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yalungelelaniswa  
neCAPS

Ibanga lesi-

3

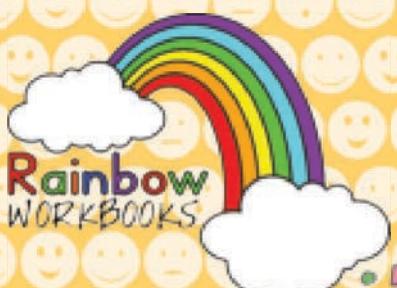


# Izakhono zoBomi ngesiXHOSA

## Incwadi yoku- Ikota 1&2



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**LIFESKILLS IN ISIXHOSA  
GRADE 3 – BOOK 1**

TERMS 1 & 2

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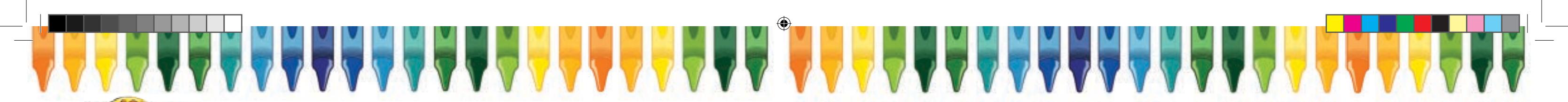
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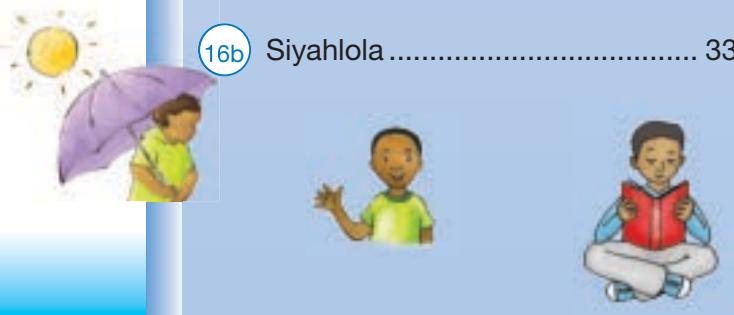


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UNksz Angie Motshekga  
uMphathiswa weMfundu  
esisiSeko



UGqir Reginah Mhaule  
uSekela Mphathiswa  
weMfundu esisiSeko

Ezi ncwadi zilungiselelw abantwana boMzantsi Afrika phantsi kwePhiko loMphathiswa weMfundu esisiSeko uNksz Angie Motshekga kanye noSekela Mphathiswa weMfundu uGqir Reginah Mhaule.

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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  
ngesiXHOZA  
Incwadi yoku-l



Le ncwadi yeka:





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

1



Masibhale

# Okungam

Ingulowo nalowo kuthi wahlukile kwaye sonke sibalulekile.  
Zalisa le ncwadi yesazisi imalunga nave. 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 qpha.

Umhla: .....

2



Masithethethe

Ngoku cinga ngobomi  
bakho kude kube ngoku.

Ubomi bakho ubukhumbula ukuya  
kufikelela nini?

Usazikhumbula mhla ugaqiba iminyaka  
emibini?

Usakhumbula ngokuya wawuqala  
ukuya esikolweni?



Bhala amanqanaba  
obomi bakho.



Ndazalwa ngo-

inyanga

unyaka

20

Ndaqala  
ukuthetha ngo-

20

Ndaqala ukuya  
esikolweni ngo-

20

Bendikwibanga  
lesi-3 ngo-

20



3



2

# Isikolo sam

Ikota yoku-! - Iweki yoku-! - Iphepha lomsebenzi lesi-



Masenze

Utitshala wakho uza kukuncedisa ngokubhala imbalu yokuhamba kwakho isikolo. Sikuqalele. Utitshala wakho uza kukuxelela ezinye iziganeko ezibalulekileyo onokuzifakela.

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



Masibhale

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

Savulwa ngowuphi unyaka isikolo sakho?	Zoba umfanekiso wesikolo sakho.
Yayingubani inqununu yokuqala?	

Umhla:

4



Sasisithini isaci sesikolo?  
Ingaba kusasetyenziswa eso saci  
nanamhla oku?

---

---

Xela into eyodwa okanye  
ebalulekileyo ngesi sikolo.  
(Mhlawumbi kwakukho umfundis  
owayegqwesile okanye into  
esayiphumelelayo).

---

---

Zoba ibheji yesikolo.



Phuma phandle

Phambi kokuba nenze umsebenzi phandle, zolulen i okwekat. Oku kuza kwenza ukuba imizimba yenu ishukume lula. Kufuneka nizolule kwakhona emva komsebenzi ukuze nizipholise nomzimba ukhululeke. Oku kuya kunceda umzimba wakho ungabi nemikhinkqi. Linganisa aba bantwana ke ngoku.



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



Khawuzame ukuganga ibhola ngebhegi  
xa uphoselwa ngumhlobo wakho.

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



Zolule njengetati ukuze uziphumze.





3

Ikota yoku-1 - Iweki yesi-2 - Iphepha lomsebenzi lesi-

Masithethe

# Konke ngam

Cinga ngento enomdla eyakwehlelayo kwixesha elidlulileyo uze uxelele umhlobo wakho ukuze akwazi ngcono.



Masithethe

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

umntwana ofikisayo	umntwana omncinane	umntwana wesikolo

umntu oselekhulile	umntu omdala	

6

Umhla: .....



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.





4

Ikota yoku-1 – I veiki yesi-2 – Iphepha lomsebenzi lesi-

# Ubukhulu nobudala



Masithethé

Thetha ngendlela abahluka ngayo kuwe abantwana  
abakhudlwana nabantu abadala.

abantu batshintsha njani ngokuya bekhula?



Masibhale

Abantu bayakhula  
ngokuhamba kwexesha.  
Umbala weenwele  
uyatshintsha, amazwi  
ayatshintsha, izihlunu  
ziyakhula kwaye baba  
nobulumko.



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

Ukubaleka kodwa ungadinwa	
Ukuxhumaxhuma	
Ukufunda iphephandaba	
Ukuqhuba imoto	
Ukudlala emthini	

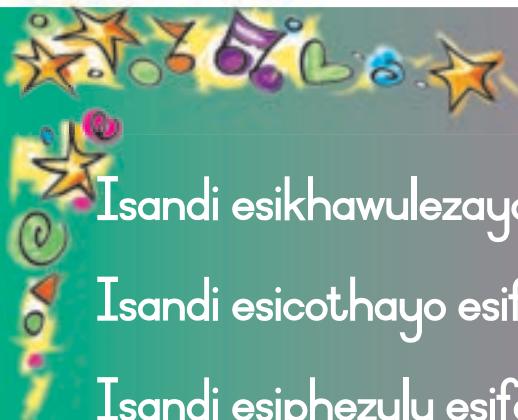
Mna	Abazali bam

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?



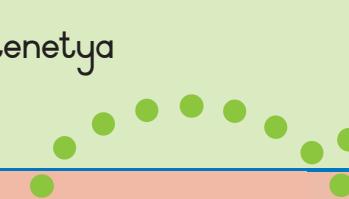
Phosa ibhola yentenetya emoyeni uze uyigange ngezandla zozibini.



Jula ibhola phezulu uze uqhwabe izandla zakho phambi kokuyiganga.



Qakathisa ibhola yentenetya  
emhlabeni.



