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esisiSeko



UMnu. Enver Surty,
uSekela Mphathiswa
wemfundo esisiSeko

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

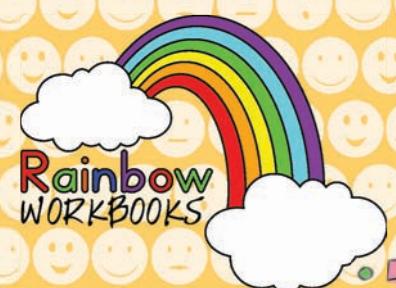
Ezi ncwadi zokusebenzela, iRainbow Workbooks, leline lamalinge ongenelolo eSebe leMfundu esisiSeko ajolise ekuphuculeni umgangatho wabafundi beloMzantsi Afrika abakumabanga amathandathu okuqala. Njengomnye wemiba ephambili yoMkhomba-ndlela kaRhulumente. eli phulo libe nempumelelo ngenxa yenxaso-mali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

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

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

Sinqwenela ukuba nibe nempumelelo ekusebenziseni ezi ncwadi.

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

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yalungelelanisa
neCAPS

Ibanga lesi-

3



Izakhono zoBomi ngesiXHOSA

Incwadi yoku Ikota I&2



Iincwadi zokusebenzela ezifumaneka kolu thotho lweencwadi:

- Ilitherasi/Uliwimi Lweenkobe Amabanga 1 – 6
(Ngazo zonke iilwimi ezisemthethweni)
- IMathematika Amabanga 1 – 3
(Ngazo zonke iilwimi ezisemthethweni)
- IMathematika Amabanga 4 – 9
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- Izakhono zoBomi Amabanga 1 – 3
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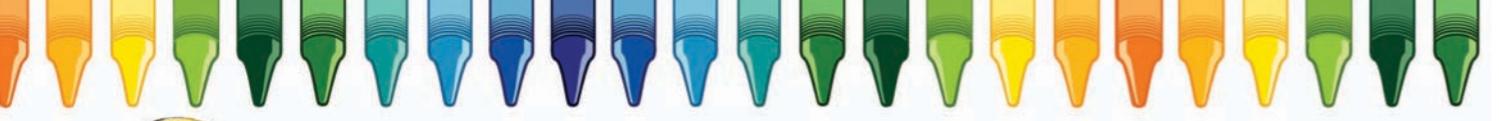
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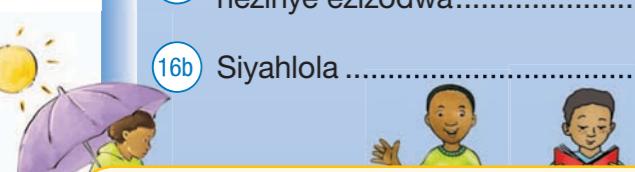
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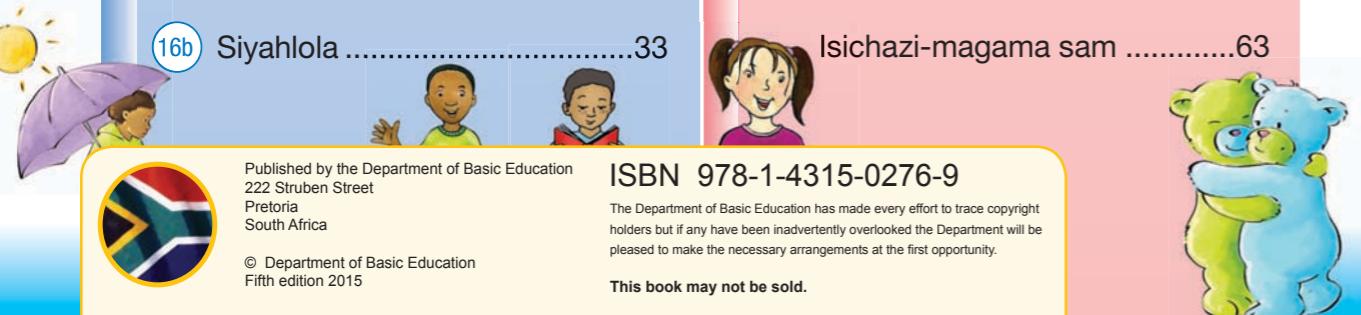
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Iholide kaZwelonke yeloMzantsi Afrika:
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Usuku olubalulekileyo lokukhumbuza ama-Islam:
Usuku olubalulekileyo lokukhumbuza ama Bahá'í:
Iintsuku zeHlabathi jikele zaMazwe Amanyeneyo:

Ibanga lesi-

3



Izakhono zoBomi
ngesiXHO SA
Incwadi yoku-l



Le ncwadi yeka:



Okungam

Ikota yoku- I - Iweki yoku- I - Iphepha lomsebenzi loku-



Masibhale

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

Ziintoni enifana ngazo izeziphi enahluka ngazo
wena nomhlobo wakho?



Incwadi yesazisi

Igama:

Ubudala:

Umhla wokuzalwa:

unyaka inyanga umhla

Indawo yokuzalwa:

Intombazana okanye inkwenkwe:

Ulwimi lwasekhaya:

Umbala weenwele:

Ubude: _____ cm

Umbala wamehlo:

Utyikityo



Zizobe apha.



Masithethe

Ngoku cinga ngobomi
bakho kude kube ngoku.

Ubomi bakho ubukhumbula ukuya
kufikelela nini?

Usazikhumbula mhla ugqiba iminyaka
emibini?

Usakhumbula ngokuya wawuqala ukuya
esikolweni?



Ndazalwa ngo-

inyanga

Ndaqala
ukuthetha ngo-

unyaka

Ndaqala ukuya
esikolweni ngo-

20 _____

Bendikwibanga
lesi-3 ngo-

20 _____



20 _____

20 _____

20 _____

20 _____

Isikolo sam

Ikota yoku-! – I'veki yoku-! – Iphepha lomsebenzi lesi-



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

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



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

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

Sasisithini isaci sesikolo?

Ingaba kusasetyenziswa eso saci
nanamhla oku?

Zoba ibheji yesikolo.

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

Zoba umfanekiso ubonise into esibaluleke
ngayo isikolo sakho.



Phuma phandle

Phambi kokuba nenze umsebenzi phandle, zolulen i okwekat.

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



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

Khawuzame ukuganga ibhola ngebhegi xa
uphoselwa ngumhlobo wakho.

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

Zolule njengekati ukuze uziphumze.



Konke ngam

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

Masithethe

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

Xa ndandineminyaka
emi-5 ndaya elwandle.

Xa ndandineminyaka
emi-4 ndawa edongeni.



Masithethe

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



usana



umntwana omncinane



umntwana wesikolo



umntwana ofikisayo



umntu osekhlile



umntu omdala



Masithethe



Sebenza eqeleni. Qamba iculo kune nomxhentso.

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



Ubukhulu nobudala

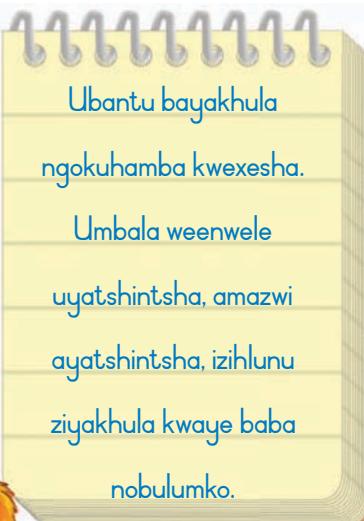
Ikota yoku-1 – Iweki yesi-2 – Iphepha lomsebenzi lesi-



Masithethe

Thetha ngendlela abahluka ngayo kuwe abantwana
abakhulwana nabantu abadala.

abantu batshintsha njani ngokuya bekhula?



Masibhale



Zeziphi izinto kwezilandelayo ozenza ngendlela
eyahlukileyo kuleyo yabazali bakho?
Phawula (✓) ubuso obuchanekileyo.

	Mna	Abazali bam
Ukubaleka kodwa ungadinwa		
Ukuxhumaxhuma		
Ukufunda iphephandaba		
Ukuqhuba imoto		
Ukudlala emthini		



Masicule

Masizilungiselele ukucula.
Yenzani ezi zandi.

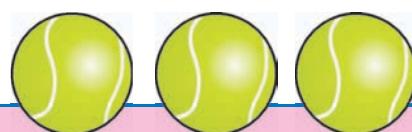


- Isandi esikhawulezayo esifana nesandi seambulensi.
- Isandi esicothayo esifana nengoma yokulalisa iinttsana.
- Isandi esiphezulu esifana nesokucula kweentaka.
- Isandi esiphantsi esifana nokugquma kwengonyama.



