Ibuyekeziwe – lhambisana ne-CAPS

Ibanga lesi-3



Amakhono Empilo ISIZULU

Incwadi yoku-1

Ithemu 1 & 2

Igama:

Iklasi:

Izincwadi zokusebenzela ezikhona kulolu hla lwezincwadi:

- *Ulimi/Ulimi lwasekhaya Amabanga 1 – 6 (Ngezilimi zonke ezisemthethweni)*
- *Izibalo Amabanga 1 – 3 (Ngezilimi zonke ezisemthethweni)*
- *Izibalo Amabanga 4 – 9 (NgesiNgisi nesiBhunu)*
- *Amakhono Empilo Amabanga 1 – 3 (Ngezilimi zonke ezisemthethweni)*

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Rainbow WORKBOOKS

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GRADE 3 – BOOK 1
TERMS 1 & 2
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Ibanga lesi- 3



Amakhono Empilo
NGESIZULU
Incwadi yoku-1



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 owazalelwa kuyo:

_____

Intombazana noma umfana:

_____.

Ulimi lwasekhaya:

_____.

Umbala wezinwele:

_____.

Ubude: _____ cm

Umbala wamehlo:

_____.

_____

Ukusayinda



Dweba isithombe sakho.

Usuku: .....

Masixoxe Cabanga ngempilo yakho yonke kuze kube manje.

Ukhumbula ukufikaphi?

Ingabe uyalukhumbula yini susuku lwakho lokuzalwa lonyaka wesibili?

Usakhumbula uma usaqala isikole?





Masibhale Gcwalisa lo mugqa wesikhathi ngempilo yakho.

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

Teacher:
Sign:
Date:

2

Isikole sami



Masenze loku

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

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



Masibhale

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

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

Usuku: .....

Sasithini isiqubulo sesikole? Ngabe sisenjalo namanje?	Dweba ibheji lesikole.
Yisho okuthile okubaluleke kakhulu ngesikole. (Mhlawumbe kwakunomfundi 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 okwenziwa yilezi zingane.



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

Manje nqaka ibhola ngesikhwama uma umngani wakho eliphonsa.

Phonsela umngani wakho ibhola bese ubheka ukuthi angalinqaka ngesikhwama na.

Zinwebe njengekati ukuze ukhululeke.





Teacher:
Sign:
Date:

Konke ngami

Masixoxe

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



Masenze loku

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

 Usana	 Umntwana	 Umntwana wesikole
 ijongosi	 Umuntu omdala	 Isalukazi

Usuku: .....



Masixoxe





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



Teacher:

Sign:

Date:

4

Okukhulu nokudala

Masixoxe

Xoxa ngokuthi wehluke kangakanani wena ezinganeni ezindala nakubantu abadala.

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

Bashintsha kanjani abantu ngenkathi bekhula.



Masibhale

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

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

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

Ungalinqaka ibhola?

Phosa ibhola emoyeni uphinde ulinqake ngezandla zombili.

Liphose phezulu bese ushaya izandla zakho ngaphambi kokuba ulinqake ibhola.

Shaya ibhola phansi.

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

Manje zelule njengekati.

Teacher:
Sign:
Date:

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.



Usuku: .....



Masixoxe

Yini ekujabulisayo?

Yini ekujabhisayo?

Yini ekwenza wesabe?





Masibhale

Yini ekucasulayo?

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

Dayari ethandekayo

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

Dayari ethandekayo

Teacher:

Sign:

Date:

Izinto engizithandayo



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







ENGIJABULELA UKUKWENZA







Usuku: .....



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 esikhaleni esifanele ngaso sonke isikhathi lapho besho umsebenzi abawuthandayo.



5					
4					
3					
2					
1					
	Ukucula	Ukufunda	Ukupenda	Umdlalo	Izibalo





Yimuphi umsebenzi othandwa kakhulu?



Imizwa

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

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

Masibhale Benzani abangani abahle?





Usuku: .....

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 amagama abalingiswa kwikholamu lokuqala.



Phumela ngaphandle

Zama ukwenza okulandelayo.

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



Teacher:

Sign:

Date:

8

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.





Usuku: .....



Masibhale

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



Abantu ababalulekile empilweni yami



Manje bhala incazelo yala bantu nokuthi kungani ucabanga ukuthi bakhethekile.



9

Ezempilo nosizo lokuqala

Masixoxe

Xoxa ngalokho okwenzeka kulesi sithombe.



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

Wake waba nomongozima? Kufanele wenzeni uma uqala ukuphuma umongozima?

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

Okufanele ukwenze uma uphuma umongozima

1. Hlalela maphambili ugobise ikhanda.
2. Vala amakhala akho imizuzu emibili bese uphefumula ngomlomo.
3. Beka into ebandayo ngemuva emqaleni wakho njengethawula elimanzi noma iqhwa elembozwe ngethawula.
4. Ungafinyi uma umongozima usumile ukuphuma.
5. Uma ukopha kunganqamuki emizuzwini eyi-15, kufanele ubone udokotela noma umhlengikazi.











Usuku: .....

Ukusikeka





Masifunde

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



Masixoxe

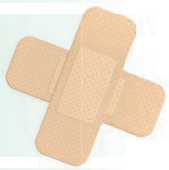
Chazela abangani bakho ukuthi ihlanzwa kanjani ingozi yokusikeka. Batshengise ukuthi kwenziwa kanjani.





Indlela okuvinjelwa ngayo ukopha kolimele

Ungalingi uthinte igazi lomunye umuntu.



Uma usiza umuntu olimele ubohlala njalo ufake amaglavu.



Nqamula ukopha ngokuphakamisa ingalo ibe ngenhla kwenhliziyo.

Zama ukumisa ukopha ngokubopha inxeba ngebhandishi elihlanzekile.



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

Bheka ukuthi iyiphi inombolo yocingo oluphuthumayo ongayishayela.
Inombolo yocingo: _____



Ukusha



Masifunde

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

1. Vulela amanzi abandayo lapho eshe khona imizuzu engaba yi-10. Lokhu kusiza ukwehlisa ukushisa esikhumbeni.
2. Qaqa amabhandishi abophe isilonda sokusha. Uma indwangu inamathele esikhumbeni, ungayisusi.
3. Kuyeke ukusha kuvulekile uqaphele ukuthi akubi sesimweni esibi.
4. 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.

Shintshana nomngani wakho ngokuba yibhala.



Shintshanani ngokushwiba ingqathu ukuze abangane bakho nabo bagxume.

Usuku: .....

