

Ihlaziywe yaze
yalungelelaniswa
neCAPS

Ibanga lesi-

3



Izakhono zoBomi
ngesiXHOSA

Incwadi yoku-
lKota 1 & 2

ISBN 978-1-4315-0276-9



Iincwadi zokusebenzela ezifumaneka kolu
thotho lweencwadi:

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

Igama:

Iklasi:



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

ISBN 978-1-4315-0276-9

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8th Edition



basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA



Iziqulatho

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Iphepha

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UNksk. Angie Motshekga.
uMphathiswa weMfundo
esisiSeko



UMnu. Enver Surty.
uSekela Mphathiswa
weMfundo esisiSeko

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Sinethemba lokuba ootitshala baya kuzifumana ezi ncwadi zokusebenzela ziluncedo kakhulu kwimfundo yemihla ngemihla, nasekuqinisekiseni ukuba abafundi bayifikelela yonke ikharithyulam. Ukuqinisekisa ukuba utitshala uyakhokelwa kuyo yonke imisetyenzana, 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
Eighth edition 2018

ISBN 978-1-4315-0276-9

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Ibanga lesi-

3

Izakhono zoBomi
ngesiXHOSA
Incwadi yoku-1



Le ncwadi yeka:



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

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.



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	Ndaqala ukuya	Bendikwibanga
inyanga	ukuthetha ngo-	esikolweni ngo-	lesi-3 ngo-
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?	

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.



Ututshala 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.

Xa ndandineminyaka emi-5 ndaya elwandle.

Xa ndandineminyaka emi-4 ndawa edongeni.



Masithethe

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



usana



umntwana omncinane



umntwana wesikolo



umntwana ofikisayo



umntu osekhumile



umntu omdala



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.

Large empty rectangular box for drawing or writing.



Teacher: _____
Sign: _____
Date: _____

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.

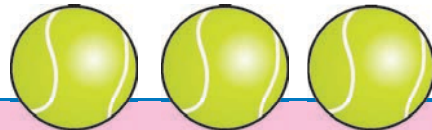
Isandi esiphezulu esifana nesokucula kweentaka.

Isandi esiphantsi esifana nokugquma kwengonyama.

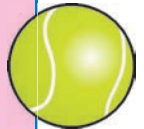


Phuma phandle

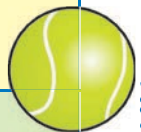
Uyakwazi ukuganga ibhola?



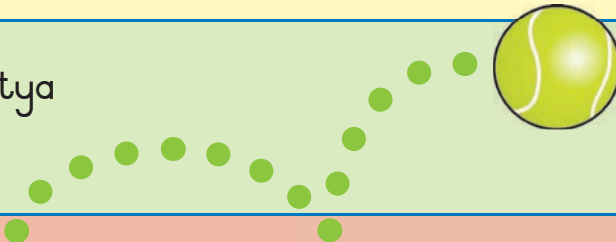
Phosa ibhola yentenetya emoyeni uze uyigange ngezandla zozibini.



Jula ibhola phezulu uze uqhwebhe izandla zakho phambi kokuyiganga.



Qakathisa ibhola yentenetya emhlabeni.



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

Ngoku zolule njengekati.





5

Sivakalelwa njani?

Ikota yoku-1 – Iveki yesi-3 – Iphepha lomsebenzi lesi-



Masithethe

Jonga le mifanekiso uze uxele ukuba aba bantwana baziva njani.

Wena wakha waziva ngolu hlobo? Bhala indlela aziva ngayo umntwana ngamnye.

Sebenzisa la magama anokukunceda.

ulusizi

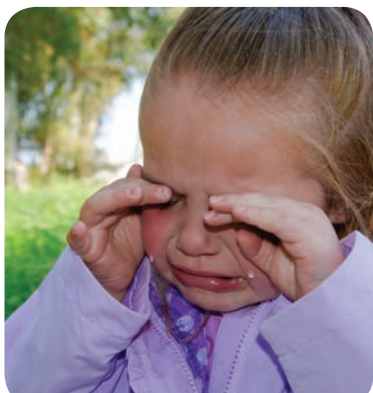
wonwabile

uyazisola

uyoyika

unebhongo

unomsindo



Phuma phandle

Dlalani umdlalo wentenetya niziqhelise ukubetha ngomphambili nangomva wesandla.





Masithethe

Yintoni ekonwabisayo?

Yintoni ekwenza ube lusizi?

Yintoni ekoyikisayo?



Masibhale

Yintoni ekwenza ube nomsindo?



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

Dayari ethandekayo

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

Dayari ethandekayo



Izinto endizithandayo

Masibhale

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

Blank space for writing (pink background).



Blank space for writing (yellow background).



**EYONA NTO
NDITHANDA
UKUYENZA**

Blank space for writing (purple background).

Blank space for writing (light green background).



Blank space for writing (light blue background).

Blank space for writing (light blue background).

Ikota yoku-1 – Ivekhi yesi-3 – Iphepha lomsebenzi lesi-



Masizobe

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

Eyona nto ndithanda ukuyenza



Let's do

Yenza ubuso obonwabileyo nobulusizi ngentlama yokudlala.



Masithethe

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

5					
4					
3					
2					
1					
	Ukucula	Ukufunda	Ukupeyinta	Imidlalo	Izibalo



Sesiphi esona senzo sithandwa kakhulu?

Teacher: _____
Sign: _____
Date: _____

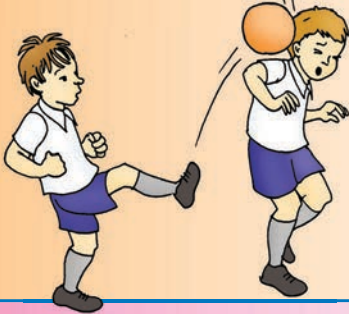
Sivakalelwa njani?

Ikota yoku-1 – Iveki 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 ngetshokoletshi.	



Masibhale

Benza ntoni abahlobo abalungileyo?

Xa kukho into endingayenzanga kakuhle ndicela uxolo.

Xa ndibona umhlobo wam etsala nzima ndiyamnceda.



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.





Zihlole.

		
Zihlole.		
Ndingumhlobo olungileyo.		
Ndiyabakhathalela abahlobo bam.		
Ndinobubele ebantwaneni beklasi yam.		
Uninzi lwabantwana beklasi yam bayandithanda.		
Ndisoloko ndinesimilo esihle ebantwini.		



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

[illegible]



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: _____
Sign: _____
Date: _____



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 siligcine licocokile 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 elicocokileyo.

