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Rainbow WORKBOOKS

LIFESKILLS IN ISIXHOSA
GRADE 3 – BOOK 1
TERMS 1 & 2
ISBN 978-1-4315-0276-9

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15th Edition

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Izakhono zoBomi ngesiXHOSA

Incwadi yoku-1
Ikota 1&2

Igama:

Iklasi:

basic education
Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

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UNksz Angie Motshekga
uMphathiswa weMfundo
esisiSeko

UGqir Reginah Mhaule
uSekela Mphathiswa
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.

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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:

XHO LS Gr3 B1_inside.indd 1 2021/04/07 13:43:37

Okungam

Masibhale

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

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.

Umhla: ....

XHO LS Gr3 B1_inside.indd 2 2021/04/07 13:43:39

Masithethe

Ngoku cinga ngobomi bakho kude kube ngoku.

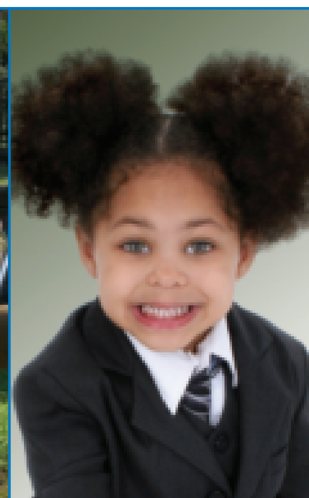
Ubomi bakho ubukhumbula ukuya kufikelela nini?

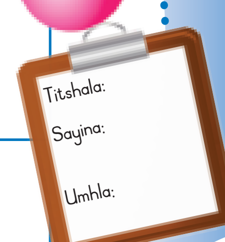
Usazikhumbula mhla ugqiba iminyaka emibini?

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______



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Isikolo sam

Masenze

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

Isikolo sakho saqala nini ukuba kho?	Utitshala oyintloko wakho waqala nini esikolweni?		

Masibhale

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

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

Umhla: ....

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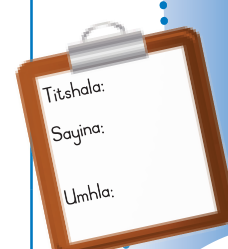
Sasisithini isaci sesikolo? Ingaba kusasetyenziswa eso saci nanamhla oku?	Zoba ibheji yesikolo.
Xela into eyodwa okanye ebalulekileyo ngesi sikolo. (Mhlawumbi kwakukho umfundi owayegqwesile okanye into esayiphumelelayo).	Zoba umfanekiso ubonise into esibaluleke ngayo isikolo sakho.

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

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

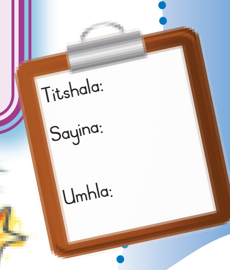
Masithethe Xelela umhlobo wakho indlela lo mntu atshintshe ngayo ukususela ngoko wayelusana ade abe mdala.

usana	umntwana omncinane	umntwana wesikolo
umntwana ofikisayo	umntu oselekhulile	umntu omdala

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.



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Ubukhulu nobudala

Masithethe

Thetha ngendlela abahluka ngayo kuwe abantwana abakhudlwana nabantu abadala.

Abantu batshintsha njani ngokuya bekhula?

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

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	☺	☹	☺	☹

Umhla: ....

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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 nokugqquma kwengonyama.

Phuma phandle Uyakwazi ukuganga ibhola?

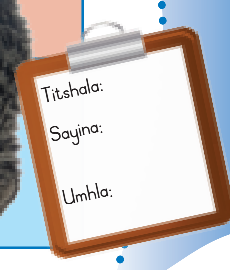
Phosa ibhola yentenetya emoyeni uze uyigange ngezandla zozibini.

Jula ibhola phezulu uze uqhwabe izandla zakho phambi kokuyiganga.

Qakathisa ibhola yentenetya emhlabeni.

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

Ngoku zolule njengekati.



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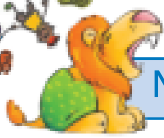
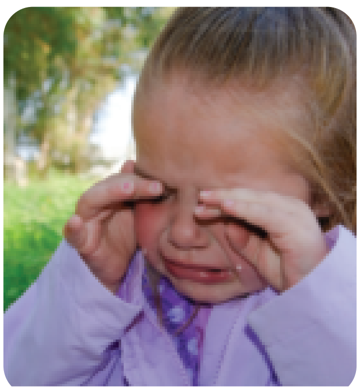
Sivakalelwa njani?

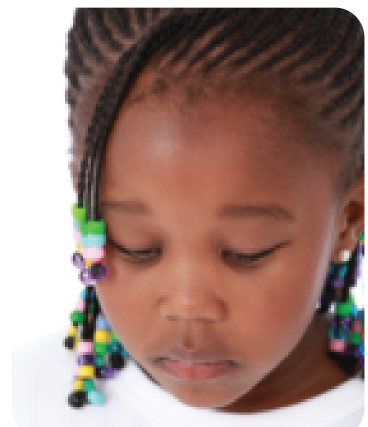


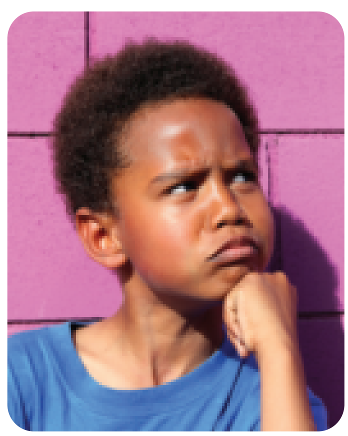
Masithethe

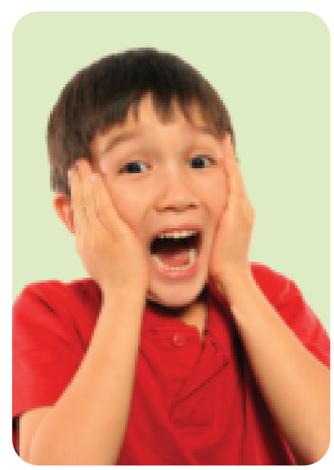
Jonga le mifanekiso uze uxele ukuba aba bantwana baziva njani. Wena wakha waziva ngolu hlobo? Bhala indlela aziva ngayo umntwana ngamnye. Sebenzisa la magama anokukunceda.

ulusizi	wonwabile	uyazisola	uyoyika
	unebhongo	unomsindo	









Phuma phandle

Dlalani umdlalo wentenetya niziqhelise ukubetha ngomphambili nangomva wesandla.

Umhla: ....

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Yintoni ekonwabisayo?

Yintoni ekwenza ube lusizi?

Yintoni ekoyikisayo?

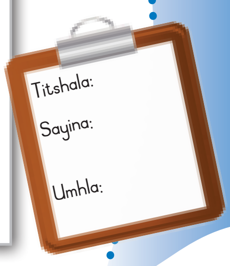
Yintoni ekwenza ube nomsindo?

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

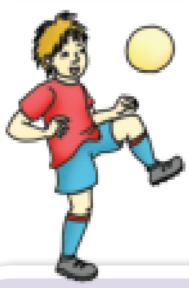


6 Izinto endizithandayo

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.



EYONA NTO NDITHANDA UKUYENZA

Umhla: ....

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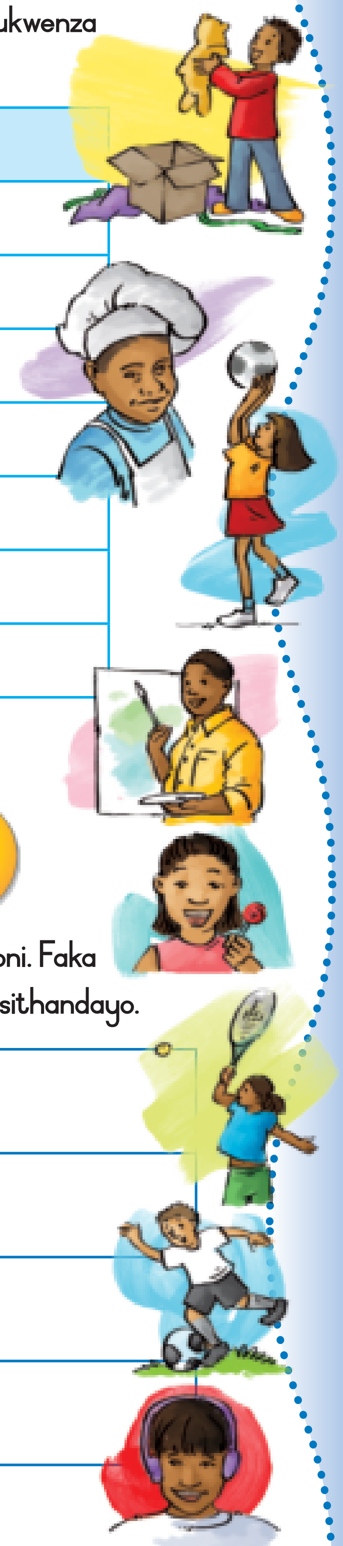
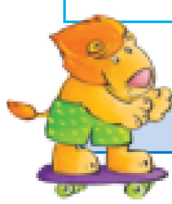
Masibhale

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

Eyona nto ndithanda ukuyenza





Masenze

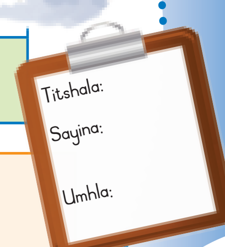
Yenza ubuso obonwabileyo nobulusizi ngentlama yokudlala.

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

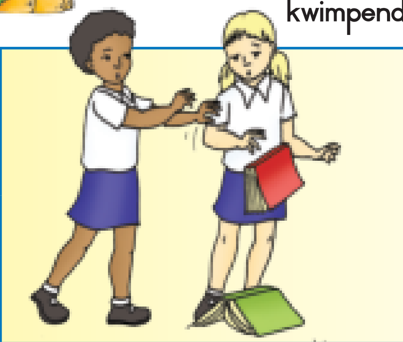
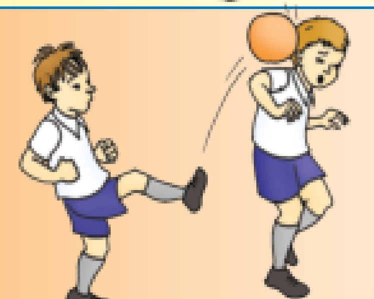
Sesiphi esona senzo sithandwa kakhulu?