Phuma phandle

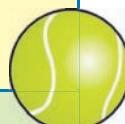
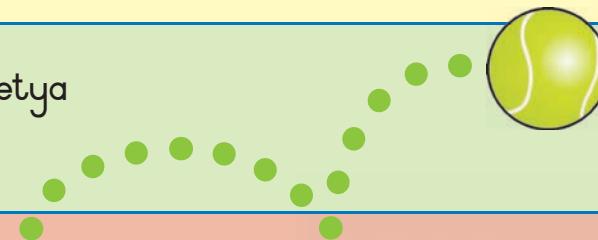
Uyakwazi ukuganga ibhola?



Phosa ibhola yentenetya emoyeni uze uyigange ngezandla zozibini.

Jula ibhola phezulu uze uqhwabe izandla zakho phambi kokuyiganga.

Qakathisa ibhola yentenetya
emhlabeni.



Yenza ibhadi usebenzise iphepha elisongiweyo kanye neplanga.
Lisebenzise ekuggampiseni ibhola phantsi.

Ngoku zolule njengeti.



Sivakalelwa njani?

Ikota yoku-1 – I veiki yesi-3 – I phepha lomsebenzi lesi-



Masithethe

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

ulusizi

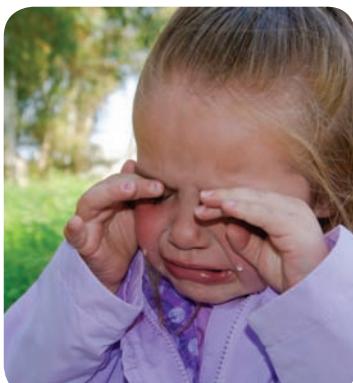
wonwabile

uyazisola

uyoyika

unebhongo

unomsindo



Phuma phandle

Dlalani umdlalo wentenetya niziqhelise
ukubetha ngomphambili nangomva
wesandla.





Masithethe

Yintoni ekonwabisayo?

Yintoni ekwenza ube lusizi?

Yintoni ekoyikisayo?



Masibhale

Yintoni ekwenza ube nomsindo?



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

Dayari ethandekayo

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

Dayari ethandekayo



Izinto endizithandayo



Masibhale

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

Ikota yoku-1 – I'veki yesi-3 – Iphepha lomsebenzi lesi-





EYONA NTO NDITHANDA UKUYENZA





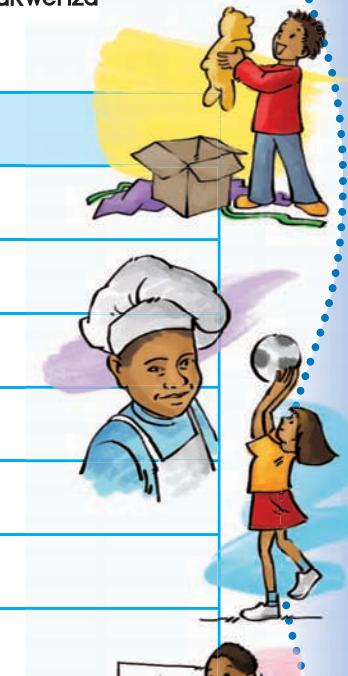




Masizobe

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

Eyona nto ndithanda ukuyenza



Let's do

Yenza ubuso obonwabileyo nobulusizi ngentlama yokudlala.



Masithethe

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



5					
4					
3					
2					
1					
	Ukucula	Ukufunda	Ukupeyinta	Imidlalo	Izibalo

Sesiphi esona senzo sithandwa kakhulu?



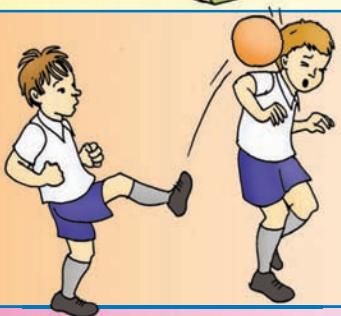
Sivakalelwa njani?

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

Masithethé



Akujongi na xa uhamba!



Owu uxolo! Mandikuncede uchole ezi zinto!



Hayi bo! Nantsi ibhola yakho.

Hayi bo! Hamba uye kudlala kwenye indawo!



Masibhale

Benza ntoni abahlobo abalungileyo?



Xa kukho into endingayenzanga kakuhle ndicela uxolo.

Xa ndibona umhlobo wam etsala nzima ndiyamnceda.



Bhala ezinye izinto ezi-4 ezenziwa ngabahlobo abalungileyo.



Masithethe

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



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



Phuma phandle

Zama ukwenza ezi zinto.

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



Siyaqondisia

Ikota yoku - I veiki yesi - I phephha lomsebenzi lesi -



Masibhale

Zihlole.

Ndingumhlobo olungileyo.

Ndiyabakhathalela abahlobo bam.

Ndinobubele ebantwaneni beklasi yam.

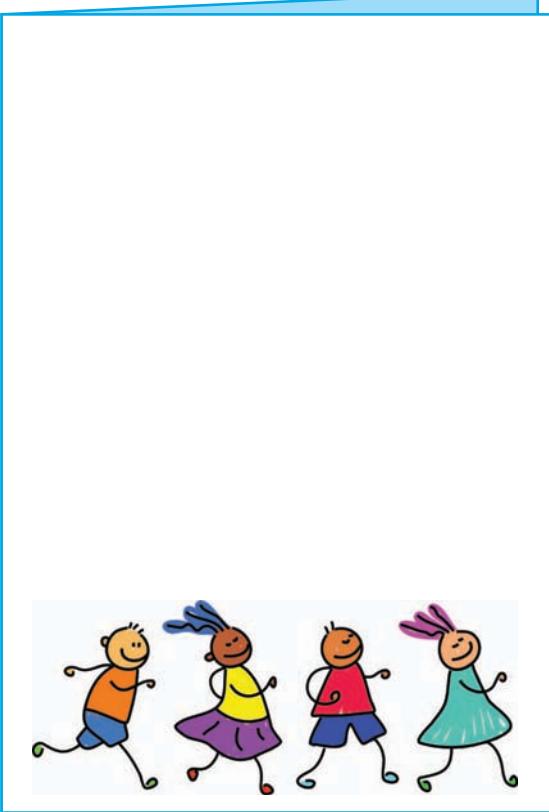
Uninzi lwabantwana beklasi yam bayandithanda.

Ndisoloko ndinesimilo esihle ebantwini.



Masenze

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





Masibhale

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



★ Abantu endibaxabise kakhulu ebomini bam



Bhala ke ngoku inkcazelو yaba bantu nokuba kutheni bebalulekile nje.





Masithethe

Thetha ngokwenzeka kulo mfanekiso.



Wakha wopha ngeempumlo?

Yintoni ekufuneka uyenze xa usopha ngeempumlo?

Wenza ntoni xa usopha ngeempumlo



1 Hlalela phambili uze uthobe intloko.



2 Vala impumlo ngesandla imizuzu emi-2 uphefumle ngomlomo.



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



4 Ungafinyi emva kokuba uyekile ukopha.

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



Zola.

Asinto ixhalabisayo.
Khumbula ukuba akufuneki uphathe igazi lomnye umntu.



Ukunyanga imisikeko



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



Masithethé

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

Indlela yokunqanda ukopha enxebeni

Ungaze uphathe igazi lomnye umntu.

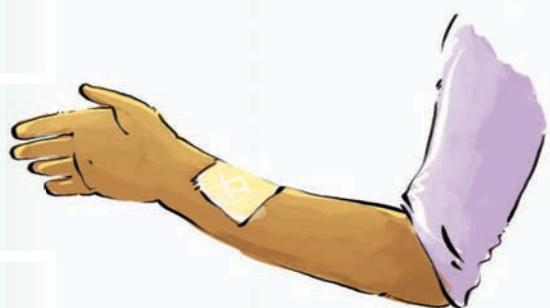
Xa unceda omnye umntu nxiba iiglavu ngalo lonke ixesha.

Nqanda ukopha ngokuphakamisela inxeba kwinqanaba elingasentla kwentliziyo.

Zama ukunqanda ukopha ngokucinezela isilonda/inxeba ngebhandeji elicocekileyo.

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

Funa inombolo yefowuni yeenkonzo zikaxakeka unokuyifowunela. Inombolo yefowuni: _____



Amanxeba okutsha



Masifunde

Xa uchukumisa into eshushu, uya kutsha.