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

Funa inombolo yefowuni yeenkonzo zikaxakeka unokuyifowunela. Inombolo yefowuni: _____



Teacher: _____
Sign: _____
Date: _____

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.



Ungaligqumi 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 zibhekisele 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.



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:
Sign:
Date:

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

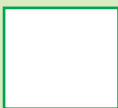
Faka uphawu ✓ ukuba umfanekiso ubonisa isenzo esikhuselekileyo okanye u-✗ ukuba ubonisa isenzo esingakhuselekanga. Wakugqiba bhala isivakalisi ngezantsi komfanekiso ngamnye uchaze ukuba kutheni ucinga ukuba sikhuselekile okanye asikhuselekanga.

UMama uyakuthanda.

Khwela nam emotweni yam. Ndiza kupha ilekese.

Andikwazi. Hamba apha!

Andikuthandi.



Umhle ke ngoku.



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, xeleta umntu omdala onokumthemba.



Masibhale

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

Handwriting practice lines for the first section.



Bhala ukuba ungasixela njani isehlo esibi kumntu omthembileyo.

Handwriting practice lines for the second section.

Teacher: _____
Sign: _____
Date: _____

Ukuzilumkela

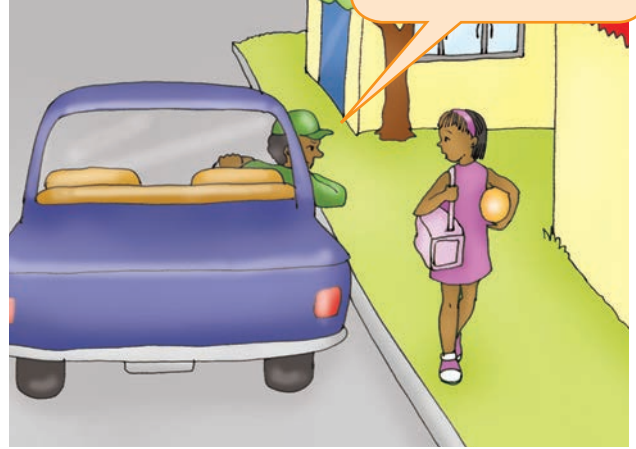
Ikota yoku-1 – Iveki yesi-6 – Iphepha lomsebenzi le-



Masithethe

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

Yiza, ndiza kukusa evenkileni.



Hayi, ndiyeke!



Kwenzeke ntoni?



Masithethe

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



Masibhale

Bhala phantsi imithetho emihlanu yokhuseleko.
Ingulowo nalowo wuqale ngokuthi:

Abantwana mabangaze...



Masenze

Yenza imaski ubonise uvakalelo.

Yenza isigqibo ngovakalelo onqwenela ukulubonisa
ngemaski yakho.

Yizobe ephepheni lokurhixiza.

Yisike uyikhuphe.

Sika ukhuphe amehlo.

Yihombise ngephepha elinombala.



Phuma phandle

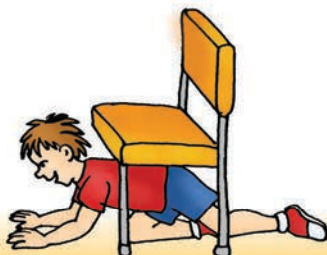
Zilungiselele ukungenela ugqatso.

Chopha ube kwisimo esilungileyo sokuqalisa.

Mamela utitshala wakho esithi:

"Chopha! Lunga! Baleka!"

Yenza ke ngoku umdlalo wemiqobo.



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.



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.



Amalungelo noxanduva



Masifunde

Maxa wambi abantwana kufuneka bancedise emakhaya.

Kodwa akufuneki abantwana basebenze nzima njengabantu abadala.

Abantwana kufuneka babe nexesha lokudlala nelokuya esikolweni.



Jonga le mifanekiso. Phawula imisebenzi efanele abantwana.

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



UAnna uthengisa imifuno imini yonke ngenxa yoko akakwazi ukuya esikolweni.



Ukuphuma kwesikolo uLisa unkcenkceshela isitiya semifuno.



UPeter uthutha izitena kuba
usebenzela umakhi.



UJabu noBongi bancedisa
ngokucoca.



Masithethe

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

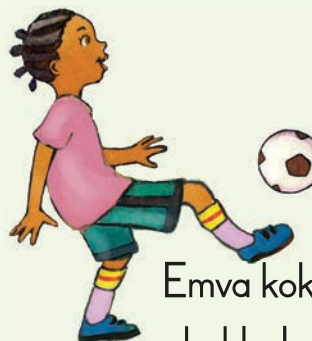


Phuma phandle

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



Bophani imilenze
yenu nijidibanise
ze nibaleke.



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



Masithethe

Isikolo ngasinye

sinemithetho ukuze

sikwazi ukusebenza

kakuhle. Ngokunjalo iklasi

nganye inemithetho

efanele ukuthotyelwa.





Masibhale

Bhalela ikhosi yakho imithetho
emi-4.



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



Masithethe

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

UXANDUVA LOLUTSHA LOMZANTSI AFRIKA

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

Teacher: _____
Sign: _____
Date: _____



16a

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



Masithethe

lintsuku zenkolo nezinye ezizodwa

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



UbuHindu



UbuIslam



UbuJuda



UbuKrestu

Kufuneka sihloniphe abantu bezinye iinkolo.

Yeyiphi inkolo yakho? _____

Yeyiphi inkolo yomhlobo wakho omthanda kakhulu? _____

Umhla:

Siyahlola



Masibhale

Zalisa eli khadi lingawe.

Igama lam _____

Ifani yam _____

Usuku lwam lokuzalwa _____

Ibanga lam _____

Isikolo sam _____

Inombolo yam yefowuni _____

Idilesi yam _____

Inombolo yam yengxakeko _____

Owona mdlalo ndiwuthandayo _____

Owona mbala ndiwuthandayo _____

Oyena mhlobo wam ndimthandayo _____

Into endonwabisayo _____

Into endenza lusizi _____

Into endicaphukisayo _____

Into endiyenza kakuhle _____

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

Teacher: _____
Sign: _____
Date: _____



Ikota yesi-2 – Iveki yoku-1 – Iphepha lomsebenzi le-

17

Indlela yokutya esempilweni



Masithethe

Jonga iqela ngalinye kumagela 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.

Ikhabhohayidrethi

Ezi ntlobo zokutya zisinika amandla.



Ubisi

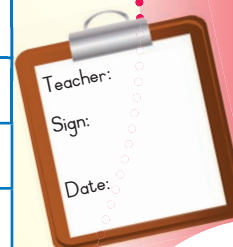
Ukutya kwemveliso yobisi kwenza amathambo ethu omelele, ngakumbi xa usemncinci amathambo esakhula.



