



Ihlaziywe yaze
yalungelelaniswa
neCAPS

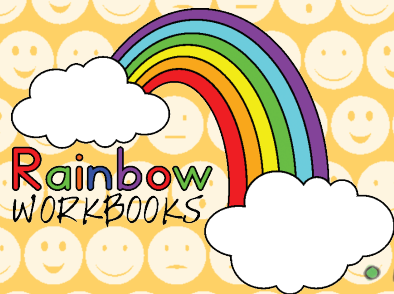
Ibanga lesi-

3



Izakhono zoBomi
ngesiXHOSA
Incwadi yoku-
l
Ikota 1 & 2

ISBN 978-1-4315-0276-9



LIFESKILLS IN ISIXHOSA
GRADE 3 – BOOK 1
TERMS 1 & 2
ISBN 978-1-4315-0276-9
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10th Edition

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- Grades 1 to 6 English First Additional
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Igama:

Iklasi:



basic education
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Basic Education
REPUBLIC OF SOUTH AFRICA



Iziqulatho

Ikota yoku-1

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UNksk. Angie Motshekga,
uMphathiswa weMfundo
esisiSeko



UMnu. Enver Surty,
uSekela Mphathiswa
weMfundo esisiSeko

Ezi ncwadi zilungiselelwe abantwana baseMzantsi Afrika phantsi kwephiko loMphathiswa weMfundo esisiSeko uNksk. Angie Motshekga kunye noSekela Mphathiswa weMfundo esisiSeko uMnu. Enver Surty.

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

Sinethemba lokuba ootitshala baya kuzifumana ezi ncwadi zokusebenzela ziluncedo kakhulu kwimfundo yemihla ngemihla, nasekuqinisekiseni ukuba abafundi bayifikelela yonke ikharithulam. 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.



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Ibanga lesi-

3



Izakhono zoBomi
ngesiXHOSA
Incwadi yoku-I



Le ncwadi yeka:





Okungam

Ingulowo nalowo kuthi wahlukile kwaye sonke sibalulekile.
Zalisa le ncwadi yesazisi imalunga nawe. Yila isitampu.
Wakuba ukwenzile oku, bonisa umhlobo wakho ikhadi lakho.



Masibhale

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.



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



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-

inyanga

unyaka

20 _____



Ndaqala
ukuthetha ngo-

20 _____



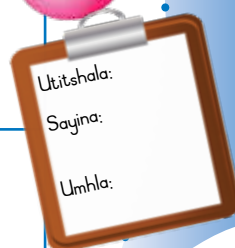
Ndaqala ukuya
esikolweni ngo-

20 _____



Bendikwibanga
lesi-3 ngo-

20 _____



Utitskala:

Sayina:

Umhla:





Isikolo sam

2



Masenze

Ututshala wakho uza kukuncedisa ngokubhala imbali yokuhamba kwakho isikolo. Sikugalele. Ututshala wakho uza kukuxelela ezinye iziganeko ezibalulekileyo onokuzifakela.

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



Masibhale

Ithini imbali yesikolo sakho? Funa iimpendulo zale mibuzo uze uzibhale kwizikhewu ezikwikholamu yokuqala. Uze uzobe umfanekiso obonakalisa imbali.

Savulwa ngowuphi unyaka isikolo sakho? 	Zoba umfanekiso 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.

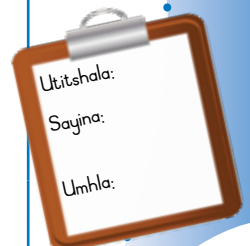


Ututshala wakho uza kubiza igama
lakho aze akuphosele ibhola. Yigange
ibhola ingekawi phantsi.

Khawuzame ukuganga ibhola ngebhegi
xa uphoselwa ngumhlobo wakho.

Phosela umhlobo wakho ibhola
uze ujonge ukuba uza kukwazi na
ukuyiganga ngebhegi.

Zolule njengekati ukuze uziphumze.





3

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 eludongeni.



Masithethe

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



usana



umntwana omncinane



umntwana wesikolo



umntwana ofikisayo



umntu oselekhulile



umntu omdala





Masicule



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 udanisayo.



Large empty rectangular box for writing.



Clipboard with text:

Utitshala:
Sayina:
Umhla:





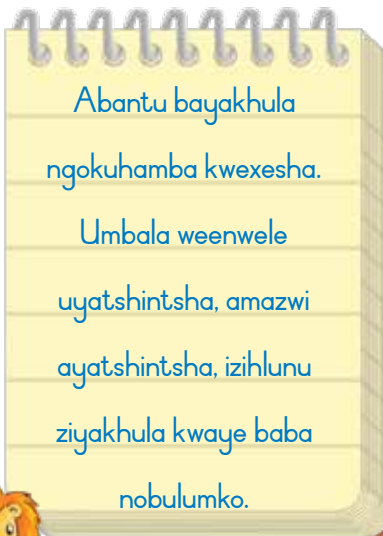
Ubukhulu nobudala



Masithethe

Thetha ngendlela abahluka ngayo kuwe abantwana abakhudlwana nabantu abadala.

Abantu batshintsha njani ngokuya bekhula?



Abantu bayakhula

ngokuhamba kwexesha.

Umbala weenwele

uyatshintsha, amazwi

ayatshintsha, izihlunu

ziyakhula kwaye baba

nobulumko.



Masibhale



Zeziphi izinto kwezilandelayo ozenza ngendlela eyahlukileyo kuleyo yabazali bakho? Phawula (✓) ubuso obuchanekileyo.

		Mna		Abazali bam	
Ukubaleka kodwa ungadinwa					
Ukuxhumaxhuma					
Ukufunda iphephandaba					
Ukuqhuba imoto					
Ukudlala emthini					





Masicule

Masizilungiselele ukucula.
Yenzani ezi zandi.



Isandi esikhawulezayo esifana nesandi seambulensi.

Isandi esicothayo esifana nengoma yokulalisa iintsana.

Isandi esiphezulu esifana nesokucula kweentaka.

Isandi esiphantsi esifana nokugquma kwengonyama.

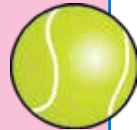


Phuma phandle

Uyakwazi ukuganga ibhola?



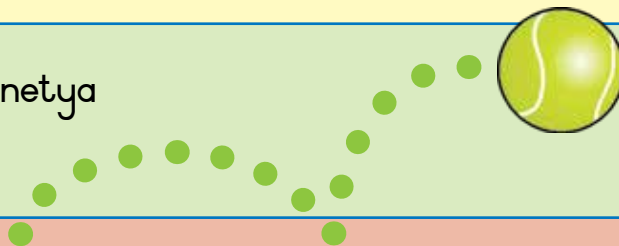
Phosa ibhola yentenetya emoyeni uze uyigange ngezandla zozibini.



