

Ibuyekeziwe –
Ihambisana
ne-CAPS

Ibanga lesi-

2

Amakhono Empilo
ISIZULU

Incwadi yoku-1
Ithemu 1&2



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TERMS 1 & 2
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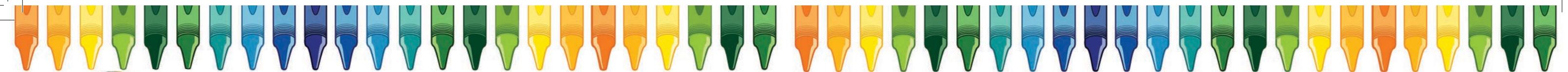
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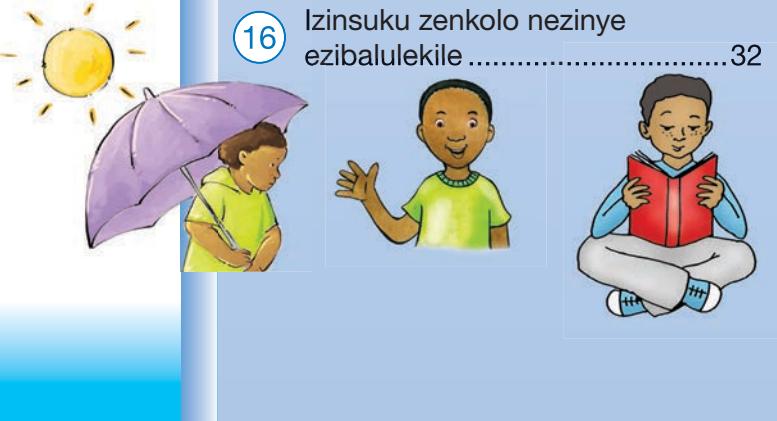
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UNkk Angie Motshekga,
uNgqongqoshe weMfundu
eyiSesekelo



UMnu Enver Surty,
iSekela loMnyango
weMfundu eyiSesekelo

Lezi zincwadi zokusebenzela zenzelwe abantwana baseNingizimu Afrika ngaphansi kwesandla sikaNgqongqoshe weMfundu eyiSesekelo, uNkk Angie Motshekga, neSekela likaNgqongqoshe weMfundu eyiSesekelo, uMnu Enver Surty.

Lezi zincwadi ezibizwa ngeRainbow Workbooks ziyingxenyeye Mnyango weMfundu eyiSesekelo lapho uMnyango uzama khona ukungenelela ukuze kuthuthukiswe imfundu yabantwana bamabanga asuka kwelokuqala kuya kwelesithupha eNingizimu Afrika. UMnyango weZimali uxhase lo mkhankaso kaHulumeni njengento yokuqala uHulumeni azibekele yona ukuthi ayisukumele. Uxhoso loMnyango weZimali lusize uMnyango wezeMfundu ukuthi ukwazi ukukhiqiza uphinde usabalalise ngaphandle kwenkokhelo lezi zincwadi zokusebenzela ngazo zonke izilimi zaseNingizimu Afrika ezisemthethweni.

Sinethemba lokuthi othisha bazozithanda basebenze kangcono ngazo lezi zincwadi ekufundiseni kwabo kwansuku zonke, baphinde bathole futhi isiqiniseko sokuthi abafundi babo bafundiswa konke abamelwe ukufundiswa khona njengoba kuvela kusilabhasi yabo. Sizamile ukuqiniseka ukuthi sifaka izithonjana (ama-icon) emisebenzini yokwenziwa ukuze uthisha akuthole kulula ukuyilandela nokuqonda ukuthi umfundi yini alindeleke ukuyenza.

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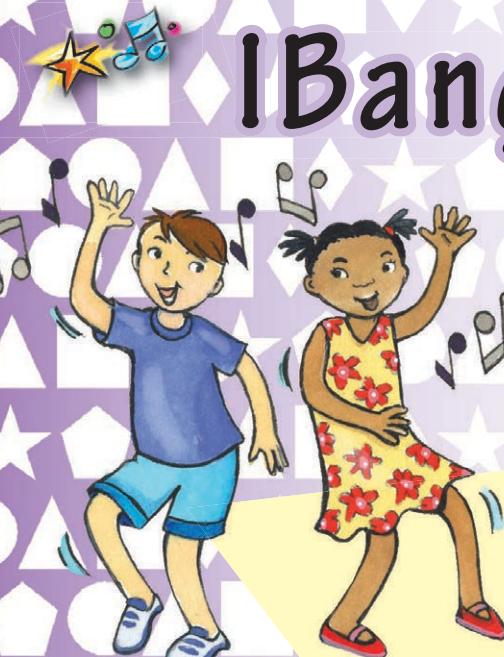
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iBanga lesi-

2

Amakhono Empilo
ISIZULU
Incwadi yoku-I

Le ncwadi ngeka-



Sidinga ukuthola ukudla okunempilo ukuze siphile



Masifunde

Imizimba yetu idinga ukudla okunempilo ukuze sikhule. Kumele sidle ukudla okunempilo okuvela ohlotsheni ngalunye zonke izinsuku. Sidinga ukudla ukudla okunempilo ukuze sikwazi ukuba namandla okwenza zonke izinto esidinga ukuzenza. Uma singadli ukudla okunempilo, singagula.

Izinhlobo ezinhlanu zokudla

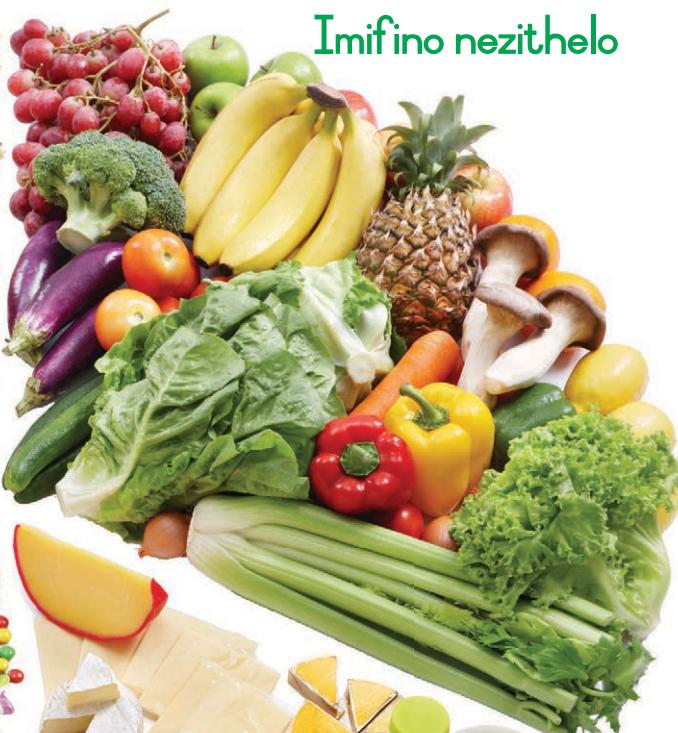
Imikhiqizo yokusanhlamvu



Abanye abantu badla izitshalo kuphela. Lokhu kusho ukuthi abayidli inyama. Badla kakhulu kwizinhlobo ezine zokudla.

Inyama, inhlanzi, inkukhu, amantongomane kanye nobhontshisi

Imifino nezithelo



Okusamafutha

Imikhiqizo yobisi

Usuku:.....



Masenzeni lokhu

Xoxa nomngane wakho mayelana nokuthi
yikuphi kwalokhu kudla okunempilo.
Kukokezelele.

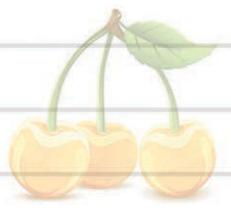
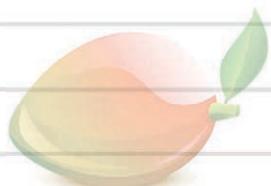
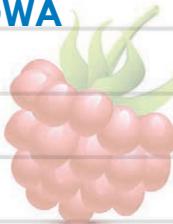


Bhala

Enza sengathi uya
esuphamakethe
nomama wakho,
niyothenga ukudla
okuzodliwa ntambama.
Enza uhla lwezinto
ezizothengwa
eziwuhlobo lokudla
okunempilo emndenini.



UHLA LWEZINTO EZIZOTHENGWA



Teacher:
Sign:
Date:

Amanzi asinika impilo

Ithemu I – ISonto I – Ikhasi Lokusebenzela

Masikhulume

Yini eyenza siwadinge amanzi?
abantu, izitshalo kanye nezilwane
kuyawadinga amanzi. Amanzi yiwo
azungelezisa ukudla esikudlayo
kuye ezingxenyeni ezahlukene
zemizimba yethu, yiwo futhi asiza
umzimba ukuthi ukwazi ukukhipha
izinto ezingadingeki emzimbeni.

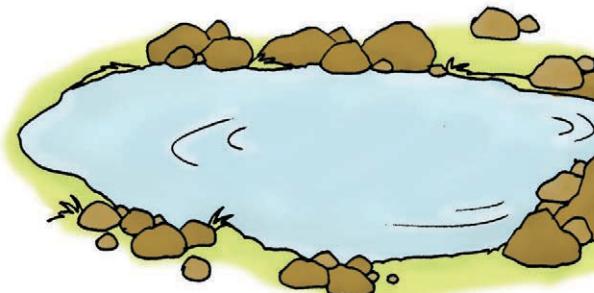
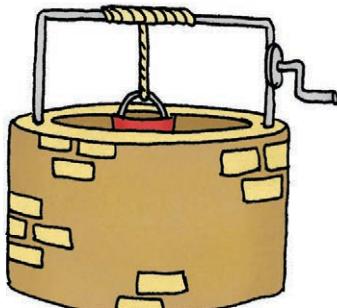
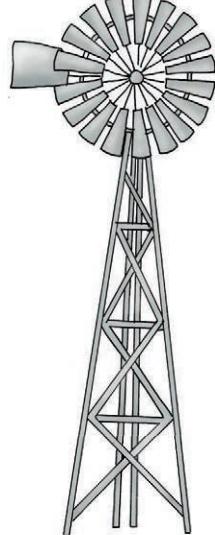


Masenzeni lokhu

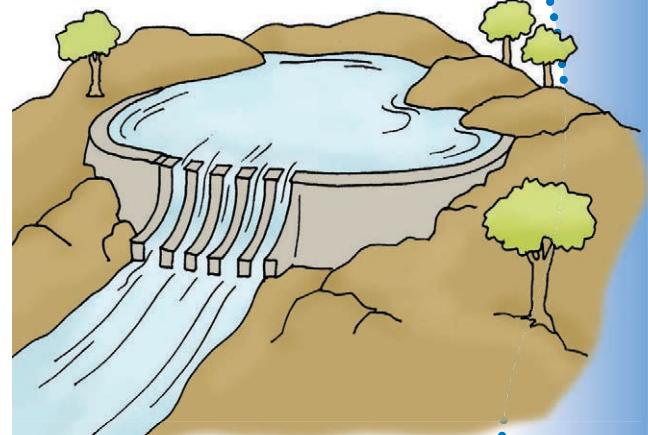
Zonke izinsuku siyawasebenzisa amanzi emakhaya. Xoxela umngane
wakho ngezinto zonke ongazicabanga esisebenzisa amanzi kuzo.
Emva kwalokho udwebe izithombe ezi-4 ukukhombisa ukuthi
siwasebenzisa kanjani amanzi kulezo zinto. Bhala isihloko sesithombe
ukuchaza ukuthi simayelana nani.



Siwathola kuphi amanzi? Dweba umugqa uqondanise igama ngalinye nesithombe esifanele.



lsiphethu
iwindimili
umfula
idamu
umthombo wamanzi



Phumela ngaphandle

Ngaphambi kokwenza noma yini ngaphandle, qala ngokuzelula njengekati. Lokhu kuzokwenza umzimba unyakaze kalula. Zelule nangemva kokwenza okuthile ngokuthi uphumule uphole. Lokhu khona kukusiza ukuthi ungabi nobuhlungu bezicubu.

- Gxuma njengesele. Yenza umsindo wamasele.
- Nqakisanani ngebhola noma ngesaka likabhontshisi, libambeni ngamunye.
- Manje phonsa ibhola noma isikhwama sikabhontshisi phezulu bese usinqaka.
- Thwala isaka likabhontshisi ugijimisane nomngane nithwele. Bheka ukuthi uzohamba ibanga elingakanani lingawile isaka olithwele.



3

Siyawonga amanzi

IThemu 1 – ISonto 2 – Ikhasi Lokusebenza



Masikhulume

Amanzi ayinto ebalulekile, kumele siwonge.

Xoxa nomngane wakho ngezindlela ezahlukene
esingazisebenzisa ukonga amanzi.



Bhala

Bhala ezikhaleni izindlela ezimbili
esizisebenzisa ukonga amanzi.



1.

2.

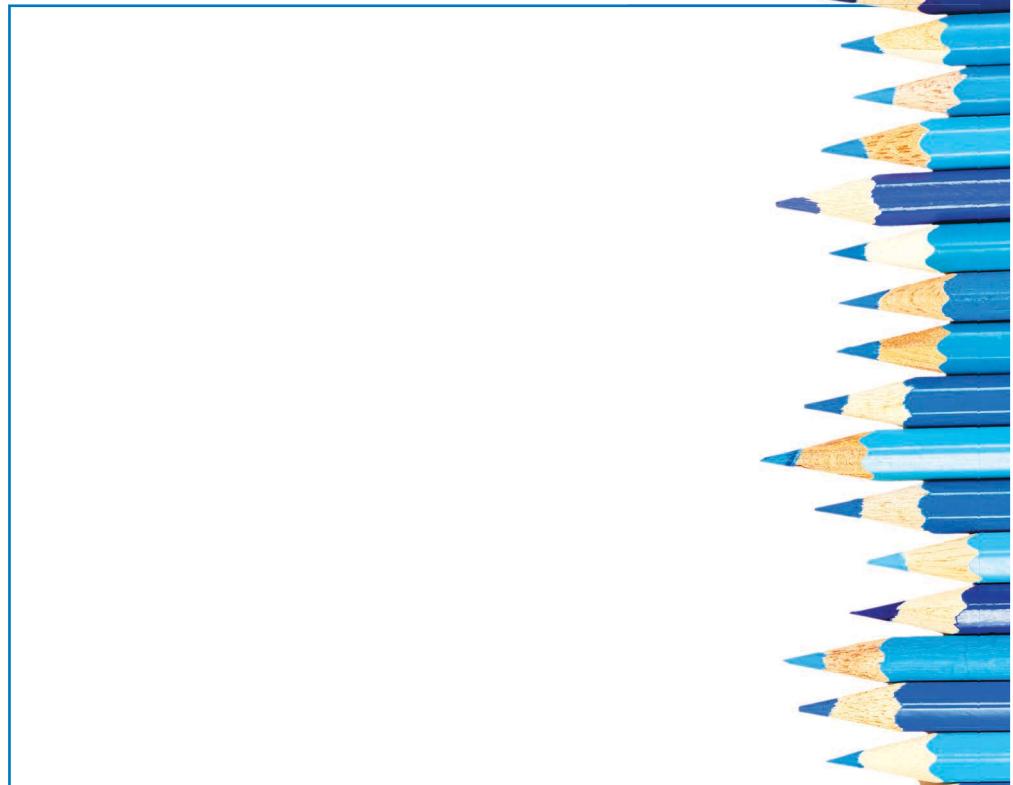


Masenzeni lokhu

Sebenzisa amakhayoni
nopende wemidwebo
wenze iphosta enemibala
ekhuluma ngokongiwa
kwamanzi. Iphosta yakho
kumele igqugquzele abanye
ukuthi bonge amanzi.
Uma sewuqedile khombisa
abangane bakho.

