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## farming

Farming is the age-old practice of cultivating the land to produce food, fiber, and other resources essential for human survival and economic stability. This intricate process involves preparing the soil, planting crops, managing growth, and harvesting produce, all while navigating environmental conditions and market demands. As agriculture evolves, farmers increasingly adopt innovative techniques such as precision farming, sustainable practices, and organic methods to enhance productivity and minimize ecological impact. Beyond its economic significance, farming fosters community ties, supports local economies, and plays a crucial role in addressing global challenges like food security and climate change, making it a cornerstone of both society and the planet's health.

### Seeds(koti)

Seeds are the vital starting point for plant life, serving as nature's way of ensuring the continuation of species. Encased in protective coats, they contain the genetic material and nutrients necessary for growth, waiting for the right conditions—soil, water, and sunlight—to sprout into new plants. Beyond their biological role, seeds have also been central to human agriculture, providing food and resources for civilizations throughout history. From the tiny poppy seed to the large coconut, their diversity is a testament to the adaptability and resilience of life on Earth.

#### **Acholi    English**

Lapena	Beans
Ngor	Beans
longwidi	Beans
nyanya	Tomatoes ☐
Layata	Potatoes ☐
manga	Mango ☐
Anyogi	Maize ☐
Bel	Sorghum
Kal	Millet
Pul	Peanuts(ground nuts) ☐
Nyim	Sesame
Ruc	Rice ☐
Muranga	Bean
Oyolo	Wild fruit ☐
Ocayo	Wild fruit ☐
Lokwok	Wild fruit ☐
Obwolo	Wild fruit ☐
Cua	Tamarind
lemun	Lemon ☐
Kali	Ground ☐

Okondo Pumpkin □  
Ot pii Water lemon □  
Bingali Onion □  
Cam aita Carrot □  
Gwanda Cassava  
Ogo navel yarm

## **Planting(pito)**

Planting is a transformative act that connects us to the earth and nurtures the growth of life. Whether in a garden, a field, or a pot on a windowsill, the process involves preparing the soil, selecting the right seeds or seedlings, and providing the necessary care—water, sunlight, and nutrients. This simple yet profound activity not only contributes to food production but also fosters a sense of responsibility and stewardship for the environment. As plants take root and flourish, they bring beauty, enhance biodiversity, and offer vital resources, reminding us of the intricate relationships within our ecosystems.

<b>Acholi</b>	<b>English</b>
kweri	hoes
panga	machete
Lokila	axe □
cururu	pick-axe
Reg	Rake
toko jami	spade
lating ki cing	wheelbarrow
atingo poto	tractor □
lee	axe □

## **Health of crops**

The health of crops is essential for sustainable agriculture and food security, encompassing various factors such as soil quality, water availability, pest and disease management, and climate conditions. Healthy crops not only yield more produce but are also more resilient to environmental stressors, ensuring a stable food supply. Farmers often monitor crop health through practices like regular soil testing, integrated pest management, and crop rotation, which help maintain soil fertility and reduce the reliance on chemical inputs. By prioritizing crop health, we can support ecosystem balance, promote biodiversity, and contribute to the well-being of communities reliant on agriculture.

## **Acholi English**

yamo air  
pii water □  
ceng sun \*  
ngom soil

## **Land**

Land is a fundamental resource that supports life, providing the foundation for ecosystems, agriculture, and human habitation. It encompasses diverse landscapes, from fertile plains and lush forests to arid deserts and rugged mountains, each playing a critical role in the planet's ecological balance. The management and stewardship of land are crucial for sustainable development, as they directly impact biodiversity, water resources, and climate stability. As urbanization and industrial activities increase, the challenge of preserving land for future generations becomes paramount, highlighting the need for responsible practices that protect natural habitats while meeting human needs.