Masixoxe

Kwenzekani kulesi sithombe?
Yikuphi okunye okungenza ukuba abantu bashe?







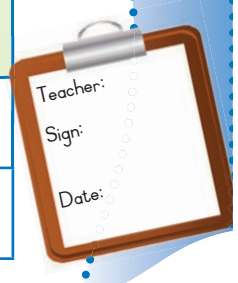
Bhala phansi imithetho ebalulekile uma kufanele usize:

Ukopha kwamakhala / Umongozima

Ukusikeka



Ukusha



11

Ukugcina umzimba uphephile



Masixoxe

Kufanele sinakekele imizimba yethu.

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

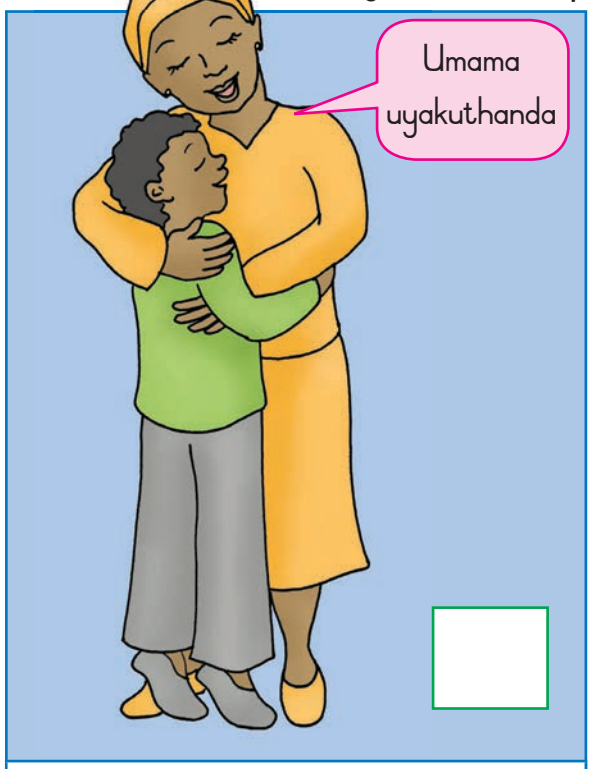
Bese kuba khona into ethi "cha" uma okuthile kungasijabulisi futhi sifuna kume kungaqhubeki.

