



IBANGA

3

INCWADI
YOMFUNDI

Platinum

Amakhono Empilo

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Platinum Amakhono Empilo Ibanga 3 Incwadi Yomfundi

Maskew Miller Learning (Pty) Ltd
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Siyakwamukela

Siyakwemukela Ekufundeni Okuhlabahlosile

Mfundi othandekayo,

Siyakwamukela kule ncwadi ethokozisayo! Uzohlangana nabalingiswa abamangalisayo; njengoba nje umlingisi ngamunye ekhethekile ngendlela yakhe, nawe unjalo!



Thabo



Usisi osebenza eTuck shop



Lily



Sahil



Tebogo



Amina



Zara



Lulama



Lina



Aiden




Khaya

Uzothola okulandelayo encwadini yakho yokufunda, okuzokusiza ukukuqondisa kuhambo lwakho olujabulisayo olugcwele ukufunda nokuvumbulula.

Ake siqale: Isihloko ngasinye siqala ngolwazi olubalulekile ozoqonda ngalo.

Isikhathi sokuhlola: Imisebenzi ejabulisayo ekukhuthaza ukuthi uhlole imibono emisha, ufunde amaqiniso amnandi futhi uxazulule izindida.

Ubuciko nomsebenzi wezandla: Uma ubona lesi sinala,  isikhathi sokusebenzisa umcabango wakho sesifikile.

Isifundo Sokuzivocavoca: Sekuyisikhathi sokunyakaza umzimba wakho uma ubona lesi sinala.



Amagama amasha: Funda amagama amasha azokusiza ukhulise ulwazimagama lwakho.

Ake sihlale: Ekupheleni kwesihloko ngasinye, qedela le misebenzi ukuze uziqhenye ngokuthi kungakanani okufundile!

Ukuhlola okusemthethweni: Lokhu kuzohlola ukuthi ukuqondisise kahle kangakanani konke okufundisiwe ethemini yonke.

Le ncwadi izokukhuthaza ukuthi usebenze uwedwa, futhi ngamaqembu. Nizocula, nidanse futhi nifunde ndawonye. Qiniseka ukuthi ulungiselela ikilasi ngalinye futhi ubuze uthisha wakho imibuzo eminingi ngangokunokwenzeka.

Lungela ukufunda, ukudlala nokusebenzisana nabangani bakho.

Kujabulele ukufunda.

Okuqukethwe

Ithemu 1

Isihloko 1 Okumayelana nami	i
Luyini uhlu lwezehlakalo?	4
Uhlu lwezehlakalo zempilo yakho.....	5
Into ethokozisayo yesikhathi sami esidlule	6
Make sibheke	9
Isihloko 2 Imizwa	10
Izinto ezingenza ngijabule.....	12
Izinto ezingenza ngidabuke	13
Ukuqaphela imizwa.....	15
Izindlela ezinhle zokuveza imizwa	18
Ukuxolisa – uxolisa kanjani	21
Make sibheke	25
Isihloko 3 Ukuvikelwa Kwezempilo	26
Izinqubo zosizo lokuqala eziyisisekelo ezimweni ezinjengokopha emakhaleni, ukulunywa yizilwane, ukusikeka nokusha.....	28
Ukopha emakhaleni nokulunywa yizilwane	30
Ukusikeka nokusha	31
Ezempilo eziyisisekelo kanye nenhlazeko	34
Make sibheke	41
Isihloko 4 Ukugcina umzimba wami uphephile	42
Asiphephile nawo wonke umuntu	44
Imithetho yokugcina umzimba wami uphephile	47
Ukwethemba imizwa ethi 'Yebo' kanye 'Cha'	51
Usho kanjani ukuthi 'CHA' kunoma yiluphi uhlobo lokuhlukumeza	53
Indlela yokubika ukuhlukumezeka.....	55
Make sibheke	57
Isihloko 5 Amalungelo kanye nokulindeke kimi	58
Amalungelo nezibopho zabafundi	60
Amalungelo nezibopho ekhaya	62
Amalungelo nezibopho esikoleni	64
Amalungelo nezibopho emphakathini wethu	64
Amalungelo nezibopho endaweni yethu	67
Izinsuku zenkolo nezinye izinsuku ezikhethekile.....	69
Make sibheke	73
Umsebenzi wokuhlola okuhleliwe Itemu 1	74

Ithemu 2

Isihloko 6 Ukudla ngokuyimpilo	76
Amaqembu okudla.....	79
Amavithamini – izithelo nemifino.....	82
Amakhabhohadrethi – isinkwa, ummbila, impuphu	84
Amaprotheni – amaqanda, ubhontshisi, inyama namantongomane	88
Okobisi – ubisi, ushizi neyogathi.....	90
Ukudla okunomsoco	93
Make sibheke	95
Isihloko 7 Izinambuzane	96
Izici zezinambuzane	98
Izinambuzane ezehlukene – njengempukane, umiyane, intuthwane, ibhungane	101
Ukudweba isinambuzane.....	102
Indlela izinambuzane ezisisiza ngayo.....	104
Izindlela ezinye izinambuzane ezisilimaza ngazo	108
Izinambuzane eziyingozi.....	109
Make sibheke	110
Isihloko 8 Imijikelezo yempilo	112
Uyini umjikelezo wempilo	113
Umjikelezo wempilo yezilwane ezincelisayo.....	114
Umjikelezo wempilo yesinambuzane (uvemvane)	115
Umjikelezo wempilo yesilwane esiphila emanzini namsemhlabeni	118
Umjikelezo wempilo yesilwane esihlala emanzini nasemhlabeni (ixoxo).....	120
Umjikelezo wempilo yenyoni (inkukhu)	122
Make sibheke	126
Isihloko 9 Ukugaya kabusha	128
Kwenzekani ekumosheni kwethu.....	130
Ukusebenzisa kabusha	132
Ukuvuselela kabusha	134
Yehlisa	136
Yini engeke yakwazi ukuvuselelwa.....	138
Ukuvuselela ekhaya nasesikoleni	139
Ukwenza umquba ngezinto ezibolayo	140
Ukusebenzisa kabusha amanzi.....	143
Izinsuku zenkolo nezinye ezibalulekile	144
Make sibheke	146
Umsebenzi wokuhlola okuhleliwe	147

