

PUOGAE YA MOPHATO 3

# Boitumediso mo khitšhining



SETSWANA

Maemo:

1

Buka

3



# Puiso e e kaelwang ya ditlhophha

## Pele ga puiso

- Phetla kgang e ba tlaa e buisang.
- Kopa barutwana gore ba bolelele kgang pele ba lebeletse setlhogo le ditshwantsho.
- Itsise barutwana ka ga mafoko a mašwa le a a bothata pele barutwana ba buisa kgang.

## Puiso ya ntlha

- Barutwana ba tshwanetse go buisa buka ka bongwe ka bongwe.
- Barutwana ba tshwanetse go buisa ka tidimalo kgotsa ba ka nna ba 'sebaseba fa ba buisa' buka.
- Tsamaya, tsamaya go tswa mo morutwaneng mongwe go ya kwa go yo mongwe, o kopa morutwana mongwe le mongwe go buisetsa karolo ya sekwalwa kwa godimo.

## Motlotlo

- Botsa dipotso tsa tekatlhaloganyo tse di ikaegileng ka buka.
- Tsepamisa matlho mo medumopuong, mafokong a tlwaelo le tlotlofokong.
- O tlaa fitlhela ditirwana tse di kwa morago ga buka e di le botlhokwa le mosola go kaela motlotlo wa phaposi.

## Puiso ya bobedi

- Mo malatsing a a latelang, letla barutwana go buisa buka gape, ka sebedi (dipara) kgotsa ka bongwe ka bongwe. (Tlhophha ditirwana tse di lekaneng maemo a barutwana)
- Tsepamisa matlho mo kelelong ya puiso, thutapuong le mo tlotlofokong.
- Letla barutwana go feleletsa ditirwana tse di kaelwang tsa ditlhophha tse di tsenyeeditsweng kwa morago ga buka e. (Tlhophha ditirwana tse di lebaneng maemo a barutwana)



Letla barutwana go diragatsa  
kgang fa e ba letla go dira jalo.



Barutwana ba tshwanetse go dira ditirwana tsa puiso ya ditlhophha morago ga puiso. Letla barutwana go bereka kana go dira ka ditlhophha go feleletsa ditirwana tse di maleba tsa puiso ya ditlhophha tse di tsenyeeditsweng kwa morago ga buka. Ga ba a tshwanela go kwala mo bukeng e. Ditirwana tse di kwadiwang di direlwae mo dibukeng tsa bona tsa dithutiso.

# Boitumediso mo khitšhining

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# Maele a baapei ba bana



Dilekanyo tse di dirisegang



Leswana la tee | = 5 ml

Leswana le le jang | = 10 ml

Kopi | = 250 ml

# Didiriswa tsa moapei



kopi e e lekanyang

diatlana / ditlelaf o tsa ovene



sejana sa go dubela



maswana



# Difatlhego tse di tshegisang

Dira difatlhego tse di tshegisang tsa seja se se itlhao tseng

## Didiriswa

□ dijana tse 3

□ leswana le le jang



□ leswana la tee

□ sekenkeboroto

□ thipa

□ leswana la kota

## Ditsompelo



Dibesikiti tsa Marie di le 12

Kopi e le l ya sukiri ya aësing



Metsi a selekano sa maswana a 2 a a jang



Seripa sa leswana la tee la dijo tsa mmala wa botala jwa legodimo. Seripa sa leswana la tee la dijo tsa mmala o o serolwana



Dimonamone tsa disemathise le Dijelithotse



Likhoraese ya megala ya ditlhako

## Tselo kana Mokgwa

1

Sefela sukiri e e  
aesang mo sejaneng.  
Tshela metsi.  
Tswakanya go fitlha  
go nna boleta.



2

Kgaoganya motswako wa aesing mo dijaneng di le  
2. Tshela mmala o o botala jwa legodimo mo go se  
sengwe le mmala o o serolwana mo go se sengwe.



