

***SMART STAR***  
***EXAMINATIONS BOARD***

**PRIMARY FOUR**  
**SOCIAL STUDIES**  
***TEACHER'S HAND***  
***BOOK***  
**2025**

## **INTRODUCTION TO SOCIAL STUDIES**

Qn: **Write S.ST in full**

- ❖ Social Studies

Qn: What is Social Studies?

- ❖ Social studies is the study of people and their environment

### **Subjects that make up social studies**

- ❖ History
- ❖ Geography
- ❖ Civics
- ❖ Religious Education

Qn: **What does the term environment mean?**

- ❖ Environment means man and his surroundings

Qn: Give another term to mean Environment

- ❖ Surroundings

### **Components of the environment**

These are things that make up the environment. They include:

- ❖ Land
- ❖ Animals
- ❖ Plants(vegetation)
- ❖ Air
- ❖ Water bodies (Lakes and Rivers)
- ❖ Mountains
- ❖ Valleys, Rift valleys etc

Qn: **How do people acquire land in your district?**

- ❖ By buying it
- ❖ Through inheritance

Qn: Give the importance of land to people in your district

- ❖ It is used for farming

- ❖ It is used for construction industries
- ❖ It is used for settlement
- ❖ It is for road construction

Qn: **What is history?**

- ❖ History is the study of past events

Qn: **List down sources of history**

- i) Oral tradition
- ii) Written history
- iii) Linguistic
- iv) Archaeology
- v) Anthropology

### **LOCATION OF OUR DISTRICT IN UGANDA**

- Location means position of a place

### **Ways of locating places**

- Using a compass
- Using position of the sun/using shadows
- Using major landmarks like valleys, hills, mountains

### **Ways of locating places on a map**

- Using grid reference (lines of longitude and latitude)
- Using a compass direction
- Using major landmarks
- Using neighbouring places

Qn: **What is a compass?**

- ❖ A compass is an instrument used to show direction of places

Qn: **What is a compass direction?**

- ❖ This is an element of a map used to show direction of places

Qn: What is grid reference?

- ❖ This is a method of locating places on a map using lines of longitude and latitude

**Lines of latitude /latitudes**

- ❖ These are imaginary lines drawn on a map running from East to West
- ❖ The general name given to all lines of latitude is parallels

Qn: Name the major line of latitude marked O°

- ❖ Equator

**Note:**Equator divides the world into two hemispheres:

- ❖ Northern hemisphere
- ❖ Southern hemisphere

Qn: **What is a hemisphere?**

- ❖ A hemisphere is a half of the world divided by the equator or prime meridian.

Qn: Name the lakes crossed by the equator in Uganda

- ❖ Lake Victoria
- ❖ Lake George

Qn: **Name the districts in Uganda crossed by the Equator**

- Wakiso
- Mpigi
- Kasese
- Ibanda
- Kalungu
- Kiruhura
- Kamwenge

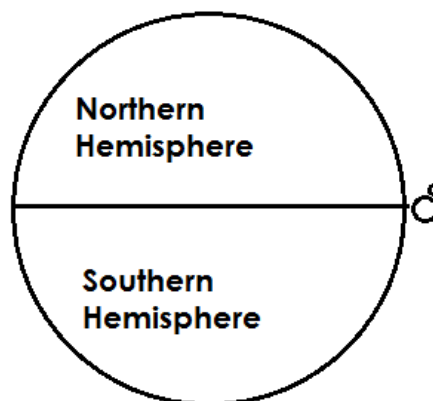
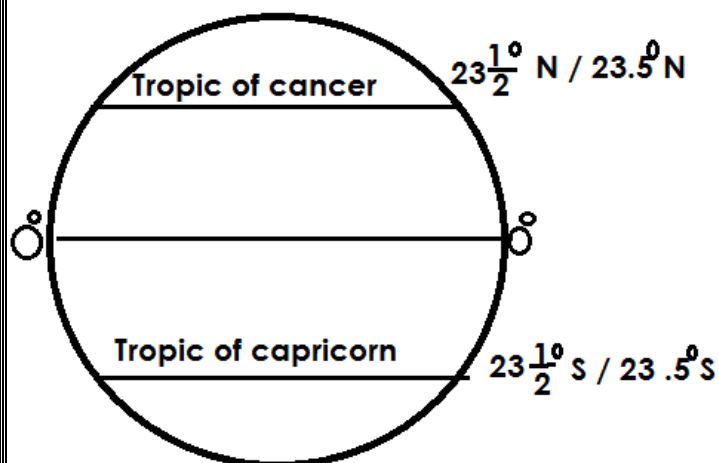
## Importance of latitudes

- ❖ They locate places on a map
- ❖ They determine climate of an area

Qn: Name the major town in Uganda crossed by the Equator

- ❖ Entebbe

## Example of latitudes



## Lines of longitude /longitudes

- ❖ These are imaginary lines drawn on a map running from North pole to south pole

Qn: What general name is given to all lines of longitude?

- ❖ Meridians

Qn: Name the major line of longitude marked  $0^{\circ}$

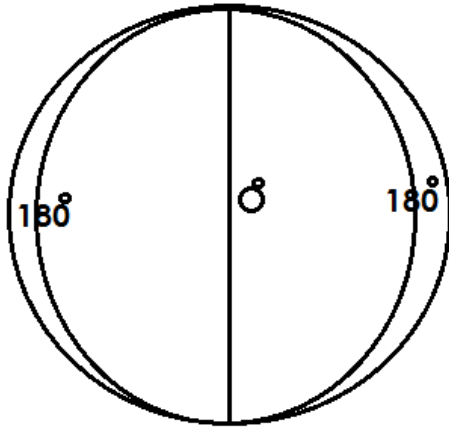
- ❖ Greenwich Meridian/Prime Meridian

## Importance of longitudes

- ❖ They locate places on a map
- ❖ They determine time
- ❖ They determine dates

## Examples of longitudes

- ❖ Prime meridian /Greenwich Meridian ( $0^{\circ}$ )
- ❖ International dateline ( $180^{\circ}$ )



## A compass

- ❖ This is an instrument used to show directions of places

### Examples of people who use a compass

- ❖ Pilots
- ❖ Mountain climbers
- ❖ Rally drivers
- ❖ Ship captains
- ❖ Tourists
- ❖ Sailors
- ❖ Scouts and girl guides

Qn: **What are cardinal points?**

Cardinal points are the four major points of a compass

Qn: List down the cardinal points

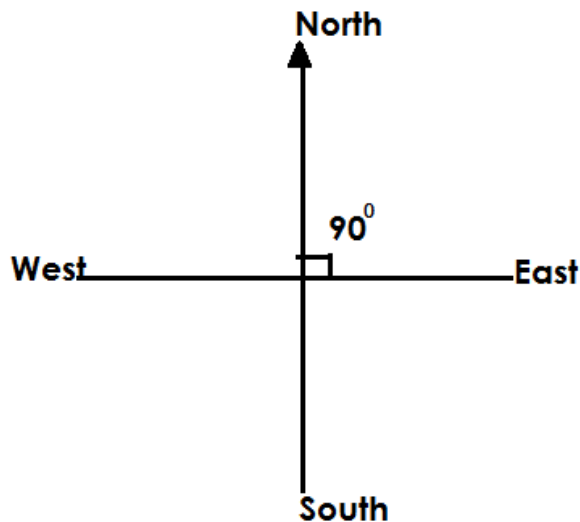
- North
- South
- East
- West

**NB:** When the compass is at rest, its needle faces in the North

Qn: Why does the needle of a compass point North while at rest?

