**UKUDLA KWESINTU**

Ukudla kwesintu kuyindlela abantu abadala ababedla ngayo kudala, okuvela kakhulu ezintweni ezikhuliswa emasimini, ezifuywayo noma ezitholakala emvelweni. Lolu hlobo lokudla aluzange lube nezithasiselo zesimanje, kodwa lwalungolwemvelo. Ukudla kwesintu akugcini nje ngokugcwalisa isisu, kodwa kugcina amasiko, kuhlanganisa abantu emindenini nasemiphakathini, futhi kunikeza umzimba amandla nomsoco.

**Izibonelo zokudla kwesintu:**

1. Isijingi - umxube wempuphu nebhece noma ithanga. Kungukudla okuthandwa kakhulu abantu asebekhulile ngoba kunikezana amandla.
2. Uphuthu - lwenzizwa ngommbila owomisiwe wagaywa wenziwa waba imvuthuluka. Uphuthu ludliwa kakhulu namasi noma nemifino futhi kuwukudla okudliwa nsukuzonke kuze kube inamhlanje.
3. Umbhushu - ukudla okwenziwe nemphuphu yaxutshwa nobhontshisi wesiZulu. Kukhonziwe kakhulu ngabantu basemakhaya ikakhulukazi mabezokudla ngezimpelasonto.
4. Amacimbi - izibungu ezitholakala ezihlahleni zomuganu. Ziyabiliswa emanzini anosawoti noma zosiwe futhi zidume kakhulu ezindaweni eziningi zaseNingizimu Afrika.
5. Isinkwa sommbila - senziwa ngempuphu yommbila saphekwa njengebhola ebhodweni. Sisebenziswa njengokudla kwansuku zonke ezindaweni zasemakhaya.

*English:*

**TRADITIONAL FOOD**

Traditional food is the way people used to eat in the past, primarily coming from things grown on farms, raised animals, or gathered from nature. This type of food did not include modern additives and was natural. Traditional food not only fills the stomach but also preserves culture, brings people together in families and communities, and provides the body with energy and nutrients.

**Examples of traditional food**

1. Isijingi - a mixture of maize meal with pumpkin or squash. It is highly favored by older people because it provides energy.
2. Uphuthu - made from dried, ground maize formed into small lumps. Uphuthu is usually eaten with sour milk or vegetables and is still commonly eaten today.
3. Umbhushu - food made from a mixture of maize meal and Zulu beans. It is mostly prepared by people in rural areas, especially for weekend meals.
4. Amacimbi - caterpillars found on marula trees. They are boiled in salted water or roasted and are popular in many areas of South Africa.
5. Cornbread - made from maize meal, shaped into balls, and cooked in a pot. It is used as an everyday food in rural areas.

*Sesotho:*

**DIJO TSA SETSO**

Dijo tsa batho ke tsela eo maqheku a neng a e-ja ka eona nakong e fetileng, haholo-holo linthong tse lenngoeng masimong, tse ruuoang lapeng kapa tse fumanoang tlhahong. Mofuta ona oa lijo o ne o se na li-additives tsa morao-rao, empa e ne e le tsa tlhaho. Dijo tsa batho ha li tlatse mpa feela, empa hape li boloka lineano, li kopanya batho malapeng le lichabeng, 'me li fa' mele matla le phepo e nepahetseng.

**Mehlala ya dijo tsa setso**:

1. Isijingi - motsoako oa phofo le beece kapa mokopu. Ke dijo tse ratoang ke maqheku hobane li fana ka matla.

2. Uphuthu - e entsoeng ka poone e omisitsoeng e siloeng hore e be makumane. Hangata Uphuthu e jeoa ka lebese kapa meroho 'me ke lijo tsa letsatsi le letsatsi tse ntseng li jeoa ho fihlela kajeno.

3. Umbhushu - sejo se entsoeng ka phofo e tsoakiloeng le linaoa tsa isiZulu. E ne e sebeletsoa haholo-holo ke batho ba mahaeng, haholo-holo bakeng sa lijo tsa mafelo-beke.