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 ngetshokolethi.	

Masibhale

Benza ntoni abahlobo abalungileyo?

Umhla: ....

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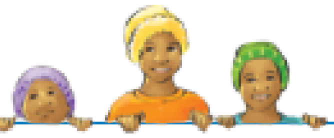
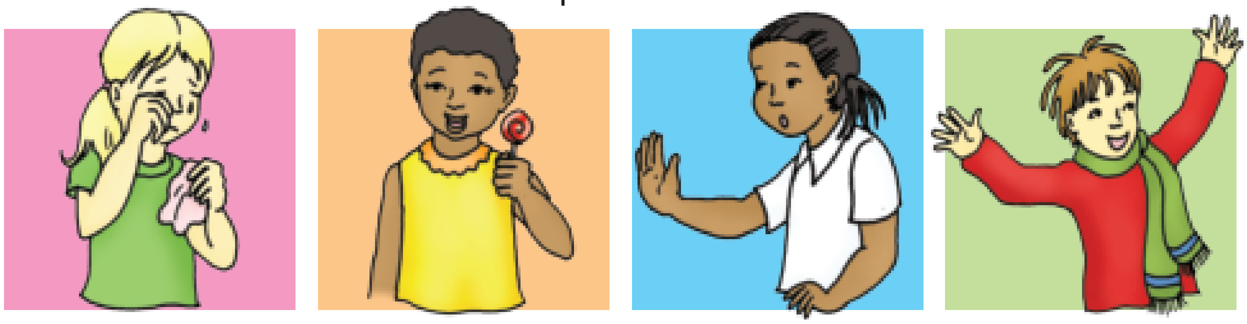
Bhala ezinye izinto ezi-4 ezenziwa ngabahlobo abalungileyo.



Masithethe

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

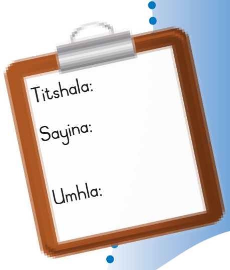


Bhala ke ngoku umdlalo omalunga nalo mfanekiso uwukhethileyo. Bhala amagama abalinganiswa kwikholamu yokuqala.

Phuma phandle

Zama ukwenza ezi zinto.

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



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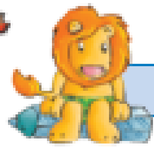
Siyaqondisisa



Masibhale

Zihlole.	✔	✘
Ndingumhlobo olungileyo.		
Ndiyabakhathalela abahlobo bam.		
Ndinobubele ebantwaneni beklasi yam.		
Uninzi lwabantwana beklasi yam bayandithanda.		
Ndisoloko ndinesimilo esihle ebantwini.		

Masenze

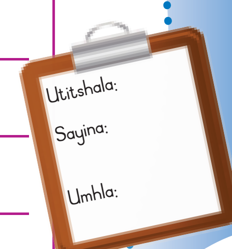
Yenzela umntu omthandayo ikhadi. Zoba umfanekiso ngaphambili kulo uze ubhale umyalezo omnandi ngaphakathi.

Masibhale

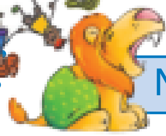
Zoba umfanekiso wabahlobo okanye katitshala wakho, okanye wabantu obathandayo nobaxabise kakhulu bakowenu. Bhala amagama abo.

Abantu endibaxabise kakhulu ebomini bam

Bhala ke ngoku inkcazelo yaba bantu nokuba kutheni bebalulekile nje.



Impilo noNcedo lokuQala



Masithethe

Thetha ngokwenzeka kulo mfanekiso.

Wakha wopha ngeempumlo?

Yintoni ekufuneka uyenze xa usopha ngeempumlo?

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

____

Zola.
Asinto ixhalabisayo.
Khumbula ukuba akufuneki uphathe igazi lomnye umntu.

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.

Umhla: ....

XHO LS Gr3 B1_inside.indd 18 2021/04/07 13:44:12

Ukunyanga imisikeko

Masifunde

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

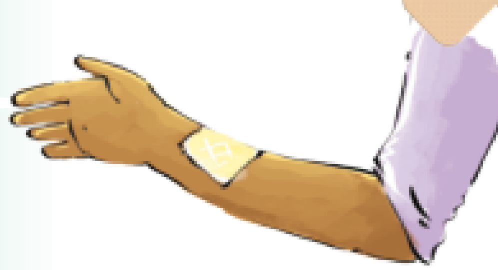
Masithethe

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.

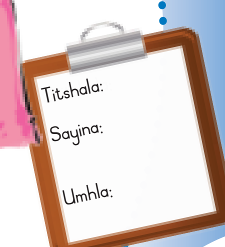


Nqanda ukopha ngokuphakamisela inxeba kwinqanaba elingasentla kwentliziyo.

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:



Amanxeba okutsha

Masifunde

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

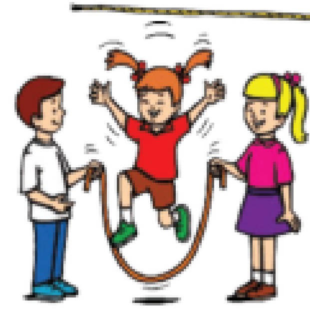
1. Vulela amanzi abandayo kwinxeba lokutsha ixesha elingangemizuzu eli-10. Oku kuyanceda ekupholiseni isikhumba.
2. Ungaligqumi inxeba lokutsha.
   Ungayikhululi impahla xa incamathele esikhumbeni.
3. Liyeke inxeba lokutsha livulekile kodwa ulijonge lingabi mandundu.
4. Ukuba inxeba lokutsha linzulu okanye likhulu kunomphakathi wesandla sakho, bonana noggirha kwangoko.

Phuma phandle

Tsiba umtsi omde.
Thatha izinti ezintathu okanye iintambo ezintathu. Wakube utsibe phakathi kwazo zibhekelise 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.

Umhla: ....

XHO LS Gr3 B1_inside.indd 20 2021/04/07 13:44:17

Masithethe

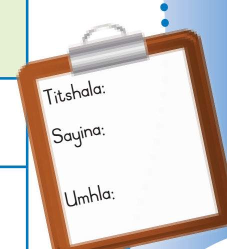
Kwenzeka ntoni kule mifanekiso?
Yeyiphi enye indlela abanokutsha ngayo aba bantu?

Bhala imigaqo ebalulekileyo ekufuneka uyikhumbule xa kufuneka uncedise kwezi zinto:

Umntu omongozayo

Amanxeba

Izilonda zokutsha



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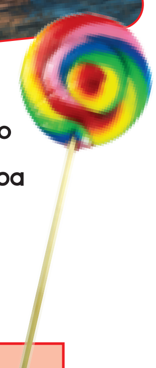
11 Ndizigcina ndikhuselekile

Masithethe

Kufuneka siyikhathalele imizimba yethu.

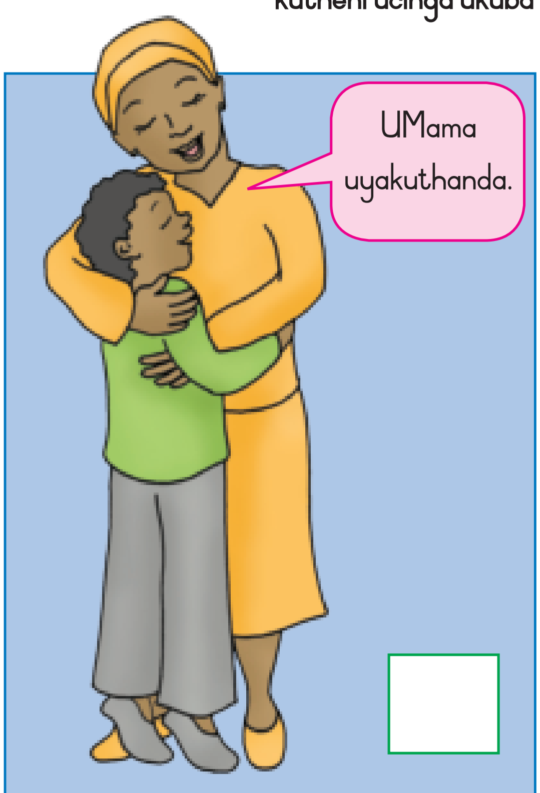
Sifumana iimvakalelo "zika-ewe" xa sithanda into ethile kwaye sifuna ukuba mayiqhube.

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.



Umhla: ....

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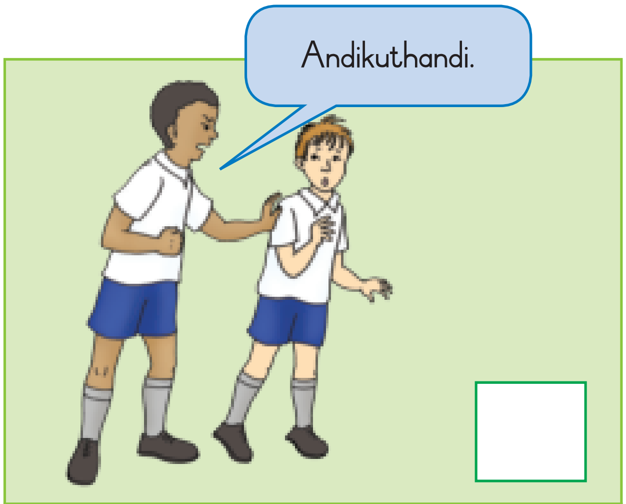
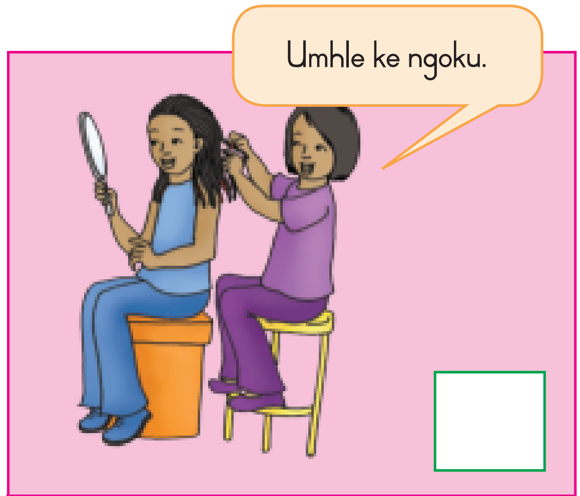
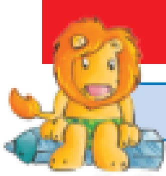




Ukuthi hayi

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

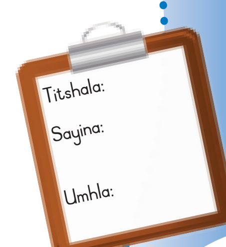
Ukuba umntu ukwenza uzive ufuna ukuthi "hayi" kwaye ukwenza uzive ungonwabanga, xelela umntu omdala onokumthemba.