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

Ikota yesi-2 – Iveki yoku-1 – Iphepha lomsebenzi le-



Masithethe

Indlela esitya ngayo

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 ikeyiki neetshiphusi kakhulu.



Iresiphi ye- _____

Zeziphi izithako ezifunekayo?

Ndenze njani?/Ndisebenzise eyiphi indlela?	

Teacher:
Sign:
Date:



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

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.





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.		

Teacher:
Sign:
Date:

Bala ufumanise ukuba uwufake kangaphi umbala ebusweni obuncumileyo. _____



Masenze

Ukutya kakuhle

Zoba okanye ncamathelisa imifanekiso yokutya ukuze ubonise isidlo esinempilo.



Masifunde

Imithetho yokutya ngendlela elungileyo

Zihlambe qho izandla zakho phambi
kokuphatha ukutya.

Ungakushiya ungakugqumanga ukutya.

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

Lima eyakho imifuno.



Masenze

Zoba umfanekiso ubonise omnye wale mithetho.



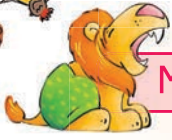
Teacher:

Sign:

Date:

Izinambuzane

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



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

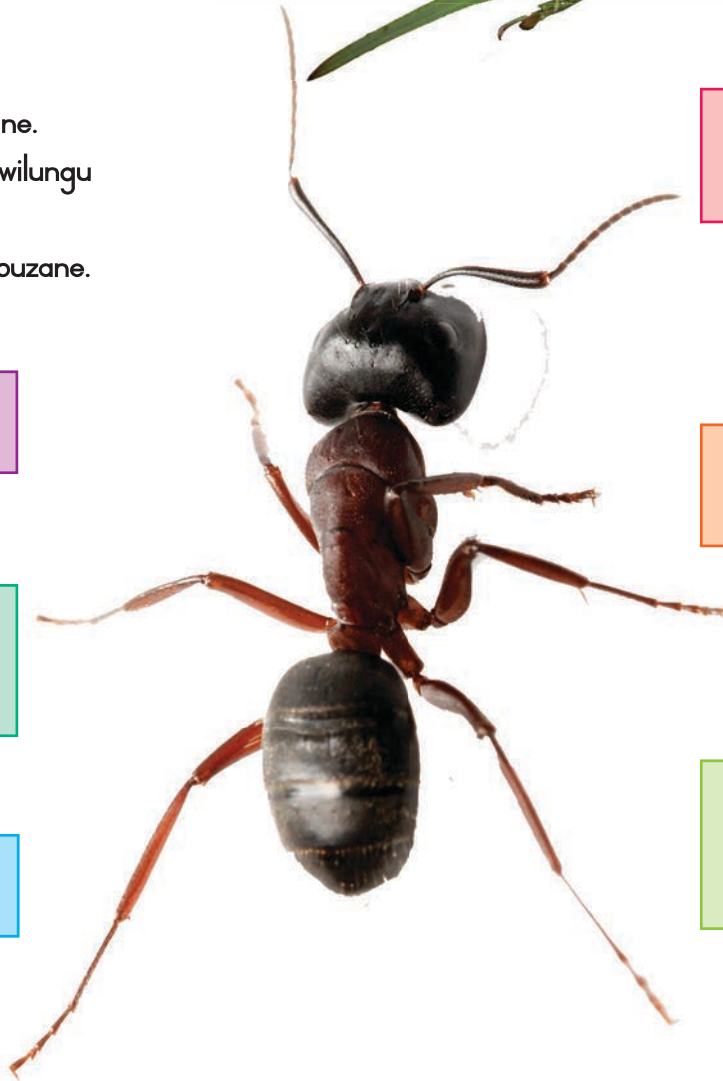
Intloko



Umzimba
ongezantsi

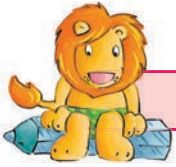
Umzimba
ongasentla

Uphondo



Phuma phandle

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



Masibhale

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



Inyosi



Ingcongconi



Impukane

Imbovane

Intethe

Ibhabhathane

Ubhantom

Iivingane



Masibhale

Ngoku fakela amagama angekhoyo.

_____ zenza ubusi.

_____ amvumvuzela iintyatyambo.

_____ zisasaza imaleriya.

_____ zisasaza izifo.

_____ zitya izityalo zabalimi.





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.



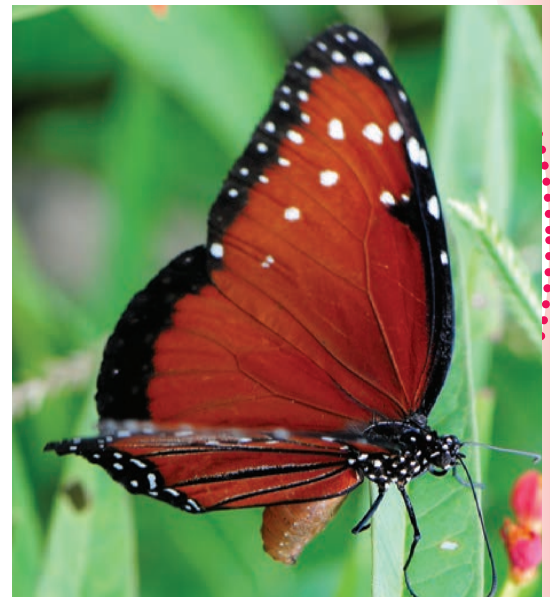
_____ inemilenze yangasemva eyomeleleyo yokutsiba.

Umhla:



zisebenzisa

iimpondo ukunxibelelana nezinye.



asasaza umgubo wokumvumvuzela
ukusuka kwisityalo esithile ukuya
kwesinye.