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



Ngoku zolule njengekati.



q



5

# Sivakalelwa njani?

Ikota yoku-1 – I veiki yesi-3 – Iphepha lomsebenzi lesi-

10

**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

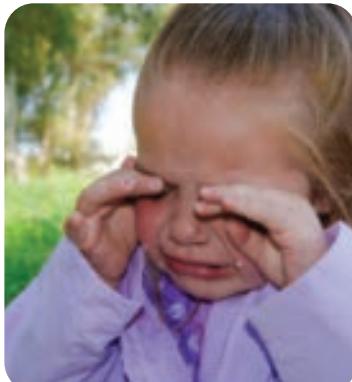
wonwabile

uyazisola

uyoyika

unebhongo

unomsindo

**Phuma phandle**

Dlalani umdlalo wentenetya niziqhelise ukubetha ngomphambili nangomva wesandla.



Umhla:



Masithethe

Yintoni ekonwabisayo?

Yintoni ekwenza ube lusizi?



Masibhale

Yintoni ekoyikisayo?

Yintoni ekwenza ube nomsindo?



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

### Dayari ethandekayo

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

### Dayari ethandekayo



Titshala:

Sayina:

Umhla:



6

# Izinto endizithandayo

Ikota yoku - I – Iweki yesi - 3 – Iphepha lomsebenzi lesi-

Masibhale

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## EYONA NTO NDITHANDA UKUYENZA

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



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\_\_\_\_\_

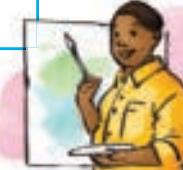
\_\_\_\_\_



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.



Masithetho

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



5					
4					
3					
2					
1					
	Ukucula	Ukufunda	Ukupeyinta	Imidlalo	Izibalo

Sesiphi esona senzo sithandwa kakhlulu?





7

Ikota yoku-1 – I veiki yesi-4 – I phephä lomsebenzi lesi

# Sivakalelwa njani?



Masithethe

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

	Akujongi na xa uhamba!	
	Owu uxolo! Mandikuncede uchole ezi zinto.	
	Hayi bo! Nantsi ibhola yakho.	
	Hayi bo! Hamba uye kudlala kwenye indawo.	
	Yeyam kwaye akuzi kuphinda uyifumane.	
	Yiza sabelane ngetshokolethi.	



Masibhale

Benza ntoni abahlabo 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 uijkeleze ibala. Xa utitshala wakho esithi "tshintsha" jika ubaleke uye kwelinye icala.
- Qakathisa ibhola usiya phambili ngaxeshanye.





8

# Siyaqondisisa

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



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.




16

Umhla: .....



Masibhale

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



## Abantu endibaxabise kakhulu ebomini bam



Bhala ke ngoku inkcazelو yaba bantu nokuba kutheni bebalulekile nje.





9

# Impilo noNcedo lokuQala

Ikota yoku-1 – I veiki yesi-5 – I phophha lomsebenzi lesi



Masithethe



Thetha ngokwenzeka kulo  
mfanekiso.

Wakha wopha ngeempumlo?

Yintoni ekufuneka uyenze xa  
usopha ngeempumlo?

## Wenza ntoni xa usopha ngeempumlo

1

Hlalela phambili uze uthobe intloko.

2

Vala impumlo ngesandla imizuzu emi-2  
uphefumle ngomlomo.

3

Beka into ebandayo ngemva entanyeni  
yakho, into efana netawuli emanzi  
okanye amaqhekeza omkhenkce  
asongelwe ngetawuli.

4

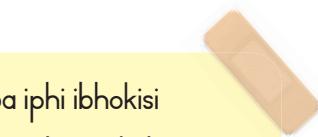
Ungafinyi emva kokuba uyekile ukopha.

5

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

Umhla: .....

Uyayazi ukuba iphi ibhokisi  
yoNcedo Lukuqala 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 siligcinelicocekile elo nxeba ukuze singosulelwaziintsholongwane.



Masithethethe

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.

Titshala:
Sayina:
Umhla:

Funa inombolo yefowuni yeenkonzo zikaxakeka unokuyifowunela. Inombolo yefowuni: \_\_\_\_\_



10

# Amanxeba okutsha

Masif unde

Xa uchukumisa into eshushu, uya kutsha.  
Kufuneka wenze ntoni xa omnye umntu etshile?

Ikota yoku-1 – I'veki yesi-5 – Iphepha lomsebenzi le-



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.

Thattha izinti ezintathu okanye iintambo ezintathu. Wakube utsibe phakathi kwazo zibhekeliše ziqeletelelane 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.



Tshirtshiselanani  
ngokubetha ugaaphu  
ukuze abahlolo bakho  
batsibe nabo.

20

Umhla: .....



Masithethe

Kwenzeka ntoni kule mifanekiso?

Yeyiphi enye indlela abanokutsha ngayo aba bantu?



Bhala imigaqo ebalulekileyo ekufuneka ujikhumbule xa kufuneka uncedise kwezi zinto:

Umntu omongozayo

Amanxeba

Izilonda zokutsha



Titshala:

Sayina:

Umhla:



11

# Ndizigcina ndikhuselekile

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



Masithethe

Kufuneka siyikhathalele imizimba yethu.

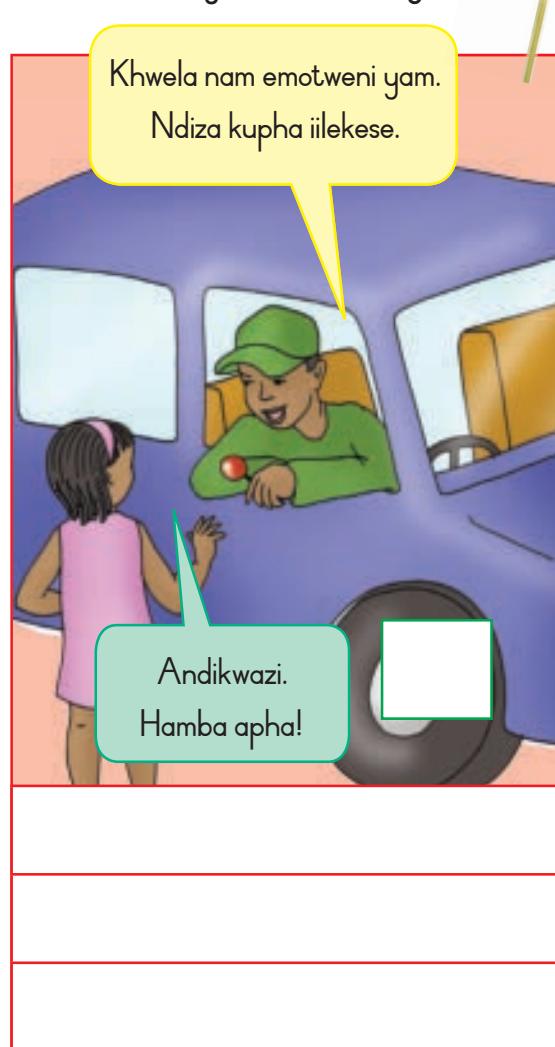
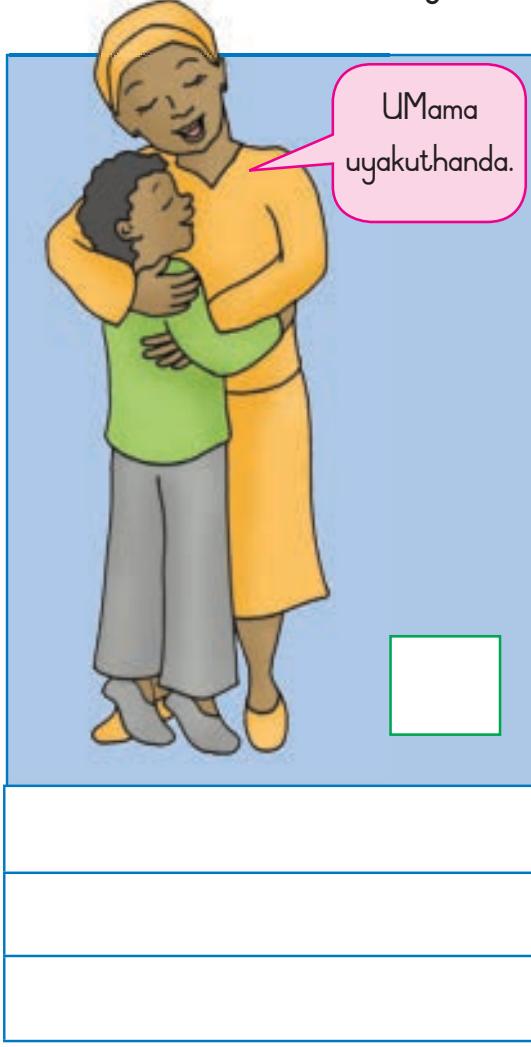
Sifumana iimvakalelo "zika-ewe" xa sithanda  
into ethile kwaye sifuna ukuba mayiqhubo.

