

Kereyti ya **3**

Buka e kgolo ya dipalenyana



basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA



SESOTHO

7

Buka

Tsela ya ho sebedisa Buka e Kgolo ena:

Dipale tse bukeng ena:



1 Difahleho tse thabisang

1



2 Dikopikuku tse mebalabala

13

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 sehlotshwana kapa karolo ya sehlopha. Ho hlokomelwe 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 sehlooho. 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.

Ho itokisetsa nako ya palo e kopanetsweng

- Netefatsa hore bana bohole ba bona buka. Ha sehlopha sa hao se le seholo, sebetsa le sehlotshwana 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 lenseswe ho le bonahatsa, kapa wa iketsetsa fensetere ya mejiki'. Sebedisa pampiri e kgutlonne mme e nyenane e kgutlonne e sehwe mahareng a e kgolo. Nka e kgolo mme o e behe senglweng hore ho bonahale lenseswe 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 sehlooho 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 lenseswe. 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, sehlooho 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: kgopolohya 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 bona mme ba etse mosebetsi wa molomo, ho etsa le ho ngola ho itshetlehileng senglweng.
- 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 lokisetra bana mosebetsi wa ho ingolla mesebetsi ya bona.

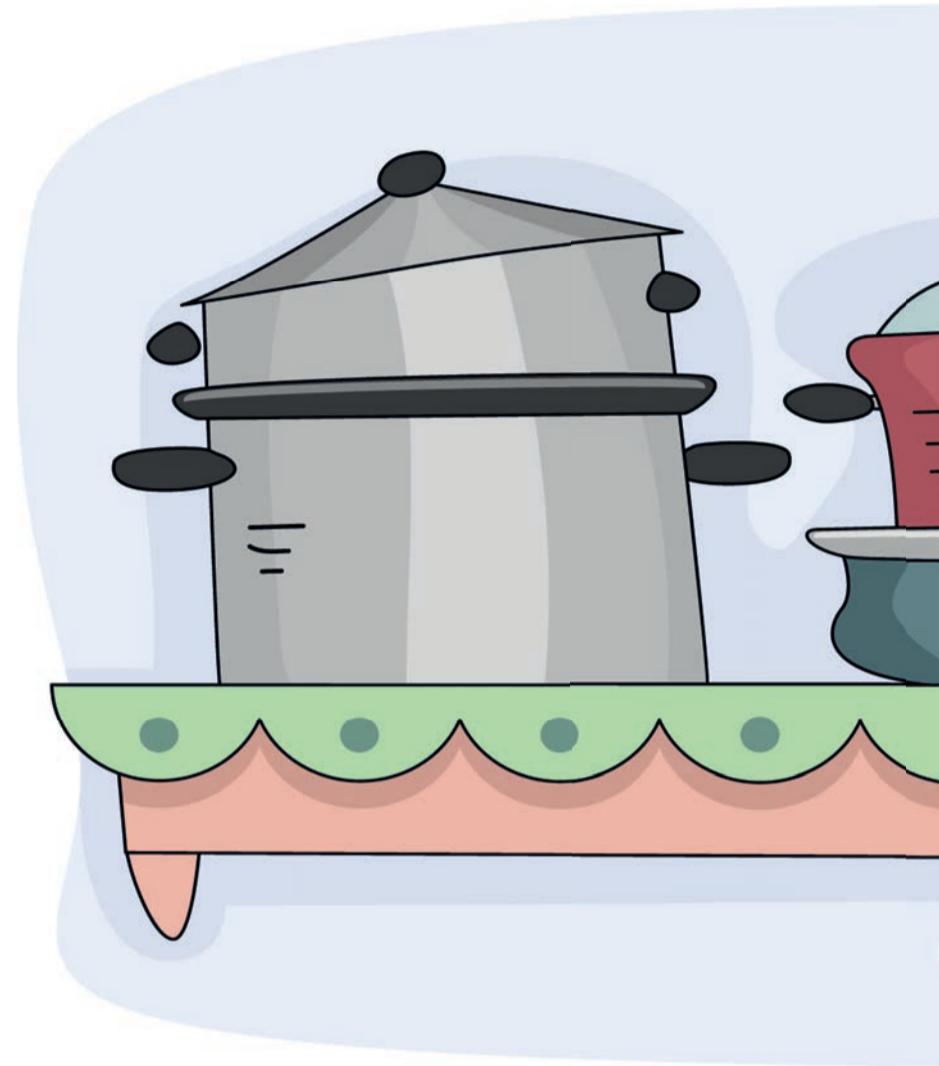
1

Difahleho tse thabisang



Mokgwa

1

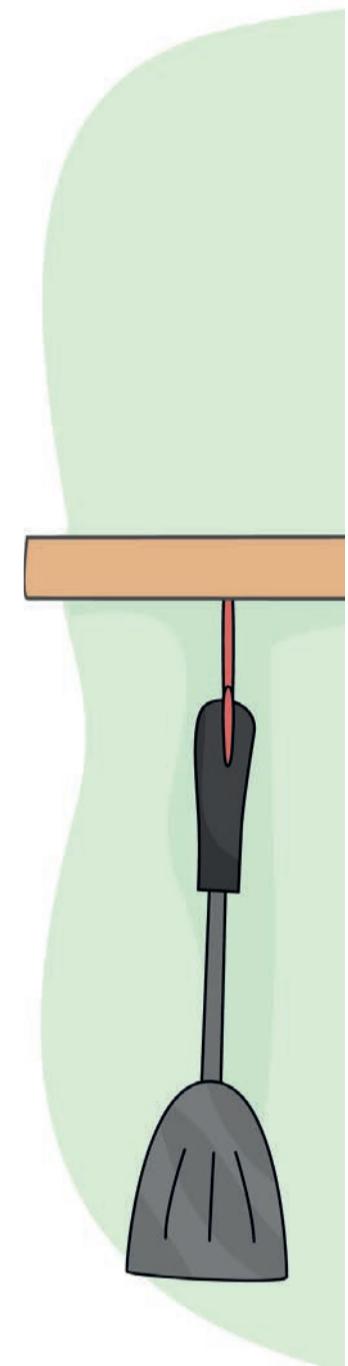


Sefela tswekere ya ho aesa boulung.

Tshela metsi. Tswaka ho be bonolo.



