

Basic
Social Studies
for Primary Schools
with Security Education



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Second Edition



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Preface

Basic Social Studies for Primary Schools is a revised course of six books written to ensure excellent performance of pupils in common entrance examinations and various scholarship tests.

It satisfies the requirement of the Social Studies and Security Education components of the new Nigerian Educational Research and Development Council (NERDC) curriculum for Religion and National Values for primary schools.

The book divides the work into themes and units for convenience of study. Each unit is concluded with a comprehensive multiple-choice and essay revision exercise to help assess how well pupils have learnt the topics treated.

The book is divided into two parts, with each part discussing emerging global issues. Part A discusses topics such as family life, environmental education, conflict and cooperation, drug abuse, gender equality and personal hygiene. Part B deals with neighbourhood security and safety.

It is, therefore, hoped that the users of this book will find it useful and rewarding.

We would like to seize this opportunity to thank all those who assisted us in diverse ways during the writing of this book.

B J Obebe
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2015

Theme	Performance Objectives
1 Meaning of social studies	Pupils should be able to explain the meaning of social studies.
2 The family	The pupils should be able to: <ol style="list-style-type: none"> 1 explain the meaning of family. 2 identify types of family. 3 explain types of family.
3 Qualities of a good family	Pupils should be able to: <ol style="list-style-type: none"> 1 state the qualities of a good family.
4 Meaning and types of culture	Pupils should be able to: <ol style="list-style-type: none"> 1 explain the meaning of culture. 2 list types of culture.
5 Values that show good morals in our society	Pupils should be able to explain values which show morals.
6 Reasons for taking substances into the body	Pupils should be able to: <ol style="list-style-type: none"> 1 give reasons for taking substances into the body. 2 mention the effect of taking substances into the body.
7 Overdose	Pupils should be able to: <ol style="list-style-type: none"> 1 demonstrate the looks and behaviours of people who take too much food, drink or smoke. 2 mention the effects of drinking too much. 3 mention the effects of inhaling too much. 4 say what to do to help somebody who is suffering from too much eating, drinking or inhaling.
8 Food	Pupils should be able to: <ol style="list-style-type: none"> 1 define food. 2 mention some of the foods eaten in their locality. 3 mention the sources of food in the community.
9 Food safety	Pupils should be able to: <ol style="list-style-type: none"> 1 define food safety. 2 mention ways of ensuring food safety.
10 Risk factors in food	Pupils should be able to: <ol style="list-style-type: none"> 1 explain risk factors. 2 state risk factors in food. 3 identify risk factors in food distribution and preparation.
11 Sources and uses of water	Pupils should be able to: <ol style="list-style-type: none"> 1 mention sources of water supply in the locality. 2 enumerate the uses of water in homes.
12 Concept of security	Pupils should be able to: <ol style="list-style-type: none"> 1 explain the meaning of security. 2 take precautions against dangers. 3 identify the various sources of danger and insecurity.

matching chart

Curriculum Topic	Textual Topic	Pages
1 Meaning of social studies	1 Meaning of social studies 2 Importance of social studies	1 – 13
1 Meaning of a family 2 Types of family	1 Meaning of family 2 Types of family 3 Family tree 4 Roles of members of the family	14 – 22
1 Qualities of a good family	1 Qualities of a good family	22 – 29
1 Meaning of culture 2 Types of culture	1 Meaning of culture 2 Ways of life of people 3 People, places and things to respect 4 Types of culture 5 Shared culture	30 – 45
1 Examples of morals to show what is right	1 Meaning of morals 2 Good and bad morals 3 Showing respect to elders	46 – 59
1 Reasons for taking substances into the body 2 Effects of taking substances into the body	1 Substances taken into the body 2 Reasons for taking substances into the body 3 Rules for taking substances into the body 4 Effects of taking wrong substances into the body	60 – 66
1 Causes and observable signs/ symptoms of overdose 2 Effects of too much eating and drinking 3 How to help people suffering from food or drug overdose	1 Meaning and effects of overdose 2 How to help someone suffering from food or drug overdose	67 – 76
1 Meaning of food. 2 Foods eaten in the locality 3 Sources of food in the locality	1 Meaning of food 2 Why do we eat food? 3 Types of food we eat 4 Sources of food in the community	77 – 82
1 Meaning of food safety 2 Guide to food safety	1 Meaning of food safety 2 Food that is not safe to eat 3 Ways of ensuring food safety	83 – 90
1 Meaning of risk factors 2 Examples of risk factors in food 3 Risk factors in food distribution and preparation	1 Meaning of risk factors in food 2 Examples of risk factors in food 3 Risk factors in food distribution and preparation 4 Guide to food safety	91 – 95
1 Sources of water supply in the locality 2 Uses of water	1 Water 2 Sources of water 3 Qualities of good water 4 Uses of water in the home 5 How to make water clean	96 – 106
1 Meaning of security of life and property 2 Sources of danger and insecurity	1 Meaning of security 2 Sources of danger and insecurity 3 How to avoid danger	107 – 113

Social Studies



Theme 1: Meaning of Social Studies

Objectives

By the end of this theme, you will be able to:

- 1 say the meaning of Social Studies.
- 2 mention at least five importance of Social Studies.

Unit 1 Meaning of Social Studies

- 1 Social Studies is the study of man and his environment.



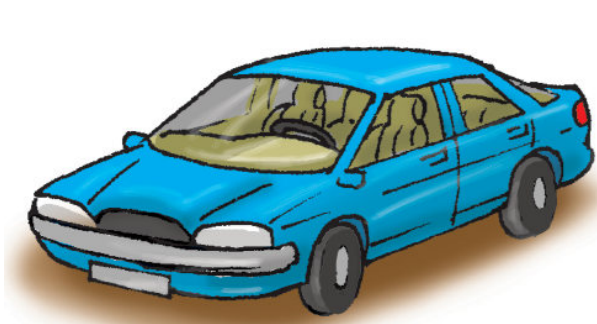
A man and a woman admiring their environment

- 2 Social Studies is the study of how man lives with other people in the society.
- 3 Social Studies is the study of how man provides answers to his problems.

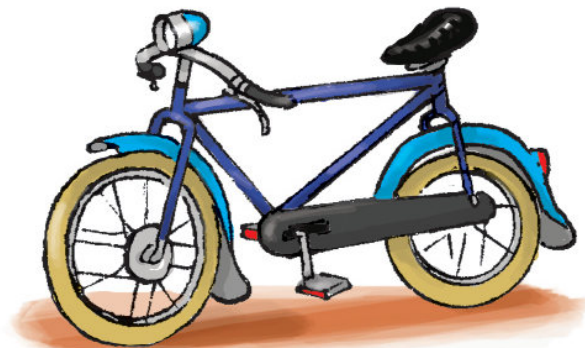
Can you live alone in your compound? How many of you live in your compound?

Man cannot live alone. He must play and talk with other people.

Man has also made many things to make his life better. Some of these things are cars, houses, roads, books, bicycles and toys.



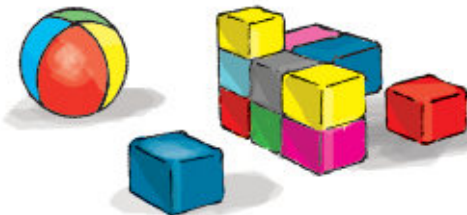
A car



A bicycle



A road



Some toys



A house

Things made by man

We use all these things every day to make life good for us.

Other things in our environment

They are other things we see in our environment. Those things were not made by us. They were created (made) by God. Examples are trees, rivers and mountains.

We need trees in our compound to make our lives comfortable.



A man sitting under a tree



People fetching water in the river

We also fetch water from the river to wash our clothes.

- Our environment is also called our surroundings.
- Our environment is made up of two parts. They are the social and physical environments. We will discuss them one by one.

1 Social environment: We live with people in our surroundings. Some of them are our relatives while others are our friends. This is what we call our social environment.

The people we live with and how we work or play together is called our social environment.

These people can be our family members, our friends, our schoolmates, our workmates or our neighbours.



Two sets of friends hugging each other



Children playing together

2 Physical environment: These are the things in our surroundings that we can see and touch. Examples are rocks, rivers, mountains, trees, houses and roads.

We see many of these things in our surroundings. We make some of them while others are given to us by God.

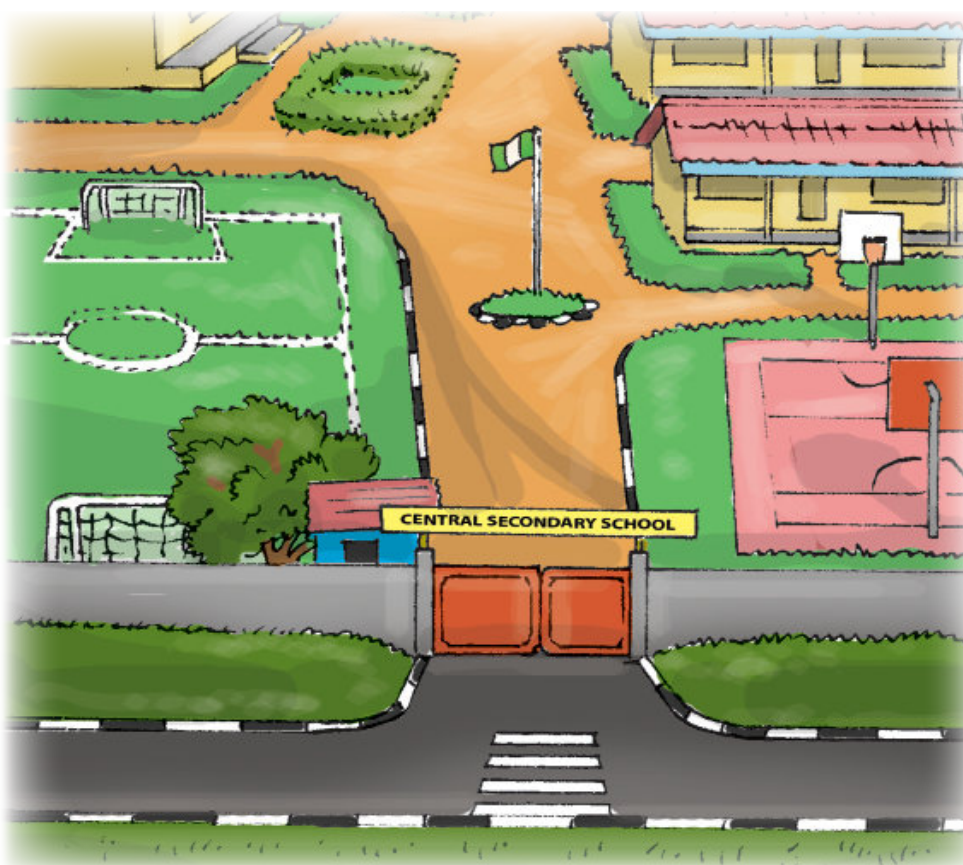
Those things that are given to us by God are also called *nature or natural environment*.

Our physical environment is useful to us because:

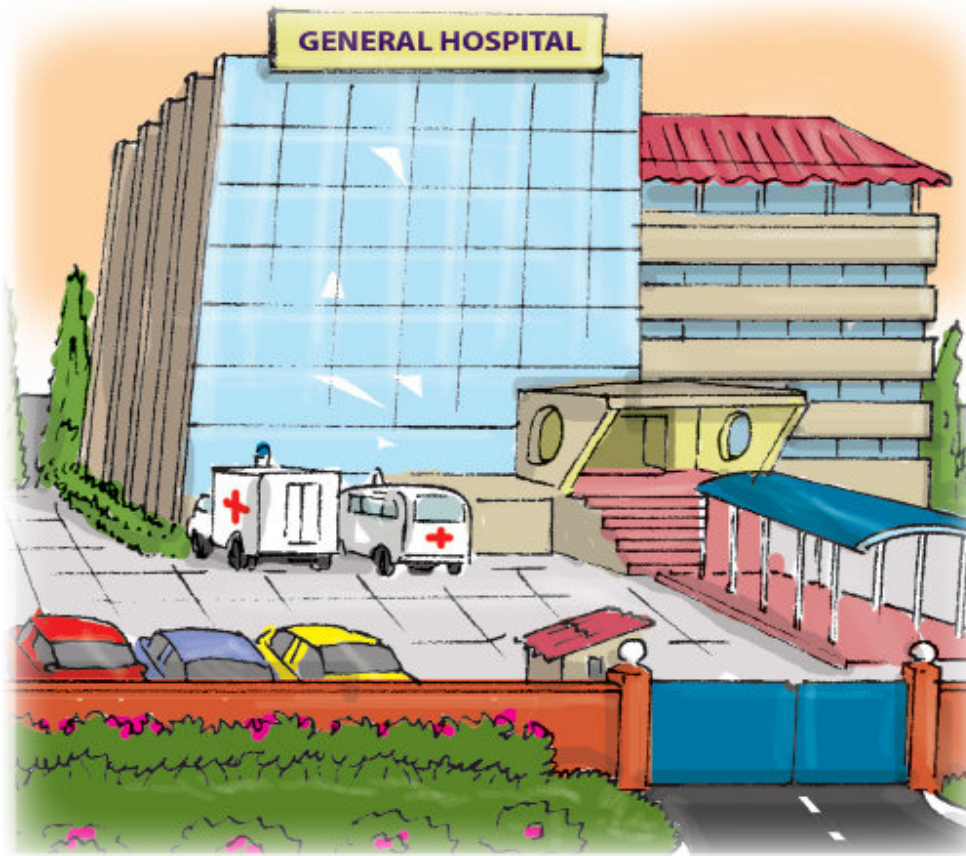
- a) we fetch water from the river.
- b) we walk on the road.
- c) we sleep in the house.
- d) we use rock to build our roads.



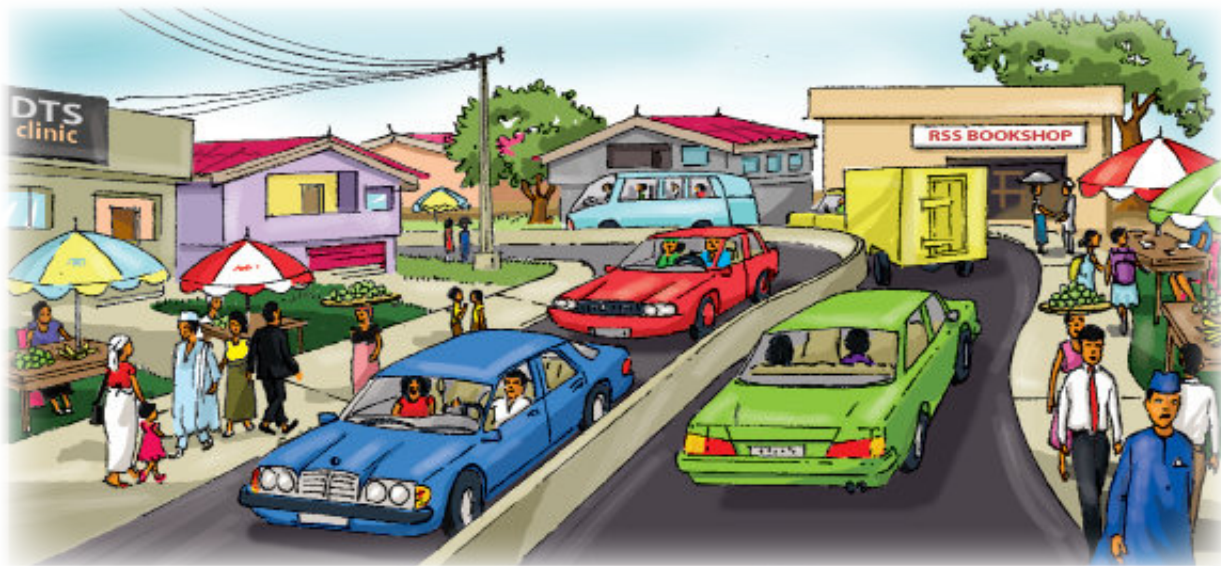
A market



A school



A general hospital



A busy road



A comfortable bedroom

Unit 2 Importance of Social Studies

The importance of Social Studies means the ways Social Studies helps us. Social Studies helps us:

- 1 to know how people are different from one another.



