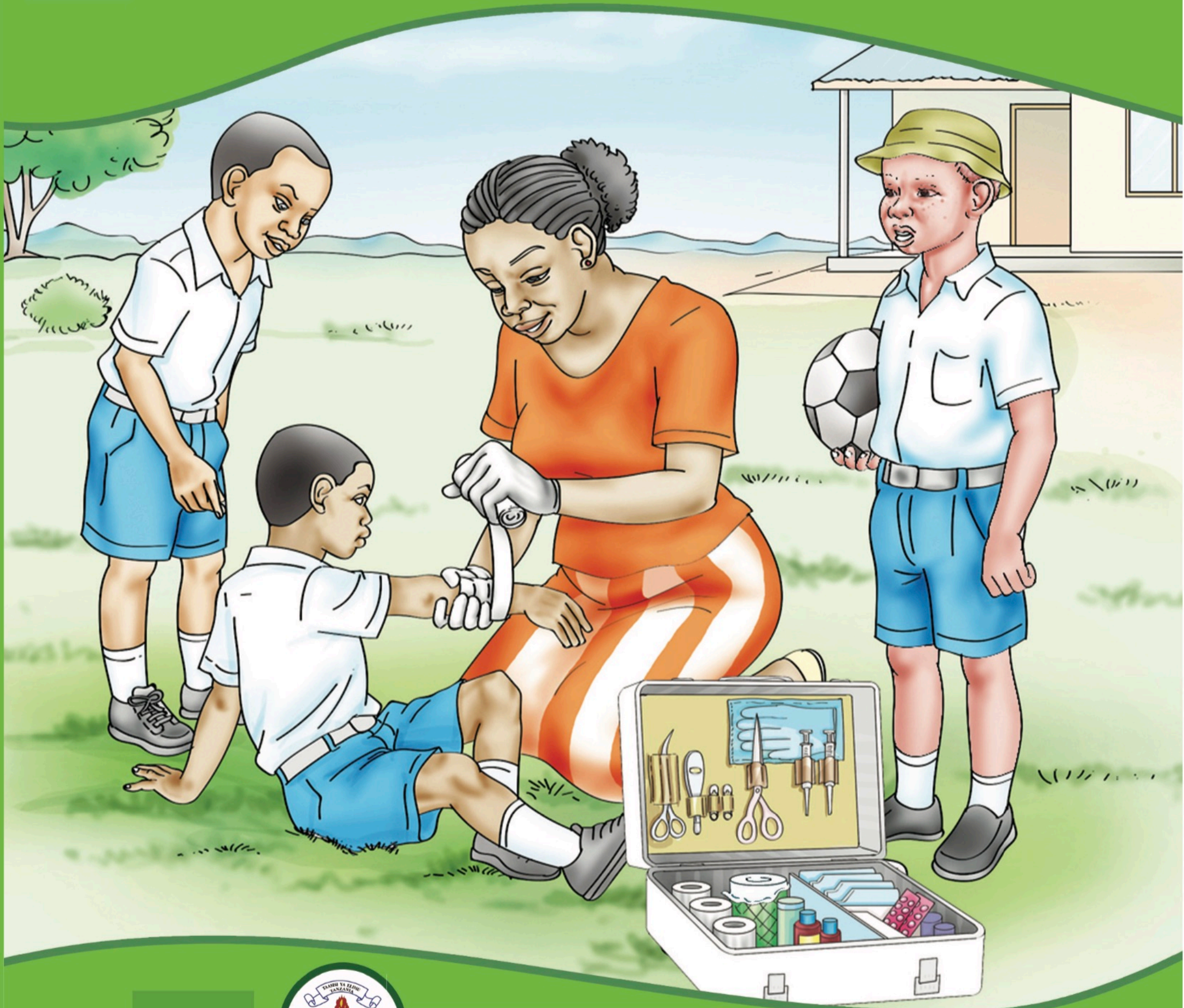


# Health and Environment

## Standard One

### Pupil's Book



Tanzania Institute of Education

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# Health and Environment

## Standard One

### Pupil's Book

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

*Certificate of Approval*

No. 152


Title of Publication: Health and Environment Standard One Pupil's Book

Publisher: Tanzania Institute of Education

Author: Tanzania Institute of Education

ISBN: 978 - 9987 - 09 - 006 - 8

This book was approved by the Ministry of Education,  
Science and Technology on 7<sup>th</sup> March 2019 as a Textbook  
for Standard One pupils in Tanzania Primary Schools as  
per the 2016 syllabus.

  
Dr. Lyabwene M. Mtahabwa  
Acting Commissioner for Education

**Tanzania Institute of Education**





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Published 2019

Reprinted 2021

ISBN 978 - 9987 - 09 - 006 - 8

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## Acknowledgements

The Tanzania Institute of Education (TIE) would like to acknowledge the contributions of all the individuals and organisations who participated in the design and development of this book.

- Writers:** Ms Mwanahamisi Jokolo, Ms Kibuna Mpapalika, Mr Tumaini Luvinga, Ms Irasaeny Murro and Mr Elias Magutta
- Editors:** Dr Albert Tarmo and Dr John A. Mahugija
- Designer:** Mr Katalambula F. Hussein
- Illustrators:** Mr Fikiri Msimbe in cooperation with Alama Art and Media Production Co. Ltd.
- Coordinator:** Ms Irasaeny Murro

TIE also extends its sincere gratitude to the teachers and pupils in the primary schools that participated in the trial of the manuscript.

Finally, the Institute would like to thank the Ministry of Education, Science and Technology for facilitating the process of writing this book.



Dr Aneth A. Komba

**Director General**

**Tanzania Institute of Education**





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## Introduction

This is the first book in a series of two books on Health and Environment for primary schools. The book has been prepared in line with the 2016 Standard One syllabus. It comprises eight chapters which will help the pupil to develop basic competencies in health and the environment. Also, it will help the pupil to build their reading, writing and arithmetic skills. The pupil is advised to read this textbook carefully in order to understand and develop the intended competencies. The pupil may also seek assistance from friends, parents and teachers in case of any difficulty.







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# Chapter One

## The human body

**In this chapter, you will learn about the following.**

1. Parts of the human body
2. Functions of the parts of the human body



The human body consists of many parts.



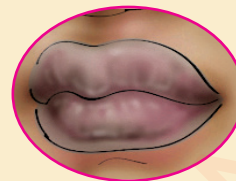
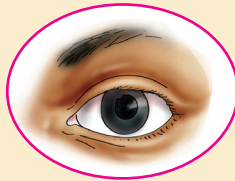
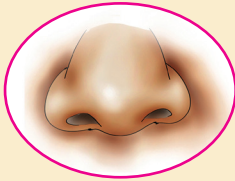


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## Parts of the human body

The human body consists of many parts. Each part has a name and a function.

### Song

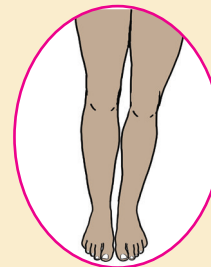


My body has a head, eyes, a  
nose, ears, a mouth, a chin,  
a neck, shoulders x 2

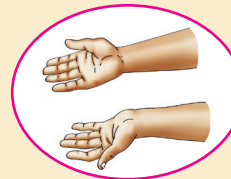


These are parts of my body  
x 2

The chest, the arms,  
abdomen, the waist, the  
thighs, the knees, the legs  
and the fingers x 2

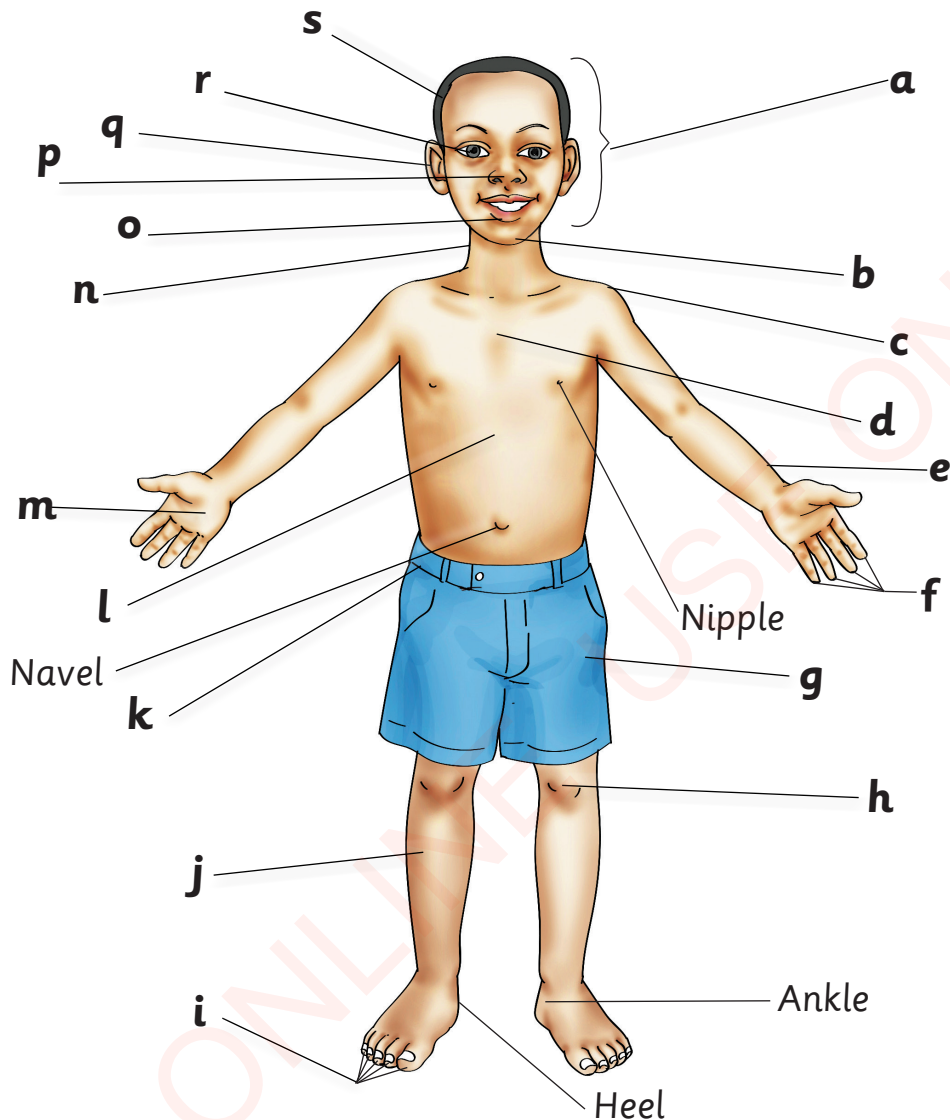


These are also parts of my  
body x 2



Study the following picture.

Name the parts of the body shown by the letters **a** to **s**.




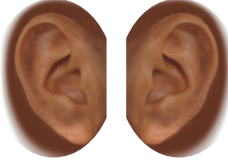
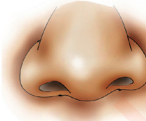
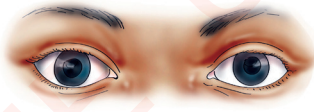

The human body has many parts.