Bayá dibesikiti mo sekenkeborotong.



Dirisa thipa e e botswa go tshasa  
motswana wa aesing mo dibesikiting.

# 5



Kgabisa dibesikiti gore di lebege jaaka difatlhego  
o dirisa Disemathise, Dijelithotse le megalaya  
ditlhako. Di tlogele gore di sete.



# 6



Natefelwa ke  
sejo sa gago.





# Salate ya maungo

Dira salate ya maungo a selemo e e tletseng divithamini.



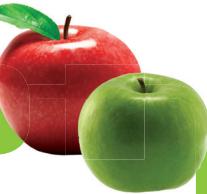
## Didiriswa

Thipa  
Boroto ya go  
remela  
Sejana  
Sediramatute



## Ditsompelo

Namune e le 1  
Phoophoo e le 1  
Phaeneapole e le 1  
Diapole di le 2  
Dipanana di le 2  
Maswana a tee a le  
2 a sukiri



## Se o tshwanetseng go se dira



Obola diapole mme o di  
sege dikhube.

1

2

Obola o bo o sege  
dipanana dilae.



3

Obola phoophoo mme  
o e sege dikhube.



4

Obola  
phaenapole  
mme o e sege  
dikhube.

5

Tswakanya  
maungo mo  
sejaneng.



6

Tamolola namune.

7

Tshela matute  
mo godimo ga  
salate.

8

Nonanona ka  
sukiri.



# Dikukukopi tsa mebalabala



Dikukukopi tse di mebalabala tse di dintle ka meletlo ya matsatsi a botsalo, Letsatsi la Bomme kgotsa fa ditsala tsa gago di tla go nwa tee le wena.

## Didiriswa

Sefo



Sejana se se tswakelang

Sejana se sennye

Kopi

Leswana le le jang



Leswana la tee

Leswana la kota

Pane ya dikopikuku

Raka ya go tsidifatsa



Diatlana kana ditlelafo

tsa ovene

## Ditsompelo

Botoro ya kuku



Dikopi tse 2 tsa folouru

Kopi e le 1 ya sukiri

Maswana a le 2 a poere e bakang



Maswana a le 4 a jang a botoro kgotsa majerine

Kopi e le 1 ya mašwi

Mae a le 2

## Aesing



Kopi e le 1 ya easing

Leswana le le jang le le 1 la metsi

Seripana sa leswana la tee la khalara ya dijo khalara dijo

## Tsela kana mokgwa

Dira botoro le sukiri lebebe mmogo o dirisa leswana la kota  
Kgotlopanya mae go fitlha a nna bofefo mme morago o tshele  
mae, mašwi le esense ya vanila mo motswakong wa botoro

Tswakanya go fitlha go nna boleta

Sefa folouru le poere ya go baka go nna  
motswako mme o tswake sentle

Tsholela motswako mo dikoping tsa pampiri mme o beye dikopi  
mo sekenkeborotong

Baka ka mogote wa 180 °C metsots e ka nna 20-30 go  
fitlha di nna bohunou jwa gauta

Letla dikuku gore di tsidifale.