Jula ibhola phezulu uze uqhwebane izandla zakho phambi kokuyiganga.



Qakathisa ibhola yentenetya emhlabeni.



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

Ngoku zolule njengekati.



Utitskala:
Sayina:
Umhla:





5

Sivakalelwa njani?

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?

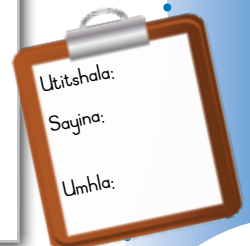


Bhala kwidayari yakho ngemini owaziva wonwabe kakhulu ngayo. Chaza ukuba kwenzeka ntoni kuwe.

Dayari ethandekayo

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

Dayari ethandekayo





6

Izinto endizithandayo

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

Masibhale

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

Blank lined area for writing.



Blank lined area for writing.



Blank lined area for writing.

EYONA NTO
NDITHANDA
UKUYENZA

Blank lined area for writing.



Blank lined area for writing.



Blank lined area for writing.





Masibhale

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

Eyona nto ndithanda ukuyenza



Masenze

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?

Utitskala:
Sayina:
Umhla:





Ikota yoku-1 – Iveki yesi-4 – Iphepha lomsebenzi lesi-7

Sivakalelwa njani?

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

Masithethe

	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.





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.



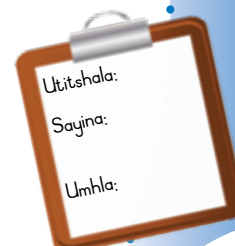
Bhala ke ngoku umdlalo omalunga nalo mfanekiso uwukhethileyo. Bhala amagama abalinganiswa kwikholamu yokuqala.



Phuma phandle

Zama ukwenza ezi zinto.

- Baleka ujikeleze ibala. Xa utitshala wakho esithi "tshintsha" jika ubaleke uye kwelinye icala.
- Qakathisa ibhola usiya phambili ngaxeshanye.



Utitshala:
Sayina:
Umhla:





Siyaqondisisa

8

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



Masibhale

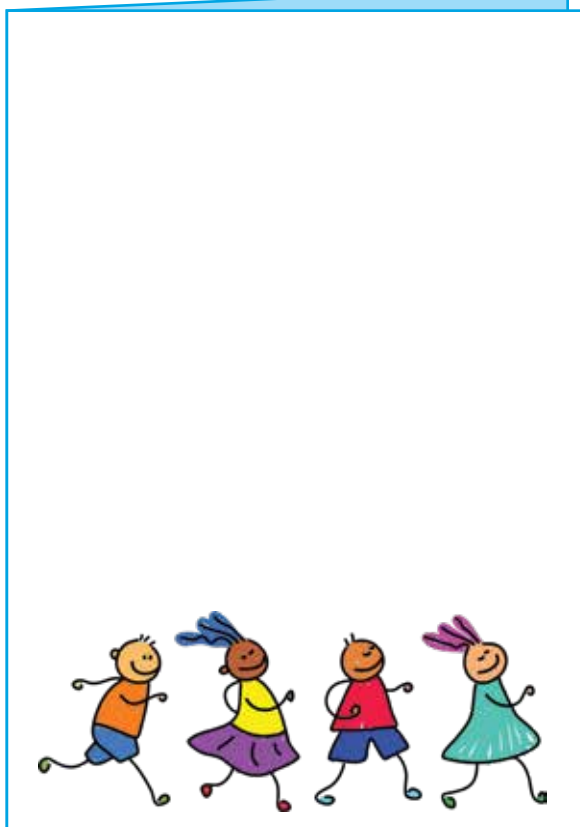
Zihlola.

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



Masenze

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







Masibhale

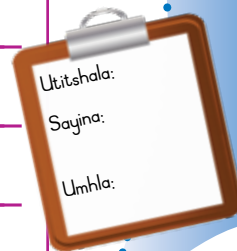
Zoba umfanekiso wabahlobo okanye katitshala wakho,
okanye wabantu obathandayo nobaxabise kakhulu
bakowenu. Bhala amagama abo.



Abantu endibaxabise kakhulu



Bhala ke ngoku inkcazelo yaba bantu nokuba kutheni bebalulekile nje.



Utitsihla:

Sayina:

Umhla:



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



Masithethe

Chazela abahlobo bakho ukuba acocwa njani na amanxeba. Babonise ukuba kufuneka wenze ntoni.

Indlela yokunqanda ukopha enxebeni

Ungaze uphathe igazi lomnye umntu.

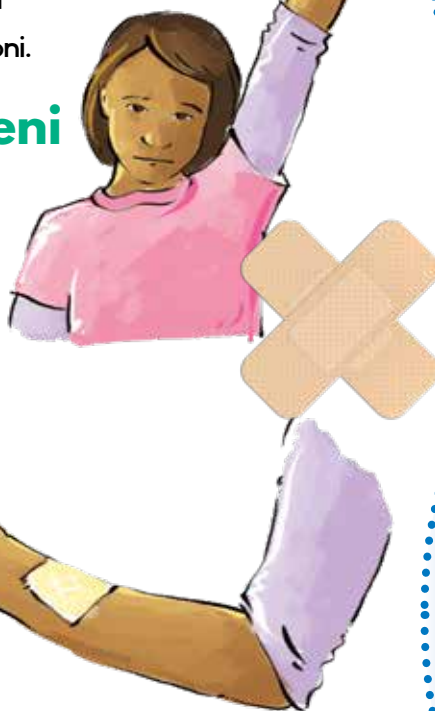
Xa unceda omnye umntu nxiba iiglavu ngalo lonke ixesha.

Nqanda ukopha ngokuphakamisela inxeba kwinqanaba elingasentla kwentliziyo.

Zama ukunqanda ukopha ngokucinezela isilonda/inxeba ngebhandeji elicocekileyo.

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

Funa inombolo yefowuni yeenkonzo zikaxakeka unokuyifowunela. Inombolo yefowuni: _____





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 zibhekelise ziqelelelane ukuze ubone ukuba ngubani oyena utsibela kude kakhulu.



Phawula ubonise ubungakanani bomgama onokuwutsiba.

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?

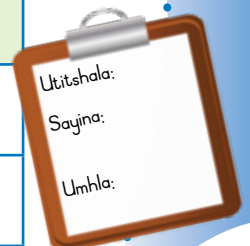


Bhala imigaqo ebalulekileyo ekufuneka uyikhumbule xa kufuneka uncedise kwezi zinto:

Umntu omongozayo

Amanxeba

Izilonda zokutsha



Utitshala:
Sayina:
Umhla:



Ikota yoku-1 – Iveki yesi-6 – Iphepha lomsebenzi le-11

Ndizigcina ndikhuselekile



Masithethe

Kufuneka siyikhathalele imizimba yethu.

