PRIMARY 3

LITERACY I

WORKBOOK

TERM III

EXOTIC TEACHER

Theme 9: GENDER AND CULTURE IN OUR SUB-COUNTY/ DIVISION

Culture and traditions in our Sub- county/ Division

Culture is the way people live and behave in a given society.
These are customs and beliefs of people in a given society.
These are accepted behaviour / norms in a given society.

T**ypes of culture**

- ☆ Material culture
- ☆ Non material culture

Material culture refers to physical aspects of the society.
It comprises of material goods, objects and art work

Non material culture

Nonmaterial culture is values, beliefs, symbols and language that define a society.

Aspects or components of culture

These are things which make up culture

1. Language
2. Music, Dance and Drama
3. Dressing
4. Religions
5. Customs and norms.
6. Taboos
7. Marriage
8. Greetings
9. Child- naming
10. Legends
11. Traditional dishes

Guiding Activity

1. What do you understand by the term legends?
   _____
2. Mention **two** aspects of culture.
   (i)_____
   (ii)_____
3. List any **two** cultural practices.
   (i)_____
   (ii)_____

4. Give any one instrument used during Music, Dance and Drama at your school.

_____

5. Mention any **one** tribe in Uganda which practice genital mutilation.

_____

6. Name any **two** cultural practices commonly done among your tribe.

(i)_____

(ii)_____

Customs

Customs are traditional/cultural practices.

4. **Examples of customs/ cultural practices**

- Kneeling down
- Circumcision
- Detoothing (Kumam, Sebei)
- Tattooing (Karimojongs)
- Twins celebration
- Child naming
- Dressing
- Marriage ceremony
- Introduction ceremony
- Language
- Dances
- Burial ceremony
- Greeting
- Tattooing
- Genital mutilation e.g. among the Sabiny.

Guiding Activity

1. What are customs?

_____

_____

2. Mention **two** aspects of culture.

(i)_____

(ii)_____

3. List any **two** cultural practices.

(i)_____

(ii)_____

4. Mention any **one** tribe in Uganda which practice genital mutilation.

_____

5. Name any **two** cultural practices commonly done among your tribe.

(i)_____

(ii)_____

Tribes and customs practiced.

Baganda

- ✓ Kneeling while peeling.
- ✓ Girls greeting while kneeling.
- ✓ Paying bride price
- ✓ Girls are not supposed to climb trees.

Bagisu

- ✓ Paying bride price
- ✓ Circumcising

Acholi

- ✓ Tattooing
- ✓ Paying bride price.

Iteso

- ✓ Paying bride price
- ✓ Detoothing

Sebei / **Sabiny**

- ✓ Female genital mutilation
- ✓ Paying bride price

Importance of culture

1. It unite people
2. It promotes peace
3. It promotes morals
4. It promotes development
5. Help for identification
6. It is a source of income
7. It promotes tourism

Guiding Activity

1. Define the following terms.

a) Culture

_____

b) Customs

_____

2. State any two common practices in Buganda which require Kneeling.

(i)_____

(ii)_____

3. Mention **two** aspects of culture.

(i)_____

(ii)_____

4. List any **two** importance of culture in our Sub county/ Division.

(i)_____

(ii)_____

5. Name the cultural practice common among the Bagisu.

_____

Ways of promoting and preserving culture

1. Through conducting music, dance and drama festivals
2. Through initiation ceremonies
3. Through attending funerals
4. Through planting medicinal plants
5. Through record keeping
6. Through practicing traditional education
7. Through installation of cultural leaders (enthronement)
8. Through sharing roles and responsibilities
9. Through respecting cultural norms

Importance of cultural practices

1. They teach good morals.
2. They help us to preserve culture.
3. They help people to know more about their tribes.

Dangers of some cultural practices

1. They lead to spread of H.I.V i.e. circumcision and inheritance of wives.
2. They lead to pain.
3. They lead to cannibalism
4. Some cultural practices lead to crimes
5. They lead to human sacrifices.

6. Some cultural practices can lead to isolation of people
7. Some cultural practices lead to immorality
8. Some cultural practices lead to death
9. They lead to idol worshipping.
10. Some cultural practices are against human rights e.g. Female Genital Mutilation.

NB: FGM in full is Female Genital Mutilation

It is common among the **Sabiny** in Kapchorwa district

FGM in full is Female Genital Mutilation

It is the act of removing female genital organs for non medical reasons.

It is culturally done to control women's sexuality.

FGM is also known as **female circumcision**.

Guiding Activity

1. Give **two** ways cultural practices are useful to the society.
   (i)_____
   (ii)_____
2. Write FGM in full
   _____
3. Give any **two** cultural practices which can lead to spread of HIV/ AIDS.
   (i)_____
   (ii)_____
4. Mention **two** dangers brought about by cultural practices.
   (i)_____
   (ii)_____
3. State any **two** importance of culture.
   (i)_____
   (ii)_____
4. Mention any **two** ways of promoting and preserving culture
   (i)_____
   (ii)_____

Marriage

This is the legal union of a man and a woman to become a husband and a wife.

-Marriage is an agreement between a man and a woman to make a family.

Steps of marriage

There are mainly 3 steps of marriage namely:

1.Courtship
2.Introduction
3.Wedding

- **Courtship** is when a man and a woman talk to one another about getting married.
- **Introduction** is when a woman shows a man she is intending to get married to her parents.
- **Wedding** is the tying of a knot. It is the ceremony which initiates marriage.

Qualities of a good marriage partner

A good marriage partner:

- Should be educated
- Should be respectful.
- Should be God-fearing.
- Should be attractive to you
- Should not be too old or too young.
- Should be loving
- Should be healthy

Guiding Activity

1. The legal union of a man and a woman to become a husband and a wife is called_____.
2. Mention any **two** steps of marriages.
   (i)_____
   (ii)_____
3. Name the ceremony which initiates marriage.
   _____
4. How is courtship different from wedding?
   _____
   _____
5. State any **two** qualities of a good person to marry.
   (i)_____
   (ii)_____

Types of marriages

There are three types of recognized marriages in our community.

- Traditional / customary marriage
- Religious marriage

❖ Civil marriage.

a) **Religious marriage**

-This takes place in the church, mosque or temple.

-It is officiated by a religious leader

Examples of religious leaders who legalize religious marriage

☆ Reverend
☆ Imam
☆ Pastor
☆ Priest
☆ Sheikh
☆ Bishops

Places where religious marriages are conducted

1. Churches
2. Mosques

b) **Customary /Traditional marriage**

This is the type of marriage that takes place at parent's home and it involves paying dowry.

Civil marriage

This is the type of marriage that is done before a government official called the Chief Administrative Officer **(CAO).**

This type of marriage takes place in courts of law.

A **marriage certificate** is given in the presence of witnesses

Guiding Activity

1. State any two types of marriages practiced in your sub county.
   (i)_____
   (ii)_____
2. What is marriage bride price?
   _____
3. Name any two things that are used for bride price.
   (i)_____
   (ii)_____
4. State two reasons for paying bride price in marriage.
   (i)_____
   (ii)

5. Mention two problems caused by paying bride price in marriage.
   (i)_____
   (ii)_____
6. Mention **two** places where religious marriages are conducted.
   (i)_____
   (ii)_____
4. What is the difference between religious and customary marriage?
   _____
   _____

Bride prices/dowry

What is bride price?

Bride price is the money or property that the groom gives to the bride's family before he is given the bride for marriage.

It can also be called **dowry or bride wealth.**

Examples of bride price items given today

Cows, goats, cocks, clothes, sodas, beers, cars, fruit and chairs

Importance of dowry

1. It promotes friendship between families.
2. It creates love between partners.
3. It brings respect to a man.
4. It creates trust.
5. It brings confidence to a man.

Dangers of paying dowry

1. It makes a woman to be a slave.
2. It leads to pride.
3. It leads a groom into theft

It breaks up marriage in case of failure

Guiding Activity

1. Define the word bride price.
   _____
2. Mention any **two** items of dowry.
   (i)_____(ii)_____
3. State any **two** importance of paying dowry.
   (i)_____
   (ii)_____

4. Mention any **two** dangers of dowry.
   (i)_____
   (ii)_____

Elopement

Elopement is a marriage conducted in a sudden and secret way without parent's approval

Elopement is not a recognized form of marriage in Uganda.

This is because it is conducted without parents' knowledge.

Places where elopement marriages are conducted

1. At school
2. At party gatherings
3. In the market
4. At funeral

Advantages of elopement

1. It is cheap
2. Marriage is conducted everywhere
3. It needs no planning for marriage
4. It avoid wedding expenses and dowry payment
5. It increases sense of freedom and independence

Disadvantages of elopement

1. It causes misunderstanding between two families
2. It hurt families and friends
3. Such marriages rarely last for long
4. It leads to parentless children
5. It can lead to incest
6. It leads to marrying wrong person
7. It promote sexual misconduct such as polygamy, incest, defilement

Guiding Activity

1. What is elopement?
   _____
2. Mention any **two** causes of elopement.
   (i)_____(ii)_____
3. State any **two** advantages of elopement.
   (i)_____
   (ii)_____

4. Give any **two** disadvantages of elopement.
   (i)_____
   (ii)_____
5. White down any **two** examples of sexual misconducts caused by elopement.
   (i)_____
   (ii)_____

Problems faced in marriage

- Divorce; Separation of married partners.
- Quarrels
- Poverty
- Child abuse
- Alcoholism
- Debt burden
- Adultery; Sex outside marriage
- Sexually Transmitted Diseases (STDs) like AIDS

NB: The problems of marriage are the causes of divorce.

Importance of marriage

- To get respect.
- To be independent from their parents.
- To become mature and responsible.
- To have children.
- To satisfy their sexual feelings.

Guiding Activity

1. Mention any **two** problems faced in marriage.
   (i)_____
   (ii)_____
2. Mention any **two** effects of divorce to children.
   (i)_____
   (ii)_____
3. Give **two** ways marriage is important to people.
   (i)_____
   (ii)_____
4. What is civil marriage?
   _____

Divorce

Divorce is the separation of two married couples

Causes of divorce

1. Being disobedient
2. Failure to show love
3. Unkindness
4. Disrespect
5. Being dishonest to one another
6. Being unforgiving
7. Being unfaithful

Effects of divorce on the couple

1. It separates family members
2. It leads to loss happiness in family members.
3. It leads to change in economic status
4. It increases emotional problems
5. It leads to suffering

Effects of divorce to children

1. It leads to failure in examinations.
2. It causes difficulty in adopting changes
3. It forces children to streets
4. It leads to bad behaviors
5. It causes mental disorder
6. Lack of parental love

Effects of divorce to the society

1. It leads to loss of respects
2. It increases poverty
3. It leads to early and risky sexual activities
4. It leads to regression
5. Divorce increases the number of street children

It causes misunderstanding between the two families

How to protect true marriage from breaking up

1. By being faithful
2. By forgiving
3. By being respectful
4. By loving each other

5. By obeying each other
6. By being kind to each other
7. By being honest and sincere to one another

Guiding Activity

1. What is divorce?

   _____

   _____

2. Mention any **two** effects of divorce to school children.
   (i)_____
   (ii)_____
3. Mention any **two** effects of divorce to couples.
   (i)_____
   (ii)_____
4. Give **two** ways marriages can be protected against divorce.
   (i)_____
   (ii)_____
5. State any **two** sexual misbehaviors that can lead to divorce.
   (i)_____
   (ii)_____

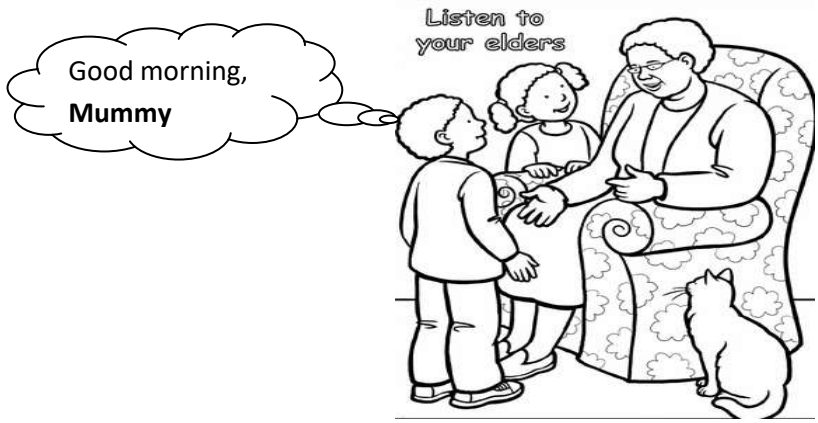
B) Greeting

In most tribes, boys/men greet while standing upright while girls/women kneel down.

