

UKkz. Angie Motshekga, nguNqgonqgotjhe wezeFundo-Sisekelo



UNom Enver Surty, nguSekela kaNqgonqgotjhe wezeFundo-Sisekelo

Iincwadi lezi zenzelwe abentwana beSewula Afrika ngaphasi koburholi bakaNqgonqgotjhe wezeFundo-Sisekelo, uMma u-Angie Motshekga, kanye neSekela lakaNqgonqgotjhe wezeFundo-Sisekelo, uNom. Enver Surty.

Iincwadi zokuSebenzela zakwaRainbow ziyingcenye yeendlela ezinengi zomNyango wezeFundo-Sisekelo wokungenelela onqophe ukuthuthukisa ukusebenza ngcono kwabafundi beSewula Afrika kumaGreyidi wokuthoma asithandathu. Njengamanye wamaHlelo womBuso aphuma phambili, iphrojekthi le isekelwe ngeemali ezibuya esiKhwameni seeMali seLizweloke. Lokhu kusize umNyango ukukhupha iincwadi zokusebenzela lezi ngawo woke amalimi asemthethweni ngaphandle kweendleko. Siyathemba kobana nizokufunyana iincwadi zokusebenzela lezi zilisizo khulu ekufundiseni kwenu kwangamalanga kanye nokuqinisekisa kobana abafundi benu bayayiqeda ikharikhyulamu.

Sitjheje khudlwana ukuhlahla abotitjhere komunye nomunye umsebenzi ngokusebenzisa iinthombe ezitjengisako bona ngikuphi umfundi amele akwenze.

Siyathemba kobana abentwana bazokuthabela ukusebenzisa iincwadi lezi njengombana bakhula bebafunda nje, begodu wena titjhere uzokwabelana nabo ithabo lokufunda.

Sinifisela ipumelelo ekusebenziseni iincwadi lezi.

IGreyidi 3



Amakghono Wezepilo ISINDEBELE

Incwadi 1

Ithemu 1&2

Ibizo:

Itlasi:

Iincwadi zokuSenzela zikhona ngemilandelande le:

- Ilitheresi / Ilimi lekhaya iGreyidi 1-6 (Ngamalimi woke asemthethweni)
- Iimbalo iGreyidi 1-3 (Ngamalimi woke asemthethweni)
- Iimbalo iGreyidi 4-9 (Ngelimi lesiNgisi nelimi lesi Bhunu)
- Amakghono Wezepilo iGreyidi 1-3 (Ngamalimi woke asemthethweni)
- Ilimi lokuthoma elingezelelweko iGreyidi 1-3 (NgesiNgisi, lesi Bhunu, ngeSepedi nangesiZulu)
- Ilimi lokuthoma elingezelelweko iGreyidi 4-6 (Ngelimi lesiNgisi nelimi lesi bhunu)

Rainbow WORKBOOKS

LIFE SKILLS IN ISINDEBELE
GRADE 3 – TERMS 1&2
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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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U-Oktoba
UNovemba
UDisemba

IGreyidi 3



Amakghono Wezepilo
ISINDEBELE
Incwadi yoku-1



Incwadi le ngeyaka:

1

Mayelana nami



Asitlole

Soke nasinje sehlukile begodu siqakathekile
Qedelela incwadi yokuzazisa le emayelana nawe.
Nasele ukwenzile lokho, tjengisa umngani wakho ikarada.

Yini okufanako begodu yini umehluko hlangana nawe kanye nomngani wakho?



Ukuzazisa

Ibizo:

_____.



Iminyaka:

_____.

Umntazana nanyana umsana:

_____.

Umbala weenhluthu:

_____.

Umbala wamehlo:

_____

Gwala isithombe sakho.

Asikhulume Kwanje cabanga ngepilo yakho bekube nje.



Ungakhumbula bekufike kuphi?

Uyawakhumbula amalanga wakho wamabeletho?

Uyakhumbula lokha nawusathoma ukungena isikolo?



Asitlole Zalisa ngeenkhathi ezimayelana nawe.

			
Ngabelethwa ngomnyaka ka-	Ngathoma ukukhuluma ngomnyaka ka-	Ngithome isikolo ngomnyaka ka-	Ngithome ukufunda igreyidi 2 ngomnyaka ka-
20_____	20_____	20_____	20_____

Ilanga lami lamabeletho limhla: _____

Teacher:
Sign:
Date:

2

Isikolo sethu



Asenzeni lokhu

Utitjhere wenu uzonisiza kobana nigwale iinkhathi zesikolo senu.
Sele sikuthomele lokho enizokuthoma ngakho.
Utitjhere wenu uzonitjela ezinye izehlakalo ekumele ningezelele ngazo.

Isikolo senu sathoma ngamuphi umnyaka?	Uphrinsipala wenu wafika ngamuphi umnyaka esikolweni lesi?		
20____	20____	20____	20____
20____	20____	20____	20____



Asenzeni lokhu

Bobani abantu boke abasesikolweni senu? Khulumani ngabo kobana bobani bese niqedelela ngamagama anembako eduze kwesinye nesinye isithombe. Coca nomngani wakho kobana benza ini esikolweni. Sebenzisa amagama alandelako azokusiza.

abasebenzi abahlwengisako

abotitjhere

uphrinsipala

abafundi















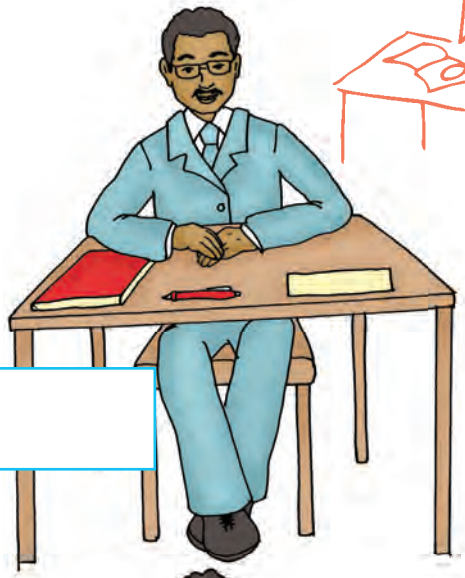



Asidlaleni

Utitjhere wakho uzokubiza ibizo lakho bese uphosela ibholo phezulu. Wena kumele uyigame ngaphambi kobana iwele phasi.



Kwanje linga ukubamba ibholo ngesikhwama lokha umngani wakho nakayiphosela kuwe.



Phosela umnganakho ibholo ingesikhwameni ubone kobana uzoyibamba na.

Zelule njengokatsu ubuye uledlhe.



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3

Koke ngami

Asikhulume

Cabanga ngokuthileko okukarisako okwakuvelela kade bese utjela umngani wakho ukuze akwazi ngcono.



Asikhulume

Cocela umgani wakho kobana umuntu lo utjhuguluke njani ukusuka esaneni bewaba silukazi esilupheleko.

 isana	 umntwana	 umntwana wesikolo
 itlawana	 umuntu omdala	 umuntu olupheleko



Asidlaleni





Betha iinyawo zakho ngamaphetheni alandelako.

Nc = Ngesincele  Dl = Ngesidleni 

Dl Nc Dl Dl Nc Dl Nc Dl

Dl Nc Dl Nc

NcNc Dl NcNc Dl Nc Dl

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Date:

4 Okukhulu kanye nokudala



Asikhulume

Khulumani ngomehluko wobudala okhona ebantwaneni kanye nabanye abantu abadala.

Lokha isikhathi nasikhamba njalo, abantu bayaluphala. Umbala weenhluthu zabo uyatjhuguluka, amaphimbo wabo, baba nemisipha begodu bayakhalipha ngenqgondo.

Abantu batjhuguluka njani lokha nabakhulako?





Asitlole

Ngiziphi izinto ozenza ngokwehlukileko kubabelethi bakho kilezi ezingenzasi.

	Mina		Ababelethi bami	
Gijima ngaphandle kokuphela amandla	☺	☹	☺	☹
Yeqa intambo	☺	☹	☺	☹
Funda iphephandaba	☺	☹	☺	☹
Tjhayela ikoloyi	☺	☹	☺	☹
Dlalani emthini	☺	☹	☺	☹

Asivumeni

Asilungeleni ukuvuma.
Lingisa amatjhada alandelako.

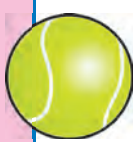
Itjhada elihlabako elifana nele-ambhulensi.
Itjhada eliphasi khulu elifana nelokudunduzela umntwana.
Itjhada eliphezulu elifana neleenyoni nazivumako.
Itjhada eliphasi elifana nelebhubezi nalibhodlako.

Asidlaleni

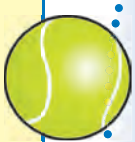
Ungayigama ibholo?



Phosela ibholo yetenisi phezulu bese uyigama ngezandla zombili.



Phosela ibholo yetenisi phezulu bese uphaphatha izandla ngaphambi kobana uyigame.



Betha ibholo yetenisi phasi.



Kwanje zelule njengokatsu.



Teacher:
Sign:
Date:

Imizwa

Asikhulume

Qala iinthombe ezilandelako bese uyatjho kobana abentwana bazizwa njani. Ingabe nawe khewazizwa unjalo? Zalisa utjho kobana umntwana ngamunye uzizwa njani. Sebenzisa amagama alandelako azokusiza.

dana	thaba	zisole	yesaba
	zikhakhazise	thukuthela	















Asikhulume

Yini lokho okukuthabisako?