Masibhale

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

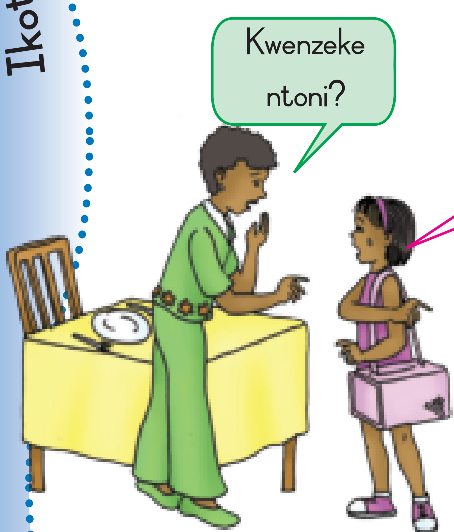
Bhala ukuba ungasixela njani isehlo esibi kumntu omthembileyo.



Ukuzilumkela

Masithethe

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



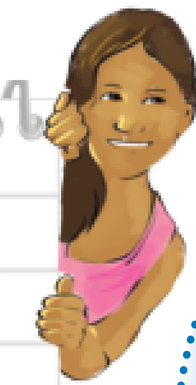
Masithethe

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...



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

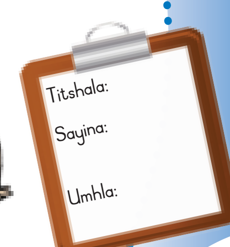
Zilungiselele ukungenela ugqatso.

Chopha ube kwisimo esilungileyo sokuqalisa.

Mamela utitshala wakho esithi:

"Chopha! Lunga! Baleka!"

Yenza ke ngoku umdlalo wemiqobo.



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13 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.

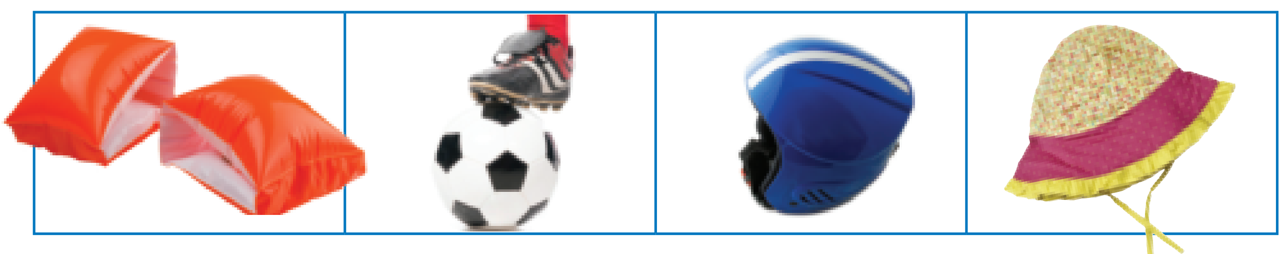
	Iisigarethi zinesongo esimnandi.
	Xa ndihleli ecaleni komntu otshayayo, oko kunokwenzakalisa umzimba wam.
	Ukutshaya kunokuwenza abe mthubi amazinyo akho.
	Ukutshaya kubangela isifo somlomo.
	Unokukhohlela ngokugqithisileyo ngenxa yokutshaya.
	Ukutshaya kunokubangela isifo somhlaza.

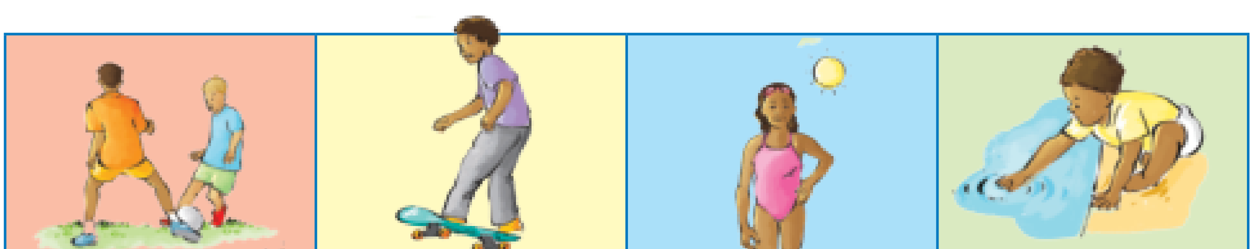
Imithetho yempilo

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.

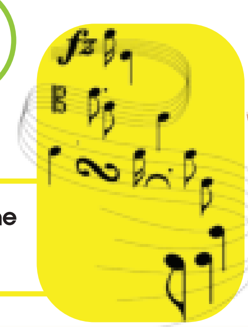


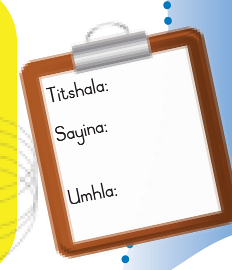


Khanibe nenxaxheba nani nidlale umdlalo weqakamba omncinci.

Phuma phandle

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





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Amalungelo noxanduva (1)

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.

☐ UAnna uthengisa imifuno imini yonke ngenxa yoko akakwazi ukuya esikolweni.	☐ Ukuphuma kwesikolo uLisa unkcenkceshela isitiya semifuno.

Umhla: ....

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UPeter uthutha izitena kuba usebenzela umakhi.	UJabu noBongi bancedisa ngokucoca.

Masithethe

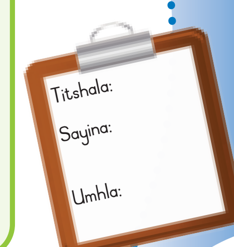
Yeyiphi imisebenzi oyenza ekhaya? Yeyiphi imisebenzi oyenza esikolweni ukuncedisa utitshala wakho?

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.

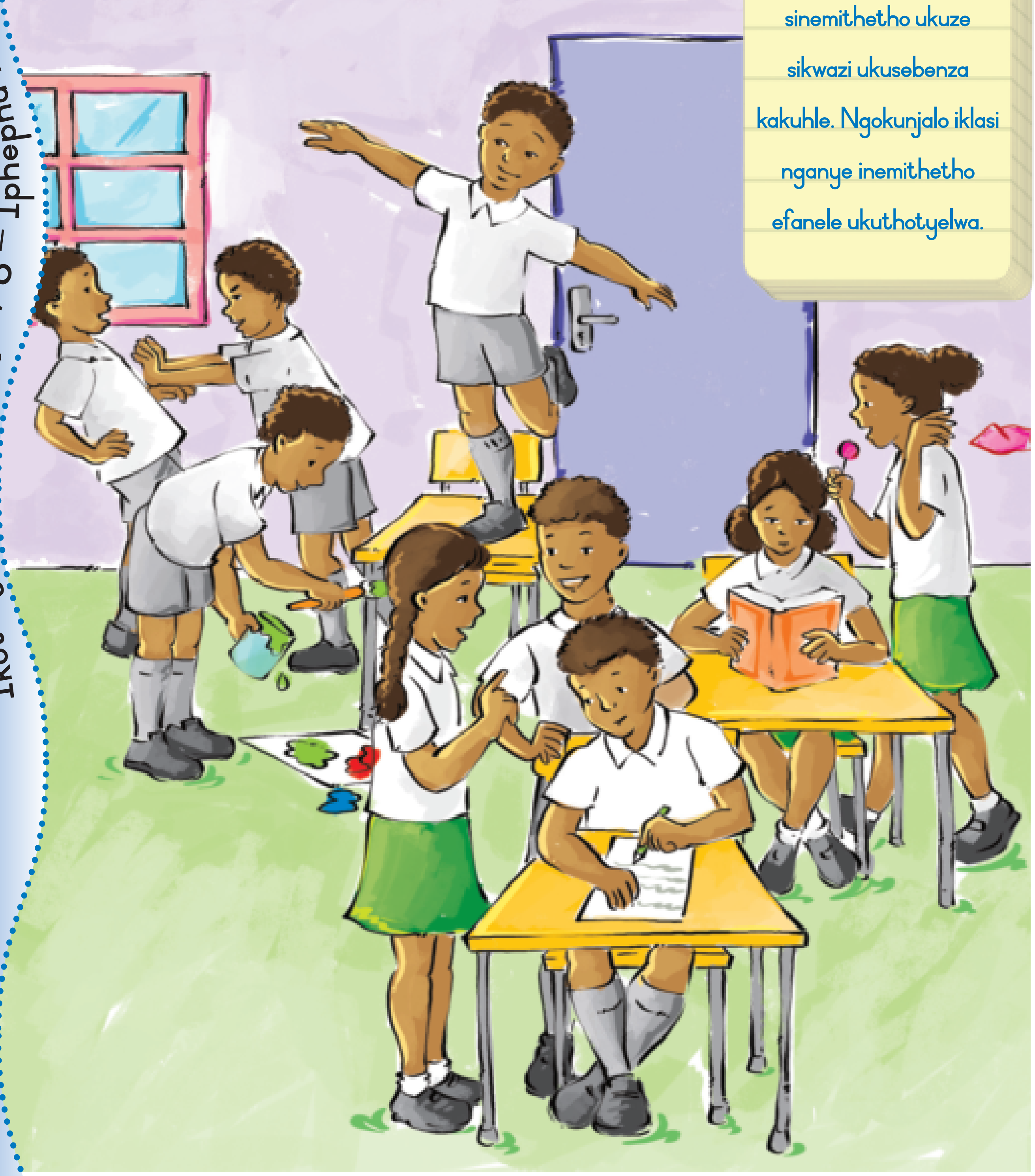


Amalungelo noxanduva (2)

Masithethe

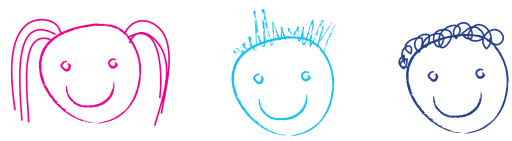
Xelela umhlobo wakho ukuba yeyiphi imithetho eyaphulwa ngaba bantwana.

