



UNkk Angie Motshekga,
uNgqongqoshe weMfundu
eyiSesekelo



UMnu Enver Surty,
iSekela loMnyango
weMfundu eyiSesekelo

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

Lezi zincwadi ezibizwa ngeRainbow Workbooks ziyingxene yeMnyango weMfundu eyiSesekelo lapho uMnyango uzama khona ukungenelela ukuze kuthuthukiswe imfundu yabantwana bamabanga asuka kwelokuqala kuya kwelesithupha eNingizimu Afrika. UMnyango weZimali uxhase lo mkhankaso kaHulumeni njengento yokuqala uHulumeni azibekele yona ukuthi ayisukumele. Uxhaso loMnyango weZimali lusize uMnyango wezeMfundu 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 yokwensiwa 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 eziluqukethe, bese kuthi wena njengothisha wabo uthokoze kanye nabo ekugcineni.

Sifisela wena nomfundi omfundisayo impumelelo ngenkathi usebenzisa lezi zincwadi.

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

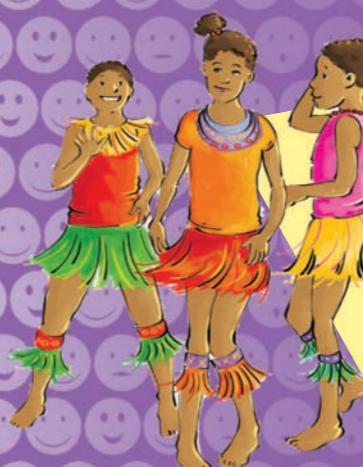
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NOT BE SOLD.**

Ibuyekeziwe –
lhambisana
ne-CAPS

Ibangalesi-

3



Amakhono Empilo NGESIZULU Incwadi yoku-1 Ithemu 1 & 2



Igama:

Iklasi:



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Izinsuku ezibalulekile kowe - 2014

uJanuwari

- 1 kuMasingana Usuku Lonyaka Omusha
- 31 kuMasingana Usuku Lwabantwana Abahlala Emgwaqweni
- 2 kuNhlanja Usuku lweWorld Wetlands
- 14 kuNhlanja Usuku lweValentine



uFebhuwari

- 2 kuNhlanja Usuku lweWorld Wetlands
- 14 kuNhlanja Usuku lweValentine



uMashi

- 5 kuNdasa Usuku lwePurim
- 21 KuNdasa Usuku lweMalungelo
- 21 KuNdasa Usuku Lomhlaba Wonke Jikelele lweMahlathi Nezihlahla
- 20-21 KuNdasa Usuku lweNaw-Rúz (Unyaka Omusha We-Bahá'í)
- 22 KuNdasa Usuku lweManzi eMhlabeni Jikelele
- 28 KuNdasa 20:30-21:30 (isikhathini sakuleli) Ihora Lomhlaba

uJuni

- 1 KuNhlangulana Usuku Lwabazali eMhlabeni Wonke Jikelele
- 4 KuNhlabi Usuku Lomhlaba Wonke Lwabantwana Abalahlekile
- 5 KuNhlangulana Yi-World Environment Day
- 8 KuNhlangulana Yi-World Oceans Day
- 12 KuNhlangulana Yi-World Day Against Child Labour
- 16 KuNhlangulana Usuku Lwentsha
- 18 KuNhlangulana Usuku lweRamadan (iyaqala)
- 21 KuNhlangulana Usuku Lobaba

uMeyi

- 1 KuNhlabi Usuku Lwabasebenzi
- 10 KuNhlabi Usuku Lwawomama
- 15 KuNhlabi Usuku Lomhlaba Wonke Lwemindeneni

uJulayi

- 17 KuNtulikazi Usuku lwe-Eid-Ul-Fitr (kuphela iRamadan)
- 18 KuNtulikazi Usuku lukaNelson Mandela eMhlabeni Wonke Jikelele
- 30 KuNtulikazi Usuku Lwabangani eMhlabeni Wonke Jikelele

uAgasti

- 9 KuNcwaba Usuku Lomama
- 13 KuNcwaba Usuku Lwamanxele Emhlabeni Wonke Jikelele



uSepthemba

- 13-15 KuMandulo Usuku lweRosh Hashanah
- 21 KuMandulo Usuku Lokuthula eMhlabeni Wonke Jikelele
- 23 KuMfumfu Usuku lweYom Kippur
- 24 KuMandulo Usuku Lwamasiko

uDisemba

- 1 KuZibandlela Usuku lweSandulela Ngulazi eMhlabeni Wonke Jikelele
- 3 KuZibandlela Usuku Lwabakhubazekile eMhlabeni Wonke Jikelele
- 5-14 KuZibandlela Usuku Lokubuyisana
- 16 KuZibandlela Usuku Lukakhismuzi
- 25 KuZibandlela Usuku Lwesivumelwano
- 26 KuZibandlela Usuku Lwesivumelwano

uOkthoba

- 2 KuMfumfu Usuku Lokulwa Nokuhlukunyeza eMhlabeni Wonke Jikelele
- 5 KuMfumfu Usuku Lothisha eMhlabeni Wonke Jikelele
- 11 KuMfumfu Usuku Lwabantwana Bamantombazane eMhlabeni Wonke Jikelele
- 14 KuMfumfu Usuku lwe-Al-Hijira (Unyaka Omusha wama-Islam)
- 15 KuMfumfu Usuku Lwamakhosikazi Asemakhaya eMhlabeni Wonke Jikelele
- 16 KuMfumfu Usuku Lukudla eMhlabeni Wonke Jikelele



uNovemba

- 11 KuMfumfu Usuku lweDeepavali (Diwali)
- 12 KuMfumfu Usuku lweVikram (Unyaka Omusha we-2072)
- 20 KuLwezi Usuku Lwabantwana eMhlabeni Wonke Jikelele



Iholide Lesizwe ENingizimu Afrika:

Usuku Olubalulekile Oluyisikhumbuzo Samajuda:



Usuku Olubalulekile Oluyisikhumbuzo Sama-Islam:



Usuku Olubalulekile Oluyisikhumbuzo Samabahá'i:



Izinsuku Zomhlaba Jikelele Ngokwenhlangano Yezizwe:

