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neCAPS

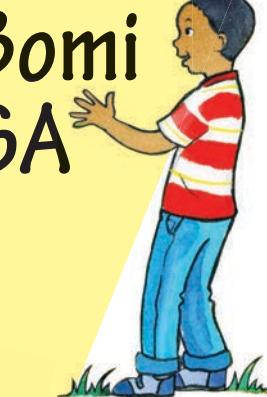
Ibanga lesi-

2

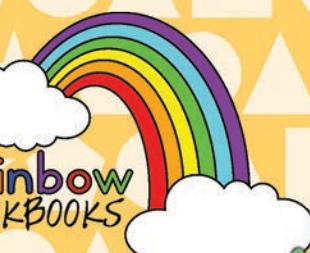


# Izakhono zoBomi ngesiXHOSA

Incwadi yoku-  
Ikota 1&2



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LIFESKILLS IN ISIXHOSA

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TERMS 1 & 2

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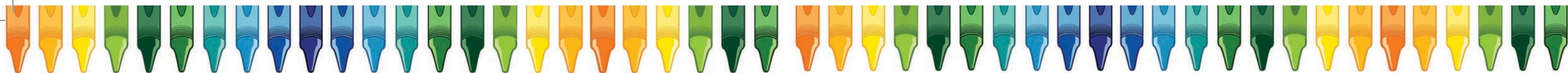
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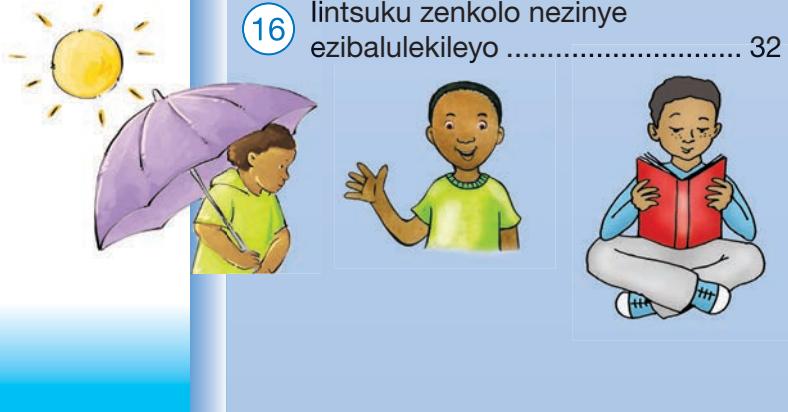
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UNksk. Angie Motshekga,  
uMphathiswa weMfundu  
esisiSeko



UMnu. Enver Surty,  
uSekela Mphathiswa  
weMfundu esisiSeko

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

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Sinethemba lokuba ootitshala baya 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 baya 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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# Ibanga lesi-

2



Izakhono zoBomi  
ngesiXHOSA  
Incwadi yoku-l



Le ncwadi yeka:



# Ukutya okunempilo kuyaphilisa

Masifunde

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

Imizimba yethu idinga ukutya okunempilo ukuze sikhule. Kufuneka sitye ukutya okuvela kwiqela ngalinye lokutya yonke imihla. Kufuneka sitye ukutya okunempilo ukuze sibe namandla awoneleyo okwenza yonke into esifuna ukuyenza. Ukuba asinakutya ukutya okunempilo, singagula.

## Amaqela amahlanu okutya

Ukutya okuziinkozo  
kunye nemveliso  
eziinkozo

Abanye abantu  
batya imifuno kuphela.  
Loo nto ithetha ukuba  
abayiti kwaphela  
inyama. Batya ukutya  
okuvela kumaqela  
ama-4 okutya.



Inyama,  
intlanzi, imveliso  
yeenkukhu,  
amandongomani neembotyi



Imifuno  
neziqhamo



Amafutha neeyile

Imveliso yobisi



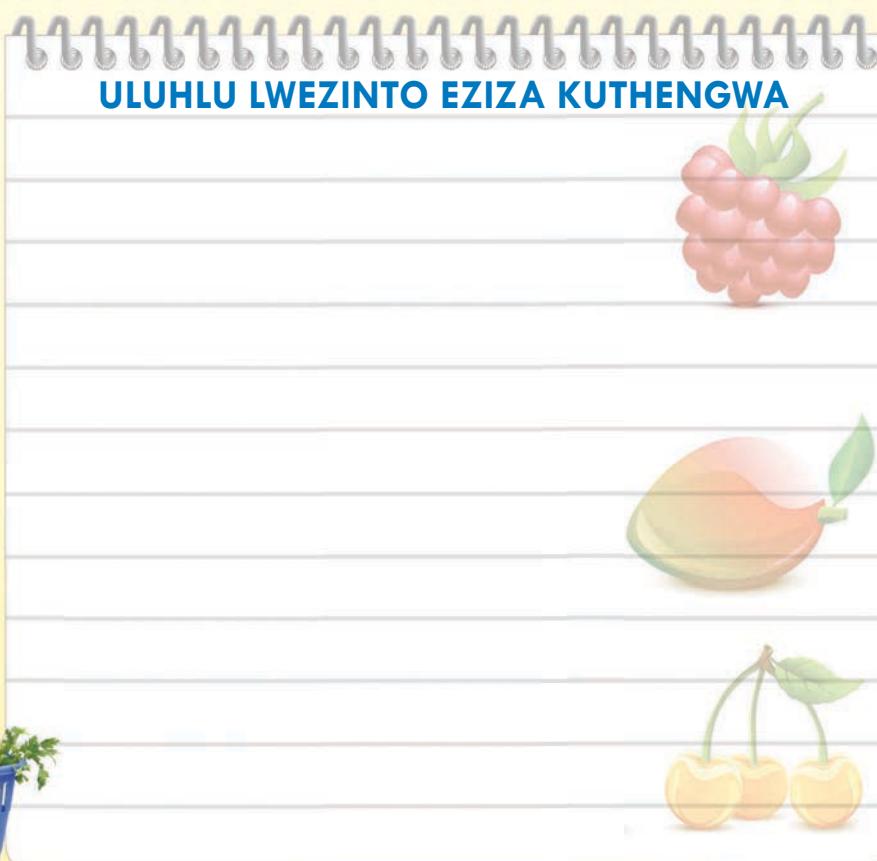
Masenze

Ncokola nomhlobo wakho malunga nokuba kokuphi  
ukutya okunempilo koku.  
Kubiyele ngesangqa.



Masibhale

Yenza ngathi uya  
esuphamakethi  
kunye nomama wakho  
niyokuthenga ukutya  
kwesidlo sangokuhlwa.  
Yenza uluhlu lokutya  
okuya kuba nempilo  
okunokutyiwa lusapho  
lwakho.



2

# Amanzi asinika ubomi

Ikota yoku - I veiki yoku - I phephä lomsebenzi lesi

Masithethe

Kutheni sifuna amanzi nje?

abantu, izityalo nezilwanyana badinga amanzi ukuze bahlale bephila. Amanzi athwala ukutya esikutyayo akuse kwiindawo ezahlukeneyo zomzimba.

Akwanceda imizimba yethu ekususeni ukungcola.



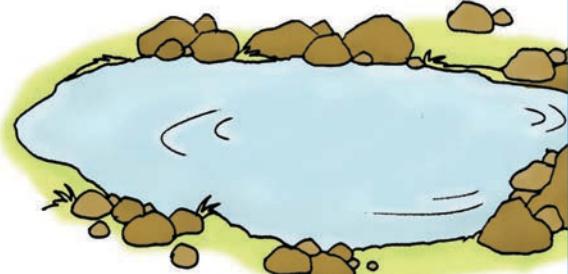
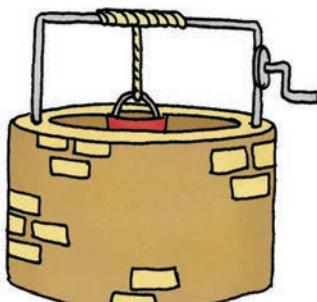
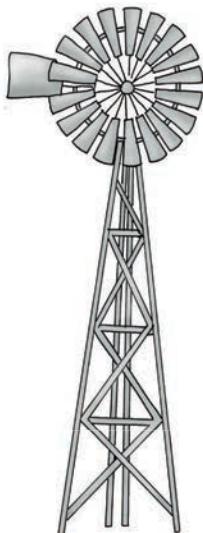
Masenze

Sisebenzisa amanzi yonke imihla emakhayeni ethu. Chazela umhlobo wakho ngazo zonke izinto esiwasebenzisa kuzo amanzi. Zoba ke ngoku imifanekiso emi-4 ubonise indlela esiwasebenzisa ngayo amanzi. Bhala isihloko ngentla komfanekiso ngamnye uchaze ukuba ungantoni na.

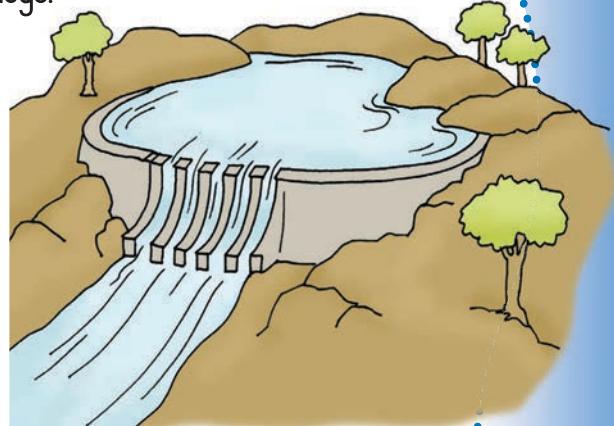


Masibhale

Siwafumana phi amanzi? Krwela umgca udibanise  
igama ngalinye kunye nomfanekiso ochanekileyo.



umthombo
Iphiko lamanzi
umlambo
idama
iquila



Phuma phandle

Phambi kokuba nenzé umsebenzi phandle, zoluleni okwekati. Oku kuza kwenza ukuba imizimba yenu ishukume lula. Kufuneka nizolule kwakhona emva komsebenzi ukuze nizipholise nomzimba ukhululeke. Oku kuya kunceda umzimba wakho ungabi nemikhinkqi.



- Tsiba okwesele. Yenza ingxolo yamasele.
- Phoselanani ngebhola niyigange.
- Phosa ibhola phezulu uze uyigange.
- Ngcekelela ilitye ube nokhuphiswano lokuhamba kunye nomhlobo wakho. Khangela ukuba unokuhamba umgama ongakanani na lingakhange liwe ilitye.



Teacher:  
Sign:  
Date:

3

# Silondoloza amanzi

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



Masithethe

Amanzi axabisekile kakhulu, ngoko ke  
kufuneka singawamoshi. Thetha nabahlobo  
bakho malunga neendlela ezahlukeneyo  
esinokuwalondoloza ngayo amanzi.



Masibhale

Bhala izimvo ezimbini ezingokulondoloza  
amanzi kwizithuba ezingezantsi.

1.

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2.

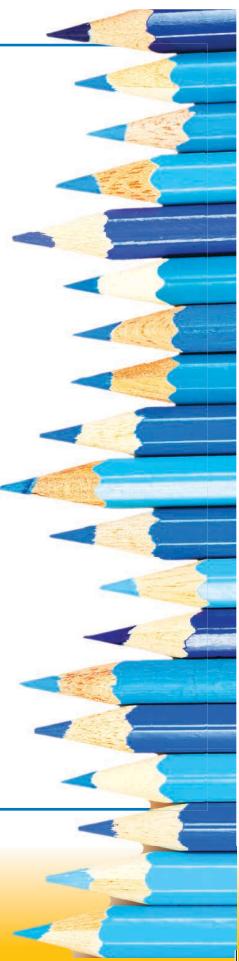
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Masenze

Sebenzisa iikhrayoni  
ukwenza ipowusta  
emibalabala emalunga  
nokulondoloza amanzi.  
Ipowusta yakho  
kufuneka ikhuthaze  
abanye balondoloze  
amanzi. Xa  
sowujigqibile ipowusta  
yakho yibonise  
abahlobo bakho.



6

Umhla: .....



Phuma phandle

Masidlale umdlalo othi "Ngubani ixesha,  
Mnu Ngcuka?"

Omnye wenu makabe yingcuka.  
Tshintshisanani nibuzane, "Ngubani ixesha,  
Mnu Ngcuka?" Ngalo lonke ixesha ubuza,  
ingcuka mayithi ixesha ...

Kodwa ukuba ingcuka ithi "lixesha lesidlo  
sasemini" iza kukuleqa. Kuza kufuneka ubaleke  
ingakubambi.



Thatha ke ngoku uhulahuphu uzokudlala  
ngaye. Tshintshiselana nomhlobo wakho  
nihambe ninqumle kuye ngeenyawo  
nangezandla. Wumiseni ze nithubeleze  
kuye. Tshintshiselanani ngokwenza oku.



Okokugqibela,  
yibani ngamaqela  
anabantu abane.  
Kufuneka nenze nokuba  
ngowuphi na umxhentso  
waseMzantsi Afrika  
eniza kuwubonisa  
eklasini.

Teacher:
Sign:
Date:



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



Masifunde

Umoya esiwuphefumlayo une-oksijini. Le oksijini inceda imizimba yethu ekusebeniseni ukutya esikutyayo. Loo nto yenza sifumane amandla ukuze siphile. Xa siphefumla umoya ongcolileyo imizimba yethu ayisebenzi kakuhle.



