

# VICTORY STEP EDUCATION SERVICES

## LESSON NOTES TERM I 2023

### PRIMARY TWO – LIT II

#### THEME 5: OUR SCHOOL AND NEIGHBOURHOOD

#### SUB-THEME: LOCOATION, SYMBOLS AND BENEFITS OF OUR SCHOOL.

#### A. LOCATION OF THE SCHOOL

##### Our School

1. Our school is .....
2. A school is a place where people go to learn.
3. Our school is found along .....road
4. Our school is built on .....hill.
5. Our school is found in .....division / sub county.
6. Our school is found in .....village / zone.
7. Our school is found in .....district.

##### Learner's activity

The pupils will tour the location of their school.

#### B. Symbols of a school.

**School symbols are things which make our school different from other schools**

- a) School name
- b) School uniform
- c) School badge
- d) School motto
- e) School flag
- f) School anthem
- g) School signpost
- h) School mission
- i) School prayer.

##### Learners' activity

Write down five symbols of our school

- |          |          |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ |          |

Draw these school symbols

School uniform	School flag

## IMPORTANCE OF THE SCHOOL SYMBOLS

### B

1. **School name**  
It shows the name of our school.
2. **School uniform**  
It makes us different from other pupils  
It also makes us (the pupils) look smart.
3. The School flag  
It gives us a feeling of unity.
4. **School prayer**  
It is a special prayer for the school  
It teaches us to be God fearing
5. **School motto**  
It encourages pupils to work hard.
6. **School sign post.**  
It shows where the location of our school

### Learners' activity:

1. What is the use of a school sign post?
2. \_\_\_\_\_ makes the pupils look smart.
3. \_\_\_\_\_ teaches us to be God fearing.
4. What is the special song of your school called?
5. What is the use of your school motto?
6. Write down your school motto.

### D. Drawing school symbols

a) School uniform

(c) School flag

b) School badge

(d) School sign post

### (e) Things found on;

School badge

School motto

a) School badge

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

b) **School sign post**

1. School badge
2. School motto
3. School name
4. School box number

4. **SCHOOL STRUCTURES**

1. School structures are the buildings found in the school  
Examples of school structures: classrooms, toilets, kitchen, library, dormitories, offices, staffroom, store, canteen etc.

2. **Uses of school structures;**

1. Pupils sit and learn from the classroom.
2. Pupils use toilets to ease themselves
3. Food at school is prepared from the kitchen
4. The headmaster and the secretaries do their work from the offices
5. We buy things from the school canteen
6. Sick pupils rest in the sickbay.
7. Teachers meet and rest from the staffroom
8. Library is where the books for the school are kept
9. Store: The school property are kept in ht store

**Activity**

**Match the following:**

Library	where we go to ease ourselves
Kitchen	where pupils go for treatment
Toilet/latrines	where food is prepared
Sickbay	where school books are kept
Classroom	where pupils learn from
Store	where school property is kept

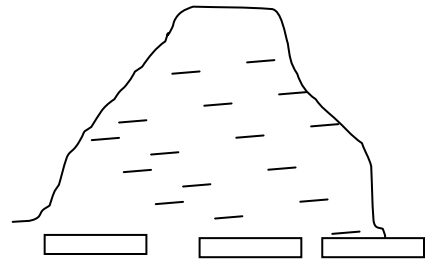
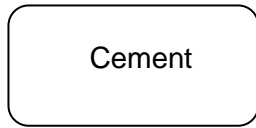
How important are the following school structures/

Dining hall \_\_\_\_\_ (b) staffroom \_\_\_\_\_

**Things we use to build our school (Building materials)**

Iron sheets, cement iron bars sand nails timber roofing tiles stones bricks blocks

Activity: Pupils will name strong building materials drawn.



Draw these building materials.

Nails	Iron sheets	stones

Where/ sources of strong building materials are got.

