

Ku tiphina ekhixini

Leswi nga ndzeni

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Switsundzuxo swa vasweki lava ha ri ki swihlangi



Swipimo leswi pfunaka



I xilepulana = 5 ml

I lepula = 15 ml

I khapu = 250 ml

Swibye swa musweki



khapu yo pima

malepula yo pima



magilavhu ya ovhene



xinkombyana



xikotlolo xo hlanganisela



pani



malepula

sefo

foroko



xihlanganisi



jeke



bodo yo tsemelela



mukwana



rheke yo horisela

pani ya makhekhe ya swikhapana



xikamajuzi



pani

Swikandza swo hlekisa

Endla Swikandza Swo Hlekisa ku va tsakisa

Swibye

- 3 wa swikotlolo
- lepula
- xilepulana
- thireyi
- mukwana
- xinkombyana



Switchelachelana



12 wa mabisikiya t'i Marie



1 khapu ya chukela ro ayisa



2 wa malepula ya mati

Hafu ya xilepulana xa xikhalaraswakudya
xa wasi. Hafu ya xilepulana xa
xikhalaraswakudya xa xitshopana.



Swiwitsi swa t'i Smarties
na t'i Jelly Tots



Swiwitsi swo leha swa Liquorice

Maendlelo

1

Sefela chukela ro
ayisa exikotlolweni.

Chela mati.

Hlanganisela swi
kala swi rhetela.



2

Ava swikatsakanyiwa swa chukela ro ayisa hi 2 wa
swikotlolo. Chela xikhala swakudya xa wasi eka
xin'we na xa xitshopana eka lexin'wana.



Veketela mabisikiti epanini.



Tirhisa mukwana wo ka wu nga karihi ku totela
swihlanganisiwa swa ayisi eka mabisikiti.

5



Khavisa mabisikiti leswaku ya languteka tanihi swikandza u tirhisa tiSmarties, tiJelly Tots na swiwitsi swo leha. Swi tshike leswaku swi tiya.



6



Tiphineni hi
switshongo swa
n'wina.

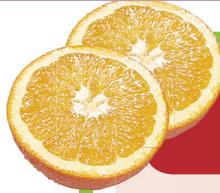


7

Saladi ya mihandzu



Endla saladi ya mihandzu ya ximumu leyi taleke hi tivhitamine.



Swibye

Mukwana

Bodo yo tsemelela

Xikotlolo

Xikamajuzi



Swichelachelana

1 lamula

1 papawa

1 xihenge

2 wa maapula

2 wa mabanana



Leswi faneleke ku endliya



Vandla maapula kutani u
ya tsemelela ya va tikhubu.

1

2

Vandla no tsemelela
mabanana.



3

Vandla papawa kutani u
ri tsemelela ri va tikhulu.



4

Vandla
xihenge kutani
u xi tsemelela
xi va tikhulu.

Hlanganisela 5
mihadzu endzeni
ka xikotlolo.



6

Kama lamula.

7

Chela juzi
ehenhla ka
saladi.



Makhekhe ya swikhapana ya mihlovohlovo



Makhekhe lama ya swikhapana ya kahle swinene eka
swinkhubyana swo tlangela siku ra ku velekiwa, Siku ra vamanana
kumbe loko vanghana va wena va ku endzela ku ta nwa tiyi.

Swibye

Sefo

Xikotlolo xo hlanganisela



Xikotlolo lexitsongo

Khapu

Lepula

Xilepulana



Xinkombyana

Foroko

Pani ya makhekhe ya
swikhapana



Rheke yo horisela

Magilavhu ya ovhene

Swichelachelana

Nhlama ya khékhe

2 wa tikhapu ta fulawuri

$\frac{1}{2}$ khapu ya chukela

2 wa swilepulana swa
xikukumukisi



4 wa malepula ya botere
kumbe majarine

1 khapu ya masi

2 wa matandza



Ku ayisa

1 khapu ya swo ayisa

1 lepula ra mati

$\frac{1}{2}$ xilepulana xa
xikhalaraswakudya



Maendlelo

Hlanganisa botere na chukela swi endla rivomba hi ku tirhisa xinkombyana.

Bana matandza ya kala ya vevuka swinene kutani u chela matandza, masi na vhanila esense eka swikatsakanyiwa swa botere.

