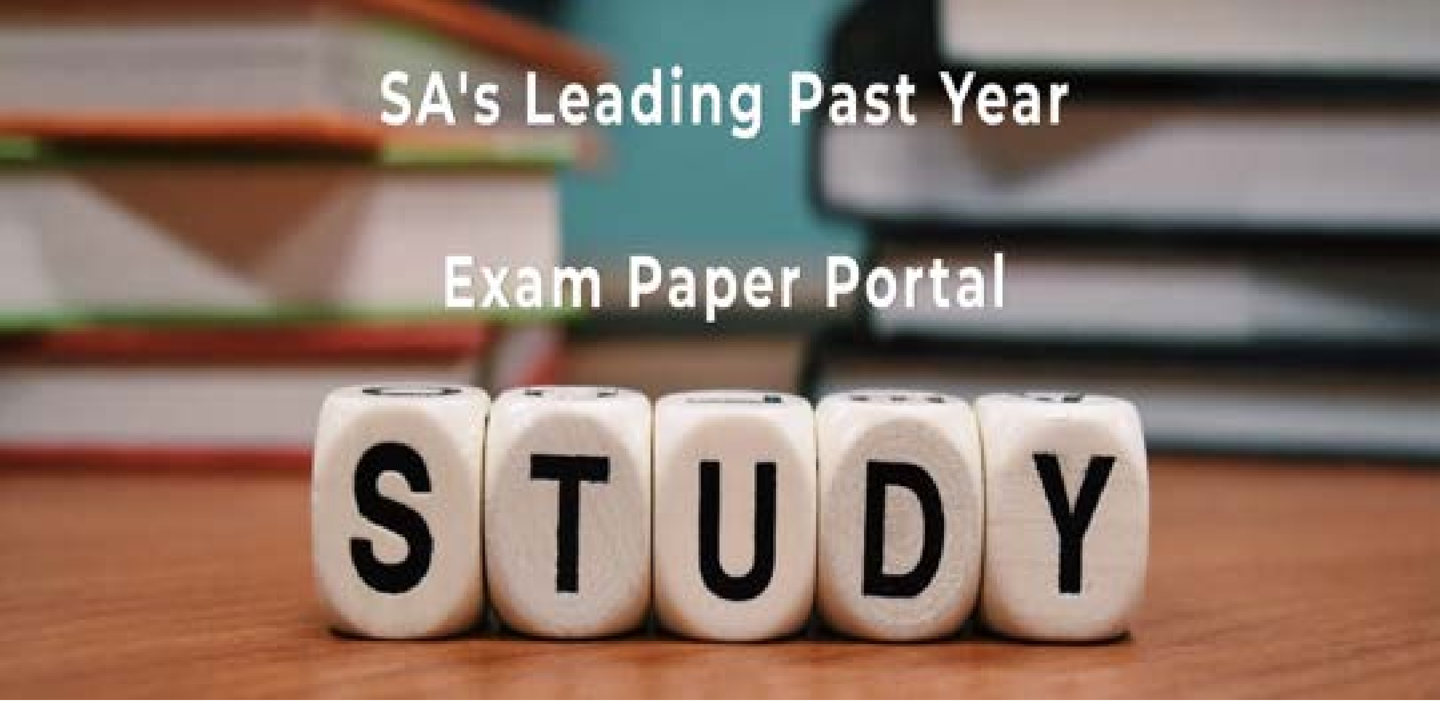

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IBANGA LE-12

ISIZULU ULIMI LOKUQALA LOKWENGEZA (FAL)

IPHEPHA LOKUQALA (P1)

FEBRUWARI/MASHI 2015

AMAMAKI: 80

ISIKHATHI: amahora ama-2

Leli phepha linamakhasi ayi-13.

Akuvumelekile ukukopisha leli phepha

IMIYALELO

1. Leli phepha lehlukaniswe IZIQEPHU EZINTATHU:

ISIQEPHU A:	Isivivinyo sokuqondisisa	(30)
ISIQEPHU B:	Ukufingqa	(10)
ISIQEPHU C:	Uhlelo nokusetshenziswa kolimi	(40)

2. Fundisisa YONKE imiyalelo ngaphambi kokuba uphendule imibuzo.

3. Phendula YONKE imibuzo ekuleli phepha.

4. Qala isiqephu NGASINYE ekhasini ELISHA bese udweba umugqa emva kwaleso siqephu.

5. Bhala izinombolo zezimpendulo njengoba zibhalwe embuzweni.

6. Shiya umugqa emva kombuzo ngamunye.

7. Bhala ngobunono nangesandla esifundekayo.

8. Qaphela upelomagama kanye nokwakheka kwemisho.

9. Ungahlukanisa isikhathi obhala ngaso ngokwalezi ziqephu:

ISIQEPHU A:	Imizuzu engama-50
ISIQEPHU B:	Imizuzu engama-30
ISIQEPHU C:	Imizuzu engama-40

ISIQEPHU A: ISIVIVINYO SOKUQONDISISA

UMBUZO 1

1.1 Fundisisa lesi siqephu esingezansi bese uphendula imibuzo ezolandela.

UZETHEMBA KANGAKANANI?