Material	Source
Cement	Factory
Nails	Factory
Paint	Factory
Timber / poles	Forest / bush
Sand	Lake side / swamp
Bricks / clocks	Swamp
Stones	Quarry
Tiles	Factory
Iron sheets	Factory
Iron bars	factory

**Activity:**

Draw places where we get strong building materials (swamp, factory, lake, forest)

**Weak building materials**

Gras

Mud

Sticks

Banana fibres

Ropes

Cow dung

Papyrus

### **Sources of weak building materials**

Mud	-	soil & water
Banana fibres	-	banana plants
Grass	-	bush
Reeds	-	bush
Sticks	-	bush
Cow dung	-	farm
Papyrus	-	swamp

### **Activity**

Pupils will draw the weak building materials

### **PEOPLE IN OUR SCHOOL**

1. There are many people found in our school.

These are

- |                    |                  |
|--------------------|------------------|
| a) Headteacher     | h) Gate keeper   |
| b) Teachers        | i) Matrons       |
| c) Bursar          | j) School nurse  |
| d) Secretary       | k) School driver |
| e) Cooks           | l) Water man     |
| f) Cleaners        | m) librarian     |
| g) Security guards |                  |

### **Activity**

1. Name your school headteacher
2. Who is your class teacher?
3. Why is the school bursar important?
4. Draw your friends at school.

### **Uses of people in our school**

1. Headmaster - he heads the school
2. Deputy headteacher - he assists the headteacher

3. Teachers - they teach the children
4. Secretary - types our home work and exams
5. Bursar - keeps the school money
6. Cooks - cook the food
7. Cleaners - cleans the school
8. Nurse - takes care of the sick children at school
9. Security guard - guard keeps the school safe
10. Matrons - look after children in the boarding section

### **Learners' activity**

#### **Match the following**

- Headteacher - teaches the children
- Bursar - types exams
- Secretary - heads the school
- Cook - keeps the school money
- Teachers - cooks food

Why does a school need the following people?

Nurse, guards, cleaners

### **Things we use at school.**

Things we use at school are called facilities

#### **Examples of things we use at school**

Chairs	tables	chalk	pencil	pen
papers	water	brooms	duster	ruler

### **Learners' activity**

Draw things we use at school

Chalk	Broom	Chair	Pencil
Ruler	Table	Water	pen

### **Pupils' roles / duties / work**

1. Sweeping the classroom.
2. Mopping the classroom
3. Dusting tables and chairs

4. Watering the flowers
5. Arranging books
6. Collecting books
7. Pupils with special duties at school are called prefects
8. A class monitor is the head of other pupils in the class.
9. The monitor makes sure that order is kept in class.

### **Learners' activity**

1. State any two responsibilities of children at school.
2. Who is your class monitor?

### **Prefects**

1. There are pupils who have special roles at school.
2. Prefects work together with teachers.
3. Prefects help pupils to be disciplined at school.
4. There are two very important prefects in our school.
5. They are  
Head boy and head girls
6. They head all other prefects
7. They are other prefects at schools like;
  - a. Games prefects
  - b. Meals prefect
  - c. Health prefect

### **Learners' activity**

1. Pupils who have special roles at school are called \_\_\_\_\_
2. Name the head girl of your school. \_\_\_\_\_
3. What is the name of your head boy? \_\_\_\_\_
4. Name other two prefects in your school.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_

### **CLASS RULES:** these are rules governing a class

1. Do not play in classroom
2. Pay attention to your teachers
3. Put up your hand before you answer
4. Do not step on tables and chairs
5. Do not eat from class.
6. Do not go out of class without permission.

**SCHOOL RULES:** These are rules governing a school.

1. There are many school rules we must obey
2. School rules help us to be disciplined pupils
3. They guide us to do good things. These are:
4. Pupils should not come to school late
5. Do not fight one another.
6. You should love your schoolmates
7. Do not run carelessly
8. Never leave your school without permission.
9. Do not climb trees.
10. Greet the people you find at school.

**Learners' activity:**

1. Why do we need class rules?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
2. Identify one use of school rules.
  - a. \_\_\_\_\_
3. Mention any two school rules.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_

**Our time table**

1. The timetable tells us what to do.
2. It shows us the right time to do something.
3. It helps us to do things in an organized way.

**Things found on the timetable.**

These are :

Time	subjects / learning areas	Names of teachers
Days of the week	name of the class	

**Learners' activity:**

1. On which day do you learn art and craft?
2. Which subject has many lessons in a week?
3. What time do lessons start in your school?
4. At what time do pupils go for lunch in your school?
5. How many English lessons do you have in a week?



6. We should always keep our books in \_\_\_\_\_(order, dustbin)
7. Draw your class timetable in your books.

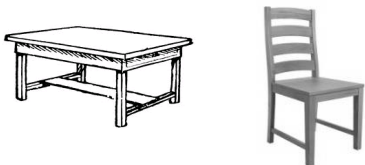
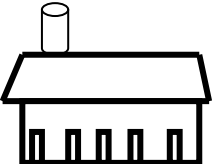
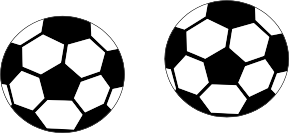
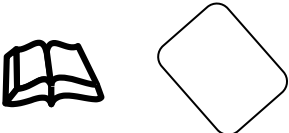
### **OUR NEEDS AT SCHOOL**

1. A school has many needs
2. These are:

Furniture	stationery	balls	toilets	desks
Electricity	pens	boards	chalk	Water
				food

### **Learners' activity**

Name the school needs shown in the pictures below.

