

NAMIBIA SENIOR SECONDARY CERTIFICATE

FIRST LANGUAGE OSHIKWANYAMA HIGHER LEVEL

8304/1

PAPER 1 Reading and Directed Writing

2 hours 30 minutes

Marks 60

2019

Additional Materials: Answer Book

INSTRUCTIONS AND INFORMATION TO CANDIDATES

- Write your answers in the Answer Book provided.
- Write your Centre Number, Candidate Number and Name in the spaces on the Answer Book.
- Write in dark blue or black pen.
- Do not use correction fluid.
- Answer **all** questions.
- Pay attention to spelling, punctuation and sentence structure.
- The number of marks is given in brackets [] at the end of each question or part question.

OMALOMBWELO NOMAUYELELE KOVAHONGWA

- Nyola omanyamukulo oye mEmbo IOmanyamukulo olo wa pewa.
- Nyola onomola yOsenda, Onomola yEkonakono nEdina loye kEmbo loye IOmanyamukulo.
- Nyola nopena imbulau ile ilaula.
- Ino longifa okadimifo komeva.
- Nyamukula omapulo **aeshe**.
- Kotokela esipelo loitya, elongifonawa loileshifo netungo lomatumbulo.
- Omwaalu waitwa owa yandjwa moikondekifombine [] konima yepulo keshe ile yoshitukulwa shepulo.

This document consists of **6** printed pages and **2** blank pages.



Republic of Namibia

MINISTRY OF EDUCATION, ARTS AND CULTURE

OSHITUKULWA SHA-A

Lesha ouhokololo ava tava shikula, apa ove u nyamukula omapulo taa ka pulwa.

Okaleshwa 1

Oifo yotee

Okulongifa nokunyanghula oihongomwa ya dja momiti nomoiwanga yomiti noihwa oshinima sha kala ko nale mounyuni waKanyenye, hamokati kOvawambo aveke, ndele nomoilongo ei ya putuka nalenale, omwa longifwa oiwanga, komikalo di lili noku lili, ngaashi oifo ei yotee. Oihongomwa ei kalupu oya talwa oyo fimba i na ongodi mokuhakula ngeenge pamwe kape na oihemba yokongolo ile pamwe yokongolo ya xulila mounyengwi. Omafimbo amwe ohai longifwa ashike, ongoshilongifo shomeumbo shokukaleka po oundjoloweile ile okukelela omaudu, aava ihava pu pokambadwa. Ndishi oku na ngaa omikifi dimwe inadi pumbwa epango landokotola, oda pumbwa ashike epango peumbo ndele omunhu ta veluka? Omikifi dimwe ohadi di ashike apa eshi pamwe omunhu okwa kambela eevitamine donhumba ile pamwe onhele apa e li inapa koshoka nawa. Otee ei osho nee hai longifwa ngaho, unene tuu kwaava tave lihange ve li moupyakadi ngaashi oo wa tumbulwa. Ovapangi hava ti: okukelela okudule okupanga.

Otee nee ei tai popiwa apa, hayo ei hatu nu meumbo keshe efiku, ei oimwe yomafo haa folwa koshixwa hashi ifanwa melaka lopaunongononi '*Malaleuca alternifolia*,' ndele omafo taa mbwangulwa, ngeno okwa li omOshiwambo taa yengwa, ndele tamu di omaadi. Omaadi oo, oo nee hatu popi apa.

Ava va mona tetetete omaadi aa, ovaendifuta OvaAustralia, ovo va dungile tete-tete oshikunwa shomeva mapyu noku shi luka otee. Oshikunwa osha dile momafo omuti hau mene koumbuwanhu womunghulofuta waAustralia. Momuti omu, ova mona mo edimba liwa, hali nyika nawa la fa eefukwa ile eembudufukwa ngahenya, po opo pa dja ovanongonhu vahapu va kale hava mbwangula omafo aa noku a yenga a ninge omaadi haa dulu okuhakula. Oshimeno eshi ihashi hakula ashike, ohashi longifwa yo okuninga eefewa nomaadi edimba liwa.