### **English Acholi**

grass land ngom lum

tree land ngom yat

swamp ngom pii

rocky ka ngot

## **health**

Health in the Acholi community is shaped by a combination of cultural beliefs, environmental factors, and access to healthcare services. The community faces challenges such as high rates of infectious diseases, malnutrition, and mental health issues stemming from the impacts of conflict and displacement. Traditional healing practices coexist with modern medical interventions, providing a holistic approach to health that values both physical and spiritual well-being. Efforts to improve health outcomes include community health education, disease prevention initiatives, and increased access to clean water and sanitation facilities. Strengthening healthcare infrastructure and fostering collaboration between traditional healers and medical professionals are essential to creating a more resilient and health-conscious community.

### **Diseases(Two)**

The Acholi people, an ethnic group primarily located in northern Uganda and South Sudan, face various health challenges, including infectious diseases such as malaria, tuberculosis, and etc. Additionally, the region has seen a rise in non-communicable diseases due to changing lifestyles and dietary habits. Limited access to healthcare facilities and resources exacerbates these issues, as many Acholi live in rural areas with inadequate medical infrastructure. Efforts to improve health outcomes include community health education and initiatives aimed at increasing access to medical care and preventive services.

### **Acholi English**

Yengo wic Nodding

abara wic Malaria

Dobo leprosy

Junya Jigger

yilo Itching

cado diarrhea

Aonda Cough

Longo Hydrocele

Aur Flue

### **Healing(cango)**

Healing within the Acholi community often intertwines traditional practices with modern medicine, emphasizing a holistic approach to health. Traditional healers, known for their knowledge of herbal remedies and spiritual healing, play a vital role in addressing both physical and emotional ailments. Community gatherings and rituals foster collective healing, reinforcing social bonds and cultural identity. Additionally, increasing awareness of mental health issues, particularly following the traumas of conflict, has led to a greater integration of psychological support alongside physical health interventions. This blend of traditional and contemporary practices aims to restore balance and well-being in individuals and the community as a whole.

### **Acholi    English**

kwoto	Farting
Giro tam	Sneezing ☐
Tunyo um	Blowing nose
Jero	barfing ☐
Aonda	coughing
guado	scratching
lwoko	washing

### **Attraction of Diseases**

The attraction of diseases, particularly in vulnerable populations like the Acholi, can be influenced by various environmental, social, and economic factors. Poor sanitation, inadequate access to clean water, and overcrowded living conditions create an ideal setting for the spread of infectious diseases such as malaria and cholera. Additionally, socio-economic challenges, including poverty and limited healthcare access, increase susceptibility to illnesses and hinder timely treatment. Cultural practices and beliefs can also affect health-seeking behaviors, sometimes leading to reliance on traditional remedies over medical care. Overall, the interplay of these factors significantly heightens the risk and spread of diseases within the community.

### **Acholi English**

Jango	selfless
bwoto	leaving

### **Keeping away disease**

Keeping away diseases in the Acholi community involves a multifaceted approach that emphasizes prevention, education, and access to resources. Promoting hygiene practices, such as handwashing and proper sanitation, plays a crucial role in preventing the spread of infectious diseases. Community health education initiatives aim to raise awareness about the importance of vaccinations, using mosquito nets to prevent malaria, and recognizing the symptoms of common illnesses. Access to clean water and adequate healthcare services is vital, as it enables timely medical intervention and reduces the risk of outbreaks. Additionally, integrating traditional practices with modern health strategies fosters a more comprehensive approach to disease prevention, empowering individuals to take charge of their health and well-being.

### **Acholi English**

Lengo	Cleanliness
lwoko	washing
lielo	cutting e.g. hair

ngolo cutting e.g. nail

## Equipment

In the context of healthcare for the Acholi community, essential equipment includes a range of medical tools and technologies that enhance diagnosis, treatment, and prevention. Basic medical supplies like stethoscopes, blood pressure monitors, and thermometers are vital for routine check-ups and monitoring patients' health. For more advanced care, equipment such as ultrasound machines and laboratory diagnostic tools are crucial for identifying diseases and providing appropriate interventions. Additionally, protective gear like gloves and masks is necessary for safe practices in clinics and during community health outreach programs. Efforts to improve healthcare infrastructure focus on ensuring that health facilities are well-equipped to address both common and complex health issues, ultimately enhancing the overall health outcomes for the community.