**Example:** One nose  
Two arms  
Five fingers





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Name	Picture	Number
Legs		Two
Ears		Two
Nose		One
Eyes		Two
Fingers		Five

### Exercise I

**Answer the following questions.**

1. Mention seven parts of the human body.
2. How many arms do you have?
3. How many toes do you have?

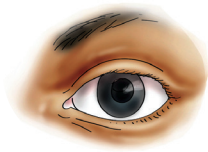




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4. Draw three parts of the human body.
5. Fill in the gaps
  - (a) N \_ \_ k
  - (b) St\_m\_ch
  - (c) T\_ig\_
  - (d) Ch\_n
6. Write the following words correctly.

(a) eey



(b) thoum



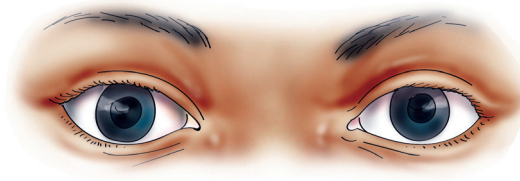
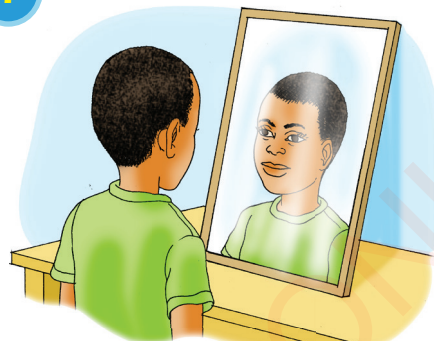
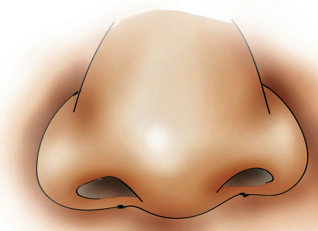


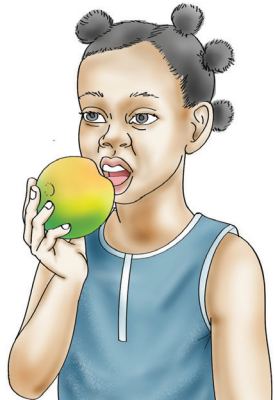
(c) are



(d) ngifers



## Functions of the parts of the human body

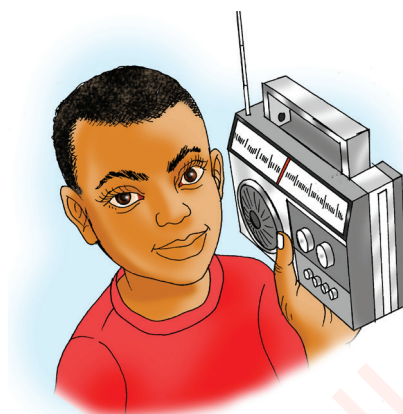
Part of the human body	Function
<p>1</p> 	<p>1</p> 
<p>2</p> 	<p>2</p> 
<p>3</p> 	<p>3</p> 



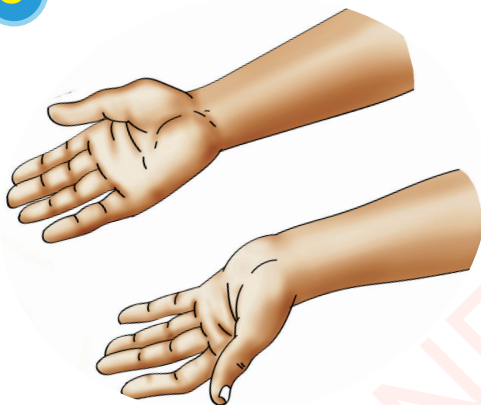
4



4



5



5



6

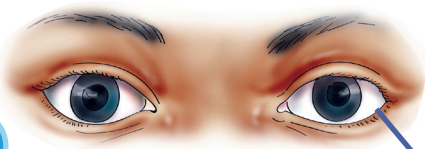
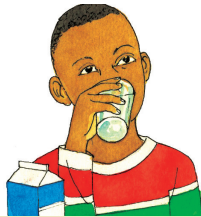




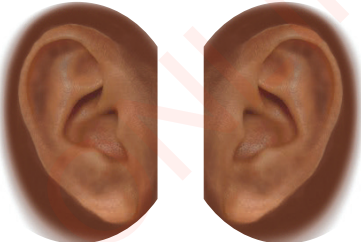





6



## Exercise 2

1. Match each part of the human body with its function.

Part of the human body	Function
 <p>1</p>	 <p>1</p>
 <p>2</p>	 <p>2</p>
 <p>3</p>	 <p>3</p>
 <p>4</p>	 <p>4</p>
 <p>5</p>	 <p>5</p>



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**2. Fill in the gaps with the words provided.**

(a) You eat with your \_\_\_\_\_.



nose

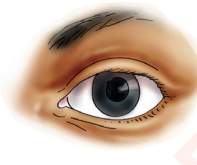


mouth

(b) You hear with your \_\_\_\_\_.

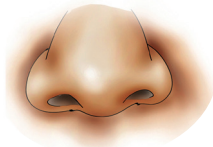


ear



eye

(c) You smell with your \_\_\_\_\_.

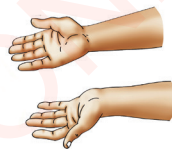


nose



mouth

(d) You write with your \_\_\_\_\_.



hands



legs





## Chapter Two

### Body cleanliness

**This chapter is concerned with how to take care of the body parts mentioned below.**

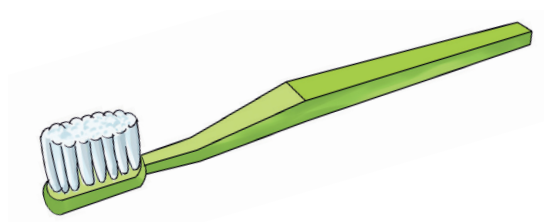
1. The mouth
2. Eyes, nose and face
3. Ears
4. Hair
5. Hands and fingernails
6. Legs and toenails



We clean our bodies to remove dirt. A clean body is smart and healthy.

## Washing the mouth

Things used to wash the mouth.



Toothbrush



Toothpaste



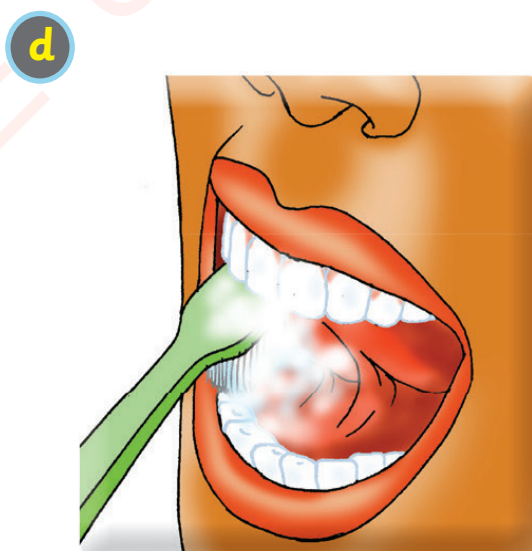
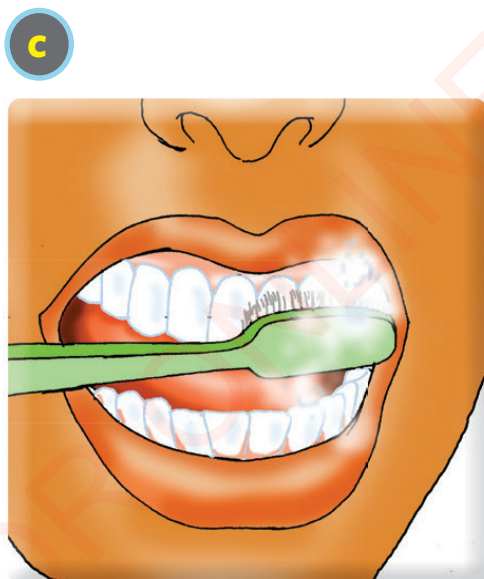
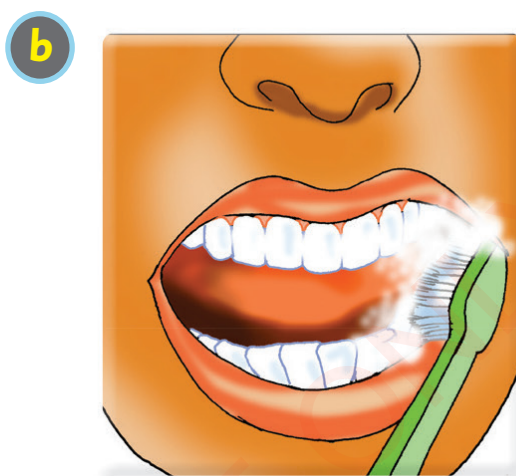
Clean water

## Steps in washing the mouth



Put some toothpaste on the toothbrush.

2



Brush the teeth.

3



Brush your tongue.

4



Rinse your mouth with clean and safe water.

5



Spit the water from your mouth in a sink.

### Activity 1

Practise each of the above-mentioned steps properly.

### Good manners

1. Always wash your mouth in the morning.
2. Always wash your mouth after eating.



### Exercise 1

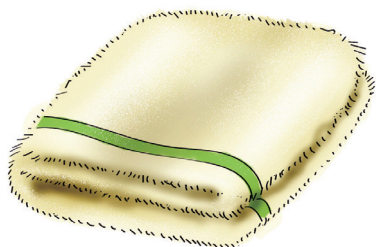
**Answer the following questions.**

1. What will happen if we do not wash our mouths?
2. Match each of the following pictures with its name.

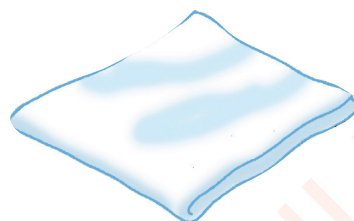
Picture	Name
	(a) Toothpaste
	(b) Clean water
	(c) Toothbrush

## Washing eyes, the nose and the face

Things for washing the eyes, nose and face.



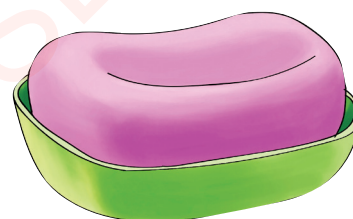
Towel



Handkerchief



Tin



Soap



Basin of water



Tissue paper

Study the action in each picture. Then, answer the questions.

1



What is he doing?

2



What is he doing?

3



What is he doing?

4



What is he doing?

### Activity 2

Practise the above-mentioned steps.

### Good manners

1. Wash your nose using a handkerchief or tissue paper.
2. When sneezing, cover your mouth and nose. Turn away and apologise.

