



Mphato
wa **3**



Puku ye Kgolo ya dikanegele tše kopana

SEPEDI



basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

Puku ya

7

Mokgwa wa go šomiša Puku ye ye Kgolo:

Dikanegelo tše di lego ka mo go puku ye:



1 Difahlego tše go segiša

1



2 Dikuku tše mebalabala

13

Go itokišetša nako ya go bala Puku ye Kgolo.

- Kgonthiša gore barutwana ka moka ba bona puku.
- Ge barutwana ba phapošborutelo ya gago e le ba bantši, bokaone ke gore o šome le sehlopha se sennyane.
- O tla hwetša gore go na le mohola go dira gore puku e eme gore o se hlwe o e swara ge o dutše o e bala. (Lebelela ditaelo tše gore o dire gore puku e eme ka khabara ya morago.)
- Šomiša rula goba sešupo go šupa mantšu, ge o dutše o bala.
- Ge o nyaka go bonagatša mantšu, o ka mamaretša mantšunyana a go mamaretša go dikologa lentšu go le bonagatša, goba wa dira lefastere la maselamotse. Šomiša setsekana sa pampiri ya sebopego sa khutlennethwi, o se ripe mo bogareng, gomme o bee khutlennethwii, o e tloše mo bogareng, gomme o mamaretše khutlennethwii godimo ga sengwalwa gore go bonagale fela lentšu le tee.

Nako ya mathomo ya go bala ka go šielana

Nako ya mathomo e lebanywa le boipshino le tebelelo ya mathomo ya go lebelela sengwalwa, barutwana bona ba fetola ka bobona ge ba lebelela sengwalwa.

- Phetlolla kanegelo, ba tla bala. Bolela ka ga ditshwantšhetšo.
- Kgopela barutwana gore ba bolele gore ba nagana gore kanegelo yeo e theilwego godimo ga diswantšho e reng.
- Tšweletša mantšu a mathata goba a maswa pele barutwana ba bala kanegelo.
- Dira dikarata tše mantšu go tsebagatša tlotlontšu ye mpsha.
- Bala kanegelo, o šomiša ditlhagišo, gomme o fetolafetola lentšu la gago, lebelo le moywa lentšu. Šomiša dika le ditlhagišo tše sefahlego.
- Latela mongwalo ge o dutše o bala, ka go šupa mantšu ka kotana goba ka rula, gore barutwana ba bone seo o se balago, gomme ba amanye modumo le dika mo lephepheng. Gape se se tla ba thuša go bona tshepetšo ya go bala go tloga go la nnele go ya go la mmagoja, le go tloga godimo go ya tlase.
- Šomiša se bjalo ka sebaka sa go tsebiša 'polelo ya puku' bjalo ka: mantšu, mafofo, lephepheng, mongwadi le hlogo, bjalobjalo.
- Dira gore barutwana ba kgathetša tema mo kanegelong, ka go bolela fao sekafoko se ipoeletšago (mohlala: "Kitima, kitima, kitima ka lebelo leo o ka le kgonago, o ka se ntshware - Ke nna monna wa borotho bja dikhanakhana!").
- Kanegelo ye e bušeletšwago e swanetše go balwa gabedi go ya gararo, go fa barutwana sebaka sa go tšweletša polelo ya mogobelo, ge ba ekiša ditiragalo, goba go bušeletša dikarolo tše kanegelo, ka mantšu ao ba ikgethetšego ona.

