



ALPHA CHOICE INNOVATIVE ACADEMY

(International Secondary School)

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GRADE 8

SECOND TERM, 2022/2023 SESSION

RELIGIONS & NATIONAL VALUES

SOCIAL STUDIES

MASTERNOTE

NAME OF STUDENT _____

SYNOPSIS

WEEKS	TOPICS
1&2.	Values; meaning, importance, sources & factors that influence values.
3.	Culture & social values, religion meaning, type's names of God.
4.	Culture & social values, marriage meaning, types & purpose.
5.	Marriage conditions & effects of lack of readiness for marriage.
6. family.	Family as the basic units of society, advantages & importance of good
7&8. gender.	Gender meaning, gender roles, factors, stereotypes negative effects of
9.	Accidents in the school.
10.	Health issues harmful substance meaning, examples & preventive ways.
11.	Revision.
12.	Examination.

BEHAVIOURAL OBJECTIVES: At the end of the lesson, students should be able to:

- a. Explain the meaning of value.
- b. State the different types of values
- c. Discuss the importance of values.
- d. Explain how good values are manifested in the life of an individual or society.

CONTENT: MEANING OF VALUES

VALUES can be defined as the beliefs about what is right or wrong, and also important in life. Values are standards, rules and criteria that influence and determine how individuals behave in a society. In other words, what an individual values will tell much about his or her character, conduct, behaviour, self-esteem or personality.

TYPES OF VALUES

1. **MORAL VALUES:** This deals with individuals conduct and how he or she displays good character always.
2. **ECONOMIC VALUES:** This type of value is connected with the effort an individual makes to earn a living through a good or legal means.
3. **SOCIAL VALUE:** This type of value is concerned with the positive and accepted pattern of behaviour that every individual in a society is supposed to exhibit or show.
4. **POLITICAL VALUE:** This entails the need for both the leaders and the followers in a community, state or country to aim at achieving good governance always.
5. **RELIGIOUS /SPIRITUAL VALUE:** Spiritual value is about belonging to a particular religious group, upholding its beliefs and bearing in mind the need to tolerate people that belong to other religious and cultural groups.
6. **INDIVIDUAL VIRTUE:** This is regarded as the belief an individual has that he or she can survive and succeed in life through personal effort.

IMPORTANCE OF VALUES

1. **UNITY:** Good or positive values brings about oneness.

2. **GROWTH AND DEVELOPMENT:** A society can grow and develop through co-operation.
3. **HARMONY AND PEACE:** It brings about harmony and peace in the society.
4. **HIGH SELF ESTEEM:** Good value enhances high self-esteem in the society.
5. **RESISTANCE TO BAD/NEGATIVE VALUE:** When we uphold good or positive values we can resist the pressure to adopt any bad or negative value.
6. **FULFILMENT/CONTENTMENT:** When we uphold good values, we become fulfilled and contented.

THE MANIFESTATION OF VALUES IN AN INDIVIDUAL AND THE SOCIETY

To manifest means to show or display a quality or feeling. The values we uphold can be observe or seen in our lives and the societies we live in.

TO THE INDIVIDUAL

1. It helps the individual to differentiate between good and bad.
2. It makes the person agent of peace.
3. It creates the spirit of sharing in individual.
4. The individual gain respect from others.

TO THE SOCIETY

1. It promotes the spirit of patriotism (love for one's country).
2. Protection of public utilities or amenities.
3. It promotes mutual trust and confidence in the society.
4. It brings about unity.
5. It brings about cleanliness of our environment.

FACTORS THAT PROMOTE GOOD VALUE SYSTEM

1. **CONSISTENCY:** This is the act of behaving the same way at all times.
2. **INTEGRITY:** This is the act of standing for what is right at all times even when no one is watching.
3. **TOLERANCE:** This is the willingness to accept opinions or behaviours of other people who may not like you. It involves allowing people to express themselves freely no matter their tribe, colour, religion, etc.
4. **FAIRNESS:** This refers to the act of treating everyone equally.
5. **TRUST:** This is the strong believe in someone.
6. **COMMITMENT:** This means doing something with a strong interest until it is successfully finished.

