

**Primary 7 Integrated Science****Term 3****Theme: The Community, Population and Family Life****Topic 2/2 – Population and Health****Learning Outcomes:** The learner:

- acquires skills and practices to prevent diseases in the community.
- develops knowledge and skills for collecting, recording, organizing and interpreting information on population and health.

Common Sicknesses in a Home and Their Causes

Disease	Cause
Malaria	Bites from infected mosquitoes.
Cough and Flu	Viruses, cold weather, or dust.
Diarrhea	eating dirty food, drinking unsafe water, or poor hygiene
Skin Diseases (ringworm, rashes)	fungi, dirty environment, or sharing infected items
Stomachache	Eating spoiled food, worms, or poor diet.
Headache	Stress, lack of rest, or illness like flu.
1. Toothache	Tooth decay from eating too many sugary foods or poor dental hygiene.

In short: **sicknesses in a home are often caused by poor hygiene, unsafe food and water, pests like mosquitoes, and lack of proper care.**

Exercise 1

State one cause of the following sickness

- (a) Diarrhoea
- (b) Malaria
- (c) Ringworm
- (d) Toothache

Controlling Common Sicknesses in a Home and Community

1. **Malaria**
 - Control by sleeping under mosquito nets, draining stagnant water, and spraying insecticides.
2. **Cough and Flu**
 - Control by keeping warm, avoiding dusty places, and covering mouth/nose when coughing or sneezing.
3. **Diarrhea**
 - Control by boiling drinking water, washing hands with soap, and eating clean food.
4. **Skin Diseases (like ringworm, rashes)**
 - Control by bathing regularly, wearing clean clothes, and avoiding sharing personal items.
5. **Toothache**
 - Control by brushing teeth daily, avoiding too many sugary foods, and visiting a dentist.
6. **Stomachache (worms)**
 - Control by deworming regularly, washing fruits and vegetables, and maintaining hygiene.

Summary

Common sicknesses can be controlled through **good hygiene, clean food and water, proper sanitation, mosquito control, and regular medical care.**

Exercise 2

State any one way of avoiding each of the following diseases

- (i) Malaria
- (ii) Diarrhoea
- (iii) Toothache
- (iv) Ringworm

Examples of Anti-Social Behaviour

- (i) **Stealing** – taking things without permission.
- (ii) **Telling lies** – giving false information.
- (iii) **Fighting** – causing harm to others.
- (iv) **Abusing others** – using bad or hurtful language.
- (v) **Disrespecting elders** – ignoring advice or instructions.
- (vi) **Destroying property** – breaking or damaging things on purpose.

Exercise 3

- (a) Name any four examples of antisocial behaviors.
- (b) State any two dangers of antisocial behaviour.

Examples of Sexual Deviations

Sexual deviations are **wrong and harmful behaviours** that go against respect for oneself and other. Examples include:

(Explained in a simple, age-appropriate way)

- (i) **Rape** – forcing someone into sexual activity against their will.
- (ii) **Defilement** – adults having sexual activity with children.
- (iii) **Incest** – sexual activity between close family members.
- (iv) **Homosexuality / Lesbianism** – sexual activity between people of the same sex.
- (v) **Masturbation** – using one's own body for sexual pleasure.
- (vi) **Oral sex** – using the mouth for sexual activity.
- (vii) **Bestiality** – sexual activity with animals.

Summary

Anti-social behaviour includes actions like stealing, lying, and fighting that harm others or the community.

Sexual deviations are wrong and harmful practices that go against normal behaviour and respect for human dignity.

Exercise 4

- (a) List any two sexual deviations.
- (b) State any two dangers of sexual deviations.

Dangers of Anti-Social Behaviour

- (i) **Stealing** – leads to loss of trust, punishment, and imprisonment.
- (ii) **Lying** – destroys relationships and causes conflicts.
- (iii) **Fighting** – causes injuries and hatred among community members.
- (iv) **Abusing others** – lowers respect and creates enemies.
- (v) **Destroying property** – wastes resources and brings poverty.

Dangers of Sexual Deviations

- (i) They **spoil good morals** and respect in society.
- (ii) They can **spread diseases** and cause poor health.
- (iii) They may lead to **shame, rejection, or punishment by law**.
- (iv) They destroy **family relationships and dignity**.

Summary

Anti-social behaviour and sexual deviations **harm individuals, families, and communities**. They lead to **loss of respect, poor health, broken relationships, and punishment by law**.