This is done as a sign of respect

Reasons why do we greet others

1. To show respect.
2. To build good relationship.
3. To create unity.



Morning greetings in some of the languages in our sub county

Language	Greeting	Language	Greeting
Langï	Ibutu Abër?	Ateso	Biai bo apaaran?
Kiswahili	Habari za asubuhi?	Luganda	Wassuze otya?
Acholi	Ibutu maber?	Jophadola	Iyieyo?
Karamojong	Ka le-ia?	English	Good morning
Banyankole	Oraire ota?	Lugbara	Ejoka?

Ways of greeting people today

1. Waving hands
2. Hugging
3. Bowing down
4. Shaking hands
5. Verbal greetings

Guiding Activity

1. Apart from showing respects, give **two** reasons why people greet.
   (i)_____
   (ii)_____
2. Mention any **two** people we normally greet.
   (i)_____
   (ii)_____
3. Give any two common ways people greet in your sub county/ division
   (i)_____
   (ii)_____
4. Why do girls kneel while greeting?
   (i)_____(ii)_____

C) Dressing

Tribes have different traditional and cultural wears.

A table showing tribes and their traditional wear

Tribe(S)	**Traditional wear**
Baganda and Basoga	Men-Kanzu Women-Gomesi/Busuuti
Banyakole,Batooro,Banyoro	Men-Kanzu Women-Mushanana/sash
Karimojong	Beads

NB: Bark cloth is the cultural dress for the Baganda people while the Kanzu is their traditional wear for men and Gomesi for ladies.

Importance of dressing decently

Problems of dressing poorly

Guiding Activity

Food

Food is anything good to eat or drink that has value to the body.

Staple food

This is a type of food eaten by most people in an area or region.

3. Tribes have different food dishes or staple foods.

4. A table showing traditional dishes/staple foods of different tribes.

Tribe	**traditional dish/staple food**
Baganda	Matooke
Banyankole	Millet (kalo) mixed with cassava flour
Samia	Millet mixed with cassava flour
Basoga	Sweet potatoes and posho
Iteso	Millet mixed with cassava flour
Acholi	Millet /sorghum mixed with cassava flour
Bagisu	Maleewa

Food taboos in our society

A taboo is a behaviour that is not accepted in a given society.

Taboos are forbidden things in a given society.

Examples of taboos

1. Eating your totem
2. Marrying your relatives
3. Pounding of night
4. Sitting on grinding stone.
5. Sweeping at night.
6. Whistling at night.
7. Girls climbing trees.

Guiding Activity

1. What is a staple food?

   _____

   _____

2. Identify the staple food for the following people.
   a) Iteso_____
   b) Bagisu_____
   c) Baganda: _____
3. What is a taboo?

   _____

4. State **two** examples of taboos.
   (i)_____
   (ii)_____
5. Name the tribe in Uganda whose staple food is given blow.



   _____

6. Why is it bad to climb trees?

   _____

7. State **one** reason why pounding at night is a taboo.

   _____

8. Mention **two** examples of your relatives you should not marry.
   (i)_____(ii)_____

Food taboos:

These are foods that a person of a particular tribe, religion or clan is not allowed to eat.

Types of food taboos

- ✍ Religious food taboos
- ✍ Cultural food taboos

Cultural food taboos

These are forbidden types of food in a given society.

Examples of cultural food taboos

- ❖ Totems for the clans
- ❖ Eating your totem.

- ❖ Baganda women of long-ago eating chicken and eggs.
- ❖ Baganda of grasshopper clan eating grasshoppers.
- ❖ Women eating lung fish

Religious food taboos.

These are forbidden types of food in a given religion.

Examples of religious food taboos

- ❖ Moslems eating pork.
- ❖ S.D.A s eating pork and fish without scales.
- ❖ Moslems taking alcohol.
- ❖ Moslems eating meat which is slaughtered by non Muslim.
- ❖ Eating meat of an animal that has died.

Importance of food taboos.

1. Food taboos promote good morals / discipline.
2. Food taboos create order in a community.
3. Food taboos prevent accidents / damages.
4. Food taboos preserve animals.
5. Food taboos prevent us from eating poisonous animals

Dangers of food taboos

1. It stops people from eating good foods.
2. They lead to death.
3. It causes malnutrition
4. It leads to shortage of food
5. They lead to shame.

Guiding Activity

1. What is a food taboo?

   _____

   _____

2. State **two** types of food taboos

   (i)_____(ii)_____

3. Mention **two** importance of cultural food taboos

   (i)_____

   (ii)_____

4. Which religion does not allow believers to eat pork?

   _____

5. Define religious food taboos.

_____

6. Mention any **two** dangers of religious food taboos.

(i)_____

(ii)_____

Naming children

1. Children are named differently according to tribes and clans.
2. Long ago and today, newly born babies were and are given names by their **paternal grandparents or clan heads**.
3. Names given are of the fallen dear ones, physical features, seasons of the year or at the time of the day when the child was born.

Name	**Meaning**	**Tribe**
Kasozi	Hill	Baganda
Lutalo	War	
Kiwanuka	Thunder	
Walumbe	Death	
Musisi	Earthquake	
Nabwire	Night (for girls)	Samia
Wabwire	Night (for boys)	
Wanzala	Famine	Samia /Bagisu

Reasons why children are given names

- ✍ For identity
- ✍ It's their rights
- ✍ For memory
- ✍ For spiritual connections

Guiding Activity

1. Long ago, who was responsible for naming children in a family?

_____

2. Write your cultural name.

_____

3. Write the meaning of the following names.

a) Wabwire_____

b) Kiwanuka_____

c) Musisi_____

4. Mention **one** name among the Baganda given according to physical features.

_____

Naming of twins

Names of twins	**Sex**	
Babirye	Female (old)	Baganda
Nakato	Female (young)	
Wasswa	Male (old)	
Kato	Male (young)	
Babirye	Female (old)	Basoga
kawudha	Female (young)	
Waiswa	Male (old)	
Tenywa	male (young)	
Isingoma	Male (old)	Banyankole, Batooro, Banyoro, Bakiga
Kato	Male (young)	
Nyangoma	Female (old)	
Nyakato	Female (young)	
Names of Parents	**Sex**	
Isabirye	Father of twins	Basoga
Nabirye	Mother of twins	
Isabarongo	Father of twins	Banyankole, Batooro, Banyoro, Bakiga
Nyinabarongo	Mother of twins	
Ssalongo	Father of twins	Baganda
Nnalongo	Mother of twins	

Guiding Activity

1. What name is given to the following?
   a) Mother of twins among the Batooro

   _____

   b) Father of twins among the Basoga

_____

c) Girl twin among the Basoga

_____

d) Girl twin among the Banyoro

_____

e) Boy twin among the Baganda

_____

2. Who are twins?

_____

3. Why do children need proper care from their parents?

_____

4. How are children important in a family?

(i)_____(ii)_____

Clans

A clan is a group of people under the same forefather or ancestor.

2. Symbols of a clan

- Names
- Drum sound
- Totem
- Forefather

3. Forms of clans in Buganda

Clans are grouped into;

a) Animal form
b) Bird form
c) Insects
d) Plants
e) Others

4.**Examples in each form**

a) Animal form

- Mpologoma (lion)
- Ngo (leopard)
- Ngabi (antelope)
- Nkima (monkey)
- Nte(cow)
- Mbwa(dog)

- Ndiga (sheep}
- Njovu (elephant)
- Nvuma (hippo)

b) Bird form

Nyange(lark)**,** Nakinsige**,** Namungoona (raven)**,** Ngaali (crested crane)

c) Plants

Kobe, Butiko

d) Insects

Nsenene (grasshopper) Kinyomo

Others are Nkebuka, Mutima, Amazzig'ekisasi, Lukato

Duties of a clan head

- ✓ He registers clan members.
- ✓ He keeps clan documents.
- ✓ Organizes clan meetings
- ✓ He solves problems among can members.
- ✓ He keeps clan property.
- ✓ Registers clan members and the newly born babies
- ✓ He presides over clan functions.

Guiding Activity

1. Explain the term 'a clan'.

   _____

   _____

2. List **two** symbols of a clan.

   (i)_____

   (ii)_____

3. Mention **two** forms of clans in Buganda.

   (i)_____

   (ii)_____

4. Mention **two** clans under the plant form.

   (i)_____

   (ii)_____

5. State **two** responsibilities of clan heads.

   (i)_____

   (ii)_____

GENDER

1. What is gender?

✍ Gender is the social role and relation between males and females.

✍ Gender is a state of being a male or a female.

✍ Gender is the social role and relation between males and females.

In our communities males and female adults play different cultural roles.

2. Types of gender

There are two types of gender namely;

a) Masculine gender; Attached to being male

b) Feminine gender ;Attached to being female

3. Gender roles of men and women in Traditional society

a) **Men /boys**

- Carrying out fishing.
- Hunting.
- Building the house.
- Looking after animals.
- Providing family security.

b) **Females/girls**

- Producing children.
- Taking care of the children and the husband.
- Cooking food for the family members.
- Cleaning the home.

Guiding Activity

1. Explain the term gender.
   _____
   _____
2. Name any one source of heat used for cooking at home.
   _____
3. State the **two** types of gender.
   (i)_____(ii)_____
4. List **two** roles for each of the following people in society.
   (a) men_____
   (b) women_____
5. Give **two** examples of work done by both men and women today.
   (i)_____
   (ii)

Gender roles in our modern society

1. In our modern society both men/boys and women/girls can share work/roles.

2. Activities done by both girls and boys today.

- Fetching water.
- Going for fishing.
- Hunting and fishing.
- Sweeping the compound.
- Going for shopping.
- Washing clothes.
- Cooking food.
- Driving.
- Mopping the house.
- Milking the cows.
- Taking care of the baby.
- Fetching firewood.

3. Unfair gender relations in society

- Women are used as sex machines by men.
- Boys are considered to be brighter than girls.
- Men are considered to be stronger than women.
- Women are not allowed to speak in public.
- Boys are taken to school while girls are not.

Guiding Activity

1. What is gender?

   _____

   _____

2. Identify **two** unfair gender relations in society.

   (i)_____

   (ii)_____

3. Where do people fish from?

   _____

   _____

4. Mention **two** activities done by both males and females today.

   (i)_____

   (ii)_____

Gender equity

✍ -This is the treating of both boys (males) and girls (females) fairly/equally.

✍ -Work between boys and girls must be divided equally.

✍ -Boys and girls must be given equal rights.

Ways of promoting gender equity

- By having fair distribution of work.
- By providing needs to both boys and girls.
- By giving fair punishments to both boys and girls.
- By giving equal opportunities to both boys and girls.
- By Allowing both boys and girls to express their feelings freely.
- By educating both girls and boys.

3. Ways of promoting/preserving culture

- Through music and dance.
- By sharing roles and responsibilities.
- By writing in books.
- By attending clan meetings.
- Through cultural education (socialization).
- Through initiation ceremonies.
- By attending funerals and other cultural festivals.
- By respecting cultural norms.
- By visiting elders.
- Planting medicinal plants like molinga.
- By installing and enthroning cultural leaders like kings.
- Through succession.

Guiding Activity

1. What is gender equity?

   _____

   _____

2. Suggest **two** ways the school promotes gender equity.

   (i)_____

   (ii)_____

3. State any **two** ways we become traditional leaders.

   (i)_____(ii)_____

4. How can we promote the traditional ways of dressing?

   _____

Use the diagram below to answer questions that follow.



5. Name the aspect of culture above.

   _____

6. Under what type of culture is the aspect named above.

   _____

7. Identify **two** ways of preserving culture.

   (i)_____

   (ii)_____

1. Importance of cultural practices

☆ They teach good morals.
☆ They help us to preserve culture.
☆ They help people to know more about their tribes.
☆ They attract tourists.
☆ For cultural heritage/ belonging.
☆ They show gender roles.
☆ They promote societal morals and values.
☆ They are for learning purposes.
☆ Customs promote unity/co-operation

2. Dangers of cultural practices

- Spread of diseases like HIV/AIDS.
- Some names given have bad effects/impacts on the children e.g.' Nddikulwange' meaning I am always left alone, Okwera " I have been denied"
- Some obscene words and songs are used during initiation of twins.
- Some cause public shame e.g. open circumcision.
- Some people are allergic to some cultural foods.
- Forbidding people from eating some foods leads to malnutrition.
- Some cultural practices are against human rights e.g. Female Genital Mutilation.

