



# Bafana labahlakaniphile



**Leah Sapi**



Insimbi yesikolo iyakhala. Letsa naTsemba  
bagijima kakhulu, baya esikolweni





Sifundvo salamuhla simayelana nengadze yetibhidvo.

Letsa naTsemba bacoca ngekucala ingadze yetibhidvo.

Bavumelana ngekuhlanyela sipinishi.



NgeMgcibelo bamangata mkhulu ngekuvuka ekuseni kakhulu.

Batsatsa imali mkhulu layigcinile.

Bagijima baya esitolo kuyewutsenga liphakethe lembewu yesipinishi.





Letsa naTsemba batsatsa sitja lesidzala,  
basigcwalisa ngemhlaba nemcuba.

Base bafaka imbewu yesipinishi. Banisela  
lembewu onkhe emalanga. Ngemuva  
kwemalanga lasitfupha, imbewu yacala  
kumila. Bavala sitja ngenethi kute bavikele  
imbewu etinyonini.



Labafana babuka indzawo yekwenta ingadze.

Bahlobisa indzawo, bafaka umcuba bahlanganisa nemhlaba. Benta imisele banisela umhlaba.





Ngemuva kwemaviki lamabili, imbewu beseyikhule ngalokwanele. Bayikhipha esitjeni, bayihlanyela emiseleni. Banisela ingadze onkhe emalanga ntsambama.



Letsa naTsemba, bebanenkhang a yetinyoni  
lebetidla titjalo tabo.

Bebadlala dvute nengadze kute bacoshe  
tinyoni.

Uma baye esikolweni, tinyoni betitfola litfuba  
lekudla titjalo tabo.







Letsa naTsemba bacela seluleko kumkhulu wabo.

Balulekwa ngekutsi bente sitfusatingoni.

Basebentisa tindvuku letimbili kwenta siphambano. Batibopha ngentsambo.



Tsemba naLetsa bagcokisa lesiphambano  
imphahla yekusebenta, sigcoko nemahhudlu.  
Base babeka lesitfusatinyoni engadzeni. Uma  
umoya uvunguta, imikhono yalemphahla  
yekusebenta beyiya phansi nasetulu. Tinyoni  
tacabanga kutsi ngumunfu loticoshako,  
taphapha tahamba.





Letsa naTsemba babonga mkhulu  
ngekubeluleka. Badvumisa sitfusatinyoni  
sabo.

Batjela bangani babo ngesitfusatinyoni.

Nyalo sebatawudlala ngaphandle  
kwekwesaba.



Bafana bacinisekisa kutsi kute lukhula engadzeni yabo. Basusa tonkhe titjalo lebetimila engadzeni yabo.





Ingadze yabo beyiyihle kakhulu.

Sipinishi besiluhlata.

Besidvonsa emehlo ebantfu labandlulako.



Letsa akawuvali umlomo ngesipinishi sabo.

“Kungani utsandze sipinishi kangaka?”  
kubuta Tsemba.

“Sipinishi siyilungele imitimba yetfu.  
Sidzinga kudla tibhidvo kute sigcine imitimba  
yetfu iphilile,” kuphendvula Letsa.





“Tonkhe tibhidvo tilungele kugcina imitimba yetfu iphilile?” Tsemba uyachubeka uyabuta.

“Yebo, kepha tiyehluka ngekwetidlo letondla umtimba,” kuphendvula Letsa.



Letsa akamange agcine lapho. Wakhuluma ngetidlo letahlukene letitfolakala esipinishini.

Emagremu lalikhulu esipinishi aphetse loku lokulandzelako:

