LITERACY A(SCIENCE)

HOLIDAY PACKAGE SET TWO

PRIMARY THREE 2020

1. Personal hygiene

Personal hygiene is the cleanliness of our body and the things we use.

- **Is the general cleanliness of our body.**

How we can keep our bodies clean.

- **By bathing**
- **By combing the hair.**
- **By brushing the teeth.**
- **By washing clothes.**
- **By cutting finger nails short.**
- **By trimming the hair.**
- **By ironing the clothes.**

Why do we carry out personal hygiene?

- **To prevent diseases.**
- **To remove germs.**
- **To look smart.**
- **To avoid bad smell.**

- To remove dirt.
- To be healthy.

2. Sanitation

Sanitation is the general cleanliness of a place where we stay or live.

Places which must be cleaned at home and school.

- Sitting room
- bedroom
- Compound
- bathroom
- Toilets/latrine
- store
- Kitchen
- soak pit
- verandah

How to keep places in our environment clean.

- By sweeping.
- By mopping.
- By slashing the grass in the compound.
- By flashing the toilets.
- By dusting chairs, tables, walls and others.
- By scrubbing.
- Removing cobwebs.

- **Trimming fences.**
- **Digging around the compound.**
- **By picking up rubbish.**
- **By covering toilets, latrines and dust bins.**
- **By proper disposal of rubbish or wastes.**

Questions.

1. What is sanitation?

2.----------is the cleanliness of our body and things we use.

3. Draw and name four things we use to clean our bodies.

4. Identify four things we use to keep sanitation.

i)_____ ii)_____

iii)_____ iv)_____

5. Write Yes or No.

a).The tongue is used for feeling._____

b).A person has five senses._____

c).We should wash our hands before eating._____

d.)A house is used to clean our bodies._____

e).It is good to practice personal hygiene._____

f.) We should keep our environment dirty._____

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Our Environment

Environment are things surrounding us. There are many things surrounding us like plants, animals, birds, hills, soil and many others. There are both living and non living things in our environment.

Soil.

Soil is the top layer that covers the earth's surface. There are many things that make up soil. These can also be called soil components. Some of them are;

Air, water, humus (organic matter), rock particles (inorganic matter), dissolved mineral salts, living organisms. There are three main types of soil that is loam soil, sand soil, clay soil. Loam soil is mainly used for plant growth because it has a lot of humus, clay

used for making pots, plates and cups because it has smooth particles and sand soil is mostly used for building because it allows water to drain away from a building site but will not shift or move. Soil is formed by;

i) Through weathering;

This is the process by which rocks breakdown into small particles to form soil.

ii) Through decomposition;

This is the process by which plants and animals rot to form soil.

Questions.

1. Define the term soil.

_____

_____

2. Write down the components of soil.

_____

_____

3. List down three uses of soil.

i) _____

ii) _____

iii) _____

4. Mention the best soil for growing crops

_____

5. How is soil formed?

_____ _____

6. What is weathering?

_____

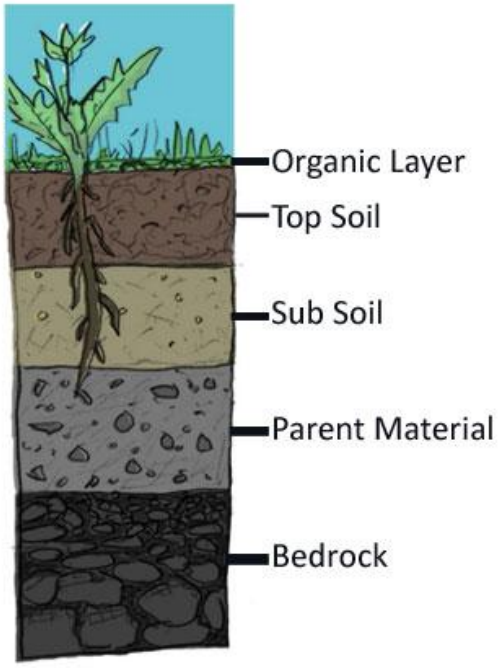
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7. Name the process by which plants and animals rot to form soil?

_____

Soil profile.

A soil profile is the vertical arrangement of soil layers. It is the way soil layers are arranged from top to bottom. Top soil is the best layer for growing crops because it has a lot of humus which makes it fertile. Other layers are not good for plant growth because they are not fertile because they do not have humus in them.



