



basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

SENIOR CERTIFICATE EXAMINATIONS/ NATIONAL SENIOR CERTIFICATE EXAMINATIONS

SISWATI LULWIMI LWEKUCALA LWEKWENGETA (FAL)

LIPHEPHA LEKUCALA (P1)

INKHWEKHWEТИ/INHLABA 2025

EMAMAKI: 80

SIKHATSI: Ema-awa la-2

Leliphepha linemakhasi la-13.

TICONDZISO KULABAHOLWAKO

1. Leliphepha lehlukaniswe TIGABA LETINTSATFU:

SIGABA A:	Sivisiso	(30)
SIGABA B:	Sifinyeto	(10)
SIGABA C:	Takhi netimiso tekusetjentiswa kwelulwimi	(40)
2. Phendvula YONKHE imibuto ngeSiswati.
3. Cala LESO NALESO sigaba ehasini LELISHA.
4. Dwebela ekugcineni kwaleso naleso sigaba.
5. Tinombolo tetimphendvulo atihambisane naleto letisephepheni lemibuto njengobe tinjalo.
6. Shiya umugca emkhatsini wetimphendvulo takho.
7. Caphelisia sipelingi/lupelomagama nendlela lowakha ngayo imisho.
8. Kwehlukaniswa kwesikhatsi:

SIGABA A:	Emaminithi la-50
SIGABA B:	Emaminithi la-20
SIGABA C:	Emaminithi la-50
9. Bhala ngebunono nangesandla lesifundzekako.

SIGABA A: SIVISISO**UMBUTO 1**

1.1 Fundza letheksthi bese uphendvula imibuto lelandzelako.

ITHEKSTHI A**PHILA IMPHILO LENDZE**

- | | | |
|---|---|----|
| 1 | Sibantfu siye sisukume sekukubi etintfweni letiphatselene nemphilo yetfu. Loku kwenta kutsi kube matima kwelashwa kwetfu ngobe sihlushwa kuba nenkhani nekutiphakamisa lokungenasidzingo. Akusiko kuhlakanipha kutsi uma ugula ungafuni kwelashwa kusenesikhatsi. | 5 |
| 2 | Leso naleso sitfo semtimba sibalulekile, labanye ubatfola batifaka kulenkulu inkinga ngekusebentisa tidzakamiva kugcine kulimala letinye titfo temtimba. Sibindzi ngulesinye sitfo semtimba lekumele sinakekelwe kakhulu. Uma kumele welashwe sona, kumele ungacitsi sikhatsi ngobe ngiso lesiyindlela yekungenisa tifo letehlukahlukene. Sizatfu kutsi sibindzi siyinjini yekusebenta kwemitimba yetfu. Ngaloku sichaza kutsi esibindzini kulapho kwakhiwa lokudzingwa ngumtimba kuperhinde kulwiwe nashevuvu lengena emtimbeni. | 10 |
| 3 | Sibindzi silibhuloho lekwedlulisa ingati lephuma iphindze ibuyele enhlitiywensi. Kungako kubalulekile kwehlukana nekudla lokunashukela nobe shukela cobo lwakhe. Shukela ngushevuvu lomatima emitimbeni yetfu. Akusiko kuhlakanipha uma umuntfu lotatiko kutsi umtimba wakhe uyahluleka kulawula shukela anganatsi emaphilisi, kepha yena achubeke nekudla kudla lokukhuphula shukela emtimbeni. Emuva kwasikhatsi utfola umuntfu sekakhala ngetinyawo letibuhlungu, tilondza letigcina tikwenta uncanyulwe imilente, kudzinwa kwemitimba, kulimala kwemehlo, kufa luhlangotsi, inhloko lengapheli, kungatfoli bantfwana naletinye tifo letinyenti. | 15 |
| 4 | Kuyotsatsa sikhatsi kutsi bantfu bavuke emacandzeni. Mangaki ematfuba bantfu lekumele baniketwe wona kute bavuke bahlukene naloshevuvu longushukela? Sibindzi sihlaselwa tjwala, ngushukela, kudla loku- <i>highly processed</i> kanye nalenyama lebovu letsengiswa etitolo. Lokuhamba embili lapha ngushukela lofakwe ekudleni lokunyenti. Emafutsa labangwa ngushukela esibindzini, netifo letingenem emtimbeni angaphazamisa kusebenta kwengcondvo. | 20 |
| 5 | Ungatibuta kutsi sibindzi sihlangana njani naletinye tifo, kuvuvuka kwemilente kudalwa kugcwalelana kwemitsambo yengati lekhipha tinsila emtimbeni tigcine letinsila tingasakhoni kuphuma. Lemitsambo lekhipha letinsila yona ihsaselwa ngemakhemikhali Iachamuka esibindzini agijima ashisa angakabaselwa . Lamakhemikhali abitwa ngekutsi ngemaROS (<i>Reactive Oxygen Species</i>), atseleka afike ashise emilenteni bese icale kuba nemakhrempu. Kulabanye lemilente intjintja ibe mnyama ivuvuke ibe mikhulu. Mhlawumbe lomunye angatibuta kutsi pho yini lamakhemikhali akhetse imilente ayekete letinye tindzawo. Kungobe emilenteni kunemakhemikhali lakhonako kwemukela lamaROS. Loku akusho kutsi kuletinye tindzawo lesifo angeke senteka. Singenteka futsi siyenteka uyake ubone kulabo labanekhensa yelibebe bagcina bavuvuke sandla. | 30 |
| | | 35 |
| | | 40 |

