

Ihlaziwe yaze  
yalungelelaniswa  
neCAPS

Ibanga loku-



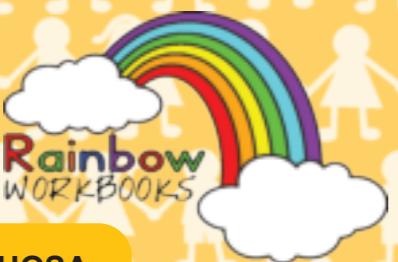
Izakhono zoBomi  
ngesiXHOZA  
Incwadi yesi-2  
Ikota 3 & 4



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LIFE SKILLS IN ISIXHOSA  
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TERMS 3 & 4  
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Nkszn. Siviwe Gwarube  
uMphathiswa weMfundu  
esisiSeko



UGqir Reginah Mhaule  
uSekela Mphathiswa  
weMfundu esisiSeko

Ezi ncwadi zilungiselelwe abantwana boMzantsi Afrika phantsi  
kwephiko loMphathiswa weMfundu esisiSeko Nkszn. Siviwe  
Gwarube kune noSekela Mphathiswa weMfundu uGqir Reginah  
Mhaule.

Ezi ncwadi zokusebenzela, iRainbow Workbooks, lelinye lamalinge  
ongenelelo eSebe leMfundu esisiSeko ajolise ekuphuculen  
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 ukuvvelisa ezi ncwadi, zifumanekе 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.



# Ibanga loku-

1



Izakhono zoBomi  
NGESIXHOSA  
Incwadi yesi-2



Le ncwadi yeka-:





33

# lindawo zasekuhlaleni

Ikota 3 – Iveki I

Cinga ngabo bonke  
abantu obabonayo  
nothetha nabo  
yonke imihla –  
aba ngabantu  
basekuhlaleni.  
Ingangabantu  
abahlala kwisitalato  
ohlala kuso  
okanye abahlala  
kufuphi nakowenu.  
Ingangabantu  
abakhonza nawe  
ecaweni okanye  
abasesikolweni sakho,  
amapolisa akwingingqi  
yakho, oogqirha  
nabanye abaninzi.



Masithethethe

Thetha nomhlobo wakho ngemifanekiso ekula maphepha mabini.

Zeziphi iindawo ozaziyo kulo mfanekiso?

Zeziphi iindawo kwezi abahlanganelo kuzo abantu?





Umhla: .....



Zeziphi iindawo ezikulo mfanekiso ungezantsi owakhe wazindwendwela? Treyisa imiphandle yazo ngeekhrayoni.



Masithetho

Xelela umhlobo wakho ukuba ngaba ezi ndawo uzityelele nomnye umntu na okanye wedwa. Bekutheni ukuze uzityelele?

Ucinga ukuba iindawo okhe wazityelela zingandwendwelwa lula ngabantu abakhubazekileyo?

Titshala:
Sayina:
Umhla:

# Ukukhathalela iindawo eziluncedo ekuhlaleni

Ikota 3 – Ivelki I

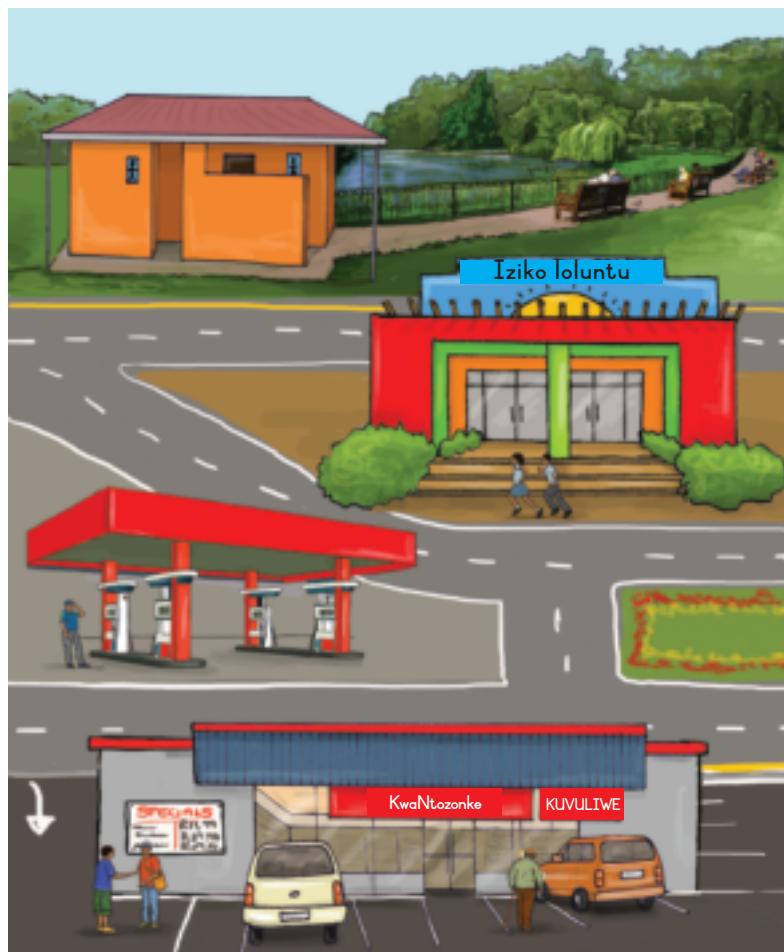


Masithethe

Iindawo ezisekuhlaleni zineendidi ezahlukeneyo zezinto eziluncedo ezinokusetyenziswa nguye wonke ubani. Iiklinikhi, izikolo, amabala emidlalo nezibhedlele zizibonelelo esizisebenzisa sonke.

Sifanele ukuziphatha kakuhle zonke izibonelelo ezikwiindawo esihlala kuzo.

Kwakhona kufuneka sigcine indawo esingqongileyo icocekile ukuze wonke ubani ayonwabele.



Masithethe

Thetha nomhlobo wakho ngalo mfanekiso:

- Ucinga ukuba abantu bayakuthanda ukuhlala apha?
- Kutheni ucinga njalo nje?
- Ingaphuculwa njani indawo ohlala kuyo wena?



Umhla: .....

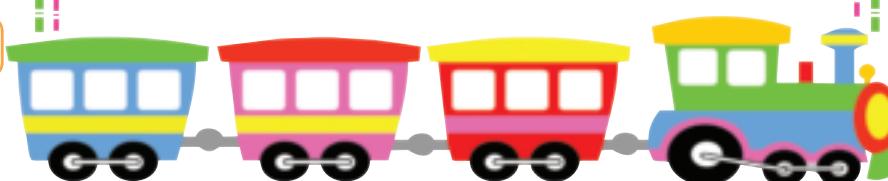


Masenze

Zoba umfanekiso wakho  
onemibala usebenzisa isithuthi  
sikawonke-wonke esifana  
nololiwe, ibhasi okanye  
itekisi. Bonisa zonke iindidi  
zabantu okhwele nabo nezinto  
abazenzayo. Abanye bahleli  
bathe nkqo, abanye bagobile  
abanye baqethukile balele,  
abanye bakhulu abanye  
bancinci.



Masishukume



### Masizifudumeze

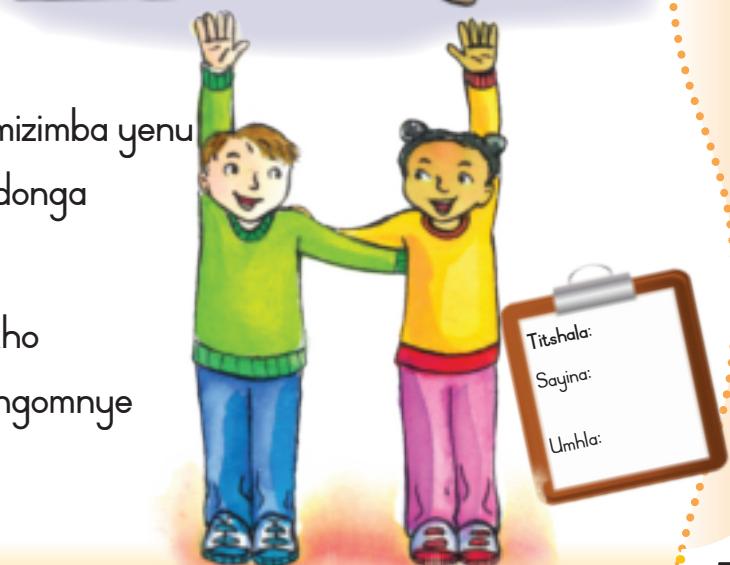
- Zifudumeze ngokuhamba uye phambili ngeenzwane.
- Ngoku hamba ubuye umva ngezithende.
- Yiya phambili uhambe ngezithende.
- Buya umva uhambe ngeenzwane.



### Yenza oonobumba

Yenza oku nomhlobo wakho. Sebenzisani imizimba yenu  
nenze oonobumba. Ningema, nayame ngodonga  
okanye nilale phantsi.

Khanikhangele ukuba wena nomhlobo wakho  
aninakwenza unobumba ongenakwenziwa ngomnye  
umntu na.



Titshala:  
Sayina:  
Umhla:

# Ilungile okanye ayilunganga?



**Masithethe**

Jonga le mifanekiso.

Zibonelelo zantoni ezi? Xeleta umhlobo wakho indlela elungileyo yokusebenzisa isibonelelo ngasinye.





Umhla: .....



Masenze

Yakha umfuziselo  
wesakhiwo usebenzise  
izinto ezinokuhlaziya.  
Ungakha iklinikhi, ilayibrari  
okanye nasiphi na isakhiwo  
esikwindawo yakho.  
Hombisa isakhiwo sakho  
ubonise ukuba sesiphi  
esi sakhiwo usakhileyo.  
Ningasebenza kunye  
ningamaqela.



Masishukume

- Lungisa amavili ame enze imiqolo.
- Khasa uphumele kula mavili.
- Lalisa amavili phantsi.
- Yima ngemilenze yakho yomibini phezu kwevili.
- Ngoku yima ngomlenze omnye evilini.
- Sebenzisa amavili ukuze wenze eminye imidlalo yeentshukumo.

Qaphela ukuze ungazenzakalisi.



Titshala:
Sayina:
Umhla:

# abantu basekuhlaleni

Ikota 3 – Ivetki 2



Jonga le mifanekiso. Kwiibhokisi ezingasekunene khetha igama elichanekileyo lomfanekiso ngamnye. Libhale phantsi kwaloo mfanekiso.



Umthi wepetroli

Umthengisi  
weentyatyambo

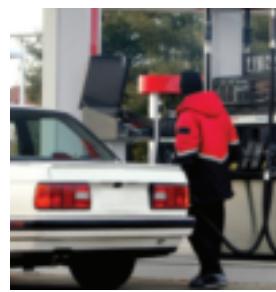
Umongikazi



Umqhubi wetekisi

Igosa lezendlela

Ugqirha



Umthengisi  
weziqhamo

Umcimi-mlilo

Ipolisa



Jonga imifanekiso oyithiye amagama uze uthethe ngayo nomhlobo wakho.

Ingaba ukhe ubabone aba bantu kwindawo ohlala kuyo?

Ngubani omnye umntu ombonayo wendawo ohlala kuyo?

Ingaba abantu ohlala phakathi kwabo bayancedana? Benza ntoni?



Umhla: .....



Masibhale

Krwela umgca osuka ekuqaleni kwasivakalisi ngasinye esingasekhhlo uye kumagama ahambelana naso angasekunene.



Umcimi-mlilo

Ilungu leNkonzo yamaPolisa eloMzantsi Afrika

Ugqirha

Umtengisi weziqhamo

Umthi wepetroli

ubamba izaphuli-mthetho.

uthengisa iziqhamo.

ugalela ipetroli ezimotweni.

ucima umlilo.

uyasiphilisa.



Masibhale

Jonga le mifanekiso. Kumagama angasezantsi khetha inkcazel oechanekileyo yomfanekiso ngamnye. Yibhale phantsi komfanekiso ngamnye. Thelekisa iimpendulo zakho kunye nezo zomhlobo wakho.

Inqwelo yabacimi-mlilo



Igaraji yepetroli



Isibhedlele



Isikhululo samapolisa



Masishukume

Qhwaba ngokwesinqisho osivayo.

- Mamela kakuhle xa sitshintsha isinqisho.
- Kwenze oku ngeentlobo zomculo ezahluka-hlukeneyo, ukususela kowamandulo ukuya kowekwayito.
- Qhwaba ngokukhawuleza okanye ngokucotha ugcine isinqisho.

Inqaku likatitshala:  
Mamela umculo kunye nesinqi esidlalwa ngutitshala.



Titshala:  
Sayina:  
Umhla:



## Masifunde

Abaninzi bethu banezilo-qabane. Isilo-qabane sakho sisihlobo sakho esisilwanyana. Usijonga ngononophelo kwaye sihlala sisondele kakhulu kuwe – mhlawumbi endlwini ohlala kuyo okanye kwishedi eyodwa eseyadini.



