



Worksheet for health



This is a Mosquito net.

To stop a Mosquito getting near to the person when they are asleep a net which is treated with an insecticide is placed over the bed, like the one in the picture.

Each child should have a Mosquito net but many do not have them and if they get bitten by a Mosquito that is infected then the person can become ill with Malaria.

This is a picture of a Mosquito.

Look at the long legs,

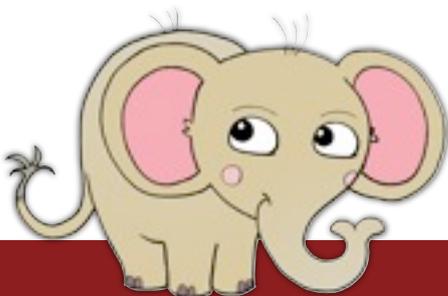


Other ways to help prevent Malaria is by spraying houses with insect repellent and draining standing water where the Mosquito lays its eggs.

In the UK we do not have Mosquitos that carry Malaria and we do not have to sleep under Mosquito nets.

In Uganda to stay healthy we need to make sure the water we drink is clean. We boil our water to kill all the germs. We also make sure we wash our hands before we eat our meals. We don't often have running water so we have to make a tippy-tap. This is a contraption that holds water and we use our foot on a pedal to tip up the water.

[Could you make one? See the Tippy Tap Sheet](#)

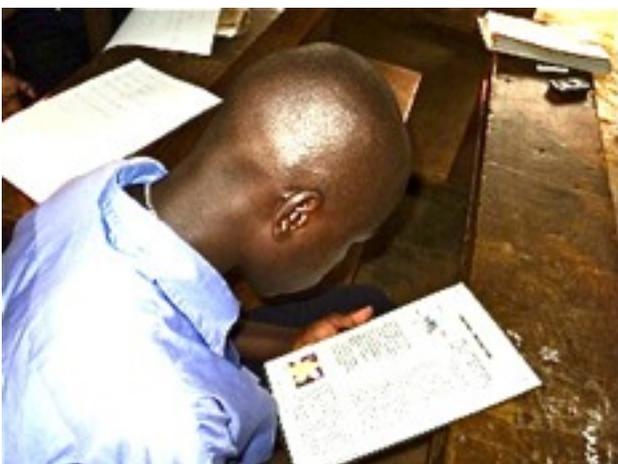


Ideas from the teacher in Uganda

Health

- Make a healthy snack together using locally gathered fruits
- Carry out exercises during PE and at other times e.g. as energisers between lessons you can ask the children to jump up and down or do some stretching
- Invite a nurse to come to the school and talk about how to be healthy e.g. drinking boiled water, sleeping under a mosquito net
- Construct a tippy tap for outside the latrines and keep a star chart to reward children who remember to wash their hands after going to the toilet
- Ask children to make "Keeping Healthy" posters and display them around the school
- Children can draw around each others bodies outside using chalk - name the different body parts

The Asobora story about Health is a good story told in an interesting way about the three friends in Uganda who find a box. Perhaps your teacher will tell the story to you all.



A young person at St. Zoe's school. Learning about Malaria Prevention. The Charity has supplied the teaching material.