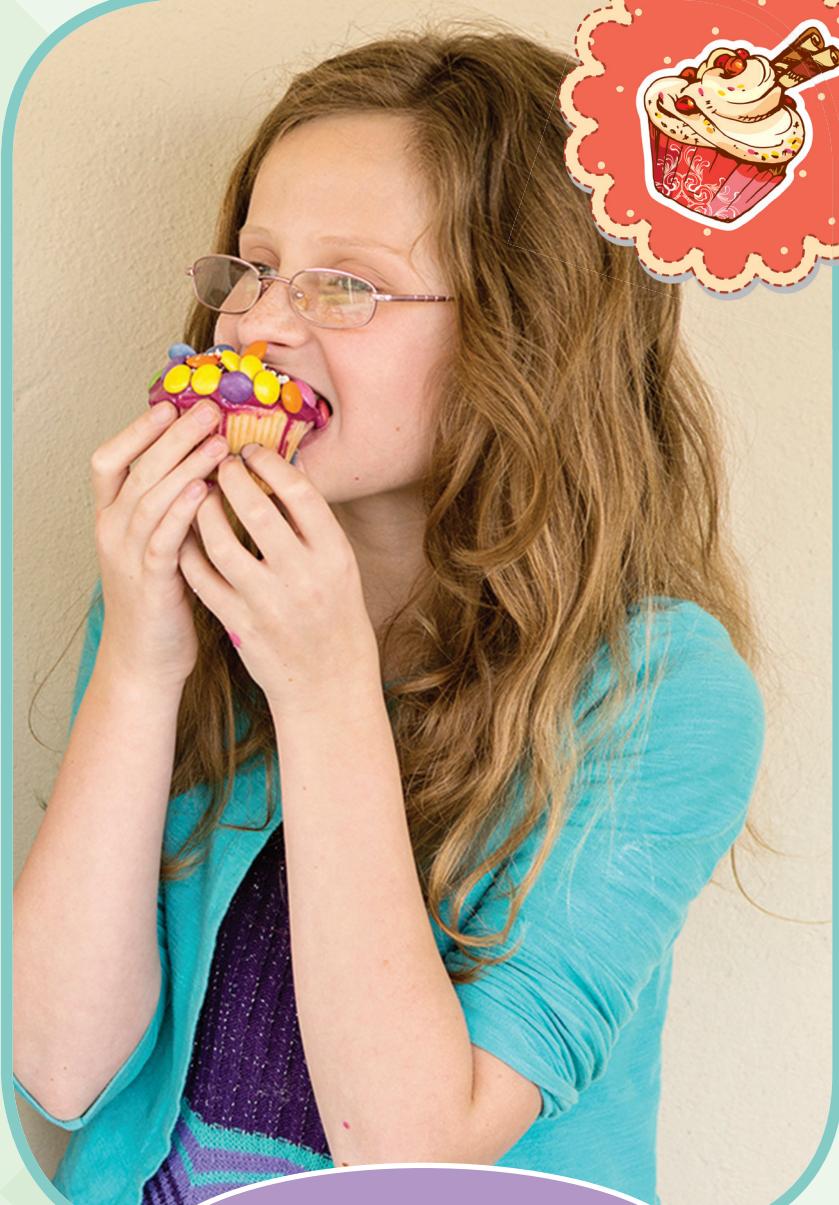
Sala resipi e e mo tsebeng ya 5 morago go dira aesing. Dirisa thipa e e botswa go tshasa aesing mo dikukukoping.



Kgabisa ka disemathise le ditshelwa.



Bayā dikukukopi tse di kgabisitsweng  
mo poleiting e e jelang.



Itumelele go ja kukukopi e e monate!

# Monate wa bebetsididi

Itsifatse mo letsatsing le le mogote ka  
sejo se se monate sa bebetsididi.



## Ditsompelo

- Bebetsididi
- Banana e le I
- Dinatetshi
- Matokomane
- Ditšheri

Tsela kana mokgwa

1 Gaa leswana  
la bebetsididi.

2 Baya  
leswana la  
bebetsididi  
mo  
sejaneng  
se sennye.



3

Jaanong tshela dinatetshi go kgabisa bebetsididi ya gago.



4

Morago o nonanone ka matokomane.



5 Mo kgatong  
e e latelang,  
obola o bo o sega  
dipanana dilae.

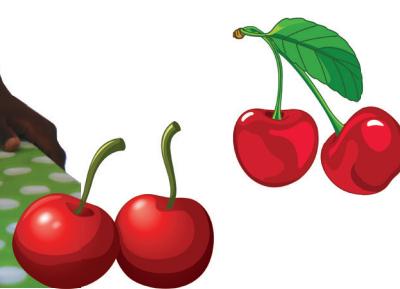


6 Baya  
dilae tsa  
panana go  
dikologa  
bebetsididi.





7 La bofelo, tshela  
ditšheri mo godimo.



8 Mme jaanong latswa bebetsididi  
ya gago e e monate.





# Marothonyana a a kgolokwe



A monate wa  
marothonyana a a kgolokwe  
mo letsatsing le le mogote.