4. Liboko - liboko tse fumanoang sefateng sa maganu. Li phehiloe ka metsi a letsoai kapa li halikiloe 'me li tumme haholo libakeng tse ngata tsa Afrika Boroa.

5. Bohobe ba poone - bo entsoeng ka phofo ea poone 'me bo phehiloe e le bolo ka pitseng. E sebelisoa e le lijo tsa letsatsi le letsatsi libakeng tsa mahaeng.

*Siswati:*

**KUDLA KWENDZABUKO**

Kudla kwebantfu yindlela lebebadla ngayo bantfu labadzala esikhatsini lesengcile, ikakhulu kusuka etintfweni letihlanyelwe emasimini, letifuywako noma letitfolwa emvelweni. Loluhlobo lwekudla belute tintfo letingetiwe tesimanje, kepha bekuyimvelo. Kudla kwebantfu akugcwalisi sisu kuphela, kepha kugcina emasiko, kuhlanganisa bantfu emindenini nasemimangweni, futsi kuniketa umtimba emandla kanye nekudla.

**Tibonelo tekudla kwebantfu**:

1. Isijingi - inhlanganisela yafulawa kanye ne beece noma litsanga. Kukudla lokutsandvwa bantfu labadzala ngoba kuniketa emandla.

2. Uphuthu - lowentiwa ngemmbila lowomile logaywe waba yimvuthuluka. Uputhu uvame kudliwa nelubisi noma tibhidvo futsi kudla kwemalanga onkhe lokudliwa kuze kube ngulamuhla.

3. Umbhushu - kudla lokwentiwa ngafulawa lohlanganiswe nemabhontjisi esiZulu. Beyiphakelwa kakhulu bantfu basemaphandleni, ikakhulukati ngekudla ngemphelasontfo.

4. Amacimbi - tibungu letitfolakala esihlahleni semaganu. Abiliswa emantini laneluswayi noma ashiswe futsi atsandvwa kakhulu etindzaweni letiningi tala Ningizimu Afrika.

5. Sinkwa semmbila - sentiwa ngafulawa wemmbila bese siphekwa njengelibhola ebhodweni. Isetjentiswa njengekudla kwemalanga onkhe etindzaweni tasemakhaya.

**IZITHELO ZASENDLE**

Izithelo zasendle ziyizithelo ezikhula ngokwemvelo emahlathini, emathafeni noma emasimini ngaphandle kokufakelwa umanyolo. Kudala abantu babekha lezi zithelo ukuze bazidle noma bazigcine isikhathi eside.

**Izibonelo zezithelo zasendle:**

1. Izindoni - lezi zithelo zimise okweplamu elincane, zimnyama uma sezivuthiwe. Zinambitheka kamnandi zinoshukela nokubaba okuncane.
2. Amaganu - amila esihlahleni esikhulu aba nombala ophuzi uma esevuthiwe. Awasetshenziselwa ukudliwa kuphela ayasetshenziswa nokwenza isiphuzo Amarula.
3. Amathunduluka - isithelo esincane esimile njengebhola, siba bomvu uma sesivuthiwe. Sivame ukutholakala emahlathini nasezihlahleni zasemakhaya. Sinoshukela nobumuncu obuncinyane uma usinambitha.
4. Amatulo - izithelo ezincane ezivela ezihlahleni ezinde, ziba nsundu uma sezivuthiwe. Kudala abantu babewagcina ukuze bawasebenzise ngesikhathi sokuntuleka kokudla.
5. Umncaka – izithelo eziyinqwaba ezincane ezivamise ukumila esihlahleni esikhulu ngesikhathi sikaMasingane. Ziba mnyama uma sezivuthiwe zinoshukela.

*English:*

**WILD FRUITS**

Wild fruits are fruits that grow naturally in forests, grasslands, or fields without fertilization. Traditionally, people would gather these fruits to eat immediately or preserve them for later use.