Otee ei ohai longifwa okuhakula omaudu a yooloka, unene tuu odindo, ngaashi sha popiwa pehovelu. Ovaendanandjila vahapu ava va enda neeskepa luhapu ova kala hava dindi shaashi ova kambela oVitamine C, hano inai henena momalutu avo, shaashi ihava li oiimati. Ponhele yokulya oiimati, shamha omunaudu a kala keshe efiku ha nu mokatee omo, otamu papala ashike eshi odindo ofilu. Momaumbo mahapu omwa kala oupyakadi, ngaashi, oipute. Oipute powii wayo osheshi kutya nande omunhu ina nangala, oku na oipute lela, tai mu hepeke unene ounona vahapu, ova hepa kodiya. Oipute ei luhapu ohai kala momutwe, ashike ohai xwepopala shamha omunhu a longifa omaadi otee ei.

Oupyakadi umwe natango ohau di mekambelo leeVitamine oo oshinamayoo. Oshinamayoo oo omukifi oo to hange omunhu waKalunga ta di eehonde meenhumba domayoo, nande kau fi omukifi tau twala omunhu koshipangelo, omunhu ota yehama ashike. Oku na omakwafo mahapu haa kongwa, ashike ovapekapeki vahapu otava popile kutya shamha omunhu a longifa omaadi otee oivike itano ya shikulafana, otashi dulika a veluke. Ovaegipiti vakulu, ova kala have litwimikile monhulo nomaadi otee aa, ngeenge ve na omukolo ile eshikisha. Omeva mapyu otaa ndjenekwa, ndele tamu tulwa ounguto va yelekwa vomaadi otee, otaku kufwa ongwaya ndele te litwimikile, ta fudile mo omuku womaadi otee. Konima yefiku limwe ashike omunhu ota dulu okufuda nale. Ohapa kala pe na omupangi womeumbo ta viyauka omunaudu opo a veluke.

Oilonga yomaadi aa, inai ngabekelwa ashike kovanhu, ohai longifwa yo okuhakula oinamwenyo ngaashi, eengobe noikombo - nghiti oinamwenyo yomeumbo. Omaadi aa ohaa hakula nokukelela omalolo neenghupa hadi kwata oinamwenyo pefimbo lodula. Oinamwenyo otai dipwa nomaadi aa opo omadi, omalolo neenghupa di kale kokule noinamwenyo ei.

Oshinima shamha she uya mokati kovanhu ve udite ko, otave shi longifa nomukalo da yooloka. Ovapakapeki vamwe ova mona kutya oto dulu okulongifa omaadi ngaashi ofewa. Omaadi ohaa lumbakanifwa mumwe noihemba imwe ndele tai eta po ofewa. Omafimbo amwe eumbo ohali kala la kaka tali umbu edimba li tondifa. Omadimba amwe ohaa etwa komapoto omoundjuwo noinyakwi i li momaumbo ya ongelwa ihe na oshilonga. Eemhumbwe adishe dokukoshola ngaashi, oidjalomwa osho yo eumbo alishe, oto dulu ashike u longife omaadi otee aa, ndele eumbo tali yela sheke! Ovanhu ava ve na omukifi wosuuka otava dulu okukwafelwa, shaashi omaadi otee oku na oshihongomwa shi na enghwanya, ohali vatele okushunifa pedu eondo molutu, olo hali endebeleke omukifi wosuuka. Kombinga yomukifi womeengolo, shamha we lixu meengolo fiku olo oto kofa ombonyo.

Omuwambo oha ti: “muwa iha mane, ndjaba ngeno e na eefungu”, nomaadi otee aa osho naanaa e li, ina e liwana po, oku na owii. Ngeenge okwa nuwa ngaashi kounona voumati efimbo lile, inava pashikilwa, otashi dulika tave lihange moupyakadi, va tumba omavele. Ovapakapeki ova nyengwa kutya ohashi ende ngahelipi, ashike ope na lela omaumbangi mahapu taa hokolola oshilanduli eshi. Shikwao vali, omaadi aa oku na oupyakadi koshilyo sholutu sha fimana - hano exuli. Oshilanduli eshi, nasho ope na ngaa eemhata, ngeenge shili ope na oilanduli hai kumu exuli ile ahowe. Ovalongifi vomaadi otava kunghililwa va kale ohanda ngeenge tava longifa omaadi aa, vati Kalunga iha kwafa elai. Oshilanduli shimwe vali, sha didilikwa nawa, osho oku ehenifa omaadi otee aa ile oku a tula meisho. Osho osha nyika oshiponga nai, otashi ku etele oupofi, nongeenge owe shi ningi, endelela u ninge ekwafo lotete - okulishipula nomeva a lomoka. Ngeenge itashi kwafa sha endelela u ka mone ekwafo landokotola wopaunamiti. Omapekapeko amwe inaa kolekwa unene otaa ulike yo omaadi aa haa eta engwangwano momunhu, ile a kale ta ende noudjuu, ye ita kofa, ngee inaa longifwa nawa.

