Ihlaziywe yaze yalungelelaniswa neCAPS

Ibanga lesi-3



Izakhono zoBomi ngesiXHOSA

Incwadi yoku-1
Ikota 1&2

Igama:

Iklasi:

basic education
Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

Workbooks available in this series:

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Rainbow WORKBOOKS

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GRADE 3 – BOOK 1
TERMS 1 & 2
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THIS BOOK MAY NOT BE SOLD.

9th Edition

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Ibanga lesi-3



Izakhono zoBomi ngesiXHOSA
Incwadi yoku-1



Le ncwadi yeka:

Okungam



Masibhale

Ingulowo 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.

Umhla: .....



Masithethe Ngoku cinga ngobomi bakho kude kube ngoku.

Ubomi bakho ubukhumbula ukuya kufikelela nini?

Usazikhumbula mhla ugqiba iminyaka emibini?

Usakhumbula ngokuya wawuqala ukuya esikolweni?







Masibhale Bhala amanqanaba obomi bakho.

			
Ndazalwa ngo-	Ndaqala ukuthetha ngo-	Ndaqala ukuya esikolweni ngo-	Bendikwibanga lesi-3 ngo-
inyanga			
unyaka 20_____	20_____	20_____	20_____



Isikolo sam



Masenze

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

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



Masibhale

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

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

Umhla: .....

Sasisithini isaci sesikolo? Ingaba kusasetyenziswa eso saci nanamhla oku? _____ _____	Zoba ibheji yesikolo.
Xela into eyodwa okanye ebalulekileyo ngesi sikolo. (Mhlawumbi kwakukho umfundi owayegqwesile okanye into esayiphumelelayo). _____ _____ _____	Zoba umfanekiso ubonise into esibaluleke ngayo isikolo sakho.



Phuma phandle

Phambi kokuba nenze umsebenzi phandle, zoluleni okwekati. 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

Masithethe

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



Masithethe

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

 usana	 umntwana omncinane	 umntwana wesikolo
 umntwana ofikisayo	 umntu osekhulile	 umntu omdala

Umhla: .....



Masithethe





Sebenza eqeleni. Qamba iculo kunye nomxhentso.
Eqeleni lakho, bhala amazwi eli culo kwisithuba esingezantsi. Emva koko bonisa iklasi yakho indlela ocula ngayo ngeli xa uxhentsayo okanye ujayivayo.



Teacher:

Sign:

Date:

4

Ubukhulu nobudala

Masithethe

Thetha ngendlela abahluka ngayo kuwe abantwana abakhudlwana nabantu abadala.

Abantu batshintsha njani ngokuya bekhula?

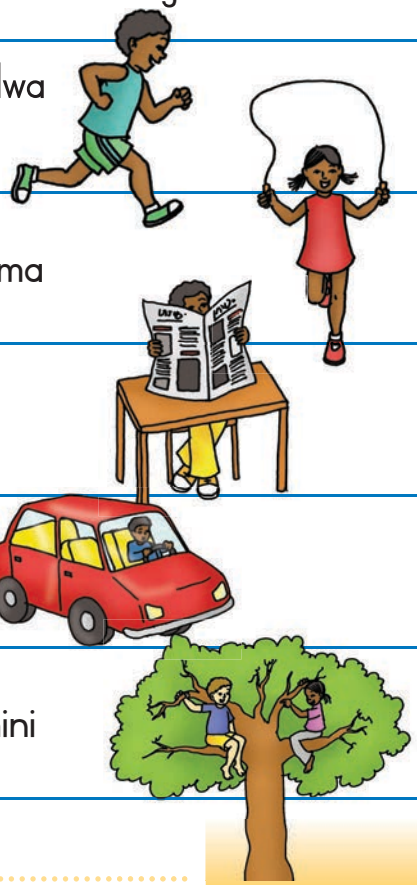
Ubantu bayakhula ngokuhamba kwexesha. Umbala weenwele uyatshintsha, amazwi ayatshintsha, izihlunu ziyakhula kwaye baba nobulumko.



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	☺	☹	☺	☹



Umhla: .....

Masicule

Masizilungiselele ukucula.
Yenzani ezi zandi.

Isandi esikhawulezayo esifana nesandi seambulensi.

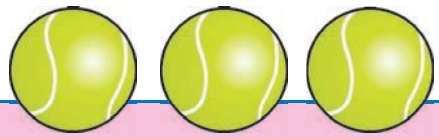
Isandi esicothayo esifana nengoma yokulalisa iintsana.

Isandi esiphezulu esifana nesokucula kweentaka.

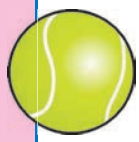
Isandi esiphantsi esifana nokugquma kwengonyama.

Phuma phandle

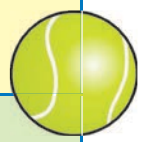
Uyakwazi ukuganga ibhola?



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 kunye neplanga.
Lisebenzise ekugqampiseni ibhola phantsi.

Ngoku zolule njengekati.



Teacher:
Sign:
Date:

5

Sivakalelwa njani?

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.



Umhla: .....



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

Teacher:

Sign:

Date:

6

Izinto endizithandayo



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







EYONA NTO NDITHANDA UKUYENZA







Umhla: .....



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 ukho isenzo abasithandayo.



5					
4					
3					
2					
1					
	Ukucula	Ukufunda	Ukupeyinta	Imidlalo	Izibalo





Sesiphi esona senzo sithandwa kakhulu?



7

Sivakalelwa njani?

Masithethe

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

	Akujongi na xa uhamba!	
	Owu uxolo! Mandikuncede uchole ezi zinto!	
	Hayi bo! Nantsi ibhola yakho.	
	Hayi bo! Hamba uye kudlala kwenye indawo!	
	Yeyam kwaye akuzi kuphinda uyifumane.	
	Yiza sabelane ngetshokolethi.	

Masibhale

Benza ntoni abahlobo abalungileyo?





Umhla: .....

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.



Teacher:
Sign:
Date:

8

Siyaqondisisa



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.





Umhla: .....



Masibhale

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



Abantu endibaxabise kakhulu ebomini bam



Bhala ke ngoku inkcazelo yaba bantu nokuba kutheni bebalulekile nje.

Teacher:

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9 Impilo noNcedo lokuQala



Masithethe

Thetha ngokwenzeka kulo mfanekiso.



Wakha wopha ngeempumlo?

Yintoni ekufuneka uyenze xa usopha ngeempumlo?

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

_____

Zola.

Asinto ixhalabisayo.

Khumbula ukuba akufuneki uphathe igazi lomnye umntu.

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.



5. Ukuba ukopha akupheli emva kwemizuzu eli-15, dibana nogqirha.

Umhla: .....

Ukunyanga imisikeko





Masifunde

Asiziboni iintsholongwane naxa zikuyo yonke indawo. Xa sinenxeba lokusikeka okanye sigruzukile kufuneka siligcine licocekile elo nxeba ukuze singosulelwa ziintsholongwane.



Masithethe

Chazela abahlobo 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 kwagqirha okanye eklinikhi.

Funa inombolo yefowuni yeenkonzo zikaxakeka unokuyifowunela. Inombolo yefowuni: _____



10

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-10. 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 zibhekelise ziqelelelane 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 abahlobo bakho batsibe nabo.

Umhla: .....

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

Teacher:
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Date:

11

Ndizigcina ndikhuselekile

Masithethe

Kufuneka siyikhathalele imizimba yethu.

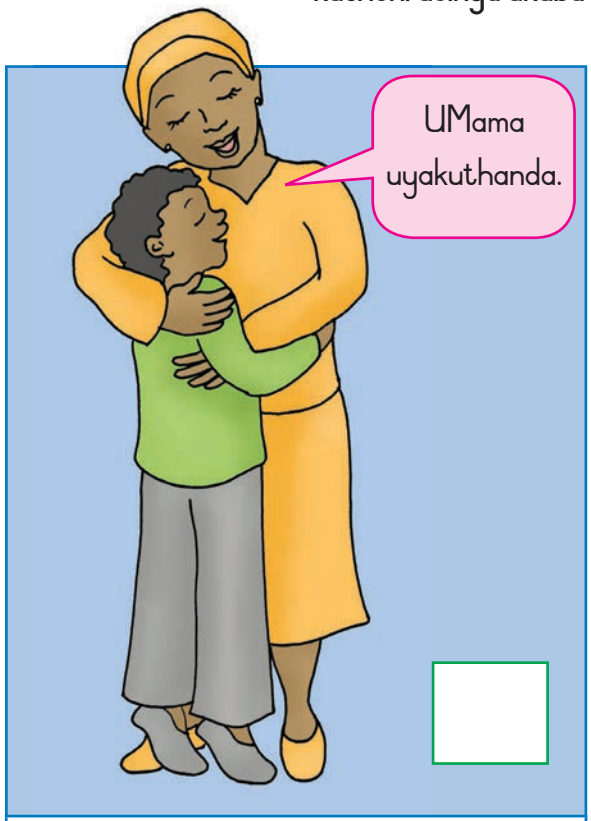
Sifumana iimvakalelo "zika-ewe" xa sithanda into ethile kwaye sifuna ukuba mayiqhube.

