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**SOCIAL STUDIES**  
**LESSON NOTES TERM TWO 2023**  
**(Abridged curriculum)**

**PRIMARY FOUR**

# PRIMARY FOUR SOCIAL STUDIES LESSON NOTES TERM II 2023

## TOPIC: VEGETATION IN OUR DISTRICT

Vegetation is the plant cover of an area.

### TYPES OF VEGETATION

- Natural vegetation
- Planted vegetation

### EXAMPLES OF VEGETATION

- Shrubs
- Forests
- Swamps
- Crops
- Grass

### VALUES / IMPORTANCES OF VEGETATION

- We get herbs from vegetation
- We get firewood and charcoal from forests
- It helps in forming of rain
- It helps in controlling of soil erosion
- It Improves on soil fertility
- We get timber from vegetation
- It acts as a tourist attraction

### HOW PEOPLE AFFECT VEGETATION OF AN AREA?

- By carrying out bush burning
- By carrying out over cultivation
- By carrying out over grazing
- By carrying out deforestation
- By carrying out brick making
- By carrying out swamp drainage

### Note:

**Swamp Drainage / reclamation:** is the drying up of swamps for a purpose

### **Reasons why people carry out swamp drainage**

- They want to get land for farming
- They want to get land for building industries
- They want to get land for building roads
- They want to get land for settlement

- They want to get land for farming

**Deforestation** is the massive cutting down of trees.

**Reasons why people carry out deforestation**

- They want to get land for farming
- They want to get land for building industries
- They want to get land for building roads
- They want to get land for settlement
- They want to get land for farming
- They want to get timber
- They want to get firewood

Note: **LUMBERING** is the cutting down of trees for timber.

A **lumberjack** is a person who carries out lumbering.

**CARING FOR VEGETATION:**

- By watering it
- By adding manure
- By pruning it
- By thinning it

**USES OF DIFFERENT EXAMPLES OF VEGETATION.**

**FORESTS**

- We get timber from forests
- We get firewood from forests
- They act as tourist attractions
- They help in forming of rain
- We get herbs from forests
- They are natural habitats of wild animals

## **SWAMPS**

- They act as tourist attractions
- We carry out fishing in swamps
- We get water for irrigation
- They help in forming of rain
- We get water for domestic use
- We get water for industrial use
- We get raw materials for making crafts
- They are natural habitats of wild animals

## **Crops grown in swamps**

- Rice
- Sugar cane
- Yams

## **GRASSLANDS**

- They are used as pasture for animals
- They act as homes for wild animals
- Grasslands help in controlling soil erosion

## **FORESTS**

A forest is a collection / group of trees growing together in an area.

### **TYPES OF FORESTS**

- Natural forests
- Planted forests

### **NATURAL FORESTS**

Natural forests are forests which grow by themselves.

### **EXAMPLES OF NATURAL FORESTS:**

- Mabira forests
- Maramagambo forest
- Malabigambo
- Budongo forest
- Bwindi forest
- Bugoma forest
- Zoka forest

**N.B.** Budongo forest is the largest natural forest in Uganda.

**Mabira forest** is also located in Buikwe district along Kampala – Jinja road.

### **EXAMPLES OF TREES FOUND IN A NATURAL FOREST**

- Mvule tree
- Musizi
- Mahogany
- Rosewood
- Ironwood
- Ebony
- African walnut tree

We get **hard wood** from natural forests

### **CHARACTERISTICS OF NATURAL FORESTS**

- They have hard wood type of wood
- The trees are tall and huge
- They have thick undergrowth
- The trees form canopies on top
- They have buttress roots
- They are evergreen with broad leaves

### **PLANTED FORESTS:**

Planted forests are forests planted by man / people.

### **EXAMPLES OF PLANTED FORESTS:**

- |            |                |
|------------|----------------|
| • Lendu    | • Itwara       |
| • Bugamba  | • Mafuga       |
| • Magamaga | • Nyabyeya etc |

### **TREES FOUND IN A PLANTED FOREST:**

- Eucalyptus tree
- Pine tree
- Conifers tree
- Cyprus tree
- Spruce tree

### **CHARACTERISTICS OF PLANTED FORESTS:**

- They have soft wood
- The trees are planted in a straight line and spaced
- They grow very fast.

