



SECOND TERM E-LEARNING NOTE

SUBJECT: PHYSICAL AND HEALTH EDUCATION

P.H.E.: J.S.S.1

SCHEME OF WORK

WEEK	TOPICS
1.	Revision / Sources of water
2.	Contact and Non – contact Sports: Wrestling and Judo
3.	Examples of Non – contact Sports: Gymnastics and Swimming
4.	Benefits of Contact and Non – contact Sports
5.	Basic Skills and Safety Measures in Contact and Non – contact Sports
6.	Pathogens, Diseases and their Prevention
7&8.	Food, Nutrition and Health
9.	Importance of Food Nutrients
10.	Functions of various Classes of Food
11& 12.	Revision and Examination

REFERENCE BOOKS:

1. Essentials of Physical and Health Education for Junior Secondary School 1.
2. Basic and Technology for Junior Secondary School 1.

WEEK ONE

Date.....

TOPIC: Sources of Water Supply

CONTENT: Water Supply

Water is one of the most abundant natural resources that covers about 80% of the Earth's surface. It is very important because it is needed by every creature. The body system contains approximately 75% of water. Most of the food we take comprises water. It helps the flow of blood, prevents dehydration, regulates body temperature and helps in eliminating body waste. It is needed in agriculture, sports, industry, domestic affairs, recreation, transportation, researches and many other aspects of life. The formula for water is H_2O i.e two atoms of hydrogen and one atom of oxygen.

The two major sources of water to man are: -

- Surface water supplies
- Ground water supplies

Surface Water Supplies: are abundant, easily accessible – they includes:

- Rain water
- River water
- Lakes, ponds and streams

Ground Water Supplies: Include the following

- **Well:** - there are two types of well
 - Shallow
 - Deep

Qualities of Good Water Supply

- A good water must be odourless.
- It must be tasteless.



- It must be colourless.
- It must be free from pathogens.
- It must contain acceptable mineral composition.

EVALUATION QUESTIONS

1. Mention the major sources of water.
2. List the sources of water under each of them.
3. State the qualities of water.

Uses of Water

- Water is used for drinking.
- It is used for bathing.
- Water is used for cooking.
- It is used for washing of clothes.
- It is used for cleaning and flushing of toilet.
- It is used as a means of transportation.
- It is used for transporting activities e.g. swimming, water polo etc.
- It is used for agricultural purposes.
- It is used for generation of electricity.
- It is used for industrial purposes.

Treatment of Water before Supply

1. Undesirable taste and odour are removed from the water by aeration.
2. Bacteria are destroyed by the addition of chlorine.
3. The taste of chlorine is then removed with sodium sulphites.
4. Excessive hardness of water, is reduced by the addition of slake.

EVALUATION QUESTION

1. List five uses of water
2. Mention the treatment of water before supply.
3. Mention five qualities of good water supply

READING ASSIGNMENT

Read pages 78 of Essentials of physical and Health Education JSS 1.

WEEKEND ASSIGNMENT

1. Most of the food we take comprises _____ A. life B. blood C. water D. good
2. Water is needed in the following areas except _____ A. transportation B. ocean
C. agriculture D. domestic affairs
3. One of these is not a quality of a good water A. free from pathogens B. must be colourful
C. must be tasteless D. must be odourless
4. Which of the following is water used for? A. Drinking B. Bathing C. Cooking D. All of the
above
5. Rain water is under which sources of water supply? A. Surface water B. Ground water
C. Middle water D. None of the above

THEORY

1. Mention the two types of well.
2. List out eight uses of water.



REFERENCE TEXT

1. Essentials of Physical and Health Education for Junior Secondary School 1.
2. Basic and Technology for Junior Secondary School 1.

WEEK TWO

Date.....

TOPIC: Contact and Non – Contact Sports

CONTENT: Definition of Contact and Non – Contact Sports

Contact Sports are sports that allows for partial or full body close interaction between two or more opponents without contradicting the context of fair play. The sports / games allow the opposing players / teams to operate within the same court, field or arena. Examples are football, basketball, handball, boxing, judo, wrestling etc.

Non – contact sports are sports that do not allow partial or full body close interaction between two or more opponents. This is made possible because each player / team operates in their own restricted area, lanes or court. Examples are table tennis, tennis, badminton, volleyball, swimming, athletics and gymnastics.

