

**PRIMARY
FIVE
SCIENCE
WORKBOOK
TERM III**

LESSON 1

DATE-----

SPELLING GAME

WORD	CORRECTIONS
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____

CHANGES IN THE ENVIRONMENT

Environment

refers to all things that surround us.

Note: To change means to make something different.

Types of changes in the environment

1. Biological changes
2. Chemical changes
3. Physical changes
4. Natural changes
5. People-made changes.

Biological changes

- a. are changes that take place in the life of living things.
- b. They involve growth.

Characteristics of biological changes

1. They take place in living things.
2. They cannot be reversed.

Examples of biological changes

- | | |
|-------------------|--------------------------|
| I. Growth | v. flowering |
| II. Reproduction | VI. Shedding leaves |
| III. Moulting | vii. sweating |
| IV. Transpiration | viii. Ripening of fruits |

Biological changes in:

a. Plants

- | | |
|---------------------|------------------------|
| I. Transpiration | IV. Germination |
| II. Shedding leaves | v. tropism |
| III. Flowering | vi. Ripening of fruits |

b. Animals

- | | |
|-----------------------------------|--------------------------|
| I. moulting | III. sweating |
| II. Development of milk
teeth. | IV. Growth of grey hair. |

Note

Biological changes can result into increase in number of living things.

Factors that lead to increase in number of living things

1. Availability of food
2. Good climate
3. Availability of land
4. High fertility rate.
5. Improved social services

Effects of an increase in number of living things

1. Competition on resources.
2. High spread of communicable diseases
3. Anti-social behavior

Control of an increase in living things

1. Practising family planning
2. Natural and artificial disasters
3. Restricting families on the number of children to bear.

ACTIVITY 1

1. Define the term environment.

2. Cite down any four types of changes in the environment.

(i) _____ (iii) _____

(ii) _____ (iv) _____

3. Briefly define the term biological changes.

4. What do you think can cause increase of living things?

5. Identify any two factors that lead to increase in number of living things.

(i) _____

(ii) _____

6. Mention any two effects of an increase in number of living things.

(i) _____

(ii) _____

7. Identify any one physical component of the environment.

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LESSON 2

DATE-----

SPELLING GAME

WORD	CORRECTIONS
1. _____	_____
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Chemical changes

Are changes that cannot be reversed.

OR:

Are changes that form new substances.

Characteristics of Chemical changes

1. They cannot be reversed (irreversible).
2. They form new substances.
3. There is change in the weight of a substance.

Examples of chemical changes.

- | | | |
|------------------|--------------|----------------|
| 1. Burning | 3. Death | 5. Rusting |
| 2. Decomposition | 4. digestion | 6. Respiration |

Qn. Apart from using oxygen to take place, how else is burning similar to rusting?

- Both are chemical changes.

Qn: Why is burning called a chemical change?

1. The burnt substance cannot be reversed.
2. A new substance is formed.

Physical changes

Are changes that can be reversed.

OR:

Are changes that do not form new substances.

Characteristics of physical changes.

1. They can be reversed.
2. They do not form new substances.
3. There is no change in the weight of a substance.

Examples of Physical Changes

- | | |
|-----------------|-----------------------------|
| 1. Evaporation | 6. stretching a rubber band |
| 2. expansion | 7. Freezing |
| 3. Condensation | 8. Contraction |
| 4. deposition | 9. Sublimation |
| 5. Melting | 10. Dissolving of solutes |

Factors that affect the rate of evaporation.

1. Surface area.
2. Amount of heat.

Changes that take place as a result of evaporation and condensation.

1. Formation of dew.
2. Formation of rain fall.

Dew ; are water droplets that appear on vegetation at night and early morning.

ACTIVITY 2

1. (a) What are chemical changes?

.....
.....

- (b) State any two characteristics of chemical changes.

(i).....
(ii).....

(c) Mention any two examples of chemical changes.

(i)..... (ii).....

2. Why do you think death is a chemical change?

.....

3. (a) What do you understand by the term physical change?

.....

(b) Name any two examples of physical changes.

(i).....

(ii).....

(c) Outline any two characteristics of physical changes.

(i).....

(ii).....

4. Name one change that takes place as a result of condensation.

.....

5. State one factor that affects the rate evaporation.

.....

6. Outline any two examples of natural changes.

(i)..... (ii).....

7. Why do you think dew does not appear during day?

.....

.....

8. Dew is not formed during day. Give the reason to support this statement.

.....

.....

9. What type of change occurs when salt dissolves in water?

.....

10. How is molting important to a living organism like a snake?

.....

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Dew: Are water droplets that appear on vegetation at night and early morning.

Qn; How is dew formed?

- By condensation of water vapour in the atmosphere.

Qn: Why is dew formed at night?

The vapour condenses due to low temperature.

Qn: Why is dew not formed during day?

There is evaporation due to high temperature.

Qn: Why is dew formed at night but not during day?

At night the vapour condenses and evaporated during day.

Qn: Why does dew disappear during day?

It is evaporated by high temperatures.

Natural changes

- a. Are changes that happen due to nature.
- b. Some of these are natural disasters.

Examples of natural disasters

1. Volcanic eruptions
2. Drought
3. Earthquake
4. Landslides
5. Hail and wind storms
6. Too much rain

Changes in the Atmosphere

These are changes which take place in the atmosphere e.g.

1. Movement of clouds
2. Movement of wind
3. Formation of rainfall
4. Changes in shapes of the moon
5. Change in seasons

People made changes

- a. These are changes caused by people.
- b. They are grouped into two:
 - Good made changes
 - Bad made changes

Examples of people-made changes

1. Tree planting
2. Building houses
3. Bush burning
4. Road construction
5. Mulching
6. Extraction of minerals
7. Clearing of vegetation

Examples of people-made changes that are good

1. Afforestation
2. Re-afforestation

Examples of people made changes that are bad.

1. Deforestation.
2. Bush burning
3. Industrialization
4. Road construction
5. Swamp reclamations
6. Over cultivation
7. Over grazing

ACTIVITY 3

1. How is dew formed?

2. Why dew not formed at night?

3. What are natural changes?

4. Outline any four examples of natural changes.

5. What are people made changes?

6. State any three examples of man -made changes.

CORRECTIONS

LESSON 4

DATE-----

SPELLING GAME

WORD	CORRECTIONS
1. _____	_____
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Pollution; is when toxic substances are released into the environment.

Pollutants; are the materials which pollute the environment.

Examples of pollutants

- ❖ Plastics
- ❖ Polythene papers
- ❖ Used engine oil
- ❖ Scrap
- ❖ Fumes from industries
- ❖ Fumes from exhaust pipes of vehicles

Types of pollution

1. Air pollution;

This is when toxic substances are released into the air.

2. Water pollution;

This is when toxic substances are released into the water.

3. Land pollution;

This is when toxic substances are released into the land.

4. Sound pollution;

This is when there is too much noise in an area.