Kufuneka wenze ntoni xa omnye umntu etshile?

- 1** Vulela amanzi abandayo kwinxeba lokutsha ixesha elingangemizuzu eli-IO. Oku kuyanceda ekupholiseni isikhumba.
- 2** Ungaligqumi inxeba lokutsha.
Ungayikhululi impahla xa incamathele esikhumbeni.
- 3** Liyeke inxeba lokutsha livulekile kodwa ulijonge lingabi mandundu.
- 4** Ukuba inxeba lokutsha linzulu okanye likhulu kunomphakathi wesandla sakho, bonana nogqirha kwangoko.



Phuma phandle

Tsiba umtsi omde.

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

Phawula ubonise ukuba ukwazi
ukutsibela phambili kangakanani.

Jonga ukuba umhlobo wakho
angakwazi na ukutsibela
kude kunawe.



Phuma phandle

Yenza ikiliva.

Nikanani amathuba okuba
yikiliva nomhlobo wakho.



Tshintshiselanani
ngokubetha ugqaphu
ukuze abahlolo bakho
batsibe nabo.



Masithethe

Kwenzeka ntoni kule mifanekiso?

Yeyiphi enye indlela abanokutsha ngayo aba bantu?



Bhala imigaqo ebalulekileyo ekufuneka uyikhumbule xa kufuneka uncedise kwezi zinto:

Umntu omongozayo

Amanxeba

Izilonda zokutsha



Ndizigcina ndikhuselekile



Masithethe

Kufuneka siyikhathalele imizimba yethu.

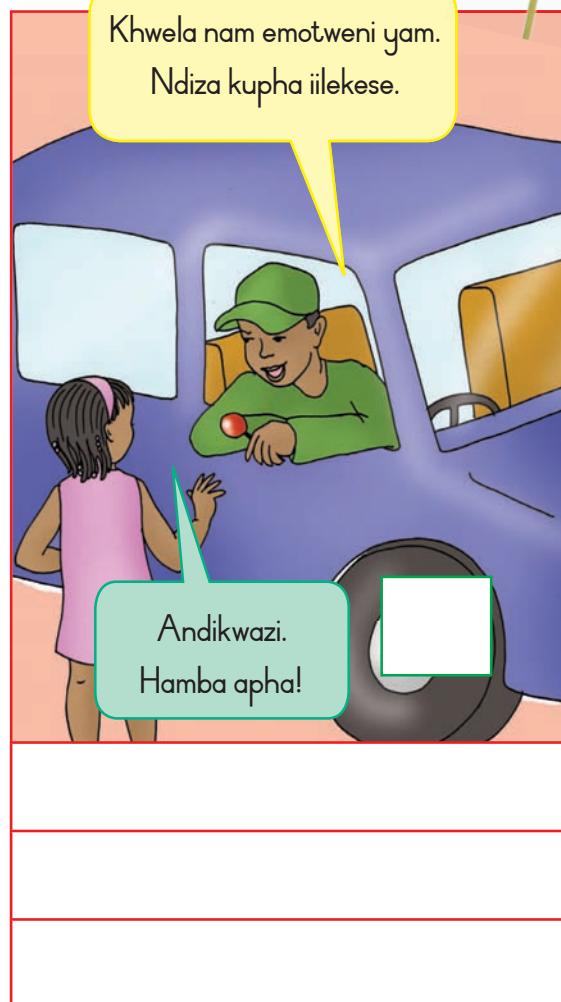
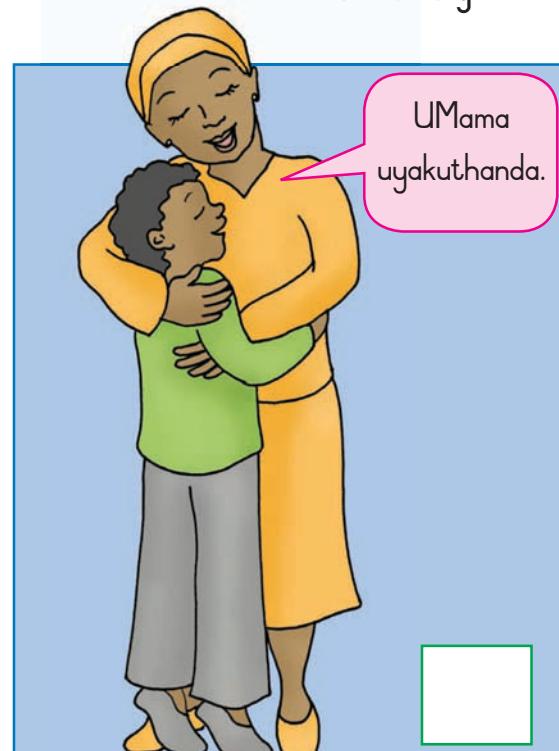
Sifumana iimvakalelo "zika-ewe" xa sithanda into ethile kwaye sifuna ukuba mayiqhube.

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

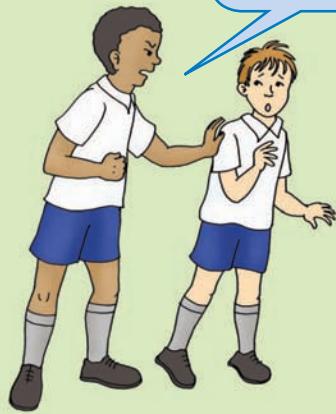


Masibhale

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



Andikuthandi.



Umhle ke ngoku.



Ukuthi hayi

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

Ukuba umntu ukwenza uhive ufunu ukuthi "hayi" kwaye ukwenza uhive ungonwabanga, xeleta umntu omdala onokumthemba.

Masibhale

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



Handwriting practice lines for the word 'Bhala'.



Bhala ukuba ungasixela njani isehlo esibi kumntu omthembileyo.

Handwriting practice lines for the word 'Bhala'.



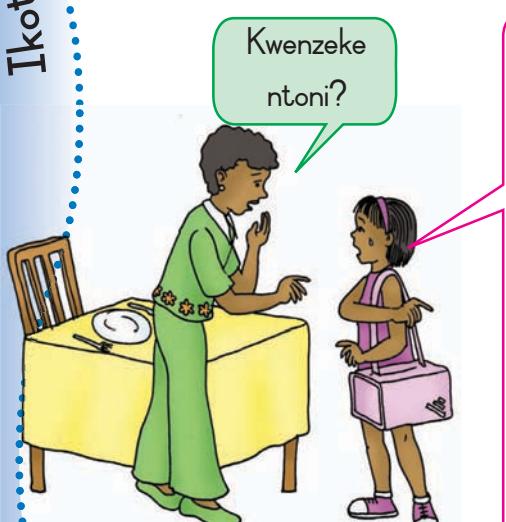
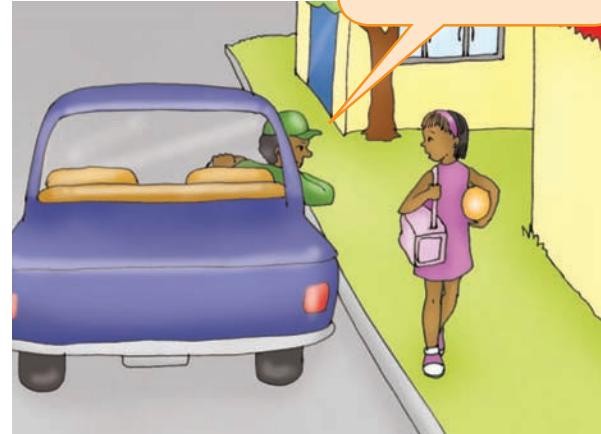
Ukuzilumkela

Ikota yoku-l - I'veki yesi-b - Iphepha lomsebenzi le-

Masithethe

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

Yiza, ndiza kukusa evenkileni.



Answer the question:

Masithethe

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



Masibhale

Bhala phantsi imithetho emihlanu yokhuseleko.

Ingulowo nalowo wuqale ngokuthi:

Abantwana mabangaze...



Masenze

Yenza imaski ubonise uvakalelo.

Yenza isiggibo ngovakalelo onqwenela ukulubonisa ngemaski yakho.

Yizobe ephepheni lokurhixiza.

Yisike uyikhuphe.

Sika ukhuphe amehlo.

Yihombise ngephepha elinombala.



Phuma phandle

Zilungiselele ukungenela ugqatso.

Chopha ube kwisimo esilungileyo sokuqalisa.

Mamela utitshala wakho esithi:

"Chopha! Lunga! Baleka!"

Yenza ke ngoku umdlalo wemiqobo.



