

Ihlaziwe yaze
yalungelelaniswa
neCAPS

Ibanga lesi- 3

Izakhono zoBomi
ngesiXHOSA

Incwadi yoku
Ikota 1&2

Igama:

Iklasi:

ISBN 978-1-4315-0276-9

9 781431 502769

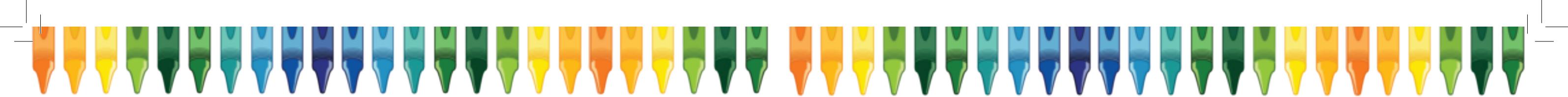
lincwadi zokusebenzela ezifumaneka kolu
thotho lweencwadi:

- Ilitherasi/Uliwimi Lweenkobe Amabanga 1–6
(Ngazo zonke iilwimi ezipathethweni)
- IMathematika Amabanga 1–3
(Ngazo zonke iilwimi ezipathethweni)
- IMathematika Amabanga 4–9
(NgesiNgesi nesiAfrikaans)
- Izakhono zoBomi Amabanga 1–3
(Ngazo zonke iilwimi ezipathethweni)

Rainbow
WORKBOOKS

LIFE SKILLS IN ISIXHOZA
GRADE 3 – BOOK 1
TERMS 1 & 2
ISBN 978-1-4315-0276-9
7th Edition
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basic education
Department:
Basic Education
REPUBLIC OF SOUTH AFRICA



Iziqulatho

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UNksk. Angie Motshekga,
uMphathiswa weMfundu
esisiSeko



UMnu. Enver Surty,
uSekela Mphathiswa
weMfundu esisiSeko

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

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

Sinethemba lokuba ootitshala baya kuzifumana ezi ncwadi
zokusebenzela ziluncedo kakhulu kwimfundu yemihla ngemihla,
nasekuqinisekiseni ukuba abafundi bayifikelela yonke
ikharityhulam. Ukuqinisekisa ukuba utitshala uyakhokelwa kuyo
yonke imisetyzenzana, sisebenzise izalathisi ezibonisa oko kufanele
ukwenziwa ngumfundi.

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

Sinqwenela ukuba nibe nempumelelo ekusebenziseni ezi ncwadi.



Published by the Department of Basic Education
222 Struben Street
Pretoria
South Africa
© Department of Basic Education
Seventh edition 2017

ISBN 978-1-4315-0276-9

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Ibanga lesi-

3

Izakhono zoBomi
ngesiXHOSA
Incwadi yoku-I



Le ncwadi yeka:



Okungam

Ikota yoku-1 – Iweki yoku-1 – Iphepha lomsebenzi loku-



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.



Masithethé

Ngoku cinga ngobomi
bakho kude kube ngoku.

Ubomi bakho ubukhumbula ukuya
kufikelela nini?

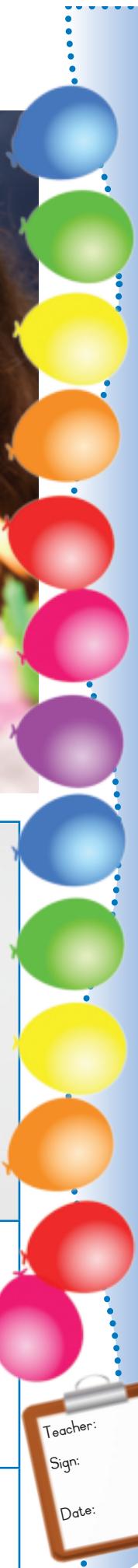
Usazikhumbula mhla ugqiba iminyaka
emibini?

Usakhumbula ngokuya wawuqala ukuya
esikolweni?



Masibhale

Bhala amanqanaba
obomi bakho.



Ndazalwa ngo-

Ndaqala
ukuthetha ngo-

Ndaqala ukuya
esikolweni ngo-

Bendikwibanga
lesi-3 ngo-

inyanga

20

unyaka

20

20

20



Isikolo sam

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



Masenze

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?		



Masibhale

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

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

<p>Sasisithini isaci sesikolo? Ingaba kusasetyenziswa eso saci nanamhla oku?</p> <hr/> <hr/>	<p>Zoba ibheji yesikolo.</p>
<p>Xela into eyodwa okanye ebalulekileyo ngesi sikolo. (Mhlawumbi kwakukho umfundiswayegqwesile okanye into esayiphumelelayo).</p> <hr/> <hr/> <hr/>	<p>Zoba umfanekiso ubonise into esibaluleke ngayo isikolo sakho.</p>



Phuma phandle

Phambi kokuba nenze umsebenzi phandle, zoluleni 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 ujunge ukuba uza kukwazi na ukuyiganga ngebhegi.

Zolule njengeti ukuze uziphumze.

Teacher:
Sign:
Date:

Konke ngam

Ikota yoku-1 – Ivetki 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

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

<p>usana</p>	<p>umntwana omncinane</p>	<p>umntwana wesikolo</p>
<p>umntwana ofikisayo</p>	<p>umntu osekhlilile</p>	<p>umntu omdala</p>



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.



Ubukhulu nobudala

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



Masithethe

Thetha ngendlela abahluka ngayo kuwe abantwana
abakhudlwana nabantu abaddala.

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		



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 kokujiganga.

Qakathisa ibhola yentenetya
emhlaben.

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

Ngoku zolule njengekati.



5

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 hlolo? Bhala indlela aziva ngayo umntwana ngamnye. Sebenzisa la magama anokukunceda.

ulusizi

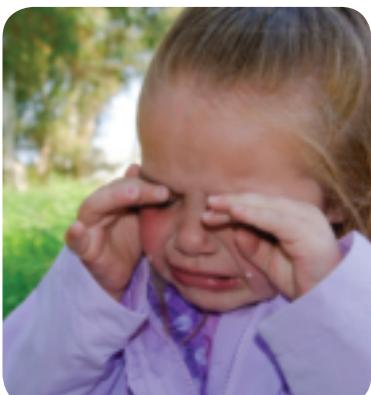
wonwabile

uyazisola

uyoyika

unebhongo

unomsindo



Phuma phandle

Dlalani umdlalo wentenetya niziqhelise ukubetha ngomphambili nangomva wesandla.





