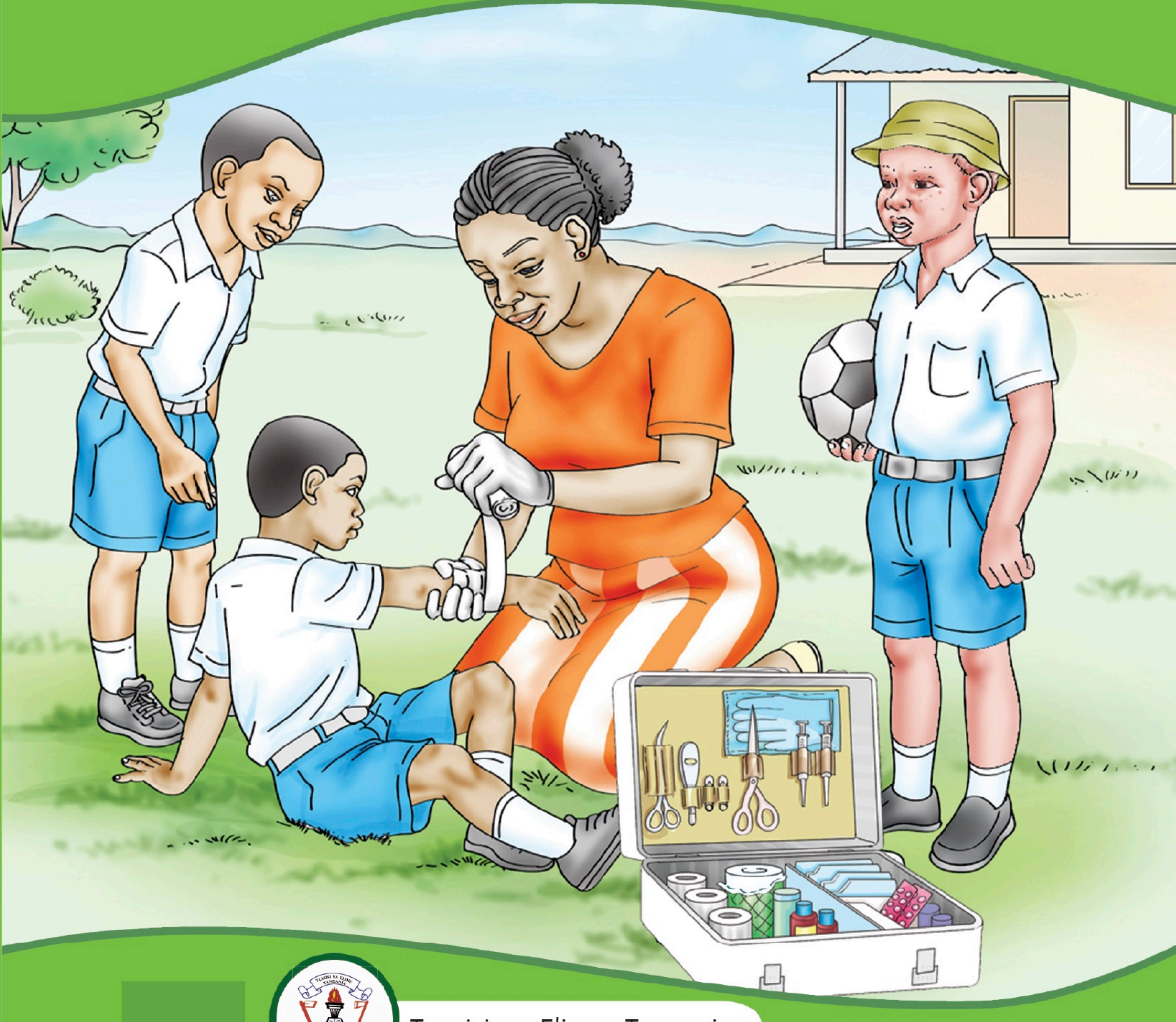
Afya na Mazingira

Kitabu cha Mwanafunzi

Darasa la Kwanza



Taasisi ya Elimu Tanzania

Mali ya Serikali ya Jamhuri ya Muungano wa Tanzania, Hakiuzwi

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na Mazingira

Kitabu cha Mwanafunzi
Darasa la Kwanza

JAMHURI YA MUUNGANO WA TANZANIA
WIZARA YA ELIMU, SAYANSI
NA TEKNOLOJIA

Cheti cha Ithibati

Na. 565

Jina la Chapisho: Afya na Mazingira Kitabu cha Mwanafunzi Darasa la Kwanza

Mchapishaji: Taasisi ya Elimu Tanzania

Mwandishi: Taasisi ya Elimu Tanzania

ISBN: 978-9987-09-313-7

Kitabu hiki kimeidhinishwa na Wizara ya Elimu, Sayansi na Teknolojia tarehe 12 Julai, 2021 kuwa Kitabu cha Kiada kwa ajili ya Mwanafunzi wa Darasa la Kwanza katika ngazi ya elimu ya Msingi nchini Tanzania kulingana na Muhtasari wa Mwaka 2015.

Dkt. Lyabwene M. Mtahabwa
Kamishna wa Elimu

Taasisi ya Elimu Tanzania

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Toleo la Kwanza 2018

Toleo la Pili 2021

ISBN 978 - 9987 - 09 - 313 - 7

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Haki zote zimehifadhiwa. Hairuhusiwi kunakili, kurudufu na kupiga chapa, kutafsiri wala kukitoa kitabu hiki kwa namna yoyote ile bila idhini ya maandishi ya Taasisi ya Elimu Tanzania.

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Utangulizi

Kitabu hiki kimeandaliwa kulingana na muhtasari wa elimu ya msingi darasa la kwanza, mwaka 2015. Ni kitabu kinachoundwa na sura kuu nane zenye kujenga umahiri wa afya na mazingira. Sura hizo ni mwili wa binadamu, Usafi wa mwili na chakula bora. Sura zingine ni maji na afya zetu, Virusi vya Ukimwi na UKIMWI, huduma ya kwanza, Mazingira yetu na viumbe hai katika mazingira yetu.

Maudhui ya kitabu hiki yatamjengea mwanafunzi umahiri wa kutunza afya na mazingira yake. Pia, yatamsaidia mwanafunzi kukuza stadi za Kusoma, Kuandika na Kuhesabu.

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Shukurani

Taasisi ya Elimu Tanzania (TET) inatambua na kuthamini mchango muhimu wa washiriki waliofanikisha uandishi na maandalizi ya kitabu hiki.

TET inatoa shukurani za dhati kwa mchango uliotolewa na wataalamu wote walioshiriki kutayarisha kitabu hiki wakiwemo wachapaji, wasanifu, wahariri, wachoraji na wapiga chapa. Pia, inatoa shukurani kwa shule zote zilizoshiriki katika ujaribishaji wa maudhui na uhariri wa kitabu hiki.

Aidha, Taasisi inatoa shukurani za pekee kwa Shirika la "Global Partnership for Education (GPE)" kupitia Mradi wa Kukuza Stadi za Kusoma, Kuandika na Kuhesabu (KKK) uitwao "Literacy and Numeracy Education Support (LANES)" kwa ufadhili wao uliofanikisha kazi ya kutayarisha na kuchapa kitabu hiki.

Mwisho, Taasisi inatoa shukurani za pekee kwa Wizara ya Elimu, Sayansi na Teknolojia kwa kusimamia kwa ukaribu zoezi zima la uandishi wa kitabu hiki.

Dkt. Aneth A. Komba
Mkurugenzi Mkuu
Taasisi ya Elimu Tanzania

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Sura ya Kwanza

Mwili wa binadamu

Katika sura hii utajifunza vipengele hivi

1. Sehemu za mwili.
2. Kazi za sehemu za mwili wa binadamu.

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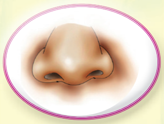
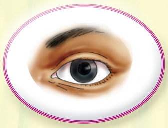
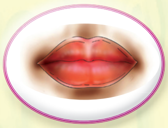
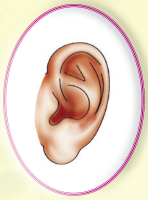
Sehemu za nje za mwili wa binadamu

Mwili wa binadamu una sehemu nyingi. Kila sehemu ina jina lake na kazi yake.

