

Ibuyekeziwe –  
Ihambisana  
ne-CAPS

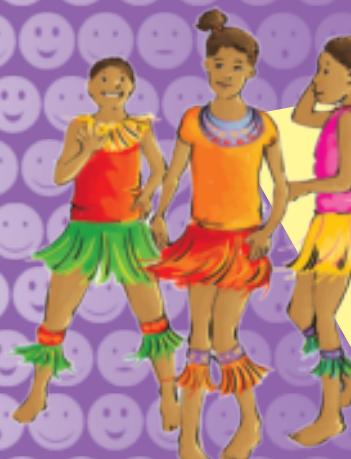
Ibanga lesi-

3



## Amakhono Empilo NGESIZULU

Incwadi yoku-  
lithemu 1 & 2



Iklasi:

Igama:



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LIFE SKILLS IN ISIZULU  
GRADE 3 – BOOK 1

TERMS 1 & 2

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7th Edition

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Izincwadi zokusebenzela ezikhona kulolu hla  
lwazincwadi:

- Ulimi/Ulimi lwasekhaya Amabanga 1 – 6  
(Ngezilimi zonke ezisemthethweni)
- Izibalo Amabanga 1 – 3  
(Ngezilimi zonke ezisemthethweni)
- Izibalo Amabanga 4 – 9  
(NgesiNgisi nesiBhunu)
- Amakhono Empilo Amabanga 1 – 3  
(Ngezilimi zonke ezisemthethweni)



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UNkk Angie Motshekga,  
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bamabanga asuka kwelokuqala kuya kwelesithupha eNingizimu  
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Uxhaso loMnyango weZimali lusize uMnyango wezeMfund 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 kwansku 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  
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Sinethemba futhi lokuthi abantwana ugobo lwabo bazokujabulela  
ukusebenzisa lezi zincwadi ekukhuleni kwabo bakhule nolwazi  
eziluqukethe, bese kuthi wena njengothisha wabo uthokoze kanye  
nabo ekugcineni.

Sifisela wena nomfundu omfundisayo impumelelo ngenkathi  
usebenzisa lezi zincwadi.



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# Ibanga lesi-

3

Amakhono Empilo  
**NGESIZULU**  
Incwadi yoku-l



Le ncwadi ngeka-



# Impilo yami



Masibhale

Sonke sehlukile komunye nomunye futhi sibalulekile.  
Gewalisa lo mazisi ngempilo yakho. Ukudizajina isitembu sikamazisi.  
Uma usukwenzile lokhu bese utshengisa umngani wakho ikhadi lakho.

Yikuphi okufanayo futhi yikuphi owehluke  
ngakho kumngani wakho?



## Umazisi

Igama:

Iminyaka yokuzalwa: \_\_\_\_\_.

Usuku lokuzalwa:

unyaka      inyanga      usuku

Indawo owazalelwakuyo:

Intombazana noma umfana:

Ulimi lwasekhaya:

Umbala wezinwele:

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

Umbala wamehlo:

Ukusayinda



Dweba isithombe sakho.



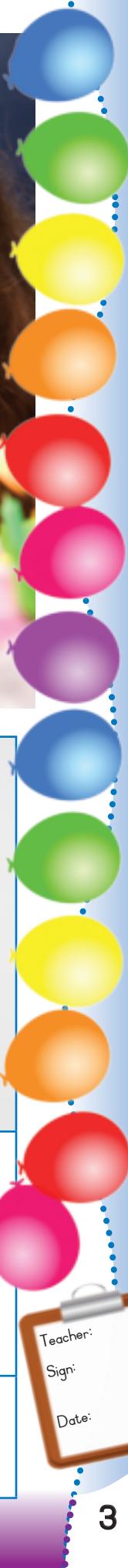
Masixoxe

Cabanga ngempilo yakho  
yonke kuze kuge manje.

Ukhumbula ukufikaphi?

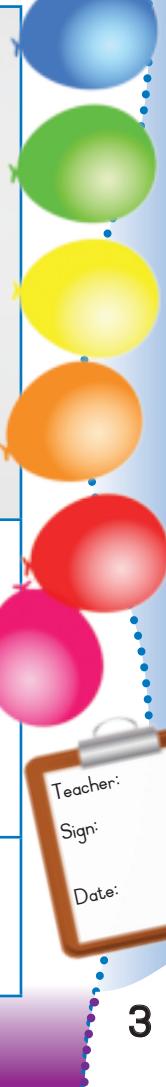
Ingabe uyalukhumbula yini susuku  
lwakho lokuzalwa lonyaka wesibili?

Usakhumbula uma usaqala isikole?



Masibhale

Gcwalisa lo mugqa  
wesikhathi ngempilo yakho.



Ngazalelwa e-	Ngaqala ukukhulumango-	Ngaqala isikole e-	Ngaqala ibanga lesibili -3
inyanga			
unyaka 20 _____	20 _____	20 _____	20 _____



# Isikole sami



Masenze loku

Uthisha wakho uzokusiza ukudweba uhlelo lwakho lwasikhathi.  
Sikuqalele. Uthisha wakho uzokutshela ngezinye zezehlakalo  
ezisemqoka angazengeza.

Savulwa ngamuphi unyaka isikole sakho?	Wafika ngamuphi unyaka uthishomkhulu wakho?		



Masibhale

Uthini umlando wesikole sakho? Thola izimpendulo zemibuzo ebuziwe bese  
uzibhala ezikhalieni kukholamu yokuqala. Dweba isithombe ukhombise umlando.

Savulwa ngamuphi unyaka isikole sakho?	Dweba isithombe sesikole sakho.
Kwakungubani uthishomkhulu wokuqala?	
Usuku: .....	

Sasithini isiqubulo sesikole?  
Ngabe sisenjalo namanje?

Dweba ibheji lesikole.

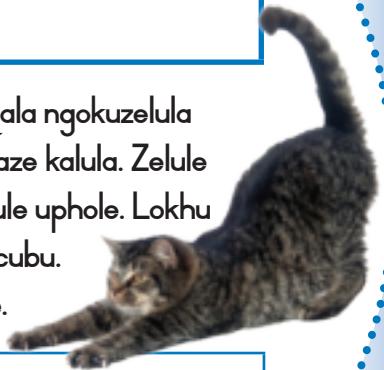
Yisho okuthile okubaluleke  
kakhulu ngesikole. (Mhlawumbe  
kwakunomfundsi owaduma  
ngokuzuza okuthile okubalulekile.)

Dweba isithombe ukhombise okukodwa  
okubaluleke kakhulu ngesikole.



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.  
Yenza-ke manje lokhu okwenziwa yilezi zingane.



Uthisha wakho uzobiza igama lakho bese  
ejikijela ibhola kuwena. Nqaka ibhola  
ngaphambi kokuba liwe.



Manje nqaka ibhola ngesikhwama uma  
umngani wakho eliphonsa.

Phonsela umngani wakho ibhola bese  
ubheka ukuthi angalingqaka  
ngesikhwama na.



Zinwebe njengekati ukuze ukhululeke.



# Konke ngami



Masixoxe

Cabanga ngento ejabulisayo eyake yakwehlela ngaphambilini.  
Xoxela umngani wakho ukuze akwazi kangcono.



Masenze loku

Tshela umngani wakho ukuthi lo muntu ushintshe kanjani esuka ebuntwaneni eba yinkosikazi endala.

<p>Usana</p>	<p>Umntwana</p>	<p>Umntwana wesikole</p>
<p>ijongosi</p>	<p>Umuntu omdala</p>	<p>Isalukazi</p>



Masixoxe



Akhani iqembu bese nisebenza. Qambani iculo nidanse.  
Egenjini lakho, bhala amagama eculo esikhaleni esingezansi.  
Khombisa iklasi lakho ukuthi ulicula kanjani iculo ngenkathi udansa.



# Okukhulu nokudala



Masixoxe

Xoxa ngokuthi wehluke kangakanani wena ezinganeni ezindala nakubantu abadala.

Ngokuhamba kwesikhathi  
abantu bayakhula.  
Umbala wezinwele zabo  
uyashintsha, amazwi abo  
ashintshe, izicubu zabo  
ziyanda bese behlakanipha  
kakhulu.



Masibhale

Bashintsha kanjani abantu ngenkathi bekhula.



Yikuphi kokulandelayo okwenza ngendlela eyahlukile kuleyo abazali bakho abakwenza ngayo (✓).

	Mina	Abazali bami
Ukugijima ngaphanc kokukhathala		
Gxuma		
Funda iphepha		
Shayela imoto		
Dlala esihlahleni		

Usuku: .....



Masicule

Masizilungisele ukucula.  
Yenza imisindo elandelayo.



Umsindo osheshayo we-ambulense.

Umsindo onensayo njengeculo lokulalisa umntwana.

Umsindo ophakeme njengenyoni icula.



Umsindo ophansi njengebhubesi livungama.



Phumela ngaphandle

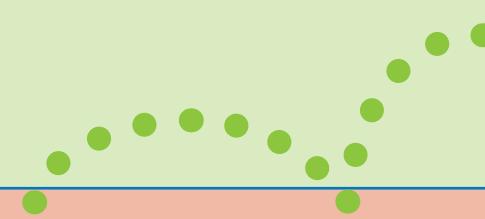
Ungalinqaka ibhola?



Phosa ibhola emoyeni uphinde ulinqake ngezandla zombili.

Liphose phezulu bese ushaya izandla zakho ngaphambi kokuba  
ulinqake ibhola.

Shaya ibhola phansi.



Manje yakha induku yokushaya ibhola usebenzise iphepha eligoqiwe  
noma ucezu lokhuni. Sebenzisa le nduku ukubhampisa ibhola phansi.

Manje zelule njengetati.



5

# IThemu I – ISonto 3 – Ikhasi Lokusebenzela

## Imizwa

Bheka lezi zithombe bese usho ukuthi izingane ziphatheké kanjani.  
Wake waphatheké kanje? Bhala usho ukuthi ingane ngayinye iphatheké kanjani. Sebenzisa amagama alandelayo ukuze akusize.



