



Kereyti
ya 3

Buka e kgolo ya dipalenyana



basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

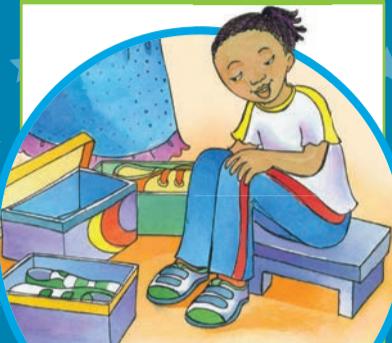
SESOTHO

5

Buka

Tsela ya ho sebedisa Buka e Kgolo ena:

Dipale tse bukeng ena:



1 Dieta tsa Mandu tsa ho matha



2 Anansi Sekgo se buang

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Ho itokisetsa nako ya palo e kopanetsweng

- Netefatsa hore bana bohole ba bona buka. Ha sehlopha sa hao se le seholo, sebetsa le seholotshwana se senyenane.
- Ho tla thusa ho emisa buka hore o se e tshware ha o ntse o bala. (Bona ditaelo tsa ho emisa buka khabareng e kamorao.)
- Sebedisa rula kapa thupa ho latella mantswe ha o ntse o bala.
- Ha o batla ho bonahatsa mantswe a kgethehileng, o ka sebedisa disitiki nota pela lentswe ho le bonahatsa, kapa wa iketsetsa fensetere ya mejiki'. Sebedisa pampiri e kgutlonne mme e nyenane e kgutlonne e sehwemahareng a e kgolo. Nka e kgolo mme o e behe sengolweng hore ho bonahale lentswe le le leng feela.

Mokgahlelo wa pele wa palo e kopanetsweng

Mokgahlelo wa pele o tadihana le ho natefelwa le 'tadimo' ya pele ya sengolwa, mme bana ba fana ka maikutlo a bona ka sengolwa.

- Phetla pale eo ba tlang ho e bala. Bua ka ditshwantsho.
- Kopa bana ba nohe pale ka seholo le ditshwantsho.
- Pele ho balwa ba tsebise mantswe a thata paleng.
- Etsa dikarete tsa mantswe ho tsebisa tlotlontswe e ntjha.
- Bala pale, o sebedisa sefahleho le ho phahama ho fapaneng ha lentswe. Sebedisa matsoho le sefahleho.
- Latela mongolo ha o ntse o bala ka ho supa ka rula kapa thupa mantswe hore bana ba bone seo o se balang le ho se amanya le medumo leqepheng. Sena se tla ba thusa le ho bona tsamaiso ya ho bala ho tloha ho le letshehadi ho isa ho le letona le ho tloha hodimo ho leba fatshe.
- Sebedisa sena e le monyetla wa ho ba tsebisa 'puo ya buka' jwaloka: mantswe, polelo, leqepheng, mongodi, seholo jl.
- Ha bana ba be le seabo paleng ka ho pheta dipolelo tse iphetang(mohlala: "Matha, matha, matha ka lebelo, o ke ke wa ntshwara- ke monna wa borotho ba kgemere!")
- Pale e le nngwe e balwe makgetlo a mabedi ho isa ho a mararo ho neha bana monyetla wa ho bina mantswe, ho tshwantshisa, le ho bolela pale ka mantswe a bona.

Mokgahlelo wa bobedi wa palo e kopanetsweng

- Mokgahlelong wa bobedi ho sebediswa sengolwa sona se sebedisitsweng pele feela kgatello e le ho baleng mme titjhere e sebedisa dipuisano tse teng ho hodisa tlotlontswe ya kutlwisiso, bokgoni ba ho rarolla le seboleho sa sengolwa (thuto-puo, matshwao a puo jl)
- Ho ho wena , titjhere ho tlisa bana ho tadimo e shebaneng le tse latelang: kgopolo ya ho ngola, seboleho sa sengolwa, medumo ya puo, seboleho sa puo, ditsela tsa ho kgetholla mantswe le kutlwisiso maemong a fapaneng (dipotso tsa puo- phara, ho hlopholla, ho akanya, ho sekaseka le kananelo)

Mokgahlelo wa boraro wa palo e kopanetsweng

- Mokgahlelong wa boraro wa palo e kopanetsweng, bana ba ipalle sengolwa ka bo bona mme ba etse mosebetsi wa molomo, ho etsa le ho ngola ho itshetlehileng sengolweng.
- Moo ho kgonehang, sengolwa sa Palo e Kopanetsweng se lebise ho Ho Ngola ho Kopanetsweng moo titjhere e bontshang ho ngola sengolwa mme bana ba qapa bongodi ba sengolwa ha titjhere e ba tataisa ebile e ngola seo ba se tjhong. Sena se thusa ho lokisetsa bana mosebetsi wa ho ingolla mesebetsi ya bona.



Jwaloka titjhere o tla hloka ho rala le ho etsa tokiso ya mosebetsi wa palo e kopanetsweng le sehlopha sa hao. Ka tlwaelo ha titjhere e etsa palo e kopanetsweng, titjhere e sebetsa le bana bohole, empa ha sehlopha se le seholo haholo , ho molemo ho sebetsa le seholotshwana kapa karolo ya sehlopha. Ho hlokomele ho tiisa ho netefatsa hore bana ba dula mmoho mme ba bona Buka e Kgolo hore ba kgone ho bona se ngotsweng.