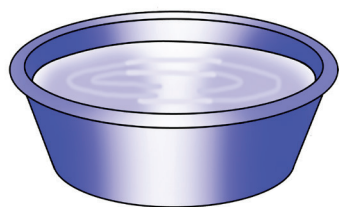
## Exercise 2

**Answer the following questions.**

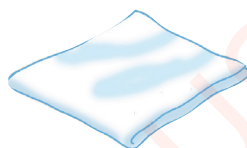
1. Why do we clean our eyes?
2. Why do we clean our noses?
3. Why do we wash our faces?

## Cleaning ears

Things used to clean ears.



Basin with water



Piece of soft cloth



Soap

## Steps in cleaning ears

1. Dip a clean piece of soft cloth into clean water.
2. Apply soap to the wet cloth.
3. Clean the front folds of the ear with the wet cloth.
4. Clean the back folds of the ear with the wet cloth.
5. Dry the ear with a dry soft piece of cloth or a clean towel.
6. Use a piece of soft cloth to check whether the ears are clean.



### Activity 3

Practise the steps mentioned above.

### Good manners

1. Do not put any object inside the ear.
2. When we feel pain inside the ear, we should consult a doctor.

### Exercise 3

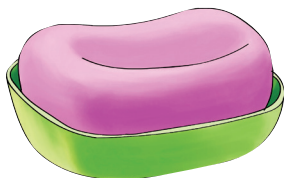
**Answer the following questions.**

1. Name the things used to clean ears.
2. Mention the parts of the ear which need cleaning.
3. Mention the steps in cleaning ears.

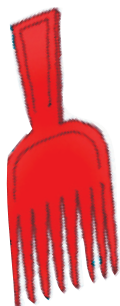


## Washing hair

Things used for washing hair.



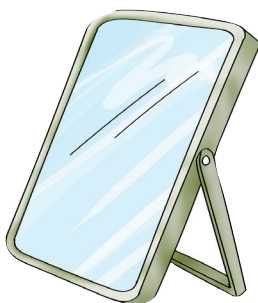
Soap



Comb



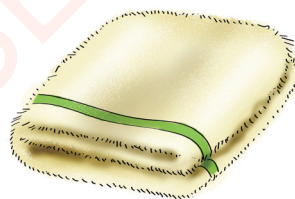
Tin



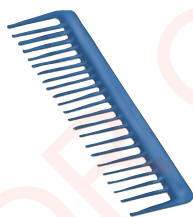
Mirror



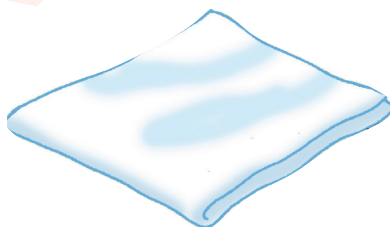
Oil



Towel



Teasing comb



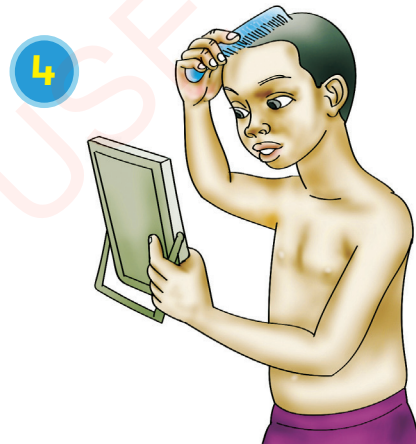
Handkerchief



Water

## Steps in washing hair

Study the action in each picture. Then, answer the question.



### Exercise 4

**Answer the following question.**

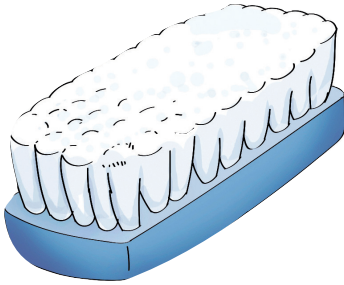
Name the actions shown in the above pictures.

### Good manners

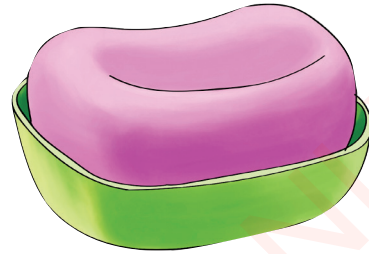
1. Comb your hair every morning and after bathing.
2. When combing your hair, keep away from food.

## Washing hands and fingernails

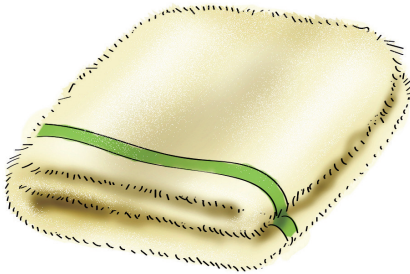
Things used for washing hands and fingernails.



Brush



Soap



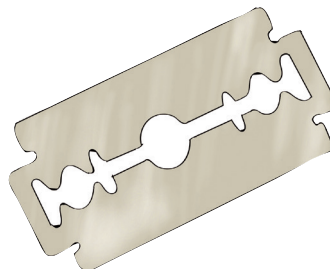
Towel



Clean water



Pair of scissors



Razor blade



Nail cutter

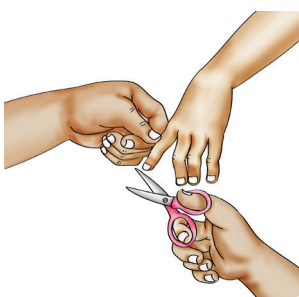
## Cutting nails using different tools.



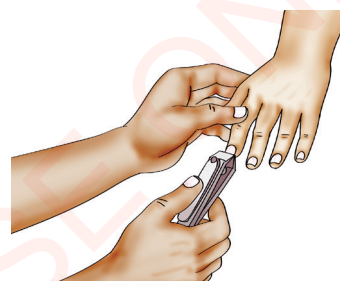
Fingers with long nails



Cutting nails using a razor blade



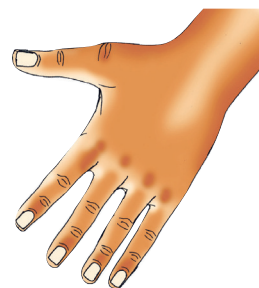
Cutting nails using a pair of scissors



Cutting nails using a nail cutter



Cleaning nails using a brush, clean water and soap



Nails cut properly and cleaned with clean water

### Good manners

Cut your nails frequently and dispose them of.

## Steps in washing hands

### Washing hands

1



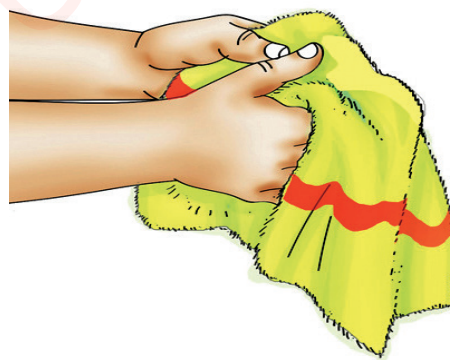
2



3



4



### Activity 4

Practise each of the steps mentioned above properly.

### Good manners

Wash your hands with clean and safe water.



### Exercise 5

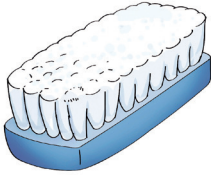
**Answer the following questions.**

1. Mention the steps in washing hands.
2. Match each picture with its name.

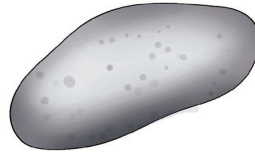
Picture	Name
	(a) Brush
	(b) Towel
	(c) Soap
	(d) Nail cutter
	(e) Pair of scissors
	(f) Razor blade

## Washing legs and toenails

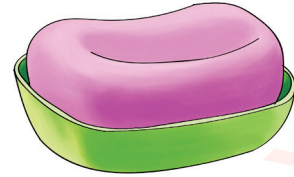
Things used for washing legs and toenails.



Brush



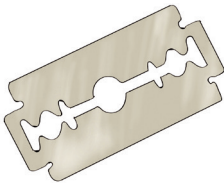
Scrubbing stone



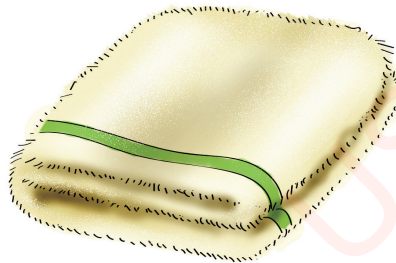
Soap



Nail cutter



Razor blade



Towel



Clean water

## Cutting toenails



Toes with long nails



Cutting toenails using a razor blade

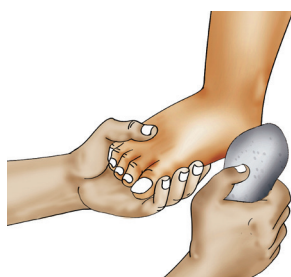


Cutting toenails using a nail cutter



Cutting toenails using a pair of scissors

## Cleaning legs



Scrubbing feet



Scrubbing nails



Drying feet

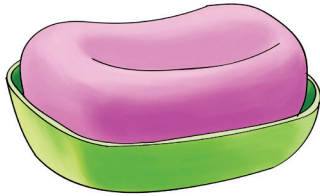
### Exercise 6

**Answer the following question.**

Mention the steps in washing legs and nails.

## Bathing

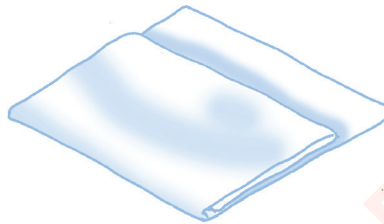
Things needed for bathing



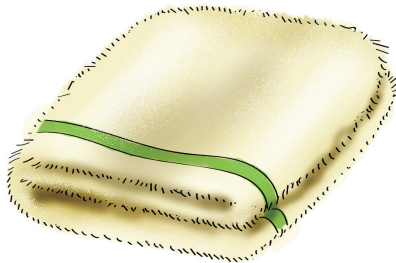
Soap



Sponge



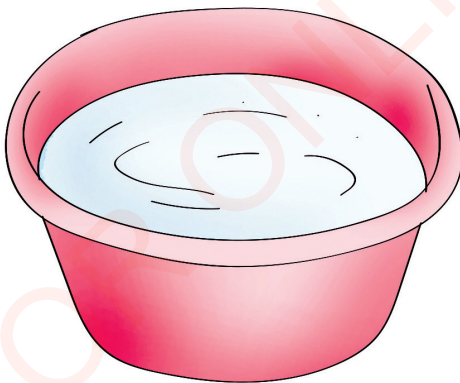
Piece of cloth



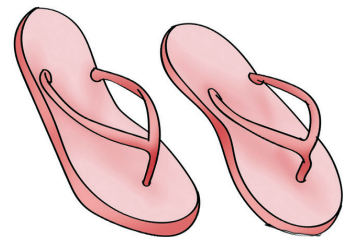
Towel



Tin



Basin with clean water



A pair of slippers

## Steps in bathing

1



Take off your clothes.

2



Pour water on your body.

3



Apply soap to your body.

4



Scrub your body with a sponge.