Yini lokho okukwenza udane?

Yini lokho okukwenza wesabe?

Yini lokho okukwenza uthukuthele?





Asitlole

Thala umuda umadanisa amagama anehlathululo efanako.

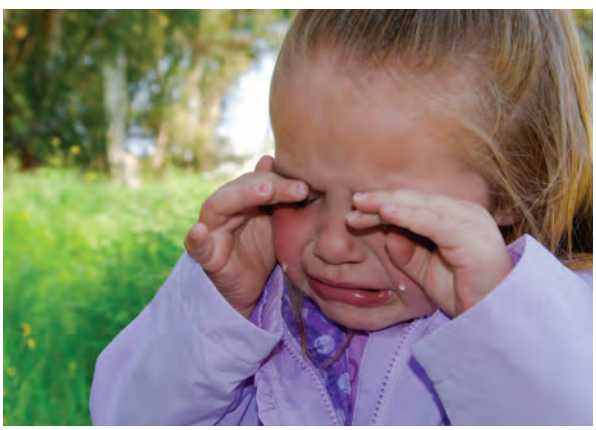




thaba	thukile	thukuthele	danile

silingekile	thabile	yesaba	lila





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6 Izinto engizithandako

Asitlole Khalara iinkwekwezi nangabe uthanda ukwenza izinto ezilandelako.



Ngithanda ukufunda.



Ngithanda ukugwala.



Ngithanda ukuvuma.



Ngithanda ukududa.



Ngithanda ibholo erarhwako.



Ngithanda ukupenda.

Asigwaleni

Gwala iinthombe ezimbili ezitjengisa lokho okuthandako.



Ngithanda _____.	Ngithanda _____.



Asitlole

Khalara iinkwekwezi nangabe nawe ungazenza kuhle izinto ezilandelako.

Ngingagijima ngebelo eliphezulu msinya.

Ngingagwala kuhle khulu.

Ngisebenza kuhle khulu eembalweni.

Ngifunda kuhle khulu.

Asigwaleni

Gwala iinthombe ezimbili zezinye izinto okwazi ukuzenza kuhle.



Teacher:

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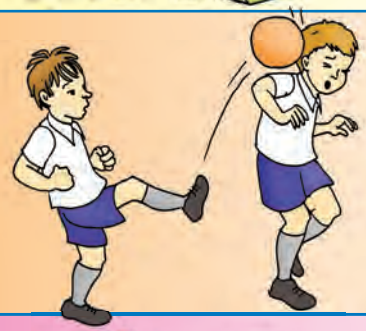
Imizwa

Asikhulume

Qala esinye nesinye isithombe kezilandelako bese ukhuluma kobana ungabasiza njani abentwana ukwenza okufaneleko. Tshwaya ipendulo ekungiyo.

	Angekhe wabona lapha unephoso khona!	
	Awa, ngiyancancabeza! Ithi ngikusize sidobhe lokhu.	
	Ngilibalela! Nasi ibholo yakho.	
	Ngilibalela! Khamba uyokudlalela engcenye!	
	Ngeyami begodu angekhe ngikunikele.	
	Yiza, asabelane itjhokoledi.	

Asitlole

Ingabe abangani abazwanako benza ini?





Tlola ezinye izinto ezimbili abangani abazwanako abazenza ndawonye.



Asikhulume

Qala iinthombe ezilandelako. Khulumani ngalokho enikubonako esithombeni ngasinye. Thathani isithombe esisodwa bese niyalinganisa. Nikelani isithombe senu isiphetho esinembako.









Asidlaleni

Linga ukwenza izinto ezilandelako.

- Gijigijima ekundleni yezemidlalo. Utitjhere wenu nakathi "tjhugulukani" kumele niphenduke bese nigijima niqale ngakelinye ihlangothi.
- Phosela ibholo phezulu bese uyigama ngezandla zombili.
- Betha phasi ibholo ujamile endaweni eyodwa.
- Kwanje betha phasi ibholo bese uya phambili.



Teacher:

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Siyahlolisisa



Asitlole

Zihlole

	✔	✘
Ngimngani omuhle.		
Ngiyabatlhogomela abangani bami.		
Nginobuntu begodu ngimngani wabentwana boke ngetlasini yami.		
Inengi labentwana ngetlasini yami bayangithanda.		
Ngiyazithoba kibo boke abantu.		



Asenzeni lokhu

Yenzela omunye umuntu ikarada. Gwala isithombe ngaphambili ekaradeni bese utlola umlayezo okhethekileko ngaphakathi.







Asitlole

Gwala isithombe sabangani bakho nanyana sakatitjhere wakho nanyana samalunga womndenu wakwenu owathandako. Tlola amabizo wakho.



Abantu engibathandako nabakhethekileko epilweni yami



Teacher:

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Zepilo



Asikhulume

Khulumani ngalokho ekwenzeka esithombeni.

Ingabe khewaphuma umongola nanyana ukhe waphophoza?

Ngikuphi ekumele ukwenze nawuthoma ukuphuma umongola?



Ofanele ukukwenza nawuphophozako/ nawuphuma umongola



1. Hlala phasi bese welulela ihloko yakho phambili uqale phasi.





2. Vala ipumulo ephuma umongola imizuzu emibili bese uphefumula ngomlomo.

3. Beka okuthileko okumakhaza ngemuva entanyeni yakho.





4. Ungafinyi ngemva kokobana umongola ungasaphumi.

5. Nangange ukuphophoza/umongola akukhawuki ngemva kwemizuzu elitjhumi nahlanu, khamba uyokubona udorhodera.



Ukuphathwa kwamanceba





Asifunde

Asikwazi ukuyibona imilwana kodwana ikhona nanyana kukuphi. Nangabe ulimele, kumele ugcine isilonda sakho sihlanzekile ukuze singangeni imilwana.

Siwahlanza njani amanceba?

Ungathomi uthinte iingazi zomunye umuntu.



Nangabe usiza omunye umuntu, kuhle kobana wembathe amadlhavu ngaso soke isikhathi.



Yenza kobana inceba lingasophi iingazi ngokuliphakamisela ngehla kweleveli yehliziyo.

Linga ukuqeda ukopha ngokugandelela ubeke itjhila elihlanzekileko lokubopha amanceba phezu kwalo.



Nangabe inceba liyatjhinga begodu liphuma iingazi njalo, bonana nodorhodera.



Ukutjha

Asikhulume

Kwenzekani eenthombeni ezilandelako?
Abantu bangatjha ngaziphi iindlela?











Asifundeni

Nangabe uthinta into etjhisako, uzokutjha.

Kumele wenzeni nangabe omunye uyatjha?

1. Faka indawo leyo lapha umuntu atjhe khona ngemanzini okungenani imizuzu elitjhumi. Lokho kwenzelwa ukupholisa isikhumba.
2. Vula isilonda sokutjha. Ungalisusi itjhila nalinamathele esikhumbeni.
3. Beka itjhila elihlanzekileko phezu kwenceba lokutjha ukuligcina lihlanzekile.
4. Nangabe inceba lokutjha liyatjhinga nanyana likhulu ukudlula intende yesandla sakho, bonana nodorhodera msinya.



Asidlaleni

Yeqani ibanga elide.



Meda kobana ungeqa ufike kude kangangani.

Ingabe umngani wakho yena angeqa afike kude kangangani?



Asidlaleni

Gwala ikirivayi.



Dlhegana nomngani wakho ngokuba yikirivayi.



11

Ukugcina umzimba wami uphephile



Asikhulume

Kumele siyitlhogomele imizimba yethu.

Sifunyana umuzwa wokobana "kuhle" lokha nasithanda okuthileko begodu sizizwa kwangathi singaragela phambili.

Sifunyana umuzwa wokobana "awa" lokha nasithola okuthileko okungasiphathi kuhle begodu sizizwa kwangathi singalisa ukuragela phambili.





Asitlole

Tlola "Iye" nanyana "awa" edize kesinye nesinye isithombe bese uyatjho kobana omunye umuntu ungamtjela ini.









Ukwala uthi angifuni

Kanengi akusilula ukuthi awa, kodwana kumele utjho kobana awa nangabe into ayikuphathi kuhle.

Nangabe omunye umuntu ukunikela umuzwa othi "awa" bese wena uzizwa ungakaphatheki kuhle, coca nomuntu omdala ngalokho.



Asitlole Tlola irhelo labantu ongabathemba.



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Ukuzitjheja/ Ukuzinakekela

Asikhulume

Qalani iinthombe ezilandelako ngokuyelela okukhulu.
Ingabe ungacoca indatjana ngazo?
Qedelela amabhamuza wekulumo.











Asitlole

Tlola phasi imithetho emihlanu emayelana nokuphepha.

Abentwana abakafaneli uku-



Asenzeni lokhu

Yenza imaski ukutjengisa ukuphakama kwemizwa.

Qunta kobana kuphakama kwemizwa okunjani ongathanda kobana imaski yakho ikutjengise.



Gwala ukuphakama komuzwa lowo utlhatlhabeje ephepheni.

Sika.

Sika amehlo.

Kghabisa ngephepha elinombala.

Asidlaleni

Zilungiselele umgijimo.

