SCIENCE

HOLIDAY PACKAGE SET TWO

PRIMARY ONE 2020

Name: ……

1. FOOD AND NUTRITION

Food is anything good to eat or drink. Food can be in form of fruits, drinks or vegetables.

Food stuffs include; maize, pumpkin, cassava; millet, tomatoes, banana, eggs, fish, rice, avocado, mangoes, to mention but a few.



These are some of the sources of food; swamps, gardens, plants, market, lakes, shops, animal etc.

Garden is the main source of food.

People eat food for different reasons .That is to say, 5hs

To be healthy, to be happy, it is a habit. It shows hospitality and to stop hunger.

Food has different classifications like proteins, vitamins and carbohydrates.

Each class of food does a different function in the body. For instance proteins help the body to grow. Its other name is grow food. Carbohydrates give us energy. Its other name is go food. Vitamins protect our body against diseases. Its other name is glow food.

Examples of food which give our body proteins, beans, fish, chicken, eggs, soya beans, meat among others.

Food stuffs which give our body carbohydrates, maize, rice, potatoes, cassava, posho, sugarcane, butter, bread, banana, honey, ghee, millet among others.

Examples of food stuffs which add vitamins to our body are; fruits like oranges, pawpaws, apples, pineapples, mangoes etc.

Vegetables like cabbages, cucumber, carrots, eggplants, spinach and tomatoes.

N.B milk has all food values. i.e it has proteins, vitamins and carbohydrates.

Balanced diet

This is a meal which contains all food values or classes.

<u>Examples of a balanced diet.</u>

1. Beans + posho + mangoes

Proteins + carbohydrates +vitamins

2. Rice + meat + dodo

Carbohydrates + proteins + vitamins.

3. Passion fruit + fish + yams

Vitamins + proteins + carbohydrates

Questions

1. What is food?

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.....

2. Why do we eat food? Give three reasons.

i).....
.....

ii).....
.....

iii).....
.....

3. Identify four examples food.

i).....ii).....
.....

iii).....iv).....
.....

4. Give three forms of food.

i).....ii).....
.....

iii).....

5. Which are the three classes of food?

i).....ii).....
.....iii).....

6. Name the food which contains all food values.

.....

.....

7. Mention any food stuffs rich in vitamins?

i).....ii).....

.....

8. Which food value do we get from beans?

.....

.....

9.....is the main source of food.

10. Write down the 5hs.

i).....ii).....

.....iii).....iv).....

.....v).....

11. What does the word balanced diet mean?

.....

.....

12. Why do we need a balanced diet?

.....

.....

13. Write down two examples of a balanced diet.

i).....

.....

ii).....

.....

14. What are the possible dangers of poor feeding?

i).....

.....

ii).....

.....

15. Write out vegetables from the list.

Cabbages chicken

.....

Meat tomatoes

.....

Carrots fish

.....

16. List down three ways of preserving food.

i).....ii).....

.....

iii).....

17. Why do we keep food safe? Give three reasons.

i).....

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ii).....

.....

iii).....

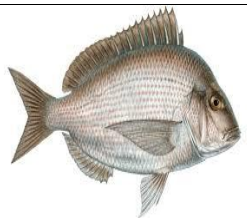
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18. Name any two food stuffs we get from animals.

a).....b).....

.....

19. Name these food stuffs.

20. State the second name for these classes of food.

Carbohydrates.....

.....

Proteins

.....

Vitamins.....

21. .....are foods which help our body to fight against diseases.

