LITERACY I

HOLIDAY PACKAGE SET TWO

PRIMARY TWO 2020

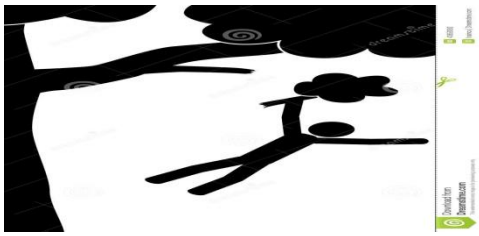
A. ACCIDENTS AND SAFETY

An accident is a sudden danger that hurts the body.

Below are the examples of accidents ;falls, bites from snake and dogs ,bruises, cuts, scalds, fractures, nose bleeding, pierces or pricks, electric shock, drowning, knocks and stings and so on.









These accidents are caused by dangerous objects like pangas, knives, pins, razor blade, guns, broken bottles, snakes, thorns,

barbed wires, fire, cars, medicine, stones, spears to mention but a few.

Accidents are caused by various things like playing with fire, climbing trees, playing on the road, playing rough games, playing with sharp objects, disturbing dangerous animals and insects and so on.

We can prevent the common accidents by behaving responsibly in the following ways.

By playing good games, avoiding playing near fire or hot things, not climbing trees, not playing with electric wires, not playing with sharp objects and not playing near sockets.

Accidents have bad impacts on people's lives.

Accidents cause pain, lameness, poverty, death, worry, loss of property and jobs.

FIRST AID

This is the first help given to a person who has got an accident before he /she is taken to the hospital. A person who has got injured in an accident is called a casualty.

A casualty is given first aid by a first aider. A first aider must be quick, willing to help without pay, clean and kind.

First aid is given to a casualty to save life, reduce pain, promote quick recovery, and stop bleeding to mention but a few.

Examples of first aid include;

Pinching the nose, tying broken body parts with a bandage, tying cuts to stop bleeding, cooling burns with cold water and so on.

FIRST AID BOX

This is where things used to give first aid are kept. First aid boxes can be found in places like schools, homes, hotels and restaurants. These materials are iodine, scissor, cotton wool, spirit, medicine, soap, bandage to mention but a few.

First aid boxes.





Each item in the first aid box has its use.

Questions.

1. What does the word accident mean?

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2. Draw and name any four common accidents.

3. Identify any six dangerous objects which can cause accidents to us.

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

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

v).....vi).....
.....

4. Which could be the possible causes of accidents?

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

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

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

5. How best can we prevent the common accidents?

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

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

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

6. Mention any four dangers of accidents.

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

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

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

iv).....
.....

7. What are the effects of accidents on people?

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

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

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

8. .....is the first help given to an injured person before being taken to the hospital.

9. Who is a casualty?

.....
.....

10. A person who gives first aid is called.....

11. Why is giving first aid important to a casualty?

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

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

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

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

12. What are the qualities of a good first aider?

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

13. What is a first aid box?

.....
.....

14. Draw a first aid box and label it.

15. Name any four items found in a first aid box.

i)

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

.....

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

.....

16. Give three places where first aid boxes are found.

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

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

17. Draw these risky objects.

fire	**Gun**	**Thorn**	**spear**

18. Tick effects of accidents from the list below;

Love

Lameness

Patience

Death

Poverty

19. Identify any three examples of first aid.

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

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

20. How useful are the following materials in the first aid box?

Cotton wool.....
.....

Razorblade.....
.....

Bandage.....
.....

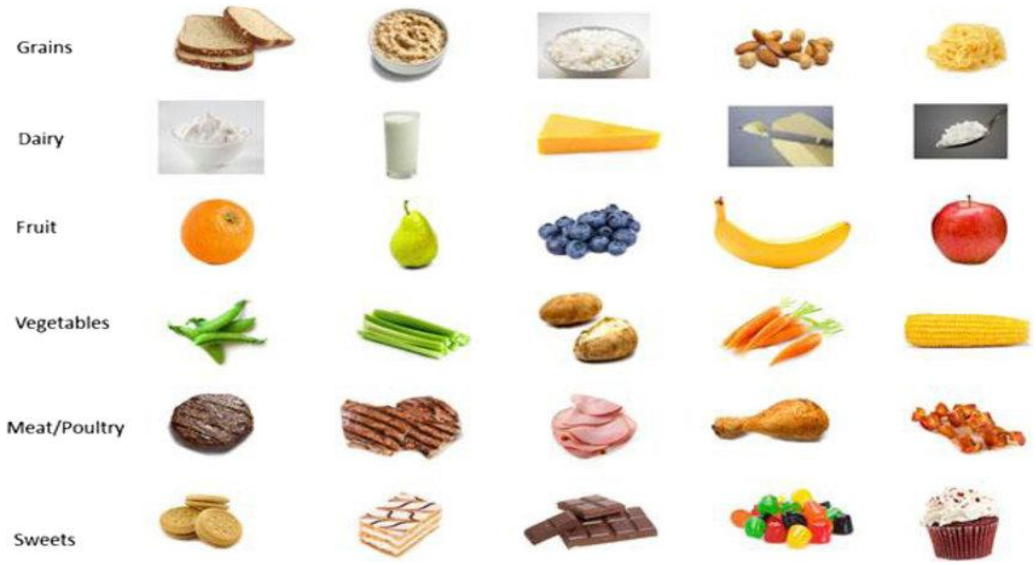
Soap.....
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B. FOOD AND NUTRITION

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.

Pictures of some food stuffs.



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 example 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 are; 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. That is to say, it has proteins, vitamins and carbohydrates.

Balanced diet

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

Examples of a balanced diet.

i). Beans + posho + mangoes

Proteins + carbohydrates + vitamins

ii). Rice + meat + dodo

Carbohydrates + proteins + vitamins.

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?

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.....

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?

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.....

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).....

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iii).....

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18. Write down any two food stuffs got from animals.

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

.....

19. Which food stuff do we get from the lake?

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END