



Bugu idzi dzo iwalelwa vhana vha Afrika Tshipembe, mushumo wa hone wo rangiwa phanda nga Minista wa Pfunzo ya Muteo. Vho Angie Motshikga na Muthusaminista wa Pfunzo ya Muteo. Vho Enver Suryt.

Vho Angie Mutshikga  
Minista wa Muhasho  
wa Pfunzo ya Muteo



Bugu dza u shumela dza Rainbow ndi tshipida tsha zwe Muhasho wa Pfunzo ya Muteo wa ita zwa u khwiñisa vhukoni ha vhagudi vha Afrika Tshipembe vha gireidi dza rathi dza u ranga. Sa tshinwe tsha zwithu zwihiwlwane zwa Pulanetshumisi ya Muvhuso, thandela iyi yo konadzea nge ya lambedzwa lu sa vhudziswi nga Muhasho wa Gwama ja Lushaka.

Hezwi two ita uri Muhasho u kone u bveledza bugu idzi, dzi kha nyambo dzothe dza tshiofisi, dzi tshi waniwa mahala.

Ri na fulufhelo lauri bugu idzi dzi do thusa vhadededzi (vhagudisi) mushumoni wavho wa u funza wa duvha linwe na linwe khathihi na u vha na vhuñanzi uri vha khunyeledze kharikhulamu yothe. Ro ita nga vhuronwane uri ri sumbedze ndila vhadededzi kha nyito nge ra shumisa aikhoni dzi no sumbedza uri mugudi u tea u ita zwifhio.

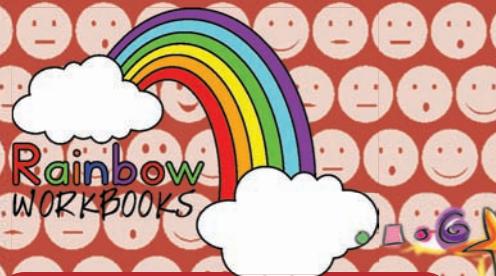
Ri na fulufhelo li no bva li mbiluni uri vhana vha do diphina nga u shumisa bugu idzi zwenezwi vha tshi khou aluwa na u guda, khathihi na uri na vhonevho, sa mudededzi, vha do diphina na vhana avha.

Ri ri kha vhona na vhagudi vhavho, ngavhe zwi tshi vha nakela musi vha tshi shumisa bugu idzi. Zwi pfumbe.

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LIFESKILLS IN TSHIVENDA  
GRADE 3 – BOOK 1  
TERMS 1 & 2

ISBN 978-1-4315-0283-7

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NOT BE SOLD.

Yo vusuludzwa,  
i tevhedza CAPS

## Gireidi ya

3



# Zwikili zwa Vhutshilo nga Tshivenda

Bugu ya |  
Themo 1 & 2



Bugu dza u shumela dzi re kha tselano iyi:

- Litheresi ya Luambo lwa Hayani Gireidi 1 – 6  
(Nga nyambo dzothe dza tshiofisi)
- Mbalo Gireidi 1 – 3  
(Nga nyambo dzothe dza tshiofisi)
- Mbalo Gireidi 4 – 9  
(Luisimane na Afurikansi)
- Zwikili zwa Vhutshilo Gireidi 1 – 3  
(Nga nyambo dzothe dza tshiofisi)

Dzina:

Kilasi:



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## Zwi re ngomu

### Kotara ya 1 Siatari

1	Nne .....	2
2	Tshikoloni tsha hashu.....	4
3	Zwoṭhe nga nne .....	6
4	Vhahulwane na vhaṭuku.....	8
5	Vhudipfi.....	10
6	Zwithu zwine nda zwi funesa ...	12
7	Vhudipfi.....	14
8	U dītola .....	16
9	Mutakalo na Thusothanzi.....	18
10	U swa.....	20
11	Ndi tsireledza muvhili wanga ...	22
12	U ditsireledza .....	24
13	Muvhili wanga, mutakalo wanga .....	26
14	Pfanelo na vhudifhinduleli .....	28
15	Pfanelo na vhudifhinduleli .....	30
16a	Mađuvha a tshipentshela a vhurereli na zwiñwevho.....	32
16b	Ndi a dītola hafhu.....	33



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### Kotara ya 2 Siatari

17	Kulele ku re na mutakalo .....	34
18	Kulele kwashu.....	36
19	Kulele ku re na mutakalo ngomu.....	38
20	U la zwavhuđi .....	40
21	Zwikhokhonono.....	42
22	Zwiñwe hafhu nga zwikhokhonono .....	44
23	Haya ha zwikhokhonono.....	46
24	Tongisani vhutsila he na ita.....	48
25	Tshitendeledzi tsha vhutshilo .....	50
26	Zwitendeledzi zwa vhutshilo.....	52
27	Tshifuwohaya tshanga .....	54
28	U vhavhalela vhupo hashu.....	56
29	Mvusuludzamalaṭwa .....	58
30	Mađuvha a tshipentshela a vhurereli na zwiñwevho.....	60
31	Fhethu ho fhambananaho ha u rabela.....	61
	Thanziela .....	62
	Dikishinari yanga .....	63



## Mađuvha mahulwane a 2015

### Phando

La 1 Duvha la Nwaha Muswa  
La 31 Duvha la Vhana vha  
Zwitaratāni

### Luhuhi

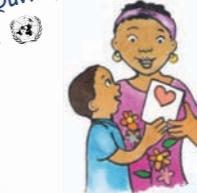
La 2 Duvha la Maroroma la Liphasi  
La 14 Duvha la St Valentine

### Lambamai

La 3 Lavhutšanu Likhethwa  
La 4-11 Passover  
La 5 Paseka  
La 6 Duvha la Miṭa  
La 7 Duvha la Mutakalo la Liphasi  
La 22 Duvha la Tshaka Dzoṭhe la Mme Liphasi  
La 27 Duvha la Mboholowa

### Shundunthule

La 1 Duvha la Vhashumi  
La 10 Duvha la Vhomme  
La 15 Duvha la Tshaka Dzoṭhe  
la Miṭa



### Fulwana

La 17 Eid-Ul-Fitr  
(u fherla ha Ramadan)  
La 18 Duvha la Tshaka Dzoṭhe la Vho Nelson Mandela  
La 30 Duvha la Tshaka Dzoṭhe la Vhukonani

### Thangule

La 9 Duvha la Vhafumakadzi  
La 13 Duvha la Tshaka Dzoṭhe la Vhashumisamonde



### Tshimedzi

La 2 Duvha la Tshaka Dzoṭhe la U sa thuphana  
La 5 Duvha la Vhadeddzi  
La 11 Duvha la Tshaka Dzoṭhe la Vhana Vha  
Vhasidzana  
La 14 Al-Hijra (Duvha la Nwaha Muswa la Tshiisilamu)  
La 15 Duvha la Tshaka Dzoṭhe la Vhafumakadzi vha  
Vhupohaya  
La 16 Duvha la Liphasi la Zwiliwa

### Lara

La 11 Deepavali (Diwali)  
La 12 Vikram (Nwaha Muswa wa 2072)  
La 20 Duvha la Liphasi la Vhana



### Thafamuhwe

La 5 Purim  
La 21 Duvha la Phanelo dza Vhathu  
La 21 Duvha la Liphasi la Mataka na Miri  
La 20-21 Duvha la Naw-Rúz  
(Nwaha Muswa wa Bahá'í)  
La 22 Duvha la Madj la Liphasi  
La 28 Awara ya Liphasi (20:30-21:30 tshifhinga tshapo)

### Fulwi

La 1 Duvha la Liphasi la Vhabebi  
La 4 Duvha la Tshaka Dzoṭhe la Vhabebe  
Dzoṭhe la Vhana vho ngalangalaho  
La 5 Duvha la Liphasi la Vhupo  
La 8 Duvha la Liphasi la Madanzhe  
La 12 Duvha la Liphasi la Ulwa na Usuma ha  
Vhana  
La 16 Duvha la Vhaswa  
La 18 Ramadan (u thoma hayo)

### Khubvumedzi

La 13-15 Rosh Hashana  
La 21 Duvha la Tshaka Dzoṭhe la Mulalo  
La 23 Yom Kippur  
La 24 Duvha la Vhufa



### Nyendavhusiku

La 1 Duvha la Liphasi la AIDS  
La 3 Duvha la Liphasi la Vhaholefhalu  
La 5-14 Chanukah  
La 16 Duvha la Vhupfemedzani  
La 25 Duvha la Khirisimusi  
La 26 Duvha la Mbavhalelano



Holodei ya Lushaka ya Afrika Tshipembe :

Duvha lihulwane la nyelelo la Tshiyuda:

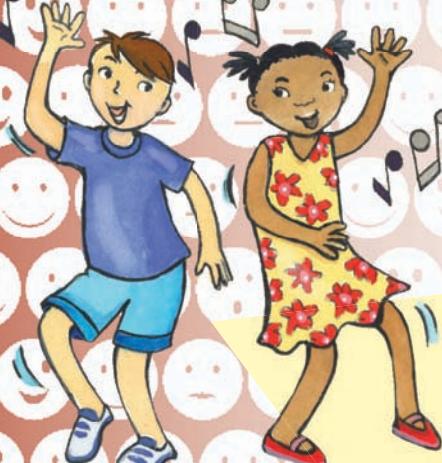
Duvha lihulwane la nyelelo la Tshiisilamu:

Duvha lihulwane la nyelelo la Tshibahá'í :

Mađuvha a Mbumbano ya Dzitshaka a Tshaka Dzoṭhe:

# Gireidi ya

3



Zwikili zwa Vhutshilo  
nga **TSHIVENDA**  
Bugu ya I



Bugu iyi ndi ya:



# Nñe

a



Kha ri ḥwale

Muriwe na muriwe washu ha fani na muriwe nahone rothe ri vhathe.

Dadzani linwalwa la vhune li no amba nga inwi. Itani tshitemmbe tsha ID.  
Musi no no f'chedza, ni sumbedze khonani yanu.

Themo ya I - Vhege ya I - Bammbiri I - shulela I a

Inwi na khonani yanu ni fana nga mini na  
fhamvana nga mini?



## Linwalwa la vhune

Dzina:

Miñwaha:

Deithi ya Mabebo:

ñwaha      ñwedzi      duvha

He wa bebelwa hone:

Mutukana kana musidzana:

Luambo lwa hayani:

Muvhala wa mavhudzi:

Vhuntha: \_\_\_\_\_ cm dza

Muvhala wa mato:

Tsaino



Dioleni tshifanyiso.



Kha ri ambe

Lingedzani u elelwa  
vhutshilo hanu u swika zwino

Ni elelwa u swika ngafhi?

Ni kha di humbula duvha lanu la mabebo  
la vhuvhili?

Ni kha di humbula musi ni tshi thoma  
tshikolo?



Kha ri nwale

Nwalani mutalotshifhinga  
wa vhutshilo hanu.