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



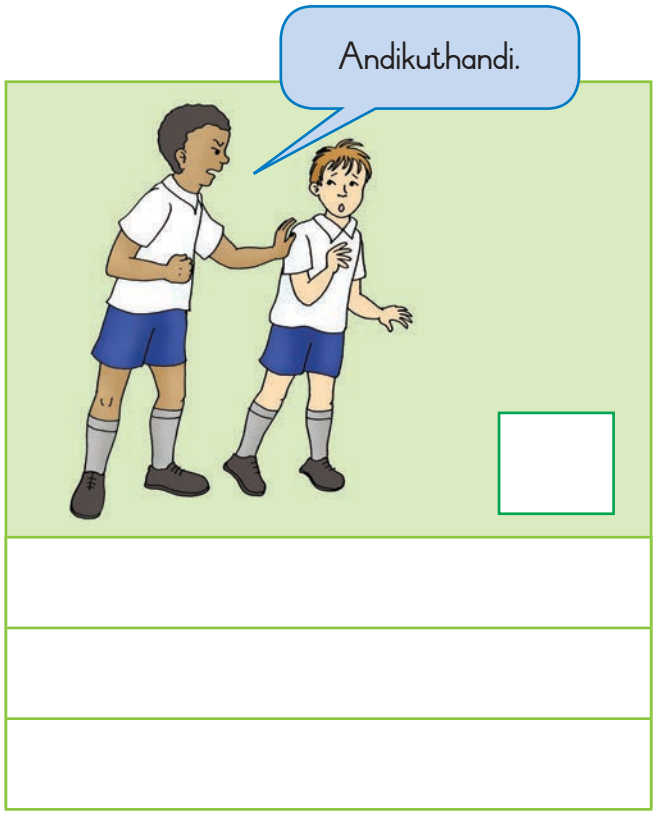
Masibhale

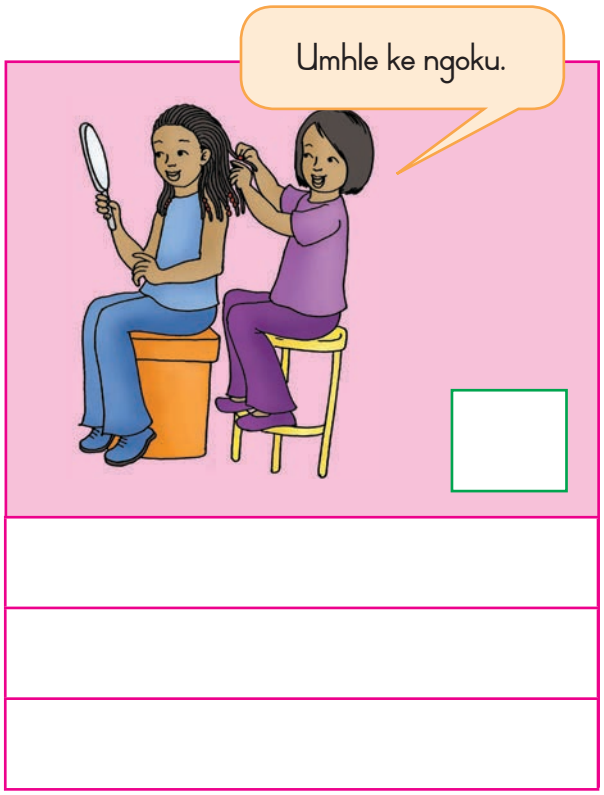
Faka uphawu ✓ ukuba umfanekiso ubonisa isenzo esikhuselekileyo okanye u-✗ ukuba ubonisa isenzo esingakhuselekanga. Wakugqiba bhala isivakalisi ngezantsi komfanekiso ngamnye uchaze ukuba kutheni ucinga ukuba sikhuselekile okanye asikhuselekanga.





Umhla: .....





Ukuthi hayi

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

Ukuba umntu ukwenza uzive ufuna ukuthi "hayi" kwaye ukwenza uzive ungonwabanga, xelela umntu omdala onokumthemba.



Masibhale

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



Bhala ukuba ungasixela njani isehlo esibi kumntu omthembileyo.

Teacher:

Sign:

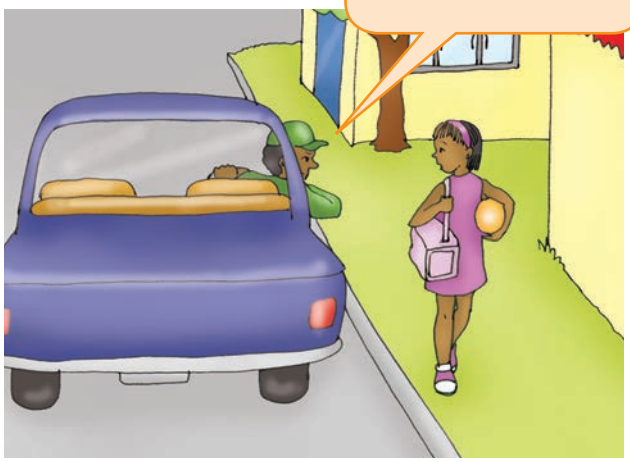
Date:

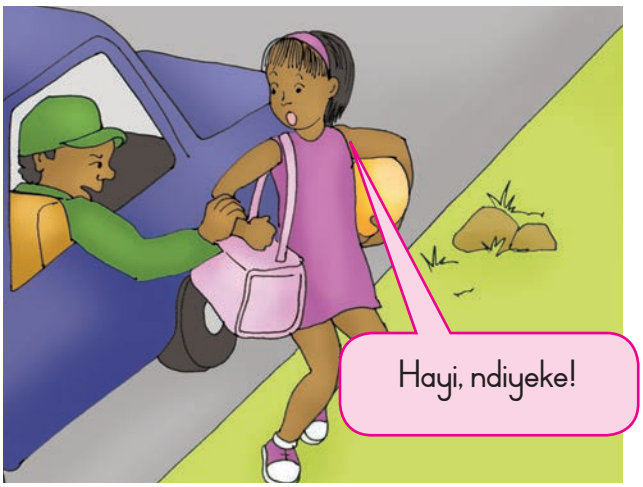
Ukuzilumkela

Masithethe

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











Masithethe

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

Umhla: .....

Masibhale Bhala phantsi imithetho emihlanu yokhuseleko.
Ingulowo nalowo wuqale ngokuthi:

Abantwana mabangaze...



Masenze Yenza imaski ubonise uvakalelo.

Yenza isigqibo 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.



Teacher:
Sign:
Date:

Ndizigcina ndikhuselekile



Masithethe

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?



Masibhale

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.
	Unokukhohlela ngokugithisileyo ngenxa yokutshaya.
	Ukutshaya kunokubangela isifo somhlaza.

Umhla: .....



Imithetho yempilo

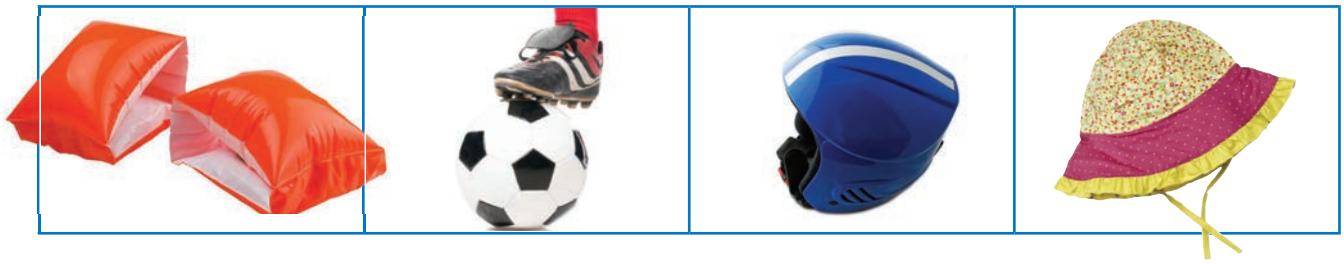
Kufuneka ndixukuxe amazinyo emva kokutya naphambi kokuba ndilale. Kufuneka ndikame iinwele zam phambi kokuya esikolweni.
Kufuneka ndicoce iinzipho zam emva kokudlala esantini.
Kufuneka ndixukuxe amazinyo emva kokutya naphambi kokuba ndilale. Iinzipho zam ndizigcina zimfutshane kwaye zicocekile. Kufuneka ndihlambe izandla zam xa ndivela kwindlu yangasese.
Kufuneka ndihlambe izandla zam emva kokuba ndiye kwindlu yangasese naphambi kokuba ndiphathe ukutya.

