

THEME 1: THE HUMAN BODY AND HEALTH

SUB THEME: Parts of the body and their functions

- Parts of the head
- Uses of the parts of the head

- a) Ways of caring for the parts of the head
 - Eyes
 - Ears
 - Nose
 - Teeth

- b) Parts of an arm/hand
 - Uses of the parts of an arm
 - Ways of caring for the parts of an arm

- c) Parts of the leg
 - Use of the leg
 - Caring of the legs

- d) Sense organs and senses

Body exercises

- Things used during body exercises
- Reasons for doing body exercise importance

Personal hygiene

- Activities/ways of promoting personal hygiene
 - Things used to clean the body and their uses.
-
- (i) Brushing teeth
 - How to brush teeth
 - Why do we brush teeth

- Materials used to brush teeth
- (ii) Bathing
 - When we bathe?
 - Things we use when bathing
 - Why do we bathe?
- (iii) Cutting fingernails short
 - Things used to cut fingernails short
 - Why do we cut fingernails short?
- (iv) Washing hands
 - Things used to care for hands
 - Why do we wash hands
 - When do we wash hands
- (v) Washing clothes
 - Things used to wash clothes
 - Why do we wash clothes
- (vi) Ironing clothes
 - Things used to iron clothes
 - Why do we iron clothes
- (vii) Beddings
 - Examples
 - How to clean beddings
 - Why do we clean beddings
 - Importance of good hygiene

Sanitation

- Areas that need to be kept clean
 - Ways of promoting sanitation
 - Activities done to promote sanitation
- a. House
 - How do we keep the house clean
 - Things used to clean the house and their uses
 - b. Latrine/toilet

- Ways of keeping the toilet clean
- Things/items used to clean it
- Why do we smoke pit latrines
- Dangers of a dirty toilet/latrine

c. Kitchen

- Uses of a kitchen
- Ways of keeping the kitchen clean
- Things used in the kitchen
- Dangers of a dirty kitchen
- Why do we keep it clean?

d. Bathroom

- Uses of a bathroom
- Things used to clean the bathroom
- Materials used

e. Dustbin

- Uses

f. Compound

- How to clean it
- Importance
- Dangers
- Why do we clean it?
- Tools used and uses of each

Common diseases

- Causes of common diseases
- How to prevent common diseases
- Vectors and diseases they spread

THEME 2: FOOD AND NUTRITION

Food

- Common examples of food
- Sources of food
- Places where food is got

- Reasons why we eat food
- Importance of food in the body

Classification of food

- A balanced diet
 - Energy giving foods
 - Sources
 - Importance
- Body building foods
 - Source
 - Importance
- Health giving foods
 - Sources
 - Importance

Importance of a balanced diet

Malnutrition

- Signs of malnutrition
- Dangers of poor feeding
- Ways of controlling malnutrition

Food preparation

- Methods
- Why do we cook food
- Methods of preserving food
- Reasons for preserving food
- Places where we keep food safe
- Food kept in a granary
- Importance of keeping food safe

Food hygiene

- Ways of keeping food clean
- Ways of making food dirty
- Dangers of eating dirty food

- Diseases caused by

Eating habits

- Good eating habits
- Bad eating habits

TERM II

OUR ENVIRONMENT

Components of environment

- Group of things
 - Living things
 - Non living things

Examples of living things

Characteristics of living things

Non-living things

- Examples of non-living things
- Activities that spoil the environment
- Ways of conserving the environment
- Groups of living things
 - Animals
 - Plants

Animals

- Group of animals
 - Domestic animals
 - Wild animals

Domestic animals

- Examples of domestic animals
- Reasons for keeping animals

- Importance of animals
- Products from domestic animals
- Products got from milk
- Products got from skins and hides
- Products from animal wastes

Wild animals

- Examples of wild animals
- Importance of wild animals
- Products got from wild animals
- Products got from ivory, hooves and horns
- Places where wild animals stay
- Caring for animals
- Dangers of animals

Birds

Groups of birds

- Domestic birds
- Wild birds

Examples of domestic birds

Reasons why we keep birds

Products got from birds

Wild birds

- Examples of wild birds
- Places where they stay
- Dangers of birds and uses of birds
- Animals and their legs
- Animal movements
- Why animals move
- Animal homes
- Animal weapons
- How animals protect themselves?
- Animal young ones
- Animal sounds

- Why animals make sounds?
- Animal and their meat

Insects

Examples

Characteristics of insects

Parts of an insect

Uses of insects

Dangers of insects

Useful insects

Harmful insects

Changes in insects

- Complete life cycle and incomplete life cycle
- Insects that undergo complete life cycle
- Insects that undergo incomplete life cycle