Ndizigcina ndikhuselekile



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



Zeziphi ezinye izinto ezingenampilo entle ezenziwa ngabantu?

Uyazi ukuba ukutshaya akulunganga kakhulu empilweni yethu?

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

Ukutshaya kuyenzakalisa njani imizimba yethu?



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

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

Imithetho yempilo

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



Kufuneka ndicoce iinzipho zam emva kokudlala esantini.



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

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



Masonwabe

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



Khanibe nenxaxheba nani nidiale umdlalo weqakamba omncinci.

Masonwabe

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



Amalungelo noxanduva



Masifunde

Maxa wambi abantwana kufuneka bancedise emakhaya.

Kodwa akufuneki abantwana basebenze nzima njengabantu abadala.

Abantwana kufuneka babe nexesha lokudlala nelokuya esikolweni.



Jonga le mifanekiso. Phawula imisebenzi efanele abantwana.

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





UAnna uthengisa imifuno imini yonke ngenxa yoko akakwazi ukuya esikolweni.

Ukuphuma kwesikolo uLisa unkcenkceshela isitiya semifuno.



UPeter uthutha izitena kuba
usebenzela umakhi.

UJabu noBongi bancedisa
ngokucoca.



Masithethe

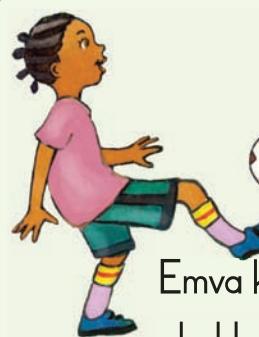
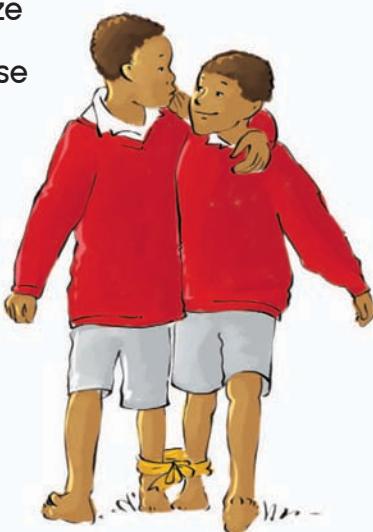
Yeyiphi imisebenzi oyenza ekhaya? Yeyiphi imisebenzi
oyenza esikolweni ukuncedisa utitshala wakho?



Phuma phandle

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

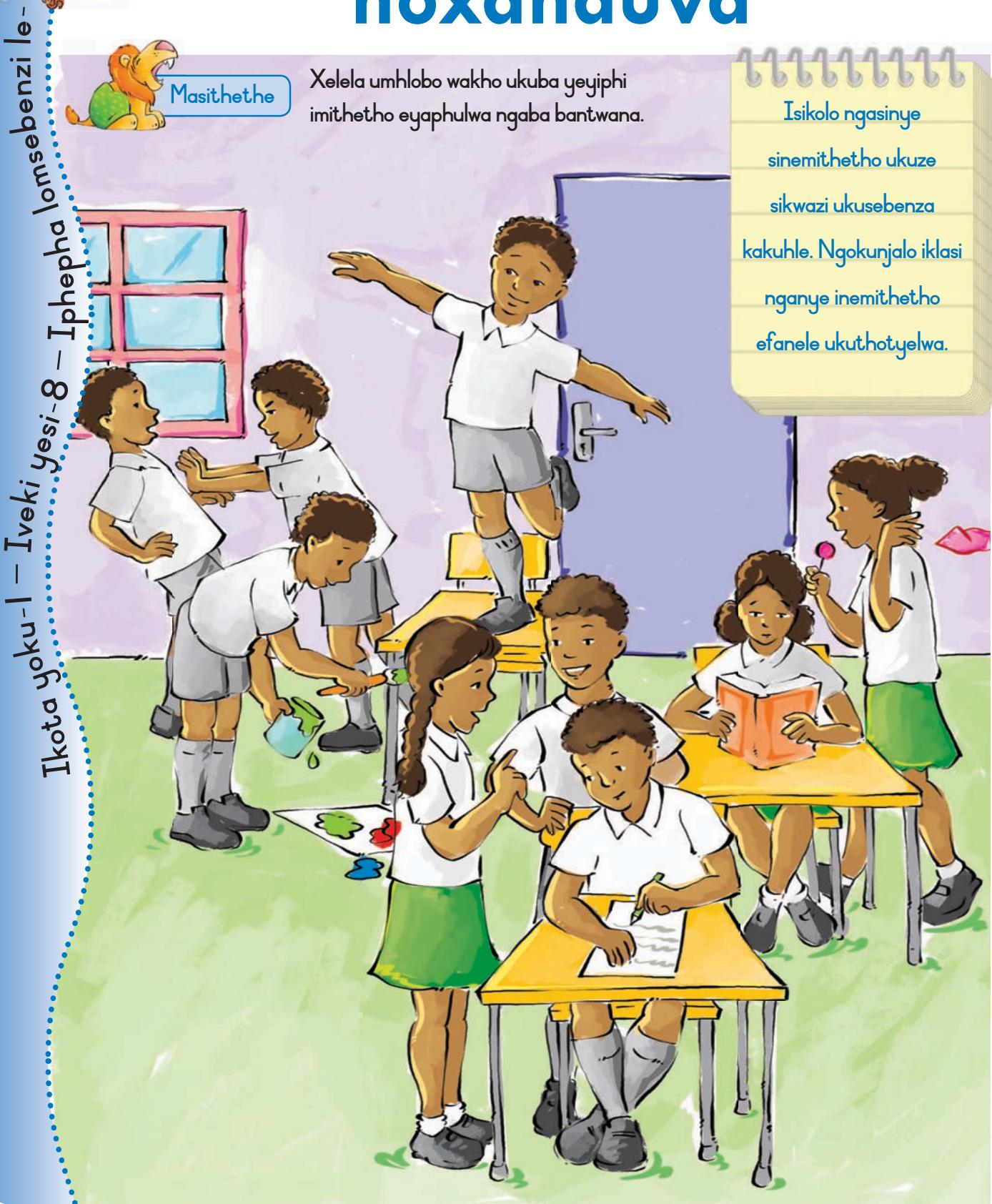
Bophani imilenze
yenu niyidibanise
ze nibaleke.



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



Amalungelo noxanduva





Masibhale

Bhalela iklasi yakho imithetho
emi-4.



Masithetho

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



UXANDUVA LOLUTSHA LOMZANTSI AFRIKA

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

Teacher: _____
 Sign: _____
 Date: _____



16a

Ikota yoku-l – I'veki yesi-8 – Iphepha lomsebenzi le-



Masithethethe

lintsuku zenkolo nezinye ezizodwa

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



UbuHindu



UbuIslam



UbuJuda



UbuKrestu

Kufuneka sihloniphe abantu bezinye iinkolo.

Yeyiphi inkolo yakho? _____

Yeyiphi inkolo yomhlobo wakho omthanda kakhulu? _____

Siyahlola



Masibhale

Zalisa eli khadi lingawe.



Igama lam _____

Ifani yam _____

Usuku lwam lokuzalwa _____

Ibanga lam _____

Isikolo sam _____

Inombolo yam yefowuni _____

Idilesi yam _____

Inombolo yam yengxakeko _____

Owona mdlalo ndiwuthandayo _____

Owona mbala ndiwuthandayo _____

Oyena mhlobo wam ndimthandayo _____

Into endonwabisayo _____

Into endenza lusizi _____

Into endicaphukisayo _____

Into endiyenza kakuhle _____

Ikota yoku-I – Iveki yesi-8 – Iphephä lomsebenzi le-





Masithethethe

Indlela yokutya esempilweni

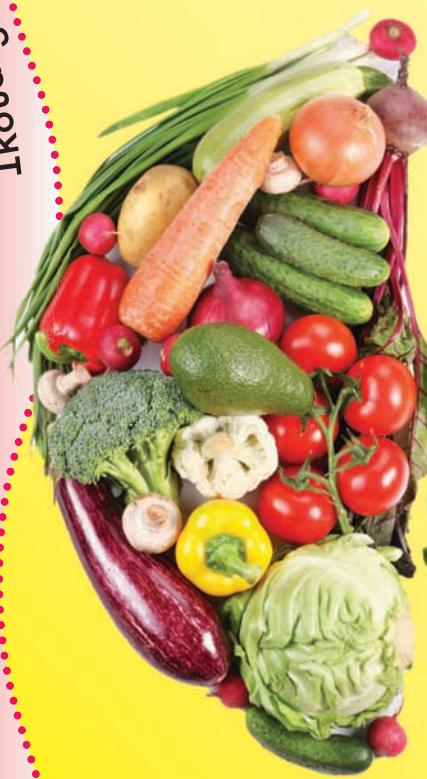
Jonga iqela ngalinye kumaqela okutya uze uthethe ngalo nomhlobo wakho:
Zeziphi iintlubo zokutya ezikwiqela ngalinye?

