
THEME: FOOD AND NUTRITION

SUB THEME: NAMES AND SOURCES OF FOOD

FOOD

Food is something we eat or drink.

Names of Foods

- | | |
|--------------|--------------|
| - Cassava | - Rice |
| - Yam | - Matoke |
| - Oranges | - Apple |
| - Meat | - Carrot |
| - Tomatoes | - Banana |
| - Beans | - Fish |
| - Millet | - Eggs |
| - Peas | - Milk |
| - avocado | - Bread |
| - Onion | - Sim sim |
| - Chicken | - Soya Beans |
| - Egg plants | - Carrots |

EXERCISE

Draw and name four examples of Food we eat.

TUESDAY

Sources of Food

- Plants
- Animals
- Insects
- Birds

Places where we get Food

- Shop
- Garden
- Market
- Butcher
- Lakes

EXERCISE

1. What is Food?

2. Name any four foods we eat

i) -----

ii) -----

iii) -----

iv) -----

3. Write two sources of food

i) -----

ii) -----

4. Write two places where we get Food.

i) -----

ii) -----

WEDNESDAY

WAYS OF KEEPING FOOD SAFE

- Smoking
- Salting
- Sun drying
- Cooking
- Packing
- Washing
- Refrigerating
- Covering
- Roasting
- Tinning

EXERCISE

1. Give two ways of keeping Food safe
 - i) -----
 - ii) -----

Importance of keeping Food safe

- To avoid bad smell
- To avoid contamination
- For future use
- To prevent diseases
- To avoid rotting

THURSDAY

Food got from Animals

- Milk
- Liver
- Yoghurt
- Butter
- Ghee
- Mutton

- Pork
- Beef
- Fillet

EXERCISE

1. Draw these things we get from animal skins

| | | | |
|------|-----|-------|------|
| | | | |
| Drum | Bag | Shoes | Belt |

IMPORTANCE OF FOOD

Why do we eat food?

- To grow well
- To get energy
- To be healthy
- To be happy
- It's a habit

EXERCISE

1. Why do we eat food
 - a) -----

b) -----

c) -----

FRIDAY

Classes of Food

- Body building Foods (Proteins)
- Energy giving foods (Carbohydrates)
- Health giving foods (Vitamins)

Examples of body building foods

- Fish
- Eggs
- Milk
- Groundnuts
- Chicken
- Soya beans
- Cowpeas
- Meat
- Pumpkins

Examples of energy giving foods

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

Examples of health giving foods

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

EXERCISE

1. List three examples of energy giving foods

- i) -----
- ii) -----
- iii) -----

2. Draw these body building foods

| Eggs | Fish | Milk |
|------|------|------|
| | | |