



EWALDI COMMUNITY SCHOOL
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CONTENT BREAKDOWN FOR P.4 SCIENCE TERM TWO 2023

THEME 1: HUMAN HEALTH

1. FOOD
2. CLASSES OF FOOD THAT MAKE UP A BALANCED DIET
3. DIET FOR DIFFERENT GROUPS OF PEOPLE
4. MALNUTRITION
5. DEFICIENCY DISEASES
6. HOW FOODS GET CONTAMINATED
7. FOOD PRESERVATION

THEME 2: HUMAN BODY

1. HUMAN BODY ORGANS
2. THE HEART AND LUNGS

3. KIDNEYS AND URINARY BLADDER
4. TEETH
5. DISEASES OF THE TEETH
6. GERMS AND DISEASES
7. VECTORS
8. MOSQUITOES
9. TSETSE FLIES
10. BED BUGS AND COCKROACHES
11. FLEAS
12. LICE
13. DOGS
14. JIGGERS

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THEME: HUMAN HEALTH

TOPIC: FOOD AND NUTRITION

WEEK 1

LESSON 1

Date	class	subject	No. of pupils			Time	Teacher's name
			B	G	T		

VOCABULARIES

1. Food nutrients
2. Nutrition
3. Feeding
4. Food
5. Balanced diet
6. Malnutrition
7. Deficiency diseases

Food:

Food is anything good and clean to eat or drink.

Nutrition:

Nutrition is a process by which food is taken in and used by the body.

Food nutrients

Food nutrients are elements found in food which when absorbed into the body perform different functions.

Feeding:

Feeding is the taking in of food.

Balanced diet

Balanced diet is a meal containing all food values in their right amount.

Why do people eat?

1. There are many reasons why people eat and drink.
2. Some are connected to the 5H's.
 - a) To stop hunger
 - b) To be healthy
 - c) To show hospitality
 - d) It is a habit
 - e) To show happiness.

ACTIVITY

Tricky and logical questions to trick and evaluate the learning process.

GENERAL EVALUATION

SELF EVALUATION	STRENGTH	WEAKNESS	WAY FORWARD

LESSON 2

Date	class	subject	No. of pupils	Time	Teacher's name
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			B	G	T		

The above reasons are known as

(Five) 5H'S

Habit

At different times of the day we need to eat and drink.

Hunger: This is when our stomachs are empty and therefore we need food.

Hospitality: This is a custom to offer food to visitors or guests.

Happiness: We enjoy eating certain foods to feel happy or when we are happy.

Health: Some foods and drinks are needed for good health.

Uses of food in the body

- Food provides energy to the body
- Food keeps the body healthy.
- Food builds the body.
- Food provides warmth to the body.

CLASSES OF FOOD

- Carbohydrates (Go foods)
- Proteins (Grow foods)
- Vitamins (Glow foods)
- Mineral salts (Glow foods)
- Fats and oils
- Roughages
- Water

ACTIVITY

Tricky and logical questions to trick and evaluate the learning process.

GENERAL EVALUATION

SELF EVALUATION	STRENGTH	WEAKNESS	WAY FORWARD

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LESSON 3

Date	class	subject	No. of pupils			Time	Teacher's name
			B	G	T		

The main classes of food;

- Proteins
- Vitamins and mineral salts
- Carbohydrates

The nutritive (valuable) classes of food :

- Proteins
- Carbohydrates
- Vitamins
- Mineral salts
- Fats and oils

The above form the

3G 's i.e G-

Go foods

G- Grow foods G - Glow foods

Non nutritive classes of foods

Roughage

- Water

Classesses of food and their values

CLASS	VALUE
1. Carbohydrates	Give energy and heat to the body.
2. Proteins	Build and repair the body.
3. Vitamins	Makes the body healthy.
4 Fats and oils	Give energy and heat to the body.
5. Mineral salts	Make the body healthy.

ACTIVITY

Tricky and logical questions to trick and evaluate the learning process.

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LESSON 4

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			B	G	T		

PROTEINS

1. Proteins are body building foods or grow foods because:
 - a. They build the body.
 - b. They repair worn out body tissues.
2. Proteins are classified into two:
 - a. Animal proteins
 - b. Plant proteins

Food stuffs that give us proteins

Animal Proteins	Plant Proteins
1. fish	1. beans
2. meat e.g. beef, pork	2. ground nuts
3. eggs	3. peas
4. grasshoppers	4. soya beans
5. winged termites	5. sim - sim
6. cheese	6. sunflower seeds
7. yorghurt	7. cashew nuts
8. chicken	
9. milk	

3. Lack of proteins causes a deficiency disease called Kwashiorkor.

ACTIVITY

Tricky and logical questions to trick and evaluate the learning process.

LESSON 5

Date	class	subject	No. of pupils			Time	Teacher's name
			B	G	T		

CARBOHYDRATES

1. Carbohydrates are foods that give us energy and heat to the body.

Examples of food stuffs rich in carbohydrates:

- a) Cassava
- b) Posho
- c) Maize
- d) Rice
- e) Wheat
- f) Millet
- g) Sorghum
- h) Irish potatoes
- i) Yams
- j) Sugar canes
- k) Jam
- l) Chocolates
- m) Sweets
- n) Honey
- o) Biscuits etc.

- Lack of carbohydrates in the diet causes Marasmus or starvation.

Note:

All starchy foodstuffs and sugary foodstuffs are rich in carbohydrates.

MINERAL SALTS

Iron

- Iron is necessary to form the red pigment or substance in the blood called Haemoglobin.
- Haemoglobin transports oxygen from the lungs to the rest of the body.
- Lack of iron in the diet causes anaemia.
- Anaemia is also caused by lack of red blood cells or Haemoglobin.

Sources of iron (food stuffs rich in iron)

- Beans
- Meat
- Liver
- Green vegetables
- Groundnuts
- Eggs
- Fish
- Peas
- Kidney

ACTIVITY

Tricky and logical questions to trick and evaluate the learning process.

