

IBANGA LESI-3 ULIMI LWASEKHAYA

# Kumnandi ekhishini



ISIZULU

Izinga  
loku-

1

Incwadi yesi-

3

# Ukufunda ngamaqembu okuholwayo



## Ngaphambi kokufunda

- Phenza amakhadi endaba abazoyifunda.
- Tshela abafundi ukuba baqagale ukuthi indaba izoqhubeka kanjani uma kususelwa esihlokweni nasemifanekisweni.
- Yethula amagama amasha noma alukhuni ngaphambi kokuba abafundi baqale ukufunda incwadi.
- Yenza amakhadi amagama ukwethula amagama amasha. (Thola uhlulwamagama amasha ngaphakathi.)

## Ukufunda kokuqala

- Abafundi kumele bafunde umbhalo ngamunye.
- Abafundi kumele bafunde buthule noma "bawufunde ngokuhleba" umbhalo.
- Suka kumfundu uye kolandelayo, ucele umfundu ngamunye ukuba afunde isigaba sombhalo kuzwakale.

## Ingxoxo

- Funda imibuzo yokuqondiswa esuselwa embhalweni.
- Gxila emisindweni, emagameni ajwayelekile kanye nasemagameni amasha.
- Uyothola imisebenzi esekugcineni kwale ncwadi ilusizo ekuholeni ingxoxo. (Khetha imisebenzi efanele izinga labafundi.)

## Ukufunda kwesibili

- Ezinsukwini ezilandelayo, nika abafundi ithuba lokuyifunda futhi incwadi, ngababili noma ngamunye.
- Gxila ekufundeni ngokugeleza, ekusetshenzisweni kolimi nasemagameni amasha.
- Abafundi mabaqedele imisebenzi yeqembu eholwayo etholakala ngemuva kwale ncwadi. (Khetha imisebenzi efanele izinga labafundi.)

Abafundi mabadlale balingise okwenzeka endabeni uma umbhalo uvumelana nalokho.



Abafundi kumele benze imisebenzi yokufunda ngamaqembu ngemva kokufunda. Abafundi mabasebenze ngamaqembu ukuqedela imisebenzi efanele etholakala ngemuva kule ncwadi. Imisebenzi ebhalwayo kumele yenzelwe ezincwadini zokubhalela, hhayi kule ncwadi.

# Kumnandi ekhishini

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# Amacebo kubapheki abancane



- Ungalokothi upheke ngaphandle kokusizwa ngumuntu omdala.
- Fundisisa indlela yokupheka (iresiphi) uqiniseke ngokuthi unazo zonke izithako, nezinto ozisebenzisa lapho upheka.
- Faka iphinifo ugeze izandla ngaphambi kokuqala.
- Uma unezinwele ezinde zibophele emuva.
- Qaphela uma ubamba omese ababukhali.
- Faka amagilavu kahhavini uma uzophatha izinto ezishisayo nalapho ufaka noma ukhipha izinto kuhhavini.
- Qiniseka ukuthi izibambo zebhodwe uzibhekise eceleni ukuze zingashayiseki esitofini.
- Lapho usuqedile, hlanza konke ucishe isitofu nohhavini.



Ithisipuni eli-l = 5 ml

Isipunu esi-l = 15 ml

Inkomishi e-l = 250 ml

# Okokusetshenziswa ngumpheki



inkomishi yokukala



izipunu zokukala



ukhezo

isitsha sokuxubela



izipunu



isisefo



uqwembe lokugobelwa

uqwembe lokugobelwa



ummese



uhlaka lokupholisela

ipani lamakkekhe asankomishi



isikhambijusi



ipani lokuthosa

# Ubuso obuhlekisayo

Yenzela ukudla kwekhethelo ubuso obuhlekisayo

## Okusetshenziswayo

- Izitsha zokuxubela ezi-3
- Ithisipunu



Amabhisikidi ayi-12

- Ummese
- Isipunu



Izithako :



Izipunu ezi-2 zamanzi

- Ithileyi
- Ukhezo

Inkomishi e-l kashukela we-ayisingi



Uhhafu wethisipunu wesifakimbala esiluhlaza. Uhhafu wethisipunu wesifakimbala esiphuzi.



Amaswidi



Izintanjana zika-Liquorice

## Indlela yokwenza

1

Sefela ushukela we-ayisingi esitsheni sokuxubela. Faka amanzi. Xuba kuze kuhlangane "kahle".



