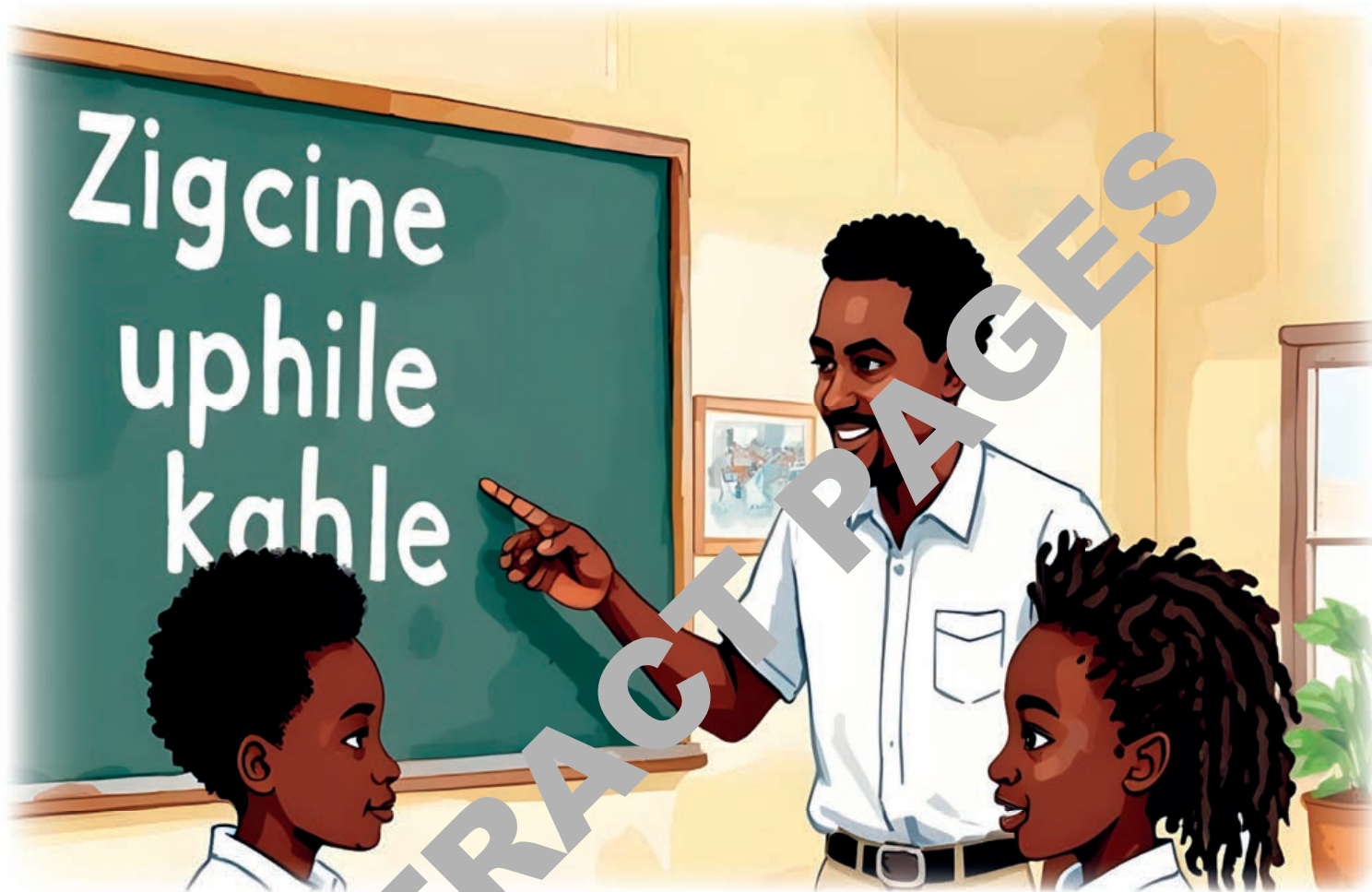


USamkelisiwe uyagula

Imibuzo ngaphambi kokufunda

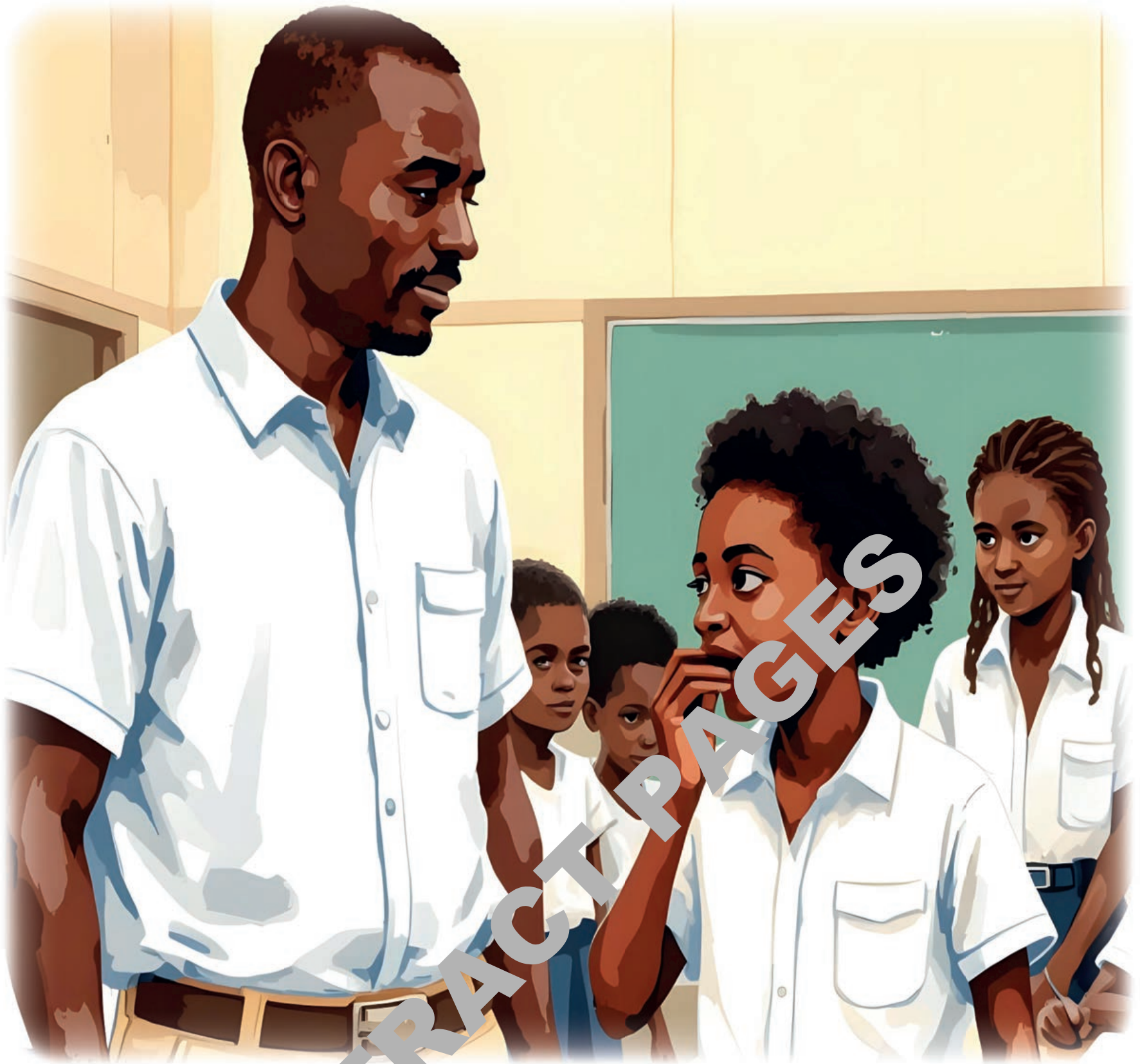
1. Sixoxele ngezinto ozenzayo ukuzigcina uphilile.
2. Wake wagula esikoleni noma ekhaya? Wasizwa yini ukuze ube umqemane?



Kwathi ebhiti uthisha uMbuli efundisa, efundisa ukuthi ungazigcina kanjani uphilile, uSamkelisiwe wavele wangaphatheka kahle. Wabamba umlomo kwabangathi uzobuyisa abekudlile. UMbuso umngani wakhe wamnika amanzi ukuze ehlise.



Sithini isihloko salendaba? Ucabanga ukuthi ogulayo unani?



Wathi lapho ethi uphuza lawo manzi uSamkelisiwe, kwavele kwabuya konke ayekudle ngekhefu. “Kwenzenjani ntombazane?” sekubuza uthisha uMbuli ngokukhathazeka. USamkelisiwe ngapha uyabitoza.



Ubani uthisha kaSamkelisiwe? Engabe uzizwa kanjani uSamkelisiwe?