6

Usuku:.....





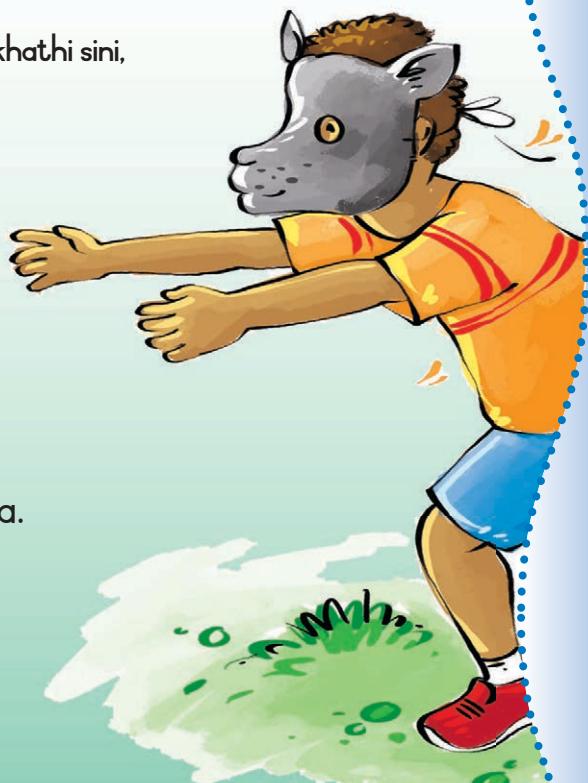
Phumela ngaphandle

Masidlaleni umdlalo othi "Sikhathi sini,
Mnu Mpungushe?"

Oyedwa wenu makabe yimpungushe.

Buzani ngamunye nithi "Sikhathi sini,
Mnu Mpungushe?"

Impungushe kumele isisho isikhathi uma ibuzwa.
Kodwa uma ithi "yilantshi!" izosuka ngejubane
inijahe. Kumele niyibalekele ingalingi inibambe.



Dlalani umdlalo wentambo eyindilinga.

Wena nomngane wakho kumele
nishintshane ngokuhamba phezu
kwendilinga, nihambe ngezinyawo kuqala
bese nihamba ngezandla.

Ningayibamba indilinga yenu eyintambo
niyiphakamise, umngane achushe kuyo.
Shintshanani ngokwenza lokhu.



Okokugcina,
emaqoqweni
anabantu aba-4,
zilungiseleleni
ukwethula umdanso
waseNingizimu
Afrika.

Teacher:
Sign:
Date:

Umoya ohlanzekile usinika amandla



Masifunde

Umoya esiwuphefumulayo une-oksijini. Usisiza ukuthi imizimba yethu ikwazi ukusebenzisa ukudla esikudlayo. Sibe sesithola amandla siphile.

Uma siphefumula umoya ongcolile, imizimba yethu iyehluleka ukusebenza.



Bhala

Hlala nomngane wakho. Gcwalisani izikhala ezingezansi nobabili

Nginginga umoya ohlanzekile ngoba _____

Uma umoya ungcokane _____

Umoya uyangcola uma _____

Izinto esingazenza ukugcina umoya uhlanzekile:

1.

2.

Usuku:.....



Masifunde

abantu badinga ukukhanya kwelanga ukuze baphile. Kusiza imizimba yethu ukuthi yakhe uVithamini D. Wona-ke siwudingela ukuba namathambo aqinile.

Ilanga uma selikhanya kakhulu libuye libe yinkinga. Liletha izinhlungu zokushiswa yilanga. Gqoka isigqoko nezibuko zelanga ukuze uzivikele emisebeni yelanga.



Bhala

Gowalisa lezi zikhala ezingezansi:

Ngiyovikeleka elangeni uma:

1. _____
2. _____
3. _____



Masicule

Cula leli culo futhi
ushaye izandla
zihambisane nalo.



**Wena ungukhanya kwelanga lami
ukuphela kokukhanya kwelanga lami.**

**Uyangijabulisa kakhulu
uma isibhakabhaka semboze ngamafu.
Awusoze wakwazi lokhu, sithandwa,
Ukuthi ngikuthanda kangakanani.
Ngiyakucela, ungangiphuci imisebe
yami yelanga.**

Gqoka isigqoko
nezibuko zelanga
ukuze uzivikele
emisebeni
yelanga.



Mina kanye nabanye



Masikhulume



Bhala

Sonke siyathanda ukuba
nabangane weqiniso.
Umbona kanjani
umngane weqiniso?

Bhala ezikhali ezingezansi uhla lwezinto
eenza umuntu abe ngumngane weqiniso.



1. _____
2. _____
3. _____
4. _____



Bhala

Bhekisa le mibuzo bese ubhala izimpendulo zayo phansi.

Bangaki abangane onabo?

Ngubani igama lomngane wakho weqiniso?

Seninesikhathi esingakanani ningabangane?

Yini oyithanda kakhulu ngomngane wakho?

Usuku:.....



Masikhulume

Yiya kumngane wakho nihlale phansi nikhulume ngalawa mazwi. Faka uphawu (✓) ebhokisini uma kuyiqiniso, ufake uphawu (✗) uma kuliphutha.

Uhla lokuhlola ubungane

	Bhala u ✓ noma i ✗
Umngane wami uyanginakekela.	
Umngane wami uyangisiza.	
Umngane wami uhlanganyela nami izinto eziningi.	
Umngane wami akalwi nakancane nami.	



Masenzeni lokhu

Yini ongayenza uma ufunu ukukhombisa umngane wakho ukuthi ubalulekile kuwe? Dweba manje isithombe esiveza lokhu esikhaleni. Ubokhumbula ukuhlobisa ifreyimi yesithombe sakho. Uma usukwenzile lokhu, khuluma ngemibala ezothile kanye nehehayo oyisebenzisile kulesi sithombe.



Bhala

Bhala imisho emibili ngesithombe sakho.



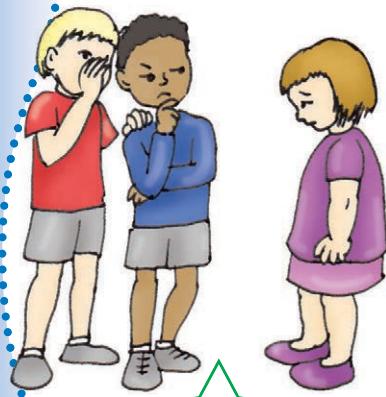
6

Abantu esiphila nabo

Buka izithombe. Zama ukukhumbula ukuthi abangane beqiniso bayaye benzeni. Xoxa neqembu lakho ngalokhu. Zama ukukhumbula ukuthi abangane ababi bayaye benzeni. Beka uphawu lokuthikha (✓) esithombeni ngasinye ukukhombisa ubungane, nophawu (✗) kulabo abaveza ubungane obungalungile.

Ithemu 1 – ISonto 3 – Ikhasi Lokusebenzela

Masikhulume



Usuku:.....

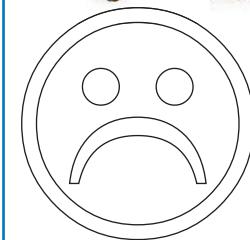
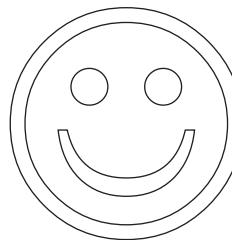


Masif unde

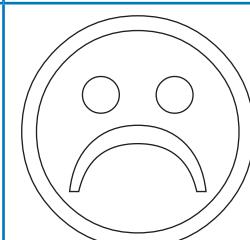
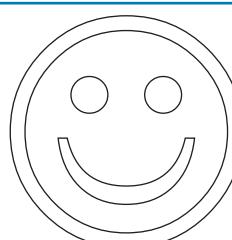
Funda umusho ngamunye bese ufaka umbala ebusweni obuthi Yebo 😊 noma ebusweni obuthi Cha 😞.



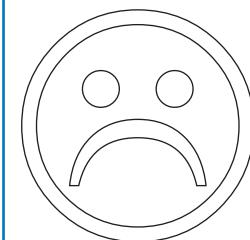
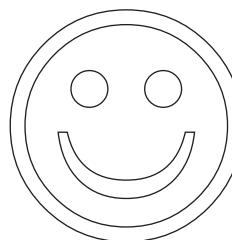
Ngingumngane weqiniso.



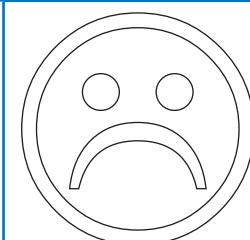
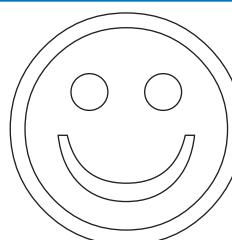
Ngiyamnakekela
umngane wami.



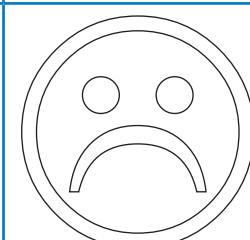
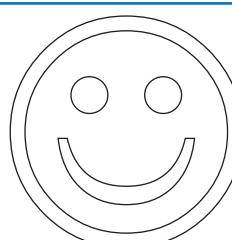
Nginomusa kubafundi enginabo eklassini.



Abafundi enginabo eklassini banomusa kimi.



Ngiyabahlonipha
abantu engiphila
kanye nabo.



Phumela ngaphandle

Masidlatleni "Yima esithunzini sakho".

Wena nabangane bakho zamani ukuma esithunzini somunye nomunye. Shintshanani nithole ukuthi zingaki izithunzi enikwazi ukuma kahle kuzo.

Ningalokhu nigudlukelana ukuze ubalekele abangane bakho ukuthi bangami esithunzini sakho.



Teacher:

Sign:

Date:

Akusekho ukuhluphana esikoleni



Bhala Buka isithombe ngasinye.

Yini ongayenza uma abanye abantwana bengakuhlupha? Bhala umusho owodwa eduze kwesithombe usho ukuthi kumele abantu baphathane kanjani.









Masenzeni lokhu

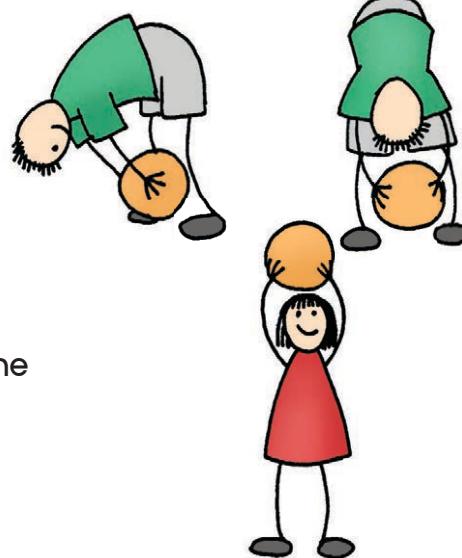
Wena nomngane wakho dlalani
ukuba yingane ehlupha enye.
Emva kwalokho yishoni ukuthi yini
engenziwa ukuvimbela ukuhluphana
kwezingane.



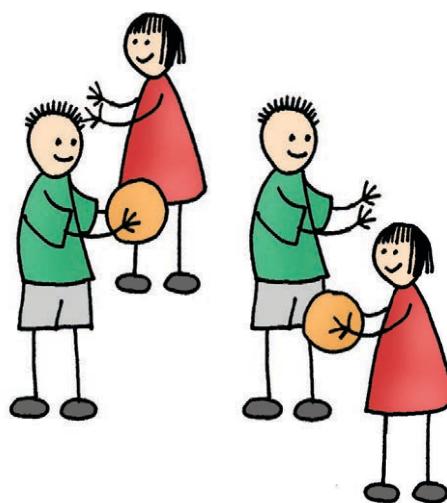
Phumela ngaphandle

Manini amaqoqo ahamba ngaba-5.

Yimani umugqa ninikezane ibhola ngamunye ngamunye nilandele umugqa. Bhekani ukuthi yiliphi iqembu elikwazi ukudlulisa ibhola lize liyofika ekugcineni ngesikhathi esifushane kakhulu. Uma niqeda, zamani ukudluliselana ibhola ngezindlela ezahlukahlukene.



- Dlulisani ibhola nilikhipe phakathi kwemilenze.
- Dlulisa ibhola uleqise ikhanda liye kumngane ongaphambi kwakho.
- Dlulisa ibhola liye kwesokudla somngane ongemuva kwakho.
- Dlulisa ibhola liye kwesokudla somngane ongaphambi kwakho.
- Manje phonseelanani ibhola bese nibheka ukuthi ningalinqaka kangaki.



Wonke umuntu ubalulekile

Itthemu I – ISonto 4 – Ikhasi Lokusebenzela



Buka izithombe usho ukuthi zifana ngani lezi zingane. Yisho futhi ukuthi zihlukene ngani.





Masifunde

Yenzani lokhu egenjini lenu. Bukani bonke abantwana abakhona eklasini lenu. Bese nifunda la mazwi alandelayo. Uma okushiwoyo emazwini kuliqiniso faka uphawu (✓) ebhokisini elikwesokudla, uma amazwi eliphutha, faka u (✗).

Beka u ✓ Noma i ✗

Kungabe abafana bayafana namantombazane?	
Kungabe izinwele zabo bonke zinombala ofanayo?	
Kungabe bonke banombala ofanayo wamehlo?	
Kungabe bonke banezandla ezilinganayo?	
Kungabe bonke abantwana bade ngokulinganayo?	