Ithemu 3

Isihloko 10 Ukuphepha komphakathi	150
Izindawo okungaphephile ukudlala kuzo	153
Ukugibela izitimela namatekisi ngendlela ephephile	156
Imithetho yokuphepha.....	157
Izingozi zikagesi	158
Izinto ezinoshevu nezingabangela umlilo	160
Izimpawu ezisixwayisa ngengozi	162
Make sibheke	164
Isihloko 11 Ukungcola	166
Kuyini ukungcola?.....	168
Izinhlobo ezihlukahlukene zokungcola, umoya, amanzi, umhlaba, nomsindo.....	169
Imiphumela yokungcola kubantu.....	171
Imiphumela yokungcola endaweni	172
Make sibheke	173
Isithembiso sosuku lomhlaba.....	173
Isihloko 12 Indlela abantu ababephila ngayo endulo	174
Izindaba nolwazi lwamalungu omndeni asekhululile nawomphakathi	176
Izinto ezisetshenziswa amalungu omndeni asekhulile noma omphakathi	179
Izithombe zakudala kakhuluo	181
Babephila kanjani abantu ngaleso sikhathi kunamanje	183
Make sibheke	185
Isihloko 13 Umkhathi	186
Izinkanyezi namaplanethi – kuyini.....	190
Amagama amaplanethi	192
Izibonakude	193
Ukuhamba emkhathini.....	193
Amasathelayithi nolwazi esilutholayo	197
Make sibheke	199
Umsebenzi wokuhlola okuhleliwe	201

Ithemu 4

Isihloko 14 Imikhiqizo nokwenziwa kwayo	202
Sitholani ezitshalweni	204
Inqubo – Umoba uba ushukela.....	205
Lokho esikuthola Enhlabathini.....	206
Inqubo – Ubumba oluba izitina.....	207
Make sibheke	208
Isihloko 15 Izinhlekelele nokumele sikwenze	210
Izinhlobo zezinhlekelele.....	212
Esinye isehlakalo	215
Esinye isehlakalo	216
Make sibheke	219
Isihloko 16 Izilwane nezidalwa e zisisizayo	220
Izilwane ezisinikeza ukudla nezingubo zokugqoka	222
Izilwane ezisinikeza ukudla nezingubo zokugqoka	224
Izilwane ezisisebenzelayo	225
Izilwane ezisisebenzelayo	226
Izinsuku zenkolo nezinye izinsuku ezikhethekile	227
Usuku lwaMalungelo Abantu.....	227
Make sibheke	230
Umsebenzi wokuhlola okuhleliwe Itemu 4	231
Amagama amasha	232



Isihloko 1 Okumayelana nami



Sawubona, nginguNeo.
Namuhlanje usuku lwami
lokuqala ebangeni lesi-3.



Ngineminyaka
eyisishiyagalolunye.



Lo umndeni wami.

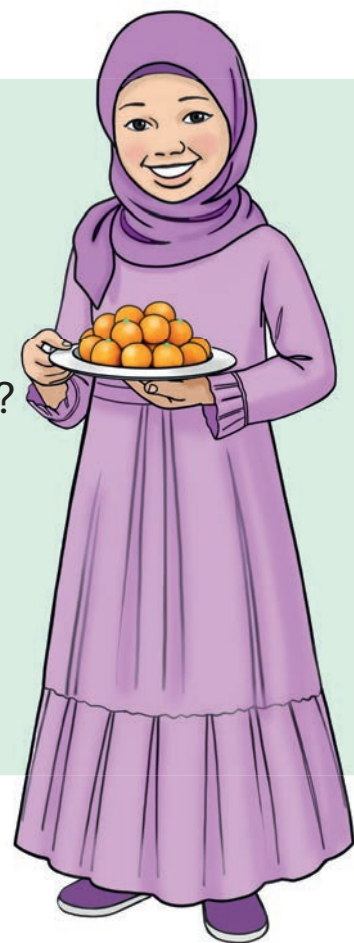


Ngithanda umbala ophuzi.

Make siqale

Bhala igama lakho nesibongo.

1. Yikuphi ukudla okuyintandokazi yakho?
2. Imuphi umsebenzi owuthandayo?
3. Dweba isithombe sakho nomngane wakho omkhulu.



Amagama
amasha

intandokazi – into oyithanda kakhulu

izwe – indawo enkulu kakhulu lapho iqoqo labantu lihlala ndawonye. INingizimu Afrika yizwe.



Umsebenzi 1

Sebenza wedwa.

Bhala phansi izinto ezinhlanu ngawe ongabelana ngazo nomngani wakho omusha.

Nalu uhlu lokukusiza:

1. Iminyaka yakho
2. Usuku lwakho lokuzalwa
3. Isilwane sakho osithandayo
4. Ithoyizi olithanda kakhulu



Isikhathi sokubona

Hlalani nibe yindilinga ngaphandle emagcekeni esikole sakho noma ekilasini lakho uma kunendawo.

Yiba nesitsha samatshe amancane phakathi nendawo. Umdlali wokuqala uphosa itshe emoyeni. Lowo mdlali aphinde azame ukuthatha amatshe amaningi, ngaphambi kokubamba itshe ebeliphose emoyeni. Bese kuba yithuba lomdlali olandelayo. Umdlali onamatshe amaningi uyawina.



UZweli ufundisa abangani bakhe ukuthi kudlalwa kanjani izingendo.

Luyini uhlu lwezehlakalo?

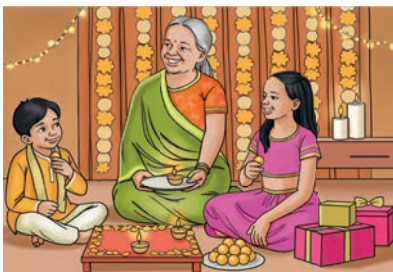
Umsebenzi 2

Sebenzani ngamaqembu.

Luyini uhlu lwezehlakalo?

Uyazikhumbula izinsuku ezikhethekile empilweni yakho?

1. Buka izithombe. Yisho ukuthi kwenzekani kuzo zonke.
2. Khuluma ngezinto ezikhethekile ozikhumbulayo empilweni yakho.
3. Buza umuntu omdala ngento eyenzeka esikhathini esidlule. Bhala imisho emihlanu ngalesi **sigameko**.
4. Yabelana ngendaba yakho nekilasi.



Uhlu lwezehlakalo zempilo yakho

Umsebenzi 3



Sebenza wedwa.

1. Yenza iphosta yohlu lwezehlakalo empilweni yakho, njenga le engezansi.
2. Uzodinga ikhalibhodi, amapeni anemibala, amakhrayoni, izikelo kanye nesinamathelisi ukuze uzokwenza uhlu lwezehlakalo.
3. Ungasebenzisa izithombe zakho.
4. Uma usuqedile, bonisa ikilasi iphosta yakho.



