Leyi pfuxetiweke hi xiCAPS

Giredi ya 3





# Swikili swa vutomi hi XITSONGA

## Buku ya 2
## Tikotara ta 3 na 4



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Tibuku to tirhela ta Rainbow ti vumba xiyenge xin'wana xa ntlawa wa migingiriko ya Ndzawulo ya Dyondzo ya Masungulo leyi kongomisiweke eka ku antswisa matirhelo ya vadyondzi va Afrika-Dzonga eka tigiredi ta ntsevu to sungula. Tanihi xin'wana xa swilo leswi nga swirhangana eka nkunguhato wa matirhelo ya mfumo, phurojeke leyi yi humelerile hi ku seketeriwa hi timali hi Nkwama wa Timali ta Tiko. Leswi swi endlile leswaku Ndzawulo yi swi kota ku endla leswaku tibuku leti to tirhela, ti kumeka hi tindzimi hinkwato ta ximfumo handle ko hakeleriwa.

Hi tshemba leswaku tibuku leti ti ta pfuna vadyondzisi eka migingiriko ya vona yo dyondzisa ya masiku hinkwawo no tiyisisa leswaku vadyondzi va vona va kota ku heta kharikhulamu. Hi tiyisise leswaku hi letela mudyondzisi eka nghingiriko wun'wana na wun'wana hi ku katsa mifungho leyi kombisaka leswi mudyondzi a faneleke ku endla swona.

Hi ni ntshembo wa leswaku vana va ta tiphina no tsakela ku tirha migingiriko leyi nga ebukwini loko va ri karhi va ya emahlweni no dyondza, na leswaku wena, mudyondzisi, u ta tsaka swin'we na vona.

Hi mi navelela ku humelela, wena na vadyondzi va wena eku tirhiseni tibuku leti to tirhela.


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# Giredi ya 3



## Swikili swa vutomi

## Xitsonga

## Buku ya 2



Buku leyi i ya:

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# Tindhawu ta khombo to tlangela eka tona



A hi hlayeni

U titwa u amukelekile etindhawini leti nga hlayiseka to fana na tlilasi ya n'wina. Leti i tindhawu leti u twaka u lava ku tlhelela eka tona. Ku hava munhu loyi a nga ku vavisaka kumbe loyi a nga ku twisaka ku vava loko u ri eka tona.

Ndhawu leyi nga hlayiseka eka mani na mani i ndhawu leyi munhu a titwaka a amukelekile eka yona. Ku hava munhu loyi a nga ta ku vavisa loko u ri eka yona.

"Vuhlayiseki bya mani na mani" swi vula leswaku un'wana na un'wana u na mfanelo yo hlayiseka etindhawini leti pfuleriweke vanhu hinkwavo, tanihi hi le switimeleni, emethekisini na le mabuweni ya lwandle.



A hi vulavuleni

Languta swifaniso kutani u vulavula na munghana wa wena hi swona.

Vulavula na munghana wa wena leswaku hikwalaho ka yini swi ri na khombo ku tlangela etindhawini leti nga hlayisekangiki.











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Siku: .....



A hi tsaleni

N'wana loyi a nga exineneni eka xifaniso xin'wana na xin'wana u fanele ku hlawula. Va pfune hi ku tata swimbyarumbyaru swa vona.









A hi vulavuleni

Vulavulani etlilasini hi swivutiso leswi landzelaka.

- Hi swihi swilo swa nghozi leswi nga kumekaka endhawini ya thyaka?
- Hikwalaho ka yini vana va rhandza ku tlangela emarhumbini ya tiyindlu ta khale?
- Xana i vutomi bya vamani lebyi nghenisiwaka ekhombyeni loko vana va tlangela egondzweni leri tirhisiwaka swinene?
- Hi yihi mimfungho leyi hi tsundzuxaka leswaku hi nga tlangeli exiporweni?
- Hi wahi makhombo ya swihalaki swo tanihi pharafini?



A hi tsaleni

Tlhela u hlawula xifaniso xin'we eka pheji ra 2 kutani u tsala tinhlamulo ta swivutiso leswi landzelaka.

- Xana xifaniso xi ku byela yini?

_____

- Xana u ta swi tivisa ku yini leswaku swi na khombo ku tlangela lahaya?

_____

Mudyondzisi:

Nsayino:

Siku:



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# Tindhawu ta khombo to tlangela eka tona



A hi tsaleni

Languta swifaniso kutani u hlawula yin'we ya tinhlokomhaka leswaku u yi tsala ehansi ka xifaniso xin'wana na xin'wana.

Pharafini yi nga pfurha emavokweni ya munhu.
N'wana a nga lova hikwalaho ko nwa chefu.
Vana va nga lova hikuva a va kumi moya leswaku va kota ku hefemula.
N'wana a nga chokiwa hi gezi.
U nga tshuki u tirhisa gezi ekusuhi na mati.
Mati lama vilaka na nkahelo swi nga hisa n'wana.





Nhlokomhaka: _____

_____

Nhlokomhaka: _____

_____



Nhlokomhaka: _____

_____



Nhlokomhaka: _____

_____

CHEFU



Nhlokomhaka: _____

_____



Nhlokomhaka: _____

_____



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Siku: .....



## A hi endleni

Dirowa xifaniso xa wena na vanghana va wena mi ri karhi mi tlanga kahle ephakeni. Xana mi ta tlangela eka yini? Anakanya hi leswi u nga tlangisaka xiswona eka muchinginyo. Rhanga hi ku tirhisa pene ya koki kumbe penisele ku endla makumu ya mpfapfarhuto wa xifaniso xa wena. Xi khalare hi ku tirhisa tipasitele kumbe tikhirayoni.



## A hi tiololeni

Ku tilulamisa: Fambisa swirho swa miri wa wena swo hambana hi nkarhi wun'we. Xikombiso, endla ku tshombombonyoka ka ku khunguluka hi ku rhendzelekisa mahlakala ya mavoko ya wena na tinyonga ta wena kumbe hi makatla na mahlakala ya milenge ya wena.

Nghingiriko wa nkoka: Ku ringanisa

- Famba hi swikunwana u tlhela u famba hi swirhendze.
- Kasa hi mavoko na hi matsolo.
- Famba u ri karhi u ringanisa u ya emahlweni no ya endzhaku ehenhla ka ntambhu leyi vekiweke ehansi. Swi ringete u pfale mahlo.
- Yima hi mavoko, yima hi nhloko u tlhela u wachuta-wachuta.

Hola: Ololoxa swirho swa wena hi ku nonoka.

Loko swi koteka, swi endle hi ku landzelela vuyimbeleri byo nonoka no hola.

Mudyondzisi:

Nsayino:

Siku:



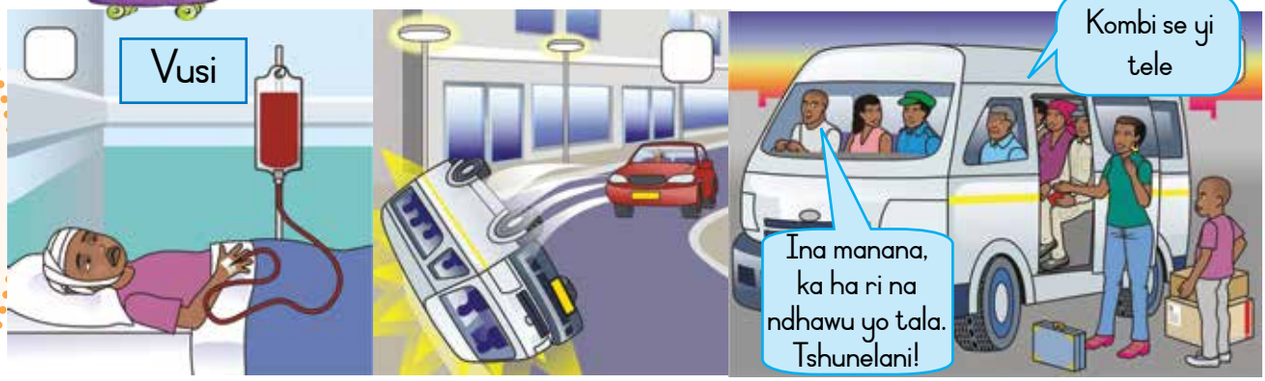
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# Ku tirhisa mathekisi na switimela hi ndlela yo hlayiseka



A hi endleni

Nambara swifaniso hi leswi humeleleke Vusi ku kombisa ndzandzelelano lowu faneleke.








A hi vulavuleni

Languta swifaniso swa Vusi nakambe kutani u vulavula na munghana wa wena hi swona.

- Xana a xi ri xihoxo xa mani lexi vangeke leswaku ku humelela khombo?
- Xana Vusi na manana wa yena a va fanele va endle yini?



A hi vulavuleni

Languta swifaniso leswi landzelaka kutani u bula na munghana hi swona. Xana vanhu lava va endla yini leswi hoxekeke?



A hi tsaleni

Tsala nhlokomhaka ya xifaniso xin'wana na xin'wana u vula leswi un'wana na un'wana wa vakhandziyi lava a nga fanelangiki ku swi endla.







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Siku: .....

# Mimfungho leyi hi lemukisaka hi nghozi



A hi hlayeni

Mimfungho ya magondzo na swiporo swi kona leswaku hi kota ku hlayiseka. Yin'wana mimfungho yi pfuna ku hi sirhelela. Yi hi lemukisa hi nghozi. Mimfungho yin'wana yi hi byela leswi hi faneleke ku tikhomisa xiswona loko hi ri eku fambeni hi swo famba hi swona yi tlhela yi hi nyika vuxokoxoko byo karhi. Mimfungho yo tsundzuxa egondzweni yi rhendzeriwe hi layini yo tshwuka eka yona.



A hi endleni

Ku cukumeta swilo loko u ri exitimeleni swi nga vavisa vanhu van'wana kumbe swiharhi loko xitimela xi ri karhi xi famba. Tumbuluxa mfungho lowu byelaka vanhu leswaku va nga cukumeti swilo hi mafasitere ya xitimela.



A hi endleni

Languta swifaniso leswi kutani u tsema mimfungho eka pheji ra switsemiwa leswi nga hansi ka pheji kutani u yi damarheta eka swifaniso leswi faneleke.









Komba mudyondzisi wa wena loko u hetile.



Mudyondzisi:

Nsayino:

Siku:



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# Nthyakiso: Xana i yini?

A hi vulavuleni

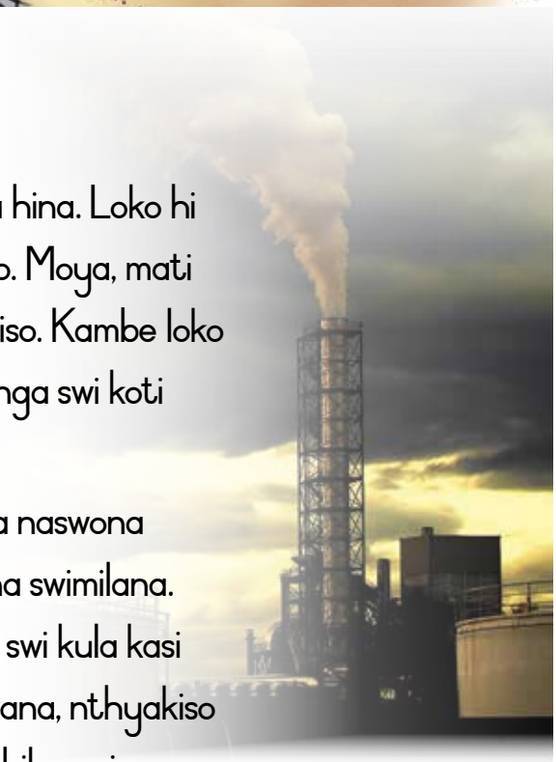
Languta xifaniso kutani u vulavula na munghana wa wena hi xona. Xana ku na xilo exifanisweni lexi u nga tshama u xi vona? Hi swihi swilo leswi nga hoxeka kumbe leswi nga swo biha eka wena? Hikwalaho ka yini swi hoxekile?



A hi hlayeni

## Nthyakiso i yini?

Nthyakiso wu humelela loko hi thyakisa misava ya hina. Loko hi thyakisa moya, mati na misava, hi vanga nthyakiso. Moya, mati na dyambu hinkwaswo swi pfuna ku basisa nthyakiso. Kambe loko nthyakiso wu tele swinene, misava (pulanete) a yi nga swi koti ku tibasisa.



Nthyakiso lowu hi wu vangaka a wu kahle eka hina naswona wu tlhela wu nga vi kahle eka swiharhi swin'wana na swimilana. Hi nghena hi mavabyi, swilo a swa ha yi emahlweni swi kula kasi swin'wana swi nga tlhela swi fa. Ku engetela swin'wana, nthyakiso wu onha mbangu wa hina hi ku wu endla wu va wo biha swinene.



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Siku: .....



## A hi endleni

**Tirhani hi mintlawa ya swirho swa ntlhanu.**



Mudyondzisi wa n'wina u ta nyika ntlawa wun'wana na wun'wana nhlokomhaka leyi wu faneleke ku tirha hi yona. Swirho swa mune swa ntlawa wun'wana na wun'wana swi ta lava swikombiso swa nthyakiso erivaleni ra xikolo. Mudyondzisi u ta nyika muhlayisi wa rhekhodi nxaxameto lowu a faneleke ku endla mfungho wa (✓) eka xilo xin'wana na xin'wana lexi ntlawa wu xi kumaka. Loko mi hetile ntirho wa n'wina, mudyondzisi wa n'wina u ta endla nkatsakanyo wa leswi mi swi kumeke. Xana rivala ra xikolo xa n'wina hi lerinene hi mukhuva wihi?

Tsundzuka ku hlamba mavoko ya wena endzhaku ka swona.



## A hi tsaleni

**Tsala 5 wa swilo leswi nga tirhisiwa leswi mi swi kumeke erivaleni ra xikolo.**

| | |
|---|---|
| 1. | |
| 2. | |
| 3. | |
| 4. | |
| 5. | |



Gwajula (✓) swilo leswi nga rhisayikiliwaka swi tlhela swi tirhisiwa hi vuntshwa. Bana xihambano (✗) eka leswi nga vangaka khombo eka swiharhi.





## A hi vulavuleni

Vumbani mintlawa ya 7 wa swirho.

Mi ta va na swiave swo hambana: misava (pulanete), mati, misava, moya, ximilana, xiharhi na munhu. Vatlangi va tsevu vo sungula va fanele ku tivisa munhu hi leswi nthyakiso wu swi endlaka eka vona. Munhu u fanele ku hlamula mutlangi un'wana na un'wana. Hinkwenu mi fanele ku teka xiboho hi leswi nga endliwaka mayelana na swiphiqo leswi. Loko u twa u titshemba hi xiave xa wena, u nga encenyetela tlilasi.






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# Tinxaka to hambana ta nthyakiso

A hi hlayeni

## Nthyakiso wa moya

Loko hi thyakisa moya, hi nga endla leswaku wu va na chefu. Hi thyakisa moya hi ku hisa malahla yo tala swinene, dizele, petirolo, gasi na tihunyi. Musi lowu humaka eka swilo leswi wu na tigasi leti nga na khombo eka rihanyu ra hina. Tigasi leti ko tala ti tlhandlukela ehenhla emoyeni.



Swo famba, tifeme na switshivelwa leswi hisiwaka etindlwini hi swona swi vangaka ngopfu nthyakiso wa moya eKapa.

Moya wu thyakisiwa hi ritshuri, sava, nkuma, musi na nsindza. Mirhi yi pfuna ku susa gasi ya chefu emoyeni kutani yi endla leswaku ku va na okisijeni yo tenga emoyeni. Loko hi tsema mirhi yo tala, tigasi ta chefu ti tshama emoyeni kutani ku kumeka okisijeni leyitsongo emoyeni.

Hi fanele ku hefemula moya wo tenga leswaku hi tshama hi hanye kahle. Ku hefemula moya lowu thyakisiweke swi hi vangela mavabyi ya minkolo na mahahu. Ku na tindhawu tin'wana laha misaveni laha vanhu va faneleke ku ambala timasiki eswikandzeni swa vona loko va humela ehandle, hikuva moya lowu va faneleke ku wu hefemula wu thyakisiwile swinene.



Nthyakiso wa moya wu onha riandlalo ra ozoni, leri sirhelelaka swilo leswi hanyaka eka miseve ya dyambu leyi onhaka no vavisa.

