

Ihlaziywe yaze
yalungelelaniswa
neCAPS

Ibanga lesi-

3



Izakhono zoBomi
ngesiXHOSA

Incwadi yoku-
l
Ikota 1 & 2

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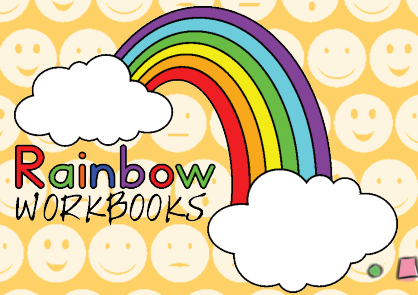
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UNksz Angie Motshekga
uMphathiswa weMfundo
esisiSeko



UGqir Reginah Mhaule
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weMfundo esisiSeko

Ezi ncwadi zilungiselelwe abantwana boMzantsi Afrika phantsi kwephiko loMphathiswa weMfundo esisiSeko uNksz Angie Motshekga kunye noSekela Mphathiswa weMfundo uGqir Reginah Mhaule.

Ezi ncwadi zokusebenzela, iRainbow Workbooks, lelinye lamalinge ongenelelo eSebe leMfundo esisiSeko ajolise ekuphuculeni umgangatho wabafundi beloMzantsi Afrika abakumabanga amathandathu okuqala. Njengomnye wemiba ephambili yoMkhomba-ndlela kaRhulumente, eli phulo libe nempumelelo ngenxa yenkxaso-mali evela kuVimba weSizwe. Oku kuye kwenza ukuba iSebe likwazi ukuvelisa ezi ncwadi, zifumaneke ngazo zonke iilwimi ezisemthethweni ngexabiso eliphantsi.

Sinethemba lokuba ootitshala baya kuzifumana ezi ncwadi zokusebenzela ziluncedo kakhulu kwimfundo yemihla ngemihla, nasekuqinisekiseni ukuba abafundi bayifikelela yonke ikharityhulam. Ukuqinisekisa ukuba utitshala uyakhokelwa kuyo yonke imisetyenzana, sisebenzise izalathisi ezibonisa oko kufanele ukwenziwa ngumfundi.

Sinethemba lokwenene lokuba abantwana baya kukonwabela ukusebenza kwezi ncwadi ekukhuleni nasekufundeni kwabo, kwanokuba nawe titshala uya kwabelana nabo kolu yolo.

Sinqwenela ukuba nibe nempumelelo ekusebenziseni ezi ncwadi.



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Ibanga lesi- 3



Izakhono zoBomi
ngesiXHOSA
Incwadi yoku-1



Le ncwadi yeka:





Okungam

Ingulowo nalowo kuthi wahlukile kwaye sonke sibalulekile.
Zalisa le ncwadi yesazisi imalunga nawe. Yila isitampu.
Wakuba ukwenzile oku, bonisa umhlobo wakho ikhadi lakho.



Masibhale

Ziintoni enifana ngazo izeziphi enahluka ngazo wena nomhlobo wakho?



Incwadi yesazisi

Igama: _____

Ubudala: _____

Umhla wokuzalwa:

_____ unyaka _____ inyanga _____ umhla

Indawo yokuzalwa: _____

Intombazana okanye inkwenkwe: _____

Ulwimi lwasekhaya: _____

Umbala weenwele: _____

Ubude: _____ cm

Umbala wamehlo: _____

Utyikityo _____

Zizobe apha.



Ikota yoku-1 – Iveki yoku-1 – Iphepha lomsebenzi loku-1



Masithethe

Ngoku cinga ngobomi bakho kude kube ngoku.

Ubomi bakho ubukhumbula ukuya kufikelela nini?

Usazikhumbula mhla ugqiba iminyaka emibini?

Usakhumbula ngokuya wawuqala ukuya esikolweni?



Masibhale

Bhala amanqanaba obomi bakho.



Ndazalwa ngo-

Ndaqala ukuthetha ngo-

Ndaqala ukuya esikolweni ngo-

Bendikwibanga lesi-3 ngo-

inyanga

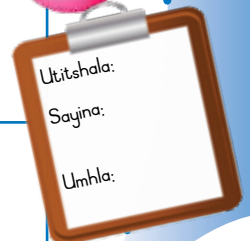
unyaka

20 _____

20 _____

20 _____

20 _____





Isikolo sam

2



Masenze

Utitshala wakho uza kukuncedisa ngokubhala imbali yokuhamba kwakho isikolo. Sikuqalele. Utitshala wakho uza kukuxelela ezinye iziganeko ezibalulekileyo onokuzifakela.

Ikota yoku-1 – Iveki yoku-1 – Iphepha lomsebenzi lesi-

Isikolo sakho saqala nini ukubakho?	Utitshala oyintloko wakho waqala nini esikolweni?	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____



Masibhale

Ithini imbali yesikolo sakho? Funa iimpindulo zale mibuzo uze uzibhale kwizikhewu ezikwikholamu yokuqala. Uze uzobe umfanekiso obonakalisa imbali.

Savulwa ngowuphi unyaka isikolo sakho? _____	Zoba umfanekiso wesikolo sakho.
Yayingubani inqununu yokuqala? _____	

4

Umhla:





Sasisithini isaci sesikolo?
Ingaba kusasetyenziswa eso saci
nanamhla oku?

Zoba ibheji yesikolo.

Xela into eyodwa okanye
ebalulekileyo ngesi sikolo.
(Mhlawumbi kwakukho umfundi
owayegqwesile okanye into
esayiphumelelayo).

Zoba umfanekiso ubonise into esibaluleke
ngayo isikolo sakho.



Phuma phandle

Phambi kokuba nenze umsebenzi phandle, zoluleni okwekati.
Oku kuza kwenza ukuba imizimba yenu ishukume lula. Kufuneka
nizolule kwakhona emva komsebenzi ukuze nizipholise nomzimba
ukhululeke. Oku kuya kunceda umzimba wakho ungabi
nemikhinkqi. Linganisa aba bantwana ke ngoku.

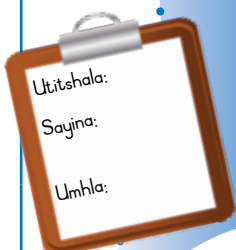


Utitshala wakho uza kubiza igama
lakho aze akuphosele ibhola. Yigange
ibhola ingekawi phantsi.

Khawuzame ukuganga ibhola ngebhegi
xa uphoselwa ngumhlobo wakho.

Phosela umhlobo wakho ibhola
uze ujonge ukuba uza kukwazi na
ukuyiganga ngebhegi.

Zolule njengekati ukuze uziphumze.





Konke ngam

3

Ikota yoku-1 – Iveki yesi-2 – Iphepha lomsebenzi lesi-3

Masithethe

Cinga ngento enomdla eyakwehlelayo kwixesha elidlulileyo uze uxelele umhlobo wakho ukuze akwazi ngcono.









Xa ndandineminyaka emi-5 ndaya elwandle.

Xa ndandineminyaka emi-4 ndawa eludongeni.



Masithethe

Xelela umhlobo wakho indlela lo mntu atshintshe ngayo ukususela ngoko wayelusana ade abe mdala.

		
usana	umntwana omncinane	umntwana wesikolo
		
umntwana ofikisayo	umntu oselekhulile	umntu omdala

6

Umhla:





Masicule



Sebenza eqeleni. Qamba iculo kunye nomxhentso.

Eqeleni lakho, bhala amazwi eli culo kwisithuba esingezantsi. Emva koko bonisa iklasi yakho indlela ocula ngayo ngeli xa uxhentsayo okanye udanisayo.

Large empty rectangular box for writing.

Utitshala:
 Sayina:
 Umhla:





4

Ubukhulu nobudala

Ikota yoku-1 – Iveki yesi-2 – Iphepha lomsebenzi lesi-2



Masithethe

Thetha ngendlela abahluka ngayo kuwe abantwana abakhudlwana nabantu abadala.

- Abantu bayakhula ngokuhamba kwexesha.
- Umbala weenwele uyatshintsha, amazwi ayatshintsha, izihlunu ziyakhula kwaye baba nobulumko.

Abantu batshintsha njani ngokuya bekhula?



Masibhale



Zeziphi izinto kwezilandelayo ozenza ngendlela eyahlukileyo kuleyo yabazali bakho? Phawula (✓) ubuso obuchanekileyo.

		Mna		Abazali bam	
		😊	☹️	😊	☹️
Ukubaleka kodwa ungadinwa		😊	☹️	😊	☹️
Ukuxhumaxhuma		😊	☹️	😊	☹️
Ukufunda iphephandaba		😊	☹️	😊	☹️
Ukuqhuba imoto		😊	☹️	😊	☹️
Ukudlala emthini		😊	☹️	😊	☹️



Masicule

Masizilungiselele ukucula.
Yenzani ezi zandi.

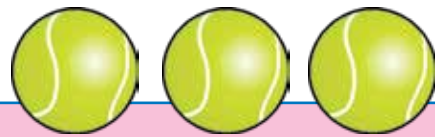


Isandi esikhawulezayo esifana nesandi seambulensi.
 Isandi esicothayo esifana nengoma yokulalisa iintsana.
 Isandi esiphezulu esifana nesokucula kweentaka.
 Isandi esiphantsi esifana nokugquma kwengonyama.

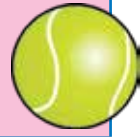


Phuma phandle

Uyakwazi ukuganga ibhola?



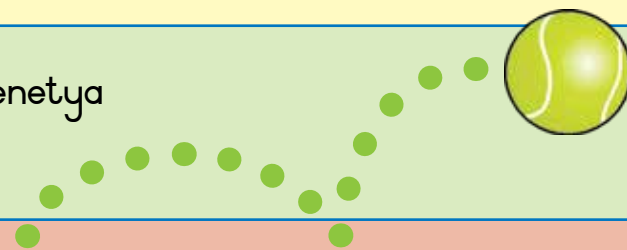
Phosa ibhola yentenetya emoyeni uze uyigange ngezandla zozibini.



