

Section 1

Your family can be healthy

UNIT 1

Health is important



Unit 1 Health is important

A. DISCUSSION QUESTIONS

What do you see in this picture?

How do you think this little girl is feeling?

Do you think she has energy? Is she healthy?

What about the other children? How do they feel?

How can you tell if a child is healthy?

How does this picture make you feel?

Have you ever seen people who are not healthy?

Is good health important? Why?

What are some of the causes of sickness?

How can people improve health in your home and community?

B. SENTENCE WORK

C. IMPORTANT IDEAS

1. You can usually see if people are healthy.
2. Poor health stops you from enjoying life and achieving what you want.
3. You can learn how to help yourself and others to improve health.

UNIT 2

Everyone should be healthy



Unit 2 Everyone should be healthy

A. DISCUSSION QUESTIONS

What do you see in this picture?

What do you think this young boy is feeling?

What emotions do you think the boy is feeling?

How does this picture make you feel?

Have you ever felt like any of the people in this picture?

What do you think could be wrong with the boy?

What treatment would you give her?

Are there many people who are sick in your community?

How can you improve health in your home and community?

B. SENTENCE WORK

C. IMPORTANT IDEAS

1. Everyone needs to be looked after when they are ill.
2. Sickness can be treated.
3. Some sickness can be prevented.

UNIT 3

Good health begins at home



Unit 3 Good health begins at home

A. DISCUSSION QUESTIONS

What do you see in this picture?

How do you think the mother is feeling?

How do you think the father is feeling?

How do you think the children are feeling?

How does this picture make you feel?

Do you think these people are happy and healthy?

Have you ever been in a situation like this healthy, happy family?

People say that good health begins at home. In what ways do you think health begins at home?

What are some of the ways in which families can make their loved ones healthy?

Many people feel that the family has the main responsibility for the health of the children, more than the schools, the clinics and government workers. Do you think parents are responsible for the health of their children?

Parents, how do you feel about being responsible for the health of your children?

What responsibilities do children have for the health of their parents and other loved ones?

Do a husband and wife have responsibility for each other's health?

Do you believe it is true that good health begins at home?

Where can you get ideas about how to improve health in the family?

B. SENTENCE WORK

C. IMPORTANT IDEAS

1. Families have responsibility for the health of their loved ones.
2. Family members can do much to prevent sickness in the home.
3. Family members can treat many illnesses at home.
4. Families can work with health care workers to improve health.
5. You can learn how to help your family have good health.

UNIT 4

*You can learn how to help your family
have good health*



Unit 4 You can learn how to help your family have good health

A. DISCUSSION QUESTIONS

What do you see happening in these two pictures?

How do you think the men are feeling?

How do you think the women are feeling?

How do these two pictures make you feel?

Have you ever been to a talk about health?

Do you think learning with your friends and neighbours can be a good experience?

How do you think learning can help you improve your family's health?

What are some things you could learn to help your family be healthier?

Who can be called to talk to people in your community about good health?

B. SENTENCE WORK

C. IMPORTANT IDEAS

1. People can come together and help each other learn about health.
2. Family members can learn much to prevent sickness in the home.
3. Family members can learn how to treat many illnesses at home.
4. Family members can learn from health workers to improve family health.
5. If you learn basic health information, you can improve your own health and maybe even save lives.

Section 2

Healthy families need to be clean

UNIT 5

*Germ*s cause sickness



Unit 5 Germs cause sickness

A. DISCUSSION QUESTIONS

What is happening in this picture?
 How do these people feel?
 Have you ever been sick?
 How did you feel?
 What causes sicknesses like 'flu and diarrhoea?

B. STORY

Mr Elias Ndlovu suffered a lot because he was illiterate, but he did not want to come to literacy classes. His manager at work wanted to promote him, and one day he insisted that Mr Ndlovu should join a literacy class.

In the first lesson he struggled because he could not see the letters. The literacy tutor saw him trying to hold his book up to the light. She lent him a pair of reading glasses. He was so surprised - he could see the letters! He said 'My eyes are healed!'

