

 **Subject: Home Economics**

 **Class: JSS1**

 **Term: First Term**

 **Week 10**

 **Topic: Healthy Feeding and Eating Practices (Part 3)**

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### **Lesson Objectives**

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

1. Identify common food contaminants.
  2. Mention harmful substances that should not be consumed.
  3. Explain the meaning of drug abuse.
  4. Discuss the effects of drug abuse on the body.
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### **I. Food Contaminants**

**Definition:** Food contaminants are unwanted substances that make food unclean, unsafe, or harmful when consumed.

**Examples of food contaminants:**

- **Dirt and sand**
- **Insects** (e.g. weevils, cockroaches)
- **Chemical residues** (e.g. pesticides)
- **Microorganisms** (bacteria, fungi)
- **Hair or pieces of metal**

**How contamination happens:**

- Poor food handling or hygiene
- Dirty cooking surfaces or utensils
- Improper storage or packaging

- Exposure to pests
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## II. Harmful Substances That Should Not Be Consumed

These include anything that can harm the body when eaten or drunk:

1. **Banned food additives** (e.g. certain colorings and preservatives)
2. **Spoilt fruits or vegetables** – May contain harmful bacteria or toxins.
3. **Undercooked food** – Can cause food poisoning (e.g. from raw meat, fish, or eggs).
4. **Expired or rotten foods**
5. **Food prepared in dirty environments**

**Effects:**

- Stomach pain
  - Vomiting or diarrhea
  - Infections
  - Long-term health problems (e.g. liver damage from toxins)
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## III. Meaning of Drug Abuse

**Drug Abuse** is the **wrong or harmful use of drugs** – either by:

- Taking drugs without a doctor's instruction
  - Taking more than the prescribed amount
  - Using illegal or banned substances (e.g. tramadol, marijuana)
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## IV. Effects of Drug Abuse on the Body

1. **Addiction** – The body becomes dependent on the drug.
2. **Mental health problems** – confusion, depression, or hallucinations.
3. **Organ damage** – especially liver, kidney, brain, and heart.
4. **Poor academic performance** – lack of concentration, memory loss.

5. **Violent or dangerous behavior** – stealing, fighting, or harming others.
6. **Death** – in severe cases of overdose.