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BEFORE ATTEMPTING THESE QUESTIONS, GO THROUGH YOUR ORIGINAL NOTES

1. Identify the four compass direction.
 - North, south, east and west.
 2. How many districts does Malawi have?
 - 28 districts
 3. How many regions are there in Malawi?
 - Three regions
 4. Identify the five districts found in northern region of Malawi.
 - Chitipa, Rumphi, Karonga, Mzimba and Nkhata-bay.
 5. List down the districts found in central region of Malawi.
 - Kasungu, Ntchisi, Nkhonkhota, Dowa, Salima, Lilongwe, Mchinji, Dedza and Ntcheu.
 6. Name the districts found in the southern region of Malawi.
 - Balaka, Mangochi, Machinga, Zomba, Mwanza, Blantyre, Chiradzulu, Phalombe, Thyolo, Mulanje, Chikwawa and Nsanje.
- Study the map of Malawi below and answer the questions that follow.
7. Establish the direction of Balaka district in relation to Lake Malawi.
 - South
 8. List down the districts found in the lakeshore area.
 - Karonga, Nkhata-bay, Nkhonkhota, Salima and Mangochi.
 9. Identify the districts surrounding your district.
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 10. Define population.
 - Is the number of people living in an area.
 11. Explain the term "population change."
 - This is the increase or decrease of the number of people in an area.
 12. List down the factors which influence population of an area not static
 - Births and deaths
 - Migration
 - Disasters
 13. Explain how the above factors affect the

population of the area.

- Births and deaths
- When there are more births than deaths, the population size increases.
When there are more deaths than births, the population size decreases.
- Migration
- If more people immigrate, the population size will increase.
When more people emigrate, the population size decreases.
- Disasters
- Result into loss of life hence population size decreases.
14. Define the term "migration "
 - Migration is the movement of people to and from an area.
 15. Give two classes or migration.
 - Immigration and emigration
 16. Differentiate immigration from emigration.
 - Emigration is when people move out of an area while immigration is when people come into an area.
 17. Explain the term "Disasters"
 - Are natural occurrences
 18. Give the examples of disasters you know.
 - Floods, famine, drought, earthquake, landslides and outbreaks of diseases such as Cholera and AIDS.
 19. Any change in the population has an effect, list down the effects of population;
 - A) An increase in the population
 - Shortage of social services such as schools and hospitals
 - Environmental damage through soil erosion and deforestation
 - Shortage of natural resources such as water
 - Shortage of employment
 - Low standards of living.
 - B) A decrease in population
 - Shortage of human resources
 - Greater availability of land for settlement and farming

- Greater availability of social services eg, more spaces in schools and hospitals
20. Draw a future's wheel on the causes and effects of population change.

High births than deaths

Population increases

Pressure on resources
Eg, long queues in hospitals

Shortage of medical personnel
and medicines

21. Define the following terms 'Power', 'Authority' and 'Status'

- Power is the ability to use, control or direct something or someone.
- Authority is power combined with the right to use the power.
- Status is the position one is holding in society.

22. Describe the use of power at;

A) Family level

- Parents use their power to discipline their children and provide for their needs.

B) School level

- The head teacher and teachers ensure that learners are given meaningful instructions.

C) Community level

- Village heads, ward councilors and memberships of Parliament initiate development activities which benefit many people.

D) National level

- The President and cabinet ensure that the rights and interests of the people are promoted and protected.

23. Identify the importance of authority

- Used to provide order and security
- Used to resolve conflicts peacefully among people.

24. Give meaning of the term abuse of power and authority

- Means using the position or status for personal gain.

25. Which one is the common form of abuse of

power?

- Corruption

26. Name the institutions and organizations which help to check the abuse of power.

- Ombudsman
- Law society and Centre for Advice, Research and Education on Rights (CARER)
- Anti Corruption Bureau (ACB)
- Police

27. What do you understand by the term bravery?

- Is when one is ready to face and endure great difficulties

28. Identify the acts of bravery and courage

- Diving into water to rescue a person who is drowning
- Entering a house which has caught fire in order to rescue a person or property
- Scaring off or fighting big snakes and other animals which threaten people's lives.

29. State the names of Malawians who showed acts of bravery and courage.

- John Chile
- Hastings Kamuzu Banda
- Chakufwa Chihana
- Bakili Muluzi

30. What are the activities that take place on martyrs' day.

- Singing songs of praise
- Military displays
- Poetry recitals
- Radio programmers
- Banner messages

31. In what way is bravery important?

- It helps to promote peace, cooperation and fairness in the society.

32. Define the term physical features.

- These are landforms and drainage.

33. What are the examples of major physical features in your district?

- Landforms like mountains, hills, plateaus, valleys and plains
- Drainages include lakes, rivers and streams.