Guqa endaweni yokuthoma efaneleko.
Lalela utitjhere wakho nakathi:
"Emudeni! Zilungisele! Gijima!"
Yenza isiqabo.





Teacher:

Sign:

Date:

13

Ukugcina umzimba wami uphephile



Asikhulume

Soke sinesibopho sokugcina imizimba yethu inepilo.
Abentwana abalandelako benza ini ukugcina imizimba yabo kobana ihlale inepilo?






Ngiziphi ezinye izinto ezinganapilo abanye abantu abazenzako?

Ingabe bewazi kobana ukubhema akuyifaneli imizimba yethu?

Ingabe bewazi kobana umuntu nakabhemela eduze kwakho, lokho kuyingozi?

Ingabe ukubhema kuyona njani imizimba yethu?



Asitlole

Tshwaya esinye nesinye isitatimende ngethiki nanyana ngesiphambano ukutjho kobana siliqiniso nanyana simamala.

	Isegerede sizwakala simnandi.
	Nangabe ngihlezi eqadi komunye obhemako, lokho kungalimaza oseduze kwakho.
	Ukubhema kungatjhugulula amazinyo wakhe abe sarulani.
	Ukubhema kungakubangela amalwele womlomo.
	Ukubhema kungenza kobana ukhohlele kumbi.
	Ukubhema kungakubangela ubulwele bekankere.

Imithetho emayelana nezepilo.

Kumele ngikame iinhluthu zami ngaphambi kobana ngiye esikolweni.

Ngimele ngihlambe amazipho wami nangiqeda ukudlala ngesanda.

Ngimele ngihlambe izandla zami ngemva kokubuya ngendlini yokuzithumela.

Ngimele ngifake amathitjhu ebengifinya ngawo ngemqgonyini weenzibi.



Ukuzithabisa

Umele wembathe ini ukuze uphephe? Madanisa iinthombe ngokuthi ugwale umuda osuka esithombeni esingesinceleni uye esithombeni esinembako ngakwesokudla.





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Amalungelo kanye neembopho

Asifunde



Ngesinye isikhathi abentwana kumele basebenze ngombana ababelethi babo batlhaga.

Kodwana abentwana akukameli kobana basebenze khulu njengabantu abadala.

Abentwana kumele babe nesikhathi sokudlala kanye nesikhathi sokuya esikolweni.

Qala iinthombe ezilandelako. Tshwaya imisebenzi efanele abentwana?



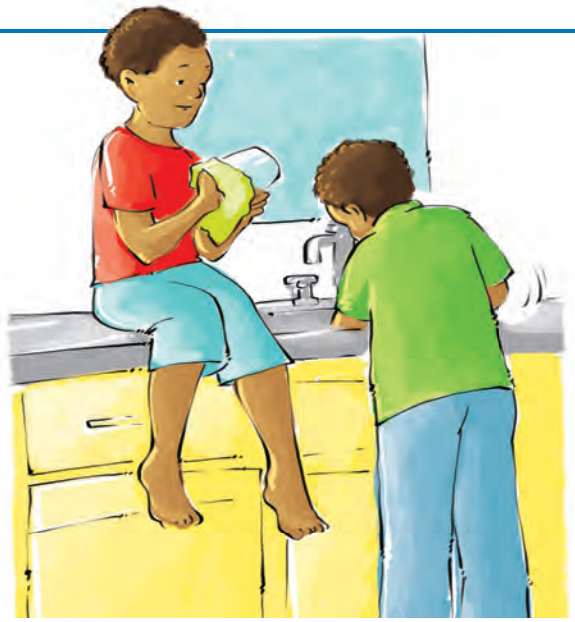
UNomakhuwa uthengisa imirorho ilanga loke begodu akakwazi ukuya esikolweni.



Ngemva kokuphuma kwesikolo, uSandile uthelelela esivandeni.



UDumi uthwala iintina ngombana usebenza nomakhi.



UJabu noBongi basiza ukwenza iwatjhini.



Asikhulume

Ngiyiphi imisebenzi oyenza ekhaya?

Ngiyiphi imisebenzi oyenza esikolweni ukusiza utitjhere wakho?





Asidlaleni Linga imidlalo elandelako.





Bophelela inyawo lakho komunye bese niyagijima.

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Amalungelo kanye neembopho



Asikhulume

Tjela umngani wakho kobana abafundi laba ingabe bephula muphi umthetho?

Esinye nesinye isikolo sinemithetho ukuze kube khona ukuphatha okufaneleko. Enye nenye itlasi nayo inemithetho ekumele abafundi bayilandele.



Asitlole Tlola imithetho emine yangetlasini lenu.









Asikhulume Funda amalungelo kanye neembopho ezilandelako bese ucoca nomngani wakho kobana isibopho nelungelo ngalinye litjho ukuthini.

IIMBOPHO ZELUTJHA LESEWULA AFRIKA

Ukulingalingana

Phatha omunye nomunye umuntu ngokulingalingana begodu ngendlela efaneleko. Ungambandlululi.



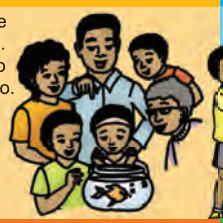
Isithunzi somuntu

Hlonipha nanyana ngubani. Yiba nomusa bewutlhogomele.



Ipilo

Enye nenye ipilo iligugu. Phatha ipilo ngehlonipho.



Umndeni

Yazisa bewuhloniphe ababelethi bakho. Yiba nomusa bewuthembeke emndenini wakwenu.



Ifundo

Iya esikolweni, funda bewusebenze ngamandla. Namathela emithethweni yesikolo.



Sebenza

Siza ekhaya lokha nakwenziwa eminye imisebenzi ekhaya. Abentwana akukameli kobana bakatelelwe ukufunyana umsebenzi.



Ikululeko kanye nokuphepha



Ungalimazi, uthelise nanyana wethusele abanye begodu ungavumeli abanye kobana bakwenze lokho. Rarululani ukungavumelani ngendlela enokuthula.

Ipahla

Hlonipha ipahla yomunye umuntu. Ungayoni ipahla begodu ungebi.



Ikolo, ikolelo kanye nombono

Hlonipha ikolelo kanye nombono wabanye abantu.



Ukuphepha

Tlhogomela iphasi/inarha. Ungawoni amanzi kanye negezi. Tlhogomela iinlwana kanye neentjalo. Gcina ikhaya lakwenu kanye nomphakathi ohlala kiwo uhlanzekile begodu uphephile.



Ubulunga belizwe

Yiba sisakhamuzi esihle nesihlobileko seSewula Afrika. Lalela imithetho bese uqinisekisa nokobana abanye bayayilandela.



Ikululeko yokuveza umbono

Ungakhambi urhatjha amala kanye nezondo. Qinisekisa kobana abanye abathukwa nanyana abalimali imizwa.





16

Ikolo kanye namanye amalanga akhethekileko



Asikhulume

Qala iinthombe ezilandelako.
Ukhe wezwa ngananyana ngiyiphi yeenkolo ezilandelako?



yesiHindu



yesi-Islam



yesiJuda



yesiKrestu

Sifanele sihloniphe abantu beenkolo ezahlukeneko.

Ukholelwa kiyiphi ikolo? _____

Ngiyiphi ikolo yeqiniso? _____

Akhe sihlolisise



Asitlole Qedelela ikarada elilandelako mayelana nawe.

Ibizo lami _____

Isibongo sami _____

Ilanga lami lamabeletho _____

Igreyidi engilifundako _____

Isikolo sami _____

Inomboro yakwethu yomtato _____

Isiphande _____

_____

_____

_____

Inomboro yobujamo oburhabekileko _____

Umdlalo engiwuthandako _____

Umbala engiwuthandako _____

Umngani wami omkhulu. _____

Ngikuphi okungithabisako _____

Ngikuphi okungenza ngidane _____

Ngikuphi okungithukuthelisako _____

Ngenza ini kwanje _____

Teacher:
Sign:
Date:

Imikghwa emihle yokudla



Qalani imikhakha yokudla okulandelako bese wena nomngani wakho nikhulume ngayo:
Kukudla okunjani okusemkhakheni ngamunye?
Kungani umkhakha ngamunye ulungele umzimba wakho?

Amaphrotheyini

Amaphrotheyini akha amaseli amatjha ukuze imizimba yethu ikhule.





Amavithamini kanye namaminirali

Amavithamini namaminirali asiza imizimba yethu kobana ikwazi ukulwa nokutshwayeleka ngamalwelwe bese sihlala siphilile.

Amakhabhohayidredi

Ukudla lokhu kusinikela amandla nomfutho.



Amafutha

Sidinga amafutha ukuze sikwazi ukufuthumela besibe namandla.

Asitlole Tshwaya (✔) isitatimende esiliqiniso ngokudla okudlako.

Ngivame ukudla ukudla okunepilo.	
Ngesinye isikhathi ngidla ukudla okunepilo.	
Angikavami ukudla ukudla okunepilo.	

Soke siyawadinga amanzi ukuze siphile. Amanzi athatha ukudla akuse ezithweni ezahlukeneko zomzimba.

Teacher:
Sign:
Date:

18 Imikghwa yethu yokudla



Asikhulume

Buza abangani abane kobana bathanda ukudla ini. Qala ukudla okwahlukeneko bese ubeka itshwaya (✔) nangabe uyakuthanda ukudla lokho begodu ubeke isiphambano (✘) nangabe awukuthandi ukudla lokho.