Masibhale

Hlala nomhlobo wakho. Sebenzani kunye nizalise ezi zikhewu zingezantsi:

Ndifuna umoya ocoekileyo kuba \_\_\_\_\_

Xa umoya umdaka \_\_\_\_\_

Umoya uyangcola \_\_\_\_\_

Izinto esinokuzenza ukuze sigcine umoya ucoekile:

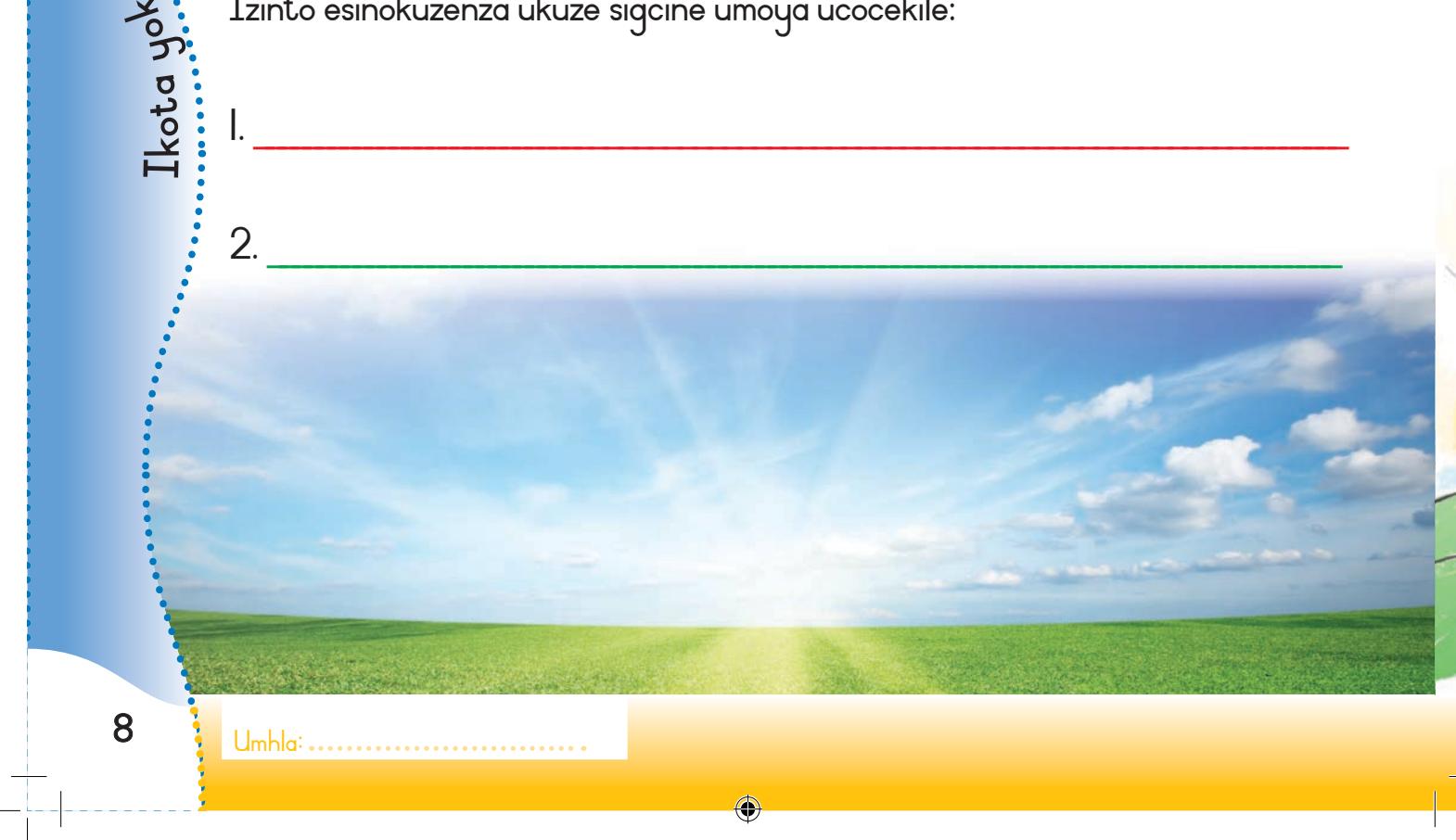
1. \_\_\_\_\_

2. \_\_\_\_\_

8

Umhla: .....

# Umoya ocoekileyo usinika amandla





### Masifunde

abantu bayalifuna ilanga ukuze bonwabe kwaye babesempilweni. Ilanga linceda imizimba yethu yenze uVithamin D. Le vithamin siyifuna kuba yenza amathambo ethu omelele. Ilanga elishushu kakhulu alilunganga. Singatsha kakubi xa sihleli kulo. Kufuneka uthambise isikhusele langa okanye uthwale umnqwazi welanga ukuze ukhusele isikhumba sakho elangeni.



### Masibhale

Vala izikhewu ezingezantsi:

Ndingakhuseleka elangeni ukuba:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



### Masicule

Cula le ngoma uze uqhwabe ngokwesinqisho



Kufuneka uthambise isikhusele langa okanye uthwale umnqwazi welanga ukuze ukhusele isikhumba sakho elangeni.



**Langandini elishushu**



**Ukukukhanya kwam wena**

**Ukukhanya okungacimiyo**

**Ungunozala wovuyo**

**Isibane sesibhakabhaka**

**Xa ukhoyo siyadlala**

**Sihleke sonwabe**

**Hlala usenjenjalo**

**Sikhanyiso sifudumezi sonwabiso.**



Teacher:
Sign:
Date:

## 5

# Mna nabahlobo

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

**Masithethé**

Sonke siyakuthanda ukuba nabahlobo abalungileyo. Wazi njani ukuba umntu ngumhlobo olungileyo?



**Masibhale**

Kwiskhewu esingezantsi bhala uluhlu lwezinto eenza umntu abe ngumhlobo olungileyo.



1.

\_\_\_\_\_

2.

\_\_\_\_\_

3.

\_\_\_\_\_

4.

\_\_\_\_\_



**Masibhale**

Khawucinge ngale mibuzo wandule ukuphendula imibuzo.

Bangaphi abahlobo onabo?

Ngubani igama lomhlobo wakho osenyongweni?

Lixesha elingakanani ningabahlobo?

Yintoni eyodwa oyithandayo ngalo mhlobo wakho?

10

Umhla: .....



Hlala nomhlobo wakho nize nitthetho ngezi ngxelo. Faka uphawu (✓) ebhokisini ukuba yinyani kanye no (✗) ukuba asiyonyani.

## Uluhlu lokuqinisekisa ubuhlobo

Phawula ✓ okanye ✗

Umhlobo wam uyandikhathalela.	
Umhlobo wam uyandinceda.	
Siyabelana nomhlobo wam.	
Umhlobo wam akalwi nam.	



Cinga ngento onokuyenza ukwenza umhlobo wakho azive ebalulekile. Zoba umfanekiso uwufake kwisakhelo. Ukhumbule ukuhombisa isakhelo somfanekiso. Wakugqiba thetha ngemibala epholileyo nefudumeleyo oyisebenzisileyo emfanekisweni wakho.



Bhala izivakalisi ezibini ngomfanekiso wakho.



## 6

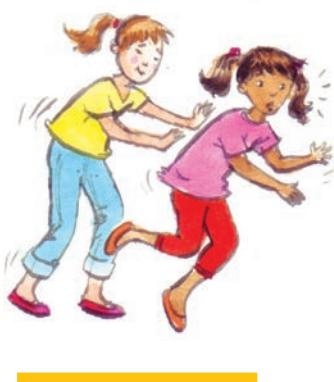
# Abantu abasingqongileyo

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



Masithethe

Jonga emifanekisweni. Cinga ngezinto ezenziwa ngabahlolo abalungileyo, uze uncokole ngazo eqeleni lakho. Cinga ke ngoku ngezinto ezenziwa ngabahlolo abangalunganga. Faka (✓) kumfanekiso ngamnye obonisa ubuhlolo obulungileyo kunye no (✗) kuleyo ibonisa ubuhlolo obungalunganga.





Masif unde

Funda isivakalisi ngasinye uze ufa kele umbala kubuso  
bukaEwe okanye ubuso kubaHayi 😊😊

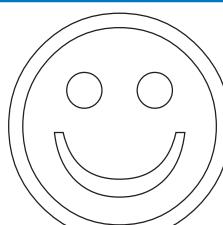
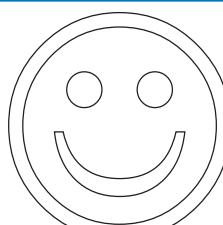
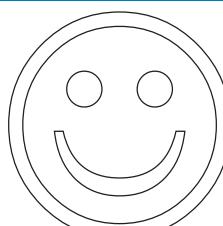
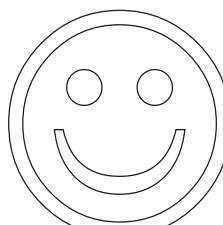
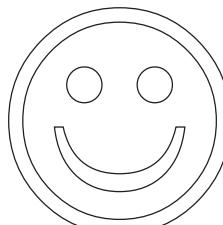
Ndingumhlobo olungileyo.

Ndiyabakhathalela  
abahlobo bam.

Ndinobubele kubafundi endifunda nabo.

Abafundi endifunda nabo banobubele kum.

Ndinembeko ebantwini  
abandingqongileyo.



Phuma phandle

Masidlale "Yima esithunzini sam".

Wena nabahlobo bakho zamani ukuma omnye  
esithunzini somnye. Tshintshisanani nibone ukuba  
zingaphi izithunzi enizinyathelayo. Ningahlala  
nishukuma njalo ukuthintela umhlobo wakho angemi  
esithunzini sakho.



# Makungavuyelevwa

Ikota yoku-1 – Iweki yesi-4 – Iphepha lomsebenzi lesi-

**Masibhale**

Jonga kumfanekiso ngamnye.

Ubunokuthini ukuba ubungumntwana ovuyelevwayo? Ecaleni komfanekiso ngamnye, bhala isivakalisi malunga nendlela ekufuneka sibaphathe ngayo abanye abantu.




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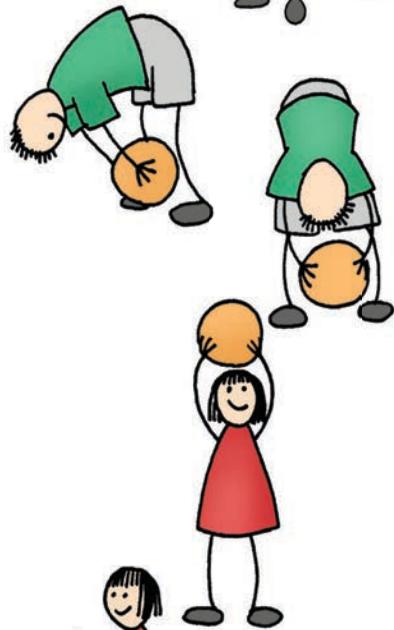
Yilani umdlalo-Linganisa nomhlobo wakho  
nenze umdlalo omalunga nomntwana  
ovuyelela omnye. Emva koko yitsho ukuba  
singenza ntoni ukuthintela ukuvuyelela.



Zilungiseni nibe ngamaqela ezihlanu.

Yenzani umgca niphoselane ibhola. Jongani ukuba leliphi iqela eliphosa ibhola iyokufika ekuggibeleni ngexesha elifutshane. Emva koko zamani ukuphosa ibhola ngeendlela ezahlukileyo:

- Phosela ugxa wakho osemva kwakho ibhola phakathi kwemilenze.
- Phosela ugxa wakho osemva kwakho ibhola phezu kwentloko.
- Phosela ugxa wakho osemva kwakho ibhola ngasekhohlo.
- Phosela ugxa wakho osemva kwakho ibhola ngasekunene.
- Phoselanani ngebhola nize nijonge ukuba niyiganga kangaphi.



# 8

# Wonke umntu ubalulekile

Ikota yoku-! - Iweki yesi-4 - Iphepha lomsebenzi lesi-



Masithethe

Jonga emifanekisweni utsho ukuba bafana njani na  
aba bantwana. Yitsho ukuba bahluke njani.





### Masifunde

Yenzani lo msebenzi niliqela. Jonga abanye abantwana eklasini. Funda ingxelo nganye. Ukuba le ngxelo iyinyani faka (✓) kwibhokisi esekunene, ukuba asiyonyani faka (✗).

Faka ✓ okanye ✗	
Ingaba amakhwenkwe ayafana namantombazana?	
Ingaba baneenwele ezinombala ofanayo bonke?	
Ingaba banamehlo anombala ofanayo bonke?	
Ingaba bonke banezandla ezilinganayo?	
Ingaba bonke bade ngokulinganayo?	



### Masithetho

Uyaqaphela ukuba sonke sahlukile? Uyabona ukuba siyafana sonke?  
Thethani ngeendlela esifana ngazo.



### Masizobe

Zizobe. Sebenzisa into yokuqaba  
umlomo ebomvu ukubonisa umnw  
wakho owahlukileyo ecaleni kwesakhelo.



Ubusazi na ukuba akukho mntu  
unomnwe ofana nowakho?

Wahlukile kwaye ubalulekile!



# Siziva njani

Ikota yoku - I - Iweki yesi - 5 - Iphepha lomsebenzi le -

Masithethé

Ncokolani ngendlela eniziva ngayo xa nehlelwa yinto elungileyo. Phindani nincokole ngendlela eniziva ngayo xa nehlelwe yinto embi. Oku sikubiza ngokuba ziimvakalelo. Bhala uchaze ukuba baziva njani.



Masibhale

Bhala iimpendulo zale mibuzo ingezantsi.

Yintoni endonwabisayo?

Yintoni endenza lusizi?