- ❖ There is a magnetic force in the North

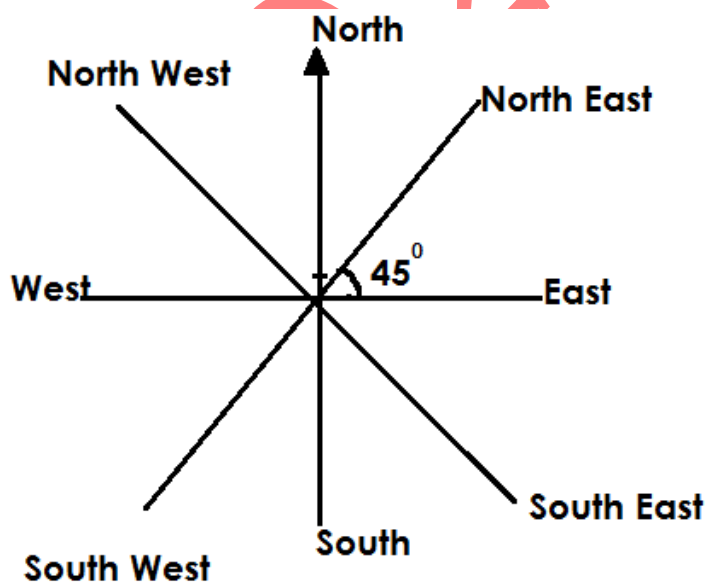
**Diagram of a compass**



Note: The angle between two cardinal points is  $90^\circ$

**Semi cardinal points/secondary points**

- ❖ These are points formed between cardinal points
- ❖ They are formed at  $45^\circ$



Qn: Mention the opposite direction to south West

- ❖ North East

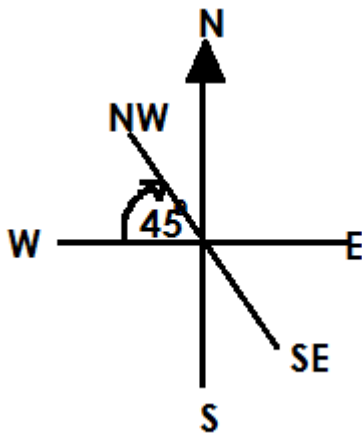
## Movement of a compass

- ❖ Clockwise movement
- ❖ Anti-clockwise movement

**Qn:** Moses was standing in the North, he moved  $90^\circ$  clockwise. What was his new direction?

**Qn:** Joan was standing in the west, she moved  $450^\circ$  anti-clockwise. What was her new direction North West?

Solution



## Activity

**Qn:** Why does the shadow of an object appear shortest at noon?

- ❖ The sun is directly above the object

**Qn:** Where does the sun appear to rise?

- ❖ East

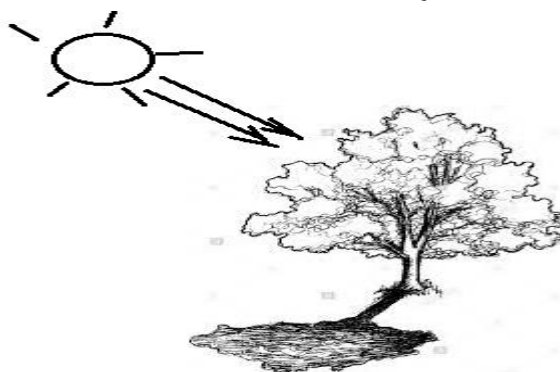
**Qn:** Why does the sun appear to rise from the East?

- ❖ The Earth rotates towards the East

**Qn:** To which direction does the sun set?



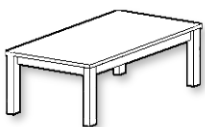
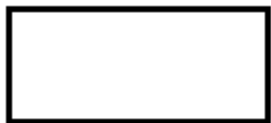




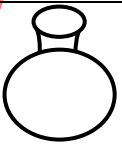



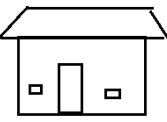
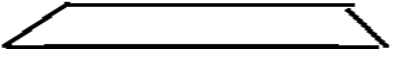
- ❖ West

**Qn:** Draw the shadow of the object below





MAPS AND PICTURES

Object	Picture	Map
Tree		
Table		
Car		
Hut		
Pot		
Cup		
House		

Qn: **What is a map?**

- ❖ A map is a drawing of an object as seen from above

Or

- ❖ A map is a representation of an object as seen from above

Qn: **What is a picture?**

❖ A picture is a drawing of an object drawn as seen from a side or

- ❖ A picture is representation of an object drawn as seen from a side

Qn: **Give the difference between a map and a picture**

- ❖ A map is drawn as seen from above while a picture is drawn as seen from a side
- ❖ A picture is more detailed than a map

Qn: **Give two similarities between a map and a picture**

- ❖ Both represent real object
- ❖ Both are drawings of objects

### **Types of maps**

- ❖ Political maps
- ❖ Physical maps
- ❖ Population maps
- ❖ Climate maps
- ❖ Vegetation maps
- ❖ Economic maps

### **Importance of maps**

- ❖ They are used to locate places
- ❖ They store geographical information
- ❖ Accurate maps are used to calculate actual ground distance between places

## **Elements /components/qualifications/features of a good map**

- i) Key
- ii) Compass direction
- iii) Title /heading
- iv) Scale
- v) Frame

## **Importance of elements of a map**

### **A Compass direction**

It is used to show direction of places on a map

### **Key**

It explains /interprets map symbols on a map

It gives meaning of map symbols

### **Title/heading**

It shows what a map is all about

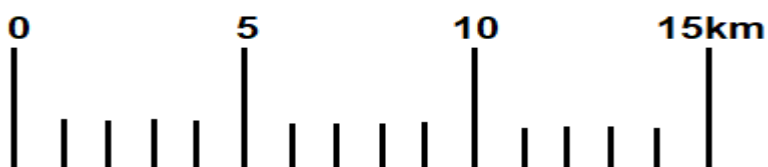
### **Scale**

It is used to calculate the actual ground distance between places on a map

### **Types of scales**

- a) Linear scale/scale bar
- b) Statement scale
- c) Fractional /representative /ratio scale

#### **Illustration of a linear scale**



### Example of a statement scale

One centimeter represents one hundred kilometers

### Examples of a representative/fractional /ratio scale

$$1 \text{ cm} = \left( \frac{1}{100} \right) \text{ km}$$

or

1 : 100km

### Frame

- ❖ It encloses a map

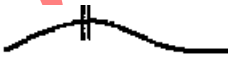

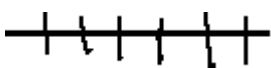


### Map symbols










- ❖ These are signs and colours that represent real objects

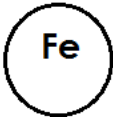



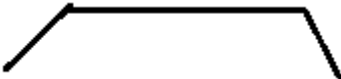

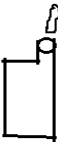



Qn: Why are symbols used on a map instead of real objects  
(importance of map symbols)

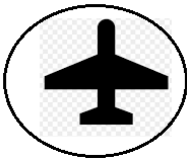
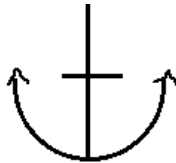
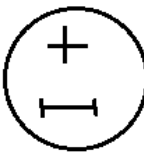
- ❖ To avoid crowding a map
- ❖ To promote neatness on a map

### Examples of common map symbols

Waterfalls	
Dam	
Railway line	
Swamp	
Quarry	

Bridge	
Mountain peak	
Mountain	
Hill	
contours	
Seasonal river	
Permanent river	
Seasonal lake	
Permanent lake	

Ferry	
Church	 or 
Mosque	
Plateau	
Canal	
factory	
Forest	
Rift valley	
Mine	

Airport	
Seapot	
Hospital	

### **Colours used on a map**

- ❖ Blue - water bodies
- ❖ Brown/ purple – Highlands/ mountain
- ❖ Green - Vegetation
- ❖ Red – Boundaries
- ❖ Yellow - Scatters short grass, low lands, plateau

