

IBANGA LESI-3 ULIMI LWASEKHAYA

Kumnandi ekhishini



ISIZULU

Izinga
loku-

1

Incwadi yesi-

3

Ukufunda ngamaqembu okuholwayo



Ngaphambi kokufunda

- Phenza amakhadi endaba abazoyifunda.
- Tshela abafundi ukuba baqagale ukuthi indaba izoqhubeka kanjani uma kususelwa esihlokweni nasemifanekisweni.
- Yethula amagama amasha noma alukhuni ngaphambi kokuba abafundi baqale ukufunda incwadi.
- Yenza amakhadi amagama ukwethula amagama amasha. (Thola uhlulwamagama amasha ngaphakathi.)

Ukufunda kokuqala

- Abafundi kumele bafunde umbhalo ngamunye.
- Abafundi kumele bafunde buthule noma "bawufunde ngokuhleba" umbhalo.
- Suka kumfundu uye kolandelayo, ucele umfundu ngamunye ukuba afunde isigaba sombhalo kuzwakale.

Ingxoxo

- Funda imibuzo yokuqondiswa esuselwa embhalweni.
- Gxila emisindweni, emagameni ajwayelekile kanye nasemagameni amasha.
- Uyothola imisebenzi esekugcineni kwale ncwadi ilusizo ekuholeni ingxoxo. (Khetha imisebenzi efanele izinga labafundi.)

Ukufunda kwesibili

- Ezinsukwini ezilandelayo, nika abafundi ithuba lokuyifunda futhi incwadi, ngababili noma ngamunye.
- Gxila ekufundeni ngokugeleza, ekusetshenzisweni kolimi nasemagameni amasha.
- Abafundi mabaqedele imisebenzi yeqembu eholwayo etholakala ngemuva kwale ncwadi. (Khetha imisebenzi efanele izinga labafundi.)

Abafundi mabadlale balingise okwenzeka endabeni uma umbhalo uvumelana nalokho.



Abafundi kumele benze imisebenzi yokufunda ngamaqembu ngemva kokufunda. Abafundi mabasebenze ngamaqembu ukuqedela imisebenzi efanele etholakala ngemuva kule ncwadi. Imisebenzi ebhalwayo kumele yenzelwe ezincwadini zokubhalela, hhayi kule ncwadi.

Kumnandi ekhishini

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Amacebo kubapheki abancane



- Ungalokothi upheke ngaphandle kokusizwa ngumuntu omdala.
- Fundisisa indlela yokupheka (iresiphi) uqiniseke ngokuthi unazo zonke izithako, nezinto ozisebenzisa lapho upheka.
- Faka iphinifo ugeze izandla ngaphambi kokuqala.
- Uma unezinwele ezinde zibophele emuva.
- Qaphela uma ubamba omese ababukhali.
- Faka amagilavu kahhavini uma uzophatha izinto ezishisayo nalapho ufaka noma ukhipha izinto kuhhavini.
- Qiniseka ukuthi izibambo zebhodwe uzibhekise eceleni ukuze zingashayiseki esitofini.
- Lapho usuqedile, hlanza konke ucishe isitofu nohhavini.



Ithisipuni eli-l = 5 ml

Isipunu esi-l = 15 ml

Inkomishi e-l = 250 ml

Okokusetshenziswa ngumpheki



inkomishi yokukala



izipunu zokukala



ukhezo

isitsha sokuxubela



izipunu



isisefo



ujeke

uqwembe lokugobelwa



ummese

uhlaka lokupholisela

ipani lamakkekhe asankomishi



isikhamijusi



ipani lokuthosa

Ubuso obuhlekisayo

Yenzela ukudla kwekhethelo ubuso obuhlekisayo

Okusetshenziswayo

- Izitsha zokuxubela ezi-3
- Ithisipunu



Amabhisikidi ayi-12

- Ummese
- Isipunu



Izithako :



Izipunu ezi-2 zamanzi

- Ithileyi
- Ukhezo



Uhhafu wethisipunu wesifakimbala esiluhlaza. Uhhafu wethisipunu wesifakimbala esiphuzi.



