Table of Contents

WATER IS LIFE 3
1. WHERE DOES WATER COME FROM? 4
Activity 1A: What do we use water for at home? 4
Activity 1B: How to use the dictionary 5

2. SOURCES OF WATER 6
Activity 2A: Steps of the water cycle 6
Activity 2B Water cycle worksheet 8

3. USES OF WATER 11
Activity 3A: How water is used 11
Activity 3B: Uses of water worksheet 13
Activity 3C: Complete sentences 14

WATER USE EFFICIENCY 15
4. GET WATER WISE 16
Activity 4A: Water audit checklist 16
Activity 4B: Water saving tips 20

5. DO NOT WASTE WATER 21
Activity 5A: Use water wisely 21

WATER QUALITY 23
6. SAFE AND UNSAFE WATER 24
Activity 6A: Cholera poster worksheet 24
Activity 6B: Purification of water 26
Activity 6C: Killing germs in water 27

SANITATION HEALTH AND HYGIENE 29
7. USE AND CARE OF SANITATION PRACTICES 30
Activity 7A: Take care of the toilets 30
Activity 7B: How to make a glucose solution 32
Activity 7C: Spread the word worksheet 33

WATER SAFETY 35
8. SAFE WAYS OF SWIMMING 35
Activity 8A: River safety tips 36
Activity 8B: Water safety worksheet 36

FORESTRY AND INVASIVE ALIEN PLANTS 39
9.STRUCTURE OF THE TREE 40
Activity 9A: Parts of the tree 41
Activity 9B: Functions of the tree 42

BIBLIOGRAPHY

WATER IS LIFE

Water is life

1. Where does water come from?

ACTIVITY

At the end of this activity you will be able to:

- Read and use a dictionary to check new and difficult words so as to understand written texts.
- Identify sources of water.

You will need:

- Worksheet
- Workbook
- Pencil
- Dictionary

- What do you use water for at home?
- Where does water come from?
- Is that all where we can get water from?
- Read the following fact sheet

FACT SHEET: When it rains

When it rains, the raindrops fall and get soaked into the ground. Some of the rain water makes puddles or ponds on side walks or on the ground. But if it rains heavily and the soil can hold no more, the water runs down the mountains, around the rocks, roots of trees and finally comes together to form small streams. Several streams join together to form a river. When the ground flattens the river either keeps on running past villages, town, cities until it reaches the ocean or it slows down and sometimes forms lakes . Some of the water soaks into the ground to become groundwater which comes out at different places as springs.

People have different ways of collecting rain water. Some people put up gutters on their roofs so as to collect this water into big tanks. Some fetch their water directly from the river with their buckets and pots. Some people direct the water from the river to the dams or reservoirs where it is cleaned and stored for our taps. Some people dig into the soil and pump the groundwater to the wells from where people can fetch their water.

Your Educator will teach you how to use the dictionary.

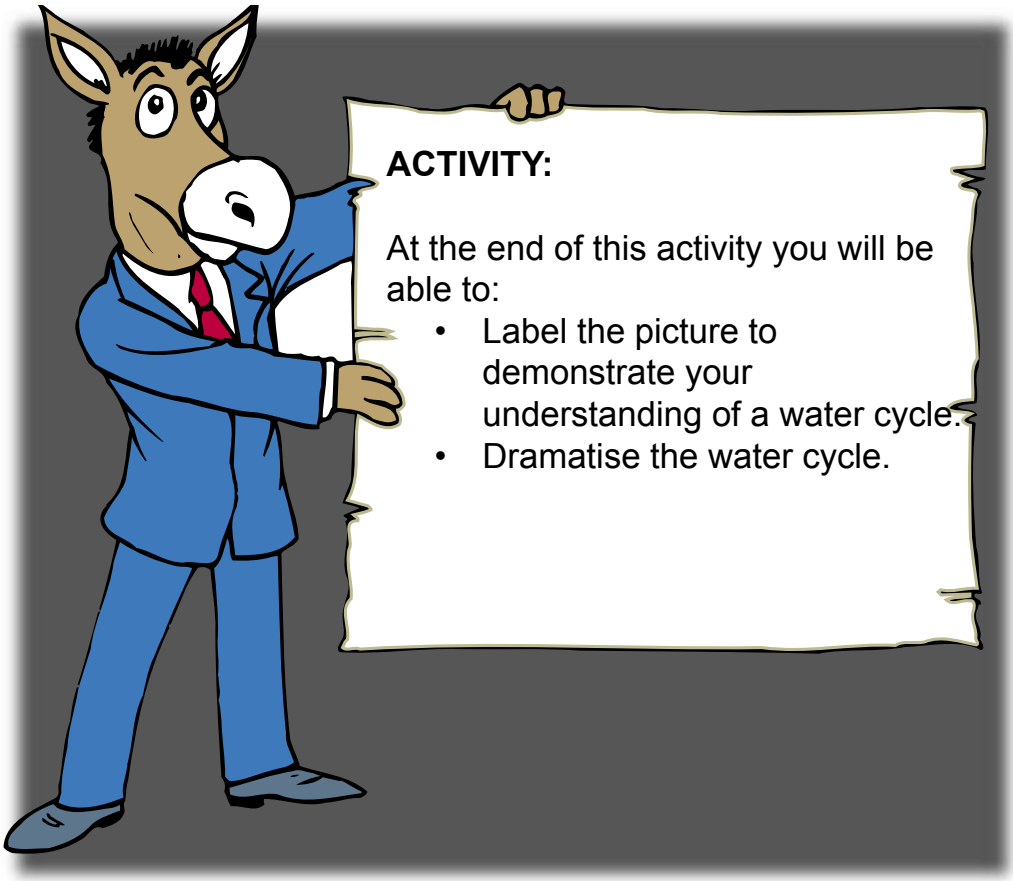
ACTIVITY 1B
Look for the meaning of the following words.

WORD	MEANING
1. pond	
2. stream	
3. ocean	
4. lake	
5. spring	
6. river	
7. reservoir	
8. tap	
9. well	

ASSESSMENT
You will be assessed on your ability to:

- Read and use a dictionary to check the words.

