

Ibuyekeziwe –
Ihambisana
ne-CAPS

Ibanga lesi-

3



Amakhono Empilo ISIZULU

Incwadi yoku-1
Ithemu 1 & 2

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Rainbow
WORKBOOKS

LIFE SKILLS IN ISIZULU
GRADE 3 – BOOK 1
TERMS 1 & 2
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Isihlalo sabakhubazekile

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UNkk Angie Motshekga,
uNgqongqoshe weMfundo
eyiSesekelo



UMnu Enver Surty,
iSekela loMnyango
weMfundo eyiSesekelo

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

Lezi zincwadi ezibizwa ngeRainbow Workbooks ziyingxenywe yoMnyango weMfundo eyiSesekelo lapho uMnyango uzama khona ukungenelela ukuze kuthuthukiswe imfundo yabantwana bamabanga asuka kwelokuqala kuya kwelesithupha eNingizimu Afrika. UMnyango weZimali uxhase lo mkhankaso kaHulumeni njengento yokuqala uHulumeni azibekela yona ukuthi ayisukumele. Uxhaso loMnyango weZimali lusize uMnyango wezeMfundo ukuthi ukwazi ukukhiqiza uphinde usabalalise ngaphandle kwenkokhelo lezi zincwadi zokusebenzela ngazo zonke izilimi zaseNingizimu Afrika ezisemthethweni.

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

Sinethemba futhi lokuthi abantwana uqobo lwabo bazokujabulela ukusebenzisa lezi zincwadi ekukhuleni kwabo bakhule nolwazi ezilukethe, bese kuthi wena njengothisha wabo uthokoze kanye nabo ekugcineni.

Sifisela wena nomfundi omfundisayo impumelelo ngenkathi usebenzisa lezi zincwadi.



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Ibanga lesi-

3

Amakhono Empilo
NGESIZULU
Incwadi yoku-

Le ncwadi ngeka-





Impilo yami

IThemu 1 – ISonto 1 – Ikhasi Lokusebenzela



Masibhale

Sonke sehlukile komunye nomunye futhi sibalulekile.

Gcwalisa lo mazisi ngempilo yakho. Ukudizayina isitembu sikamazisi.

Uma usukwenzile lokhu bese utshengisa umngani wakho ikhadi lakho.

Yikuphi okufanayo futhi yikuphi owehluke ngakho kumngani wakho?



Umazisi

Igama: _____

Iminyaka yokuzalwa: _____

Usuku lokuzalwa:

_____ unyaka _____ inyanga _____ usuku

Indawo owazalelwa kuyo: _____

Intombazana noma umfana: _____

Ulimi lwasekhaya: _____

Umbala wezinwele: _____

Ubude: _____ cm

Umbala wamehlo: _____

Ukusayinda _____

Dweba isithombe sakho.





Masixoxe

Cabanga ngempilo yakho yonke kuze kube manje.

Ukhumbula ukufikaphi?

Ingabe uyalukhumbula yini susuku lwakho lokuzalwa lonyaka wesibili?

Usakhumbula uma usaqala isikole?



Masibhale

Ciwalisa lo mugqa wesikhathi ngempilo yakho.



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





Masenze loku

Isikole sami

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

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



Masibhale

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

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

Sasithini isiqubulo sesikole?
Ngabe sisenjalo namanje?

Dweba ibheji lesikole.

Yisho okuthile okubaluleke
kakhulu ngesikole. (Mhlawumbe
kwakunomfundi owaduma
ngokuzuzisa okuthile okubalulekile.)

Dweba isithombe ukhombise okukodwa
okubaluleke kakhulu ngesikole.



Phumela ngaphandle

Ngaphambi kokwenza noma yini ngaphandle, qala ngokuzelula njengekati. Lokhu kuzokwenza umzimba unyakaze kalula. Zelule nangemva kokwenza okuthile ngokuthi uphumule uphole. Lokhu khona kukusiza ukuthi ungabi nobuhlungu bezicubu. Yenza-ke manje lokhu okwenziwa yilezi zingane.



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

Manje nqaka ibhola ngesikhwama uma
umngani wakho eliphonsa.

Phonsela umngani wakho ibhola bese
ubheka ukuthi angalingqaka
ngesikhwama na.

Zinwebe njengekati ukuze ukhululeke.



Konke ngami



Masixoxe

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

Ngenkathi
ngineminyaka
emihlanu-5
ngavakashela olwandle.

Ngenkathi ngineminyaka
eminepage-4 ngawa
odongeni.



Masenze loku

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



Usana



Umntwana



Umntwana wesikole



ijongosi



Umntu omdala



Isalukazi



Masixoxe



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

Blank area for drawing or writing.



Teacher: _____
Sign: _____
Date: _____

4

Okukhulu nokudala

IThemu 1 – ISonto 2 – Ikhasi Lokusebenzela



Masixoxe

Xoxa ngokuthi wehluke kangakanani wena ezinganeni ezindala nakubantu abadala.

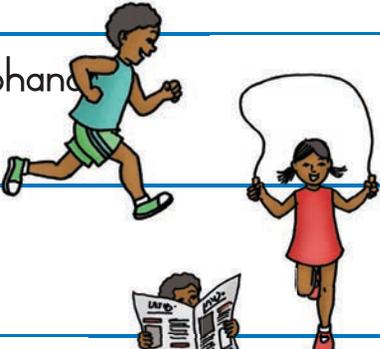
Ngokuhamba kwesikhathi abantu bayakhula. Umbala wezinwele zabo uyashintsha, amazwi abo ashintshe, izicubu zabo ziyanda bese behlakanipha kakhulu.

Bashintsha kanjani abantu ngenkathi bekhula.



Masibhale

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

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



Masicule

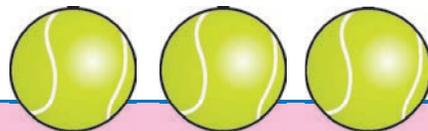
Masizilungisele ukucula.
Yenza imisindo elandelayo.

Umsindo osheshayo we-ambulense.
 Umsindo onensayo njengeculo lokulalisa umntwana.
 Umsindo ophakeme njengenyoni icula.
 Umsindo ophansi njengebhubesi livungama.

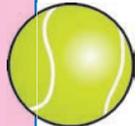


Phumela ngaphandle

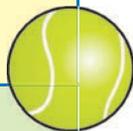
Ungalingqaka ibhola?



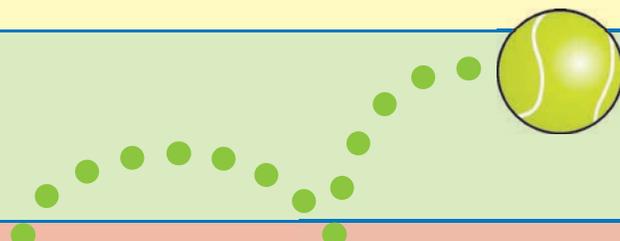
Phosa ibhola emoyeni uphinde ulinqake ngezandla zombili.



Liphose phezulu bese ushaya izandla zakho ngaphambi kokuba ulinqake ibhola.



Shaya ibhola phansi.



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

Manje zelule njengekati.