<b>Acholi</b>	<b>English</b>
pala	Knife
kel ngico	fridge
gin aruka cing	Gloves
koti	coat
war	shoes

## tree

Trees are perennial plants, typically with a single stem or trunk, supporting branches and leaves at some height above the ground. They are vital components of the natural world and human societies, providing ecological, economic, and social benefits.

### Wild trees

Wild trees are those that grow naturally in a forest or other natural environment without human intervention. These trees are key components of ecosystems, contributing to biodiversity and providing numerous ecological services.

<b>Acholi</b>	<b>English</b>
Olam	fig tree
cwa	tamarind
tido	mahogany tree
Tugo	Borassus palm
Ogali	Pilistigma
Opuobo	wild tree
oriang	wild tree
beyo	wild tree
oyago	wild tree
Oyago	Sausage
okuto lacaro	umbrella thorn

### Domestic trees

Domestic trees, often referred to as cultivated or ornamental trees, are those specifically planted

and grown in managed environments like gardens, parks, streets, or agricultural landscapes. Unlike wild trees, which grow naturally without human intervention, domestic trees are selected and maintained for various benefits such as aesthetics, fruit production, or specific landscaping needs

### **Acholi English**

lemon lemun

neem nima

mango manga

Abalo apple ☐

mayuni avocado ☐

### **Medicinal Trees**

Medicinal trees play a crucial role in traditional medicine practices in the Acholi region of Uganda, where local communities rely on their healing properties for various ailments. For instance, the Moringa tree is celebrated for its nutrient-rich leaves, which are used to combat malnutrition and boost overall health. Neem is valued for its potent antibacterial and antifungal qualities, making it a popular choice for treating skin infections. Bitter leaf is commonly used to alleviate fevers and digestive issues, while Eucalyptus is known for its antimicrobial effects, particularly in respiratory treatments. Other notable trees include Jackfruit, whose leaves and seeds offer benefits for managing diabetes, and Wild Olive, used for digestive health. Together, these trees not only provide essential remedies but also contribute to the cultural heritage and biodiversity of the region.

<b>Acholi</b>	<b>English</b>
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Amara	Moringa
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nima	Neem
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oboke ma cuat	Bitter Leaf ☐
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ipoto	Lantana
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acama	Jackfruit
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ogo	Eucalyptus
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yat moo	Wild Olive ☐
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acol	African Blackwood
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moo	Ricinus
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## **medicine**

A rich cultural heritage that includes traditional medicine practices alongside modern healthcare. Traditionally, Acholi medicine relies on the use of herbal remedies and community-based healing practices to address various ailments. Healers, known as **Lacang** often play a vital role in the community, using their knowledge of local plants and spiritual beliefs to treat both physical and psychological conditions.

In recent years, efforts have been made to integrate traditional medicine with modern healthcare systems, promoting a more holistic approach to health. This integration helps address the unique health challenges faced by the Acholi people, including those stemming from the region's history of conflict and displacement. Access to modern medical facilities remains a challenge, highlighting the importance of preserving traditional practices while improving healthcare accessibility and

education in the region.

## **Drink**

When referring to drink medicine, it typically means taking liquid medication. Liquid medications are common for their ease of administration, especially for children, the elderly, or anyone who may have difficulty swallowing pills

### **Acholi English**

Nima Neem tree ☐

cwa Tamarind

Lemun Lemon ☐

Ruc rice ☐

manga mango ☐

## **Eating**

Drinking medicine refers to the administration of liquid medications, which can include syrups, solutions, or suspensions, designed to treat various health conditions. This method of delivery allows for quicker absorption into the bloodstream, making it effective for addressing ailments like infections, pain, or chronic diseases. It's essential to follow dosing instructions carefully, as taking the correct amount at the right intervals maximizes efficacy and minimizes side effects. For some individuals, especially children or those with difficulty swallowing pills, liquid forms of medicine can be more palatable and easier to consume. Always consulting a healthcare professional before starting any medication ensures safe and appropriate use.