### **Location of our district**

Qn: Mention the district in which your schools is found

- ❖ Wakiso

Qn: Mention the regions that make up Uganda

- ❖ Northern region
- ❖ Central Region
- ❖ Western Region
- ❖ Eastern Region

### **Districts found in different regions**

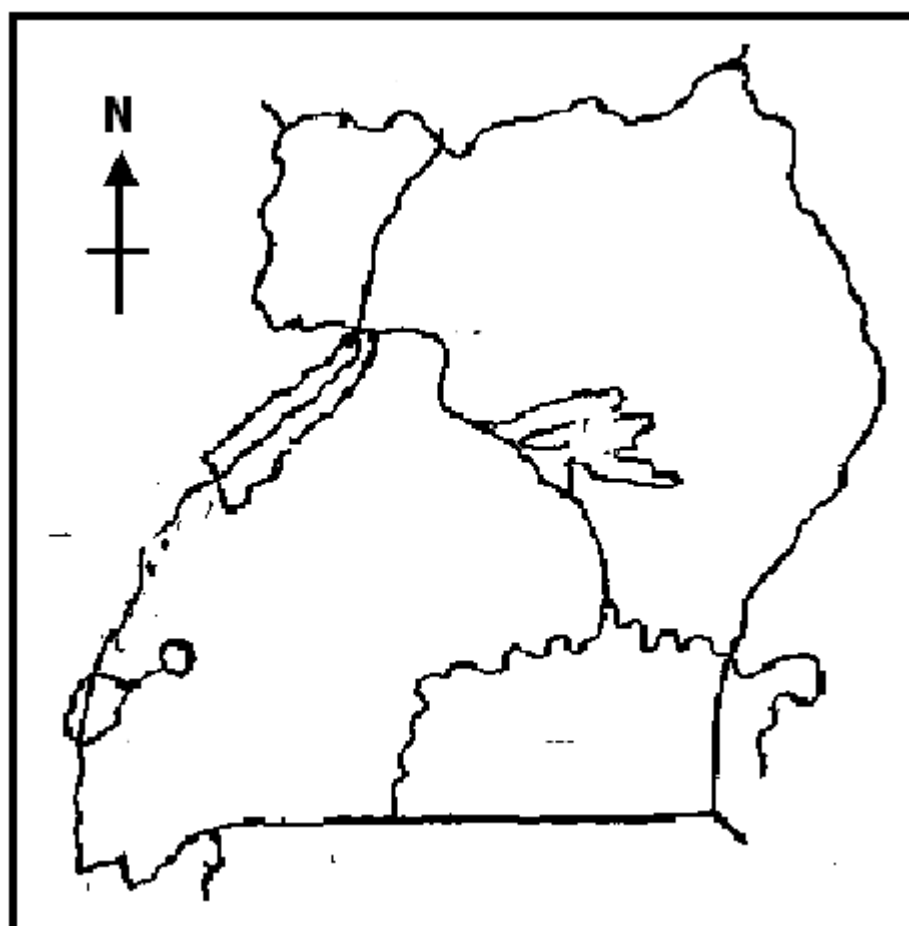
Northern	Eastern	Western	Central
Gulu	Iganga	Masindi	Wakiso
Arua	Jinja	Mbarara	Kampala

Moyo	Tororo	Kasese	Mpigi
Yumbe	Soroti	Bushenyi	Mukono
Oyam	Mbale	Hoima	Luwero
Apac	Kamuli	Kabale	Masaka
Moroto	Apac	Kisoro	Kayunga
Abim	Namutumba	Kagadi	Kyotera
Kotido	Paliisa	Ntoroko	Kalangala
	Luuka		Buvuma

Qn: **In which region is your school found?**

❖ Central region

### **A MAP OF UGNBDA SHOWING REGIONS**



### **Reasons why government creates new district**

- ❖ To extend services nearer to people
- ❖ To make administration easy
- ❖ To promote development
- ❖ To create employment opportunities or jobs for people



Qn: **What is an island?**

- ❖ An island is an area of land surrounded by a waterbody

Qn: Mention the two island districts in Uganda

- ❖ Kalangala
- ❖ Buvuma

Qn: Name the waterbody which surrounds Kalangala and Buvuma

- ❖ Lake Victoria

**Economic activities done in Kalangala**

- ❖ Tourism
- ❖ Fishing
- ❖ Lumbering
- ❖ Transport
- ❖ Trade

Qn: Name the crop that has been introduced in Kalangala and Buvuma

- ❖ Oil Palm

**Products of oil palm**

- ❖ Cooking oil
- ❖ Palm wine
- ❖ Soap

Problems faced by people in Kalangala

- ❖ Poor road network/ poor transport system
- ❖ Lack of hydroelectricity
- ❖ Poor medical facilities
- ❖ Poor sanitation
- ❖ Poor education services

Solutions to problems facing people in Kalangala

- ❖ Building more school, hospital
- ❖ Using solar energy

- ❖ Providing better means of water transport

## **WAKISO DISTRICT**

Qn: **What is a district?**

- ❖ This is an administrative area at the level of local council five

Qn: **Who is the political head of a district?**

- ❖ Chairperson L.C.V
- ❖ Our school is found in Wakiso district
- ❖ Wakiso district is found in central Uganda

## **Counties that make up Wakiso District**

- Busiro county
- Kyadondo county

## **Town council in Wakiso District**

- ❖ Kajjansi town council
- ❖ Nsangi town council
- ❖ Kyengerera town council
- ❖ Katabi town council
- ❖ Gombe town council

## **Municipalities in Wakiso**

- Entebbe municipality
- Kira municipality
- Nansana municipality
- Makindye Ssabagabo municipality

## **Problems faced by districts**

- ❖ Shortage of funds
- ❖ Poor social service centres
- ❖ Corruption
- ❖ Remoteness

- ❖ Poor leadership
- ❖ Poor transport

### **Neighbouring districts of Wakiso**

- ❖ Mukono
- ❖ Kampala
- ❖ Mityana
- ❖ Luwero
- ❖ Nakaseke
- ❖ Mpigi

Qn: Name the district which is almost surrounded by Wakiso

- ❖ Kampala

### **Important places in Wakiso**

- ❖ Entebbe international airport
- ❖ Namugongo shrine
- ❖ Namboole stadium
- ❖ Schools
- ❖ Police Stations
- ❖ State house Entebbe
- ❖ Hospitals
- ❖ Hotels
- ❖ Uganda wildlife Education Centre (UWEC)
- ❖ Banks

Qn: In which districts in Entebbe International airport found

- ❖ Wakiso

Qn: **Give three importance of Entebbe International Airport**

- ❖ It provides jobs to people
- ❖ It promotes tourism
- ❖ It provides transport service

Qn: **How is Namboole Stadium important?**

It is where football matches are played

- ❖ It provides jobs
- ❖ It promotes tourism

Qn: **How are hotels important in our district?**

- ❖ They provide accommodation services
- ❖ They provided space for conference
- ❖ They provide jobs to people
- ❖ They help people to relax

### **Economic activities done in Wakiso**

- i) Trade
- ii) Transport
- iii) Tourism
- iv) Fishing
- V) Fishing

### **Municipality**

Qn: **What is a municipality?**

- ❖ This is an Urban centre in a district with its own local government

Qn: **Who heads a municipality?**

- ❖ Major

Qn: **Who heads all civil servants in a municipality?**

- ❖ Town clerk

### **Examples of municipalities in Uganda**

- ❖ Arua Municipality
- ❖ Iganga Municipality
- ❖ Lira Municipality
- ❖ Kabale Municipality

- ❖ Soroti Municipality
- ❖ Masindi Municipality
- ❖ Entebbe Municipality
- ❖ Nansana Municipality
- ❖ Kiira Municipality
- ❖ Masaka Municipality

### **Importance of municipalities**

- ❖ They provide jobs
- ❖ They improve infrastructure like roads
- ❖ They provide ready market for goods
- ❖ They promote trade

### **Ways a district gets funds**

- ❖ Through tourism
- ❖ Through collecting taxes
- ❖ Through donations
- ❖ Through grants
- ❖ Through loans
- ❖ Through court fines

### **Ways a district spend its funds**

- ❖ Through constructing roads
- ❖ Promoting/maintaining sanitation
- ❖ Funding government aided schools
- ❖ Paying some workers

### **KAMPALA DISTRICT**

- ❖ Kampala got its name after animals called Impala or Empala which lived there
- ❖ Kampala is the capital city of Uganda
- ❖ Kampala is the run way of K.C.C.A (Kampala Capital City Authority)
- ❖ K.C.C.A is headed by an appointed Executive Director(ED)

- ❖ The elected Political leader of Kampala city is given a title of lord Mayor
- ❖ The headquarters of KCCA are found at city hall in Kampala