Animals

Types of animals

Domestic animals

Wild animals

Domestic animals are animals kept at home

They include; cows, dogs, goats, pigs, donkeys, horses, cats, sheep etc

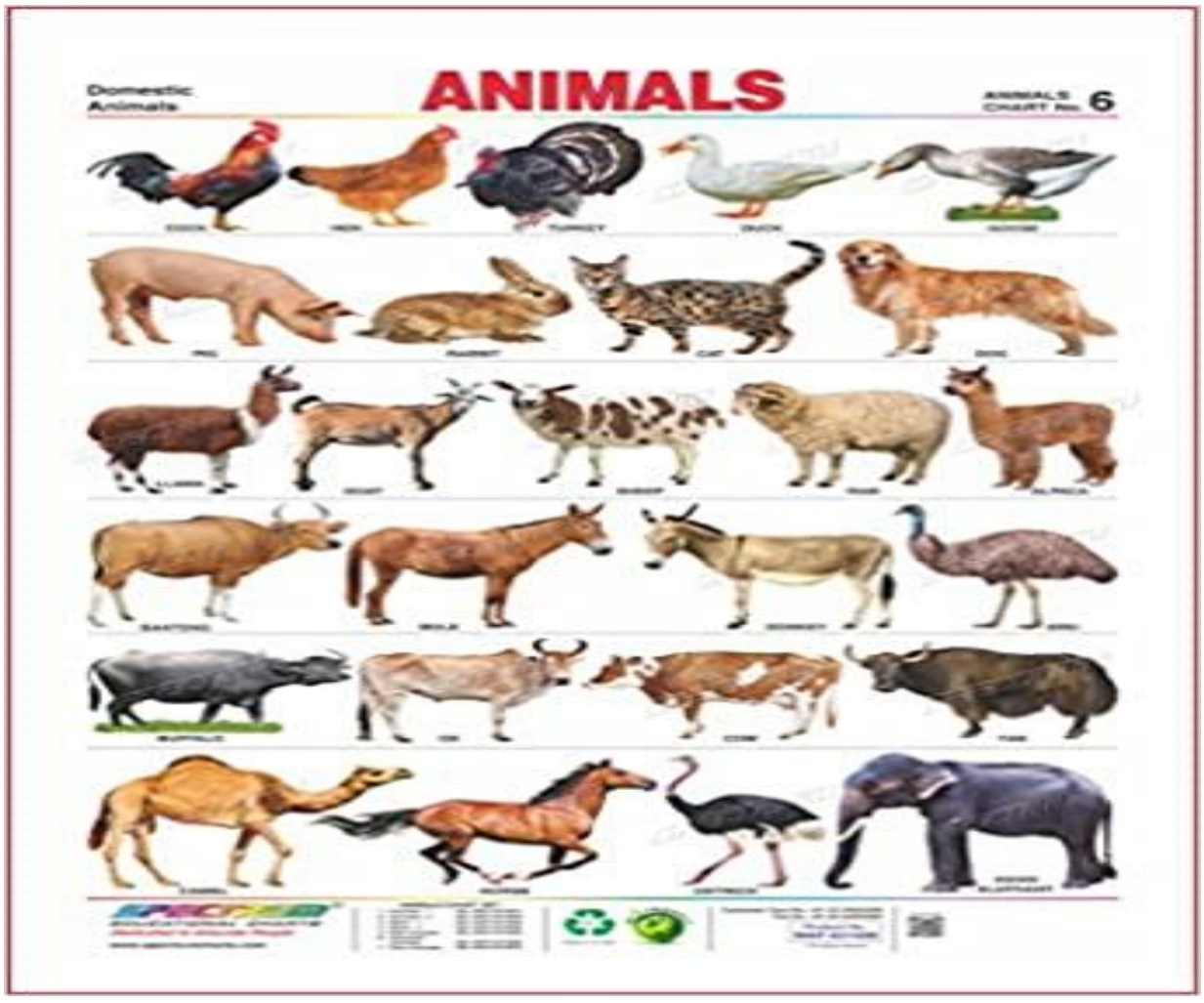
These are kept for several uses like meat, money, as pets etc.

Wild animals are animals which live in the bush or forest.

They are tigers, lions, rhinoceros, zebra, giraffe, elephant, snake etc.

Places where wild animals live include water, zoo, bushes, forests, game parks etc.

Animals which live in water are called aquatic animals .they include; crocodiles, fish, frogs, hippopotamus etc



Animals has various benefits like; we sell animals to get money, they give us milk, they provide us with meat, some are used for paying dowry, some are used for guarding our homes, some are pets at

home, others are used for transport, some animals give us skins and hides.etc

Products made from animal skin and hides are belts, bags, shoes, drums, etc

Products got from milk are ghee, cheese, butter, yoghurt, etc.

<u>Meats of different animals</u>

Cow	**beef**
Sheep	**mutton**
Pig	**pork**
Rabbit	**rabbit pie**
Hens	**chicken**
Fish	**fillet**

Birds are also classified among animals;

Birds are both domestic and wild.