34. Identify the importance of physical features

A) Mountains and hills

- They are sources of rivers and streams
- They are sources of trees
- They are homes of wild animals
- They make a country look beautiful
- They attract tourists who bring it foreign revenue
- Some places are named after mountains eg, Mulanje, Ntchisi Zomba, Dedza, Nyika plateau and Machinga.
- Some mountains, hills and plateaus form boundaries of countries eg, the Kirk Range in Ntcheu district.

B) Lakes and rivers

- They provide water
- They are sources of fish
- They can be used for transportation
- They can be used for irrigation
- Some lakes and rivers can be used for generating electricity
- They are homes of aquatic animals (marine species)
- Some lakes and rivers offer tourist attraction
- Some places are named after rivers eg, Lilongwe, Mzimba
- Some lakes and rivers form boundaries of countries eg, Songwe river, Lake Malawi

35. Identify the early kingdoms of Malawi

- Maravi and Nkhamanga kingdoms

36. Where did the Maravi come from?

- Uluba in Katanga province of Zaire

37. Give reasons that made the Maravi to move out of Zaire

- Shortage of land for farming and grazing
- Tribal wars

38. State the period the Maravi moved out of Zaire

- Between 1200 and 1500 AD

39. Describe the political structure of the Maravi kingdom

Kalonga

Eni dziko

Eni nzinda

Nyankwawa

Anthu a m'mudzi

40. What are the factors that led to the growth of the Maravi kingdom?

- They had knowledge about God, traditional medicine, farming, taming animals
- Trade in ivory
- A well organized political structure

41. What are the factors that led to the fall of Maravi kingdom?

- Political structure and the Ngoni and Yao invasions

42. List down the contributions of Maravi kingdom to present Malawi.

- Settled life
- Political structure
- Organized religion
- The use of traditional medicine
- Chinyanja now known as Chichewa

43. Who was the king for Nkhamanga kingdom?

- Chikulamayembe

44. Describe the political structure of Nkhamanga kingdom

Chikulamayembe

Balowoka

Indunas

45. What are the factors that led to the growth of the Nkhamanga kingdom?

- Subsistence farming. They grew millet and other grain crops
- Hunting and iron smelting
- Trade in hoes, knives, beads, cloth, salt, and other goods in exchange for ivory and animal skins with local people.

46. List down the factors that led to the fall of Nkhamanga kingdom.

- Lack of standing army and strong leadership
- Lack of respect for the King by some local chiefs

- Kaunga Nyirenda, a Mlowoka, invaded the kingdom
- The Swahili, Arabs and Portuguese took over trade
- Later the Ngoni fought and defeated Chikulamayembe

47. What are the contributions of Nkhamanga kingdom to present Malawi?

- Agricultural practices
- Hunting
- Iron smelting
- Trade in ivory, animal skins and foreign goods
- Chitumbuka one of Malawi's local languages

48. Define soil

- Is the particles that make up the surface of the earth.

49. State the three types of soil

- Sand, clay and loam soils

50. Give the importance of soil

- Plants grow on soil
- Bricks are made from soil
- Clay pots are also made from soil
- Some insects and rodents live in soil

51. Identify ways in which soil is destroyed

- Soil erosion
- Bush fires
- Wanton cutting down of trees
- Removing of vegetation cover
- Loss of fertility

52. List down the ways of conserving soil

- Prevention of bush fires
- Contour ploughing
- Controlled grazing
- Continuous apply of chemicals to the soil eg fertilizer
- Planting trees and grass

53. Give the administrative structures in Malawi

- National, regional, district and community

54. Describe the administrative structures of the district and city/town/municipal assemblies

- Check the answer in your SES, Standard5 learner's book, pages 29 and 30.

55. Discuss the functions of traditional leaders, politicians and professionals in the district.

A) Traditional structure

- Ensures that customs and traditions are maintained
- Settles disputes among the people in the area
- Distributes land among the people of the area
- Prioritizes development work in the area
- Mobilizes people in development work
- Carries orders or concerns to or from the district development committee (DDC)
- Install chiefs

B) The political structure

- Takes the concerns of people to assemblies (national, district)
- Organizes and coordinates political meetings in the areas involved
- Represents people of the area in meetings/assemblies
- Mobilizes people to perform development work

C) Professional structure

- Interprets government policies to people
- Advises community during prioritization of projects in the district
- Supervises, monitors and evaluates projects
- Represents government or ministries during official district meetings

D) District Commissioner (DC)

- Settles land disputes in liaison with traditional leaders
- Registers marriages that are governed by the English law
- Supervises development projects in the district
- Authorizes the purchase of guns and ammunition
- Licenses the running of small businesses
- Organizes national celebrations at district level