<p>a)</p> 	<p>b)</p>	<p>c)</p>
<p>d)</p> 	<p>e)</p> 	<p>f)</p>  <p>stationery</p>

a) _____	(b) _____	(c) _____
(d) _____	(e) _____	(f) _____

### **WAYS IN WHICH THE SCHOOL NEEDS ARE MET.**

- A There are very many ways in which a school meets its needs. These are:
1. Parents pay school fees.
  2. Some parents also give gifts to the school e.g. books and pencils
  3. Many school use government money to met their needs
  4. Some schools have sponsors
  5. Some schools have projects e.g. poultry keeping
  6. Some schools have farms and gardens where they get food from
  7. Some good people give money to the school.

### **Learners' activity**

Mention any five ways in which a school meets its needs.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### **Problems in meeting school needs.**

1. Some schools do not have enough money
2. Some parents cannot pay school fees.
3. Some people steal school property
4. Some schools do not have enough classrooms and seats.
5. Sometimes the sun destroys crops in the school farm.
6. Animals can also destroy the farm crops
7. Sometimes fire spoils things at school.

### **Ways of solving school problems.**

1. Parents should help the school to meet its needs.
2. School properties should be kept safely.
3. Our school crops should be watered during the dry season.
4. Pupils should be taught to make things for the school e.g. bricks.
5. Broken desks chairs should be repaired.

### **Learners' activity**

1. Write down three needs in your school.

- a) \_\_\_\_\_ c) \_\_\_\_\_
- b) \_\_\_\_\_

### **Keeping the school clean**

Things we use to keep the school clean

Brooms	soap	matchbox
Rags	bucket	rags
Dustbin	Brushes	slasher
Rake	hoe	

1. Our school should be kept clean
2. Clean places are good to live in.
3. Rubbish should be thrown into dust bins or rubbish pits.

4. Remember always to wash your hands after going to the toilet.

**Learns activity**

Children sweeping the compound	Children watering plants	Children burning rubbish

2. Why do we keep our school clean?

Give three reasons.

- a) \_\_\_\_\_ c) \_\_\_\_\_  
b) \_\_\_\_\_

3. Why do you always wash your hands after visiting the toilet?

**Activities done at school**

Writing                      reading                      playing                      dancing  
Singing                      sweeping                      drawing                      picking rubbish  
Shading

**Activity**

Name the activities done at school.


**SUB THEME: BENEFITS TO THE SCHOOL FROM NEIGHBOURHOOD**

**OUR SCHOOL NEIGHBOURHOOD**

1. A neighbor is someone who stays near you.
2. Children will name their neighbours in class and at home.
3. Neighbourhood is the areas around our school.
4. Things found in our neighbourhood are mosque, church, plants, market, police station, roads, schools
5. Our school neighbours do different things. They work to meet their needs.

**Examples:**

<b>People</b>	<b>work</b>
A barber	cuts / trims our hair
The police	keeps law and order
A herds man	looks after cattle
A fisher man	catch fish
A cobbler	mends our shoes
Plumber	repairs water pipes
Fish monger	sells fish

**Activity:****1. Match**

A teacher	looks after cattle
A farmer	treats sick people
Policeman	teaches children
A doctor	keeps law and order
A herds man	grows crops

**BENEFITS TO THE SCHOOL FROM THE NEIGHBOURHOOD**

1. We get people to work in our school from the neighbourhood. E.g. teachers, cleaners, etc.
2. We get food from the farms in our neighbourhood
3. We get medicine
4. The school buys land from the school neighbourhood
5. The school gets money from people from the neighbourhood e.g. donors
6. We get building materials from the school neighbourhood.

