

## Topic 7: INTERDEPENDENCE OF THINGS IN THE ENVIRONMENT.

### VOCABULARY

- Dependence
- Agro forestry
- Pollarding
- Lopping
- Coppicing
- Welfare

#### **Interdependence:**

It the way things benefit from each in the environment.

#### **Environment:**

It refers to things surrounding people.

#### **Components of the environment**

They are divided into two groups:

- Living things eg plants, animals
- Non living things eg water bodies, air, soils

#### **How plants depend on animals.**

- Plants get carbon dioxide.
- They get manure.
- They are pollinated
- They get care.
- Plants are dispersed.

#### **How animals depend on plants.**

- They get Oxygen.
- They get food.
- They get habitat.
- People get fire wood from them.
- They get building materials.
- They get herbal medicine.

#### **Animals depend on other animals in the following ways;**

- Some feed on others(predators)
- Some animals live in/on others.eg internal parasites and external parasites.
- Some provide transport to others.eg Donkey, Ass, Camels
- Some provide security e.g. Dog

### **Plants depend on other plants in the following ways.**

- i. The weak get support from other plants.eg Morning glory
- ii. Some parasitic plants obtain food from the host plants.
- iii. Some tall plants provide shade to small trees.
- iv. Some plants protect small trees against strong wind.

### **Interdependence of living things and non living things**

#### **A. Animals depend on non living things (air, water, soil)**

- i. Termites / earthworms live in the soil.
- ii. People use soil to build houses, pottery etc
- iii. People get rocks for construction of roads, houses etc
- iv. Animals drink water.
- v. Animals breathe in air.
- vi. Animals get heat and light from the sun.

#### **B. Plants depend on non living things (air, water, soil)**

- i. Plants breathe in air.
- ii. Plants get heat and light from the sun.
- iii. Plants grow on soil.
- iv. Plants use water to make food.

### **Non living things benefit from living things.**

- i. Plants purify air by absorbing carbon dioxide from it.
- ii. Plants control silting of water bodies.
- iii. People add manure to the soil.

## **AGRO FORESTRY**

### **Agro forestry.**

- The growing of trees along side crops.

### **Importance of growing crops and trees together.**

- Trees provide shelter to other crops.
- Trees control soil erosion.
- Crops get protection from wind and strong sunshine.
- Some trees have nitrogen fixing bacteria that make the soil fertile.
- Double income e.g. food and timber.
- Reduce global warming as trees use carbon dioxide.
- Trees contribute to rainfall formation.

### **Growing trees and keeping animals on the same farm**

- Trees provide shade to animals.
- Trees provide oxygen to animals.

- Trees purify the environment by using the carbon monoxide gas.
- Some leguminous trees are used as animal feeds.
- The farmer can get double income.

### **Rearing animals and growing crops on the same farm.**

- Animals get food.
- Crops get manure.
- The farmer can get double income.
- Animals give carbon dioxide to crops.
- Crops provide oxygen to animals

### **Rearing and caring for animals, growing crops and trees on the same farm.**

- Some trees are used to make live fences(hedge)
- Some leguminous trees may be used as sources of animal feeds.
- Trees provide oxygen to animals.
- Animals give carbon dioxide to plants.

### **Tree growing**

- Trees grow from seeds.
- The seeds selected should be healthy.

### **Indigenous trees**

These are trees that have been growing in Uganda for many years.

Examples include.

- Musizi
- Acacia
- Mvule
- Mahogany

### **Characteristics of indigenous trees;**

- Produce hard wood.
- Take long to mature.
- Can withstand rough soil and weather.
- Grow in the wild.

### **Exotic trees:**

These are the recently introduced species of trees.

They include;

- Cypress, Pine, Cedar, Mango, Black wattle, Eucalyptus, Jack fruit tree and Ficus tree.

### **Characteristics of exotic trees**

- They produce soft wood.
- They mature faster than the indigenous trees.
- Need proper care.
- Some cannot withstand harsh weather.

### **Starting a tree nursery bed.**

#### **What is a nursery bed?**

A nursery bed is a small piece of land prepared for raising seedlings.

#### **Reasons for growing crops in a nursery bed.**

- It protects seedlings from bad weather conditions.
- It makes it easy to care for seedlings e.g. weeding, thinning, spraying etc.
- It enables the seeds to germinate well as the soil is loose and moisture.