WRESTLING

AFRICAN WRESTLING-----No one knows when and where African wrestling started. This is because wrestling has been part of African culture from time immemorial. Various communities or tribes have used wrestling as part of their festivals, moon light plays and initiation ceremonies into adulthood. African wrestling is confided mainly to boys and young men. The greatest wrestler in a community is accorded respect in public places. Traditional wrestling has various names like ijakadi, kokawa, mgba, gidigboe.t.c. An open space of either grass or sand is used. Depending on the number of bouts and the nature of the competition, a space of about 27—30m is adequate. The dress is simply shorts and sleeveless singlet. The Nigerian Amateur Wrestling Association was formed in 1976.

INTERNATIONAL WRESTLING----Wrestling is an ancient game, it is one of the oldest sport. Wrestling was highly valued as a form of military exercise without weapons. The first wrestling competition in modern Olympics was held in 1904 in St. Louis. Greco Roman wrestling is the form of amateur wrestling, the wrestlers used only their arms and upper bodies to attack. This type of wrestling forbids attack below the waist. Free style wrestling is the most popular wrestling style in the world. The rules of free style wrestling permits an athlete to use the entire body in the competition. The Greco-Roman style involves take down and pinning the back of the opponent to the floor. In the free style, the wrestlers start in an upright position and one of them tries to pin the shoulder of the opponent to the mat for one second.

JUDO

Judo is a combat game founded by a Japanese Jigoro Kano in 1878 in an ethical refinement of jujitsu an oriented martial art. Judo became an Olympic sport in 1964 held in Tokyo Japan. The International Judo Federation (I J F) was founded in July,1951. It was officially performed in Nigeria during the 22nd All African Games in 1972. The Nigerian Amateur Judo Association (N.A.J.A) is the body responsible for its organization in the country and was re-named Nigeria Judo Federation (N J F) in 1993.

EVALUATION QUESTION

1. Narrate the history of African wrestling.
2. Narrate the history of Judo in Nigeria.



READING ASSIGNMENT

Read pages 118—121 of Essentials of Physical and Health Education for Junior Secondary School 1.

WEEKEND ASSIGNMENT

- Contact sport is a sport that involves _____. A. emotional contact B. mental contact
C. physical contact D. social contact
- Contact sports include all of the following except _____. A. basketball B. judo C. swimming
D. wrestling
- One of the following is an example of contact sports _____. A. swimming B. skipping
C. gymnastic D. boxing
- The local name given to wrestling include the following except _____. A. ijakadi B. kokawa
C. mgba D. amurele
- Who started / developed judo game? A. Fredrick Ludwig John B. Johann Gutnuit C. John
Basedow D. Jigoro Kano

THEORY

- Differentiate between contact and non – contact sports
- List five examples each of contact and non – contact sports.

REFERENCE TEXT

- Essentials of Physical and Health Education for Junior Secondary School 1.
- Basic and Technology for Junior Secondary School 1.

WEEK THREE

Date.....

TOPIC: Examples of Non – Contact Sports

CONTENT: Gymnastics and Swimming

History of Gymnastics

Gymnastics means naked art and it originated in ancient Greece. It is believed that the Chinese were the first people to develop activities that resembled gymnastics. The people that perform it are called 'The Gymnasts' and the place where the activities are carried out is known as 'the gymnasium'. It is an exercise intended to develop strength, power, flexibility and agility. It became an Olympic sport in 1896; the controlling body is Federation Internationale De Gymnastique (F.I.G) with its headquarters in Switzerland Gymnastics Federation of Nigeria (G.F.N) was established in 1975.

John Basedow(1723 – 1790) was the first European to teach organized gymnastics. Johann Guts Muth published the first book on gymnastics titled Gymnastics for youths. He is referred to as great – grand father of gymnastics. Fredrick Ludwig John established the first gymnastics club called 'Turnverein' and invented the parallelbars, still rings, horizontal bars. So, he is known as the father of modern gymnastics.

Nature of Gymnastics

The performance commences when the Gymnast raises his hand to indicate 'readiness' and comes to an end when he raises the two hands to signal end of the performance. The grading is done according to how complex the events are.

EVALUATION QUESTION

- Where did gymnastics originated from?



2. Briefly narrate the history of gymnastics.
3. Explain the nature of gymnastics.
4. Mention the Europeans that contributed to the development of gymnastics.