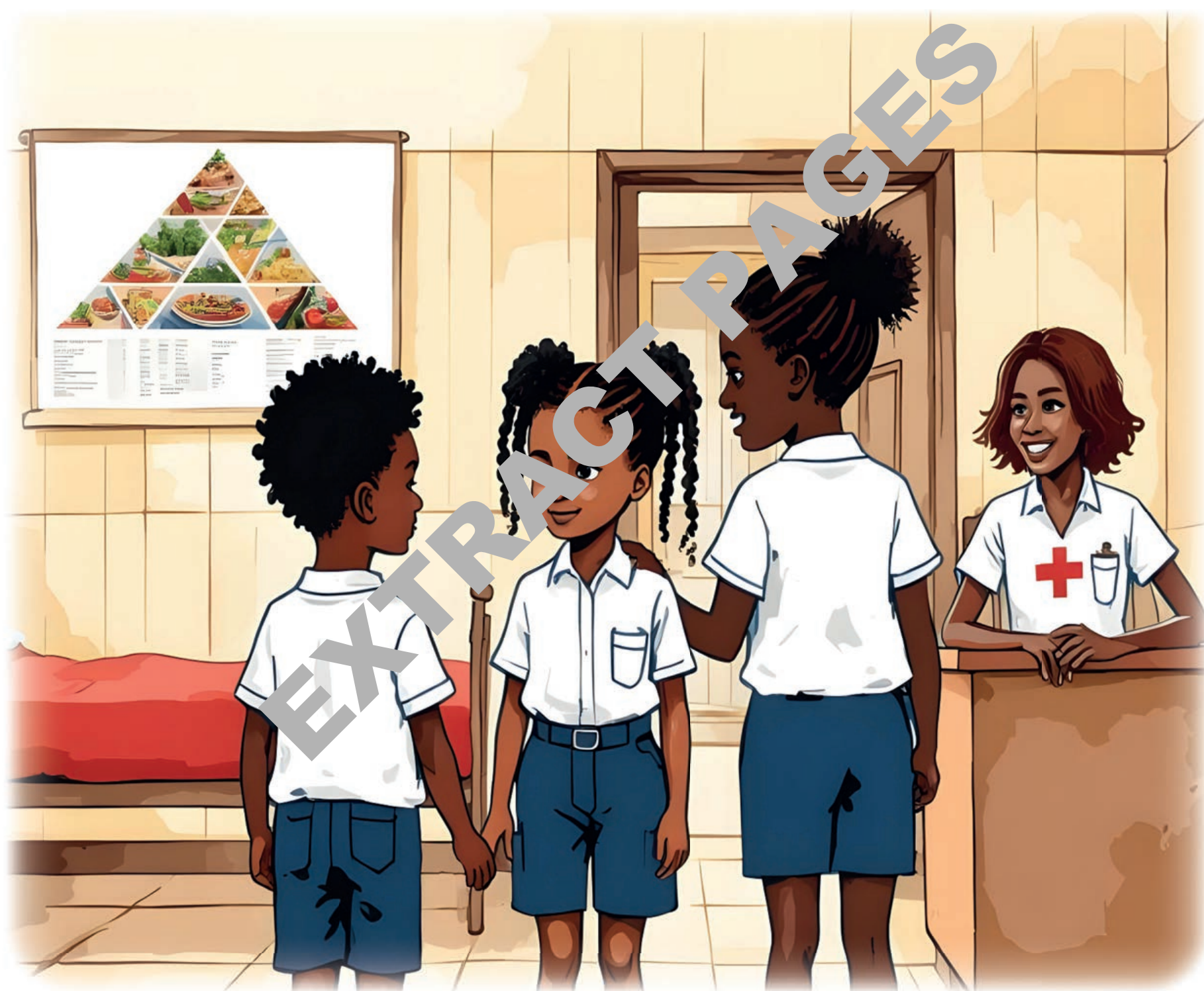
Wavele wakhala uSamkelisiwe esaba ukuthi uzohlekwa abanye abafundi. Wayesaba nokuthi nothisha uzomthethisa ngoba ebuyise ukudla.

Uthisha wacela uMbuso no-Amanda okungabangani baSamkelisiwe ukuthi bamphenzele bamuse ehhovisi likanesi Sosibo. Unesi Sosibo unakekela abafundi abangaphilile.



Wayiswa ehhovisi likabani uSamkelisiwe? Engabe abanye abafundi benzanjani bebona uSamkelisiwe egula?

Bafika ehhovisi noSamkelisiwe. Bambikela ngokwenzeka ekilasini unesi. Basho nokuthi wayekubuyise konke ukudla ayekudle ngesikhathi sekhefu. Unesi wayesemxilonga uSamkelisiwe. Wabe esemhloma nemibuzo embalwa.