### **uses OF SOFT WOOD**

- It is used For making boxes
- It is used For making papers
- It is used For making match boxes
- It is used For making pencils
- It is used For making soft boards etc.

**N.B: Lendu forest** is the biggest planted forest in Uganda in Zombo district.

**Note: National Forestry Authority (NFA)** is the government body in Uganda which is in charge of managing, protecting and conserving forests.

**District Forestry Officer** is an official in charge of forests in a district.

### **PEOPLE IN OUR DISTRICT:**

#### **HISTORY**

Is the study of the past, to understand the present in order to prepare for the future.

It is also the collection of the past and present events for future prediction.

#### **SOURCES OF HISTORY**

- Legends
- Archaeology
- Anthropology
- Written records
- Linguistic
- Audio and Video recordings

#### **Legends:**

These are oral stories of long ago told from one generation to another.

**Written records:**

These are records in form of books, magazines, newspapers and journals which about the past.

**Anthropology:**

It is the study of human society, its culture, origin and development.

**Archaeology:**

It is the scientific study of the remains (fossils) of the early man.

**Linguistics**

This is the study of languages, their sounds and origin.

**Audio and Video recordings**

This is information stored on tapes, CDs, DVDs in form of sound and pictures telling us about the past.

**STONE AGE PERIOD IN UGANDA**

**Stone Age period** is the period when man used tools made out of stones.

It is also called **Prehistoric period** because it is a time that man lived before written history.

People who study about the remains of the early man are called **Archaeologists**.

**Fossils** are the remains of the early man.

The stone age period is divided into three stages namesly:

- Old / Early stone age period
- Middle stone age period
- New/Late stone age period

**Examples of Archaeologists**

Dr. and Mrs. Louis Leakey, Dr. Posnansky, Chitik, J.S Kirkman, Dr. Richard Leakey

## **Dr. Louis Leakey**

- **Dr. Louis Leakey** discovered the oldest human skull at Olduvai Gorge in Tanzania in 1959 which he named **Zinjanthropus** meaning **black man**.  
Africa is therefore referred to as the **cradle of man** because the earliest man lived in Africa
- The remains of early man are kept and displayed in Museums
- **Museum** is a building where art, cultural and historical items are kept and shown to the public.
- A person who is in charge of a museum is a **Curator**

## **THE OLD STONE AGE / EARLY STONE AGE**

This was the first period / stage of the Stone Age.

In this period man lived under big trees and ate raw food which he got through collecting, gathering and hunting.

During this period the early man was very short, strong and had a hairy body.

He moved from one place to another looking for what to eat.

### **Problems faced by the early man.**

- He ate raw food.
- He lived a lonely life
- He was naked
- He had no weapons.
- He had no house.

NOTE: The major discovery of man in the Old Stone Age period was the discovery of stone tools.

### ***Examples of stone tools include:***

- |           |                    |
|-----------|--------------------|
| • axe     | • hammer           |
| • spears  | • needle           |
| • bolas   | • Arrows and bows. |
| • cleaver |                    |



**NB:** Man used the bolas to trap the fast running animal.

## **EVALUATION**

1. Explain the term history.
2. Outline any three sources of History.
3. Why the pre-historical time is also called stone age period?
4. Explain the following terms clearly;
  - Archaeology
  - Anthropology
  - Fossils
  - Legends
5. Why is Olduvai Gorge a place of great interest in East Africa?
6. Give a reason why the prehistoric man is also called a Stone Age man.
7. State down three stages of the Stone Age in order.
8. Mention 2 tools used by the early man in the Stone Age period.
9. Write down any 3 problems faced by the early man in the Old Stone Age period.
10. In what three ways was early man able to get food?
11. Give one importance of the drawn tool to the early man.