- 6 Imilente isekudzeni nendzawo lepompa ingati lekhishwa yinhlitiyo, lengaletsa loko lokuvikelako ngekushesha uma leyo ncenyehlaselwa. Ngenca yekutsi labakulaphako basuke bangati kutsi kumele bakwelaphe ini, kanjani, kulapho utfola sekutsiwa lesifo asilapheki. Banyenti labahlukunyetwa ngulesifo sashukela bagcine bakwemukela kutsi batophila naso. Uma bebatu kutsi imbangela yaso ngulamakhemikhali ladluliswa yingati lasuka esibindzini futsi kutsatsa emalanga lali-10 kuya emavikini lamabili nje kube kulapheka kwaleyo milente lehlaselekile. Sekujwayelekile kutsi bantfu bakitsi bakhohlisis ngulabatsi batobelapha kantsi basho intfo lebangayati. 45
- 7 Kunetifo letelapherekako uma tisukunyelwe kusenesikhatsi njengekhensa. Bantfu bafa ngebunyenti malanga onkhe ngenca yayo lekhensa, sizatfu kutsi sitjelwa kutsi ilashwa ngekushiswa nobe ngemakhemikhali lafakwa emtimbeni. Ikhensa idla *i-glucose ne-glutamine* iprotheni, uma umtimba wakho uwuncishe letiliboco tayo leligciwane liyehla kakhulu kumbe liphele. Umehluko lomkhulu uwubona emavikini lamatsatfu. Lomsebenti welucwaningo wentiwe bodokotela labatsite, njengobe bakhona bantfu lababasitile belapheka. Kungako kubalulekile kutsi nakunebuhlungu lobuva emtimbeni usheshe usondzele kubetemphilo kute ungasaleli ngaphandle. Nguwe lotawulahlekelwa imphilo yakho, hhayi labakhohlisi labatokutjela emanga ngobe bafuna imali yakho. Phila imphilo lendze uitfolele lwati kubetemphilo, utinakekele. 50

[Itsetfwe ku:-/solezwe, 18 Julayi 2023, yahunyushwa]

- 1.1.1 Nika KUNYE lokusendzimeni ye-1 lokwenta kutsi bantfu baye kubodokotela sekukubi etintfweni letiphatselene nemphilo yabo. (1)
- 1.1.2 Nawufundza indzima ye-2 uyini umsebenti wesibindzi emtimbeni? Bhala KUNYE. (1)
- 1.1.3 Nguwuphi umkhuba lomubi lowentiwa bantfu labavetwe kuletheksthi kutsi bagcine bakhushukelwa ngushukela? (2)
- 1.1.4 Ngutiphi tinkinga LETINTSATFU letivetwe endzimeni ye-3 bantfu labangabukana nato nangabe bangatinakekeli? (3)
- 1.1.5 Sizatfu sini lesingakwenta kutsi usukumele etulu uma kumele welashwe sibindzi? Chaza. (2)
- 1.1.6 Bantfu bangasitakala njani emphilweni nabangalalela loko lokushiwo endzimeni ye-4? (2)
- 1.1.7 Chaza umcondvo locuketfwe ngemagama lagcanyisiwe endzimeni ye-5 kuletheksthi. (2)
- 1.1.8 Kungani lamakhemikhali labitwa nge-ROS ahlasele imilente kunaletinye titfo temtimba? (2)

- 1.1.9 Letifo LETIMBILI letivetwe endzimeni ye-5 tingatsikameta njani titfo temtimba? (2)
- 1.1.10 Kuliciniso lelingakanani loko lokushiwo ngulemigca lebhalwe ngalokugcamile endzimeni ye-6? (2)
- 1.1.11 Ucabanga kutsi kungani bodokotela labelapha sibindzi bagcine sebatsi lesifo asilapheki? Bhala emaphuzu LAMABILI. (2)
- 1.1.12 Ngusiphi sifundvo lesedlulisewa sona yindzima yekugcina? Chaza ngemaphuzu LAMATSATFU. (3)
- 1.2 Bukisia lesibonwa bese uphendvula imibuto lelandzelako.