Usuku lwakho
lokuqala lokuzalwa



Ngiphumelela umdlalo wami
wakuqala webhola lezinyawo



Ukushova ibhayisikili elikhulu
okukuqala empilweni yami



Usuku lwami
lokuqala esikoleni



Sibungaza uDiwali
nomndeni wami



Ngathuthela
endaweni entsha



Amagama
amasha

uhlu lwezehlakalo – yinto esiyisebenzisayo ukubonisa ukuthi izinto zenzeka kanjani. Libonisa okwenzeka kuqala nokwenzeka kamuva
isigameko – yinto eyenzekayo

Into ethokozisayo yesikhathi sami esidlule



Umsebenzi 4

Qondanisa into yesikhathi **sakudala** neyesikhathi **samanje**.

1. Thola izithombe zezinto zakudala ezazisetshenziswa abazali noma ogogo nomkhulu. Qondanisa lowo nalowo entweni esetshenziswa manje.
2. Thola into **ethokozisayo** ekhaya yakudala. Cela umuntu omdala ukuthi akusize. Bonisa ikilasi lakho. Batshele ngakho.

Amagama
amasha

edlule – into eseyenzeka

manje – into eyenzeka manje

okuthokozisayo – into ofuna ukwazi ngayo, uyayinaka

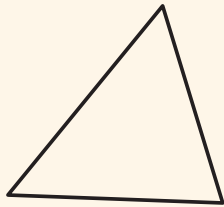
Ingabe uyakwazi
ukukhahlela ibhola
ngonyawo lwakho
lwesokudla bese ukhahlela
ngolwesobunxele?
Zololonge nomngani wakho.



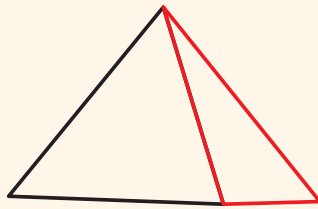


Isikhathi sokubona

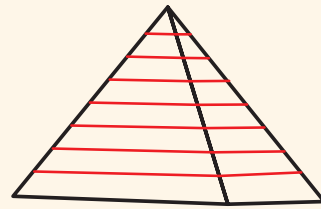
1. Dweba **iphiramidi yaseGibhithe**.
2. Bonisa ikilasi isithombe sakho.



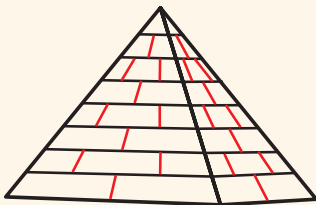
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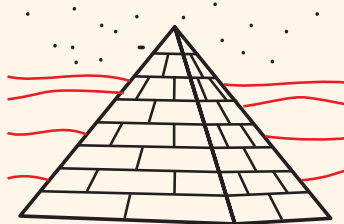
2



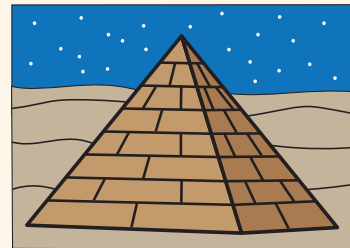
3



4



5



6

abantu baseGibhithe - abantu abahlala ezweni laseGibhithe

iphiramidi - ibhilidi elikhulu elakhiwa kudala elimise okukanxntathu.

Amagama amasha

Make sibheke

Yenza iphosta “Okuphathelene nami”.

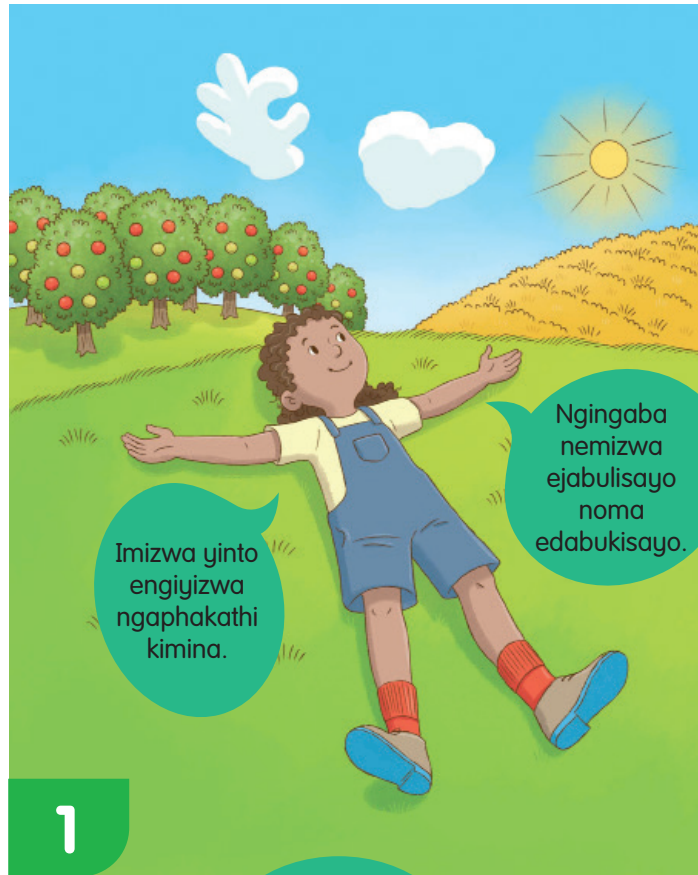
Uzodinga

ikhalibhodi	isikelo
amakhrayoni	isinamathelisi
amabhuku	

1. Yenza iphosta ngawe. Iphosta yakho kufanele ibe nalokhu okulandelayo:
 - a. Igama nesibongo sakho.
 - b. Isithombe noma uzidwebe wena.
 - c. Izithombe zezinto ozithandayo. Lokho kungaba yizilwane, imibala kanye nokudla okuthandayo. Namathisela lezi zithombe kuphosta yakho.
2. Xoxa nomngani wakho.
 - a. Bhala phansi imibuzo emihlanu ofuna ukuyibuza umngani wakho.
 - b. Tshela ikilasi ukuthi utholeni engxoxweni ngomngani wakho.



Isihloko 2 Imizwa



Make siqale

1. Ngabe ucabanga ukuthi **imizwa** iyini?
2. Uzizwa kanjani uma uvuka ngaphambi kokuba uye esikoleni?
3. Awuke ucabange isikhathi lapho wawuzizwa ujabule. Kwenzakalani?
4. Ucabanga ukuthi intombazane nomfana abasesithombeni 1 kanye nasesithombeni 2 bazizwa kanjani?



igama
elisha

imizwa – indlela umuntu azizwa ngayo ngezinto ezenzekayo

Izinto ezingenza ngijabule

Umsebenzi 1

Sebenzani ngababili.

