



## **INTER-AIDE**

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**Health & Water Supply Project**  
P.O. Box 790 Zomba

# **HEALTH EDUCATION IN SCHOOLS**

## **For Standards 1 and 2**

Booklet 1

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Children who receive health education at school can do a lot for their own health and also for others. (to wash their hands, for example...). They should be encouraged to transmit some messages to their friends, brothers and sisters, families, communities...

In addition to that, the good habits they have, they'll keep them for life and transmit them to their children.

### **Tips for teaching**

Tools:

The teaching tools such as posters should always be used as specified in the pamphlets.

#### **The poster is the heart of participatory method !**

*N.B. In the case where the poster for a session may get lost there is a copy of the poster at the end of each session to be recopied.*

It is necessary to prepare each day's work to know which material or poster shall be used.

### **Questions and answers**

Ask the class questions. (You have many examples of questions in the pamphlets). The pupils who want to answer, must be advised to raise up their hands. You must choose one amongst them to answer the question. However you may sometimes choose other people who didn't raise their hands. This is to encourage everyone to participate and avoid shy people from not participating.

#### **NO COLLECTIVE ANSWER should be allowed**

If the answer is correct, the teacher must repeat it with high voice and congratulate the pupil. If the answer is wrong or incomplete, you have to ask another pupil to help the first pupil. Then you have to give or complete the answer loudly.

When answers are many or important, you have to write them on the chalkboard. For example : **“When are we supposed to wash our hands?”** For this kind of question with many answers, choose many pupils so that each part is answered by a different pupil. E.g. if based on the above question,

- The first pupil can say : “After visiting the toilet”, write this answer on the board.

Then ask another pupils to give another answer.

You could have all the answers :

- After visiting the toilet
- After all dirty activities
- Before and after eating
- Before cooking
- Before and after washing a baby or taking care of him/her
- Before and after treating wounds

When you repeat these answers and write them on the chalkboard you assist the pupils **to build themselves**, the knowledge you want to give them.

## **Activities**

**In each lesson one concrete activity has been included.**

Example: On the topic of hygiene of the body pupils will be asked to wash their hands using the materials provided.

On “Hygiene of the environment”, pupils shall be expected to describe the 3 posters provided and discuss on each one of them.

This activity will help you to make the pupils discover one of the main messages of the lesson their own.

E.g. Hygiene of the body: They will discover that our hands are always too dirty and it's unhealthy to eat without washing them.

Hygiene of the Environment: Thanks to the discussions on the posters, pupils will on their own discover why it is so important to have toilets (chimbudzi) and refuse pit at home.

During these activities, pupils themselves are involved.

E.g. Pupils wash their hands not the health worker, not the teacher.

E.g. Environmental hygiene: Pupils describe the posters and state what to do in order to improve cleanliness of the house. Here too, its not the health worker or the teacher who does this.

## **At the end of the lesson you should give them a SUMMARY**

This will help the pupils to keep the main messages.

For the pupils who are able to read and write (senior and junior classes), you can write on the chalkboard 2 or 3 sentences, which are clear, short and factual. This will help them to read on their own. The summary must be in their mother tongue and they have to write in their exercise books.

At the end of each pamphlet, you'll find an example of summary.

For young pupils of Std. 1 & 2, give them a song or poem (it's included in the pamphlets). You can also give it to the teacher who could continue assisting them to know their song or poem. If time allows, the song or poem could be also recited in the senior classes.

## **Topics, main objectives and pedagogic aims**

### **Standard 1 and 2**

#### **1-Teeth :**

- How and when to clean the teeth using toothbrushes.
- To be taught with the poster : « Mano »

#### **2-Hygiene of the body :**

- Importance of keeping hair, skin and hands clean.
- How and when to wash the hands.
- Demonstration to be done by pupils (washing their hands),

#### **3-Hygiene of the environment :**

- Importance of using pits latrines and rubbish pits properly.
- To be taught with the 3 posters provided.

#### **4-Accidents :**

- Causes and preventives measures for common accidents.
- To be taught through the story included in the pamphlet (to be read by the health worker or teacher.)

#### **5-Water is life :**

- Importance and sources of water.
- Waterborne diseases and ways of making water safe.
- To be taught with the poster provided.

#### **6-Worms :**

- How worms are spread and how to prevent them.
- To be taught with the poster provided.

#### **7-Diarrhoea :**

- How diarrhoea is spread.
- First aid for diarrhoea patients.
- How to prevent diarrhoea.
- To be taught with the poster provided.

## Session 1

### TEETH

#### WHY DO WE NEED TO LEARN ABOUT TEETH?

Cleaning teeth regularly can help to prevent toothache and rotten teeth. It is very important that the pupils know how to clean teeth and how often.

#### OBJECTIVES

By the end of this topic pupils will be able to:

- Say what is used to brush teeth
- Know **how to clean teeth** using toothbrushes
- Explain why it is important to clean teeth
- Explain why its not good to share toothbrushes
- Say **when to clean teeth**

#### SUGGESTED TEACHING/LEARNING MATERIALS

- **This pamphlet**
- **The picture “Mano”**
- Toothbrush
- Branches of trees used to make local brushes
- Toothpaste, ash, soda, salt
- Clean water
- Song (included in this pamphlet)

#### TEACHING/LEARNING METHODOLOGY

Participatory approach whereby questions shall be asked by the health worker and pupils will give answers. Where the answers are not complete, the health worker should add.

