



Primary 6 Integrated Science

Term 3

Theme: Human Health

Topic 3/4 – Sanitation

Learning Outcome: The learner acquires scientific skills and knowledge of keeping proper sanitation for a healthy living.

Sanitation

Sanitation means keeping our surroundings clean to prevent diseases.

It includes proper disposal of waste, clean water use, and personal hygiene.

Importance of Sanitation

- (i) Prevents the spread of diseases like cholera and diarrhea.
- (ii) Keeps the environment clean and safe.
- (iii) Makes homes and schools healthy places to live and learn.
- (iv) Improves dignity and comfort.

Ways of Practicing Good Sanitation

- (i) **Dispose of rubbish properly** in bins or pits.

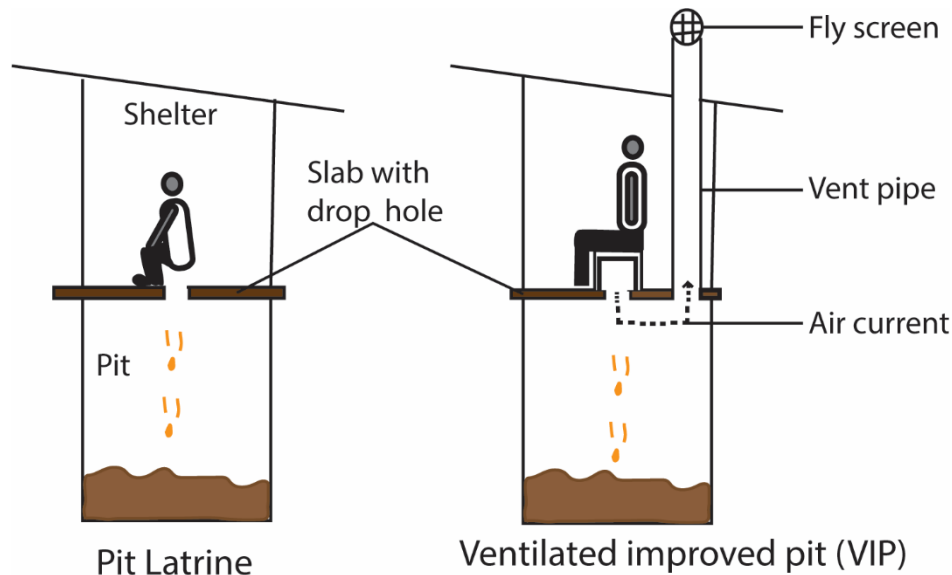
- (ii) **Use clean toilets/latrines** and keep them tidy.
- (iii) **Wash hands with soap and water** after using the toilet and before eating.
- (iv) **Boil or treat drinking water** to make it safe.
- (v) **Keep food covered** to protect it from flies.
- (vi) **Clean the compound regularly** to avoid stagnant water and breeding of mosquitoes.
- (vii) **Keep the compound, classrooms and homes clean**

Exercise 1

- (a) What is sanitation?
- (b) State any two importance of sanitation at home.
- (c) Give one way of practicing sanitation

Latrines

They are two type latrine



Differences between pit and VIP latrines

Pit Latrine	VIP Latrine
Simple toilet dug in the ground	Improved pit latrine with a vent pipe
Often has bad smell	Vent pipe reduces bad smell
Attracts flies easily	Fly screen prevents flies
Cheaper and easier to build	Cleaner, healthier, and more comfortable

Importance of Latrines

- (i) **Keeps the environment clean** – prevents open defecation.
- (ii) **Prevents diseases** – stops the spread of germs like cholera and diarrhea.
- (iii) **Protects water sources** – keeps waste away from rivers and wells.
- (iv) **Provides privacy and dignity** – safe place for people to relieve themselves.

Exercise 2

- (a) Give any **one** difference between pit and VIP latrines.
- (b) State two importance of latrines.

Pit latrine

A pit latrine is a simple toilet made by digging a deep hole in the ground.

It is covered with a slab or floor, and has a small opening for use through which feces and urine drop.

Good Practices for Pit Latrine

- (i) Always **wash hands with soap and water** after use.
- (ii) **Keep the latrine clean** – sweep and wash regularly.
- (iii) **Cover the hole** after use to keep away flies.
- (iv) **Build it far (about 10m) from water sources** to avoid contamination.
- (v) **Teach children** how to use it properly.