## Didiriswa

- Sejana sa go tswakela
- Sejana se sennye
- Kopi e e lekanyetsang
- Leswana le le jang
- Leswana la tee
- Sefetlho
- Pane e e gadikang
- Leswana la kota
- Sefe

## Ditsompelo

- maswana a a jang a botoro a le 4
- kopie le 1 ya folouru
- maswana a a jang a le 3 a sukiri
- motlopolo wa letswai
- maswana a tee a le 2 a poere e e bakang
- mae a le 2
- kopie le 1 ya mašwi
- seripa sa leswana la tee la esense ya vanila



## Mokgwa

1. Sefela folouru, sukiri, letsawai le poere e e bakang mo sejaneng se segolo sa go tswakela.
2. Gakolosetsa botoro mo paneng mo setofong mme o tlose pane mo mogoteng fa e sena go gakologa.



3. Kgotlopanya mae mo sejaneng se sennye
4. Tshela mašwi le esense ya vanila mo maeng a a kgotlopantsweng mme o di tswakanye.



5. Tswakanya ditsompelo tse di metsi le tse di omileng mmogo mme o di fuduwe motsots'o le l.
6. Latlhela maswana a a tletseng kgotsa o tshele botoro e nnye mo banena e e moaote.



7. Fa dipudula di tlhagelela, tshela marothonyana a a kgolokwe
8. Tlosa marothonyana a a kgolokwe mo paneng fa mathlakore oomabedi a le bohunou jwa gauta.
9. Tshola ka botoro le tswina.



# Maletanyana kana direledi

Itsidifatse mo letsatsing le le mogote ka maungo a a boletanyana a a monate

## Didiriswa

- Thipa
- Boroto e e remelang
- Kopi e e lekanyetsang
- Digalase
- Jeke



## Ditsompelo

- Diperekisi kgotsa diphaenepole di le 2
- Panana e le 1
- Kopi ya yokate e le 1 (e e natetshitsweng ka seterooberi, menku kgotsa dipolamo)
- Kopi e le 1 ya mašwi

## Mokgwa

1. Obola maungo
2. Seg a maungo manathwana a mannye thata.

3. Baya ditsompelo tsotlhe mo jekeng
4. Di tswakanye mmogo go fitlha di nna boleta.



5. Tshela motswako o o boleta mo digalaseng mme o o tsidifatse mo segatsetsing pele o nwa.

# Ditirwana tsa puiso ya ditlhophha



1

Bua le tsala ya gago ka ga buka ya resipi.

- a. Setlhogo sa buka ke mang?
- b. Buka ya resipi e farologana le buka ya dikgang jang?
- c. O ka rata go dira resipi efe? Goreng?
- d. Ke goreng diresipi di re bolelela gore re tshwanetse go dirisa ditsompelo di le kanakang?
- e. O apaya eng kwa gae? Bolelela tsala ya gago ka mo o apayang sejo / seno ka teng.
- f. Ke melawana efe e re tshwanetseng go e sala morago fa re apaya?



2

Dirisa tsebe ya diteng go araba dipotso tse di latelang:

- a. Go na le diresipi di le kae mo bukeng?
- b. Resipi ya dikukukopi e mo tsebeng efe ya buka?
- c. Ke resipi efe e o e fitlhelang mo tsebeng ya 20?
- d. Ke tshedimosetso efe e o e fitlhelang mo tsebeng ya 2?



3

Lebelela resipi ya Maletanyana.

- Bolelela tsala ya gago gore o tshwanetse go dira eng pele o sega maungo go nna dikarolwana kana manathwana.
- Bolelela tsala ya gago gore o tshwanetse go dira eng morago ga go sega maungo go nna manathwana kana dikarolwana.