5



Rinse your body with clean water.

6



Dry the water on your body with a towel

### Good manners

Have a bath every day.

#### Exercise 7

**Answer the following question.**

Mention the steps in bathing.

## Chapter Three

### A balanced diet

A balanced diet is good for our health. Food must be clean and well prepared.

**In this chapter, you will learn about the following.**

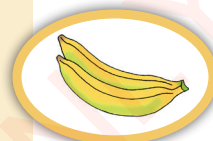
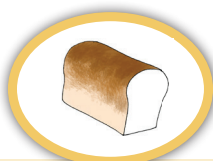
1. Types of food eaten in the morning, afternoon and evening
2. Principles of eating food
3. Washing fruits
4. Disadvantages of eating fruits without washing them



## Types of food eaten in the morning, afternoon and evening

### Song

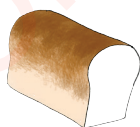
- Let us eat proper food.  
Eat in the morning, afternoon and evening x 2  
In the morning, have some milk and potatoes,  
tea and cassava.
- In the afternoon eat ugali or rice,  
Fish or meat together with fruits x 2  
In the evening eat bananas and meat, ugali or  
rice and sleep.
- Let us eat all these foods for the good of our  
health.  
When we are healthy, we can count well x 2  
We can also read well.  
We can play with joy x 2



### Food eaten in the morning (breakfast)



Porridge



Bread



Tea



Buns



Milk



Cassava



Potatoes



Drinking water



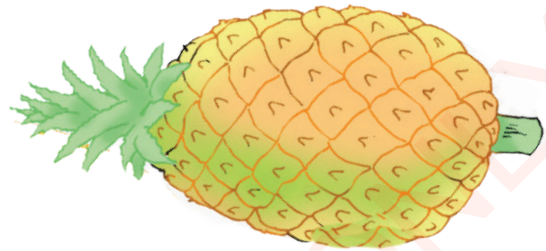
Bananas

## Food eaten in the afternoon (lunch)

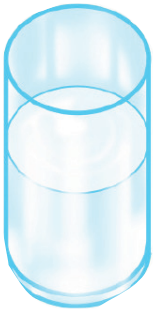
Examples of food eaten in the afternoon



Bananas



Pineapple



Drinking water



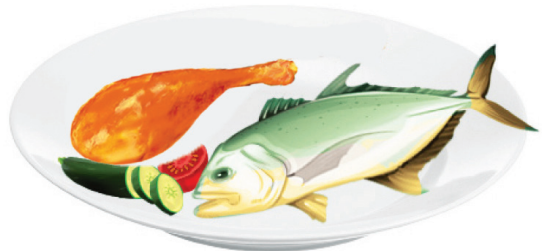
Beans



Mangoes

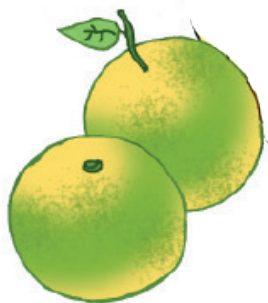


Ugali



Fish/meat

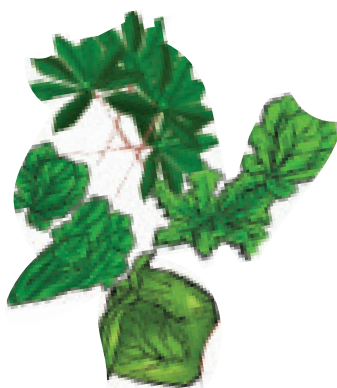




Oranges



Pawpaws



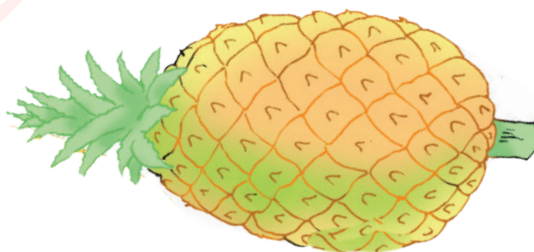
Vegetables

### **Food eaten in the evening (dinner)**

Examples of food eaten in the evening



Mangoes



Pineapple



Bananas





Pawpaws



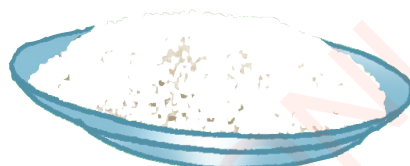
Drinking water



Milk



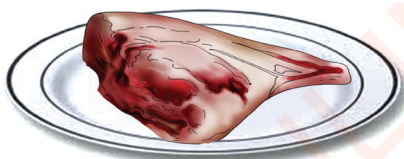
Vegetables



Rice



Beans



Meat



Sardines

### Exercise I

**Answer the following questions.**

1. What food do you eat in the morning?
2. What food do you eat in the afternoon?
3. What food do you eat in the evening?

## Principles of eating food

1



Wash your hands with clean water before eating.

2



Sit properly, facing the food when eating.

3



Wash your hands with clean water after eating.

4



Wash your mouth after eating.

### Good manners

1. Keep silent when eating.
2. Chew while your mouth is closed.

## Washing fruits

### Steps in washing fruits

1



Pick the fruit.

2



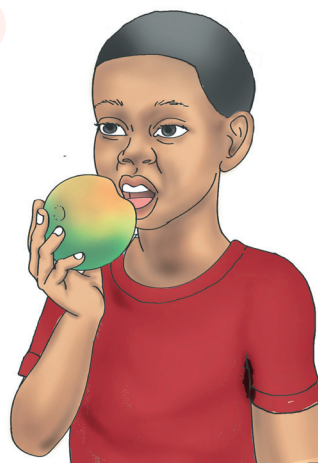
Prepare clean utensils and some water for washing the fruit.

3



Wash the fruit.

4



The fruit is ready for eating.

### Question

Why do we wash fruits before eating them?

## Disadvantages of eating fruits without washing them

1



2



3



4





## Song

1. Do not eat fruits without washing them.  
You will get stomach pain x 2
2. Do not eat fruits without washing them.  
You will vomit x 2
3. Do not eat fruits without washing them.  
You will get diarrhoea x 2

## Exercise 2

### Answer the following questions.

1. Fruits are washed using \_\_\_\_\_.
2. Mention three disadvantages of eating fruits without washing them.
3. Draw three fruits which you like best.
4. Provide the missing letters

(a) M \_ ng \_ es



(b) B \_ na \_ as



(c) Or \_ n \_ es



(d) P \_ n \_ appl \_





## Chapter Four

### Water and our health

**In this chapter, you will learn about the following.**

1. Clean and safe water
2. Advantages of drinking safe and clean water
3. Disadvantages of drinking unsafe water
4. Uses of clean and safe water



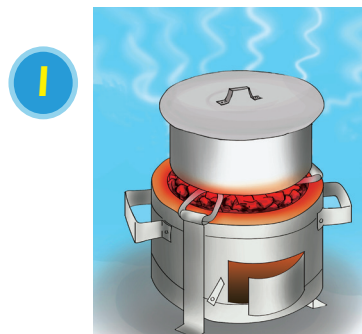
Water is important in our life.

## Clean and safe water

Water can be clean but not safe. We must boil water to make it clean and safe.

### Steps in making water clean and safe

After fetching some water from a source, do the following.



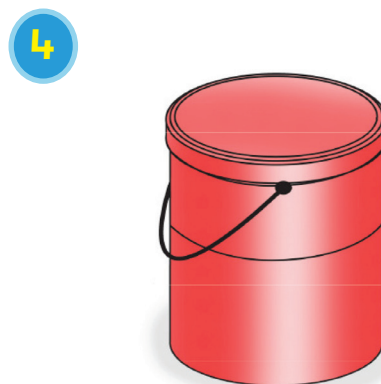
Boil the water.



Cool the water.



Filter the water.



Keep the water in a safe container.



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## Disadvantages of drinking unsafe water

### Song

1. Do not drink unsafe water;  
you will get stomach pain x 2.
2. Do not drink unsafe water;  
you will vomit x 2.
3. Do not drink unsafe water;  
you will get diarrhoea x 2.

### Drinking unsafe water





### Exercise I

**Answer the following questions.**

1. Mention three sources of water.
2. Drinking unsafe water can cause  
(a) \_\_\_\_\_ (b) \_\_\_\_\_ and (c) \_\_\_\_\_.
3. The advantages of drinking clean and safe water are  
(a) \_\_\_\_\_ and (b) \_\_\_\_\_.

## Uses of clean and safe water

The following pictures show uses of water.



### Exercise 2

**Answer the following question.**

1. Mention four uses of clean and safe water.

(a) \_\_\_\_\_

(b) \_\_\_\_\_

(c) \_\_\_\_\_

(d) \_\_\_\_\_



## Chapter Five

### HIV and AIDS

In this chapter, you will learn about the following.

1. HIV and AIDS
2. Things that contribute to the transmission of HIV.
3. Actions that do not contribute to the transmission of HIV

#### Meaning of HIV and AIDS

HIV (**H**uman **I**mmuno deficiency **V**irus) is a virus that weakens body immunity. It causes AIDS.

AIDS is **A**cquired **I**mmune **D**eficiency **S**yndrome.

#### Objects through which HIV can be transmitted

The objects through which HIV can be transmitted include the following.





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## Song

HIV causes AIDS  
Oh! What is AIDS?  
AIDS is the deficiency  
of body immunity x 2

Do not share a razor blade,  
a syringe or a toothbrush x 2

Do not share a comb, a teasing  
comb or a pin x 2

If we share these,  
we can get HIV x 2

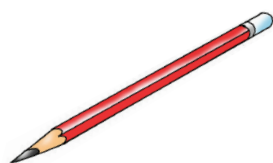
## Actions that do not contribute to the transmission of HIV

HIV is not spread by the following.

1. Eating together
2. Playing together
3. Shaking hands



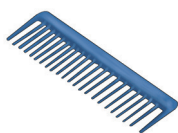
Study the following pictures and then answer the questions that follow.



Pencil



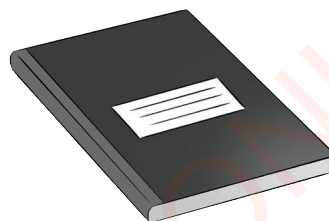
Toothbrush



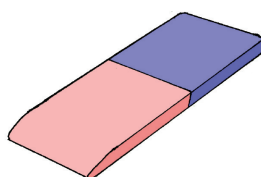
Teasing comb



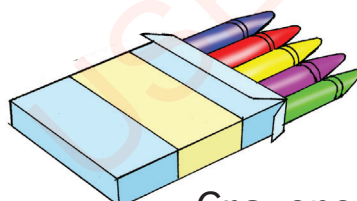
Comb



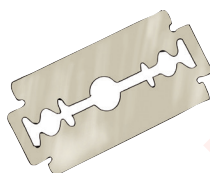
Exercise book



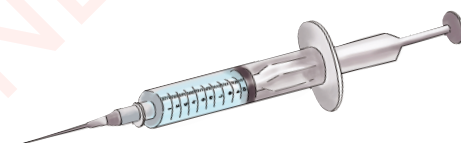
Eraser



Crayons



Razor blade



Injection syringe

### Exercise 1

**Answer the following questions.**

1. What things can contribute to the transmission of HIV.
2. Draw four objects which can transmit HIV from one person to another.