Asidi yo tala swinene leyi nga emoyeni yi huma etifemeni naswona yi nga vanga mpfula ya asidi leyi dlayaka swimilana no onha miako.



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Siku: .....

## Nthyakiso wa misava

Nthyakiso wun'wana wu humelela loko ku ri na tikhemikhali to tala swinene leti nga na nghozi endzeni ka misava. Nthyakiso wa misava wu nga vangiwa hi thyaka leri humaka etifemeni na le timayinini. Thyaka leri humaka emakaya ya hina, eswikolweni, eswibedhlele na le tihofisini ri le hansi ka laha ku fumbiwaka thyaka kona. Thyaka leri ri thyakisa misava. Nthyakiso wa misava wu nga vanga chefu eka mati lama na wona ya tlhelaka ya vanga chefu eka swakudya leswi dyiwaka hi vanhu na swiharhi.









## Nthyakiso wa mati

Nthyakiso wa mati wu vanga chefu eka mati lama nga endzeni ka misava, lama kumekaka erivaleni, emilambyeni, emativeni na le madan'wini. Leswi swi humelela loko feme yi pompela mati ya thyaka enambyeni lowu nga tenga. Swi humelela nakambe loko mati ya nkululu ya pfutela etiveni kumbe loko ku ri na ku pfuta loku humaka laha ku cheriwaka thyaka kutani ku nghena endzeni ku ya fika eka mati ya le ndzeni ka misava.

Mati lama thyakisiweke ya nga vabyisa vanhu swinene ya tlhela ya dlaya tinhlampfi na swiharhi swin'wana. Swimilana leswi nga ekusuhi na mati na swona swi nga fa.

## Nthyakiso wa huwa

Nthyakiso wa huwa wu vangiwa hi swifambo leswikulu swo tanihi tilori, ku hutara ka mimovha na mathekisi, michini ya tifeme, vuyimbeleri bya le henhla na swilo leswi tirhiseriwaka ku aka etindhawini leti ku akiwaka eka tona na laha ku endliwaka mapatu. Huwa leyikulu swinene yi nga vanga leswaku u lahlekeriwa hi ku twa ka wena.














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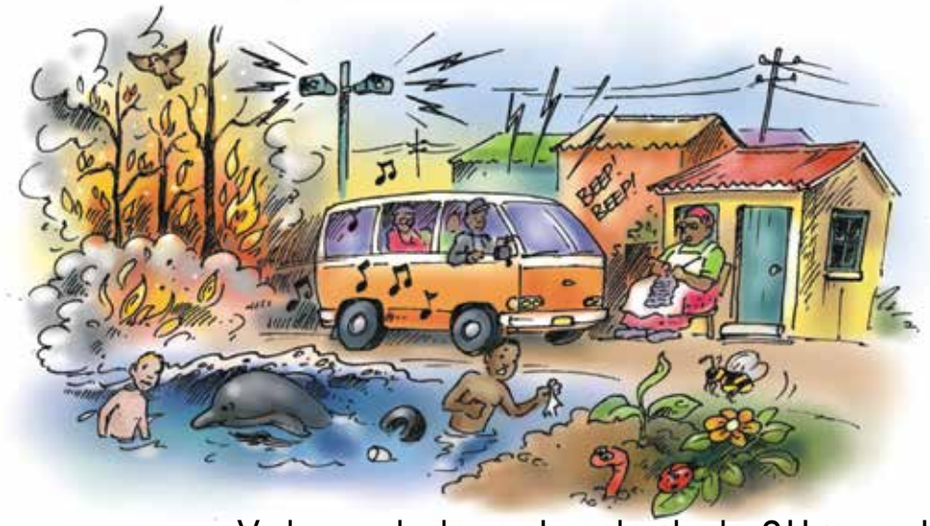
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# Nthyakiso: Mimbuyelo ya nthyakiso



A hi vulavuleni

Languta xifaniso lexi landzelaka kutani u vulavula na munghana wa wena hi xona.

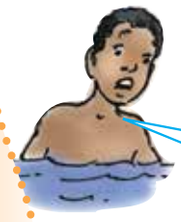





A hi tsaleni

Vanhu na swiharhi swi vula yini hi nthyakiso? Hetisa xivulwa eka ximbyarumbyaru xin'wana na xin'wana lexi nga laha hansi.

"Nthyakiso a wu ndzi lulamelangi hikuva …"















A hi tiololeni

Lava hupu leyi u nga ta tlanga hi yona.

Wena na munghana wa wena mi fanele ku nyiketana ku tsemakanya hupu, mi rhanga hi minkondzo ya n'wina kutani ku landzela hi mavoko ya n'wina.

Khoma hupu yi languta ehenhla loko munghana wa wena a kasa a hundza hi le ka yona. Nyiketanani ku endla leswi. Tlhela u voyamisa hupu leswaku swi tika ku kasa u hundza eka yona.



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Siku: .....

# Swin'wana hi nthyakiso



A hi endleni

Eka nkarhi lowu nga hundza u vonile swilo swa nthyakiso erivaleni ra xikolo xa n'wina. Loko u nga rholelangi thyaka hi nkarhi wolowo, rholela sweswi. Mudyondzisi wa n'wina u ta ku nyika minkwama na magilavhu ya pulasitiki leswaku u kota ku sirhelela mavoko ya wena.

Tumbuluxa phositara yo kucetela vanhu leswaku va rhisayikila swilo ku sivela nthyakiso wa swa mbangu.
Tirhisa swivumbeko swa xijometiri u endla nkhaviso wa bodara ya phositara ya wena.
Kanela milawu leyi landzelaka yo khavisa phositara ya wena na munghana wa wena:

- ku hambana
- mpimo
- ntshikelelo
- ndzinganiso



Mudyondzisi:

Nsayino:

Siku:



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# Leswi vanhu a va hanyisa xiswona khale

## A hi vulavuleni

Swilo leswi hi swi endlaka na leswi hi swi endlisaka xiswona swa cinca hi ku famba ka nkarhi. Languta swifaniso leswi landzelaka.





Vulavula na munghana wa wena hi swilo leswi cinceke. Ehleketa hi tinxaka ta mintirho leyi vanhu lava va nga exifanisweni xo sungula va yi endleke, laha va tirheke kona na swiambalo leswi a va swi ambarile. Hi ku vona ka wena, xana va tirha etindhawini leti nga eka mpfhuka wo tanihi kwihi ku suka emakaya ya vona? Languta xifaniso lexi nga eka tlhelo ra ximatsi kutani u vulavula hi swilo leswi fanaka.
Hi ku vona ka wena xana a va dya swakudya swa njhani? Xana a va famba hi yini ku ya entirhweni?

## A hi hlayeni

Vanhu va khale a va tshama ekusuhi na swilo leswi a va fanele ku va na swona, xikombiso, swakudya na mati. Namuntlha ha ha fanela ku va na sweswo, kambe thekinoloji yi hi tisela swakudya, mati na gezi laha swi lavekaka kona.







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## A hi tsaleni

Hi loku ku landzelelana ka nkarhi loku u nga ta tirha hi kona loko u ri karhi u dyondza hi vanhu lava nga hanya khale.



**15 000 wa mamiliyoni ya malembe lama hundzeke:** Misava yi tumbuluxiwile.



**2,5 wa mamiliyoni wa malembe:** Swivumbiwa swo sungula leswi sunguleke ku languteka tanihi vanhu



**100 000 wa malembe lama hundzeke:** Vanhu vo sungula



**40 000 wa malembe lama hundzeke:** maSan

**2015 wa malembe lama hundzeke:** Ku sungula ka mahlayele ya nkarhi wa ntolovelo



**1814:** Xitimela xa nkahelo xo sungula



**1652:** Vahlampfa va le Yuropa va fika eAfrika-Dzonga



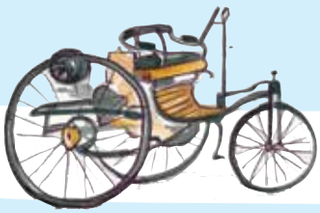
**1200:** Ku tumbuluxiwa ka Mapungubwe eLimpopo



**1876:** Ku tumbuluxiwa ka tiqingho ta ximanguva lawa



**1879:** Ku tumbuluxiwa ka timboni ta gezi



**1885:** Movha wa ximanguva lawa wo sungula



**1895:** Xiyanimoya xo sungula

**1903:** Xihahampfhuka xo sungula





**20__ __** Siku ra wena ra ku velekiwa

**1994:** Nelson Mandela a va presidente wa hina



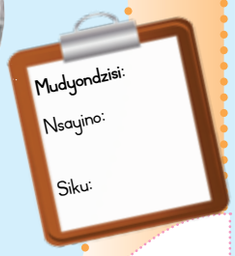
**1975:** Ku sungula ka tikhomphyuta



**1973:** Riqingho ra sele ro sungula



**1969:** Vanhu vo sungula en'wetini






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# Leswi vanhu a va hanyisa xiswona khale



A hi tsaleni

Sweswi tsala mavito na masiku ya ku velekiwa ka vatswari na vakokwana va wena eka nsinya lowu wa ndyangu.

Mudyondzisi u ta kombela leswaku u vulavula na swirho leswikulu swa ndyangu wa ka n'wina ekaya kumbe u rhamba vadyuhari va muganga wa n'wina ku endzela tlilasi ya n'wina. Hi swihi swivutiso leswi u nga ta tsakela ku vutisa swona mayelana na vutomi bya swona?

Vito ra kokwana wa xinuna:
_____
Siku ra ku velekiwa:
_____

Vito ra tatana:
_____
Siku ra ku velekiwa:
_____

Vito ra kokwana wa xinuna:
_____
Siku ra ku velekiwa:
_____

Vito ra kokwana wa xisati:
_____
Siku ra ku velekiwa:
_____

Vito ra manana:
_____
Siku ra ku velekiwa:
_____

Vito ra kokwana wa xisati:
_____
Siku ra ku velekiwa:
_____

Vito ra mina:
_____
Siku ra ku velekiwa:
_____

Vutisa vatswari va wena 5 wa swivutiso hi vakokwa va vakokwana va wena. Tirhisa marito lama landzelaka eka swivutiso swa wena: rini, kwihi, yini, hikwalaho ka yini na njhani.



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Siku: .....

## A hi hlayeni

**Vadyondzi va xikolo xa le Karoo edorobeni ra Graaff-Reinet va rhambile Nkulukumba Johannes Maart ku ta vulavula na vona. Hi lexi xitori xa yena:**

Nhlamuselo ya mudyondzisi: Loko mudyondzisi wa n'wina a tsandzeka ku rhamba munhu un'wana, u nga tirhisa xitori xa Johannes Maart.

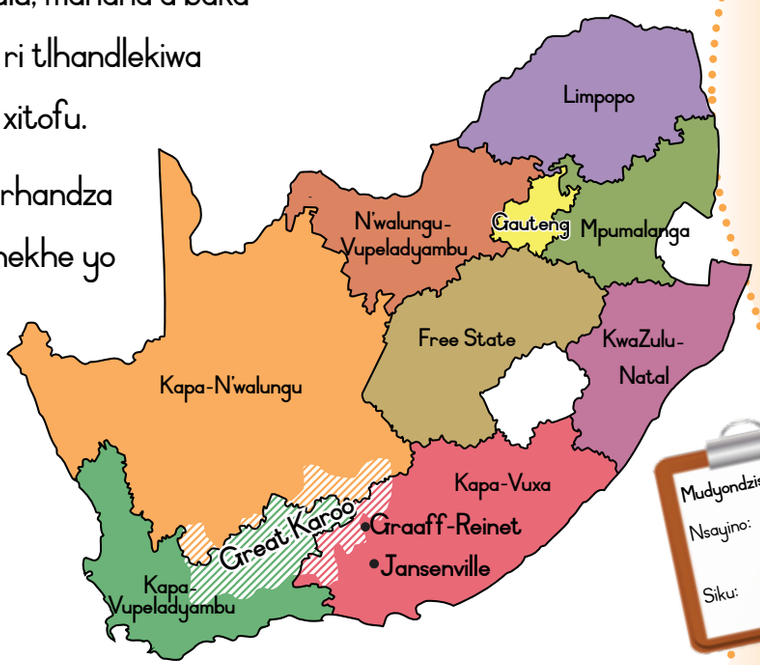


Ndzi velekiwe hi siku ra 7 Mawuwani 1922 eKaroo epurasini leri a ri vitaniwa Gannaslaagte. Tatana a ri mutirhi wa le purasini kasi manana a tirha endlwini ya le purasini. Hi Ravuntlhanu rin'wana na rin'wana a hi amukela nyama yo huma eka n'wapurasi, leyi a hi yi sweka hi ku hela ka vhiki. A hi nga ri na tindlela leti faneleke to hlayisa nyama leswaku yi tshama yi ri karhi yi titimela. Hikokwalaho ka sweswo, a hi tikuma hi pfumala nyama eka mavhiki yo tala. Nkarhi wun'wana a hi va na nyama yo talanyana leyi a hi kota no endla mintonga, ngopfungopfu loko n'wapurasi a baleserile mhunti kumbe nyala.

A hi tala ku dya mavele lama a ya swekiwa ya ri woxe kumbe ya hlanganisiwa na tinyawa – a hi swi vitana *umngqusho*. Tatana a tala ku kuma fulawuri ku suka exigayweni eJansenville. Hi ku lehisa mbulu, manana a baka xinkwa epotweni ro tika ra nsimbhi leri a ri tlhandlekiwa ehenhla ka malahla hikuva a hi nga ri na xitofu.

Nkarhi wun'wana a endla leswi a ndzi swi rhandza ngopfu: makhekhe yo oxiwa kumbe makhekhe yo giriliwa. A hi dya makhekhe lama na sirapu ya mudorofiya. "Swiwitsi" swa hina a swi ri swiphemu swa vureku lebyi a byi huma emirhini ya mitwa.






Mudyondzisi:
Nsayino:
Siku:



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# 41 Xana a swi ri kahle ku va n'wana eka minkarhi leyi nga hundza?



A hi tsaleni

Languta xilo xin'wana na xin'wana eswifanisweni kutani u vula loko xi ri xa masiku lama kumbe xi ri xa xikhale. Tsala "Sweswi" kumbe "Khale" ehansi ka xifaniso xin'wana na xin'wana. Khalara "Khale" eka bokisi ra xifaniso lexi u ehleketaka leswaku ri kombisa xilo lexi tsakisaka swinene xa minkarhi ya khale. Tirhisa muhlovo lowu u wu tsakelaka swinene.













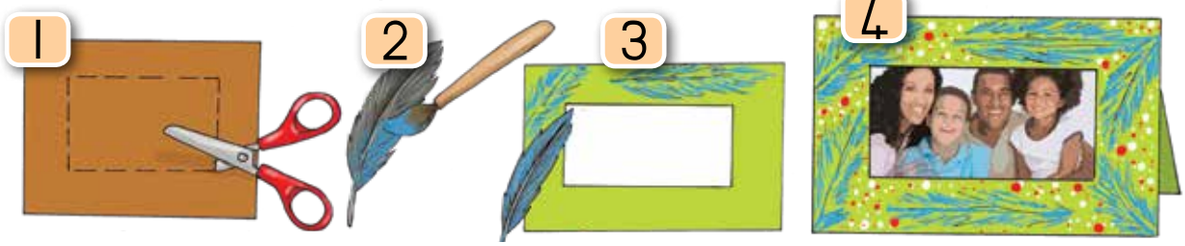
A hi endleni

Endla fureme ya xifaniso

Nhlamuselo ya mudyondzisi:
Ku na tindlela to tala leti hi nga hlayisaka swilo swa nkoka swa minkarhi ya khale. Yin'wana ya tona i ku nghenisa tifureme eka swinepe swa khale.

U ta fanela ku va na:

- Maphepha mambirhi ya khadibodo leyi khalariweke.
- Pende ya mati hi mihlovo yo hambana.
- Swilo swo hambana leswi rhisayikiliweke leswi nga ta endla tipheteni, xikombiso, vhilwa ra harani, khokho, risiva na swipfalo swa mabodhlela.




1. Tsema xikwere kumbe yinhlamune eka khadibodo ku swi hundzula swi va fureme ya xifaniso.
2. Penda tlhelo ra le hansi ra nchumu lowu u lavaka ku wu tirhisa ku endla fureme.
3. Sasekisa fureme hi ku tshikelela tlhelo leri pendiweke eka khadibodo.
4. Loko fureme yi omile, nghenisa xifaniso xa kokwana wa wena wa xisati kumbe wa xinuna kutani u xi nyika manana kumbe tatana wa wena xi va nyiko.



