

UNksk. Angie Motshekga, uMphathiswa wemfundo esisiSeko



UMnu. Enver Surty uSekela Mphathiswa wemfundo esisiSeko

Ezi ncwadi zilungiselelwe abantwana baseMzantsi Afrika phantsi kwephiko loMphathiswa weMfundo esisiSeko uNksk. Angie Motshekga kunye noSekela Mphathiswa weMfundo esisiSeko uMnu. Enver Surty.

Ezi ncwadi zokusebenzela, iRainbow Workbooks, lelinye lamalinge ongenelelo eSebe leMfundo esisiSeko ajolise ekuphuculeni umgangatho wabafundi beloMzantsi Afrika abakumabanga amathandathu okuqala. Njengomnye wemiba ephambili yoMkhomba-ndlela kaRhulumente, eli phulo libe nempumelelo ngenxa yenkxaso-mali evela kuVimba weSizwe. Oku kuye kwenza ukuba iSebe likwazi ukuvelisa ezi ncwadi, zifumaneke kuzo zonke iilwimi ezisemthethweni ngexabiso eliphantsi.

Sinethemba lokuba ootitshala baya kuzifumana ezi ncwadi zokusebenzela ziluncedo kakhulu kwimfundo yemihla ngemihla, nasekuqinisekiseni ukuba abafundi bayifikelela yonke ikharityhulam. Ukuqinisekisa ukuba utitshala uyakhokelwa kuyo yonke imisetyenzana; sisebenzise izalathisi ezibonisa oko kufanele ukwenziwa ngumfundi.

Sinethemba lokwenene lokuba abantwana baya kukonwabela ukusebenza kwezi ncwadi ekukhuleni nasekufundeni kwabo, kwanokuba nawe titshala uya kwabelana nabo kolu yolo.

Sinqwenela ukuba nibe nempumelelo ekusebenziseni ezi ncwadi.

Iincwadi zokusebenzela ezifumaneka kolu thotho lweencwadi:

- *Ilitherasi / Uliwimi Lwenkobe Amabanga 1-6 (Ngazo zonke iilwimi ezisemthethweni)*
- *IMathematika Amabanga 1-3 (Ngazo zonke iilwimi ezisemthethweni)*
- *IMathematika Amabanga 4-9 (NgesiNgesi nesiAfrikaans)*
- *Izakhono zoBomi Amabanga 1-3 (Ngazo zonke iilwimi ezisemthethweni)*
- *ULwimi Lokuqala Olongeziweyo Amabanga 1–3 (NgesiNgesi, isiAfrikaans, iSepedi nesiZulu)*
- *ULwimi Lokuqala Olongeziweyo Amabanga 4–6 (NgesiNgesi nesiAfrikaans)*

Rainbow WORKBOOKS

LIFE SKILLS IN ISIXHOSA
GRADE 3 – TERMS 1&2
ISBN 978-1-4315-0276-9

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Ibanga lesi-3



Izakhono zoBomi ISIXHOSA Incwadi yoku-1

Ikota yoku-1&2

Igama:

Iklasi:

basic education
Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

Nkosi sikelel' iAfrika
Maluphakanyisw' uphondo lwayo,
Yizwa imithandazo yethu,
Nkosi sikelela, thina lusapho lwayo.

Morena boloka setjhaba sa heso,
O fedise dintwa le matshwenyeho,
O se boloke, O se boloke setjhaba sa heso,
Setjhaba sa South Afrika – South Afrika.

Uit die blou van onse hemel,
Uit die diepte van ons see,
Oor ons ewige gebergtes,
Waar die kranse antwoord gee,

Sounds the call to come together,
And united we shall stand,
Let us live and strive for freedom,
In South Africa our land.

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Janyuwari
Feruwari
Matshi
Epreli
Meyi
Juni
Julayi
Agasti
Septemba
Okthobha
Novemba
Disemba

Ibanga lesi-3



Izakhono zoBomi ngesiXHOSA
Incwadi yoku-1



Le ncwadi yeka:

Okungam



Masibhale

Ingulowo nalowo kuthi wahlukile kwaye sonke sibalulekile.
Zalisa le ncwadi yesazisi ngawe.
Wakuba ukwenzile oku, bonisa umhlobo wakho ikhadi lakho.

Ziintoni enifana ngazo izeziphi enahluka ngazo wena nomhlobo wakho?



Incwadi yesazisi

Igama:

_____.



Ubudala:

_____.

Intombazana okanye inkwenkwe:

_____.

Umbala weenwele:

_____.

Umbala wamehlo:

_____

Zoba umfanekiso wesiqu sakho:

Ikota yoku-1 – Iveki yoku-1 – Iphepha lomsebenzi loku-



Masithethe

Ngoku cinga ngobomi bakho kude kube ngoku.

Ubomi bakho ubukhumbula ukuya kufikelela nini?

Ngaba uyazikhumbula iintsuku zakho zokuzalwa?

Usakhumbula ngoko wawuqala ukuya esikolweni?





Masibhale

Bhala amanqanaba obomi bakho.

			
Ndazalelwa e	Ndaqala ukuthetha ngo	Ndaqala ukuya esikolweni ngo	Bendikwibanga lesi-2 ngo
20_____	20_____	20_____	20_____



Usuku lwam lokuzalwa lungo: _____

2

Isikolo sam



Masenze

Utitshala wakho uza kukuncedisa ngokubhala imbali yokuhamba kwakho isikolo. Sikuqalele. Utitshala wakho uza kukuxelela ezinye iziganeko ezibalulekileyo onokuzifakela.

Isikolo sakho saqala nini ukuba khona?	Utitshala oyintloko wakho waqala nini esikolweni?		
20____	20____	20____	20____
20____	20____	20____	20____



Masenze

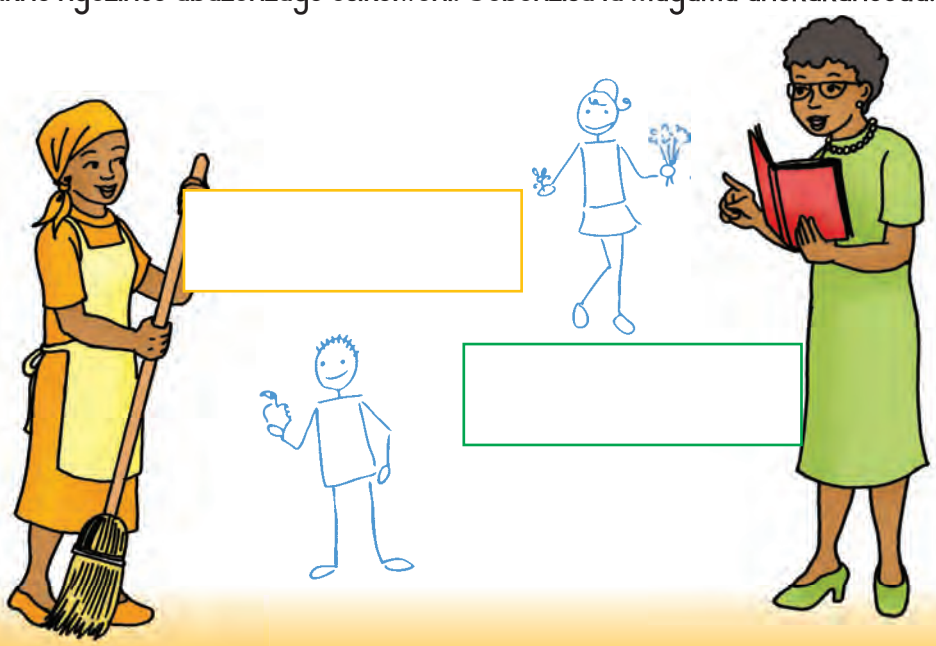
Ngoobani abanye abantu esikolweni sakho? Thetha ngokuba ngoobani uze ufakele igama elichanekileyo ecaleni komfanekiso ngamnye. Thetha nomhlobo wakho ngezinto abazenzayo esikolweni. Sebenzisa la magama anokukunceda.

abacoci

ootitshala

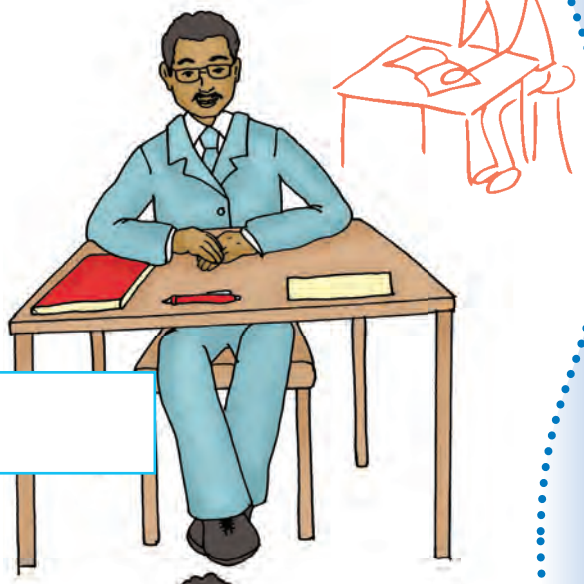
utitshala oyintloko

abantwana











Masishukume

Utitshala wakho uza kubiza igama lakho aze akuphosele ibhola. Yigange ibhola ingekawi phantsi.	
Ngoku zama ukubamba ibhola esengxoweni oyiphoselwa ngumhlobo wakho.	
Phosela umhlobo wakho ibhola uze ujonge ukuba uza kukwazi na ukuyibamba isengxoweni.	
Zolule njengekati ukuze uziphumze.	



Konke ngam

Masithethe

Cinga ngento enomdla eyenzeka kuwe kwixesha elidlulileyo uze uxelele umhlobo wakho ukuze akwazi ngcono.