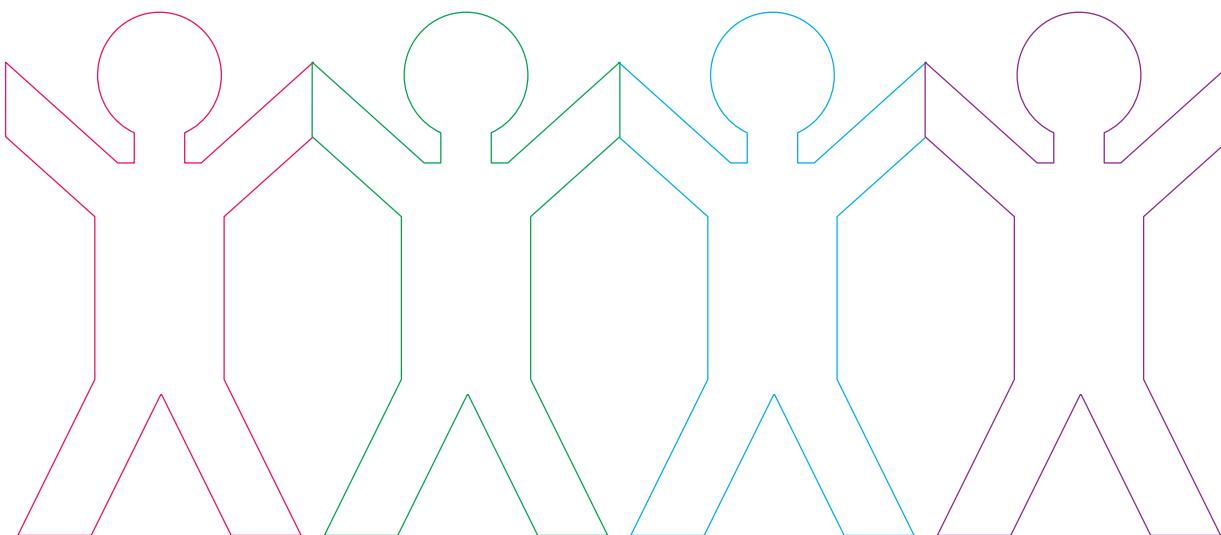
Yintoni endoyikisayo?

Yintoni endivuyisayo?

Umhla: .....



Zoba uze ufake imibala kweli tsheyina lobuhlolo. Yenza unodoli ngamnye ahluke ukubonakalisa ukuba sonke sahlukile. Wakugqiba ukwenza oku, sika ikhonkco lobuhlolo kwiphepha lemisiko elisembindini wale ncwadi. Yenza unodoli ngamnye ohluke uze ubamise edesikeni yakho ukuze bakukhumbuze ukuba sahlukile.



Yenza umzimba wakho ube mkhulu kangangoko unakho. Zama ke ngoku ukuwenza ube mncinci kangangoko unakho. Khawuzame ukuwenza ube mde kangangoko. Okokugqibela zama ukuwenza ube mfutshane kangangoko.



10

# Abantu abakhubazekileyo

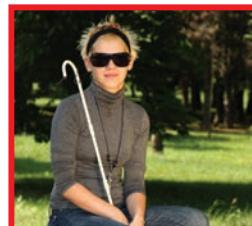
Ikota yoku - I veiki yesi - 5 - Iphepha lomsebenzi le -



Masithetho

Jonga emifanekisweni.

- Zeziphi iindidi zokukhubazeka ozibonayo?
- Usebenzisa ntoni umntwana ngamnye ukuze azincede?
- Zeziphi iingxaki ocinga ukuba banazo aba bantwana ebomini babo?
- Thetha ngeendlela esinokubanceda ngazo.



Masibhale

Jonga imifanekiso engezantsi.  
Gqibevela izivakalisi.

URosemary akakwazi ukuhamba  
usebenzisa \_\_\_\_\_  
ukuze ahamba-hambe.



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Umhla: .....

inja ekhokelayo



isitulo samavili

UThabo yimfama kwaye  
usebenzisa \_\_\_\_\_  
ukufumana indlela.



into encedisa ukuva

UPeter sisithulu. Usebenzisa

ukuze eve.



ukuthetha ngezandla



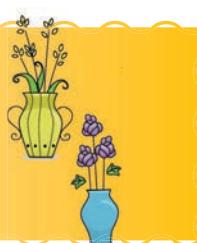
UNomsa usebenzisa

ukumncedisa

ukuba ahambe.



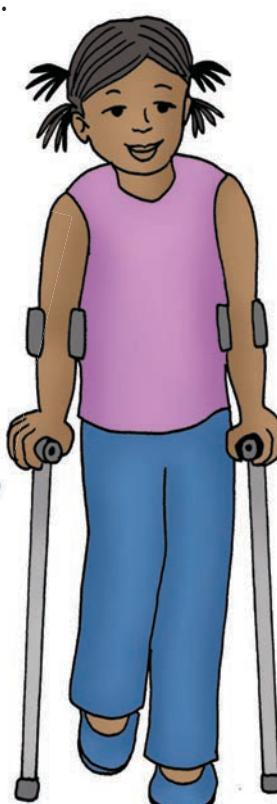
Yenza ivazi okanye ikomityi  
ngodongwe okanye ngentlama  
yokudlala .



UJabu akawazi  
ukuthetha. Usebenzisa

ukuze

anxibelelane.



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# Bonke abantwana babalulekile

Ikota yoku-1 - Iweki yesi-6 - Iphepha lomsebenzi le-



Masithethé

Bohluke njani aba bantwana kuwe?  
Bafana njani.



Masifunde

abantu kwihlabathi liphela babhiyozela iiholide ezibalulekileyo.

Sonke siyakuthanda ukudlala nokucula.

Sonke kufuneka sitye.

Sonke kufuneka sifundile.

Sonke siya kwaggirha xa sigula.

Sonke kufuneka sicoceke.

Akunyanzelekanga ukuba sifune umsebenzi.

Sonke singabantwana.



### Masibhale

Buza abahlobo abathathu le mibuzo. Bhala iimpendulo kwizikhewu ezingezantsi.

Bhala igama lomhlobo wakho.			
Yeyiphi inkolo yakho?			
Yeyiphi imibhiyozo ebalulekileyo eniba nayo?			
Nitya ntoni?			
Zeziphi iimpahla ezizodwa othanda ukuzinxiba?			
Nibhiyoza kunye nabani?			



### Masenze

Jonga umfanekiso.  
 Yimephu yehlabathi.  
 Ungaqaphela ukuba ilizwe lethu linomhlaba nolwandle.  
 Faka umbala obhulowu elwandle. Umhlaba wufake umbala omdaka. Zoba iintlanzi ezimbalwa elwandle.



# Iqhawe lam

**Masithethe**

Ncokolani malunga nokuba ingaba bakhona na abantwana abakhubazekileyo esikolweni senu.

Singenza ntoni isikolo ukubanceda ngeli xesha besesikolweni?

Bangakwazi na abantu abakhubazekileyo ukuba ziintshatsheli?



**Masifunde**

Amanye amaghawe akhubazekile. Angabantu esifunda kubo nesifuna ukubalandela.

EMzantsi Afrika kukho iintshatsheli ezininzi kwezemidlalo ezikhubazekileyo.

Bakhona abantu abakhubazekileyo obaziyo abaziintshatsheli kwezemidlalo?

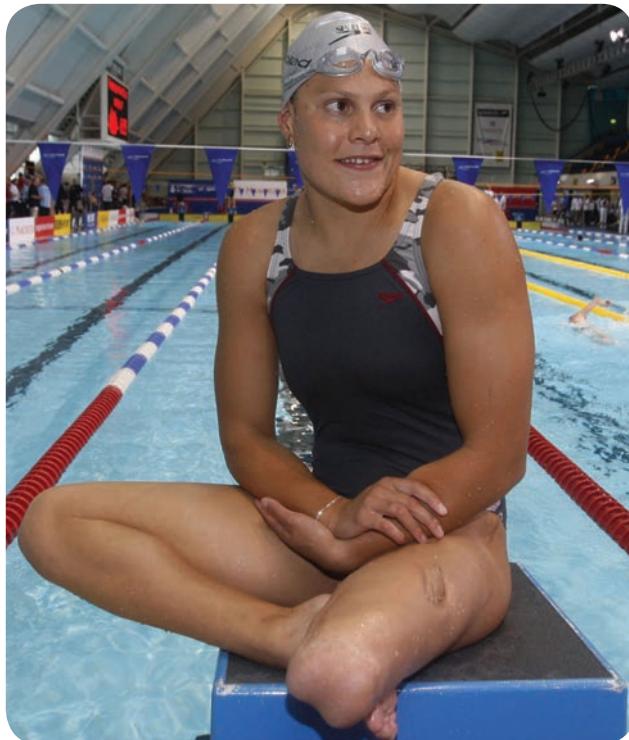
UNatalie du Toit waphulukana nomzantsi womlenze wakhe wasekhohlo kwingozi yesithuthuthu. Uhamba ngomlenze ofakelweyo kodwa usebenzisa umlenze omnye xa equibha.



**Masithethe**

Ncokolani ngabantu abakhubazekileyo abenza izinto ezintle. Cinga:

- Ngabantu abaziimfama abadlala izikhaliyi zomculo. Ukhona umntu omaziyo?
- Ngabantu abazizithulu ababhala iingoma. Ikhona imizekelo oyaziyo?





Masibhale

Kwizikhewu ezingezantsi, nika iinkcukacha  
ngeqhawe lakho olithandayo.

## Iqhawe lam ngu:

Zoba umfanekiso womntu oliqhawe lakho. Bhala amagama ecaleni komfanekiso wakho achaza  
ncakasana iqhawe lakho. Umzekelo: unobubele, uluncedo, ukhaliphile, unothando.

Ungaliqhawe njani? Xoxa nomhlolo wakho nabelane ngezimvo. Bhala ke  
ngoku ibali apho ubeliqhawe khona. Gqibezela:

Ngenye imini

Ndagqiba kwelokuba ndi

Nda

Ndaba liqhawe ngolo hlobo.



# Ukucoca amanzi

Ikota yoku-1 – Iweki yesi-7 – Iphepha lomsebenzi le-



Masifunde

Jonga igilasi yamanzi.

Ikhona into oyibonayo kuyo? Hayi, ayikho. Ubusazi ukuba maxa wambi kukho iintsholongwane emanzini? Ezi ntsholongwane zincinci kangangokuba azibonakali ngeliso lenyama. Ukuba akunakuqala ngokuzisusa phambi kokuba usele, untagula kakhulu. Kufuneka siqinisekise ngalo lonke ixesha ukuba amanzi esiwaselayo acoekile.



Masithetho

Ncokola malunga nokuba kungenzeka ntoni xa sinokusela amanzi amdaka. Jonga ke ngoku imifanekiso engasezantsi. Ncokola nomhlolo wakho ngeendlela ezahlukeneyo esinokucoca ngazo amanzi.



Galela iipilisi zeklorini emanzini.



Bilisa amanzi  
kangangemizuzu  
emi-5.



Galela iikhemikhali.



Hluza amanzi.



### Masithethé

Ngawaphi amanzi ocinga ukuba kukhuselekile ukuwasela? Faka umbala ozuba kwichaphaza lamanzi ukuba ucinga ukuba kukhuselekile ukuwasela.

Amanzi omlambo



Amanzi atsalwa phantsi komhlaba

Amanzi asetephini



Amanzi athengiwego asebhotileni

Amanzi olwandle



Amanzi abilisiwego aseketileni



### Masenze

Sebenzani ngokwamaqela nenze isihluzo sokucoca amanzi.

Mamela ngononophelo xa utitshala wakho echaza into ekufuneka niyenze.



### Niza kufuna oku kulandelayo:

Ibhotile yeplasitiki

Isanti

Uhlalutye

Isikere

Uboya



### Masibhale

Nombola amanyathelo okuhluza amanzi ngokulandelelana kwavo.

	Galela isanti phezu koboya.
	Jika ibhotile ijonge ezantsi.
	Galela uhlalutye.
	Sika ngononophelo umzantsi webhotile yeplasitiki.
	Galela amanzi anodaka.
	Faka amatye amancinci okanye igrabile ebhotileni.



# Ubomi obusempilweni

Funda ngale mikhwa ilungileyo nengalunganga. Ukuba ucinga ukuba ngumkhwa olungileyo faka (✓), ukuba ucinga ukuba ngumkhwa ongalunganga faka (✗).

Masifunde

Ikota yoku-1 – Iweki yesi-7 – Iphepha lomsebenzi le-

Imikhwa	Ilungile	Ayilunganga
Utitshala uncedisa umfundi ukuba afunde.	✓	✗
Nditya ukutya okunempilo.		
Ndilahla inkunkuma ngefesitile yemoto okanye yetekisi.		
Ndizihlamba rhoqo iinwele zam.		
Nditya iilekese ezininzi.		
Ndizigcina zicocekile iinzipho neendlebe zam.		
Ndixukuxa kanye ngenyanga.		
Ndichola inkunkuma ndiyilahle emgqomeni wayo.		
Ndihlamba izandla emva kokuya kwindlu yangasese.		
Xa ndikhohlela okanye ndithimla, ndibeka isandla emlonyenzi.		
Ndenza imithambo rhoqo.		
Ndihlamba izandla phambi kokutya.		
Ndilala ndibukele iTV iiyure ngeeyure.		
Ndihlala nabantu abadala abatshayayo.		

Umhla: .....



Masenze

Yenza ipowusta engomkhwa olungileyo okanye ongalunganga.



Masibhale

Vavanya ipowusta yakho. Funda ingxelo nganye uze ufa kelle ubuswana obuncumileyo ukuba ingxelo yinyani kunye nobuswana obulusizi xa ingeyonyani.



Ewe	Hayi

Ipowusta yam inemibala kwaye icocekile.

Bendikonwabele ukwenza ipowusta yam.

Bekunzima ukwenza ipowusta yam.



Phuma phandle

- Ungatsibela kude kangakanani? Sebenzisa izijungqe zentambo ezithathu. Tsiba ngaphaya kwazo. Mana uzibhekeli sela phaya esinye kwesinye ukuze ubone ukuba ungatsibela kude kangakanani na.
- Cela abahlobo bakho ababini babetha ugqaphu ukuze wena utsibe.
- Tshintshiselanani ngokutsiba.



