

## DAISY CENTRE AND SCHOOL,

### DARASA LA NANE KISWAHILI KAZI YA ZIADA YA 11 TAREHE:

17 JULAI, 2020

Sarufi: matumizi 'na'

Kiunganishi na huambatanishwa na kiwakilishi nafsi kuonyesha PIA NA PAMOJA NA

Hutumiwa pamoja na 0-rejeshi

#### Nafsi

#### Ngeli

#### Na + o- rejeshi

A – WA

na+ye —naye \_\_\_\_\_ nao

KI –VI

na + cho —nacho \_\_\_\_\_ navyo

LI –YA

na + lo — nalo \_\_\_\_\_ nayo

U – I

na + o — nao \_\_\_\_\_ nayo

U – ZI

na + o — nao \_\_\_\_\_ nazo

I – I

na+ yo — nayo \_\_\_\_\_ nayo

U – U

na + o — nao \_\_\_\_\_ nao

U – YA

na+o — nao \_\_\_\_\_ nayo

YA – YA

na + yo — nayo \_\_\_\_\_ nayo

I – ZI

na + yo — nayo \_\_\_\_\_ nazo

KU

na+ko — nako \_\_\_\_\_ nako

PAKUMU

na + pona+ kona + mo

Tathmini mufti 237-238



## DAISY CENTRE AND SCHOOL,

### CLASS 8 ENGLISH ASSIGNMENT 11, JULY 17<sup>TH</sup>, 2020

The following passage contains blanks numbered 1 – 15. For each blank choose the best answer from the alternatives given.

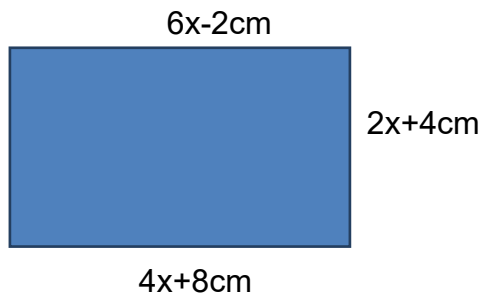
\_\_\_1\_\_\_ weekends \_\_\_2\_\_\_ this corona holidays, students need to plan well \_\_\_3\_\_\_ to use their free time, which TV programmes to watch and what kind \_\_\_4\_\_\_ activities they \_\_\_5\_\_\_ occupy \_\_\_6\_\_\_ with. Idleness is the \_\_\_7\_\_\_ way of spending free time \_\_\_8\_\_\_ this when one becomes prone \_\_\_9\_\_\_ all kinds of temptations. To avoid idleness, it is good \_\_\_10\_\_\_ for you to programme your time, so that you \_\_\_11\_\_\_ have to do things carelessly. Have a timetable \_\_\_12\_\_\_ work and leisure activities are balance. To make \_\_\_13\_\_\_ of this time, engage yourself in \_\_\_14\_\_\_ activities \_\_\_15\_\_\_ the house.

|    | <b>A</b>    | <b>B</b>    | <b>C</b>     | <b>D</b>     |
|----|-------------|-------------|--------------|--------------|
| 1  | During      | By          | In           | Since        |
| 2  | then        | after       | and          | before       |
| 3  | when        | how         | if           | but          |
| 4  | at          | in          | for          | of           |
| 5  | could       | should      | might        | may          |
| 6  | themselves  | theirselves | ourselves    | then         |
| 7  | worse       | better      | best         | worst        |
| 8  | due to      | while       | because      | hence        |
| 9  | to          | at          | with         | by           |
| 10 | advise      | practise    | practice     | reason       |
| 11 | Won't       | will        | may          | should       |
| 12 | by which    | for which   | since which  | in which     |
| 13 | use full    | full use    | useless      | foolishly    |
| 14 | destructive | destruction | construction | constructive |
| 15 | around      | with        | under        | among        |

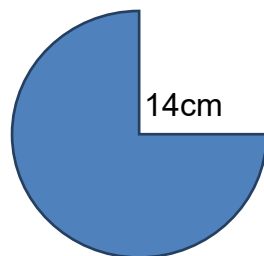
**DAISY CENTRE AND SCHOOL,**

**CLASS 8 MATHEMATICS ASSIGNMENT 11, JULY 17<sup>TH</sup>, 2020**

1. Find the area of the following



2. What is the circumference {22/7}



3. A water tank measuring 4m by 7.5m by 3m was a third full of water .What was the capacity of the empty space in litres?