Ukuzethemba kubalulekile. Kunomehluko omkhulu phakathi kokuzethemba okujwayelekile nokuzethemba ngokweqile. Kuphinde kube nomehluko omncane phakathi kokuzethemba ngokweqile/ngokwedlulele nokuzenyeza (low self-esteem). Lezi zinto ziyahambisana. Umuntu ozenyezayo ujwayele ukubona sengathi abantu bambukela phansi kanti kusuke kunguye uqobo ozibukela phansi. Ukuzenyeza nokucabanga kwakhe ukuthi ubukelwa phansi yikhona okumenza afune ukuthi wonke umuntu abone ukuthi naye akamncane. Ukuzama ukukhombisa ukuthi naye ubalulekile yikona okumenza azwakale aphinde abukeke sengathi usezethemba ngokweqile.

Ziningi izinto ezenziwa ngumuntu ozethemba ngokweqile. Okujwayelekile ukuthi akhulume angaqedi kulalelwe yena. Akabaniki abanye ithuba lokuthi nabo baphendule. Inkulumo yakhe iqala ngo 'mina.' Nakho lokho akukhulumayo kusuke kungenamqondo. Kuvame/Kujwayeleke ukuba izinto ezifana nokuthi yena ugqoka kahle noma uhlala endaweni engcono nokunye nje okuzokwenza abantu babone ukuthi yena unemali kangakanani. Konke akukhulumayo kuba ngaye nempilo yakhe. Ngesikhathi ekhuluma engaqedi ezama ukuveza ukuthi wazi kangakanani kulapho eziveza ukuthi wazi kancane kangakanani.

Lolu hlobo lomuntu aluphatheki. Alushayelwa imithetho. Uma kuyilona oluqashiwe luba inkinga kubaqashi ngoba bazithola bengasazi ukuthi bazobhekana kanjani nalo. Aluvami ukwenza okwenziwa abanye, luphuma eceleni njalo. Umuntu ozethemba ngokweqile uyehluleka ukubona umehluko phakathi kwakhe nomqashi. Okuba yinkinga ukuthi ugcina esenza nemisebenzi okungeyona eyakhe noma angawenzi umsebenzi ngoba engqondweni yakhe yena ungaphezu kwabo bonke abantu. Uzibona kunguyena kuphela owaziyo futhi engekho nongenza kangcono kunaye. Uma kunguyena ophethe uba ngundlovu kayiphikiswa. Kokunye abone sengathi nenkampani leyo ayisebenzelayo ingawa uma engayeka ukusebenza. Kwesinye isikhathi angafuni nokuhlaba ikhefu ngoba usaba ukuthi izinto zizosala zonakale/zimosheka.

Ezinye zezimpawu zokuzethemba ngokweqile ukuthi umuntu aqambe amanga ngezinto anazo noma akwazi ukuzenza isidingo sibe singekho. Lokhu kuqamba amanga kusuke kuyindlela yokwenza ukuthi labo bantu anabo bangambukeli phansi. Asuke engakwazi ukuthi lokhu kuqamba amanga yikhona okwenza abantu bambone sengathi akaphilile ekhanda. Amanga awaqambayo afana nokuthi yena wazana nabantu abasezikhundleni eziphezulu, noma ngempilo ephezulu ayiphilayo. Okusuke kuxake ukuthi uma azana nabantu abaphezulu kangaka kungani esaphila nabantu abasezingeni eliphansi.

Okunye okugqamile ngomuntu ozethemba ngokweqile ukuthi akakwazi ukukhetha afanele akukhulume noma angakukhulumi okungahambisani nohlobo lwabantu asuke enabo ngaleso sikhathi. Isibonelo nje, angathi ehlezi nabantu abasezingeni eliphezulu kunelakhe, avele abatshele ukuthi uhamba ngahlobo luni lwemoto. Ukwenza lokhu kungekho muntu obuzile. Nalaba bantu abaxoxelayo mhlawumbe banezimoto eziphindwe kabili noma kathathu ngobuhle kunale yakhe. Inhloso yakhe ukuthi izikhulu lezi asuke ehlezi nazo zingamthathi kancane. Kunokuthi zikhombise ukumhlonipha izikhulu zivele zibe namahloni okuthi luhlobo luni lomuntu lolu oluveza ukuthi lunothe kangakanani emphakathini. Abantu abanemali abakhulumi ngemali yabo.