#### **TYPES OF NURSERIES**

- i. Nursery bed-raised on the ground.
- ii. Seed boxes-Wooden boxes filled with soil.
- iii. Soil blocks-Soil put in polythene bags and sacks.

### **Care for seedlings in the nursery bed.**

- Watering.
- Thinning.
- Spraying.
- Hardening off seedlings.

#### **A seed bed**

It is a large piece of land where seedlings are planted for further growth.

### **Steps taken when starting a nursery bed.**

- a) Choose a good site, clear the land and dig deep to make the soil fine.
  - b) Add manure in the nursery bed and mix it well with soil.
  - c) Furrow the soil using a stick and plant the seeds you have selected.
  - d) Cover the prepared area with mulches, provide a shade and water.
- NB: Remove the shade when the seedlings are about to be transplanted.

#### **What is hardening off?**

It is the making of seedlings gets used to garden conditions.

#### **At this time the following are done.**

- Shelter is removed.
  - Watering is reduced.
- The garden conditions are rain, sunshine and pests.

#### **Transplanting.**

It is the process of moving seedlings from the nursery bed to the main field.  
(seed bed)

It should be done in the evening when the weather is cool and wet to prevent the plants from losing a lot of water due to transpiration of water.

### **Ways of caring for trees in agro forestry**

1. **Watering;** this is the application of water to plants.
2. **Fencing;** the construction of wooden fence around the gardens or individual plants.
3. **Transplanting:** the removal of seedlings from the nursery bed to a seed bed.
4. **Spraying:** the application chemicals to plants to kill pests
5. **Mulching:** The covering of top soil with dry plant materials.

**Pruning:** The cutting of excess branches of a plant.

### **Advantages of pruning.**

- Reduce competition for air.
- Controls pests by removing hiding places for pests.
- Eases harvesting.
- Reduces transpiration.
- Reduces weight of a plant.
- Pruned materials can be used for mulching.

**Thinning:** The removal of excess or poorly growing seedlings from the garden.

### **Advantages of thinning.**

- Gives enough space for other crops to grow.
- Control the spread of diseases.
- Control the spread of pests.
- Eases spraying.
- Improves yields and quality of harvest.

**Staking:** the providing of support to plants with weak stems.

### **Why staking?**

- Controls ground pests.
- Eases weeding.
- Eases harvesting.
- Eases pruning.
- Eases spraying.
- Improves plant access to sunlight.

**Crop spacing:** the leaving of open spaces between individual plants.

It is the planting of crops leaving spaces between individual crops.

### Importance of crop spacing.

- Reduces competition for water and space.
- It ensures proper circulation of air to the plant.
- Plants get enough sunlight.
- Easy weeding.
- Easy harvesting.

**Weeding:** the removal of unwanted plants in the garden.

### How bad are weeds?

- Hide pests.
- Weeds compete with crops for sunlight and other nutrients.
- Some weeds are poisonous to plants and live stock. E.g. tick berry bush.
- Increase the cost of farm management.

### Advantages of weeds

- Leguminous weeds fix nitrogen in the soil and increase soil fertility.
- Weeds can be used as animal feeds.
- Source of herbal medicine.
- Weeds rot to form manure.
- Weeds can be used as mulches.

### How to control weeds.

- Uprooting and burning the weeds.
- Cutting with a hoe.
- Spraying with herbicides.
- Mulching.

### Tree pests and their control.

#### What is a pest?

A **pest** is a living organism that destroys crops.

A **vermin** is an animal pest.

Examples of vermin include; rats, monkeys, elephants etc.

#### Examples of crop pests.

PEST	CROPS ATTACKED	DAMAGE.
Mealy bug	Pineapples, coffee	Leaves turn yellow or pink.
Aphids	Oranges, coffee, cabbages etc	Wilting back of terminal bud.
Banana weevils	Bananas	Leaves turn yellow Bananas fall easily.
Codling moth.	Citrus fruits like oranges and mangoes	Fruits fall off.
Thrips	bananas	Premature ripening of bananas

		Banana fruits burst.
Moles, rats, squirrels, mice, cane rats.	Cereals	Direct consumption of seeds and stems.
Citrus black fly.	Citrus fruits	The flies suck sap from leaves and tender shoots.
Leaf miners	Coffee, cocoa, pineapples, aloe vera, sisal	Plant's ability to make sugar is reduced.
Cut worms	vegetables	Leaves are destroyed.
Locusts	All crops	
Army worms	Cereals and grasses	
Maize stalk borer	Maize	
Boll worm	Cotton	
Antestia bug	Coffee	
Game animals e.g. monkeys	Oranges, mangoes	
Birds.	Maize, sorghum.	

