

**EXPRESSIVE ARTS**  
**QUESTIONS AND MODEL ANSWERS**  
**FOR**  
**STANDARD**  
**5, 6, 7 AND 8**

C. Nyimba

BY ZIKOMO MASESE BANDA

0999246769/0991295167

13. Giv

## STANDARD 5 EXPRESSIVE ARTS

1. Give two activities that make the body to move at different height levels
  - Jumping
  - Chopping wood
2. State the importance of body movement
  - Helps to coordinate muscles and joints
  - Helps in body fitness
3. Give any two shapes created by drawing
  - Geometric shapes
  - Toys
4. Give any two geometrical shapes which are found in the home and school
  - Circles
  - Rectangles
  - Squares
  - Triangles
5. List down any three materials for sewing
  - Thread
  - Needles
  - Fabric
6. Give any two risks in sewing
  - Being pricked by needles
  - Stepping or sitting on needles
7. Give any one precautionary measure in sewing
  - Putting needles on cushion after use
8. Give any two materials for knitting
  - Knitting threads
  - Knitting needles
9. State two main types of sewing stitches
  - Permanent stitches
  - Temporary stitches
10. Mention three kinds of permanent stitches
  - Joining stitches
  - Neatening stitches
  - Decorative stitches
11. Give any two examples of joining stitches
  - Back stitch
  - Running stitch
  - Oversewing stitch
12. Give any two examples of neatening stitches
  - Hemming stitch
  - Loop or blanket stitch
  - Overcasting stitch
  - Buttonhole stitch
  - Herringbone stitch

14. Sta

15. Wh

(a)

(b)

(c)

13. Giv

14. Giv

15. Sta

16. Wh

17. Givi

18. Give

19. Exp

20. Exp

21. Wh

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13. Give any two examples of decorative stitches

- Cross stitch
- Satin stitch
- Stem stitch
- Chain stitch
- Whipped running

14. State any three examples of temporary stitches

- Even tacking
- Uneven tacking
- Long and short tacking

15. What do the following letters stand for in knitting?

- (a) C/on
  - cast on
- (b) C/off
  - cast off
- (c) Sts
  - stitches

13. Give any three tools for carving

- Axes
- Panga knife
- Adze

14. Give any two materials for carving

- Wood
- Soapstone

15. State any one risk in carving

- Being cut by sharp objects

16. What is weaving

- Weaving is interlocking of wefts and warps

17. Give any two materials for weaving

- Bamboos
- Poles

18. Give any two products made by weaving

- Granaries
- Winnower

19. Explain why carved materials should not be placed in water for a long time.

- To avoid expansion and breaking

20. Explain any two uses of temporary stitches

- Keeping a hem in position
- Keeping together two edges of fabric before making a permanent stitch
- Guiding a straight stitching line
- Transferring pattern marking from paper to fabric

21. What name is given to a geometrical shape below?



- Triangle

22. Figure below shows one of the challenges in everyday life. Use it to answer questions that follow



- (i) Name the cross-cutting issue shown in the figure above
  - Deforestation
- (ii) State any three ways in which the cross-cutting issue can be presented to people in a community
  - Drama
  - Poetry
  - Songs
- (iii) Suggest any two possible solutions to the cross-cutting issue shown in the illustration
  - Planting more tree
  - Avoiding careless cutting down of trees

23. Name any three basic sewing equipment

- Sewing needles
- Tape measures
- Pins
- Pairs of scissors
- Pressing iron
- Mat

24. Who officiates football?

- A referee

25. Give any two skills in football

- Passing
- Scoring
- Dribbling
- Ball controlling

26. State any two factors when composing a song

- Age of the target group
- Cultural background of the target group
- Religion of the target group
- Language spoken by the target group
- Likes and dislikes of the target group

27. Give any two risks in football ground

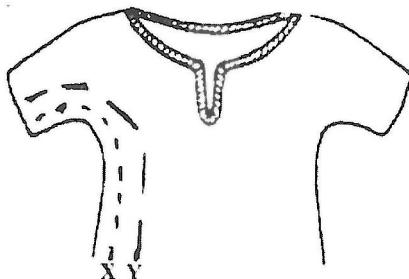
- Hitting each other
- Stepping objects like anthills and stones

28. State any two precautionary measures of reducing risks in play field

- Referee should control the game
- Referee should give penalties for bad play
- Planting grass on bare ground
- Removing anthills and stones from the ground
- Filling ditches and holes on the ground

29. Give any two skills in netball
- Catching
  - Shooting
  - Marking
  - Passing
  - Goal keeping
30. State any two importance of sports and games
- For pleasure
  - For entertainment
31. Define the term 'attire'
- Attire means a dress for special performance
32. What are costumes?
- Costumes are dresses for drama and dances
33. Give two sources of attire
- Buying from shops
  - Making from locally available resources
34. State any two materials for making attire
- Animal skins
  - Sacks
  - Palm leaves
35. Give any two artistic activities that require full participation and working together
- Carving
  - Weaving
36. State three importance of working together in sports, games and arts
- Promotes collaboration
  - Promotes team spirit
  - Promotes tolerance
37. What does the term 'stuff' mean in knitting a doll
- Fill tightly with something
38. Explain the importance of repetitions and contrasts in artistic work.
- They help to add beauty in art
39. Name any two artistic activities which can be produced by using repetition and contrast
- Carving
  - Modelling
  - Plaiting
  - Weaving
40. Why is it important to use uniforms in sports and games?
- They give out identity to the team
41. One way of caring for a broom is by
- Storing it in a dry place
42. Name the proper place for disposing off litter from art works
- Rubbish pit
43. What name is given to a person who trains players in football and netball games?
- A coach

44. Figure below is a diagram showing a shirt. Use it to answer the questions that follow



i) What is the name of the shirt shown in the figure above?

- Magyar shirt

ii) What is the best material for making this type of shirt?

- Fabric

iii) Give any two functions of stitch Y on the shirt

- Keeping a hem in position
- Keeping together two edges of fabric before making a permanent stitch

45. Drawing in artwork is an example of

- Non-physical activity

46. Which dance is associated with rain-making among the Lomwe?

- Tchopa

47. What does "designing" in fabric making involve?

- Planning what to make

48. How can a guitar be made to produce loud sound?

- By tightening the strings

49. How are curios made?

- By carving

50. Which artistic activity requires costume?

- Drama

51. What are materials for sewing Magyar shirt?

- Cloth
- Thread
- Sewing needles

52. Explain any two strategies for reducing risks in sporting activities

- Doing warm ups and cool downs
- Thrower should always be in front of others
- Clear the area where the activity will be done
- Always use equipment that is in good condition
- Store and keep equipment safety after use

53. What does the word "verbal" mean?

- Using words

54. State any two figures which can be created when shapes are joined together in different ways and at different angles

- People
- Houses
- Trees
- Animals

Figure below is a diagram showing a girl playing a musical instrument. Use it to answer questions 55 and 56.



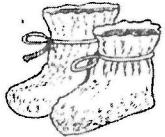
55. How is the instrument played?

- By shaking

56. State any one material that can be used to produce the instrument

- Reed

Figure below shows a diagram of a knitted item. Use it to answer questions 57 and 58



57. Name the item

- Baby's booties

58. Give any two materials required to knit the item

- Wool
- Knitting needles

59. Explain the expression "sports and arts"

- They are activities that one can do for pleasure or entertainment

60. Give any two materials that can be produced by knitting

- Shawls
- Baby's booties
- Baby's hats
- Baby's socks

61. Give any two skills that players may use during sporting activities

- Kicking
- Shooting
- Ball control

62. Give any two reasons why players need to practice basic skills before participating in a real game

- To avoid body injuries
- To master the skills before the actual game

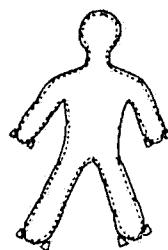
63. Give any two reasons for preventing risky behaviours when participating in sporting activities

- To maintain discipline
- To avoid disqualification
- To avoid injuries to players

64. Give any one safe practice in gymnastics

- Using clothing that allows free movement

Figure below is a diagram of a sewn toy. Use it to answer question 65



65. State two last steps in producing the toy

- Stuffing and closing

66. Give any one example of a musical instrument that produces sound by each of the following ways

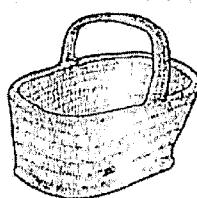
(a) beating

- drum

(b) plucking

- guitar

67. Figure below shows an item in artwork. Use it to answer questions that follow



(i) What name is given to the item?

- Basket

(ii) Mention any two ways that could be used to make the item attractive

- Painting
- Using repetition and contract patterns

(iii) Give one risk that one could be exposed to in making the item

- Pricking oneself with a bamboo

68. Body movements help in the coordination of muscles and

- joints

69. Which physical exercises can cause body movements? Give any two ways

- Jumping
- Chopping wood .
- Dancing

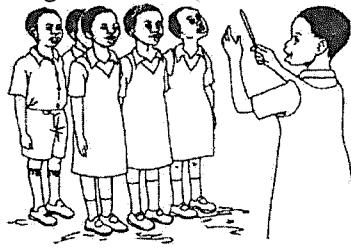
70. Name any one material for making a clay pot

- Clay soil

71. State two ways of caring for sports attire

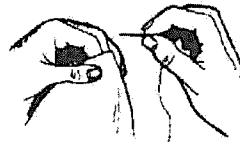
- Washing
- Storing in a safe place

72. Figure below is a diagram showing an artistic performance



- (i) Name the artistic performance
  - Singing
- (ii) Mention any two messages which could be conveyed by the artistic performance
  - HIV and AIDS prevention
  - Child abuse prevention

73. Figure below is a diagram of an artistic activity. Use it to answer the questions that follow



- (i) Name the activity
  - Sewing
- (ii) Mention any two tools that are used in the career
  - Sewing needle
  - Sewing thread

74. Figure below is a diagram of an artistic item. Use it to answer the questions that follow



- (i) Name the artistic item
  - A broom
- (ii) Mention the skill used to produce the item
  - Weaving
- (iii) Give any one material that was used to make the item
  - Palm leaves

75. Figure below is a diagram of a girl playing a musical instrument. Use it to answer questions that follow



- (i) Name the musical instrument
  - A drum
- (ii) Mention any two materials which are used to make the musical instrument
  - Animal hide
  - Wood
- (iii) Name any one traditional dance which uses the musical instrument
  - Mganda

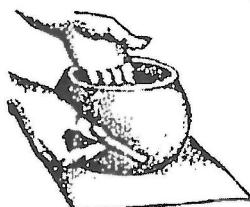
76. Name the level at which chameleon moves

- Low level

77. State one situation which can make a lion to move at high level speed

- Chasing a prey

Figure below shows a piece of art work. Use it to answer questions 78 and 79



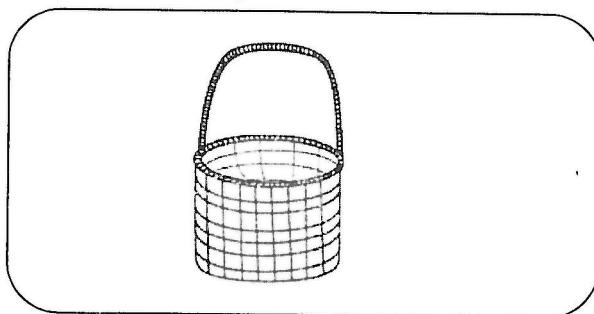
78. The art is made by

- Moulding

79. Which process would make the item last longer?

- Burning

80. Draw any one item that can be made using bamboo



81. Name any two activities that can be done to decorate the drawing

- Painting
- Shading



## STANDARD 6 EXPRESSIVE ARTS

1. What are traditional dances?
  - They are dances performed by members of the community
2. Mention any three traditional dances
  - Likhuba
  - Vimbuza
  - Ngoma
3. State any four occasions when traditional dances are performed
  - Weddings
  - Funerals
  - Initiation ceremonies
  - Installation of chiefs
4. Explain any three importance of traditional dances
  - For identity
  - For unity
  - For entertainment
5. State any two ways in which dancing is important to one's health. Give any two points
  - Strengthening muscles
  - Strengthening bones
  - Enhancing creativity of the mind
  - Promoting coordination of body parts
6. Why is it important that traditional dances be practised in schools?
  - To help preserve culture
7. Mention any two traditional dances that convey cultural messages in the society
  - Vimbuza
  - Gule wamkulu
8. State any two importance of educational dances
  - They promote creativity
  - They promote unity
9. Describe any one relevance of educational dances in the learning process
  - They encourage discipline

Figure below shows a type of dance. Use it to answer questions 10 and 11



10. Name the type of dance
  - Ngoma
11. Mention any one district where the dance is performed
  - Ntcheu
12. What is the meaning of the term 'rhythm'?
  - Rhythm is grouping of sounds and silences

13. Give any four examples of rhythms

- Heartbeat
- Clock ticking
- Walking
- Singing

14. Describe any two importance of rhythm in dance

- Assists in setting uniformity
- Assists in setting order

15. Explain the meaning of mirroring in physical activities

- Mirroring is the act of copying or imitating the leader in physical activities

16. Give any two physical activities that can be mirrored

- Aerobics
- Body stretching
- Swimming

17. Identify the physical activity in the illustration below



- Body stretching

18. Explain any two values of mirroring activities

- They promote discipline
- They promote attention
- They promote unity
- They help to learn the activity easily



19. State two forms of communication

- Verbal communication
- Non-verbal communication

20. Describe the difference between verbal and non-verbal forms of expression and communication

- Verbal communication uses words while non-verbal communication does not use words

21. Shaking the head in Malawi may mean

- Disapproval

22. Give any two examples of artworks which can be used to communicate verbally

- Singing
- Drama

23. Give any two examples of artworks which can be used to communicate non-verbally

- Posters
- Drawings

24. Explain any two importance of using verbal forms of communication and expression

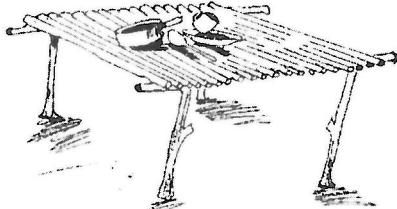
- Ideas and feelings may be fully clarified
- People are able to ask for clarification

25. Give any two ways of communicating feelings and ideas

- Use of language
- Use of gestures

- Use of drawing
- Use of artworks.
- Use of performances

The figure below shows a structure that helps to improve the quality of everyday life. Use it to answer questions 26 to 30