Nako ya bobedi ya go bala ka go šielana

- Mo nakong ya bobedi go šomišwa sengwalo sona seo se šomišitšwego, gomme nepišo e šuthela go tšwela pele go kgathetša tema mo go baleng le morutiši, go šomišwa dipoledišano tše di šomišwago go tšweletša pele kwešišo ya tlotlontšu, go fetolela mabokgoni le sebopego sa sengwalo (popopolelo, maswaodikga, bjalobjalo).
- Go tšwa go wena, morutiši, go dira gore go išwe šedi go hlokome leng dithuto tše di amanago le šedi yeo e lebelelagoo dikgopoloo tše di latelago, mabapi le dikgatišo, dibopego tše dingwalo, mekgwa ya tumothlaka, dipatrone tše polelo, boitshupo bja mantšu, mokgwa wa go lemoša mantšu, le kwešišo, go mehlwaela ya tekanetšo (ntšukantšu, go pušeletšopeakanyo, go tšeia gore go bjalo, tekanyetšo le dipotšišo tše go fa maikutlo).

Nako ya boraro ya go bala ka go šielana

- Mo nakong ya boraro ya go bala ka go šielana, barutwana ba swanetše go bala sengwalo ka bobona gomme ba kgathetša tema ka go bolela, ba kgathetša tema ka go dira ka matsogo le go ngwala ditiragalo tše di theilwego godimo ga sengwalo.
- Ge go kgonagala, sengwalo sa Go balwa ka go Šielana se swanetše go tsebiša go Ngwala ka go Šielana moo morutiši a swanetšego go laetša gore sengwalo se ngwala bjang, gomme barutwana ba sware morero wa go ngwala taodišo ka ga sengwalo, gomme morutiši a kgathetša tema ya go kgonagatša le go ba sethaledi sa go laetša gore go ngwala bjang. Gomme tshepetšo e thuša go lokišetša barutwana ge ba dira mošomo wa bona wa go ngwala.

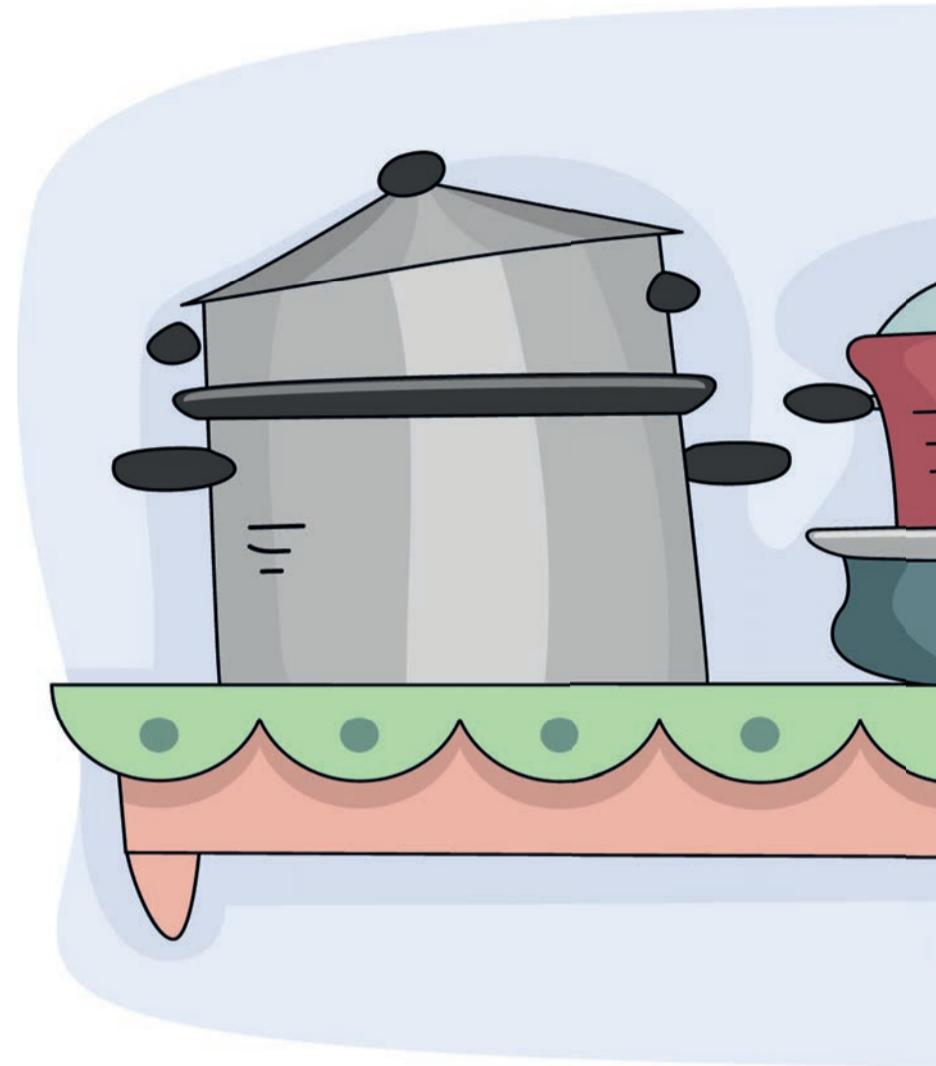
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Difahlego tša go segiša



