

PRIMARY ONE LITERACY 1A CLASS WORK

Classes of Food

- Body building Food (Proteins) Grow food
- Energy giving food (Carbohydrates) Go food
- Health giving food (Vitamins)Glow food

Examples of body building food

- Fish
- Eggs
- Milk
- Groundnuts
- Chicken
- Soya beans
- Cowpeas
- Meat
- Pumpkins
- Pork
- Mutton
- Rabbit pie

Examples of energy giving food

- Posho
- Yam
- Cassava
- Millet
- Sorghum
- Rice
- wheat
- Maize

Examples of health giving food

- Oranges
- Pineapples
- Bananas
- Apple
- Water melon
- Vegetables
- Passion Fruits
- Mangoes
- Pawpaw

EXERCISE

1. List three examples of energy giving food

i) -----

ii) -----

iii) -----

2. Draw these body building food

Eggs	Fish	Milk

People who need special food

- Babies
- The sick
- The aged
- Breast feeding mothers
- Pregnant mothers

EXERCISE

1. Why do people need special food?
2. Name three groups of people who need special food
 - i. -----
 - ii. -----
 - iii. -----