### Methods of controlling pests.

- Early planting.
- Spraying with pesticides.
- Use of birds to eat lady birds. (Biological method)
- Crop rotation.
- Weeding.(methods)
- Plant clean materials.

### Crop diseases.

DISEASE	CROP	CAUSE	SIGN	CONTROL
Panama disease	Bananas		Plant Banana Wilts	Burn entire stock Plant healthy suckers
Cigar End rot	Banana	Bacteria	Banana tips resembles burning cigar	Burn infected crops.
Banana bacterial wilt	Banana	Bacteria	Banana stem rots and falls down	
Powdery mildew.	Mangoes	Fungi	Powdery patches on leaves	Spray with fungicides
Green mould	Citrus fruits	Fungi	The stem dries with a green powder	Spray with fungicides.
Stem pitting	Citrus fruits	Fungi	Dry patches on the stem.	Spray with fungicides.
Tomato blight	Tomatoes, potatoes	Bacteria	Yellow leaves	
Crown gall	fruits	Bacteria	Leaves shrink	
Fire blight.		Bacteria	wilting	

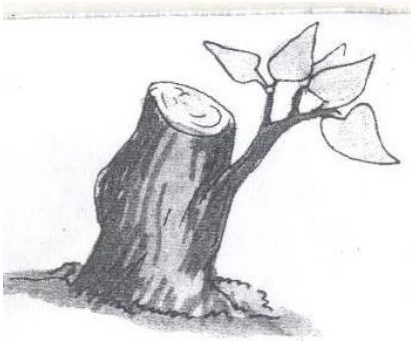
Rust fungus	Cereals	Fungi	Black spot on leaves	
Root rot	Tea plants	Fungi		
Coffee berry diseases(CCB)	Coffee	fungi	Brown spots appear on berries.	

### Factors that affect crop production

- Crop pests and diseases.
- The use of poor methods of farming.
- The harvesting of immature seeds.

### Proper ways of harvesting trees.

1. **Coppicing**-Cutting of the whole tree but leaving room for it to sprout again.



2. **Pollarding**- The cutting of the top part of a tree allowing new branches to develop.



3. **Lopping**- Cutting of the side branches from the truck.





### **Advantages of Starting and managing a school/home wood project.**

- Production of food for the family.
- Source of income.
- Practicing the science learnt in class.
- Trees provide shelter.
- Trees are source of wood fuel.

### **Consideration when starting a tree and crop growing project.**

- Site-near your home.
- Soil drainage.
- Nearness to the water source.
- Fertility of the soil.
- Security.
- Accessibility.
- Nearness to the home/school.

### **Factors considered when choosing crops or trees for planting.**

- Those which mature faster
- Those that give high yields.
- Those that are not easily attacked by disease
- Those which are multipurpose.

### **Preparing wood for different purposes and proper storage.**

#### **Uses of wood**

- For charcoal.
- For fire wood.

- For medicine.
- For timber.
- To make electricity and telephone poles.
- For increase/produces a pleasant smell when burnt.

#### **Wood for firewood.**

- It is split, dried and then kept in a shed.
- Trees store much water inside their cells.
- When is split water evaporates from it.

#### **Wood for electricity and telephone poles.**

- Poles are treated with chemicals known as wood preservatives.  
A strong salt can act as a **wood preservative**.
- The bark is first removed then soaked.

#### **Wood for timber**

- Trees are cut into different pieces.
- The pieces are put under shade to dry at slow pace.

#### **Seasoning.**

It is the putting of pieces of timber under shed to dry at slow pace.  
If timber is dried under direct sunshine it gets twisted/out of shape.  
The twisting of the pieces of timber is referred to as **warping**.