WAYS OF DEVELOPING VALUES

1. Family: The family where a child is born into can influence his/her value system.
2. Environment: Where a child live may affect his/her value system.
3. Mass Media: Printed media (newspapers, magazines, etc) can influence a child value system.

Evaluation

1. Define values
2. List the types of value
3. Write short note on types of values
4. Identify three ways of developing values
5. Enumerate five factors that promote good value system
6. Identify four manifestation of values in an individual
7. And in the society
8. State four importance of value

Write short note on the following:

9. Integrity
10. Consistency

WEEK 3:

CULTURE

BEHAVIOURAL OBJECTIVES: Students should be able to:

1. Understand the definition of culture in the context of religion.
2. Identify and explain types of religion
3. Interpret the names we call God in different languages
4. Explain the similarities and teachings of these religions

CULTURE (religion)

We had learned in our previous grades that “Culture is the totality of the way of life of people”. Culture includes the values, traditions, customs, history, norms and arts that a group of people

unified by race, ethnicity, language, nationality and **religion** share. In a nutshell, culture refers to the lifestyle of a people. We shall examine religion here because **religion** is a very important aspect of culture.

The meaning of Religion

The Oxford advanced learner's Dictionary describes **religion as the belief in the existence of God or gods**. There is also the belief that God or gods created the universe and gave human beings a spiritual nature which continues to exist after the death of the body.

We can then explain religion to mean the attempt on the part of man to maintain relationship with his creator.

TYPES OF RELIGION

There are many types of **religion** that people practise in different parts of **Nigeria** and Africa as a whole. The popular ones are:

Christianity.

Islamic

Traditional religion.

African Traditional religion

Traditional religion is the name given to the gods or goddesses by people in different parts of Nigeria long before the introduction of Islamic and Christian religions to the continent of Africa. Africans have their own idea about the existence of a Supreme Being. The people by that time, even till today, worshipped God through intermediaries called "orisa" or small gods. The so-called small gods or deities exist in every culture in Nigeria. Apart from deities, human beings who possessed extra-ordinary magical powers were turned into gods after their death and people make request through them.

Among the Yorubas, ifa, the god of wisdom is very popular. Other popular gods among the Yorubas include:

Ogun - god of iron

Sango - god of thunder

Osun - goddess of the sea

Obatala - god of creation

There are over 300 gods and goddesses in Yoruba land alone. Traditional religion is different from Christianity and Islam in some ways.

- [a] They have physical objects or symbols representing them.
- [b] It involves a lot of sacrifice.
- [c] The religions have no written scriptures unlike that of Islam and Christianity.

CHRISTIANITY

Christianity is one of the leading religions in the world. The bible is the holy book of the Christians and Jesus Christ is the founder of Christianity. Jesus had twelve disciples who continued with the tasks of spreading the gospel to other parts of the world after his crucifixion, death and ascension to heaven. Christianity reached some parts of Nigeria in the 15th century through the activities of European explorers and missionaries but it did not take root until the 19th century.

ISLAM

Islam as a religion originated from Saudi Arabia. The holy Quran is a divine book which contains a lot of information about the religion. The religion that has been in existence was perfected and given the name Islam during the time of prophet Mohammed. Islam reached kanem-borno around the 10th century through the trans-saharan traders and walmas but reached other parts of northern Nigeria between 13th and 14th century.

The religion is based on five pillars:

- [a] Belief in one God
- [b] Praying five times daily
- [c] Fasting during the month of Ramadan
- [d] Giving alms to the poor
- [e] Going on pilgrimage to Mecca.

Our religion teaches us the following:

1. Faith in God
2. Honesty
3. Love
4. Patience
5. Holiness

Names of God in different communities in Nigeria

Some of the popular names different ethnic groups and communities call God are:

Yoruba - Olodumare, Olorun

Hausa - Allah, Ubangiji

Igbo - Chukwu, Chineke

Tiv -Unhandle

Ibibio -Akwa Abasi Ibom

Efik - Abasi, Edidem

Edo/Benin –Osanobua.

SIMILARITIES IN OUR RELIGION

1. Oneness of God

All religions agree that there is only one God. The bible says “thou shall have no other God besides me.” Even African traditional religions also believe in the existence of one supreme God. The orisa or deities are just his messengers.