Masixoxe

ujabhile

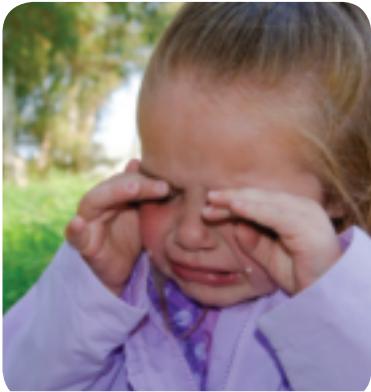
ujabulile

uyakhala

uyesaba

uyaziqhenya

ucasukile



Yenza lokhu ngaphandle

Dlala umdlalo wethenisi ulolonge  
ikhono lakho lokuphebeza ibhola  
isandla sibheke phambili futhi  
sibheke nangemuva.





Masixoxe

Yini ekujabulisayo?

Yini ekujabhisayo?

Yini ekwenza wesabe?



Masibhale

Yini ekucasulayo?



Bhala kudayari mayelana nosuku ozizwe ngalo ujabulile. Chaza ukuthi kwenzekeni.

### Dayari ethandekayo

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Bhala kwidayari ngosuku ozizwe ngalo ujabhile. Chaza ukuthi yini ekwenze wajabha.

### Dayari ethandekayo

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# Izinto engizithandayo



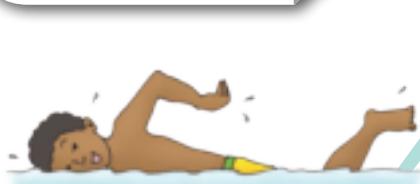
Masibhale

Tshela iqembu lakho ukuthi yimuphi umsebenzi ojabulela kakhulu ukuwenza, bese ubhala amagama emisebenzi ezikhalieni ozinikiwe.






## ENGIJABULELA UKUKWENZA





Masibhale

Manje sebenzisa ibalazwe lembono ukubhala isigejana samagama ngalokho ojabulela ukukwenza nokuthi kungani ukujabulela ukwenza lemisebenzi.

## Engijabula kakhulu uma ngikwenza



Masenze loku

Sebenzisa inhlama yokudlala ukubumba ubuso obujabulile nobuso obudangele.



Masixoxe

Buza abangani bakho aba-5 ngalokho abathanda ukukwenza. Hlikhla ngombala esikhale ni esifanele ngaso sonke isikhathi lapho besho umsebenzi abawuthandayo.



5					
4					
3					
2					
1					
	Ukucula	Ukufunda	Ukupenda	Umdlalo	Izibalo

Yimuphi umsebenzi othandwa kakhulu?

Teacher:  
Sign:  
Date:

# Imizwa



Masixoxe

Bheka lezi zithombe bese usho ukuthi ungazisiza kanjani lezi zingane ukuthi zenze into efanele.

	<p>Awukwazi yini ukubheka lapho uya khona?</p>	
	<p>O! Nxese! Wothi ngikusize ukucosha lokhu!</p>	
	<p>Ohho! Nanti ibhola lakho!</p>	
	<p>Hamba uyodlalela kwenye indawo!</p>	
	<p>Okwami lokhu futhi ngeke ngikuphe.</p>	
	<p>Woza khona sizohlukaniselana ngoshokoledi.</p>	

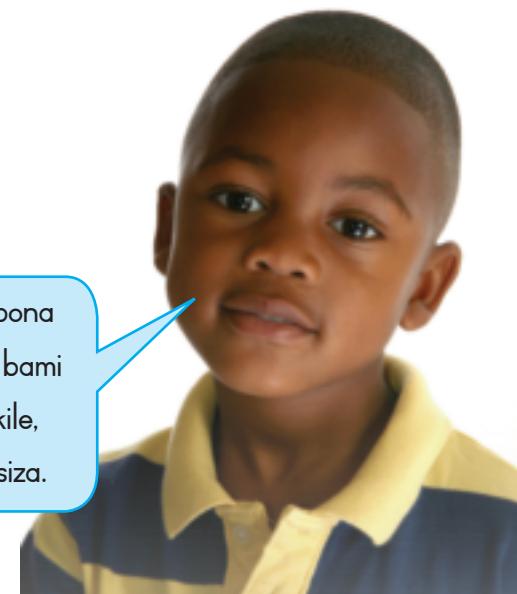


Masibhale

Benzani abangani abahle?



Uma ngenza  
okungalungile,  
ngiyaxolisa.



Uma ngibona  
abangani bami  
bexakekile,  
ngiyabasiza.

Bhala okunye oku-4 abangani abakwenzayo.



Masixoxe

Buka lezi zithombe. Khuluma ngalokho okubona kuzo ngasinye. Khetha sibe sinye usidlale njengomdlalo. Nikeza indaba yakho isiphetho.



Manje bhala umdlalo ngesithombe osikhethile. Gcwalisa amagama abalingiswa kwikholamu lokuqala.




Phumela ngaphandle

Zama ukwenza okulandelayo.

- Gijima uzungeze inkundla. Uma uthisha wakho ethi "shintsha", jika bese ugijima ubheke ngakolunye uhlangothi.
- Manje shaya ibhola phansi futhi uhambe ubheke phambili.



# Ngingumuntu onjani



Masibhale

Yisho ukuthi wena unjani

Ngingumngani olungile.

Ngiyabakhathalela abangani bami.

Nginobungani ezinganeni engifunda nazo.

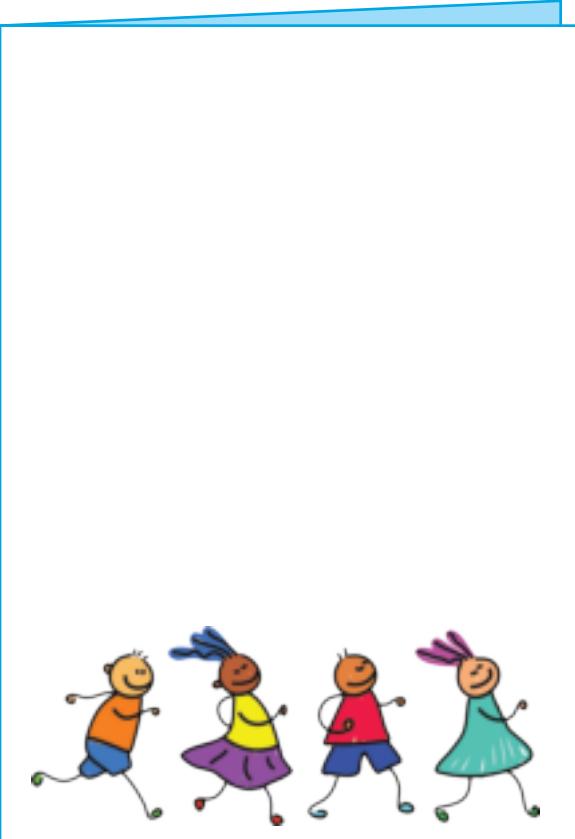
Izingane eziningi eklasini lami ziyangithanda.

Ngikhulumka kahle nabanyeabantu.



Masenze loku

Yenzela umuntu omthandayo ikhadi. Dweba isithombe ngemuva kwekhadi bese ubhala umyalezo ngaphakathi.






Masibhale

Dweba isithombe sabangani bakho noma sikathisha noma  
selungu lomndeni elibalulekile kuwena. Bhala amagama abo.



## ★ Abantu ababalulekile empilweni yami

(Handwriting practice area)

(Handwriting practice area)



Manje bhala incazelo yala bantu nokuthi kungani ucabanga ukuthi bakhethekile.

(Handwriting practice area)

(Handwriting practice area)



# Ezempilo nosizo lokuqala



Masixoxe

Xoxa ngalokho okwenzeka kulesi sithombe.



Wake waba nomongozima?  
Kufanele wenzeni uma uqala ukuphuma umongozima?

## Okufanele ukwenze uma uphuma umongozima



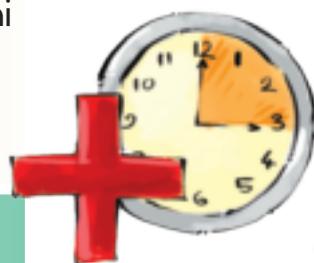
Hlalela maphambili ugobise ikhanda.



Vala amakhala akho imizuzu emibili bese uphefumula ngomlomo.



Beka into ebandayo ngemuva emqaleni wakho njengethawula elimanzi noma iqhwa elembozwe ngethawula.



Ungafinyi uma umongozima usumile ukuphuma.



Uma ukopha kunganqamuki emizuzwini eyi-15, kufanele ubone udokotela noma umhlengikazi.

Yehlisa umoya.  
Asikho isidingo sokutatazela.  
Ukhumbule ukuthi akufanele uthinte igazi lomunye umuntu.

Ingabe uyalazi ukuthi  
lihlala kuphi ibhokisi lesikole  
sakho losizo lokuqala? Yisho  
ukuthi lihlala kuphi. Lihlala

# Ukusikeka



Masifunde

Asikwazi ukuwabona amagciwane kodwa wona agcwele yonke indawo. Uma kwenzeka sizisika kufanele sigcine isilonda sihlanzekile ukuze singangenwa amagciwane.



Masixoxe

Chazela abangani bakho ukuthi ihlanzwa kanjani ingozi yokusikeka. Batshengise ukuthi kwenziwa kanjani.



## Indlela okuvinjelwa ngayo ukopha kolimele

Ungalingi uthinte igazi lomunye umuntu.



Uma usiza umuntu olimele ubohlala njalo ufake amaglavu.



Zama ukumisa ukopha ngokubopha inxeba ngebbandishi elihlanzekile.



Teacher:
Sign:
Date:

Uma inxeba lijulile futhi liqhubeka nokopha, kufanele ubone udokotela noma uye emtholampilo.