#### **Reasons for seasoning timber.**

- To prevent it from splitting.
- To prevent it from warping/bending.

### **Record keeping**

It the gathering and storage of information about farm activities.

#### **Farm records:**

These are written information showing different out puts and inputs on a farm.

#### **Types of records kept on a farm.**

- i. Inventory records e.g. farm tools, farm machinery,
- ii. Production records
- iii. Health records
- iv. Breeding records
- v. Feeding records
- vi. Income and expenditure records.

#### **Importance of keeping farm records.**

- i. To know the income and expenditure and avoid losses.
- ii. To know whether they are making profits or losses.
- iii. Identify areas of development and investment.
- iv. To budget for the farm.

## **Young farmers, club.**

It is a club in a school in which members learn practical skills about keeping animals and growing crops.

### **Promotion of Young farmers club.**

- Some schools have gardens where they practice farming.
- They organize trips to agriculture research stations.

### **QUESTIONS.**

1. What is agro forestry?
2. Suggest any one importance of keeping animals and growing crops on the same piece of land at the same time?
3. Suggest one method of properly harvesting trees.
4. Why is it important to treat wood for electric poles before planting them?
5. How are young farmers clubs important in schools?
6. Why is it important to keep records on farms?
7. Give any one reason why it is important to keep trees.
8. Write down any one disease that affects bananas.
9. How important are the following farm practices important on a farm.  
a) Thinning                      b) staking      c) pruning
10. How are vermins different from vectors?
11. Why is it important for farmers to plant their crops in nursery beds?
12. State any three crops that can planted in a nursery bed.
13. State one thing done to seedlings in a nursery bed that are about to be transplanted.
14. Why watering seedlings important when they are in a nursery bed
15. Mention any one characteristic of exotic trees

## **Topic 8: POPULATION HEALTH**

### **VOCABULARY**

- **Health concerns**
- **Community**
- **Health surveys**
- **Demography**
- **Health data**
- **Population.**

### **Community Health and social problems**

#### **Community**

It is a group of people living or working together having common needs, interests and problems.

#### **Health**

Health is a state of being physically, socially, economically and mentally well.

## **Community Health**

- It refers to the essential health conditions in which individuals and families within a community live.

### **Examples of communities**

1. A home
2. A school
3. A town
4. A village

### **Examples of common health and social problems in communities;**

1. Smoking
2. Alcohol and drug abuse
3. Poor sanitation standards
4. Malnutrition
5. Disease outbreak
6. Anti Social behavior

### **Types of common sickness in a home.**

1. Immunisable diseases
2. Deficiency diseases
3. Communicable diseases
4. Self inflicted diseases
5. Sexually Transmitted diseases
6. Hereditary (genetic) diseases

## **IMMUNISABLE DISEASES**

These are diseases which can be prevented through immunization.

### **Immunisable diseases are in two categories;**

1. Childhood immunisable diseases e.g. polio, measles, tuberculosis, tetanus, whooping cough (pertussis), diphtheria, hepatitis B, Haemophilus Influenza b.
2. Non childhood immunisable diseases e.g. typhoid, meningitis, cholera, yellow fever, small pox, german measles (rubella) e.t.c.

## **DEFICIENCY DISEASES**

These are diseases that are caused by lack of some food values in our daily diet.

### **Examples of deficiency diseases**

<b>Deficiency disease</b>	<b>Due to lack of</b>
Night blindness	Vitamin A
Beriberi	Vitamin B <sub>1</sub>
Pellagra	Vitamin B <sub>2</sub>
Scurvy	Vitamin C
Rickets	Vitamin D
Infertility	Vitamin E

Poor blood clotting (haemorrhage)	Vitamin K
Goitre	Iodine
Marasmus	Carbohydrates
Kwashiorkor	Proteins
Anemia	Iron

## COMMUNICABLE DISEASES

These are diseases which can be spread from one infected person to a healthy person.

They are caused by **germs**

### Examples of communicable diseases

<b>Bacteria</b>	<b>Virus</b>	<b>Protozoa</b>	<b>Worm infections</b>	<b>Fungal</b>
Gonorrhoea	HIV/AIDS	Malaria	Round worms	Athletes foot
Syphilis	Measles	Sleeping sickness	Tape worms	Ring worm
Trachoma	Polio	Amoebic dysentery	Flat worms	
Diphtheria	Influenza		Thread worms	
Bacillary dysentery	Common cold		Hook worms	

## SELF INFLICTED DISEASES

These are diseases which people get due to poor health life styles. E.g. Smoking, alcoholism, over eating, lack of exercises, prostitution etc.