Natural effects of pollution to the environment

- ✓ Lowers the quality of the environment.
- ✓ Leads to respiratory diseases.
- ✓ Leads to environment degradation.
- ✓ Leads to mental retardation.
- ✓ Leads to death of aquatic animals.
- ✓ Pollution destroys the rain cycle.
- ✓ Leads to death of organism in the soil.

Note;

Detrashing: This is the removal of (soil pollutants) materials which cannot allow water to enter soil from soil.

EFFECTS OF CHANGES IN THE ENVIRONMENT TO PEOPLE ANIMALS AND PLANT

Positive effects of changes in the environment

- Biological changes lead to continuity of life.
- Physical changes produce rain and water.
- Planting of trees controls soil erosion.
- Planting of trees increases amount of rainfall in the environment.
- Houses protect people and their property from bad weather.
- Roads help to improve transport.

Negative effects of changes in the environment

- Environmental pollution
- Lightning
- Environmental degradation
- Natural disaster e.g. floods, earth quakes etc.

TOPICAL EXERCISE 1

1. (a) What are pollutants?

(b) Give two effects of pollutants to the environment.

(i) _____

(ii) _____

(c) Suggest any two examples of pollutants.

(i) _____

(ii) _____

2. State any two examples of the following changes:

(a) Natural changes

(i) _____ (ii) _____

(b) Chemical changes

(i) _____ (ii) _____

(c) Artificial changes

(i) _____ (ii) _____

(d) Physical changes

(i) _____ (ii) _____

3. What do you understand by things that surround us?

4. Outline any two factors that lead to increase in number of living things.

(i) _____

(ii) _____

5. State any two examples biological changes

(i) _____

(ii) _____

6 How are chemical changes different from physical changes.

Chemical changes	Physical changes
(i)	
(ii)	
(iii)	
(iv)	

7. Which physical change cause of formation of dew on the vegetation.

8. How are people - made changes dangerous?

9. Why do you think dew is not formed during day?

10. State two natural effects of pollution to the environment.

(i) _____

(ii) _____

11. Why does dew disappear during day?

12. Briefly describe how is dew is formed.

13. In one sentence show that you understand the term dew.

[illegible]

LESSON 5

DATE-----

SPELLING GAME

WORD	CORRECTIONS
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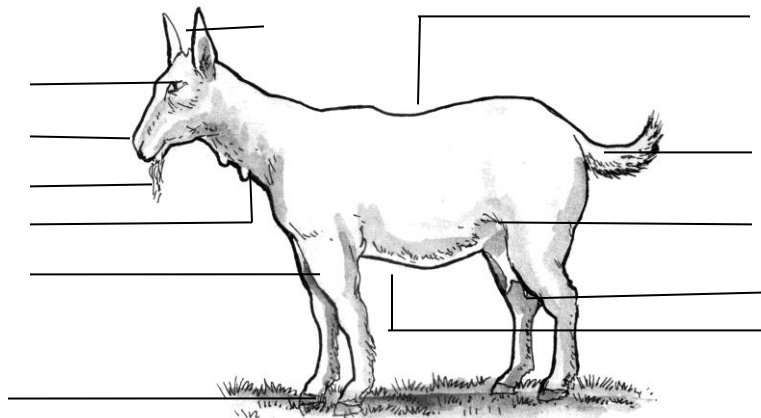
KEEPING OF GOATS, SHEEP AND PIGS

Keeping goats

Terms/Common words used when talking about goat

1. Nanny goat- A female goat
2. Billy goat - A male goat
3. Kid - Young goat
4. Kidding - is the act of giving birth to a kid by a nanny goat.
5. Mohair - fur obtained from angora goats.
6. Weaning is the introduction of kids to other foods on addition to milk from the mammary glands.
7. Browsing -feeding on soft parts of a plant (shrubs).
8. Lactation -is the milking period in animals.
9. Gestation -is the period between fertilization and birth in mammals.
10. Tethering -is the system of grazing where an animal is tied on a peg using a rope.

Diagram of a goat



External parts of a goat

- | | |
|---------------------------|----------|
| a) Eye | f) Tail |
| b) Ear | g) Belly |
| c) Muzzle(mouth and nose) | h) Thigh |
| d) Hoof | i) Hock |
| e) Breast | j) Neck |

Reasons why people keep goats

- They are sold for money.
- They are kept for meat production
- They are kept for milk production
- Their droppings are used as farm yard manure.
- Their skins are used to make leather bags, belts, shoes etc.

Advantages of keeping goats over cattle

1. It is cheaper to feed goats than cattle.
2. Goats occupy a smaller piece of land compared to cattle.

Products got from goat

- | | |
|----------|--------------------|
| 1. skins | 3. Horns and hoofs |
| 2. Milk | 4. mohair |

Groups of Breeds of Goats

1. exotic breeds
2. local breeds

Examples of local breeds of goats

1. The small East African goat
2. Mubende goat
3. Somali goat
4. Galla goat

Qn: Why do farmers keep the above local breeds of goats?

Turkana goat

Boer goat

Exotic breeds of goats

- | | |
|--------------------|----------------------|
| 1. Saanen goat | 3. Anglo-Nubian goat |
| 2. Toggenburg goat | 4. Angora |

Qn: Why do farmers keep the above exotic breeds of goats?

Advantages of local breed

- i. They are more resistant to diseases.
- ii. They can withstand harsh weather conditions.
- iii. They are easy to manage as they feed by browsing.

Disadvantages of local breeds

- a) They take long to mature.
- b) They provide hard meat.
- c) They provide less meat and milk.

Qn; Why do farmers keep the above exotic breeds of goats?

Advantages of exotic breeds

- a. They grow very fast.
- b. They fetch a lot of money when sold.
- c. They produce a lot of meat and milk.

Disadvantages of exotic breeds

- ❖ They are expensive to keep.
- ❖ They are not resistant to diseases.
- ❖ They cannot withstand harsh weather.
- ❖ They need special care to produce better products.

ACTIVITY

1. Write short notes on each of the following.

(a) Kidding

(b) Lactation

(c) Gestation

(d) Tethering

2. Identify any four external parts of a goat.

a) _____

b) _____

c) _____

d) _____

3. Suggest three ways how goats are of a great value to farmers.

i. _____

ii. _____

iii. _____

4. State any two products got from goats.

a) _____

b) _____

5. Give any three reasons why farmers keep local breeds of goats.

i. _____

ii. _____

iii. _____

6. Outline two disadvantages of exotic breeds of goats.

i. _____

ii. _____

CORRECTIONS

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LESSON 6

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SPELLING GAME

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Management practices

Feeding goats and housing

Housing

Characteristics of a good goat's shed.

- Should have a slanting floor for easy cleaning.
- Should have kidding pens.
- Be well ventilated
- Its roof should not leak.

Importance of housing goats

1. To protect goats from harsh weather.
2. To protect goats from predators.

Feeding of goats

Goats feed on vegetation.

Examples of substances eaten by goats.

1. Grass
2. Plant leaves
3. Young shoots
4. Sweet potato peelings
5. Sweet potato vines

Importance of feeding goats well.