Masithethe

Xelela umhlobo wakho indlela lo mntu atshintshe ngayo ukususela ngoko wayelusana ade abe mdala.

 usana	 umntwana omncinane	 umntu ongasengomntwana
 umntu omtsha	 umntwana ofundayo	 umntu omdala



Masishukume





Ngqisha ngeenyawo kule mifuziselo.

Kh = Olwasekhohlo 

Ne = Olwasekunene 



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4 Ukukhula okuthe chatha nobudala obuthe chatha



Masithethe

Thetha ngendlela abahluka ngayo kuwe abantwana abakhudlwana nabantu abadala.

Abantu batshintsha njani ngokuya bekhula?

Ngokuhamba kwexesha abantu baya ngokuba badala. Umbala weenwele zabo uyatshintsha, ilizwi labo liyatshintsha, izihlunu zabo ziyakhula kwaye balumka ngakumbi.

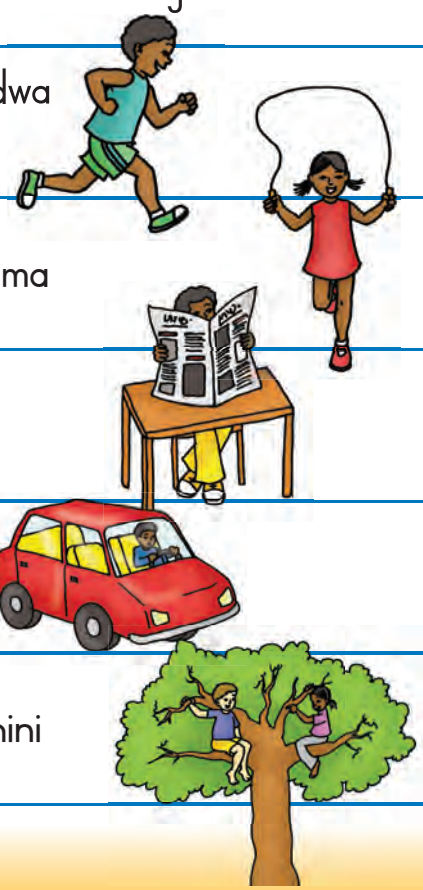


Masibhale



Zeziphi izinto kwezilandelayo ozenza ngendlela eyahlukileyo kuleyo yabazali bakho? Phawula (✔) ubuso obuchanekileyo.

	Mna		Abazali bam	
Ukubaleka kodwa ungadinwa	☺	☹	☺	☹
Ukuxhumaxhuma	☺	☹	☺	☹
Ukufunda iphephandaba	☺	☹	☺	☹
Ukuqhuba imoto	☺	☹	☺	☹
Ukudlala emthini	☺	☹	☺	☹



Masicule

Masizilungiselele ukucula.
Yenzani ezi zandi.

Isandi esikhawulezayo esifana nempempe yeambulensi.

Isandi esicothayo esifana nengoma yokulalisa iintsana.

Isandi esiphezulu esifana nesokucula kweentaka.

Isandi esiphantsi esifana nokugquma kwengonyama.

Masishukume

Uyakwazi ukuganga ibhola?

Phosa ibhola yentenetya emoyeni uze uyigange ngezandla zozibini.

Jula ibhola phezulu uze uqhwabe izandla zakho phambi kokuyiganga.

Qakathisa ibhola yentenetya emhlabeni.

Ngoku zolule njengekati.

Teacher:
Sign:
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5 lindlela esiziva ngazo

Masithethe

Jonga le mifanekiso uze uxele ukuba aba bantwana baziva njani.
Wena wakha waziva ngolu hlobo? Bhala indlela aziva ngayo umntwana ngamnye.
Sebenzisa la magama anokukunceda.

ulusizi	wonwabile	uyazisola	uyoyika
	unebhongo	unomsindo	















Masithethe

Yintoni ekonwabisayo?



Yintoni ekwenza ube lusizi?

Yintoni ekoyikisayo?



Masibhale

Yintoni ekwenza ube nomsindo?

Krwela umgca utshatise amagama athetha into enye.

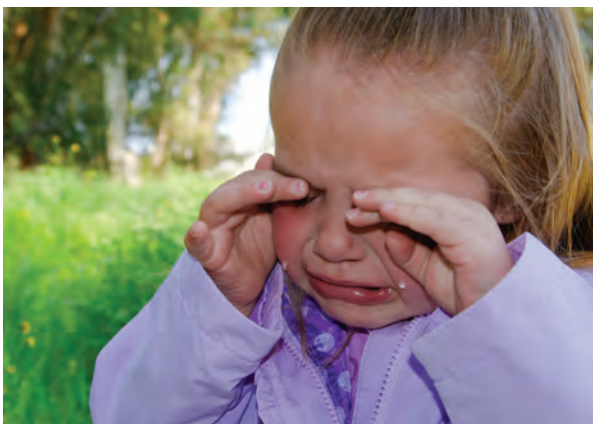




ukonwaba	ukothuka	ukucaphuka	usizi

ukuqumba	ukuvuya	ukoyika	ukukhedama





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6 Izinto endizithandayo

Masibhale Faka imibala ezinkwenkwezini xa uthanda ukwenza ezi zinto.



Ndithanda ukufunda.



Ndithanda ukuzoba.



Ndithanda ukubhala.



Ndithanda ukuqubha.



Ndiyayithanda ibhola ekhatywayo.



Ndiyakuthanda ukupeyinta.

Masizobe

Zoba imifanekiso emibini ukubonisa into oyithandayo.



Ndithanda _____.	Ndithanda _____.





Masibhale

Faka imibala ezinkwenkwezini xa ukwazi ukuzenza kakuhle ezi zinto.

Ndiyakwazi ukubaleka ngamendu.

Ndizoba kakuhle.

Ndizenza kakuhle izibalo.

Ndifunda kakuhle.

Masizobe

Zoba imifanekiso emi-2 yezinye izinto okwaziyo ukuzenza kakuhle.



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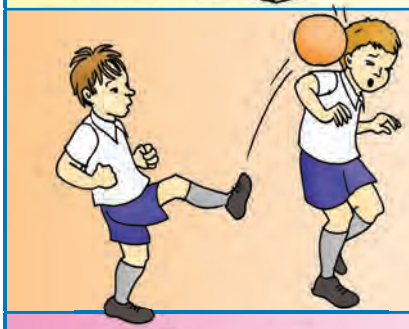
7 lindlela esiziva ngazo



Masithethe

Jonga umfanekiso ngamnye kule uze uthethe ngendlela onokunceda ngayo aba bantwana ekwenzeni izinto ngendlela efanelekileyo. Faka uphawu ✔ kwimpendulo echanekileyo.

	Akukwazi kujonga apho uya khona!	
	Owu uxolo! Mandikuncede uchole ezi zinto!	
	Hayi bo! Nantsi ibhola yakho.	
	Hayi bo! Hamba uye kudlala kwenye indawo!	
	Yeyam kwaye akuzi kuphinda uyifumane.	
	Yiza sabelane ngetshokolethi.	



Masibhale

Benza ntoni abahlobo abalungileyo?





Bhala ezinye izinto ezi-2 ezenziwa ngabahlobo abalungileyo.



Masithethe

Jonga le mifanekiso. Thetha ngokubona emfanekisweni ngamnye. Emva koko khetha umfanekiso omnye uze wenze umdlalo-linganiso ngawo.
Ibali lakho malibe nesiphelo.









Masishukume

Zama ukwenza ezi zinto.

- Baleka ujikeleze ibala. Xa utitshala wakho esithi "tshintsha" jika ubaleke kwelinye icala.
- Jula ibhola phezulu emoyeni uze uyibambe ngezandla zozibini.
- Qakathisa ibhola emhlabeni umi ndawonye.
- Ngoku qakathisa ibhola usiya phambili ngaxeshanye.



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Siyaqondisisa



Masibhale

Ziqwalasele.

	✔	✘
Ndingumhlobo olungileyo.		
Ndiyabakhathalela abahlobo bam.		
Ndinobubele ebantwaneni beklasi yam.		
Uninzi lwabantwana beklasi yam bayandithanda.		
Ndisoloko ndinesimilo esihle ebantwini.		



Masenze

Yenzela umntu omthandayo ikhadi. Zoba umfanekiso ngaphambili kulo uze ubhale umyalezo wohlobo olulodwa ngaphakathi.







Masibhale

Zoba umfanekiso wabahlobo okanye katitshala wakho, okanye owamalungu owaxabise kakhulu osapho lwakho. Bhala amagama abo.



Abantu endibaxabise kakhulu ebomini bam



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Izifundo zempilo



Masithethe

Thetha ngokwenzeka kulo mfanekiso.

Wakha wopha ngeempumlo?

Yintoni ekufuneka uyenze xa usopha ngeempumlo?



Wenza ntoni xa usopha ngeempumlo

1. Hlalela phambili uze uthobe intloko.

2. Vala impumlo ngesandla imizuzu emi-2 uphefumle ngomlomo.

3. Beka into ebandayo entanyeni yakho ngasemva.

4. Ungafinyi emva kokuba uyekile ukopha.

5. Ukuba ukopha akupheli emva kwemizuzu eli-15, dibana nogqirha.











Ukunyanga imisikeko





Masifunde

Asiziboni iintsholongwane naxa zikuyo yonke indawo. Xa sinenxeba lokusikeka kufuneka siligcine licocekile elo nxeba ukuze singafumani sulelo lweentsholongwane.



Indlela yokucoca inxeba lokusikeka

Ungaze uphathe igazi lomnye umntu.

Xa unceda omnye umntu yiba soloko ufake iiglavu.



Nqanda ukopha ngokuphakamisela inxeba kwinqanaba elingasentla kwentliziyo.

