

# APPENDICES

## APPENDIX 1

### ASSESSING LEARNING

#### Focus group discussions on FOOD AND DIET

##### **Pre-assessment**

To find out what children know, think and do, have a focus group discussion before you start the lessons on food and diet (Chapters 1 to 3). Use the questions in the Focus Group Discussion Sheet (Appendix 1A) to guide the discussion. Note down what learners say so you can compare it with what they say after they have done the lessons.

##### **Post-assessment**

After doing Chapters 1 to 3, hold another focus group and ask exactly the same questions. Note down the answers again, then compare them with the answers in the first discussion. You are hoping to see an improvement. Criteria for evaluating the answers are given in the Checklist for Comparing Responses.

#### Focus group discussions on HYGIENE AND HEALTH

##### **Pre-assessment**

To find out what learners know, think and do, have a focus group discussion before you start the lessons on hygiene and health (Chapters 4 to 6). Use the questions in the Focus Group Discussion Sheet (Appendix 1B) to guide the discussion. Note down what learners say so you can compare it with what they say after they have done the lessons.

##### **Post-assessment**

After doing Chapters 4 to 6, hold another focus group discussion and ask exactly the same questions. Note down the answers again, then compare them with the answers in the first discussion. You are hoping to see an improvement. Criteria for evaluating the answers are given in the Checklist for Comparing Responses.

## APPENDIX 1A: FOCUS GROUP DISCUSSION ON FOOD AND NUTRITION

Chapter	Question	Notes on learners' responses
Warm-up	We're going to talk about what you eat and what food is good for you.	
General	1. What do you think is good food? Why?	
1.1	2. Tell me about .... ( <i>Mention several common foods, one by one</i> ) ( <i>For each food mentioned</i> ) Where does it come from? How do we get it?	
1.2	3. What foods does your family buy? 4. ( <i>For each food mentioned</i> ) Why do they buy this food?	
1.2	5. Tell me about...( <i>5/6 bought foods, one by one</i> ). ( <i>For each food</i> ) Where do you buy it? 6. What does it cost? 7. How do you know it's good quality when you buy it?	
1.3	8. Can we eat all foods throughout the year? Can you give some examples? 9. Why / Why not?	
1.3	10. How can we have good foods throughout the year?	
1.4	11. What kinds of foods are there? For example, what kind of food is a mango? cassava? pumpkin leaves? eggs? groundnuts? ( <i>Name several other common foods</i> )	
1.5	12. What kinds of food are there in a good meal, apart from <i>nshima</i> ?	
2.1	13. How much energy do you need for playing? A lot? Quite a lot? A little? None? 14. And for studying? And for sleeping?	
2.2	15. What foods give a lot of energy? 16. What foods give the most energy?	

2.3	17. How often should you eat in the day? 18. Why?	
2.3	19. Do you usually eat before coming to school? 20. Do you usually bring food to school?	
2.4	21. What foods are especially good for helping us to grow?	
2.4	22. How often do you eat fish, meat or chicken? (every day? once a week?) 23. How often do you eat groundnuts or beans? (every day? once a week?)	
2.5	24. What foods are especially good for keeping us healthy?	
2.6	25. How many fruits and vegetables do you eat each day? (1? 2? more?) How many should you eat in a day?	
2.7	26. Do you know any foods especially good for the blood, eyes, skin, hair, nails?	
3.1	27. What is a good meal? Describe one and say why it is good.	
3.2	28. In your family, who needs a lot of food for growing? Why? 29. In your family, who needs a lot of food for energy and strength? Why?	
3.3	30. Do you think you have a good diet? (i.e. do you think you usually eat well?). Why do you think that? 31. What should you eat more often?	
3.4	32. What food should you give to someone who is always sick?	