History of Swimming

Swimming is an aquatic sport engaged in by all ages like diving, scuba, water polo, sailing, canoeing, fishing, boat regatta etc., for recreation, physical fitness and survival. Carvings of Swimmers were found on rock walls in Libyan Desert dated far back as 9,000 B.C. It was among the sports the Greeks competed for during the ancient and modern Olympic Games. It became an Olympic event for men in 1896 and for women in 1912. Today, it is the second largest sport in the Olympic Games. The world controlling body is Federation Internationale de Natation Amateur (F.I.N.A) in 1908 in London but its headquarters in USA. In Nigeria, people in the riverine areas start swimming from the birth i. e The Ijaws, the Ilajes and other riverine tribes. The Swimming Federation of Nigeria (S.F.N) was formed in 1958.

EVALUATION QUESTION

1. Swimming originated from whom?
2. Briefly narrate the history of swimming.
3. Mention the forms of movement activities performed on water other than swimming.

READING ASSIGNMENT

Read pages 203—206 of Basic and Technology for Junior Secondary School 1.

WEEKEND ASSIGNMENT

1. Non – contact sport is a sport _____ A. that required physical contact B. that does not require any contact C. that is combat in nature D. that involves blocking, grabbling and checking.
2. The following are examples of non – contact sports except _____ A. tennis B. gymnastics C. swimming D. wrestling.
3. Gymnastics performer is referred to as _____ A. gymnastere B. gymnastor C. gymnast D. gymner.
4. The Gymnastics Federation of Nigeria (G. F. N) was established in which year? A. 1920 B. 1930 C. 1965 D. 1975.
5. All the following are aquatic sports except _____ A. swimming B. water polo C. canoeing D. abulagame.

THEORY

1. Briefly explain the history of gymnastics and swimming.
2. Mention three values of gymnastics.

REFERENCE TEXT

1. Essentials of Physical and Health Education for Junior Secondary School 1
2. Basic and Technology for Junior Secondary School 1.



WEEK FOUR

Date.....

TOPIC: Benefits of Contact and Non - contact Sports

CONTENT: Benefits of Contact Sports

1. Contact Sports help to develop the spirit of sportsmanship.
2. They help to inculcate in individual importance of cooperation.
3. They encourage team spirit.
4. They help an individual to execute skills learnt.
5. They help to develop physical fitness.
6. They increase strength and endurance.
7. They improve self – image.
8. They decrease the risk of obesity.
9. They help in cardiovascular conditioning.
10. They help players improve their performance and skills through practice and hard work.

Benefits of Non – Contact

1. Non – Contact Sports serve as means of livelihood.
2. They help to develop skills.
3. They develop personality and social traits.
4. They are for recreation and relaxation.
5. They improve body posture.
6. They develop courage.

EVALUATION QUESTION

1. State the benefits of contact and non – contact sports.
2. Mention the components of physical fitness that are beneficial to the body.

READING ASSIGNMENT

1. Read pages 207—208 of Basic and Technology for Junior Secondary School 1.
2. Essentials of Physical and Health Education for Junior Secondary School 1

WEEKEND ASSIGNMENT

1. Exercise helps to keep the body _____. A. fit B. healthy C. rounded D. vigorous.
2. Regular exercise helps the body to _____. A. gain enough weight B. gain weight C. keep fit D. lose excess weight.
3. All these are benefits of physical education on human heart except _____. A. creating greater volume of the heart B. increasing the size of the heart C. increasing weight of the heart D. reducing the size of the heart.
4. The benefits of contact sports include the following except _____. A. fosters unity and cohesion B. promotes teamwork C. promotes socialization D. promotes winner takes all.
5. The benefits of non - contact sports include the following except _____. A. sense of responsibility B. creativity is enhanced C. promotes high level of concentration D. victories are shared.

THEORY

1. List five benefits of contact sports.
2. List five benefits of non – contact sports.

REFERENCE TEXT

1. Read pages 207 of Basic and Technology for Junior Secondary School 1.



2. Essentials of Physical and Health Education for Junior Secondary School 1.

WEEK FIVE

Date.....

TOPIC: Basic Skills and Safety Measures in Contact and Non – Contact Sports

CONTENT: Basic skills and Techniques in Contact and Non – Contact Sports

Skills used in Wrestling

- i. The open stance
- ii. The neck and forearm hold
- iii. The under – arm sweep
- iv. The hand pin
- v. The buttock fling
- vi. The arm drag
- vii. The leg hook
- viii. Diving to grasp the thigh
- ix. Diving to grasp the right and left leg.