Mokgwa

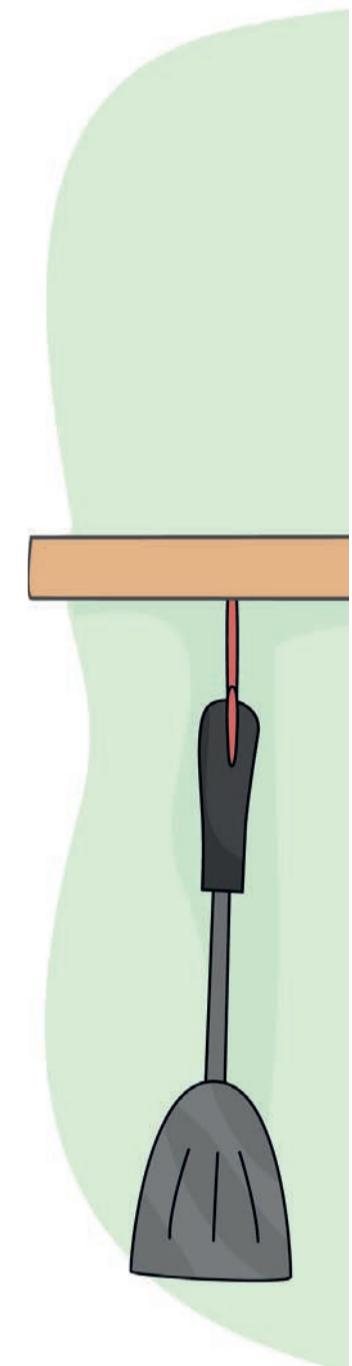
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Sefela swikiri ya aesing ka
sekotlelwaneng. Tšhela meetse.
Tswakanya go fihla go le boreledi.