E) Member of Parliament (MP)

- Performs all the functions under the political structure

F) Ward Councilors (WC)

- Represents his/ her ward at council meetings
- Presents problems of his/ her ward to the

council

- Interprets the council plans to the people of his/her ward
- Mobilises people on development work
- Supervises development activities in his/her ward

56. Write down the city assemblies of Malawi

- Blantyre, Lilongwe and Mzuzu

57. Name the municipal assembly of Malawi

- Zomba

58. Give examples of town assemblies in Malawi

- Balaka, Dedza, Karonga, Kasungu, Liwonde, Luchenza, Mangochi and Salima

59. Who is responsible for day-to-day running of the assembly?

- The Secretariat

60. Who is the head of the Secretariats

- In districts assemblies, its the district commissioner
- Chief executive in city, municipal and town

61. Name the four committees of the assembly

- Education committee
- Health committee
- Works committee
- Finance committee

62. What is the function of the committees mentioned above?

- To provide services to the local community.

63. The assemblies are established by law to provide various services in a district, town, municipality or city. List down the services they provide.

- Looks after the management if registered nursery and kindergarten schools, primary and community day secondary schools
- Supervises the running of registered government health services, dispensaries and maternity clinics
- Provides and maintains water supplies eg, bore holes, piped water projects and protected wells
- Plans and implements community development projects
- Looks after the welfare of street children including orphans and youth services

- Plans social and economic development
- Provide street lights
- Provides burial services and disposal of rubbish, sewerage.
- Provides environmental education

64. Explain the meaning of the term gender.

- This means how the society classifies roles for males and females.

65. Identify the roles and responsibilities of males and females

Males	Females
fishing	cooks
sweeping	nursing babies
building houses	drawing water
weaving mats	carrying firewood
thatching houses	
playing football	
looking after animals	

66. Give the difference between gender equality and gender inequality.

- Gender equality means that males and females are treated in the same way, given the same rights and share roles and responsibilities equally while gender inequality refers to the unequal treatment of males and females in a family, school or society.

67. What are the effects of gender inequality?

- Some people suffer because they are given more work
- Some people are denied opportunities simply because of their sex.
- Some people have a lot of benefits
- Some people have no access to some resources.

68. Give meaning of the term gender equity.

- Refers to the equal distribution of opportunities in the family, school, community or at work.

69. What is transport?

- The travelling and sending goods from one place to another using various means.

70. Identify the means of transport in the district.

- Train, cars, buses, boats, oxcarts and bicycles.

71. What are the examples of means of transport you know?

- Letters, telephones, drums, whistles and signs

72. State the importance of transport and communication

- They link people near or far, obtain or sell goods.
- People get to know events happening in an area.

73. Provide the advantages of various means of transport.

A) Oxcart

- Carry a lot of goods
- Cheap
- Can go almost anywhere

B) Bicycle

- Flexible (can go anywhere)
- Cheap
- Readily available

C) Car

- Fast
- Comfortable
- High capacity

D) Boat

- Can carry heavy goods
- Cheaply
- Highly capacity

D) Train

- Cheap
- High capacity
- Can carry heavy goods

74. What are the disadvantages of the means of transport above (in 73).

A) Oxcart

- Slow
- Animal fatigue

B) Bicycle

- Limited capacity
- Rider fatigue
- Slow

C) Car

- High maintenance costs
- Expensive to buy

D) Boat

- Slow
- Confined to water bodies

E) Train

- Slow
- Not flexible
- High maintenance costs

75. State the importance of various means of communication.

A) Letters

- Cheap
- Carries more information
- Ideal for the literate alone

B) Telephone

- Instant feedback
- Message transmitted fast

C) Verbal (oral)

- Cheap
- Room for clarification

D) Drum/ whistle

- Locally found
- Fast
- Cheap

E) Signs/ symbols

- Easy to inform people

76. What are the disadvantages of some of the means of communication

A) Letters

- Slow
- No immediate feedback

B) Telephone

- Expensive
- Not easily available in rural areas

C) Verbal (oral)

- Message can be distorted
- No privacy
- Lack of evidence

D) Drum/ whistle

- Interpreting meaning is difficult

E) Signs/ symbols

- Susceptible to vandalism
- It may mislead when it has expired/ tampered

77. Define institutions and departments

- A social institution is an organization which provides a service to the public.
- Departments are divisions or sections of a ministry

78. State the examples of social institutions found in the district.

- Education institutions
- Health institutions
- Political institutions
- Religious institutions
- Economic institutions
- Agriculture institutions
- Energy and mining institution
- Sports and youth institutions
- Gender and community service