2. Sources of water



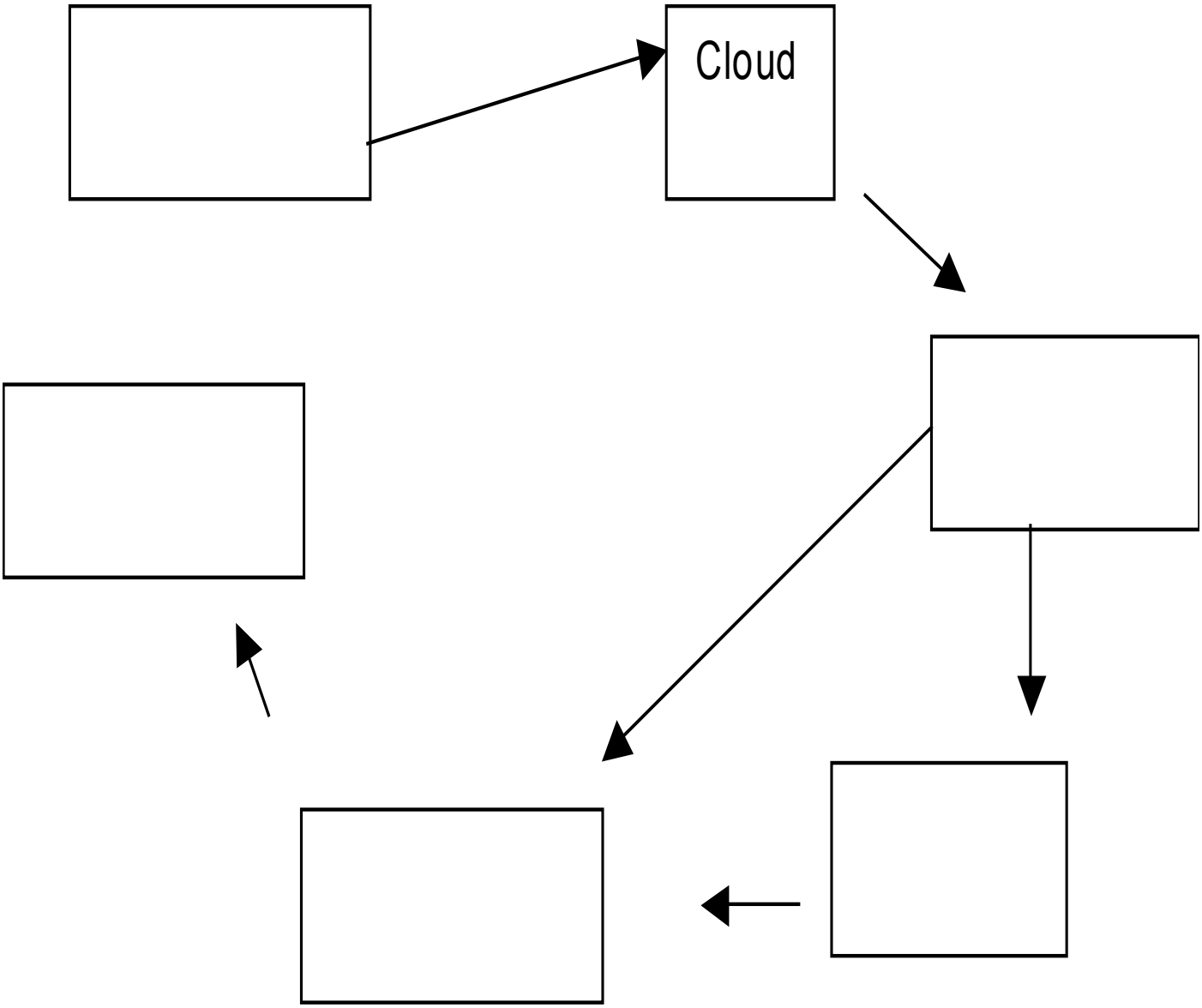
Did you know?
Water from rain goes back to the cloud.

ACTIVITY 2A: THE WATER CYCLE

1. Your teacher will narrate the story to you.
2. Listen carefully to the story.
3. Select the following words and write them in the blocks provided.

Sun, cloud, rivers, raindrops, streams, ocean, vapour

(b) Write down the words the teacher narrates, on the following blocks.


Cloud

ACTIVITY 2B

NAME: ----------

DATE: ----------

Label the picture below as follows:

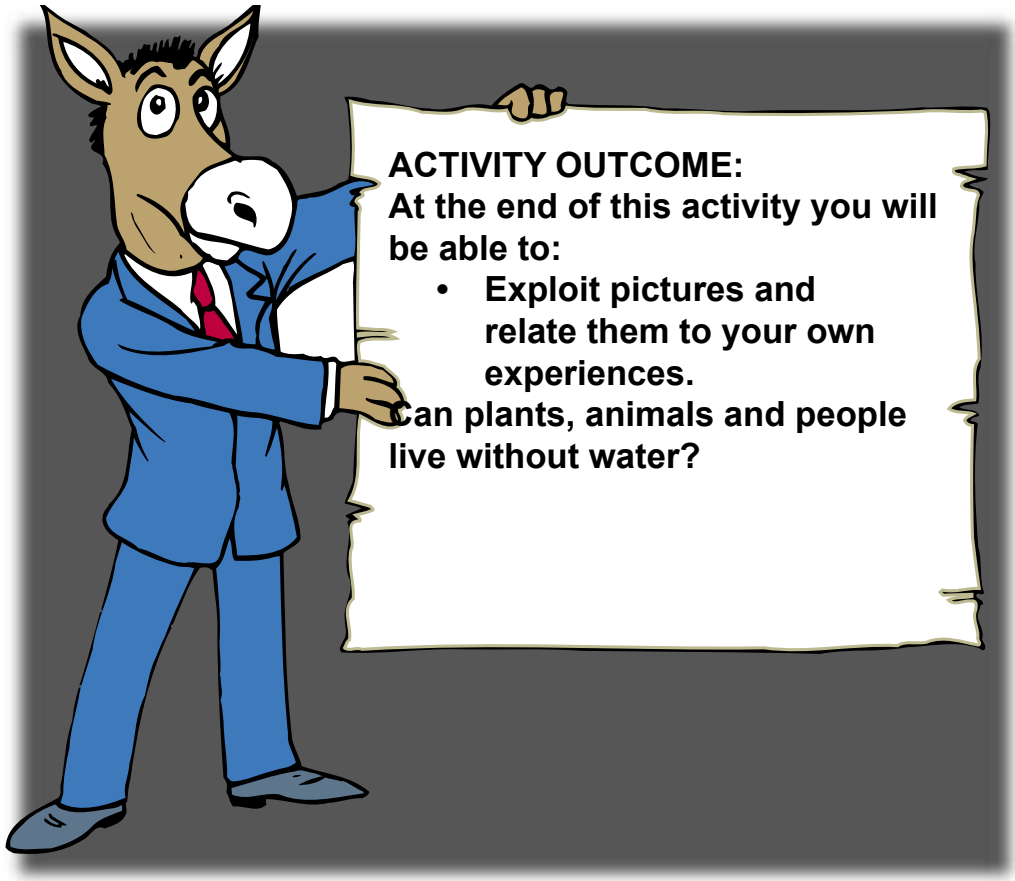
- **Write the following names in their right places (sun, clouds, sea, stream, rivers**
- **Colour in your picture.**

- Write short sentences to describe the steps of the water cycle again.

