

 **Subject: Home Economics**

 **Class: JSS1**

 **Term: First Term**

 **Week 9**

 **Topic: Healthy Feeding and Eating Practices (Continued)**

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### **Lesson Objectives**

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

1. Identify the effects of unhealthy feeding.
  2. Explain common nutritional disorders (e.g., Marasmus, Kwashiorkor, Obesity).
  3. Understand food usage, misuse, and deficiency.
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### **I. Effects of Unhealthy Feeding**

Unhealthy feeding refers to poor eating habits such as skipping meals, eating only junk food, or not getting enough nutrients. It can lead to:

- **Malnutrition** – not getting the right quantity or quality of nutrients.
  - **Illnesses and infections** – due to weakened immunity.
  - **Poor physical growth** – stunted height or underweight.
  - **Poor mental development** – lack of concentration, forgetfulness.
  - **Fatigue and weakness** – from lack of energy-giving foods.
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### **II. Examples of Nutritional Disorders**

#### **1. Marasmus**

- Cause: Severe lack of protein and calories.
- Symptoms: Extreme thinness, dry skin, sunken eyes.
- Common in infants and young children.

## 2. Kwashiorkor

- Cause: Severe protein deficiency.
- Symptoms: Swollen belly, reddish hair, skin lesions.
- Occurs in children who stop breastfeeding too early.

## 3. Obesity

- Cause: Excess intake of calories, especially fatty and sugary foods.
- Symptoms: Excessive body fat, difficulty in movement, risk of heart disease.
- Can occur at any age.

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## III. Food Activities: Use, Misuse, and Deficiency

### • Use of Food

- To provide energy for daily activities.
- For growth and repair of body tissues.
- To protect against diseases.

### • Misuse of Food

- Overeating or eating too much of one class of food.
- Eating junk or processed food excessively.
- Skipping important meals like breakfast.

### • Food Deficiency (Malnutrition)

- Occurs when the body lacks one or more important nutrients.
- Leads to diseases like rickets (vitamin D deficiency), scurvy (vitamin C deficiency), anaemia (iron deficiency), etc.