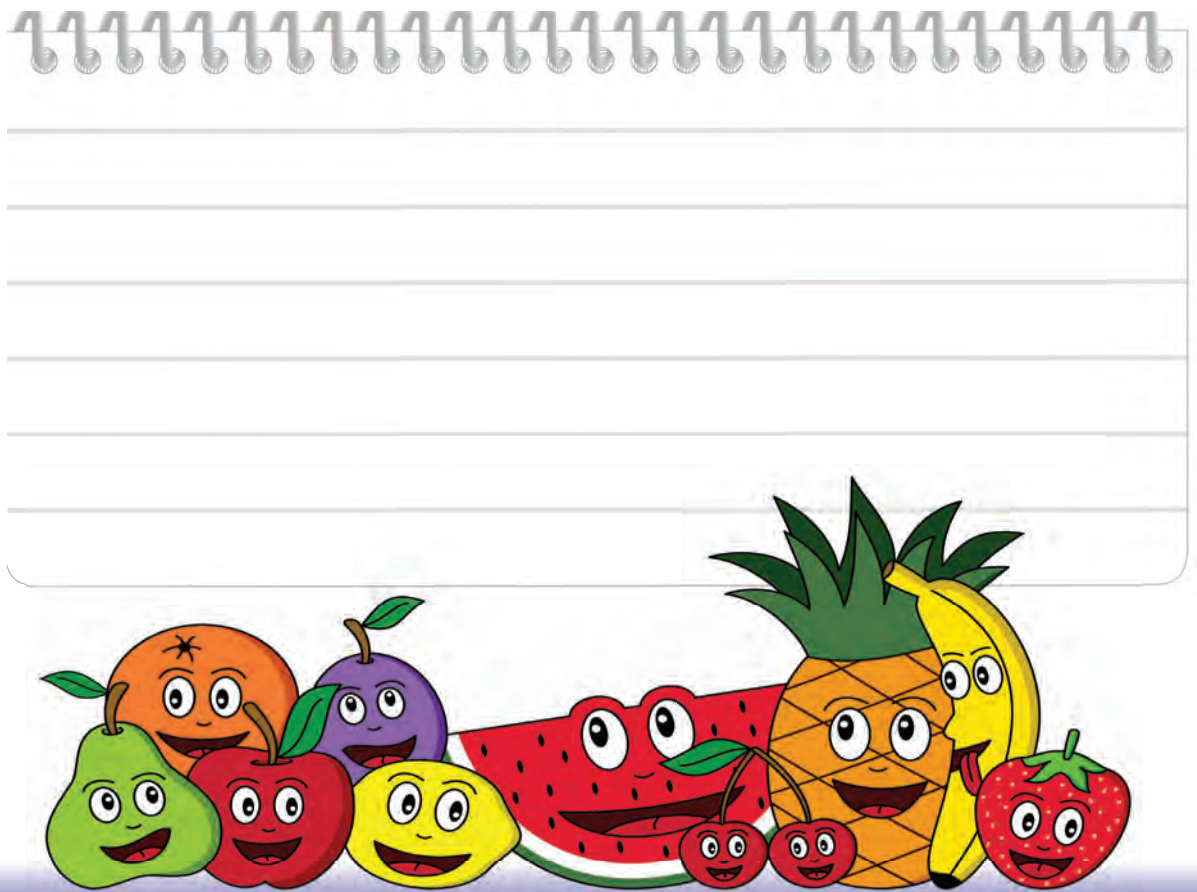
Qedelela ngokuzalisa amabizo wabangani bakho





Asitlole

Tlola koke ukudla okudle ngayizolo bese ubeka itshwayo (✔) eduze kokudla okunepilo.





Kwanje qedelela igrafu ukubona kobana umngani wakho uthanda ukudla kuphi. Bala amatshwayo ngaphasi kokunye nokhunye ukudla bese ufaka umbala amabhlogo afanako egrafini. Qala isibonelo onikelwe sona ukutjengisa kobana abangani abathathu bathanda i-ayisikhrimu.

I-ayisikhrimu				
Ihambhega				
Ama-apula				
Amatjhipsi				
Isipinatjhi				
Iphitsa				
Iyogathi				
Amaqanda				
Iphasta				





Qala amatheyibula owazalisileko bese uphendula imibuzo elandelako.

Ngikuphi ukudla abangani bakho abakuthande kancani?
Ucabanga kobana abangani bakho balandela imikghwa emihle yokudla?
Kungani ucabanga njalo?

Teacher:
Sign:
Date:

Imikghwa emihle yokudla



Asitlole

UThabo kanye noNomusa baya eKhefini lakwaSunshine. Kumele bathenge ukudla abazokupheka ngesidlo santambama. Basize ukuze bapheke ukudla okunepilo nokufaneleko.





Asitlole

Tlola izinto abafanele bazithenge kanye nenani lazo erhelweni lezinto eziyokuthengwa elingenzasi. UThabo kanye noNomusa basebenzise imali engangani ezintweni abazithengileko?

IRHELO LEZINTO EZIYOKUTHENGWA **INANI**





Asitlole

Ingabe ulandela imikhuba yokudla efaneleko kangangani? Khalara/Faka umbala ubuso obuthabileko emukghweni ngamunye ofaneleko.

Imikghwa yami yokudla	Iye	Awa
Ngivame ukudla ngibukele i-TV.	☺	☹
Ngithanda iinthelo kanye nemirorho.	☺	☹
Ngithanda ukudla okunamafutha okufana namatjhipsi.	☺	☹
Angiwathandi amanzi, ngithanda iinselo ezimakhaza.	☺	☹
Angiyidli imirorho.	☺	☹
Ngiyakuhlafunyisisa ukudla kwami.	☺	☹
Ngidla ukudla kwekuseni ngaphambi kokuya esikolweni.	☺	☹

Bala kobana ukhalare ubuso obuthabileko obungaki. _____



20

Ukudla ngefanelo



Asenzeni lokhu

Gwala nanyana unamathisele iinthombe zokudla evilini ukutjengisa ukudla okunepilo.

Asifunde

Imithetho yokudla okufaneleko

Vama ukuhlamba izandla zakho ngaphambi kokuthinta ukudla.

Ungatjhiyi ukudla kungakasibekelwa.

Ungakudli ukudla esele kunamalanga kuhlezi.

Sebenzisa amakari wemirorho ukwenza ivundiso.

Tjala yakho imirorho.



Asenzeni lokhu Gwala isithombe ukutjengisa owodwa wemithetho elandelako.



Teacher:

Sign:

Date:

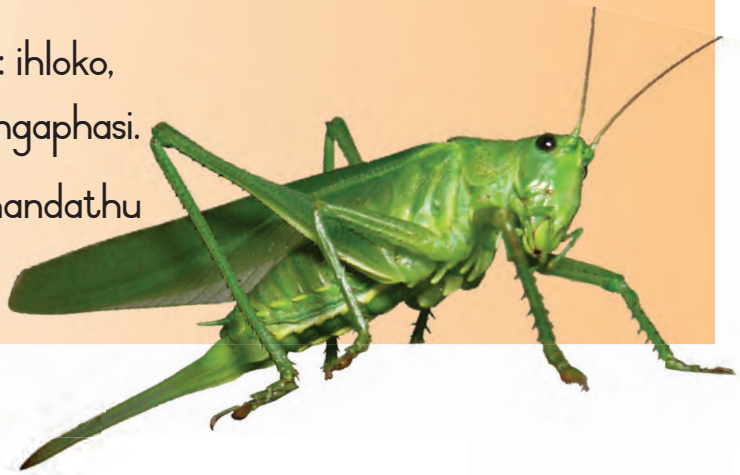
21

Iinunwana

Asikhulume Khulumani ngeengcenye ezahlukeneko zomzimba weenunwana.