Teacher: _____
 Sign: _____
 Date: _____



5

IThemu 1 – ISonto 3 – Ikhasi Lokusebenzela

Imizwa



Masixoxe

Bheka lezi zithombe bese usho ukuthi izingane ziphatheke kanjani.

Wake waphatheka kanje? Bhala usho ukuthi ingane ngayinye iphatheke kanjani. Sebenzisa amagama alandelayo ukuze akusize.

ujabhile

ujabulile

uyakhala

uyesaba

uyaziqhenya

ucasukile



Yenza lokhu ngaphandle

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





Masixoxe

Yini ekujabulisayo?

Yini ekujabhisayo?

Yini ekwenza wesabe?



Masibhale

Yini ekucasulayo?



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

Dayari ethandekayo

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

Dayari ethandekayo



Izinto engizithandayo



Masibhale

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

Blank pink notepad with three horizontal lines.



Blank yellow notepad with three horizontal lines.



Blank purple notepad with three horizontal lines.

**ENGIJABULELA
UKUKWENZA**

Blank green notepad with three horizontal lines.



Blank teal notepad with three horizontal lines.

Blank light blue notepad with three horizontal lines.



Masibhale

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

Engijabula kakhulu uma ngikwenza



Masenze loku

Sebenzisa inhlama yokudlala ukubumba ubuso obujabulile nobuso obudangele.



Masixoxe

Buza abangani bakho aba-5 ngalokho abathanda ukukwenza. Hlikihla ngombala esikheleni esifanele ngaso sonke isikhathi lapho besho umsebenzi abawuthandayo.

5					
4					
3					
2					
1					
	Ukucula	Ukufunda	Ukupenda	Umdlalo	Izibalo



Yimuphi umsebenzi othandwa kakhulu?

Teacher: _____
 Sign: _____
 Date: _____

Imizwa


Masixoxe

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

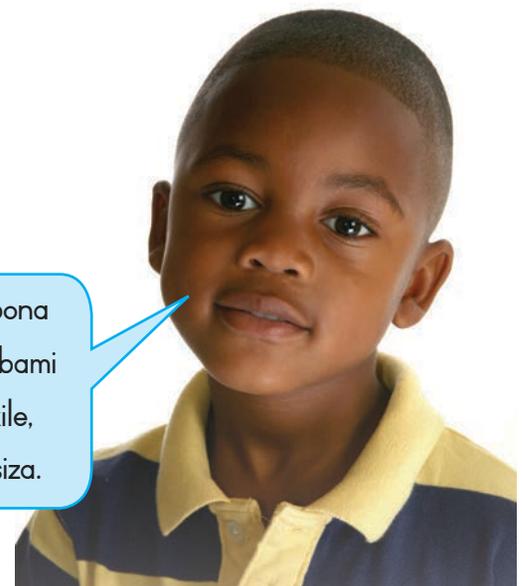
	Awukwazi yini ukubheka lapho uya khona?	
	O! Nxese! Wothi ngikusize ukucosha lokhu!	
	Ohho! Nanti ibhola lakho!	
	Hamba uyodlalela kwenye indawo!	
	Okwami lokhu futhi ngeke ngikuphe.	
	Woza khona sizohlukaniselana ngoshokoledi.	


Masibhale

Benzani abangani abahle?



Uma ngenza okungalungile, ngiyaxolisa.



Uma ngibona abangani bami bexakekile, ngiyabasiza.

Bhala okunye oku-4 abangani abakwenzayo.





Masixoxe

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



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



Phumela ngaphandle

Zama ukwenza okulandelayo.

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





Masibhale

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



★ Abantu ababalulekile empilweni yami



Manje bhala incazelo yala bantu nokuthi kungani ucabanga ukuthi bakhethekile.



Teacher: _____

Sign: _____

Date: _____



Masixoxe

Xoxa ngalokho okwenzeka kulesi sithombe.



Wake waba nomongozima?

Kufanele wenzeni uma uqala ukuphuma umongozima?

Okufanele ukwenze uma uphuma umongozima

1

Hlalela maphambili ugobise ikhanda.

2

Vala amakhala akho imizuzu emibili bese uphefumula ngomlomo.

3

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

4

Ungafinyi uma umongozima usumile ukuphuma.

5

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

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

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



Ukusikeka



Masifunde

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



Masixoxe

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

Indlela okuvinjelwa ngayo ukopha kolimele

Ungalingi uthinte igazi lomunye umuntu.

Uma usiza umuntu olimele ubohlala njalo ufake amaglavu.

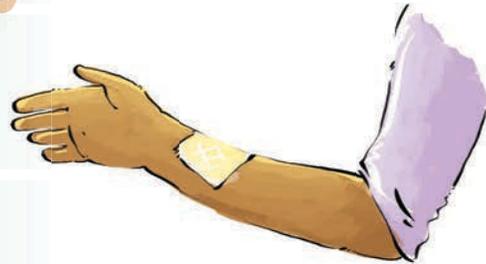
Nqamula ukopha ngokuphakamisa ingalo ibe ngenhla kwenhliziyo.

Zama ukumisa ukopha ngokubopha inxeba ngebhandishi elihlanzekile.

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

Bheka ukuthi iyiphi inombolo yocingo oluphuthumayo ongayishayela.

Inombolo yocingo: _____



Ukusha



Masifunde

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



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



Qaqa amabhandishi abophe isilonda sokusha. Uma indwangu
inamathele esikhumbeni, ungayisusi.



Kuyeke ukusha kuvulekile uqaphele ukuthi akubi sesimweni esibi.



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



Phumela ngaphandle

Beka uphawu lokuthi ujomba
ubude obungakanani.

Bheka ukuthi angakwazi
yini umngani wakho
ukujomba akudlule.



Phumela ngaphandle

Yenza ibhala.

Shintshana nomngani
wakho ngokuba yibhala.



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



Shintshanani ngokushwiba
ingqathu ukuze abangane
bakho nabo bagxume.



Masixoxe

Kwenzekani kulesi sithombe?

Yikuphi okunye okungenza ukuba abantu bashe?



Bhala phansi imithetho ebalulekile uma kufanele usize:

Ukophakwamakhala / Umongozima

Ukusikeka

Ukusha



Ukugcina umzimba uphephile



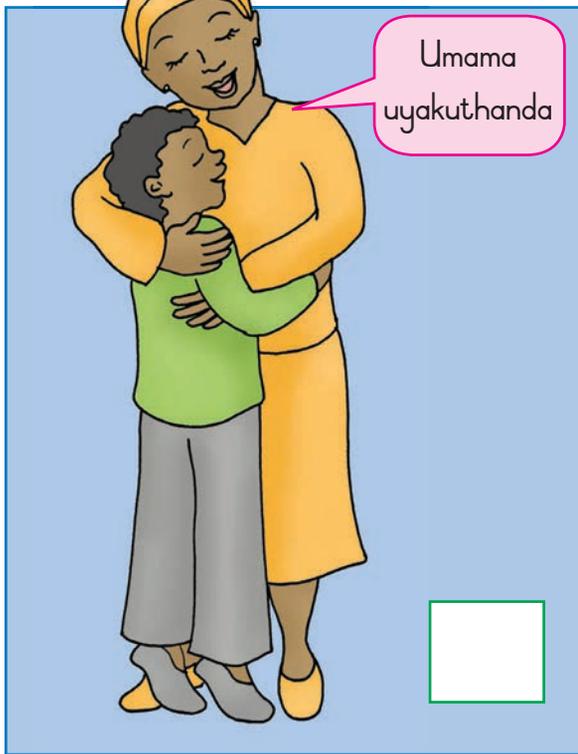
Masixoxe

Kufanele sinakekele imizimba yethu.
 Kuba khona into ethi "yebo" uma sithanda okuthile futhi sifuna kuqhubeka.
 Bese kuba khona into ethi "cha" uma okuthile kungasijabulisi futhi sifuna kume kungaqhubeki.