2. Regulation of human behaviour

The major religions regulate the human behaviour of their followers through the code of conduct contained in their holy books, e.g. the Ten Commandments in the bible. In the same way Quran 6:151, 152; 7:33 discuss forbidden conducts. Ifa devotees are also advised on how to lead good life in many Ifa verses.

3. Agents of socialization

The different books of the three religions discuss every aspect of human life from birth till death. Both religions of Islam and Christianity discuss on what is expected of their followers to co-exist peacefully with their fellow human beings.

4. Peaceful co-existence

It is only if there is peace that human society can progress. The Bible teaches that we must live in peace with one another and the Quran also enjoins us to live in peace with our neighbours.



Exercise

1. What does religion mean to you?
2. List the types of religion in the Nigerian society.
3. List and briefly explain the things our religions teach us.
4. State five importance of religion
Briefly describe the following religions:
5. Christianity
6. Islam
7. Traditional religion
8. State five pillars of Islam
9. State five similarities in our religion
10. The Yorubas normally refer to God as _____

WEEK 4:**CULTURE (II) - (Marriage)**

BEHAVIOURAL OBJECTIVES: Students should be able to:

1. Define marriage
2. Explain the types of marriage
3. Explain the purpose and conditions for getting married

MEANING AND TYPES OF MARRIAGE

Marriage is the coming together of a man and a woman to become husband and wife. It includes the arrangement and ceremonies which a society approves for a man and a woman to come together to start a family.

In marriage, a man, a woman and their families must come together and agree before the union can be regarded as a marriage.

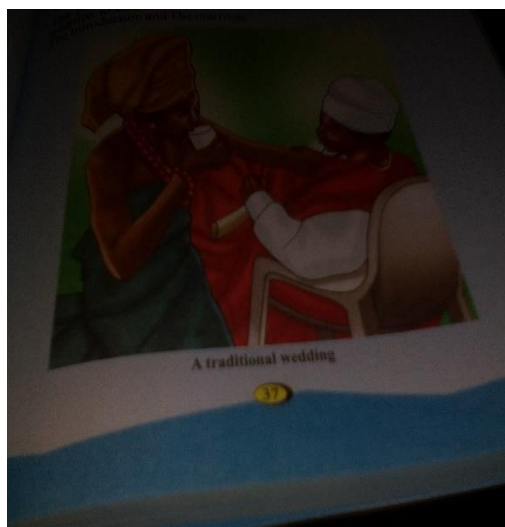
The three types of marriage in Nigeria, namely:

1. Traditional or customary marriage.
2. Marriage under the marriage act.
3. Religious marriage.

TRADITIONAL OR CUSTOMARY MARRIAGE

This kind of marriage is performed according to tradition and customs of the people. It takes place usually in the village settings.

This marriage is usually concluded with rituals and are publicly witnessed by the families and community. All the various ethnic groups in Nigeria have their customary patterns of marriage.

**MARRIAGE UNDER THE MARRIAGE ACT**

Marriage under the act is conducted in a marriage registry and conducted by an appointed government official known as marriage registrar. A certificate is issued at the end of the ceremony and it is signed by the marriage registrar as a legal document. It does not take place in the court.

If the couple later decide that they can no longer live together as husband and wife, they can ask for divorce in a court of law. This type cannot be dissolved until after five years of its contract. It is also monogamous as long as it is in operation.

RELIGIOUS MARRIAGE

Religious marriage is divided into two, namely:

[a] Christian marriage and

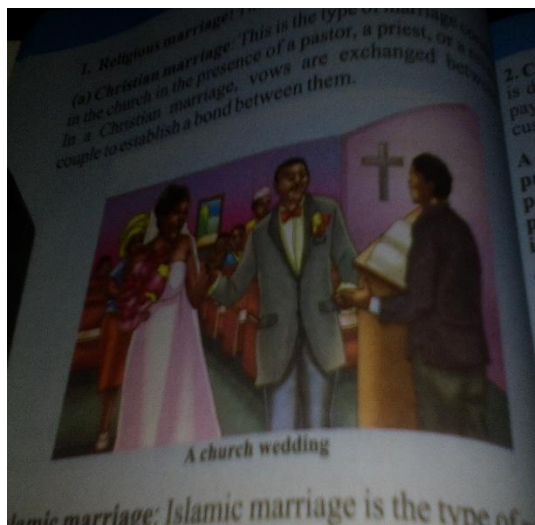
[b] Muslim or Islamic marriage

THE CHRISTIAN MARRIAGE

The Christian marriage and the marriage under the act go side by side. In most cases the Christian marriage is conducted after going through the legal aspect.