GENERAL EVALUATION

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WEAK 2

LESSON 1

Date	class	subject	No. of pupils			Time	Teacher's name
			B	G	T		

Iodine

1. Lack of iodine causes goitre
2. This is a swelling in the neck region.

Food sources of iodine

- a). Sea fish
- b). Iodized salt
- c). Oysters
- d). Sea water

Calcium

1. It is necessary for the formation of strong bones, teeth and nails.
2. It regulates heart, nerve and muscle activities.
3. Lack of calcium causes stunted growth and rickets.

Sources of calcium (food stuffs rich in calcium).

- a) Milk
- b) Small dried fish
- c) Pounded egg shells
- d) Egg yolk
- e) Beans
- f) Cauliflower
- g) Cheese

The food value gained from mineral salts:

Health (body protection)

ACTIVITY

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GENERAL EVALUATION

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LESSON 2

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			B	G	T		

Fats and oils

1. These provide the body with more energy and heat than carbohydrates.
2. In animals, fats are stored under the skin.

Sources of fats and oils

- | | |
|-------------|----------------|
| a) Milk | e) Ground nuts |
| b) Butter | f) Sim – sim |
| c) Cheese | g) Ghee |
| d) Egg yolk | h) Palm oil |

VITAMINS (Glow Foods)

1. Vitamins are foods needed to make the body strong against diseases.
2. Keep the body healthy.
3. The following are vitamins, sources and the diseases the body suffers if it does not get the vitamin.

VITAMIN	FOOD RICH IN VITAMIN	DISEASE
A	Green vegetables, milk, carrots, paw paws, liver, orange, animal fats, butter, margarine	-Poor sight -Night blindness
B₁	Unpolished rice, (cereals) palm vine, lean meat, kidney, bread, groundnuts, milk	Beriberi
B₂	Yeast, groundnuts, meat and egg white	Pellagra
C	Fresh fruits, green vegetables, red pepper, prepared concentrated drinks	Scurvy
D	Liver, egg yolk, fish, margarine, - It is formed in the skin by sunlight.	Rickets

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			B	G	T		

ROUGHAGE

Roughages are the indigested fibres from the cell walls of plants.

Importance of roughage

- a) Roughage allow easy movement of food through the walls of the small and large intestines.
- b) Prevents constipation.
- c) Reduces colon cancer.
- d) Allows easy digestion of food

Sources of roughage

- a) Green leafy vegetables
- b) Sweet potatoes
- c) Cassava

Note: Lack of roughages in the diet causes constipation.

WATER

Uses of water in the body

- a) Water helps in easy digestion and absorption of food.
- b) Water helps in controlling body temperature by sweating.
- c) Water is present in the synovial fluids so it reduces friction.
- d) Water forms the most part of the blood.
- e) It assists in the removal of waste products like urine and sweat.

N.B

- a. Because of the above reasons, if someone gets an accident and loses blood, he is first given water through drip.
- b. It is also advisable for a person to drink a glass of water every after a good meal to help in good digestion and absorption of food.

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			B	G	T		

Food sources of water

- a) Tea
- b) Coffee
- c) Soup
- d) Fruit drinks
- e) Fresh fruits
- f) Milk
- g) Concentrated bottled drinks etc.

A BALANCED DIET

A balanced diet is a meal containing all food values in their right amount.

Below is an example of a balanced diet.

Proteins

Meat

Carbohydrates

rice

Roughages

Green
vegetables

Mineral Salts

Common salts

Vitamins

Fresh fruits like oranges or mangoes

Fats and Oils

Kimbo

Water

DEFICIENCY DISEASES

1. Deficiency diseases are diseases caused by lack of certain classes of food in one's

diet.

2. When there is a shortage of some food values in the body, people become weak and suffer from deficiency/ malnutritional diseases.

ACTIVITY

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LESSON 5

Date	class	subject	No. of pupils			Time	Teacher's name
			B	G	T		

Malnutrition.

Malnutrition is the condition when the body does not receive enough of essential food values.

Examples of malnutritional diseases

- i. Marasmus
- ii. Kwashiorkor
- iii. Aneamia
- iv. Goiter
- v. Scurvy
- vi. Rickets
- vii. Beri-beri

MARASMUS

1. Marasmus is a deficiency disease caused by lack of enough carbohydrates in the body.
2. People who do not get enough food to eat also suffer from marasmus.

Signs and symptoms of marasmus

- a) The eyes are very bright.

- b) The face looks like that of an old man.
- c) One becomes very thin.
- d) The child is under weight.
- e) Potbelly.
- f) Diarrhoea at times.



Prevention

It can be prevented by giving the child foods rich in carbohydrates.

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WEAK 3

LESSON 1

Date	class	subject	No. of pupils			Time	Teacher's name
			B	G	T		

KWASHIORKOR

Lack of proteins causes a deficiency disease called Kwashiorkor.



Signs and symptoms of kwashiorkor

- a) Swollen moon face.
- b) Brown hair.
- c) Swollen hands and feet.
- d) A child does not want to eat.
- e) The child does not grow.
- f) The child gets anaemia.
- g) The child gets diarrhoea.
- h) Swollen stomach.

Prevention and control of kwashiorkor

- a) Feed the child with food rich in proteins.
- b) Take the child to hospital.

SCURVY

1. A person who does not eat enough vegetables and fruits may get scurvy.
2. This is so because he/ she lacks enough vitamin C.

Signs of scurvy

- a) Bleeding gums in the mouth.
- b) Wounds do not easily heal.
- c) The person is very weak.

Prevention of scurvy

Feed the person on foods rich in vitamin C.

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GENERAL EVALUATION

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LESSON 2

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			B	G	T		

RICKETS

1. Rickets is caused by lack of enough vitamin D in the body.
2. Rickets mainly attack children who keep in-doors all the time.
3. Vitamin D can be got from fatty foods like, fish, milk and eggs.
4. Sunlight is another source of vitamin D to our bodies.



Signs of rickets

- a) Bones are soft and swollen.
- b) Bones are weak and bow- shaped.

Preventing rickets

- a) Bring a child into sunshine for a short time every morning.
- b) Give the child foods rich in vitamin D.