Plants

- Examples of plants
- Places where plants grow

Groups of plants

- Flowering plants
- Non-flowering plants

Non-flowering plants

- Examples

Flowering plants

- Examples

Parts of a flowering plant

Uses of plants to man

Uses of parts of a plant to plants

Parts of a plant eaten

Dangers of plants

Medicinal plants

Ways of caring for plants

Garden tools and their uses

Ways of caring for garden tools

Germination

- Condition for germination
- Stages of a plant
- Ways of caring for seedling

A nursery bed

Examples of seeds grown in a nursery bed

Tools/equipment used in a nursery bed

Weather:

- Elements of weather (weather makers)
- Types of weather (weather conditions)
- Things used to manage each type of weather
- How to manage each type of weather
- Activities done in each type of weather
- Dangers of bad weather

Types of seasons

- Activities done during dry season/sunny weather
- Activities done during wet season
- Garden tools
- Uses of garden tools

Human activities that damage the environment

Activities done to manage environment

TERM III

ACCIDENTS AND SAFETY

- Common accidents at home and school
- Common accidents
- Things that cause accidents (dangerous objects)
- Causes of accidents at home and school
- Ways of controlling accidents at school and home
- Effects of accidents

FIRST AID

- Qualities of a good first aider
- Reasons for giving first aid
- Importance of giving first aid
- A first aid box
- Things found in the first aid box (first aid kits)
- Uses of first aid kit
- Places where first aid box is found
- Different first aid given to different accidents

MEASUREMENTS

- Length (standard units)
- Things we measure height and length
- Things used to measure length and height
- Capacity (standard unit)
- Things we measure in litres
- Things we use to measure liquids
- Weight (standard units)

- Things/tools we use to measure weight

PRIMARY TWO - LITERACY II LESSON NOTES

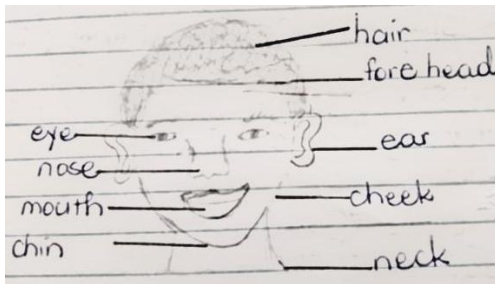
THEME : THE HUMAN BODY AND HEALTH

SUB THEME: Parts of the body and their functions

Parts of the head

eyes, nose, mouth, ears, tongue, teeth, neck, lips, forehead, hair, chin, cheeks etc

Structure of a head



Uses of the parts of the head

eyes – for seeing/sight

nose – for smelling

ears – for hearing

tongue – for tasting

mouth – for talking

teeth – for biting/defence

for chewing

Ways of caring for the parts of the head

i. Eyes

By washing them with clean water

By treating them when they are sick

By wearing sunglasses

By eating foods rich in vitamin A e.g onions, carrots etc

Things we use to clean the eyes

Clean water

Clean cloth

Diseases that attack the eyes

Trachoma iritis

River blindness sty

Night blindness

Activity

1. Listen and write




Eyes tongue

Nose hair

Head

2. Mention any three parts of the head

3. Name these parts of the head

4. Write these words correctly;

Thoum: _____

Knec : _____

Inch: _____

Tethe: _____

5. Use the diagram below to show and name the following parts;
(nose, hair, nose, eye, neck, ear)



6. How useful are the following parts of the head?

(a) Nose: _____

(b) Eyes: _____

(c) Teeth: _____

7. Circle the part of the head used for hearing;
Nose, mouth, ears, eyes

8. Mention any two ways of caring for the eyes

9. Name the item below used for caring for the eyes



10. Write down any two diseases that attack the eyes

Ears

Ears are used for hearing

Ways of caring for ears

By cleaning them daily

By removing wax

By treating them

Things we use to clean the ears

Clean water

soap

Cotton buds

clean cloth

The nose

It is used for smelling

How do we care for the nose?

- By blowing it
- By cleaning it

Things we use to clean the nose

Clean water



Handkerchief

Clean cloth

Soap

Activity

1. Write the use of each body part below

2. How do we care for these body parts?

(a) Nose

(b) Ears

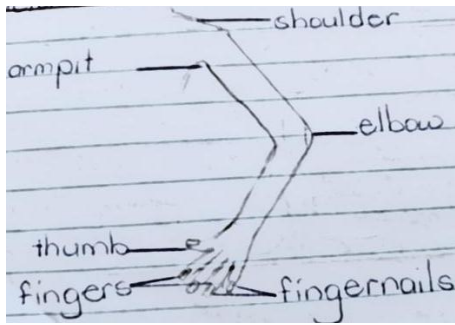
3. In which way is a handkerchief useful to a P.2 child?

