

355/1
LUSOGA
Paper 1
2024
2 Hours



UGANDA NATIONAL EXAMINATIONS BOARD

Uganda Certificate of Education

LUSOGA

Olupapulo olusooka

Okughandiika Ebiyiye n'Okucuusa Olulimi

Saawa 2

ENDAGIRIRO:

Olupapulo luno lugabiibwamu ebitundu bisatu; A, B ni C. Lulimu ebibuuzo bisatu.

Mu kitundu A mulimu nnamba ibiri. Kola namba 1 (a) oba (b).

Ekitundu B kya buwaze.

Ebibuuzo ebiswika mubyolagiirwa okukola tibirikeberwa.

Ghandiika ebyokwiramubyo mu mpapulo edhikugheereibwa.

EKITUNDU A: OKUGHANDIIKA EBIYIYE

Mu kitundu kino kola ekyokukola 1(a) oba (b).

1. (a) Wiiki eweire dhaadhaawo yagheebwa ekitanda mwaamala enaku isatu mwirwaliro nga omugenza. Byewabona mu kiseera ekyo byakuleetera okusalagho okwebazanga Katonda buli lunaku. Ghaya ebyaliyo ebyakutuusa kukusalagho okwo. Kozesa ebigambo **350-400**. (*Buta 20*)

Oba

- (b) Omusomi akulira eby'emizaanho kwisomerolyo eryetebwa Bright Academy yakukobye okwenhigira mu by'emizaanho weebulankania. Ateeseteese okukuloopa y'abasomesa. Tiwandyenze akuloope. Mughandiikire, mu bigambo nga **150-300**. (*Buta 20*)

EKITUNDU B: OKUCUUSA OLULIMI

2. Omukungu akulira eby'obulamu mu nsi yonayona acaire ku caalo kyo. Ayogeire n'abataka ku bulungi obw'okunhwa amaadhi. Maamawo abairegho aye tategeire, kuba taidhi lungereza ate nga omukungu lwakozeisa. Ofunie ekighandiiko ekirimu byakobye. Teekateeka ekighandiiko maamawo kyanaasoma okutegeera omukungu byakobye.

BENEFITS OF DRINKING SUFFICIENT WATER

Most people do not know yet, how important it is to drink water. They think that water should only be taken when one is thirsty. Health workers have carried out medical research. They explain that 60% of our body weight is water and brain tissue contains about 85% water. Also, 83% of our blood and 22% of our bones is water. Therefore, water is very essential in our bodies. One must not only drink to quench thirst. It goes beyond that. Indeed, our bodies contain much water so it is vital to keep drinking plenty of water. Without water we get dehydrated this can result in our organs not functioning properly, which is disastrous to our health.

Water keeps our brain healthy and it functions very well. It helps the body to regulate temperature. During exercise we lose water through breathing and sweating which cools our bodies. We therefore need to replace this water. The kidneys also need a lot of water. The function of the kidneys is to remove waste from our bodies. Drinking water helps them to work well and keep us free from toxins.

We must drink more than five glasses of water each day to protect the body from heart attack and to maintain good digestion. Without water, we would suffer from constipation, dizziness, exhaustion and a lot of unnecessary discomfort.

Ladies and gentlemen, let us always remember to drink lots of water daily. Water is life. God bless you.