Ways of Avoiding Sexual Deviations

- (i) **Keep good company** – stay with friends who have good morals.
- (ii) **Avoid watching bad films or reading bad materials** – they can mislead you.
- (iii) **Keep busy with useful activities** – like studying, sports, and helping at home.
- (iv) **Respect your body** – know that it is special and should not be misused.
- (v) **Seek guidance** – talk to parents, teachers, or elders when faced with challenges.
- (vi) **Practice self-control** – avoid temptations and wrong places.
- (vii) **Follow religious and cultural teachings** – they guide us to live morally upright lives.

Activities to Address Health Concerns

- (i) **Keeping the home clean** – sweeping, mopping, and disposing of rubbish properly.
- (ii) **Washing hands with soap** – before eating and after visiting the toilet.
- (iii) **Boiling drinking water** – to prevent diarrhoea and other diseases.
- (iv) **Eating a balanced diet** – to stay strong and avoid malnutrition.
- (v) **Exercising regularly** – running, playing games, or skipping to keep the body fit.
- (vi) **Sleeping under mosquito nets** – to prevent malaria.
- (vii) **Visiting health centres** – for treatment and immunization.
- (viii) **Bathing daily and wearing clean clothes** – to prevent skin diseases.

In short: **health concerns are addressed by keeping clean, eating well, exercising, preventing diseases, and seeking medical care.**

Exercise 5

How to Carry Out Demography on Housing Information

1. **Prepare questions**
 - Example: *How many rooms are in your house?*
 - *What materials are used (bricks, mud, iron sheets)?*
2. **Select people to ask**
 - Choose families or households in the community.
3. **Collect information**
 - Visit homes and ask the prepared questions.
 - Record answers clearly in a notebook or survey form.
4. **Organize data**
 - Group similar answers together (e.g., houses with iron sheets, houses with grass roofs).
5. **Summarize findings**
 - Count totals and write a short report about the housing situation.
6. **Share results**
 - Present to the class, community, or teacher for discussion.

In short: **demography on housing is done by preparing questions, asking families, recording answers, organizing data, and reporting findings.**

Examples of information which are collected in a health survey.

- (i) **Age of people** – to know which age groups are most affected by certain health problems.
- (ii) **Sex (male or female)** – to compare health issues between boys and girls.
- (iii) **Type of sickness or health condition** – to find out common diseases in the community.
- (iv) **Nutrition status** – whether people are eating well or suffering from malnutrition.
- (v) **Sanitation practices** – such as toilet use, waste disposal, and hand washing.
- (vi) **Water sources** – whether people use safe or unsafe water.
- (vii) **Immunization status** – to know how many children have received vaccines.
- (viii) **Access to health services** – how often people visit clinics or hospitals.

Importance of carrying out a health survey in an area.

- (i) **Identify common diseases** – know which sicknesses affect people most.
- (ii) **Plan health services** – decide where to build clinics, provide medicines, and send doctors.
- (iii) **Improve sanitation and water supply** – find out if people have clean water and toilets.
- (iv) **Guide education campaigns** – teach people about hygiene and disease prevention based on real needs.

- (v) **Monitor progress** – check if health conditions are improving or getting worse over time.

Exercise 5

- (a) Write down any two pieces of information which are collected in a health survey.
- (b) Give two reasons why carrying out a health survey in an area is important

Avoiding Health Problems

- (i) **Keep the environment clean** – dispose of rubbish properly and wash hands with soap.
- (ii) **Eat a balanced diet** – to prevent malnutrition and stay strong.
- (iii) **Boil or filter drinking water** – to avoid diarrhoea and stomach diseases.
- (iv) **Sleep under mosquito nets** – to prevent malaria.
- (v) **Exercise regularly** – to keep the body fit and healthy.
- (vi) **Visit health centres** – for treatment, immunization, and advice.

Avoiding Social Problems

- (i) **Respect others** – listen to elders and avoid quarrels.
- (ii) **Avoid bad company** – stay away from friends who encourage stealing, lying, or fighting.
- (iii) **Obey rules and laws** – at home, school, and in the community.
- (iv) **Use polite language** – avoid abusing or insulting others.
- (v) **Stay busy with useful activities** – like studying, sports, and helping at home.
- (vi) **Seek guidance** – from parents, teachers, or elders when facing challenges.

In short: **health problems are avoided by keeping clean and living healthy, while social problems are avoided by respecting others, obeying rules, and keeping good company.**

Exercise 6

Suggest any four ways of avoiding social problems.

