**Mimea na matunda \_\_ (plants and fruits)**

**Matunda \_fruits**

**Maembe \_** mangoes

**Tikitimaji\_** watermelon

**Nanasi \_** pineapple

**Chungwa \_** orange

**Parachichi\_** avocado

**Fenesi** \_ jackfruit

**Paipai \_** pawpaw

**Matunda ya Kakara \_** passion fruit

**Matofaa/ matufaha** \_ apples

**Limau\_** lemon

**Dafu \_** coconut

**Mapera**\_guava

**Mizabibu**\_ grapes

**Machenza**\_ tangerine

**Zambarau\_** plums

**Nazi**\_ cocounts

**Makuyu**\_ figs

**Nyanya**\_ tomatoes

**Peya**\_ pears

**Maboga**\_ pumpkins

**Miwa** \_ sugarcanes

**Stroberi** \_ strawberry

**Matomoko**\_ custard apples

**Topetope**\_ stafeli

**Zeituni** \_ olives

**Mabalungi** \_ grapefruits

**Kwaju** \_ tamarind fruits

**Kwakwa\_** natal orange

**Tunguja \_** cherry tomatoes

**Magogwe** \_ tree tomatoes/ tamarillo

**Pilipili \_** pepper

**Mimea na mazao yake plants and their products**

|  |  |
| --- | --- |
| **Mmea \_ plant** | **Zao la mmea\_ product from the plant** |
| Mwembe \_mango plant | Embe \_ a mango |
| Mchungwa \_orange plant | Chungwa \_ an orange |
| Mlimau \_lemon plant | Limau \_ lemon |
| Mtomoko \_ | Tomoko |
| Mfenesi \_jackfruit plant | Fenesi \_jackfruit |
| Mbuyu | Buyu |
| Mpaipai \_pawpaw plant | Paipai \_ pawpaw |
| Mzabibu \_vine plant | Zabibu \_vine |
| Mpera/ tofaa­ \_apple plant | Pera / tofaa\_apple |
| Mkorosho \_ | Korosho |

**Vyakula\_ foods**

1. **Maharagwe**\_ beans

1. **Mahindi**\_ maize
2. **Wali\_** rice
3. **Ngano\_** wheat
4. **Mtama**\_ milet
5. **Muhogo\_** cassava
6. **Banana\_** ndizi
7. **Pumpkin\_** boga

**Umuhimu wa mazao ya mimea**

(The importance of products from plants)

* Huwa ni kama chakula cha binadamu na wanyama

**(These are like food for human being and animals)**

* Ni mbolea hasa baada ya mazao haya kuozea shambani

**(Its fertilizatione especially after the products have been harvested from the garden)**

* Ni njia ya ajira ya watu wengine wanaopata kipato chao kwa kuyauza mazao ya mimea**.**

**(It’s a way of many people those who get there gainful in selling products of plants)**

* Mazao ya mimea huweka kutuletea pesa za kigeni kupitia utalii hasa wakati watalii wanataka kutazama mimea ya kipekee isiyopatikana katika sehemu zingine za ulimwengu.

(**The products of plants are exported to bring in foreign money through tourism especially the time when tourists want to see definitively plants that are not found in other parts of the universe)**

Ni wazi kuwa maisha katika uso wa dunia hutegemea ubora wa huduma zitolewazo na mimea pamoja na matunda.

**(It is roomy that life in this world stands excellent services that evolved with plants together with fruits)**

Mimea ni uti wa mgongo wa maisha humu duniani kwa sababu huboresha maisha ya mwanadamu na mazingira.

**(Plants are the back born of life in this earth/ world because of the improving life of human beings in communities)**

Kwanza kabisa, kila kitu tunachokila huja moja kwa moja na huku vingine vikiwa si vya moja kwa moja kutoka katika mimea.

**(Fast and foremost, everything that we eat it comes one by one and hereabout and others if they are not for one by one from plants.)**

Tukitazama historia mwanadamu, takribani mimea elfu saba, mimea ya aina tofauti tofauti

Imetumiwa na watu kama chakula. Kando na hayo, mimea pia imethibiti mzunguko wa maji.

**(When we look at the history of human beings, about seventy thousand (70,000), different types of plants are used by people as food. Besides that, also plants have blocked the circulation/rotation of water)**

Mimea, husaidia katika usambazaji na usafishaji wa maji yaliyomo katika sayari hii.

**(Plants, help in the supply and cleaning of water contents in this planet)**

Mimea huvuta hewa ya kaboni dayoksaidi wakati wa mchana ili kutengeneza chakula na kutuachia sisi binadamu na wanyama hewa safi ya oksijeni.

**(Plants take in carbon dioxide air during the day to manufacture food, plants leave us with clean oxygen we human being and animals)**

Bila hewa safi, sisi hatungeweza kuishi. Pia inasaidia katika usafirishaji wa maji kutika katika udongo hadi kwenye anga.

**(Without clean air, we would not be living. Also it help in the transportation of water in the soil up to space)**

Vile vile, inapaswa tuelewe kuwa robo moja ya madawa yote ambayo sisi hutumia tukiwa wagonjwa.