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Siku: .....



## A hi hlayeni

**Nkulukumba Maart u endzele xikolo eka siku ra vumbirhi. U yisile xitori xa yena emahlweni:**



A hi nga voni vanhu vo tala. Manana na tatana a va tirha ngopfu naswona a va tirha tiawara to tala swinene. Hi Sonto a hi endzela vanghana va hina hi xikalichana. A hi swi tsakela ngopfu hikuva a hi kota ku tlanga na vanghana va hina. A hi rhandza ku tlanga hi marhambu, vumba, makamba ya mbewu leyi humaka emirhini ya mitwa na maribye edan'wini lerikulu ra le kusuhi na yindlu ya hina kumbe enambyeni. Sesi na vanghana va yena a va tsakela ku endla swipopana swa vumba. Ndzi amukerile tintanghu ta mina to sungula loko ndzi ri na 12 wa malembe. Tatana u ndzi endlele tona hi dzovo ra homu leri tlhuvutsiweke. A swi ri kahle loko ndzi nga hlomuli mitwa eminkondzweni kumbe ku karhatiwa hi swikunwana leswi titimetiweke hi xirhami nimpundzu hi nkarhi wa vuxika.







## A hi vulavuleni

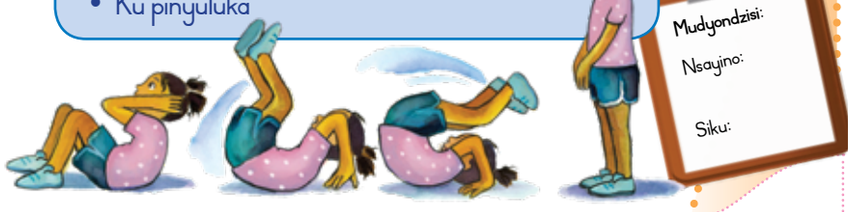
**Vulavula na munghana wa wena hi mhaka ya loko vana va vile na vutomi byo antswa eminkarhini ya khale.**

Xana a byi tlula leswi byi nga xiswona eka n'wana wa masiku lama? Vula leswaku hikwalaho ka yini. Ehleketa hi mathulusi na swilo leswi hi nga na swona namuntlha, leswi swi hi oloviselaka no hi pfuna ku endla swilo hi xihatla na hi ndlela yo antswa.

A hi tiololeni

Titolovete leswi landzelaka u ri wexe kumbe hi vambirhi mbirhi.

- Ku yima hi mavoko
- Ku yima hi nhloko
- Ku vumbulukela emahlweni na le ndzhaku
- Ku pinyuluka



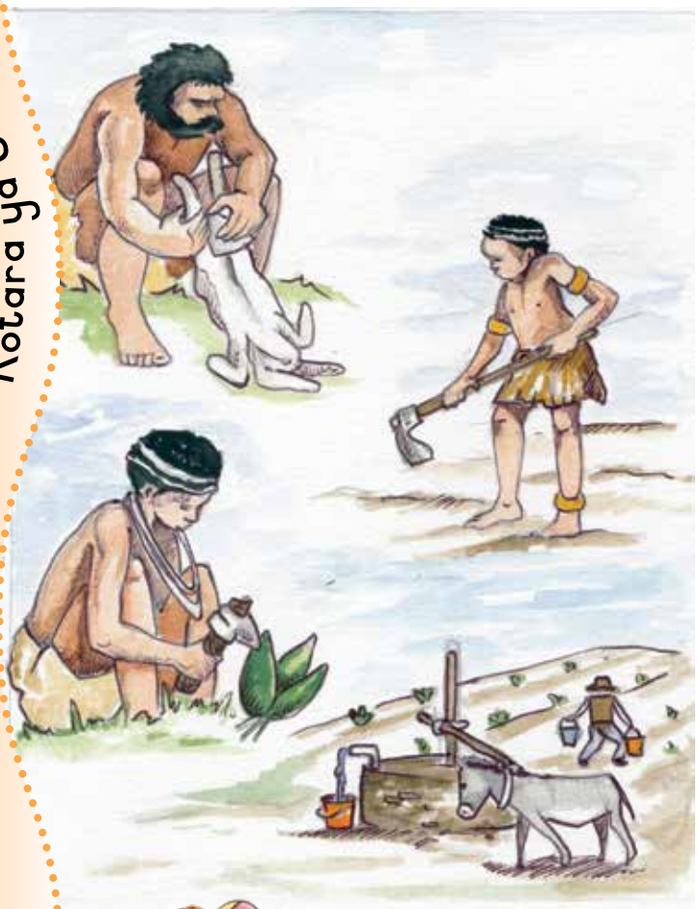



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# Switirho

A hi endleni

Languta swifaniso swa mathulusi lama a ma tirhisiwa khale. Eka kholomu ya tlhelo ra xinene, dirowa kumbe u tsema u tlhela u namarheta swifaniso swa mathulusi lama hi ma tirhisaka namuntlha.



A hi vulavuleni




Yindlu leyi nga na kwalomu ka 300 wa malembe.

Yindlu leyi nga na kwalomu ka 200 wa malembe.

Yindlu ya kwalomu ka 150 wa malembe lama hundzeke

Yindlu ya ximanguva lawa

Xana tiyindlu ti cince njhani hi ku famba ka malembe?
Hikwalaho ka yini ti cincile?
A ku tirhisiwa swo aka swa njhani?
I swilo swa njhani leswi u nga swi kumaka eka yindlu ya D leswi a swi nga ri kona eka yindlu ya A?



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Siku: .....



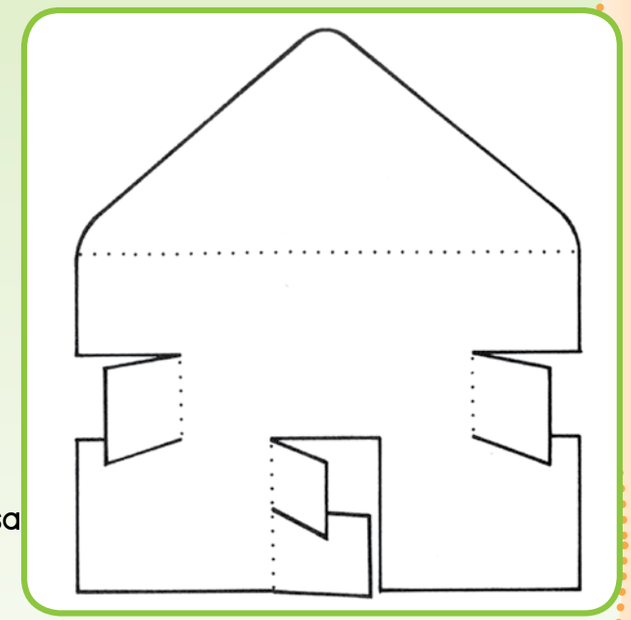
## A hi endleni

U dyondzile hi leswi tiyindlu ti cinciseke xiswona hi ku famba ka malembe. EAfrika-Dzonga tiyindlu tin'wana ti khavisiwile kahle tanihi tindlu ta vanhu va Mandhevele. Va tiveka hikwalaho ka mikhaviso ya makhumbi ya vona ya mihlovohlovo. Endla wonge u xirho xa rixaka ra Mandhevele kutani u fanele ku khavisa makhumbi ya muti wa ka n'wina.

U ta fanela ku va na:

- phepha ra muhlovo
- vhilopo yo basa
- xikero
- tikhirayoni
- xidamarheti

1. Tsema nyangwa na mafasitere eka vhilopo ya wena tanihi le ka xikombiso.
2. Pfula fulepe leswaku u endla lwangu ra yindlu.
3. Sweswi tirhisa tipatironi, swivumbeko, mintila kun'we na mihlovo yo vonakala ku khavisa yindlu ya wena ya vhilopo.
4. Vutisa mudyondzisi wa wena leswaku hikwalaho ka yini swi ri na nkoka ku tirhisa swivumbeko na tipatironi ta xijometiri.
5. Namarheta yindlu ya wena ehenhla ka phepha ra mihlovohlovo.
6. Tirhisa swifaniso leswi u swi kumaka eka timagazini ku sasekisa.





## A hi tiolololeni



- Endla wonge u le ku saheni timhandze leswaku u ta swi kota ku aka yindlu. Susumeta u tlhela u koka hi voko ra xinene, kutani cincela eka voko ra ximatsi.
- Yima ekusuhi na munghana wa wena. Haka voko ra wena ra xinene eka voko ra yena ra ximatsi. Wena na munghana wa wena endlani wonge mi tlakula saka ra mavele ro tika swinene hi ku voyamela eximatsini.
- Endla wonge u murhi. Yimisa voko rin'we ehenhla ka nhloko ya wena. Endla xibakele u endla wonge i nhlaka ensinyeni wa murhi. Munghana wa wena u fanele ku ringeta ku koka nhlaka emurhini loko wena u ri karhi u yi khoma leswaku yi nga suki endhawini ya yona.
- Khandziya bayisikiri: Ganama u fulerhana na munghana wa wena. Petsa matsolo kutani u veka minkondzo ya wena yi khumbana na ya munghana wa wena. Sungulani ku fambisa bayisikiri hi milenge ya n'wina.

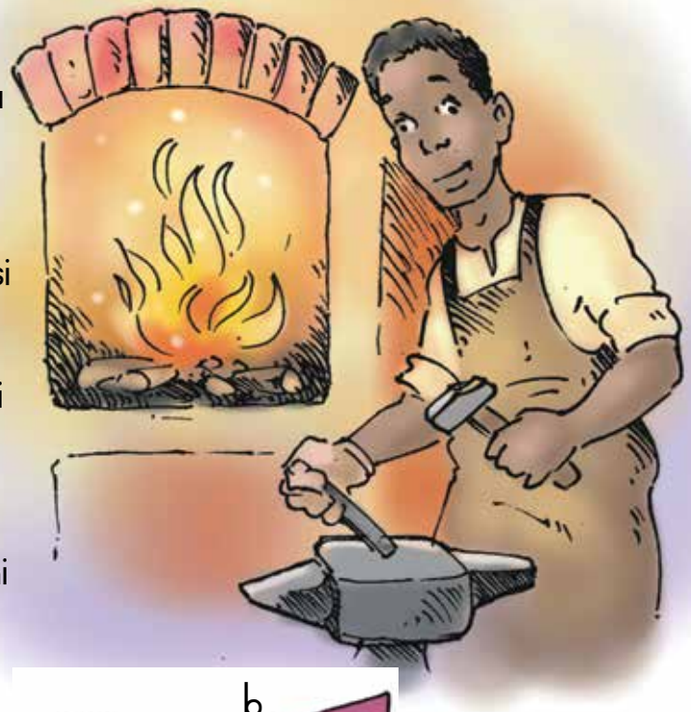





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# Swotala swa leswi a swi endlisiwa xiswona khale

## A hi hlayeni



Leri i siku ra vunharhu Nkulukumba Maart a endzele xikolo. U na swo tala swo swi hlamusela:

A hi ri na onto epurasini. A hi yi tirhisa ku endla no lunghisa mathulusi lama a ya tshovekile.

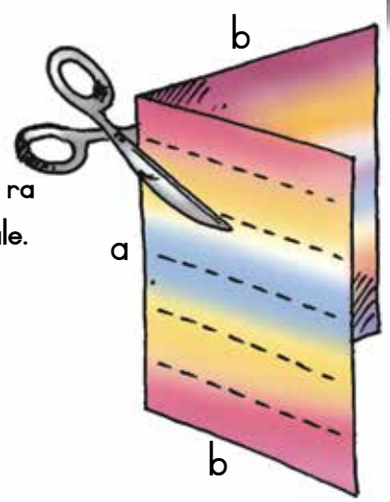
A hi endla xiporo xa hanci xa nsimbhi na mavhilwa ya xikalichani.

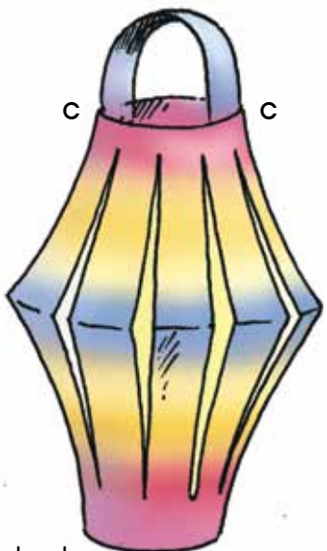
Loko ndzi ri na 10 wa malembe, ku vile na dyandza ro chavisa kutani a hi pfumala swakudya swo ringana. Hi vile na ntsako loko timpfula ti sungula ku na.

## A hi endleni



**Endla lantere ra nkarhi wa khale.**




U ta fanela ku kuma:

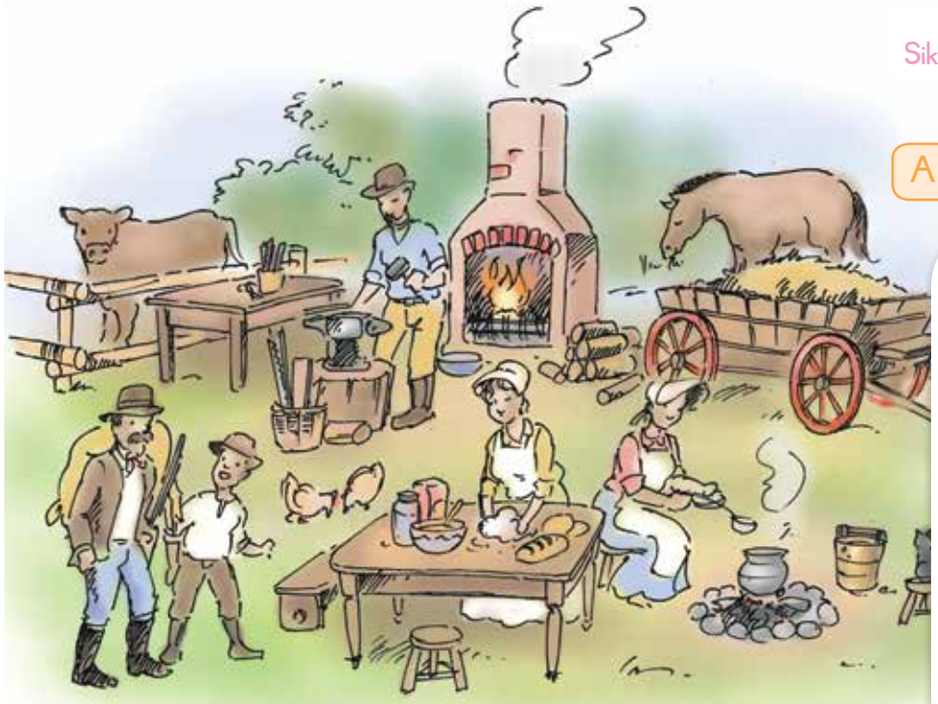
- Xikwere xa phepha ro basa.
- Pende ya mati hi mihlovo yo hambana.
- Burachi yo penda.
- Rhula, penisele na xikero.
- Xidamarheti.

1. Sasekisa phepha ra wena hi mihlovo yo hambana.
2. Petsa phepha hi hafu.
3. Dirowa mintila leyi nga avana hi 3 cm eka phepha.
4. Tsema eka mintila kambe u nga tsemi ku fika emakumu.
5. Petsa phepha ri pfuleka kutani u damarheta swin'we makumu mambirhi ya phepha.
6. Tirhisa xitiripi xa phepha ku endla xikhomo ehenhla.



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Siku: .....



## A hi vulavuleni

Languta xifaniso lexi hi vutomi epurasini leri nga na kwalomu ka 200 wa malembe. Vulavula na munghana wa wena hi leswi ku tsakisaka. Languta, xikombiso, swiambalo, mathulusi na matleketlelo ya swilo. Endzhaku byela mudyondzisi wa wena na tlilasi leswi mi vulavuleke hi swona na munghana wa wena.