2

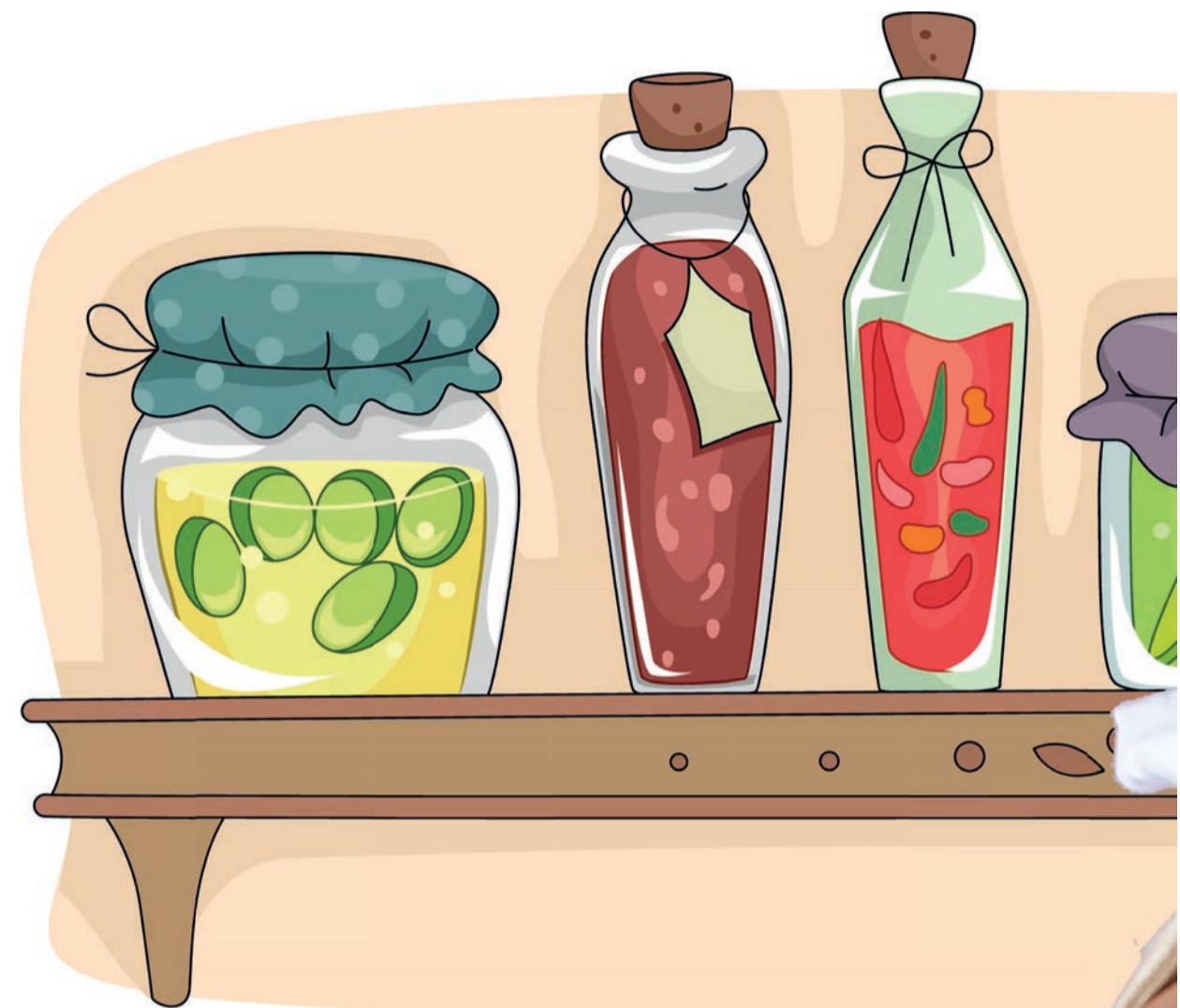


Aroganya motswako wa aesing ka go dikotlelwana tše 2. Rothetša mmala wa botalalerata ka sekotlelwaneng se tee, le bosorowane ka go se sengwe.



3

Bea dipiskiti godimo ga therei.





4

Šomiša thipa ye e
kukubetšego go phatlalatša
motswako wa aesing godimo
ga dipiskiti.





5

Kgabiša dipiskiti gore
di swane le difahlego,
o šomiša Disimathisi,
Malekere a Jeli le a
marala a dieta. Di emele
gore di kgahle.





6

Ipshineng ka dipiskiti
tša lena.



2

Dikuku tša mebalabala



Dibjana

Sefo

Sekotlewana sa go
tswakanyetša

Komiki

Lehwana la go sola

Lehwana la teye

Lehwana la kota

Foroko

Pane ya dikuku

Sefodiši

Ditlelafo tša onto



Ditswaki

Tege/Hlama ya dikuku

Dikomiki tše 2



Komiki e l ya swikiri

Mahwana a go sola a 2 a

potoro goba matšerine

Komiki e l ya maswi

Mae a 2



Aesing

Komiki e l ya swikiri ya aesing

Lehwana le l la go sola la
meetse

$\frac{1}{2}$ sa lehwana la teye la
sebalafatša dijo



Mokgwa

Tswakanya potoro le swikiri, o
šomiše lehwana la kota.