Main points to be covered are as follows:

#### *What materials do you use for cleaning teeth?*

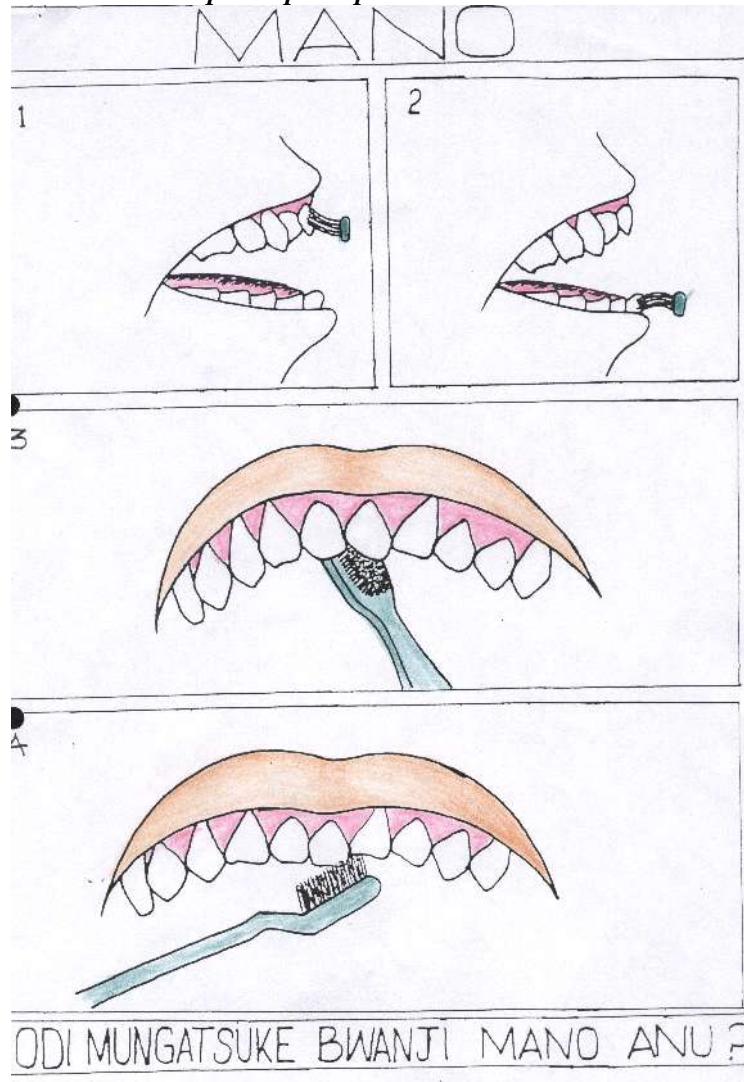
- Toothbrush that can be bought in the groceries
- Or locally made toothbrushes
- Ashes, soda, salt solution, toothpaste (if you have)
- Clean water

#### **NB**

- To make a local toothbrush, the health worker cuts the branches of the trees to toothbrush size. The pupils will remove the bark, bang the stick to fray the ends and the pupil will chew the frayed end.**
- It is very important **to brush teeth** even without toothpaste using either toothbrush or locally made toothbrush.

**How would you clean your teeth ?**

**The health worker puts up the picture MANO.**



**Questions to ask on the poster :**

- What can you see on this picture ?
- Ask a pupil to come and show on picture 1 and 2:
  - ◊ Teeth, lips, tongue, gum, toothbrush
- Ask another pupil to come and show on picture 3 and 4 :
  - ◊ Teeth, lips, gum, toothbrush
- Show them how the brush is working on **picture 1** :
  - ◊ The brush is going from gum to tooth, from “ pink ” to “ white ”.
  - ◊ Clean upper teeth using downward direction.
  - ◊ That is the direction that the teeth grow
- Show them how the brush is working on **picture 2** :
  - ◊ The brush is going from gum to tooth, from “ pink ” to “ white ”.
  - ◊ Clean lower teeth in an upward direction.
  - ◊ That is the direction that the teeth grow.
- On **picture 3**, show them how to clean **inside** the teeth.
- On **picture 4**, the brush is cleaning **the top** of the teeth.



**The health worker shows how to clean teeth using both the local made toothbrush and the toothbrush that can be bought in the groceries as in picture 1, 2, 3 and 4.**

- Rinse mouth with clean water.

***Why should you clean your teeth?***

- To remove pieces of food stuck in teeth
- To avoid rotten teeth and tooth ache
- To have nice clean white teeth

***Why must you not share toothbrushes?***

- Because you will get germs that might make you sick

***How often should you clean your teeth?***

- Everyday – in the morning **and** in the evening especially after eating.

**SUMMARY**

- Clean teeth in the morning and in the evening
- Clean teeth to remove pieces of food, to avoid toothache and rotten teeth, and to have nice white teeth
- Toothbrushes should not be shared.

**THE SONG**

Help the pupils to learn the following song, make them sing it :

This the way  
We brush our teeth (+3)  
Early in he morning

This the way  
We brush our teeth (+3)  
After every meal

This the way  
We brush our teeth (+3)  
Late in the evening

If you don't clean your mouth  
Clean your mouth, clean your mouth  
Your mouth shall smell

## Session 2

### HYGIENE OF THE BODY

#### WHY DO WE NEED TO KNOW ABOUT THE HYGIENE OF THE BODY?

Personal hygiene is very important because dirty skin, hair, hands and long nails attracts germs which can make us fall sick.

#### OBJECTIVES

By the end of this topic, pupils should be able to:

##### *HAIR :*

- Explain why we need hair.
- Say what is needed for keeping the hair clean and tidy.
- Know why we should wash, comb and cut our hair short.
- Know why it is dangerous to share combs.

##### *SKIN :*

- Say why we should keep the skin clean.
- Say why we should keep our clothes clean.