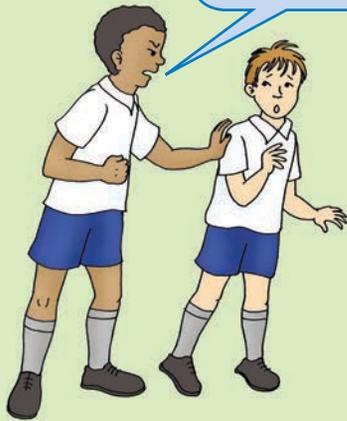
Masibhale

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





Angikuthandi.



Manje sewumhle.



Ukuthi cha

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

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



Masibhale

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



Three horizontal lines for writing.



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



Three horizontal lines for writing.



Ukuzinakekela



Masixoxe

Bhekisisa lezi zithombe. Bheka ukuthi ungakwazi yini ukuxoxa ngendaba ekulesi sithombe. Gcwalisa ibhamuza lokugcina lenkulumo.

Woza, ngizokuyisa esitolo.



Cha, ngiyekele!



Kwenzekeni?



Blank writing area with horizontal lines for a response.



Masixoxe

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



Masibhale

Bhala imithetho emihlanu yokuphepha, iqale yonke ngokuthi:

Abantwana akumele nakanye ...

A large spiral-bound notebook with several blank lines for writing.



Masenze loku

Yenza imaski ukutshengisa imizwa yakho.

Uthanda ukuthi imaski yakho ikhombise miphi imizwa?

Dweba ephepheni.

Sika.

Sika amehlo.

Hlobisa ngephepha elimibalabala.



Phumela ngaphandle

Zilungiselele umjaho.

Guqa endaweni efanele yokuqala.

Lalela uma uthisa ethi:

“Guqani! Lindani! Sukani-ke!”

Bese ubeka into ezophazamisa endleleni.



Ukugcina umzimba wami uphilile



Masixoxe

Sonke sifanele ukugcina imizimba yethu iphile kahle.

Yini eyenziwa yilezi zingane ukugcina imizimba yazo isesimweni esifanele?



Yiziphi ezinye zezinto ezingenampilo ezenziwa ngabantu?

Uthi bewazi nje ukuthi ukubhema kuyinto embi emizimbeni yethu?

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

Kuyilimaza kanjani imizimba yethu ukubhema?



Masibhale

Beka uphawu eduze kwesitatimende ukutshengisa ukuthi yikuphi okuyiqiniso nalokho okungesilo iqiniso.

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



Imithetho yezempilo

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



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



Ukuzijabulisa

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



Ukuzijabulisa



Yiba nomdlandla udlale umdlalo wekhilikithi.

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



Imisebenzi yami



Masifunde

Ngesinye isikhathi izingane kufanele zisize imindeni yazo emisebenzini yasekhaya.

Kodwa akufanele ukuba izingane zisebenze kanzima njengabantu abadala.

Izingane kufanele zibe nesikhathi sokudlala nokuya esikoleni.



Bheka lezi zithombe. Thikha imisebenzi ezilungele izingane.

Bhala umusho ngezansi kwesithombe ngesinye bese usho ukuthi kungani ucabanga ukuthi umsebenzi uzilungele noma awuzilungele izingane.



UZinhle udayisa izitshalo usuku lonke, akakwazi ukuya esikoleni.



ULungi uchelela ingadi yezitshalo ngemuva kwesikole.



UThemba uthwala izitini ngoba usebenzela umakhi.



UJabu noBongi basiza ngokugeza izitsha.



Masixoxe

Yimiphi imisebenzi oyenza ekhaya?

Yiziphi izinto ozenza esikoleni ukusiza uthisha wakho?

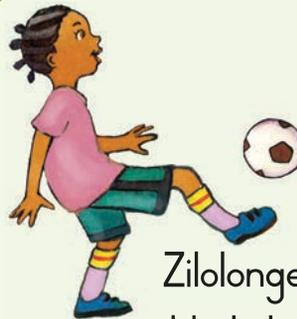


Phumela ngaphandle

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



Hlanganisani imilenze ngentambo, bese nigijima.