Amaswidi



Izintanjana zika-Liquorice

Indlela yokwenza

1

Sefela ushukela we-ayisingi esitsheni sokuxubela. Faka amanzi. Xuba kuze kuhlangane "kahle".



2

Yehlukanisela inhlama ye-ayisingi ezitsheni ezi-2 zokuxubela. Faka isifakimbala esiluhlaza kwesinye isitsha, isifakimbala esiphuzi usifake kwesinye.



Beka amabhisikidi ethileyini.



Sebenzisa ummese obuthuntu ukugcoba
inhlama ye-ayisingi ngaphezu kwamabhisikidi.

5



Hlobisa amabhisikidi abukeke njengobuso
usebenzisa amaswidi nezintanjana
zika-Liquorice. Kuyeke kuthi ukuqina.



6



Zitike.



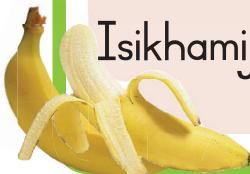
Usaladi wezithelo

Yenza usaladi wezithelo wasehlobo ogcwele amavithamini.



Okusetshenziswayo

Ummese
Uqwembe
Iokuqobela
Isitsha sokuxubela
Isikhamijusi



Izithako

Iwolintshi eli-1
Upopo o-1
Uphayinaphu o-1
Ama-aphula ama-2
Ubhanana omu-2



Okumele ukwenze



Cwecwa ama-aphula
uwaqobe abe ngamakhiyubhi.

1

2

Hluba ubhanana uwusike
ube izingcezwana.



3

Cwecwa upopo uwusike
ube ngamakhiyubhu.



4

Cwecwa
uphayinaphu
uwuqobe ube
ngamakhiyubhu.

Hlanganisa
lezi zithelo
esitsheni.

5



6

Khama iwolintshi.

7

Thela ujusi walezi
zithelo ngaphezu
kukasaladi.



Amakhekhe asankomishi amibalabala



La makhekhe asankomishi amibalabala athandeka kakhulu
emikhosini yokugubha usuku lokuzalwa, noma uSuku
Lomama noma lapho kuza abangani bezophuza nawe itiye.

OKOKUSETSHENZISWAYO

Iisisefo

Isitsha sokuxubela

Isitsha sokuxubela esincane

Inkomishi

Isipunu

Ithisipunu

Ukhezo

Imfologo

Ipani lamakhekhe

asankomishi

Uhlaka lokupholisa

Amagilavu kahhavini

izinkomishi zamaphepha



IZITHAKO

Inhlama yamakhekhe

Izinkomishi zikafulawa ezi-2

Ikota lenkomishi kashukela

Amathisipuni esikhukhumalisi
ama-2

Izipunu zebhotela noma
umajarini ezi-4

Inkomishi yobisi e-1

Amaqanda ama-2



ivanila esensi



I-ayisingi

Inkomishi ye-ayisingi e-1

Isipunu samanzi esi-1

U- $\frac{1}{2}$ wethisipuni lesifikimbala

Indlela yokwenza

Hlanganisa ibhotela noshukela ngokhezo kuze kube sakhilimu.

Phehla iqanda lize libe ulwelwesana (fluffy).

Xuba kuze kuhlangane kahle.

Sefa ufulawa nesikhukhumalisi ukuxube kuhlangane kahle.



Yikha le ngxube ngesipunu uyifake ezinkomishini ezingamaphepha, beka izinkomishi ethileyini.

Bhaka ngokushisa okungamadigri ayi- 180°C imizuzu engama-20–30 kuze kube nsurjwana.

Ayeke amakhekhe aphole.





Landela iresiphi esekhasini lesi-5 lapho sewenza i-ayisingi. Sebenzisa ummese obuthuntu ukugcoba i-ayisingi emakhekheni asankomishi.



Hlobisa ngoswidi nokunye okuvuvuzelwayo.



Abeke ethileyini amakhekhe asankomishi
ahlotshisiwe.



Thokozela ukudla ikhekhe elisankomishi
elimnandi.

U-ayisikhilimu omnandi

Ngosuku olushisayo ake uzipholise ngokudla u-ayisikhilimu omnandi.