NB: FGM in full is Female Genital Mutilation

It is common among the **Sabiny** in Kapchorwa district

Guiding Activity

1. Give **two** ways cultural practices are useful to the society.
   (i)_____
   (ii)_____
2. Name **one** disease spread as a result of cultural practice.
   _____
3. Name any one in Uganda where Sabiny are found.
   _____
4. Which cultural practice leads to malnutrition in children?
   _____
5. Mention **two** dangers brought about by cultural practices.
   (i)_____(ii)_____

Gender equity

This means treating both males and females as equal.

These include:

1. Fair distribution of work.
2. Fair distribution of money.
3. Fair justice

Examples of showing gender equity

1. Educating both a boy and a girl child
2. Give equal shares to both gender in a family
3. Equal distribution of work
4. Recognition of children with special needs
5. Fair distribution of basic needs
6. By giving fair punishments to both boys and girls.
7. By giving equal opportunities to both boys and girls.
8. By allowing both boys and girls to express their feelings freely

Importance of customs

1. Customs promote people's culture
2. They attract tourists
3. They instill good moral and social values
4. Customs promote unity
5. Customs show peoples belongings.

Guiding Activity

1. State any **two** ways in which education can promote culture.
   (i)_____
   (ii)_____
2. Define the word" Gender equity"
   _____
3. State any **two** ways of showing gender equity
   (i)_____
   (ii)_____
4. State any **two** importance of customs and culture.
   (i)_____
   (ii)_____

Thematical revision Questions

1. What is culture?
   _____
   _____
2. Name any two dangerous cultural practices.
   (i)_____(ii)_____
3. Give any two importance of culture.
   (i)_____(ii)_____
4. What is gender equity?
   _____
   _____
5. How is can we promote gender equity at school?
   _____
6. Mention any one food taboo.
   _____
7. State any **two** ways we can preserve our African culture.
   (i)_____(ii)_____
8. What do we call the acceptable behavior in a society?
   _____
9. Mention any **two** activities that can be done by both boys and girls.
   (i)_____(ii)_____
10. What is marriage?
    _____

11. Why do people marry?
    (i) _____
    (ii) _____
12. Give any **two** effects of divorce to the children.
    (i) _____
    (ii) _____
13. How are customs important to us?
    (i) _____
    (ii) _____

THEME 10: HEALTH IN OUR SUB COUNTY/ DIVISION
VECTORS AND DISEASES IN OUR ENVIRONMENT

Health is a physical, social, emotional, mental well being of an individual and not only the absence of an illness.

This is the state of complete physical, mental and social well being.

Unhealthy person is said to be sick.

Sickness in a home or community is caused by a disease.

A disease is an illness or disorder caused by an infection or unnatural growth.

Types of diseases

a) Non- infectious diseases
b) Infectious diseases.

Non- infectious diseases

These are diseases that don't spread from one person to another.

They are not caused by germs.

Examples of Non- infectious diseases

a) Marasmus	Asthma	Cancer
b) Mental illness	Stroke	Epilepsy
c) Heart attack	Goitre	
d) Allergy	Sickle cells	Kwashiorkor

Guiding Activity

1. What is health?
   _____
2. State any **two** signs of sicknesses at home.
   (i) _____
   (ii) _____
3. Give any two examples of non infectious diseases.
   (i) _____
   (ii) _____

4. Give any **two** common sickness in a home
   (i) _____
   (ii)_____
5. Define the term disease.
   _____

Infectious diseases

These are diseases that spread from an infected person to another.
Infectious diseases are diseases caused by germs.

Types of germs are:

a) Virus
b) Bacteria
c) Protozoa
d) Fungi

Examples of infectious diseases

a) Chicken pox	f) Measles
b) Tetanus	g) Whooping cough
c) Dysentery	h) Polio
d) Rabies	i) Mumps
e) Influenza.	J) Cholera

Guiding Activity

1. What is infectious disease?
   _____
   _____
2. State any **two** types of harmful germs.
   (i)_____
   (ii)_____
3. Give any **two** examples of infectious immunisable diseases.
   (i)_____
   (ii)_____
4. Why is Monkey Pox referred to as infectious disease?
   _____
5. Match the infectious disease to the body parts it affects mostly.

Disease	**Body part affected**
Rabies	Skin
Whooping cough	Bone
Polio	Lungs
Measles	Brain

a) Rabies: _____
b) Whooping cough: _____
c) Polio : _____
d) Measles:_____

6. State any **two** signs of sickness in baby Ritah.

(i)_____

(ii)_____

Different ways in which diseases are spread

a) Through dirty water.
b) Through contaminated food.
c) Through insect bite bites.
d) Through animal bites.
e) Through body contact
f) Through contaminated air.

Causes of common sickness at home

1. Lack of proper personal hygiene
2. Poor nutrition as a result of inadequate food supply
3. Poor sanitation
4. Living in poor health conditions
5. Lack of enough physical exercises
6. Improper social habits like alcoholism, smoking and drug abuse
7. Carelessness
8. Unhealthy way of life
9. Using contaminated water
10. Ignorance

Guiding Activity

1) State any **two** common ways diseases are spread our school.

(i)_____

(ii)_____

2) Mention any **two** causes of common sickness at school.

(i)_____

(ii)_____

3) State any **two** examples of improper social habits.

(i)_____

(ii)_____

4) Who treats sick children at school?

_____

5) Use the diagram below to answer the questions that follow.



a) Name the health worker marked with letter **A** and **B**.

(i) A:_____

(ii) B:_____

b) Name the place where sick children are treated while at school.

_____

6) Name any **two** trained people who treat sick people.

(i)_____

(ii)_____

7) Give any **two** places where sick people are treated from.

(i)_____

(ii)_____

Water borne diseases

These diseases spread through drinking contaminated water.

Examples of diseases spread through contaminated water.

a) Typhoid
b) Polio
c) Cholera
d) Diarrhoea
e) Dysentery
f) Hepatitis

Diseases spread through body contact

These diseases spread through getting in contact with a sick person (through touch)

Examples are diseases spread through contact.

a) Ring worms
b) Chicken pox
c) Leprosy

d) Ebola
e) Scabies.

Diseases spread through animal bites

Rabies is the commonest disease spread by infected animals.

Guiding Activity

1. What are water borne diseases?
   _____
   _____
2. State any **two** examples of diseases spread through dirty water.
   (i)_____
   (ii)_____
3. Mention any **two** examples are diseases spread through body contact.
   (i)_____
   (ii)_____
4. Why are we not supposed to share shoes and bedding?
   _____
5. Give any **two** diseases spread through animal bites.
   (i)_____
   (ii)_____

Vectors:

Most diseases in human beings and animals are caused by pathogens and they are spread to another by vectors.

What are vectors?

Vectors are living organisms that spread disease germs.

They are also called disease carriers.

- **Examples of vectors and diseases they spread**

Vector	**Diseases**
Female/ anopheles mosquito	malaria
Culex mosquito	Elephantiasis
Tiger/ aedes mosquito	Yellow fever
Housefly	Trachoma, cholera, dysentery, diarrhea, typhoid
Tsetse fly	Sleeping sickness (trypanosomiasis)
Lice	Typhus fever

Ticks	Relapsing fever
Water snails	Bilharziasis
Rat fleas	Bubonic plague
Black fly/ Jinja fly/ simulium	River blindness
Cockroach	Cholera, dysentery, diarrhea, typhoid

Guiding Activity

1. What causes disease in people?

   _____

2. What is another name for a germ?

   _____

3. What are germs?

   _____

4. Briefly explain the term vectors.

   _____

   _____

5. State any **two** examples of vectors.

   (i)_____

   (ii)_____

6. Name the vector which causes relapsing fever in people.

   _____

7. Name the vectors that spread the following diseases.

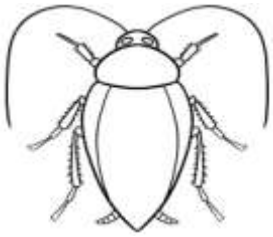
   a) Malaria: _____

   b) River blindness: _____

   c) Dysentery:_____

   d) Sleeping sickness: _____

The diagram below is of a cockroach. Use it to answer the questions that follow



a) Name the vector drawn above.

   _____

b) Name the part of a cockroach marked A.

   _____

c) Mention any **two** diseases spread by the vector named above.

(i) _____

(ii) _____

d) Mention any **two** vectors which spread dysentery to people.

(i) _____

(ii) _____

GERMS

Germs can be useful and harmful to animals

Harmful germs are small living organisms which cause diseases.

Germs are so small they cannot be seen by naked eyes.

Germs are seen using a microscope.

A picture of a microscope



Examples of germs

Bacteria Viruses Fungi Protozoa

Guiding Activity

1. In one sentence, give the meaning of germs.

_____

2. Give any two common places where germs are found.

(i)_____(ii)_____

3. State the **two** examples of germs.

(i)_____(ii)_____

4. **The diagram below is of a microscope.**



a) Name the instrument shown above.

_____

b) What is the main importance of the instrument shown above?

_____

Diseases caused by bacteria to people.

- Tetanus
- Tuberculosis
- Pneumonia
- Whooping cough
- Diphtheria
- dysentery
- Syphilis
- Gonorrhea
- Cholera
- Typhoid

Diseases caused by viruses to people

- Influenza
- Measles
- Polio
- Yellow fever
- AIDS
- Ebola
- Mumps
- Chicken pox

Guiding Activity

1. Name any one immunisable disease caused by virus.

   _____

2. Mention **two** diseases caused by
   a) bacteria to people
      (i) _____
      (ii) _____
   b) Virus to people
      (i) _____
      (ii) _____

Diseases caused by protozoa to people

- Malaria

- Sleeping sickness

Habitats for germs

Common places where germs are found

a) In the air
b) In the soil
c) In dirty water
d) In animal wastes
e) Saliva
f) Latrines/toilets
g) In and on sick people
h) In rubbish or garbage
i) In and on rotten animals
j) On dirty food

Diseases caused by fungi to people

a) Candidaisis
b) Ring worm
c) Athletes' foot
d) Oral thrush

Guiding Activity

1. State the examples of diseases caused by protozoa to people.
   (i) _____
   (ii)_____ _____
   b) Fungi
   (i) _____
   (ii)_____
2. Mention any **two** common places where germs are found.
   (i)_____
   (ii)_____
3. Why are we not supposed to eat dirty food?
   _____

How germs are spread/ how germs entered our bodies.

- ✓ Through animal bites
- ✓ Through drinking contaminated water
- ✓ Through eating dirty food
- ✓ Through blood transfusion. (This is the process of putting blood from one

person's body into the body of someone else.

- ✓ Through the 4F's
- ✓ Through open cuts and wounds
- ✓ Through body contact
- ✓ Through air

The 4Fs disease path

- ✍ Faeces
- ✍ Flies
- ✍ Fingers
- ✍ Food

The germ path

Ways of preventing diseases from different stages of germ paths

Faeces

Put all faeces in the latrine.

Flies

Spray the houseflies using insecticides.

Food

a) Re-heat leftover food.
b) Cover leftover food.

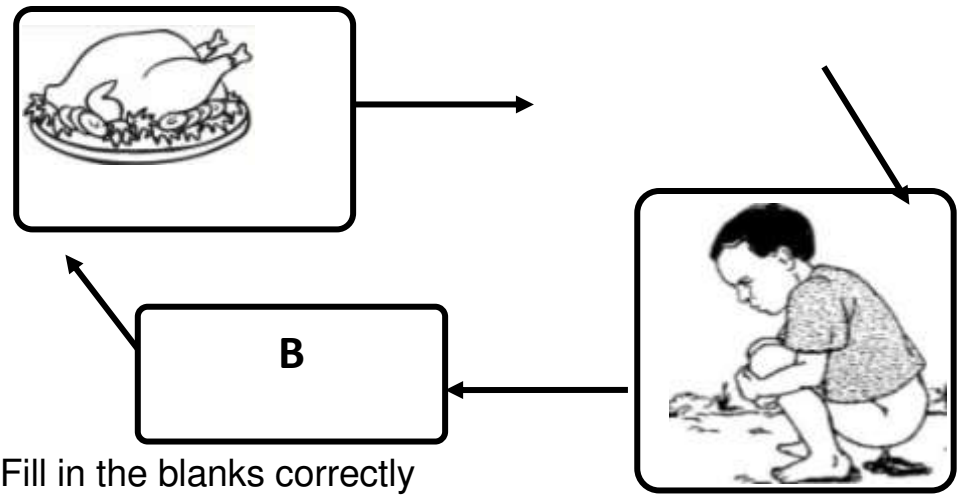
Fingers

a) Wash your hands before eating food.
b) Wash your hands after visiting the latrine.
c) Cut the finger nails short

Guiding Activity

1) Mention any **two** ways how germs can be spread.
   (i)_____
   (ii)_____
2) State the main vector in the 4Fs germ paths.
   _____
3) Give any **two** ways of controlling the spread of feaces from fingers
   (i)_____
   (ii)_____
4) Write the 4fs in full
   _____
   _____
5) **Below is a drawing of the germ path. Use it to answer the questions that**

follow.