### Examples of self inflicted diseases;

1. Lung cancer
2. Sexually Transmitted Infections.
3. Emphysema
4. Obesity

## SEXUALLY TRANSMITTED DISEASES (VENEREAL DISEASES)

These are spread through having unprotected sexual intercourse with infected persons.

### Examples

1. HIV/AIDS
2. Gonorrhoea

3. Syphilis
4. Genital warts
5. Candida

### **HEREDITARY (GENETIC) DISEASES**

These are diseases that are passed on from parents to off springs through genes.

Examples include;

1. Sickle cell anemia
2. Diabetes
3. High blood pressure

### **Causes of sicknesses in the home and community**

1. Poor disposal of human and industrial wastes.
2. Alcohol and drug abuse.
3. Poor nutrition
4. Some diseases are inherited from parents eg sickle cell.

### **Controlling common sicknesses in a home and community.**

1. Proper sanitation.
2. Family planning
3. Good nutrition.
4. Brushing the teeth after every meal
5. Doing daily physical exercises.

### **How to avoid health and social problems.**

1. Proper sanitation
2. Proper waste disposal
3. Keep our homes and water sources clean.
4. Proper feeding.
5. Avoid drug abuse
6. Abstain from sex if not married

### **Methods of preventing diseases in the community.**

- Immunization
- Through proper nutrition
- Personal hygiene
- Boiling water for drinking.
- Good food hygiene.
- Proper rubbish disposal.

### **How young people can avoid social and health problem**

1. Avoiding bad peer groups.

2. Form clubs such as young farmers club, drama and music.
3. Join church choirs
4. Participating in sports activities such as football, netball, swimming and athletics.
5. Attending youth seminars and conferences on morals, drug abuse, HIV/AIDS
6. Using their leisure time to learn practical skills e.g. weaving, tailoring, computer use.

#### **Life skills of avoiding social and health problems**

1. Critical thinking
2. Decision making
3. Problem solving
4. Self awareness
5. Effective communication
6. Creative thinking

#### **ANTISOCIAL BEHAVIOURS.**

These are unacceptable behaviours in the society.

**Delinquency** is a bad act performed by a juvenile and is punishable by law.

**Juvenile delinquency** is a bad act performed by a juvenile and is punishable by law.

**A Juvenile** is person below 18 years

**A delinquent** is a young person who commits an act punishable by law.

#### **EXAMPLES OF ANTISOCIAL BEHAVIOURS.**

- Lying, Truancy, Stealing, Arson (fire setting), Sex offences, Wandering, Telling lies.
- Fighting, Teasing in school/bullying, Murder, Drug abuse. E.g. smoking.
- Child prostitution, Raping, Aggression/violence

#### **CAUSES OF ANTISOCIAL BEHAVIOURS.**

- Disturbed homes.
- Bad peer influence
- Poor social environment.
- Poor home atmosphere like fighting by parents.
- Over strictness by both parents and teachers.
- Unfulfilled expectations.
- Pampering children.
- Failure to enforce rules in the community.
- Poor family back ground.
- Poor social environment.

#### **Effects of antisocial behaviours.**

- Many delinquent children may become adult criminals.
- Individuals suffer from pain, injury and death.
- Sex offences may result into sexually Transmitted Diseases.
- Fire setting leads to destruction people's property.
- Drug abuse may be a bad example to the children.
- Leads to School dropout.
- Causes Shame to parents.
- May lead to Death.

- The family may disown the child.
- Weaken the custom, religion and organization.

### **How to prevent and control antisocial behaviours.**

- All parents should create stable families.
- Parents should take children through counseling and guidance lessons.
- Children should join youth clubs and societies.
- Children should avoid bad peer groups.
- Children should be exposed to sex education.
- Punish wrong doers and praise good behavior.
- Equal treatment should be given to all children.
- Elders should be exemplary.
- Children should engage in gainful activities during free time
- Avoid setting too high standards of behavior.
- Children should join youth and sports clubs and societies.

