes that you wear while at school.

I wash my clothes.



I use these items to wash my clothes.

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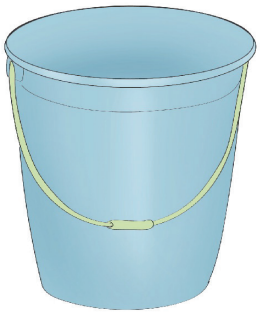
1



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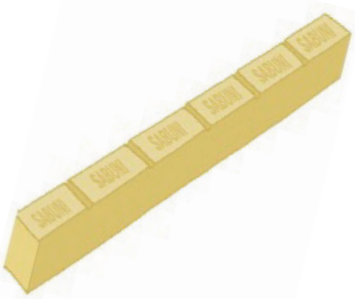

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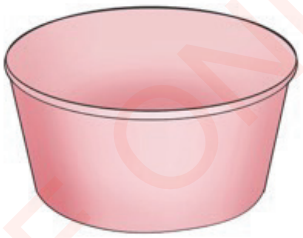

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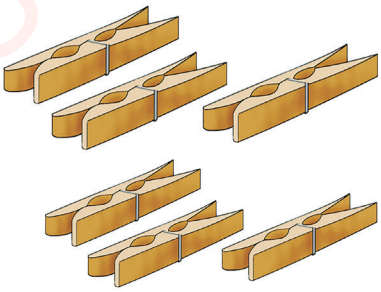

Questions

1. Name the items used for washing clothes presented in pictures 1- 6.
2. Mention other items used for washing clothes that you know.

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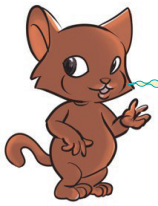
I know the steps for washing my clothes.



I wash my clothes by following these steps

1



I separate other coloured clothes from white ones.

2



I add powerded soap in a basin with clean water.

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3



I soak dirty white and other coloured clothes in separate dishes.

4



I rub the clothes with soap and scrub them.

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5



I rinse the clothes with clean water and squeeze them.

6



I turn clothes inside out.

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7



I hang and peg clothes on the clothes line.

Question

Why do you wash your clothes?

Activity 1

(a) Watch videos on the internet showing the steps for washing clothes.
(b) Wash clothes following the steps you have learnt.

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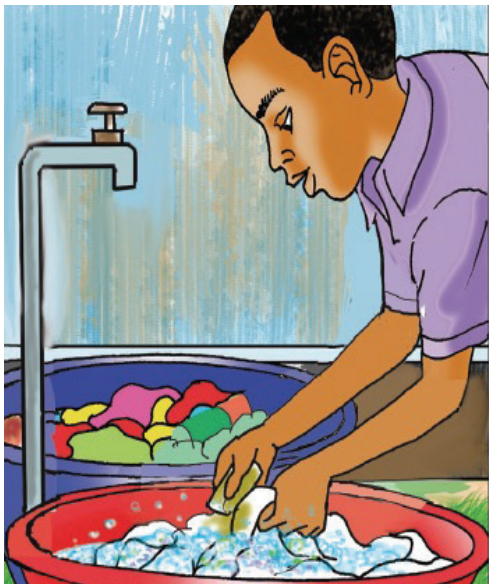
Exercise 2

1. Study the following pictures that show the steps for washing clothes:

(a)



(b)



(c)



(d)



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(e)



(f)



Arrange pictures (a)-(f) according to the steps followed when washing clothes.

2. Why do we wash white and other coloured clothes separately?

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I keep my clothes.



I keep my clothes using these storage materials.

1



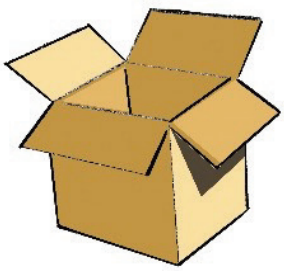
2



3



4



Questions

1. Name the clothes storage materials presented in pictures 1- 4.
2. Name other clothes storage materials that you know.

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I fold and keep my clothes.



I fold my clothes and keep them in these storage materials.

1



I fold my clothes and keep them in a wardrobe.

2



I fold my clothes and keep them in a bag.