Bheka ukuthi iyiphi inombolo yocingo oluphuthumayo ongayishayela.

Inombolo yocingo: \_\_\_\_\_

# Ukusha



Masifunde

Uma uthinta into eshisayo, uzokusha.  
Kufanele wenzeni uma kuba khona umuntu oshayo?



1 Vulela amanzi abandayo lapho eshe khona imizuzu engaba yi-10.  
Lokhu kusiza ukwehlisa ukushisa esikhumbeni.



2 Qaqha amabhandishi abophe isilonda sokusha. Uma indwangu inamathele esikhumbeni, ungayisusi.



3 Kuyeke ukusha kuvulekile uqaphele ukuthi akubi sesimweni esibi.



4 Uma isilonda sokusha sijule ukudlula intende yesandla sakho kumele ubonane nodokotela masinyane.



Phumela ngaphandle

Gxumela phambili ibanga elide. Thatha izinti ezintathu noma izintambo ezintathu. Emva kokugxuma phakathi kwazo, vula izikhala ezibanzi wenzele ukuehlukanisa ukubona ukuthi ubani ogxuma ibanga elide kunabanye.



Beka uphawu lokuthi ujomba  
ubude obungakanani.

Bheka ukuthi angakwazi  
yini umngani wakho  
ukujomba akudlule.



Phumela ngaphandle

Yenza ibhala.

Shintshana nomngani  
wakho ngokuba yibhala.



Shintshana ngokushwiba  
ingqathu ukuze abangane  
bakho nabo bagxume.



Masixoxe

Kwenzekani kulesi sithombe?

Yikuphi okunye okungenza ukubaabantu bashe?



Bhala phansi imithetho ebalulekile uma kufanele usize:

Ukopha kwamakhala / Umongozima

Ukusikeka

Ukusha



# Ukugcina umzimba uphephile



Masixoxe

Kufanele sinakekele imizimba yethu.

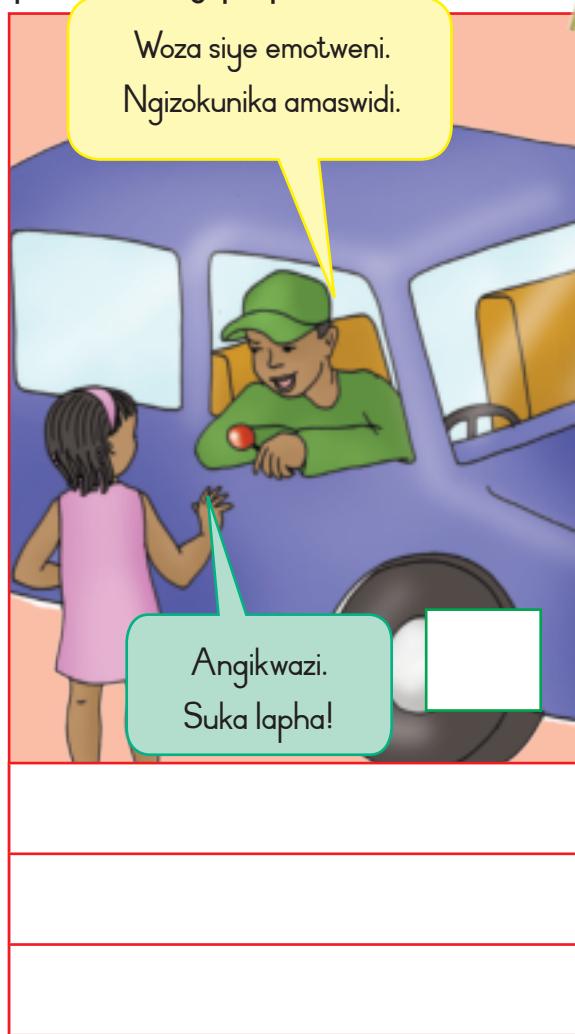
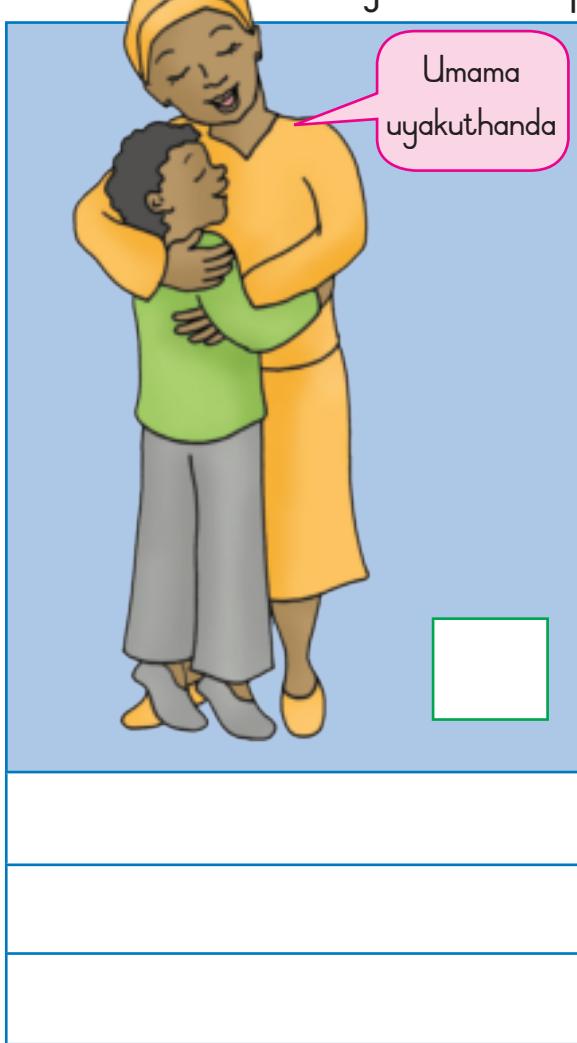
Kuba khona into ethi "yebo" uma sithanda okuthile futhi sifuna kuqhubeke.

Bese kuba khona into ethi "cha" uma okuthile kungasijabulisi futhi sifuna kume kungaqhubeke.

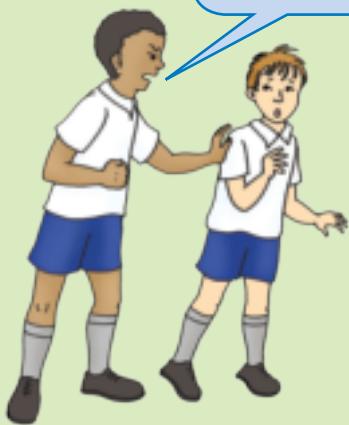


Masibhale

Thikha ✓ uma isithombe sibonisa umsebenzi wezokuphepha noma ubeke isiphambano ✗ uma isithombe sibonisa umsebenzi ongenakuphepha. Manje bhala umusho ngezansi kwesithombe ngasinye ukusho ukuthi kungani isithombe siphephile noma singaphephile.



Angikuthandi.



Manje sewumuhle.



## Ukuthi cha

Akuvamile ukuba lula ukuthi cha. Kodwa kufanele uthi cha uma omunye umuntu ekwenza ungakhululeki.

Uma kukhona umuntu owenza ube nento ethi "cha" futhi ekwenza ungakhululeki, khulumisana nomuntu omdala omethembayo ngalokhu.



Masibhale

Khetha abantu aba-3 obathembayo bese uchaza ukuthi kungani ubathemba.



Bhala phansi uchaze ukuthi ungambikela kanjani umuntu omethembayo ngento embi ekwehlele.



# Ukuzinakekela

IThemu I – ISonto 6 – Ikhasi Lokusebenzela



Masixoxe

Bhekisa lezi zithombe. Bheka ukuthi ungakwazi yini ukuxxa ngendaba ekulesi sithombe. Gcwalisa ibhamuza lokugcina lenkulumo.

Woza, ngizokuyisa esitolo.



Cha, ngyekele!

Kwenzekeni?



Masixoxe

Chaza ukuthi intombazana yaphatheka kanjani, yenzani, nokuthi ungenzanjani uma ungaba sesimweni esifanayo.

Usuku: .....



Masibhale

Bhala imithetho emihlanu yokuphepha,  
iqale yonke ngokuthi:

Abantwana akumele nakanye ...



Masenze loku

Yenza imaski ukutshengisa imizwa yakho.

Uthanda ukuthi imaski yakho ikhombise miphini imizwa?

Dweba ephepheni.

Sika.

Sika amehlo.

Hlobisa ngephepha elimibalabala.



Phumela ngaphandle

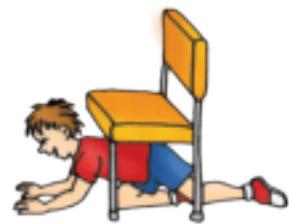
Zilungiselele umjaho.

Guqa endaweni efanele yokuqala.

Lalela uma uthisa ethi:

"Guqani! Lindani! Sukani-ke!"

Bese ubeka into ezophazamisa endleleni.



# Ukugcina umzimba wami uphilile



Masixoxe

Sonke sifanele ukugcina imizimba yethu iphile kahle.

Yini eyenziwa yilezi zingane ukugcina imizimba yazo isesimweni esifanele?



## Yiziphi ezinye zezinto ezingenampilo ezenziwa ngabantu?

Uthi bewazi nje ukuthi ukubhema kuyinto embi emizimbeni yethu?

Uthi bewazi ukuthi uma umuntu ebhema eduze nawe akuwulungele umzimba wakho?

Kuyilimaza kanjani imizimba yethu ukubhema?



Masibhale

Beka uphawu eduze kwestatimende ukutshengisa ukuthi yikuphi okuyiqiniso nalokho **okungesilo iqiniso**.

	Umnandi ugwayi.
	Uma ngihlala eduze komuntu obhemayo lokhu kungalimaza umzimba wami.
	Ukubhema kungenza amazinyo akho abe phuzi.
	Ukubhema kudala izifo zomlomo.
	Ungazithola unokukhwehlela okubi uma ubhema.
	Ukubhema kudala isifo somdlavuza.