Masithethe

Yintoni ekonwabisayo?

Yintoni ekwenza ube lusizi?



Masibhale

Yintoni ekoyikisayo?

Yintoni ekwenza ube nomsindo?



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

Dayari ethandekayo

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

Dayari ethandekayo

Teacher:
Sign:
Date:

6

Izinto endizithandayo

Ikota yoku-l – I ve ki yesi-3 – I phe pha lom sebenzi lesi-



Masibhale

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





**EYONA NTO
NDITHANDA
UKUYENZA**





Masizobe

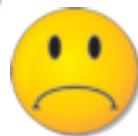
Sebenzisa isazobe sakho seengcinga uze ubhale umhlathi ngeyona nto uthanda ukuyenza uchaze nokuba kutheni ukonwabela ukwenza le nto.

Eyona nto ndithanda ukuyenza



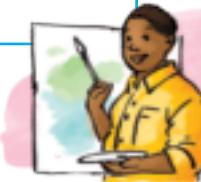
Let's do

Yenza ubuso obonwabileyo nobulusizi ngentlama yokudlala.



Masithetho

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?

Ikota yoku-! – Iweki yesi-4 – Iphepha lomsebenzi lesi-



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?



Xa kukho into
endingayenzanga
kakuhle ndicela uxolo.



Xa ndibona umhlobo
wam etsala nzima
ndiyamnceda.

Bhala ezinye izinto ezi-4 ezenziwa ngabahlolo 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.



Siyaqondisisa

Ikota yoku-1 – Iweki yesi-4 – Iphepha lomsebenzi lesi-



Masibhale

Zihlole.

Ndingumhlobo olungileyo.



Ndiyabakhathalela abahlobo bam.



Ndinobubele ebantwaneni beklasi yam.



Uninzi lwabantwana beklasi yam bayandithanda.

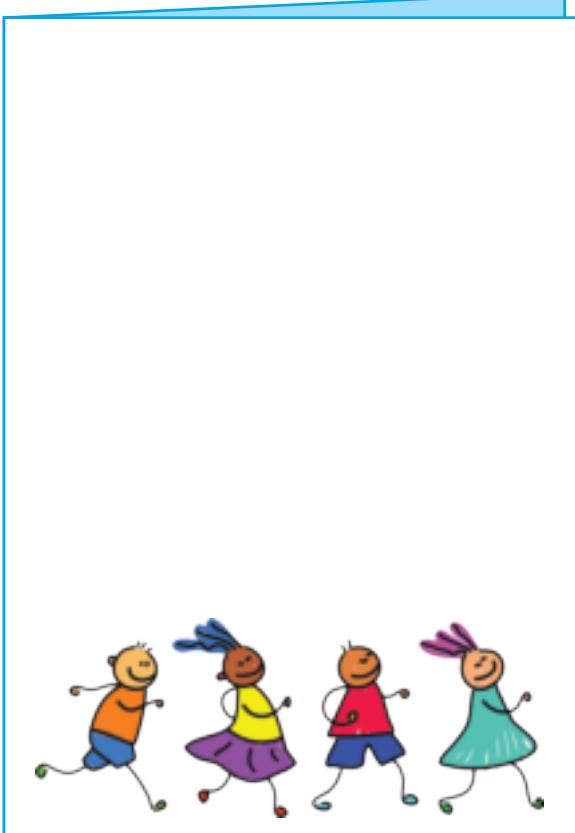


Ndisoloko ndinesimilo esihle ebantwini.



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.

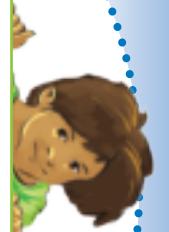


★ Abantu endibaxabise kakhulu ebomini bam

(Handwriting practice area)



(Handwriting practice area)



Bhala ke ngoku inkcazeloyaba bantu nokuba kutheni bebalulekile nje.

(Handwriting practice area)

(Handwriting practice area)



Impilo noNcedo lokuQala

Ikota yoku-1 – Iweki yesi-5 – Iphepha lomsebenzi lesi-



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.



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



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

Zola.

Asinto ixhalabisayo.
Khumbula ukuba akufuneki
uphathe igazi lomnye umntu.

Ukunyanga imisikeko



Masifunde

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



Masithetho

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 kwagqirha 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?



Vulela amanzi abandayo kwinxeba lokutsha ixesha elingangemizuzu eli-10. Oku kuyanceda ekupholiseni isikhumba.



Ungaliggumi inxeba lokutsha.

Ungayikhululi impahla xa incamathele esikhumbeni.



Liyeke inxeba lokutsha livulekile kodwa ulijonge lingabi mandundu.



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 zibhekeliše 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 abahlobo bakho
batsibe nabo.



Masithethe

Kwenzeka ntoni kule mifanekiso?

Yeyiphi enye indlela abanokutsha ngayo aba bantu?



Bhala imigaqo ebalulekileyo ekufuneka ujikhumbule xa kufuneka uncedise kwezi zinto:

Umntu omongozayo

Amanxeba

Izilonda zokutsha



Ndizigcina ndikhuselekile



Masithethe

Kufuneka siyikhathalele imizimba yethu.

