

Abafana abahlakaniphile

IsiZulu

Izinga

5B



Leah Sapi



Ulwazi
Lwethu

Qiniseka ukuthi uyakwazi ukufunda lawa magama

basigcwalisa, ngokwezakhamzimba, ucwaningo, kumtapozincwadi,
womtapozincwadi

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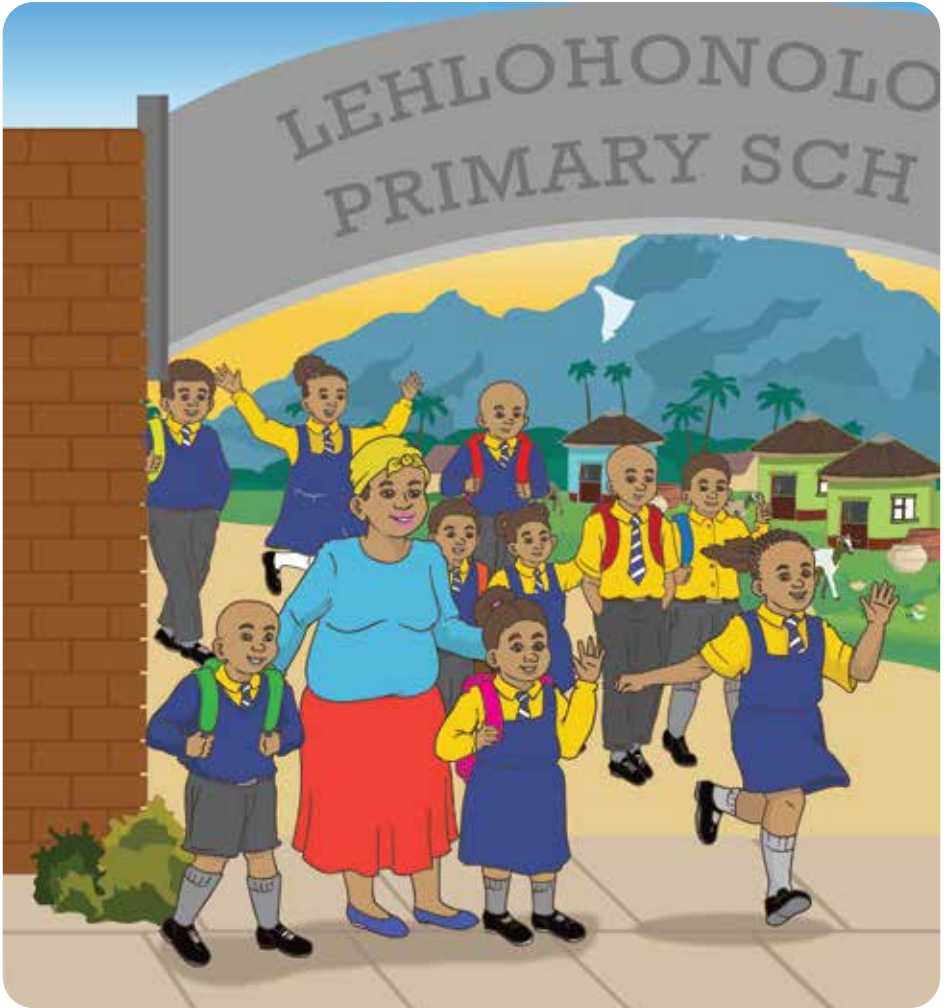
Uhlelo lokuqala lokushicilela luka-2023.

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Insimbi yesikole iyakhala. ULetha noThemba bagijima kakhulu, baya esikoleni.





Isifundo sanamuhla simayelana nengadi yemifino.

ULetha noThemba baxoxa ngokuqala ingadi yemifino.

Bavumelana ngokutshala isipinashi.

NgoMgqibelo bamangaza umkhulu ngokuvuka ekuseni kakhulu.

Bathatha imali umkhulu ayeyongile.

Bagijima baya esitolo ukuyothenga iphakethe lembewu yesipinashi.





ULetha noThemba bathatha isitsha esidala basigcwalisa ngomhlabathi nomquba.

Bafaka imbewu yesipinashi. Banisela imbewu zonke izinsuku. Ngemuva kwamalanga ayisithupha, imbewu yaqala ukumila. Bavala isitsha ngenethi ukuze bayivikele ezinyonini.

Labafana babheka indawo yokwenza ingadi.

Bahlobisa indawo, bafaka umquba,
bahlanganisa umhlabathi. Benza imisele
banisela umhlabathi.





Ngemuva kwamaviki amabili, imbewu yayisikhule ngokwanele. Bayikhipha esitsheni bayitshala emiseleni. Banisela ingadi zonke izinsuku ntambama.

ULetha noThemba, babenenkinga yezinyoni ezazidla izitshalo zabo.

Babedlala duze nengadi ukuze baxoshe izinyoni.