Jula ibhola phezulu uze uqhwebane izandla zakho phambi kokuyiganga.

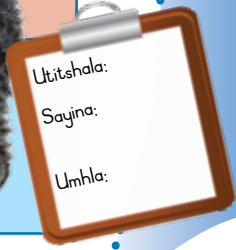


Qakathisa ibhola yentenetya emhlabeni.



Yenza ibhadi usebenzise iphepha elisongiweyo kunye neplanga.
Lisebenzise ekubhampiseni ibhola phantsi.

Ngoku zolule njengekati.





5

Sivakalelwa njani?

Ikota ngoku-1 – Iveki yesi-3 – Iphepha lomsebenzi lesi-

Jonga le mifanekiso uze uxele ukuba aba bantwana baziva njani. Wena wakha waziva ngolu hlobo? Bhala indlela aziva ngayo umntwana ngamnye. Sebenzisa la magama anokukunceda.

ulusizi

wonwabile

uyazisola

uyoyika

unebhongo

unomsindo



Phuma phandle

Dlalani umdlalo wentenetya niziqhelise ukubetha ngomphambili nangomva wesandla.





Masithethe

Yintoni ekonwabisayo?

Yintoni ekwenza ube lusizi?

Yintoni ekoyikisayo?



Masibhale

Yintoni ekwenza ube nomsindo?

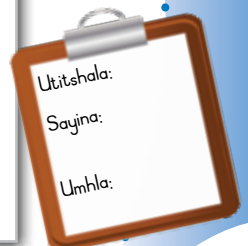


Bhala kwidayari yakho ngemini owaziva wonwabe kakhulu ngayo. Chaza ukuba kwenzeka ntoni kuwe.

Dayari ethandekayo

Bhala kwidayari yakho ngemini owaziva udakumbe kakhulu ngayo. Chaza ukuba yintoni na eyakwenza ukuba udakumbe.

Dayari ethandekayo





6

Izinto endizithandayo

Ikota yoku-1 – Iveki yesi-3 – Iphepha lomsebenzi lesi-



Masibhale

Xelela iqela lakho ukuba zeziphi izinto ozonwabela kakhulu xa uzenza.
Wakugqiba bhala amagama azo kwizikhewu ezikwesi sazobe seengcinga.

Blank pink notepad with three horizontal lines.



Blank yellow notepad with three horizontal lines.



Blank purple notepad with three horizontal lines.

**EYONA NTO
NDITHANDA
UKUYENZA**

Blank green notepad with three horizontal lines.



Blank teal notepad with three horizontal lines.

Blank light blue notepad with three horizontal lines.





Masibhale

Sebenzisa isazobe sakho seengcinga uze ubhale umhlathi ngeyona nto uthanda ukuyenza uchaze nokuba kutheni ukonwabela ukwenza le nto.

Eyona nto ndithanda ukuyenza



Masenze

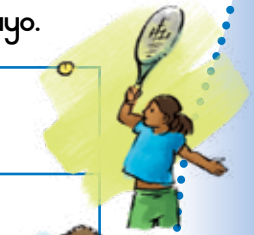
Yenza ubuso obonwabileyo nobulusizi ngentlamba yokudlala.



Masithethe

Buza abahlobo bakho aba-5 ukuba bathanda ukwenza ntoni. Faka umbala kwibloko enye ngexesha ngalinye kukho isenzo abasithandayo.

5					
4					
3					
2					
1					
	Ukucula	Ukufunda	Ukupeyinta	Imidlalo	Izibalo



Sesiphi esona senzo sithandwa kakhulu?

Utitsihala:

Sayina:

Umhla:



Ikota yoku-1 – Iveki yesi-4 – Iphepha lomsebenzi lesi-7

Sivakalelwa njani?



Masithethe

Jonga umfanekiso ngamnye kule uze uthethe ngendlela onokunceda ngayo aba bantwana ekwenzeni izinto ngendlela efanelekileyo. Faka uphawu ✓ kwimpendulo echanekileyo.

	Akujongi na xa uhamba!	
	Owu uxolo! Mandikuncede uchole ezi zinto.	
	Hayi bo! Nantsi ibhola yakho.	
	Hayi bo! Hamba uye kudlala kwenye indawo.	
	Yeyam kwaye akuzi kuphinda uyifumane.	
	Yiza sabelane ngetshokoletshi.	



Masibhale

Benza ntoni abahlobo abalungileyo?



Xa kukho into endingayenzanga kakuhle ndicela uxolo.



Xa ndibona umhlobo wam etsala nzima ndiyamnceda.





Bhala ezinye izinto ezi-4 ezenziwa ngabahlobo abalungileyo.





Masithethe

Jonga le mifanekiso. Thetha ngokubona emfanekisweni ngamnye. Emva koko khetha umfanekiso omnye uze wenze umdlalo-linganiso ngawo. Ibali lakho malibe nesiphelo.



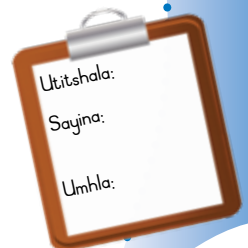
Bhala ke ngoku umdlalo omalunga nalo mfanekiso uwukhethileyo. Bhala amagama abalinganiswa kwikholamu yokuqala.



Phuma phandle

Zama ukwenza ezi zinto.

- Baleka ujikeleze ibala. Xa utitshala wakho esithi "tshintsha" jika ubaleke uye kwelinye icala.
- Qakathisa ibhola usiya phambili ngaxeshanye.



Utitshala:
Sayina:
Umhla:





Masibhale

Zoba umfanekiso wabahlobo okanye katitshala wakho, okanye wabantu obathandayo nobaxabise kakhulu bakowenu. Bhala amagama abo.



Abantu endibaxabise kakhulu

in



Bhala ke ngoku inkcazelo yaba bantu nokuba kutheni bebalulekile nje.



Utitshala:
Sayina:
Umhla:



Masithethe

Thetha ngokwenzeka kulo mfanekiso.

Wakha wopha ngeempumlo?

Yintoni ekufuneka uyenze xa usopha ngeempumlo?

Wenza ntoni xa usopha ngeempumlo

1

Hlalela phambili uze uthobe intloko.

2

Vala impumlo ngesandla imizuzu emi-2 uphefumle ngomlomo.

3

Beka into ebandayo ngemva entanyeni yakho, into efana netawuli emanzi okanye amaqhekeza omkhenkce asongelwe ngetawuli.

4

Ungafinyi emva kokuba uyekile ukopha.

5

Ukuba ukopha akupheli emva kwemizuzu eli-15, dibana nogqirha.



Uyayazi ukuba iphi ibhokisi yoNcedo Lokuqala yesikolo sakho? Yichaze. Ise

Zola.

Asinto ixhalabisayo. Khumbula ukuba akufuneki uphathe igazi lomnye umntu.



Ukunyanga imisikeko



Masifunde

Asiziboni iintsholongwane noxa zikuyo yonke indawo. Xa sinenxeba lokusikeka okanye sigruzukile kufuneka siligcine licocekile elo nxeba ukuze singosulelwa ziintsholongwane.



Masithethe

Chazela abahlobo bakho ukuba acocwa njani na amanxeba. Babonise ukuba kufuneka wenze ntoni.

Indlela yokunqanda ukopha enxebeni

Ungaze uphathe igazi lomnye umntu.

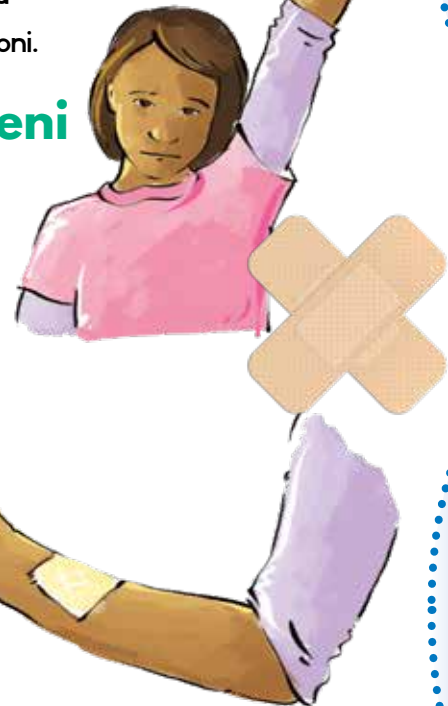
Xa unceda omnye umntu nxiba iiglavu ngalo lonke ixesha.

Nqanda ukopha ngokuphakamisela inxeba kwinqanaba elingasentla kwentliziyo.

Zama ukunqanda ukopha ngokucinezela isilonda/inxeba ngebhandeji elicocekileyo.

Ukuba inxeba linzulu kwaye aliyeki ukopha, yiya kwagqirha okanye eklinikhi.

Funa inombolo yefowuni yeenkonzo zikaxakeka unokuyifowunela. Inombolo yefowuni: _____





10

Amanxeba okutsha

Ikota yoku-1 – Iveki yesi-5 – Iphepha lomsebenzi le-



Masifunde

Xa uchukumisa into eshushu, uya kutsha.
Kufuneka wenze ntoni xa omnye umntu etshile?



Vulela amanzi abandayo kwinxeba lokutsha ixesha elingangemizuzu eli-10. Oku kuyanceda ekupholiseni isikhumba.



Ungaligqumi inxeba lokutsha.
Ungayikhululi impahla xa incamathele esikhumbeni.



Liyeke inxeba lokutsha livulekile kodwa ulijonge lingabi mandundu.



Ukuba inxeba lokutsha linzulu okanye likhulu kunomphakathi wesandla sakho, bonana nogqirha kwangoko.



Phuma phandle

Tsiba umtsi omde.

Thatha izinti ezintathu okanye iintambo ezintathu. Wakube utsibe phakathi kwazo zibhekise ziqelelelane ukuze ubone ukuba ngubani oyena utsibela kude kakhulu.

Phawula ubonise ubungakanani bomgama onokuwutsiba.