26. What name is given to the structure?

- A sun table

27. Name any two materials that could be used to construct this structure

- Strong poles
- Sisal strings
- Long sticks
- Stones

28. State any two ways in which the structure could be made strong

- Using strong materials
- Tying joined parts strongly

29. What is the use of the artistic item?

- For drying kitchen utensils

30. What is the importance of the artistic item

- It helps to improve the quality of life

31. State any two ways in which artistic items are made

- By weaving
- By sewing
- By plaiting
- By knitting

32. Give any two ways in which culture can be preserved

- By singing traditional songs
- By dancing traditional songs
- By telling traditional stories

33. Explain how a physical activity helps to improve a person's life style

- By making the body strong and free from the diseases

34. Define the term cross cutting issues

- Cross-cutting issues are problems which affect a cross section of people

35. Give any two effects of excessive use of trees without replacing them

- Deforestation
- Siltation of rivers

36. Give any five examples of cross cutting issues.

- Drug and substance abuse
- HIV and AIDS
- Child labour
- Gender bias
- Human rights violations

- Democracy
  - Environmental degradation
37. Explain any two causes of cross-cutting issues
- Lack of knowledge
  - Misappropriation of resources
  - Misuse of natural resources
  - Misuse of human resources
  - Misuse of financial resources
38. State any three effects of cross-cutting issues
- Environmental degradation
  - Dissatisfaction of one gender
  - Wide-range poverty
  - Illiteracy
  - Violence
  - Lawlessness and disorderliness in the society
  - Lack of trust
39. Mention any two cross-cutting issues that can be solved by assertiveness
- HIV and AIDS
  - Drug and substance abuse
40. Give any three artistic activities that may be used to pass messages on cross-cutting issues
- Songs
  - Drama
  - Posters
  - Poetry
  - Dances
41. Explain why songs and dances may be powerful tools for passing messages on cross-cutting issues
- Because they both entertain and educate
42. Explain why posters are powerful tools for passing messages on cross-cutting issues
- Because they easily catch the eye of the people
43. Describe the importance of posters in places such as hospitals, road sides, educational institutions and offices
- They can be a quick way of passing important information
  - They can pass information by using only pictures or drawings
  - They can use few words to pass very important messages
  - They can pass information to even very busy persons when they are pasted(pinned) at strategic places
  - They can pass information even to uneducated persons
  - They are a cheap way of disseminating information
  - They grip the attention of people to look at them
44. State two categories of sports and games
- Individual sports and games
  - Team sports and games
45. State any three familiar team sports and games
- Football
  - Netball
  - Basketball
  - Volleyball

- Handball
- Hockey
- Rugby

46. State any three familiar individual sports and games

- Golf
- Chess
- Table tennis
- Swimming
- Boxing
- Wrestling
- Bawo
- Draft

47. How many players make a team in netball?

- 7

48. Give any four reasons why sports and games are played

- For enjoyment
- For fun
- For good health
- For socialization
- For competition

49. Explain any two importance of team sports and games

- They encourage cooperation
- They encourage unity
- They encourage team spirit

50. Describe any two relevance of team sports and games in schools

- They promote leadership skills
- They encourage discipline
- They reduce school dropout
- They promote sense of belonging

51. Describe any two importance of rules in sports and games

- They prevent unnecessary conflicts
- They maintain integrity
- They encourage fair play
- They prevent body injuries
- They maintain discipline during the entire playtime
- They promote honesty

52. How many players are involved in playing the following games on each side?

- (i) Football
  - Eleven players
- (ii) Netball
  - Seven players
- (iii) Volleyball
  - Six players
- (iv) Basketball
  - Five players

53. Who officiates the following games and sports?

- (I) Netball

▪ Umpire

(II) Football

▪ Referee

54. What name is given to a person who trains players in football and netball games?

- A coach

55. Give any two ways of improving the home

- Producing chair backs
- Producing wall hangings
- Producing tablemats
- Producing paintings
- Producing drawings or pictures

56. Mention any three items used to improve the home

- Chair backs
- Table mats
- Wall hangings
- Paintings
- Drawings
- Pictures

57. Why do homes play an important role in people's lives?

- Most of people's time is spent at home

58. Mention the two major groups of musical instruments

- Tuned musical instruments
- Untuned musical instruments

59. Define tuned musical instruments

- These are musical instruments which when played produce two or more pitches

60. Explain the meaning of the term 'untuned musical instruments'

- These are musical instruments which have one fixed pitch

61. Give any two examples of tuned musical instruments

- Guitar
- Accordion
- Piano
- Flute
- Kaligo
- Trumpet
- Banjo

62. Give any two examples of untuned musical instruments

- Wood blocks
- Rasps
- Maracas
- Badza
- Drum
- Rattles
- Xylophone
- Horn
- Panpipe
- Kalimba
- Mkangala

- Shakers
63. What is the other name for untuned musical instruments?
- Percussion musical instruments
64. State the occasion when the following dances are performed
- (i) Vimbuza
    - Healing
  - (ii) Ngoma
    - Installation of a chief
65. How are the following musical instruments played?
- (a) Guitar
    - By plucking
  - (b) Trumpet
    - By blowing
  - (c) Shaker
    - By shaking
  - (d) Drum
    - By beating
  - (e) Piano
    - By clicking
66. List any two materials for making musical instruments
- Animal hides
  - Strings
  - Nails
  - Gallons
  - Tree trunks
  - Stones
  - Reed
67. Describe any two effects of excessive use of trees in making musical instruments
- May lead to deforestation
  - May lead to siltation of rivers
  - May lead to degradation of the land
68. The selling of musical instruments made locally can
- Generate income
69. What are the importance of musical instruments in songs and dancing?
- They complement human voice
  - They add harmony in music
  - They foster self expression
  - They add beauty in music
  - They promote discipline
  - They accompany songs and dances
  - They convey messages
  - They indicate speed one can dance
- Figure below is a diagram showing a musical instrument. Use it to answer questions 70 and 71



70. Name the musical instrument

- A drum

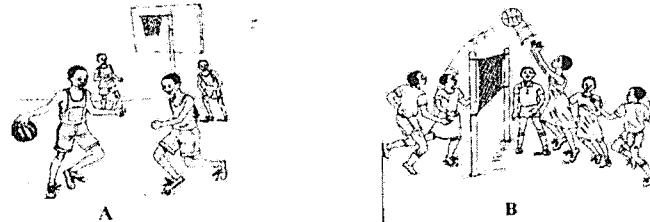
71. Mention any two materials for making the musical instrument above
- Wood
  - Animal hides
72. Mention two dances in Malawi which are performed specially for healing
- Vimbuza
  - Malombo
73. Which dance in central region of Malawi is associated with the spirits of the dead?
- Gulewamkulu
74. Mention any three materials for making a guitar.
- Strings
  - Wood
  - Tin
75. Give any two materials for making a shaker
- Tin
  - Sand
76. State any two ways for improving the sound of a drum.
- Beating using the palm of the hand
  - By heating in the sun or near the fire
77. What is communication?
- Communication is passing on of information from one person to another
78. State any two traditional means of communication
- Blowing horns
  - Dressing of some kind
  - Beating gongs
  - Ringing bells
  - Putting leaves on the road
79. Give any two modern means of communication
- Sounding sirens
  - Using television
  - Using cell phone
  - Using traffic lights
80. List any three modern technologies of communication
- Phones
  - Computers
  - Radios
  - Newspapers
  - Books
81. Mention any two colours that can convey cultural messages
- White
  - Black
  - Red
82. State the meaning of each of the colours mentioned in question 81
- (i) White
    - means purity
  - (ii) Black
    - means sorrow

(iii) Red  
- means danger

83. Mention any two artistic activities that destroy the environment  
- Carving  
- Weaving  
- Plaiting
84. State any two activities that promote the conservation of the environment  
- Planting trees  
- Planting grass  
- Making dams  
- Harvesting rain water
85. Name any two ways how the children can express their rhythmic abilities  
- Dancing  
- Singing  
- Playing
86. Mention any two artistic activities that are used to improve the home  
- Weaving  
- Knitting  
- Plaiting  
- Painting  
- Carving  
- Sewing
87. State one reason for putting branches of trees on the road in Malawian culture  
- Funeral  
- Car breakdown
88. State any two activities that can be used to communicate non-verbally  
- Posters  
- Gestures  
- Miming  
- Painting
89. Name any two artistic activities which use tempo  
- Sewing  
- Dancing  
- Knitting  
- Singing  
- Carving
90. Name the colour of clothes that a widow wears during mourning period  
- Black
91. What does red colour in Malawi stand for?  
- Danger
92. What does white colour in Malawi stand for?  
- Wedding
93. What does green colour on traffic lights mean?  
- Go
94. What does red colour in China stand for?  
- Wedding

95. What does green colour on the flag of Malawi stand for?  
- Green vegetation
96. What message is conveyed among the Chewa when one brings a white chicken to the chief?  
- Accepting an offence committed
97. What does white colour in America stand for?  
- Wedding
98. What message is conveyed among the Chewa when one brings a black chicken to the chief?  
- One has brought a funeral message
99. The beating of a gong early in the morning may mean  
- Announcement of beer  
- Announcement of funeral
100. In the Bible when something went wrong people  
- Could wear a sack cloth  
- Could smear ashes on the body
101. Which is the fastest means of communication?  
- Internet
102. What does the wearing of a ring in the middle finger?  
- One is divorced
103. What does the wearing of a ring on the second finger from the smallest finger mean?  
- One is engaged or married
104. What does it mean when one wears a ring on the finger next from the thumb?  
- One is widowed
105. When one wears a ring on the last smallest finger, it means  
- One is single or unmarried
106. What is the significance of using traditional way of communicating and expressing messages?  
- It helps to preserve culture
107. Mention any two ways which could show culture  
- Traditional dances  
- Traditional songs  
- Type of dressing  
- Type of food
108. What does a cock crowing at night indicate?  
- Dawn is approaching
109. What may the hooting of an owl at night indicate?  
- A bad omen
110. What may a cross on an institution show?  
- A church
111. What may a crescent on an institution show?  
- A mosque
112. What can a white flag on a roof or tree indicate in some societies?  
- A wedding
113. What are tattoos (mphini) on a human face for?  
- Beautification

114. What is the importance of both traditional and modern means of communication?  
- They help people become aware of what is happening around them
115. What are enter-educate activities.  
- They are activities that entertain and educate people at the same time.
116. The figure below shows some team sports and games. Use it to answer questions that follow



- (i) Identify team sports and games labelled A and B  
o A = basketball  
o B = volleyball
- (ii) How many players are involved in playing the game labelled B on each side?  
o 6 players

117. Define the term communication  
- Communication means sending and receiving messages.

118. Explain the traditional way of communication.  
- It means the use of local materials or ways for communicating

119. When a woman wears a black dress, it may symbolize that  
- She has lost a husband

120. What is the importance of repetitions and contrasts in art?  
- They help to decorate items

121. Which artistic item can be used to improve the home?

- Wall hangings

122. Two techniques used in football are

- Passing and kicking

123. What term is given to communication that uses words?

- Verbal communication

124. Explain any two good effects of modern technology to people

- It has improved speed of doing things  
- It has enabled people to communicate far and wide within a short time

125. Give any two bad effects of modern technology

- No restriction on what should be viewed  
- Internet has been flooded with pornographic materials

126. Define the term 'hooliganism'

- Unruly behaviour

127. Give the meaning of the term 'pornography'

- Something not meant to be viewed in public

128. What does the word 'paedophile' mean?

- A person who has a strong sexual desire for children

129. Give any two cultural activities in the community

- Traditional dances

- Initiation ceremonies

- Wedding ceremonies

- Singing

130. Give any two physical activities in the community

- Swimming
- Nature exploration
- Mountain climbing

131. Give any two artworks in the community

- Painting
- Carving
- Weaving

132. What does 'SMS' stand for?

- Short message services

133. Give any two importance of physical activities

- Improve the health of members of the community
- Increase the people's perspective of the world

134. Give any two importance of cultural activities

- Give an identity to the community
- Foster interaction among community members
- Increase sense of belonging

135. Give any two importance of artwork

- Source of income
- Attracts tourists to the community

136. Name three colours on the flag of the republic of Malawi

- Black
- Red
- Green

137. Which colour on the flag of Malawi stands for the blood shed by heroes in sacrifice for independence of Malawi

- Red

138. Describe two advantages of using traffic lights

- Accidents are prevented on busy roads
- Traffic is controlled day and night

139. Give any two uses of chair backs

- For decoration
- For support

140. Give any one symbol which can be used to mean a school

- Children carrying books

Figure below shows an item in artwork. Use it to answer questions 141 to 144



141. Name the item

- Clay pot

142. Give any two uses of the item

- For cooking
- For boiling water

143. How many patterns of repetition and contrast have been used on the item?

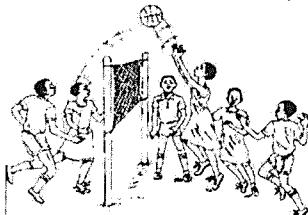
- Two

144. Mention any two materials that could be used to make patterns on the item

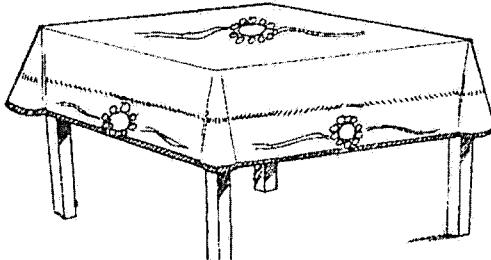
- A coil
- A stick

145. State any two messages that could be passed on through drama
- HIV and AIDS messages
  - Environmental protection messages
146. What could a beat of a drum early in the morning mean in a village?
- Beer is ready
147. Which district performs a dance called "msindo"?
- Ntcheu

Figure below shows learners on a playing ground. Use it to answer questions 148 and 149



148. Mention the type of game that is being played
- Volleyball
149. Which body parts are moving frequently?
- Legs, hands and eyes
150. What type of decorative artwork is shown in the figure below?



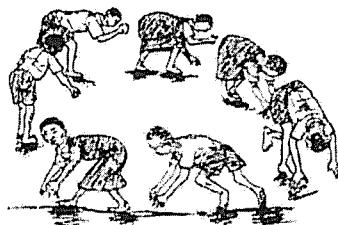
- Applique
151. Why should clay items be dried in a shed?
- Direct sunshine causes items to crack
152. Give any two importance of artwork in the community
- It promotes economic development
  - It is a source of income
  - It promotes tourism
153. Give any three art works which can be decorated by tattooing
- Clay work
  - Wood carving
  - Stone carving
154. How could the community ensure sustainability of the carving industry in Malawi?
- By planting more trees
155. How does an umpire communicate with players in a game?
- By blowing a whistle
156. Why do learners conduct mock sale after producing art items?
- To promote skills
157. Name any two things that can help to improve the quality of life
- Physical activities
  - Eating balanced diet
158. Explain any two importance of a clean environment with trees and flowers
- It adds beauty

- It improves the health of people living in it

159. Define 'gallery walk'

- An organised observation on displays

160. Figure below shows learners performing a dance



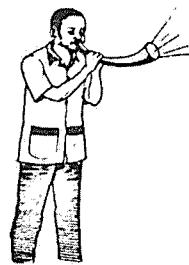
Which style improves the coordination of body parts in the dance?