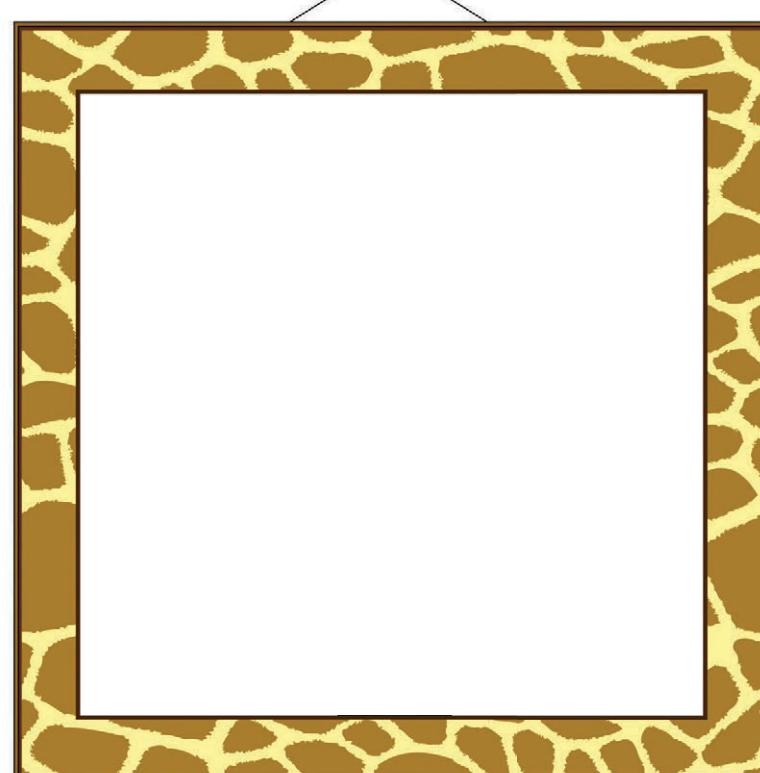
Masikhulume

Bhala

Dweba isithombe sakho. Sebenzisa upende womlomo ukwenza imidwebo eseminweni yakho ingafani neyabanye abantwana. Dweba iminwe yakho eduze kwesithombe esisesikhaleni.



Uyabona yini ukuthi asifani thina bantu?
Uyabona kodwa ukuthi siyafana ngenye indlela? Xoxa ngokuthi sifana kanjani.



Uthi bewazi ukuthi akekho umuntu emhlabenzi onemidwebo eseminweni efana neyomunye?
Wena nje wehlukile kwabanyeabantu futhi ubalulekile kakhulu!



Imizwa esinayo ngezinto ezahlukene



Masikhulume

Xoxani ngokuthi niphatheka kanjani uma kwenze ka into enhle. Bese nikhuluma ngokuthi niphatheka kanjani uma kwenze ka into embi. Lokhu sikubiza ngemizwa yomuntu. Bhala usho ukuthi baphatheka kanjani laba.



Bhala

Bhala izimpendulo zemibuzo elandelayo.

Yini ekwenza ujabule?

Yini ekwenza ukhathazeke?

Yini ekwenza wesabe?

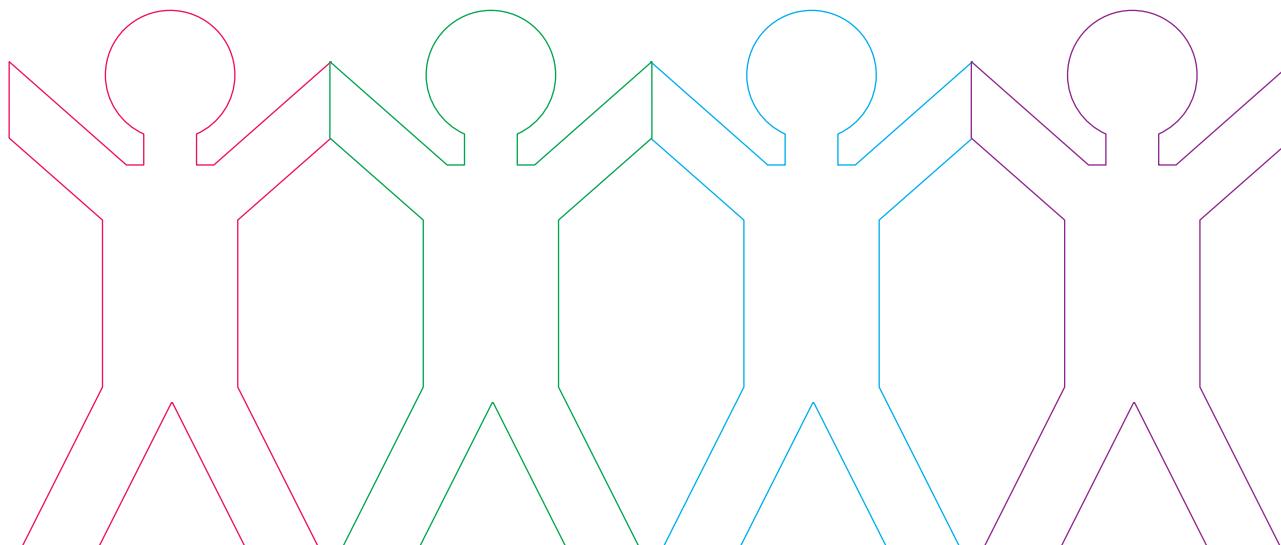
Yini ekwenza udinwe?

Usuku:



Masenzeni lokhu

Dweba bese ufaka umbala iketanga lobungane. Zama ukwenza unodoli ngamunye abukeke ngendlela ehlukile ukukhombisa ukuthiabantu abafani. Uma usukwenzile lokhu ungasika iketanga lobungane ekhasini lokusika eliphakathi nendawo kuleli bhuku. Yenza unodoli ngamunye ehluke, benze bame kwideski lakho ukuze bakukhumbuze ukuthi sonke singabantu sihlukile komunye nomunye.



Phumela ngaphandle

Khulisa umzimba wakho ube mkhulu impela.
Wunciphise ube mncane kakhulu.
Welule ube mude kakhulu.
Wenze ube mfushane kakhulu.



Abantu abakhubazekile



Masikhulume

Buka izithombe.

- Yiziphi izithombe ezahlukene zokukhubazeka ozibonayo?
- Zisebenzisani lezi zingane ozibonayo ukuze zisizakale?
- Yiziphi ezinye zezinkinga ezinazo nsuku zonke lezi zingane empilweni yazo?
- Yisho ukuthi singazisiza ngani.



Bhala

Buka izithombe
Qedela le misho.

URosemary akakwazi ukuhamba.

Usebenzisa _____
ukuya le nale.



isihlalo Sabakhubazekile

UThabo uyimpumputhe
usebenzisa _____
ukuthola lapho eya khona.

Usuku:.....

inja ehola abantu



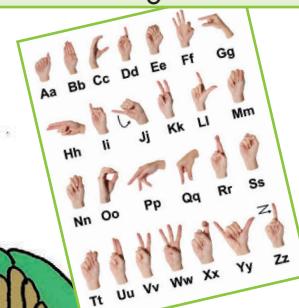
izinsizakuzwa

UPele akezwa ezindlebeni

Usebenzisa _____

ukuze akwazi ukuzwa.

ulimi lwabangakhulumi



UJabu ujismungulu.

Usebenzisa _____ ukuze
akwazi ukuxhumana nabantu.

izinduku zokuhamba
abakhubazekile

UNomsa usebenzisa

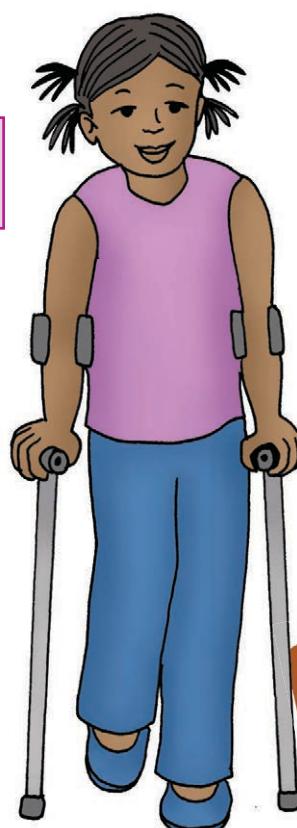
_____ ukuze akwazi

ukuzihambela.



Masenzeni lokhu

Sebenzisa ubumba noma inhlama
yokudlala ukubumba ivasi noma inkomishi.



Teacher:
Sign:
Date:



Bonke abantwana babalulekile



Masikhulume

Bahluke ngani laba bantwana kuwe?
Bafana ngani nawe?



Masifunde

abantu emhlabenji jikelele banamaholide athile abalulekile.

Sonke siyathanda ukudlala nokucula.

Sonke sidinga ukudla esizokudla.

Kumele sonke siye esikoleni.

Uma sigula sidinga ukuya kudokotela.

Kumele sonke sihlanzeke.

Akumele sithole umsebenzi sonke.

Sonke singabantwana.



Usuku:.....



Bhala

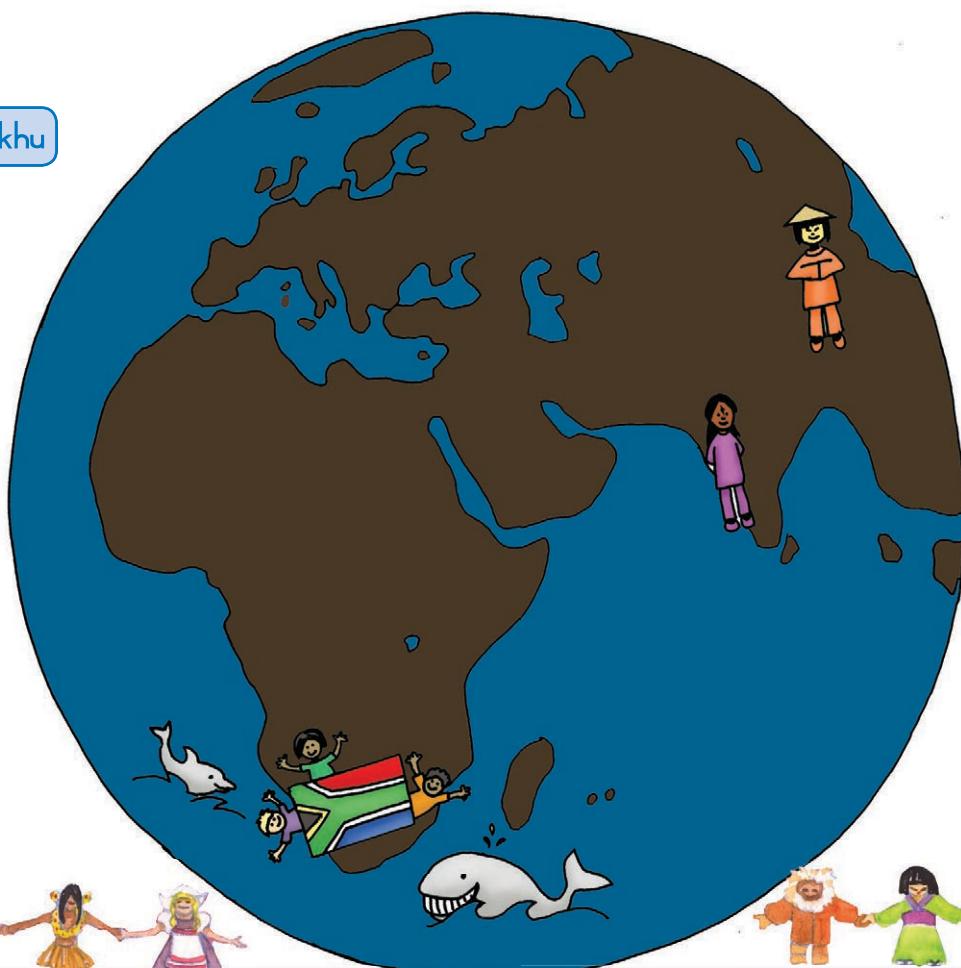
Buza abangane aba-3 le mibuzo. Gcwalisa izimpendulo ezikhalieni ezingezansi.

Bhala amagama abangane bakho.			
Ukhonza kuphi?			
Yiziphi izinsuku ezibalulekile enizibungazayo?			
Udlani?			
Yiziphi izimpahla ezikhethekile ozigqokayo?			
Ngubani enihlanganyela naye uma nibungaza?			



Masenzeni lokhu

Buka isithombe.
Yibalazwe lomhlaba wethu. Umhlaba wethu unezwe kanye nolwandle. Faka umbala osasibhakabhaka olwandle. Faka umbala onsundu ezweni. Dweba izinhlanzi ezimbalwa olwandle.



Amaqhawe ami

Masikhulume

Yisho ukuthi bakhona yini abantwana abakhubazekile esikoleni sakho.

Yini engenziwa yisikole uma sifuna ukubasiza?

Bayakwazi ukuba woshampeni ezintweni ezithile abantu abakhubazekile?

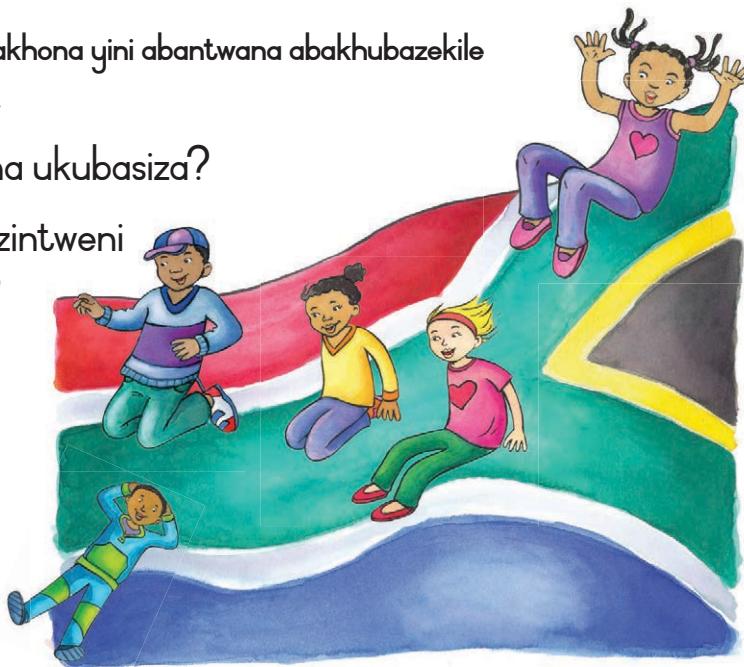


Masifunde

Kunezingwazi ezikhubazekile esiphila nazo. Lolu hlobo lwabantu luyisibonelo kithina. ENingizimu Afrika kunezingwazi zezemidlalo ezikhubazekile emzimbeni. Bakhona abantu obaziyo abanekhono kwezemidlalo?

UNatalie du Toit wanqunywa imilenze ngezansi kwamadolo.

Ugijima ngezinto ezinanyathiselwe emathangeni. UNonto wanqamuka umlenze wesokunxele engozini yesithuthuthu. Uhamba ngomlenze wokwakhiwa kodwa uma ebhukuda usebenzisa umlenze owodwa.



Masikhulume

Xoxa ngabantu abakhubazekile abenza izinto ezimangalisayo.

Zikhumbuze ngalokhu:

- Abantu abayizimpumputhe abadlala umculo kamnandi. Ukhona onjalo omaziyo?
- Abantu abangezwa ababhala umculo kahle. Unaso isibonelo somuntu onjalo?