**Examples of wild fruits**

1. Izindoni – small palm-shaped fruits, black when ripe, with a sweet taste and a slight bitterness.
2. Amaganu – grow on large trees and turn yellow when ripe. They are not only eaten but also used to make Amarula liqueur.
3. Amathunduluka – small round fruits that turn red when ripe, often found in forests and rural trees. They are slightly sweet and tart.
4. Amatulo – small fruits from tall trees that turn brown when ripe. Traditionally, people would store them to use during food shortages.
5. Umncaka – clusters of small fruits usually growing on large trees during the summer season. They turn black when ripe and are sweet.

*Sesotho:*

**LITHOLOANA TSE HLAHA**

Litholoana tse hlaha ke litholoana tse melang ka tlhaho merung, lithoteng kapa masimong ntle le tsebeliso ea manyolo. Ke khale batho ba bokella litholoana tsena hore ba li je kapa ba li boloke ka nako e telele.

**Mehlala ea litholoana tse hlaha**:

1. Izindoni - litholoana tsena li bōpehile joaloka plums tse nyenyane, tse ntšo ha li butsoitse. Li na le tatso e monate e nang le tatso e monate le e babang hanyenyane.

2. Amaganu - di mela sefateng se seholo mme di fetoha mosehla ha di butswitse. Ha li sebelisetsoe ho jeoa feela empa li boetse li sebelisetsoa ho etsa seno se bitsoang Amarula.

3. Amathunduluka - tholoana e nyane ea sebopeho sa bolo, e fetohang khubelu ha e butsoitse. Hangata li fumaneha merung le lifateng tsa mahaeng. Li na le tatso e monate le e bolila hanyane ha li latsoa.

4. Amatulo - litholoana tse nyane tse melang lifateng tse telele, li fetoha sootho ha li butsoitse. Ke khale batho ba li bolokile hore ba tle ba li sebelise linakong tsa khaello ea dijo.

5. Umncaka - dihlopha tse nyane tsa ditholwana tse atisang ho mela sefateng se seholo nakong ya Masingane. Li fetoha tse ntso ha li butsoitse 'me li le monate.

*Siswati:*

**TITSELO TESIGANGA**

Titselo tesiganga titselo letihluma ngekwemvelo emahlatsini, emathafeni noma emasimini ngaphandle kwekusebentisa manyolo. Bantfu besekudzala babutsa letitselo kwentela kutidla noma kutigcina sikhatsi lesidze.

**Tibonelo tetitselo tesiganga**:

1. Izindoni - letitselo letimise njengema plum lamancane, timnyama uma setivutsiwe. Tinekunambitseka lokumnandzi ngekunambitseka lokumnandzi kanye nekunambitseka lokubabako kancane.

2. Amaganu - akhula esihlahleni lesikhulu bese ayagucuka abe mtfubi uma sekavutsiwe. Atisetjentiswa ekudleni kuphela kepha tiphindze tisetjentiswe kwenta lesiphuzo se Amarula.

3. Amathunduluka - sitselo lesincane lesifana nelibhola, lesigucuka sibe bovu uma sivutsiwe. Tivame kutfolwa emahlatsini nasetihlahleni tasemaphandleni. Tinekunambitseka lokumnandzi futsi lokumunyu kancane uma tinambitseka.

4. Amatulo - titselo letincane letikhula etihlahleni letindze, tigucuke tibe nsundvu uma setivutsiwe. Bantfu sebavele batigcina kute batisebentise ngetikhatsi tekushoda kwekudla.

5. Umncaka - emacembu lamancane etitselo letivame kukhula esihlahleni lesikhulu ngesikhatsi seMasingane. Tigucuka tibe mnyama uma tivutsiwe futsi tinongotela.

**IMICIMBI YESINTU**

Imicimbi yesintu iwumgubho noma umhlangano wabantu lapho kugcinwa khona amasiko nokuhlonishwa imvelaphi yabantu. Le micimbi iyindlela yokugcina isiko liphila, ixhumanisa izizukulwane zakudala nezanamuhla, futhi ivame ukuhlotshaniswa nokuhlonipha amadlozi, ubudlelwano bomphakathi kanye nokwazisa imvelaphi.