## **MIDDLE STONE AGE**



During the middle Stone Age period, people's thinking ability started developing.

He was then called **Homo sapien**.

In the middle Stone Age period, man tamed his first animal the dog.

It helped him to scare away his enemies as well as hunting.

During this period man lived in caves.

The most important discovery during this stage was discovery of **fire**.

### **Uses of fire to the early man.**

- Earlyman used fire for roasting his meat
- Early man used fire for scaring away wild animals
- Early man used fire As light in his cave
- Earlyman used fire to warm himself
- Earlyman used fire to burn his pots

Fire was the major discovery during the middle Stone Age period.

The discovery of fire marked the end of Old Stone Age period and the beginning of the middle Stone Age period.

### **NEW STONE AGE**

Man settled down in small communities and grew food crops and kept some domestic animals.

Early man was able to settle down after discovering **farming**

He tamed animals like cattle, goats, sheep etc which provided products like meat, milk and skins etc.

New tools like hoes, knives and baskets were invented.

Note:

The Stone Age period came to an end when Early man discovered **iron**.

### **EXAMPLES OF IRON TOOLS**

- Spear
- Needle
- Axe
- Panga
- Hoe

NB: the time when man used tools made out of iron is called Iron Age

### **Reasons why early man changed from stone tools to iron tools**

- Iron tools were stronger than stone tools
- Iron tools were sharper than stone tools
- Iron tools were more long lasting than stone tools.

### **Why the early man settled near lakes and rivers.**

- 1- He wanted to trap animals coming to drink water
- 2- He wanted to carry out fishing
- 3- There was fertile soil for farming
- 4- He wanted to get water for domestic use

### **HOW MAN GOT FOOD**

- Hunting
- Gathering
- Collecting

- Farming
- Fishing

## **STONE AGE SITES**

A Stone Age site is a place where Early man used to stay.

Very many fossils have been discovered at different Stone Age sites in East Africa.

The most important discovery was made by Dr. Louis Leakey.

He discovered the oldest skull of early man at Olduvai Gorge in Tanzania.

He named it **Zinjanthropus** which means **Blackman**.

Note: Africa is called the cradle of man because the earliest man lived in Africa.

### **Stone Age sites in Uganda**

- |             |                    |
|-------------|--------------------|
| - Nsongezi  | - Nyero            |
| - Magosi    | - Tencents terrace |
| - Sango bay | - Mweya            |
| - Luzira    | - Bigobyamugenyi   |
| - Paraa     |                    |

**Nyero Rock** is famous for having paintings of the earlyman.

### **Importance of Stone Age sites.**

- 1- They act as tourist attractions.
- 2- They create employment for people.
- 3- They are for study and research purposes.

## **LEGENDS**

Legends are true or untrue stories of long ago told from one generation to another.

Legends are oral stories of long ago told from one generation to another.

**Note: Reasons why legends were told**

- To promote culture
- To teach children good morals
- To teach people their origin

### **EXAMPLES OF LEGENDS.**

- Gipiir and labong
- Kintu and Nambi
- Mundu and Sera
- The Bachwezi
- King Isaza and Nyamiyonga

### **WORSHIPING:**

Worshiping is one of the ways people communicated with their God / gods.

People living in different districts had their own traditional religions.

They worshiped the following gods as below.

	<b>District</b>	<b>Name of god</b>	<b>Responsibilities</b>
1.	Mpigi	Ddungu	Hunting
		Kibuuka	War
		Muwanga	Creation
		Kiwanuka	Children
		Mukasa	Lakes
2.	Mbarara	Kagoro	Good harvest
		Mugara	War
3.	Gulu	Jok - Loka	Good harvest
		Jok - Laboja	Good health

### **ETHNIC GROUPS / TRIBAL GROUP:**

An ethnic group is a social group of people who have the same origin and speak similar languages.

### **A TRIBE:**

A tribe is a social group of people who have the same origin, culture and speak the same language.