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



Masibhale

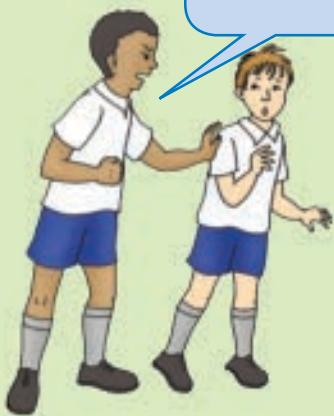
Faka uphawu ✓ ukuba umfanekiso ubonisa isenzo esikhuselekileyo  
okanye u-X ukuba ubonisa isenzo esingakhuselekanga. Wakugqiba  
bhala isivakalisi ngezantsi komfanekiso ngamnye uchaze ukuba  
kutheni ucinga ukuba sikhuselekile okanye asikhuselekanga.



Umhla: .....



Andikuthandi.



Umhle ke ngoku.



## Ukuthi hayi

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

Ukuba umntu ukwenza uzive ufunza ukuthi "hayi" kwaye ukwenza uzive ungonwabanga, xelala umntu omdala onokumthemba.



Masibhale

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



Bhala ukuba ungasixela njani isehlo esibi kumntu omthembileyo.





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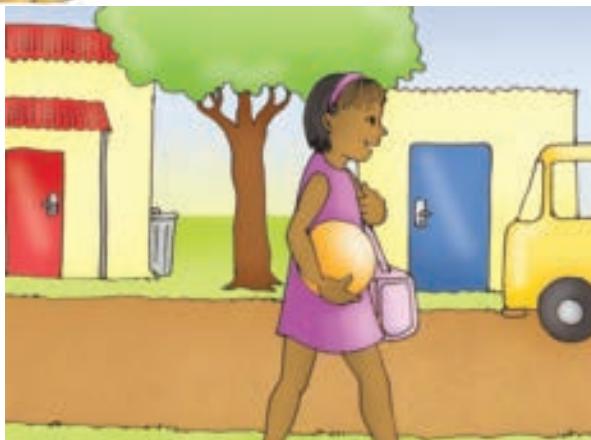
Ikota yoku-! – I'veki yesi-6 – Iphepha lomsebenzi le-

Masithethe

# Ukuzilumkela

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

Yiza, ndiza kukusa evenkileni.

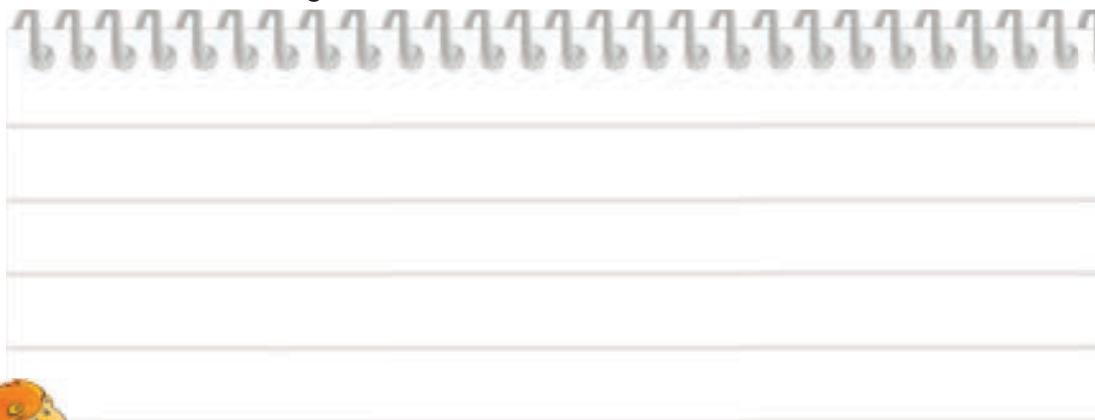




Masibhale

Bhala phantsi imithetho emihlanu yokhuseleko.  
Ingulowo nalowo wuqale ngokuthi:

Abantwana mabangaze...



Masenze

Yenza imaski ubonise uvakalelo.

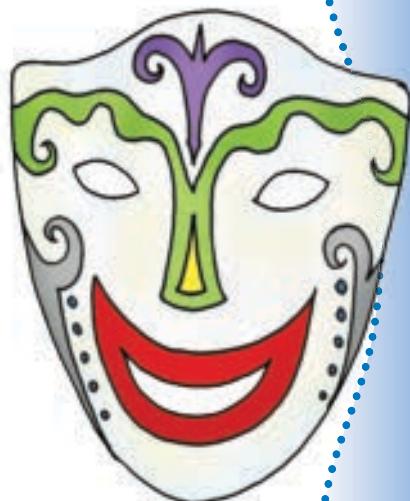
Yenza isigqibo ngovakalelo onqwenela ukulubonisa  
ngemaski yakho.

Yizobe ephepheni lokurhixiza.

Yisike ujikhuphe.

Sika ukhuphe amehlo.

Yihombise ngephepha elinombala.



Phuma phandle

Zilungiselele ukungenela ugqatso.

Chopha ube kwisimo esilungileyo sokuqalisa.

Mamela utitshala wakho esithi:

"Chopha! Lunga! Baleka!"

Yenza ke ngoku umdlalo wemiqobo.



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13

# Ndizigcina ndikhuselekile

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



Masithethé

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 ngokugqithisleyo ngenxa yokutshaya.
	Ukutshaya kunokubangela isifo somhlaza.

Umhla: .....

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# Imithetho yempilo

Kufuneka ndixukuxe amazinyo emva kokutya naphambi kokuba ndilale. Kufuneka ndikame iinwele zam phambi kokuya esikolweni. Kufuneka ndicoce iinziphо zam emva kokudlala esantini.

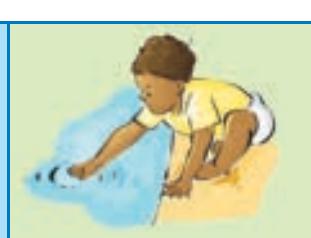


Iinziphо zam ndizigcina zimfutshane kwaye zicocekile. Kufuneka ndihlambe izandla zam emva kokuba ndiyе kwindlu yangasese naphambi kokuba ndiphathe ukutya. Kufuneka ndilahle amaphepha okosula angcolileyo emgqomeni wenkunkuma.



Masonwabe

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



Phuma phandle

Khanibe nenxaxheba nani nidiale umdlalo weqakamba omncinci.

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





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Ikota yoku-1 – I'veki yesi-8 – Iphepha lomsebenzi le-

# Amalungelo noxanduva (1)



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  
msebenzi uwenzayo.

Bophani  
imilenze yenu  
niyidibani se  
nibaleke.



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





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# Amalungelo noxanduva (2)

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

Masithethe

Xeleta umhlobo wakho ukuba yeyiphi  
imithetho eyaphulwa ngaba bantwana.