Activities of Health Clubs

- (i) **Cleaning the environment** – sweeping classrooms, collecting rubbish, and keeping surroundings neat.
- (ii) **Promoting hygiene** – teaching pupils to wash hands, bathe daily, and keep nails short.
- (iii) **Safe water practices** – encouraging boiling or filtering drinking water.
- (iv) **Mosquito control** – clearing stagnant water and promoting use of mosquito nets.
- (v) **Health education** – organizing talks on diseases, nutrition, and personal hygiene.
- (vi) **Gardening** – planting vegetables and fruits to promote healthy eating.
- (vii) **First aid training** – learning simple ways to help injured or sick pupils.
- (viii) **Campaigns** – creating posters and songs to spread health messages in school and community.

In short: **health clubs help pupils and communities stay clean, prevent diseases, and learn good health habits.**

Exercise 7

State any four activities carried out by school health clubs

Revision questions

1. Give one reason why boiled water should be filtered before drinking.
 - (i) **Removes dirt and sand** – boiling does not clear physical particles.
 - (ii) **Clears rust or debris** – from pipes or containers.
 - (iii) **Improves taste and appearance** – makes water clean and fresh.
 - (iv) **Extra safety** – ensures water is both germ-free and free from impurities.

2. (a) State any two ways you can use to control common sickness at home.
 - (i) **Keep the home clean** – sweep, mop, and dispose of rubbish properly.
 - (ii) **Wash hands with soap** – before eating and after using the toilet.
 - (iii) **Boil or filter drinking water** – to prevent diarrhoea and stomach diseases.
 - (iv) **Eat clean and balanced food** – avoid spoiled food and include fruits and vegetables.
 - (v) **Sleep under mosquito nets** – to prevent malaria.
 - (vi) **Exercise and rest well** – to keep the body strong and healthy.
 - (vii) **Visit health centres** – for treatment, immunization, and advice.
 - (viii) **Maintain personal hygiene** – bathe daily, wear clean clothes, and keep nails short.

(b) Give any two ways through which juvenile delinquency can be controlled in a society.

 - (i) **Good parenting** – parents should guide, counsel, and monitor their children.
 - (ii) **Education** – keeping children in school to learn good morals and skills.
 - (iii) **Counselling** – giving advice and guidance to children with problems.
 - (iv) **Providing recreation** – encouraging sports, clubs, and games to keep children busy.
 - (v) **Religious and cultural guidance** – teaching respect, discipline, and moral values.
 - (vi) **Law enforcement** – punishing wrong acts fairly to discourage bad behaviour.
 - (vii) **Community involvement** – neighbours and leaders working together to protect and guide children.
 - (viii) **Employment and skills training** – helping older youths learn trades and jobs to avoid idleness.

3. (a) Name the germ that causes cholera

Bacteria

- (b) Explain why cholera is common in densely populated communities.
 - (i) poor sanitation
 - (ii) use contaminated water

- (ii) Closeness promotes spread of diseases.
- (c) Apart from proper use of latrine, mention one other way of controlling the spread of cholera in communities in (b) above
- (i) Washing hands with soap and water after visiting the toilet and before eating food.
 - (ii) Eating hot food
 - (iii) Covering food
 - (iv) Drinking boiled water
4. State any one piece of advice you can give to children to help them prevent indigestion.
- (i) **Eat slowly and chew food well** – this helps the stomach digest easily.
 - (ii) **Avoid overeating** – eat just enough, not too much.
 - (iii) **Do not eat spoiled or dirty food** – it can upset the stomach.
 - (iv) **Drink clean water** – avoid taking too much soda or very cold drinks with meals.
 - (v) **Eat a balanced diet** – include fruits, vegetables, and avoid too many oily or sugary foods.
 - (vi) **Rest after eating** – avoid running or playing immediately after meals.
5. State any one way in which slashing of bushes around a home helps to control diseases.
- (i) **Reduces mosquito breeding** – mosquitoes hide and breed in bushes; clearing them lowers malaria risk.
 - (ii) **Removes hiding places for rats and snakes** – these animals can spread diseases or cause harm.
 - (iii) **Improves cleanliness** – a neat compound prevents germs and pests from multiplying.
 - (iv) **Allows sunlight to reach the ground** – sunlight kills some germs and keeps the environment dry, reducing dampness where insects thrive.
 - (v) **Prevents accidents** – children and adults can move safely without fear of hidden harmful creatures.
6. Name any one body part that may be checked during a school health parade.
- (i) **Eyes** – dirty face
 - (ii) **Ears** – to check for hearing problems or infections.
 - (iii) **Mouth and teeth** – to look for dental problems or mouth sores, dirty teeth.
 - (iv) **Skin** – to check for rashes, wounds, or infections.
 - (v) **Hands and nails** – to ensure they are clean and free from diseases.
 - (vi) **Feet** – to check for wounds, jiggers, or swelling.
7. (a) State any two health problems that are common in overpopulated areas

- (i) **Poor sanitation** (few toilets, waste contaminates water).
- (ii) **Unsafe drinking water** (easily polluted).
- (iii) **Overcrowding** (disease spreads quickly).