##### *HANDS :*

- Know importance of keeping hands clean.
- **Know how to wash their hands properly.**
- **Know when the hands should be washed.**
- Say why we should keep our finger nails and toenails short and clean.
- State reasons for not sharing materials for cutting hair and nails.

#### SUGGESTED TEACHING/LEARNING MATERIALS

- Pamphlet
- Song
- soap, water, towel and a bucket/basin if possible

#### TEACHING/LEARNING METHODOLOGY

Participatory approach whereby questions shall be asked by the health worker and pupils will give answers. Where the answers are not complete, the health worker should add.

The main points to be covered are as follows:

- **HAIR:**

- 1 - Why do we need hair?

- Protects our head from sun, cold
    - To look nice

- 2 – What can we use to keep the hair clean

- Water (clean)
    - Soap
    - Basin
    - Towel
    - Comb

3 - Why is it important to keep our hair clean and short?

- To avoid lice - **what are lice?** Lice are little animals that live in the hair that makes our head itchy
- To prevent development of sores
- To look nice

4 - What are the dangers of sharing combs

- Spreading of lice
- Spreading of germs

• **SKIN:**

1 - Why is it important to have skin?

- Protects the body
- Covers the body

2 - Why is it important to keep our skin clean?

- Remove dirt – fleas and lice love dirty skin, they make us itchy and when we scratch we make a wound that can easily become infected.
- Avoid bad smells – we will smell badly because of sweat
- Prevent skin diseases e.g. : scabies, ringworm

3 - How can we keep our skin clean?

- Wash with clean water and soap

• **CLOTHES:**

1 - Is it important to put on clean clothes?

- YES

2 - Why is it important to put on clean clothes?

- Prevent fleas
- Avoid bad smells
- Look clean and fresh

3 - Why is it bad to leave your clothes on the ground?

- it is bad because the clothes become dirty quickly and on the ground there is a lot of fleas that make us itchy and make us sick. So it is better to fold our clothes and put them on a shelf or hang them up.

• **HANDS:**

1 - Why should we keep our hands clean, and our nails short and clean?

- To get rid of germs which make us sick

2 - When should we wash our hands?

- After using the toilet
- Before and after eating
- Before preparing food
- After working in the garden
- After playing

3 - What do you use to wash your hands?

- Clean water
- Soap
- Basin
- Towel

### **ACTIVITY**

The health worker will ask a pupil to come and wash hands, the other pupils will comment.

Another pupil can come and wash his/her hands. The health worker will comment and demonstrate. One or two other pupils can also come and wash their hands properly.

### **SUMMARY**

- Lice and germs love dirty hair.
- Lice and germs can be spread by sharing combs
- Hands should be kept clean, and nails short and clean.
- Skin should be washed everyday to remove dirt, germs and bad smells.
- Cutting materials should not be shared to prevent disease transmission e.g.: scabies or blood transmitted diseases.

**Since pupils cannot write please make sure you teach them the following song.**

Kodi nonse mwasamba ?

Inde tasamba !

Aphunzitsi bwereni, mudzaone nokha

Ngati mumpeze wina asanasambe !

Mungom'chotsa wosamvera malamulo

Inde, Inde, tonsefe tiyenera kusamba

## Session 3

# HYGIENE OF THE ENVIRONMENT

### WHY IS HYGIENE OF THE ENVIRONMENT IMPORTANT?

Keeping the inside and outside of houses, pit latrines and schools is very important, as it helps us to keep healthy. Flies, mosquitoes, rats and other germs that cause diseases live in dirty places.

### OBJECTIVES

By the end of the topic pupils should be able to:

- State the importance of keeping their environment clean and nice
- List ways of keeping their environment clean
- Name the things which make their environment dirty
- Demonstrate ways of keeping their environment clean
- Use rubbish pits correctly
- State what might make pit latrines dirty
- Explain the importance of using pit latrines properly
- Demonstrate cleaning and using latrines properly

### SUGGESTED TEACHING AND LEARNING MATERIALS

- Pamphlet
- Posters - Hygiene of the environment, posters 1, 2, and 3.
- Drawings of :inside broom, sweeping brush, mops/rags, spin, outside broom, rake, bin used in rural areas and bin used in urban areas, slashet and hoe

### TEACHING/LEARNING METHODOLOGY

Participatory approach whereby questions shall be asked by the health worker and pupils will give answers. Where the answers are not complete, the health worker should add.