The birds kept at home are called poultry. These are; hens, turkeys, pigeons, ducks, geese, guinea fowls, Parrots etc



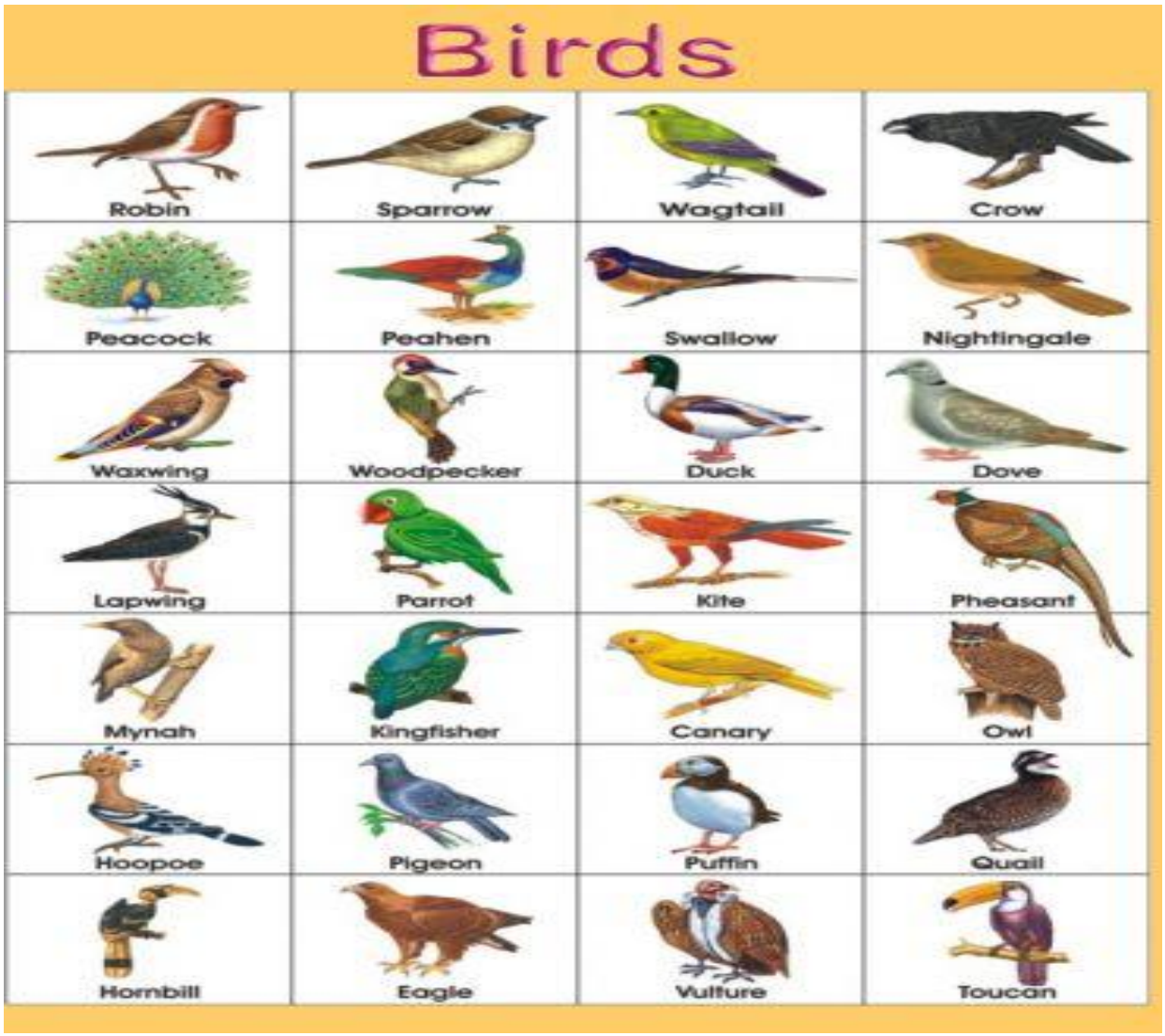
Wild birds

The birds which live in the bush, forest are called wild birds. They are;

Eagles, crested cranes, sun bird, pigeon, weaverbirds, ostriches. etc.