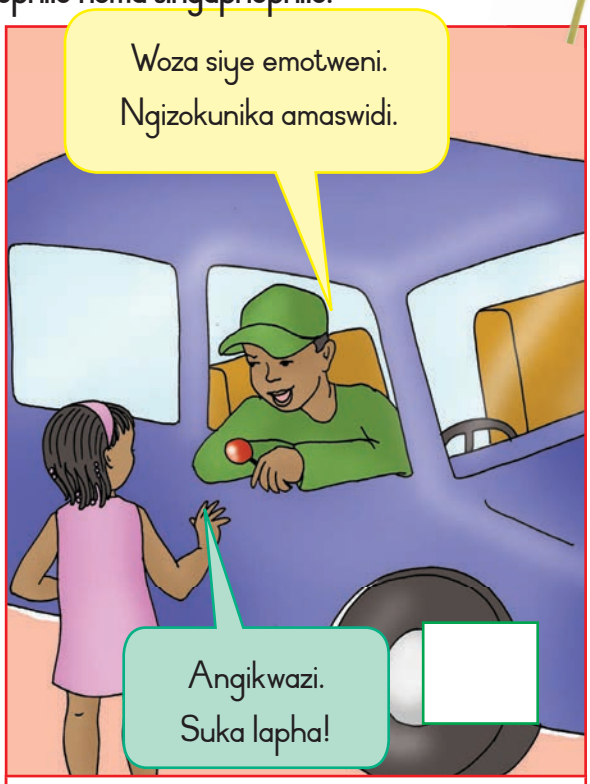




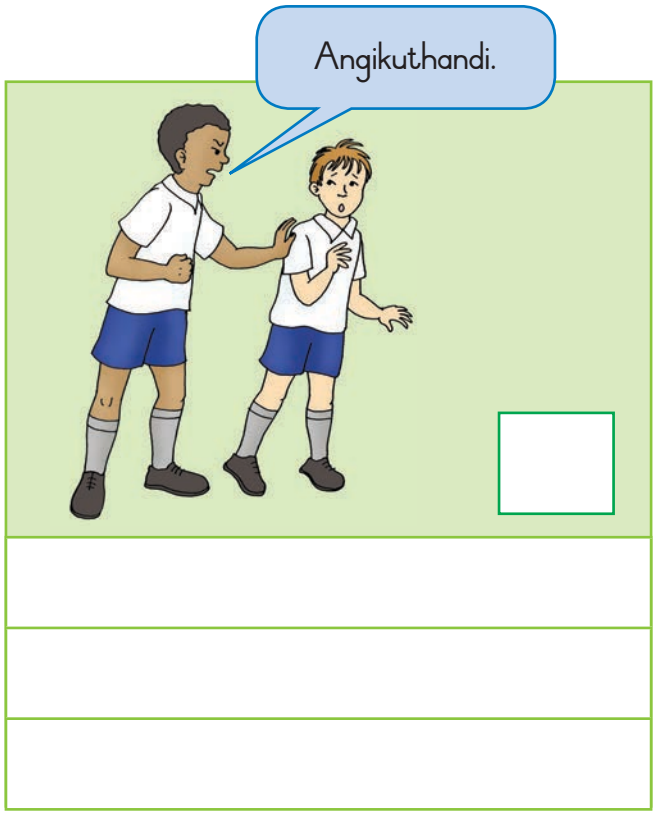
Masibhale

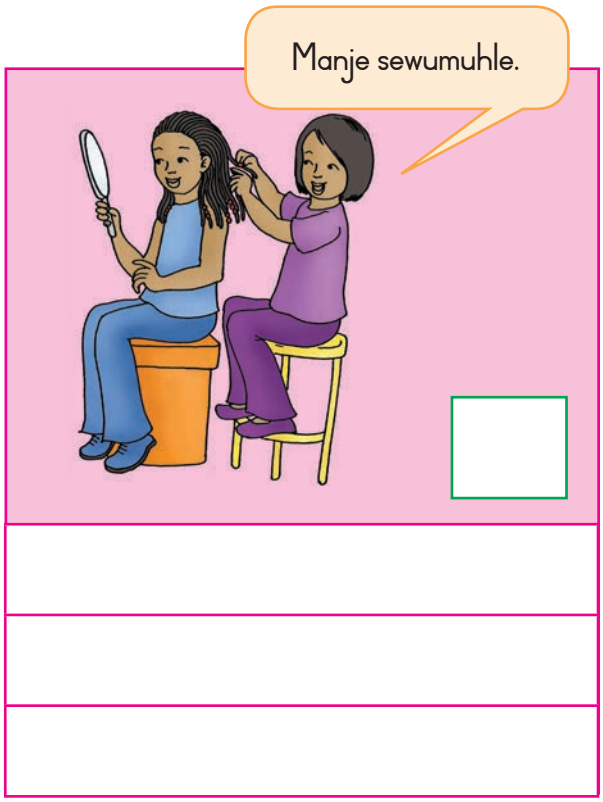
Thikha ✓ uma isithombe sibonisa umsebenzi wezokuphepha noma ubeke isiphambano ✘ uma isithombe sibonisa umsebenzi ongenakuphepha. Manje bhala umusho ngezansi kwesithombe ngasinye ukusho ukuthi kungani isithombe siphephile noma singaphephile.





Usuku: .....





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.

Teacher:

Sign:

Date:

Ukuzinakekela

Masixoxe

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











Masixoxe

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

Usuku: .....

Masibhale

Bhala imithetho emihlanu yokuphepha, iqale yonke ngokuthi:

Abantwana akumele nakanye ...



Masenze loku

Yenza imaski ukutshengisa imizwa yakho.



Uthanda ukuthi imaski yakho ikhombise miphi imizwa?

Dweba ephepheni.

Sika.

Sika amehlo.

Hlobisa ngephepha elimibalabala.

Phumela ngaphandle

Zilungiselele umjaho.



Guqa endaweni efanele yokuqala.

Lalela uma uthisa ethi:

"Guqani! Lindani! Sukani-ke!"

Bese ubeka into ezophazamisa endleleni.



Teacher:

Sign:

Date:

Ukugcina umzimba wami uphilile



Masixoxe

Sonke sifanele ukugcina imizimba yethu iphile kahle.
Yini eyenziwa yilezi zingane ukugcina imizimba yazo isesimweni esifanele?






Yiziphi ezinye zezinto ezingenampilo ezenziwa ngabantu?

Uthi bewazi nje ukuthi ukubhema kuyinto embi emizimbeni yethu?

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

Kuyilimaza kanjani imizimba yethu ukubhema?



Masibhale

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

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

Usuku: .....



Imithetho yezempilo



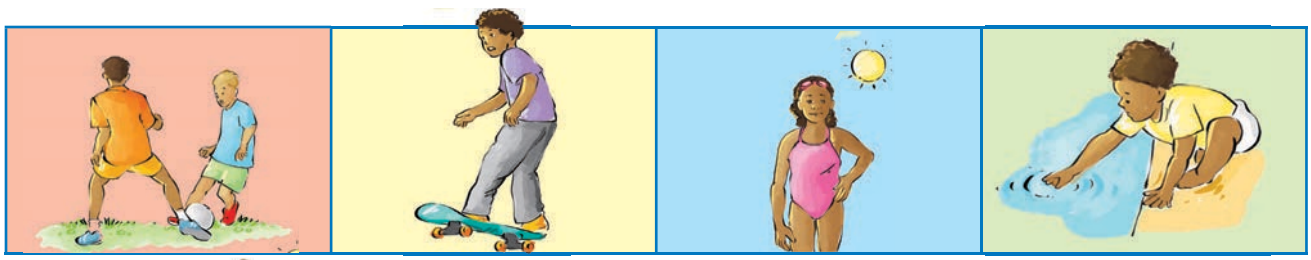
Kufanele ngixubhe amazinyo ami emva kokudla nangaphambili kokuba ngilale. Kufanele ngikame izinwele zami ngaphambi kokuya esikoleni. Kufanele ngixubhe amazinyo ami emva kokudla nangaphambili kokuba ngilale. Kufanele ngihlambe izandla zami emva kokuya endlini encane. Kufanele ngigcine izinzipho zami zimfushane futhi zihlanzekile. Kufanele ngigeze izandla emva kokuya endlini encane nangaphambili kokuthinta ukudla.



Ukuzijabulisa

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



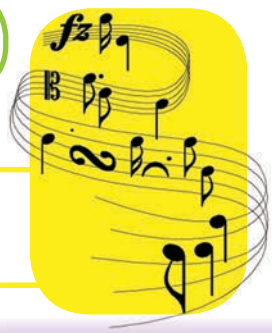




Ukuzijabulisa



Yiba nomdlandla udlale umdlalo wekhilikithi.



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



14

Imisebenzi yami

Masifunde

Ngesinye isikhathi izingane kufanele zisize imindeni yazo emisebenzini yasekhaya.

Kodwa akufanele ukuba izingane zisebenze kanzima njengabantu abadala.

Izingane kufanele zibe nesikhathi sokudlala nokuya esikoleni.



Bheka lezi zithombe. Thikha imisebenzi ezilungele izingane.
Bhala umusho ngezansi kwesithombe ngasinye bese usho ukuthi kungani ucabanga ukuthi umsebenzi uzilungele noma awuzilungele izingane.

 UZinhle udayisa izitshalo usuku lonke, akakwazi ukuya esikoleni.	 ULungi uchelela ingadi yezitshalo ngemuva kwesikole.

Usuku: .....

 UThemba uthwala izitini ngoba usebenzela umakhi.	 UJabu noBongi basiza ngokugeza izitsha.



Masixoxe

Yimiphi imisebenzi oyenza ekhaya?

Yiziphi izinto ozenza esikoleni ukusiza uthisha wakho?





Phumela ngaphandle

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

Hlanganisani imilenze ngentambo, bese nigijima.





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



Imisebenzi yami

Masixoxe

Tshela umngani wakho ukuthi lezi zingane zephula miphi imithetho.

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



Usuku: .....



Masibhale Bhala imithetho emine yeklasi lakho.







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

UMTHETHOSIVIVINYWA WEZINTO EZIMELWE UKUQASHELWA YINTSHA YASENINGIZIMU AFRIKA

Ilungelo lokulingana

Phatha bonke abantu ngokufanayo nangokwamukelekayo. Ungacwasi.



Isithunzi sobuntu

Kumele uhloniphe wonke umuntu. Yiba nomusa ube nokunakekela.



Ilungelo lokuphila

Impilo ibalulekile. Hlonipha konke okuphilayo.



Umndeni

Hlonipha abazali. Yiba nomusa wethembeke emalungwini omndeni.