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



Umhla: ....

Masibhale Bhalela iklasi yakho imithetho emi-4.



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

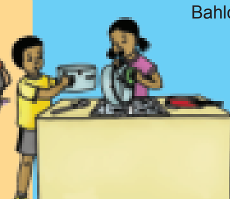
UXANDUVA LOLUTSHA LOMZANTSI AFRIKA

Ukulingana
Phatha wonke umntu ngokulinganayo nangendlela elungileyo. Musa ukucalucalula.

Isidima somntu
Hlonipha wonke umntu. Yiba nenceba nenkathalo.

Ubomi
Ubomi buxabisekile. Phatha yonke into ephilayo ngentlonipho.

Usapho
Bahlonele abazali bakho. Yiba nobubele nentembeko kusapho lwakowenu.



Imfundo
Yiya esikolweni, ufunde kwaye usebenze ngokuzimisela. Thobela imithetho yesikolo.

Umsebenzi
Ncedisa kwimisebenzi yasekhaya. Abantwana mabanganyanzelwa ukuba bafune umsebenzi.

Inkululeko nokhuseleko
Musa ukubavisa ubuhlungu okanye ubavuyelele abanye, kwaye sukubavumela nabanye ukuba benze njalo. Iingxwaba-ngxwaba mazisonjululwe ngoxolo.

Ipropati
Zihlonele izinto zabanye abantu. Musa ukonakalisa ipropati kwaye musa ukuba.

Inkolo, inkolelo kunye noluvo
Zihlonele iinkolelo nezimvo zabanye abantu.

Ukhuseleko
Wukhathalele umhlaba. Musa ukuwamosha amanzi nombane. Zikhathalele izilwanyana nezityalo. Gcina ikhaya lakho kunye nendawo ohlala kuyo icocekile kwaye ikhuselekile.

Ubummi
Yiba ngummi woMzantsi Afrika olungileyo nothembekileyo. Yithobele imithetho kwaye uqinisekise ukuba benjenjalo nabanye abantu.

Inkululeko yokuvakalisa izimvo
Musa ukusasaza ubuxoki nentiyo. Qinisekisa ukuba abanyhukulwa okanye baviswe ubuhlungu abany abantu.

Titshala:
Sayina:
Umhla:

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Iintsuku zenkolo nezinye ezizodwa

Masithethe

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? ______________

Umhla: ....

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Siyahlola

Masibhale Zalisa eli khadi lingawe.

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 ______________________

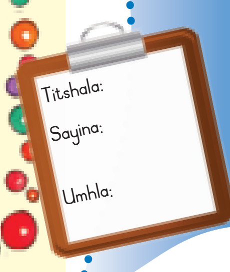
Oyena mhlobo wam ndimthandayo ______________________

Into endonwabisayo ______________________

Into endenza lusizi ______________________

Into endicaphukisayo ______________________

Into endiyenza kakuhle ______________________



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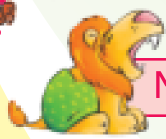
Indlela yokutya esempilweni



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 zinceda imizimba yethu ukuba ilwe nezifo kwaye ihlale isempilweni.

Phuma phandle

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

Umhla: ....

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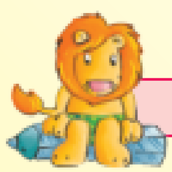
Iikhabhohayidrethi

Ezi ntlobo zokutya zisinika amandla.

Ubisi

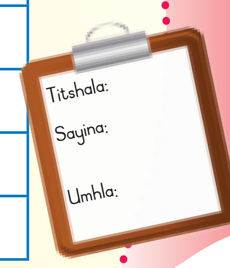
Ukutya kwemveliso yobisi kwenza amathambo ethu omelele, ngakumbi xa usemncinci amathambo esakhula.



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



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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.

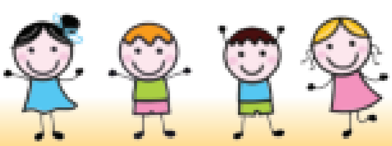
Kokuphi ukutya abakuthande kancinane kakhulu abahlobo bakho?

Ucinga ukuba abahlobo bakho banayo imikhwa yokutya ngendlela enempilo?

Kutheni ucinga njalo nje?

Masonwabe

Cela ututitshala wakho akubonise ukuba udlalwa njani umdlalo wefowuni eyaphukileyo.



Umhla: ....

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Masibhale

Yenza uludwe lweentlobo zokutya esifanele ukuzitya yonke imihla.

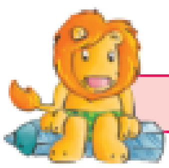
Ziintoni ekufuneka siziphephe?

Ityuwa egqithisileyo kuba yenza sibe noxinzelelo lwegazi oluphezulu xa sibadala.

Iswekile egqithisileyo kuba ingasenza sibe nesifo seswekile xa sibadala.

Iswekile eninzi kakhulu iyatyebisa.

Ukusela iziselo ezineswekile kakhulu nokutya iikeyiki neetshiphusi kakhulu.



Masibhale

Bhala iresiphi yokutya okuthandayo.

Iresiphi ye- ______________________

Zeziphi izithako ezifunekayo?	
Ndenze njani?/Ndisebenzise eyiphi indlela?	

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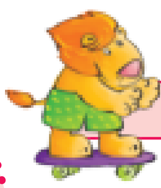
2021/04/07 13:45:07

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.

Umhla: ....

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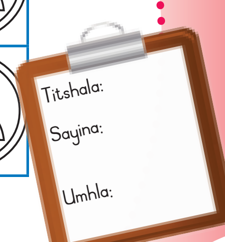
Bhala izinto abafanele ukuzithenga namaxabiso azo kuludwe lokuthenga olungezantsi. UThabo noNomsa bahlawule malini ngokutya abakuthengileyo?

ULUDWE LOKUTHENGWAYO	IXABISO

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. ______



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Ukutya kakuhle

Masenze

Zoba okanye ncamathelisa imifanekiso yokutya ukuze ubonise isidlo esinempilo.

Umhla: ....

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Masifunde

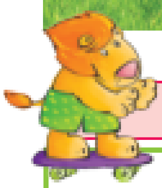
Imithetho yokutya ngendlela elungileyo

Zihlambe qho izandla zakho phambi kokuphatha ukutya.

Ungakushiyi ungakugqumanga ukutya.

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

Lima eyakho imifuno.



Masenze Zoba umfanekiso ubonise omnye wale mithetho.

Titshala:

Sayina:

Umhla:

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Izinambuzane

Masithethe Thetha ngamalungu omzimba wesinambuzane.

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

Ngokunjalo zinemilenze emithandathu neempondo ezimbini.

Masenze

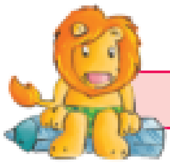
Phawula esi sinambuzane. Krwela umgca osuka kwilungu ngalinye oya kwilungu elichanekileyo lesinambuzane.

Umzimba ongezantsi	Uphondo
Intloko	Iliso
Umlenze	Umzimba ongasentla

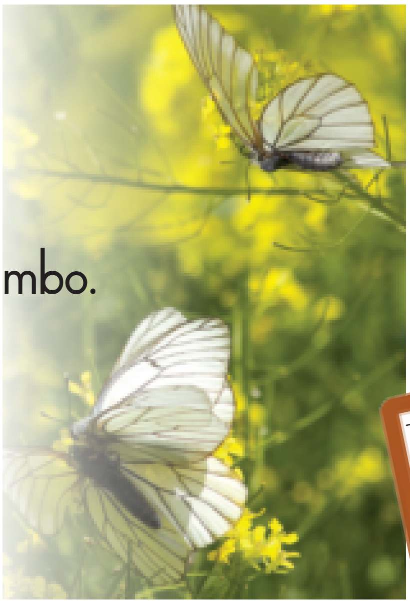
Phuma phandle Yenza ingxolo yeenyosi, bhabha okwebhabhathane uze utsibe okwentothoviyane. Ulungele ukudlala ibhola ekhatywayo ke ngoku!

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

Inyosi
Ingcongconi
Impukane
Imbovane
Intethe
Ibhabhathane
Ubhantom
Ivivingane



Masibhale Ngoku fakela amagama angekhoyo.



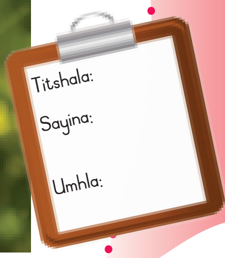
____________ zenza ubusi.

____________ amvumvuzela iintyatyambo.

____________ zisasaza imaleriya.

____________ zisasaza izifo.

____________ zitya izityalo zabalimi.



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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 esishiyiweyo.

Le ____________________ ifunxa incindi kwintyatyambo.

____________________ inemilenze yangasemva eyomeleleyo yokutsiba.

Umhla: ....

