**Vocabulary**

Resources, natural, minerals, artificial, nature, process

**LESSON NOTES**

**MANAGING RESOURCES IN OUR URBAN COUNCIL**

**Saving our resources**

**What is a resource?**

A resource is something used to achieve a particular aim.

**What are basic resources?**

A basic resource is something used in our daily life.

**Examples of basic resources**

* water
* land
* animals
* time
* money
* food
* swamps
* lakes and rivers
* electricity
* buildings
* fuel

**Types of resources**

* Natural resources
* Artificial resources

Natural resources are things from nature or things made by God.

**Examples of natural resources**

* lakes and rivers
* forests
* swamps
* mountains
* hills
* minerals
* land
* plants
* animals

Artificial resources are things made by people**.**

**Examples of artificial resources**

* buildings
* money
* vehicles
* electricity

**Minerals as a resources**

**Examples of minerals**

* oil
* copper
* Gold

Artificial resources are things made by people.

**Evaluation exercise**

1. What is a resource?
2. Write down three basic resources you know.
3. Mention two types of resources
4. Give two examples of:-
5. **natural resources**
6. artificial resources
7. Give any two examples of minerals.

**Vocabulary**

Vehicles, juice, machines, factories, generate, hydro-electricity

Lesson notes

**Water as a resource**

**Sources of water**

* A water source is a place where water is obtained from. We have both natural and artificial sources of water.

There are two sources of water namely;

* Natural sources of water.
* Artificial sources of water.

**Examples of natural sources of water.**

Rain, river, oceans, lakes and seas.

**Examples of artificial sources of water.**

Wells, boreholes, spring wells, dams, taps and tanks.

**Uses of water**

* water is a very important resource in our urban council
* Water as a resource is used to make other things for example;
* water is used to make juice
* Water is used in making mineral water
* water is used in making soda and other drinks
* water is used to cool down vehicles
* water is used in running machines in factories
* water is used in preparing food
* we must use water carefully

**Lakes and rivers**

* lakes and rivers are sources of water
* people also get fish from lakes and rivers
* Hydro-electricity is generated from running water in rivers

**How can we harvest**

* by using water tanks
* by using water drums
* by using pots
* by using basins

**Ways of protecting water sources**

* fencing them.
* Cleaning water sources.
* Not throwing rubbish in water sources.
* Not urinating in water sources.

**Dangers of not protecting water sources.**

* People can get water borne diseases like bilharzias, cholera.
* Water sources can dry up.
* Floods can occur in an area.
* Animals which live in or near can die.
* People can lose their lives.

**Evaluation exercise**

1. Give any two reasons why water is important.
2. Mention any two natural sources of water.
3. Write down two artificial sources of water.
4. Give two ways of harvesting water.
5. What is a water source?
6. Give four ways man would suffer if he had no access to water.

**Vocabulary**

forest, collection, plantation, penetrate, tourists, herbs, formation, enough

**What is a forest?**

A forest if a group/collection of trees growing in one area.

**Types of forests**

* Plantation forests (provide soft wood)
* Natural forests (provide hard wood)

**Natural forests**

**Examples of natural forests in Uganda**

* Maramagambo forest
* Budongo forests (biggest natural forests)
* Mabira forests
* Bwindi Impenetrable forest

**Examples of plantation forests**

* Lendu forest (biggest planted forest)
* Magamaga forest
* Mafuga forest
* Nyabyeya forest

**Importance are forests?**

* They are homes to wild animals
* They are sources of timber
* They help in the formation of rainfall
* They attract tourists
* They are sources of herbs
* They are used for study purposes
* The National Environment Management authority (NEMA) proteins forests and wetland.

**Evaluation exercise**

1. What is a forest?
2. Mention two types of forests.
3. Give two examples of ;-
4. Natural forests
5. Plantation forests
6. State four importance of forests to man.
7. Name the biggest natural forest in Uganda.
8. Name the body responsible for protecting forests in Uganda.

**Vocabulary**

land, resource, earth, surface, acquire, inheriting, factories, services, constructing, attract, fertile, soil erosion

**Land as a resource**

* Land is what covers the earth’s surface.

How people acquire land.

* people acquire land or get it by buying.
* Inheriting it from their parents.

**Uses of land**

* land is used for building
* land is used for farming
* land is used for constructing roads, railways and airports
* Some landforms like mountains attract tourists who give us money
* On hills people grow crops because they are very fertile.

**How people misuse land**

* By over grazing
* By over cultivation
* By swamp drainage
* Bush burning
* Dumping polythene every where
* Over mining.