## Chapter Six

### First aid

**In this chapter, you will learn about the following.**

1. The meaning of first aid
2. The first aid kit
3. Accidents that occur in our environment
4. Reporting an accident

### The meaning of first aid

First aid is the help given to a patient or victim. It is given before a patient or victim is taken to hospital.

### Song

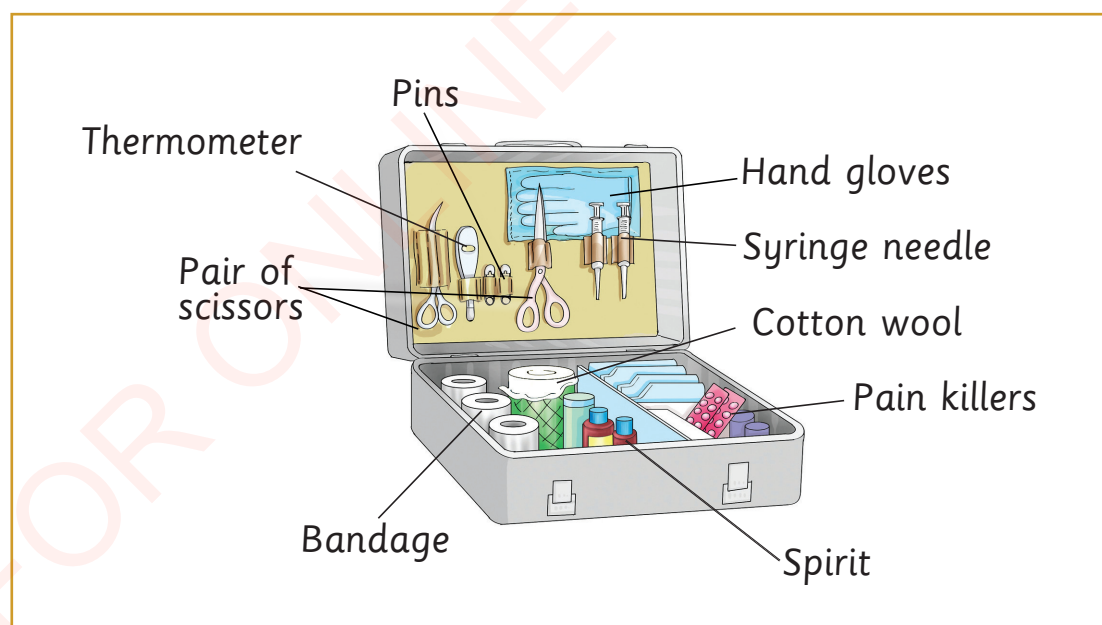
First aid x 2  
Is the help.  
First aid x 2  
Is the help.  
Which is given x 2  
Is the help.  
To a patient or victim x 2  
Is the help.  
Before he or she is taken to hospital x 2  
Is the help.

## The first aid kit

It is a box with a red cross on it. The box contains different kinds of tools. The tools are used to give first aid to patients or victims.



## Tools found in the first aid kit



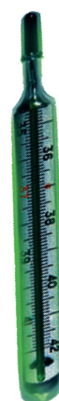
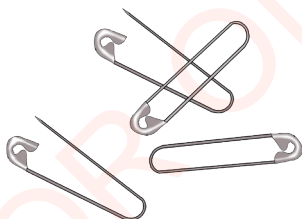
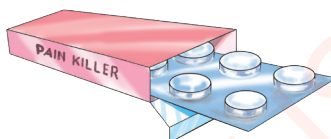
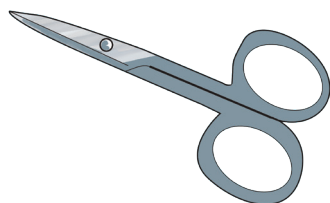




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## Tools found in the first aid kit



### Exercise I

**Answer the following questions.**

1. Which symbol is found on the first aid kit?
2. Mention the tools found in the first aid kit.
3. Match the following tools with their names.

Tool	Name
	Cotton wool
	Pair of scissors
	Bandage
	Thermometer
	Hand gloves
	Syringe needle
	Pins
	Pain killers
	Spirit

## Accidents which may occur in our environment

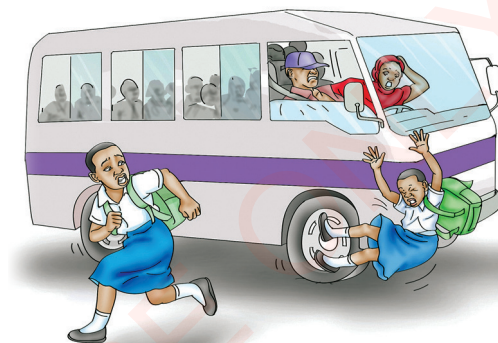
Examples of the situations and events in which first aid is required.

1



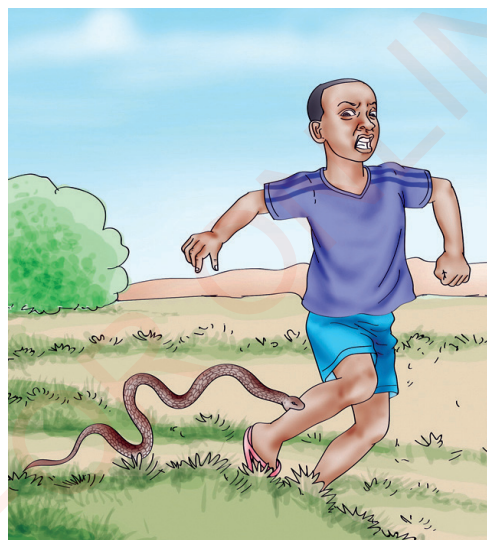
Falling from a tree

2



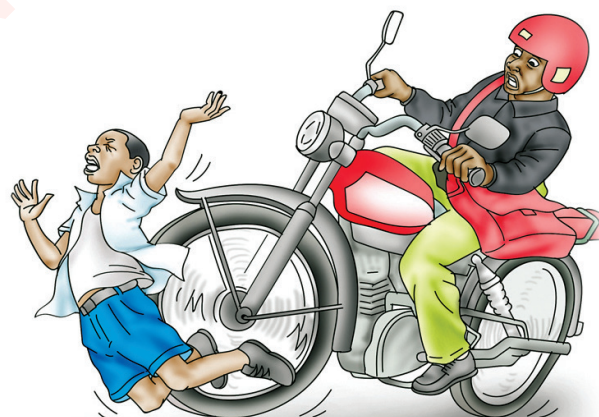
Car accident

3



Snake bite

4



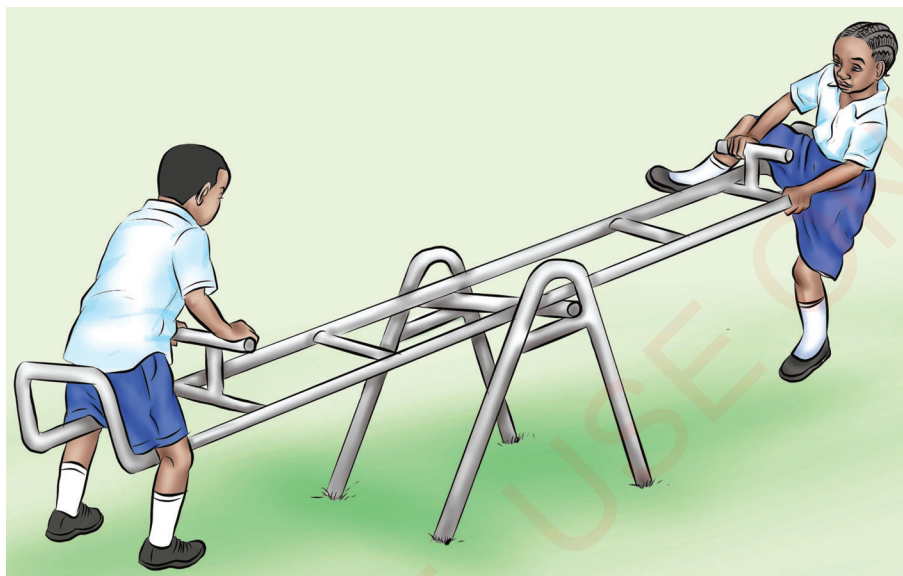
Motorcycle accident

## Reporting accidents

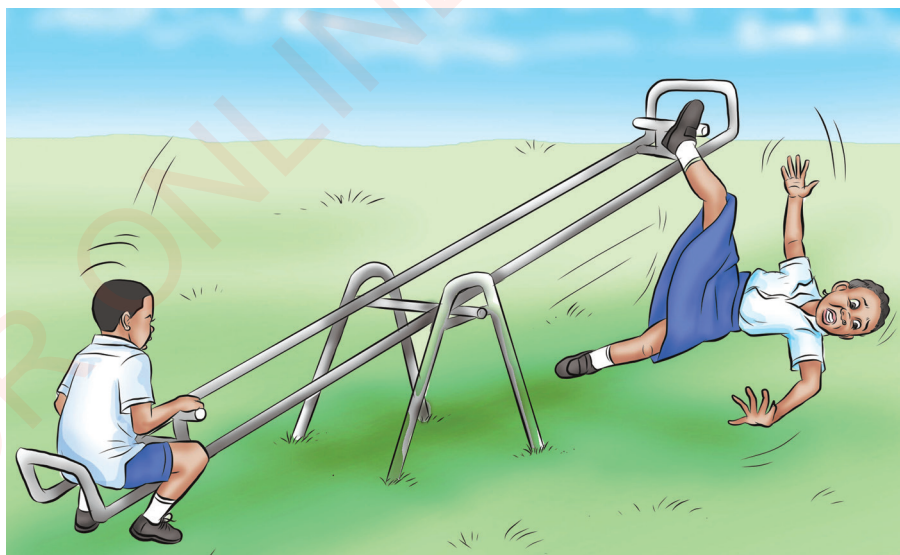
Report all the accidents that occur at school or home.

Look at the following pictures. Then, answer the questions that follow.