ASSESSMENT:

	YES	NO
1. I was able to complete the steps in the water cycle.		
2. Label the picture of the water cycle.		
3. I can now describe the water cycle.		

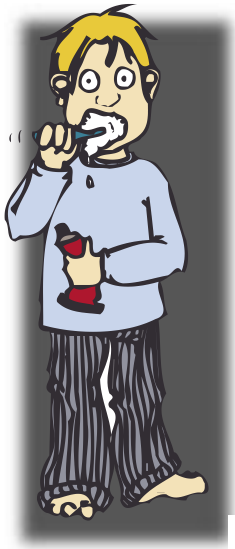
3. Uses of water



ACTIVITY 3A:

Look carefully at the picture below and answer the following questions:

- Mention things that use water.
- Complete the table on the water uses by mentioning under plants, animals and people, how water is used.



USES OF WATER POSTER

PEOPLE	ANIMALS	PLANTS

ACTIVITY 3B:

How much water do we use?

1. **Work with your partner for this activity.**
2. **Use the uses of water worksheet.**
3. **Put a tick next to the use of water at home and at school for two (2) days.**
4. **You must put as many ticks as you use water.**
5. **Add your own uses that are not listed in the worksheet.**
6. **Count the number of ticks in each use and add the total.**

USES OF WATER WORKSHEET

NAME: ----------

DATE: ----------

Put a tick (√) next to the uses of water.

USES OF WATER	HOME	TOTAL	SCHOOL	TOTAL
Flushing toilet				
Watering the garden				
Making ice cubes				
Washing dishes				
Washing hands				
Drinking				
Steam iron				
Pools / dams				
Washing clothes				
Washing bodies				
Washing cars				
Cooking				
Brushing teeth				

Extended Activity

Read the following uses of water.

USES OF WATER

- **We use water to prepare food, coffee, tea etc.**
- **To drink, 7/8 glasses per day.**
- **Washing (clothes, body etc)**
- **Plants**
- **Household use: washing of dishes, floors, windows etc.**

- **Draw a picture of yourself using water e.g. (washing yourself) and write 1 or 2 sentences about yourself.**

- **Complete the following sentences by filling in the missing word.**

Washes, drink, tea

(a) I_____ a glass of water.

(b) Mother makes _____ with water.

(c) The girl _____ herself.

ASSESSMENT

AT HOME

1. **List the things that use water regularly.**
2. **List those that use water sparingly/ sometimes.**
3. **List the things that can live without water.**

AT SCHOOL

4. **List the things that use water regularly.**
5. **List those that use water sparingly/ sometimes.**
6. **List the things that can live without water.**

WATER USE EFFICIENCY

Water use efficiency

4. Get water wise

BACKGROUND INFORMATION

Water is a scarce resource, yet so many people continue to use and waste it as if there were an endless supply. If you waste something, you use it too much, or use it for no purpose. South Africa is classified as a semi- dry country and many people do not have enough water. It also costs a great deal of money to manage our dams and water transfer systems so that people receive enough water. We must all learn **not to waste water.**

ACTIVITY 4A:

Answer the following questions.

1. Have you ever noticed any leaking taps at home?

---

2. What do you do at home when you see a leaking tap?

---

3. Why is it necessary to do that?

Did you know?
If you have a 12 litre toilet cistern, you can save water by placing a filled 2litre plastic bottle in the cistern.

Use this list to do a quick check of local patterns of water use at school, in and around your home and your local community.

- **Put a tick (√) at a good practice and a cross (X) at a bad practice, noting ideas to save water.**

Long showers with big nozzles ☐

Low-flow shower with stop switch ☐

Big cistern with a slow leak ☐

Bottle or bag in cistern or dual flush ☐

Leaking tap ☐

Repaired tap with aerator ☐

Sprinkler watering of flower beds ☐

Trigger nozzle or bucket watering ☐

Hose car wash ☐

Bucket car wash ☐

Drinking from a bucket with unwashed hands ☐

Using a ladle and cup ☐

Animals drinking at a water point ☐

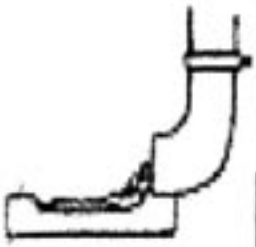
Fenced spring with water troughs for animals ☐

Bathing and washing clothes in a river or spring ☐

Bucket washing with a drain pit ☐

A running tap for teeth or drinking ☐

Cup for brushing teeth or drinking ☐



Open gutters ☐

Rainwater tanks ☐

Total Bad ☐

Total Good ☐

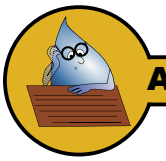
ACTIVITY 4B:

Read the following water saving tips.

