

LESSON ONE

OUR FOOD

Vocabulary

1. Food
2. hunger
3. healthy
4. habit
5. hospitality
6. happiness

Food is anything we eat or drink to get energy, be healthy and build our bodies.

Nutrition is the process of taking in and using food in the body.

Uses of food to the body.

- i) Food provides energy to the body
- ii) Food keeps the body healthy
- iii) Food builds the body
- iv) Food provides warmth to the body.

Why we eat food

We eat food every day for the following reasons;

- i) To satisfy hunger
- ii) To be healthy
- iii) Because it is a habit
- iv) Because of hospitality
- v) Because of happiness.

Note: The above reasons are known as the **5Hs**, that is,

- i) Hunger (because our stomachs feel empty)
- ii) Health (because we know that we need food and drink in order to live)
- iii) Habit (because it is the time of day when we normally out)
- iv) Happiness (because we enjoy eating certain foods)
- v) Hospitality (because we have guests and it is our custom to offer them food)

Ways people get food

- i) By growing it in the garden
- ii) By buying it from the shops/markets.
- iii) By fishing from lakes, swamps, rivers.
- iv) By hunting
- v) By gathering from forests and bushes.

Places where people get food

- i) From shops
- ii) From the garden
- iii) From the supermarket
- iv) From markets
- v) From lakes, rivers, swamps, etc
- vi) From forests

ACTIVITY

1. Briefly explain nutrition
2. How is food useful in the body?
3. Why do people eat food?
4. How do people get food?

LESSON TWO

VOCABULARY

1. *Classes of food*
2. *food values*
3. *proteins*

Note: Go, Grow and Glow foods are known as the 3Gs, that is

- i) Go foods
- ii) Grow foods
- iii) Glow foods

Classes of food/food values:

They are;

- i) Proteins
- ii) Carbohydrates

- iii) Vitamins
- iv) Fats and oils
- v) Minerals

PROTEINS

Uses;

- i) These are body building food values.
- ii) They make new cells in the body.
- iii) They repair worn out cells/ replace worn out cells.

Sources of proteins

- a) Animal proteins
 - i) Beef
 - ii) Chicken
 - iii) Fish
 - iv) Eggs
 - v) Milk
 - vi) Grasshoppers
 - vii) White ants
 - viii) Pork

- b) Plant protein
 - i) Beans
 - ii) Soya beans
 - iii) Ground nuts
 - iv) Peas

ACTIVITY:

1. List down any two classes of food.
2. How are proteins important in the body?
3. Identify any one example of the following:
 - Animal proteins
 - Plant proteins

LESSON THREE

CARBOHYDRATES

VOCABULARY

1. Carbohydrates
2. energy
3. source

Uses:

These are energy giving food values.
They provide energy to the body.

Sources of carbohydrates

- i) Maize
- ii) Millet
- iii) Cassava
- iv) Rice
- v) Sorghum
- vi) Sweet potatoes
- vii) Irish potatoes
- viii) Coco yams
- ix) Matooke
- x) Sugar cane

Activity:

1. How are carbohydrates useful to an athlete?
2. Identify any one example of foodstuff suitable for a footballer.
3. Why should people be encouraged to eat foods rich in vitamins?

LESSON FOUR AND FIVE

Vocabulary

1. Vitamins
2. immunity
3. source

VITAMINS

- i) They are health giving foods:
- ii) They increase body immunity

Types of vitamins

- i) Vitamin A
- ii) Vitamin B1
- iii) Vitamin B2
- iv) Vitamin C
- v) Vitamin D

Uses of Vitamins

Vitamin/ mineral	Sources	Importance	Deficiency	Signs /symptoms
Vitamin A	<ul style="list-style-type: none"> i) Liver ii) Cheese iii) Butter iv) Margarine v) Milk vi) Eggs vii) Spinach viii) Carrots ix) Red palm oil 	<ul style="list-style-type: none"> i) Increases resistance to diseases. ii) For good night vision 	<ul style="list-style-type: none"> i) (night blindness) 	<ul style="list-style-type: none"> i) Blurred objects ii) Poor eye sight iii) Reduced night vision.
Vitamin B1	<ul style="list-style-type: none"> i. Unpolished cereals ii. Beans iii. Groundnuts iv. Green vegetables v. Meat vi. Yeast 	<ul style="list-style-type: none"> i) For mental health ii) For proper growth 	<ul style="list-style-type: none"> i) Beriberi disease 	<ul style="list-style-type: none"> i) Poor growth ii) Paralysis iii) Forgetfulness iv) Lack of appetite v) Body weakness
Vitamin B2	<ul style="list-style-type: none"> i. Beans ii. Lean meat iii. Liver iv. Yeast v. Kidney vi. Groundnuts 	<ul style="list-style-type: none"> i) For mental health ii) For proper growth 	<ul style="list-style-type: none"> i) Pellagra 	<ul style="list-style-type: none"> i) Body weakness ii) Poor growth
Vitamin C	<ul style="list-style-type: none"> i. Oranges ii. Lemons iii. Guavas iv. Tomatoes v. Mangoes vi. Pawpaw vii. Fresh green vegetables 	<ul style="list-style-type: none"> i) For strong skin membranes 	<ul style="list-style-type: none"> i) Scurvy 	<ul style="list-style-type: none"> i) Bleeding of the gums ii) Poor healing of wounds iii) Reduced resistance to diseases. iv) Poor growth of the skin.
Vitamin D	<ul style="list-style-type: none"> i. Butter ii. Milk iii. Cheese iv. Egg York v. Liver vi. Fish liver oil 	<ul style="list-style-type: none"> i) For absorption of calcium ii) For strong bones and teeth. 	<ul style="list-style-type: none"> i) Rickets 	<ul style="list-style-type: none"> i) Weak bones

ACTIVITY 1:

1. Give any one source of vitamin A
2. Suggest one importance of Vitamin B to the body.
3. Identify the deficiency disease caused due to lack of vitamin B2 in the body.
4. Kato has poor night vision. Which deficiency disease is he suffering from?
5. Name the deficiency disease caused due to lack of Vitamin D in the body.
6. How is scurvy prevented in young children?
7. Kato's brother has a bleeding gum and poor healing of wounds. What deficiency disease is he suffering from?

LESSON SIX

Vocabulary

1. source
2. Fats and oils
3. all sources of fats

FATS AND OILS

-They are energy giving foods.

Sources of fats and oils

- i) Milk
- ii) Butter
- iii) Cheese
- iv) Egg York
- v) Ground nuts
- vi) Ground nuts
- vii) Margarine

N.B. Fats are solids while oils are liquids at room temperature

MINERAL SALTS

Vocabulary

1. Sources
2. mineral salts
3. All examples of mineral salts.

Use:

They are health giving foods.

Examples Of Mineral Salts

- i) Iron
- ii) Calcium
- iii) Phosphorus
- iv) Iodine
- v) Sodium
- vi) Potassium
- vii) Magnesium

IRON:

Use: For making red blood cells.

Sources of Iron

- i) Meat
- ii) Green vegetables e.g. spinach
- iii) Liver

CALCIUM

-They help in the growth of strong teeth and bones.

Sources of calcium

- i) Beans
- ii) Milk
- iii) Millet
- iv) Green vegetables

N.B. Phosphorus and magnesium also strengthen bones and teeth.

IODINE

Use:

For proper functioning of the thyroid gland.

Sources of Iodine:

- i) Sea fish
- ii) Iodised salt

ACTIVITY:

1. Give any two sources of fats and oils.
2. Identify any one example of a mineral salt.
3. How is iron important in the body?