1



2

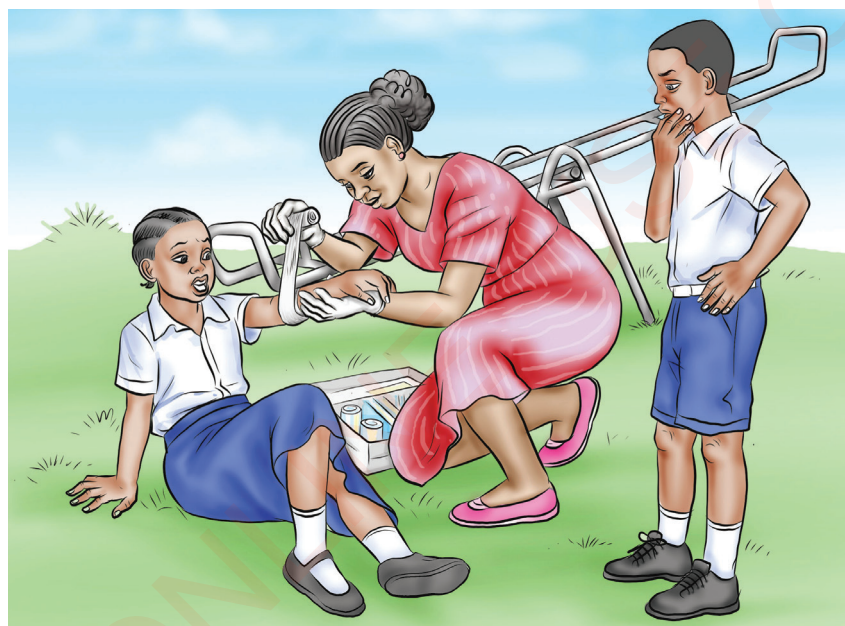




3



4



### Questions

1. What will you do when an accident occurs?
2. What did the teacher do to help the injured pupil?
3. What caused the accident?
4. How can you avoid accidents like the one shown in the second picture?



Look at the following pictures and then answer the questions that follow.

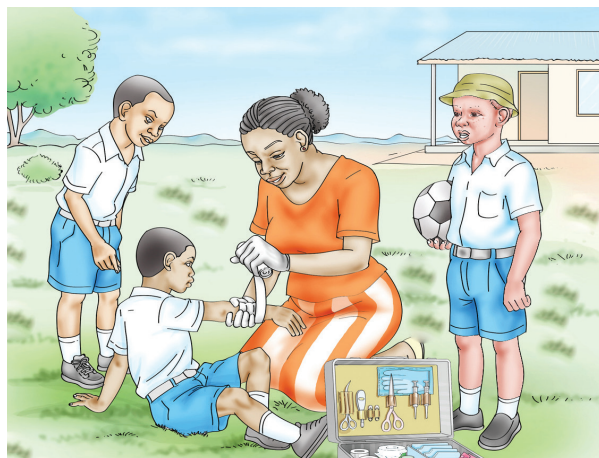
1



2



3



4



## Exercise 2

**Answer the following questions.**

1. What caused the accident shown in the first picture?
2. Why is the boy shown in the second picture running?
3. What is the teacher shown in the third picture doing?
4. In the final picture, what is the teacher doing?
5. Mention two accidents which can occur at home.
6. If you get an accident at school, to whom will you report it?

## Chapter Seven

### Our environment

In this chapter, you will learn about the following.

1. Meaning of the word environment
2. Clean and dirty environments
3. Tools for cleaning home and school environments
4. Cleaning home and school environments
5. Dangerous environments
6. Risky behaviours
7. Harmful objects

### Meaning of the environment

The environment is made up of living things and non-living things.

### Song

What is environment?

Environment is all things around us x 2

Let us take care of our school environment.

By planting trees and flowers.

Let us clean the classrooms and the surrounding areas.

Let us love, take care of and maintain our environment.

Let us take care of the home environment.

Clean the areas around our house.

Let us love, take care of and maintain our environment x 2

## Clean and dirty environments

1

Clean environment



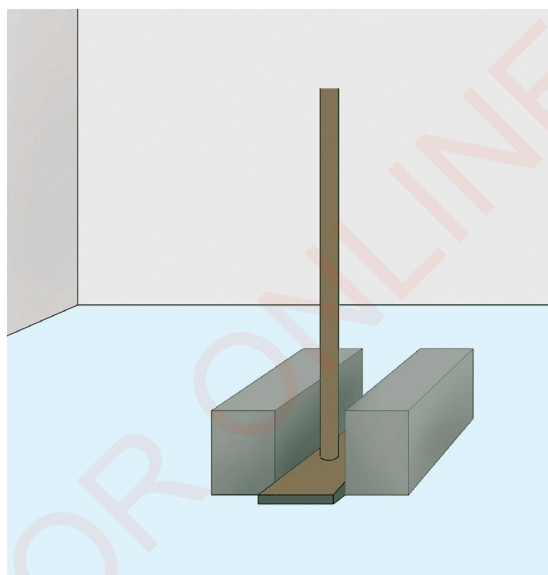
Clean house

Dirty environment

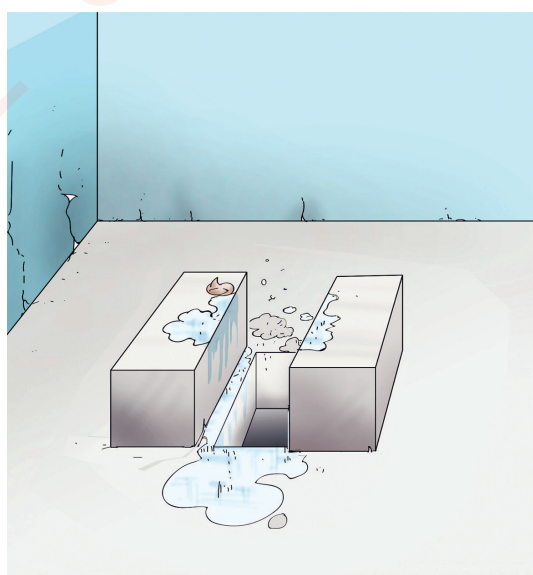


Dirty house

2



Clean toilet



Dirty toilet



3

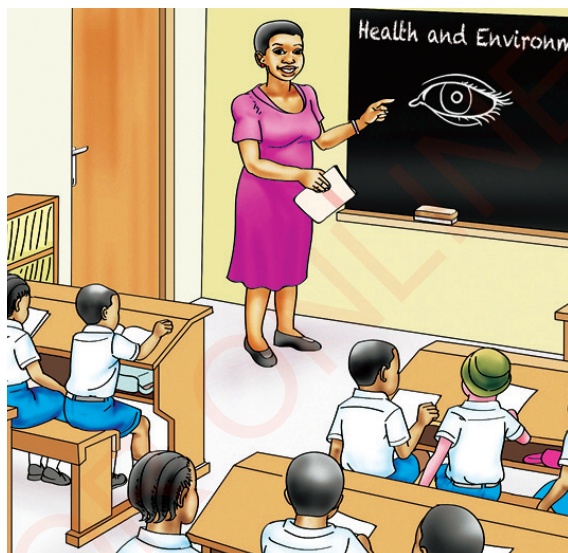


Clean bedroom



Dirty bedroom

4



Clean classroom



Dirty classroom





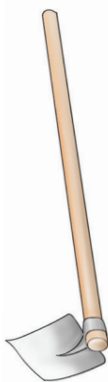
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## Tools for cleaning school and home environments



Brush



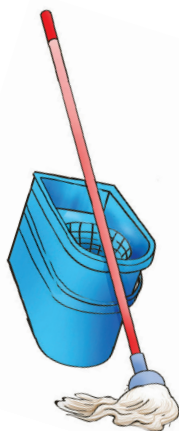
Hoe



Slasher



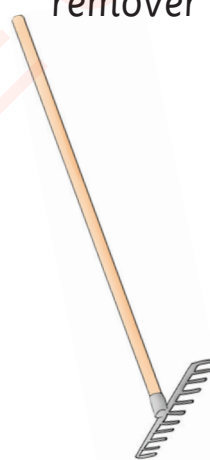
Cobweb  
remover



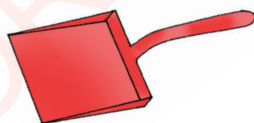
Mopper



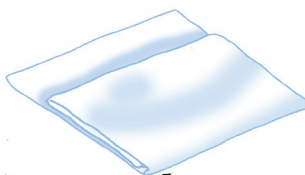
Broom



Rake



Dust pan



Piece of cloth

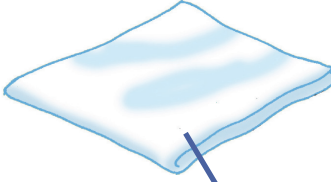
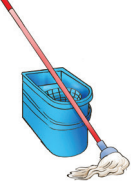

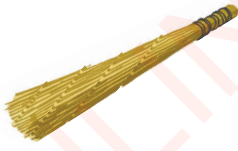



Detergent



### Exercise 1

1. Match the following tools with their uses.

Tool	Use
(a) 	(i) Sweeping
(b) 	(ii) Keeping rubbish
(c) 	(iii) Wiping
(d) 	(iv) Mopping
(e) 	(v) Cutting long grass

2. Provide the missing letters.

- (a) br \_ \_ m      (b) dust p \_ n  
(c) h \_ e      (d) r \_ k \_

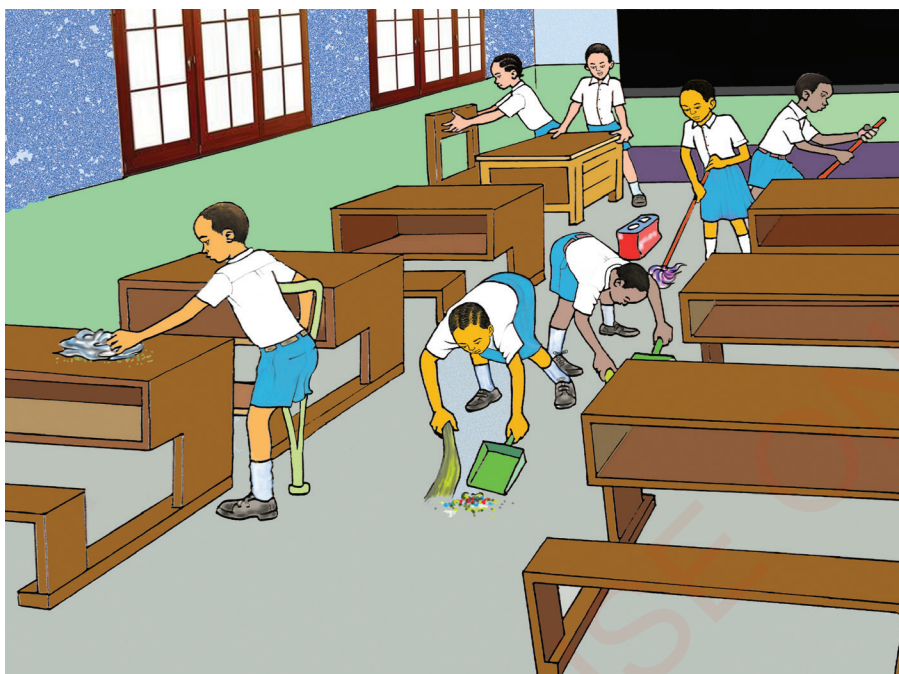
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## Cleaning the home environment



## Cleaning the school environment

1



2





3



4



### Exercise 2

**Answer the following questions.**

1. Mention the tools used to clean the home environment and the school environment.
2. What are the pupils doing in Pictures 1–4?