**Izibonelo zemicimbi yesintu:**

1. Umhlonyane - umcimbi wenziwa uma intombazane iqala ukuya esikhathini noma iqala ukuthomba. Umndeni uyamgubhela, kufundiswa intombazane ngokuziphatha kahle kanye nokuhlonipha.
2. Umhlanga - amantombazane ayizintombi nto ziyahlanganisana ziye emzini wesilo zihambise imihlanga. Lona umcimbi okhuthaza inhlonipho, ubumsulwa, kanye nokukhumbuza intsha ngegugu lamasiko
3. Imbeleko - umcimbi wenziwa lapho kulethwa khona ingane emadlozini okokuqala. Inkomo ingase ihlatshwe, futhi umntwana ugqokiswa izikhumba noma imvunulo yesintu.
4. Umemulo - umemulo ungomunye wemikhosi yesintu ebaluleke kakhulu kubantu bakwaZulu. Lona ngumkhosi owenziwa intombazane uma seyikhulile, isilungele ubudala bokungena esigabeni sokuba ngumfazi, nakuba kungelona isiko lokushada kodwa libonisa ukuthi intombazane ikhulile.
5. Amalobolo - abizwa nangokuthi ilobolo ayindlela yokukhombisa inhlonipho, ukubonga umndeni wentombi, nokwakha ubuhlobo phakathi kwemindeni emibili ezohlanganiswa ngumshado.
6. Umkhehlo – ilapho khona abakwamkhwenyana behambise inkomo kamakoti ngenhloso yokuthi ibulawe kutholakale umhlwehle okuyiwona ombathiswa umakoti ngoba umsebenzi kusuke kungowokuvalelisa yena umakoti ekutheni ahambe kahle aye emzini wakhe omusha. Okuyilaphoke ekusuke sekuphuma khona nezipho ezisuka ziqhamuka emndenini, kubangani, izihlobo okanye emphakathini imvamisa lomvimbi wenzeka emvakwamalobolo iskhathi esningi and umshado omhlophe awubalwa kulomcimbi.

*English:*

**TRADITIONAL CEREMONIES**  
Traditional ceremonies are gatherings where culture is preserved, and people honor their ancestry. These events keep traditions alive, connect past and present generations, and often involve respect for ancestors, community relations, and appreciation of heritage.

**Examples of traditional ceremonies**

1. Umhlonyane - a ceremony held when a girl starts menstruating or reaches puberty. The family celebrates her, teaching her proper behavior and respect.
2. Umhlanga - young girls gather to deliver reeds to the king’s homestead. This ceremony promotes respect, purity, and reminds the youth of the value of tradition.
3. Imbeleko - held when a child is presented to the ancestors for the first time. A cow may be slaughtered, and the child is dressed in traditional skins or attire.
4. Umemulo - one of the most important Zulu ceremonies, held when a girl reaches maturity and is of marriageable age. While it is not a marriage ceremony, it signals that a girl has grown up.
5. Lobola - also called bride price, it is a way of showing respect, thanking the bride’s family, and building a bond between the two families that will be joined in marriage.
6. Umkhehlo - this is when the groom’s family brings a cow to the bride’s family with the intention that it be slaughtered, and from it the *umhlwehle* (a special attire made from the hide) is obtained, which the bride wears. The ceremony serves as a farewell for the bride, wishing her well as she leaves to start her new life in her husband’s home. It is also at this event that gifts are presented, coming from family, friends, relatives, or even the wider community. Usually, this ceremony takes place after the payment of lobola, often a long time later, and the white wedding is not counted as part of this occasion.

*Sesotho:*

**LIKETSAHALO TSA BATHO**

Mekete ea setso ke mekete kapa likopano tsa batho moo meetlo le lefa li ketekoang. Mekete ena ke mokhoa oa ho boloka moetlo o phela, o hokahanya meloko e fetileng le ea joale, 'me hangata e amahanngoa le ho hlompha balimo, likamano tsa sechaba le kananelo ea lefa.

Mehlala ea mekete ea setso:

1. Umhlonyane - mokete o etsoang ha ngoanana a qala ho ilela khoeli kapa bohlankaneng. Lelapa lea mo keteka, le ruta ngoanana mekhoa e metle le tlhompho.