Usuku: .....



## Imithetho yezempilo

**Kufanele ngixubhe amazinyo ami emva kokudla nangaphambili kokuba ngilale. Kufanele ngikame izinwele zami ngaphambi kokuya esikoleni.**



**Kufanele ngixubhe amazinyo ami emva kokudla nangaphambili kokuba ngilale.**

**Kufanele ngihlambe izandla zami emva kokuya endlini encane. Kufanele ngigcine izinzipho zami zimfushane futhi zihlanzekile. Kufanele ngigeze izandla emva kokuya endlini encane nangaphambili kokuthinta ukudla.**



**Ukuzijabulisa**

Kufanele bagqokeni ukuzivikela? Qondanisa izithombe ngokudweba umugqa usuke ezithombeni eziohlwini olungenhla uye ezithombeni ezifanele ohlwini lwezithombe ezingezansi.

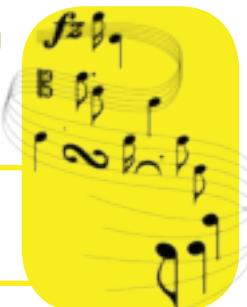


**Ukuzijabulisa**



Yiba nomdlalandla udlale umdlalo wekhilikithi.

Uthisha wakho uzoddala umculo. Wulalele bese ngemva kwalokho udlala isigqi somculo ngomunwe edeskini lakho.



# Imisebenzi yami



Masifunde

Ngesinye isikhathi izingane kufanele zisize iminden'i yazo emisebenzini yasekhaya.

Kodwa akufanele ukuba izingane zisebenze kanzima njengabantu abadala.

Izingane kufanele zibe nesikhathi sokudlala nokuya esikoleni.



Bheka lezi zithombe. Thikha imisebenzi ezilungele izingane.

Bhalo umusho ngezansi kwesithombe ngasinye bese usho ukuthi kungani ucabanga ukuthi umsebenzi uzilungele noma awuzilungele izingane.






UZinhle udayisa izitshalo usuku lonke,  
akakwazi ukuya esikoleni.

ULungi uchelela ingadi yezitshalo  
ngemuva kwesikole.



UThemba uthwala izitini ngoba  
usebenzela umakhi.



UJabu noBongi basiza  
ngokugeza izitsha.



Masixoxe

Yimiphi imisebenzi oyenza ekhaya?

Yiziphi izinto ozenza esikoleni ukusiza uthisha wakho?



Phumela ngaphandle

Yenza umdlalo wokulingisa ngaphandle kokukhuluma  
kube wumdlalo olingisa ukwenza imisebenzi  
eyehlukahlukene. Iqembu lakho kumele liqagelé  
ukuthi wenza msebenzi muni.



Hlanganisani  
imilenze  
ngentambo,  
bese nigijima.



Zilolonge ngokukhahlela  
ibhola lezinyawo. Bheka  
ukuthi ungalikhahlela  
ibanga elingakanani  
ibhola.



# Imisebenzi yami

I Theemu I – ISonto 8 – Tkhasi Lokusebenza



Masixoxe

Tshela umngani wakho ukuthi lezi zingane zephula miphi imithetho.



Zonke izikole zinemithetho  
ukuze zihambise ngendlela  
efanele. Igumbi  
lokufundela ngalinye  
linemithetho okufanele  
ilandelwe.



Masibhale

Bhala imithetho emine yeklasi lakho.



Masixoxe

Funda la malungelo nokumele kwensiwe bese uxoxa  
nomngani wakho ukuthi kusho ukuthini ngakunye.



★ **UMTHETHOSIMINYWA WEZINTO EZIMELWE UKUQASHELWA YINTSHA**  
**YASENINGIZIMU AFRIKA**

Ilungelo lokulingana	Isithunzi sobuntu	Ilungelo lokuphila	Umndeni
Phatha bonke abantu ngokufanayo nangokwamukelekayo. Ungacwasi.	Kumele uhloniphe wonke umuntu. Yiba nomusa ube nokunakekela.	Impilo ibalulekile. Hlonipha konke okuphilayo.	Hlonipha abazali. Yiba nomusa wethembeke emalungwini omndeni.
Imfundo	Ilungelo lokusebenza	Ilungelo lokukhululeka nokuvikeleka	Ilungelo lobunini-mpahla
Ngena isikole, usebenze kanzima ekufundeni kwakho. Hlonipha imithetho yesikole.	Siza umndeni wakho ekhaya ngayo yonke imisebenzi. Abantwana kumele bavikeleke ekusethenzisweni bebancane.	Ungalimazi, ungahluphi kumbe wesabise abanye abantu, ungabavumeli nabanye abantu ukuthi bakwenze lokhu. Xazulula ingxabano ngokuthula.	Hlonipha impahla yabanye abantu. Ungalimazi impahla, ungantshontshi.
Ilungelo leNkolo, ukuKholwa neMibono	Ukuphepha	Ilungelo lokuba yisakhamuzi	Ukukhuluma ngokukhululeka
Hlonipha inkolo nemibono yabanye abantu.	Vikela umhlaba. Ungasaphazi amanzi umoshe ugesi. Vikela izilwane nezithalo. Gcina ikhaya lakho namakhaya omphakathi ehlanzekile ephephile.	Yiba yisakhamuzi saseNingizimu Afrika esethembekile. Hlonipha imithetho, uqiniseke ukuthi nabanye abantu benza kanjalo.	Ungawandisi amanga nenzondo. Qiniseka ukuthi abanye bantu abedelelwana, abalinyazwa futhi imizwa yabo.



# Izinsuku zenkolo nezinye ezibalulekile

IThemba – Isonto 8 – Ikhasi Lokusebenza



Masixoxe

Khetha eyodwa yezinkolo ezintathu. Thola ulwazi olwanele ngayo. Lungisa ingxoxo ozoyenza eklasini. Uzame futhi nokuletha izincwadi noma izithombe ukuchaza ingxoxo yakho.



amaHindu



ama-Islamu



Inkolo yobuJuda



amaKhrestu

Kufanele sihloniphe abantu bezinkolelo ezahlukahlukene.

Yini inkolo yakho?

Yini inkolo yomngani wakho omkhulu?



# Ngiyahlolola nje



Masibhale

Gcwalisa lolu qwembe ngawe.

Igama lami \_\_\_\_\_

Isibongo sami \_\_\_\_\_

Usuku lwami lokuzalwa \_\_\_\_\_

Ibanga lami lesikole \_\_\_\_\_

Isikole sami \_\_\_\_\_

Inombolo yami yocingo \_\_\_\_\_

Ikheli lami \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Inombolo ephuthumayo \_\_\_\_\_

Umdlalo engiwuthandayo \_\_\_\_\_

Umbala engiwuthandayo \_\_\_\_\_

Umngani wami omkhulu \_\_\_\_\_

Okungijabulisayo \_\_\_\_\_

Okungijabhisayo \_\_\_\_\_

Okungicasulayo \_\_\_\_\_

Engiyikho \_\_\_\_\_

IThemu I – ISonto 8 – Ikhasi Lokusebenzela





Masixoxe

# Ukudla ngendlela enempilo

Buka ukudla ngakunye kula maqoqo bese ukhuluma nomngani wakho ngalokhu okulandelayo:

Yikuphi ukudla okuseqoqweni ngalinye?

Kungani iqoqo ngalinye  
lokudla liyimpilo kithi?



## Amaphrotheni

Amaphrotheni akha amaseli  
emizimbeni yethu ukuze  
imizimba yethu ikhule.



## Amavithamini

Amavithamini kanye  
namaminerali kusiza  
imizimba yethu ukuthi ilwe  
nezifo ihlale iphila.



Yenza lokhu ngaphandle

Cela uthisha wakho ukuthi akukhombise  
ukudlala "ifoni ephukile."

Emva kwalokhu zilolonge ngokuphonsa  
ibhola.

# Amakhahohayidrethi

Lezi zinhlobo zokudla  
zisinika amandla.



## Izinto ezithintana nobisi

Siyawadinga amafutha ukuze  
sifudumale sibe namandla.



Masibhale

Yenza uhlu lwakho konke ukudla okudle izolo. Ohlwini lokugcina, shono  
ukuthi ukudla kungabe kungamaprotheni, amakhahohayidrethi, izithelo  
noma izitshalo.

Ukudla engikudle izolo	Uhlobo lokudla



# Izindlela esidla ngazo



Masixoxe

Buza abangani bakho ukuthi badlani. Kubuke lokho kudla okwehlukahlukene bese uthikha (✓) lokho okuthandayo, ubekе isiphambano (✗) kulokho kudla ongakuthandi.

Gcwalisa amagama  
amalungu eqembu  
labangani bakho.




Masibhale

Buka ithebula oligcwalisile bese uphendula imibuzo elandelayo.

Yikuphi ukudla abangakuthandi kahle abangani bakho?

Ucabanga ukuthi abangani bakho badla ngendlela enempilo?

Ukusho ngani lokho?



Masizijabulise

Cela uthisha wakho ukuba akubonise  
ukuthi ungayidlala kanjani ifoni ephukile.





**Masibhale**

Yenza uhla lwezinhlubo zokudla okumele sikudle  
nsuku zonke.



**Masibhale**

Bhala indlela yokupheka ukudla  
okuthanda kakhulu.

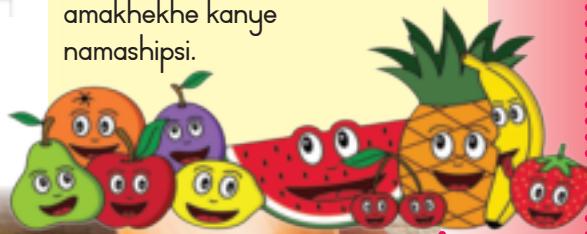
Yini esifanele ukuyigwema?

Usawoti omningi ngoba ungenza  
ukuba sibe nokuphakama  
komfutho wegazi uma sesibadala.