## FOOD AND DIET: CHECKLIST FOR COMPARING RESPONSES OF FIRST AND SECOND DISCUSSIONS

Chapter	Question	Learners should...
General	1. What do you think is good food? Why?	...give several examples, with good nutritional reasons (e.g. <i>it gives energy, it is good for growing</i> ). There may be other good answers (e.g. <i>it tastes good, it fills you up</i> ), but they are not sufficient.
1.1	2. Tell me about ....( <i>several common foods</i> ). Where does it come from? How do we get it?	...be able to say where many common foods come from (e.g. fields, lake, shop), how they are acquired (e.g. grown, caught, bought, gathered) and processed (e.g. dried, ground).
1.2	3. What foods does your family buy? 4. Why do they buy this food?	...name several foods bought by households; for each one, explain why it is necessary to buy the food.
1.2	5. Tell me about...(5/6 <i>bought foods</i> ). Where do you buy it? 6. What does it cost? 7. How do you know it's good quality when you buy it?	...say where each food is bought and roughly how much it costs per kilo/litre;  say how to recognize good quality in each food, giving details (e.g. <i>fish have bright eyes, fresh vegetables are firm</i> ).
1.3	8. Can we eat all foods throughout the year? 9. Why/Why not?	...give several examples of seasonal foods; say why they are not always available.
1.3	10. How can we have good foods throughout the year?	...give several ways (with specific examples) of having good food all the year (e.g. drying, conserving, growing special foods etc.).
1.4	11. What kinds of foods are there? For example, what kind of food is a mango? cassava? pumpkin leaves? eggs? groundnuts?	...correctly identify the food groups of common foods – cereals, roots, vegetables, fruits, animal foods, legumes, oils and fats, flavourings.
1.5	12. What kinds of food are there in a good meal, apart from <i>nshima</i> ?	...say that a good meal should contain (as well as the staple) some animal food or legumes, some vegetables, some fat/oil, some flavourings/seasonings, and fruit to follow.
2.1	13. How much energy do you need for playing? 14. And for studying? And for sleeping?	...show they know that energy is needed for all activities, that different activities require different amounts of energy, and that studying requires quite a lot.

2.2	15. What foods give a lot of energy? 16. What foods give the most energy?	...give at least five or six examples of high-energy foods; mention foods with fats/oils/sugars as giving the highest amount.
2.3	17. How often should you eat in the day? 18. Why?	...show they know that they should eat several times in a day in order to keep up their energy.
2.3	19. Do you usually eat before coming to school? 20. Do you usually bring food to school?	...if possible, eat before coming to school and bring food to school.
2.4	21. What foods are especially good for helping us to grow?	...give several examples of high-protein foods, including animal foods and vegetable proteins such as peas, beans and groundnuts.
2.4	22. How often do you eat fish or meat or chicken? 23. How often do you eat groundnuts or beans?	...if possible, eat a high-protein food, animal or vegetable, at least once a day.
2.5	24. What foods are especially good for keeping us healthy?	...name all sorts of foods, including a lot of fruit and vegetables; show awareness that specific foods (e.g. liver, <i>kapenta</i> , guava, dark green leaves) are particularly "healthy".
2.6	25. How many fruits and vegetables do you eat each day? How many should you eat in a day?	...eat two or three different fruits and vegetables every day, or at least more than before, and know that this is important.
2.7	26. Do you know any foods especially good for the blood, eyes, skin, hair, nails?	...name some foods rich in iron or vitamin A (e.g. dark green leaves, liver, red and orange fruits and vegetables).
3.1	27. What is a good meal? Describe one and say why it is good.	...show through concrete examples an understanding that a meal should provide energy, growth and health, represented by a variety of foods.
3.2	28. In your family, who needs a lot of food for growing? Why? 29. In your family, who needs a lot of food for energy and strength? Why?	...show they recognize that different members of the family, at different times, have different food needs – e.g. children and pregnant women need food for growth, while physical labour requires a lot of high-energy food.

3.3	30. Do you think you have a good diet? (i.e. do you think you usually eat well?) Why do you think that? 31. What should you eat more often?	... show an awareness of what makes their diet good and how it could improve (e.g. with more fruit and vegetables and high-protein foods, more frequent meals, and variety through the year).
3.4	32. What food should you give to someone who is always sick?	...mention all components of a good diet and also some ways of making food palatable (e.g. mashing, flavouring, feeding in small quantities, giving nutritious drinks).

## APPENDIX 1B: FOCUS GROUP DISCUSSION ON HEALTH AND HYGIENE

Chapter	Question	Notes on learners' responses
Warm-up General	We're going to talk about hygiene and health – being clean and being healthy. 1. Being clean and being well or healthy: are they connected?	
<i>Hygiene</i>		
4.1	2. What do people do to keep things clean? What do they do to keep themselves clean?	
4.1	3. What do you do yourself to keep things clean at home? And at school?	
4.2	4. Do you know anything about bacteria/germs? What do you know?	
4.3	5. Why is it important to keep things clean? 6. Can dirt make people sick? How? 7. Can dirt get into food and water? How?	
4.3	8. How can we prevent diseases?	
4.4	9. When should you wash your hands? 10. Why should you wash your hands? 11. How should you wash your hands? Why?	
4.5	12. What do we do to keep food clean? Give some examples. 13. (Take the examples one by one.) Why do we do these things?	

4.6	14. Where does your water at home come from? 15. Do you think this water is safe to drink? 16. Why do you think that?	
4.7	17. How do we make water safe to drink? 18. Can you explain exactly how to do it? 19. What is the best way, do you think? Why?	
4.7	20. Do you draw water for the house? (If Yes) How do you keep the water clean?	
4.8	21. What does it mean if your "surroundings" are dirty? Can you give some examples? 22. Why are these things important?	