Imfundo

Ngena isikole, usebenze kanzima ekufundeni kwakho. Hlonipha imithetho yesikole.



Ilungelo lokusebenza

Siza umndeni wakho ekhaya ngayo yonke imisebenzi. Abantwana kumele bavikeleke ekusetshenziswa bebancane.



Ilungelo lokukhululeka nokuvikeleka

Ungalimazi, ungahluphi kumbe wesabise abanye abantu, ungabavumeli nabanye abantu ukuthi bakwenze lokhu. Xazulula ingxabano ngokuthula.



Ilungelo lobunini-mpahla

Hlonipha impahla yabanye abantu. Ungalimazi impahla, ungantshontshi.



Ilungelo leNkolo, ukuKholwa neMibono

Hlonipha inkolo nemibono yabanye abantu.



Ukuphepha

Vikela umhlaba. Ungasaphazi amanzi umoshe ugesi. Vikela izilwane nezitshalo. Gcina ikhaya lakho namakhaya omphakathi ehlanzekile ephephile.



Ilungelo lokuba yisakhamuzi

Yiba yisakhamuzi saseNingizimu Afrika esethembekile. Hlonipha imithetho, uqiniseke ukuthi nabanye abantu benza kanjalo.



Ukukhuluma ngokukhululeka

Ungawandisi amanga nenzondo. Qiniseka ukuthi abanye bantu abedelelwa, abalinyazwa futhi imizwa yabo.





Izinsuku zenkolo nezinye ezibalulekile



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



amaHindu



ama-Islamu



Inkolo yobuJuda



amaKhrestu

Kufanele sihloniphe abantu bezinkolelo ezahlukahlukene.

Yini inkolo yakho? _____

Yini inkolo yomngani wakho omkhulu? _____

Usuku: .....

Ngiyahlola nje



Masibhale Gcwalisa lolu qwembe ngawe.

Igama lami _____

Isibongo sami _____

Usuku lwami lokuzalwa _____

Ibanga lami lesikole _____

Isikole sami _____

Inombolo yami yocingo _____

Ikheli lami _____

_____

_____

_____

Inombolo ephuthumayo _____

Umdlalo engiwuthandayo _____

Umbala engiwuthandayo _____

Umngani wami omkhulu _____

Okungijabulisayo _____

Okungijabhisayo _____

Okungicasulayo _____

Engiyikho _____

Teacher:

Sign:

Date:

Ukudla ngendlela enempilo



Masixoxe

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



Amaphrotheni

Amaphrotheni akha amaseli emizimbeni yethu ukuze imizimba yethu ikhule.



Amavithamini

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



Yenza lokhu ngaphandle

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

Usuku: .....

Amakhabhohayidrethi

Lezi zinhlobo zokudla zisinika amandla.





Izinto ezithintana nobisi

Siyawadinga amafutha ukuze sifudumale sibe namandla.



Masibhale

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

Ukudla engikudle izolo	Uhlobo lokudla

Teacher:

Sign:

Date:

18

Izindlela esidla ngazo

Masixoxe

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

Gcwalisa amagama amalungu eqembu labangani bakho.



Masibhale

Buka ithebula oligcwalisile bese uphendula imibuzo elandelayo.

Yikuphi ukudla abangakuthandi kahle abangani bakho?

Ucabanga ukuthi abangani bakho badla ngendlela enempilo?

Ukusho ngani lokho?

Masizijabulise

Cela uthisha wakho ukuba akubonise ukuthi ungayidlala kanjani ifoni ephukile.



Usuku: .....



Masibhale

Yenza uhla lwezinhlobo zokudla okumele sikudle nsuku zonke.

Yini esifanele ukuyigwema?

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

Ushukela omningi ngoba ungasibangela isifo sikashukela uma sesibadala.

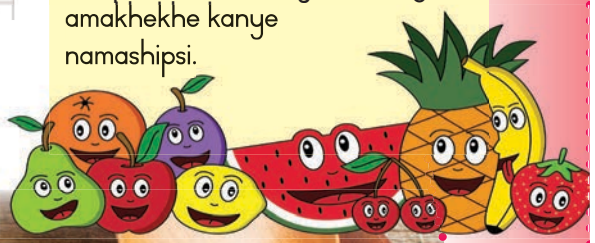
Ushukela omningi wenza futhi ukuba umuntu abe nesisindo somzimba eseqile kwesifanele.

Ukuphuza unemenayidi omningi, amakhekhe kanye namashipsi.



Masibhale

Bhala indlela yokupheka ukudla okuthanda kakhulu.



Indlela yokupheka _____

Ngidinga ziphi izithako?	
Kufanele ngilandele yiphi indlela?	

Teacher:

Sign:

Date:

Ukudla ngendlela enempilo

Masibhale

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



Yenza lokhu ngaphandle

Shintshanani ngokushwiba ingqathu ukuze abangani bakho nabo bagxume.



Usuku: .....



Masibhale

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

UHLU LWEZINTO EZIZOTHENGWA	AMANANI





Masibhale

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

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



Bala imidwebo yobuso obuhlekayo obufake imibala. _____

Ukudla ngendlela efanele



Masenze loku

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

Usuku: .....

Masifunde

Imithetho yokudla kahle

Hlanza izandla ngaphambi kokuthinta ukudla.

Ungalingi ushiye ukudla kungemboziwe.

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

Tshala imifino yakho.



Masenze loku

Dweba isithombe ukhombise owodwa wemithetho.

Teacher:

Sign:

Date:

Izinambuzane

Masixoxe Khuluma 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

Ingezansi lomzimba

Ihlo

Uphondo

Yenza lokhu ngaphandle

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

Usuku: .....

Masibhale

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









Inyosi

Umiyane

Impukane

Intuthwane

Intethe

Uvemvane

Ibhungane

Ibhu









Masibhale

Gcwalisa amagama ezikhaleni.



_____ zakha uju.

_____ zidlulisa imbewu ezimbalini.

_____ zandisa umalaleveva.

_____ zandisa izifo.

_____ zidla izitshalo.

Teacher:
Sign:
Date:

Okunye ngezinambuzane

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



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



Izinyosi zakha uju.

Masibhale Bhala igama lesinambuzane ngasinye esikhaleni esibekiwe.



Lokhu _____ kumunca inektha embalini.



_____ inemilenze yangemuva eqinile eyenza ukuba ikwazi ukugxuma.

Usuku: .....