Ushukela omningi ngoba  
ungasibangela isifo sikashukela  
uma sesibadala.

Ushukela omningi wenza futhi  
ukuba umuntu abe nesisindo  
somzimba eseqile kwesifanele.

Ukuphuza unemenayidi omningi,  
amakhekhe kanye  
namashipsi.



Indlela yokupheka \_\_\_\_\_

Ngidinga ziphi izithako?


Kufanele ngilandeleyiphi indlela?


Teacher:

Sign:

Date:



Masibhale

# Ukudla ngendlela enempilo

UThabo noNomsa bayo esitolo sokudla esibizwa ngeSunshine. Badinga ukudla abazokupheka ntambama. Basize bakhe uhlu lokudla okunempilo.



Yenza lokhu ngaphandle

Shintshanani ngokushwiba  
ingqathu ukuze abangani  
bakho nabo bagxume.





Masibhale

Bhala into ngayinye ulandelise ngenani lentengo yayo ohlwini lwezinto zokuthengwa ngezansi. Bakukhokhele malini oThabo benoNomsa ukudla abakuthengile?

## UHLU LWEZINTO EZIZOTHENGWA

## AMANANI



Masibhale

Badla ukudla okunempilo kangakanani? Faka umbala ebusweni ngabunye obunokudla okunempilo.

### Indlela engidla ngayo mina

Ngivame ukudlela phambi kweTV.

Yebo	Cha
------	-----



Ngithanda izithelo nemifino.



Ngithada ukudla okunamafutha njengamashipsi.



Angiwathandi amanzi, ngithanda iziphuzo ezibandayo.



Angithandi ukudla imifino.



Ngikuhlafuna ngendlela efanele ukudla.



Ngidla ibhulakufesi ngaphambi kokuya esikoleni.



Bala imidwebo yobuso obuhlekayo obufake imibala.



20

IThemu 2 – ISonto 2 – Ikhasi Lokusebenzela

# Ukudla ngendlela efanele



Masenze loku

Dweba noma unamathisele izithombe zokudla lapha ukukhombisa ukuthi yikuphi ukudla okunempilo.



Masifunde

## Imithetho yokudla kahle

Hlanza izandla ngaphambi kokuthinta ukudla.

Ungalingi ushiye ukudla kungemboziwe.

Akufanele udle ukudla okudala noma

okubolile. Sebenzisa

izingqweqwe zemifino ukwakha  
imvundela yesivande.

Tshala imifino yakho.



Masenze loku

Dweba isithombe ukhombise owodwa wemithetho.



# Izinambuzane



**Masixoxe**

Khuluma ngezingxenye ezahlukene zomzimba wezinambuzane.

Izinambuzane zinezingxenye ezintathu emizimbeni yazo:  
ikhanda, ingenhla lomzimba kanye nengezansi lomzimba.

Zinemilenze eyisithupha kanye  
nezimpundo ezimbili.



**Masenze loku**

Lebula lesi sinambuzane.  
Dweba umugqa usuke  
kulebuli uye engxenyeni  
efanele yomzimba  
wesinambuzane.

**Umlenze**

**Ingenhla lomzimba**

**Ikhanda**

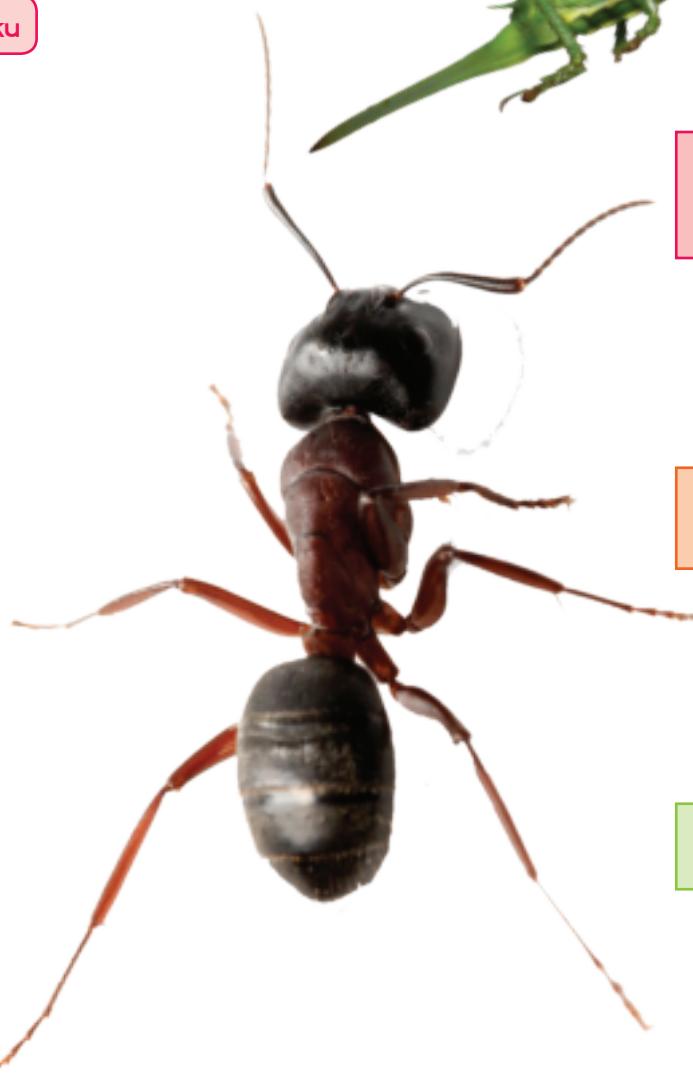


**Yenza lokhu ngaphandle**



**Ingezansi lomzimba**

**Ihlo**



**Uphondo**

Yenza umsindo ofana nowenyosi, ndiza njengovemvane bese  
ugxuma njengentothoviyane. Manje usuwulungele umdlalo  
webhola lezinyawo!



Masibhale

Dweba umugqa ukuqondanisa igama ngalinye nesinambuzane esifanele.  
Yisho ukuthi yiziphi izinambuzane eziyingozi neziwusizo.



Inyosi



Umiyane



Impukane



Intuthwane

Intethe

Uvemvane

Ibhungane

Ibhу



Masibhale

Gcwalisa amagama ezikhali.

zakha uju.

zidlulisa imbewu ezimbalini.

zandisa umalaleveva.

zandisa izifo.

zidla izitshalo.



Teacher:

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Masixoxe

# Okunye ngezinambuzane

Buka lezi zithombe bese uxoxela umngani wakho ukuthi kungani izinyosi ziwusizo kithina.



Izinyosi zidlulisa imbewu ezimbalini. Lokhu kusiza izithelo ukuthi zikwazi ukukhula.



Izinyosi zakha uju.



Masibhale

Bhala igama lesinambuzane ngasinye esikheleni esibekiwe.



Lokhu \_\_\_\_\_  
kumunca inektha embalini.

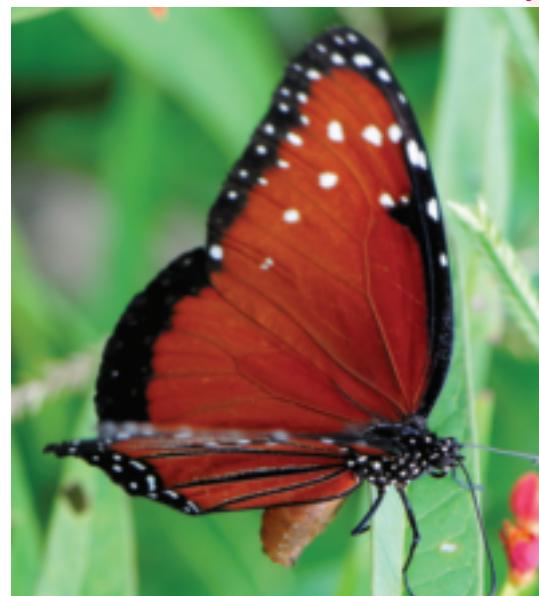


\_\_\_\_\_ inemilenze yangemuva  
eqinile eyenza ukuba ikwazi ukugxuma.



zisebenzisa

izimondo ukudlulisa umlayezo.



kuhambisa imbewu eztshalweni.



kwandisa amagciwane.



Masenze loku

Akha isinambuzane esinyakazayo.

- Sika izinambuzane ekhasini lezinto ezisikwayo ngemuva encwadini.
- Kulengise lokhu ehengeni yezingubo.