Kutheni iqela ngalinye lokutya
lilungile kuthi?



Iiprotheni

Iiprotheni zakha iiseli
ezintsha ukuze ikhule
imizimba yethu.



Iivithamini

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



Phuma phandle

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

Iikhahohayidrethi

Ezi ntlobo zokutya
zisinika amandla.



Masibhale

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

Ubisi

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

Ukutya endikutye izolo

Udidi lokutya



Indlela esitya ngayo



Masithetho

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

Bhala amagama abahlolo bakho.



Masibhale

Jonga itheyibhile oyizalisileyo uze uphendule le mibuzo.

Kokuphi ukutya abakuthande kancinane kakhulu abahlolo bakho?

Ucinga ukuba abahlolo bakho banayo imikhwa yokutya ngendlela enempilo?

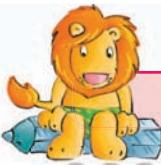
Kutheni ucinga njalo nje?



Masonwabe

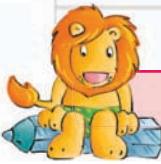
Cela utistahala wakho akubonise ukuba udlalwa njani umdlalo wefowuni eyaphukileyo.





Masibhale

Yenza uludwe lweentlobo zokutya esifanele ukuzitya yonke imihla.



Masibhale

Bhala iresiphi yokutya okuthandayo.

Ziintoni ekufuneka siziphephe?

Ityuwa eqqithisileyo kuba yenza sibe noxinzelelo Iwegazi oluphezulu xa sibadala.

Iswekile egqithisileyo kuba ingasenza sibe nesifo seswekile xa sibadala.

Iswekile eninzi kakhulu iyatyebisa.

Ukusela iziselo ezineswekile kakhulu nokutya ikeyiki neetshiphusi kakhulu.

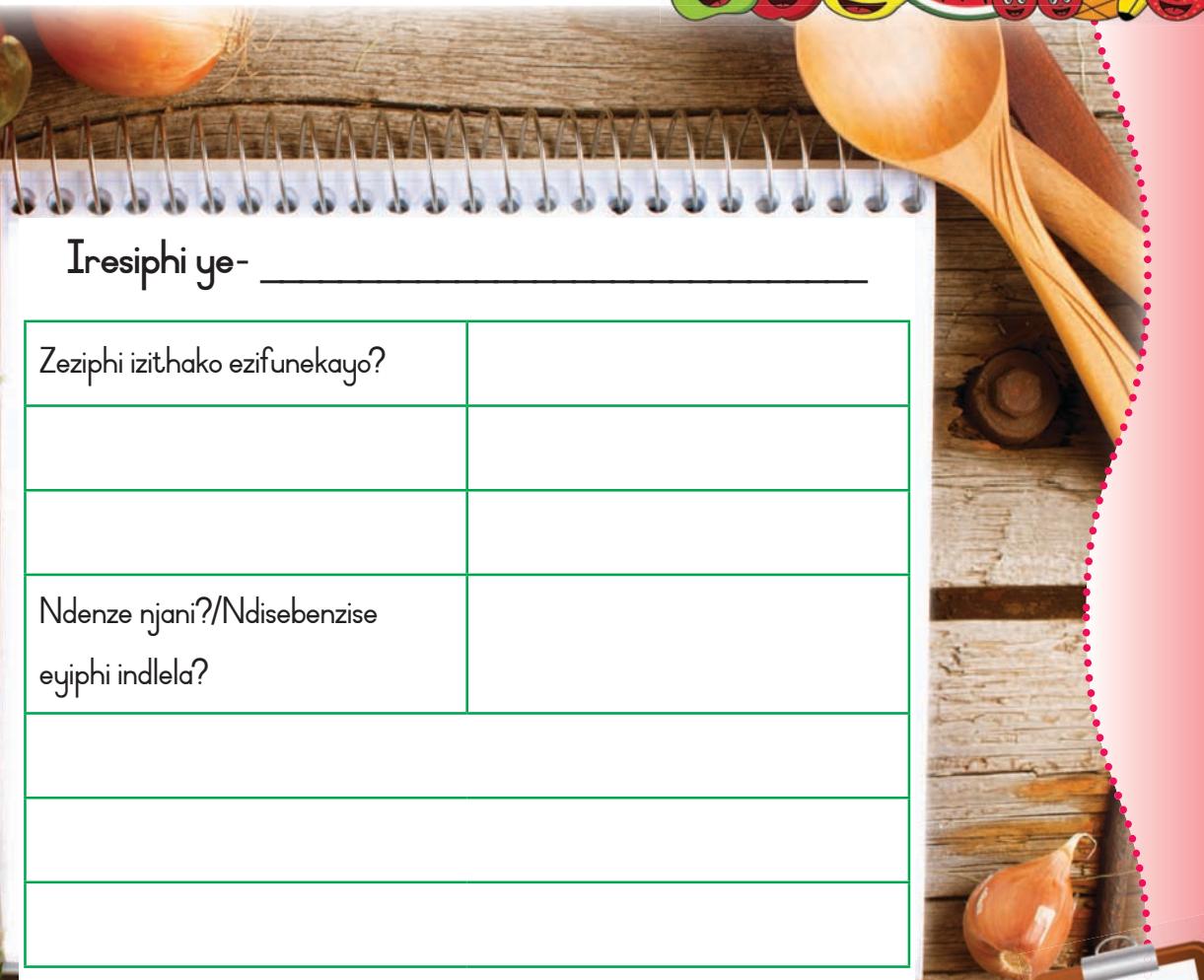


Iresiphi ye- _____

Zeziphi izithako ezifunekayo?	

Ndenze njani?/Ndisebenzise eyiphi indlela?	

Teacher:
Sign:
Date:





Masibhale

Indlela yokutya esempilweni

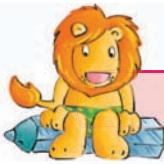
UTHabo noNomsa basendleleni eya kwivenkile yakwaLanga-liphumile. Kufuneka bathenge ukutya kokuphekela isidlo sangokuhlwa. Bancedise ukuze benze imenu yeendidi zokutya okulungileyo.



Phuma phandle

Tshintshiselanani ngokubetha ugqaphu ukuze abahlolo bakho batsibe nabo.





Masibhale

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

ULUDWE LOKUTHENGWAYO

IXABISO



Masibhale

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

Indlela enditya ngayo

	Ewe	Hayi
Ndikholisa ukutya phambi kwethivi.		
Ndiyazithanda iziqhamo nemifuno.		
Ndiyazithanda iintlobo zokutya ezinamafutha ezifana neetshiphusi.		
Andiwathandi amanzi, ndithanda iziseloezibandayo.		
Andiyityi imifuno.		
Ndiyakuhlafunisia ukutya kwam.		
Nditya isidlo sakusasa phambi kokuya esikolweni.		

Bala ufumanise ukuba uwufake kangaphi umbala ebusweni obuncumileyo.





20

Ukutya kakuhle

Masenze

Zoba okanye ncamathelisa imifanekiso yokutya ukuze ubonise isidlo esinempilo.

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

Imithetho yokutya ngendlela elungileyo

Zihlambe qho izandla zakho phambi
kokuphatha ukutya.

Ungakushiyi ungakugqumanga ukutya.

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

Lima eyakho imifuno.



Masenze

Zoba umfanekiso ubonise omnye wale mithetho.



Izinambuzane

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



Masithethé

Thetha ngamalungu omzimba wesinambuzane.

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

Ngokunjalo zinemilenze emithandathu neempondo ezimbini.



Masenze

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



Umzimba
ongezantsi

Umlenze



Umzimba
ongasentla

Iliso

Intloko

Uphondo



Phuma phandle

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



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



Inyosi



Ingcongconi



Impukane



Imbovane

Intethe

Ibhabhathane

Ubhantom

Ivivingane



Masibhale

Ngoku fakela amagama angekhoyo.

zenza ubusi.

amvumvuzela iintyatyambo.

zisasaza imaleriya.

zisasaza izifo.

zitya izityalo zabalimi.



