

**EDU SERIES 2021  
GRADE THREE  
Hygiene and nutrition**

**STRAND: HEALTH PRACTICES**

**SUB STRAND: PROPER USE AND STORAGE OF MEDICINE AT HOME**

**Resources: Empty packets of medicines**

Medicines are grouped into two; **External and Internal**

External medicines are taken by applying on the outer parts of the body.

Examples: ointment cream, and spray



Ointment cream



## Spray

Internal medicines are taken by swallowing, inhaling and injecting.

Examples: Syrups, tablets and capsules



Tablets



capsules

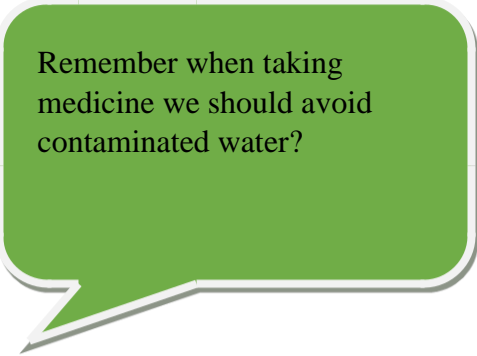


## Syrup

### Activity

- 1 Get empty packets of medicine and group them into two groups: internal and external.
- 2 Make a chemist and place the different empty packets in different shelves.
- 3 Label the shelves as internal medicine and external medicine.

## Extended activity



Remember when taking medicine we should avoid contaminated water?

1 Name three ways of contaminating water

A

B

C

How do you make contaminated water safe for use?

A

B

C