Nakong ya palo e kopanetsweng ya Buka e Kgolo bana ba ithuta ho tshwara buka, ho e tshwara ka mokgwa o nepahetseng,, ho phetla maqephe ka mokgwa o nepahetseng. E hodisa tsebo ya sethato ya tsebo ya buka- khabara, bokapele, bokamorao le seholo. E tataisa le kamoo tsela ya palo e etsahalang ka teng mme e bohlokwa bakeng sa tswelliso pele ya bana ya ho mamela, ho bua, ho bala, ho nahana, le ho rarolla mmoho le bokgoni ba ho ngola bo batlahalang ho CAPS:

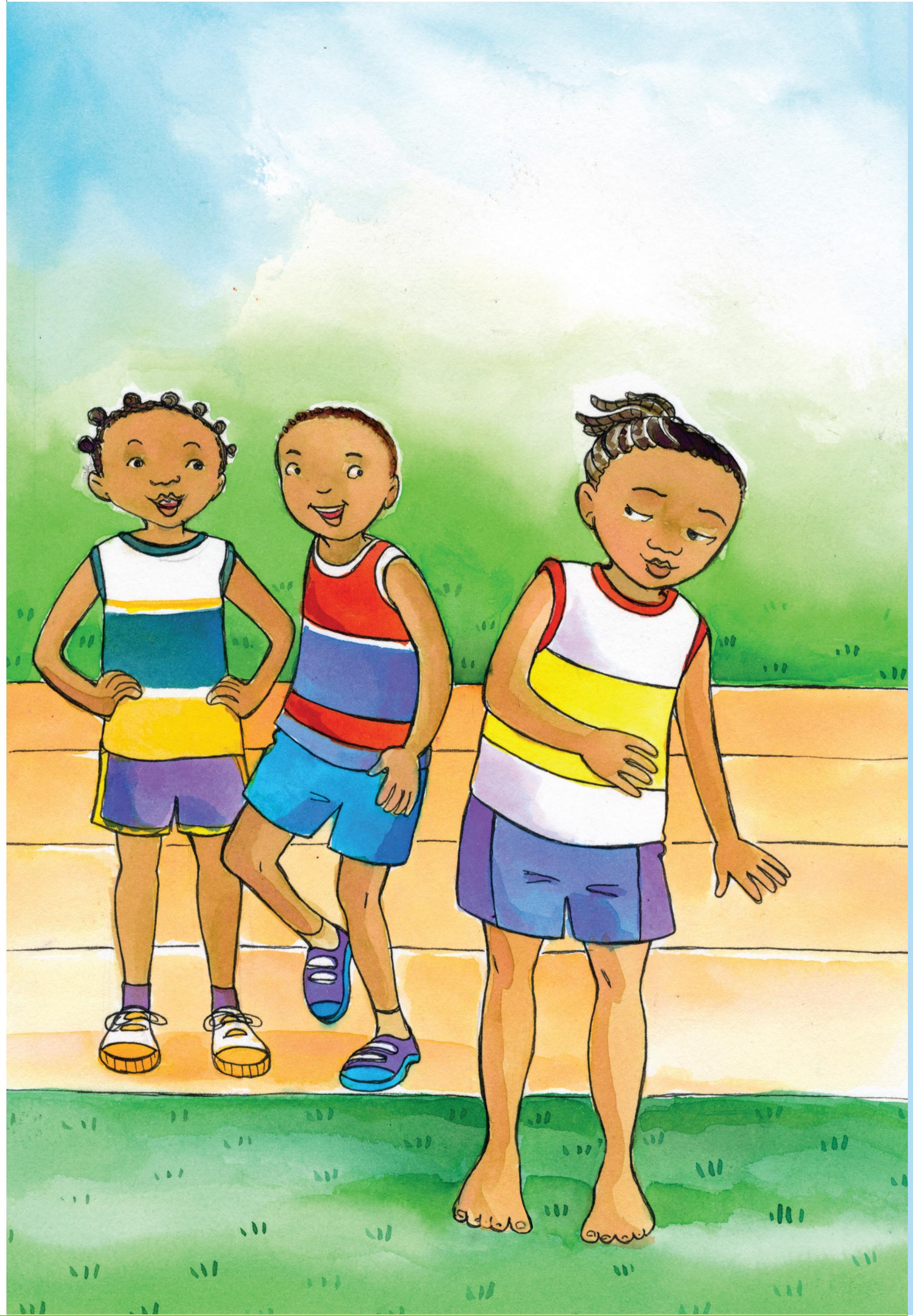
- Ho hodisa bokgoni ba ho mamela le ho bua.
- Ho hodisa bokgoni bo hlalhellang ba ho bala.
- Ho araba dipotso paleng.
- Ho taka kapa ho tshwantshisa pale.
- Ho sebedisa ditshwantsho ho noha hore pale e bua ka eng.
- Ho sebedisa palo e kopanetsweng e le motheo wa ho ngola ho arolelanwang.

1

Dieta tsa Mandu tsa ho matha



Mandu o ne a le kereiting ya 4 sekolong sa poraemari sa Greenway se Durban. E ne e le semathi se hlwahlwa mme a ikwetlisa kamehla. Bana ba ne ba mo qala hobane a se na dieta tsa ho matha. O ne a lakatsa hore a be le dieta tsa ho matha hobane maoto a hae a ne a le bohloko, haholo ha ho tjhesa fatshe. Hape o ne a sa rate ha bana ba mo tsheha.



Ka Moqebelo o mong Mandu a nka tjhelete eo a neng a e bolokile mme a leba lebenkeleng la thepa ya dipapadi. A tadima dieta tsa ho matha empa a utlwa bohloko ha a lemoha hore ha a na tjhelete e lekaneng.