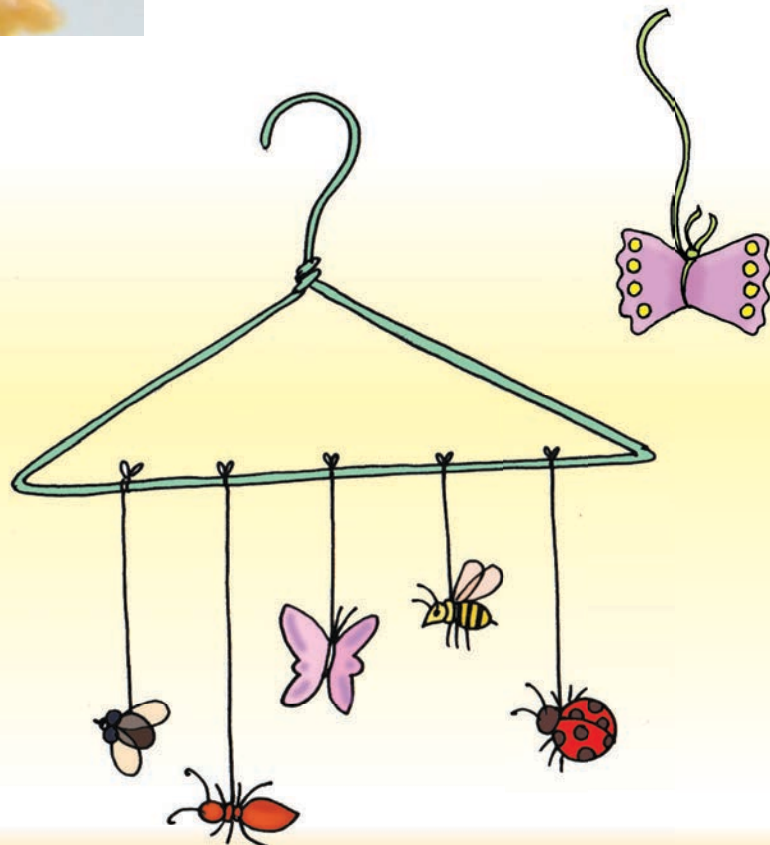


Zisasaza iintsholongwane.



Yenza ukuba isinambuzane
sishukume.

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

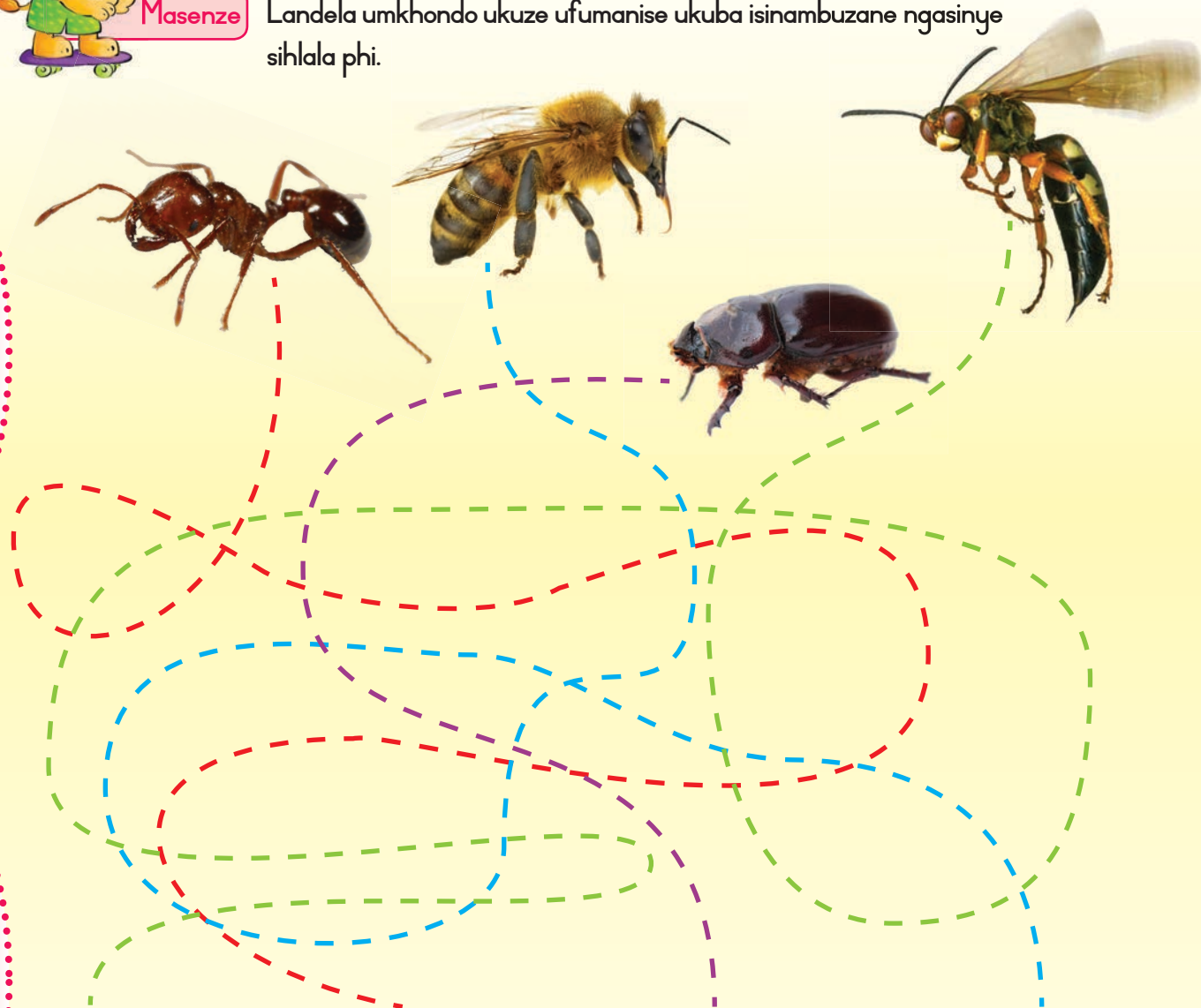




Masenze

Amakhaya ezinambuzane

Landela umkhondo ukuze ufumanise ukuba isinambuzane ngasinye sihlala phi.





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.



Teacher:
Sign:
Date:



Masenze

Ndiligcisa

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.





Phuma phandle

Dlala le midlalo



Isitishi 1:

Ibhola yomnyazi: Qakathisa ibhola logama ubaleka ngepatheni egosogoso.



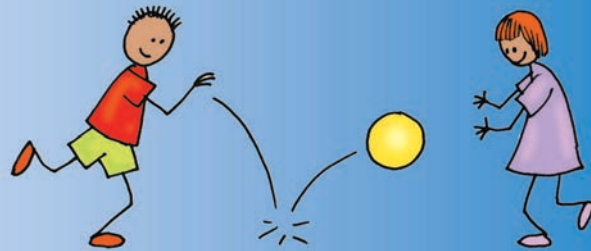
Isitishi 2:

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

Umjikelo wobomi besele



Masithethe

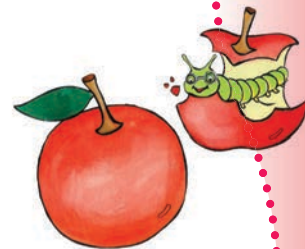
Jonga imifanekiso uze uxelele umhlobo wakho indlela eliguquka ngayo isele kumjikelo wobomi balo.