Zama ukunqanda ukopha ngokucinezela amalatshana abophe inxeba.



Ukuba inxeba linzulu kwaye limana ukopha, bonana nogqirha.

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Amanxeba okutsha



Masithethe

Kwenzeka ntoni kule mifanekiso?
Yeyiphi enye indlela abanokutsha ngayo abantu?











Masifunde

Xa uchukumisa into eshushu, uya kutsha.

Kufuneka wenze ntoni xa omnye umntu etshile?

1. Gcina inxeba lokutsha phantsi kwamanzi abandayo kwimizuzu eli-10 obona buncinci. Oku kuyanceda ekupholiseni isikhumba.
2. Ungaligqumi inxeba lokutsha.
   Ungayikhululi impahla xa incamathele esikhumbeni.
3. Beka amalatshana acocekileyo enxebeni lokutsha ukuze uligcine licocekile.
4. Ukuba inxeba lokutsha linzulu okanye likhulu kunomphakathi wesandla sakho, bonana nogqirha kwangoko.



Masishukume

Yenza umtsi omde oya phambili.



Phawula ukuba ukwazi ukutsibela phambili kangakanani.

Jonga ukuba umhlobo wakho angakwazi na ukutsibela kude kunawe.



Masishukume

Yenza ikiliva.



Nikanani amathuba okuba yikiliva nomhlobo wakho.



Ukugcina umzimba wam ukhuselekile



Masithethe

Kufuneka siyikhathalele imizimba yethu.

Sifumana iimvakalelo "zika-ewe" xa sithanda into ethile kwaye sifuna ukuba mayiqhube.

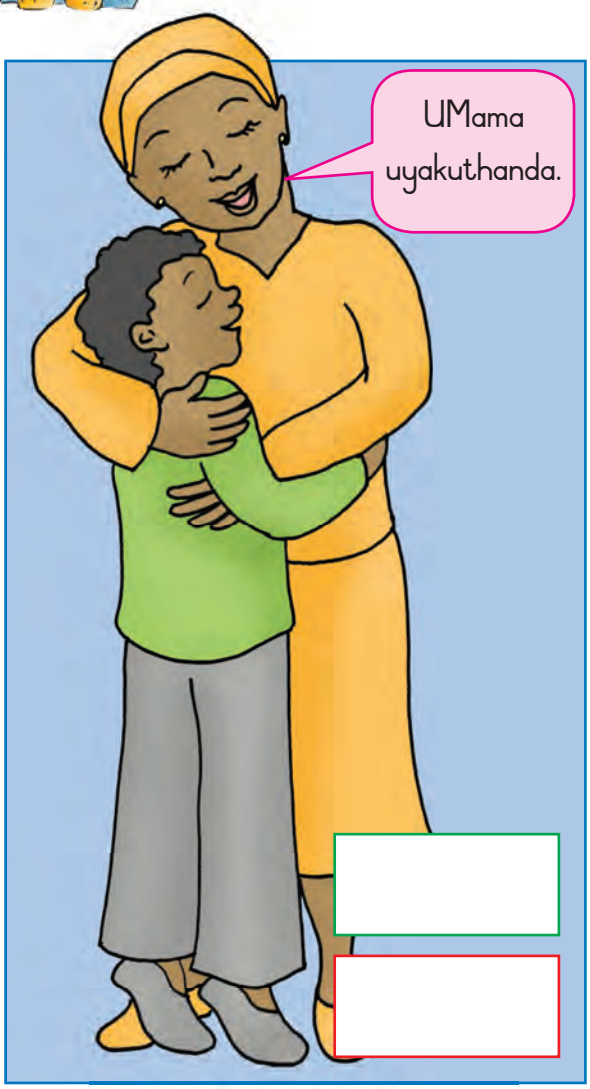
Sifumana iimvakalelo "zika-hayi" xa into ethile isenza singonwabi kwaye sifuna ukuba iyeke.



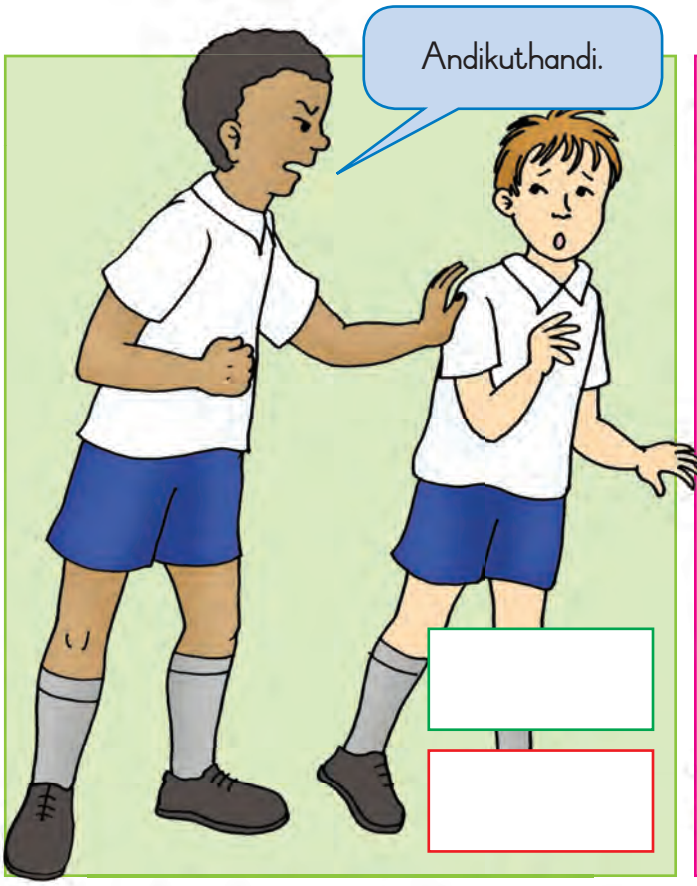


Masibhale

Bhala "u-ewe" okanye "u-hayi" ecaleni komfanekiso ngamnye, uze uxele into onokuyixelela omnye umntu.









Ukuthi hayi

Akusoloko kulula ukuthi hayi, kodwa kufuneka uthi hayi xa kukho umntu okwenza uzive ungonwabanga.

Ukuba umntu ukwenza uzive ufuna ukuthi "hayi" kwaye ukwenza uzive ungonwabanga, thetha ngaloo nto nomntu omdala onokumthemba.



Masibhale Bhala uludwe lwabantu onokubathemba.



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12

Ukuzikhathalela

Masithethe

Jonga le mifanekiso ngokuqaphela. Jonga ukuba ungakwazi na ukubalisa ibali. Qaqa iqamza lentetho lokuqqibela.













Masibhale Bhala phantsi imithetho emihlanu yokhuseleko.
Ingulowo nalowo wuqale ngokuthi:

Abantwana mabangaze...





Masenze Yenza imaski ukubonisa uvakalelo.

Yenza isigqibo ngovakalelo onqwenela ukulubonisa ngemaski yakho.

Yizobe ephepheni elirhabaxa.

Yisike uyikhuphe.

Sika ukhuphe amehlo.

Yihombise ngephepha elinombala.





Masishukume Zilungiselele ukungenela ukhuphiswano.

Chopha ube kwisimo esilungileyo sokuqalisa.

Mamela utitshala wakho esithi:

"Chopha! Lunga! Hamba!"

Yenza ke ngoku umdlalo wemiqobo.







13

Ukugcina umzimba wam ukhuselekile



Masithethe

Sonke sinoxanduva lokugcina imizimba yethu isempilweni entle.
Yintoni eyenziwa ngaba bantwana elungele imizimba yabo?






Zeziphi ezinye izinto ezingenampilo entle ezenziwa ngabantu?

Uyazi ukuba ukutshaya akulunganga kakhulu empilweni yethu?

Uyazi ukuba xa umntu etshaya ecaleni kwakho, oko akulunganga emzimbeni wakho?

Ukutshaya kuyenzakalisa njani imizimba yethu?



Masibhale

Phawula ingxelo nganye nge ✔ okanye ngo ✘ ukubonisa ukuba yinyaniso okanye asiyonyaniso.

	Iisigarethi zinesongo esimnandi.
	Xa ndihleli ecaleni komntu otshayayo, oko kunokwenzakalisa umzimba wam.
	Ukutshaya kunokuwenza abe tyheli amazinyo akho.
	Ukutshaya kubangela isifo somlomo.
	Unokukhohlela ngokugithisileyo ngenxa yokutshaya.
	Ukutshaya kunokubangela isifo somhlaza.

Imithetho yempilo

Kufuneka ndikame iinwele zam phambi kokuya esikolweni.

Kufuneka ndicoce iinzipho zam emva kokudlala esantini.

Kufuneka ndihlambe izandla zam xa ndivela endlwini yangasese.

Kufuneka ndiwalahle emgqomeni wenkunkuma amaphetshana am okusula impumlo.



Ulonwabo

Banganxiba ntoni ukuze bakhuseleke? Tshatisa imifanekiso ngokukrwela imigca esuka kwimifanekiso esekhohlo ukuya kwimifanekiso echanekileyo esekunene.





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Amalungelo noxanduva

Masifunde



Ngamanye amaxesha abantwana kufuneka basebenze kuba abazali babo bahluphekile.

Kodwa akufuneki abantwana banyanzeleke ukusebenza nzima njengabazali.

Abantwana kufuneka babe nexesha lokudlala nelokuya esikolweni.

Jonga le mifanekiso. Phawula (✔) imisebenzi efanele abantwana.