Hudua mae go fihla a eba sekafofa,
ka morago o tšhele mae ao, maswi
le vanila esense, ka go motswako wa
potoro.

Hlakanya go fihla go eba boreledi.

Sefa folouru le lerojana la go
paka gomme o di tšhele ka gare
ga motswako, o di hudue mmogo,
gabotse.

Gelela motswako ka lehwana, o
tšhele ka gare ga dikomiki tša

dipampiri, ka morago o di bee ka paneng ya go paka dikuku.

Paka ka phišo ya 180°C , metsotso ye 20–30, go fihla ge dikuku di eba le mmala wa bosotho bja gauta.

Iketle go fihla ge dikuku di fodile.



Latela motswako wa go letlakala
la 5, o dire aesing. Šomiša thipa
ye e kukubanego, o phatlalatše
aesing godimo ga dikuku.



Kgabiša ka disimathisi le dišašetši tša
mebalabala.





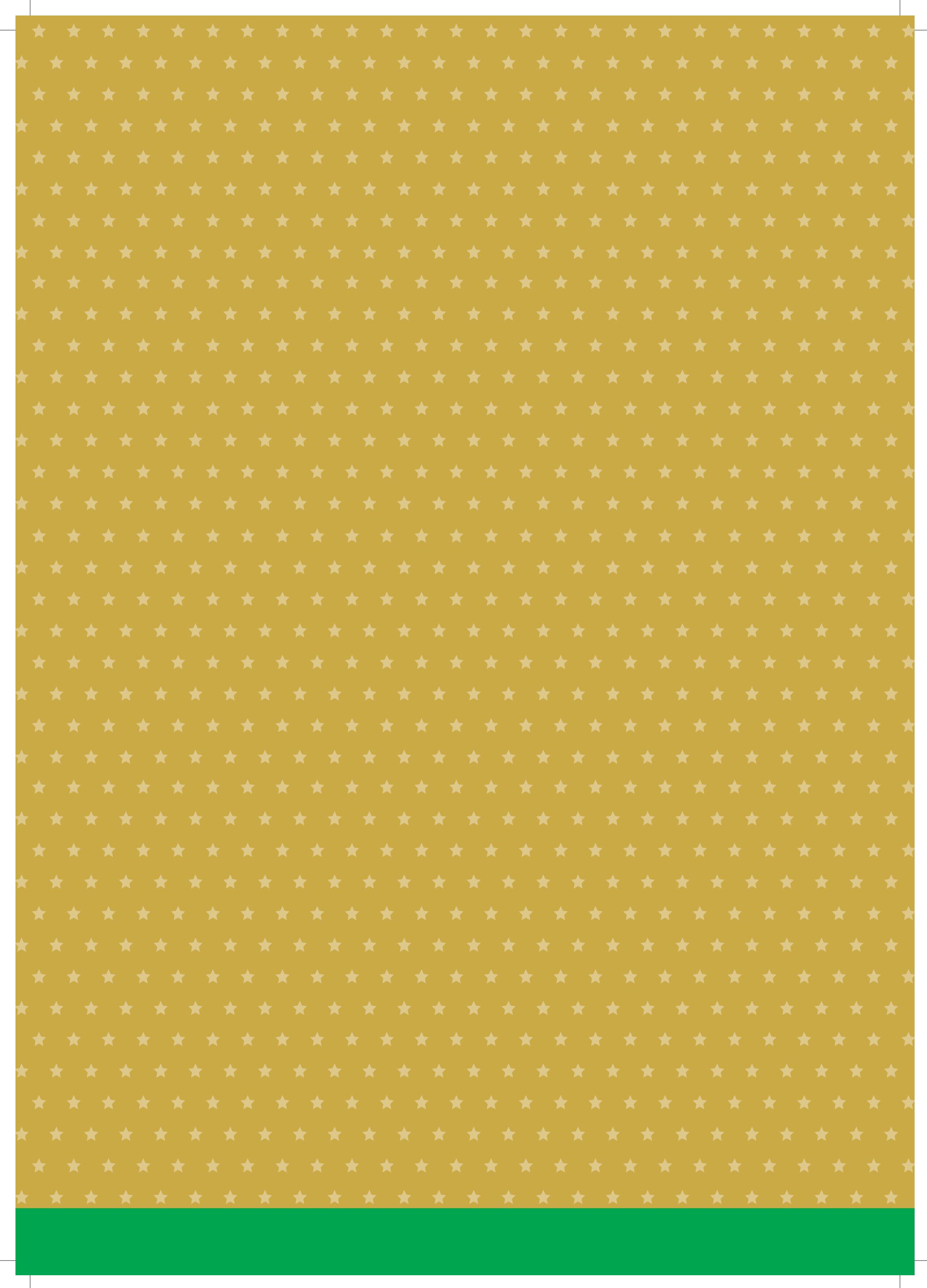
Bea dikuku tše di kgabišitšwego,
godimo ga poleiti ya go solela.