- 1 Amasele amabini ayadibana ukuze achumise amaqanda.
- 2 Isele eliyimazi libekela amaqanda.
- 3 Kuvela unjubalala omtsha oneempfumla ezingaphandle kunye nephiko lomsila.
- 4 Unjubalala ukhula imilenze.
- 5 Umsila uthi pheselele.
- 6 Isele elidala eseliphuhle imiphunga nelingasenazimpfumla.



Masenze

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

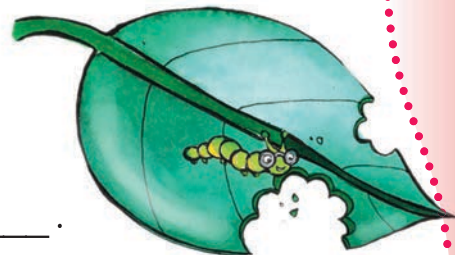


Umjikelo wobomi bebhathathane

2



3



1



1

Ibhabhathane libeka amaqanda.

2

_____.

3

_____.

4

_____.

6



5

Umbungu uba nguphunguphungu.

6

_____.



5

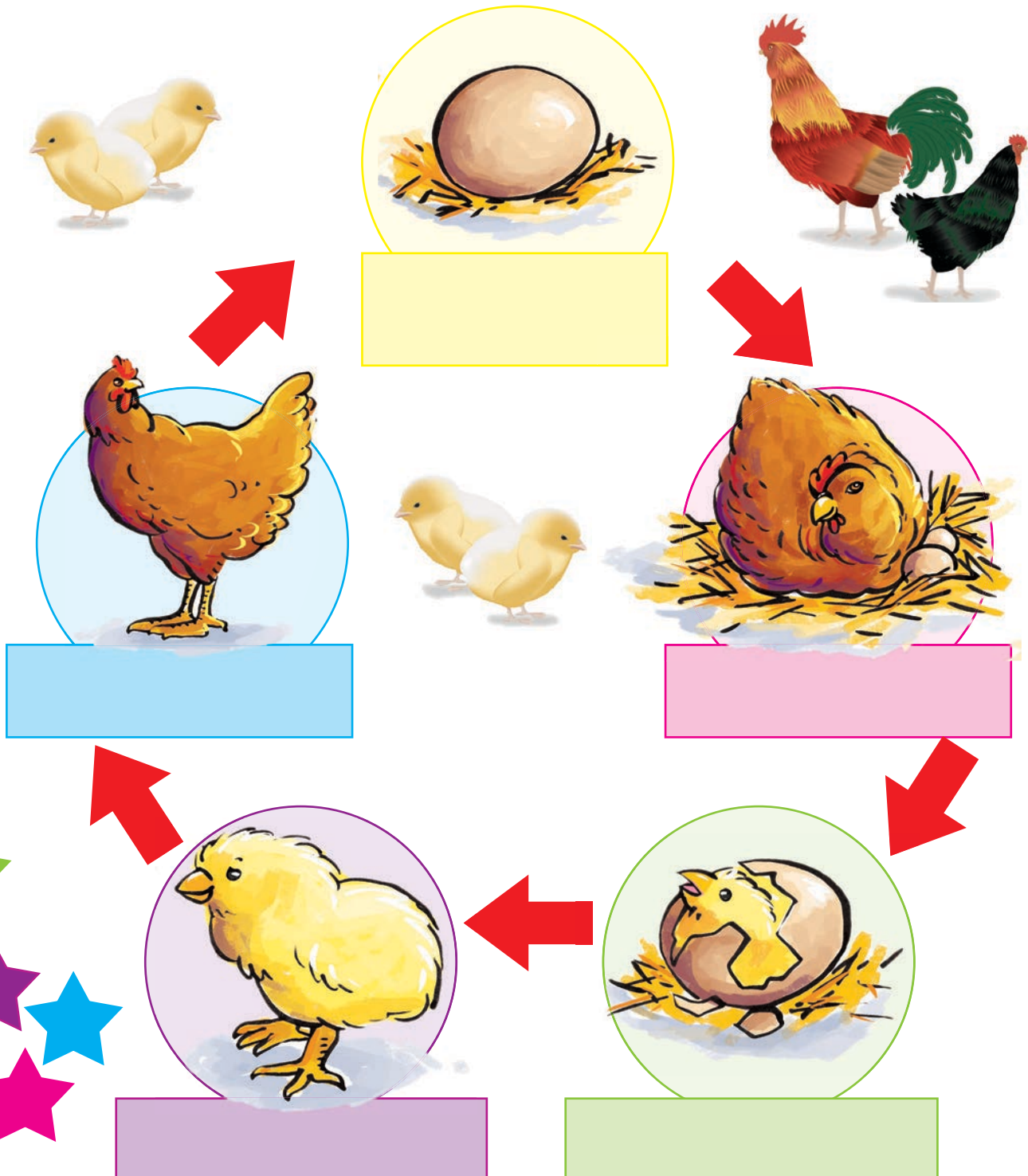


Imijikelo yobomi

Masithethe

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

Umjikelo wobomi benkuku





Masenze

Ngoku yila owakho umjikelo wobomi.