In this type vows are exchanged between intending couple in the presence of **officiating pastor or priest**, with the holy bible as the guide.

The marriage is monogamous because the man is not allowed to take another wife no matter the circumstances until **death do them apart**.



THE MUSLIM OR ISLAMIC MARRIAGE

This is a marriage that is solemnised according to Muslim doctrines. An Islamic religious marriage is carried out by an imam in an approved mosque in the presence of the families of the couple.

The Islamic marriage is polygamous, as the man is allowed to marry up to four wives, if he can cater for them equally and adequately. The Islamic marriage is based on the injunctions of the Holy Quran and the Hadith.

FORMS OF MARRIAGE

There are two forms of marriage. These are:

1. Monogamy
2. Polygamy

Monogamy: This is the type of marriage where a man marries only one wife.

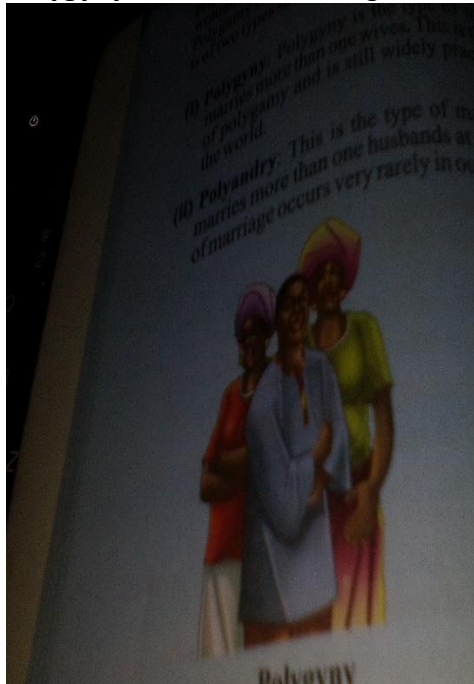
Polygamy

It is divided into two:

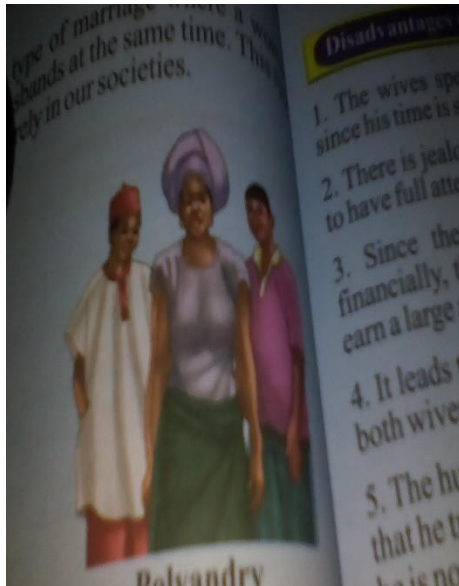
[a] Polygamy

[b] Polyandry.

Polygyny: This is the marriage of one man to two or more women at the same time.



Polyandry: This is a form of marriage in which a woman marries more than one husband at the same time.



Purposes of marriage

1. Marriage provides companionship
2. People marry to have children
3. Marriage sustains the family name and traditions
4. People marry for love and affection
5. Some people marry to satisfy their social needs
6. Some marry to satisfy their religious needs
7. Marriage unites families

Conditions on Marriage Relationship

The conditions that make marriage workable include the following:

Financial readiness: the man and woman are usually advised to have a job before marriage. This is to help settle domestic issues relating to money. Inability to cater for the home, could lead to separation or divorce

Maturity

Maturity helps couple to make good marriage decisions that will make the marriage journey a success.

Psychological fitness

This refers to the couple's ability to handle situations with objective thinking, calmness and be emotionally stable.

Physiological fitness

The husband and wife are expected to be fit physically. This is necessary because as a married couple, they are saddled with some specific duties. E.g. it is the duty of the wife to give birth and manage the home. The same goes for the man. The man who does not cater or provide for his family would promote hunger, strife and an unhealthy attitude on the part of the wife and particularly the children.