Ipshine ka go ja dikuku tše bosebose!



O a amogelega mohlwaeleng wa Puku ye Kgolo. Puku ye, ye Kgolo e hlama karolo ya Mohlwaela wa Molalatladi, wo o aparetšago dipukutšomo, kgoboketšo, dipadišo tše di hlophilwego le diphoustara. Re hutša gore o tla hwetša dikanegelo tša go fapano tše di akareditšwego ka go Dipuku tše Kgolo tše seswai tša mphato wo, tše di nago le mohola go barutiši ba lena, le gore barutwana ba lena ba tla ipshina ka maitemogelo a go bala ka go šielana. SEPHOLEKE (CAPS) sa Kgato ya Motheo se tšweletša molaleng go Bala ka go Sielana e le ye nngwe ya dikarolwana tše bohlakwa tša maano a go bala. Go bala ka go šielana ka mehla go diragatšwa mo nakong ya matšatši a mabedi le a mane mo bekeng mo ngwana yo mongwe le yo mongwe a nago le sengwalo sa go swana le tše dingwe tša go balwa. Dipukutšomo le dipadišo tše di hlophilwego di swanetše boikemišetšo bjo.

Le ge go le bjalo, go bala ka go šielana o šomiša Puku ye Kgolo ya go ba le maletere a magolo ke mokgwa wo mobotsebotse wa go bala ka go šielana, ka gore barutwana ba kgona go bona maletere le diswantšho, gomme, o kwešiša ge o dutše o bala ka mokgwa woo o swanago le go bolela kanegelo ya balapa ka mokgwa wa setlwaedi wa setšo. Go bohlakwa gore barutwana ba dule ba dikologile Puku ye Kgolo, ka gore barutwana ka moka ba kgona go bona le go bala sengwalo. Maletere a magolo a Puku ye Kgolo a dira gore motho a balele godimo, a balela barutwana ba palo ye kgolonyana ka nako e tee mo lefelong leo go iketlwago, motho a sa tšhoge selo.

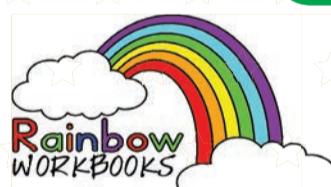
Puku ye Kgolo mo go mehlwaela ye, e tla tsebiša barutwana dikanegelo tše ntši, direto, merumokwana le ditiragatšo, gammogo le tsebo, le ditshwantšho, ka lerato.