2

Yehlukanisela inhlama ye-ayisingi ezitsheni ezi-2 zokuxubela. Faka isifakimbala esiluhlaza kwesinye isitsha, isifakimbala esiphuzi usifake kwesinye.



3

Beka amabhisikidi ethileyini.



Sebenzisa ummese obuthuntu ukugcoba  
inhlama ye-ayisingi ngaphezu kwamabhisikidi.

# 5



Hlobisa amabhisikidi abukeke njengobuso  
usebenzisa amaswidi nezintanjana  
zika-Liquorice. Kuyeke kuthi ukuqina.



# 6



Zitike.



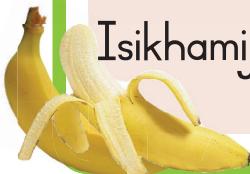
# Usaladi wezithelo

Yenza usaladi wezithelo wasehlobo ogcwele amavithamini.



## Okusetshenziswayo

Ummese  
Uqwembe  
Iokuqobela  
Isitsha sokuxubela  
Isikhamijusi



## Izithako

Iwolintshi eli-1  
Upopo o-1  
Uphayinaphu o-1  
Ama-aphula ama-2  
Ubhanana omu-2



## Okumele ukwenze



Cwecwa ama-aphula  
uwaqobe abe ngamakhiyubhi.

1

2

Hluba ubhanana uwusike  
ube izingcezwana.



3

Cwecwa upopo uwusike  
ube ngamakhiyubhu.



4

Cwecwa  
uphayinaphu  
uwuqobe ube  
ngamakhiyubhu.

Hlanganisa  
lezi zithelo  
esitsheni.

5



6

Khama iwolintshi.

7

Thela ujusi walezi  
zithelo ngaphezu  
kukasaladi.



# Amakhekhe asankomishi amibalabala



La makhekhe asankomishi amibalabala athandeka kakhulu  
emikhosini yokugubha usuku lokuzalwa, noma uSuku  
Lomama noma lapho kuza abangani bezophuza nawe itiye.

## OKOKUSETSHENZISWAYO

Iisisefo

Isitsha sokuxubela

Isitsha sokuxubela esincane

Inkomishi

Isipunu

Ithisipunu

Ukhezo

Imfologo

Ipani lamakhekhe

asankomishi

Uhlaka lokupholisa

Amagilavu kahhavini

izinkomishi zamaphepha



## IZITHAKO

Inhlama yamakhekhe

Izinkomishi zikafulawa ezi-2

Ikota lenkomishi kashukela

Amathisipuni esikhukhumalisi  
ama-2

Izipunu zebhotela noma  
umajarini ezi-4

Inkomishi yobisi e-1

Amaqanda ama-2



ivanila esensi



I-ayisingi

Inkomishi ye-ayisingi e-1

Isipunu samanzi esi-1

U- $\frac{1}{2}$  wethisipuni lesifikimbala

## Indlela yokwenza

Hlanganisa ibhotela noshukela ngokhezo kuze kube sakhilimu.

Phehla iqanda lize libe ulwelwesana (fluffy).

Xuba kuze kuhlangane kahle.

Sefa ufulawa nesikhukhumalisi ukuxube kuhlangane kahle.



Yikha le ngxube ngesipunu uyifake ezinkomishini ezingamaphepha, beka izinkomishi ethileyini.

Bhaka ngokushisa okungamadigri ayi-  $180^{\circ}\text{C}$  imizuzu engama-20–30 kuze kube nsurjwana.

Ayeke amakhekhe aphole.





Landela iresiphi esekhasini lesi-5 lapho sewenza i-ayisingi. Sebenzisa ummese obuthuntu ukugcoba i-ayisingi emakhekheni asankomishi.



Hlobisa ngoswidi nokunye okuvuvuzelwayo.



Abeke ethileyini amakhekhe asankomishi  
ahlotshisiwe.



Thokozela ukudla ikhekhe elisankomishi  
elimnandi.

# U-ayisikhilimu omnandi

Ngosuku olushisayo ake uzipholise ngokudla u-ayisikhilimu omnandi.



## Izithako

- U-ayisikhilimu
- Ubhanana owodwa
- Okuvuvuzelwayo
- Amanathi
- Amasherि

Indlela yokwenza

1 Yikha  
u-ayisikhilimu.

2  
Beka  
u-ayisikhilimu  
owukhile  
esitsheni  
esincane.



**3** Manje-ke vuvuzela okungathelwa  
ngaphezulu ukuhlobisa  
u-ayisikhilimu wakho.



**4** Ungabuye  
uvuvuzele  
amanathi  
ngaphezulu.



5

Okulandelayo,  
hluba ubhanana  
uwusike ube  
izingcezwana.