Funda indaba engezansi. Bhala izimpendulo encwadini yakho.

UZahara uneminyaka eyi-9. Uhlala epulazini nomama wakhe, ubaba kanye nabafowabo abangamawele. Abanayo imali eningi, kodwa bangumndeni ozwanayo, banothando.

Ngelinye ilanga uZahara wayenosuku olungeluhle esikoleni. Abangani bakhe babengafuni ukudlala naye. Wayelokhu ekucabanga lokhu ngesikhathi esegoduka ephuma esikoleni. Ngesikhathi efika ekhaya, wakhuluma nomama wakhe wamutshela ngemizwa yakhe. Emuva kwalokho wazizwa engcono.

1. Ngabe yimiphi imizwa ocabanga ukuthi uZahara wayeyizwa ngesikhathi esegoduka ephuma esikoleni?
2. Kungani kwakubalulekile kuyena ukuthi akhulume nomunye umuntu ngemizwa yakhe?
3. Ucabanga ukuthi umama kaZahara wameluleka wathini ukuze azizwe engcono?

Izinto ezingenza ngidabuke

Umsebenzi 2

Sebenzani ngamaqembu.

1. Buka isithombe.
 - a. Ngabe kwenzakalani kulesi sithombe?
 - b. Isithombe ngasinye sikwenza uzizwe kanjani?
 - c. Ukube ubungu Ethan, yini obungayenza kangcono?
 - d. Bonisa ikilasi izimpendulo zakho.



Sebenza wedwa.

2. U-Ethan ungumngani wakho omkhulu. Kuyadabukisa ukuthi akajabule. Mbhalele incwadi umbonise ukuthi uyamkhathalela. Bhala izinto ezinhle ezizomenza azizwe engcono.



Isikhathi sokubona

Sebenzani ngamaqembu.

Buka izithombe.

1



2



3



4

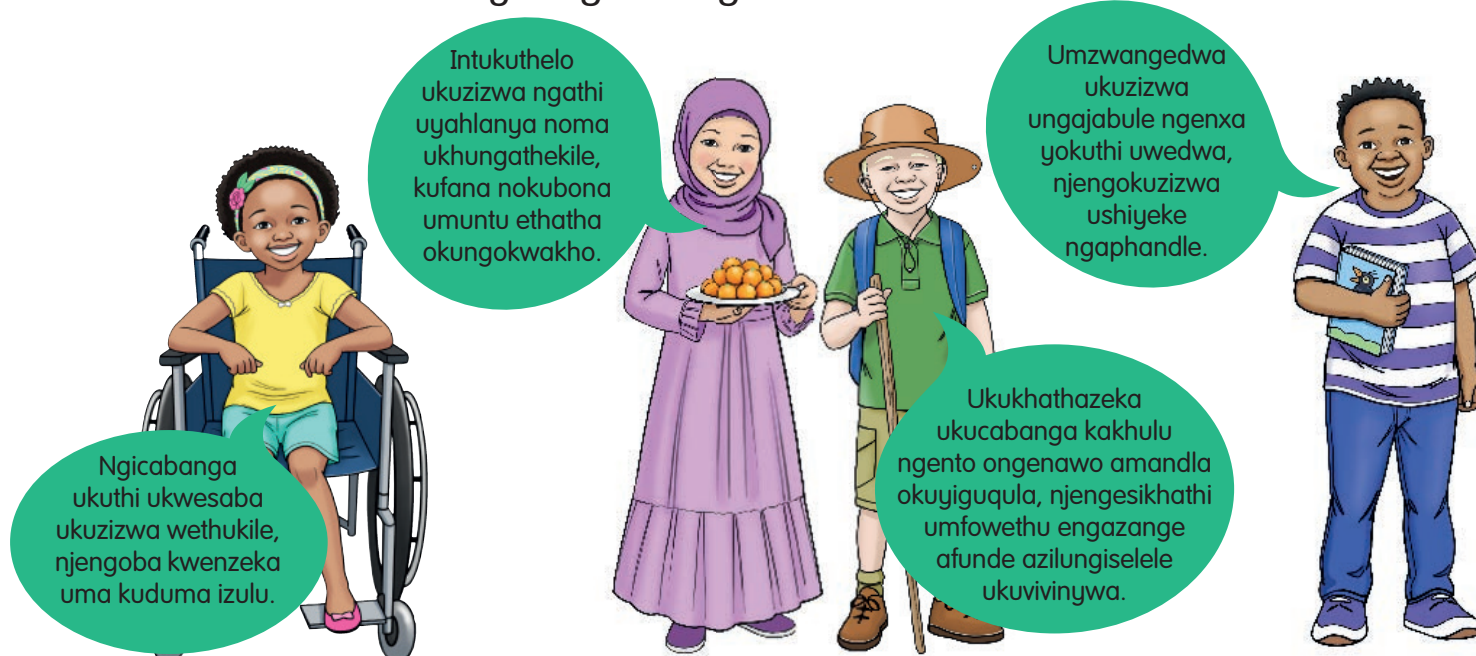


I. Qondanisa amalebula ahambisana nezithombe. Bhala inombolo yesithombe kanye nophawu encwadini yakho.

- | | |
|----------------------------|----------------------------|
| a. Umndeni onothando | e. Abangani abaqotho |
| b. Ingxabano yomndeni | f. Ukusokola esikoleni |
| c. Ukwenza okukujabulisayo | g. Ukuba yingxenye yeqembu |
| d. Ukushiywa ngaphandle | h. Ukuxhashazwa |

Ukuqaphela imizwa

Funda okushiwo yizingane ngemizwa ehlukene.



Umsebenzi 3

Sebenzani ngamaqembu.

1. Awuchaze ukuthi uzizwa kanjani ngaphakathi uma ujabule, udabukile, uthukuthele, unokwesaba, ukhathazekile noma unomzwangedwa.
2. Kubukeka kanjani ubuso nomzimba wakho uma ujabule, udabukile, uthukuthele, unokwesaba, ukhathazekile noma unomzwangedwa?
3. Yini ekwenza ujabule, udabukise, uthukuthele, ukhathazeke noma ube nomzwangedwa?
4. Khetha umuzwa owodwa kulemizwa. Encwadini yakho, faka **ikholaji** yezithombe namagama asho leyo mizwa.

Umsebenzi 4

Sebenzani ngababili.

