

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

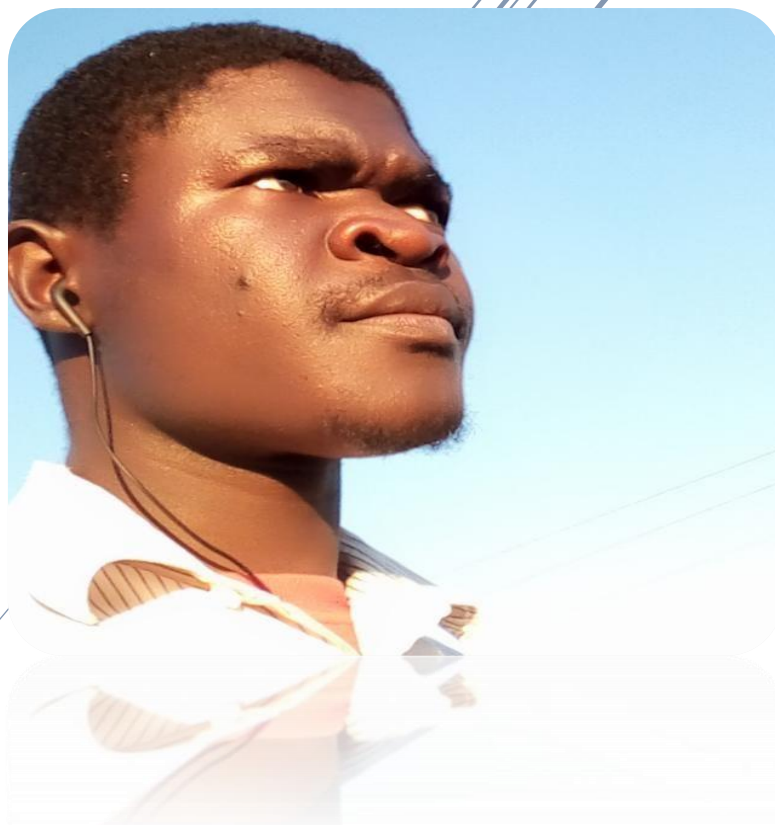
*A TEACHER AT KASACHE  
SCHOOL*

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*CHICHEWA VERSION*

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

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

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

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

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

### **i. Malalanje, mango, nthochi, nthudza, mapoza, katope ndi masuku.**

- Zimatipatsa michere yofunika mthupi monga ma vitamini.
- Zimateteza matupi ku matenda.

### **ii. Kabichi, lepu, kholowa, mpiru, bonongwe, chigwada, limanda ndi tomato.**

- Zimateteza matupi ku matenda.

### **iii. Nyemba, soya ndi mtedza.**

- Zimathandiza pa kakulidwe ka munthu.

### **iv. Nyama ya ng'ombe, mazira, nsomba, mbewa ndi mkaka.**

- Zimathandiza pakakulidwe ka munthu.

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

- Kumwa
- Kusamba
- Kuthirira mbewu
- Kuphikira

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

- Ku mtsinje
- Pa akasupe
- Mu nyanja
- Mu zitsime
- Pa mjigo
- Mu madamu
- Pa mpopi
- Mvula

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

- Kuthira mankhwala opha tizilombo m'madzi.
- Kuphitsa ndi kusefa madzi tisanamwe.
- Kusunga madzi m'ziwiya zaukhondo.

#### **7. Tchulani kufunika kwa kumwa madzi okwanira**

- Zimathandizira kuti chakudya chizigayika bwino mthupi.
- Zimathandiza kupewa matenda ena obwera chifukwa cha kuchepa kwa madzi mthupi.

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

- Chifuwa chachikulu
- Kutsegula mmimba
- Chibayo
- Chifuwa

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

- Kumva kuzizira pafupipafupi
- Kusowa kwa chilakolako kwa chakudya

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