_____ zisebenzisa izimpondo ukudlulisa umlayezo.



_____ kuhambisa imbewu ezitshalweni.



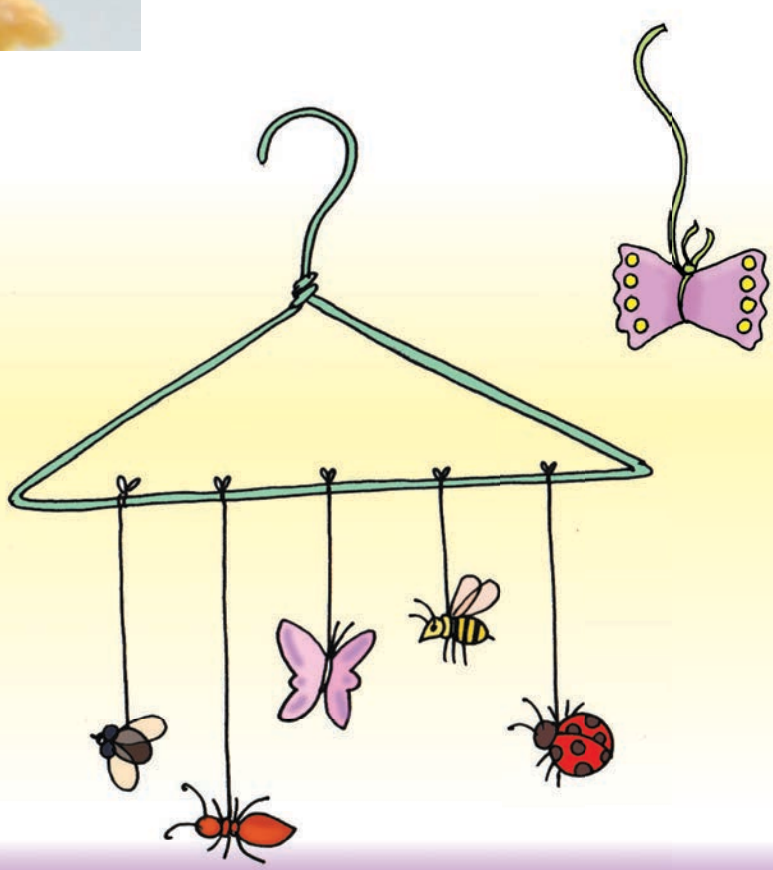
_____ kwandisa amagciwane.



Masenze loku

Akha isinambuzane esinyakazayo.

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

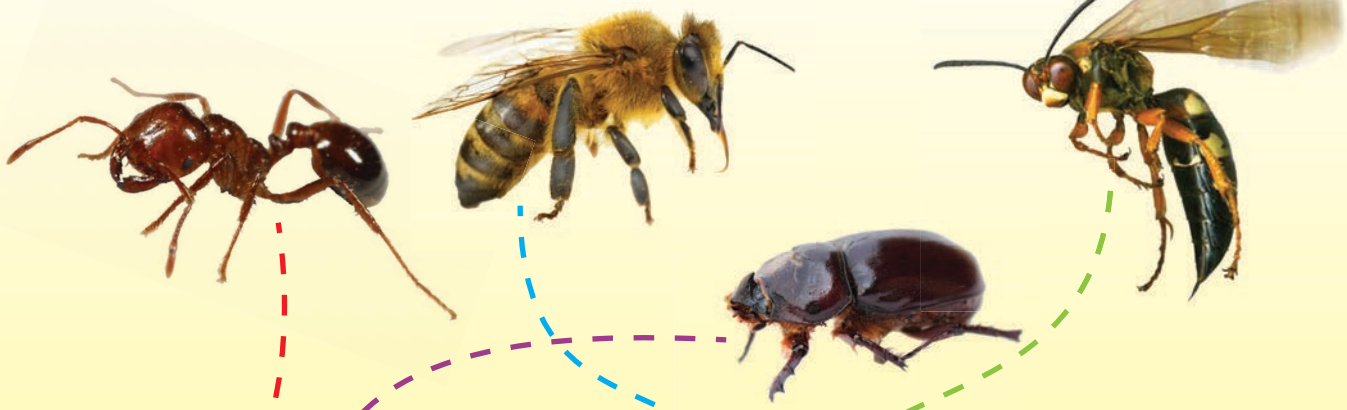


Teacher:
Sign:
Date:

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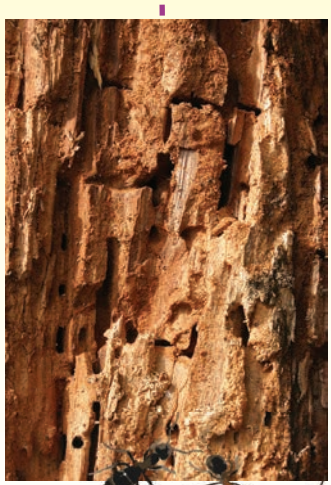
Amakhaya ezinambuzane

Masenze loku Landela intambo uze uthole ukuthi isinambuzane ngasinye sihlalaphi.















Usuku: .....



Masenze loku

Zungeza isikole uthole ukuthi kunezinhlobo ezingaki zezinambuzane ongazithola.





Masibhale



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

Luhlobo luni lokudla okudliwa 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.

Teacher:

Sign:

Date:

24

Khombisa izinto ozenzile

Masenze loku

Yakha uvemvane lwakho

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 lwakho ngemibala engafani. Qiniseka ukuthi zombili izimpiko zihlobiseke ngendlela efanayo. Sika uvemvane lwakho ulunamathisele esitsheni sephepha lasendlini encane. Gobisa isihlanzi sepayipi wakhe ngaso izimpondo zovemvane. Namathisela izimpondo ekhanda lovemvane.



Usuku: .....



Phumela ngaphandle Zama ukudlala le midlalo.



Isiteshi soku-1:

Ibhola lomnqakiswano: Gxuma njengebhola ugijime uye le nale.



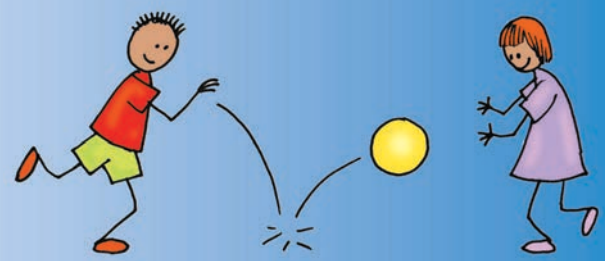
Isiteshi sesi-2:

Ihokhi: Sebenzisa induku yehokhi ukushaya ibhola uye nalo emapalini.



