EDUCATION DEPARTMENT PRIMARY FOUR SST 2ND TERM 2023

LESSON ONE

Topic. VEGETATION IN OUR DISTRICT.

READ and WRITE: forest, shrubs, crops, vegetation Vegetation is the plant cover of an area.

Examples of vegetation.

- Forests
- Swamps
- Grass
- Types of vegetation
- Natural vegetation
- Planted/Artificial vegetation
- Crops
- Shrubs

Natural vegetation is the type of vegetation which grows on its own.

Planted vegetation is the type of vegetation which is planted by man.

Activity.

- 1.What is vegetation?
- 2. Name the different kinds of vegetation found in your district.
- 3. Differentiate between natural vegetation and planted vegetation.

LESSON 2

TOPIC: VEGETATION IN OUR DISTRICT SUB TOPIC: TYPES OF VEGETATION.

Read and write; grassland, swamp, grow, group.

Examples of natural vegetation

- Forests
- Shrubs
- Swamps
- Grassland.

A forest is a large group of trees growing together.

Types of forests

- Natural forests
- Planted forests

Natural forests are forests which grow on their own.

Examples of natural forests.

- Mabira forest
- Bugoma forest
- Bwindi impenetrable forest
- Budongo forest.

Activity: 1. List down any two characteristics of natural resources.

- 2. What is a forest?
- 3. Write down any three examples of natural forests you know.

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LESSON 3

TOPIC: Vegetation in our District SUB TOPIC: Types of vegetation.

Read and write: row, mature, soft, pine

Planted forests are forests which are planted by man.

Examples of planted forests

- Mafuga forest
- Lendu forest
- Bugamba forest.

Characteristics of planted forests.

- They produce soft wood
- Trees mature fast
- Trees are well spaced
- Trees are normally planted in rows.

Examples of trees in planted forests.

- Pines
- Eucalyptus
- Conifers
- Mulberry
- Cypress.

Activity

- 1. Define the term planted forest.
- 2. Mention any 3 examples of planted forests.
- 3. Identify any 2 characteristics of planted forests.

Lesson 4

Topic: Vegetation in our district

Sub topic: Types of vegetation.

Read and write safety, protection, vectors, rain

Importance of forests to man.

- Source of wood fuel (charcoal and firewood)
- Source of wood timber
- Source of herbal medicine
- Help in rain formation
- Source of income through tourism
- They control soil erosion
- They are used for study purposes.

Importance of forests to animals

- They act as shelter for animals
- Source of food for animals
- Provides protection to animals for example a chameleon changes its colour according to the vegetation colour for safety.

Dangers of forests.

- They are hiding places for wrong doers.
- They are hiding places for vectors.
- They make construction of roads difficult.
- They are hiding places for dangerous wild animals.

Activity

- 1. Mention any three uses of forests to man.
- 2. How are forests useful to animals?
- 3. Identify any 2 dangers of forests.

LESSON 5.

Topic: VEGETATION IN OUR DISTRICT. Sub topic: TYPES OF VEGETATION.

Read and Write: clay soil, swamps, flood and harbor

SWAMPS.

A swamp is a water logged area with vegetation.

Importance of swamps.

- They help in rain formation.
- They provide raw materials for crafts.
- They have fertile soils for crop growing.
- They provide fish.
- They control floods.
- They provide water for domestic and industrial use.

Examples of swamp resources.

- Clay soil.
- Fish.
- Water.
- Papyrus reeds.

Dangers of swamps

- They harbor vectors.
- They make construction of roads difficult.
- They harbor crop pests.
- They occupy much land for settlement.

Activity

- 1. Define the term a swamp.
- 2. Identify any four dangers of swamps.
- 3. Name any three examples of swamp resources.

LESSON 6

TOPIC: VEGETATION IN OUR DISTRICT SUB TOPIC: TYPES OF VEGETATION.

Read and write: destroy, poisonous, crops, beauty

GRASS

Examples of common grass

- Spear grass
- Star grass
- Couch grass
- Elephant grass
- Finger millet grass

Importance of grass.

- Some grasses are used as mulches.
- Some grass control soil erosion
- Some grass is eaten as food by some animals.
- Grass creates beauty of the environment.
- Some grass is a source of herbal medicine.

Dangers of grass.

- Some grass is poisonous to people and animals.
- Some grass destroys our crops.

- Some grass breed vectors.

Activity

- 1. Mention any 2 dangers of grass to people and animals.
- 2. State any three uses of grass
- 3. Identify any four common grass in the environment

LESSON 7

Topic: VEGETATION IN OUR DISTRICT

Sub topic: Types of vegetation.

Read and write: Plants, food crops, cash crops, food

CROPS

Crops are plants which are grown in the garden for a specific reason.

Examples of crops

- Cotton
- Coffee
- Banana
- Maize
- millet
- sorghum
- cassava
- yams
- pumpkins
- beans.

Classes (types) of crops

Food crops:

These are crops grown mainly for food.

Examples of food crops.

- Ground nuts
- Beans
- Bananas
- Cassava
- Yams
- Millets
- Maize

Cash crops.

These are crops grown mainly for sale.

Examples of cash crops.

- Coffee
- Cotton
- Tea
- Sisal
- Tobacco

Activity

- 1. Give the difference between food crops and cash crops.
- 2. Mention any three examples of cash crops.
- 3. Identify any three examples of food crops.

LESSON 8

TOPIC: VEGETATION IN OUR DISTRICT. SUB TOPIC: TYPES OF VEGETATION.

Read and write shrubs, bushes, scattered, savanna.

SHRUBS

Characteristics of shrubs.

- They are short bushes
- They have short grass
- They have scattered trees.

GRASSLANDS.

Grasslands are wide plain lands with tall and short grass with scattered trees.

Types of Grasslands

- Dry savanna grasslands. These grow in places that receive little rainfall.
- Wet savanna grasslands. They grow in places that receive a lot of rainfall.