## A hi tsaleni

Yelanisa xihlovo xa ku vonakala na xifaniso lexi faneleke. Tlhela u tsala vito ra xihlovo xin'wana na xin'wana xa rivoni lexi nga exifanisweni. Hlawula eka marito lama.

| thoci | dlilobu | khandhlela | rivoni ra le nhlokweni |
|---|---|---|---|

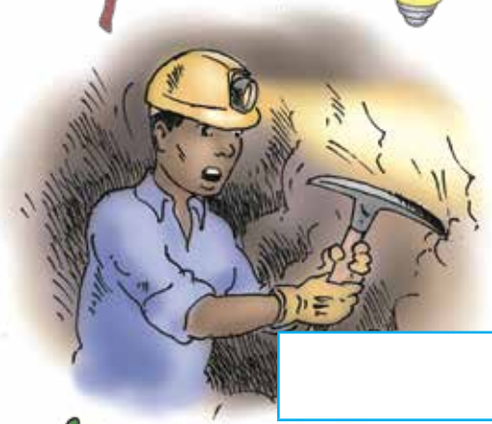
1 

2 

3 

4 









Mudyondzisi:

Nsayino:

Siku:



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44

# Mahakelelo ya swilo



A hi tsaleni

Xana vanhu a va hakelela swilo leswi a va swi lava hi ndlela yihi? Tirhisa rin'we ra marito lama ku hetisa xitori xa mali lexi nga laha hansi. Hi nyikile maletere yo sungula ya marito ku ku pfuna.

| | | | | |
|---|---|---|---|---|
| hakelela | fole | dya | silivhere | vuhlalu |
| swingwece | nsuku | na'ncisano | madzovo ya swiharhi | mali ya phepha |

Khale ka khaleni vanhu a va nga tirhisi s_____ na mali ya phepha ku h_____ swilo. Emasikwini wolawo n_____ wa swilo a wu ri mahanyelo ya vona. Loko vanhu va ri na f_____ ro tala kambe va nga ri na swakudya swo ringana ku d_____, a va fanele ku kuma munhu loyi a nga va cincelaka fole hi swakudya. Swilo swo fana na v_____, munyu, m_____, tihomu na fole a va cincisana hi swona. Endzhaku vanhu va sungurile ku tirhisa swiphemu swa n_____ na s_____ku hakelela swilo. Endzhaku swiphemu swa nsimbhi swi tirhisiwile ku endla s_____. Namuntlha hi tirhisa mali ya p_____na s_____kumbe makhadi yo xava hi xikweleti ku hakelela swilo.





A hi tiololeni

- Veka tihupu ehansi kumbe u dirowa swirhendzevutana esaveni.
- Loko mudyondzisi a ku byela ku tlula, tlulela endzeni ka xirhendzevutana hi milenge hinkwayo.
- Loko mudyondzisi a ku byela ku tlula, tlulela ehandle ka xirhendzevutana hi nenge wun'we
- Tlangani tsheretshere.
- Tirhisani choko ku dirowa swirhendzevutana na swikwere ehansi.





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Siku: .....

## A hi hlayeni

Leyi i ndlela leyi Nkulukumba Maart a heteke xitori xa yena hayona eka rendzo ra yena ro hetelela eka vana va xikolo.

Sweswi ndzi nga tshika ntirho ndzi hanya vutomi byo rhula laha dorobeni ra Graaf-Reinet, ndzi kota ku ehleketa hi vutomi byo tika byi tlhela byi va kahle lebyi ndzi veke na byona. Ndzi rivala minkarhi yo tika.

Swilo swo tala swi cincile – ku na gezi ra Eskom na un'wana na un'wana u na riqingho ra le nyongeni. Yindlu ya purasi ya khale yi akiwile hi vuntshwa sweswi yi languteka tanihi yindlu ya le dorobeni.

Kambe swilo swo tala swa ha ri tano: Tinyimpfu ti languteka no twala hi ndlela leyi fanaka naswona madyambu man'wana na man'wana mutirhi u yisa masi ekhixini ku suka edladleni ra masi. Timhungubye na timhisi ta ha khoma tinyimpfu.



## A hi vulavuleni

Hi tlilasi, vulavulani hi swilo leswi mi vonaka swi cincile ku suka eka nkarhi wa ku velekiwa ka n'wina. Tlhelani mi vulavula hi swilo leswi nga cinciki hi ku famba ka malembe.






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# Misava loko yi voniwa ku suka empfhukeni



A hi hlayeni

Misava i bolo leyikulu kumbe xirhendzevutana lexikulu lexi hi hanyaka eka xona. Hinkwaswo leswi swi yi rhendzeleke swi vitaniwa yunivhese. Eka 50 wa malembe lama nga hundza swi kotekile ku languta misava ku suka empfhukeni. Languta xifaniso xa misava eka tlhelo ra xinene. U nga vona tiko, lwandle na mapapa. Vulavula na munghana wa wena hi swiyenge swa xifaniso leswi kombisaka tiko, leswi kombisaka lwandle na leswi swi nga mapapa.



Xifaniso xo saseka xa misava, kaya ra hina ku suka ehenhla swinene empfhukeni.



A hi endleni

Emepeni, landzelerisa swivumbeko swa le handle swa swiphemu swa tiko leswi u kotaka ku swi vona exifanisweni. Tirhisa tikhirayoni ta mihlovo yo hambana eka swiyenge swo hambana.




Tsala mavito ya swiphemu sweswo swa tiko.



A hi hlayeni

Misava yi na riandlalo ra moya leri ri yi rhendzeleke. Hi ri vitana atimosifiya. Xana u kota ku ri vona exifanisweni?



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Siku: .....

# Tipulanete na ndyangu hinkwawo wa dyambu



A hi hlayeni

Atimosifiya ya misava i riandlalo leri rhendzeleke misava naswona ri kwalomu ka 120 km hi ku bumbula. Loko u famba ku hundza 120 km ku suka eka vuandlalo bya misava, u le ka mpfhuka wa le handle. Laha hi kona ku kumekaka vaakelani va misava: tipulanete tin'wana na tinyeleti.



A hi vulavuleni

Eka mpfhuka wa le handle ku hava nhlekanhi – i vusiku ntsena. Vulavula na munghana wa wena leswaku hikwalaho ka yini swi ri tano.

A hi hlayeni



Vaakelani va hina va le kusuhi hinkwavo va le ka ndyangu wa dyambu.

Dyambu: I bolo ya gasi yo hisa swinene ngopfu. Endzeni swinene ka dyambu ku hisa swinene ngopfu lero tigasi ti "n'oka" swin'we. Endlele ra ku n'okelana kumbe ku hlangana ri hi nyika ku vonakala, ku hisa na matimba emisaveni. Dyambu ri tlhela ri va nyeleti.

Tipulanete: Ku na 8 wa tipulanete, ku katsa na misava.

N'weti: I bolo ya tambha ro titimela na ritshuri leri rhendzelekaka hi misava.
I wutsongo hi ka mune eka misava.

Timetiyo (tinyeleti to wa): Leswi i swiphemu swa tambha. Loko swi fika eka atimosifiya ya hina, swi va swo hisa swinene. Leswi swi endla xitirayipi lexi vangamaka exibakabakeni xa nivusiku. Hi swi vitana "tinyeleti to rhurha". Loko swi banana na riandlalo ra misava, hi swi vitana "timetiyorayiti".

Tikhomete: i swiphemu swa ayisi na gasi leswi fambaka swi rhendzeleka hi obiti ya ndyangu wa dyambu. Ko tala swi tshinela ekusuhi na dyambu.



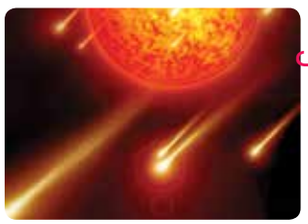
Dyambu



Tipulanete



N'weti



Timetiyo (tinyeleti to wa)



Tikhomete

Mudyondzisi:

Nsayino:

Siku:



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# Tinyeleti



A hi tsaleni

Misava ya hina yi na vaakelani lava tsakisaka swinene eka ndyangu wa dyambu. U dyondzile switsongo hi van'wana va vaakelani lava. Hi vahi lava u tsakelaka ku tiva swo tala hi vona? Tsala ku hlawula ka wena laha hansi. Nyika swivangelo swimbirhi swo seketela ku hlawula ka wena.

Xihlawuriwa xa mina: _____

Swivangelo swimbirhi: _____

_____

_____



A hi hlayeni

Loko hi hundza tipulanete ta vamanghimana hi suka eka Ndyangu wa dyambu. Sweswi hi le ka mpfhuka wo nghenelela wa le handle. Laha hi kuma leswi landzelaka:

Tinyeleti: I tibolo to hisa swinene ta gasi, tanihi dyambu kambe ti le kule swinene na hina. Ku na mabiliyoni ya tinyeleti – a hi nga pfuki hi swi kotile ku ti hlaya. Tinyeleti ti hi vukulu byo hambana – dyambu ra hina ri na vukulu bya nyeleti ya le xikarhi.

Ndyangu wa dyambu na mpfhuka wa le handle swi vitaniwa yunivhese. Yunivhese i swilo hinkwaswo leswi nga kona naswona hi tiva switsongo hi yona. Xana u ehleketa leswaku ku na tindhawu tin'wana leti fanaka na misava ya hina eka yunivhese?



A hi endleni
- Yingisela risimu ra le Afrika-Dzonga leri mudyondzisi wa n'wina a nga ta ri tlanga.
- Kun'we na ntlawa wa wena ehleketani hi ncino lowu mi nga cinela risimu leri.
- Entlaweni wa n'wina, ehleketani kutani mi tsala "risimu ro rhepa ra nyeleti" mi tlhela mi ri yimbelelela tlilasi.

A hi tlangeni
- Mudyondzisi wa n'wina u ta mi avanyisa hi mintlawa mimbirhi.
- Tlangani bolo ya milenge.





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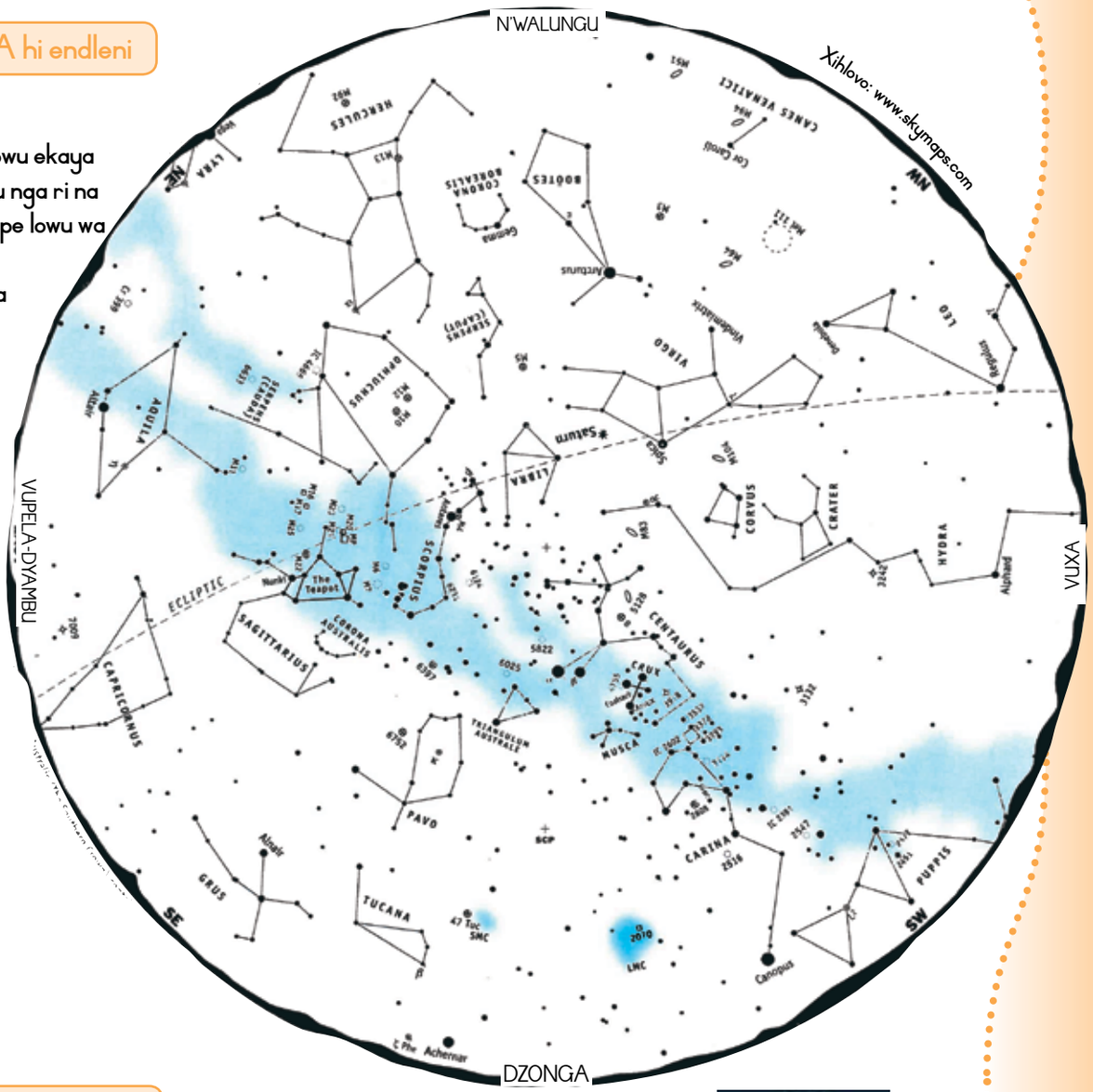
Siku: .....

# Tithelesikopu



## A hi endleni

Endla nghingiriko lowu ekaya nimadyambu loko ku nga ri na mapapa. Tirhisa mepe lowu wa tinyeleti u ringeta ku vona mintlawa ya tinyeleti. Endla mfungho wa gwaju (✓) emepeni laha hansi ekusuhi na tinyeleti leti u kotaka ku ti vona.






## A hi hlayeni



N'weti loko wu voniwa hi thelesikopu.

Vanhu lava dyondzaka hi misava va vitaniwa vativa-tinyeleti. Va tirhisa tithelesikopu ku dyondza hi tinyeleti. Eka malembe lama taka, tithelesikopu letikulu swinene ta xiyanimoya ti ta akiwa ekusuhi na Carnarvon, eNorthern Cape. Namuntlha hi na tithelesikopu empfhukeni leti hi rhumelaka swifaniso swa swiphemu swa yunivhese leswi hi nga swi kotiki ku swi vona. Xikombiso i thelesikopu ya Hubble leyi hi rhumelaka swifaniso swo saseka swo huma empfhukeni. Afrika-Dzonga ri akile thelesikopu ya rona leyikulu swinene ekusuhi na Sutherland eNorthern Cape.

Mudyondzisi: .....

Nsayino: .....

Siku: .....



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# Ku famba empfhukeni

## A hi hlayeni

Vanhu lava hinkwavo a va ri vamabulandlela vo famba empfhukeni.



Yuri Gagarin wa Murhaxiya, i munhu wo sungula ku rhendzeleka hi misava hi xibamubamu (20 Mawuwani 1961).



Neil Armstrong wo huma eUSA i munhu wo sungula ku kandziya en'wetini (20 Mawuwani 1969).



Mark Shuttleworth a ri Muafrika-Dzonga wo sungula ku rhendzeleka hi misava (Dzivamisoko 2002).



Christa McAuliffe a ri mudyondzisi wo sungula ku va muhandzulampfhuka, kambe u lovile enghozini ya xibamubamu xa Challenge lexi duvukeke (28 Sunguti 1969).

Xana a wu swi tiva?
Mandla Maseko wa le Soshanguve eGauteng, u ta va muntima wa Muafrika-Dzonga wo sungula ku ya exibakabakeni hi Lynx Mark II Shuttle hi 2015.



## A hi vulavuleni

Vulavula na munghana wa wena hi pulanete leyi u nga yi endzelaka.

Xana u ta fika njhani eka pulanete yoleyo?

Xana u ta famba na mani kun'we na yini?

Xana u ta tsakela ku tshama nkarhi wo tanihi kwihi?