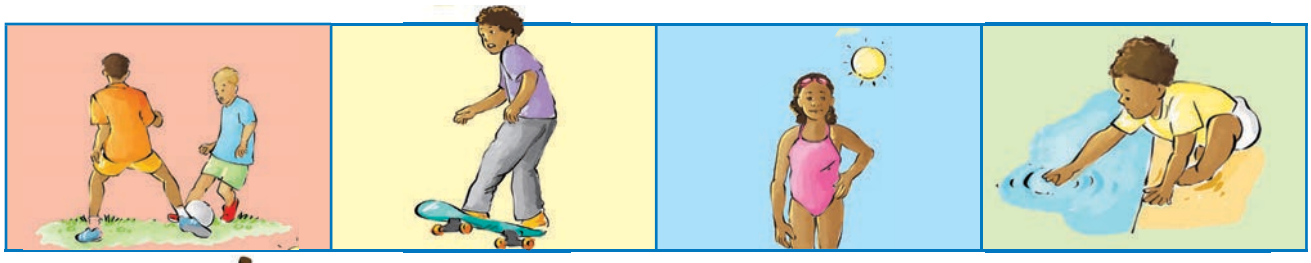




Masonwabe

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







Masonwabe



Khanibe nenxaxheba nani nidlale umdlalo weqakamba omncinci.



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



14

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.

Umhla: .....

 ☐ UPeter uthutha izitena kuba usebenzela umakhi.	 ☐ UJabu noBongi bancedisa ngokucoca.



Masithethe

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



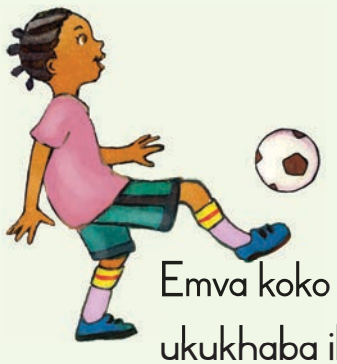


Phuma phandle

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

Bophani imilenze yenu niyidibanise ze nibaleke.





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

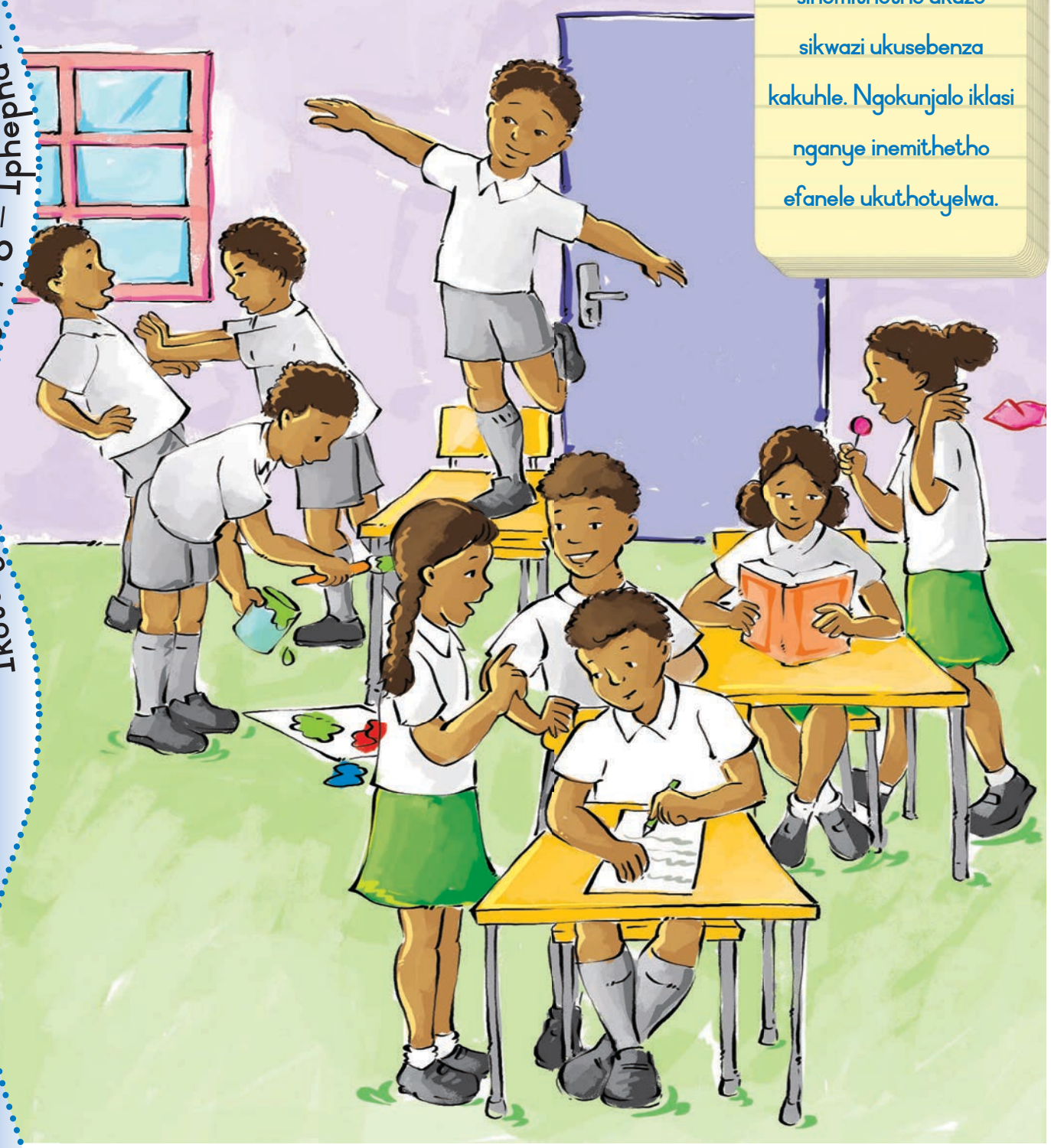
Teacher:
Sign:
Date:

Amalungelo noxanduva

Masithethe

Xelela umhlobo wakho ukuba yeyiphi imithetho eyaphulwa ngaba bantwana.

Isikolo ngasinye sinemithetho ukuze sikwazi ukusebenza kakuhle. Ngokunjalo iklasi nganye inemithetho efanele ukuthotyelwa.



Umhla: .....



Masibhale Bhalela iklasi yakho imithetho emi-4.









Masithethe 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 ukucalucalula. 	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 kwaye usebenze ngokuzimisela. Thobela imithetho yesikolo. 	Ncedisa kwimisebenzi yasekhaya. Abantwana mabanganyanzelwa ukuba bafune umsebenzi. 	Musa ukubavisa ubuhlungu okanye ubavuyelele abanye, kwaye sukubavumela nabanye ukuba benze njalo. Iingxwaba-ngxwaba mazisonjululwe ngoxolo. 	Zihlonele izinto zabanye abantu. Musa ukonakalisa ipropati kwaye musa ukuba. 
Inkolo, inkolelo kunye noluvo	**Ukhuseleko**	**Ubummi**	**Inkululeko yokuvakalisa izimvo**
Zihlonele iinkolelo nezimvo zabanye abantu. 	Wukhathalele umhlaba. Musa ukuwamosha amanzi nombane. Zikhathalele izilwanyana nezityalo. Gcina ikhaya lakho kunye nendawo ohlala kuyo icocekile kwaye ikhuselekile. 	Yiba ngummi woMzantsi Afrika olungileyo nothembekileyo. Yithobele imithetho kwaye uqinisekise ukuba benjenjalo nabanye abantu. 	Musa ukusasaza ubuxoki nentiyo. Qinisekisa ukuba abanyhukulwa okanye baviswe ubuhlungu abanye abantu. 



Iintsuku 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? _____

Umhla: .....