**Activity:**

1. Name any three beneficiaries (things) the school gets from the neighbourhood.

a) \_\_\_\_\_ (b) \_\_\_\_\_

**2. Read and draw.**

a. Crops

b. animals

**Benefits to the neighbourhood from school**

1. The school teaches children from the neighbourhood
2. The school gives jobs to the people
3. The school is a meeting place for the people from the neighbourhood

4. The school teaches good behaviors e.g. cleanliness
5. The school lends furniture to the people in the neighbourhood
6. The school entertains people in the neighbourhood

### **Activity**

#### **1. Read and draw**

a. Children dancing

b. Teacher teaching

c. A man sweeping

d. Two cooks


#### **2. Causes of problems between school and neighbourhood\_**

##### **(a) Causes**

1. some people are thieves
2. Some people use bad language
3. Some people quarrel
4. Some people break and damage property
5. Some people burn schools
6. Some people kidnap children
7. Some people fight others.
8. Some people trespass.

##### **(b) Ways of preventing these problems**

1. People should respect one another
2. People should follow rules and regulations.
3. People should keep law and order.

### **Activity**

What are they doing?

### **School and neighbourhood**

Important places near our school

- Churches
- Hospitals
- Mosque
- Markets
- Police stations
- Shops etc.

## THEME 2: OUR HOME AND COMMUNITY

### SUB THEME: Relations among family members.

#### A family

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

#### Types of families

- Nuclear family
- Extended family

#### Members in a nuclear family

a) Father



(c) mother



b) Children



#### Activity

- Children draw members of a nuclear family in their books.

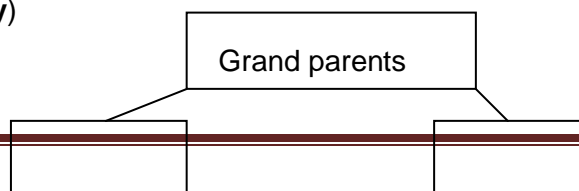
#### Extended family

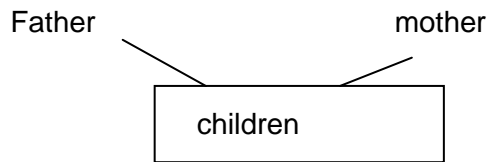
An extended family is a family with father, mother children and relatives. Members of an extended family

Father	mother	brother	sister	uncle
aunt	grandfather	grandmother	cousins	

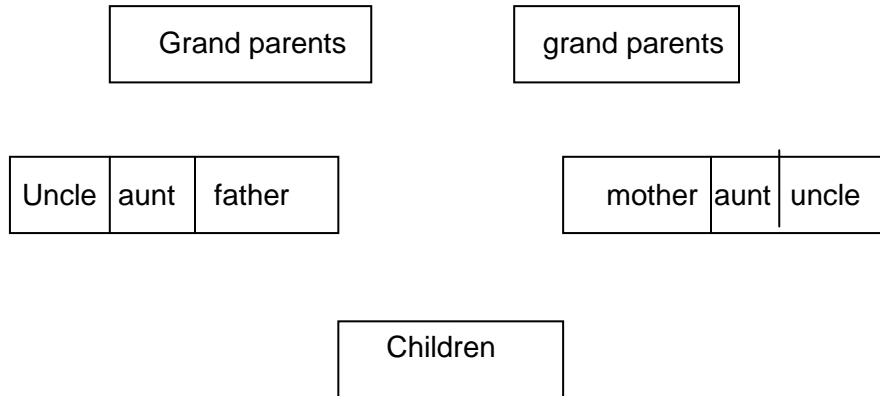
#### Activity

#### Family tree (Nuclear family)





### **Extended family**



Activity:

Children will draw the family tree.

### **Family relations**

1. The son of my father and other is my brother
2. The daughter of my father and mother is my sister
3. The sister of my father and mother is my aunt
4. The brother of my father and mother is my uncle
5. The father of my father and mother is my grandfather
6. The mother of my mother and father is my grandmother.
7. The son of my brother or sister is my nephew
8. The daughter of my brother or sister is my niece
9. The children of my aunt and uncle are my cousins.

People who start / begin a family are husband and wife.

### **Roles of the family members**

#### **Duties of a father:**

1. A father heads a family
2. A father pays school fees
3. A father buys food and other things for the family
4. A father takes and picks children from school
5. A father pays house rent.

### **Duties of a mother**

1. A mother cares for the home
2. A mother cooks food
3. A mother looks after children
4. A mother washes clothes
5. A mother takes and picks children from school.
6. A mother pays school fees
7. A mother heads a home when the father is not around.
8. A mother pays house rent.