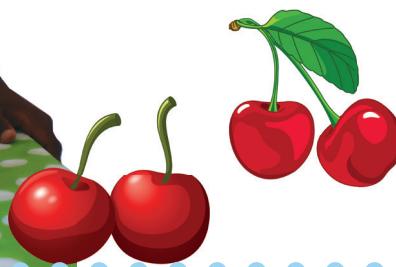
6

Beka  
izingcezwana  
zikabhanana  
zizungeze  
u-ayisikhilimu.





7 Ekugcineni beka  
isheri ngaphezulu.



8 Manje ake uzwe ukuthi unambitheka  
kamnandi kanjani u-ayisikhilimu  
wakho.





# Amakhrampethi



Ake uthokozele  
amakhrampethi ashisayo  
uma kumakhaza.

## Okusetshenziswayo

- Isitsha sokuxubela
- Ipani lokuthosa
- Isitsha sokuxubela esincane
- Ukhezo
- Inkomishi yokulinganisa
- Isisefo
- Isipunu
- Ithisipunu
- Isiphehli

## Izithako

- Izipunu zebhotela ezi-4
- Inkomishi kafulawa e-1
- Isipunu sikashukela esi-1
- Imvushwana kasawoti
- Amathisipunu esikhukhumalisi ama-2
- Amaqanda ama-2
- Inkomishi yobisi e-1
- U- $\frac{1}{2}$  wethisipunu wevanila esensi

## Indlela yokwenza

1. Sefela ufulawa, noshukela, nosawoti nesikhukhumalisi esitsheni sokuxubela esikhulu.
2. Ncibilikisa ibhotela epanini olibeke esitofini bese ulisusa ipani esitofini uma selincibilikile ibhotela.



3. Phehla iqanda esitsheni esincane.
4. Faka ubisi nevanila esensi eqandeni eseliphehlifiwe bese ukuxuba lokhu.



5. Xuba izithako ezimanzi nezomile bese ugovuza iskhathi esingangeminithi.
6. Ungade ukha ngesipunu noma ude uthela le ngxube epanini elishisayo.



7. Uma sekufela amagwebu iphendule ikhrampethi.
8. Asuse epanini amakhrampethi uma amacala omabili awo esensunjwana.
9. Uma usukuphaka lokhu ungakugcoba ibhotela noma isiraphu.



# Umashelela (Smoothie)

Ake uzi pholise lapho kushisa ngokuphuza umashelela wezithelo omnandi.

## Uqwembe lokuqobela

- Ummese
- Inkomishi yokulinganisa
- Izingilazi
- Ujeke



## Izithako

- Inkomishi yobisi
- Amapentshisi ama-2 noma ikota ( $\frac{1}{4}$ ) likaphayinaphu
- Ubhanana o-1
- Inkomishi e-1 ye yogathi (enokunambitheka kwestrobheri, noma komango noma iphulamu)

## Indlela yokwenza

1. Cwecwa noma uhlube isithelo.
2. Sika isithelo sibe yizicucwana.

3. Faka zonke izithako kujeke.
4. Kuxube lokhu kuze kuhlangane kahle.



5. Thela ingxube kamashelela ezingilazini uzifake efrijini ukuze zibande ngaphambi kokuphuza.

# Imisebenzi yokufunda ngamaqembu



1

Xoxa nomngani wakho ngencwadi yamaresiphi.

- a. Sithini isihloko sencwadi?
- b. Incwadi yamaresiphi yehluke kanjani encwadini yezindaba?
- c. Iyiphi iresiphi ongathanda ukuyenza? Nikeza izizathu.
- d. Kungani amaresiphi esinikeza isikalo sezithako?
- e. Yini oyipheka ekhaya? Tshela umngani wakho ukuthi ukwenza kanjani lokho kudla noma isiphuzo.
- f. Yimiphi imithetho okumele siyilandele uma sipheka?



2

Sebenzisa ikhasi lokuqukethwe ukuphendula le mibuzo elandelayo:

- a. Mangaki amaresiphi akulencwadi?
- b. Ikuliphi ikhasi iresiphi yamakhekhe asankomishi?
- c. Ngeyani iresiphi oyithola ekhasini lama-20?
- d. Yiluphi ulwazi oluthola ekhasini le-2?