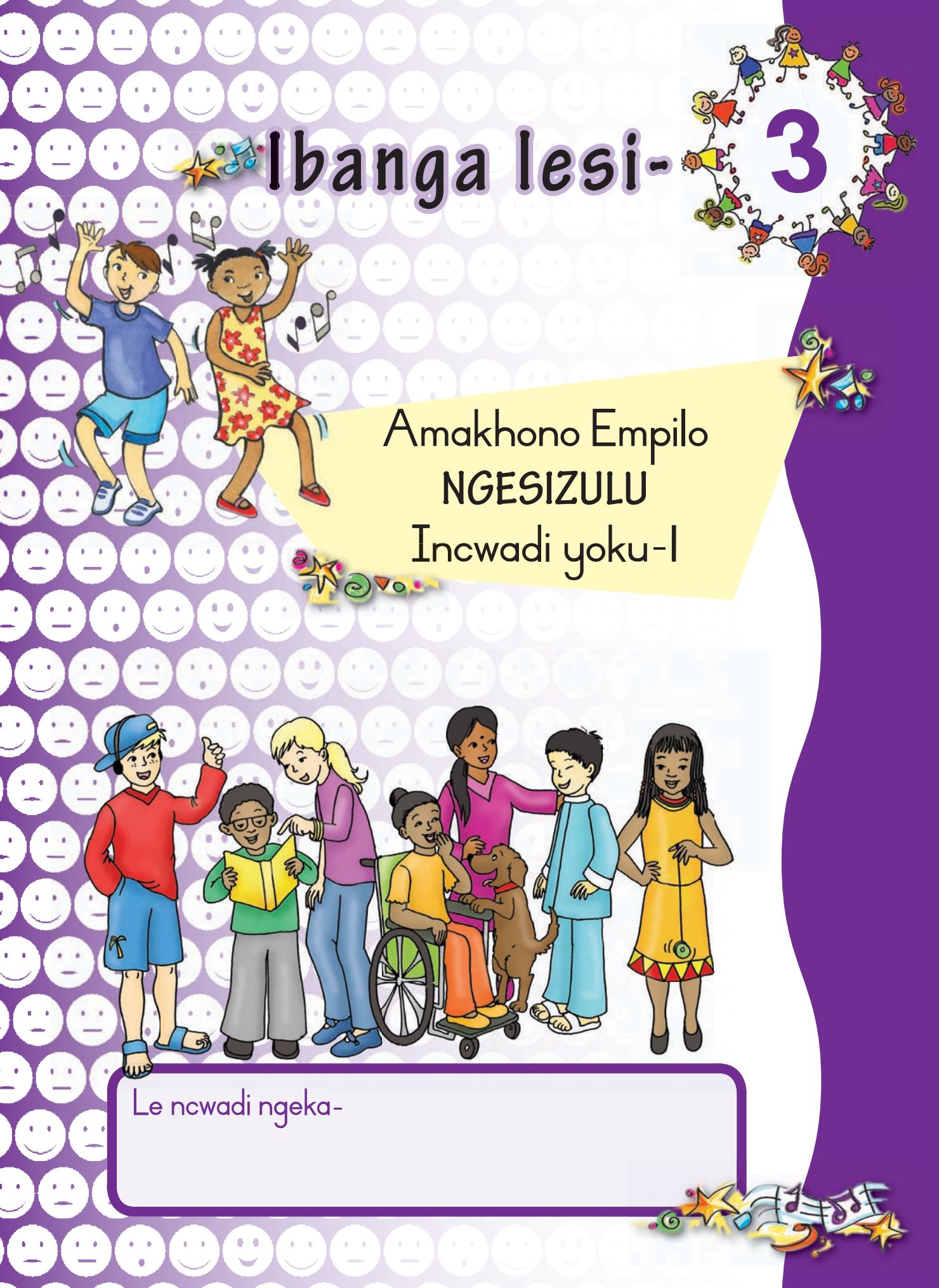


Ibanga lesi-

3

Amakhono Empilo
NGESIZULU
Incwadi yoku-l

Le ncwadi ngeka-



Impilo yami



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 owazalelwu kuyo:

Intombazana noma umfana:

Ulimi lwasekhaya:

Umbala wezinwele:

Ubude: _____ cm

Umbala wamehlo:

Ukusajinda



Dweba isithombe sakho.



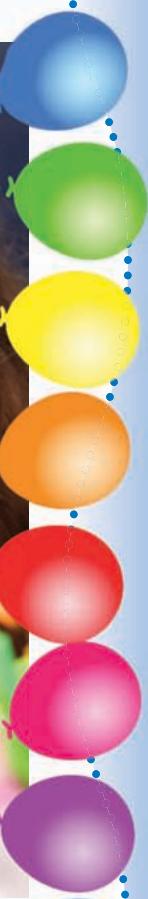
Masixoxe

Cabanga ngempilo yakho
yonke kuze kube manje.

Ukhumbula ukufikaphi?

Ingabe uyalukhumbula yini susuku
lwakho lokuzalwa lonyaka wesibili?

Usakhumbula uma usaqala isikole?



Masibhale

Gewalisa lo mugqa
wesikhathi ngempilo yakho.



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



Isikole sami

Masenze loku

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

1 Themu I – ISonto I – Ikhasi Lokusebenzenza

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

Masibhale

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

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

Sasithini isiquubulo sesikole?
Ngabe siserjalo namanje?

Dweba ibheji lesikole.

Yisho okuthile okubaluleke kakhulu ngesikole. (Mhlawumbe kwakunomfundsi owaduma ngokuzuza 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 okwensiwa 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

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

Masixoxe

Ngenkathi

ngineminyaka emi-5
ngavakashela olwandle.Ngenkathi ngineminyaka
emi-4 ngawa odongeni.

Masenze loku

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



Usana



Umntwana



Umntwana wesikole



ijongosi



Umuntu omdala



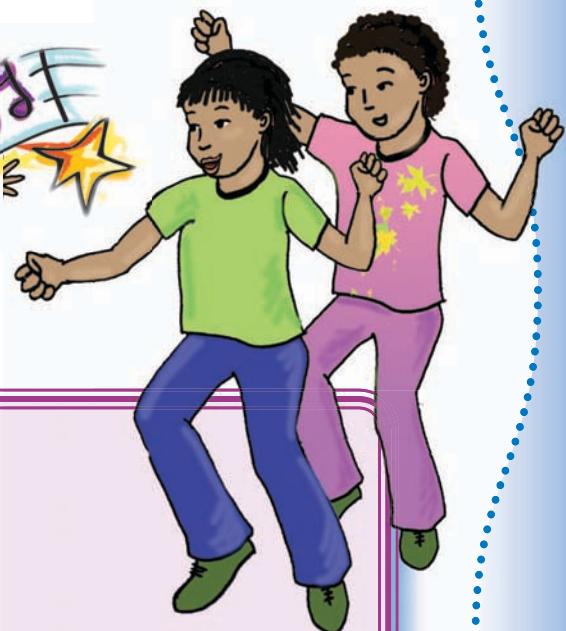
Isalukazi



Masixoxe



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



Okukhulu nokudala

Masixoxe

Xoxa ngokuthi wehluke kangakanani wena ezinganeni ezindala nakubantu abadala.

Lokusebenzela

Ngokuhamba kwesikhathi

abantu bayakhula.

Umbala wezinwele zabo

uyashintsha, amazwi abo

ashintshe, izicubu zabo

ziyanda bese behlakanipha

kakhulu.

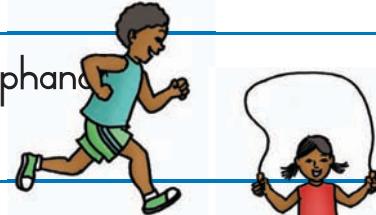
Masibhale

Bashintsha kanjani abantu ngenkathi bekhula.



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

Ukuqijima ngaphando kokukhathala



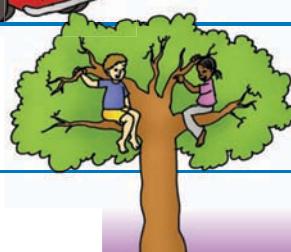
Gxuma



Funda iphepha



Shayela imoto



Dlala esihlahleni

Mina	Abazali bami	Mina	Abazali bami

Usuku:



Masicule

Masizilungisele ukucula.
Yenza imisindo elandelayo.



Umsindo osheshayo we-ambulense.

Umsindo onensayo njengeculo lokulalisa umntwana.

Umsindo ophakeme njengenyoni icula.

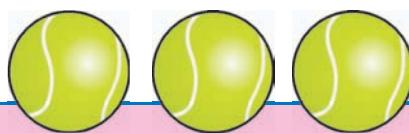


Umsindo ophansi njengebhubesi livungama.



Phumela ngaphandle

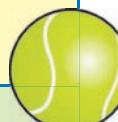
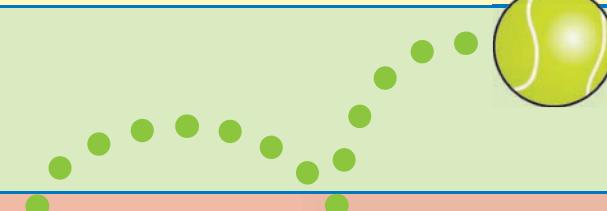
Ungalingaka ibhola?



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 uceu lokhuni. Sebenzisa le nduku ukubhampisa ibhola phansi.

Manje zelule njengekati.



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

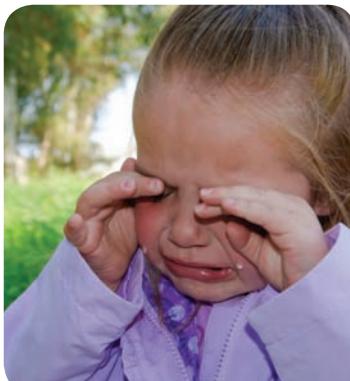
ujabulile

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?



Masibhale

Yini ekwenza wesabe?

Yini ekucasulayo?



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

Dayari ethandekayo

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

Dayari ethandekayo



Izinto engizithandayo



Masibhale

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





ENGIJABULELA UKUKWENZA



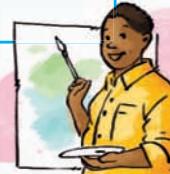




Masibhale

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 esikhalieni esifanele ngaso sonke isikhathi lapho besho umsebenzi abawuthandayo.