22 Okunye ngezinambuzane

Ikota yesi-2 – Ivetki yesi-3 – Iphedha lomsebenzi lama-



Masithethé

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



Iinyosi zisasaza umgubo wokumvumvuzela. Oku kujimfuneko ukuze kukhule iziqhamo.



Iinyosi zivelisa ubusi.



Masibhale

Bhala igama lesinambuzane ngasinye kwisithuba esishiyiweyo.



Le _____ ifunxa incindi kwintyatyambo.

Umhla:



inemilenze _____ yangasemva eyomeleleyo yokutsiba.



zisebenzisa

iimpondo ukunxibelelana nezinye.



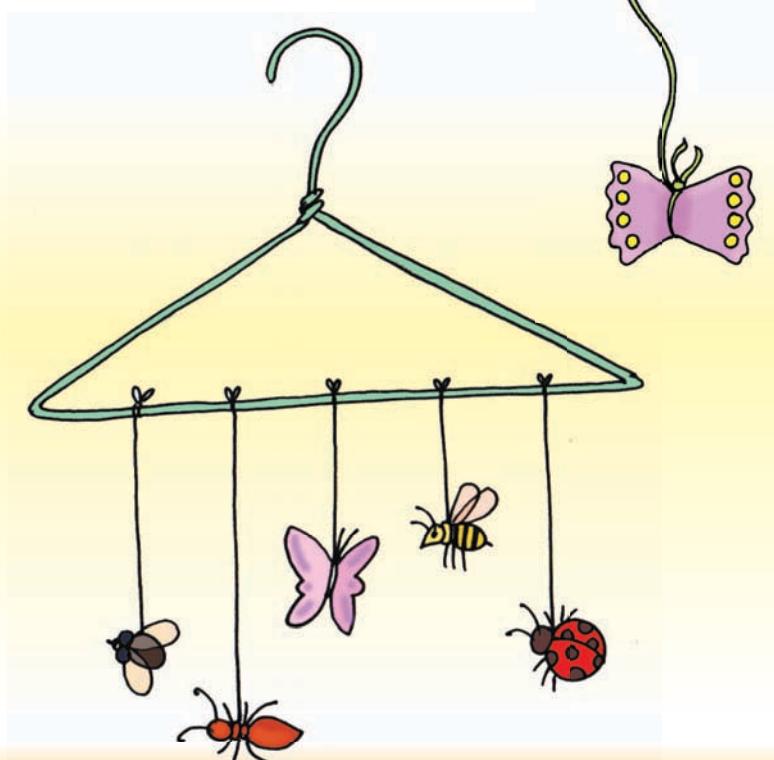
asasaza umgubo wokumvumvuzela
ukusuka kwisityalo esithile ukuya
kxesinye.

Zisasaza iintsholongwane.



Yenza ukuba isinambuzane
sishukume.

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



Amakhaya ezinambuzane

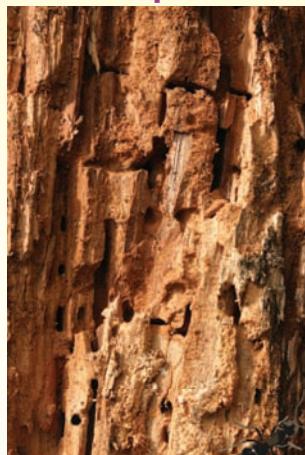


Masenze

Landela umkhondo ukuze ufumanise ukuba isinambuzane ngasinye sihlala phi.



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





Masenze



Masibhale

Hamba-hamba ujikeleze amabala esikolo uze ujонge
ukuba zingaphi iiintlobo zezinambuzane onokuzifumana.



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

Ingaba isinambuzane sakho sishukuma ngokucotha okanye ngokukhawuleza?

Ingaba isinambuzane sakho siluncedo? Kutheni usitsho nje?

Sijingozi njani isinambuzane sakho? Ugenza ntoni xa sinokukwenzakalisa?



Masonwabe



Yila uze



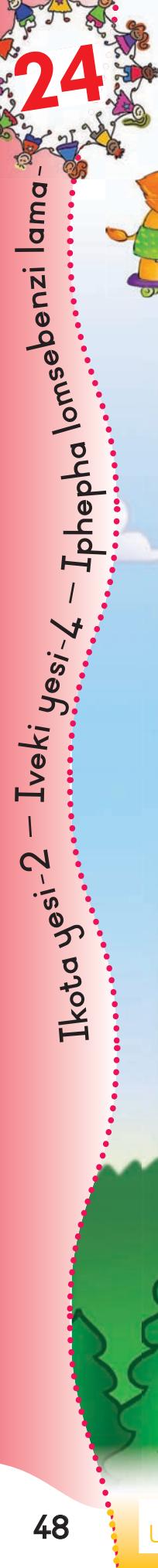
uzobe esakho

isinambuzane uze



usithiye igama.





Ndiligcisa



Zenzele ibhabhathane

Kufuneka oku: iphepha leA4

Iikhrayoni zamafutha

Isikere

Iglu

Ucingo oluthambileyo

Ikhadibhodi yephepha lendlu yangasese

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

Qinisekisa ukuba omabini amaphiko
ayafana. Lisike ulikhuphe
ibhabhathane. Ncamathelisa umzimba
webhabhathane kwikhadibhodi
yephepha lendlu yangasese. Ngoku
yenzo iimpondwana ngokusebenzia
ucingo oluthambileyo
ulusongwe kabini.

Luncamathelese kwintloko
yebhabhathane.





Phuma phandle

Dlala le midlalo



Isitishi 1:

Ibhola yomnyazi: Qakathisa ibhola logama ubaleka ngepatheni egosogoso.



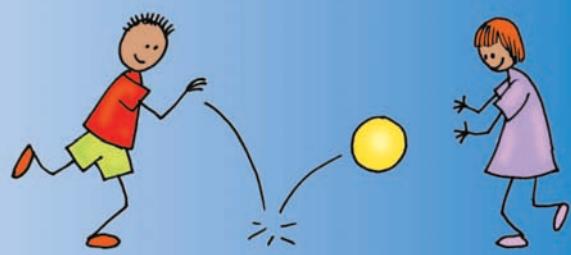
Isitishi 2:

Ihoki: Sebenzisa intonga yehoki ukuqhubela ibhola ngakwindawo yokukora.



Isitishi 3:

Ibhola yomnyazi: Qakathisela ibhola kumhlobo wakho ubaleka.



Isitishi 4:

Ibhola yombhoxo: Baleka nebhola uze uyiphosele omnye.



Isitishi 5:

Ibhola ekhatywayo: Khabela ibhola emnatheni ubaleka.



Umjikelo wobomi

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



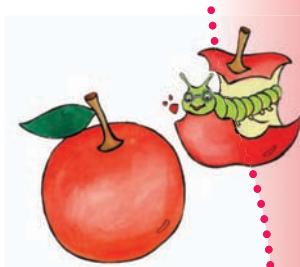
Masithethhe

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

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



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

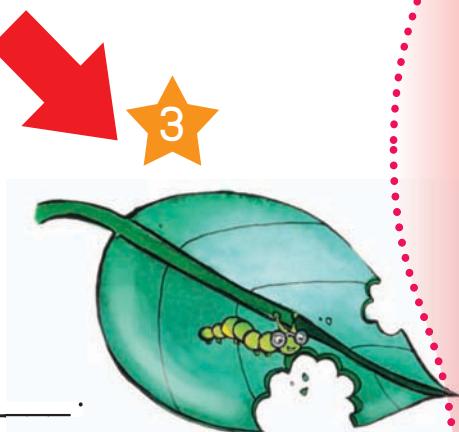


Umjikelo wobomi bebhabhathane



1 Ibhabhathane libeka amaqanda.

2 _____.



3 _____.

4 _____.



5 Umbungu uba nguphunguphungu.

6 _____.