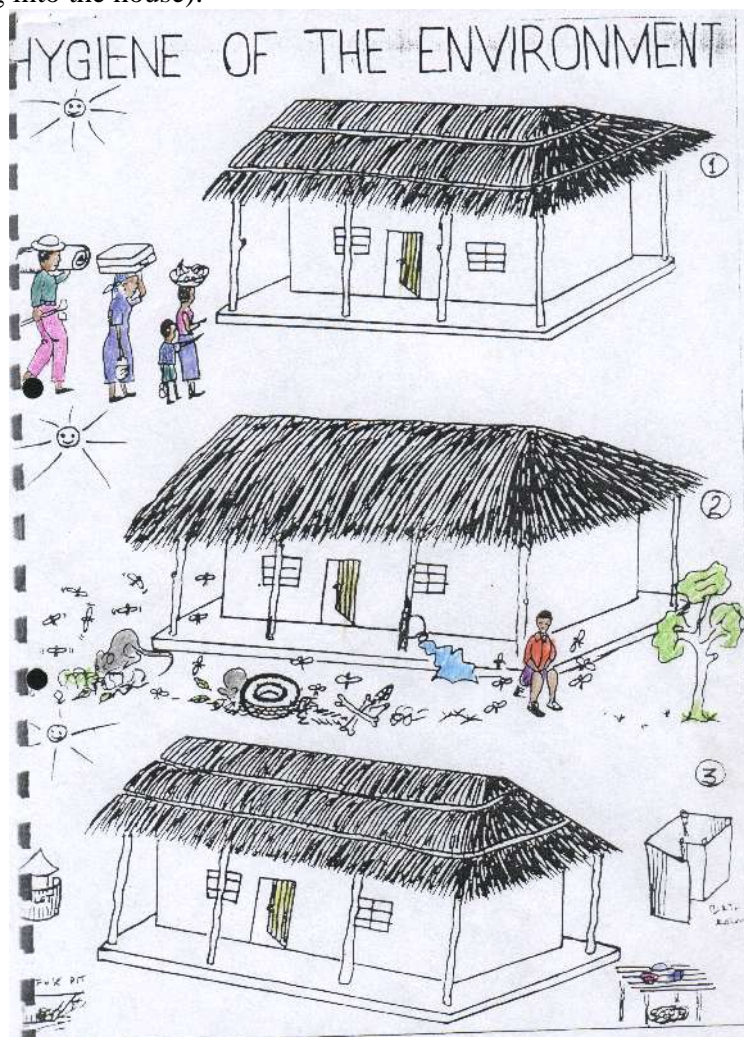
#### *What does the word environment mean?*

Let pupils give their definition.

The environment is everything that is around you. At the moment you are at school so the school is your environment, the playground, the pit latrines, the river, wherever you go when you are at school when you are at home, your house, the garden, the pit latrines, the market, the village is your environment.

Using the relevant posters the following questions should be asked:

**Show the poster “Hygiene of the Environment 1”**. (The one with the family who is moving into the house).



Ask pupils to describe the poster.

What is happening in this picture?

- A family is moving into a new house.

How do you know they are moving?

- They have all their property.

Describe the house.

Is it clean?

- Yes it is.

Do you think that they are happy to move into a new house? Why?

- Yes, because the house is nice and clean

**Show the poster “Hygiene of the environment”** (The one with the dirty house).

**Tell the pupils that this is the same house 6 months later.**

How is it?

- It's dirty

What can you see on the picture which may make the environment look untidy?

- leaves, rubbish

Would you like to live there?

Why do you think it's not good to live here now?

- It's not nice and clean
- There is a bad smell
- It's dangerous
- You can hurt yourself because of the rubbish
- Flies which are entering in the house can spread diarrhoea diseases
- Rats can spread diseases
- Mosquitoes can spread malaria
- Faeces can be carried by rain and make water points unsafe.

Why is it so dirty? Let the pupils think about that. Let them answer.

Do you think the house became like that because these people are dirty ?

- In fact the house is dirty because there is nowhere to go to the toilet, there is no place to throw the rubbish.
- Even a nice family can't keep a house clean that has no rubbish pit nor latrines.

The family is tired of living in this bad environment. They decided to improve.

What must they do first?

- They must dig and build a latrine.
- They must dig a rubbish pit.
- They must clean the surroundings.
- They must put the rubbish in the rubbish pit.

What else could they do?

- They could make a dish-rack.
- They could build a bathing house.
- They could build a kitchen.

**Show the 3rd poster.** The pupils can still see the two previous ones. This is still the same house when all the work has finished.

Ask the pupils to describe the house now. ?

- It's clean
- There is no flies
- There is a latrine (no faeces on the floor)
- There is a rubbish pit (no rubbish anywhere)
- There is a dish-rack (for the dishes to dry far from dogs)
- There is a bathing house

Where would you prefer to live (point to poster 2 and 3)

- We need latrines and refuse pits to keep our house nice, clean and safe.

**NB. : The health worker and the pupils should pick up rubbish and put it at the appropriate place.**

***Explain what you think would make the toilets dirty and have a bad smell***

- Defecating away from the hole
- Using walls instead of toilet paper
- Not covering the hole after use
- Not sweeping, washing the toilet floor

***Why should we use pit latrines?***

- Avoid defecating everywhere
- Avoid spread of disease
- Avoid having bad smells everywhere
- Self respect

***After sweeping around the house and around the schools where should we put the rubbish?***

- Rubbish pit

***What other methods would you use for the disposal of rubbish?***

- Burying it
- Burning
- Use of bins

**SUMMARY**

- Around the homes and schools should be swept regularly to prevent bad smell and keep the place clean and tidy.
- Inside and outside the toilets should be kept clean to avoid the spread of diseases
- Since the pupils cannot write - Help them to learn the attached song as a summary.

KANTOLETOLE

Kantoletole -e -e -e !

Ye -e -e !

Osatolayo

Ye -e -e !

Samwa mkaka

Kantoletole -e -e -e !

Osatolayo

Alumidwa ndi udzudzu, ntchentche.

Tikolope -tikolope, kuzimbudzi !

Ye -e -e !

Osakolopawo

Adwala matenda a m'mimba



## Session 4

# ACCIDENTS

### WHY DO WE NEED TO KNOW ABOUT ACCIDENTS?

Accidents cause a lot of injuries, deformity, loss of limbs, long stay in hospitals and death. It is therefore important that pupils know the causes and prevention of common accidents.

