WHAT 0757478868

2026 GRADE 4 RATIONALISED AGRICULTURE AND NUTRITION LESSON PLANS TERM 3

WEEK 1

Lesson 1

SCHOOL	LEARNING AREA	GRADE	ROLL	TIME
	Agriculture & Nutrition	4		

- **STRAND:** HYGIENE PRACTICES
- **SUB-STRAND:** Personal hygiene
- **SPECIFIC LEARNING OUTCOME:** By the end of the lesson, the learner should be able to:
  - Identify healthy practices that promote personal hygiene.
  - Demonstrate appropriate practices that promote personal hygiene.
  - Embrace health practices to promote personal hygiene in daily life.
- **KEY INQUIRY QUESTION:** Which healthy practices promote personal hygiene?
- **LEARNING RESOURCES:**
  - MTP Agriculture Grade 4 learner's book
  - Soap, clean water, a basin, a clean towel.
  - Chart showing steps of hand washing.
- **ORGANISATION OF LEARNING:** Learners will work in groups for demonstrations.

INTRODUCTION The teacher will start by asking learners what they did before eating their breakfast or after visiting the toilet. This will lead to a discussion on the importance of hand washing.

LESSON DEVELOPMENT The learner is guided to:

- **STEP 1:** Discuss the meaning of personal hygiene as keeping one's body and clothes clean to stay healthy.
- **STEP 2:** Brainstorm a list of healthy practices that promote personal hygiene (e.g., bathing daily, brushing teeth, washing hands, wearing clean clothes, grooming hair and nails).

- **STEP 3:** The teacher will demonstrate the correct procedure for hand washing with soap and water, following the steps on a chart.
- **STEP 4:** In groups, learners will practice the correct hand-washing technique.

CONCLUSION The teacher will summarize the key personal hygiene practices discussed and emphasize that hand washing is one of the most important ways to prevent the spread of germs.

EXTENDED ACTIVITIES Learners to teach a family member the correct steps for hand washing.

REFLECTION ON THE LESSON .....
.....
.....

Lesson 2

SCHOOL	LEARNING AREA	GRADE	ROLL	TIME
	Agriculture & Nutrition	4		

- **STRAND:** HYGIENE PRACTICES
- **SUB-STRAND:** Personal hygiene
- **SPECIFIC LEARNING OUTCOME:** By the end of the lesson, the learner should be able to:
    - Identify healthy practices that promote personal hygiene.
    - Demonstrate appropriate practices that promote personal hygiene.
    - Embrace health practices to promote personal hygiene in daily life.
- **KEY INQUIRY QUESTION:** Which healthy practices promote personal hygiene?
- **LEARNING RESOURCES:**
    - Pictures showing good grooming (combed hair, short clean nails, clean uniform).
    - Personal protective equipment (e.g., gloves, apron) or pictures of them.
- **ORGANISATION OF LEARNING:** Class discussion and demonstration.

INTRODUCTION The teacher will ask learners to look at their fingernails and their hair. The teacher will ask why it is important to keep them short and neat.