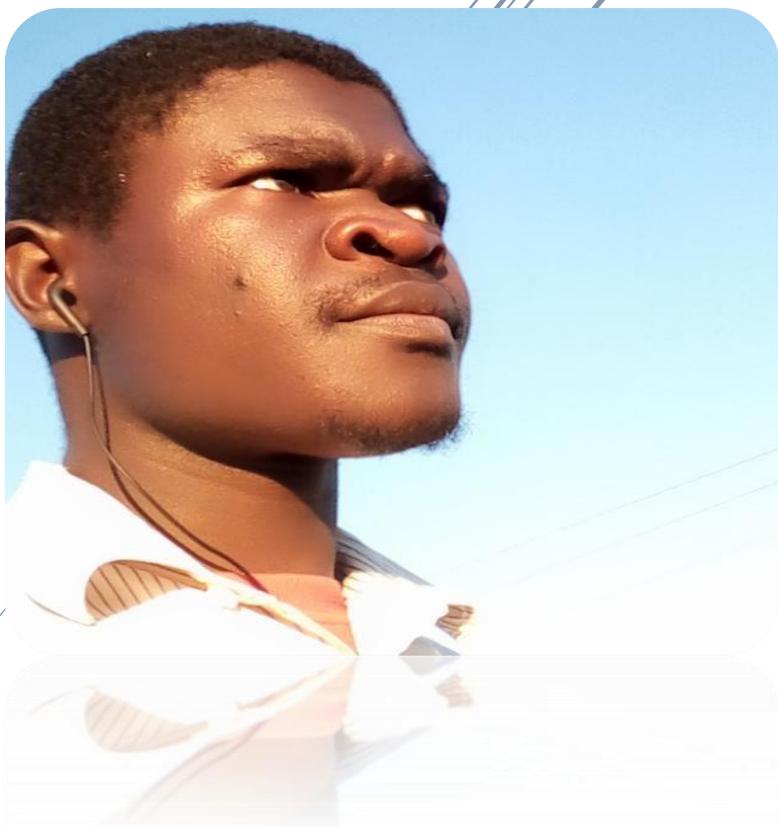


*STANDARD 3 LIFE SKILLS  
QUESTIONS AND ANSWERS  
COMPILED BY BLESSINGS  
NKHOMA*

*A TEACHER AT KASACHE  
SCHOOL*

*THAVITE ZONE  
SALIMA DISTRICT  
CHICHEWA VERSION*

*0998603292 / 0882542313*



## **1. Tchulani malo amene timapezako chakudya**

- Mumashopu
- M'misika
- M'mitsinje
- Mnyanja

## **2. Tchulani ina ma mitundu ya zakudya**

- Zipatso
- Ndiwo zamasamba
- Ndiwo za mgulu la nyemba
- Nyama

## **3. Kodi zakudya zotsatirazi ndi zofunika motani**

- i. **Malalanje, mango, nthochi, nthudza, mapoza, katope ndi masuku.**
  - Zimatipatsa michere yofunika mthupi monga ma vitamini.
  - Zimateteza matupi ku matenda.
- ii. **Kabichi, lepu, kholowa, mpiru, bonongwe, chigwada, limanda ndi tomato.**
  - Zimateteza matupi ku matenda.
- iii. **Nyemba, soya ndi mtedza.**
  - Zimathandiza pa kakulidwe ka munthu.
- iv. **Nyama ya ng'ombe, mazira, nsomba, mbewa ndi mkaka.**
  - Zimathandiza pakakulidwe ka munthu.

## **4. Tchulani ntchito za madzi**

- Kumwa
- Kusamba
- Kuthirira mbewu
- Kuphikira

## **5. Ndi malo ati amene tingapezeko madzi?**

➤ Ku mtsinje

➤ Pa akasupe

➤ Mu nyanja

➤ Mu zitsime

➤ Pa mjigo

➤ Mu madamu

➤ Pa mpopi

➤ Mvula

## 6. Kodi madzi tingawasamalire motani kuti akhale osamalika?

➤ Kuthira mankhwala opha tizilombo m'madzi.

➤ Kuphitsa ndi kusefa madzi tisanamwe.

➤ Kusunga madzi m'ziwiya zaukhondo.

## 7. Tchulani kufunika kwa kumwa madzi okwanira

➤ Zimathandizira kuti chakudya chizigayika bwino mthupi.

➤ Zimathandiza kupewa matenda ena obwera chifukwa cha kuchepa kwa madzi mthupi.

## 8. Kodi ndi matenda ati amene amabwera chifukwa cha Edzi

➤ Chifuwa chachikulu

➤ Kutsegula mmimba

➤ Chibayo

➤ Chifuwa

## 9. Tchulani zizindikiro za matenda omwe amadza kamba ka kuchepa kwa chitetezo mthupi

➤ Kumva kuzizira pafupipafupi

➤ Kusowa kwa chilakolako kwa chakudya

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