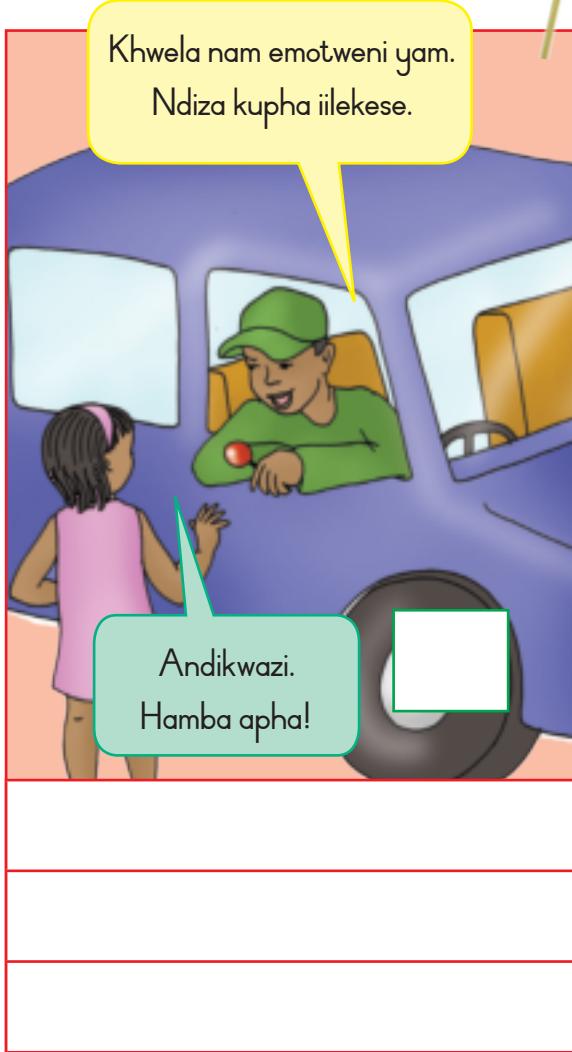
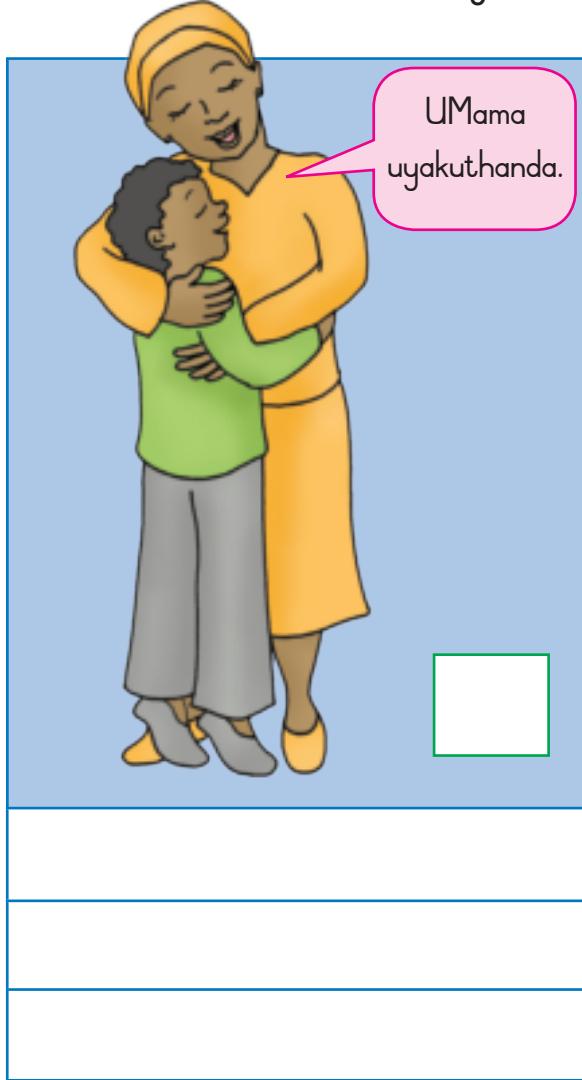
Sifumana iimvakalelo "zika-ewe" xa sithanda into ethile kwaye sifuna ukuba mayiqhube.

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

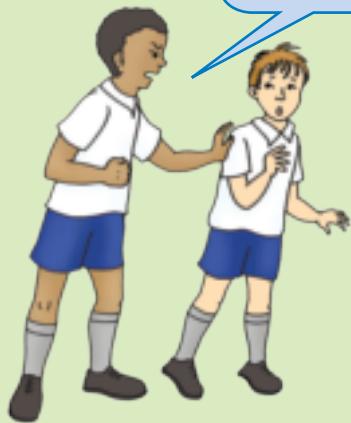


Masibhale

Faka uphawu ✓ ukuba umfanekiso ubonisa isenzo esikhuselekileyo okanye u-X ukuba ubonisa isenzo esingakhuselekanga. Wakugqiba 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 uzive ungonwabanga.

Ukuba umntu ukwenza uzive ufunza 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.



Ukuzilumkela

Ikota yoku-l – Ivelki yesi-6 – Iphephä lomsebenzi le-

Masithethe

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

Yiza, ndiza kukusa evenkileni.



Kwenzeke ntoni?



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.

Yiske ujikhuphe.

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.





Masithethé

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?



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



Kufuneka ndicoce iinziphho zam emva kokudlala esantini.

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



Kufuneka ndihlambe izandla zam emva kokuba ndiyemba 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 nidiale umdlalo weqakamba omncinci.



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





Masifunde

Amalungelo noxanduva

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.

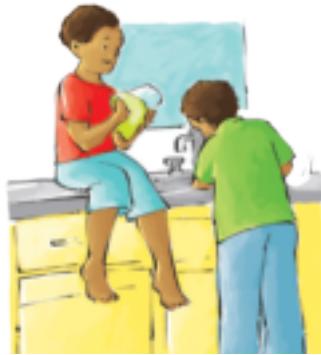
Bhala ke ngoku isivakalisi phantsi komfanekiso ngamnye uxele ukuba kutheni ucinga ukuba ifanelekile okanye ayifanelekanga le misebenzi.



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.



Masithetho

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



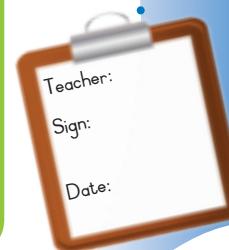
Phuma phandle

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

Bophani imilenze
yenu niyidibaniše
ze nibaleke.