## Masithetho

Jonga emfanekisweni. Thetha nomhlolo wakho ngomfanekiso lowo. Sebenzisa ikhrayoni ubiyele zonke izilwanyana ezithandwa emakhaya ozibonayo. Zingaphi onokuzibala? Xeleta utisthala wakho.

- Unaso isilo-qabane? Ukuba unaso, xeleta umhlolo wakho ngaso.
- Ukuba akunaso, xeleta umhlolo wakho ukuba sesiphi isilo-qabane onqwenela ukuba naso. Okanye kutheni ungafuni ukuba nesilo-qabane nje.



## Masibhale

Iklasi mayenze uludwe lwazo zonke iintlobo zezilwanyana ezithandwa ekhaya ongaziboniyo emfanekisweni. Khuphela apha okubhalwa ngutitshala ebhodini.



Umhla: .....



Masenze

Zoba nokuba sesiphi  
na isilo-qabane  
osithandayo.



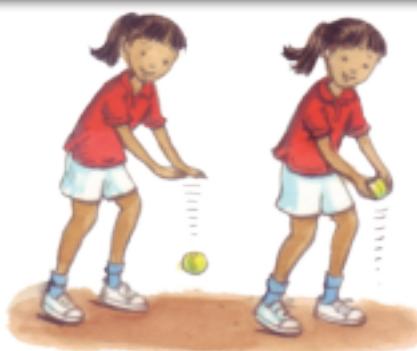
Masishukume

Ziqhelise ukuphosa nokubamba ibhola.

- Phosa ibhola yentenetya phezulu ngezandla zozibini. Yibambe ngezandla zozibini.
- Ngoku yiphosele emoyeni ngesandla esinye uphinde uyigange kwakhona kwangeso sandla.
- Yiphosele emoyeni ke ngoku ngesandla ongasisebenzisiyo uze uyigange kwangaso.
- Bhampisa ibhola yentenetya emhlabeni ngazo zozibini izandla uze uphinde uyibambe ngezandla zozibini.
- Yibhampise ngesandla esinye uphinde uyibambe kwangeso sandla.
- Yiqakathise ngesinye isandla uphinde uyibambe kwangeso sandla.
- Yimani isangqa umntu agqithisele ibhola ngezandla zozibini emntwini osecaleni kwakhe.
- Gqithisela ibhola emntwini osecaleni kwakho usebenzise isandla esinye.
- Sebenzisa esinye isandla sakho uze ugqithisele ibhola emntwini osecaleni kwakho okwelinye icala.

Ubusazi na?

Phantse zonke izinja ziyakuthanda ukudlala ngebhola. Kodwa kufuneka ukhawuleze kuba izinja ziyathanda ukuyibamba ibhola ze zibaleke nayo.



Titshala:
Sayina:
Umhla:

# Idlela yokukhathalela izilo-qabane



Masithethé

Kubalulekile ukuba sizikhathalele izilo-qabane zethu.

Thetha nomhlobo wakho malunga nokufunwa zizilo-qabane. Yiba ngathi usisilo-qabane esizotywe ngumhlobo wakho kwiphepha le-II. Cinga ngento onokuyifuna. Ungacinga ngezinto ezifana nokutya nendawo yokulala. Xelela umhlobo wakho. Thetha nangento afanele ukuyenza ukuba uye wagula.



Masibhale

Fakela uphawu (✓) ecaleni kwento nganye efunwa sisilo-qabane.

Ukutya

Amanzi

Intlama yamazinyo

Indawo eshushu neyomileyo yokulala

Ugqirha wezilwanyana xa sigula

Iholide



Masenze

Zoba izindlu kunye nokutya okufunwa zezi zilwanyana.  
Bhala ke ngoku igama esilithiya abantwana bazo.

Isilwanyana	Ukutya	Igama lomntwana
		_____
		_____
		_____



Umhla: .....



Masenze

Funda isivakalisi ngasinye uze ucinge ngendlela obuya kuziva ngayo nento obuya kuyithetha uyenze. Bonisa iklasi ke ngoku. Utitshala wakho uza kukuxelela ukuba wenze eyiphi.

- Uzifuneli isilo-qabane esitsha.
- Ikatu yakho ilahlekile.
- Inja yakho itye into yakho yokudlala oyithandayo.
- Umhlobo wakho ukorhola inju.
- Ubona inju etshixelwe emotweni.



Masishukume

Mamela izingqi ezahlukeneyo eziza kudlalwa ngutitshala wakho. Yenza ngathi usisilwanyana esilandela isingqi somculo.

Xa umculo ukhawuleza,  
qabadula okwehashe.



Xa umculo usezantsi,  
bhabha okwebhabhathane.

Xa umculo ungxola, hamba  
okwendlovu.

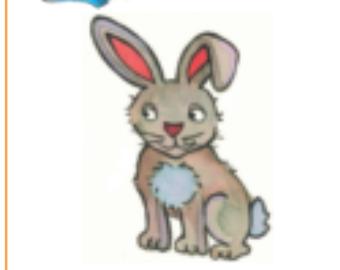


Xa umculo ucotha, hamba  
okofudo.



Masithethi

Funda okubhalwe ngezantsi kwemifanekiso. Ngoku xelela umhlobo wakho into enika umdla ngeekati.



Umvundla yimpuku.  
Amazinyo empuku  
awayeki ukukhula.

Unyaka omnye womtu ufana neminyaka esixhenxe (7) yenja. Xa inju ineminyaka emi-3 ubudala, ineminyaka engama-21 yobudala bomntu.

Xa ikati yonwabile, yenza isandi esibonisa oko.



Masonwabe

Dlalani "Impuku nekati". Utitshala wakho uza kutsho ukuba ngubani na ikati nokuba ngubani impuku. Tshintshani iindima emva kwexesha. Abanye mabenze isangqa babambane ngezandla.

Titshala:
Sayina:
Umhla:

# Isimilo kanye noxanduva (1)



La mazwi abonisa isimilo. Isimilo yindlela esibaphatha ngayo abanyeabantu.

Isimilo sethu sibonisa ukuba sibahlionela kangakanai na abanyeabantu.

Siyakuthanda ukuthetha nabantu abanembeko.

Kumnandi ukuba ngumhlobo nomntu onembeko.

Sinoxanduva lokusoloko sibaphatha kakuhle abanyeabantu.

Kungoko kufuneka umntu ngamnye abe nembeko.



Umhla: .....



Masithethé

Jonga imifanekiso. Funda namagama asezibhokisini. Thetha nomhlobo wakho ngemifanekiso. Thetha nangemikhwa elungileyo nengalunganga eyenziwa ngaba bantwana.

Yabelana nabanye.



Enkosi  
ngokundimamela  
kakuhle ngolu hlobo.

Usilibele isonka sakho?  
Thatha esinye sam.



Lindela elakho ithuba.

Uxolo Mama,  
bendifuna ukubuka  
ivazi yakho endala  
ndaze ndayiwisa  
yophuka!

Bamamele abanye  
abantu.



Thembeka.



Bahloniphe abanye abantu.

Bulisa abantu obaziyo nongabaziyo.

Zihlonelé izinto zabanye abantu.



# Isimilo kunye noxanduva (2)



Jonga le mifanekiso uze ufunde izivakalisi ezisezibhokisini. Krwela umgca uye kuxanduva oluhambelana nomfanekiso ngamnye.



Ndiyancedisa ngokugcina indlu yasekhayo ibukeka kakuhle.

Ndingumhlobo olungileyo kwaye ndiyabanceda abanye.

Ndiyababonisa abantu basekhaya ukuba ndiyabathanda.

Ndidlala kakuhle ngezinto zokudlala zabahlobo bam.

Ndiyazikhathalela mna nezinto zam.

Ndincedisa umama ukudeka itafile.



Umhla: .....



### Masidlale

Yenza umdlalo-linganiso omalunga nesimilo kune  
noxanduva aphi wenza enye yezi zinto:

- ubulisa abantu obaziyo nongabaziyo
- okanye ulinda kude kufike ithuba lakho
- okanye umamela ngononophelo komnye umntu
- okanye wabelana nomntu othile
- unobubele ebantwini
- uthembekile
- ubonisa ukuzihlonela izinto zabanye abantu
- ubonisa intlonipho kwabanye abantu.



Ngokwamaqela, yenzani umdlalo-  
linganiso nibonise isimilo kune  
noxanduva ngokubhekisele:

- ebantwini bakowenu
- okanye kumsebenzi wesikolo
- okanye kwimisabenzi yasekhaya
- okanye ekutyeni okufumana  
yonke imihla
- okanye kwiimpahla ozinxibayo
- okanye izinto zakho zokudlala
- okanye kubahlobo bakho



### Maser

Zoba umfanekiso  
wakho ubonisa  
ubuhlobo kwabanye  
abantu.



### Masishukume

Mamela xa utitshala wakho ekuxelela ukuba x huma, baleka okanye khasa.

Uya kuvuthela impempe phambi komyalelo ngamnye omtsha.

Shukuma ngokukhawuleza okanye ngokucotha xa esitsho utitshala wakho.



### Masidlale

Dlala unochelesi ngalo mlenze ungawusebenzisiyo.

Sesiphi isimilo esihle nesibalulekileyo xa udlala unochelesi?



Titshala:  
Sayina:  
Umhla:

# Sizifunela ntoni izityalo

Ikota 3 – Ivetki 5



Masithetho

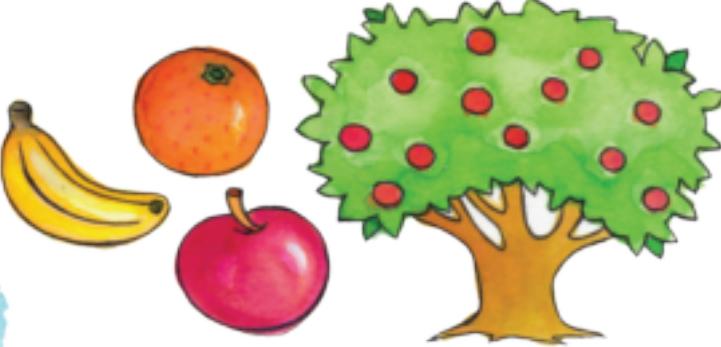
Jonga okukungqongileyo. Ziintoni ozibonayo ezivela kwizityalo? Thetha nomhlobo wakho nibone ukuba zingaphi eninokuzicinga ninbabini. Xelela utitshala ukuba zeziphi izityalo enizingileyo.



Masifunde



Ezinye izityalo nemithi zisinika umthunzi.



Ezinye izityalo zisinika incindi kunye nokutya.

Ezinye izityalo nemithi ziba ngamakhaya ezilwanyana.



Ezinye izityalo zisinika iintyantyambo zokuhombisa emakhayeni ethu.





Umhla: .....

Sifuna ingca kumabala  
okudlala ezemidlalo.



Sisebenzisa umqaphu  
ukwenza iimpahla.



Sisebenzisa iingcongolo  
ukwenza iibhasikiti nokufulela  
izindlu.



Senza ifenitshala ngamaplanga  
avela emithini.



Masithethe

Ukunye nomhlobo wakho, khetha ezona ndlela  
zibalulekileyo ezintathu esizisebenzisa ngazo izityalo.

Singazibulala izityalo xa sizisebenzisa kakhulu?

Xoxani ngalo mbuzo niyiklasi.