4. Identify and name two items used to clean the ears.

Parts of the arm

Shoulder, elbow, armpit, thumb, hand, fingers, wrist, palm, fingernails etc

Structure of the arm



Uses of the parts of the arm

For holding

For picking

For defence

For clapping

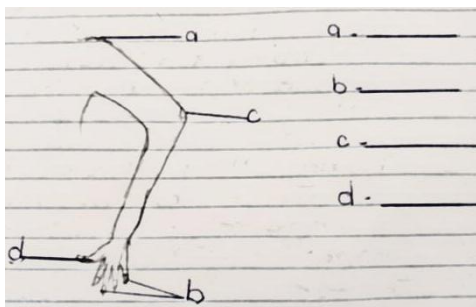
For carrying

Ways of caring for the parts of the arm

- By cutting fingernails short
- By washing hands

Activity

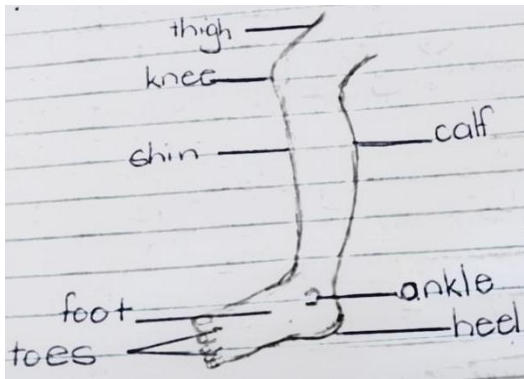
1. Fill in the missing letters
 th_mb should _r
 elb_w
2. How many fingers does Job have?
3. Identify and name any three parts of the arm
4. Tick one way of caring for our arms
 - i. cutting fingernails short
 - ii. washing the face
 - iii. eating clean food
5. Name the parts of the arm below



Parts of the leg

Thigh, knee, calf, ankle, heel, foot, shin, calf, toes, toenails

Structure of the leg



Uses of the legs

- For walking
- For standing
- For running
- For jogging
- For kicking
- For defence

Ways of caring for legs

- Scrubbing the feet
- Cutting toenails short
- Putting on shoes/sandals

Things used to care for the legs

- Scrubbing brush
- Sponge
- Soap
- Water
- Nail cutter
- Razorblade

Activity

Spelling exercise

- a. Thigh
- b. Knee
- c. Heel
- d. Ankle
- e. Toenails

2. show and name the parts of the leg below

Shin, ankle, knee, heel



- 3. State two ways legs are useful to a person
- 4. How can a P.2 child care for his/her toe nails?
- 5. Draw and name two items we use to clean legs

Sense organs and their senses

There are five body senses

Namely

Seeing

Smelling

Tasting

Feeling

Hearing

Sense organs and their senses

Eyes	seeing
Nose	smelling
Tongue	tasting
Skin	feeling
Ears	hearing

Activity

1. How many body senses do you have?
2. List down any three examples of body senses
3. Match sense organs to their senses

Eyes	smelling
Nose	hearing
Tongue	seeing
Skin	smelling
Ears	feeling

4. Which sense organ is used for
 - (a) Tasting sugar in tea?
 - (b) Listening to music?
5. Mention any two examples of sense organs

Body exercises

Examples of body exercises

Running	kicking
Jumping	swimming
Sit ups	press up
Boxing	jogging
Walking	riding
Stretching	skipping
Dancing	

Things used during body exercises

Ropes dumbbells
Bicycles swings
Balls loops
Tyres raffia skirts
Floaters





Reasons for doing body exercises

To be physically fit
To be flexible
To be healthy
To reduce body weight

Importance of doing body exercises

They make the body healthy
They make the body flexible
They promote body fitness

1. Spelling exercise
 - a) Jumping
 - b) Skipping
 - c) Dancing
 - d) Swimming
 - e) Riding
2. Give two reasons why people do body exercises
3. Name these physical exercises

4. Name the item used to perform the body exercise below.

Personal hygiene

Key words

Hygiene, personal, trimming, bathe, comb, wash, brushing

Personal hygiene is the general cleanliness of the body or

Personal hygiene is the keeping of the body clean

Ways of promoting personal hygiene

- Bathing daily
- Combing hair
- Brushing teeth
- Cutting fingernails short
- Washing hands
- Trimming hair

Things used to promote personal hygiene

- | | |
|---------------|----------------|
| - Sponge | - tooth brush |
| - Soap | - razorblade |
| - Towel | - tooth paste |
| - Water | - comb |
| - Brush | - scissors |
| - Nailcutter | - toilet paper |
| - Cotton buds | - handkerchief |

Uses of things used to promote personal hygiene

Towel – for wiping/drying the body

Toothbrush – for brushing teeth

Comb – for combing hair

Sponge – for scrubbing the body

Razorblade/Nail cutter : for cutting fingernails short

Scissors/shaver : - for trimming hair

Water: for washing hands

- For brushing teeth
- For bathing

Activity

1. What is personal hygiene?

2. State any three ways of keeping the body clean

(i) _____

(ii) _____

(iii) _____

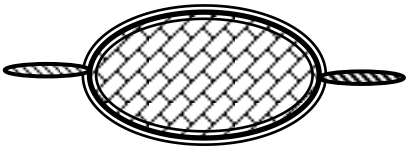


3. What do people use to clean the nose?

4. Form a small word from this big one

(a) Handkerchief _____

(b) Razorblade _____

5. How useful are the following items below?

		
_____	_____	_____

6. Name one thing used to clean the body parts below

a. Hair _____

b. Hands _____

c. Finger nails _____

7. What should a P.2 child do after visiting the toilet/latrine?

A. Brushing teeth

Why do we brush teeth?