### **VIOLENCE**

This is a state in which a person is aggressive and has destruction behaviour.

#### **Types of violence**

- ✓ Sadism: an extreme motive to harm others.
- ✓ Masochism: an extreme motive to harm oneself

### **SEXUAL DEVIATIONS**

-It is an abnormal sexual practice.

#### **Give the forms of Sexual deviations:**

- Bestiality
- Homosexuality,
- Masturbation,
- Oral sex
- Lesbianism,
- Incest
- Fellatio

#### **Reasons why people practice sexual deviations.**

- For personal satisfaction
- As an effect of drugs.
- As an effect of pornography consumption
- Bad peer influence.
- As a result of broken homes

#### **Ways of avoiding sexual deviations.**

- Avoid bad peer groups
- Avoiding drug abuse



- Through guidance and counseling.
- Avoid watching pornography.
- Avoid incentives from strangers.
- Join gainful clubs during leisure.

## **Population and health concerns.**

### **What is population?**

This is the number of people living in an area or country

### **Health concerns.**

These are health problems that affect the us and need immediate solutions.

## **Population and health concerns.**

- Poor sanitation.
- Anti social behavior.
- Poor water supply.
- Inadequate food.

### **Poor sanitation.**

It is the improper disposal of human waste and other waste products into the environment.

### **Indicators of poor sanitation.**

- Poor ventilation of houses.
- Bushes around homes.
- Poor disposal of faeces and urine.
- Sharing houses with animals.

### **The following should be observed when constructing a dwelling house.**

- It must be constructed downhill.
- Ten metres from the latrine and **30m** from the water source.
- Below the water level.
- In a home there should be a **rubbish pit** to hold refuse.

### **Activities or solutions to poor sanitation.**

1. Construct rubbish pits in a home
2. Construct pit latrines
3. Sweeping the compound
4. Picking rubbish around homes.
5. Cut grass around our homes short
6. Build well ventilated houses
7. Avoid sharing houses with domestic animals.

### **Poor water supply**

It is when the community receives little or dirty water for use.

## **Water associated diseases;**

Categories of water associated diseases.

### **i. Water borne diseases**

These are diseases spread through drinking contaminated water.

**Examples include:**

- Cholera
- Typhoid
- Bilharzia
- Polio
- Dysentery.
- Hepatitis.
- Diarrhoea.

### **ii. Water contact diseases**

These are diseases which spread when our bodies get into contact with contaminated water.

**Examples of water contact diseases**

- Bilharzia
- Swimmer's itch
- Ear, eye and nose infections

### **Water cleaned diseases**

These are diseases we get when we don't have enough water to use.

**Examples of water cleaned diseases include;**

- Scabies.
- Impetigo.
- Trachoma
- Conjunctivitis
- Eczema.

### **Water habitat vector diseases**

These are diseases which spread by vectors which spend part of their life cycle in water.

**Examples of water habitat vector diseases include;**

- Malaria.
- Bilharzia.
- River blindness.
- Dengue fever.
- Yellow fever.

### **Ways of making dirty water safe for drinking**

-Boiling.

-Use chemicals like chlorine, calcium chloride, potassium permanganate.

### **Processes at national water sewerage co-operation. (NWSC)**

- Sedimentation, Filtration, Coagulation, Chlorination.

## **Activities to address poor water supply.**

1. Construct wells.
2. Cut bushes around wells
3. Fencing the water sources
4. Treating water

### **Inadequate food**

This is the situation in which a family or community members lack enough food

### **Causes of inadequate food**

- High population increase.
- Laziness and inability to grow crops.
- Poverty.
- Ignorance of good farming methods.
- Drought.
- Wars.
- Floods.
- Poor attitude towards farming
- Pests and diseases.

### **Food security**

It is having enough food for future use.

### **Effects of malnutrition in people**

- Chronic fatigue.
- Low concentration at work.
- Poor spirit of doing things.
- Loss of interest at work

### **Activities to address inadequate food supply.**

- Seek advice on good methods of farming from agricultural officers.
- Construct valley dam to trap water for irrigation during drought.
- Avoid draining wetlands to avoid floods.
- Introducing agriculture schools.
- Digging should not be given as punishment in schools.
- Grow crops which are resistant to diseases.