### **CRADLE LAND:**

Cradleland is the original homeland of a tribal group

### **MIGRATION:**

Migration is the movement of people from one place to another looking for better settlement.

#### **Urban – Urban migration:**

This is the movement of people from one town to another looking for better settlement .

#### **Urban – Rural migration:**

This is the movement of people from towns to villages looking for better settlement

#### **Rural – Rural migration:**

This is the movement of people from one village to another looking for better settlement

#### **Rural – Urban migration:**

This is the movement of people from villages to towns looking for better settlement

**Emigration** is when a person goes to live in another country permanently

**Immigration** is when a person comes to live in a country permanently.

### **EXAMPLES OF ETHNIC GROUPS**

- |                |                  |
|----------------|------------------|
| 1. Bantu       | 4. Hamites       |
| 2. Nilotics    | 5. Sudanic group |
| 3. Nilohamites |                  |

### **BANTU ETHNIC GROUP:**

The Bantu originated from **Cameroon highland/ Adamawa Highlands**. They entered Uganda from the Western direction.

The Bantu speak a related language with a common word “ntu” which means people.

#### **Examples of Bantu tribes in our district:**

Baganda, Basoga, Banyoro, Banyankole, Batooro, Bagisu, Basamia, Banyole

### **CAUSES/ REASONS FOR THE MIGRATION OF THE BANTU:**

- They were looking for areas with fertile soil.
- They were looking for areas with cool climate.
- They were looking for areas with reliable rain fall.
- Over population made them migrate
- They were avoiding civil wars
- famine and drought made them migrate

### **INTERLACUSTRINE REGION:**

- This is the region around the great lakes of East Africa.

### **REASONS WHY THE BANTU SETTLED IN THE INTERLACUSTRINE REGION:**

- There was fertile soil.
- There was reliable rainfall.
- There was cool climate

### **RESULTS FOR THE MIGRATION OF BANTU:**

- The Bantu introduced crop farming.
- The Bantu introduced kingdoms in Uganda.
- The Bantu introduced clans in Uganda.
- The Bantu increased the population of Uganda.
- They led to wars in areas where they settled
- They led to intermarriages in areas where they settled

**NB:** The major occupation of the Bantu was **crop farming**.

### **NILOTICS:**

- The Nilotics came from **Bahr-el-Ghazel** in Southern Sudan
- They first settled in Northern Uganda at a place called **pubungu**. (Pakwach)
- The main occupation of the Nilotics was **cattle keeping**

### **REASONS FOR THE NILOTICS MIGRATION**

- They were looking for areas with cool climate.
- They were looking for areas with reliable rain fall.
- Over population made them migrate
- They were avoiding civil wars

- Famine and drought made them migrate

#### **EXAMPLES OF NILOTIC TRIBES IN OUR DISTRICT:**

Acholi, Alur, Jopadhola, Jalu, Langi

#### **EFFECTS / RESULTS FOR THE MIGRATION OF THE NILOTICS:**

- They led to over population in areas where they settled.
- They led to wars in areas where they settled
- They led to intermarriages in areas where they settled
- They led to the downfall of Bunyoro Kitara
- They introduced pet names (empaako) in Bunyoro

#### **NILOHAMITES:-**

The Nilo Hamite originated from the **Ethiopian highlands**.

They entered Uganda from North Eastern part of Uganda.

#### **ECONOMIC ACTIVITY:**

The major economic activity was pastoralism.

**Pastoralism** is the rearing of domestic animals.

#### **EXAMPLES OF NILO HAMITE TRIBES:**

Karimojong, Iteso, Pokot, Sabiny, Jie, Kumam.

#### **REASONS FOR THEIR MIGRATION:-**

- They were looking for areas with cool climate.
- They were looking for areas with reliable rain fall.
- Over population made them migrate
- They were avoiding civil wars
- Famine and drought made them migrate

#### **EFFECTS / RESULTS FOR THEIR MIGRATION:-**

- They led to over population in areas where they settled.
- They led to wars in areas where they settled
- They led to intermarriages in areas where they settled

#### **HAMITES / CUSHITES:-**

- The Hamites originated from **Somalian highlands**.
- They entered Uganda from the South – western part of Uganda.
- Their main occupation is pastoralism.