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Ikota yoku - I - Iveki yesi - g - Iphepha lomsebenzi le -



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Umhla: .....

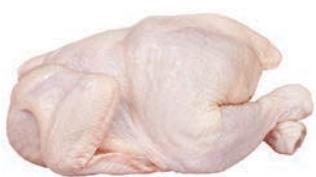
# limveliso ezibolayo nezingaboliyo



Masithethe

Thetha ngokutya ekufuneka kugcinwe kubanda ukuthintela ukuba kubole. Yenza isigqibo sokuba kokuphi ukutya okungafuni kugcinwa kubanda, kodwa kusenokugcinwa ekhabbhathini. Sika imifanekiso kwiphepha lemisisko uze uyincamathelese efrijini okanye ekhabbhathini.





Masithethe

Thetha ngeendlela esinokukhusela ngayo ukutya  
kwizinambuzane ezifana neempukane neembovane.



# lintsuku zenkolo nezinye ezibalulekileyo

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

Masifunde

abantu kwi labathi liphela babhiyo zela iiholide ezibalulekileyo. Zeziphi iiholide oza kuzibhiyo zela?



Ngexesha leKrisimesi sinikezelana ngezipho. Sinika abahlobo bethu neentsapho zethu izipho. Sinomthi weKrisimesi ekhaya. Izipho sizibeka phantsi komthi. Siyawuhombisa sibeke inkwenkwezi phezulu. Sitya ukutya okuninzi okumnandi ngexesha leKrisimesi.



Ingathi ayisafiki iDiwali. Ngeli xesha sifumama iilekese neziphoezini. Ezi zimuncumuncu sizipakisha ezibhokisini ze siphe abantu abasindwendwelayo. Sikhanyisa izibane ezincinci ze sizibek zijkeleze indlu. Sihombisa indlu ze sidlale ngeekhrikethi.



Ingathi ayisafiki iHanukkah. Siza kuba nokutya okuninzi okumnandi. Sithanda ukutya iikeyiki eziluhlobo olusicaba kune namafetshu anesiraphu. Siyakuthanda nokufumana izipho. Abaza bethu bayasindwendwela. Sonke siyancedisa ekwenzeni ukutya ze sikhanyise amakhandlela ekhaya.



Kungekudala izi kuba yiEyidi. Ndiyathemba siza kufumana izipho. Nathi siza kubapha izipho abahlobo bethu. Siza kutya iilekese neekeyiki ezininzi. Xa iyiEyidi sibona ngemilo yenyanga. Iba ngosuku olwahlukileyo ngonyaka ngamnye.



Cula ingoma oyaziyo  
nokuba yeyoluphina usuku  
kwezi ntsuku zibalulekileyo.



# Amaxesha onyaka

Masithethe

Jonga imifanekiso yamaxesha onyaka omane. Xelela umhlobo wakho ukuba ubona ntoni kumfanekiso ngamnye. Xela ukuba ohluke njani la maxesha mane.

Ikota yesi-2 – Iweki yoku-/-Iphepha lomsebenzi le-



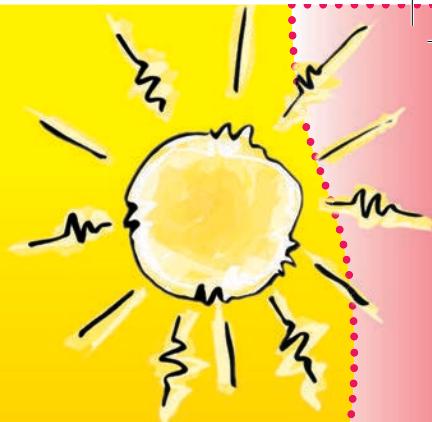
Leliphi ixesha lonyaka olithanda kakhulu? \_\_\_\_\_

Kutheni ulithanda nje eli xesha? \_\_\_\_\_

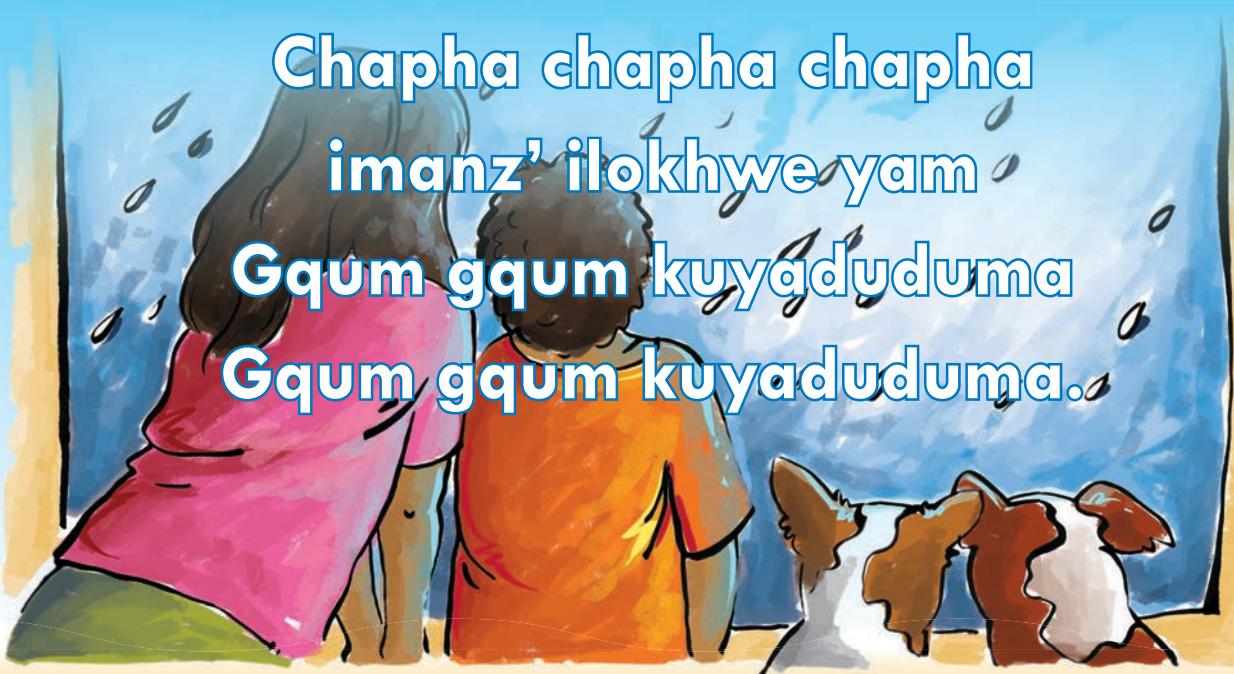
Usuku lwakho lokuzalwa lungeliphi ixesha lonyaka? \_\_\_\_\_



**Molo Mnumzana Langa!  
Usuku Iwakho luqalile.  
Kumnandi ukubona ubuso  
bakho obukhanyayo.  
Molo Mnumzana Langa.**



**Imvula, imvula  
Chapha chapha chapha  
imanz' ilokhwe yam  
Chapha chapha chapha  
imanz' ilokhwe yam  
Gqum gqum kuyaduduma  
Gqum gqum kuyaduduma.**



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# Amaxesha amane onyaka

Ikota yesi-2 – I'veki yoku-/-Iphiphepha lomsebenzi le-



Masenze

Sika imifanekiso yamaxesha onyaka kwiphepha lemisiko elingasemva encwadini. Ncamathelisa umfanekiso ngamnye ecaleni kwegama lexesha elichanekileyo lonyaka.



**EyeSilimela**

**EyeKhala**

**EyeThupha**

**ubusika**

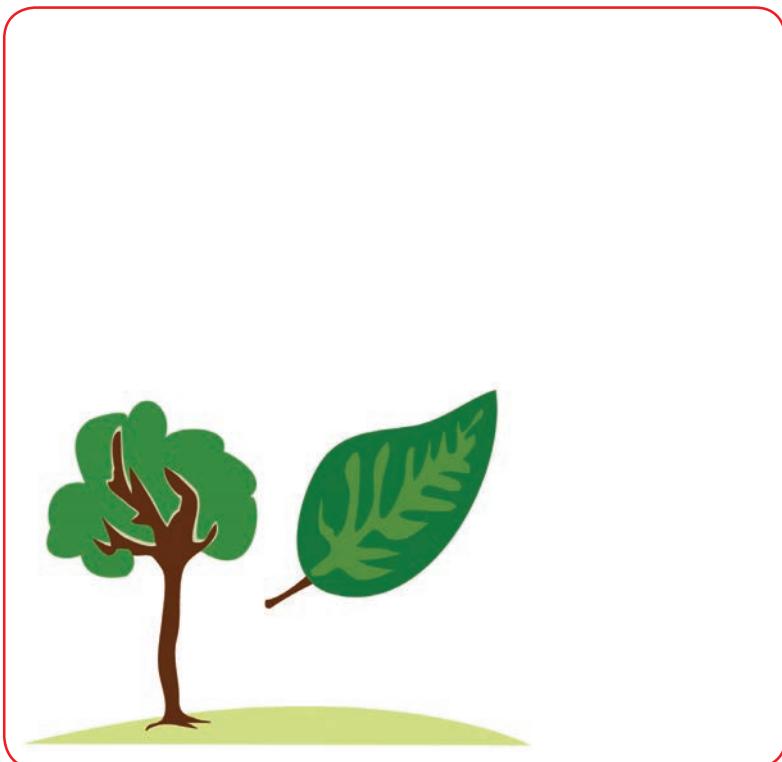
**EyoMsintsi**

**EyeDwarha**

**EyeNkanga**

**intwqschhobo**





EyoMnga

EyoMqungu

EyoMdumba

ihlobo



EyoKwindla

EkaTshazimpuzi

EkaCanzibe

ukwindla



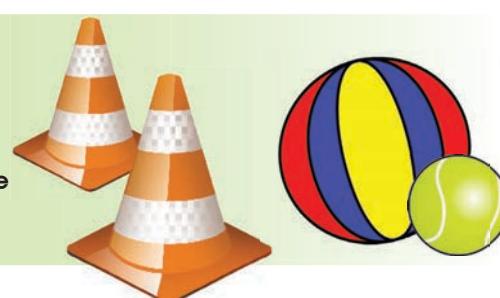
Phuma phandle

Ziqhelise izakhono zakho zebhola.

Phosa ibhola edongeni.

Matsha ndaweninye ugqampise ibhola kwangaxeshanye

Baleka uze ugqampise ibhola ngakwiibhakana.

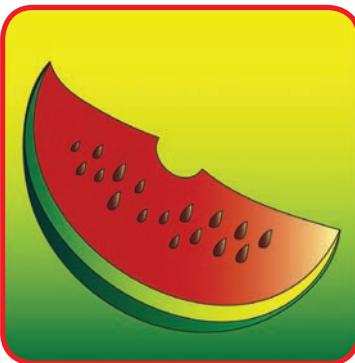


# Amaxesha onyaka

Ikota yesi-2 – Iveki yesi-2 – Iphepha lomsebenzi le-



Masifunde



## Ihlobo

Kukho ilanga kwaye kufudumele.

Iimini zinde kwaye ubusuku bufutshane.

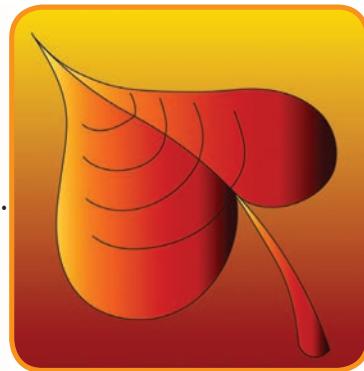
Singahlala sipholile ngokuthi siqubhe okanye sihlale emthunzini.

## Ukwindla

Kuyaphola.

Amagqabi aqalisa ukuba tyheli kwaye ayawa emithini.

Intaka zibhabbhela kwiindawo ezifudumeleyo.



## Ubusika

Kuyabanda.

Kwezinye iindawo kukho ikhephu okanye iqabaka.

Iimini zimfutshane kwaye ubusuku bude.

Ezinye izilwanyana ziyalala ebusika (ziyafukama).

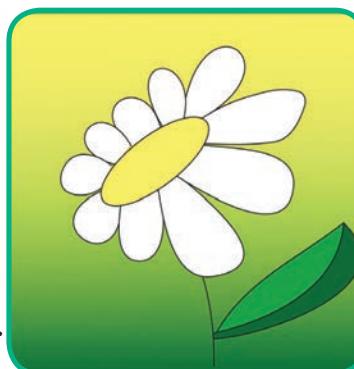


## Intwasahlobo

Kufudumele.

Izityalo ziqaqlisa ukukhula kwaye nemithi iphuma iintyatyambo.