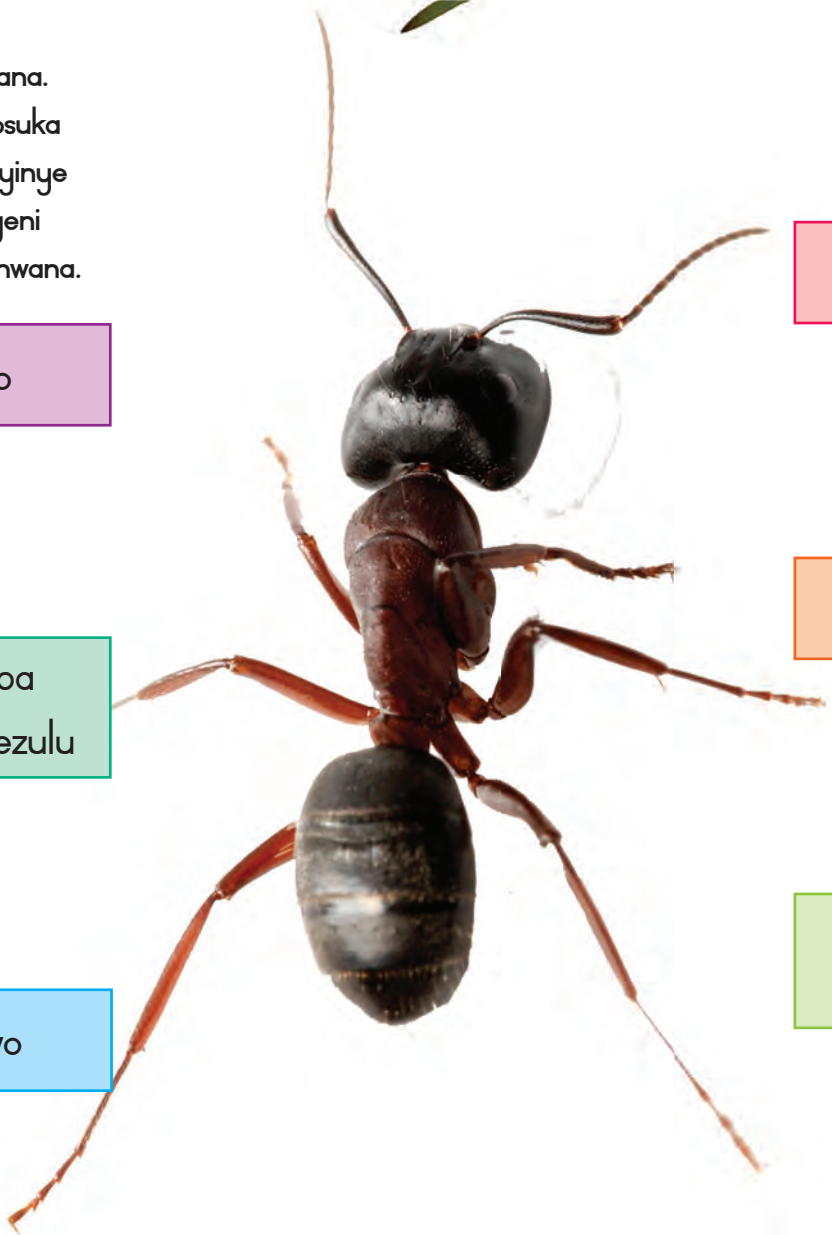
Iinunwana zineengcenye ezintathu: ihloko, umzimba wangaphezulu kanye nowangaphasi.

Begodu iinunwana zinemilenze esithandathu kanye neempondo ezimbili.



Asenzeni lokhu

Leyibula inunwana. Gwala umuda osuka eleyibuleni ngayinye ukuya engcenyeni ekungiyo yenunwana.



Iphondo

Ihloko

Ilihlo

Umzimba wangaphezulu

Umzimba wangaphasi

Inyawo

Asitlole

Gwala umuda ukumadanisa elinye nelinye igama kanye nenunwana. Yitjho-ke kobana ngiyiphi inunwana enengozi naleyo enganayo ingozi begodu elisizo.





Inyosi

Unompopoloza

Ipukani

Ubutjhontjhwani

Intethe

Iviyaviyani

Unomabhonjwana

Iviyaviyani eliphapha ebusuku











Asitlole

Kwanje zalisa iinkhala ngamagama atlhayelako.



_____ yenza iliju.

_____ yenza ipholeni yamathuthumbo.

_____ bandisa imalariya.

_____ yandisa amalwele.

_____ idla iintjalo zabalimi.

Teacher:

Sign:

Date:

Okhunye okunengi ngeenunwana

Asikhulume Qalani iinthombe ezilandelako bese ukhuluma nomngani wakho utjho kobana iinyosi zilisizo njani ebantwini.



Iinyosi zirhatjha ipholeni. Lokhu kunomphumela omuhle eenthelweni ukuze zikhule.



Iinyosi zikhiqiza iliju.

Asitlole Tlola elinye nelinye ibizo lenunwana esikhaleni esitjhiyiweko ukuze umutjho unembe.



_____ imunya amanzana aneswigirana ethuthumbeni.





_____ zisebenzisa iimpondo zazo ukukhulumisana nezinye iinunwana.

_____ irhatjha ipholeni ukusuka kesinye isitjalo kuyiwe kesinye.



_____ irhatjha imilwana.



Asenzeni lokhu

Yenza kobana inunwana yakho ikwazi ukukhamba.

- Sika iinunwana ekhasini labosika ekugcineni kwencwadi yakho.
- Zibeke ehangereni yejasi.

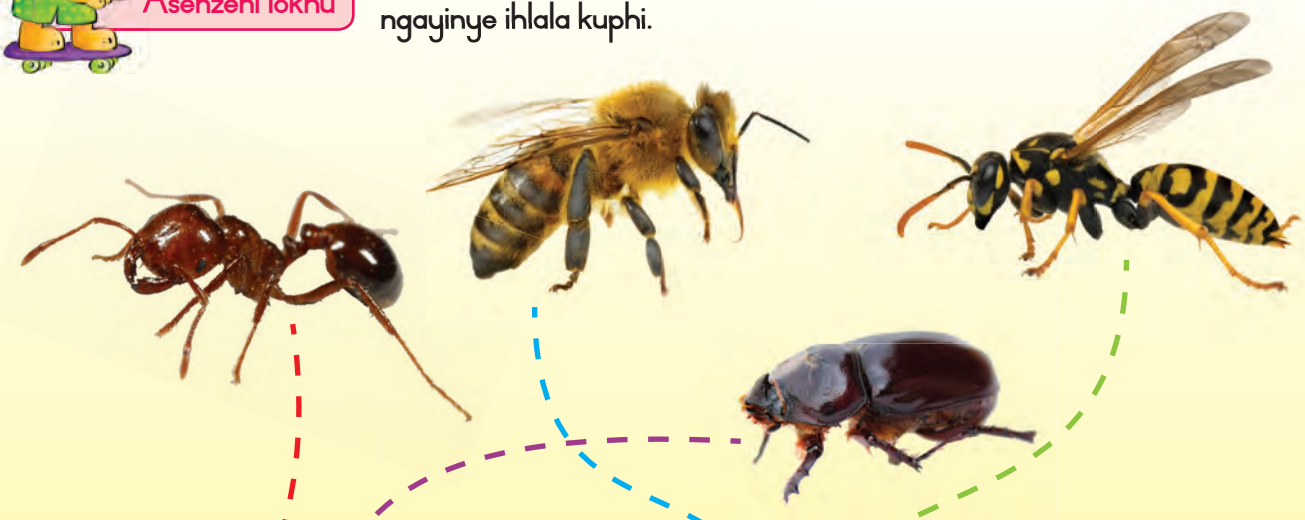


Teacher:
Sign:
Date:

23 Amakhaya weenunwana

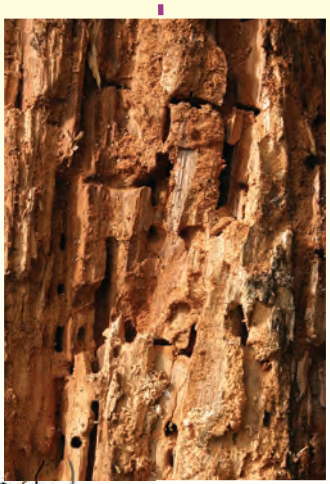
Asenzeni lokhu

Gadangisa phezu komtletlana ubone kobana inunwana ngayinye ihlala kuphi.















Asenzeni lokhu

Khambakhambani ngejaradeni lesikolo ukubona kobana nizokufunyana iinunwana ezingaki.





Asitlole



Ubone iinunwana ziphi ngaphandle? Khetha inunwana eyodwa bese utlola ibizo layo ngenzasi lapha.
Inunwana idla ukudla okunjani?
Ingabe inunwana yakho iyakhambisa nanyana ikhamba kabuthaka?
Ingabe inunwana yakho ilisizo nanyana ingabe inengozi?





Asenzeni lokhu

Kwanje zenzele yakho inunwana bese uyithiya nebizo.





24 Tjengisa ngobukghwari bakho

Asenzeni lokhu

Gwala lakho iviyaviyani

Uzokutlhoga okulandelako:

Iphepha eliyi-A4.

Amakhrayoni wamafutha

Isikere

Iglu

Iphayiphi lokuhlwengisa

Irolo engenalitho yephepha elisetjenziswa ethoyilede



Gwala iviyaviyani elitjengisa umzimba walo omude, omatsikani begodu neempiko zalo ezimbili. Kghabisa iimpiko zeviyaviyani ngamaphetheni anemibala eyahlukeneko. Qinisekisa kobana iimpiko zombili ziyafana. Sika iviyaviyani. Namathisela umzimba weviyaviyani phezu kwerolo yephepha elingenalitho elisetjenziswa ngethoyilede. Kwanje yenza iimpondo usebenzisa iphayiphi lokuhlwengisa elibhincwe kabili. Linamathisele ehloko yeviyaviyani.





Asidlaleni Linga imidlalo elandelako.



Isitetjhi 1:

Umdlalo webhasketbholo:

Betha phasi ibholo lokha nawugijima ngephetheni mazombezombe.



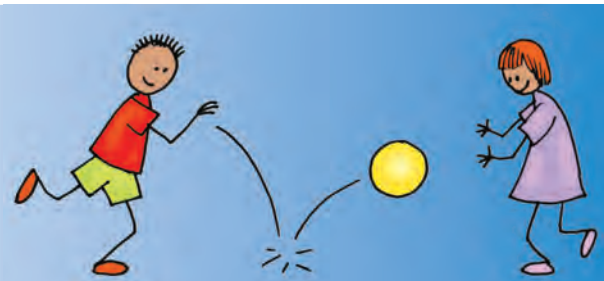
Isitetjhi 2:

Ihokhi: Sebenzisa isigojwana sokudlala ihokhi ukusunduzela ibholo emapaleni.