### OBJECTIVES

By the end of the topic pupils should be able to:

- Name different accidents
- Say how different accidents are caused
  - ◇ climbing trees
  - ◇ touching or drinking poison
  - ◇ swallowing objects or playing with sharp objects
  - ◇ playing in long grass
  - ◇ fire
- Explain how a lot of accidents can be prevented
- Give examples of road accidents
- Say how road accidents are caused
- Know how to cross the road safely

### SUGGESTED TEACHING/LEARNING MATERIALS

- Pamphlet
- Story
- Song

### TEACHING/LEARNING METHODOLOGY

Participatory approach whereby questions shall be asked by the health worker and pupils will give answers. Where the answers are not complete, the health worker should add.

The health worker must read the story on accidents before questions can be asked.

#### Story on accidents

There were two families in a certain village which was near a market and a road. In one of the families, there were 4 people. There was the father who was a bus driver, a mother who was always busy, a boy who was 9 years old and a baby. This family was careless.

The neighbouring family was a happy one, was very careful. The 9 year old girl looked after her baby brother, and their house was always tidy. They cut the tall grass short. They collected the leaves when they fell.

The careless family left things on the floor like knives, clothes, medicine, bottles etc. Their boy didn't look after the baby at all. The baby was often left alone.

One day the baby was crawling alone in the tall grass around the house. A snake bit her. Fortunately it was not a poisonous one and the neighbouring girl took the baby.

One day the baby took the bottle of poison (rattex) which was on the floor always open . As the baby was about to drink, the neighbouring girl took the bottle from the baby.

The good neighbour tried to talk to the other family about being more careful but it did not work. The other day the 9 year old boy was playing along the road with the baby near the

road. The baby moved very close to the road. There was a bus coming very fast. It was the father who was driving the bus. He didn't see the baby on the road. He was day-dreaming. Everybody in the bus was shouting at him to stop because there was a baby on the road. He pressed on the brakes really hard and just managed to miss hitting the baby by inches. He shouted at the boy to be more careful. The father didn't know it was his son that he was shouting at nor did he know that he nearly killed his own child.

Then another thing happened, it was evening and the paraffin lamp was lit . There was an open bottle of paraffin just beside the lamp. The baby was curious and tried to see what was inside the bottle but she knocked it over. The paraffin spilled all over the floor. Then the baby hit against the paraffin lamp and the lamp fell. The whole house caught fire. Her parents and her brother was outside chatting and laughing . They hadn't seen the fire. But luckily the neighbour had and she ran towards the house shouting Fire! She ran inside the house and saw the baby on the floor with fire all around. She took the baby quickly and ran outside. The baby was safe. The parents were shocked, they had nearly lost their baby. Their whole house was burnt. Nothing was left but ashes. They shouted at the boy for not taking care of the baby. Their neighbours told them to stop and gave them advice on how to be more careful. They thanked the girl for saving their baby's life.

From then on the boy started to care of the baby. The parents put away all dangerous things out of the way from their children. Their new house was always tidy.

***How do you think the careless family could have prevented the accidents in the story?***

- Putting clothes neatly in the correct places
- Keeping medicines, poison, sharp and small objects far from children
- Not letting the children go near the fire or near hot things
- Not allowing children to play near the road.
- Keeping grass short around the house to prevent snake bites

***What are the causes of common accidents?***

- Climbing trees
- Road accidents with cars, motorbikes and bicycles
- Sitting and chatting on the edge of the road
- Crossing flooded rivers
- Falling into a well
- Playing with fire

- Playing with cutting objects
- Playing with small objects which can be put into the nose, ears and mouth
- Drinking, touching poison e.g. paraffin
- Putting a plastic bag over the head

### ***Explain how to prevent road accidents***

- Cycling and walking carefully on the roads
- Walking on the right side of the road to see cars coming against you
- Make sure your bicycle has good brakes especially in bad weather
- Don't play on the road
- Don't sit on the road
- Controlling animals and ox-carts on the road
- Cross the road safely using these rules:
  1. *Look for a safe place*
  2. *Don't hurry to cross. Wait.*
  3. *Look all around , left, right, left before you cross*
  4. *Remember! Keep looking as you cross*  
*That's the safe cross code!*

The health worker should demonstrate to the pupils how to cross the road safely using the rules above. The health worker can make up a song with these rules and sing it with the children so when the children cross the road they can sing this song.

## **SUMMARY**

- Accidents can happen easily if we are not careful
- Accidents can happen at any time
- Accidents can happen to everybody
- We can avoid accidents if we are careful

### POYENDA PA MSEU

Poyenda pamseu, yenda kumadzanja  
Pokwera njinga, yenda kumanzere

Mseu! Mseu!  
Mseu siwako! Mseu siwako! Mseu

Ngati sitisamala tidzagundidwa  
Ngati sitisamala tidzafera pamseu

Podutsa pamseu yangana kumanja,  
yangana kumazere, yangananso  
kumanja

Oyendetsa galimoto samwa mowa  
Oyendetsa njinga samwa mowa

Ngati konse kuli bwino  
dutsa! dutsa!

## Session 5

### WATER IS LIFE

#### WHY DO WE NEED TO KNOW ABOUT WATER?

Our body needs water to work properly, without water we would die. Animals and plants cannot live without water.