Social stability

This is an important condition for marriage. This is because the wedded couple should socially be accepted as responsible individuals before embarking on marriage/

Exercises

1. Define marriage
2. Describe a wedding ceremony you have attended to the class, stating which type of marriage it is.
3. List and explain two purposes of marriage.
4. Explain the conditions necessary for getting married
Write short note on the following:
5. Social stability
6. Physiological fitness
7. Psychological fitness
8. Maturity
9. Polyandry
10. Polygyny

WEEK 5: MARRIAGE CONDITIONS AND EFFECTS OF LACK OF READINESS IN MARRIAGE

BEHAVIOURAL OBJECTIVES: Students should be able to

1. Describe preparation for marriage.
2. State the conditions for marriage.
3. Identify the effects of lack of readiness in marriage.
4. Highlight unhealthy marriage practices.

PREPARATION FOR MARRIAGE

Marriage is a legal union between a man and a woman. A successful marriage must be prepared for. The preparation begins long before the actual wedding day. It is advisable for

everyone going into marriage to choose a life partner who has common interest, ideal and values or a person whose way of is similar to yours so that you may find pleasure in in the company as you grow together.

CONDITIONS FOR MARRIAGE.

1. **CAPACITY:** You must have the mental and legal ability to marry. At a time in marriage, both parties must have the ability to understand the nature of the ceremony, duties and responsibilities created by the marriage.
2. **GENUINE CONSENT:** Since marriage is a contract, the parties must consent to it freely. If either is forced or tricked, the marriage may be declared void.
3. **SEXUAL CAPACITY:** A valid marriage requires consummation of the physical bodies to find out if any of the party lack sexual capacity which may lead to marriage been dissolved.
4. **FINANCIAL READINESS:** Financial readiness is particularly an important criterion for readiness for marriage. Qualities such as earning enough money, settled into a long – term career.

READINESS IN MARRIAGE

1. Physiological fitness
2. Psychological fitness
3. Financial readiness
4. Social readiness
5. Moral readiness.

EFFECTS OF LACK OF READINESS IN MARRIAGE

1. Constant misunderstanding between the couples.
2. Regular fight between the couple.
3. Divorce.
4. Broken homes.

UNHEALTHY MARRIAGE PRACTICES.

1. Early marriage.
2. Same sex marriage.
3. Forced marriage.
4. Wife swapping.
5. Elopement.
6. Wife inheritance.

EVALUATION

1. What is marriage?
2. State four conditions for marriage readiness
3. Identify seven purposes of marriage
4. List two forms of marriage
5. State any four conditions for marriage readiness
6. Mention seven importance of marriage
7. List five challenges of marriage
8. List five solutions to challenges of marriage
9. What are the effects of lack of readiness in marriage?
10. List and explain unhealthy practices.

BEHAVIOURAL OBJECTIVES: Students should be able to

1. State the concept of family.
2. Identify the functions of the family.
3. Highlight the need for bond and cohesion in the family.
4. Enumerate the importance of family.

THE CONCEPT OF FAMILY

Family can be defined as a relationship that exist between two persons who are related by birth, marriage or adoption. A family is a group of individuals who are intimately related, living under the same roof, supporting and maintaining each other socially, economically and emotionally.

The family is the oldest institution in the society which is seen as the foundation of society and the basis for all human relationships. We have nuclear and extended type of families. The **NUCLEAR FAMILY** consist of two parents living with their biological children under same roof while the **EXTENDED FAMILY** consists of people who are closely related, living together in the same house or compound which include the parents, grandparents, uncles and aunties, cousins, nephews and nieces all living together in a huge house.

FUNCTIONS OF THE FAMILY

1. Procreation
2. Socialization of children
3. Emotional care
4. Economic function
5. Education of children.

FAMILY BOND

- v A bond is something that brings together, fastens, confines, or holds together.

Family bonding is a process that members of a family go through to build up emotional ties which would last them through a lifetime.

CHARACTERISTICS OF FAMILY BOND

1. **Commitment:** members of a family are devoted to the well – being and happiness of the other members which value family unity by working responsibly.