### **Activities to address health concerns.**

#### **➤ Care for a home**

A home is a place where people stay and live.

#### **How to care for a home**

- Slash tall grass around homes

- Drain stagnant water around our homes.
- Construct a pit latrine
- Have a rubbish pit

### **Healthy life styles;**

These are

### **Examples of healthy life styles include;**

- Doing physical exercises.
- Resting after meals
- Bathing daily.
- Eating a balanced diet.
- Going for medical checkups.

### **Importance of resting after meals**

- Digestion of food is carried out smoothly.
- The brain rest and gets refreshed.
- The body is able to repair worn out cells.

### **Reasons for doing daily physical exercises**

- For body flexibility.
- Strengthen body muscles.
- For proper functioning of the body organs and systems
- Reduce excess fats in the body.

### **Health education.**

It is the making of the community get aware of the matters concerning diseases and how to prevent them.

#### **Ways of educating people**

- Through Songs, plays, storytelling.
- Through Radios, newspapers, talks
- School pupils pass information to their parents, brothers, sisters and relatives.

### **Having a family budget.**

#### **A family budget.**

It is an advance plan of how the expected family income is to be spent.

#### **Advantages of family budgeting**

- i. It helps to cater for all family needs.
- ii. It helps to avoid over spending.
- iii. It avoids debts.

### **Collecting information/data on human population.**

### **Demography**

This is the study of the changing numbers of births, deaths and diseases in a community. Information can be collected from hospitals and by going to homes.

### **Importance of demography**

- To plan for the community services e.g. health centres, markets and water.
- The government is able to know the general health of people.

### **Housing information**

This is the finding out of the number of people who sleep in permanent or temporary houses to estimate the poverty line of the people.

### **Available health services**

The government needs information on these services to be able to deliver medical services quickly and monitor the health of its population

### **Information available on health services include**

- Immunization.
- Family planning.
- Treatment of infections.
- Provision of water.
- Control of epidemic diseases.

### **Immunization**

The introduction of vaccines into the body to produce anti bodies against certain diseases.

### **Collecting information on immunization**

Information includes.

- Number of immunization centers.
- People involved in carrying out immunization.
- Days and time on which immunization is done.

### **Importance of immunization**

- To protect children against the childhood immunisable diseases.
- To boost the immunity.
- Reduce the rate at which children die / reduces infant mortality rate.

### **A child health card.**

It is a document given by the government to every child with information about his/her immunisation.

### **Importance of a child health card.**

- To know the date of the next dose.
- To monitor the growth(looking at the growth curve)
- It shows the child's name, sex, date of birth, birth order, mother's name, mother's occupation, father's name and where the family lives.

### **Collecting information on available health services.**

### **Advantage of collecting information on available health services.**

- It helps in quick delivery of medical services.
- Control of epidemic diseases.
- It helps the government to monitor the health of people.

### **Health surveys**

A health survey is a strategy of finding out health problems and solve them.

The information obtained from a healthy survey is called health data

The health survey is carried out by village health committee and government officials.

### **Nature of questions asked.**

- What are the common sicknesses in the community?
- What kind of treatment is given for each sickness?
- What are the Causes of the sickness

### **A health club**

It is an association of members in a school or community who voluntarily wish to promote community health.

### **Activities of health clubs include;**

- Promotion of personal hygiene in a community/school.
- Educating members of the community about sanitation.
- Encourage the community to participate in community basic health programmes.
- Caring for those in poor health.
- Getting health information from technical personnel and distributing to the community.

### **TOPICAL QUESTIONS**

1. State any one type of common sickness in a community.
2. What is a health parade?
3. State one cause of common illness in our communities.
4. Why is it important to collect information about immunization in our community?
5. State any one activity done during a health survey.
6. How are health clubs useful in our community?
7. Cite any one importance of health surveys in our community.
8. Why is it importance of health education to children ion schools?
9. Write down any two examples of water borne diseases.
10. What are anti social behaviours?
11. Give any two examples of antisocial behaviours.
12. How can antisocial behaviours be controlled in our community.
13. Write any two indicators of poor sanitation in a home.
14. Briefly explain the term health.
15. State any two ways we can contribute towards the reduction of proper functioning of our health.