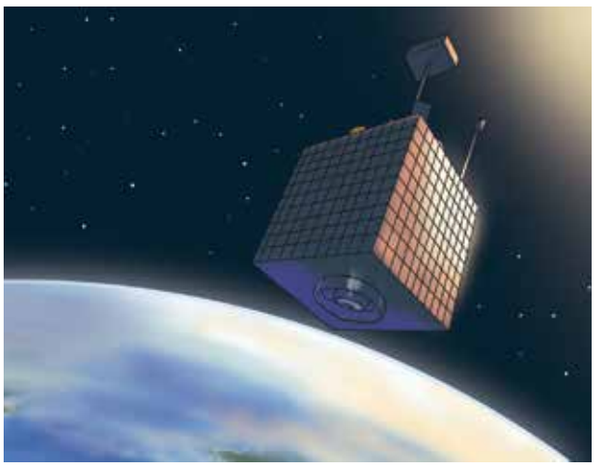
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Siku: .....

# Tisathelayiti



A hi hlayeni



Xana a wu swi tiva leswaku n'weti wu famba wu rhendzeleka hi misava? Nchumu lowu rhendzelekaka hi xilo xin'wana wu vitaniwa sathelayiti, hikwalaho n'weti i sathelayiti ya misava. Ndlela ya sathelayiti yi vitaniwa obiti. Ku na tisathelayiti to tiendlela to tala leti rhumeriweke hi vanhu eka obiti leyi rhendzelaka misava. Sathelayiti yo tiendlela yo sungula yi rhumeriwe empfhukeni hi 1957. Thelesikopu ya Hubble hi yin'wana ya tisathelayiti leti. Yunivhesiti ya Stellenbosch yi tumbuluxile sathelayiti ya Afrika-Dzonga yo sungula ya SunSat. Yi rhumeriwe empfhukeni hi Nyenyenyani 1999. Ku na tinxaka to hambana ta tisathelayiti. Tin'wana ta tona ti hlengeleta mahungu mayelana na mpfhuka, tin'wana i tisathelayiti ta maxelo kasi tin'wana i tisathelayiti ta mbulavurisano leti rhumelaka swifaniso na mahungu ku suka eka xiphemu xin'we xa misava ku ya eka xin'wana. Sathelayiti leyikulu ku tlula hinkwato yi le ka xitichi xa matiko ya misava laha swiperimente swa sayense na vuxiyaxiya swi endliwaka kona.



A hi vulavuleni

**Bula na munghana wa wena hi swivutiso leswi landzelaka. Endzhaku mi nga byela tlilasi mavonele ya n'wina.**

- Swifambo swo tala swi na tisathelayiti to landza vuthala leti sivelaka vanhu leswaku va nga swi yivi. Xana tisathelayiti leti ti tirha njhani?
- Hi ku ehleketa ka wena, varimi va kuma mahungu ya njhani ku suka eka tisathelayiti?
- Hi yihi mintirho ya tisathelayiti leyi u yi ehleketaka?



A hi tiololeni

Mudyondzisi wa n'wina u ta mi dyondzisa ku tlanga vholibolo na Ximanga-na-kondlo.








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# Masiku yo hlawuleka

## A hi hlayeni

Man'wana masiku ya swa vukhongeri ya va kona hi masiku yo hambana lembe rin'wana na rin'wana. Kumisisa leswaku ma ta humelela rini eka lembe leri kutani u tatisa masiku ya kona eka ndhawu leyi nyikiweke.

**Nhlamuselo ya mudyondzisi:**
Masiku lama ya swa vukhongeri no hlawuleka ya va kona hi kotara ya vunharhu. U fanele ku tirhisa tiawara tinharhu ku vulavula hi masiku lama. Leswi mi swi endlaka hi tlilasi swi ta lawula hi vukhongeri na ndhavuko wa vadyondzi va tlilasi ya n'wina kun'we na pholisi ya xikolo xa n'wina. Tiholideyi letimbirhi ta mani na mani ti fanele ku xiximiwa hi Vaafrika-Dzonga hinkwavo.

21 Mawuwani: (Loko xin'wetana xi voniwile) i ku sungula ka n'hweti ya Ramadan – Siku ra vukhongeri bya Islam. Ramadan i nkarhi wo titsona swakudya, wa swikhongelo swo hlawuleka no hlaya Qur'an. Siku: _____

19 Mhawuri (Loko xin'wetana xi voniwile): Eid-ul-Fitr i nkhuvo wa vukhongeri bya Islamic. Lowu i nkhuvo wo tlangela ku hela ka n'hweti yo titsona swakudya ya Ramadan. I siku ro dzunisa, ro hlayisa swisiwana no endzela vanghana na maxaka.
Siku: _____

Mawuwani kumbe Mhawuri: Raksha Bandhan i nkhuvo wa Xihindu. Vahindu va tlangela vuxaka exikarhi ka vabuti na vasesi. Sesi u boha rakhi (harana yo kwetsima) ehlakaleni ra voko ra buti wa yena ku yimela no kombisa rirhandzu na swikhongelo swo khongelela buti wa yena, na xitshembiso xa buti wa yena xa vutomi hinkwabyo xo n'wi sirhelela.



Siku: _____

Mhawuri kumbe Ndzati: Krishna Janmashthami i nkhuvo wa Xihindu wa swa vukhongeri. Ku velekiwa ka Krishna Janmashthami ku tlangeriwa hi ku titsona swakudya. Krishna i munhu wa nkoka swinene eka vukhongeri bya Xihindu. Hi siku leri vana va encisa swiendleko swa vutomi bya Krishna.



Siku: _____

Ndzati: Pitr Paksha i nkhuvo wun'wana wa vukhongeri bya Xihindu. Vahindu va xixima vakokwa va vakokwana va vona ("pitrs"), ngopfungopfu hi ku nyika swakudya.



Siku: _____



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Siku: .....

**Mawuwani kumbe Mhawuri:** Tisha B'av i siku ra vukhongeri bya Xiyuda. Vayuda va titsona swakudya ku rilela ku onhiwa ka tempele yo sungula na ya vumbirhi eYerusalema, no tsundzuka mahlomulo lawa humeleleke hi siku leri. Siku leri ri vitaniwa "siku ra nhlomulo lowukulu eka matimu ya Vayuda".

Siku: _____



**Ndzati:** Rosh Hashanah i lembe lerintshwa ra Vayuda. Vanhu va ba mhalamhala ya rimhondzo ra nyimpfu ya xinuna (leri vitaniwaka shofar) ku tlangela siku leri. Va dya swakudya swo fana na maapula lama petiweke endzeni ka vulombe ku kombisa leswaku va langutele vutomi lebyinene eka lembe lerintshwa.

Siku: _____

**Ndzati kumbe Nhlangula:** Yom Kippur yi va kona endzhaku ka masiku ya khume ku hundzile Rosh Hashanah. I siku ro kwetsima swinene eka vukhongeri bya Xiyuda. Siku: _____



**9 Mhawuri:** Siku ra Rixaka ra Vavasati – Holideyi ya mani na mani. Hi siku ra 9 Mhawuri 1956, 20 000 wa vavasati va kombisile ku vilela eUnion Building ePitori ehenhla ka mhaka ya leswaku vantima a va fanele ku khoma tipasi. Xiave xa vamanana eka rixaka ra Vaafrika-Dzonga xi tlangeriwa no tsundzukiwa hi siku leri.



**1–7 Ndzati:** Vhiki ra rixaka ro byala mirhi. Vanhu va kuceteriwa ku byala mirhi.



**8 Ndzati:** Siku ra ku hlaya no tsala ra misava. Siku ri kombisa nkoka wa ku dyondza ku hlaya.

**24 Ndzati:** Siku ra Ndzhaka – Holideyi ya mani na mani. Vaafrika-Dzonga hinkwavo va nga tlangela mindhavuko ya vona na mindhavuko yin'wana.

Mudyondzisi:

Nsayino:

Siku:



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# Swimilana – leswi hi swi kumaka eka swona

A hi hlayeni

Misava yi tele hi swilo leswi hanyaka. Ku na swiharhi, vanhu, tinyimpfu, mawukuwuku, minkuku na swimilana swo tanihi mavele, mirhi ya minengenetsi na mfurhe tanihi nkuxi.







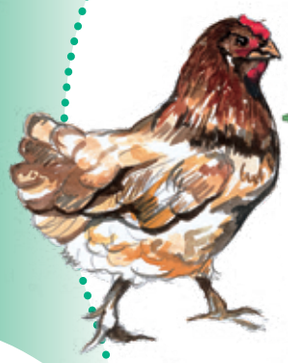
Swimila swi na marhavi, matluka, misinya na timitsu. Swi veka swiluva, mihandzu na mbewu. Vunyingi bya swona swi na matluka ya muhlovo wa rihlaza.

A hi vulavuleni

Xana swakudya swa hina swi huma kwihi?

U dyondzile hi lomu swakudya swa hina swi humaka kona. Vona leswi u swi tsundzukaka.

Languta swifaniso kutani u vulavula na munghana wa wena hi swona.
Eka pheji leri landzelaka ku na nxaxameto wa swakudya. Hi swihi leswi nga humeki eka swilo leswi nga eswifanisweni?














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Siku: .....



## A hi hlayeni

Swimilana swi hi nyika tinxaka to tala ta swakudya. Matsavu hinkwawo, mihandzu na timanga swi huma eka swimilana. Swi pfuna leswaku miri wa hina wu tshama wu hanye kahle hikuva swi na timinerali, tivhitamini, tiphuroteni, tikhabohayidireti, mafurha na fayiba. Hambi yi ri chokoleti yi huma eka timanga.



## A hi tsaleni

Tsalela munhu loyi a ku swekelaka swakudya papila. Tirhisa fureme leyi. Tirhisa marito ya nxaxameto lowu eka papilla ra wena.

mapa vuswa kwembe tapula kheroti botere ya timanga
xinkwa khekhe saladi ya lethasi mapencisi maapula makalavatla

Eka _____

Ndza khensa _____

Ndzi rhandza ku dya _____

A ndzi rhandzi _____

hikuva _____.

Ndzi kombela u ndzi swekela _____.

Swakudya swo huma eka swimilana swi kahle hikuva

_____.



## A hi vulavuleni

Languta swifaniso leswi landzelaka kutani u vulavula na munghana wa wena hi swivumbeko leswi swimilana swi nga va ka na swona.

1



2



3



4








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# Swimilana – ku suka eka mova ku ya eka chukela

A hi hlayeni

Chukela i xin'wana xa swakudya leswi hi faneleke ku swi kuma leswaku hi tshama hi hanye kahle. Ku na tinxaka to hambana ta chukela. Hi kuma chukela eka mihandzu. Masi na wona ya na chukela. Xifaniso lexi nga endzhaku xi ku kombisa masimu lamakulu ya mova ya le Kwazulu-Natal.




A hi hlayeni

Chukela ri pfuna swinene.

Mova i ximilana xo leha lexi fanaka na misengele. Wu mila eka tlayimeti ya tiropiki. Mova wu lava masana ya dyambu na mpfula yo tala. Xifundzankulu xa KwaZulu-Natal eAfrika-Dzonga hi xona lexi faneleke leswaku ku byariwa mova eka xona.

A hi endleni

1. Languta swifaniso swa swichayachayani leswi mudyondzisi wa n'wina a nga ta mi komba swona.
2. Yingiselani switayili swo hambana swa vuyimbeleri bya Afrika-Dzonga leswi mudyondzisi wa n'wina a nga ta swi tlanga. Bulani hi leswi landzelaka:
   - Ncino wa tinsimu.
   - Xana mpimo wa nonoka kumbe wa hatlisa?
   - Nsumo wa vuyimbeleri
   - Xana vuyimbeleri byi ku endla u titwa njhani? Hi swihi swichayachayani leswi u swi tivaka eka tinsimu leti?

A hi tiololeni

Hetisa khoso ya swirhalanganya leyi mudyondzisi wa n'wina a nga yi tumbuluxa.

Mudyondzisi wa n'wina u ta mi komba matsutsumele ya mphikizano wa milenge minharhu.



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Siku: .....

Languta xifaniso xa mova. Lemuka swiyenge leswi landzelaka swa ximilana: nsinya wo leha wa nsuku matluka yo leha no lala; madingu ensinyeni; xijumba xa timitsu emisaveni.

Mova wu fanele ku kula eka nkarhi wa 14 ku fika 24 wa tin'hweti wu nga si tshoveriwa. Minsinya yi na chukela – sirapu ya buraweni leyi namarhelaka – leyi hambanaka na chukela leri hi ri tirhisaka emakaya ya hina.



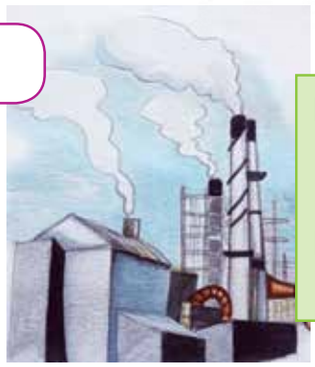


A hi tsaleni

**Nambara swifaniso hi ndzandzelelano lowu faneleke ku kombisa leswi chukele ri endlisiwaka xiswona.**



Titeretere ti rima masimu.



Exigayweni mova wa tshikeleriwa kutani ku kamiwa chukela.

Chukela ra basisiwa no kambisisiwa, ri lunghile leswaku hi nga ri xava.



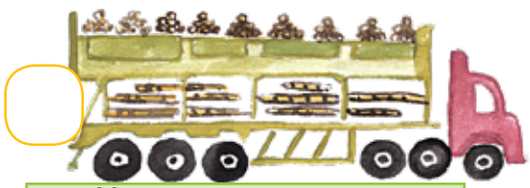
Mova wu yisiwa eswigayweni.

Ncheleto wu tirhisiwa ku cheleta mova.



Ku byariwa swiphemu leswi tlhaveke.





Mova wu yisiwa eswigayweni.



Mova wu fika exigayweni.

Mudyondzisi:

Nsayino:

Siku:



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# Misava – leswi yi hi nyikaka swona



## A hi hlayeni



Kotara leyi nga hundza u dyondzile hi misava. I pulanete leyi hi hanyaka eka yona. Misava yi hi nyika swilo hinkwaswo leswi hi swi lavaka.

Misava yi rhendzele hi riandlalo ra moya. Yi na okisijeni leyi lavekaka leswaku hi kota ku hanya.

Riandlalo ra misava ro lala leri hi hanyaka eka rona, leri vitaniwaka rikoko, ri na misava ya le henhla leyi hi yi tirhisaka ku byala swimilana swa swakudya eka yona. Riandlalo ro sungula ra tiko ri na tambha ro tiya tanihi tintshava. Eka riandlalo leri hi kuma timinerali to fana na nsuku, dayimani, petiroliyamu kun'we na malahla.

Hi tlhela hi kuma na malwandle eka riandlalo leri ro lala ra tambha. Elwandle hi kuma swakudya swo tanihi tinhlampfi. Lwandle ri na nkoka hikuva swikepe swo rhwala nhundzu na vanhu swi famba eka rona.



## A hi endleni



Tirhisa vuxokoxoko lebyi nga laha henhla ku dirowa xifaniso xa misava. Tirhisa switirhisiwa swo tala hilaha u nga kotaka hakona – penisele, tikhirayoni, tipasitele, inki na pende. Ehleketa no engetela swilo swo fana na swiphephana, tikunupu, tinkatla, matluka yo oma na swiluva. Tirhisa swilo leswi u nga si tshamaka u swi tirhisa. Tirhisa swilo hi ndlela leyi nga yintshwa eka wena.



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Siku: .....

## A hi vulavuleni

U dyondzile lomu swakudya swi humaka kona. Tirha na munghana wa wena mi gwajula (✓) swakudya leswi humaka emisaveni.

| | |
|---|---|
| maapula | |
| bekoni | |
| chizi | |
| malamula | |
| matandza | |
| rhakarhaka | |
| masi | |
| muroho | |
| nyama ya nyimpfu | |
| mapencisi | |
| tiherekisi | |




Dirowa ntila ku yelanisa rito na xifaniso xa rona. Xana nxaxameto wa wena wu ku byela yini?

A hi tiololeni
- Huhutela swimbyarubyaru ebaketeni ra mati.
- Vekela xikandza xa wena ematini ku ringana 3 wa tisekeni u khomile moya wa wena, u nga pfali nhompfu na mahlo.

Endla onge wa hlambela
- Etlela hi nhlana kutani u raha milenge
- Etlela hi khwiri kutani u raha milenge
- Yima kutani u fambisa mavoko onge u hlambela hi xindzhaku
- Fambisa mavoko sweswi onge u hlambela u pavalarile.

## A hi tsaleni

Tsala ndzimana u khensa misava hikwalaho ka leswi yi ku nyikaka swona. Engetela xivulwa xin'we lexi eka xona u tshembisaka ku yi hlayisa.

