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

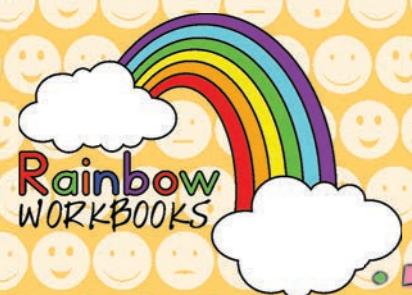
Ezi ncwadi zokusebenzela, iRainbow Workbooks, lelinye lamalinge ongenelido eSebe leMfundu esisiSeko ajolise ekuphuculen umgangatho wabafundi beloMzantsi Afrika abakumabanga amathandathu okuqala. Njengomnye wemiba ephambili yoMkhomba-ndlela kaRhulumente, eli phulo libe nempumelelo ngenxa yenksaso-mali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

Sinethemba lokuba ootitshala bay a kuzifumana ezi ncwadi zokusebenzela ziluncedo kakhulu kwimfundu yemihla ngemihla, nasekuqinisekiseni ukuba abafundi bayifikelela yonke ikharityhulam. Ukuqinisekisa ukuba utitshala uyakhokelwa kuyo yonke imisetyenzana, sisebenzise izalathisi ezibonisa oko kufanele ukwenziwa ngumfundu.

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

Sinqwenela ukuba nibe nempumelelo ekusebenziseni ezi ncwadi.

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LIFESKILLS IN ISIXHOSA  
GRADE 3 – BOOK 1

TERMS 1 & 2

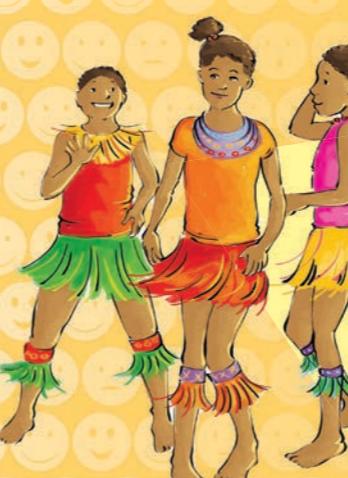
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Ibanga lesi-

3



# Izakhono zoBomi ngesiXHOZA

Incwadi yoku  
Ikota 1&2



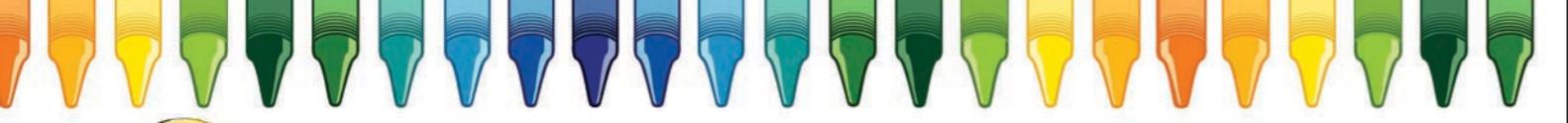
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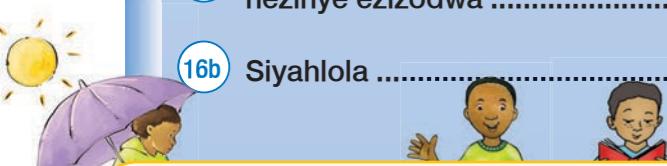
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Iholide kaZwelonek yeloMzantsi Afrika:

Usuku olubarulekileyo lokukhumbuza amaJuda:

Usuku olubarulekileyo lokukhumbuza ama-Islam:

Usuku olubarulekileyo lokukhumbuza ama Bahá'í:

Iintsuku zeHlabathi jikele zaMazwe Amanyeneyo:



# Ibanga lesi-

3

Izakhono zoBomi  
ngesiXHOZA  
Incwadi yoku-I

Le ncwadi yeka:



# Okungam



Masibhale

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

Ziintoni enifana ngazo izeziphi enahluka ngazo  
wena nomhlobo wakho?



## Incwadi yesazisi

Igama:

Ubudala:

Umhla wokuzalwa:

unyaka      inyanga      umhla

Indawo yokuzalwa:

Intombazana okanye inkwenkwe:

Ulwimi lwasekhaya:

Umbala weenwele:

Ubude: \_\_\_\_\_ cm

Umbala wamehlo:

Utyikityo



Zizobe apha.



Masithethe

Ngoku cinga ngobomi  
bakho kude kube ngoku.

Ubomi bakho ubukhumbula ukuya  
kufikelela nini?

Usazikhumbula mhla ugqiba iminyaka  
emibini?

Usakhumbula ngokuya wawuqala ukuya  
esikolweni?



Masibhale

Bhala amanqanaba  
obomi bakho.



Ndazalwa ngo-

Ndaqala  
ukuthetha ngo-

Ndaqala ukuya  
esikolweni ngo-

Bendikwibanga  
lesi-3 ngo-

inyanga

unyaka

20 \_\_\_\_\_

20 \_\_\_\_\_

20 \_\_\_\_\_

20 \_\_\_\_\_



# Isikolo sam

Ikota yoku-! - I veiki yoku-! - Iphepha lomsebenzi lesi-



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

Isikolo sakho saqala nini ukuba kho?	Utitshala oyintloko wakho waqala nini esikolweni?		



Ithini imbalu yesikolo sakho? Funa iimpendulo zale mibuzo uze uzibhale kwizikhewu ezikwikholamu yokuqala.

Savulwa ngowuphi unyaka isikolo sakho?	Zoba umfankiso wesikolo sakho.
Yayingubani inqununu yokuqala?	

Sasisithini isaci sesikolo?

Ingaba kusasetyenziwa eso saci  
nanamhla oku?

Zoba ibheji yesikolo.

Xela into eyodwa okanye  
ebalulekileyo ngesi sikolo.  
(Mhlawumbi kwakukho umfundu  
owayegqwesile okanye into  
esayiphumelelayo).

Zoba umfanekiso ubonise into esibaluleke  
ngayo isikolo sakho.



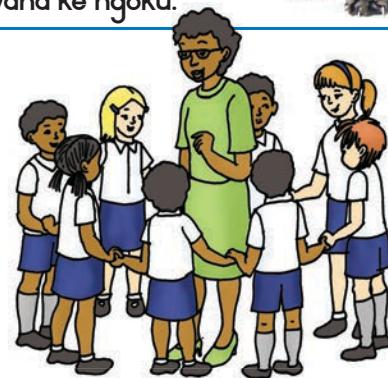
Phuma phandle

Phambi kokuba nenze umsebenzi phandle, zoluleni okwekatı.

Oku kuza kwenza ukuba imizimba yenu ishukume lula. Kufuneka  
nizolule kwakhona emva komsebenzi ukuze nizipholise nomzimba  
ukhululeke. Oku kuya kunceda umzimba wakho ungabi  
nemikhinkqı. Linganisa aba bantwana ke ngoku.



Utitshala wakho uza kubiza igama lakho  
aze akuphosele ibhola. Yigange ibhola  
ingekawi phantsi.



Khawuzame ukuganga ibhola ngebhegi xa  
uphoselwa ngumhlobo wakho.



Phosela umhlobo wakho ibhola uze  
ujonge ukuba uza kukwazi na ukuyiganga  
ngebhegi.

Zolule njengetati ukuze uziphumze.



# Konke ngam

Ikota yoku-1 - Iweki yesi-2 - Iphepha lomsebenzi lesi-

Masithethe

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

Xa ndandineminyaka  
emi-5 ndaya elwandle.

Xa ndandineminyaka  
emi-4 ndawa edongeni.

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

Masithethe



usana



umntwana omncinane



umntwana wesikolo



umntwana ofikisayo



umntu osekhlile



umntu omdala

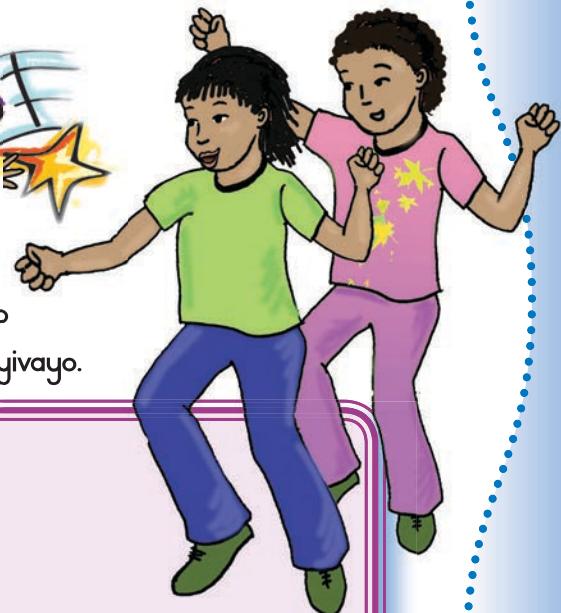


Masithethe



Sebenza eqeleni. Qamba iculo kune nomxhentso.

Eqeleni lakho, bhala amazwi eli culo kwisithuba esingezantsi. Emva koko  
bonisa iklasi yakho indlela ocula ngayo ngeli xa uxhentsayo okanye ujayivayo.



Teacher:	.....
Sign:	.....
Date:	.....

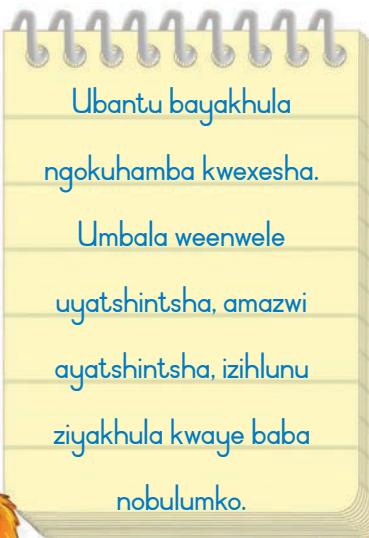


# Ubukhulu nobudala



Masithethé

Thetha ngendlela abahluka ngayo kuwe abantwana  
abakhudlwana nabantu abadala.



Masibhale

abantu batshintsha njani ngokuya bekhula?

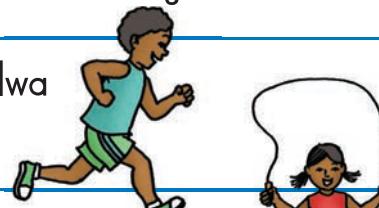


Zeziphi izinto kwezilandelayo ozenza ngendlela

eyahlukileyo kuleyo yabazali bakho?

Phawula (✓) ubuso obuchanekileyo.

Ukubaleka kodwa  
ungadinwa



Ukuxhumaxhuma



Ukufunda  
iphephandaba

Ukuqhuba  
imoto



Ukudlala emthini



Mna	Abazali bam



Masicule

Masizilungiselele ukucula.  
Yenzani ezi zandi.