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			B	G	T		

NIGHT BLINDNESS

1. Some times some people are not able to see properly when there is little light.
2. For example, they may not see properly in the evening when it is getting dark or in the room which is not well lit.
3. Such people are suffering from night blindness.
4. Night blindness is caused by shortage of vitamin A in one's body.

Preventing night blindness

Eat foods rich in vitamin A.

GOITRE

This is a deficiency disease caused due to lack of iodine in the body.



SOURCES OF IODINE

- a) Sea fish
- b) Iodized salt

ACTIVITY

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LESSON 4

Date	class	subject	No. of pupils			Time	Teacher's name
			B	G	T		

BERI-BERI

This is a deficiency disease caused due to lack of Vitamin B1.

MINERAL SALTS

- Mineral salts are health giving food
- Mineral salts keep our bodies healthy.

EXAMPLES OF MINERAL SALTS

- Iron** : Helps in formation of hemoglobin in blood.
Hemoglobin is the red pigment in blood.
Sources of iron are beans, liver, meat, milk, millet etc.
- Calcium**: Helps in the formation of strong bones and teeth
Sources of calcium are dry fish, milk, eggs, grains etc.
- Phosphorus**: They help in strengthening the bones and teeth.
- Magnesium**: They help in strengthening the bones and teeth.
- Potassium**: They help in strengthening the bones and teeth.
- Fluoride**: Protects the tooth against decay.
It also helps in the formation of strong teeth.
- Iodine**: For proper functioning of thyroid glands. The thyroid glands are found in our neck and failure to get enough iodine, they swell and become big.
- Sodium**: It helps body fluids to do their work.

ACTIVITY

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LESSON 5

Date	class	subject	No. of pupils			Time	Teacher's name
			B	G	T		

FOOD HYGIENE

Food hygiene is the keeping of food free from germs.

Proper handling of food.

1. Food is good but it can become harmful when not handled well.
2. Germs get to it and cause diseases to us when we eat it.
3. There are different ways of proper handling of food.

Ways of handling food

- a) Cooking food helps to kill germs.
- b) Washing food helps to remove germs.
- c) Keeping cooked food covered. Covering of food keeps disease carriers away from it.
- d) People should also cover their mouth while coughing and sneezing. This prevents germs from getting to the food when it is being served.

How food gets dirty

- a) Serving food with dirty hands.
- b) Serving food in dirty utensils.
- c) Flies contaminate food when they sit on it.
- d) Dust contaminates food when it settles on it.
- e) Sneezing over food when serving it
- f) Serving and eating food from a dirty place can also make food contaminated.

ACTIVITY

Tricky and logical questions to trick and evaluate the learning process.

GENERAL EVALUATION

SELF EVALUATION	STRENGTH	WEAKNESS	WAY FORWARD

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WEAK 4

LESSON 1

Date	class	subject	No. of pupils			Time	Teacher's name
			B	G	T		

PRESERVING FOOD.

Food preservation is the keeping of food under good methods for future use without going bad.

Ways of preserving food

- Smoking
- Tinning / Canning
- Sun drying
- Salting
- Refrigeration

Food security

Food security is when a family/community has enough food for eating all the round.

How to achieve food security

- Growing enough food
- Proper storage
- Preservation of food
- Practice good farming methods

Importance of food security

- The family has enough food to eat the whole year around.
- Prevents deficiency diseases in the family

ACTIVITY

Tricky and logical questions to trick and evaluate the learning process.

GENERAL EVALUATION

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LESSON 2

Date	class	subject	No. of pupils			Time	Teacher's name
			B	G	T		

BAD EATING HABITS AND THEIR DANGERS.

Bad eating Habits	What comes from the Bad eating Habits
1. Eating with unwashed hands.	-You can get diarrhoeal diseases.
2. Talking with food in the mouth.	-It can choke you.
3. Chewing food with the mouth open	- Food particles can fly out to other People's food or clothes
4. Improper sitting while eating.	-Shows lack of respect for it. It is a sign of Indiscipline.
5. Swallowing food which is not chewed properly.	-It causes stomach pain.

Food	Preparations required	Ways of cooking	Name of dish
1. Cassava Matooke Potatoes	Peeling Washing Mashing Covering	Boiling Roasting Deep frying Steaming	Katogo Cassava bread Mashed Roasted Boiled Deep fried (chips)
2. Rice Beans Peas Groundnuts	Sorting Washing	Boiling Frying Roasting	Boiled Fried (pilawo) Roast Stew
3. Millet flour Maize flour Sorghum flour	Sieving Mixing into a paste	Boiling Mingling	Millet/posho Sorghum/bread porridge
4. Fruits	Washing Cutting Squeezing	-	Juice Salad
5. Vegetables	Sorting Washing Cutting	Boiling Steaming Frying	Salad Boiled Steamed
6. Meat Chicken	Washing Cutting	Roasting Boiling Stewing Frying	Roasted Boiled Stewed Deep fried

ACTIVITY

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GENERAL EVALUATION

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LESSON 4

Date	class	subject	No. of pupils	Time	Teacher's name
------	-------	---------	---------------	------	----------------

			B	G	T		

PREPARING LOCAL DISHES/FOOD

Ways of preparing some of the common foods

1. Foods that we eat are prepared in different ways
2. Examples of these ways include:
 - a) Boiling
 - b) Roasting
 - c) Frying
 - d) Steaming
 - e) Squeezing
 - f) Stewing
 - g) Mingling

