

Topic: Family Health (III)

Sub-topic:

- List the **Classes of Food** with Examples
 - Plan an **Adequate Diet** for a Home
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Lesson Objectives

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

1. List the major **classes of food**.
 2. Give **examples** of each class.
 3. Explain what an **adequate diet** is.
 4. Plan a simple, **nutritious weekly meal plan** for the family.
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Introduction

Every member of a family needs food to live, grow, and stay healthy. But not just any food — the body needs the **right types and quantities** of food daily. This is why **understanding food classes** and planning meals is important for family health.

1. Classes of Food and Examples

There are **seven (7) major classes of food**, each with its own function in the body:

Class of Food	Function	Examples
Carbohydrates	Provide energy	Rice, yam, bread, cassava, maize
Proteins	Build and repair body tissues	Beans, fish, egg, meat, milk
Fats & Oils	Provide stored energy & warmth	Groundnut, palm oil, butter
Vitamins	Protect against diseases	Oranges, mangoes, spinach
Minerals	Build strong bones, blood, and teeth	Salt, iron, calcium from milk

Class of Food	Function	Examples
Water	Aid digestion and body temperature	Clean drinking water
Fibre/Roughage	Aid digestion and prevent constipation	Vegetables, fruits, whole grains

2. What is an Adequate Diet?

- An **adequate diet** is a meal plan that gives the **right amount** of nutrients the body needs **daily** for proper functioning.
- It must include **all classes of food** in **correct portions**.
- An adequate diet **varies** with **age, sex, health condition**, and **activity level** of individuals in the family.

✅ Note: An adequate diet is **not about expensive food**, but **balanced and nutritious** meals using available local foods.

3. Sample Weekly Meal Plan for a Home

Day	Breakfast	Lunch	Dinner
Monday	Pap + Akara + Water	Rice + Beans + Fish + Water	Yam + Vegetable Sauce
Tuesday	Bread + Tea + Egg	Eba + Egusi + Meat + Water	Rice + Moi Moi + Water
Wednesday	Custard + Banana	Amala + Okro Soup + Fish	Boiled Yam + Egg Sauce
Thursday	Akamu + Bean Cake	Jollof Rice + Plantain + Water	Pounded Yam + Ogbono + Meat
Friday	Tea + Bread + Groundnut Butter	Rice + Stew + Eggs	Spaghetti + Fish
Saturday	Cornflakes + Milk + Fruit	Eba + Bitterleaf Soup + Water	Yam Porridge + Vegetables

Day	Breakfast	Lunch	Dinner
Sunday	Tea + Sandwich + Orange	Fried Rice + Chicken + Salad	Plantain + Beans

✓ The above plan includes **energy foods, body-building foods, and protective foods.**

✓ Water should be taken regularly with meals.

Tips for Planning an Adequate Family Diet

1. Include **variety** of foods from all classes.
2. Use **local and seasonal** foods to save cost.
3. Ensure **children** and **pregnant women** get enough **protein and iron**.
4. Limit too much **sugar, salt, and oil**.
5. Always include **vegetables and fruits**.
6. Drink **clean water** regularly.