*Diarrhoea* (explain the word if necessary)

5.1	23. Have you had diarrhoea? What happens when you have it? (i.e. what are the signs/symptoms?)	
5.1	24. If you have diarrhoea, what diseases could you have?	
5.2	25. Is diarrhoea dangerous? Why?/Why not?	
5.3	26. What should you do if you have diarrhoea? How should you treat it?	
5.4	27. How do people get diarrhoea?	
5.5	28. How can we prevent diarrhoea?	



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*Malaria*

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6.1/6.2	29. Have you had malaria? And your family? How do you know if you have malaria? What are the signs/symptoms?	
6.3	30. Is malaria dangerous? Why?/Why not?	
6.3	31. What should you do if you have malaria?	
6.4	32. How do people get malaria? What causes it?	
6.5	33. How can we prevent malaria?	
6.5	34. Can we get rid of malaria completely?	

## HEALTH AND HYGIENE: CHECKLIST FOR COMPARING RESPONSES OF FIRST AND SECOND DISCUSSIONS

Chapter	Question	Children should...
General	1. Being clean and being well or healthy: are they connected?	...make some connection between health and hygiene (e.g. dirt is dangerous).
<i>Hygiene</i>		
4.1	2. What do people do to keep things clean? What do they do to keep themselves clean?	...mention many cleaning activities, e.g. washing themselves, washing hands, keeping food clean, boiling and covering water, cleaning the house, burying rubbish, going to the toilet.
4.1	3. What do you do yourself to keep things clean at home? And at school?	...show that they themselves are actively involved in keeping things clean both at home and at school.
4.2	4. Do you know anything about bacteria/germs? What do you know?	...give extensive information about bacteria, e.g. they are invisible living things; can cause disease; like warmth and water; can be killed by antiseptics, disinfectants and boiling; can be carried by water, hands and insects etc.
4.3	5. Why is it important to keep things clean? 6. Can dirt make people sick? How? 7. Can dirt get into food and water? How?	...show that they understand that bacteria (or "dirt") can cause diseases and that they can be carried by flies, hands, air and water.
4.3	8. How can we prevent diseases?	...suggest any kind of hygiene action (washing hands, keeping food clean, keeping surroundings clean etc.) as a way of preventing disease.
4.4	9. When should you wash your hands?	...give a good list of occasions – e.g. <i>before</i> eating, preparing food, carrying water, feeding babies; <i>after</i> going to the toilet, touching dirty things, cleaning babies, eating.
	10. Why should you wash your hands?	...explain that hands are the main carriers of dangerous bacteria/dirt.
	11. How should you wash your hands? Why?	...explain or demonstrate that hands must be washed with clean running water and soap, cleaning under nails and between fingers.

4.5	12. What do we do to keep food clean? Give some examples.	...mention many actions, giving real examples (e.g. washing plates, washing hands before preparing food, washing vegetables and fruit, covering food, wrapping it, boiling it, reheating it to boiling point).
	13. Why do we do these things?	...show understanding that food can be contaminated by air, hands, flies, dirty water.
4.6	14. Where does your water at home come from? 15. Do you think this water is safe to drink? 16. Why do you think that?	...be able to describe their water source; ...give an idea of whether it is safe and clean; ...give some evidence for this opinion.
4.7	17. How do we make water safe to drink? 18. Can you explain exactly how to do it? 19. What is the best way, do you think?	...say how to treat water with chlorine or by boiling; ...give some details of methods; ...give good reasons (e.g. cost in money or time).
4.7	20. Do you draw water? (If Yes) How do you keep the water clean?	...talk about precautions with drawing and storing water – clean containers, clean hands, not touching water, covering stored water; explain why these actions are important.
4.8	21. What does it mean if your “surroundings” are dirty? Can you give some examples? 22. Why are these things important?	...mention rubbish, faeces, possibly long grass; ...explain that rubbish attracts rats and flies and breeds bad bacteria.

### *Diarrhoea*

5.1	23. Have you had diarrhoea? What happens when you have diarrhoea?	...describe the symptoms of diarrhoea.
5.1	24. If you have diarrhoea, what diseases could you have?	... name more than one diarrhoeal disease (e.g. common diarrhoea, cholera, dysentery).
5.2	25. Is diarrhoea dangerous? Why?/Why not?	... show understanding that diarrhoea is always potentially dangerous and can kill; say that one big danger is loss of fluid.

5.3	26. What should you do if you have diarrhoea? How should you treat it?	... say that anyone with diarrhoea needs to drink a lot of water, drinks, ORS; if diarrhoea is severe they should go to the clinic and get medicine.
5.4	27. How do people get diarrhoea?	...explain that diarrhoea is caused by bacteria which are carried to food/water/mouth by hands/flies/water/food.
5.5	28. How can we prevent diarrhoea?	...say that the best way to prevent diarrhoea is to keep things clean (bodies, food, water, surroundings), giving specific examples.