### **Examples of the Hamites in Uganda.**

Bahima, Basita, Bahinda, Basongora.

### **REASONS FOR THEIR MIGRATION:-**

- They were looking for areas with cool climate.
- They were looking for areas with reliable rain fall.
- Over population made them migrate
- They were avoiding civil wars
- Famine and drought made them migrate

### **EFFECTS / RESULTS FOR THEIR MIGRATION:-**

- They led to over population in areas where they settled.
- They led to wars in areas where they settled
- They led to intermarriages in areas where they settled

### **SUDANIC:**

- The Sudanic group originated from South Sudan and settled in West Nile.
- They entered Uganda from the North West of Uganda.
- Their main occupation is **crop farming**.

### **EXAMPLES OF THE SUDANIC PEOPLE IN UGANDA:**

Kakwa, Lugbara, Madi, Nubian.

### **REASONS FOR THEIR MIGRATION:-**

- They were looking for areas with cool climate.
- They were looking for areas with reliable rain fall.
- Over population made them migrate
- They were avoiding civil wars
- Famine and drought made them migrate

### **EFFECTS / RESULTS FOR THEIR MIGRATION:-**

- They led to over population in areas where they settled.
- They led to wars in areas where they settled
- They led to intermarriages in areas where they settled

### **CULTURE AND CUSTOMS:-**

**CULTURE:** is people's way of life



**CUSTOMS:** Are the acceptable behaviors of people in a given society.

**A CLAN:** Is a group of people under one forefather.

**LINEAGE** is a group of people which make up a clan.

**Totem :** is an object, animal or plant which is respected by a group of people.

**Cultural values:** these are the acceptable ways of behaving one should have.

- Faithfulness
- Patience
- Kindness
- Trustworthiness
- Generosity
- Mercy
- honesty

**EXAMPLES OF CLANS IN OUR DISTRICT WAKISO:**

Mmamba clan, Ngabi clan, Ngeye clan, Nyange clan, Butiko clan etc.

**DUTIES OF A CLAN HEAD:**

- Chairs clan meetings
- Settles disputes within the clan members
- Registers all clan members
- Keeps records of the clan
- allocates land to clan members
- Takes care of clan property.
- Organizes clan functions and ceremonies

**SYMBOLS OF A CLAN:-**

Totem, name, lineage, drumming

**KINGDOMS:**

A kingdom is a large area ruled by a king / queen.

### **Examples of kingdoms in Uganda / their names kings and titles**

TITLES	NAMES	KINGDOMS
Kabaka	Ronald Muwenda Mutebi II	Buganda
Omugabe		Ankole
Kyabazinga	Gabula Nadiope	Busoga
Omukama	Oyo Nyimba Kabamba Iguru IV	Toro
Omukama	Solomon Iguru Gafabusa	Bunyoro
Musinga	Wesley Mumbere	Bakonjo

### **BURIAL PLACES FOR KINGS IN UGANDA**

**KASUBI TOMBS:-** This is the burial place for the kings of Buganda kingdom.

**KARAMBI TOMBS:** This is the burial place for the kings of Toro kingdom.

**MPARO TOMBS:** This is the burial place for the kings of Bunyoro.

### **ADVANTAGES OF KINGDOMS:**

- They promote unity
- They promote culture
- They promote friendship
- They set up projects which give jobs to people
- They mobilise people

### **DISADVANTAGES OF KINGDOMS:-**

- They encourage dictatorship
- The lower class of people is not respected
- They promote disunity among people

### **CHARACTERISTICS OF KINGDOMS:**

- They have hereditary rulers
- They have one supreme ruler at a time
- People are divided into classes
- They have clans and lineages
- They have instruments of power called royal regalia

**Note:** Royal Regalia are instruments of power belonging to a ruler

### **EXAMPLES OF ROYAL REGALIAS IN A KINGDOM:**

- Royal drum
- Royal crown
- Royal spear
- Royal stool

### **EXAMPLES OF CULTURAL VALUES:-**

Honesty, Unity, trustworthy, respect etc.