Mofumahadi Masondo, monnga lebenkele a bona ho sarelwa mahlong a Mandu. "

Ha o ka hlola lebelo, ke tla o neha dieta tsa ho matha mahala," a mmolella. "

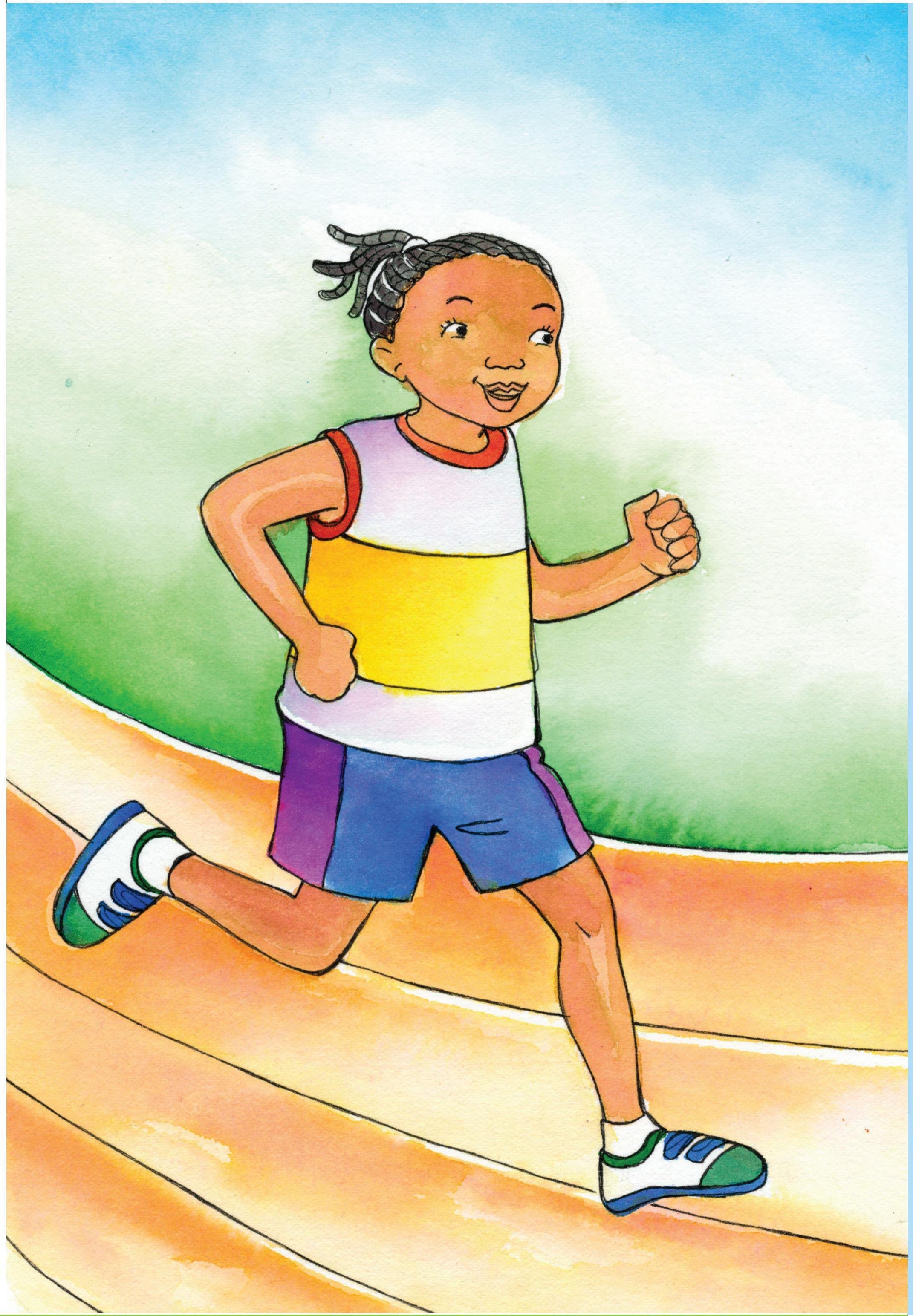
Empa ha o sa hhole, o tla di lefella," a tlatselletsa a bososela.

"Oho mofumahadi, ke leboha haholo! Ke tla ikwetlisa kamehla ho tiisa hore ke a hlola," Mandu a araba a leboha.



Mme ke seo Mandu a se entseng.
A matha hore maoto a hae a be
bohloko.

“Ke tlamehile ho tüsetsa,” a ipolella. “
Ha ke batle ho lahlehelwa ke tshepo!”