ACTIVITY.

- **1.**What is the difference between shrubs and grasslands.
- 2. Write down the two types of grasslands.
- 3. Mentain any two characteristics of shrubs.

LESSON 9

TOPIC: VEGETATION IN OUR DISTRICT. SUB TOPIC: TYPES OF VEGETATION.

Read and write: fuel, soil erosion, environment

General uses of vegetation.

- Source of herbal medicine
- Source of wood fuel
- Helps to recycle or purify air
- Helps in rain formation.
- Controls soil erosion
- Improves soil fertility
- Creates beauty of the environment.
- Source of food
- Home for wild animals and birds
- Provide handcraft materials
- Grass is used for mulching gardens.

Activity.

- 1. How is vegetation useful to a cook?
- 2. How can vegetation help a farmer?
- 3. List any five uses of vegetation.

LESSON 10

TOPIC: VEGETATION IN OUR DISTRICT

SUB-TOPIC: HOW PEOPLE'S ACTIVITIES AFFECT VEGETATION

Read and write: tourism, industry, death, Bare

BURNING OF BUSHES. Causes of bush burning.

- To clear land for cultivation
- To create room for new grass to grow.
- To chase away dangerous wild animals.

Dangers of bush burning

- Bush burning leaves soil uncovered or bare.
- Causes death of wild animals and birds

- Destroys homes for wild animals and birds.
- Tourism industry is affected.

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ACTIVITY:

- 1. What is bush burning?
- 2. Why do people burn bushes?
- 3. Write down any three dangers of bush burning

LESSON 11

TOPIC: VEGETATION IN OUR DISTRICT

SUB TOPIC: HOW PEOPLE'S ACTIVITIES AFFECT VEGETATION.

Read and write: ignorance, land, destruction, grow

Over cultivation:

This is the growing of crops in the same area of land year after year for a long time.

Dangers of over cultivation

- Loss of soil fertility
- Leads to soil exhaustion
- Leads to soil erosion
- Leads to destruction of vegetation.

Causes of over cultivation.

- Lack of enough land.
- Ignorance

Activity:

- 1. Define the term over cultivation.
- 2. Why do most farmers in your district over cultivate the land?
- 3. State any two dangers of over cultivation

LESSON 12

TOPIC: VEGETATION IN OUR DISTRICT

SUB-TOPIC: How people's characteristics affect vegetation.

Read and write: Overgrazing, deforestation, animals.

Overgrazing

This is the keeping of big numbers of animals on a small piece of land for a long period of time.

Causes of overgrazing

- Ignorance
- Lack of enough land

Dangers of overgrazing

- Destroys the vegetation
- Causes social erosion

ACTIVITY

- 1. Explain the term overgrazing.
- 2. What causes overgrazing among the farmers in your district.
- 3. Mention any two dangers of overgrazing.

LESSON 13

TOPIC: VEGETATION IN OUR DISTRICT.

SUB-TOPIC: How people's activities affect vegetation.

Read and write: Deforestation, Timber, Charcoal

Deforestation.

Deforestation is a cutting down of trees on a large scale without replacing them.

Causes of deforestation.

- For settlement
- For farming
- For timber
- ❖ For charcoal and firewood (wood fuel).
- For road construction.

Dangers of deforestation.

- Leads to low rainfall
- Leads to soil erosion
- Leads to death of wild animals and birds.
- Destroys homes of wild animals and birds.

ACTIVITY.

- 1. What do you understand by the term deforestation.
- 2. Why do people cut down trees in your area.
- 3. State any three effects of deforestation.

LESSON 14

TOPIC: VEGETATION IN OUR DISTRICT

SUB-TOPIC: How people's activities affect vegetation. Read and write: Firewood, swamps, flood, vegetation.

Brick making

Bricks are building materials made of clay.

They are burnt using firewood and grass.

Dangers of brick making.

- Leads to deforestation.
- Destroys the vegetation.
- Leads to swamp reclamation.
- Causes floods.

Road construction

Dangers of road construction

- Destroys swamps and grass
- Destroys forests.
- Leads to floods.

<u>ACTIVITY</u>

- 1. How is brick making dangerous to the environment?
- 2. What are bricks?
- 3. Apart from pots and bricks name any other item made of clay.

LESSON 15

TOPIC: VEGETATION IN OUR DISTRICT.

SUB-TOPIC: How people's activities affect vegetation. Read and write: Wetlands , grassland, bush, forest.

Building houses and industries.

Dangers of building houses and industries.

- Destroys grasslands.
- Destroys swamps (wetlands)
- Trees are cut down.
- ❖ Top soil is cleared.

ACTIVITY

- 1. How is road construction dangerous to vegetation?
- 2. State any two dangers of building houses and industries in a swampy area.

LESSON 16

TOPIC: VEGETATION IN OUR DISTRICT SUB-TOIC: Caring for the vegetation

Read and write: Irrigation, surface, floods, crops.

IRRIGATION

Irrigation is the process of providing water to plants and crops especially in the dry season by people.

Types of irrigation

- Surface irrigation
- Sprinkle irrigation

Importance of irrigation

- Planting is done all the time.
- There is steady supply of food.

Problems of irrigation

- ❖ It is tiresome
- It causes floods
- It needs enough money

ACTIVITY

- 1. What is irrigation?
- 2. State any two importance of irrigation.
- 3. List down any two problems of irrigation to farmers.

LESSON 17

TOPIC: VEGETATION IN OUR DISTRICT SUB-TOPIC: Caring for the vegetation

Read and write: Yields, manure, conserve, product.

<u>Manuring</u>

This is the addition of manure or fertilizers to the soil.

Importance of manuring.

- Soil gains its fertility
- It increases food production
- It increases crop yields.

Education

- Sensitizing people about the uses of vegetation.

- People should respect, protect, take care and conserve the vegetation for the future generation.

ACTIVITY

- 1. Define the term manuring.
- 2. Identify any two importance of manuring.
- 3. Give any two items of used in manuring.