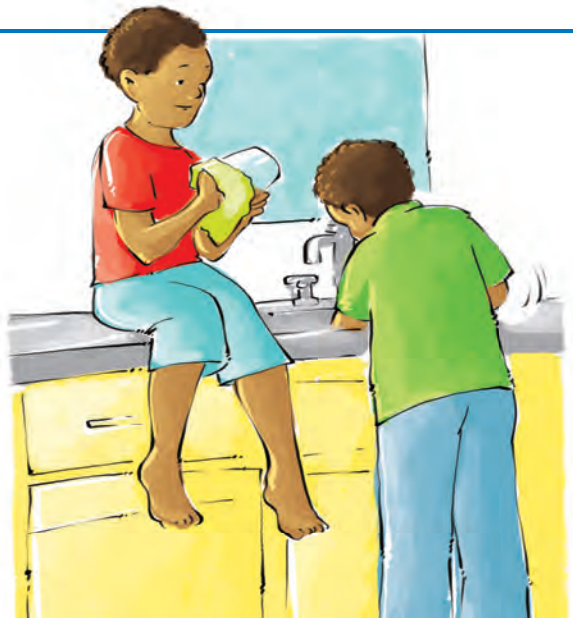
UAnna uthengisa imifuno imini yonke ngenxa yoko akaphumeleli ukuya esikolweni.



Ukuphuma kwesikolo uLisa unkcenkceshela isitiya semifuno.



UPeter uthutha izitena kuba usebenzela umakhi.



UJabu noBongi bancedisa ngokucoca.



Masithethe

Yeyiphi imisebenzi oyenza ekhaya? Yeyiphi imisebenzi oyenza esikolweni ukuncedisa utitshala wakho?

Masishukume

Zama le midlalwana.



Dlalani itreyini.



Bophani imilenze yenu niyidibanise ze nibaleke

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Amalungelo noxanduva



Masithethe

Xelela umhlobo wakho ukuba yeyiphi imithetho eyaphulwa ngaba bantwana.

Isikolo ngasinye sinemithetho ukuze sikwazi ukusebenza kakuhle. Ngokunjalo iklasi nganye inemithetho efanele ukuthotyelwa.

Masibhale

Bhalela iklasi yakho imithetho emi-4.







Masithethe

Funda la malungelo noxanduva uze uthethe nomhlobo wakho ngento ethethwa yinto nganye.

UXANDUVA LOLUTSHA LOMZANTSI AFRIKA

Ukulingana

Phatha wonke umntu ngokulinganayo nangendlela elungileyo. Musa ukucalucalula.



Isidima somntu

Hlonipha wonke umntu. Yiba nenceba nenkathalo.



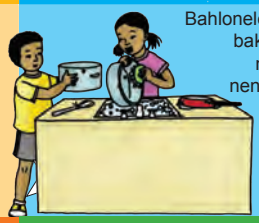
Ubomi

Ubomi buxabisekile. Phatha yonke into ephilayo ngentlonipho.



Usapho

Bahlonele abazali bakho. Yiba nobubele nentembeko kusapho lwakho.



Imfundo

Yiya esikolweni, ufunde kwaye usebenze ngokuzimisela. Thobela imithetho yesikolo.



Umsebenzi

Ncedisa kwimisebenzi yasekhaya. Abantwana mabanganyanzelwa ukuba bafune umsebenzi.



Inkululeko nokhuseleko

Musa ukubavisa ubuhlungu okanye ubagonyamele abanye, kwaye sukubavumela nabanye ukuba benze njalo. Iingxwaba-ngxwaba mazisonjululwe ngoxolo.



Ipropati

Zihlonele izinto zabanye abantu. Musa ukonakalisa ipropati kwaye musa ukuba.



Inkolo, inkolelo kunye noluvo

Zihlonele iinkolelo nezimvo zabanye abantu.



Ukhuseleko

Wukhathalele umhlaba. Musa ukuwamosha amanzi nombane. Zikhathalele nyana nezityalo. Gcina ikhaya layo kunye nendawo ohlala kuyo icocekile kwaye ikhuselekile.



Ubummi

Yiba ngummi woMzantsi Afrika olungileyo nothembekileyo. Yithobele imithetho kwaye uqinisekise ukuba benjenjalo nabanye abantu.



Inkululeko yokuvakalisa izimvo

Musa ukusasaza ubuxoki nentiyo. Qinisekisa ukuba abanyhukulwa okanye baviswe ubuhlungu abanye abantu.





Iintsuku zenkolo nezinye ezikhethekileyo



Masithethe

Jonga le mifanekiso.
Zikhona iinkolo ozaziyo kwezi?



UbuHindu



UbuIslam



UbuJuda



UbuKrestu

Kufuneka sihloniphe abantu bezinye iinkolo.

Yintoni inkolo yakho? _____

Yintoni inkolo yomhlobo wakho ongoyena umthandayo? _____

Ukuqwalasela kuphela 16



Masibhale Zalisa eli khadi lingawe.

Igama lam _____

Ifani yam _____

Usuku lwam lokuzalwa _____

Ibanga lam _____

Isikolo sam _____

Inombolo yam yefowuni _____

Idilesi yam _____

_____

_____

_____

Inombolo yam yemo yonxunguphalo _____

Owona mdlalo ndiwuthandayo _____

Owona mbala ndiwuthandayo _____

Oyena mhlobo wam ndimthandayo _____

Into endonwabisayo _____

Into endenza lusizi _____

Into endicaphukisayo _____

Into endiyenza kakuhle _____

Ikota yoku-1 – Iveki yesi-8 – Iphepha lomsebenzi le-

Teacher:
Sign:
Date:

Imikhwa enempilo yokutya



Jonga iqela ngalinye kumaqela okutya uze uthethe ngalo nomhlobo wakho:
Zeziphi iintlobo zokutya ezikwiqela ngalinye?
Kutheni iqela ngalinye lokutya lilungile kuthi?

Iiprotheyini

Iiprotheyini zakha iiseli ezintsha ukuze ikhule imizimba yethu.





Iivithamini kunye neetyuwa

Iivithamini neetyuwa zinceda imizimba yethu ukuba ilwe nezifo kwaye ihlale isempilweni.

Iikhabhohayidrethi

Ezi ntlobo zokutya zisinika amandla.



Amafutha

Amafutha siwafunela ubushushu namandla.



Masibhale Faka uphawu (✔) kwingxelo eyinyaniso ngokuphathelene nokutya okutyayo.

Ndisoloko ndisitya iintlobo zokutya okunempilo.	
Maxa wambi nditya iintlobo zokutya okunempilo.	
Andifane nditye iintlobo zokutya okunempilo.	

Sonke sidinga amanzi ukuze siphile. Amanzi athutha ukutya esikutyayo ukuya kwiindawo ezahluka-hlukeneyo zemizimba yethu.

Teacher:
Sign:
Date:

18 Imikhwa yethu yokutya



Masithethe

Buza abahlobo abane ukuba bathanda ukutya ntoni. Jonga iintlobo zokutya ezahlukeneyo uze ufakele uphawu (✔) ukuba uyakuthanda ukutya, uze ufake (✘) xa ungakuthandi oko kutya.

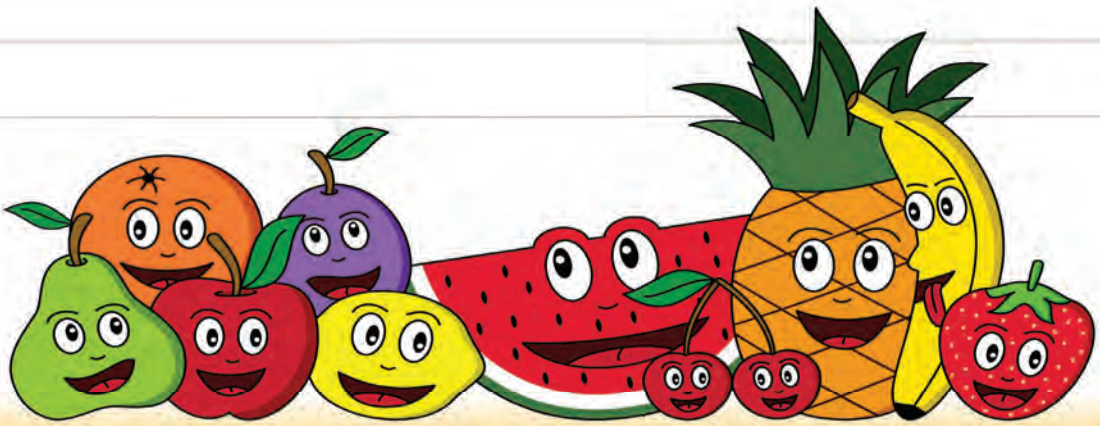
Faka amagama abahlobo bakho.





Masibhale

Bhala zonke iintlobo zokutya ozityeizolo. Ngoku faka uphawu (✔) kwezo ndidi zokutya ezinempilo.





Ngoku gqibezela igrafu ukuze ubone ukuba zeziphi iintlobo zokutya ezizezona zithandwa ngabahlobo bakho. Bala iimpawu (✔) phantsi kohlobo ngalunye lokutya uze ufake umbala kwinani leebhloko ezikule grafu. Jonga umzekelo esikunike wona ukubonisa ukuba abahlobo aba-3 bathanda iayisikhrim.

Iayisikhrim				
Ihambhega				
Ama-apile				
Iitshiphusi				
Isipinatshi				
Ipitsa				
Iyogathi				
Amaqanda				
Ipasta				





Jonga itafile oyizalisileyo uze uphendule le mibuzo.

Kokuphi ukutya abakuthande kancinane kakhulu abahlobo bakho?
Ucinga ukuba abahlobo bakho banayo imikhwa yokutya ngendlela enempilo?
Kutheni ucinga njalo?

Teacher:
Sign:
Date:

Imikhwa yokutya ngendlela enempilo



Masibhale

UThabo noNomsa basendleleni eya eSunshine Café. Kufuneka bathenge ukutya kokuphekela isidlo sasebusuku. Bancedise ukuze benze imenyu yeendidi zokutya okulungileyo.