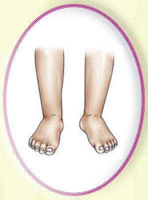
Wimbo

Mwili wangu una kichwa
macho, pua, masikio
Mdomo, kidevu, shingo
mabega x 2

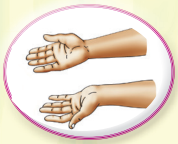


Ni sehemu za nje za
mwili wangu x 2



Kifua, mikono, tumbo
Kiuno, mapaja, magoti
miguu na vidole x 2

Ni sehemu za nje za
mwili wangu x 2



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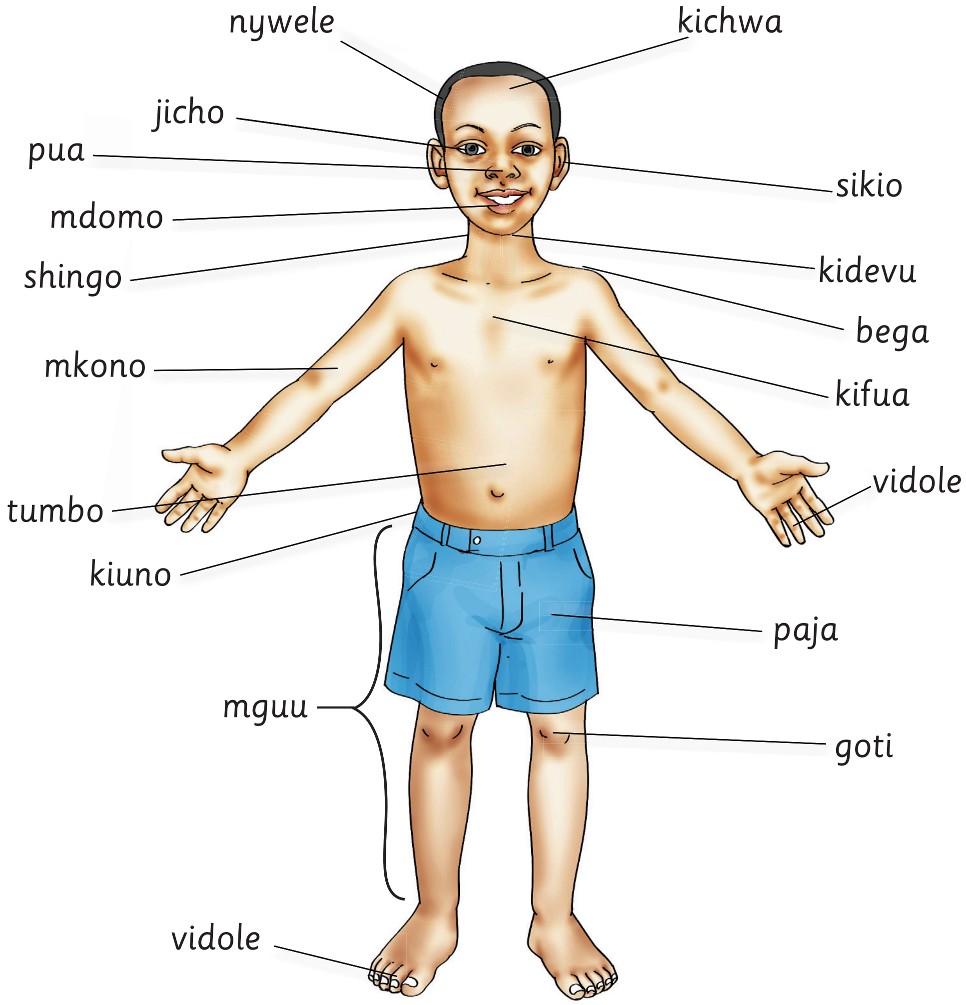
Angalia picha hii kisha soma majina ya sehemu za mwili.



Mwili wa binadamu una sehemu nyingi. Sehemu nyingine ziko moja moja. Nyingine ziko zaidi ya moja.

mfano pua moja

mikono miwili

vidole vitano

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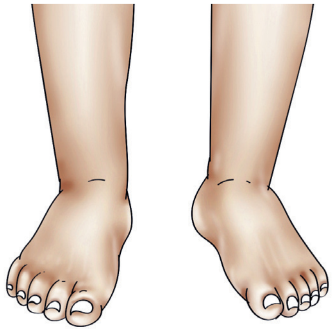
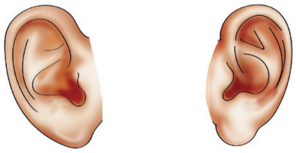
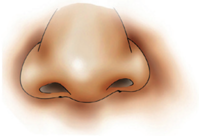
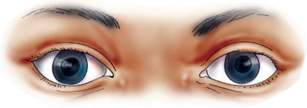
Picha	Idadi
	miwili
	mawili
	moja
	mawili
	vidole vitano

Zoezi la 1

Jibu maswali haya.

1. Taja sehemu za nje za mwili wa binadamu.
2. Binadamu ana mikono mingapi?
3. Mikono yako ina jumla ya vidole vingapi?

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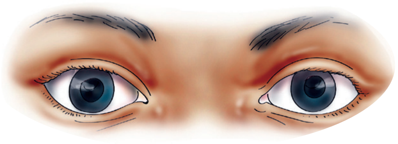
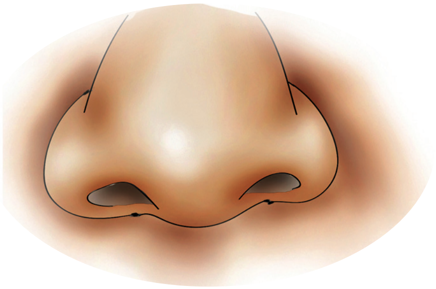
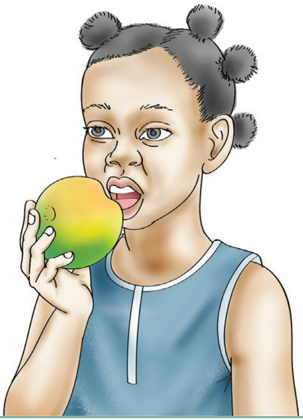
Kazi za sehemu za mwili wa binadamu

Sehemu ya mwili	Kazi yake
1 	1
2 	2
3	3 

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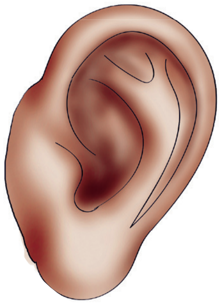

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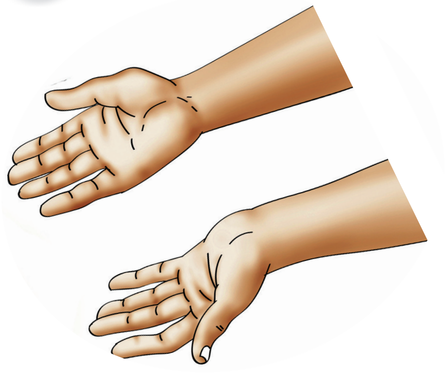

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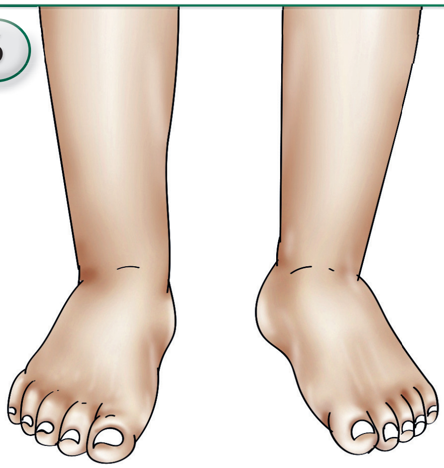

6

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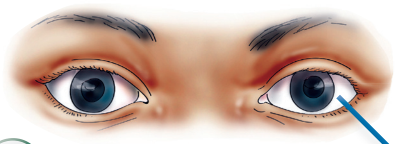
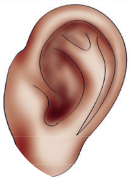
Zoezi la 2

Oanisha sehemu ya mwili na kazi yake.

Mfano Jicho - kusomea

Sehemu ya mwili	Kazi yake
 1	1
2	2
3	3
4 	4
5	5

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Sura ya Pili

Usafi wa mwili

Katika sura hii utajifunza vipengele hivi

1. Usafi wa kinywa
2. Usafi wa macho, pua na uso
3. Usafi wa nywele
4. Usafi wa mikono na kucha
5. Usafi wa miguu na kucha
6. Kuoga

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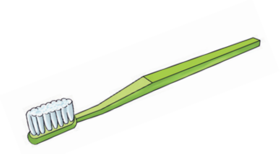
Usafi wa kinywa

Vifaa vya usafi wa kinywa



mswaki wa brashi

mswaki wa mti

dawa ya meno

maji

Hatua za kusafisha kinywa

1

Kuweka dawa ya meno kwenye mswaki

2 a

b

c

Kusugua meno

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3

Kusafisha ulimi

4

Kusukutua kwa maji safi na salama

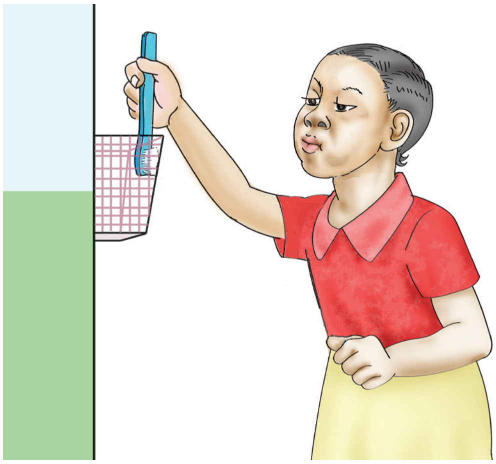
5

Kutema maji yaliyo mdomoni

6

Kuosha mswaki

7



Kuhifadhi mswaki

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Zoezi la 1

Jibu maswali haya.

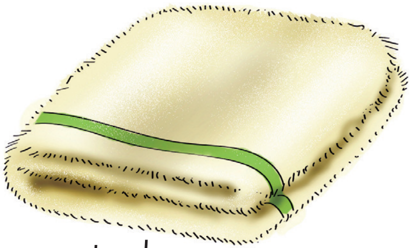
1. Taja vifaa vya usafi wa kinywa.
2. Kwa kushirikiana na mwenzako igiza kitendo cha kusafisha kinywa kwa kufuata hatua.

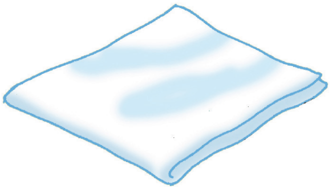
Tabia Njema

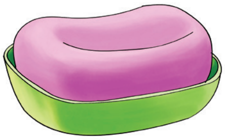
Safisha kinywa baada ya kula.

Usafi wa macho, pua na uso

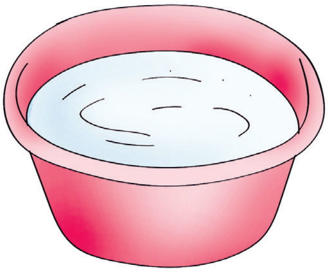
Vifaa vya usafi wa macho, pua na uso


taulo


kitambaa cha pamba


sabuni

kopo


beseni lenye maji

tishu

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Angalia matendo katika picha hizi kisha jibu maswali yanayofuata.

1

Kusafisha macho

2

Kusafisha pua

3

Kusafisha uso

4

Kukausha uso

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Zoezi la 2

Jibu maswali haya.

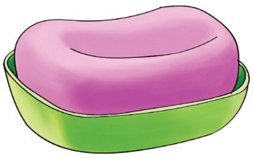
1. Taja vifaa vya kusafisha macho, pua na uso.
2. Kwa kushirikiana na mwenzako igiza vitendo vya kusafisha macho, pua na uso.