**Evaluation exercise**

1. What is land?
2. Give one way people get land
3. State three uses of land.
4. How are hills useful to farmers?
5. Mention any three ways land is misused.

**Plants and animals as a resource**

**Types of animals**

There two types of animals namely;

* Domestic animals
* Wild animals

**Examples of domestic animals**

Domestic animals are animals that we keep at home.

Goats dogs

* Sheep cows
* Rabbit donkeys

**Examples of wild animals**

Theseare animals that live in the bush on their own.

* Lion elephant
* Monkey leopard
* Zebra giraffe

**Importance of animals**

Uses of domestic animals

* They provide us with meat.
* They provide us with milk.
* Their droppings are used as manure.
* They provide us with hides and skins.
* They in paying dowry.
* We sell them and get money.

Uses of wild animals

* They attract tourists who are a source of income.
* Some are a source of food
* Their hides and skins are used in making bags, hats, belts, music costumes, drums and shoes.

**Importance of plants**

* Some flowering plants act as food.
* They are sources of herbal medicine.
* Flowers from some plants are used for decoration.
* Stems are used in making of charcoal.
* We sell some plants to get money.
* Some plants are a source of timber.

**Evaluation exercise**

1. Give the two types of domestic animals.
2. What are domestic animals?
3. Mention any three examples of domestic animals.
4. How are domestic animals useful to people? Give two ways.
5. Define wild animals
6. Apart from tourism, mention any other way wild animals are useful.
7. Start any three importance of plants.

**Vocabulary**

time, activities, timetable, c lass, revise, useful

Lesson notes

**Time as a resource**

**Definition of time**

Time is the quantity that is measured in minutes, hours, days, weeks, months, seasons and so on.

Time is a resource because when we use it well we make useful things

Time is needed in whatever activity is done.

**Ways of managing time**

* We must be able to use our time well for each of the activity we have to do.
* We must follow time tables in our class well
* We must find time to revise books.

**What happens when pupils mismanage time?**

* They fail to do the right activity at the right time.
* They fail to complete exercises.
* They fail to have meals in time.
* They fail exams
* They are punished for not doing what they are supposed to do.
* They repeat classes.

**What happens when farmers fail to manage time?**

* They get poor yields.
* They fail to grow some crops.
* They lack enough food to feed their families.
* They fail to get market for their produce
* They live in poverty

**Evaluation exercise**

1. Define time.
2. Why is time an important resources?
3. How is time important to people?
4. What happens when pupils mismanage time?
5. How is mismanagement of time dangerous to farmers?
6. What happens to pupils who fail to find time to revise their books?

**Vocabulary**

medium, exchange, capital, business, donations, loans

Lesson notes

**Money as a resource**

* Money is a medium of exchange that is sued in trade.
* Money is a powerful resource used for buying different needs we need.

**Uses of money**

* Money is used to buy food
* Money is used for buying clothes
* Money is used for paying school fees
* Money is used for paying medical bills
* Money is used for medical bills.
* Money is used for transport
* Money is used to pay for rent, electricity and water bills
* People use money to pay workers
* Money works as capital to start up business

**Ways how people get money**

* by working to get salary
* by trading
* by carrying out economic activities e.g. farming
* by getting donations
* by getting loans from Banks

**Examples of money (currencies)**

* Uganda – Uganda shillings
* Kenya – Kenyan shillings
* Tanzania – Tanzanian shillings
* America – American dollars $
* Britain – British pounds (£)
* Rwanda – Francs

**Forms of money used in Uganda.**

* Bank notes
* coins

**Evaluation exercise**

1. What is money?
2. Give four uses of money.
3. Mention any two ways people get money.
4. Identify the currencies for the following countries
5. Uganda
6. Kenya
7. America
8. Rwanda
9. Mention one form of money used in Uganda.

**Vocabulary**

bank, system, safe, documents, employment

**Lesson notes**

Banking

What is banking?

* Banking is a system of keeping money safely in the Bank
* A bank is a place where we keep our money safely

**Examples of Banks in Uganda**

* Stanbic bank
* centenary bank
* Bank of Africa
* DFCU Bank
* post Bank
* Barclays bank
* Cairo bank
* Crane Bank

**How are banks useful to people?**

* Banks keep people’s money safely
* Banks give people loans
* Banks keep important documents of people (e.g. land title, wills)
* Banks provide employment (jobs) to people
* The bank that controls other Banks in Uganda is Bank of Uganda. (Central Bank)

**Evaluation exercise**

1. What is a Bank?
2. Define the term banking
3. Mention four examples of Banks in Uganda.
4. State two ways Banks are useful to people.
5. Name the Bank that controls commercial Banks in Uganda.

