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Primary 5 Social studies

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Term 3

Theme: LIVING TOGETHER IN UGANDA

Topic 3/3: Population, Size and Distribution

Learning Outcomes:

The learner is able to promote and practice desirable values in society and show respect for his/her own and other cultures.

Population

Population means the **number of people living in a place**. It can be a village, town, country, or even the whole world.

Types of Population

Large population – when many people live in one place.

Small population – when few people live in one place.

Importance of Population

- (i) Provides **workers** for farms, industries, and offices.
- (ii) Creates **markets** for goods and services.
- (iii) Helps in **development** of schools, hospitals, and roads.

Advantages of large population

- (i) **More workers** – many people can work on farms, in factories, and offices.
- (ii) **Big market** – industries and traders have many customers to buy goods.
- (iii) **More talents and skills** – different people bring new ideas and abilities.
- (iv) **Strong defense** – many people can join the army to protect the country.
- (v) **Faster development** – with more workers and buyers, the country grows quickly.

Problems of Large Population

- (i) Shortage of food and water.
- (ii) Overcrowding in schools and hospitals.
- (iii) High unemployment.
- (iv) Diseases (infection) spread faster due to overcrowding, poor sanitation and easy contamination of water

Advantages of a small population

- (i) **Enough resources** – food, water, and land are enough for everyone.
- (ii) **Better services** – schools, hospitals, and roads are less crowded.
- (iii) **More job opportunities** – fewer people competing for the same jobs.
- (iv) **Easy planning** – government can plan and provide for citizens more easily.
- (v) **Peaceful living** – less overcrowding reduces conflicts.

Problems of Small Population

- (i) Few workers for farms and industries.
- (ii) Slow development.
- (iii) Small markets for goods.

Exercise 1

1. What is population?
2. State any two advantages of large population.
3. Mention two problems of a large population.
4. Give any two advantages of a small population
5. Mention two problems of a small population.
6. Give one reason why population is important in a country.
7. Differentiate between large population and small population.

Population Census in Uganda

A **population census** is the counting of all people living in a country.

In Uganda, it is usually done every **10 years**.

Population census in Uganda are organized and carried out by **Uganda Bureau of Statistics (UBOS)**

Last population census was carried out 2024.

All people in Uganda were counted and information about households, jobs, education, and living conditions was collected.

Importance of Population Census

- (i) **Helps government plan** for schools, hospitals, and roads.
- (ii) **Shows population size** (how many people live in Uganda).
- (iii) **Provides information** about age, sex, and jobs of people.
- (iv) **Helps in fair distribution** of resources.

(v) **Guides development projects** like electricity and water supply.

Exercise 2

1. What is a population census?
2. Who carries out the population census in Uganda?
3. How often is the population census done in Uganda?
4. Mention two reasons why a population census is important.
5. Apart from counting people, give any other pieces of information determined during a population census in Uganda.
6. When was the last census carried out in Uganda?
7. When should we expect the next national census to be carried out in Uganda?
8. Give one example of how census information helps the government.

Population Terms

Population size or number: This means the **total number of people** living in a place (e.g., Uganda has millions of people).

Population density: This shows **how many people live in a given area**. If many people live in a small area, the density is high; if few people live in a large area, the density is low.

Population distribution: This means **how people are spread out** in a country. Some areas may have many people (like towns and cities), while others have few (like villages or forests).

Population structure: This shows the **different groups of people** in a population, such as children, youth, adults, and the elderly.

Exercise 3

1. What is meant by population size?
2. Explain population density in simple words.
3. What does population distribution show?
4. Give one reason why population growth happens.
5. Mention two groups found in population structure.

Population Growth

Population growth means the **increase in the number of people** living in a country over time. It usually occurs when the number of birth is higher than the number of deaths.

Factors leading to high population Growth

(i) **High birth rate** – many babies are born.

- (ii) **Low death rate** – better health care keeps people alive longer.
- (iii) **Immigration** – people moving into a country increases population.

People move to places with food, jobs, social services (schools and health facilities), favorable climate/temperature, security and peace.

- (iv) **Improved farming** – more food supports more people.
- (v) **High fertility rate of women**. That is, women giving large number of children.

Dangers of Fast Population Growth

- (i) **Shortage of food and water**.
- (ii) **Overcrowding in schools and hospitals**.
- (iii) **Unemployment** – not enough jobs for everyone.
- (iv) **Poor housing** – slums may develop.
- (v) **Pressure on resources** – land, forests, and water get overused.