Buka izithombe bese ufuna imisho.



1

Ngizizwa ngathi ngingamemeza ngithethe. Ubuso bami nomzimba wami buvele bushise. Ngizizwa ngathi ngingalimaza omunye umuntu noma ngiphonse okuthile.



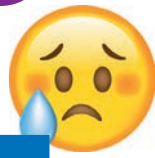
2

Inhliziyo yami ishaya ngamandla futhi ngiyajuluka, ngisho nasezandleni. Ngizizwa ngibambekile sengathi angikwazi ukunyakaza noma ukukhuluma.



3

Ngicabanga ngezinto ezimbi ezenzekayo. Imicabango yami emibi kuyaye kubenzima ukuthi ngiyilawule. Ngizizwa ngifana nesitimela esigijimayo esingakwazi ukuma.



4

Ngizizwa ngingomzwangedwa, kuba sengathi yimina kuphela owaziyo ukuthi ngizizwa kanjani. Ngiyakukhumbula ukuba nabanye abantu abangangisiza.

- I. Qondanisa izimpawu nezithombe kanye nezincazelo. Bhala inombolo yesithombe kanye nophawu encwadini yakho.
 - a. Umzwangedwa
 - b. Intukuthelo
 - c. Ukukhathazeka
 - d. Ukwesaba

2. Yini ongayifaka encazelweni yomzwangedwa, yentukuthelo, nokukhathazeka noma ukwesaba?
3. Kunini lapho uzizwa khona unomzwangedwa, intukuthelo, ukukhathazeka noma ukwesaba?

igama
elisha

ikholaji – iphosta lapho onamathisela khona izinto ezahlukahlukene ephepheni noma kwikhalibhodi, njengezithombe kanye namagama

Ngezinye izikhathi ukudlala ngaphandle nokuzilolonga umzimba kuyasisiza ukuba sizizwe singcono.



Izindlela ezinhle zokuveza imizwa



Isikhathi sokubona

Funda iseluleko ngezindlela ezinhle zokuveza imizwa ehlukahlukene.

1



Uma uzizwa udiniwe:
Donsa umoya kancane
ngokujulile ukuze
uzolise umqondo wakho
nomzimba.
Cabanga ngokuthi kungani
uzizwa unokwesaba.
Bala kancane ufike
e-10. Bese uthatha
isinqumo ngokuzola
ngento elandelayo ofuna
ukuyenza.

2

Uma uzizwa
unokwesaba:
Donsa umoya kancane
ngokujulile ukuze uzolise
umqondo wakho nomzimba
Awucabange ukuthi kungani
unokwesaba. Ngabe bukhona
ubungozi obubonayo,
noma uyacabangela? Khuluma
okuhle kuwena.
Ithi: "Ngingakwazi
ukukumela lokhu."



3



Uma uzizwa ukhathazekile:
Gxila esingathelweni
esisodwa
ngesikhathi.
Hlela indlela yokuxazulula
izinkinga zesinyathelo
ngasinye.
Khuluma ngezinto
ezikukhathazayo nomuntu
omethembayo.

Uma unomzwangedwa:
Khuluma ngemizwa
yakho nomuntu
omethembayo.
Zama ukuba
nabanye
abantu ukuze
uzizwe
ungcono.



4

1. Ucabanga ukuthi abantu abangenhla **banesiluleko** esihle mayelana nendlela yokuveza imizwa ehlukehukene?
2. Ungayiveza kanjani enye imizwa yakho ngokuphepha lapho uthukuthele, usaba, ukhathazekile noma unomzwangedwa?
3. Bhala mayelana noma udwebe ngemizwa yakho **kujenali**.



iseluleko - uma othile ekunikeza umbono owusizo wokwenza izinto zibe lula noma zibe ngcono

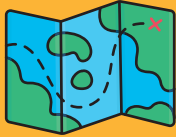
ijenali - incwadi ekhethekile obhala kuyo imicabango, imizwa kanye namasu

Umsebenzi 5

Sebenza wedwa.

Zenzele ijembali yemizwa yakho.

1. Kujenali yakho, dweba isithombe sobuso obubonisa indlela ozizwa ngayo namuhla.
2. Bhala imisho emihlanu ngokuthi kungani uzizwa ngale ndlela.
3. Bhala izindlela ongaveza ngazo lokho okuzwayo okungeke kube yingozi kuwe noma kwabanye abantu.



Isikhathi sokubona

Ngithukile

Nginomzwangedwa

Ngikhathazekile

Ngiyadabukisa

Ngithukuthele

Ngijabulile

Dlala ama-charades emizwa. Ama-charades ngumdlalo omnandi lapho ukhombisa khona igama lento ngaphandle kokukhuluma bese abangani bakho kufanele baqagele ukuthi kuyini.

1. Bhala amagama emizwa eyahlukene ezingxenyeni zekhadibhodi noma ephepheni.
2. Faka amakhadi noma iphepha eligoqiwe ebhokisini elibhalwe ukuthi 'Imizwa'.
3. Shintshanani ngokuthatha ikhadi ebhokisini.
4. Bheka ikhadi lakho, kodwa ulifihle ukuze iqembu lakho lingaliboni.
5. Lingisa imizwa esekhadini lakho. Ungakhulumi.
6. Qagela ukuthi yimuphi umuzwa umuntu ngamunye awulingisayo.
7. Umuntu angawuveza kanjani umuzwa ngamunye ngendlela enhle?

Ukuxolisa – uxolisa kanjani

Funda mayelana **nenqubo yokuxolisa**.

Inqubo yokuxolisa

Uma senza iphutha bese silimaza imizwa yomunye umuntu, kubalulekile ukuxolisa. Uma uboleka ibhola likanobhutshuzwayo lomngane wakho lase liqhuma ngephutha, kufanele uxolise. Ukuxolisa kubonisa ukuthi uyaqonda ukuthi kukhona okungalungile okwenzile. Kubonisa nokuthi uyayikhathalela indlela umngane wakho azizwa ngayo. Ukuxolisa kuthatha isinyathelo **sokulungisa** inkinga oyidalile.

Inqubo yokuxolisa inezinyathelo ezinhlanu.



Khomba inkinga



Xolisa



Lungisa



Yamukela ukuxolisa



Qhubeka

Umsebenzi 6

Sebenzani ngamaqembu.

1. Cabanga ngesimo lapho wenze iphutha okufanele ulixolisele.
2. Chaza ukuthi ungayilandela kanjani inqubo **yokuxolisa** ukuthi ucele uxolo.