Skills used in Judo

- i. Stance
- ii. Gripping
- iii. Foot walk / movement
- iv. Falling
- v. Throws
- vi. Choking
- vii. Arm locking
- viii. Breaking the balance

Skills used in Gymnastics

Gymnastics are grouped into three areas namely--- the STUNTS, TUMBLING and APPARATUS WORK. The stunts and tumbling activities are grouped as floor exercises or ground work. Apparatus activities are the gymnastic activities done with equipment. Jump support (side horse), dips (parallel bar) pull-up (horizontal bars), and skin the cat (horizontal bars). A SPOTTER is an individual that assist another in performing physical activities.

Skills used in Swimming

- i. Front crawl
- ii. Breast stroke
- iii. Back stroke
- iv. Butterfly stroke

EVALUATION QUESTION

1. Mention the skills used in contact sports (wrestling and judo).
2. Mention the skills used in non - contact sports (gymnastics and swimming).

Safety Measures in Contact and Non – Contact Sports

- i. The arena / field of play must be cleared of all dangerous objects.
- ii. The players must imbibe the spirit of sportsmanship (give and take).
- iii. Lines dimension and specification must show clearly.
- iv. Sports material and equipment to be used must be properly maintained and in good shape.
- v. Be knowledgeable of what to do.



- vi. Have adequate warm – up before performing.
- vii. Proceed from simple to complex activities.
- viii. Always wear the correct costumes (wears).
- ix. Follow the coaching points.
- x. Perform activities within one’s ability.
- xi. Avoid prolonged activities.
- xii. Activities should stop when fatigue sets in (tired).

EVALUATION QUESTION

1. Mention the skills and techniques used in the above–mentioned contact and non - contact sports.
2. List the safety measures in contact and non - contact sports.

READING ASSIGNMENT

Read page 208 of Basic and Technology for Junior Secondary School 1.

WEEKEND ASSIGNMENT

1. The basic skills in contact sports include the following except _____. A. the initial hold B. the grip C. the stance D. the crawl.
2. The basic skill in non – contact sports include the following except _____. A. the breast stroke B. the butterfly stroke C. the ventral stroke D. front crawl.
3. The skills used in gymnastics include all except _____. A. stunts B. tumbling C. apparatus work D. choking.
4. One of the following skills is used in wrestling. A. Gripping B. Falling C. Throws D. Hand pin.
5. The safety measures in contact and non – contact sports include the following except _____. A. players should imbibe the spirit of sportsmanship B. inspect all facilities and equipment before use C. fighting and quarrelling with your co – contestants D. officials should ensure fair play.

THEORY

1. List three skills each in Judo and swimming
2. List any four safety measures in contact and non – contact sports.

REFERENCE TEXT

Read pages 208 of Basic and Technology for Junior Secondary School

WEEK SIX

TOPIC: Pathogens, Diseases and their Prevention.

CONTENT: Diseases Caused by Pathogens.

Pathogens are organisms that cause diseases. Majority of those organisms are micro – organisms which can only be seen by the microscopes.

Diseases

Disease means illness or disorder of the body or mind. In other words, disease is a condition of abnormal function involving any structure, part or system of an organism.

Pathogens or Disease Causative agents

1. Bacteria



2. Viruses
3. Fungi
4. Protozoa
5. Worms
6. Vector e.g. insects

Types of disease

1. Communication diseases
2. Non - Communication diseases

Communicable Diseases

These are diseases that can be transmitted from one person to another.

Pathogens enter into the body:

1. Through the mouth or nose
2. Through the intestine
3. Through the skin
4. Through the anus

Types of Communicable Disease

1. Airborne disease
2. Waterborne disease
3. Contaminated foods disease
4. Contagious/skin contact disease
5. Animal/Insect bites disease

Examples of Communicable Disease

1. Measles
2. Malaria
3. Mumps
4. Pneumonia
5. Cholera
6. Ring worm
7. Syphilis
8. Small pox
9. Tuberculosis
10. Whooping cough
11. Dysentery
12. Flu
13. Typhoid/Yellow fever
14. Gonorrhoea
15. Meningitis
16. Influenza
17. A.I.D.S etc.

EVALUATION QUESTION

1. Name the two types of disease that exist.
2. List the ways pathogens enter into our body.
3. Mention the types of communicable disease.



Non - Communication diseases

Non - Communication diseases are diseases that cannot be transmitted from one person to another.