Population Control Methods

- (i) **Family planning** – parents choose the number of children they can support.
- (ii) **Education** – teaching people about the importance of small families.
- (iii) **Improved health care** – reduces child deaths, so families don't feel the need for many children.
- (iv) **Government policies** – encouraging manageable family sizes.

Exercise 4

1. What is population growth?
2. Mention two factors that cause population growth.
3. Give two dangers of fast population growth.
4. What is one way of controlling population growth?
5. Why is education important in population control?

Family planning

Family planning means **parents choosing the number of children they can support** and spacing them well, so the family can live happily and healthily.

Types of Family Planning

Natural methods

Parents decide when to have children by spacing births naturally.

Example:

- (i) breastfeeding can delay the next pregnancy by delaying ovulation/release of egg
- (ii) abstinence from sex prevents pregnancy

Modern methods

Parents use tools or medicines to prevent pregnancy.

Examples:

- (i) **Condoms** – used by adults to prevent pregnancy.
- (ii) **Pills or injections** – taken by mothers to control births.
- (iii) **Permanent methods of family planning include**
 - **Tubal ligation** – an operation for mothers where the tubes that carry eggs are blocked.
 - **Vasectomy** – an operation for fathers where the tubes that carry sperm are blocked.

Importance of Family Planning

- (i) Helps parents care well for their children.
- (ii) Reduces poverty in families.
- (iii) Improves health of mothers and children.
- (iv) Allows parents to plan for education and food.

Exercise 5

1. What is family planning?
2. Mention one natural method of family planning.
3. Give two modern method of family planning.
4. Why is family planning important for families?
5. How does family planning help children?
6. State any one permanent method of family planning in males
7. Name any one method of family planning in female.

HIV/AIDS and Its Effects

HIV/AIDS is a disease that weakens the body's ability to fight other illnesses.

It is usually transmitted through sex intercourse.

Social Effects of HIV/AIDS on Population

- (i) **Loss of family members** – children may lose parents and become orphans.
- (ii) **Breakdown of families** – families become weaker when members die.
- (iii) **Stigma and discrimination** – people with HIV/AIDS may be treated unfairly.
- (iv) **Reduced population growth** – many people die at a young age.

Economic Effects of HIV/AIDS on Production

- (i) **Loss of workers** – industries, farms, and offices lose skilled workers.
- (ii) **Reduced income** – families spend money on treatment instead of development.
- (iii) **Lower productivity** – sick workers cannot work well.
- (iv) **Increased poverty** – families and the country struggle to meet needs.

HIV/AIDS Control and Support

- (i) **Education** – teaching people how to prevent HIV/AIDS.
- (ii) **Counseling and support** – helping affected families cope.
- (iii) **Medical care** – providing treatment to prolong life.
- (iv) **Awareness campaigns** – reducing stigma and discrimination.

Exercise 6

1. What is HIV/AIDS?
2. Mention two social effects of HIV/AIDS on families.
3. Give two economic effects of HIV/AIDS on production.
4. How does HIV/AIDS affect population growth?
5. Suggest one way the government can support people living with HIV/AIDS.

Solutions to low population

- (i) **Encourage immigration** – allow people from other countries to come and live in the country.
- (ii) **Improve health care** – reduce deaths by giving good medical services.
- (iii) **Support families** – provide help so parents can raise more children.
- (iv) **Create jobs** – attract workers and keep young people in the country.
- (v) **Educate people** – teach about the importance of having families.
- (vi) **Provide better housing and services** – make the country attractive to live in.

The AIDS Support Organization (TASO)

It is an organization in Uganda that provides HIV/AIDS prevention, treatment, counseling, and community support services.

It is one of the oldest and largest indigenous NGOs fighting HIV/AIDS in Uganda, founded in 1987.

Main Activities of TASO

1. HIV/AIDS Prevention

- (i) Conducts **awareness campaigns** in schools, communities, and workplaces.
- (ii) Promotes **safe practices** to reduce the spread of HIV.
- (iii) Provides **HIV testing and counseling services**.

2. Treatment and Care

- (i) Offers **antiretroviral therapy (ART)** to people living with HIV/AIDS.
- (ii) Provides **home-based care** for patients who cannot reach health centers.
- (iii) Monitors **adherence to medication** to ensure effectiveness.

3. Counseling and Psychosocial Support

- (i) Offers **individual and group counseling** for people living with HIV/AIDS.
- (ii) Provides **support for families and orphans** affected by HIV/AIDS.
- (iii) Fights **stigma and discrimination** through education and community dialogue.