But the tutor said, 'No, you will still have trouble seeing small things. You need the glasses. They make small things bigger, so that you can see them.' He understood that the glass in the spectacles is made in a way that enlarges the letters.

Mr Ndlovu bought his own pair of glasses, and used them in every class and at home. He learned to read and write at last, and his company gave him the promotion.

C. DISCUSSION QUESTIONS

What did you hear?
 How do you feel about this story?
 How do you think the man felt?
 How did the glasses help the man?

D. GLASS EXPERIMENT

Use a few clean, clear drinking glasses. Show learners how the glasses enlarge print or even the hairs on an arm if they hold the glasses in a certain way and look through the bottom of the glass. Important learning: we can see small things better if we use special glass.

E. GLASS DEMONSTRATION

Ask one of the learners to fetch a glass of clear water. Show everyone the water is clear. Then drop in some dust from the floor. Show everyone the particles of dust in the water. Ask if anyone would now drink it. (See step F)

F. INFORMATION

Tell everyone that sickness is caused by germs, which are so small that we cannot see them with our eyes. But people have used special glass to make germs look bigger, so we now know about them.

Tell them that if we touch anything with germs on it, and then touch our mouths, or eyes or nose, we can get sick. Tell them that flies also carry germs, especially onto food. Rotten food grows germs, too.

UNIT 6

Cleanliness kills germs



Unit 6 Cleanliness kills germs

A. DISCUSSION QUESTIONS

What do you see in this picture?

How do you think the mother and child are feeling?

How does this picture make you feel?

Have you ever been worried about a child who was sick?

Have you ever washed a child? How do you feel when you do it?

Why do we wash our children?

How do you think small germs can hurt you?

How do children get worms?

Why is it important to keep your body, hands, food, water and home clean?

What are some of the things you and your family can do to protect against harmful germs?

B. SENTENCE WORK

C. IMPORTANT IDEAS

1. Germs and worm eggs are so small that you cannot see them, but if they get inside your body, they can make you very sick with tiredness, weakness, fever and diarrhoea.

2. Germs can cause serious and **deadly** diseases like

pneumonia	* in the lungs, kills
cholera	* very bad diarrhoea and vomiting, kills
malaria	* fever, carried by mosquitoes, kills
diarrhoea	* makes you weak and dehydrated, can kill children
tetanus	* the germ gets into open wounds, can kill
polio	* can paralyse someone for life

3. Germs live in places that are not clean: human and animal waste, garbage, around toilets, in places where flies, rats and mice, cockroaches and animals are.

4. You must not let harmful germs enter your body.

5. Harmful germs cannot live in places that are clean.

6. Your family can protect yourselves from germs and sickness by keeping bodies and hands clean and by using clean water and keeping the home clean.

UNIT 7

Clean bodies and hands prevent germs from spreading



Unit 7 Clean bodies and hands prevent germs from spreading

A. DISCUSSION QUESTIONS

What is happening in this picture?

How do you think this girl is feeling?

How does this picture make you feel?

Do you wash your hands before or after eating?

Do you think washing your hands is important? Why?

How does it make you feel to have your body and hands clean?

How do you think washing your hands prevents germs from spreading?

How do you think you can help children learn to wash their hands?