2. Umhlanga - basetsana ba makgarebe ba bokana motseng wa phoofolo ho jara lehlaka. Ena ke mokete o khothalletsang tlhompho, bohloeki, le ho hopotsa bacha ka lefa la bona la setso

3. Imbeleko - mokete o etsoang ha ngoana a tlisoa ho balimo khetlo la pele. Ho ka hlajoa khomo, ngoana a apesoa letlalo kapa liaparo tsa setso.

4. Umemulo - umemulo ke o mong wa mekete ya bohlokwa ka ho fetisisa ho batho ba Mazulu. Ke mokete o etsoang ke ngoanana ha a se a hōlile ho kena mokhahlelong oa bosali, leha e se mokete oa lenyalo empa o bontša hore ngoanana o se a hōlile.

5. Lobolo - le boetse le bitsoa lobolo ke mokhoa oa ho bontša tlhompho, ho leboha lelapa la monyaluoa, le ho theha maqhama pakeng tsa malapa a mabeli a tla kopanngoa ka lenyalo.

6. Umkhehlo - ke hona moo ba habo monyaluoa ba isang khomo ea ngoetsi ka sepheo sa ho e hlaba hore ba fumane khomo e tlang ho aparoa ke monyaluoa hobane mosebetsi ke ho isa monyaluoa a sireletsehile lehaeng la hae le lecha. Ke ha limpho li fanoa ho tsoa ho ba lelapa, metsoalle, beng ka bona kapa sechabeng. Hangata mokete ona o etsahala ka mor'a lobolo, 'me lenyalo le lesoeu ha le kenyelelitsoe moketeng ona.

*Siswati:*

**IMICEMBO YESINTFU**

Imikhosi yebantfu yimikhosi noma imibutsano yebantfu lapho khona emasiko nemagugu agcinwa khona. Lemikhosi yindlela yekugcina emasiko aphila, kuhlanganisa titukulwane letengcile naletikhona nyalo, futsi ivame kuhambisana nekuhlonipha emadloti, budlelwane bemmango kanye nekubonga emagugu.

Tibonelo temikhosi yebantfu:

1. Umhlonyane - umkhosi lowentiwa lapho intfombatane icala kuya esikhatsini noma icala kuya enyangeni. Umndeni uyamgubha, ufundzise lentfombatana imikhuba lemihle nekuhlonipha.

2. Umhlanga - emantfombatana layintfombi ahlangana emtini walesilwane ayotfwala umhlanga. Lona ngumkhosi lokhutsata inhlonipho, bucwebe, futsi ukhumbute bantfu labasha ngemagugu abo emasiko .

3. Imbeleko - umkhosi lowentiwa uma umntfwana aletfwa emadlotini kwekucala. Inkhomo ingahlatjwa, bese umntfwana agcotjwa ngetikhumba noma timphahla tesintfu.

4. Umemulo - umememulo ngulomunye wemikhosi yebantfu lebaluleke kakhulu kubantfu bemaZulu. Lona ngumkhosi lowentiwa yintfombatane uma seyikhulile kutsi ingangena esigabeni sebufati, noma nje kungasiwo umshado kepha kukhombisa kutsi lentfombi seyifike eminyakeni.

5. Lobolo - liphindze libitwe ngekutsi yi lobolo yindlela yekubonisa inhlonipho, kubonga umndeni wabomakoti, kanye nekwakha sibopho emkhatsini walemindeni lemibili letohlanganiswa ngumshado.

6. Umkhehlo - ngulapho khona umndeni wemkhwenyana utsatsa khona inkhomo yamakoti ngenhloso yekuyibulala kute utfole i-cowl lese igcokwa ngumakoti ngoba umsebenti kutsi atfumele makoti kutsi ahambe aphephile aye ekhaya lakhe lelisha. Loku ngulapho kuniketwa khona tipho letivela emndenini, kubangani, tihlobo nobe emmangweni. Lomcimbi uvame kwenteka ngemuva kwe lobolo, futsi umshado lomhlophe awufakwa kulomcimbi.