LESSON 18

TOPIC: VEGETATION IN OUR DISTRICT. SUB-TOPIC: Caring for our vegetation.

Read and write: Pruning, Billhook, secateurs, pests.

TRIMING AND PRUNNING

Pruning is the removing of excess branches and leaves from the plant.

Advantages of pruning.

- It destroys the bleeding places of crop pests.
- Crops grow well without competition for better yields.
- Pruning allows plants to grow fast.
- Pruning helps plants to have plenty of water.

Materials used in pruning.

Razor blade

Secateurs

Pangas

Knives

Billhooks

ACTIVITY

- 1. Name the tools used in trimming and pruning plants.
- 2. Define the term pruning?
- 3. Mention any two advantages of pruning.

LESSON 19

TOPIC: VEGETATION IN OUR DISTRICT SUB-TOPIC: Caring for the vegetation.

Read and write: Mulches, yields, re-afforestation, care

Afforestation.

This is the planting of trees on a large scale where they have never been existed.

Re-afforestation

This is planting of trees where they have been cut.

Agro-forestry.

This is the growing of crops together with useful trees on the same piece of land.

Importance of Agro-forestry.

- The farmer gets mulches for the crops
- The farmer gets firewood from the crops gardens.
- The farmer gets enough yields.

ACTIVITY

- 1. Define the term agro-forestry?
- 2. State any two importances of agro-forestry.

3. What do you understand by the term re-afforestation?

LESSON 20

TOPIC: VEGETATION IN OUR DISTRICT SUB-TOPIC: Caring for our vegetation.

Read and write: Mulching, Control, Pests, Weeds and Soil.

MULCHING.

This is the covering of soil with dry grass or leaves.

Advantages of mulching.

- It keeps water in the soil.
- It controls weeds in the garden.
- It helps soil to remain fertile.
- It controls soil erosion.

Disadvantages of mulching.

- It harbours crop pests.
- It can develop into weeds.
- Mulches can easily catch fire.
- It is tiresome to get the mulches.

Activity

- 1. Explain the meaning of the term mulching.
- 2. Why is mulching important to crop farmers.
- 3. State any two disadvantages of mulching.

LESSON 21

TOPIC: VEGETATION IN OUR DISTRICT. SUB-TOPIC: Caring for the vegetation.

Read and write: Terracing, terraces, fence, erosion

Terracing

This is the process of reducing speed of running water on a high land.

Advantages of terraces.

- ❖ It helps farmers to grow crops on a high land.
- It controls soil erosion.

Fencing

Fencing protects the vegetation from bad people.

ACTIVITY

- 1. What is terracing?
- 2. Write down two advantages of terracing in high lands.
- 3. Why is fencing important to the vegetation cover.

LESSON 22.

TOPIC: VEGETATION IN OUR DISTRICT SUB-TOPIC: Caring for the vegetation.

Read and write: Cultivation, environment, authority, conserve,

conservation.

GOVERNMENT CONSERVATION BODIES (NEMA AND NFA) ROLES OF NEMA

To protect the wetlands: By;

- Discouraging people from carrying out cultivation in wetlands.
- ❖ Discouraging people from using swampy areas for settlement.

NFA

National Forestry Authority

Roles of NFA

- Protecting forests from destruction.
- Educating people to conserve the environment.

ACTIVITY

- 1. Write the following terms in full.
- (a) NEMA
- (b) NFA
- 2. State any two roles of NEMA in Uganda.

LESSON 23

TOPIC: VEGETATION IN OUR DISTRICT. SUB-TOPIC: Caring for the vegetation.

Read and write: Games, wildlife, tourism, protection

Game parks

A game park is a large area of land set aside by the government to conserve wild life.

Importance of game parks.

- Source of income through tourism.
- Source of employment to people.
- They help to protect wild life
- They are for study purposes

Animals found in game parks

- Elephants
- Lions
- Monkeys
- Baboons
- ❖ Kobs
- Buffalos
- Zebra
- Hippos
- Hyenas

ACTIVITY

- 1. Explain the meaning of the term game parks.
- 2. Why are national game parks created in Uganda?
- 3. Give any three examples of animals found in game parks.

LESSON 24

TOPIC: VEGETATION IN OUR DISTRICT SUB-TOPIC: Caring for our vegetation

Read and write. Poaching, sanctuary, game ranger, encroachment.

Problems faced by game parks

- Poaching
- Outbreak of bush fires
- Outbreak of animal diseases
- Encroachment
- Drought
- Shortage of water and pasture
- Dishonest game rangers

Other places where wild animals are conserved.

- Game reserves
- Sanctuaries
- Uganda Wild life Education Centers (UWEC)

ACTIVITY

- 1. Write down any two problems faced by game parks.
- 2. Apart from game parks name any other places where wild animals are conserved.
- 3. What does the term wild life mean?

LESSON 25

TOPIC: VEGETATION IN OUR DISTRICT SUB-TOPIC: Caring for the vegetation.

Read and write: Afforestation, re-afforestation, agro-forestry

Common terms used in relation to vegetation.

a) Deforestation

This is the cutting down of trees on a large scale,

b) Afforestation

This is the planting of trees on a large scale where they have never existed,

c) Agro-forestry

This is the growing of crops together with useful trees on the same piece of land.

d) Swampy drainage

This the act of changing the swamp from its natural condition to other uses.

e) Grasslands

This a large area of land with a lot of short or tall grass and very few spaced trees.

ACTIVITY

- 1. Explain the following terms?
- -Deforestation
- -Swamp reclamation
- -Grasslands
- -Agro-forestry
- 2. State any two importances of afforestation.

LESSON 26

TOPIC: PEOPLE IN OUR DISTRICT

SUB-TOPIC: Origin of the people in our district

Read and write: Origin, inhabitant, language, speak.