Qn; **Which ministry is responsible for Kampalacity?**

- ❖ Ministry for Kampala

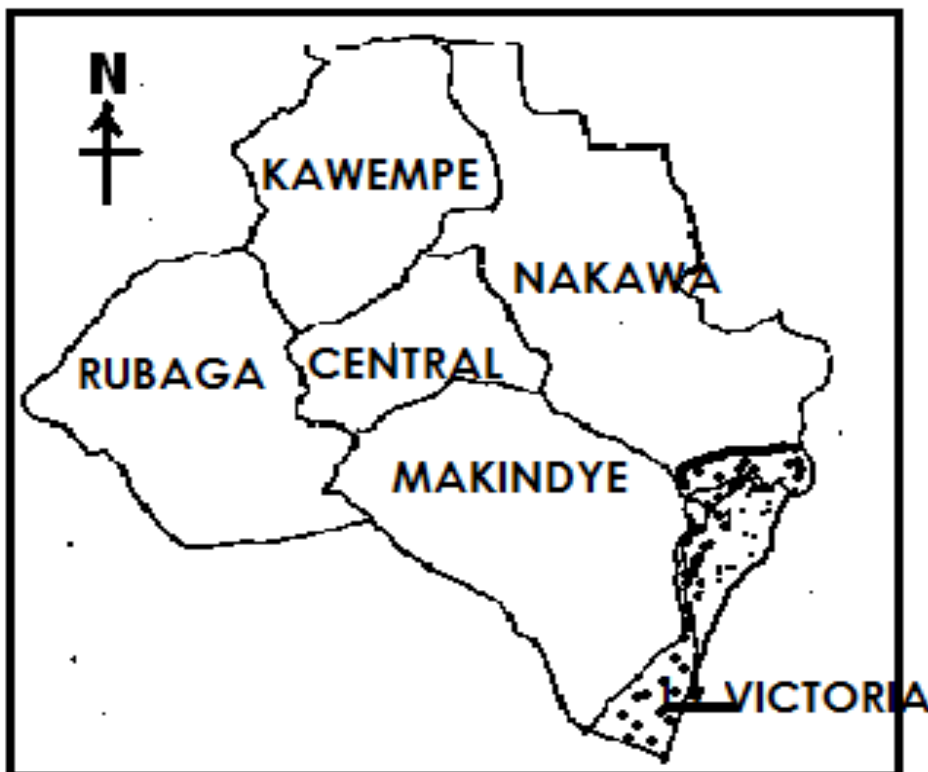
Qn: **Name the current leaders of Kampala**

- Executive Director –
- Lord Mayor - Elias Lukwago

**Kampala is made up of five urban councils.They include**

- ❖ Nakawa
- ❖ Kawempe
- ❖ Central
- ❖ Rubaga
- ❖ Makindye

### **A MAP OF KAMPALA URBAN COUNCILS**



## **Reasons why Kampala is divided into urban council /divisions**

- ❖ To make administration easy
- ❖ To extend social services nearer to people
- ❖ To create jobs for people
- ❖ To promote development

## **Duties of K.C.C.A**

- ❖ To promote sanitation in the city
- ❖ To promote good road network in the city
- ❖ To collect taxes from business owners
- ❖ To upgrade the city to a modernized one
- ❖ To plan for the city

## **Importance of Kampala**

- ❖ It provides market for goods
- ❖ It is a centre for trade
- ❖ It is a centre of administration
- ❖ It provides jobs for people

## **Economic activities done in Kampala city**

- ❖ Trade
- ❖ Tourism
- ❖ Transport
- ❖ Fishing

## **Problems faced by people living in Kampala**

- ❖ Poor sanitation
- ❖ High crime rate
- ❖ High cost of living
- ❖ Easy spread of diseases
- ❖ Development of slums
- ❖ Shortage of land
- ❖ Unemployment /lack of jobs

## Important places in Kampala city

- ❖ Parliamentary building
- ❖ Uganda museum
- ❖ Makerere University
- ❖ Hospitals
- ❖ Courts of law
- ❖ Radio stations
- ❖ Televisions stations
- ❖ Bank of Uganda
- ❖ Cathedrals / places of worship
- ❖ Market centres
- ❖ Hotels

## Major hills in Kampala and what is found there

### Hills

### Important places

- |                                                        |                                                   |
|--------------------------------------------------------|---------------------------------------------------|
| i) Nakasero                                            | State house, UBC tv                               |
| Sheraton hotel, parliamentary building, Bank of Uganda |                                                   |
| Central police stations (CPS)                          |                                                   |
| ii) Muyenga                                            | - Water tanks                                     |
| iii) Makerere                                          | - Makerere University                             |
| iv) Mulago                                             | - Mulago referral hospital, Mulago nursing school |
| v) Rubaga                                              | - Rubaga Cathedral, Rubaga Hospital               |
| vi) Kitante                                            | - Uganda Museum                                   |
| viii) Kololo                                           | - Kololo Airstrip                                 |
| viii) Mengo                                            | - Kabaka's palace                                 |
|                                                        | - CBS Radio station                               |
|                                                        | - Mengo hospital                                  |



## **Activity**

1. Mention one hill found in Kampala
2. On which hill do we find Bank of Uganda
3. Which social service is mainly provided on Makerere hills?
4. Which basic need from Muyenga tank hill is provided to the people of Kampala?
5. Write C.P.S in full
6. How is C.P.S important to the people of Kampala
7. Name the manmade lake found in Kampala
8. How is Lake Victoria useful to the people of Kampala?
9. What is a museum?
10. Give two importance of museum

## **Importance of important places in our district**

### **Medical centres**

These are places where people go for treatment when they are sick

They include:

- ❖ Hospitals
- ❖ Dispensaries
- ❖ Clinics
- ❖ Pharmacies
- ❖ Drug shopsetc

Qn: Name the social service provided in a hospital

- ❖ Health service

Qn: Name the largest referral hospital in Uganda

- ❖ Mulago hospital

## **Groups of people who provide health services**

- ❖ Doctors
- ❖ Nurses
- ❖ Midwives

### **Importance of a midwife**

- ❖ She helps a pregnant woman to give birth
- ❖ She provides antenatal and postnatal services
- ❖ She provides guidance and counseling services to women and girls

## **Places of worship**

- A church is a place where Christians go for prayers
- A mosque is a place where Moslems go for prayers

### **Examples of church leaders**

- ❖ Bishops
- ❖ Archbishops
- ❖ Pastors
- ❖ Deacons

## **Examples of leaders in Islam**

- ❖ Imam
- ❖ Mufti
- ❖ District Khadi

## **Duties of religious leaders**

- ❖ They teach the word of God/ Allah
- ❖ They provide guidance and counseling
- ❖ They settle conflicts/disputes among believers
- ❖ They conduct religious marriage
- ❖ They offer sacraments

## **Ways religions have promoted development in Uganda**

- ❖ They have built schools
- ❖ They have built hospitals
- ❖ They have opened up radio and tv stations
- ❖ They have built orphanages
- ❖ They settle conflicts among people
- ❖ They have promoted morals through preaching the word of God
- ❖ They have opened up banks

## **Types of markets**

- i) Periodic markets
- ii) Permanent markets

### **Examples of markets in Kampala**

- ❖ St. Balikuddembe market
- ❖ Nakasero Market
- ❖ Kibuye Market
- ❖ Wandegeya Market
- ❖ Kalerwe Market
- ❖ Nakawa Market

## **Sources of food**

- ❖ Garden
- ❖ Markets
- ❖ Shop/supermarkets
- ❖ Lakes and rivers

## **Importance of markets**

- ❖ They help people to buy and sell goods
- ❖ They provide jobs to people
- ❖ They provide taxes to the government

## **Post office**

- ❖ This is a place where we send letters and parcels

## Importance of a post Office

- ❖ It provides job to people
- ❖ It sells stamps
- ❖ To send and receive letters and parcels

## Services provided by the post office

- ❖ Transport
- ❖ Communication
- ❖ Banking

## **PHYSICAL FEATURES IN OUR DISTRICT**

Qn: What are physical features?