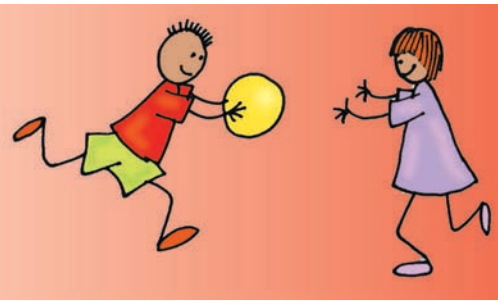
Isiteshi sesi-3:

Ibhola lomnqakiswano: Gxuma njengebhola uye kumngani wakho ugijima.



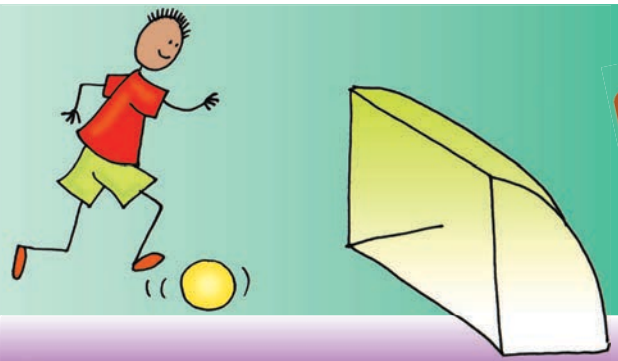
Isiteshi sesi-4:

Ibhola lombhoxo: Gijima nebhola uliphonsele omunye nomunye wenu.



Isiteshi sesi-5:

Ibhola lezinyawo: Enza sengathi udlulisa abadlali uye nebhola emapalini.



Ukuguquguquka kwempilo

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

Ukuguquguquka kwempilo yesele





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

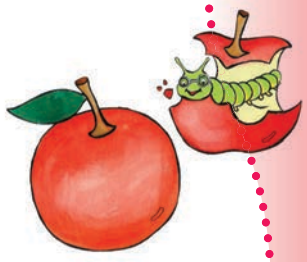
1. Amasele amabili ayahlangana ukuze kwakheke amaqanda.
2. Isele lesifazane lizalela amaqanda.
3. Onoshobishobi bayachanyuselwa. Unoshobishobi uba neziphefumulanhlanzi kanye nesisila.
4. Unoshobishobi umila imilenze.
5. Umsila uzonyamalala.
6. Isele eselikhulile limila amaphaphu zinyamalale iziphefumulanhlanzi.

Usuku: .....



Masenze loku

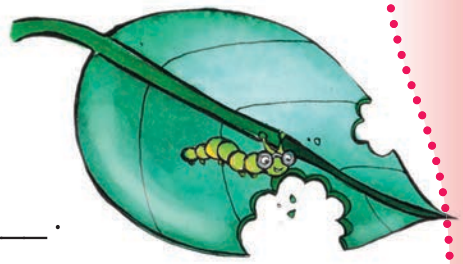
Buka-ke manje izigaba zokukhula kovemvane.
Gcwalisa lokho okwenzekayo kwisimo ngasinye ezigabeni zokukhula kwayo. Sikunikezile izibonelo zezigaba ezimbili.



Ukuguquguquka kwempilo yovemvane







1. Uvemvane lubekela amaqanda.
2. _____.
3. _____.
4. _____.
5. Isiphungumangatha senza igobolondo.
6. _____.







Teacher:
Sign:
Date:

Ukuguquguquka kwempilo



Masixoxe

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

Ukuguquguquka kwempilo yechwane lenkukhu

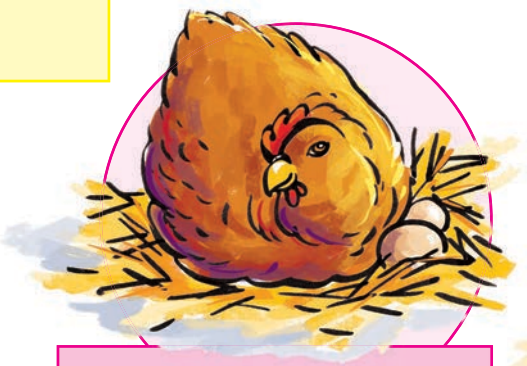
















Usuku: .....