5					
4					
3					
2					
1					
	Ukucula	Ukufunda	Ukupenda	Umdlalo	Izibalo

Yimuphi umsebenzi othandwa kakhulu?





Masixoxe

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

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



Masibhale

Benzani abangani abahle?



Uma ngenza
okungalungile,
ngiyaxolisa.



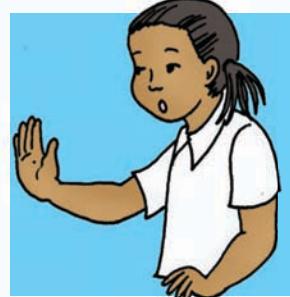
Uma ngibona
abangani bami
bexakekile,
ngiyabasiza.

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. Gcwalisa amgama abalingiswa kwikholamu lokuqala.



Phumela ngaphandle

Zama ukwenza okulandelayo.

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



Ngingumuntu onjani



Masibhale

Yisho ukuthi wena unjani



Ngingumngani olungile.

Ngiyabakhathalela abangani bami.

Nginobungani ezinganeni engifunda nazo.

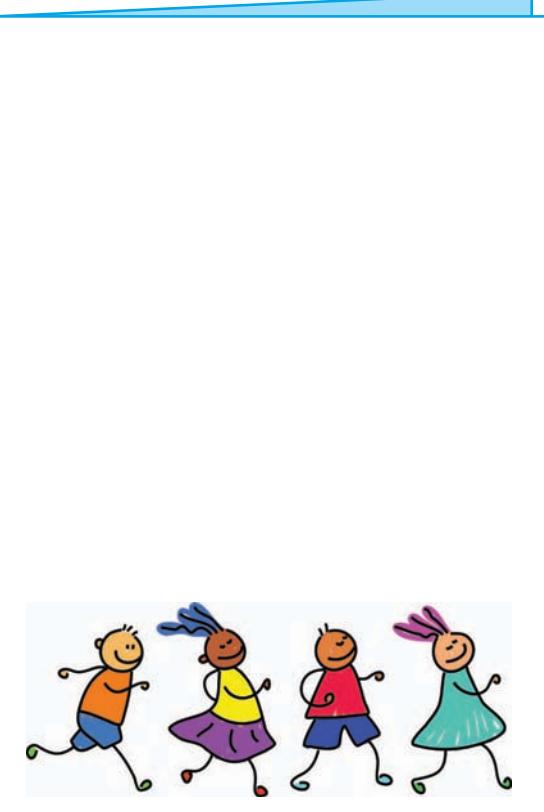
Izingane eziningi eklasini lami ziyangithanda.

Ngikhuluma kahle nabanye abantu.



Masenze loku

Yenzela umuntu omthandayo ikhadi. Dweba isithombe ngemuva kwekhadi bese ubhala umyalezo ngaphakathi.





Masibhale

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



★ Abantu ababalulekile empilweni yami ♫



Manje bhala incazelo yala bantu nokuthi kungani ucabanga ukuthi bakhethkile.



Ezempilo nosizo lokuqala



Xoxa ngalokho okwenzeka kulesi sithombe.



Wake waba nomongozima?

Kufanele wenzeni uma uqala ukuphuma umongozima?

Okufanele ukwenze uma uphuma umongozima

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.



1 Hlalela maphambili ugobise ikhanda.



2 Vala amakhala akho imizuzu emibili bese uphefumula ngomlomo.



3 Beka into ebandayo ngemuva emqaleni wakho njengethawula elimanzi noma iqħwa elebozwe ngethawula.



4 Ungafinyi uma umongozima usumile ukuphuma.



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

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 ihlanza kanjani ingozi yokusikeka. Batshengise ukuthi kwenziwa kanjani.

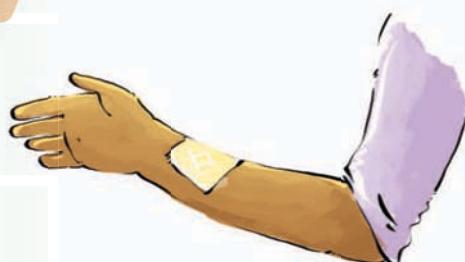


Indlela okuvinjelwa ngayo ukopha kolimele

Ungalingi uthinte igazi lomunye umuntu.



Nqamula ukopha ngokuphakamisa ingalo ibe ngenhla kwenthliziyo.



Zama ukumisa ukopha ngokubopha inxeba ngebandishi elihlanzekile.



Uma inxeba lijulile futhi liqhubeka nokopha, kufanele ubone udukotela 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.



Qaqha 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 masinyane.



Phumela ngaphandle

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.



Beka uphawu lokuthi ujomba
ubude obungakanani.

Bheka ukuthi angakwazi
yini umngani wakho
ukujomba akudlule.



Phumela ngaphandle



Yenza ibhala.

Shintshanana nomngani
wakho ngokuba yibhala.



Shintshanani ngokushwiba
ingqathu ukuze abangane
bakho nabo bagxume.



Masixoxe

Kwenzekani kulesi sithombe?

Yikuphi okunye okungenza ukubaabantu bashe?



Bhala phansi imithetho ebalulekile uma kufanele usize:

Ukopha kwamakhala / Umongozima

Ukusikeka

Ukusha



Ukugcina umzimba uphephile



Masixoxe

Kufanele sinakekele imizimba yethu.

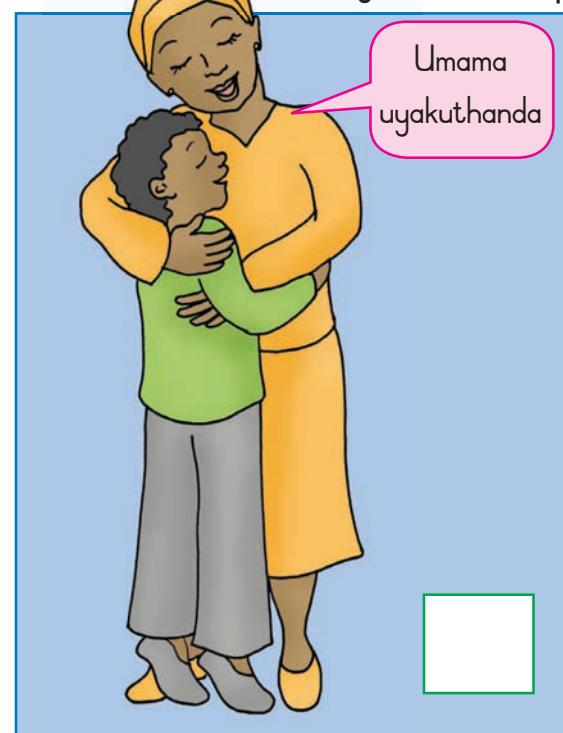
Kuba khona into ethi "yebo" uma sithanda okuthile futhi sifuna kuqhubeke.

Bese kuba khona into ethi "cha" uma okuthile kungasijabulisi futhi sifuna kume kungaqhubeke.



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 sewumuhle.



Ukuthi cha

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

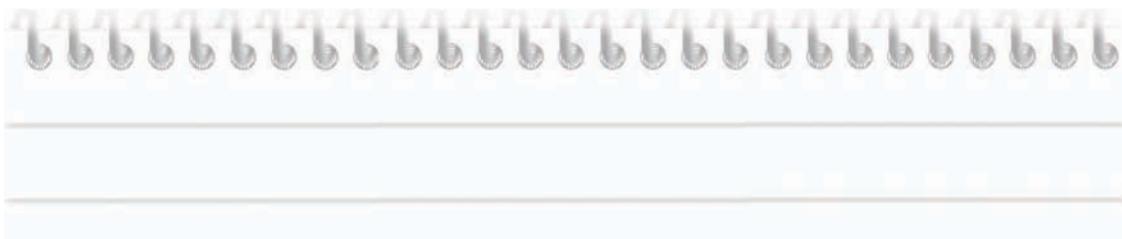
Uma kukhona umuntu owenza ube nento ethi "cha" futhi ekwenza ungakhululeki, khulumisana nomuntu omdala omethembayo ngalokhu.