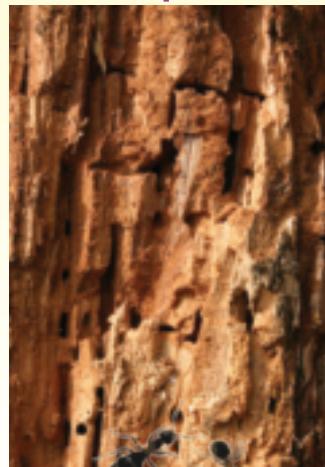
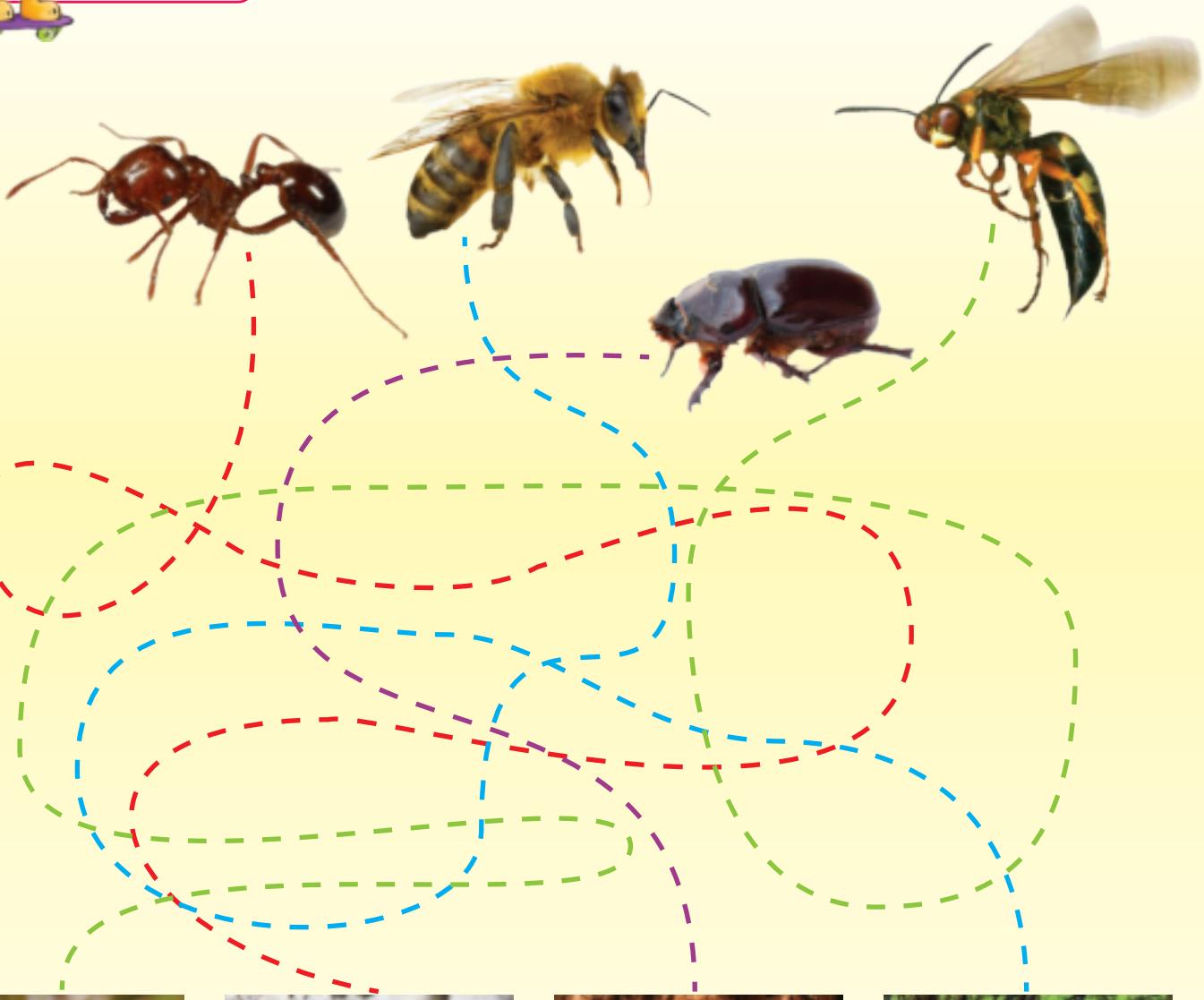


# Amakhaya ezinambuzane

Masenze loku

Landela intambo uze uthole ukuthi isinambuzane ngasinye sihlalaphi.

IThemu 2 – ISonto 4 – Ikhasi Lokusebenza





Masenze loku



Masibhale

Zungeza isikole uthole ukuthi kunezinhlobo  
ezingaki zezinambuzane ongazithola.



Yiziphi izinambuzane ozibonile ngaphandle? Khetha esisodwa ubhale igama  
laso lapha.

Luhlobo luni lokudla okudliwa yisinambuzane leso?

Kungabe lesi sinambuzane sihamba kancane noma siyashesha?

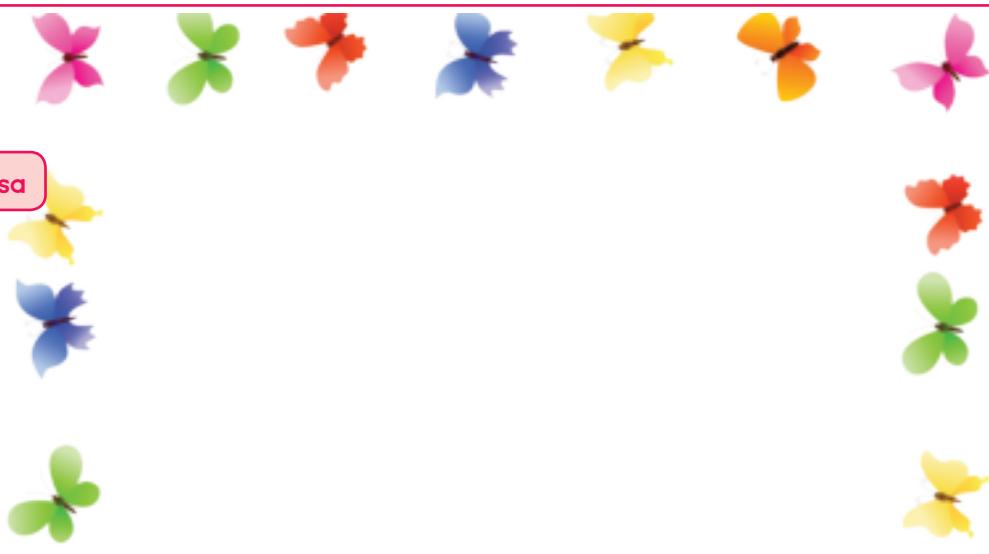
Ingabe isinambuzane sakho sinosizo na? Kungani usho njalo?

Siyingozi kanjani isinambuzane sakho? Yini ongayenza uma sikulimaza?



Ukuzijabulisa

Manje qamba  
futhi udwebe  
isinambuzane  
sakho bese usipha  
negama.





Masenze loku

# Khombisa izinto ozenzile

## Yakha uvemvane lwakho

Uzodinga: iphepha eliwu-A4

Amakhrayoni anamfuzelayo

Isikele

Iglu

Okokuhlanza iphayiphi

Iphepha lasendlini encane  
eseliphelile



Dweba uvemvane ukhombise umzimba walo ozacile omude onezimpiko ezimbili. Luhlobise uvemvane lwakho ngemibala engafani. Qiniseka ukuthi zombili izimpiko zihlobiseke ngendlela efanayo. Sika uvemvane lwakho ulunamathisele esitsheni sephepha lasendlini encane. Gobisa isihlanzi sepayipi wakhe ngaso izimondo zovemvane.

Namathisela izimondo ekhanda lovemvane.





Phumela ngaphandle

Zama ukudlala le middalo.



### Isiteshi soku-1:

**Ibhola lomnqakiswano:** Gxuma njengebhola uqijime uye le nale.



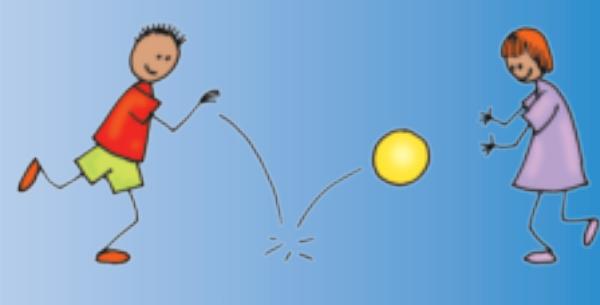
### Isiteshi sesi-2:

**Ihokhi:** Sebenzisa induku yehokhi ukushaya ibhola uye nalo emapalini.



### Isiteshi sesi-3:

**Ibhola lomnqakiswano:** Gxuma njengebhola uye kumngani wakho ugijima.



### Isiteshi sesi-4:

**Ibhola lombhoxo:** Gijima nebholo uliphonsele omunye nomunye wenu.



### Isiteshi sesi-5:

**Ibhola lezinyawo:** Enza sengathi udlulisa abadlali uye nebholo emapalini.

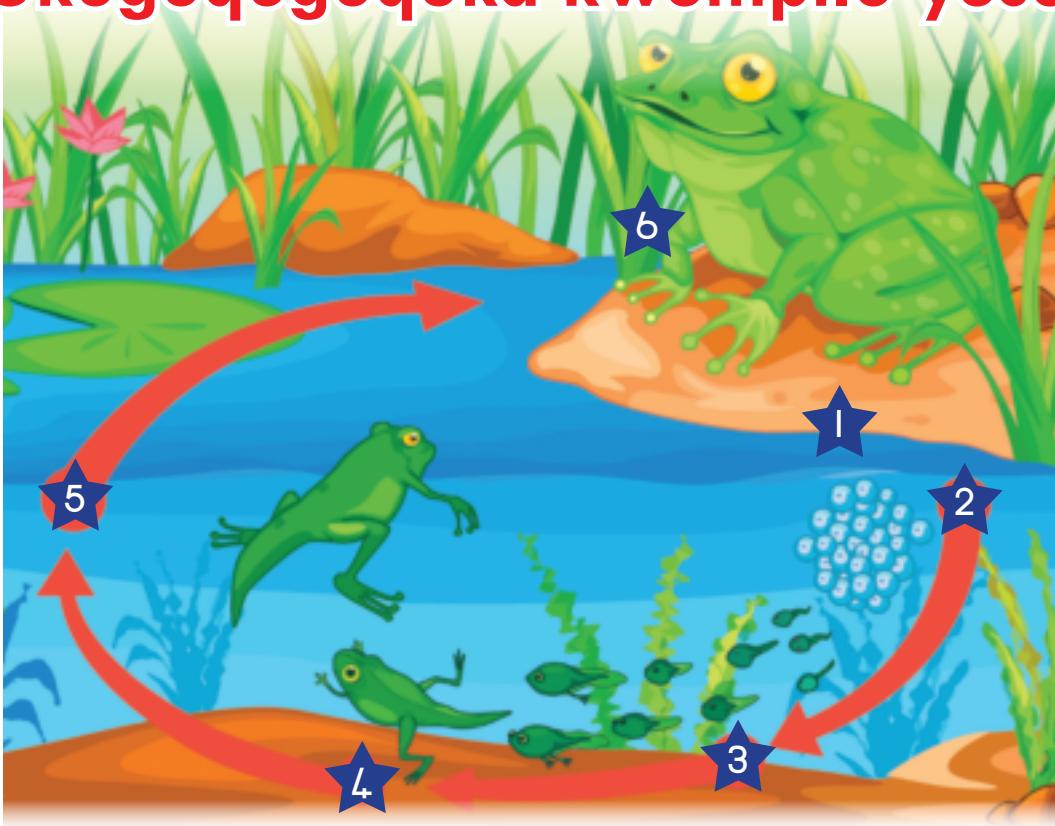


Teacher:	Sign:
Date:	

# Ukuguquguquka kwempi

Umjikelezo wempi ukhombisa amabanga okuguquguquka kwento. Kuyaye kube ngamabanga alandela indlela eyodwa. Buka umjikelezo wempi yesele novemvane bese ukhuluma ngamabanga ahlukahlukene impilo edlula kuwo.