Ingabe kwakuyicebo elihle yini ukuthi uSamkelisiwe bamuphuthumise egumbini likanesi? Wena ungafisa kwenzeka njani?



Waqala wabuza ngezwi elipholile ethi,
“udleni ngesikhathi sekhefu Samkelisiwe?”
Waphendula enamahloni uSamkelisiwe
washo ukuthi udle amakhekhe namaswidi.



Ubona ukuthi unesi wenza into enhle yini ngokubuza imibuzo phambi kwabangani bakaSamkelisiwe?



Unesi waphinda wabuza, “udleni ekuseni?” USamkelisiwe waphendula wathi, “ngidle *i-Strawberry Milkshake*”. Bamangala, bababaza abangani bakhe uma bezwa ukuthi udleni ekuseni.



Ikuphi ukudla wena okudlayo noma ofisa ukukudla ekuseni uma uzoza esikoleni?

Unesi wamubuza futhi wathi, “kungani udla ushukela omngaka Samkelisiwe ekuseni?” Abangani bakhe bamgqolozela belinde impendulo yombuzo. Wakhophozela ebheka phansi kucacile ukuthi akazi uzophendula athini.



Kulungile yini ukudla ushukela ekuseni uma uzoya esikoleni?

Wayelokhu ebheke phansi uSamkelisiwe. Unesi wayesehleli esitulweni ekhathazekile. Waphinda unesi wambuza ukuthi “ugogo akakwenzeli yini umdoko wamabele ekuseni?”



Ekhaya bayakwenzela yini umdokwe ekuseni, uwuzwa unjani uma usuwudla?



Waphendula wathi, “yebo uyangipha umdoko wamabele kodwa angiwudli”. Wamubuzisa futhi unesi, “kungani ungawudli umdoko uma ugogo ekwenzele?” Baphinde bamangala futhi abangani bakhe uma ephendula uSamkelisiwe ethi, “angiwuthandi ngoba awukho phinki ngebala”.



Ukuba kwakunguwe wawuzokwenzajani uma ethi uthanda umdokwe ophinki? Imuphi umbala owuthandayo?



Unesi wamubuza ngesikhulu isineke futhi ethi, “ufuna umdoko ophinki?” UMbuso no-Amanda bahluleka ukuzibamba bathi, “hawu nesi, umdoko ophinki pho?” USamkelisiwe wababuka ngokunengeka ebona ngathi bahlekisa ngokudla akuthandayo.



Ngokubuka kwakho umbona unesi engumuntu onjani?



USamukelisiwe
wamchazela
unesi ukuthi yena
wayezithandela
umbala ophinki.
Waze wagcizelela
wathi:
“Ngithanda
ukuthi yonke into