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



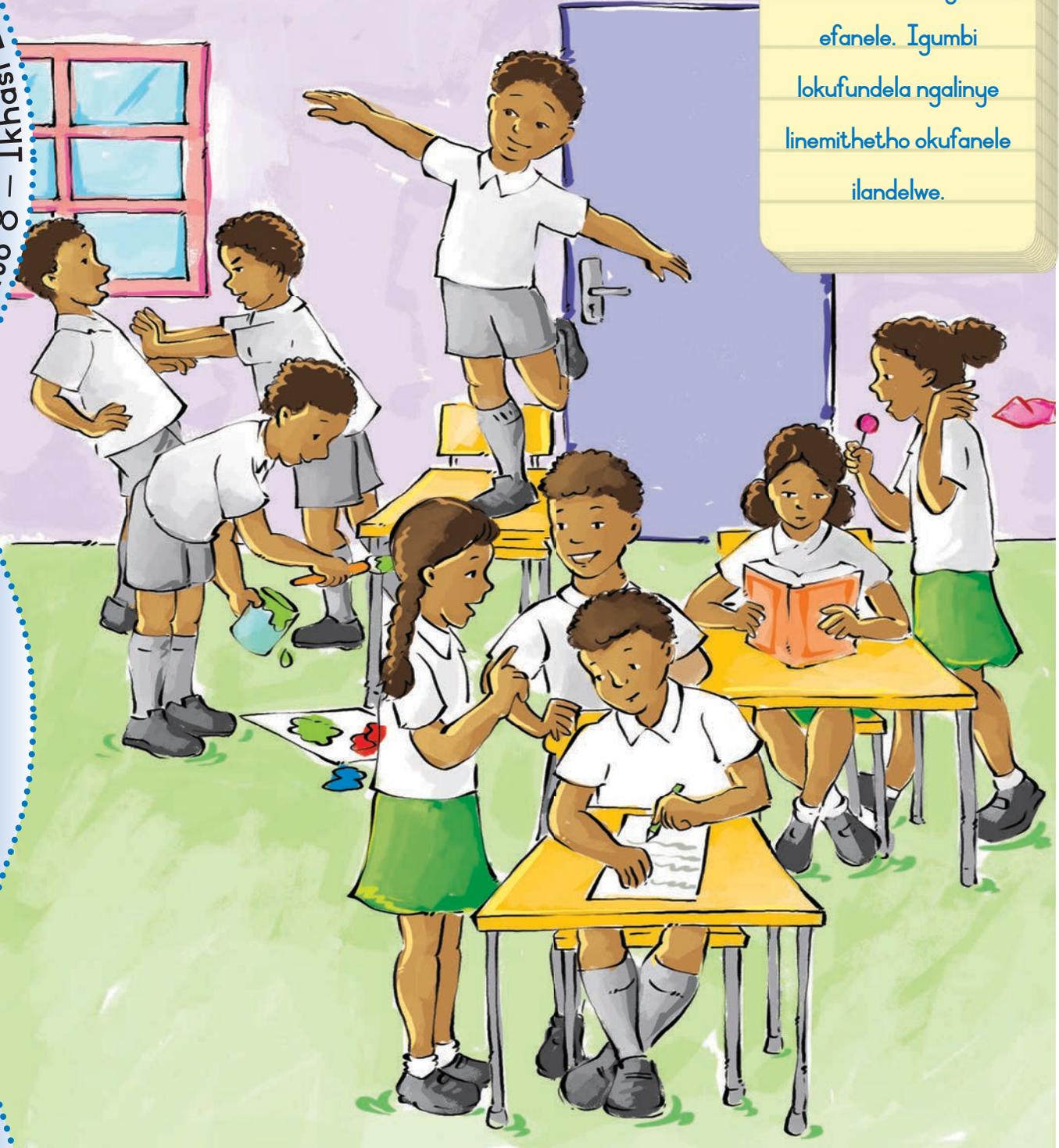
Imisebenzi yami



Masixoxe

Tshela umngani wakho ukuthi lezi zingane zephula miphhi imithetho.

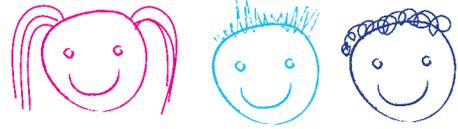
Zonke izikole zinemithetho ukuze zihambise ngendlela efanele. Igumbi lokufundela ngalinye linemithetho okufanele ilandelwe.





Masibhale

Bhala imithetho emine yeklasi lakho.



A large spiral-bound notebook with several blank lines for writing.



Masixoxe

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

UMTHETHOSIMVINYWA WEZINTO EZIMELWE UKUQASHELWA YINTSHA

YASENINGIZIMU AFRIKA

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

Teacher: _____
 Sign: _____
 Date: _____

Izinsuku zenkolo nezinye ezibalulekile



Masixoxe

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



amaHindu



ama-Islamu



Inkolo yobuJuda



amaKhrestu

Kufanele sihloniphe abantu bezinkolelo ezahlukahlukene.

Yini inkolo yakho? _____

Yini inkolo yomngani wakho omkhulu? _____

Ngiyahhlola nje



Masibhale

Gcwalisa lolu qwembe ngawe.

Igama lami _____

Isibongo sami _____

Usuku lwami lokuzalwa _____

Ibanga lami lesikole _____

Isikole sami _____

Inombolo yami yocingo _____

Ikheli lami _____

Inombolo ephuthumayo _____

Umdlalo engiwuthandayo _____

Umbala engiwuthandayo _____

Umngani wami omkhulu _____

Okungijabulisayo _____

Okungijabhisayo _____

Okungicasulayo _____

Engiyikho _____

IThemu 1 – ISonto 8 – Ikhasi Lokusebenzela

Teacher: _____

Sign: _____

Date: _____

Ukudla ngendlela enempilo



Masixoxe

Buka ukudla ngakunye kula maqoqo bese ukhuluma nomngani wakho ngalokhu okulandelayo:
Yikuphi ukudla okuseqoqweni ngalinye?
Kungani iqoqo ngalinye lokudla liyimpilo kithi?

Amaphrotheni

Amaphrotheni akha amaseli emizimbeni yethu ukuze imizimba yethu ikhule.



Amavithamini

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



Yenza lokhu ngaphandle

Cela uthisha wakho ukuthi akukhombise ukudlala "ifoni ephukile."
Emva kwalokhu zilongwe ngokuphonsa ibhola.

Amakhabhohayidrethi

Lezi zihlobo zokudla zisinika amandla.



Izinto ezithintana nobisi

Siyawadinga amafutha ukuze sifudumale sibe namandla.



Masibhale

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

Ukudla engikudle izolo	Uhlobo lokudla



Izindlela esidla ngazo

IThemu 2 – ISonto 1 – Ikhasi Lokusebenzela



Masixoxe

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

Gcwalisa amagama amalungu eqembu labangani bakho.



Masibhale

Buka ithebula oligcwalisile bese uphendula imibuzo elandelayo.

Yikuphi ukudla abangakuthandi kahle abangani bakho?

Ucabanga ukuthi abangani bakho badla ngendlela enempilo?

Ukusho ngani lokho?



Masizijabulise

Cela uthisha wakho ukuba akubonise ukuthi ungayidlala kanjani ifoni ephukile.





Masibhale

Yenza uhla lwezinhlobo zokudla okumele sikudle nsuku zonke.

Yini esifanele ukujigwema?

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

Ushukela omningi ngoba ungasibangela isifo sikashukela uma sesibadala.

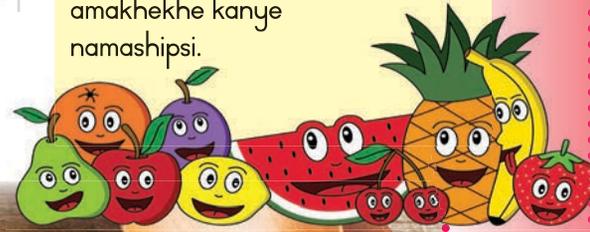
Ushukela omningi wenza futhi ukuba umuntu abe nesisindo somzimba eseqile kwesifanele.

Ukuphuza unemenajidi omningi, amakhekhe kanye namashipsi.



Masibhale

Bhala indlela yokupheka ukudla okuthanda kakhulu.



Indlela yokupheka _____

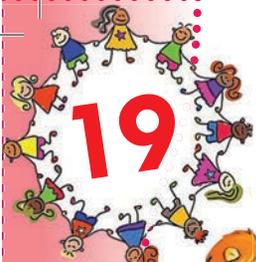
Ngidinga ziphi izithako?

Kufanele ngilandele yiphi indlela?	

Teacher:

Sign:

Date:



Masibhale

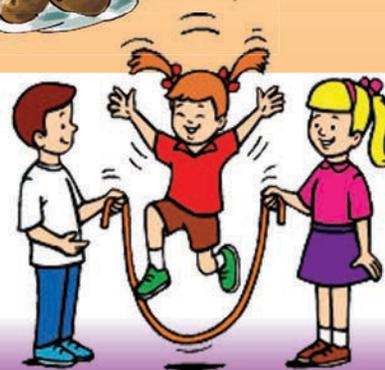
Ukudla ngendlela enempilo

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



Yenza lokhu ngaphandle

Shintshanani ngokushwiba ingqathu ukuze abangani bakho nabo bagxume.





Masibhale

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

UHLU LWEZINTO
EZIZOTHENGWA

AMANANI



Masibhale

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

Indlela engidla ngayo mina

	Yebo	Cha
Ngivame ukudlela phambi kweTV.		
Ngithanda izithelo nemifino.		
Ngithada ukudla okunamafutha njengamashipsi.		
Angiwathandi amanzi, ngithanda iziphuzo ezibandayo.		
Angithandi ukudla imifino.		
Ngikuhlafuna ngendlela efanele ukudla.		
Ngidla ibhulakufesi ngaphambi kokuya esikoleni.		