Usuku:.....



Bhala

Esikhaleni esilandelayo, nkeza imidati yomuntu oyiqhawe nomuntu ongathanda ukumlandela ngezenzo uma kuvuma.

Umuntu oyiqhawe empilweni yami noyisibonelo kimi ngu:

Dweba isithombe somuntu oyisibonelo esiliqhawe kuwe. Bhala amagama eduze nesithombe sakho amchazayo. Izibonelo: unobungane, uwusizo, unesibingi, unothando.

Umuntu uba kanjani yiqhawe? Xoxisana nomnagne wakho ngalokhu.
Bhala indaba lapho uzovela khona njengeqhawe. Gcwalisa ngezansi:

Ngolunye usuku

Ngakhetha

I

Ngaba yiqhawe ngaleylo ndlela-ke.



Ukuhluzwa kwamanzi



Masifunde

Buka ingilazi yamanzi.

Ikhona into oyibonayo ngaphakathi kuyo?

Cha, awuboni lutho. Kodwa uyazi ukuthi kwenye inkathi kuba namagciwane emanzini? Lawa magciwane ayizinto ezincane ezingabonakali ngeso elejwayelekile. Uma ungake uphuze amanzi ngaphandle kokususa amagciwane, ungahle ugule. Sidinga ukuqiniseka ukuthi amanzi esiwaphuzayo ahlanzekile, awanalutho olubi kuwo.



Masikhulumo

Xoxa ngokuthi yini engenzeka uma singaphuza amanzi angahlanzekile. Buka izithombe ezingezansi. Xoxa nomngane wakho ngezindlela ezahlukene esingazisebenzisa ukuhlanza amanzi.



Faka amaphilisi eklorini emanzini.



Bilisa amanzi
isikhathi
esingangemizuzu
emi-5



Faka amakhemikhali.



Hluza amanzi.



Masikhulume

Yimaphi amanzi ocabanga ukuthi kuphephile ukuwaphuza? Faka umbala osasibhakabhaka econsini lamanzi uma ucabanga ukuthi liphephile.

Amanzi omfula



Amanzi adonswa phansi

Amanzi asempompini



Amanzi athengwe esebhodleleni

Amanzi olwandle



Amanzi abiliswe ngeketela



Masenzeni lokhu

Sebenzani ngamaqembu bese nakha into yokusefa amanzi ukuze ahlanzeke. Lalelani ngokucophelela uma uthisha wenu echaza ukuthi nidinga ukwenzani nani.



Nazi izinto enizozidinga:

Ibhodlela leplastiki elilingana
amalitha ama-2

Isihlabathi esicolisekile

Isihlabathi esimahhelekehle

Amatshana amancane awuhlwayi

Izikelo

Ukotini-wuli



Bhala

Nikeza lezi zinyathelo izinombolo ukuze kulandelane kahle ukwakhiwa kwesisefo samanzi.

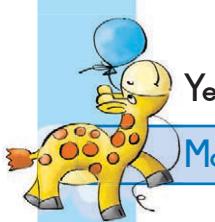
	Thela isihlabathi esicolisekile phezulu kukavolo.
	Phendula ibhodlela ulibhekise phansi.
	Faka isihlabathi esimahhelekehle.
	Sika ngokuqaphelisa isinqe sebhodlela leplastiki.
	Thela amanzi anodaka phakathi.
	Faka amatshana awuhlwayi ebhodleleni.



Ukuhlala upholile

Funda ubone lezi zinto eziyimikhuba emihle nemibi. Uma usola ukuthi wumkhuba omuhle, faka uphawu lokuthikha (✓), Uma ubona ukuthi wumkhuba omubi, faka uphawu (✗).

Imikhuba	Kuhle	Kubi
Uthisha usiza abantwana ukuthi bakwazi ukufunda.	✓	✗
Ngidla ukudla okunempilo.		
Ngilahla udoti ngefasitela lemoto noma letekisi.		
Ngigeza izinwele njalo.		
Ngidla amaswidi amaningi.		
Ngihlanza izinzipho nezindlebe.		
Ngixubha amazinyo kanye ngenyanga.		
Ngicosha udoti ngiwujikijele emgqonyeni wawo.		
Ngihlanza izandla njalo uma ngibuya endlini encane.		
Uma ngikhwehlela noma ngithimula ngibeka izandla emlonyeni.		
Ngiyazivocavoca njalo.		
Ngihlanza izandla ngaphambi kokuthi ngidle.		
Ngilala phambi kwethelevishini isikhathi eside.		
Ngihlala nabantu ababhemayo.		



Yenza iphosta mayelana nemikhuba emihle nemibi.

Masenzeni lokhu



Bhala

Yihlole iphosta yakho. Funda okushilo bese ubeka ubuso obumamathekayo eduze kwako uma kuyiqiniso, noma ubuso obuphatheke kabi uma lokho kungelona iqiniso.



Yebo	Cha

Iphosta yami inemibala futhi ihlanzekile.

Ngiyakuthanda ukwenza iphosta

Kunzima ukwenza iphosta, ngibonile.



Phumela ngaphandle

- Ucabanga ukuthi unagx huma ufile kuphi? Sebenzisa imicwi emithathu yezintambo. Bese uzijomba. Ungalokhu uzigqagqanisa ukuze ubone ukuthi ungakwazi ukujomba ufile kuphi.
- Manje cela abangane bakho ababili ukuba bashwibe intambo ukuze uujjombe.
- Shintshanani ngokujomba intambo.



15

Ukudla okusheshayo nokungasheshi ukubola

Itthemu I – IS onto 8 – Ikhasi Lokusebenzela



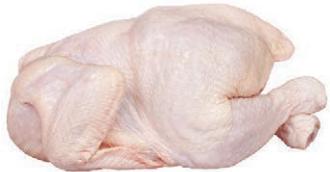
Usuku:.....

Masikhulum



Khuluma ngokudla okudinga ukubekwa esiqandisini ukuze kungonakali. Khetha ukuthi yikuphi okungadingi ukubekwa endaweni ebandayo, okungahlala nasekhabetheni nje. Sika izithombe ekhasini lezinto ezisikwayo uzinamathisele esiqandisini noma ekhabetheni.





Masikhulume

Khuluma ngezindlela esingazisebenzisa ukuvikela ukudla
ezinambuzaneni ezifana nezimpukane nezintuthwane.



Izinsuku zenkolo nezinye ezibalulekile



Ithemu I – ISonto 8 – Ikhasi Lokusebenza



Masifunde

abantu emhlaben i wonke jikelele banezinsuku abazibungazayo. Yimaphi amaholide ozowagubha?

NgoKhisimuzi sithola izipho. Nathi siph abantu izipho. Sipha namalungu omndeni izipho. Siyaye sibe nesihlahla sikaKhisimuzi ekhaya. Izipho sizibeka ngaphansi kwesihlahla sikaKhisimuzi. Siyasihllobisa isihlahla, sibeke inkanyezi phezu kwaso. NgoKhisimuzi sidla ukudla okuningi okumnandi.



Silinde ngabomvu iDiwali. Yisikhathi lesi lapho sithola khona amaswidi amaningi nezipho. Siyaye siphath ukuclla okumnandi namaswidi sikufake emabhokisini siph abantu abasivakasheleyo. Sikhanyisa amalambu amancane siwabeke eduze kwezindlu ekhaya.



Silinde ngabomvu iHanukkah.
Siyaye siphathe ukudla okumnandi.
Sidla amakhekhe namadonathi.
Siphiwa nezipho. Abazala bethu
bayaye beze basivakashele.
Siyaye sisizane sonke senze
ukudla bese sikhanyisa amakhandlela
endlini esikuyo.

Kuzofika futhi isikhathi se-Eid.
Nalapho ngethemba ukuthi
sizophiwa izipho. Sizonika abangane
bethu izipho nathi. Sizoba
namakhekhe amaningi namaswidi,
sidle. Siyazi ukuthi uma kunjalo
yisikhathi se-Eid efika uma inyanga
isesimeni esithile. Lokhu kwenzeka
ngezikhathi ezingafani onyakeni.



Masicule

Cula iculo olazinyo
eliqondene nanoma
yiluphi kulezi zinsuku.



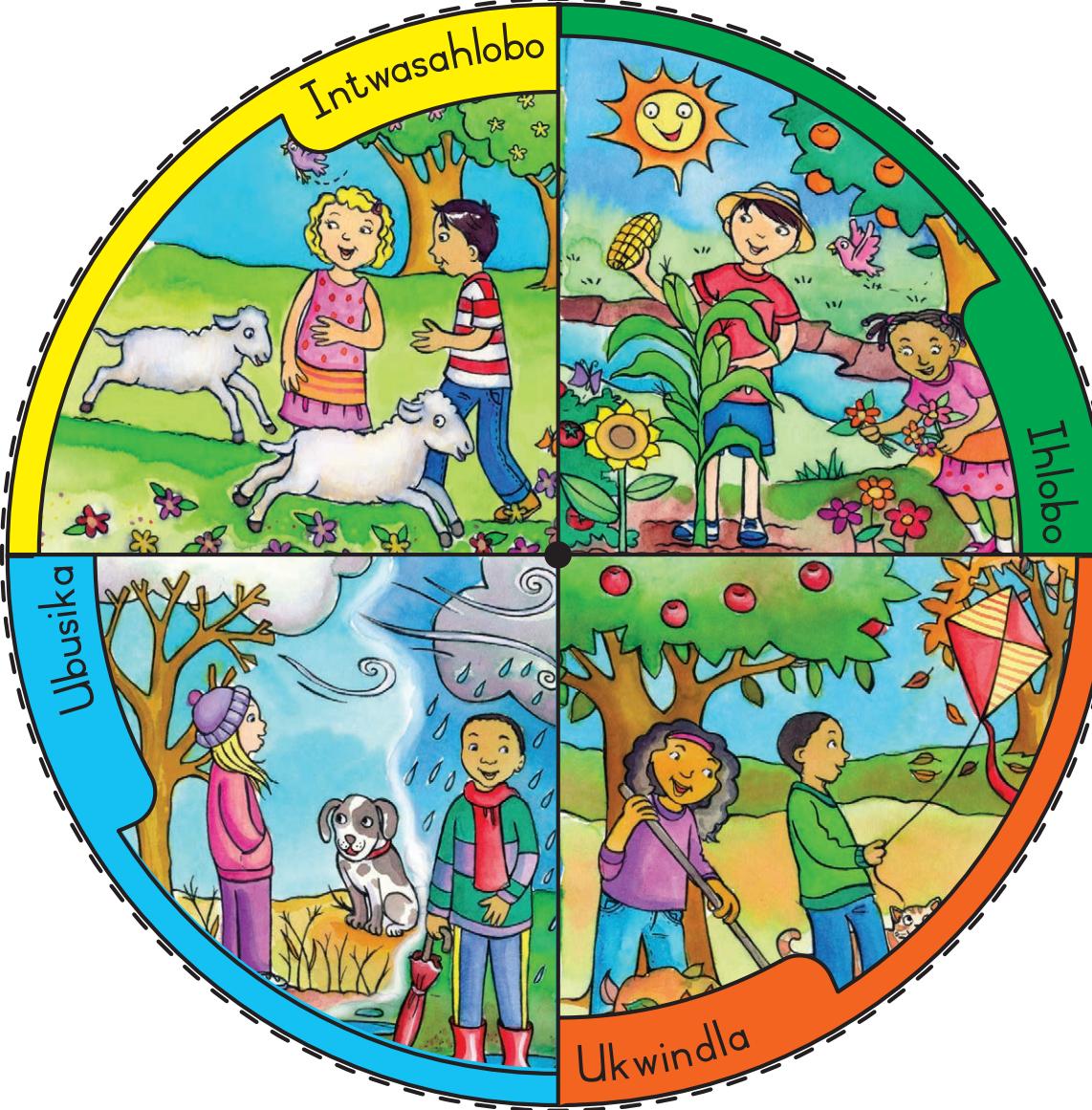
Teacher:	Sign:
Date:	

Izinkathi zonyaka



Masikhulume

Bheka izithombe zezikathi ezine zonyaka. Tshela umngani wakho ukuthi ubonani esithombeni. Yisho ukuthi zehluka kanjani izinkathi ezine zonyaka.



Yisiphi isikhathi sonyaka osithanda kakhulu?

Kungani usithanda lesi sikhathi sonyaka?

Lungasiphi isikhathi sonyaka usuku lwakho lokuzalwa?



**Sawubona mnumzane Langa!
Wena lusuku usanda kuqala.
Ngithanda ukubona ubuso bakho
obukhazimulayo.
Sawubona mnumzane Langa!**



**Wena mvula, hamba!
Abantwana abancane
bafuna ukudlala.
Ubobuya ngelinye ilanga.
Hamba nje usuku olulodwa.**



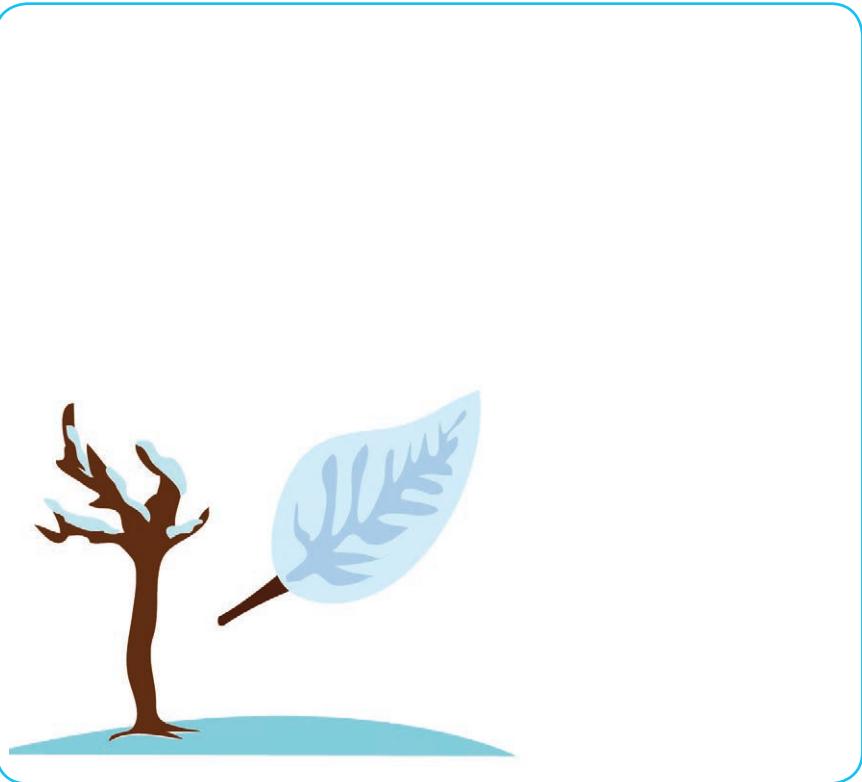
Teacher:	Sign:
Date:	Sign:

Izinkathi ezine zonyaka

Masenzeni lokhu

Sika izithombe zezinkathi zonyaka ekhansi elingemuva kwencwadi. Beso unamathisela isithombe ngasinye eceleni kwegama lesikhathi sonyaka.