1. To make them healthy.
2. It them produce more milk and meat.

TYPES OF GOATS

1. Meat producing goats.

- ❖ Boar goats
- ❖ Galla goats
- ❖ Mubende goats
- ❖ Somali goats

2. Milk producing goats.

- Saanen goats
- Toggenburg goats

3. Mohair producing goats / mohair.

- ✓ Angora goats.

ACTIVITY

1. List down any four characteristics of a good goat's shed.

- a. _____
- b. _____
- c. _____
- d. _____

2. Identify any two substances eaten by goats.

- i. _____
- ii _____

3. State any one example of the following type of goats

(a) Meat producing goat

(b) Milk producing goat

4. Which type of goats is basically known for mohair production?

[illegible]

LESSON 7

DATE-----

SPELLING GAME

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Methods of grazing goats

1. tethering method
2. free-range grazing
3. zero grazing

Zero grazing

- a. Is the method where goats are kept and fed from indoors.
- b. It is common in areas without enough space.

Advantages

- Goats are protected from thieves.
- Goats are protected from bad weather.
- It prevents goats from destroying crops.

Disadvantages

- It requires much attention.
- Goats lack enough physical exercises.

Tethering

- a. Refers to tying a goat on a peg using a rope.
- b. It is used by farmers who keep a few goats.
- c. It is used in areas without enough land.

Qn: What are the requirements for tethering method?

1. Rope
2. Peg.

Advantages of tethering

- It is cheap to carry out.
- It does not require a big piece of land.

Disadvantages of tethering

- Animals lack enough physical exercise
- Few animals are kept
- Animals are restricted to one type of grass
- The rope may strangle the animal.

Free range grazing.

- a. Is where goats are left to move freely looking for their own food.
- b. It is common in areas where people have enough land.

Advantages of free range grazing.

1. It is cheap in terms of feeding.
2. Goats get enough physical exercises.
3. Goats get a variety of food.

Disadvantages of free range grazing.

1. Goats can easily get lost
2. Goats may destroy crops.
3. Goats may be eaten by predators.

Heat period in goats

Heat period is the time when a nanny goat is ready to mate with a billy goat.

Signs of a nanny goat on heat

- A female goat mounts other goats
- Swelling of the vulva
- Mucus from the vulva
- Vulva turn red

Gestation period in goats

- Gestation period is the time from fertilization to birth in animals.
- The gestation period of a goat is **150 days** or **5 months**

Caring for a pregnant goat

1. Concentration should be given on a nanny a month before kidding.
2. Give feeds with a high carbohydrates and proteins content.
3. Weaning should be done at least 3-4 months after kidding.

Signs of a good milk breed of a goat

- a. It has a large udder and teats.
- b. Have large milk veins which appear below belly.
- c. Have strong well placed hind legs.
- d. Have strong back muscles.

Diseases of goats

- | | |
|-------------|-------------------|
| ▪ Anthrax | ▪ Heart water |
| ▪ Red water | ▪ Nairobi disease |

ACTIVITY

1. What is the gestation period of a nanny goat?

.....

2. Mention any two methods of grazing goats.

i.

ii.

3. Cite down any four characteristics of a nanny goat on heat.

a.

b.

c.

d.

4. Identify any two diseases that attack goats.

a.

b.

5. Suggest any two requirements for tethering method.

a)

b)

6. What is defined as the time when a nanny goat is ready to mate with a Billy goat?

.....

7. Cite down three signs of a good goat milk breed of goats.

.....

CORRECTIONS

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LESSON 8

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SPELLING GAME

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KEEPING SHEEP

Terms commonly used when referring to sheep

1. **Mutton:** meat from goats.
2. **Lamb:** young one of sheep.
3. **Lambing:** act of giving birth to a lamb by a ewe.
4. **Ram:** is a mature male sheep.
5. **Ewe:** is a mature female sheep.
6. **Shearing:** is removal of wool from sheep
7. **Docking:** is the shortening of the sheep's tail.
8. **Flashing up:** is the feeding of a ewe on quality feeds a few months before mating.

External parts of Sheep "Diagram of a Sheep"

- | | | | |
|----------|----------|---------|---------|
| a) Back | d) Hock | g) Neck | j) Hoof |
| b) Tail | e) Belly | h) Rump | |
| c) Thigh | f) Face | i) Ear | |

Reasons why people keep sheep.

- Sheep are kept for mutton.
- People sell sheep and get money.
- Sheep are kept for wool.

Groups of breeds of Sheep

1. Local breeds
2. Exotic breeds

Examples of local breeds.

1. Masai sheep
2. Black headed Persian
3. Somali sheep
4. East African sheep.

Note: are basically reared for mutton production.

Characteristics of local bread of sheep

- They mature slowly.
- They are more resistant to diseases and parasites

Examples of exotic breeds

1. corriedale sheep
2. Merino sheep
3. Romney marsh sheep
4. Rambouillet sheep
5. Dorper sheep
6. Hampshire down sheep

Note: they are basically reared for wool production.

Characteristics of exotic breeds of sheep

- They mature quickly.
- They are prone to diseases and parasites

Products from sheep.

1. Wool
2. Skins
3. Mutton

Note

- a. Merino sheep produces a lot of **fine wool** and the **best producer of wool**.
- b. Dorper produces **carpet wool**.
- c. Hampshire down produces **medium wool**.
- d. **Dorper** and **Hampshire down** are both kept for **wool** and **mutton** production.

ACTIVITY

1. Write short notes on each of the following;

(a) Lambing

(b) Shearing

(c) Docking

(d) Ram

2. Suggest any two reasons why people rear sheep.

a) _____

b) _____

3. State any two characteristics of exotic breed of sheep.

i. _____

ii. _____

4. Which group of breeds of sheep is basically reared for meat production?

LESSON 9

DATE-----

SPELLING GAME

WORD

CORRECTIONS

1. _____

2. _____

3. _____

4. _____

5. _____

Gestation period

The gestation period of a ewe is **150 days** or **5 months**.

Housing and managing of sheep

Qualities of a good house for sheep

1. It should be well ventilated.
2. It should have a floor kept clean and dry.
3. It should have a roof that does not leak.

Importance of proper housing

1. It prevents easy spread of some diseases.
2. It protects the animals against bad weather.
3. It protects the animals from predators and thieves.

Management of sheep and goats

Practices/activities done on the farm for sheep and goats

- | | |
|------------------|-----------------|
| a) Hoof trimming | d) Flashing up. |
| b) Castration | e) Deworming |
| c) Docking | f) Shearing |

Hoof trimming

- a. This is the cutting short of overgrown hooves of sheep or goat.
- b. Overgrown hooves interfere with animal movement.
- c. Overgrown hooves encourage foot rot disease.

Advantages of hoof trimming

- ✚ It discourages foot diseases.
- ✚ It promotes proper movement of animals
- ✚ It eases mating of animals.