79. List down the examples of departments and their specific roles.

- Police services
Provides security services eg traffic patrol
- Veterinary
Provides medical services for domestic animals
- Fisheries
Trains and monitors farmers and fishers to raise and catch fish effectively
- Forestry
Promote planting and caring for forests. It also monitors and collects revenue on forest resources
- Non-governmental organization empower me in Provide food security, education services, health services and economic empowerment

80. Identify the importance of social institutions and departments

- Provide department and services people

81. Identify different road users

- Pedestrians
- Cyclists
- Motorists

82. What are the traffic rules for road users mentioned above?

- Traffic rules for pedestrians
Walk on the right-hand side of the road facing oncoming traffic
When crossing the road first look right, left and right again then cross the road
Wear white or reflective clothes at night
Avoid playing on the road
- Traffic rules for cyclists
Riding a road worthy cycle properly
Having reflectors on the cycle
Putting on a crash helmet

Wearing white or reflective clothes at night

Giving correct signals

Using hands while riding

Crossing the road only when there is no moving traffic

- Traffic rules for motorists
Fastening seat belts
Respecting other road users
Driving a road-worthy vehicle
Not driving while drunk
Not cell phones while driving

83. How good are road signals and signs?

- They convey messages to road users

84. Give the examples of road signals and signs you know.

- Road signals include arm movements, indicator lights, a horn and traffic lights
- Road signs include pedestrian crossing, a hump, a road detour and road junction

85. State the causes of road accidents on Malawian roads

- Animals on the road without a herder
- Driving vehicles which are not road-worthy
- Children playing on the road
- Speeding
- Drunken driving
- Travelling on a bad road
- Overloading
- Careless overtaking
- Using an unlicensed driver
- Neglecting road signs and rules
- Bad weather

86. Identify the situations that can cause accidents at work

- Unsafe working conditions
- Machines which are not covered or old
- Careless handling of objects
- Poorly-ventilated rooms
- Poor school block conditions
- Untrained or unskilled labor
- Use of machines without protective materials
- Use of old/faulty machine
- Poor storage of equipment

87. What are the precautionary measures against accidents at work?

- Workers should be provided with protective materials and attire
- Regular maintenance of machinery should be

done.

- Work places should have well-ventilated rooms
- Work places should be regularly well-maintained.
- Obsolete machines should be replaced.
- Workers should be given regular refresher courses.
- Workers should always observe instructions.

88. Give any three responsibilities that workers have which help to prevent accidents.

- Observing safety rules
- Taking care of facilities
- Reporting problems with machines

Glossary

Abuse of power :*the use of a position for personal gain or contrary to the accepted rules or law*

Administration :*management or executive officials*

Aquatic life :*living things in water*

Authority :*the right to use power*

Bravery :*readiness to face danger*

Cardinal points :*indications of the south, west, east and north on the compass*

Communication :*the way of sending and receiving messages*

Conservation :*protection from loss, damage or wastage*

Constitution :*a set of laws by which a country or organization is administered*

Corruption :*illegal practices which benefit individuals personally*

Courage :*readiness to go through difficult times*

Cyclist :*a person who rides a bicycle*

Decentralization :*the process of giving power to the people*

Decline :*to go down*

Destruction :*damage*

Drainage feature :*a natural resource such as a lake, rivers, marshes and swamp*

Emigration :*the movement of people away from an area*

Eroded area :*a place where top soil has been removed*

Escape :*to run away from danger*

Gender equity :*a fair distribution of resources, opportunities or responsibilities*

Gender equality :*the equal treatment of males and females*

Gender inequality :*the treatment of males and females differently on the basis of their sexes*

Gender role :*a function which culture defines for males or females to do*

Gender :*how a society classifies roles for males and females*

Human resource :*people assigned to do some work*

Immigration :*the movement of people from one area to another*

Interdependence :*relying upon one another*

Judiciary :*the part of a country's government which is responsible for its legal system and which consists of all the judges in the country's courts of law*

Landforms :*things such as mountains, hills and plains*

Migration :*the movement of people from one place to another*

Mobilization :*preparation for something eg project*

Moral :*an acceptable behavior*

Motorist :*people driving motor cars and motor cycles*

Population :*the number of people who live in a particular area*

Population change :*the increase or decrease of population in an area*

Power :*the ability to control or direct something or someone*

Precautionary measure :*conditions or rules to follow in order to avoid accidents*

Public officer :*a person working in the civil service*

Regulation :*a rule to follow*

Ritual :*a particular set of traditional or fixed actions used in religious ceremony*

Scaring :*something which threatens*

Service :*something provided to the people eg, a hospital, a school*

Standard of living :*a level of living*

Structure :*something composed of related parts*

Transport :*a system of carrying people or goods from one place to another*