**Isandi esikhawulezayo esifana nesandi seambulensi.**

**Isandi esicothayo esifana nengoma yokulalisa iintsana.**

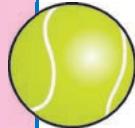
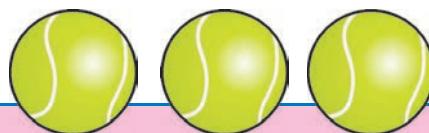
**Isandi esiphezulu esifana nesokucula kweentaka.**

**Isandi esiphantsi esifana nokugquma kwengonyama.**

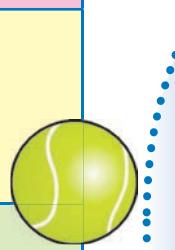


Phuma phandle

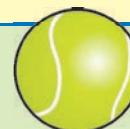
Uyakwazi ukuganga ibhola?



Phosa ibhola yentenetya emoyeni uze uyigange ngezandla zozibini.



Jula ibhola phezulu uze uqhwabe izandla zakho phambi kokuyiganga.



Qakathisa ibhola yentenetya  
emhlabeni.



Yenza ibhadi usebenzise iphepha elisongiweyo kunye neplanga.  
Lisebenzise ekugqampiseni ibhola phantsi.



Ngoku zolule njengekati.



# Sivakalelwa njani?

Ikota yoku-1 - Iweki yesi-3 - Iphepha lomsebenzi lesi-



Masithethe

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

ulusizi

wonwabile

uyazisola

uyoyika

unebhongo

unomsindo



Phuma phandle

Dlalani umdlalo wentenetya niziqhelise  
ukubetha ngomphambili nangomva  
wesandla.





Masithethe

Yintoni ekonwabisayo?

Yintoni ekwenza ube lusizi?

Yintoni ekoyikisayo?



Masibhale

Yintoni ekwenza ube nomsindo?



Bhala kwidayari yakho ngemini owaziva wonwabe kakhulu ngayo. Chaza ukuba kwenzeka ntoni kuwe.

## Dayari ethandekayo

Bhala kwidayari yakho ngemini owaziva udakumbe kakhulu ngayo. Chaza ukuba yintoni na eyakwenza ukuba udakumbe.

## Dayari ethandekayo



# Izinto endizithandayo



Masibhale

Xeleta iqela lakho ukuba zeziphi izinto ozonwabela kakhulu xa uenza.  
Wakuggiba bhala amagama azo kwizikhewu ezikwesi sazobe seengcinga.

Ikota yoku-1 – Ivelki yesi-3 – Iphapeha lomsebenzi lesi-








## EYONA NTO NDITHANDA UKUYENZA



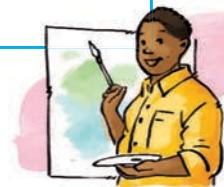




# Masizobe

Sebenzisa isazobe sakho seengcinga uze ubhale umhlathi ngeyona nto uthanda ukuyenza uchaze nokuba kutheni ukonwabela ukwenza le nto.

## Eyona ntu ndithanda ukuyenza



## Let's do

Yenza ubuso obonwabileyo nobulusizi  
ngentlama yokudlala.



# Masithethe

Buza abahlobo bakho aba-5 ukuba bathanda ukwenza ntoni. Faka umbala kwibloko enye ngexesha ngalinye kukho isenzo abasithandayo.

5					
4					
3					
2					
1					
	Ukucula	Ukufunda	Ukupeyinta	Imidlalo	Izibalo

## Sesiphi esona senzo sithandwa kakhulu?

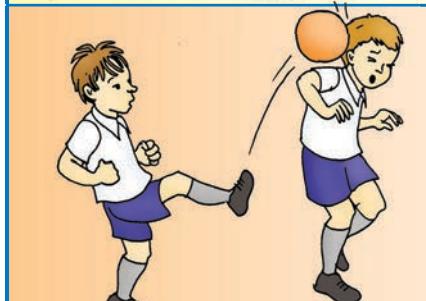


# Sivakalelwa njani?

Ikota yoku-! – I veiki yesi-! – I phepha lomsebenzi lesi-

Masithethé

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

	<p>Akujongi na xa uhamba!</p> <p>Owu uxolo! Mandikuncede uchole ezi zinto!</p>	
	<p>Hayi bo! Nantsi ibhola yakho.</p> <p>Hayi bo! Hamba uye kudlala kwenye indawo!</p>	
	<p>Yeyam kwaye akuzi kuphinda uyifumane.</p> <p>Yiza sabelane ngetshokolethi.</p>	



Masibhale

Benza ntoni abahlobo abalungileyo?



Xa kukho into  
endingayenzanga  
kakuhle ndicela uxolo.



Xa ndibona umhlobo  
wam etsala nzima  
ndiyamnceda.

Bhala ezinye izinto ezi-4 ezenziwa ngabahlobo abalungileyo.



Masithethe

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



Bhala ke ngoku umdlalo omalunga nalo mfanekiso uwukhethileyo. Bhala amagama abalinganiswa kwikholamu yokuqala.




Phuma phandle

Zama ukwenza ezi zinto.

- Baleka ujikeleze ibala. Xa utitshala wakho esithi "tshintsha" jika ubaleke uye kwelinye icala.
- Qakathisa ibhola usiya phambili ngaxeshanye.



Teacher: \_\_\_\_\_  
Sign: \_\_\_\_\_  
Date: \_\_\_\_\_

# Siyaqondisisa

Ikota yoku - I veiki yesi - I phepha lomsebenzi lesi



Masibhale

Zihlole.


Ndingumhlobo olungileyo.

Ndiyabakhathalela abahlobo bam.

Ndinobubele ebantwaneni beklasi yam.

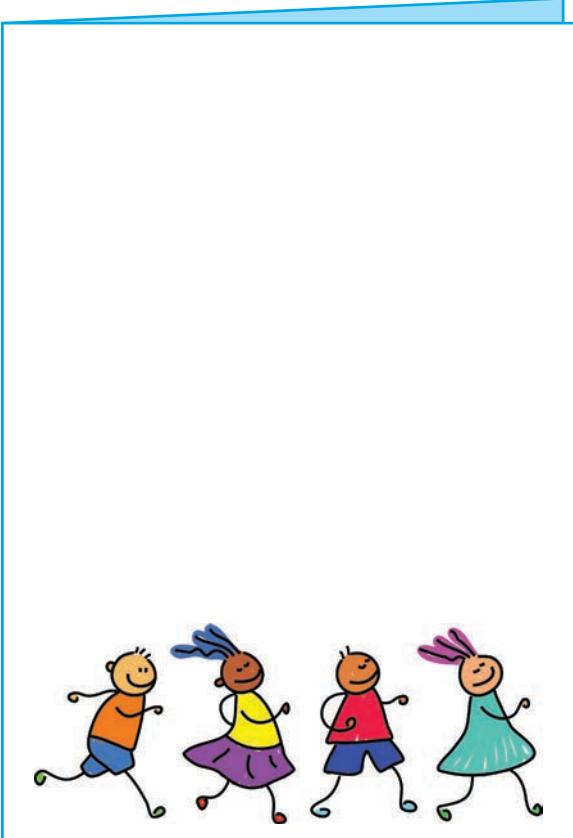
Uninzi lwabantwana beklasi yam bayandithanda.

Ndisoloko ndinesimilo esihle ebantwini.



Masenze

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






Masibhale

Zoba umfanekiso wabahlobo okanye katitshala wakho,  
okanye wabantu obathandayo nobaxabise kakhulu  
bakowenu. Bhala amagama abo.



## ★ Abantu endibaxabise kakhulu ebomini bam

Handwriting practice lines for the first section of the text.

Handwriting practice lines for the second section of the text. Two stars are placed near the top right corner of this box: a blue star above a red star.

Bhala ke ngoku inkcazelو yaba bantu nokuba kutheni bebalulekile rje.

Handwriting practice lines for the third section of the text.

Handwriting practice lines for the fourth section of the text.

Teacher:  
Sign:  
Date:

# 9 Impilo noNcedo lokuQala

Ikota yoku-1 - Iweki yesi-5 - Iphepha lomsebenzi lesi-



Masithethi

Thetha ngokwenzeka kulo  
mfanekiso.



Wakha wopha ngeempumlo?

Yintoni ekufuneka uyenze xa  
usopha ngeempumlo?

## Wenza ntoni xa usopha ngeempumlo



Hlalela phambili uze uthobe intloko.



Vala impumlo ngesandla imizuzu emi-2  
uphefumle ngomlomo.



Beka into ebandayo ngemva entanyeni  
yakho, into efana netawuli emanzi  
okanye amaqhekeza omkhenkce  
asongelwe ngetawuli.



Ungafinyi emva kokuba uyekile ukopha.



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



Uyayazi ukuba iphi ibhokisi  
yoNcedo Lukuqala yesikolo  
sakho? Yichaze. Ise

Zola.

Asinto ixhalabisayo.  
Khumbula ukuba akufuneki  
uphathe igazi lomye umntu.

# Ukunyanga imisikeko



Asiziboni iintsholongwane naxa zikuyo yonke indawo. Xa sinenxeba lokusikeka okanye sigruzukile kufuneka siligcinelicocekile elo nxeba ukuze singosulelwaziintsholongwane.



Chazela abahlobo bakho ukuba acocwa njani na amanxeba. Babonise ukuba kufuneka wenze ntoni.

## Indlela yokunqanda ukopha enxebeni

Ungaze uphathe igazi lomnye umntu.

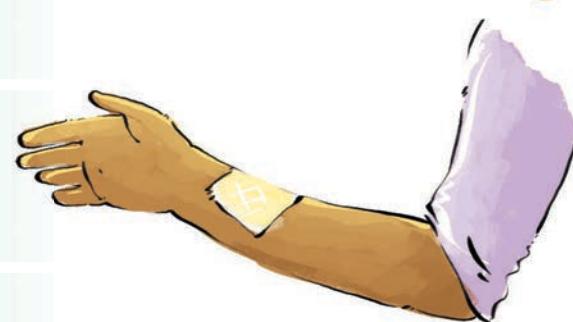
Xa unceda omnye umntu nxiba ii glavu ngalo lonke ixesha.

Nqanda ukopha ngokuphakamisela inxeba kwinqanaba elingasentla kwentliziyo.

Zama ukunqanda ukopha ngokucinezela isilonda/inxeba ngebhandeji elicocekileyo.

Ukuba inxeba linzulu kwaye aliyeki ukopha, yiya kwagqirha okanye eklinikhi.