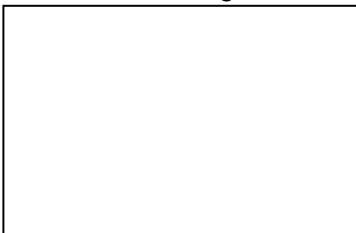
### **Duties of children**

1. Children clean the home
2. Children fetch water
3. Children collect firewood
4. Children help their parents
5. Children wash utensils
6. Children carry babies

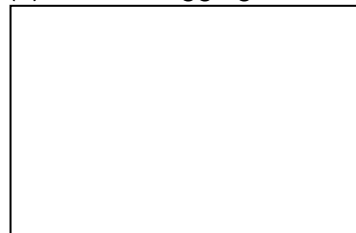
### **Learner's activity**

Read and draw

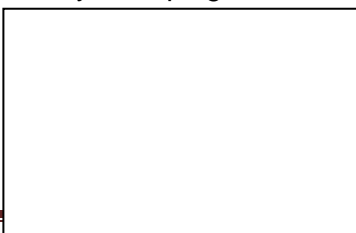
1. A mother cooking food



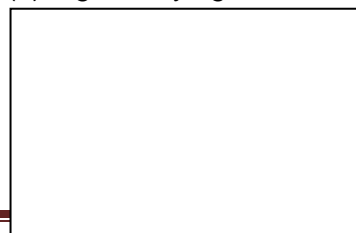
- (3) a father digging



2. A boy sweeping



- (4) a girl carrying firewood





### Our community

1. What is a community?
2. A community is a group of people living or working together.

### Examples of communities are:

Church	mosque	school	police station
hospital	home	market	

### Learners' activity

Draw and name and four communities.


### People found in our community

Doctors	barbers	nurse
Teachers	security guards	pastors
Fisherman	priests	carpenters
Mechanics	shopkeepers	venders
Herdsman	police officers	

### Read and draw

Teacher

a farmer

a fisherman

### **Roles of different people in the community**

1. Doctors treat sick people
2. Nurses cares for the sick people
3. Teachers teach children
4. Carpenters makes furniture
5. Plumber repairs broken pipes
6. Farmers grows crops and keeps (rear) animals
7. Herds man looks after cattle
8. Cobbler mends our shoes.
9. Shopkeepers sell things in a shop.
10. Fishmonger sells fish
11. Veterinary doctor treats sick animals
12. Barber cuts our hair
13. Police officers keeps law and order
14. Shepherd looks (care) after sheep
15. Oculist examines and treats eyes
16. Optician sells eye glasses
17. Tailor sews clothes

### **Activity**

#### **Match**

- |              |   |                    |
|--------------|---|--------------------|
| a) Carpenter | - | grows crops        |
| b) Doctor    | - | looks after cattle |
| c) Farmer    | - | makes furniture    |
| d) Cobbler   | - | treats sick people |
| e) Herdsman  | - | mends shoes        |

### **Places of work of the people in the community**

- | <b>People</b> |   | <b>Places of work</b> |
|---------------|---|-----------------------|
| 1. Teacher    | - | school                |
| 2. Doctor     | - | hospital              |
| 3. Carpenter  | - | workshop              |
| 4. Farmer     | - | farm                  |
| 5. Shopkeeper | - | shop                  |
| 6. Fisherman  | - | lake                  |
| 7. Barber     | - | saloon                |

8. Mechanic - garage

**1. Draw these people**

<b>Doctor</b>	<b>Teacher</b>	<b>farmer</b>

**Cultural practices and values in the community**

**Acceptable behaviors in different cultures in our community.**

- |               |                                 |
|---------------|---------------------------------|
| 1. Greeting   | 7. Singing and dancing          |
| 2. Praying    | 8. Dressing                     |
| 3. Cooking    | 9. Celebrating                  |
| 4. Serving    | 10. Cultivating                 |
| 5. Worshiping | 11. Addressing different people |
| 6. Eating     |                                 |
| 12.           |                                 |

Culture is the way of living in an area / society.

**Draw these activities activity**

<b><u>Eating</u></b>	<b><u>Dancing</u></b>	<b><u>Praying</u></b>

**Cultural practices in our community**

1. Introduction
2. Singing and dancing
3. Marriage
4. Burial
5. Circumcision
6. Naming
7. Twins

**Cultural foods**

Baganda - banana / matooke

Basoga	-	sweet potatoes
Acholi	-	millet
Bagwere	-	cassava/ millet
Karamajong	-	sorghum
Bakiga	-	Irish potatoes
Bagisu	-	millet

### **Cultural ways of greeting**

Baganda women	-	kneeling
Basoga	-	kneeling
Banyankole	-	by hugging

### **Twins**

1. Twins are children born on the same day by the same mother
2. The mother of twins is called Nalongo
3. The father of twins is called Ssalongo
4. A child born before the twins is called Kigongo
5. The child born after twins is called Kizza / Kiiza.