Isikolo ngasinye

sinemithetho ukuze

sikwazi ukusebenza

kakuhle. Ngokunjalo iklesi  
nganye inemithetho  
efanele ukuthotyelwa.



Masibhale

Bhalela iklesi yakho imithetho  
emi-4.



Masithethethe

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

## UXANDUVA LOLUTSHA LOMZANTSI AFRIKA

<b>Ukulingana</b>	<b>Isidima somntu</b>	<b>Ubomi</b>	<b>Usapho</b>
Phatha wonke umntu ngokulunganayo nangendlela elungleleyo. Musa ukucalucalula. 	Hlonipha wonke umntu. Yiba nenceba nenkathalo. 	Ubomi buxabisekile. Phatha yonke into ephilayo ngentlonipho. 	Bahonele abazali bakho. Yiba nobubele nentembeko kusapho lwakowenu. 
<b>Imfundo</b>	<b>Umsebenzi</b>	<b>Inkululeko nokhuseleko</b>	<b>Ipropati</b>
Yiya esikolweni, ufunde kwaye usebenze ngokuzimisela. Thobela imithetho yesikolo. 	Ncedisa kwimisebenzi yasekhaya. Abantwana mabanganyanzelwa ukuba bafune umsebenzi. 	Musa ukubavisa ubuhlungu okanye ubavuyebole abanye, kwave sukubavumela nabanye ukuba benze njalo. lingxwaba-ngxwaba mazisonjululwe ngoxolo. 	Zihlonene izinto zabanye abantu. Musa ukonakalisa ipropati kwaye musa ukuba. 
<b>Inkolo, inkolelo kanye nolovo</b>	<b>Ukhuseleko</b>	<b>Ubummi</b>	<b>Inkululeko yokuvakalisa izimvo</b>
Zihlonene iiinkolelo nezimvo zabanye abantu. 	Wukhathalele umhlaba. Musa ukuwamosha amanzi nombane. Zikhathalele izilwanyana nezityalo. Gcina ikhaya lakkho kanye nendawo ohlala kuyo icocekkile kwave ikuhuselekile. 	Yiba ngummi woMzantsi Afrika olungileyo nothembekileyo. Yithobele imithetho kwaye uqinisekise ukuba benjenjalo nabanye abantu. 	Musa ukusasaza ubuxoki nentiyi. Qinisekisa ukuba abanyhukulwa okanye baviswe ubuhlungu abany abantu. 





16a

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



Masithethe

# Iintsuku 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.

16b

Ikota yoku-l - I'veki yesi-8 - Iphepha lomsebenzi le-

Igama lam

Ifani yam

Usuku lwam lokuzalwa

Ibanga lam

Isikolo sam

Inombolo yam yefowuni

Idilesi yam

Inombolo yam yengxakeko

Owona mdlalo ndiwuthandayo

Owona mbala ndiwuthandayo

Oyena mhlobo wam ndimthandayo

Into endonwabisayo

Into endenza lusizi

Into endicaphukisayo

Into endiyenza kakuhle

Titshala:  
Sayina:  
Umhla:

Masithethe

# Indlela yokutya esempilweni

Jonga iqela ngalinye kumaqela okutya uze uthethe ngalo nomhlobo wakho:

Zeziphi iintlobo zokutya ezikwiqela ngalinye?

Kutheni iqela ngalinye lokutya  
lilungile kuthi?



## liprotheni

Iprotheni zakha iiseli  
ezintsha ukuze ikhule  
imizimba yethu.



## livithamini

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



Phuma phandle

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



# likhabhohayidrethi

Ezi ntlobo zokutya  
zisinika amandla.



Masibhale

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

## Ubisi

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

Ukutya endikutye izolo	Udidi lokutya





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



# 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.

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Umhla: .....





Masibhale

Yenza uludwe lweentlobo zokutya esifanele  
ukuzitya yonke imihla.



Masibhale

Bhala iresiphi yokutya okuthandayo.

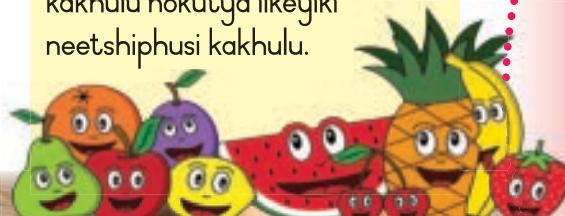
Ziintoni ekufuneka sziphephe?

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 iikeyiki  
neetshiphusi kakhulu.



Iresiphi ye- \_\_\_\_\_

Zeziphi izithako ezifunekayo?

Ndenze njani?/Ndisebenzise  
eyiphi indlela?

Titshala:  
Sayina:  
Umhla:



Zeziphi izithako ezifunekayo?	
Ndenze njani?/Ndisebenzise eyiphi indlela?	





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



Masibhale

# Indlela yokutya esempilweni

UThabo noNomsa basendleleni eya kwivenkile yakwaLanga-liphumile. Kufuneka bathenge ukutya kokuphekela isidlo sangokuhlwa. Bancedise ukuze benze imenu yeendidi zokutya okulungileyo.



Phuma phandle

Tshintshisanani ngokubetha  
ugqaphu ukuze abahlolo bakho  
batsibe nabo.



Umhla: .....



Masibhale

Bhala izinto abafanele ukuzithenga namaxabiso azo kuludwe lokuthenga olungezantsi. UThabo no Nomsa 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.

Ndiyakuhlafunisia ukutya kwam.

Nditya isidlo sakusasa phambi kokuya esikolweni.



Bala ufumanise ukuba uwufake kangaphi umbala ebusweni obuncumileyo.

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# Ukutya kakuhle

Masenze

Zoba okanye ncamatheisa imifanekiso yokutya ukuze ubonise isidlo esinempilo.

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

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Umhla: .....



Masifunde

## Imithetho yokutya ngendlela elungileyo

Zihlambe qho izandla zakho phambi  
kokuphatha ukutya.

Ungakushiyi ungakugqumanga ukutya.  
Musa ukutya ukutya okudala okanye  
okubolileyo. Sebenzisa amaxolo emifuno  
ukwenza ikhomposi yesitiya.  
Lima eyakho imifuno.



Masenze

Zoba umfanekiso ubonise omnye wale mithetho.



Titshala:

Sayina:

Umhla:



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



# Izinambuzane

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

Uphondo

Intloko

Iliso

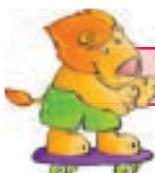
Umlenze

Umzimba  
ongasentla

Phuma phandle

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

Umhla: .....



Masenze

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



Inyosi



Ingcongconi



Impukane



Imbovane

Intethe

Ibhabhathane

Ubphantom

Ivivingane



Masibhale

Ngoku fakela amagama angekhoyo.



zenza ubusi.

amvumvuzela iintyatyambo.

zisasaza imaleriya.

zisasaza izifo.

zitya izityalo zabalimi.





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# Okunye ngezinambuzane

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



Masithethe

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



Iinyosi zisasaza umgubo wokumvumvuzela. Oku kuyimfuneko ukuze kukhule iziqhamo.

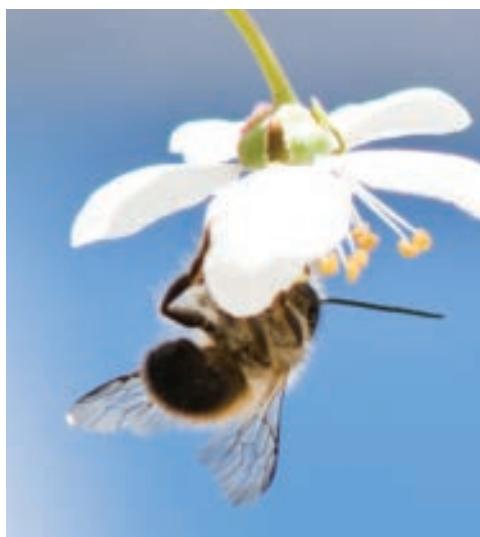


Iinyosi zivelisa ubusi.