- Movement of the hands

161. Which posture shows a cultural value among the youth in society?

- Kneeling before elders

Figure below is a diagram showing a man conveying a message. Use it to answer questions 162 and 163



162. Name the item being used to convey the message

- Horn

163. Name any two occasions when the item could be used

- Community gathering
- War victory

164. How can art items be described in different areas?

- By their appearance
- By their shape
- By their decoration

165. State any two common art items which show cultural heritage

- Carved items
- Woven items
- Plaited items
- Modelled items

166. A good story line should leave people in

- Suspense

167. Mention any two household items which can be produced by carving

- Mortar
- Pestle
- Cooking stick

168. Explain how modelled items can be made stronger for household use

- By burning
- By using strong and durable materials

169. How can carved items be protected from cracking and developing mould?

- By not exposing them to moisture

170. How can chair backs be made attractive?

- By embroidering
- By painting

171. Why are families encouraged to produce some household items locally?

- To make money after selling them
- To save money in the home
- To improve the families' income

172. Describe the following terms:

- (i) Dynamics
  - The loudness and softness of sound
- (ii) Aesthetic
  - The appreciation of beauty
- (iii) Tempo
  - The speed of a song

173. Explain the importance of decorating artworks

- They look attractive
- They sell easily

Figure below is a diagram of a person using a modern means of communication. Use it to answer questions 174 to 176



174. Name the means of communication used

- Computer

175. Give two ways in which communication is done using this means

- Sending messages through electronic mail
- Receiving messages through electronic mail

176. Give two disadvantages of this means of communication to people that live in rural areas

- It requires electricity to operate
- It needs training to use that means of communication

177. Explain why people wear special attire when doing physical education, sports, dance and drama.

- For identity
- For beauty
- Activities are done effectively

178. Give any two raw materials which can be used to decorate carved or modelled items

- Paint
- Dyes

179. Name a form of communication that uses gestures

- Non-verbal communication

180. Name any two parts of the body which can be used for non-verbal communication

- Hands
- Shoulders

181. Mention any two places where learners learn traditional dances that convey cultural messages

- Community

- School

182. What name is given to musical instruments which produce one pitch

- Untuned musical instruments

183. How does a flute work?

- By blowing

184. Why do some tribes perform dances as a ritual

- They believe that some dances can make rain to fall

- They believe that some dances can bring about healing of a disease

185. What does the term 'mezzo forte' mean?

- Singing loudly

186. Name any one artistic activity which uses tempo

- Singing

Figure below shows a means of communication. Use it to answer question 187



187. Name the type of communication

- Non-verbal communication

188. Give any two ways of decorating artwork

- Tattooing

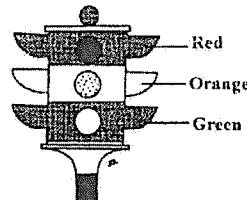
- Polishing

- Coiling

189. What message is communicated by a cock when it crows?

- Dawn is approaching

190. Figure below is a diagram showing a modern way of communication.



(i) What message is conveyed by the green colour?

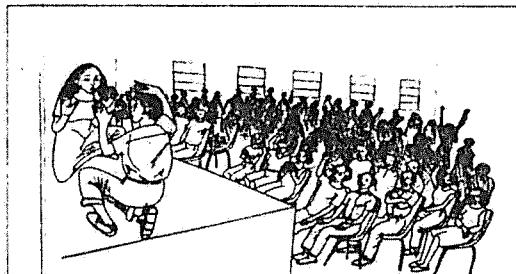
- Go

(ii) State two advantages of using this means of communication

- Accidents are prevented on busy roads

- Traffic is controlled day and night

191. Figure below shows an artistic performance. Use it to answer questions that follow



(i) Identify the type of artistic activity

- Drama

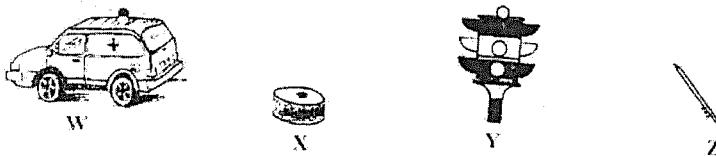
(ii) Mention any two messages that can be sent through this artistic activity

- HIV and AIDS messages

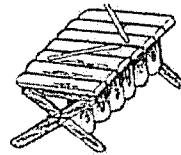
- Environmental protection

- (iii) Apart from your answer in Question 191 (iii), give any two other ways of conveying messages in a community
- Songs
  - Poems
192. Explain how carved items can be made stronger for household use.
- By painting them
193. Give two sources of materials used for decorating items.
- Buying from shops
  - Making from locally available materials.

Figure below shows diagrams of different means of communication. Use it to answer Questions 194 and 195



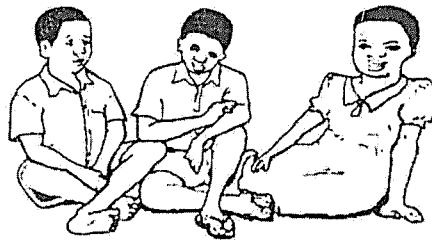
194. Name the diagram marked Y
- Traffic lights
195. Which diagrams represent modern means of communication?
- Y and W
196. Name any two materials that produce sound that are used to convey cultural messages
- Drums
  - Gongs
197. Figure below shows a diagram of a musical instrument. Use it to answer questions that follow



- (i) Identify the musical instrument
- A xylophone
- (ii) Give any one local material that can be used to make this musical instrument
- Wood
- (iii) State the type of musical instrument in 197 (i)
- Untuned musical instrument

## STANDARD 7 EXPRESSIVE ARTS

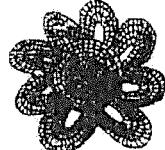
1. Define the following terms:
  - (i) Personal space
    - Personal space is the space which your body uses
  - (ii) General space
    - General space is the space where you and others occupy
2. Give four components of general space
  - Levels
  - Extensions
  - Floor pathways
  - Air patterns
3. What does the expression "floor pathways" mean?
  - How people move on the floor
4. Give any two advantages of making one's own sporting garments
  - It is cheaper to make your own garments than buying them
  - It improves the skills of making different designs of garments
5. Give one way in which children show respect to elders
  - Receiving things with two hands
6. Figure below shows artistic activities within space. Use it to answer the questions that follow



- (i) Mention the type of space that is used by each individual in the figure
  - Personal space
- (ii) Name any two activities that require the type of space mentioned in 6 (i)
  - Head stand
  - Push ups
7. Mention any two local materials that could be used for making garments that convey cultural messages
  - Banana leaves
  - Animal skins
  - Feathers
8. Mention any two artwork activities that may cause damage to the environment
  - Carving
  - Weaving
9. Mention the first thing to consider when writing a play for commercial purposes ✓
  - Target audience
10. A carving which has a definite form and looks real is called
  - Naturalistic
11. What does the top number in the time signature  $\frac{4}{4}$  stand for in music?
  - Beats in a bar
12. What does the attire of animal skins and shields symbolize in some cultures?
  - They are warriors

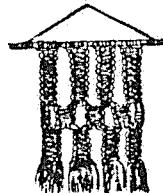
13. Give any two materials that could be produced by knitting
- Pencil bags
  - Baby's blankets
14. What name is given to the combination of different lengths of sounds and silences produced repeatedly?
- Rhythm
15. Which feeling is commonly expressed in music?
- Joy

Figure below is a diagram of an artistic item. Use it to answer Questions 16 and 17



16. What is the name of the item?
- Door mat
17. State the material which is used to produce the item
- Sisal
18. What is the first step in marketing skills?
- Researching
19. Give any two materials used for carving
- Adze
  - Saw
20. In the component of general space, give any three sporting activities which need air patterns?
- Netball
  - Jumping
  - Table tennis

The figure below is a diagram of an artistic item. Use it to answer Questions 21 and 22



21. What name is given to the artistic item?
- Wall hanging
22. Which skill can be used for making the artistic item?
- Weaving
23. Which component of general space should be observed in a crowded street?
- Floor pathway
24. State one way in which a young person would show respect when receiving things from elders
- Kneeling down
25. Which process of garment construction determines the size of fabric and costume to be made?
- Body measurement
26. Mention any two artistic items used in the kitchen
- Cooking sticks
  - Wooden spoons

27. Mention any two examples of contemporary dancing styles

- Kwasakwasa
- Reggae

28. What are the importance of combining traditional dances and contemporary dances?

- It helps the dances to be more pleasant
- It can ensure preservation of traditional dances
- Traditional dances and dancing styles can become famous and popular

29. State any two occasions when local dances are performed

- Wedding ceremony
- Initiation ceremony
- Funeral ceremony
- Installation of chiefs

30. What are educational dances

- Educational dances are dances based on personal experiences.

31. State two importance of educational dances

- They help for easy learning
- They enhance wider understanding

32. Explain why educational dances are performed in schools

- They help to promote culture
- They help to preserve culture

33. Name any two cultural values that young people show when passing by the elderly

- Taking off a hat temporarily
- Holding two hands in front and saying excusatory words

34. Explain any two factors that determine personal and general space

- Type of activity to be done
- Size of the area to be used for activities
- Number of participants involved in the activities

35. Describe any two importance of general and personal space

- Activities are done properly
- There is free body movement

- Accidents that happen during performance of activities are reduced

36. State the difference between "general space" and "personal space"

- General space is the space in which you and others occupy while personal space is the space which your body uses

37. Name any two examples of rhythmic pattern

- Heart beating
- Clock ticking

38. Name any three mirroring activities

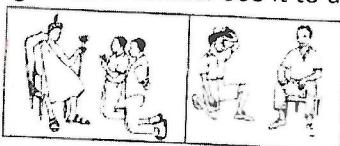
- Drawing
- Dancing
- Swimming
- Laughing
- Running

39. List any two mirroring games

- Netball
- Football
- Table tennis
- Basketball

- Handball

Figure below shows ways of showing cultural values. Use it to answer the questions that follow



(a) Give any two ways in which the cultural values have been shown in the illustration

- Kneeling
  - Taking the hat off
- (b) What cultural value is shown in the illustration?
- Respect

40. Give any one cultural dance among the Nkhonde

- Chioda

41. Explain any two factors to consider in garment construction

- Knowing what is to be made
- Size of the wearer
- Amount of fabric to be used
- The designs that are in fashion

42. What does the following pattern marking in garment making mean?



- Place on fold of fabric

43. Define macramé

- A decorative knot

44. State any two produce from macramé

- Belts
- Book bags
- Flower vase holders
- Flower pot holders
- Wall hangings

45. Describe any two ways of storing artworks

- Keep them away from heat sources
- Cover them with a clean piece of cloth
- Place them on acid free boards
- Keep them away from direct sunshine
- Avoid storing them on concrete floors or walls
- Avoid storing them in attics and basements

Figure below is a diagram of a cultural activity. Use it to answer Questions 46 and 48



46. What ceremony is shown in the diagram?

- Installation of a chief

47. Which district would this cultural activity take place?

- Mzimba

48. Which ethnic group would conduct such ceremony?

- Ngoni

49. Mention any two contemporary dances

- Reggae
- Kwasakwasa
- Ndombolo
- Kwaito

50. State two main types of dances

- Traditional dances
- Contemporary dances

51. Describe the difference between traditional dances and contemporary dances

- Traditional dances are dances that are originated from our own country while contemporary dances are dances that are originated from other countries.

52. Give any four examples of traditional dances

- Tchopa
- Manganje
- Chimtali
- Beni

53. Explain any two qualities of a good poster

- It should look attractive
- It should be coloured
- Words should be bold
- Information should be brief
- Information should be clear
- It should have large prints

54. Explain any two importance of posters

- They can be used for advertising a business
- Self-made posters can be sold to generate income
- They are cheap to produce locally

55. State three types of carvings

- Abstract carvings
- Stylish carvings
- Naturalistic carvings

56. Give any two challenges that artists face

- Inadequate resources
- Lack of exposure
- Inability to market products
- Jealousy

57. Outline a process in marketing

- Carrying out a research
- Costing the items
- Displaying the items
- Advertising
- Selling

58. Name two parts of a banjo

- Tuning pegs
- Head stock
- Head

- Neck
- Tail piece
- Resonator
- Bridge

59. Figure below is a diagram showing a man doing an artistic activity.

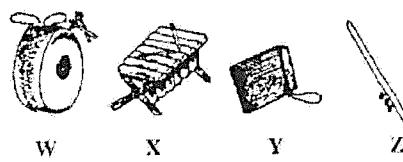


- (i) Name the artistic activity
  - Carving
- (ii) Mention any two materials that are used in the artistic activity
  - Wood
  - Soapstone
  - Adze
  - Saws
  - Hammers
  - Panga knife
- (iii) State any two products that could be made in the artistic activity
  - Wooden cooking sticks
  - Statues
  - Axe handles
  - Hoe handles
  - Wooden spoon

60. Mention any two traditional dances found in the central region of Malawi

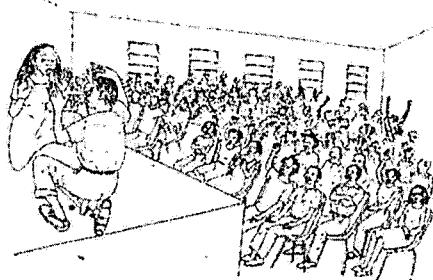
- Chimtali
- Malipenga
- Gule wamkulu
- Njedza
- Chisamba
- Chiterera
- Mganda
- Ngoma
- Msindo
- Ligubo
- Gwanyasa

61. Figure below is a diagram of some musical instruments. Use it to answer questions that follow



- (i) Which instrument is made from animal skin?
  - W

- (ii) How does instrument labelled Y produce sound?  
- By shaking
62. Name the material that is used in taking body measurements when making a garment  
- Tape measure
63. Mention two parts of the body where measurements could be taken before making a garment  
- Thighs  
- The waist
64. Give any two reasons for taking appropriate measurements when sewing a garment  
- It determines the size of the fabric to be bought  
- It avoids wastage of materials
65. Name two materials that could be used to weave a basket  
- Bamboo  
- Creeping stems
66. What name is given to activities that involve copying actions of another person during artistic performance?  
- Mirroring
67. Give the meaning of each of the following forms of non-verbal communication  
(i) Shaking one's head  
- Disapproval  
(ii) Beckoning with a hand  
- Come here
68. What was the meaning of wearing a sack cloth by a king in old days?  
- Something had gone wrong
69. Give one example of environmental challenge whose message can be conveyed through songs  
- Deforestation
70. Give an example of non-physical activity  
- Sleeping
71. Which contemporary dance has flexible and quick foot movements?  
- Kwaito
72. Define macramé  
- It means the art of knotting and producing functional and decorative items.
73. List down materials for macramé  
- sisal  
- palm leaves
74. Figure below shows an artistic performance. Use it to answer questions that follow