Masibhale

Bhala izinto abafanele ukuzithenga namaxabiso azo kuludwe lokuthenga olungezantsi. UThabo noNomsa bahlawule malini ngezinto ngokutya abakuthengileyo?

ULUDWE LOKUTHENGWAYO	IXABISO



Masibhale

Imikhwa yakho yokutya inempilo kangakanani? Faka umbala ebusweni obuncumileyo ngomkhwa ngamnye onempilo.

Imikhwa yam yokutya	Ewe	Hayi
Ndikholisa ukutya phambi kwethivi.	☺	☹
Ndiyazithanda iziqhamo nemifuno.	☺	☹
Ndiyazithanda iintlobo zokutya ezinamafutha ezifana neetshiphusi.	☺	☹
Andiwathandi amanzi, ndithanda iziselo ezibandayo.	☺	☹
Andiyityi imifuno.	☺	☹
Ndiyakuhlafunisisa ukutya kwam.	☺	☹
Nditya isidlo sakusasa phambi kokuya esikolweni.	☺	☹

Teacher:
Sign:
Date:

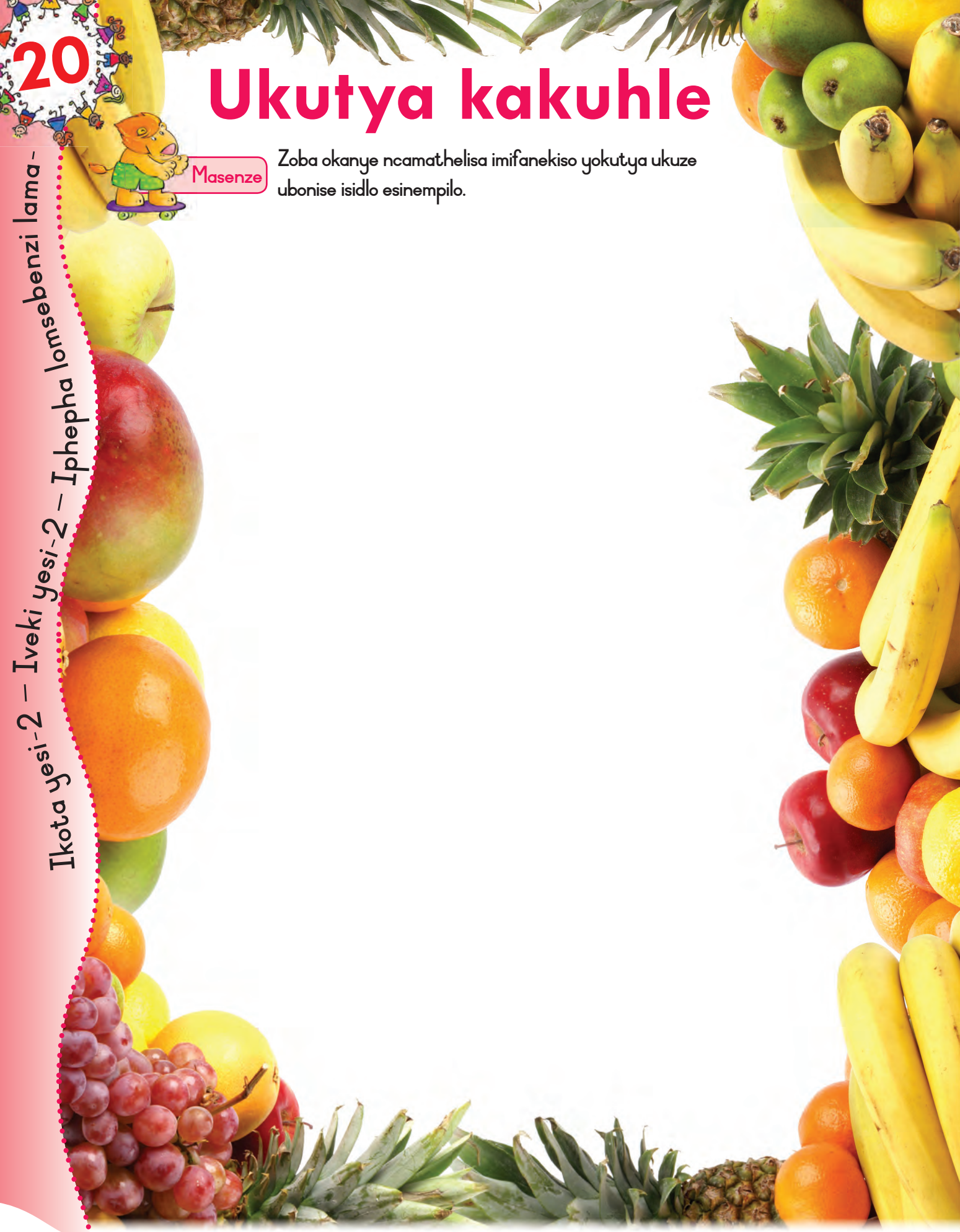
Bala ufumanise ukuba uwufake kangaphi umbala ebusweni obuncumileyo. _____

20

Ukutya kakuhle

Masenze

Zoba okanye ncamathelisa imifanekiso yokutya ukuze ubonise isidlo esinempilo.



Masifunde

Imithetho yokutya ngendlela elungileyo

Zihlambe qho izandla zakho phambi kokuphatha ukutya.

Ungakushiyi ungakugqumanga ukutya.

Ungatyi ukutya okudala

Sebenzisa amaxolo emifuno ukwenza ikhomposi yesitiya.

Lima eyakho imifuno.

Masenze Zoba umfanekiso ukubonisa omnye wale mithetho.



Teacher:

Sign:

Date:

21

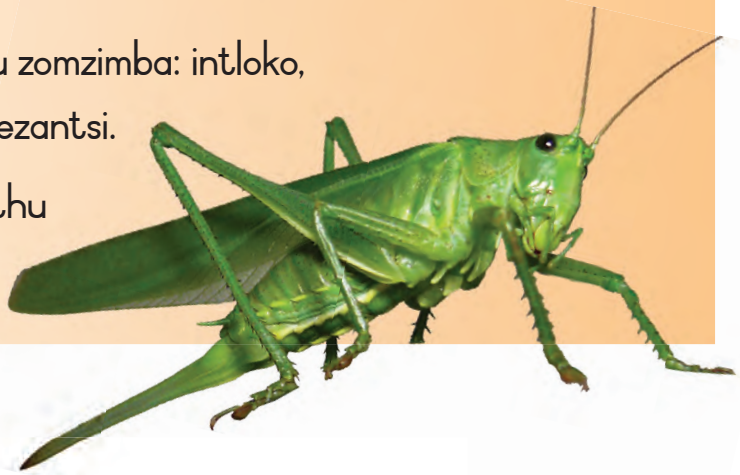
Izinambuzane



Masithethe Thetha ngezahlulo ezahluka-hlukileyo zomzimba wezinambuzane.

Izinambuzane zinezahlulo ezithathu zomzimba: intloko, umzimba ongasentla nomzimba ongezantsi.

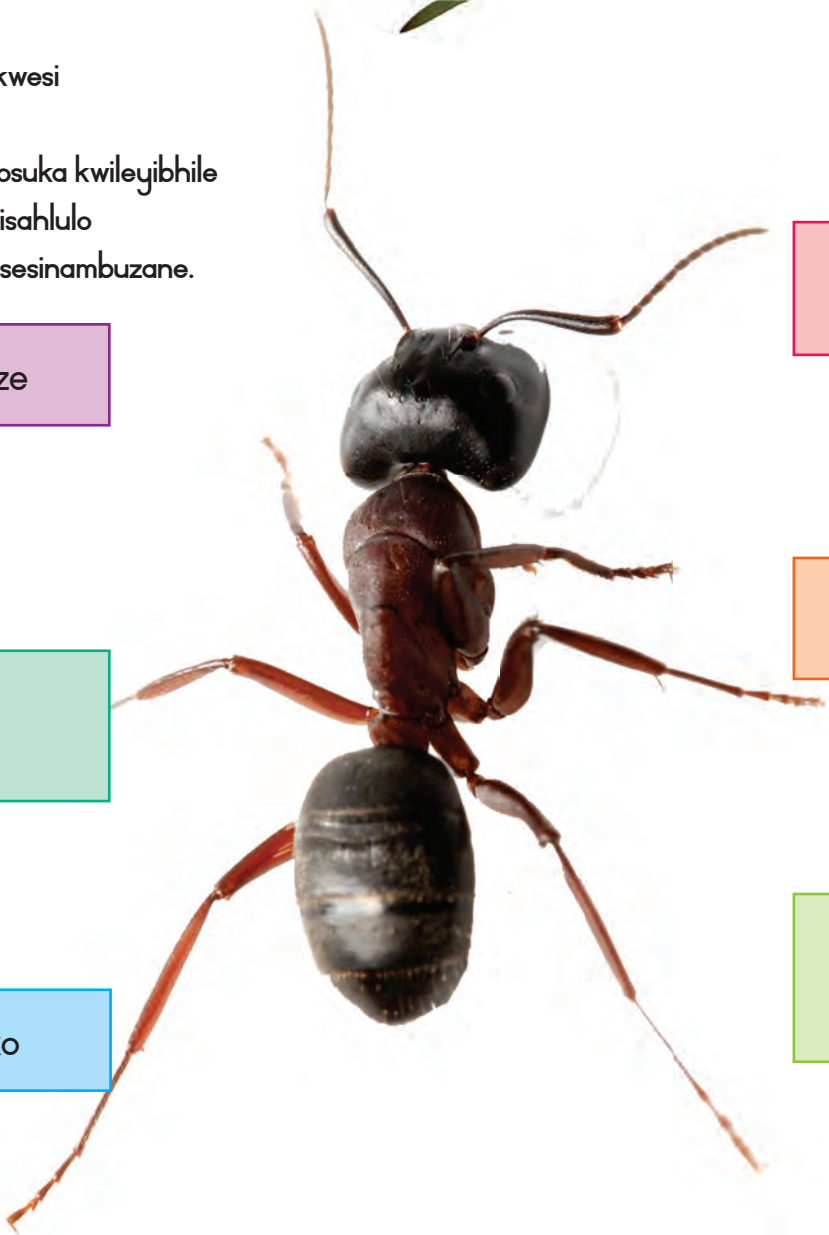
Ngokunjalo zinemilenze emithandathu neempondo ezimbini.