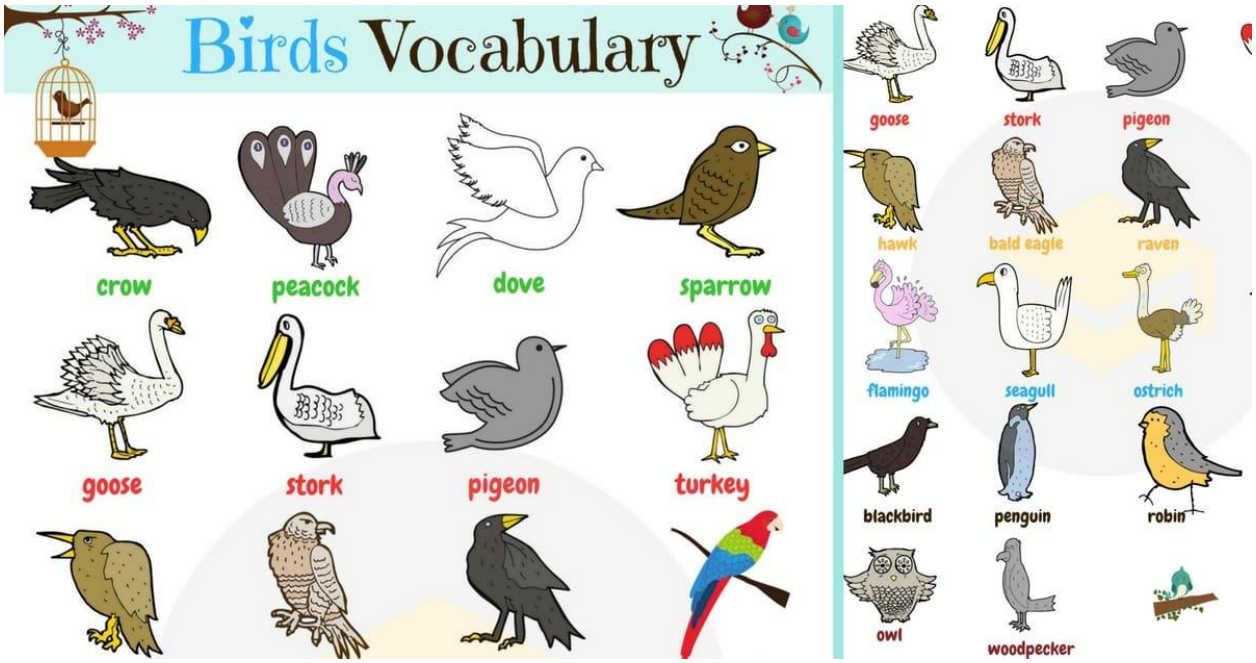
Uganda uses crested crane as the emblem.

Examples of domestic birds



Uses of birds

Birds are kept for various uses like getting money, eggs, manure, eggs, meat etc



Questions

1. What are domestic animals?

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.....

2. Name any two animals reared for transport purposes.

i).....ii).....

.....

3. .....are the animals which live in the bush, zoo or water.

4. State four examples of wild animals.

i).....ii).....

.....

ii).....iv).....

.....

5. Name any two products we get from animals.

i).....ii).....

.....

6. Which animal guards our homes?

.....

.....

7. Mention any two animals that are sources of milk.

i).....ii).....

.....

8. Draw and name four examples of domestic animals.

9. Give four products made from animal skins.

i).....ii).....
iii).....iv).....

10. .....chases rats at home.

11. Which two animals live in water?

i).....ii).....

12. Identify the young one for the following animals.

Cow.....

Cat.....

Sheep.....

Goat.....

13. What do we call a home for dogs?

.....

14. Write yes or no.

We get eggs from cows.....

Dogs guard our homes.....

We get wools from cats.....

Cows live in the kraal.....

15. Outline two things we get from milk.

i).....ii).....

16. Name any one bird which gives us eggs.

.....

17. Which bird is used by Uganda as her emblem?

.....

18. What is poultry?

.....

19. List down any four uses of birds.

i).....

ii).....

iii).....

iv).....

20. Mention any two wild birds you know.

i).....ii).....

21. Name these items we get from birds.



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