Siyahlola

16b



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-1 – Iveki yesi-8 – Iphepha lomsebenzi le-

Teacher:

Sign:

Date:

Indlela yokutya esempilweni



Masithethe

Jonga iqela ngalinye kumaqela okutya uze uthethe ngalo nomhlobo wakho:
Zeziphi iintlobo 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.

Umhla: .....

Iikhabhohayidrethi

Ezi ntlobo zokutya zisinika amandla.





Ubisi

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



Masibhale

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

Ukutya endikutye izolo	Udidi lokutya



18

Indlela esitya ngayo

Masithethe

Buza abahlobo abane ukuba bathanda ukutya ntoni. Jonga iintlobo zokutya ezahlukeneyo uze ufakele uphawu (✔) ukuba uyakuthanda, uze ufake (✘) xa ungakuthandi oko kutya.

Bhala amagama abahlobo bakho.



Masibhale

Jonga itheyibhile oyizalisileyo uze uphendule le mibuzo.

Kokuphi ukutya abakuthande kancinane kakhulu abahlobo bakho?

Ucinga ukuba abahlobo bakho banayo imikhwa yokutya ngendlela enempilo?

Kutheni ucinga njalo nje?

Masonwabe

Cela utistahala wakho akubonise ukuba udlalwa njani umdlalo wefowuni eyaphukileyo.



Umhla: .....



Masibhale Yenza uludwe lweentlobo zokutya esifanele ukuzitya yonke imihla.



Masibhale Bhala iresiphi yokutya okuthandayo.

Ziintoni ekufuneka siziphephe?

Ityuwa egqithisileyo kuba yenza sibe noxinzelelo lwegazi oluphezulu xa sibadala.

Iswekile egqithisileyo kuba ingasenza sibe nesifo seswekile xa sibadala.

Iswekile eninzi kakhulu iyatyebisa.

Ukusela iziselo ezineswekile kakhulu nokutya iikeyiki neetshiphusi kakhulu.



Iresiphi ye- _____

Zeziphi izithako ezifunekayo?	
Ndenze njani?/Ndisebenzise eyiphi indlela?	

Teacher:

Sign:

Date:

Indlela yokutya esempilweni



Masibhale

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





Phuma phandle

Tshintshiselanani ngokubetha ugqaphu ukuze abahlobo bakho batsibe nabo.



Umhla: .....

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 iziselo ezibandayo.	☺	☹
Andiyityi imifuno.	☺	☹
Ndiyakuhlafunisisa ukutya kwam.	☺	☹
Nditya isidlo sakusasa phambi kokuya esikolweni.	☺	☹

Bala ufumanise ukuba uwufake kangaphi umbala ebusweni obuncumileyo. _____

Teacher:
Sign:
Date:

20

Ukutya kakuhle



Masenze

Zoba okanye ncamathelisa imifanekiso yokutya ukuze ubonise isidlo esinempilo.

Umhla: .....

Masifunde

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.

Teacher:

Sign:

Date:

21

Izinambuzane

Masithethe Thetha ngamalungu omzimba wesinambuzane.

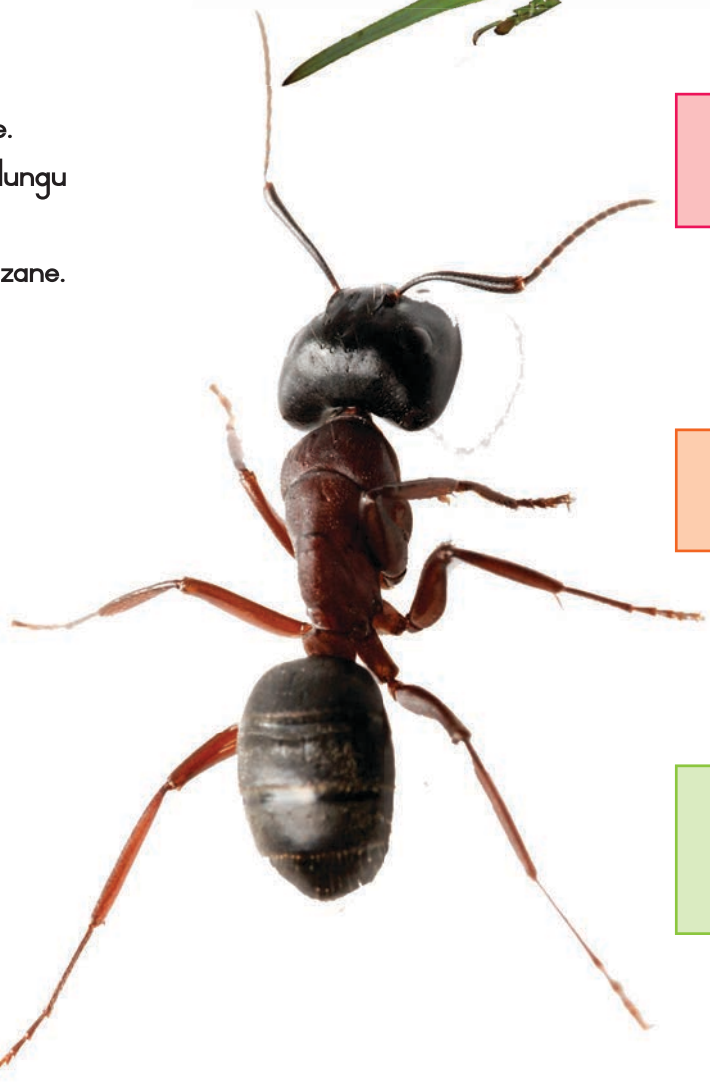
Izinambuzane zinamalungu amathathu omzimba: intloko, umzimba ongasentla nomzimba ongezantsi.

Ngokunjalo zinemilenze emithandathu neempondo ezimbini.



Masenze

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



Umlenze

Iliso

Intloko

Umzimba ongezantsi

Umzimba ongasentla

Uphondo

Phuma phandle Yenza ingxolo yeenyosi, bhabha okwebhabhathane uze utsibe okwentothoviyane. Ulungele ukudlala ibhola ekhatywayo ke ngoku!

Umhla: .....



Masibhale 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.

_____ zityа izityalo zabalimi.

Teacher:

Sign:

Date:

22 Okunye ngezinambuzane

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

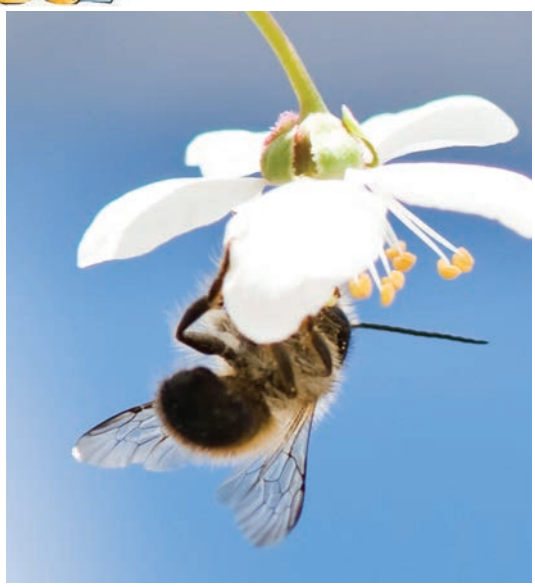


Iinyosi zisasaza umgubo wokumvumvuzela. Oku kuyimfuneko ukuze kukhule iziqhamo.



Iinyosi zivelisa ubusi.

Masibhale Bhala igama lesinambuzane ngasinye kwisithuba esishiyiweyo.



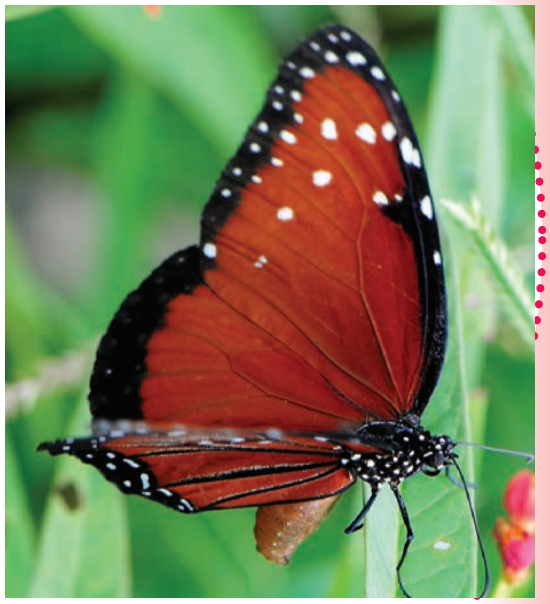
Le _____ ifunxa incindi kwintyatyambo.