Masibhale

Bhala igama lesinambuzane ngasinye kwisithuba esishiyiweyo.



Le \_\_\_\_\_ ifunxa incindi kwintyatyambo.

Umhla: .....



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 kwiengara  
yempahla.





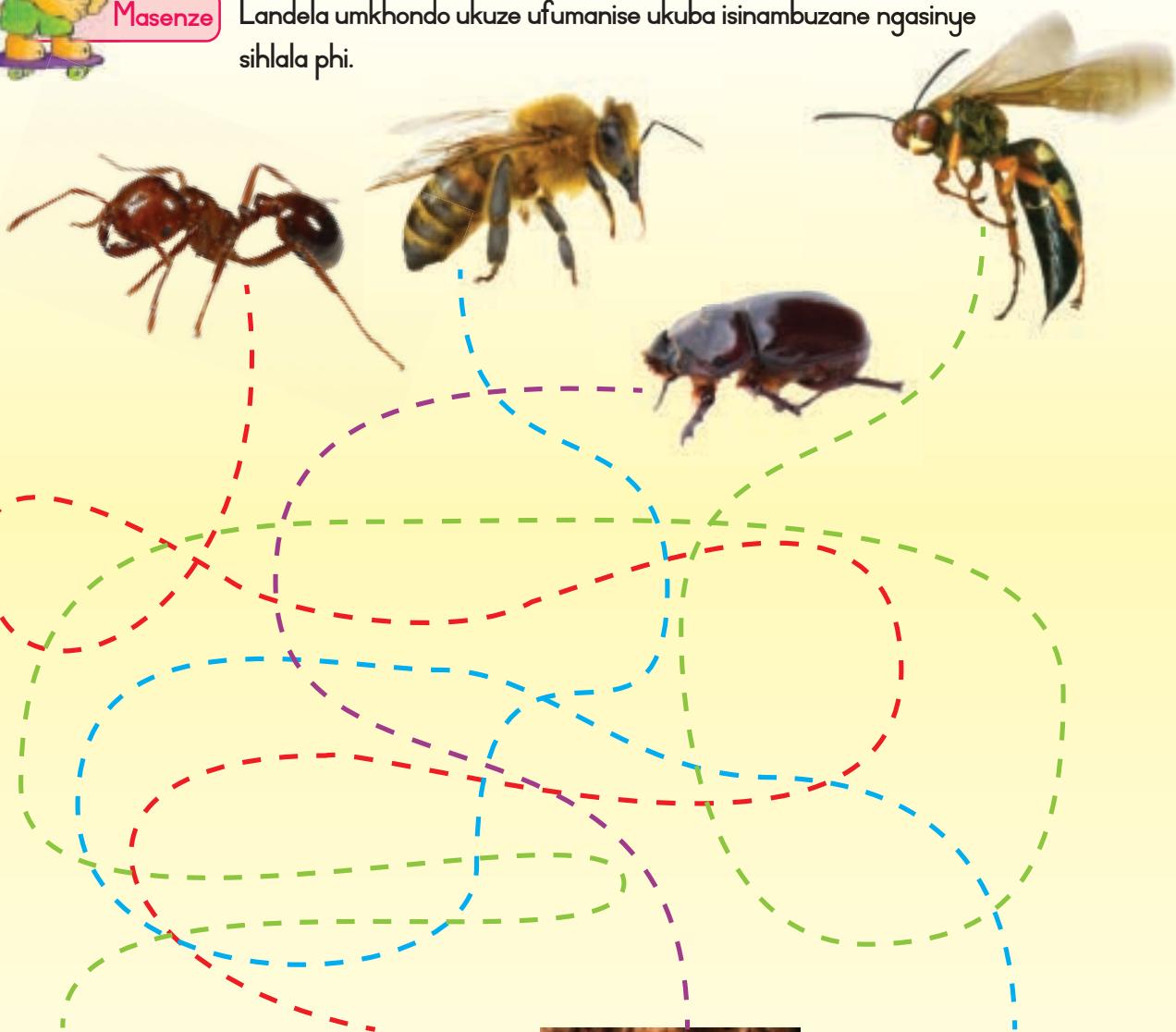
# 23 Amakhaya ezinambuzane

Ikota yesi-2 – Ivetki yesi-4 – Iphhepha lomsebenzi lama-



Masenze

Landela umkhondo ukuze ufumanise ukuba isinambuzane ngasinye sihlala phi.





Masenze



Masibhale

Hamba-hamba ujikeleze amabala esikolo uze ujонge  
ukuba zingaphi iintlobo zezinambuzane onokuzifumana.



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? Ungenxa ntoni xa sinokukwenzakalisa?



Masonwabe



Yila uze

uzobe esakho

isinambuzane

uze usithiye

igama.



Titshala:

Sayina:

Umhla:



Masenze

# Ndiligcisa

## Zenzele ibhabbhathane

Kufuneka oku: iphepha leA4

Iikhrayoni zamafutha

Isikere

Iglu

Ucingo oluthambileyo

Ikhadibhodi yephepha lendlu yangasese

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

Qinisekisa ukuba omabini amaphiko ayafana. Lisike ulikhuphe

ibhabbhathane. Ncamathelisa umzimba webhabbhathane kwikhadibhodi

yephepha lendlu yangasese. Ngoku yenza iimpondwana ngokusebenzia

ucingo oluthambileyo

ulusongwe kabini.

Luncamathelise kwintloko yebhabbhathane.





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 nebholo uze uyiphosele omnye.



### Isitishi 5:

**Ibhola ekhatywayo:** Khabela ibhola emnatheni ubaleka.



# Umjikelo yobomi

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

## Umjikelo wobomi besele



Masithethe

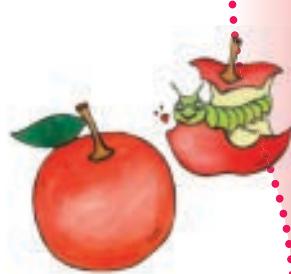
Jonga imifanekiso uze uxelele umhlobo wakho indlela eliguquka ngayo isele kumjikelo wobomi balo.

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

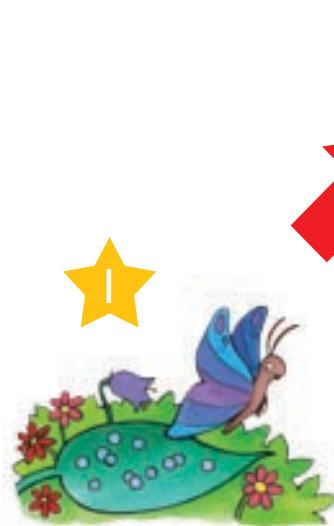
Umhla: .....