## Dangerous environments

1



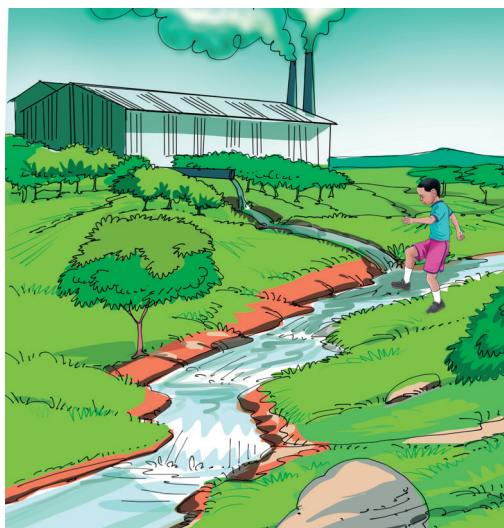
2



3



4

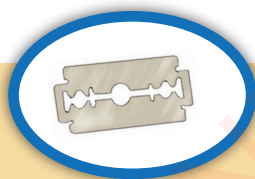
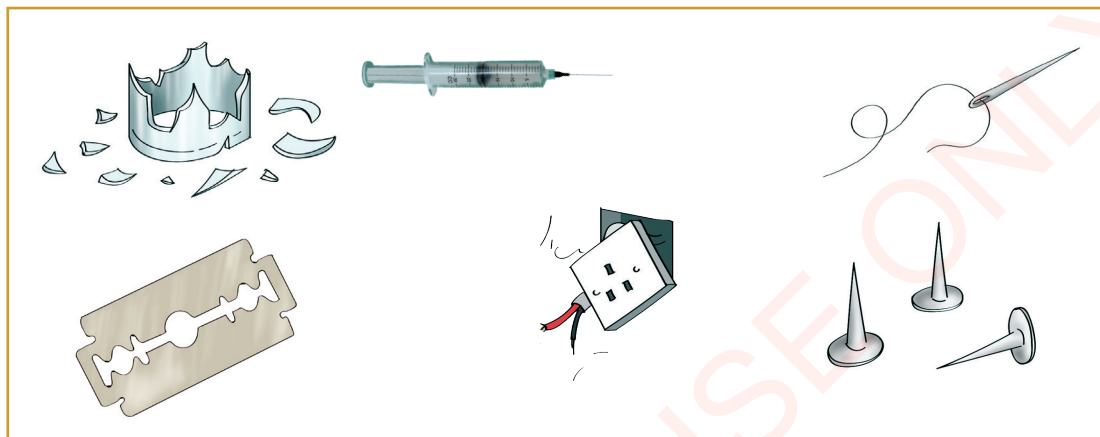


### Exercise 3

**Answer the following question.**

Mention three dangerous environments.

### Dangerous things



### Song

Children, let us not play with dangerous objects x 2  
Things like a razor blade, a syringe, a knife and a  
broken bottle x 2

Children, let's not play with fire, pieces of metal  
and tins.

Children, let's not play with them.

#### Exercise 4

**Answer the following question.**

Mention four dangerous objects.

### Risky behaviours

The pictures below show examples of risky behaviours.

1



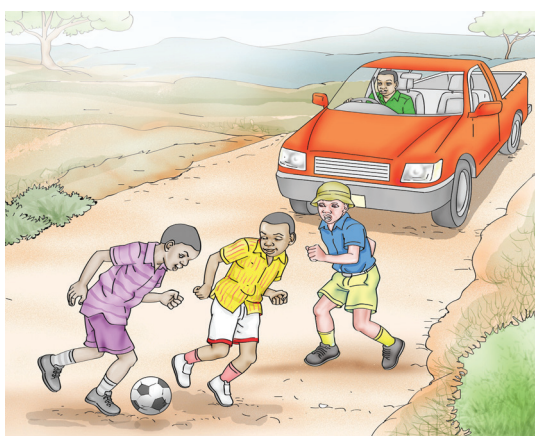
2



3



4





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## Song

These are risky behaviours x 2

Carrying heavy loads x 2

**Chorus:** These are risky behaviours x 2

Smoking cigarettes x 2

**Chorus:** These are risky behaviours.

Smoking marijuana x 2

**Chorus:** These are risky behaviours.

Cheating x 2

**Chorus:** These are risky behaviours.

Playing on the road x 2

**Chorus:** These are risky behaviours.

They endanger our lives x 3

### Exercise 5

**Answer the following questions.**

1. Mention the risky behaviours found in your environment.
2. How could you avoid risky behaviours?





## Chapter Eight

### Living things in our environment

In this chapter, you will learn about the following.

1. Living things
2. Different types of animals
3. Benefits of domestic animals
4. Different types of plants
5. Benefits of plants

### Living things

Living things are organisms that grow and die. They take in air and food. They increase in number. Also, they increase in size and finally die. Living things include animals and plants.

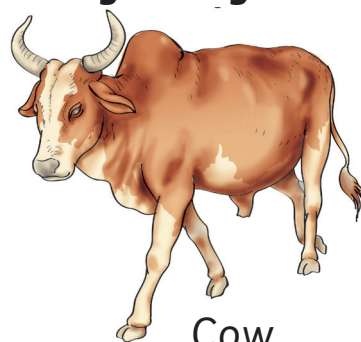
Look at the following pictures of living things



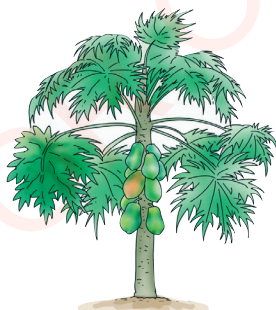
Dog



Goat



Cow



Pawpaw plant



Maize plant

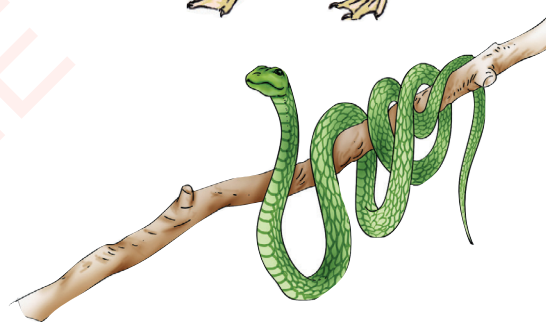
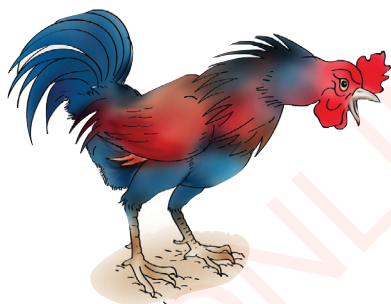
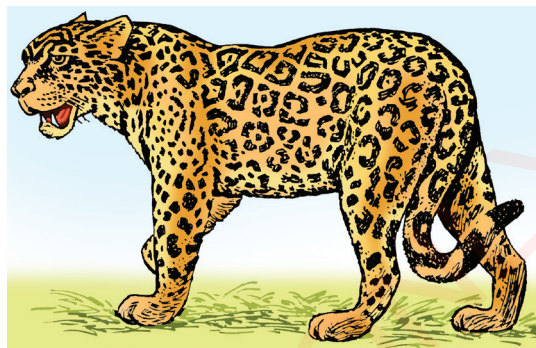


Cock



## Types of animals

Study the following pictures and then answer the questions that follow.



### Exercise I

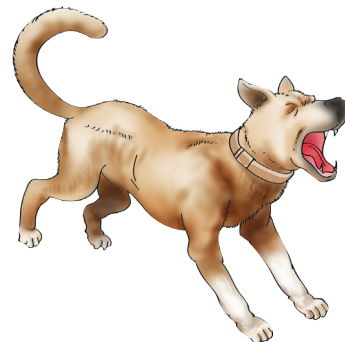
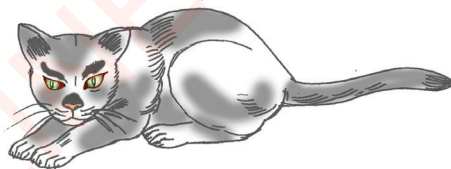
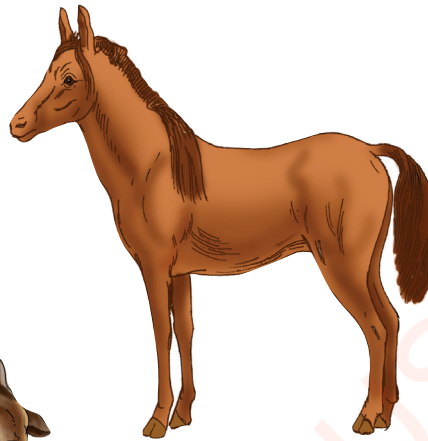
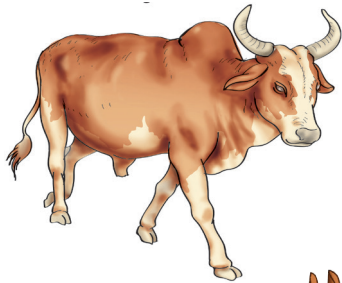
**Answer the following questions.**

1. Provide the names of the animals shown above.
2. Mention the animals kept at home.



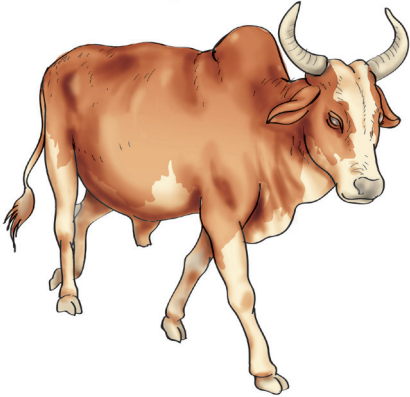
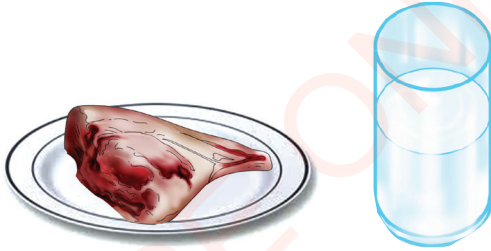
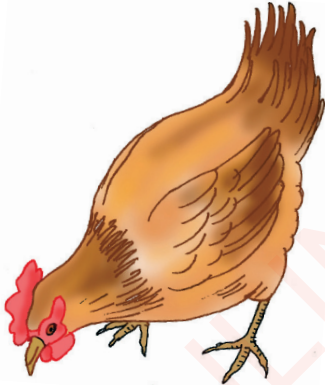
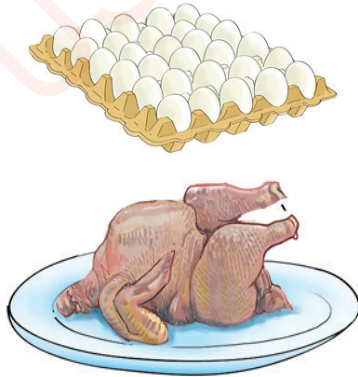


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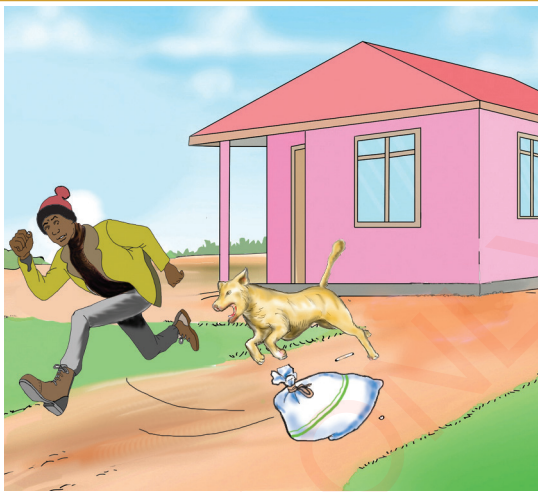

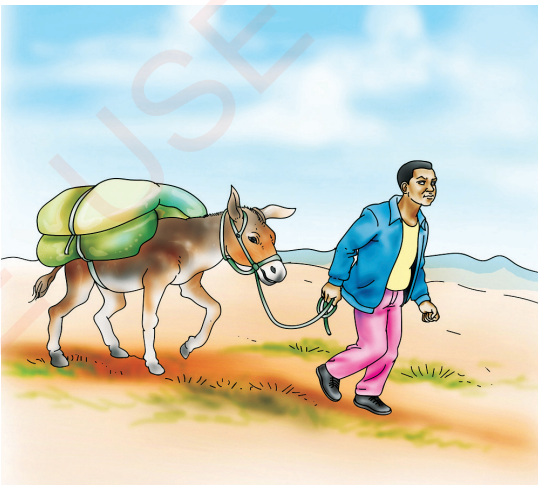
## Domestic animals found in our environment



## Benefits of domestic animals

Study the following pictures and then answer the questions that follow.