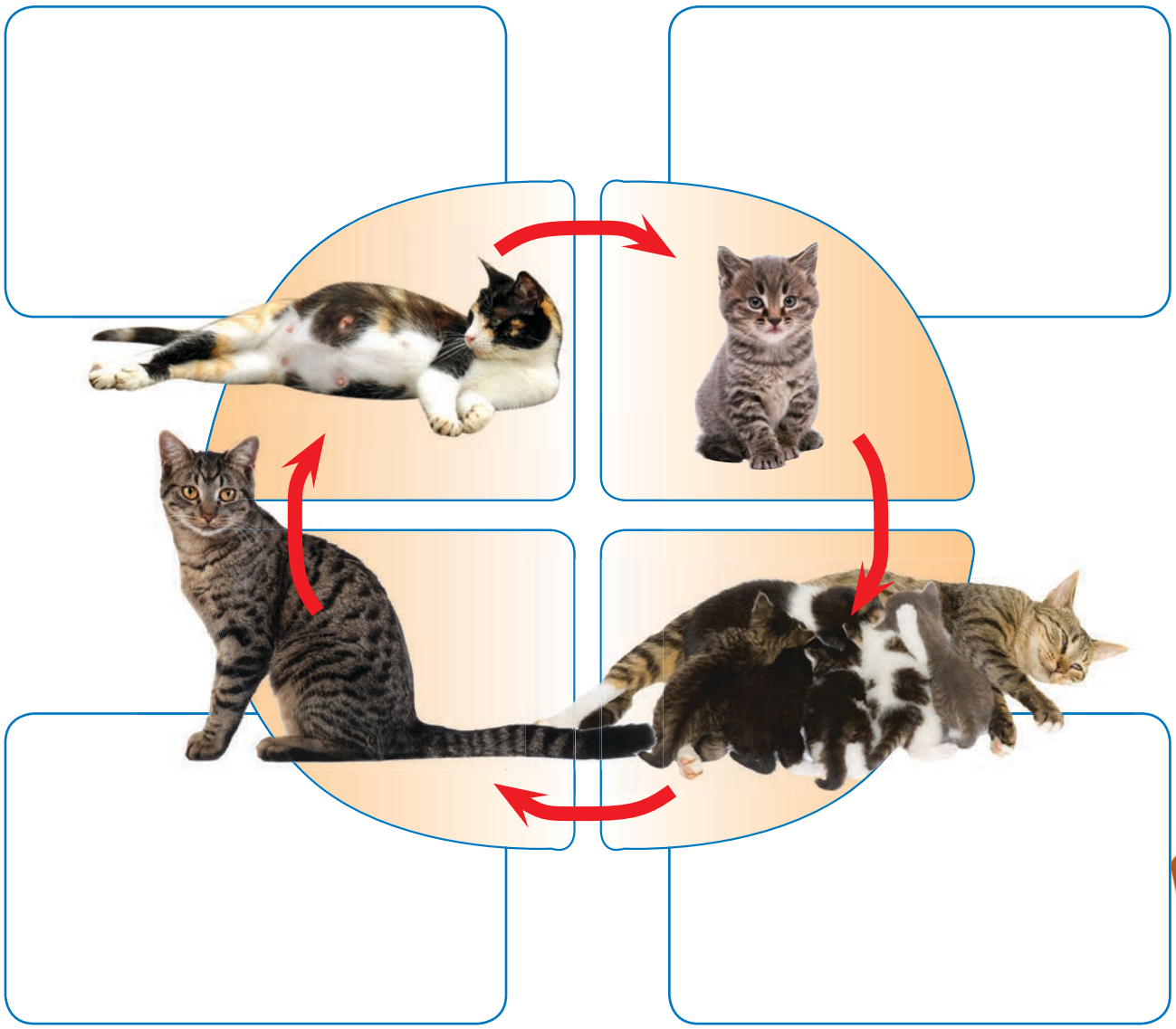
Masenze loku

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

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

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

Ukuguquguquka kwempilo yekati





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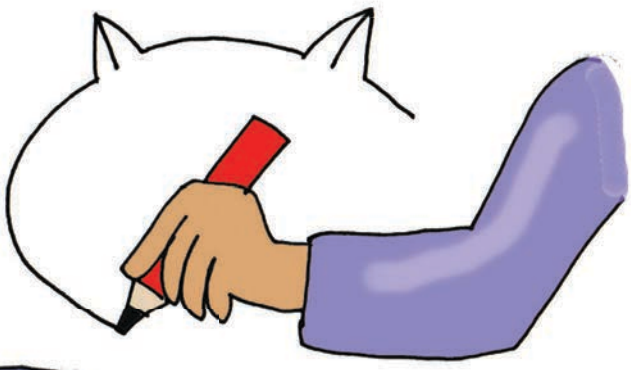
Isilwane esingumngani wami

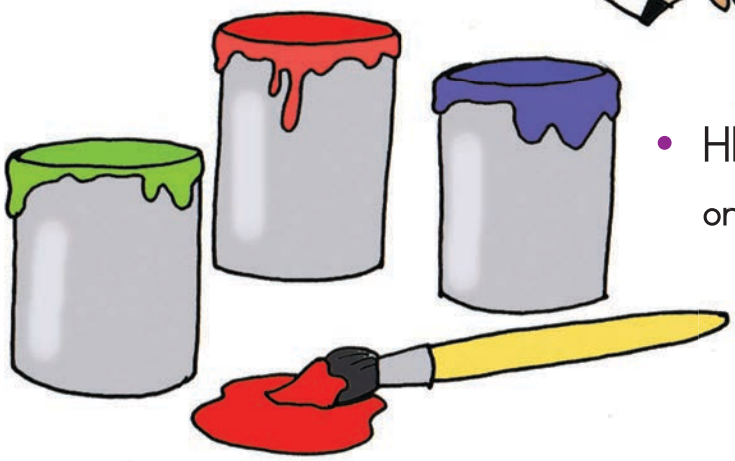
Masenze loku Yenza imaski yesilwane sakho.



Udinga iphepha eliwu-A4
Ipensela
Upende oyimpuphu kanye namanzi
Okokugoqoza izindlebe

- Dweba ubuso bekati ephepheni.

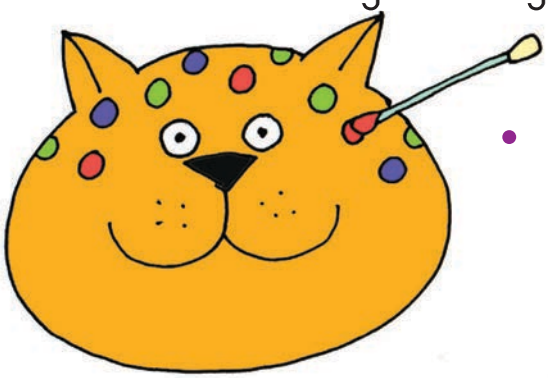




- Hlanganisa uxube upende onemibala emithathu ehlukene.



- Sebenzisa lokhu esigoqoza ngakho izindlebe ngombala ngamunye.



- Enza amachashazi ukuhlobisa ubuso bekati.



Usuku: .....



Masixoxe

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





Masenze loku

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

Teacher:

Sign:

Date:

Ukunakekela izindawo zethu

Masixoxe

Buka lawa maphosta ukhulume nabangani bakho ngokuthi amaphosta athini.



Buka ilogo yokuvuselela.
Uke wayibona kuphi ilogo efana nalena?

Sicela usivuselele!



Yenza lokhu ngaphandle

Ungawuqamba yini umdanso usebenzisa amahuphu namaribhini?



Usuku: .....



Masifunde Yini esingayenza ukugcina izindawo zethu zihlanzekile?

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

Nciphisa: Kumele sinciphise izinto esizilahlayo.

Phindelela: Kumele sisebenzise ngokuphindelela izinto eziningi ngaphambi kokuthi sizilahle.

Vuselela: Sidinga ukuthola izindlela zokuvuselela amaphepha, amabhodlela kanye namathini.



Masibhale

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



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



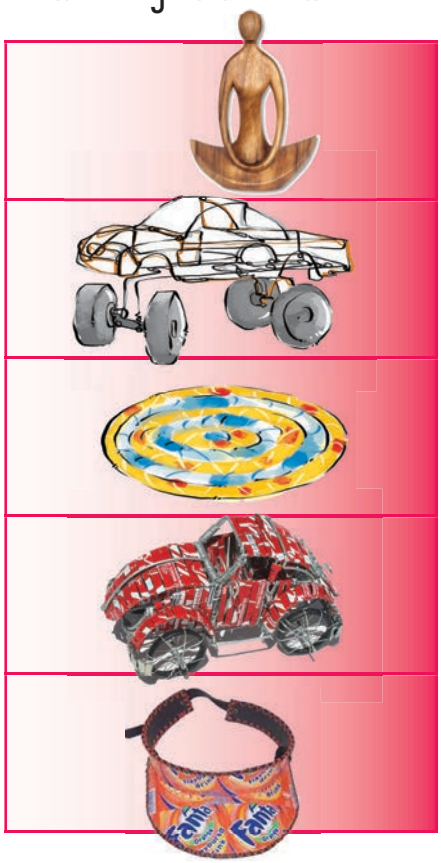
29

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 esezike zasebenza.

