

 **Subject: Home Economics**

 **Class: JSS1**

 **Term: First Term**

 **Week 8**

 **Topic: Healthy Feeding and Eating Practices**

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### **Lesson Objectives**

By the end of the lesson, students should be able to:

1. Define healthy feeding practices.
  2. Explain the importance of healthy eating habits.
  3. List common healthy eating practices and behaviors.
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### **I. Healthy Feeding Practices**

Healthy feeding practices are the ways and habits we use in choosing and consuming food that ensures proper growth, development, and good health.

#### **Examples include:**

- Eating a **balanced diet** with the right amounts of carbohydrates, proteins, fats, vitamins, and minerals.
  - Eating **food in season** (e.g., mangoes during mango season) to save cost and enjoy freshness.
  - **Using locally available foods** to prepare meals.
  - **Eating regular meals** (breakfast, lunch, and dinner).
  - Avoiding too much sugar, salt, and fat.
  - **Drinking clean water** regularly.
  - Eating **adequate portions** – not too little or too much.
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## II. Healthy Eating Habits

Healthy eating habits are behaviors that support good hygiene and table manners when eating.

### Examples include:

- **Washing hands** before and after eating.
- **Chewing food properly** and not rushing meals.
- **Keeping the mouth closed** while chewing food.
- **Sitting properly** at the table while eating.
- Using **clean utensils** and eating in a clean environment.
- **Avoiding talking while eating** to prevent choking.
- Saying “**thank you**” after meals (good manners).
- Avoiding eating **dirty or exposed food** (e.g., from roadside vendors without hygiene).

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### Importance of Healthy Feeding and Eating Practices

- Helps children grow strong and healthy.
- Prevents sickness and malnutrition.
- Improves digestion and nutrient absorption.
- Builds good manners and hygiene.
- Reduces the risk of infections and diseases.