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

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



Masibhale

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



UMama uyakuthanda.

Khwela nam emotweni yam.
Ndiza kupha iilekese.

Andikwazi.
Hamba apha!





Andikuthandi.



Umhle ke ngoku.



Ukuthi hayi

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

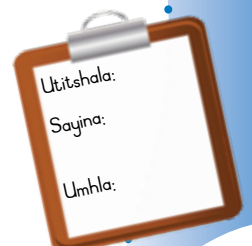
Ukuba umntu ukwenza uzive ufuna ukuthi "hayi" kwaye ukwenza uzive ungonwabanga, xelela umntu omdala onokumthemba.



Masibhale

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

Bhala ukuba ungasixela njani isehlo esibi kumntu omthembileyo.





Ukuzilumkela

12

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

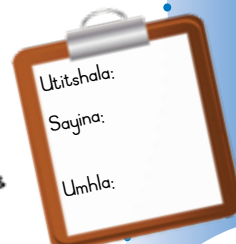
Zilungiselele ukungenela ugqatso.

Chopha ube kwisimo esilungileyo sokuqalisa.

Mamela utitshala wakho esithi:

"Chopha! Lunga! Baleka!"

Yenza ke ngoku umdlalo wemiqobo.





Ikota yoku-1 – Iveki yesi-7 – Iphepha lomsebenzi le

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.
	Unokukhohlala ngokugqithisileyo ngenxa yokutshaya.
	Ukutshaya kunokubangela isifo somhlaza.





Imithetho yempilo

Kufuneka ndixukuxe amazinyo emva kokutya naphambi kokuba ndilale. Kufuneka ndikame iinwele zam phambi kokuya esikolweni. Kufuneka ndicocoe iinzipho zam emva kokudlala esantini. Iinzipho zam ndizigcina zimfutshane kwaye zicocekile. Kufuneka ndihlambe izandla zam emva kokuba ndiye kwindlu yangasese naphambi kokuba ndiphathe ukutya. Kufuneka ndilahle amaphepha okosula angcolileyo emgqomeni wenkunkuma.



Masonwabe

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

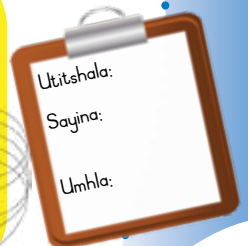


Phuma phandle



Khanibe nenxaxheba nani nidlale umdlalo weqakamba omncinci.

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



Ututshala:
Sayina:
Umhla:





Amalungelo noxanduva (1)



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



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 noBongile bancedisa
ngokucoca.



Masithethe

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



Phuma phandle

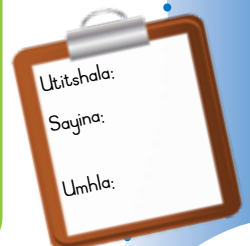
Linganisa uthe cwaka imisebenzi eyahlukeneyo.
Iqela lakho kufuneka liqashele ukuba ngowuphi lo
misebenzi uwezayo.



Bophani
imilenze yenu
niyidibanise ze
nibaleke.



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



Utitshala:
Sayina:
Umhla:





Amalungelo noxanduva (2)

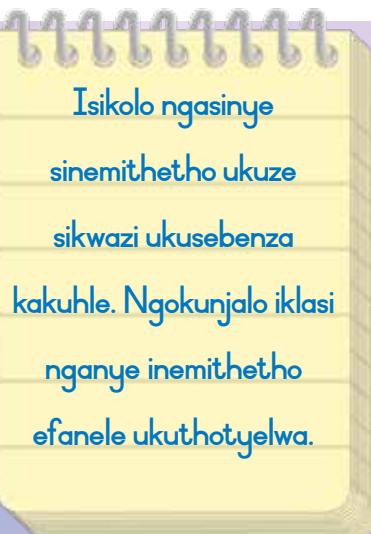
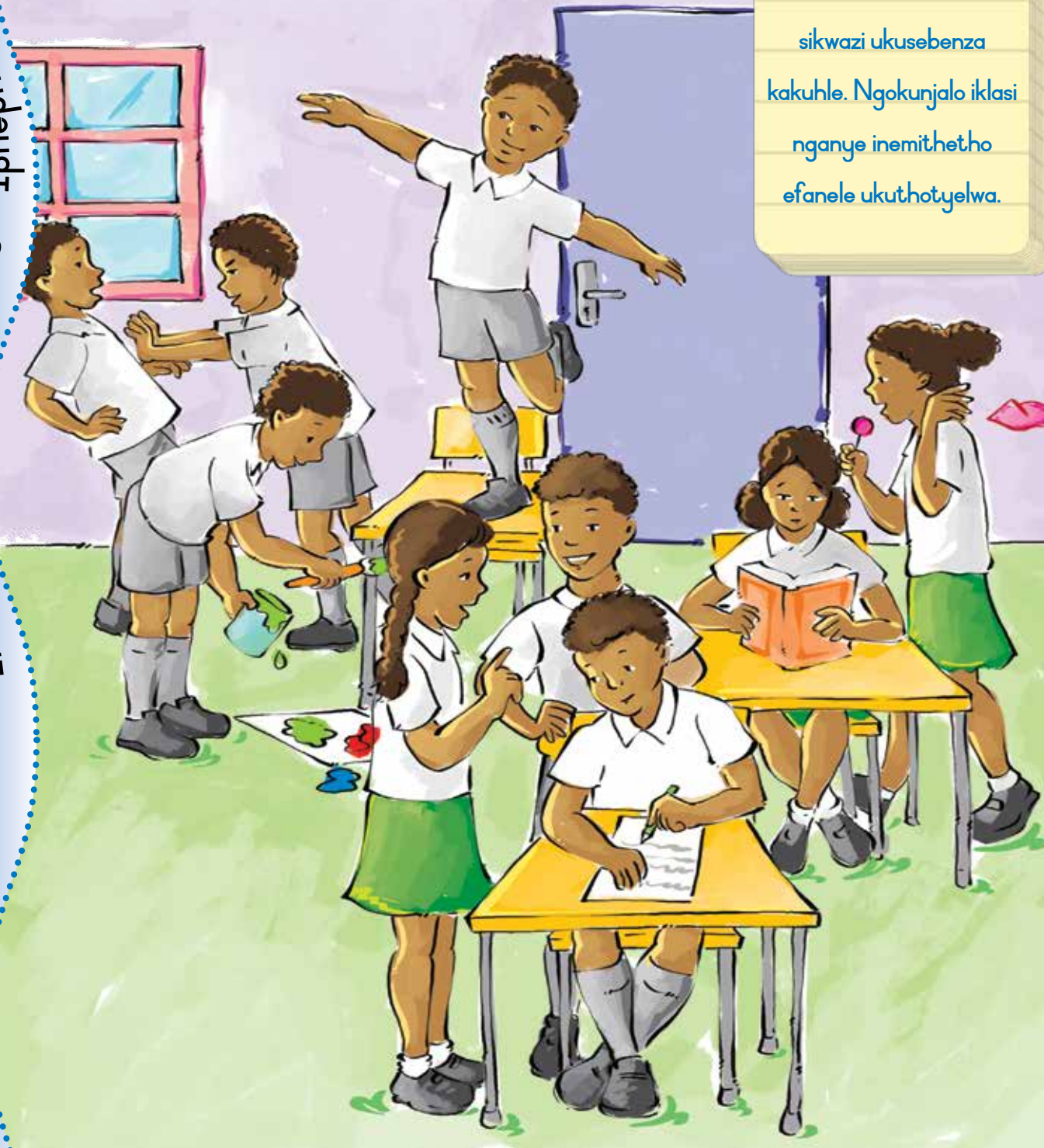