**EXAMPLES OF CULTURAL NORMS:-** Circumcision, naming twins, games and sports, dancing etc.

### **A LINEAGE:**

A lineage is a small group of people in a clan.

### **IMPORTANCE OF CULTURAL NORMS:-**

- Promotes unity
- Promotes morals
- Promotes friendship
- Promotes development.
- Promotes talents

### **A FAMILY:**

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

### **TYPES OF FAMILIES**

- Nuclear family
- Extended family

**A NUCLEAR FAMILY:** Is the type of a family made up of the father, mother and children.

**AN EXTENDED FAMILY:** Is a type of a family made up of the father, mother, their children and relatives.

### **ADVANTAGES OF A NUCLEAR FAMILY:**

- It is easy to provide basic needs
- It has few quarrels
- It is not expensive to manage.

### **DISADVANTAGES OF A NUCLEAR FAMILY:**

- It does not provide a large labour force
- It can not provide enough security
- There is limited soil security
- It provides little tax to the country.

### **ADVANTAGES OF AN EXTENDED FAMILY:**

- It has got enough labour force
- It has got enough security
- There is enough tax collected by the government.

### **DISADVANTAGES OF AN EXTENDED FAMILY:**

- It is expensive to manage.
- It has many quarrels

### **A FAMILY HEAD:**

This is a person who heads a family.

### **DUTIES OF A FAMILY HEAD:**

- Brings up children in a good way.
- Provides food
- Provides medical care
- Educating children
- Provides clothes

### **EDUCATION BELIEFS AND CUSTOMS:-**

Long ago fire places, gardens and homes were classrooms for children.

Long ago there used to be many huts around people's homesteads compared today.

### **TYPES OF EDUCATION**

- Informal education
- Formal education

### **FORMAL EDUCATION:**

This is the type of Education which was introduced in Uganda by the missionaries.

### **CHARACTERISTICS OF FORMAL EDUCATION:**

- It has trained teachers
- It has classrooms
- Pupils are taught, reading, writing and counting
- Children use text books
- Pupils write exams

### **INFORMAL EDUCATION:**

This is the type of education which we had before the coming of missionaries.

### **CHARACTERISTICS OF INFORMAL EDUCATION:-**

- Parents were teachers
- Pupils did not wear school uniforms
- Pupils did not write
- Pupils had no classrooms.

### **POPULATION AND DISTRIBUTION**

**Population** : Is the total number of people living in an area.

**Population distribution**: is the way people are spread out in an area.

**Population Density**: is the number of people living in an area per square kilometer.

The formula for finding population Density is

PD = total no. of people

Area in km<sup>2</sup>

**Population census**: is the general counting of people in an area.

In Uganda a census is carried out every after ten years.

It was last carried in August 2014

The ministry responsible for carrying out the National census is the **Ministry of Finance Planning and Economic Development**.

The body in Uganda which is charge of organizing a population census is **Uganda Bureau of Statistics (UBOS)**

The people who carry out a population census are called **Enumerators**.

#### ***Information which is collected / needed during a census***

- Age
- Religion.
- type of house
- Tribe
- sex
- marital status
- Occupation

### **Reasons why government carries out a census.**

- ◆ To be able to plan for its citizens.
- ◆ To know the birth rates and death rates.
- ◆ To know its population growth every after 10years

### **Causes of population increase / Growth.**

- An increase in the birth rates
- A decrease in the death rates.
- Improved medical services.
- Availability of enough food and water.
- Migrations due to wars.
- High Fertility rate of the women in an area.

### **Negative effects of a high population.**

- ♣ It leads to a shortage of food.
- ♣ It leads to a shortage of land.
- ♣ It leads to the destruction of the environment.
- ♣ Social services are not enough.
- ♣ It leads to low standards of living.
- ♣ It leads to a high crime rate.