Ndo bebwa nga

Ndo thoma u  
amba nga

Ndo thoma  
tshikolo nga

Ndo phasela kha  
gireidi 3 nga

ñwedzi

ñwaha

20 \_\_\_\_\_

20 \_\_\_\_\_

20 \_\_\_\_\_

20 \_\_\_\_\_



# Tshikoloni tsha hashu



Kha ri ite nyito

Mudededzi (mugudisi) wañu vha ño ni thusa u ñwala mutalotshifinga wa tshikolo tsha vhoiwe. Ro dzula ro ni thomela wone. Mudededzi wañu vha ño ni vhudza zwiñwe zwithu zwiñlwane zwine na nga dženisa.

Themo ya / – Vhege ya / – Bammbiri / – shulela / a

Tshikolo tsha vhoiwe tsho thoma lini?	Vhophirintsipala vha vhoiwe vho thoma u shuma lini?		



Kha ri ñwale

Divhazwakale ya tshikolo tsha hanu ndi ifhio? Wanani phindulo ya mbudziso dzi re afho fhasi ni dzi ñwale zwikhalani zwi re kha kholomo ya u thoma. Olani zwifanyiso ni tshi sumbedza divhazwakale iyi.

Tshikolo tsha hanu tsho thoma nga ñwaha ufhio?	Olani tshifanyiso tsha tshikolo tsha hanu.
Phirintsipala (thohoyatshikolo) wa u thoma o vha e nnyi?	

Muano wa tshikolo wo vha u uf'lio?

U kha di vha wo ralo?

Olani betsho ya tshikolo.

Bulani tshiñwe tshithu tsha tshipentshela tshi no kwama tshikolo tsha hanu. (Thamusi ho vhuya ha vha na mugudi wa tshipentshela kana vhukoni ha tshipentshela he ha itwa.)

Olani tshifanyiso tshi no sumbedza uri tshikolo itshi ndi tsha tshipentshela nga mini.

**Bvelani nn̄da**

Musi ni sa athu u ya nn̄da u ya u ita ndowendowe, thomani ni onyolowe sa tshimange. Hezwi zwi do ni thusa uri muvhili u si kondé u t̄haramuwa. Ni dovhe ni onyolowe hafhu musi no no f'chedza ndowendowe u itela u digedä na u femuluwa. Hezwi zwi do ni thusa uri misipha i si vhavhe nga murahu. Zwino itani zwine a vha vhana vha khou ita.

Mudededzi wanu vha do vhidzelela dzina lanu vha ni posa bola. I gavheni i sa athu wela fhasi.

Zwino lingedzani u gavha bola nga mukhwama musi khonani yanu a tshi ni posa yone.

Posani bola kha khonani yanu ni vhone arali a tshi nga i gavha nga mukhwama.

Onyolowani sa tshimange ni awele.



# Zwothe nga ne

Kha ri ambe

Humbulani nga tshiñwe tshithu tshi no takadza tshe tsha bvelela kha inwi kale ni vhudze khonani yanu u itela uri a kone u ni ḥalukanya zwavhudí.

Ndo vha ndi na miñwaha  
miñanu musi ndi tshi ya  
lwanzhe lwa u thoma.

Ndo wa kha luvhondo  
ndi na minwaha miña



Kha ri ambe

Vhudzani khonani yanu uri uyu muthu o shanduka hani u bva a tshee tshixele u swika a tshi vha mulala.



tshixele



rwana



rwana wa tshikolo



khomba



mualuwa



mulala

Themo ya 1 – Vhege ya 2 – Bammbiri ya u shulela ja

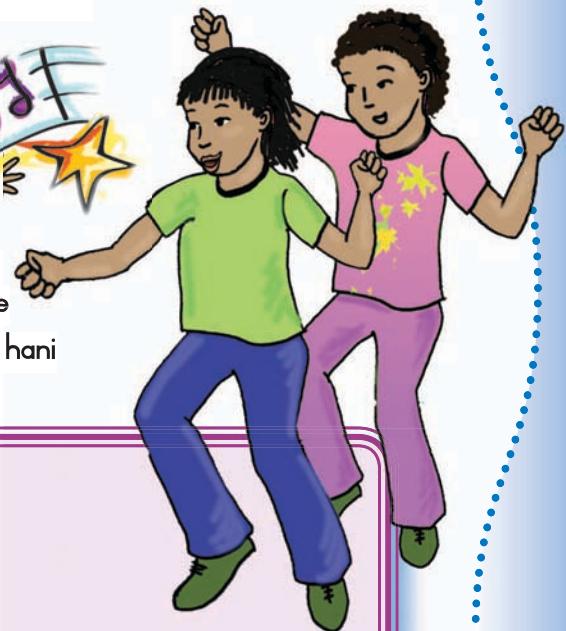


Bvelani nnda



Zwi iteni ni kha tshigwada. Disikeleni luimbo ni tshine.

Musi ni kha tshigwada, nwalani maipfì a luimbo ulu tshikhalani tshi re afho fhasi. Zwino sumbedzani kilasi yanu uri luimbo lwanu lu imbiswa hani zwenezwi ni tshi khou tshina.



Teacher:
Sign:
Date:



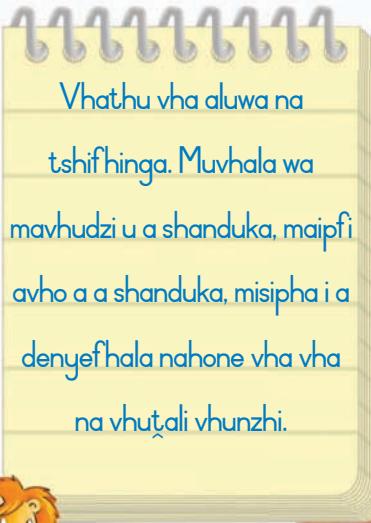
# Vhahulwane na vhatuku

Themo ya 1 – Vhege ya 2 – Bammbiri ya u shulela ja



Kha ri ambe

Ambani ngauri vhana vhahulwane na vhaaluwa  
vha fhambana hani na vhoiwe.



Kha ri nwale

Vhathu vha shanduka nga ndilade musi vha tshi aluwa?



Ndi zwifhio kha zwi tevhelaho zwine na zwi ita nga  
ndila i sa fani na ya vhabebi vhangu.

	Nne	Vhabebi vhangu
U gidima ni sa dinetisi.		
U tamba khadi.		
U vhala gurannda.		
U reila goloi.		
U tamba nthha ha miri.		



Kha ri imbe

Kha ri dilugisele u imba.

Itani miungo iyi.



Muungo u no ṭavhanyedza sa wa saireni ya ambulentse.

Muungo u no ongolowa sa luimbo lwa u luludzela ḥwana.

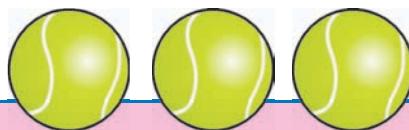
Muungo u re nt̄ha sa wa tshinoni tshi tshi lila.

Muungo u re fhasi sa ndau i tshi vhomba.



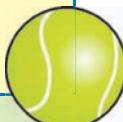
Bvelani nnda

Ni nga gavha bola?

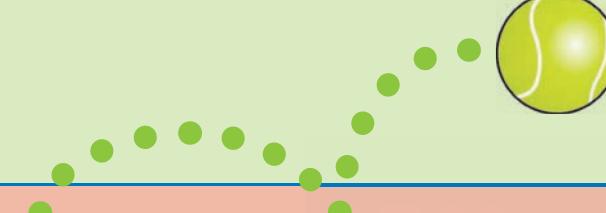


Posani bola ya thenisi muyani ni i gavhe nga zwanda zwivhili.

I poseni nt̄ha ni phaphathe zwanda ni sa athu i gavha.



Bammbisan bola ya  
thenisi fhasi.



Zwino itani bethe ni tshi shumisa mabammbiri o pombiwaho kana  
thanda. Zwi shumiseni kha u bammbisa bola fhasi.

Zwino navhani sa tshimange.



# Vhudipfi

Themo ya I – Vhege Ya 3 – Bammbiri | a u shulela | a



Kha ri ambe

Lavhelesani zwifanyiso izwi ni bule uri avha vhana vha khou dipfa nga ndilade. No no vhuya na dipfa nga iyi ndila? Nwalani uri vhana vha dipfa hani. Shumisani maipfi aya uri a ni thuse.

vho tungufhala

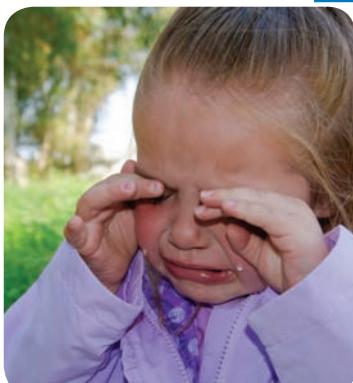
vho takala

vha khou disola

vho tshuwa

vha a dihudza

vho sinyuwa



Bvelani nnda

Tambani mutambo wathenisi ni tshi ita ndowendowe ya u rwa nga tshaphanda na nga tshamurahu.





Kha ri ambe

Ndi mini zwi no ni takadza?



Kha ri nwale

Ndi mini zwi no ni ḥungufhadza?

Ni shushedzwa nga zwithude?

Ndi mini zwi no ni sinyusa?



Ńwalani zwi ńwalwaho kha dayari zwa ḫuvha ḥithihi musi we na pfa no takala. Anetshelani zwe zwa bvelela kha inwi.

### *Dayari yanga*

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Ńwalani zwi ńwalwaho kha dayari zwa ḫuvha ḥithihi musi we na pfa no ḥungufhala. Anetshelani zwe zwa bvelela zwe zwa ni ḥungufhadza.

### *Dayari yanga*

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# Zwithu zwine nda zwi funesa



Kha ri nwale

Talutshedzani tshigwada tshanu uri ndi nyito dzifhio dzine na takalelesa u ita.  
Zwino nwalanu madzina a nyito idzi zwikhala zwi re kha mepe wa mihumbulo.

Themo ya I – Vhege ya 3 – Bammbiri la u shulela la

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**ZWINE NDA  
TAKALELESA  
U ITA.**

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Kha ri ole

Zwino shumisani mepe wañu wa mihibulo kha u ñwala phara i no amba nga zwine na takalelesa u ita nauri ndi nga mini ni tshi takalelesa nyito idzi.

## Zwine zwa ntakadzesza



Kha ri ite nyito

Shumisani vumba la u tambisa kha u vhumba tshifhañuwotshirñwethuwi na tshifhañuwotshisinyuwi.



Kha ri ambe

Vhudzisani khonani ñhanu uri dzi takalela u ita zwifhio. Khañaraní tshibuñoko tshithihi misi yoñhe musi vha tshi sumbedza u takalela nyito nngede.



5					
4					
3					
2					
1					
	U imba	U vhala	U ola	Mitambo	Mbalo

Ndi nyito ifhio ine ya takaleleswa?

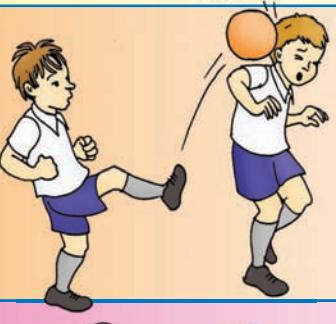


# Vhudipfi

Lavhelesani tshirinwe na tshirinwe tsha hezwi zwifanyiso ni ambe ngauri ni nga thusa avha vhana nga ndilade uri vha ite zwe teaho. Itani thiki kha phindulo i re yone.