Eka Misava

Ndzi khensa _____

_____

_____

_____

Ndzi tshembisa ku ku hlayisa hi ku _____

Mudyondzisi:

Nsayino:

Siku:

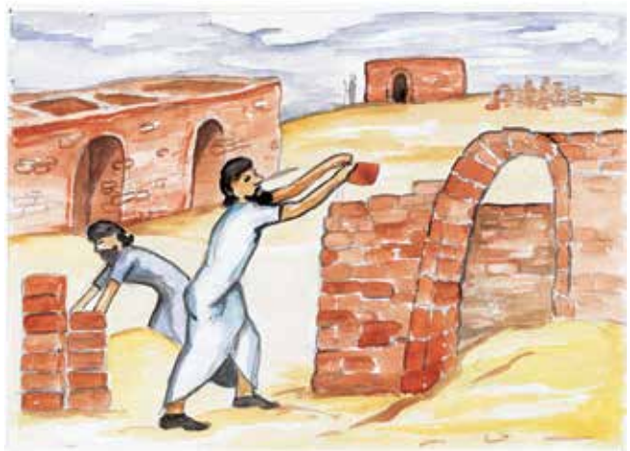


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# Misava – ku suka eka vumba ku ya eka xitina

## A hi hlayeni

Misava yi na tinxaka to hambana ta misava. Vumba hi byin'wana bya yona. Eka magidigidi ya malembe vanhu a va tirhisa vumba ku endla switina swo aka hi swona.



## A hi endleni

Dirowa swilo swimbirhi leswi hi nga swi akaka hi switina u tlhela u nyika xifaniso xin'wana na xin'wana nhlokomhaka.

## A hi tsaleni

**Hlamula swivutiso leswi landzelaka.**



Hikwalaho ka yini switina swi nga ri swa muhlovo wun'we?

_____

_____

Xana switina swi endliwa hi vumba ntsena?

_____

_____



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Siku: .....



## A hi tsaleni

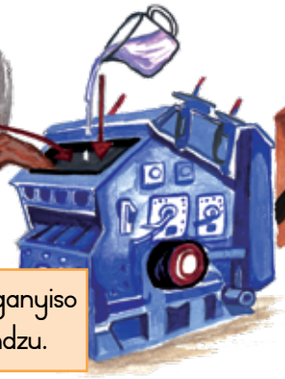
Languta swifaniso leswi kutani u vulavula na munghana wa wena hi leswi humelelaka eka xifaniso xin'wana na xin'wana.



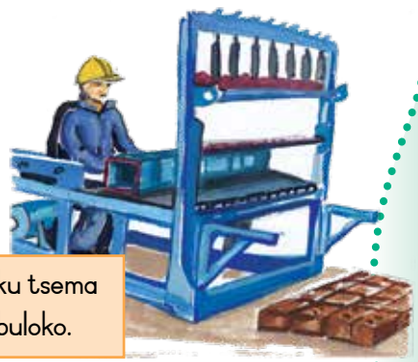
Vumba bya ceriwa.



Vumba bya ceriwa kutani byi hlanganisiwa na mati.



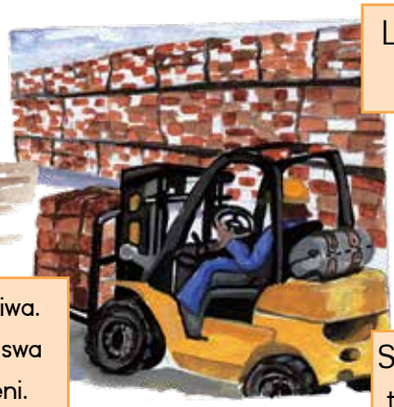
Muchini wu tsema mpfanganyiso wa vumba wu va swipandzu.



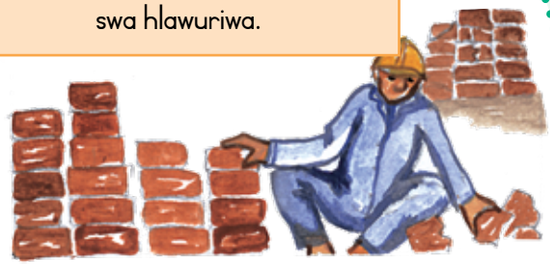
Muchini wu tirhisiwa ku tsema swipandzu swi va tibuloko.




Tibuloko ta vumba ta omisiwa. Swiphemu leswi omisiweke swa vumba swi bakiwa eontweni.



Loko switina swi humesiwa eontweni, swa hlawuriwa.



Switina swi vekiwa ehenhla ka swin'wana hi tinhulu naswona swi lunghele ku xavisiwa.

Nambara swifaniso leswi hi ndzandzelelano lowu faneleke ku kombisa leswi hi endlisaka xiswona switina.

| | |
|---|---|
| | Loko switina swi humesiwa eontweni, swa hlawuriwa. |
| | Vumba bya ceriwa kutani byi hlanganisiwa na mati. |
| | Muchini wu tirhisiwa ku tsema swipandzu swi va tibuloko. |
| | Vumba byi ceriwa hi ku tirhisa michini leyikulu. |
| | Switina swi vekiwile hi tinhulu naswona swi lunghele ku xavisiwa. |
| | Swiphemu leswi omisiweke swa vumba swi bakiwa eontweni. |
| | Muchini wu tsema mpfangano wa vumba wu va swipandzu. |
| | Tibuloko ta vumba ta omisiwa. |






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# Timhangu na leswi faneleke ku endliwa: Mikhukhula



A hi hlayeni

## Timhangu

Mhangu i nchumu lowu humelelaka hi xihatla naswona yi na mbuyelo wo tika eka vanhu na ntumbuluko. Mhangu yi nga vanga mafu yo tala na ku onha lokukulu.

Timhangu to tala ti vangiwa hi swilo swa ntumbuluko swo tanihi moya na mpfula. Xikombiso i mikhukhulo endzhaku ka mpfula ya matimba swinene. Vanhu na vona va nga vanga timhangu. Xikombiso, ku siya khandhlela ri pfurha vusiku hinkwabyo swi vanga ndzilo.







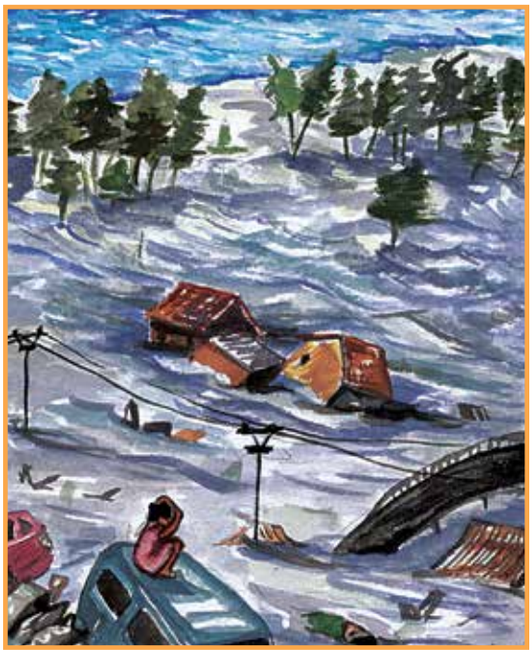
A hi vulavuleni

Languta swifaniso leswi kutani u vulavula na munghana wa wena hi swona.

Vulavula hi leswi u swi vonaka eka xifaniso xin'wana na xin'wana. Vula leswaku i mhangu ya njhani leyi xifaniso xin'wana na xin'wana xi yi kombisaka.

Tsala mavonele ya wena.

Mudyondzisi wa wena u ta endla nxaxameto wa tinhlamulo ta un'wana na un'wana eka bodo. Engetela tinhlamulo leti hambanaka na ta wena eka nxaxameto.





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Siku: .....



A hi hlayeni

Hlaya atikili ya phephahungu hi mhangu ya ndhambi. Rhanga u hlaya u ri wexe kutani u tshama na munghana wa wena mi hlayela ehenhla. Nyiketanani ku hlaya. Hlaya ndzimana kutani munghana wa wena na yena a tlhela a hlaya ndzimana.

# Mikhukhula ya xitshuketa yi vanga timhangu

Schmidtsburg | Mugqivela | 14 Sunguti 2011

*Vanhu va khumembirhi va lovile kasi va makumemune ntlhanu va ponisiwile emirhini na le henhla ka malwangu edorobeni leri ra le Kapa N'walungu.*

Mhangu leyi yi humelerile endzhaku ka ku na ka mpfula leyikulu hi Ravuntlhanu. Yi nile swinene ku tlula leswi vanhu a va languterile swona. A ri ri bubutsa lerikulu hi mpfhuka ka lembe ra 1985. Vanhu vambirhi va lovile loko va ringeta ku tsemakanya buloho edorobeni hi movha kutani movha wa vona wu khukhuriwile hi mati. Va mpfuno wa xihatla vo huma exiphoriseni, vatimela-ndzilo na masocha va ponisile vanhu.

Maphorisa va ha lavisisa loko vanhu lava weleke hi khombo va kumekile hinkwavo. Vanhu vo tala va lahlekeriwile hi swilo hinkwaswo swa le tindlwini ta vona. Tindlu leti nga etindhawini leti nga ehansi ekusuhi na nambu hi tona leti onhakeke swinene. Van'wana va vanhu lava weleke hi khombo leri va honise switsundzuxo swa maphorisa.



Vanhu vo tala va pfumala swakudya na swiambalo. Sweswi va tshama ekerekeni, van'wana va tshama na vanghana kumbe maxaka ya vona. Swi teka tin'hweti ta ntsevu ku lunghisa kumbe ku aka hi vuntshwa swilo hinkwaswo. Meyara u komberile vanhu leswaku va khomana va va nchumu wun'we.



A hi tsaleni

Hlaya atikili ya nyuziphepha nakambe. Kutani hlamula swivutiso leswi.

Xana mhangu ya mikhukhula yi humelele eka xifundzankulu xihi?

Xana mpfula yi sungurile rini ku na?

Xana mpfula yi tala ku na hi ndlela leyi edorobeni leri?

Hikwalaho ka yini vanhu vo tala va pfumala swakudya?

Mudyondzisi:

Nsayino:

Siku:



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# Ndzilo

## A hi hlayeni

Ndzilo wu humelela loko ku hlangana swilo swinharhu.

Swilo leswinharhu hi leswi:

- switshivelwa leswi nga tshwaka tanihi tihunyi.
- ku hisa tanihi langavi leri humaka eka rivoni kumbe mencisi.
- gasi ya le moyeni leyi vitaniwaka okisijeni.




Swilo leswinharhu hinkwaswo swi fanele ku va kona hi nkarhi wun'we. Xana a wu swi tiva leswaku ndzilo a wu nga yi emahlweni wu pfurha loko ku nga ri na okisijeni?

## A hi tsaleni

**Mudyondzisi wa wena u ta lumeka khandhlela kutani a ri pfala hi nghilazi. Languta leswi humelelaka.**



Hikwalaho ka yini leswi swi humelerile? Tsala xivulwa xin'we ebukwini ya wena ya switoloveto.

## A hi vulavuleni

**Kun'we na munghana wa wena, kumani tinhlamulo ta swivutiso leswi:**

Hikwalaho ka yini langavi ra ndzilo ri timekile?

U ta fanela ku tiva nhlamulo ya xivutiso lexi loko u fanele ku tima ndzilo. Hikwalaho ka yini?

Mudyondzisi wa wena u ta yingisela tinhlamulo ta n'wina hinkwato kutani a hlawula leti nga hlawuleka.

## A hi vulavuleni

Hi tlilasi, bulani hi swilo leswi nga pfurhaka. Vulavulani hi swilo leswi mi nga swi kumaka emakaya ya n'wina. Ku suka eka mbhurisano wa n'wina, hi wahi mahungu lama u nga wa yisaka ekaya mayelana na ku hlayiseka eka ndzilo?



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Siku: .....



A hi tsaleni

Tsalani tinhlamulo ta n'wina eswivandleni leswi pfulekeke etafuleni.



| Nkoka wa ndzilo eka hina | |
|---|---|
| Leswi ndzilo wu hi nyikaka swona | Leswi hi nga wu tirhisisaka xiswona |
| Ku hisa | Nhlamulo ya wena |
| | |
| Ku vonakala | Nhlamulo ya wena |
| | |



A hi hlayeni

Nyika mudyondzisi wa wena buku leswaku a vona tinhlamulo ta wena.

Timhangu ta mindzilo ti nga onha swinene nkarhi wun'wana ti tlhela ti vanga na mafu yo tala.



Ritshwa nkarhi wun'wana ri kahle hikuva ri pfuna swimilana leswintshwa leswaku swi kula. Kambe ritshwa ro ka ri nga lawuleki ri nga onha swimilana no dlaya swiharhi. Ri tlhela ri vanga na nkhukhulo wa misava na nthyakiso wa moya. Swa vavisa loko vanhu lava nga na vusopfa va vanga 9 eka 10 (ku tlula 90%) wa mindzilo.



Hinkwerhu hi fanele ku dyondza tindlela to sivela timhangu ta ndzilo na leswi hi faneleke ku endla swona loko ko tshuka ku va na ndzilo. Hi rihi khombo leri nga humelelaka mufana loyi a nga eka tlhelo ra xinene? Hi xihi lexi a nga xi endla hi ndlela leyi nga hoxeka?

A hi endleni
- Tsema swifaniso swa vanhu eka timagazini.
- Endla kholaji laha swirho swa miri swi tlhandlakanyanaka.

Mudyondzisi:
Nsayino:
Siku:



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# Rihati

A hi hlayeni

Nkarhi wun'wana loko u khumba nchumu lowu endliweke hi metali tanihi fureme ya rivanti, u twa ku tlhavanyana ko kariha kutani u twa ku gwimbeka lokutsongo. Leswi swi vangiwa hi leswi gezi ri nga aka emirini wa wena kutani ri hundziseriwa eka xilo xa nsimbhi loko u xi khumba.





Ku hatima loku hi ku vonaka loko tilo ri dzindza ka fana. Gezi ri akelana endzeni ka papa kutani ri "hundziseriwa" eka papa rin'wana (xifaniso lexi nga ehenhla) kumbe emisaveni (xifaniso xa le ka ximatsi).

Ku dzindza loku u ku twaka endzhaku ka rihati ku fana na mpfumawulo wo ntlokola loko u khumba xilo xa metali, kambe mpfumawulo wa kona wu na huwa. Lembe rin'wana na rin'wana, ku tlula 30 wa vanhu va dlayiwa hi rihati eAfrika-Dzonga.



## Hi leyi milawu minharhu ya vuhlayiseki loko tilo ri dzindza.



Loko wo kumeka u khome hi bubutsa, tsundzuka:

- U nga tshuki u tsutsumela ehansi ka murhi kumbe ekusuhi na darada ya metali.
- U nga tumbeli emugodini endzeni ka misava.
- Loko u ri enambyeni, edan'wini kumbe exidan'wanini xo hlambela, huma hi ku hatlisa swinene!



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Siku: .....



## A hi vulavuleni

Vulavula na munghana wa wena hi xifaniso.
Vula leswaku hikwalaho ka yini lexi ri xiyimo xa nghozi loko tilo ri dzindza ku ri na bubutsa.



## A hi endleni

Tlhela u languta milawu minharhu ya vuhlayiseki ya loko tilo ri dzindza.
Hlawula wun'we wa yona.



Endla phositara yo tivisa vanhu hi vuhlayiseki hi nkarhi wa ku dzindza ka tilo.
Phositara ya wena yi fanele ku:

- va na marito.
- twala yi khomeka hi tindlela timbirhi to hambana.
- twisiseka hi ku olova na hi ku hatlisa.



## A hi tiololeni



- Hi miri wa wena encenyeta u kombisa leswi rihati ri hatimisaka xiswona. Nkarhi wun'wana ri languteka tanihi foroko, ra jikajika, nkarhi wun'wana ri nyika ku vonakala. Khoma xiyimo xo sungula eka nkarhi wo ringana 10 wa tisekene.
- Cincela eka xiyimo xin'wana xa rihati kutani u xi khoma eka nkarhi wo ringana 20 wa tisekene. Yima u langutana na munghana wa wena, loyi a nga ta cincela eka swiyimo swin'wana swa rihati hi ku nonoka. Kopa ku fambafamba loku hinkwako tanihi loko u ri eka xivoni.
- Yimani mi ri n'wexe nakambe.
- Sweswi fambisani miri ya n'wina hi ku hatlisa wonge mi mabawuti ya rihati.
- Vuyelelani ku fambafamba loku.