**Similary,its better we should understand that four quarters (1/4) of drugs that we use when we are sick.**

Hutoka katika mimea. Mbali na haya, watu Zaidi ya asilimia sabini hii leo wanategemmea mimea kama msingi wa tiba yao. Bila mimea kama msingi wa tiba yao. Bila mimea, viumbe wengi kama vile Samaki na wanyama wa porini wangekosa makaazi iwapo mimea huwa ni kama vifaa vya ujenzi ya nyumba zetu.

**(From plants. Far from that, people above 70% (seventy percent) this today they depend on plants as the foundation of their nature/ habits. Without plants as the foundation of their nature, many things like fish and wild animals they habitats/ lodgings if plants become like building materials our houses)**

Kwa upande mwingine, taifa la Uganda limebarikiwa na aina mbalimbali ya matunda kama vile maembe, mapaipai, zeituni, balungi, tikiti maji nanansi, zambarau, ndimu, zabibu, maparachichi, tope, ukwaju, tunda, nyanya,fenesi, ndizi mbivu, chenza mapera, machungwa mengine mengi.

**( In the other side, the nation of Uganda is blessed with divergent types of fruit like mangoes, pawpaw, olive, grapefruit, watermelon, pineapple, purple, lemon, grapes, avocado, mud, tamarind, fruitage, tomatoes, ripe bananas, beware of pears, oranges and many others)**

Si ajabu leo kuwa watu wanaothamni sana matunda wanaishi maisha marefu kuwazidi wale asiotumia matunda.

**(Isn’t a mystery today to people who belive in fruits so much they live a long life compared to those who don’t take fruits.)**

Matunda huzuia maradhi mwilini na kumfanya mtu awe na afya bora.

(Fruits impedes malady in the body and make a person to be with good health)

Hurutubisha mwili na kuupatia kinga. Pia, matunda humpa mwanadamu madini na vitamin mabalimbali zinasaidia kujenga, kukarabati na hata kuzuia bakteria.

**(Nourishes the body and give it immunity. Also fruits gives a human being minerals and divergent vitamin that help to build, repair and even prevention of bacteria. )**

1. **Jitathmini (trail questions )**
2. Taja hoja nne za umuhimu wa mimea katika jamii yako.

**(Give four (4) reasons as to why plants are important in your society)**

1. **………………………………………………………………………………………………………………**
2. **…………………………………………………………………………………………………………………**
3. **………………………………………………………………………………………………………………**
4. **………………………………………………………………………………………………**
5. Watu wanaothamini sana matunda hufikwa na bahati gani?

**(Those people who value so much fruits they are reached by which lucks?)**

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

1. Je, matunda yana manufaa yoyote katika maisha ya binadamu kulingana na Makala uliyosoma hapo juu?

**(Do plants have any advantage in the life of a human being according to the article you read there up)**

…………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

1. Nenda katika soko lililokaribu na kwenu kisha uandike majina ya matunda unayoyaona

**(Go to you nearby market and write names of fruits you see)**

1. ………………………………………………………………………………………………………
2. ………………………………………………………………………………………………………
3. ………………………………………………………………………………………………………
4. ………………………………………………………………………………………………………
5. ………………………………………………………………………………………………………
6. ………………………………………………………………………………………………………
7. ………………………………………………………………………………………………………
8. ………………………………………………………………………………………………………
9. ………………………………………………………………………………………………………
10. ………………………………………………………………………………………………………
11. Katika mazingira yako kuna baadhi ya mimea inayokuzwa na jamii husika. Ukuzaji huu hupitia utaratibu mbalimbali.

**(In your environment there are number of relevant plants which are brought up by the society. This promotion is through divergent arrangements)**

1. Eleza jinsi mimea; (**give the manner how plants)**
2. Inavyopandwa**.( the way how it is demented/ planted)**
3. Inavyovunwa. **( the way how it is harvested)**
4. Inavyosafirishwa. **(The way how is it transported?)**
5. Je, mazao yatokanayo na mimea huhifadhiwa vipi katika jamii yako?

(How do you preserve products from plants in your society?)

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

1. Tunga shairi moja kuhusu mmea uupendao

**(Form one verse about a plant you love)**

**Jitathmini**

Taja mimea sita inayopatikana nyumbani kwenu pamoja na mazao yake

**(Give six plants that are found at your home together with their products)**

1. ……………………………………………………………………………………………………………………
2. ……………………………………………………………………………………………………………………
3. ……………………………………………………………………………………………………………………
4. ……………………………………………………………………………………………………………………
5. ……………………………………………………………………………………………………………………
6. …………………………………………………………………………………………………………………

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**Soma mazungumzo haya. (Read this conversation/ dialogue)**

