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FREE LEARNING NOTES FOR ZAMBIA

GRADE 2 · TERM 1

Science

Good eating habits and a balanced diet

Lesson notes for learners · Competence-Based Curriculum

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How we eat is important for healthy growth. In this note you will learn good and bad eating habits and what a balanced diet is. Think about how you eat at school feeding time.

AFTER THESE NOTES YOU SHOULD BE ABLE TO

- Name good eating habits and bad eating habits
- Practise good eating habits at meals
- Say what a balanced diet is

KEY WORDS

Eating habit	The way we usually eat.
Balanced diet	A meal with energy giving food, body building food and protective food.
Utensils	Things we eat with, such as a spoon.

1 Good and bad eating habits

Is it okay to talk while eating. Why. Look at pictures of learners eating at school feeding time. Which eating habits do you see. Which are good and why. Which are bad and why.

Some habits are bad. Talking with your mouth full. Eating with your elbows on the table. Making a mess. Burping loudly. Chewing loudly. Eating too fast. Taking bites that are too big. Eating an unbalanced diet.

Some habits are good. Take small bites that are easy to manage. Use utensils. Chew with your mouth closed.

Good habits	Bad habits
Small bites	Talking with mouth full
Use utensils	Elbows on the table
Chew with mouth closed	Chewing loudly
Eat slowly	Eating too fast

Figure 1. Eating habits

2 Practise good habits

Sort picture cards of eating habits into two sets. Label set A as good eating habits and set B as bad eating habits.

Practise good eating habits at school feeding time and whenever you eat.

3 A balanced diet

Foods help our bodies in different ways. Nshima gives us energy. Vegetables protect us from diseases. Beans build our body.

Family A eats nshima and vegetables only at lunch. Family B eats nshima, beans and vegetables. Which family eats a balanced diet. Why. What is missing for the other family.

A balanced diet is a meal with energy giving food, body building food and protective food. Think of other meals that make a balanced diet.

Food	How it helps
Nshima	Gives energy
Beans	Builds the body
Vegetables	Protects from diseases

Figure 2. Foods and what they do for the body

TRY THIS

At your next meal, take small bites, use utensils and chew with your mouth closed. Tell your family which foods on your plate give energy, build the body or protect the body.

REMEMBER

- Good habits: small bites, use utensils, chew with mouth closed
- Bad habits include talking with mouth full and eating too fast
- Nshima gives energy, beans build the body and vegetables protect from diseases
- A balanced diet has energy giving, body building and protective food

? Check yourself

1. Name one good eating habit.
2. Name one bad eating habit.
3. What does nshima give us.
4. What do vegetables do for the body.
5. At school feeding time Mwamba eats very fast, talks with his mouth full and puts his elbows on the table. Chanda takes small bites and chews with her mouth closed. Their teacher asks the class about them. (a) Who has good habits. (b) Name one bad habit Mwamba has. (c) What can Mwamba do instead of e
6. Family A eats nshima and vegetables only at lunch. Family B eats nshima, beans and vegetables. A girl tells the class what she sees. (a) Which family eats a balanced diet. (b) What does Family A not have. (c) What do beans do for the body.

ANSWERS

1. Small bites, using utensils or chewing with the mouth closed.
2. Talking with mouth full, elbows on the table, eating too fast or chewing loudly.
3. Energy.
4. They protect us from diseases.
5. (a) Chanda. (b) Eating fast, talking with mouth full or elbows on the table. (c) Take small bites and eat slowly.
6. (a) Family B. (b) Beans, a body building food. (c) They build the body.

Written by 25Schools to follow the Grade 2 Science syllabus of the Zambian competence-based curriculum. Free for learners to read, download and share. More notes and quizzes at 25schools.com.