- To remove food remains/particles

- To prevent bad smell

When do we brush teeth?

- After meals

Things we use to clean the teeth

- Water
- dental floss
- Toothbrush
- salt
- Tooth paste
- charcoal
- Ash
- brushing stick

Importance of brushing teeth

- It prevents tooth decay
- It prevents bad smell
-

B. Washing hands

Why do we wash hands?

- To remove germs
- To remove dirt

Things used to clean hands

- Water
- nailcutter
- Soap
- razorblade

C. Cutting fingernails

D. Bathing

Why do we bathe daily?

- To prevent bad smell
- To remove dirt
- To remove sweat
- To prevent skin diseases

Things used to bathe

Water towel

Soap brush

Sponge

When do we bathe?

Daily/regularly

Examples of skin diseases

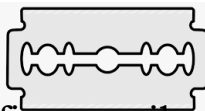
- Scabies
- Ringworm
- Athlete's foot
- Eczema

Activity

1. How do we keep our teeth clean?
2. Tick items we use to clean the teeth
Soap, toothbrush, toothpaste, sponge
3. Why do we brush our teeth after meals?
4. (a) Name this activity we do after visiting the toilet



- (b) Identify one item needed to do the activity above
- (c) State one reason why pupils do the activity above
5. Mention one item we use to groom fingernails
6. How useful is this item below when caring for our fingernails?



7. Why do we cut our fingernails short?
8. Identify and name these items we need to bathe





9. Use true or false to complete the statements below;
(a) Bathing make us sick _____

- (b) We bathe to remove dirt _____
- (c) Bathing daily prevents skin diseases _____
10. Circle two skin diseases caused by poor personal hygiene
Malaria, scabies, trachoma, ringworm

Washing clothes

Things used to wash clothes



- Soap - water
- Basin/bucket - detergents

Why do we wash clothes?

- To remove dirt
- To prevent bad smells
- To prevent skin diseases

Ironing clothes

Things/items needed to iron clothes

	
Flat iron	Iron box

Why do we iron clothes?

- To kill germs
- To remove folds/creases
- To remove dampness
- To kill some vectors

Beddings

Examples of beddings

- Bedsheets - blankets
- Bedcovers - mattresses
- Mosquito nets - pillows
- Pillow cases - bed lines

How do we care for beddings?

- By washing them

- By ironing them
- By putting them under sunshine

Why do we clean beddings?

- To prevent bad smell
- To remove dirt

Importance of good hygiene

- It prevents bad smell
- It controls skin diseases

Dangers of poor hygiene

- Skin diseases
- Bad smell

Activity

1. Listen and write
2. List down any two items we use to wash clothes
3. Give two reasons why people wash their clothes
4. In the space below draw a flat iron



5. Sarah irons clothes at home. Give one reason for doing it
6. Mention any two examples of beddings
7. Suggest one way Joan can care for her bedsheets

Sanitation

Key words

Sanitation, general cleanliness, environment, still, smoking, burning, rubbish, kitchen, compound, slashing, collecting, removing

Sanitation is the way of keeping the place clean. OR Sanitation is the general cleanliness of an area/place/environment.

Areas we need to keep clean

- Kitchen - toilet/latrine
- Compound - bathroom
- House - rubbish pit
- Rack

Ways of promoting sanitation/activities

- Sweeping
- Mopping
- Burning rubbish
- Collecting rubbish
- High dusting/removing cobwebs
- Scrubbing the compound
- Slashing
- Smoking pit latrines
- Draining still water

Things used to promote sanitation

- Broom - dustbin - jik
- Slasher - rake - rag
- Soap/liquid soap - scrubbing brush
- Water - mop
- Hoe - water

Uses of the things we use to clean the environment

- Broom – for sweeping
- Moping – for mopping
- Slasher – for slashing
- Rake – for collecting rubbish
- Dustbin – for proper disposal of rubbish
- Scrubbing brush - for scrubbing

(a) House

How do we keep the house clean?




- By sweeping
- By mopping
- By high dusting

Things used to clean the house

- Rag
- Broom
- High duster (that removes cobwebs)
- Water
- Liquid soap

Activity

- Fill in the missing letters
 l _ trine scr _ bbing
 r _ g s _ nitat _ on
- What is sanitation?
- Mention any two area that should be kept clean
- State any two ways of promoting sanitation
- How are the following items useful in promoting sanitation

- Draw these things used to clean the environment

Slasher	Hoe	Rake	Water

- How do we keep the classroom clean?