5



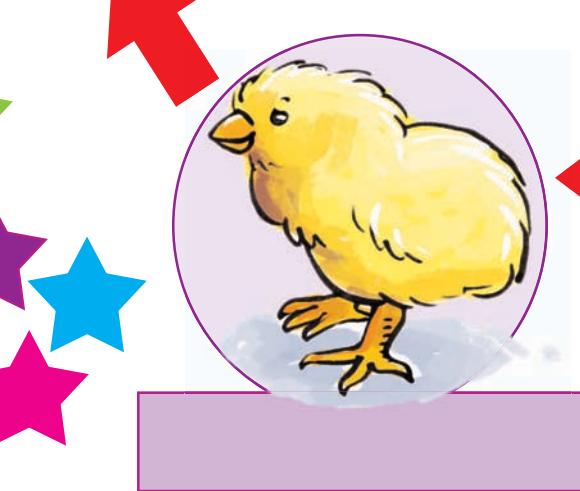
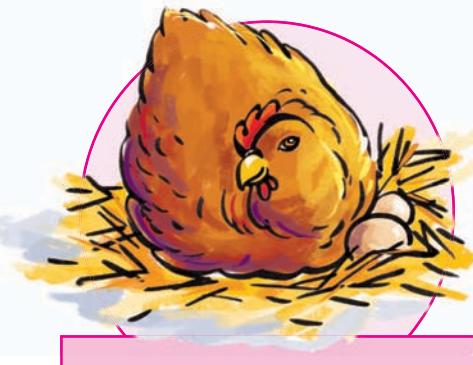
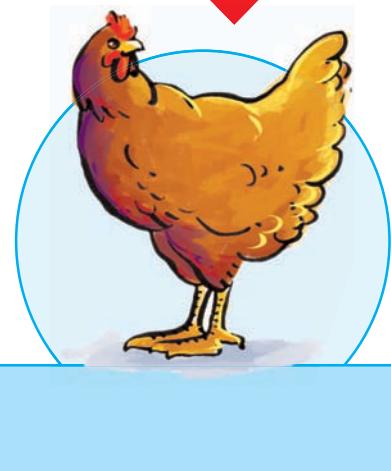
Imijikelo yobomi



Masithethi

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

Umjikelo wobomi benkuku



Ikota yesi-2 – Ikota yesi-6 – Iphedha lomsebenzi lama-





Masenze

Ngoku yila owakho umjikelo wobomi.

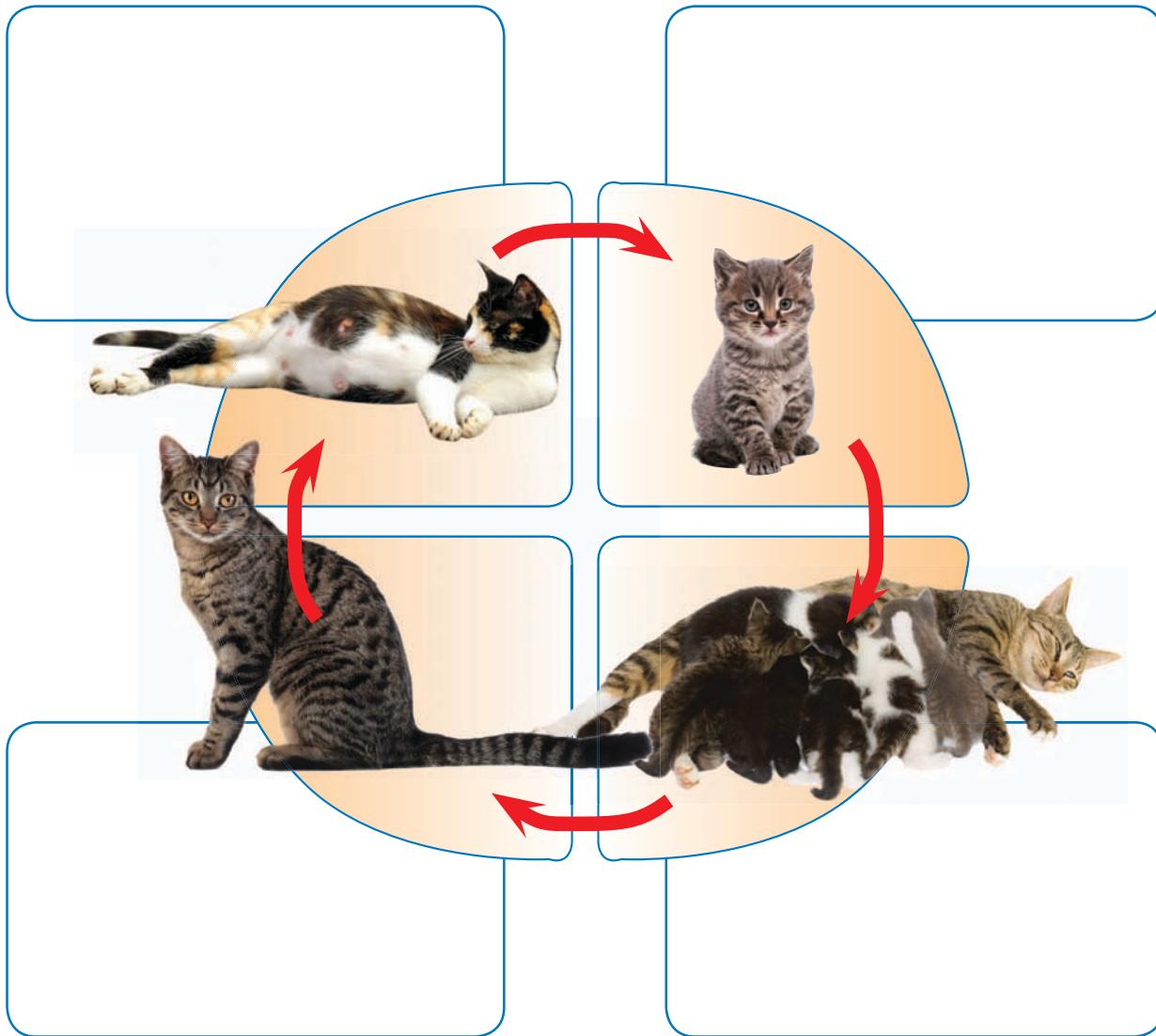
Faka uphawu kumfanekiso ngamnye okwivili lebali ubonise umjikelo wobomi bekati.

Sebenzisa izihloko ezingezantsi ukuze zikuncede.

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

	Kuzalwa intshontsho lekati.		Ikti endala
	Umama wekati umithi iiveki ezili-9.		Umama wekati uncancisa amantshontsho akhe

Umjikelo wobomi bekati



Teacher: _____
Sign: _____
Date: _____



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Isilo-qabane sam

Ikota yesi-2 – Iweki yesi-6 – Iphepha lomsebenzi lama-



Masenze

Yenza imasikhi yesilo-qabane

Kufuneka oku:

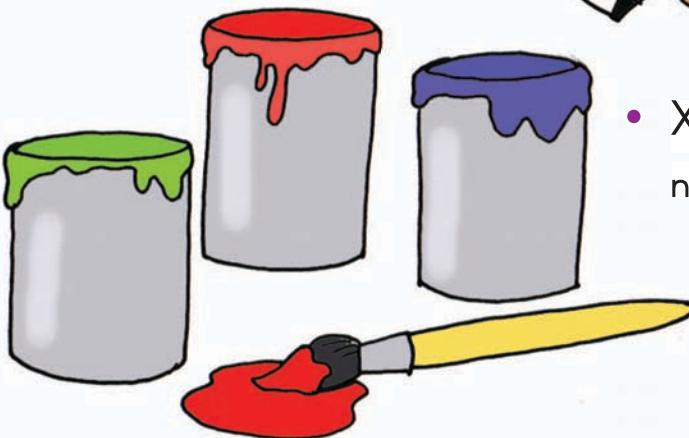
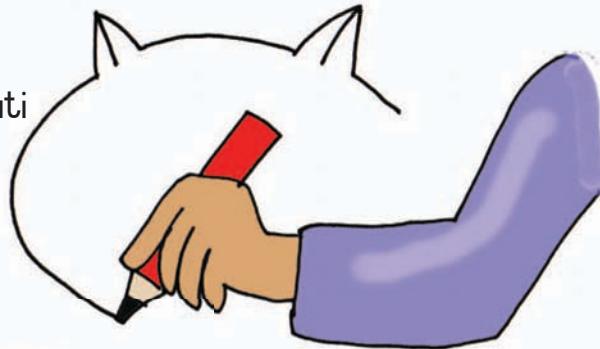
Iphepha le-A4

Ipenisile

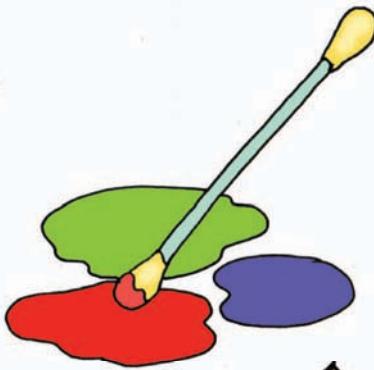
Ipeyinti yomgubo namanzi

Imicinga yokuggogqa iindlebe

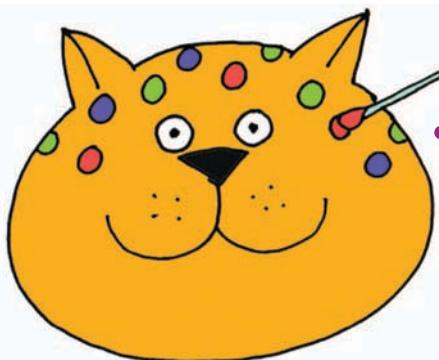
- Zoba umgca wobuso bekati ephepheni.