People of different tribes in their attires

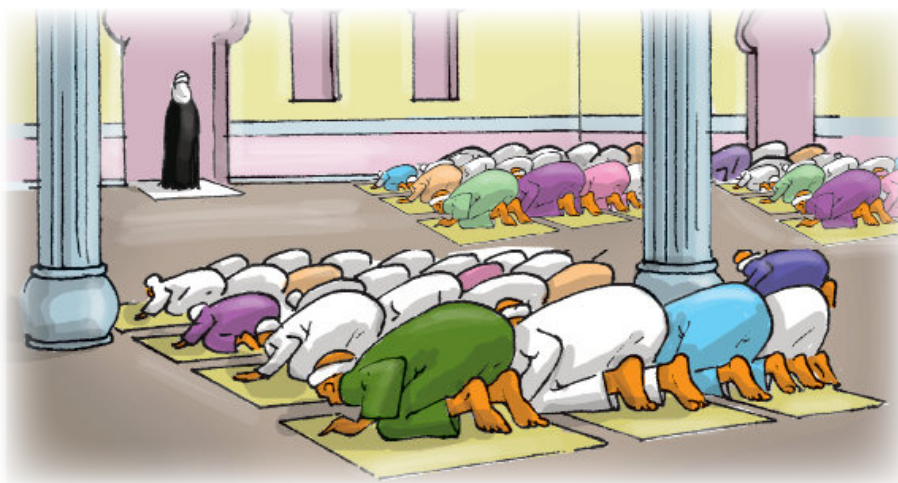
- 2 to understand the behaviour of people.
- 3 to know why we need markets, schools, mosques and churches in our community.



People buying in the supermarket



Christians praying in the church



Muslims praying in the mosque



Children studying in the school

4 to know about our country, Nigeria, and her leaders.



Dr Nnamdi Azikiwe



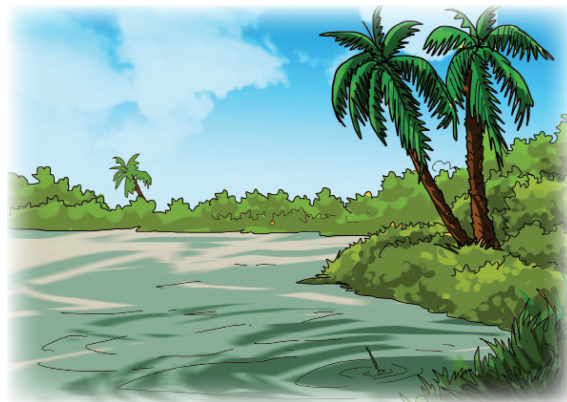
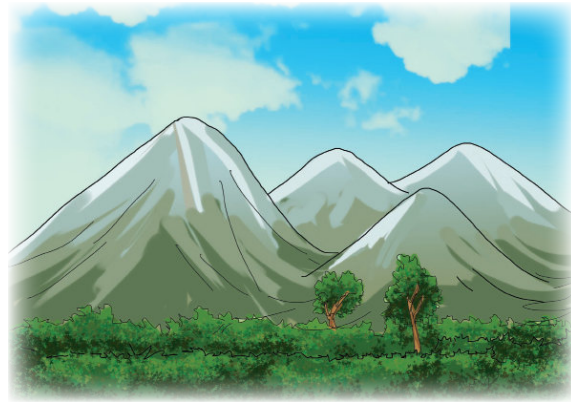
Alhaji Tafawa Balewa



Chief Obafemi Awolowo

Some of our past leaders

- 5 to know about our physical environment like mountains, trees, houses and rivers.



Our physical environment

- 6 to know about the earth and the people and the things in it.
7 to know how people work and play together.



People of different tribes playing together

- 8 to know how to solve the problems in our environment.
- 9 to obey the laws of our country.



Pedestrians and motorists obeying traffic lights

- 10 to relate well with members of our family and other people.



A family eating together

Exercise

A Choose the best answers for the following questions.

- 1 Social Studies is the study of _____.
A house B school C man and his environment
- 2 An example of environment is _____.
A people's environment B society C physical environment
- 3 Social Studies teaches us to know how to _____.
A obey laws B fight C make a noise in the classroom
- 4 We know more about our country through the study of _____.
A Social Studies B Mathematics C English Language
- 5 Which of the following is not part of our environment?
A River B Tree C Heaven
- 6 _____ is an example of social environment.
A Mountain B Family C Rock
- 7 All the things we see in our environment are created by God.
A True B False C I don't know
- 8 Man-made objects are objects _____.
A created by man B created by God C of nature
- 9 Things we see in our environment that are created by God are called _____.
A man-made objects B natural objects C God's objects
- 10 Our physical environment is _____.
A bad to us B dangerous to us C good to us

B Answer the following questions in your exercise book.

- 11 What is Social Studies?
- 12 Mention two (2) types of environment.
- 13 Write two (2) importance of studying Social Studies.

- 14 Write five (5) examples of physical environment.
- 15 What is social environment?
- 16 Write five (5) things in our environment that are man-made (made by man).
- 17 Write five (5) things in our environment that are given to us by God.

18 Match A with B

A

- a) Physical environment
- b) Social environment
- c) River
- d) Country
- e) Market

B

- buying and selling
- fetching water
- rock
- family
- Nigeria



Homework

- 1 Draw the picture of a tree as an example of a thing in our environment.
- 2 Write ten (10) things we can see in our environment.
- 3 Use a dictionary to look for the meaning of the following words.
 - a) Comfortable b) Fetch
 - c) Relative d) Interact
 - e) Neighbour f) Workmate
 - g) Classmate h) Build

Theme 2: The family

Objectives

By the end of this theme, you will be able to:

- 1 define family.
- 2 identify the types of family.
- 3 draw a family tree.
- 4 mention the roles of each member of the family.
5. mention at least five qualities of a good family.

Unit 1 Meaning of family

Meaning of family

A family is a group of people that are related by blood. It is made up of father, mother and their children.



A family

The father is the husband and the head of the family.

The mother is the wife and she supports the husband.

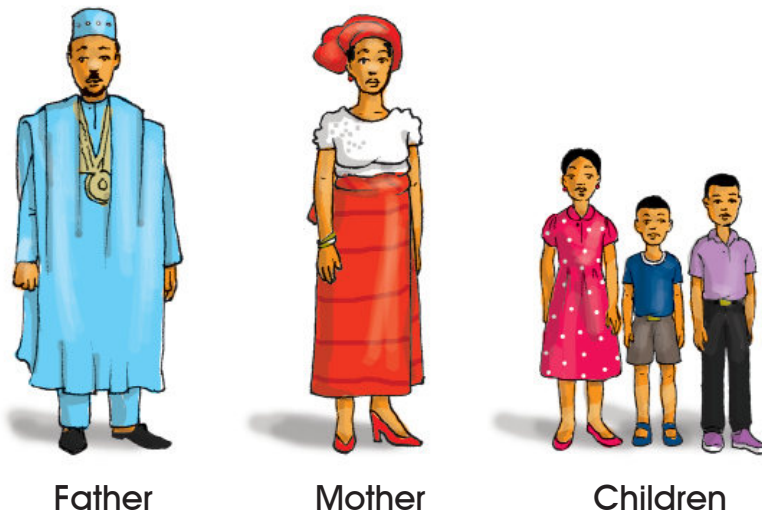
Unit 2 Types of family

There are two types of family. These are:

- 1 nuclear family, and
- 2 extended family.

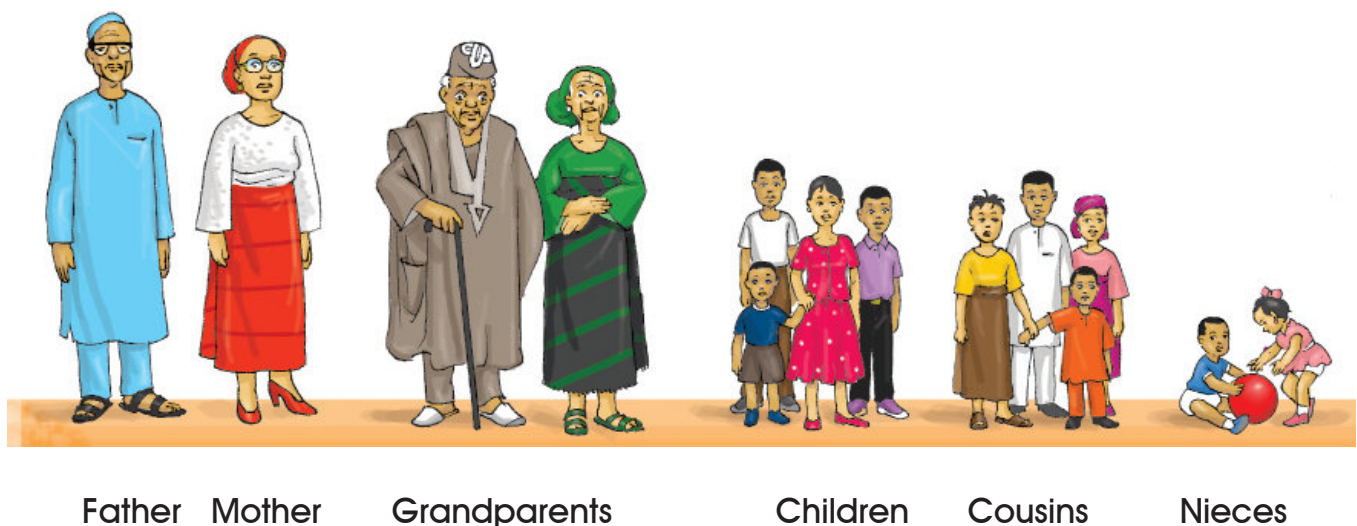
Nuclear family

A nuclear family is a simple family that is made up of father, mother and their children.



Extended family

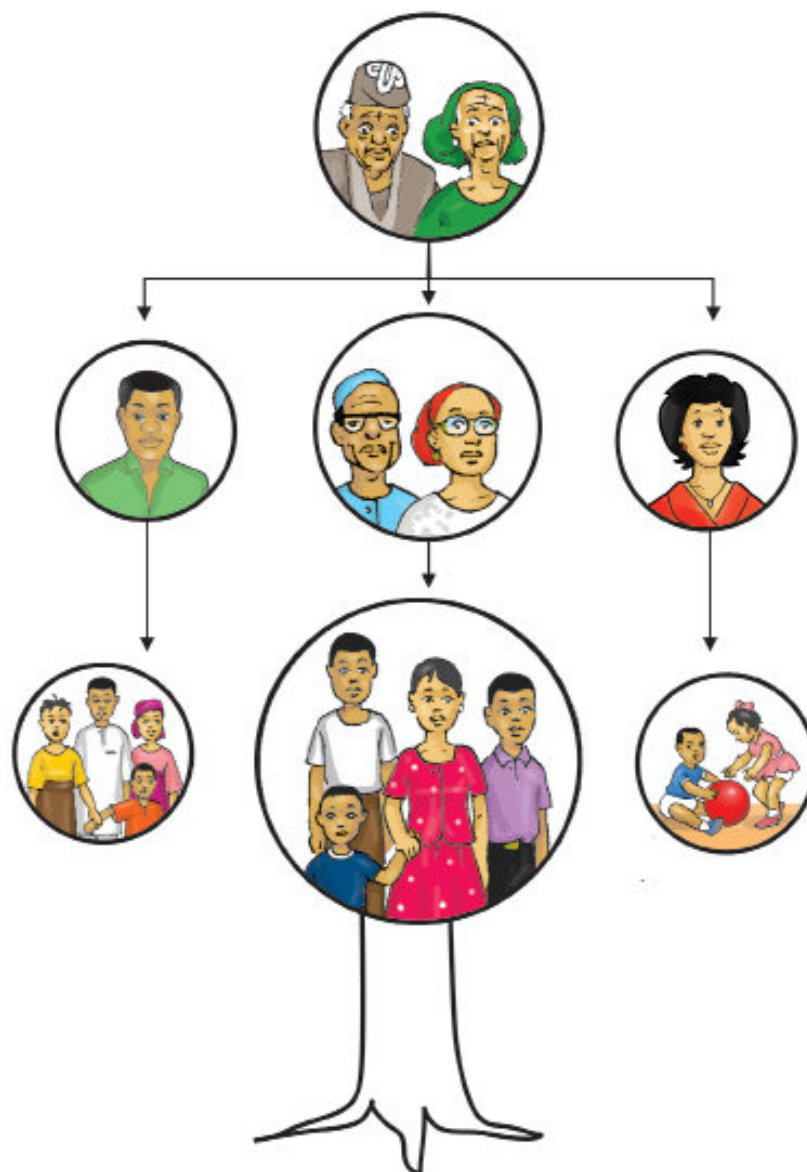
An extended family is made up of the father, mother, children, cousins, nieces, nephews, uncles, aunts, grandparents and other relations.





An extended family

Unit 3 Family tree



Members of the family

The family tree contains all members of the extended family. They are:

- 1 Uncle - The brother of my father or mother.
- 2 Aunt - The sister of my father or mother.
- 3 Nephew - The son of my brother or sister.
- 4 Niece - The daughter of my brother or sister.
- 5 Cousin - The son or daughter of my brother or sister.
- 6 Grandfather - The father of my father or mother.
- 7 Grandmother - The mother of my father or mother.
- 8 Grandparents - These are grandfathers and grandmothers together.

Unit 4 Roles of members of the family

Role is the work or duty of somebody to help other people. Each member of the family has some roles to help other members.

The father

- 1 The father provides money for food, for a house and for clothing.
- 2 He pays the children's school fees.
- 3 He pays the hospital bill in time of sickness.
- 4 He also protects his wife and children from danger.



A father paying his child's school fees



A father giving money to his children

The mother

1 The mother cooks food for the family.



A mother cooking for the family

2 She cleans the house.

3 She bathes the children.

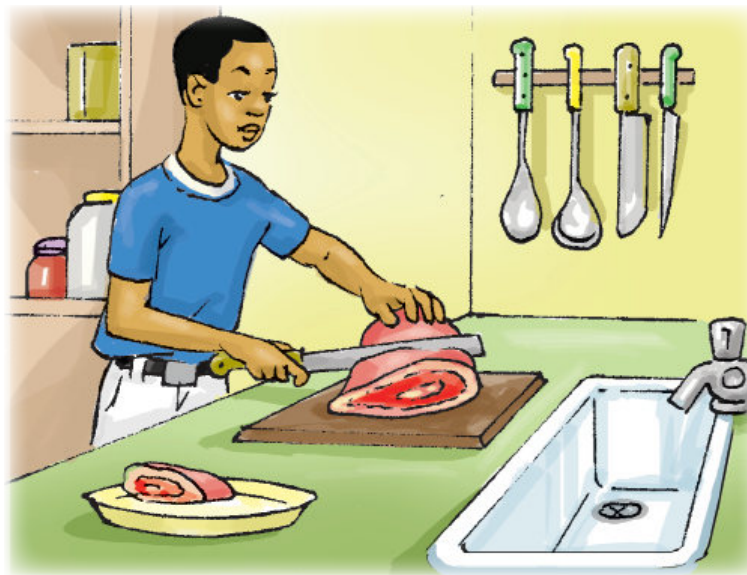


A mother bathes her child

- 4 She usually takes the children to school.
- 5 She washes the children's clothes.