*Malaria*

6.1/6.2	29. Have you had malaria? And your family? How do you know if you have malaria? What are the signs/symptoms?	...describe the main symptoms, especially high fever (feeling hot), sweating and shivering, possibly diarrhoea and vomiting.
6.3	30. Is malaria dangerous? Why?/Why not?	...know that malaria can kill, especially little children, and that it has a high social cost in lost work, education, money.
6.3	31. What should you do if you have malaria?	...say that you should go to the clinic, drink a lot of liquid and keep cool.
6.4	32. How do people get malaria? What causes it?	...say that it is caused by a parasite which is carried by a mosquito from sick people to healthy people; know that this is the <i>only</i> way people can get malaria.
6.5	33. How can we prevent malaria?	...suggest several (valid) ways of preventing mosquito bites.
6.5	34. Can we get rid of malaria completely?	...know that it is possible and has been done in many places.

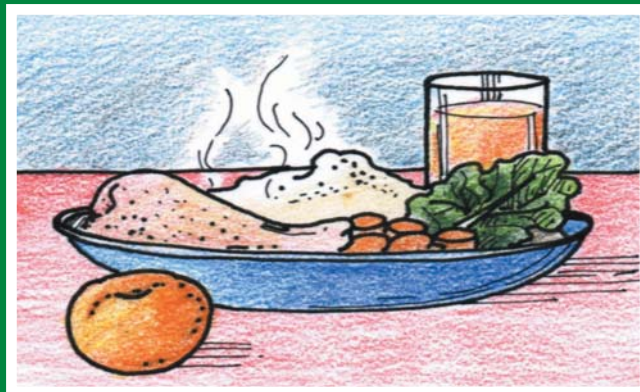
## APPENDIX 2



### REMEMBER MESSAGES “Take-home messages” are in bold type.

#### LESSON

- 1.1 FOOD COMES FROM MANY PLACES  
1.2 BUY FRESH FOOD. BUY SAFE FOOD. PAY THE RIGHT PRICE.  
**1.3 WE NEED GOOD FOOD ALL THE YEAR**  
1.4 WE MUST EAT ALL KINDS OF FOOD  
**1.5 GOOD MEALS HAVE ALL KINDS OF FOOD**
- 2.1 SOME FOODS GIVE US LOTS OF ENERGY  
2.2 EAT FOR ENERGY!  
**2.3 EAT BEFORE YOU COME TO SCHOOL  
BRING FOOD TO SCHOOL TO EAT**
- 2.4 SOME FOODS HELP YOU TO GROW A LOT  
2.5 EAT FOODS THAT KEEP YOU HEALTHY  
**2.6 EAT MANY FRUITS AND VEGETABLES EVERY DAY  
EAT FRUIT AFTER MEALS**
- 2.7 EAT SPECIAL FOODS EVERY DAY  
2.8 EVERY FOOD GIVES US DIFFERENT THINGS
- 3.1 MEALS SHOULD BE WELL-BALANCED  
THEY SHOULD HAVE SOMETHING OF EVERYTHING**
- 3.2 SOME PEOPLE NEED EXTRA FOOD FOR ENERGY  
SOME PEOPLE NEED EXTRA FOOD FOR GROWTH AND HEALTH  
**3.3 EAT WELL! HAVE A GOOD DIET!**  
**3.4 SICK PEOPLE NEED A VERY GOOD DIET**
- 4.1 BEING CLEAN IS BEING HEALTHY  
4.2 BACTERIA CAN KILL YOU  
**4.3 DIRT SPREADS DISEASE**  
**4.4 WASH YOUR HANDS PROPERLY  
WASH YOUR HANDS OFTEN**
- 4.5 KEEP FOOD CLEAN!**  
**4.6 KEEP WATER CLEAN!**  
4.7 DRAW WATER CAREFULLY!  
4.8 KEEP YOUR SURROUNDINGS CLEAN
- 5.1 DIARRHOEA MAKES YOUR BODY LOSE FOOD AND WATER  
5.2 DIARRHOEA MEANS DANGER. DIARRHOEA COSTS A LOT.  
**5.3 FOR DIARRHOEA, DRINK A LOT**  
5.4 AVOID DIRTY FOOD AND WATER  
**5.5 PREVENT DIARRHOEA! KEEP THINGS CLEAN!**
- 6.1 THERE ARE MANY THINGS TO KNOW ABOUT MALARIA  
6.2 MALARIA MEANS FEVER  
**6.3 MALARIA IS DANGEROUS  
GO TO THE CLINIC IMMEDIATELY**
- 6.4 MOSQUITOES CARRY MALARIA  
**6.5 KILL MOSQUITOES. MOSQUITOES KILL**



## NUTRITION EDUCATION Teacher's Book Grade 4

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