- _____
- _____

- Name this way of keeping the house clean



9. What do we use to burn rubbish?

Latrine/toilet

A latrine/toilet is a place where urine and faeces are disposed

Ways/activities of keeping the latrine/toilet clean

- Scrubbing
- Mopping
- Smoking (pit latrine)
- Sweeping

Note: We smoke pit latrines to reduce bad smell, to kill some vectors

Things used to clean the toilet/latrine

- Jik - broom
- Liquid soap
- Water - dry leaves
- Scrubbing brush
- Mop/rag - vim
- Toilet balls - jik

Dangers of a dirty toilet/latrine

- Diseases
- Bad smell
- Vectors

Bathroom

It is a place where we bathe from

Ways of keeping the bathroom clean

- Scrubbing
- Mopping
- Sweeping

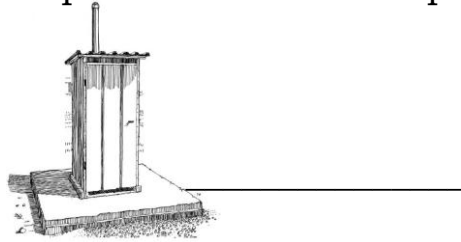
Things we use to clean the bathroom

- Water - scrubbing brush
- Soap (liquid) - squeegee



- Mop
- Rag
- Jik
- broom
- high duster
- vim

Activity

1. Spelling exercise
 - a. Smoking
 - b. Bathroom
 - c. Toilet
 - d. scrubbing
2. List down any three items used to clean the toilet
3. State one reason why people smoke pit latrines
Name this place we should keep clean



4. State the use of the following items when promoting sanitation

5. How useful is a bathroom at school?

Kitchen

It is where food is prepared from

Things used to clean the kitchen

- Water
- Broom
- Rag
- mop
- scrubbing brush
- high duster
- liquid soap

Ways of keeping the kitchen clean

- mop
- sweep
- high dusting



- scrubbing

Why do we keep the kitchen clean?

- To prevent bad smell
- To control vectors
- To prevent diseases

Dangers of a dirty kitchen

- Food contamination
- Diseases
- Bad smell

Things found in the kitchen

- Saucepans
- Mortar
- Pestle
- ladle
- mingling stick
- charcoal stove
- knife
- gas cooker

Compound

Things we use to clean the compound

- hoe
- rake
- slasher
- scrubbing brush
- water
- liquid soap
- dustbin
- panga

Ways/activities of keeping the compound clean

- Trimming flowers and leaves
- Slashing
- Scrubbing the floor
- Picking rubbish
- Burning rubbish
- Draining still water

Importance of keeping the compound clean

- It controls diseases
- It prevents bad smell
- It reduces accidents

Dangers of a dirty compound

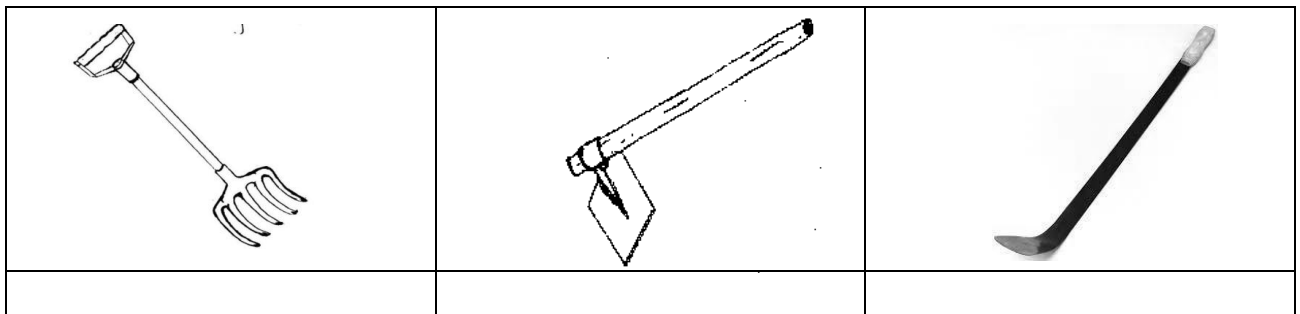
- Diseases
- Bad smell
- vectors

Diseases caused by staying in a dirty environment

- cholera
- typhoid
- diarrhoea
- dysentery

Activity

1. What do we call a place where food is prepared from?
2. List down two items we use to clean the kitchen
3. Circle two dangers of a dirty kitchen
4. Suggest two ways of keeping the kitchen clean
5. Name these items we use to clean the compound



6. Give one reason why we keep the school compound clean
7. Write down one insect we find in a dirty compound
8. State any two activities we do to keep the compound clean
9. Draw and name the item where rubbish is disposed
10. Circle the common diseases caused by staying in a dirty environment
 - Typhoid, malaria, cholera, measles, dysentery

Health habits

Examples

- Bathing
- Brushing teeth
- mopping
- burning rubbish

- Combing hair
- Taking children for immunisation
- Cutting fingernails short
- Eating a balanced diet
- Sleeping in time
- Sleeping under a mosquito net
- Sweeping
- Flushing toilets
- ironing clothes

Activity

1. List down any four health habits
2. Draw these health habits

(a) Brushing teeth

(b) Combing hair

(c) Burning rubbish

3. Why do we cut our fingernails short?
4. What health activity should we do after visiting the toilet?
5. Why should we sleep under a treated mosquito net?
6. What do we use to iron clothes?