- **Use water in such a way that it is not wasted.**
- **Do not water your garden unnecessarily.**
- **Make sure that all taps are tightly closed.**
- **Wash your cars with water in a bucket.**

Water use efficiency

5. Do not waste water



ACTIVITY 5A: USE WATER WISELY

- **In groups compare the pictures below:**

PICTURE A

PICTURE B

- **Answer the questions.**

1. Which family is using water carefully?

---

2. What has this family done to save water?

---

3. Find 10 differences between the two families.

(a)----------

(b)----------

(c)----------

(d)----------

(e)----------

(f)----------

(g)----------

(h)----------

(i)----------

(j)----------

WATER QUALITY

6. Safe and unsafe water

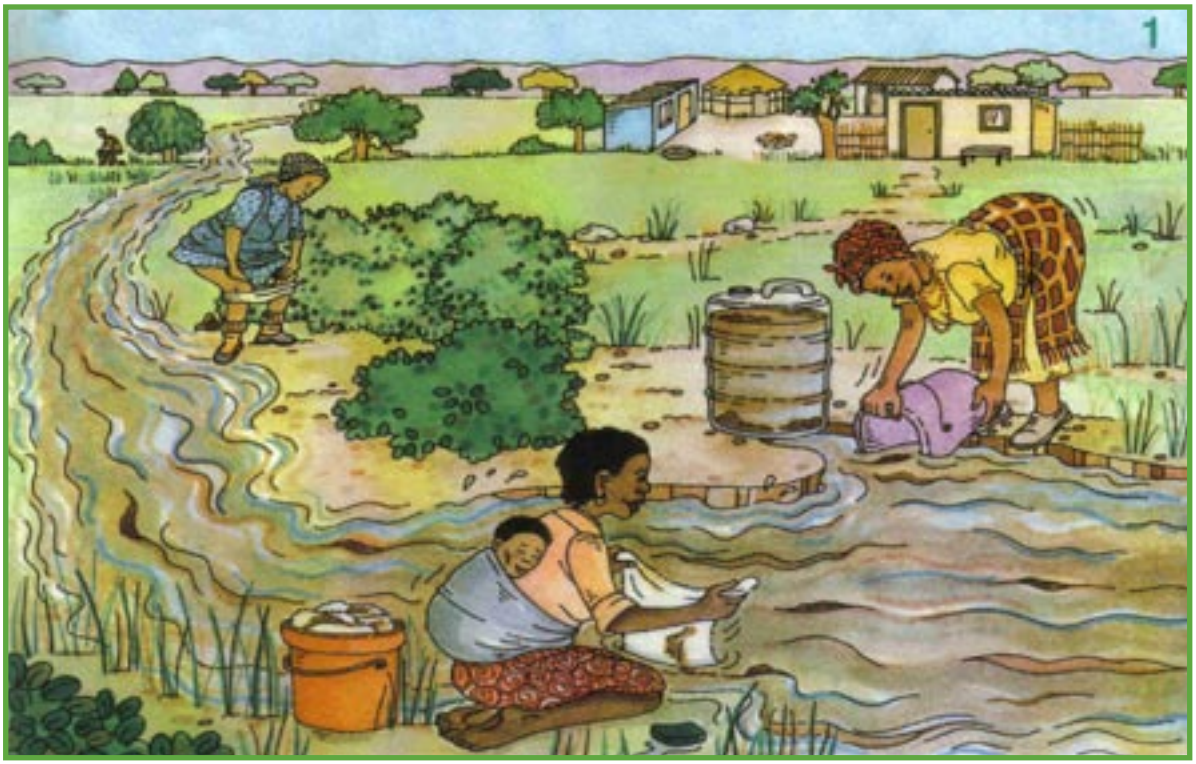
ACTIVITY 6A:

- Work as individuals for this activity.
- Study the poster and work on the following questions.

CHOLERA POSTER WORKSHEET

NAME: ----------

DATE: ----------



You must use your workbook for this activity.

1. **How many people are in the picture?**
2. **What are they doing?**
3. **Circle the activity which can be dangerous to their lives.**
4. **In pairs discuss what this water can be used for.**
5. **Tick yes or no in the column of water use**

	YES	NO
We can use this water to/for		
1. Drinking		
2. Washing own bodies		
3. Washing dishes		
4. Watering gardens		
5. Washing cars		
6. Cooking		

Purification of Water

Methods of Purification

How to clean dirty water

- **What will we do?**

You will need:

- **Unclean water, bleach, purification tablets, filter paper / material (cheesecloth etc.) salt water.**

Discuss the following:

- **Where do we get water from?**
- **Is all water pure to drink?**

Let's look at different ways / methods of purifying water.

- **Boil water.**
- **Add 1 tablespoon of Bleach to 20L of water.**
- **Using filter paper.**
- **Purification tablets (available from pharmacies)**
- **Use material to filter the water (all dirt will remain)**

- **Fill in the missing words.**

Bleach, sand, water, boil

1. To clean water you can _____ the water.

2. Add one teaspoon of _____to 20L of water.

ACTIVITY 6C:

Read the paragraph in the box and do the activity later.

Loyiso's mother fetched the dirty water from the river. She prepared food for Loyiso's little brother. The water had germs, which caused diseases. Now Loyiso's little brother is sick.

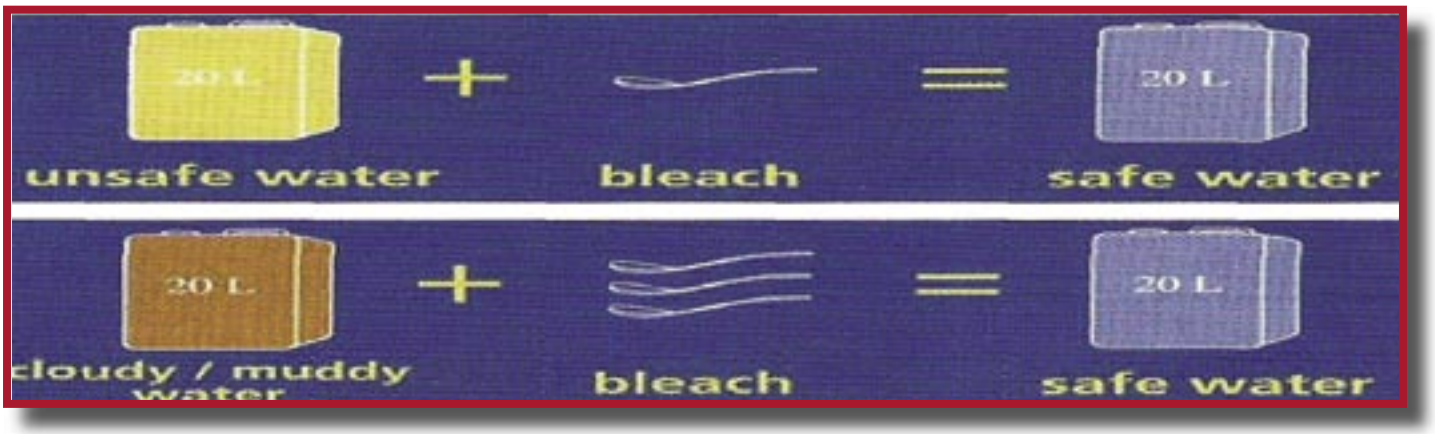
1. **Why is Loyiso's brother sick?**
2. **Can the water with germs be made clean?**

Let us look at the ways we can purify water.