The children

- 1 The children run errands for the parents. This means:
 - a) They go to where they are sent.
 - b) They do the things they are told to do.
- 2 They help their mother in the kitchen.



A boy cutting meat in the kitchen

- 3 They help to clean the compound.



Children cleaning their compound

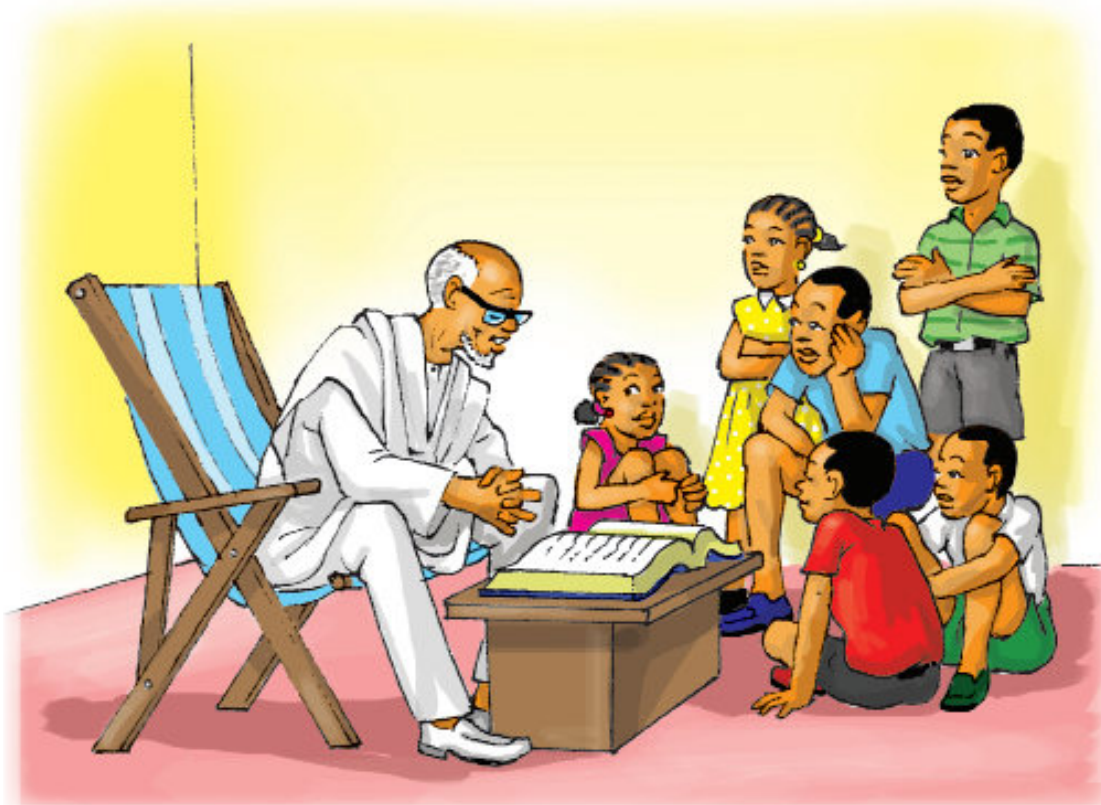
- 4 They help to keep the house clean.



A girl sweeping the floor

Grandparents

- 1 The grandmother helps in taking care of the baby when the mother goes to work.
- 2 The grandfather teaches morals and the Word of God to children.



A grandfather reading a story that teaches good morals to the children

Other members

Other members of the extended family, when they live with us, also help in cooking, in cleaning and in taking care of the children.

Unit 5 Qualities of a good family

For a family to be good, all members (father, mother, children, grandparents, cousins, nephews, and nieces) must have good character. This means they should behave in a good way.

They must be:

1 **Hardworking** – All the members of the family should work hard in their various duties.

- The father should work hard to provide for the family.
- The mother should work hard to support the father.
- The children should also help in doing housework.



A father working in the farm

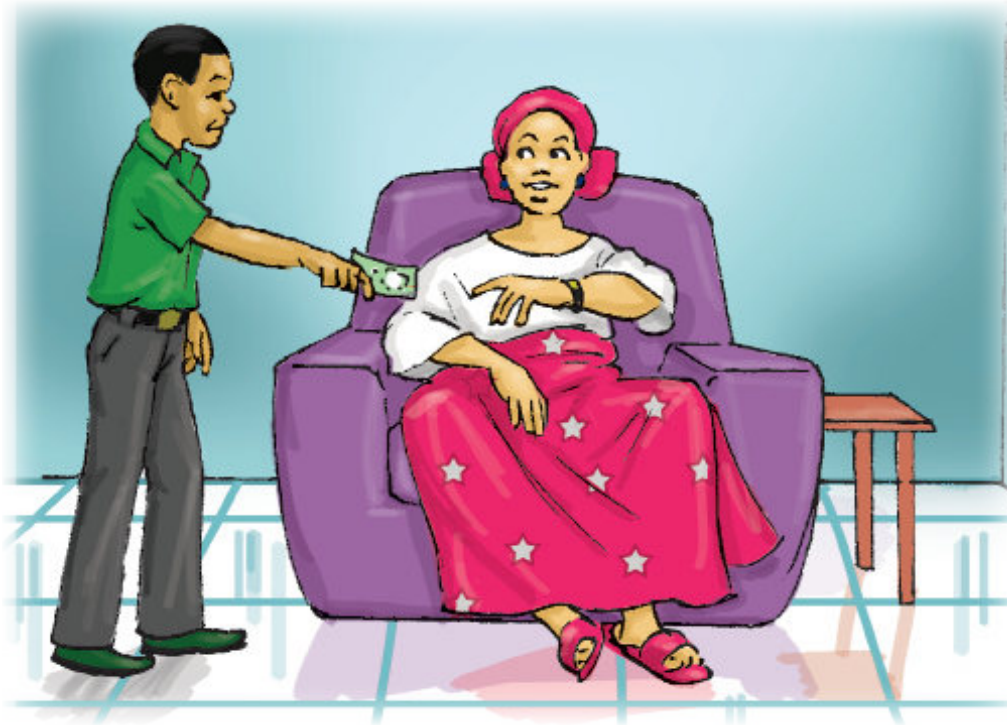


A mother sewing the children's dress



Children cleaning their surroundings

- 2 **Honest** – This means telling the truth every time. All members of the family must tell the truth always. We must not tell lies.



A boy returning the money he found on the floor to his mother

- 3 **Respectful** – Younger members of the family must respect the older ones. Children must greet their parents regularly especially when they wake up in the morning.

They must also say **thank you**, when they are given something.



Children greeting their parents

- 4 **Obedience to the government** – This is when we do what the law asks us to do. We must obey the law of the country.

We must take part in environmental sanitation exercise as commanded by the government. This is to take care of our surroundings especially once in a month.

Members of the family should also be obedient to one another.



A family participating in environmental sanitation exercise

- 5 **Caring** – Every member of the family should help other members. The parents should show love to their children by buying things for them. These include the things they need and gifts. They must also take their children to the hospital when they are ill. The children must also take care of their parents when they are ill.



A man taking his children to cross the road



A mother takes his child for immunisation

- 6 **Content** – Members of the family should be ready to accept whatever they are given.

They should be satisfied with what they have to eat or to use.

- 7 **Discipline** – All members of the family should do their duties, at the right time and in the right way.
- 8 **Not be greedy** – All members of the family should take only what they can eat or use at a time.



A greedy boy with a big bowl of food

9 Not be selfish – Always think of others in the family.



A girl sharing sweets with her siblings



A boy giving his food to a beggar

Exercise

A Choose the best answers for the following questions.

1 One of the following is a member of a nuclear family.

A Grandparents B Children C Nephew

2 The brother of my father or mother is my _____.

A nephew B grandfather C uncle

3 My aunt is _____.

A the sister of my uncle.

B the sister of my father.

C the sister of my niece.

4 All members of the family must be _____.

A caring

B selfish

C greedy

5 One thing the children can do to help at home is _____.

A to help in providing money

B to help in washing clothes

C Both A and B are correct

B Answer the following questions in your exercise book.

- 11 A _____ family is a group of people that are related by blood.
- 12 What is a nuclear family?
- 13 Name two (2) types of family.
- 14 Cousins can be found in an _____ family.
- 15 The son of my brother or sister is called my _____.
- 16 My niece is the daughter of my _____.
- 17 My uncle is my _____ brother.
- 18 The _____ provides money for taking care of the family.
- 19 The _____ run errands for the parents.
- 20 A boy returning the money he found under the table to his father is a sign of _____.

11 Match A with B

A	B
a) Father	My father's brother
b) Mother	Takes care of the baby when the mother goes to work
c) Children	Provides for the family
d) Grandmother	Cooks for the family
e) Uncle	Run errands

Activity

Class debate

The work of the father is more important than that of the mother.
Speak for or against.

Homework

- 1 What is your uncle's name? His name is _____.
- 2 What is your mother father's name? He is _____.
- 3 Which work does your mother do at home? She _____.
- 4 What type of family do you live in? I live in _____.
- 5 Write out the names of all the members of your nuclear family.
- 6 Write three (3) works you do at home everyday.
- 7 List five (5) qualities of a good family.
- 8 Use your dictionary to look for the meaning of the following words.

a) Caring	b) Relations
c) Protect	d) Danger
e) Errand	f) Assist
g) Respect	h) Accept
i) Greedy	j) Selfish

Theme 3: Culture

Objectives

By the end of this theme, you will be able to:

- 1 define culture.
- 2 mention at least five ways of life of people.
- 3 mention at least two people and two things to respect.
- 4 mention two types of culture.
- 5 say the meaning of shared culture.
- 6 mention four types of shared culture.

Unit 1 Meaning of culture

Culture is the way of life of a group of people.

Different people behave in different ways. The different behaviour may be because of the different ethnic groups they belong.

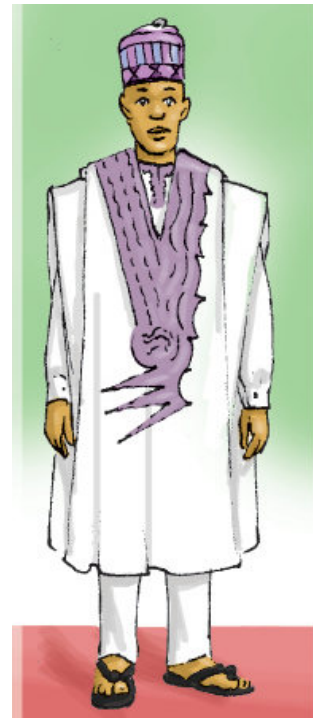
For example, the way of life of the Yoruba people is different from the way of life of the Igbo people, and the way of life of the Igbo people is different from the way of life of the Hausa, Jukun or Efik peoples.

Unit 2 Ways of life of people

People live together in an environment. The ways they live is called their ways of life.

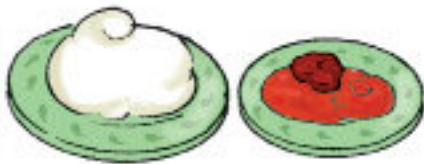
Ways of life of people include:

- 1 The type of dress they wear (dressing).



Different ways of dressing

2 The food they eat.



Different types of food

3 The languages they speak.

4 The way they greet.



Different ways of greeting

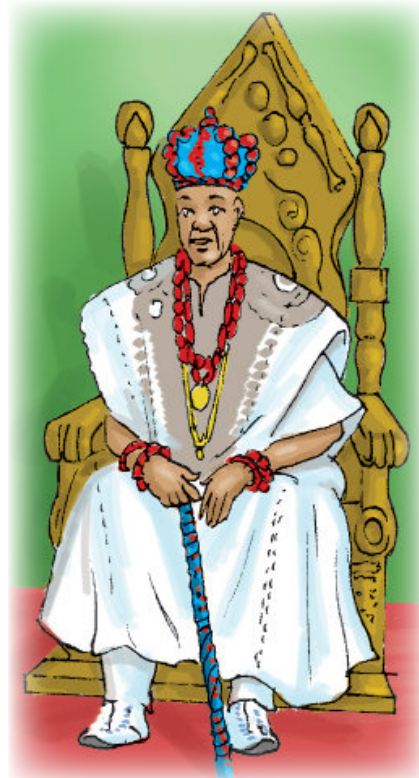
5 Their religion.



A priest (Christian)



An imam (Muslim)



A traditional worshipper

- 6 The way they eat.
- 7 The way they dance.



Different dances

8 Their musical instruments.



Different musical instruments

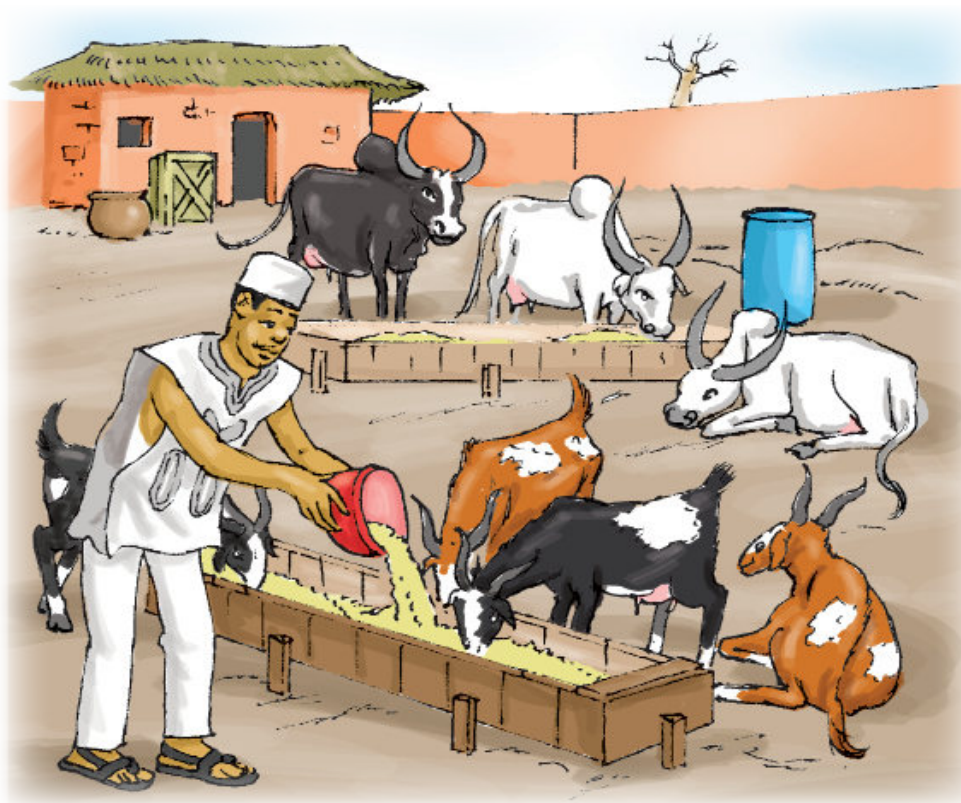
9 The work the people do (occupation).