4. Community Outreach

- (i) Trains **community volunteers** to support HIV-positive individuals.
- (ii) Runs **peer education programs** to spread knowledge.
- (iii) Works with local leaders to strengthen community response.

5. Economic Empowerment

- (i) Supports **income-generating activities** for affected families.
- (ii) Provides **skills training** to help people living with HIV/AIDS earn a living.

6. Research and Advocacy

- (i) Conducts **studies on HIV/AIDS trends** in Uganda.
- (ii) Advocates for **better policies and funding** for HIV/AIDS programs.

Exercise 7

1. What does TASO stand for?
2. Mention two activities TASO carries out to prevent HIV/AIDS.
3. How does TASO support people living with HIV/AIDS?
4. Give one way TASO helps families affected by HIV/AIDS.
5. Why is counseling important for people living with HIV/AIDS?

8. Give the meaning of the term 'population density'.

Revision questions

1. State one effect of HIV/AIDs on the social life of the people of Uganda.
 - (i) **Families break down** – parents may die, leaving children as orphans.
 - (ii) **Stigma and discrimination** – people with HIV/AIDS may be treated unfairly.
 - (iii) **Loss of loved ones** – communities lose friends and relatives.
 - (iv) **Weakening of family support** – fewer people to care for children and the elderly.

2. (a) Apart from technical skills, mention two other factors to consider when selecting human labour to work in an industry.
 - (i) **Health and strength** – workers should be physically fit to handle tasks.
 - (ii) **Education level** – some jobs need workers who can read, write, and understand instructions.
 - (iii) **Experience** – workers with past practice can perform better.
 - (iv) **Discipline** – workers should be obedient, respectful, and follow rules.
 - (v) **Honesty** – trustworthy workers help prevent theft and misuse of resources.
 - (vi) **Age** – workers should be old enough and strong enough for the job.
 - (vii) **Teamwork** – ability to work well with others.

(b) Write two ways in which the government of Uganda can reduce movement of skilled labour out of the country.

 - (i) **Increase salaries and wages** – pay workers well so they stay.
 - (ii) **Provide better working conditions** – safe workplaces, good equipment, and fair treatment.
 - (iii) **Offer training opportunities** – help workers improve their skills inside Uganda.
 - (iv) **Create more jobs** – so skilled workers can find work at home.
 - (v) **Provide housing and social services** – make life comfortable for workers and their families.
 - (vi) **Recognize and reward workers** – give promotions and awards to encourage them.
 - (vii) **Strengthen health care and education** – so workers and their families feel secure.

3. State any one service offered by The Aids Support Organization (TASO) to a community.
 - (i) **HIV testing and counseling** – helping people know their status and get advice.
 - (ii) **Treatment and care** – giving medicine and support to those living with HIV/AIDS.
 - (iii) **Education and awareness** – teaching communities how to prevent HIV/AIDS.

- (iv) **Support for families and orphans** – helping children and families affected by HIV/AIDS.
 - (v) **Fighting stigma** – encouraging people to treat those with HIV/AIDS fairly.
4. State any one way in which a high population may negatively affect the provision of social service in an area.
- (i) **Overcrowded schools** – too many pupils for few classrooms and teachers.
 - (ii) **Busy hospitals** – many patients, but not enough doctors or medicine.
 - (iii) **Poor housing** – shortage of houses, leading to slums.
 - (iv) **Strain on water and electricity** – services cannot meet everyone’s needs.
5. Give the meaning of the term ‘population density’.
Population density in number of people in a given area of space.
6. Give any one reason why places that have many economic activities attract a high population.
- (i) **Jobs available** – people move there to work and earn money.
 - (ii) **Better services** – such as schools, hospitals, and markets.
 - (iii) **Good transport** – roads and vehicles make life easier.
 - (iv) **Business opportunities** – people can start shops or trade.
 - (v) **Improved living conditions**
7. Mention any one advantage of a nuclear family over an extended family.
- (i) **Less dependence** – parents make decisions quickly without interference from many relatives.
 - (ii) **Better privacy** – family matters are kept within the small household.
 - (iii) **Easier management** – fewer people to feed, house, and care for.
 - (iv) **Closer bond** – parents and children spend more time together, strengthening relationships.
8. What is a population structure?
A **population structure** means the way people in a population are grouped according to **age and sex**.
9. (a) Name the body that is responsible for organizing population census in Uganda.
Uganda Bureau of Statistics (UBOS)
- (b) Mention any two reasons why the government conducts population census.
- (i) **Know the total population** – to find out how many people live in Uganda.
 - (ii) **Plan for social services** – helps government provide enough schools, hospitals, water, and housing.
 - (iii) **Plan for jobs** – shows how many people are old enough to work.