### **Acholi English**

Lenga bitter leaves ☐

cwa Tamarind

Ocayo wild fruits ☐

Lingo wild tubers

paipai pawpaw

liyata potatoes ☐

Gwanda Cassava

Ruc rice ☐

nyanya tomatoes ☐

ocuga nightshade

Oput Psuedocedrela kotschyi

Onyagi maize

Lapena Beans

labolo banana

lwoka okra

bwo lentil

Ringo meat ☐

Rec fish ☐

## **Injection**

Injections are a method of delivering medication directly into the body's tissues or bloodstream, bypassing the digestive system. This delivery method can be used for various types of drugs, including vaccines, hormones, antibiotics, and more

### **Acholi English**

Nima Neem tree ☐

### **Amwona(plaster)**

Plaster medicine, often referred to as adhesive plasters or medicated patches, involves the application of a sticky bandage or patch that adheres to the skin to deliver medication directly to a localized area. These plasters can be infused with various therapeutic agents, such as pain relievers, anti-inflammatory drugs, or antibiotics, allowing for targeted treatment of conditions like minor wounds, muscle aches, or skin infections. The controlled release of medication through the skin can enhance efficacy while minimizing systemic side effects. Additionally, plaster medicine is convenient and easy to use, making it a popular choice for both patients and healthcare providers in managing localized health issues.

### **Acholi English**

Obwobo wild tree ☐

### **Atona(Drop)**

Drop medicine refers to liquid medications that are administered in small quantities, typically using a dropper for precise dosing. This method is commonly used for various types of medications, including eye drops for treating conditions like glaucoma or dry eyes, ear drops for addressing infections or wax buildup, and liquid formulations for children or those who have difficulty swallowing pills. The drop method allows for targeted application, minimizing systemic absorption and potential side effects. It's essential to follow dosing instructions carefully, as the effectiveness of the treatment often depends on the correct amount being administered at the appropriate times. Proper hygiene and technique are also crucial to prevent contamination and ensure safe use.

### **Acholi English**

Acak wild tree ☐

## **water**

Water is a vital, life-sustaining liquid that covers about 71% of Earth's surface, primarily in the form of oceans, rivers, lakes, and glaciers. It is essential for all known forms of life, serving as a medium for biological processes, regulating temperature, and aiding in nutrient transport. Composed of two hydrogen atoms bonded to one oxygen atom (H<sub>2</sub>O), water has unique properties, such as its ability to dissolve a wide range of substances, making it an effective solvent. Its high heat capacity allows it to absorb and release heat slowly, stabilizing the climate. Despite being abundant, freshwater, which is essential for drinking and agriculture, is limited and often unevenly distributed, making its conservation crucial for sustaining life on Earth.

### **Water sources(Kabedo pii)**

These water sources are vital for sustaining life and agriculture in the Acholi region, though



challenges such as seasonal variability, contamination, and access still persist. Efforts by both governmental and non-governmental organizations continue to focus on improving water supply and sanitation in the area.

<b>English</b>	<b>Acholi</b>
Creek	kulo
river	nam
lake	nam
Borehole	Tangi
rain ☐	kot
The rive is full	pii opong
Ocean ☐	Nam
ice ☐	pee
water on hill or mountain ☐	apara
underground water ☐	pii mi ite ngom
stagnant or full water body	kut
start of river, lakes, creak	lii
well	pii akwinya
pipe water ☐	pii tol
tank water	pii nyonyo
solar, generator water ☐	pii mac

### **Use of water(tic ki pii)**

Efforts to manage and sustain water resources are crucial, given the challenges such as seasonal availability, population growth, and climate change, all of which impact water accessibility and quality in the Acholi region.

<b>English</b>	<b>Acholi</b>
Cooking ☐	Tedo
Drinking	Amata
Washing	Lwoko
Taking tea ☐	Mato chai
Making alcohol ☐	Yibo congo
Toilet ☐	Ot coo
Irrigation	Pito koti
building a house ☐	yibo ot
Medicine ☐	Yat
Hydrogen fuel ☐	Mac Kom pii

### **Disadvantage of too much water(Rac pii ma pol)**

Too much water in a region, commonly due to excessive rainfall, flooding, or overflow from water bodies, can lead to several disadvantages and challenges.