4. What is  $25\frac{1}{4}\%$  as fraction?

5. How many times is the L.C.M of 18, 24, 36 greater than the G.C.D of the same numbers?

**DAISY CENTRE AND SCHOOL,**

**CLASS 8 SOCIAL STUDIES ASSIGNMENT 11, JULY 17<sup>TH</sup>, 2020**

1. Name the community that founded the kingdom of Old Ghana

\_\_\_\_\_

2. The main economic activity of the Khoikhoi

\_\_\_\_\_

3. What led to the collapse of E.A.C in 1977

\_\_\_\_\_

4. Which method of used by SamouriToure to fight the French

\_\_\_\_\_

5. What was the main reason for the formation of E.A.A

\_\_\_\_\_

6. Name the company that was used by the to colonize Zimbabwe

\_\_\_\_\_

7. The state of emergency was lifted in

\_\_\_\_\_

8. List 3 similarities between Khoikhoi and Nyamwezi chiefs during the pre-colonial period

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

9. Who led the Nandi resistance of 1895 and 1906

\_\_\_\_\_

10. Who was the first chairman of the O.A.U

\_\_\_\_\_

**DAISY CENTRE AND SCHOOL,**

**CLASS 8 C.R.E. ASSIGNMENT 11, JULY 17<sup>TH</sup>, 2020**

**ANSWER THE FOLLOWING QUESTIONS**

1. Write down the order of creation.
2. Write similar miracles performed by Elijah, Elisha, peter and Jesus
3. Name the person who had a vision in Troas
4. Name the person raised by Paul?
5. How many times was Samuel called by God?
6. Name the land that Jacobs' family were given to live in when they went to Egypt.
7. Write the main reason why Jacob accepted to move to Egypt?
8. In which book of the bible are the gifts of the holy-spirit found?

Write them down.

## **DAISY CENTRE AND SCHOOL,**

### **CLASS 8 SCIENCE ASSIGNMENT 11, JULY 17<sup>TH</sup>, 2020**

#### **FOOD AND NUTRITION**

- Food is any substance that is eaten or drunk in order to maintain good health.
- The process of providing the body with right food substances it requires is known as nutrition.
- Substance is food that people need to live and grow are known as nutrients.

#### **Nutrition for a pregnant woman**

- A woman who has conceived but has not yet given birth is said to be pregnant or expectant.
- An expectant woman's diet must meet her nutritional requirements and that of the foetus developing inside her.

The diet must include the following:

##### **(a)Proteins**

A high intake of protein is needed for proper growth of the developing foetus.

Food rich in proteins include:

- i. Animal proteins such as milk, eggs, fish, beef, pork mutton, chicken.
- ii. Plant proteins such as beans, peas, green grams, nuts.

##### **(b)Protectivefood**

- These include fruits and vegetables.
- The immunity of an expectant woman is usually low.
- Intake of fruits and vegetables boosts her immunity and prevents diseases.

##### **(c)Carbohydrates**

- ✓ These are energy giving foods e.g. maize, potatoes, ugali, rice, fats, and oils.
- ✓ Regular intake of carbohydrates maintains normal energy level.
- ✓ An expectant woman should avoid too much fats as it might cause nausea and heartburn.

##### **(d)Calcium and phosphorous**

- These minerals are needed for the formation of strong bones and teeth in unborn foetus.
- Calcium and phosphorous are also required for the maintenance of the mother's teeth and bones.
- Sources of calcium include milk, fish, bone soup, cheese.