Funa inombolo yefowuni yeenkonzo zikaxakeka unokuyifowunela. Inombolo yefowuni: \_\_\_\_\_



# Amanxeba okutsha



Masifunde

Xa uchukumisa into eshushu, uya kutsha.

Kufuneka wenze ntoni xa omnye umntu etshile?



Vulela amanzi abandayo kwinxeba lokutsha ixesha elingangemizuzu eli-10. Oku kuyanceda ekupholiseni isikhumba.



Ungaligqumi inxeba lokutsha.

Ungayikhululi impahla xa incamathele esikhumbeni.



Liyeke inxeba lokutsha livulekile kodwa ulijonge lingabi mandundu.



Ukuba inxeba lokutsha linzulu okanye likhulu kunomphakathi wesandla sakho, bonana nogqirha kwangoko.



Phuma phandle

Tsiba umtsi omde.

Thatha izinti ezintathu okanye iintambo ezintathu. Wakube utsibe phakathi kwazo zibhekeliqe ziqelelelane ukuze ubone ukuba ngubani oyena utsibela kude kakhulu.



Phawula ubonise ukuba ukwazi ukutsibela phambili kangakanani.

Jonga ukuba umhlobo wakho angakwazi na ukutsibela kude kunawe.



Phuma phandle

Yenza ikiliva.

Nikanani amathuba okuba yikiliva nomhlobo wakho.



Tshintshiselanani ngokubetha ugqaphu ukuze abahlolo bakho batsibe nabo.



Masithethe

Kwenzeka ntoni kule mifanekiso?

Yeyiphi enye indlela abanokutsha ngayo aba bantu?



Bhala imigaqo ebalulekileyo ekufuneka ujikhumbule xa kufuneka uncedise kwezi zinto:

Umntu omongozayo


Amanxeba


Izilonda zokutsha




# Ndizigcina ndikhuselekile



Masithethe

Kufuneka siyikhathalele imizimba yethu.

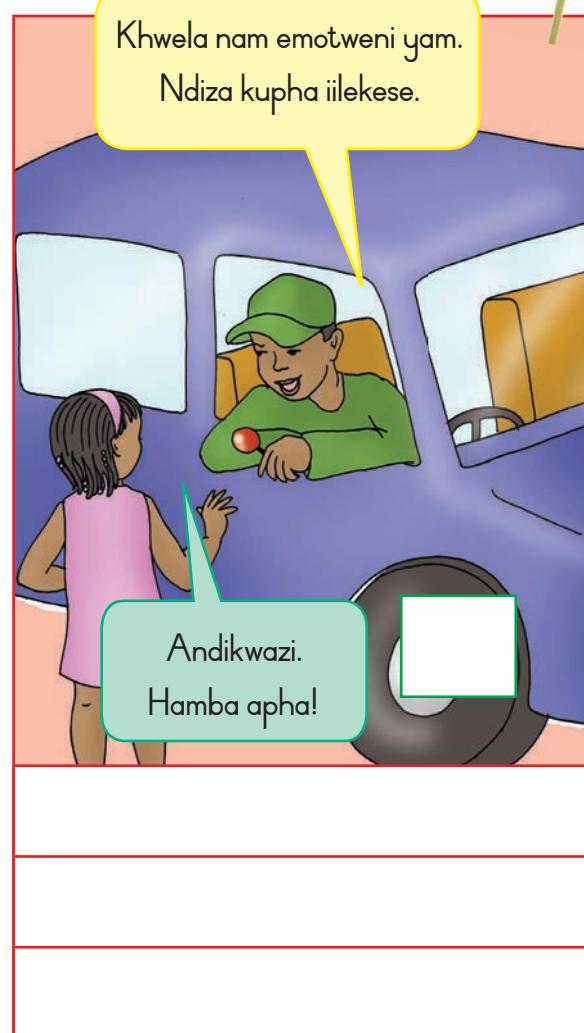
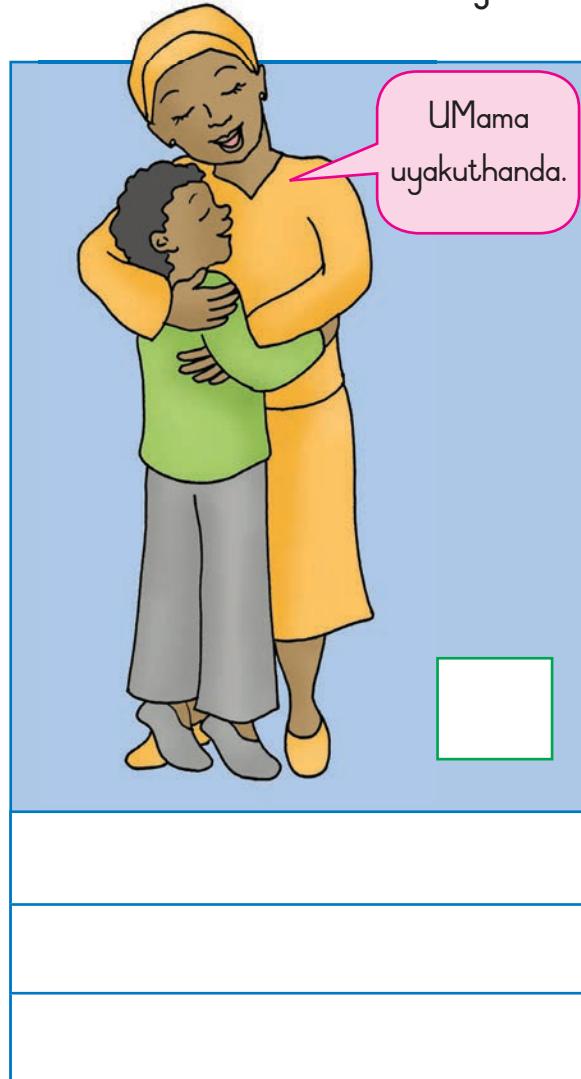
Sifumana iimvakalelo "zika-ewe" xa sithanda into ethile kwaye sifuna ukuba mayiqhube.

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

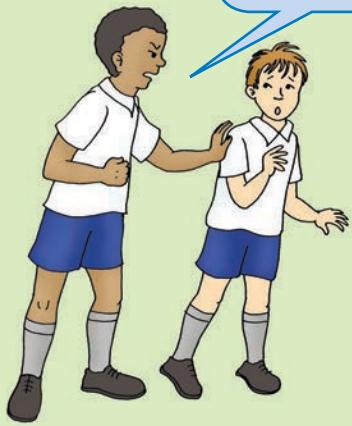


Masibhale

Faka uphawu ✓ ukuba umfanekiso ubonisa isenzo esikhuselekileyo okanye u-✗ ukuba ubonisa isenzo esingakhuselekanga. Wakugqiba bhala isivakalisi ngezantsi komfanekiso ngamnye uchaze ukuba kutheni ucinga ukuba sikhuselekile okanye asikhuselekanga.



Andikuthandi.



Umhle ke ngoku.



## Ukuthi hayi

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

Ukuba umntu ukwenza uzive ufuno ukuthi "hayi" kwaye ukwenza uzive ungonwabanga, xeleta umntu omdala onokumthembala.



Masibhale

Khetha abantu aba-3 obathembileyo uze uchaze ukuba kutheni ubathembile nje.



Bhala ukuba ungasixela njani isehlo esibi kumntu omthembileyo.



# Ukuzilumkela

Ikota yoku-1 – I veiki yesi-6 – I phephä lomsebenzi le-

Masithethe

Jongisia le mifanekiso. Jonga ukuba ungakwazi na ukubalisa ibali. Gqibezela iqamza lentetho lokugqibela.

Yiza, ndiza kukusa evenkileni.



Kwenzeke  
ntoni?



Masithethe

Xoxa ngendlala ezive ngayo intombazana, into eyenzileyo nento obunokuyenza wena xa unokuba kuloo meko.

Umhla: .....



Masibhale

Bhala phantsi imithetho emihlanu yokhuseleko.

Ingulowo nalowo wuqale ngokuthi:

Abantwana mabangaze...



Masenze

Yenza imaski ubonise uvakalelo.

Yenza isiqqibo ngovakalelo onqwenela ukulubonisa ngemaski yakho.

Yizobe ephepheni lokurhixiza.

Yiske ujikhuphe.

Sika ukhuphe amehlo.

Yihombise ngephepha elinombala.



Phuma phandle

Zilungiselele ukungenela ugqatso.

Chopha ube kwisimo esilungileyo sokuqlisa.

Mamela utitshala wakho esithi:

"Chopha! Lunga! Baleka!"

Yenza ke ngoku umdlalo wemiqobo.



# Ndizigcina ndikhuselekile



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



## Zeziphi ezinye izinto ezingenampilo entle ezenziwa ngabantu?

Uyazi ukuba ukutshaya akulunganga kakhulu empilweni yethu?

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

Ukutshaya kuyenzakalisa njani imizimba yethu?



Phawula ingxelo nganye nge ✓ okanye ngo ✗ ubonise ukuba **yinyaniso**  
okanye **asiyonyaniso**.

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

# Imithetho yempilo

Kufuneka ndixukuxe amazinyo emva kokutya naphambi kokuba ndilale. Kufuneka ndikame iinwele zam phambi kokuya esikolweni.



Kufuneka ndicoce iinzipho zam emva kokudlala esantini.

Kufuneka ndixukuxe amazinyo emva kokutya naphambi kokuba ndilale. Iinzipho zam ndizigcina zimfutshane kwaye zicocekile. Kufuneka ndihlambe izandla zam xa ndivela kwindlu yangasese.

Kufuneka ndihlambe izandla zam emva kokuba ndiye kwindlu yangasese naphambi kokuba ndiphathe ukutya.



Banganxiba ntoni ukuze bakhuseleke? Krwela umgca osuka kumfanekiso okumqolo ophezulu utshatise nomfanekiso ochanekileyo okumqolo ongezantsi.



Khanibe nenxaxheba nani nidlale umdlalo weqakamba omncinci.

Utistahala uza kunidlalela umculo. Wumameleni nize nibethe ngeminwe ezidesikeni zenu isingqi sawo.



# Amalungelo noxanduva



Masifunde

Maxa wambi abantwana kufuneka bancedise emakhaya.

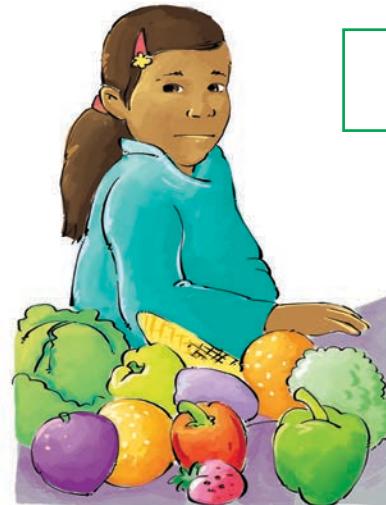
Kodwa akufuneki abantwana basebenze nzima njengabantu abadala.