Masibhale

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



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



Ukuzinakekela

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

Masixoxe

Woza, ngizokuyisa esitolo.

IThemu I – ISonto 6 – Ikhasi Lokusebenzela



Kwenzenkeni?



Masixoxe

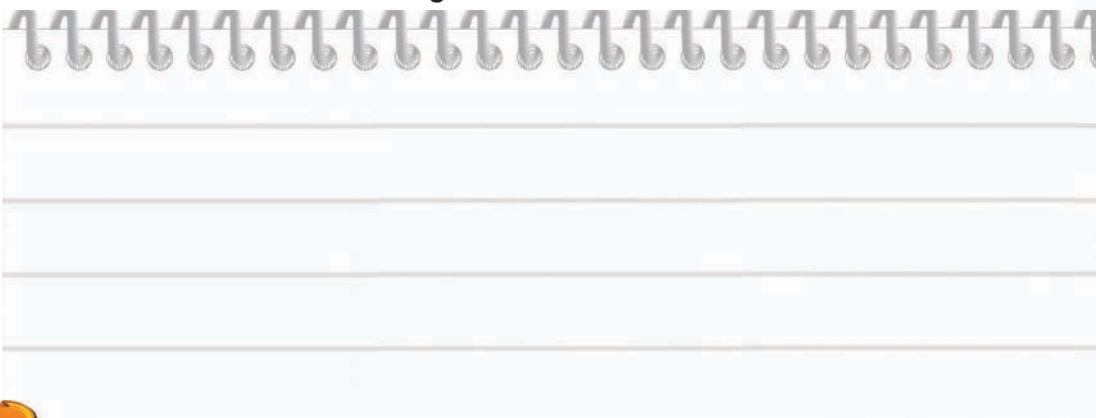
Chaza ukuthi intombazana yaphatheka kanjani, yenzani, nokuthi ungenzanjani uma ungaba sesimweni esifanayo.



Masibhale

Bhala imithetho emihlanu yokuphepha,
iqale yonke ngokuthi:

Abantwana akumele nakanye ...



Masenze loku

Yenza imaski ukutshengisa imizwa yakho.

Uthanda ukuthi imaski yakho ikhombise miphini 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 upholile



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?

Kujilimaza kanjani imizimba yethu ukubhema?



Masibhale

Beka upholawu 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 somdlavuza.



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 izinziphо zami zimfushane futhi zihlanzekile. Kufanele ngigeze izandla emva kokuya endlini encane nangaphambili kokuthinta ukudla.



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

Ukuzijabulisa



Yiba nomdlalandla udlale umdlalo wekhilikithi.

Ukuzijabulisa

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



Imisebenzi yami



Masifunde

Ngesinye isikhathi izingane kufanele zisize iminden i 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 ngasinye bese usho ukuthi kungani ucabanga ukuthi umsebenzi uzelungele noma awuzelungele izingane.





UZinhle udayisa izitshalo usuku lonke, akakwazi ukuya esikoleni.

ULungi uchelela ingadi yeziitshalo 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 kokukhulumu
kube wumdlalo olingisa ukwenza imisebenzi
eyehlukahlukene. Iqembu lakho kumele liqagele
ukuthi wenza msebenzi muni.

Hlanganisani
imilenze
ngentambo,
bese njijima.



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



Imisebenzi yami

IThemu I – ISonto 8 – Ikhasi Lokusebenza



Masixoxe

Tshela umngani wakho ukuthi lezi
zingane zephula miphini imithetho.



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



Masibhale

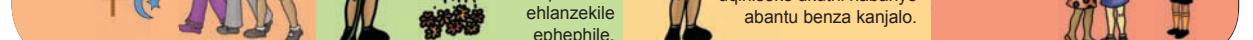
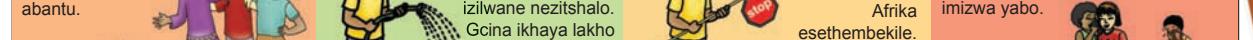
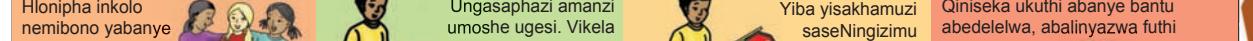
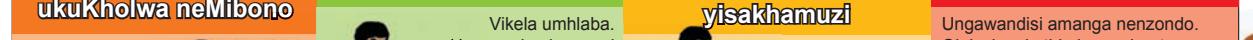
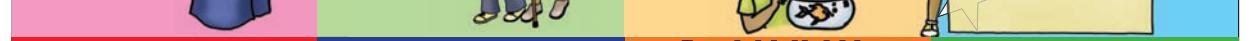
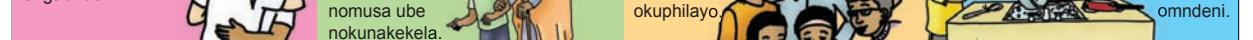
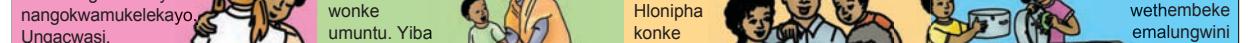
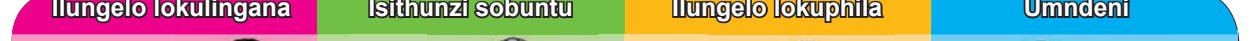
Bhala imithetho emine yeklasi lakho.



Masixoxe

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

★ UMTHETHOSIMINYWA WEZINTO EZIMELWE UKUQASHELWA YINTSHA
YASENINGIZIMU AFRIKA





16a
Lokusebenzela
IThemu I – ISonto 8 – Ikhasi



Masixoxe

Izinsuku zenkolo nezinye ezibalulekile

Khetha eyodwa yezinkolo ezintathu. Thola ulwazi olwanele ngayo. Lungisa ingxoxo ozoyenza eklassini. 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? _____

Ngiyahlola nje



Masibhale

Gewalisa 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 I – ISonto 8 – Ikhasi Lokusebenzela



Ukudla ngendlela enempilo

Ithemu 2 – ISonto I – Ikhasi Lokusebenza



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 ukndlala "ifoni ephukile." Emva kwalokhu zilolonge ngokuphonsa ibhola.

Amakhabhohayidrethi

Lezi zinhlobo zokudla
zisinika amandla.



Masibhale

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

Izinto ezithintana nobisi

Siyawadinga amafutha ukuze sifudumale sibe namandla.

Ukudla engikudle izolo	Uhlolo lokudla



Izindlela esidla ngazo

Itthemu 2 – ISonto I – Ikhasi Lokusebenzela



Masixoxe

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

Gewalisa amagama
amalungu eqembu
labangani bakho.



Masibhale

Buka ithebula oligewalisile 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.



Masibhale

Bhala indlela yokupheka ukudla
okuthanda kakhulu.

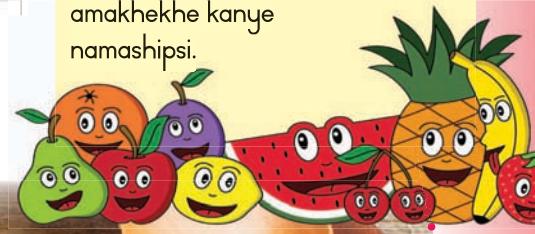
Yini esifanele ukuyigwema?

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 unemenayidi omningi,
amakhekhe kanye
namashipisi.



Indlela yokupheka _____

Ngidinka ziphi izithako?

Ngidinka ziphi izithako?	
Kufanele ngilandele yiphi indlela?	



Teacher:
Sign:
Date:



Masibhale

Ukudla ngendlela enempilo

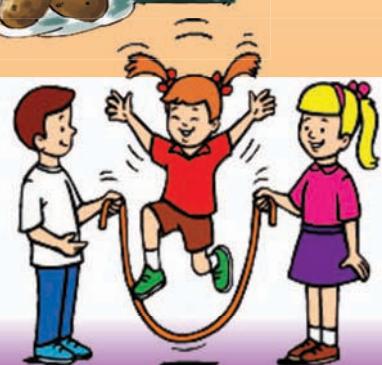
UTHABO no NOMSA bayo esitolo sokudla esibizwa nge Sunshine. Badinga ukudla abazokupheka ntambama. Basize bakhe uhlu lokudla okunempilo.