Common diseases

Examples of common diseases

- | | |
|---------------|------------------|
| - Malaria | - whooping cough |
| - AIDS | - typhoid |
| - Dysentery | - ringworms |
| - Chicken pox | - T.B |
| - Small pox | - scabies |
| | - measles |
| | - cancer |
| | - flu |

Causes of common diseases

- Eating dirty food
- Staying in a dirty place
- Drinking unboiled water
- Sharing sharp objects
- Sharing clothes

How to prevent common diseases?

- By covering food
- By washing hands after visiting the toilet
- By sleeping under a treated mosquito net
- By drinking boiled water
- By spraying vectors
- By keeping places clean
- By immunizing children

Vectors

What are vectors

Vectors are organisms living (things) that spread germs that cause diseases.

Germs are tiny living things that cause diseases

Examples of vectors

- | | |
|-------------|---------------|
| - Housefly | - water snail |
| - Mosquito | - mad dog/cat |
| - Tsetsefly | - cockroach |
| - Black fly | - tick |
| - Lice | - flea |

Common vectors and their diseases

Vectors	Disease
Housefly	<ul style="list-style-type: none"> - Trachoma - Dysentery - Cholera - Diarrhoea
Cockroach	<ul style="list-style-type: none"> - Cholera

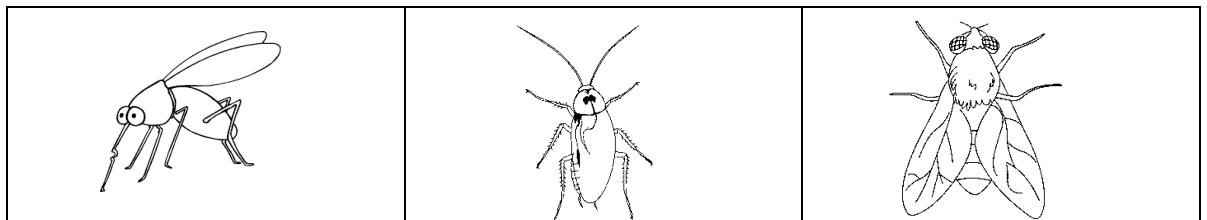
	<ul style="list-style-type: none"> - Diarrhoea - Dysentery - Polio - Typhoid
Mosquito	<ul style="list-style-type: none"> - Malaria - Yellow fever - Elephantiasis
Tsetsefly	<ul style="list-style-type: none"> - Sleeping sickness - Nagana
Water snail	<ul style="list-style-type: none"> - Bilharziasis
Black fly	<ul style="list-style-type: none"> - River blindness
Mad dog (rabid dogs)	<ul style="list-style-type: none"> - rabies

How to control common vectors?

- By keeping places clean
- By smoking pit latrines
- By spraying them using insecticides
- By draining still water
- By slashing tall grass
- By sleeping under a treated mosquito

Activity

- Listen and write
 - Mosquito - tsetse fly
 - Cockroach - malaria
 - diarrhoea
- What name is given to the living things that spread germs?
- Name these common vectors



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4. Match vectors to their diseases

- | | |
|---------------|----------------|
| - Housefly | - bilharziasis |
| - Cockroach | - malaria |
| | • Nagana |
| - Mosquito | |
| - Water snail | - trachoma |
| - Tsetse fly | -diarrhoea |

5. Write any three common diseases

6. Write two ways how common diseases are spread

7. How can we control mosquitoes in our homes?

8. Why do we boil drinking water?

9. How can we control malaria?

10. Mention three ways of controlling common diseases

FOOD AND NUTRITION

Food

Key words

Cabbage	health	feeding
Energy	nutrition	source
Habit	hunger	hospitality
Health	balanced diet	

Food is something good to eat or drink

Examples of food

- | | | | |
|-----------|----------------|--------------|---------|
| - Fish | - posho | - banana | - water |
| - Milk | - beans | - pumpkin | |
| - Meat | - millet | - sugarcane | |
| - Eggs | - sorghum | - maize | |
| - Cassava | - cabbage | - carrot | |
| - Chicken | - sweat potato | - simsim | |
| - Mango | - rice | - groundnuts | |

- Yam etc

Sources of food

- Plants
- Animals

Places where we get food from

- Water bodies
- Market
- Supermarket
- shop
- forest
- garden

Why do we eat food?