Okaleshwa 2

Endobo

Oshimeno shendobo ohashi monika meenhele dihapu mounyuni, omo mwa kwatelwa yo oilongo yokoumbanganhu waAfrika, ngaashi, Egypt nokeenhunhu daCanary, shaashi oshi hole unene meenhele edi da nyika ombuwa. Moilongo yOvaeuropa, ngaashi, Ovangereka, nOvasipania ova kala yo nokulongifa oshimeno eshi mokuhakula omaudu e lili noku lili. Ohaku hokololwa kutya osha longifwa oule womido omafele a ka pita. Oshimeno eshi osha kala hashi longifwa mokulimumamuma, hano okuliwapaleka kolutu, moikulya nosho yo moikunwa momangeshefelo. Endobo ohali yandje omauwa kamana koukolele woshipa nosho yo eexwiki domunhu, a kale ta monika nawa.

Mokukalamwenyo komunhu, okwa konekiwa kutya ovanhu ove na omaukwatya oipa yolutu ya yoolokafana. Oipa imwe oipu, po ope na ovanhu ovo ve na oipa ya kukuta. Ovo ve na oipa ya kukuta ohava longifa nee omaadi endobo okupupaleka oipa yavo ngee ve likosho nalo, kashi na nee kutya omolutu alishe, okeenyalala, okeemhadi ile momutwe nokuli. Omaadi aa ngeenge a vavwa, omepakumo leisho oo okwa ningina nale moshipa. Omaadi aa, ohaa fitulula yo eembululu doshipa shomunhu, opo olutu li kale tali fuda nawa nohaa dipaa keshe ombakiteli oyo tai i molutu lomunhu okupitila moshipa.

Ovanhu vamwe ohave li likoshifa momutwe, opo va kufe eesikele odo hadi kala momitwe davo. Oto hange efimbo limwe omunhu wokakadona ndele ote lidenge momutwe, ta nyuwa ashike ke wete kutya oku na okuninga ngahelipi, a kelele oshinyuwa shomutwe keesikele. Hano shimha ashike ndele omunhu ta kufa omaadi aa endobo ndele te e likoshifa, oudjuu oo okwa li u mu na, ota kala ongonghela e u monene.

“U nyika iho liudu”, nomolwaasho ovanhu ohava longifa omaadi endobo, opo va nyikife nawa mokanya avo. Eshi ohashi ningwa ngeenge omunhu a nyamine eta lomaadi aa komuti oo u li kokalikushifo kokulikusha komayoo luvali mefiku. Konima ashike yoivike ihetatu, omunhu ota mono po elunduluko. Eshi ta i povanhu, otava kala ashike va hala ngeno oye ta popi ko, shaashi okanya kaye otaka di okadiba kawa. Omaadi aa, ngaashi, naanaa omiti dokomayoo, inaa pumbiwa a ponwe, shaashi tashi dulika e ku etele ouyehame womedimo.

Ovadalelwamo vOmoAustraria ohava longifa endobo lokuhakula omukolo neshikisha. Omunhu oha kufa omaadi aa ndele te a xu pomayulu anakuhakulwa. Konima ashike yomafiku yo oidjemo yepango olo otai shi holola nale.

Endobo ohali longifwa yo vali okukaleka kokule eemwe, opo ovanhu vaha kwatwe komukifi waMalaria nosho yo keena odo hadi dalele momutwe ile moshiya shomunhu, unene nge omunhu e li ponhele ya nyika ekako. Omaadi endobo ngeenge omunhu okwe a vava, nena omai eena oo haa kala a dalelwa moshiya ile momutwe ohaa fi mo, do neena ohadi ende nee tadi ninipala fiyo da pwa mo adishe.

Oto hange ovanhu vamwe tava longifa omaadi aa ongomaadi okulishashamina va kelele omalutu avo aha umbe omadimba madjuu ngaashi meenghwapa, keemhadi ile ngaho komalutu avo. Omunhu ngaashi u shi shi nawa kutya omeva oshinhwi oo haa di molutu lomunhu hao haa nyika, ndele omeva oo haa ka kwatafana neembakiteli tadi hangika koshipa shoye, do odo ohadi eta nee edimba lidjuu kolutu loye. Omunhu okwa pumbwa nee okulivaeka omaadi endobo, opo olutu laye li kale tali nyika nawa.