2. **Appreciation:** members of a family show and talk about their appreciation for one another which boost self – esteem to enhance each family members.
3. **Communication:** members of a family work at developing good communication skills and spend a lot of time talking with each other.
4. **Time together:** family members spend quality time together, some families may say, “we don’t spend much time together as a whole family, but the little time we spend together is quality time.
5. **Coping ability:** members of a family are able to view stress or crisis as an opportunity to grow and learn. They have good coping skills. Family members unite and pull together when things get tough.
6. **Flexibility:** strong families bend, change, and adapt and when the storm is over, they are still intact because they help to get through crisis situations.

ADVANTAGES OF LIVING TOGETHER AS A FAMILY

1. Protection.
2. Happiness.
3. Unity.
4. Education.
5. Good social behavior.
6. Maintaining good family name and reputation.

IMPORTANCE OF GOOD FAMILY REPUTATION

- A good family reputation gives us good name in the society.
- The society has trust on people that come from a family with good reputation.
- A good family reputation earns us respect from other members of the community.
- A good family reputation also inspires others.
- A good family reputation means that they demonstrate integrity that people can depend on.

EVALUATION

1. Define family.
2. Differentiate between two types of family.
3. State four functions of family.
4. What is family bond?
5. Highlight four advantages of living together in the family.
6. Identify four importance of a good family reputation.
7. Highlight the need for bond and cohesion in the family
8. Mention any three reasons why a family should live together

9. Write short note on cooperation and
10. Good name

WEEK: 7&8	GENDER
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BEHAVIOURAL OBJECTIVES: Students should be able to

1. State the meaning of gender.
2. List the similarities and differences between male and female.
3. Explain the meaning of gender roles.
4. Give examples of gender stereotypes.

MEANING OF SEX AND GENDER.

Sex is the biological traits that societies use to assign people into the category of either male or female. When people talk about the differences between male and female, they are referring to sex.

Gender is a term that refers to social or cultural distinctions associated with being male or female. It is the physical or social condition of being male's or female. It is a concept that describes how societies determine and manage sex categories; the cultural meanings attached to male's and female's roles; and how individuals understand their identities, but it is not limited to, being a male or female. Gender involves social norms, attitudes and activities that the society deems more appropriate for one sex over another.

SIMILARITIES AND DIFFERENCES BETWEEN MALE AND FEMALE.

SIMILARITIES

1. The brains of both male and female function in the same manner. Although, the brains of both the sexes vary in size, the basic function of the organ across the sexes remains the same.
2. The hormones of both male and female are the same. They function the same ways and we all have the hormones there are no male or female hormones.
3. Another similarity between the two sexes is the similarity between genitals. Both male and female genitals are produced from embryonic tissue.
4. Both male and female tend to communicate in a similar fashion. For example, males and females who belong to the same social or communal background possess same kind of vocabulary.

DIFFERENCES

1. A female has a large stomach, kidneys, liver and appendix than a male, but she has small lungs, thus giving her less breathing capacity than guy.
2. A female gets pregnant and give birth to children while a male does not get pregnant. A male can only impregnate a female.
3. A female breast begins to develop at puberty stage while a male breast remains the same.
4. During sexual intercourse between a male and female, a male releases sperm while female releases egg.

MEANING OF GENDER ROLES.

A gender role is a set of societal norms dictating the types of behaviour's which are generally considered acceptable, appropriate, or desirable for people based on their gender. Both within and across different cultures we find great consistency in standards of desirable gender – roles.

Males are expected to be independent, strong and assertive; while females are expected to be more passive, sensitive and supportive.

FACTORS THAT INFLUENCE GENDER ROLES.

1. Family background.
2. Mass media.
3. Peer group.
4. Education.
5. Environment.

MEANING AND EXAMPLES OF GENDER STEREOTYPE.

Gender stereotypes are fixed ideas about men's and women's traits and capabilities and how people should behave on their gender. It is over – generalization of attributes of a certain group based on their gender.

Traditionally, the female stereotypic role is to marry and have children. She is also to put her family's welfare before her own; be loving, compassionate, caring, and nurturing and find time to be beautiful.

The male stereotypic role is to be the financial provider. He is also to be assertive, competitive, independent, and courageous and career focused; hold his emotions in check; and always initiate sex.