Ibanda district was part of Mbarara district at the time of independence. Ibanda inhabited by the Banyankore ,Baki

ga, Bafumbira people who speak Runyankole, Rukiiga languages and Rufumbira respectively.

The big tribes in ibanda district include;

- Banyankore
- Bakiiga
- Bafumbira

The staple food for the people of Ibanda include;

Bananas

Millet

Posho

ACTIVITY

- 1. Name any two tribes of people in your district.
- 2. Which language is mostly spoken in your district?
- 3. Name the staple food for the people in your district.

LESSON 27

TOPIC: PEOPLE IN OUR DISTRICT

SUB-TOPIC: Legends of some tribes in some districts. Read and write: Legend, tribe, bead, spear, riddle, culture.

A legend

Is a story which was told by people of long ago.

Examples of common legends.

- The first Baganda (kintu and Nambi)
- The bead and the spear (Gipir and labong)
- The first Bagisu (Munda and Sera)
- Ruhanga and his sons.

Source of information about the history and of origins of people.

- Legends
- Written matters
- Riddles
- Culture

ACTIVITY

- 1. Give any two examples of common legends you know.
- 2. What is a legend?
- 3. List any two sources of history of origins of people.

LESSON 28

TOPIC: PEOPLE IN OUR DISTRICT

SUB-TOPIC: Legends of some tribes in some districts. Read and write: Daughter, death, believe, Walumbe.

The first muganda (Kintu and Nambi)

- Kintu is believed to be the first muganda.
- He used to live with his cow which gave him milk for food and urine for water.
- His wife Nambi was a daughter of king Gulu.
- ❖ Walumbe , Nambi's bad brother and kayikuzi was a good brother.
- Walumbe means death who is believed to be hiding at Tanda.

ACTIVITY

1. Name the brother of Nambi who caused death?

Why did Gulu send Kayikuzi to earth?

How did Tanda help walumbe?

LESSON 29

TOPIC: PEOPLE IN OUR DISTRICT

SUB-TOPIC: Legends of some tribes in some districts.

Read and write: Elgon, descendants, Masai, believe.

- Mundu and Sera are believed to be the Bagisu.
- The Bagisu believed that Mundu and Sera used to live on top of Mount Elgon.
- Kundu and Masaba were sons of Mundu and Sera.
- Mwambu the son of Masaba was named from the Masai.
- Mugisu was from the Masai word "Ngisu" which means cows.
- ❖ Therefore all descendants of Mwambu are called Bagisu.

Activity.

- 1. What does the word "Ngisu" mean?
- 2. Who were the first Bagisu?
- 3. Where did the first Bagisu live?

LESSON 30

TOPIC: PEOPLE IN OUR DISTRICT

SUB-TOPIC: Legends of some tribes in some districts.

Read and write: Bahr-el-Ghazel, misunderstandings, bead, spear.

The spear and the Bead (Gipir and Labong)

- Gipir and Labong were sons of Olumu.
- The legend was told by the Luo speakers who came from Bahr-el-Ghazel.
- They settled at Pubungu in northern Uganda today Pakwach.
- They separated into different groups at Pubungu because of misunderstandings between Gipir and Labong over the bead and the spear.

ACTIVITY

- 1. What lesson do we learn from the legend of the spear and the bead?
- 2. Where did the Luo originate from?
- 3. Name the place where the Luo speakers settled first before they separated.

LESSON 31

TOPIC: PEOPLE IN OUR DISTRICT

SUB-TOPIC: Legends of some tribes in some districts.

Read and write: Kitara, ancestor, leaders, pastoralists, servant.

Ruhanga and his sons

- This legend was told by the people of Bunyoro kitara.
- The three sons of Ruhanga were;
- ❖ Kakama
- ❖ Kahima
- Kairu.

Kakama is believed to be the ancestor of leaders.

Kahima is believed to be the ancestor of pastoralists.

Kairu is believed to be the ancestor of servants.

ACTIVITY

- 1. What name was given to the three sons of Ruhanga before they were given their real names?
- 2. How did Ruhanga test his sons?
- 3. Why did Ruhanga give his sons a test?

LESSON 32

TOPIC: PEOPLE IN OUR DISTRICT

SUB-TOPIC: (ETHINICITY) Tribes in our district. Read and write: Custom, Language, ethnic, group

TRIBES OF PEOPLE IN OUR DISTRICT

A tribe is a large group of people who speak the same language, have the same customs and eat the same food.

Examples of some tribes in our district and the languages they speak.

TRIBES LANGUAGE

Banyankole Runyankore

Bakiga Rukiiga
Bafumbira Rufumbira
Batooro Rutooro
Baganda Luganda

ACTIVITY

1. Define the term tribe?

2. Apart from Banyankore, name other tribes in your district.

LESSON 34

TOPIC: PEOPLE IN OUR DISTRICT

SUB-TOPIC: TRIBES IN OUR DISTRICT

Read and write: Marriage, Nuclear, Extended, biological, adoption.

FAMILY

A family is a group of people related by blood or marriage adoption.

TYPES OF FARMILIES

- Nuclear family
- Extended family

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<u>A nuclear family</u> is family made up of father, mother and biological children only.

Extended family is a family that is made of parents, children, and other relatives.

Roles of the father

- Heads a family
- Provides basic needs

Roles of a mother

- Looks after children
- Cooks food

Roles of children

- Collecting firewood
- Fetching water
- Grazing animals

ACTIVITY

- 1. Name any two members found in a nuclear family.
- 2. Who heads a family?
- 3. Give any two duties of children in a home.

LESSON 35

TOPIC: PEOPLE IN OUR DISTRICT

SUB-TOPIC: MIGRATION OF PEOPLE IN OUR DISTRICT

Read and write: Movement, migration, internal, medical care.

MIGRATION

Migration is the movement of people with their goods from one place to another for settlement.

TYPES OF MIGRATION

- Rural-urban migration
- Urban-rural migration
- ❖ Rural-rural migration
- Urban-urban migration

RURAL-URBAN MIGRATION

This is the movement of a group of people with their goods from villages to towns for settlement.

