

**IKIZAMINI GISOZA UMWAKA WA KANE W’AMASHURI ABANZA, 2020/2021**

**AMAZINA Y’UMUNYESHURI:** ………………………………………………………………

**IKIGO CY’AMASHURI YIGAHO:** …………………………………………………..………

**IKINYARWANDA**  **Igihe kimara: Amasaha abiri (2h00)  
Amanota:**

**/80**

**AMABWIRIZA:**

1. Ntutangire gukora utabiherewe uburenganzira.
2. Subiza ibibazo BYOSE.
3. Subiriza mu mwanya wagenwe kuri buri kibazo.
4. Koresha gusa ikaramu y’**ubururu** cyangwa iy’**umukara**.

Indyo yuzuye

Mu rwego rwo gushishikariza abantu gufata indyo yuzuye, Dogiteri Mucumbitsi yavuze ko igizwe n’amoko agera kuri atatu. Ibyo ni ibigaragara mu nyandiko ye yashyize ahagaragara ku wa 20 Kamena 2008, igaragaza uko abantu bakwiye gufata indyo yuzuye, kugira ngo bashobore kurinda icyahungabanya ubuzima bwabo.

Dogiteri Mucumbitsi umuyobozi w’ishami rivura umutima by’umwihariko  
mu bana, mu bitaro byitiriwe umwami Fayisari akaba n’umuyobozi  
wa Fondasiyo y’umutima mu Rwanda, yavuze ko ngo abantu bakwiye  
kumenya uko bafata indyo yuzuye bakanayiha n’abana babo. Yakomeje  
avuga ko indyo yuzuye igizwe n’amoko atatu ari yo: ibitera imbaraga,  
ibyubaka umubiri n’ibirinda indwara.

Ku bijyanye n’ibyo kurya bitera imbaraga, Dogiteri Mucumbitsi yavuze  
ko abantu bakwiye gufata ibinyamafufu bigizwe n’ibijumba, imyumbati,  
ibikoro, ibitoki n’ibindi. Ibinyampeke byo bigizwe n’ibigori, amasaka,  
umuceri, uburo n’ibindi. Yavuze ko hari n’amavuta n’ibinure bigizwe  
n’amamesa, ubuto, amavuta y’inka cyangwa ibinure by’amatungo.

Dogiteri Mucumbitsi yavuze ko mu byo kurya byubaka umubiri abantu  
bakwiye kwita ku bishyimbo, ubunyobwa, amashaza, soya n’ibihumyo.  
Ibituruka ku matungo harimo inyama z’ubwoko bwose, amafi, amata,  
amagi n’indagara.

Ku byo kurya birinda indwara yashimangiye ko buri wese akwiye nibura kurya imboga zigizwe na dodo, epinari, amashu, intoryi, ibisusa, isogi, umushogoro n’ibindi byinshi. Kugira ngo nanone abantu bashobore  
kugirirwa akamaro n’ibyo barya yongeyeho ko bagomba gufungura inshuro  
eshatu ku munsi ni ukuvuga mu gitondo, saa sita na nimugoroba. Mu  
gitondo umuntu akwiye kunywa igikoma giturutse ku ruvange rw’amafu (sosoma). Ku muntu ubifitiye ubushobozi yafata umugati, ubuki cyangwa ibinyamafufu.

Faransisiko Gishoma umuyobozi w’ishyirahamwe ry’abarwaye indwara ya diyabete mu Rwanda, na we yunze mu rya Dogiteri Mucumbitsi avuga  
ko indyo yuzuye ari yo ituma umubiri uhora ufite amahoro, ariko kandi  
avuga ko ibyo kurya birimo amavuta menshi n’amasukari menshi atari byiza kuko byatera indwara ya diyabete n’umutima.

1. Ni nde utanga inyigisho muri iyi nkuru? **(amanota 2)**

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1. Vuga amoko y’ibigize indyo yuzuye utanga urugero kuri buri bwoko. **(amanota 6)** …………………………………………………………………………………………………………..

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1. Ni izihe ngaruka umuntu yahura na zo adakoresheje ibipimo nyabyo ku isukari no ku mavuta? **(amanota 2)**

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1. Dogiteri Mucumbitsi akora iki? **(amanota 4)**

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1. Faransisiko Gishoma we akora iki? **(amanota 4)**

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1. Vuga isomo ukuye muri uyu mwandiko. **(amanota 4)**

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1. Sobanura amagambo akurikira ukurikije umwandiko: **(amanota 6)**
2. Indyo: ……………………………………………………………………………………..
3. umushogoro: ……………………………………………………………………………
4. Sosoma: ………………………………………………………………………………….
5. Diyabete: …………………………………………………………………………………
6. Ibinyamafufu: …………………………………………………………………………..
7. Epinari: ……………………………………………………………………………………………
8. Uzuza izi nteruro ukoresheje amagambo akurikira: **(amanota 3)  
   *umushogoro, indyo yuzuye, biribwa birinda indwara***
9. Imboga n’imbuto zibarirwa mu …………………………………………………..…
10. Tugomba gufata…………………………………..…..kugira ngo tubungabunge ubuzima bwacu.
11. Iriya mvura iherutse kugwa yangije ibishyimbo ku buryo ushaka …………..………………………………..atawubona.
12. Tanga imbusane z’amagambo akurikira: **(amanota 8)**
13. imbaraga ≠………………………………………………..
14. amanywa ≠……………………………………………….
15. Amahoro ≠………….…………………………………….
16. ryinshi ≠ ………………………………………………….
17. Hanga interuro ngufi kuri buri bwoko: **(amanota 8)**
18. Interuro ihamya

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1. Interuro ibaza

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1. Interuro itegeka

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1. Interuro itangara

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1. Garagaza uturemajambo tw’amagambo atsindagiye: **(amanota 6)**
2. Hari **abana** benshi batabona ibyo kurya.

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1. Barahinze beza **imyaka** myinshi.

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1. Hashize **umwaka** aza kugaruka.

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1. Shyira mu bumwe iyi nteruro ikurikira : **(amanota 6)**

Bene se baramuhagurukira baramurwanya, bageza n’igihe batabaza abanyamahanga.

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1. Uzuza iyi migani y’imigenurano ikurikira: **(amanota 10)**
2. ……………………………………………………..…….. ntuhatera ibuye.
3. Ihene mbi. …………………………………………………………………….
4. Umwana utumvira se na nyina………………………………………………
5. Ubamba isi…………………………………………………………………………...
6. Ineza iratinda………………………………………………………………………..
7. Huza amasano y’umuryango akurikira n’ibisobanuro byayo: **(amanota 5)**
8. Masenge: umugabo w’ umukobwa wange
9. Abisengeneza: mushiki wa data
10. Mwishywa wange: wange umugabo wa mushiki wange
11. Muramu wange: umwana wa mushiki
12. Umukwe: abana ba musaza wange
13. Andika ibintu bitatu (3) biranga umugani muremure. **(amanota 3)**

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1. Ica ibisakuzo bikurikira : Sakwesakwe ! **(amanota 3)**
2. Mugongo mugari mpekera abana! …………………………………………………
3. Icwende ryange rimbaye kure mba ngukoreyemo !...................................
4. Turaye ubuzima zumye !.........................................................................