VIP Latrine

VIP means **Ventilated Improved Pit latrine**.

It is a type of pit latrine with a **vent pipe** and a **cover** to reduce bad smell and flies.

Importance of VIP Latrine

- (i) **Improves sanitation** – keeps the environment clean.
- (ii) **Reduces bad smell** – the vent pipe carries away foul air.
- (iii) **Prevents flies** – the cover and pipe stop flies from breeding.
- (iv) **Protects health** – reduces spread of diseases like cholera and diarrhea.
- (v) **Provides privacy and dignity** – safe and clean place to relieve oneself.

Functions of Parts of a VIP Latrine

- (i) **Pit (hole in the ground)**: Collects and stores human waste.
- (ii) **Slab/floor**: Provides a safe surface to stand on and covers the pit.
- (iii) **Drop hole (opening)**: Allows waste to enter the pit.
- (iv) **Vent pipe**: Carries bad smell and gases out of the latrine.
- (v) **Fly screen (on vent pipe)**: Stops flies from entering or leaving the pit.
- (vi) **Superstructure (walls and roof)**: Gives privacy and protection from weather.

Good Practices for VIP Latrine

- (i) Always **wash hands with soap and water** after use.
- (ii) **Keep the latrine clean** – sweep and wash regularly.
- (iii) **Cover the hole** after use to keep away flies.
- (iv) **Ensure vent pipe is not blocked** so air can flow freely.
- (v) **Teach children** how to use it properly.

Water Closet (WC) / Water-borne Toilet

A water closet is a toilet that uses **water to flush human waste** into a sewer or septic tank.

It is common in towns and modern homes.

Importance of Water-borne Toilets

- (i) **Keeps the environment clean** – waste is carried away safely.
- (ii) **Prevents diseases** – reduces germs and flies.
- (iii) **Provides comfort and privacy** – neat and easy to use.
- (iv) **Protects water sources** – waste is not left in open places.

Good Practices

- (i) Always **flush after use** to keep it clean.
- (ii) **Wash hands with soap and water** after using.
- (iii) **Keep the toilet clean** – scrub regularly.
- (iv) **Do not throw rubbish** (like papers or plastics) inside, only human waste.
- (v) **Ensure water supply** is available for flushing.

Exercise 3

Suggest any one good practice after using a latrine.

Items for Cleaning Toilets



Brush



Mops



Bucket



Cleaning rag



Detergent

- (i) **Brush** – scrubs the inside of the toilet.
- (ii) **Mop** – cleans the floor around the toilet.
- (iii) **Bucket** – holds water for cleaning.
- (iv) **Detergent/soap** – removes dirt and germs.
- (v) **Disinfectant** – kills germs and bad smell.
- (vi) **Hand gloves** – protect hands from dirt and germs.
- (vii) **Rags/cloths** – wipe surfaces and walls.

Exercise 4

List any **four** toilet cleaning materials.

Tools used for cleaning the compound

- brooms
- twigs
- dust pan
- cleaning rug
- rake

The following equipment can be used to keep the environment clean



• Brooms



Rake



Cleaning rags



Dust pan

Rubbish Pit

A rubbish pit is a hole dug in the ground for **disposing of waste materials** like papers, food remains, and other rubbish.

It helps keep the environment clean and safe.

Importance of a Rubbish Pit

- Keeps the compound clean** – rubbish is not scattered around.
- Prevents diseases** – reduces germs and flies.
- Avoids bad smell** – waste is buried or covered.
- Prevents accidents** – sharp objects are safely disposed of.
- Protects the environment** – stops pollution and littering.

Good Practices

- Always **throw rubbish into the pit**, not on the ground.
- **Cover the pit** regularly to keep away flies and bad smell.
- **Burn or bury waste** when the pit is full.
- **Separate harmful waste** (like broken glass) before disposal.
- **Dig the pit far from water sources** to avoid contamination.

Bathing shelter

Schools, home and work places should have bathrooms to encourage regular bathing.

Bathrooms should be washed and disinfected regularly.

Drying racks

Plates and utensils should be kept on a drying rack at least a meter from the ground to prevent dog cats and poultry from dirtying them.

Kitchen

Every home should have a kitchen to prevent inhabitant from inhaling poisonous smoke in case food is prepared in the house. The kitchen should be kept clean and tidy.