Causes of Rural-Urban Migration

- Poor education system in villages.
- Internal conflicts
- Low markets for goods
- Poor transport system in villages
- Good jobs in towns
- Good medical care in towns.

ACTIVITY

- 1. Write down any two types of migration?
- 2. Why do people migrate from villages to towns?
- 3. List any two problems faced by people living in towns.

LESSON 36

TOPIC: MIGRATION IN OUR DISTRICT

SUB TOPIC: MIGRATION OF PEOPLE IN OUR DISTRICT

Read and write: Urban, rural, shortage, settlement.

TYPES OF MIGRATION

URBAN-RURAL MIGRATION

Urban-rural migration is the movement of people and their goods from towns to villages.

Reasons/causes of urban-rural migration

- Shortage of land in towns.
- Overcrowding of houses in towns.
- High rate of accidents in towns.
- Shortage of food in towns.
- Lack of jobs in towns.
- Expensive life in towns.

Ways of encouraging urban-rural migration

Setting up industries in rural areas.

Providing social services in rural areas.

Promoting agriculture.

ACTIVITY

- 1. What is rural-urban migration?
- 2. Why do people migrate from towns to villages?
- 3. How is the government encouraging urban-rural migration.

LESSON 37

TOPIC: PEOPLE IN OUR DISTRICT

SUB-TOPIC: MIGRATION OF PEOPLE IN OUR DISTRICT Read and write: Social, drought, insecurity, disunity.

TYPES OF MIGRATION

RURAL-RURAL MIGRATION

Rural-rural migration is the movement of people with their goods from one village to another village.

Reasons/causes of rural-rural migration

- Social conflicts e.g. land, marriage.
- Insecurity in some villages
- Disunity among people.
- To look for water and pasture
- Drought
- Overpopulation.

Problems faced by people living in villages.

- Lack of piped water in some villages.
- Lack of electricity in some villages.
- Poor transport systems in some villages
- Poor education system in villages.

ACTIVITY

- 1. Write down any two reasons why people migrate from one village to another?
- 2. What is rural-rural migration?
- 3. How is poor transport network a problem to many areas of your district?

LESSON 38

TOPIC: PEOPLE IN OUR DISTRICT

SUB-TOPIC: SETTLEMENT PATTERNS OF PEOPLE

Read and write: Fertile, reliable, drainage, vector, floods.

<u>FACTORS INFLUENCING SETTLEMENT PATTERNS IN OUR</u> DISTRICT.

Soil fertility

Many people usually settle in areas with fertile soils.

Reliable rainfall

Areas which receive reliable rainfall usually attract many people.

Drainage

Areas which are properly drained in our district have very few people. This is because of:

- Floods.
- Vectors.

Social services.

People prefer to live in areas with good network, good medical services and water.

ACTIVITY

- 1. Write down any two factors that influence settlement patterns.
- 2. How does soil fertility influence the settlement of people?
- 3. Why do swampy areas have few people?

LESSON 39

TOPIC: PEOPLE IN OUR DISTRICT.

SUB-TOPIC: SETTLEMENT PATTERNS OF PEOPLE.

Read and write: Employment, peace, security, settlement, trade.

FACTORS INFLUENCING SETTLEMENT PATTERNS.

❖ Trade

Trade is a buying and selling of goods and services, more especially in towns.

❖ Employment

Many people like to live near their work places.

❖ Food

Food is one of the basic needs of people.

People always want to live in areas with enough supply of food.

Peace and security

People want to live in a quiet and peaceful environment.

ACTIVITY

- 1. What is trade?
- 2. Why do people carryout trade?
- 3. Name any two places where trade takes place.
- 4. List any three examples of basic needs of people.

LESSON 40

TOPIC: PEOPLE IN OUR DISTRICT

SUB-TOPIC: POPULATION DISTRIBUTION Read and write: Dense, sparse, population

POPULATION

Population is the total number of people living in an area at a particular time.

POPULATION DISTRIBUTION

Population distribution is the way how people are spread in an area.

- Some areas have many people and therefore, we say they are densely populated.

- Other places have few people and therefore they are sparsely populated.

ACTIVITY

- 1. What is population?
- 2. Give any two places with;
- (a) Densely population
- (b) Sparsely population
- 3. Suggest any two reasons for;
- (a) Sparsely population
- (b) Densely population

LESSON 41

TOPIC: PEOPLE IN OUR DISTRICT SUB-TOPIC: Population distribution

Read and write: Settlement, Enough, Mountain slopes, valley.

Dense population

<u>Dense population</u> means an area with many people living in a particular place.

Examples of areas with dense population.

- Settlement patterns-valleys
- Mountain slopes-Urban centers
- River banks
- Areas near industries

Factors for a dense settlement partterns

- Presence of fertile soils
- Reliable rainfall
- High job chances
- Good educational services
- Enough food

Problems caused by dense settlement partterns

- Shortage of land
- Easy spread of diseases
- Shortage of food
- Poor sanitation

ACTIVITY

- 1. Identify any three examples of areas with dense population.
- 2. What is dense population?
- 3. Mention any two causes of dense population.

LESSON 42

TOPIC: PEOPLE IN OUR DISTRICT SUB-TOPIC: Population distribution

Read and write: War, disasters, diseases, infertility

Sparse settlement partterns

This is a type of settlement with few people living in that area.

Examples of areas with sparse settlement patterns

- Dry areas
- Areas with infertile soils
- ❖ Areas near game parks
- War affected areas

Factors that cause sparse settlement

- Infertile soils
- Outbreak of pests diseases
- Outbreak of wars
- Lack of jobs
- Natural disasters
- Poor social services
- Drought

ACTIVITY

- 1. What do you understand by the term sparse settlement patterns?
- 2. Give any two examples of areas which are sparsely populated.
- 3. Mention some factors of sparse population.

