

STRAND 1 SOCIAL ENVIRONMENT.

1.1 Our Living Environment.

Locally available materials used as Beddings.

- The room where we sleep are called **bedrooms**.
- In a bed room there is a bed.
- A bed is used for sleeping.



Bedding materials and their uses.

Name	Local available material used as Beddings.	Use.
Mat.		✓ Use for lying on while resting.
Pillows		✓ It is a bag of cloth filled with soft materials. ✓ A pillow supports the head when sleeping or lying down.
Mattresses.		✓ A soft spongy, firm material covered with a cloth used for sleeping on.

Bed sheet.		<ul style="list-style-type: none"> ✓ It is a rectangular piece of cloth laid on the bed. ✓ The sheet laid on top of the mattress is called bottom sheet. ✓ The sheet laid after the bottom sheet is called top sheet.
Bedcovers.		<ul style="list-style-type: none"> ✓ It keeps off dust from the bed. ✓ A bed cover is lighter than a duvet.
Blankets.		They keep us warm when we are on the bed.

Caring for sleeping areas.

We can take care for sleeping areas by:

- ✓ Washing our beddings.
- ✓ Dry and air our bedding materials.
- ✓ Sweeping our bedroom.
- ✓ Mopping our bedroom with clean water and soap.



Washing beddings.



Airing bedding to dry in the sun.