### **Names of twins**

Boys	Girls
Wasswa	Babirye
Kato	Nakato

### **Learners' activity**

#### **Read and draw**

1. Two girls dancing



2. People praying



3. A bride groom



4. Your traditional dress e.g. Kanzu and Gomesi



### THEME 3; THE HUMAN BODY AND HEALTH

#### SUB THEME: PARTS OF THE BODY AND THEIR USES

Parts of the body

head	mouth	knees	eyes	nose	legs	hands
tongue	stomach	teeth	shoulders	fingers	head	feet
arms	breasts	neck	thighs	toes		

#### Activity

- Pupils will name the parts orally
- Draw and name the parts

(Picture showing parts of the body)

Stomach, mouth, breast, fingers, thigh, eye, head, neck, toes, leg, foot, ankle
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#### The way different parts of the body work together to carryout different activities (functions of the body parts.)

Eye	-	see	skin	-	feel
Tongue	-	taste/ talk	teeth	-	chew
Legs	-	walk	hands	-	hold/ touch, writing
Nose	-	smell/breathe	fingers	-	touch
Belly	-	for covering the stomach			
Nails	-	scratching ourselves			

All these body parts work together to carryout different activities e.g. playing, eyes see what to play with, hands touch the play things, ears hear from other people you play with, legs walk as you play.

#### Activity

i) Pupils will match parts of the body with their uses

ii) Fill in the correctly.

I use eyes to \_\_\_\_\_

I write with my \_\_\_\_\_

I move / walk with my \_\_\_\_\_

I work with my \_\_\_\_\_

I \_\_\_\_\_ with my skin.

## **SANITATION:**

What is sanitation?

Sanitation is the general cleanliness of a place.

Sanitation is the keeping of our environment clean.

Sanitation is the general cleanliness of a place (environment) where we live / stay. Areas that need to be kept clean at home and school

Bathroom	sitting room	house	store	pit latrine / toilet
Compound	kitchen	dining room	bedroom	veranda
Soak pit				

### **How to clean the areas**

Slashing

Dusting

Digging

Flushing the toilets

Scrubbing

Picking rubbish

Moping

Burning rubbish

Smoking

Covering

### **Activity**

Pupils will go out and pick rubbish from the school compound.

1. How do we keep our home clean?
2. Why do we keep our homes clean?
3. Name two places we must keep clean.
4. What do we use to keep toilets clean?
5. Why do we clean toilets?
6. What do we use to clean our classrooms?
7. Which materials do we use to keep these places clean?

Toilets - \_\_\_\_\_

Compound - \_\_\_\_\_  
 Kitchen - \_\_\_\_\_  
 Bathroom - \_\_\_\_\_

## TOOLS MATERIALS USED

Tools and materials used to keep the place down clean

Water	Rake	Rag
Panga	Match box	Dustbin
Hoe	Scrubbing brush	Bucket, basin
Broom	Slasher	Liquid / detergents
Rake	Soap	
Match box	Knife	

### Activity

1. Pupils will match tools to their uses

Hoe - sweeping  
 Brush - scrubbing  
 Broom - digging

2. Drawing and name the tools used to clean the environment.


## PERSONAL HYGIENE

What is personal hygiene? Personal hygiene is the way of keeping our body clean. Skills(ways) of keeping the body clean.

- |                              |                            |
|------------------------------|----------------------------|
| - Brushing teeth             | - Drinking boiled water    |
| - Washing regularly          | - Washing and Combing hair |
| - Cutting finger nails short |                            |
| - Cutting hair short.        |                            |
| - Ironing clothes            |                            |

### Things we use to clean the body

- |               |         |
|---------------|---------|
| - tooth brush | - water |
| - sponge      | - comb  |

- razor blade
- tooth paste
- towel
- pair of scissors
- safety pin
- toilet paper
- handkerchief
- basin
- nail cutter



### **Activity**

Pupils draw and name the things we use to clean our body.

Toothpaste	Comb	Towel	Bathing soap

Naming four ways of keeping the body clean

### **Things that we use to clean the body must be kept clean.**

- a) Clean the toothbrush after brushing
- b) Wash your hands when they are dirty
- c) Wash and dry your towel always
- d) Wash your pants, dry and iron them
- e) Iron our clothes.