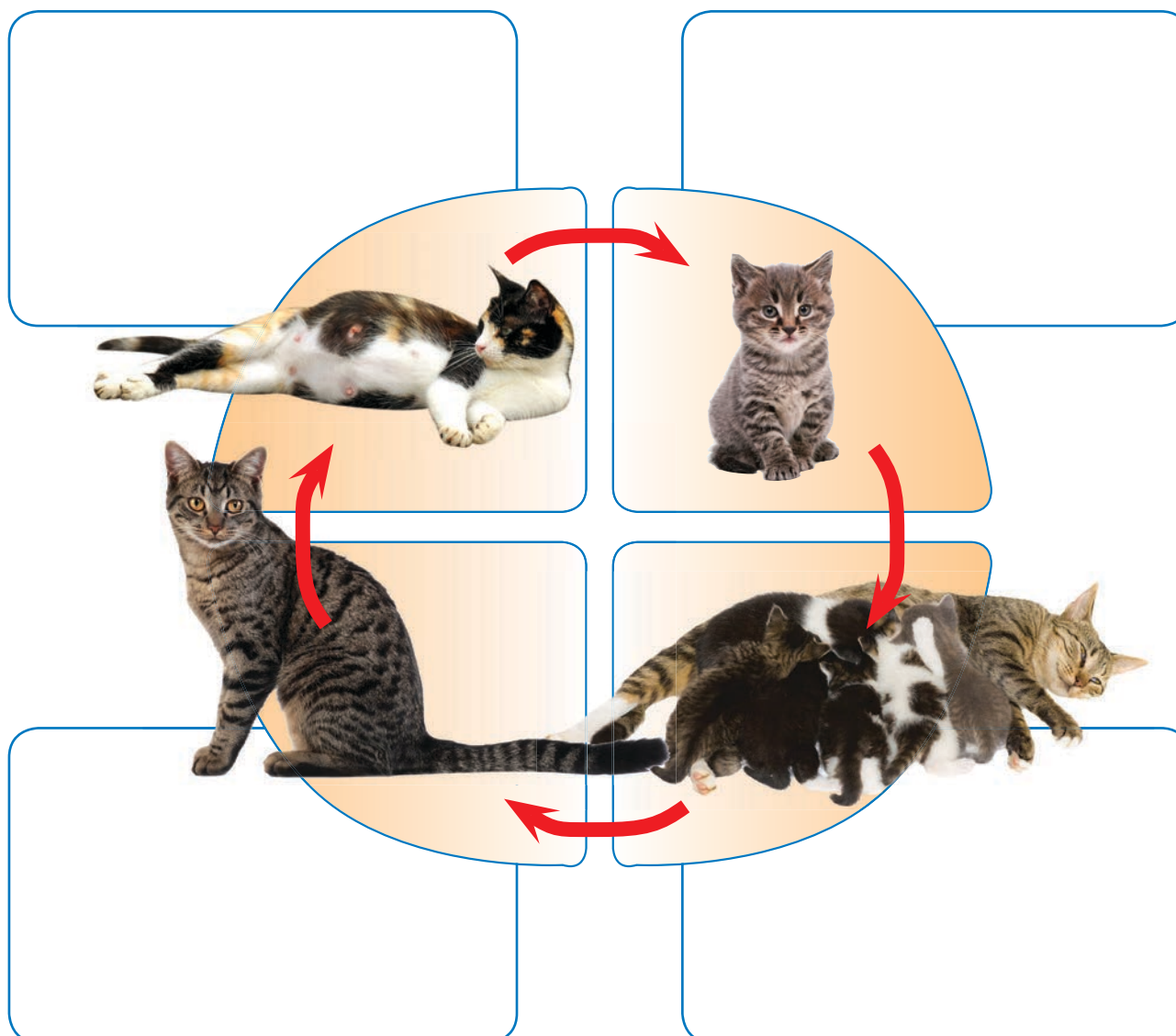
Faka uphawu kumfanekiso ngamnye okwivili leballi ubonise umjikelo wobomi bekati.

Sebenzisa izihloko ezingezantsi ukuze zikuncede.

Faka iinombolo kumabakala 1-4 uze uzisebenzise kwivili lakho leballi.

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

Umkjelo wobomi bekati



Teacher: _____
 Sign: _____
 Date: _____

Isilo-qabane sam



Masenze

Yenza imasikhi yesilo-qabane

Kufuneka oku:

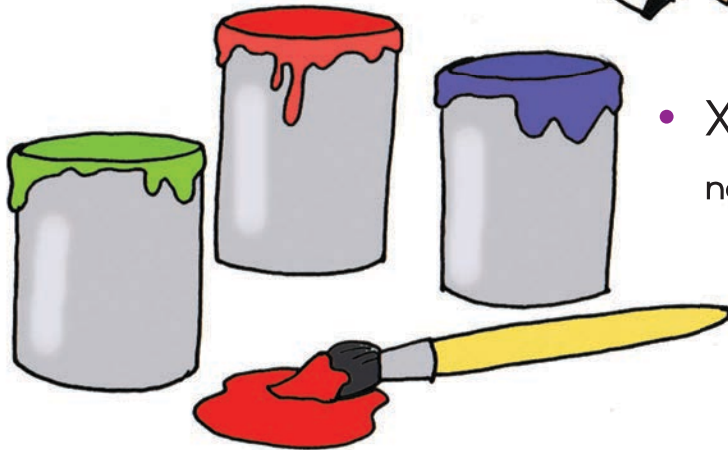
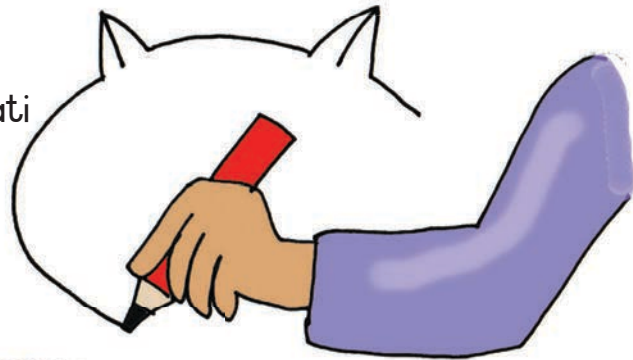
Iphepha le-A4

Ipenisile

Ipeyinti yomgubo namanzi

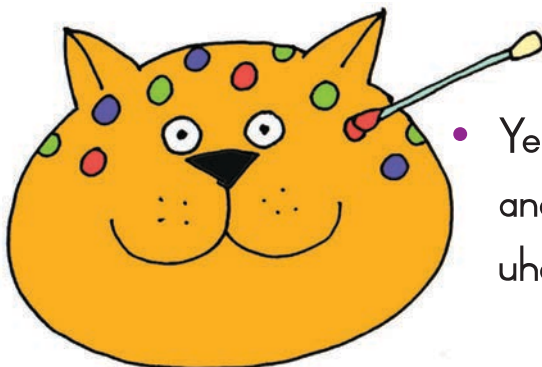
Imicinga yokugqogqa iindlebe

- 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.





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.

Teacher: _____
Sign: _____
Date: _____

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?





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.