Docking

- a) Docking is the shortening of sheep's tail.
- b) Ewes and lambs are mainly docked.

Importance of docking

1. To make mating easy.
2. To Prevent ticks hiding under the tail.

ACTIVITY

1. Cite down four breeds of sheep kept in Uganda.

2. Suggest any two characteristics of the following groups of breeds of sheep.

(a) Exotic breeds

(i) _____

(ii) _____

(b) Local breeds

i. _____

ii. _____

3. In two sentences show how docking is important in keeping.

i. _____

ii. _____

4. What is the gestation period of a ewe?

5. Define the term hoof trimming.

6. State any two products from sheep.

i. _____

ii. _____

7. Outline any three qualities of a good house for sheep.

i. _____

ii. _____

iii. _____

CORRECTIONS

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Shearing

- This is the cutting of wool from a sheep using a shearing machine.
- If sheep are shorn in winter (coldness), they would use up too much energy trying to keep warm.
- Therefore, sheared sheep need more feed to maintain their body temperature during winter.

Guiding Questions

- Why is shearing done in summer (hot weather)?**
To ensure that hair grows again before winter.
- Why is shearing not done in winter (cold weather)?**
Sheep can die due to cold without coating hair.
OR: Sheep need wool to keep them warm throughout winter.
- What happens if you don't shear sheep?**
 - Wool becomes hard to clean.
 - It becomes useless for spinning.

Deworming

Deworming is the giving of liquid or solid medicine to an animal to control endo parasites.

Deworming is done in two ways:

- a) By Drenching- this is the giving of liquid medicine through mouth
- b) By dozing - this is the giving medicine in tablet form

Castration

Castration is the removal of testes from male animal.

illustration

Why farmers castrate farm animal

- ❖ It makes animals easier to handle.
- ❖ Castrated animals grow fat and fast
- ❖ To control in-breeding.

Disadvantages of castration

- The wound may become septic .
- Castrated animals experience a lot of pain.
- Castrated animals may lose a lot blood leading to anaemia.
- The animals are denied their natural sexual feelings.

Methods of castration.

- Closed castration
- Open castration
- Use of loop

Closed castration

An instrument called a burdizzo is used to crush the sperm ducts.

Diagram showing a burdizzo



Open castration

- Is where the scrotum is cut open and remove the testes.

Use of a loop

- An elastic rubber band is used to squeeze the testes until the sperm cords and blood vessels die.
- It is also called bloodless castration.

Flashing up

- Is the feeding of a ewe on quality feeds a few months before mating.

Advantages flashing up in sheep.

1. Increases chances of multiple births (twinning).
2. Reduces the number of barren ewes.

Qn: How does flashing up increase chances of multiple births (twinning)?

Stimulates multiple ovulation

Qn: how does flashing up reduce bareness in ewes?

It improves the fertility of ewes.

ACTIVITY

1. Define the term deworming.

2. a) Define the term castration.

(b). Mention any two importance of castrating animals.

i) _____

ii) _____

3. Mention any two advantages of advantages of flashing up in sheep.

i. _____

ii. _____

4. Which instrument is used in a closed castration?

5. In one sentence, explain the term **shearing** as used in sheep rearing.

6. Cite down two disadvantages of castrating animals.

i. _____

ii. _____

7. Mention any two methods of castration.

i. _____

ii. _____

8. What is the special name is given to an instrument used to crush the sperm ducts.

9. Why is it not good to carry out shearing on a cold day?

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LESSON 9

DATE-----

SPELLING GAME

WORD	CORRECTIONS
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3. _____	_____
4. _____	_____
5. _____	_____

Diseases and Parasite

Diseases of sheep and goats

- | | |
|-------------------|----------------|
| a) Pneumonia | f) Coccidiosis |
| b) Foot rot | g) Heart water |
| c) Foot and Mouth | h) Mastitis |
| d) Nagana | i) Anthrax |
| e) Lamb dysentery | |

a) Pneumonia

It is caused by bacteria

Signs and symptoms

- | | |
|----------------------------|----------------------------|
| a) Difficulty in breathing | c) Loss of appetite |
| b) Coughing | d) Discharge from the nose |

Treatment and Control

Isolate affected animal

Treat early with antibiotics

b) Foot rot

It is caused by a bacterium

Signs and Symptoms

Limping

The hoof swells and pain

Hooves develop pus and smell

Control

1. Trim the hoofs
2. Take sheep to dry pasture

c) Foot and Mouth disease

It is caused by a virus

Signs

- | | |
|-------------------------------------|---------------------------------|
| 1. Lameness | 3. Salivation |
| 2. Blisters on the tongue and mouth | 4. Reduction in milk production |

Control/ Prevention

1. Let animals bathe their feet in antiseptic
2. Vaccination every six months

d) Nagana

It is caused by a trypanosome (protozoan)

Spread by a tsetse fly.

Signs and symptoms

1. Eye will be watery
2. Does not like to eat
3. Swollen lymph nodes

Control and Treatment

1. Clear bushes
2. Use tsetse fly traps

e) Lamb dysentery

It is caused by bacteria

Signs and symptoms

1. Diarrhoea with blood stains
2. Dullness
3. Staring eyes and staggering

Control and Treatment

1. Vaccinate twice a year
2. Isolate affected animals

f) Coccidiosis

It is caused by protozoa

Signs and symptoms

- | | |
|--------------|---------------------------|
| 1. Diarrhoea | 3. Loss of weight in kids |
| 2. Weakness | 4. Abortion |

Control and treatment

Cleanliness of food, water and house

ACTIVITY

1. (a) What causes pneumonia?

(b) Name the signs and symptoms of pneumonia.

(i) _____

(ii) _____

(c) Identify any two diseases of goats.

(i) _____ (ii) _____

2. Identify the signs and symptoms of the following diseases.

(a) Nagana

(i) _____

(ii) _____

(b) Coccidiosis

(i) _____

(ii) _____

(c) Name any two diseases of sheep

(i) _____ (ii) _____

3. Identify the signs and symptoms of the following diseases;

(a) Foot and mouth disease

(i) _____

(i) _____

(b) Lamb dysentery

(i) _____

(ii) _____

4. State the germs that cause the following types of diseases:

(a) Coccidiosis

(b) Nagana

(c) Foot and mouth disease

(d) Lamb dysentery.

CORRECTIONS

LESSON 10

DATE-----

SPELLING GAME

WORD	CORRECTIONS
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____

Anthrax

It is caused by bacteria

Signs and symptoms

1. Diarrhea with blood stain
2. Sudden death

g) Heart water

It is caused by Protozoa (rickettsia)

Spread by ticks.

Signs

1. Loss of appetite
2. Animals move in circles

Control

1. Spray using acaricides
2. By hand picking ticks.

Mastitis

It is caused by bacteria

Signs and symptoms

1. Swollen udder
2. Pus in milk
3. Mother does not allow suckling
4. Watery milk
5. Blood clots in milk.

Control and treatment

1. Clean the milking place
2. Treat with antibiotics
3. Use a strip cup

How is a strip cup important?