Emanti - 91%

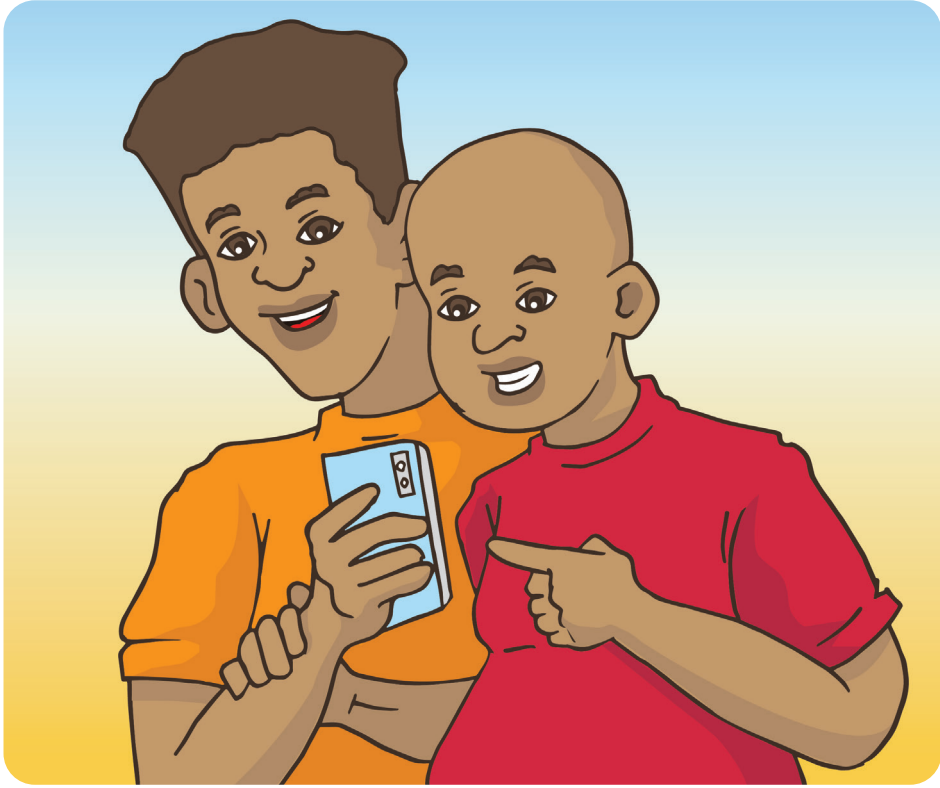
Emaphrotheni – 2.9g

Shukela - 0.4g

Emafutsa - 0.4g nalokunye.







Tsemba sewumangele kakhulu.

“Ulutsatsaphi lonkhe lolwati?”

“Ngifundza emabhuku lengiwatfola kumtapomabhuku futsi ngisebentise neGoogle elucingweni lwami.” Letsa kusamele achaze lokunyenti. “Utsi bewati kutsi sipinishi sinemavithamini nemaminerali lagcina imitimba yetfu iphilile?” kubuta Letsa.



Emavithamini lalandzelako atfolakala  
esipinishini:

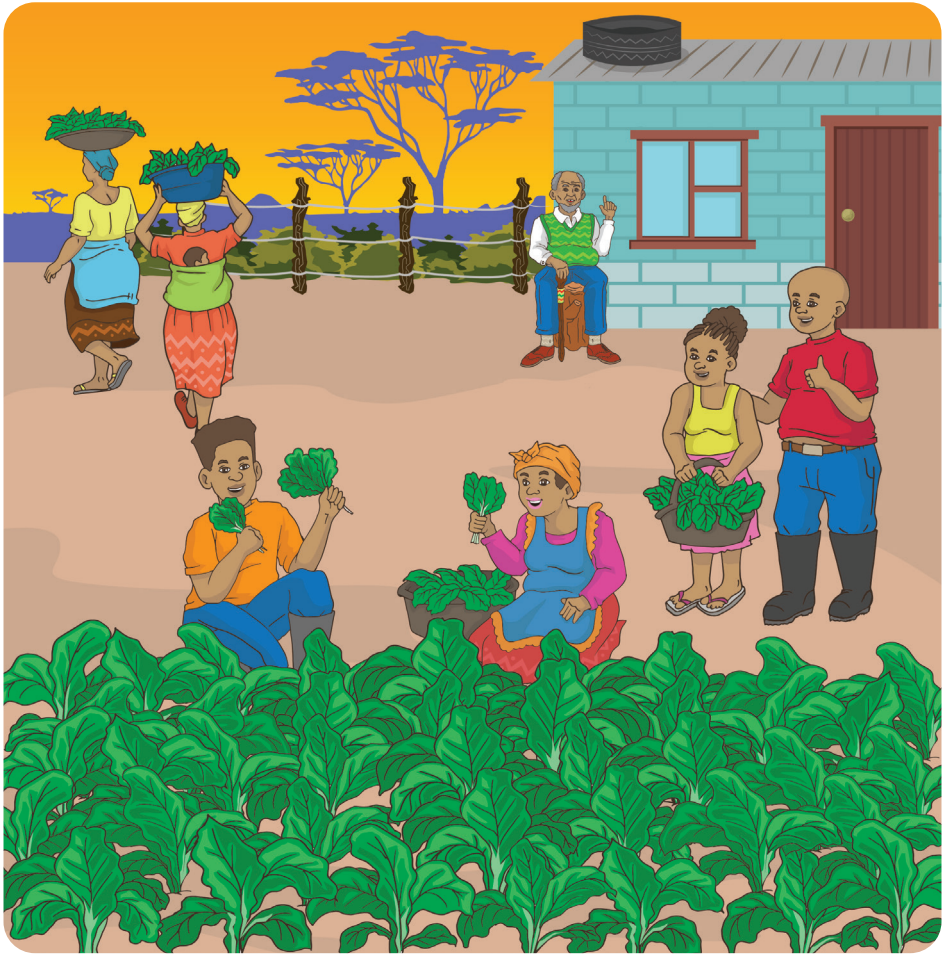
Vithamini A- usita ngekubona

Vithamini C- usita emasotja emtimba

Vithamini K1- usita kuvala ingati uma wopha

Vithamini B9- ukhulisa ticubu temtimba





Ngemuva kwemaviki lasitfupha, sipinishi besesilungele kukhiwa.

Letsa naTsemba bakha sipinishi badla kamnandzi nemndeni wabo.

Bapha nabomakhelwane.



Labafana bajabulile.

Tsemba wabonga Letsa ngalolwati lamnike lona. Futsi wacala kufundza nekwenta lucwaningo ngetibhidvo letahlukene kanye netitselo.

Tsemba waba ngumngani wentapomabhuku.