**IMPILO YAKWAZULU EMANDULO**

Kudala abantu bakwaZulu babephila impilo yobuZulu eyayixhumene kakhulu nemvelo kanye namasiko abo. Babehlala emizi emikhulu eyayihlanganisa imindeni eminingi eyisibongo esisodwa, kanti izindlu zabo zazakhiwe ngodaka zafulelwa ngotshani, ezazibekwa ngendlela eyindilinga kuhlanganiswe nenkundla phakathi okubizwa ngokuthiwa orondo. Amanzi babewathola emifuleni, emithonjeni nasemachibini.

Abantu besifazane babevuka ekuseni ngovivi ukuyotheza izinkuni emahlathini ukuze bezisebenzise uma bebasa umlilo wokupheka nokufudumeza. Abantu bakwaZulu babesebenzisa kakhulu imfuyo, ikakhulukazi izinkomo, ngoba kwakuyizo ezazisetshenziswa emicimbini, futhi zibonisa isithunzi nomnotho womndeni. Abafana babevuka ekuseni beziluse beziyise emadlelweni okudla ukuze zizothola utshani bokudla.

Ngaso lesosikhathi besemahlathini babezingela izinyamazane nonogwaja ukuze bezothola inyama yokudla. Izinkomo zazisengwa uma zizele ukwenza amasi abekade edliwa nsuku zonke. Kwakuthi mabehlabile inkomo isikhumba sasonyiswa. Babembatha izikhumba zezilwane ababezibulala ngesikhathi sokuzingela, futhi lezi zikhumba zazisetshenziswa njengengubo yokuzivikela uma kubanda, kanti kwesinye isikhathi zazihlotshiswa ngobuhlalu obahlukahlukene ukuze zikhombise ubuhle.

Omama nogogo babenamasimu amakhulu okulima imifino. Emva kokuqedwa kobandlululo ngo-1994, indawo eyayaziwa ngokuthi ikwaZulu, okwakuyindawo engaphansi kombuso wamaZulu nowaphinde waba indawo yamaBantustan, yahlanganiswa nesifundazwe saseNatal, esasibizwa kanjalo abahlali bokuqala baseYurophu ababeqhamuke khona ngoKhisimusi ka-1497. Lokhu kuhlanganiswa kwadala isifundazwe esaziwa namuhla ngokuthi iKwaZulu-Natal, okuyindawo enamasiko acebile kanye nomlando ojulile.

*English:*

**LIFE OF THE ZULU PEOPLE IN THE PAST**  
In the past, the Zulu people lived a Zulu life that was closely connected to nature and their culture. They lived in large villages that included many families of the same surname, and their houses were built of thatched roofs, which were arranged in a circular pattern with a central courtyard called an orondo. They obtained water from rivers, springs and lakes.

Women would wake up early in the morning to collect firewood from the forests to use when lighting a fire for cooking and heating. The Zulu people made great use of livestock, especially cattle, because they were used in ceremonies, and they represented the dignity and wealth of the family. The boys would wake up early to take them to pastures to find grass to eat and brought them back at sunset.

At the same time, they would hunt deer and rabbits in the forests to get meat for food. The cows were milked when they were full to make milk that was eaten every day and for amasi. When they had slaughtered the cow, the skin was dried and used for hides and clothes such as ibheshu and isidwaba. They wore the skins of animals they killed while hunting, and these skins were used as a protective garment in the cold and were sometimes decorated with various beads to show off their beauty.

Mothers and grandmothers had large fields to grow vegetables. After the end of apartheid in 1994, the area known as KwaZulu, which was a Zulu kingdom and then a Bantustan, was merged with the province of Natal, which was called that by the first European settlers who arrived there on Christmas Day 1497. This merger created the province known today as KwaZulu-Natal, a place with a rich culture and a deep history.

*Sesotho:*

**BOPHELO BA BOKHOLO BA KWAZULU**

Nakong e fetileng, batho ba Mazulu ba ne ba phela bophelo ba Mazulu bo neng bo amana haufi-ufi le tlhaho le setso sa bona. Ba ne ba lula metseng e meholo e neng e akarelletsa malapa a mangata a sefane, ’me matlo a bona a ne a hahiloe ka marulelo a joang, a neng a hlophisitsoe ka mokhoa o chitja o nang le lebala le bohareng le bitsoang orondo. Ba ne ba fumana metsi linōkeng, lilibeng le matšeng.