NEGATIVE EFFECTS OF GENDER STEREOTYPE

1. Gender stereotype enslaves persons and force them to be what others want them to be.
2. Gender stereotype assumes that there is inequality in the talents of both genders.
Because stereotypes are common in our culture they often affect the types of jobs men and women can get.
3. Gender stereotypes hinder people's ability to fulfil their potential by limiting choices and opportunities.
4. Boys have emotions, just like any human. However, since boys are taught to be emotionless in some societies, they're forced to suppress feelings that come naturally to them.
5. With all these pressures to behave in a certain way that they might not naturally feel inclined to, people feel like they are not living up to societal expectations. Their self-esteem suffers as a result.
6. Gender stereotype deprive people of equal knowledge, from enjoying and exercising the rights fundamental freedom.

IMPORTANCE OF GENDER EQUALITY

- Gender equality is the view that everyone should receive equal treatment and not be discriminated against based on their gender.
- Gender equity connotes fairness and justice in the distribution of opportunities, responsibilities and benefits available to men and women.
- Gender equality is the equal treatment of women and men in policies, equal access to resources and services within families, communities and society at large.
- Gender equality is a human right. Male and female are entitled to live with dignity and with freedom from want and from fear.
- Gender equality is also a precondition for advancing development and reducing poverty.

EVALUATION

1. What is gender?
2. State three differences between male and female.
3. Explain the meaning of gender roles.
4. Describe three factors that influences gender roles.
5. Identify four importance of gender equality.
6. State four negative effects of gender stereotype
7. What is gender stereotype
8. Give five examples of gender stereotype
9. Define sex

10. State three similarities between male and female

WEEK 9: ACCIDENTS IN HOME AND IN SCHOOL

BEHAVIOURAL OBJECTIVE: Students should be able to

1. Understand the meaning of accidents
2. Identify the various forms of accident in home and school
3. Explain the various safety measures

In our society, accidents occur every day, these accidents are caused by the various activities of man.

What is Accident?

An accident is an unfortunate event that is capable of causing physical harm or damage brought about unintentionally.

Accident could also mean the occurrence of things by chance. It is an unplanned it unexpected event e.g. falling down from the stairs or falling while running.

ACCIDENTS IN THE HOME

Examples of accidents at home include:

1. Hot water burns
2. Fire outbreaks
3. Falling down from the stairs
4. Knife cut while preparing meals in the kitchen
5. Bites from insects or snake due to bushy home environment
6. Bruises caused by hitting or knocking the body against an object obstructing easy passage.

ACCIDENTS IN THE SCHOOL

1. Falling down while playing football/basketball
2. Having a sprained ankle while missing a step
3. Injuries from sharp objects e.g. broken bottles, razor, cutlass e.t.c
4. Burns and scars from hot chemicals in the laboratory.
5. Falling down the stairs

NEED FOR SAFETY

The need for safety is very important as it would to a large extent reduce the accident rates at home and at school.

For example: every water spillage on the floor at home or school should be cleaned immediately

There is need to increase safety measures in our homes and schools to avoid a situation where a victim of accidents could be affected emotionally especially when he/she is not responding to treatment.

SAFETY MEASURES IN THE HOME, SCHOOL AND WORKPLACE

- 1. No spills:** Wipe up spills, fix leaks, and keep oil off floors. These are usually the leading causes of slips and falls. Avoid having banana peels on the floor. An act of prevention is better than a broken back.
- 2. Check your flooring:** Replace worn out or broken tiles and hammer down loose floorboards. Patch up ripped carpeting.
- 3. Check your storage:** Check the chemicals in the chemistry laboratories to ensure they are kept in perfect condition.
- 4. Keep things out of children:** Place all dangerous materials away from the reach of children.
- 5. Prevent shock:** Guard exposed electric cords especially while operating electrical appliances.
- 6. Fire**
 - a. Put smoke alarm on every floor of your home, including the basement. Test the batteries of the smoke alarm every month and replace when needed.
 - b. Plan an escape route in case of fire and practise it once a year. Ladders will be needed for upper floors.
 - c. Keep a handy fire extinguisher
 - d. Remain in the kitchen while cooking food.
 - e. Never smoke in bed while resting
 - f. Clear all smoking materials e.g. matches, cigarette butts
 - g. Throw away oily rags and combustible materials
 - h. Never put a heater near curtains
 - i. Keep towels away from stove-tops.
- 7. Falls**
 - a. Put night lights in bedrooms
 - b. Get rid of loose rugs
 - c. Repair tears in carpeting
 - d. Have a light within reach of your bed
 - e. Make sure stair hand rails are secure.
- 8. Drowning**
 - a. Learn to swim.
 - b. Do not swim alone.
 - c. Never drink alcohol before or during season.
 - d. Teach your children, they should never swim alone.
- 9. Poisoning**
 - a. Keep medicine out of reach of children