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



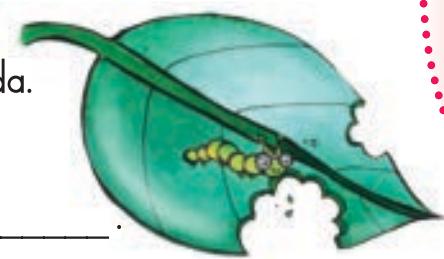
## Umjikelo wobomi bebhabhathane



1 Ibhabhathane libeka amaqanda.



2 \_\_\_\_\_



3 \_\_\_\_\_



4 \_\_\_\_\_

5 Umbungu uba nguphunguphungu.



6 \_\_\_\_\_



5 \_\_\_\_\_



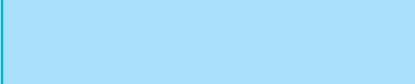
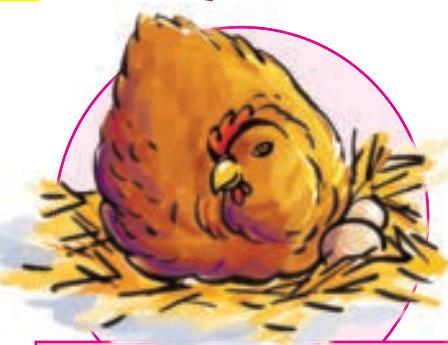
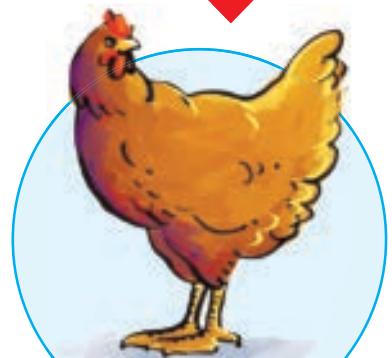


Masithethe

# Imijikelo yobomi

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

Ikota yesi-2 – Ivelki yesi-b – Iphepha lomsebenzi lama-





Ngoku yila owakho umjikelo wobomi.

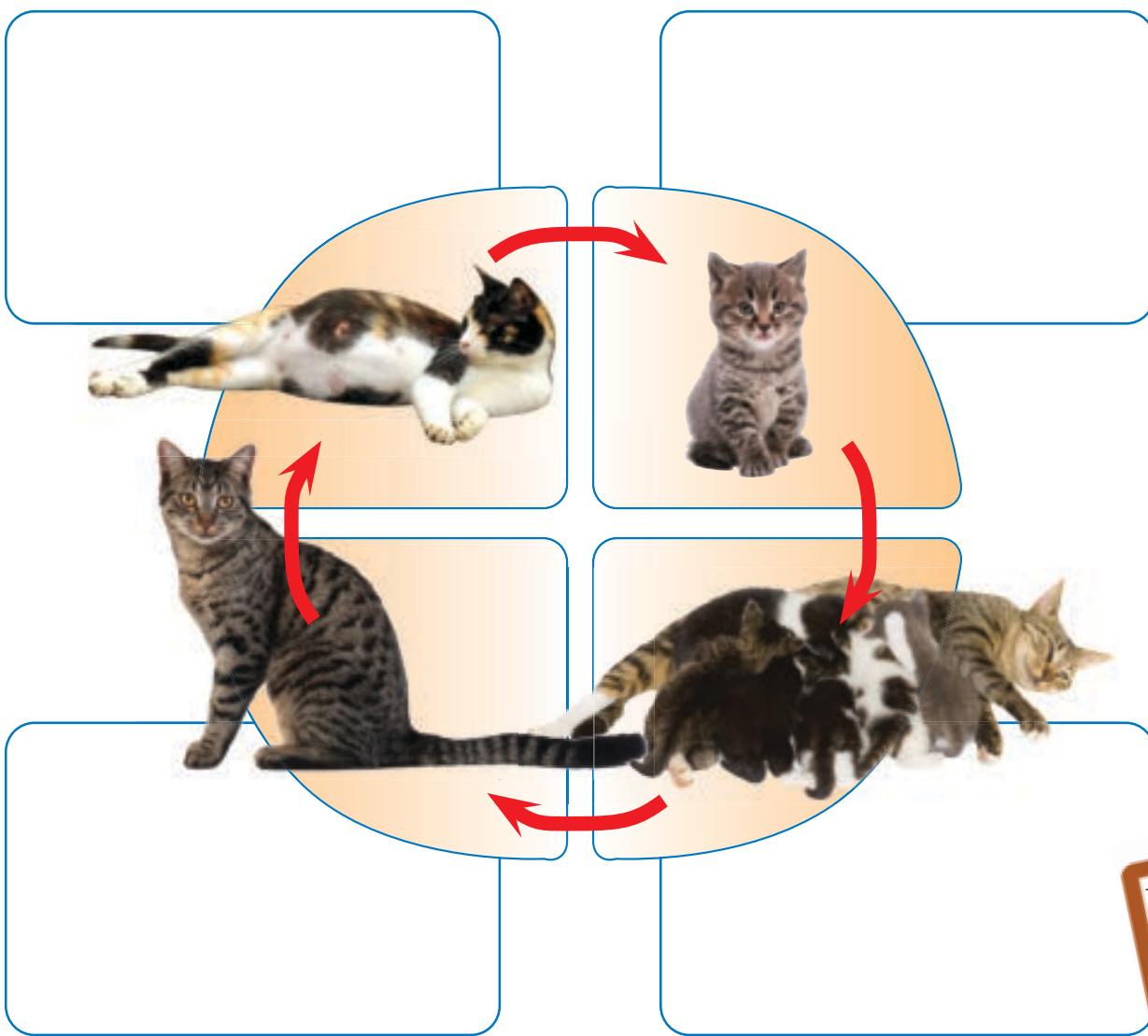
Faka uphawu kumfanekiso ngamnye okwivili lebali ubonise umjikelo wobomi bekati.

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



# Isilo-qabane sam

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



Masenze

Yenza imasikhi yesilo-qabane

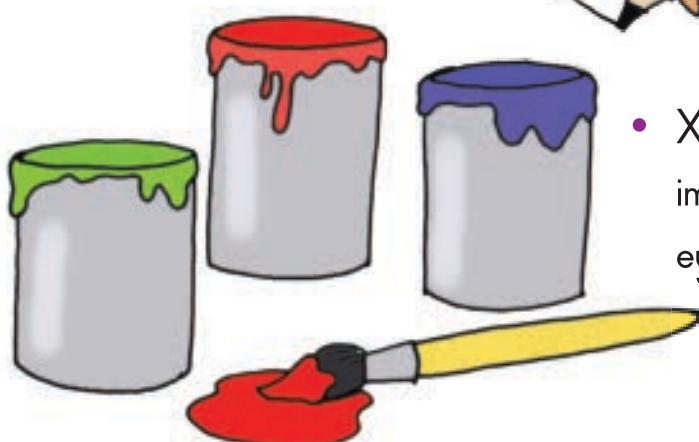
Kufuneka oku:

Iphepha le-A4

Ipenisile

Ipeyinti yomgubo namanzi

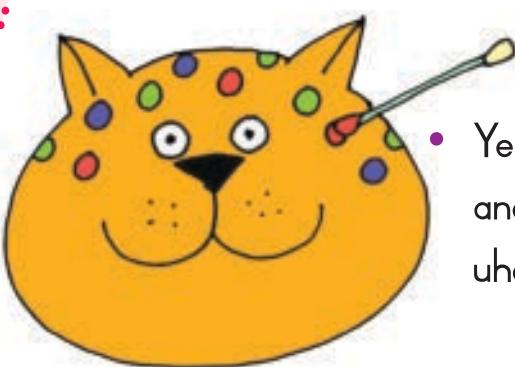
Imicinga yokugqogqa iindlebe



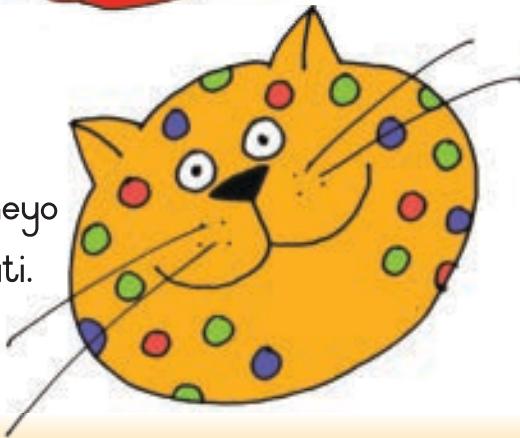
- Zoba umgca wobuso bekati ephepheni.
- Xuba ipeyinti ukuze wenze imibala nokuba mi-3 eyahlukenyoy.