3

Bheka iresiphi kamashelela.

- Tshela umngani wakho ukuthi kumele wenzeni ngaphambi kokusika izithelo zibe zicucwana.
- Tshela umngani wakho ukuthi kumele wenzeni emva kokusika izithelo zaba zicucwana.



4

Lingisa, kodwa ungakhulumi, ukuthi lezi zenzo zithi akwenziweni:

- |         |                |                 |
|---------|----------------|-----------------|
| • xuba  | • yikha        | • phendula      |
| • khama | • govuza       | • vuvuzela      |
| • sika  | • cwecwa/hluba | • sefa          |
| • qoba  | • thela        | • yizwa ngolimi |



5

Qondanisa la magama nezincazelo zawo:

Okokusetshenziswa

Izinyathelo okumele sizilandele uma senza ukudla.

Indlela yokwenza

Izhinhlotshana zokudla esizidingayo uma sifuna ukukhipha uhlobo oluthile lokudla.

Izithako

Izinto ezisamathuluzi esizidingela ukupheka.

# IBANGA LESI-3 ULIMI LWASEKHAYA



## Incwadi yesi- 3

<b>Isihloko:</b>	Kumnandi ekhishini
<b>Ulimi:</b>	IsiZulu
<b>Izinga:</b>	Ibunga lesi-3 Incwadi Yokufundwa Ulimi Lwasekhaya Izinga loku-1 Incwadi yesi-3
<b>Uhlobo lombhalo:</b>	Umbhalo wemiyalelo ongebona ubuciko - incwadi yamaresiphi
<b>Amagama ajwayelekile:</b>	faka, abancane, zonke, unazo, ngemuva, izinto, ukukhipha
<b>Ulwazimagama:</b>	umashelela, izithako, izilinganiso, isiqobi, ukuxuba, isiphehli, uqwembe, isikhampijusi, kwekhethelo, isifikimbala, buthuntu, ukushuba, ama-aphula, amakhiyubhu, ukuvuvuzela, ulwelwesi, isikhukhumalisi, ukhezo, nsunjwana
<b>Imisindo:</b>	ndl, mph, qw, nhl, gcw, ntsh, cw, ngc
<b>Okuqukethwe, imiqondo namakhono:</b>	<ul style="list-style-type: none"><li>▪ Ufundaphendule imibuzo yokuqondisisa.</li><li>▪ Ufundaphendule imibuzo yekhasi lokuqukethwe.</li><li>▪ Uqondanisa izikali ezssemthethweni nezingekho emthethweni.</li><li>▪ Ukopisha indlela yokupheka encwadini yakhe yokubhalela.</li></ul>

ICAPS ifuna ukuba othisha babeke eceleni isikhathi nsuku zonke sokubhekana nokufunda kweqembu okuholwayo. Ukufunda kweqembu okuholwayo kudinga abafundi asebesezingeni elifanayo lokwazi ukufunda umbhalo ofanayo emaqenjini. beholwa nguthisha.

Ekufundeni ngamaqembu okuholwayo. othisha bahola abafundi abasezingen elifanayo lokufunda ekufundeni incwadi efanayo beseqenjini.

Isikhathi sokufunda kumele simbandakanye izinhlobo zamisu ehlukahlukene zokufunda nokugondisisa okudingga abafundi uma befunda.

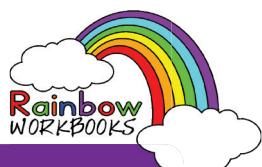
Isu lokufunda ngempumelelo lidinga futhi ukuxoxisana ngombhalo phakathi kukathisha nabafundi. naphakathi kwabafundi emaqenjini.

Lezi zincwadi zinemisebenzi yokugondisisa kanye neminyaka ehambelana nokufunda ngokugondisisa ukusiza othisha ukuze bakwazi ukuhola ukufunda ngamaqembu emakilasini.

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Ezinye izincwadi eShalofini  
Lezincwadi zeBanga lesi-3  
zoLimi Lwasekhaya.



Unogwaja uqinela impungushe

Isigameko sasolwandle

Kumnandi ekhishini

Idayari yabantwana  
abakhonondayo



Zega-ke izilwane

UThandi unosuku olubi

Impelasonto ekhumbulekayo



Kunenunu ekhabetheni lami

Kulahleke amakhekhe  
asankomishi

Kuyamangaza yize kuyiqiniso