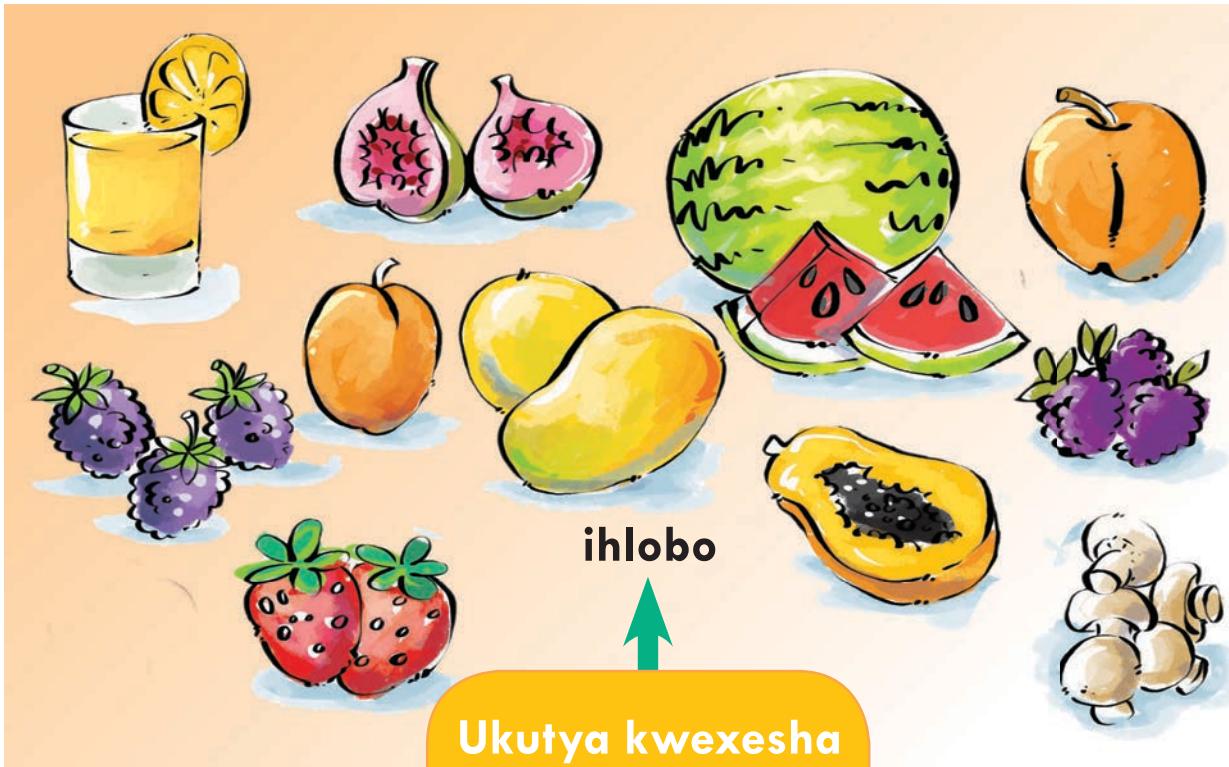
Intaka ziqalisa ukwakha iindlwane nokubeka amaqanda.





Masithethe

Iindidi zokutya ezahlukileyo zilinywa ngamaxesha ahlu kileyo onyaka. Jonga oku kutya sikufumana ehlotyeni nasebusika. Xeleta umhlobo wakho ukuba uthanda ukutya ntoni xa kushushu naxa kubanda.



Ukutya kwexesha  
ngalinye lonyaka

ubusika



Teacher:  
Sign:  
Date:

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# Ukunxibela imozulu

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



Masizobe

Zoba inkwenkwe nentombazana. Inkwenkwe mayinxibe iimpahla zasebusika ezifudumeleyo ze intombazana inxibe iimpahla zasehlotyeni ezipholileyo.



Inkwenkwe	Intombazana



Phuma phandle

- Beka iihulahuphu emhlabeni phantsi okanye yenza izangqa esantini.
- Xa utitshala wakho esithi tsiba, tsibela esangqeni ngeenyawo zakho zombini.
- Xa utitshala wakho esithi tsiba, tsibela ngaphandle kwesangqa ngonyawo olunye.
- Dlala unochesi.
- Sebenzisa itshokwe ukubhala izangqa kunye nezikwere phantsi.



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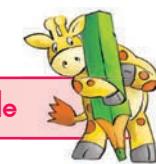
Umhla: .....



Masithetho

Xeleta umhlobo wakho ngeendidi zeempahla esizinxibayo  
ngexesha ngalinye lonyaka. Zeziphi iimpahla othanda ukuzinxiba?

Krwela umgca usuke kwinkcazelo yeempahla esizinxibayo ngexesha  
elithile lonyaka unggamanise nomfanekiso ochanekileyo.



Masibhale

## Ukunxibela ixesha lonyaka

Ukuba kukho ilanga kufuneka  
sinxibe iminqwazi ukuze  
sizikhusele elangeni.



Xa kushushu kufuneka sinxibe  
iimpahla ezipholileyo.



Ukuba kuyabanda phandle  
kufuneka sinxibe iimpahla  
ezifudumeleyo zewulu.



Xa isina imvula kufuneka  
sibe neodyasi zemvula kunye  
nesambrela.



# Iziphumo zamaxesha onyaka

Ikota yesi-2 – Iweki yesi-3 – Iphepha lomsebenzi lama-



Masifunde



## Ihlolo

Ehlotyeni amafama avuna iziqhamo. Amathole ayadloba.

Kwiindawo ezininzi imvula ina ngamandla kwaye kukho iindudumo nemibane.

Ingca, amatyholo kunye neentyatyambo zikhula zibe fukufuku kakhulu, kwaye imithi iba mide.

## Intwasahlobo

Entwasahlobo imithi iqalisa ukuvelisa amagqabi.

Sibona iintaka ezininzi neenyosi neentyatyambo kunye namagqabi amatsha.

Tintaka zakha indlwane ze zibeke amaqanda.

Amafamaacheba iigusha.





## Ukwindla

Ezinye izilwanyana zigcina ukutya kwazo zilungiselela ukulala ebusika.

Amaggabi emithi aqalisa ukuba tyheli, abe nebala elimdaka, abe bomvu naorenji.

Ingca iqalisu ukutshaza ibe nebala elimdaka.



## Ubusika

Ezinye izilwanyana zilala ubusika bonke. Sithi ziyafukama. Zizigcina zifudumele kuba izikhumba zazo ziyatyeba.



Masibhale

Zenza ntoni ezinye izilwanyana ebusika?

Zizikhusela njani engqeleni ezinye izilwanyana?

Zibuyela nini iintaka kumazwe afudumeleyo kwaye ziqlisa nini ukwakha izindlu zazo?



# Masilime iimbotyi

Ikota yesi-2 – Iveki yesi-3 – Iphetha lomsebenzi lama-



## Kufuneka oku

- Iimbotyi ezi-5
- Isosara
- Uboya
- Amanzi



## Kufuneka wenze ntoni?

Songela imbotyi ngoboya ze uyibeke esosareni.

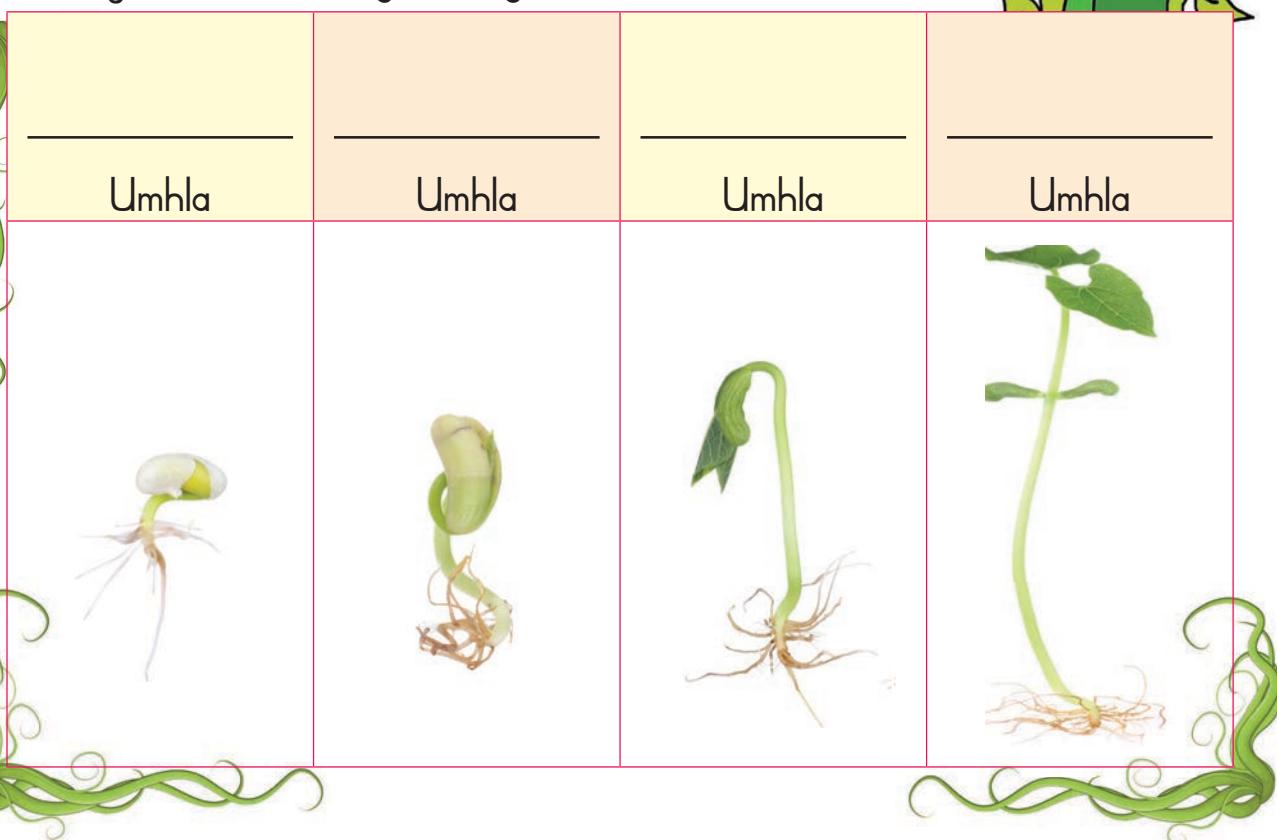
Yigcine imanzi. Beka isosara efesitileni enelanga.

Yijonge imbotyi iiveki ezimbini. Qaphela indlela ekhula ngayo.



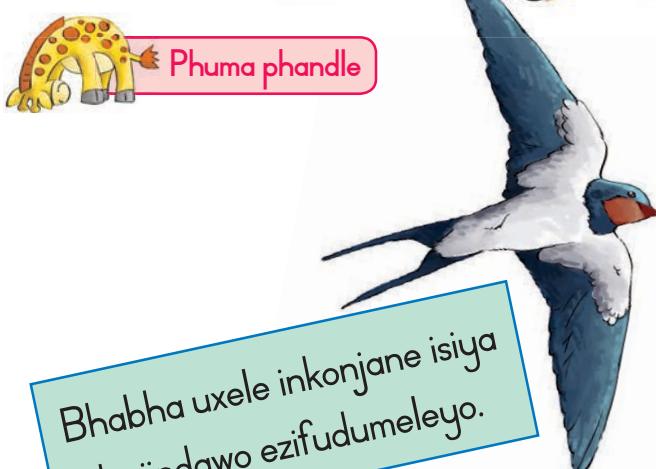
Jonga umfanekiso wesi sityalo sembotyi.

Xa isityalo sakho sikhangeleka ngolu hlobo bhala umhla.





Yenza umdlalo omalunga nesilwanyana.  
Ungabonisa ibhere okanye unomatse eqokelela ukutya ukuze akugcinele  
ixesha lasebusika.



Bhabha uxele inkonjane isiya  
kwiindawo ezifudumeleyo.

Rhubuluza emhlaben iuxele  
inyoka ikhangela indawo elungele  
ukuba ilale kuyo.



Teacher:
Sign:
Date:

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# Izilwanyana zasekhaya

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

Masithethe

Jonga umfanekiso uze uthetho ngezilwanyana zasekhaya ozibonayo. Sesiphi esona silwanyana usithandayo? Sifumana ntoni kwisilwanyana ngasinye kwezi?





**Masibhale**

Bhala impendulo echanekileyo kwezi theyibhile. Sikwenzele eyokuqala.

	Inkunzi	Inkunzi yegusha
	Imazi	Imazi yegusha
	Ithole	Itakane
	Ingxolo	mhe-e-e
	Ishedi/indlu	Ubuhlanti

	Inkunzi	
	Imazi	
	Ithole	
	Ingxolo	
	Ishedi/indlu	

	Inkunzi	
	Imazi	
	Ithole	
	Ingxolo	
	Ishedi/indlu	

	Inkunzi	
	Imazi	
	Ithole	
	Ingxolo	
	Ishedi/indlu	



# Efama

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



Iphi n'inja yam encinane?

Iphi n'inja yam iphi?

Endleb' emfutshane nomsila omde

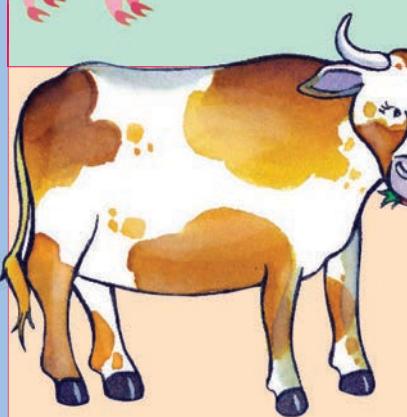
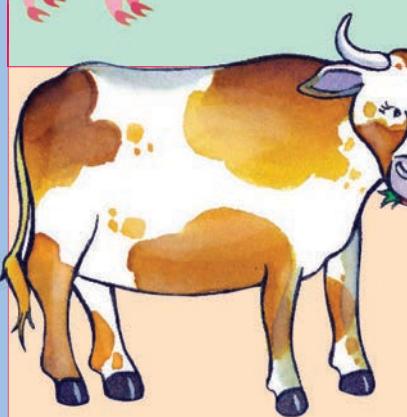
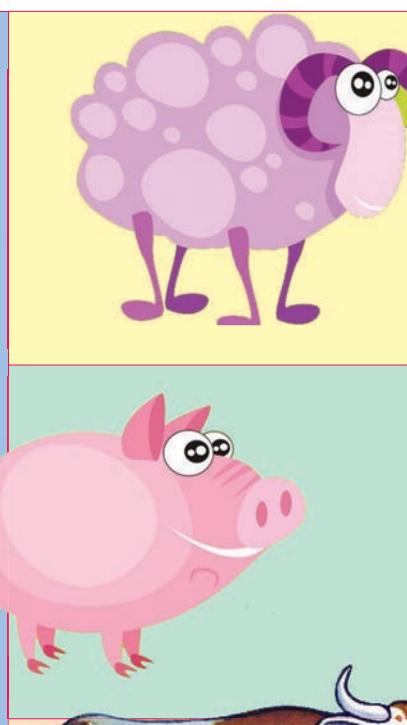
Iphi n'inja yam iphi?





