**MTIHANI WA PAROKIA YA AMUKURA (CASPA)**

**JINA ---------------------------------------------------------- USAJILI --------**

**DARASA -----------------------------------------------------SAHIHI ---------**

**MUHULA WA KWANZA 2021**

**KARATASI YA PILI**

**KIDATO CHA TATU**

**MUDA: SAA 2 NA DAKIKA 30**

MAAGIZO.

1. Karatasi hii ina sehemu nne ufahamu, ufupisho, matumizi ya lugha na Isimujamii.
2. Jibu maswali kutoka eshemu zote.

SEHEMU **YA A – UFAHAMU (ALAMA 15)**

*Soma taarifa hii kisha ujibu maswali.*

Licha ya kuwa na historia ya kiasi, maisha ya binadamu ni kioja kikubwa. Hebu jiulize jinsi uhai wako wewe mwenyewe ulivyoanza sembuse unavyoweza kupumua na kuishi siku nenda siku rudi.

Dini zimefahamisha kuwa sisi binadamu tumeumbwa na Mwenyezi Muumba. Hata hivyo muumba hutumia mume na mke kutuanzishia maisha yetu humu humu duniani. Uhai wa hapa duniani huanzia katika tumbo la mwanamke muda mfupi tu baada ya mume na mke kushirikiana katika tendo la kujamiana. katika ngono hii yenye ufanisi, mbegu moja ya manii kutoka kwa mwanamume, hudunga na kujiingiza katika yai la mwanamke huku ikilirutubisha. Tangu hapo mtu huwa na mama akawa mjamzito. Hatua ya kwanza ya uhai!

Wanasayansi wametuthibitishia kuwa mbegu katika shahawa kutoka kwa mwanamume ina kromosomu ishirini na tatu (23) nalo yai la mwanamke lina idadi iyo hiyo ya kromosomu. Basi katika hatua ya kwanza ya uhai wake, binadamu ana kromosomu arubaini na sita (46).

Kromosomu hizo zote ndizo humfanya mtu kuwa mkamilifu kwa kukadiria mambo mbalimbali adhimu. Kwa mfano, kukadiria kama kiumbe kitakuwa cha kike au cha kiume, mtu mweupe au mtu mweusi, mwerevu au wa wakia chache, mwenye nywele za singa au za kipilipili, atakuwa na damu ya namna gani, michoro ya vidole vyake itakuwa vipi na hata utu wake utakuwa wa namna gani katika siku za usoni.

Elimu yote anayopata mtu kutoka kwa jamii na mazingira huweza tu kujenga juu ya yaliyokwisha kuanzilishwa na kromosomu katika yai lililorutubishwa tumboni.

Haihalisi kabisa kufikiria kwamba huwa katika hali ya ukupe. La hasha! Yeye hujitegemea kwa vyovyote na ana upekee wake. Hatangamani na mama yake. Roho yake humdunda mwenyewe na damu yake ambayo huenda ikawa tofauti kabisa na ya mama yake, humtembea na kumpiga mishipani mwake. Isitoshe, yeye si mojawapo katika viungo vya mwili wa mama yake vinavyomdhibiti katika himaya yake ndogo.

Amini usiamini, hapana binadamu hata mmoja ambaye amewahi kuwa sawa kimaumbile na mwingine na wala atakuweko. Hata watoto pacha kutoka yai moja la mama hawawi sawa, lazima watofautiane. Si nadra kusikia mtu amepata ajali akahitaji msaada wa damu, na pakakosekana kabisa mtu hata mmoja kutoka jamaa yake wa kumwauni. Basi ukistaajabu ya Musa utaona ya Firauni.

Maswali

1. Ipe taarifa uliosoma anwani mwafaka. (al. 2)

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1. Mwandishi ana maana gani anaposema ‘ngono yenye ufanisi’? (al.1)

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1. Uchunguzi wa sayansi umekita mizizi imani gani ya kidini? (al 2)

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1. Taja majukumu yoyote matano yanayotekelezwa na kromosomu. (al.5)

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1. Katika makala, elimu kutoka kwa jamii na mazingira yaelekea kuwa bure ghali. Kwa nini?

(al.2)

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1. Eleza maana ya maneno yafuatayo kama yalivyotumika katika makala (al. 3)
	1. Huwa katika hali ya ukupe

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* 1. Himaya

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* 1. Hatangamani na mama yake.

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 **SEHEMU YA B: UFUPISHO (ALAMA 15)**

Je, unajua kuwa ukandaji wa mwili umetumika kama njia mojawapo ya matibabu toka dahari? Watu wanaofahamika kutumia ukandaji kimatibabu toka jadi ni wahindi, wachina, wagiriki, warumi na waafrika.

ukandaji unajulikana kuwa na manufaa makubwa kimatibabu. Mathalani, ukandaji hufungua vitundu vya ngozi. ufunguzi huu huondoa sumu mwilini kupitia kwa utoaji jasho. Pili, ukandaji hupunguza mkazo wa misuli. Misuli ikiwa na mkazo zaidi kwa muda mrefu huleta urundikaji wa asidi. Ukandaji huondoa asidi hii, huufanya mwili kuwa mlegevu, humletea mtu uchangamfu na kuondoa uchovu.

Hali kadhalika ukandaji huimarisha mzunguko wa damu mwilini kwa wepesi. Hali hii huhakikisha kuwa virutubishi vya mwili huweza kufikia viungo vya mwili. Hili nalo huchangia kuzidisha uwezo wa mwili kujikinga na maradhi. Hewa safi ya oksijeni huweza pia kusambaa kote mwilini. Kupitia kwa uimarishaji wa mzunguko wa damu. Aidha, ukandaji wa taratibu na polepole hupunguza mkazo wa nera na kuziliwaza ukandaji wa kasi huchangamsha nera na kuimarisha utendaji kazi wake.