3. **Study the two (2) methods used by Loyiso to clean dirty water.**

METHOD 1: Boiling the water

METHOD 2: Using Bleach



ASSESSMENT

1. **What amount of Bleach do you put in 20 Litres of water**

   _____

2. **What does Bleach do to the germs in dirty water?**

   _____

3. **How long do you wait before we drink water with Bleach?**

   _____

SANITATION, HEALTH AND HYGIENE

7. Use and care of sanitation facilities

ACTIVITY:
At the end of this activity you will be able to:
- Take care of your toilets.
- Make a glucose solution.

ACTIVITY 7A:

Answer the following questions.

1. Tick the kind of toilet that you have at home and at school.

☐

☐

☐

☐

☐

☐

. How do you take care of the toilets?

---

3. Why do we clean toilets on a daily basis?

---

4. Why do we need water for toilets?

- **Complete the sentences by using the following words.**

Food, wash, soap, toilet, touching, water

1. _____ your hands when you come from the _____.

2. Make sure that you _____ your hands before _____ any _____.

3. Use _____ and clean _____ to wash your hands.

ACTIVITY 7B:

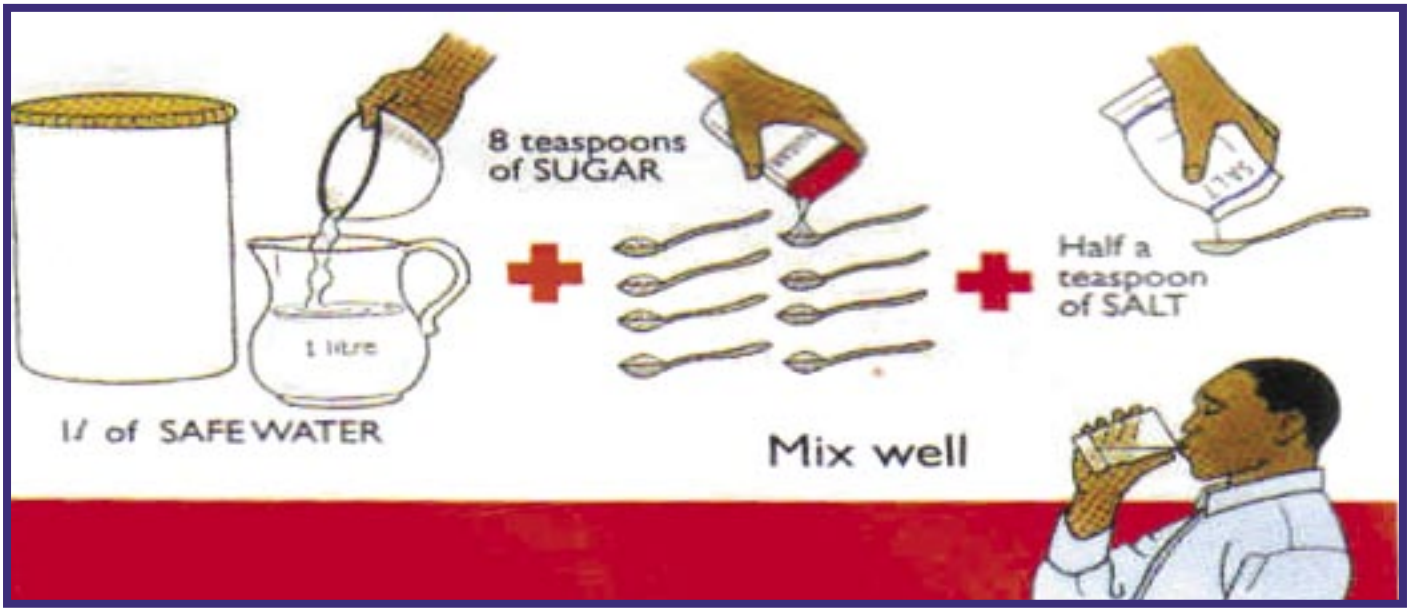
Recite the poem

Rhyme –

“I can stop Cholera”
How, Use a toilet,
Wash your hands,
Use clean water,
Wash all food.
So can you?
Yes, I can.
I can stop Cholera.

BACKGROUND INFORMATION

- **Loyiso’s brother had diarrhoea; he used the solution to cure the disease.**
- **You must make your own glucose solution.**



How – 1. Boil 1 litre of water
2. Let it cool
3. Add 8 teaspoons of white sugar and ½ spoon of salt.

LETS CURE DIARRHOEA

Look at Loyiso's brother's table below and answer the following questions in your workbook

- **How many days did it take Loyiso's brother to get better?**
- **How many cups of solution must he drink a day when he is still sick?**
- **Complete the table by drawing the number of cups to be taken on Friday.**

Tuesday	Wednesday	Thursday	Friday	Saturday

ENRICHMENT ACTIVITY – LOYISO'S MOTHER SPREADS THE WORD!

Read how Loyiso's mother spreads the word:

FACT SHEET

Loyiso's mom took the child to the clinic and she found out that at least 8 babies get sick with diarrhoea every week. The clinic gives them one injection per week.

She was shocked at such a high rate of baby sickness. She decided to teach the other mothers in her community the lessons she learnt from her son. She was going to do two things. Firstly, she decided that she was going to make the water used by her community safe. She bought a bottle of bleach and put up a sign on her gates for all the people who come from the river to see. People coming from the river stopped at her gates and asked her to make their water safe.

Secondly she decided to go to the clinic and offered to prepare a solution for people suffering with diarrhea.
This worked very well.