Igbo traders



A Yoruba farmer

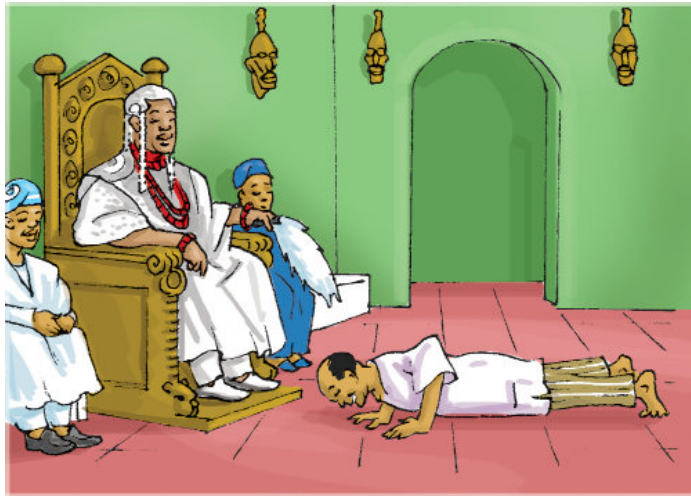


A fulani cattle rearer

Unit 3 People, places and things to respect

Respect means to admire people, places or things because they are important and special. It is also to care for somebody, place or thing you think is important.

- 1 We show respect for our parents, teachers and elders.
- 2 We show respect for people who are our leaders, such as kings, imam and pastor.



A man prostrating for an Oba



A Muslim squatting in front of an imam



People showing respect for a political leader

3 We show respect for religious places.

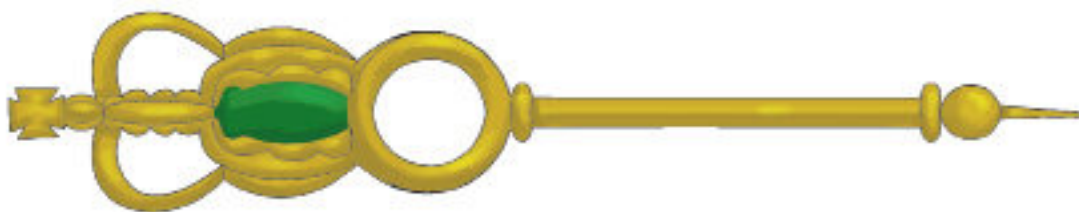


A church

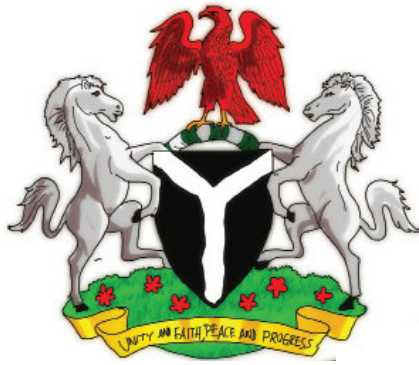


A mosque

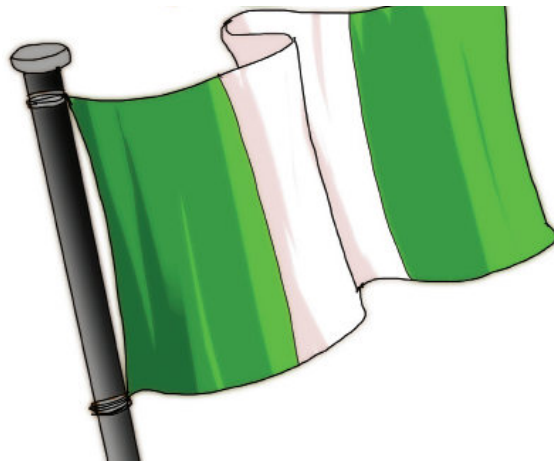
4 We show respect for our national symbols. Examples of national symbols are the maze, the national flag, the coat of arms, the national anthem and the national pledge.



A maze



Coat of arms



National flag

National Anthem

Arise O compatriots,
Nigeria's call obey,
To serve our fatherland
With love and strength and faith.
The labour of our heroes past
Shall never be in vain,
To serve with heart and might
One national bound in freedom, peace and unity.

O God of creation
Direct our noble cause
Guide our leaders right
Help our youths the truth to know
In love and honesty to grow
And living just and true
Great lofty heights attained
To build a nation where peace
And justice shall reign.

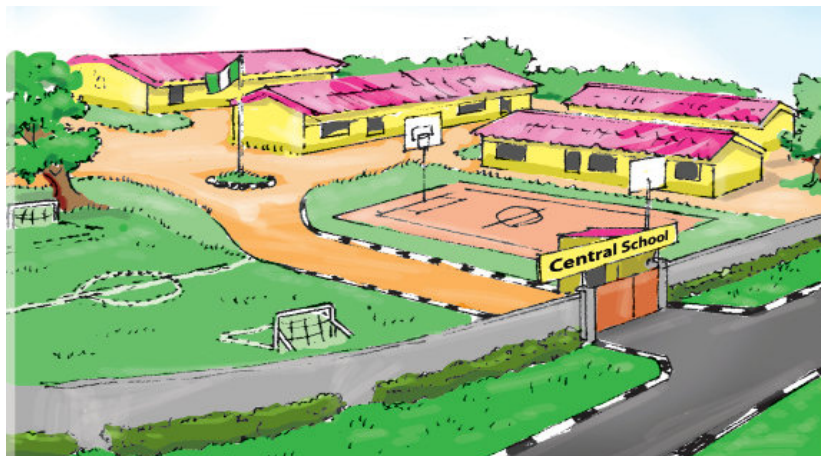
The Pledge

I pledge to Nigeria my country
To be faithful, loyal and honest
To serve Nigeria with all my strength
To defend her unity
And uphold her honour and glory
So, help me God.

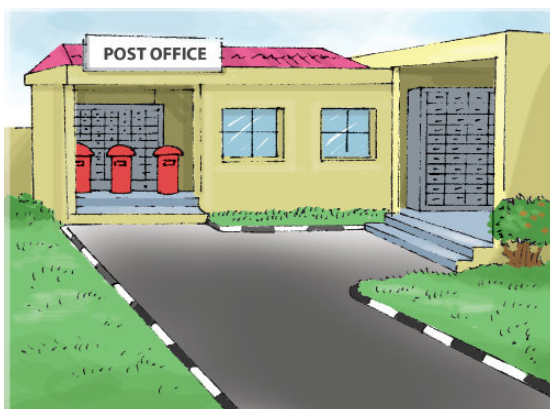
Whenever we sing the National Anthem, we must stand up and remain on the same spot as a mark of respect.

Whenever we say the National Pledge, we must also do the same.

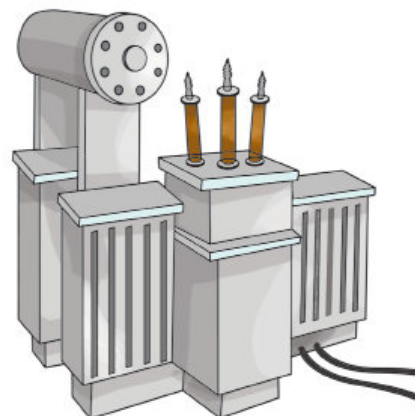
- 5 We show respect for **government property** like schools, hospitals, post offices, oil pipelines and electricity transformers. We must not do things that will spoil these things.



A school



A post office



An electricity transformer

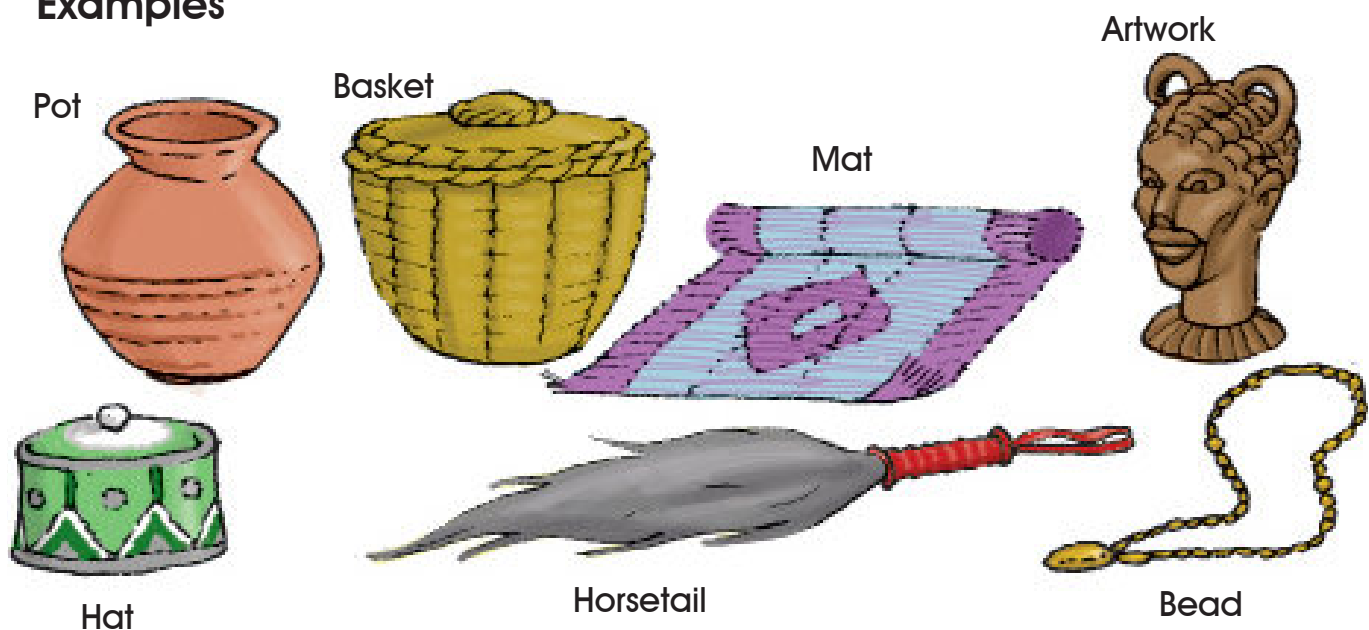
Unit 4 Types of culture

There are two types of culture. They are material culture and non-material culture. We will explain the differences.

Material culture

Material culture are aspects of culture we can make, see, touch and feel.

Examples



Food also shows culture

Non-material culture

Non-material culture are aspects of culture we cannot see but can hear and feel.

They are not things we can collect and keep somewhere. We

only know them from what people do.

Examples:

- 1 Language
- 2 Religion
- 3 Greetings
- 4 Dancing
- 5 Dressing
- 6 Eating habits



Different ways of dressing



Different ways of eating

Unit 5 Shared culture

As explained in Unit 1 of this theme, culture is the way of life of a group of people.

In Nigeria, there are many groups with different cultures. Because we live together, our cultures are similar.

Areas where our cultures are similar or common are known as shared culture.

They include:

1 respect for elders.



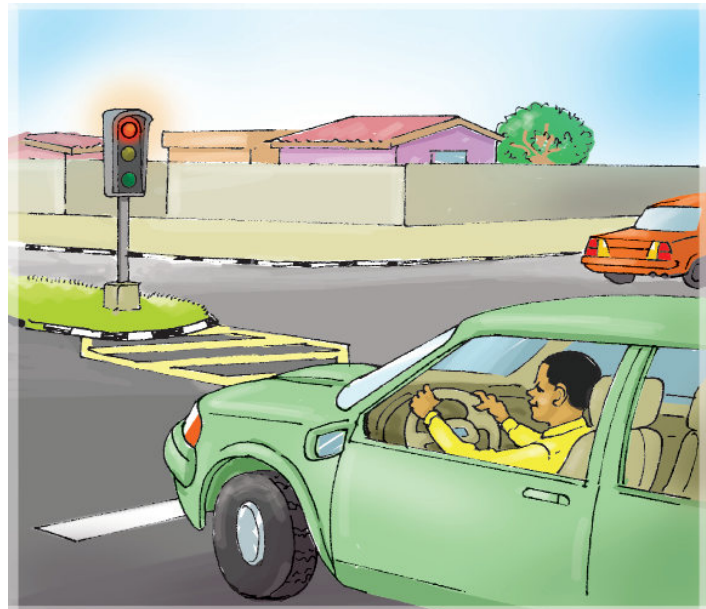
A girl greeting her father

2 respect for leaders.



A young man greeting his community leader

3 respect for law and order.



A motorist waiting for the traffic light

4 respect for traditional and cultural activities like marriage and naming ceremonies.

Exercise

A Choose the best answers for the following questions.


- 1 The ways of life of a group of people is known as _____.
A greeting B activities C culture
- 2 One of the following is an example of the ways of life of a people.
A Greeting B Sleeping C Walking
- 3 _____ is a common food among the Yorubas.
A Edikaikong B Amala C Tuwo
- 4 Prostration to greet elders is common among the _____.
A Hausas B Igbos C Yorubas
- 5 Kakaki is a musical instrument in _____.
A Yorubaland B Hausaland C Biniland
- 6 Animal rearing is a common occupation among the _____.
A Yorubas B Gwaris C Fulanis
- 7 Hospitals, schools and electricity transformers are called _____.
A government property B culture C musical instruments

- 8 Those aspects of culture we can see and feel are called _____.
A material culture B non-material culture C shared culture
- 9 Those aspects of culture we cannot see but can only feel and hear are called _____.
A material culture B non-material culture C shared culture
- 10 The aspects of culture that are common to some cultures are called _____.
A material culture B non-material culture C shared culture

B Answer the following questions in your exercise book.

- 11 What is culture?
- 12 Mention five (5) ways of life of people.
- 13 Mention two (2) examples of people we must respect in our community.
- 14 Mention two (2) national symbols.
- 15 What should we do when we sing the national anthem?
- 16 Write two (2) government property.
- 17 The aspect of culture that we can see and feel is called _____.
- 18 Mention two (2) examples of material culture.
- 19 Two people we should respect are elders and _____.
- 20 Mention the three (3) major ethnic groups in Nigeria.

21 Match A with B

- | A | B |
|-------------------------|-----------------------|
| a) Culture | Flag |
| b) Material culture | Dressing |
| c) Non-material culture | Yoruba |
| d) National symbol | Drum |
| e) Tribe | Way of life of people |
- 

Activity

Class debate

All cultures are the same thing. Yes or No?

Homework

- 1 How do you greet your parents at home?
- 2 What is your father's work?
- 3 What is your mother's work?
- 4 Mention one way to show respect to religious leaders.
- 5 Write five common foods of your people.
- 6 Use your dictionary to look for the meanings of the following words.

a) Greet	b) Authority
c) Spoil	d) Property
e) Symbol	f) Admire
g) Maze	h) Pledge

Theme 4: Values that show good morals in our society

Objectives

At the end of this theme, you will should be able to:

- 1 define morals.
- 2 mention at least five examples of good morals.
- 3 mention at least five examples of bad morals.
- 4 mention at least five ways of showing respect to elders.
- 5 point out what is right and what is wrong.

Unit 1 Meaning of morals

Morals are the ways people behave in a community.

Morals are the rules that show us which actions are right and which are wrong.

There are good and bad morals. Good morals are good behaviour. Bad morals are bad behaviour.

We say that a person has good morals if he does what is good. We say that a person has bad morals:

- a) if he or she does what is bad.
- b) if he or she does **not** do the right thing. This means he fails to do what is right.