**Vocabulary**

save, future, budget, wastage, recycle

**SAVING MONEY**

**Lesson notes**

**What is saving?**

Saving is the keeping of money for future use.

**How can one save money?**

* by keeping money in the bank
* by keeping money in wooden or metallic boxes
* children can keep pocket money in the piggy Bank

A piggy bank is a small bottle or box where someone can keep or save his or her money

**Other ways of saving resources**

* by buying property e.g. land, building etc
* by avoiding over spending
* by planting
* by recycling
* by switching off power when not in use
* by budgeting
* by turning off taps when not in use

**Why do we save?**

* For future use.
* To meet our needs.
* To avoid wastage.
* To improve on our standards of living.

**Evaluation exercise**

1. What is saving?
2. Mention two ways one can save money.
3. Where can pupils keep money given to them as pocket money?
4. Apart from the Bank, state two other ways of saving resources.
5. Give two ways why people save.

**Fuel as a resource**

**Vocabulary**

fuel, electricity, machines, factory, charcoal

**Lesson notes**

Fuel is any material burnt to produce heat.

**Examples of fuel**

* diesel
* petrol
* paraffin
* gas
* firewood
* electricity
* charcoal
* Fuel is used for running vehicles and machines in factories and industries
* Petrol and diesels run vehicles

**Examples of fuel stations in Uganda**

* shell
* total
* kobil
* petro city
* fuelex
* moil
* Gapco
* city oil

**Ways of saving fuel**

* using energy saving stoves
* using vehicles in good condition
* using bicycles that don’t use fuel
* use other sources of energy
* switching power off if power is off

**Evaluation exercise**

1. What is fuel?
2. Mention four examples of fuel.
3. Give two uses of fuel.
4. Name any four fuel companies you know.
5. Give any one way of saving fuel.

**Vocabulary**

wisely, optimum, polythene, rubbish, unnecessary, misuse

**Lesson notes**

**Ways of using our resources properly**

* Resources should be used wisely.
* Proper use of resources is called **optimum use**. This means that resources have to be used equally to do what they are supposed to do.

**Examples of proper use of resources**

* Turnoff all taps when they are not in use
* Switch electric witches off when not in use
* Keeping the land safely without dropping polythene bags anywhere.
* Using our time properly
* Make a budget for your resources

**Ways how some people misuse resources**

* by playing with electric wires
* by throwing rubbish anywhere they find
* by using their money unnecessary things

**Evaluation exercise**

1. Mention any two ways of using resources properly.
2. Give two examples of proper use of resources.
3. Mention three ways people misuse resources.

**Keeping records**

Records are documents kept and used for future reference.

In our home there are documents which need to be kept.

It is very important to make records of the items that are kept at home.

**Examples of records kept at home.**

* Water bills
* Electricity bills
* Money spent on food
* Medical bills
* Money spent on School fees
* Money spent on repairs.

**Examples of records kept at school.**

Records that are kept at school include;

* Money spent on food.
* Water bills
* Electricity bills
* Money spent on stationery
* Salaries
* Furniture
* Number of pupils per class.

**Importance of keeping records**

* Record keeping helps people to avoid being cheated.
* Record keeping helps people to know what is to be paid for/to be bought.
* Record keeping reduces on the expenditure.
* Record keeping helps one to plan well for the next time.

**Evaluation exercise**

1. What do we call documents kept and used for future reference?
2. Write down three things whose records should be kept at home.
3. State two important reasons why people keep records.
4. Mention any three examples of records kept at school.

**Vocabulary**

goods, services, security, communication, bargain, compare, prioritization.

**Lesson notes**

**Spending**

**What is spending?**

* Spending is the using of money to pay for goods and services.
* goods are things we pay for that we can see and touch e.g. clothes, cars, land
* Services are things we pay for that we cannot see or touch e.g. education, transport, communication etc

**Ways of spending money**

* by buying food
* paying bills
* paying school fees
* by clothes
* buying land
* constructing buildings.

**Things we spend on**

* food
* clothes
* health
* communication
* transport
* wedding
* security
* shelter
* education

**How can we spend wisely?**

* Budgeting – planning how to get and spend money
* By negotiating/bargaining – This is to reach an agreement of paying by discussion
* By comparing quality – considering the goodness of things before you pay for them
* By making a shopping list – buy what is on a shopping list
* By prioritization – choosing something which is more important than others.
* By comparing quantity – considering how much something contains before paying

**Evaluation exercise**

1. What is spending?
2. Give three examples of things we spend on money.
3. What are services?
4. Mention any four ways we can spend wisely.
5. State any two ways of spending money.