Fill in the blanks correctly

Ways of preventing and controlling germs.

1. Using latrines correctly
   Avoid using bushes for long calls.
2. Wash hands after visiting a latrine.
3. Use insecticides to control houseflies / cockroaches.
4. Groom/cut short the finger-nails.
5. Washing and ironing clothes regularly
6. Burning and burying rubbish.
7. Sleeping under treated mosquito nets.
8. Boiling drinking water.
9. Cover leftover food.
10. Keep food/water in clean containers
11. Warn leftover food before eating.

Guiding Activity

1. State two ways of controlling germs on clothes.
   (i) _____
   (ii) _____
2. Give any one ways of caring for the fingernails.
   _____
3. State two materials used for keeping finger nails short and clean.
   (i) _____
   (ii) _____
4. Name **one** disease prevented by sleeping under treated mosquito nets.
   _____

5. Mention any **two** ways of preventing and controlling germs at school.
   (i)_____
   (ii)_____
   (b) Give any **two** common insects at home controlled using insecticides.
   (i)_____
   (ii)_____

Examples of common diseases in our sub-county/division

- ❖ Malaria
- ❖ Yellow fever
- ❖ Diarrhoea
- ❖ Dysentery
- ❖ Trachoma
- ❖ Cholera
- ❖ Sleeping sickness
- ❖ Typhoid
- ❖ Typhus fever
- ❖ Bubonic plague
- ❖ Elephantiasis
- ❖ Measles

Malaria

- ➢ It is caused by a parasite called plasmodium (plasmodia).
- ➢ Malaria is spread by a female/ anopheles mosquito.
- ➢ The male anopheles mosquito does not spread malaria because it does not suck blood. It only sucks juices from plants.
- ➢ The head of a mosquito has a sharp long tube which is used to suck blood called **proboscis**

Signs of malaria

1. Vomiting
2. Yellow eyes
3. Yellow urine
4. Shivering
5. Sweating
6. Sores on the mouth
7. Dry lips

Symptoms:

1. Headache
2. Pains in the joints
3. Stomachache
4. High temperature
5. Body weakness
6. Severe abnormal pains

Guiding Activity

1. Name the disease spread by male mosquito.

   _____

2. Why are male mosquitoes unable to spread malaria?

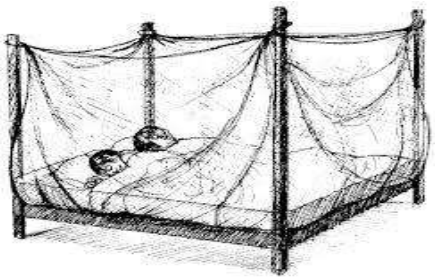
   _____

3. State any **two** common diseases in your area.

   (i)_____

   (ii)_____

4. Name the method of controlling malaria shown above.



_____

5. Identify the germ that causes malaria

   _____

6. State at least **two** signs and symptoms of malaria.

Signs

   (i)_____

   (ii)_____

Symptoms

   (i)_____

   (ii)_____

Effects of malaria

a) It can lead to miscarriage (foetus get out of the mother's womb before it is fully developed.

b) Malaria leads to anaemia.

Anaemia is lack of enough blood in the body and it is caused by lack of iron in the body.

c) Malaria can kill.

Control of malaria

a) Clear bushes around the home
b) Bury empty tins and bottles which collect water
c) Pour oil on pools of water around the house
d) Fill up holes in the home with soil
e) Sleeping under treated mosquito nets
f) Taking anti-malarial tablets as directed by a doctor or health worker
g) Putting wire mesh in the windows to stop mosquito from entering the house
h) Spraying houses with insecticide
i) Using mosquito coils, repellants and use of creams on open body parts
j) Close doors and windows early enough in the evening

What is fumigation?

The use of fume or smoke to chase away vectors such as mosquitoes
The smoke may be from mosquito coils etc.

Reasons why people fumigate

a) To chase away vectors
b) To kill other vectors

Guiding Activity

1. What are the effects of malaria?
   _____
2. Give any **one** effect of malaria to a pregnant mother.
   (i)_____
   (ii)_____
3. Name any **one** tool used for cleaning area around home.
   _____
4. State any **two** parts of a house closed to avoid mosquitoes.
   (i)_____
   (ii)_____
5. Mention any **two** ways of controlling malaria in our home.
   (i)_____
   (ii)_____
6. What is fumigation?

7. Mention any **two** places that can be fumigated.
   (i)_____
   (ii)_____
8. Give any **two** reasons why people carryout fumigation.
   (i)_____
   (ii)_____

Lesson 11:

Mosquitoes

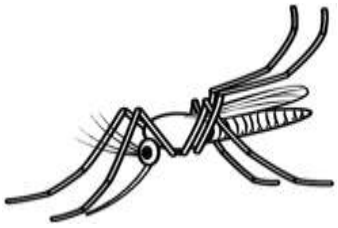
Mosquitoes are both parasites and vectors.

Parasites are living things which depend on others for shelter and food.

Vectors are living things which spread disease causing germs.

There are three types of mosquitoes. Each type of mosquito spread different disease.

Illustration of a mosquito.

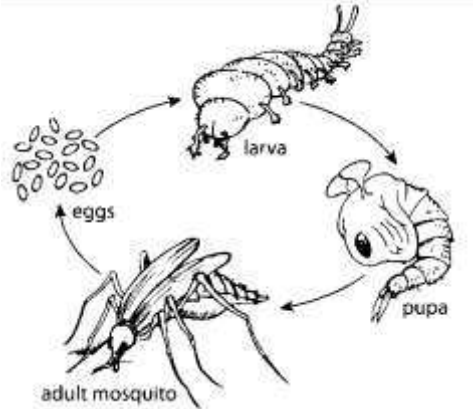


Types of mosquitoes and the diseases they spread

Mosquito	Disease
Female/ anopheles mosquitoes	Malaria
Culex mosquitoes	Elephantiasis
An aedes/Tiger mosquitoes	Yellow fever

The head of a mosquito has a sharp tune called proboscis. **Proboscis** is used to suck blood from animals and juice from fruits.

Life cycle of anopheles mosquito



Guiding Activity

1. How many stages of development have a female anopheles mosquito?

_____

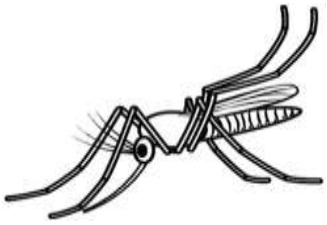
2. Name the most dangerous stage in the above life cycle.

_____

3. Which part of the mosquito above is used for sucking blood?

_____

Below is a stage of a lifecycle of a mosquito.



a) Name the stage of a life cycle of a mosquito shown above.

_____

b) Where is it commonly found?

_____

c) Name the stage before this one.

_____

d) Which stage will it develops in to?

_____

Dysentery

Dysentery is the passing out of watery stool with blood strains

It is caused by bacteria. It is spread by houseflies and cockroaches.

Causes of dysentery

1. Bacteria (shigella)
2. Amoeba

How dysentery spreads

- By drinking unboiled water
- By not washing hands after using the latrine
- By handling food with dirty hands
- By bathing in ponds
- Through 4F's
- By eating contaminated food

Kinds of dysentery

a) Bacillary dysentery

b) Amoebic dysentery

Bacillary dysentery
This is a type of dysentery caused by bacillus bacteria

Amoebic dysentery
This is a type of dysentery caused by protozoa called amoeba

Guiding Activity

1. Define dysentery.

   _____

3. What do you understand by:
   a) Bacillary dysentery_____
   b) Amoebic dysentery_____
2. State any **two** ways in which dysentery are spread at home.
   (i)_____
   (ii)_____
4. State the reason why a person suffering from dysentery is isolated.
   (i)_____
   (ii)_____
5. Name the type of dysentery caused by bacteria.

   _____

Signs of dysentery:

- Blood stained stools
- Vomiting
- Dehydration

Symptoms of dysentery:

- Abnormal pain
- Painful passing out of bloody stools
- Headache
- high fever

Prevention of dysentery:

a) Cover cooked or leftover food.
b) Dispose faeces into a toilet/latrine.
c) Toilets/latrines should be kept clean.
d) Wash your hands after visiting the latrine.

e) Keep water sources clean
f) All sick persons must be treated as quickly as possible
g) Wash all foods eaten raw.
h) Boil water for drinking
i) Destroy all breeding places for houseflies.

Guiding Activity

1. Name the vector which commonly spreads dysentery.

   _____

2. Mention any **two** common breeding places for houseflies.
   (i)_____
   (ii)_____
3. State any **two** signs and symptoms of a person with dysentery.
   (i)_____
   (ii)_____

   The diagram below shows a cooking stove. Study and use it to answer the questions that follow.



   (a) Name the health habit shown above.

   _____

   (b) State any one disease controlled by boiling water.

   _____

4. Give any **two** ways of preventing dysentery at home.
   (i)_____
   (ii)_____
5. Give any **two** activities done at school to avoid dysentery.
   (i)_____
   (ii)_____

Trachoma

1. Trachoma is caused by a germ called **Chlamydia**.
2. Trachoma is spread by houseflies.
3. Trachoma is common in places with no water where people are unable to

wash dirt and dust from their hands and eyes.

4. Untreated trachoma leads to blindness.

Body part mostly affected by trachoma



Signs of trachoma

a) Red watery eyes
b) Pinkish or gray swellings on the eyes.
c) The white part of the eye turns brownish.
d) Watery discharge from the eyes.
e) Pus is seen in the eyes

Symptoms of trachoma

a) Itching eyes
b) Pain while looking at light

How trachoma spreads

✓ Through sharing handkerchiefs with an infected person
✓ Through sharing of towels with an infected person
✓ Through shaking hands with an infected person
✓ Through sharing basins with an infected person

Effects of trachoma of trachoma

a) Trachoma leads to blindness.
b) Trachoma leads to scarring of the eyeball.

A drawing of a housefly which transmits trachoma



Prevention and control of trachoma

a) Wash the eyes with clean water and soap.
b) Avoid sharing the same basin with an infected person.
c) Avoid shaking hands with an infected person.
d) Avoid sharing the same handkerchief with an infected person.

e) Get treatment as soon as possible because trachoma can make you blind

Guiding Activity

1. Identify the vector that spreads both the dysentery and trachoma.

   _____

2. Which part of the body does trachoma attack?

   _____

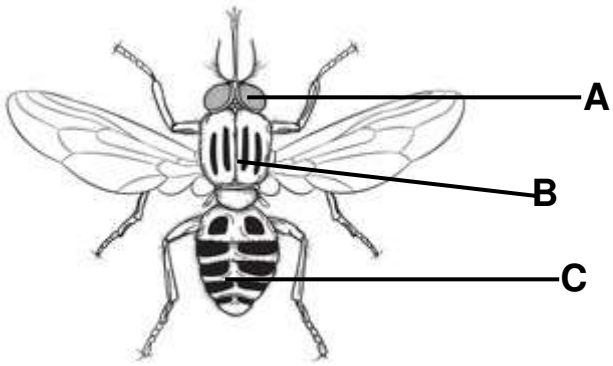
3. Give **one** effect of trachoma to people.

   _____

4. How is the germ that spreads trachoma different from that of cholera?

   _____

5. Mention **two** ways how trachoma spread from one person to another.
   (i)_____
   (ii)_____
6. Mention any **two** signs of trachoma
   (i)_____
   (ii)_____
7. Suggest at least **two** ways of preventing trachoma.
   (i)_____
   (ii)_____
8. Below is a diagram of a housefly**. Study it carefully and use it to answer questions that follow.**



a) Name the part of the housefly marked with the letter D.