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



Amalungelo noxanduva

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





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
<p>Phatha wonke umntu ngokulinganayo nangendlela elungileyo. Musa ukucalucalula.</p>	<p>Hlonipha wonke umntu. Yiba nenceba nenkathalo.</p>	<p>Ubomi buxabisekile. Phatha yonke into ephilayo ngentlonipho.</p>	<p>Bahlonele abazali bakho. Yiba nobubele nentembeko kusapho lwakowenu.</p>
Imfundu	Umsebenzi	Inkululeko nokhuseleko	Ipropati
<p>Yiya esikolweni, ufunde kwaye usebenze ngokuzimisela. Thobela imithetho yesikolo.</p>	<p>Ncedisa kwimisebenzi yasekhaya. Abantwana mabanganyanzelwa ukuba bafune umsebenzi.</p>	<p>Musa ukubavisa ubuhlungu okanye ubavuyelela abanye, kwaye sukubavumela nabanye ukuba benze njalo. lingxwaba-ngxwaba mazisonjululwe ngoxolo.</p>	<p>Zihlonele izinto zabanye abantu. Musa ukonakalisa ipropati kwaye musa ukuba.</p>
Inkolo, inkolelo kune noluvo	Ukhuseleko	Ubummi	Inkululeko yokuvakalisa izimvo
<p>Zihlonele iinkolelo nezimvo zabanye abantu.</p>	<p>Wukhathalele umhlaba. Musa ukuwamosha amanzi nombane. Zikhathalele izilwanyana nezityalo. Gcina ikhaya lakho kune nendawo ohlala kuyo icoekile kwaye ikuhuselekile.</p>	<p>Yiba ngummi womzantsi Afrika olungileyo nothembekileyo. Yithobele imithetho kwaye uqinisekise ukuba benjenjalo nabanye abantu.</p>	<p>Musa ukusasaza ubuxoki nentiy. Qinisekisa ukuba abanyhukulwa okanye baviswe ubuhlungu abanye abantu.</p>



16a

lintsuku zenkolo nezinye ezizodwa

Ikota yoku-l - Iweki yesi-8 - Iphepha lomsebenzi le-



Masithetho

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



Masibhale

Zalisa eli khadi lingawe.



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

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 _____

Teacher:	<input type="text"/>
Sign:	<input type="text"/>
Date:	<input type="text"/>



Masithethé

Indlela yokutya esempilweni

Jonga iqela ngalinye kumaqela okutya uze uthethe ngalo nomhlobo wakho:
Zepiphi iintlobo zokutya ezikwiqela ngalinye?
Kutheni iqela ngalinye lokutya
lilungile kuthi?



Iiprotheni

Iiprotheni zakha iiseli
ezintsha ukuze ikhule
imizimba yethu.



Livithamini

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



Phuma phandle

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

Iikhabho hayidrethi

Ezi ntlobi 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, iikhabho hayidrethi, iziqhamo okanye yimifuno na.

Ukutya endikutye izolo	Udidi lokutya



Indlela esitya ngayo

Ikotu yesi-2 – Iweki yoku-I – Iphepha lomsebenzi le-



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.





Masibhale

Yenza uludwe lweentlobo zokutya esifanele ukuzitya yonke imihla.



Masibhale

Bhala iresiphi yokutya okuthandayo.

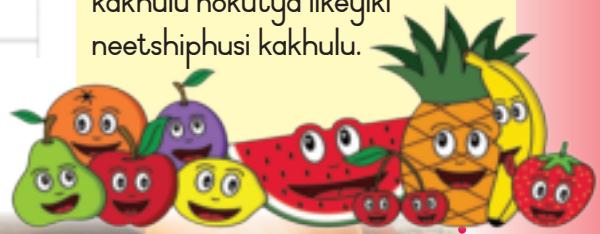
Ziintoni ekufuneka sziphephe?

Ityuwa eqqithisileyo kuba yenza sibe noxinzelelo lwegazi oluphezulu xa sibadala.

Iswekile eqqithisileyo kuba ingasenza sibe nesifo seswekile xa sibadala.

Iswekile eninzi kakhulu iyatyebisa.

Ukusela iziselo ezineswekile kakhulu nokutya iikayiki 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

Tshirtshiselanani ngokubetha ugqaphu ukuze abahlobo 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 iziselo ezibandayo.

Andiyityi imifuno.

Ndiyakuhlafunisa ukutya kwam.

Nditya isidlo sakusasa phambi kokuya esikolweni.

Bala ufumanise ukuba uwufake kangaphi umbala ebusweni obuncumileyo.



20

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

Ukutya kakuhle

Zoba okanye ncamathelisa imifanekiso yokutya ukuze
ubonise isidlo esinempilo.

Masenze



Masifunde

Imithetho yokutya ngendlela elungileyo

Zihlambe qho izandla zakho phambi
kokuphattha 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:

Izinambuzane

Ikota yesi-2 – Ivelki yesi-2 – Iphetha lomsebenzi lama-



Masithethe

Thetha ngamalungu omzimba wesinambuzane.

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

Ngokunjalo zinemilenze emithandathu
neemponto ezimbini.



Masenze

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



Umzimba
ongezantsi

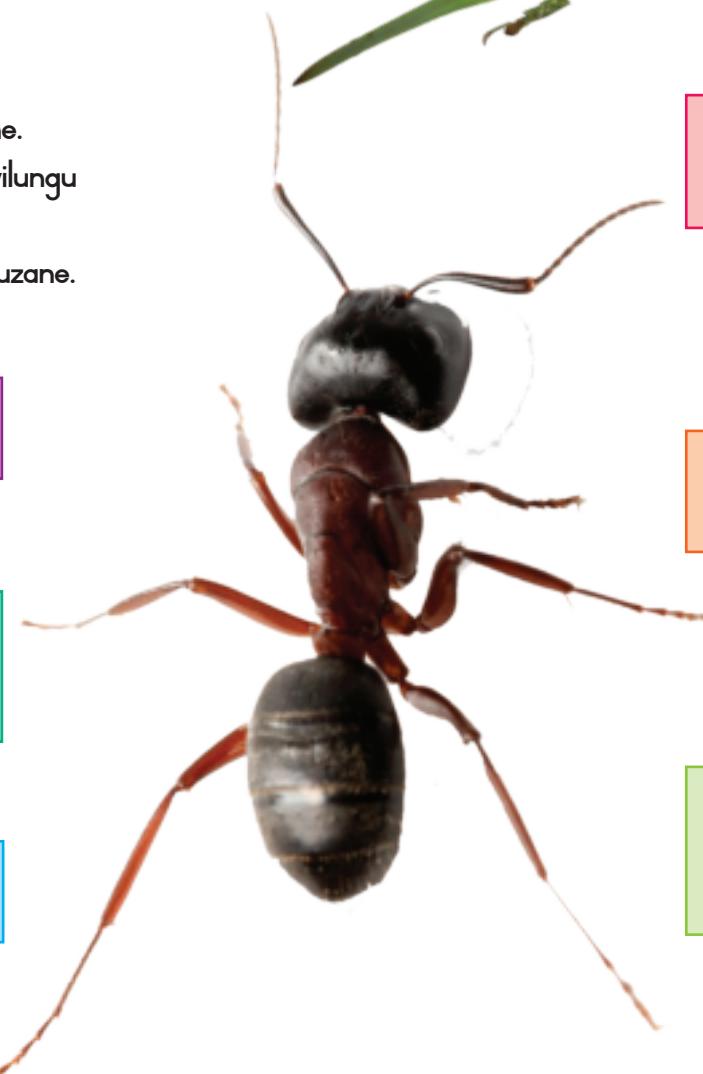
Umlenze

Iliso

Intloko

Umzimba
ongasentla

Uphondo



Phuma phandle

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



Masibhale

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



Inyosi



Ingcongconi



Impukane



Imbovane



Intethe



Ibhabhathane



Ubphantom

Ivivingane



Masibhale

Ngoku fakela amagama angekhoyo.

zenza ubusi.

amvumvuzela iintyatyambo.

zisasaza imaleriya.

zisasaza izifo.

zitya izityalo zabalimi.