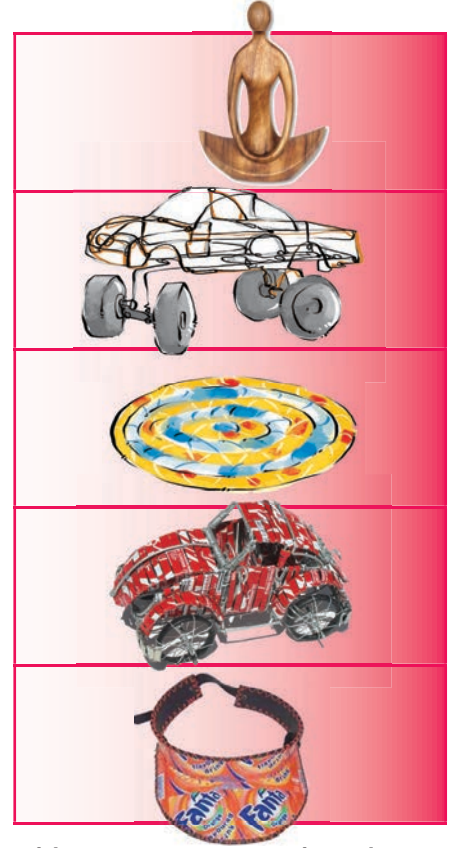
Hlaziya igilasi	Hlaziya iplastiki	Hlaziya iphepha	Yenza ikhomposi
Iibhotile ezindala	Izingxobo zeplastiki	Amaphepha-ndaba	Amaxolo emifuno



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.



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 zeplastiki

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.



Teacher:

Sign:

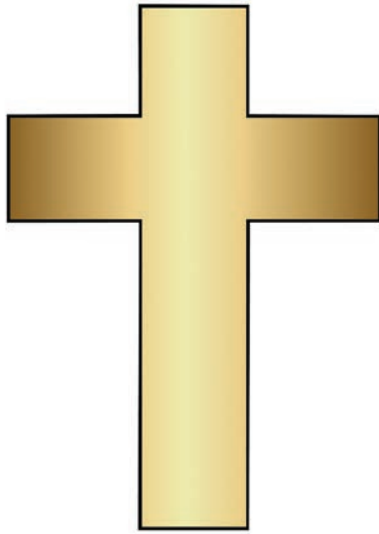
Date:

Iintsuku zenkolo nezinye ezizodwa

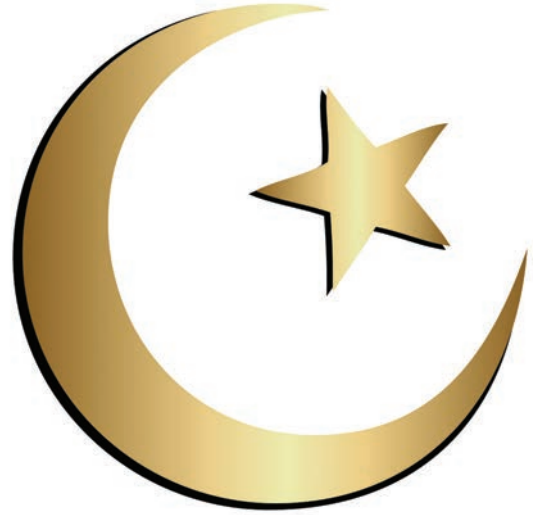


Masithethe

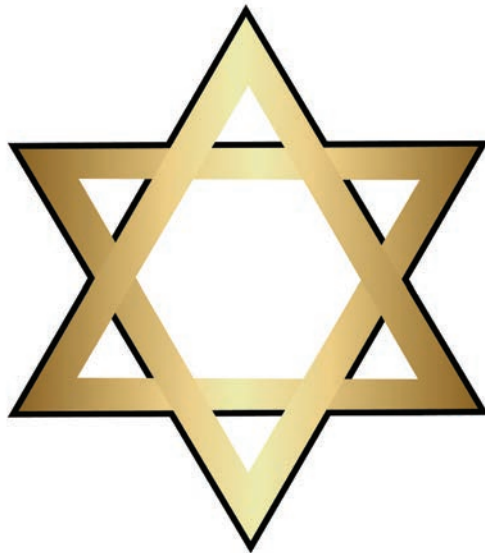
Thetha nomhlobo wakho ngokuba zeziphi iinkolo ezisebenzisa ezi mpawu. Xela ukuba loluphi olwenkolo yakho. Ukuba akuluboni uphawu lwakho, luzobele umhlobo wakho.



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.

Iindawo ezahlukeneyo zokunqula

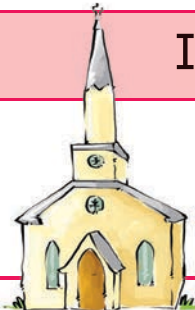
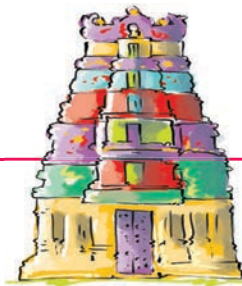
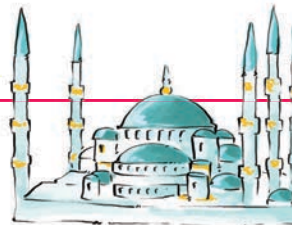


Masenze

Krwela umgca odibanisa inkolo nganye nendawo yayo yokunqula.
Bhala igama lesakhiwo phantsi komfanekiso ngamnye.

itempile	isinagogu	imoski	inkonzo
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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

Ikota yesi-2 – Iveki yesi-8 – Iphepha lomsebenzi lama-





ISATIFIKETHI

Sokugqiba iBanga lesi-3

Izakhono zoBomi incwadi yoku-1

Sinikezelwa ku

Bhala igama lakho.

Umhla _____

Utitshala _____

Isichazi-magama sam

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H
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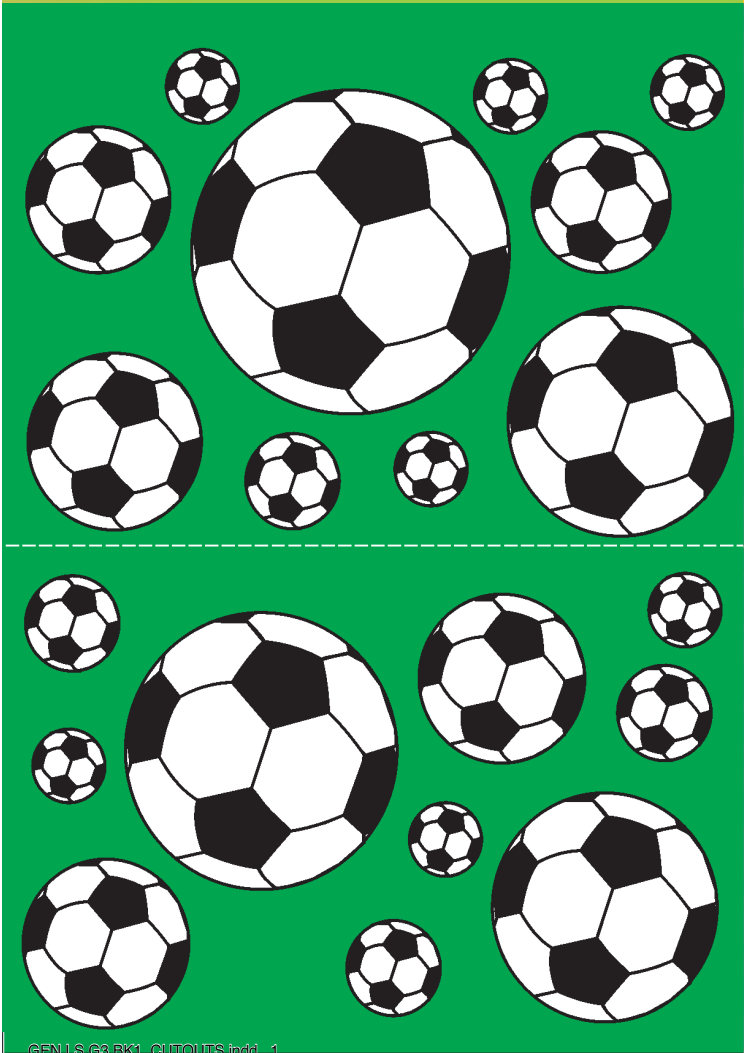
K
k