- To be happy
- To be healthy
- For hospitality
- To kill hunger
- It is a habit

Importance of food in the body

- Food builds the body (helps the body to grow well)
- Food gives the body energy
- Food replaces the worn out body cells
- Food makes the body healthy

Activity

1. Fill in the missing letters

heal_hy

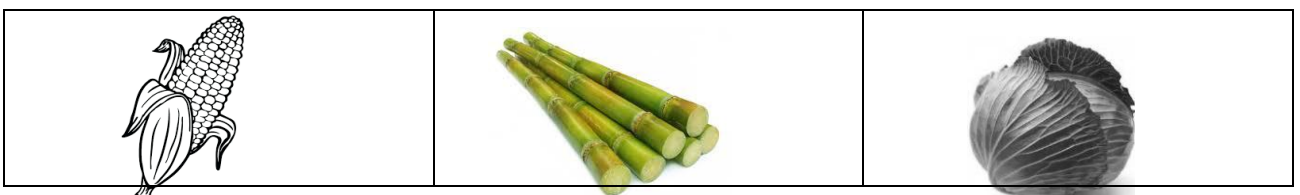
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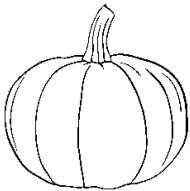
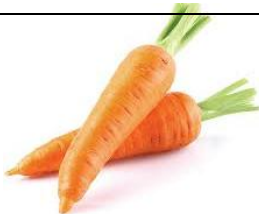

cab_age

sugar_ne

2. What is food?

3. Name these food stuffs



4. Name the two sources of food
5. Apart from water bodies, mention other two places where we get food from
6. Give two examples of food got from the following;
 - a. Garden _____
 - b. Waterbodies _____
 - c. Animals/bird _____
7. Why do we eat food?
8. How is food important in our bodies?

Classification of food

- A balanced diet
- A balanced diet is a meal with all food values in their correct amount

Classes of food

- a. Energy giving food (carbohydrates)

Sources/examples of energy giving food

- | | | |
|-------------|------------------|--------|
| - Rice | - yam | - milk |
| - Millet | - sorghum | |
| - Sugarcane | - honey | |
| - Posho | - cassava | |
| - Maize | - irish potatoes | |

Importance of energy giving foods

- They give the body energy
- They give the body warmth

b. Body building foods (proteins)

Sources/examples

- | | | |
|---------|--------------|--------------|
| - Fish | - eggs | - milk |
| - Meat | - chicken | - groundnuts |
| - Beans | - soya beans | - cow peas |

Importance of body building foods

- They help the body to grow well
- They replace the worn out cells

c. Health giving foods/protective (vitamins)

Sources/examples of health giving foods

- Fruits
- Vegetables

Fruits

Examples

- | | |
|--------------|------------------|
| - Orange | - passion fruits |
| - Apple | - mango |
| - Pineapple | - jackfruit |
| - Watermelon | - avocado |
| - Guava | |

Vegetables

Examples

- | | |
|------------|----------------|
| - Cabbage | - green pepper |
| - Carrots | |
| - Tomatoes | - Nakati |
| - Onion | - banana |
| - Dodo | - egg plant |

Importance of health giving foods

- They protect the body against diseases

Importance of a balanced diet

- It boosts the body immunity
- It makes the body healthy

- It gives the body energy
- It builds the body

Activity

1. Write these words correctly

Circle _____

Shop _____

Mya _____





2. A _____ is a meal with all food values in their correct amount

3. Complete the table below correctly

Class of food	Examples
Energy giving food	
Body building food	
Healthy giving food	

4. Name the class of food that provides the body with energy

5. Name these examples of fruits

Malnutrition

Malnutrition is the poor state of health due to poor feeding

Signs of malnutrition

- Dullness
- Body weakness
- Loss of weight
- Change of hair colour

- Easy blousing
- Slow healing
- Bleeding gum
- Loss of appetite
- Swollen belly
- Dry pale skin
- Poor body shape
- Poor eye sight

Dangers of poor feeding

- It leads deficiency diseases like kwashiorkor, marasmus
- It leads to death
- It leads to body weakness

Ways of controlling malnutrition

- Eating a balanced diet

Activity

1. Listen and write
 - a. Diseases
 - b. Death
 - c. Malnutrition
 - d. Swollen
2. What is malnutrition?
3. Give two signs of poor feeding
4. Stat two dangers of poor feeding
5. How can people control malnutrition among children

Food preparation

Key words.