Basali ba ne ba tsoha esale hoseng ho ea roalla patsi merung hore ba e sebelise ha ba besa mollo bakeng sa ho pheha le ho futhumatsa. Sechaba sa Mazulu se ne se sebelisa leruo haholo-holo likhomo, kaha li ne li sebelisoa meketeng, ’me li ne li emela seriti le leruo la lelapa. Basimane ba ne ba tsoga go sa le phakela go di isa kwa mafulong go ya go batla bojang jo ba ka bo jang.

Ka nako e tšoanang, ba ne ba tsoma likhama le mebutla merung ho fumana nama bakeng sa lijo. Likhomo li ne li hasoa ha li khotše ho etsa lebese le jeoang letsatsi le letsatsi. Ha ba qeta ho hlaba khomo, letlalo la omella. Ba ne ba apara matlalo a liphoofolo tseo ba neng ba li bolaea ha ba ntse ba tsoma, ’me matlalo ana a ne a sebelisoa e le seaparo se sireletsang serameng, ’me ka linako tse ling a ne a khabisoa ka lifaha tse sa tšoaneng ho bontša botle ba tsona.

Bo-’mè le bo-nkhono ba ne ba e-na le masimo a maholo a ho lema meroho. Kamora ho fela ha apartheid ka 1994, sebaka se neng se tsejoa e le KwaZulu, eo e neng e le 'muso oa Mazulu mme hamorao e le Bantustan, e ile ea kopanngoa le profinse ea Natal, e neng e bitsoa joalo ke bajaki ba pele ba Europe ba fihlileng moo ka Letsatsi la Keresemese 1497. Kopano ena e thehile profinse e tsejoang kajeno e le KwaZulu-Natal, sebaka se nang le setso se ruileng le histori e tebileng

*Siswati:*

**IMPHILO YANDVULA YEMAKWAZULU** .

Kadzeni, sive semaZulu besiphila imphilo yemaZulu lebeyihlangene kakhulu nendalo kanye nemasiko abo. Bebahlala emitini lemikhulu lebeyifaka imindeni leminingi yesibongo sinye, futsi tindlu tabo betakhiwe ngetindlu letifulelwe ngetjani, lebetihlelwe ngendlela leyindingilizi lenelibala lelisemkhatsini lelibitwa ngekutsi yi orondo. Bebatfola emanti emifuleni, emitfonjeni nasemachibini.

Bomake bebavuka ekuseni kakhulu bayotsatsa tinkhuni emahlatsini kute batisebentise uma babasa umlilo wekupheka nekushisisa. Sive semaZulu besisebentisa kakhulu imfuyo, ikakhulu tinkhomo, ngoba betisetjentiswa emicimbini, futsi betimelela sitfunti kanye nemnotfo wemndeni. Labafana bebavuka ekuseni kakhulu kute babayise emadlelweni bayofuna tjani labatawudla.

Ngesikhatsi lesifanako, bebatingela tinyamatane nabogwaja emahlatsini kute batfole inyama yekudla. Letinkhomo betisengwa nasetigcwele kute kwentiwe lubisi lebeludliwa onkhe malanga. Batsi nasebayihlabile lenkhomo, sikhumba besesomiswa. Bebagcoka letikhumba tetilwane labatibulalako ngesikhatsi batingela, futsi letikhumba betisetjentiswa njengesembatfo sekuvikela emakhazeni, futsi ngalesinye sikhatsi betihlotjiswa ngebuhlalu lobehlukene kwentela kukhombisa buhle bato.

Bomake nabogogo bebanemasimu lamakhulu ekulima tibhidvo. Ngemuva kwekuphela kwelubandlululo nga 1994, lendzawo leyatiwa ngekutsi yiKwaZulu, lebeyingumbuso wemaZulu yase iyaba yi Bantustan, yahlanganiswa nesifundza sase Natal, lebeyibitwa kanjalo ngebahlali bekucala base Europe labafika lapho ngelilanga la Khisimusi nga 1497. Lokuhlanganiswa kwadala lesifundza lesatiwa namuhla ngekutsi yi Kwarich history kanye nendzawo ya Kwarich a Zulu- Natal a .