LESSON 43

TOPIC: PEOPLE IN OUR DISTRICT

SUB-TOPIC: Types of work done by people in the district.

Read and write: Earn, lumbering, fishing, preserve.

WORK

Work-This is any productive activity done by people to earn a living.

Economic activities include;

- Fishing
- Brick making
- Modeling
- Teaching
- Office work
- Carpentry

FISHING

Fishing is the extraction (catching) of fish from water bodies.

Types of fish

- Tilapia
- Mudfish
- Cat fish
- Nile parch

Methods of fishing

- Use of hooks
- Use of fishing nets
- Use of spears
- Use of fishing buckets.

ACTIVITY

1. Define the term fishing?

Give any three ways of catching fish

3. List any three types of fish caught in Uganda.

Mention any four examples of water bodies.

LESSON 44

TOPIC: PEOPLE IN OUR DISTRICT

SUB-TOPIC: Types of work people do in our district.

Read and write: Pressure, Freezing, Fisherman, Fish monger.

Ways of preserving fish.

Local methods of preserving fish

- By salting
- By sun drying
- By smoking

Modern methods of preserving fish

- By tinning
- By freezing

NOTE:

- A person who catches fish from water bodies is called a **fisher man**.
- A person who sells fish is a fisher monger

ACTIVITY.

- 1. Give any three modern ways of preserving fish.
- 2. Give the meaning of the following terms
 - a) Fish monger
 - b) Fisherman
- 3. List any three uses of fish to man.

LESSON 45

TOPIC: PEOPLE IN OUR DISTRICT

SUB-TOPIC: Types of people in our district

Read write: Surplus, farming, employment, grow.

FARMING

Farming is the keeping of animals and growing of crops.

- Farmers grow both food crops and cash crops.
- Crops are grown for eating and the surplus is sold.
- Farmers also keep animals on a small scale like cattle, goats, sheep and pigs.

TYPES OF FARMING

Mixed farming Substance farming Plantation farming

Importance of farming

- Source of food
- ❖ Source of income
- Source of employment

ACTIVITY

- 1. Define the term farming
- 2. Mention any two examples of food crops.
- 3. Identify any three importance of farming.

LESSON 46

TOPIC: PEOPLE IN OUR DISTRICT

SUB-TOPIC: Types of work done by people in our district Read and write: Business, industry ,demand, utensils, pottery

Brick making and brick laying

- i) Brick making is the process of making bricks out of clay Brick making acts as a source of income.
 - ii) Pottery.

Pottery is the making of utensils like pots, cups out of clay. Clay is well shaped and mixed and shaped into different designs Therefore, pottery also act as a source of income and employment.

ACTIVITY

- 1. Define the term brick making.
- 2. Name any two examples of utensils made of clay.
- 3. Identify the raw material used to make cups.
- 4. What is an industry?

LESSON 47

TOPIC: PEOPLE IN OUR DISTRICT

SUB-TOPIC: Types of work people do in our community.

Read and write: Saving, electricity, transportation, fuel, beverages

TRADE

Trade is a buying and selling of goods and services.

Examples of trade items (goods)

- Fuel
- Coffee
- ❖ Food
- Cars
- Crops
- Bevarages
- Animals
- Shoes

Examples of places where trade takes place.

- Markets
- ❖ Shops
- Lake shores
- Homes
- Roadsides

ACTIVITY

- 1. What do we mean by the term trade?
- 2. List down four examples of trade items.
- 3. Name any three examples of trade services.

LESSON 48

TOPIC: PEOPLE IN OUR DISTRICT

SUB-TOPIC: Types of work people do in our district

Read and write: Security, Currency, Peace, Money, Medium, unity Factors that promote trade

Good security

- Peace and stability
- High market for goods
- Presence of trade items.
- Good transport
- Good weather
- Unity among people

Problems faced by traders

- Shortage of trade items
- Bad weather
- Poor transport systems
- Thieves and robbers

- Use of money
- Lack of money among people

NOTE; Money is also called currency.

ACTIVITY

- 1. State any four factors which can influence trade in an area.
- 2. List down three problems faced by traders.
- 3. Identify another name for money.

LESSON 49

TOPIC: PEOPLE IN OUR DISTRICT

SUB-TOPIC: Types of work people do in our district

Read and write: Raw materials, Basket, Straws, security, uniform.

CRAFT MAKING

Crafts are things made by people using hands with local materials **Examples of materials used to make crafts.**

- ❖ Sisal
- Straws
- Clay
- Banana fibers
- ❖ Wood
- Grass
- Palm leaves
- Papyrus reeds
- Products made from local materials
- Ropes
- Mats
- Plates
- Baskets
- Hats
- Teaching

Teaching is an activity which employs teachers to earn a living.

OFFICE WORK

People with different skills work in various offices.

Examples of office workers

- Secretaries
- Administrators
- Medical workers

ACTIVITY

- 1. What is the work of a secretary in an office?
- 2. How do people benefit from making crafts.

List any four materials made using local materials.

LESSON 50

TOPIC: PEOPLE IN OUR DISTRICT

SUB-TOPIC: Problems people face while working.

Read and write: Property, Safety, encourage, expensive, environment, suffering.

Problems people face while working,

(a) Wars and insecurity

Wars claim people's lives and destroy property.

 Insecurity is a situation where people are not certain about the safety of their lives.

Diseases

- Diseases cost a lot of money in treatment.
- Diseases make people weak and cannot work well.

(b) Poor medical services

- People spend a lot of money to meet their health needs.
- Most hospitals in the district lack facilities.

ACTIVITY

- 1. How do diseases affect people at work?
- 2. State any four problems faced by people at work.
- 3. Mention the effect of wars on people.

LESSON 51

TOPIC: PEOPLE IN OUR DISTRICT

SUB-TOPIC: Problems people face while working

Read and write: Poverty, Skills, impassable, miserable, illiterate,

knowledge.

Problems faced by people while working.