Bala imidwebo yobuso obuhlekayo obufake imibala. _____

Teacher: _____
 Sign: _____
 Date: _____

20

IThemu 2 – ISonto 2 – Ikhasi Lokusebenzela



Masenze loku

Ukudla ngendlela efanele

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



Masifunde

Imithetho yokudla kahle

Hlanza izandla ngaphambi kokuthinta ukudla.

Ungalingi ushiye ukudla kungemboziwe.

Akufanele udle ukudla okudala noma okubolile. Sebenzisa izingqweqwe zemifino ukwakha imvundela yesivande.

Tshala imifino yakho.



Masenze loku

Dweba isithombe ukhombise owodwa wemithetho.

Teacher: _____
Sign: _____
Date: _____

Izinambuzane



Masixoxe

Khuluma ngezixenye ezahlukene zomzimba wezinambuzane.

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

Zinemilenze eyisithupha kanye nezimpondo ezimbili.



Masenze loku

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

Umlenze

Ingenhla lomzimba

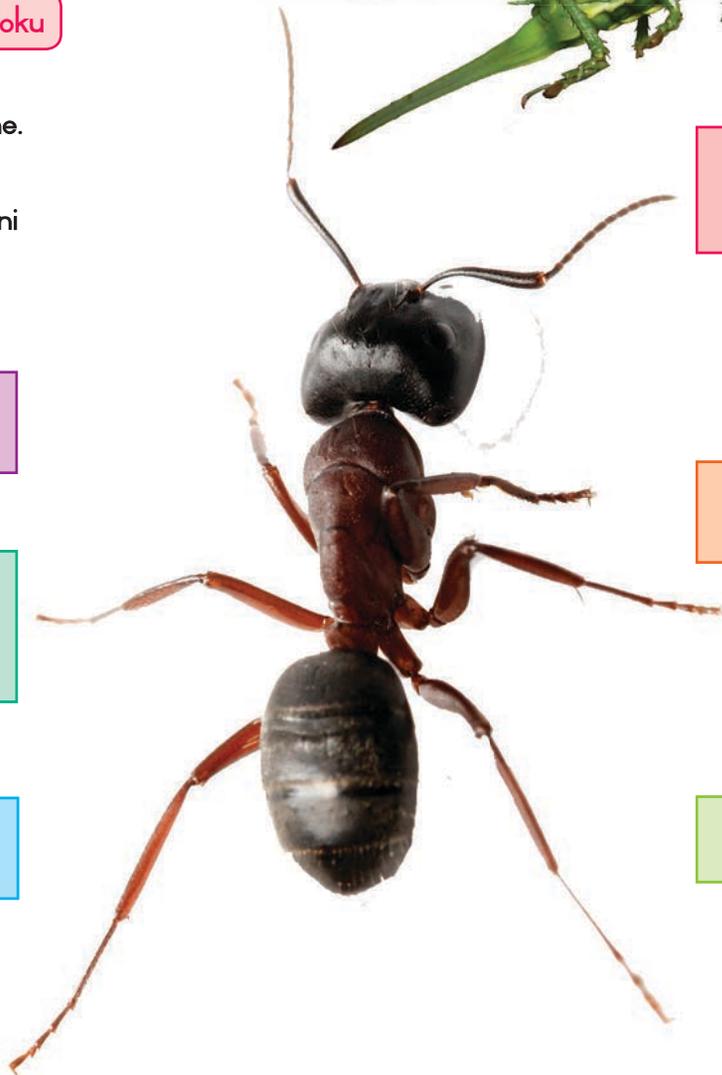
Ikhanda



Ingezansi lomzimba

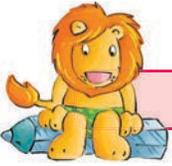
Ihlo

Uphondo



Yenza lokhu ngaphandle

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



Masibhale

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



Inyosi



Umiyane

Impukane

Intuthwane

Intethe



Uvemvane

Ibhungane



Ibhu



Masibhale

Gcwalisa amagama ezikhaleni.

_____ zakha uju.

_____ zidlulisa imbewu ezimbalini.

_____ zandisa umalaleveva.

_____ zandisa izifo.

_____ zidla izitshalo.



Teacher: _____
 Sign: _____
 Date: _____

Okunye ngezinambuzane

IThemu 2 – ISonto 3 – Ikhasi Lokusebenzela



Masixoxe

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



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



Izinyosi zakha uju.



Masibhale

Bhala igama lesinambuzane ngasinye esikhaleni esibekiwe.



Lokhu _____ kumunca inektha embalini.



_____ inemilenze yangemuva eqinile eyenza ukuba ikwazi ukugxuma.



_____ zisebenzisa
izimpondo ukudlulisa umlayezo.



kuhambisa imbewu ezitshalweni.



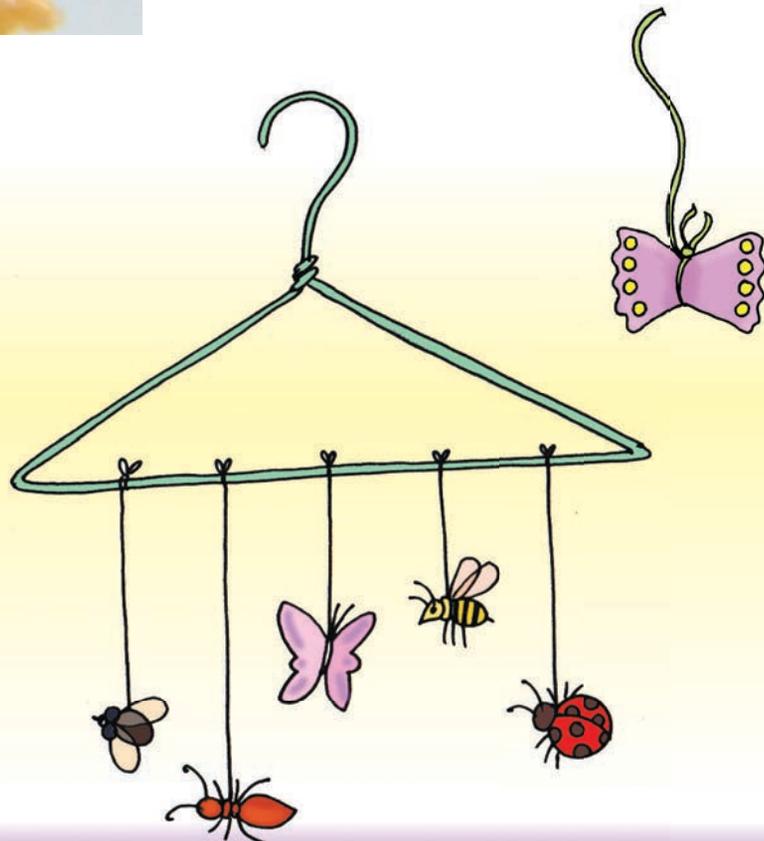
kwandisa amagciwane.