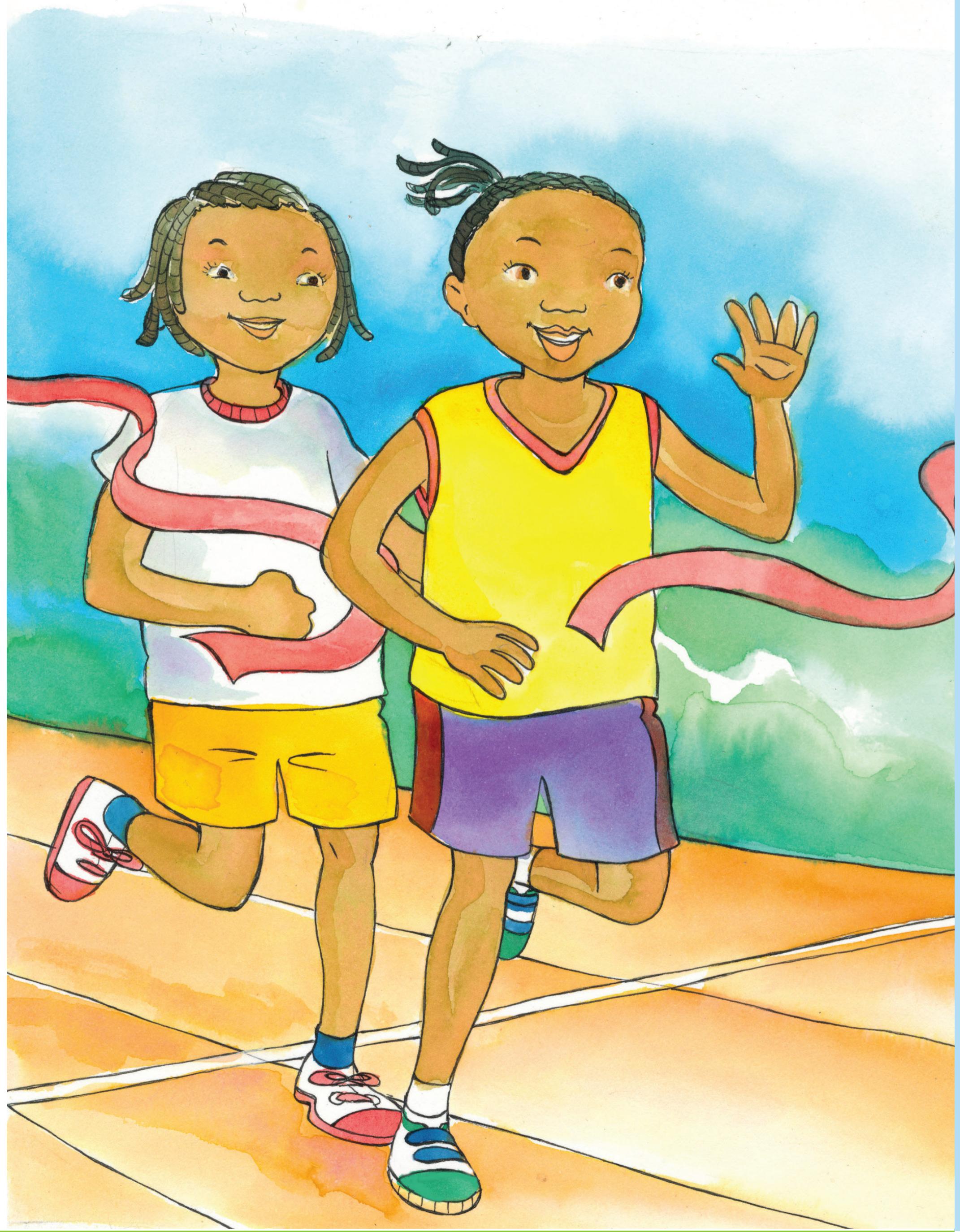


Letsatsi le leholo la fihla, mme Mandu
o ne a tshohile ha a ya qalong ya
lebelo.

Empa hang ha a qala ho matha ,
letswalo la tloha.

A matha jwaloka moya mme a fihla
qetellong nako e telele pele ho ba
bang.

"Ke hlotse! Ke hlotse!" a hoeletsa ka
thabo a tadima fatshe dieteng tsa
mohlolo, tse jwale e seng e le tsa hae.