Ikota yoku-1 – Iveki yesi-8 – Iphepha lomsebenzi le



Masithethe

Xelela umhlobo wakho ukuba yeyiphi imithetho eyaphulwa ngaba bantwana.



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 Bahlonile abazali bakho. Yiba nobubele nentembeko 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 ubavuyebele abanye, kwaye sukubavumela nabanye ukuba benze njalo. Iingxwaba-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 icocekile 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.

Utitskala:
Sayina:
Umhla:





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 sikhoniphe abantu bezinye iinkolo.

Yeyiphi inkolo yakho? _____

Yeyiphi inkolo yomhlobo wakho omthanda kakhulu? _____



Siyahlola



16b



Masibhale

Zalisa eli khadi lingawe.

Igama lam _____

Ifani yam _____

Usuku lwam lokuzalwa _____

Ibanga lam _____

Isikolo sam _____

Inombolo yam yefowuni _____

Idilesi yam _____

Inombolo yam yengxakeko _____

Owona mdlalo ndiwuthandayo _____

Owona mbala ndiwuthandayo _____

Oyena mhlobo wam ndimthandayo _____

Into endonwabisayo _____

Into endenza lusizi _____

Into endicaphukisayo _____

Into endiyenza kakuhle _____

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

Utitskala:
Sayina:
Umhla:

Indlela yokutya esempilweni

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

Masithethe

Iiprotheni

Iiprotheni zakha iiseli ezintsha ukuze ikhule imizimba yethu.



Iivithamini

Iivithamini neeminerali zineda imizimba yethu ukuba ilwe nezifo kwaye ihlale isempilweni.



Phuma phandle

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

likhabhohayidrethi

Ezi ntlobo zokutya zisinika amandla.



Ubisi

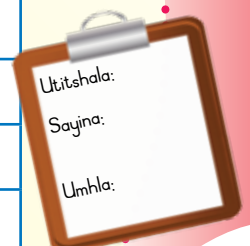
Ukutya kwemveliso yobisi kwenza amathambo ethu omelele, ngakumbi xa usemncinci amathambo esakhula.



Masibhale

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

Ukutya endikutye izolo	Udidi lokutya





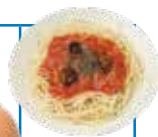
18

Indlela esitya ngayo

Masithethe

Buza abahlobo abane ukuba bathanda ukutya ntoni. Jonga iintlobo zokutya ezahlukeneyo uze ufakele uphawu (✓) ukuba bayakuthanda uze ufake (✗) xa bengekathandi 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 utitshala wakho akubonise ukuba udlalwa njani umdlalo wefowuni eyaphukileyo.





Masibhale

Yenza uludwe lweentlobo zokutya esifanele ukuzitya yonke imihla.

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.



Masibhale

Bhala iresiphi yokutya okuthandayo.



Iresiphi ye- _____

Zeziphi izithako ezifunekayo?

Ndenze njani?/Ndisebenzise eyiphi indlela?

Utitskala:
Sayina:
Umhla:



Masibhale

Indlela yokutya esempilweni

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



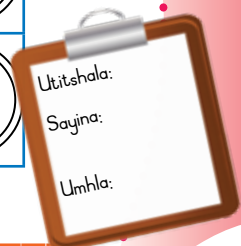
Masibhale

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.		

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.

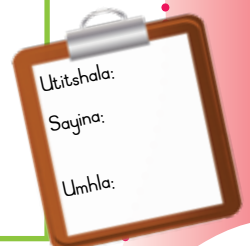
Musa ukutya ukutya okudala okanye
okubolileyo. Sebenzisa amaxolo emifuno
ukwenza ikhomposi yesitiya.

Lima eyakho imifuno.



Masenze

Zoba umfanekiso ubonise omnye wale mithetho.



Utitshala:

Sayina:

Umhla:



21

Izinambuzane

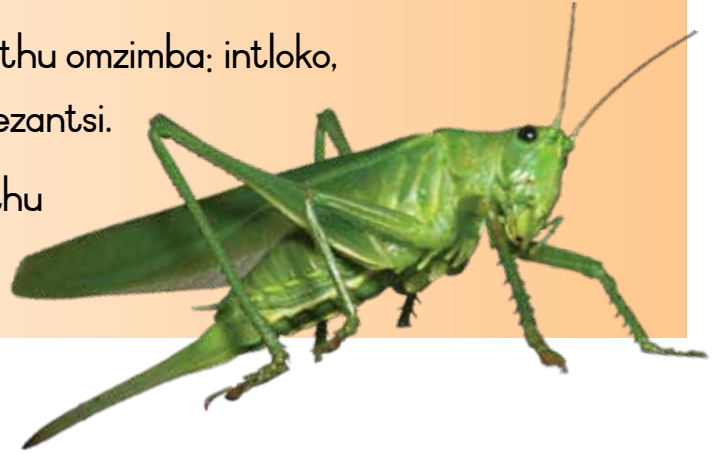
Ikota yesi-2 – Ivekhi yesi-2 – Iphepha lomsebenzi lama

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.

Umzimba
ongezantsi

Intloko

Umlenze

Uphondo

Iliso

Umzimba
ongasentla



Phuma phandle

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



Masenze

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



Inyosi



Ingcongconi



Impukane

Imbovane

Intethe

Ibhabhathane

Ubhantom

Ilivingane



Masibhale

Ngoku fakela amagama angekhoyo.

_____ zenza ubusi.

_____ amvumvuzela iintyatyambo.

_____ zisasaza imaleriya.

_____ zisasaza izifo.

_____ zitya izityalo zabalimi.



Utishala:
Sayina:
Umhla:





22

Okunye ngezinambuzane

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

Masithethe

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



Iinyosi zisasaza umgubo wokumvumvuzela. Oku kuyimfuneko ukuze kukhule iziqhamo.