Poor transport and road networking.

A number of roads in the district are not tarmacked. Therefore these roads become impassable to ride upon especially in wet weather.

❖ Lack of skills

People should have knowledge and skills in order to use modern machines. Un skilled people are not so productive many people in the district are illiterate because they cannot provide skilled labour.

❖ Poverty

Poverty is a condition of being poor and not having enough resources to meet one's needs.

Lack of basic needs such as food , health, clothing and houses makes people miserable.

ACTIVITY

- 1. Give one problem of murram roads.
- 2. What is poverty?
- 3. Give one advantage of knowing how to read and write.

LESSON 52

TOPIC: PEOPLE IN OUR DISTRICT

SUB-TOPIC: Problems people face while at work.

Read and write: Laziness, weather, corruption, government, selfish,

family

Laziness.

Lazy people cannot have better living standards. They cannot provide basic needs to their families.

Soil erosion

Running water over the high lands leads to the washing away of top soil leaving the land bare without fertility. Farmers get very few yields on that land.

Corruption

Corruption is the misuse of government services for personal gains. As a result people in the district who are supposed to get services end up getting poor services or none at all.

ACTIVITY

- 1. What is the cause of laziness among people?
- 2. What are some of the problems caused by corruption?
- 3. Identify any two agents of soil erosion.
- 4. Define the term soil erosion?

LESSON 53

TOPIC: PEOPLE IN OUR DISTRICT

SUB-TOPIC: Types of social activities in our district.

Read and write: Bride, groom, relative, ceremony, exchange.

Social activities

Social activities are activities that bring people together in communities.

Types or examples of social activities.

Introduction before marriage

The groom is then introduced to the bride's parents in the presence of her relatives, friends, religious people and neighbors.

The groom gives lots of gifts to bride's parents.

Marriage

Marriage is a legal union between a man and a woman as husband and wife.

Types of marriage.

- Religious marriage
- Customary marriage
- Civil marriage

Reasons why people marry.

- They promote unity
- They promote culture
- They strengthen family and clan norms

ACTIVITY

- 1. Define the term social activities.
- 2. Give any three examples of social activities.
- 3. What term is used to mean a legal union between a man and a woman?

LESSON 54

TOPIC: PEOPLE IN OUR DISTRICT.

SUB-TOPIC: Types of social activities in our district

Read and write: child, birth day, new born, gift, congratulate.

Wedding ceremony

Wedding ceremony is the marriage mainly done by religious people in churches, and mosques. In this ceremony, before religious leaders, parents' relatives, friends and community members and leaders attend.

The groom (husband) and the bride (wife) exchange vows and rings and agree to stay to gather for life. After the occasion, cerebration is held.

CHILD NAMING

Tradition of naming a child (the surname) is followed with celebration in most cultures; the new born child is taken to its grandparents and parents to give a name.

It is a ceremony where family members and relatives are called upon to witness the event.

ACTIVITY

- 1. Give one social activity that you have ever been involved in.
- 2. What is the use of naming a child?
- 3. Name any three places where wedding takes place.

LESSON 55

TOPIC: PEOPLE I OUR DISTRICT

SUB-TOPIC: Types of social activities in our district.

Read and write: Circumcision, witness, twins, newborn, giving birth.

Examples of social activities.

Circumcision is a social activity carried out to indicate that a boy has become a man.

Examples of tribes that circumcise.

- Bakonjo
- ❖ Bagishu
- Nubians
- ❖ Bamba

Examples of some districts which carryout circumcision

- Bundibugyo
- Kasese
- Kapchorwa
- ❖ Mbale
- Sironko

CHILD BIRTH

When a child is born in a family, relatives, friends and community-people; both young and old come to see the new born child. They bring gifts and money to congratulate the parents.

TWIN NAMING

These are the two children born to one mother at the same time.

Twins are given special names according to different cultures. At the same time the parents.

ACTIVITY

- 1. What names are given to twins in your culture?
- 2. What traditional names are given to parents who give birth to twins?
- 3. Name any two districts that carry out circumcision.

LESSON 56

TOPIC: PEOPLE IN OUR DISTRICT

SUB-TOPIC: Types of social activities in our district.

BURIAL

Burial of the dead is a special day when the living sends off the dead one. The religious people and the mourners pray for the dead so that God forgives him/her things that went wrong when still alive.

FUNERAL RITES

The rites are observed to remember the dead one and also appoint someone from the family members to take over responsibility or remain in charge of the property of the dead one.

The heir or the next of kin is blessed with the power of care.

During the function people drink, eat and offer gifts or presents and advice to the heir.

ACTIVITY

- 1. Why are funeral rites organized?
- 2. State the roles of the heir or the next of kin in the family.

LESSON 57

TOPIC: PEOPLE IN OUR DISTRICT

SUB-TOPIC: Importances of social activities.

Read and write: culture, promote, behaviour, respect, leadership, joy.

Importance of social activities.

- They promote unity
- They promote culture
- They strengthen the family and clan norms.
- They keep different families together.
- They promote working together.
- They promote good and acceptable behavior.
- They entertain the people in the society.
- They promote leadership skills among the people.

Culture

It is defined as the people's way of behaviour.

Examples of cultures

- Naming
- Circumcision.
- Burial types
- Dressing style
- Dancing styles
- Burial type
- Initiation
- Marriage.

ACTIVITY

- 1. Write any three importances of social activities.
- 2. What is culture?
- 3. Give any four examples of culture.

LESSON 58

TOPIC:PEOPLE IN OUR DISTRICT

SUB-TOPIC: Factors influencing people's way of life. Read and write: Income, quality, health, healthy, security.

<u>WORK</u>

People who have work to do, they have income that helps them to meet their needs. Those who do not work find it very difficult to have a good life.

Availability of food.

- We need food to grow and become healthy.
- Health people are free from diseases and live longer.
- Healthy people also can do work to live a better life.

Security

Districts that are safe and secure are normally busy.