- Sebenzisa umcinga wendlebe ngombala ngamnye.



- Yenza amachokoza anemibala eyahlukenyoy uhombise ubuso bekati.



Umhla: .....



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.

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Masithethe

# Ukulondoloza okusingqongileyo

Jonga ezi powusta uze uthethe nabahlobo  
bakho ngento ezisixeleta yona.

Jonga umqondiso wokuhlaziya.  
Ukhe wawubona phi umqondiso ofana nalo?



## Ncedani sihlaziyeni!



Phuma phandle

Ungakwazi ukuyila umxhentso  
okane umdaniso usebenzisa  
iihulahuphu neeribhoni?



Umhla: .....



Masifunde

Singanceda njani ukugcina okusingqongileyo kucocekile?



Kufuneka sikhumbule ezi zinto zintathu.

**Nciphisia:** 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 ezinokuhlaziya. Sikuqalele uludwe ngalunye.



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





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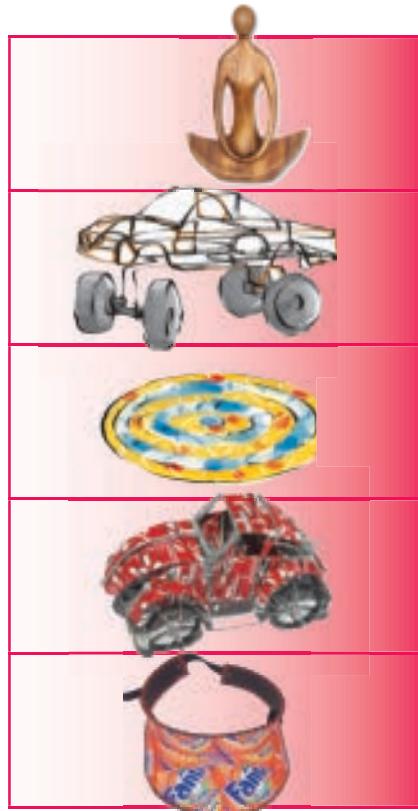
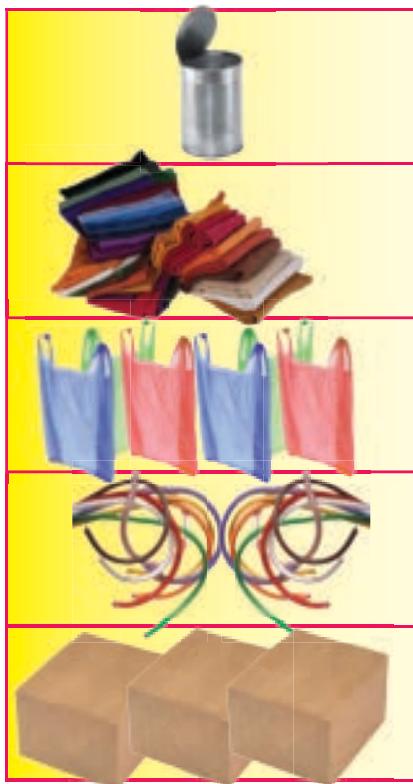


Masibhale

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

# Ukuhlaziya

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



Yila ke ngoku umfanekiso wento onokuyenza ngokusebenzisa izinto ezhlahiziweyo uze uwuphawule ngamagama..

Igama lento

Zoba umfanekiso wento oyithandayo.

Yenziwe nge

Umhla: .....



Masibhale

Cinga ngezinto ezinokwenza ikhomposi elungileyo. Bhala igama ngalinye elingezantsi kuluhlu oluchanekileyo ugqibezele itheybile. Unako kananjalo ukucinga ngezinto ezithile ezinezakho uze uzihlele kakuhle ngokwezintlu ezichanekileyo.

izingxobo zeplasitiki

amaxolo emifuno

izikhonkwane

iitoti zesiselo esibandayo

amaqokobhe amaqanda

Izinto ezingaboliyo

Izinto ezibolayo



Masenze

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



Titshala:  
Sayina:  
Umhla:



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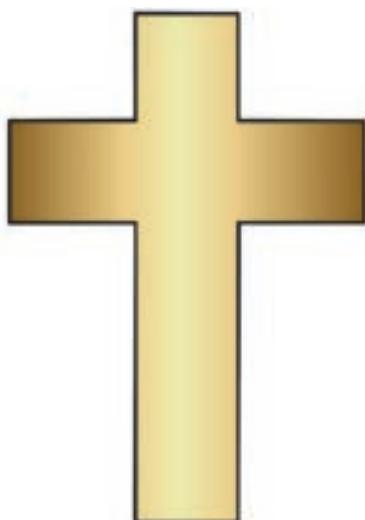
Ikota Yesi-2 – Iweki Yesi-7 – Iphepha lomsebenzi lama-



Masithethe

# Iintsuku zenkolo nezinye ezizodwa

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.

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Umhla: .....



# lindawo ezahlukeneyo zokunqula

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Masenze

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

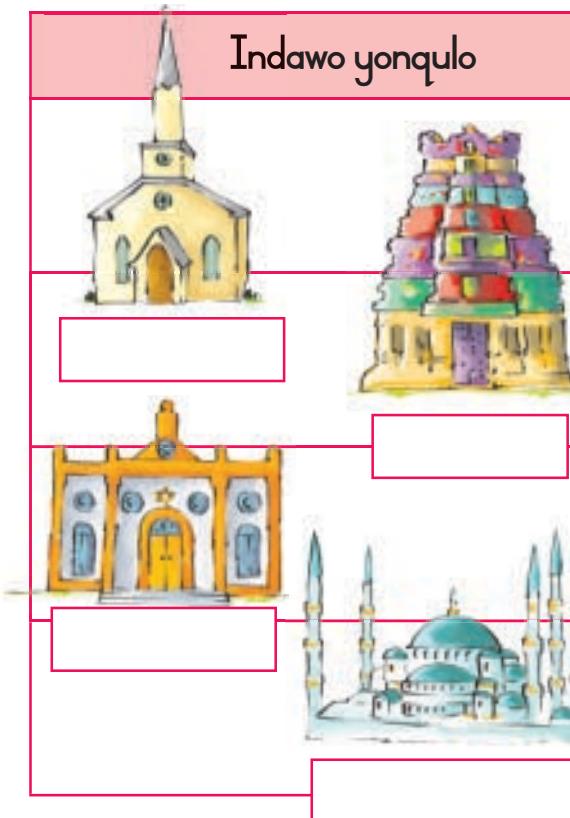
itempile

isinagogu

imoski

inkonzo

Inkolo
ubu-Islam
ubuHindu
ubuKrestu
ubuJuda



Masenze

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

Amagama abahlobo	Iimpawu zabo



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# ISATIFIKETHI

Sokugqiba iBanga lesi-3

Izakhono zoBomi incwadi yoku-1

**Sinikezelwa ku**

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Bhala igama lakho.