Iinyosi zivelisa ubusi.



Masibhale

Bhala igama lesinambuzane ngasinye kwisithuba esishiyelelo.



Le _____ ifunxa incindi kwintyatyambo.



_____ inemilenze yangasemva eyomeleleyo yokutsiba.



_____ zisebenzisa
iimpondo ukunxibelelana nezinye.



asasaza umgubo wokumvumvuzela
ukusuka kwisityalo esithile ukuya
kwesinye.



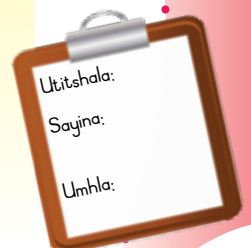
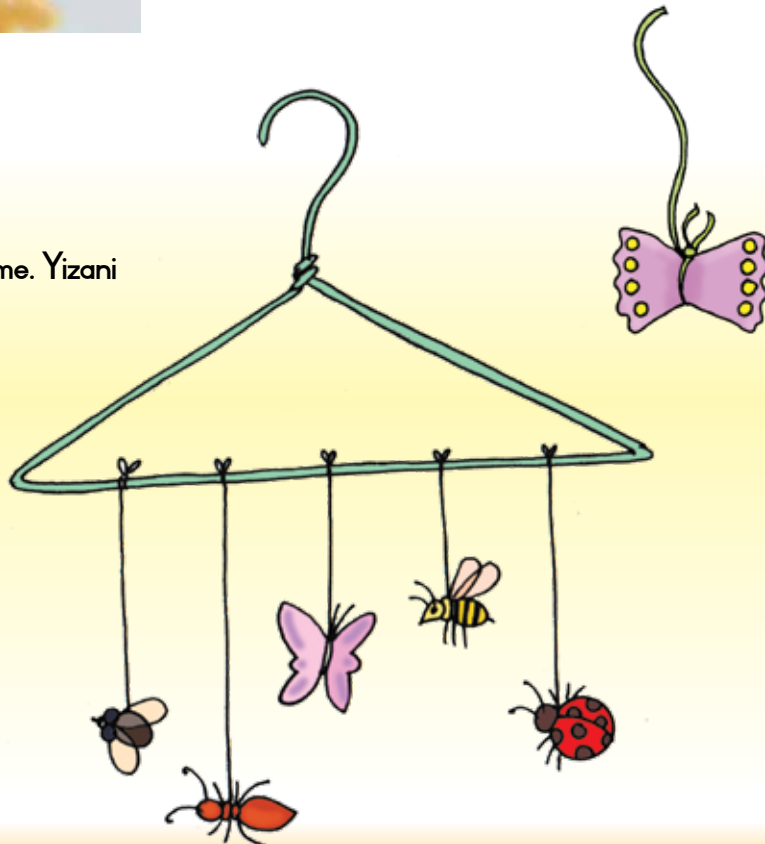
zisasaza iintsholongwane.



Masenze

Yenza ukuba isinambuzane sishukume. Yizani
neehengara emakhaya.

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

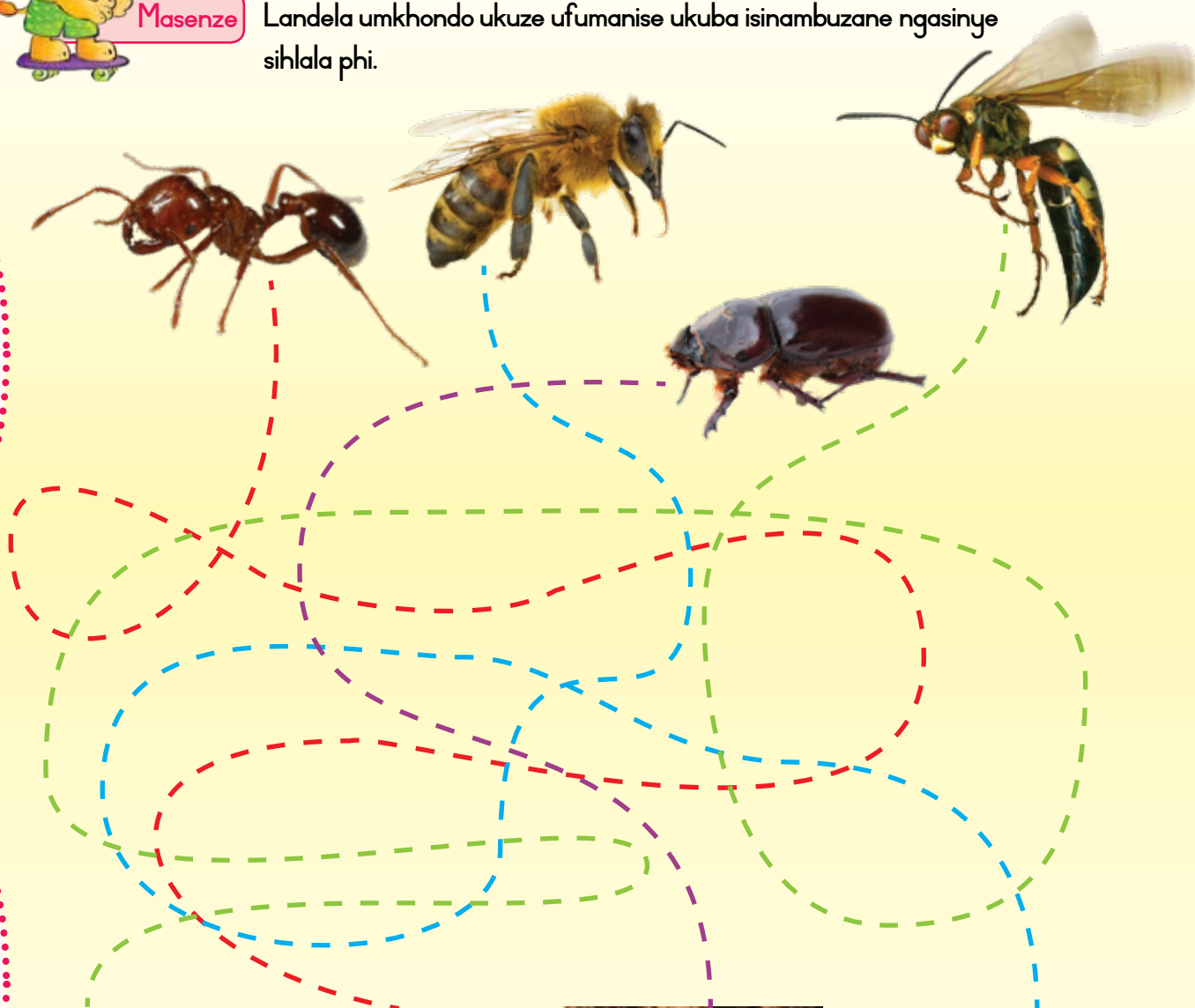


Ikota yesi-2 – Iveki yesi-4 – Iphepha lomsebenzi lama -



Masenze

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?