These are landforms on the earth's surface

## **Examples of physical features in our district**

- ❖ Plateau
- ❖ Lakes
- ❖ Rivers
- ❖ Valleys
- ❖ Mountains
- ❖ Hills

## **Types of physical features**

- Relief features
- Drainage features

## **Relief features**

- ❖ These are landforms that are identified according to altitude

## Examples of relief features

- ❖ Mountains
- ❖ Hills
- ❖ Plateau
- ❖ Valleys

## **Drainage features**

- ❖ These are landforms which contain water

### **Examples of drainage features**

- ❖ Lakes
- ❖ Rivers
- ❖ Streams

## **Plateau**

- ❖ A plateau is a raised flat-topped piece of land
- ❖ It can also be called a table land
- ❖ Plateau is the physical feature which covers most parts of our districts /Uganda

### **Draw a symbol for a plateau**



## **Economic activities done on the plateau**

- ❖ Farming
- ❖ Tourism
- ❖ Trade
- ❖ Fishing
- ❖ Lumbering
- ❖ Mining

### **Importance of a plateau**

- ❖ It is used for farming /animal grazing
- ❖ It promotes tourism
- ❖ It supports industrialization

### **Reasons why most people settle on plateau**

- ❖ Presence of fertile soils
- ❖ Transport is easy on Plateau
- ❖ It is easy to construct houses on a plateau

- ❖ Presence of pasture for dairy farming

### Problems faced by people living on plateau

- ❖ Pests and diseases
- ❖ Floods
- ❖ Drought
- ❖ Soil erosion

### **Mountain**

- A mountain is a large raised piece of land higher than 2000 metres
- Mountain range is a series of mountains
- A mountain peak is the highest point of a mountain

#### **Mountain**

#### **Mt. Peak**

- |                         |            |
|-------------------------|------------|
| i) Mountain Rwenzori    | Margherita |
| ii) Mountain Elgon      | Wagagai    |
| iii) Mountain Mufumbiro | Muhavura   |
| iv) Mountain Moroto     | Sokdek     |

### **Other mountains**

- ❖ Mountain Napak
- ❖ Mountain Kadam

### **Types of mountains**

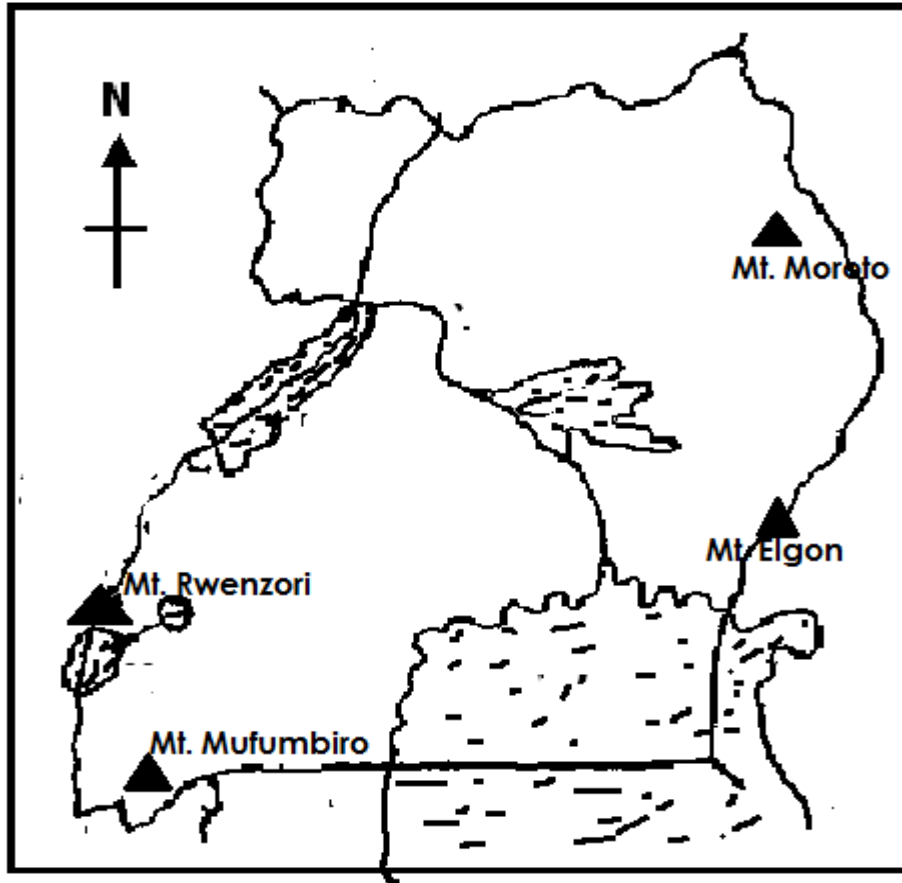
- ❖ Block mountain
- ❖ Volcanic mountains

### Examples of mountainous /highland district

- ❖ Kabale
- ❖ Mbale
- ❖ Bududa
- ❖ Kapchorwa

- ❖ Kasese
- ❖ Sironko
- ❖ Bundibugyo

### A MAP OF UGANDA SHOWING LOCATION OF MOUNTAINS



### Importance of mountains

- ❖ They help in rain formation (relief rainfall)
- ❖ They promote tourism
- ❖ They form natural boundaries between countries
- ❖ Mountain slopes have fertile soils for crop growing
- ❖ Some mountains have minerals

Qn: Mention tribes that live on slopes of these mountains

- i) Mt. Rwenzori - Bakonzo, Bamba
- ii) Mt. Elgon - Bagisu, Sabiny
- iii) Mt Mufumbiro - Bafumbira

iv) Mt. Moroto -Karimojong

**Problems faced by people living on Mountain slopes**

- ❖ Soil erosion
- ❖ Poor transport network
- ❖ Volcanic eruptions
- ❖ Landslides/Mudslides

**Solutions to problems faced by people on mountain slopes**

- ❖ By rearing donkeys for transport
- ❖ By constructing winding roads
- ❖ By terracing land
- ❖ By relocating people to safer places

**Ways of controlling soil erosion in hilly/ highland areas**

- ❖ By terracing
- ❖ By contour ploughing
- ❖ Through strip cropping

**Economic activities carried out in mountainous areas**

- ❖ Farming
- ❖ Lumbering
- ❖ Tourism
- ❖ Mining

Qn: How is road transport made possible in mountainous areas?

- ❖ By constructing winding roads

2. How is transport made possible in mountainous areas?

- ❖ By constructing wind roads
- ❖ By rearing donkeys for transport

3. What is the main cause of landslides?

- ❖ Heavy rainfall

4: Mention districts affected by land Slides in Uganda

- ❖ Bududa



❖ Bulambuli

❖ Sironko

5. Give dangers of landslides

- ❖ They lead to death of people
- ❖ They destroy property
- ❖ They lead to displacement of people
- ❖ They destroy crops

**VALLEYS**

A valley is a low land between two close hills/mountains

**QUESTIONS**

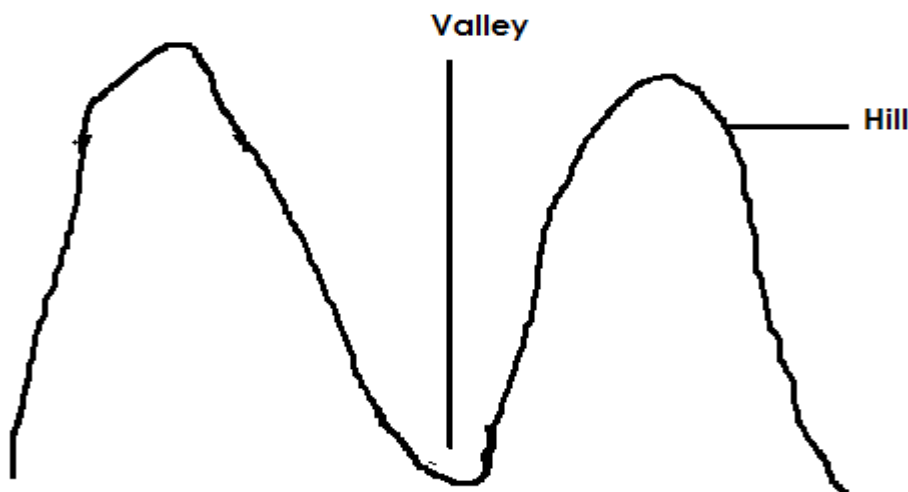
1. What is a rift valley?

- ❖ This is a long and wide depression on the earth's surface.