Themo ya! – Vhege ya! – Bammbiri! – u shulela ja

Kha ri ambe

	A ni koni u tshimbila ni songo bonya matō! Tshukhwi! Litshani ndi ni thuse u tshi doba!	
	Eish! Kheiha bola yanu. Ohoo! Iyani u tambela kule hangei!	
	Ndi yanga nahone ndi nga si ni fhe. Idani mungana wanga ri le rothe tshokoleithi.	



Kha ri nwale



Khonani dza mbiluni ndi khonanide?

Arali nda khakhela muñwe muthu ndi a humbela pfarelo.



Arali nda vhona khonani yanga a tshi khou kundelwa ndi a mu thusa.

Nwalani zwiñwe zwithu zwivhili hafhu zwine khonani dza mbiluni dza itelana.



### Kha ri ambe

Lavhelesani tshiñwe na tshiñwe tsha hezwi zwifanyiso. Ambani ngazwo. Zwino nangani tshifanyiso ni ite litambwa ngatsho. Zwino nangani tshifanyiso tshithihhi ni ite litambwa latsho ni tshi sumbedza zwe zwa bvelela.



Zwino nwalani litambwa li no amba nga tshifanyiso tshe na nanga. Nwalani madzina a vhabvumbedzwa kha kholomo ya u thoma.




### Bvelani nnda

Edzisani hezwi zwithu.

- Gidimani ni tshi mona na mudavhi. Musi mudededzi vha tshi ri "shanduka" ni a rembuluwa na gidima ni tshi humela murahu.
- Zwino bammbisani bola ni tshi khou tshimbila nga tshaphanda.



# U ditola

shulela ja  
- Bammbrin ya 4 -  
Themo ya 1 - Vhege ya 4



Kha ri nwale

Ditoleni


Ndi khonani ya mbiluni.

Ndi a vhavhalela khonani dzanga.

Ndi a sea na vhanwe vhana vha kilasini yanga.

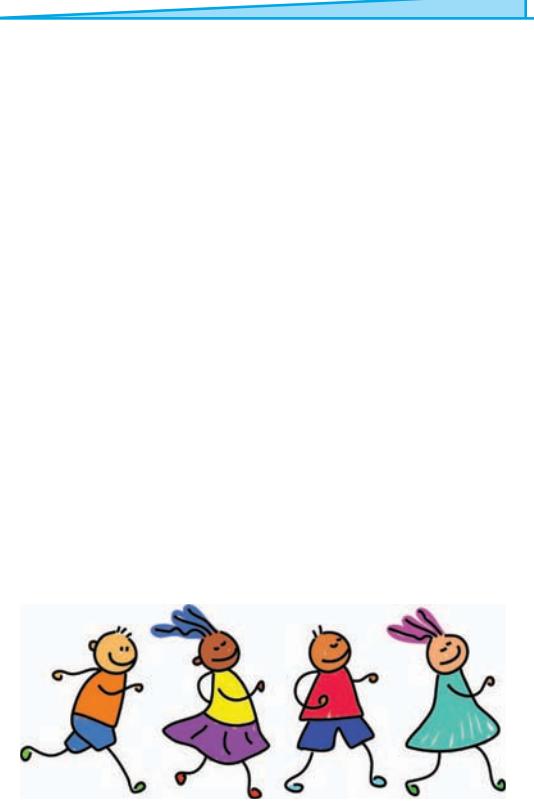
Vhunzhi ha vhana vha kilasini yanga vha a mpfuna.

Tshifhinga tshothe ndi na vhulenda kha vhanwe vhathu.



Kha ri ite nyito

Itelani munwe muthu ane na mu takalela garača. Olani tshifanyiso nga nn̄da hayo na mulaedza wa tchipentshela nga ngomu.






Kha ri ñwale

Olani tshifanyiso tsha khonani dzañu, kana mudededzi wanu, kana mashaka aye a vha a tshipentshela kha inwi. Ñwalani madzina avho.



## Vhathu vhane nda tshila navho vha tshipentshela



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Zwino ñwalani t̄halutshedzo ya avha vhathu na uri ndi nga mini vhe vha tshipentshela.

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# Mutakalo na Thusothanzi



Khar ambe

Ambani nga zwine zwa  
khou bvelela tshifanyisoni.



No no vhuya na bva mikota?

Ni tea u ita mini arali na nga  
thoma u bva mikota?

Ni a divha hune bogisi ja  
Thusothanzi ja dzula hone?  
Bulanu uri li ngafhi. Li

Tokomelwani.

Kanzhi u tshuwa a ho ngo tea.  
Ni elelwe u sa fanywa no kwama  
malofha a muñwe muthu.

## Zwine na nga ita arali ni tshi khou bva mikota



1 Dzulelani phanda no kotamisa thoho.



2 Pwatulani ningi lwa minete ya 2 ni  
feme nga mulomo.



3 Vheyani tshiñwe tshithu tshi no khou  
rothola kha mutsinga sa thavhula  
yo nukalaho kana matombo a a aisi o  
putelwa kha thavhula.



4 Ni songo fumula ningi musi mikota  
yo no ima.



5 Arali mikota ya sa ima nga murahu ha  
minete ya 15, iyani ha dokotela kana  
muongi (nese).

# U londa zwilonda



Kha ri vhale

Zwitzhili a ri koni u zwi vhona ngeno zwi hot he hot he. Arali ra nga dihuvhadza ri tea u ita uri zwilonda zwashu zwi dzule zwe kuna u itela uri zwi si dzhene zwitzhili.



Kha ri ambe

Talutshedzani khonani dzanu uri tshilonda tshi tanzwiswa hani. Vha sumbedzeni uri vha tea u ita mini.

## U katudza malofha a mbonzhe

Ni songo vuwa no fara malofha a muñwe muthu.

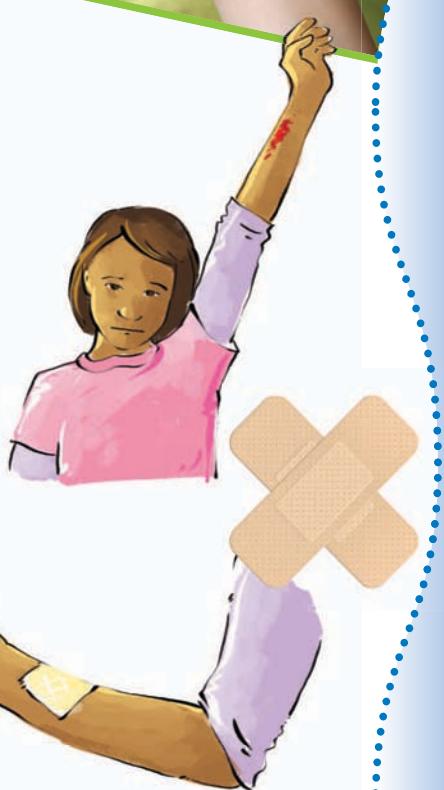
Arali ni tshi khou thusa muñwe muthu o huvhalaho, ni shumise magilavu tshif hinga tshothe.

Katudzani u bva ha malofha nga u vhea mbonzhe i nthha ha levele ya mbilu.

Lingedzani u katudza u bva ha malofha nga u ndondomedza banditshi i si na tshika kha mbonzhe.

Arali mbonzhe yo tsesa nahone malofha a sa imi u bva, iyani ha dokotela kana kiliniki.

Wanani nomboro ya shishi ine na nga founela khayo. Lutingo: \_\_\_\_\_



Teacher:  
Sign:  
Date:

# U swa



Kha ri vhale

Arali na nga fara tshiñwe tshithu tshi no fhisia ni do swa.  
Ni nga ita mini arali muriñe muthu a tshi nga swa?

- 1** Rothodzani afho he ha swa nga madi a no rothola lwa minete ya IO.  
Hezwi zwi thusa uri lukanda lu rothodzwe.
- 2** Pombololani kana khurumululani afho he ha swa.  
Ni songo bvula tshiambaro arali tsho nambatela lukanda.
- 3** Ni songo pomba he ha swa ni vhe na vhutanzi uri a hu rungunyi.
- 4** Arali he ha swa ho tsesa nahone hu hu hulwane u fhira tshanda  
tshañu tsha fhasi, iyani ha dokotela nga u t̄avhanya.



Bvelani nn̄da

Fhufhani nzambo ya fhasi.

Dzhiani vhutanda vhuraru kana zwipiða zwiraru zwa thambo. Musi no no  
fhufhela vhukati hazwo, zwi vheeni zwe no vha kule na kule ni vhone uri  
ndi nnyi ane a nga fhufha u fhira vhañwe.



Kalani he na lavhutshela hone.

Sedzani ni vhone arali khonani  
yanu a tshi nga lavhuwa u  
fhira inwi.



Bvelani nn̄da

Itani bara.



Inwi na khonani dzanu  
sielisanani u vha bara.



Zwino sielisanani u dzungudza  
thambo uri khonani dzanu  
tshi i fhufhe.

Themo ya 1 – Vhege ya 5 – Bammbiri ya u shulela ja



Kha ri ambe

Hu khou bvelela mini zwifanyisoni izwi?  
Vhathu vha swa nga ndila dziñwe dzifhio?



Nwalani milayo i re na ndeme ine na tea u elelwa musi ni tshi tea u thusa musi:

Muthu a tshi khou bva mikota


Muthu e na tshilonda


Muthu o swa




# Ndi tsireledza muvhili wanga

Themo ya 1 – Vhege ya 6 – Bammbiri ya u shulela ja  
Kha ri ambe



Kha ri ambe

Ri tea u tsireledza mivhili yashu.

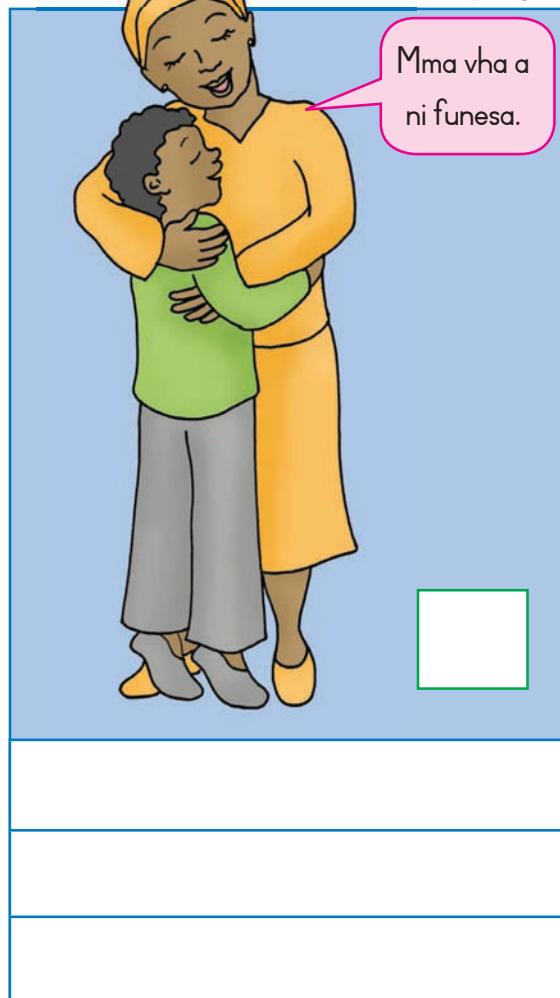
Musi ri tshi takalela tshiñwe tshithu ri vha na vhudipfi ha uri "ee" mbiluni dzashu, ra tama zwi sa swiki hune zwa fhela.