- Farmers fill the land while businessmen and women are busy in their shops and markets.

ACTIVITY

- 1. Why should people work?
- 2. What is the importance of food to man.
- 3. Name any two security organs you know.

LESSON 59

TOPIC:PEOPLE IN OUR DISTRICT

SUB-TOPIC: Factors influencing people's way of life

Read and write: institution, education, jobs, weak, diseases, death.

Factors influencing people's way of life.

Education.

- Proper education helps gain knowledge and skills.
- Educated and qualified people get job's earn money and are able to provide for their needs to live a happy life.

Diseases.

- Diseases make one weak, sick and even cause death.
- Sick and weak people cannot work.
- Disease- free areas are always occupied by many people.

Activity

- 1. Mention two health habits that can help people to remain healthy.
- 2. Why is education very important in your community
- 3. States any four places where education takes place.

LESSON 60

TOPIC: PEOPLE IN OUR DISTRICT

SUB-TOPIC: Factors influencing people's way of life.

Read and write: unemployment, disunity, laziness, burden.

<u>Unemployment.</u>

Unemployment is the state of having no job.

Dangers of unemployment

- Shortage of basic needs
- Causes theft
- It increases the dependence burden
- It causes misery

Causes of unemployment

Lack of knowledge and skills

- Sickness
- Overpopulation
- Disunity
- Laziness

ACTIVITY

- 1. Explain the term unemployment
- 2. Give any two causes of unemployment.
- 3. State any three dangers of unemployment.

LESSON 61

TOPIC: PEOPLE IN OUR DISTRICT

SUB-TOPIC: Factors influencing people's way of life in our district.

Read write: Poverty, drought, diseases, family heads, floods,

insecurity.

POVERTY

Poverty is the state of being unable to provide for one's self basic needs.

Causes of poverty

- Lack of jobs
- Insecurity
- Natural disasters like drought, floods, diseases.
- Death of family members.

Trade

Trade is the buying and selling of goods and services.

Trade helps people earn money. Therefore, trading centers attract many people.

ACTIVITY

- 1. Define any three causes of poverty.
- 2. Write any three causes of poverty
- 3. Name any three examples of natural disasters.

LESSON 62

TOPIC: PEOPLE IN OUR DISTRICT

SUB-TOPIC: Factors influencing people's way of life in our district. Read and write: Communication, Gesture, Drum, Whistling, sending, receiving.

COMMUNICATON

Communication is the sending and receiving of massages/information.

TYPES OF COMMUNICATION

Verbal communication

This is the type of communication through the word of mouth.

Non-verbal communication

This is the type of communication where people use gestures, signals, and writing while communicating.

❖ Forms of communication

(a) Traditional forms of communication

Examples are;

Drums, Smoke, Alarms, Whistles (b) Modern forms of communication Examples;

Telephones, Computers, Television

ACTIVITY

- 1. Define the term communication.
- 2. State two types of communication in our district.
- 3. Name any three examples of modern forms/methods of communication.

LESSON 63

TOPIC: PEOPLE IN OUR DISTRICT

SUB-TOPIC: Factors influencing people's way of life in our district. Read and write: Internet, information, radio, fax, message, telephone.

MEANS OF COMMUNICATION

Radio, Telephone, Television, Internet, Newspapers, Clapping, Fire signals, Whistling Druming.

MASS MEDIA

Mass media is the way people or the masses get information.

Examples of mass media are;

Radios, Television, Magazines, Newsletters

IMPORTANCE OF COMMUNICATION

- Provides information to people
- Educates people about new issues
- Provides entertainment to people through music and films.
- Provides jobs (employment) to people.

ACTIVITY

- 1. Give any three importance of communication to people.
- 2. How is a radio useful to people in your district.
- 3. Name any three examples of newspapers you know.

LESSON 64

TOPIC: PEOPLE IN OUR DISTRICT

SUB-TOPIC: Factors influencing people's way of life in our district. Read and write: Air transport, railway, movement, Water transport, road transport.

TRANSPORT

Transport is the movement of people and goods from one place to another.

TYPES OF TRANSPORT

There are main types of transport namely;

- Road transport
- Railway
- Air transport
- Water transport

Road transport is the movement on roads using cars, lorries, buses, bicycles, motorcycle etc.

Air transport is the movement by air ;aero planes and helicopters are the means of transport used.

Water transport

This is the movement on water using boats, canoes, ships, and ferries.

ACTIVITY

- 1. Define the term transport.
- 2. Name any three types of transport you know.
- 3. Identify any three means of road transport.

LESSON 65

TOPIC: PEOPLE IN OUR DISTRICT

SUB-TOPIC: Factors influencing people's way of life in our district.

Read write: pipeline, lorries, train, railway, motorcycle.

Liquid goods such as oil ,petroleum, diesel can best transport by pipeline.

Pipeline transport

This is the type of transport which is used to carry or transport liquids and gases

Liquid goods such as oil, petroleum, diesel can be best transported by pipeline.

Means of transport

- (a) Road transport-Lorries, buses, taxis, bicycles, motorcycles and cars.
- (b) Railway transport-trains
- (c) Air transport-airplanes, rockets
- (b) Water transport-ships, boats, canoes, ferries.

Places where transport services are provided.

Air transport, air fields, bus park, railway stations, barbers.

ACTIVITY

- 1. Name two commodities
- 2. List any three means of road transport
- 3. Where do ships anchor?

LESSON 66

TOPIC: FOREIGN INFLUENCE IN UGANDA

SUB-TOPIC: Slave trade

Read and write: Slave, slavery, captives, depopulation.

Tabora was the largest island slave market in East Africa.

ACTIVITY

- 1. How did slave trade lead to the decline of agriculture in Uganda.
- 2. Give any one a agreement that was signed to end slave trade in East Africa.
- 3. How did the construction of Uganda railway help to abolish slave trade.
- 4. What role played by Dr, David living stone in the abolition of slave trade.