

Zambian Basic Education Course

NUTRITION EDUCATION

Supplementary Material

Pupil's Book Grade 2



Ministry of
Education



Government of the
Republic of Zambia

Zambian Basic Education Course

Supplementary Material
Pupil's Book
Grade 2

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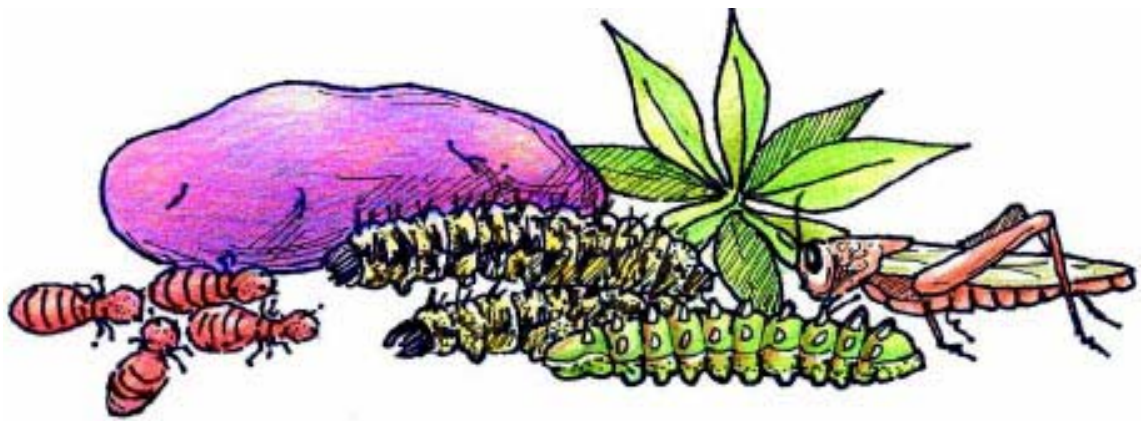
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CHAPTER 1

OUR FOOD

You are going to talk about:

- what kinds of things you eat
- where they come from
- what you like eating
- what is good food

LESSON 1. THE FOOD WE EAT

Activity 1

Say what foods you eat every day.

Describe one of them.

Activity 2

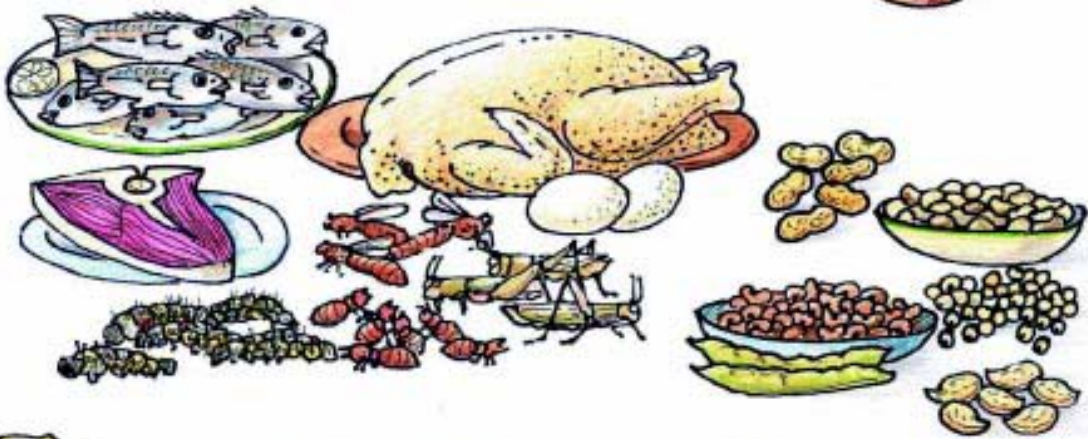
Look at the pictures on the next page.

Can you see some of the foods you eat?

Name the foods in the pictures.

What foods do you like eating?

What foods do you NOT eat? Why?





READING: Find the names of the foods in the picture.

Sugarcane water **honey** red palm oil fish
 flying ants **eggs** chicken **fruit drinks**
 meat grasshoppers soya beans *caterpillars* guava
BEANS bread *cowpeas* orange **bambara nuts**
 mangoes **munkoyo** paw-paw **OKRA** lemon
 groundnuts **bananas** sweet potato leaves
 cassava leaves **MPUNDU chikanda** millet **tomato**
nshima pumpkin leaves **bean leaves** spinach **RICE**
 pumpkin **masuku sorghum** **INTUNGULU cassava**
 sweet potato **COOKING OIL** maize



ASK YOURSELF

What foods did I eat yesterday?
 Am I eating different foods today?
 What is different?

MY FOOD

Yesterday I ate.....
 Today I ate.....



REMEMBER

There are a lot of different foods to eat.
 For example.....



HOMEWORK

Draw the foods you grow at home (plants and animals). OR
 Write the names of some foods you grow at home. OR
 Describe one food you eat.

LESSON 2. FOOD FROM PLANTS AND ANIMALS

Activity 3

Draw a picture of some foods produced at home.

Is your home like this picture?



Which animals give food? What food?

Which plants give food? What food?