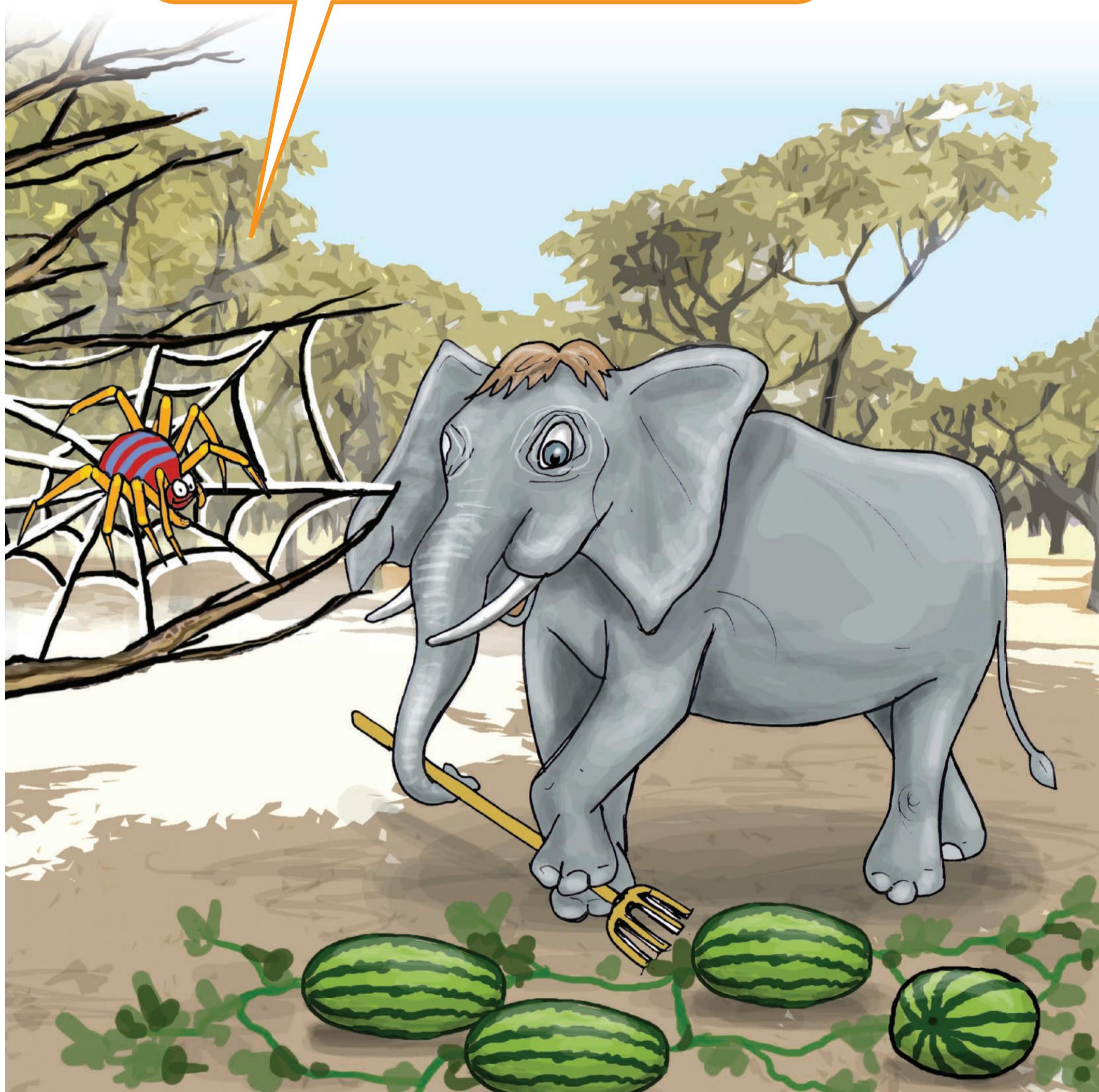


Anansi Sekgo se buang

Hoseng ho hong Sekgo se bitswang
Anansi se ne se dutse hodimo
sefateng sa leoka se shebile tlou e
sebetsa ka thata e haraka serapa sa
mahapu.

Anansi a nna a lapa haholo.

Ke rata mahapu, empa ho
thata ho a lema. Ke
tshwanela ho fumana le leng.



Motshehare tlou ya leba ho Phomola.
Ke monyetla oo Anansi a neng a
o emetse. A roba leoka mme a le
sebedisa ho etsa lesoba lehapung le
leholo le butswitseng ho feta a mang.

Jwale ke monyetla wa ka.
Mala a ka a duma.



Anansi a hatella hodima lesoba la
lehapu mme a qala ho ja. A ja, a ja
hofihlela a le tjhitja jwaloka bolo.

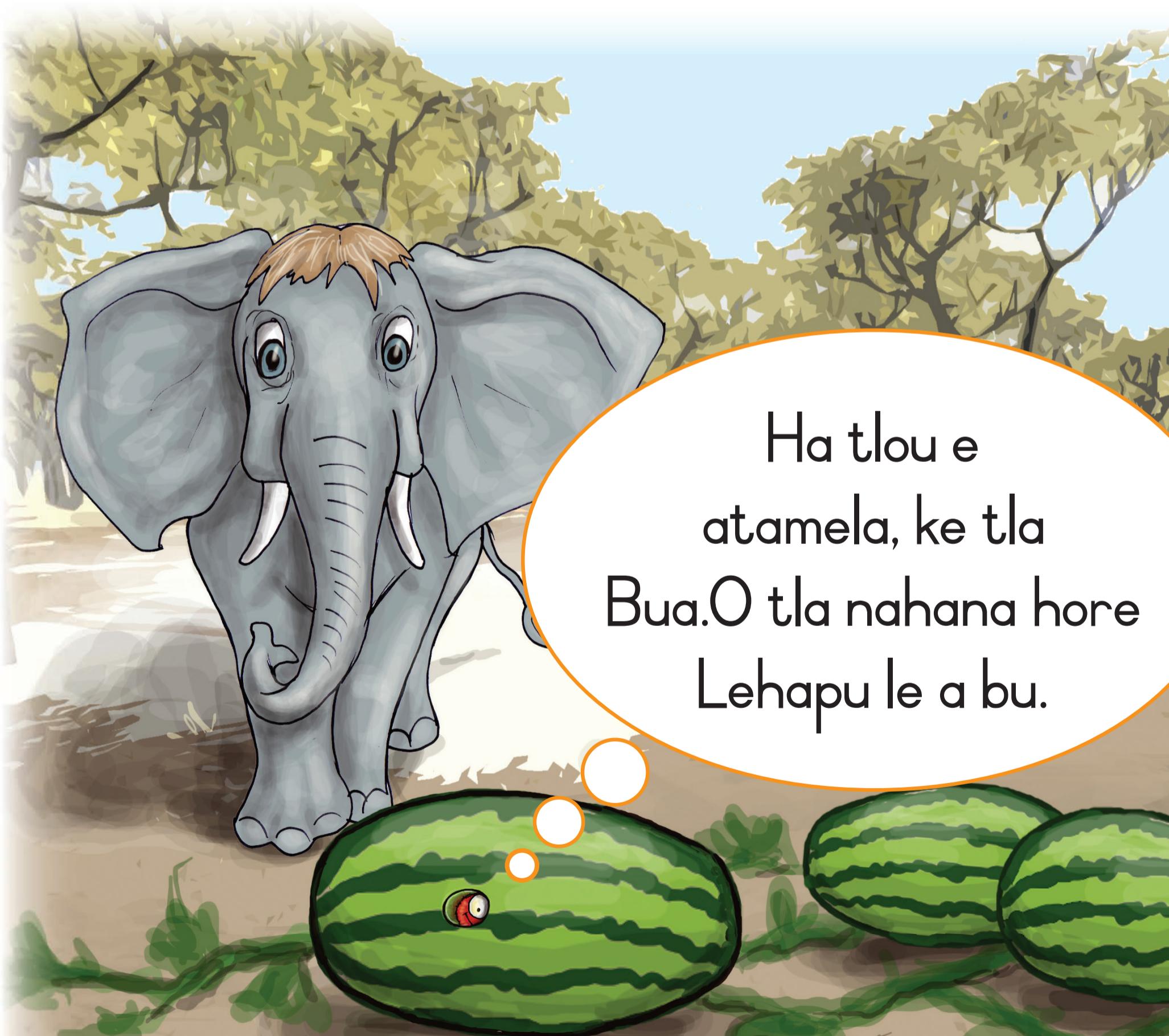


Kamora ho ja lehapu kaofela, Anansi o ne a nonne mme a hloleha ho tswa.

Mpa ya ka e tletse! Ha ke no kgon a ho tswa ka lehapung lena.