_____ inemilenze yangasemva eyomeleleyo yokutsiba.

Umhla: .....





_____ zisebenzisa iimpondo ukunxibelelana nezinye.



_____

asasaza umgubo wokumvumvuzela ukusuka kwisityalo esithile ukuya kwesinye.

_____

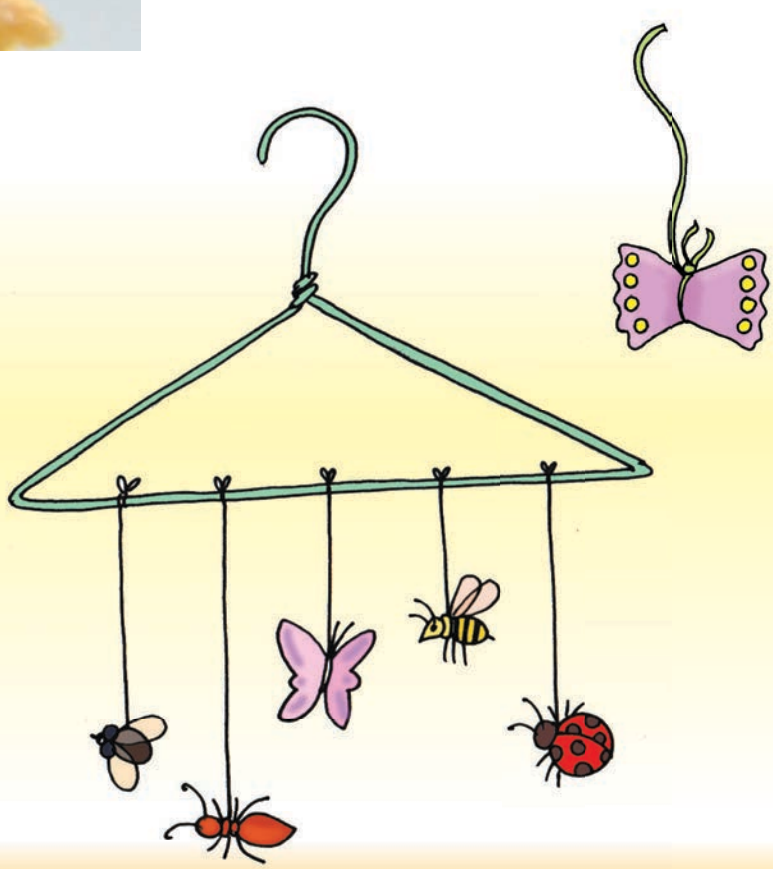
Zisasaza iintsholongwane.



Masenze

Yenza ukuba isinambuzane sishukume.

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



Teacher:
Sign:
Date:

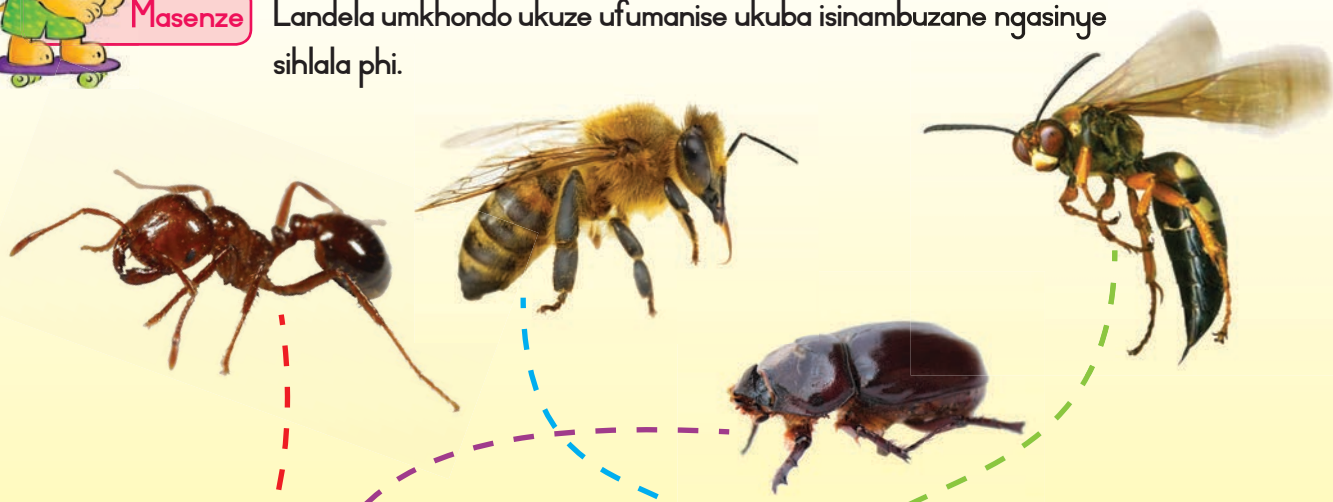
23

Amakhaya ezinambuzane



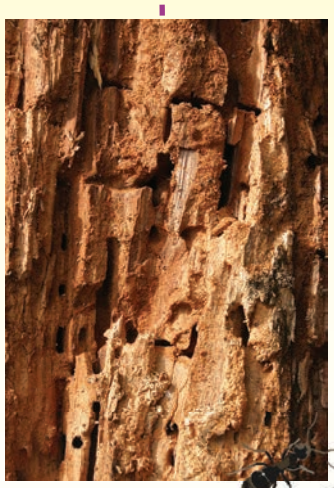
Masenze

Landela umkhondo ukuze ufumanise ukuba isinambuzane ngasinye sihlala phi.













Umhla: .....



Masenze

Hamba-hamba ujikeleze amabala esikolo uze ujonge ukuba zingaphi iintlobo zezinambuzane onokuzifumana.





Masibhale



Zeziphi izinambuzane ozibone ngaphandle? Khetha sibe sinye uze ubhale igama laso apha.
Isinambuzane eso sitya oluphi uhlobo lokutya?
Ingaba isinambuzane sakho sishukuma ngokucotha okanye ngokukhawuleza?
Ingaba isinambuzane sakho siluncedo? Kutheni usitsho nje?
Siyingozi njani isinambuzane sakho? Ungenza ntoni xa sinokukwenzakalisa?





Masonwabe

Yila uze uzobe esakho isinambuzane uze usithiye igama.





Ndiligcisa

Masenze

Zenzele ibhabhathane



Kufuneka oku: iphepha leA4
Iikhrayoni zamafutha
Isikere
Iglu
Ucingo oluthambileyo
Ikhadibhodi yephepha lendlu yangasese

Zoba ibhabhathane, ubonise umzimba walo omde, obhityileyo kunye 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 yenza iimpondwana ngokusebenzisa ucingo oluthambileyo olusongwe kabini. Luncamathelise kwintloko yebhabhathane.



Umhla: .....



Phuma phandle

Dlala le midlalo



Isitishi 1:

Ibhola yomnyazi: Qakathisa ibhola logama ubaleka ngepatheni egosogoso.



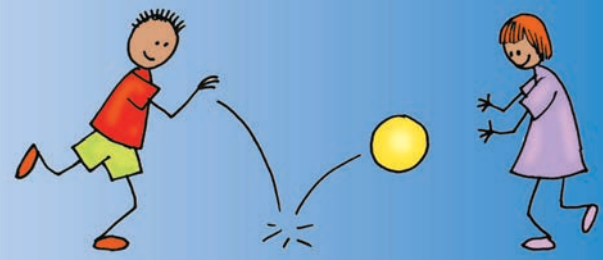
Isitishi 2:

Ihoki: Sebenzisa intonga yehoki ukuqhubela ibhola ngakwindawo yokukora.



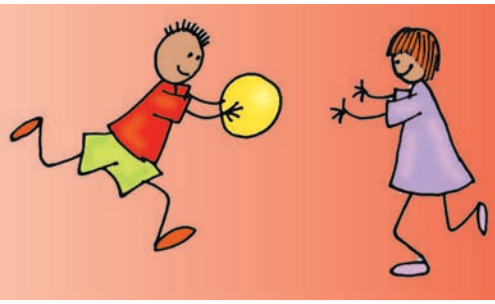
Isitishi 3:

Ibhola yomnyazi: Qakathisela ibhola kumhlobo wakho ubaleka.