Teacher:

Sign:

Date:

Okunye ngezinambuzane

Ikota yesi-2 – Iweki yesi-3 – Iphepha lomsebenzi lama-



Masithethe

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



Iinyosi zisasaza umgubo wokumvumvuzela. Oku kuyimfuneko ukuze kukhule iziqhamo.



Masibhale

Bhala igama lesinambuzane ngasinye kwisithuba esishiyiwego.



Iinyosi zivelisa ubusi.



Le _____ ifunxa incindi kwintyatyambo.

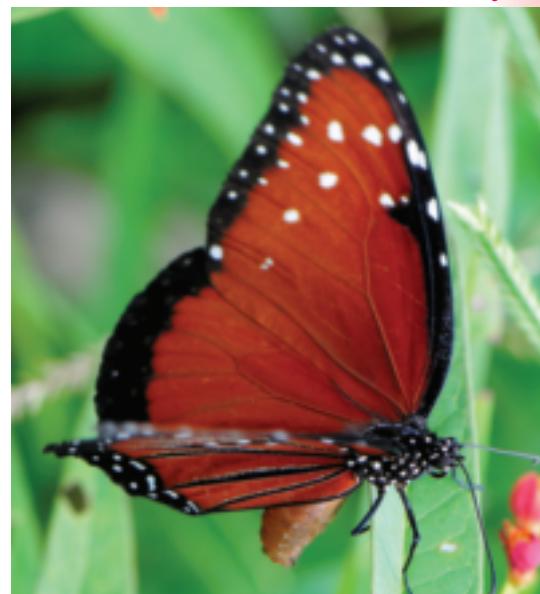
Umhla:



inemilenze yangasemva eyomeleleyo yokutsiba.



zisebenzisa
iimpondo ukunxibelelana nezinye.



asasaza umgubo wokumvumvuzela
ukusuka kwisityalo esithile ukuya
kwesinye.

Zisasaza iintsholongwane.



Yenza ukuba isinambuzane
sishukume.

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

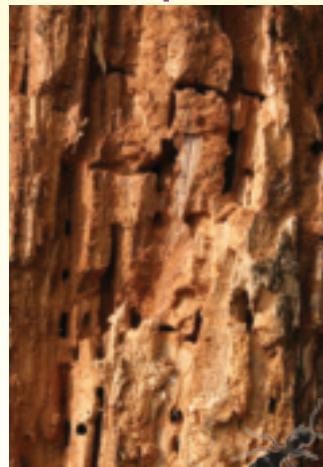
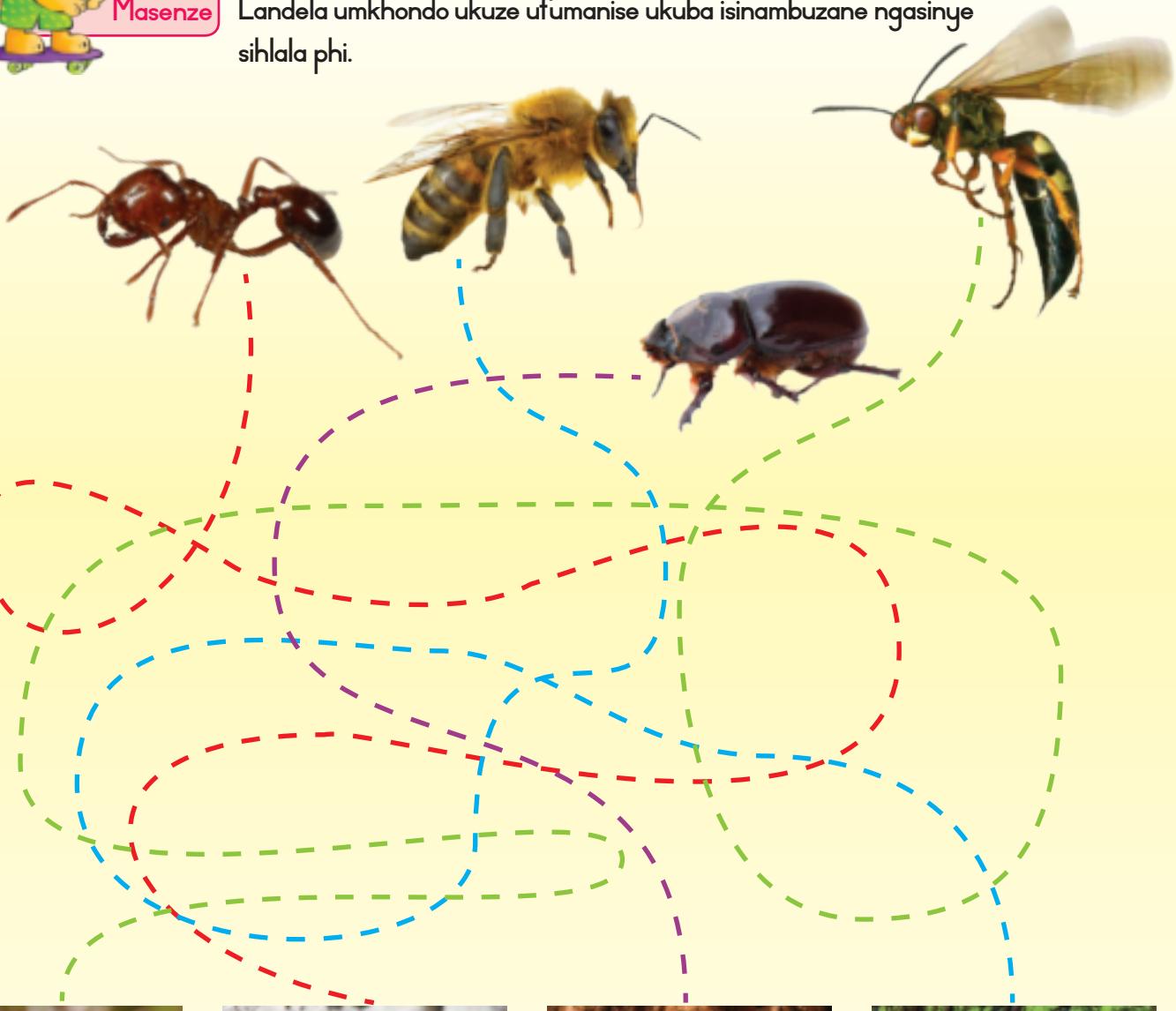