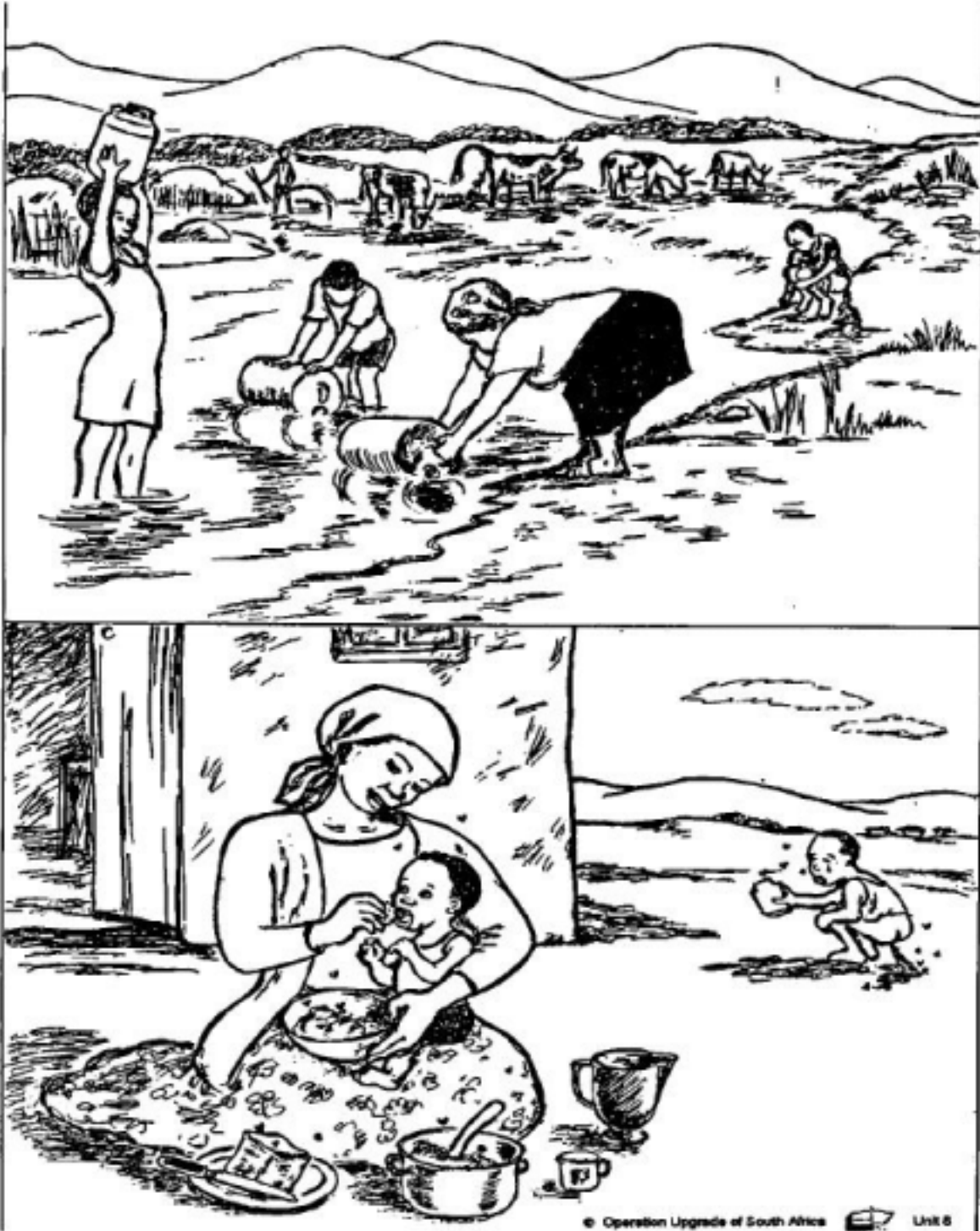
B. SENTENCE WORK

C. IMPORTANT IDEAS

1. Harmful germs can live and grow on your body if it isn't clean.
2. You spread germs by using dirty hands to touch things.
3. When you wash your hands, you kill harmful germs and prevent the spread of sickness.
4. Wash your hands carefully with soap and clean water.
5. Germs can live under your fingernails, especially long ones.
6. Wash your hands after using a toilet.
7. Wash your hands before preparing food.
8. Wash your hands before eating a meal or feeding a child.
9. Bathing is a good, healthy habit.
10. Teeth should be cleaned after every meal.