Abantwana kufuneka babe nexesha lokudlala nelokuya esikolweni.



Jonga le mifanekiso. Phawula imisebenzi efanele abantwana.

Bhala ke ngoku isivakalisi phantsi komfanekiso ngamnye uxele ukuba kutheni ucinga ukuba ifanelekile okanye ayifanelekanga le misebenzi.




UAnna uthengisa imifuno imini yonke ngenxa yoko akakwazi ukuya esikolweni.



Ukuphuma kwesikolo uLisa unkcenkceshela isitiya semifuno.



UPeter uthutha izitena kuba  
usebenzela umakhi.

UJabu noBongi bancedisa  
ngokucoca.



Masithetho

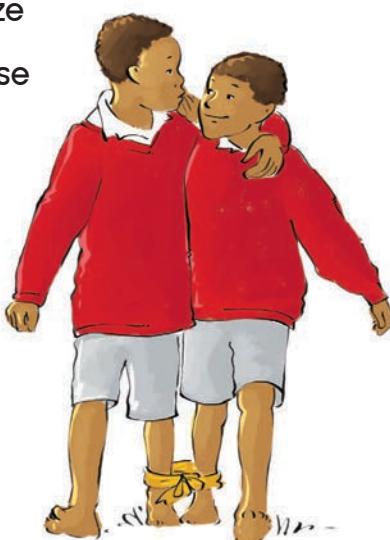
Yeyiphi imisebenzi oyenza ekhaya? Yeyiphi imisebenzi  
oyenza esikolweni ukuncedisa utitshala wakho?



Phuma phandle

Linganisa uthe cwaka imisebenzi eyahlukeneyo.  
Iqela lakho kufuneka liqashele ukuba ngowuphi lo  
msebenzi uwenzayo.

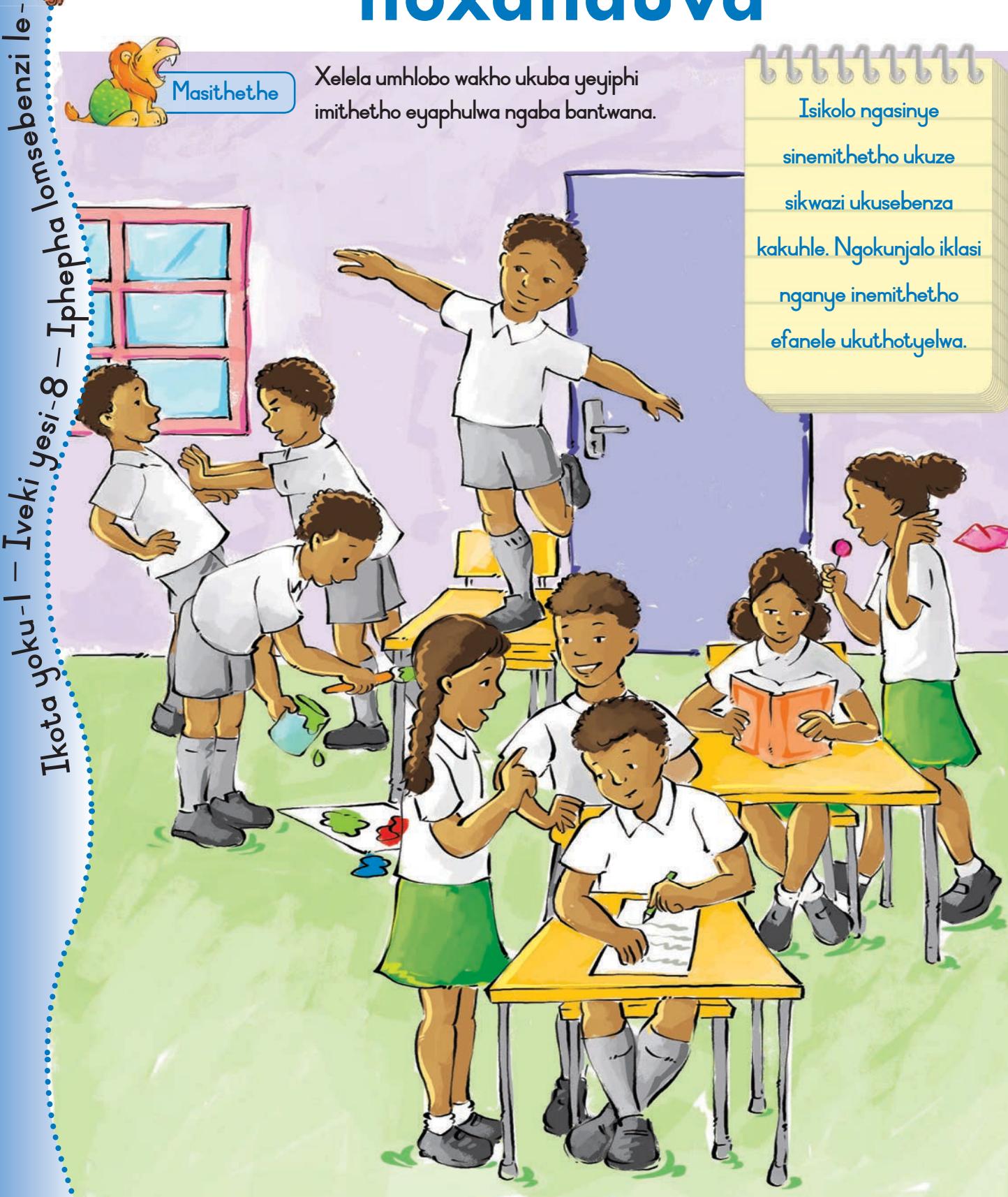
Bophani imilenze  
yenu niyidibani  
ze nibaleke.



Emva koko ziqhelseni  
ukukhaba ibhola  
ze nibone ukuba  
ningayikhabela kude  
kangakanani na.



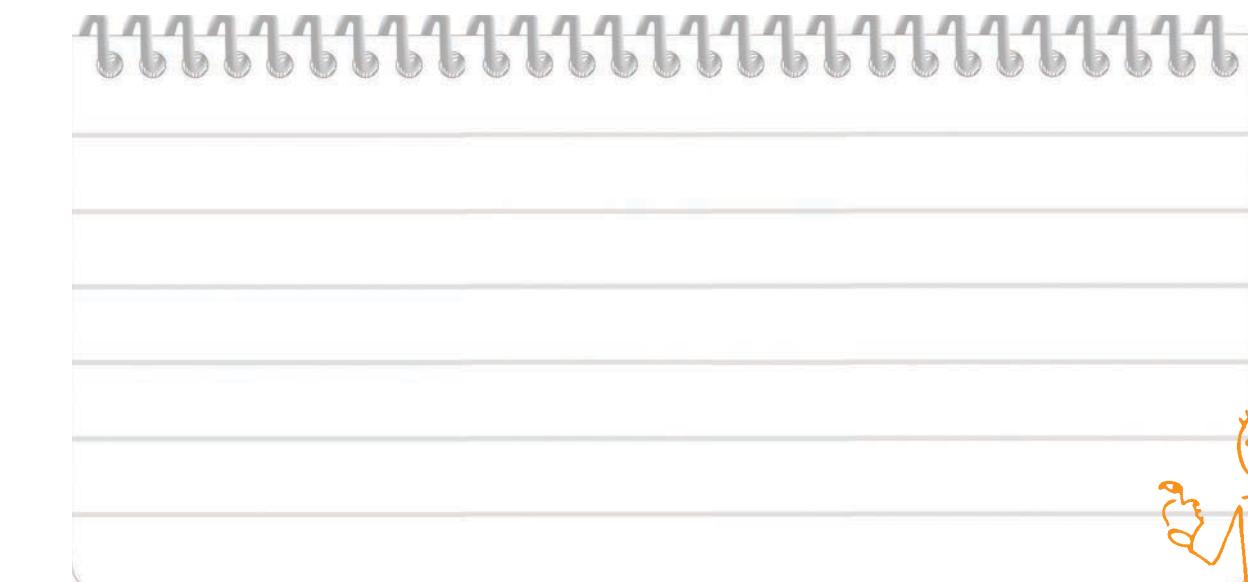
# Amalungelo noxanduva





Masibhale

Bhalela iklasi yakho imithetho  
emi-4.



Masithethe

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



## UXANDUVA LOLUTSHA **LOMZANTSI AFRIKA**

<b>Ukulingana</b>  Phatha wonke umntu ngokulinganayo nangendlela elungileyo. Musa ukucalucalula.	<b>Isidima somntu</b>  Hlonipha wonke umntu. Yiba nenceba nenkathalo.	<b>Ubomi</b>  Ubomi buxabisikele. Phatha yonke into ephilayo ngentlonipho.	<b>Usapho</b>  Bahlonele abazali bakho. Yiba nobubele nentembeko kusapho lwakowenu.
<b>Imfundu</b>  Yiya esikolweni, ufunde kwaye usebenze ngokuzimisela. Thobela imithetho yesikolo.	<b>Umsebenzi</b>  Ncedisa kwimisebenzi yasekhaya. Abantwana mabanganyanzelwa ukuba bafune umsebenzi.	<b>Inkululeko nokhuseleko</b>  Musa ukubavisa ubuhlungu okanye ubavuyelete abanye, kwaye sukubavumela nabanye ukuba benze njalo. lingwaba-ngxwaba mazisonjululwe ngoxolo.	<b>Ipropati</b>  Zihlonele izinto zabanye abantu. Musa ukonakalisa ipropati kwaye musa ukuba.
<b>Inkolo, inkolelo kunye noluvo</b>  Zihlonele iinkolelo nezimvo zabanye abantu.	<b>Ukhuseleko</b>  Wukhathalele umhlaba. Musa ukuwamosha amanzi nombane. Zikhathalele izilwanyana nezityalo. Gcina ikhaya lakho kunye nendawo ohlala kuyo ioceskile kwaye ikuhuselekile.	<b>Ubummi</b>  Yiba ngummi woMzantsi Afrika olungileyo nothembekileyo. Yithobele imithetho kwaye uqinisekise ukuba benjenjalo nabanye abantu.	<b>Inkululeko yokuvakalisa izimvo</b>  Musa ukusasaza ubuxoki nentyo. Qinisekisa ukuba abanyhukulwa okanye baviswe ubuhlungu abanye abantu.

Teacher:  
Sign:  
Date:



16a  
Ikota yoku-l – Iweki yesi-8 – Iphepha lomsebenzi le-



Masithethé

# lintsuku zenkolo nezinye ezizodwa

Khetha enye yezi nkolo. Yenza uphando ngayo. Lungiselela ukunika ingxelo yophando lwakho eklasini. Yiza nemifanekiso okanye neencwadi ukuze ubonise ngayo.