Examples of Non - communicable Disease

1. Tetanus
2. Malaria
3. Kwashiorkor
4. Marasmus
5. Pellagra
6. Cholera
7. Cancer
8. Diabetes
9. Hypertension
10. Stroke
11. Sickle cell anaemia
12. Asthma
13. Epilepsy

Diseases Preventive Measures

1. Wash the hand properly before eating and after using the toilet
2. Cook your foods well before eating e.g. pork and beef.
3. Fresh fruits that are not cooked must be thoroughly washed with clean water
4. Avoid moving near an infected persons e.g. cough and catarrh
5. Always boil your water where treated water is not available.
6. Keep your fingers clean and cut short your finger nails
7. Avoid sharing personal belonging with others e.g. cups, combs, pants, singlet, towel, brush and others.
8. Treat wounds and sores and never leave them exposed.
9. Ensure good sanitation in and around the house.
10. Fumigate your surroundings regularly.

EVALUATION QUESTIONS

1. Explain the following terms:
 - a. Pathogens
 - b. Disease.
2. Mention any five disease causative agents.

READING ASSIGNMENT

Read pages 216 of Basic and Technology for Junior Secondary School 1.

WEEKEND ASSIGNMENT

1. _____ are micro-organisms that can cause disease A. Man B. Disease C. Pathogens D. None of the above
2. The illness or disorder of the mind and body is called _____ A. Disease B. Man C. Pathogens D. All of the above
3. Pathogens can enter into the body through the following ways except _____ A. Nose B. Skin C. Intestine D. None of the above



4. Diseases that can be spread from one person to another is called _____ A. communicable
B. Non-communicable C. bacteria D. fungi
5. Which of the following is not types of communicable diseases? A. Airborne disease
B. Waterborne diseases C. Contaminated food diseases D. None of the above

THEORY

1. List out five examples of communicable disease.
2. State any five preventive measures of diseases you know.

REFERENCE TEXT

1. Basic and Technology for Junior Secondary School 1.
2. Essentials of Physical and Health Education for Junior Secondary School 1

WEEK SEVEN AND EIGHT

TOPIC: FOOD, NUTRITION AND HEALTH

CONTENT: Meaning of Food

FOOD, CLASSES AND IMPORTANCE

Food can be defined as any substance that can be metabolized by any organism to give and build tissues. It is a substance which when taken into the body, yields materials which can produce energy, yield substances for growth and repair of our body tissues. Good food is one of the basis for good health.

CLASSES OF FOOD

- 1) Carbohydrates
- 2) Fats and oil
- 3) Protein
- 4) Mineral salts
- 5) Vitamins
- 6) Water.

DIFFERENT TYPES OF FOOD

CARBOHYDRATES---	cassava, yam, maize, potatoes, rice, millete.t.c.
FATS AND OIL---	palm oil, butter, groundnut oil, animal oil e.t.c.
PROTEIN---	fish, meat, egg, milk, beans e.t.c.
MINERAL SALT---	sea foods, vegetables, liver, milk e.t.c.
VITAMINS---	liver, egg, milk, tomatoes, fruits e.t.c.
WATER---	rain, spring, brooks/small river, tap e.t.c.

FUNCTIONS OF FOOD

- 1) Food satisfies hunger.
- 2) Food keeps the body warm.
- 3) Food makes us look good and healthy.
- 4) Food builds the body.
- 5) Food protects the body from diseases and infections.
- 6) Food provides the body with energy.
- 7) Food makes us grow and develop.

EVALUATION QUESTION



1. Define food.
2. List six functions of food.

READING ASSIGNMENT

Read pages 213- 214 of Basic and Technology for Junior Secondary School 1.

WEEKEND ASSIGNMENT

1. Food serves the following purpose except ____ (a) eliminate hunger (b) provide energy (c) enhance growth (d) increase hunger.
2. The class of food that helps in the growth of new cells is called ____ (a) fat and oil (b) mineral salt (c) protein (d) vitamins
3. The substance for growth and repair of our body tissues is called ____ A. good B. mood C. food D. none of the above
4. Which of these is a class of food? A. Beans B. Rice C. Egg D. None of the above
5. The following are sources of Fats and oil except ____ A. fish oil B. millet C. coconut oil D. palm oil

THEORY

1. Mention any five importance of food.
2. List any five sources of fats and oil.

REFERENCE TEXT

1. Essentials of Physical and Health Education for Junior Secondary School 1.
2. Basic and Technology for Junior Secondary School 1.