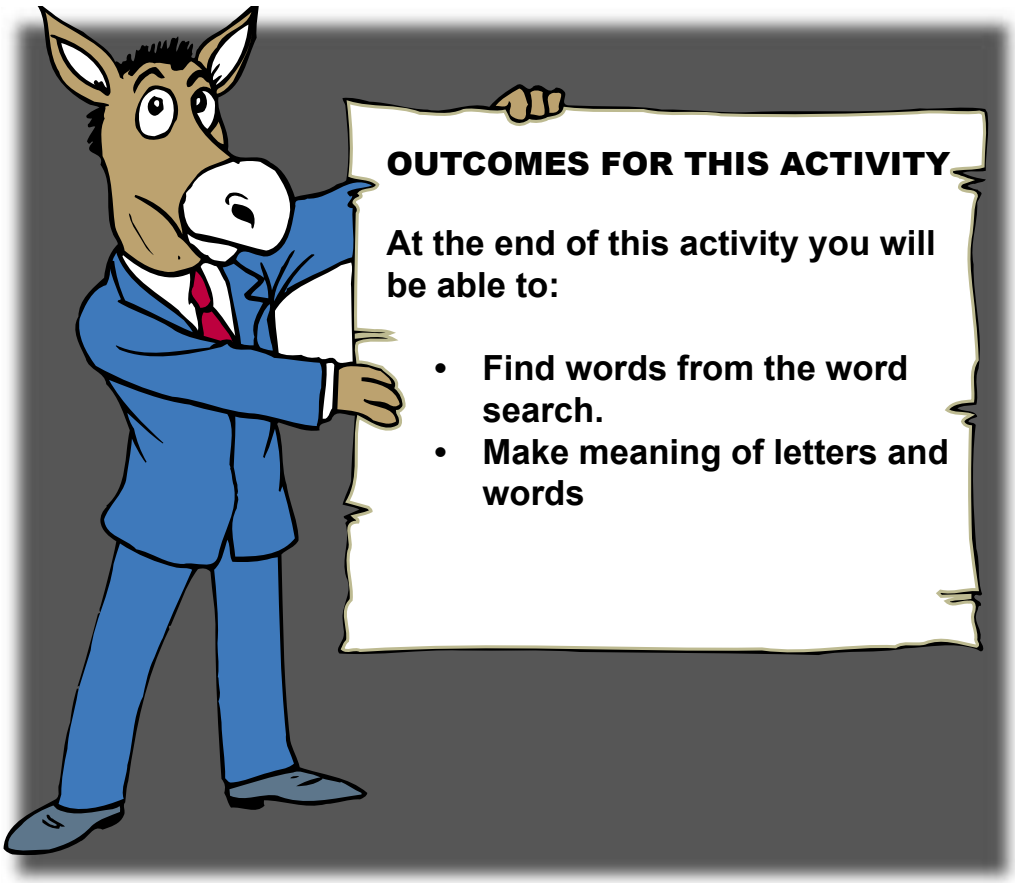
- Why did Loyiso's mother take the child to the clinic?
- How does a clinic cure children with diarrhoea?
- How much does it cost to cure diarrhoea at the clinic?
- If 8 babies go to the clinic for diarrhoea per day, calculate:
- How many babies visit the clinic in day 3 and day 5?

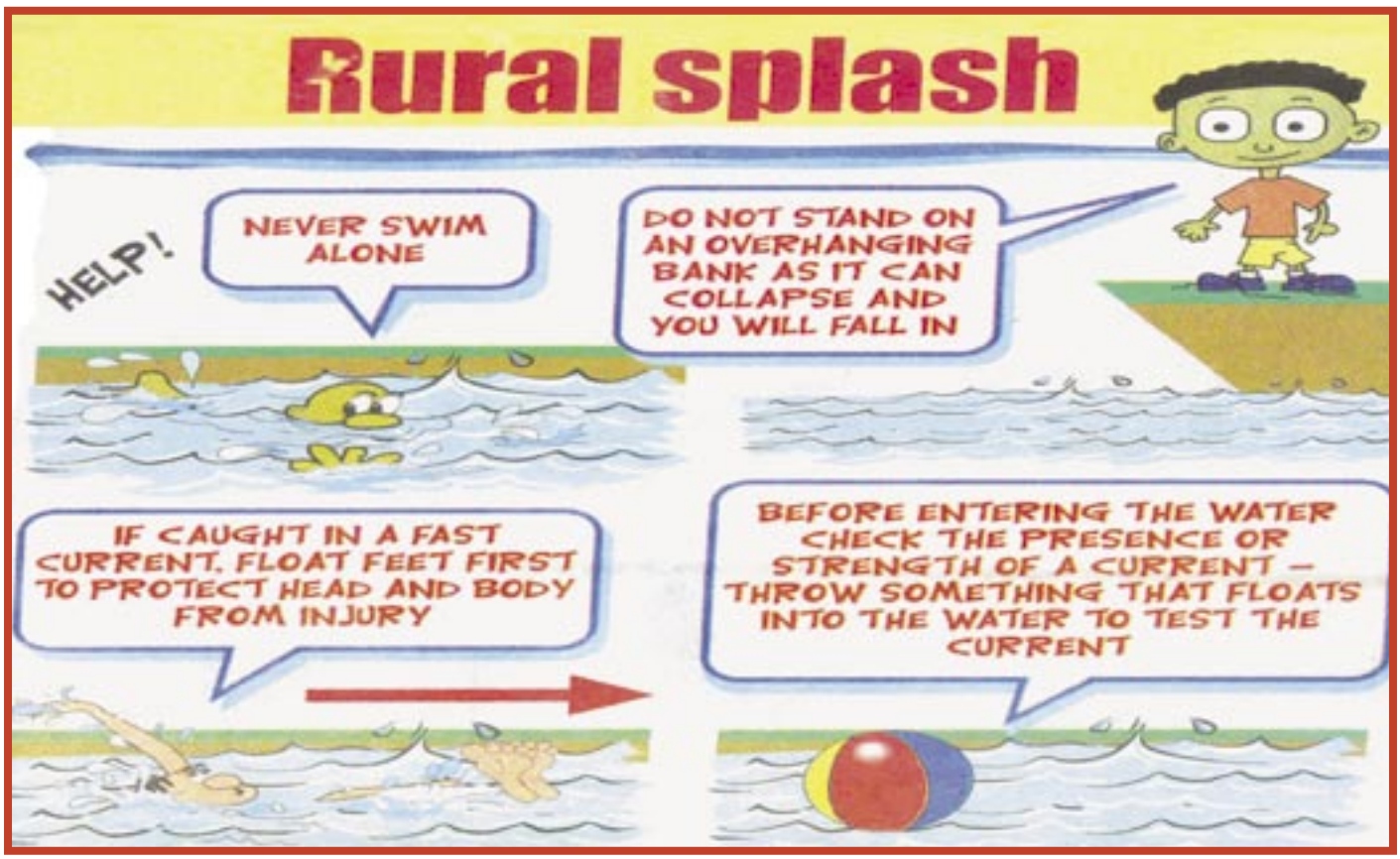
Use the following worksheet:

	Day 1	Day 2	Day 3	Day 5
Number of babies	8 babies per day	16 babies		

- Find out at school or in your community if there are any learners that suffer from diarrhoea.
- Learn how you can help them to cure it.