- b. Avoid taking medicine in front of children
- c. Know which cleaning products can't be combined

Questions

1. What is an accident?
2. List five possible accidents in the home and school
3. List safety measures that can be adopted in case of poisoning
4. Explain the need for safety.
5. Identify the various forms of accident in school
6. Explain the various safety measures
7. State seven ways of preventing accident in schools
8. Identify five forms of accident in homes
9. List safety measures that can be adopted in case of Drowning
10. and Fire

WEEK 10: HEALTH ISSUES HARMFUL SUBSTANCES / WATER SUPPLY

BEHAVIOURAL OBJECTIVE: Students should be able to:

1. Define harmful substances
2. State examples of harmful substances
3. Ways of preventing the intake of harmful substances.
4. Define water supply
5. Mention the sources of water
6. Explain the uses of fresh water

Meaning of Harmful Substances



The food, water, fruits or drugs that are unfit for human consumption are what we call harmful substances. ***Harmful substances may be defined as contaminated food, drinks or drugs that alter the normal body function.***

Examples of Harmful substances are the following:

- I. **Stale food:** The food which has lost its freshness or become old and dry.
- II. **Poorly cooked foods:** The food not properly or well cooked, that is undercooked or unhygienically prepared.
- III. **Rotten foods:** foods that have lost their freshness and are spoilt.
- IV. **Infested foods:** foods contaminated by houseflies or other animals.
- V. **Expired foods, drugs or drinks:** They are items that have stayed more than the period of consumption or effectiveness.
- VI. **Unripe fruits:** Fruits that are not ripe for consumption
- VII. **Impure water:** water that is not safe for drinking.

Ways of Preventing Intake of Harmful Substances

Intake of harmful substances can be prevented by:

- a) Avoiding eating of stale, poorly cooked, dirty and infected foods;
- b) Always looking out for the expiry dates on drugs and processed/packaged foods or drinks; and
- c) Avoiding taking expired foods or drugs.

Exercise

1. What are harmful substances?
2. Give four example of harmful substances
3. Define harmful substances
4. State examples of harmful substances
5. Ways of preventing the intake of harmful substances.
6. Define water supply
7. Mention the sources of water
8. Explain the uses of fresh water
9. Rotten foods are _____
10. Stale foods are _____

WATER SUPPLY

Water resources are sources of water that are useful or potentially useful to humans. Uses of water include agricultural, industrial, household, recreational and for environmental activities. Virtually all of these human uses require fresh water. A total of 97.5% of water on the earth is salt water, leaving only 1.5% as fresh water of which over two thirds is frozen in glaciers and polar ice caps.

Sources of water

Water is sourced through many means. These include:

1. **Rainfall:** Water from condensation in the cloud and falling to the ground [land and river] as rain.
2. **River:** River is a body of water, very large and spreads over the whole world by linkage
3. **Well:** Water from the well is the one that is derived from a dug ground to reach the water level.
4. **Water boreholes:** This is similar to well but deeper when dug and pipes are laid down the water table.
5. **Streams:** These are small flowing rivers that supply their host communities or rural areas.
6. **Spring:** This is a naturally springing/pouring out of water due to pressure from the underground rocks.

Ways of keeping water clean

All sources of water can be kept clean by the following ways:

1. Prompt repair of burst pipe to avoid water borne diseases like typhoid, cholera etc.
2. Wells should be covered properly to prevent foreign materials from entering.
3. Using clean containers to fetch water from the well
4. Avoid dumping of refuse into rivers to keep it safe for use
5. Avoid the use of chemicals when fishing.

Exercises

1. Explain the various sources of water.
2. What are the various ways of keeping water sources