Unit 2 Good and bad morals

Some morals are good. Some other morals are bad. We know each of them by their examples.

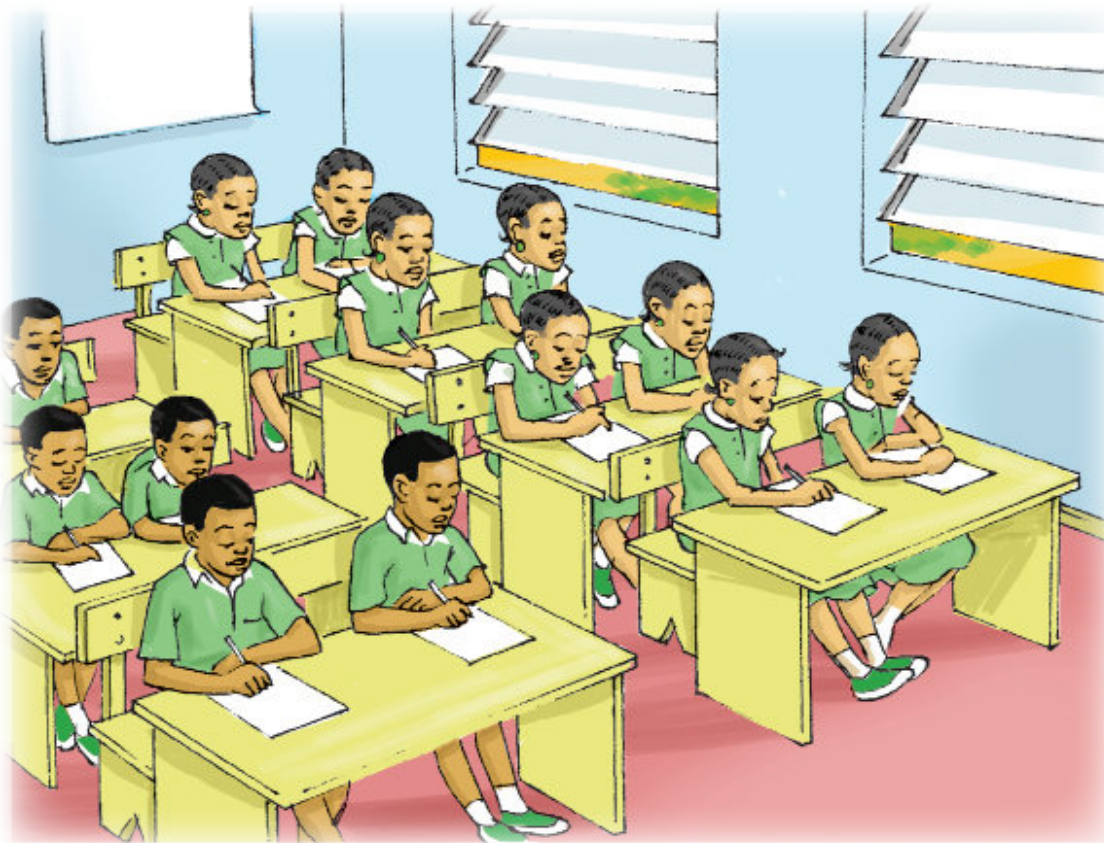
Examples of good morals

1 Honesty

The opposite of honesty is dishonesty.

Honesty means:

- a) telling the truth all the time.
- b) not stealing.
- c) not cheating in examinations.



Honest pupils in an examination room

2 Integrity

It means:

- a) doing what is right.
- b) being bold to do what is right always.

3 Greeting – Greeting means showing respect and wishing each other good things.



Different forms of greeting

4 **Respect**

It means:

- a) to show others that they are important to you.
- b) to try not to hurt other people.

5 **Kindness** – It means to help someone who is in need.



A man helping his mother to enter a car

6 **Contentment** – Contentment means to be satisfied with what you have.



A contented and happy man

- 7 **Tolerance** – It is the willingness to live and work with people. Where people are not of our own group, religion or beliefs but we still love (tolerate) them.
- 8 **Loyalty** – Being truthful or faithful to a person or group.
- 9 **Patience** – Waiting quietly under difficult situations.



People queuing to buy food

- 10 **Forgiving** – Being ready to forget the bad thing someone does to us.



Two people hugging each other

Examples of bad morals

These are bad ways people behave in the society.

1 **Stealing** – Taking things that are not given to you.



People running after a thief to catch him

2 **Bullying** – Beating, abusing or, in other ways, harming someone else who is younger. It usually happens in secondary schools.

Types of bullying

- a) Teasing – making fun of a person in a playful way.
- b) Name-calling – calling someone bad names to insult the person.
- c) Taunting – to say something to make a person feel sad.
- d) Threatening – telling someone, *'I will wound/beat you.'*
- e) Telling other children not to be friends with someone.
- f) Spreading bad rumours about someone.
- g) Making someone feel bad among other people.
- h) Kicking or pinching.
- i) Taking or breaking someone's things.
- j) Spitting on someone or in his front.



Students bullying each other

- 3 **Fighting** – It means to harm someone by hitting him/her with a bare hand or with a weapon.



Two boys fighting each other

- 4 **Lying** – It means not telling the truth.



A boy giving moeny to his mother and hiding some of them

5 **Bribery** – Giving money to someone to get his favour.



An official receiving bribe

6 **Smoking** – Burning cigarette and taking in the smoke. Smokers are liable to die young.



A smoker.

7 **Jumping the school fence.**



A student trying to jump the school fence

8 **Drunk - Drinking too much alcohol in a way that will make one to misbehave.**



A drunk

Unit 3 Showing respect to elders

Elders are people who are older than we are. They include our parents and our teachers.

These are the ways to show respect to our elders:

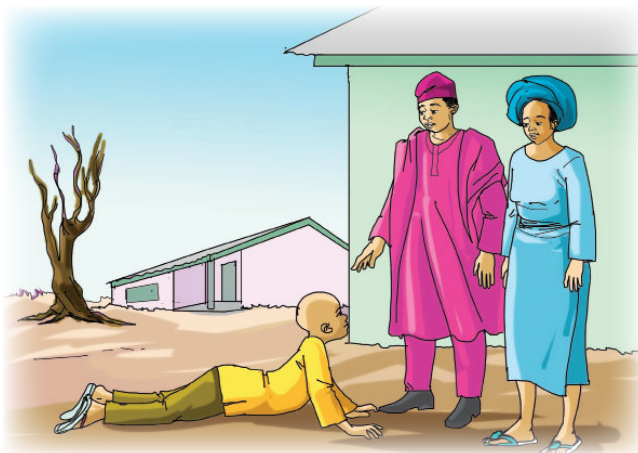
- 1 We should greet those who are older than us.



A girl greeting her father



A girl greeting her mother



A boy greeting his parents

- 2 When elders are talking, we should not disturb them by making a noise.



A boy listening quietly to his mother

- 3 We should obey our teacher by doing our homework.



A boy doing his homework

4 We should run errands for our parents.



A girl fetching water for her mother

Exercise

A Choose the best answers for the following questions.

- 1 The way people behave in the community is called _____.
A attitude B values C morals
- 2 The rules that show us which actions are right and which are wrong are called _____.
A attitude B values C morals
- 3 Telling the truth all the time is called _____.
A honesty B dishonesty C values
- 4 The act of cheating in an examination is called _____.
A dishonesty B honesty C laziness
- 5 Integrity means _____.
A fighting B doing what is right C having regards for people
- 6 Showing respect and wishing people well is called _____.
A obedience B loyalty C greeting
- 7 Showing people that they are important to us is known as _____.
A greeting B respect C honesty

- 8 When we help someone who is in need, we are _____.
A kind B honest C hardworking
- 9 When you are satisfied with what you have, you are _____.
A respectful B content C patient
- 10 When you are willing to love and work with others, you are _____.
A kind B loyal C tolerant
- 11 A loyal person is a _____ person.
A troublesome B bold C faithful
- 12 If you wait quietly on a queue to buy your food, you are _____.
A bold B patient C honest
- 13 When someone offends you, you should be ready to _____.
A forgive B fight C pinch the person
- 14 We can show that we have forgiven someone who offended us by _____.
A fighting back B hugging him or her C shouting
- 15 If we return a change from an errand, we are _____.
A dishonest B honest C lazy
- 16 An example of bad morals is _____.
A honesty B integrity C stealing
- 17 Kicking somebody in the school is an act of _____.
A boldness B bullying C stealing
- 18 Giving money to our teacher to give us marks in examination is _____.
A stealing B lying C bribery
- 19 Climbing the school fence is a _____.
A bad behaviour B good behaviour C good morals
- 20 Smokers will _____.
A grow old B be happy C die young

B Answer the following questions in your exercise book.

- 21 What are morals?
- 22 Write five (5) examples of good morals.
- 23 Write five (5) examples of bad morals.
- 24 Taking things that are not our own is known as _____.
- 25 Beating, abusing or harming a younger person is called _____.
- 26 Giving money to someone to get his favour is called _____.
- 27 Jumping the school fence is a _____ moral.
- 28 Not telling the truth is known as _____.
- 29 Mention two (2) ways of showing respect to elders.
- 30 _____ should run errands for their parents.

Activity

Class debate

Everybody is a liar. Speak for or against it.

Homework

- 1 Ask your parents to tell you ten (10) good behaviours we must show in the community.
- 2 Write ten (10) bad behaviours that people show in the community.
- 3 Use your dictionary to look for the meanings of the following words.

a) Display	b) Boldness
c) Cheating	d) Satisfy
e) Faithful	f) Violent
g) Harm	h) Disturb
i) Errand	j) Hugging

Theme 5: Taking substances into the body

Objectives

By the end of this theme, you will be able to:

- 1 mention at least five substances that are taken into the body.
- 2 give at least five reasons for taking substances into the body.
- 3 list at least five rules that guide the intake of substances into the body.
- 4 mention at least five effects of taking substances into the body.

Unit 1 Substances taken into the body

Substances are things we take into our body and be healthy for us to live. They can be solid or liquid. Without these things, we may die.

Examples of substances are:

1 Food -



2 Water -



3 Fruits -



4 Drugs -





Unit 2 Reasons for taking substances into the body

We take substances into our bodies for many reasons. Some of these reasons are:

- 1 to satisfy our hunger (food).
- 2 to quench our thirst (water).
- 3 to get strength or energy.
- 4 to stay alive.
- 5 to enjoy ourselves.
- 6 to satisfy our curiosity.
- 7 to stay healthy.
- 8 to imitate other people who take it.
- 9 because it is available.

Unit 3 Rules for taking substances into the body

The following rules will help us avoid problems when we take substances.

- 1 Do not take alcohol.
- 2 Do not eat too much.
- 3 Do not take medicine that is not given by a doctor.
- 4 Do not smoke.
- 5 Do not inhale bad odour.
- 6 Avoid bad friends.
- 7 Take only those things given by people you trust such as your parents, teachers, doctors and nurses.
- 8 Do not eat in dirty places.
- 9 Do not eat dirty food or unwashed fruits.

Unit 4 Effects of taking wrong substances into the body

Substances like food and drugs are for our good. It is wrong to disobey the rules for taking substances. Bad food and drugs or too much of them are wrong. These are effects of the wrong use of substances.

- 1 Stomachache -



2 Vomiting

-



3 Stooling

-



4 Sleeplessness

-

when you are not able to sleep in the night.

5 Dullness

-

when someone becomes sluggish or slow.

6 Nausea

-

wanting to vomit.

7 Fainting

-

falls down from sickness or alcohol.



8 Death

-

from drug or poison.

Exercise

A Choose the best answers for the following questions.

- 1 The things we take in for us to live and be healthy are called _____.
A injections B substances C drinks
- 2 If we do not take substances at all, we may _____.
A die B grow C sleep
- 3 We need _____ to satisfy our hunger.
A drugs B food C alcohol
- 4 _____ is used to satisfy our thirst.
A Food B Drugs C Water
- 5 When we are sick, we take _____.
A food B drugs C water
- 6 It is not good to take alcohol.
A True B False C I don't know
- 7 Bad friends can make us to take too much substances.
A No B Yes C I don't know
- 8 It is good to inhale bad odour.
A True B False C I don't know
- 9 Somebody who has taken too much substances will _____.
A vomit B dance C run
- 10 When someone suffers from sleeplessness, he will not be able to _____ in the night.
A eat B read C sleep

B Answer the following questions in your exercise book.

- 11 What are substances?
- 12 Mention two (2) examples of substances.
- 13 We take substances so as to _____.
- 14 We also take substances to _____.

- 15 For us to quench our thirst, we need _____.
- 16 Mention two rules for taking substances into our body.
- 17 If we take too much substance into our bodies, we may have ____.
- 18 It is good to smoke. (True/False)
- 19 Eating too much food can cause stomachache. (True/False)
- 20 When you are not able to sleep, it is called _____.

21 Match A with B

A	B
a) Too much food	food
b) Doctor	water
c) Hunger	drugs
d) Thirst	stomachache
e) Sluggish	dull

Activity

Class discussion

Tell the members of your class how you felt the last time you had stomachache. Explain what you thought caused the problem.

Homework

- Write ten (10) bad substances you must not take.
- What will happen to us if we drink too much water?
- Write two (2) reasons why we eat food.
- Use your dictionary to look for the meaning of the following words.

a) Inhale	b) Drug
c) Enjoy	d) Satisfy
e) Dirty	f) Sluggish
g) Sleep	h) Odour
i) Hunger	j) Thirsty

Theme 6: Overdose

Objectives

By the end of theme, you will be able to:

- 1 explain the meaning of overdose.
- 2 demonstrate the looks and behaviours of people who take too much food, drinks or inhale too much smoke.
- 3 mention at least five effects of drinking too much.
- 4 mention at least five effects of inhaling too much smoke.
- 5 say what to do to help someone who is suffering from too much eating, drinking or inhaling.

Unit 1 Meaning and effect of overdose

Overdose is when someone takes too much of something. It may be what we eat, what we drink or what we breathe in (inhale).

Taking too much of anything is a bad habit and it can harm the body.

Effects of taking too much substances

A Food

Food is good for the body. It can also be harmful if it is too much.

When someone takes too much food, it can cause:

- 1 **constipation** - This is when the food we eat fails to digest. This means it remains in the stomach and troubles us. We then find it difficult to go to toilet.
- 2 **overweight** - This is also called obesity. Too much eating can make someone to be too fat. If you are too fat, you cannot walk or work fast.



- 3 **vomiting** - This is when someone vomits (pours out from the mouth) the food he/she has eaten.



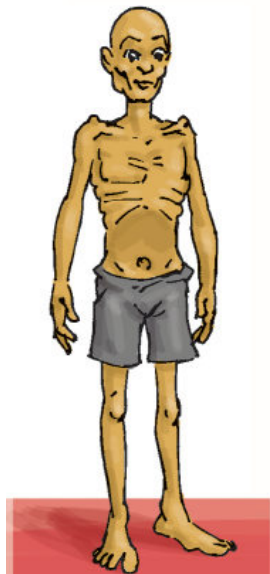
- 4 **sleeplessness** - Not able to sleep in the night.



5 **stomachache** - Having some pain or discomfort in the stomach.



6 **stooling** - Visiting toilet to pooh many times. It makes a person lean (thin) quickly. It may lead to death.