- (i) Identify the type of artistic activity  
- Drama
- (ii) Mention any two messages that can be sent through this artistic activity  
- HIV and AIDS

- Corruption
  - Environmental degradation
  - Child labour
- (iii) Apart from your answer in question 74 (i), give any two other ways of conveying messages in a community
- Songs
  - Poetry
  - Posters

75. List down any three materials for making a poster

- Cartons
- Crayons
- Chart papers

76. Figure below is a diagram of a man carrying bags of charcoal on a bicycle. Use it to answer questions that follow



(i) Give any two effects of the activity shown in the figure above on the environment

- Deforestation
- Air pollution

(ii) Mention any two ways in which the effects in 76 (i) could be prevented

- Planting more trees
- Stop cutting down trees for charcoal making

77. Mention any two artistic items that can be modelled

- Clay pots
- Dolls
- Wire cars

78. Mention body measurements required for making petticoats.

- Waist line
- Hip line

79. Identify musical notes below.

a      o



b      J



c      J



d      J



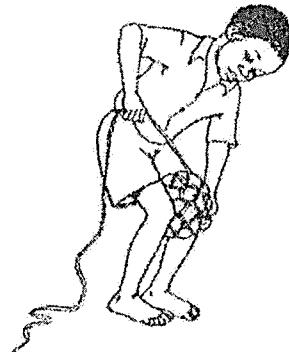
e      J



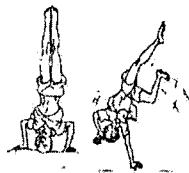
a = whole note

- b = half note
- c = quarter note
- d = eighth note
- e = sixteenth note

80. Explain what is happening in the illustration below.



- a boy wrapping a ball
- 81. Give any three materials for making wrapped balls
  - rags
  - plastic papers
  - plastic paper string
- 82. Define the term drawing
  - An arrangement of lines
- 83. What is a source of risks in singing
  - strain of vocal chords when singing in very loud voice
- 84. What sporting activity is being done in the illustration below?



- Gymnastics
- 85. What are bad effects of risks in gymnastics? Give any two points
  - Fainting
  - Death
- 86. Define first aid
  - It is the first help given to an injured person
- 87. State any three importance of first aid
  - It helps to promote quick recovery
  - It helps to prevent the condition from becoming worse
  - It helps to sustain life.
- 88. What does ABC in first aid stand for?
  - A = Airway
  - B = Breathing
  - C = Circulating
- 89. What does CPR in first aid stand for?
  - C = Cardio
  - P = Pulmonary

- R = Resuscitation
90. List down any four materials found in first aid box
- bandages
  - plasters
  - cotton wool
  - spirits
91. Give any two types of plays.
- Tragedy
  - Comedy
92. What is the difference between tragedy and comedy?
- Comedy is a play with a happy ending while tragedy is a play with a sad ending
93. Why should first aid box be marked with a red cross or labelled 'first aid'
- For easy identification
94. Give any three modern ways of communicating messages.
- using cell phones
  - using telephones
  - using whistles
95. State any three materials for drawing posters.
- Paints
  - Papers
  - Pental pens
96. Mention any two importance of gymnastic activities
- They help in body fitness
  - They help to improve health
97. Give any two ways in which traditional means of communication is important.
- It is cheap
  - It is known or famous in a specific culture
98. Explain two reasons why different areas have different artistic activities.
- Because of availability of resources
  - Because of cultural values
99. Define marketing
- It is a process of informing people about the products and services you have made ready to be sold.
100. Give three ways of marketing
- Using posters
  - Using radios
  - Using door to door
101. State any three skills in marketing.
- Effective communication
  - Budgeting
  - Planning
102. Explain why advertising is important. Give any two reasons
- It helps to increase sales
  - It helps people to find the best products for themselves
  - It helps in making people aware of the new product
  - It helps to attract more customers
103. State any two ways how drawing shapes can be advanced
- By adding more lines

- By adding colours

104. Give two forms of drawings

- Two dimensional drawings
- Three dimensional drawings

105. State any four examples of two dimensional drawings

- Circles
- Ovals
- Rectangles
- Squares.

106. Give any four examples of three dimensional drawings

- Human figures
- Animals
- Boxes
- Tables

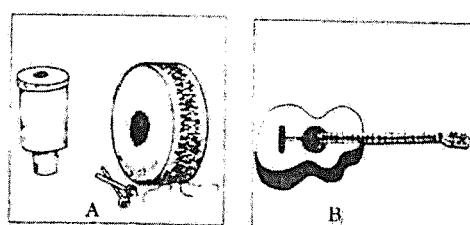
107. State one way of making pictures for sale more attractive.

- Painting

108. How can a two dimensional drawing be made into three dimensional drawing?

- By shading

109. Figure below shows two types of musical instruments. Use it to answer questions that follow



(i) Identify the musical instruments labelled A and B

- A = drums
- B = guitar

(ii) How do the musical instruments labelled A produce sound?

- By beating

110. What is the difference between stylish and abstract carvings?

- Stylish carvings have a definite form with some parts exaggerated deliberately while abstract carvings do not have a definite form

## STANDARD 8 EXPRESSIVE ARTS

1. Define the term 'artistic creativity'
  - Artistic creativity refers to having the power to use one's intelligence and imagination in artwork instead of copying from what is already there
2. Give any two examples of movements in artistic work
  - Singing melodies
  - Making a hoe handle
  - Plaiting hair
  - Making baskets
  - Making mats
3. Give one importance of artistic creativity
  - It helps one to produce something that portrays beauty
4. What is tempo?
  - Tempo is the speed at which music moves
5. Give any two importance of tempo
  - Source of unity
  - Source of variety
  - Provides music expression
  - Helps to develop coordination
  - Helps to develop a sense of concentration
6. Explain any two ways of establishing a tempo
  - By stamping the feet
  - By clapping the hands
  - By tapping an object
7. State any two artistic activities that can be controlled by tempo
  - Drawing
  - Painting
  - Carving
  - Weaving
8. Who is a leader?
  - A leader is a person who leads others to achieve the goals of an organisation or group
9. State any three types of leadership styles.
  - Democratic
  - Autocratic
  - Laissez faire
10. State any two roles of leaders
  - Mobilizing the members in carrying out development projects
  - Settling disputes
  - Settling marriage conflicts
  - Providing guidance
  - Supervising
  - Monitoring
11. State any two qualities of a good leader
  - Able to delegate tasks
  - Accepts criticism
  - Should lead by example
  - Depends on people he or she works with

- , Trusts the people he or she works with
  - Knowing their strengths and weaknesses
  - Flexible
  - Aware of the interests of the followers
12. State two successes in leadership
- Mobilizing the society to take part in development projects
  - Resolving conflicts amicably
13. State two challenges different leaders face.
- Resistance to change
  - Conflict of interest among the subjects
14. Explain how challenges can be avoided in leadership
- By exercising good leadership skills.
15. State any two skills of good leadership
- Effective communication
  - Providing motivation
  - Problem solving
  - Delegation
  - Decision making
  - Critical thinking
  - Patience
  - Open mindedness
16. Give two roles of songs and dances during cultural events.
- To promote culture
  - For cultural preservation
17. State any three examples of cultural events.
- Initiation ceremonies
  - Wedding ceremonies
  - Funeral ceremonies
18. State any two ways of composing a song.
- By Improvising a tune already composed
  - By improvising words to already composed tune.
19. State three roles that dances play in a society
- Uniting people
  - Preserving culture
  - Identifying people
20. Define the term improvisation
- Improvisation refers to the use of a resource as an alternative to something that is not readily available
21. Give two examples of improvisation
- The use of razor blade in place of scissors
  - Use of rags to replace dusters
22. Give any two importance of improvisation
- It is cheap since we use locally available resources
  - It promotes involvement of learners.
23. Define the term "team work"
- It means doing an activity at a group level
24. Explain any two importance of team work.
- The work is done easily

- Helps to share knowledge and skills.
25. Explain why some songs and dances in African countries are similar
- Because these songs and dances have the same origins
  - Because of similar cultures
26. Why is it important to make a career choice?
- Because it makes one work hard to achieve one's job aspirations
27. State three steps to follow when developing a play from a story.
- Identify the title of the story
  - Develop a strong line
  - Identify characters
28. Figure below shows an article using the dyed materials. Use it to answer questions that follow



- (i) Identify the article above
    - A hat
  - (ii) Explain any two reasons for producing the article using the dyed materials
    - To make it look bright
    - To make it look attractive
29. Give two types of dyes
- Cold water dyes
  - Hot water dyes
30. State any three articles that can be dyed.
- Palm leaves
  - Sisal
  - Clothes
31. State any two sources of brown dyes
- Charred nuts
  - Brick powder
  - Soils
32. Give any two dances performed by both men and women
- Manganje
  - Makhanya
  - Tchopa
  - Masewe
  - Ingoma
  - Utse
33. State any two dances performed by men only
- Beni
  - Malipenga
  - Mganda
  - Gulewamkulu
34. List any two dances performed by women only
- Chimtali
  - Chinamwali
  - Chiterera
  - Msindo
  - Uyeni

Figure below is a diagram showing women performing one of the cultural practices in Malawi.  
Use it to answer question 35



35. During which occasion is this ceremony done?

- Initiation

36. Define the following artistic activities:

(i) Physical artistic activities

- They are activities which require one's energy and effort to do
- (ii) Non-physical artistic activities
- They are activities which do not require one's energy and effort to do

37. Give any two examples of physical activities

- Running
- Throwing
- Push ups

38. Give any two examples of non-physical activities

- Lying down
- Standing still
- Sitting

39. Write any two artistic activities that require less personal space

- Stretching
- Standing still

40. Explain any one advantage when members of a community learn different skills

- It helps to create self employment

41. Give any one example of a manipulative skill in each of the following:

(i) physical activities:

- Throwing
- Catching
- Kicking
- Striking

(ii) art activities:

- Drawing
- Carving
- Modelling

42. Give any two ways of decorating wall charts

- Using decorative stitches
- Using applique

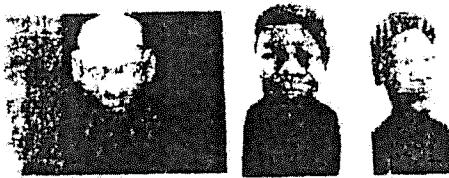
43. Explain the importance of role playing picture stories

- It enhances understanding of the messages being communicated

44. Showing perspective through colour is also called

- Aerial perspective

45. Figure below is a diagram showing some artistic items. Use it to answer questions that follow

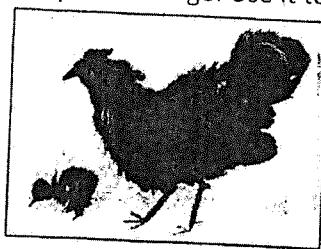


- (i) What name is given to the illustrations in the diagram?
  - Curios
- (ii) How are the illustrations made?
  - By carving
- (iii) State two reasons why the illustrations should be decorated
  - To make them attractive
  - To make them sell fast

46. List three steps that one would take to realize his or her career choice

- Pre-experience activities
- On-site activities
- Post-site activities

47. Figure below shows an example of collage. Use it to answer questions that follow



- (i) Identify any two materials that could be used to make this type of collage
  - Paper
  - Seeds
  - Small stones
  - Wood carves
  - Dry sticks
  - Leaves
  - Fibre
  - Lichens
- (ii) Mention any two skills that could be developed when making collage
  - Carving
  - Designing

48. State any two ways of identifying elements of enjoyment in a performance

- Facial expressions
- Unique body movements
- Articulation of words

49. Mention any two challenges that one may face in order to produce homemade items

- Lack of skills
- Lack of money

50. Define the term "role playing"

- Role playing is the dramatisation of a situation

Figure below is a picture of two people doing artistic activities. Use it to answer questions 51 and 52



51. What artistic work is the woman doing?
  - Weaving
52. Which material could be used to make the item?
  - Palm leaves
53. Describe how modelling with paper through *papier mache'* could be done
  - Use a mould. Cover the first layer by soaking the pieces of paper in water and covering without using glue. Do the other layers by sticking the pieces of paper with glue. Once the model dries up, remove the mould
54. Why shouldn't the first layer in modelling using *papier mache'* be done with glue?
  - To avoid the resulting model from sticking to the mould
55. Define the term 'tracing'
  - Tracing is the copying of an existing drawing or picture by following its outlines with a pencil or a pen
56. State any two materials that can be used to make a toy car
  - Pieces of wire
  - Pieces of wood
57. Define "improvisation"
  - Improvisation is using one thing to replace what is not available
58. Give any two advantages of improvisation
  - It helps to overcome the problem of scarcity of resources
  - It promotes creativity
  - It promotes involvement of the learners
  - It is cheap to produce
  - It helps one to be resourceful
59. Define "discrimination"
  - Unfair treatment of a person or racial group
60. Name any two factors that may lead to discrimination in art work
  - The need for dominance
  - One's cultural background
  - The belief that others cannot manage doing certain things
61. Improvisation assists a school to
  - Solve the problem of scarcity of resources
62. At what stage of career path development does one write about the difference between one's expectations and realities of the work place?
  - Third stage
63. At what stage of career path development does one conduct research through reading books, pamphlets and prospectus about the field they will be shadowing?
  - First stage

64. At what stage of career path development does one observe practical application of what they read and ask their hosts about their career paths?
- Second stage
65. Describe any one way in which each of the following items could be improvised
- (i) duster
    - By tying pieces of cloth together
  - (ii) black paint
    - By breaking charcoal into small particles and mixing together with water
66. Name any one material that can be used as a source of local dyes
- Fruit
  - Leaves
  - Flowers
  - Roots
  - Brick powder
  - Soils
67. Name any two activities that can be done to decorate drawings
- Painting
  - Colouring
68. Give any two ways of getting information on a particular career
- Career talks
  - Occupation dissemination
69. Name any two artistic activities that are cultural in a society
- Weaving
  - Carving
70. Why is it important for learners to choose a career of their choice? Give two reasons
- They fulfil their aspirations
  - They may work hard to achieve their career choice
71. Give any two reasons why people and animals move at different speed and heights
- Running away from danger
  - Looking for food
  - Looking for shelter
  - Looking for mates
72. Name any one item in artwork that could be made from each of the following materials
- (i) clay
    - Clay pot
  - (ii) palm leaves
    - A mat
73. State any two skills that could be acquired through collaborative artwork
- Cooperation
  - Team spirit
74. State any one way in which African stories are important
- They are rich in imparting customs, values and morals
75. Give any two art and craft activities that are gender stereotyped
- Knitting
  - Clay pot making.
76. Name any two traditional dances that are gender biased
- Chimbali