8. Safe ways of swimming





ACTIVITY 8A:

Fill in the missing words

Read the River Safety tips and use the words in the word bank to complete the sentences below.

Fast, break, water, feet, rocks, alone, fall, body, dive, depth

- **Never swim ----------.**
- **Do not stand on an overhanging bank as it can ---------- and you will ---------- in.**
- **Before entering the ---------- check the current. Throw something that floats into the water to see how ---------- the water is moving.**
- **If caught in fast current, float ---------- first to protect your head and ----------.**
- **Be careful of underwater obstacles such as ---------- or branches of trees.**
- **Never ---------- into the water – always walk in.**
- **Check the ..... with a long stick as you walk in.**

ACTIVITY 8B:

Read through the following sentences and together with your educator, decide whether each one is a correct or incorrect behaviour or actions. Make a tick in the DO and DO NOT column.

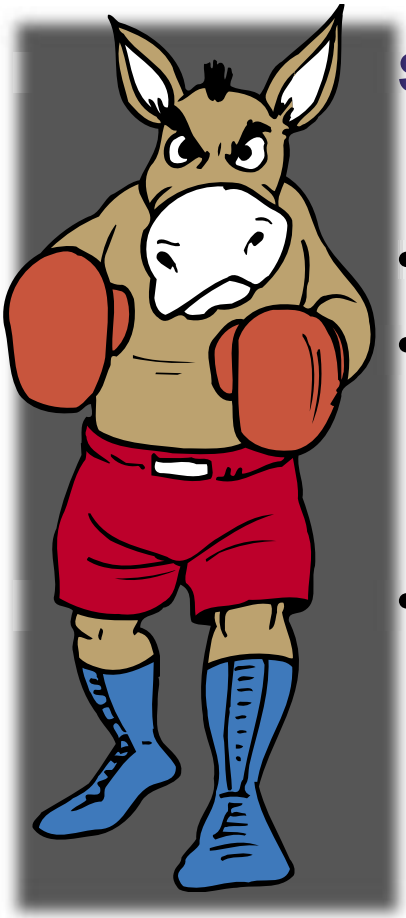
WATER SAFETY

Look at the Rural Splash poster and then do this exercise. Read the statements below and match them to the DO and DO NOT column.

ACTION	DO	DO NOT
1. Swim only if there is a lifeguard or if a grown-up gives you permission to swim.		
2. Stand up in a boat.		
3. Take swimming lessons.		
4. Follow water safety rules.		
5. Swim with an adult.		
6. Swim if you are tired.		
7. Wade into the water feet first if you're swimming in a lake, dam or river.		
8. Wear a life jacket when you are in a boat.		
9. Get out of water right away if you hear thunder or see lightning.		
10. Eat sweets or chew gum when you are swimming.		
11. Dive off rocks into a river, lake, or dam.		
12. Run along the bank of a river.		

RURAL SPLASH

Read the following safety tips.

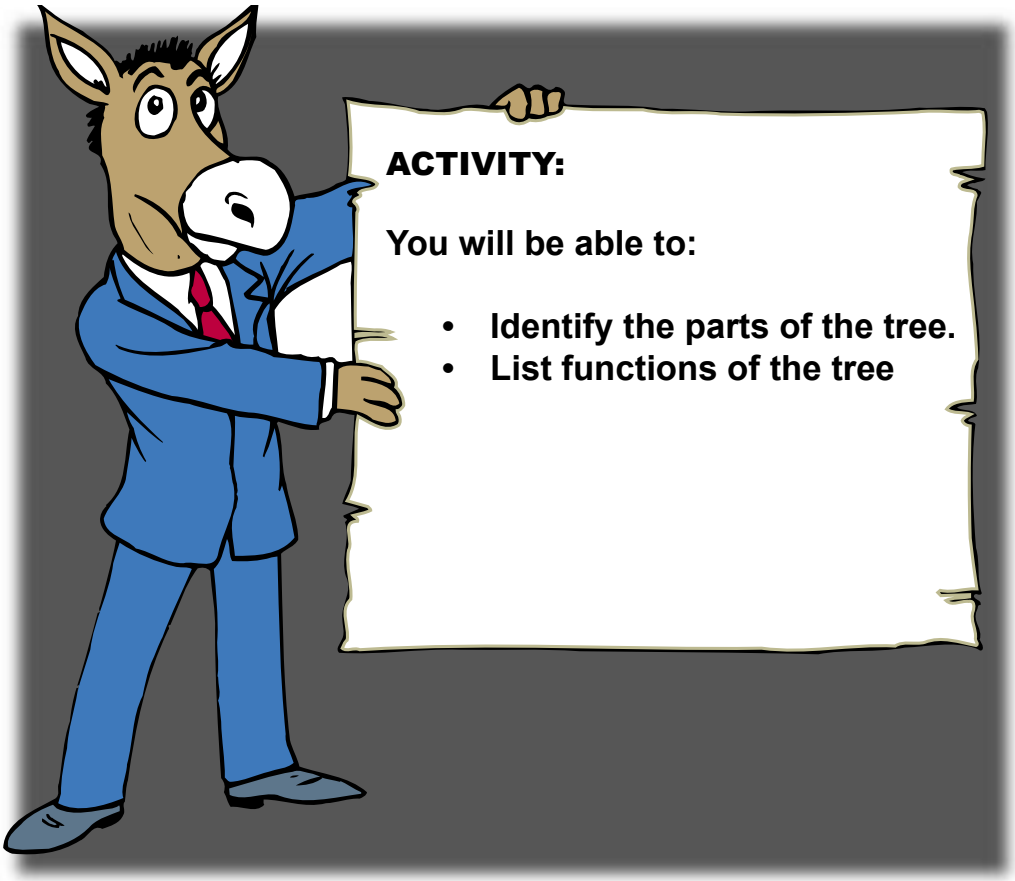


SAFETY TIPS

- Never swim alone.
- Do not stand on an overhanging bank as it can collapse and you will fall in.
- Before entering the water check the presence or strength of a current – throw something that floats into the water to test the current.
- If caught in a fast current, float feet first to protect your head and body from injury.
- Be aware of underwater obstacles such as rocks or branches of trees.
- Never dive into the water – always walk in and check the depth with a pole as you move, looking out for any dangerous hazards on the river bottom.
- Beware of animals underwater, such as crocodiles, and hippos.
- Enter cold water slowly and remain in for short periods of time to avoid hypothermia.