Ucwaningo (research) olwenziwa yi*Lukhozi Research Institute* lukhomba ukuthi umuntu ozethemba ngokweqile ushintshashintsha izithombe zakhe ezinkundleni zokuxhumana (social networks) eveza ubuso bakhe. Lokhu ukwenza ngoba ezibona emuhle kunawo wonke umuntu. Uthanda nokwazisa umhlaba wonke ukuthi yena wenzani ngasikhathi sini. Lokhu ukwenza ngoba ecabanga ukuthi wonke umuntu ukukhathalele ukuthi wenzani, nini nobani. Imiphumela yocwaningo ikhombisa ukuthi umuntu ozibona engcono kunabanye akakwazi ukuhlela impilo yakhe. Konke akwenzayo yilokhu okwenziwa abangani bakhe.

Lolu hlobo lokuziphatha luyisifo esingalapheka. Umuntu akazalwa naso kodwa sidalwa izimo ezithile umuntu abhekana nazo ngesikhathi esakhula, ikakhulukazi esemncane. Ukubonana nabalaphi bengqondo (psychologists) kungamsiza onalesi sifo/mkhuba ukuthi abone izenzo nezinkulumo zakhe zimenza abukeleke phansi. Nawe ake uzibuze ukuthi uzethemba kangakanani.

1.1.1 Bhala izinto EZIMBILI ezenziwa ngumuntu ozethemba ngokweqile. (2)

1.1.2 Khetha impendulo efanele kwezilandelayo:

Ngesikhathi umuntu ozethemba kakhulu ekhuluma engaqedi uziveza ukuthi ulwazi lwakhe … kanganani:

A Lukhulu
B Lubanzi
C Lubaluleke
D Luncane (1)

1.1.3 Yini evame ukucatshangwa ngumuntu ozenyezayo? (1)

1.1.4 Ngokwale ndaba kusuke kuyini inhloso yokuqamba amanga kumuntu ozethemba ngokweqile? (1)

1.1.5 Bhala OKUKODWA umuntu ozethemba ngokweqile ajwayele ukuqamba amanga ngakho. (1)

1.1.6 Umuntu ozethemba ngokweqile uba yinkinga kanjani kubaqashi bakhe? (1)

1.1.7 Esiqeshini osifunde ngenhla caphuna umusho osho okufanayo nalo olandelayo:

Owakhe umbono awuphikiswa. (2)

1.1.8 Chaza lezi zimo zokukhuluma ezibhalwe ngokugqamile kule misho elandelayo:

(a) Ukuzenyeza nokucabanga kwakhe ukuthi **ubukelwa phansi** yikhona okumenza afune wonke umuntu abone ukuthi naye akamncane. (2)

(b) Aluvami ukwenza okwenziwa abanye, **luphuma eceleni** njalo. (2)

(c) Kwesinye isikhathi angafuni **nokuhlaba ikhefu.** (2)

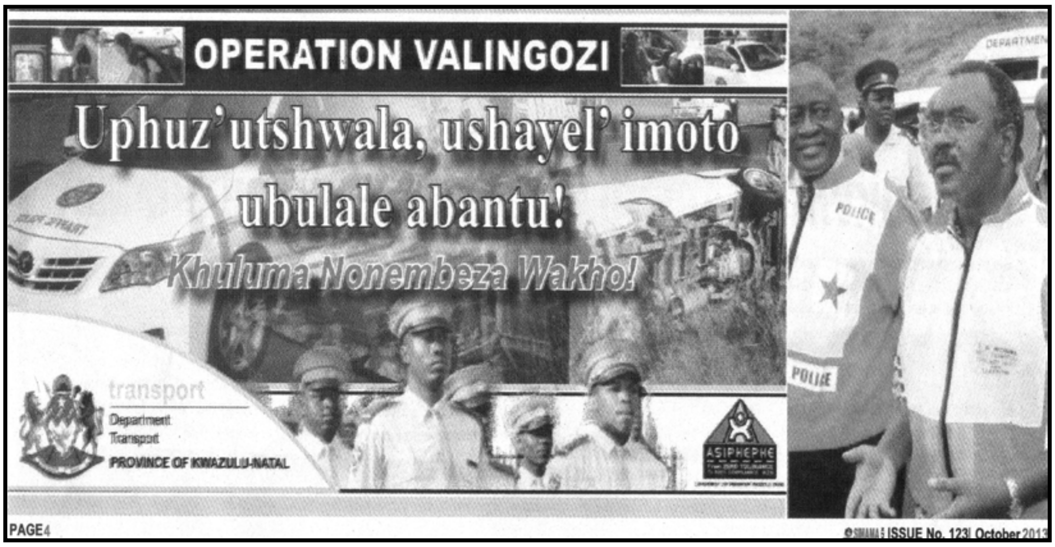
1.1.9 Ukukhuluma kakhulu komuntu ozethemba ngokweqile kuba namuphi umphumela kubantu asuke ehleli nabo? (2)