Masicule

Qhubeka nokucula le ngoma. Endaweni yenja cula ngezi zilwanyana.



Iphi n'igush' am  
encinane.

Iphi n'ihagu yam  
encinane.

Iphi n'inkom' am  
encinane.



Phuma phandle

- Hamba phezu komqadi ungawi.
- Phosa ibhola emoyeni uyigange ungakhange uwe.
- Qabadula okwehashe.
- Hamba okwedada.
- Hamba okwerobhotti.



# Izilwanyana zasendle

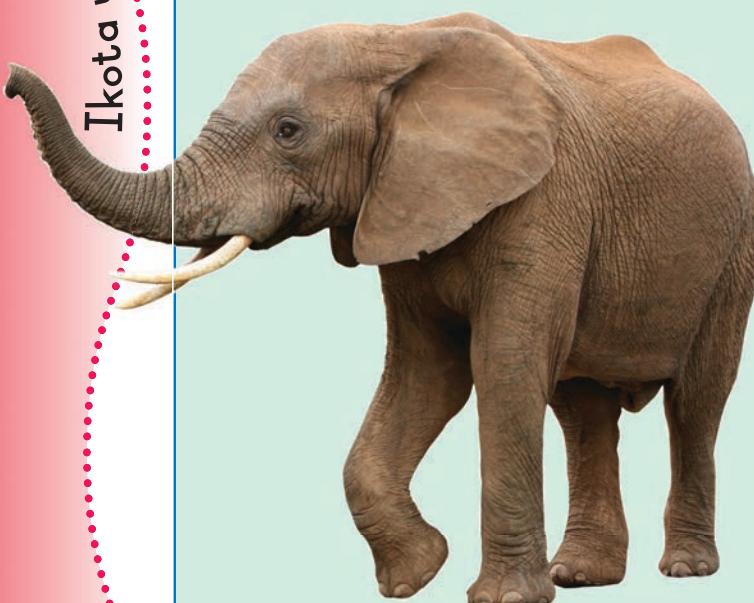
Ikota yesi-2 – Iweki yesi-5 – Iphhepha lomsebenzi lama-



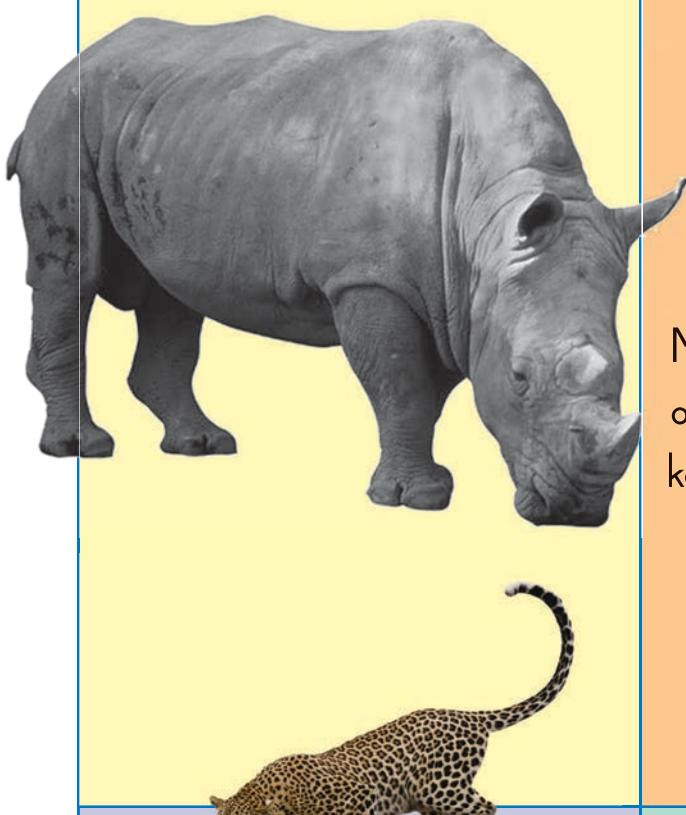
Masifunde



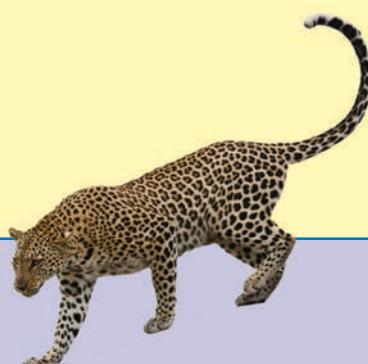
Iingonyama zezosapho lweekati. Ingonyama ibonwa njengetumkani yeziilwanyana. Ziyazingela ze zibulale izilwanyana ezifana neenyamakazi namaqwarha. Ziimazi ezizingela kakhulu. Zizingela ebusuku kwaye ziba ngamaqela. Iingonyama zithanda ukuhlala emathafeni anengca avulekileyo. Iingonyama zigquma kakhulu.



Iindlovu zezona zilwanyana zanyisayo zikhulu kakhulu. Zisengozini yonke imihla kuba abazingeli abangenamvume bayazizingela befuna amabamba azo. Iindlovu zisebenzisa imiboko yazo ukufaka iingcambu, iziqhamo kunye namanzi emilonyeni. Zitya ukutya okungama-200 kg ngosuku ze zisele iilitha ezili-190 zamanzi.



Kukho iindidi ezimbini zemikhombe (zibizwa ngokuba ziirayino) – imikhombe emnyama nemhlophe. Imikhombe ayiboni kakuhle kodwa ineempumlo ezibukhali kakhulu. Mikhulu kakhulu kwaye inganobunzima obungama 2 500 kg. Nayo izingelwa kakhulu ngabazingeli abasemthethweni nabangekho mthethweni abafuna iimpondo zayo. Kufuneka siyikhusele imikhombe kubazingeli abayibulalela iimpondo zayo.



Ihlosi elipheleleyo lingakhula de libe nobude obungange-2 m. Isikhumba salo sinombala omdaka okhanyayo namabala amnyama azizangqa. Ihlosi liyakwazi ukukhwela emthini kwaye alinangxaki nakuzingela emthini.



Iinyathi zihlala ziylimihlambi. Xa kukho ingozi, iimazi namathole ziyaqokelelana zibe sembindini womhlambi ze zingqongwe ziinkunzi zizikhusele. Ezinye iinyathi zikhula zibe nomphakamo ongange-1,7 m.

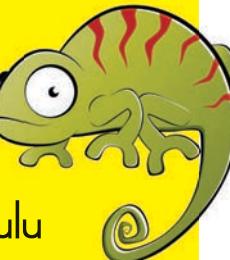


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# Zizimela njani izilwanyana

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

Masifunde



Imigca yamaqwarha yenza kube nzima kakhulu ukulibona etyholweni iqwarha.

Ezinye izilwanyana zizikhusela ngokutshintsha indlela ezikhangeleka ngayo zifane nendawo ezikuyo.



Ulovane luyakwazi ukutshintsha umbala walo lufane nomthi eluwunyukayo.



Izikhumba okanye iintsiba zezinye izilwanyana zenziwa ngendalela apha eyenza ukuba kube nzima ukuzibona.



Le nto siyibiza ngokuba kukujika imbonakalo.

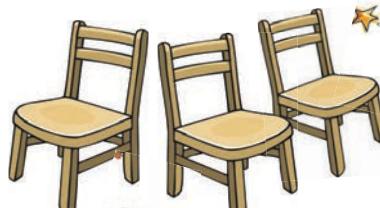
Khawucinge ngezinye izilwanyana ezijika imbonakalo.



Masithethe



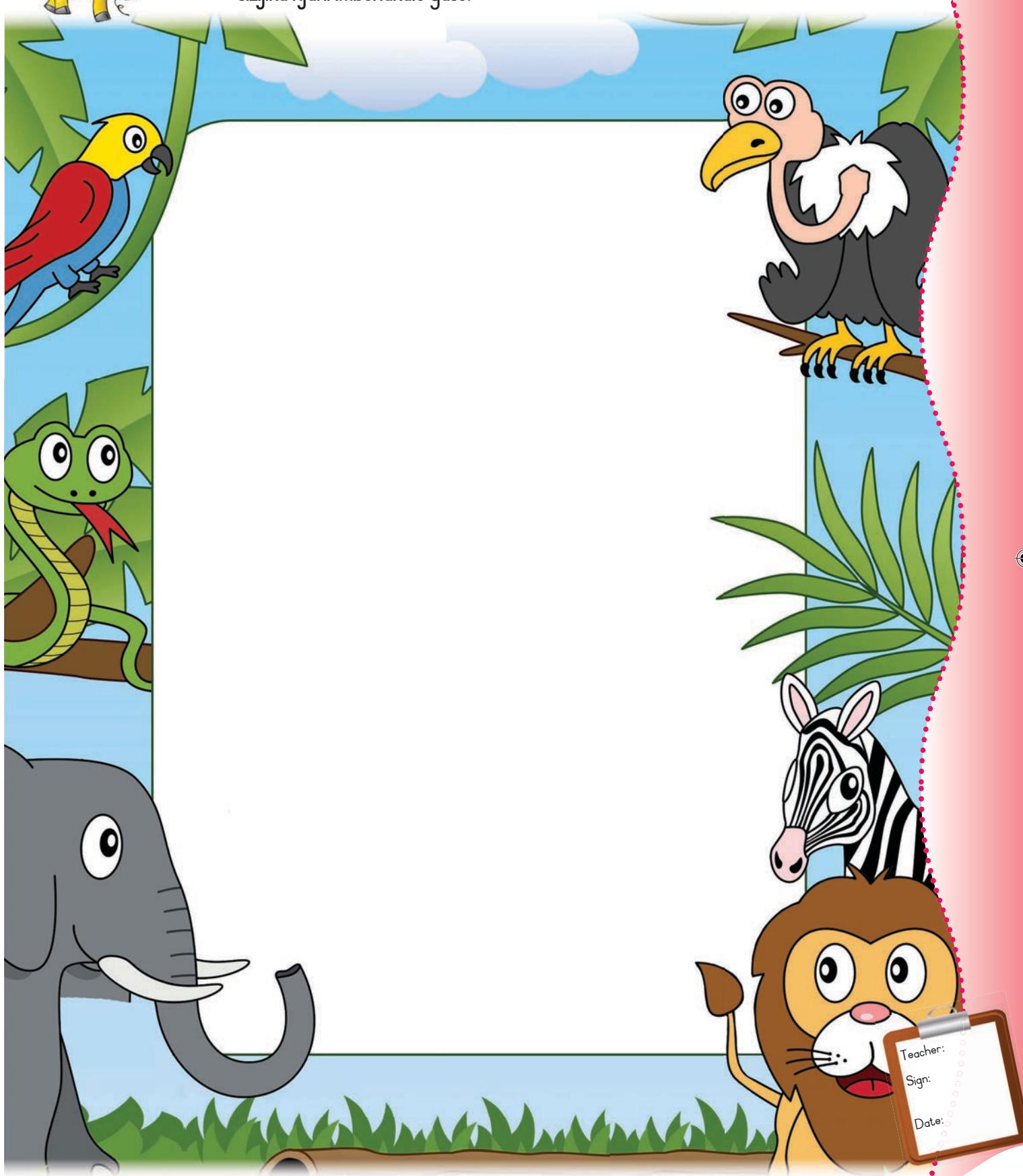
Utitshala wakho uza  
kukubonisa indlela yokudlala  
izitulo zomculo.





Masenze

Zoba isilwanyana sasendle. Xeleta umhlubo wakho ukuba eso silwanyana siziijika njani imbonakalo yaso.