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3



I fold my clothes and keep them in plastic a bag.

4



I fold my clothes and keep them in a box.

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Question

What have you learnt from the pictures 1- 4?

Activity 2

(a) Watch videos on the internet showing the steps for folding and keeping clothes in storage materials.

(b) Practise folding and keeping clothes in the storage materials.

Exercise 3

1. Name any three (3) storage materials used for keeping clothes.
2. Name the storage materials you use for keeping your clothes at home.

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Chapter Three

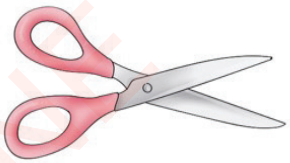
Dangerous environments and objects

I know dangerous objects.



I avoid dangerous objects to be safe.

1 

2 

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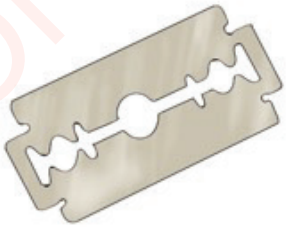
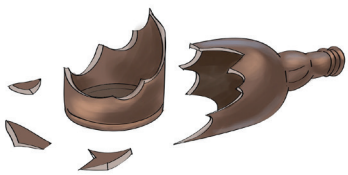
4 

5 

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6 

7 

8 

9 

10 

Questions

1. Name the dangerous objects presented in pictures 1-10.
2. Name other dangerous objects that you know in your environment.

Sing the song about dangerous objects and answer the questions that follow.

Song

It is bad to play with dangerous objects
You may get injured, bleed or become disabled as well
Razor blades and pairs of scissors, pins, and
nails are dangerous objects
Pieces of iron sheets, needles, knives are also dangerous objects.

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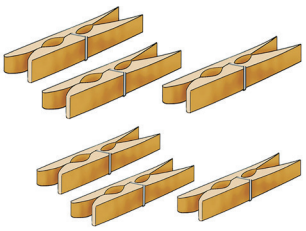
Questions

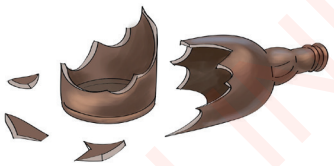
1. Mention dangerous objects you heard from the song.
2. What are the effects of playing with the dangerous objects?

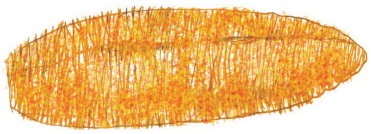
Exercise 1

Study the following pictures, then identify and write the names of dangerous objects identified.

(a) 

(b) 

(c) 

(d) 

(e) 

(f) 

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I know dangerous insects.

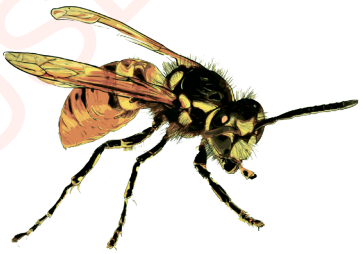


I avoid dangerous insects to be safe.

1 

2 

3 

4 

5 

Questions

1. Name the dangerous insects presented in pictures 1- 5.
2. Name other dangerous insects that you know.

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Read the story below and answer the questions that follow.

Story

One day Neema and her mother went to the farm to harvest maize. While her mother was harvesting, Neema was playing under a big tree. While playing, Neema was stung by a bee which was on the flower of the tree and she felt severe pain. Neema's face was swollen, so her mother took her to hospital. The doctor gave Neema medicine and told her that bees are dangerous insects that sting and leave poison in the body causing various effects. The doctor also told Neema that other dangerous insects are ants, mosquitoes and wasps. The doctor advised Neema to avoid dangerous insects.

Questions

1. What have you learnt from the story?
2. Mention dangerous insects from the story.
3. Why did the doctor advise Neema to avoid dangerous insects?

Activity 1

(a) Watch video on the internet showing pictures of dangerous insects.
(b) Walk around the school compound, and look for dangerous insects, then write their names.

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Exercise 2

Match the pictures of dangerous insects with their names by filling the letter of the correct answer in the table.