Amagama amasha

ukulungisa – ukwenza okuthile ukulungisa ukuthi uzwise omunye umuntu ubuhlungu

ukuxolisa – ukuxolisela into oyenzile ephathe kabi



Isikhathi sokubona

1. Khetha isimo lapho wenze khona iphutha okufanele ulixolisele.
2. Bhala incwadi usebenzise inqubo **yokuxolisa** ukuze uxolise. Sebenzisa amathiphu angezansi ukuze akusize.

Sawubona

1. Khomba inkinga

a. Chaza ukuthi kwenzekeni.

b. Obani ababebandakanyeka?

c. Kwenzeka nini futhi kuphi?

d. Yiliphi iphutha olenzile?

2. Xolisa

a. Xolisa ngokungalingile okwenzile.

Ungathi:

Ngiyaxolisa kakhulu (okwenzile). Bengingaqondile (ukulimaza imizwa yakho / ukukudabukisa / ukukhohlwa ngawe).

b. Zibophezele ngalokho okwenzile okungalingile.

Ungathi:

Bekufanele ngicophelele kakhulu. / Bekungafanele ngibe nobugovu obungaka. / Bekufanele ngikufake.

c. Bonisa ukuthi uyayiqonda imizwa yabo.

Ungathi:

Ngiyaqonda ukuthi kungenzeka uzizwe (udabukile/ucasukile/uthukuthele) ngoba (chaza ukuthi kungani).

3. Lungisa

a. Chaza ukuthi wenzani noma wenzeni ukulungisa inkinga oyidalile.

b. Yisho ukuthi uzolilungisa kanjani iphutha lakho.

4. Yamukela ukuxolisa

- a. Cela lowo muntu ukuthi akwamukele ukuxolisa kwakho.
- b. Bonisa ukuthi uqinisile uma uxolisa.

5. Qhubeka

- a. Thembisa ukwenza kangcono esikhathini esizayo.

Ungathi:

Ngiyathembisa (yisho ukuthi uzokwenzani esikhathini esizayo).

- b. Chaza ukuthi uthemba ukuthi kuzokwenzekani esikhathini esizayo.

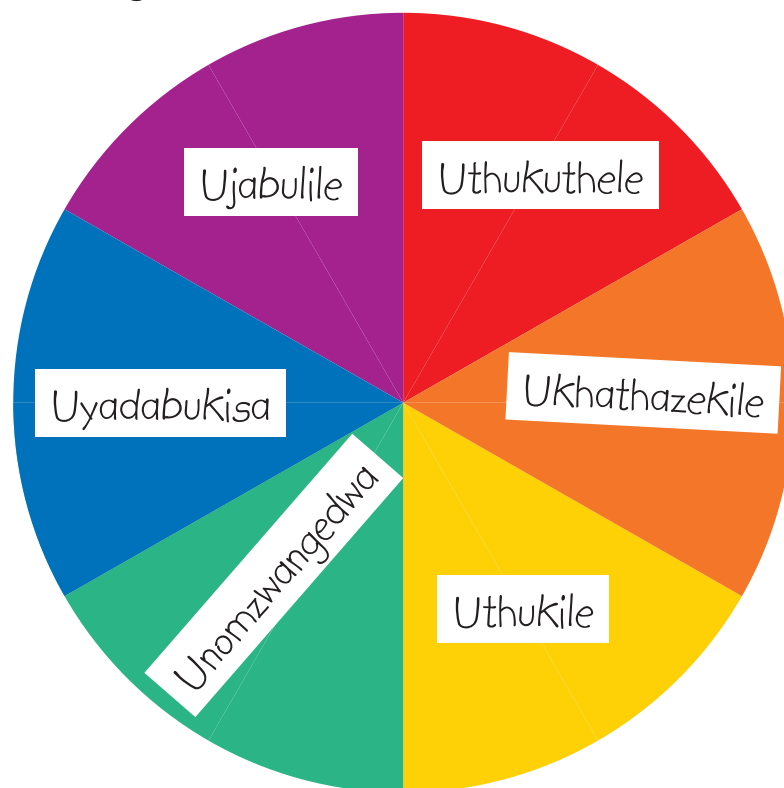
Ungathi:

Ngithemba ukuthi singaphinde sibe abangani futhi sijabule ndawonye njengoba sasijwayele.

Ozithobayo / Umngane wakho
(igama lakho)

Make sibheke

1. Yenza isondo lemizwa elifana naleli elingezansi encwadini yakho.



2. Dweba ubuso ukukhombisa umuzwa engxenyeni ngayinye yesondo. Bhala ilebula ngenhla kwesithombe.
3. Khombisa umngani wakho isondo lemibala bese ubheka nelakhe.



Isihloko 3 Ukuvikelwa Kwezempilo



Amagama
amasha

ihlanzeko – yindlela esinakekela ngayo imizimba yethu nokuyigcina ihlanzekile

ukuvikelwa – ukuzigcina uphephile kunoma yini engakulimaza

ukuvikelwa kwezempilo – ukugcina impilo yakho iphephile kokungakulimaza

Make siqale

1. Wake wazilimaza? Ubani owayekunakekela?
2. Wake wamsiza yini umuntu ozilimazile?
Wamusiza kanjani?
3. Siyigcina kanjani imizimba yethu ihlanzekile?
4. Xoxa ngenye yemithetho yenhlanzeko oyaziyo.



Umsebenzi 1



Sebenzani ngamaqembu.

1. Buka izithombe ekhasini lama-26. Khuluma ngalokho okuvezwa ezithombeni.
2. Dlala ama-charades.
Ungalingisa nokuthi umsiza kanjani umuntu olimele.
Uyedwa umuntu olingisayo. Bonke abanye eqenjini kufanele baqagele ukuthi wenzani.
Qiniseka ukuthi wonke umuntu uphinda kabili okungenani.
3. Lungiselela okungalingiswa yiqembu lakho ukuzethula ekilasini.

Izinqubo zosizo lokuqala eziyisisekelo ezimweni ezinjengokopha emakhaleni, ukulunywa yizilwane, ukusikeka nokusha

Kubalulekile ukwazi ngosizo lokuqala. Singasiza umuntu ngokushesha uma ezwa ubuhlungu noma elimele. Kumele sazi indlela yokwelapha ukulimala ngendlela efanele. Ngaphandle kwalokho, singenza kube kubi kakhulu.



Umsebenzi 2

Sebenza wedwa.