Anansi a dula hara lehapu a sa
tsebe hore a etseng. Ka nako eo
a utlwa tlou e kgutlala serapeng.
Ke nako eo Anansi a ileng a ba le
kgopoloo.



Ha tlou e
atamela, ke tla
Bua. O tla nahana hore
Lehapu le a bu.

Tlou e ne e se e tla nka lehapu ha e
utlwā le bua.

A mamela ka hloko.

E, lehapu le ne le bua!

Sena ke seo morena a lokelang ho se
bona.



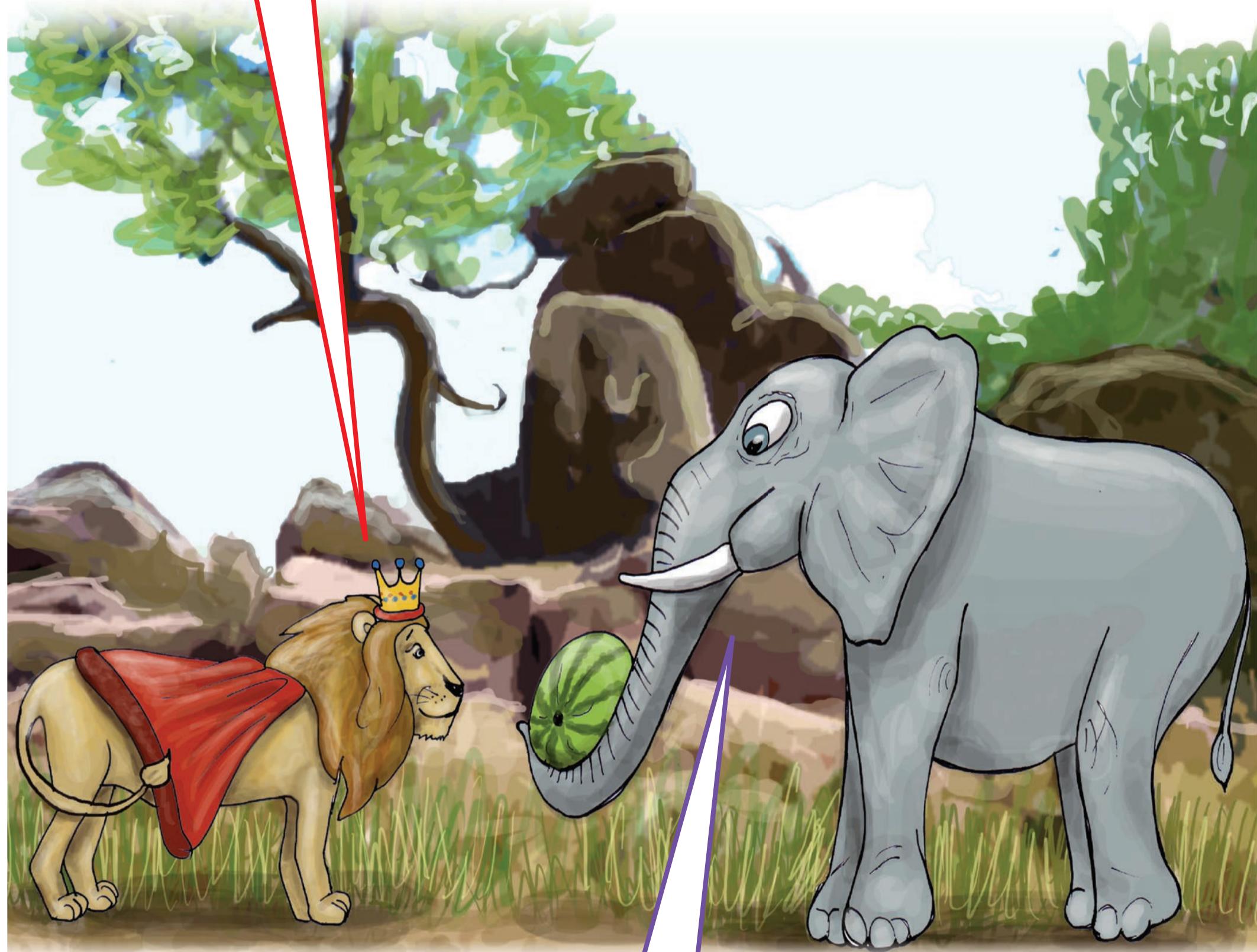
Lehapu
le buang! Ke
mang ya ka kgolwang
se? Ke tshwanetse ho
bontsha morena
sena.

Ntadime. Ke
lehapu Morena.

Morena o ne a maketse ha tlou e mo fa lehapu.

Morena o ne arata dimpho tse kgethehileng. Lehapu ha se mpho e jwalo.

Hobaneng o ntiseditse lehapu
lee? Ke na le mahapu a
mangatangata serapeng sa ka.



Lehapu lena le a bua.

Morena a nahana hore tlou e a mo phoqa. A qala ho halefa.

Lehapu le buang? Ha ke kgolwe. Bua , Lehapu.



Morena o ne a halefile hoo a ileng a
lahlela lehapu hole haholo.

La tlola mme la thethehella ntlong
ya tlou. La thula sefate sa leoka mme
la kgephoha dikotokoto. Anansi o
phonyohile!