#### OBJECTIVES

At the end of the topic pupils should be able to know:

- Why we need water
- Where can water be found
- How water can be made safe
- Water can be a source of diseases

#### SUGGESTED TEACHING/LEARNING MATERIALS

- Pamphlet
- Poster - Madzi ndi Moyo
- Song

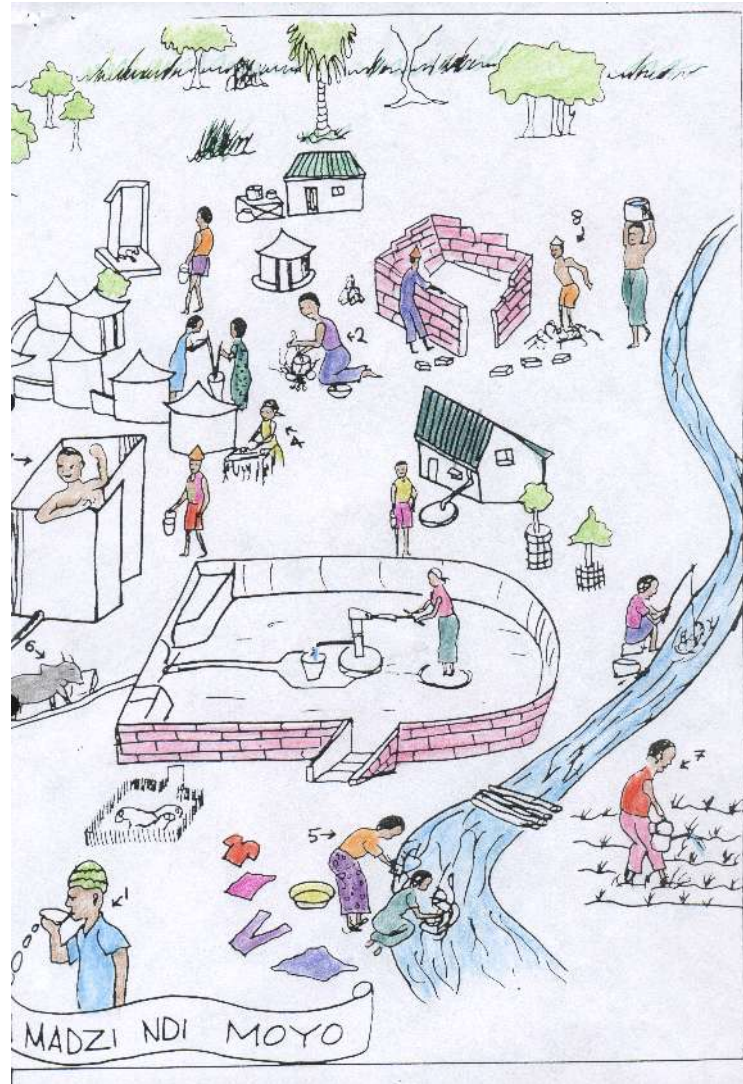
#### TEACHING/LEARNING METHODOLOGY

Participatory approach whereby questions shall be asked by the health worker and pupils will give answers. Where the answers are not complete, the health worker should add.

#### *Why do we need water?*

- We need water to live, plants and animals need water to live. Without water everything would die.

*Hang the poster « Madzi ndi moyo » .*



***What are the water sources in the village ? (according to the picture)***

- Wells
- Rivers
- Lakes
- Dams
- Borehole
- Protected well
- Streams
- Springs
- Rain
- Taps

***What other sources of water do you know ?***

- Wells, lakes, dams, taps, stream, spring, rain.

***What does a protected water source mean ?***

- It means that the water is protected from germs outside when there is a cover slab on the well or there is a pump.

***Which of the sources mentioned are protected and unprotected ?***

- Protected : protected wells with hand pump, boreholes, taps
- Unprotected : the others

***What is water used for? (according to the picture)***

- Drinking
- Cooking
- Washing clothes
- Bathing
- Building
- Agriculture

***Mention some of the diseases spread by unsafe water?***

- Diarrhoea
- Dysentery
- Worms
- Bilharzia
- Cholera

***How can water be made safe?***

- Boiling
- Filtration
- Chlorination

**SUMMARY**

- Water is important for humans, animals and plants. Without water all these cannot live.
- Water can also be a source of diseases.

**SONG (NYIMBO)**

Leader: Madzi, Madzi

Group: Madzi ndiofunika  
ndiofunika mthupi lamunthu  
Madzi ndiofunika

Leader: Anawa azisamba, Madzi

Group: Madzi ndiofunika

Leader: Zovala tiwachapire, Madzi

Group: Madzi ndiofunika

Leader: Nyumaba timangire Madzi

Group: Madzi ndiofunika

Leader: Nsomba tizepeza Madzi

Group: Madzi ndiofunika

Leader: Mbewu zanthu zifuna Madzi

Group: Madzi ndiofunika

## Session 6

### WORMS

#### WHY DO WE NEED TO KNOW ABOUT WORMS?

We need to know more how worms are spread because they can make us sick.

#### OBJECTIVES

By the end of the session pupils should be able to:

- Say what are worms
- Say how worms are spread
- Say how we can prevent worms from spreading

#### SUGGESTED TEACHING/LEARNING MATERIALS

- Pamphlet
- **Poster - Njoka za m'mimba**
- Song about worms

#### TEACHING/LEARNING METHODOLOGY

Participatory approach whereby questions shall be asked by the health worker and pupils will give answers. Where the answers are not complete, the health worker should add.