UbuHindu



UbuIslam



UbuJuda



UbuKrestu

Kufuneka sihloniphe abantu bezinye iinkolo.

Yeyiphi inkolo yakho?

\_\_\_\_\_

Yeyiphi inkolo yomhlobo wakho omthanda kakhulu?

\_\_\_\_\_

# Siyahlola



Masibhale

Zalisa eli khadi lingawe.



Ikota yoku-I - Iweki yesi-8 - Iphepha lomsebenzi le-

Teacher:	Sign:
Date:	

Igama lam \_\_\_\_\_

Ifani yam \_\_\_\_\_

Usuku lwam lokuzalwa \_\_\_\_\_

Ibanga lam \_\_\_\_\_

Isikolo sam \_\_\_\_\_

Inombolo yam yefowuni \_\_\_\_\_

Idilesi yam \_\_\_\_\_

Inombolo yam yengxakeko \_\_\_\_\_

Owona mddalo ndiwuthandayo \_\_\_\_\_

Owona mbala ndiwuthandayo \_\_\_\_\_

Oyena mhlobo wam ndimthandayo \_\_\_\_\_

Into endonwabisayo \_\_\_\_\_

Into endenza lusizi \_\_\_\_\_

Into endicaphukisayo \_\_\_\_\_

Into endiyenza kakuhle \_\_\_\_\_

# Indlela yokutya esempilweni



Masithethe

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

Kutheni iqela ngalinye lokutya  
lilungile kuthi?



## Iiprotheni

Iiprotheni zakha iiseli  
ezintsha ukuze ikhule  
imizimba yethu.



## Livithamini

Livithamini neeminerali zinceda  
imizimba yethu ukuba ilwe nezifo  
kwaye ihlale isempilweni.



Phuma phandle

Celani utitshala anibonise ukuba udlalwa njani  
umdlalo othi "ifowuni eyaphukileyo". Nakugqiba  
ziqhelaseni ukuphosa ibhola.

# Iikhahohayidrethi

Ezi ntlobo zokutya  
zisinika amandla.



Masibhale

Bhala uluhlu lokutya okutye izolo kwikholamu yokuqala. Kweyesibini xela ukuba ingaba oko kutya kuziiprotheni, iikhahohayidrethi, iziqhamo okanye yimifuno na.

## Ubisi

Ukutya kwemveliso yobisi kwenza amathambo ethu omelele, ngakumbi xa usemncinci amathambo esakhula.

Ukutya endikutye izolo

Udidi lokutya




# Indlela esitya ngayo



Masithethe

Buza abahlolo abane ukuba bathanda ukutya ntoni. Jonga iintlobo zokutya ezahlukeneyo uze ufakele uphawu (✓) ukuba uyakuthanda, uze ufake (✗) xa ungakuthandi oko kutya.

Bhala amagama abahlolo bakho.




Masibhale

Jonga itheyibhile oyizalisileyo uze uphendule le mibuzo.

Kokuphi ukutya abakuthande kancinane kakhulu abahlolo bakho?

Ucinga ukuba abahlolo bakho banayo imikhwa yokutya ngendlela enempilo?

Kutheni ucinga njalo nje?



Masonwabe

Cela utistahala wakho akubonise ukuba udlalwa njani umdlalo wefowuni eyaphukileyo.





Masibhale

Yenza uludwe lweentlobo zokutya esifanele ukuzitya yonke imihla.



Masibhale

Bhala iresiphi yokutya okuthandayo.

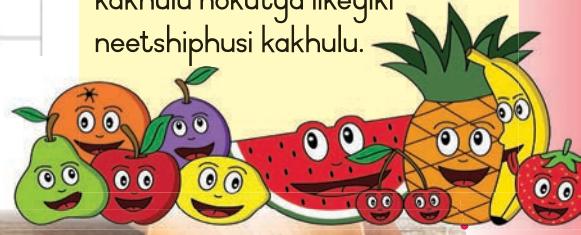
Ziintoni ekufuneka siziphephe?

Ityuwa eqqithisileyo kuba yenza sibe noxinzelelo lwegazi oluphezulu xa sibadala.

Iswekile eqqithisileyo kuba ingasenza sibe nesifo seswekile xa sibadala.

Iswekile eninzi kakhulu iyatyebisa.

Ukusela iziselo ezineswekile kakhulu nokutya iikeyiki neetshiphusi kakhulu.



Iresiphi ye- \_\_\_\_\_

Zepiphi izithako ezifunekayo?

Ndenze njani?/Ndisebenzise eyiphi indlela?

Teacher:  
Sign:  
Date:



# Indlela yokutya esempilweni



Masibhale

UThabo noNomsa basendleleni eya kwivenkile yakwaLanga-liphumile. Kufuneka bathenge ukutya kokuphekela isidlo sangokuhlwa. Bancedise ukuze benze imenu yeendidi zokutya okulungileyo.



Phuma phandle

Tshirtshiselanani ngokubetha ugqaphu ukuze abahlolo bakho batsibe nabo.





Masibhale

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

## ULUDWE LOKUTHENGWAYO

## IXABISO



Masibhale

Indlela otya ngayo isempilweni kangakanani? Faka umbala ebusweni obuncumileyo kwindlela nganye esempilweni.

### Indlela enditya ngayo

Ewe	Hayi
-----	------

Ndikholisa ukutya phambi kwethivi.



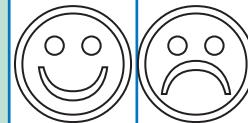
Ndiyazithanda iziqhamo nemifuno.



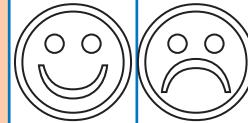
Ndiyazithanda iintlobo zokutya ezinamafutha ezifana neetshiphusi.



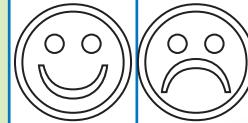
Andiwathandi amanzi, ndithanda iziselo ezibandayo.



Andiyityi imifuno.



Ndiyakuhlaufunisa ukutya kwam.

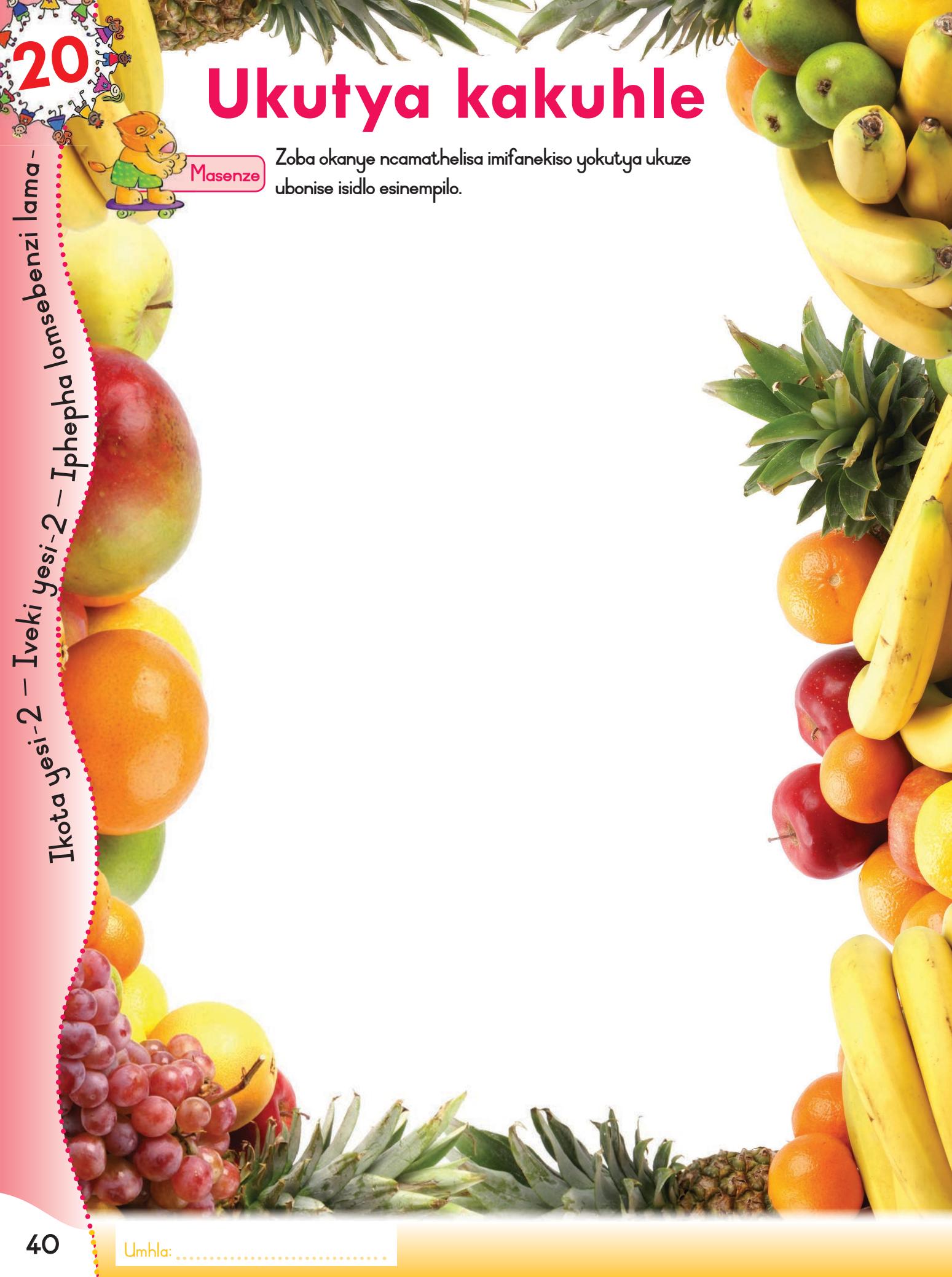


Nditya isidlo sakusasa phambi kokuya esikolweni.



Bala ufumanise ukuba uwufake kangaphi umbala ebusweni obuncumileyo.





Ikota yesi-2 – Iveki yesi-2 – Iphethpha lomsebenzi lama -

Masenze

Zoba okanye ncamathelisa imifanekiso yokutya ukuze  
ubonise isidlo esinempilo.

## Imithetho yokutya ngendalela elungileyo

Zihlambe qho izandla zakho phambi  
kokuphatha ukutya.

Ungakushiyi ungakugqumanga ukutya.  
Musa ukutya ukutya okudala okanye  
okubolileyo. Sebenzisa amaxolo emifuno  
ukwenza ikhomposi yesitiya.

Lima eyakho imifuno.



