

P.2 Literacy 1 A class work Notes

Lesson: 1-3

A balanced diet

A balanced diet is a meal that contains all the food values in their right amount.

Importance of eating a balanced diet

- 1) For body health
- 2) For proper body growth
- 3) For strength

Activity

1. Which food value helps the body to grow well?
2. How are the vitamins useful to the body?
3. Write the two examples of food rich in the food values.

Food hygiene

Food hygiene is the way of -keeping food clean.

How food is kept clean / safe?

- 1) Covering food properly
- 2) Handling food with clean hands
- 3) Keeping food in a clean place
- 4) Salting
- 5) Refrigerating
- 6) Washing fruits and vegetables with clean water

How can food get dirty?

- 1) Keeping food in dirty containers
- 2) Serving in dirty containers
- 3) Eating food with dirty hands
- 5) Keeping food in dirty places

Ways of keeping food for a long time (preservation)

- 1) Salting eg meat
- 2) Smoking eg fish, meat
- 3) Freezing ,
- 4) Sun drying e.g cassava, millet, maize, beans
- 5) Refrigeration e.g cooked food like milk, soup

Exercise

1. How can we keep cooked food safe?
2. Mention any one example of food preserved by salting.
3. Why should people keep food safe?

Lesson ;4-5

TOPICAL QUESTIONS

1. Mention any three examples of food stuffs eaten at home.
2. Why do people eat food?

3. Write the two examples of food rich in all food values.
4. Mention the main two sources of food.
5. How do people get food in your area?
6. Give the meaning of a balanced diet
7. Write any two uses of food in the body.
8. How do people preserve cassava and maize
9. Mention any two examples of fruit vegetables.
10. Give any three places where people get food.
11. Draw and name any three food stuffs rich in proteins.