THEME: HUMAN BODY ORGANS

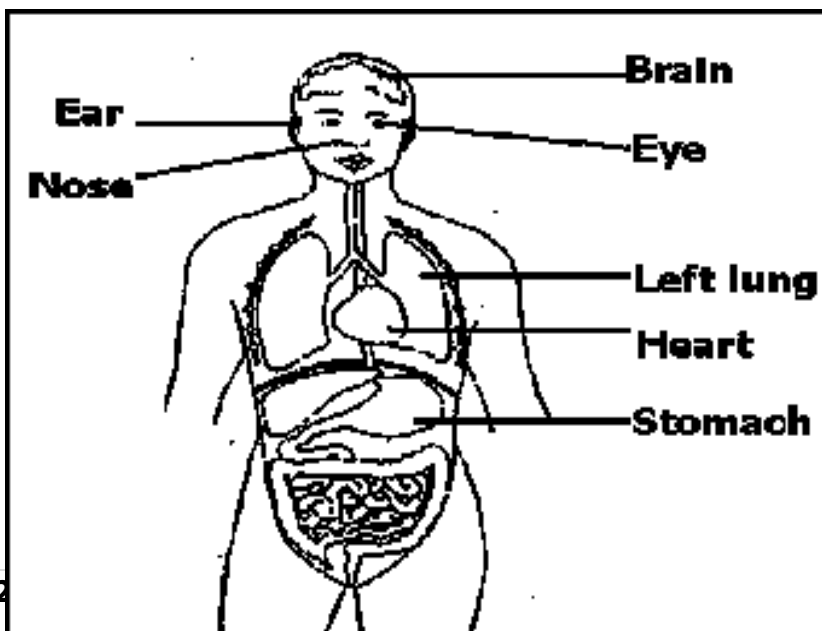
TOPIC 6: HUMAN BODY PARTS

VOCABULARIES

- a. An organ
- b. A tissue
- c. A cell
- d. A system

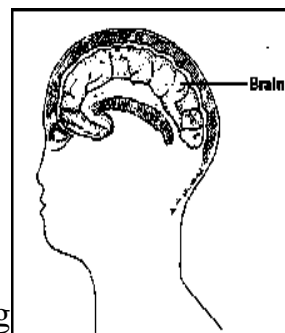
AN ORGAN

1. The human body is made up of many parts called organs.
2. An organ is a part of the body that does a special work.
3. Some organs can be seen i.e. external organs e.g. eyes, nose, ears and tongue.
4. Others are inside the body i.e. internal organs e.g. lungs, heart, kidney, liver and brain.



Body organ in the head and its function

1. The brain is the body organ in the head.
2. It controls all the body actions i.e. tells the body what to do, when to do it and how to do it.
2. Some of the body actions controlled by the brain
 - a) Sitting
 - b) Raising your arms
 - c) Kicking
 - d) Rolling etc.



include

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LESSON 5

Date	class	subject	No. of pupils			Time	Teacher's name
			B	G	T		

Uses of the brain

- i. For thinking
- ii. For remembering/recalling
- iii. For body balance
- iv. For storing information
- v. For reasoning or learning

Body organs on the head and their functions

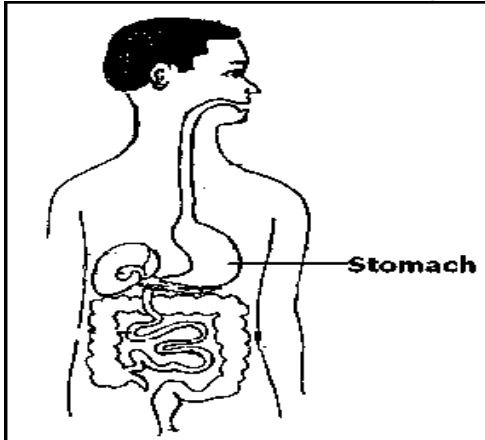
Body organs on the head include;

- a) Eyes for seeing
- b) Ears for hearing
- c) Nose for smelling



Body organ in the abdominal cavity

1. The stomach is like a bag, which holds food for some time.
2. The food enters through the mouth and moves along the gullet to the stomach.



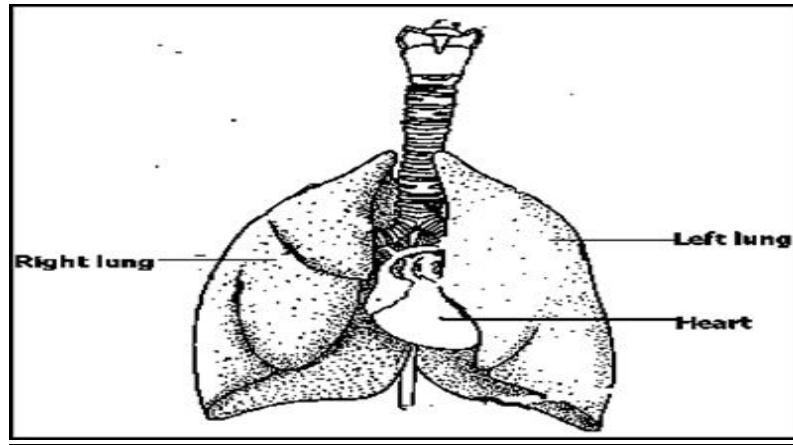
Body organs in the chest cavity (heart and lungs)

The Heart

- a) The heart is a body organ found in the chest near the left lung.
- b) The heart pumps blood to all parts of the body.

The Lungs

- a) Human beings have got 2 lungs i.e. right and left lungs
- b) Lungs pick oxygen needed by the body from the air we breathe in.
- c) The lungs help us to breathe in air / oxygen through the nose.
- d) From the lungs oxygen enters the blood.
- e) They also remove carbon dioxide, which is not needed by the body as we breathe out.
- f) **Breathing** is the taking in and out of air in the body.
- g) **Respiration** is the process by which the body uses food and oxygen to set free water vapour, carbon dioxide and energy



ACTIVITY

Tricky and logical questions to trick and evaluate the learning process.

GENERAL EVALUATION

SELF EVALUATION	STRENGTH	WEAKNESS	WAY FORWARD

WEAK 5

LESSON 1

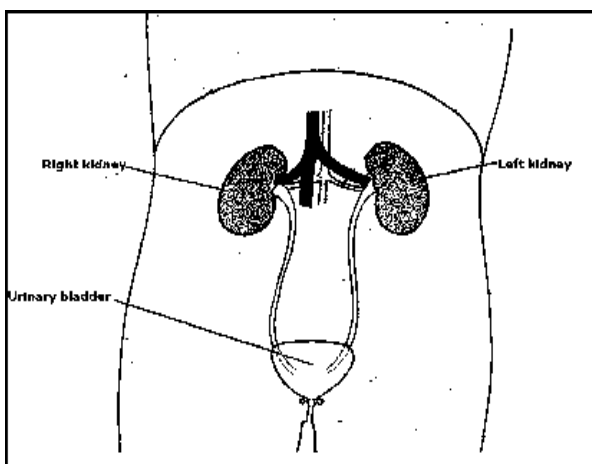
Date	class	subject	No. of pupils			Time	Teacher's name
			B	G	T		

Kidneys and urinary bladder

1. Human beings have two kidneys i.e. the left and right kidneys.
2. Kidneys are connected to the urinary bladder.
3. The urinary bladder stores urine.