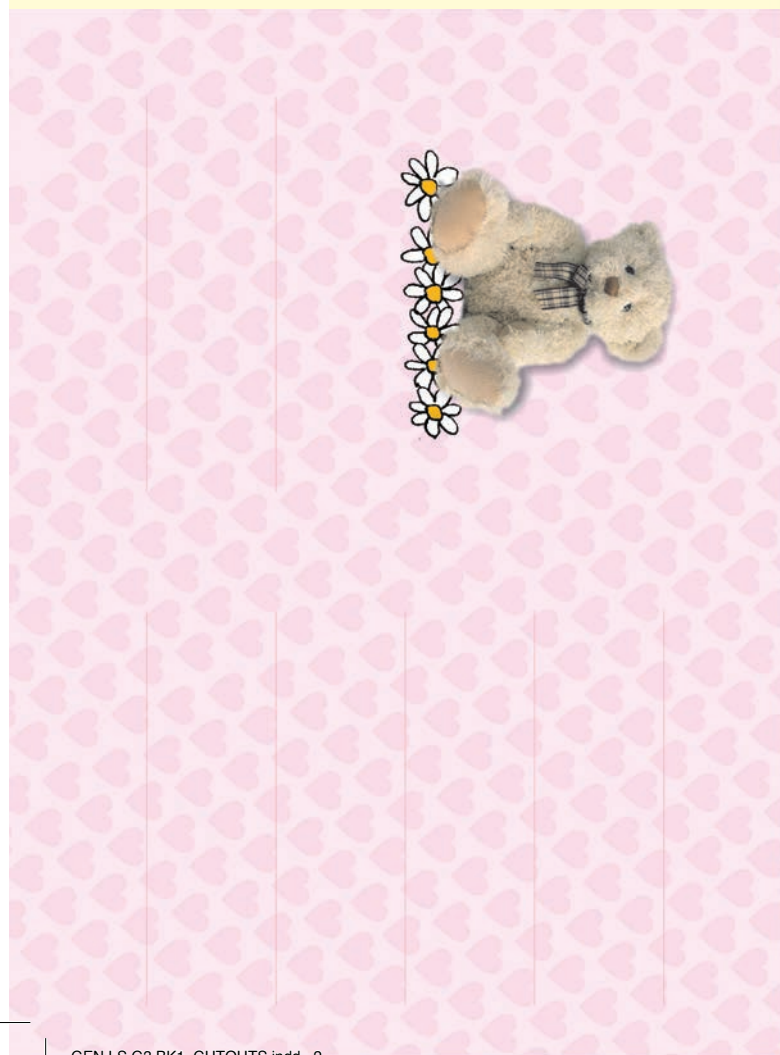
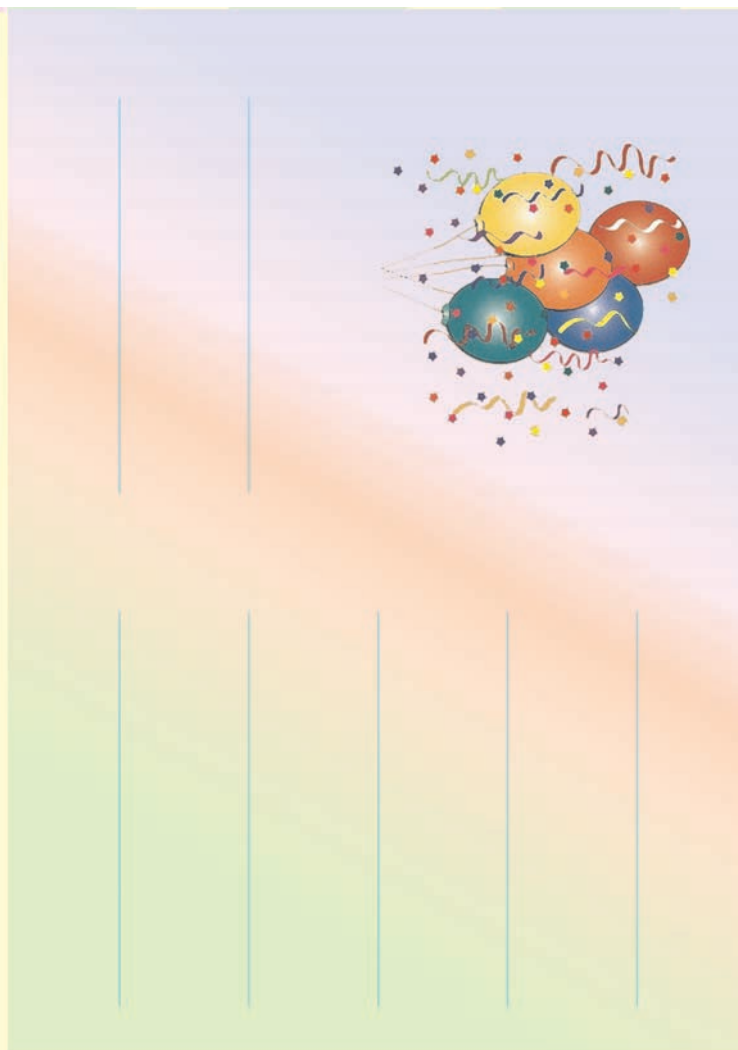
F
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Isichazi-magama sam

M m	S s
N n	T t
O o	U u
P p	V v
Q q	W w
R r	X-Z x-z





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