Tabia njema

1. Safisha pua kwa kutumia kitambaa au tishu.
2. Upigapo chafya, funika mdomo na pua. Geuka pembeni na uombe radhi.

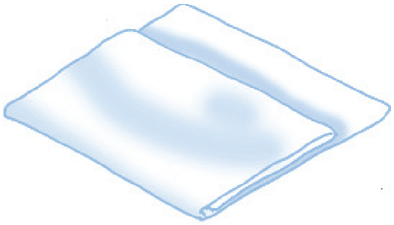
Usafi wa nywele

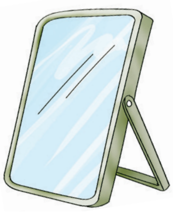
Vifaa vya kufanyia usafi wa nywele


sabuni

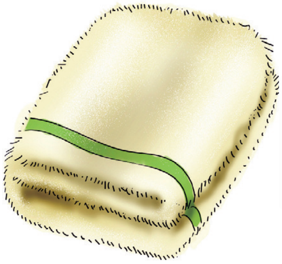
chanuo

kopo

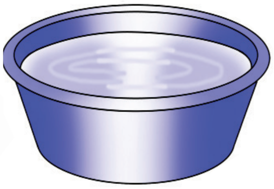

kitambaa cha pamba


kioo

mafuta


taulo

kitana


beseni lenye maji

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Hatua za kusafisha nywele

1

Kusafisha nywele
kwa maji na sabuni

2

Kukausha nywele
kwa taulo

3

Kupaka nywele mafuta

4

Kuchana nywele

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Zoezi la 3

Jibu maswali haya.

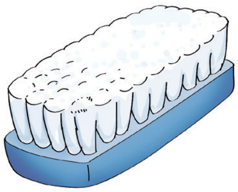
1. Taja vifaa vya kufanyia usafi wa nywele.
2. Igiza kitendo cha kuosha nywele kwa hatua.

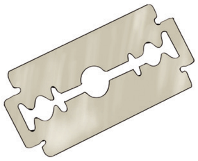
Tabia njema

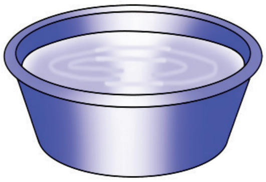
1. Chana nywele kila asubuhi.
2. Uchanapo nywele simama mbali na chakula ili usikichafue.

Usafi wa mikono na kucha

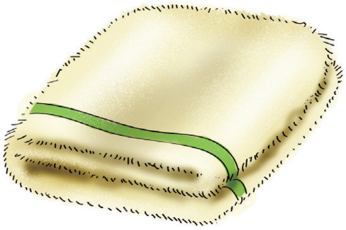
Vifaa vya kufanyia usafi wa mikono na kucha

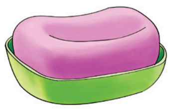

brashi


wembe


beseni

mkasi


taulo


sabuni

kikata kucha

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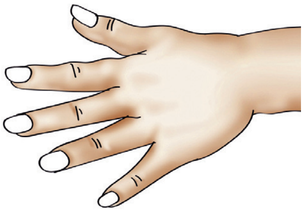
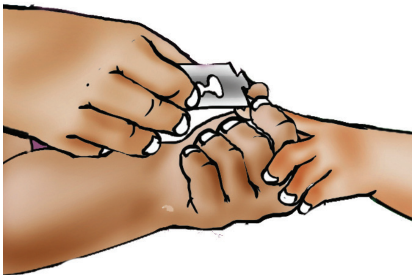
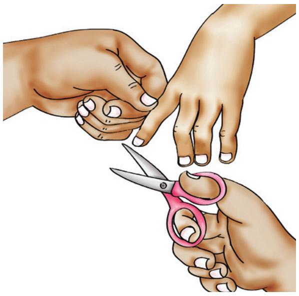
Kukata kucha kwa kutumia vifaa mbalimbali



Vidole vyenye kucha ndefu



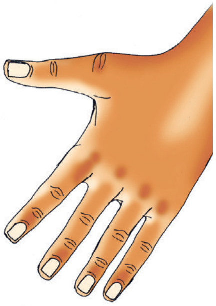
Kukata kucha kwa kutumia wembe



Kukata kucha kwa kutumia mkasi

Kukata kucha kwa kutumia kikata kucha

Kusafisha kucha kwa brashi, maji na sabuni



Kucha zilizokatwa vizuri na kusafishwa kwa maji

Tabia njema

Kata kucha zako mara kwa mara.

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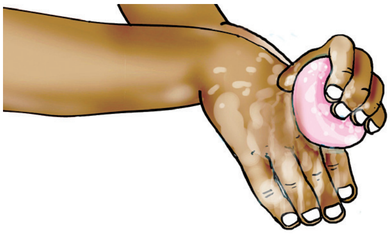
Hatua za kusafisha mikono

Kunawa mikono

1

2


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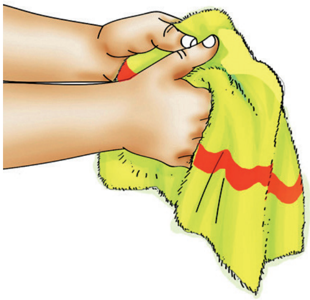

Zoezi la 4

Jibu maswali haya.

1. Taja vifaa vya usafi wa mikono.
2. Igiza hatua za kunawa mikono.

Tabia njema

Osha mikono kwa maji yanayotiririka.

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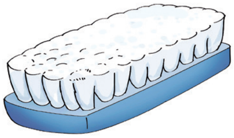
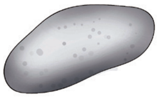
Usafi wa miguu na kucha

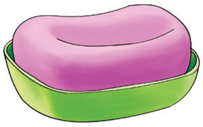
Vifaa vya kusafishia miguu na kucha



brashi

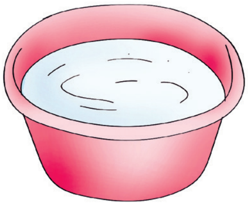


jiwe la kusugua miguu

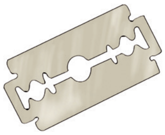


sabuni

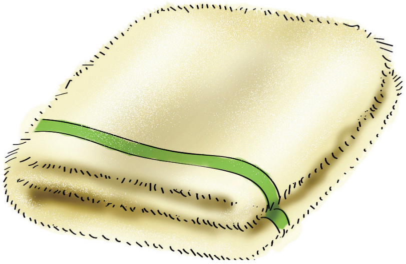
kikata kucha



beseni



wembe

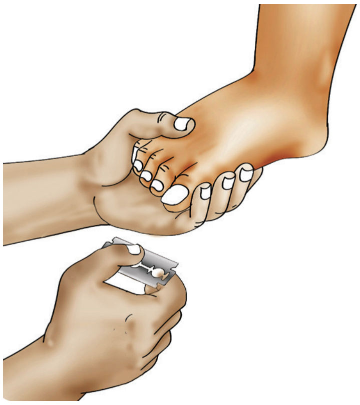


taulo

Hatua za kusafisha miguu na kucha

1. Kukata kucha

Vidole vyenye kucha ndefu



Kukata kucha kwa kutumia wembe

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Kukata kucha kwa kutumia kikata kucha

Kukata kucha kwa kutumia mkasi

2. Kuosha miguu na kucha

Kusugua miguu

Kusugua kucha

Kukausha miguu

Zoezi la 5

Jibu maswali haya.

1. Taja vifaa vya kusafishia miguu.
2. Taja hatua za kusafisha miguu na kucha.

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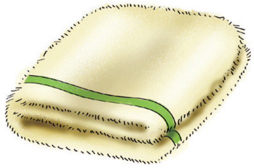
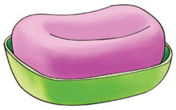
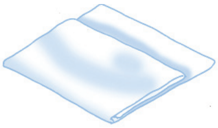
Kuoga

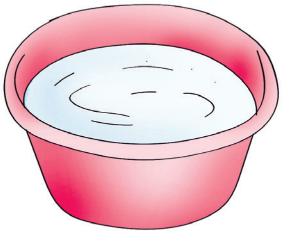
Vifaa vya kuogea

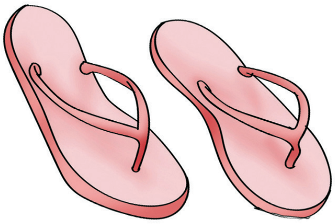

taulo


sabuni


kitambaa

dodoki


beseni


kandambili

kopo

Hatua za kuoga

1

Kuvua nguo

2

Kujimwagia maji

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3

Kujipaka sabuni

4

Kujisugua kwa dodoki

5

Kujisuuza kwa maji

6

Kujikausha maji kwa taulo

Zoezi la 6

Jibu maswali haya.

1. Taja vifaa vya kuogea.
2. Igiza vitendo vya kuoga na kukausha mwili.

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Sura ya Tatu

Chakula bora

Katika sura hii utajifunza vipengele hivi

1. Aina ya vyakula vinavyoliwa asubuhi, mchana na jioni.
2. Jinsi ya kusafisha tunda.
3. Madhara ya kula tunda lisilosafishwa.

Afya na mazingira std 1.indd 22 8/20/21 12:48 PM

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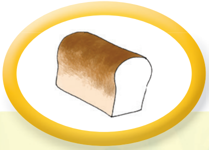
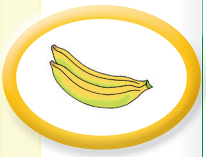
Vyakula vinavyoliwa asubuhi, mchana na jioni

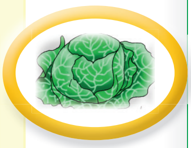
Wimbo



1. Tule chakula vizuri
   Tule asubuhi, mchana na jioni x 2
   Asubuhi kunywa maziwa na
   viazi, chai na mihogo x 2



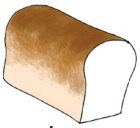
2. Mchana twaweza kula ugali na wali
   Samaki, nyama, pamoja na matunda x 2
   Jioni twaweza kula ndizi nyama.
   Ugali na wali tulale salama jamani x 2



3. Tule vyakula vyote hivi kwa afya
   Tukiwa na afya twahesabu vema x 2
   Waweza pia kusoma vizuri jamani.
   Twaweza cheza bila shida kwa furaha x 2

Vyakula vinavyoliwa asubuhi

uji


mkate

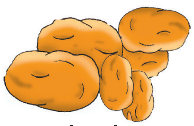
maandazi

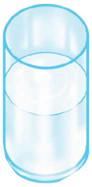
maziwa

mboga za majani

mihogo

chai


viazi


maji ya kunywa

ndizi

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Vyakula vinavyoliwa mchana

Vyakula vinavyoliwa jioni

Zoezi la 1

Jibu maswali haya.

1. Taja vyakula unavyokula wakati wa asubuhi.
2. Taja vyakula unavyokula wakati wa mchana.
3. Taja vyakula unavyokula wakati wa jioni.