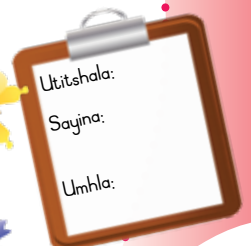
Ingaba isinambuzane sakho siluncedo? Kutheni usitsho nje?

Siyingozi njani isinambuzane sakho? Ungenza ntoni xa sinokukwenzakalisa?



Masonwabe

Yila uze
uzobe esakho
isinambuzane
uze usithiye
igama.



Utitshala:
Sayina:
Umhla:





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.



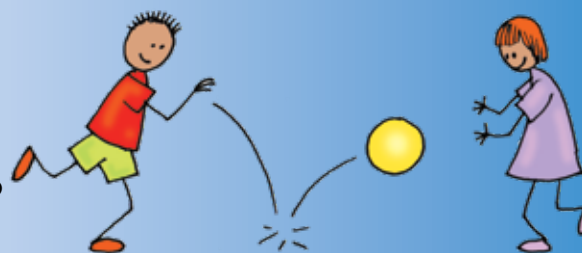
Isitishi 2:

Ihoki: Sebenzisa intonga yehoki ukuqhubela ibhola ngakwindawo yokukora.



Isitishi 3:

Ibhola yomnyazi: Qakathisela ibhola kumhlobo wakho ubaleka.



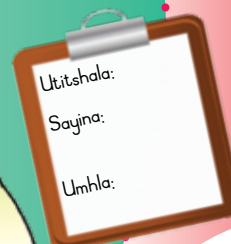
Isitishi 4:

Ibhola yombhoxo: Baleka nebhola uze uyiphosele omnye.



Isitishi 5:

Ibhola ekhatywayo: Khabela ibhola emnatheni ubaleka.