Yenza lokhu ngaphandle



Shintshanani ngokushwiba
ingqathu ukuze abangani
bakho nabo bagxume.





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

UHLU LWEZINTO EZIZOTHENGWA

AMANANI



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.		
Ngikuhlfuna ngendlela efanele ukudla.		
Ngidla ibhulakufesi ngaphambi kokuya esikoleni.		

Bala imidwebo yobuso obuhlekayo obufake imibala.





Ukudla ngendlela efanele



Masenze loku

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.



Izinambuzane

Ithemu 2 – Isonoto 3 – Ikhasi Lokusebenzela



Masixoxe

Khuluma ngezingxenye ezahlukene zomzimba wezinambuzane.

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

Zinemilenze eyisithupha kanye
nezimpondo ezimbili.



Masenze loku

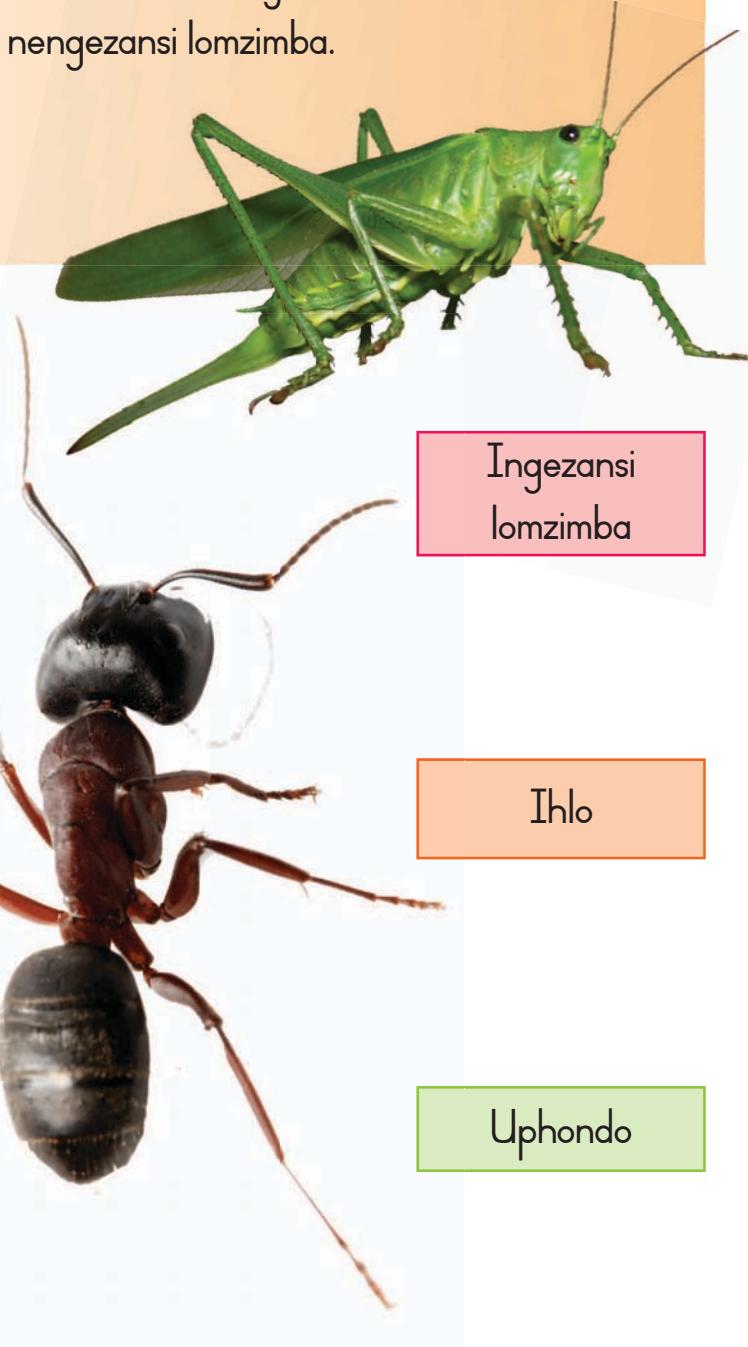
Lebula lesi sinambuzane.
Dweba umugqa usuke
kulebuli uye engxenyeni
efanele yomzimba
wesinambuzane.

Umlenze

Ingenhla
lomzimba

Ikhanda

Yenza lokhu ngaphandle



Ingezansi
lomzimba

Ihlo

Uphondo

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



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



Inyosi



Umiyane



Impukane



Intuthwane

Intethe

Uvemvane

Ibhungane

Ibhu



Gcwalisa amagama ezikheleni.

zakha uju.

zidlulisa imbewu ezimbalini.

zandisa umalaleveva.

zandisa izifo.

zidla izitshalo.





Masixoxe

Okunye ngezinambuzane

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 esikhali esibekiwe.



Lokhu _____
kumunca inektha embalini.



_____ inemilenze yangemuva
eqinile eyenza ukuba ikwazi ukugxuma.



zisebenzisa

izimpondo ukudlulisa umlayezo.



kuhambisa imbewu ezitshalweni.

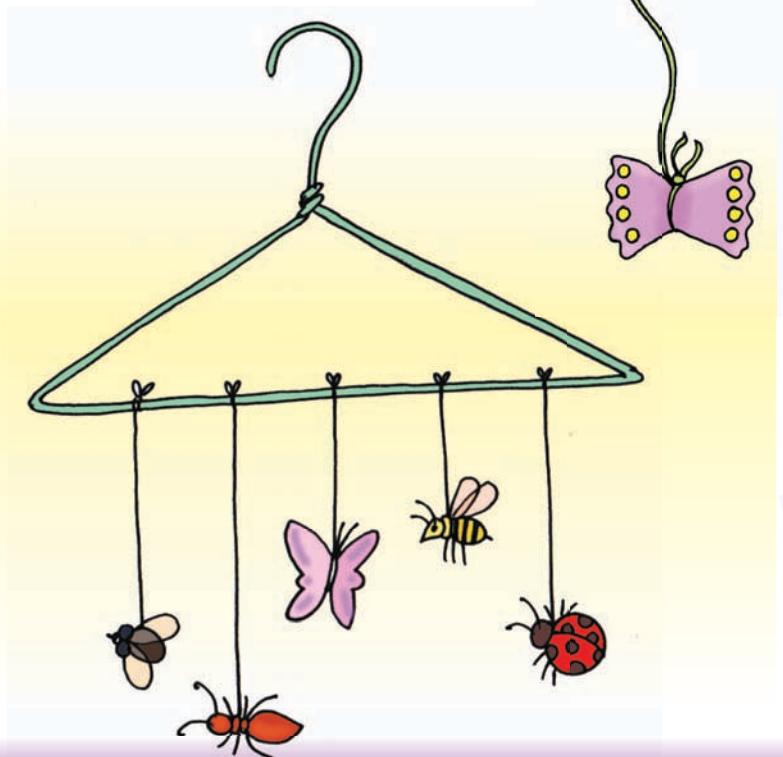
kwandisa amagciwane.



Masenze loku

Akha isinambuzane esinyakazayo.