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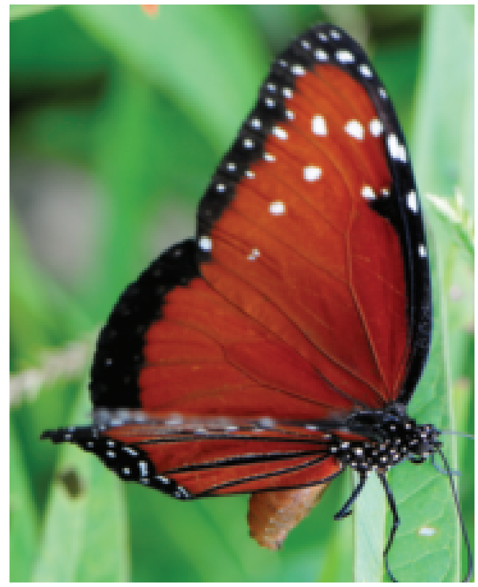
_______________ zisebenzisa iimpondo ukunxibelelana nezinye.



____

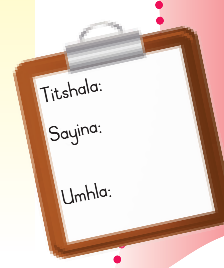
asasaza umgubo wokumvumvuzela ukusuka kwisityalo esithile ukuya kwesinye.

____

zisasaza iintsholongwane.

Yenza ukuba isinambuzane sishukume. Yizani neehengara emakhaya.

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



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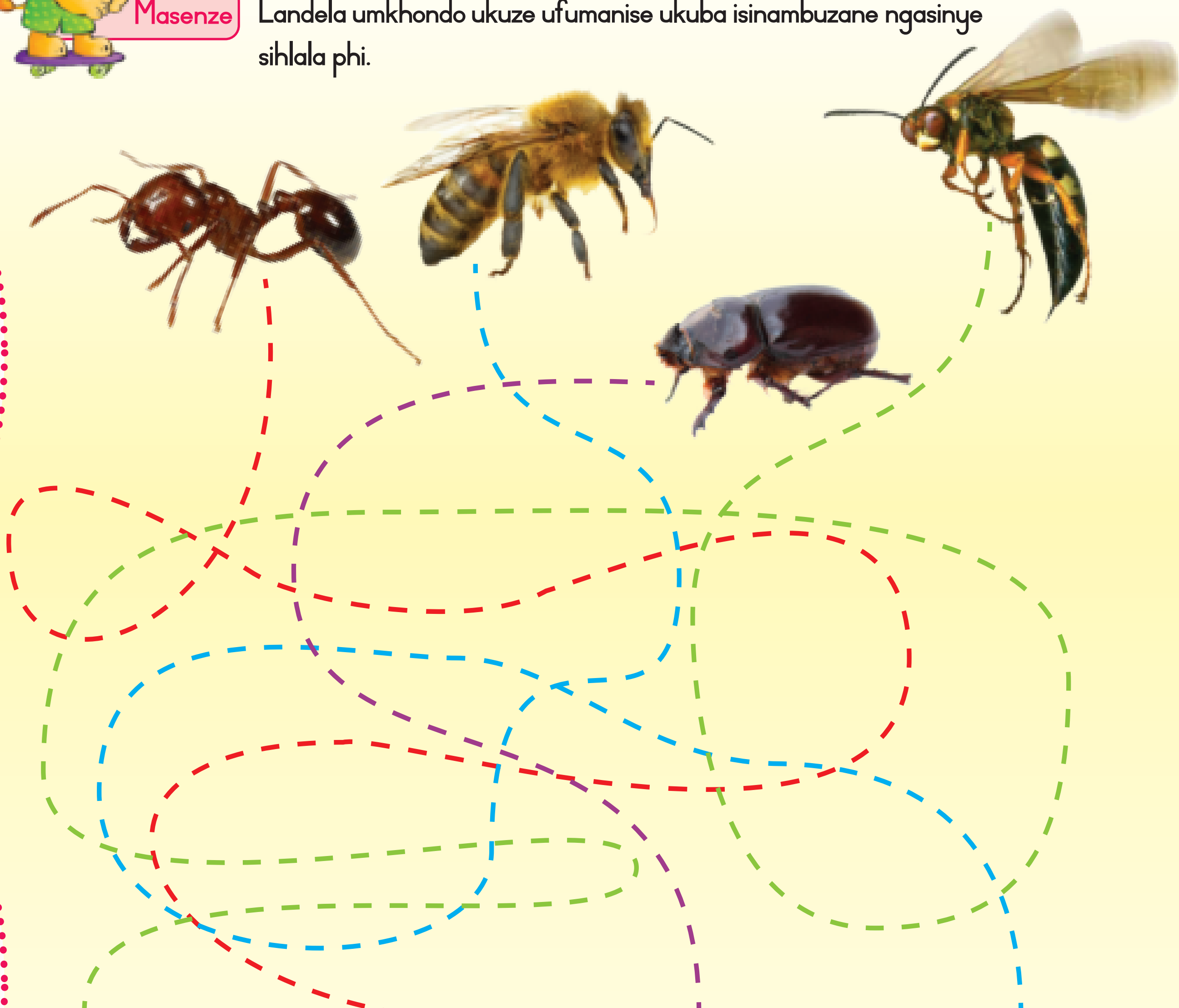
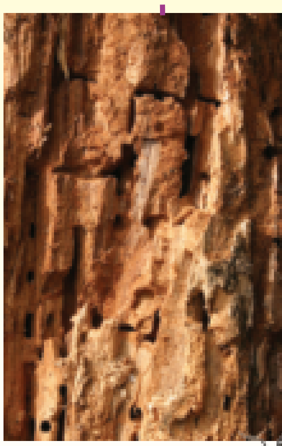
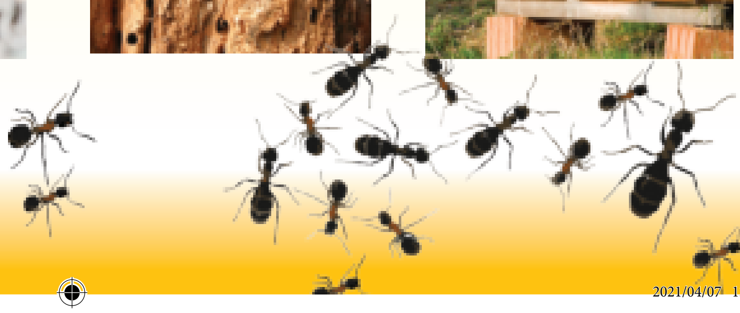
23 Amakhaya ezinambuzane

Landela umkhondo ukuze ufumanise ukuba isinambuzane ngasinye sihlala phi.







Umhla: ....

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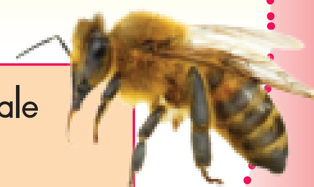
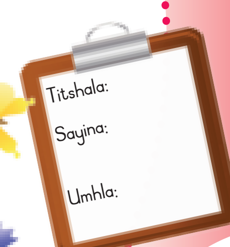
Hamba-hamba ujikeleze amabala esikolo uze ujonge ukuba zingaphi iintlobo zezinambuzane onokuzifumana.



Zeziphi izinambuzane ozibone ngaphandle? Khetha sibe sinye uze ubhale igama laso apha.
Isinambuzane eso sitya oluphi uhlobo lokutya?
Ingaba isinambuzane sakho sishukuma ngokucotha okanye ngokukhawuleza?
Ingaba isinambuzane sakho siluncedo? Kutheni usitsho nje?
Siyingozi njani isinambuzane sakho? Ungenza ntoni xa sinokukwenzakalisa?

Yila uze uzobe esakho isinambuzane uze usithiye igama.



Ndiligcisa

Masenze Zenzele ibhabhathane

Kufuneka oku: iphepha leA4
Ikhrayoni 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.

Umhla: ....

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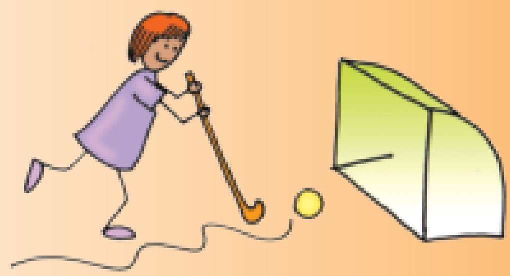
Phuma phandle Dlala le midlalo

Isitishi 1:

Ibhola yomnyazi: Qakathisa ibhola logama ubaleka ngepatheni egosogoso.

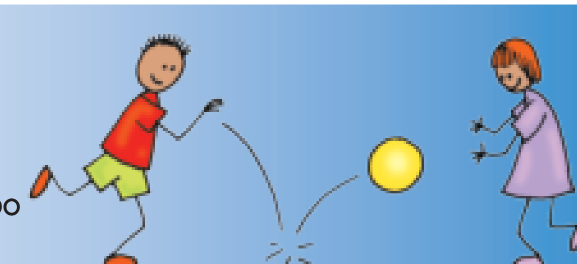
Isitishi 2:

Ihoki: Sebenzisa intonga yehoki ukuqhubela ibhola ngakwindawo yokukora.



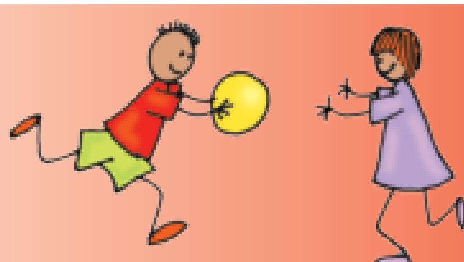
Isitishi 3:

Ibhola yomnyazi: Qakathisela ibhola kumhlobo wakho ubaleka.



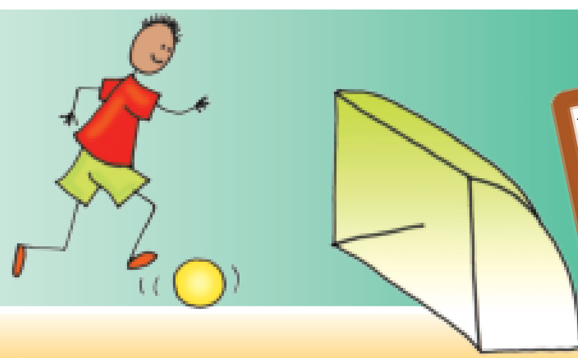
Isitishi 4:

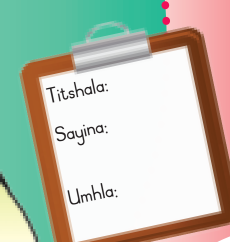
Ibhola yombhoxo: Baleka nebhola uze uyiphosele omnye.