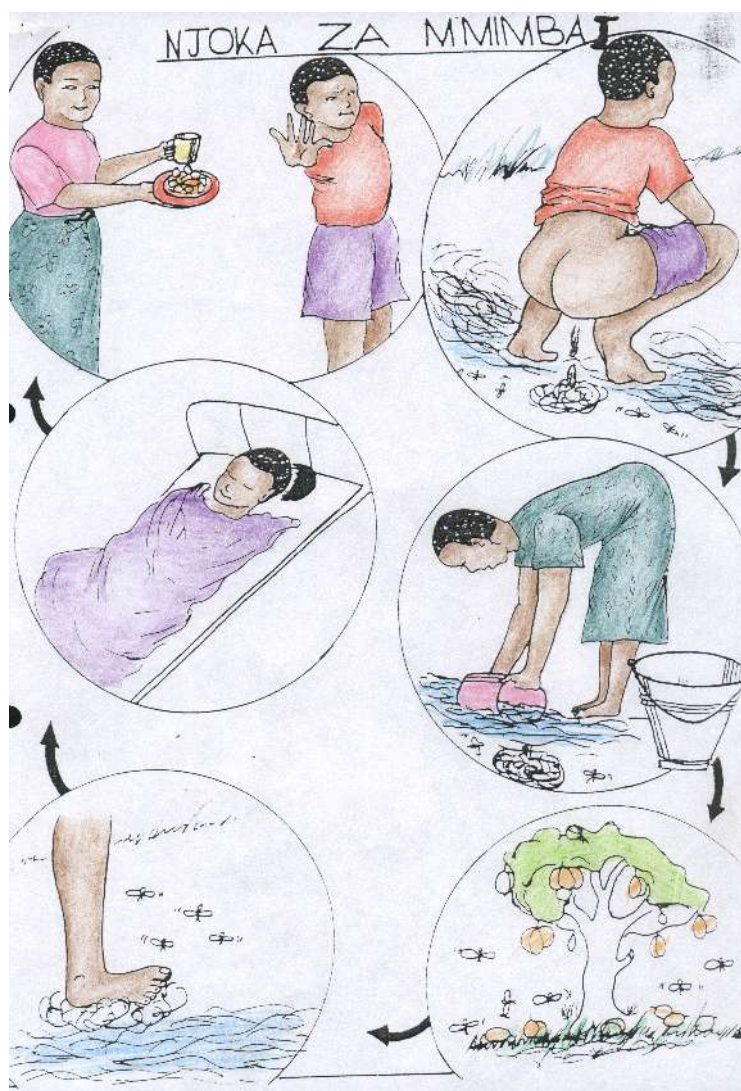
##### *What are worms?*

Worms are small animals. There are many different ones. Some live in the soil, fruit and others can live in our bodies. They can be brown, yellow, black.

##### *Why are worms dangerous?*

Worms are dangerous because when they get into our bodies they suck out our blood and food from our body. This makes us weak and so we can be sick easily.

Show the picture « Njoka za m'mimba I»



**What do you see in the picture?**

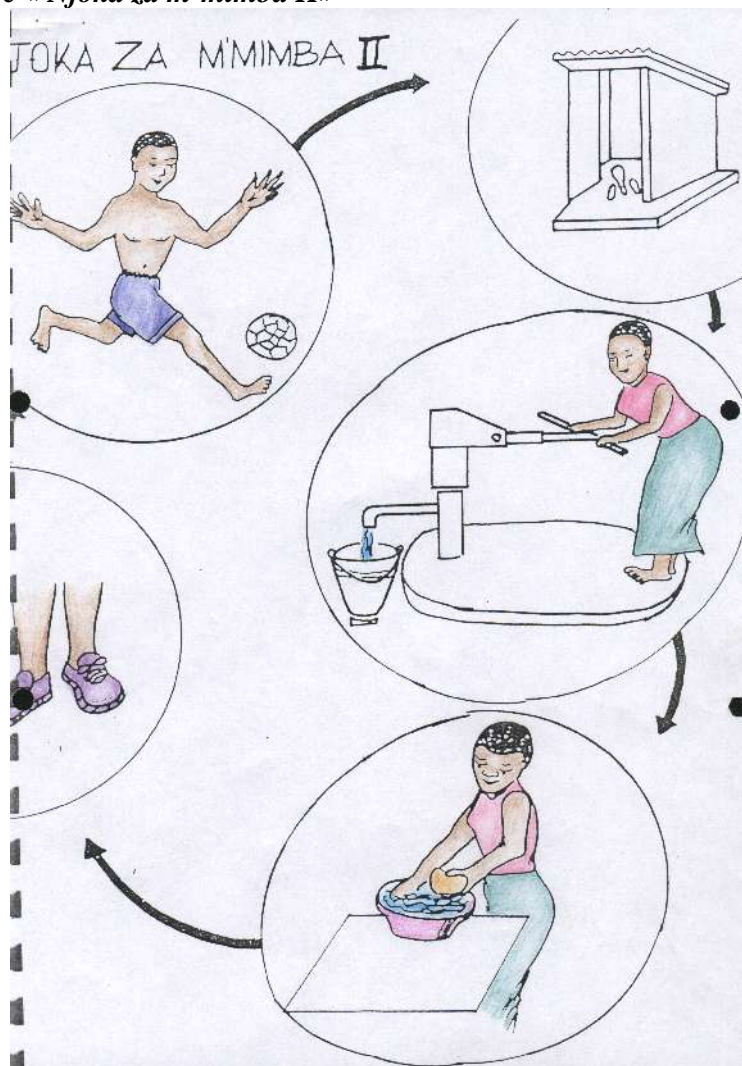
- A person defecating
- A person standing on dirty soil
- A person eating dirty vegetables

**How do you think worms can be spread? (According to the picture)**

- Unwashed foods e.g. vegetables or fruits
- Unsafe drinking water
- Walking barefoot on dirty soil



Show the picture « Njoka za m'mimba II »



**How can we prevent worms from spreading? (According to the picture « Njoka za m'mimba II » )**

- Washing vegetables and fruits before eating and cooking
- Drinking safe water
- Washing hands before eating
- Having clean and short finger nails
- Proper use of latrines (clean & cover)
- Washing hands after use of latrines
- Wearing shoes, if possible, to prevent contact with contaminated soil

**What should you do if you pass worms when you defecate, cough or vomit?**

- Tell parents
- Go to the hospital/health centre quickly for treatment.