Masenze

Faka ileyibhile kwesi sinambuzane.
Krwela umgca osuka kwileyibhile nganye oya kwisahlulo esichanekileyo sesinambuzane.



Umlenze

Umzimba ongezantsi

Umzimba ongasentla

Iliso

Uphondo

Intloko

Masibhale

Krwela umgca wokutshatisa igama ngalinye nesinambuzane esichanekileyo.
Emva koko xela ukuba zeziphi izinambuzane eziyingozi neziluncedo.









Inyosi

Ingcongconi

Impukane

Imbovane

Intethe

Ibhabhathane

Ubhantom

Uvivingane









Masibhale

Ngoku fakela amagama angekhoyo.



_____ zenza ubusi.

_____ zimvumvuzela iintyatyambo.

_____ zisasaza imaleriya.

_____ zisasaza izifo.

_____ zityа izityalo zabalimi.

Teacher:
Sign:
Date:

22 Okunye ngezinambuzane

Masithethe Jonga le mifanekiso uze uxelele umhlobo wakho ukuba kutheni iinyosi ziluncedo kuthi.



Iinyosi zisasaza umgubo wokumvumvuzela. Oku kuyimfuneko ukuze kukhule iziqhamo.



Iinyosi zivelisa ubusi.

Masibhale Bhala igama lesinambuzane ngasinye kwisithuba esinikiweyo.



Le _____ ifunxa incindi kwintyatyambo.





_____ zisebenzisa iimpondo ukunxibelelana kunye.

_____

zisasaza umgubo wokumvumvuzela ukusuka kwisityalo esithile ukuya kwesinye.



_____

Zisasaza iintsholongwane.



Masenze

Yenza ukuba isinambuzane sishukume.

- Sika izinambuzane uzikhuphe kwiphepha lokusika elingasemva encwadini.
- Zixhome kwihenga yempahla.



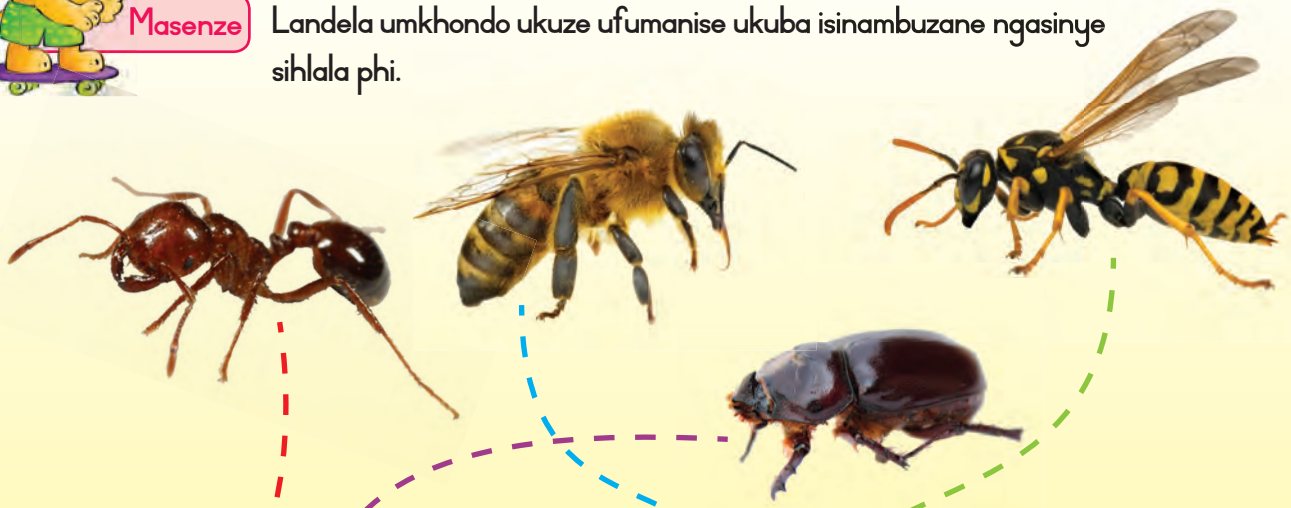
Teacher:
Sign:
Date:

Amakhaya ezinambuzane



Masenze

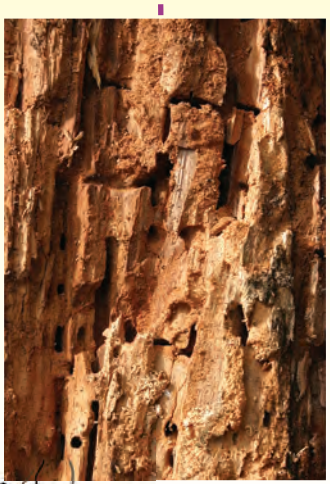
Landela umkhondo ukuze ufumanise ukuba isinambuzane ngasinye sihlala phi.



Ikota yesi-2 – Iveki yesi-4 – Iphepha lomsebenzi lama-













Hamba-hamba ujikeleze amabala esikolo uze ujonge ukuba zingaphi iintlobo zezinambuzane onokuzifumana.







Zeziphi izinambuzane ozibone ngaphandle? Khetha sibe sinye uze ubhale igama laso apha.



Isinambuzane eso sitya oluphi uhlobo lokutya?

Ngaba isinambuzane sakho sishukuma ngokucotha okanye ngokukhawuleza?

Ngaba isinambuzane sakho siluncedo okanye siyingozi? Kutheni usitsho njalo?



Ngoku yila isinambuzane esisesakho uze usinike igama.



Bonisa umsebenzi wakho wezandla



Masenze

Yenza ibhabhathane elilelakho



Uya kudinga: iphepha leA4
Iikhrayoni zamafutha
Isikere
Iglu
Uluthi lokucoca imibhojana
Ikhadibhodi yephepha lendlu yangasese

Zoba ibhabhathane, ubonise umzimba walo omde, obhityileyo kunye namaphiko amabini. Hombisa amaphiko ebhabhathane lakho ngeepatheni zemibala eyahlukeneyo. Qinisekisa ukuba omabini amaphiko ayafana. Lisike ulikhuphe ibhabhathane. Ncamathelisa umzimba webhabhathane kwikhadibhodi yephepha lendlu yangasese. Ngoku yenza iimpondwana ngokusebenzisa uluthi lokucoca imibhojana olusongwe kabini. Luncamathelise kwintloko yebhabhathane.





Isitishi 1:

Ibhola yomnyazi: Qakathisa ibhola logama ubaleka ngesimbo esigosogoso.



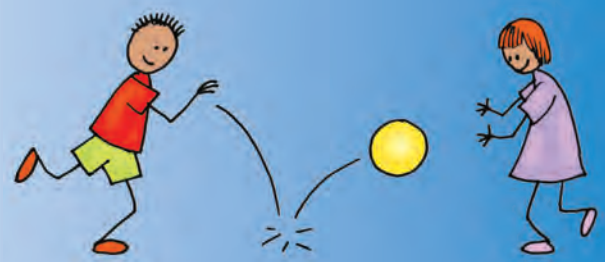
Isitishi 2:

Ihoki: Sebenzisa intonga yehoki ukuqhubela ibhola ngakwindawo yokukora.



Isitishi 3:

Ibhola yomnyazi: Qakathisela ibhola kumhlobo wakho ubaleka.



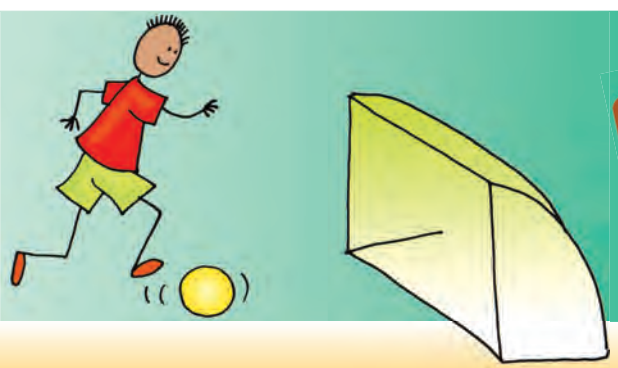
Isitishi 4:

Ibhola yombhoxo: Baleka nebhola uze uyiphosele omnye.



Isitishi 5:

Ibhola ekhatywayo: Khaba ibhola ubaleka ukuya ematheni wokukora.



Imijikelo yobomi

Masithethe

Jonga imifanekiso uze uxelele umhlobo wakho ngendlela eliguquka ngayo isele kuwo wonke umjikelo wobomi balo.

Umjikelo wobomi besele



1. Amasele amabini ayadibana ukuze achumise amaqanda.
2. Isele eliyimazi libekela amaqanda.
3. Kuvela unojubalala omtsha oneempefumla ezingaphandle kunye nephiko lomsila.
4. Unojubalala ukhula imilenze.
5. Umsila uthi pheselele.
6. Isele elidala eseliphuhle imiphunga nelingasenazimpefumla.