2. What is an escarpment?

- ❖ These are steep sides of a rift valley

**Diagram showing a valley**



**Importance of valleys**

- ❖ They promote tourism
- ❖ They have fertile soils for farming

## **Problems faced by people living in a valley**

- ❖ Soil erosion
- ❖ Floods
- ❖ High temperatures
- ❖ Poor transport

## **LAKES IN UGANDA**

- ❖ A lake is a large mass of water surrounded by land

## **Examples of lakes in Uganda**

- ❖ Lake Victoria (largest in Uganda)
- ❖ Lake Albert (source of crude oil)
- ❖ Lake Kyoga (most swampy)
- ❖ Lake Edward
- ❖ Lake George
- ❖ Lake Kwanja
- ❖ Lake Wamala
- ❖ Lake Bisina
- ❖ Lake Bunyonyi (Deepest lake in Uganda)
- ❖ Lake Opeta
- ❖ Lake Mutunda
- ❖ Lake Katwe (Source of salt)
- ❖ Lake Bulera etc

## **Questions**

1. Name the largest lake in Uganda
  - ❖ Lake Victoria
2. Name the deepest lake in Uganda
  - ❖ Lake Bunyonyi
3. Name the lake which is a source of salt in Uganda
  - ❖ Lake Katwe

4. Name the lake where crude oil was discovered
  - ❖ Lake Albert
5. Which is the swampiest lake in Uganda
  - ❖ Lake Kyoga
6. Why is Lake Kyoga swampy
  - ❖ It is shallow
7. Why is lake Kyoga shallow
  - ❖ It has a lot of clay
  - ❖ It is much silted
8. Name the channel which joins lake Edward to George
  - ❖ Kazinga channel

#### **Economic activities carried out on lakes**

- ❖ Fishing (major)
- ❖ Transport
- ❖ Tourism
- ❖ Trade

#### **Importance of lakes**

- ❖ They help in rain formation (convectional rainfall)
- ❖ They are sources of water for irrigation, industrial use, domestic use
- ❖ They are fishing grounds
- ❖ Some form natural boundaries between countries
- ❖ They are homes for aquatic animals
- ❖ They promote tourism
- ❖ They are used for transport
- ❖ Some are sources of minerals like lake Katwe.

#### **Dangers of lakes/rivers**

- ❖ They cause flooding
- ❖ They encourage breeding of diseases vectors

- ❖ They hide dangerous wild animals
- ❖ They encourage soil erosion

### **Problems facing lakes/Rivers**

- ❖ Drought
- ❖ Silting
- ❖ Pollution
- ❖ Over fishing
- ❖ Over harvesting of swamp vegetation

### **How to care for lakes**

- ❖ By planting trees around lakes/afforestation
- ❖ By discouraging people from dumping rubbish and other wastes in water
- ❖ By using proper fishing methods

Qn: Mention any two fresh water lakes you know in Uganda

- Lake Victoria
- Lake Kyoga

### **RIVERS**

A river is a large mass of water flowing in a particular direction

### **Examples of rivers**

River Nile (Longest in Uganda)

River Katonga

River Kagera

River Kafu

River Manafwa

River Mpologoma

River Achwa

River Semliki

River Mpanga

River Nkusi

River Mayanja

### **Terms related to rivers**

a) **River source**

- ❖ This is a point where a river starts flowing

b) **River mouth**

- ❖ This is a place where a river ends flowing

c) **Tributary**

- ❖ This is a small river joining the main river

d) **Distributary**

- ❖ This is a small river branching away from the main river

e) **River Confluence**

- ❖ This is a place where two or more rivers meet

f) **Waterfall**

- ❖ This is the steep flow of a river

### **RIVER NILE**

#### **Question**

1. Name the longest river in Uganda

- ❖ River Nile

### **Waterfalls found on River Nile**

- ❖ Murchison falls
- ❖ Itanda falls
- ❖ Karuma falls

## Uses of water falls

- i) They generate Hydro Electric Power (HEP)
  - ii) They promote tourism
  - iii) They are used for recreation
2. Mention two rivers that flow into Lake Victoria

- i) River Kagera
- ii) River Katonga

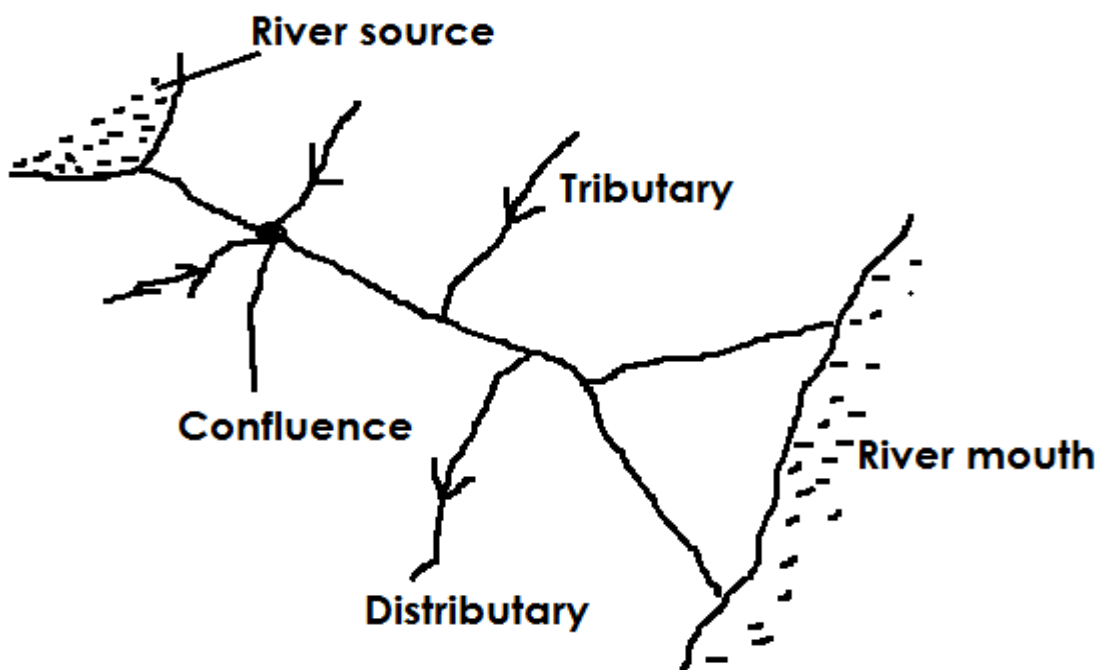
3. Write HEP in full

❖ Hydro Electric Power

4. What is Hydro Electric Power?

❖ This is the type of energy generated by fast running water.

## Parts of a river



## Places where rivers have their sources

- ❖ Highlands/mountains
- ❖ Plateaus
- ❖ Swamps
- ❖ Forests

## **Importance of rivers**

- ❖ They provide water for domestic use, Industrial use, irrigation
- ❖ They promote tourism
- ❖ They are fishing grounds
- ❖ They help in rain formation
- ❖ Some act as natural boundaries between countries
- ❖ They generate hydro electricity

## **Types of rivers**

### **i) Seasonal rivers**

- ❖ These are rivers that flow during the wet seasons and dry during the drying seasons

### **ii) Permanent rivers**

- ❖ These are rivers that flow throughout the year
- Economic activities carried out on rivers
- ❖ Fishing
- ❖ Tourism
- ❖ Trade
- ❖ Transport

Qn: Give reasons why areas around lakes and rivers are densely populated

- i) They have fertile soils
- ii) They have good climate / reliable rainfall

## **FISHING**

- ❖ This is the catching of mature fish from waterbodies

Types of fish caught in Uganda

- ❖ Tilapia
- ❖ Nile Perch

- ❖ Mud fish
- ❖ Lung fish
- ❖ Cat fish

### **Questions**

1. Name the commonest type of fish caught in Uganda
  - ❖ Tilapia
2. Which is the largest type of fish caught in Uganda?
  - ❖ Nile perch
3. Which type of fish is commonly found in swamps?
  - ❖ Mud fish

### **Methods of catching fish**

- ❖ Using fishing nets
- ❖ Using spears
- ❖ Using baskets
- ❖ Using hooks
- ❖ Using traps

### **Fish preservation**

- ❖ This is a way of keeping fish safe for along time without going bad

### **Ways of preserving fish**

#### **Traditional methods**

- ❖ Salting
- ❖ Smoking
- ❖ Sun drying

#### **Modern methods**

- ❖ Canning
- ❖ Freezing/refrigerating /icing

**Qn: Which is the commonest method of preserving fish in Uganda**

- ❖ Smoking



## Uses of fish

- ❖ It is eaten as food
- ❖ It is a source of income
- ❖ Fish can be used as medicine
- ❖ Bones of fish can be used as animal feeds