Titshala:

Sayina:

Umhla:

# Indlela ezikhangeleka ngayo izityalo

Ikota 3 – Iweki 5



Masibhale

Izityalo zensiwe zanamalungu ahlukeneyo. Sebenzisa amagama asezibhokisini uphawule ezi zityalo. Thelekisa amagama akho nawomhlobo wakho.

iingcambu

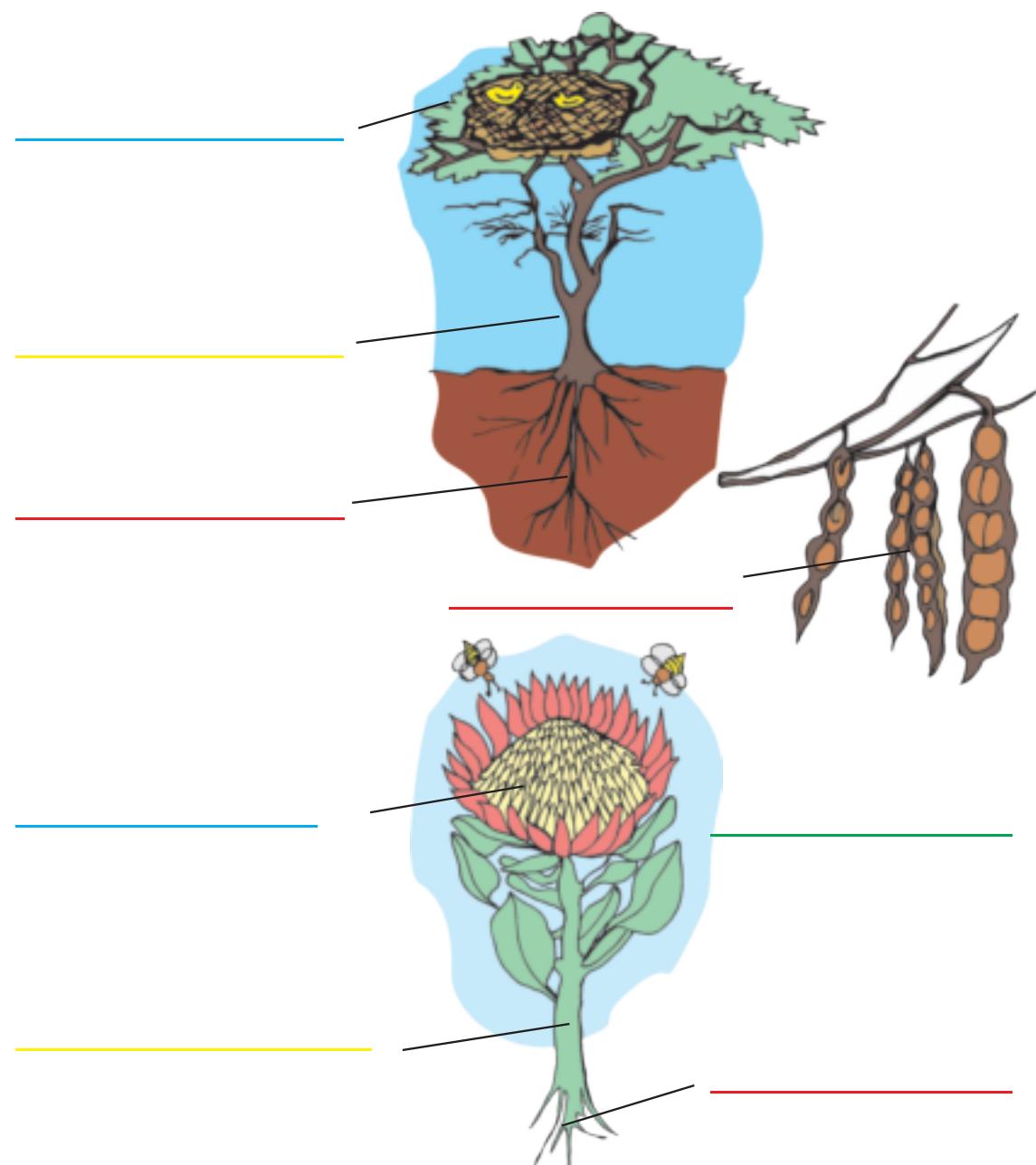
isiqu somthi

igqabi

intyatyambo

umdumba wembewu

isiqu





Umhla: .....



### Masishukume

Yahlula iklesi ibe ziirhorho ezitya izityalo kune  
nabasebenzi besitiya.

- Abasebenzi besitiya kufuneka bazame ukunqanda okanye ukubamba ezi rhorho.
- Tshintsha iindima emva kwemizuzu emibini.
- Phinda oku amaxesha aliqela.



### Masidlale

Dlalani undize.

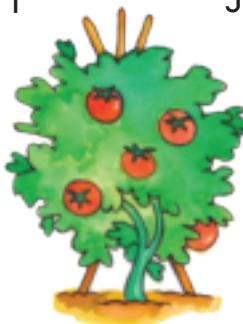


Imibungu izimela ngaphantsi okanye emva kwezityalo aze umlimi ayifune  
ayifumane ingekazityi zonke izityalo.



### Masithetho

Iintlobo ezahluka-hlukileyo zezityalo zikhangeleka ngathi zahluke kakhulu. Kodwa zikwafana  
ngeendlela ezininzi. Jonga le mifanekiso. Thetha nomhlobo wakho ngezityalo. Zifana ngantoni  
ziphinde zahluke ngantoni?



### Masenze

Zoba okanye peyinta  
isinambuzane okanye  
isilwanyana esifuna ukutya  
isityalo sakho sembotyi.  
Akunyanzelekanga ukuba ibe  
sisinambuzane sokwenyani.  
Khawube nombono. Zoba  
okanye peyinta wenze imigca  
neemilo ezicacileyo.



Titshala:
Sayina:
Umhla:

# limbewu nalapho zivela khona

Ikota 3 - Iweki 6



Masifunde

Ezinye izityalo zineembewu ezifihlwe kwiintyatyambo okanye kwiziqhamo. Singazityala ezi mbewu ukuze sibe nezityalo ezitsha. Iimbewu ziavuthuluka kwizityalo ziwele emhlabeni ukuze kukhule izityalo ezitsha. Ezinye iiimbewu zisasazwa ngumoya okanye ngabantu, izinambuzane kunye nezinye izilwanyana. Ezinye iiimbewu zityiwa ziintaka ze ezi ndawo zilukhuni zishiyekе kwilindle lazo. Iimbewu ezisasazwa ngolu hlobo ziwa kwenye indawo ze zikhule apho.



Masithetho

Zisasazwa njani iiimbewu ezikule mifanekiso? Kufuneka imbewu ibe njani ukuze isasazeke ngolu hlobo? Xoxa nomhlobo wakho.



Ukuba ufunu ukutyala ezakho izityalo ngokutyala imbewu, ungasebenzisa iiimbewu zezityalo ezisegadini yakho. Okanye ungathenga imbewu evenkileni.





Umhla: .....



### Masithethé

Funda lo mbongo nezi ntshukumo.

### Ubomi emva kwesityalo

Eli lisuntswana lembewu:

Masiyityale ngokukhawuleza emhlabeni!

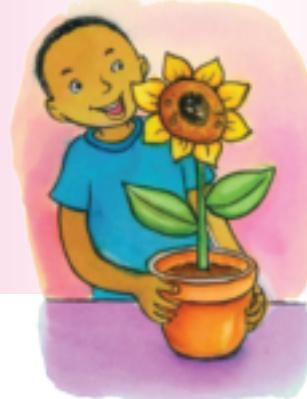
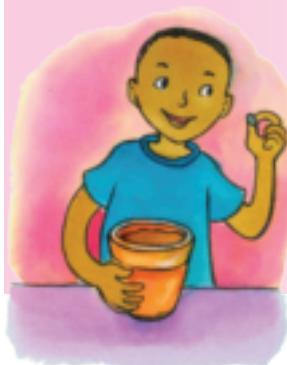
Ikhula isiqu kanye nentyatyambo

Enevumba elimnandi kwindawo yonke.

Iinyosi zibhubhuzela kule ntyatyambo –

Ngokukhawuleza intyatyambo iyafa.

Nceda ungakhathazeki kwaye sukukhala.



### Masishukume

Bonisa uvuyo lwakho ngezi ntshukumo

Bamba iribhoni ende okanye ilaphu

elinemibala ngesi sandla uqhele

ukusisebenzisa. Ushukumisa ingalo yakho

njalo, yenza iipathereni ezahlukeneyo

emoyeni okanye phantsi ngelaphu

okanye ngeribhoni yakho.

Ukuba kukho umthi okhoyo, masibone

ukuba singawusebenzisa njani ukuze sidlale.

Jinga kwintambo ebotshelelw yaqiniswa.

Qala ngokusebenzisa izandla zozibini, uze

emva koko usebenzise esi sandla uqhele

ukusisebenzisa uze uphinde utshintshe

usebenzise esi singaqhelanga kusebenza.



Inqaku likatitshala:  
Sebenzisa intambo  
kanye neribhoni.



Titshala:  
Sayina:  
Umhla:

# Okufunwa zizityalo ukuze zikhule

Ikota 3 – Iweki 6



Masithethe

Jonga lo mfanekiso. Ingaba iyaphila yonke into ekuwo?

Zeziphi izinto eziphilayo ozibonayo?  
 Zeziphi kwezi zinto ziphilayo ezizizityalo?  
 Ingaba izityalo ziyakhula?  
 Ingaba izityalo ziayatya? Ukuba kunjalo, zitya ntoni?  
 Ingaba izityalo ziyasela?  
 Ukuba kunjalo, zisela ntoni?



Masibhale

Bhala ke ngoku igama ngalinye kula kwibhokisi ezisemfanekisweni ongentla ubonise ukuba izityalo zifuna ntoni ukuze zikhule. Bonisa uitshala into oyibhalileyo.

ilanga

amanzi

izondlo

umoya



Umhla: .....



Masenze

Kulula ukuzilimela isityalo sakho.  
Uza kulima isityalo sembotyi.

Uza kufuna oku:

Inyathelo 1:

Landela la manyathelo:

Beka iiimbotyi ezi-3 phakathi  
kwemicu emibini yoboya.  
Zibeke kwisosara engenanto  
okanye esityeni.



Inyathelo 2:

Galela amanzi phezu  
koboya kwaye uqiniseke  
ukuba bumanzi toxo.



Inyathelo 3:

Beka isosara okanye  
isitya phezu kodonga  
lwefesitile okanye  
kwindawo enelanga  
elaneleyo.



Inyathelo 4:

Emva kweentsuku  
ezimbalwa, jonga  
ukuba isityalo sakho  
sikhula njani na.  
Sinkcenkceshele  
kanye ngeveki.

Usuku 1



Usuku 2



Usuku 3



Usuku 4



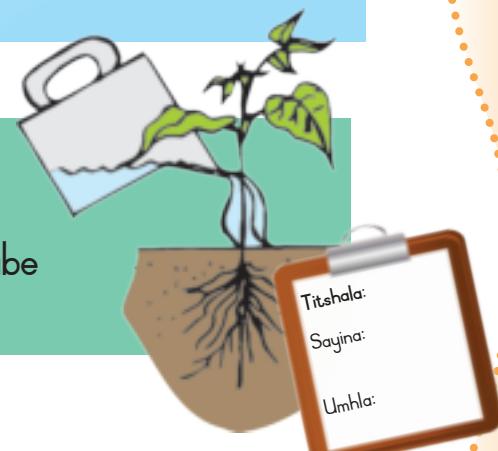
Inyathelo 5:

Xa isityalo sakho  
sikhule iingcambu  
namagqabi amabini  
ungasilima emhlabeni  
othambileyo.



Inyathelo 6:

Sinkcenkceshele rhoqo isityalo sakho  
ukuze umhlaba uhlale ufumile. Emva  
kweeveki ezimbalwa, iiimbotyi zakho zakube  
zikulungele ukuvunwa.



# Ukutya esikutyayo

Ikota 3 – Iweki 7



Masifunde

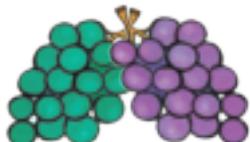
Ukutya okulungileyo kusenza sihambe okwemoto egalelwipetroli. Kufuneka sitye ukutya okunempilo ukuze sikhazi ukwenza izinto ekufuneka sizenzile nokuze sizenzisise.

Ukutya okunempilo kusinika amandla kwaye kuyasinceda sikhule.



Masibhale

Jonga le mifanekiso. Bhala igama lohlobo lokutya ngalunye ezantsi komfanekiso ochanekileyo.



Masibhale

Zeziphi izinto othanda ukuzitya? Kokuphi okona kutya ongakuthandiyo? Kubhale phantsi kwesihloko esichanekileyo. Khetha kwimifanekiso engasentla.

Ukutya endikuthandayo

Ukutya endingakuthandiyo



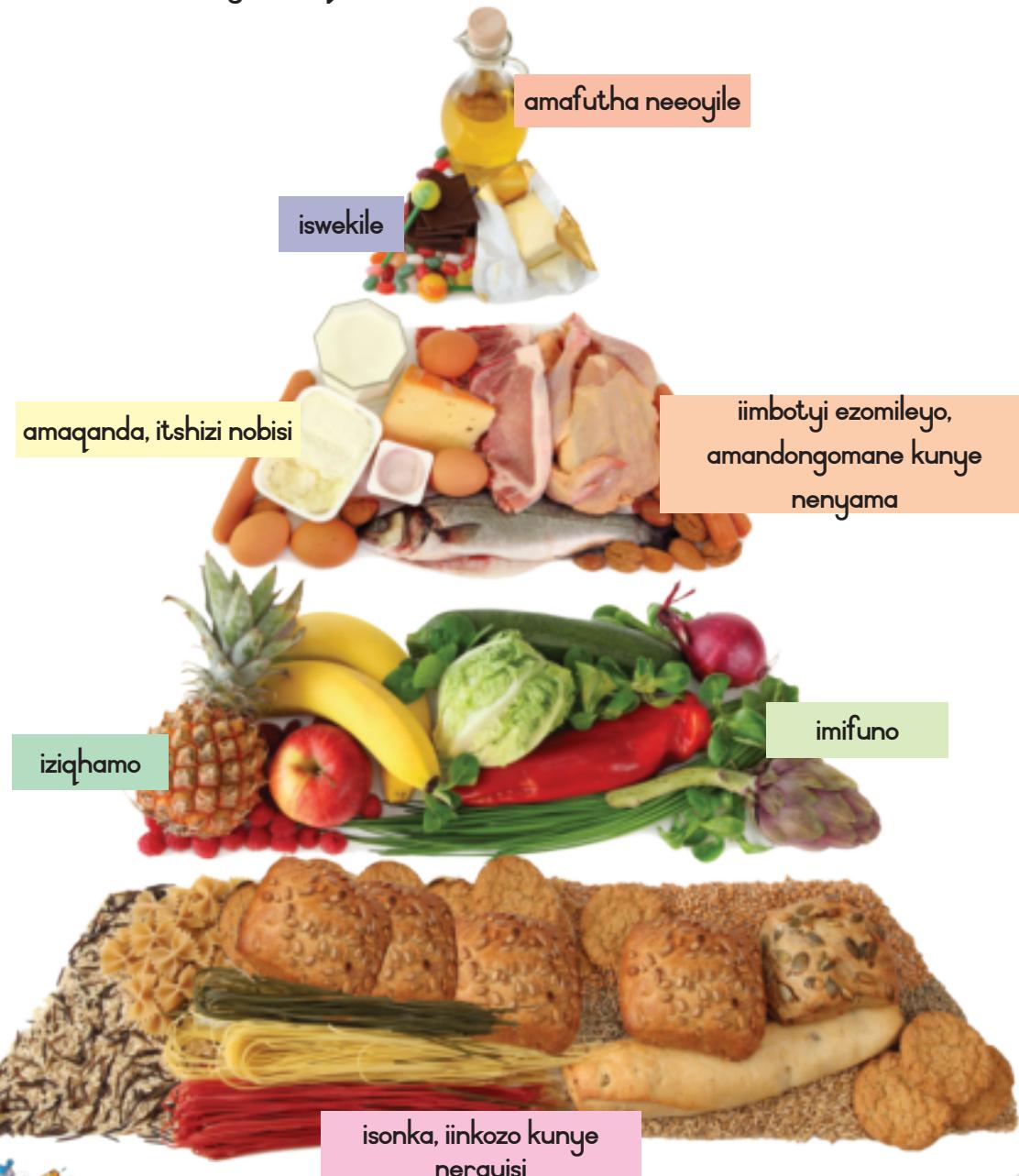
Umhla: .....