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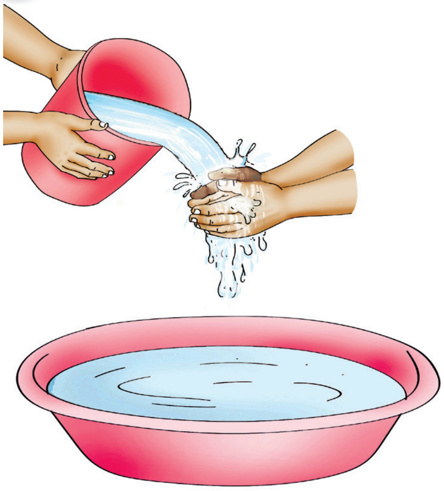
Kanuni za kula chakula

1



Kunawa mikono kabla ya
kula kwa maji yatiririkayo

2

Kukaa kwa utulivu ukikielekea
chakula wakati wa kula

3

Kunawa mikono
baada ya kula

4

Kusafisha mdomo
baada ya kula

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Faida ya kula matunda yaliyosafishwa

Hatua za kusafisha matunda

1

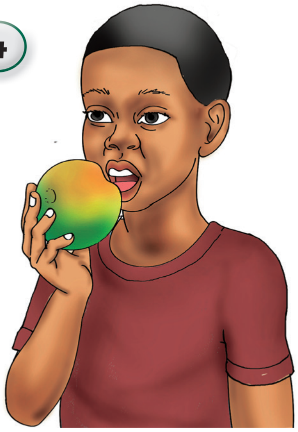
Kuokota tunda

2

Kuandaa vifaa vya kusafishia tunda. Maji safi na salama, bakuli na kikombe

3

Kusafisha tunda

4

Kula tunda lililosafishwa

5

Kuwa na afya njema na kucheza kwa furaha

Zoezi la 2

Igiza vitendo vya kusafisha na kula tunda lililo safi.

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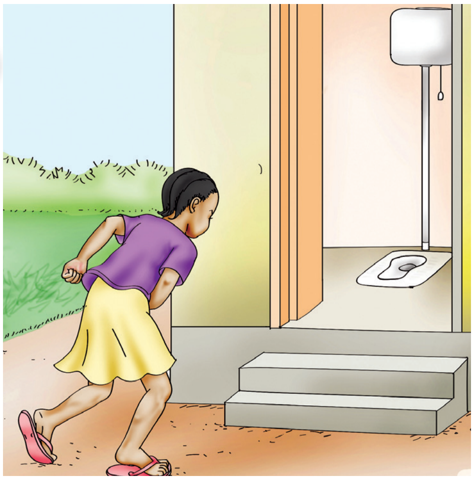
Madhara ya kula matunda bila kusafisha

1

2

3

4



5

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Wimbo

Usile tunda bila kuosha
Utaumwa tumbo x 2

Usile tunda bila kuosha
Utatapika x 2

Usile tunda bila kuosha
Utaharisha x 2

Zoezi la 3

Jibu maswali haya.

1. Unaosha matunda kwa kutumia ____________
2. Taja madhara matatu utakayopata ukila tunda bila kuliosha.

Afya na mazingira std 1.indd 28 8/20/21 12:48 PM

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Sura ya Nne

Maji na afya zetu

Katika sura hii utajifunza vipengele hivi

1. Maji safi na salama.
2. Madhara ya kunywa maji yasiyo salama.

Afya na mazingira std 1.indd 29 8/20/21 12:48 PM

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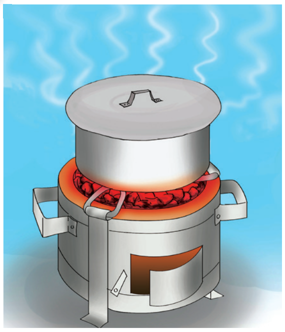
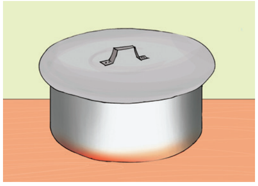
Maji ni muhimu katika maisha. Unaweza kupata maji kutoka sehemu mbalimbali. Sehemu hizo ni kama mito, mabomba na visima.

Maji safi na salama

Hatua za kupata maji safi na salama

1


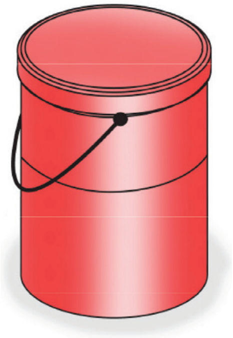
Kuchemsha maji

2


Maji yanapoa

3

Kuchuja maji

4


Kuhifadhi maji kwenye chombo safi

5

Kunywa maji safi na salama

Afya na mazingira std 1.indd 30 8/20/21 12:48 PM

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Madhara ya kunywa maji yasiyo salama

Wimbo

1. Usinywe maji yasiyo salama
   Utaumwa tumbo x 2

2. Usinywe maji yasiyo salama
   utatapika x 2

3. Usinywe maji yasiyo salama
   Utaharisha x 2

Unywaji wa maji yasiyo salama

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Madhara ya kunywa maji yasiyo salama

Afya na mazingira std 1.indd 32 8/20/21 12:49 PM

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Zoezi

Jibu maswali haya.

1. Taja vyanzo vitatu vya maji.
2. Unywaji wa maji yasiyo safi na salama husababisha (a)_______ (b)_______ (c) ______

Afya na mazingira std 1.indd 33 8/20/21 12:49 PM

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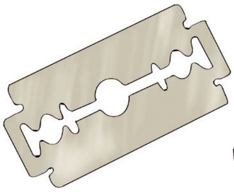
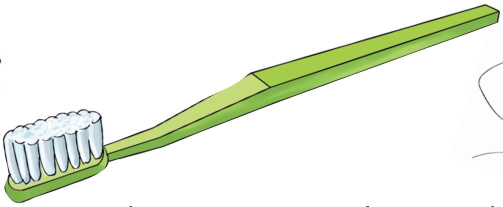
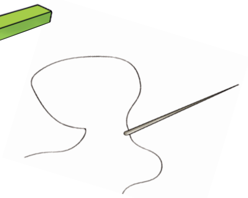
Sura ya Tano

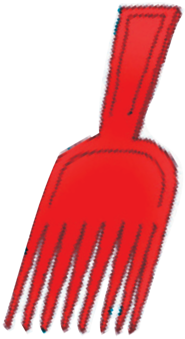
Virusi vya Ukimwi na UKIMWI

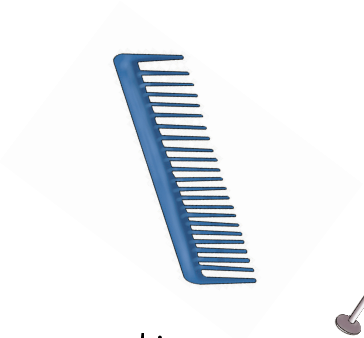
Vitu vinavyochangia maambukizi ya VVU

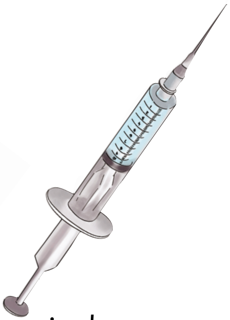

wembe


mswaki


sindano ya kutogea masikio au kushonea nguo


chanuo


kitana


sindano

pini

Katika sura hii utajifunza vipengele hivi

1. VVU na UKIMWI.
2. Vitu vinavyochangia maambukizi ya VVU.

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VVU na UKIMWI

VVU ni kifupi cha maneno Virusi vya Ukimwi.

UKIMWI ni kifupi cha Upungufu wa Kinga Mwilini.

Wimbo

VVU ni virusi vya Ukimwi
jamani

UKIMWI ni nini jamani?
UKIMWI ni upungufu
upungufu wa kinga
mwilini jamani x 2

Tusichangie wembe,
sindano na mswaki x 2

Tusichangie chanuo,
kitana na pini x 2

Tukichangia hivyo
tutapata UKIMWI x 2

Afya na mazingira std 1.indd 35 8/20/21 12:49 PM

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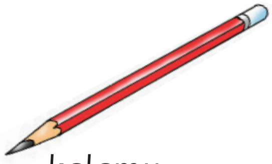
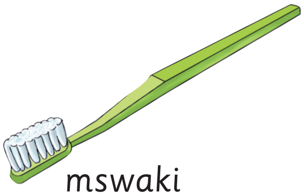
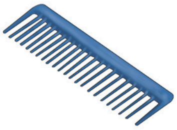
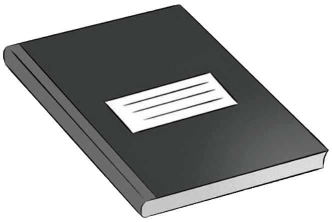
Angalia picha hizi kisha jibu swali linalofuata.

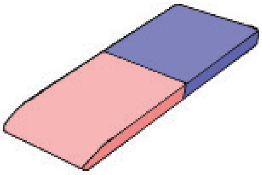

kalamu

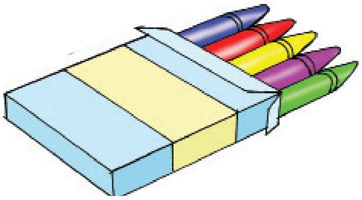

mswaki

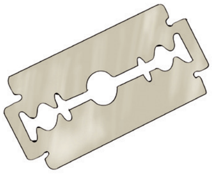

kitana

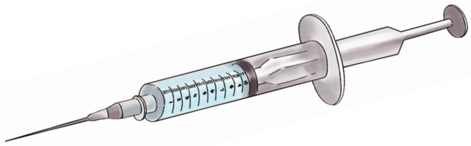
chanuo


daftari


kifutio


rangi


wembe


sindano

Zoezi

Taja vitu vinavyochangia maambukizi ya Virusi vya Ukimwi.