##### **(e)Iron**

- Iron is needed for the formation of haemoglobin.
- Haemoglobin is found in the red blood cells and it gives the blood the red colour.
- Haemoglobin transports oxygen to the different parts of the body.
- For health blood, one needs iron.
- Lack of iron in the body leads to anaemia.
- Source of iron includes eggs, liver, fish, beans, lean beef, and greens leafy vegetables.

##### **(f)Vitamin D**

Vitamin D helps the body to absorb calcium properly. It therefore prevents rickets.



### Source of vitamin D

| Dietary source   | Non-dietary source  |
|--|---|
| Eggs<br>Margarine, oily fish e.g. . Sardines, fish liver oils, milk. | When sunlight comes into contact with the skin, vitamin D is produced |

#### (g)Fibre

- High fibre foods help the body to get rid of waste products and prevent constipation.
- Fibre is not digested by the body. It has no nutritional value.
- Outer skin of grains, fruits and vegetables have the thread-like parts that are fibre.

#### (h)Fluid

- High intake of fluids such as water, milk, fruit juices.
- Fluids prevents dehydration and maintain proper level of the amniotic fluid.

### Nutritional for Lactating Mothers

- A lactating mother is a woman who has given birth and is breast-feeding.
- A lactating mother is also called nursing mother.
- Her diet should have adequate nutrients to meet the child's nutritional needs through breast feeding.
- Lactating mother's diet should include:
  - a) Extra fluids to help in the formation of breast milk and prevent dehydration to the mother.
  - b) Food rich in iron to replace the mother's blood lost during the delivery.
  - c) Calcium and phosphorous for the formation of teeth and bones in the body.
  - d) A well balanced diet rich in protein for the formation of quality milk for the body.

### Nutritional for infants

- Infants are mainly fed on breast milk.
- They start breast feeding a few minutes after birth. □ Breast milk is the best food for the body.

### Value of breast milk

1. It contains all necessary food nutrients needed for growth and development of the body.
2. It boosts the baby's immunity. The baby is able to resist illnesses and allergies.

### Advantages of breast milk

1. It is easy to digest and has no allergies unlike cow's milk.
  2. It is readily available in the correct form and at the right temperature.
  3. It has no risk of contamination as the body sucks the milk direct from the mother.
  4. Breast-feeding allows the mother and the baby to bond.
  5. It contains enough water and sugar.
- The body's food requirements increase as the body grows. This leads to introduction of other solid foods.
  - The introduction of other foods to a baby's diet is called weaning.
  - Weaning is done at the age of four to six months.

- One food item should be introduced at a time to allow the baby to get used to the foods. □  
Breast-feeding should continue up to the age of at least 2 years.

### **Nutritional for people with HIV and AIDS**

People with HIV and AIDS should eat a balanced diet.

Their diet should be rich in:

1. Proteins to rebuild body cells destroyed by opportunistic diseases. Source of proteins include milk, eggs, fish, chicken, liver, and dairy products.
2. Vitamins and minerals to maintain body's immunity and protection against opportunistic diseases. Sources of vitamins are fruits and vegetables.
3. Carbohydrates to provide energy. Sources of carbohydrates include rice, wheat, maize, potatoes and oats.
4. Fibre to prevent constipation. Source of fibre are fruits vegetables and whole grain.

### **NOTE:**

HIV and AIDS infected people should avoid oily, spiced food and acidic drinks.

### **QUESTION**

1. Which two minerals are required by an expectant mother for the maintenance of her teeth and bones?
2. A mother who is breast-feeding is known as \_\_\_\_\_.
3. Why should the diet of a breast-feeding mother contain a lot of fluid?
4. Which mineral should be included in the diet of a nursing mother to replace the blood lost during delivery?
5. Write down three advantages of breast milk.
6. Which food nutrient should be included in the diet of a person infected with HIV and AIDS to maintain the body's immunity?
7. The introduction of solid food in the baby's diet in addition to breast milk is known as \_\_\_\_\_
8. Why should an expectant mother take fluids frequently?
9. Name two dietary sources of Vitamin D.
10. At what age should a baby be weaned?

**PREPARED BY:**

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