### Masifunde

Ukutya singakwahlula kube ngamaqela asi-7.

Kufuneka utye ukutya okungezantsi rhoqo. Ungakutya nokutya okungentla, kodwa hayi rhoqo.



### Masithetho

Xoxani niyiklasi.

Kutheni le nto kufuneka sitye kancinci kwiqela lokutya elingasentla emfanekisweni ze sitye kakhulu kwelingasezantsi?

Titshala:
Sayina:
Umhla:



# Zivela phi iindidi zokutya?

Masifunde

Abalimi okanye amafama alima izityalo aze afuye izilwanyana ezisinika ukutya. Oku kutya siyakupheka. Siyakwazi nokudibana iindidi ezahlukeneyo zokutya.



Isonka neesiriyeli zivela  
kwingqolowa.



Sifumana amaqanda  
ezinkukhwini.



Sifumana ubisi  
nenyama ezinkomeni.  
Iyogathi netshizi  
sizenza ngobisi.



Iziqhamo zikhula emithini  
nakwezinye izityalo.



Umgubo wombona siwenza  
ngombona.

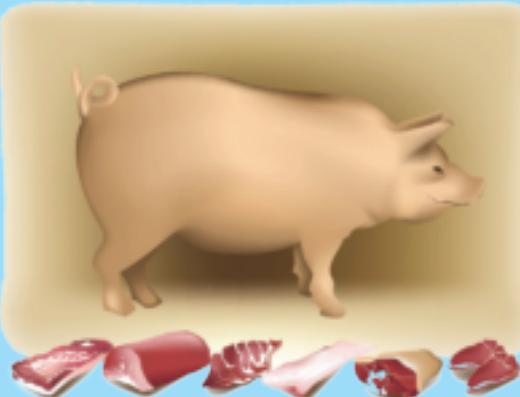


Ubusi buvela ezinyosini.

Umhla: .....



Iswekile ivela kumazele eswekile.



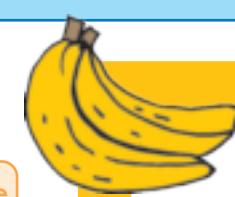
Sifumana inyama kunye  
nesipeke ezhagwini.



Imifuno siyityala  
ezigadini zethu.



Cula le ngoma  
kunye notitshala  
wakho.



Ama-apile, iigwava, iibbanana.



Iimbotyi nee-ertyisi neetapile.

Zikhulisa imizimba yethu yomelele.

Ukuze ndilungele umsebenzi

Nditya ukutya okunempilo kuphela!

Kundigcina ndomelele.



Titshala:  
Sayina:  
Umhla:



# Ukutya okunempilo nokungenampilo



Masifunde

Ukutya esikuthandayo akusoloko kulungile. Maxa wambi sithanda ukutya okungasilungelanga.

Maxa wambi siye singathandi oku kutya kusilungeleyo kanye. Kodwa noxa kunjalo, nantoni na ebaxe kileyo ayilunganga.

Ukutya okulungileyo okuninzi kakhulu akulunganga. Akukho mpilweni ukutya nantoni na ngokugqithisileyo.

Yitya uhluthe kodwa ungagqithisi. Sukutya ungayeki kuba into uyithanda.



Masenze

Sika imifanekiso yokutya okunempilo nokungenampilo kwimagazini uze uyincamathisele kwiitoti ezichanekileyo. Ukuba akufumanu mifanekiso, kuzobe oko kutya.



Ukutya okunempilo



Ukutya okungenampilo



Umhla: .....



Masibhale

Bhala eyakho imenu usebenzise ulwazi olufundileyo  
malunga nokutya.

Isidlo sakusasa

Isidlo sasemini

Isidlo sangokuhlwa



Masenze

Uza kwenza isaladi yeziqhamo.  
Landela le miyalelo ingezantsi

Uza kufuna oku:

- Iindidi ezahlukeneoyo zeziqhamo
- Isitya esikhulu
- Imela necephe



Landela la manyathelo:



- Hlamba iziqhamo.
- Zichube ukuba oko kuyimfuneko (njengeorenji).
- Zinqunqe zibe ngamaqhekeza amancinci.  
(Cela umntu omdala akuncedise.)
- Dibanisa iziqhamo esityeni.
- Yitya isaladi uyonwabele.



# Ukugcina ukutya

Ikota 3 - Iveki q



Masifunde

Jonga le mifanekiso.



IKHALENDA KA-2015

EYOMSINTSI

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27

MAYITHENGISWE NGOWAMA-22 JULAYI 2015



Masithethi

Uqaphela ntoni ngale mihla?

Singakutya oku kutya?

Ucinga ukuba kwenzeke ntoni koku kutya?



Masifunde

Ukutya okutsha akuhlali kunjalo ixesha elide. Ezinye iziqhamo nemifuno zikhawuleza zibole. Inyama, intlanzi kunye nezinye iimveliso zobisi nazo ziyabola. Ngoko ke asikwazi ukuzitya. Singenza ntoni ukuze sigcine ukutya kukutsha ixesha elide? Indawo ekhuselkileyo yokugcina ukutya kusefrijini. Kodwa okunye ukutya kungonakala ukuba kukhenkcezwe okanye kugcinwe efrijini ithuba elide kakhulu. Zikhona ezinye iindlela zokugcina ukutya kukutsha.



Umhla: .....



Masithethethe

Jonga le mifanekiso.  
Ncokola nomhlobo wakho  
ngayo. Zeziphi iindlela  
ezahlukeneyo zokugcina  
ukutya? Ungazicinga ezinye  
iindlela zokugcina ukutya  
kungonakali?  
Thetha nomhlobo wakho  
ngazo.  
Nika imizekelo eklassini.



Masibhale



Jonga imifanekiso engezantsi uze ufunde amagama asezibhokisini. Wakugqiba bhala igama phantsi komfanekiso ngamnye ohambelana nelo gama.

kutsha

kunkonkxiwe

komisiwe

kukhenkceziwe

			Titshala: Sayina: Umhla:



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Ikota 4 - Ivelki I



Masithethe

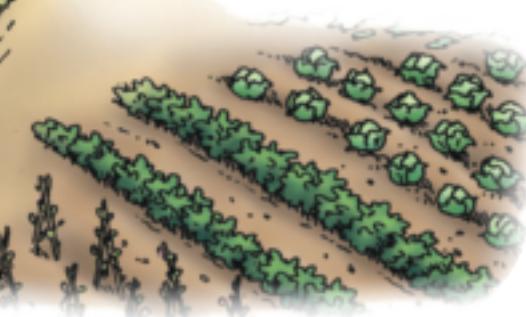
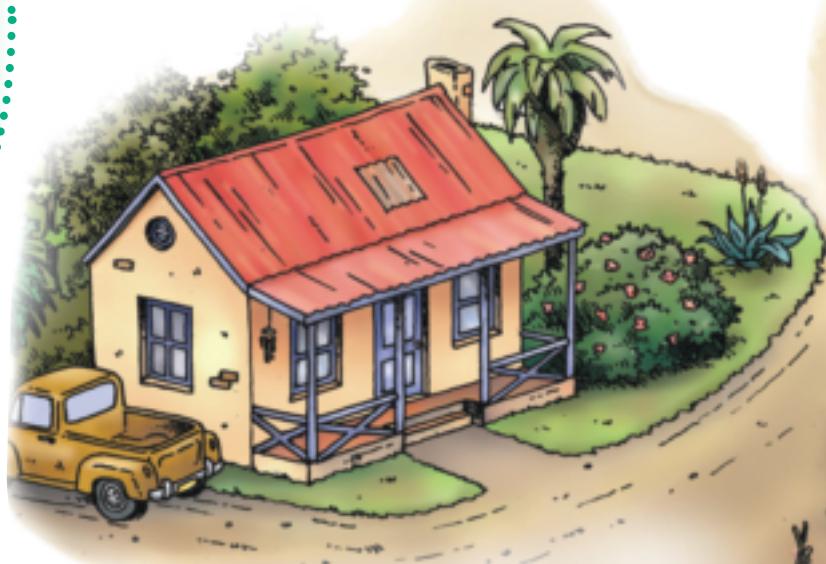
# lindidi zezindlu (1)

Ikhaya lakho kulapho uhlala khona.

abantu baseMzantsi

Afrika bahlala kumakhaya  
amaninzi ahlukeneyo.

Ungalifumana phi ikhaya  
ngalinye kula?



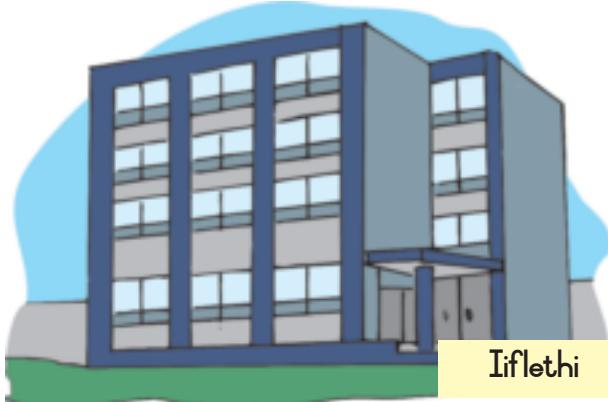


Umhla: .....



Masithethe

Jonga le mifanekiso ingezantsi. Thetha nomhlolo wakho ngezinto ezifanayo kumakhaya onke. Thethani ke ngoku ngezinto ezahlukileyo. Zeziphi ezinanzi: zezifanayo okanye zezahlukileyo?



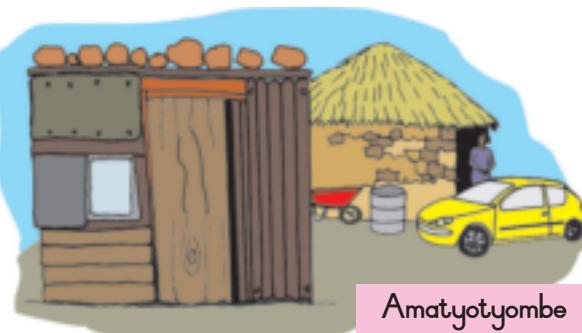
Iiflethi



Izindlu ezinemigangatho emibini



Tikharavani neentente



Amatyotyombe



Oronta namaxande



Izindlu ezinomgangatho  
omnye



Masenze

Sebenza eqeleni. Yiza nebhokisi yezihlangu okanye olunye uhlobo lwebhokisi. Yipeyinte njengekhaya. Sebenzisa udongwe (okanye intlama yokudllalisa) uzibumbe wena usenza into ethile ecaleni kwendlu.





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# lindidi zezindlu (2)

Ikota 4 - Ivelki I



Masenze

Cinga ngezindlu ezahlukeneyo okhe wazibona apho uhlala khona okanye kwiindawo okhe wazindwendwela. Zoba imifanekiso yeendidi ezimbini ezahlukeneyo zezindlu owakhe wazibona.



Masithetho

Inqaku likatitshala:  
Utitshala wakho uya  
kumamela izimvo  
zakho.