Musi tshiñwe tshithu tshi tshi ita uri ri pfe ri songo digeda ri vha na vhudipfi ha "hai" mbiluni dzashu, ra tama itsyo tshithu tshi tshi ima.

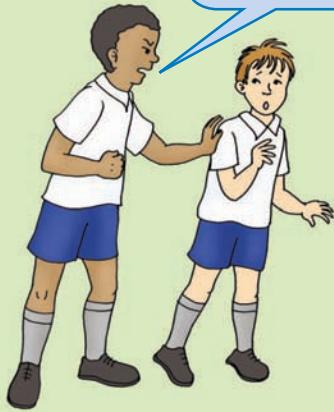


Kha ri nwale

Dzenisani thiki ✓ arali tshifanyiso tshi tshi sumbedza nyito yo tsirelezeaho kana ✗ arali nyito i na khombo ngomu. Zwino r̄walani fhungo nga fhasi ha tshifanyiso tshiñwe na tshiñwe ni tshi bula uri ndi nga mini ni tshi vhona u nga nyito yo tsirelezea kana i na khombo ngomu.



A thi ni funi na  
luthihi.



Zwino no nakelela hani  
ngoho.



## U buluuri hai

Zwi a konda uri hai, f'chedzi no tea u amba uri hai arali muñwe muthu a tshi  
ita uri ni pfe ni songo d<sup>z</sup>igeda.

Arali muthu a tshi ita uri ni vhe na vhudipfi ha "hai" nahone a tshi ita uri ni  
pfe ni songo d<sup>z</sup>igeda, vhudzani muthu muhulwane ane na mu fulufhela.



Kha ri nwale

Nangani vhatu vhararu vhane na nga vha fulufhela ni ṭalutshedze uri  
ndi nga mini ni tshi vha fulufhela.



Ñwalani ndila ine na nga vhudza ngayo muthu ane na mu fulufhela zwithu zwi sa takadzi zwe na  
ṭangana nazwo.



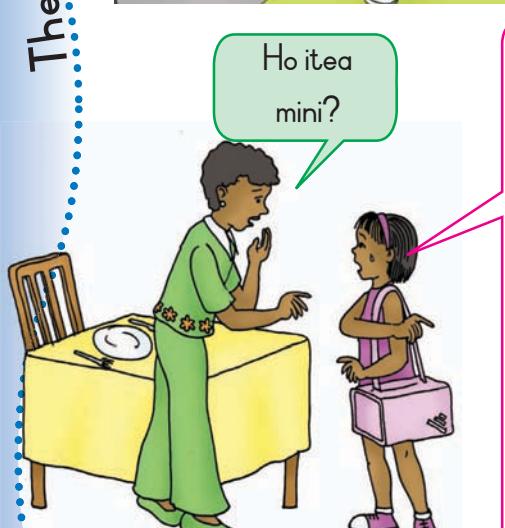
# U ditsireledza

Themo ya 1 – Vhege ya 6 – Bammbiri la u shulela la

Kha ri ambe

Lavhelesani zwifanyiso izwi nga vhuronwane. Ni vhone arali ni tshi nga anetshela tshitɔri. Nwalani maipfi kha bulo la maipfi la u fhedza.

Kha de, ndi do mu fheletshedza vhengeleni.



Ho itea  
mini?

Deithi:

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Kha ri ambe

Rerani nga vhudipfi ha musidzana uyu, zwe a ita na uri vhoiwe no vha ni tshi nga ita zwifhio kha nzulele yo raloho.



Kha ri nwale

Nwalani milayo mi<sup>tanu</sup> ya u ditsireledza.

Ni thome muriwe na mu<sup>nwe</sup> ngauri:

Vhana vha songo vuwa vho...



Kha ri ite nyito

Itani masiki wa u sumbedza vhudipfi.

Khethani uri ndi vhudipfi hufhio hune na tama masiki wa<sup>n</sup>u u tshi sumbedza.

Zwi oleni kha bammbiri la u vetaveta (la rafu).

Li gereni.

Gerani mato.

Li khavhiseni nga bammbiri li re na muvhala.



Bvelani nnda

Dilugiseleni mutatisano wa mugidimo.

Giovhani (tumbani) fhethu ho teaho u thomiwa hone.

Thetshelesani mudededzi wa<sup>n</sup>u vha tshi ri:

"Gona fhasi! Redii! Goo!"

Ni phule ngila i re na zwikhukhulisi.



# Muvhili wanga, mutakalo wanga

Themo ya 1 - Vhege ya 7 - Bammbiri ya u shulela ja



Rołhe ri na vhudifhinduleli ha u ita uri mivhili yashu i dzule yo takala.  
Avha vhana vha khou ita mini zwine zwa vha zwavhudi kha mivhili yavho?

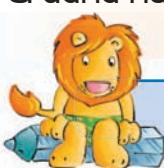


## Ndi zwifhio zwinwe zwithu zwi si na mutakalo ngomu zwine vhatu vha ita?

No vha ni tshi zwi divha uri u daha hu vhaisa mivhili yashu?

No vha ni tshi zwi divha uri arali muñwe muthu a tshi khou daha tsini na inwi  
zwi nga vhaisa muvhili wanu?

U daha hu vhaisa mivhili yashu nga ndilade?



Kha ri nwale

Itani thiki ✓ kana tshifhambano ✗ kha tshitatamennde tshiñwe na  
tshiñwe ni tshi sumbedza uri **ndi zwone** kana **a si zwone**.

	Segere <small>ł</small> e i a <u>difha</u> .
	Arali nda dzula tsini na muthu ane a khou daha, fola <u>li</u> nga vhaisa muvhili wanga.
	U daha hu nga ita uri mañø añu a birime.
	U daha hu vhanga malwadze a mulomoni.
	U daha hu nga vhanga tshihot <small>ł</small> ola.
	U daha hu nga vhanga khentsa.



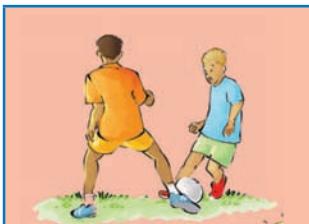
## Milayo ya mutakalo

Ndi tea u ṭamba mano ndi tshi fhedza u ḥa na musi ndi sa athu u edela. Ndi tea u gama mavhudzi ndi sa athu ya tshikoloni. Ndi tea u nongola ḥala arali ndo tamba mavuni. Ndi tea u ṭamba mano ndi tshi fhedza u ḥa na musi ndi sa athu u edela. Ḥala dzanga dzi tea u dzula dzo geriwa na u kuna tshifhinga tshothe. Ndi tea u ṭamba zwanda tshifhinga tshothe ndi tshi bva thoilethe, ndi sa athu fara zwiliwa. Ndi tea u latā thishu dzi re na tshika binini.



Kha ri diphine

Vha tea u ambara mini uri vha tsireledzee? Livhanyani zwifanyiso nga u tala mutalo u tshi bva kha zwifanyiso zwi re kha muduba wa nt̄ha u tshi ya kha tshifanyiso tsho teaho tshi re kha mudumba wa fhasi.



Kha ri diphine



Dionyoloseni nga u tamba mutambo wa khirikhetha mafanedza.

Mudededzi waṇu vha do tamba muzika. Thetshelesani ni kone u edzisela mudivhithe wawo nga minwe kha desike.



# Pfanelo na vhudifhinduleli

shulela ja

Bammbiri ja -

Vhege ya 8 -

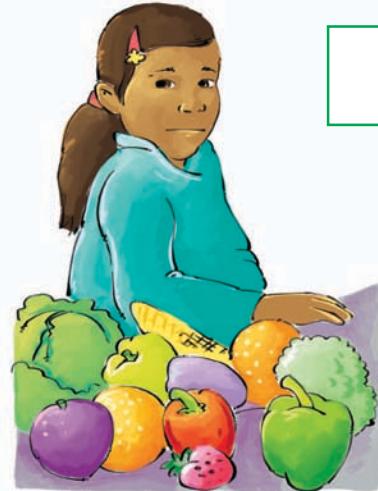
Themo ya 1 - Vhege ya 8 -



Kha ri vhale

Tshifhinga tsho<sup>th</sup>e vhana vha tea u thusa nga u shuma mishumo mi<sup>th</sup>ani ya havho. Fhedzi vhana a vho ngo tea u shuma mishumo i no lemela sa ya vhahulwane. Vhana vha tea u wana tshifhinga tsha u tamba na u dzhena tshikolo.

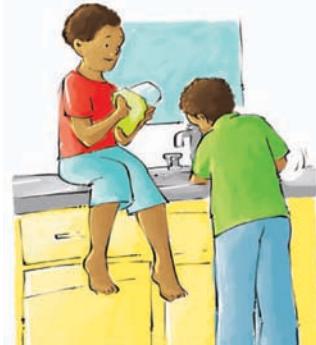
Lavhelesani zwifanyiso. Itani thiki kha mishumo yo teaho vhana. Zwino riwalani fhungo nga fhasi ha tshifanyiso tshi<sup>n</sup>we na tshi<sup>n</sup>we ni tshi amba uri ndi zwifhio zwine na vhona zwo tea kana zwi songo tea vhana.



Mulalo u rengisa mitshelo duvha <sup>lo</sup><sup>th</sup>e a fhedza a si tsha dzhena tshikolo.



Musi tshikolo tshi tshi bva Mulanga u sheledza ngade ya miroho.



Tshifhiwa u hwala zwidina ngauri u  
shuma kha mufhati.

Ntakadzeni na Bongi vha thusa  
kha u tanzwa zwigedelo.



Kha ri ambe

Ndi mishumo ifhio ine na ita hayani?

Ndi mishumo ifhio ine na ita tshikoloni ni tshi thusa  
mudededzi wanu?



Bvelani nnda

Edziselani kushumelwe kwa mishumo yo fhambananaho.  
Tshigwada tsha vhoiwe tshi tea u humbulela uri ni khou  
shuma mushumo ufhio.