Detects mastitis in milk.

Parasites in goats and sheep

Parasites are organisms that depend on a host for food and shelter.

Types of parasites

- Ecto parasites
- Endo parasites

Ecto parasites. These are parasites that live outside the body of the host.

Examples of ecto parasites

1. Ticks
2. Mites
3. Fleas

Effects of ecto parasites on the animal.

1. They lower the quality of skins.
2. Ticks spread diseases like red water.

Control of ecto parasites

1. Spraying animals using acaricides.
2. Burning old pasture.
3. Hand picking ticks.

Endo parasites. These are parasites that live in the body of the host.

Examples of endoparasites

1. Tape worms
2. Round worms
3. Liver flukes

Effects of endo parasites.

1. They suck blood and cause anaemia.
2. Stunted growth.

Control of endo parasites.

1. Regular deworming
2. Keep feeding containers clean.

Products from goats and sheep.

- Both sheep and goats are kept for meat
- Sheep produce wool for making, woollen blanket, woollen jackets, woollen carpets
- Skins from sheep are used to make ornaments
- Horns and bones are used to make ornaments, necklaces, buttons and animal feeds

ACTIVITY 10

1. (a) Define the term "parasite ".

(b) Outline the two types of parasites.

(i) _____ (ii) _____

2. State any two products got from

(a) Goats (i) _____ (ii) _____

(b) Sheep (i) _____ (ii) _____

3. Mention any two products examples of

(a) Endo parasites

(i) _____ (ii) _____

(b) Ecto parasites

(i) _____ (ii) _____

4. How can one control the following parasites?

(a) Ecto parasites

(i) _____

(ii) _____

(b) Endo parasites

(i) _____

(ii) _____

5. How is a strip cup important to a farmer?

6. Mention any two signs and symptoms of mastitis.

(i) _____

(ii) _____

7. What causes mastitis?

CORRECTIONS

LESSON 11

DATE-----

SPELLING GAME

WORD	CORRECTIONS
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PIGGERY

Is the act of rearing pigs.

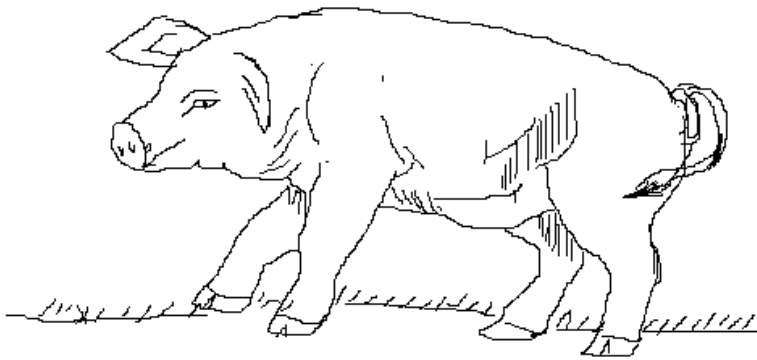
Terms commonly used in piggery

- **Boar** -mature male pig
- **Sow** - mature female pig
- **Gilt**- a young female pig
- **Piglet** -a young one pig
- **Pork** - Meat from a pig
- **Bacon and Ham** - different types of meat got from pig
- **Lard** - fat got from pigs
- **Farrowing** - the act of producing piglets by a sow
- **Hog** - a castrated male pig.
- **Ham**-Dry processed meat of a pig.

Reasons for keeping pigs

- Pigs are kept for pork.
- Pigs are a source of income when sold
- Their dung is used as manure.

A structure of a pig



Breeds of pigs

1. Local breeds

2. Exotic breeds

Characteristics of local breeds

- They grow slowly
- They produce less pork
- They are small in size
- They are more resistant to diseases.

NB: they can be improved upon by cross breeding.

Exotic Breeds

These are pigs that were imported from other countries because of their qualities

Examples of exotic breeds

Large white

4. Large black

1. Landrace

5. Hampshire

2. Wessex saddle back

6. Poland China

3. Middle white

Characteristics of Exotic breed

- ❖ They grow very fast
- ❖ They fatten quickly
- ❖ They produce high quality pork
- ❖ They are easily attacked by diseases

Wild pigs: these are pigs found in bushes

Examples are the Warthogs found in game parks and reserves

Cross breeds

These are pigs got after mating two different breeds .i.e. exotic breeds and local breeds

Housing pigs

A Pig house is called a **pigsty**

Features of a good pig sty

- It should have a strong slanting floor which is easy to clean
- It should be properly ventilated.
- It should have a pen for farrowing with guard rails.

Qn: What is the importance of a farrowing pen in pig management?

Its where the sow gives birth from.

Qn: Why is the farrowing pen having guard rails?

To prevent the sow from lying on piglets.

Qn: Why is the floor of a pigsty slanting?

- ❖ To allow easy flow of waste from the pigsty.
- ❖ For easy cleaning.

Advantages of housing pigs

- It protects the pigs against bad weather.
- It protects the pigs against predators.
- To prevent them from destroying crops.

ACTIVITY

1. Define the following terms as used in pig keeping.

a) Fallowing _____

b) Piglet _____

c) Sow _____

d) Boar _____

2. Outline any two reasons for keeping pigs.

(i) _____

(ii) _____

3. Cite down any four breeds of pigs.

(i) _____ (ii) _____

(iii) _____ (iv) _____

4. What are cross breeds?

5. Why are we advised when constructing a sty to make the floor slanting?

6. What special name is to a habitat of a pig?

7. Mention any two features of a good pig sty.

(i) _____

(ii) _____

8. Give any one reason why people do not keep pigs.

9. State any two qualities of a good piglet to rear.

(i) _____

(ii) _____

10. State two reasons why the floor of a pig sty slanting?

(i) _____

(ii) _____

11. Suggest two characteristics of the following group of breeds of pig

a) Local breeds

(i) _____

(ii) _____

b) Exotic breeds

(i) _____

(ii) _____

CORRECTIONS

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LESSON 12

DATE-----

SPELLING GAME

WORD	CORRECTIONS
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4. _____	_____
5. _____	_____

Systems of keeping pigs

There two main systems namely

❖ Extensive system

❖ Intensive system

Extensive system

This is where pigs are allowed to move and look for themselves food.

Advantages of extensive system

- It is cheap to feed pigs.
- The Pigs get a variety of food.
- Does not need much labour.

Disadvantages of extensive system

- The animals are not safe from predators.
- The pigs can easily get infected with worms.
- The pigs can destroy crops

Intensive system

This is where a farmer keeps pigs in a pigsty and fed from there.

Advantages of intensive system

- The animals are free from infections and predators.
- The farmer gets high quality products
- The animals do not destroy people's crops

Disadvantages of Intensive system

- It need much labour.
- It is expensive to feed pigs.

Feeds for Pigs

- a. Pigs feed on both meat and vegetation (omnivore).
- b. On a hot day, pigs need a lot of water: **to keep their bodies cool.**
- c. On a cold day, pigs need to eat a lot of food: **to maintain their body temperature.**

Groups of pig feeds.