Masenze

Amakhaya ezinambuzane

Landela umkhondo ukuze ufumanise ukuba isinambuzane ngasinye sihlala phi.





Masenze

Hamba-hamba ujikeleze amabala esikolo uze ujunge 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? Ugenza ntoni xa sinokukwenzakalisa?



Masonwabe



Yila uze



uzobe esakho



isinambuzane uze



usithiye igama.





Ndiligcisa

Zenzele ibhabbhathane

Kufuneka oku: iphepha leA4

Iikhrayoni zamafutha

Isikere

Iglu

Ucingo oluthambileyo

Ikhadibhodi yephepha lendlu yangasese

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

Qinisekisa ukuba omabini amaphiko

ayafana. Lisike ulikhuphe

ibhabbhathane. Ncamathelisa umzimba

webhabbhathane kwikhadibhodi

yephepha lendlu yangasese. Ngoku

yenzo iimpondwana ngokusebenzia

ucingo oluthambileyo

olusongwe kabini.

Luncamathelise kwintloko

yebhabbhathane.





Phuma phandle

Dlala le middalo

Isitishi 1:

Ibhola yomnyazi: Qakathisa ibhola logama ubaleka ngepatheni egosogoso.



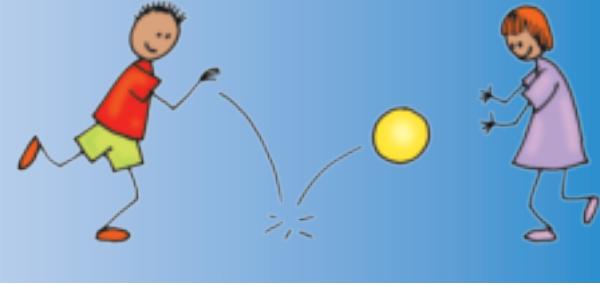
Isitishi 2:

Ihoki: Sebenzisa intonga yehoki ukuqhubela ibhola ngakwindawo yokukora.



Isitishi 3:

Ibhola yomnyazi: Qakathisela ibhola kumhlobo wakho ubaleka.



Isitishi 4:

Ibhola yombhoxo: Baleka nebholo 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 ahlukaneyo.

Umjikelo wobomi besele



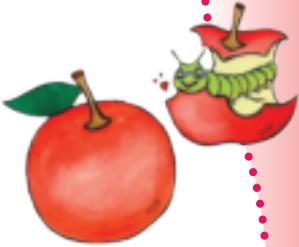
Masithethi

Jonga imifanekiso uze uxelele umhlobo wakho indlela eliguquka ngayo ise 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 pheselele.
- 6 Isele elidala eseliphuhle imiphunga nelingasenazimpefumla.



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



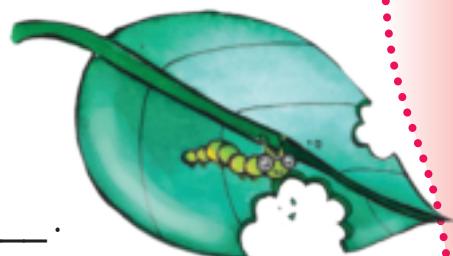
Umjikelo wobomi bebhabhathane



1 Ibhabhathane libeka amaqanda.



2 _____.



3 _____.

4 _____.



5 Umbungu uba nguphunguphungu.



6 _____.



5



Imijikelo yobomi

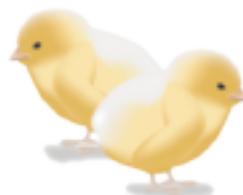
Ikota yesi-2 – Ivetki yesi-6 – Iphepha lomsebenzi lama-



Masithethe

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

Umjikelo wobomi benkuku



Umhla:



Masenze

Ngoku yila owakho umjikelo wobomi.