<u>Answer these questions about the soil profile</u>.

i)Define the term soil profile.

_____

_____

ii) Outline the layers of a soil profile.

_____ _____

_____ _____

iii).Why is the top layer good for plant growth?

_____

IV) Draw and name the layers of soil.

Changes in our environment

Change is the process of becoming different from the usual way. There are two types of changes in our environment. Natural changes which are brought by God or nature. Artificial changes are changes brought by man. Examples of natural changes are;

- .Changes in plants.
- Changes in animals.
- Changes in the atmosphere.
- Changes in land.
- Changes in the sky.
- Changes in non living things like soil and water.
- Rising and setting of the sun.
- Formation of clouds.
- Movement of clouds
- Wind blowing in all directions.
- Ripening of fruits.
- Growth
- reproduction

How can the following natural changes be controlled

Floods	➢ By digging trenches ➢ By planting trees(afforestation) ➢ Avoid clearing swamps
Drought	➢ By planting trees. ➢ Avoid clearing swamps. ➢ By digging valley dams
Rusting of metals	➢ By painting tools ➢ By keeping tools in a safe place ➢ By oiling tools
Soil erosion	➢ By planting trees ➢ By mulching ➢ By terracing on hilly areas ➢ By strip cropping

Examples of artificial changes.

- Growing of crops
- Killing of animals
- Construction of roads
- Planting of trees.
- Cutting down of trees
- Accidents
- Construction of houses.

Questions

1. List down the two types of changes.

_____ _____

2. Define each type of change mentioned above.

_____

_____

_____

3. Write down four examples of natural changes.

i)_____

ii)_____

iii)_____

iv)_____

4. Give two changes that occur in plants.

_____

_____

5. How can the following natural changes be controlled?

i) floods_____

ii) soil erosion_____

iii) rusting of metals_____

6. How do we call the washing away of top soil by its agents? _____

7. Outline three agents of soil erosion.

i) _____ ii)_____

iii) _____

8. What is mulching? _____

_____

9. Mention three examples of artificial changes.

i) _____

ii) _____

iii) _____

Changes in the atmosphere.

Weather

Weather is the condition of the atmosphere at a given time and place. There are different types of weather like windy, sunny, rainy, cloudy, foggy and misty. Things that bring changes in the atmosphere are called elements of weather. Examples of elements of weather are;

- **Wind**

- Sunshine
- Rainfall
- Cloudy cover
- Humidity
- Temperature

Now lets talk about seasons,

A season is a period when an area receives the same weather conditions for a long time.There are two seasons in Uganda.

1. Wet season: An area receives a lot of rain.
2. Dry season: An area receives too much rain.

Activity

1. Define the term weather.

_____

_____

2. Write down the two seasons in Uganda.

_____ _____

3. List down four types of weather.

i)_____ ii)_____

iii)_____ iv)_____

4. Which season is good for growing crops?

_____

5. Name the type of weather where people use umbrellas?_____

6. Mention the importance of the following;

rainfall_____

sunshine_____

7. Write down the dangers of:

i) Too much wind_____

ii) Too much rainfall_____

Air and the sun.

Air is a mixture of gases.

Forms of air

Rare gases or noble gases.	➢ It is composed of other gases like helium, neon, argon, krypton and xenon. ➢ Used in bulbs.

Nitrogen.	➢ **It has the biggest percentage.** ➢ **It is used in bulbs.**
Oxygen	➢ **It is the gas we breathe in.** ➢ **It supports burning.** ➢ **It supports germination.** ✓ **Germination is the growing of a seed into a seedling. A seedling is a young plant.**
Carbondioxide	➢ **It is the gas we breathe out.** ➢ **It is used by plants to make food.** ➢ **It is used to put out fire.** ➢ **It is used to preserve soft drinks like soda.**

Gas percentages in the atmosphere.

Oxygen 21%

Rare gases 0.97%

Carbon dioxide	00.3%
Nitrogen	78%

Properties of air.

- Air has weight.
- Air exerts pressure.
- Air occupies space.
- Air can be compressed.

➢ Wind is moving air OR air in motion.

Questions.