Jonga ukuba umhlobo wakho angakwazi na ukutsibela kude kunawe.



Phuma phandle

Yenza ikiliva.

Nikanani amathuba okuba yikiliva nomhlobo wakho.



Tshintshiselanani ngokubetha ugqaphu ukuze abahlobo bakho batsibe nabo.





Masithethe

Kwenzeka ntoni kule mifanekiso?
Yeyiphi enye indlela abanokutsha ngayo aba bantu?

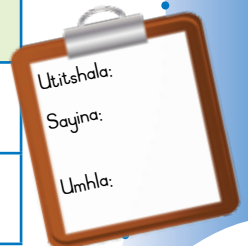


Bhala imigaqo ebalulekileyo ekufuneka uyikhumbule xa kufuneka uncedise kwezi zinto:

Umntu omongozayo

Amanxeba

Izilonda zokutsha



Ndizigcina ndikhuselekile

Masithethe

Kufuneka siyikhathalele imizimba yethu.
 Sifumana iimvakalelo “zika-ewe” xa sithanda into ethile kwaye sifuna ukuba mayiqhube.
 Sifumana iimvakalelo “zika-hayi” xa into ethile isenza singonwabi kwaye sifuna ukuba iyeke.



Masibhale

Faka uphawu ✓ ukuba umfanekiso ubonisa isenzo esikhuselekileyo okanye u-✗ ukuba ubonisa isenzo esingakhuselekanga. Wakugqiba bhala isivakalisi ngezantsi komfanekiso ngamnye uchaze ukuba kutheni ucinga ukuba sikhuselekile okanye asikhuselekanga.

UMama uyakuthanda.

Khwela nam emotweni yam. Ndiza kupha iilekese.

Andikwazi. Hamba apha!



Andikuthandi.

Umhle ke ngoku.

Ukuthi hayi

Akusoloko kulula ukuthi hayi, kodwa kufuneka uthi hayi xa kukho umntu okwenza uzive ungonwabanga.

Ukuba umntu ukwenza uzive ufuna ukuthi "hayi" kwaye ukwenza uzive ungonwabanga, xelela umntu omdala onokumthemba.

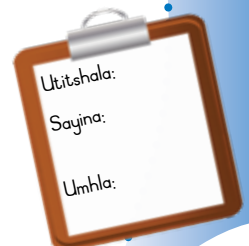


Masibhale

Khetha abantu aba-3 obathembileyo uze uchaze ukuba kutheni ubathembile nje.



Bhala ukuba ungasixela njani isihlo esibi kumntu omthembileyo.



Ukuzilumkela

Masithethe

Jongisisa le mifanekiso. Jonga ukuba ungakwazi na ukubalisa ibali. Gqibezela iqamza lentetho lokugqibela.

Yiza, ndiza kukusa evenkileni.



Hayi, ndiyeke!



Kwenzeke ntoni?



Blank writing area with horizontal lines for a response.

Masithethe

Xoxa ngendlela ezive ngayo intombazana, into eyenzileyo nento obunokuyenza wena xa unokuba kuloo meko.



Masibhale

Bhala phantsi imithetho emihlanu yokhuseleko. Ingulowo nalowo wuqale ngokuthi:

Abantwana mabangaze...

Handwriting practice area with a spiral binding at the top and five horizontal lines for writing.



Masenze

Yenza imaski ubonise uvakalelo.

Yenza isigqibo ngovakalelo onqwenela ukulubonisa ngemaski yakho.

Yizobe ephepheni lokurhixiza.

Yisike uyikhuphe.

Sika ukhuphe amehlo.

Yihombise ngephepha elinombala.



Phuma phandle

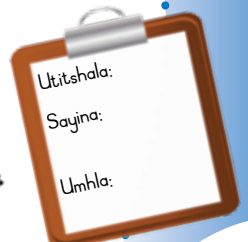
Zilungiselele ukungenela ugqatso.

Chopha ube kwisimo esilungileyo sokuqalisa.

Mamela utitshala wakho esithi:

“Chopha! Lunga! Baleka!”

Yenza ke ngoku umdlalo wemiqobo.





13

Ikota yoku-1 – Iveki yesi-7 – Iphepha lomsebenzi le

Ndizigcina ndikhuselekile



Masithethe

Sonke sinoxanduva lokugcina imizimba yethu isempilweni entle. Yintoni eyenziwa ngaba bantwana elungele imizimba yabo?



Zeziphi ezinye izinto ezingenampilo entle ezenziwa ngabantu?

Uyazi ukuba ukutshaya akulunganga kakhulu empilweni yethu?

Uyazi ukuba xa umntu etshaya ecaleni kwakho, oko akulunganga emzimbeni wakho?

Ukutshaya kuyenzakalisa njani imizimba yethu?



Masibhale

Phawula ingxelo nganye nge ✓ okanye ngo ✗ ubonise ukuba yinyaniso okanye asiyonyaniso.

Iisigarethi zinesongo esimnandi.
Xa ndihleli ecaleni komntu otshayayo, oko kunokwenzakalisa umzimba wam.
Ukutshaya kunokuwenza abe mthubi amazinyo akho.
Ukutshaya kubangela isifo somlomo.
Unokukhohlala ngokugqithisileyo ngenxa yokutshaya.
Ukutshaya kunokubangela isifo somhlaza.



Imithetho yempilo

Kufuneka ndixukuxe amazinyo emva kokutya naphambi kokuba ndilale. Kufuneka ndikame iinwele zam phambi kokuya esikolweni. Kufuneka ndicoce iinzipho zam emva kokudlala esantini.



Iinzipho zam ndizigcina zimfutshane kwaye zicocekile. Kufuneka ndihlambe izandla zam emva kokuba ndiye kwindlu yangasese naphambi kokuba ndiphathe ukutya. Kufuneka ndilahle amaphepha okosula angcolileyo emgqomeni wenkunkuma.



Masonwabe

Banganxiba ntoni ukuze bakhuseleke? Krwela umgca osuka kumfanekiso okumqolo ophezulu utshatise nomfanekiso ochanekileyo okumqolo ongezantsi.

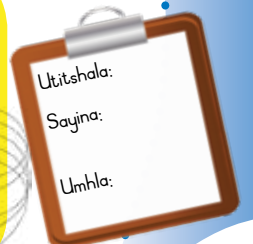


Khanibe nenxaxheba nani nidlale umdlalo weqakamba omncinci.



Phuma phandle

Utitshala uza kunidlalela umculo. Wumameleni nize nibethe ngeminwe ezidesikeni zenu isingqi sawo.



Utitshala:
Sayina:
Umhla:



Amalungelo noxanduva (1)



14

Ikota yoku-1 – Iveki yesi-8 – Iphepha lomsebenzi le



Masifunde

Maxa wambi abantwana kufuneka bancedise emakhaya.



Kodwa akufuneki abantwana basebenze nzima njengabantu abadala.

Abantwana kufuneka babe nexesha lokudlala nelokuya esikolweni.





Jonga le mifanekiso. Phawula imisebenzi efanele abantwana.

Bhala ke ngoku isivakalisi phantsi komfanekiso ngamnye uxele ukuba kutheni ucinga ukuba ifanelekile okanye ayifanelekanga le misebenzi.

	
<p>UAnna uthengisa imifuno imini yonke ngenxa yoko akakwazi ukuya esikolweni.</p>	<p>Ukuphuma kwesikolo uLisa unkcenkceshela isitiya semifuno.</p>



 <div data-bbox="614 290 736 399" style="border: 1px solid green; width: 70px; height: 48px; margin-left: 20px;"></div> <p data-bbox="249 569 730 682">UPeter uthutha izitena kuba usebenzela umakhi.</p>	 <div data-bbox="1272 290 1394 399" style="border: 1px solid green; width: 70px; height: 48px; margin-left: 20px;"></div> <p data-bbox="913 569 1347 694">UJabu noBongi bancedisa ngokucoca.</p>



Masithethe

Yeyiphi imisebenzi oyenza ekhaya? Yeyiphi imisebenzi oyenza esikolweni ukuncedisa utitshala wakho?



Phuma phandle

Linganisa uthe cwaka imisebenzi eyahlukeneyo. Iqela lakho kufuneka liqashele ukuba ngowuphi lo msebenzi uwenzayo.

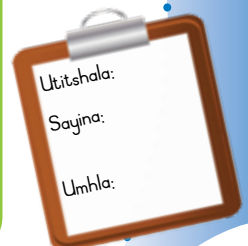


Bophani imilenze yenu niyidibanise ze nibaleke.





Emva koko ziqheliseni ukukhaba ibhola ze nibone ukuba ningayikhabela kude kangakanani na.