Endobo ohali dulu okunuwa, ngee wa hala li ku hakule nawa, ashike shaashi oililula, otashi dulika u kale ino hala oku li nwa nawa. Omunhu ohe li tukula moupambu vanini ndele te li pilulile mumwe noihape ya yooloka nopo nee nawa te li nu. Ohali yandje yo ovitamine D, oyo hai koleke oshipa, unene eshi hashi mono eenhe detango da yeleka.

Nonande kwa konekwa kutya fiyo opaife inapa didilikwa nande omafyo a etwa kendobo, ope na eehonde domalutu ovanhu vamwe odo ihadi tu kumwe nomaadi alo. Oomeme ve li momateelelo inava pumbwa okulongifa endobo, naunene tuu ngeenge va mono pe ya elunduluko lii momalutu avo, shaashi otashi dulika shi etele oshipuka oupyakadi. Melongifo lendobo unene sha pitilila, otaku hokololwa kutya otaku dulu okweeta ouyahame woshipa, osho hashi kukuta nokunyika nai.

Elongifo lendobo ohashi dulika yo li etele omunhu a mene eexwiki koitukulwa yolutu, oko inaku pumbwa okumena eexwiki, ile eexwiki diha mene vali nandenande. Ohashi dulu yo okweetela oomeme ve lihangе va mena eendjedi.

Eepelesenta dihapu domaadi endobo nande ihadi liwa ile di nuwe, ava have di pona otashi dulika va kwatwe komikifi domedimo. Omunhu ngeenge okwa didilike pe uya elunduluko lii molutu molwelongifo lendobo, nena na xulife po oku li longifa. Eshi osha nyika oshiponga osheshi otashi dulika elongifo lendobo li ete ounghundi wOiti–yaNafiyo. Omunhu ngeenge okwa mono kutya oha longifa endobo ndele ohali mu etele oupyakadi, na xulife po elongifo lalo.

Ovanhu ava ve li komapango, ngaashi, o-HIV nOkangela otava dulu okulongifa yo endobo eli, shaashi okwa konekwa kutya ihali imbi omunhu a nwe omiti daye nohali kwafele yo okushunifa eevirus doludi eli pedu. Nande ongaho, ovanongonhu otava ngongosheke kutya, osha pumbiwa opo omunaudu a pule ouyelele konganga yaye, omanga ina hovela okulongifa endobo eli.

- 1 Owa dja nokulesha ouhokololo ve li kombinga yoiwanga ei (Oifo yotee nEndobo) oyo hai longifwa kovanhu mokukelela omaudu nokukaleka po omaukolele omalutu avo. Ngongela mumwe omauwa noilanduli yo hai hangwa mokulongifa oiwanga ei.

Oshinyolwa shoye nashi kale pokati koitya **250 – 300**.

[20]

- 2 Ove owa hoololwa u kale omuhongwa ha kundaneke pomudingonoko nopofikola yeni. Okudja oshivike sha dja ko, ovahongwa vahapu pofikola yeni ova hakukilwa koshinyuwa nokouyahame womomadimo. Onghalo ei oye ku fininika u kundaneke ovakwashiwana vomomudingonoko okupitila modjonghundana yonhumba kombinga youpyakadi ou. Lopotela nee koshifonghundana osho u yelifile oshiwana kombinga youpyakadi ou.

Oshinyolwa shoye nashi kale pokati koitya **250 – 300**.

[20]

OSHITUKULWA SHA-B

3



Ove ou li umwe womovakwashiwana moshitukulwa shonhumba. Ou li wa udifwa nai komwenyo koshinima shovanhu ve uya ka po omiti nokumbuwaleka oshitukulwa sheni inashi dja kehalo leni, ngaashi sha ulikwa momafano pombada. Omwa tokola, opo mu shangele koshifokundaneki shonhumba, mu yandje eudonai leni moshinima eshi pamwe omawi eni taa udika. Shanga nee ombilive yoye yokoshifokundaneki osho, u yandje omanyenyeto eni.

Ombilive yoye nai kale pokati koitya **250 – 300**.

[20]

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