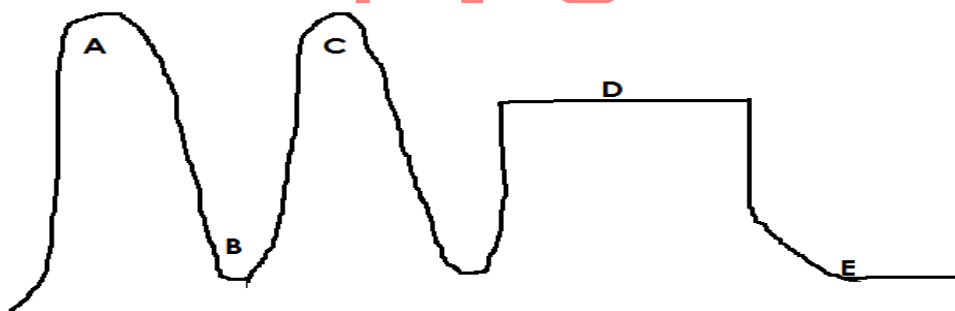
## Problems facing fishing

- ❖ Shortage of capital
- ❖ Poor fishing methods
- ❖ Poor transport
- ❖ Bad weather conditions
- ❖ Price changes

## Examples of poor fishing methods

- ❖ Using poison
- ❖ Using undersized nets
- ❖ Using local herbs

Qn: Name parts labeled on the diagram below



- A - Mountain
- B - Valley
- C - Plateau
- E - Plain

Qn: What is a plain?

- ❖ A plain is a low-lying land.

## **WEATHER IN OUR DISTRICT**

### **Questions**

1. **What is weather?**

- ❖ Weather is the condition of the atmosphere of a place at a given time

Or

- ❖ Weather is the atmospheric condition of a place at a given time

2. **What is climate?**

- ❖ Climate is the average weather condition of a place recorded and studied for a long period of time

3. **What is weather forecast?**

- ❖ This is the telling of future weather changes

4. **What is meteorology?**

- ❖ This is the study of weather

5. **Who are meteorologists?**

- ❖ These are people who study about weather changes

6. **What is a weather station/meteorological centre?**

- ❖ This is a place where weather changes are studied and recorded from

7. **Where is the largest weather station found in Uganda?**

- ❖ Entebbe in Wakiso District

### **Elements /aspects/components of weather**

- ❖ Rainfall
- ❖ Temperature
- ❖ Sunshine
- ❖ Cloud cover
- ❖ Humidity
- ❖ Mist

- ❖ Fog
- ❖ Chilly

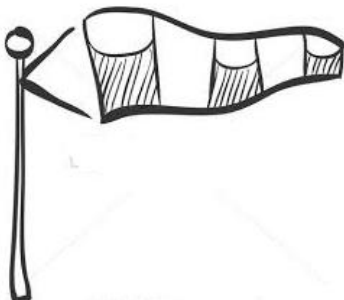
### **Condition /types of weather**

- ❖ Rainy
- ❖ Sunny
- ❖ Windy
- ❖ Cloudy
- ❖ Humid
- ❖ Foggy
- ❖ Chilly weather
- ❖ Misty

### **Weather instruments**

<b><u>Weather instruments</u></b>	<b><u>Uses</u></b>
Rain gauge	It measures amount of rainfall received in an area
sunshine recorder	It records the number of hours the sunshine in a day
Windvane/weather cock	It shows the direction of wind
Barometer	It measures atmospheric pressure/air pressure
Anemometer	It measures speed of wind
Hygrometer	It measures humidity

### **Wind socks**



Qn: **Why is a wind sock not considered to be weather instrument?**

- ❖ It is not found at a weather station

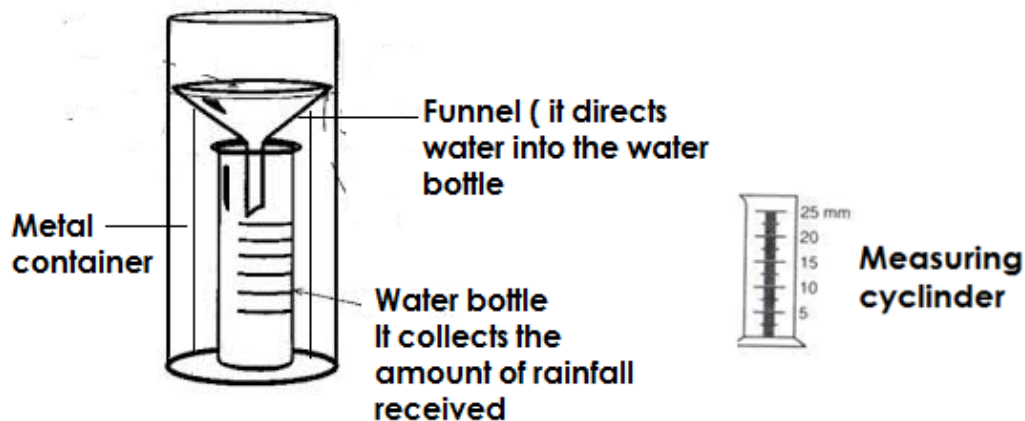
Qn: State the importance of a wind sock

- ❖ It shows wind direction
- ❖ It shows strength of wind

**Places where a windsock is found**

- ❖ Airfield
- ❖ Airstrip
- ❖ Airport

**Draw some weather instrument**



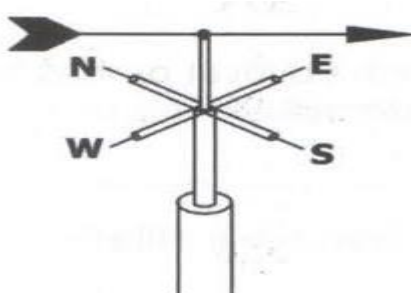
Qn: Why is a rain gauge place in a flat Open area?

- ❖ To prevent rain obstruction

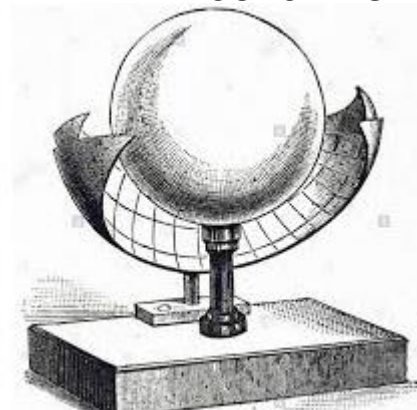
Qn: Why is a rain gauge placed 30cm above the ground

- ❖ To prevent running water/splashing water from entering it

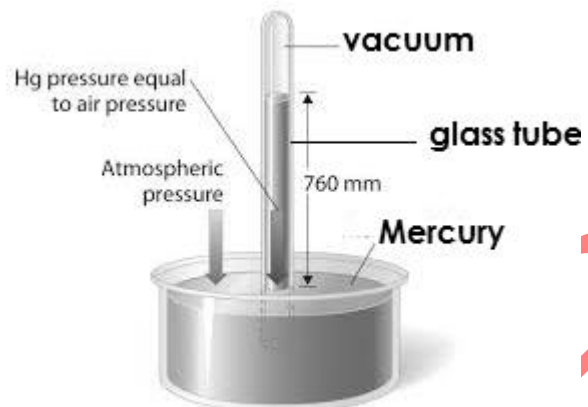
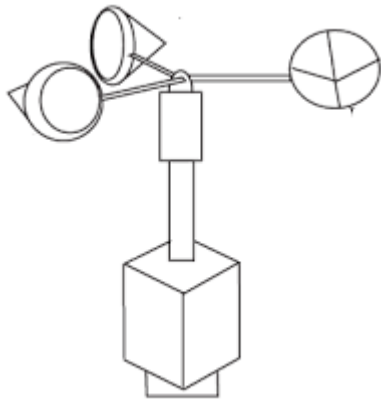
**Windvane**



**Sunshine recorder**



## Anemometer



## Stevenson screen

- ❖ This is a wooden box where delicate weather instruments are kept at a weather station
- ❖ It is painted white to reflect sunlight/ sunshine

### Instruments kept there include

- ❖ Barometer
- ❖ Hygrometer
- ❖ Six's thermometer

Qn: Why are there louvers on a Stevenson screen?

- ❖ To allow free circulation of air



Qn: A part from delicate weather instruments, name any other materials found in a Stevenson screen

- ❖ Record book

Qn: Why is a rain gauge not kept in a Stevenson screen?

