

BASIC SCIENCE TECHNOLOGY

CLASS: JSS 1

TOPIC: FAMILY HEALTH

OBJECTIVES

At the end of the lesson students should be able to:

- i. Define Sanitation and state its importance and methods used.
- ii. Define Nutrition.
- iii. Explain Balanced diet and give 2 examples.
- iv. Define drug abuse and state its effect.

1. **Health** is defined as the state of wellbeing of the whole body while hygiene is the science of preserving and improving health.

Sanitation on the other hand can be defined as the art and science of removing waste matter of all kinds from our environment.

2. Nutrition can be defined as any edible substance either solid or liquid which when taken gives the body required nutrient for growth development.

b. Feeding is one of the characteristics of living things. Food can be defined as any edible substances either solid or liquid which when taken gives the body required nutrient for growth, development and provision of energy.

TYPES OF FOOD

The various types of food are;

- i. Solid or liquid food.
- ii. Local or imported
- iii. Cereals, vegetables or fruits
- iv. Eaten, raw or cooked

CLASSES OF FOOD

There are six difference classes of food and these are:

- i. carbohydrates
- ii. Proteins
- iii. Fats and oils (lipid)
- iv. Vitamins
- v. Mineral salts
- vi. Water



FUNCTIONS OF FOOD

- i. It provides us energy
- ii. It helps to fight diseases
- iii. It helps to repair worn out tissues/cells
- iv. It helps us to build up new cells for growth.
- v. It regulates body processes.

Definition of Balanced Diet: It is the diet that contains all the different classes of food in the required amount or right proportions.

Generally, food is categorized into

- i. Energy giving food
- ii. Body building food
- iii. Health preserving food (Body protector).

DAY	BREAKFAST	LUNCH	DINNER
Monday	Pap, Akara	Eba, Vegetable, Soup, Meat	Yam, Vegetable, Stew, Fish
Tuesday	Bread, Margarine, Bournvita/Milk	Moi-moi/Fruit	Rice, Vegetable, Stew, Fish
Wednesday	Pap, Akara	Eba, Vegetable, Soup, Meat, Fruit	Salad (containing fresh vegetables etc.

Thursday	Yam, Veg. stew, fish	Beans/fried or boiled plantain fruit	Rice, Vegetable stew fish
Friday	Pap, Akara	Eba, Vegetable, Soup, Meat, Fruit	Rice, Vegetable stew, fish
Saturday	Yam, Veg. stew, fish	Beans/fried or boiled plantain fruit	Rice, Vegetable stew fish
Sunday	Bread, Margarine, Bournvita/Milk	Rice, Vegetable stew, Meat fruit	Moi-moi

Some ways of maintaining good health are:

- i. by doing exercise
- ii. by eating a balanced diet
- iii. by maintaining personal cleanliness of the body
- iv. by avoiding bad habits such as smoking and drinking alcohol.

PERSONAL CLEANLINESS

This involve keeping our bodies and home clean in order to live a healthy life.

- i. Cleanliness of the body
- ii. Cleanliness of the skin
- iii. Cleanliness of the teeth
- iv. Cleanliness of the hands/fruits
- v. Cleanliness of the clothing

Some of the methods of keeping our home clean includes:

- i. Cleanliness of the floor
- ii. Cleanliness of the furniture
- iii. Cleanliness of the windows
- iv. Cleanliness of the kitchen & toilet

IMPORTANCE OF MAINTAINING GOOD SANITATION

The importance of maintaining good sanitation includes;

- i. It helps in maintaining clean and healthy environment
- ii. It prevents environmental pollution
- iii. It reduces the number of disease-causing organisms
- iv. It makes the environment free object that can cause accident.

EVALUATION

1. Define Sanitation.
2. State importance of Sanitation.
3. Define Nutrition.
4. List 3 methods of keeping the school and home neat.
5. Explain what is known as DRUG ABUSE.
6. State different effects of drug abuse.

THANK YOU FOR WATCHING