IThemu 2 – ISonto I – Ikhasi Lokusebenzela



unhlanguana

untulikazi

uncwaba

ubusika



intwashahlobo

umandulo

umfumfu

ulwezi

Usuku:.....

ibhola

uzibandlela

umasingane

unhlolanja

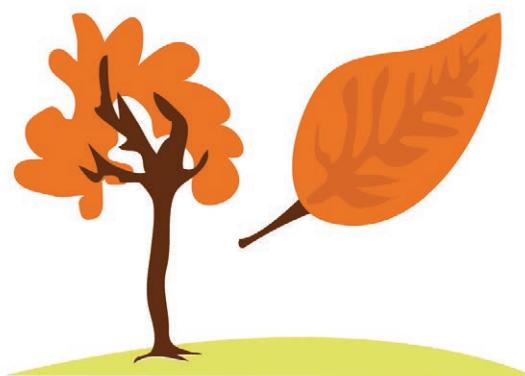


ukwindla

undasa

umbaso

unhlaba



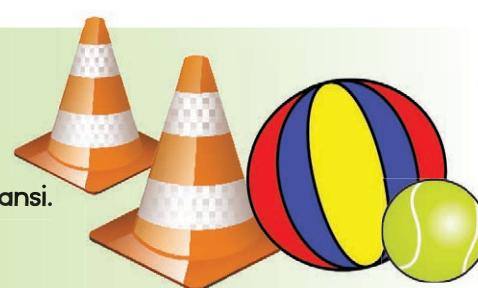
Phumela ngaphandle

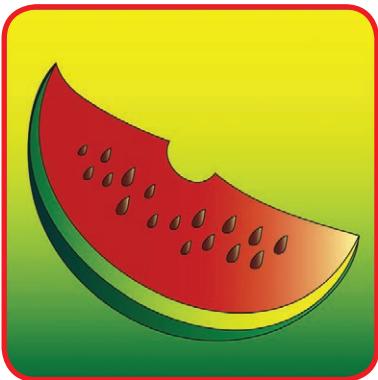
Lolonga ikhono lakho lokudlala ibhola.

Shaya ibhola odongeni.

Masha endaweni eyodwa ngenkathi ushaya ibhola phansi.

Manje gjijima ugqome ibhola ube uzungeza.



**Ihlobo**

Izulu liyabalela futhi lifudumale.

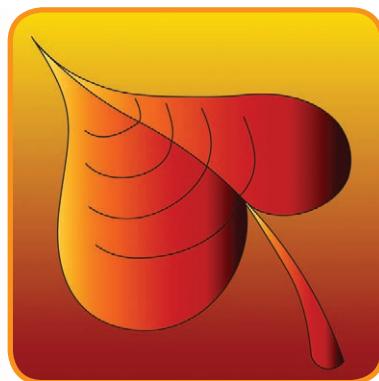
Izinsuku ziba zinde bese ubusuku buba bufushane.

Ukwindla

Isimo sezulu siyaphola.

Amahlamu ajika umbala abesagolide bese evuthuka ezihlahleni.

Izinyoni zindizela ezindaweni ezifudumele.

**Ubusika**

Isimo sezulu siyabanda.

Kwezinye izindawo kuba neqhwana noma isithwathwa.

Izinsuku zibamfushane bese ubusuku buba bufushane.

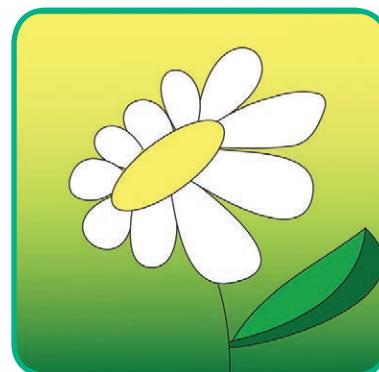
Ezinye zezilwane zilala ubusika bonke.

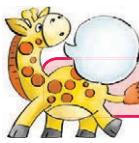
Intwasahlobo

Isimo sezulu sifudumele.

Izitshalo ziqlala ukukhula nezihlahla ziqlala ukuqhakaza.

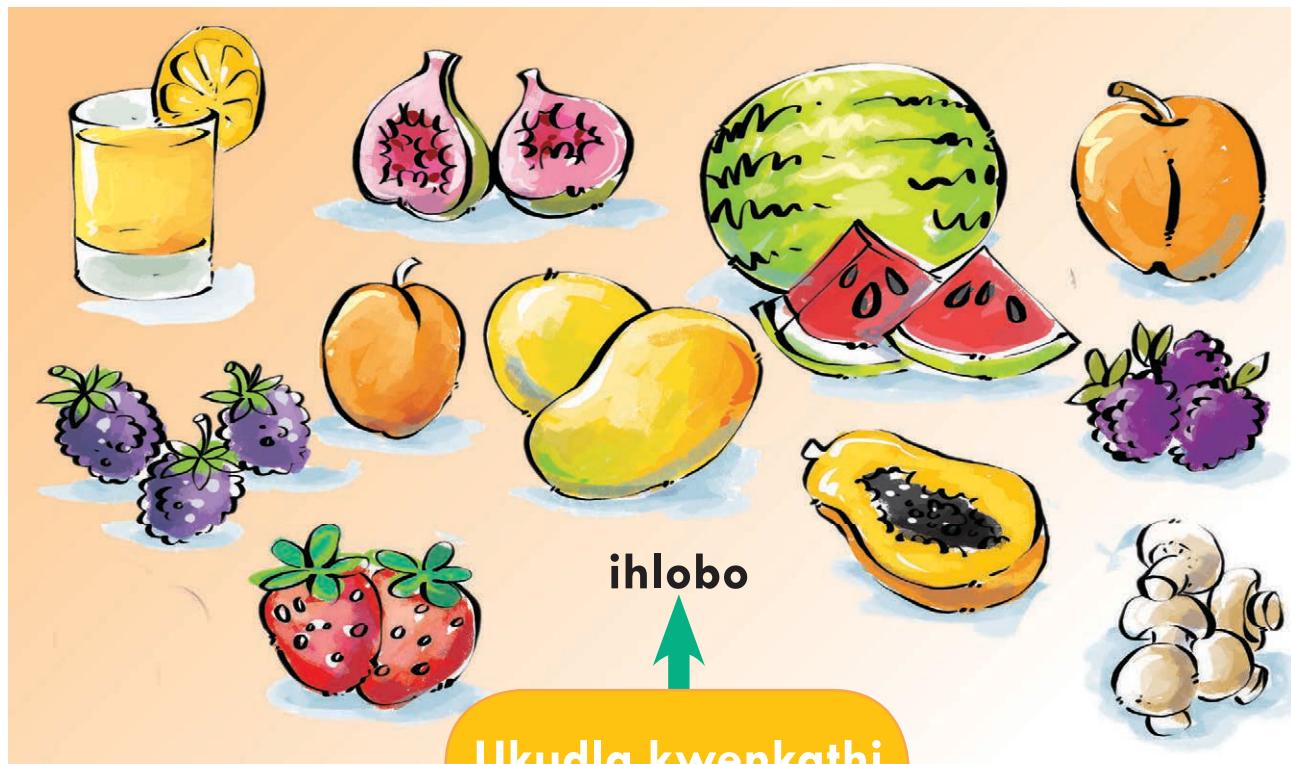
Izinyoni ziqlala ukwakha izidleke nokubeka amaqanda.





Masicule

Izinhlobo ezahlukahlukene zokudla zimila ngezinkathi ezahlukene zonyaka.
Bheka lokhu kudla kwasehlobo nokwasebusika. Xoxela umngani wakho
ukuthi uthanda ukndlani uma kushisa noma kubanda.



Ukudla kwenkathi
ngayinye yonyaka



Teacher:
Sign:
Date:

Ukugqokela isimo sezulu

IThemu 2 – ISonto 2 – Ikhasi Lokusebenza



Masidwebe

Dweba umfana nentombazane. Umfana makagqoke izimpahla zobusika ezifudumele intombazane igqoke izimpahla zasehlobo ezipholile.



Umfana	Intombazane



Phumela ngaphandle

- Beka amashubhu ayizindingiliza phansi noma udwebe izindingiliza enhlabathini.
- Uma uthisha wakho ethi gxuma, gxumela ngaphakathi kwendingiliza ngezinyawo zombili.
- Uma uthisha wakho ethi gxuma, gxumela ngaphandle kwendingiliza ngonyawo olulodwa.
- Dlala u-gxa.
- Sebenzisa ushoki ukudweba izindingiliza nezikwele phansi.





Masicule

Xoxela umngani wakho ukuthi siqqoka izimpahla ezinjani ngesikhathi sonyaka ngasinye. Yiziphi izimpahla okhetha ukuziqqoka?



Dweba umugqa usuke encazelweni yezingubo esiziqqoka kulolo hlobo lwasimo sezulu.

Bhala

Ukuqqokela isimo sezulu

Uma ilanga libalele kufanele sigqoke izigqoko ukuzivikela elangeni.



Uma kushisa kufanele siqqoke izimpahla ezilula.



Uma kubanda emnyango kufanele sigqoke izimpahla zewuli ezifudumele.



Uma lina sidnga amajazi emvula nezambulela.



Teacher:

Sign:

Date:

Imithelela yezinkathi zonyaka

Themu 2 – ISonto 3 – Ikhasi Lokusebenzela



Masifunde

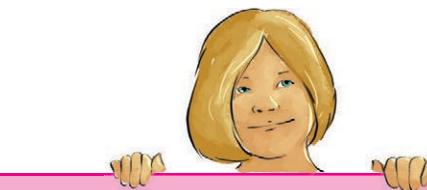


Ihlobo

Ehlobo abalimi bavuna izithelo. Amazinyane ezilwane ayatshakadula/ayajabula.

Ezindaweni eziningi izulu lina kakhulu futhi liyaduma libe nemibani.

Utshani, amahlathi nezimbali kukhula masinyane kucinane, izihlahla zona zikhula zibe zinde.



Intwasahlobo

Entwasahlobo imithi iqala ukumila.

Sibona izinyoni eziningi, izinyosi, izimbali kanye namaqabunga.

Izinyoni zakha izidleke zichamusele namaqanda.

Abalimi bagunda izimvu





Ikwindla

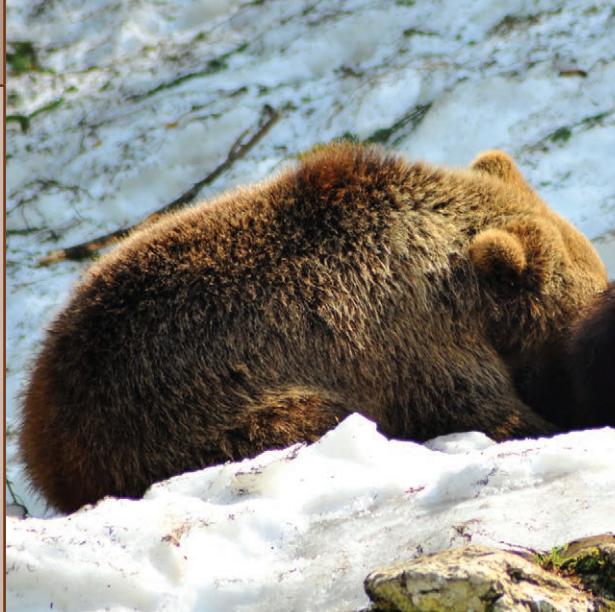
Ezinye zezilwane zisebenza kakhulu
ukuqoqa nokulondoloza ukudla
zilungiselela ubusika.

Amahlamvu emithi aqala ukuba
phuzi sagolide, abe nsundu,
bomvu noma abe sawolintshi.



Ubusika

Ezinye zezilwane ziyalala bonke
ubusika. Ziyafudumala ngoba uboya
bazo buyakhula.



Bhala

Zenzani ezinye zizilwane ebusika? _____

Zizivikela kanjani ezinye zizilwane emakhazeni ebusika? _____

Izinyoni zibuyela nini emazweni afudumele ziyokwakhela? _____



Ukutshala ubhontshisi



Masenzeni lokhu

Udinga

- 5 ubhontshisi
- uvolo
- isoso
- amanzi

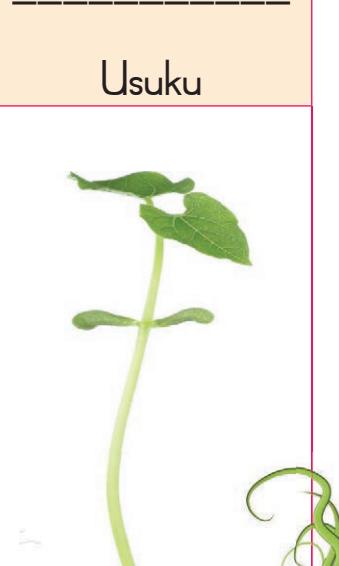
**Okufanele ukwenze**

Beka ubhontshisi phezu kukavolo esosweni.
 Lokhu kugcine kumanzi bese ubeka isoso ewindini lapho
 kunokukhanya khona. Hlola ubhontshisi njalo amasono aze abe
 mibili. Bheka ukuthi ukhula kanjani.

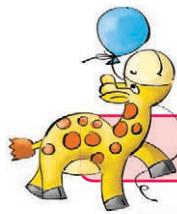


Bheka lesi sithombe sesithombo sikabhontshisi.

Uma uwutshala ubukeka kanjani ngaluphi usuku?

Usuku	Usuku	Usuku	Usuku
			

Usuku:.....



Masenzeni lokhu

Yenza umdlalo weshashalazi ngezilwane.

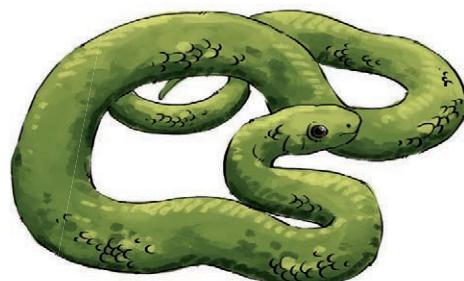
Ungakhombisa ibhele noma isinkwe siqoqa futhi silondoloza ukudla ebusika



Phumela ngaphandle

Ndiza njengelulwane uma
lindizela endaweni efudumele.

Huquzela njengenyoka
ifuna indawo efanele
ukucashela ubusika.



Izilwane zasepulazini

Itthemu 2 – ISonto 4 – Ikhasi Lokusebenzela



Masicule

Bheka isithombe bese uxoxa ngezilwane zasepulazini ezahlukene ozibonayo.

Yisiphi isilwane osithanda kakhulu?

Yini esiyitholayo kulezi zilwane?





Bhala

Faka izimpendulo ezifanele kulawa mathebhula.
Sikwenzele isibonelo.