Utitshala:
 Sayina:
 Umhla:

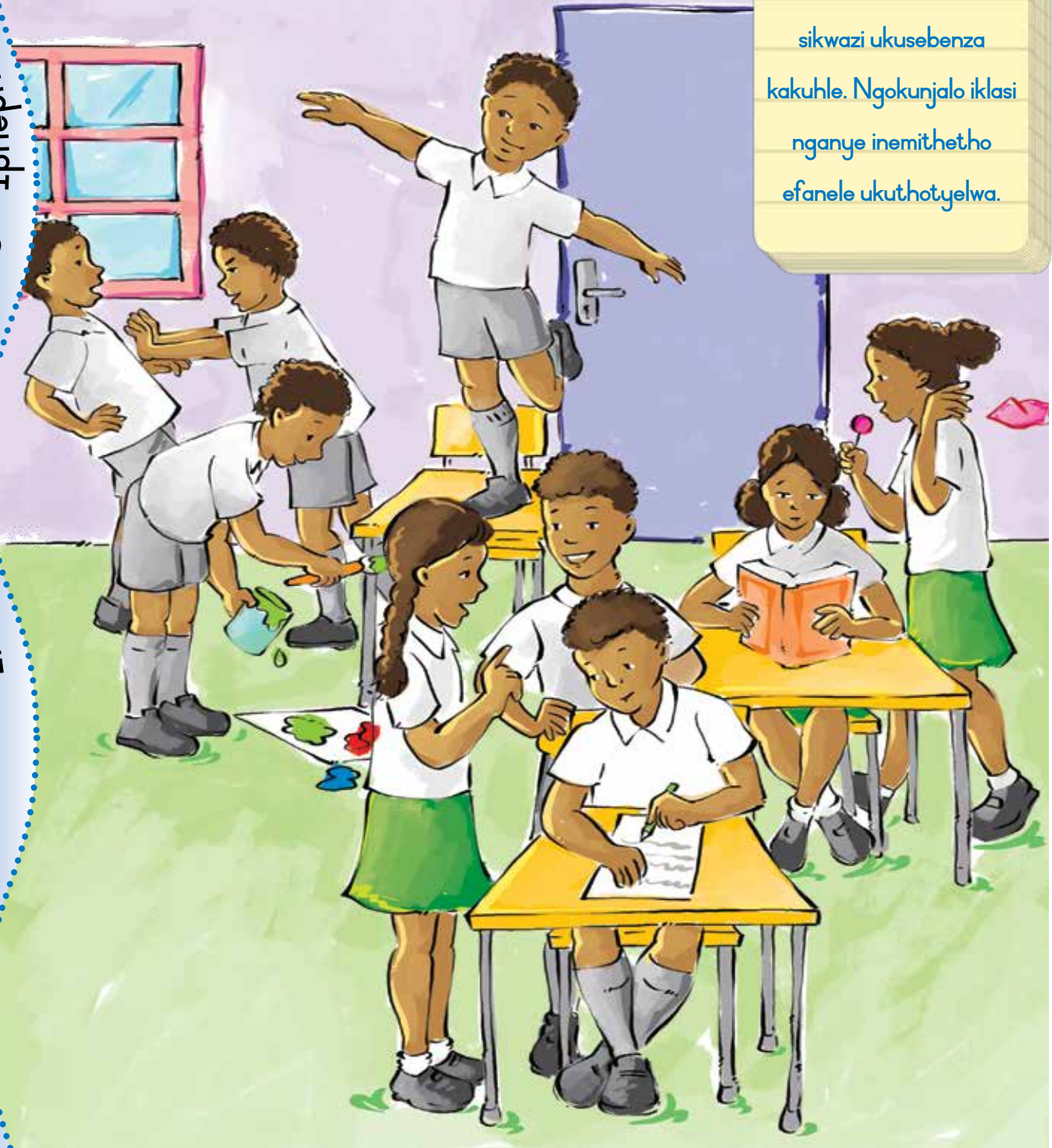
Amalungelo noxanduva (2)



Masithethe

Xelela umhlobo wakho ukuba yeyiphi imithetho eyaphulwa ngaba bantwana.

Isikolo ngasinye sinemithetho ukuze sikwazi ukusebenza kakuhle. Ngokunjalo iklasi nganye inemithetho efanele ukuthotyelwa.



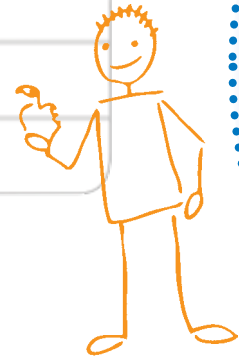


Masibhale

Bhalela ikhosi yakho imithetho emi-4.



A large spiral-bound notebook with several blank lines for writing.

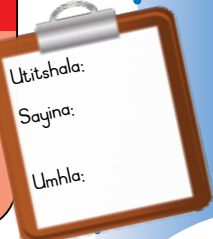


Masithethe

Funda la malungelo noxanduva uze uthethe nomhlobo wakho ngento ethethwa yinto nganye.

UXANDUVA LOLUTSHA LOMZANTSI AFRIKA

<p>Ukulingana</p> <p>Phatha wonke umntu ngokulinganayo nangendlela elungileyo. Musa ukucalucalula.</p>	<p>Isidima somntu</p> <p>Hlonipha wonke umntu. Yiba nenceba nenkathalo.</p>	<p>Ubomi</p> <p>Ubomi buxabisekile. Phatha yonke into ephilayo ngentlonipho.</p>	<p>Usapho</p> <p>Bahlonele abazali bakho. Yiba nobubele nentembeko kusapho lwakowenu.</p>
<p>Imfundo</p> <p>Yiya esikolweni, ufunde kwaye usebenze ngokuzimisela. Thobela imithetho yesikolo.</p>	<p>Umsebenzi</p> <p>Ncedisa kwimisebenzi yasekhaya. Abantwana mabanganyanzelwa ukuba bafune umsebenzi.</p>	<p>Inkululeko nokhuseleko</p> <p>Musa ukubavisa ubuhlungu okanye ubavuyebele abanye, kwaye sukubavumela nabanye ukuba benze njalo. Iingxwaba-ngxwaba mazisonjululwe ngoxolo.</p>	<p>Ipropati</p> <p>Zihlonele izinto zabanye abantu. Musa ukonakalisa ipropati kwaye musa ukuba.</p>
<p>Inkolo, inkolelo kunye noluvo</p> <p>Zihlonele iinkolelo nezimvo zabanye abantu.</p>	<p>Ukhuseleko</p> <p>Wukhathalele umhlaba. Musa ukuwamoshisa amanzi nombane. Zikhathalele izilwanyana nezityalo. Gcina ikhaya lakho kunye nendawo ohlala kuyo icocekile kwaye ikhuselekile.</p>	<p>Ubummi</p> <p>Yiba ngummi woMzantsi Afrika olungileyo nothembekileyo. Yithobele imithetho kwaye uqinisekise ukuba benjenjalo nabanye abantu.</p>	<p>Inkululeko yokuvakalisa izimvo</p> <p>Musa ukusasaza ubuxoki nentiyi. Qinisekisa ukuba abanyhukulwa okanye baviswe ubuhlungu abany abantu.</p>





Masithethe

Iintsuku zenkolo nezinye ezizodwa

Khetha enye yezi nkolo. Yenza uphando ngayo. Lungiselela ukunika ingxelo yophando lwakho eklasini. Yiza nemifanekiso okanye neencwadi ukuze ubonise ngayo.



UbuHindu



UbuIslam



UbuJuda



UbuKrestu

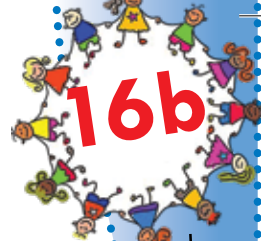
Kufuneka sihloniphe abantu bezinye iinkolo.

Yeyiphi inkolo yakho? _____

Yeyiphi inkolo yomhlobo wakho omthanda kakhulu? _____



Siyahlola



16b



Masibhale

Zalisa eli khadi lingawe.

Ikota yoku-1 – Iveki yesi-8 – Iphepha lomsebenzi le-

Igama lam _____

Ifani yam _____

Usuku lwam lokuzalwa _____

Ibanga lam _____

Isikolo sam _____

Inombolo yam yefowuni _____

Idilesi yam _____

Inombolo yam yengxakeko _____

Owona mdlalo ndiwuthandayo _____

Owona mbala ndiwuthandayo _____

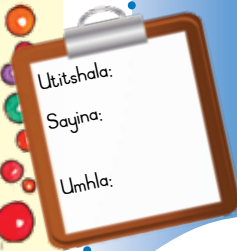
Oyena mhlobo wam ndimthandayo _____

Into endonwabisayo _____

Into endenza lusizi _____

Into endicaphukisayo _____

Into endiyenza kakuhle _____



Utitshala:

Sayina:

Umhla:

Indlela yokutya esempilweni



Masithethe

Jonga iqela ngalinye kumaqela okutya uze uthethe ngalo nomhlobo wakho: Zeziphi iintlobo zokutya ezikwiqela ngalinye? Kutheni iqela ngalinye lokutya lilungile kuthi?

Iiprotheni

Iiprotheni zakha iiseli ezintsha ukuze ikhule imizimba yethu.



Iivithamini

Iivithamini neeminerali zineda imizimba yethu ukuba ilwe nezifo kwaye ihlale isempilweni.



Phuma phandle

Celani utitshala anibonise ukuba udlalwa njani umdlalo othi "ifowuni eyaphukileyo". Nakugqiba ziqheliseni ukuphosa ibhola.

Iikhabhohayidrethi

Ezi ntlobo zokutya zisinika amandla.



Ubisi

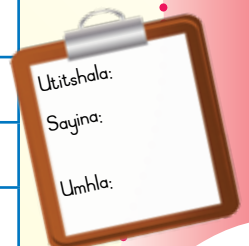
Ukutya kwemveliso yobisi kwenza amathambo ethu omelele, ngakumbi xa usemncinci amathambo esakhula.



Masibhale

Bhala uluhlu lokutya okutye izolo kwikholamu yokuqala. Kweyesibini xela ukuba ingaba oko kutya kuziiprotheni, iikhabhohayidrethi, iziqhamo okanye yimifuno na.

Ukutya endikutye izolo	Udidi lokutya





Ikota yesi-2 – Ivekhi yoku-1 – Iphepha lomsebenzi le-









18

Indlela esitya ngayo

Masithethe

Buza abahlobo abane ukuba bathanda ukutya ntoni. Jonga iintlobo zokutya ezahlukeneyo uze ufakele uphawu (✓) ukuba bayakuthanda uze ufake (✗) xa bengekathandi oko kutya.

Bhala amagama abahlobo bakho.



Masibhale

Jonga itheyibhile oyizalisileyo uze uphendule le mibuzo.

Kokuphi ukutya abakuthande kancinane kakhulu abahlobo bakho?

Ucinga ukuba abahlobo bakho banayo imikhwa yokutya ngendlela enempilo?

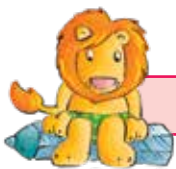
Kutheni ucinga njalo nje?



Masonwabe

Cela utitshala wakho akubonise ukuba udlalwa njani umdlalo wefowuni eyaphukileyo.