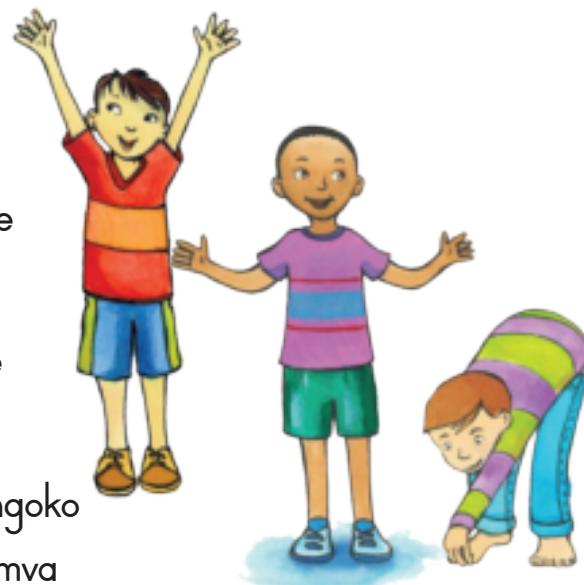
Endlwini elungileyo, eyomeleleyo asinakugodola kakhulu singenakuva nobushushu obugqithisileyo. Asiyiva nemvula okanye umoya ovuthuzayo. Baninzi abantu abangenalo olu khuseleko. Thetha nomhlobo wakho ngendlela abazikhusela ngayo abantu xa bengahlali zindlwini.



Masishukume

- Zolule ube mde kangangoko unako ukuze upeyinte uphahla lwendlu yasekhaya.
- Guqa ngamadolo emhlabeni ukuze ulime izityalo esitiyeni sakho.
- Yolulela izandla zakho emacaleni kangangoko unako ukuze uvule iifestile zasekhaya. Emva koko vala zonke iifestile.
- Goba ukuze uncothule ukhula esitiyeni sakho.
- Tshayela umgangatho ngomtshayelo omde.
- Hlamba iifestile ngelaphu.

Umhla: .....



Inqaku likatitshala:

Mamela isingqi esidlalwa ngutitshala kwigubu. Shukuma ngokwesingqi eso. Xa utitshala etshintsha isingqi, nawe tshintsha ukukhawuleza kweentshukumo zakho. Mamelisa kakuhle!



Titshala:
Sayina:
Umhla:

# Izinto ezakhiwe ngazo izindlu ezahlukeneyo

Ikota 4 – Ivetki 2



Masithethe

Sisebenzisa izinto ezahlukeneyo ukwakha izindlu.  
Jonga le mifanekiso ingezantsi.



izitenä



iithayile



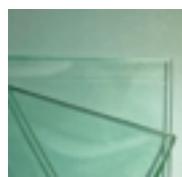
amazinki



isamente



ingca/iingcongolo



iglasi



iipali



amaplanga



amatye



iseyile



iplasitiki



udongwe/udaka



intsimbi



izikhumba



isanti



Thetha nomhlobo wakho ngezi zinto zokwakha zahlukeneyo.

Zeziphi ezivela efektri?

Zivela phi ezinye?

Xelela oogxa bakho ukuba zenziwe ngantoni izindlu odlula kuzo xa usiya esikolweni.



Masenze

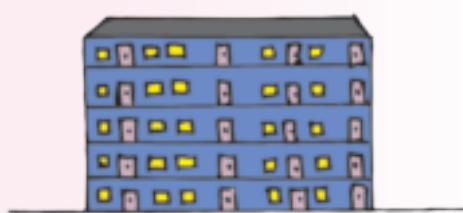
Kudidi ngalunye Iwendlu krwela  
umgca oya kwinto eyenziwe ngayo.

Umhla:

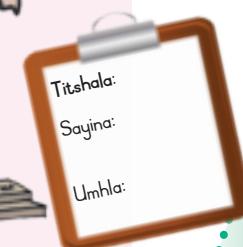
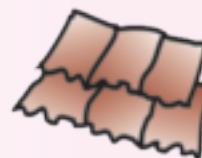
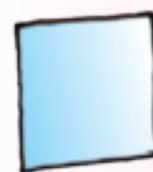
Inqaku likatitshala:  
Utitshala wakho uza kuzithatha  
iincwadi zenu azijonge.



Uhlobo Iwendlu



Izinto zokwakha



Titshala:

Sayina:

Umhla:



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Ikota 4 - Iyeki 2

# Izindlu nemozulu



Izindlu zigcina abantu bekhuselekile kwiimeko ezahlukeneyo zemozulu. Zingasikhuela kwimitha eqqatsileyo yelanga. Kanti zingasikhuela nasengqeleni, emoyeni nasemvuleni.



Ubusazi na ukuba abantu abahlala kumazwe abandayo bakha izindlu ezizodwa ezifana nale ingasezantsi? La makhaya kufuneka abagcine befudumele xa kusiwa ikhephu.

Le yimephu yaseGreenland, ilizwe elibanda ngokugqithisileyo.

Le yindlu  
ekuthiwa  
yi-igloo



Abanye abantu abangama-Inyuwiti abahlala kwimimandla ye-Arctic enekhephu nomkhenkce omninzi bakha izindlu zabo zasebusika ngomkhenkce.

Umkhenkce uyayithintela ingqe. Ezi zindlu zibizwa ngokuba zii-igloo.



Umhla: .....



Masenze

Ngokwamaqela, yenzani umdlalo nibonise ukuba  
ningayakha njani na indlu. Yenzani isigqibo malunga  
nohlolo lwendlu eniza kuyakha.

Niza kusebenzisa eziphi izinto zokwakha?

Ngubani oza kwenza ntoni?

izindlu zamandulo  
ooronta

Niza kuqala nenze ntoni?

ityotyombe

izindlu  
zamaplanga

Niza kuggibela ngantoni?

ucango

izindlu ezinomgangatho  
omnye okanye emibini

Sebenzisa amanye ala magama.

izitena

udonga

ipeyinti

iiflethi

uphahla

itshimini

ifesitile

isamente



Masifunde

Yenza lo mbongo njengenxalenyen yomdlalo wakho:

Yakha, yakha indlu entsha kraca!

Yiza nezitena, linganisa udonga

Bethelela isikhonkwane, qinisa isikrufu –

Zikhusele elangeni.

Yakha, yakha indlu entsha kraca!

Yiza nesanti neengcango neethayili

Yiza namanzi, xuba isamente –

Zikhusele emvuleni.



Titshala:
Sayina:
Umhla:



53

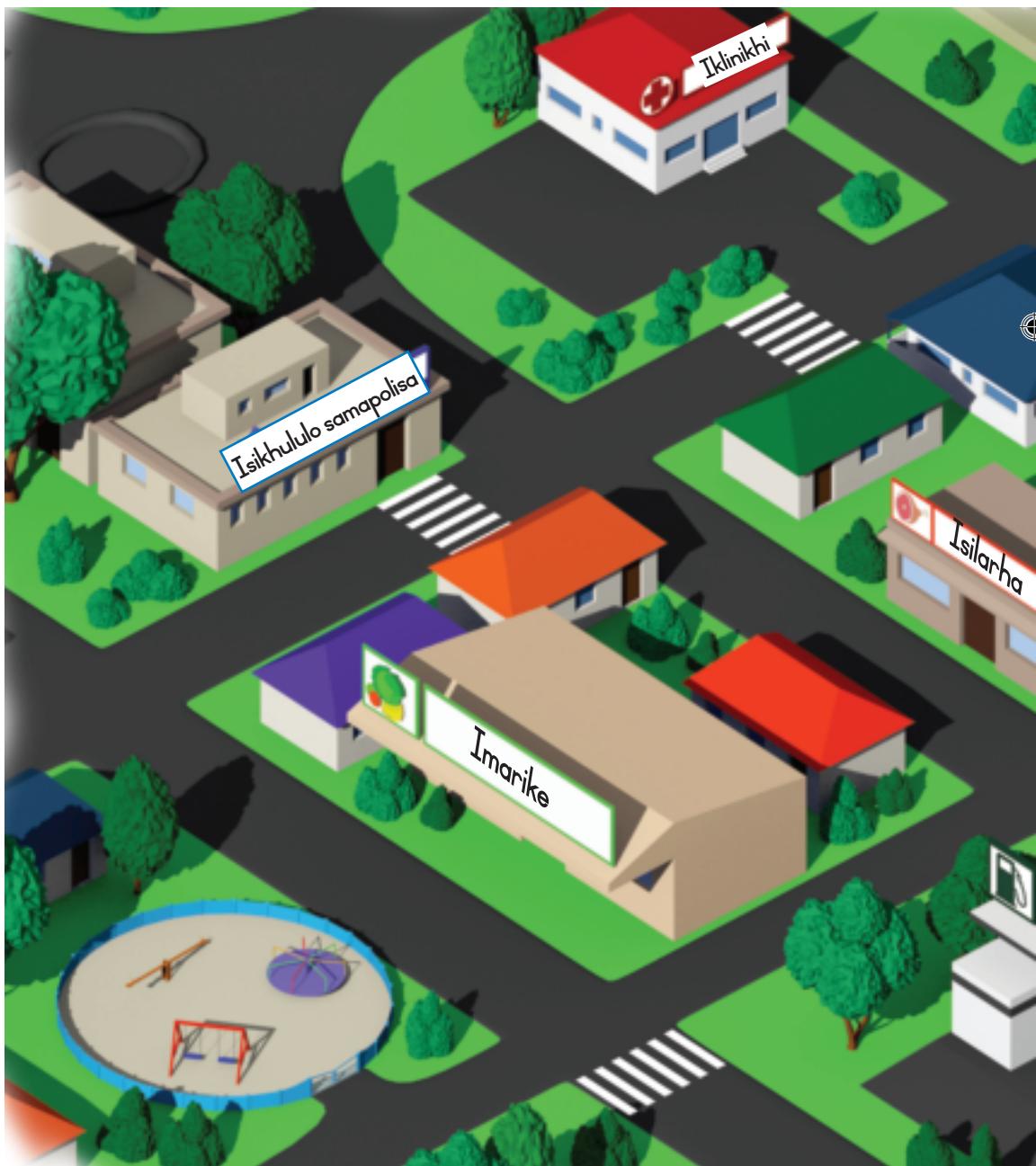
# Singazifumana phi? (1)



Ikota 4 - Iyeki 3

Kukho iindidi ezahlukeneyo zeemephu. Ukuze sikwazi ukukhetha imephu elungileyo kufuneka sazi ukuba siyifunela ntoni na imephu leyo.

Iimephu zezitalato zisinceda ukuba sifumane izitalato kunye neendawo ezithile edolphini okanye esixekweni. Abalimi bathanda iiimephu ezibonisa izinto ezinjengamadama, imilambo neenduli.





Umhla: .....



Masenze

Wena nomhlobo wakho xoxani ngale mibuzo. Yenzani isangqa sijikeleze iindawo ezesemfanekisweni kula maphepha mabini.

Uza kuzifumana phi iincwadi zokufunda?

Ungabuxela phi ubusela?

Ukuba uyagula ungaya phi?

Ungakuthenga phi ukutya?

Ungayilindela phi ibhasi?

Ungasingqumla phi ngokukhuselekileyo isitalato?

Inqaku likatitshala:

Utitshala wakho uza kuzifunda  
nganye nganye, uze ufumane  
impendulo.



Titshala:

Sayina:

Umhla:



54

# Singazifumana phi? (2)



Ikota 4 - Iyeki 3

Jonga indlela ekule mephu ehanjwa nguJason xa esuka kowabo esiya esikolweni.

Chazela umhlobo wakho ukuba uJason uhamba ngeyiphi indlela. Sebenzisa amanye ala magama.