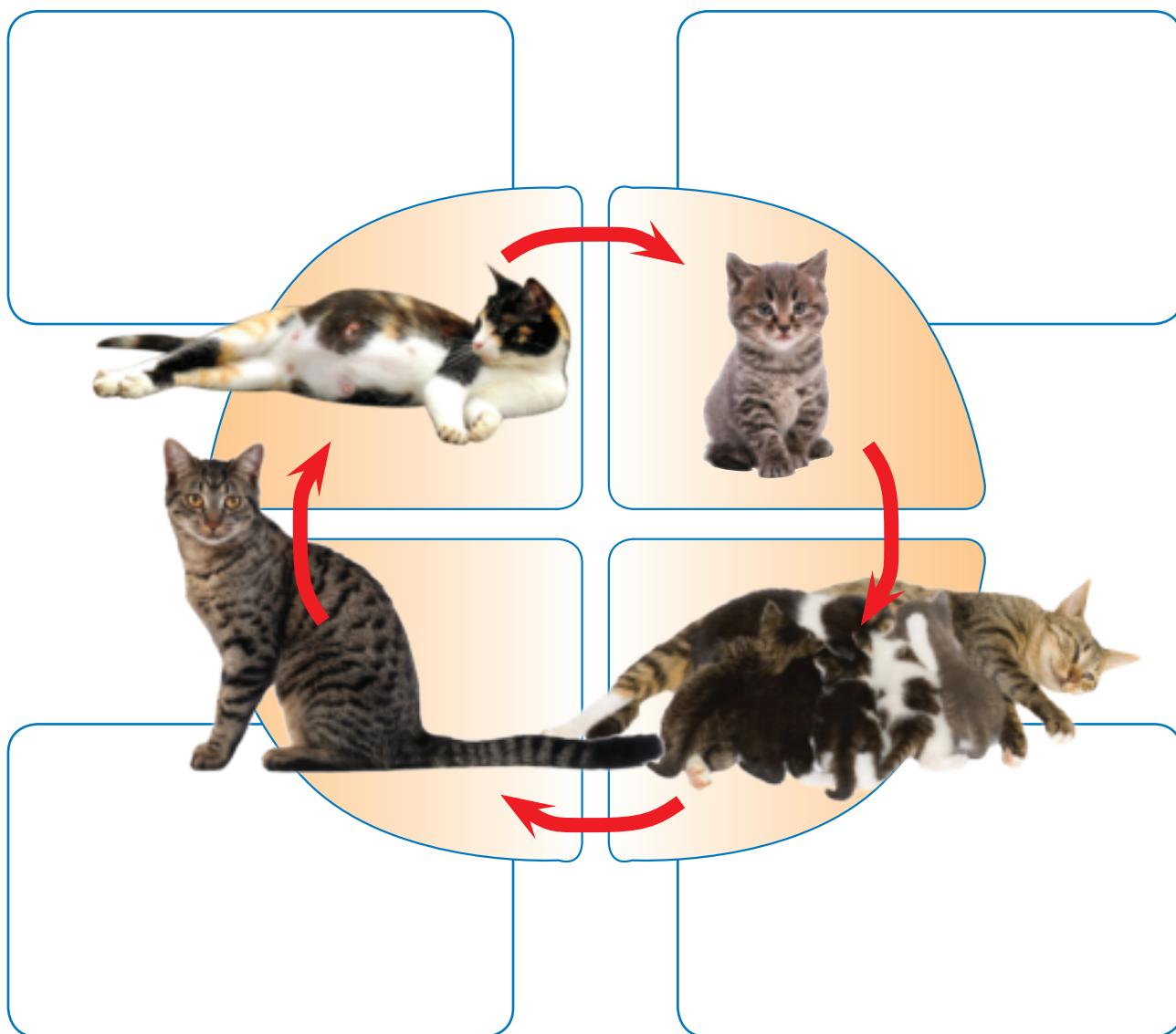
Faka uphawu kumfanekiso ngamnye okwivili lebali ubonise umjikelo wobomi bekati.

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



Isilo-qabane sam



Masenze

Yenza imasikhi yesilo-qabane

Kufuneka oku:

Iphepha le-A4

Ipenisile

Ipeyinti yomgubo namanzi

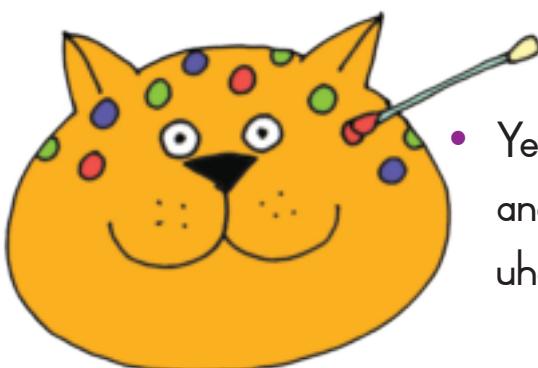
Imicinga yokugqogqa iindlebe



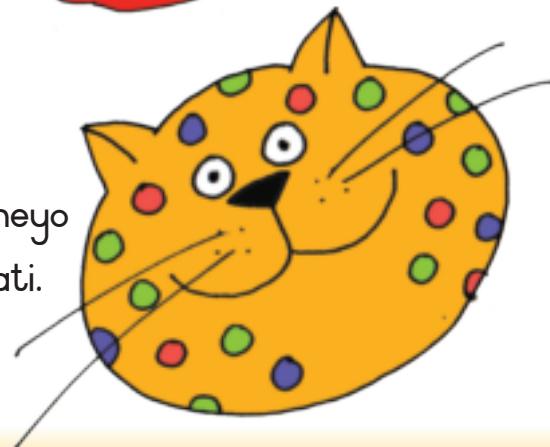
- Zoba umgca wobuso bekati ephepheni.
- Xuba ipeyinti ukuze wenze imibala nokuba mi-3 eyahlukeneyo.



- Sebenzisa umcinga wendlebe ngombala ngamnye.



- Yenza amachokoza anemibala eyahlukeneyo uhombise ubuso bekati.





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



Masithethi

Jonga ezi powusta uze uthethe nabahlobo
bakho ngento ezisixeleta yona.



Jonga umqondiso wokuhlaziya.
Ukhe wawubona phi umqondiso ofana nalo?

Ncedani sihlaziyen!



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

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



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





Masibhale

Ukuhlaziya

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



Yila ke ngoku umfanekiso wento onokuyenza ngokusebenzia izinto ezhilaziyiweyo 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 uzhlele 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.



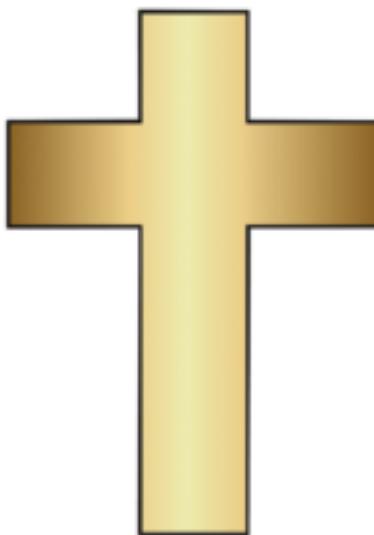
Iintsuku zenkolo nezinye ezizodwa

Ikota Yesi-2 – Ivelki Yesi-7 – Iphepha lomsebenzi lama-



Masithetho

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



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



Iceba lenyanga kunye nenkwenkwezi lumphawu lwamaIslam. AmaMoslem athandaza ka-5 ngazo zonke iiintsuku.



Uphawu lwamaJuda yiNkwenkwezi kaDavide. UKumkani uDavide wayengukumkani wamaSirayeli.



Uphawu lwamaHindu lubhalwa ngolwimi lwaseIndiya lwakudala oluyiSanskrit.

lindawo ezahlukeneyo zokunqula



Masenze

Krwela umgca odibanisa inkolo nganye nendawo yayo yokunqula.