- (iv) **Plan for future development** – guides where to build roads, markets, and electricity supply.
- (v) **Understand population structure** – shows the number of children, youth, adults, and elderly.
- (vi) **Resource distribution** – helps government share resources fairly among districts.
- (vii) **Policy making** – census data guides laws and programs for the people.

(c) State any one challenge faced by the enumerator during census.

- (i) Long distances to reach people.
- (ii) Bad weather like heavy rain.
- (iii) Language barriers with respondents.
- (iv) Some people refuse to give information.
- (v) Poor roads and transport problems.
- (vi) Tiredness from walking many hours.
- (vii) Security problems in some areas.

10. What is population growth?

Population growth is the increase in number of people with time.

11. (a) State any two reasons why the government carries out population census.

- (i) **Know the total population** – to find out how many people live in Uganda.
- (ii) **Plan for social services** – helps government provide enough schools, hospitals, water, and housing.
- (iii) **Plan for jobs** – shows how many people are old enough to work.
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(b) Give any two reasons why the slopes of Mountain Elgon have a high population.

- (i) Fertile soil
- (ii) Favorable climate

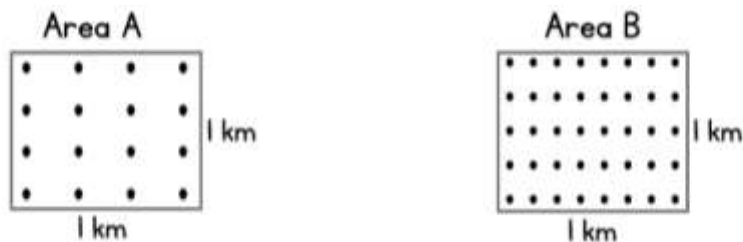
12. Why is it necessary for a country with a fast – growing population to modernize its agriculture?

- (i) To produce enough food for everyone.
- (ii) To create more jobs in farming.
- (iii) To improve storage and reduce food waste.
- (iv) To use machines that make farming faster.
- (v) To increase harvests from small pieces of land.

13. Mention any problem people living in mountain areas face.

- (i) Steep slopes make farming difficult.
- (ii) Poor roads make transport hard.
- (iii) Cold weather affects crops and animals.
- (iv) Landslides and soil erosion destroy homes and farms.
- (v) Long distances to schools and hospitals.
- (vi) Limited clean water supply.

14. The diagrams below show the population distribution of two different areas in a country. Use them to answer the questions that follow.



(a) What is the population distribution of area

A low population density

B high population density

(b) Mention any one advantage of the population distribution of area B to a country.

- (i) Easy to provide schools and hospitals in one place.
- (ii) Transport services are cheaper and more available.
- (iii) Many workers for industries and farms.
- (iv) Markets are near because people live close together.
- (v) Social services are used fully without waste.
- (vi) Communication is easier since people live close.

(a) Give any advantage of the population of people living in area A over those living in area B.

- (i) Enough land for farming and housing.
- (ii) Less competition for jobs.
- (iii) Easy access to schools and hospitals.
- (iv) Less traffic and transport problems.
- (v) Clean environment with less pollution.
- (vi) Resources like water and electricity are not overused.

15. Mention any one problem the government of Uganda is trying to solve by introducing universal primary education.

- (i) Many children could not afford school fees.
- (ii) High number of school dropouts.
- (iii) Illiteracy among children.
- (iv) Unequal access to education.
- (v) Poverty stopping children from studying.

16. (a) Write down two advantages of a large population in an area.

- (i) Easy to provide schools and hospitals in one place.
- (ii) Transport services are cheaper and more available.
- (iii) Many workers for industries and farms.
- (iv) Markets are near because people live close together.
- (v) Social services are used fully without waste.
- (vi) Communication is easier since people live close.

(b) State two problems caused by a big increase of population in an area.

- (i) Shortage of land for farming and housing.
- (ii) Overcrowded schools and hospitals.
- (iii) High unemployment because jobs are few.
- (iv) Traffic jams and poor transport.
- (v) Pollution of air, water, and land.
- (vi) Increased crime due to poverty.
- (vii) Pressure on food and clean water.

Thank You

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