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



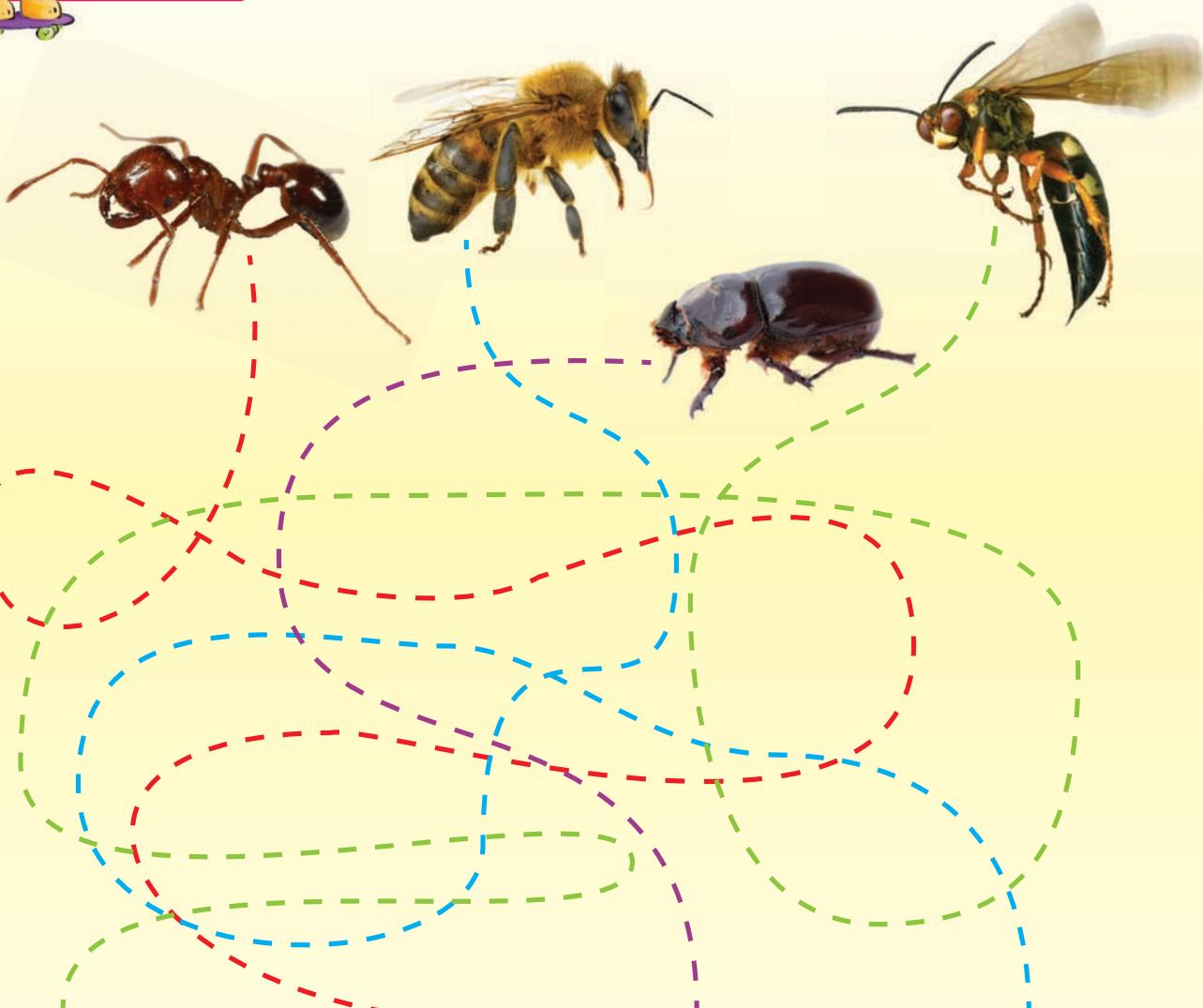


Amakhaya ezinambuzane

Masenze loku

Landela intambo uze uthole ukuthi isinambuzane ngasinye sihlalaphi.

Ithemu 2 – ISonto 4 – Ikhosi Lokusebenzela



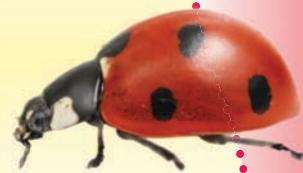


Masenze loku



Masibhale

Zungeza isikole uthole ukuthi kunezinhlobo
ezingaki zezinambuzane ongazithola.



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



Luhlobo luni lokudla okudliwa yisinambuzane leso?



Kungabe lesi sinambuzane sihamba kancane noma siyashesha?

Ingabe isinambuzane sakho sinosizo na? Kungani usho njalo?

Siyingozi kanjani isinambuzane sakho? Yini ongayenza uma sikulimaza?

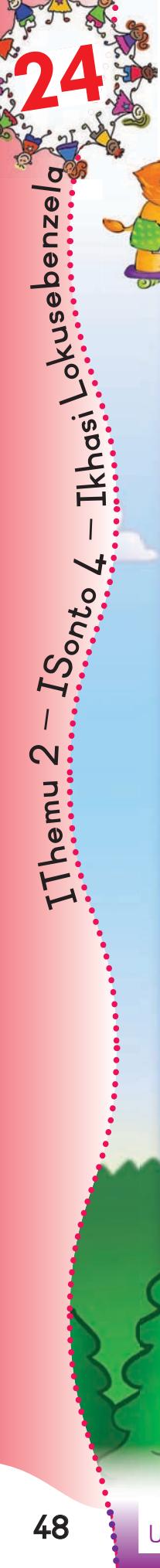


Ukuzijabulisa



Manje qamba
futhi udwebe
isinambuzane
sakho bese usipha
negama.





Khombisa izinto ozenzile



Masenze loku

Yakha uvemvane Iwakho

Uzodinga: iphepha eliwu-A4

Amakhrayoni anamfuzelayo

Isikele

Iglu

Okokuhlanza iphayiphi

Iphepha lasendlini encane
eseliphelile

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

Namathisela izimpondo ekhanda lovemvane.





Phumela ngaphandle

Zama ukudlala le middalo.



Isiteshi soku-1:

Ibhola lomnqakiswano: Gxuma njengebhola ugijime uye le nale.



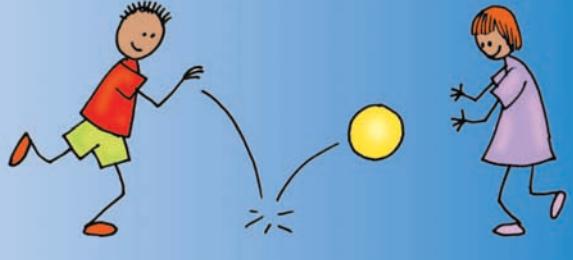
Isiteshi sesi-2:

Ihokhi: Sebenzisa induku yehokhi ukushaya ibhola uye nalo emapalini.



Isiteshi sesi-3:

Ibhola lomnqakiswano: Gxuma njengebhola uye kumngani wakho ugijima.



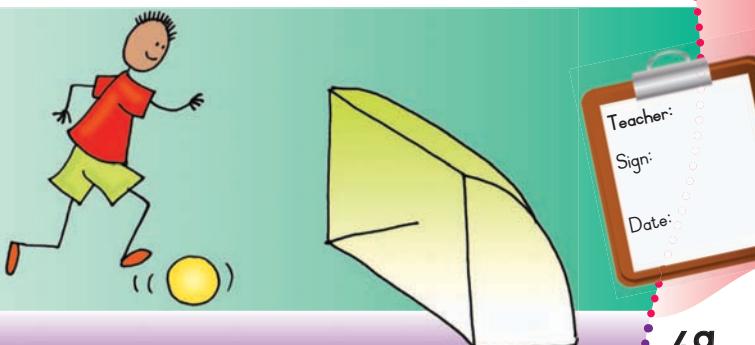
Isiteshi sesi-4:

Ibhola lombhoxo: Gijima nebhola uliphonsele omunye nomunye wenu.



Isiteshi sesi-5:

Ibhola lezinyawo: Enza sengathi udlulisa abadlali uye nebhola emapalini.





Ukuguquguquka kwempi

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

Ukuguquguquka kwempi yesele



Masixoxe

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

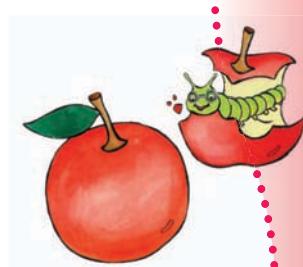
- 1** Amasele amabili ayahlangana ukuze kwakheke amaqanda.
- 2** Isele lesifazane lizalela amaqanda.
- 3** Onoshobishobi bayachanyuselwa. Unoshobishobi uba neziphefumulanhlanzi kanye nesisila.
- 4** Unoshobishobi umila imilenze.
- 5** Umsila uzonyamalala.
- 6** Isele eselikhulile limila amaphaphu zinyamalale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



Masenze loku

Buka-ke manje izigaba zokukhula kovemvane.

Gcwalisa lokho okwenzekayo kwisimo ngasinye ezigabeni zokukhula kwayo. Sikunikezile izibonelo zezigaba ezimbili.