ITHEKSTHI B



[Itsetfwe ku:www.google.com]

- 1.2.1 Bhala KUNYE lokubalulekile ngemanti. (1)
- 1.2.2 Khetsa KUNYE kuloku:
- Ngusiphi sitfo semtimba lesilimalako uma ungahlala unganatsi emanti?
- A Tindlebe
 - B Tinyawo
 - C Tinso
 - D Tingalo
- 1.2.3 Nguwuphi umehluko lokhona kuloku lokwentiwa kuletibonwa? (2)
- 1.2.4 Ngekubona kwakho nguwuphi umtselela lomubi lokhona emmangweni lobangwa bantfu labenta lokufana naloku lokukusibonwa-2? (2)

SAMBA SESIGABA A: **30**

SIGABA B: SIFINYETO**UMBUTO 2**

Fundza letheksthi bese uayifinyeta uvete emaphuzu LASIKHOMBISA lamayelana nekutivikela ekulunyweni tinyoka.

CAPHELA:

1. Bhala emaphuzu LASIKHOMBISA ngemisho legcwele ngemagama LANGENGCI kula-60.
2. Imisho yakho ayibe netinombolo kusuka ku-1 kuya ku-7.
3. Bhala liphuzu LINYE emshweni ngamunye.
4. Sebentisa emagama AKHO.
5. Khombisa linani lemagama lowasebentisile ekugcineni kwesifinyeto uwafake kubakaki.

ITHEKSTHI C**TIVIKELE EKULUNYWENI TINYOKA**

Bantfu labanyenti baye batesabe tinyoka ngobe bakholelwa kutsi tiyingoti. Tinyenti tinhlobonhlobo tetinyoka, letinye takhona tinebungoti kantsi letinye atinabo. Ngalesinye sikhatsi siye sitfolakale etindzaweni lapho kugcwele khona tinyoka. Lokubalulekile, akumelanga sibaleke kepha kumele sitifundze sibuye sibe nelwati ngetinyoka kute sikhone kutati nekutivikela ekutseni tingasilumi.

Tifundzise kwati tindzawo lapho tinyoka titsandza khona endzaweni yangakini. Akukhatsalekile kutsi uvakashela indzawo lensha kumbe usemagcekeni asekhaya. Kumele ukwati kutsi tinyoka titsandza kubhaca kuphi. Angisakhulumi nakumele uvakashe, kumele wati kutsi ngutiphi tinyoka letitsandza leyo ndzawo futsi ngutiphi letinebutsi naletingenabutsi kute uphephe.

Kubalulekile kugwema tindzawo letinetjani lobudze nemahlatsi. Zama kutsi utfolakale usendzaweni levulekile kute ukhona kubona lapho unyatsela khona. Nangabe uhamba lapho kunetjani lobudze khona bani nendvuku kute ukhone kubhula leyondlela ngobe tinyoka tiyatsandza kubhaca lapho, kute tingadiwa nguletinye tilwane. Kungako kubalulekile kutsi ube sendzaweni levulekile kute ubone kahle.

Siyati sonkhe kutsi inyoka ayiwugubhi umgodzi kepha ise bentisa umgodzi logujwe nguletinye tilwane. Kumele ucikelele ekutseni unga faki tandla netinyawo takho emadvwaleni lanemigodzi letfolakala igujiwe. Uma ufunu kuhambahamba kumbe kuhona lofuna kukwenta kulawo madvwala nakulowo mgodzi, cala ngekusebentisa indvuku lendze kute wenetiseke kutsi akunalutfo.

Tinyoka tiyakwati kugibela esihlahleni, kungako kubalulekile kutsi ucaphelle uma uhamba ngaphasi kwesihlahla nobe uhleli ngaphasaso ngobe utawutsi ubamba ligala kantsi sewubamba inyoka. Tikhona letinye lotawutitfola ticothele kulesihlahla ngobe umbala wato ufana newaleso sihlahla. Phela kutsiwa kubamba letingelako ungabi kudla kwato.