ngasentla

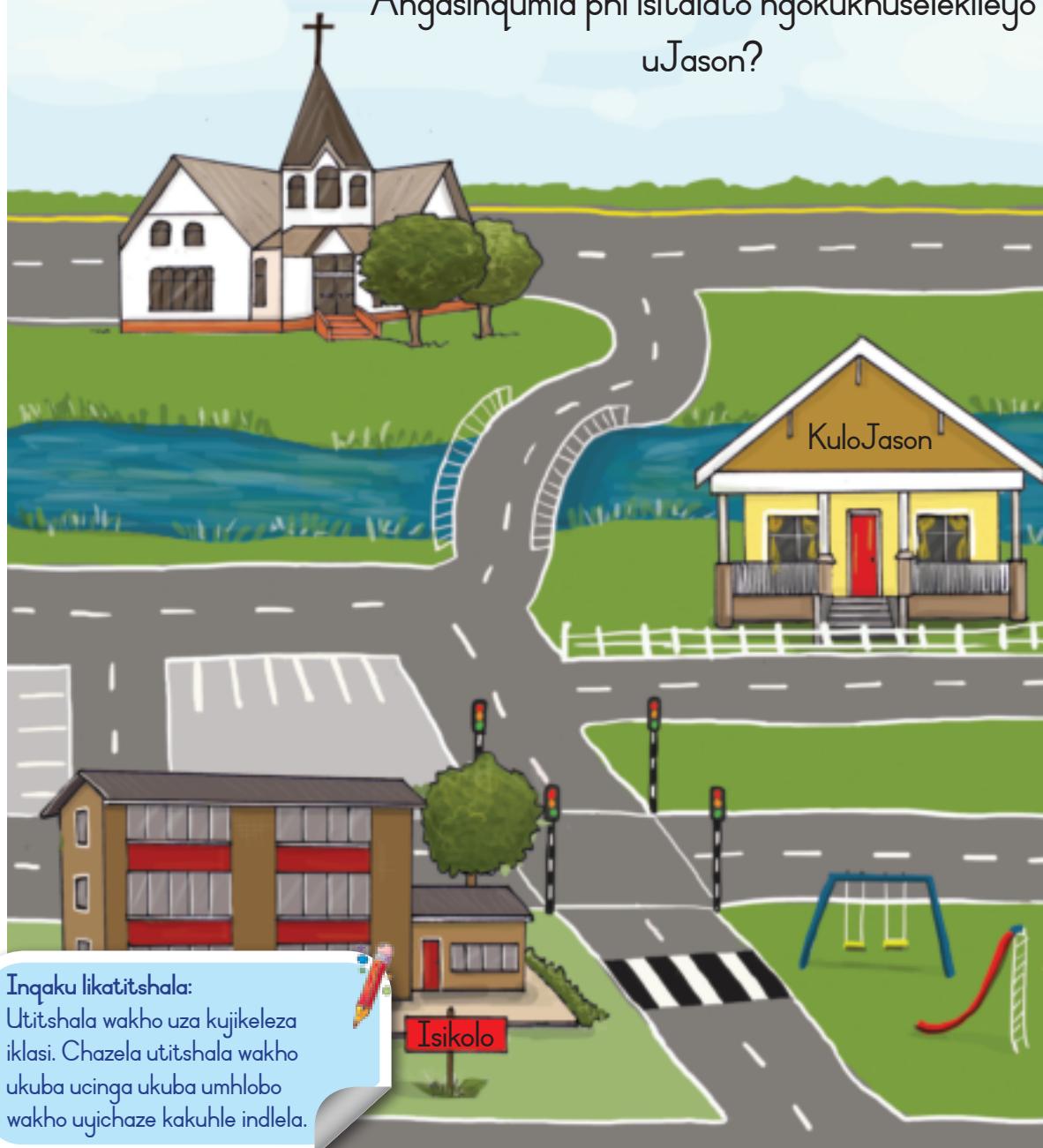
dlula

ecaleni

ngaphezulu

ngezantsi

Angasinqumla phi isitalato ngokukhuselekileyo  
uJason?



Inqaku likatitshala:  
Utitshala wakho uza kujikeleza  
iklasi. Chazela utitshala wakho  
ukuba ucinga ukuba umhlobo  
wakho uyichaze kakuhle indlela.



### Masishukume

- Beka intambo ende emhlabeni.
- Uza kuhamba kule ntambo.
- Hamba uye phambili, ubuye umva uye nasemacaleni unxuse intambo.
- Yiya phambili ecaleni kwentambo, izandla zakho zibe sentloko.
- Buya umva uhamba ecaleni kwentambo izandla zakho zibe ngasemva.
- Hamba ngamacala izandla zakho zibe sesinqeni.



### Masifunde

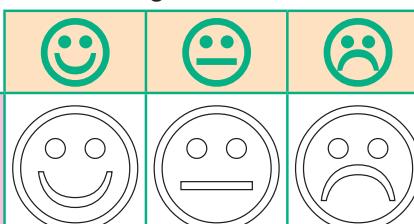
Wenze njani? Ukuba ukwazile ukuzenza zonke iintshukumo kakuhle, fakela umbala kobu buso buncumileyo. Ukuba akukwazanga ukuzenza zonke iintshukumo, fakela umbala kubuso obulusizi. Ukuba kukho ezinye zeentshukumo okwazileyo ukuzenza, fakela umbala kubuso obuphakathi.



Umhla: .....



Ndikwazile ukuya phambili nokubuya umva ecaleni kwentambo.



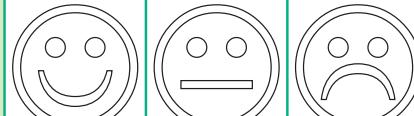
Ndikwazile ukuhamba ngamacala ecaleni kwentambo.



Ndikwazile ukuya phambili ecaleni kwentambo izandla zam zisentloko.



Ndikwazile ukuhamba ngomva ecaleni kwentambo izandla zam zisemqolo.



Ndikwazile ukuhamba ngamacala ecaleni kwentambo izandla zam zisesinqeni.





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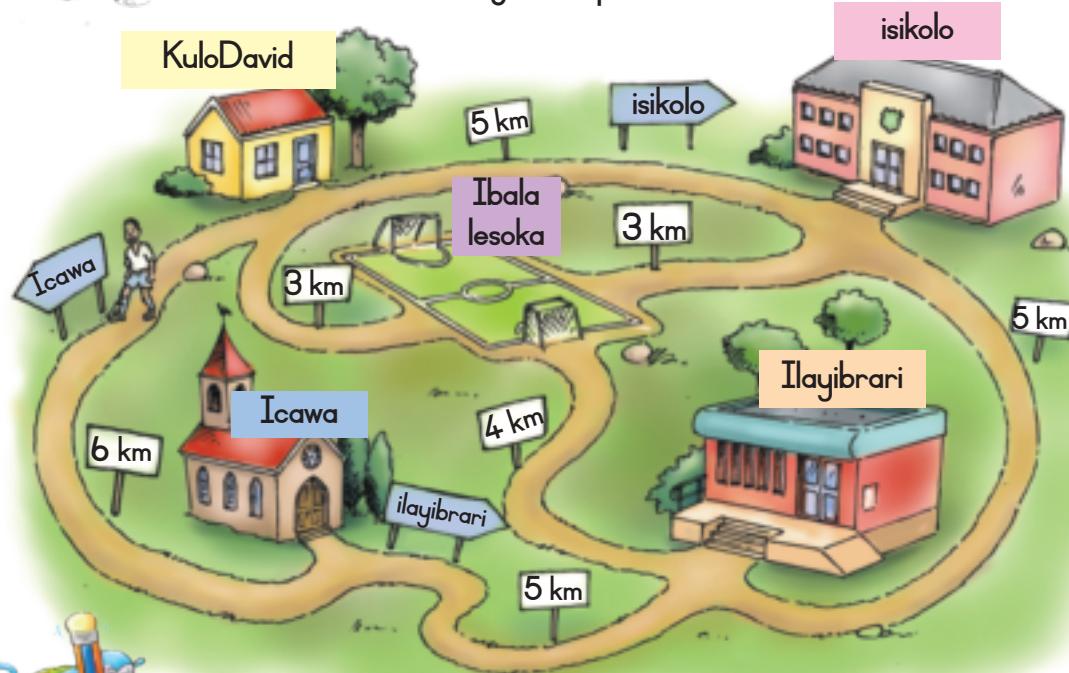
# Ukufumana indlela

Ikota 4 – Iyeki 4



Masibhale

Iimephu zemifanekiso zisinceda sibone ukuba zikude kangakanani na iindawo. Jonga le mephu.



Phendula le mibuzo. Ungacela umhlobo wakho akuncede.

Yenza isangqa apho ubona khona igama elingu-**km**

Zingaphi izangqa onazo?

UDavid uhamba ngeenyawo ukusuka esikolweni ukuya elayibrari.

Ubona ntoni ecaleni kwelayibrari?

Zeziphi iimpawu azibonileyo endleleni?

Uhambe umgama ongakanani uDavid?

Sesiphi isakhiwo akwaziyo ukusibona xa ekumnyango wangaphambili waselayibrari?

UDavid ulambile. Ufuna ukugoduka. Funa eyona ndlela imfutshane ukusuka elayibrari ukuya kowabo.

Ingaba ibala lebhola ekhatywayo yeyona ndawo ikufuphi kowabo?

Inqaku likatitshala:  
Utitshala wakho uza kukuxelela ukuba ungakanani na umgama ongangekhilomitha usuka esikolweni sakho. Siwubhala ngolu hlobo: 1 km





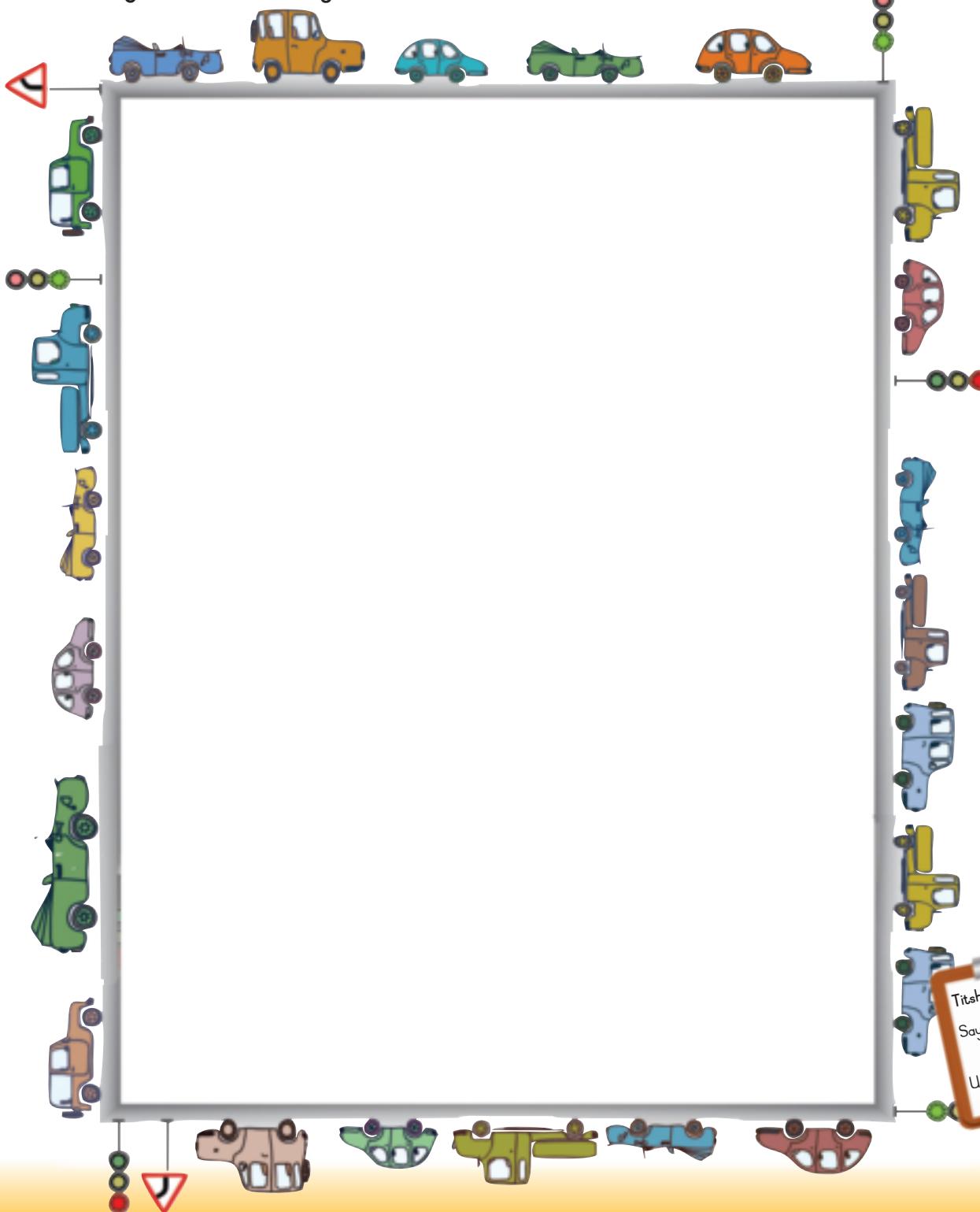
Umhla: .....



Zoba imephu yemifanekiso yendlela oyithathayo phakathi kweendawo ezimbini.

Khetha nokuba zeziphi iindawo ezimbini. Xa ugqibile bonisa imephu yakho kumhlobo wakho aze achaze indlela leyo yakho.

Qinisekisa ukuba uyichaza kakuhle. Xeleta utitshala wakho xa umhlobo wakho echaze ngendlela echanekileyo.



# Ukufumana iziganeko ebalini



Ikota 4 – Ivetki 4

Utitshala wenu uza kunifundela ibali elingo Micky. Mamela ngononophelo. Landela indlela yakhe kwimephu esencwadini yenu. Uze emva koko uzifundele ibali. Beka unongxabalaza (X) kwindawo efanelekileyo kwimephu xa ubona unongxabalaza ngamnye ebalini.

Inqaku likatitshala:

Utitshala wakho uza kulifunda kwakhona ibali aze akucele wenze unongxabalaza (X) kwezo ndawo.



ngemigqibelo uMicky udlala nabahlobo bakhe epakini (X).

Ekuseni ngenye imini umama wakhe uthe: Umakhulu uyagula. Unganceda umsele oku kutya?"



Umhla: .....

UMicky uthatha ingobozи enkulu enokutya. Uthe xa ephuma egeyithini (X) wagileka kwindoda ethile. Ngelizwi elirhabaxa yathi, "Heke, ndiyabona ukuba uphethe ukutya. Kokukamakhulu, anditsho?"

Yamoyikisa kakhulu uMicky le nto.

Wakhawuleza wahamba ngendlela eya ngakwiziko labamcimi-mlilo. Wajika ngasekhohlo (X). Wathi akubheka ngasemva wabona ukuba laa ndoda iyamlandela.