Ukuguquguquka kwempilo yovemvane

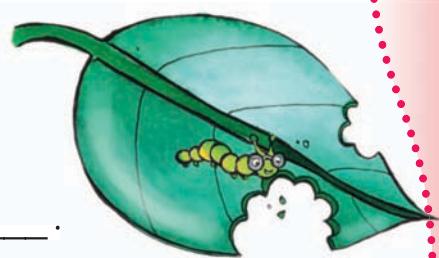


1
2

Uvemvane lubekela amaqanda.



3



3
6

4

5 Isiphungumangatha senza igobolondo.

6



5





26
Lokusebenzela
Ithemu 2 – ISonto 5 – Ikhasi

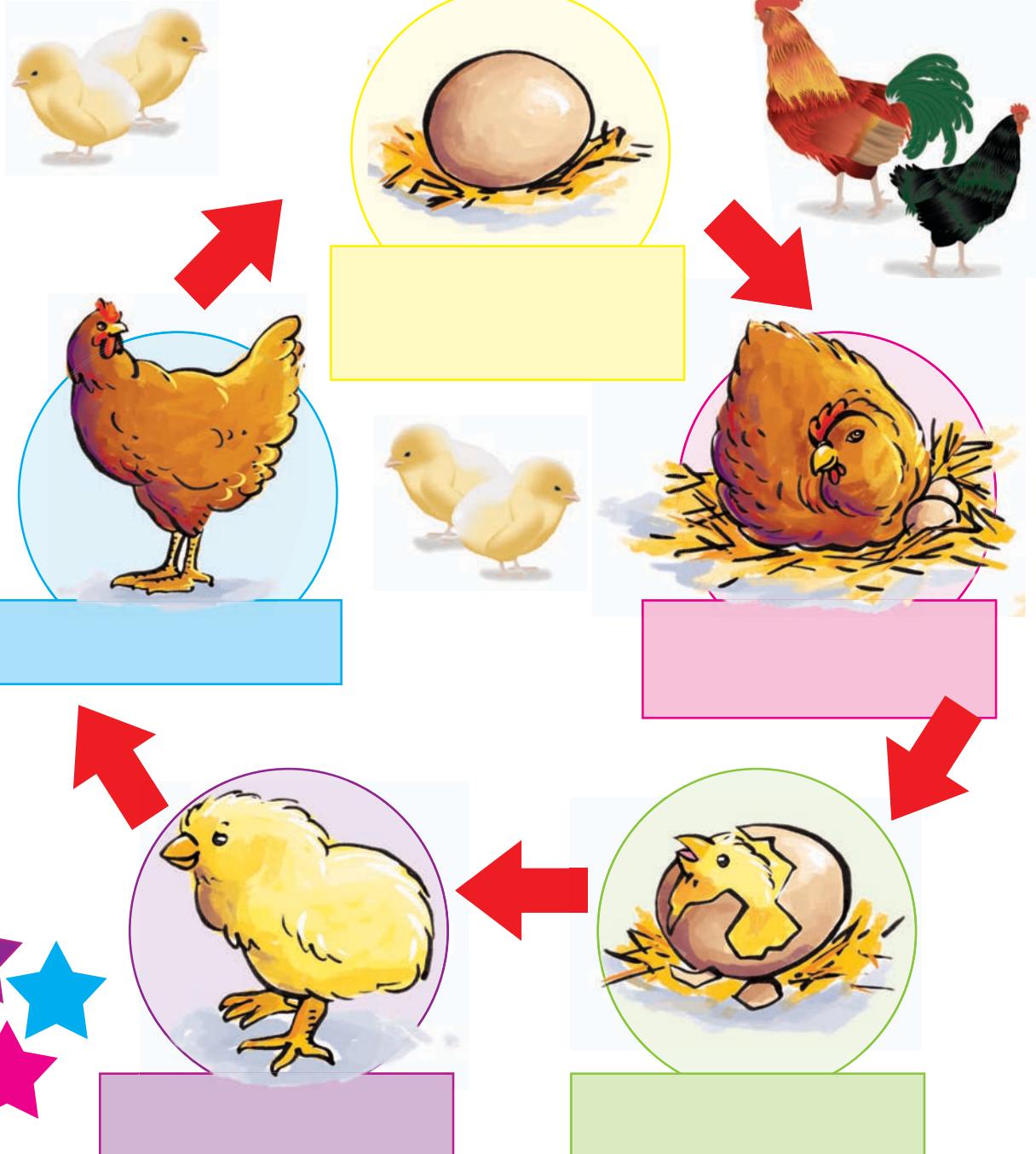


Masixoxe

Ukuguquguquka kwempilo

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

Ukuguquguquka kwempilo yechwane lenkukhu





Masenze loku

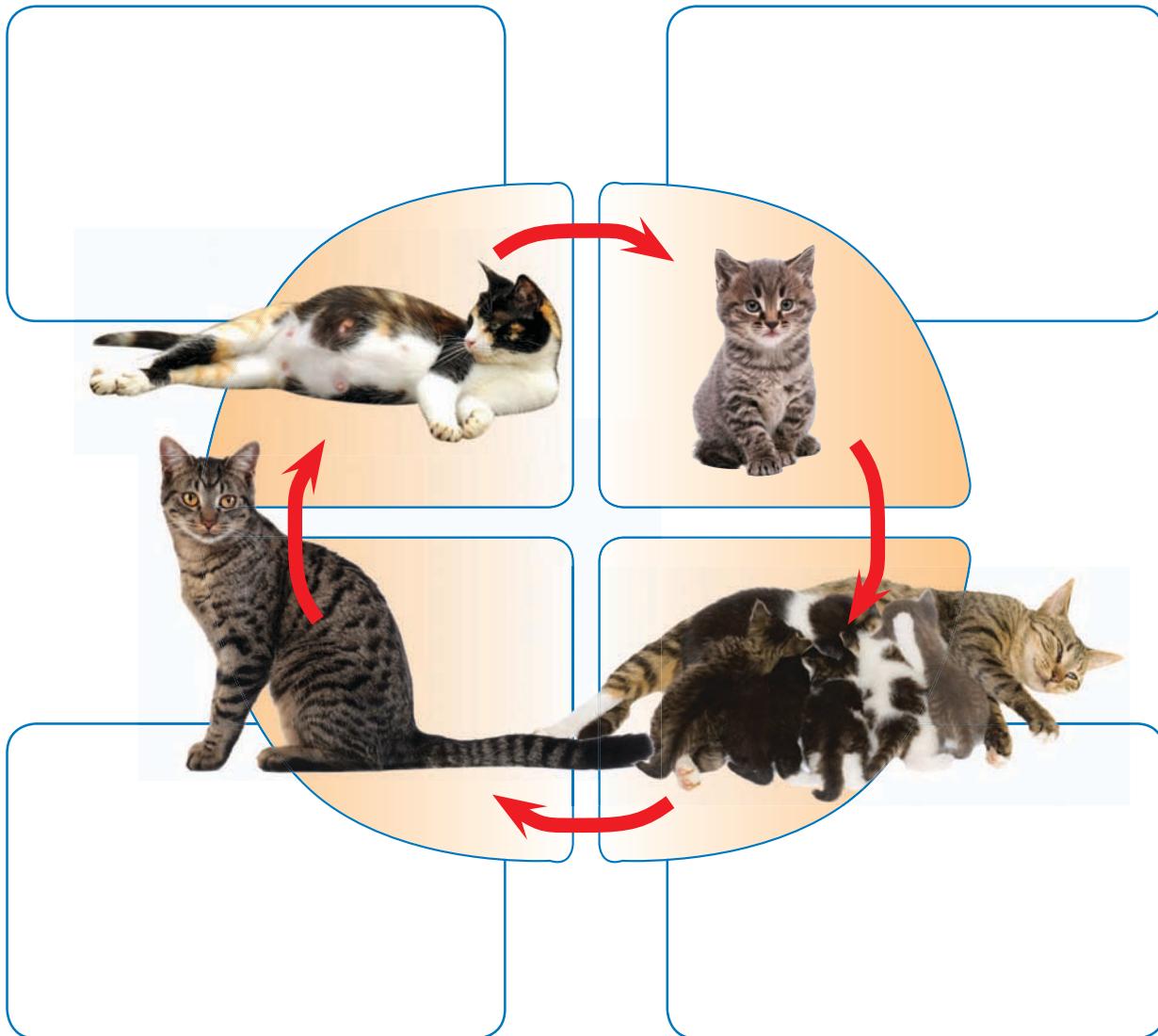
Yenza okwakho ukuguquguquka kwempilo.