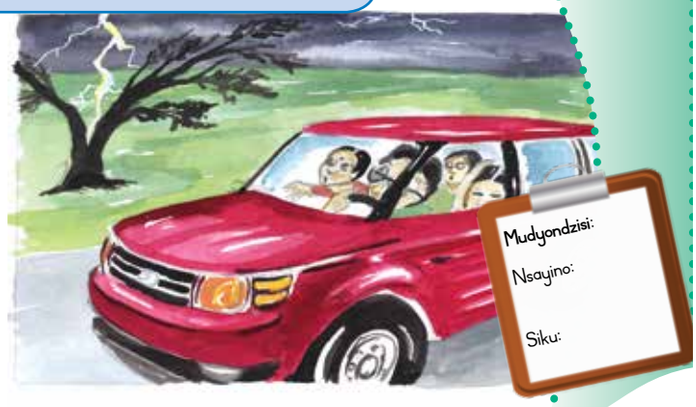
## A hi vulavuleni

Tiphine sweswi hi ntlangu wa thenisi u tirhisa mabelo ya le mahlweni ka xandla na ya le ndzhaku ka xandla.

Xana u ta va u hlayisekile emovheni loko tilo ri dzindza?

Vulavula na munghana wa wena hi mhaka leyi.

Xana tilo ri nga ku ba kambirhi endhawini yin'we? Bulani hi swivutiso leswi etlilasini ya n'wina.






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# Mabubutsa na moya wa matimba



A hi hlayeni

Hlaya xitori xa Maisy hi bubutsa ra matimba swinene.

## "Xiendleko xa mina xo biha ku tlula hinkwaswo"

Mapapa ya ntima ya hlengeletanile siku hinkwaro. Tatana u yingiserile mahungu eka xiya ni moya lama a ya hi lemukisa hi bubutsa na mpfula ya matimba swinene. Maphorisa va tile ku ta vona loko swa ha famba kahle va tlhela va hi byela leswi hi faneleke ku endla swona loko ku ri na bubutsa.

Tatana u lumekile thochi ya yena, u tekile xiya ni moya lesi rhwalekaka na tidokumente ta hina ta nkoka a hoxa endzeni ka pulasitiki. Manana u pakele un'wana na un'wana swiambalo swa masiku mambirhi ebegeni. Kokwana u nghenisile maphilisi ya yena exibeganini lexi a xi bohaka exisutini. Hi tatile mabodhlela lama hi nga kotaka ku ya rhwala hi mati.

Tatana u tsemile rhavi ra murhi lerikulu leri a ri voyamele ehenhla ka yindlu ya ka hina. Hi pfarile mafasitere kutani tatana a damarheta thepe emanghilazini ya mafasitere a tlhela a belela mapulanga ehenhla ka wona.

Loko ku sungula ku va na xinyami, mpfula yi sungurile ku na hi matimba. Moya a wu hunga





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Siku: .....



swinene.

Loko mati ya sungula ku khuluka ya hundza erivantini ra hina, vatirhi va ka masipala va fikile va hi tisela masaka ya sava na masaka ya ntima leswaku hi ya tirhisa tanihi majasi ya mpfula.

A hi chuhile swinene. Lwangu ri sungurile ku tlhekatlheka kutani mati ya pfutela endzeni. Endzhaku ka swiminetana, swilo swi sungule ku wela ehenhla ka lwangu.

Ku vile na mpfumawulo lowukulu na ku buluka loku dlayaka tindleve. Yindlu ya ka hina a yi nga ha ri na lwangu.

Hi funengerile masaka ya ntima ehenhla ka tinhloko ta hina kutani hi huma hi tsutsuma. A hi fanele ku vhika swilo leswi a swi hahela eka hina. Xibakabaka a xi lumekiwile hi ku hatima ka rihati.

Hi tsutsumile eridakeni hi ya eholweni ya muganga. Vanhu vo tala se a va hlengeletanile kona.

Mixo lowu landzelaka hi vonile ku onhaka loku vangiweke hi bubutsa. Tihuku ta ka hina a ti nga ha ri kona kasi homu na yona a yi fanele ku tsutsuma.

Bubutsa ri vile mhangu yo chavisa ngopfu naswona ri onhile swinene eka madoroba ya le kusuhi. A hi ri na nkateko wo tikuma ha ha hanya.



## A hi vulavuleni

**Ku encenyeta xitori lexi.**

Marito lama landzelaka ya hlamusela tinxaka to hambana ta mabubutsa:

| |
|---|
| Bubutsa: moya wa matimba lowu onhaka swinene. |
| Xidzedze: moya wa matimba swinene wa xirhendzevutana lowu hahlulaka no onha swilo. |
| Ximbhembhe: moya wa matimba na mpfula ya xihangu. |
| Hi ku vona ka wena, hi rihi bubutsa leri moya lowu hlaseleke ndyangu lowu? |
| Xana va ndyangu va endlile yini ku tisirhelela bubutsa ri nga si fika? |






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# Ninginiko wa misava

## A hi hlayeni

Ninginiko wa misava wu humelela loko xiphemu xa rikoko ra misava xi tshukatshuka hi xitshuketa kutani ku va na ku rhurhumela.

Mitshukontshuko ya xitshuketa yi vanga magandlati lama tsutsumaka ya hundza hi le ka rikoko ra misava. Ya ninginisa misava na swilo swo tala leswi nga eka yona – leswi hi swona leswi hi swi twaka no swi vona.

Ninginiko wa misava wu vanga mafu yo tala, ku vaviseka na ku onheka ka miako.



## A hi hlayeni

**Hi leti timhaka tin'wana hi ninginiko wa misava. Tshamani hi mintlawa ya vadyondzi va mune. Nyiketanani hi ku hlayela ehenhla.**

- Kwalomu ka 10 000 wa vanhu va lova eka ninginiko wa misava lembe rin'wana na rin'wana.
- Nhungu wa mininginiko ya misava eka ya khume yi humelela ekusuhi na lwandlenkulu ra Pacific.
- Mininginiko ya le hansi ka lwandle nkarhi wun'wana yi nga vanga magandlati ya lwandle lamakulu swinene lama vitaniwaka tsunami.
- Titsunami ti famba elwandle hi rivilo swinene. Tin'wana ti fika eka 960 wa tikilomitara hi awara.
- Titsunami tin'wana ti fika eka vuhenhla bya 15 wa timitara.
- Tsunami leyikulu swinene yi humelele hi siku ra 26 N'wendzamhala 2004.
- Yi khumbile 11 wa matiko ekusuhi na lwandlenkulu ra India.
- Ku vile na tsunami yin'wana ya matimba swinene hi siku ra 11 Nyenyankulu 2011 eJapan.
- Mafu ya nga siveriwa loko vanhu va kunguhatela timhangu ta ku ninginika ka misava. Va nga endla miako yo cikinyela hala na hala hi nkarhi wa loko ku ninginika misava, ematshan'wini ya leswaku yi mbundzumuka.
- Hi siku ra 29 Ndzati 1969 ninginiko wa misava wa matimba wu ninginisile Ceres, Tulbagh na Wolseley Kapa Vupeladyambu. Ku lovile vanhu va kaye.
- Mininginiko ya misava yo fana na leyi a hi kanyingi yi va kona eAfrika-Dzonga.
- Durban, Pietermaritzburg na Kapa i madoroba ya Afrika-Dzonga lama nkarhi wun'wana ninginiko wa misava wu humelelaka eka wona.
- Hi mpfhuka ka Nyenyanyana 2010 xifundza xa Augrabies Kapa N'walangu xi vile na mininginikonyana ya misava yo hlayanyana.
- Ku na 26 wa switichi eAfrika-Dzonga leswi hi tsundzuxaka no hi lemukisa hi makhombo ya ninginiko wa misava.





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Siku: .....



## A hi endleni

Languta mepe kutani u kombisa leswi landzelaka.

1. Lwandlenkulu leri humelelaka hi mininginiko ya misava yo tala.
2. Xifundza lexi veke na tsunami leyikulu swinene hi N'wendzamhala 2004.
3. Tiko leri hlaseriweke hi tsunami hi siku ra II Nyenyankulu 2011.
4. Doroba ra le Kapa Vupeladyambu leri nkarhi wun'wana ri vaka na mininginiko ya misava.
5. Ndhawu Kapa N'walungu leyi nga na mininginikonyana ya misava.
6. Rin'we ra madoroba ya le KwaZulu-Natal leri nkarhi wun'wana ri vaka na mininginiko ya misava.



U nga khalara mepe hinkwawo hi tikhirayoni.





Mudyondzisi:

Nsayino:

Siku:



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# Swiharhi leswi hi pfunaka

A hi vulavuleni

Languta swifaniso leswi. Hi tlilasi bulani hi leswi swiharhi leswi swi hi pfunisaka xiswona.








A hi hlayeni

Khale vanhu a va tirhisa madzovo ya swiharhi tanihi swiambalo ku tisirhelela eka moya na xirhami.



Endzhaku vanhu va lemukile leswaku va nga tlhela va tirhisa wulu yo huma eka tinyimpfu na swin'wana swiharhi swo tanihi "llama" ku endla swiambalo. Swiambalo leswi a swi vevuka swi tlhela swi kufumela ku tlula madzovo.





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Siku: .....

Hi tirhisa madzovo ya swiharhi ku kota ku endla swikumiwa swa madzovo swo tanihi nkwama wa nkhomo, swipaci na tintanghu.





Eka magidigidi ya malembe lama hundzeke, swiharhi hinkwaswo a swi ri swiharhi swa nhova. Eka malembe yo tala swiharhi swo tanihi timbyana, swimanga, tinyimpfu, tihanci na tihomu swi lerhisiwile. Namuntlha hi na swiharhi swa le purasini leswi hi nyikaka swilo swo tala swo hambana.







Swilo hinkwaswo leswi nga na mfungho lowu swi endliwile hi wulu yo tenga.

Eka swivungu swa silika, hi kuma silika leri hi ri tirhisaka ku endla malapi yo olova swinene.





Mudyondzisi:

Nsayino:

Siku:



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# Swiharhi leswi hi nyikaka swakudya na swiambalo: Tinyoxi

A hi hlayeni



Tinyoxi ti endla vulombe na mhula naswona ti pfuna varimi ku kuma mihandzu. Tinyoxi ti tshama etindhawini leti vitaniwaka mabaku (kumbe swisaka). Tin'wana tinyoxi ta famba ku ya hlengeleta nsindza/ vuluvana na vulombe bya xiluva eka swiluva. Ti teka swilo leswi ti yisa ebakwini.



Nsindza wu nyikiwa swinyoxana kasi vulombe bya xiluva byi hundzuriwa vulombe lebyi phamelaka tinyoxi letikulu. Tinyoxi ti hlayisa vulombe na nsindza/vuluvana eka swihlenge. Swihlenge swi endliwa hi mhula lowu humaka emirini wa tinyoxi.







Vafuwi va tinyoxi va teka vulombe bya masalela lebyi nga tirhisiwiki tanihi swakudya. Vulombe i swakudya leswinene futhi hi byi dya hi ku tota exinkweni na ku byi chela eka mukapu.



Hi tlhela hi tirhisa mhula ku endla swilo swo tanihi leswi:

- makhandhlela
- tikhirayoni
- xisivela mati eka dzovo
- xisibi
- polichi ya swilo swo endliwa hi dzovo swo tanihi tintanghu
- polichi ya fanichara
- xitota-milomo na switolatolani.



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Siku: .....

Tinyoxi ti tlhela ti va na nkoka eka hina, tanihi leswi ti pfunaka swimilana swa swakudya leswi byariwaka hi varimi ku endla timbewu letintshwa leti nga humesaka swimilana leswintshwa. Tinyoxi ti endla leswi hi ku hangalasa nsindza kumbe vuluvana ku suka eka xiluva xin'we ku ya eka xin'wana loko ti ri karhi ti hlengeleta vuluvana na vulombe bya xiluva.



Kwalomu ka xa-nharhu xa swakudya leswi hi swi dyaka swi kumeke hikwalaho ka nsindzihato wa tinyoxi. Kambe sweswi tinyoxi a ta ha talangi hikwalaho ka mavabyi na ku tirhisa chefu ya switsotso. Tivonele eka tinyoxi. Loko ti ku luma u ta twa ku vava ngopfu.



A hi tsaleni

**Xana swivulwa leswi "Hi swona" kumbe "A hi swona"? Fungha bokisi leri faneleke hi (✔).**

| | Hi swona | A hi swona |
|---|---|---|
| Ku lumiwa hi tinyoxi a swi vavi. | | |
| Tinyoxi ti cukumeta nsindza loko ti hahela eswisakeni swa tona. | | |
| Vafuwi va tekela tinyoxi vulombe lebyi ti nga na byona ntsena. | | |
| Tinyoxi ta vulombe ti tolovele ku hanya etlhelo ka vanhu. | | |
| Vulombe byi va chefu loko byi tirhisiwa eswakudyeni leswi hisaka. | | |
| Mhula wu pfuna ku hatimisa tintanghu. | | |
| Mhula a wu siveli mati ku nghena etintanghwini. | | |
| Vulombe bya bava. | | |
| Nhlayo ya tinyoxi yi ya ehenhla. | | |
| Tinyoxi ti tirhisa vulombe tanihi swakudya. | | |

Mudyondzisi:
Nsayino:
Siku:



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# Swiharhi leswi hi nyikaka swakudya na swiambalo: tihuku



## A hi hlayeni



Tihuku i ntlawa wa swiharhi swa vufuwa-huku, i swinyenyana leswi hlayisiwaka.

Tinyenyana leti hlayisiwaka i tinyenyana leti toloveleke vanhu.

Hi kuma matandza, nyama na tinsiva eka tinyenyana leti hlayisiwaka.

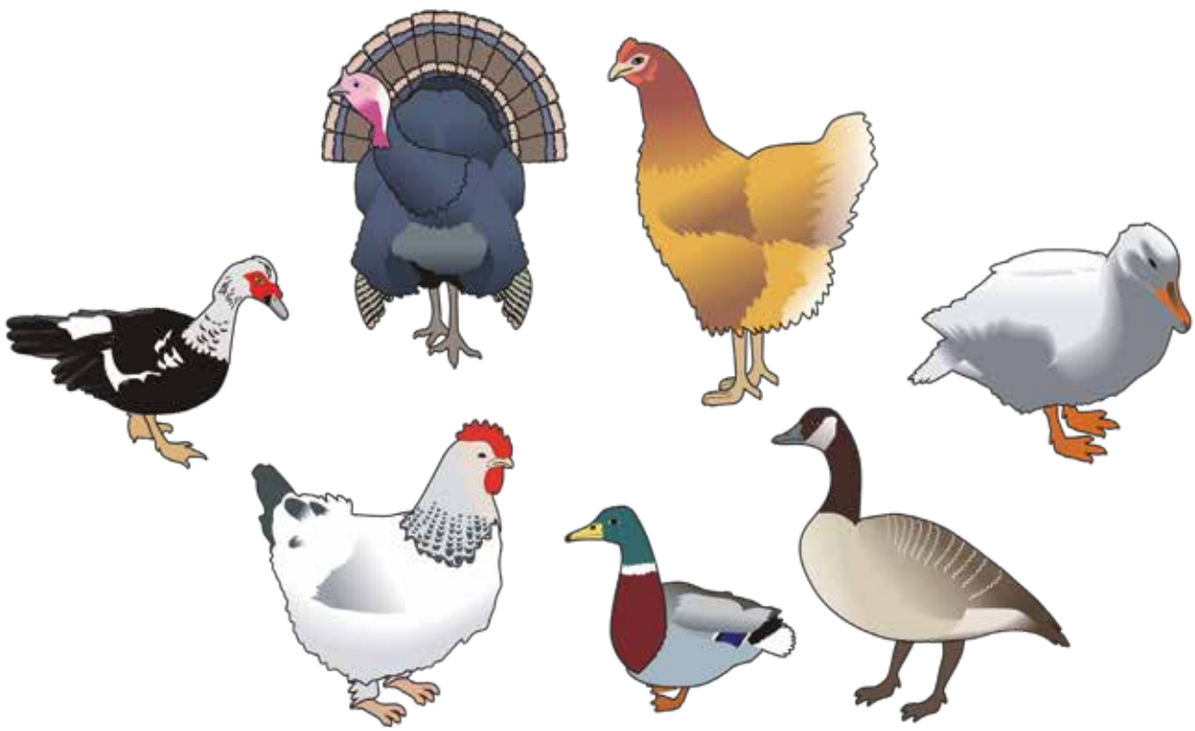
Vufuwa-huku byi katsa tihuku, matuva ya le kaya, matuva ya nhova, kun'we na swinyenyana swa le matini swo tanihi masekwa na magalakuni.