Imijikelo yobomi

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

Umjikelo wobomi besele



Masithethe

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

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



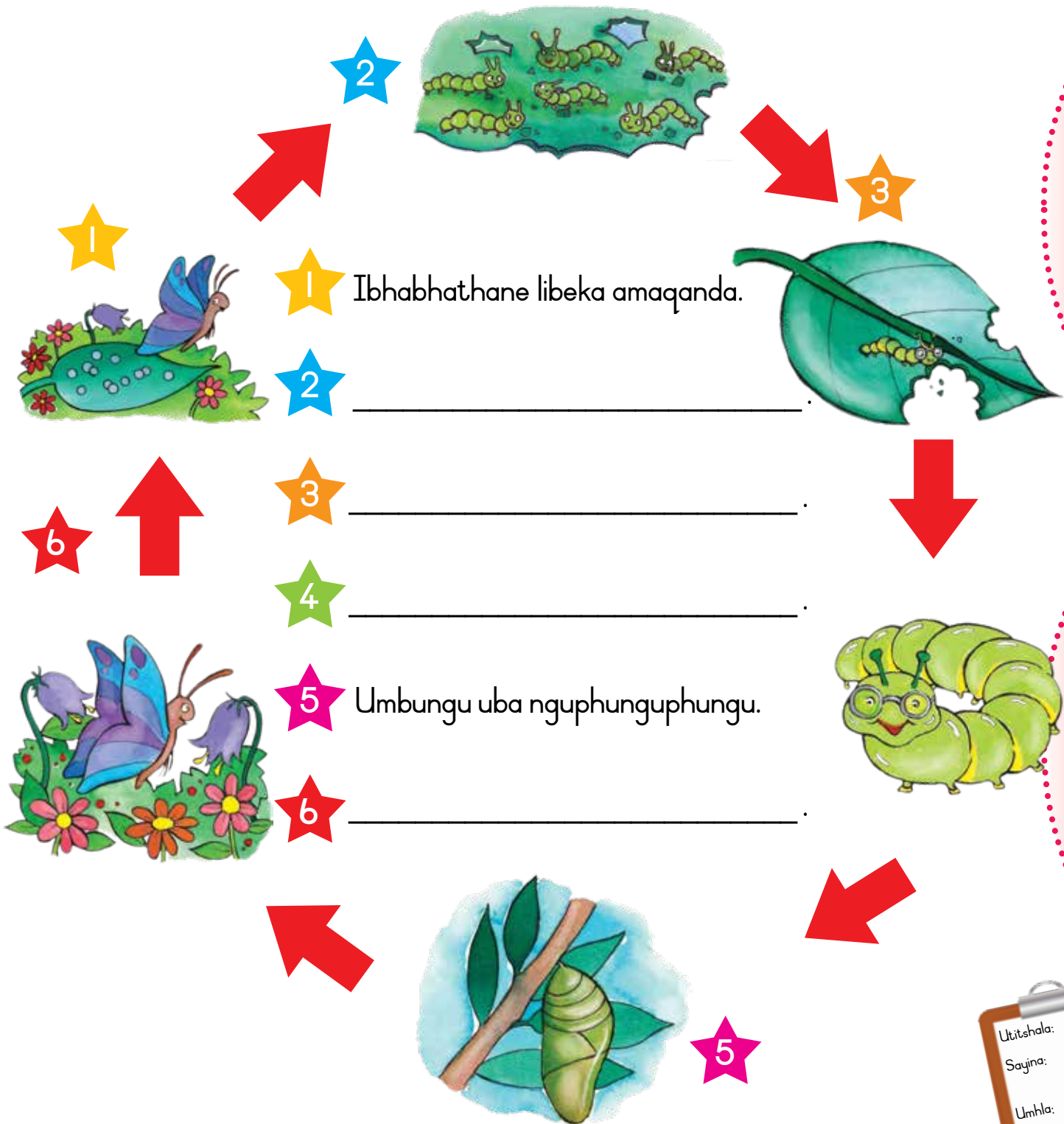


Masenze

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



Umjikelo wobomi bebhathane





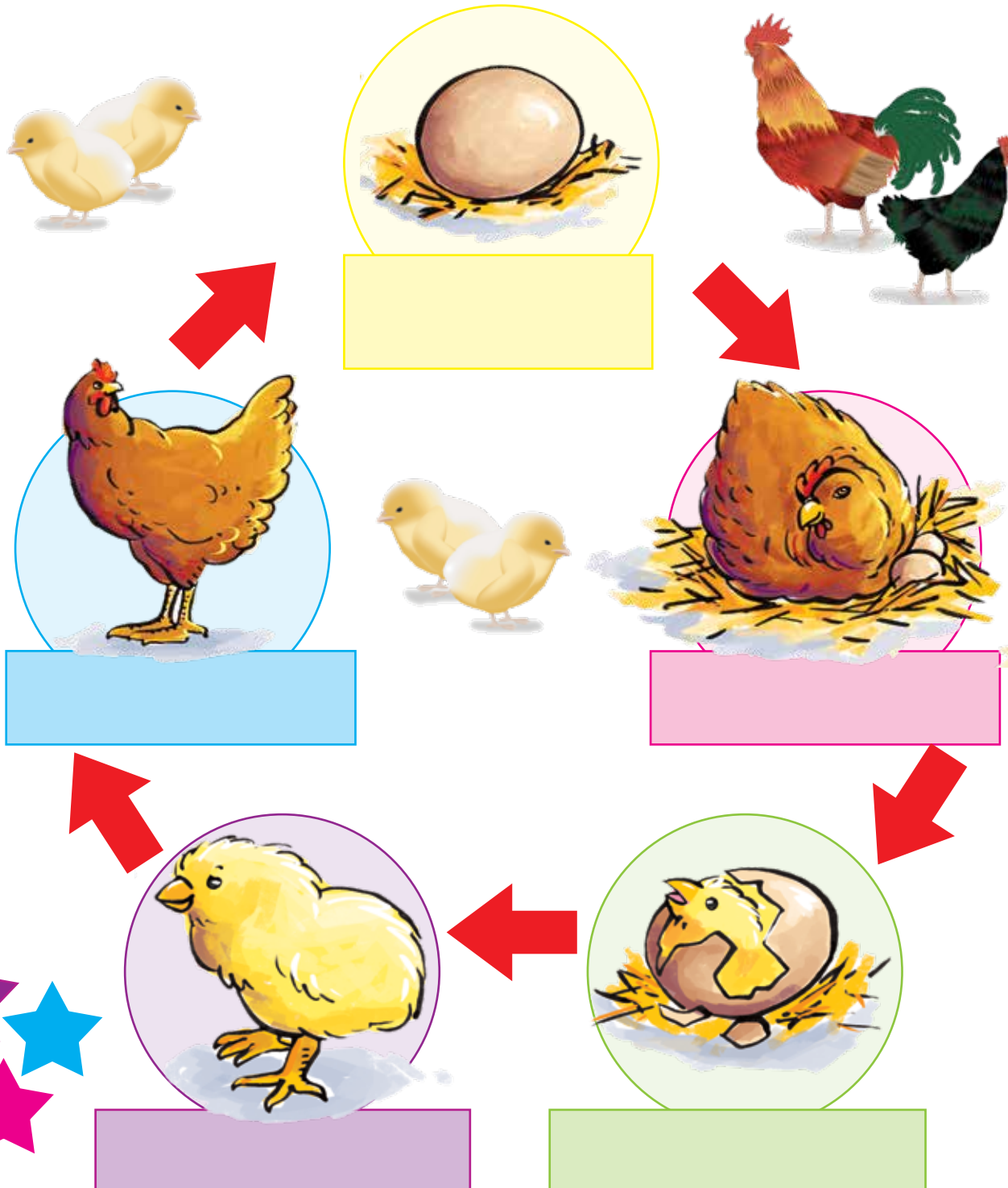
Imijikelo yobomi

26

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

Masithethe

Umjikelo wobomi benkuku





Masenze

Ngoku yila owakho umjikelo wobomi.

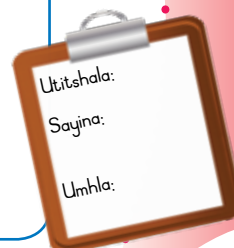
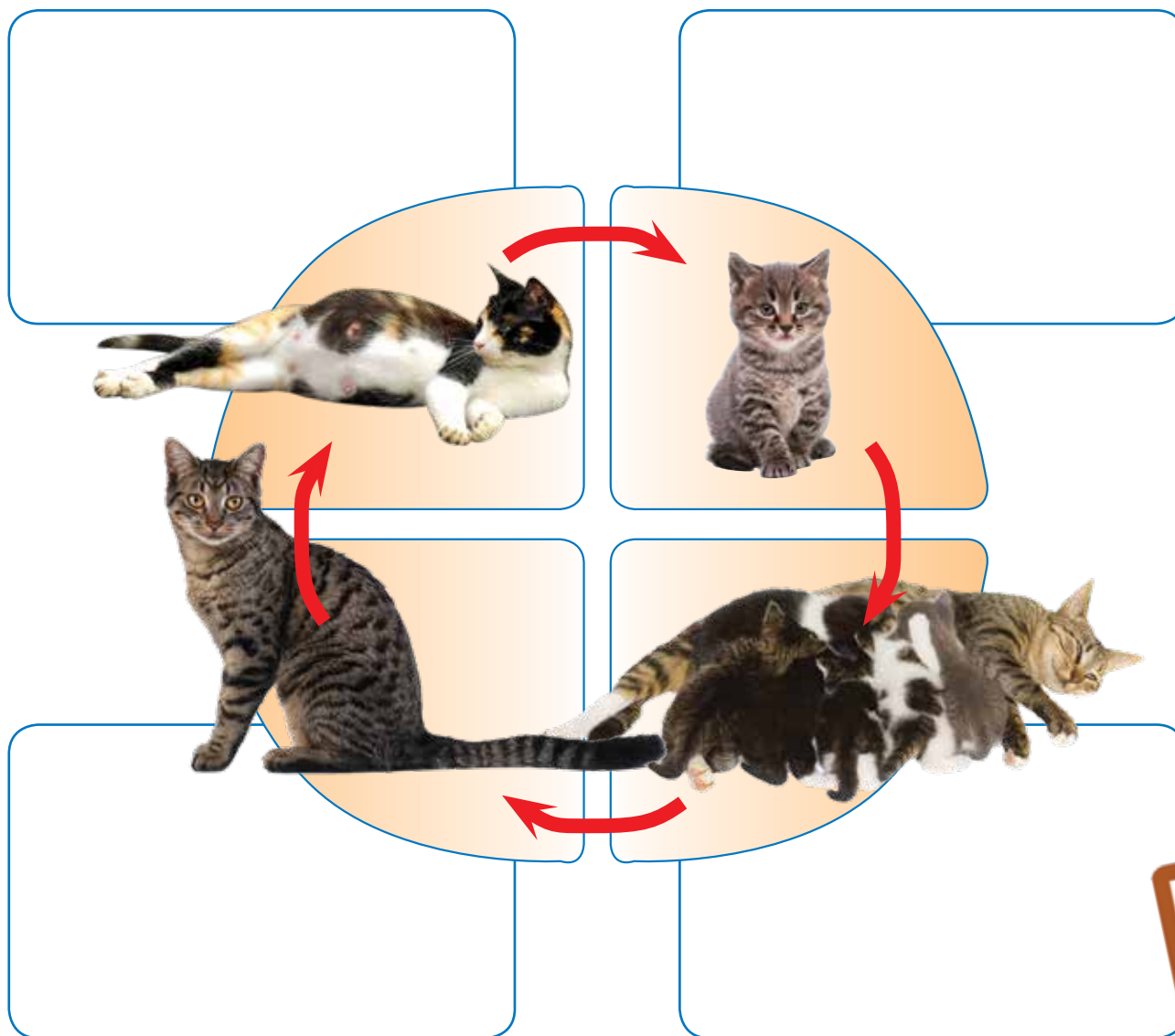
Faka uphawu kumfanekiso ngamnye okwivili lebali ubonise umjikelo wobomi bekati.