- Creep feeds
- Sow and Weaners 'meal
- Finishers or Fatteners meal.

Ages and types of Pigs fed on the Concentrates

Creep feeds- (10days-8weeks)

- Given to piglets that have stopped suckling.
- Contain a lot of proteins that build their bodies.

a) Sow and Weaner - (8weeksand above).

- Contains proteins that build their bodies.
- Contains mineral salts that make their bodies healthy.

b) The fattener/ finisher meal - (fully grown up pigs)

- Given to pigs ready for sale.
- Contains a lot of carbohydrates that fatten the animal.

Advantages of feeding pigs

- To grow fast.
- To produce quality meat.
- To make their bodies healthy.

Importance of weaning piglets

- The sow maintains body weight.
- It takes a shorter time to get on heat.
- Less diseases are transmitted from the sow to piglets.

Tooth clipping

Is the cutting short of the piglet's sharp teeth to prevent them from injuring the teats of the sow.

Qn: How is tooth clipping important in pigs?

To prevent piglets from injuring the teats of the sow.

Methods of deworming pigs

1. Drenching

2. dozing

- By drenching - giving pigs liquid medicine using a bottle or drenching gun to control endo parasites.
- By Dozing - giving pigs solid medicine to control endo parasites.

Heat period in pigs

Heat period is the time when the female animal is ready to mate.

Breeding

Breeding is allowing male animals to mate with females

Signs of heat in pigs

- The sow becomes restless
- It allows to be mounted.
- The Vulva swells and turns red
- White mucus discharge from the vagina
- Loss of appetite for food.
- The animal urinates frequently

The gestation period of a pig (sow) is 3 month 3 weeks and 3 days/ 114 days.

Farrowing is the process of giving birth to piglets by a sow

Steaming up: This is feeding of a pregnant animal on food rich in protein.

Advantages of steaming up

- The animal builds up its body in preparation for farrowing.
- Steaming up encourages the foetus or embryo to grow well.
- Makes lactation longer

ACTIVITY 12

1. Mention any four of heat in pigs.

- a) _____
- b) _____
- c) _____
- d) _____

2. How is weaning important to piglets?

- (i) _____
- (ii) _____

3. Identify any two advantages of feeding piglets.

- (i) _____
- (ii) _____

4. (a) Outline any two advantages of extensive system of keeping pigs.

- (i) _____
- (ii) _____

b) Suggest two advantages and disadvantages of intensive system of keeping pigs.

Advantages

- (i) _____
- (ii) _____

Disadvantages

- (i) _____
- (ii) _____

5. What is the gestation period of a sow?

6. State any two diseases that attack pigs.

(i) _____ (ii) _____

7. (a) Define the term steaming up.

b). Identify any two advantages of steaming up.

(i) _____

(ii) _____

CORRECTIONS

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LESSON 13

DATE-----

SPELLING GAME

WORD	CORRECTIONS
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____

Diseases and Parasites

Common diseases of pigs

- | | |
|-------------------------|--------------|
| 1. African swine fever, | 4. Anthrax |
| 2. foot and mouth, | 5. foot rot, |
| 3. pneumonia, | 6. nagana |

Examples of

a. Viral diseases in pigs

- Foot and mouth disease
- Swine fever

b. Bacterial pig diseases

- Pneumonia
- Foot rot
- Anthrax

c. Protozoan pig diseases

- Nagana

African swine fever

This is caused by a Virus

Sign and symptoms

1. High fever for 4 days
2. Weakness and staggering
3. Difficult and fast breathing
4. Loss of weight and death

Prevention Control and Treatment

1. Keeping wild pigs away by fencing
2. Bury the carcass.

Piglet Anaemia

Prevention and Control

1. Give red ant hill soil
2. Give tablets containing iron

Common parasites

- Mites,
- Lice
- Fleas,
- Ticks

Control and Prevention

1. Spray the animals with acaricides
2. Keep the sty clean and dry

Starting a Piggery Project

Factors to consider starting a piggery

- Capital
- Labour
- Land
- Market
- Management

Factors considered when selecting a piglet

1. The breeds of pigs you are going to keep.
2. The physical appearance of the piglet.

Factors affecting the piggery industry

1. People don't want to keep pigs because they eat a lot.
2. Pigs sty produce a bad smell.
3. There is a smaller market for pork because of food taboos.

Factors affecting the piggery industry

- People do not want to keep pigs because they eat food eaten by people.
- Pigsty produce a bad smell therefore cannot be kept in residential areas.
- There is smaller market for pork because of food taboos.

Farm records

Farm records refers to written information about the activities carried out on a farm.

Examples of records kept in piggery

- | | |
|----------------------|------------------------------|
| 1. Farrowing records | 5. Flock records |
| 2. Litter records | 6. Sales and expense records |
| 3. Operation records | 7. Health records |
| 4. Feeding records | |

Importance of keeping records

- To know profits and losses made.
- To know income and expenditure.
- To plan for the farm.
- To access loans from the bank.

TOPICAL ACTIVITY

1. State any two breeds of goat kept in Uganda.

(i) _____ (ii) _____

2. Outline two breeds of sheep you know.

(i) _____ (ii) _____

3. What is the gestation period of the following?

(a) Nanny goat _____

(b) A ewe _____

(c) A sow _____

4. Identify two system of keeping pigs.

(i) _____ (ii) _____

5. Give two characteristics of local breeds of sheep.

(i) _____ (ii) _____

6. Mention any four breeds of pigs.

(i) _____ (ii) _____

7. In one sentence show that you understand the following terms.

a) Weaning _____

b) Steaming up _____

c) Drenching _____

d) Castration _____

8. Cite down two breeds of sheep kept for wool production.

(i) _____ (ii) _____

9. How is castration an advantage to male animals?

(i) _____

(ii) _____

10. Identify any two breeds of sheep kept for meat production.

(i) _____

(ii) _____

State the habitats of the following animals.

a) Goat _____

b) Pig _____

c) Sheep _____

d) Fish _____

11. Identify any two methods of castration.

12. Name any two diseases of the following animals.

a) Goats

(i) _____ (ii) _____

b) Sheep

(i) _____ (ii) _____

c) Sheep

(i) _____ (ii) _____

13. Name two diseases of the following animals.

a) Pig (i) _____ (ii) _____

b) Sheep (i) _____ (ii) _____

c) Goats (i) _____ (ii) _____

14. a) What are farm records?

b) State any two examples of farm records.

(i) _____ (ii) _____

c) Identify any two uses of keeping farm records.

(i) _____

(ii) _____

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LESSON 14

DATE-----

SPELLING GAME

WORD	CORRECTIONS
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5. _____	_____

FOOD AND NUTRITION

What is food?

Is something good to eat or drink that adds value to body.

What is nutrition?

Is the study of food and how it is used by the body.