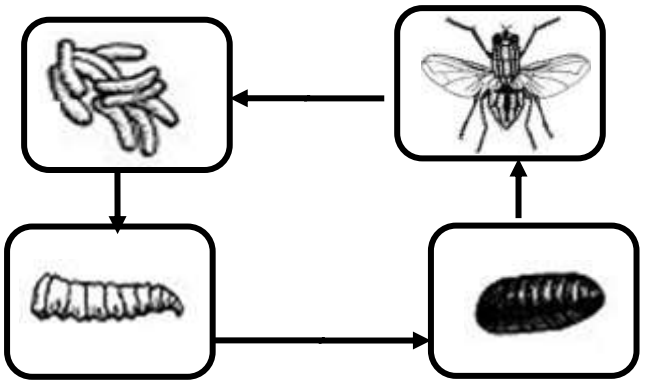
   _____

b) State the use of the part marked with letter **A** and **B**
   (i) Part A_____
   (ii) Part B_____

Lesson 15:

Life cycle of a housefly

They undergo four stages of growth called complete life cycle.
(eggs , larva , pupa , adult)



Diarrhoea

Diarrhoea is the frequent passing out of watery stool.
It is caused by virus or bacteria or worms.
It is spread by the 4fs ie faeces, flies, food, fingers.
Diarrhoea leads to dehydration and dehydration leads to death.

3Ds in full:

a) **D**iarrhoea
b) **D**ehydration
c) **D**eath

Signs and symptoms of diarrhoea

a) Watery stools three or more times a day.
b) Stomach pain.
c) Loss of weight
d) Loss of appetite

How diarrhea spreads

1. Eating contaminated food
2. Drinking dirty or contaminated water
3. Eating unwashed fruits
4. Handling food with unwashed hands.
5. Through the 4Fs.

Effects of diarrhoea

a) Dehydration
b) Death

Guiding Activity

1. Briefly explain the term diarrhea.

_____

2. How is a housefly able to spread of diarrhoea?

_____

3. Name **two** germs that cause diarrhoea.

(i)_____

(ii)_____

4. Write the 4 F's in their correct order.

_____

_____

a) Give **one** effect of severe diarrhoea.

_____

b) What are the **two** signs and symptoms of a person with diarrhoea?

(i)_____

(ii)_____

a) Mention any **two** items used to wash our hands.

(i)_____

(ii)_____

b) Give **two** reasons why we wash our hands.

(i)_____

(ii)_____

c) Write down **two** common diseases controlled by washing hands.

(i)_____

(ii)_____

Controls of diarrhea

a) Cover food to protect it from houseflies and insects that bring germs.
b) Wash utensils with clean water and soap.
c) Keep utensils in clean cupboards.
d) Boil drinking water to kill germs.
e) Wash fruits before eating them.
f) Serve food in clean utensils
g) Keep the environment clean.
h) Practice proper disposal of wastes
i) Warm leftover food before eating.

Diarrhoea and vomiting can lead to:

- Loss of water
- Loss of important salts like sodium and potassium

Guiding Activity

1. Give any **two** bad eating habits that spread diarrhoea.
   (i)_____
   (ii)_____
2. Give any **one** item used for cleaning hands.
   _____
3. State **two** mineral salts lost from the body as a result of diarrohea.
   (i)_____
   (ii)_____
4. Apart from losing salt, mention any one other effect of diarrhoea to the body.
   _____
5. Mention any **two** ways of controlling diarrhea in our division.
   (i)_____
   (ii)_____

Dehydration

Dehydration is the condition when the body does not have enough water.

Signs of dehydration

a) Sunken eyes
b) Passing out little/no urine
c) Dry mouth lips
d) Dry eyes
e) Sunken soft spot on a baby's head (fontanelle)
f) A pinch of skin takes long to go back to its position.

Symptoms of dehydration

1. Headache
2. Dizziness
3. Body weakness.
4. Increased thirst.

Causes of dehydration

- Severe diarrhoea
- Severe vomiting
- Severe burn and scald

How to treat dehydration

1. Give a lot of fluids to the patients

2. For babies, encourage more breast feeding
3. For older children give sweet tea, soup and fruit juice.
4. Give the patient much food as he wants such as porridge, soup, fish and eggs.
5. Give the patient ORS (Oral Rehydration Salts or Solution)
6. Mostly for babies, take them to the hospital.

Guiding Activity

1. What is dehydration
- _____
2. Mention **two** causes of dehydration
   (i)_____
   (ii)_____
3. Write ORS in full.
   _____
4. Give any one soft solid food given to the dehydrated babies.
   (i)_____
   (ii)_____
5. State **two** signs of dehydration
   (i)_____
   (ii)_____
6. Mention **two** symptoms of dehydration
   (i)_____
   (ii)_____

Preparation of ORS or SSS locally:

ORS **stands** for Oral Rehydration solution

ORS is a solution given to a person with diarroheal diseases or who is vomiting to replace the lost fluids in the body

of salt and sugar in drinking water

How to prepare ORS from the Sackets

- ➢ Wash hands with soap and water.
- ➢ Measure one litre of clean drinking water

Measure ORS is given to a person who is already dehydrated or a person with severe diarrhoea or severe vomiting to prevent dehydration

Components of ORS

- ✓ Sugar

- ✓ Salt
- ✓ Water

Why ORS is given to a patient of dehydration

1. To prevent dehydration
2. To replace the lost fluids in the body

SSS **stands** for Salt Sugar Solution

- ➢ This is the mixture eight leveled tea spoon
- ➢ Measure one level of tea spoonful of salt and pour in.
- ➢ Taste the solution first.
- ➢ Give the solution to the victim

Guiding Activity

1. Write the words in full.
   a) ORS _____
   b) SSS _____
2. Mention the first **two** steps taken in preparing ORS.
   (i)_____
   (ii)_____
3. State any **two** reasons why ORS solution is given to the diarroheal patients.
   (i)_____
   (ii)_____
4. Mention the **two** components of Oral Rehydration Solution.
   (i)_____
   (ii)_____
5. What amount of sugar and salt can be used in preparing ORS?
   a) Sugar: _____
   b) Salt: _____

Lesson 19:

Local preparation of ORS

Oral rehydration solution can be prepared locally using salt, sugar and water

Steps in preparing ORS locally

1. Wash hands with clean water and soap.
2. Measure one litre of clean boiled water in a clean container
3. Measure one leveled tea spoon of salt and eight leveled tea spoon of sugar in water.

4. Mix the sugar and the salt with water to dissolve
5. Taste the solution
6. Give the solution to a dehydrated person.

Solutes, solvents and solutions

Solutes and solvents used in preparing ORS

Solutes are solids which can be dissolved by water.

Examples of solutes are sugar and salt, maize flour

Examples of solutes used in preparing ORS

Sugar and salt

Solvent is any liquid which can dissolve a solute

Example of solvent is water

Qn: Why is water known as a universal solvent?

Water dissolves all solutes

Guiding Activity

1. Define the word solutes.

   _____

2. State any **two** examples of solutes used in preparing ORS.

   (i)_____

   (ii)_____

3. What are solvent?

   _____

4. Why is water known as a universal solvent?

   _____

5. Mention any **two** other examples of solvents.

   (i)_____

   (ii)_____

Yellow fever

It caused by a virus

It is spread by tiger or aedes mosquitoes

Signs and symptoms of yellow fever

1. Vomiting of black stuffs
2. A lot of black stuffs
3. The eyes turn yellow

Prevention and control of yellow fever

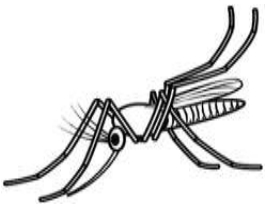
1. Draining stagnant water
2. Spraying insecticides
3. Clear all the bush around the house
4. Keep fish in dams and ponds to eat the mosquito larvae

Guiding Activity

1. Name the germ that causes yellow fever.

   _____

2. **Name the vector drawn below.**



_____

4. Identify **two** signs and symptoms of yellow fever.
   (i)_____
   (ii)_____
5. Mention **two** ways of preventing yellow fever.
   (i)_____
   (ii)_____

Sleeping sickness:

- It is caused by germs called trypanosomes.
- It is called sleeping sickness because the patient feels sleepy all the time.

A tsetse fly spreads sleeping sickness to human beings.

A tsetse fly spreads sleeping sickness to Nagana to cattle

Signs of sleeping sickness

- ❖ Loss of weight.
- ❖ Running eyes.
- ❖ Swelling in the neck.

Symptoms of sleeping sickness:

1. Fever from time to time
2. Body weakness
3. One becomes sleepy
4. Loss of appetite

Effects of sleeping sickness

a) It makes a person sleepy.
b) If it is not treated a person may die.

c) It affects the brain.

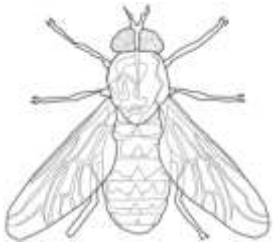
Guiding Activity

1. Name the disease carried by tsetse flies in animals.
   - _____
2. Identify **two** signs and symptoms of sleeping sickness.
   a) Signs
   (i)_____
   (ii)_____
   b) Symptoms
   (i)_____
   (ii)_____
3. Mention **two** breeding places for tsetse flies.
   (i)_____
   (ii)_____
4. Name any **one** disease spread by tsetse flies to man.
   _____

Places where tsetse flies are found:

1. Near rivers and streams of water because they need water to breed.
2. In the forest, thick grass and shrubs so that they hide away from sunlight.
3. Shady vegetation
4. Open grasslands

A drawing of a tsetse fly



Control of sleeping sickness

1. Using tsetse fly traps
2. Spraying tsetse flies with insecticides.
3. Clear bushes near homes.
4. People who keep animals should avoid very early and late grazing of animals.
5. Clear bushes at the river banks and streams near homes

Guiding Activity

1. Name the disease in people spread by tsetse flies.

_____

2. Why are tsetse flies commonly found
   (a) In thick grass: _____
   (b) Around water bodies: _____
3. State any **two** ways of controlling sleeping sickness.
   (i)_____
   (ii)_____
4. State any two common places where tsetse flies live.
   (i)_____
   (ii)_____

Typhus fever

It is spread by lice. The typhus germ lives in excreta of lice.

The louse excretes on your skin, when you scratch yourself you break the skin and make a door through which germs enter your body.

There are three types of lice namely:-

1. **The body lice:**
   They live in clothing.
   Their eggs are found in the folds and seams of clothing.

1. **Hair lice:**
   They live in the hair on our heads.
   They are spread by infected combs, hair brushes, hats, turbans.

2. **Crab lice:**

They live on the hair around our private body parts.

They are spread when the male and female partners join their private parts during sexual intercourse.

Signs of typhus fever

1. Skin rash
2. Swollen lymph nodes

Symptoms of typhus fever

1. High fever
2. Severe headache
3. Muscle aches

Prevention of typhus fever:

❖ Keep your body clean.

- ❖ Wash your hair and keep it short
- ❖ Iron clothes to kill lice.
- ❖ Cut your hair or trim it.

Guiding Activity

1. Which germ spreads typus fever?

   _____

2. State any **two** symptoms of typhus fever.

   (i)_____

   (ii)_____

3. Mention **two** signs of typhus fever in a patient.

   (i)_____

   (ii)_____

Mention **two** symptoms of typhus fever in a patient

   (i)_____

   (ii)_____

3. Suggest any **two** ways of harvesting typhus fever.

   (i)_____

   (ii)_____

Lesson 23

RIVER BLINDNESS

River blindness is caused by germs called filarial worms.

River blindness is spread by vectors called black fly. They are commonly found on fast streams like rivers. It attacks the eyes

Signs and symptoms

- ➢ Skin rash
- ➢ Severe itching of eyes
- ➢ Red watery eyes
- ➢ Bumps on the skin and legs

Prevention and control of river blindness

1. Use insecticides to kill black flies or their larvae
2. Have the infected person treated

Guiding Activity

1) Name the germ and vector of river blindness;

   a) Germ: _____

   b) Vector: _____

2) On which part of the body does river blindness attack?
   (i)_____
   (ii)_____
3) List **two** signs and symptoms of a person with river blindness.
   (i)_____
   (ii)_____
4) Give any **two** ways how river blindness can be prevented.
   (i)_____
   (ii)_____

Plague:

- It is spread by rat fleas.
- Rat fleas hide in the fur of rats.



A picture of a louse



- A flea undergoes a complete life cycle but has no wings.

Signs and symptoms

- High fever
- Headache
- Swelling in the neck, arm pits and the nymph nodes.
- Swollen glands.

Prevention of plague

- Keep the house and clothes clean.
- Use rat poison and traps to kill rats.
- Keep food away from rats and mice.
- Spray floors with insecticides powder.
- In case of an outbreak, people should take anti-plague vaccination.