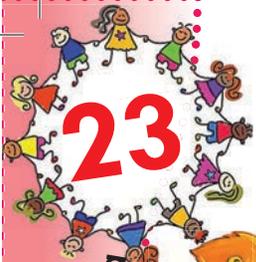


Masenze loku

Akha isinambuzane esinyakazayo.

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

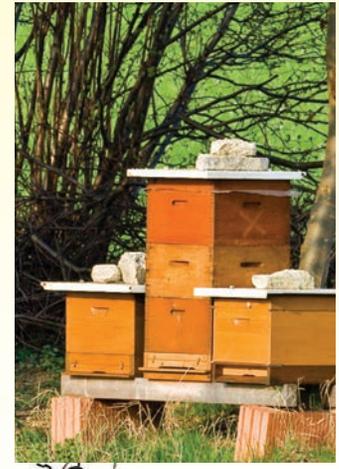
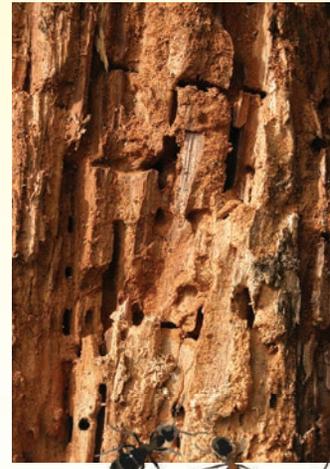
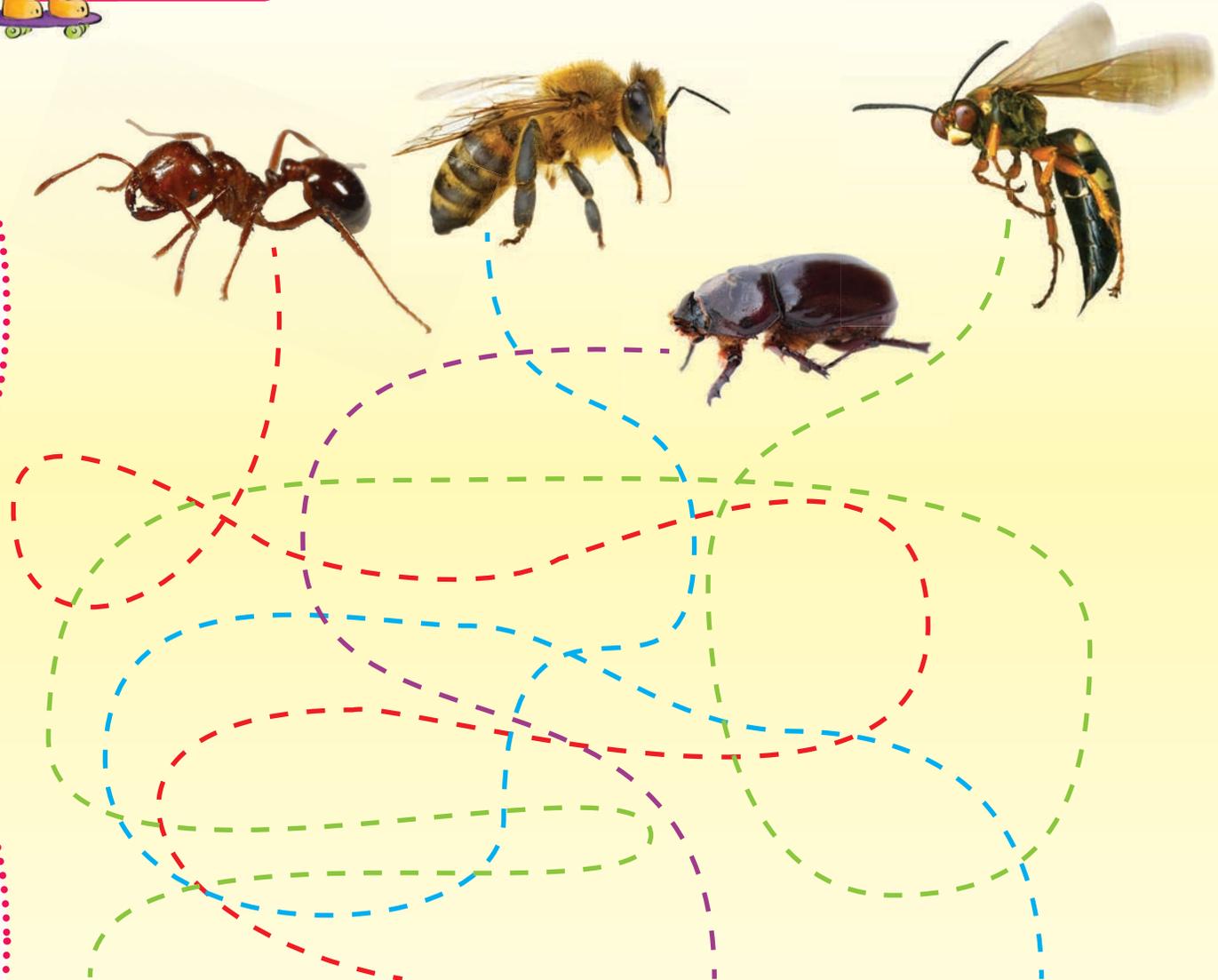




Masenze loku

Amakhaya ezinambuzane

Landela intambo uze uthole ukuthi isinambuzane ngasinye sihlalaphi.





Masenze loku

Zungeza isikole uthole ukuthi kunezinhlobo ezingaki zezinambuzane ongazithola.



Masibhale

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



Luhlobo luni lokudla okudliwa yizinambuzane lesa?



Kungabe lesi sinambuzane sihamba kancane noma siyashesha?

Ingabe isinambuzane sakho sinosizo na? Kungani usho njalo?

Siyingozi kanjani isinambuzane sakho? Yini ongayenza uma sikulimaza?



Ukuzijabulisa

Manje qamba futhi udwebe isinambuzane sakho bese usipha negama.



Khombisa izinto ozenzile



Masenze loku

Yakha uvemvane lwakho

Uzodinga: iphepha eliwu-A4

Amakhrayoni anamfuzelayo

Isikele

Iglu

Okokuhlaza iphayiphi

Iphepha lasendlini encane eseliphelile



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





Phumela ngaphandle

Zama ukudlala le midlalo.



Isiteshi soku-1:

Ibhola lomnqakiswa: Gxuma njengebhola ugijime uye le nale.



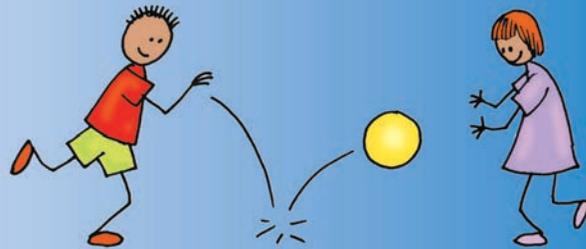
Isiteshi sesi-2:

Ihokhi: Sebenzisa induku yehokhi ukushaya ibhola uye nalo emapalini.



Isiteshi sesi-3:

Ibhola lomnqakiswa: Gxuma njengebhola uye kumngani wakho ugijima.



Isiteshi sesi-4:

Ibhola lombhoxo: Gijima nebhola uliphonsele omunye nomunye wenu.



Isiteshi sesi-5:

Ibhola lezinyawo: Enza sengathi udlulisa abadlali uye nebhola emapalini.