	Eyesilisa	Inqama
	Eyesifazone	Imvu noma imbuzi yensikazi
	Ingane	Imvana
	Umsindo	Be...e
	Indawo ehlala kuyo	Isibaya

	Eyesilisa	
	Eyesifazone	
	Ingane	
	Umsindo	
	Indawo ehlala kuyo	

	Eyesilisa	
	Eyesifazone	
	Ingane	
	Umsindo	
	Indawo ehlala kuyo	

	Eyesilisa	
	Eyesifazone	
	Ingane	
	Umsindo	
	Indawo ehlala kuyo	



Epulazini



Umkhulu uMadimadi unepulazi

Hi...! Hi! Hi! Hi!

Epulazini lakhe ubenezinkomo

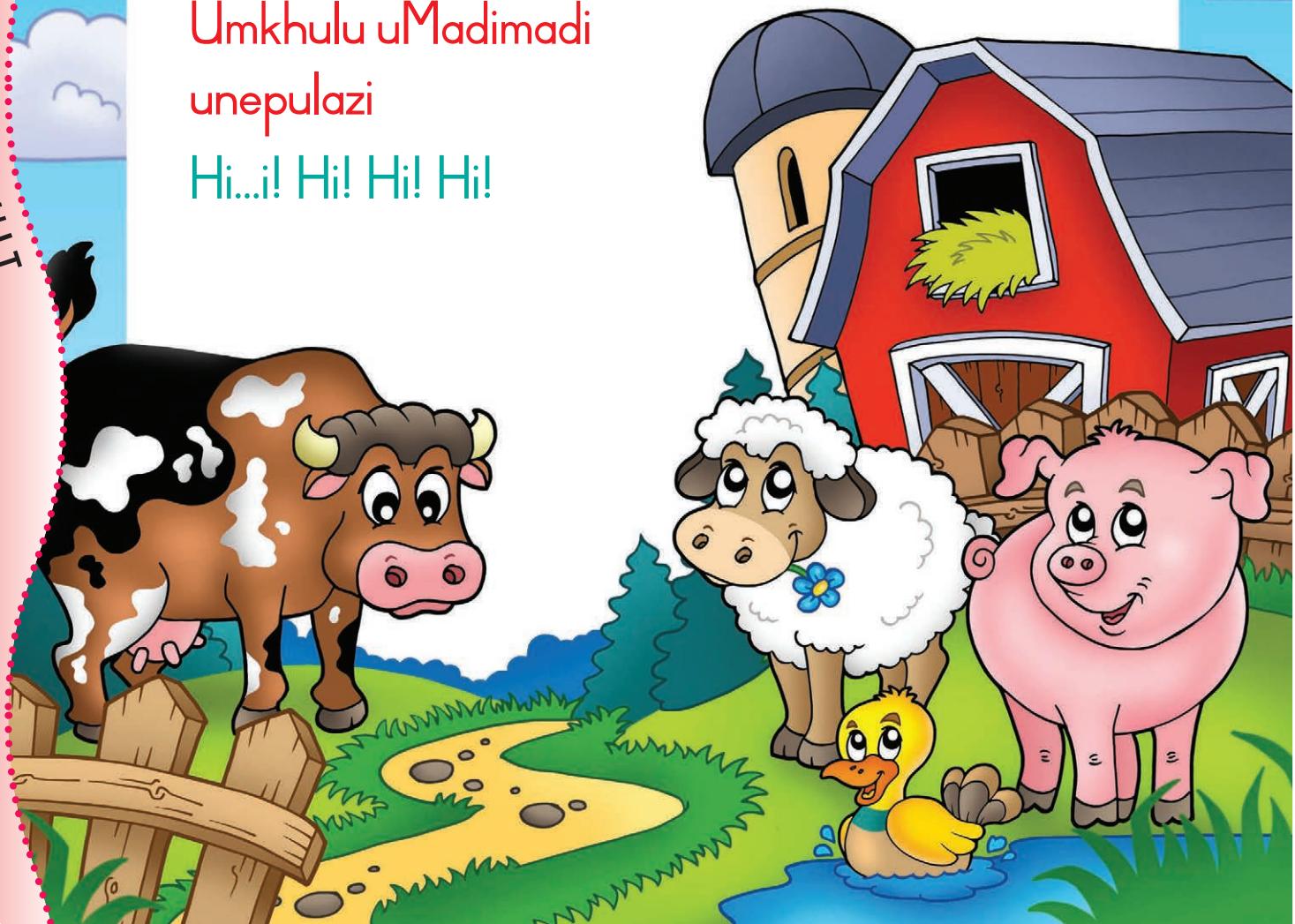
Mo...o mo...o mo...o mo...o laphaya

Mo...o mo...o mo...o mo...o yonke indawo

Umkhulu uMadimadi

unepulazi

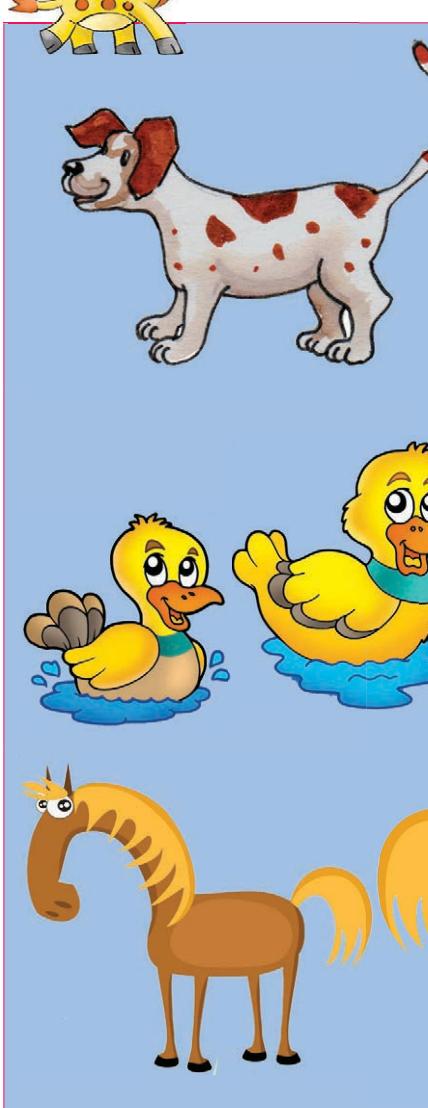
Hi...! Hi! Hi! Hi!





Masicule

Culani. Sebenzisani lezi zilwane esikhundleni senkomo.



Epulazini lakhe
ubenezinja.

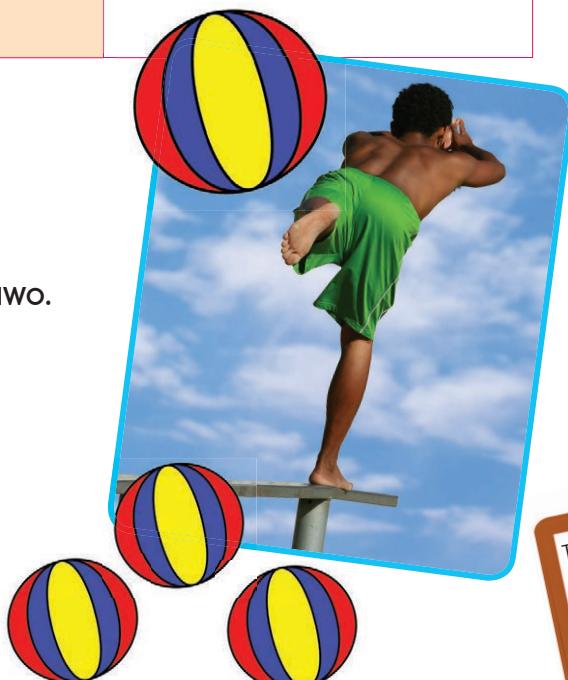
Epulazini lakhe
ubenamadada.

Epulazini lakhe
ubenamahhashi.



Phumela ngaphandle

- Hamba phezu kwensimbi ungabambeleli ndawo.
- Phosa ibhola omoyeni uphinde ulibambe ngaphandle ngokuthiliwe.
- Gxuma njengehhashi.
- Hamba njengedadada.



Izilwane zasendle

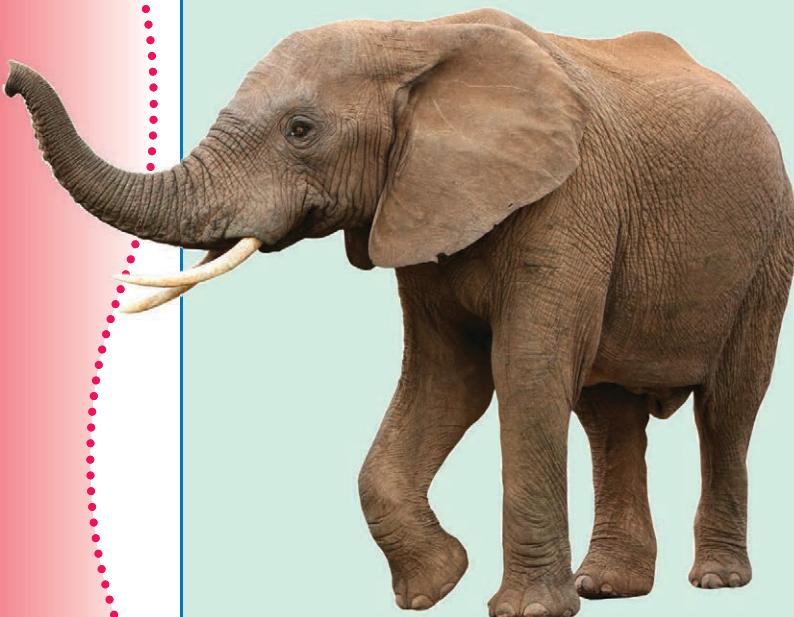


Masifunde



Amabhubesi awumndeni wamakati.

Ibhubesi laziwa njengenkosи
yezilwane. Azingela futhi abulale
izilwane ezifana nezinyamazane
kanye namadube. Amabhubesi
ezinsikazi yiwona avame ukuzingela.
Azingela ebusuku futhi ahamba
ngamaqembu. Amabhubesi
athanda ukuhlala ezigangeni
ezinotshani. Amabhubesi
abhonga kakhulu.

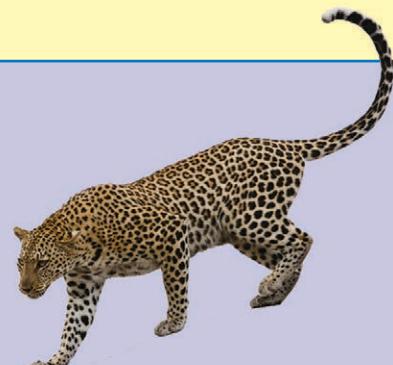


Izindlovу yizilwane ezinkulu ezweni.

Zisengcupheni imihla ngemihla
ngenxa yezigebengu ezifuna
izimondo. Imiboko yezindlovу
ikhula izimpilo zayo zonke. Zikha
ngayo izithelo futhi ziphuze ngayo
amanzi. Zikwazi ukudla ukudla
okuyisisindo esingamakhilogiramu
angama-200 ngosuku ziphuze
namanzi angamalitha ayi-190.



Kunezinhlobo ezimbili zikabhejane – kunobhejane omnyama kanye nomhlophe. Obhejane ababoni kahle, kodwa banemizwa yokunuka ebukhali. Obhejane babanzi futhi bangaba nesisindo samakhilogiremu ayi-2 500. Obhejane bavame ukuzingelwa yizigebengu ezifuna izimpondo zabo. Kufanele sibavikele obhejane ezigebengwini ezifuna izimpondo zabo.



Ingwe ekhulile ingakhula ize ibe ubunde obungama mitha ama-2. Isikhumba sayo sinsundu sinamabala amnyama ayizindilinga. Ingwe iyakwazi ukugibela nokuzingela ezihlahleni.



Inyathi ihlala nemihlambi. Uma kuza ingozi, izinyathi namankonyane zibalekela phakathi komhlambi wezinkunzi. Ezinye izinyathi zikhula zize zifike ebudeni obuyi-1,7 m.

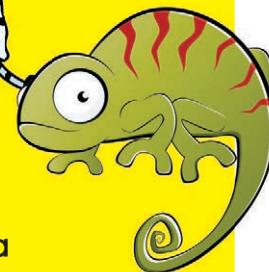


Zicasha kanjani izilwane

IThemu 2 – ISonto 5 – Ikhasi Lokusebenzela



Masifunde



Ezinye zezilwane ziyakwazi ukuzishintsha umbala
ufane nalokho okuseduze kwazo.



Unwabu luyakwazi ukuzishintsha umbala ufan
nesihlahla olusigibeleyo.



Imigqa yedube yenza kube nzima
ukulibona ehlathini.

Amaphiko ezinye zezilwane adalwe ngendlela
yokuthi kunzima ukuzibona.



Lokhu sikubiza ngokuzifihla.

Cabanga ngesilwane esisodwa esikwazi ukuzifihla.

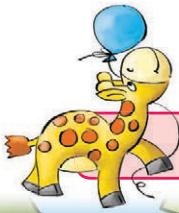


Okokuzithokozisa



Uthisha wakho uzokufundisa ukudlala
umdlalo wezihlalo zomculo.





Masenzeni lokhu

Dweba isilwane sasendle.

Bese uxoxela umngani wakho ukuthi lesi silwane sizifihla kanjani.