Izithako

- U-ayisikhilimu
- Ubhanana owodwa
- Okuvuvuzelwayo
- Amanathi
- Amasherि

Indlela yokwenza

1 Yikha
u-ayisikhilimu.

2
Beka
u-ayisikhilimu
owukhile
esitsheni
esincane.



3 Manje-ke vuvuzela okungathelwa
ngaphezulu ukuhlobisa
u-ayisikhilimu wakho.



4 Ungabuye
uvuvuzele
amanathi
ngaphezulu.



5

Okulandelayo,
hluba ubhanana
uwusike ube
izingcezwana.



6

Beka
izingcezwana
zikabhanana
zizungeze
u-ayisikhilimu.





7 Ekugcineni beka
isheri ngaphezulu.



8 Manje ake uzwe ukuthi unambitheka
kamnandi kanjani u-ayisikhilimu
wakho.





Amakhrampethi



Ake uthokozele
amakhrampethi ashisayo
uma kumakhaza.

Okusetshenziswayo

- Isitsha sokuxubela
- Ipani lokuthosa
- Isitsha sokuxubela esincane
- Ukhezo
- Inkomishi yokulinganisa
- Isisefo
- Isipunu
- Ithisipunu
- Isiphehli

Izithako

- Izipunu zebhotela ezi-4
- Inkomishi kafulawa e-1
- Isipunu sikashukela esi-1
- Imvushwana kasawoti
- Amathisipunu esikhukhumalisi ama-2
- Amaqanda ama-2
- Inkomishi yobisi e-1
- U- $\frac{1}{2}$ wethisipunu wevanila esensi

Indlela yokwenza

1. Sefela ufulawa, noshukela, nosawoti nesikhukhumalisi esitsheni sokuxubela esikhulu.
2. Ncibilikisa ibhotela epanini olibeke esitofini bese ulisusa ipani esitofini uma selincibilikile ibhotela.



3. Phehla iqanda esitsheni esincane.
4. Faka ubisi nevanila esensi eqandeni eseliphehlifiwe bese ukuxuba lokhu.



5. Xuba izithako ezimanzi nezomile bese ugovuza iskhathi esingangeminithi.
6. Ungade ukha ngesipunu noma ude uthela le ngxube epanini elishisayo.



7. Uma sekufela amagwebu iphendule ikhrampethi.
8. Asuse epanini amakhrampethi uma amacala omabili awo esensunjwana.
9. Uma usukuphaka lokhu ungakugcoba ibhotela noma isiraphu.



Umashelela (Smoothie)

Ake uzi pholise lapho kushisa ngokuphuza umashelela wezithelo omnandi.

Uqwembe lokuqobela

- Ummese
- Inkomishi yokulinganisa
- Izingilazi
- Ujeke



Izithako

- Inkomishi yobisi
- Amapentshisi ama-2 noma ikota ($\frac{1}{4}$) likaphayinaphu
- Ubhanana o-1
- Inkomishi e-1 ye yogathi (enokunambitheka kwestrobheri, noma komango noma iphulamu)

Indlela yokwenza

1. Cwecwa noma uhlube isithelo.
2. Sika isithelo sibe yizicucwana.

3. Faka zonke izithako kujeke.
4. Kuxube lokhu kuze kuhlangane kahle.



5. Thela ingxube kamashelela ezingilazini uzifake efrijini ukuze zibande ngaphambi kokuphuza.

Imisebenzi yokufunda ngamaqembu



1

Xoxa nomngani wakho ngencwadi yamaresiphi.

- a. Sithini isihloko sencwadi?
- b. Incwadi yamaresiphi yehluke kanjani encwadini yezindaba?
- c. Iyiphi iresiphi ongathanda ukuyenza? Nikeza izizathu.
- d. Kungani amaresiphi esinikeza isikalo sezithako?
- e. Yini oyipheka ekhaya? Tshela umngani wakho ukuthi ukwenza kanjani lokho kudla noma isiphuzo.
- f. Yimiphi imithetho okumele siyilandele uma sipheka?



2

Sebenzisa ikhasi lokuqukethwe ukuphendula le mibuzo elandelayo:

- a. Mangaki amaresiphi akulencwadi?
- b. Ikuliphi ikhasi iresiphi yamakhekhe asankomishi?
- c. Ngeyani iresiphi oyithola ekhasini lama-20?
- d. Yiluphi ulwazi oluthola ekhasini le-2?