Pfuva swi kala swi nga ha vi na mabundu.

Sefela fulawuri na xikukumukisi eka swikatsakanyiwa kutani u swi pfuva swinene.



Chela swikatsakanyiwa eka tikhapu ta maphepha kutani u veketela tikhapu ehenhla ka pani.

Baka eka 180°C ku ringana 20-30 wa timinete ya kala ya va buraweni wa xinsuku.

Pfumelela makhekhe ku hola.





Landzelela rhesipi leyi nga eka papila ra
5 ku endla swo ayisa. Tirhisa mukwana
wo kala wu nga karihi ku totela swo ayisa
ehenhla ka makhekhe ya swikhapania.



Khavisa hi tiSmarties na swin'wan'waselo.



Veka makhekhe ya swikhapanā lama
khavisiweke eka puleti yo phamela.



Tiphine hi ku dya khekhe ra xikhapana ro
nandziha!

Ayisikhiri mi yo nandziha

Ti timuli eka siku ro hisa hi xitshongo xa ayisikhiri mi yo nandziha.



Swichelachelana

- Ayisikhiri mu
- Banana rin'we
- Swin'wan'waselo
- Timanga
- Ticheri

Maendlelo

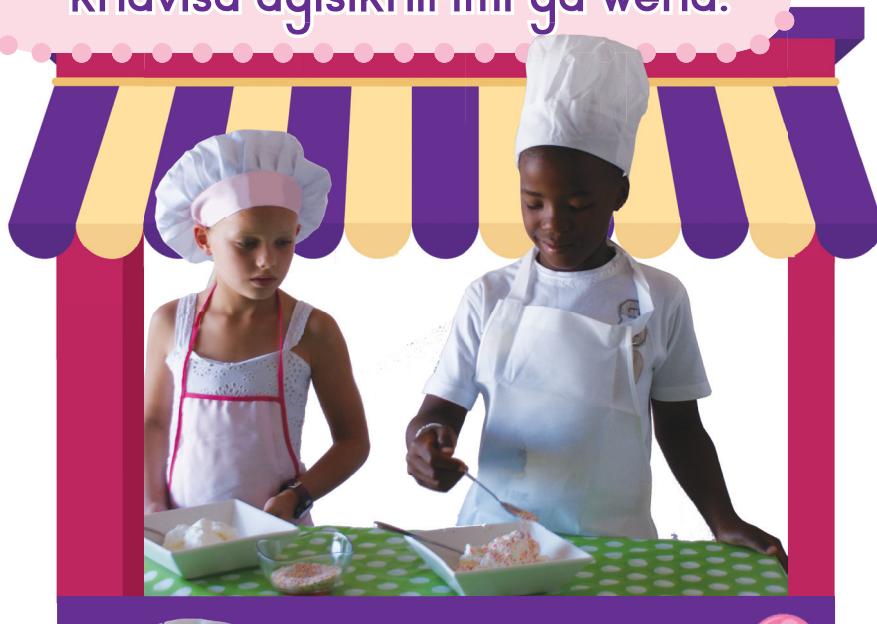
1 Nusa ayisikhiri mi
hi xikupu.

2 Chela
ayisikhiri mi
leyi u yi
nuseke
endzeni ka
xikotlolo
lexitsongo.



3

Sweswi chela swin'wan'waselo u
khavisa ayisikhirimi ya wena.



4

Kutani
'wan'wasela
timanga.



5 Lexi
landzelaka,
vandla u tlhela
u tsemelela
banana.



6 Veketela
banana leri
tsemeleriweke
ematlhelo ka
ayisikhirimi.



7 Xo hetelela, veka
cheri ehenhla.



8 Kutani sweswi ringa ayisikhirim ya
wena yo nandziha.





Tikhirampete



Tiphine hi tikhirampete to
hisa eka siku ro titimela.



Swibye

- Xikotlolo xo
hlanganisela
- Xikotlolo
lexitsongo
- Khapu yo pima
- Lepula
- Xilepulana
- Xihlanganisi
- Pani
- Xinkombyana
- Sefo

Swichelachelana

- 4 wa malepula ya botere
- 1 khapu ya fulawuri
- 3 wa malepula ya chukela
- Munyunyana
- 2 wa swilepulana swa xikukumukisi
- 2 wa matandza
- 1 khapu ya masi
- $\frac{1}{2}$ ya xilepulana xa vhanila esense

Maendlelo

1. Sefela fulawuri, chukela, munyu na xikukumukisi eka xikotlolo xo hlanganisela.
2. N'okisa botere epanini exitofini kutani u susa pani eka ku hisa ka xitofu loko se yi n'okile.



