

P361/1
LEB ACOLI
Paper 1
2026
3 hours



UGANDA NATIONAL EXAMINATIONS BOARD
Uganda Advanced Certificate of Education

LEB ACOLI

Karatac me acel
(Gonnyo Coc, Kwan Ki Coc)

Cawa adek

NGEC BOT LAGAM PENY:

*Karatac me peny man tye i dul aryo: **A** ki **B**.*

Dul magi tye ki lapeny angwen.

*Gam lapeny **ducu** ma i dul **A**.*

*Pi dul **B** gam lapeny **acel keken**; 3 onyo 4.*

*Gam lapeny **adek keken** ki i karatac man.*

***Pe kibingolo** lagam me lapeny ma kato **adek**.*

*Coo lagam me peny **ducu** i buk coc ma kimiyo.*

DUL A
(Gonynyo Coc ki Kwan)

*Gam lapeny **ducu** ki i dul man.*

1. Dul ma loyo lok me yot kom i lobo Uganda tye ka yelle mada me konyo yubu kit ma myero lutino onong kwede cam matye ki moc cam ducu. Gulego dano mo ma okwano lok kom cam ma pito kom maber me nyutu kit cam ma rwatte dok opore pi lutino kwan wa ki ma paco. Pwony man otimme ki ot gure me dictrik mewu. Ki gum marac, dano man ma omyero omi pwonynyi, pe ngeyo Leb Acoli, dong pi man en omiyo pwonynye ni i Leb Munu ento dano mapol pe oniang lokke, ci dong kilegi me konyo dano wek guniang ikom pwony ma kipwonyoni. Mapinynyi aye kit ma en oloko kwede.

Lapeny:

Tii ki coc mapinynyi kun idwoko i Leb Acoli wek dano ma gubedo igure ni oniang jami ducu ma kipwonyo i nino meno maber.

Children are extremely active mentally, emotionally and physically throughout the day but because their stomach capacities are not as big as those of adults, they need constant refills of nutrients for optimum growth and the ability to keep up with daily tasks. While some schools offer mid-morning snacks, others do not. Also some children want an after school snack to help them stay focused while doing their homework and give them the energy they need for an active play, sports or others after school activities. This is why it is important to pack lunch or snack boxes for your children.

Amanda Twebaze a nutritionist says, in most cases schools tend to focus on carbohydrates and some protein while designing their menus. It is therefore important to ensure that you add a fruit, some nuts or seeds and vegetable in your child's lunch box to cater for their micro- nutrient needs, boosting their immunity and enhancing their cell metabolic hormone, enzyme and many other body functions.

As adults, children need foods such as carbohydrates to provide them with energy to play and learn. Also proteins support growing bodies and minds. They also need foods with vitamins and minerals to support healthy immune systems. In order to supplement their diet, children should eat foods that have high quality proteins to supplement the proteins being offered at school. You can opt for proteins such as cheese, milk, eggs and chicken among others.

Carbohydrates should also be able to provide energy to your child more gradually, so foods such as pancakes, and bread, baked sweet potatoes can be great options.

Adapted from: *The Daily Monitor*, March 4, 2024

2. *Kwan coc mapinyinyi ka igam lapeny ma lubbu.*

Bulu makato 21,980 dong gutyeko kwan ki kakwan mapatpat ma Ladit Lobo oyubu pi bulu ni cakke ikare ma kiyabogi kwede. Olo twal lutino 5,180 gitye ka pwonye i kabedo 20 mapatpat kama gangi kwan magi tye iye i lobo kany.

Miti pa Ladit Lobo me miyo diro tic cing ki awobe wa anyira okelo kero ki bulu i Uganda. Yub man oilo kero me yaro pwonye ma itiyo ki cingi wa ki diro me pwonye ma ilo kwo malo.

But tutte pa ladit lobo me ilo kero me tic cing pi awobe ki anyirani, tye iye pwonye i jami ma romo apar wiye acel mapatpat. Ikine tye iye cwero bao, wango nyonyo, kubu mac, gedo, yubu pii, kwoyo bongo, cweno jami, yubu wic, yubu war ki yubu odoco tyen motoka.

Tute man matye i but lobo Uganda wengngi calo kudyere, kumalo, kupotoceng ki kunyango weng gitye ka yele matek me konyo lutinowa.

Lalub kor Ladit Lobo ma nyinge Jessica Alupo, obedo welo awora i kwero kwan pa lutino ma gutyeko kwan ki i Soroti inino dwe 16/4/2026. Yub man aye ocako wii yub weng me kwero kwan pa gangi kwan magi i Uganda.

I dwe me abic Minicta Madit me lobo man, Mego Robina Nabanja, obedo i kwer ki cwalo lutino woko ki i gang kwan ma i Bunyoro kun gikwero lutino 454. Miyo diro me tic cing ki dano me Uganda tye gin ma pire tek i yelle me dongo lobo, ki ilo kero pa bulu me lobowa, dwoko cen lok me pe pa tic ki me ilo rwom me dongo pa lim. Gamente tye ka yelle matek me yabo kama kipwonye iye ki kama kikelo iye jami manyen. Pi tyen lok man en aye oweko gamente oloko kit me pwonye i gangi kwan mapatpat, kun gimedo lok me pwonyo tic cing iye.

Man aye neno ma gamente tye kwede me kelo aloka ikom gin apwonya i cukul. Cukul omyero weng opwony tic cing ikin jami mukene ma gipwonyogini. Laditti bene owaco ni, obedo yelle pa gamente me dongo adwogi me pwonye ki kero ma mitte i dog tic ki yoo me nyayo lonyo i lobowa. En omedo lok ni, kit me nyayo lonyo iloboni mito ni lutic gubed ma gikati ki jami manyen dok ma gitye ki diro.