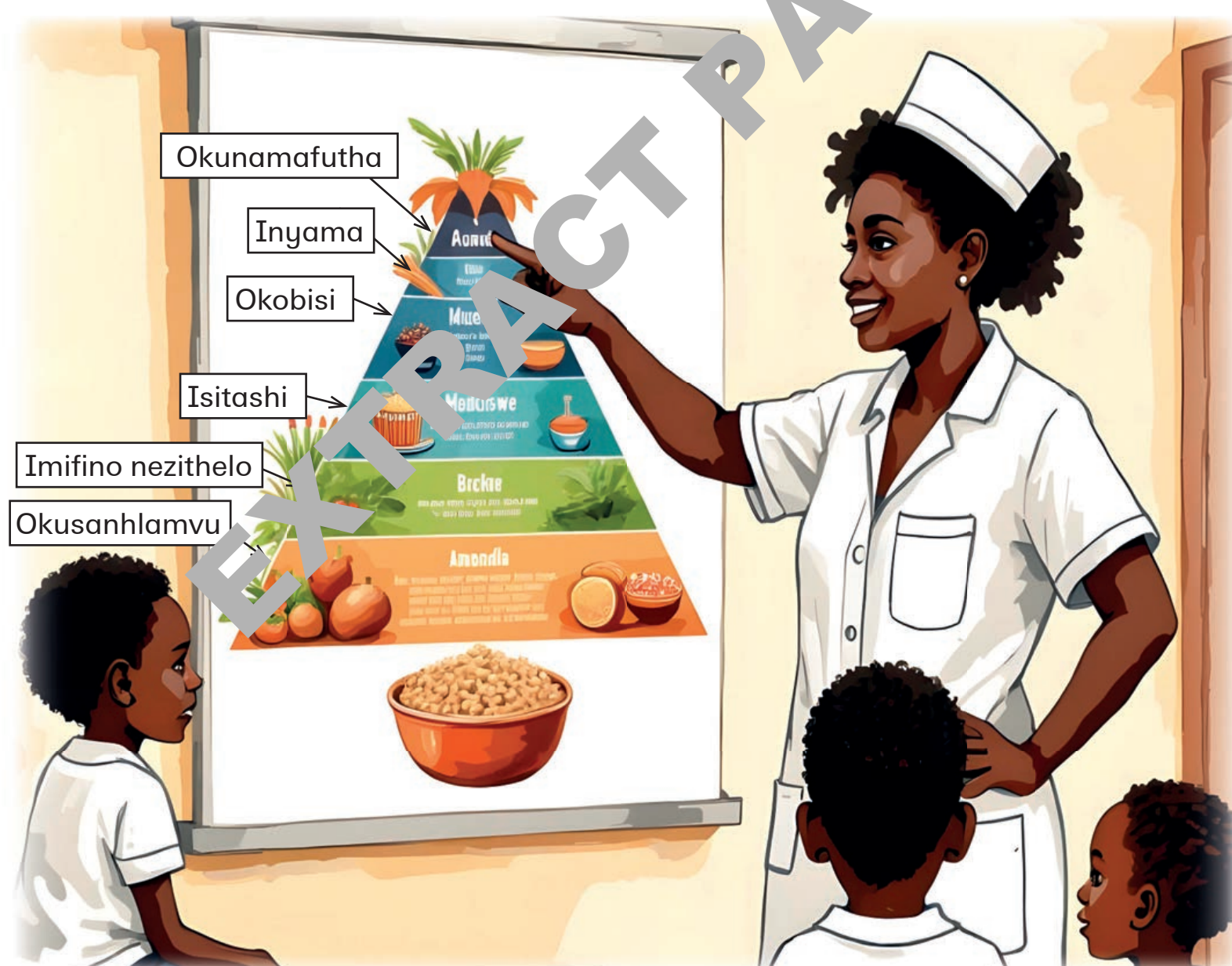
yami ibe nombala ophinki, ngisho nokudla
imbala.”

Unesi kwabe
sekumcacela
ukuthi isizathu
esenza
angawufuni
umdoko yingoba
ungenawo
umbala ophinki.



Wena ucabanga ukuthi imuphi umdokwe onomubala ophinki?

Ngokubona ukuthi abafundi abanalo ulwazi mayelana nokudla okufanele, wabe esebafundisa bobathathu. Wabakhombisa ishadi lokudla elalisodongeni. Leli shadi lalinonxantathu okhombisa izigaba zokudla ngokwahlukana kwazo. Unesi wabachazela ngephiramidi yokudla okugcina imizimba iphilile.



Ngabe bewazi ukuthi umzimba udinga izinhlobo ezahlukene zokudla?



Waqhubeka wabachazela ukuthi ukudla okufana nesinkwa, amabele, irayisi nephasta nokunye okwenziwe ngezinhlamvu zikakolweni kubalulekile. Lokhu kudla kunezakhamzimba ezinika amandla. Kunjalo nje futhi kuyasuthisa.



Yikuphi ukudla okunikana amandla? Kokubaliwe, ikuphi okuthandayo.



Waqhubeka unesi wabafundisa nangezithelo nemifino, ebatshela ukuthi kubalulekile emzimbeni wengane esakhula. Lokhu kudla kunezakhamzimba ezigcina umzimba uhlale uphilile futhi uvikelekile nasekuguleni. Ukudla i-aphula, ukotapeya noma ubhatata kuyakuqeda ukuqumbelana.



Ikuphi ukudla okuqeda ukuqumbelana? Wake waqumbelana, wawuzizwa kanjani?

Wabe esebafundisa ngemikhiqizo yobisi efaka phakathi iyogathi, ushizi, amasi nokunye esiza ukuqinisa amathambo futhi emnandi kakhulu. Inyama yona inezakhamzimba eziqinisa izicubu futhi inamafutha alungele umzimba.



Kubaluleke ngani ukuthi ube nezakho izinkomo? Bala izinto ongazithola enkomeni.



Esephetha unesi wathi: “Oncamnce baSamukelisiwe noma bemnandi kodwa abanazo izakhamzimba futhi bayagulisa.” Wamangala uSamukelisiwe uma ezwa lokhu ngokudla akuthandayo. Wabe esethembisa unesi Sosibo ukuthi usezowudla umdoko wamabele ekuseni.



Kumsize ngani ukugula uSamkelisiwe? Wena ufundeni kule ndaba?