Lebula isithombe ngasinye endaben i eyisondo ukuvezza 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

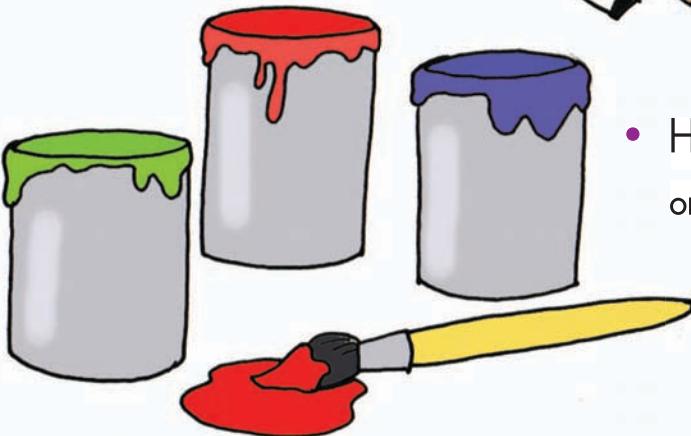
Ipensela

Upende oyimpuphu kanye namanzi

Okokugoqoza izindlebe



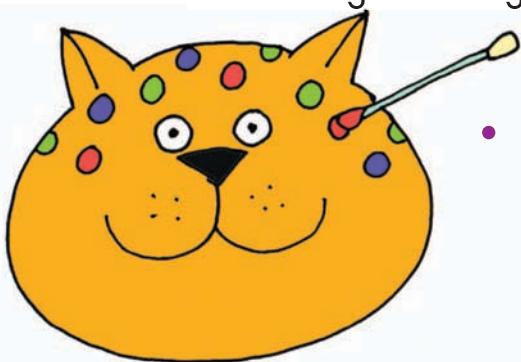
- Dweba ubuso bekati ephepheni.



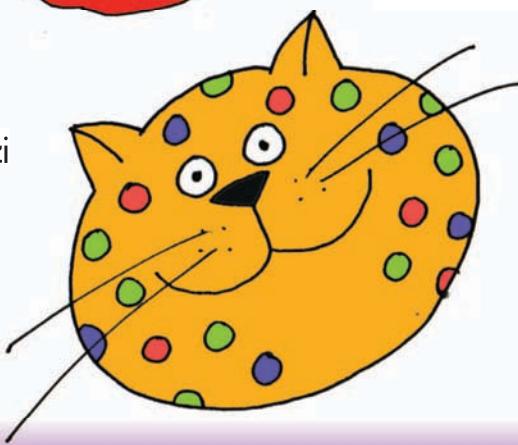
- Hlanganisa uxube upende onemibala emithathu ehlukene.



- 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.
Sewungabhalo isihloko semidwebo yakho ngezansi.







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Ithemu 2 – Isonto b – Ikhasi Lokusebenzela



Masixoxe

Ukunakekela izindawo zethu

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?



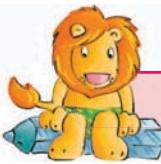
Sidinga ukukhumbula izinhlamvu ezi-3 ezibalulekile okungu-**NPV**.

Nciphisa: Kumele sinciphise izinto esizilahlayo.



Phindelela: Kumele sisebenzise ngokuphindelala 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



Ukuvuselela



Masibhale

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



Manje qamba futhi ubheke uphawu kokuthize ongakwenza ngezinto esezi ke zasebenza.

Igama lokuthile

Dweba isithombe sento yakho.

Yenziwe nge



Masibhale

Zama ukukhumbula izinto ezingenza imvundela ekahle. Bhala amagama angezanzi ezikheleni 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.





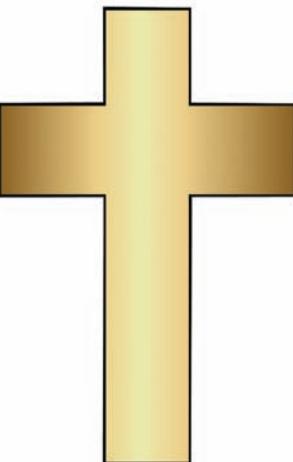
30
Lokusebenzela



Masixoxe

Izinsuku zenkolo nezinye ezibalulekile

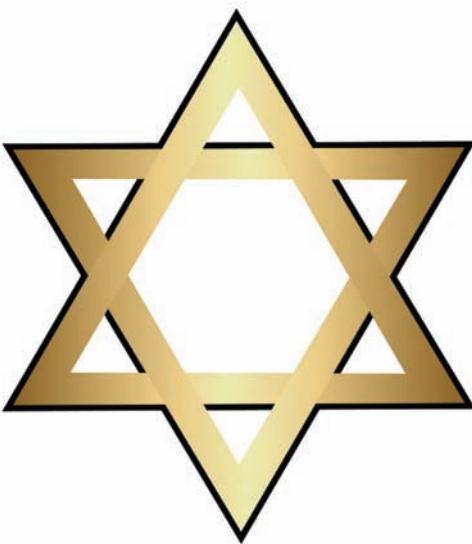
Khuluma nomngani wakho mayelana nezimpawu ezisetshenziswa yizinkolo ezithile. Yisho ukuthi yiluphi uphawu olusetshenziswa yizinkolo ezahlukene. Uma ungaluboni uphawu, ludwebe bese ukhombisa umngani wakho.



Isiphambano ngesama Khrestu.
UKhrestu owasifela ezonweni.



Inyanga ewucezu kanye nenkanyezi
wuphawu Iwama Sulumane.



Uphawu Iwama Juda yi Nkanyezi
ka Davide. INkosi u Davide wayebusa
ama-Israyeli.



Olwama Hindu uphawu lubhalwe
ngolimi oludala Iwase Ndiya olwaziwa
nge Sanskrit.

Izindawo zokukhonza



Masenze loku

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

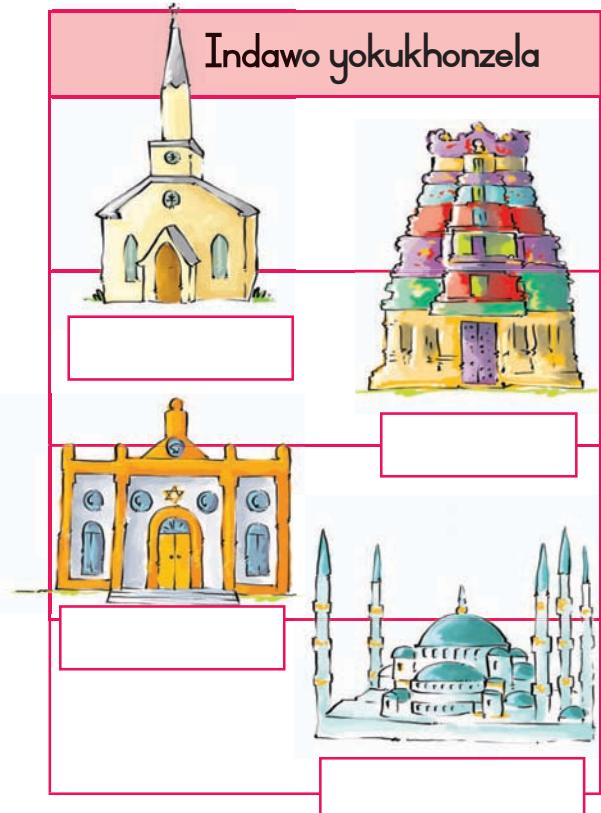
ithempeli

isinagoge

imoskhi

isonto

Inkolo
Ubu-Islamu
UbuHindu
ubuKhrestu
UbuJuda



Masenze loku

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

Igama lomngani	Uphawu lwenkolo yakhe





ISITIFIKETI

Sokuphothula ibanga lesi-3

Incwadi yoku-1 Amakhono Empilo

siklonyeliswa u-

Gewalisa igama lakho.

Usuku _____

Uthisha _____

Isichazamazwi sami

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X - Z
x - z