Isitishi 5:

Ibhola ekhatywayo: Khabela ibhola emnatheni ubaleka.





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Imijikelo yobomi

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

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 oneempefumla ezingaphandle kunye nephiko lomsila.
4. Unojubalala ukhula imilenze.
5. Umsila uthi pheselele.
6. Isele elidala eseliphuhle imiphunga nelingasenazimpefumla.

Umhla: ....

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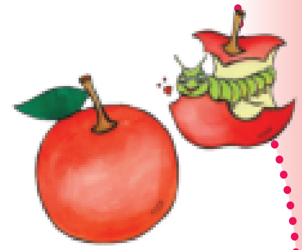
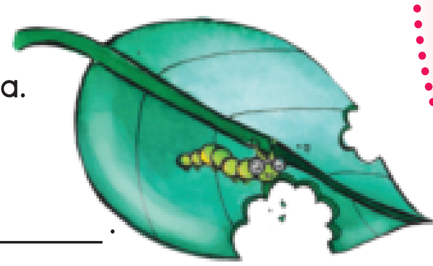
Jonga ke ngoku lo mjikelo wobomi bebhabhathane. Bhala ukuba kwenzeka ntoni kwinqanaba ngalinye lomjikelo wobomi. Sikuncedisile kumanqanaba amabini.



Umjikelo wobomi bebhabhathane



1 Ibhabhathane libeka amaqanda.

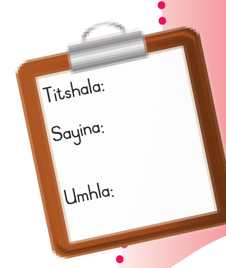
2 ______________________________.

3 ______________________________.

4 ______________________________.

5 Umbungu uba nguphunguphungu.

6 ______________________________.



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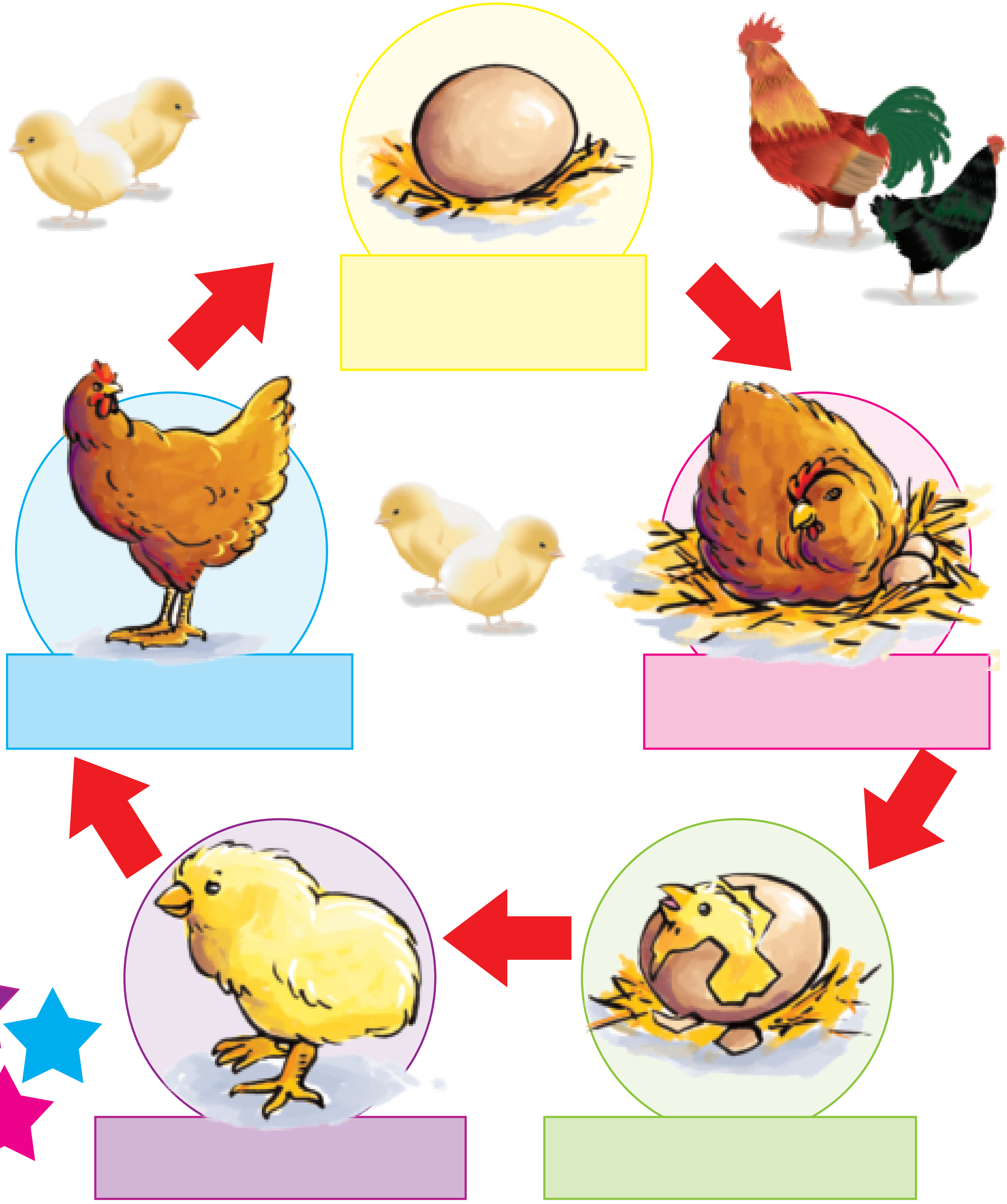
Imijikelo yobomi

Masithethe

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

Umjikelo wobomi benkuku



Umhla: ....

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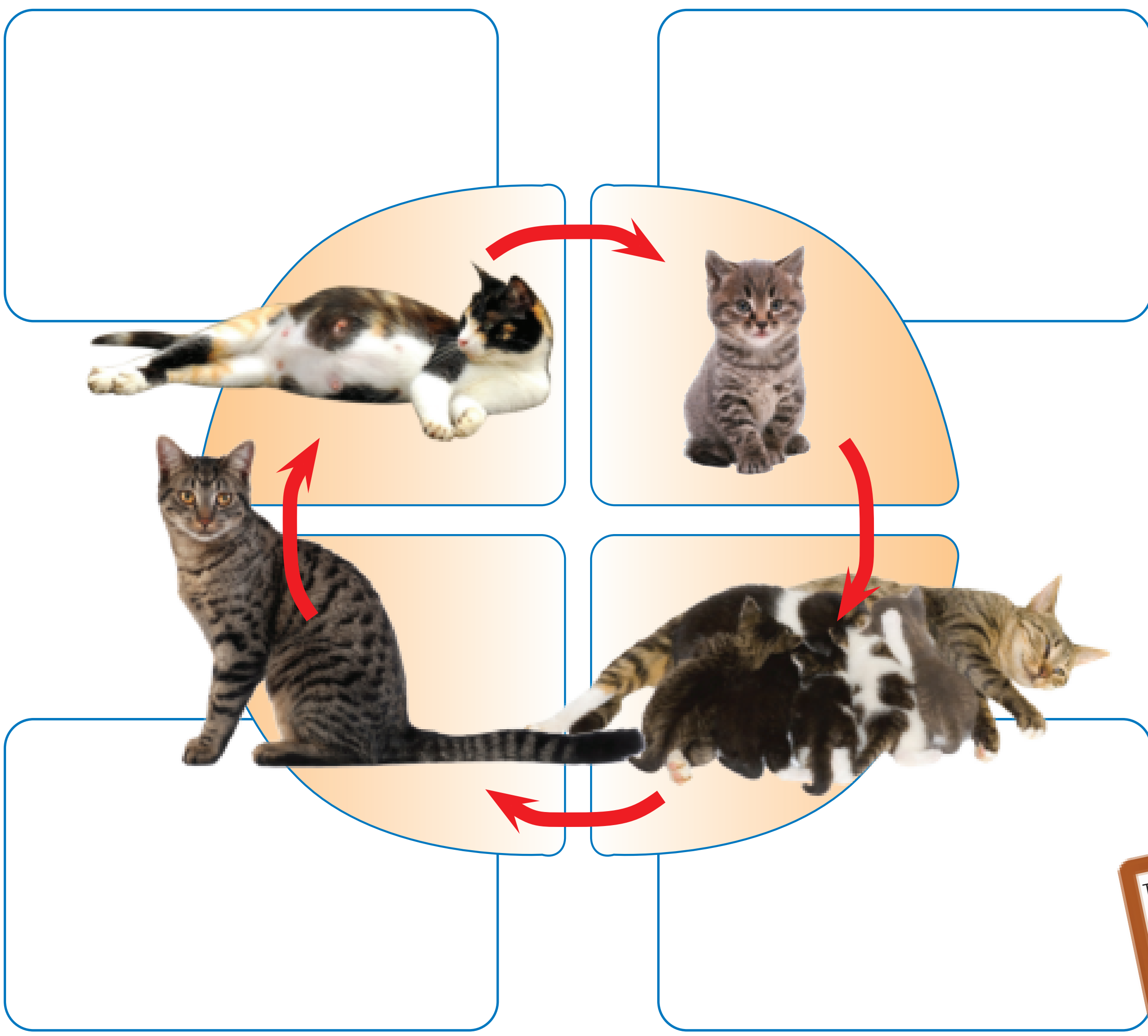
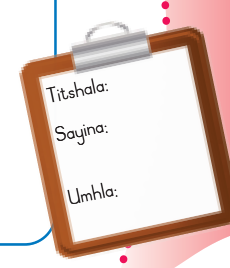
Ngoku yila owakho umjikelo wobomi.
Faka uphawu kumfanekiso ngamnye okwivili lebali ubonise umjikelo wobomi bekati.
Sebenzisa izihloko ezingezantsi ukuze zikuncede.