What foods do you buy?

Which ones come from plants?

Which ones come from animals?



READING

Some foods come from plants – for example, nshima, maize porridge, palm oil, mangoes, munkoyo, chikanda.

Some foods come from animals – for example, eggs, meat, kapenta, flying ants.

We need to eat plant foods every day.

We need to eat animal foods every day.



ASK YOURSELF

Did I eat plant food yesterday?

Did I eat animal food yesterday?

WHAT I ATE YESTERDAY

PLANT

ANIMAL

.....
.....



REMEMBER

Eat animal food and plant food every day.

For example....



HOMEWORK

Look around at home. Ask your family:

Which foods are from animals?

Which foods are from plants?

Which foods are not from plants or animals?

LESSON 3. KINDS OF FOOD

Activity 4

Look at the picture in Lesson 2.

What fruits can you see?

What vegetables can you see?

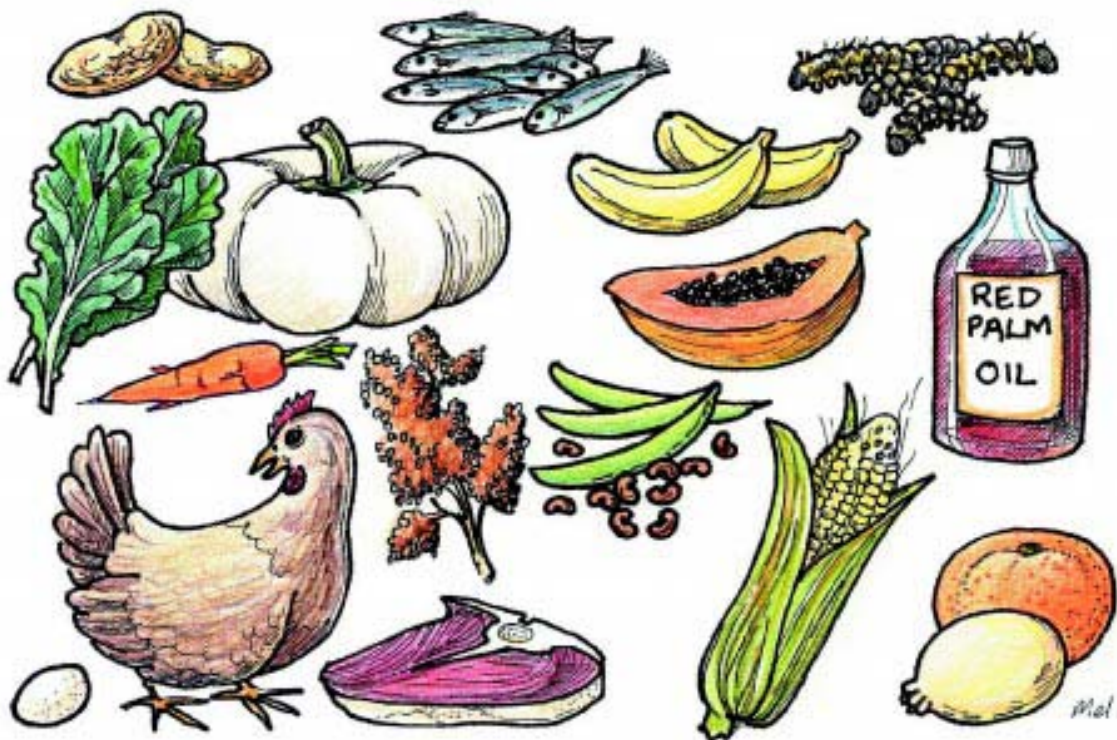
Can you see the maize? What kind of food is it?

Can you see where the eggs come from?

Can you see where the oil comes from?

Activity 5

Look at the pictures.



Are there any nuts, cowpeas and beans?

Is there any meat or fish or other animal foods?

Are there any vegetables?

Is there any fruit?

Are there any cereals?

Is there any oil?

Can you see the carrot? What kind of food is it?



READING

There are many kinds of food – vegetables, fruits, roots, nuts, cereals, peas, beans, oil, milk, sugar, fish, meat, eggs, insects.

You need to eat ALL these kinds of food.



ASK YOURSELF

What have I eaten today?

Fruits? Nuts? Roots? Cereals? Meat?

Fish? Vegetables?

Red palm oil?

FOODS I ATE TODAY

Fruit.....

Oil.....

Cereals.....

Roots....

Vegetables...

Nuts...

Meat/fish....

Insects...

Peas/beans....



REMEMBER

We need to eat ALL kinds of food. For example.....



HOMEWORK

Find examples at home of:

roots

cereals

fruits

beans & peas

oil

vegetables

nuts

meat & fish

LESSON 4. FOOD WE LIKE

Activity 6

What foods do you like most?

Why do you like these foods?



READING

People like different foods for different reasons.
Different people like different foods. Some people do
not like the foods you like.



ASK YOURSELF

What foods do I like most?

FOODS I LIKE MOST

.....

.....

.....



REMEMBER

Different people like different foods.
For example.....



HOMEWORK

Ask two people in your family what foods they like most.
Ask them why.

MESSAGES

Can you remember all the **Remember** messages?