Types of nutrition:

- | | |
|----------------|-------------------|
| 1. Autotrophic | 3. Saprophytic |
| 2. Parasitic | 4. Hetero trophic |

What is feeding?

Feeding is the act taking in of food in the body.

Importance of food to human body:

1. Food makes our bodies healthy
2. Food helps in the body growth
3. Energy repair worn out body tissues etc.

Why do people eat food?

1. To be happy
2. To be healthy
3. To kill hunger
4. It is a habit
5. For hospitality

Food taboos and beliefs

A taboo is a cultural or religious custom that forbids people to eat certain types of food

A Custom ; is an established practice which is accepted in a community

Types of food taboos

1. cultural food taboos
2. religious food taboos

Examples of religious food taboos.

- ❖ Moslems are not allowed to eat pork.
- ❖ Moslems are not allowed to eat meat of an animal slaughtered by non-moslem
- ❖ Catholics are not allowed to eat meat during lent.

Example of cultural food taboo

- ❖ Buganda clans are not allowed to eat their totems.

A food belief is a feeling that is taken by a person to be true or real about food.

Examples of food beliefs.

- ❖ Females are not supposed to eat chicken.
- ❖ Males are not supposed to eat oil nuts.
- ❖ Children and babies are not supposed to eat eggs.

Advantages of food taboos and beliefs

- Creates more food for some tribes.
- Prevents extinction of some animal species.

Disadvantages

- ❖ They may lead to malnutrition

ACTIVITY

1. Write short notes on the following terms;

a) Nutrition _____

b) Food _____

2. Identify any two types of nutrition

(i) _____ (ii) _____

3. a) How is food important in our body?

(i) _____

(ii) _____

b). Mention any four reasons why we eat food.

i. _____

ii. _____

iii. _____

iv. _____

4. Define the following terms

a) A custom

b) A taboo

5. a) Cite down any two examples of food beliefs

(i) _____

(ii) _____

b). How are food taboos and food beliefs important.

(i) _____

(ii) _____

6. State any two examples of religious food taboos.

(i) _____

(ii) _____

7. Name the two examples of food taboos

(i) _____

(ii) _____

8. Define the term nutrition.

9. Outline any four examples of traditional customs

i. _____

ii. _____

iii. _____

iv. _____

CORRECTIONS

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LESSON 15

DATE-----

SPELLING GAME

WORD	CORRECTIONS
1. _____	_____
2. _____	_____
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5. _____	_____

Breast feeding

Breast feeding is the act of feeding a baby on breast milk produced by the mother's mammary glands

Advantages of breast feeding to a baby

- Breast milk contains most food values.
- Breast milk has some antibodies.
- Breast milk is always at the right temperature
- Breast milk is easily digestible

N.B Colostrum; is the first milk produced by breast as soon as after delivery.

Advantages of breast feeding to a mother

- Breast feeding acts as a natural birth control method.
- Breast feeding is cheap since no milk is bought.
- Breast feeding is time saving.

Conditions under which breast feeding is restricted

- When the mother is HIV positive
- When the mother has breast cancer

Bottle feeding

Is the act of feeding a baby on milk from other animals other than breast milk.

Conditions that may lead to breast feeding

1. Death of the mother
2. When the mother has HIV/AIDS.
3. When a mother cannot breast feed due to sickness.

Advantages of bottle feeding.

1. It saves lives of babies whose mothers are dead.
2. It gives a mother to do other activities.

Disadvantages of bottle feeding

- Bottles can easily be contaminated
- Bottles are difficult to clean
- Bottle milk can easily get contaminated
- Milk is expensive to buy.
- Bottle milk does not contain antibodies.

Qn: Why is bottle milk not containing antibodies?

Antibodies are destroyed when boiling milk.

Qn: State any three differences between breast and bottle feeding.

ACTIVITY

1. What do you understand by the following terms?

a) Breast feeding

b) Colostrum

c) Bottle feeding

2. Cite down two advantages of breasting to;

a) A baby

i) _____

ii) _____

b) A mother

i) _____

ii) _____

3. Identify one condition under which breast feeding is restricted.

4. Mention any two advantages and disadvantages of bottle feeding.

Advantages

i) _____

ii) _____

Disadvantages

i) _____

ii) _____

5. Suggest two conditions that may lead to bottle feeding.

i) _____

ii) _____

6. Why is milk said to be the best food for babies?

7. Give a reason why bottle milk does not contain ant bodies?

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LESSON 16

DATE-----

SPELLING GAME

WORD	CORRECTIONS
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Vulnerable groups

Who are vulnerable groups of people?

Are groups of people who need special care and diet.

Examples of vulnerable groups

- | | |
|-------------------|------------------|
| 1. Pregnant women | 4. Elderly |
| 2. The sick | 5. convalescents |
| 3. Weaning babies | |

1. Pregnant women

Requirements of a pregnant woman

- | | |
|--------------------------------------|--------------------------|
| 1. A balanced diet | 3. Physical exercises. |
| 2. Ante-natal care (pre-natal care). | 4. Appropriate clothing. |

Ante-natal care (pre-natal care)

- Ante: means before
- Natal: means birth or place of birth.
- Ante-natal care is the special care given to pregnant women by ante-natal clinics.

Services offered to pregnant women by ante- natal clinics.

1. Giving tetanus toxoid vaccine.
2. Teaching them how to feed.
3. Encouraging them to perform regular physical exercises.

Qn: Why is tetanus toxoid vaccine not administered to babies at birth?

Babies are already born with their immunity against tetanus from the mother.

Food for pregnant women

Proteins:

- I. To repair worn-out body tissues.
- II. To replace worn-out body cells.
- III. Build the embryo's body.

Carbohydrates

To provide energy.

Iron:

Prevent anaemia.

Qn: Why do pregnant women eat soil?

To get iron.

Calcium: to build strong bones and teeth of the baby inside her womb.

Vitamins: to protect her unborn baby from infections.

2. Weaning babies.

Food for weaning babies.

- 1. Proteins
 - Build their bodies.

Qn: Why do babies need more proteins than adults?

To build their bodies while bodies of adults are already built.

- 2. Vitamins and mineral salts
 - To keep their bodies healthy.
- 3. Carbohydrates.
 - Are sources of energy.

Weaning children

- a. Weaning is the gradual introduction of semi- solid foods to a baby in addition to breast milk.
- b. It should be done at six months.

Qn: Why should weaning be done at six months?

1. To enable a baby get food values missing in milk.
2. To supplement on breast milk.

ACTIVITY

1. What are vulnerable groups of people?

2. Mention any four examples vulnerable groups of people.

i) _____ ii) _____

iii) _____ iv) _____

3. How are the following food values important to a weaning baby?

a) Proteins _____

b) Carbohydrates _____

c) Vitamins _____

4. Identify any two requirements of a pregnant woman.

i) _____

ii) _____

5. State any two services offered to pregnant women by anti-natal clinics.

i) _____

ii) _____

6. Why do you think tetanus toxoid vaccine not administered to babies at birth?

7. State the difference between an invalid and a convalescent.

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LESSON 17

DATE-----

SPELLING GAME

WORD	CORRECTIONS
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3. The Sick

Are people suffering from illnesses.