UMicky ugqibe kwelokuba aye kufuna uncedo kubahlobo bakhe l. abasepakini. Uthi xa efika elayibrari ajike ngasekunene aze ahambe aye phambili (X). Ngasekhohlo ubona isikolo asidlule (X). Kuthe cwaka ezitalatweni. Nanko uMicky ehamba etsiba endleleni (X).

Ngelingeni wayibona ipaki. Nanko ehamba phezu kwebhulorho (X) ukuze adibane nabahlobo bakhe egeyithini. (X)



Masishukume

Ngoku siza kudlala umdlalo wokunikezelana.

- Bekani izitulo zenu zenze isangqa. Dlalani "izitulo zomculo" – kuza kufuneka ufunе eyona ndlela imfutshane eya esitulweni.



Titshala:
Sayina:
Umhla:



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# Ukusetyenziswa kwamanzi ekhaya nasesikolweni



Masibhale

Ikota 4 – Iweki 5

Sisebenzisa amanzi yonke imihla. Jonga iindlela ezahlukeneyo esiwasebenzisa ngazo amanzi. Ecaleni komfanekiso ngamnye, bhala ukuba asetyenziselwa ntoni na amanzi. Sebenzisa ezi zihloko.

Ukucima imililo

Ukuhlamba iziqu zethu

Ukunceda izityalo ukuze zikhule

Ukuhlamba iimpahla okanye izitya

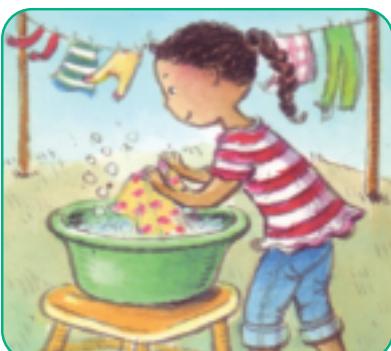


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Ukupheka ukutya



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Umhla: .....



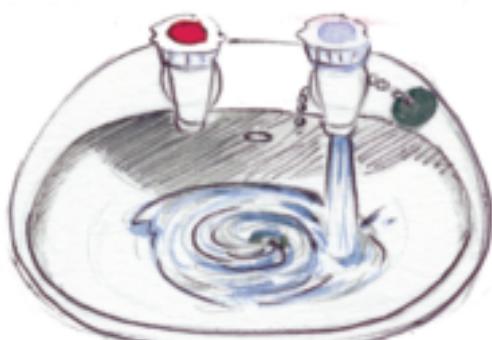
Masithethethe

Thetha ngeendlela esiwasebenzisa  
ngazo amanzi. Amanzi axabisekile.  
Thetha ngendlela esiwamosha ngayo  
amanzi. Kungenzeka ntoni ukuba  
anokuphela amanzi angabikho?  
Xelela iklasi izimvo zakho.



Masishukume

Linganisa oku kulandelayo.



Itephu evulelwego  
amanzi agaleleka  
esityeni.



Ilfu lemvula elikhula  
lide libe likhulu  
ligqabhuke ine imvula  
emva koko lithi shwaka.



Umlambo ohla ngokucotha  
phezu kwamatye amakhulu uze  
uqukuqele kuhle phezu kwesanti.



Masidiale

- Dlala umdlalo othi "Iiemele namachaphaza amanzi".

Titshala:
Sayina:
Umhla:



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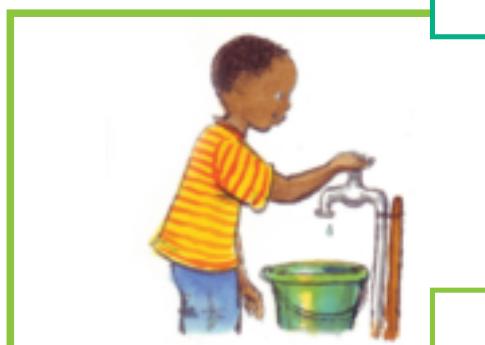
Ikota 4 – Iyeki 5



Masibhale

# Siwamosha njani amanzi?

Jonga le mifanekiso. Yenza uphawu (✓) ecaleni komfanekiso obonisa ukulondolozwa kwamanzi, uze ufake (✗) ecaleni komfanekiso obonisa amanzi amoshwayo.





Umhla: .....



Masithethe

Jonga imifanekiso ofake u (X) kuyo. Xoxani niyiklasi malunga nokwenziwa ngabantu abakuloo mifanekiso. Thetha ngendlela enobulumko abanokuwasebenzisa ngayo amanzi.



Masibhale

Jonga imifanekiso. Funda izivakalisi ezingezantsi. Beka uphawu (✓) ecaleni kwesenzo ngasinye esincedisa ekulondolozeni amanzi, uze ubeke u-(X) kwisenzo ngasinye esimosha ngamanzi.



	✓ okanye ✗
Ndivulela itephu xa ndihlamba amazinyo am.	
Andiwachithi amanzi okuhlamba, kodwa ndiwasebenzisela ukunkcenkceshela esitiyen'i.	
Ndihlamba ebhafini ezele ngamanzi rhoqo ebusuku.	
Xa ndibona itephu evuzayo ndiyayivala ndiyiqinise.	
Sihlamba izitya ngamanzi avulelwego.	





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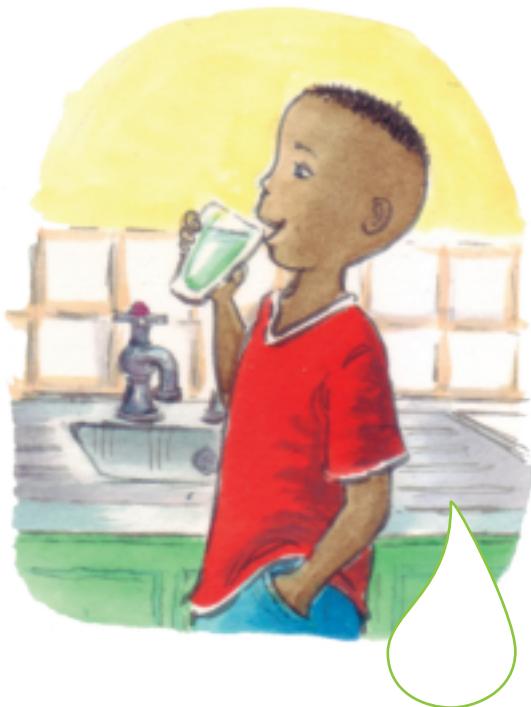
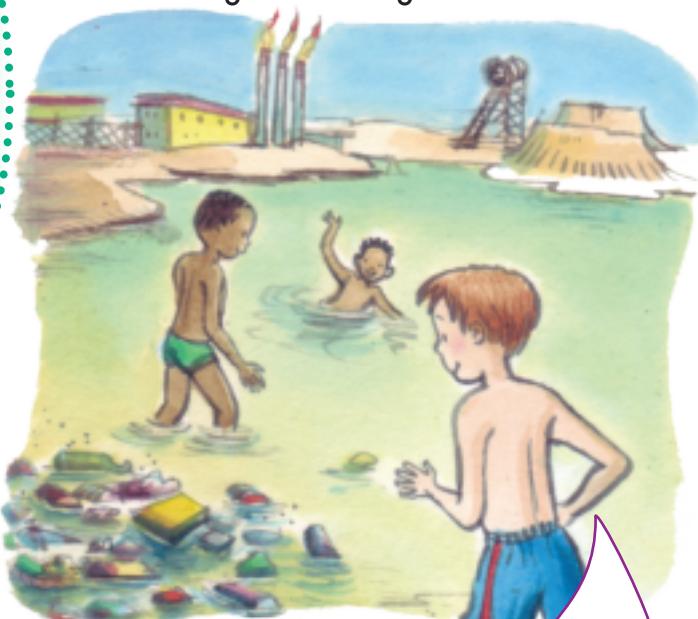
Ikota 4 – Iyeki b

# Amanzi aselwayo akhuselekileyo nangakhuselekanga



Masibhale

Jonga le mifanekiso. Fakela uphawu lokukorekisha (✓) ecaleni komfanekiso ngamnye obonisa imisebenzi ekhuselekileyo. Fakela unongxabalaza (✗) ecaleni komfanekiso ngamnye obonisa imisebenzi engakhuselekanga.





Umhla: .....



Masibhale

Bhala igama elithi "kukhuselekile" okanye "akukhuselekanga" ugqibezele isivakalisi ngasinye. Sikwenzele esokuqala.

Ukusela amanzi amdaka **akukhuselekanga**.

Ukuqubha emanzini amdaka \_\_\_\_\_.

Ukusela amanzi abilisiweyo \_\_\_\_\_.

Ukusela amanzi avela emlanjeni onongcoliseko \_\_\_\_\_.

Ukusela amanzi acocekileyo etephu \_\_\_\_\_.

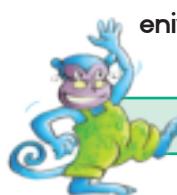


Masidlale



Dlala nabanye ababini.

- Qhwaba izandla qho amanzi echiphiza:
  - ephuma ngokucotha etephini
  - ephuma ngokukhawuleza etephini
  - ephuma ngokukhawuleza kakhulu etephini
  - onke ngexesha elinye.
- Dlalani nokuba ngowuphi na umdlalo wokuqhawa izandla eniwaziyo.



Masishukume

- Tsiba okwesele liphuma emanzini angcolileyo.
- Tsiba okwesele lingena emanzini acocekileyo
- Qabadula okwehashe elinxaniweyo libaleka lisiya kusela amanzi.
- Baleka ngamendu amakhulu kangangoko unakho umke emvuleneni.
- Tsiba usuke kwelinye ilitye uye kwelinye elingaphaya komlambo.  
Nceda abo bangakwaziyo ukuhamba.
- Jikeleza ndaweninye okwamanzi asebhafini (uwedwa uphinde unomhlolo wakho).
- Utitshala wakho uya kukuxelela xa kufuneka utshintshe wenze enye intshukumo.  
Mamela ngobunono imiyalelo yakhe.



Titshala:
Sayina:
Umhla:



# 60 Masigcine amanzi ecocekile

Ikota 4 - Iweki 6



Masifunde

Kufuneka sisele amanzi acocekileyo.

Sineendlela ezahlukeneyo zokucoca amanzi.

Kufuneka sigcine amanzi ngeendlela  
ezinokuwagcina ecocekile.

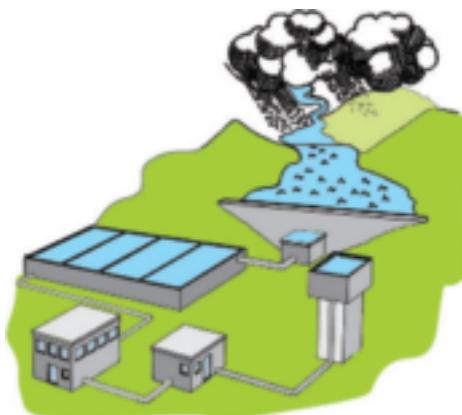


Masithetho

Jonga imifanekiso. Thetha nomhlobo wakho ngokuba avela phi amanzi ethu acocekileyo. Xeleta  
iklasi into oyicingayo. Xa sihlambulula amanzi, siyawacoca ukuze kukhuseleke ukuwasela.



Singawasela amanzi emvula ukuba uphahla  
lwendlu kunya netanka zicocekile. Ukuba siyawacoca  
singawasela ngokukhuselekileyo.



Umasipala uyawacoca aze awagcine ecocekile  
amanzi ukuze sikwazi ukuwasela.



Singawacoca ngokuwabilisa amanzi



Singawacoca ngokuhluza amanzi



Umhla: .....



Masenze

Cela utitshala wakho akubonise indlela yokwenza isihluzo samanzi.

Uza kufuna oku:

Ibhotile yeplasitikhi yeelitha ezi-2

Isanti ecocekileyo, ecolekileyo

Uhlalutye olucocekileyo

Amatye acocekileyo, amancinane/igrabile

Imela ebukhali

Uboya obucocekileyo

Iglasi yamanzi



Masishukume

- Sebenzisa ibhola kunye nohulahuphu. Beka uhulahuphu phantsi abafundi bame ngomgca malunga nee-5 m ukusuka kuye. Ungasebenzisa neringi yepali yebhola yomnyazi.
- Umfundi ngamnye ufumana ithuba lokuphosa ibhola eringini.





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# Ukutshintsha kwemini ibe bubusuku

Ikota 4 - Iweki 7



Masifunde

Imini nobusuku zahlukile.

Zikhangeleka zahlukile, siva izandi ezahlukileyo, kwaye senza izinto ezahlukileyo.

Emini sibona ilanga elikhanyayo. Ilanga linika ukukhanya nobushushu.

abantu abaninzi basebenza emini, nathi siya esikolweni.



Masibhale

Jonga imifanekiso uze uthethe nomhlobo wakho ngayo. Ingaba yimifanekiso yasemini okanye yasebusuku? Yahluke njani? Bhala "Imini" okanye "Ubusuku" ngentla komfanekiso ngamnye.