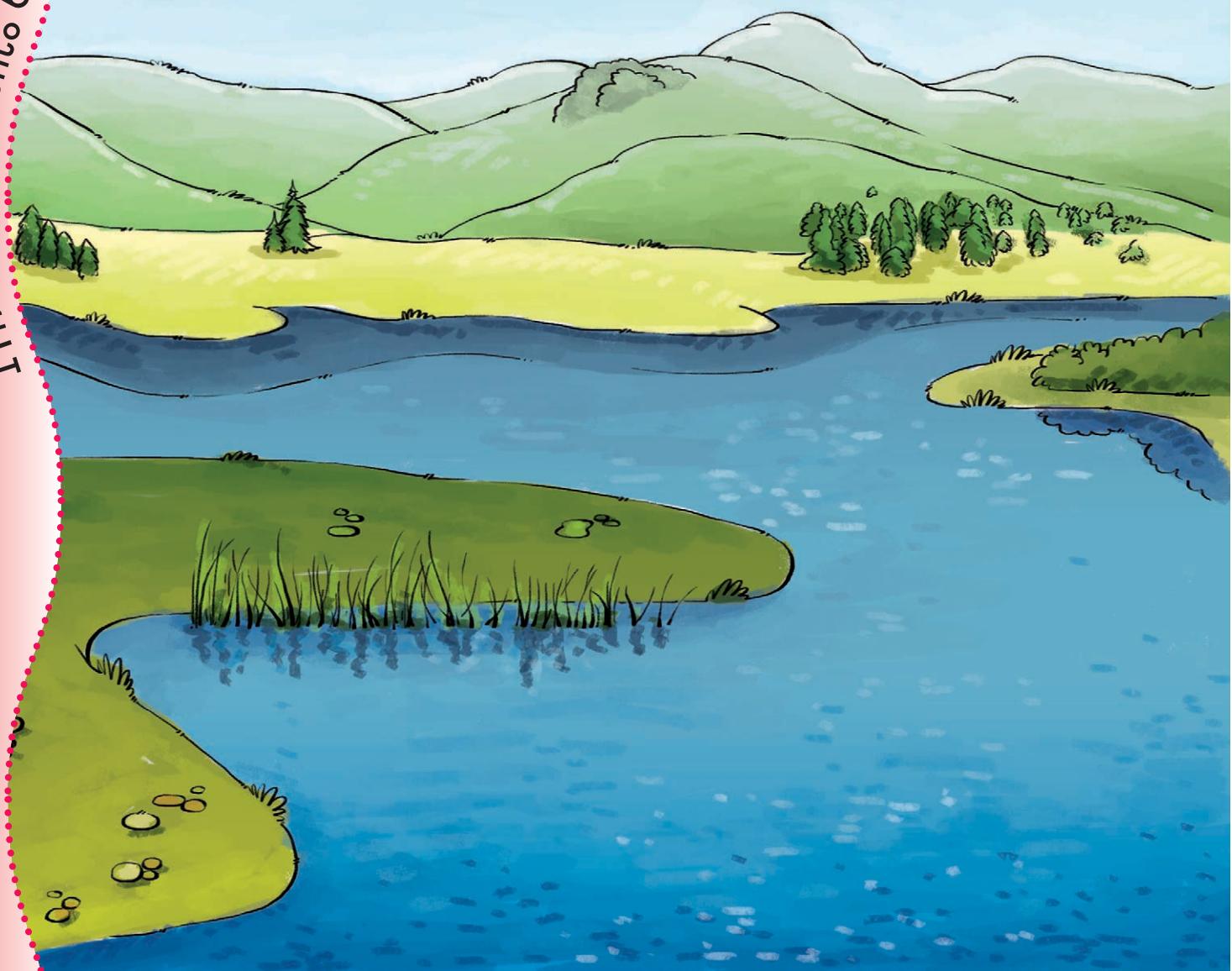
27

Izilwane zasemanzini

IThemu 2 – ISonto 6 – Ikhasi Lokusebenzela

Masenzeni lokhu

Qedela isithombe ngokufaka imidwebo noma
izithombe zezilwane ezihlala emfuleni.

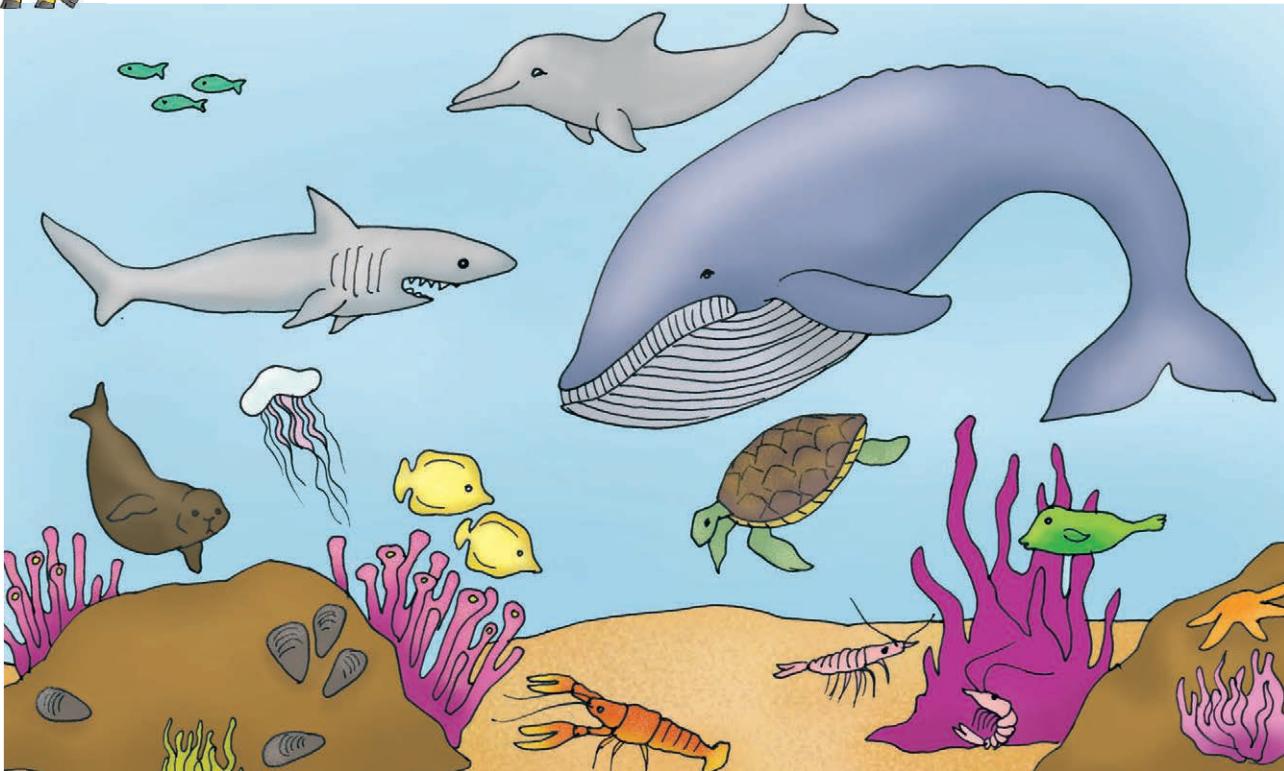


Izilwane zasekujulenzi kwamanzi

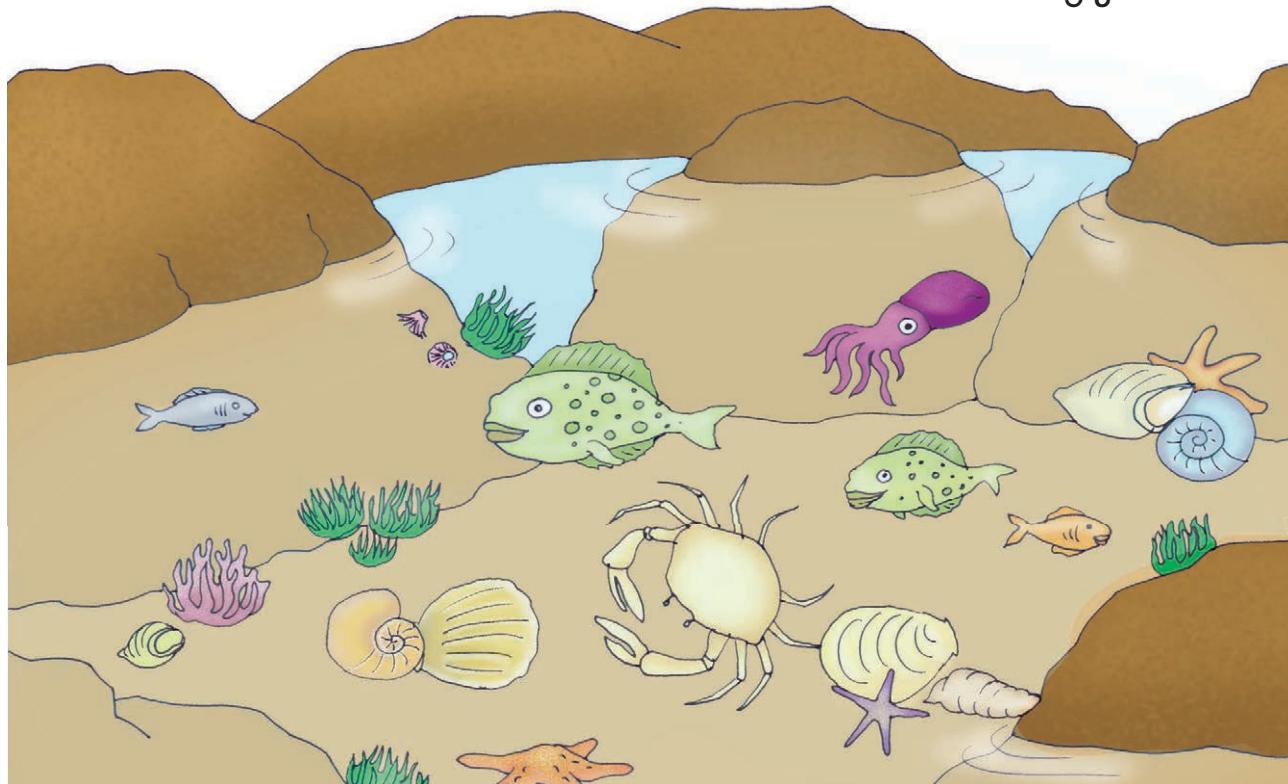


Masicule

Make sibheke zonke izilwane ezahlukahlukene ezihlala emanzini anosawoti.



Kunezilwane futhi ezihlala emadamini, emadwaleni nasemanzini angajulile.



Teacher:
Sign:
Date:

Ulwazi ngezilwane



Masicule

Xoxa ngazo zonke izilwane
zasolwandle ezikulesi sithombe.

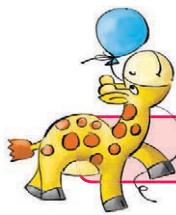
- Yiziphi kulezi zilwane zasolwandle ezingadliwa ngabantu?
- Yiziphi izilwane zasolwandle eziyingozi?
- Ingabe umzimba kafishi wembozwe yini futhi uvikelwe yini?
- Yiziphi izindlela ezahlukahlukene ezingangcolisa ulwandle?
- Ucabanga ukuthi kungenzekani uma ulwandle lungangcoliswa wudoti noma ushevu?



Bhala

Bhala amagama ezilwane ongazicabanga ezihlala emifuleni, emadamini noma olwandle kulamakholamu ethebula.

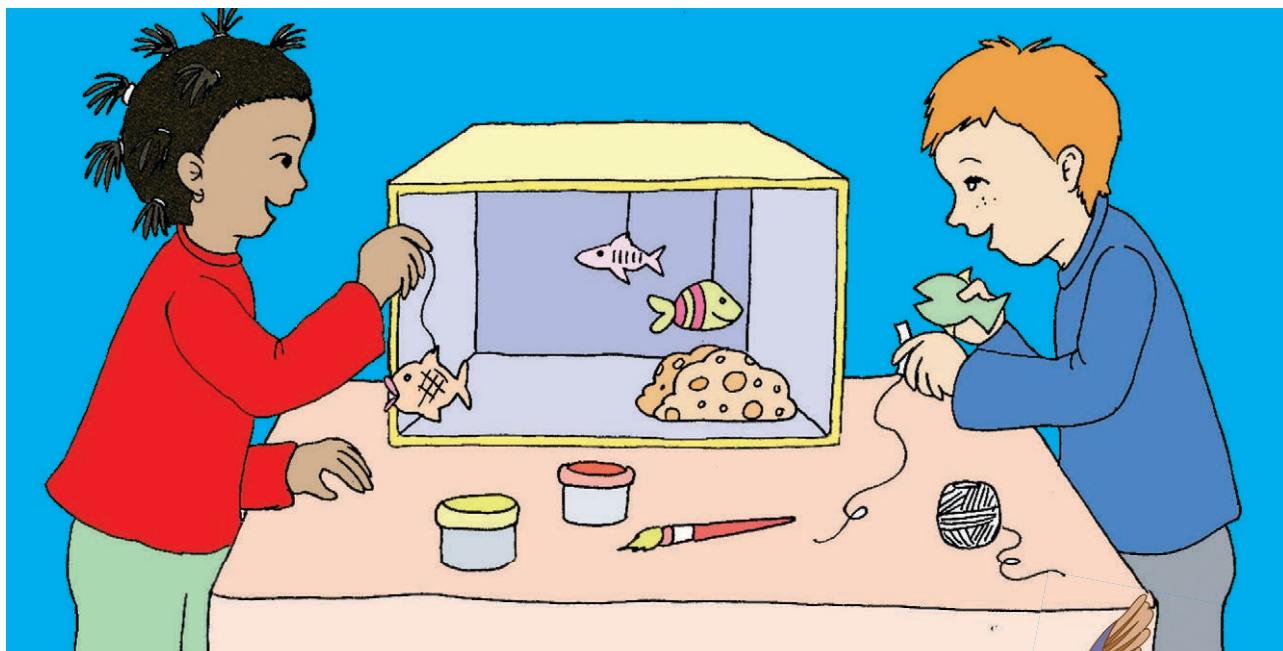
Umfula	Ulwandle	Idamu



Masenzeni lokhu

Ake uzenzele elakho ithange lezinhlanzi.

- Penda ingaphakathi lebhokisi lesicathulo ngombala oluhlaza sasibhakabhaka noluhlaza satshani bese uliphendula ngohlangothi lalo.
- Bese usika isithombe sika fishi ngemuva kulelibhuku.
- Namathisela iphezulu lebhokisi ngethephu enamathelayo kanye nentambo.



Phumela ngaphandle

- Ndiza njengenyoni ngesivinini esisheshayo nesihamba kancane.
- Dadlazela njengehlengethwa.
- Ndiza njengenyosi.
- Hamba njengenkalankala.
- Bhukuda njengofishi.
- Gxuma njengeselesele.
- Dlala umdlalo wokulandela umholi.
- Dlala umdlao wekati negundwane.



Izilwane ezihamba nezindlu zazo



Masifunde

Ufudu



Uthi bewazi?

Ngilingana kahle nje egobolondweni
lami elibi elincane.

Ufudu yisilwane esihuquzelayo esinezinyawo ezine kanye nomqala oshwabene kanye nekhanda. Luhamba kancane negobondo eliyindlu yalo emhlane.

Zihlala kuphi lezi zilwane?

Ufudu lwamanzi	Ufudu oluncane lwamanzi	Ufudu



Bhala

Phendula imibuzo elandelayo ngezimfudu ezihlala emhabeni.

Ingabe igobolondo lofudu luqinile noma lithambile? _____

Ingabe igobolondo livikela ngani ufudu? _____

Lwenzanjani ufudu uma lwethukile. _____

Zidla kudla kuni izimfudu? _____

Usuku:.....

Iminenke

Bheka igobongo lomnenke.

Ihlo

Igabolondo

Izimpondo ezinde

Izimpondo
ezimfushane

Unyawo

Imbobo yokuphefumula

Uhamba kanjani umnenke?

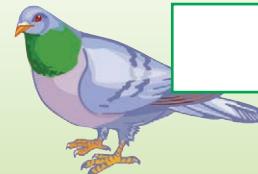
Wake walithola igabolondo lomneke lingenalutho? Ucabanga ukuthi kusuke kwenzekeni ngomnenke?

Ambala muni amagabolondo omnenke?