4

Mumuretsa mafoko a a latelang go bontsha gore o tlhaloganya bokao jwa ona:

- |             |            |               |
|-------------|------------|---------------|
| • tswakanya | • tamolola | • sega        |
| • rema      | • gaa      | • fudua       |
| • obola     | • tshela   | • kgotlopanya |
| • nonanona  | • sefa     | • latswa      |



5

Nyalanya mafoko a le bokao jwa ona:

Didiriswa
Mokgwa/ Tsela
Ditsompelo

Dikgato tse re di latelang fa re apaya sejo.

Dijo tse re di batlang go re re apeye sejo

Dilo tse re di dirisang go apaya

# PUOGAE YA MOPHATO 3



Buka 3

<i>Leina kana setlhogo:</i>	Boitumediso mo khitsching
<i>Puo:</i>	Setswana
<i>Maemo:</i>	Padiso ya Puogae Mophato 3 Maemo 1 Buka 3
<i>Mofuta wa sekwalwa:</i>	Sekwalwa sa ditaelo se e seng sa maitlhamelo – Buka ya diresipi
<i>Mafoko a tlwaelo:</i>	tsenya, itumela, mo, kgolo, jaaka, dingwe, dirisa, gago, go
<i>Tlotlofoko:</i>	lekanyetsa, didiriswa, ditsompelo, mogwa, tsela, motswako, kgabisa, monate, botshe
<i>Medumopuo:</i>	SE peletiwa ka go tshwana mme e farologana ka bokao: jaaka, fitlha/fitlha, noka/noka, kgabo/kgabo, tsebe/tsebe.
<i>Diteng, mareo le bokgoni:</i>	<ul style="list-style-type: none"><li>▪ Buisa le go araba dipotso ka ga diresipi.</li><li>▪ Buisa le go araba dipotso ka ga tsebe ya diteng.</li><li>▪ Nyalanya ditekanyetso tsa semmuso le tse e seng tsa semmuso.</li><li>▪ Kopololela resipi go tswa mo bukeng ya diresipi go ya mo bukeng ya dithutiso.</li></ul>

CAPS e batla gore barutabana ba beele kwa thoko nako e e rileng ya go tota puiso ya ditlhophpha e e kaelwang letsatsi le lengwe le lengwe. Puiso ya ditlhophpha e e kaelwang e batla gore barutwana ba maemo a a tshwanang a puiso ba buise temana e e tshwanang ba le mo ditlhopheng tsa bona ka fa tlase ga bokaedi jwa morutabana.

Morutabana o tshwanetse go rulaganya nako ya go buisa gore e akaretse thuto ya mafoko a a rileng le mekgwa ya go tlhaloganya e barutwana ba tlaa e tlhokang fa ba buisa.

Mekgwaa e gape e batla 'puisano ka ga sekwalwa' magareng ga morutabana le barutwana le magareng ga bana mo ditlhopheng ts abona. Dibuka tse di akaretsa ditirwana di le mmalwa tsa 'puisano ka ga sekwalwa'. tekathlaloganya le ditirwana tse dingwe tse di tsamaelanang go thusa morutabana go kaela puiso ya ditlhophha mo diphaposiborutelong tsa bona.

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**Dibuka tse digwe tse di  
mo šelofong ya Puogae ya  
Mophato 3**



**Robi Mmutlanyana o tsietsa  
Freddie Phokojwe**

**Letsholo la kwa lewatleng**

**Boitumediso mo khitsining**

**Bukatsatsi ya Ngwana  
Matshwenyego**



**Go ngweega go gogolo**

**Thandi o na le letsatsi  
le le bosula**

**Beke ya go ka gakologelwa**



**Go na le selalome mo rakeng  
ya me**

**Kgetse ya dikukukopi  
tse di latlhiegileng**

**Go a makatsa mme ke nnate**