<b>English</b>	<b>Acholi</b>
Erosion	mwolo piny

flood	pong pii
Block going outside	kato woko pe
kill plants ☐	Neko yati
It mixes the clean drinking and bad	rubo pii amata ki ma rac
kill human being	neko dano
kill animals	neko lee

### Advantage of too much water (be pii ma pol)

While excessive water can pose challenges, it also comes with several advantages, particularly in regions that can effectively manage and utilize these water resources.

English	Acholi
cool weather ☐	piny ngic
growing plants ☐	dongo yat
available for drinking	tie me amata
cooling down	kelo ngico
bring fish ☐	Kelo rec
Bring water food ☐	Kelo cam kulo

## eagles

### Names

Eagles are majestic birds of prey known for their impressive wingspans, sharp talons, and keen eyesight. There are various species, including the Bald Eagle, famous for its white head and tail, primarily found in North America. The Golden Eagle, recognized for its golden-brown plumage, is widely distributed across the Northern Hemisphere. The Harpy Eagle, one of the largest, resides in tropical rainforests, while the Philippine Eagle, known for its striking appearance, is critically endangered. Other notable species include the African Fish Eagle, White-tailed Eagle, and Wedge-tailed Eagle, each adapted to their specific habitats and prey. These raptors play vital roles in their ecosystems as apex predators.

Acholi	English
Acur America	Bald
Acur piny malo	Golden
Acur piny amaerica	Harpy
acur lobo	Steppe
acur rech	African Fish ☐
okwata	Tawny
Acur Africa	Martial
acur India	Laggar
acur Asia	Black

### Living

Eagles inhabit a wide range of environments across the globe, from coastal regions to mountainous terrains, forests, and grasslands. The Bald Eagle thrives near large bodies of water in North

America, while the Golden Eagle prefers open country and mountainous regions, often soaring at high altitudes. The Harpy Eagle resides in the dense rainforests of Central and South America, favoring tall trees for nesting. Meanwhile, the Philippine Eagle is found only in the forests of the Philippines, where it plays a crucial role in the ecosystem. Other species, like the African Fish Eagle, inhabit wetlands and riverbanks across sub-Saharan Africa, while the Wedge-tailed Eagle is commonly seen in Australia's diverse landscapes. Overall, eagles are adaptable birds, capable of thriving in various habitats that provide ample food and nesting opportunities.

<b>Acholi</b>	<b>English</b>
nam	Lakes
kulo	Rivers
cara	Desert
laro	Savannas
bunga	Forests ☐
dok kulo	Coastal
cara kwoyo	Sandy Deserts ☐
cula	Islands
ngom lum	Grasslands

## **Food**

Eagles are primarily carnivorous, and their diets vary greatly depending on species and habitat. Many, like the Bald Eagle and African Fish Eagle, primarily feast on fish, catching them with their powerful talons as they dive into the water. Others, such as the Golden Eagle and Harpy Eagle, hunt small to medium-sized mammals, including rabbits, squirrels, and even young deer. Some eagles also prey on birds, reptiles, and carrion when available. Their diets can include a diverse range of food, such as snakes, frogs, and insects, showcasing their adaptability as opportunistic hunters. This ability to exploit various food sources allows eagles to thrive in different ecosystems around the world.

<b>Acholi</b>	<b>English</b>
rech	Fish ☐
apwoyo	Rabbits ☐
Aita	Squirrels ☐
oyo	Rats ☐
amam	Pigeons
adudu	Ducks ☐
kweno	Chickens ☐
twol	Snakes ☐
lagwe	Lizards ☐

## **insects**

### **Name**

Insects are an incredibly diverse group of organisms that inhabit nearly every corner of our planet. With over a million described species, they play essential roles in ecosystems, including pollination, decomposition, and serving as a food source for other animals. From the delicate wings of butterflies to the industrious nature of ants, insects exhibit a vast array of adaptations and behaviors. Whether they are fluttering in gardens or buzzing around our homes, insects are integral to the health and balance of our environment.