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- Mganda
- Chinamwali
- Chiterera

Figure below is a diagram of an art work. Use it to answer questions 77 and 78



77. What is the name of the item?

- Candle holder

78. Name any two materials which could be used to make the item

- Saw
- Adze
- Vices
- Chisels

79. Define the following terms:

(i) dye

- A colouring material
- (ii) fabric
- A manufactured cloth

80. Name any one activity which needs space but does not cover distance

- Stretching
- Running on the same spot
- Aerobics
- Drawing

81. Mention any two games that require relay skills

- Pass and crouch relay
- Circle relay
- Relay race

82. State any two ways in which artistic items are made

- Carving
- Sewing
- Knitting
- Modelling

83. Name any two homemade items that can be made from local materials

- Door mats
- Table mats
- Clay pots
- Wooden spoons
- Wooden cooking sticks

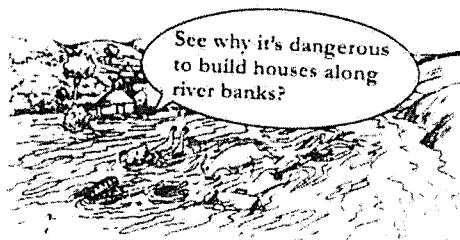
84. Give any two ways in which culture can be preserved

- Teaching it in schools
- Practising it in schools
- Practicing it in communities

85. Define the term "carving"

- It is the removal of unwanted material from an object so as to come up with a desired shape

86. Figure below shows an environmental problem. Use it to answer questions that follow



- (i) Name any two artistic activities that could lead to this problem
  - Carving
  - Weaving
- (ii) Give any two ways in which this problem could be prevented
  - Planting more trees
  - Avoiding careless cutting of trees

87. Which substances help to stick dye to the fabric? Give any one point

- Salt
- Chrome
- Tin
- Copper sulphate
- Paraffin
- Cream of tartar
- Acetic acid

88. Why is salt added to dye solution when preparing dyes?

- To fix the dye

89. Mention any four articles that can be made using dyed materials

- Hats
- Bags
- Mats
- Baskets

90. State any two examples of collaborative art works

- Weaving
- Drawing
- Carving

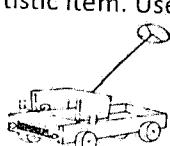
91. Why is teamwork important in artwork?

- It helps people to share knowledge and skills

92. Give any one way of caring for learning resources

- Storing them in a safe place

Figure below is a diagram of an artistic item. Use it to answer questions 93 and 94



93. Name the item

- Toy car

94. Give any one local material that can be used to make the item

- Pieces of wood

95. Name any one type of dance that is commonly performed in each of the following districts

- (i) Nsanje
  - Likhuba
- (ii) Ntcheu
  - Ngoma
- (iii) Nkhatabay
  - Malipenga
- (iv) Chitipa
  - Vimbuza
- (v) Dowa
  - Mganda

96. Explain any one disadvantage of displaying learning resources for a long time

- It loses learners' interest

97. Mention any one local art that can provide self employment to a person

- Weaving mats

98. What term is given to the sticking of pieces of paper together with glue or paste to make a model?

- Papier mache'

99. Give any one local material that can be improvised for writing

- A piece of charcoal

100. Name two places where produced items can be stored in the classroom

- Galleries
- Lockers

101. Describe job shadowing as a career path

- Job shadowing is an unpaid experience where a learner follows a practitioner for a short period to learn about a particular occupation

102. Describe "on-site activities" as one way of career path development

- It is when a learner observes practical application of what they read and ask their hosts about their career paths

103. Name one artistic activity which is done by one gender only

- Carving

104. Why should wall charts be decorated with stitches and applique?

- To make them attractive

105. What should be done to learning resources when they are not in need?

- Store in a safe place

106. Mention any two career opportunities that exist in the communities

- Crafts
- Pottery
- Weaving
- Music
- Wood carving .

107. State any one way in which career opportunities can be explored

- By participating in career awareness activities

108. Name any two awareness activities that could be done before choosing a career

- Career exhibition
- Education tours
- Role modelling

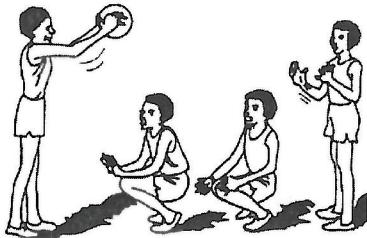
- Career talks
  - Career clubs
  - Work session
  - Occupation dissemination
109. Give one characteristic of a good dye
- Colours should not fade after repeated washing
  - Colours should not fade in light
  - Dyes should not discolour with body sweat
  - Dyes should not come out when used with laundry materials
110. Name any two items which can be made using dyed fibre
- Hats
  - Bags
  - Mats
  - Baskets
111. Explain how the audience can show enjoyment of the performance. Give any two ways
- By jubilating
  - By clapping hands
112. Which artistic skill helps to construct knowledge by selectively using experiences around?
- Manipulative skills
113. Mention any two factors to consider when producing teaching and learning materials
- Big enough for all to see
  - Attractive materials
  - Accurate materials
  - Clean materials
  - Simple materials
114. State any two ways in which improvisation of teaching and learning materials is important
- It promotes involvement of the learners
  - It helps to overcome the problem of scarcity of resources
  - It helps teachers and learners to be resourceful
115. Explain any one way in which teaching and learning resources are important
- They create a lasting image in the learners
  - They promote interest in learners to pay attention when learning
  - The learners see the size of the objects they are learning
  - The learners see the shape of the objects they are learning
  - The learners see the colour of the objects they are learning
  - The learners see the weight of the objects they are learning
  - They help to overcome the limitations in the use of realia
116. What is the wooden mallet used for in carving?
- For hitting the handle of the chisel or gouge to drive the blade into the wood
117. What is the use of vice in carving?
- Holding the wood
118. What is the difference between natural dyes and artificial dyes?
- Natural dyes are made from plants while artificial dyes are made from chemicals
119. Give any two qualities for choosing the wood for carving
- Hardness

- Softness
- Thickness

120. Explain the importance of checking the type of wood for carving

- To avoid using poisonous wood for making kitchen utensils

121. Figure below is a diagram showing a relay game



(i) Name the game

- Pass and crouch relay

(ii) Mention any three skills in the relay game

- Passing
- Running
- Catching

122. Explain any one way in which playing relay games is important

- Promoting unity

123. Define the term 'bleach' in dyed materials

- It means losing colour in clothes

124. Define the term career path development.

- It means a lifelong process of exploring one's aspirations, abilities and interests and making informed choices throughout one's life

Or

- It is a process of getting relevant career information and experiences about a particular occupation and industry

125. State the two main categories of a career

- Formal employment (white collar)
- Informal employment (blue collar)

126. Give any four examples of local careers.

- Music
- Weaving
- Carving
- Making curios

127. State one importance of developing a career

- It helps one to know aspiration and expectation

128. List three stages in setting up a job shadowing experiment

- Pre-experience activities
- On-site activities
- Post-site activities

129. What is the importance of having practical experience on career path development?

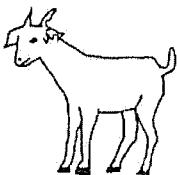
- It helps one to compare the job expectation with the reality of the job.

130. Give any three effects of discrimination and prejudice

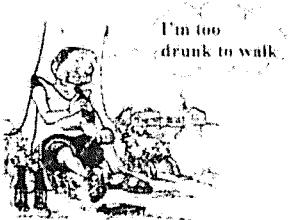
- Low development in a community
- Leads to hatred
- Leads to low self esteem
- Loneliness

131. State any four important features in traditional dances in Africa.
- Dancing in circles
  - Use of costumes made from natural things
  - Wriggling of the waist
  - Stamping of the feet
132. What does dancing in circles in traditional dance in Africa symbolize?
- It symbolizes unity
133. What does wearing of costumes when performing African traditional dance symbolize?
- It symbolizes cultural activities
134. What do chibya and chishango that Ingoma dancers wear symbolize?
- They symbolise warriors and hunters.
135. Give any four physical activities that can help one to develop manipulative skills.
- Throwing
  - Catching
  - Kicking
  - Striking
136. State any three art activities that can help one to develop manipulative skills.
- Carving
  - Modelling
  - Drawing
137. What is the importance of developing manipulative skills in life?
- They help one to understand the real nature of things from the environment
138. Define the term 'papier mache'
- Papier mache' is the art of sticking pieces of paper together with glue or paste to make a model
139. What is a mould in papier mache'?
- A mould is an object used as a support when pasting the pieces of paper
140. Define the term 'realia'
- Realia are objects that are used directly for teaching and learning in their original form
141. Give one limitation of realia
- Some realia may be difficult to handle
142. State one advantage of realia
- They give an exact impression of what is being seen or discussed
143. Define an absolutism type of leadership
- It is a system of leadership in which only leaders' voice counts.
144. Give any two importance of papier mache
- Source of income
  - It helps to conserve the environment.
145. What is the benefit of involving men and women equally in dances?
- It ensures gender equality
146. Define the term 'ideology'
- Speculation that is imaginary or visionary
147. Define the term "stereotype"
- A fixed idea or view about something which may be false
148. What are the basic principles of perspective drawing? Mention any two
- Showing perspective through parallel lines
  - Showing perspective through size
  - Showing perspective through position
  - Showing perspective through texture and detail

- Showing perspective through colour
149. What does 'showing perspective through parallel lines' mean?
- It means that parallel lines seem to meet in the distance as they disappear from the viewer
150. What does the expression "perspective drawing" mean?
- It refers to the visual effect which gives a sense of depth, solidity and distance to what is seen
151. Figure below is a diagram of an improvised teaching and learning resource. Use it to answer questions that follow

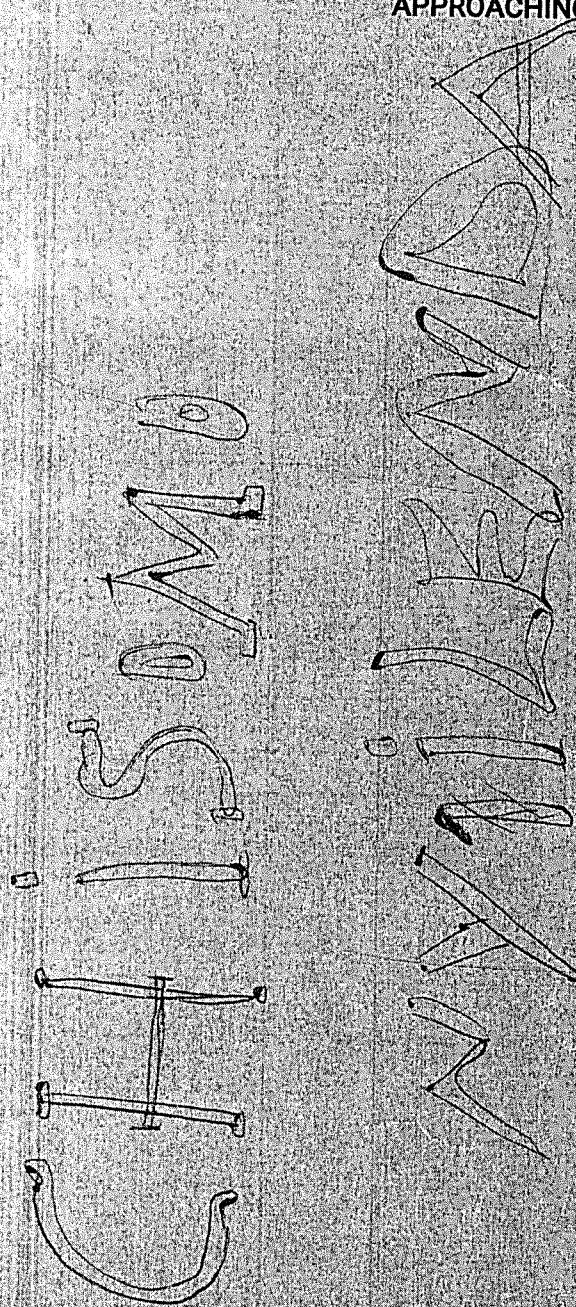


- (i) Name any two materials that can be used to make the resource
- Marker pens
  - Chart papers
- (ii) Mention any two skills that could be used to make the resource
- Drawing
  - Tracing
152. What does 'showing perspective through size' mean?
- It means that objects of similar size appear to get smaller as they recede into a distance
153. What name is given to the stage at which a learner writes about the difference between their expectations and realities of the work place?
- Post experience activities
154. Figure below shows a cartoon. Use it to answer questions that follow



- (i) What form of communication is used in the illustration?
- Non-verbal communication
- (ii) Give any one message that the youth can get from the cartoon
- Dangers of drug and substance abuse
155. The way of communicating messages which makes issues realistic and more meaningful is
- Role playing

**STANDARD 8 LIFE SKILLS  
MODEL QUESTIONS AND ANSWERS  
APPROACHING THE EXAMINERS' MIND**



**A COMPLETE GUIDE TO STUDYING LIFE SKILLS**

BY AARON MAWAZO KANYERERE  
0885272529

0995851537/

## **ABOUT THE AUTHOR**

- Aaron mawazo kanyerere comes from Chikusa village , Traditional Authority Chilooko in Ntchisi District.He is an Alumina of Chikusa primary School,Ntchisi and Mbomba Secondary Schools and Kasungu Teachers Training College (TTC ) .He is a Primary teacher under the Malawi Ministry of Education Science and Technology and student of Mzuzu University .

## **WORD OF THANKS**

- Firstly to GOD for providing me life and the talent.I really appreciate.
- To my lovely Mam for allowing me exercise my freedom of Education.
- To my Teachers for removing my bespectacleness .Now I can read and write.
- To my 2018 Chamwazi standard 8 learners for your pressure to have this book produced.

## **TO THE USER**

- The book has come to save both Primary teachers and learners who are always overloaded.It is a syllabus based material such that is worth to be used prior to examinations.Teachers can also use the booklet for lesson planning as it comprise well chunked instructional objectives.

## **CAUTION**

- The booklet is not a substitute of those books produced by the Ministry of Education

## **NOTICE**

- The writer has produced a number of booklets for Primary School Leaving Certificate examinations (PSLCE).