Ikota yesi-2 – Iveki yesi-5 – Iphepha lomsebenzi lama-



Sika imifanekiso echanekileyo kwiphepha ekusikwa kulo ukubonisa umjikelo wobomi bebhabhathane.

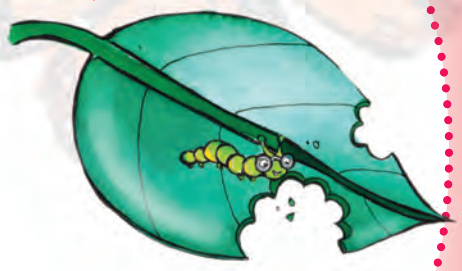


Umjikelo wobomi ubonisa amabakala ahlukeneyo ophuhliso aqhubela phambili nalandelelana ngendlela ethile. Jonga umjikelo wobomi besele nowebhabhathane uze uthethe ngamabakala ahlukeneyo. Krwela umgca utshatise ibakala ngalinye nomfanekiso ochanekileyo.

Umjikelo wobomi bebhabhathane







1 Amaqanda ayaqandusela

2 Usana

3 Umbungu omkhulu

4 Umbungu wenza uphunguphungu

5 Ibhabhathane elihle

6 Ibhabhathane libekela amaqanda















26

Imijikelo yobomi

Masithethe

Jonga imifanekiso uze uthethe nomhlobo wakho ngomjikelo wobomi benkuku.

Umjikelo wobomi benkuku

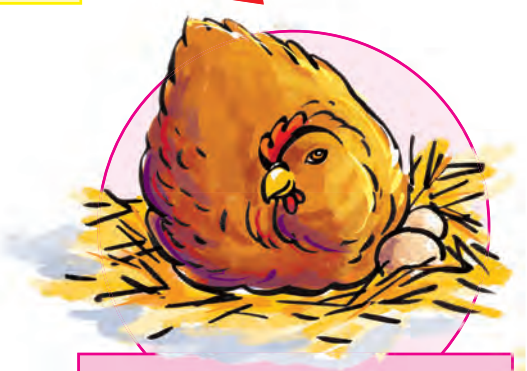




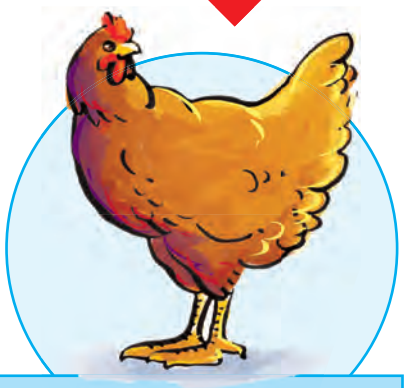
Isikhukukazi sibekela amaqanda







Isikhukukazi sifukamela amaqanda



Iinkuku ezindala



Amaqanda ayaqandusela



Amantshontsho ayakhula

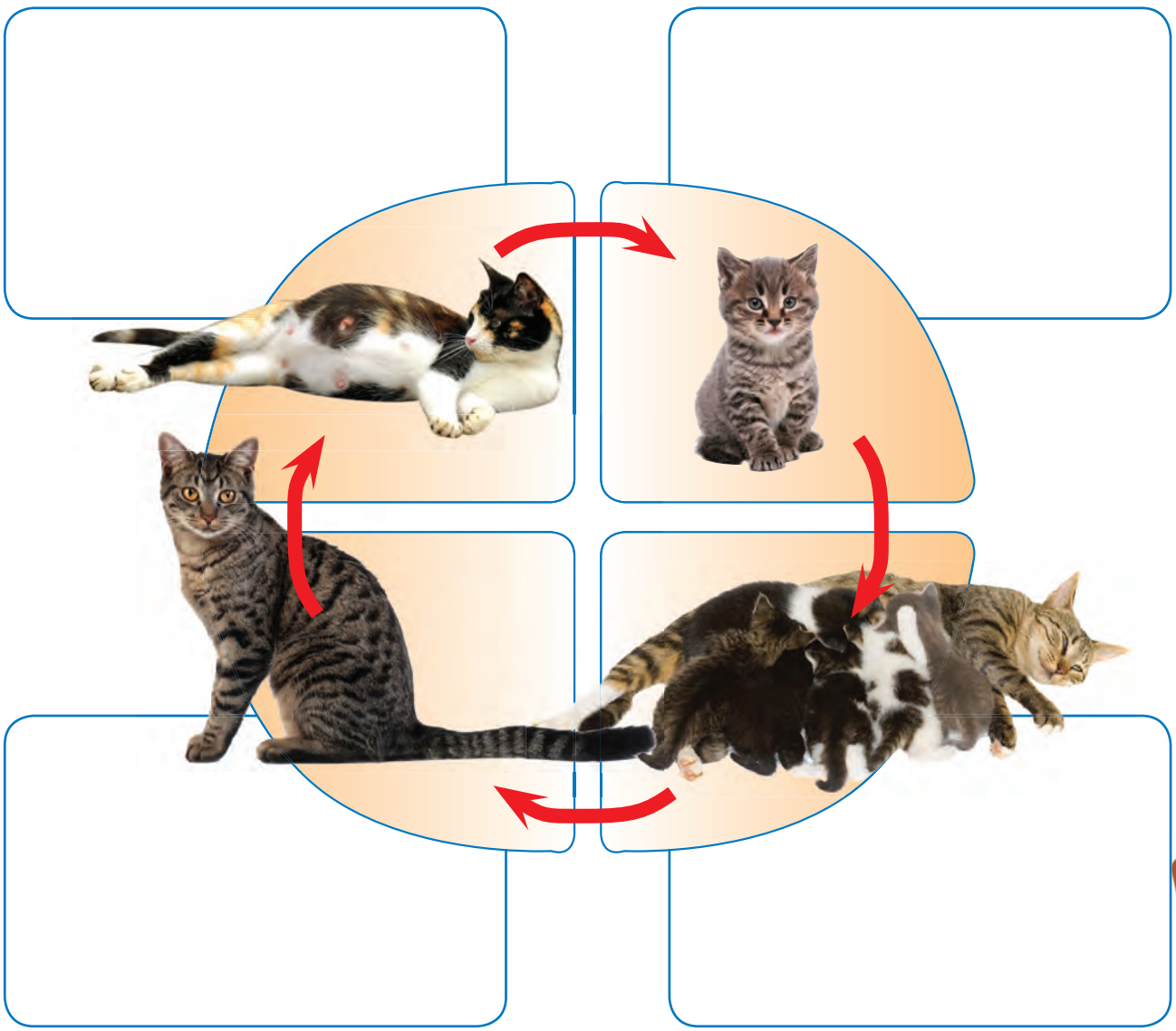


Ngoku yila owakho umjikelo wobomi.
Faka ileyibhile kumfanekiso ngamnye okwivili lebali ukubonisa umjikelo wobomi bekati.
Sebenzisa izihloko ezingezantsi ukuze zikuncede.

Faka iinombolo kumabakala 1-4 uze uzisebenzise kwivili lakho lebali.

	Kuzalwa intshontsho lekati.		Ikati endala
	Umama wekati umithi iiveki ezili-9.		Umama wekati uncancisa amantshontsho akhe

Umjikelo wobomi bekati



Teacher:
Sign:
Date:

Bonisa izakhono zobuchule bakho



Masenze Yenza ikati eliqabane.



Uya kudinga:
Iphepha le-A4
Ipenisile
Ipeyinti yomgubo namanzi
Izinti zokugqogqa iindlebe

- Zoba umgca wobuso bekati ephepheni.

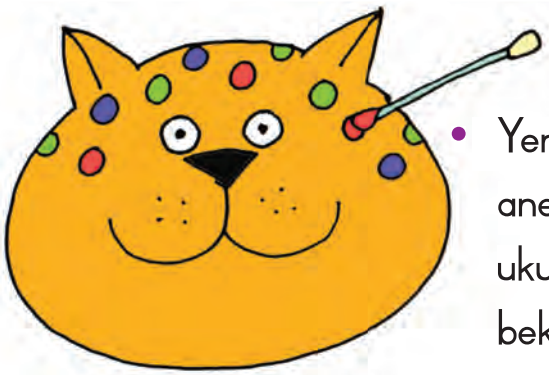




- Xuba ipeyinti ukuze wenze imibala enokuba mi-3 eyahlukeneyo.



- Sebenzisa uluthi lokugqogqa iindlebe ngombala ngamnye.



- Yenza amachaphaza anemibala eyahlukeneyo ukuhombisa ubuso bekati.





Masithethe

Xelela umhlobo wakho ngekati yakho esisilo-qabane. Xela indlela oza kuyikhathalela ngayo.





Masenze

Zoba izinto ezi-4 ofanele ukuzenza xa ukhathalela isilo-qabane. Ngoku bhala inkcazelo emfutshane ezantsi komzobo ngamnye.

Teacher:

Sign:

Date:

Ukulondoloza ubume bemeko esingqongileyo



Jonga ezi powusta uze uthethe nabahlobo bakho ngento ezisixelela yona.



Jonga umqondiso wokuhlaziya.
Ukhe wawubona phi umqondiso ofana nalo?

Ncedani sihlaziyeni!



Masifunde

Singanceda njani ukugcina okusingqongileyo kucocekile?

Kufuneka sikhumbule ezi zinto zintathu.

Nciphisa: Kufuneka sinciphise ukulahla kwethu inkunkuma nokuba kuphi.

Ukuphinda sisebenzise iimveliso: Kufuneka siphinde sizisebenzise iimveliso kangangoko sinokwenza phambi kokuzilahla.

Ukuhlaziya: Kufuneka sifumane iindlela zokusebenzisa iphepha, iibhotile neetoti.



Masibhale

Kwitheyibhile engezantsi, bhala amagama ezinto ezinokuhlaziywa. Sikuqalele uludwe ngalunye.