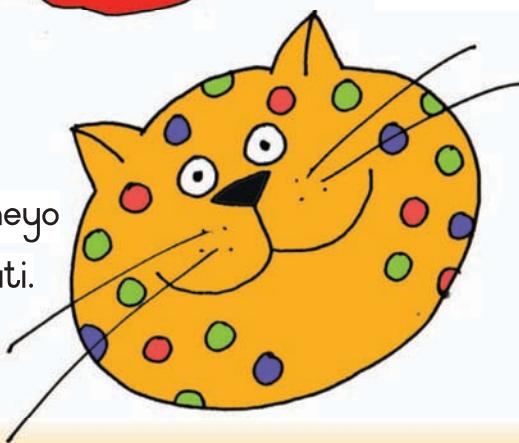
- Xuba ipejinti ukuze wenze imibala nokuba mi-3 eyahlukeneyo.



- Sebenzisa umcinga wendlebe ngombala ngamnye.



- Yenza amachokoza anemibala eyahlukeneyo uhombise ubuso bekati.





Masithethé

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



Masenze

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





Ukulondoloza okusingqongileyo



Masithetho

Jonga ezi powusta uze uthethe nabahlobo
bakho ngento ezisixeleta yona.



Jonga umqondiso wokuhlaziya.
Ukhe wawubona phi umqondiso ofana nalo?

Ncedani sihlaziyeni!



Phuma phandle

Ungakwazi ukuyila umxhentso
okanye umdaniso usebenzisa
iihulahuphu neeribhoni?





Masifunde

Singanceda njani ukugcina okusingqongileyo kucocekile?



Kufuneka sikhumbule ezi zinto zintathu.

Nciphisa: Kufuneka sinciphise ukulahla kwethu inkunkuma nokuba kuphi.

Ukuphinda sisebenzise iimveliso: Kufuneka siphinde sizisebenzise iimveliso

kangangoko sinokwenza phambi kokuzilahla.

Ukuhlaziya: Kufuneka sifumane iindlela zokusebenzisa iphepha, iibhotile

neetoti.



Masibhale

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



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

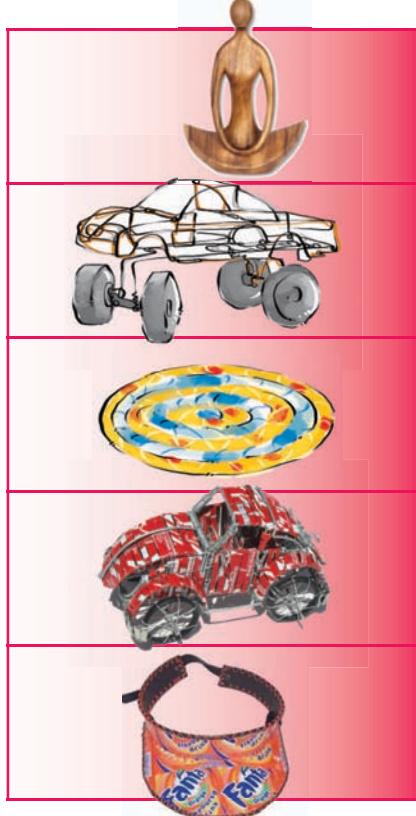




Ukuhlaziya

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

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



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

Igama lento

Yenziwe nge

Zoba umfanekiso wento oyithandayo.



Masibhale

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

izingxobo zeplasitiki

amaxolo emifuno

izikhonkwane

iitoti zesiselo esibandayo

amaqokobhe amaqanda

Izinto ezingaboliyo	Izinto ezibolayo



Masenze

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

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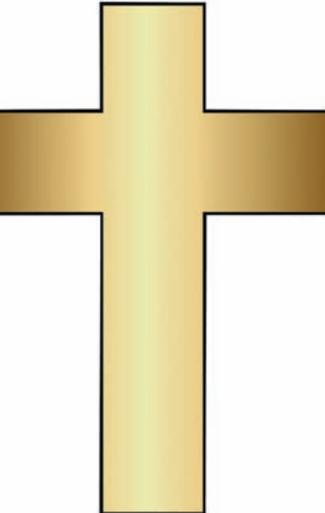




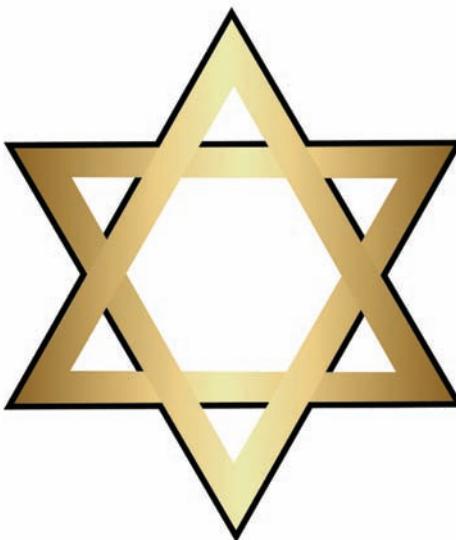
30
Ikota yesi-2 – Iweki yesi-7 – Iphepha lomsebenzi lama –



Masithetho



Umnqamlezo lumphawu lwamaKrestu.
UYesu, uNyana kaThixo, wafela izono
zethu emnqamlezweni.



Uphawu lwamaJuda yiNkwenkwezi
kaDavide. UKumkani uDavide
wayengukumkani wamaSirayeli.

lintsuku zenkolo nezinye ezizodwa

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



Iceba lenyanga kune nenkwenkwezi
lumphawu lwamaIslam. AmaMoslem
athandaza ka-5 ngazo zonke iintsuku.



Uphawu lwamaHindu lubhalwa
ngolwimi lwaseIndiya lwakudala
oluyiSanskrit.



lindawo ezahlukeneyo zokunqula



Masenze

Krwela umgca odibanaisa inkolo nganye nendawo yayo yokunqula.

Bhala igama lesakhiwo phantsi komfanekiso ngamnye.

itempile

isinagogu

imoski

inkonzo

Inkolo

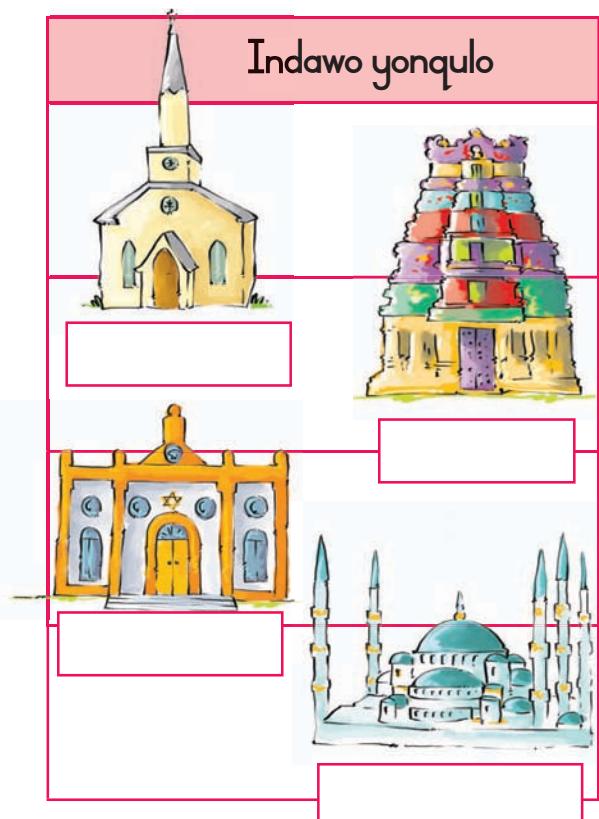
ubu-Islam

ubuHindu

ubuKrestu

ubuJuda

Indawo yonqulo



Masenze

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

Lukhuphele ecaleni kwamagama abo.

Amagama abahlubo

Iimpawu zabo





ISATIFIKETHI

Sokugqiba iBanga lesi-3

Izakhono zoBomi incwadi yoku-1

Sinikezelwa ku

Bhala igama lakho.

Umhla _____

Utitshala _____

Isichazi-magama sam

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