EAfrika-Dzonga kwalomu ka 950 wa mamiliyoni ya tihuku ti tlhotlhorhiwa lembe rin'wana na rin'wana leswaku ku ta kumeka matandza na nyama. Nhlayo leyi yi tlula nhlayo ya vana va Giredi ya 3 va le Afrika-Dzonga ka dzana.



## A hi vulavuleni

Languta swifaniso leswi kutani u vulavula na munghana wa wena hi swona.
Hi swihi leswi hi nyikaka matandza lawa vunyingi bya hina hi ya dyaka?





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Siku: .....



## A hi tsaleni

Languta swifaniso kutani u ba xirhendzevutana eka swakudya hinkwaswo leswi hi swi kumaka eka tihuku. Kutani languta swakudya leswi saleke kutani u vula swiharhi leswi swi humaka eka swona.









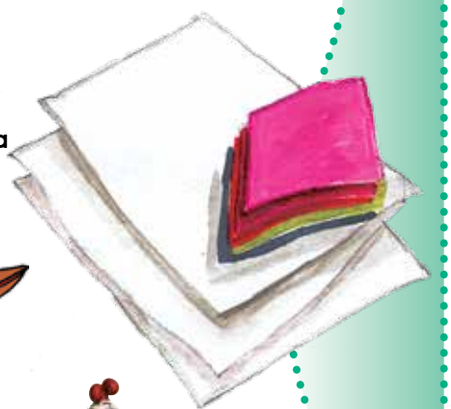







## A hi endleni

Hlawula nyenyana ya vufuwa-huku leyi u nga yi endlaka hi mpfanganiso wa phepha na xidamarheti. Languta mihlovo yo hambana na swivumbeko swa tinsiva ta yona. Tlhela u languta miri wa yona na swirho swo hambana swa miri wa yona. Hlawula lexi u lavaka ku tshikelela xona.






## A hi tiololeni

- Tiolole tanihi leswi nkuku wu endlisaka xiswona wu nga si ringa.
- Phokotela u tlhela u hahisa mavoko ya wena tanihi tinyenyana ta vufuwa-huku.
- Famba tanihi tinyenyana ta vufuwa-huku to hambana.
- Ringanisa tanihi nyenyana ehenhla ka darata.
- Avanani hi mintlawa mimbirhi. Ntlawa wun'we i wa magama kasi lowun'wana i wa swikukwana. Magama ya tsutsuma hi swirhendzevutana swo hahela ehansi ya olole na mavoko, ya ringeta ku juma no khoma swikukwana. Swikukwana swi tsutsumela eka mana wa swona leswaku swi ta hlayiseka. Cincanani swiave.








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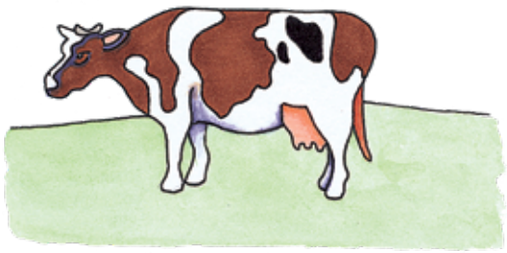
# Swiharhi leswi hi nyikaka swakudya na swiambalo: tihomu



A hi hlayeni

Xana masi ya huma kwihi?

Xana wa swi tiva leswaku masi ya fika njhani emakaya ya hina? A hi dyondzeni hi swona.

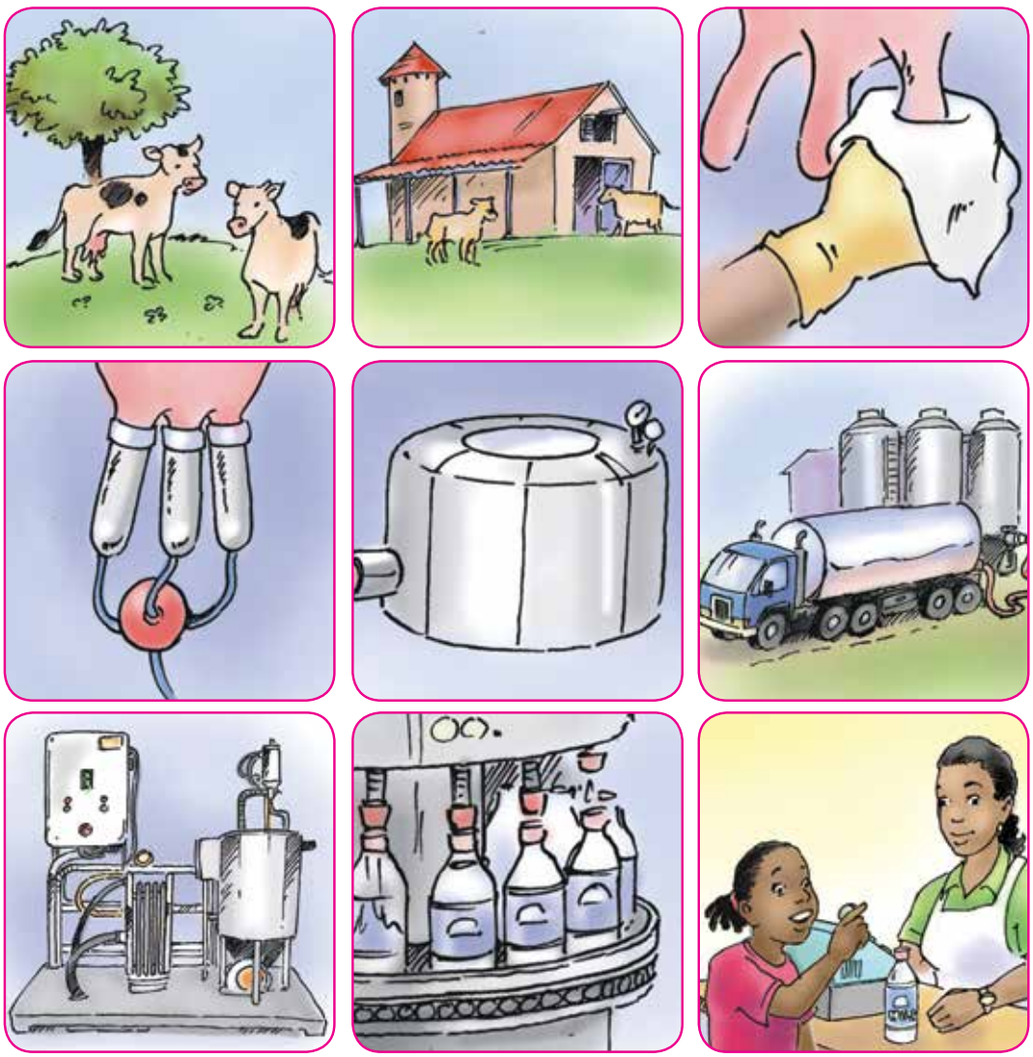




A hi vulavuleni

Languta swifaniso leswi landzelaka kutani u vulavula na munghana wa wena hi swona.

## Leswi hi kumisaka xiswona masi





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Siku: .....



A hi endleni

Masi a hi nchumu wu ri woxe lowu hi wu kumaka eka tihomu. Hi swihi swikumiwa swin'wana leswi hi swi kumaka eka tihomu? Tivisa tlilasi hi nxaxameto wa wena.





A hi endleni

Eka fureme yin'wana na yin'wana, dirowa xikumiwa lexi endliwaka hi masi. Tsala vito ra xikumiwa ehansi ka xifaniso xin'wana na xin'wana lexi u xi diroweke.





Mudyondzisi:

Nsayino:

Siku:



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# Swiharhi leswi hi nyikaka swakudya na swiambalo: tinyimpfu

A hi hlayeni

## Wulu

Eku heleni ka xixika, tinyimpfu a ta ha lavi voya byo bumbula leswaku byi ti kufumeta. Kutani lowu hi wona nkarhi wo ti kera. Hi tirhisa wulu eka tinxaka to hambana ta swiambalo leswi hi kufumetaka. Hi nga luka majesi hi wulu, hi nga tlhela hi luka wulu ku endla lapi ro olova no kufumela.

Ku na tinxaka to hambana ta tinyimpfu ta wulu. EAfrika-Dzonga, tinyimpfu ta nkoka i ta Merino, Blinkhaar-ronderib Afrikaner, Dorper na Dormer. Swifaniso eka pheji leri swi kombisa leswi ti langutekisaka xiswona.



Merino i rihlovo leri nga tala swinene EAfrika-Dzonga.



Blinkhaar-ronderib Afrikaner i rihlovo ra le Afrika-Dzonga. Yi tiyile naswona yi tshama yi hanye kahle hambiloko yi ri ehansi ka swiyimo swo tika.



Nyimpfu ya Dorper yi tswariwa no kumeka ngopfungopfu eAfrika-Dzonga

Dormer na yona i rihlovo ra le Afrika-Dzonga. Wulu ya yona ya khwaxa.





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Siku: .....

# Leswi hi kumisaka xiswona wulu

Mufuwi na vatirhi va kera tinyimpfu hi mavoko kumbe hi muchini.



Wulu yi vekiwa etafuleni kutani yi hlawuriwa ku ya hi nkoka na ku leha.



Wulu ya tshikeleriwa yi endliwa tibele kutani yi xavisiwa.



Sweswi wulu ya hlantswiwa leswaku yi ta kota ku basa.



Wulu leyi keriweke ya hlantswiwa ku lulamisela ku yi swula.



Hi nkarhi wo swula, wulu ya tsanyusiwa no photiwa.



Sweswi wulu yi lunghele ku swuriwa.



Lexi landzelaka wula ya dayiwa.



Wulu yi tirhisiwa ku luka jesi.



Jesi ri xavisiwa evhengeleni.





A hi vulavuleni

Vulavula na munghana wa wena. Hi tihi tindlela tin'wana leti tinyimpfu ti nga vaka na nkoka eka vanhu?

A hi tlangeni

- Mudyondzisi wa n'wina u ta mi dyondzisa ku tlanga khirikete.

Mudyondzisi:

Nsayino:

Siku:



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# Swiharhi leswi hi tirhelaka: timbyana



A hi yelaniseni

Timbyana to tala ti tekiwa tanihi swifuwana naswona ti tshama na hina emakaya. Ti tlhela ti endla mintirho yo hlaya ya nkoka. Dirowa ntila ku yelanisa mbyana yin'wana na yin'wana na n'winyi wa yona.



Timbyana ta maphorisa ti pfuna maphorisa ku khoma swigevenga.





Timbyana to letela ti pfuna ku fambisa mabofu.









Timbyana to rindza ti hi sirhelela eka swigevenga.



Timbyana ta tinyimpfu ti tiyisisa leswaku tinyimpfu hinkwato ti tshama swin'we.

Timbyana to hlota ti pfuna vahloti ku kuma swinyenyana kumbe swiharhi leswi va swi duvuleke.





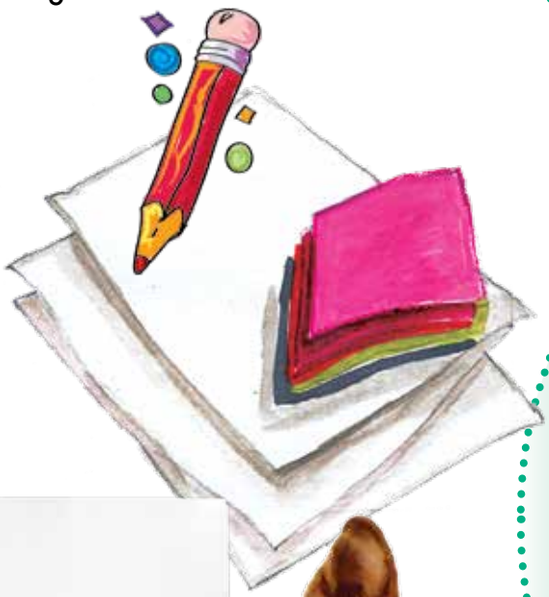
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Siku: .....



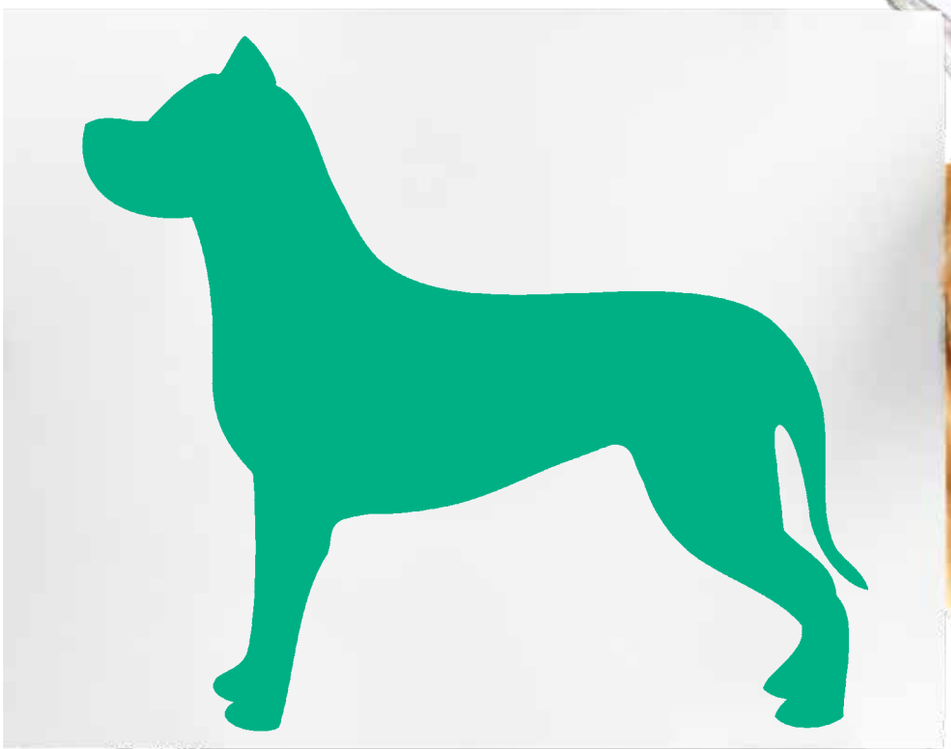
A hi endleni

Endla xifaniso xa ndzhuti wa munghana wa vanhu wa xiviri: mbyana.



## U ta fanela ku va na:

- phepha ra mihlovo mimbirhi
- xikero
- penisele
- xidamarheti





- Dirowa mbyana leyikulu eka rin'we ra maphepha. Tiyisisa leswaku u tirhisa phepha hinkwaro.
- Sweswi tsema mbyana ya wena hi vukheta.
- Damarheta mbyana ya wena leyi u yi tsemeke eka phepha lerin'wana.
- Dirowa mahlo, nhompfu na nomo lowu nga na meno eka mbyana ya wena.
- Sasekisa xifaniso xa wena hi ndlela yin'wana na yin'wana leyi u yi tsakelaka. Tsundzuka leswaku mihlovo yo tanihi wa ntima na wa xilamula leyi hambanaka swinene, yi tirha kahle swinene eku endleni xifaniso xa ndzhuti.






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# Swiharhi leswi hi tirhelaka: tidonki

## A hi hlayeni



Tidonki ti pfune vanhu eka 6 wa magidi ya malembe. Ti hi khandziyisile no rhwala tinhundzu ta hina emihlaneni ya tona, ti rimile masimu ya hina no pompa mati.

Swilo leswi hinkwaswo swa ha humelela na namuntlha. Ku na 41 wa mamiliyoni ya tidonki emisaveni hinkwayo. Leswi swi vula leswaku n'wana un'wana na un'wana eAfrika-Dzonga a nga va na 3 wa tidonki.

## A hi tsaleni

Languta swifaniso kutani u tsala xivulwa hi xifaniso xin'wana na xin'wana mayelana na ndlela leyi donki yi tirhisiwaka hayona.











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