## Ukuguquguquka kwempi yesele



Masixoxe

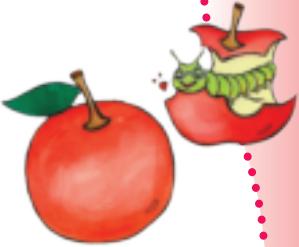
Buka izithombe ezilandelayo bese uxoxela umngani wakho ukuthi isele liguquguquka kanjani empilweni yalo.

- 1** Amasele amabili ayahlangana ukuze kwakheke amaqanda.
- 2** Isele lesifazane lizalela amaqanda.
- 3** Onoshobishobi bayachanyuselwa. Unoshobishobi uba neziphefumulanhlanzi kanye nesisila.
- 4** Unoshobishobi umila imilenze.
- 5** Umsila uzonyamalala.
- 6** Isele eselikhulile limila amaphaphu zinyamalale iziphefumulanhlanzi.



Masenze loku

Buka-ke manje izigaba zokukhula kovemvane.  
Gicwalisa lokho okwenzekayo kwisimo ngasinye ezigaben  
zokukhula kwayo. Sikunikezile izibonelo zezigaba ezimbili.



## Ukuguquguquka kwempilo yovemvane



Teacher:
Sign:
Date:

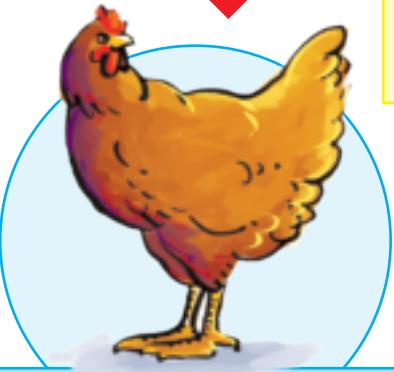


Masixoxe

# Ukuguquguquka kwempilo

Buka izithombe ukhulume nomngani wakho mayelana nokuguquguquka kwempilo yechwane lenkukhu. Manje bhala usho ukuthi kwenzekani esigabeni ngasinye.

## Ukuguquguquka kwempilo yechwane lenkukhu



Usuku: .....



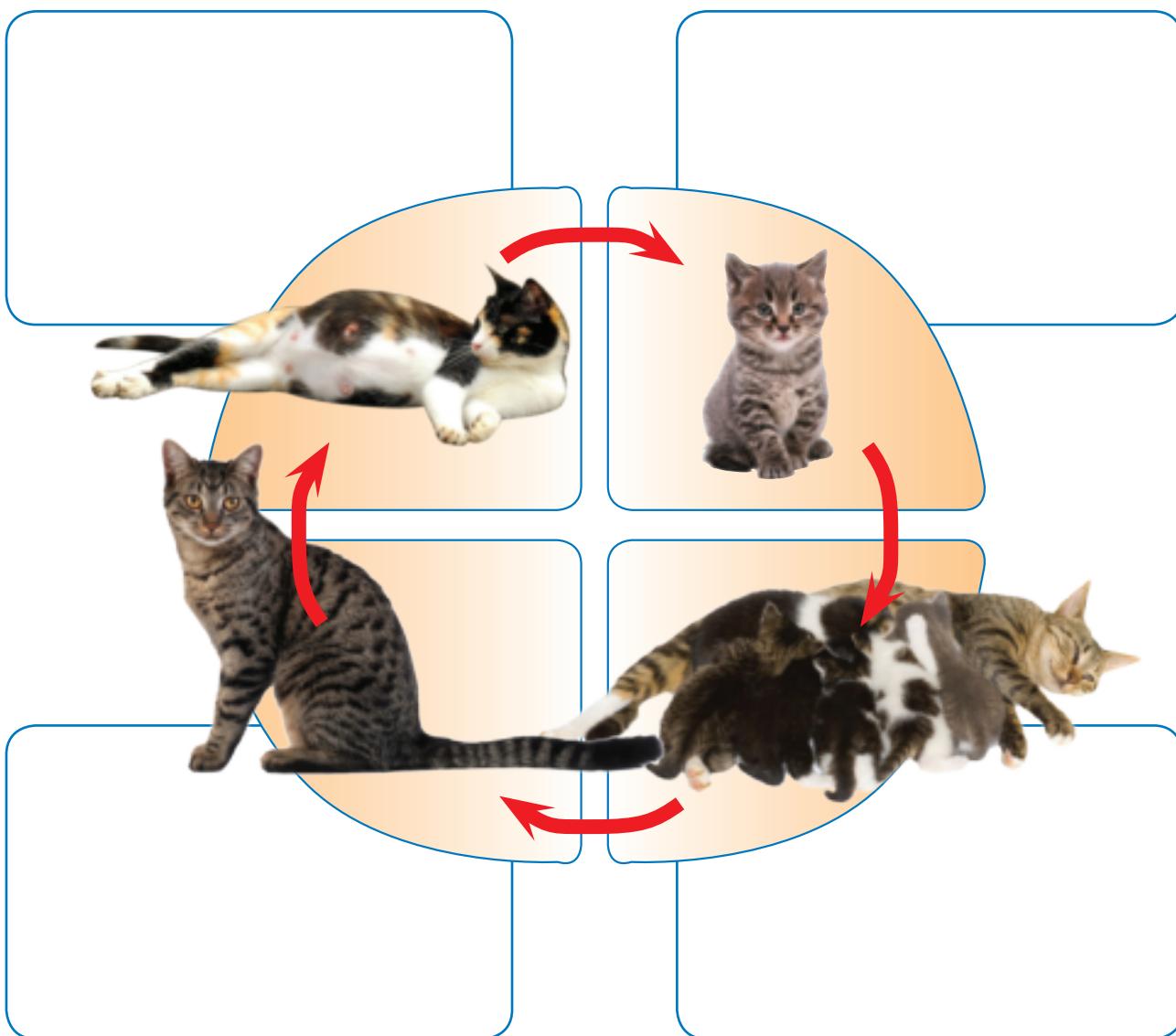
Masenze loku

Yenza okwakho ukuguquguquka kwempilo.  
Lebula isithombe ngasinye endabeney eyisondo ukuveza ukuguquguquka  
kwempilo yekati. Sebenzisa izihloko ezilandelayo.

Nikeza izigaba izinombolo I – 4 bese uzisebenzisa ukwakha isondo lalezi zigaba.

	Kuzalwa ikati elincane.		Ikati elikhulile.
	Umama wekati ukhulelwa amasonto ayisi-9.		Umama wekati uyabancelisa abantwana bakhe.

## Ukuguquguquka kwempilo yekati



# Isilwane esingumngani wami



Masenze loku

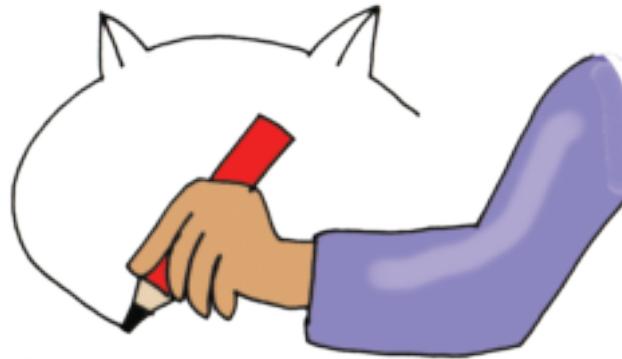
Yenza imaski yesilwane sakho.

Udinga iphepha eliwu-A4

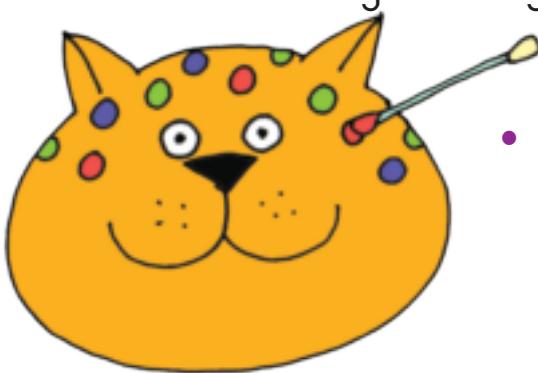
Ipensela

Upende oyimpuphu kanye namanzi

Okokugoqoza izindlebe



- Dweba ubuso bekati ephepheni.
- Hlanganisa uxube upende onemibala emithathu ehlukene.



- Sebenzisa lokhu esigoqoza ngakho izindlebe ngombala ngamunye.
- Enza amachashazi ukuhlobisa ubuso bekati.





Masixoxe

Chazela umngani wakho ngesilwane esiwumngani  
wakho noma esiwumngani womunye umuntu  
omaziyo.  
Zakhele ikati lakho.



Masenze loku

Dweba izinto ezi-4 ozidinga ukunakekela isilwane sakho.  
Sewungabhalo isihloko semidwebo yakho ngezansi.



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Masixoxe

# Ukunakekela izindawo zethu

Buka lawa maphosta ukhulume nabangani  
bakho ngokuthi amaphosta athini.



Buka ilogo yokuvuselela.

Uke wayibona kuphi ilogo efana nalena?

## Sicela usivuselele!



Yenza lokhu ngaphandle

Ungawuqamba yini umdanso  
usebenzisa amahuphu  
namaribhini?





