

SUBJECT: HOME ECONOMIC

CLASS: JSS 1

WEEK: 4

EFFECTS OF UNHEALTHY EATING HABIT

Effects of unhealthy eating habit and causes of unhealthy eating habits.

Effects of Unhealthy eating habit	Causes of unhealthy eating habit
1, Stomach ache	Under eating, rushing food, over eating, not chewing food properly before swallowing.
2, Soiling one's clothes and table.	Putting too much food in the mouth, improper use of cutlery.
3, Diarrhoea, dysentery	Not washing hands properly before and after eating,
4, Indigestion and heartburn	Not chewing food properly, rushing the food, over eating, drinking too much water while eating.
5, Food contamination	Eating directly from the dish or stretching one's hand over someone's food on the table.
6, Obesity / diabetes	Over eating and other health problems.
7, Suffocation	Rushing of food or talking while food is in your mouth.

WEEK 5

FOOD ADDITIVE

Food additive are substances added to food to preserve its flavour, taste and appearance. It becomes part of the food product either directly or indirectly during some phase of processing, storage or packaging. It can get into food directly or indirectly.

Direct food additives:

These are the food additives which are intentionally included in the food for a functional purpose.

Indirect food additives:

These are the food additives that find their way into food products as a result of growing, processing or packaging.

Uses of food additives

1. **Preservatives:** it is used to maintain product quality and freshness. This is to delay food spoilage caused by the growth of micro-organisms, bacteria and yeast. Example, Ascorbic acid; it prevents spoilage of fruit juice, propionates- it prevents growth of moulds in baking.

2. **Flavours:** it is used to make food appealing. It helps to make food appetizing to our senses. Examples, milk, vanilla and banana flavour.
3. **Sweeteners:** it is used to make food taste sweet and better, but some of them may have side effects. Examples, saccharine and honey.
4. **Bulking agents:** it is used to increase the quality and quantity of food without affecting the taste. Examples, baking powder, yeast, etc.
5. **Food colourants:** it is used to replace colour lost during preparation and to make food look more attractive. Examples, sunset yellow, tartarazine, etc.

Misuses of food additives

Some food additives contain substances that are harmful to the body. Such harmful substances in our food have to be detected and outlawed. Harmful food additives have been linked with cancer, digestive problems, heart diseases or obesity, neurological conditions, etc.

These are some food additives that have been found to be harmful:

1. Butylated hydroxyanisole (BHA);

This is added to numerous foods as a stabilizer, antioxidant and for other properties. It has been found to cause cancer in human beings.

2. Sodium nitrite (NaNO_2);

A common food colourant has been reported to be causing cancer.

3. Saccharine is used to sweeten confectionaries is known to be toxic.
4. Sodium bromate, is a component of some baking powder is known to give rise to stomach aches when used to bake bread.
5. Safrole used to flavor root beer has been shown to be harmful upon consumption.

WEEK 6 & 8

Harmful Substance

Harmful substance means bacteria, virus or other micro-organism or a toxic substance derived from or produced by an organism that can be used to cause death, injury or disease in humans, animals or plants. They are elements that are dangerous to human health. They are water, fruits, food and drugs that are unfit for human consumptions.

Examples of harmful substances:

1. **Stale food:** This is food that is spoilt, food that has stayed old is not fit for the body because it is very harmful to the body.
2. **Expired food and drugs:** Expired food and drinks that have stayed beyond the appropriate time.
3. **Impure water:** It is a dirty water that is not fit for the body system.
4. **Unripe or spoilt fruits:** Fruits that are not yet due for eating or spoilt can cause diarrhea.

5. **Banned food:** These are the food that have been reported to be harmful to human system, that can cause deadly diseases.
6. **Poorly or under cooked food:** food that is not properly cooked is not good for human consumptions.
7. **Cigarette:** this is not good for human system because, it can cause cancer of the lungs.

Implications of harmful substances in human body

1. It can lead to death
2. It leads to ill health
3. It causes body weakness
4. It affects the growth of a child

Ways of preventing harmful substance

1. Use fewer products: we know that the more products you use, the more chemicals you are potentially exposed to. So, you are advised to use less and keep it simple.
2. Ensure your food is well cooked before eating.
3. Expired food and drinks should be disposed of immediately before you become tempted to eat it.

WEEK 9

Drug Abuse

Drug: A drug is any chemical substance taken into the body which is not food.

Drug abuse is the taking of drugs without the doctor's advice and directives. It is the excessive use of medicine without the prescription or advice of a medical doctor or pharmacist.

Some of the common ways drugs are abused.

1. Self-medication
2. Cigarette smoking
3. Consumption of common drugs like analgesic is pain killer.
4. Taking overdose or under- dose of prescribed drugs.
5. Taking cocaine, heroine and marijuana.
6. Drinking alcohol in excess
7. Use of expired drugs.
8. Receiving treatment from quacks. A quack is a person who is not qualified to prescribe or administer drugs.

Effects of drug abuse in the human body.

1. It leads to lung diseases due to smoking. Example, cancer.
2. Drug abuse causes bodily harm through accidents
3. It damages the liver and causes liver cirrhosis, coughing and bronchitis (respiratory tract infection)
4. It increases chances of increased blood pressure, stroke and convulsion

5. It causes jaundice and loss of appetite.
6. It leads to mental disorder or insanity
7. It stimulates irresponsible sexual urges
8. Depression and withdrawal syndromes set in
9. It increases HIV/AIDS infections
10. It leads to drug dependence and unkept personality
11. It can lead to death

Social factors that lead to drug abuse

1. Peer pressure
2. Stress
3. Community
4. Socialization
5. Socio economic status
6. Mental health resources.