- ❖ It is not a delicate weather instrument

## **Rainfall**

- ❖ Rain refers to the droplets of water that fall from the sky

## **Rainfall cycle**

- ❖ This is the continuous process through which rain is formed

## **Types of rainfall**

- Convectional rainfall
- Relief rainfall/orographic
- Cyclonic rainfall/frontal

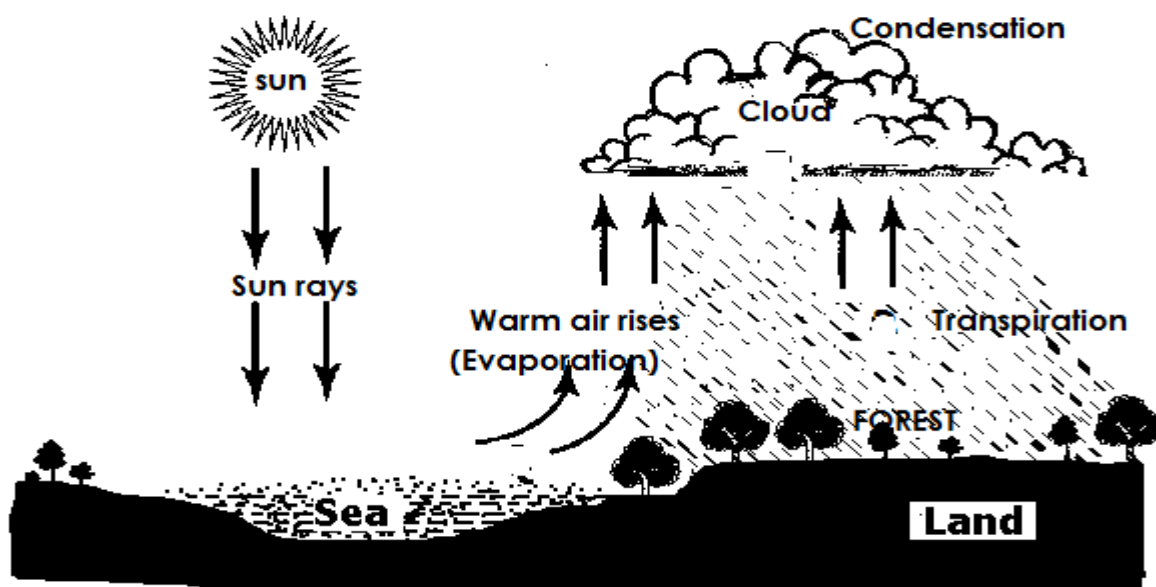
## **Convectional rainfall**

- ❖ This is the type of rainfall received in areas near large water bodies and forests

**It is received in district like;**

- ❖ Kalangala
- ❖ Kampala
- ❖ Wakiso
- ❖ Jinja

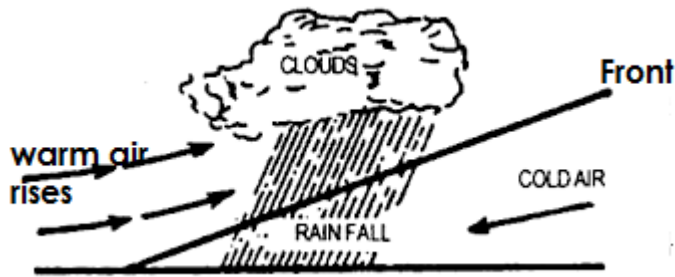
## **Diagram showing convectional rainfall**



## Cyclonic rainfall/ frontal

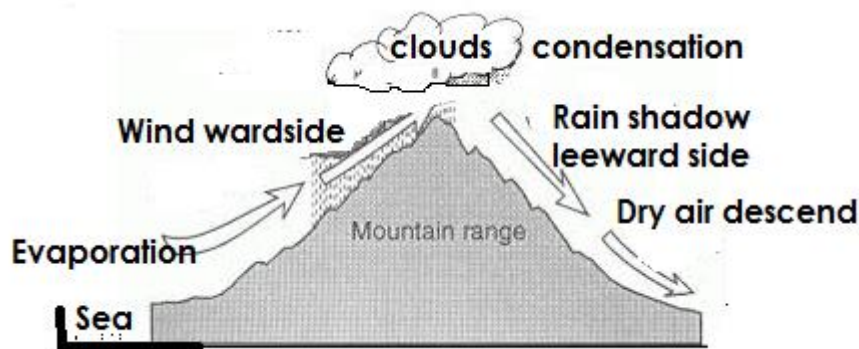
- ❖ This type of rainfall is experienced when warm moist air masses meet cold dry masses at a front
- ❖ A front is a point where two air masses meet
- ❖ This type of rainfall is experienced in flat areas like Karamoja and Teso(plains)

### Diagram



## Relief /orographic

- ❖ This type of rainfall is received in highland areas
- ❖ It is formed when the sun heats the water body and evaporation takes place
- ❖ The warm moist air is forced to rise and it is blocked by the mountain forcing it to rise higher to form nimbus clouds



NB: A mountain has two sides

a) **Windward is** the side of a mountain which receives rainfall throughout the year

b) **Leeward /rain shadow** is the side of a mountain which receives little or no rainfall

Qn: Why does the windward side receive rainfall throughout the year?

- ❖ It receives moist winds

Qn: Why does leeward receive little or rainfall?

- ❖ It receives dry winds

### **Importance of rainfall**

- ❖ It is the major sources of water.
- ❖ It softens soil for cultivation
- ❖ It enables plants to make their own food
- ❖ It enables crops to grow well

### **Disadvantages /dangers of too much rainfall**

- ❖ Too much rainfall causes floods
- ❖ Too much rainfalls destroys crops
- ❖ Too much rainfall destroys bridges
- ❖ Too much rainfall destroys people's houses

### **Types of clouds**

- ❖ Nimbus clouds
- ❖ Cirrus clouds
- ❖ Cumulus clouds
- ❖ Stratus clouds
- ❖ Cumulonimbus clouds

### **Importance of clouds**

- ❖ Clouds bring rainfall
- ❖ Clouds protect us from direct sunrays
- ❖ Clouds keep the earth warm at night
- ❖ They help to reduce temperature in a given place



## **Dangers of clouds**

- ❖ Dark clouds cause air crashing
- ❖ Clouds cause hail storms which destroy people's crops
- ❖ Clouds cause heavy rainfall which cause floods

Qn: Why is rain referred to as the major source of water?

- ❖ It gives water to other sources

Qn: Name the type of clouds that bring rain

- ❖ Nimbus

Qn: Mention clouds that are highest in the sky

- ❖ Cirrus

NB Nimbus clouds are the main source of rain

Qn: **What is wind?**

- ❖ Wind is the moving air/air in motion

## **Uses of wind**

- ❖ It helps farmers in winnowing
- ❖ It dries our clothes
- ❖ It helps sailors to move their canoes /boats
- ❖ It helps in rain formation
- ❖ It helps in pollination

## **Dangers of wind**

- ❖ Strong wind destroys farmers crops
- ❖ Strong wind destroys people's property e.g. houses
- ❖ Strong wind leads to soil erosion
- ❖ Strong wind can capsize boats/water vessels

## **Sunshine**

- ❖ Sunshine is heat and light from the sun
- ❖ Energy from the sun is called solar

## Uses of sunshine

- ❖ It helps in rain formation
- ❖ It dries farmers' produce /crops
- ❖ It is a source of solar energy
- ❖ It is a source of vitamin D

## Dangers of sunshine

- ❖ Too much sunshine causes shortage of pasture
- ❖ Prolonged sunshine causes drought
- ❖ Too much sunshine dries man's crops
- ❖ Too much sunshine dries water bodies
- ❖ It causes skin cancer
- ❖ Too much sunshine can cause death of animals

Qn: **What is a season?**

- ❖ This is a period of time with similar weather changes

Qn: **Mention activities done by farmers in these seasons.**

i) **Wet season**

- ❖ Planting crops
- ❖ Weeding
- ❖ Pruning
- ❖ Spraying
- ❖ Thinning

ii) **Dry season**

- ❖ Harvesting ready crops
- ❖ Drying produce
- ❖ Preparing land
- ❖ Preparing machines
- ❖ Seed storing

# TERM TWO