**Muhindo**: U hali hali gani?

**(Which situation are you in?)**

**Cheporir**: Nimepata afueni sasa ingawa bado nahisi maumivu madogo madogo.

(I **have got some relief now although yet I feel some little pain.)**

**Muhindo**: Daktari amekuambia nini kuhusu maradhi yanayokusumbua?

**(What has the doctor told you about the malady that is disturbing you**?)

**Chepkrir**: Eeeh, mwenzangu ya kwangu ni mazito

**(Eeeh, my partner of tome is heavy/ weighty)**

**Muhindo**: Mbona sikuelewi?

**(I don’t understand you?)**

**Chepkorir**: Daktari aliniambia kuwa ninaugua kutokana na ukosefu wa lishe bora.

**(The doctor told me that the sickness is from the deficiency of the best nutrition.)**

**Muhindo**: Kwani wewe huwa huli vizuri?

**(Why is it that you have not been eating well**?)

**Chepkorir**: Sijui, lakini yeye anadhani hivyo.

**(I don’t know, he has imagined like that**.)

**Muhindo:** Basi alisema nini hasa?

**(Thus what did he say especially?)**

**Chepkorir**: Aliniambia eti mwili wangu una ukosefu wa madini na vitamin.

**(He told me that my body has a deficiency of minerals and vitamin**.)

**Muhindo**: Alaa! Kwa hivyo wewe huwa huli matunda pamoja na mboga za majani.

**(Alaa! Therefore you have not been eating fruit together with green vegetables. )**

**Chepkorir**: Ndio. Mimi huwa nikila nyama kwa wingi.

**(Yes**. **Me I was eating meat in plenty)**

**Muhindo**: Basi hayo ndiyo matatizo. Hakikisha kuwa unapata lisha bora.

**(Thus those are the problems. Ensure that you get a best nutrition.)**

**Chepkorir**: Pia daktari ameniambia hivyo.

**(Also the doctor has told me that)**

**Muhindo**: Amekuambia nini hasa kuhusu lishe hili bora?

**(What has he told you about the best nutrition?)**

**chepkorir**: Ameniambia ninywe maji kwa wingi. Pia ameniambia nile matunda mbalimbali.

**(He has told me to take a lot of water. And also he has told me to eat divergent fruits. )**

**Muhindo**: Basi fanya si ufanye hivyo

**(Thus do it not make so.)**

**Chepkorir**: La, mimi huwa sipendi kula kila matunda na mboga. Kwani nikila mengine huniletea kichefuchefu.

**(La, me I don’t like eating fruits and vegetables**. **Since when I eat other they bring for me nauseating.)**

**Muhindo:** Ni yapi haya usiyoyapenda?

**(What are those that you don’t like?)**

**Chepkori**r: Limau, zabibu, chungu, fenesi, tikiti maji na pia parachichi.

**(Lemon, grapes, orange, jackfruit, watermelon and also avocado.**

**Muhindo**: Na yale uyapendayo ni yapi?

**(And also what are those ones that you like**?)

**Chepkorir**: Machungwa pekee.

**(Only oranges)**

**Muhindo**: Lo! Unafanya makosa makubwa sana rafiki yangu. Nataka uanze kula matunda ya aina mbalimbali ili uwe na afya bora. Mimi unavyoniona huwa nikila matunda na mboga ya aina mbalimbali kila siku ambayo yamenipa afya kama unavyoniona

**(Lo! You’re doing a very big mistake my friend. I want you to start eating divergent types of fruits so that you get the best health. The way you see me when I eat divergent fruits and vegetables every day they have given me the best health as you see me.)**

**Chepkorir**: Asante kwa ushauri wako mzuri rafiki: nami nitaanza kula matunda na mboga bila ubaguzi ili niwe na afya nzuri kama yako.

**(Thank you for your good advice friend: I will also start eating fruits and Vegetables without segregation so that I get good health like yours)**

|  |  |
| --- | --- |
| **zingatia** | **Note** |
| Tunda/ matunda | Fruit/ fruits |
| penda | like |
| kula | eat |
| kununua | To buy |
| hapendi | He/she does not like |
| hupendi | You don’t like |

**Mifano ya sentensi**

**Examples of sentences**

1. Unapenda matunda gani?

(Which fruits do you like?)

1. Ninapenda machungwa na maembe

(I like oranges and mangoes)

1. Sipendi matunda.

(I don’t like fruits)

1. Kwa nini? Kwa sababu…

Why? Because ……

1. Sipendi matunda yoyote.

I don’t like any fruits

1. Unapenda kununua matunda gani

(Which fruits do you like to buy?)

1. Ninapenda kununua ndizi

(I like to buy bananas)

1. Sipendi kununua matunda

(I don’t like to buy fruits)

1. Sipendi kununua matunda yoyote

(I don’t like to buy any fruits)

1. Unapenda kula matunda gani?

(Which fruits do you like to eat?)

1. Ninapenda kula nazi.

(I like to eat coconut)

1. Sipendi kula matunda

(I don’t like to eat fruits)

1. Sipendi kula matunda yoyote

(I don’t like to eat any fruits)

1. Wewe hupendi matunda gani?

(Which fruits don’t you like?)

1. Mimi sipendi\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

(I don’t like\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.)

1. Yeye hapendi matunda gani?

(Which fruits doesn’t he/ she like?)

1. Yeye hapendi \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?

(He/she doesn’t like\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.?)