Igama lokuthile
Yenziwe nge

Dweba isithombe sento yakho.

Usuku: .....



Masibhale

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

amabhodlela amadala | izikhwama zeplastiki | izipikili

amathini eziphuzo | amagobolondo amaqanda

Izinto ezingaboli	Izinto ezibolayo



Masenze loku

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

Teacher:

Sign:

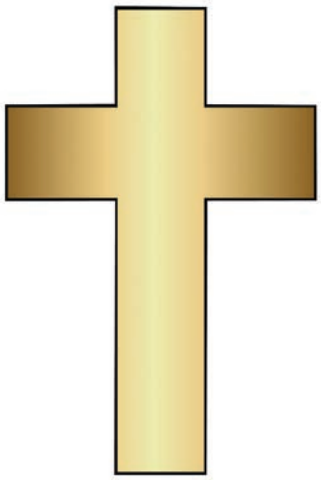
Date:

Izinsuku zenkolo nezinye ezibalulekile



Masixoxe

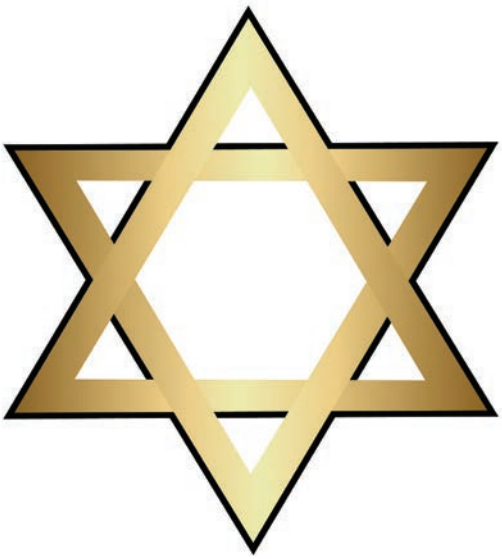
Khuluma nomngani wakho mayelana nezimpawu ezisetshenziswa yizinkolo ezithile. Yisho ukuthi yiluphi uphawu olusetshenziswa yizinkolo ezahlukene. Uma ungaluboni uphawu, ludwebe bese ukhombisa umngani wakho.



IsiphambanongesamaKhrestu. UKhrestu owasifela ezonweni.



Inyanga ewucezu kanye nenkanyezi wuphawu lwamaSulumane.



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



OlwamaHindu uphawu lubhalwe ngolimi oludala lwaseNdiya olwaziwa ngeSanskrit.

Usuku: .....

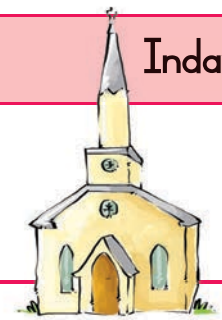
Izindawo zokukhonza



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

ithempeli	isinagoge	imoskhi	isonto

Inkolo
Ubu-Islamu
UbuHindu
ubuKhrestu
UbuJuda

Indawo yokukhonzela







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

Igama lomngani	Uphawu lwenkolo yakhe

Teacher:
Sign:
Date:



ISITIFIKETI

Sokuphothula ibanga lesi–3

Incwadi yoku–1 Amakhono Empilo

siklonyeliswa u–

_____

Gcwalisa igama lakho.

Usuku _____

Uthisha _____

Isichazamazwi sami



Isichazamazwi sami



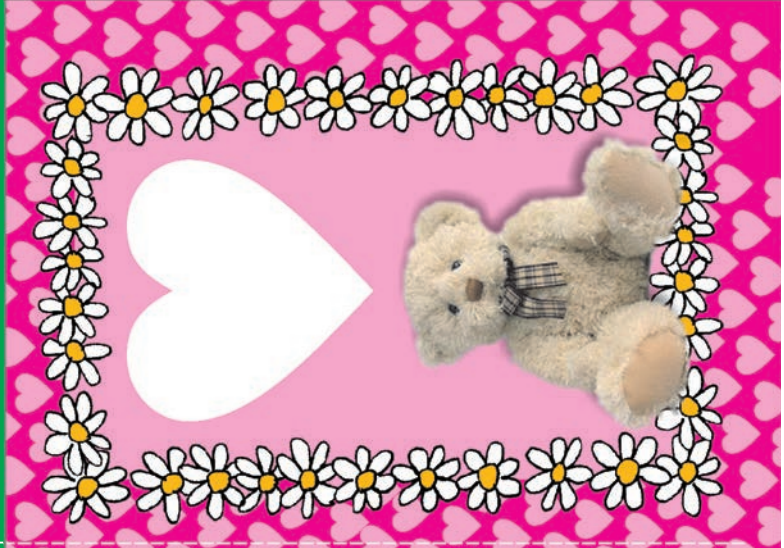


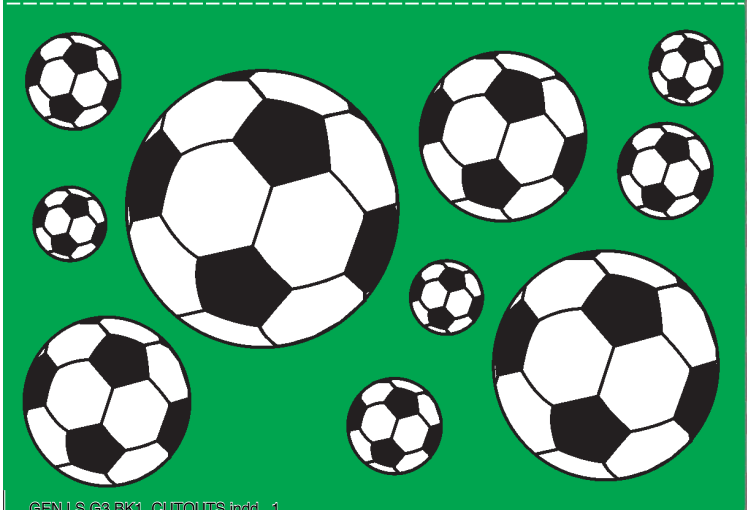

Get well soon





















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