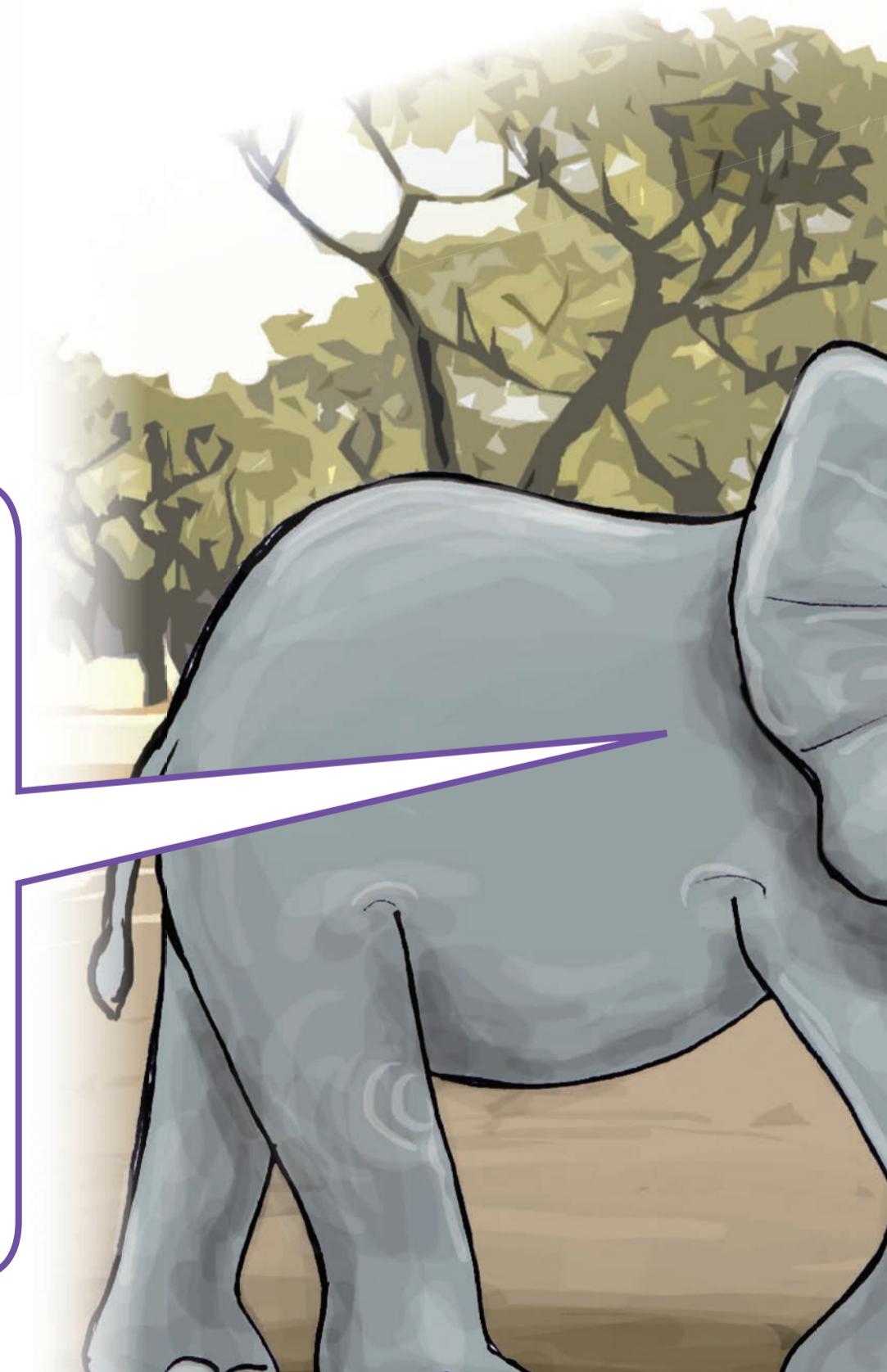


Ke masawana feela!
Ke nna Morena!

Ka nako ena Anansi o ne a se a lapile hape. A hlwella sefate sa dipanana a batla dipanana tseo a ka di jang.

Ka nako eo tlou a fihla hae. O ne a kgenne. Ho etsahalang serapeng sa hae? Lehapu le buang le kae?

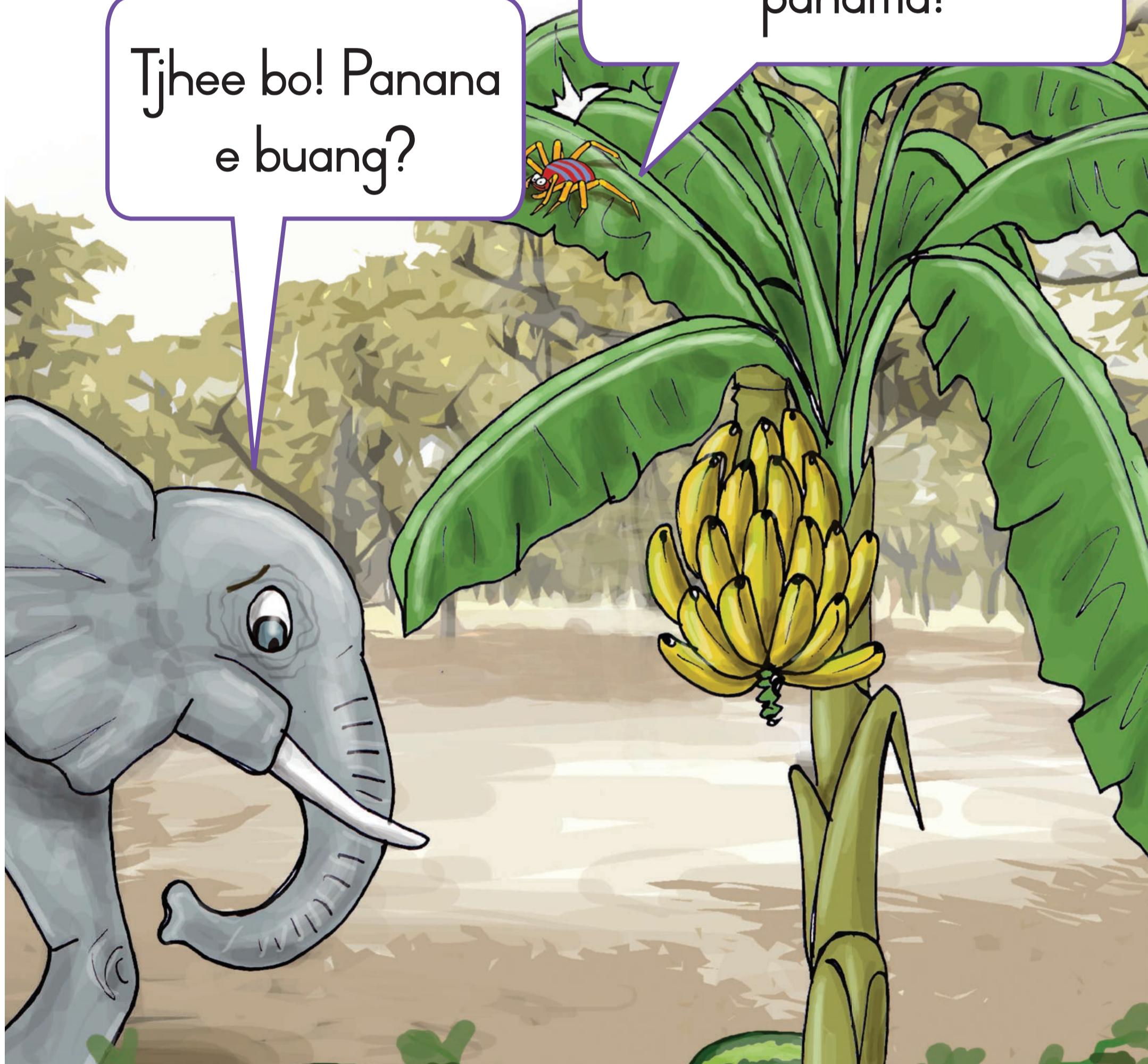
Lona mahapu le nkentse tsietsing ho morena! Ho na le lehapu le itseng ke morena.