Gcoka timphahla letivikelako nawuhamba etigangeni kute ungalunywa. Ungagcoka emabhudzi kumbe ticatfula letivalekile nelibhuluko lelikuyekelako kuneckugcoka lelikubambako kute kungabi lula kutsi ifike malula esikhumbeni sakho. Ungalunywa ngaphasi kwetinyawo kumbe emilenteni kungako kumele ucikelele nawuhamba etigangeni.

Uma nibantfu labatsandza kukhempa, gwema kukhempa etindzaweni letitsandvwa tinyoka letidvute nematje kanye netjani lobukhulu ngobe tinyoka letinyenti tiba nemandla ebusuku. Lithende lakho kumele uliziphe kahle utsitsite timphahla neticatfulo ngembi kwekugcoka. Nanobe uyolala uvitsite kahle tingubo takho ngobe kulula kutsi tibhace lapho ebusuku.

Tikhona tinyoka tasemantini ngiko kumele ucikelele nawugeza nobe udoba emifuleni nasemadamini nangabe bekunetimvula letinemandla, ngobe tinyoka letinebutsi tingakuluma. Kumele utfole lusito lwekucala ngekushesha. Uma ulunywe ngulenyoka akumelanga uphotise emaseko, kumele uphutfunyiswe emtfolamphilo, kungako kabalulekile nawugeza kuleto tindzawo tinakekele kute uhlale uphephile ngobe akusito tonkhe letinebungoti kodvwa kuphepha kabalulekile.

[Itsetfwe ku:-www.google.snake.com]

SAMBA SESIGABA B: 10

SIGABA C: TAKHI NETIMISO TEKUSETJENTISWA KWELULWIMI**UMBUTO 3: SIKHANGISI**

Fundza lesikhangisi bese uphendvula imibuto lelandzelako.

ITHEKSTHI D**UNENKINGA YETIHLALO TEMOTO YAKHO?**

Fika ngekushesha! Imitsi yetfu itsatfwa butsaphutsaphu.

Laba-5 bekucala batatitfolela libhodlela le-Febreze

Sitfolakala eMpumalanga kuphela.

I-febreze ngiyo kuphela lehamba embili.

[Itsetfwe ku:-www.google.com]

- 3.1 Kungani kusetjentiswe emagama lagcamile kulesihloko? (1)
 - 3.2 Phindza ubhale lomusho bese udvwebela ligama leliveta bunikati.
- Unenkinga yetihlalo temoto yakho? (1)

3.3 Khetsa YINYE imphendvulo kuleti.

Bhala lenombolo lets, 'Laba-5' ngemagama:

- A Labasinhlwani
- B Labasinhlanu
- C Labasihlani
- D Labasihlwanu

(1)

3.4 Ucabanga kutsi bobani labatawuhlomula ngalomkhicito lokhangiswako? (1)

3.5 Leligma lelitsi, 'butsaputsaphu' kulesikhangisi linabuphi budlelwano naloko lokukhangiswako? Sekela imphendvulo yakho. (2)

3.6 Ucabanga kutsi kungani kutsiwe lemisho lebhalwe ngalokutjekile itsatsaluhlangotsi kulesikhangisi? Chaza. (2)

3.7 Ngekubona kwakho lokhangisako uphumelele kanganani ekwenteni kutsi batsengi batfole lomkhicito malula? Sekela imphendvulo yakho. (2)

[10]

UMBUTO 4: IKHATHUNI

Fundza lekhathuni bese uphendvula imibuto lelandzelako.

ITHEKSTHI E

[Itsetfwe ku:-www.google.com]

CAPHELA: Lomfana lokulekhathuni nguThemba, lentfombatane lenkhulu nguThembeni kantsi lelencane nguMbali.

4.1 Bhala libintana leligama lelibhalwe ngalokugcamile efreyimini ye-1.

(1)

4.2 Khetsa YINYE imphendvulo.

Kusho kutsini kutsi lilanga seliyakutilahla kunina?

- A Seliyaphuma
- B Sekumnyama
- C Sekusemini
- D Seliyashona

(1)

4.3 4.3.1 Lenkhulumomabhamuta leseFREYIMINI ye-3 imeleni (1)
kulekhathuni?