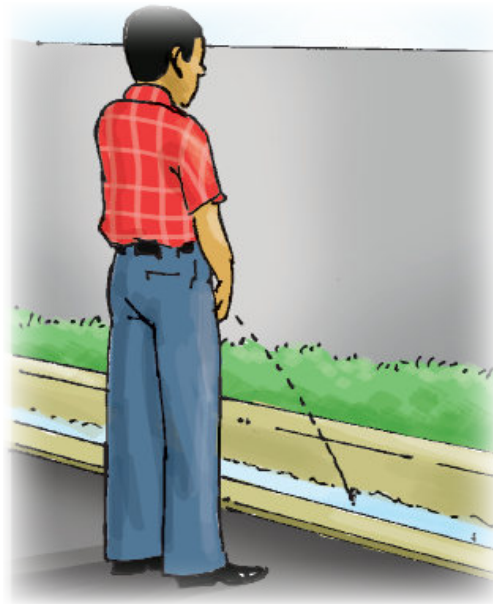
7 **death**

B Water

Water is good for the body but too much water is bad for the body.

If someone takes too much water, he or she can have the following problems.

1 frequent urinating -



2 **bedwetting** - When you drink too much water, you may urinate on your bed when you sleep either in the afternoon or in the night. It makes your clothes and bed to smell.

3 **intoxication** - If someone takes too much alcohol, he will become drunk (drunkenness). He cannot control his movement, and may fall down.



- 4 **death** - If someone is drunk and he drives he can have accident that may kill him and other people.



C Smoke

Smoke comes from fire, cigarette or motor vehicles. Taking too much of smoke can cause:

- 1 **coughing** - Smoke from cigarettes, fire or Indian hemp can go into the lungs of people.
- 2 **watery eyes** - Inhaling too much smoke can make water (tears) to come from the eyes.
- 3 **dizziness** - When someone is dizzy, he/she is tired and weak. He cannot see clearly again and feels sleepy. Too much smoke can cause all these.



- 4 fainting - Fainting is when a person falls down as if he is dead. He has no power to do anything at that time. This can happen when someone inhales too much smoke.
- 5 choking - Choking is when someone is not able to breathe. It can lead to death. Inhaling too much smoke can kill a person.

Unit 2 How to help someone suffering from food or drug overdose

When people take too much food, water and drugs, they lose their comfort (peace). They may become sick. So they need our help.

Here are the ways we can help them:

- 1 Take them to the hospital to see a doctor.



A man taking his mother to the hospital for checkup

- 2 Their parents should advise them, if they are children, to stop the bad habit.



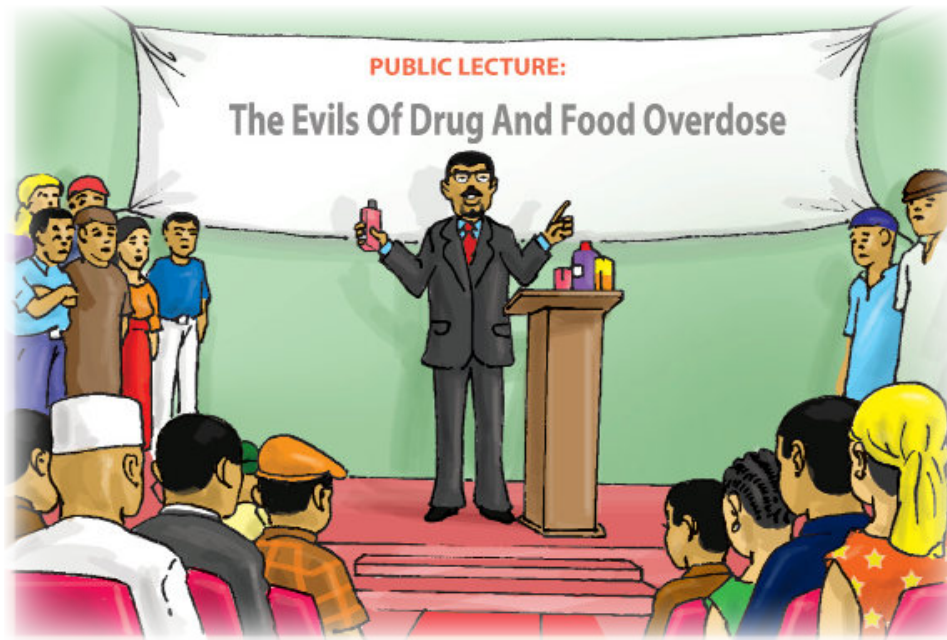
A father advising his son to stop smoking

- 3 Their parents and teachers should watch over them so that they do not take too much food and drugs again.
- 4 Parents and teachers should not leave children alone for a long time.



A boy reporting his friend who is suffering from overdose to his father

- 5 Schools and religions groups should do programmes to teach people about food and drug overdose.



A government official telling people the dangers of overdose

Exercise

A Choose the best answers for the following questions.

- 1 Taking too much of something is called _____.
A drinking B eating C overdose
- 2 Taking too much of a substance is a _____.
A good habit B bad habit C healthy habit
- 3 Food is _____ for the body.
A bad B dangerous C good
- 4 When someone takes too much water it can cause _____.
A sleeping too much B overweight C bedwetting
- 5 Smoking is _____.
A good B bad C nice
- 6 What should we do for a child who is suffering from food or drug overdose?
A Beat him B Leave him C Tell his parents
- 7 When someone is dizzy, he will be _____.
A weak B strong C healthy

- 8 Too much smoke can make someone to be _____.
 A healthy B strong C choked
- 9 If we are drunk we should _____.
 A drink B not drive C play football
- 10 Inhaling smoke can make us to _____.
 A sleep well B eat well C cough

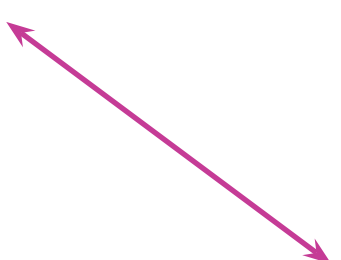
B Answers the following questions in your exercise book.

- 11 Taking too much of a substance is called _____.
- 12 Taking too much food and finding it is difficult to pooh is called _____.
- 13 Sleeplessness is when you are not able to _____ in the night.
- 14 Frequent urinating is caused by drinking too much _____.
- 15 When someone inhales too much smoke, it can cause _____.

C Answer True or False to the following questions.

- 16 It is not good to drive when one is drunk. _____
- 17 Taking too much alcohol cannot make someone drunk. _____
- 18 Too much of food is good for the body. _____
- 19 Smoking Indian hemp can make somebody mad. _____
- 20 Somebody who vomits should be taken to the police station. _____

21 Match A with B

- | A | B |
|-----------------|------------|
| a) Constipation | bedwetting |
| b) Overweight | coughing |
| c) Water | too fat |
| d) Smoke | alcohol |
| e) Intoxication | food |
- 

Activity

Class debate

Taking too much of any substances is a bad habit. Speak for or against.

Homework

- 1 Draw and paint a picture of someone who is drunk.
- 2 Mention two (2) things you should do to avoid bedwetting.
- 3 Find the meanings of the following words using your dictionary.

a) Accident	b) Unconsciousness
c) Obesity	d) Harm
e) Uncomfortable	f) Drunk
g) Constipation	h) Intoxication
i) bedwetting	j) Exhaust

Theme 7: Food

Objectives

By the end of this theme, you will be able to:

- 1 say the meaning of food.
- 2 mention the reasons we eat food.
- 3 mention some of the food eaten in your locality.
- 4 mention at least five reasons why we eat food.
- 5 mention the sources of food in your community.

Unit 1 Meaning of food

Food is anything we eat or drink to make us grow well and stay alive.

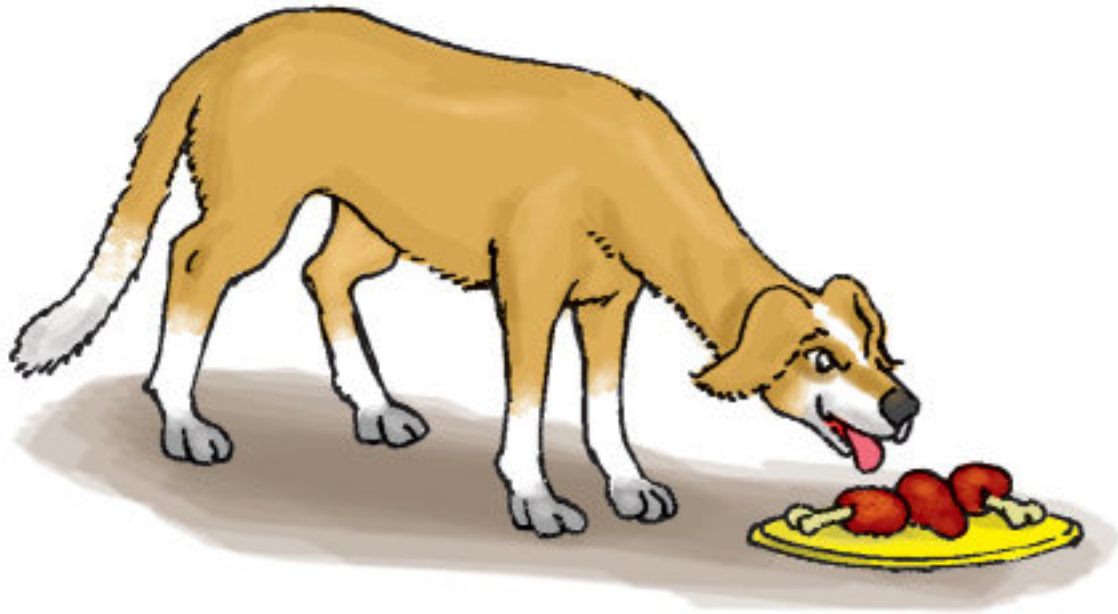
All living things must eat to stay alive.

Human beings and animals eat.

The food of human beings may be different from that of animals.



Children eating



A dog eating

The food of babies is also different from that of adults. Babies take milk while adults take grains and meat. All of them are called food.

Unit 2 Why do we eat food?

These are the reasons why we eat.

We eat to:

- a) grow well.
- b) have energy (strength).
- c) stay alive.
- d) protect our body from germs and diseases.
- e) stay healthy.

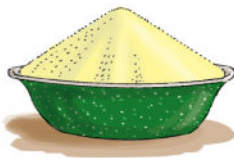
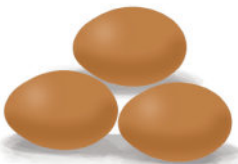
Unit 3 Types of food we eat

Foods eaten in our community are:

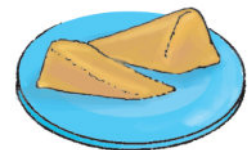
- a) yam b) maize c) bread d) groundnut



- e) eggs f) garri g) rice h) beans



- i) mala j) fufu k) tuwo-sinkafa l) moimoi



- m) fish n) meat o) fruits p) vegetables



All these foods could be grouped into three:

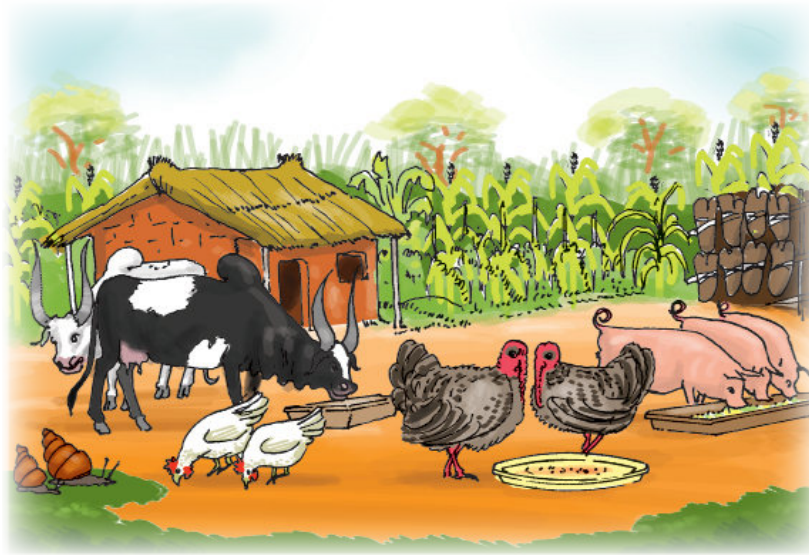
- 1 Foods that give energy (carbohydrates) - yam, maize, bread, garri, rice, amala, fufu, tuwo, groundnut.
- 2 Foods that build the body (protein) - eggs, fish, meat, beans, moimoi.

- 3 Foods that protect the body (vitamins) - fruits, orange, garden egg, cherry, apple, walnut.

Unit 4 Sources of food in the community

The food we eat in the community come from different sources.

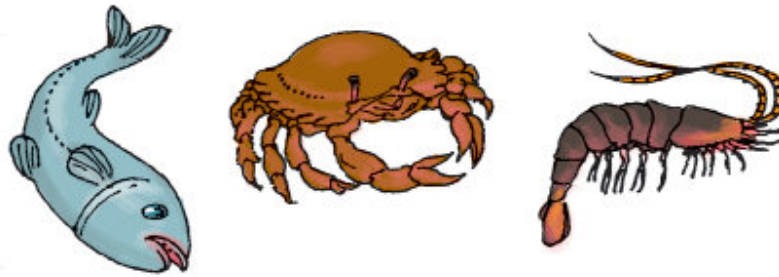
1 Farm -



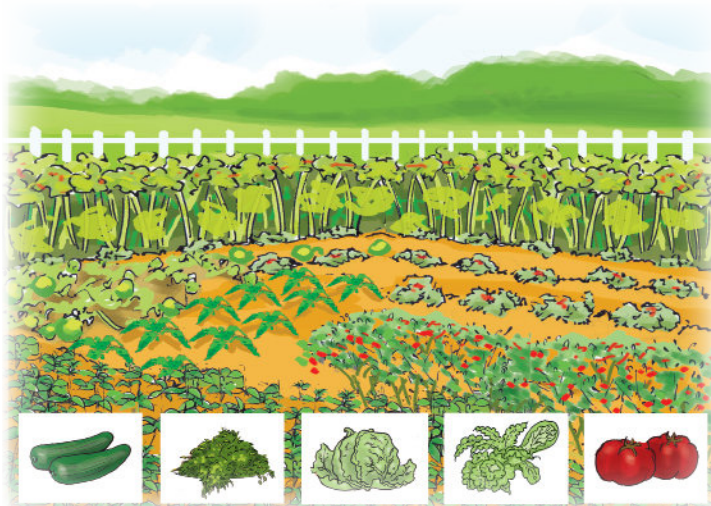
2 Market -



3 River -



4 Garden -



Exercise

A Choose the best answers for the following questions.

- 1 Anything we eat or drink to make us grow is called _____.
A egg B water C food
- 2 All living things must eat to stay alive.
A True B False C Not at all
- 3 We eat to _____.
A sleep B fight C have energy
- 4 Food can protect our bodies from germs and diseases.
A True B False C Not sure
- 5 We can get food from the _____.
A market B sky C school
- 6 An example of food that gives us energy is _____.
A rice B pawpaw C meat
- 7 An example of food that builds our body is _____.
A fruits B vegetables C beans

- 8 Vegetables are foods that _____.
 A build our body B protect our body C give us energy
- 9 We can get meat from _____.
 A school B animals C rivers
- 10 _____ is a type of food we can get from the garden.
 A Beans B Fufu C Vegetables

B Answer the following questions in your exercise book.