2



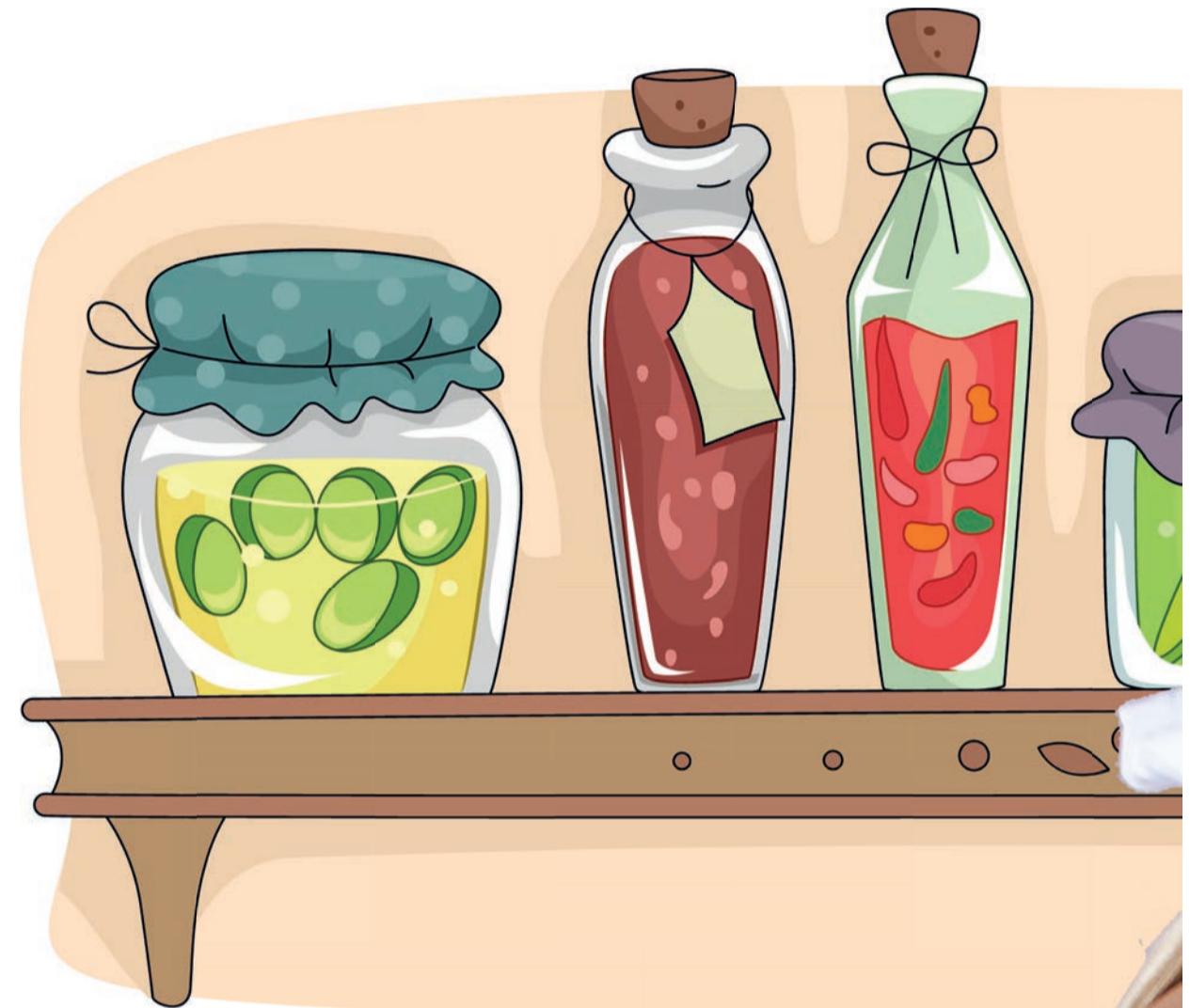
Arola motswako wa aesing diboulung
tse pedi.

Kenya mmala o bolou boulung e le
nngwe mme o kenye o mosehla boung
e nngwe.



3

Beha dibiskiti thereing.





4

Sebedisa thipa e botswa
ho ala aesing dibiskiting.





5

Kgabisa dibiskiti hore di shebehe jwaloka difahleho o sebedisa dismatis, dijeli tots le marapo a dieta.





6

Eja ha monate.



2

Dikopikuku tse mebalabala



Disebediswa

Sefe



Boulu ya ho tswaka

Boulu e nyenyane

Kopi



Kgaba ya teye

Kgaba ya lepolanka

Foroko



Pane ya kopikuku

Raka ya ho phodisa

Dihanekausu tsa onto

dikopi tsa pampiri

Metswako

Setlotsi sa kuku

2 kopi ya folouru

1 kopi ya tswekere

2 kgaba ya tswekere ya poiриya
ho baka

4 kgaba tsa botoro kapa majarine

1 kopi ya lebese

2 mahe

vanilla essence

Ho aesa

1 kopi ya aesing

1 kgaba ya metsi

$\frac{1}{2}$ kgaba tsa tswekere ya ho etsa
mmala dijong



Mokgwa

Kopanya botoro le tswekere o
sebedisa kgaba ya lepolanka.

Otla mahe ho fihlela a ba
foofo ebe o Kenya mahe,
lebese le vanilla essense ho
motswako wa botoro.

Kopanya ho fihlela ho ba
bonolo.

Sefela folouru le poiri ya ho
baka ka hara motswako ebe o
kopanya hantle.

Kgella motswako ka kgaba ka
pampering ya kopi ebe o beha
dikopi hodima therei.

Di kenyé ka ontong 180° C for
20 – 30 metsotso ho fihlela di
ba bosehla ba gauta.

Dumella di phole.



**Latella resepe e leqepheng
la 5 ho etsa aesing. Sebedisa
thipa e botswa ho ala aesing ho
dikopikuku.**



Kgabisa ka diSmarties o be o fafatse.