## **CONTACTS :**

- |  |                              |
|--|------------------------------|
| • Chikusa FP School<br>aaronkanyerere3.mzuni@gmail.com | Email:                       |
| BOX 5  | Phone: 0995851537/0885272529 |

## NTCHISI

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## **Sample Multiple Choice Questions**

### **UNIT 1 : BASIC FACTS ABOUT HIV AND AIDS**

#### **(a).What is HIV?**

- Is the Virus that causes AIDS

#### **( b).What causes AIDS?**

- Virus

#### **( c).What does the acronym HIV stand for?**

- Human immunodeficiency Virus

#### **(d).What does the word Human mean in HIV?**

- It infects people only

#### **(e).How does the HIV virus affect the human body?**

- It attacks the human immune system

#### **(f).How does the HIV virus affect the human immune system?**

- It attacks the white blood cells responsible for body protection

### **1. (a).What is AIDS?**

- Is the condition when the body immunity becomes very weak and easily attacked by diseases

#### **(b).What does the acronym AIDS stand for?**

- Acquired Immuno Deficiency Syndrome

#### **(c).Explain the meaning of the following in the term AIDS**

##### **(i).Aquired**

- The Virus is get from someone else infected

**(ii).Immuno**

- This is the system responsible for protecting the body from infections and diseases

**(iii).Deficiency**

- Is the weakness in the immune system

**(iv).Syndrome**

- Is a collection of signs and symptoms of different diseases
- 

**2(a).What are Opportunistic diseases?**

- Are diseases that attack people with weak body immunity

**(b).Give any two examples of Opportunistic diseases?**

- Tuberculosis
- Asthma

**(f).Figure below shows a cell which is found in the body of a human being.Use it to answer questions**

**that follow.**

**(i).Name the cell shown in the figure above**

- HIV Cell

**(ii).What effect does the cell have on the human body?**

- It attacks the human immune system

**2(a).State three main ways of HIV transmission**

- Unprotected sexual intercourse
- Through infected blood and organs
- Mother-to-Child or Parent –to-Child

**(b).Explain any three ways in which HIV is transmitted**

- Having unprotected sexual intercourse with an infected person
- Sharing infected blood through blood transfusion and unsterilised materials
- Mother-to-Child transmission during pregnancy,breastfeeding and delivery

**(c).What do the following abbreviations mean?**

**i.MTCT**

- Mother-to -Child Transmission

**ii.PTCT**

- Parent-to-Child Transmission

**(d).Give any three body fluids through which HIV is transmitted**

- Blood
- Male seminal fluid
- Female vaginal secretions

**(e).Explain how HIV virus is transmitted from one person to another**

- Fluids from an infected person enter the body of a healthy person through cuts, opening in

Skin or membrane in the body.

**(f).State any three activities that can not lead to HIV transmission**

- Touching an infected person
- Using same toilet with an infected person
- Talking to an infected person
- Sharing plates with an infecte person
- Using same swimming pool
- Using same toilet with an infected person

**3 (a).State any three ways of preventing HIV transmission**

- Receiving screeened blood
- Being faithful to un infected partner
- Correct and consistence use of condoms

**(b).What is the most way through which HIV is transmitted?**

- Unprotected sexual intercourse with an infected person

**(c).What is the best way of preventing HIV transmission?**

- Abstinence

**(d).State three ways of preventing HIV transmission**

- Receiving screened blood
- Abstaining from sexual intercourse
- Being faithful to un infected partner
- Correct and consistent use of condoms

**(e).Give three HIV preventive measures which follows the ABC approach**

- Abstinence
- Being faithful
- Condom usage

**(d).What does ABC in the prevention of HIV/AIDS stand for?**

- Abstinence, Being faithful and Condom usage

**3 (a).Explain the following ways of preventing HIV and AIDS**

**(i).Abstinence**

- Is the practise of choosing not to do sexual intercourse before marriage

**(ii).Being faithful**

- People in marriage should be faithful to prevent HIV transmission

**(iii).Condom usage**

- The correct and consistent use of condoms prevent the spread of HIV

**4 (a).Give any three risky behaviours that can lead to the spread of HIV**

- Having multiple sexual partners
- Having un protected sexual intercourse
- Having Sexually transmitted Infections
- Using unsterilised skin piercing sharp objects
- Receiving infected blood
- Abusing drugs and alcohol
- Assuming that a partner is HIV negative by appearance

**(b).State any three vulnerable groups to HIV infection**

- Mobile persons eg: truck drivers
- Prostitutes
- Street children and orphans
- Adolescents
- Spouses who lack empowerment
- Communities who practise traditions that promote HIV transmission

**(c).Explain why the following groups of people are vulnerable to HIV transmission**

**(i).Mobile persons**

- They travel from one place to another while acquiring sexual partners on the way

**(ii).Prostitutes**

- They have unprotected sexual intercourse with several sexual partners

**(iii).Street children and Orphans**

- They lack guidance and counselling

**(iv).Adolescents**

- Lack correct information on sex and sexuality

**(v).Spouses who are not empowered**

- They do not negotiate for safe sex

**(d).Give any three traditional (cultural)practises that promote HIV transmission**

- Hlazi
- Polygamy
- Fisi
- kusasa fumbi
- Kulowakufa
- Dances like Makhanya

**4 (a).Explain any three conditions that increase the risk of transmitting HIV from the**

**to the child Mother**

- If the mother got infections during pregnancy. This is because the virus can pass uterus
- If the mother is in the advanced stage of AIDS
- When the baby is in contact with infected blood during birth
- If the delivery is premature
- If the baby breastfeed more than 6 months
- If breastfeeding is mixed with other liquids or solids

**(b). Give any three ways of preventing Mother-to-Child transmission**

- Prevent babies from getting HIV from their infected mothers
- Prevent women and girls of the reproductive age from getting HIV
- Prevent pregnancies among positive women
- Place positive pregnant women on ARVs
- Giving mothers information on feeding

**(c). Explain any one importance of preventing mother –to-Child transmission**

- Ensures that babies are born HIV free from their infected mothers

**(d). Explain any three roles of the community in the prevention of Mother-to-Child transmission**

- Encouraging positive women to go for guidance and counselling
- Encouraging positive women to take ARVs and not to breastfeed
- Avoid discriminating against people living with HIV/AIDS
- Providing care and support to infected families and women
- encouraging parents to go for HIV Testing
- Conducting awareness campaigns on prevention of HIV/AIDS

**(e). Give any three life skills that help to prevent HIV transmission**

- Assertiveness
- Effective communication

- Self -esteem
- Decision making
- Critical thinking
- Problem solving
- Negotiation
- Enterpreneurship

**(f).Explain how the following life skills help in preventing HIV Transmission**

**(i).Assertiveness**

- An assertive person follow necessary steps to achieve goals

**(ii.)Self- Esteem**

- Prevent people from taking advantages on others lives

**(iii).Decision Making**

- Help people to reason and differenciate a right from a wrong

**(iv).Enterpreneurship**

- Enable people get their daily needs thus preventing evil ways of getting resources

**(v).Effective communication**

- Increases ones' knowledge such that is able to make right choices and decisions

**(vi).Planning**

- Helps aperson to choose what should be done in her life

**(vii).Critical thinking**

- Aperson thinks deeply and arrive at the right decicion

**(viii).Negotiation**

- Enable aperson to ask for safe sex to prevent HIV

## **UNIT 2 : GENDER AND HIV /AIDS**

### **5 (a) Define the following terms**

#### **(i).Gender**

- Are behaviours and roles played by males and females
- Is the social condition of being male and female

#### **(ii).Gender issue**

- A belief, attitude, practise or policy which shape gender behaviour

#### **(iii).Gender stereotype**

- Are socially and culturally given set of expectations about the roles of males and females which has no basis in their real capacity

### **(b) State three stereotyped expectations towards women and girls in the community or**

#### **society**

- Are weak in the body and mind
- Are emotionally dependant
- Are passive
- They lack confidence in themselves

### **(c).Explain how stereotyped expectations shape the lives of women and girls in terms of**

#### **HIV/AIDS**

- some people take advantage of the stereotyped expectations like weak in the body and mind to harass, abuse and even rape them

### **(d).Explain one reason why many women contract HIV**

- The stereotyped expectations such as weak in the body and mind give some irresponsible men take advantage to harass, abuse and rape them.

### **(e).Explain one way of empowering women and girls on HIV and AIDS issues**

- Provide them with education

### **(f).Explain how education empowers women and girls on HIV issues**

- Makes them aware of their rights
- Enable them make decisions that improve their lives and families

- It is an agent that changes bad practises that hinder them socially and culturally
- economically
- It is a social vaccine to HIV

**(g). Give any three factors that make women and girls more vulnerable to HIV/AIDS**

- Failure to negotiate for safe sex
- Being weak and passive
- Attending the sick
- Being dependant

**(h). Explain how the following factors make women and girls more vulnerable to HIV infection**

**(i).Failure to negotiate for safe sex**

- Women are raped or forced to have sex
- Women are forced to have sex without using condoms

**(ii).Being weak and passive**

- Women are raped or forced to have sex
- Women get HIV when care is not given especially when handling patients

**(iv).Being dependant**

- Some men give women resources in exchange for money

## **UNIT:3 SEXUALITY**

**6 (a).Define sexuality**

- Is the total expression of who one is either male or female

**(b).Give any three factors that influence sexuality**

- Parents
- Migration

- Religion
- Environment

**(c).Explain how each of the following factors influence sexuality**

**(i).Parents**

- They teach children appropriate codes of conduct and behavioural norms of the society

**(ii).Religion**

- Teaches principles of moral behaviour such as abstinence and being faithful to one partner
- It teaches acceptable modes of dress and conduct

**(iii).Migration**

- Affects peoples attitudes,values and behaviours as they move from one place to another

**(iv).Environment**

- People growing in rural areas have different sexuality from those in urban areas

**9(a).Define the following terms**

**(i).Adolescence**

- Is the period between the ages of 10-18 years of personal development

**(ii).Adolescent**

- Is a young person (a girl or a boy) who is between the ages of 10-18

**(b).What term is given to substances that influence physical and psychological changes in**

**boys and girl during adolescence**

- Hormones

**(c).Name the sex hormones in**

**(i).Boys**

- Testosterone

**(ii).Girls**

- Oestrogen

**(iii).Why do girls reach adolescence stage earlier than boys?**

•

**7 (a).State any three physical changes that take place in boys during adolescence**

- Penis and testes increase in size
- Grow taller and heavier
- Skin becomes oily
- Penis becomes erect most often
- Wet dreams
- Hands and shoulders grow stronger
- Pimples grow on the face
- Hair grows around the pubic areas and
- Voice becomes deeper
- Wet dreams

**(b).State Any three physical changes that take place in girls during adolescence**

- They grow fast
- Pimples grow on the face
- Hips get wider
- Hair grow around pubic areas and armpits
- Breasts starts to grow
- Enlargement of the labia and Clitoris
- Skin becomes oily
- Experience first menstruation period

**(c). Give any three physical changes that take place in both boys and girls during Adolescence (Common)**

- Skin becomes oily
- Pimples grow on the face
- Hairs grow in pubic areas and arm pits

**(d). Give any three psychological changes that take place in boys and girls**

- Develop more self confidence
- Prefer to be treated like adults
- Frequently change their mood
- Becomes very sensitive to remarks from adults and peers about their changes
- Do not like to be forced to do things they do not want
- Interest in opposite sex increases
- Start to take extra care of how they look
- Start getting excited on seeing opposite sex

**8 (a). Explain any three ways in which sexuality affects the behaviour of boys and girls during**

#### **Adolescence**

- They tend to practise to see if they are sexually active
- They experience social urges as they become interested in members of opposite sex
- They are sensitive to their body height and weight

**(b). State the three stages of adolescence stage**

- Early adolescence stage (8-12 for girls and 10-14 for boys)
- Middle adolescence stage (13-16 for girls and 14-17 for boys)
- Late adolescence (16+ for girls and 17+ for boys)

**(c). Describe the emotional changes adolescents may experience during the following stages**

#### **(i). Early adolescence stage**

- Start to associate with peers
- Unstable in character

- Strive for independence and self identity
- May be confused and get pre-occupied with own body
- May experiment sex behaviour with members of same sex
- Begin to think in abstract terms

**(ii).Middle adolescence**

- Continue to develop self identity
- Become idealistic and willing to help others
- Interested in the members of opposite sex and possibly experiment with sex
- Experience intense emotions
- Continue thinking in abstract terms

**(iii).Late adolescence**

- Strive to be independent
- Establish self image
- Love more realistically and develop commitment
- More selective when associating with friends
- Able to define life goals

**(a).Explain any three problems associated with adolescence sexuality**

- Early pregnancies as they engage in pre-marital sex
- Abortion as they attempt to deny responsibility
- Drug and substance abuse as influence of peer pressure

**(b).Give any effects of each of the following problems associated with adolescence**

**(i).Early pregnancies**

- Early marriage
- Drop out from school
- Abortion
- Vasico Vaginal Vistula (VVF)

**(c).Explain effects of the following problems associated with adolescence sexuality**

**(i).Unwanted pregnancies**

- Early marriage to care for the pregnancy and baby to be born
- Dropping out from school to care for the pregnancy
- Abortion in an attempt to deny responsibility
- Vagico Vaginal Fistula(VVF) due immature discharges

**(ii).Abortion**

- Becoming sterile, the condition of failing to get pregnancy
- Death when done by unskillful persons

**(iii).Drug and substance abuse**

- Violence caused by poor mental judgement
- Commiting suicide in attempt to escape problems
- Contracting HIV /AIDS due to unprotected sexual intercours.
- Mental disturbance or confusion as madness

**(d).State any three life skills that can assist adolescents to cope with challenges associated with**

**sexuality**

- Decision making and problem solving
- Conflict resolution
- Self – esteem
- Effective communication
- Self awareness
- Interpersonal relationships
- Stress and anxiety management
- Critical thinking
- Negotiation
- Empathy

**(e).Explai how the following life skills assist adolescents to cope with challenges associated with**

**adolescence**

**(I).Decision making and problem solving**

- Well thought decisions help to prevent challenges

**(ii).Self esteem**

- People who feel good about themselves refrain from bad practises

**(iii).Self awareness**

- Knowledge of ones' strengths and weaknesses prevent challenges in life

**(iv).Stress and anxiety Management**

- Good management of stress and anxiety prevent problems like suicide and crime

**(v).Assertiveness**

- Assertive people follow necessary steps to achieve goals in life

**(vi).Effective communication**

- Increases ones' awareness on ways to overcome challenges in life

**9 .Explain importance of having correct information on sexuality to adolescents**

- Help to understand changes that take place in their bodies
- Help them be aware of social pressure that arise during adolescence
- Enable adolescents cope with changes on their bodies
- Enable adolescents to make informed decisions
- Prevent adolescents from bad behaviours such as pre-marital sexual activities

**UNIT 4: HOME BASED CARE AND SUPPORT**

**10 (a).Define the following terms associated with home based care**

**(i).Discharge planning**

- Is the process of preparing people with chronic illness, their families and communities to take care of the sick when they are out of the hospital

**(ii).Referral process**

- Is when people with chronic illness are referred back to the hospital for the reason that their condition worsens

**(b).State three things care providers consider when planning for discharge**

- Ways of caring the patient at home
- Ways of counselling and giving comfort

- Ways of counselling and giving comfort
- What to do when the patient gets sick

(c). Give any three places where the chronically ill patients can be referred back apart from

**Hospitals and health centres**

- Private hospitals
- Health workers
- Religious organisations
- Traditional healers
- Volunteer groups
- Home based care providers
- Charity groups

(d). Give any three ways of caring for the people with chronically ill patients

- Providing them with nutritious food
- Washing and ironing clothes
- Bathing them regularly
- Seeking medical help
- Loving and comforting them
- Providing them with moral and spiritual support

(e). Give any three types of support given to a chronically ill patient and care providers

- Emotional support
- Material support
- Spiritual support

(f). What name is given to people who care for the chronically ill patients?