1. Khetha amalebula alungile ebhokisini elingezansi lezinto ezitholakala ebhokisini **losizo** lokuqala.

isikelo amathwiza amabhandishi
amagilavu amaplasta amaphedi egauze

2. Bhala inombolo kanye nelebula encwadini yakho yokubhalela.

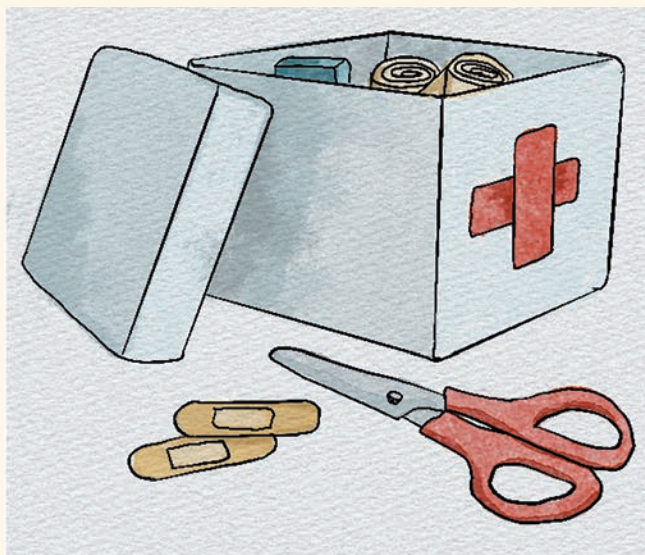
usizo – usizo noma usizo olunikezwa umuntu

usizo lokuqala – into yokuqala okufanele uyenze ukuze use umuntu olimele ngaphambi kokuthi kufike udokotela noma umhlengikazi

Amagama
amasha



Isikhathi sokubona



Mhlawumbe awunalo ibhokisi losizo lokuqala ekhaya lakho. Esikhundleni salokho, ungaba nebhokisi noma indawo ekhethekile lapho ugcina khona konke ozokudinga uma othile elimala. Njalo qinisekisa ukuthi leli bhokisi ligcinwe endaweni eyodwa. Yibeke lapho abafowenu nodadewenu abancane bengenakuyifinyelela khona.

1. Dweba isithombe sebhokisi lakho losizo lokuqala encwadini yakho.
2. Tshela umngane wakho ukuthi yini esebhokisini lakho losizo lokuqala nokuthi uyisebenzisela ini.
3. Lalela uma umngane wakho ekutshela ukuthi yini ekwikhithi yakhe yosizo lokuqala nokuthi uyisebenzisela ini.

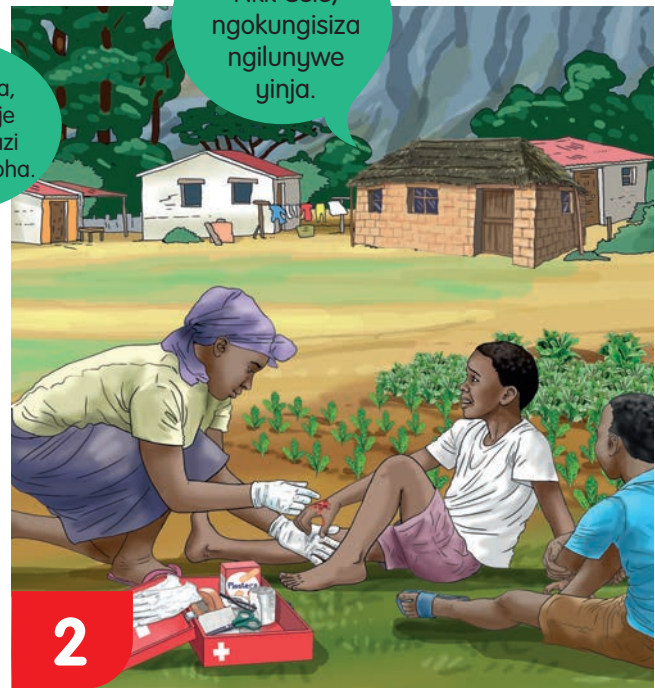
Ukopha emakhaleni nokulunywa yizilwane

Yehlisa umoya uhlale uqonde bese uyisa kane ikhanda lakho phambili. Khama ingxenye ethambile yekhala lakho imizuzu eyi-10 noma kuze kuphele ukopha. Phefumula ngomlomo.



Ungakumisa kanjani ukopha?

Ngiyabonga, Nkk Cele, ngokungisiza ngilunywe yinja.



Ukubhekana nokulunywa yinja.

Umsebenzi 3

Sebenza wedwa.

1. Bhala phansi izinyathelo okufanele uzilandele ukuze umise ukopha.
2. Bheka Isithombe sesi-2. Bhala phansi zonke izinto ebhokisini losizo lokuqala likaNkk Johnson.

Ukusikeka nokusha

Ukusikeka

Ukusikeka yilapho isikhumba sakho silimala futhi sivuleka. Ungasikeka uma usebenzisa ummese noma isikelo. Kungase kubebuhlungu futhi ungase ubone igazi.

Akufanele neze uthinte igazi lomunye umuntu.



Umsebenzi 4

Sebenza wedwa.

1. Bhala kabusha izinyathelo zokwelapha ukusikeka ngendlela efanele encwadini yakho yokubhalela.

Indlela yokwelapha ukusikeka

1. Faka iplasta noma ibhandishi.
2. Geza izandla zakho.
3. Cindezela ngendwangu ehlanzekile ukumisa ukopha.
4. Hlanza ukusikwa ngaphansi kwamanzi agobhozayo.
5. Sebenzisa amagilavu uma usiza omunye umuntu.
6. Fafaza ngesifutho sesibulali-magciwane.

7. Gcoba indawo elimele ngethawula elihlanzekile.
8. Tshela umuntu omdala.

Ukusha

Ukusha yilapho isikhumba sakho silinyazwa okuthile okushisa kakhulu. Lokho kungenzeka uma uthinta isitofu, amanzi ashisayo noma ilangabi. Ukusha kuvame ukwenza **amabhamuza**. Kungase kubuhlungu kakhulu.

Indlela yokwelapha ukusha:

1. Tshela umuntu omdala.
2. Bamba indawo eshile ngaphansi kwamanzi aphilile cishe imizuzu eyi-10.
3. Mboza indawo eshile ngendwangu yokusha.
4. Iya kudokotela uma kubucayi.

Ungakwenzi lokhu:

1. Ungasebenzisi iqhwa noma amanzi aneqhwa.
2. Ungasebenzisi ukhilimu wesandla noma womzimba noma ibhotela. Lokhu kungase kubangele ukuthi amagciwane angene.
3. Ungawaqhumbuzi amabhamuza. Amabhamuza avikela umzimba emagciwanenia.