- 11 What is food?
- 12 All living things must _____ in order to live.
- 13 We need food to grow well. (True/False)
- 14 Write five (5) examples of food people eat in your community.
- 15 Write two (2) examples of food that can give us energy/strength.
- 16 Write two (2) examples of food that builds our body.
- 17 Write two (2) examples of food that protects our body.
- 18 Write two (2) examples of food we can get at the poultry farm.
- 19 Write two (2) types of food we can get in the river.
- 20 Write two (2) types of food we can get in the garden.

21 Match A with B

A	B
a) Crop farm	vegetable
b) Poultry farm	turkey
c) Garden	meat
d) Cow	fish
e) River	yam

Homework

- 1 Mention the three (3) groups of food eaten in your community.
- 2 List ten (10) foods we can get from the farm.
- 3 Draw a picture of a tuber of yam and paint it.

Theme 8: Food safety

Objectives

At the end of this theme, you will be able to:

- 1 define food safety.
- 2 mention at least three types of food that are not safe for eating.
- 3 mention at least five ways of ensuring food safety.

Unit 1 Meaning of food safety

We need to eat and drink.

What we eat or drink could help us or harm us.

The ones that help us are good for our health. The ones that harm us could make us sick. They could even kill a person.

Food safety is to make sure that we eat and drink only those things that help us.

It means keeping our food and drink safe from those things that could harm us.

It means cooking and keeping our food and drink in a clean way.



A woman washing fruits before eating them

Unit 2 Food that is not safe to eat

There are different kinds of food that are not safe to eat. They include the following:

- 1 **Adulterated food** - There are some foods that should not go together.

There are also some things that should not be added to our food. Look at this picture, what can you see? The boy is mixing soft drink with milk. This is an example of adulteration.

We should not mix soft drink with milk. It is not good for drinking.

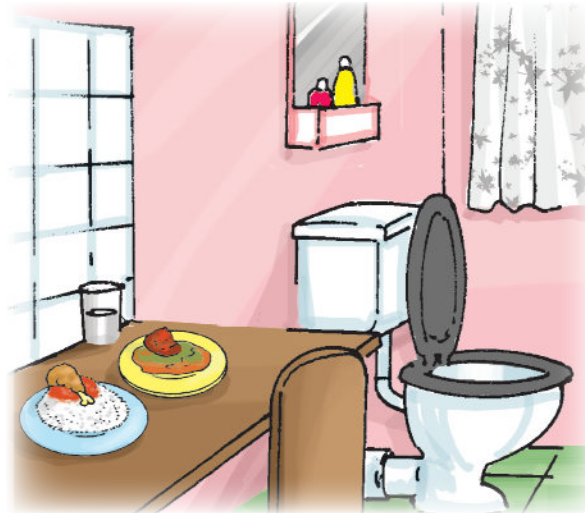


A boy mixing soft drink with milk (adultration)

- 2 **Contaminated food** -

- a) When food has been exposed to air, flies or dust.

- b) The food then becomes contaminated.



Contaminated food

- c) This means it becomes bad and no longer good for our health.
d) If we eat contaminated food, we will fall sick.

3 **Unlabelled food** – This is food that has no label. Foods made in a factory or company must have labels. Food label contains the date of producing the food and the address of the producer. It also has the expiry date and the ingredients for producing the food. The expiry date is the time (date) the food is no longer good. If there is no label on the food, it means it is bad. We should not eat such food.



Unlabelled food

Labelled food

- 4 Food that is not washed well, especially fruits.
5 **Expired food** – food that is after the expiry date.
6 Food that has bad odour like rotten orange.

- 7 Food that has changed from its normal colour.
- 8 Food that fell on a dirty ground or floor.

Unit 3 Ways of ensuring food safety

- 1 **Read the food labels** – Food labels are the papers on a package of food telling us about the food.

We can see these things on a food label:

- a) **Date of manufacturing:** when they made it.
- b) **Expiry date:** when it will be no longer good.
- c) **Nutritional value of the food:** what we can gain from the food.
- d) **Ingredients:** what is used in making the food.
- e) **Address of the manufacturer (maker).**

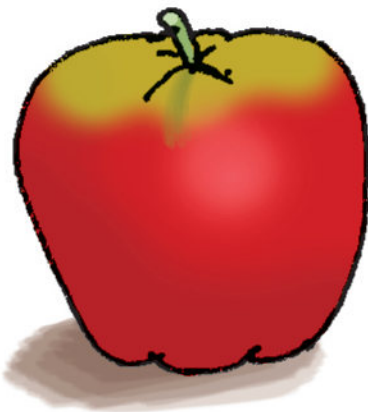


A man checking the label of a product

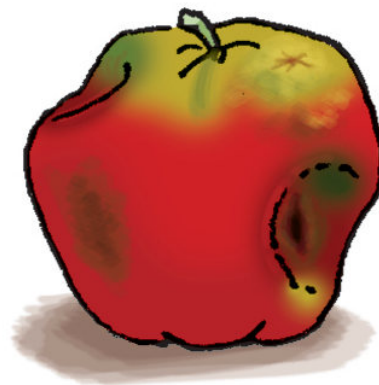
2 Check signs that may show the food is bad or spoilt

The sign include:

- a) change in colour,
- b) change in texture, that is how hard or soft the food is,
- c) bad odour (smell),
- d) bad taste, and
- e) expiry date.



Good fruit



Bad fruit

3 Wash your hands before and after food preparation.



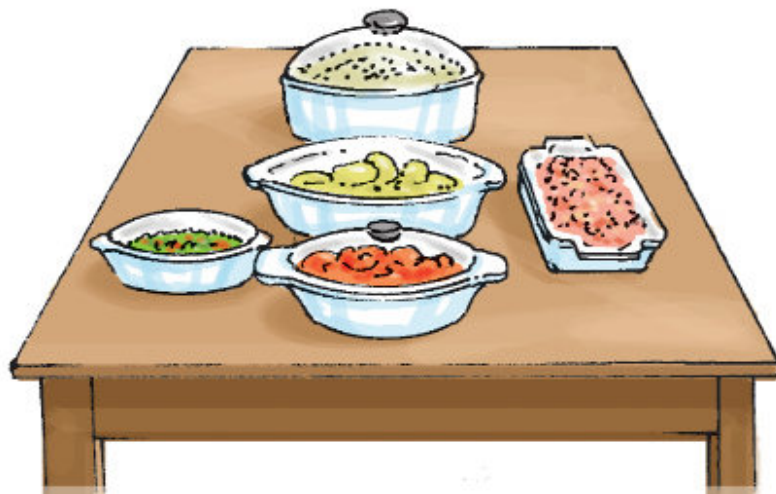
A woman washing her hands after preparing food

- 4 Clean your environment before preparing your food.



A woman cooking in a clean environment

- 5 Do not expose your food to flies.



- 6 Buy only what you need at a time. All foods, fruits and drinks get bad after some time.
- 7 Store foods that can quickly spoil, like tomatoes, meat, and fish in a refrigerator.



A refrigerator with some food items

Exercise

A Choose the best answers for the following questions.

- 1 Making sure that what we eat or drink are only things that can help us is known as _____.
A table manner B preservation C food safety
- 2 If soft drink is added to milk, the milk becomes _____.
A adulterated B clean C dirty
- 3 Food that is exposed to flies is _____.
A clean B contaminated C expired
- 4 Food that has bad odour is _____.
A not good for eating B good for eating C good in the fridge
- 5 We can know a bad food through its _____.
A size B price C colour
- 6 It is good to eat apple without washing it.
A True B False C I don't know
- 7 The date food was made is the _____.
A expiry date B closing date C manufacturing date
- 8 For tomato not to spoil, we must put it in the _____.
A sun B refrigerator C basket
- 9 If food is spoilt, we should _____.
A eat it B sell it in the market C throw it away

10 An expired food can make someone to _____.
A grow B die C sleep well

B Answer the following questions in your exercise book.

11 We need _____ and _____ to grow well.

12 If we eat food that has fallen into the gutter, we may fall _____.

13 It is good to _____ our fruits before eating them.

14 _____ can be found on the food label.

15 Preparing food without washing our hands is a _____ habit.

16 A Contaminated food is food that is _____.

17 Write five (5) examples of food that are not safe for eating.

18 Write two (2) things we can find on the food label.

19 Mention two (2) ways of identifying spoilt (bad) food.

20 Mention two (2) ways of making sure that our food is safe for eating.

Homework

1 Write where we can put each of the following foods to keep them.

- | | |
|--------------|-----------------|
| a) Fish | b) Meat |
| c) Vegetable | d) Yam |
| e) Maize | f) Cooked beans |
| g) Apple | h) Banana |
| i) Tomatoes | j) Palm oil |

2 List five (5) diseases we can have if we eat unsafe food.

3 Find the meanings of the following words in the dictionary.

- | | |
|----------------|-----------------------|
| a) Expiry date | b) Manufacturing date |
| c) Nutritional | d) Ingredient |
| e) Texture | f) Preservation |
| g) Odour | h) Perishable |
| i) Flies | j) Environment |

Theme 9: Risk factors in food

Objectives

By the end of this theme, you will be able to:

- 1 explain the meaning of risk factors in food.
- 2 state at least five risk factors in food.
- 3 identify the risk factors in food preparation and distribution.

Unit 1 Meaning of risk factors in food

Risk factors in food are those things that cause diseases or illness after eating bad food.

Diseases and illnesses make our bodies not to work well. The food we eat should make us grow and healthy, but if we eat bad food, it can make us fall sick.

These factors can occur when we prepare and distribute our food.

Unit 2 Examples of risk factors in food

- 1 **Adulteration** - Adulteration is when you make food bad by adding what you should not add. We can adulterate beans or stew by adding sugar. We can adultrate milk by adding soft drinks.
- 2 **Food fraud** - When somebody takes food to be sold from a container and puts it in another container. The person may take away some things or add some new things to the food.

He may even change the label. This is serious offence. The person buying the food will not know that the food is not original,

that it has been changed.

- 3 **Agro-chemical induced death** - This is death that is caused by inhaling (breathing in) chemicals that are used in agriculture.

Chemicals are used in agriculture to:

- a) preserve crops
- b) kill insects, and
- c) kill grass.

If somebody inhales these chemical, he or she can die.

Unit 3 Risk factors in food distribution and preparation

The following can expose someone to danger in the distribution and preparation of food, because they expose food to flies and other germs.

- 1 **Poor storage** - When we do not keep food in the right way or at the right place.
- 2 **Poor handling** - If we do not take care of our food and our drinks and we allow them to spoil.



Spoilt food

- 3 **Poor hygiene** - When people allow food to be put in dirty plates or eat food in dirty places.

- 4 **Poor and unclean environment** - When food is prepared in an unclean environment, it exposes food to germs and other harmful insects.



A woman preparing food in a dirty environment

- 5 **High temperature** - This may make fruits become overripe.

Unit 4 Guide to food safety

- 1 Always read the labels in food (processed) for expiring date and registration by NAFDAC.
- 2 Observe signs of food spoilage and causative organism.
- 3 Wash hands before and after eating or preparing food.



A boy washing his hands before eating

Exercise

A Choose the best answers for the following questions.

- 1 Risk factors in food is when the food we eat _____.
A makes us healthy
B increases the occurrence of diseases in us
C makes us grow
- 2 The food we eat should make us _____.
A ill B grow C die
- 3 _____ makes our bodies not to work well.
A Disease B Food C Water
- 4 Food fraud is when someone _____.
A steals food B eats bad food
C changes the original package of a food and puts another one
- 5 Putting milo in the can of bourvita is an example of _____.
A adulteration B food fraud C risk factor in food
- 6 Agro-chemical induced death is a death that is caused by _____.
A smoking B accident
C inhaling chemicals used in preserving agricultural produce
- 7 Risk factors in food can increase if we _____.
A cook in a dirty environment
B wash meat before cooking it
C fry our meat before cooking
- 8 Cooking with dirty hands can expose us to _____.
A good cooking B danger C healthy living

B Answer the following questions in your exercise book.

- 9 Factors that increase the occurrence of disease after eaten bad food is called _____.

- 10 When you make something impure or weaker by adding a substance of poor quality, it is called _____.
- 11 Factors that cause disease or illness after eating bad food is called _____.
- 12 When you make food bad by adding what you should not add, it is called _____.
- 13 When you change the original package of a food, and put your own, it is called _____.
- 14 Chemicals are used in agriculture to _____.
- 15 If someone inhales chemicals, he can _____.
- 16 List two (2) risk factors in food distribution and preparation.
- 17 Write two (2) things we use chemicals to do in agriculture.

Homework

- 1 Mention two (2) ways of ensuring food safety.
- 2 Draw a refrigerator and paint it in colours.
- 3 Visit a health centre and let doctors or nurses explain what they do to a victim of food poisoning.
- 4 Find the meanings of the following words in your dictionary.

a) Occurrence	b) Disease
c) Adulteration	d) Repackage
e) Fraud	f) Office
g) Chemical	h) Inhale
i) Hygiene	j) Induce

Theme 10: Sources and uses of water

Objectives

At the end of this theme, you will be able to:

- 1 say the meaning of water.
- 2 mention at least five sources of water.
- 3 list at least five qualities of good water.
- 4 mention at least five uses of water.
- 5 mention at least five ways of making water clean.

Unit 1 Water

Water is the most common liquid.

Liquids are things that have drops and can flow like water.

Most waters are without odour, colour and taste.

Water is streams, lakes, oceans and rain.

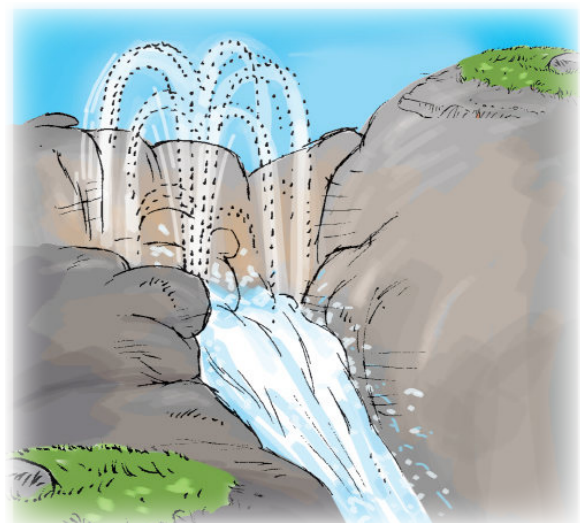
Water is very useful to life.

Most of the bodies of human beings, plants, and animals are filled with water.

All living things would die if there is no water.



A girl drinking water



Water running down a rock spring

Unit 2 Sources of water

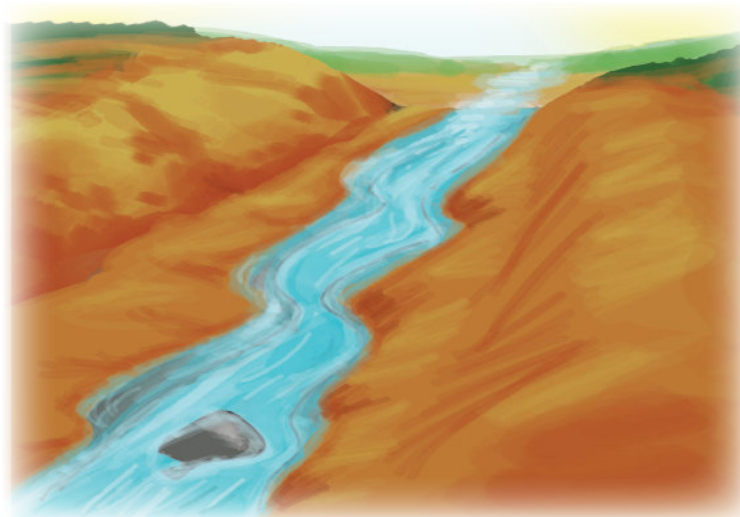
We can get water from the following sources.