Kungani ucabanga ukuthi iminenke inamagabolondo?



Ucabanga ukuthi njihlala kuphi? Eduze kwesithombe sami, bhala ukuthi ngikwazi ukwenza ikhaya lami esihlahleni, emgodini noma emanzini.



Izilwane ezizakhela indawo yokuhlala

Ithemu 2 – ISonto 8 – Ikhasi Lokusebenzela



Masenzeni lokhu

Hlanganisa izithombe zezilwane nezithombe zamakhaya azo izilwane.



Masifunde

Izinyosi



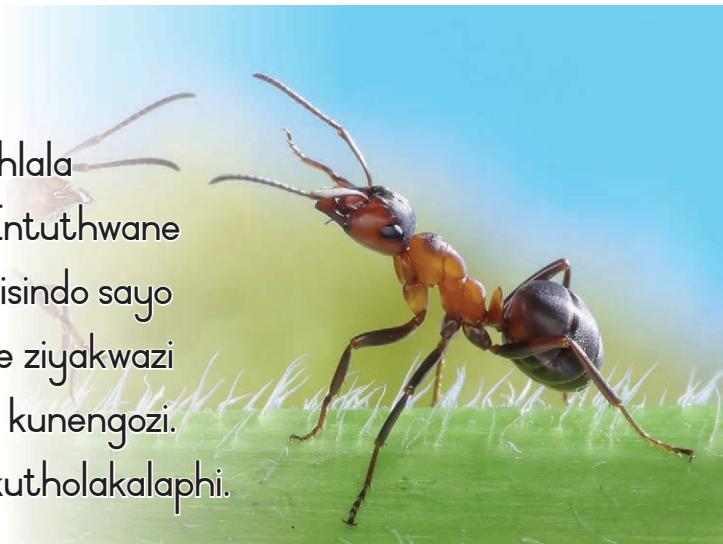
Izinyosi zihlala ezidlekeni zazo.

Zakha izidleke ngamafutha.

Zibeka ukudla kwazo ezidlekeni.

Izintuthwane

Izintuthwane zakha izindawo zokuhlala ezahlukahlukene kwisizinda sazo. Intuthwane encane iyakwazi ukuthwala into esisindo sayo siphindwe kane kuyo. Izintuthwane ziyakwazi ukuxhumana. Ziyaqwasisana uma kunengozi. Ziyatshelana futhi ukuthi ukudla kutholakalaphi.



Bhala

Ucabanga ukuthi kungani izintuthwane zizakhela izindawo zokuhlala?

Ubani isitha sentuthwane?

Zisebenzisani izintuthwane uma zakha indawo yokuhlala?



Masifunde

Izinyoni

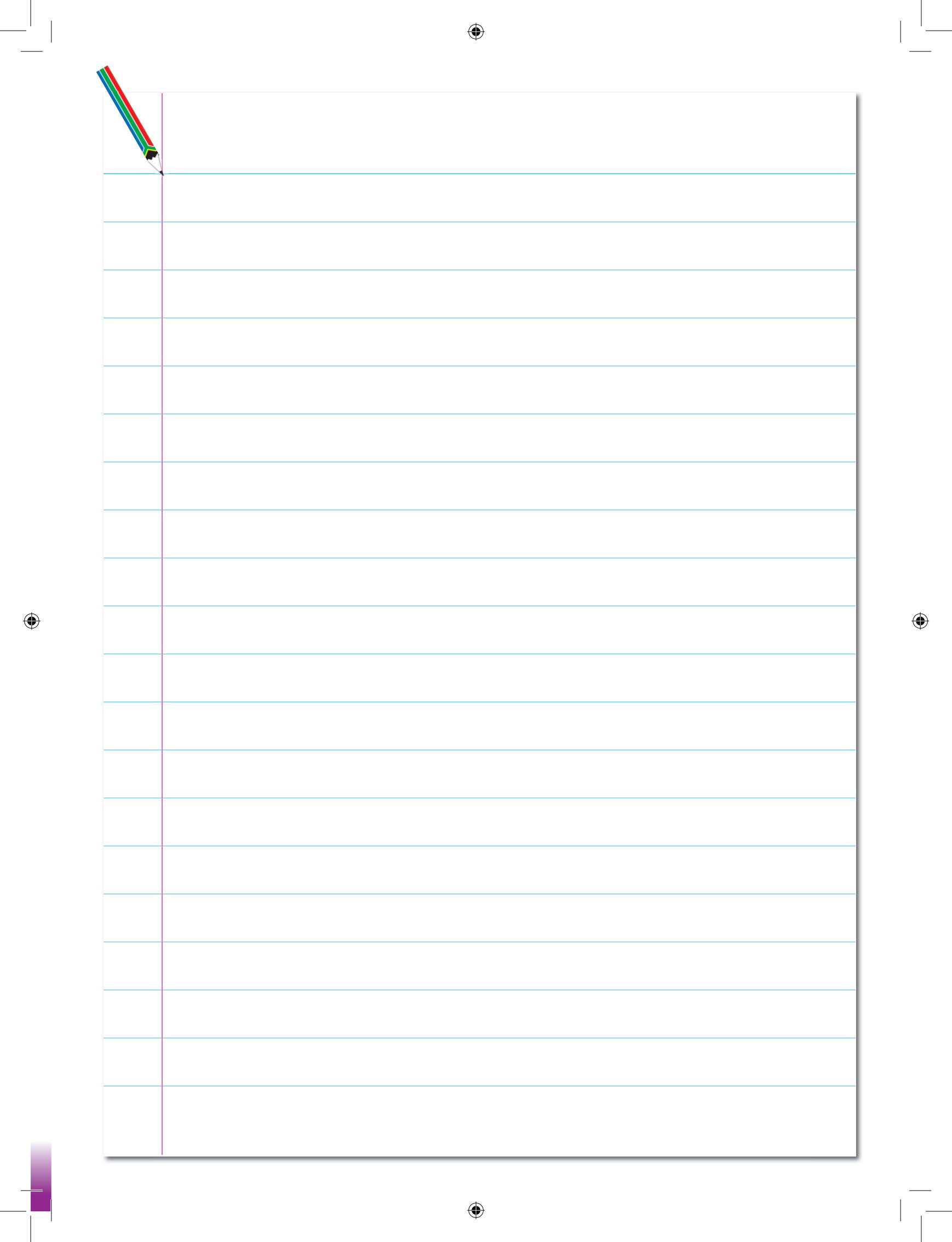
Izinyoni zakha izidleke njegezindawo zokuhlala nezokuzalela amaqanda. Ubukhulu besidleke buncika ekuthini ingakanani inyoni. Zisebenzisani izinyosi uma zakha isidleke?

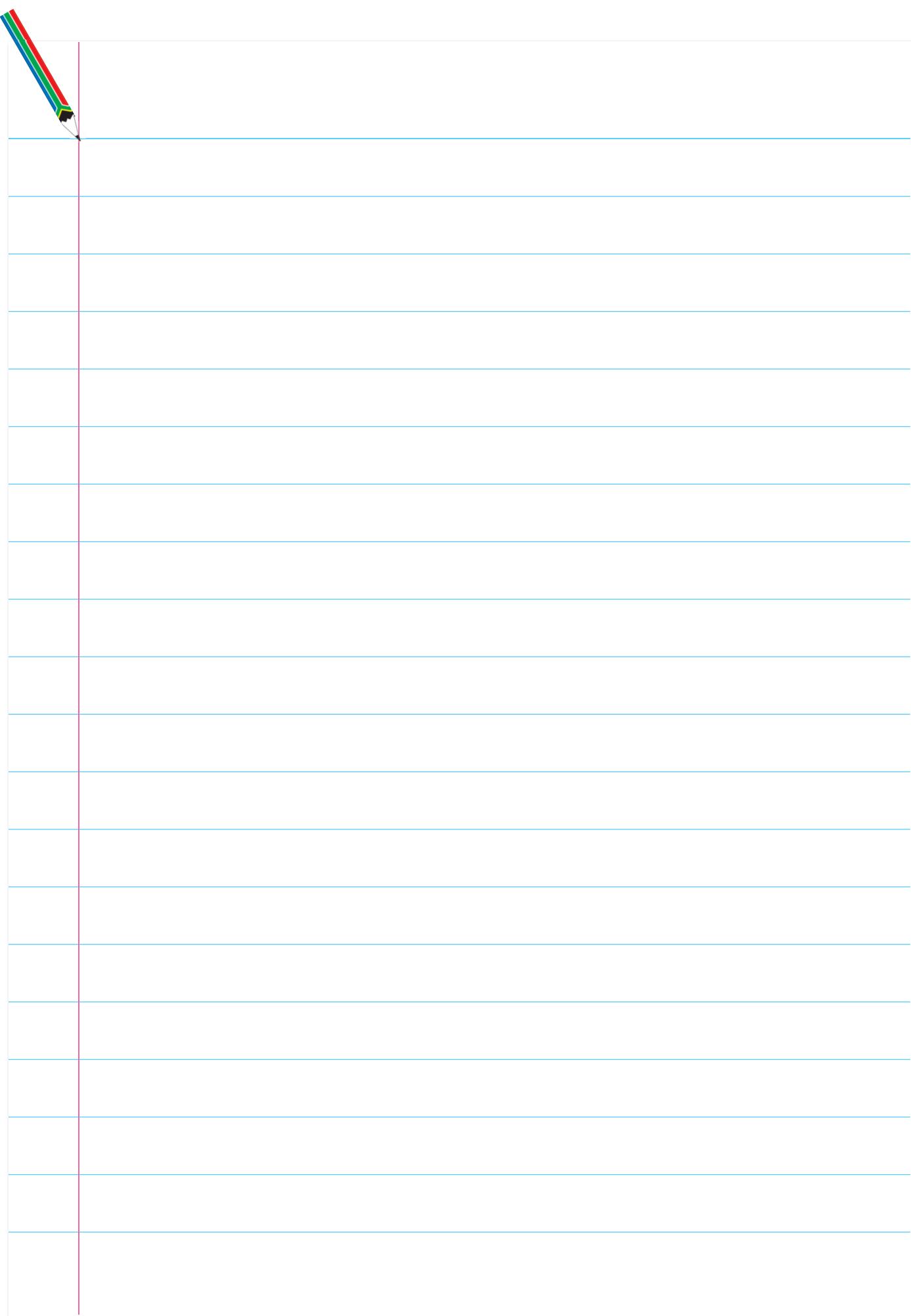
Yisiphi isilwane esiyisitha senyon?



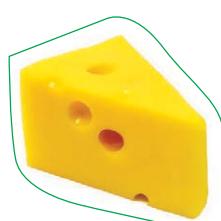
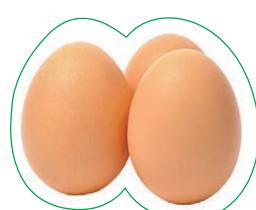
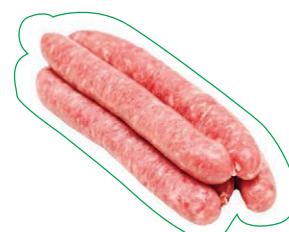
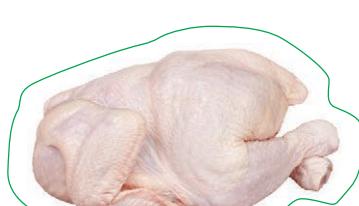
Isichazamaziwi sami

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

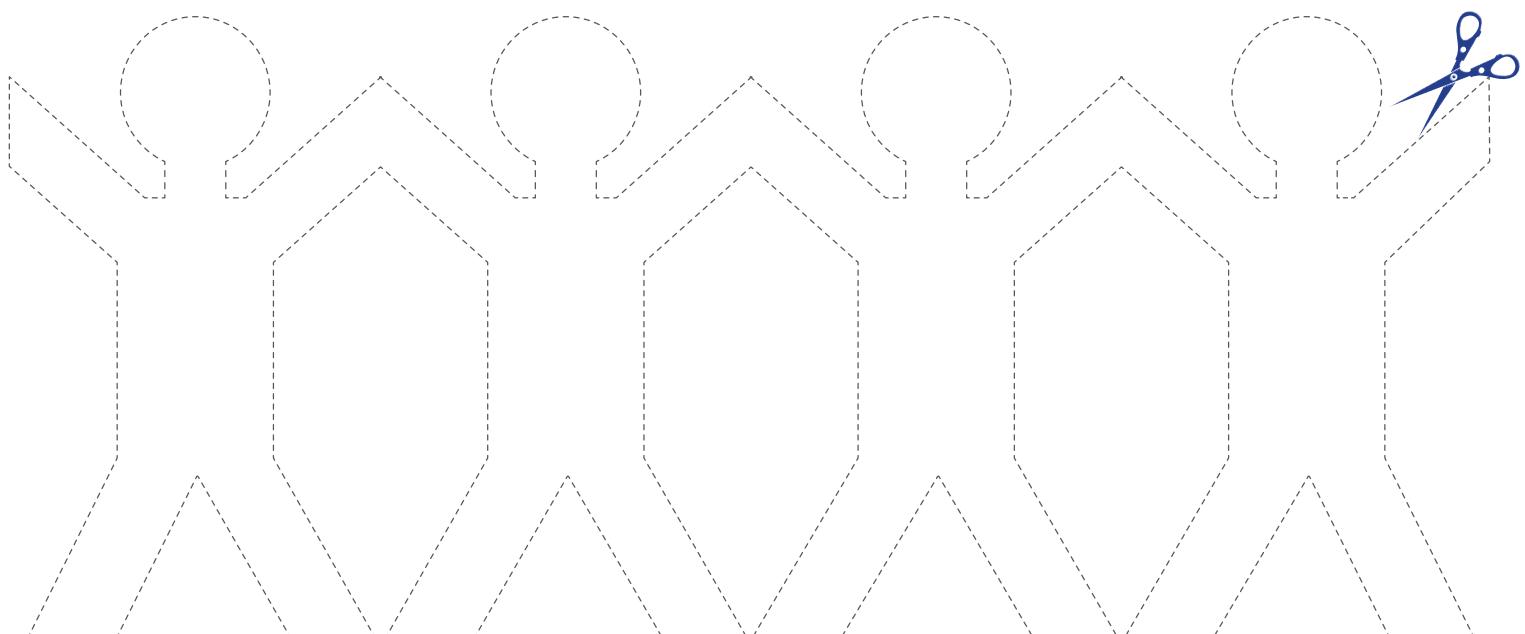




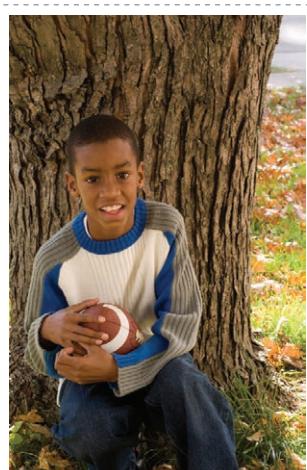
P.29



P.30



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