UNIT 8

Clean food and water keeps germs outside our bodies



Unit 8 Clean food and water keeps germs outside our bodies

A. DISCUSSION QUESTIONS

What do you see in the first picture?
 How do you think the mother and her two children are feeling?
 The child has diarrhoea. How do you think he feels?
 What do you think the mother could have done to prevent her child becoming ill?
 Why do you think diarrhoea is such a serious problem?
 What do you see in the second picture?
 How do you think the young girl is feeling?
 Do you think the water from the dam has any germs?
 Would you like to drink that water?
 Have you ever drunk water that is not clean? How did you feel?
 What can be done to take the germs out of water?

B. SENTENCE WORK

C. IMPORTANT IDEAS

1. Diarrhoea can cause death due to dehydration, especially in a young child. With dehydration, the child loses a lot of liquid. This can be dangerous. Prevent diarrhoea: avoid unclean food and water.
2. Get water from a clean source. Keep wells clean. Never build a well near or downhill from a toilet.
3. Use really clean water for drinking. You can take the germs out of water by boiling it, or by adding a small amount of JIK or any other chlorine bleach.
4. You can avoid germs by keeping food, the place where you prepare food, and all your kitchen things very clean.
5. Wash your hands before eating or handling food, or feeding a child.
6. Keep animals, flies and insects away from food and your drinking water.
7. Cover water and food. Store food in a cool place.
8. Wash fruits and vegetables in clean water.
9. When you cook food, you kill germs. Eat cooked food right away while it is still hot. It should not be left to stand. Heat leftover food again before eating it.
10. After each use, wash dishes in clean, hot water with soap. Rinse in clean water. Store dishes in a clean place, and cover them.

UNIT 9

Clean streets help to keep families healthy



Unit 9 Clean streets help to keep families healthy

A. DISCUSSION QUESTIONS

What do you see in this picture?

How do you think the children are feeling?

How do you think the man is feeling?

What do you think people feel about keeping the streets clean?

What does this picture make you feel?

Have you ever seen anything like this picture?

Why does it happen?

What problems are caused by street rubbish?

What can people do about street rubbish?

B. SENTENCE WORK

C. IMPORTANT IDEAS

1. Rubbish makes places for germs to grow. Flies spread the germs.
2. Rubbish can be a place where mosquitoes breed. This brings malaria.
3. You can burn or bury your own rubbish.
4. If you have a street rubbish problem, you can talk to your neighbours about it. Your community can make a plan to get rid of rubbish.

Section 3

Healthy families need good nutrition

UNIT 10

Families need a balanced diet



Unit 10 Families need a balanced diet

A. DISCUSSION QUESTIONS

What do you see in this picture?

What do you think the woman is feeling?

What do you think the child is feeling?

How does this picture make you feel?

Have you ever prepared a meal for your family?

Why is this mother preparing four different kinds of food?

Do people really need to eat so many kinds of food?

What do you think it means to have a balanced diet?

Do you know the three main food groups?

B. SENTENCE WORK

C. IMPORTANT IDEAS

1. Food can protect you against disease and illness. Your food is used in your body for many things, but it is especially used to fight sickness.
2. Families need to eat different kinds of food to protect them against disease and illness.
3. There are three main groups of food. What the family eats and drinks should include something from each of these three food groups every day.
4. Energy foods (carbohydrates) give us power to work and move every day. Foods made from mealie meal, rice, flour, potato and sorghum are energy foods.
5. Growth foods (protein) help to build the body and to repair it when it is damaged. These are animal foods such as fish, chicken, eggs, meat, cheese and milk, and plant foods like dried beans, seeds and peanuts.
6. Protection foods are fruits and vegetables. They contain vitamins and minerals which help to keep the body healthy and protect it from sickness.
7. A person needs to have food from all these groups every day. Each meal should give him a few bites from each food group. Traditional meals usually have foods from each food group.
8. Snacks between meals can help to make a balanced diet.
9. If you keep your own vegetable garden you can provide your own protective foods at very little cost.