Functions of the kidney

- i. Filters blood to remove wastes
- ii. Controls waste and salt levels
- iii. Regulates body temperature



How the human body works

1. The body does four basic things.
2. The body takes in food, water and air.
3. Carries food and oxygen to all its parts.
4. Uses the food and oxygen to get energy.
5. It removes wastes.

How the body takes in food

1. Food enters the body through the mouth and goes down the stomach through the gullet.
2. It is then stored and later digested for body use.

ACTIVITY

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GENERAL EVALUATION

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LESSON 2

Date	class	subject	No. of pupils			Time	Teacher's name
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A SYSTEM

A system is a group of organs.

EXAMPLES OF BOBY SYSTEMS

- a) Digestive system
- b) Excretory system
- c) Respiratory system
- d) Skeletal system
- e) Circulatory system

QUESTION

QN. 1. How do we care for the following body organs?

1. Eye

- i. Avoid looking directly at the sun
- ii. Eat foods rich in vitamins
- iii. Avoid sharing handkerchiefs.
- iv. Visit an oculist/optician for checkups regularly.
- v. Wash them with clean water and soap.

2. Ears

- i. Wash ears everyday
- ii. Do not push sharp objects into the ear
- iii. Do not use sharp objects to clean ears
- iv. Avoid noisy places

3. Skin

- i. Bathing the body regularly with enough water
- ii. Avoid using bleaching chemicals.
- iii. Cover wounds and cuts
- iv. Avoid sharing under wears, towels and combs

4. Lungs

- i. Avoid tobacco smoking
- ii. Avoid dusty places
- iii. Avoid crowded places
- iv. Take children for immunization

5. Liver

- i. Regular physical exercises
- ii. Feeding on a balanced diet

6. Heart

- i. Doing regular physical exercises.
- ii. Eating a balanced diet.
- iii. Avoid smoking to avoid blood clots.

- iv. Having regular medical checkups.

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LESSON 3

Date	class	subject	No. of pupils			Time	Teacher's name
			B	G	T		

QN.2. Name the diseases that attack the following body organs:-

1. Liver

- Hepatitis
- Liver cancer

2. Eyes

- Trachoma
- Riverblindness
- Conjunctivitis
- Night blindness

3. Skin

- Leprosy
- Ring worms
- Scabies
- Impetigo
- Measles
- Athletes foot

4. Brain

7. Stomach

- Peptic ulcers
- Diarrhoea
- Dysentery

- Epilepsy

- Cerebral malaria

- Meningitis

5. Heart

- Heart attack
- Heart stroke
- Heart failure

6. Lungs

- Bronchitis
- Lung cancer
- Asthma
- Tuberculosis
- Diphtheria
- Whooping cough (pertussis)
- Pneumonia
- influenza
- Cholera

8. Kidney

- Kidney failure
- Kidney stones

iii. Bilharziasis

iv. Gonorrhea

Qn.3. Name any four disorders of the skin.

- i. Cuts
- ii. Burns
- iii. Scalds
- iv. Pimples
- v. Skin rash
- vi. Blisters

QN. 3. Mention the main functions of the different parts of the body below:-

(i). Stomach

Stomach stores all the food we eat.

(ii). Ears

Ears pick sound waves and information.

(iii). Bladder

It stores urine from the kidney.

(iv). Heart

Heart pumps blood to all parts of the body.

(v). Kidney

Kidney filters and purifies blood.

(vi). Liver

Liver controls amount of blood sugars in the body.

ACTIVITY

Tricky and logical questions to trick and evaluate the learning process.

GENERAL EVALUATION

SELF EVALUATION	STRENGTH	WEAKNESS	WAY FORWARD

LESSON 4

Date	class	subject	No. of pupils			Time	Teacher's name
			B	G	T		

THEME: HUMAN HEALTH

TOPIC 7: TEETH

vocabularies

1. Dental formular
2. A cavity
3. A dental brace
4. Cement
5. Dental hygiene
6. Crown
7. Neck
8. Root
9. Milk teeth
10. Permanent teeth
11. Incisor teeth
12. Canine teeth
13. Premolar teeth
14. Molar teeth
15. Enamel
16. Dentine

Functions of teeth to man

- a) The teeth help in eating.
- b) The teeth help in giving proper shape to the animal's mouth.
- c) Teeth help us in proper talking.

Sets of teeth

There are two sets of teeth:

- a) Milk teeth
- b) Permanent teeth

The milk teeth

1. This is the first set a person develops.
2. They are not as strong as the permanent teeth.
3. Children begin to grow milk teeth at about the age of six months.
4. The milk teeth are 20 in number and are as follows:

	Incisors	Canine	Premolars	Total
Lower Jaw	4	2	4	10
Upper Jaw	4	2	4	10
Total	8	4	8	20

The permanent teeth

1. These teeth last for the rest of one's life if cared for properly.
2. An adult has 32 teeth.
3. The permanent set comes after losing the milk teeth one by one in childhood.

ACTIVITY

Tricky and logical questions to trick and evaluate the learning process.

GENERAL EVALUATION

SELF EVALUATION	STRENGTH	WEAKNESS	WAY FORWARD

LESSON 5

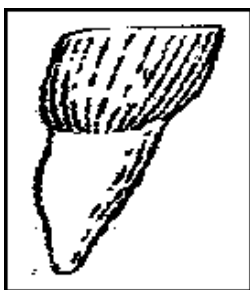
Date	class	subject	No. of pupils			Time	Teacher's name
			B	G	T		

Types of teeth

- a) Incisors
- b) Canines
- c) Premolars
- d) Molars

Incisors

1. There are 8 incisor teeth in man.
2. There are 4 in the lower jaw and 4 in the upper jaw.
3. The incisors are chisel shaped and used for cutting or biting food.