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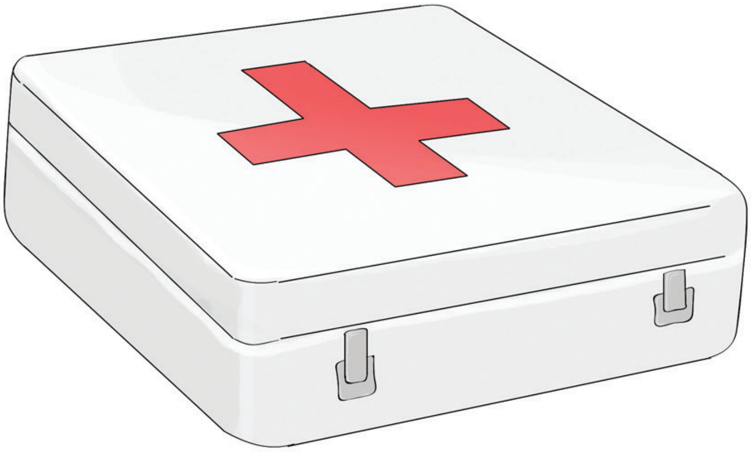
Sura ya Sita

Huduma ya kwanza

Sanduku la huduma ya kwanza



Katika sura hii utajifunza vipengele hivi

1. Maana ya huduma ya kwanza.
2. Sanduku la huduma ya kwanza.
3. Ajali zinazotokea katika mazingira yetu.
4. Kutoa taarifa ajali inapotokea.

Afya na mazingira std 1.indd 37 8/20/21 12:49 PM

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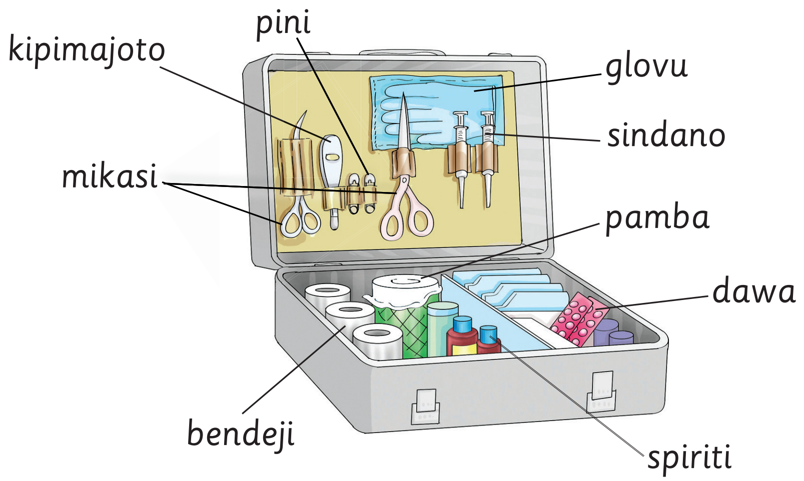
Maana ya huduma ya kwanza

Wimbo

Huduma ya kwanza x 2
Ni msaada
Huduma ya kwanza x 2
Ni msaada
Unaotolewaaa x 2
Ni msaada
Kwa mgonjwa x 2
Ni msaada
Kabla ya kwenda hospitalii x 2
Ni msaadaaaaaaa

Vifaa vilivyomo kwenye sanduku la huduma ya kwanza



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Zoezi la 1

Jibu maswali haya.

1. Sanduku la huduma ya kwanza lina alama gani?
2. Taja vifaa vilivyomo kwenye sanduku la huduma ya kwanza.

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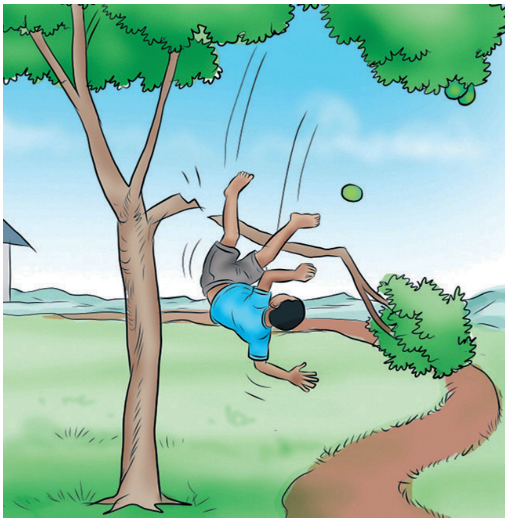
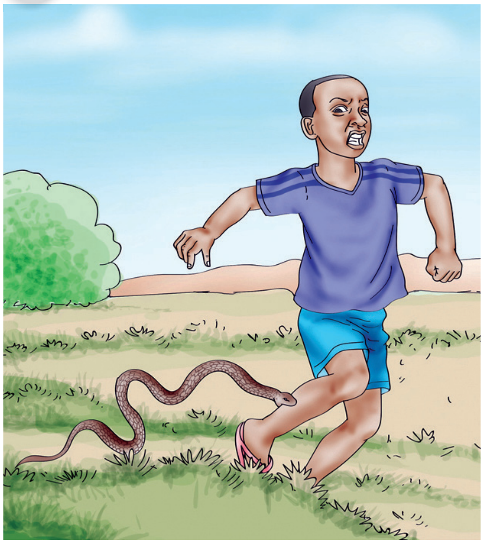
Ajali zinazoweza kutokea katika mazingira yetu

1

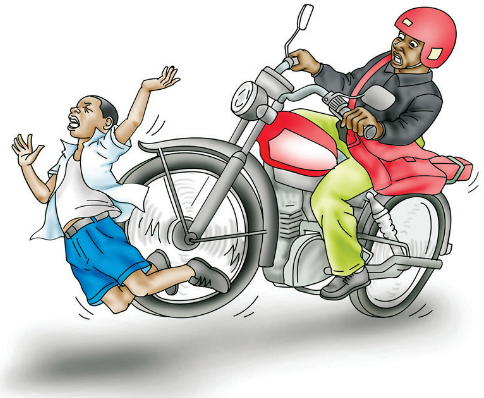


2

3



4



Afya na mazingira std 1.indd 40 8/20/21 12:49 PM

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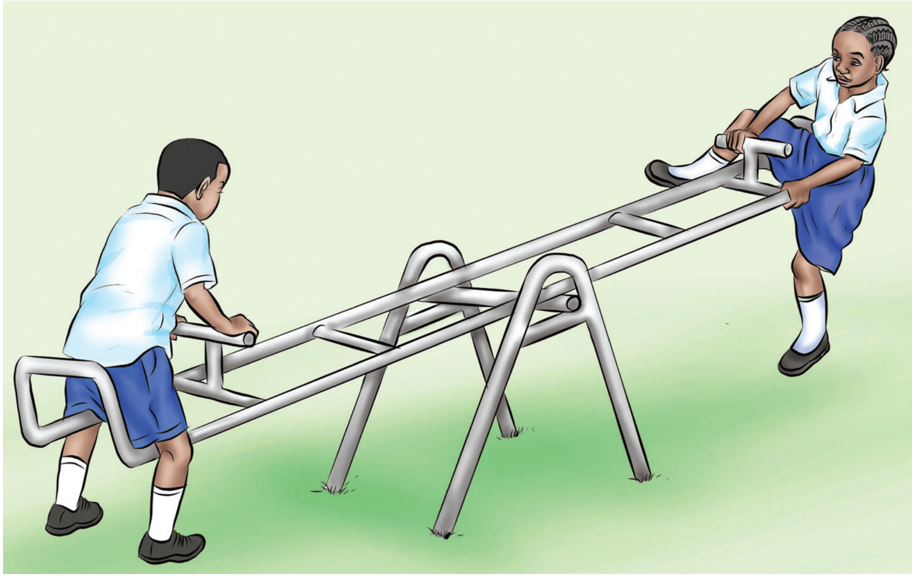
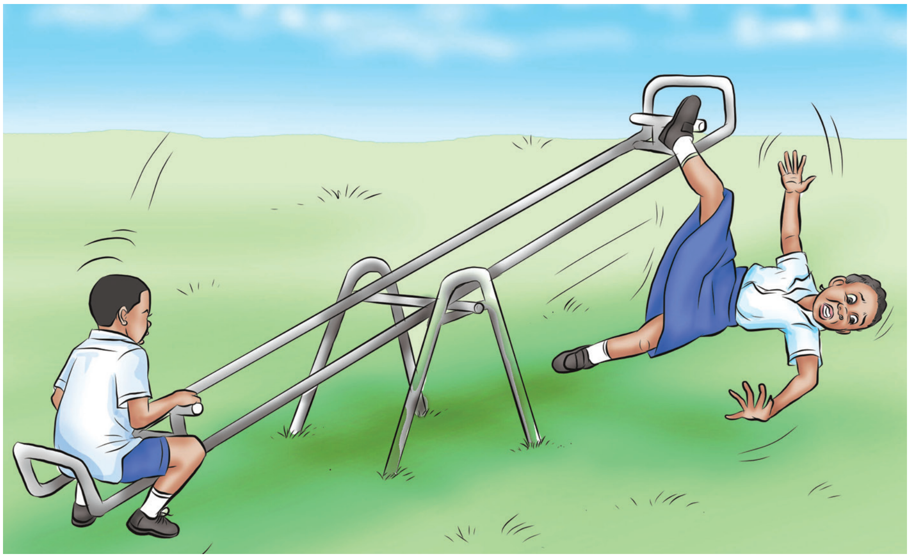
Kutoa taarifa ajali inapotokea

Tazama picha hizi kisha jibu maswali

1



2



Afya na mazingira std 1.indd 41 8/20/21 12:49 PM

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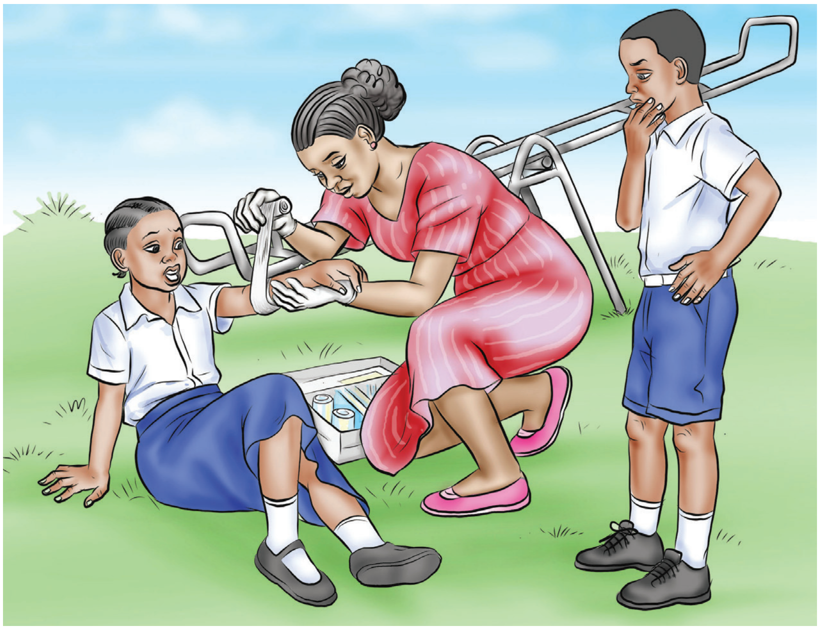
3