1. What is meant by the term Air?

_____

2. Which form of Air has the biggest percentage in the atmosphere?

_____

3. List down the properties of air.

i) _____

ii)_____

iii)_____

iv)_____

4. Write down the various forms of Air.

i)_____

ii)_____

iii)_____

iv)_____

5. Of what importance is Air to man?

_____

6. Define the term wind.

_____

7. State four uses of wind.

i) _____

ii)_____

iii)_____

iv)_____

8. Write one danger of wind.

_____

9. Name the form of Air that has the least percentage in the atmosphere.

_____

10. Which gas is used to put out fire?

_____

11. Under which type of weather is winnowing done?

_____

The sun.

The sun is the main natural source of light. It provides solar, heat and light energy. It rises from the East direction and sets in the West. When the sun is blocked, a shadow is formed in the opposite direction of the sun.

Natural sources of light.

I. Stars
II. Glow worms.
III. Fire flies
IV. Lighting flash.

Note: The moon is not a natural source of light because it reflects light from the sun.

Artificial sources of light.

i. Torches.
ii. Electric bulbs.
iii. Candles.
iv. Match boxes.
v. Car head lamps.

Uses of the sun to man.

- The sun provides light.
- It tells direction.
- It helps in formation of rainfall.
- It is a source of solar energy.
- It helps plants to manufacture (make) food.
- It helps plants to grow well.

Self testing exercise.

i) In which direction does the sun set?

_____

ii) Apart from the sun, write down other natural sources of light._____

_____

iii).Write down three uses of the sun.

_____

_____

_____

_____

iv).Why isn't the moon a natural source of light?

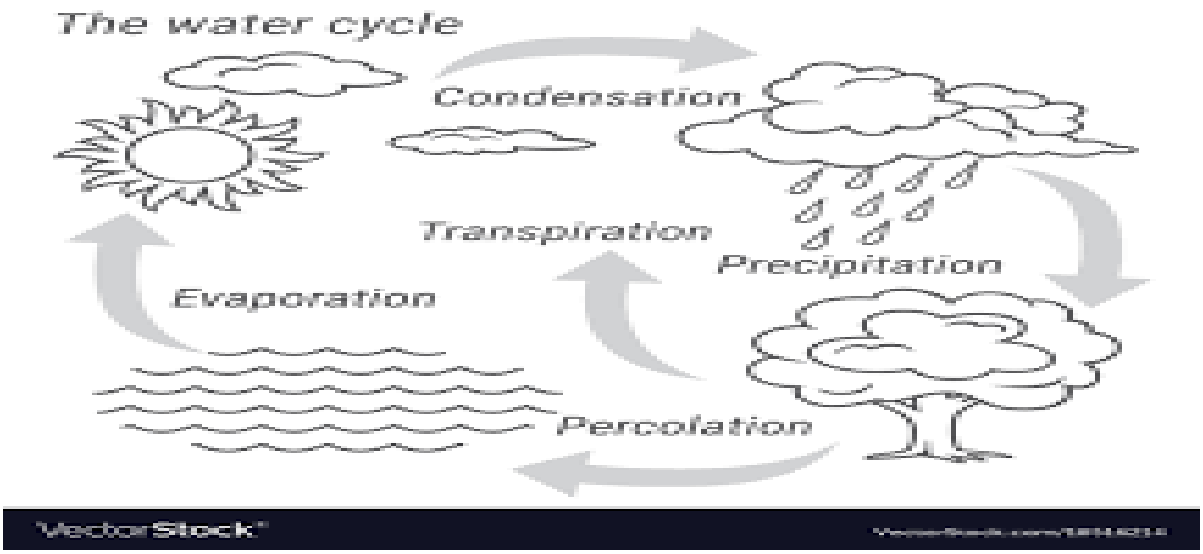
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<u>Water</u>.

The main natural source of water is rain.

Rain is formed through a process known as water cycle.