S/N	Insects	Names
1.		A. Housefly
2.		B. Bee
3.		C. Ant
4.		D. Mosquito
5.		E. Wasp

Question	1	2	3	4	5
Answer					

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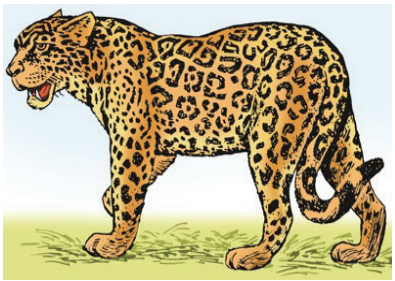
I know dangerous animals.



I avoid dangerous animals to be safe.

1



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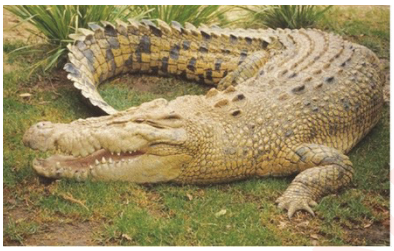

4



5



6



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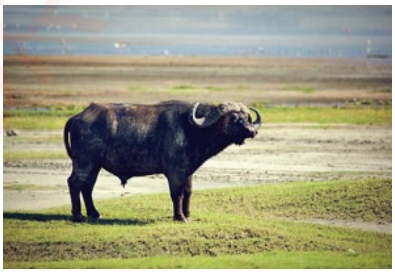

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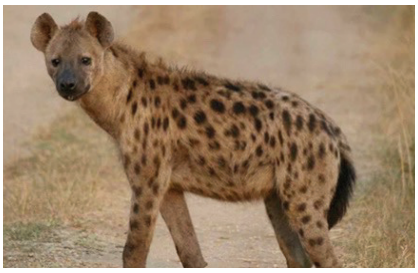

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Questions

1. Name the dangerous animals presented in pictures 1- 8.
2. Name other dangerous animals that you know.

Exercise 3

1. Why is it important to avoid dangerous animals?
2. Put a tick (√) for dangerous animal and cross (X) for non-dangerous animals.

S/N	Animal	Answer
(a)		
(b)		
(c)		
(d)		

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S/N	Animal	Answer
(e)		

I avoid dangerous environments.



I avoid dangerous environments to protect my health and life

1



I avoid receiving gifts from strangers so as not to be tricked.

2



We avoid playing in the road to prevent accidents.

3



I avoid climbing trees to prevent myself from falling and getting injured.

4



We avoid playing near wells to prevent from falling into it and getting injured.

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Questions

1. What have you learnt from pictures 1- 4?
2. Names other dangerous environments that you know.

Activity 2

Perform a role play on avoiding a dangerous environments.

Exercise 4

Why is it important to avoid dangerous environment?

I avoid dangerous objects.



I avoid dangerous objects to protect my health and life.

1



We avoid dangerous objects to be safe.

2



I avoid dangerous objects by wearing strong boots and cleaning the environment.

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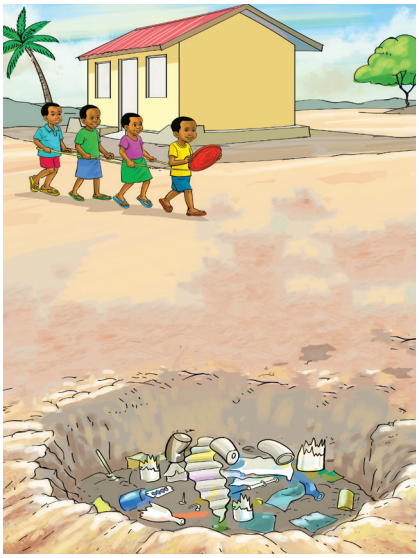

We avoid playing with dangerous objects to prevent being injured and getting diseases.

4



I avoid environments with dangerous objects by removing and disposing them in the trash bin.

Question

What have you learnt from pictures 1-4?

Activity 3

Walk around the school surroundings and identify dangerous objects you see. Explain how to avoid them.

Exercise 5

Why are you advised to avoid dangerous objects?

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Chapter Four

Safety signs

I know road safety signs.



I observe these road safety signs to be safe.