Groups of the sick.

1. Invalids

2. Convalescents

Invalids: are people suffering from an illness and cannot help themselves.

Convalescents: are people recovering from an illness but still on treatment.

Food for the sick

1. *Protein*

➤ Repair worn-out body tissues.

➤ Replace worn-out body cells.

2. *Carbohydrates.*

To replace the lost energy.

3. *Vitamins and mineral salts.*

To make their bodies healthy.

Care for the sick

1. Encouraging them to take their drugs.

2. Taking them to health centres for treatment.

3. Feeding them on a balanced diet.

4. Bathing them.

5. Giving them extra fluids.

4. Elderly people

These are very old people.

Food for elderly

1. Proteins

- ❖ Replace worn-out body tissues.
- ❖ Replace worn-out body cells.

2. Tea with a lot of sugar.

To get energy

3. Carbohydrates.

To get energy.

Qn: Why should the elderly be given soft food?

They have lost some of the teeth to chew hard food.

Qn: Which disorder is likely to affect the elderly?

Indigestion

Food consumption patterns

- People in Busoga mainly eat sweet potatoes cassava and millet.
- People in Buganda eat mostly bananas.
- People in Teso mainly eat cassava.

Malnutritional and deficiency diseases

- a. Are diseases caused due to lack of some food values in the body.
- b. Malnutrition is a condition when the body does not have enough food values.

Balanced diet: is a meal that contains all food values in their right amount.

Components of a balanced diet

- | | |
|------------------|-------------------------------|
| - water | - protein |
| - minerals salts | - carbohydrates carbohydrates |
| - vitamins | - roughages. |

TOPICAL EXERCISE

1. a) What are mal-nutritional diseases?

b) Mention any two examples of mal-nutritional diseases.

i) _____ ii) _____

c) What do you understand by the term malnutrition?

2. Define the term food taboos.

3. State any two effects of food taboos to the body.

i) _____

ii) _____

4. a) What are vulnerable groups of people?

b). Identify two examples of vulnerable groups of people.

i) _____ ii) _____

c) How can the one care for people with special needs in terms of feeding?

5. Define the term weaning of children.

6. Mention any two advantages of breast milk to a mother.

i) _____

ii) _____

7. State any two groups of mother who are advised use a bottle feeding.

i) _____

ii) _____

8. Mention one disease that is caused due to poor feeding.

9. Who are convalescents?

10. Outline any four components of a balanced diet.

i) _____ ii) _____

iii) _____ iv) _____

CORRECTIONS

LESSON 18

DATE-----

SPELLING GAME

WORD	CORRECTIONS
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____

PRIMARY HEALTH CARE (P.H.C)

Primary Health Care (P.H.C)

- Primary Health Care is the essential health care which involves individuals, families and communities coming together to solve their common health problems.
- Health is a state of complete well being physically, mentally and spiritually.

Elements of P.H.C

- Water and sanitation.
- Food and nutrition.
- Immunization.
- Control of communicable disease.
- Family planning.
- Good health life styles
- First aid and basic curative measures
- Information and health education.
- Maternal and child health care
- Personal hygiene

Principles of PHC

- It involves all categories of people.
- It deals with serious health problems first.
- It ensures good health for every member of the family and the whole community.

Participating in P.H.C

Individual:

- ❖ Sharing health information.
- ❖ Observing personal hygiene.
- ❖ Attending community health meetings.
- ❖ Protecting food and water from contamination.
- ❖ Use of latrines whenever possible.

The Family can participate in PHC by:

- ❖ Practicing family planning.
- ❖ Constructing latrines.
- ❖ Feeding family members on a balanced diet.
- ❖ Digging a rubbish pit
- ❖ Taking children in the family for immunization.
- ❖ Boiling water for drinking.

The Community

A Community is a group of people living and working together within the same locality.

How the Community can participate:

- ❖ Organizes health meetings.
- ❖ Carries out health education.
- ❖ Reporting any outbreak of a disease in the community
- ❖ Organize construction of health centers.
- ❖ Organizes village health days.
- ❖ Organizes immunization programmes.

Ways of controlling diseases without treatment

- Through observing proper hygiene of the body and food
- Always observe proper sanitation
- Having a balanced diet
- Ensuring adequate rest and sleep
- Ensure good posture.
- Practicing regular body exercises.

Importance of physical exercise to the body

- Reduced risks of heart disease.
- Joints become flexible.
- They help to reduce excess fats in the body
- Promotes and maintain proper working of body systems
- Muscles become stronger.

School Health committee

A Health committee is composed of selected able people from a certain group (class) to perform the duties which can improve on health.

Roles of health committees (school or village)

1. Set up health rules.
2. Prevention of diseases through immunization
3. Organize cleaning campaigns in a community.
4. Supervise the PHC activities.
5. Conduct health parades in the school.

Health parade; is a gathering of pupils to check on their personal hygiene and general health.

ACTIVITY

1. Define the following terms

a) Primary health care

b) Health

2. Cite down any four elements of primary health care.

i) _____ ii) _____

iii) _____ iv) _____

3. Identify any two principles of PHC.

i) _____

ii) _____

4. How do the following groups of people participate in promoting PHC?

a) Individuals

i) _____

ii) _____

b) Family

i) _____

ii) _____

5. How are physical exercises important to our bodies?

6. Write PHC in full.

7. State any four ways preventing diseases without treatment.

i) _____

ii) _____

iii) _____

iv) _____

CORRECTIONS

LESSON 19

DATE-----

SPELLING GAME

WORD	CORRECTIONS
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____

Health parade

Is a gathering of pupils to check on their personal hygiene and general health.

Aspects/activities checked on a health parade.

1. Cleanliness of uniforms.
2. Cleanliness of the whole body.
3. Guidance and counselling.
4. Cleanliness of the teeth, fingernails.

Importance of conducting a health parade.

1. It improves personal hygiene of pupils.
2. Promotes child to child programmes.
3. Helps to identify unhygienic pupils.

Ways of informing people in PHC.

1. Through plays on health.
2. Through newspapers.
3. Through health programmes on media.
4. Through community health meetings.

Good health life styles.

- ❖ Are activities that maintain our health in good order.
- ❖ These include:
 1. Performing regular body exercises.
 2. Maintaining good posture.
 3. Brushing teeth regularly.
 4. Having enough rest and sleep.

Questions

1. What is the importance of having enough rest and sleep?

2. State the importance of maintaining good posture.

3. Cite the dangers of having poor posture on our body.

4. In one sentence, give the meaning of the word posture.

5. What are the points considered before constructing a latrine?

6. Why should the level of a latrine be lower than that of water?

7. Give the factors that are considered before constructing a house.

8. Why should the site of a house be well ventilated?

9. State any two qualities of a good living house.

i) _____

ii) _____

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Merry Christmas And a Prosperous New Year.

Prepared by Ssengonzi James