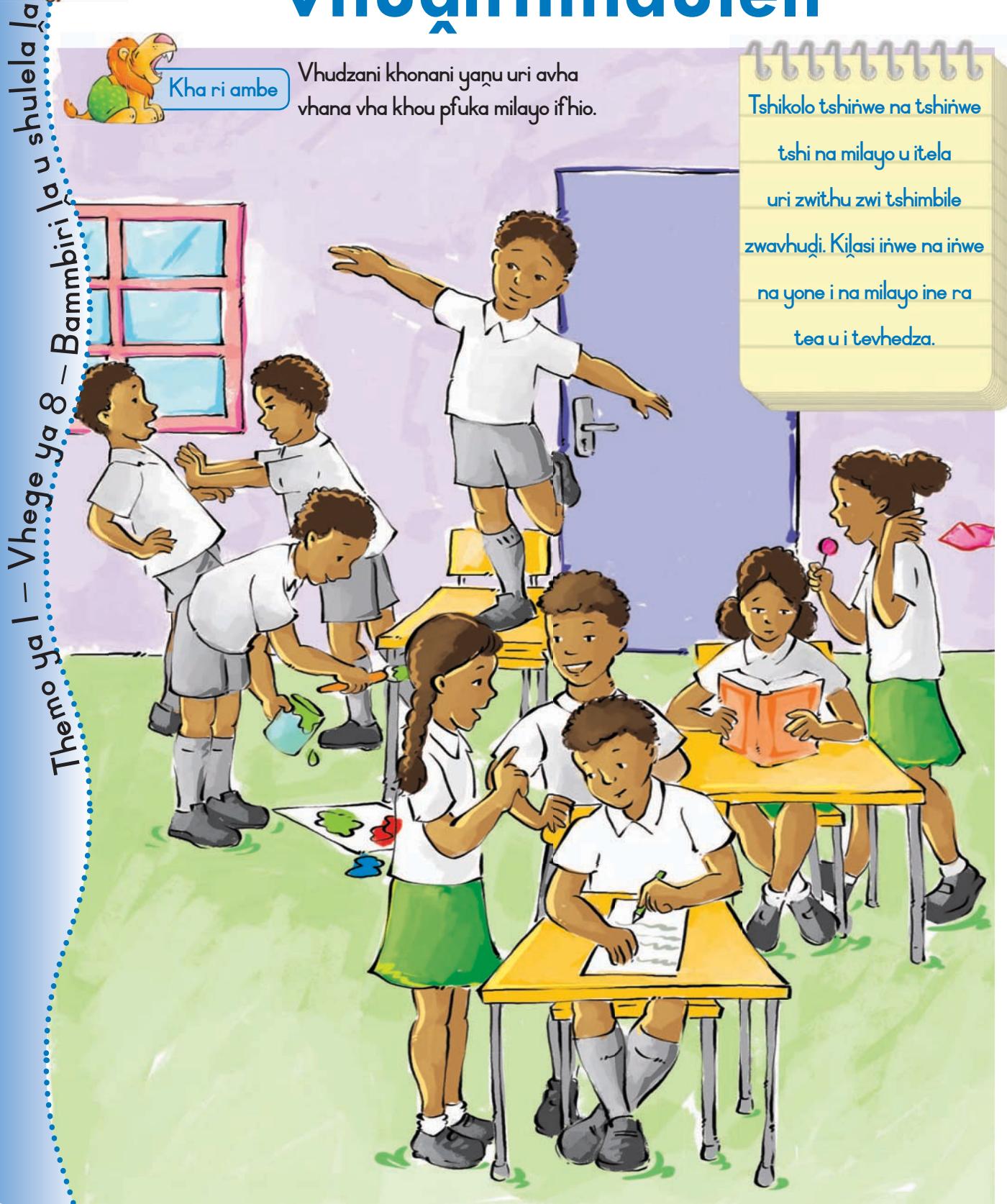
Vhofhanani  
milenzhi ni ite  
mbambe.



Ni kone u ita  
ndowendowe ya u raha  
bola ya milenzhe ni  
vhone uri ni nga i raha  
ya swika ngafhi.



# Pfanelo na vhudifhindule i





Kha ri nwale

Nwalelani kīlasi yanu milayo ya 4.



Kha ri ambe

Vhalani pfanelo na vhudifhinduleli ni ambe na khonani yanu uri zwiñwe na zwiñwe zwi amba mini.



## VHUDIFHINDULELI HA VHASWA VHA AFRIKA TSHIPEMBE

Ndingano	Tshirunzi tsha muthu	Vhutshilo	Hayani
<b>Ndingano</b>  Farani muthu muñwe na muñwe nga u linganana na u fana. Ni songo ṣalula	<b>Tshirunzi tsha muthu</b>  Ḣhonifhani muthu muñwe na muñwe. Ni vhe na vhuhwaho na u vhavhalela.	<b>Vhutshilo</b>  Hulisani na u Ḣhonifha vhabebi vhañu. Funananí na u fulufhedzea muñani wa hanu. Vhutshilo hothe ndi mpho. Vhu Ḣhonifheni.	<b>Hayani</b>  Thusani kha mishumo ya hayani.
Pfunzo	U shuma	Mbofholowo na tsireledzo	Ndaka
<b>Pfunzo</b>  Dzhenani tshikolo, ni gude ni shumese. Tevhedzani milayo ya tshikolo.	<b>U shuma</b>  Vhana vha songo kombetschedzwa u ṣoda mishumo.	<b>Mbofholowo na tsireledzo</b>  Ni songo vhaisa, u shengedza kana u shushedza vhañwe, nahone ni songo tenda vhañwe vha tshi zwit ita. Tandululani phambano nga mulalo.	<b>Ndaka</b>  Ḣhonifhani ndaka ya vhañwe vhathu. Ni songo tshinyadza ndaka nahone ni songo tswa.
Vhurereli, lutendo na miumbulo	Tsireledzo	Vhudzulapo	Mbofholowo ya u amba
<b>Vhurereli, lutendo na miumbulo</b>  Ḣhonifhani lutendo na miumbulo ya vhañwe vhathu.	<b>Tsireledzo</b>  Vhavhalelani ijfhasi. Ni songo tambisa magi na muđagasi. Tsireledzani zwipuka na zwimela. Kunakisani miđi ya hanu na zwitshavha zwa hanu.	<b>Vhudzulapo</b>  Ivhani mudzulapo wa Afrika Tshipembe wa vhukuma na u fulufhedzea. Tevhedzani milayo, ni vhe na vhutanzu uru na vhañwe vha ita ngauralo.	<b>Mbofholowo ya u amba</b>  Ni songo ṭutuwedza mazwifhi na vengo. Ivhana na vhutanzu uru vhañwe vhathu vha songo nyadziwa kana u vhaiswa.

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



16a

# Mađuvha a tshipentshela a vhurereli na zwiňwevho



Kha ri ambe

Themo ya I – Vhege ya 8 – Bammbiri la u shulela la

Nangani vhuriwe ha vhurereli uhu. Wanani zwanzhi nga vhurereli uhu. Dilugiseleni u ita mukumedzo kilasini. Ni lengedze u da na bugu kana zwifanyiso zwa u tikedza mukumedzo wañu.



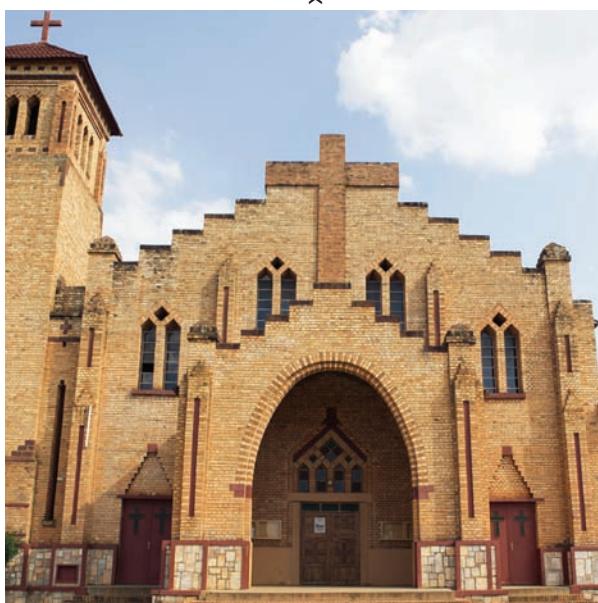
Tshihindu



Tshiisilamu



Tshiyuda



Tshikhriste

Ri tea u ḫonifha vhatu vha vhurereli hothe.

Vhurereli hañu ndi hufhio? \_\_\_\_\_

Vhurereli ha khonani yañu ya mbiluni ndi hufhio? \_\_\_\_\_

# Ndi a ditola hafhu



Kha ri nwale

Ñwalani zwi no ni kwama kha garaṭa iyi.



16b  
Themo ya I – Vhegę ya 8 – Bammbiri ḥa u shulela ḥa

Dzina ḥanga	_____
Tshifani tshanga	_____
ጀuvha ḥa mabebo anga	_____
Gireidi yanga	_____
Tshikolo tshashu	_____
Nomboro yanga ya luṭingo (founu)	_____
Direse yanga	_____
	_____
	_____
	_____
Nomboro ya shishi	_____
Mutambo une nda u funesa	_____
Muvhala une nda u funesa	_____
Khonani yanga ya mbiluni	_____
Zwine zwa ntakadza	_____
Zwine zwa nṭungufhadza	_____
Zwine zwa ntsinyusa	_____
Zwine nda zwi konesa	_____



# Kulele ku re na mutakalo



Kha ri ambe

Lavhelesani tshiñwe na tshiñwe tsha zwigada zwa zwiliwa ni  
ambe na khonani yanu ngazwo:

Ndi zwiliwa zwifhio zwi re kha tshigwada tshiñwe na tshiñwe?  
Ndi nga mini tshigwada tshiñwe na  
tshiñwe tsha zwiliwa tshi  
tshavhuði kha riñe?



## Phurotheini

Phuretheini dzi fhaña sele  
ntswa u itela uri mivhili  
yashu i aluwe.



## Vithamini

Vithamini na miminerala zwi  
thusa mivhili yashu kha u  
lwa na pfukelo ya zwitzhili  
zwa thusa uri ri dzule ri na  
mutakalo.



Bvelani nnnda

Humbelani mudededzi wañu vha ni sumbedze  
kutambelwe kwa mutambo wa "founu i sa shumi".  
Ni tshi fhedza ni ite ndowendowe ya u posa bola.

# Khabohadireithi

Hezwi zwiliwa zwi ri fha nungo  
(mafulufulu).



Kha ri nwale

Itani mutevhe wa zwiliwa zwe na la mulovha. Kha kholomo ya u fhedza, bulani uri izwi zwiliwa ndi phurotheini, khabohadireithi, mitshelo kana miroho naa.

## Zwibveledzwa zwa mafhi

Zwiliwa zwa mafhi zwi ita uri marambo ashu a khwathé, nga maanda arali ri tshee vhatuku, musi marambo ashu a tshi kha di aluwa.

Zwiliwa zwe nda la mulovha

Lushaka lwa zwiliwa

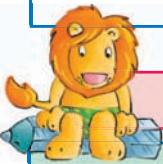



# Kulele kwashu

**Kha ri ambe**

Vhudzisani khonani dzañu nña uri vha takalela u ja mini. Lavhelesani zwiliwa zwo fhambananaho ni ite thiki (✓) arali ni tshi zwi takalela, kana tshifhambanu (✗) arali ni sa zwi takaleli.

Dzhenisani madzina a mirado ya tshigwada tshanu.

**Kha ri nwale**

Lavhelesani thebulu ye na i dadza ni kone u fhindula mbudziso idzi.

Ndi zwiliwa zwifhio zwe khonani dzañu dzi si zwi takalelese?

Ni vhona u nga kulele kwa khonani dzañu ku na mutakalo ngomu?

Ndi nga mini ni tshi ralo?



**Kha ri diphine**

Humbelani mudededzi vhanu vha ni sumbedze kutambelwe kwa founu i sa shumi.