Ke mošomo wa gago, bjalo ka morutiši, go dira gore dikanegelo di be le bophelo mo go barutwana, le go dira gore lefelo le ba lego go lona le be la go thabiša, la go ba lefelo la khuduego ya mahlahla. Ge o šomiša Dipuku tše Kgolo, go go kgontšha gore o be mohlala, ka maitemogelo a go bala, ka go hlama moyo wa lethabo, go wena le barutwana ba gago. Re hutša gore puku ye e tla go thuša gore o dire ka wona mokgwa woo.



Dikgopolole tše dingwe tša go šomiša Puku ye Kgolo

ISBN 978-1-4315-3035-9



ISBN 978-1-4315-3035-9

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basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

Published by the Department of Basic Education
222 Struben Street, Pretoria
South Africa

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First edition 2016

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Author: V McKay



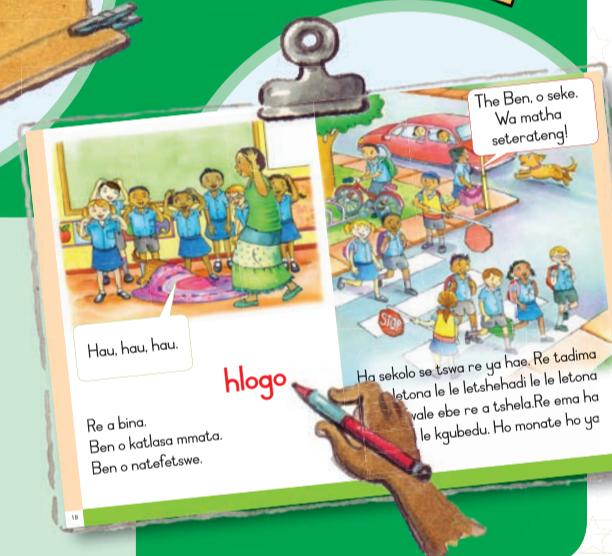
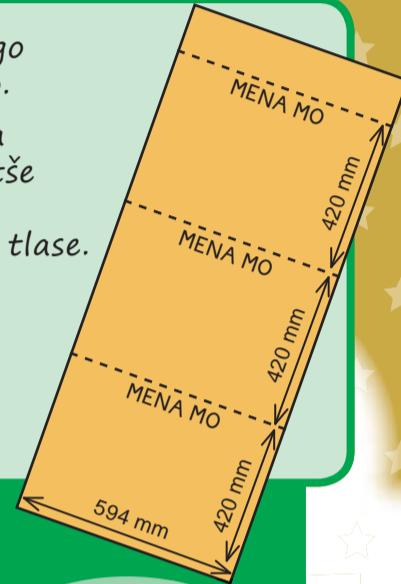
Itirele lefelo la gago la go bea Dipiku tše Kgolo

O tla swanelwa ke go ba le:

1. Khatepoto ya bophaphathi bja go lekana le bja Puku ye Kgolo ge e butšwe (594 mm) le botelele bja Puku ye Kgolo, gararo (1360 mm).
2. Theipi ya go kgomaretša
3. Dipatiši tše pedi goba diphekese go swara khatepoto maemong a yona.

Šomiša Theipi ya go mamaretša go kgomaganya diripa tša khatepoto.

Mena khatepoto go dira freimi ya sebopego sa A gomme o mamaretše botlase le bokapele bjale ka ge go laetšwa mo go tshwantšetšo mo tlase.



- Šomiša phaphathi ya plastiki ye e se nago mebal a e be sekhpetsi sa Puku ya gago ye Kgolo. E tla hola barutwana le morutiši go ngwala godimo ga plastiki.
- Ngwala godimo ga sekhpetsi ka pene yeo e dirilwego, gagolo, ka meetse, yeo e hlatswegago.
- Šomiša sepatiši sa go se ngaologe sesolo go kgomagantšha sekhpetsi sa Puku ye Kgolo, sa go bonagantšha.