## **SUMMARY**

- Worms are dangerous because they suck blood from the patient causing the patient to become weak.
- Good personal hygiene, safe water and proper use of latrines will prevent the spreading of worms
- Quick treatment will get rid of the worms

## Session 7

# DIARRHOEA

### WHY DO WE NEED TO LEARN ABOUT DIARRHOEA?

Diarrhoea is the common cause of death in children. It is important for the pupils to know what diarrhoea is so that they can tell their parents and treatment can be given rapidly.

### OBJECTIVES

By the end of the topic pupils should be able to:

- Say what diarrhoea is
- Explain how diarrhoea is spread
- Know when suffering from diarrhoea that it is very important to drink a lot of water and also to eat
- Say how diarrhoea can be prevented
- 

### SUGGESTED TEACHING AND LEARNING MATERIALS

- Pamphlet
- Picture - Khalidwe la bwino and Kalidwe la loipa
- Song

### TEACHING/LEARNING METHODOLOGY

Participatory approach whereby questions shall be asked by the health worker and pupils will give answers. Where the answers are not complete, the health worker should add.

#### *What is diarrhoea?*

- Diarrhoea is when we have loose or watery stools. Sometimes the stools may be white, yellow, black or green. Some may have blood and some others may have a bad smell.

#### *Why is it bad to have diarrhoea?*

When we have diarrhoea, we lose a lot of water and salt. We need water to live. We can die from diarrhoea if we are not treated quickly.

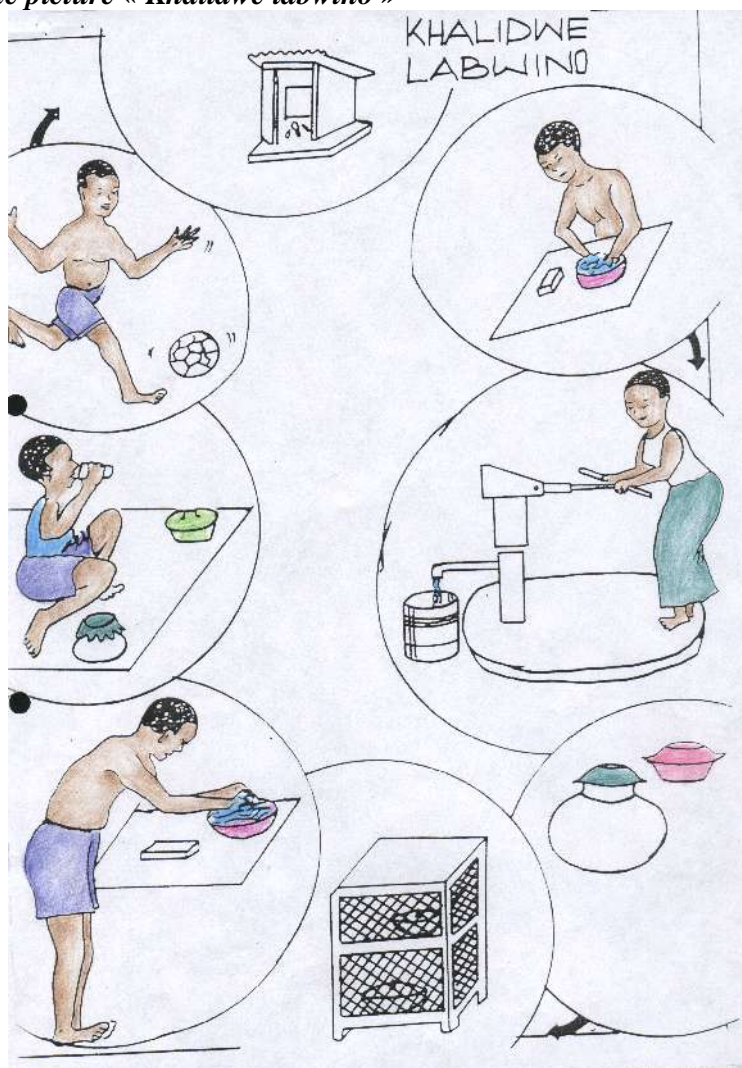
Show the picture « *Khalidwe la Loipa* »



**What do you see in the picture?**

- A child defecating
- It is raining
- A woman drawing water from an unprotected well
- A child drinking unprotected water
- A sick person

Show the picture « *Khalidwe labwino* »



**What do you see in the picture « *Khalidwe labwino* »**

- Pit latrine (Toilet)
- A person washing hands after using a pit latrine
- A woman drawing water from a borehole
- Covered containers
- Food in a tray
- A healthy person playing football

**How is diarrhoea spread? (According to the picture « *Kkalidwe Loyipa* »)**

- Drinking unsafe water
- Not covering food from flies
- Eating unwashed raw vegetables and fruits
- Eating with dirty hands
- Not washing hands after use of toilets

***How can you prevent diarrhoea? (According to the picture « Kkalidwe Labwino »)***

- Drinking safe water
- Covering food
- Washing raw vegetables and fruits before eating
- Washing hands before eating
- Washing hands after use of toilets

***Why is it important to eat food and drink plenty of water when suffering from diarrhoea?***

- To replace lost fluids
- Prevent loss of water
- Prevent death from loss of water
- Prevent getting weak due to lack of food in the body

### **SUMMARY**

- Diarrhoea is dangerous as it causes loss of plenty water from the body which may result in death.
- Take plenty of fluids and continue to eat when suffering from diarrhoea.
- Prevent diarrhoea by observing good personal hygiene (e.g. washing hands).

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