4



Maswali

1. Utafanya nini ajali itakapotokea?
2. Mwalimu alimsaidiaje mwanafunzi aliyeumia?

Afya na mazingira std 1.indd 42 8/20/21 12:49 PM

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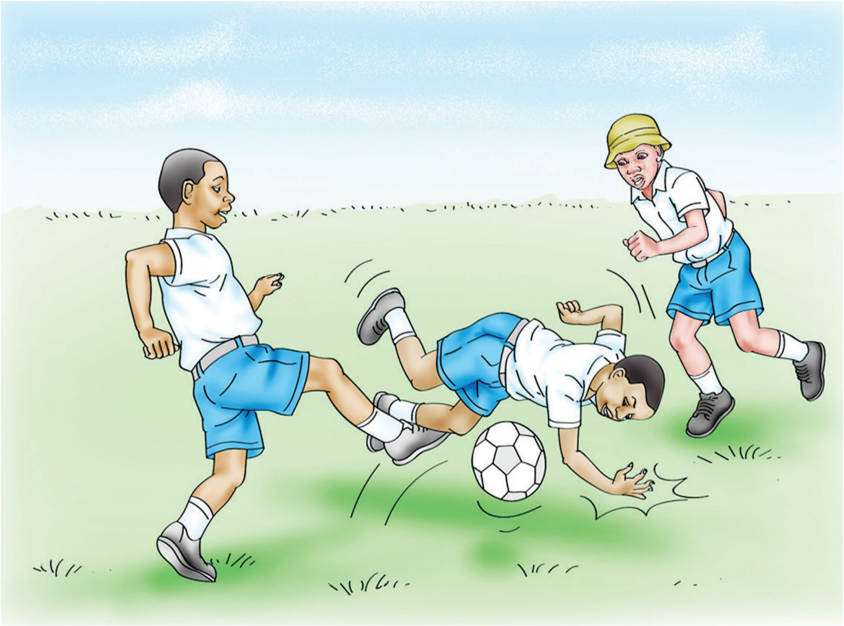
Tazama picha hizi kisha jibu maswali.

1



2

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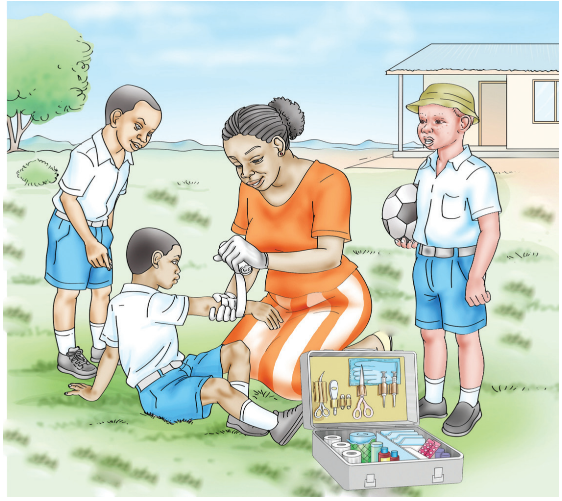
3



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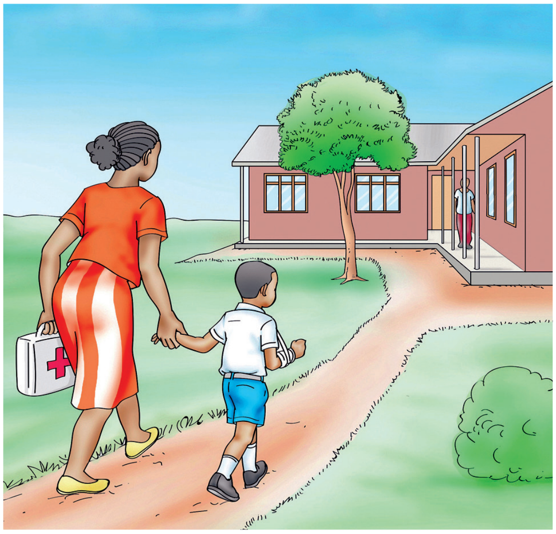

Zoezi la 2

Jibu maswali haya.

1. Ni kitendo gani katika picha ya kwanza kinachosababisha ajali?
2. Taja ajali mbili zinazoweza kutokea nyumbani.
3. Ukipata ajali shuleni utatoa taarifa kwa nani?

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Sura ya Saba

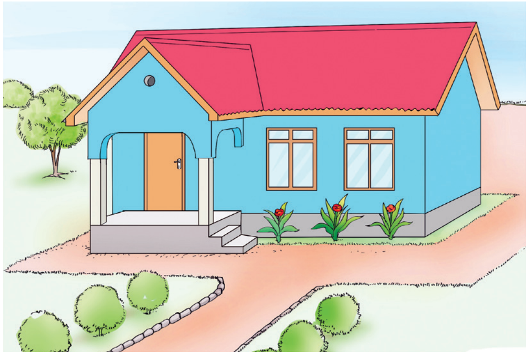
Mazingira yetu

Katika sura hii utajifunza vipengele hivi

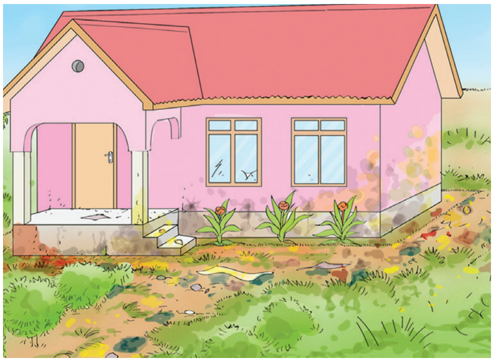
1. Mazingira safi na machafu.
2. Jinsi ya kufanya usafi nyumbani na shuleni.
3. Jinsi ya kuokota takataka na kuzitupa sehemu husika.
4. Mazingira hatarishi.
5. Vitendo hatarishi.
6. Vitu hatarishi.

Mazingira safi na machafu

1 **Mazingira safi** | **Mazingira machafu**



Nyumba safi



Nyumba chafu

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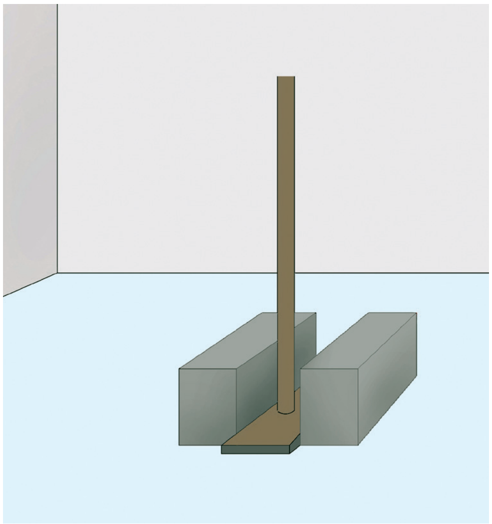

Choo kisafi

Choo kichafu

3

Chumba kisafi

Chumba kichafu

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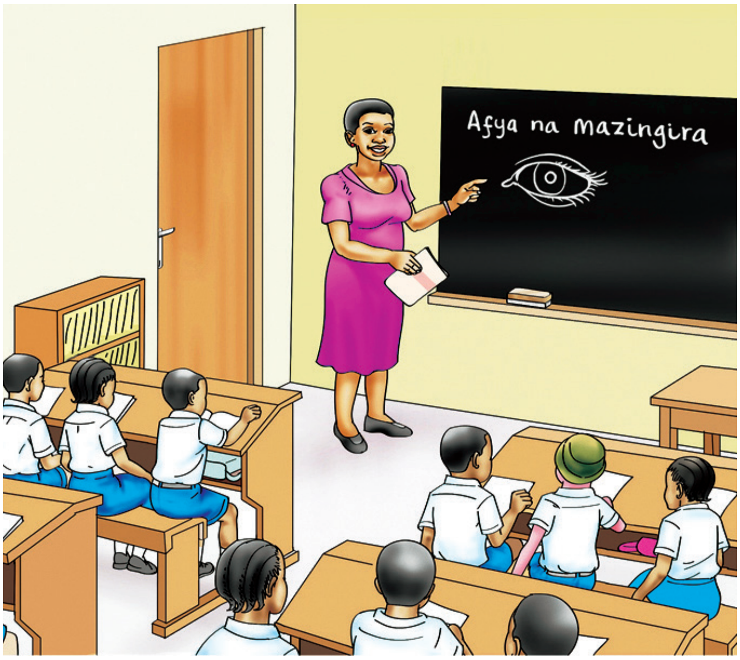

Darasa safi

Darasa chafu

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Vifaa vya kufanyia usafi wa nyumbani na shuleni

Vifaa vya usafi

Wimbo

Mazingira ni nini jama?

Mazingira ni vitu vyote
vinavyotuzunguka x 2

Tutunze mazingira ya shule
Kwa kupanda miti na maua
Tufagie madarasa na maeneo yote
Tuyapende, tuyatunze na
kuyalinda mazingira

Tutunze mazingira ya nyumbani
Tufagie eneo lote la nyumbani
Tuyapende, tuyatunze
na kuyalinda mazingira x 2

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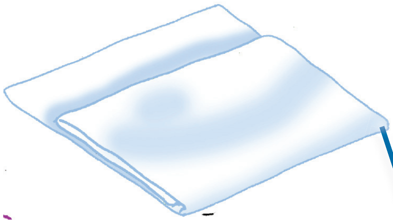
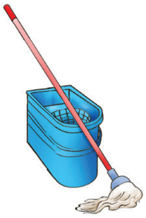
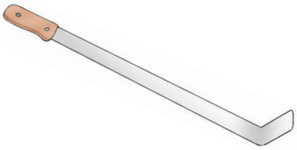
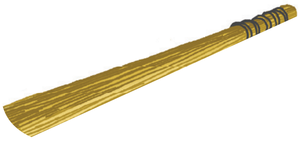
Zoezi la 1

Oanisha vifaa na matumizi yake.
Mfano Kitambaa - kufutia vumbi

Vifaa	Matumizi
1 	a. Kufagia
2 	b. Kuweka takataka
3 	c. Kufutia vumbi
4 	d. Kudekia
5	e. Kukata nyasi ndefu

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Usafi wa nyumbani

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Usafi wa shuleni

Hatua za kufanya usafi shuleni

1

2

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3

4

Zoezi la 2

Jibu maswali haya.