- **The sun heats the water body.**
- **The water heats up and starts evaporating.**
- **The vapour rises and then condenses to form nimbus cloud.**
- **The condensed vapour becomes heavy and falls down as rain.**



- **Transpiration: This is the process when plants loose water to the atmosphere through leaves.**
- **Evaporation: This is the process when water rises to the atmosphere in form of vapour.**
- **Condensation: This is the process when water vapour cools to form rainfall.**

Clouds

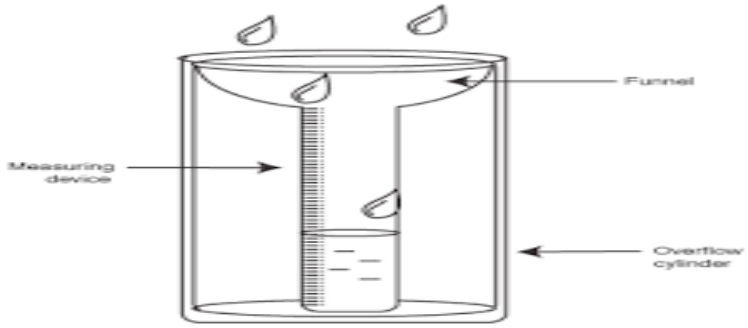
- **Nimbus clouds: They are dark in color and appear nearest to the Earth. They bring rain.**
- **Stratus clouds: They are a sign of fair weather.**
- **Cirrus clouds: They appear furthest in the sky. They look like feathers.**
- **Cumulus clouds: They are white in color and they resemble cotton piles.**

Weather instruments.

These are instruments that are used to measure or show different weather conditions.

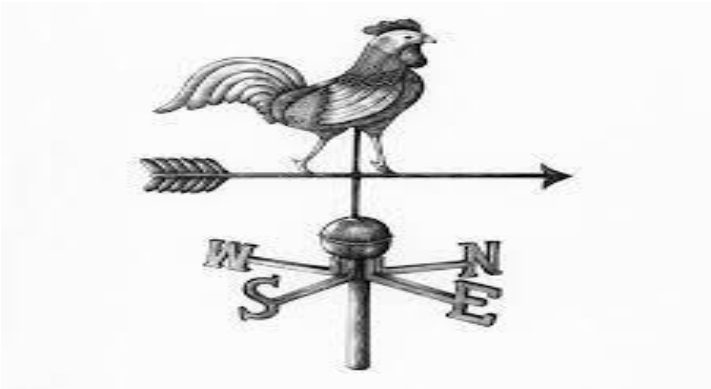
They are kept at weather stations.

Rain gauge: It is used to measure the amount received.



<u>Wind vane</u>.

It is used to show direction of wind.



<u>Thermometer</u>.

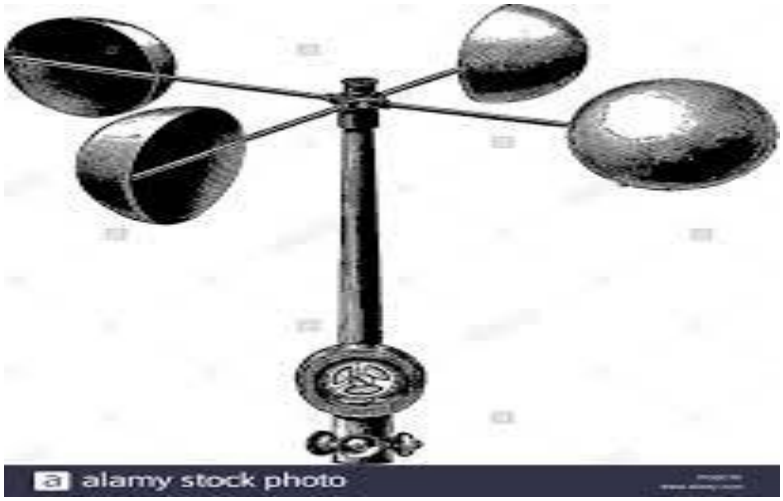
It is used to measure temperature.



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<u>An anemometer</u>.

It measures the speed of wind.



<u>Wind sock</u>: It shows the strength of wind.



Self testing exercise.

1. Name the main natural source of water.

_____

2. How can water sources be protected?

_____

3. Write down at least four importance of rain.

i) _____

ii)_____

iii)_____

4. Identify two dangers of rain.

i)_____

ii)_____

5. Mention four types of clouds.

i)_____

ii)_____

iii)_____

iv)_____

6. Which clouds give us rain?

_____

7. Identify the clouds that appear highest in the sky.

_____

8. Name the instruments used to measure the amount of rain received.

_____

9. What is a weather station? _____

_____

10. Draw a wind vane.

11. Give two examples of natural sources of water.

i) _____

ii) _____

12. What is the work of an anemometer?

_____

end