Umsebenzi 5

Sebenzani ngababili.

1. Fundani indaba ndawonye.

UThando uya endlini kaLebo ukuze adlale naye. ULebo uthi uyobenzela itiye. Ubheka ukuthi amanzi akhona yini eketeleni. Bese ekhanyisa iketela. Akhiphe izinkomishi ezimbili. Lapho igedlela selibilile, uLebo uzama ukuthela amanzi ashisayo enkomishini. Igedlela liyawa. Amanzi abilayo ashisa ingalo kaLebo. Aqale akhale. Kunebala elikhulu elibomvu engalweni yakhe.

2. Phendula imibuzo encwadini yakho.

- a. Kwenzakalani Lebo?
- b. UThando angamsiza kanjani Lebo?
- c. Yini okufanele uThando ayenze kuqala?
- d. Encwadini yakho, bhala izinto ezintathu uLebo okufanele angazenzi.

ibhamuza – uma isikhumba sisha, senza ibhamuza



Ezempilo eziyisisekelo kanye nenhlanzeko

Impilo isho ukugcina umzimba wakho uqinile futhi uzizwa ukahle. **Inhlanzeko** iwukuhlala uhlanzekile ukuze ugweme amagciwane ukuze sihlale sinempilo.

Nansi imithetho yezempilo nenhlanzeko.



Ungalithinti igazi labanye abantu. Gqoka amagilavu.



Geza izandla zakho njalo.



Shawa noma geza nsukuzonke.



Vala umlomo wakho lapho uthimula noma ukhwehlela.

Umsebenzi 6

Sebenza wedwa.

Bhala izimpendulo encwadini yakho.

1. Yini okufanele siyenze uma sithimula?
2. Wenzani ukuze ugcine umzimba wakho uhlanzekile?
Bhala imisho emithathu.

3. Yenza **uhlu lokuhlola** inhlanzeko ongalusebenzisa nsuku zonke.

Kufanele ugeze izandla zakho:

- a. ngaphambi kokulungisa noma ukupheka ukudla
- b. ngemva kokufinya
- c. ngemva kokulahla udoti
- d. ngaphambi nangemva kokudla
- e. ngemva kokusebenzisa indlu yangasese
- f. ngemva kokuthinta izilwane ezifuyiwe noma ezinye izilwane
- g. ngaphambi kokusiza umuntu ozilimaze amakhala.

Umsebenzi 7

Sebenzani ngababili.

1. Khulumani ngokuthi kubaluleke nini ukugeza izandla.
2. Buka izithombe. Qondanisa imisho engenhla nezithombe ezisekhasini lama-36.
3. Bhala inombolo yesithombe nomusho ofanele ukuba seduze kwaso encwadini yakho yokubhalela.

uhlu lokuhlola – uhlu lwazo zonke izinto okufanele uzenze ukuze ungakhohlwa esinye sezinyathelo

igama
elisha

Isikhathi
sesidlo
sakusihlwa!



1



2



3



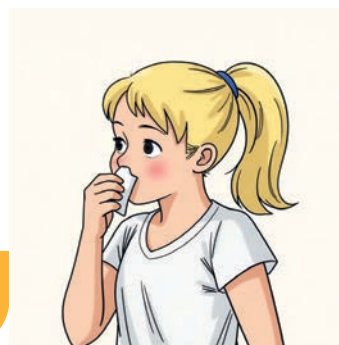
4



5



6



7

Umsebenzi 8

Sebenzani ngababili.

1. Bekani lezi zinyathelo ngendlela efanele ukuze ubonise ukuthi kufanele ugeze kanjani izandla zakho.
2. Bhalani kuphela izinhlamvu encwadini yakho yokubhalela.
 - a. Sebenzisa ibhulashi lezinzipho elinensipho ukuze ukhuhle ngaphansi kwezinzipho zakho.
 - b. Yomisa izandla zakho phezu kwethawula elihlanzekile noma ngethawula lephepha.
 - c. Hlanza insipho ezandleni zakho usebenzisa amanzi afudumele.
 - d. Yakaza izandla zakho ngamanzi afudumele.
 - e. Hlikihla izandla zakho ndawonye kahle okungenani imizuzwana engama-20 ukuze ususe amagciwane. Geza izandla zakho ngaphambili nangemuva naphakathi kweminwe yakho.
 - f. Gcoba insipho ezandleni zakho, noma cindezela insipho ewuketshezi ezandleni zakho.

Izinto okumele sizenze



A

Izinto okungafanele sizenze



B

chitha – into oyiwise ngephutha

Igama
elisha

Izinto okumele sizenze



1

Izinto okungafanele sizenze



2



3



4

Umsebenzi 9

Sebenzani ngeqembu.

1. Bheka izithombe A no-B. Isiphi isithombe esibonisa indlela engalungile yokuhlaza **okuchithekile** – A noma B? Kungani?
2. Khetha isitatimende esilungile.
Isifundo endabeni sithi:
 - a. Ungalokothi uthenge esitolo esikhulu semifino.
 - b. Khetha izithelo ezivuthiwe kuphela.
 - c. Amagilebhisi akulungele.
 - d. Hlanza isithelo ngaphambi kokuthi usidle.
3. Wawungenzenjani ukube waqathaza amagilebhisi phansi? Kungani?
4. Ubani ogeza amagilebhisi? Ingabe lokhu kuyinto engabe iyenzeka?

Make sibheke

1. Yisho ukuthi le misho elandelayo **Iyiqiniso** noma **Amanga**. Bhala inombolo kanye nokuthi **Iqiniso** noma **Amanga** encwadini yakho.
 - a. Kufanele uxubhe amazinyo akho kabili ngosuku.
 - b. Uma wopha ekhaleni, kufanele ulale phansi.
 - c. Kufanele sigcobe ukhilimu wezandla noma womzimba endaweni lapho sishe khona.
 - d. Kufanele ugeze izandla zakho imizuzwana emi-5 kuphela.
 - e. Kufanele ugeze kanye ngesonto.
2. Bhala umusho owodwa ngalokhu okulandelayo:
 - a. Ukuvikelwa kwezempilo.
 - b. Usizo lokuqala oluyisisekelo.
 - c. Okufanele ukwenze uma umuntu ephuma igazi ngamakhala.
 - d. Okufanele ukwenze uma umuntu elunye isilwane.
 - e. Indlela yokwelapha ukusikeka.
 - f. Ezempilo eziyisisekelo kanye nenhlanzeko.