Masibhale

Yenza uludwe lweentlobo zokutya esifanele ukuzitya yonke imihla.

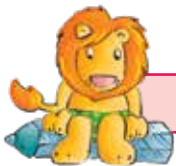
Ziintoni ekufuneka siziphephe?

Ityuwa egqithisileyo kuba yenza sibe noxinzelelo lwegazi oluphezulu xa sidadala.

Iswekile egqithisileyo kuba ingasenza sibe nesifo seswekile xa sidadala.

Iswekile eninzi kakhulu iyatyebisa.

Ukusela iziselo ezineswekile kakhulu nokutya ikeyiki neetshiphusi kakhulu.



Masibhale

Bhala iresiphi yokutya okuthandayo.



Iresiphi ye- _____

Zeziphi izithako ezifunekayo?

Ndenze njani?/Ndisebenzise eyiphi indlela?

Utitshala:
Sayina:
Umhla:

Indlela yokutya esempilweni



Masibhale

UTHabo noNomsa basendleleni eya kwivenkile yakwaLanga-liphumile. Kufuneka bathenge ukutya kokuphekela isidlo sangokuhlwa. Bancedise ukuze benze imenyu yeendidi zokutya okulungileyo.



Phuma phandle

Tshintshiselanani ngokubetha ugqaphu ukuze abahlobo bakho batsibe nabo.





Masibhale

Bhala izinto abafanele ukuzithenga namaxabiso azo kuludwe lokuthenga olungezantsi. UThabo noNomsa bahlawule malini ngokutya abakuthengileyo?

ULUDWE LOKUTHENGWAYO IXABISO

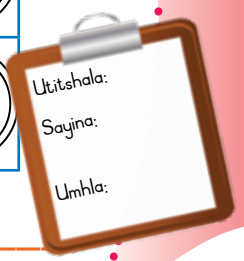


Masibhale

Indlela otya ngayo isempilweni kangakanani? Faka umbala ebusweni obuncumileyo kwindlela nganye esempilweni.

Indlela enditya ngayo

	Ewe	Hayi
Ndikholisa ukutya phambi kwethivi.		
Ndiyazithanda iziqhamo nemifuno.		
Ndiyazithanda iintlobo zokutya ezinamafutha ezifana neetshiphusi.		
Andiwathandi amanzi, ndithanda iziselo ezibandayo.		
Andiyityi imifuno.		
Ndiyakuhlafunisisa ukutya kwam.		
Nditya isidlo sakusasa phambi kokuya esikolweni.		



Bala ufumanise ukuba uwufake kangaphi umbala ebusweni obuncumileyo.



Ikota yesi-2 – Iveki yesi-2 – Iphepha lomsebenzi lama

20

Masenze

Ukutya kakuhle

Zoba okanye ncamathelisa imifanekiso yokutya ukuze ubonise isidlo esinempilo.

40

Umhla:



Masifunde

Imithetho yokutya ngendlela elungileyo

Zihlambe qho izandla zakho phambi kokuphatha ukutya.

Ungakushiya ungakugqumanga ukutya.

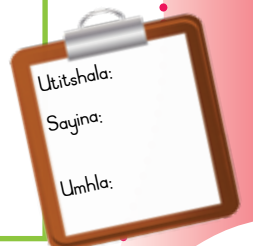
Musa ukutya ukutya okudala okanye okubolileyo. Sebenzisa amaxolo emifuno ukwenza ikhomposi yesitiya.

Lima eyakho imifuno.



Masenze

Zoba umfanekiso ubonise omnye wale mithetho.



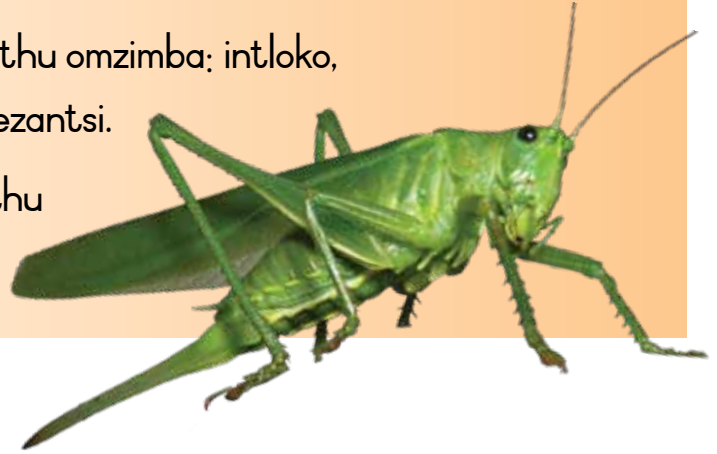
Utitskala:
Sayina:
Umhla:

Izinambuzane

Masithethe Thetha ngamalungu omzimba wesinambuzane.

Izinambuzane zinamalungu amathathu omzimba: intloko, umzimba ongasentla nomzimba ongezantsi.

Ngokunjalo zinemilenze emithandathu neempondo ezimbini.



Masenze

Phawula esi sinambuzane. Krwela umgca osuka kwilungu ngalinye oya kwilungu elichanekileyo lesinambuzane.

Uphondo

Umzimba ongezantsi

Iliso

Intloko

Umlenze

Umzimba ongasentla



Phuma phandle

Yenza ingxolo yeenyosi, bhabha okwebhabhathane uze utsibe okwentothoviyane. Ulungele ukudlala ibhola ekhatywayo ke ngoku!



Masenze

Krwela umgca wokutshatisa igama ngalinye nesinambuzane esichanekileyo. Xela ukuba zeziphi izinambuzane eziluncedo kuthi izeziphi eziyingozi.



Inyosi



Ingcongconi



Impukane

Imbovane

Intethe



Ibhabhathane

Ubhantom

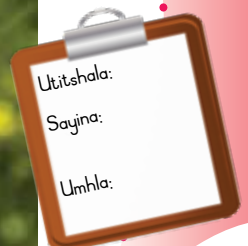
Ilivingane



Masibhale

Ngoku fakela amagama angekhoyo.

- _____ zenza ubusi.
- _____ amvumvuzela iintyatyambo.
- _____ zisasaza imaleriya.
- _____ zisasaza izifo.
- _____ zitya izityalo zabalimi.



Okunye ngezinambuzane

Masithethe

Jonga le mifanekiso uze uxelele umhlobo wakho ukuba kutheni iinyosi ziluncedo kuthi.



Iinyosi zisasaza umgubo wokumvumvuzela. Oku kuyimfuneko ukuze kukhule iziqhamo.



Iinyosi zivelisa ubusi.



Masibhale

Bhala igama lesinambuzane ngasinye kwisithuba esishiyelelo.



Le _____ ifunxa incindi kwintyatyambo.



_____ inemilenze yangasemva eyomeleleyo yokutsiba.

Umhla:



_____ zisebenzisa
iimpondo ukunxibelelana nezinye.

asasaza umgubo wokumvumvuzela
ukusuka kwisityalo esithile ukuya
kwesinye.



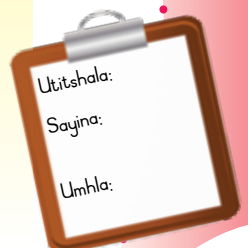
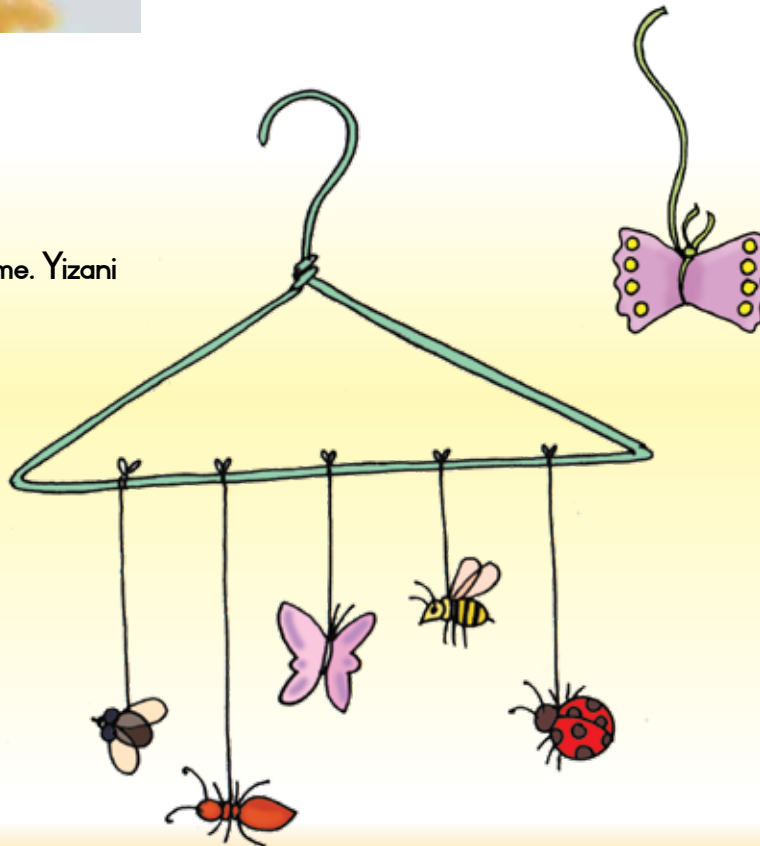
zisasaza iintsholongwane.



Masenze

Yenza ukuba isinambuzane sishukume. Yizani neehengara emakhaya.

- Sika izinambuzane kwiphepha lomsiko elingasemva encwadini.
- Zixhome kwihengara yempahla.