### **Importance of keeping them clean**

- a) Things used on our body should be kept clean to prevent bad smell
- b) Things used on our bodies should be kept clean to prevent skin diseases.
- c) Things used on our bodies should be kept clean to prevent dirt.
- d) Things used on our bodies should be kept clean to prevent germs.

### **Activity**

Exercise:

1. Give two reasons why things used on our body should be kept clean  
a) \_\_\_\_\_ (b) \_\_\_\_\_
2. Draw and name any two things used to clean our body.

### **Why do we brush our teeth?**

- We brush our teeth to prevent tooth decay
- We brush our teeth to prevent bad breath
- We brush teeth to prevent cavities.

### **Why do we iron our clothes?**

- We iron clothes to kill germs that can not die with water.
- We iron our clothes to be smart.

### **Why do we bathe?**

- We bathe to avoid bad smell (body odour)
- We bathe to prevent germs
- We bathe to remove dirt from the body.

### **Activity**

Give reason why we do the following activities.

- a) bathing \_\_\_\_\_
- b) brushing teeth \_\_\_\_\_
- c) ironing clothes \_\_\_\_\_

### **Why do we wash our hands?**

We wash our hands to remove germs that enter our body through mouth.

### **Why should drinking water be boiled first?**

- We boil water for drinking to kill germs.
- Why should we cut our finger nails short?
- We cut finger nails short to prevent eating germs.
- We cut finger nails short to keep away germs that hide there.

### **Activity**

Pupils will do practical work e.g. cutting finger nails short, washing their hands clean.

### **Common diseases**

#### **Preventing and controlling common diseases**

Diseases like:-

- Malaria
- Flu and cough
- Diarrhoea
- Typhoid
- Chicken pox
- Cholera
- Dysentery

#### **Ways of preventing and controlling the diseases**

- Avoiding smoking
- Avoiding spitting
- Guarding against harmful insects

- Cutting bushes down
- Sleeping under mosquito nets
- Boiling water for drinking
- Spraying
- Covering food removing the stagnant water

### **Activity**

1. Name three common diseases you know

a) \_\_\_\_\_ (b) \_\_\_\_\_ (c) \_\_\_\_\_

2. Why do we sleep under mosquito nets?

3. Why do we boil water for drinking

4. We boil water for drinking to kill \_\_\_\_\_

5. Write any two ways of preventing common diseases.

a) \_\_\_\_\_ (b) \_\_\_\_\_

## **THEME: 4 FOOD AND NUTRITION**

### **SUB THEME: CLASSIFICATION OF FOODS**

Common food in our community


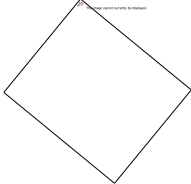


What is food?

Food is something good we eat or drink Examples of common food

Rice, matooke peas beans cassava millet meat fish groundnuts yams

Maize eggs potatoes cabbage chicken milk splash

### **Examples of foods**

			
Fish	Banana/ matooke	Yams	g-nuts

### **Activity**

1. What is food?
2. Name any four common foods in our community.

\_\_\_\_\_

\_\_\_\_\_

3. Why do we eat food?

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

### **Sources of food**

Plant	water bodies'	garden	shops	market	forests
Birds	animals	insects	bakery		

### **The source**

### **Examples of food**

Garden	-	cassava, potatoes, beans, g-nuts
Butcher	-	meat, chicken, mutton
Market	-	rice, beans flour wheat
Dairy/animal	-	milk
Forest / plants	-	fruits
Water bodies	-	fish

### **Activity:**

1. Write down any four sources of food.
2. What is the main source of food?
3. Name the food we get from water

### **Classes of food**

There are three classes of food.

- a) Body building foods (proteins)
- b) Energy giving foods (carbohydrates)
- c) Health giving foods (Vitamins/ protective food)

### **Body building foods (proteins)**

These are foods which help us to grow well


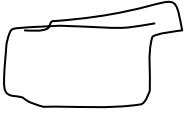
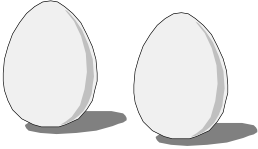
**Examples:**

Fish, bens, milk, eggs, groundnuts, chicken, meat, peas, cheese

Chicken	Meat	Milk

Note: Lack of enough proteins in the body causes a diseases called **Kwashiorkor**

**Examples**

		
Fish	Meat	eggs

**Energy giving foods (Carbohydrates)**

This is the food which helps us to be strong

**Examples:**

Posho      banana      cassava      eggs      millet      potatoes      maze  
                  yams  
 milk      sugarcane      bread      glucose      honey

Also fats give us energy e.g.

butter      ground nuts      oil      milk fats      meat fats      ghee

Note: Lack of carbohydrates in the body causes a disese called **marasmus**.