Guiding Activity

1. Name the vector that spreads typhus fever.
   _____

2. Mention any **two** ways how fleas can be controlled.
   (i)_____
   (ii)_____
3. Which animal carries rat fleas?
   _____
4. State **two** signs and symptoms of rat fleas
   (i)_____
   (ii)_____
5. Mention any **two** ways how rat fleas can be controlled.
   (i)_____
   (ii)_____
6. How can spraying control rat fleas?
   _____

Elephantiasis

It is caused by filarial worms.

It is spread by culex mosquito.

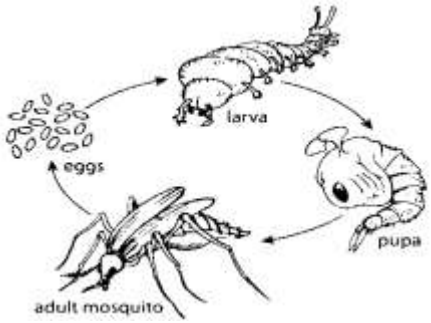
Diagram of a culex mosquito



Signs and symptoms

- They cause the swelling of the affected parts.
  The parts mostly affected are the feet and testicles

Life cycle of a culex mosquito



Prevention and control of elephantiasis

- Spraying insecticides
- Clear all the bush around the house
- Drain stagnant water

Guiding Activity

1. Identify the vector that spreads elephantiasis

_____

2. State any **one** sign of elephantiasis.

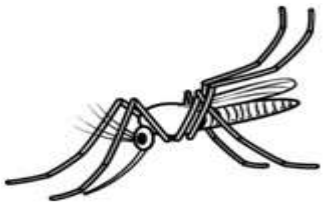
_____

3. Suggest at least two measures of controlling elephantiasis.

(i)_____

(ii)_____

The diagram below is of a mosquito. Use it to answer questions that follow.



a) Name the vector drawn above.

- _____

b) Why are mosquitoes referred to as vectors?

- _____

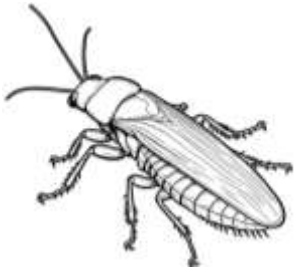
c) Mention any **two** diseases caused by mosquitoes.

(i)_____

(ii)_____

Typhoid

It is caused by bacteria known as salmonella typhi through eating stale food.
It spread by a houseflies and cockroaches



How typhoid spread

1. Drinking contaminated water
2. Eating contaminated food
3. Eating with unwashed hands
4. Prevention and control of typhoid
5. Drinking clean boiled water
6. Covering leftover food
7. Washing fruits and vegetables before eating them.

8. Washing hands before eating.

Signs and symptoms of the typhoid:

- ❖ Intestinal bleeding
- ❖ Persistent fever
- ❖ Abdominal pain
- ❖ Headache
- ❖ General body weakness
- ❖ High fever
- ❖ Sever diarrhoea

Prevention of typhoid and cholera

1. Boiling drinking water
2. Covering food properly
3. Washing hands after using the latrine or toilet
4. Use latrines properly
5. Take the infected person to the hospital
6. Observe good hygiene
7. Washing fruits before eating.

Guiding Activity

1. Name the bacteria which cause typhoid.

   _____

2. State the vector that spread typhoid

   _____

3. Identify any **two** symptoms of typhoid.

   (i)_____

   (ii)_____

4. State any **two** signs of typhoid.

   (i)_____

   (ii)_____

5. Mention any **two** ways how typhoid is spread

   (i)_____

   (ii)_____

6. Suggest any **two** ways of preventing typhoid.

   (i)_____

   (ii)_____

Cholera

Cholera is diarrhoeal disease caused by bacteria known as vibrio cholerae.

It is spread by a housefly.

It kills within 6 – 24 hours if it is not treated

How it spreads

1. Through 4 F's
2. Poor disposal of human wastes
3. Through drinking contaminated water
4. Eating contaminated food
5. Food contaminated by a housefly
6. Drinking unboiled water

Signs of cholera

- ❖ Serious diarrhoea
- ❖ vomiting
- ❖ Dehydration
- ❖ Body weakness

Symptoms of cholera

- ❖ Rapid loss of liquids
- ❖ Body weakness
- ❖ Unconsciousness



Prevention of cholera

1. Washing hands after using the latrine or toilet
2. Take the infected person to the hospital
3. Boiling drinking water
4. Covering food properly
5. Warming leftover food
6. Use latrines properly
7. Observe good hygiene

8. Washing fruits before eating

Guiding Activity

1. Which germ causes cholera?

   _____

2. State the vector that spreads cholera

   _____

3. Mention any **two** ways how cholera spreads

   (i)_____

   (ii)_____

4. Mention **two** signs and symptoms of cholera.

   (i)_____

   (ii)_____

5. Mention **two** signs and symptoms of cholera

   (i)_____

   (ii)_____

6. Suggest any **two** ways of preventing cholera in our school.

   (i)_____

   (ii)_____

Relapsing fever:

1. It is caused by spirochetes.
2. It is spread by ticks/lice.
3. A tick has eight legs and two main body parts.

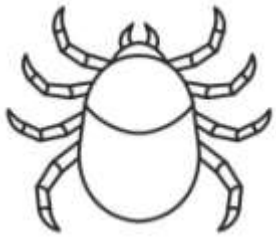
Prevention of ticks

- ❖ Dip animals in dip tanks with chemicals
- ❖ Use insecticides power to spray where ticks hide.
- ❖ Practice double fencing
- ❖ Remove ticks from animal using hands.

Ticks are not insects because they have

- ❖ eight legs and
- ❖ have no wings.
- ❖ Two main body divisions

A drawing of a tick



Activities done to prevent of common vectors

1. Sweeping
2. Slashing
3. Spraying
4. Digging around the house
5. Smearing house
6. Draining stagnant water

Guiding Activity

1. Mention the vector that spreads relapsing fever.

   _____

2. State **two** ways of preventing ticks in animals.

   (i)_____

   (ii)_____

3. Give **two** reasons why ticks are not insects.

   (i)_____

   (ii)_____

4. What are vectors?

   _____

   _____

5. Mention any **two** examples of vectors which are parasites.

   (i)_____

   (ii)_____

6. State any **two** activities done to prevent common vectors.

   (i)_____

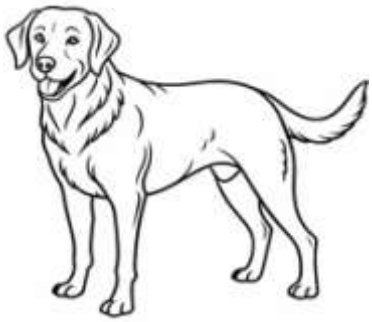
   (ii)_____

Rabies

Rabies is caused by virus and transmitted by the mad dogs.

Other animals which transmit rabies

1. Infected foxes.
2. Infected domestic cats.





Signs and symptoms of rabies

1. Fever
2. Headache
3. Body weakness
4. Salivation
5. Mental confusion
6. Difficult in swallowing
7. Sudden death

Prevention and control of rabies

Kill all suspected mad dogs.

Vaccinate all dogs with anti – rabies vaccine

Guiding Activity

Lesson hints: HIV/AIDS

Concept of HIV/AIDS:

HIV is a virus which attacks and weakens the body abilities to fight against diseases.

HIV lives in the white blood cells. It weakens ones blood cells and leaves ones to suffer against various diseases.

The collection of these diseases is called **AIDS**.

AIDS in full is Acquired Immune Deficiency Syndrome

Immune : protected against

Acquired : means to get Deficiency means lack of

Syndrome : signs and symptoms of diseases

AIDS is caused by a virus. The virus that causes AIDS is called HIV.

HIV in full is Human Immuno-deficiency Virus.

Signs and symptoms

1. Herpes zoster (kisipi)
2. Kaposis sarcoma (skin cancer)
3. Oral thrush
4. Diarrhea which lasts long
5. Dry cough
6. Excessive sweating at night
7. Persistent fever
8. tiredness
9. Loss of weight
10. Loss of appetite
11. Painful skin rash

Guiding Activity

1. Write the words in full

a) HIV: _____

b) AIDS: _____

2. Mention any **two** signs and symptoms of HIV/AIDS

(i)_____

(ii)_____

How HIV/AIDS is spread

The main way by which HIV is spread is through sexual intercourse with an infected person

Other ways include:

1. The practice of tattooing
2. The practice of sharing wives in a family
3. Through unscreened blood transfusion
4. Through sharing sharp piercing and cutting body instruments
5. Through traditional circumcision (use of the same knife)
6. Through use of unsterilized medical equipment e.g. syringes
7. From expected mother to unborn baby.

Traditional practices that encourage the spread of AIDS

- ❖ Inheritance of widows.
- ❖ Carrying out circumcision using one cutting instrument on several people.
- ❖ Body tattooing.

❖ Sharing of women.

People at a risk of getting AIDS

1. Bar maids
2. Prostitutes
3. Doctors that treat AIDS victims
4. Long distance travelers

Effects of HIV/AIDS:

1. Death
2. Loss of employment
3. Body weakness
4. Poverty
5. Children drop out of school
6. Very useful members of the community may be lost
7. It increased number of orphans

Guiding Activity

1. Which African traditional practices lead to the spread of AIDS/HIV?
   _____
2. Mention **two** people at a higher risk of contracting HIV/ AIDS.
   (i)_____
   (ii)_____
3. What other practices does AIDS spread other than traditional practices
   _____
4. Mention **two** ways how HIV/AIDS is spread from one person to another.
   (i)_____
   (ii)_____
5. State at least **two** effects of HIV/AIDS
   (i)_____
   (ii)_____

Ways of caring for HIV/AIDS patients

1. Proper hygiene conditions should be provided to patients.
2. Wash your hands before and after caring for them
3. Make sure the patients takes drugs on time
4. Provide good feedings to the patients
5. Talk and play with the patients
6. Give him/her hope

7. Counseling services should be provided
8. Provide treatment to any particular disease identified
9. Help them to stop bad habits like smoking and drinking alcohol

Control of HIV/AIDS

- Abstain from sex if not married
- Have only one faithful marriage partner
- Use sterilized medical instruments
- Avoid sharing cutting instruments
- Use condoms when having sex
- Carry out blood test to know your HIV status.
- Attend guidance and counseling meeting.

Guiding Activity

1. why should we carryout blood test?

   _____

2. State any **two** signs and symptoms of HIV/AIDS.
   (i)_____
   (ii)_____
3. Give any **two** ways of caring for HIV/AIDS patients.
   (i)_____
   (ii)_____
4. Mention any **two** possible ways of controlling the spread of HIV/AIDS.
   (i)_____
   (ii)_____

PIASCY MESSAGES ON HIV/AIDS

PIASCY is an effort put in by the president of Uganda to help in the prevention and control of HIV/AIDS.

His Excellency Yoweri Museveni Kaguta, the president of Uganda started PIASCY to help the youth to avoid catching AIDS

PIASCY in full

PIASCY in full is **P**residential **I**nitiative on **A**IDS **S**trategy for **C**ommunication to the **Y**outh.

Examples of PIASCY messages

1. Abstain from sex
2. Say no to bad touches

3. Avoid dark corners
4. Don't accept gifts and lifts from strangers.
5. Avoid bad peer groups
6. Have good morals
7. Stay virgin
8. Stay in schools
9. Say **NO** to sugar mummies and sugar daddies
10. Boys and girls should respect each other.
11. Know your rights.
12. Know and observe your responsibilities.
13. Say no to early marriage other bad cultural practices.
14. Have good life skills.

Examples of good life skills

1. Self awareness
2. Assertiveness
3. Self esteem

Guiding Activity

1. What is PIASCY in full?

   _____

2. Which president initiated PIASCY?

   _____

   _____

3. Why did the president above initiate PIASCY?

   _____

4. Name any one diseases fought against by following PIASCY messages.

   _____

5. Give any **two** good life skills that protect us from contacting HIV.

   _____

6. List at least **three** messages found in PIASCY to the youth.

   (i)_____

   (ii)_____

Lesson 33:

Lesson hints

Stay in school

- ❖ Make education the most important thing in your life.
- ❖ Go to school every day and study hard.
- ❖ Do not drop out of school to marry or work.
- ❖ Always help your parents at home.

❖ Both children have equal rights to education and to stay safe.
❖ Both can do equal work and perform equally well in school.
❖ Girls should not accept gifts from boys in return for sex.