Ukuguquguquka kwempilo

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

Ukuguquguquka kwempilo yesele



Masixoxe

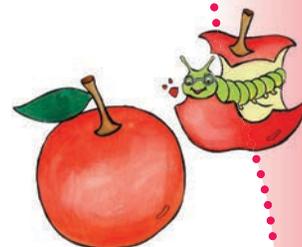
Buka izithombe ezilandelayo bese uxoxela umngani wakho ukuthi isele liguquguquka kanjani empilweni yalo.

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



Masenze loku

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

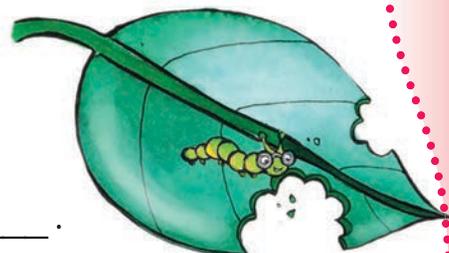


Ukuguquguquka kwempilo yovemvane

2



3



1



1

Uvemvane lubekela amaqanda.

2

3

4

5

Isiphungumangatha senza igobolondo.

6

6



5





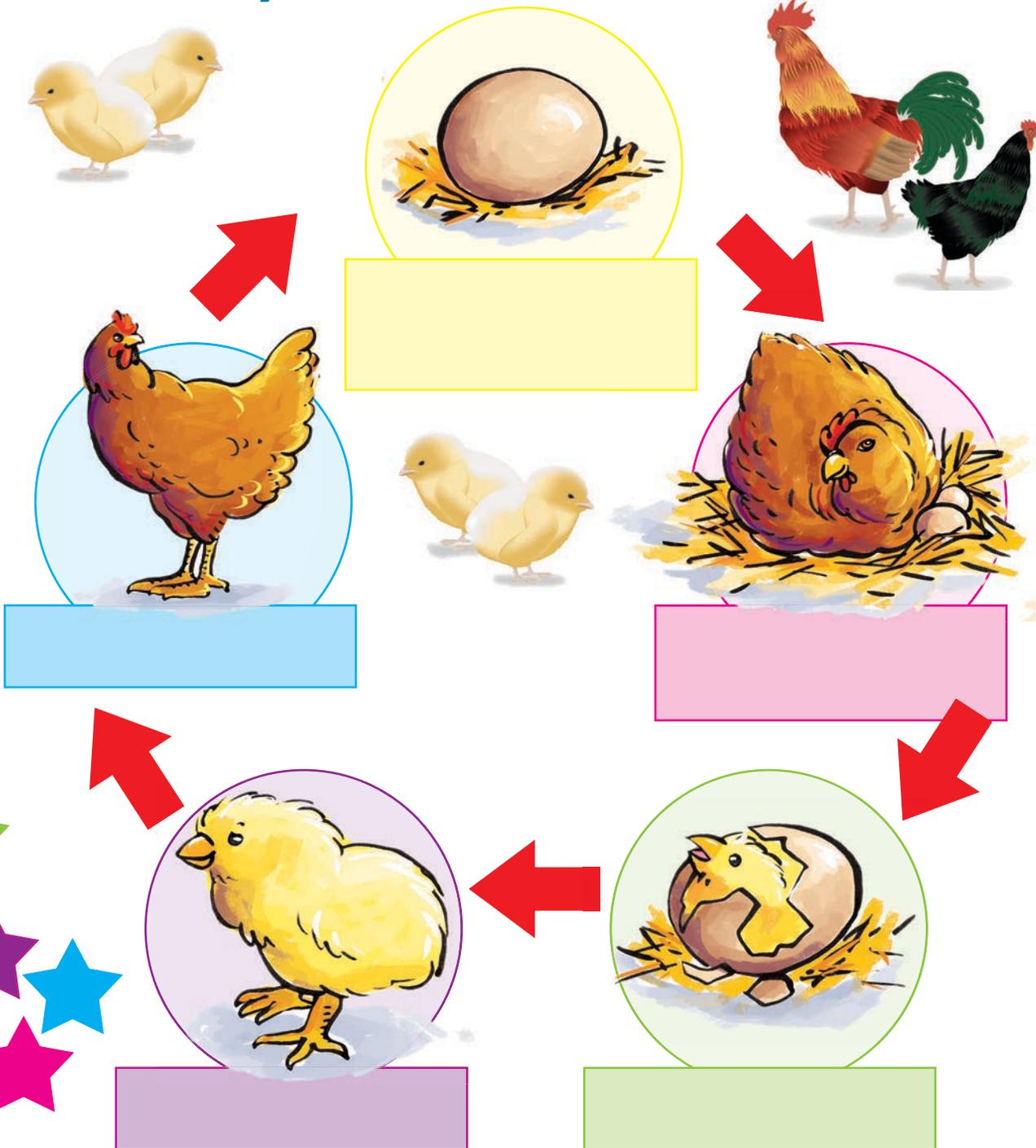
Ukuguquguquka kwempilo yechwane lenkukhu



Masixoxe

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

Ukuguquguquka kwempilo yechwane lenkukhu





Masenze loku

Yenza okwakho ukuguquguquka kwempilo.

Lebula isithombe ngasinye endabeni eyisondo ukuveza ukuguquguquka kwempilo yekati. Sebenzisa izihloko ezilandelayo.

Nikeza izigaba izinombolo 1 – 4 bese uzisebenzisa ukwakha isondo lalezi zigaba.

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

Ukuguquguquka kwempilo yekati

Teacher: _____
 Sign: _____
 Date: _____

Isilwane esingumngani wami



Masenze loku

Yenza imaski yesilwane sakho.

Udinga iphepha eliwu-A4

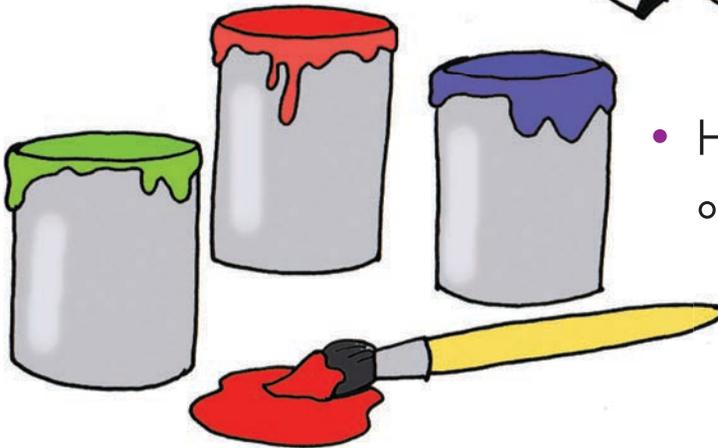
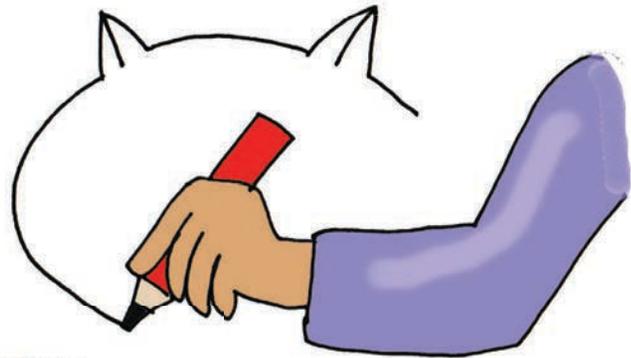
Ipensela