Kha ri nwale

Itani mutevhe wa tshaka dza zwiliwa zwine ra tea u zwi la duvha linwe na linwe.



Kha ri nwale

Nwalani risipi ya zwiliwa zwine na zwi funesa.

Ri tea u tinya mini?

Muñó wo kalulaho ngauri u nga ri vhangela mutsiko wa malofha u re nthá musi ro no aluwa.

Swigiri yo kalulaho ngauri i nga ri vhangela daibetisi musi ro no aluwa.

Swigiri yo kalulaho i dovha ya vhangang mivhili yo kalulaho.

Nyamunaithi (dirinkhi), khekhe na matshipisi zwo kalulaho.



Risipi ya \_\_\_\_\_

Ndi do shumisa thinganywa dzifhio?


Ndi tevhedza kubikele kufhio?


Teacher:  
Sign:  
Date:

# Kulele ku re na mufakalo ngomu



Kha ri nwale

Themo ya 2 – Vhege ya 2 – Bammbiri ya 2 – shulela la

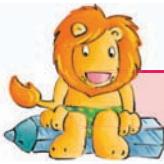
Shumani na Malindi vha khou ya Khefini ya Sunshine. Vha khou tea u renga zwiliwa zwa u bika tshilalelo. Vha thuseni uri vha ite menu wa zwiliwa zwi re na mutakalo.



Bvelani nnda

Sielisanani u dzungudza thambo uri khonani dzañu tshi i fhufhe.





Kha ri nwale

Nwalani zwithu zwine vha tea u renga na mitengo ya hone kha mutevhe wa zwirengwa u re afho fhasi. Shumanu na Malindi vho badela vhugai kha zwiliwa zwe vha renga?

## MUTEVHE WA ZWIRENGWA

## MUTENGO



Kha ri nwale

Kulele kwanu ku na mutakalo ngomu u swika ngafhi? Kha larani tshif ha tuwotshinwethuwi kha kulele ku nwe na ku nwe ku re na mutakalo.

### Kulele kwanga

	Ee	Hai
Ndi anzela u la ndi Thiviiini.		
Ndi pfana na mitsheolo na miroho.		
Ndi pfana na zwiliwa zwa mapfura sa matshipisi.		
A thi pfani na u nwa madi, ndi funesa dirinkhi.		
I thi li miroho ye nda sevhedzwa.		
Ndi tafuna zwiliwa zwanga nga ngona.		
Ndi la burekifasi (vhuragane) ndi sa athu ya tshikoloni.		

Vhalani uri ndi zwifha tuwotshinwethuwi zwingana.





20

# U la zwavhuđi

Kha ri ite nyito

Olani kana ni nambatedze zwifanyiso zwa zwiliwa ni  
tshi sumbedza muļo u re na mutakalo ngomu.

Themo ya 2 – Vhege ya 2 – Bammbiri ja u shulela ja



Kha ri vhale

## Milayo ya kulele ku re na mutakalo ngomu

Ni tambe zwanda tshifhinga tshothe ni sa  
athu fara zwiliwa.

Ni songo litsha zwiliwa zwi songo tibiwa/  
khurumedzwa.

Ni songo la zwiliwa zwa kale kana zwe tshinyalaho.

Shumisani makanda na makhwathi a miroho kha u  
ita pfudzethukhwi (khomphosi) ngadeni.

Tavhani miroho yanu inwi munē.



Kha ri ite nyito

Olani tshifanyiso ni tshi sumbedza muthihi wa hei milayo.

Teacher:
Sign:
Date:

# Zwikhokhonono

Ja



Kha ri ambe

Ambani nga zwipida zwo fhambananaho zwa zwikhokhonono.

Zwikhokhonono zwi na zwipida zwiraru zwa muvhili  
thoho, mutumbu wa nthā na mutumbu wa fhasi.

Zwi dovha zwa vha na milenzhe ya rathi na  
tshiphuphuledzi.



Kha ri ite nyito

Lebulani tshikhokhonono.  
Talani mutalo u tshi bva kha  
lebulu iñwe na iñwe u tshi ya  
kha tshipida tsho tea tsha  
tshikhokhonono.

Thoho



Tshiphuphuledzi

Muthumbu wa  
nthā

Lito

Mulenzhe/gwendo

Mutumbu wa  
fhasi

Bvelani nnda

Norani sa ḥotshi, fhufhani sa tthisusu ni thamuwe sa nzie.  
Zwino no no lugela u tamba bola ya milenzhe!



Talani mutalo ni tshi livhanya dzina ላንዬ na ላንዬ na tshikhokhonono tsho teaho. Bulani uri ndi zwikhokhonono zwifhio zwine zwa ri thusa na zwine zwa ri tshinyadza.



Notshi



Lunyunu



Thunzi



Lusunzi



Nzie



Tshisuṣu



Kugonono



Tshisuṣuvhoya



Zwino dženisani (የwalani) maipfi  
ane a khou ተahela.

dzi ita mutoli.

dzi andadza muvula.

vhu andadza dali (malaria).

vhu andadza malwadze.

zwi እንደ zwiliñwa zwa vhalimi.

# Zwiñwe hafhu nga zwikhokhonono



Kha ri ambe

Lavhelesani zwifanyiso ni vhudze khonani yanu uri ndi ngani notshi dzi na mushumo.



Notshi dzi andadza muvula. Muvula u shuma u anwisa mitshelo.



Notshi dzi ita mutoli.



Kha ri nwale

Nwalani dzina la tshikhokhonono tshiñwe na tshiñwe zwikalani zwe na newa.



nzwonzwa mununzvu kha dzuvha.



Nzie i na magwendo o khwat̄ha a u thamuwa ngao.



shumisa

tshiphuphuledzi kha u davhidzana.



zwi andadza muvula kha  
zwimela.

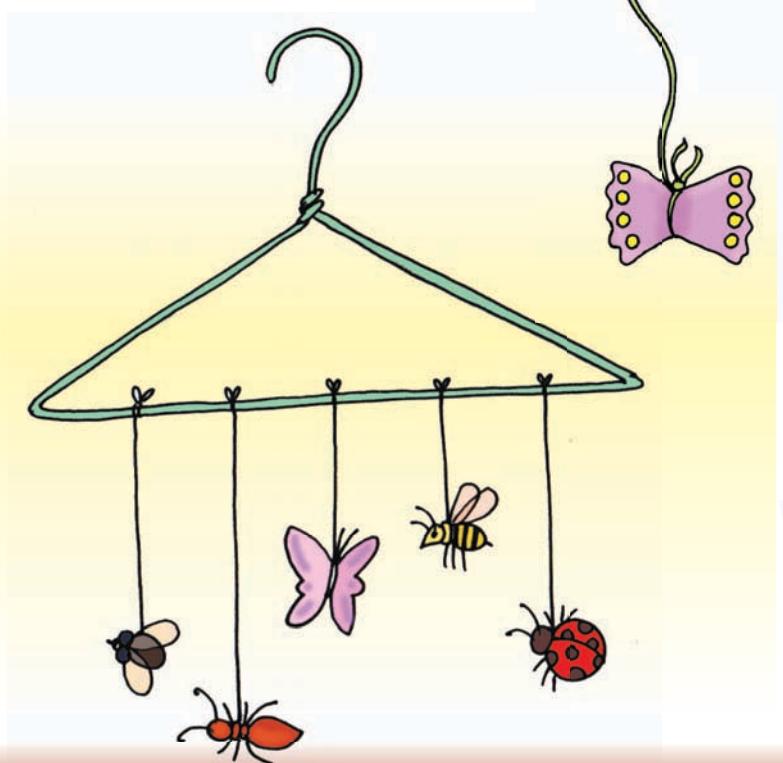
andadza zwitzhili.



Kha ri ite nyito

U ita tshikhavhisi nga  
zwikhokhonono.

- Gerani zwikhokhonono  
zwi re kha siatari la  
zwigeriwa nga murahu  
ha bugu.
- Zwinembeledzeni kha  
heñara.



# 23 Haya ha zwikhokhonono



Khari ite nyito

Tevhedzelani lutambo ni wane haya ha tshikhokhonono  
tshiñwe na tshiñwe.



Themo ya 2 – Vhege ya 4 – Bammbiri ya shulela ya





Kha ri ite nyito

Monamonani na dzharaṭa ya tshikolo ni vhone  
uri ndi tshaka nngana dza zwikhokhonono dzine  
na nga dzi wana.

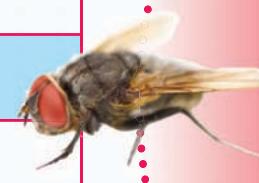


Kha ri ንwale

Ndi zwikhokhonono zwifhio zwe na zwi vhone ngei nnda. Nangani tshithihi ni  
tshi ንwale haf ha.



Itshi tshikhokhonono tshi ḥa zwiliwade?



Itshi tshikhokhonono tshi tshimbila nga u ongolowa kana nga u ṭavhanya?

Tshikhokhonono tshañu tshi na mushumo? Ndi nga mini ni tshi ralo?

Tshikhokhonono tshañu tshi a huvhadza? Ni nga ita mini arali tsha nga ni  
huvhudza?



Kha ri diphine

Zwino dizainani

na u ola



tshikhokhonono

tshañu inwi



muñe ni tshi



rine dzina.





24

# Tongisani vhutsila he na ita



Kha ri ite nyito

## Itani tshisu su tshañu inwi muñé

Ni do tea u vha na: Bammbiri ḥa A4

Khirayoni dza phula (wakisi)

Tshigero

Guluu

Tshifhutabibi

Gwati ḥa thoilethepheipha

Olani tshisu su, ni tshi sumbedza muvhili watsho mulapfu, musekene na mabesu. Khavhisani mabesu a tshisu su tshañu nga phetheni (makolo) dza mivhala yo fhambananaho. Ni vhe na vhutanzi uri mabesu aya vhuvhili hao a a fana na u lingana. Gerani tshisu su itshi. Nambatedzani muvhili uyu kha gwati ḥa thoilethepheipha. Zwino itani zwiphuphuledzi nga tshifhutabibi tsho kothiwaho.

Tshi ḥomeni kha ḥohoh ya tshisu su.





Bvelani nnda

Edzisani mitambo iyi.