Isitetjhi 3:

Inetbholo: Betha phasi ibholo iye kumngani wakho lokha wena nawugijimako.



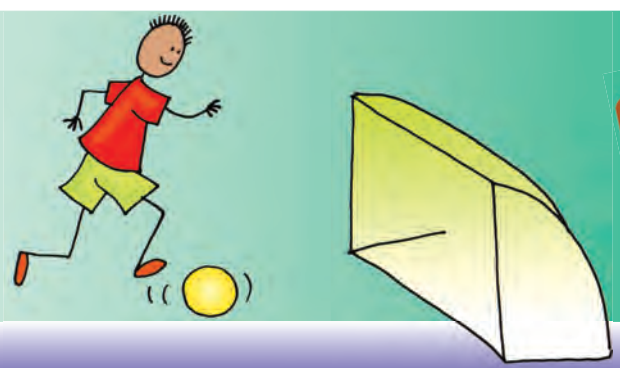
Isitetjhi 4:

Iragbhi: Gijima nebholo bese uyidlulisela phambili.



Isitetjhi 5:

Ibholo erarhwako: Dribula ibholo iye emapaleni.



25

Umzombe wepilo

Asikhulume

Qala iinthombe bese utjela umngani wakho kobana isirhwarhwa sitjhuguluke njani emzombeni waso wepilo.

Umzombe wepilo yesirhwarhwa



1. Iinrhwarhwa ezimbili ziyahlangana ukunothisa amaqanda.
2. Isirhwarhwa esisikazi sibekela amaqanda.
3. Ikolobejani encani enezitho zokuphefumula ezingaphandle kanye nomsila osasigwedlo.
4. Ikolobejani ikhula imilenzana.
5. Umsila uyanyamalala.
6. Isirhwarhwa esidala esele sinamaphaphu begodu esingasesenazo izitho zokuphefumula.



Asenzeni lokhu

Sika iinthombe ezinembako kibosika bese utjengisa umzombe weviyaviyani.

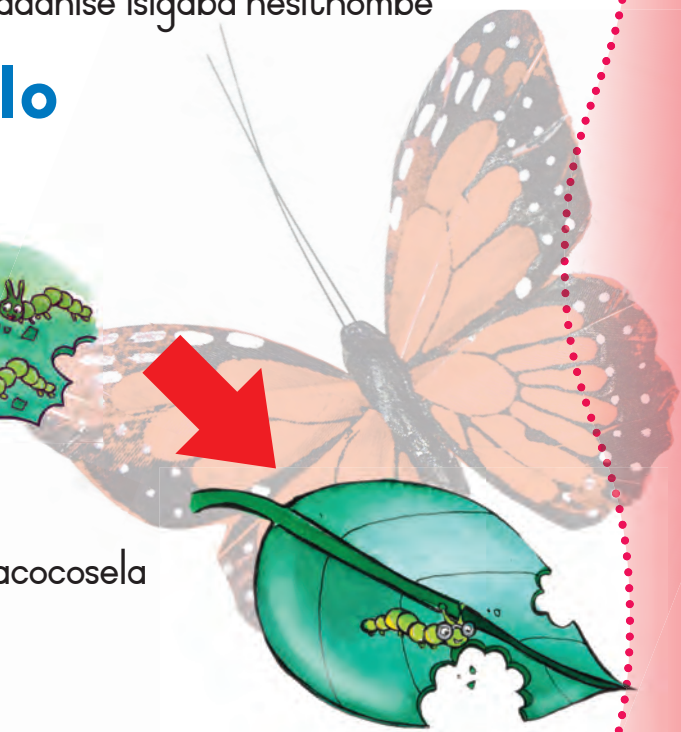


Umzombe wepilo utjengisa iingaba zokukhula ngokulandelana. Qalani umzombe wepilo yesirhwarhwa kanye nomzombe wesirhwarhwa bese nikhuluma ngeengaba ezahlukahlukeneko. Thala umuda umadanise isigaba nesithombe esinembako.

Umzombe wepilo weviyaviyani







1. Amaqanda ayacocosela
2. Umntwana
3. Isibungu esikhulu
4. Isibungu siyatjhuguluka siba yiphupha
5. Iviyaviyani elihle
6. Iviyaviyani libekela amaqanda















26

Imizombe yepilo



Asikhulume

Qalani iinthombe bese ukhuluma nomngani wakho ngomzombe wekukhu.

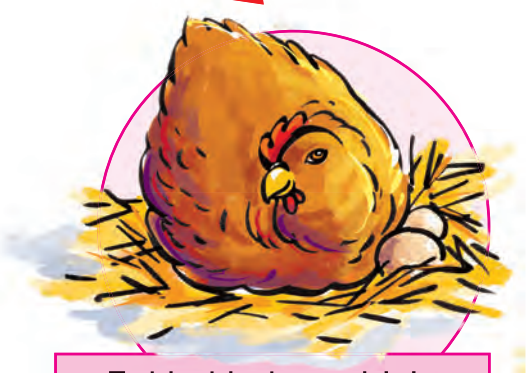
Umzombe wepilo yekukhu





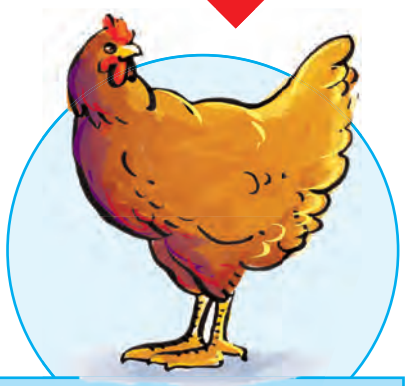
Ikukhu ibekele amaqanda





Isikhukhukazi sihlala phezu kwamaqanda





Ikukhu ekhulileko



Amadzinyani ayaphuma ngeqandeni



Amadzinyani ayakhula





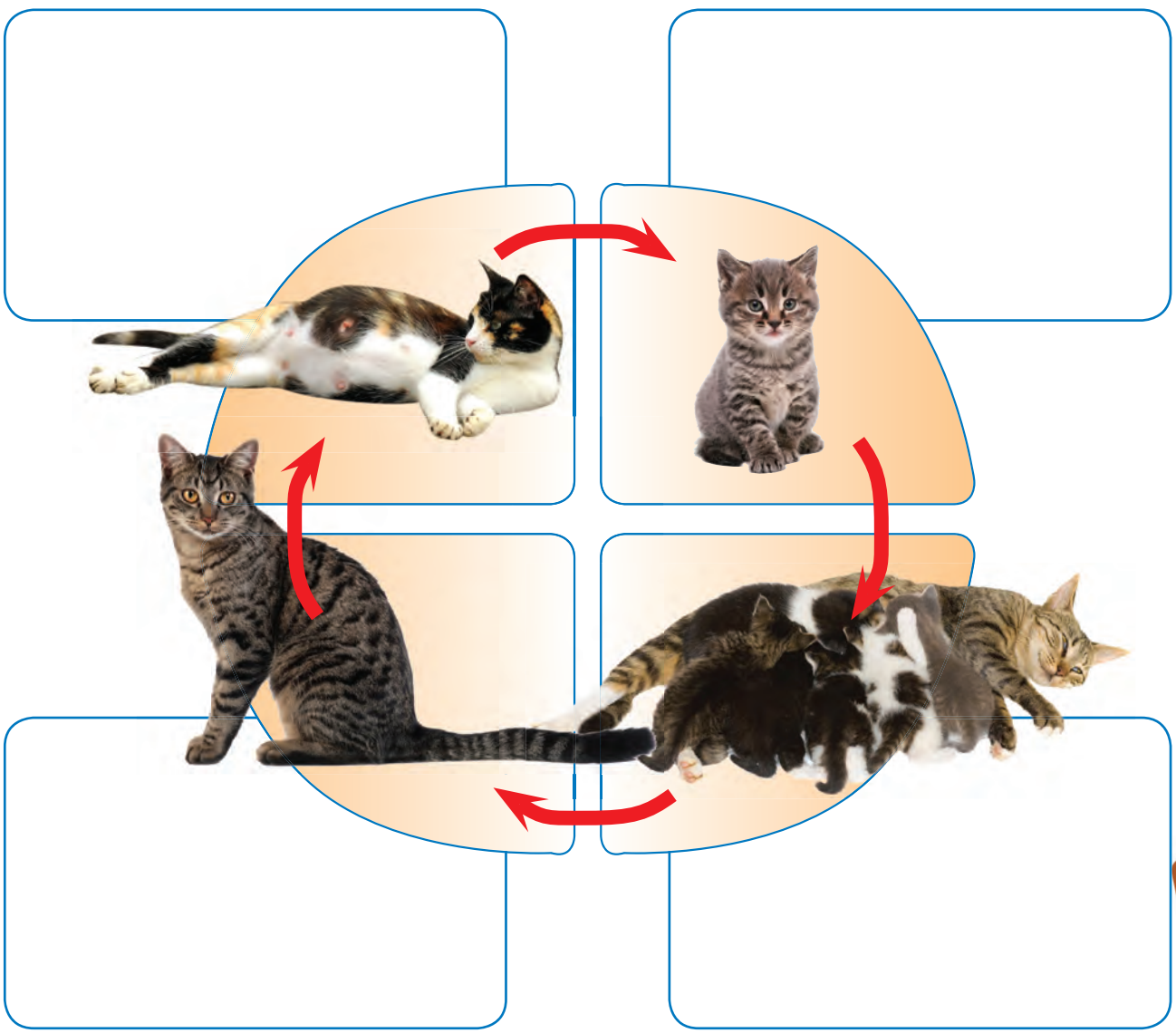
Asenzeni lokhu

Kwanje zenzele wakho umzombe wepilo.
Leyibula esinye nesinye isithombe endatjaneni esevilini elingenzasi ukutjengisa umzombe wepilo wakakatsu. Sebenzisa iinhlokwana ezingenzasi zizokusiza.