Uma beye esikoleni, izinyoni zazithola ithuba lokudla izitshalo zabo.





ULetha noThemba bacela iseluleko kumkhulu wabo.

Balulekwa ngokuthi benze isithusanyoni.

Basebenzisa izinduku ezimbili ukwenza isiphambano. Bazibopha ngentambo.

UThemba noLetha bagqokisa lesiphambano izimpahla zokusebenza, isigqoko namabhuzi okusebenza. Base babeka lesithusanyoni engadini. Uma umoya uvunguza, imikhono yalempahla yokusebenza yayiya phansi naphezulu. Izinyoni zacabanga ukuthi ngumuntu ozixoshayo, zandiza zahamba.





ULetha noThemba babonga umkhulu
ngokubeluleka. Batusa isithusanyoni sabo.
Batshela abangane babo ngesithusanyoni.
Manje sebezodlala ngaphandle kokwesaba.

Abafana baqinisekisa ukuthi alukho ukhula engadini yabo. Basusa zonke izitshalo ezazimila engadini yabo.





Ingadi yabo yayiyinhle kakhulu.

Isipinashi sasiluhlaza.

Sasidonsa amehlo abantu abadlulayo.

ULetha akawuvali umlomo ngesipinashi sabo.

“Kungani uthande isipinashi kangaka?” kubuza uThemba.

“Isipinashi siyilungele imizimba yethu.

Sidinga ukudla imifino ukuze sigcine imizimba yethu iphilile,” kuphendula uLetha.





“Yonke imifino ilungele ukugcina imizimba yethu iphilile?” uThemba uyaqhubeka uyabuza.

“Yebo, kepha iyehluka ngokwezakhamzimba,” kuphendula uLetha.

ULetha akazange agcine lapho. Wakhuluma ngezakhazimba ezahlukene ezitholakala esipinashini.

Amagremu ayikhulu esipinashi apethe lokhu okulandelayo:

Amanzi – 91%

Amaphrotheni – 2.9g

Ushukela – 0.4g

Amafutha – 0.4 nokunye.





UThemba usemangele kakhulu.

“Uluthathaphi lonke lolwazi?”

“Ngifunda izincwadi engizithola kumtapozincwadi futhi ngisebenzise noGoogle ocingweni lwami.” ULetha kusamele achaze okuningi. “Uthi bewazi ukuthi isipinashi sinamavithamini namaminerali okugcina imizimba yethu iphilile?” kubuza uLetha.

Amavithamini alandelayo atholakala
esipinashini:

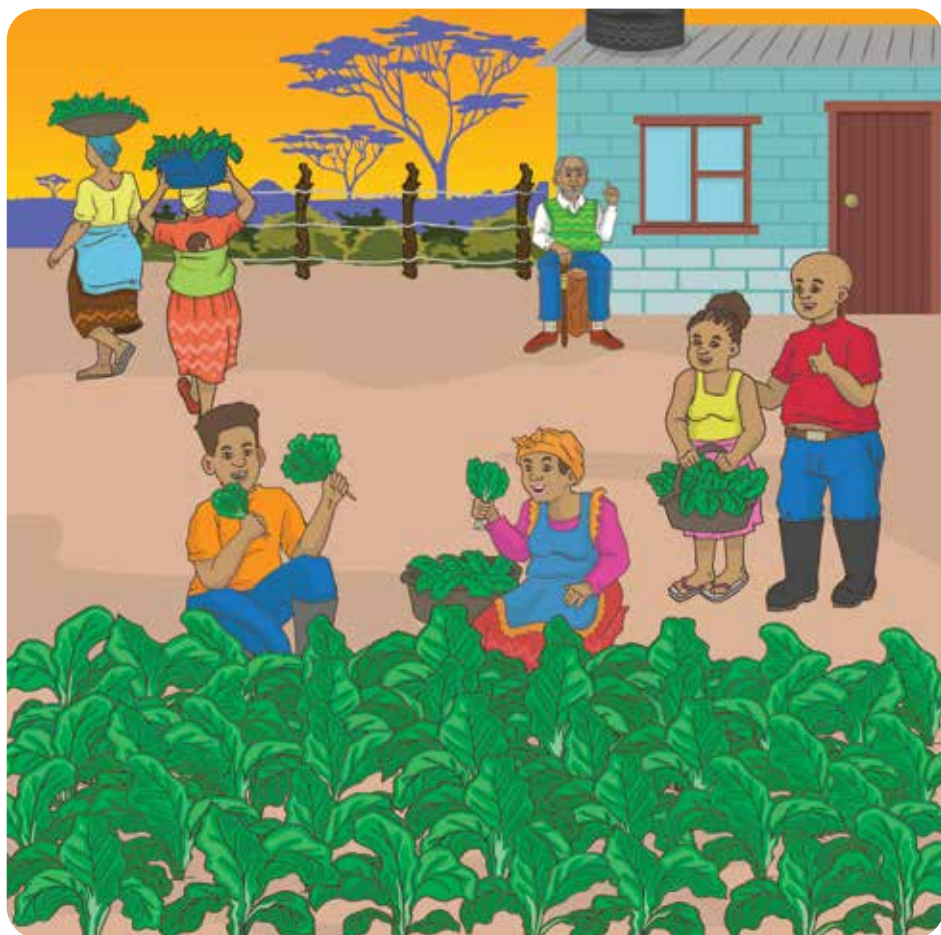
Vithamini A – usiza ngokubona

Vithamini C – usiza amasotsha omzimba

Vithamini K1 – usiza ukuvala igazi uma
wopha

Vithamini B9 – ukhulisa izicubu zomzimba





Ngemuva kwamaviki ayisithupha, isipinashi sasesilungele ukukhiwa.

ULetha noThemba bakha isipinashi, badla kamnandi nomndeni wabo.

Bapha nomakhelwane.

Labafana bajabulile.

UThemba wabonga uLetha ngolwazi amnike lona. Futhi waqala ukufunda nokwenza ucwaningo ngemifino eyahlukene kanye nezithelo.

UThemba waba ngumngane womtapozincwadi.





Readers

Izinga 1-2

- Isomiso
- UNunu noBobo
- Amawele asizayo
- Lingandiza?
- Vala, vula, veza!
- Imbongolo kaGumbi
- Inyoka esibayeni!
- UMbali ukhumbule ubaba
- UMbimbi nescabucabu
- UNdumi ufuna ukupenda
- UBongi umatasatasa!
- Basepulazini
- Bukela kimina, Phephe
- UShaka umangele!
- UMenzi nokuhlazeka!
- Umlilo!
- Bahlala bebobabili!
- Umshado wezinkawu
- UShonaphi ulimele
- Asongeni amanzi
- UFumani nembuzi
- Isobho lemifino
- Isihluthu
- Abangani kunoma yisiphi isimo sezulu!
- Ubuchule bukaSidlodlo

Izinga 3

- Ijazi eliguqukile
- Angiyithandi imifino!
- UNtando ojabulile!
- Uthingo lwenkosazane lukaThando
- Ingubo kaShila
- Uthando lwamawele
- Izicathulo zikaThobile ezintsha
- Basiza umkhulu ukuze alulame
- UNTombi ubamba isigebengu!
- Isifo sezingulube
- Umlimi uNceku nezinkawu
- Ukufunda ngamaxoxo
- Isifiso sikaNhlawulo siyafezeka
- Amanzi! Amanzi!
- Isihlahla eselaphayo
- UMoli neziqhumane
- Amaqanda kaDwiki alahlekile
- Isimangaliso sembewu
- UMabonwa uyasazi isikhathi
- Soweto
- Icebo elihle likaMandla
- Izipho
- Isibhelane sikaKulani
- UFani noSiba
- Umdlali ovelele
- Ibhola elilahlekile
- Indandatho yegolide
- UMondli uphethwe yisisu
- Ukunambitha ukudla kwesiVenda
- Isiko lwamaVenda
- Sivakashela esiqiwini
- UNomazwi uzigcina ephilile!

Izinga 4-5

- Izinyosi
- Ujaheni Wenzile?
- Ingwenya enonya
- Izinhlobo zezithuthi
- Ukuziphindisela kwezinkunzi
- UThuthuva uqala kabusha
- Intombazana ehlananiphile
- Izimpahla zinkulu kimi!
- Abafana abahlakaniphile
- Umdobi wezinhlanzi
- Ubusuku obungalaleki
- Isifo somkhuhlane
- UNomadlakadlaka onesibindi!
- Inkinga engadini kagogo
- Isicathulo esihle
- Iphupho likaSiviwe

ZENEX
FOUNDATION


MOLTENO
INSTITUTE FOR LANGUAGE AND LITERACY
EST. 1974



Ulwazi Lwethu yiphrojekthi yeZenex Foundation exhaswe ngezimali futhi esungulwe ukuthuthukisa uchungechunge lwezincwadi zokufunda zolimi lwase-Afrika, ezisemazingeni kanye nezokungcebeleka, nezinsiza zokusekela othisha. Le phrojekthi iqondiswe ekufundiseni nasekusekeleni abafundi abaseSigabeni Sabokhewane ukuze bathuthukise ukufunda nokuqonda kwabo ulimi lwasekhaya. Izincwadi zokufunda zisungulwe ngezilimi eziyisishiyagalolunye zase-Afrika ngokubambisana neMolteno Institute for Language and Literacies, Nelson Mandela Institute for Education and Rural Development, Room to Read South Africa, kanye neSaide. Zonke izinsiza zenziwa njenge “Open Education Resources” (OER).

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