1. Taja vifaa vya kufanyia usafi nyumbani na shuleni.
2. Igiza vitendo vya kufanya usafi.

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Mazingira hatarishi

1

2

3

4

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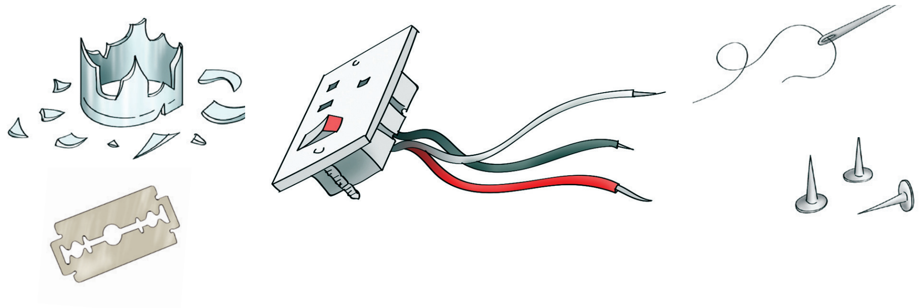
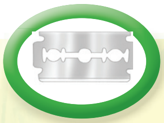
Zoezi la 3

Jibu swali hili.

Taja mazingira matatu hatarishi.

Vitu hatarishi





Wimbo

Vitu vya hatari watoto
tusichezee x 2

Vitu kama wembe, sindano
kisu na chupa
Watoto tusichezee moto
vipande vya vyuma
na makopo
Watoto tusichezee.

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Zoezi la 4

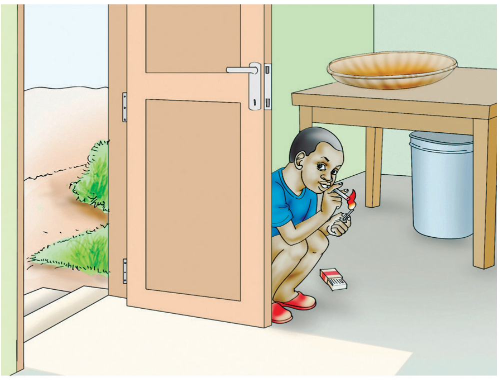
Jibu swali hili.

Taja vitu hatarishi vilivyopo kwenye mazingira yako.

Vitendo hatarishi

1

2



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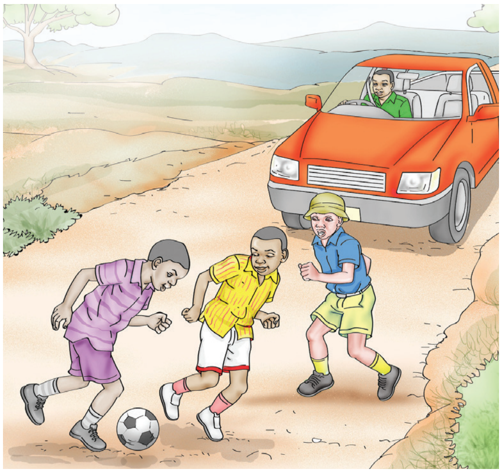

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Wimbo

Vitendo hivi hatarishi x 2
Kubeba mizigo mizito x 2
Kiitikio Vitendo hivi hatarishi x 2
Kuvuta sigara x 2

Kiitikio Vitendo hivi hatarishi x 2
Kuvuta bangi x 2

Kiitikio Kitendo hiki hatarishi x 2
Kurubuniwa x 2

Kiitikio Vitendo hivi hatarishi x 2
Kucheza barabarani x 2

Kiitikio Vitendo hatarishi
Huhatarisha maisha yetu x 3

Zoezi la 5

Jibu maswali haya.

1. Taja vitendo hatarishi katika mazingira yako.
2. Unawezaje kujiepusha na mazingira hatarishi?
3. Utafanya nini ukimuona rafiki yako anacheza barabarani?

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Sura ya Nane

Viumbe hai katika mazingira yetu

Katika sura hii utajifunza vipengele hivi

1. Aina mbalimbali za wanyama.
2. Faida za wanyama.
3. Aina mbalimbali za mimea.
4. Faida za mimea.

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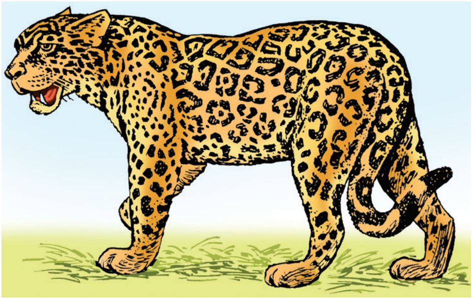
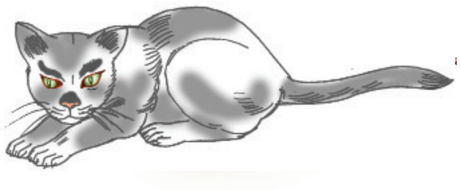
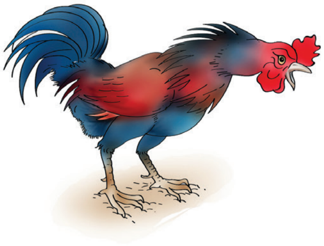
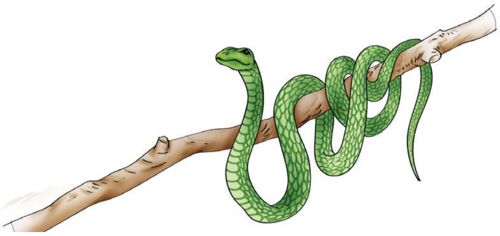
Wanyama

Angalia picha hizi kisha jibu maswali yanayofuata.









Zoezi la 1

Jibu maswali haya.

1. Taja majina ya viumbe ulivyovitambua.
2. Taja wanyama wanaopatikana nyumbani.

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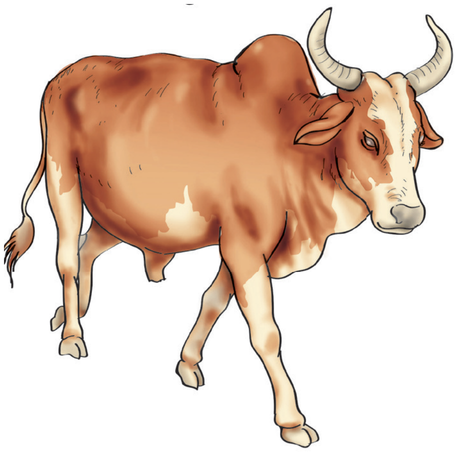
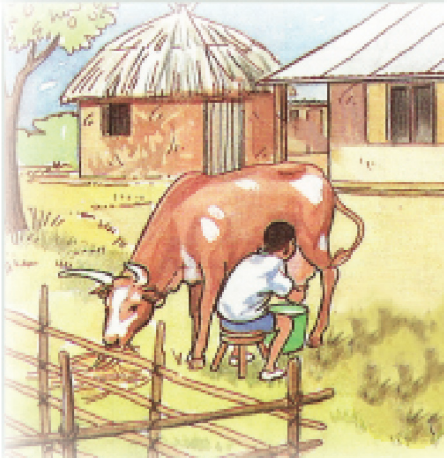
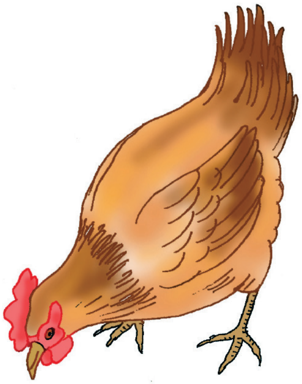
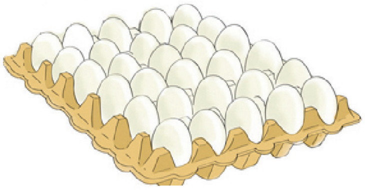
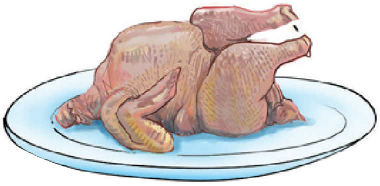
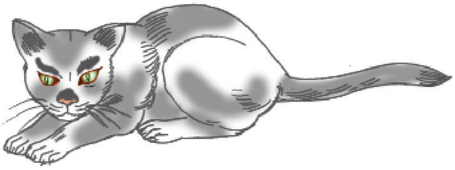
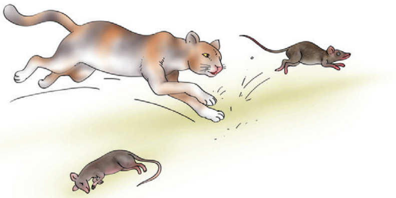
Faida za wanyama

Aina ya mnyama	Faida
	
	 
	

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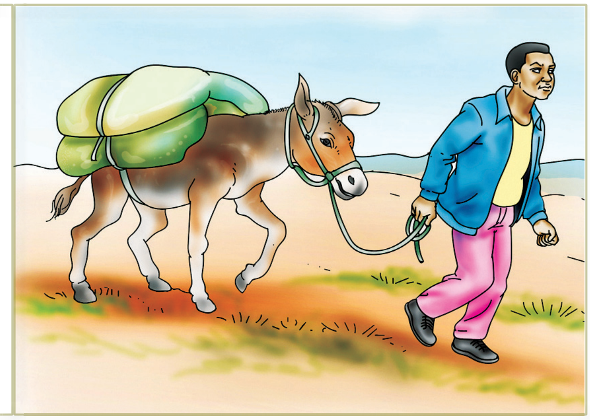
Aina ya mnyama	Faida
	

Zoezi la 2

Jibu maswali haya.