3

Bheka iresiphi kamashelela.

- Tshela umngani wakho ukuthi kumele wenzeni ngaphambi kokusika izithelo zibe zicucwana.
- Tshela umngani wakho ukuthi kumele wenzeni emva kokusika izithelo zaba zicucwana.



4

Lingisa, kodwa ungakhulumi, ukuthi lezi zenzo zithi akwenziweni:

- | | | |
|---------|----------------|-----------------|
| • xuba | • yikha | • phendula |
| • khama | • govuza | • vuvuzela |
| • sika | • cwecwa/hluba | • sefa |
| • qoba | • thela | • yizwa ngolimi |



5

Qondanisa la magama nezincazelo zawo:

Okokusetshenziswa

Izinyathelo okumele sizilandele uma senza ukudla.

Indlela yokwenza

Izinhlotshana zokudla esizidingayo uma sifuna ukukhipha uhlobo oluthile lokudla.

Izithako

Izinto ezisamathuluzi esizidingela ukupheka.

IBANGA LESI-3 ULIMI LWASEKHAYA



Incwadi yesi- 3

Isihloko:	Kumnandi ekhishini
Ulimi:	IsiZulu
Izinga:	Ibanga lesi-3 Incwadi Yokufundwa Ulimi Lwasekhaya Izinga loku-1 Incwadi yesi-3
Uhlobo lombhalo:	Umbhalo wemiyalelo ongebona ubuciko - incwadi yamaresiphi
Amagama ajwayelekile:	faka, abancane, zonke, unazo, ngemuva, izinto, ukukhipha
Ulwazimagama:	umashelela, izithako, izilinganiso, isiqobi, ukuxuba, isiphehli, uqwembe, isikhampusini, kwekhethelo, isifakimbala, buthuntu, ukushuba, ama-aphula, amakhayubhu, ukuvuvuzela, ulwelwesi, isikhukhumalisi, ukhezo, nsunjwana
Imisindo:	ndl, mph, qw, nhl, gcw, ntsh, cw, ngc
Okuqukethwe, imiqondo namakhono:	<ul style="list-style-type: none">▪ Ufundla aphendule imibuzo yokuqondisisa.▪ Ufundla aphendule imibuzo yekhasi lokuqukethwe.▪ Uqondanisa izikali ezisemthethweni nezingekho emthethweni.▪ Ukopisha indlela yokupheka encwadini yakhe yokubhalela.

ICAPS ifuna ukuba othisha babeke eceleni isikhathi nsuku zonke sokubhekana nokufunda kweqembu okuholwayo. Ukufunda kweqembu okuholwayo kudinga abafundi asebesezingeni elifanayo lokwazi ukufunda umbhalo ofanayo emaqenjini. beholwa nguthisha.

Ekufundeni ngamaqembu okuholwayo. othisha bahola abafundi abasezingen elifanayo lokufunda ekufundeni incwadi efanayo beseqenjini.

Isikhathi sokufunda kumele simbandakanye izinhlobo zamisu ehlukahlukene zokufunda nokugondisisa okudingga abafundi uma befunda.

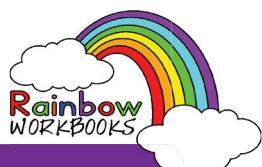
Isu lokufunda ngempumelelo lidinga futhi ukuxoxisana ngombhalo phakathi kukathisha nabafundi. naphakathi kwabafundi emaqenjini.

Lezi zincwadi zinemisebenzi yokugondisisa kanye neminyaka ehambelana nokufunda ngokugondisisa ukusiza othisha ukuze bakwazi ukuhola ukufunda ngamaqembu emakilasini.

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Ezinye izincwadi eShalofini
Lezincwadi zeBanga lesi-3
zoLimi Lwasekhaya.



Unogwaja uqinela impungushe

Isigameko sasolwandle

Kumnandi ekhishini

Idayari yabantwana
abakhonondayo



Zega-ke izilwane

UThandi unosuku olubi

Impelasonto ekhumbulekayo



Kunenunu ekhabetheni lami

Kulahleke amakhekhe
asankomishi

Kuyamangaza yize kuyiqiniso