Kinds of Food

- According to their uses to our body foods can be divided in to three groups. These are;
    a. Energy giving,
    b. Body building, and
    c. Protective foods.

a. **Energy giving foods** – are rich in carbohydrate and fat.

   Example: bread, potato, rice, sweets, butter, oil etc.

b. **Body building foods** – are rich in proteins. They help our body grow, and build.

   Example: fish, chicken, cheese, milk etc.

c. **Protective foods** – are rich in vitamins and minerals.

   Example: orange, banana, carrot, mango, lemon etc.

Food and water

- Different animals eat different kinds of food.
- Animals like rats, cocks, squirrels, pigeons, and sparrows eat grains and they are called **grain eating animals**.
- Animals like frogs, lizards, and spiders eat insects and they are called **insect eating animals** or **insectivores**.
- Animals like lion, cheetah, leopard, crocodile, and hawk eat flesh of other animals and they are called **flesh/ meat eating animals**.
- Dog, wolf, bear, crow, human, cat, monkey eat both plants and meat and they are called **omnivores**.
- Hyena, vulture, jackal eat the remains of dead animals and they are called **scavengers**.

Water

- Water is the most abundant and important substance on the earth.
- In our body, it is essential and its shortage will cause dehydration.

Uses of Water

- Water is used for the following.
  - ✓ Drinking
  - ✓ Cooking
  - ✓ Bathing
  - ✓ Washing
  - ✓ Growing plant
  - ✓ Generating electric power
  - ✓ Putting out a fire etc.

Sources of Water

- ✓ Rain
- ✓ River
- ✓ Lake
- ✓ Spring
- ✓ Ocean etc.

- Water which is free from germs and bacteria is called **potable water**.

Methods of Purifying Water

- The following methods are used to purify water.
- Boiling
- Filtering
- Adding chlorine

Chapter Four
Animal Life

- **Based on their living area, animals are divided in to two groups. These are;**
- **Wild animals, and**
- **Domestic animals.**
- **Animals that lives in the jungle/ forest are called Wild animals.**
- **Example: buffalo, giraffe, elephant, lion etc.**
- **Animals that lives in and around our houses are called Domestic animals.**
- ***Example:*** **cat, horse, do, goat etc.**

- Based on their back bone, animals are divided in to two. These are:
    I. Animals with backbone, and
    II. Animals without backbone
- Animals with backbone are divided in to five major groups. These are:
    1) Breast feeding animals
    2) Birds
    3) Crawling animals
    4) Animals which dive both in water and on land and
    5) Fish

1) Breast Feeding Animals

- These animals are often called mammals.

  Example: whale, elephant, bat, kangaroo, giraffe etc.

- Giraffe is the only big animal without sound.

2. Birds

- A bird is an animal that has wings, legs, feathers and beak. Beak is hard part around a bird's mouth.
- Wing is the part used for flying
- Feather is the part that cover a bird's body.
- Here is example of birds: swan owl, eagle, duck, sparrows, hawk, penguin, ostrich.

3. Crawling animals

- These animals are animals with short legs or have no legs at all.

Example: Snake, chameleon, Lizard, Tortoise

4. Animals which live both in water and on land

- Frog and Toad are best examples of animals which live both in water and on land. They are called Amphibians.

- They lay their eggs in water.

5. Fish: these are animals which always live only in water. Example; Shark, Cat fish, Tilapia

Shark: a very dangerous fish which lives in seas and oceans.

4.2 Insects

- Are the most common animals without backbone.
- Some of them are very useful and harmful.
  - ✓ House flies, mosquitoes and flea are harmful insects
  - ✓ Bees and butterflies are useful insects
  - ✓ Bees make honey for us. Butterflies help plants to produce seeds
  - ✓ Mosquitoes cause malaria
  - ✓ Housefly carries germs and bacteria
  - ✓ Cholera and typhoid are diseases caused by flies.

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