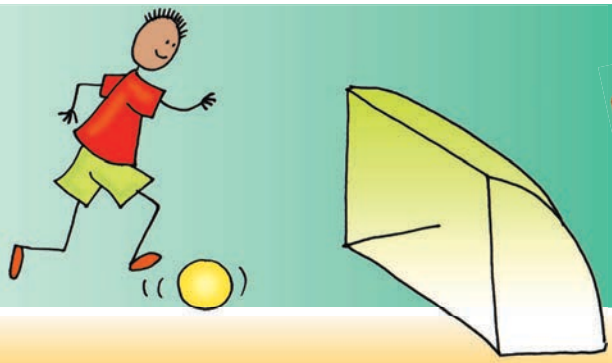
Isitishi 4:

Ibhola yombhoxo: Baleka nebhola uze uyiphosele omnye.



Isitishi 5:

Ibhola ekhatywayo: Khabela ibhola emnatheni ubaleka.





Imijikelo yobomi

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

Umjikelo wobomi besele





Masithethe

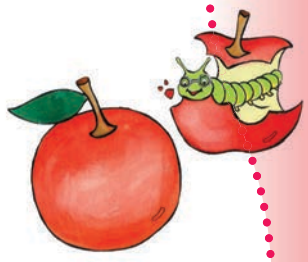
Jonga imifanekiso uze uxelele umhlobo wakho indlela eliguquka ngayo isele kumjikelo wobomi balo.

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

Umhla: .....



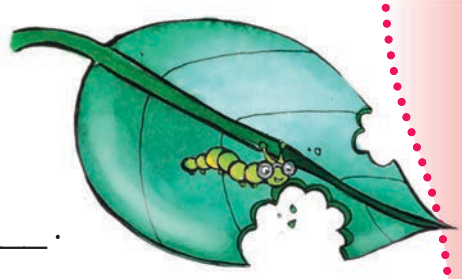
Jonga ke ngoku lo mjikelo wobomi bebhabhathane.
Bhala ukuba kwenzeka ntoni kwinqanaba ngalinye lomjikelo wobomi. Sikuncedisile kumanqanaba amabini.



Umjikelo wobomi bebhabhathane







1 Ibhabhathane libeka amaqanda.

2 _____.

3 _____.

4 _____.



5 Umbungu uba nguphunguphungu.

6 _____.





Teacher:
Sign:
Date:

Imijikelo yobomi

Masithethe

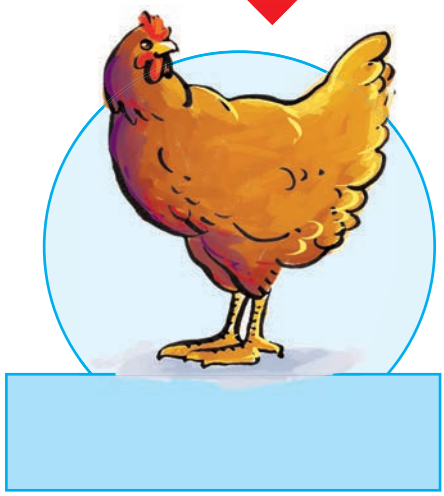
Jonga imifanekiso uze uthethe nomhlobo wakho ngomjikelo wobomi benkuku. Bhala ke ngoku ukuba kwenzeka ntoni kwinqanaba ngalinye.

Umjikelo wobomi benkuku

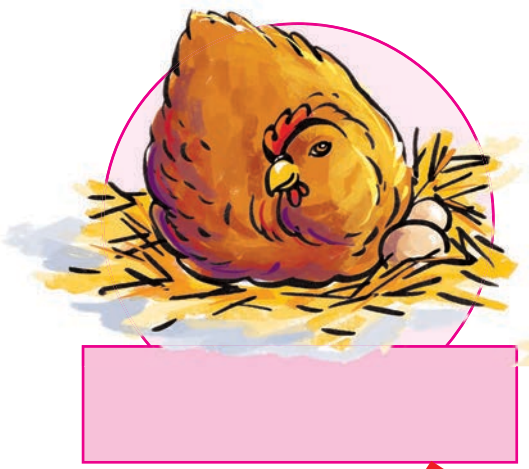




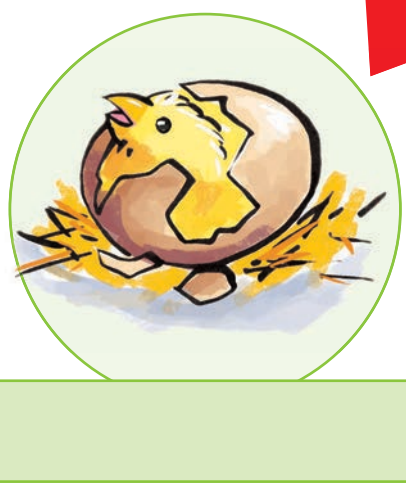












Umhla: .....

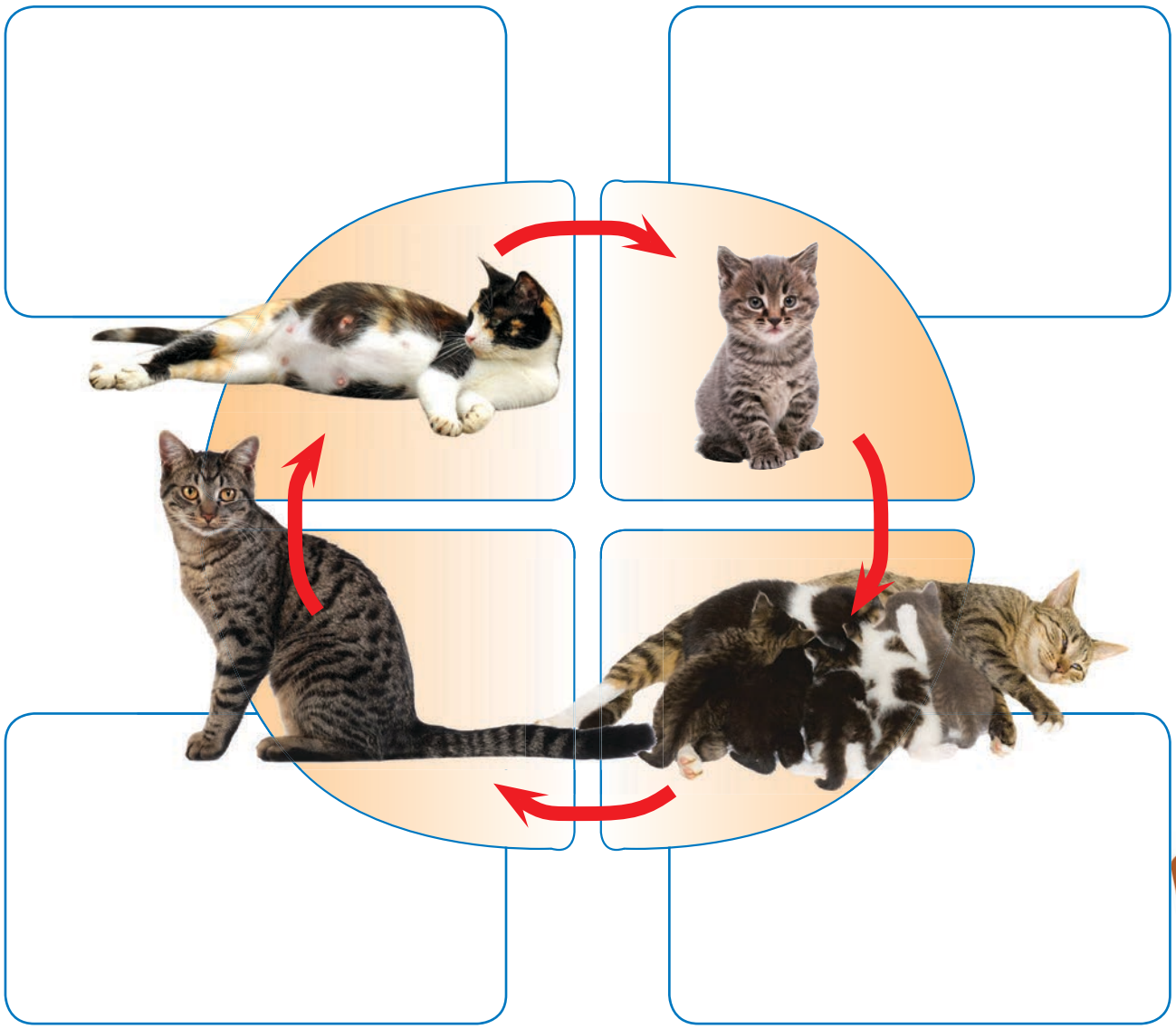


Ngoku yila owakho umjikelo wobomi.
Faka uphawu kumfanekiso ngamnye okwivili lebali ubonise umjikelo wobomi bekati.
Sebenzisa izihloko ezingezantsi ukuze zikuncede.