### **POSITIVE EFFECTS OF A HIGH POPULATION**

- ♥ There is enough cheap labour.
- ♥ It provides market for the goods produced in the country.
- ♥ It leads to the provision of social services.
- ♥ Government collects a lot of taxes from the people

### **Natural hazards which reduce on population.**

- ♣ Epidemic diseases.
- ♣ Floods
- ♣ Earth quakes.
- ♣ Hurricanes (strong winds)
- ♣ Volcanic eruptions.

- ♣ Lightning etc.

**Man made hazards which reduce on population.**

- Wars.
- Pollution
- Accidents etc

**Note:**

**Population growth (increase)**

It is the increase in the number of people in an area.

**Sparse population:**

Is when the number of people in an area is very low compared to the size of its land.

**Dense population:**

Is when the number of people in an area is very high compared to its resources.

**Population explosion:**

Is the sudden increase of the number of people in a given area.

**EVALUATION**

- 1- Write brief notes about the following;
  - (i) Population
  - (ii) Population distribution
  - (iii) Population census
- 2- Kotido district has a population of 300, 000 people and its area is 1500km<sup>2</sup>; calculate the population density of Kotido.
- 3- Suggest any three causes of population growth and increase.
- 4- In what 2 ways is an increased population;
  - (i) A danger in a country
  - (ii) A blessing in a country.
- 5- How can government control population increase? (Give three ways)
- 6- Define the term population explosion.
- 7- Give two reasons for the government's carrying out a population census.
- 8- Who is an Enumerator?
- 9- State down at least two examples of information collected by enumerators during a census.

12. Outline three natural hazards, which can reduce population
13. Explain clearly how wars can lead to sparse population in an area.
14. Differentiate between death rate and birth rate.
15. State the effect of a high population on the following in a country;
  - (i) Market of goods
  - (ii) Vegetation
  - (iii) Labour
  - (iv) Taxes

### **ECONOMIC ACTIVITIES:-**

Economic activities are activities done by people to earn a living.

### **TYPES OF WORK DONE IN OUR DISTRICTS:**

#### **FISHING:**

Fishing is the trapping of fish from water bodies.

#### **EXAMPLES OF FISH CAUGHT IN OUR LAKES:**

**Nile perch:** It is the biggest type of fish caught in Uganda.

**Tilapia** is the common type of fish caught in Uganda.

**Mud fish** is commonly caught from swampy areas. Others include; silver fish, lung fish

#### **METHODS OF CATCHING FISH:-**

- Gillnet method (commonest)
- Hook method
- Basket method
- Spearing method

#### **METHODS OF PRESEVING FISH**

- |                      |                    |
|----------------------|--------------------|
| • By tinning/canning | • By refrigerating |
| • By dip frying      | • By smoking       |
| • By salting         | • By sun drying    |

#### **BAD METHODS OF FISHING:-**

- Fish poisoning
- Using under – sized nets

#### **FARMING:-**

**Farming** is the growing of crops and rearing of animals.

Other activities include: Pottery, bricklaying, craft working, trading, teaching, office work



### **PROBLEMS FACED BY PEOPLE WHEN CARRYING OUT THEIR WORK IN A DISTRICT:-**

- Insecurity
- Diseases of animals and birds
- Poor roads
- Lack of knowledge and technical skills
- Harsh weather conditions
- Laziness of the people
- High taxes
- Poverty
- Unstable prices of commodities

### **SOCIAL ACTIVITIES:-**

**Social activities** are activities which bring people together during good and bad times

### **EXAMPLES OF SOCIAL ACTIVITIES IN OUR DISTRICT:**

- Introduction ceremonies
- Birthday parties
- Burial ceremonies
- Last funeral rites ceremonies
- Weddings
- Naming of children
- Circumcision

### **IMPORTANCE OF SOCIAL ACTIVITIES:-**

- They promote culture
- They promote peace and unity
- They promote friendship
- They promote good behavior
- They create jobs for people