- 1 **Rain** – Rain is water that comes directly from the sky.



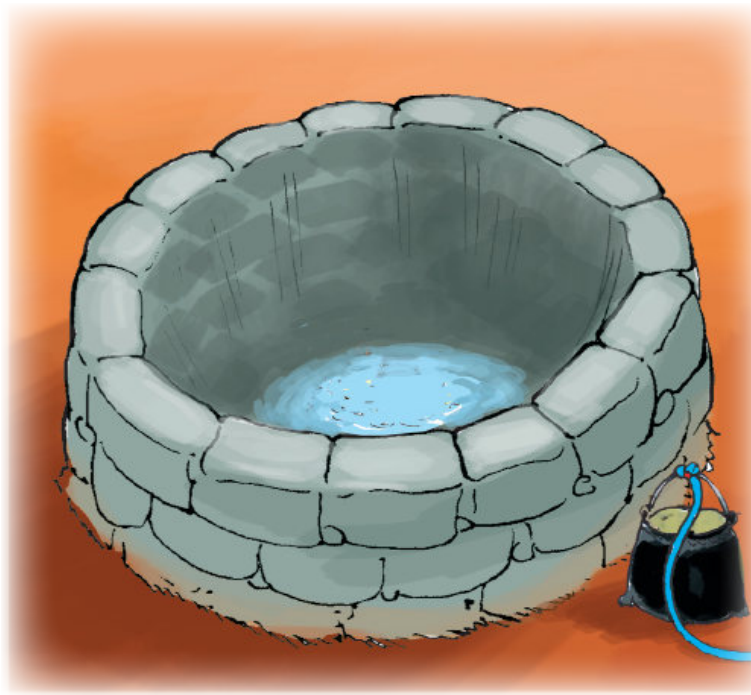
Rain

- 2 **Stream** – A stream is natural water surrounded by land.



A stream

- 3 **Well** – A well is a deep hole that we dig in the ground until we get water for our use.



A well

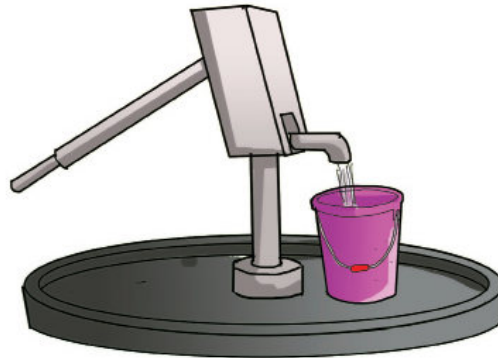
- 4 **Tap water** – It is the clean water that comes through taps. It is also called pipe-borne water.

This is because the water flows through pipes before getting to the tap.



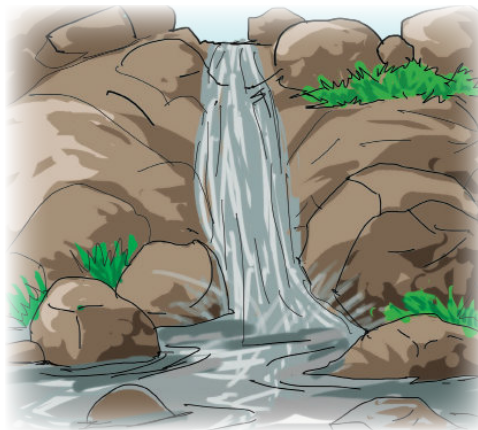
A tap

- 5 **Borehole** – A borehole is a very deep narrow well that is completed with an electric pump. The pump draws water through a pipe into a tap.



A borehole

- 6 **Spring** – A spring is a place where water flows out of the ground or a rock. The water is usually clean and pure.



A spring

- 7 **River** – A river is a natural God-made water that flows in a long line, on the land to the sea or ocean.



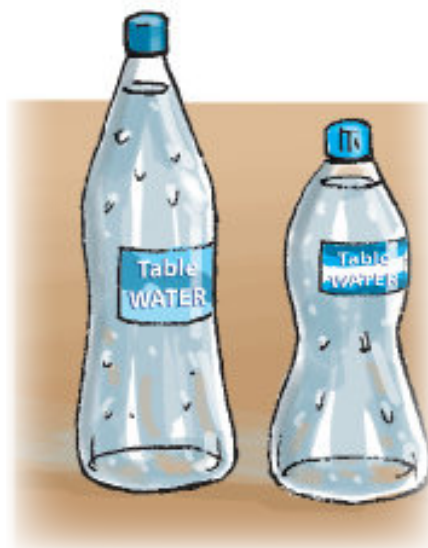
A river

Unit 3 Qualities of good water

Good water is water that is good or clean enough to drink and to cook our food.

These are the things we must see (qualities) to say that our water is good.

- 1 Good water must be tasteless (have no taste). This means it must not be sweet or bitter or taste like any other thing.
- 2 Good water must have no colour.
- 3 Good water must not have any odour.
- 4 Good water must be clean.
- 5 Good water must be free from germs.
- 6 Good water must not contain any harmful chemical.



Bottled water

Unit 4 Uses of water in the home

Water can be used for the following purposes.

1 Washing

- a) We can use water to wash our clothes.



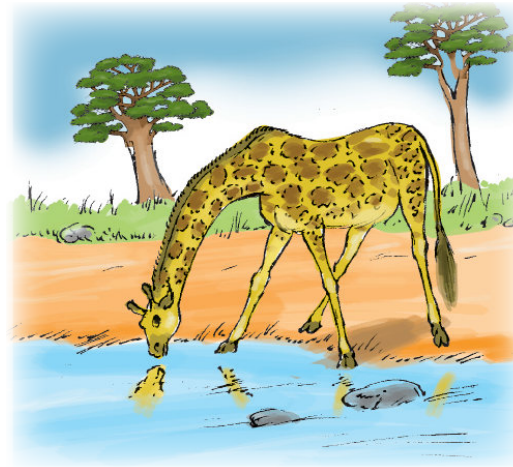
- b) We can use water to wash plates and other things we use in the house.



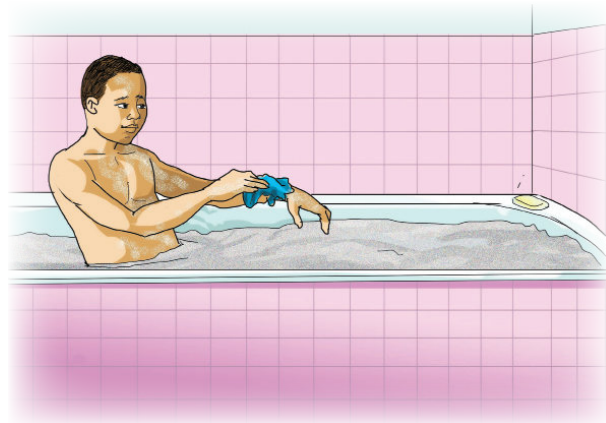
- c) We can use water to wash cars.



2 **Drinking** – we drink water to live and to satisfy our thirst.



3 **Bathing** - we use water for bathing and to brush our teeth.



4 **Cooking** - Water is used for cooking. When our mother is cooking, she uses water.

5 Water is used to wet flowers.



6 Water is used to clean our house.



7 Water is used to flush the toilet and keep it clean.



Unit 5 How to make water clean

Tap water from the government or our borehole may be good, clean water.

Water from the well, the rain or other places may not be clean enough. Before we drink them or use them to cook, we must make them clean.

The following are ways to make our water clean.

- 1 Use water filter.



Water filter

- 2 Boil the water.
- 3 Add chemicals like alum or chlorine.

Exercise

A Choose the best answers for the following questions.

- 1 Water is _____.
A solid B liquid C syrup
- 2 _____ does not need water.
A Man B Plant C Stone
- 3 Water that comes straight from the sky is _____.
A spring B river C rain
- 4 Water from a deep hole is _____.
A stream water B well C tap water

- 5 One of the following is the deepest source of water.
A Well B Borehole C Stream

B Answer the following questions in your exercise book.

- 6 What is water?
7 Write five (5) sources of water that you know.
8 Write five (5) qualities of good water.
9 Write five (5) things we use water to do at home.
10 Mention two (2) ways of making our water clean.

Activity

Check your dictionary and write the meanings of the following words.

- 16 Fluid 17 Narrow
18 Electric pump 19 Ocean
20 Pipe

Homework

Together with your family, list as many uses of water as you can.

- 2 Trace the word water.

WATER

- 3 A drop of water activity.

- a) On the first line, write one use of water.
b) On the second and third lines, write two sources of water.
c) On the fourth line, write the water from the sky.

1	_____	3	_____
2	_____	4	_____



Security Education



Theme 11: Security

Objectives

At the end of this theme, you will be able to:

- 1 explain the meaning of security.
- 2 explain how to take precautions against dangers.
- 3 identify the various sources of danger and insecurity.

Unit 1 Meaning of security

Security is when someone is free from danger.

Danger is something that causes us harm or injury. It may even cause death. That is why people say 'avoid danger.'

Look at the boy, he cannot cross the road alone, he is in danger.



A boy looking for somebody to help him cross the road.

Unit 2 Sources of danger and insecurity

There are many things that cause danger.
Some of these are shown below.

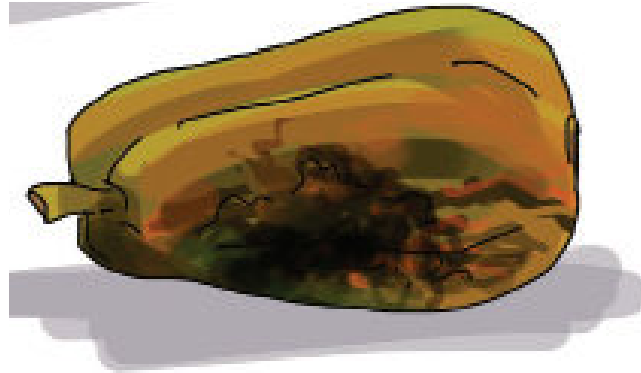
- 1 Road accident -
- 2 Fire outbreak -



- 3 Kidnapping – This is when someone is taken away against his wish.

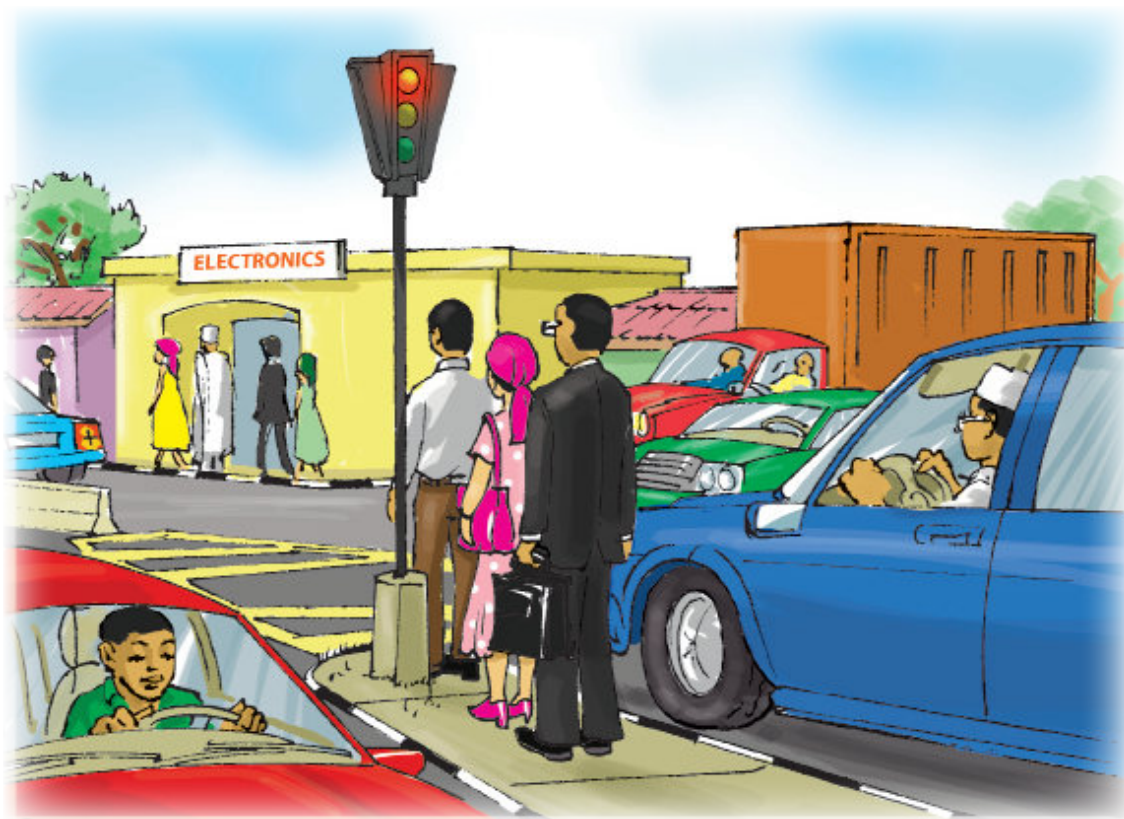


- 4 **Fake drugs** – Taking expired drugs or drugs that have been adulterated.
- 5 Eating unsafe food, for example, contaminated food.



Unit 3 How to avoid danger

- 1 Obey the traffic light.



- 2 Switch off all electrical materials when leaving the house. This is to avoid fire.



- 3 Throw away bad food.



- 4 Buy drugs from a registered pharmacy.



- 5 Walk in groups after closing from school. Do not walk alone on a road.



- 6 If you suspect someone to be a kidnapper, shout for help.

Exercise

A Choose the best answers for the following questions.

- 1 Security is when someone is _____.
A in danger B healthy C free from danger
- 2 Road accident is a form of _____.
A security B insecurity C kidnapping
- 3 We can prevent insecurity on the road by _____.
A obeying traffic lights B disobeying traffic lights
C destroying traffic lights
- 4 Taking someone away against his or her wish is called _____.
A security B accident C kidnapping
- 5 When leaving the house, it is good to _____ all electrical gadgets.
A turn on B put off C destroy
- 6 If our food is bad we should _____.
A throw it away B eat it quickly C wash it before eating

- 7 It is good to take fake drugs.
A True B False C I don't know
- 8 To protect ourselves from the danger of kidnapping, we should _____.
A walk alone B walk in groups C walk with strangers
- 9 When we suspect that someone is a kidnapper, we should _____.
A play with him B fight with him C shout for help
- 10 It is good to buy drugs from _____.
A someone in a public bus B an unregistered medicine store
C from a registered medicine store or pharmacy

B Answer the following questions in your exercise book.

- 11 What is security?
- 12 Write two (2) sources of danger and insecurity.
- 13 We can protect ourselves against danger and insecurity by.
- 14 It is good to buy drugs from _____.
- 15 Eating unsafe food can make us _____.

Activity

Class discussion

How can you protect yourself from being kidnapped? All members of the class should say something.

Homework

Ask your parents to assist you in the following questions.

- 1 When you see a kidnapping, what should you do?
- 2 Which government workers are in charge of protecting people?
- 3 What do we call the people who control traffic?