Masenze

Zoba umfanekiso ubonise omnye wale mithetho.



# Izinambuzane

Ikota Yesi-2 – Ivelki Yesi-2 – Iphetha lomsebenzi lama-



Masithethe

Thetha ngamalungu omzimba wesinambuzane.

Izinambuzane zinamalungu amathathu omzimba: intloko,  
umzimba ongasentla nomzimba ongezantsi.

Ngokunjalo zinemilenze emithandathu  
neempondo ezimbini.



Masenze

Phawula esi sinambuzane.  
Krwela umgca osuka kwilungu  
ngalinye oya kwilungu  
elichanekileyo lesinambuzane.



Umzimba  
ongezantsi

Umlenze



Umzimba  
ongasentla

Iliso

Intloko

Uphondo



Phuma phandle

Yenza ingxolo yeenyosi, bhabha okwebhabhathane uze utsibe  
okwento hoviyane. Ulungele ukudlala ibhola ekhatywayo ke ngoku!



Krwela umgca wokutshatisa igama ngalinye nesinambuzane esichanekileyo.  
Xela ukuba zeziphi izinambuzane eziluncedo kuthi izeziphi eziyingozi.



Inyosi



Ingcongconi



Impukane



Imbovane

Intethe

Ibhabhathane

Ubhantom

Ivingane



Masibhale

Ngoku fakela amagama angekhoyo.

zenza ubusi.

amvumvuzela iintyatyambo.

zisasaza imaleriya.

zisasaza izifo.

zitya izityalo zabalimi.



Teacher:  
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Date:

# 22 Okunye ngezinambuzane



Masithethe

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



Iinyosi zisasaza umgubo wokumvumvuzela. Oku kuyimfuneko ukuze kukhule iziqhamo.



Iinyosi zivelisa ubusi.



Masibhale

Bhala igama lesinambuzane ngasinye kwisithuba esishiyiweyo.



Le \_\_\_\_\_ ifunxa incindi kwintyatyambo.



inemilenze \_\_\_\_\_ yangasemva eyomeleleyo yokutsiba.



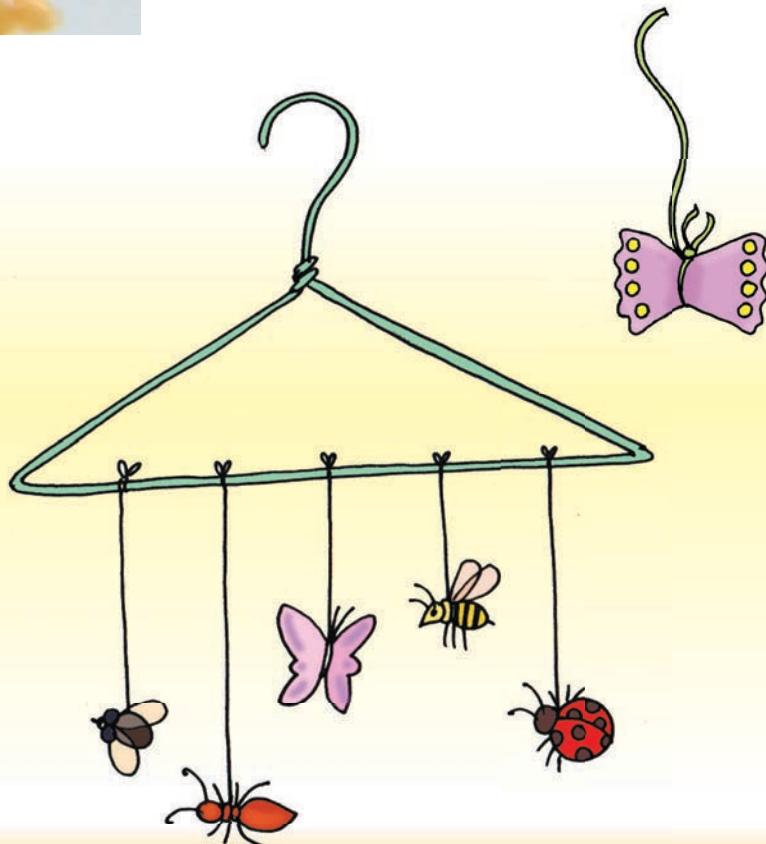
zisebenzisa

iimpondo ukunxibelelana nezinye.



asasaza umgubo wokumvumvuzela  
ukusuka kwisityalo esithile ukuya  
kwesinye.

Zisasaza iintsholongwane.



Yenza ukuba isinambuzane  
sishukume.

- Sika izinambuzane  
kwiphepha lomsiko  
elingasemva encwadini.
- Zixhome kwhengara  
yempahla.





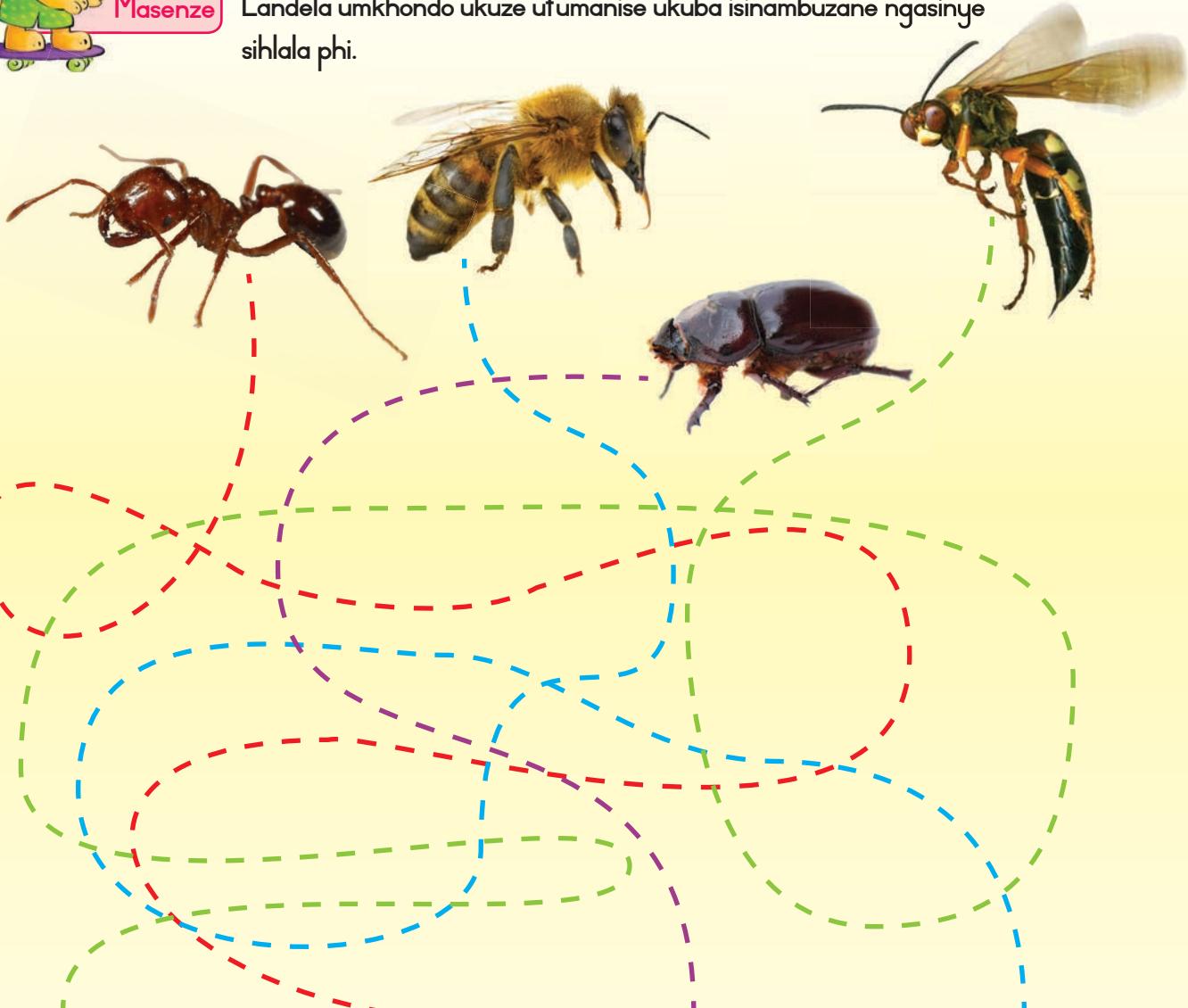
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# Amakhaya ezinambuzane



Masenze

Landela umkhondo ukuze ufumanise ukuba isinambuzane ngasinye sihlala phi.





Masenze

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



Masibhale

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



Isinambuzane eso sitya oluphi uhlobo lokutya?



Ingaba isinambuzane sakho sishukuma ngokucotha okanye ngokukhawuleza?

Ingaba isinambuzane sakho siluncedo? Kutheni usitsho nje?

Siyingozi njani isinambuzane sakho? Ungenza ntoni xa sinokukwenzakalisa?



Masonwabe



Yila uze



uzobe esakho

isinambuzane uze



usithiye igama.





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



# Ndiligcisa

## Zenzele ibhabbhathane

Kufuneka oku: iphepha leA4

Iikhrayoni zamafutha

Isikere

Iglu

Ucingo oluthambileyo

Ikhadibhodi yephepha lendlu yangasese

Zoba ibhabbhathane, ubonise umzimba walo omde,  
obhityileyo kune namaphiko amabini. Hombisa amaphiko  
ebhabbhathane lakho ngeepatheni zemibala eyahlukeneyo.

Qinisekisa ukuba omabini amaphiko  
ayafana. Lisike ulikhuphe

ibhabbhathane. Ncamathelisa umzimba  
webhabbhathane kwikhadibhodi

yephepha lendlu yangasese. Ngoku  
yenza iimpondwana ngokusebenzia  
ucingo oluthambileyo  
olusongwe kabini.

Luncamatheleise kwintloko  
yebhabbhathane.





Phuma phandle

Dlala le middalo



### Isitishi 1:

**Ibhola yomnyazi:** Qakathisa ibhola logama ubaleka ngepatheni egosogoso.



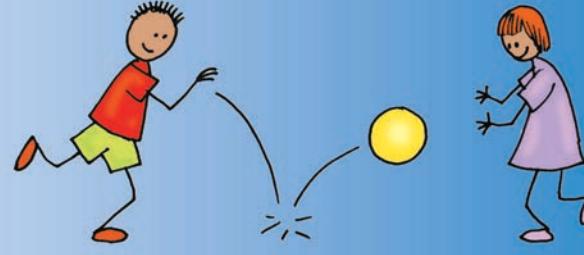
### Isitishi 2:

**Ihoki:** Sebenzisa intonga yehoki ukuqhubela ibhola ngakwindawo yokukora.



### Isitishi 3:

**Ibhola yomnyazi:** Qakathisela ibhola kumhlolo wakho ubaleka.



### Isitishi 4:

**Ibhola yombhoxo:** Baleka nebholo uze uyiphosele omnye.



### Isitishi 5:

**Ibhola ekhatywayo:** Khabela ibhola emnatheni ubaleka.



# Imjikelo yobomi

Umjikelo wobomi ubonisa amanqanaba okukhula. La manqanaba ahamba ngendlela ethile. Jonga umjikelo wobomi besele nobebhabhathane uze uthethe ngala manqanaba okukhula ahlukaneyo.