4. The incisors are the first teeth to grow in a child.

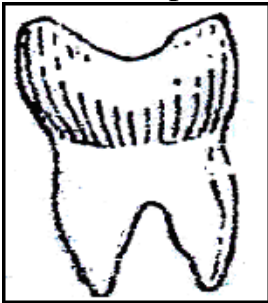
Canines

1. They are pointed and stronger than the incisors.
2. They are used for tearing food.
3. In man they are two in each jaw.



PREMOLARS

1. They have flat tops for chewing, crushing or grinding food.
2. In man there are 4 premolars in each jaw.
3. They are smaller than molars.
4. The premolars have one or two roots.



ACTIVITY

Tricky and logical questions to trick and evaluate the learning process.

GENERAL EVALUATION

SELF EVALUATION	STRENGTH	WEAKNESS	WAY FORWARD

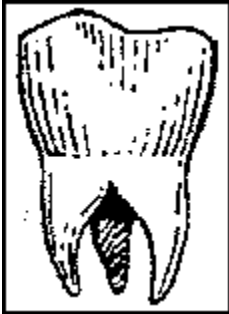
WEEK 6

LESSON 1

Date	class	subject	No. of pupils			Time	Teacher's name
			B	G	T		

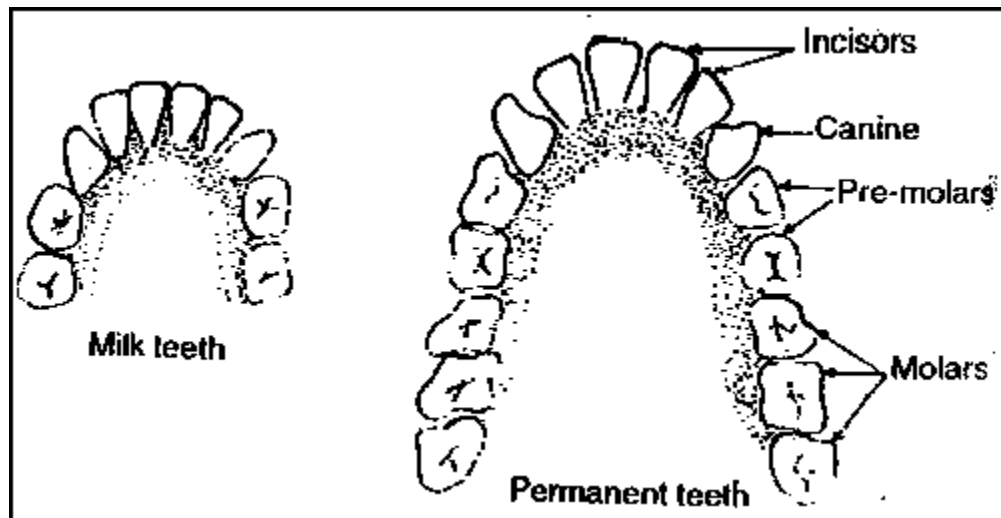
Molars

1. They have flat tops like the pre- molars for crushing or grinding.
2. They are 6 molars in each jaw.
3. The molars teeth have two or three roots.



Dental formular/ dentition

Dental formular is the arrangement, number and type of teeth in the mouth of animals.



FUNCTION AND NUMBER OF TEETH

Types of teeth	Function	Shape	Upper Jaw	Lower Jaw	Total
Incisors	Cutting/ biting	Chisel	4	4	8
Canines	Tearing	Pointed	2	2	4
Pre-molars	Crushin g Grindin	Rough flat surface	4	4	8

	g Chewin g				
Molars	Crushin g Grindin g Chewin g	Rough flat surface	6	6	12
Tota l	-	-	16	16	32

ACTIVITY

Tricky and logical questions to trick and evaluate the learning process.