Nombora iingaba kusuka ku-1 kuye ku-4 bese uzisebenzisa endatjaneni yakho yevili.

	Ukatswana uyabelethwa		Ukatswana okhulileko
	Umma, unina lakakatswana uba sidisi iimveke ezibunane (9)		Unina labokatswana akhotha abokatswana bakhe.

Umzombe wepilo wakakatsu



Teacher:
Sign:
Date:

27 Tjengisa amakghono wakho



Asenzeni lokhu Zenzele ifuyosithandwa yakakatsu.



Ozokutlhoga ngilokhu:
Iphepha elinobukhulu obuyi-A4
Ipensela
Ipende eyipuyere kanye namanzi
Iingojwana zokukotakota iindlebe

- Gwala umqoqo wobuso bakakatsu ephepheni.

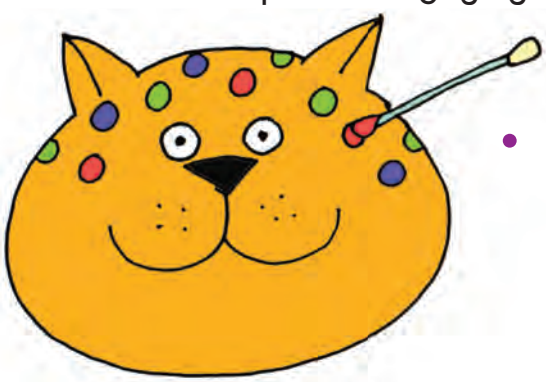




- Hlanganisa ipende ukwenza pheze imibala emithathu eyehlukeneko.



- Sebenzisa isigojwana sokuzikotakota ependeni ngayinye.



- Kghabisa ubuso bakakatsu ngamacaphazi ahlukeneko.





Asikhulume

Tjela umngani wakho ngefuyosithandwa yakakatsu wakho.

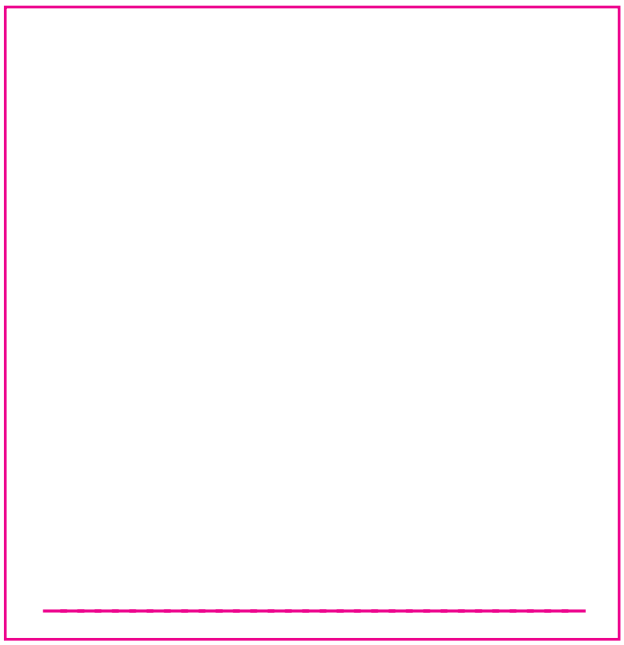
Yitjho kobana uzoyitlhogomela njani.

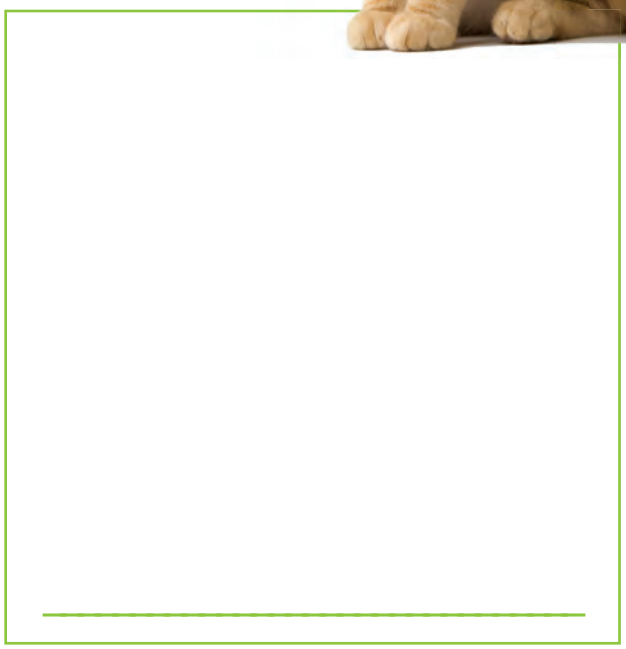


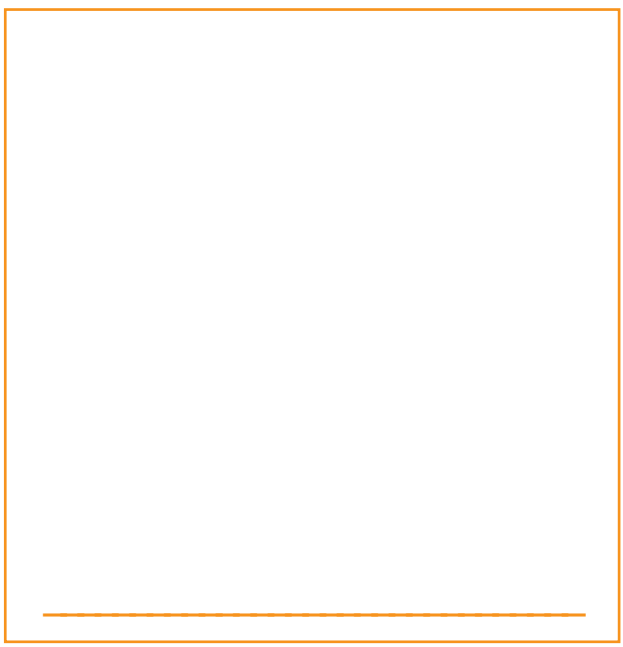


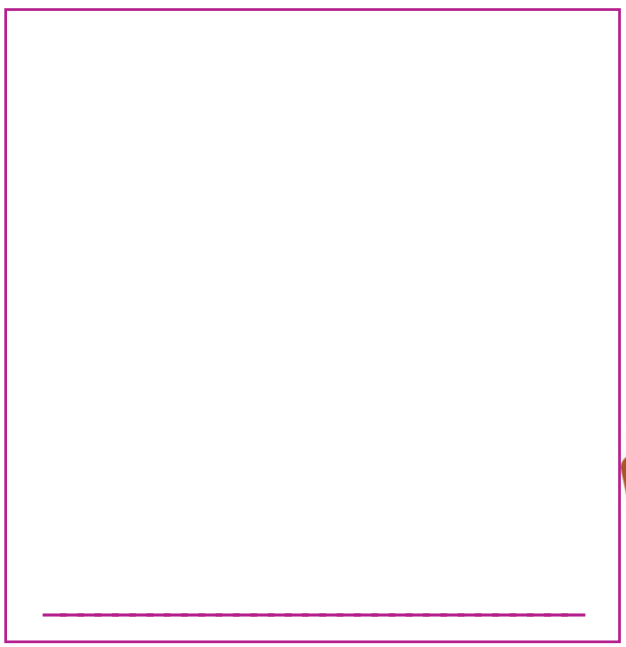
Asenzeni lokhu

Gwala izinto ezi-4 ozozitlhoga ukutjheja ifuyosithandwa yakho. Bese utlola ihlathululo ngaphasi kwesinye nesinye isihlokwana.









Teacher:

Sign:

Date:

Ukutlhogomela ibhoduluko



Asikhulume

Qala amaphosta alandelako bese ucoca nomngani wakho kobana amaphosta la atjho ukuthini.



Qala isiqubulo sokwenza kabutjha.
Ukhe wasibona kuphi isiqubulo esifana nalesi?

Siyakubawa, sisebenzisa kabutjha!



Asifundeni

Ibhoduluko singaligcina njani lihlanzekile?

Kumele sikhumbule u-**PSS**.

Phungula: Kumele siphungule ukusilaphazeka.

Sebenzisa godu: Sizisebenzise godu izinto kanengi ngaphambi kobana sizilahle.

Sebenzisa kabutjha: Sitlhoga ukufunyana iindlela zokusebenzisa iphepha, amakotikoti kanye namabhodlelo.