UNIT 11

Children need food for growth and activity



Unit 11 Children need food for growth and activity

A. DISCUSSION QUESTIONS

What do you see in this picture?

How do you think the mother is feeling?

How do you think the child is feeling?

How does this picture make you feel?

Have you ever seen anything like this picture in real life?

Do you think what children eat can change their health? How?

What can parents do to make sure their children eat enough of the right foods?

B. SENTENCE WORK

C. IMPORTANT IDEAS

1. Healthy children need enough of the right food to grow and be active.
2. A weak and thin child is one who does not eat enough growth food (eggs, milk, meat etc). They seem tired or irritable, and you can see their ribs.
3. Weak and thin children get sick more easily. They don't grow up as tall, strong and intelligent as they should.
4. Parents can help to keep their children from becoming weak and thin.
5. Young children need to eat five or six times a day, including snacks.
6. All children need foods which are rich in Vitamin A, such as breast milk, green, leafy vegetables, and orange-coloured fruit and vegetables.
7. A banana is a good, healthy snack for a child. Peanut butter is a growth food.
8. To avoid dirt and germs, give a young child his own bowl or plate, and place the child on a cloth or a chair to eat.
9. Make sure any water you give your child is clean and free from germs.
10. Feed children often, during and after illness.

Useful foods		
Energy <i>madumbe</i> <i>ubhatata</i>	Protection <i>imbuya</i> <i>imbati</i> <i>uqadolo</i>	Growth <i>izindlubu</i> <i>izinkobe</i> <i>amabele</i>

UNIT 12

Pregnant women have special needs for nutrition



Unit 12 Pregnant women have special needs for nutrition

A. DISCUSSION QUESTIONS

What do you see in this picture?

How do you think this woman is feeling?

How does this picture make you feel?

Does this picture remind you of experiences in your own life?

Do you think a pregnant woman has a special need to eat well? Why?

Some people say that what a pregnant woman eats affects the health and development of her child. Do you think this is true? Why?


What can we do to make sure that a pregnant woman eats what is good for her and her child?

B. SENTENCE WORK

C. IMPORTANT IDEAS

1. All women need more food during pregnancy.
2. A pregnant woman needs a variety of the best foods available to the family; milk, fruit and vegetables, meat, fish, eggs, beans and nuts, grains.
3. A pregnant woman should drink plenty of clean water.
4. If parents feed a young girl well and keep her healthy in her childhood and teenage years, she will not have so many problems in pregnancy and childbirth.
5. If a woman who is pregnant smokes or takes alcohol or drugs, her child may be damaged in the womb.
6. It is not true that hard household work in early labour will make an easy birth.
7. Sometimes pregnant women want to eat strange foods. They should eat what they want.

UNIT 13
Babies should be breast-fed

© Operation Upgrade of South Africa  U



Unit 13 Babies should be breast-fed

A. DISCUSSION QUESTIONS

What do you see in this picture?

How do you think the child is feeling?

How do you think the mother is feeling?

How does this picture make you feel?

Do you know anyone who has breast-fed a child?

Is it true that breast-feeding helps both the child and the mother? Why?

Do you think breast-feeding is important for a child's health and growth?

Do you think breast-feeding is better than bottle-feeding? Why?

B. SENTENCE WORK

C. IMPORTANT IDEAS

1. Babies fed on breast milk have fewer illnesses and less malnutrition than babies who are bottle-fed.
2. Breast milk alone is the best possible food and drink for a baby. The baby needs no other food or drink for the first six months of life.
3. Babies should start to breast-feed as soon as possible after birth. Nearly every mother can breast-feed her baby.
4. Breast-feeding causes more milk to be produced. A baby needs to suck often at the breasts so that enough breast milk is produced to meet the baby's needs.
5. Breast-feeding helps to protect babies and young children against dangerous diseases.
6. By the age of six months, a child needs other foods as well as breast milk. But breast-feeding should continue well into the second year of a child's life.
7. A mother needs to eat more nutritious food when she is breast-feeding a baby and drink lots of liquids.