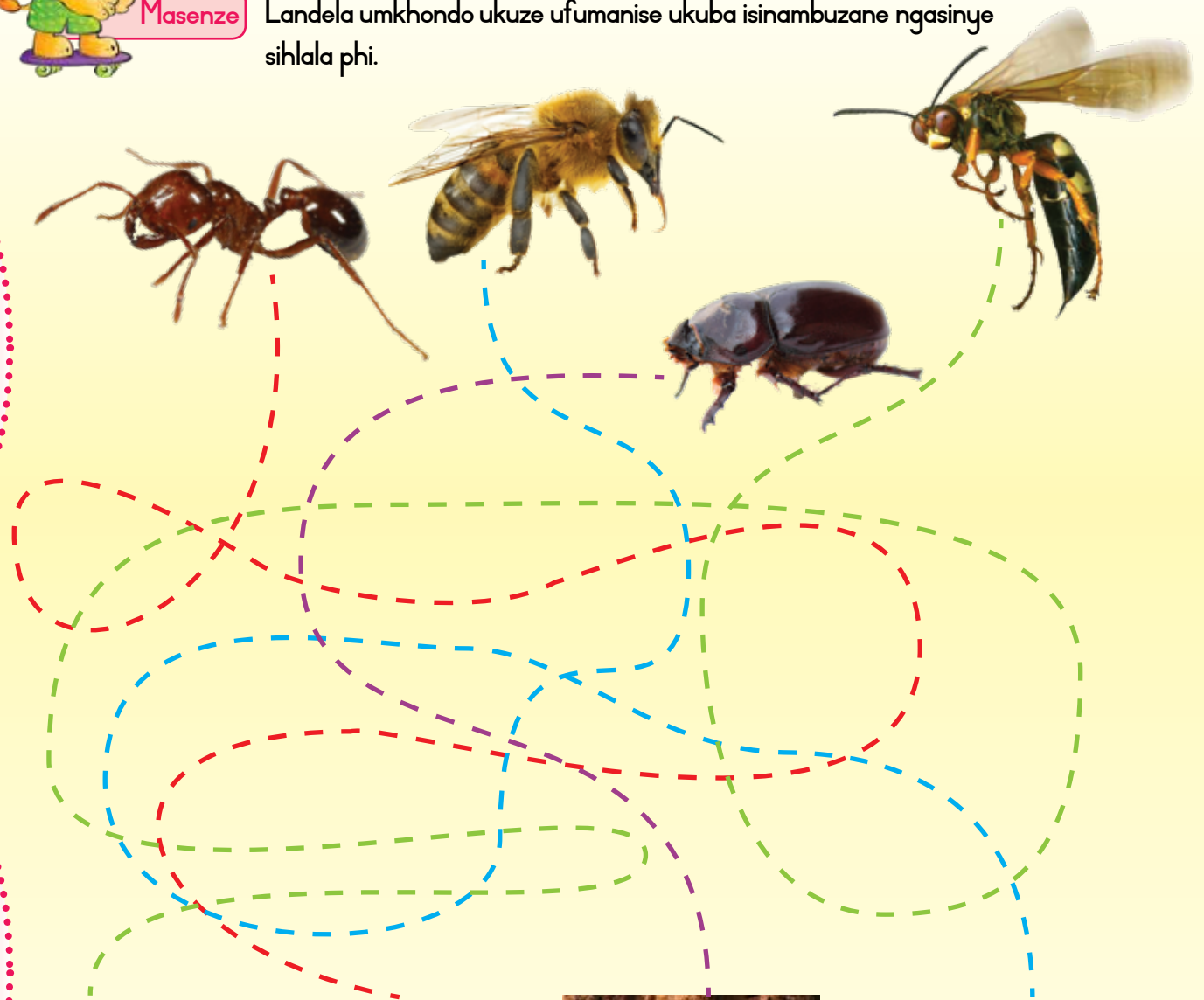
Amakhaya ezinambuzane

Ikota yesi-2 – Iveki yesi-4 – Iphepha lomsebenzi lama -



Masenze

Landela umkhondo ukuze ufumanise ukuba isinambuzane ngasinye sikhala phi.





Masenze

Hamba-hamba ujikeleze amabala esikolo uze ujonge ukuba zingaphi iintlobo zezinambuzane onokuzifumana.



Masibhale

Zeziphi izinambuzane ozibone ngaphandle? Khetha sibe sinye uze ubhale igama laso apha.



Isinambuzane eso sitya oluphi uhlobo lokutya?



Ingaba isinambuzane sakho sishukuma ngokucutha okanye ngokukhawuleza?

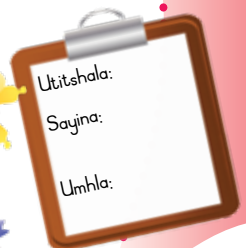
Ingaba isinambuzane sakho siluncedo? Kutheni usitsho nje?

Siyingozi njani isinambuzane sakho? Ungenza ntoni xa sinokukwenzakalisa?



Masonwabe

Yila uze uzobe esakho isinambuzane uze usithiye igama.





Masenze

Zenzele ibhabhathane

Kufuneka oku: iphepha leA4

Iikhrayoni zamafutha

Isikere

Iglu

Ucingo oluthambileyo

Ikhadibhodi yephepha lendlu yangasese

Zoba ibhabhathane, ubonise umzimba walo omde, obhityileyo kunye namaphiko amabini. Hombisa amaphiko ebhabhathane lakho ngeepatheni zemibala eyahlukeneyo.

Qinisekisa ukuba omabini amaphiko ayafana. Lisike ulikhuphe ibhabhathane. Ncamathelisa umzimba webhabhathane kwikhadibhodi yephepha lendlu yangasese. Ngoku yenza iimpondwana ngokusebenzisa ucingo oluthambileyo olusongwe kabini.

Luncamathelise kwintloko yebhabhathane.





Phuma phandle

Dlala le midlalo



Isitishi 1:

Ibhola yomnyazi: Qakathisa ibhola logama ubaleka ngepatheni egosogoso.



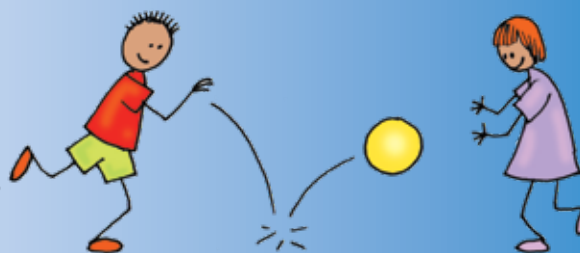
Isitishi 2:

Ihoki: Sebenzisa intonga yehoki ukuqhubela ibhola ngakwindawo yokukora.



Isitishi 3:

Ibhola yomnyazi: Qakathisela ibhola kumhlobo wakho ubaleka.



Isitishi 4:

Ibhola yombhoxo: Baleka nebhola uze uyiphosele omnye.



Isitishi 5:

Ibhola ekhatywayo: Khabela ibhola emnatheni ubaleka.



Utitskala:
Sayina:
Umhla:



Imijikelo yobomi

Umjikelo wobomi ubonisa amanqanaba okukhula. La manqanaba ahamba ngendlela ethile. Jonga umjikelo wobomi besele nobebhabhathane uze uthethe ngala manqanaba okukhula ahlukeneyo.

Umjikelo wobomi besele



Masithethe

Jonga imifanekiso uze uxelele umhlobo wakho indlela eliguquka ngayo isele kumjikelo wobomi balo.

- 1 Amasele amabini ayadibana ukuze achumise amaqanda.
- 2 Isele eliyimazi libekela amaqanda.
- 3 Kuvela unojubalala omtsha oneempfumla ezingaphandle kunye nephiko lomsila.
- 4 Unojubalala ukhula imilenze.
- 5 Umsila uthi pheselele.
- 6 Isele elidala eseliphuhle imiphunga nelingasenazimpfumla.

