BASIC SCIENCE JSS1

**IOPIC: FOOD TYPES [week eight]**

**Classification of food**

**There are six classes of food, they are:**

1. Carbohydrate
2. Protein
3. Vitamin
4. Fat and oil
5. Mineral salt
6. Water

 **Carbohydrate**: These are energy giving food .Examples are yam , bread, garri, cocoyam, potatoes, maize, wheat etc.

**Functions**:

1. It provides the body with energy and heat.
2. It provides warmth to the body.
3. Surplus is stored as body fat.

**Deficiency diseases**

1. Lack of energy
2. Tiredness

**Protein:** They are powerful compound that build and repair body tissue.

Examples: meat, fish, beans, soya-beans, breadfruit, egg, milk , yogurt etc

**Functions:**

1. For growth
2. To repair worm out or damage tissues

**Deficiency diseases:**

1. Poor growth and development
2. General weakness
3. Kwashiorkor

**Vitamin:** It helps in the maintenance of good health.

Examples: Orange , Fruits , vegetables, codliver oil etc

**Functions:**

* Protect the body from diseases and infection
* Promote growth
* Important for vitality
* Enable the body use food for energy

**Deficiency Diseases**

* Body will be easily affected by diseases.
* Weakness and loss of appetite.

**Fat and oil:** they supply the body with energy.

Examples: Palm oil, margarine, butter, coconut oil, etc

**Functions:**

* Provides the body with heat and energy.
* Stored as body fat
* Act as insulator to conserve heat.

**Deficiency:**

* Roughness of the skin

**Mineral salt:** They keep the body health and strong

Examples: potassium, calcium, iron, etc

**Functions:**

* For growth of bones and teeth
* For proper working or functioning of the body

**Deficiency:**

* Poor functioning of the body
* Tiredness
* Headache etc

**Water:** It is important in the body function and body building

Examples: fruits, beverages, vegetables, water etc

**Functions:**

* Helps in digestion
* Water is needed for absorption of food.
* Important for body tissues and fluids.

**Deficiency:**

Normal digestion and other body functions will be affected.

**TOPIC: CLEANING AGENTS [week nine]**

Cleaning agents are substances that help in removing dirt from the surfaces. They includes: water, detergent, vim, kerosene, polish, vinegar etc.

**Maintenance of some equipment for sanitation or housekeeping equipment**

* After use remove the dirt
* Rinse in clean warm water
* Put out to dry in open air
* Keep in the right place when not in use
* Store properly

**TOPIC: DRUG AND DRUG ABUSE [week ten]**

Drug is any chemical substance solid or liquid which is capable of capable of causing changes in the mind and body. Drug could be recreational or therapeutic. When is for fun is called recreational, examples alcohol, cocaine, caffeine etc and when is for saving lives and curing diseases is called therapeutic, examples paracetamol, penicillin, aspire.

Drug abuse is unlawful use of harmful drugs which is banned by government or not prescribed by the doctor.

**USES OF DRUG**

1. For curing or preventing diseases
2. Act against bacteria and fungi
3. To relieve pain
4. To combat or fight diseases

**SIDE EFFECT OF DRUG ABUSE**

1. Loss of appetite
2. Inability to sleep very well
3. Becomes moody and worries a lot
4. Can lead to brain damage
5. Causes weight loss
6. Can lead to death,