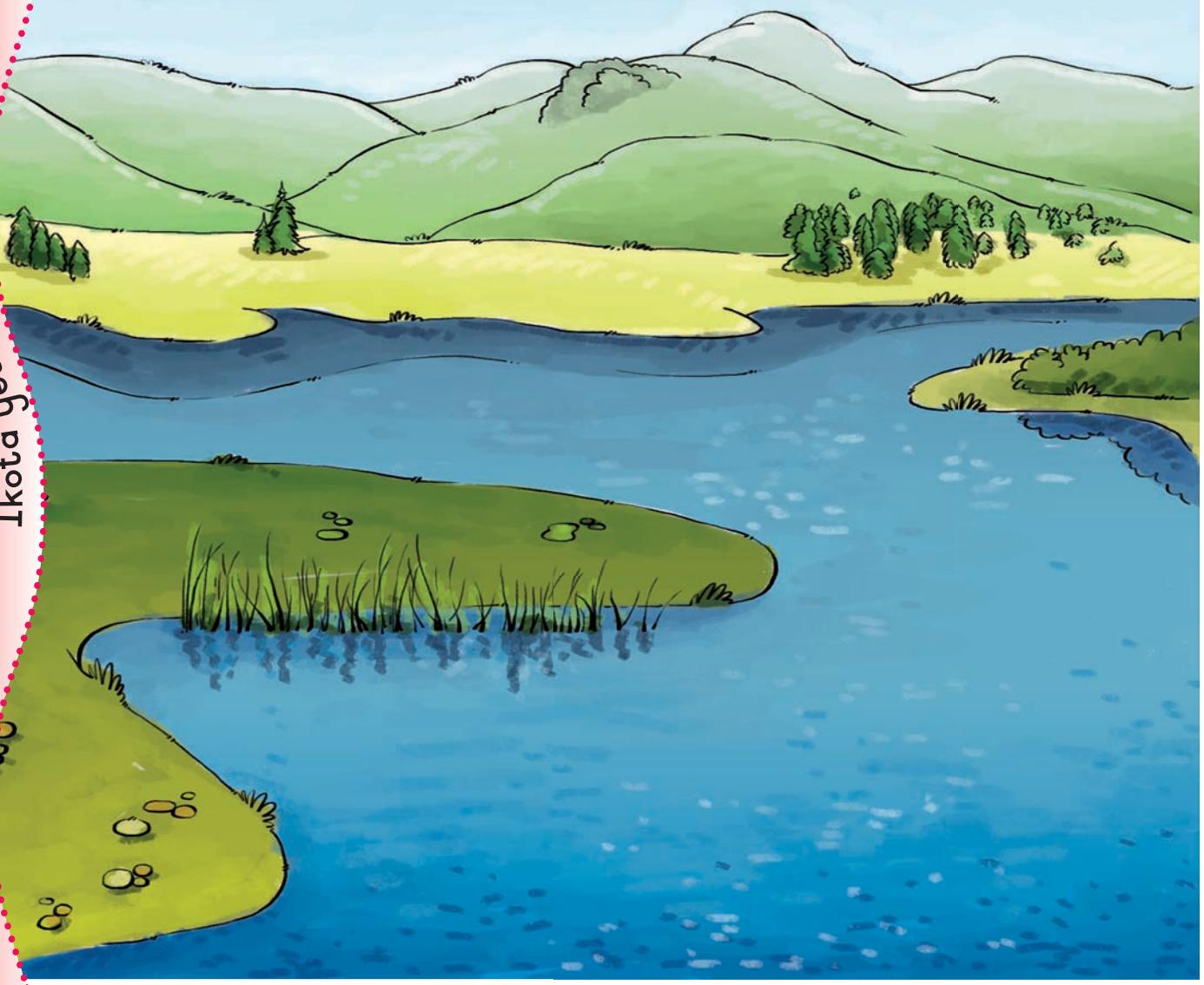
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# Izilwanyana zasemanzini

Iveki yesi-6 - Iphetha lomsebenzi lama -  
Ikota yesi-2 - Umhla:



Gqibezela umfanekiso ngokuthi wongeze imizobo okanye imifanekiso  
yezilwanyana ezihlala emlanjeni.



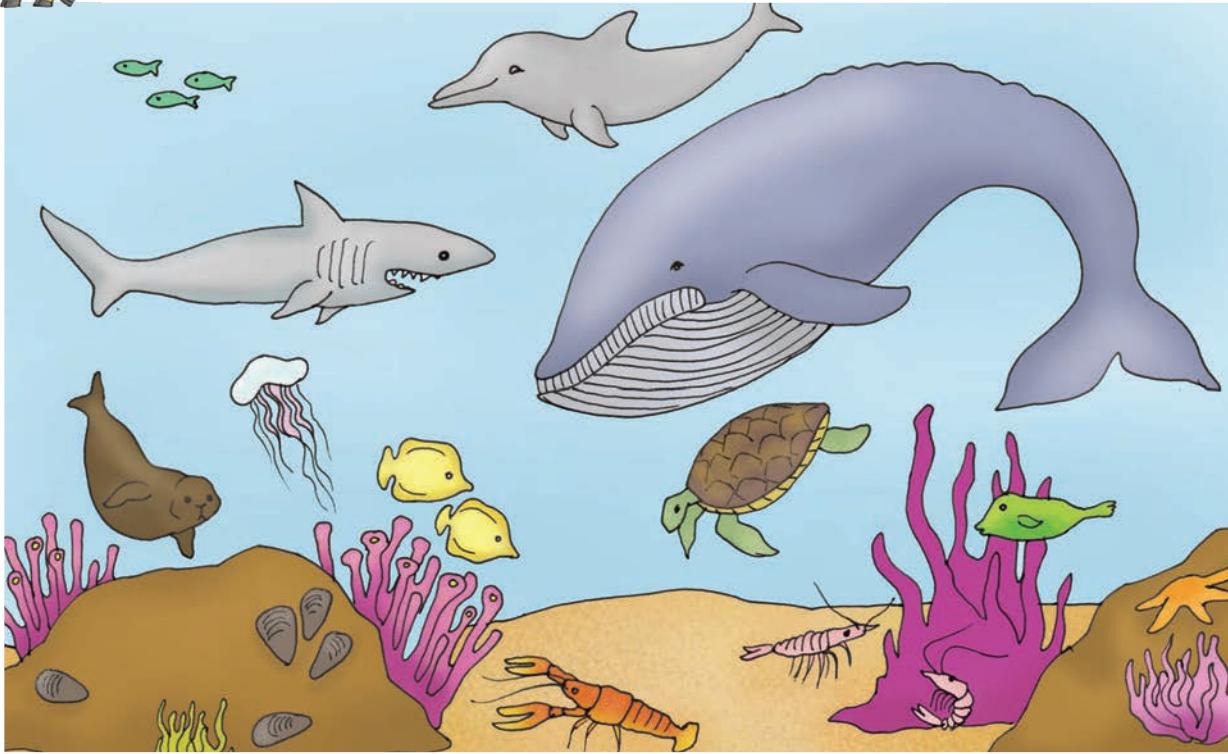


# Izidalwa zasenzulwini

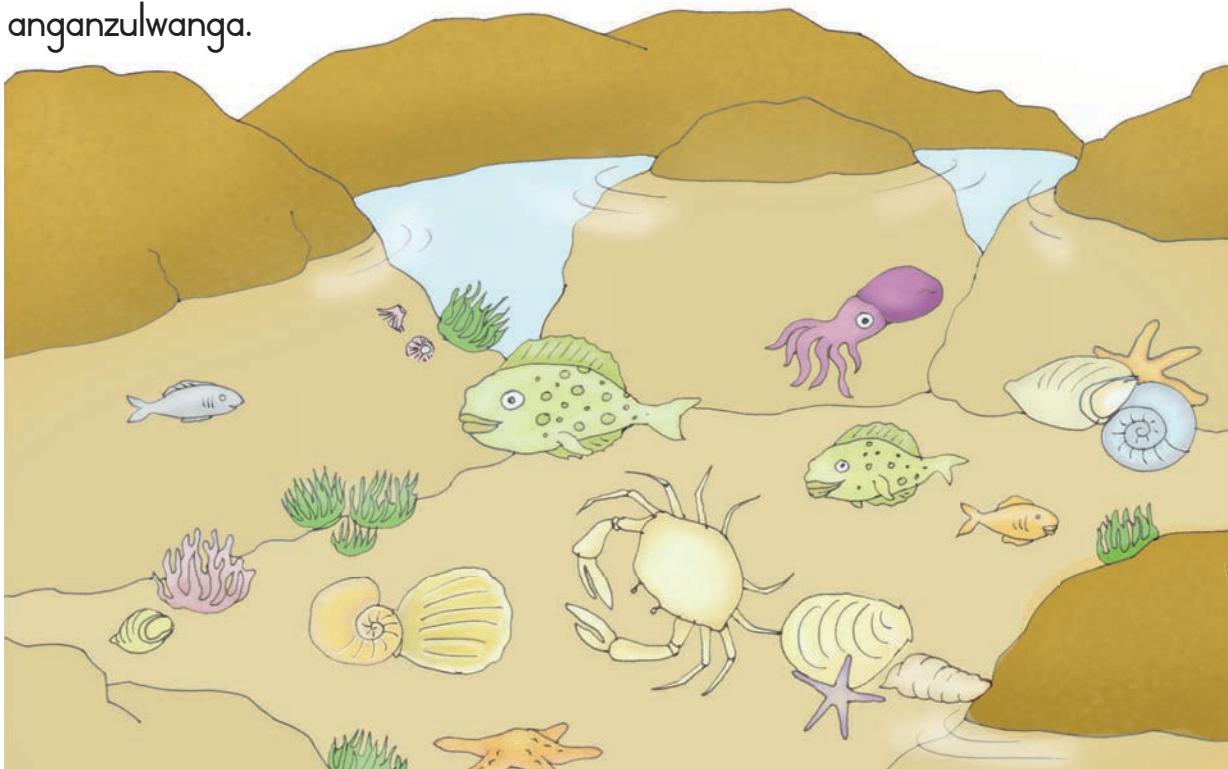


Masithethe

Jonga zonke izilwanyana ezahlukileyo ezhhlala emanzini amtyuba.



Kukho nezilwanyana ezincinane ezhhlala kumadama amatye emanzini anganzulwanga.



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



# 29 Ubugcisa bezilwanyana

Ikota yesi-2 – Iweki yesi-7 – Iphepha lomsebenzi lama



Masithethe

Thetha ngazo zonke izilwanyana  
zaselwandle ezikule mifanekiso.

- Zeziphi kwezi zilwanyana zaselwandle ezityiwa ngabantu?
- Zeziphi izilwanyana zasendle ezinobungozi?
- Umzimba wentlanzi ugqunywe yintoni kwaye ukhuselwa yintoni?
- Ucinga ukuba kuya kwenzeka ntoni ukuba ulwandle lunokungcoliswa yinkunkuma okanye zizinto ezinetyhefu?
- Zeziphi iindlela eza hlukeneyo olunokungcoliseka ngazo ulwandle?



Masibhale

Bhala amagama ezilwanyana ozikhumbulayo ezhhlala emlanjeni,  
emadameni okanye elwandle kwezi kholamu zintathu zetheyibhile.

Umlambo	Ulwandle	Idama



Masenze

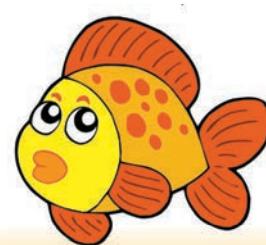
Zenzele eyakho itanki yeentlanzi.

- PeyJinta umphakathi webhokisi yesihlangu ube zuba uze uyilalise ngecalा.
- Sika intlanzi engasemva encwadini.
- Bophelela intlanzi phezulu ebhokisini ngeteyiphu yokuncamatheisa nangomtya.



Phuma phandle

- Bhabha okwentaka ngesantya esikhawulezayo nesicothayo.
- Bhadaza okonombombiya.
- Bhabha okwenyosi.
- Hamba oku kukanonkala.
- Dada okwentlanzi.
- Tsiba okwesele.
- Dlala umdlalo wengcuka othi "Bantwana bam ..."
- Dlala impuku nekati.



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# Izilwanyana ezihamba namakhaya azo

Ikota yesi-2 – Iweki yesi-7 – Iphepha lomsebenzi lama –



Masifunde

## Ufudo



Ubusazi na? Lindilingana twatse iqokobhe lam, kwaye alisoze libe lincinci kum.

Ufudo sisirhubuluzi esinemilenze emine enamaxolo kunye nentamo nentloko ezishwabeneyo. Luhamba ngokucotha luneqokobhe lalo emqolo.

Zihlala phi ezi zilwanyana?

Ufudo lolwandle	Ufudo lwamanzi	Ufudo



Masibhale

Phendula le mibuzo imalunga nofudo oluhlala emhlabeni.

Ingaba iqokobhe lfudo lulukhuni okanye luthambile? \_\_\_\_\_

Eli qokobhe lilukhusela entweni ufudo? \_\_\_\_\_

Lwenza ntoni ufudo xa lusojika? \_\_\_\_\_

Lutya ntoni ufudo? \_\_\_\_\_

Umhla: .....

## Inkumba

Jonga iqokobhe lenkumba.

Iliso

Iqokobhe

Uphondo olude

Uphondo  
olufutshane

Unyawo

Umgxuma wokuphefumla

Ihamba njani inkumba?

Wakhe walifumana iqokobhe lenkumba elingenanto? Ucinga ukuba kwenzeka ntoni kwinkumba leyo?

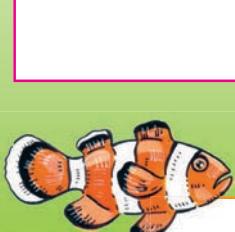
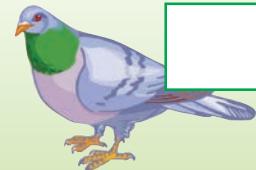
Unjani umbala wamaqokobhe eenkumba?

Ucinga ukuba kutheni iinkumba zinamaqokobhe nje?



Masibhale

Ucinga ukuba ndihlala phi? Ecaleni komfanekiso wam, bhala ukuba ndingalakha phi na ikhaya lam; **emthini, emhlabeni** okanye **emanzini**.



# Izilwanyana ezizakhelayo izindlu

Ikota yesi-2 – Iweki yesi-8 – Iphepha lomsebenzi lama-



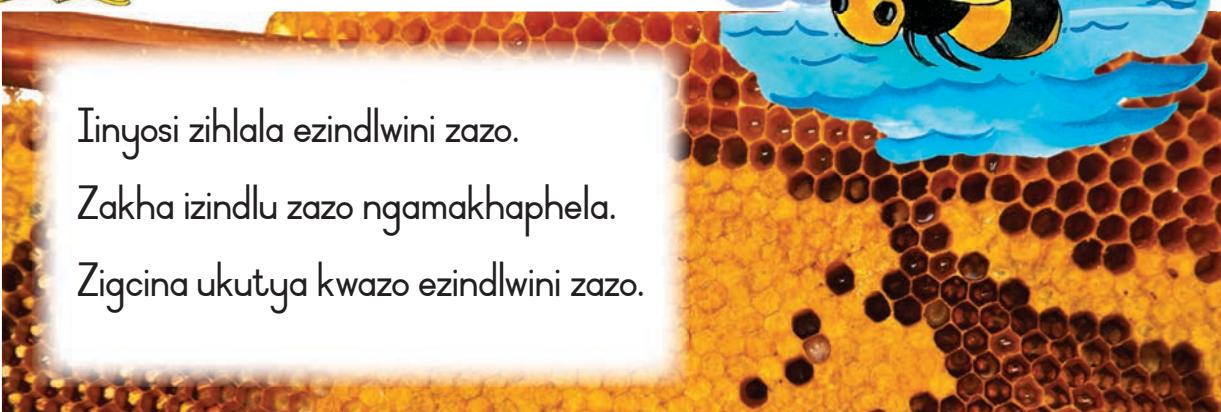
Masenze

Dibanisa imifanekiso yezilwanyana kune nemifanekiso yamakhaya azo.