Upende oyimpuphu kanye namanzi

Okokugoqoza izindlebe



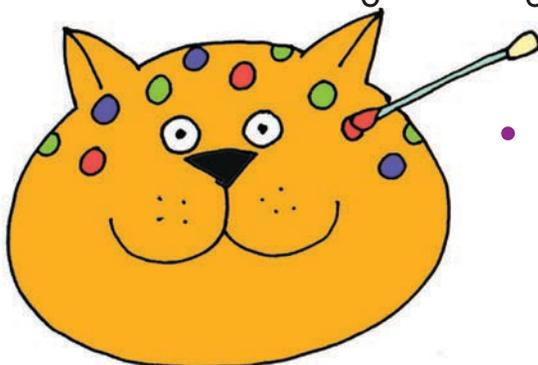
- Dweba ubuso bekati ephepheni.



- Hlanganisa uxube upende onemibala emithathu ehlukene.



- Sebenzisa lokhu esigoqoza ngakho izindlebe ngombala ngamunye.



- Enza amachashazi ukuhlobisa ubuso bekati.





Masixoxe

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



Masenze loku

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

Empty rectangular box with a pink border and a horizontal line at the bottom for writing.

Empty rectangular box with a green border and a horizontal line at the bottom for writing.

Empty rectangular box with an orange border and a horizontal line at the bottom for writing.

Empty rectangular box with a purple border and a horizontal line at the bottom for writing.

Clipboard icon with fields for Teacher, Sign, and Date.

Ukunakekela izindawo zethu



Masixoxe

Buka lawa maphosta ukhulume nabangani bakho ngokuthi amaphosta athini.



Buka ilogo yokuvuselela.

Uke wayibona kuphi ilogo efana nalena?

Sicela usivuselele!



Yenza lokhu ngaphandle

Ungawuqamba yini umdanso usebenzisa amahuphu namaribhini?





Masifunde

Yini esingayenza ukugcina izindawo zethu zihlanzekile?

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

Nciphisa: Kumele sinciphise izinto esizilahlayo.



Phindelela: Kumele sisebenzise ngokuphindelela izinto eziningi

ngaphambi kokuthi sizilahle.

Vuselela: Sidinga ukuthola izindlela zokuvuselela amaphepha,

amabhodlela kanye namathini.



Masibhale

Ethebuleni ngezansi, bhala amagama ezinto ezivuselelekayo. Sikwenzele isiqalo sohlu.



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

Teacher: _____
 Sign: _____
 Date: _____



Masibhale

Ukuvuselela

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



Manje qamba futhi ubheke uphawu kokuthize ongakwenza ngezinto esezike zasebenza.

Igama lokuthile

Yenziwe nge

Dweba isithombe sento yakho.



Masibhale

Zama ukukhumbula izinto ezingenza imvundela ekahle. Bhala amagama angezansi ezikhaleni ezifanele ukuqedela ithebula. Ungazicabangela ezinye izinto zakho uzilandelanise ngokwezikhala ezenziwe ngezansi.

amabhodlela amadala

izikhwama zeplastiki

izipikili

amathini eziphuzo

amagobolondo amaqanda

Izinto ezingaboli

Izinto ezibolayo



Masenze loku

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



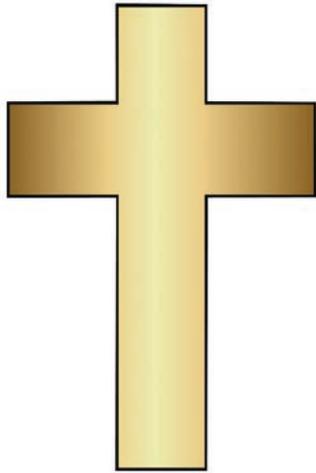
Teacher: _____
Sign: _____
Date: _____

Izinsuku zenkolo nezinye ezibalulekile

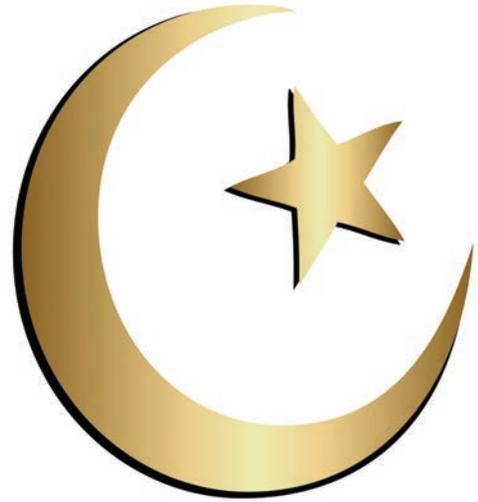


Masixoxe

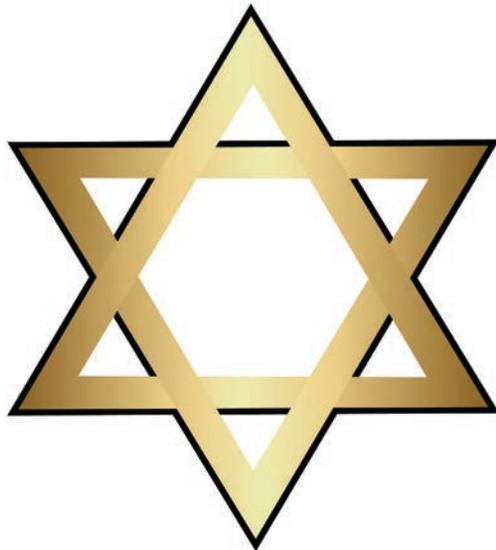
Khuluma nomngani wakho mayelana nezimpawu ezisetshenziswa yizinkolo ezithile. Yisho ukuthi yiluphi uphawu olusetshenziswa yizinkolo ezahlukene. Uma ungaluboni uphawu, ludwebe bese ukhombisa umngani wakho.



Isiphambano ngesamaKhrestu. UKhrestu owasifela ezonweni.



Inyanga ewucezu kanye nenkanyezi wuphawu lwamaSulumane.



Uphawu lwamaJuda yiNkanyezi kaDavide. INkosi uDavide wayebusa ama-Israyeli.



OlwamaHindu uphawu lubhalwe ngolimi oludala lwaseNdiya olwaziwa ngeSanskrit.

Izindawo zokukhonza



Masenze loku

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

ithempeli

isinagoge

imoskhi

isonto

Inkolo
Ubu-Islamu
UbuHindu
ubuKhrestu
UbuJuda

Indawo yokukhonzela



Masenze loku

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

Igama lomngani	Uphawu lwenkolo yakhe

Teacher: _____
 Sign: _____
 Date: _____

IThemu 2 – ISonto 8 – Ikhasi Lokusebenzela



ISITIFIKETI

Sokuphothula ibanga lesi-3

Incwadi yoku-1 Amakhono Empilo

siklonyeliswa u-

Gcwalisa igama lakho.

Usuku _____

Uthisha _____

Isichazamazwi sami

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