## Umjikelo wobomi besele



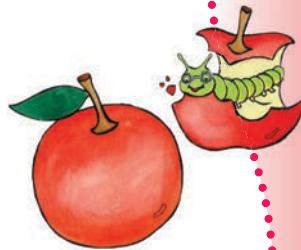
Masithetho

Jonga imifanekiso uze uxelele umhlobo wakho indlela eliguquka ngayo iselete kumjikelo wobomi balo.

- 1** Amasele amabini ayadibana ukuze achumise amaqanda.
- 2** Isele elijimazi libekela amaqanda.
- 3** Kuvela unojubalala omtsha oneempefumla ezingaphandle kanye nephiko lomsila.
- 4** Unojubalala ukhula imilenze.
- 5** Umsila uthi pheselele.
- 6** Isele elidala eseliphuhle imiphunga nelingesenazimpefumla.



Jonga ke ngoku lo mjikelo wobomi bebhabhathane.  
Bhala ukuba kwenzeka ntoni kwinqanaba ngalinye lomjikelo  
wobomi. Sikuncedisile kumanqanaba amabini.



## Umjikelo wobomi bebhabhathane



Teacher: Sign:
Date: / /

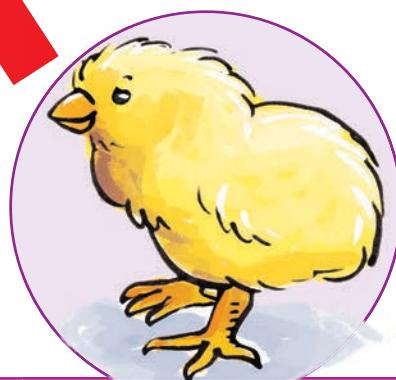
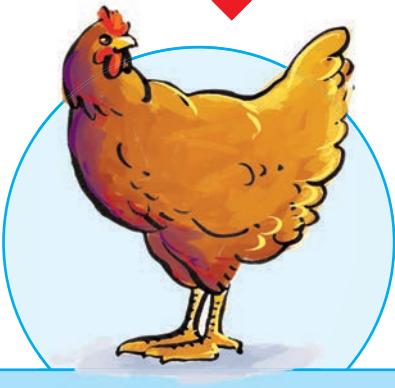
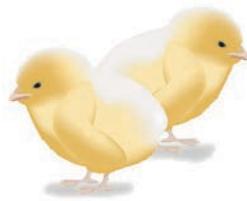
# Imijikelo yobomi



Masithetho

Jonga imifanekiso uze uthethe nomhlobo wakho ngomjikelo wobomi benkuku. Bhala ke ngoku ukuba kwenzeka ntoni kwinqanaba ngalinye.

Ikota Yesi-2 – Ivelki yesi-6 – Iphepha lomsebenzi lama-





Ngoku yila owakho umjikelo wobomi.

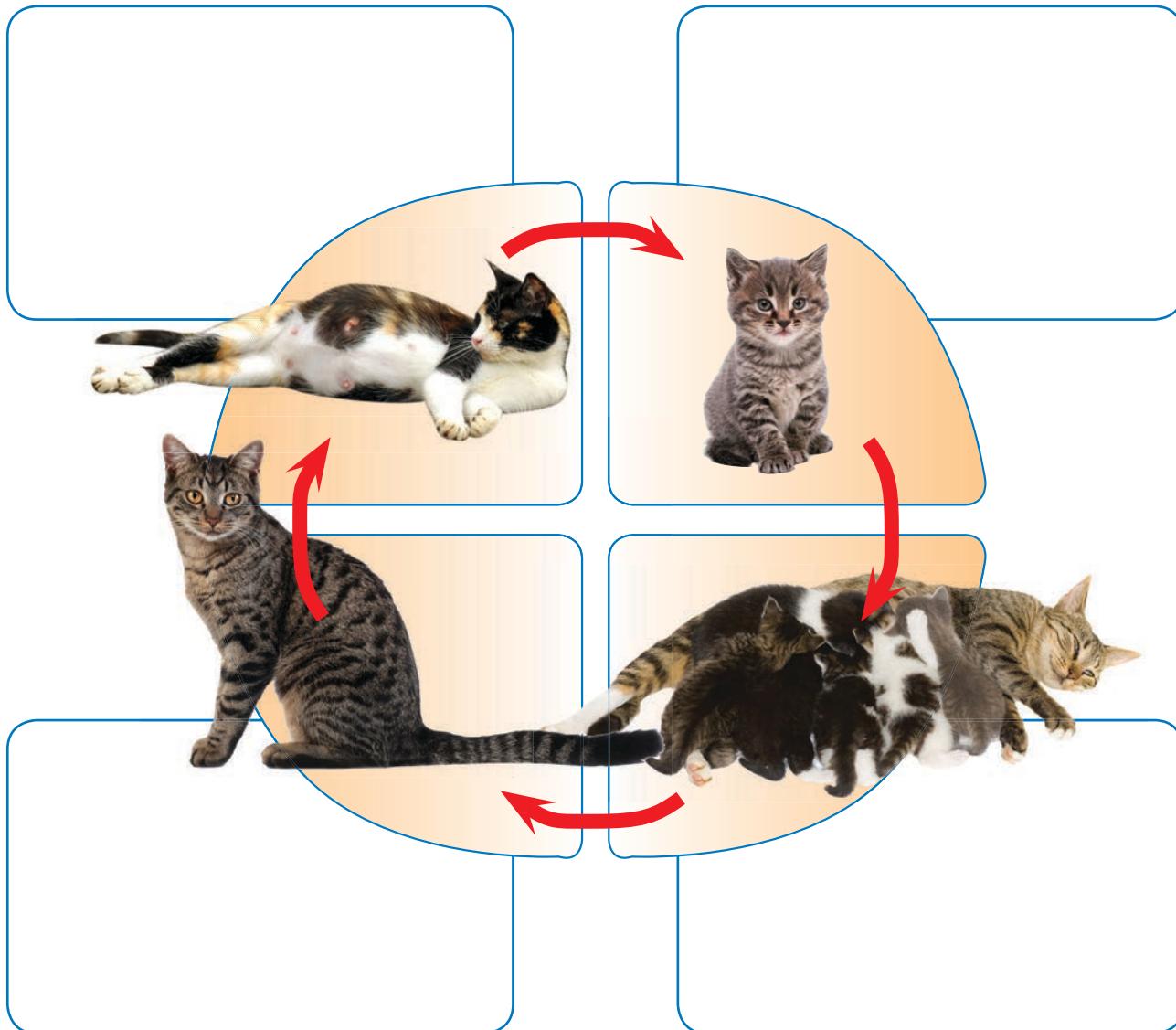
Faka uphawu kumfanekiso ngamnye okwivil lebali ubonise umjikelo wobomi bekati.

Sebenzisa izihloko ezingezantsi ukuze zikuncede.

Faka iinombolo kumabakala I–4 uze uzisebenzise kwivili lakho lebali.

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

## Umjikelo wobomi bekati



Teacher:  
Sign:  
Date:



# Isilo-qabane sam



Masenze

Yenza imasikhi yesilo-qabane

Kufuneka oku:

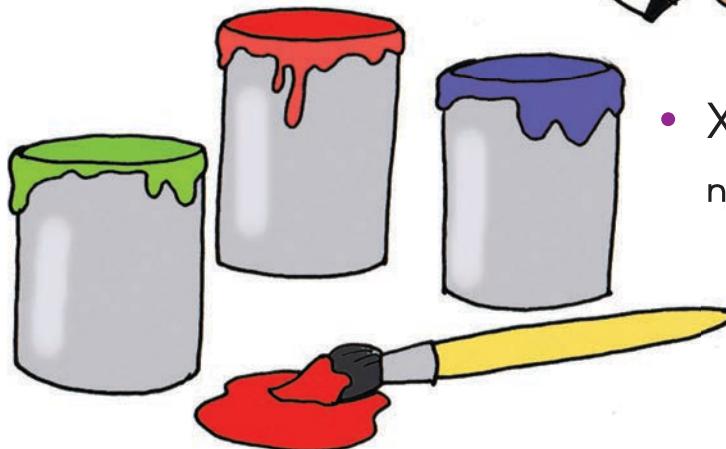
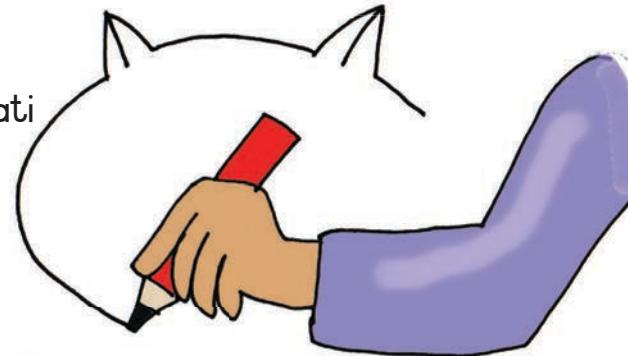
Iphepha le-A4

Ipenisile

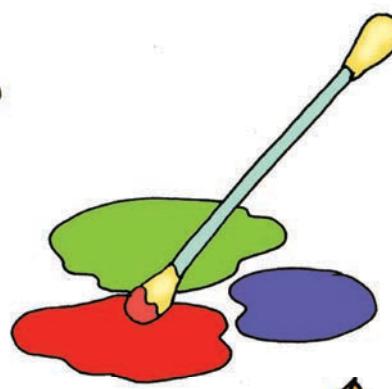
Ipeyinti yomgubo namanzi

Imicinga yokuggogqa iindlebe

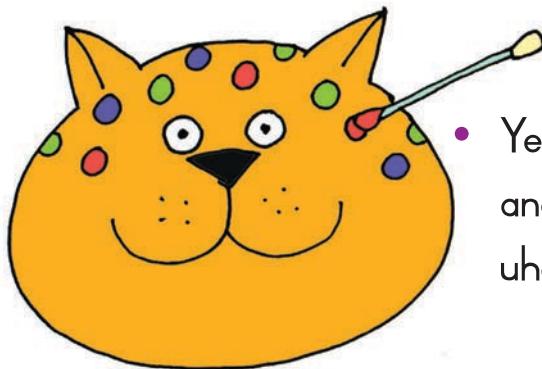
- Zoba umgca wobuso bekati ephepheni.