Masifunde

Yini esingayenza ukugcina izindawo zethu zihlanzekile?



Sidinga ukukhumbula izinhlamvu ezi-3 ezibalulekile okungu-**NPV**.



**Nciphisa:** Kumele sinciphise izinto esizilahlayo.

**Phindelela:** Kumele sisebenzise ngokuphindelela izinto eziningi ngaphambi kokuthi sizilahle.

**Vuselela:** Sidinga ukuthola izindlela zokuvuselela amaphepha, amabhodlela kanye namathini.



Masibhale

Ethebuleni ngezansi, bhala amagama ezinto ezivuselelekayo.

Sikwenzele isiqalo sohlu.



Vuselela ingilazi	Vuselela iplastiki	Vuselela amaphepha	Yenza imvundela
Amabhodlela amadala	Izikhwama zeplastiki	Amaphephandaba	Amakhasi emifino





Masibhale

# Ukuvuselela

Dweba umugqa usuke entweni ngayinye kwesokunxele uye entweni ekwesokudla ukukhombisa ukuthi zingasetshenziswa kanjani zibe wusizo.



Manje qamba futhi ubheke uphawu kokuthize ongakwenza ngezinto eseziwe zasebenza.

Igama lokuthile

Yenziwe nge

Dweba isithombe sento yakho.



**Masibhale**

Zama ukukhumbula izinto ezingenza imvundela ekahle. Bhala amagama angezanzi ezikhali ukuqedela ithebula. Ungazicabangela ezinye izinto zakho uzilandelanise ngokwezikhala ezenziwe ngezansi.

amabhodlela amadala

izikhwama zeplastiki

izipikili

amathini eziphuzo

amagobolondo amaqanda

Izinto ezingaboli	Izinto ezibolayo



**Masenze loku**

Yenza iphosta  
ukuvimbela  
ukungcolisa ngodoti.  
Dweba isithombe  
bese ubhala  
umlayezo.



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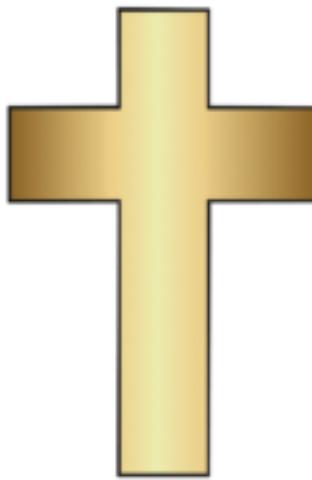
# Izinsuku zenkolo nezinye ezibalulekile

Lokusebenza



Masixoxe

Khuluma nomngani wakho mayelana nezimpawu ezisetshenziswa yizinkolo ezithile. Yisho ukuthi yiluphi uphawu olusetshenziswa yizinkolo ezahlukene. Uma ungaluboni uphawu, ludwebe bese ukhombisa umngani wakho.



Isiphambano ngesama Khrestu.  
UKhrestu owasifela ezonweni.

Inyanga ewucezu kanye nenkanyezi  
wuphawu Iwama Sulumane.



Uphawu Iwama Juda yi Nkanyezi  
ka Davide. INkosi u Davide wayebusa  
ama-Israyeli.

Olwama Hindu uphawu lubhalwe  
ngolimi oludala Iwase Ndiya olwaziwa  
nge Sanskrit.

# Izindawo zokukhonza

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Masenze loku

Dweba umugqa ukuqondanisa inkolo nendawo yayo yokukhonza. Bhala igama lesakhiwa ngaphansi kwesithombe ngasinye.

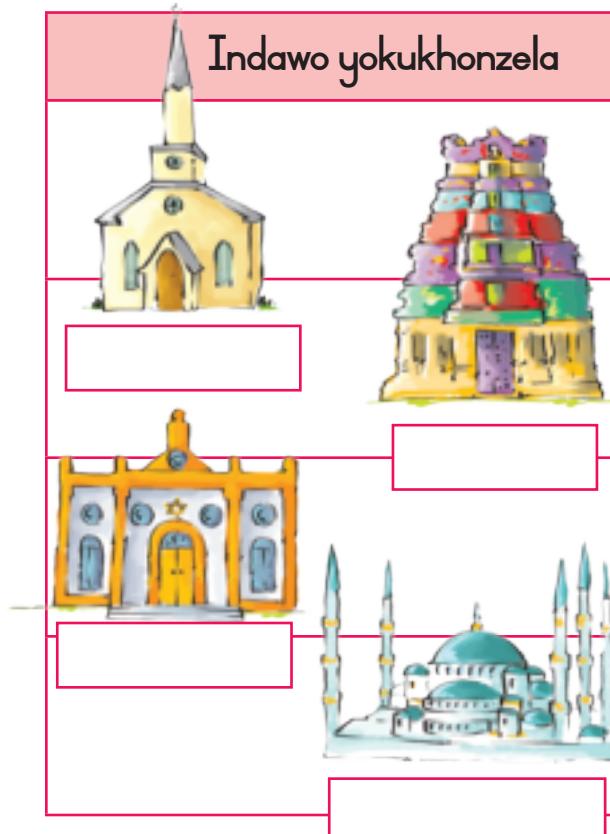
ithempeli

isinagoge

imoskhi

isonto

Inkolo
Ubu-Islamu
UbuHindu
ubuKhrestu
UbuJuda



Masenze loku

Buza abangani bakho aba-4 ukuthi yiluphi uphawu olukhombisa uhlobo oluthile lwenkolo. Lubhale eduze kwegama.

Igama lomngani	Uphawu lwenkolo yakhe



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IThemu 2 – ISonto 8 – Ikhasi Lokusebenza



**ISITIFIKETI**

**Sokuphothula ibanga lesi–3**

**Incwadi yoku–1 Amakhono Empilo**

**siklonyeliswa u–**

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Gcwalisa igama lakho.

Usuku \_\_\_\_\_

Uthisha \_\_\_\_\_

# Isichazamazwi sami

A  
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B  
b

H  
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C  
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D  
d

J  
j

E  
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K  
k

F  
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l

# Isichazamazwi sami

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W

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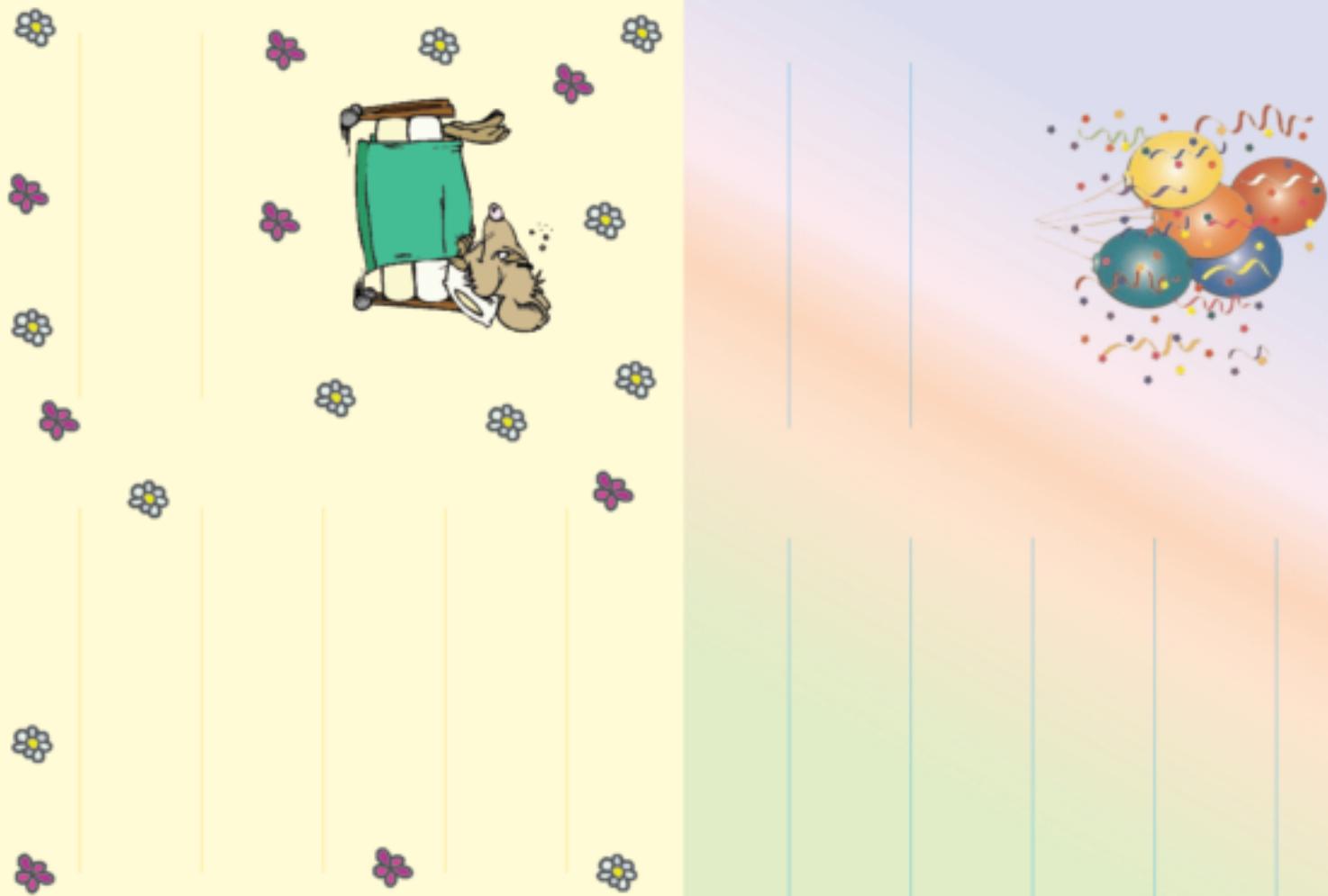
R

r

X - Z

x - z





P.45