4.3.2 Cedzela lenkhulomo yaMbalu leseFREYIMINI ye-3. (1)

4.4 Ngukuphi lokukhomba kutsi labantfwana labakulekhathuni abanakekelwa ngendlela lefanako? (2)

4.5 Ucabanga kutsi lenkhulomo lebhalwe ngalokugcamile efreyimini ye-4 ikhombani? Chaza. (2)

4.6 Nguyiphi imbangela leyenta Thembeni akhulume lamagama laseFREYIMINI ye-4? Sekela imphendvulo yakho. (2)

[10]

UMBUTO 5: IPHROZI

5.1 Fundza leteksthi bese uphendvula imibuto lelandzelako.

ITHEKSTHI F

TIGCABHE NGELULWIMI LWASEKHAYA

- 1 Ujabulise kwemntswana lomcane **Iomsikati** waseMpumalanga uma eva umuntfu akhuluma lulwimi IweSiswati kahle. Nkhosatana Bongekile Mlangeni longumbhali wemabhuku loedza kukhipha libhuku letinkondlo lelibhalwe ngeSiswati lelinesihloko lesitsi, 'Imphilo Ngetinkondlo'. 5
- 2 Bongekile utsi **ngalesikhatsi asakhula babe wakhe bekaahlala amfundzisa** kutsi akatigcabhe ngelulwimi lwakhe lwasekhaya, abuye akwati nekulukhuluma kahle. 'Ngikhulele kanyamazane elikazi, babe wami bekafundzisa Siswati ekolishi laseMgwenya. Bengitsi uma ngikhuluma Siswati lekungasiso utamuva sekatsi, 'Ungasho njalo, tsani,' kuchaza Nkhosatana Mlangeni. 10
- 3 Utsi kubhala wakutsandza asafundza emabangeni laphasi, bekatsi nakabuya esikolweni atsatse libhuku lakhe abhale tindzaba ngelulwimi IweSiswati. Babe wakhe nakabuya utawutsatsa lelibhuku alungise emaphutsa. Kwamkhutsata loko wagcina sekangene kulomkhakha wekubhala, 'Kubalulekile kutsi lulwimi lwetfu silati. Mine ngiyaye ngijabule uma ngiva umuntfu loliSwati asikhuluma kahle futsi atigcabha ngelulwimi lwakhe. Uma lulwimi lwetfu silubhala kahle futsi silukhuluma kahle siyalutfufukisa,' kuphetsa Nkhosatana Mlangeni. 15

[Itsetfwe ku:-Isolezwe, 16 Septemba 2021 yahunyushwa]

- 5.1.1 Nika umcondvo loletfwa nguleligama leligcanyisiwe endzimeni ye-1. (1)
- 5.1.2 Bhala lomusho locindzetelwe kuletheksthi lengenhla ube sebunyentini. (2)
- 5.1.3 Kulomusho longentasi lungisa emagama labhaleke kabi. Ngikhulele kanyamazane elikazi. (2)
- 5.1.4 Tsatsa ligama lelidvwetjelwe kuletheksthi lengenhla ulisebentise emshweni libe ngumentiwangco. (2)
- 5.1.5 Esikhundleni semagama ladvwetjelwe kulemisho lengentasi bhala sabito. Bhala timphendvulo kuphela.
 - (a) Kubalulekile kutsi lulwimi lwetfu silwati. (1)
 - (b) Bongekile utsi uyajabula uma eva umuntfu akhuluma lulwimi IweSiswati. (1)
- 5.1.6 Sebentisa sento 'bhala' emushweni lotakhele wona ube sendleleni yesimo. (2)
- 5.1.7 Cala lomusho ngekutsi: Cha ...

Uma lulwimi lwetfu silubhala kahle futsi silukhuluma kahle siyalutfufukisa. (3)

5.2

SITFOMBE

Fundza lesitfombe bese uphendvula imibuto lelandzelako.

ITHEKSTHI G

[Itsetfwe ku:-www.google.com]

5.2.1 Bhala libintana leliphikisa lelo lelidvwetjelwe kulesitfombe. (1)

5.2.2 Khetsa YINYE imphendvulo kuleti.

Ligama lelicindzettelwe kulesitfombe limeleni kulomusho?

- A Simo
- B Sikhatsi
- C Sigodzi
- D Sikhala

(1)

5.2.3 Phindza ubhale lemisho usebentise sihlanganiso lesifanele.

Lokudla akunamphilo. Kumele ngitinakekele ngidle kahle. (2)

5.2.4 Phindza ubhale lomusho locindzettelwe kulesitfombe uwente ube sesikhatsini lesitako. (2)

[20]

SAMBA SESIGABA: C
SAMBA SAKO KONKHE: 80