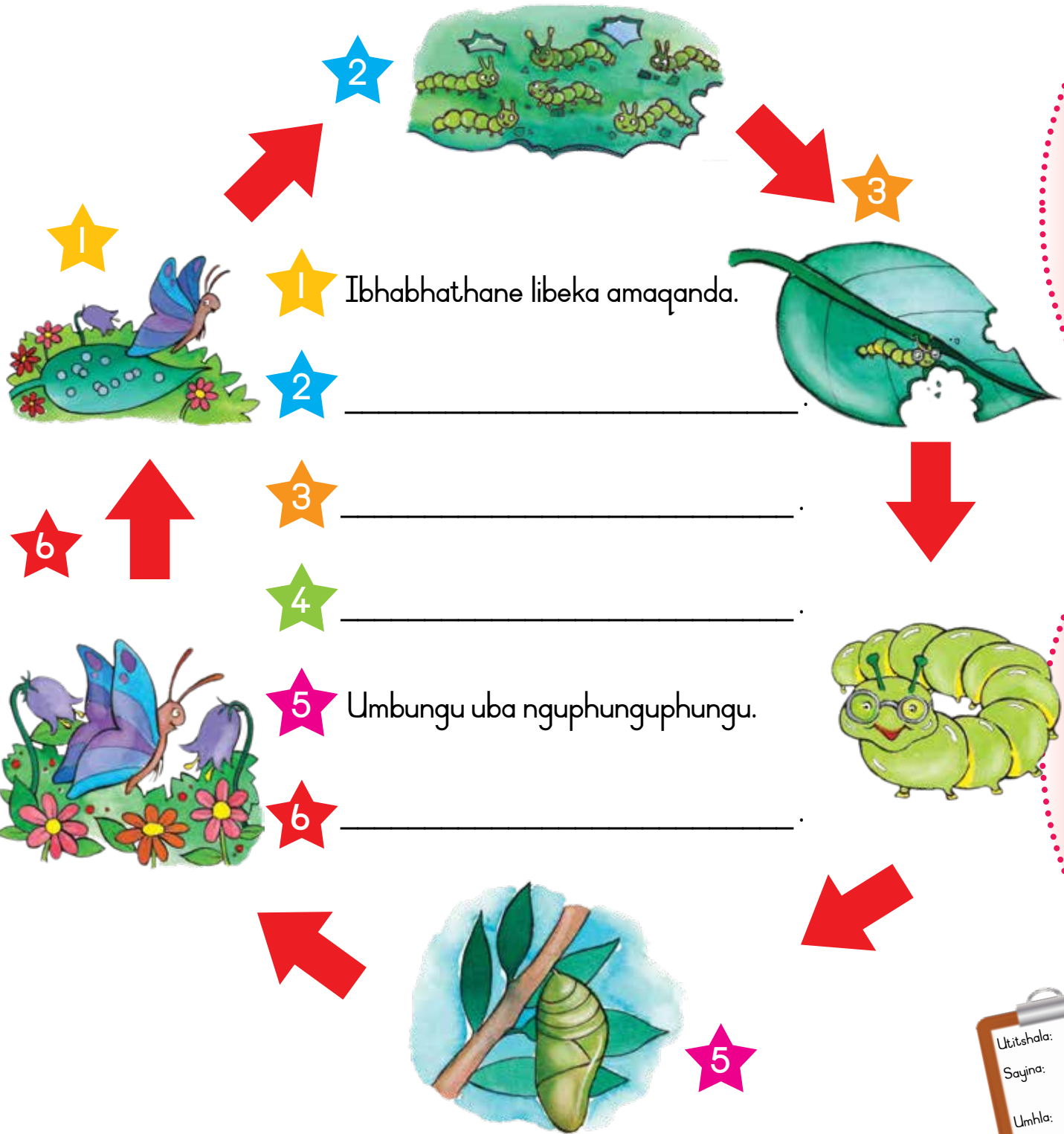


Masenze

Jonga ke ngoku lo mjikelo wobomi bebhabhathane. Bhala ukuba kwenzeka ntoni kwinqanaba ngalinye lomjikelo wobomi. Sikuncedisile kumanqanaba amabini.



Umjikelo wobomi bebhabhathane



Utishala: _____
 Sayina: _____
 Umhla: _____

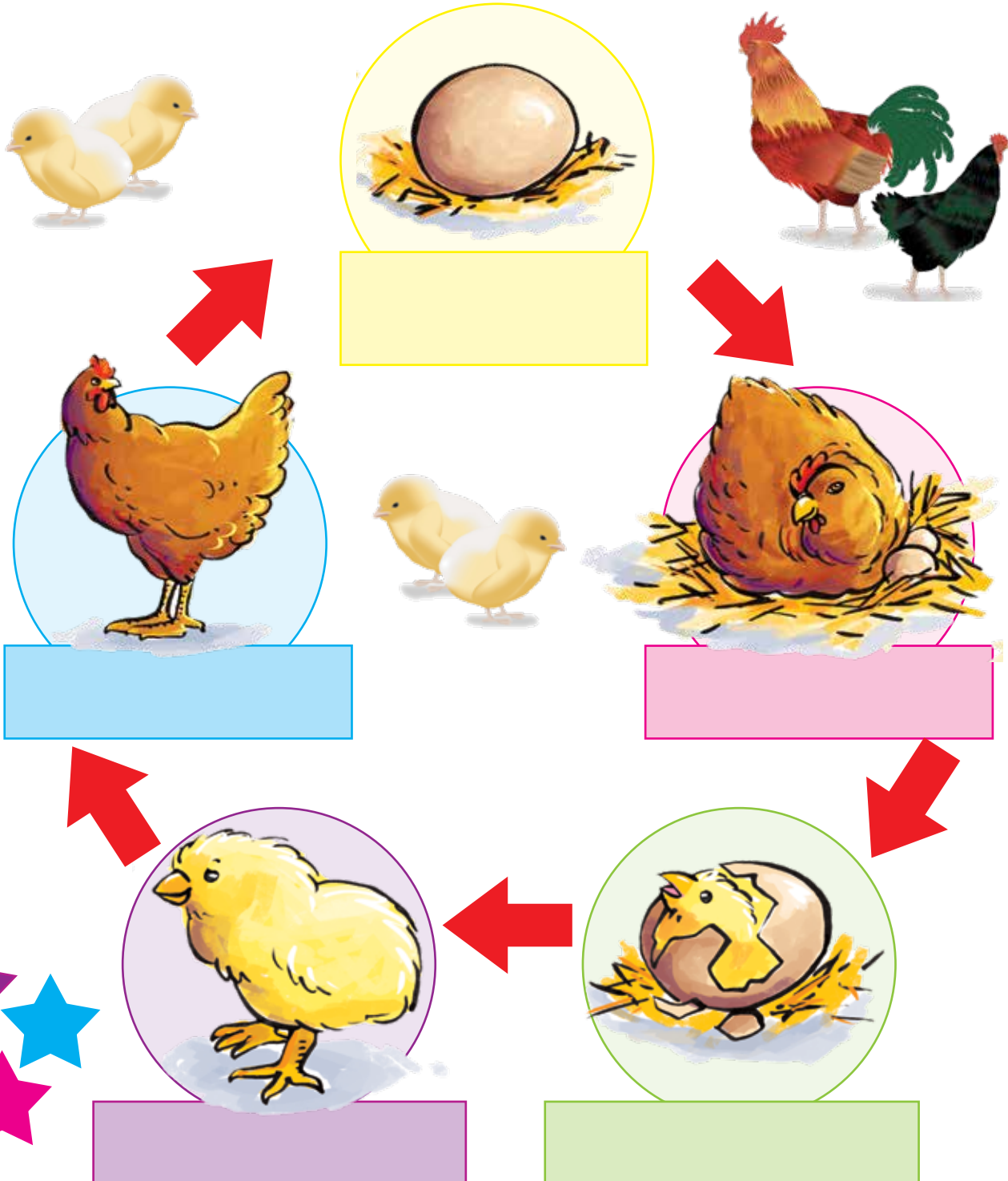
Imijikelo yobomi

Masithethe

Jonga imifanekiso uze uthethe nomhlobo wakho ngomjikelo wobomi benkuku. Bhala ke ngoku ukuba kwenzeka ntoni kwinqanaba ngalinye.

Ikota yesi-2 – Ivekhi yesi-6 – Iphepha lomsebenzi lama-

Umjikelo wobomi benkuku





Masenze

Ngoku yila owakho umjikelo wobomi.

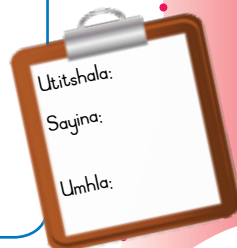
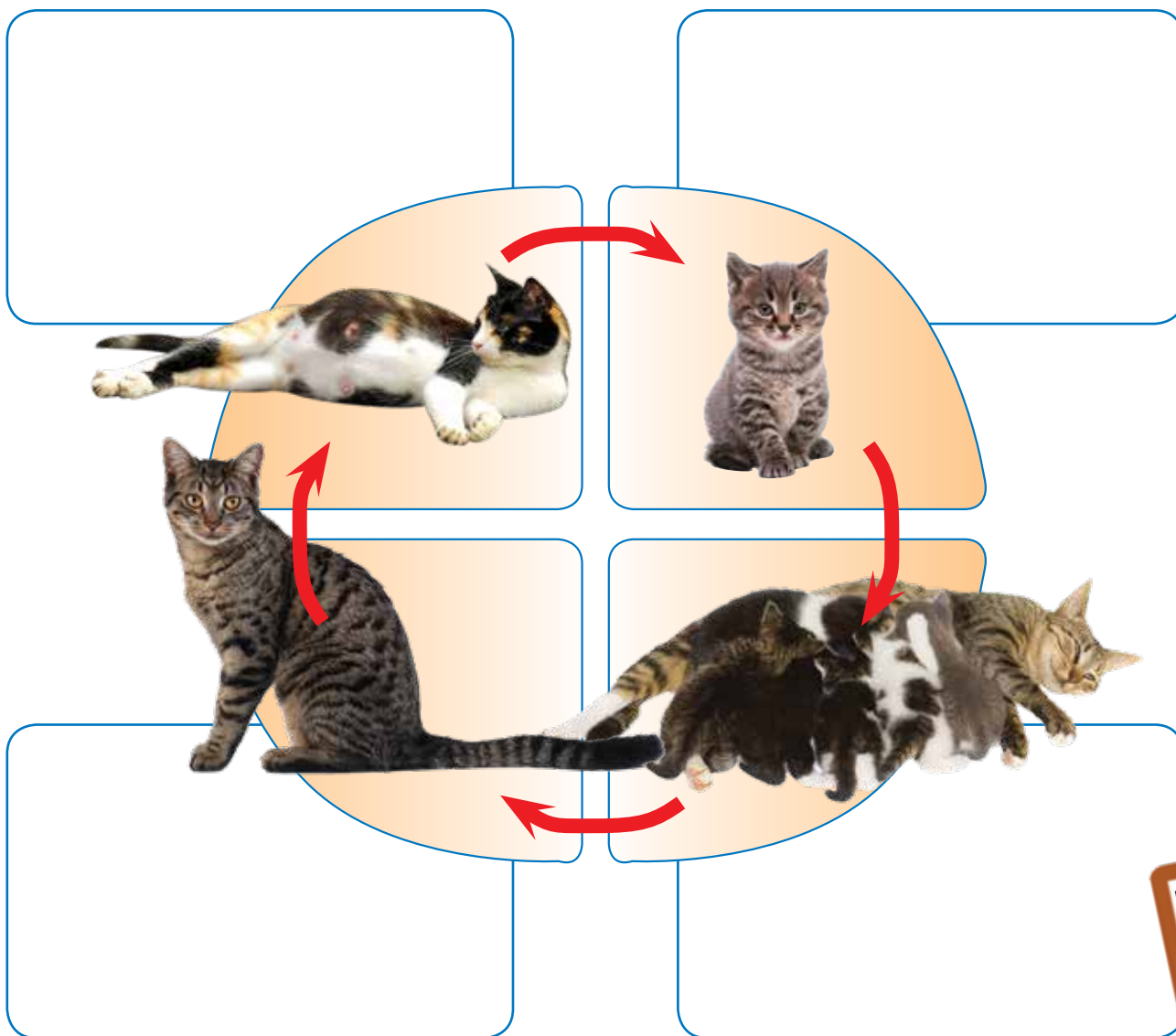
Faka uphawu kumfanekiso ngamnye okwivili leballi ubonise umjikelo wobomi bekati.