<b>Acholi</b>	<b>English</b>
kic	Ant ☐
apipworo	Butterfly ☐
kic	Bee ☐
ongulugulu cet	Beetle ☐
odara	Grasshopper ☐
angiu	Mosquito ☐
lawiwit	Dragonfly
apiporo	Moth
okok	Termite

## **Living**

We will explore the incredible diversity of insects, their habitats, and their essential roles in ecosystems. Insects can be found in a wide range of environments, from lush forests and vibrant grasslands to arid deserts and bustling urban areas. Each habitat hosts unique insect species, each adapted to survive and thrive in its surroundings. By studying their behaviors, diets, and ecological contributions, we will gain a deeper appreciation for these remarkable creatures and their importance to the health of our planet.

<b>Acholi</b>	<b>English</b>
bunga	Forests ☐
ngom lum	Grasslands
ngom ma diak	Wetlands
cara	Deserts ☐
dwola	Urban areas
poto	Gardens
boro	Caves
ngot	Mountains ☐

## **Food**

We will delve into the varied diets of insects and explore how these feeding habits shape their roles in ecosystems. Insects exhibit a remarkable range of dietary preferences, from herbivores that consume plants and nectar, to carnivores that prey on other insects, and even detritivores that break down decaying organic matter. By examining these diverse feeding strategies, we will uncover the intricate relationships insects have with their environments and learn about their critical contributions to pollination, decomposition, and food webs. Join us as we explore the fascinating ways in which insects obtain sustenance and the vital roles they play in maintaining ecological balance.

<b>Acholi</b>	<b>English</b>
otanga	Carnivores
yat	Herbivores
otanga ki yat	Omnivores
lobo	Detritivores
ature	Nectar feeders
remo	Blood feeder
obwol	Fungi feeders
cwio	Sap suckers
camo wade	Parasitic

## birds

Birds are a group of warm-blooded vertebrates constituting the class Aves, characterized by feathers, toothless beaked jaws, the laying of hard-shelled eggs, a high metabolic rate, a four-chambered heart, and a strong yet lightweight skeleton.

### Names

Birds come in many fascinating species, each with unique names that often reflect their characteristics or habitats. For example, the **American Robin** is known for its bright orange belly and cheerful song. The **Bald Eagle**, with its striking white head and tail, is a symbol of strength and freedom in the United States. **Hummingbirds** are tiny, colorful birds famous for their ability to hover in mid-air and drink nectar from flowers. The **Great Horned Owl** is easily recognizable by its tufted ears and powerful hoot. **Penguins**, like the **Emperor Penguin**, are flightless birds that thrive in cold environments, while the **Flamingo** stands out with its long legs and pink feathers. Other notable birds include the swift **Peregrine Falcon**, known as the fastest animal on the planet, and the curious **Blue Jay**, famous for its intelligence and striking blue coloration. Each bird's name often gives us clues about its appearance or behavior!

### **Acholi English**

Agak	crow ☐☐
Buluk	Horny bill
Akuru	Dove ☐
Gweno	Chicken ☐
Amam	pigeon
Ayweri	partridges
Alwit	Eagle ☐
Ocuata	Eagle ☐
Acur	Eagle ☐
Acut	vulture

### Living

Birds live in a variety of habitats that provide them with food, shelter, and breeding sites. They can be found in lush **forests** filled with trees and plants, where species like woodpeckers and owls thrive. **Wetlands** such as marshes and swamps are vital for birds like herons and ducks, while **grasslands** offer open spaces for sparrows and meadowlarks. Some birds adapt to the rugged

conditions of **mountains**, while others flourish in the harsh environment of **deserts**. Coastal areas, including beaches and cliffs, attract seabirds like gulls and puffins. Many birds have also adapted to urban areas, finding nesting sites in buildings and parks, while **farmlands** provide food from crops and insects. Finally, **islands** host unique bird species that have evolved separately from mainland populations. Each of these habitats supports different types of bird life, showcasing their incredible adaptability!