1. Taja mnyama anayetupatia maziwa.
2. Chora picha ya mnyama anayepatikana katika mazingira yako.

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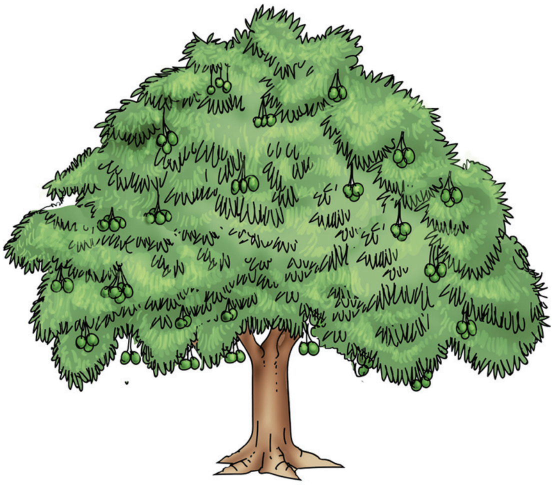
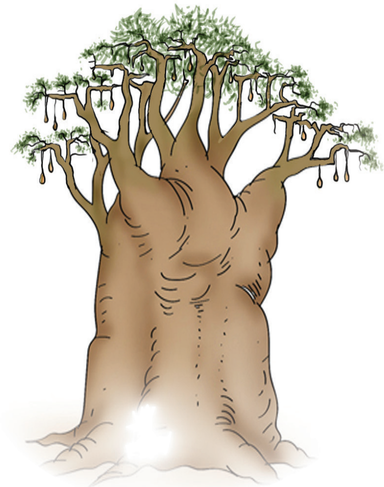
Mimea

Kuna aina mbalimbali za mimea

Angalia picha hizi kisha jibu swali linalofuata.





Taja majina ya mimea iliyopo hapo juu.

Zoezi la 3

Taja majina ya mimea unayoifahamu.

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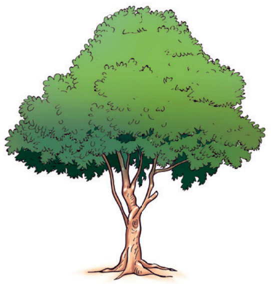
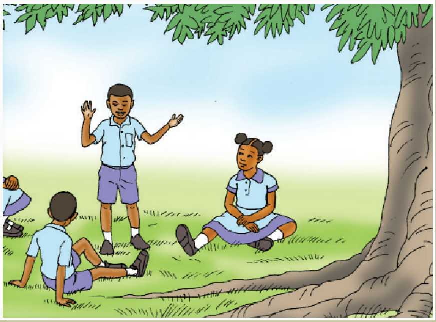
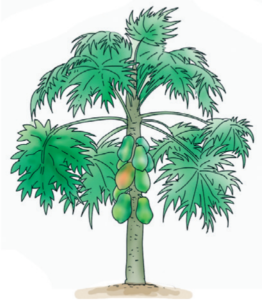
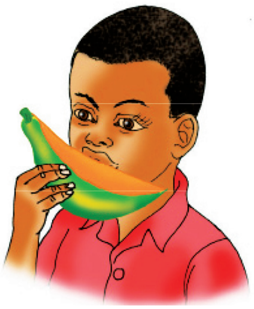
Faida za mimea

Aina za mimea	Faida
	
	

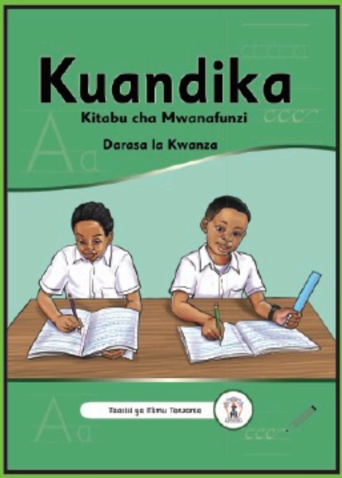
Zoezi la 4

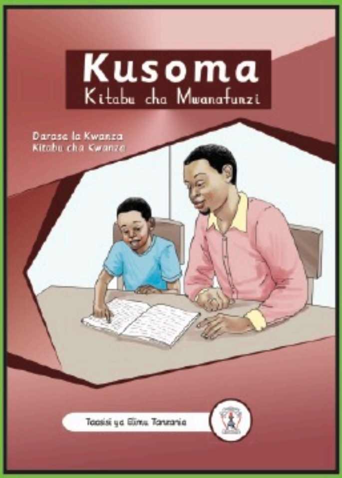
Jibu maswali haya.

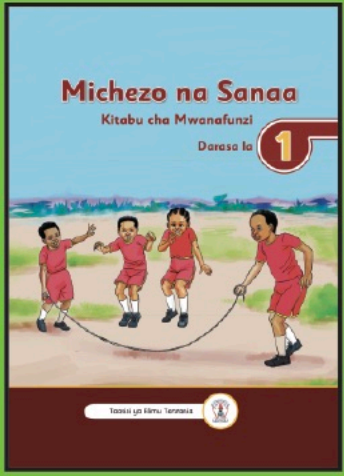
1. Taja majina mawili ya mimea inayopatikana nyumbani.
2. Taja faida za mimea hiyo.
3. Chora picha ya mmea unaoufahamu.

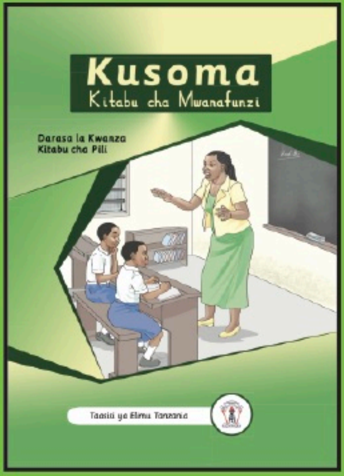
Vitabu vingine kutoka Taasisi ya Elimu Tanzania

Darasa la Kwanza









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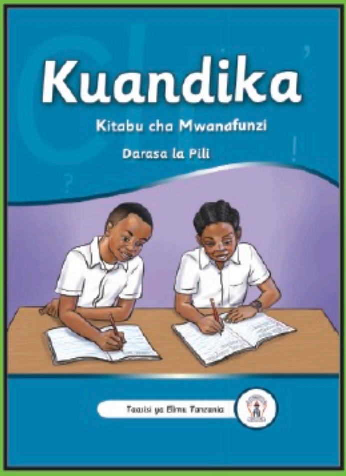
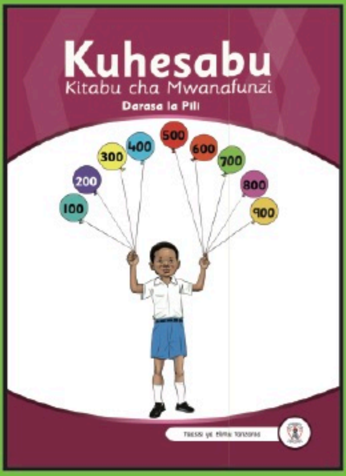
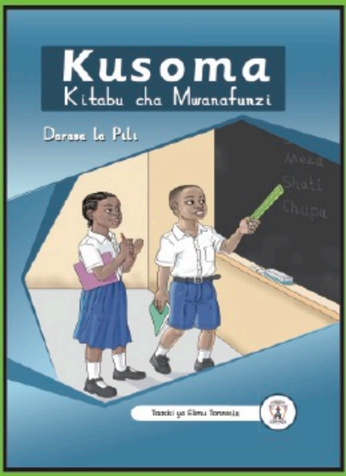
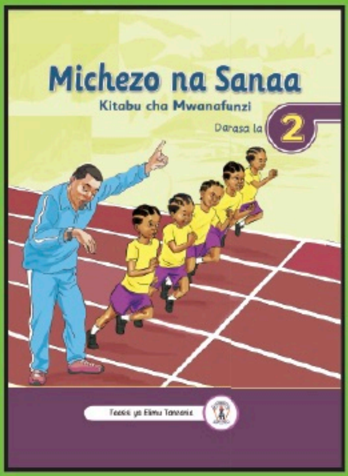
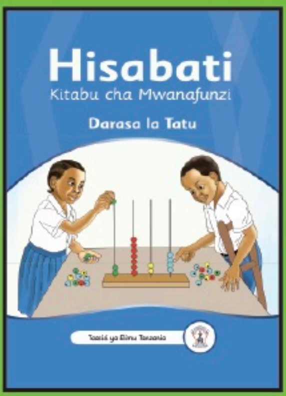


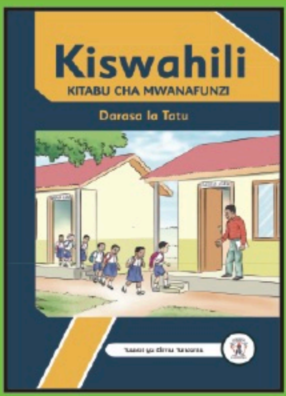


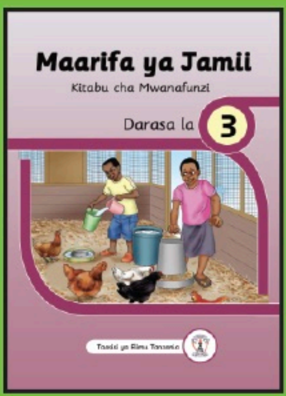


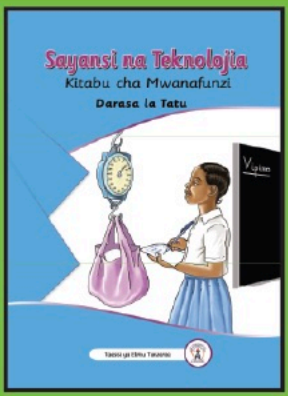


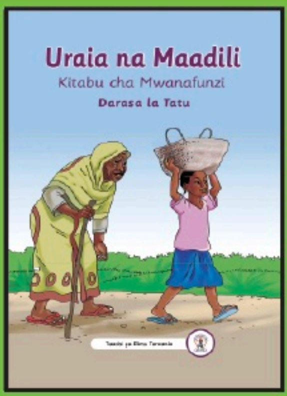
Darasa la Tatu

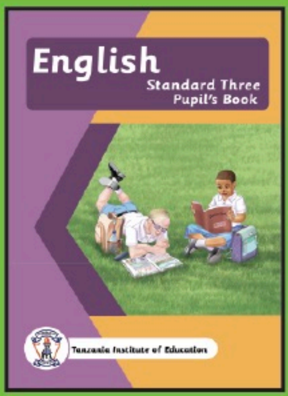












ISBN 978-9987-09-313-7

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