Boiling, frying, mingling, baking

Steaming, preparation

Food preparation is the way of making food ready for eating

Methods of preparing food

- Mingling
- Roasting
- Frying
- Baking
- Boiling
- Steaming

Food prepared by mingling

- Posho
- Millet bread
- Matoke
- Sweet potatoes

Food prepared by roasting

- Meat
- Chicken
- Maize
- Cassava
- Bananas

Food prepared by frying

- Fish
- Eggs
- Chicken
- Cassava
- Irish potatoes

Food prepared by baking

- Bread
- Cakes
- Doughnuts

Food prepared by boiling

- Eggs
- Milk

- Meat
- Water
- Rice
- Vegetables

Food prepared by steaming

- Matoke
- Yam
- Rice
- Meat
- Leafy vegetables
- Sweet potatoes
- Cassava

Why do we cook food?

- To kill germs
- To make it soft
- To make it tasty

Activity

1. Listen and write
 - a) Baking
 - b) Frying
 - c) Roasting
 - d) Taste
 - e) Germs
2. What do we call the way of making food ready for eating?
3. Mention any two methods of preparing food.
4. Give two examples of food which can be prepared using the following methods below
 - (i) Mingling
 - (ii) Roasting
 - (iii) Boiling
 - (iv) frying

5. below is a method of food preparation, use it to answer the given questions



a) Name this way of food preparation

b) Mention any two examples of food prepared using the above method

6. state two reasons why people cook food

Food preservation

key words

granary, fridge, refrigerating, smoking, drying, salting

food preservation is the keeping of food safe for a long time

Methods of preserving food

- smoking
- sun drying
- salting
- refrigerating

Food preserved by smoking

- meat
- fish

Fish preserved by sun drying

- | | |
|----------|-----------|
| - beans | - sorghum |
| - maize | - peas |
| - millet | - mukene |
| - rice | - cassava |

Food preserved by salting

- fish
- meat

Food preserved by refrigerating

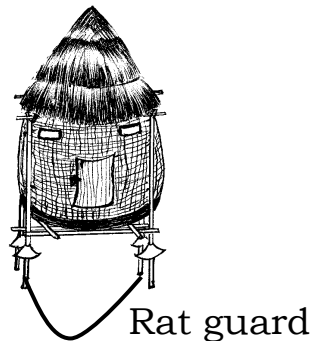
- | | | |
|-----------|------------|-----------|
| - cabbage | - apples | - fish |
| - mango | - tomatoes | - chicken |
| - orange | - milk | - yoghurt |

Places where food is kept safe

- granary
- refrigerator (fridge)
- food store
- silos

Granary

A structure of a granary



Examples of food kept in a granary

- | | |
|---------------|--------------|
| - simsim | - sorghum |
| - millet | - groundnuts |
| - rice | - wheat |
| - dry cassava | |

Reasons why we preserve food

- for future use

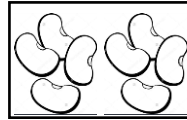
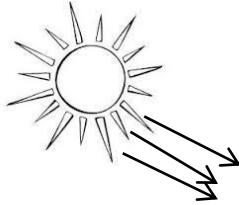
Activity

1. Listen and write
 - a) Granary
 - b) Smoking
 - c) Fridge
 - d) Salting

e) Sun drying

2. Give any two methods of preserving food

3. Name these methods of preserving food



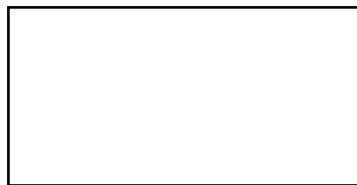


4. Give two examples of food that can be preserved by the following methods

a) Refrigerating _____

b) Salting _____

5. (a) In the space below, draw a granary.



(b) List down any two examples of food kept in a granary

Food hygiene

Food hygiene is the way of keeping food clean

Ways of maintaining food hygiene

- Covering it well
- Putting it in clean containers

- Preparing it in a clean place
- Washing it in a clean place
- Washing hands before touching it
- Serving it from a clean place

Food contamination

This is the way food becomes dirty

Ways of making food dirty

- Serving food with dirty hands
- Preparing food from a dirty place
- Putting food in dirty containers
- Serving food on dirty utensils
- Leaving food uncovered

Things that make food dirty

- | | | |
|--------------------|---------------|--------------|
| - Rats | - cockroaches | - dust |
| - Germs | - dirty hands | - houseflies |
| - Dirty utensils | - dirty water | |
| - Dirty containers | | |

Dangers of eating dirty food

- Diseases

Diseases caused by eating dirty food

- | | |
|-------------|-------------|
| - Typhoid | - dysentery |
| - Diarrhoea | - cholera |

Eating habits

Examples of good eating habits

- Eating slowly
- Eating quietly
- Washing hands before eating food
- Eating while seated
- Chewing food well
- Eating while closing the mouth
- Washing hands after eating food

Examples of bad eating habits

- Eating quickly
- Eating while talking
- Eating food with dirty hands
- Eating while opening the mouth
- Eating food while standing

Activity

1. Spelling exercise
 - a) Hygiene
 - b) Covering
 - c) Dirty
 - d) Uncovered
2. What is food hygiene?
3. State any two ways of keeping food clean
 - (i) _____
 - (ii) _____