Faka iinombolo kumabakala 1–4 uze uzisebenzise kwivili lakho lebali.

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

Umjikelo wobomi bekati





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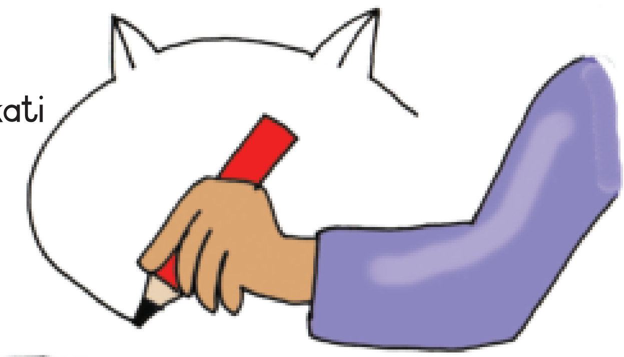
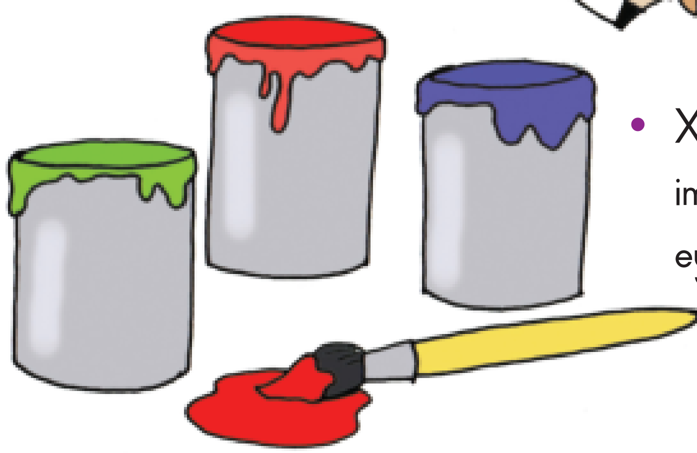
Isilo-qabane sam

Masenze Yenza imasikhi yesilo-qabane

Kufuneka oku:
Iphepha le-A4
Ipenisile
Ipeyinti yomgubo namanzi
Imicinga yokuqqoqqa iindlebe

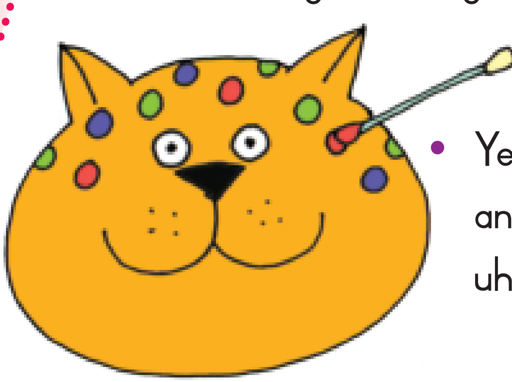
- Zoba umgca wobuso bekati ephepheni.





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

- Sebenzisa umcinga wendlebe ngombala ngamnye.



- Yenza amachokoza anemibala eyahlukeneyo uhombise ubuso bekati.

Umhla: ....

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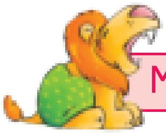
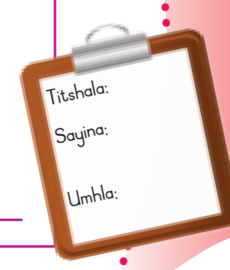


Masithethe

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.



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Ukulondoloza okusingqongileyo

Masithethe Jonga ezi powusta uze uthethe nabahlobo bakho ngento ezisixelela yona.

Jonga umqondiso wokuhlaziya.
Ukhe wawubona phi umqondiso ofana nalo?

Phuma phandle Ungakwazi ukuyila umxhentso okanye umdaniso usebenzisa iihulahuphu neeribhoni?

Umhla: ....

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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

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

Hlaziya igilasi	Hlaziya iplasitiki	Hlaziya iphepha	Yenza ikhomposi
Iibhotile ezindala	Izingxobo zeplasitiki	Amaphepha-ndaba	Amaxolo emifuno

Titshala:
Sayina:
Umhla:

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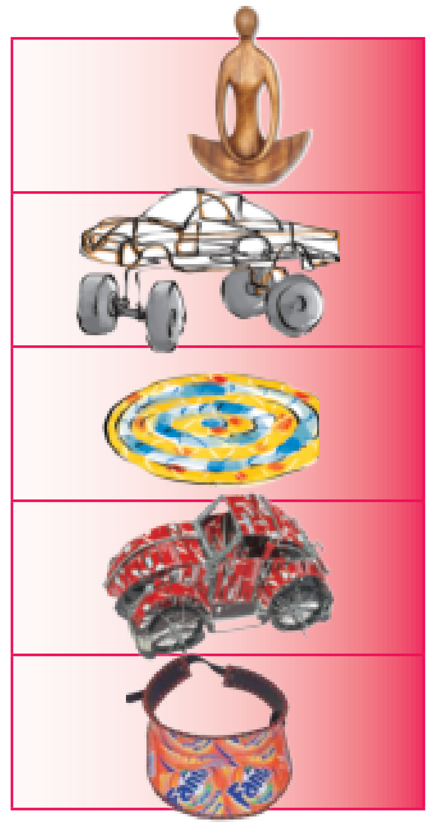
Ukuhlaziya

Masibhale

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



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

Igama lento
Yenziwe nge

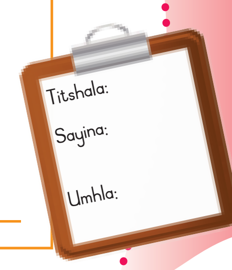
Zoba umfanekiso wento oyithandayo.

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 zeplasitiki | amaxolo emifuno | izikhonkwane | iitoti zesiselo esibandayo | amaqokobhe amaqanda

Izinto ezingaboliyo	Izinto ezibolayo

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



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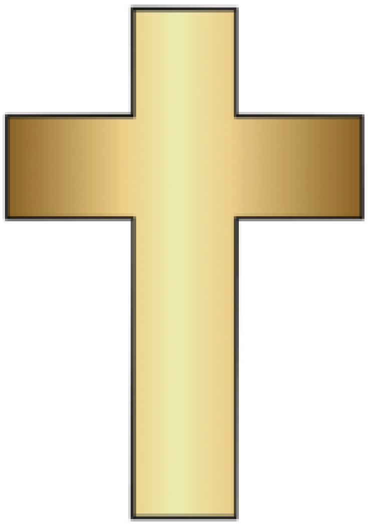
Iintsuku zenkolo nezinye ezizodwa

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.

Umhla: ....

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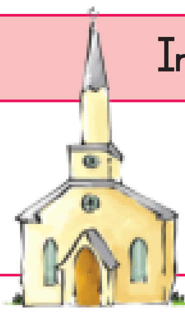
Iindawo ezahlukeneyo zokunqula

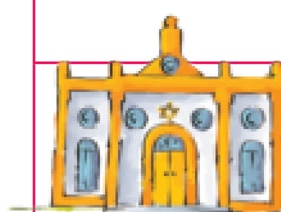
Krwela umgca odibanisa inkolo nganye nendawo yayo yokunqula.
Bhala igama lesakhiwo phantsi komfanekiso ngamnye.

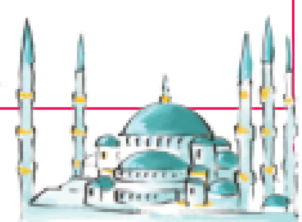
itempile	isinagogu	imoski	inkonzo

Inkolo
ubu-Islam
ubuHindu
ubuKrestu
ubuJuda

Indawo yonqulo

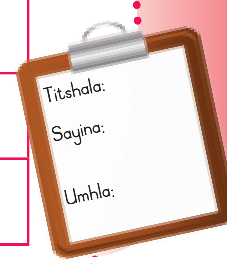






Buza abahlobo aba-4 ukuba loluphi uphawu olubonisa inkolo yabo.
Lukhuphele ecaleni kwamagama abo.