Sebenzisa izihloko ezingezantsi ukuze zikuncede.

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

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

Umjikelo wobomi bekati





Masenze

Yenza imasikhi yesilo-qabane

Kufuneka oku:

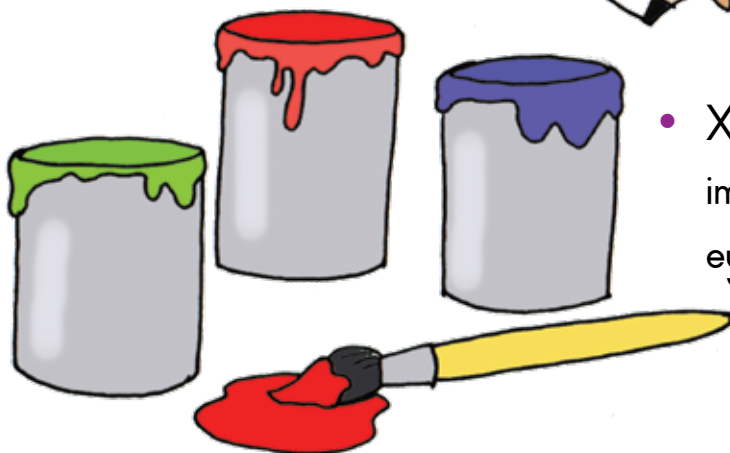
Iphepha le-A4

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.





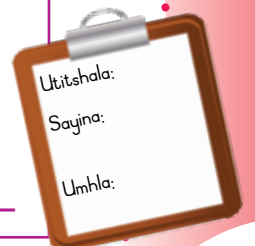
Masithethe

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.





Masithethe

Jonga ezi powusta uze uthethe nabahlobo bakho ngento ezisixelela yona.

Jonga umqondiso wokuhlaziya.
Ukhe wawubona phi umqondiso ofana nalo?



Ncedani sihlaziye!



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.

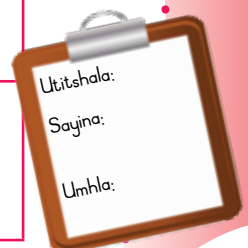


Masibhale

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



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



Utitskala:
Sayina:
Umhla:





Ikota yesi-2 – Iveki yesi-7 – Iphepha lomsebenzi lama-

Masibhale

Ukuhlaziya

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

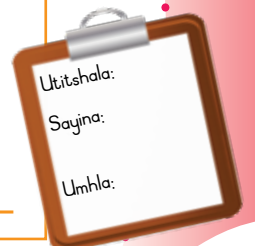
Izinto ezingaboliyo

Izinto ezibolayo



Masenze

Yenza ipowusta
enganda ukulahla
inkunkuma
nokuba kuphi.
Zoba umfanekiso uze
ubhale umyalezo.





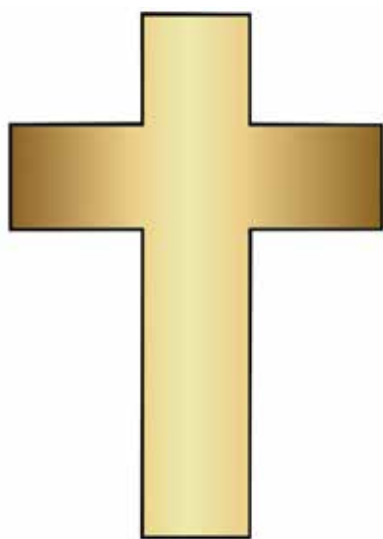
Ikota yesi-2 – Iveki yesi-7 – Iphepha lomsebenzi lama-

lintsuku zenkolo nezinye ezizodwa



Masithethe

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

31



Masenze

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

itempile

isinagogu

imoski

inkonzo

Inkolo

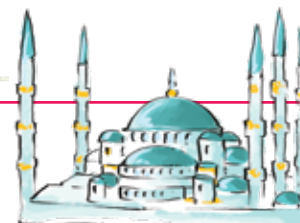
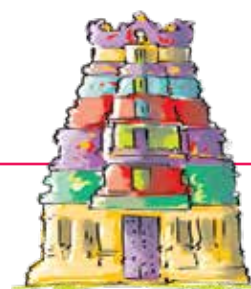
ubu-Islam

ubuHindu

ubuKrestu

ubuJuda

Indawo yonqulo



Masenze

Buza abahlobo aba-4 ukuba loluphi uphawu olubonisa inkolo yabo.
Lukhuphele ecaleni kwamagama abo.

Amagama abahlobo

Iimpawu zabo

Utitskala:
Sayina:
Umhla:

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

A
a

Handwriting practice lines for the letter A.

G
g

Handwriting practice lines for the letter G.

B
b

Handwriting practice lines for the letter B.

H
h

Handwriting practice lines for the letter H.

C
c

Handwriting practice lines for the letter C.

I
i

Handwriting practice lines for the letter I.

D
d

Handwriting practice lines for the letter D.

J
j

Handwriting practice lines for the letter J.

E
e

Handwriting practice lines for the letter E.

K
k

Handwriting practice lines for the letter K.

F
f

Handwriting practice lines for the letter F.

L
l

Handwriting practice lines for the letter L.





Isichazi-magama sam

M
m

Handwriting practice lines for the letter M.

S
s

Handwriting practice lines for the letter S.

N
n

Handwriting practice lines for the letter N.

T
t

Handwriting practice lines for the letter T.

O
o

Handwriting practice lines for the letter O.

U
u

Handwriting practice lines for the letter U.

P
p

Handwriting practice lines for the letter P.

V
v

Handwriting practice lines for the letter V.

Q
q

Handwriting practice lines for the letter Q.

W
w

Handwriting practice lines for the letter W.

R
r

Handwriting practice lines for the letter R.

X-Z
x-z

Handwriting practice lines for the letters X, Y, and Z.