### Tshititshi tsha 1:

**Basiketebolo:** Bammbisan bola ni tshi khou gidima nga masongesonge.



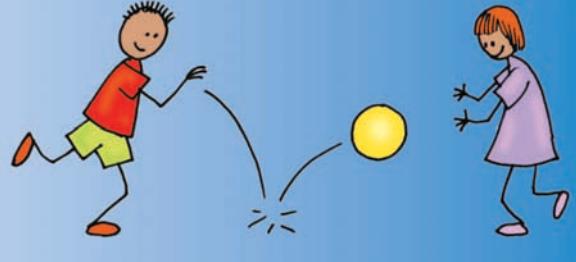
### Tshititshi tsha 2:

**Hokhi:** Shumisani thanda ya hokhi kha u sukumedza bola i tshi ya mapalani.



### Tshititshi tsha 3:

**Netibolo:** Bammbisan bola i tshi ya ha khonani yanu zwenezwi ni tshi khou gidima.



### Tshititshi tsha 4:

**Ragibii:** Gidimani na bola ni i fhirisele kha vhanwe.



### Tshititshi tsha 5:

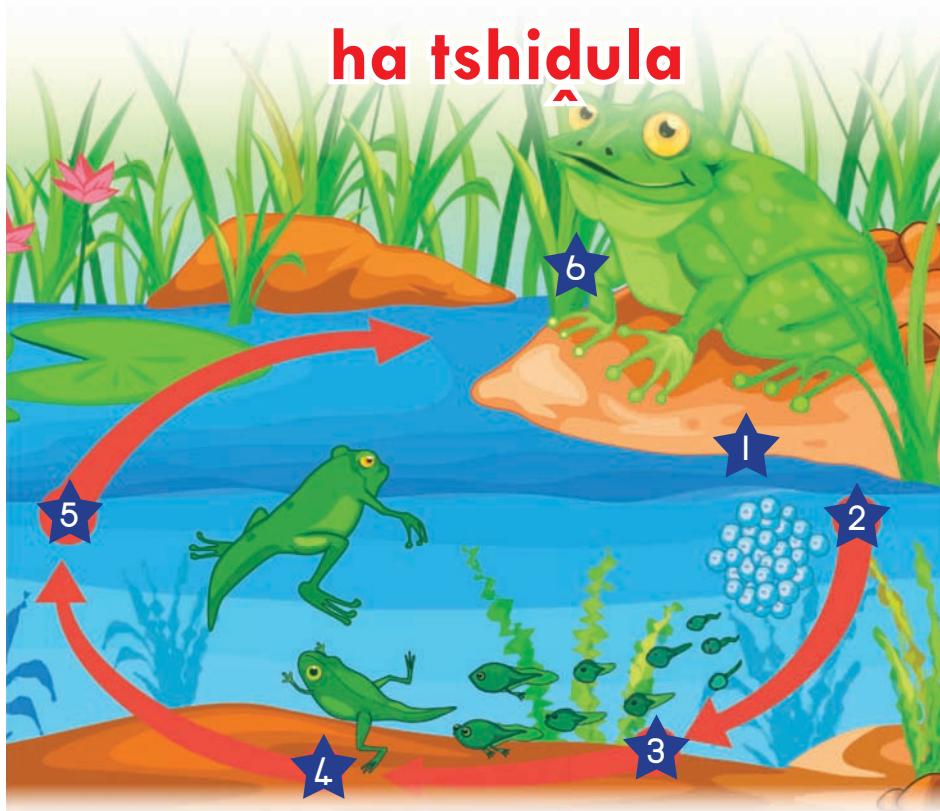
**Bola ya milenzhe:** Dirivhulani bola i tshi ya mapalani.



# Tshitendeledzi tsha vhutshilo

Tshitendeledzi tsha vhutshilo tshi na maga ane a tevhedza thevhekano nngede. Lavhelesani tshitendeledzi tsha vhutshilo ha tshidula na tsha tshisu ni ambe nga maga o fhambananaho.

## Tshitendeledzi tsha vhutshilo ha tshidula



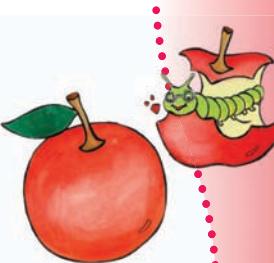
Lavhelesani zwifanyiso ni vhudze khonani yanu uri tshidula tshi shandukisa hani kha tshitendeledzi tsha vhutshilo hatsho.

- 1** Zwidula zwivhili zwi a gombana u itela u andedza makumba.
- 2** Tshidula tsha tshisadzi tshi kudzela makumba.
- 3** Buluvhulu li re na mapwiti na mveki ya mutshila.
- 4** Buluvhulu li mela milenzhe.
- 5** Mutshila u thoma u fovhela.
- 6** Tshidula tsho vhinaho tshi re na mafhafhu nahone mapwiti ha tsheho.



Kha ri ite nyito

Zwino lavhelesani tshitendeledzi tsha vhutshilo ha tthisusu.  
Nwalani zwine zwa bvelela kha liga linwe na linwe la  
tshitendeledzi tsha vhutshilo. Ro dzula ro ni itela maga mavhili.



## Tshitendeledzi tsha vhutshilo ha tthisusu



2



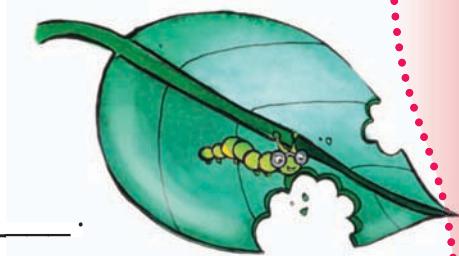
1

Tthisusu tshi kudzela makumba.

2

\_\_\_\_\_.

3



3

\_\_\_\_\_.

4

\_\_\_\_\_.



5

Shonzha li vha sumbandila.

6

\_\_\_\_\_.



5



# Zwitendeledzi zwa vhutshilo

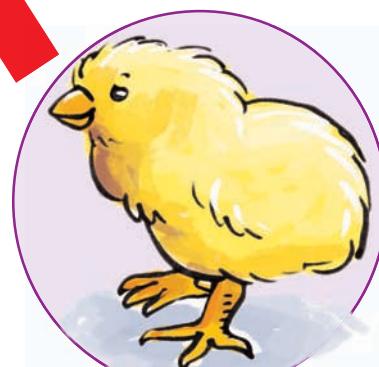
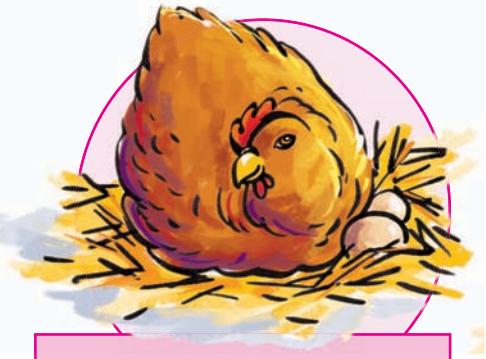
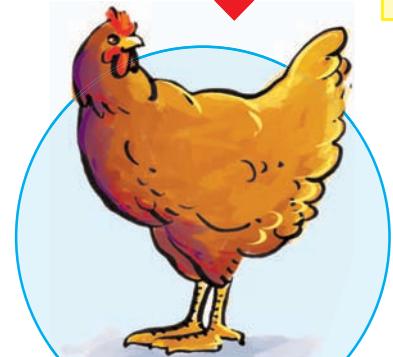
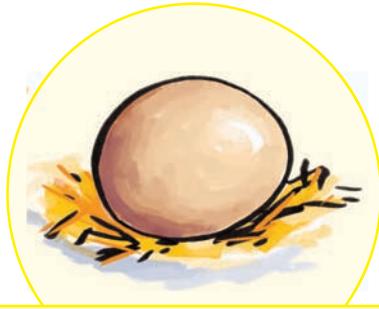


Kha ri ambe

Themo ya 2 – Vhege ya 5 – Bammbiri la u shulela la

Lavhelesani zwifanyiso izwi ni ambe na khonani yanu nga tshitendeledzi tsha vhutshilo ha khuhu. Nwalani nga zwine zwa bvelela kha liga linwe na linwe.

## Tshitendeledzi tsha vhutshilo ha khuhu





Kha ri ite nyito

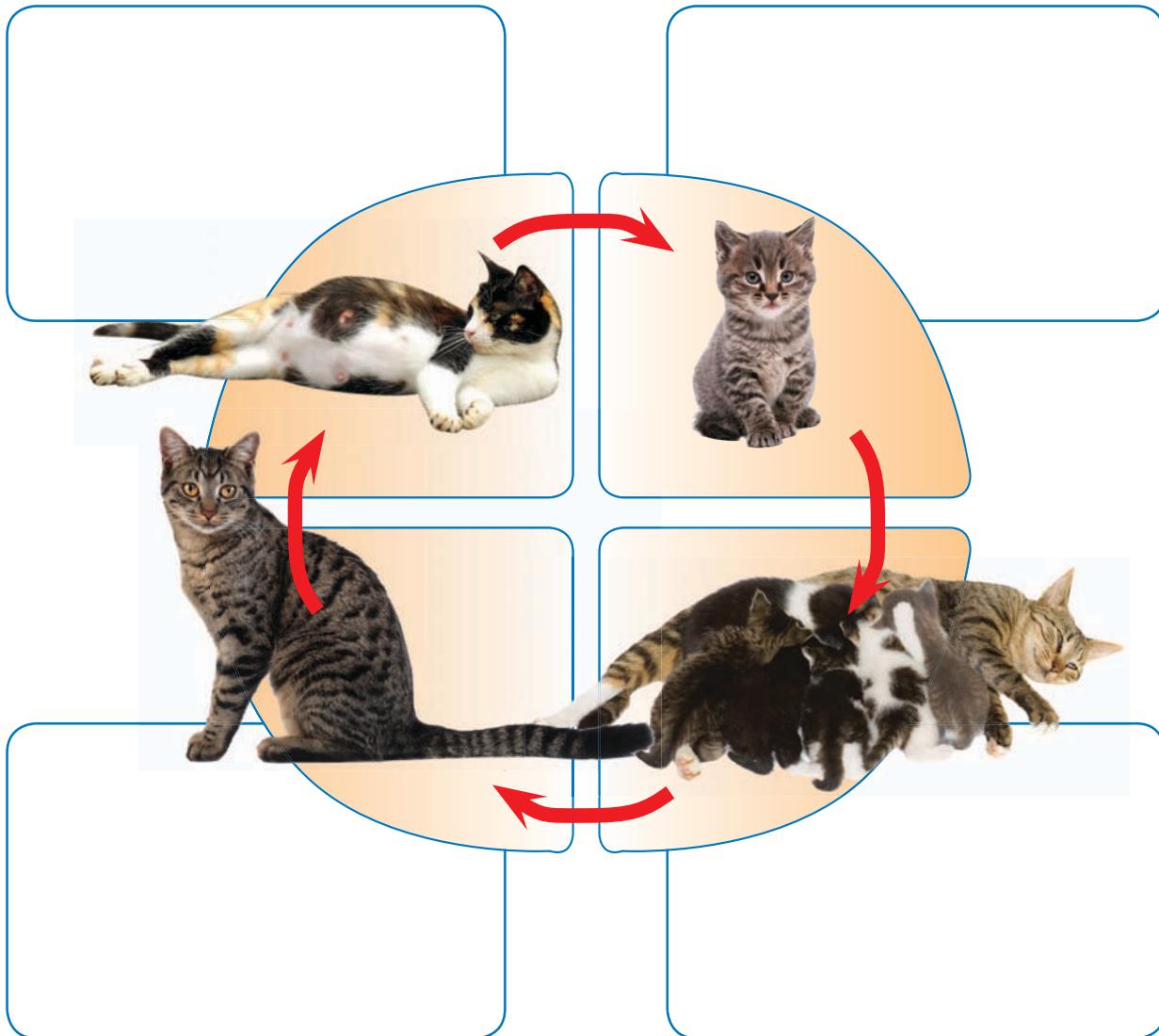
Itani tshitendeledzi tsha vhutshilo ha inwi muñē.