#### **Acholi English**

bunga	Forests ☐
Ngom pii	Wetlands
ngom lum	Grasslands
got	Mountains ☐
cara	Deserts ☐
dok pii	Coastal
dwol	Urban
poto	Farmlands
cula	Islands

#### **Food**

Birds eat a wide variety of foods that vary based on their species and habitat. Many birds enjoy **seeds**, such as sunflower and millet, while others prefer **fruits** like berries and apples. Some species, like woodpeckers, feed on **insects** and **worms**, which provide essential protein. Birds such as hummingbirds drink **nectar** from flowers, and many enjoy **nuts**, like peanuts and walnuts. In coastal areas, birds may catch **fish**, while predatory birds like hawks and owls hunt for small **mammals**. Additionally, many birds forage in **farmlands** for grains, insects, and seeds. This diverse diet allows birds to thrive in various environments, making them adaptable and resilient!

#### **Acholi English**

koti	Seeds
nyik yat	Fruits ☐
pul	Nuts ☐
otanga	Insects ☐
kwidi	Worms ☐
nyik bel	Grains
oture	Nectar
rech	Fish ☐
winyi	Mammals

## **human**

The Acholi people continue to rebuild and develop their communities, focusing on cultural preservation, social development, and economic recovery after decades of conflict.

#### **Physically**

These are things outside the body we can see physically with our naked eyes.

**Acholi English**

pen	Umbilical cord
Kwon ter	buttock
otweng	elbow
Opuny	heel
lem	cheek
cak	breast
kor	chest
kele	cataract of eye
cwak	jaw
em	thigh
leb	tongue
latong	tonsil
Wang	Eye
It	Ear
Wich	Head
Dok	Mouth
Um	Nose
Del dok	Lips
Lak	Teeth
bat	arm
tien	leg
Kogi lwet	Nail
Cun	penis
Nyar	Vagina
Tik	shin
Te bat	arm pit
ngut cing	wrist
otab	palm
ich	belly
man	testicle
Goke	Shoulders

**Internal organs**

These are things inside our body. we can see them with our naked eye if anatomy of the body is done. They have different functions to the body.

**Acholi English**

aduno	liver
Abor	lung
cin	intestine
tako	spleen
ologo	bladder
keda	bile

## **Sensitive**

These are sensitive organs of the body i.e if somethings unusual happen to them, you can feel it. But some of them are just sensitive organ or things.

### **Acholi English**

ngit	brain
cun	Penis
Nyar	Vagina
ongar	muscle
cuny	heart
Tong	egg and sperm
cak	Breast
Ringo	meat
lak	Teeth
Cogo	Bone

## **Brings things outside the body**

These are parts of the body that brings things outside when they are open and other remain open.

### **Acholi English**

um	nose
dok	mouth
ter	anus
cun	penis
nyar	vagina
it	ear
bur	Wound
del	skin

## **Things that use energy in the body**

These use energy to do work or just their functions.

### **Acholi English**

Lak	teeth
dok	mouth
tiello	leg
cing	arm
ter	anus
Turo yen	breaking fire wood



Nyal	giving birth
pielo	defecating
kwang	Swimming
lweny	fighting
ito yat	climbing tree

### **Sensory system**

These are the five senses of the body.

#### **Acholi English Acholi English**

bilo	taste	dok	mouth
winyo	hearing	it	hear
gudo	touch	cing	hand
nenno	seeing	wang	eyes
gweyo	Smell	um	nose

### **Skeletal system**

This are the parts with skeletons in the body.

#### **English Acholi**

Head	wic
Bone	cogo
Hand	cing
Foot	tielo
Back	ngiec

### **Muscle**

Muscles are specialized tissues in the body that enable movement, maintain posture, and produce heat.

#### **English Acholi**

Muscle	Ler
Nerve	Ler
Vein	Ler
Artery	Ler

## **mammal**

### **Names**

Many mammals face threats from habitat loss, climate change, poaching, and disease. Conservation efforts focus on protecting habitats, establishing wildlife reserves, and raising awareness about the importance of mammal diversity.

## **Acholi English**

Liec Elephant □  
abur Buffalo □  
ngur Lion □  
kwach Leopard □  
Ondiek Hyena  
Anyeri Bushbuck  
kul Warthog  
lagwar zebra □  
ongero Monkey □

## **living**

Mammals' ability to occupy such a wide range of habitats demonstrates their remarkable adaptability and evolutionary success. Each ecosystem provides distinct challenges and resources, shaping the behaviors, physical traits, and social structures of the mammals that inhabit them. Understanding these diverse environments is crucial for conservation efforts aimed at protecting mammalian biodiversity in the face of ongoing environmental changes.