**Vocabulary**

project , planned, earn, achieve, aim, money, living

**Lesson notes**

**Projects**

What is a project?

A project is a piece of work carefully planned to achieve an aim.

**Examples of projects**

* bee keeping
* poultry keeping
* tree planting
* fish farming
* brick making
* making crafts like mats, baskets
* drama groups etc
* keeping domestic animals like cows, goats etc

**Things needed to start a project**

* money (capital)
* labour
* land
* market
* knowledge and skills
* time

**Steps taken when starting a project**

* Find out what project you want to start
* Identify the requirements for your project and list them
* Give your project a name and location
* identify which products to make and the people to sell them or to benefit from them
* Make record of income and expenditure.

**Evaluation exercise**

1. What is a project?
2. Give any four examples of projects.
3. Name five things needed in order to start a project.
4. Mention any fours steps one should take before starting a project.

**Vocabulary**

record, spent, supervising, monitoring, budgeting, spending , maintaining, repairing.

**How to manage a project**

* By record keeping e.g. the money spent and the money gained for a particular period
* By being committed to your project, giving the project enough time
* By supervising/monitoring all the activities going on daily
* By maintaining the project e.g. repairing what is spoilt and putting into place what is needed.
* By budgeting before spending (planning before spending)

**Importance of projects**

* Projects provide money to people
* Projects help us to get rich
* Projects helps us to get employed
* Projects help people to improve on their standards of living
* Projects help people to meet their needs.

**Evaluation exercise**

1. Give any three ways of managing a project.
2. Mention four reasons why it is good to start a project.
3. Why is budgeting important in managing a project?

**Vocabulary**

peace, friendly, atmosphere, observe, rules, regulations

**Lesson notes**

**KEEPING PEACE IN OUR URBAN COUNCIL**

Living in peace with others

**What is peace?**

Peace is living in a friendly ad calm atmosphere with one another.

**How to live in peace with one another.**

* by sharing with one another
* by observing rules and regulations
* by respecting each other
* by participating in work
* by playing with one another
* by recognizing and respecting differences among people e.g. the blind, deaf etc

**Why is peace important in our community?**

* peace promotes unity among people
* Peace and security helps to protect their property
* Peace improves on the people’s standards of living
* Peace promote order and helps people to protect their property
* Peace promotes tourism in our country

**People who help us keep peace and security in our urban council**

* the police
* The army
* private security guards
* local defence units
* elders

**Evaluation exercise**

1. Define peace
2. How can you live in peace with one another? (Give three ways)
3. Give three reasons why peace is important to people in your urban council.
4. Write down three people who keep peace and security in our urban council.

**Vocabulary**

security, investigation, crime, rescue, brigade, guard

**Lesson notes**

**How does the police keep peace and security**

* by investigating crimes
* by putting out fire
* by arresting law breakers
* by controlling traffic
* by rescuing people who have got accident

**Importance of the army**

* the army keeps security both within and outside the country.
* The army guards the country’s borders and boundary.

**Things used to keep peace and security?**

* security cameras
* guns
* dogs
* sticks
* fire brigade
* tear gas
* patrol car

**Evaluation exercise**

1. Give three ways the police keep peace and security in our urban council.
2. State one way how the Army keeps peace and security.
3. Mention any four things the army and police use to keep law and order.
4. How is the army important?

**Vocabulary**

instability, war, terrorist, famine, raids, dispute

**Lesson notes**

**Instability**

The situation where there is no peace is called

Instability

**Some causes of instability**

* wars
* thieves
* terrorists
* cattle raids
* wild animals
* natural problems liked floods
* drought
* famine
* Terrorist are people who are interested in causing harm to other people
* people who causes instability should be reported to security forces like police, army and local defence units (LDU)
* There must be laws which people have to obey in order to live peacefully

**Outcomes of instability (outcomes of lack of peace).**

* Wars starts
* Crimes are committed
* There is disunity among the community members.
* People’s property is destroyed.
* People lose their lives.

**Some common laws that we must obey**

* Do not fight
* Do not steal
* Do not mistreat others
* Observe sanitation
* Do not abuse others

By applying the rules and laws, leaders are able to settle disputes

**Importance of rules and regulations**

* They promote respect for one another
* They promote order in any given society.
* They control accidents in society.

**Evaluation exercise**

1. What does the term “Instability” mean?
2. Mention any four cause of instability.
3. Who is a terrorist?
4. Start any two outcomes of instability.
5. Mention four common laws you know.
6. Start any one importance of rules and regulations.