1 	2 
3 	4 
5 	6 

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7



8



9



Questions

1. Give the meaning of the road safety signs presented in pictures 1-9.
2. Give the meaning of other road safety signs that you know.

Activity 1

(a) Watch video/animations on the internet showing road safety signs.

(b) Perform a role play to demonstrate adherence to road safety signs.

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Exercise 1

1. Match each picture of a road safety sign with its meaning by filling in the table:

Road safety sign	Meaning
(i) 	A. Traffic light
(ii) 	B. Children crossing
(iii) 	C. Railway crossing
(iv) 	D. Pedestrian crossing
(v) 	E. Narrow bridge
(vi) 	F. Cyclist lane

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Road safety sign	Meaning
(vii) 	G. Pedestrian road
(viii) 	H. Bus stop

Question	i	ii	iii	iv	v	vi	vii	viii
Answer								

2. Why are you advised to observe road safety signs?

I know other safety signs in my environment.



I observe these safety signs to be safe in my environment.

1 	2 

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3 

4 

5 

6 

7 

8 

9 

10 

11 

Questions

1. Give the meaning of the environment safety signs presented in pictures 1-11.
2. Give the meaning of other environment safety signs that you know.

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Activity 2

(a) Watch video/animations on the internet showing adherence to safety signs in the environment.

(b) Perform a role play to demonstrate the adherence to safety signs in your environment.

Exercise 2

(1) Mention three (3) safety signs in the environment that you know.

(2) Mention the effects of not observing safety signs in the environment.

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Vocabulary

Sign	*a symbol that represents something or shows the identity of a certain thing or event*
Dangerous	*objects, conditions or environment that can cause pain, injury or death*
Clothes	*garments that are worn by humans to cover the body or part of the body*
Environment	*all things that surround humans*
Cleanliness	*the condition of keeping the environment free from dirt, waste and trash*
Safety	*the state of being free from or being protected from danger, harm, risk or injury*

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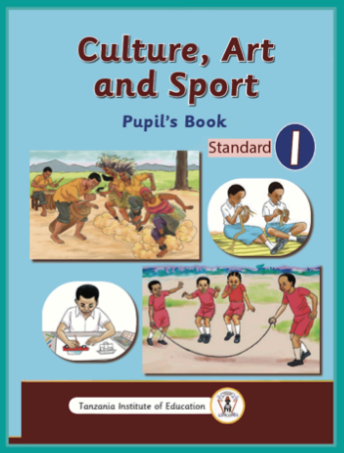

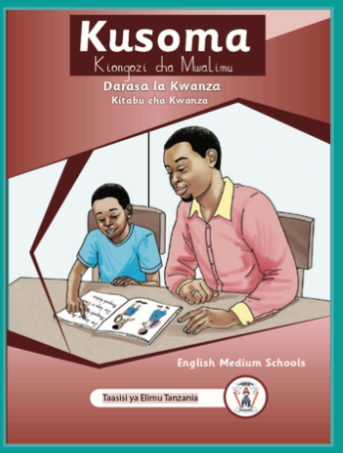



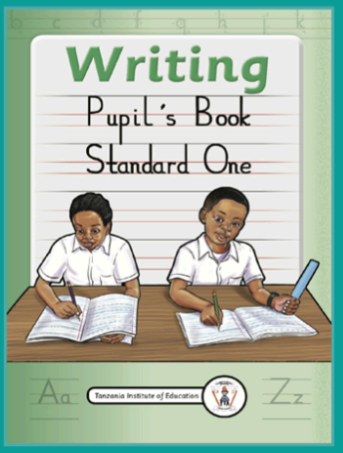

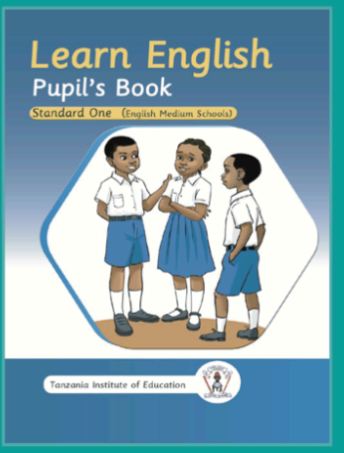

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