Masifunde

## linyosi



Linyosi zihlala ezindlwini zazo.

Zakha izindlu zazo ngamakhaphela.

Zigcina ukutya kwazo ezindlwini zazo.

## limbovane

Imbovane zizakhela iindidi ezahlukeneyo zezindlu kwindawo yazo. Imbovane encinci iyakwazi ukuthwala into enobunzima obuphindaphhindwe kane kunobunzima bayo. Imbovane ziyanxibelelana. Ziyalumkisana ukuba kukho ingozi, kwaye ziya xelelana ukuba kufumaneka phi na ukutya.



Masibhale

Ucinga ukuba kutheni iimbovane zizakhela izindlu nje?

Ngubani olutshaba lweembovane?

Zisebenzisa ntoni iimbovane ukwakha izindlu zazo?



Masifunde

## lintaka

Lintaka zakha iindlwane njengeendawo zokuhlala kune nendawo yokuzalela amaqanda azo. Ubukhulu bendlwane buxhomekeka kubukhulu bentaka leyo. Zizakha ngantoni iintaka iindlwane zazo?

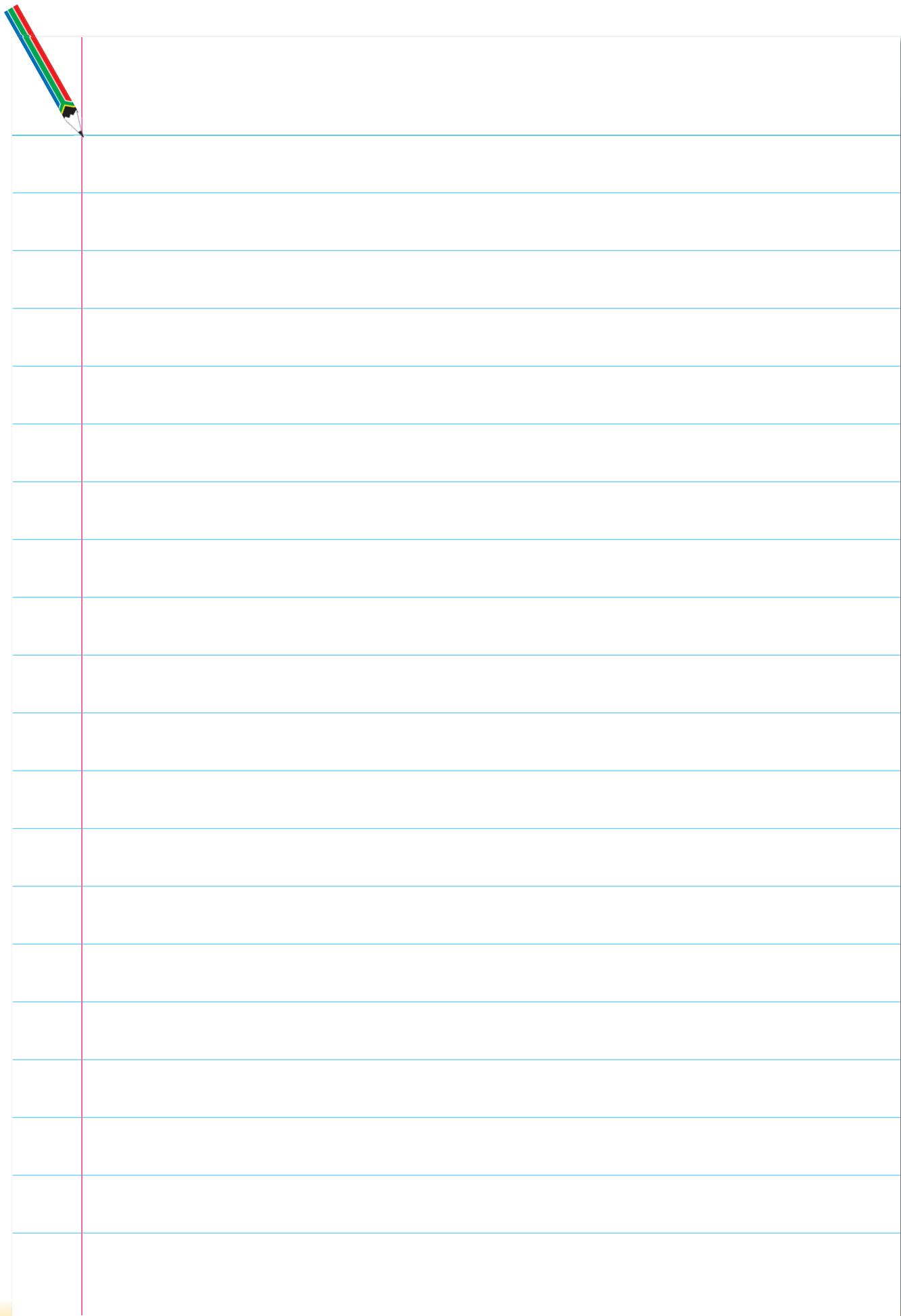


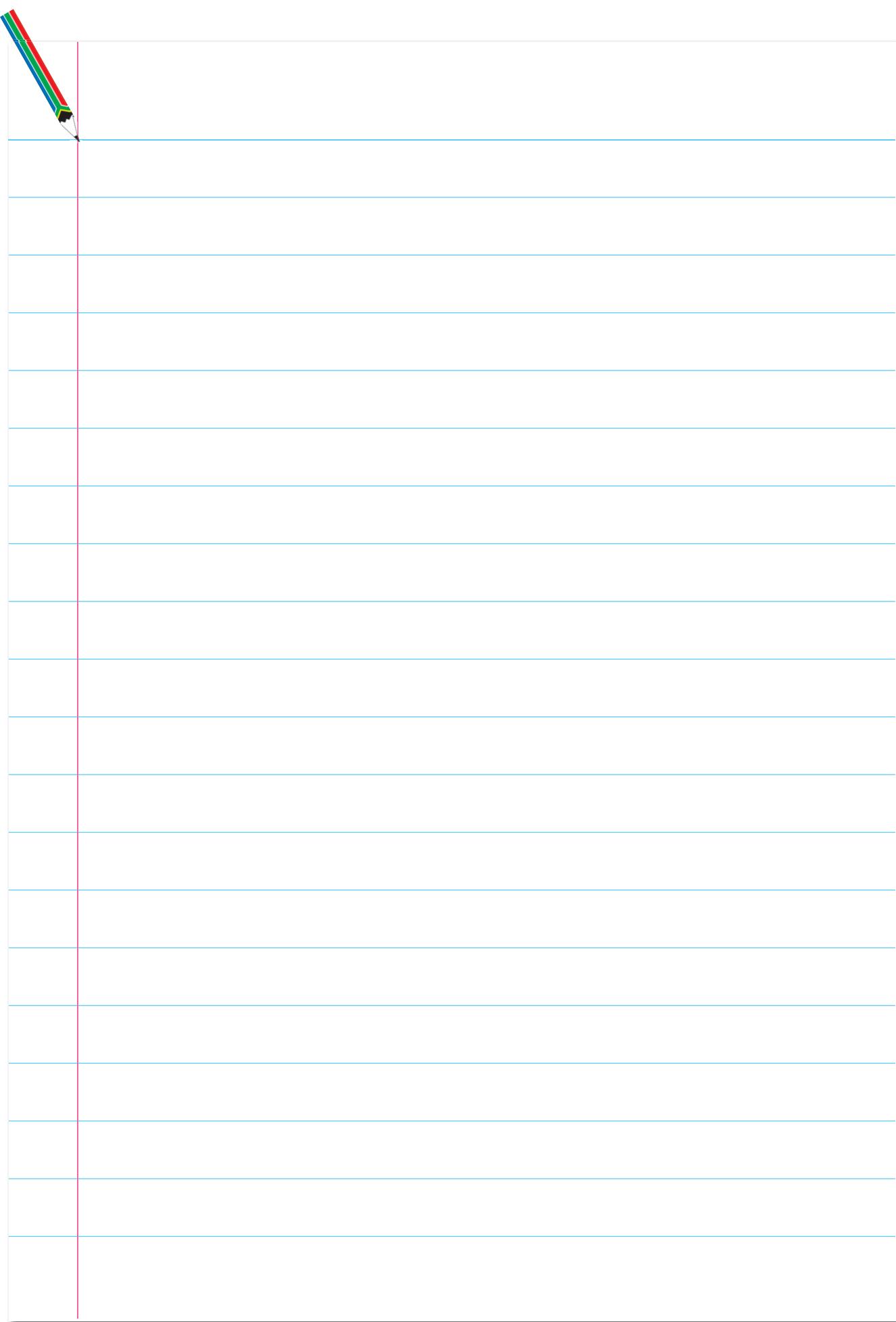
Sesiphi isilwanyana esilutshaba lwentaka?



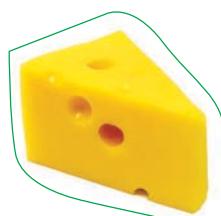
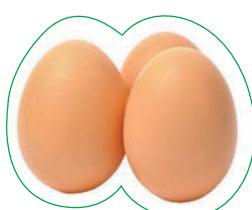
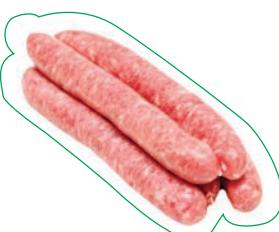
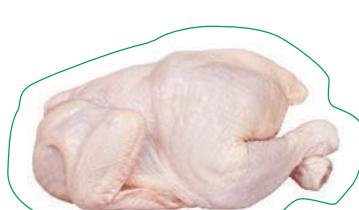
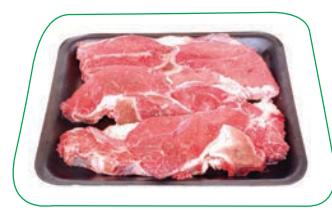
Isichazi-magama sam

A		M	
a		m	
B		N	
b		n	
C		O	
c		o	
D		P	
d		p	
E		Q	
e		q	
F		R	
f		r	
G		S	
g		s	
H		T	
h		t	
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k		w	
L		X-Z	
l		x-z	

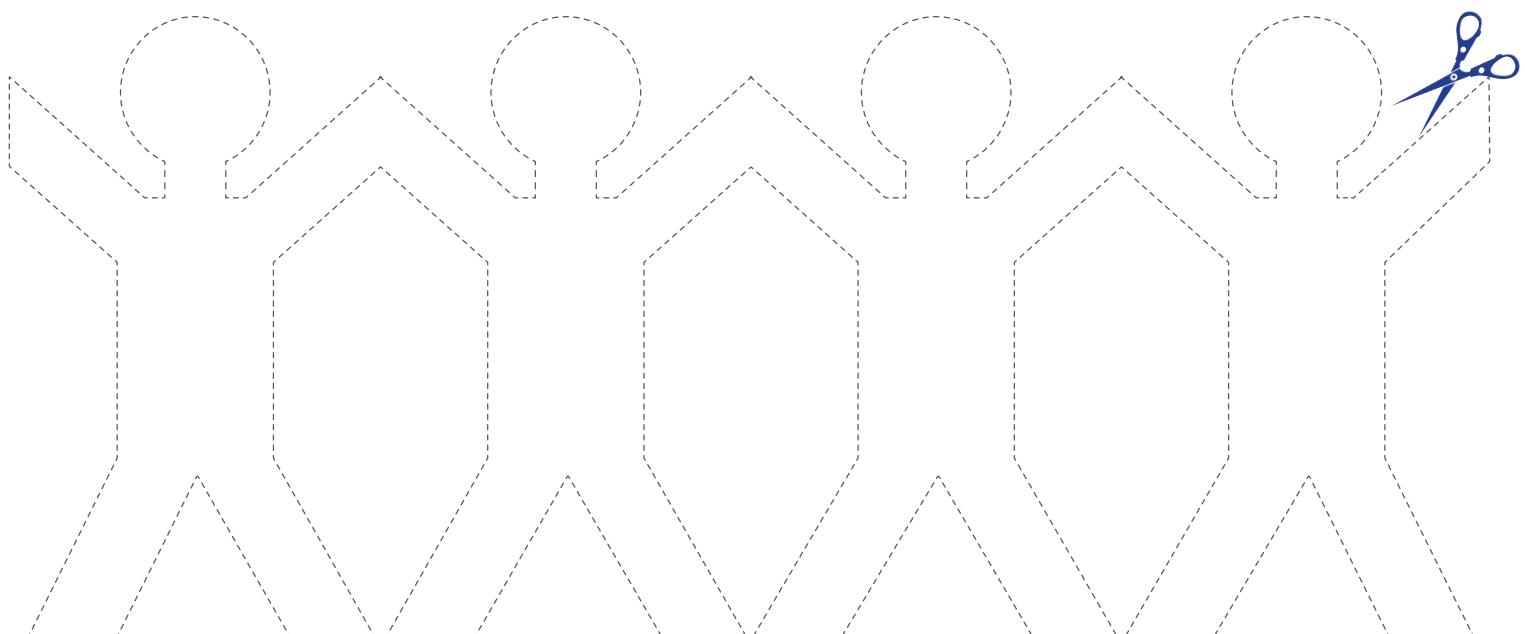




P.29



P.30





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