**Vocabulary**

rights, child, freedom, lineage, tribe, care

**Lesson notes**

**Child rights, needs and their importance**

* A child is a person who is below or under 18 years of age.
* A right is a natural freedom one must have.
* Children’s rights are natural freedoms a child should enjoy.

**Examples of children’s rights**

* A right to education
* A right to play
* A right to medical care
* A right to a clan, lineage and tribe
* A right to have a name
* A right to know his/her parents
* A right to equal and fair treatment
* A right to live in a healthy and clean environment
* A right to food (eat)
* A right to talk freely but with respect

**Evaluation exercise**

1. Who is a child?
2. Define a right?
3. What are children’s rights?
4. Mention any four examples of children’s rights.

**Vocabulary**

needs, morally, shelter, socially, healthy

**Lesson notes**

What are children’s needs?

* children’s needs are things which children should be given to live well

**Examples of children’s needs**

* food
* clothes
* shelter
* medical care
* love

**Importance of children rights**

* to protect children from child abuse
* to help children to grow healthy and socially
* to help children be morally upright
* to provide children with their needs
* they enable children to be disciplined
* they enable children to grow happily
* they enable children to grow safely

**Evaluation exercise**

1. What are children’s rights
2. Mention any three needs of children
3. Write any four reasons why children’s rights are important.

**Vocabulary**

soldier, officer, responsibility, African, organization,

Lesson notes

**People who help us to promote child rights and responsibilities**

* local council members e.g. secretary for youth
* vice chairperson
* parents
* soldiers
* police officers
* teachers
* The day of the African child
* The children in African countries have a special day called **the day of the African child** on 16th June every year when they celebrate their rights with different people who talk about their protection.

**Non-governmental organizations that fight for children’s rights and needs**

* UNICEF
* Actions aid
* Build Africa
* Plan international
* world vision

**Evaluation exercise**

1. Give three examples of people who help to promote children’s rights an responsibilities.
2. Name the special day celebrated for all children in Africa.
3. Identify and name any three NGOs that fight for children’s rights in Uganda.

**Vocabulary**

abuse, denying, mistreatment, defilement, intimidation, battering, rape

**Lesson notes**

**Child abuse**

What is child abuse?

* Child abuse is the denying of a child his/her rights

or

* child abuse is the mistreatment of children

**Forms (examples) of child abuse**

* child sacrifice
* child labour
* defilement
* child battering
* denying children food
* forced marriage
* intimidation
* denying children education
* bad touches
* burning children

**Causes of child abuse**

* poverty in the family
* broken families
* death of parents
* early marriages
* wars
* Alcoholism
* Insecurity

**Evaluation exercise**

1. What is child abuse?
2. Identify and name any four forms of child abuse.
3. Mention four causes of child abuse.

**Vocabulary**

occur, effect, drop out, value, obedient

**Lesson notes**

**Effects (results) of child abuse**

* death of children may occur
* increased number of street children
* school drop outs
* stealing
* children can become lame

**How can we stop child abuse?**

* by punishing those who abuse children rights
* by teaching children their rights
* children should be obedient to the parents and elders
* children should not be employed
* bad cultural practices should be avoided
* parents should avoid alcoholism
* Children should avoid strangers
* Children should be loved ad protected

**Evaluation exercise**

1. Mention any three effects of child abuse
2. Give any four ways of stopping child abuse.

**Vocabulary**

responsibility, dangers, morals, behaviour, talents, welfare

**Lesson notes**

**Children’s responsibilities**

* Children responsibilities are the duties children have to do.
* Children should know their responsibilities and carry them out fully, these creates peaceful living both at home and at school.

**Examples of children’s responsibilities**

* respecting parents, elders and their teachers
* respecting rights of others
* promoting good morals and behaviour
* They should work for the goodness and unity of their families
* Keeping law and order
* Avoid misusing of their rights
* Developing their talents for their goodness and for the good of others
* Supporting parents’ efforts in promoting their homes welfare
* respecting other people’s rights
* promoting interests of their country

**Importance of children’s responsibilities**

* children’s responsibilities help children to live peacefully
* children responsibilities help children to become responsible
* Children’s responsibilities help them in time management

**Evaluation exercise**

1. What are children’s responsibilities?
2. State any four responsibilities of children at school.
3. State any four responsibilities children have at home.
4. What happens when children don’t carry out their responsibilities?
5. Give two reasons you think cause children to go on streets.
6. Write one danger street children face on streets.
7. Identify and write one importance of children’s responsibilities.

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