Dong en owacci, obedo tic pa dano weng me neno ni, kiyubu kit jami weng ma mitte pi kwo me anyim. Tutwale me neno ni pe gubedo jo ma yenyo tic ayenya keken ento jo ma yubu tic pirgi kengi.

Diro tic cing ma calo cwero bao, yubu pii, pur, ki yubu jami me lok angeya, pe tye yoo me nongo tic keken, ento yoo bene ma lobowani cung iye i kit me nyayo lonyo, ki ma kidongo kwede lobo. I gangi kwan me diro tic cing wadongo kero me kati ki jami manyen ki cat. Buluwa pe omyero gubed ki kero me tic keken ento wa ki kero me yubu tic atima. En omedo lokke ni, ka gamente okelo yub mogo me nyayo lim i cing dano ma calo, yub me ilo kero me kwo pa bulu “emyooga” ki mukene mapatpat ma kitye ka cwalo woko wek okony jo ma mito yabo cato wil i lobo kany weng.

Pwonye man giyabo ma tero dwe abicel-abicel keken, kun lubu yub me kwan ma ka ityeko inongo iye catibiket ma aa ki bot “Directorate of Industrial Training”. Waraga man pe nyutu tic cing ma itiyo keken, ento lutino kwan bene nongo ki yoo me tic. Man weko latin kwan bedo ma otere pi nongo cuk me dog tic. Macok-coki, Dr Faith Mirembe Katana, ladit ma loyo gangi kwan weng me tic cing i Kampala, onyutu kama leng ber pa kwan eni.

Pwonyewa man, miyo kero ki dano ma oweko kwan i yoo me bedo ki diro me tic cing. Kimiyo ki latin kwan jami weng ma mitte me kwan wa ki cam pi kare weng ma nongo gitye ki i gangi kwan man. Kipwonyo bene jo maromo pwonyo luwotgi, man weko gikelo luwotgi mapol me bino ka kwan, ci gin weng doko ludiyo tic maber pi dongo lobo.

‘Katana’ opwonyo tic ki yoo man kun waco ni pol bulu gibedo ki tam ma pe ber dok ngecgi nok ikom lobogi, pi man oweko waketo tamwa me pwonyo lok me maro loboni ki neno matir pi loboni. Kadi bed ni ngec me diro ki me nongo lim pire tek, kelo aloka loka ikit me wic pire tek pi dongo pa dano acel-acel ki me lobo.

I pwony man, watye ki gin apwonya madwong, ma ikine tye iye kit me gwoko ki tic maber ki cente, maro loboni, bedo latela matir, ki yoo me lweny ikom camcana ki pwonyo dano man ki miti me tic ki dongo lobo.

Kibyeke ni 13.3% pa bulu ma gitye ikine me mwaka 18-30 gipeke ki tic. Man oweko gamente okato ki byek lim ma romo billion 60 pi yubu kapwonye me diro cing ma dwoko piny peko me peke pa tic.

Yo man me pwonyo bulu ki diro, ma ladit lobo aye okati kwede ni, tye macalo guti pi gen bot bulu dok me minigi yoo, me ilo kero pi anyimgi tutwalle pi jo ma onongo yoo me kwogi olore woko.

(Kikwanyo ki i: *New Vision* Ceng Baraja 15/7/ 2024.)

Lapeny:

- (a) Tit kit ma ladit lobo okonyo kwede ki bulu malube ki coc ma ikwanoni wek gubed ki kero me kwo maber.
- (b) Inget gangwu tye bulu mapol ma gibedo abeda labongo tic mo, pien gin guweko kwan woko pi peko me cente. Kun itiyo ki coc ma ikwano-ni, tit kit ma bulu magi tye ka dwoko kwede piny rwom me dongo lobo.
- (c) Ojok okwano kit me tic ki lim i rwom mamalo, ento pud pe onongo tic mo; en bedo ka par keken pi peko pa tic. Tii ki coc ma ikwanoni me miyo tam ki Ojok.
- (d) Itye latela i gang kwanwu, dok kare ducu imiyo tam mabecco bot luwoti. Kun ijenge ikom coc ma ikwano ni, tit pingo itamo ni lutela pirgi tek i kin lwak.

DUL B (Coc)

*Gam lapeny **acel keken** ki i dul man*

3. *Kwan coc mapinyinyi ka igam lapeny ma lubbu.*

Pol lutino kwan ma nongo dong gutyeko kwan irwom me kilac angwen ki abicel me cinia girwatte ki peko mapatpat i kare ma nongo pud gitye ka kuru adwogi penygi. Kit macalo jo mapol ikingi nongo peke ki gin atima maberni, mogo donyo i dul maracu me mato kongo ki jayi, tuku luguma nyo donyo itim me mitti ikin laco ki dako. Adwogi me tim man yelo kwan ki kwogi i anyim.

Lapeny:

Macalo ngat acel ma tye ikin dul pa lutino kwan ma gicoyo gajeti me gang kwan, coo tam mo ma iromo konyo ki lutino luwoti ma dong gutimo peny ma peya gudok paco.

Onyo

4. *Kwan coc mapinyinyi ka igam lapeny ma lubbu.*

Cukulwu tye ki yub me pyem tuku ngwec ikin kilac mapatpat. Lunyodo mapol ki lutela i rwom mapatpat bene kilwongogi i yub man. Jo mapol gitye ki yub me bino i yub man. Ki gum marac, dano ma kiketo gen ikome me coyo kit ma myero yub owot kwede pe obino i yub man pi peko ma omake atura. Ladit me cukul dong oyero in me goyo kit ma myero yub owot kwede.

Lapeny:

Coo kit ma yub myero kidor kwede inino meno wek yub obed maber.