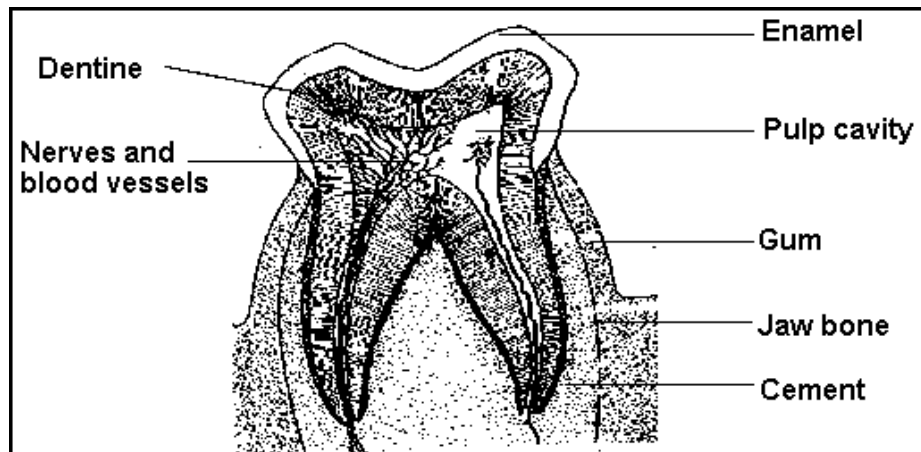
GENERAL EVALUATION

SELF EVALUATION	STRENGTH	WEAKNESS	WAY FORWARD

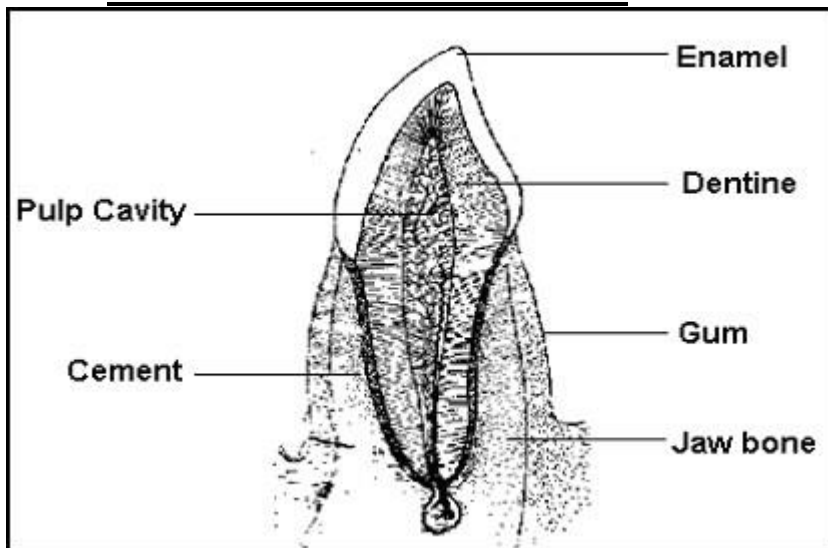
LESSON 2

Date	class	subject	No. of pupils			Time	Teacher's name
			B	G	T		

PARTS OF A MOLAR TOOTH



PARTS OF A CANINE TOOTH



Functions of each part

Enamel -The enamel prevents wear of teeth.

Note:

- a) This is the hardest part of the teeth.
- b) The enamel is made from a mineral salt called Calcium.

Dentine- It contains living cells and channels through which the dentine receives food.

Pulp cavity

- a) This part contains blood vessels and nerve endings.
- b) The blood vessels bring digested food to the teeth.

c) The tooth will start paining when tooth decay reaches the pulp cavity.

Cement

Holds the tooth firmly into the jawbone.

Gum

It gives extra support to the tooth into the jaw.

Jawbone

It holds the teeth in position

ACTIVITY

Tricky and logical questions to trick and evaluate the learning process.

GENERAL EVALUATION

SELF EVALUATION	STRENGTH	WEAKNESS	WAY FORWARD

LESSON 3

Date	class	subject	No. of pupils			Time	Teacher's name
			B	G	T		

DISEASES OF THE TEETH

Dental Cavity / Decayed Teeth

1. When we eat food, some food particles stick between the teeth.
2. These food particles rot and attract bacteria that causes tooth decay.
3. A person with tooth decay develops a hole in a tooth.
4. If the dentist sees the hole early, it can be filled with dental amalgam (cement).
5. If the cavity is not reported to the dentist in time, it becomes bigger and more painful.
6. Once the tooth becomes more painful it can be removed or nerves may be destroyed to stop the pain.

Periodontal disease(Gum disease)

1. This is caused by plague.
2. But in this, the bacteria cause the gum to swell and the acid spreads to other parts.
3. With time the tooth become loose and may fall out or may have to be extracted.

Care of teeth

- a) Brush your teeth after every meal.
- b) Avoid eating too many sweets or starchy foods, they weaken the enamel.
- c) Rinse your mouth with clean water and salt after every eating. (Salt kills germs)
- d) Do not eat or drink very hot or very cold foods. They weaken the enamel.
- e) Eat plenty and fresh fruits, they help to clean your teeth.
- f) Visit a dentist every 6 months even if you don't have pain.
- g) Keep your brush and toothpaste in clean places to prevent germs.
- h) Do not use teeth to open bottles or bite metallic objects.
- i) Floss between the teeth to remove any food particles.

ACTIVITY

Tricky and logical questions to trick and evaluate the learning process.

GENERAL EVALUATION

SELF EVALUATION	STRENGTH	WEAKNESS	WAY FORWARD

LESSON 4

Date	class	subject	No. of pupils			Time	Teacher's name
			B	G	T		

Other important definitions

(i). Oral hygiene

Oral hygiene is the keeping of our mouth free from germs.

(ii). Dental hygiene

Dental hygiene is the way of keeping our teeth free from germs.

(iii). A cavity

A cavity is a hole made in a tooth.

(iv). Dental amalgam

Dental amalgam is a substance used to fill a dental cavity.

(v). Periodontal disease

Periodontal disease is an infection of the gums and tooth sockets.

(vi) Dental brace.

A dental brace is a tool used to correct improper growth of teeth.

THEME: HUMAN HEALTH

TOPIC 8: SANITATION

Vocabularies/key words

- i. Sanitation
- ii. Germs
- iii. Rotting
- iv. Diseases
- v. Contamination
- vi. Hygiene.

1. Sanitation is the general cleanliness of the places where we live or stay.
2. Sanitation is one of the elements of P.H.C.

ACTIVITY

Tricky and logical questions to trick and evaluate the learning process.

GENERAL EVALUATION

SELF EVALUATION	STRENGTH	WEAKNESS	WAY FORWARD

LESSON 5

Date	class	subject	No. of pupils			Time	Teacher's name
			B	G	T		

ELEMENTS OF SANITATION

1. Toilet
2. Kitchen
3. Bathroom
4. Rack
5. A well ventilated house

Activities carried out to promote sanitation.

- a) Sweeping
- b) Mopping
- c) Slashing bushes
- d) Scrubbing latrines/toilets and urinals, etc

Things used to promote sanitation:

- a) Broom
- b) Brush
- c) Hoe
- d) Scrubbers
- e) Dust bin
- f) Rake
- g) Mops
- h) Water
- i) Detergents
- j) Wheel burrow, etc

Importance of good sanitation in our environment

- a) Controls easy spread of germs.
- b) Good sanitation avoids bad smell in the environment.
- c) Reduces the number of vectors in the environment.

ACTIVITY

Tricky and logical questions to trick and evaluate the learning process.

GENERAL EVALUATION

SELF EVALUATION	STRENGTH	WEAKNESS	WAY FORWARD

WEEK 7 **LESSON 1**

Date	class	subject	No. of pupils			Time	Teacher's name
			B	G	T		

GERMS AND DISEASES

- 1. Germs are small living organisms that cause diseases.
- 2. A disease is any illness or sickness that makes the animal's body or plant feel unhealthy.
- 3. Germs are so small that we cannot see them by our naked eyes.
- 4. They can only be seen by an instrument called a microscope.

Examples of diseases caused due to poor sanitation

- a) Diarrhoea,
- b) Dysentery,
- c) Typhoid,
- d) Cholera, etc.