Type of animal	Benefit
	
	
	

Type of animal	Benefit
	
	

## Exercise 2

**Answer the following questions.**

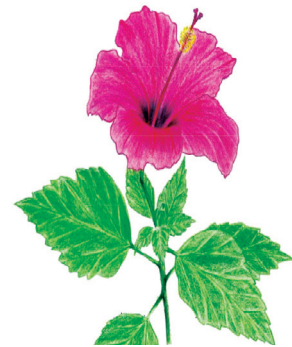
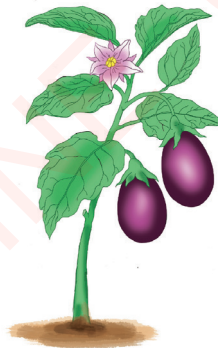
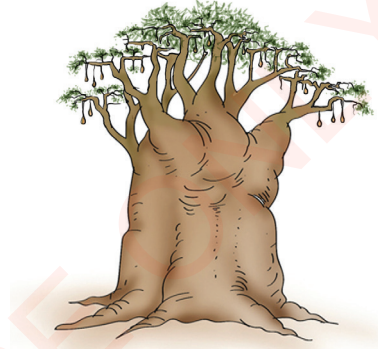
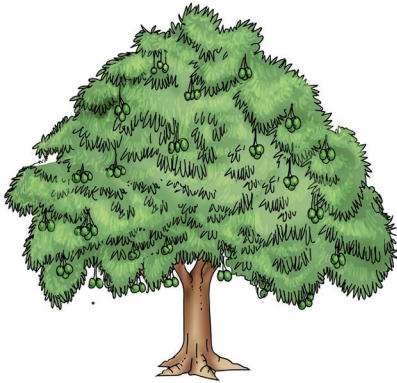
1. Mention the animal that gives us milk.
2. Draw the picture of any animal found in your environment.
3. Mention three benefits of the domestic animals.



## Plants

There are different types of plants.

Look at the following pictures and then answer questions that follow.



### Exercise 3

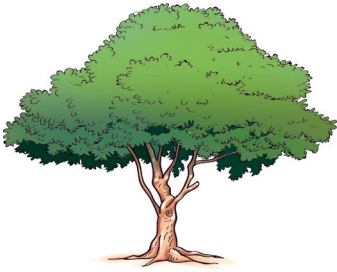

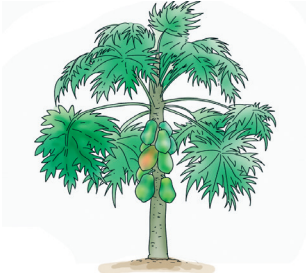



**Answer the following questions.**

1. Name four plants that you know.
2. Draw pictures of four plants found at your school and your home.



## Benefits of plants

Look at the following pictures and then answer the questions that follow.

Type of plant	Benefit
	
	
	

### Exercise 4

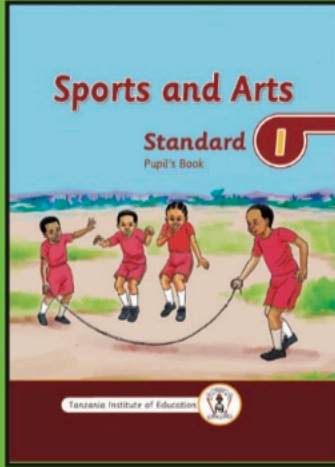
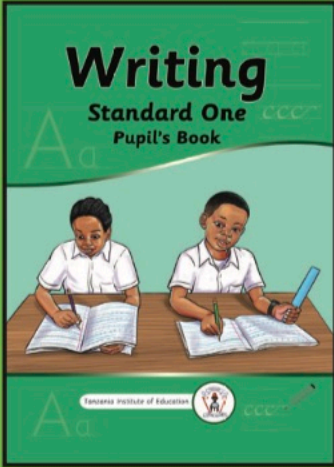
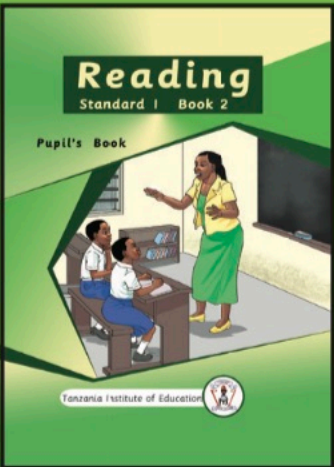
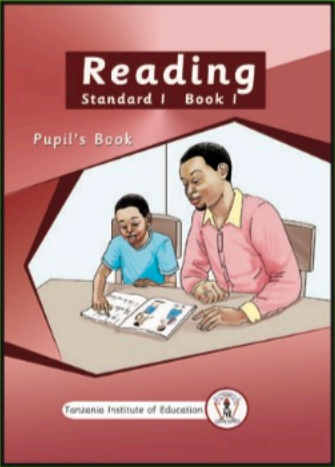
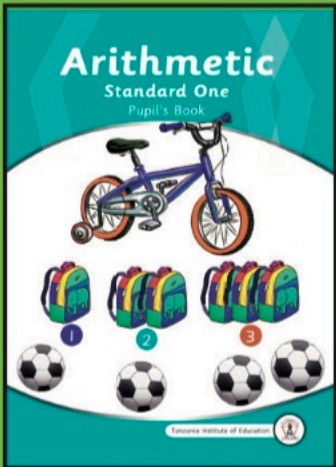
**Answer the following questions.**

1. Name two plants found at home.
2. Mention the benefits of the two plants.
3. Draw the picture of a plant that you know.

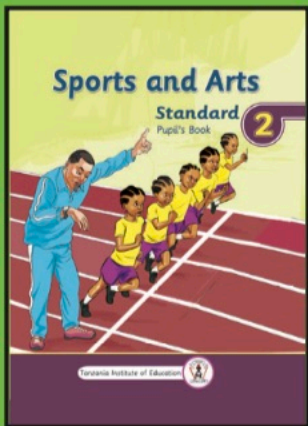
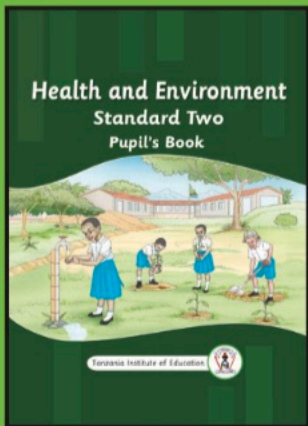
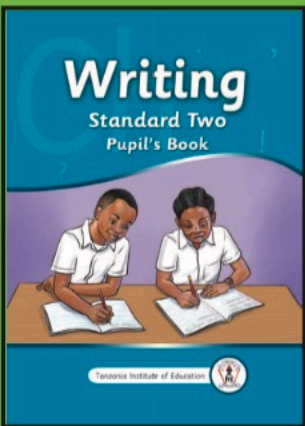
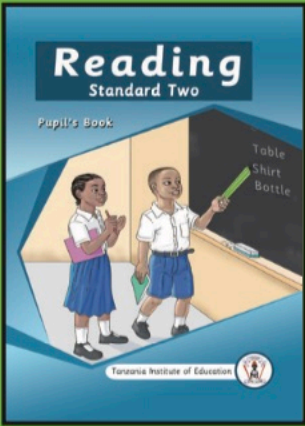
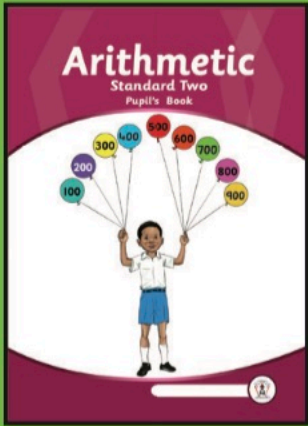
# Other Books by Tanzania Institute of Education



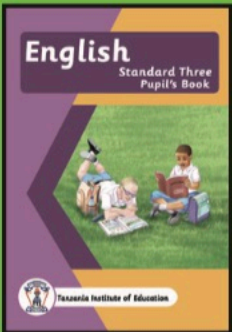
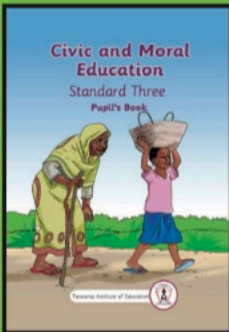
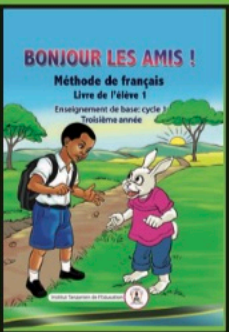
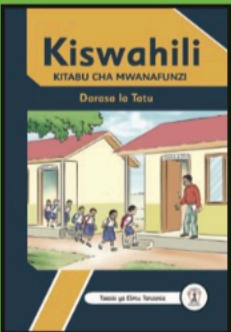
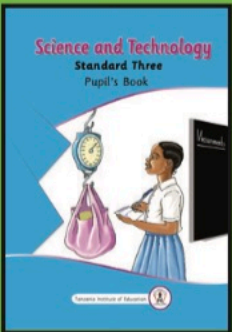
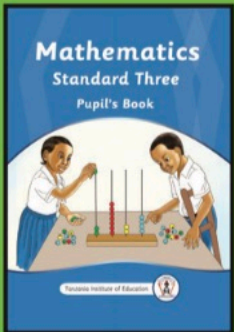
## Standard One



## Standard Two



## Standard Three



ISBN 978-9987-09-006-8



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