Ukandaji unaweza kufanyiwa kiungo chochote mwilini. Ukandaji huu huweza kuwa na matokeo mbalimbali mwilini.

Mathalan, ukandaji wa njia ya chakula mwilini, hasa tumbo na utumbo, huimarisha usagaji wa chakula na kuchangia uondaji wa uchafu wa sumu mwilini.

Kwa kawaida viganja vya mikono hutumika katika ukandaji. Viungo hivi vinapaswa kuwa na wororo. Wororo huu hupatikana kwa kutumia mafuta. Mafuta ambayo ni bora zaidi kwa shughuli za ukandaji ni ya ufuta au simsim. Matumizi ya kitu chochote kama ungaunga kinachoweza kuziba vitundu vya ngozi hayapendekezwi.

Ukandaji wapaswa kutekelezwa kwa njia ifuatayo. Mtu aanzie mikono na miguu. Kisha aingie kukanda kifua, tumbo mgongo na makalio. Hatimaye, akande uso na kumaliza na kichwa. Mtu anaweza kutumia viganja vya mikono kukandia. Kwa njia hii, manufaa huwa marudufu. Kwanza, tunanufaika na ukandaji na wakati huo huo tutakuwa tukifanya mazoezi ya viungo. Wasioweza kujikanda wanaweza kuomba msaada. Ni muhimu ukandaji ufuatiwe na kuoga kwa maji vuguvugu.

Kwa walio na tatizo la shinikizo au mpumko wa damu wanaweza kubadilisha utaratibu wa ukandaji. Waanzie kichwani, kisha waelekee usoni, kifuani, tumboni, mgongoni , makalioni, miguuni na kuhitimisha mikononi.

Hata hivyo; ukandaji haupaswi kufanywa wakati mtu anaugua maradhi yoyote. Wanawake wajawazito nao wanatakiwa kuepuka ukandaji wa tumbo. Hali kadhalika, ukandaji wa tumbo hauruhusiwi wakati mtu anaendesha, ana vidonda vya tumbo au uvimbe tumboni. Hatimaye, ukandaji haupendekezwi iwapo ana maradhi ya ngozi.

**MASWALI**

1. ukandaji una manufaa gani ukirejelea aya tatu za kwanza. (maneno 65-70) (alama 7 mtiririko 2)

Matayarisho

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1. Eleza utaratibu wa ukandaji. (maneno 55-60) (alama 5 mtiririko 1)

Matayarisho

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 **SEHEMU YA C. SARUFI NA MATUMIZI YA LUGHA (ALAMA 40)**

1. Bainisha sifa inayotofautisha sauti / e / na / i / (al. 2)

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1. a. Eleza maana ya kiambishi. (al. 1)

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b. Onyesha majukumu ya viambishi katika neno walifika. (al. 2

1. a. Kirai ni nini? (al. 1)

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b. Andika kwa wastani . (al.1)

Magoma haya yatachezwa wanjani

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1. i) Eleza maana ya kiimbo. (al. 1)

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ii) Bainisha matumizi yafuatayo ya kiimbo. (al. 2)

1. Kumbe! Wewe ni mwizi!

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1. Ondoka hapa!

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1. Eleza maana mbili zinazojitokeza katika sentensi hii

Tuliitwa na mwalimu (al.2)

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1. Tofautisha matumizi ya ‘vizuri’ katika sentensi hii.

Mwalimu alivaa vizuri alivyofunga vizuri (al. 2)

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1. i. Andika kinyume cha sentensi ifuatayo (al. 2)

Wavulana watatu wanaingia darasani kwa haraka

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ii. Kwa kutoa mifano onyesha matumizi mawili ya kistari kifupi (al. 2)

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1. Andika ngeli za nomino zifuatazo (al. 2)
2. Bawabu ---------------------
3. Nyasi -------------------------
4. Tunga sentensi yenye muundo ufuatao (al. 2)

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1. a. Tunda halitaoshwa vyema. Tunda halitalika. (unganisha kuwa sentensi moja kwa kutumia ‘po’ ) (al. 2)

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b. Kengewa alitoa ahadi. Wengi waliiamini ahadi hiyo (unganisha kuwa sentensi moja inayoanza kwa: ahadi). (al. 2)

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1. Tambua aina ya vitenzi katika sentensi zifuatazo (al. 3)
2. Mjomba alikuwa uwanjani

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1. Mjukuu wake ataweza kulima

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1. Kanusha sentensi ifuatayo katika wingi. (al. 2)

Ningalikuwa na pesa ningalinunua gari

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1. Andika sentensi ifuatayo katika wakati ujao hali timilifu. (al. 2)

Mbunge alitawazwa kabla ya mpinzani wake kufika

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1. Andika katika wingi karibu (al. 2)

Mtu yuyo huyo aliubeba mzigo uo huo licha ya kukanywa.

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1. Andika kwa usemi wa taarifa. (al. 3)

“ Mama, utaniletea zawadi kesho?” Kadogo aliuliza

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1. Taja vipashio vyovyote vinne vya lugha. (al. 2 )

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**SEHEMU YA D. ISIMUJAMII (ALAMA 10)**

1. a. Isimujamii ni nini? (al. 2)

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b. Fafanua kaida nne za lugha. (al. 8)

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