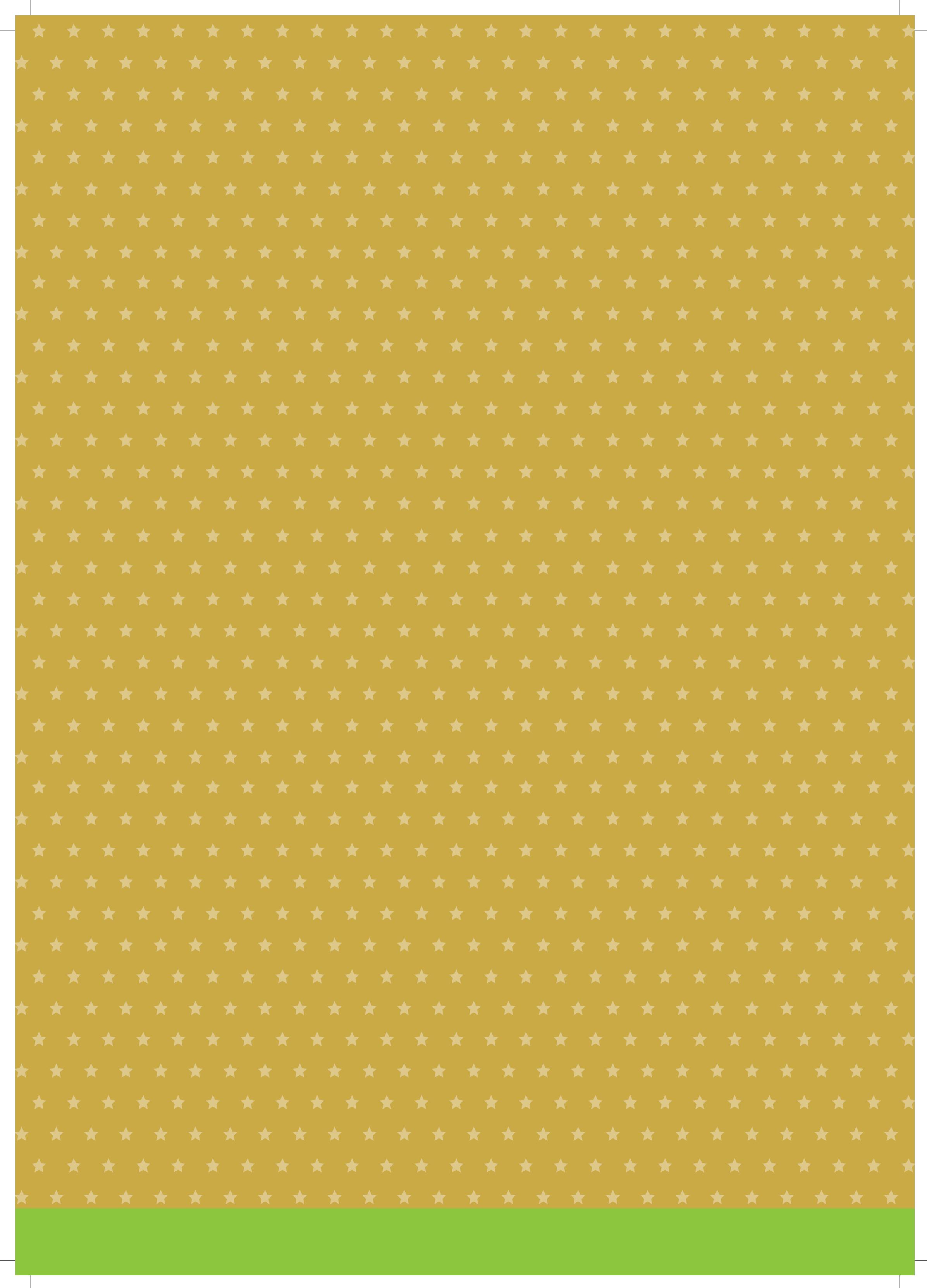
Beha dikopikuku tse kgabisitsweng
poleiting ya ho jela.







Eja dikopikuku ka thabo!



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 lentswe 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.

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Author: V McKay



Iketsetse 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.