Exercise 5

List any four sanitation requirements in a home.

Revision Questions

1. Name one type of a latrine?
 - (a) Pit latrine
 - (b) VIP latrine
 - (c) Water borne toilet?

2. State any one way in which slashing of bushes around a home helps to control diseases.
 - (i) Removes hiding places for **mosquitoes, snakes, and rats**.
 - (ii) **Reduces breeding grounds** for insects that spread diseases.

3. Give any one way in which bacteria in pit latrines are useful.

They decompose feces

4. State one way in which the screen on the pipe of a VIP latrine helps to control diarrhea diseases.

It traps houseflies that spread diseases

5. State one reason why ash is usually applied around the pit hole of a latrine.
 - (i) **Absorbs bad smell** coming from the pit.
 - (ii) **Kills germs** and reduces chances of disease.
 - (iii) **Prevents flies** from breeding around the hole.

6. (a) Give the meaning of the following terms
 - (i) Sanitation

Sanitation means keeping our surroundings clean to prevent diseases.

 - (ii) Personal hygiene

Personal hygiene means **keeping your body clean** to stay healthy.

It includes **washing hands, bathing, brushing teeth, cutting nails, and wearing clean clothes**.

- (b) Identify any two activities pupils can do at school to promote good sanitation
 - Sweep the classes

- Sweep the compound
 - Mop the toilets
 - Mop classes
7. (a) State any two sign of poor sanitation in a school.
- (i) Dirty classes
 - (ii) Dirty compound
 - (iii) Dirty latrines
 - (iv) Contaminated water
 - (v) Bad smell
- (b) Give any two diseases that can break out due to poor sanitation in school
- (i) Cholera
 - (ii) Typhoid
 - (iii) Dysentery
 - (iv) diarrhea
8. Give any one way which proper disposal of wastes is important in our environment.
- (i) **Prevents diseases** – stops germs, flies, and mosquitoes from spreading.
 - (ii) **Keeps the environment clean** – no bad smell or litter.
 - (iii) **Protects water sources** – waste does not contaminate rivers and wells.
 - (iv) **Avoids accidents** – sharp objects are safely thrown away.
 - (v) **Improves beauty** – makes homes and schools neat.
9. State one way in which spread of germs by housefly can be controlled?
- (i) **Keep toilets clean** – flies cannot breed there.
 - (ii) **Dispose of rubbish properly** – use a rubbish pit or bin.
 - (iii) **Cover food and water** – prevents flies from landing.
 - (iv) **Use ash or disinfectant** – around latrines to repel flies.
 - (v) **Maintain cleanliness** – sweep and wash the compound regularly.
10. Give one way of controlling bad smell in ordinary pit latrine.
- (i) **Smoke it with dry banana leaves**
 - (ii) **Apply ash or soil** into the pit to absorb smell.
 - (iii) **Keep the latrine clean** by sweeping and washing regularly.
 - (iv) **Cover the hole after use** to stop smell from escaping.

- (v) **Dispose of waste properly** – avoid throwing rubbish inside.
- (vi) **Build latrine away from houses** to reduce odor around the home.

11. (a) Give one way in which primary health care (PHC) is important to a community.

Promotes sanitization

Promotes immunization

(b) State the elements of primary Health Care which is promoted by each of the following activities:

(i) Sweeping the kitchen.

Sanitation

(ii) Putting drops of polio vaccine into the mouth of a child.

Immunization

(iii) Eating a balanced diet.

Nutrition

12. What is the recommended minimum distance between a drinking water and VIP latrine?

10 meters

13. How does a vent help to reduce smell in a VIP latrine?

Allows the air to flow through taking bad smell with it outside

14. Give any one reason why a latrine should be 10 metres away from the living house.

To prevent flies from carrying germs to the house

15. Give any one proper way of disposing off rubbish in a home.

Burning rubbish

Use a dust bin

16. Health Committee members in your school visited an old man`s home and found out that **home did not have the main requirement for proper sanitation.**

Suggest any four activities that should carry out to ensure proper sanitation in the old man`s home.