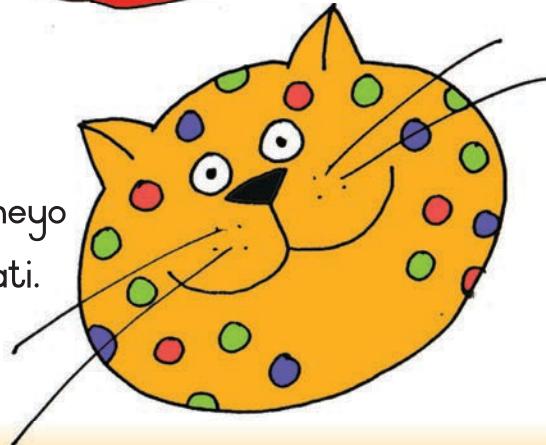
- Xuba ipeyinti ukuze wenze imibala nokuba mi-3 eyahlukeneyo.



- Sebenzisa umcinga wendlebe ngombala ngamnye.



- Yenza amachokoza anemibala eyahlukeneyo uhombise ubuso bekati.





Masithethe

Balisela umhlobo wakho ngesilo-qabane sakho  
okanye esomnye umntu osaziyo.  
Xela indlela oza kusikhathalela ngaso.



Masenze

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



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# Ukulondoloza okusingqongileyo



Masithethe

Jonga ezi powusta uze uthethe nabahlobo  
bakho ngento ezisixeleta yona.



Jonga umqondiso wokuhlaziya.  
Ukhe wawubona phi umqondiso ofana nalo?

## Ncedani sihlaziyeni!



Phuma phandle

Ungakwazi ukuyila umxhentso  
okanye umdaniso usebenzisa  
iihulahuphu neeribhoni?





Masifunde

Singanceda njani ukugcina okusingqongileyo kucocekile?



Kufuneka sikhumbule ezi zinto zintathu.



**Nciphisa:** Kufuneka sinciphise ukulahla kwethu inkunkuma nokuba kuphi.

**Ukuphinda sisebenzise iimveliso:** Kufuneka siphinde sizisebenzise iimveliso

kangangoko sinokwenza phambi kokuzilahlala.

**Ukuhlaziya:** Kufuneka sifumane iindlela zokusebenzisa iphepha, iibhotile

neetoti.



Masibhale

Kwitheybile engezantsi, bhala  
amagama ezinto ezinokuhlaziya.  
Sikuqalele uludwe ngalunye.



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

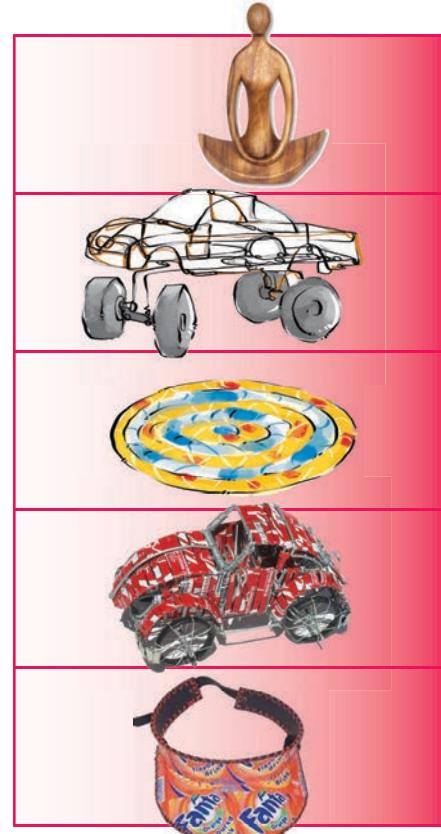


# Ukuhlaziya



Masibhale

Krwela umgca osuka kwinto nganye engasekhohlo oya kwinto engasekunene, ubonise indlela ezinokusetyenziswa ngayo ekwenzeni izinto eziluncedo.



Yila ke ngoku umfanekiso wento onokuyenza ngokusebenzisa izinto ezihlaziyiweyo uze uwuphawule ngamagama..

Igama lento

Zoba umfanekiso wento oyithandayo.

Yenziwe nge



Masibhale

Cinga ngezinto ezinokwenza ikhomposi elungileyo. Bhala igama ngalinye elingeantsi kuluhlu oluchanekileyo ugqibezele itheyibhile. Unako kananjalo ukucinga ngezinto ezithile ezizezakho uze uzhlele kakuhle ngokwezintlu ezichanekileyo.

izingxobo zeplasitiki

amaxolo emifuno

izikhonkwane

iitoti zesiselo esibandayo

amaqokobhe amaqanda

Izinto ezingaboliyo	Izinto ezibolayo



Masenze

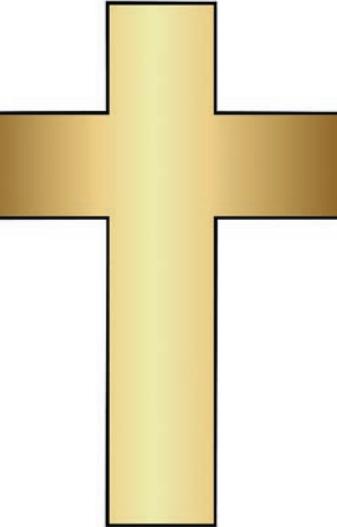
Yenza ipowusta  
enqanda ukulahla  
inkunkuma  
nokuba kuphi.  
Zoba umfanekiso uze  
ubhale umyalezo.

\_\_\_\_\_  
\_\_\_\_\_

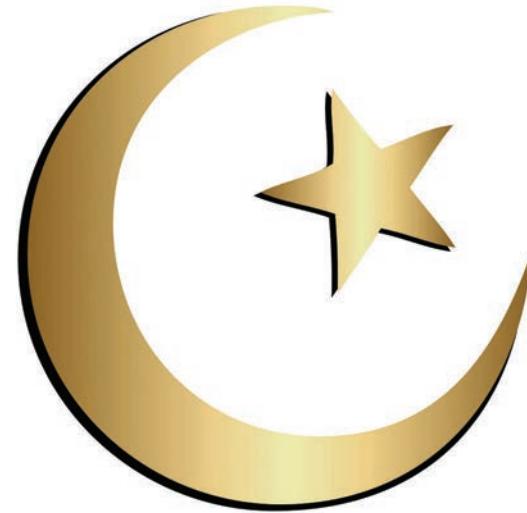




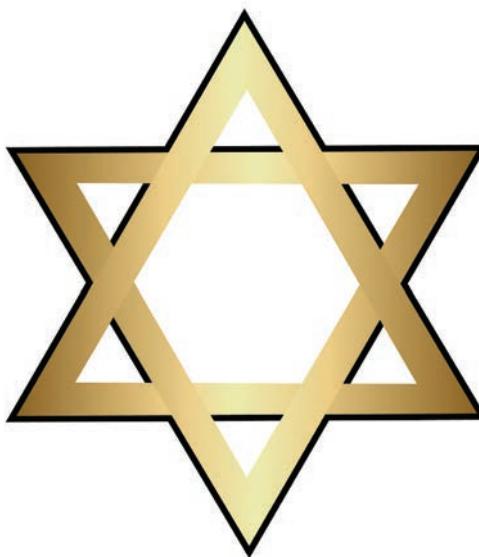
Masithethé



Umnqamlezo luphawu lwama Krestu.  
UYesu, uNyana kaThixo, wafela izono  
zethu emnqamlezweni.



Iceba lenyanga kune nenkwenkwezi  
luphawu lwama Islam. Ama Moslem  
athandaza ka-5 ngazo zonke iintsuku.



Uphawu lwama Juda yiNkwenkwezi  
kaDavide. UKumkani uDavide  
wayengukumkani wama Sirayeli.



Uphawu lwama Hindu lubhalwa  
ngolwimi lwase Indiya lwakudala  
oluyi Sanskrit.

# Iintsuku zenkolo nezinye ezizodwa

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



# lindawo ezahlukeneyo zokunqula



Masenze

Krwela umgca odibanisa inkolo nganye nendawo yayo yokunqula.

Bhala igama lesakhiwo phantsi komfanekiso ngamnye.

itempile

isinagogu

imoski

inkonzo

Inkolo

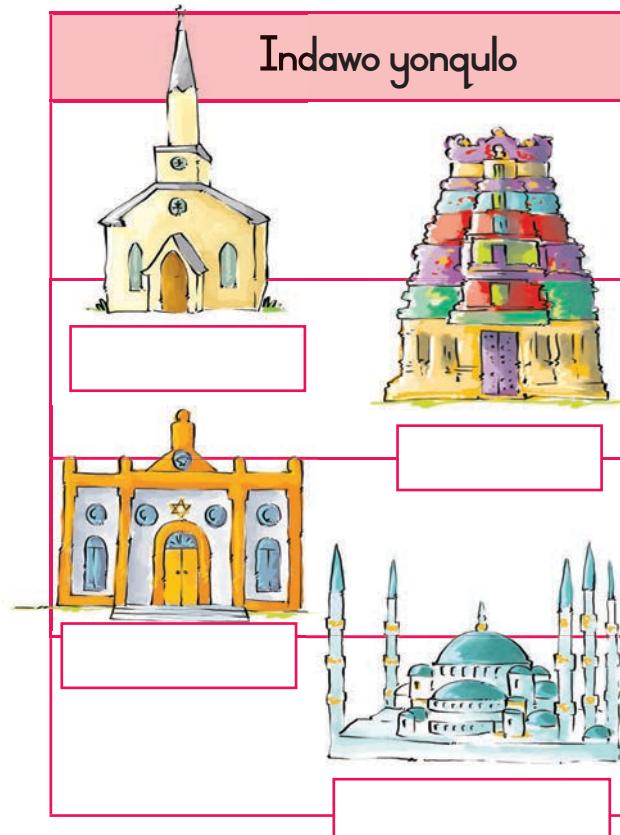
ubu-Islam

ubuHindu

ubuKrestu

ubuJuda

Indawo yonqulo



Masenze

Buza abahlobo aba-4 ukuba loluphi uphawu olubonisa inkolo yabo.

Lukhuphele ecaleni kwamagama abo.

Amagama abahlobo

Iimpawu zabo





# ISATIFIKETHI

Sokugqiba iBanga lesi-3

Izakhono zoBomi incwadi yoku-1

**Sinikezelwa ku**

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Bhala igama lakho.

Umhla \_\_\_\_\_

Utitshala \_\_\_\_\_

# Isichazi-magama sam

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# Isichazi-magama sam

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