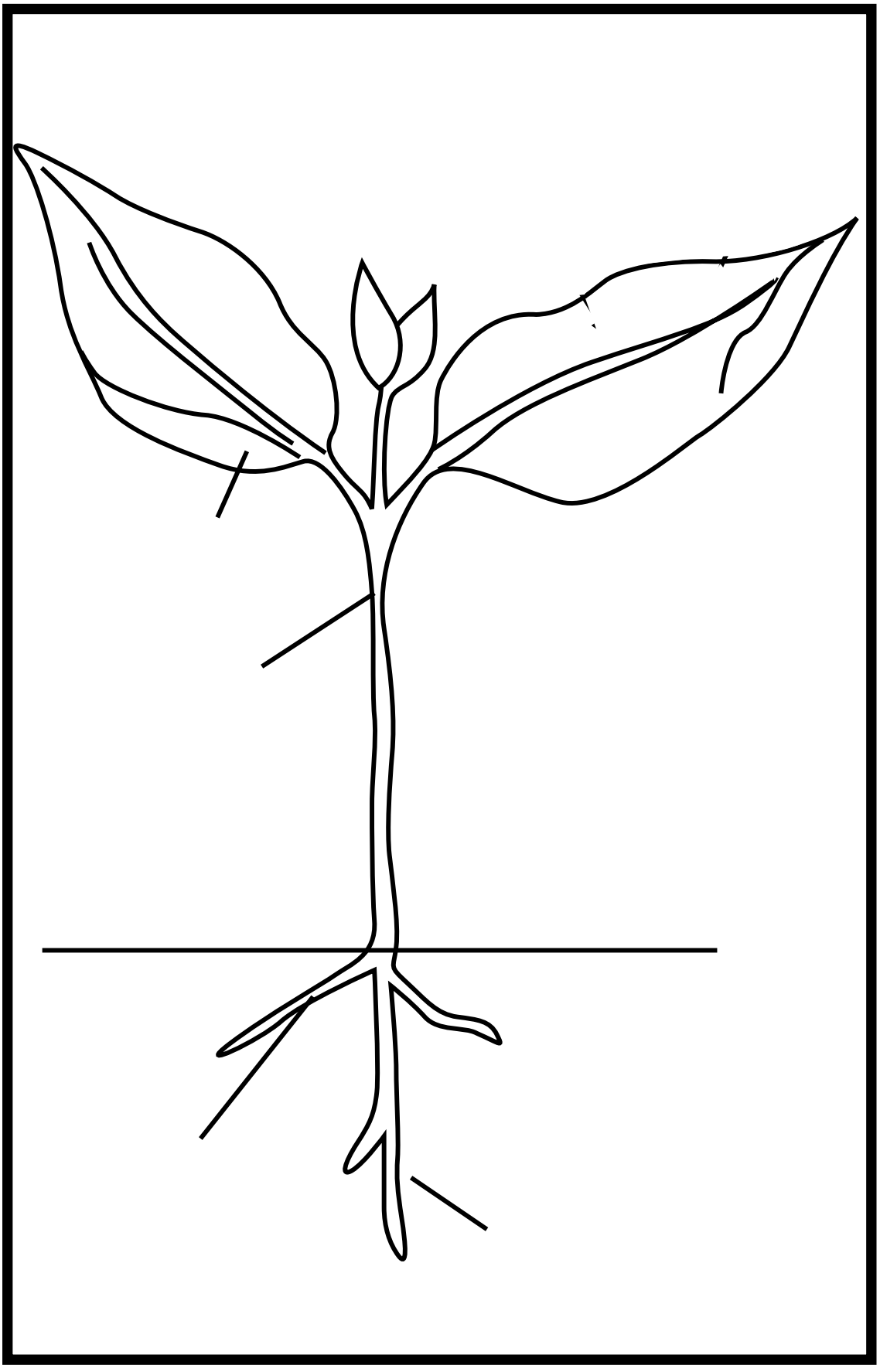
FORESTRY AND IAP'S

9. Stucture of a tree



ACIVITY 9A:

- Colour and label the parts of the tree.



- **Listen carefully as your teacher reads out the functions of the tree.**
- **Answer the following questions.**

1. **Which part of the tree holds the tree in its position?……**

2. **Which part of the tree absorbs water? …….**

3. **Which part of the tree makes food for the tree? ……..**

4. **Which part of the tree transports water from roots to leaves? ……**

5. **What is the firewood used for? ……**

6. **Mention any three functions of a tree ? ……**

7 **Write a sentance using the following words**

(Water, sun, trees, plants, fruit)

ASSESSMENT

You may use the following assessment sheet

	Yes	No
1. I was able to mention the functions of a tree		
2. I was able to formulate a sentence using the given words		
3. I was able to give the functions of the parts of a tree		

BIBLIOGRAPHY

Department of Education. Pretoria (2002). Revised National curriculum statement (Grades R – 9), Arts and Culture.

Department of Education. Pretoria (2002). Revised National curriculum statement (Grades R – 9), Economic and Management Sciences.

Department of Education. Pretoria (2002). Revised National curriculum statement (Grades R – 9), Home Language.

Department of Education. Pretoria (2002). Revised National curriculum statement (Grades R – 9), Life Orientation.

Department of Education. Pretoria (2002). Revised National curriculum statement (Grades R – 9), Mathematics.

Department of Education. Pretoria (2002). Revised National curriculum statement (Grades R – 9), Natural Sciences.

Department of Education. Pretoria (2002). Revised National curriculum statement (Grades R – 9), Social Sciences.

Department of Water Affairs and Forestry, *Trees and Forests*, Republic of South Africa.

The Department of Water Affairs and Forestry, (1998), Waste Management and the Minimum Requirements. Pretoria.

Swimming South Africa