Bhala igama lesakhiwo phantsi komfanekiso ngamnye.

itempile

isinagogu

imoski

inkonzo

Inkolo

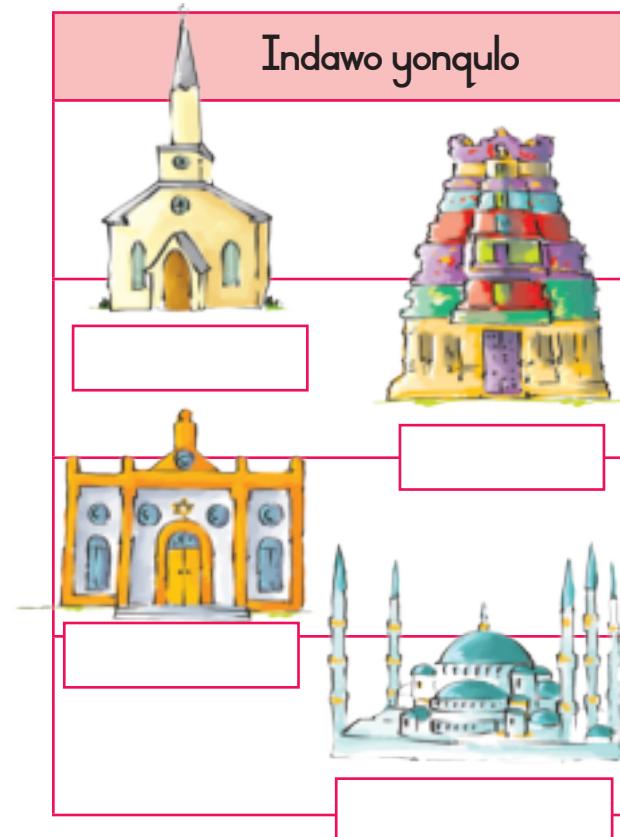
ubu-Islam

ubuHindu

ubuKrestu

ubuJuda

Indawo yonqulo



Masenze

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

Lukhuphele ecaleni kwamagama abo.

Amagama abahlabo

Timpawu zabo



Teacher:

Sign:

Date:



ISATIFIKETHI

Sokugqiba iBanga lesi–3

Izakhono zoBomi incwadi yoku–1

Sinikezelwa ku

Bhala igama lakho.

Umhla _____

Utitshala _____

Isichazi-magama sam

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C
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K
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Isichazi-magama sam

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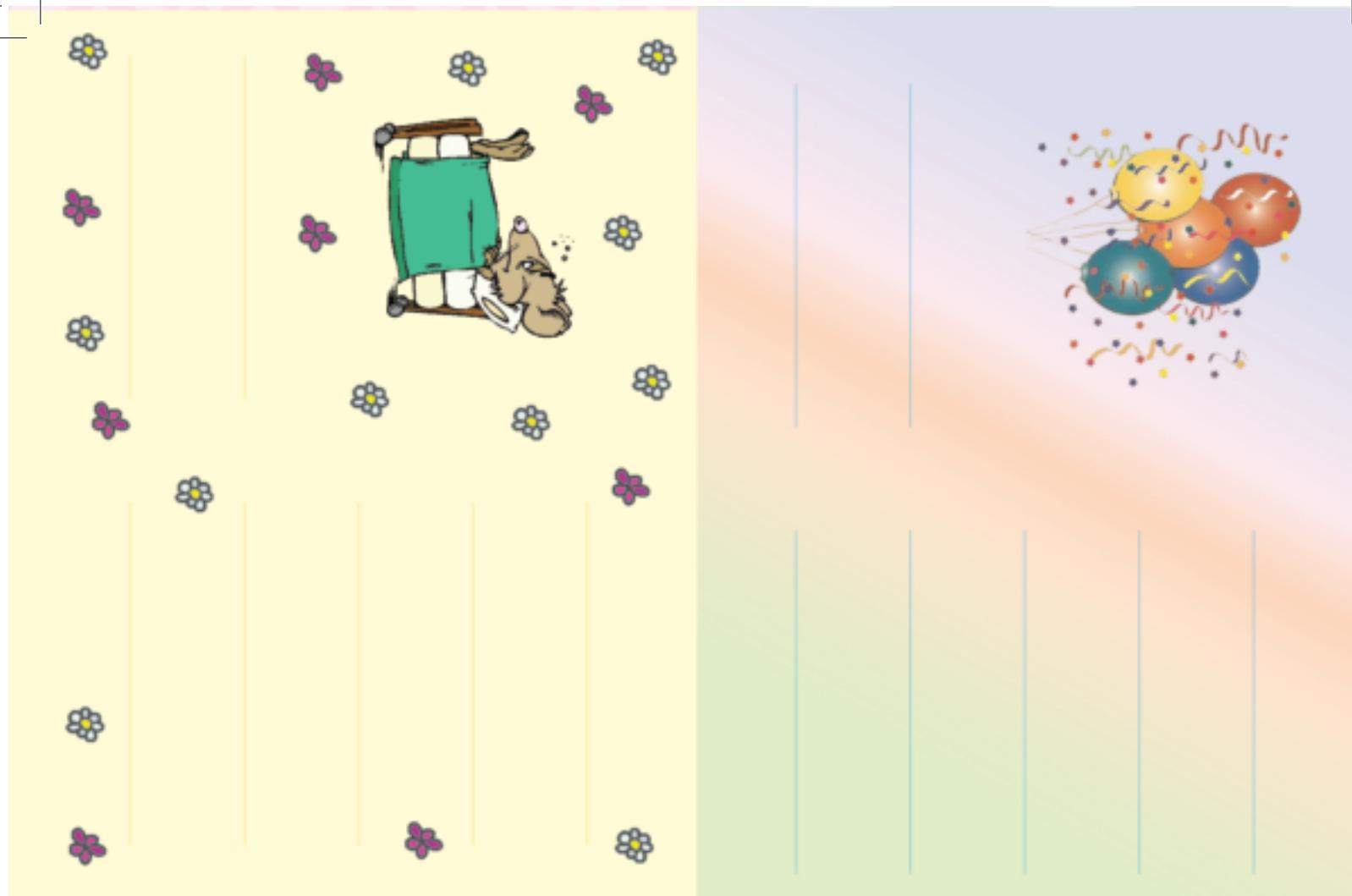
R

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X - Z

x - z





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