### Masifunde

Liyatshona ilanga ebusuku.  
Kuba mnyama kwaye  
siyakwazi ukubona inyanga  
neenkwenkwezi.  
  
Sisebenzisa izibane ukuze  
sibone into esiyenzayo.



### Masishukume

- Sebenzisa iipali (okanye iibhakana ezinjengeekhowuni) kunye nebhola.
- Beka iipali (okanye iibhakana) zithi qelele kubafundi kangangeemitha ezimbalwa.
- Sebenzisa ibhola enkulu efana neyebhola ekhatywayo.
- Khabela ezipalini okanye phakathi kweebhakana.
- Qala ukhabe ngonyawo lwasekunene ulandele ngolwasekhhohlo.
- Mangaphi amanqaku owafakileyo?



Umhla: .....

Ebusuku, kuyabanda  
kunasemini.

Abaninzi bethu  
bayalala ebusuku, kodwa  
bakhona abanye abantu  
abasebenza ebusuku.  
  
Kukho izilwanyana  
eziphuma xa kumnyama  
kuphela.

Titshala:  
Sayina:  
Umhla:



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# Sinjani isibhakabhaka ebusuku?

Ikota 4 - Iweki 7



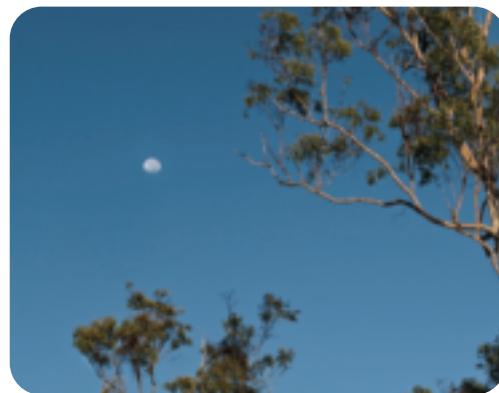
Emini sibona isibhakabhaka esiluhlaza  
kunye namafu. Okubaluleke kakhulu,  
kukuba sibona ilanga.



Ebusuku sibona inyanga neenkwenkwezi  
ezininzi. Kukho neeplanethi ezikhangeleka  
okweenkwenkwezi.



Ngamanye amaxesha inyanga ibonakala  
esibhakabhakeni nasemini. Phofu asiyiboni  
kakuhle ngenxa yokuqaqamba kwelanga.  
Zama ukufumana inyanga emini.

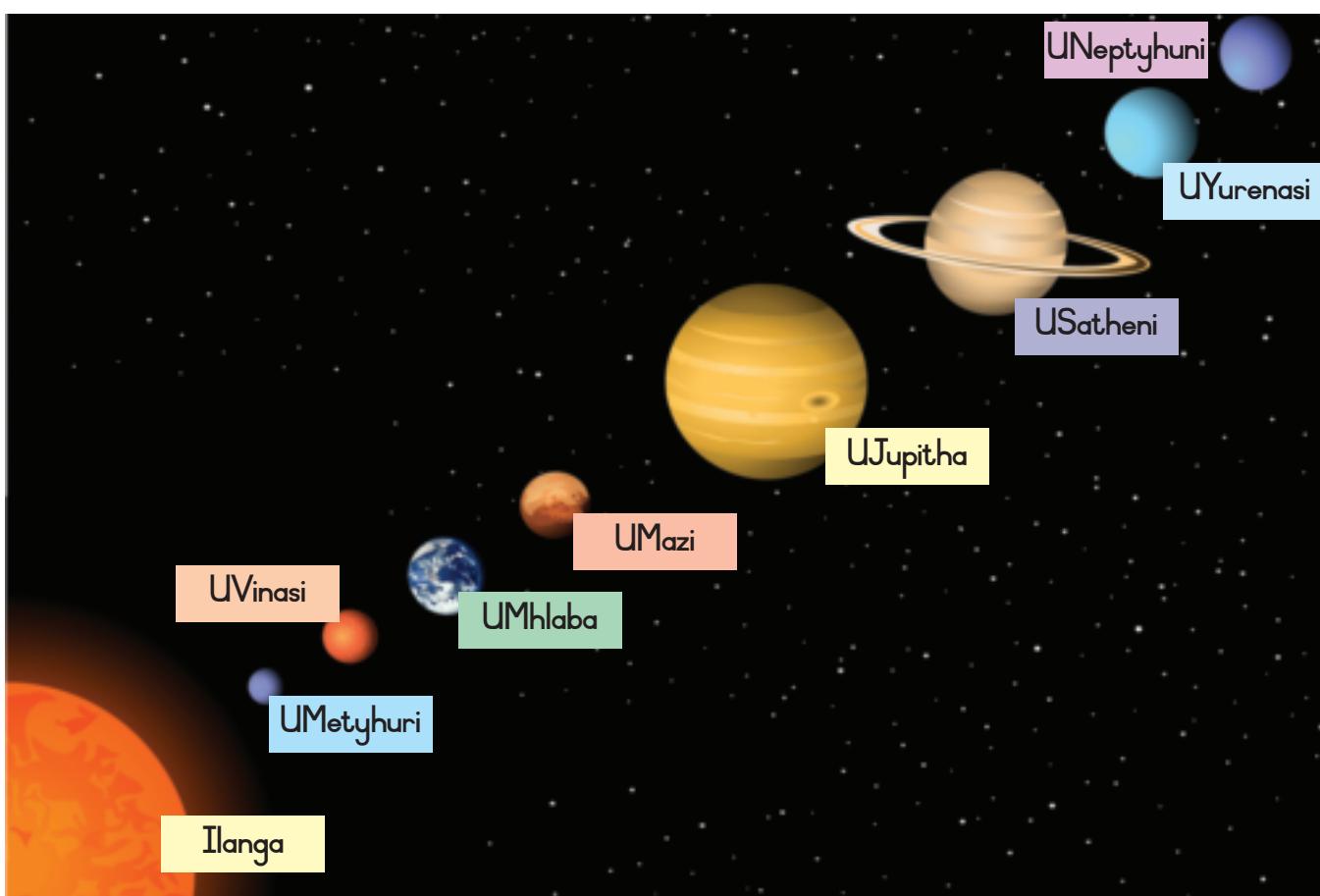


Inyanga ayikhangeleki ngokufanayo ngobusuku ngabunye. Jonga  
inyanga ebusuku iiitsuku ezi-5 ezilandelayo. Kwibbhokisi ezingezantsi,  
zoba iimilo ozibonileyo ezahluka-hlukileyo zenyanga.

Ubusuku bokuqala	Ubusuku besithathu	Ubusuku besihlanu



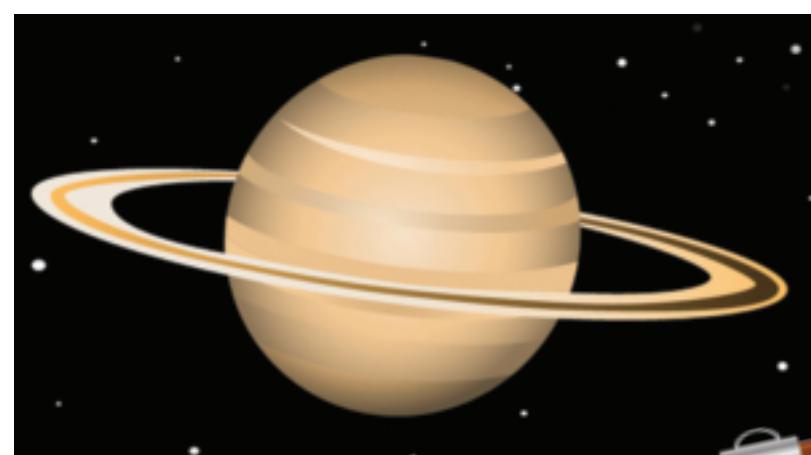
Umhla: .....



Ezi zinto lilanga kanye neeplanethi ezikwisixokelelwano selanga – zingabamelwane bethu.  
(Ilanga kanye neeplanethi azizotywanga ngokwemilinganiselo.)



Lo ngumfanekiso weSatheni.  
Yona yahlukile kuzo zonke  
iiplanethi kuba inezangqa  
eziyijikelezileyo. Uyawabona  
amachokoza amhlophe  
emfanekisweni? Ucinga  
ukuba ziintoni?



Jonga umfanekiso omkhulu ongasentla. Ngaba iSatheni inkulwana okanye  
incinanana kunoMhlaba? Yeyiphi iplanethi enkulu ngaphezu kweSatheni?





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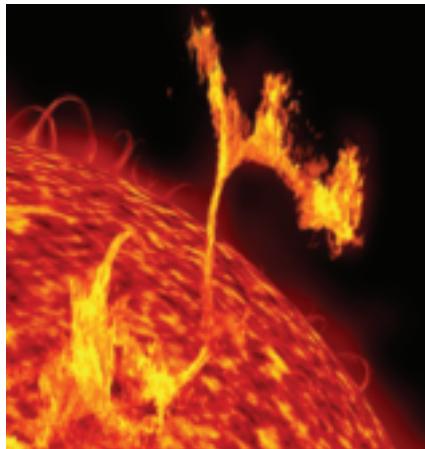
# Ilanga nenyanga

Ikota 4 - Iweki 8



Masithethé

Jonga le mifanekiso.



Thetha nomhlobo wakho. Isibonisa ntoni le mifanekiso? Nika nokuba yeyiphi impendulo efika kuqala engqondweni.



Masifunde

Ilanga yinkwenkwezi. Lifana nebhola yomlilo enkulu ethumela ubushushu bayo nokukhanya kuwo onke amacala. Ilanga likhulu ngokuphinda-phindwe ngamawaka kunehlabathi.

Inyanga yibhola enkulu yeliwa nothuli engakhuphi bushushu.

Inyanga ayinakukhanya kukokwayo. Ifana nesipili esibonisa thina imitha yelanga. Inyanga incinane kakhulu kunehlabathi.



Masithethé

Thetha nomhlobo wakho malunga nendlela etshintshe ngayo inyanga kubusuku beentsuku ezintlanu. Emva koko jonga le mifanekiso. Ingaba inyanga yakho ibifana nenyangye yezi?



Inyanga ephelleyo



Isiqingatha senyanga



Inyanga eliceba



# linkwenkwezi



Masifunde



Umhla:

64



Ilanga yeyona nkwenkwezi ikufutshane kuthi. Ezinye iinkwenkwezi zikude kakhulu kuthi. Nokuba ubunokuhamba ngokukhawuleza kangangoko unako usiya nakweyiphi kwezi nkwenkwezi, kungakuthatha iminyaka emininzi kakhulu ukufika apho zikhoyo.



Masithethé

Balekani nonke

Nants' inkwenkwez' enomsila

Balekani nonke

Nants' inkwenkwez' enomsila

Ikude kangakanani phezu komhlaba

Injengedayimani esibhakabhakeni

Menye-menye, meny' inkwenkwez' enomsila

Menye-menye, meny' inkwenkwez' enomsila

Owu nas' isimang' esabonwa yinkwenkwezi

Owu nas' isimang' esabonwa yinkwenkwezi



Masifunde

Le ngoma yabhalwa kudala kwiminyaka emininzi eyadlulayo.

abantu ngoko babengazi nto malunga neenkwenkwezi.

Namhlanje kuninzi esikwaziyo. Oosomajukujuku bayá  
emajukujukwini ngeziphekepheke ezizodwa ukuze bafunde  
ngakumbi ngeenkwenkwezi. Xa oosomajukujuku betyelela  
emajukujukwini, banxiba iisuti zohlobo olulodwa zasemajukujukwini.

Ngenxa yoosomajukujuku abakhali phileyo nabantu abangqondo zikrelekrele  
abahamba bayé emajukujukwini, zininzi izinto esizifunde ngeenkwenkwezi.



Masithethé



Ingaba kulungile ukuba sifunde kakhulu ngeenkwenkwezi? Thetha nomhlobo  
wakho ngalo mbuzo.



Titshala:

Sayina:

Umhla:

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# Ukhethekile.

Umzimba wakho wonke  
ungokhethekileyo.



## Nguwe kuphela onelungelo emzimbeni wakho!



**AKUKHO**  
namnye umntu  
onelungelo  
lokuphatha  
amalungu akho  
angasese.

**Kufuneka uxelele umntu ukuba kuye kwakho  
umntu okubamba amalungu akho angasese.**

**Kufuneka uxelele umntu ukuba kukho nabani na  
okwenzisa izinto ongathandiyo ukuzenza.**

**Tsalela kule minxeba xa ufunu uncedo:**

**Umnxeba olungiselelwe ukunceda  
abantwana: 0800 05 55 55**

**Umnxeba wokulwa nolwaphulo  
mthetho wamapolisa  
aseMzantsi Afrika: 086 00 10111**

**Umnxeba wongxamiseko wamapolisa  
aseMzantsi Afrika: 10111**

**Umnxeba woncedo: 0861 322 322**

**Iqela elikhusela abantwana: 012 393 2359/2362/2363**



**Make a placemat**  
Cut out the pictures you like and  
paste them on to the opposite page to  
make yourself a two-sided placemat.  
Cover or laminate the placemat with  
plastic and use it when you eat.