Amagama abahlobo	Iimpawu zabo



ISATIFIKETHI

Sokugqiba iBanga lesi–3

Izakhono zoBomi incwadi yoku–1

Sinikezelwa ku

____
Bhala igama lakho.

Umhla ______________

Utitshala ____________________

XHO LS Gr3 B1_inside.indd 62 2021/04/07 13:46:21

Isichazi-magama sam

Aa

Gg

Bb

Hh

Cc

Ii

Dd

Jj

Ee

Kk

Ff

Ll

XHO LS Gr3 B1_inside.indd 63 2021/04/07 13:46:22

Isichazi-magama sam

M m

S s

N n

T t

O o

U u

P p

V v

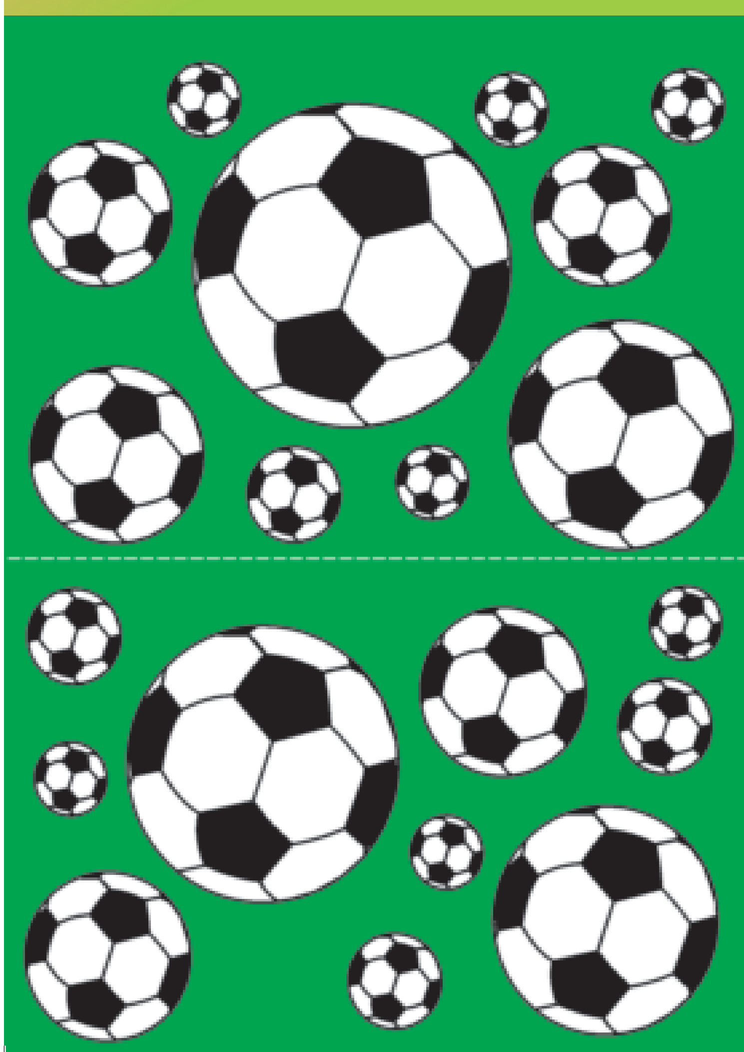
Q q

W w

R r

X-Z x-z

XHO LS Gr3 B1_inside.indd 64 2021/04/07 13:46:23



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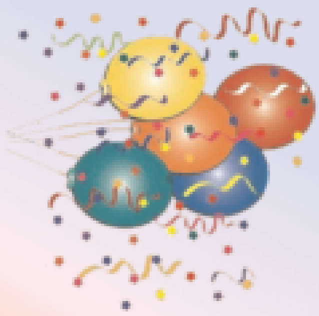
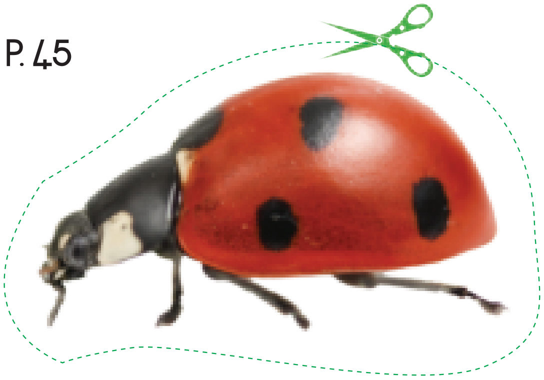
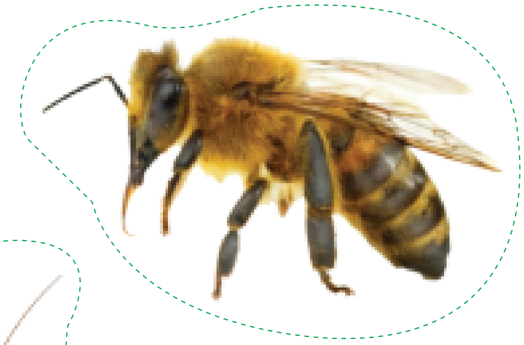
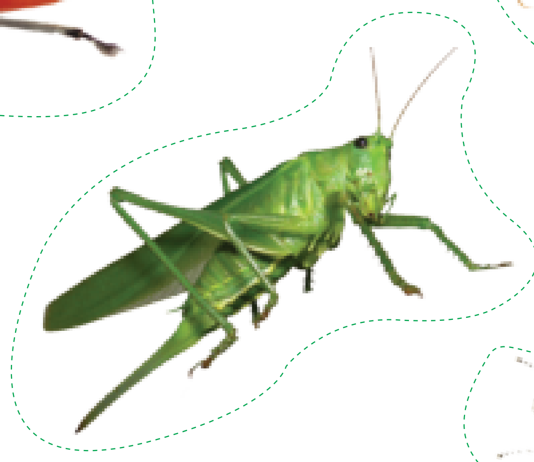
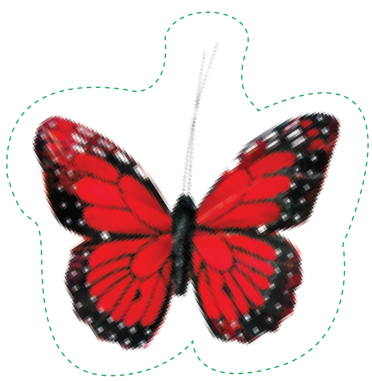


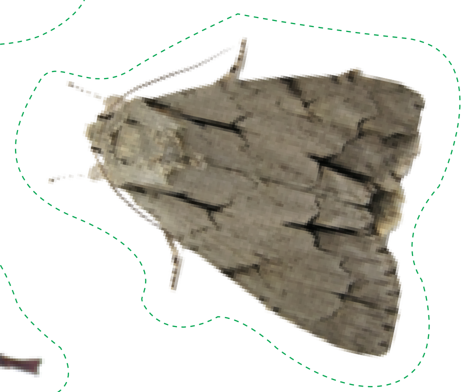
P. 45

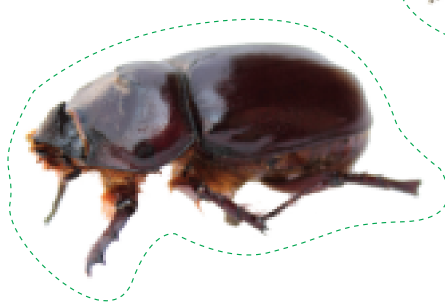


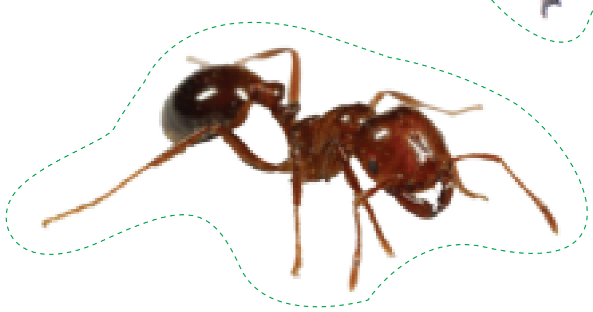


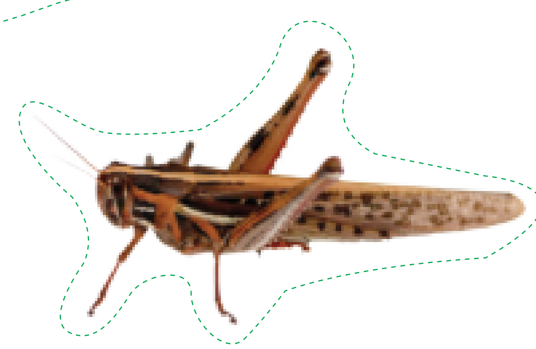


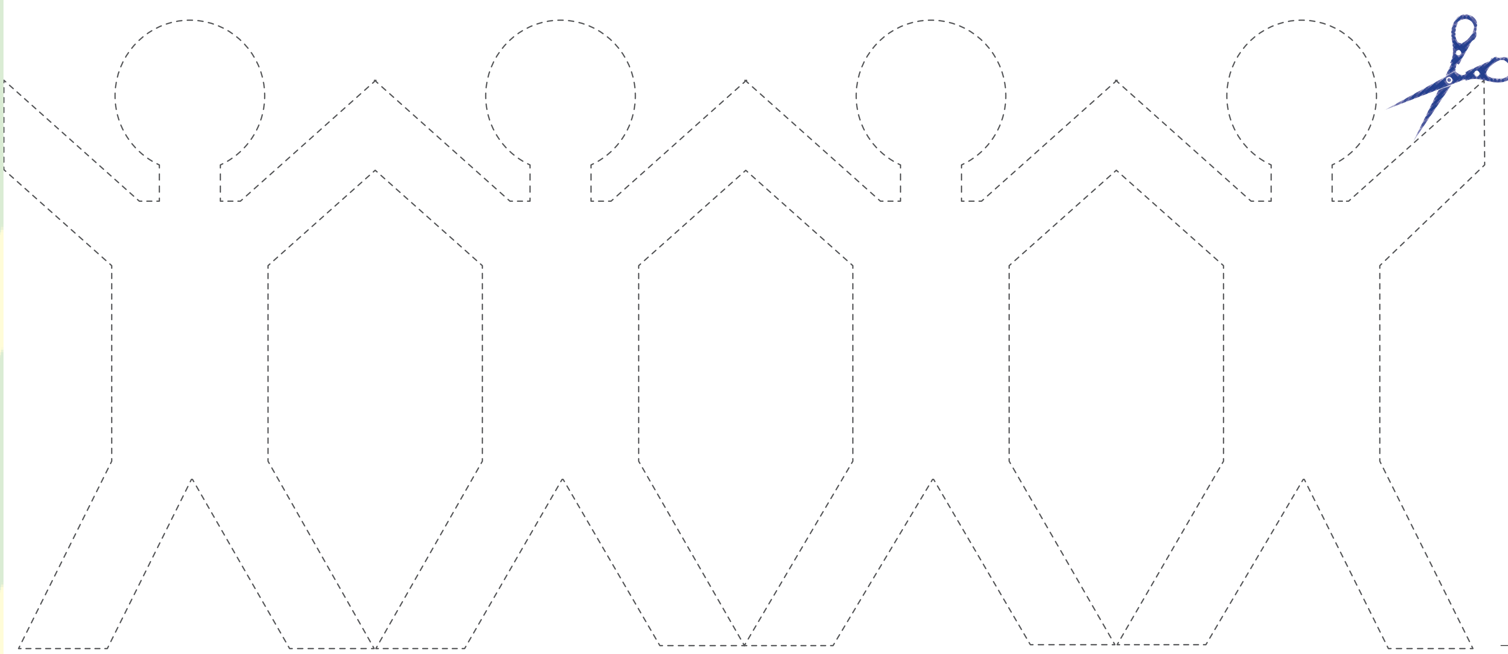












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