Faka iinombolo kumabakala 1–4 uze uzisebenzise kwivili lakho lebali.

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

Umjikelo wobomi bekati



Teacher:
Sign:
Date:

Isilo-qabane sam

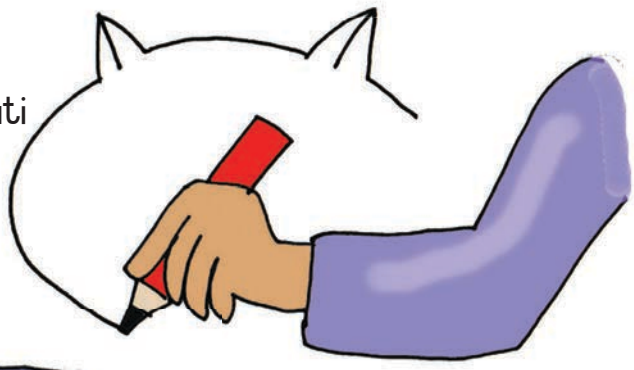


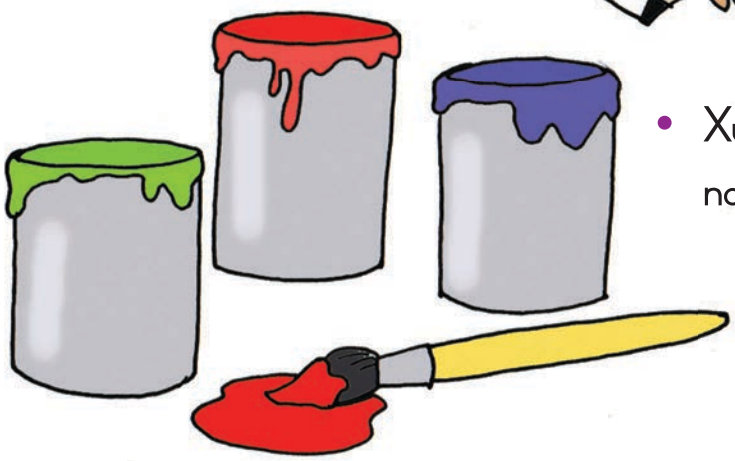
Masenze Yenza imasikhi yesilo-qabane



Kufuneka oku:
Iphepha le-A4
Ipenisile
Ipeyinti yomgubo namanzi
Imicinga yokugqogqa iindlebe

- Zoba umgca wobuso bekati ephepheni.

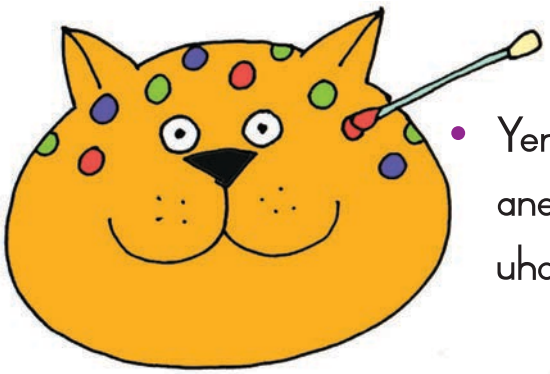




- Xuba ipeyinti ukuze wenze imibala nokuba mi-3 eyahlukeneyo.



- Sebenzisa umcinga wendlebe ngombala ngamnye.



- Yenza amachokoza anemibala eyahlukeneyo uhombise ubuso bekati.



Umhla: .....



Masithethe

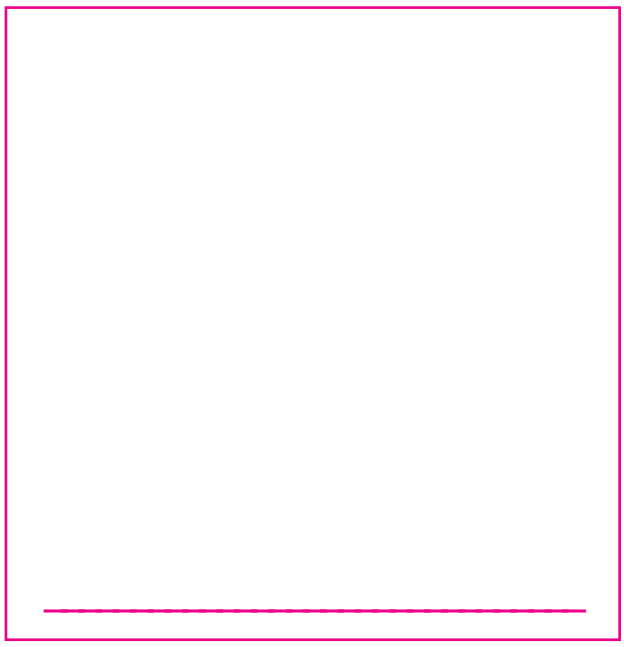
Balisela umhlobo wakho ngesilo-qabane sakho okanye esomnye umntu osaziyo.
Xela indlela oza kusikhathalela ngaso.



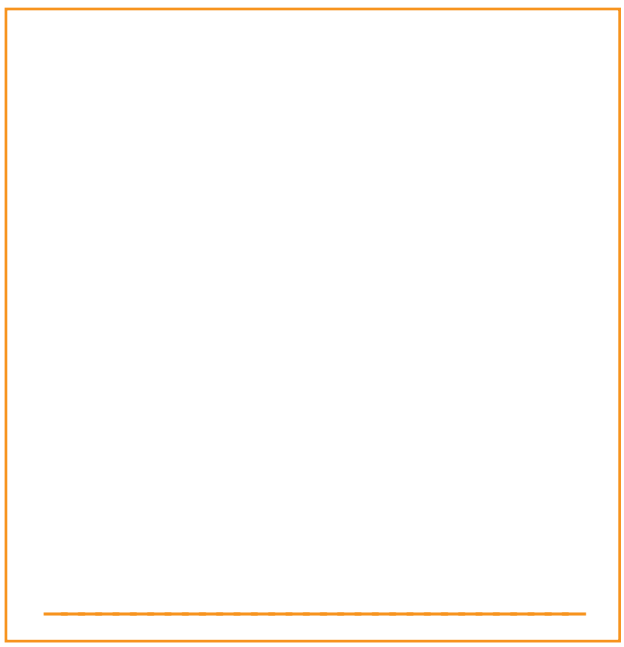


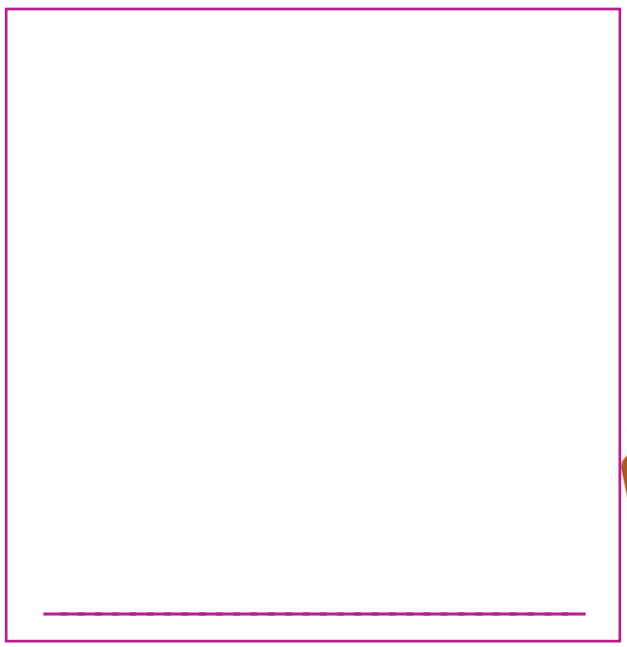
Masenze

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



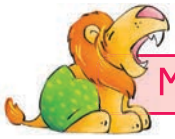








Ukulondoloza okusingqongileyo



Masithethe

Jonga ezi powusta uze uthethe nabahlobo bakho ngento ezisixelela yona.



Jonga umqondiso wokuhlaziya.
Ukhe wawubona phi umqondiso ofana nalo?

Ncedani sihlaziyeni!