WEEK NINE

Date.....

TOPIC: IMPORTANCE OF FOOD

CONTENT: What is Food?

Food is a substance which when taken into the body yields materials which can produce energy, yields substance for growth and repair of our body tissues.

It should be valuable in the regulation of our body functions and it should not be harmful to the body. Good food is the basis of good health and well-being.

IMPORTANCE OF FOOD

1. Food eliminates hunger.
2. Food is use for entertainment.
3. Food serves a source of income.
4. Food helps in resistance of disease.
5. Food provides energy.
6. Food helps in recovery from illness.
7. Food builds the body

EVALUATION QUESTION

1. What is food?
2. Mention the importance of food to the body.

READING ASSIGNMENT

Read page 215 of Basic and Technology for Junior Secondary School 1.



WEEKEND ASSIGNMENT

- _____ provides energy required by the body for physical activities. A. Water B. Vitamins C. Proteins D. Food
- One of the following is concerned with nutrition _____ A. how food is used by the cells for proper functioning B. composition of food C. how food is digested D. all of the above.
- Which class of food builds and repairs worn out tissues and cells of the body? A. Fat and oil B. vitamins C. Carbohydrates D. Proteins
- Food is important to the body in the following ways except _____ A.it promotes good health B. it develops the body muscles C.it reduces energy D. it makes the body grow well
- Lack of vitamin A will cause all these diseases except _____ A. eye infection B. night blindness C. beriberi D. low disease resistance.

THEORY

- What is nutrition?
- State any five importance of food nutrients

REFERENCE TEXT

- Essentials of Physical and Health Education for Junior Secondary School 1.
- Basic and Technology for Junior Secondary School 1.

WEEK TEN

Date.....

TOPIC:FUNCTIONS OF VARIOUS CLASSES OF FOOD

Food Classification, Sources and Functions

CLASS	SOURCES	FUNCTIONS
Carbohydrates	Cassava, yam, maize, sugar-cane, honey, potatoes, rice, millet etc.	Provide energy needed for the body.
Proteins	Fish, meat, milk, beans	Body building, repair and replace worn-out tissues.
Fats and Oil	Animal oil, palm oil, butter, groundnut oil, cheese, fish oil, cod liver oil, coconut oil	Regulate body temperature, secondary source of energy.
Mineral Salts	Milk, meat, liver, cheese, vegetables, sea foods	Proper functioning of the body.
Vitamins	Liver, eggs, milk, fish oil, citrus, tomatoes, fruits.	Protection against diseases.
Water	Rain, Springs, brooks, vegetables, fruits, Beverages tea etc.	For easy digestion and maintenance of body fluid.

CARBOHYDRATES: Glucose is the end product of the digestion of glucose. Excess glucose is converted as glycogen and stored in the muscles and liver. Carbohydrates are initially used as the major energy source. Carbohydrates are made up of carbon, hydrogen and oxygen.

FATS AND OIL: Fats are the second most readily available source of energy during exercise. But it requires a much more complicated process of releasing their energy to meet the demands of exercise. The chemical composition of is carbon, hydrogen and oxygen.

PROTEIN: This is the third most available energy source used by the body. The end product of protein is amino acid. The composition of protein is carbon, hydrogen, oxygen, nitrogen, phosphorus.



EVALUATION QUESTION

1. List the classes of food.
2. Mention sources of food of each of the classes.
3. State the functions of each of the classes.

READING ASSIGNMENT

Read page 214 of Basic and Technology for Junior Secondary School 1.

WEEKEND ASSIGNMENT

1. Food serves the following purpose except _____. A. eliminate hunger B. provide energy C. enhance growth D. increase hunger.
2. The class of food that helps in the growth of new cells is called _____. A. fat and oil B. mineral salt C. protein D. vitamins
3. Which of the following class of food can be regarded as the best source of energy for exercise? A. protein B. fat and oil C. vitamins D. fat and oil
4. Which of the following is not a function of food to the body? A. Development B. Retardation C. Energy D. Growth
5. The class of food that provides resistance to diseases is _____. A. fats and oil B. proteins C. vitamins D. water

THEORY

1. What is food ?
2. In a tabular form, state the classes of food, two sources and one function of each class of food.

REFERENCE TEXT

1. Basic and Technology for Junior Secondary School 1.
2. Essentials of Physical and Health Education for Junior Secondary School 1.