Sebenzisa izihloko ezingezantsi ukuze zikuncede.

Faka iinombolo kumabakala 1-4 uze uzisebenzise kwivili lakho leballi.

	Kuzalwa intshontsho lekati.		Ikati endala
	Umama wekati umithi iiveki ezili-9.		Umama wekati uncancisa amantshontsho akhe

Umjikelo wobomi bekati



Isilo-qabane sam

Ikota yesi-2 – Iveki yesi-6 – Iphepha lomsebenzi lama -



Masenze

Yenza imasikhi yesilo-qabane

Kufuneka oku:

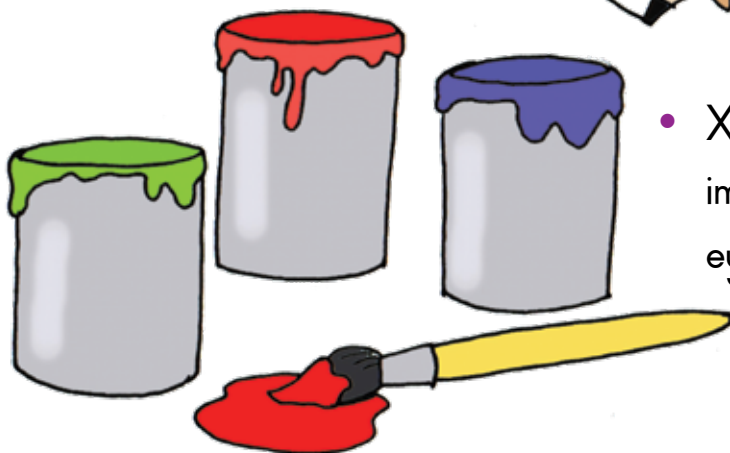
Iphepha le-A4

Ipenisile

Ipeyinti yomgubo namanzi

Imicinga yokugqogqa iindlebe

- Zoba umgca wobuso bekati ephepheni.



- Xuba ipeyinti ukuze wenze imibala nokuba mi-3 eyahlukeneyo.

- Sebenzisa umcinga wendlebe ngombala ngamnye.



- Yenza amachokoza anemibala eyahlukeneyo uhombise ubuso bekati.





Masithethe

Balisela umhlobo wakho ngesilo-qabane sakho okanye esomnye umntu osaziyo. Xela indlela oza kusikhathalela ngaso.



Masenze

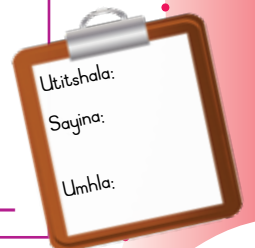
Zoba izinto ezi-4 ofanele ukuzenza xa ukhathalela isilo-qabane. Bhala inkcazelo emfutshane ezantsi komzobo ngamnye.

Empty rectangular box with a pink border and a horizontal line at the bottom for writing.

Empty rectangular box with a green border and a horizontal line at the bottom for writing.

Empty rectangular box with an orange border and a horizontal line at the bottom for writing.

Empty rectangular box with a purple border and a horizontal line at the bottom for writing.



Ukulondoloza okusingqongileyo



Masithethe

Jonga ezi powusta uze uthethe nabahlobo bakho ngento ezisixelela yona.



Jonga umqondiso wokuhlaziya.
Ukhe wawubona phi umqondiso ofana nalo?

Ncedani sihlaziye!



Phuma phandle

Ungakwazi ukuyila umxhento okanye umdaniso usebenzisa iihulahuphu neeribhoni?





Masifunde

Singanceda njani ukugcina okusingqongileyo kucocekile?

Kufuneka sikhumbule ezi zinto zintathu.



Nciphisa: Kufuneka sinciphise ukulahla kwethu inkunkuma nokuba kuphi.

Ukuphinda sisebenzise iimveliso: Kufuneka siphinde sizisebenzise iimveliso

kangangoko sinokwenza phambi kokuzilahla.

Ukuhlaziya: Kufuneka sifumane iindlela zokusebenzisa iphepha, iibhotile

neetoti.



Masibhale

Kwitheybhile engezantsi, bhala amagama ezinto ezinokuhlaziywa. Sikuqalele uludwe ngalunye.



Hlaziya igilasi	Hlaziya iplastiki	Hlaziya iphepha	Yenza ikhomposi
Iibhotile ezindala	Izingxobo zepplastiki	Amaphepha-ndaba	Amaxolo emifuno





Ukuhlaziya

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Masibhale

Krwela umgca osuka kwinto nganye engasekhohlo oya kwinto engasekunene, ubonise indlela ezinokusetyenziswa ngayo ekwenzeni izinto eziluncedo.

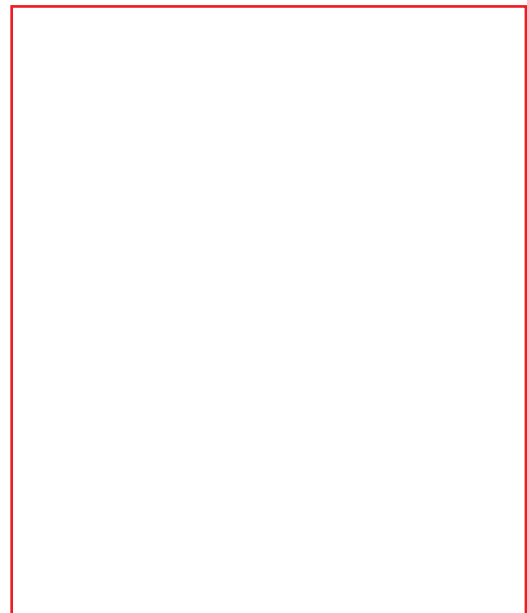
Ikota yesi-2 – Iveki yesi-7 – Iphepha lomsebenzi lama-



Yila ke ngoku umfanekiso wento onokuyenza ngokusebenzisa izinto ezihlaziyiweyo uze uwuphawule ngamagama..

Igama lento
Yenziwe nge

Zoba umfanekiso wento oyithandayo.





Masibhale

Cinga ngezinto ezinokwenza ikhomposi elungileyo. Bhala igama ngalinye elingezantsi kuluhlu oluchanekileyo ugqibezele itheyibhile. Unako kananjalo ukucinga ngezinto ezithile ezizezakho uze uzihlele kakuhle ngokwezintlu ezichanekileyo.

izingxobo zeplastiki

amaxolo emifuno

izikhonkwane

iitoti zesiselo esibandayo

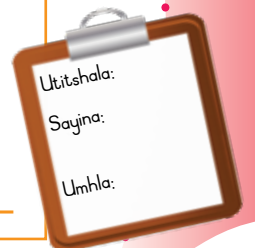
amaqokobhe amaqanda

Izinto ezingaboliyo	Izinto ezibolayo



Masenze

Yenza ipowusta enganda ukulahla inkunkuma nokuba kuphi. Zoba umfanekiso uze ubhale umyalezo.





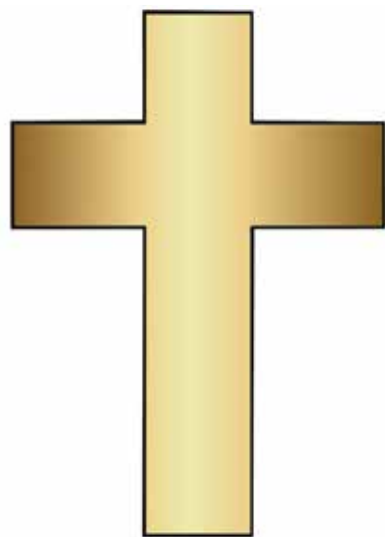
Ikota yesi-2 – Iveki yesi-7 – Iphepha lomsebenzi lama-

Iintsuku zenkolo nezinye ezizodwa



Masithethe

Thetha nomhlobo wakho ngokuba zeziphi iinkolo ezisebenzisa ezi mpawu. Xela ukuba loluphi olwenkolo yakho. Ukuba akuluboni uphawu lwakho, luzobele umhlobo wakho.



Umnqamlezo luphawu lwamaKrestu. UYesu, uNyana kaThixo, wafela izono zethu emnqamlezweni.



Iceba lenyanga kunye nenkwenkwezi luphawu lwamaIslam. AmaMoslem athandaza ka-5 ngazo zonke iintsuku.



Uphawu lwamaJuda yiNkwenkwezi kaDavide. UKumkani uDavide wayengukumkani wamaSirayeli.



Uphawu lwamaHindu lubhalwa ngolwimi lwaseIndiya lwakudala oluyiSanskrit.



Iindawo ezahlukeneyo zokunqula



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Masenze

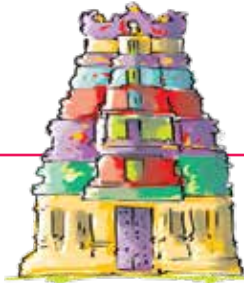
Krwela umgca odibanisa inkolo nganye nendawo yayo yokunqula. Bhala igama lesakhiwo phantsi komfanekiso ngamnye.


- itempile
- isinagogu
- imoski
- inkonzo


Inkolo
ubu-Islam
ubuHindu
ubuKrestu
ubuJuda

Indawo yonqulo









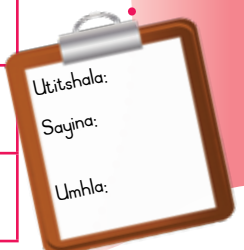
Ikota yesi-2 – Iveki yesi-8 – Iphepha lomsebenzi lama-



Masenze

Buza abahlobo aba-4 ukuba loluphi uphawu olubonisa inkolo yabo. Likhuphele ecaleni kwamagama abo.

Amagama abahlobo	Iimpawu zabo





ISATIFIKETHI

Sokugqiba iBanga lesi-3

Izakhono zoBomi incwadi yoku-1

Sinikezelwa ku

Bhala igama lakho.

Umhla _____

Utitshala _____



Isichazi-magama sam

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Isichazi-magama sam

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