Types of germs include

- a) Bacteria

- b) Virus
- c) Protozoa
- d) Fungi

Places where germs can be found

- a) Dirty places
- b) Dirty food
- c) Dirty water
- d) Dirty clothes
- e) Latrines/ Toilets
- f) Contaminated air
- g) Rubbish pit
- h) Dust bin etc.

How germs are spread

Germs are spread through the following ways:

- a) Sharing clothes with infected people.
- b) Sharing sharp instruments with infected people.
- c) Body contact with people who have the germs.
- d) Coming into contact with dirty places.
- e) Bites from infected animals and insects.
- f) Eating contaminated food.
- g) Eating with dirty hands.
- h) Breathing in contaminated air.
- i) Drinking contaminated water/juice.

ACTIVITY

Tricky and logical questions to trick and evaluate the learning process.

GENERAL EVALUATION

SELF EVALUATION	STRENGTH	WEAKNESS	WAY FORWARD

LESSON 2

Date	class	subject	No. of pupils			Time	Teacher's name
			B	G	T		

Entrance of germs into our bodies

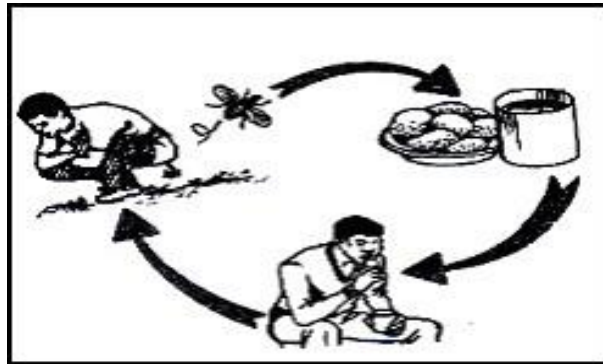
- a) Nose
- b) Mouth
- c) Bites
- d) Wounds
- e) Cuts
- f) Skin pores

The 4Fs germ path

1. Flies go to the faeces and pick the germs.
2. Flies visit the open food and drop the germs.
3. The person uses fingers to eat food that has germs.
4. This makes the person fall sick.

ORDER OF THE 4F'S

- a. Faeces b. Flies c. Food d. Fingers



How germs cause rotting

1. Germs cause rotting by feeding on the material.
2. When cooked food stays for a long time it can go bad.
3. Ripe fruits go bad when they are not eaten quickly/ when ready.
5. Rotten food smells bad, changes colour, have maggots.

ACTIVITY

Tricky and logical questions to trick and evaluate the learning process.

GENERAL EVALUATION

SELF EVALUATION	STRENGTH	WEAKNESS	WAY FORWARD

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LESSON 3

Date	class	subject	No. of pupils			Time	Teacher's name
			B	G	T		

How to prevent cooked food from rotting:

- Eating it quickly.
- Heating it. Heat kills germs.
- Covering it.
- Put it in refrigerators, etc

Ways of protecting against germs and diseases in our environment

Areas in the environment we need to keep clean;

- Kitchen
- Compound
- Latrine/Toilet
- Urinals
- Water sources
- Dormitories

Things used to keep the environment clean;

- Brooms
- Brush
- Rake
- Scrubbers
- Wheel burrow
- Hoes
- Slashers

Activities carried out to clean the environment;

- a) Slashing the bushes around our homes/ school.
- b) Mopping
- c) Scrubbing latrines/toilets
- d) Weeding grass from the compound
- e) Collecting rubbish and putting it in rubbish pit or dust bin
- f) Spraying vectors
- g) Proper disposal of faeces and urine

ACTIVITY

1. Write down any three activities carried out to clean the environment.
2. Mention any two ways how you can prevent food rotting.
3. Give any two things used to clean our environment.

GENERAL EVALUATION

SELF EVALUATION	STRENGTH	WEAKNESS	WAY FORWARD

LESSON 4

Date	class	subject	No. of pupils			Time	Teacher's name
			B	G	T		

KEEPING OUR CLASSROOM AND SCHOOL COMPOUND CLEAN

Classrooms are part of our environment, so we must keep it clean.

Items used to keep our classrooms school and compound clean:

- a) Broom
- b) Slasher
- c) Hoe
- d) Brush
- e) Mops
- f) Dust bin
- g) Rubbish pit, etc

Activities carried out to keep classrooms and school compounds clean

- a) Slashing
- b) Weeding
- c) Mopping
- d) Sweeping, etc

KEEPING THE KITCHEN, URINALS, LATRINES/TOILETS CLEAN

Items used

- a) Brooms
- b) Brush
- c) Scrubbers
- d) Wheel burrow
- e) Detergents
- f) Water
- g) Soap etc.

Activities done;

- a) Sweeping
- b) Mopping
- c) Dusting
- d) Scrubbing etc.

Rotting/decay

Rotting is the breakdown of dead matter by bacteria.

Conditions for rotting to take place.

- i. Warmth
- ii. Darkness
- iii. moisture

Importance of rotting

- i. Rotting produces humus from dead organic matter.
- ii. Rotting destroys garbage heaps.
- iii. Rotting destroys faeces in latrines and sewage systems.

ACTIVITY

1. *What is rotting?*

2. Give any two conditions for rotting to take place.
3. Mention any two importance of rotting.

GENERAL EVALUATION

SELF EVALUATION	STRENGTH	WEAKNESS	WAY FORWARD

LESSON 5

Date	class	subject	No. of pupils			Time	Teacher's name
			B	G	T		

Dangers of rotting

- i. Rotting produces bad smell
- ii. Rotting is a source of germs
- iii. Rotting causes wounds to be septic.
- iv. Rotting attracts some vectors.

SANITATION AT WATER SOURCES AND ON OUR ROADS

1. Water is a home for many living things.
2. Many germs are found in water.
3. We need to keep our water safe and water sources clean by:
 - a) Avoid dumping rubbish in water sources.
 - b) Avoid urinating or defecating near or in water sources
 - c) Do not share water source with domestic animals
 - d) Slash bushes around water sources.
 - e) Put protective covers on open wells
4. Roads are also part of our environment.
5. We need to keep our roads clean
6. Do not dump rubbish, urinate or defecate on the road or path.

ACTIVITY

1. Mention any four ways how water sources can be kept safe.
2. Write down any two dangers of rotting.