(b) Mention any two ways in which collecting information on human population helps to address health problems in a community

- (i) Plan for enough hospitals and medicines.
- (ii) Provide clean water and sanitation.
- (iii) Prevent overcrowding and disease spread.

8. Why is it advisable to chew food properly before swallowing it ?

To prevent stomachache

To prevent indigestion

9. Give any one role a school Health club can play in control of malaria in a community.

- (i) clearing bushes,
- (ii) draining stagnant water
- (iii)** teaching people to use mosquito nets.

10. Give any one way in which a school health club can promote health in their community.

- (i) teaching people about hygiene,
- (ii) cleaning the environment,
- (iii) encouraging use of safe water,
- (iv) spreading messages on disease prevention.

11. Give any one way in which having regular physical exercise is important to the human body.

- (i) **Strengthens muscles and bones** – making the body strong and less likely to get injuries.
- (ii) **Improves blood circulation** – keeping the heart healthy.
- (iii) **Prevents diseases** – like obesity, diabetes, and high blood pressure.
- (iv) **Boosts energy** – helping the body work and play better.
- (v) **Supports mental health** – reducing stress and improving mood.

12.

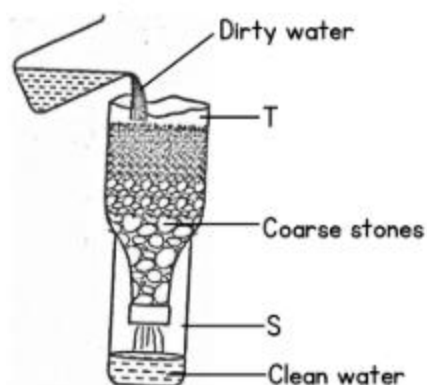
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(b) Give two reasons why carrying out a health survey in an area is important

- (i) **Identify common diseases** – know which sicknesses affect people most.
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- (v) **Monitor progress** – check if health conditions are improving or getting worse over time.

14. The diagram below shows a simple method of making drinking water clean. Study and use it to answer the questions that follow.



(a) Name the method shown above

Filtration

- (b) Apart from the core store, name any two other local materials which are placed in container T.
 - (i) Sand
 - (ii) Powdered charcoal
- (c) Why should the clean water obtained in the container S be boiled before drinking?

To kill germs

15. Apart from eating a balanced diet, give any one other way of controlling common diseases at home.

- (i) keeping the environment clean,
- (ii) boiling or filtering drinking water,
- (iii) eating clean food,
- (iv) washing hands with soap,
- (v) sleeping under mosquito nets,
- (vi) visiting health centres when sick.

16. (a) Write down any two examples of anti-social behaviors in our community.

- (i) **Stealing** – taking other people’s property without permission.
- (ii) **Fighting** – causing violence and disturbing peace.
- (iii) **Telling lies** – misleading others and breaking trust.
- (iv) **Abusing drugs or alcohol** – leading to bad conduct and health problems.
- (v) **Disrespecting elders** – ignoring advice and showing poor manners.
- (vi) **Littering** – throwing rubbish anywhere and making the environment dirty.
- (vii) **Bullying** – mistreating or intimidating others.

- (b) State any two ways of controlling antisocial behaviors in our community.

- (i) **Good parenting and guidance** – parents should teach children respect, honesty, and discipline.
- (ii) **Counselling and education** – schools and leaders can guide young people on good morals.
- (iii) **Law enforcement** – punishing wrongdoers fairly discourages stealing, fighting, and drug abuse.
- (iv) **Community involvement** – neighbors and leaders working together to stop bad habits.
- (v) **Recreation and youth programs** – engaging young people in sports, clubs, and skills training to keep them busy.
- (vi) **Religious and cultural teachings** – promoting values of respect, kindness, and cooperation.

17. Why is it important for government to collect information on human health?
- (i) **Identify common diseases** – know which illnesses affect people most.
 - (ii) **Plan health services** – decide where to build hospitals and supply medicines.
 - (iii) **Improve sanitation and water supply** – ensure communities have clean water and toilets.
 - (iv) **Guide health education** – teach people how to prevent diseases based on real needs.
 - (v) **Monitor progress** – check if health conditions are improving or worsening over time.

Thank You

Dr. Bbosa Science