Asitlole

Etheyibuleni elilandelako, tlola amabizo wezinto ezingasetjenziswa kabutjha. Unikelwe erhelweni ngalinye lokho ozokuthoma ngakho.



Sebenzisa kabutjha amarhalasi	Sebenzisa kabutjha amaplastiki	Sebenzisa kabutjha amaphepha	Yenza ivundiso
Amabhodlelo wakade	Imigodlana yamaplastiki	Amaphephandaba	Amakelo wemirorho

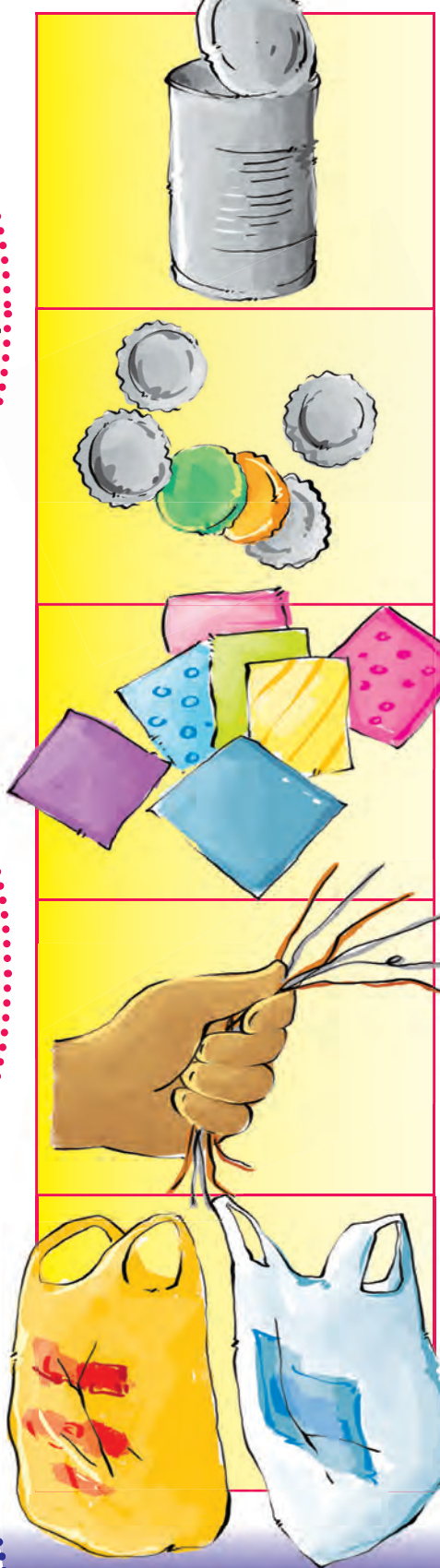
Teacher:
Sign:
Date:

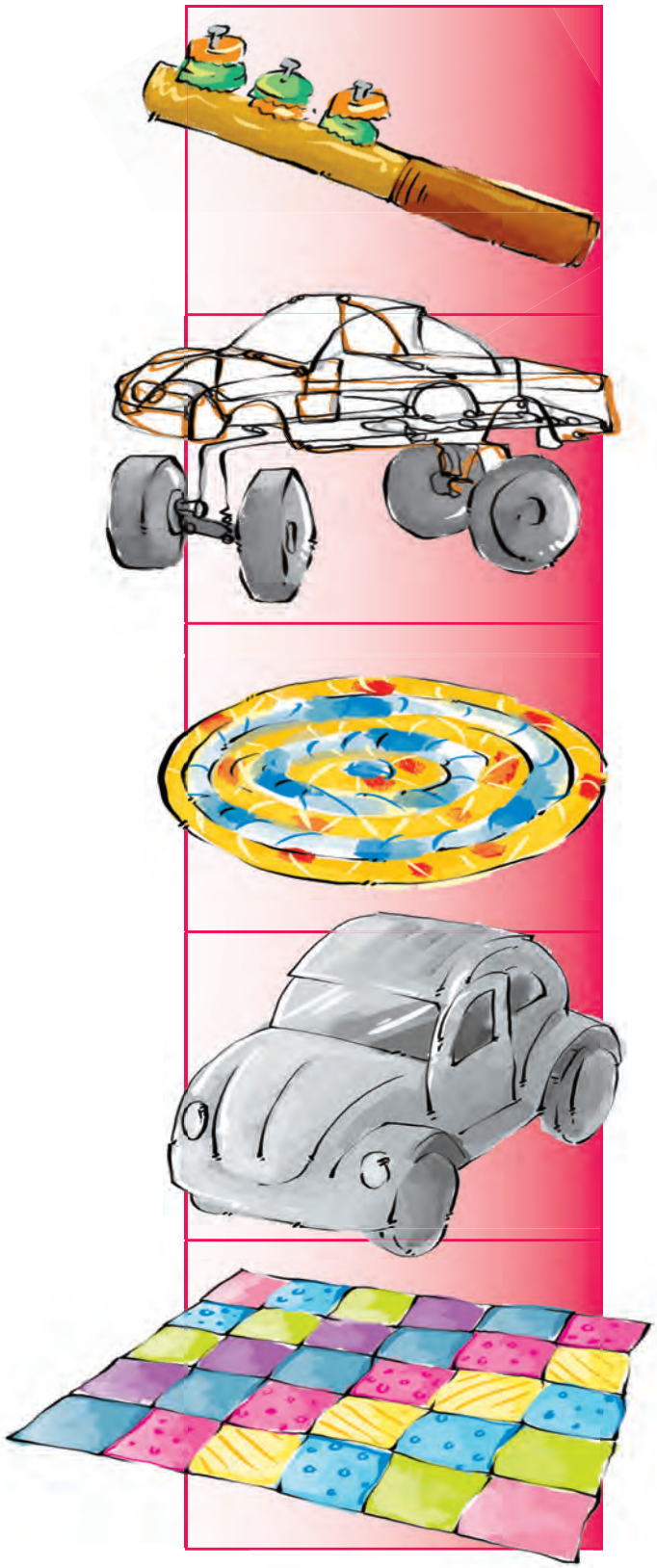
Ukwenza kabutjha



Asitlole

Gwala umuda osuka ezintweni ezingesandleni sesincele uye ngesandleni sokudla, ukutjengisa kobana zingasetjenziswa njani ukwenza izinto ezinye ezingasetjenziswa kuhle.







Asitlole

Izinto ezingenza ivundiso ehle. Tlola elinye nelinye igama kalandela ngenzasi endaweni yalo efaneleko ukuqedelela itheyibula. Kumele ucabange nangezinye izinto ozaziko bese uyazihlela uzibeka ngemakholomini afaneleko.

iinkhwanyana zeemplastiki

amakari wemirorho

amazipho

amakotikoti weenselo

amaqephe wamaqanda

Izinto ezingekhe zabola	Izinto ezingabola



Asenzeni lokhu

Gwala iphosta ubawe abantu kobana bangasasilaphazi. Gwala isithombe bewutlole nomyalezo.

Teacher:

Sign:

Date:

30

Ikolo kanye namanye amalanga akhethekileko



Asikhulume

Khuluma nomngani wakho ngamatshwayo wekolo. Yitjho kobana ikolo yakho isebenzisa liphi itshwayo. Nawungaliboniko itshwayo lekolo yakho, ligwale ukuze umngani wakho alazi.



Isiphambano litshwayo lamaKrestu. UJesu, iNdodana yakaZimu yafela izono zethu esiphambanweni.



Inyanya eyihlendla kanye nekwekwezi zakha itshwayo lama-Islamu. AmaMozlemu athandaza kahlanu qobe lilanga.



Itshwayo lamaJuda yiKwekwezi yakaDavida. IKosi uDavida yabe iyikosi yama-Israyeli.



Itshwayo lamaHindu litshwayo u-om, elitlolwa ngelimi lamaSanskrit we-Indiya

lindawo ezahlukeneko lapha kudunyiswa khona



Asenzeni lokhu

Gwala umuda ukuhlanganisa ikolo ngayinye kanye nendawo lapha kuhlanganyelwa khona nakudunyiswako. Tlola ibizo lomakhiwo ngaphasi kwesithombe ngasinye.

itempeli	isinagogo	indlu yesondo labakholelwa kuMahomede	isondo

Ikolo	Indawo yokukhonza
Ama-Islamu	
AmaHindu	
AmaKrestu	
Abakholelwa kuJudayizimu	



Asenzeni lokhu

Buza abangani abane (4) kobana ngimaphi amatshwayo atjengisa ikolo yabo. Buyelela utlole amatshwayo lawo eduze kwamabizo wabo.

Ibizo lomngami	Itshwayo labo

Teacher:
Sign:
Date:

Ukuhlolisisa

Asitlole Tlola irhelo lokudla okudlileko soloko kwayizolo ekuseni. Ngebhoksini elingesandleni sokudla, tlola itshwayo (✔) eduze kwalokho nalokho ukudla okunepilo.

Ukudla okudliwe kusukela izolo.	Ingabe kunepilo?

Asitlole Tlola irhelo lomhlobo wokudla ekufanele siwudle qobe lilanga.



Asenzeni lokhu

Gwala isithombe sokudla okuthandako bese uyatjho kobana ingabe ukudla lokho kumhlobo bani wokudla.

Kuwela ngaphasi kwamuphi umhlobo wokudla? _____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L
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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