- Care providers

(g). What type of support do religious organisations give the chronically ill patients?

- Spiritual support

## **UNIT 5: DRUG AND SUBSTANCE USE AND ABUSE**

### **11 (a).Define the following terms**

#### **(i).Drug**

- Is a substance used as medicine

#### **(ii).Substance**

- Is any kind of matter

#### **(iii).Abuse**

- Is using something wrongly

#### **(iv).Drug and substance abuse**

- Is the taking of substance for reasons that are not intended for

### **(b).Give any three examples of each of the following**

#### **(i).Drugs**

- Panado
- Asprin
- Bactrim

#### **(ii).Substances**

- Coffee
- Water
- Drinks
- Alcohol
- Tobacco

### **(c).Explain any three consequences of abusing drugs and substances**

- Loss of interest in school, resulting in school dropout
- Stealing or prostitution in order to generate income for drugs
- Poor judgement that may lead to road accidents
- Mental disorder(madness)

- Developing a habit of having sexual partners
- Practising un protected sex which can lead to contracting STIs including HIV and AIDS
- Poor health
- Commiting suicide
- Social problems such as family tensions
- Temporal feelings of excitement or highness

**(d).Explain any three reasons or importance of counselling those addicted to drugs and substances**

- To bring rehabilitation to those who are deep into the problem
- Allow them achieve their goals in life
- Help them live normal and useful lives in their families and community
- To provide support and advice to those with the problem

**(e).Give any three ways of assisting drugs and substances abusers to stop their habit**

- Seeiking medical help
- Approaching counsellors with the problem and Say the truth
- Finding another hobby to replace drug and substance abuse
- Getting support from friends and family members
- Avoiding people that are abusing drugs and substance

**(f).Give any three reasons why some people find it difficult to stop abusing drugs and substances**

- They claim that they find happiness in it and do not want to stop
- Some deny to have such problems
- Become addicted to drugs and substances
- Do not want loose friends who happen to have the same habit
- To show off to others that they are important

## **UNIT6: INTERPERSONAL RELATIONSHIP**

**12 (a) Define Interpersonal relationship**

- Is when people interact with one another in different ways

**(b).State any three types of interpersonal relationships**

- Relationship within the family
- Relationship among peers
- Relationship among juniors and seniors
- Relationship between males and females
- Kinship
- Ethnic
- Cultural ties

**(e).Give any two examples of the following types of interrelationships**

**(i). Within the family**

- Wife, husband, children, uncles, aunts, nieces and grand parents

**(ii).Between seniors and juniors**

- Elders, bosses, chiefs and their subordinates

**(iii).Among peers**

- Classmates, Workmates and age mate

**(iv).State two things that happen in a relationship between seniors and juniors**

- Seniors provide leadership to juniors
- Juniors respect and obey their seniors

**(f).Give any two reasons for having relationships between males and females**

- Love
- Protection
- Support

**(g).Describe the following types of interpersonal relationships**

**(i).Kinship**

- Is when people are related to each other through blood ties

**(ii).Ethnic**

- Is the relationship by tribe for example being all chewas or tumbukas

**(iii).Cultural ties**

- Is the relationship based on cultural background in terms of tradition, custom dances and songs

**13 (a).State any three factors that enhance/promote interpersonal relationships**

- Love
- Care
- Respect
- Empathy
- Tolerance
- Economic status
- Gender sensitivity
- Observation of human rights

**(b).Describe the following factors that enhance promote relationship**

**(i).Love**

- A feeling of affection for somebody

**(ii).Care**

- Catering for the needs of each other

**(iii).Tolerance**

- Accepting other peoples point of views status and political affiliations

**(iv).Empathy**

- Putting oneself in somebody's situation

**(c).Explain how the following factors promote/enhance interpersonal relationship**

**(i).Empathy**

- People in a relationship need to understand each other even in time of problems

**(ii).Economic status**

- Economic empowerment promotes and ensures healthy relationships among people

**(ii).Gender sensitivity**

- Ensures fair treatment between males and females

**(d).State any three factors that destroy relationships**

Envy

- Dishonesty
- Poverty
- Violence

**(e).Explain how the following factors destroy relationships**

**(i).Envy**

- This bring jealousy and hatred among individuals

**(ii).Dishonesty**

- Results in the spread of sexually transmitted infections including HIV/AIDS

**(iii).Violence**

- Use of abusive and foul language break relationships
- Fighting and harassment break relationships

**17(a).Define the following terms:**

**(i).A role**

- Is a function that one has or is expected to perform

**(ii).Responsibility**

- Is the duty to take care of somebody or something so that one is accountable or answerable

**(b).Give any three roles and responsibilities of people in a relationship**

- Sharing resources
- Advising and counselling one another
- Showing compassion
- Encouraging one another

**(c).Explain how each of the following roles and responsibilities improves interpersonal relationship**

**(i).Sharing resources**

- People share different resources which improves the relationship

**(ii).Advising and counselling each other**

- People advise one another constructively when they experience some challenges.  
This help to improve relationships

**(iii).Showing compassion**

- This is being sympathetic and helpful intimes of problems and help to improve relationships

**(iv).Encouraging one another**

- This help to achieve ones' potentials

**UNIT:7 EFFECTIVE COMMUNICATION CONCERNING HIV AND AIDS MESSAGES**

**18(a).Define Effective communication**

- Is the sending and receiving of information from one place to another in a clear manner

**(b).Why is it important to use effective communication in the fight against HIVand AIDS?**

- Because it assist people to transmit information about HIV/AIDS in a clear manner

**(c).State any three factors that enhance effective communication concerning HIV and AIDS**

- Empathy
- Effective channel of communication

- Tolerance
- Adherence to human rights
- Respect for others
- **(d).Explain how each of the following factors enhance effective communication**

**(i)Empathy**

- Enhances understanding and appreciation of feelings and experiences of others to be communicated

**(ii).Effective channel of communication**

- Choice of appropriate and effective channels of communication enhance clear messages

**(iii).Tolerance**

- Ensures that one is able to see things from different points of view and appreciate other peoples feelings and thoughts

**19(a).Give any three factors that destroy effective communication concerning HIV/ AIDS messages**

- Religion
- Cultural factors
- Education attainment

- Age generation gap
- Stress and anxiety

**(b). Explain how each of the following factors destroy effective communication concerning HIV/AIDS**

**Messages**

**(i). Religion**

- Some religions deny its members to use contraceptives

**(ii). Cultural factors**

- Some cultural practises encourage sexual activites thereby encouraging the spread of HIV

**(iii). Education attainment**

- Ones' level of education attainment affect the way one understand issues

**(iv). Age generation gap**

- Elders feel uncomfortable to discuss HIV issues with the youth

**(v). Stress and anxiety**

- This prevent effective communication from taking place

**20(a). Explain any three importance of effective communication concerning HIV and AIDS messages**

- Help to promote attitudes that can assist one from indulging in risky behaviours
- Help to remove misconceptions on various issues which are found among people
- Increase knowledge and promote positive behaviour in relation to STIs including HIV/AIDS

**(b).State three qualities of messages for effective communication concerning HIV and AIDS**

**messages**

- Relevant
- Understandable
- Simple
- Clear
- Specific
- Focused
- Action oriented

**(e).List any three life skills that should be found in HIV and AIDS messages**

- Creative thinking
- Listening
- Negotiating

- Decision making
- Self esteem
- Assertiveness

## **UNIT 8: PEER GUIDANCE AND COUNSELLING**

### **21(a). Define the following**

#### **(i). counselling**

- Is a process whereby a counsellor helps a client to make informed decisions
- Is the process of helping someone to find solutions to his or her problems

#### **(ii) Guidance**

- Is the act of assisting one to understand, accept and use his or her abilities and interests  
In relation to their aspirations
- Is the act of assisting someone on how to achieve his or her goals

#### **(iii) Peer guidance and counselling**

- Is when friends of the same age, class, school or group listens and help one another on

how to solve problems

**(iv).Counsellor**

- Is a person who takes the role of helping someone to find solutions to his or her problems

**(v).Client**

- Is a person who brings a problem to someone honestly to be helped to find solutions

**(b).Explain the role of a counsellor in peer counselling**

- To help friends find solutions to their own problems

**(c).Explain three reasons why peer guidance and counselling is important to the learners**

- Help learners effectively communicate with friends of the same age and interest
- Help learners appreciate some experiences of talking to each other
- Help learners understand other peoples' feelings since they may have been in a similar situation
- Help learners guide each other on different areas including study skills

**(d).State three steps followed when organising a peer guidance and counselling group**

- Teachers and learners organise for a small simplified proposal
- The school management accepts the proposal
- The group is announced to the whole school and community

**(e). Give any three factors considered when establishing a peer guidance and counselling group**

- Choice of members of the group
- Number of people per group
- Frequency of meetings( how often)
- Venue(Place) of the meetings

**(f). Give any three points considered when developing plans for a peer guidance and counselling group**

- Creating trust in the members of the group
- Helping members to establish their own goals
- Identifying members with different talents such as leadership
- Creating norms for the group
- Creating monitoring and evaluation procedures

## **UNIT 9: STRESS AND ANXIETY**

**22( Define the following terms**

**(I) Stress**

BY AARON MAWAZO KANYERERE  
0885272529

0995851537/

- Is the pressure or worry caused by the problems in ones' life

**(ii).Anxiety**

- Is the state of feeling nervous or worried that something is going to happen

- **(b).Explain three importance of management stress and anxiety**

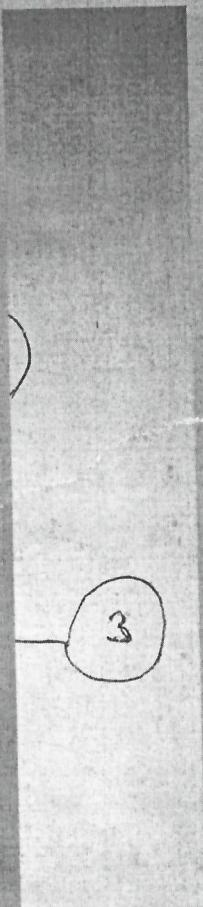
- Enables one to avoid contracting HIV and live a happy life
- Help to avoid risky behaviours
- Help one to have interest in personal life
- Helps to have interest in learning
- Help to avoid dropping out of school
- Help to avoid poverty

**(c).Explain any three effects of stress and anxiety**

- Mental disturbance
- Heart failure
- High blood pressure
- Ulcers

- Criminal
- Shoplifting
- Violence
- Depression

**(d).Complete the following future wheel showing effects of stress and anxiety**



## *effect of street and crime*

- 1. School drop out
- 2. Prostitution
- 3. Mental confusion
- 4. Injury
- 5. Violence

## **UNIT 10: PEACEFUL CONFLICT RESOLUTION**

**23(a). Define the following terms:**

**(i). Conflict**

- Is the serious disagreement among people
- Is when two or more people disagree over an issue

**(ii). Conflict resolution**

- Is the act of bringing a disagreement to an end

**(iii). Peaceful conflict resolution**

- Is the act of bringing disagreement or argument to an end using non violent ways

**(b). Give at least three causes of conflicts**

- Forced marriages
- Discrimination such as in school
- Prejudice
- Religious differences
- Drug and alcohol abuse
- Illness
- Boy – girl relationships
- Violation of human rights
- Property grabbing

**(c). Explain how the following may cause conflicts**

BY AARON MAWAZO KANYERERE  
0885272529

0995851537/

**(i).Forced marriages**

- Lack of interest in a marriage partner may result into irresponsibleness

**(ii).Discrimination**

- Discriminated people become angry and may attract fights

**(iii).Religious differences**

- When people fail to understand and appreciate other religious believes conflicts may rise

**(iv).Drug and alcohol abuse**

- These affect ones' thinking capacity resulting in irresponsibleness

**(v).Illness**

- This take place when people fail to understand causes of diseases and believe that the one ill is bewitched

**(vi).Boy- girl relationships**

- When parents take part in making choices of hen a boy or girl friends of their children
- When a boy refuse being responsible of pregnancy

**(c). Give any three effects of conflicts**

- School drop out
- Injuries
- Fighting
- End of relationships
- Separation
- Death of people

**(d). state any three effects on not resolving conflicts peacefully**

- Lead to mistrust

- Hatred
- Suspicion
- Violation of human rights
- Violence
- Fighting
- Loss of life
- Famine
- Insecurity
- Destruction of property

**(e).Explain how forced marriages can lead to contraction and spread of HIV and AIDS**

- A person can be forced to marry an infected person if HIV test is not conducted

## **UNIT 11: DECISION MAKING AND PROBLEM SOLVING**

**24(a).Define the following terms**

**(i)Decision making**

- It refers to making ones' mind.
- It refers to making ones' choices

**(ii).Problem solving**

- Is the ability to understand and deal with something difficult

**(iii).Decision making and problem solving**

- Is the ability to make choices, understand and deal with something difficult

**(b).Give any three steps in decision making an problem solving**

- Identifying the problem
- Defining the problem
- Explaining possible solutions and outcomes
- Examining consequences of the choices

**(c).Explain the following steps followed when making decisions and solving out problems**

**(i).Identifying the problems**

- This is finding out what the problem is

**(ii).Defining the problem**

- This is finding out more about the problem including the causes

**(iii).Explaining possible outcomes and solutions**

- This involves finding alternative ways of resolving the problem and give a solution based on the gathered information