Importance of PIASCY messages in schools

✓ Helps children to develop awareness about AIDS
✓ Helps children to prevent acquiring HIV/AIDS
✓ Children get equipped with ways of caring for HIV/AIDS patients

Guiding Activity

1. Write PIASCY in full.

   _____

   _____

2. State any **two** PIASCY messages.

   (i)_____

   (ii)_____

3. Give any **two** importance of PIASCY messages in schools.

   (i)_____

   (ii)_____

Thematical guiding test

1) In one sentence give the meaning of vectors.

   _____

2) Name the vectors that spread the following diseases.
   a) Malaria :_____
   b) sleeping sickness :_____
   c) Bilharzia _____

3) Identify any **two** causes of dehydration.

   (i)_____

   (ii)_____

4) Mention at least **three** ways of controlling vectors in homes.

   (i)_____

   (ii)_____

5. How is a housefly able to spread faecal diseases?

_____

_____

6. Write the **four** ways of spreading germs in order

(i)_____

(ii)_____

7. Identify any two ways how HIV/AIDS is spread from one person to another

(i)_____

(ii)_____

8. Mention at least **two** ways of preventing and controlling HIV/AIDS.

(i)_____

(ii)_____

9) Why should people iron their clothes?

_____

10) Write the following words in full.

a) SSS :_____

b) HIV :_____

c) ORS :_____

THEME 11: BASIC TECHNOLOGY IN OUR SUB-COUNTY / DIVISION

1. What is technology?

Technology is the use of machines to do work.

2. Types of technology

a) Traditional technology.

b) Modern or advanced technology.

Traditional technology

This is the use of local methods and equipment like hoes, hands to creatively make things.

Modern technology

This is the use of advanced scientific equipment like computers, internet and tractors to simplify work.

1. What is technology?

_____

_____

2. List **two** types of technology.

(i)_____

(ii)_____

3. Mention any **two** equipment used in traditional technology.

(i)_____

(ii)_____

4. What type of technology requires the use of tractors?

_____

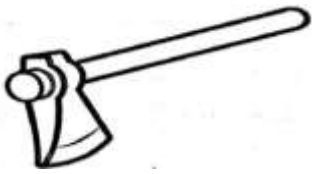
5. What is modern technology?

_____

_____

6. Name the tools used in local technology below.





Natural and artificial materials in our sub-county

Things in our environment are made from natural and artificial materials.

2. Natural materials

These are materials got from nature.

3. Examples of natural materials

- Banana fibres
- Palm leaves
- Clay
- Sisal
- Minerals
- Papyrus
- Wood
- Grass
- Hides and skins

4. Sources of natural materials

Materials	**Source**
Banana fibres	garden
Sisal and fruits	Plants
Clay, papyrus and palm leaves	swamps
minerals	mines

Hides and skins	animals

Guiding Activity

1. State **two** natural materials got from swamps.
   (i)_____
   (ii) _____
2. How are cattle keepers important to the drum makers?
   _____
3. Mention any **two** examples of natural materials.
   (i)_____
   (ii) _____
4. Write the sources of these materials.
   a) Sisal _____
   b) Banana fibers_____
   c) Minerals_____

1**. Artificial materials**

These are re-cycled materials that can be used to make other things.

2**. Examples of artificial materials**

- ✍ Wires
- ✍ Plastics
- ✍ Straws
- ✍ Scrap metals
- ✍ Paper
- ✍ Polythene bags
- ✍ Synthetic rubber
- ✍ Bottle tops

3**. Processing and making things from natural materials**

material	**Things made/products**
Clay	Pots, cups, plates, stoves etc
Palm leaves and banana leaves	Mats, dolls, bags, hats
wood	Stools, tables, chairs, sculpture
Sisal	Ropes, carpets, door mats, bags

1. What are artificial materials?

_____

_____

2. Suggest **two** examples of artificial materials.
   (i)_____
   (ii) _____
3. Identify **two** products made from each of the following materials.
   a) Wood
   (i)_____
   (ii) _____
   b) Beads
   (i)_____
   (ii) _____
   c) Banana fibers
   (i)_____
   (ii) _____

1**. Processing and making things from artificial materials**

Material	**Products**
plastics	Mugs, plates, dolls, toys
Wires	Toys, hooks, traps
Straws	Mats, bags, decorations
Polythene bags	Balls, dolls, bags
Paper	Bags, envelopes, decoration etc
Scrap metal	Nails, garden tools like hoes
Bottle tops	Toys, abacuses, shakers

2**. Importance / uses of things made from natural and artificial materials**

- Toys and dolls are used as play kits.
- Some are used for decoration.
- People sell them to get money.
- Some are worn as ornaments.
- They attract tourists.

Guiding Activity

1. Match these materials to their sources correctly.
   a) Plastic mugs bottle tops
   b) Envelopes plastics

c) Shakers polythene bag

d) balls papers

2. Give any **two** materials used for making dolls.

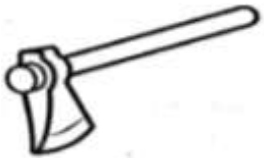
(i)_____

(ii) _____

3. State any **one** importance of mats at home.

_____

4. Name the garden tool shown below.



_____

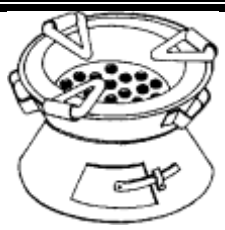
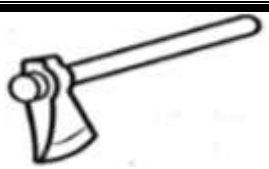
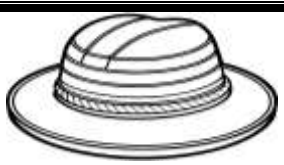
5. State the material used for making the tool above.

_____

1. What are crafts?

These are things made from local materials using our hands.

2**. Examples of crafts**

			
Stoves	Drum	Stools	clothes
			
axe	Mats	hat	Panga

4. Who is a blacksmith?

A blacksmith is a person who makes things out of iron.

5**. Things made by a blacksmith**

- Spears
- Hoes
- Arrows
- Hooks

- Stoves
- Pans

6. Importance of technology

How is technology useful to us?

- It makes work easy.
- It makes life better.
- It increases production of goods.

Guiding Activity

1. What are crafts?

   _____

   _____

2. Give **two** examples of crafts used as garden tools.

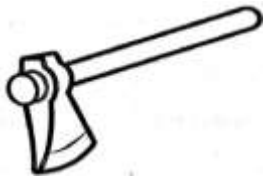
   (i)_____

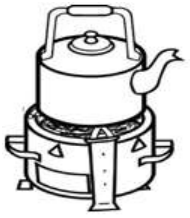
   (ii)_____

3. Who is a blacksmith?

   _____

4. Name these garden tools made by black smith.





   _____ _____ _____

5. How are black smiths important to crop farmers?

   _____

6. Name any one hunting weapon made by blacksmith.

   _____

7. Give **two** ways technology is useful people.

   (i)_____

   (ii)_____

TOPIC 3: BASIC TECHNOLOGY IN OUR SUB-COUNTY

TECHNOLOGY

Technology is the scientific and practical way of solving problems.

Types of technology:

- ❖ Modern/ advanced technology.
- ❖ Local technology

Local technology
Local technology is the slow production of materials using manual process.

Modern technology
This is the use of modern science in all aspects of life
Examples in using mobile phones to send money, keeping money in banks
Machines and tools are used to produce products or goods and services.
A machine is a device which makes work easier and simple.
A tool is any hand object used to do job/ work.
Examples of machines in advanced technology
Cars, lorries, buses, trailers, motorcycles, airplanes, trains, cranes, tractors, telephones, guns, cameras, computers, televisions, pumps

motorcycles	aeroplanes	tractor	ambulance
			

Guiding Activity

1. What is technology?
   _____
2. Mention any two types of technology.
   (i)_____
   (ii)_____
3. Give any two uses of telephones at home.
   (i)_____
   (ii)_____
4. State the use of the machine shown below.



_____

Raw materials
A raw material is any material from which useful products can be made.
Types of materials
1. Natural materials
2. Artificial materials.

Products are useful things made out of other materials.

Natural materials

These are things got from the natural environment.

Examples of natural materials

a) Palm leaves
b) Skins and hides
c) Banana fibres
d) Papyrus reeds
e) Clay soil
f) Fruits
g) Water
h) Leaves
i) Sand soil
j) Bark cloth
k) Raffia
l) Beads

Palm leaves	Papyrus reeds	Fruits	Water	Skins and hides

Sources of natural materials

(a) Plants
(b) Animals
(c) Water
(d) Soil

Places where we get natural materials

- ❖ Swamps
- ❖ Lakes
- ❖ Bushes
- ❖ Gardens
- ❖ Thickets
- • Forests

Guiding Activity

1. Define the term technology.

   _____

   _____

2. State **two** types of technology.

   (i)_____

   (ii)_____

3. Name the type of technology which deals with the use of modern science in all aspects of life.

_____

4. What is local technology?

_____

_____

5. What are materials?

_____

_____

6. State **two** types of materials.

(i)_____

(ii)_____

7. What are natural materials?

_____

_____

8. Mention **two** examples of natural materials

(i)_____

(ii)_____

9. Name **two** sources of natural materials.

(i)_____

(ii)_____

10. Suggest **two** places where we get natural materials

(i)_____

(ii)_____

Things made from natural materials.

✓ Ropes	-	Shoes	-	Door mats
✓ Mats	-	Belts	-	Clothes
✓ Baskets	-	Bark Cloth	-	Bags
✓ Pots	-	Hats		
✓ Juice	-	Papyrus mats		

Characteristics of natural materials

a) They are made by God.
b) They are heavy.
c) They are found within natural environment
d) They are cheap.
e) They do not have specific colours.

Importance of making things from natural materials

a) For selling
b) For eating
c) For playing with
d) For decoration

e) For developing skills
f) For learning purposes.
g) For wearing.
h) For donation as gifts
i) For promoting culture
j) For employment

Processes of making things out of natural materials

Process	**Material**	**Products**
Pounding	maize, sorghum	Flour
Grinding	wheat, millet, cassava	Flour
Squeezing	oranges, pineapples	Juice
Blending	mangoes, carrots, passion fruits	Sauce
Cooking	leaves	Herbal medicine

Guiding Activity

1. State any **two** things made from natural materials.
   (i)_____
   (ii)_____
2. Mention **two** characteristics of natural materials
   (i)_____
   (ii)_____
3. Give **two** importance of making things from natural materials.
   (i)_____
   (ii)_____
4. **Complete the table below.**

Process	**Material**	**Products**
Pounding	_____	Flour
_____	Millet, cassava	_____
Cooking	leaves	_____
Squeezing	_____	_____

5. Mention **two** examples of materials that can be pounded to get flour.
   (i)_____
   (ii)_____
6. By what process can we get juice out of oranges?

_____

7. Name the source of material used for making clay pot.

Crafts:
Crafts are things made out of local materials.

Materials		**Products**
❖ Skins	-	Belts, hats, shoes
❖ Banana fibres	-	ropes, baskets, door mats
❖ Palm leaves	-	mats, hats, baskets, satchel
❖ Sisal	-	ropes
❖ Raffia	-	ropes, mats, baskets
❖ Papyrus reeds	-	papyrus mats, hats.
❖ Clay	-	pots, charcoal stoves.

Guiding questions

1. What are crafts?
   _____
   _____
2. Mention any two products made from animal hides.
   (i)_____
   (ii)_____
3. Apart from sisal, mention any two materials used for making ropes.
   (i)_____
   (ii)_____
4. Give any two materials made from clay soil.
   (i)_____
   (ii)_____
5. State two materials for making both mats and hats.
   (i)_____
   (ii)_____

Processing and making things from artificial materials

Artificial materials

These are manmade things used to make other products.

Examples of artificial materials

Leathers, Bottle tops , Threads, Wires, clothes, Straws, Polythene, Plastics, Wax, Metals

Sources of artificial materials

✍ Plants

- Animals
- Water
- Minerals

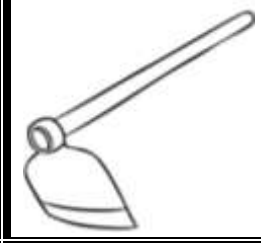
Places from where we can get artificial materials

- Swamps
- Lakes
- Bushes
- Gardens
- Forest
- Factories

Guiding Activity

1. What are artificial materials?
   _____
2. State any two examples of artificial materials
   (i)_____(ii)_____
3. Give any two sources of artificial materials
   (i)_____(ii)_____
4. Name any two places from where we can get artificial materials
   (i) _____
   (ii)_____

Products from artificial materials

				
bucket	hoe	table	Toilet papee	candles
				
broom	ball	axe	drum	panga

Characteristics of artificial materials

- They are made by people.
- They are light.
- They have specific colours.