**INDLELA ABANTU ABABEGQOKA NGAYO EMANDULO**

Kudala abantu besifazane ababeganile babebhinca izidwaba bethwale nenhloko ekhanda, bese kuthi labo ababengaganile babegqoka imisiko(izindwangu eziyimibala eyahlukene) noma izigege. Abesilisa bona babegqoka amabheshu, izinsizwa zakhona zazibhinca umncedo. Abanye abantu babe mbatha izikhumba ezivela kwimfuyo yabo, uma benganawo amabheshu.

**izibonelo zezingubo ezigqokwa kudala**:

1. Ibheshu- isembatho sabesilisa esisetshenziselwa ukufihla isingezansi somzimba esakhiwe ngesikhumba sesilwane.
2. Isidwaba – isikhumba senkomo esibhincwa abesimame asebeganile/asebeshadile
3. Isigege/ imisiko – lokhu kwakugqokwa amantombazane kuvala ingaphambili nengemumva lesingezansi somzimba
4. Umncedo- isikhumba esilenga ngaphambili esasigqokwa abafana asebekhula khulile

*English:*

**THE WAY PEOPLE DRESSED IN THE PAST**

In the past, married women wore a headscarf and a headscarf on their heads, while unmarried women wore a turban (a piece of cloth of different colors) or a turban. Men wore a turban, while young men wore a turban. Some people wore skins from their livestock if they did not have a turban.

**Examples of clothing worn in the past:**

1. turban - a men's garment used to cover the lower body made of animal skin.

2. Isidwaba - a cowhide worn by married women

3. Isigege/ imisiko - this was worn by girls to cover the front and back of the lower body

4. Umncedo - a piece of leather worn by boys who had grown up

*Sesotho:*

**MOKHOA OA BATHO BA NE BA APATA NAKONG E FETILENG**

Nakong e fetileng, basali ba nyetsoeng ba ne ba roala setuku le setuku hloohong, ha basali ba sa nyaloang ba ne ba roala tuku (lesela la mebala e sa tšoaneng) kapa tuku. Banna ba roetse tuku, bahlankana ba roetse tuku. Batho ba bang ba ne ba apara matlalo a mehlape ea bona, haeba ba ne ba se na tuku.

**Mehlala ea liaparo tse neng li aparoa nakong e fetileng:**

1. Turban - seaparo sa banna se sebelisetsoang ho koahela bokatlase ba 'mele se entsoeng ka letlalo la phoofolo.

2. Sehlopha - letlalo la khomo le aparoang ke basali ba nyetsoeng

3. Turban/ tuku - sena se ne se aparoa ke banana ho koahela bokatlase ba 'mele ka pele le ka morao

4. Sehlopha - sekotoana sa letlalo se aparoang ke bashanyana ba seng ba hōlile

*Swati:*

**INDLELA BANTFU BEBAGCOKA NGAYO ENDLENI .**

Esikhatsini lesengcile, bomake labashadile bebagcoka sikhafu sasenhloko kanye nesikhafu, kantsi labangakashadi bebagcoka siduku (lucetu lwendvwangu lenemibala leyehlukene) noma siduku. Emadvodza bekagcoka siduku, kantsi emajaha bekagcoka siduku. Labanye bantfu bebagcoka tikhumba temfuyo yabo, uma bebangenayo ingubo.

**Tibonelo tetimphahla lebetigcokwa esikhatsini lesengcile**:

1. I-turban - ingubo yemadvodza lebeyisetjentiselwa kuvala umtimba longentasi leyentiwe ngesikhumba sesilwane.

2. I-turban - sikhumba senkhomo lesigcokwa bafati labashadile .

3. I-turban/ turban - lena beyigcokwa ngemantfombatane kumbonya ngaphambili nangemuva kwemtimba longaphansi .

4. Sigcoko - sicucu sesikhumba lebesigcokwa bafana lebesebakhulile .