- (a) Mop the house
- (b) Wash plate
- (c) Sweep around the house
- (d) Boil drinking water
- (e) Dig a pit latrine 30m from the house
- (f) Iron the clothes

17. What good health habit should be practiced after visiting a latrine or toilet?

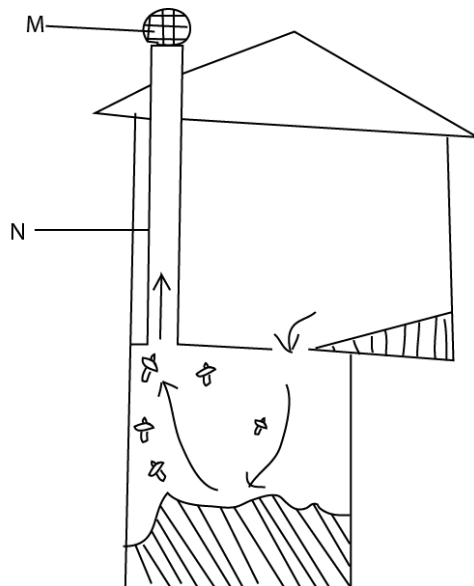
Wash hands with soap and water

18. Why is a Ventilated Improved Pit latrine left without a cover?

To allow free flow of air through the system

The diagram below is of a ventilated improved Pit (VIP) latrine.

Use it to answer the question that follow.



(a) Name the parts marked M and N.

(i) **M flies screen (wire gauze)**

(ii) **N Vent pipe**

(b) Give the function of the part marked **M**

Prevent flies from escaping from the latrine

(c) What do the arrows in the diagram show?

Direction of air through the latrine

19. (a) Write two activities that help to promote good sanitation in a home

- **proper disposal of rubbish**
- **regular cleaning of toilets and latrines**
- **maintaining cleanness of a house**

(b) Name two diseases that may attack a family due to poor sanitation.

Cholera

Dysentery

Typhoid

Diarrhea

Worms

20. Give any one way in which proper disposal of wastes is important in our environment.

Prevents spread of infections

21. (a) State two causes of diarrhea.

Eating contaminated food

Eating food without washing hands

Drinking contaminated water

(b) How can diarrhea be prevented?

- **Washing hands before eating food**

- **Washing fruits before eating**
- **Covering food properly**
- **By giving a patient with diarrhea plenty of fluids.**

22. The table below shows information collected from five homes healthy survey. Study it to answer the questions that follow

Homes				
	Latrine	Rubbish pit	Bathing shelter	Drying rack
A	x	x	√	x
B	√	√	√	√
C	x	√	√	√
C	x	x	x	√
E	x	√	√	x

Key

x = Item missing

√ = item present

(a) Which home has all the sanitation items?

B

(b) Identify the sanitation items absent in all homes surveyed?

Latrine

(c) Why are people encouraged to drink boiled water?

It does not contain germs

23. Why should a pit latrine be smocked from time to time?

To remove bad smell and kill flies that spread germs

Let out bad air

24. Why is it not necessary for a VIP latrine to have a lid for the hole?

To allow air flow freely through the latrine.

25. Why is it not good to pour paraffin into a pit latrine?

It suffocates maggots that decompose feces.

26. Why should a pit latrine be covered?

To reduce bad smell

To prevent house flies from carrying germs to food

27. What is the use of a dustbin in a home?

To dispose of rubbish.

28. Name the difference between pit latrine and VIP latrine.

VIP latrine has a vent pipe latrine lacks a vent pipe.

29. (a) Write two activities that help to promote good sanitation in a home

- **proper disposal of rubbish**
- **regular cleaning of toilets and latrines**
- **maintaining cleanness of a house**

(b) Name two diseases that may attack a family due to poor sanitation.

Cholera

Dysentery

Typhoid

Diarrhea

Worms

30. Give one item used for cleaning hands after visiting a latrine or toilet.

- **Water**

- **Soap**

31. Why is it a devisable to leave the pit of a VIP latrine open?

To allow fresh air drives out bad smell

To allow flies to enter

32. (a) Name any two water –borne diseases

Polio, cholera, dysentery, hepatitis A, dysentery, typhoid, bilharzia

(b) In which two ways can water –borne diseases be preventing in the community?

(i) by boiling water for drinking

(ii) by proper disposal of wastes

(iii) by proper hygiene

33. Give any one way in which a VIP latrine is different from an ordinary pit latrine.

A VIP latrine has - a screen which traps flies

- vent pipe

- no lid

Thank You

Dr. Bbosa Science