3. Bela matandza eka xikotlolo lexitsono.
4. Chela masi na vhanila esense eka matandza lama u ma beke kutani u swi hlanganisela swin'we.



5. Hlanganisa kun'we swichelachelana swo tsakama na swo oma kutani u swi hakasa ku ringana minete yin'we.
6. Chela lepula leri nga tala kumbe u chululela mpimo lowutsongo wa nhlama epanini leyji hisaka.



7. Loko ku va na swimbyarumbyaru hundzula tikhirampete.
8. Susa tikhirampete epanini loko matlhelo hi mambirhi ya ri ya buraweni wa xinsuku.
9. Phama na botere kumbe sirapu.



Swo nwa swa Smoothie

Ti timule eka siku ro hisa hi swo nwa swo xawula swa mihadzu.

Swibye

- Mukwana
- Bodo yo tsemelela
- Khapu yo pima
- Tinghilazi
- Jeke



Swichelachelana

- 2 wa mapencisi, kumbe $\frac{1}{4}$ ya xihenge
- I banana
- I khapu ya yogati (ya nantswo wa switiroberi, mangu kumbe pulamu)
- I khapu ya masi

Maendlelo

1. Vandla mihadzu.
2. Tsemelela mihadzu yi va hi swiphemu leswitsongo swinene.

3. Chela

swichelachelana
hinkwaswo ejekeni.

4. Swi hlanganisele

hinkwaswo swi kala
swi rhetela.



- ## 5. Chela mpfanganyo wa swo nwa swa Smoothie etinghilazini
- kutani u swi titimerisa firijini
swi nga se nwiwa.

Migingiriko yo hlaya hi mitlawa



1

Vulavula na munghana wa wena hi buku ya tirhesipi.

- Xana i yini vito ra buku leyi?
- Xana buku ya tirhesipi yi hambana njhani na buku ya switori?
- Hi yihi rhesipi leyi u nga tsakelaka ku yi endla? Hikwalaho ka yini?
- Hikwalaho ka yini tirhesipi ti hi byela leswaku i swo tani hi kwihi swichelachelana leswi hi faneleke ku swi tirhisa eka rhesipi yin'wana na yin'wana?
- Xana u sweka yini ekaya? Byela munghana wa wena leswaku u endlisa ku yini swakudya swa wena kumbe swo nwa swa wena.
- Xana hi yihi milawu leyi hi faneleke ku yi landzelela loko hi sweka?



2

Tirhisa papila ra leswi nga endzeni loko u hlamula swivutiso leswi landzelaka.

- Xana ku na tirhesipi tingani ebukwini leyi?
- Xana rhesipi ya makhekhe ya swikhapanu yi le ka papila rihi?
- Xana hi yihi rhesipi leyi u nga ta yi kuma eka papila ra 20?
- Xana hi byihi vuxokoxoko lebyi u nga ta byi kuma eka papila ra 2?



3 Languta rhesipi ya swo nwa swa Smoothie.

- Byela munghana wa wena leswi u faneleke ku swi endla loko u nga si tsemelela mihandzu hi swiphemu leswitsongo.
- Byela munghana wa wena leswi u faneleke ku swi endla endzhaku ko tsemelela mihandzu hi swiphemu leswitsongo.



4

Endla swikoweto swa leswi landzelaka ku kombeta leswaku u twisia tinhlamuselo ta swona:

- | | | |
|----------------|---------|------------|
| • hlanganisa | • kama | • tsema |
| • tsemelela | • nusa | • hakasa |
| • vandla | • chela | • hundzula |
| • n'wan'wasela | • sefa | • ringa |



5

Pananisa marito lama na tinhlamuselo ta wona:

Swibye

Magoza lama hi faneleke ku ma landzelela loko hi lulamisa swakudya.

Maendlelo

Swo dya leswi hi swi lavaka leswaku hi ta lulamisa swakudya.

Swichelachelana

Switirho leswi hi swi lavaka leswaku hi ta sweka.