**(iv). Examining consequences of the choices**

- This involves looking at the effects of the alternatives on the person and others including family members and friends
- Involves looking at effects of the alternative solutions on the person ,others and friends

**(c).Explain any three consequences of making rushed/ irrational decisions when solving problems**

- The problem get bigger instead of getting smaller
- Lead to regrets when decisions are made poor
- Result in conflict thereby complicating the situation
- Resurfacing of the problem since it was not properly solved

**(d).Give any three situations that depicts well thoughtout decision when solving problems**

- People solve their problems and reach a peaceful compromise
- All the concerned parties feel satisfied with the decision
- The problem does not resurface because the root cause is reached

**(e).Explai how teachers can solve the problem of stealing other peoples' property at school**

- By advising learners who steal to ask for it so that he or she can be given or borrowed with consent

**(f).Describe how decision making and problem solving skills can prevent someone from contracting HIV**

- A well thought decision enables one to use resources such as money effectively to avoid problems like HIV through prostitution
- A well thought decision enables one to choose a right way of solving problem eg: getting money not through prostitution

## **UNIT 12: SELF ESTEEM AND ASSERTIVENESS**

**25(a).Define Self esteem**

- Is the awareness of the good in one self
- Is the value at which one puts him or herself
- Is the way one feels

**(b).State two types of self -esteem**

- High self -esteem
- Low self -esteem

**(c).Give any four importance of having self -esteem**

- Help one to be enthusiastic
- Help one be optimistic

- Help one being ambitious
- Help one to be cooperative
- Help one to be respectful
- Help one to be kind
- Help one to be responsible

**(d).Explain ant three importance of being assertive**

- Help one to do things with a lot of interest (Enthusiastic)
- Help one to think positively and always hope for the better (Optimistic)
- Help one to have ambition which help in achieving goals in life (Ambitious)
- Help one to cooperate with others when doing team work (Cooperative)
- Help one to respect for self and others (Respectful)
- Help one to be kind (Kind)
- Help one take responsibility of his or her actions (Responsible)

**(e) Explain the meaning of the following terms:**

**(i).Optimistic**

- Doing things with a lot of interest

**(ii).Ambitious**

- Thinking positively and hoping for the better

**(iii).Ambition**

- Being eager to achieve a goal in life

**(iv).Cooperative**

- Ability to work with others as team

**26(a).Define the following terms :**

**(i).Assertiveness**

- Is the ability to know ones' goals and follow necessary steps to achieve them
- Is the ability to express ones' views in a clear manner and without fear

**(ii).Agression**

- Is the act of fighting for what one wants without considering others

**(b).Explain the difference between assertiveness and agression**

- Assertiveness is expressing ones'views in a clear manner and withoutn fear While agression is fighting for what one wants without considering others

**(c).Give any one way in which a girl or aboy can show assertiveness**

- Saying no to sex

**(d).Explain any three importance of being assertive (assertiveness)**

- Help one to be goal oriented
- Help one to honest with oneself and others
- Help to speak for one self
- Enables one to take responsibility for feelings and needs
- Enables one to maintain identity
- Enable one depend on oneself
- Help to avoid social and health problems
- Help to promote honest relationships
- Help to be self confident
- One is capable of enhancing his or her self asteem

**27(a). State any three factors that destroy self-esteem and assertiveness**

- Poor upbringing
- Negative comments
- Lack of postive role models

- Lack of sense of ones' own uniqueness and value
- Lack of confidence
- Having a belief of not being able to achieve anything

**(b).State any three factors that enhance / promote self- esteem**

- Positive comments
- Self confidence
- Having positive role models
- Good upbringing

**(c).Explain any three ways of rebuilding self –esteem**

- Developing positive thinking
- Understanding one self
- Examining and analysing ones thoughts and actions
- Defining ones' priorities
- Positive comments
- Establishing gender identity
- Having positive attitude towards problems and challenges

## **UNIT 13: SEXUAL ABUSE AND HARASSMENT**

**28(a).Define the following terms**

**(i).Sexual abuse**

- Is the bad treatment of somebody sexually, oppressive or use language using insulting words

**(ii).Sexual harassment**

- Is the act of sexual nature upon or with a child or any other person without his or her consent

**(b).State any two forms of sexual harassment**

- Unwelcoming comments
- Un welcoming looks

**(c).State any three forms of sexual abuse**

- Touching child's private parts
- Making a child touch somebody's private parts
- Showing a child pornographic videos or pictures
- Making a child naked for excitement
- Having sex in presence of a child
- Making a child have sex with someone in exchange of money
- Going around and having sex with so many people as a habit

**(d).Explain any three causes of sexual harassment and abuse**

- Low social economic status of women in the society
- Male aggressiveness to females as result of socialisation in the society and families
- Break up of families due to death, divorce separation or migration
- Peer pressure among adolescents Some cultural practices which encourage sexual intercourse
- Dressing that make other people desire sexually
- Boys and girls taking alcohol and taking drugs
- Traditional dances which are seductive in nature
- Orphan hood
- Beliefs about how to get cured of HIV and AIDS

**(e).State any three dangers of sexual harassment and abuse**

- Unplanned pregnancies
- Contracting sexually transmitted infections including HIV/AIDS
- Destruction of ones' self-esteem
- Dropping out of school
- Confusion and anger towards the abuser

**(f) Explain any three ways of preventing sexual harassment and abuse**

- Equipping boys and girls with life skills that help to protect themselves
- Schools should have rules that prevent such acts
- Children should go and come back from school in groups
- Advise learners to report cases of abuse and harassment to the responsible people
- Learners should dress appropriately
- Learners should avoid drug and substance abuse

**(g) Give any three responsible people or individuals to which children can report cases of sexual abuse and harassment**

- Parents
- Uncles
- Aunts
- Guardians
- Community leaders
- Education officials
- Teachers
- Church elders

**(h) Give any three organisations where children can report cases of sexual harassment and abuse**

- Victim support unit of the police
- Social welfare
- Health centres

**(i).State any three life skills that help to protect oneself from sexual harassment and abuse**

- Self- esteem
- Self awareness
- Decision making and problem solving

## **UNIT 14: ENTREPRENEURSHIP AND HIV AIDS**

**29(a).Define Entrepreneurship**

- Is a business through which one can generate income for meeting various needs

**(b).Give any three entrepreneurship activities**

- Tailoring
- Chicken rearing
- Wood carving art
- Rock carving art
- Mrt cariing art
- Fishing
- Traditional painting artwork
- Pot making
- Weaving

**(c).Under which type of employment does entrepreneurship follow**

- Informal employment

**(d).Explain any three reasons why entrepreneurship is important**

- Help to improve ones' quality of life
- Enable people generate income for personal use
- Prevent one from risky behaviours such as prostitution
- Keeps a person occupied thereby reducing opportunities of idleness and tension

**(e).Give any three entrepreneurship skills**

- Planning
- Budgeting marketing
- Problem solving
- Communication
- Negotiation
- Assertiveness
- Decision making

**30(a).State any three financial management skills in entrepreneurship**

- Developing a personal or family financial budget plan
- Keeping a track of the expenditure made in a week , month and establish expenditure pattern
- Reducing buying items that continue to drain resources
- Having a personal or family saving plan
- Getting into a financial management school and learn to manage resources

**(b).Explain why it is important to keep an expenditure pattern when managing finances in  
Entrepreneurship**

- Help to identify areas of financial wastage and prevent them in future

**(c).Define the following terms**

**(i).Liabilities**

- Are items that continue to drain finances

**(ii).Assets**

- Are items that generate extra resources

**(d).Explain any two effects of gender roles in entrepreneurship**

- Result in women small scaled businesses eg; selling Mandas while men own big businesses
- Women get less capital from the money lending institutions than men

## **UNIT 14: ANT-RETROVIRALS(ARVs)**

**31(a).What does the term ARVs stand for?**

- Anti-Retrovirals

**(b).What are Anti-retrovirals (ARVs)?**

- Are drugs that work by stopping the replication of the virus that causes AIDS
- Are drugs that work against retroviruses such as HIV

**(c).How do ARVs reduce the amount of viruses in the human blood?**

- By making the virus in active(dormant) such that do not multiply

**(d).Explain how ARVs work**

- They prevent virus from making copies or multiply

**(e).Give any three side effects of ARVs**

- Diarrhoea
- Tiredness
- Prolonged headache
- Loss of appetite
- Vomiting even when drugs are taken correctly

**(f).State any three roles of nutritious food during ARVs treatment( Importance of nutritious food to people taking ARVs).**

- Strengthen the body's ability to fight diseases
- Reduces opportunistic infection
- Slows progression of HIV to AIDS
- Complement actions of ARVs
- Help to improve effectiveness of medication
- Help to manage the effects of ARVs

**(g).Mention any three institutions where ARVs can be accessed**

- District hospitals
- Health centres
- Mission hospitals
- Private hospitals

**(h).Explain any two dangers of not taking ARVs correctly**

- The level of drug becomes low in the blood and fails to stop the virus from multiplying
- The virus become resistant to the drug because of the low drug level

## **UNIT 16: ORPHANS AND VULNERABLE CHILDREN**

**32(a).Define the following terms**

**(i).An Orphan**

- Is a child under the age of 18 who lost one or both parents due to death

**(ii)Vulnerable children**

- Children who are weak, not well protected and easily to be attacked

**(b).Identify any three needs of orphans and vulnerable children**

- Food
- Beddings
- Clothes
- Shelter
- Non-material
- Moral support
- Spiritual support
- Guidance and counselling

**(c).Explain any three ways of assisting orphans and vulnerable children**

- Provide them with material resources
- Supporting families and organisations which protect and care for orphans and vulnerable children
- Mobilising communities and well wishes to take leading roles in protecting and caring for them
- Loving and respecting them
- Sensitising on dangers of involving in risky behaviours
- Providing them with
- Spiritual and moral support
- Encouraging them to acquire education
- Supporting child-headed families with various resources

**SAMPLE MULTIPLE CHOICE QUESTIONS**

## **(1). What causes AIDS?**

- |             |           |
|-------------|-----------|
| A. Bacteria | C. Virus  |
| B. Protozoa | D. Fungus |

**(2).What does the word Human mean in HIV ?**

- |                           |                          |
|---------------------------|--------------------------|
| A. It can be eaten by man | C. It stated in Humans   |
| B. It has human shape     | D. It is found in Humans |

(3).What does the word Syndrome mean in AIDS?

- A. The virus is get from someone else infected
  - B. The body's defence system which fights diseases or infections
  - C. The weakness in the immune system
  - D. Is the collection of signs and symptoms of different infections

(4).Which of the following are opportunistic diseases?



**(5).Which of the following is the best way of preventing HIV transmission?**

- A. Abstinence
  - B. Being faithful
  - C. Sleeping under mosquito net
  - D. Condom usage

6. The following are activities that can lead to HIV transmission except?

- A. Touching an infected person      C. Sharing razor blades  
B. Sharing plates      D. Hugging an infected person

## **7. Why are street children vulnerable to HIV infections?**

- A. They travel long distances acquiring wives on their way
  - B. They lack guidance and counselling
  - C. They lack correct information on sex and sexuality

D. They do not negotiate for protected sex

**8. The socially and culturally prescribed set of expectations about roles of males and females without basis in their real capacity is called?**

A. Gender

C. Gender roles

B. Gender issues

D. Gender stereotype

**9. Which of the following is the correct age range for adolescence?**

A. 0-8 Years

C. 20-23 Years

B. 9-19 Years

D. 35-40 Years

**10. Which of the following physical changes is common in both boys and girls?**

A. Breasts starts to grow

C. The skin becomes oily

B. The penis increase in size

D. Menstruation starts

**11. Which of the following types of support is given by Religious organisations?**

A. Emotional support

C. Moral support

B. Material support

D. Spiritual support

**12. Name the type of interpersonal relationship in which people are related by tribe?**

A. Kinship

C. Cultural ties

B. Ethnic

D. Relationship among peers

**13. Which of the following factors enhance relationships?**

A. Love

C. Respect

B. Care

D. Envy

**14. What name is given to a third person in arbitration?**

A. Negotiation

C. Arbitration

B. Mediation

D. Negomiation

**15. What term refers to the act of doing things with a lot of interest?**

A. Enthusiastic

C. Cooperation

B. Optimistic

D. Ambition

**16. Which of the following is a form of sexual harassment?**

A. Unwelcoming comments

- B.Having sex in the presence of a child
- C. Makinng a child naked for sexual excitement
- D.Early marriages

**17.Which of the following ways can help to prevent sexual harassment and abuse in schools?**

- A.Girls should wear long slited dresses
- B.Girls shoul not work together with boys
- C.Boys should not talk to girls after classes
- D.Learners should dress appropriately

**18.Which of the following is not an entrepreneurship skill?**

- |            |              |
|------------|--------------|
| A. Empathy | C.Budgeting  |
| B.Planning | D.Marketting |

**19.The following are institutions where people can access ARVs except?**

- |                      |                     |
|----------------------|---------------------|
| A.Private Schools    | C.Mission hospitals |
| B.District hospitals | D.Health centre     |

**20.What name is given to a place where Orphans are cared for?**

- |              |                    |
|--------------|--------------------|
| A.Orphanhood | C.Orphan den       |
| B.Orphanage  | D.Orphan residence |

**21.How does age generation gap affect effective communications on HIV/ AIDS messages?**

- A.Some religions deny its members to use contraceptives
- B.Illiterate people take time to understand ideas
- C.Elders feel uncomfortable discussing HIV issues with the youth
- D.Some cultural aspects facilitate the spread of HIV

Grolie and Chancy are quarrelling because grolie has missed chancy's pen.Timothy comes in and help the two to understand that it is none's fault to have the pen missed.

**22.Which method of peaceful conflict resolution has timothy used to handle grolie and**

**Chancy's issue?**

- |               |             |
|---------------|-------------|
| A.Arbitration | C.Mediation |
| B.Negotiation | D.Guidance  |

**23.What name would be referred to Timothy if he had put blame on Chancy for giving Grolie her pen?**

- |              |              |
|--------------|--------------|
| A.Counsellor | C.Arbitrator |
| B.Client     | D.Mediator   |

**24.Which of the following is not a side effect of ARVs?**

- |                    |                      |
|--------------------|----------------------|
| A.Loss of appetite | C.Morning sickness   |
| B.Tiredness        | D.Prolonged headache |

**25.Which of the following is the commonly abused Substance?**

- |          |           |
|----------|-----------|
| A.Panado | C.Alcohol |
| B.Coffee | D.Bactrim |

*PAST MATE*

| THE END |

..... WISHING YOU ALL THE BEST AS YOU USE THIS BOOK.....

BY AARON MAWAZO KANYERERE  
0885272529

0995851537/