**Activity**

1. Give the other name for energy giving foods. \_\_\_\_\_
2. If one lacks carbohydrates, he will suffer from \_\_\_\_\_
3. Draw these energy giving foods.

Bread	Cassava	Banana	Sugarcane

### Health giving foods (vitamins)

These foods are grouped into two groups

- a) Fruits                      (b) vegetables

These foods fight against diseases.

### Examples




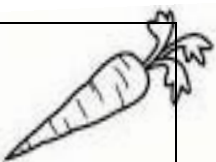
#### Fruits

Mangoes  
Pawpaws  
Pineapples  
Apples  
Jackfruits  
Oranges  
Grapes  
Water melon

#### vegetables

cabbages  
nakati  
carrots  
carrots  
jobyo  
ensugga  
tomatoes  
lemons

Lack of vitamins in the body causes a disease called scurvy.

			
Apples	Tomatoes	pineapple	carrots

### Activity:

1. List the groups of protective foods

- a) \_\_\_\_\_ (b) \_\_\_\_\_

2. What is food?
3. Give three examples of health giving foods.
4. Name any three examples of food eaten raw
  - a) \_\_\_\_\_
  - (b) \_\_\_\_\_
  - (c) \_\_\_\_\_

### **Good feeding**

Balanced diet

**What is a balanced diet?** It is a meal with all food values.

Balanced meal help us to have good health.

Balanced meals help us to grow well.

### **Examples of balanced diet / meal**

1. Pineapple + meat + rice + nakati
2. Bread +beans + cabbages + posho

### **Activity**

1. Pupils will arrange a balanced diet practically

### **Effects of poor feeding**

Some people fed poorly by eating one type of food e.g. posho everyday or bananas everyday

Poor methods of feeding may result into

- Malnutrition
- Death
- Blindness
- Poor body shapes

### **Signs of malnutrition**

- Loss of weight
- Swollen body
- Change of hair colour and texture
- Loss of appetite
- Dullness

### **Activity**

1. Write any three importance of balanced diet
2. List any two effects of poor feeding

a) \_\_\_\_\_ (b)  
\_\_\_\_\_

## **FOOD HYGIENE**

- Food hygiene is the way of keeping food safe / clean.
- Dirty food is harmful to our health.
- How food gets dirty?
- Food can get dirty when left uncovered
- When dropped on dirty ground.
- When it is kept in dirty places
- When it is kept in dirty containers
- When handled with dirty hands.
- 

### **Keeping food safe and clean**

1. Covering it well
2. Using clean utensils
3. Touching food with clean hands
4. Preparing food with clean hands
5. Preparing food in clean places
6. Serving food with clean hands, utensils and in clean places
7. Washing fruits.

### **Ways of preparation**

- a) Heating it
- b) Cooking it
- c) Washing it
- d) Frying
- e) Baking
- f) Boiling
- g) Roasting
- h) Heat kills germs in the food.

### **Activity**

1. How does food get dirty? Give any three ways.

a) \_\_\_\_\_



b) \_\_\_\_\_

c) \_\_\_\_\_

2. Name any two ways of preparing food to eat

a) \_\_\_\_\_

b) \_\_\_\_\_

3. Give one danger of eating dirty food.

4. What is food hygiene?

### **Ways of preserving food**

- Salting
- Smoking
- Sun drying
- Warming
- Freezing
- Boiling
- Roasting

### **Activity**

1. Why do we boil water for drinking?

\_\_\_\_\_

\_\_\_\_\_

2. Mention any three foods we eat uncooked.

a) \_\_\_\_\_ (b) \_\_\_\_\_ (c) \_\_\_\_\_

\_\_\_\_\_

3. Give two ways of preserving our food.

a) \_\_\_\_\_

b) \_\_\_\_\_

4. Why do we boil water for drinking?

5. \_\_\_\_\_

\_\_\_\_\_

6. Mention any three foods we eat uncooked.

### **Dangers of eating dirty food.**

It is bad to eat dirty food because

- a) We may eat germs
- b) Germs are small living things that cause disease
- c) Dirty food can cause diarrhea.
- d) What are germs?