## **Acholi English**

bunga Forests □  
ngom pii Wetlands  
ngom lum Grasslands  
ngom yet Woodlands  
odok kulo Riverbanks  
ngot Rocky  
cere Hills  
koo Bamboo  
jebe jebe Swamps

## **food**

Mammals exhibit a wide range of dietary preferences, from strict herbivores to versatile omnivores and specialized carnivores. Their feeding habits are closely linked to their ecological roles, habitats, and adaptations. Understanding these dietary habits is essential for conservation efforts and managing wildlife populations effectively.

## **Acholi English**

lum Grass  
oboke Leaves □  
nyik yet Fruits □  
leer Roots and Tubers  
koti Seeds and Nuts □  
yet pii Aquatic Plants □  
otanga Insects □  
ringo meat □  
lee ma tindo Small Mammals

# reptiles

## Name of reptiles

We will explore the fascinating variety of reptile species that inhabit our planet. From the majestic crocodile and the elusive chameleon to the hardy tortoise and the agile iguana, reptiles are a diverse group with unique adaptations that allow them to thrive in various environments. We will examine their habitats, behaviors, diets, and roles in ecosystems, as well as the conservation challenges they face today. Join us as we uncover the incredible diversity of reptiles and gain a deeper appreciation for these remarkable creatures!

### Acholi English

okoko Chameleon

nyang Crocodile ☐

twol Snake ☐

opuk Tortoise ☐

lagwe Lizard ☐

nyalo Python ☐

## live

We will explore the diverse environments where reptiles thrive, from arid deserts and lush tropical rainforests to rocky mountains and coastal regions. Each habitat presents unique challenges and opportunities, shaping the behaviors and adaptations of reptiles such as snakes, lizards, tortoises, and crocodiles. We will investigate how these creatures have evolved to survive in various ecosystems, including their nesting sites, foraging behaviors, and interactions with other species. Join us as we journey through the world of reptiles and discover the intricate connections between these fascinating animals and their habitats!

### Acholi English

bunga Forests ☐

cara desert ☐

ngom lum Grasslands

ngom ma diak Wetlands

dok kulo Coastal Regions

cula Islands

ngot Mountains ☐

boro Caves

nam Freshwater Lakes

## food

We will delve into the diverse feeding habits of reptiles and explore how their diets shape their

ecological roles. From herbivorous tortoises munching on vegetation to carnivorous snakes preying on small mammals and birds, reptiles exhibit a wide range of dietary preferences. We will examine the unique adaptations that enable these creatures to obtain and process their food, as well as the impact of their feeding behaviors on ecosystems. Join us as we uncover the fascinating world of reptilian diets and gain a deeper understanding of how these remarkable animals sustain themselves in their environments!

### **Acholi    English**

Otangi    Insects  
 nyik yat    Fruits ☐  
 oboke    Leaves ☐  
 ature    Flowers ☐  
 winyo    Birds ☐  
 rec    Fish ☐  
 tonguono    Eggs ☐  
 Okoro    Snails ☐  
 pii ature    Nectar

## **fish**

### **Fish**

Fish are aquatic vertebrates that are typically covered with scales and equipped with two sets of paired fins and several unpaired fins. They are among the oldest and most diverse groups of vertebrates, with species ranging from the tiny 7-mm-long stout infantfish to the massive 16-meter-long whale shark.

Salt water fish

### **English    Acholi**

Dolphine    lowiu  
 shark ☐    Lacam  
 Wale    Liec rec

Fresh water fish

### **English    Acholi**

yellowish ☐    Airi  
 Mute fish    Omel  
 eel    Lut  
 troad    Awaka  
 small fish    lacede  
 crap ☐    logore  
 tortoise ☐    opuk  
 turtle ☐    ger

foreign fish

**English Acholi**

shark □ lacam

wale □ liec rec

dolphin □ lowiu

pron