❖ They are expensive.

Importance of making products out of artificial materials

1. For sale
2. For playing with
3. For decoration
4. For developing talents
5. For wearing e.g. necklaces, bracelets, earring.

Ways of making products from natural and artificial materials

- Weaving Pounding Carving
- Modeling Recycling Drawing
- Welding Constructing Tailoring

Melting Baking

Guiding Activity

1. What name is given to the things made out of local materials?
   _____
   _____
2. What are artificial materials?
   _____
   _____
3. Name **two** places from where we can get artificial materials.
   (i)_____(ii)_____
4. Write **two** products from artificial materials.
   (i)_____(ii)_____
5. State **two** characteristics of artificial materials.
   (i)_____
   (ii)_____
6. Mention **two** importance of making products out of artificial materials.
   (i)_____
   (ii)_____
7. Mention **two** items made out of skins.
   (i)_____
   (ii)_____
8. What name is given to the materials made out of clay soil?
   _____

Recyclable materials

These are factory made materials that can be used again when remade.
Several artificial materials are made out of recycled materials.

Examples of recyclable materials

1. Papers
2. Plastics
3. Metallic scraps
4. Polyethene bags

Reasons why we recycle materials

To avoid over exploitation
To avoid wastage of materials
To save the environment from damage

Importance of technology

1. Technology makes work easier
2. It helps in the production of goods
3. It is a source of income
4. It helps in making play materials
5. It is used for decoration
6. For employment opportunities
7. It helps in the development of a country
8. Technology helps people to get food.

Guiding Activity

1. What name is given to the factory made materials that can be used again when remade?

   _____
   _____
2. State any **two** examples of recyclable materials.

   (i)_____
   (ii)_____
3. Why are plastics referred to as recyclable materials?

   _____
4. Mention **two** reasons why we recycle polythene bags.

   (i)_____(ii)_____
5. State **two** importance of technology.

   (i)_____
   (ii)_____
6. Suggest any **two** disadvantage of technology.

   (i)_____
   (ii)_____

THEME 12: ENERGY SOURCES IN OUR SUB COUNTY/ DIVISION

Lesson hints:

Energy is the ability/ strength or power to do work.

Types of energy

Potential energy
Kinetic energy

Forms of energy

There are two forms of energy namely:

Artificial/ manmade energy
Natural energy

Natural energy

Artificial/ man made energy are the forms of energy generated by people

Examples of Artificial/ manmade energy

Solar energy.	Sound energy.	Geothermal energy
Hydro energy	Biogas	Wood energy

Sources of energy

1. Natural sources.
2. Artificial sources.

Guiding Activity

1. What is energy?

   _____

   _____

2. Mention any **two** forms of energy.
   (i)_____
   (ii)_____
3. State any **two** types of energy.
   (i)_____
   (ii)_____
4. Mention any **two** types of man made energy.
   (i)_____
   (ii)_____

Artificial sources of energy

This is a source of energy which is made by human beings.

Examples of artificial sources of energy are;

1. Charcoal
2. Fire
3. Fuel e.g diesel, petrol, wood, charcoal, paraffin etc
4. Electricity in homes
5. Batteries

Uses of artificial energy:

Uses of diesel and Petrol

1. It is used to run vehicles.
2. Diesel oil is used for heating homes.

3. Petrol is used for heating homes.
4. Petrol is used as a solvent.
5. Petrol and diesel are used in generators to produce electricity.

Uses of paraffin

- For lighting
- For cooking
- It can be used in generators to produce electricity.

Guiding Activity

1. State any **one** fuel got from fuel station.
   _____
2. State **two** uses of paraffin in our life.
   (i)_____(ii)_____
3. State any **one** form of artificial energy used in the motorcycle engine.
   _____
4. Identify any **two** examples of natural sources of energy.
   (i)_____
   (ii)_____
5. Give any **two** examples of artificial sources of energy.
   (i)_____(ii)_____
6. Mention any **one** use of petrol and diesel to people.
   _____

Uses of firewood /charcoal

- For cooking
- For roasting maize
- For baking bread
- For study purpose
- For making camp fire

Uses of hydro electricity

Electricity is used for;

- Running refrigerators
- Water heating
- Cell phone charging
- Industry machines are run by electricity

Lightning Washing

Ironing clothes

Examples of things that use electricity at home

a) Washing machines
b) Flat irons
c) Telephones

d) Refrigerators
e) Televisions
f) Computers

Ways of reducing cost of electricity at homes

By switching devices off when not in use

Using different sources of energy

Guiding Activity

1. Name the source of hydro electricity.
   _____
2. In which **two** ways can electricity promote personal hygiene?
   (i)_____
   (ii)_____
3. Name the natural source of fuel used by people in the villages
   _____
4. How is electricity important to a mobile phone user?
   _____
5. State any **two** uses of electricity at home.
   (i)_____(ii)_____
6. Mention at least **two** things that use electricity at home.
   (i)_____(ii)_____

Sources of natural energy

This is a source of energy which is made by God.

Examples of natural sources of energy

1. Wind	Water	Sun
2. Plants	Animals	Firewood

Uses of each energy resources

Wind

Wind is the moving air.

Energy got from the wind is called wind energy.

Wind helps in:

a) sailing boats.
b) driving windmills
c) winnowing grains
d) drying clothes.

3. Hydro energy

The word hydro means water. Energy got from water is called hydro electricity**.**

a) Running water helps in producing hydroelectricity.
b) Steam runs steam engine.

Electricity is produced from the fast flowing water and transmitted through electric wires fixed on electric poles.

Guiding Activity

1. What is wind?

   _____

   _____
2. What is wind energy?

   _____
3. State any **two** uses of wind to us.

   (i)_____(ii)_____
4. State any **one** game played during windy weather.

   _____
5. Name the form of energy got from water.

   _____
6. What does the word Hydro mean?

   _____
7. State any **two** importance of hydro electricity.

   (i)_____

   (ii)_____

Sun heat

Sunshine is the heat and light we get from the sunshine.
Energy got from the sun is called solar energy.
Sun is the main natural source of light and heat.
Solar energy is trapped from the sun using solar panel and stored in solar battery. Solar energy is mainly used for lighting and operating electrical devices like radios, telephones, television and flat irons.

Importance of sun heat

a) Provides vitamin D.
b) Increases temperature hence providing warmth.
c) Provides solar electricity.
d) Helps in drying clothes.
e) Sun heat helps farmers to dry harvested crops

Sunlight

Sunlight is the light we get from the sun.

Importance of sunlight

a) Sunlight enables us to see.

b) Sunlight helps in photosynthesis.

- **Guiding Activity**

1. Name the natural source of heat and light in the environment.
   _____
2. Name the form of energy got from the sun.
   _____
3. How do farmers benefit from the sun?
   _____
4. State any **two** uses of sunlight in the environment.
   (i)_____
   (ii)_____
5. Give any **one** importance of sunlight to the plants
   _____

4. Firewood

Wood energy is the power to do work got from the wood.

Wood is got from the plants.

Wood is the commonest source of energy used by people in our sub county.

Most people use wood because of the following reasons:

1. It is cheap
2. It is easy to find wood

Importance of wood

a) Provides heat when burnt.
b) Provides light when burnt.
c) Wood is used for cooking and burning charcoal
d) Wood is used for making timber for construction

Ways of saving wood energy

- Avoid overcooking when food is ready
- Use wood saving stoves
- Use cooking gas/ biogas
- Plant many fast growing trees.

Guiding Activity

1. What is wood energy?
   _____
   _____
2. Mention **two** uses of wood.
   (i)_____(ii)_____

3. Name the commonest source of energy used by people in our sub county.

_____

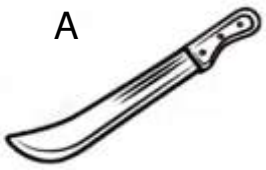
4. Give **two** reasons why wood are commonly used in Bala Sub County.

(i)_____

(ii)_____

Use the diagrams below carefully to answer questions that follow.

A



B



5. Name the garden tool marked with letter A above.

_____

6. How is item B used in preparing land?

_____

7. State any **one** use of the tool above to Sarah who is collecting firewood.

_____

8. Name any **one** other garden tool used for cutting wood.

_____

9. State the main energy source used in diagram B.

_____

Ways of saving energy

1. Using energy saving stoves or bulbs
2. Switching off electrical appliances when not in use.
3. Putting out fire after use especially firewood and charcoal.
4. Planting trees for wood charcoal
5. Following instructions on proper use of energy.

Importance of saving energy

a) It reduces cost on energy resources.
b) It reduces wastage of resources.
c) For future use.
d) It helps to conserve the environment

Guiding Activity

1. Give any **two** reasons why wood are commonly used in our sub county.

(i)_____

(ii)_____

2. Give any **two** ways of saving energy at home.

(i) (ii)

3. State any **one** way of reducing the cost of electricity at home.
_____
4. Give any **two** ways of avoiding dangers caused by energy.
(i) _____
(ii)_____
5. Give any **two** dangers of wasting energy.
(i) _____
(ii)_____

Dangers of energy

a) Electricity kills people and destroys property.
b) Live wires can shock people to death
c) Fire outbreak kills people and destroys property.
d) Strong wind destroys crops and property.
e) Storm can capsize boats.
f) Sun's heat can lead into drought.

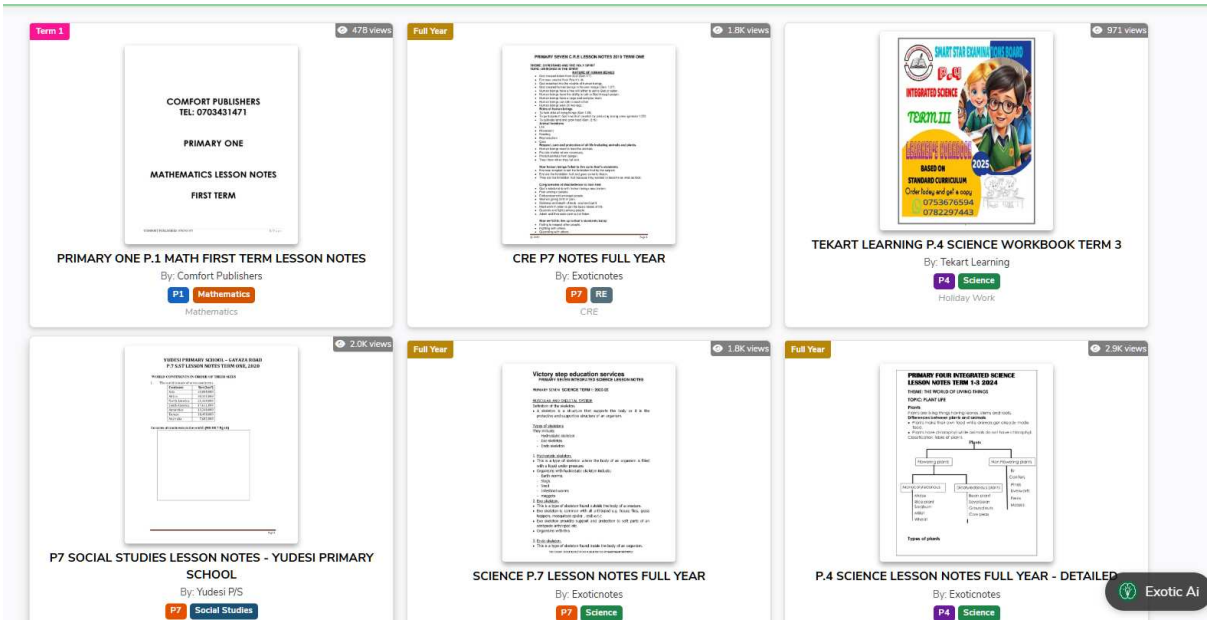
Ways of avoiding dangers caused by energy

a) Don't play with electric wires.
b) Avoid playing with fire.
c) Plant trees to act as windbreaks.
d) Don't push nails into electric sockets.
e) Have fire extinguisher at home to help when there is fire outbreak.
f) Make posters to sensitize people on the dangers of energy.

Guiding Activity

1. State any **two** dangers of energy to people.
(i)_____
(ii)_____
2. Suggest any **two** ways of avoiding dangers of energy
(i)_____
(ii)_____
3. Mention any **two** things at your home that use electricity.
(i)_____(ii)_____
4. Give any **two** uses of petrol and diesel to people
(i)_____
(ii)_____
5. Name any two machines which use petrol fuel at home.
(i)_____(ii)_____
6. State any **two** artificial sources of energy used by people in the villages
(i) (ii)

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