Lebulani tshifanyiso tshiñwe na tshiñwe tshi re kha vhili ja nganetshelo ni tshi sumbedza tshitendeledzi tsha vhutshilo tsha tshimange.

Nomborani maga a u bva kha l u swika kha 4 ni a shumise kha vhili janu ja nganetshelo.

	Tshimangana tshi a tanziwa (bebwa).		Tshimange tsho vhinaho (tshihulwane).
	Mme atsho u vha na luvhuli vhege dza tahe dzot̄he.		Tshimange tshi mamisa zwimangana zwatsho.

## Tshitendeledzi tsha vhutshilo ha tshimange



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

# Tshifuwohaya tshanga

shulela la

shulela la

shulela la

shulela la

shulela la

shulela la

Kha ri ite nyito

Itani masiki wa tshifuwohaya.



Ni do tea u vha na: Bammbiri la A4

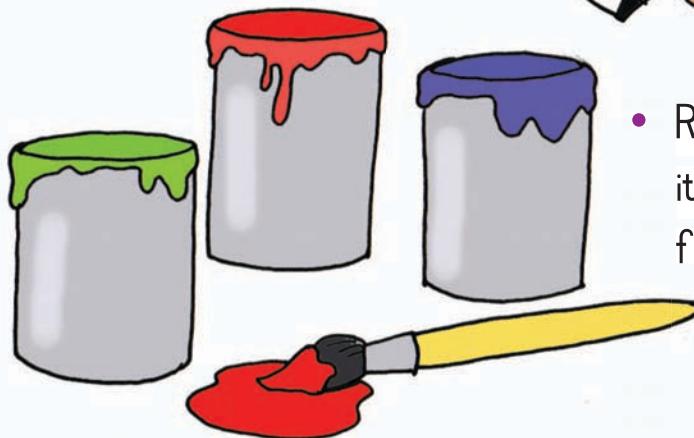
Penisela

Pennde ya luvhanda na madi

Iyebadi (zwifhułandevhe)



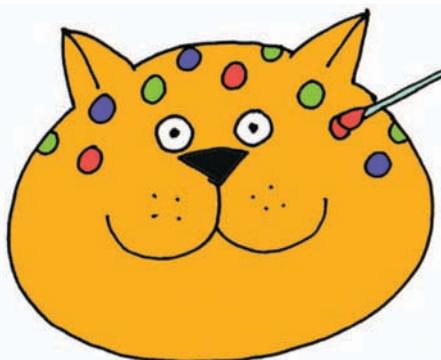
- Olani tshifhatuwo tsha nga nnda tsha tshimange kha bammbiri.



- Rithani pennde uri ni kone u ita pennde ya mivhala ya 3 yo fhambananaho.



- Shumisani iyebadi nthihi kha muvhala muñwe na muñwe.



- Itani zwithomathoma zwa mivhala yo fhambananaho kha tshifhatuwo tsha tshimange.





Kha ri ambe

Talutshedzani khonani yañu nga  
tshifuwohaya tshanu kana tsha muñwe  
muthuvho ane na mu ñivha.  
Bulani uri ni ño tshi ñhogomela nga ñdilade.



Kha ri ite nyito

Olani zwithu zwiñga zwine na tea u ita musi ni tshi  
ñhogomela tshifuwu tshanu.





shulela la  
shulela la

Themo ya 2 – Vhege ya 6 – Bammbiri!

28

# U vhavhalela vhupo hashu



Lavhelesani phosītara khedzi ni ambe na khonani dzañu nga zwine dza ri vhudza.



Lavhelesani logo ya mvusuludzamalañwa.  
No no vhuya na vhona ngafhi logo yo raliho?

## Ri vusuludzeni wee!



Ni nga ñithomela mutshino wañu  
ni tshi shumisa dzihupu na riboni?

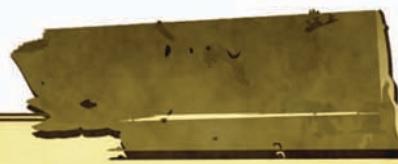


Deithi: .....



Kha ri vhale

Ri nga thusa hani uri vhupo vhu dzule ho kuna?



Ri tea u elelwa **FDV**.

**Fhungudzani:** Ri tea u fhungudza u lakatedza.

**Dovholosani:** Kha ri dovhole u shumisa zwithu lunzhi ri sa athu zwi lat̄a.

**Vusuludzani:** Ri tea u wana ndila dza u shumisa haf̄hu mabammbiri,

mabodelo na zwikot̄ikot̄i.



Kha ri nwale

Kha thebulu i re afho fhasi, nwalani madzina a zwithu zwine zwa nga vusuludzwa. Ro ni thomela mutevhe muñwe na muñwe.



Vusuludzani ngilasi	Vusuludzani pulasit̄iki	Vusuludzani mabammbiri	Itani mupfudzethukhwi (khomposi)
Mabodelo a kale	Mapulasit̄iki	Gurannda	Makanda/makhwathi a miroho



# Mvusuludzamalatwa



Kha ri nwale

Talani mutalo u tshi bva kha tshiñwe na tshiñwe tsha zwithu zwi re kha tsha monde u tshi ya kha tshithu tshi re kha tsha u ja, ni tshi sumbedza uri zwi nga shumiswa hani kha u ita zwithu zwi re na mushumo.

Themo ya 2 – Vhege Ya 7 – Bammbiri ja u shulela ja



Zwino dizainani ni lebule tshiñwe tshithu tshine na nga tshi ita ni tshi shumisa zwithu zwe vusuludzwaho.

Dzina ja tshithu

Olani tshifanyiso tsha itsho tshithu tshanu.

Tsho itwa nga



### Kha ri ñwale

Elekanyani nga zwithu zwine zwa nga ita khomposi yavhuđi. Nwalani ipfi liñwe na liñwe kha kholomo yone af'ho fhasi uri ni fhedzise thebulu. Ni nga kha di elekanya nga zwiñwe zwithuvho zwañu ni kone u zwi vhekanya kha kholomo dzone.

mapulasitiki

makanda/makhwathi a miroho

zwibigiri

zwickotikoti zwa nyamunaithi (dirinkhi)

makanda a makumba

Zwithu zwi sa sini	Zwithu zwi no sina



### Kha ri ite nyito

Itani phositarara ya u  
kaidza u lakatedza.

Olani tshifanyiso ni  
ñwale mulaedza.



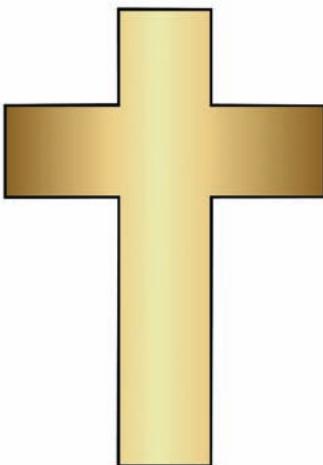


30  
shulela la  
shulela la

# Maduvha a tshipentshêla a vhurereli na zwin̄wevho



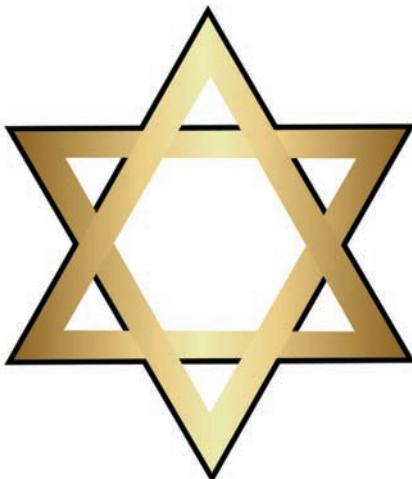
Ambani na khonani yanu uri ndi vhurereli hufhio hu no shumisa zwiga izwi. Bulani uri ndi tshiga tshifhio tshi no shumiswa kha vhurereli hanu. Arali ni sa tshi wani, tshi oleleni khonani yanu.



Tshifhambano ndi tshiga tsha Tshikhiresite. Jesu, Murwa wa Mudzimu, o fela zwivhi zwashu tshifhambanoni.



Luhedzhegu lwa nwedzi na naledzi ndi tshiga tsha Tshiisilamu. Vhamoslem vha rabela lutangu nga duvha.



Tshiga tsha Vhayuda ndi Naledzi ya Dafita. Khosi Dafita o vha e khosi ya Vhaisiraele.



Tshiga tsha Vhahindu ndi Om, tshine tsha wanala tsho nwalwa kha luambo lwa kale lwa Sanskrit lwa India.

Deithi: .....

# Fhethu ho fhambananaho ha u rabela



31



Kha ri ite nyito

Olani mutalo u tshi ḥanganya vhurereli vhuñwe na vhuriwe na fhethu hune ha rerelwa hone.

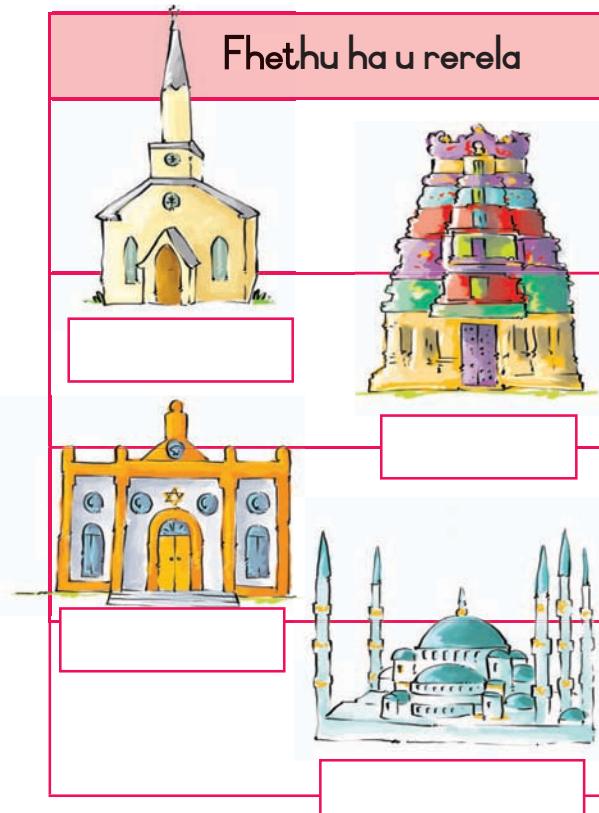
thembele

sinagogo

mosiki

kereke

Vhurereli
Tshiisilamu
Tshihindu
Tshikhirisite
Tshiyuda



Kha ri ite nyito

Vhudzisani khonani nña uri ndi tshiga tshifhio tshi no sumbedza vhurereli havho. Tshikopololeni tsini na madzina avho.

Madzina a khonani dzanu	Zwiga





# Thanzielia

ya u khunyeledza Bugu ya 1 ya  
Zwikili zwa Vhutshilo ya Gireidi  
ya 3 yo newa

---

Nwalani dzina lanu.

Deithi \_\_\_\_\_

Mudededzi \_\_\_\_\_

# Dikishinari yanga

A

a

G

g

B

b

H

h

C

c

I

i

D

d

J

j

E

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K

k

F

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l

# Dikishinari yanga

M  
m

S  
s

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u

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Q  
q

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w

R  
r

X - Z  
x - z