Umhla \_\_\_\_\_

Utitshala \_\_\_\_\_



# Isichazi-magama sam

A  
a

G  
g

B  
b

H  
h

C  
c

I  
i

D  
d

J  
j

E  
e

K  
k

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l



# Isichazi-magama sam

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Q

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W

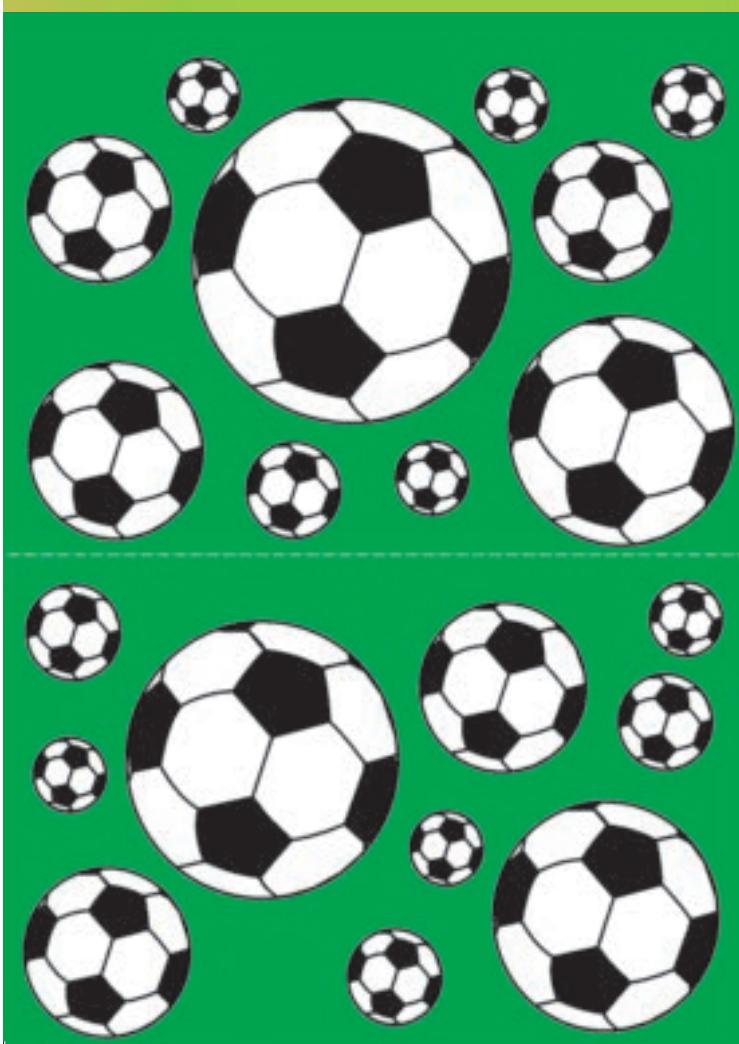
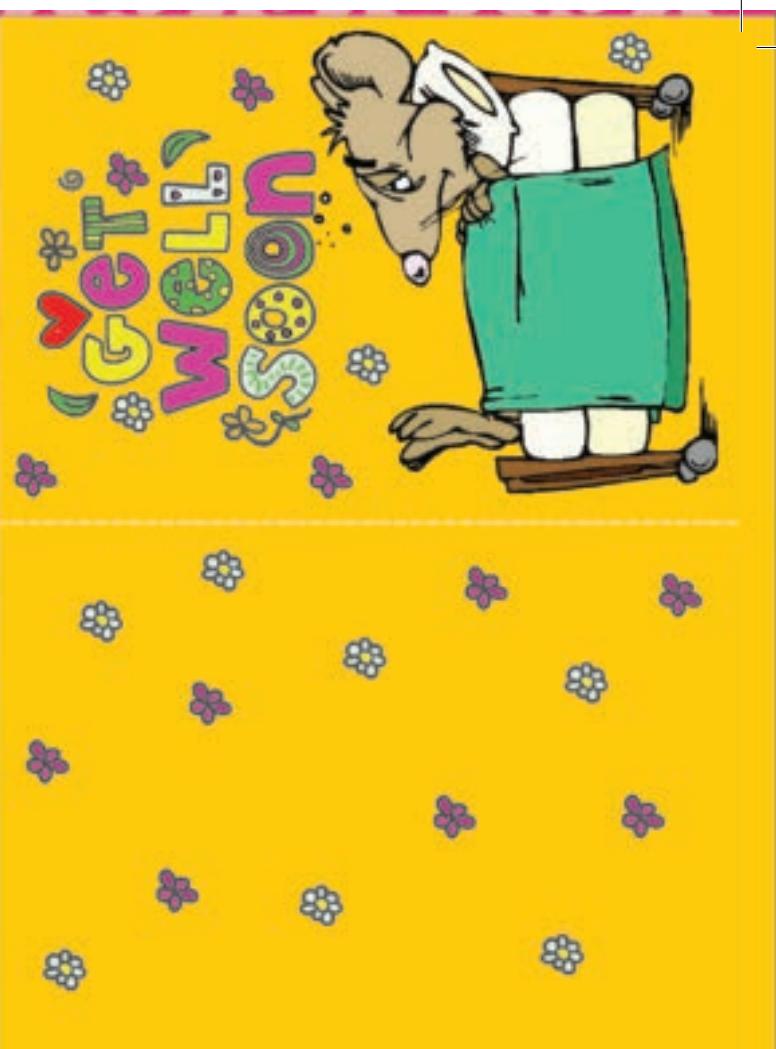
w

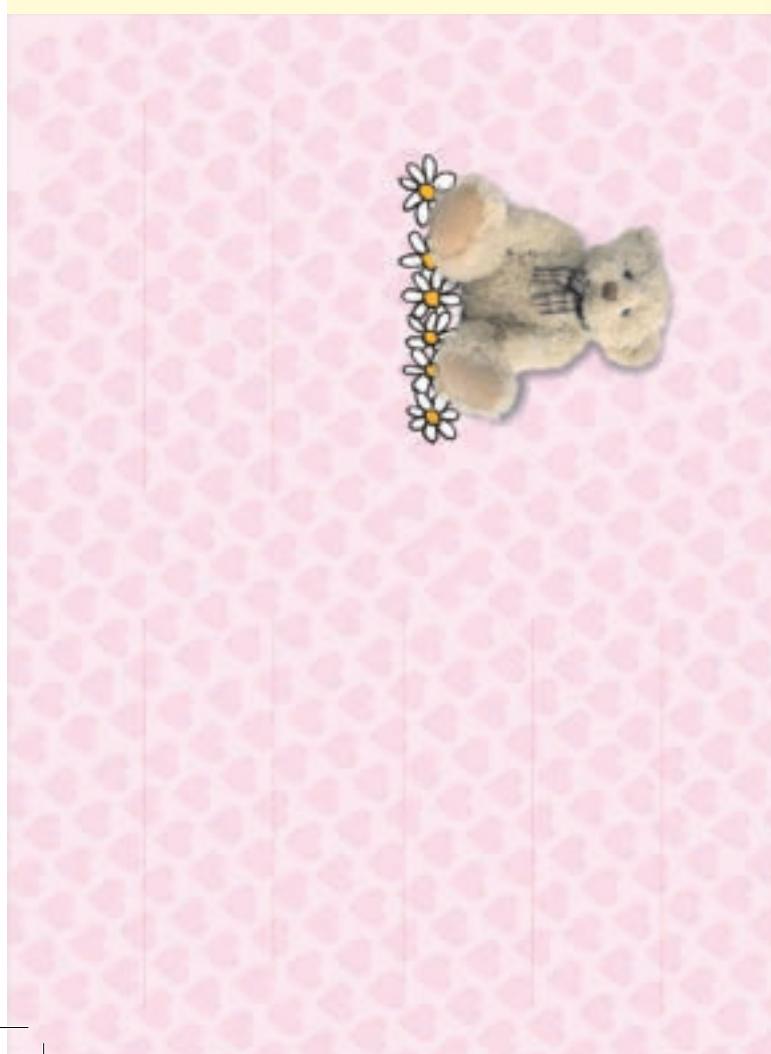
R

r

X-Z

x-z





P.45