Phuma phandle

Ungakwazi ukuyila umxhentso okanye umdaniso usebenzisa iihulahuphu neeribhoni?



Umhla: .....

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

Kwitheyibhile engezantsi, bhala amagama ezinto ezinokuhlaziywa. Sikuqalele uludwe ngalunye.

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

Teacher:

Sign:

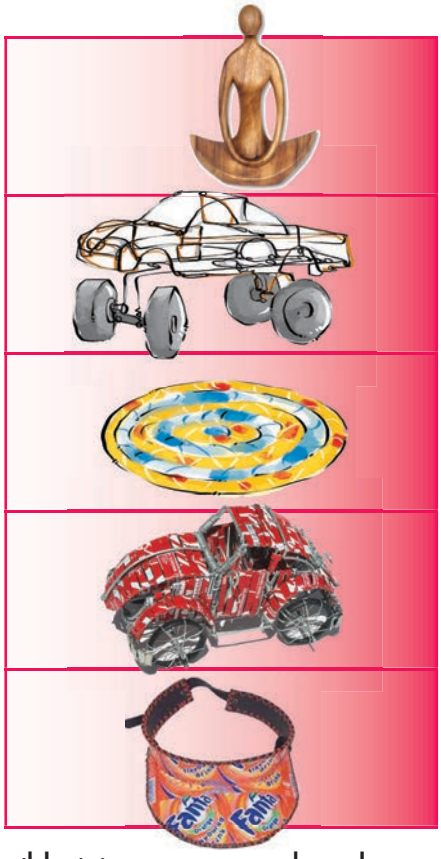
Date:

Ukuhlaziya

Masibhale

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





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

Igama lento
Yenziwe nge

Zoba umfanekiso wento oyithandayo.

Umhla: .....



Masibhale

Cinga ngezinto ezinokwenza ikhomposi elungileyo. Bhala igama ngalinye elingezantsi kuluhlu oluchanekileyo ugqibezele itheyibhile. Unako kananjalo ukucinga ngezinto ezithile ezizezakho uze uzihlele 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.

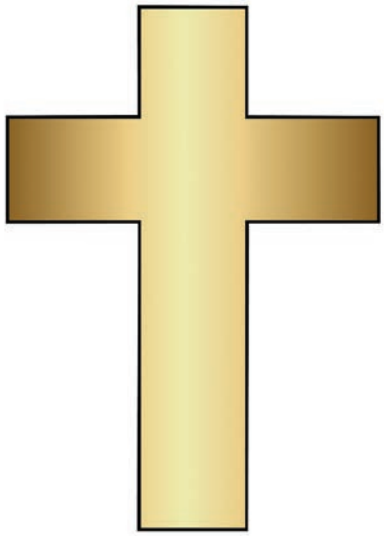


Iintsuku zenkolo nezinye ezizodwa

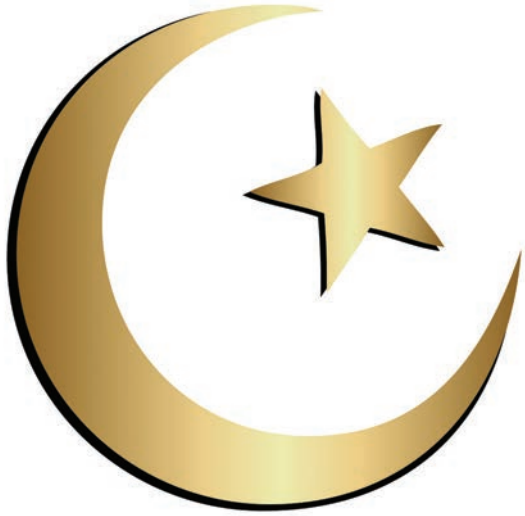


Masithethe

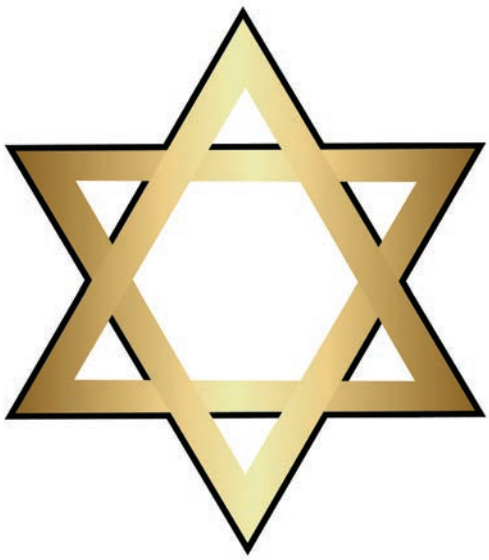
Thetha nomhlobo wakho ngokuba zeziphi iinkolo ezisebenzisa ezi mpawu. Xela ukuba loluphi olwenkolo yakho. Ukuba akuluboni uphawu lwakho, luzobele umhlobo wakho.



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



Iceba lenyanga kunye nenkwenkwezi luphawu lwamaIslam. AmaMoslem athandaza ka-5 ngazo zonke iintsuku.



Uphawu lwamaJuda yiNkwenkwezi kaDavide. UKumkani uDavide wayengukumkani wamaSirayeli.



Uphawu lwamaHindu lubhalwa ngolwimi lwaseIndiya lwakudala oluyiSanskrit.

Umhla: .....

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lindawo ezahlukeneyo zokunqula

Masenze

Krwela umgca odibanisa 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 abahlobo aba-4 ukuba loluphi uphawu olubonisa inkolo yabo.
Lukhuphele ecaleni kwamagama abo.

Amagama abahlobo	Iimpawu zabo

Teacher:
Sign:
Date:



ISATIFIKETHI

Sokugqiba iBanga lesi–3

Izakhono zoBomi incwadi yoku–1

Sinikezelwa ku

_____

Bhala igama lakho.

Umhla _____

Utitshala _____

Isichazi-magama sam



Isichazi-magama sam



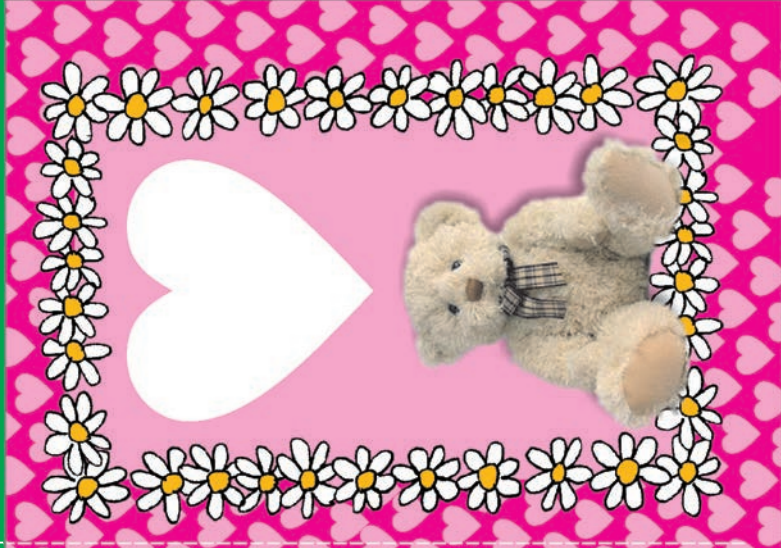


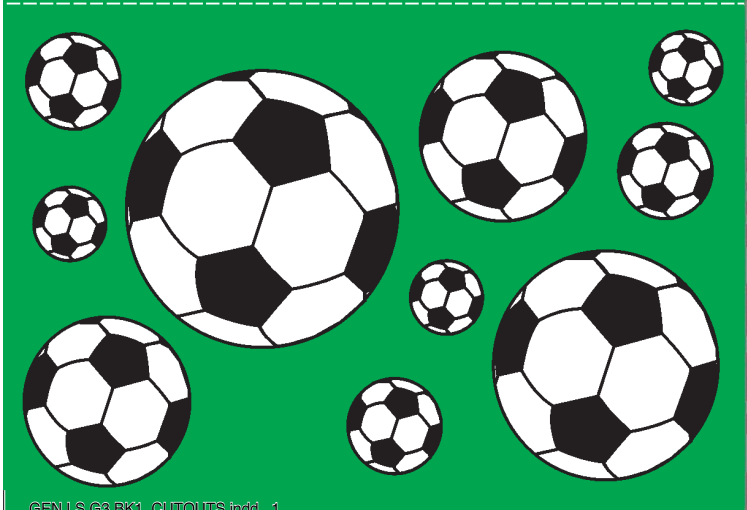

Get well soon





















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