Anansi a bososela Sena e tla ba motlae o qabolang!

Lehapu morena?
Bothotho bo bokaalo.
Nna ke ke morena
panama!

Tjhee bo! Panama
e buang?



Tlou ya batho ya nahana hore ese e
hlanya.



O amohelwa letotong le bitswang Buka e Kgolo. Buka e Kgolo ena ke karolo ya tse ding tsa Rainbow Series, tse kenyelletsang dibuka-tshebetso, pokello, dibuka tsa dihlopha le diphousetara. Re tshepa hore o tla fumana dipale tsa mafuta tse kenyelletseng dipaleng tse robedi tsa Buka e Kgolo kereiting ena, di le bohlokwa ho ruteng ha hao mme le hore bana ba tla nafelwa ke kamano ya bona le palo e kopanetsweng.

CAPS bakeng sa boemo bo qalang e hlakisa Palo e Kopanetsweng e le e nngwe ya dikarolo tsa bohlokwa tsa tsela ya ho bala. Palo e Kopanetsweng hangata e nka nako ya pakeng tsa matsatsi a mabedi le a mane bekeng mme ngwana e mong le e mong a bala sengolwa se le seng. Dibuka-tshebetso le dibuka tsa dihlopha di loketse sepho sena.

Le ha ho le jwalo, palo e kopanetsweng ho sebediswa Buka e Kgolo e ngotseng ka ditlhaku tse kgolo ke tsela e ntla ya palo e kopanetsweng hobane bana ba kgona ho bona mantswe le ditshwantsho, mme ba kgona ho latela ha ho ntse ho balwa jwaloka tsela e tlwaelehileng ya ho pheta dipale malapeng. Ho bohlokwa hore bana ba dule pela Buka e Kgolo hore ba bone le ho bala sengolwa. Ditlhaku tse kgolo tsa dibuka tse kgolo di nehelana ka bokgoni ba ho balla bana ba bang ka lenswe le hodimo ka nako e le nngwe ka boiketlo maemong a phutholohileng.

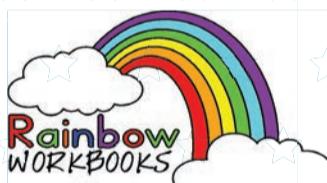
Dibuka tse kgolo letotong lena di tla hlahisa bana tsebong ya dipale tse fapaneng, dithothokiso, diraeme le dipapadi hammoho le tlhahiso le dingolwa tsa ditshwantsho.

Ke boikarabelo ba hao, o le titjhere, ho neha dipale bophelo baneng hore maemo a ho nafelwa le ho thaba a be teng. Tshebediso ya Buka e Kgolo e o neha bokgoni ba ho bopa kamano ya ketso ya ho bala ka tsela e nafelang wena mmoho le bana. Re tshepa hore buka ena e tla o thusa ho etsa sena.

Dikgopolole tse ding tsa ho sebedisa Buka e Kgolo

- Sebedisa polasetiki e hlakileng e le moalo hodima Buka e Kgolo. Ho tla thusa hore bana le titjhere ba ngole hodima polasetiki.
- Ngola hodima moaloo hlakileng ka pene e phumolehang.
- Sebedisa tlelipi e kgolo ho tshwarahanya moalo o hlakileng le buka e kgolo.

ISBN 978-1-4315-3057-1



ISBN 978-1-4315-3057-1

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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

Ikisetse seemisa sa Buka e Kgolo

O tla hloka:

- Khateboroto e nang le bophara bo lekanang le Buka e Kgolo e butsweng (594 mm) mme bolelel bo be makgetlo a 3 (1360 mm).
- Masking theipi.
- Ditlilipi kapa diphekese ho tshwara khateboroto mmoho.

Sebedisa masking theipi ho kopanya dikarolo tsa khateboroto.

Mena khateboroto ho etsa foreimi ya A mme o tsipelle bofatshe le sefahleho mmoho jwaloka ha ho bontshitswe setshwantshong se ka tlaase.