Hlaziya igilasi	Hlaziya iplasitiki	Hlaziya iphepha	Yenza ikhomposi
Iibhotile ezindala	Izingxobo zeplasitiki	Amaphepha-ndaba	Amaxolo emifuno

Teacher:
Sign:
Date:

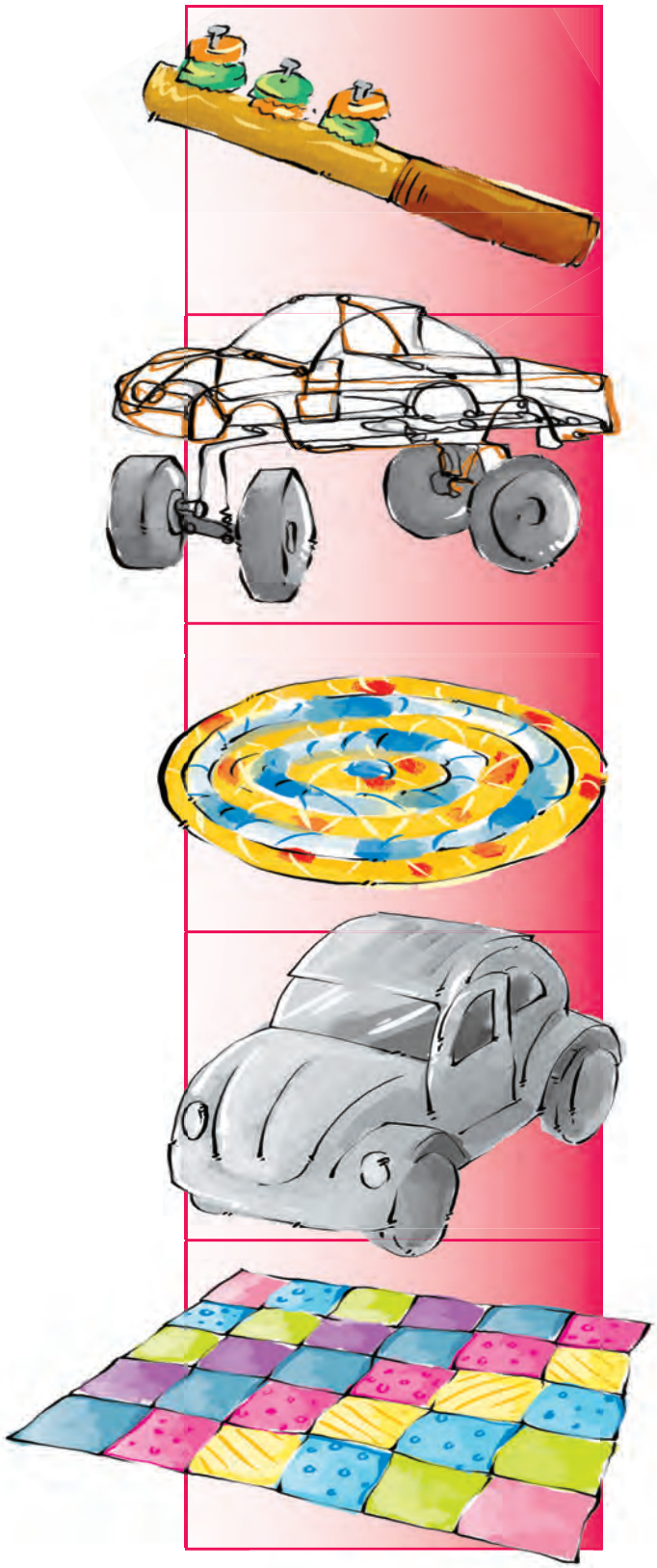
29

Ukuhlaziya

Masibhale

Krwela umgca osuka kwinto nganye engasekhohlo oya kwinto engasekunene, ukubonisa indlela ezinokusetyenziswa ngayo ukwenza izinto eziluncedo.







Masibhale

Cinga ngezinto ezinokwenza ikhomposi elungileyo. Bhala igama ngalinye ngezantsi kuluhlu oluchanekileyo ukugqibezela itheyibhile. Unako kananjalo ukucinga ngezinto ezithile ezizezakho uze uzihlele kakuhle ngokwezintlu ezichanekileyo.

izingxobo zeplasitiki

amaxolo emifuno

izikhonkwane

iitoti zesiselo esibandayo

amaqokobhe amaqanda

Izinto ezingenakubola	Izinto ezinokubola



Masenze

Yenza ipowusta enqanda ukulahla inkunkuma nokuba kuphi.
Zoba umfanekiso uze ubhale umyalezo.



Iintsuku zenkolo nezinye ezibalulekileyo



Masithethe Thetha nomhlobo wakho ngokuba zeziphi iinkolo ezisebenzisa ezi mpawu. Xela ukuba loluphi olwenkolo yakho. Ukuba akuluboni uphawu lwakho, luzobele umhlobo wakho.



Umnqamlezo luphawu lwamaKrestu. UYesu, uNyana kaThixo, wafela izono zethu emnqamlezweni.



Iceba lenyanga kunye nenkwenkwezi luphawu lwamaIslam. AmaMoslem athandaza ka-5 ngazo zonke iintsuku.



Uphawu lwamaJuda yiNkwenkwezi kaDavide. UKumkani uDavide wayengukumkani wamaSirayeli.



Uphawu lwamaHindu lubhalwa ngolwimi lwaseIndiya lwakudala oluyiSanskrit.

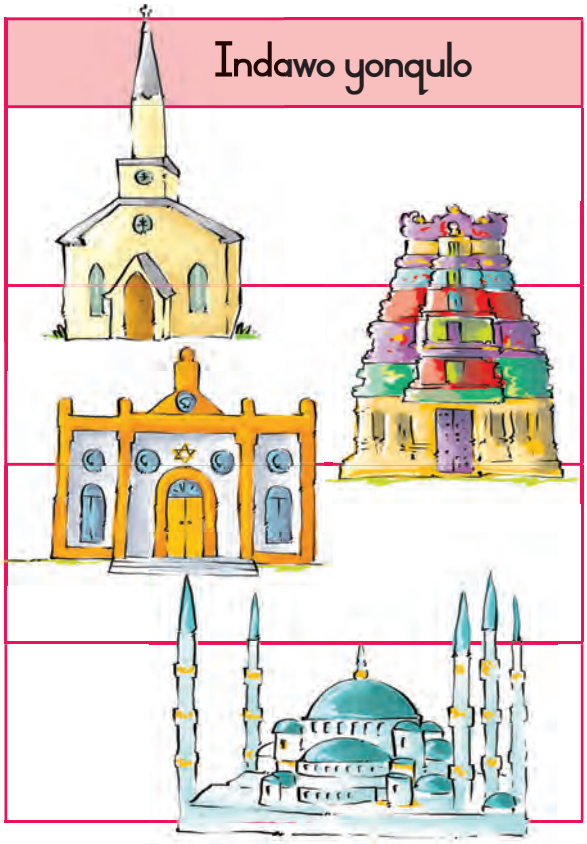
lindawo ezahlukeneyo zokunqula



Masenze Krwela umgca odibanisa inkolo nganye nendawo yayo yokunqula.
Bhala igama lesakhiwo phantsi komfanekiso ngamnye.

itempile	isinagogu	imoski	inkonzo

Inkolo	Indawo yonqulo
isi-Islam	
isiHindu	
ubuKrestu	
isiJuda	





Masenze Buza abahlobo aba-4 ukuba loluphi uphawu olubonisa inkolo yabo.
Lukopele ecaleni kwamagama abo.

Amagama abahlobo	Iimpawu zabo

Teacher:
Sign:
Date:

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Siyaqondisisa



Masibhale

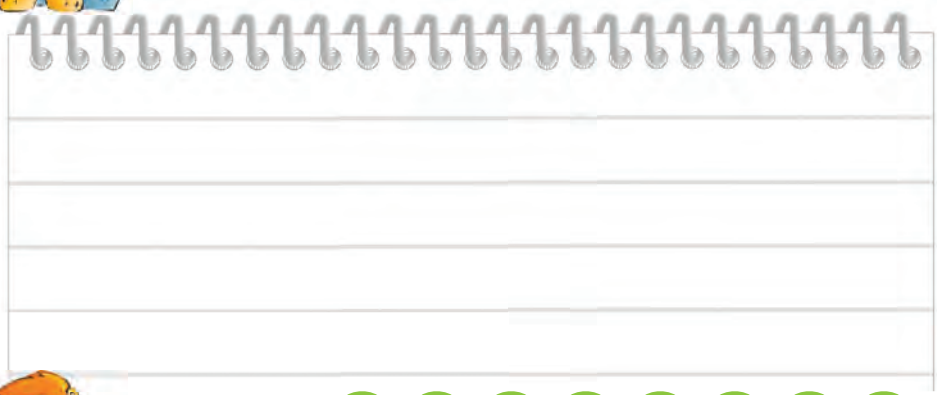
Yenza uludwe lweentlobo zokutya ozityе ukususela kusasa izolo. Kwibhokisi engasekunene, fakela uphawu (✔) ecaleni kokutya ngakunye okunempilo.

Ukutya okutyiwe ukususela izolo	Ngaba kunempilo?



Masibhale

Yenza uludwe lweentlobo zokutya esifanele ukuzityа yonke imihla.





Masenze

Zoba umfanekiso wokutya okukokona ukuthanda kakhulu uxele nokuba kukoluphi uhlobo lokutya.

Kuvela koluphi uhlobo lokutya? _____

A a

G g

B b

H h

C c

I i

D d

J j

E e

K k

F f

L l

M m

S s

N n

T t

O o

U u

P p

V v

Q q

W w

R r

X-Z x-z




get well soon