1.1.10 Ungamsiza kanjani umuntu onenkinga yokuzethemba ngokweqile? Bhala amaphuzu AMABILI. (2)

1.1.11 Ngokwale ndaba ukuzethemba kakhulu kuyiphazamisa kanjani inqubekela phambili yomuntu. (2)

1.1.12 Ngabe iqiniso noma umbono ukuthi wonke umuntu oshintsha izithombe zakhe ezinkundleni zokuxhumana yingoba ezethemba ngokweqile. Sekela. (3)

1.2 Bukisisa lesi sithombe bese uphendula imibuzo ezolandela.



[Sicashunwe ephephandabeni *iLanga,* Okthoba 2013]

1.2.1 Umkhankaso wani lo ovezwe kulesi sithombe? (1)

1.2.2 Yini inhloso yalesi sithombe? (1)

1.2.3 Yimuphi uMnyango kaHulumeni obhekene nalo mkhankaso? (1)

1.2.4 Yisiphi isiFundazwe obanjwe kuso lo mkhankaso? (1)

1.2.5 Ngokwalesi sithombe umphumela wokuphuza utshwala bese ushayela imoto kuba yini? (2)

AMAMAKI ESIQEPHU A: 30

ISIQEPHU B: UKUFINGQA

UMBUZO 2

Fundisisa lesi siqeshana esingezansi esikhuluma ngezindlela zokunakekela amateki bese usifingqa ngamaphuzu ayi-7.

IMIYALELO:

1. Bhala amaphuzu ayi-7 ngemisho ephelele. Amagama akho abe phakathi kwamagama angama-50 kuya kwangama-60.
2. Imisho yakho mayibe nezinombolo kusukela ku-1 kuya ku-7.
3. Bhala iphuzu elilodwa emshweni.
4. Sebenzisa amagama akho emshweni.
5. Ekugcineni kwamaphuzu onke owabhalile bhala inani lamagama owasebenzisile.

GCINA AMETEKI AKHO EHLANZEKILE

Amateki yizicathulo ezithambile futhi ezithandwa kakhulu ngabantu abasebancane kanye nalabo abadala. Abiza imali eshisiwe futhi asesitayeleni. Ziningi izinhlobo zawo; kukhona enziwa ngendwangu, ipulasitiki kanye nesikhumba. Amateki agqokelwa izizathu ezahlukene. Abanye bawagqoka uma beya emsebenzini, abanye bawagqokele ezemidlalo kanti abanye bawagqokela imfashini.

Ungawagcina kuwodilophu ekamelweni noma uwabeke ebhokisini lawo. Zama ukungawabeki phezu kwamanye noma uwacindezele ngezinye izicathulo ngoba lokho kungenza alahlekelwe indlela akhiwe ngayo.
Ukuwawasha njalo ngamanzi kungawalimaza ngokuthi asheshe athambe futhi ashintshe nombala wawo. Uma ukade uwagqokile kuhle ukuthi uthathe indwangu emanzi bese uwasula ngayo ngaphambi kokuwabeka. Ungasebenzisa insipho eyenzelwe ukuwasha izicathulo uma uwawasha. Kubalulekile ukukhipha izintambo zawo ukuze uwashisise kahle ingaphakathi lawo. Waneke elangeni kodwa ugade ukuthi ilanga lingawashisi kakhulu ngoba lokho kungenza alahlekelwe umbala wawo.

Amateki akho ayonuka kahle uma uwashayisa ngomoya kancane emva kokuwakhumula. Kuhle ukugqoka amasokisi uma ugqoke amateki. Ungawaphindi amasokisi uma ungumuntu ogqoka njalo amateki. Lokho kusiza ukubamba umjuluko kugcine amateki akho kanye nezinyawo kunephunga elihle. Ukugqoka amateki ngezinyawo ezingcolile kungenza ube nezilonda ezinyaweni ugcine usunalesi sifo okuthiwa impehlwa. Iphunga eliba sematekwini anganakekelwa alithandeki kwabanye abantu. Khumbula ukuthi izinyawo ezivaleleke ematekwini ziyajuluka.

Ungalivimba iphunga elibi ngokuthi usebenzise uphawuda wabantwana noma wezicathulo. Lezi zindlela zokunakekela amateki ziyokongela imali ngoba angeke ube nenkinga yokuba namateki adabukile/agugile futhi angeke ulokhu uwathenga njalo. Izinyawo zakho ziyohlala zithokozile.

Yiba namateki abukeka emasha zonke izinsuku!

[Sicashunwe ephephandabeni *iLanga,* Okthoba 2013]

AMAMAKI ESIQEPHU B: 10

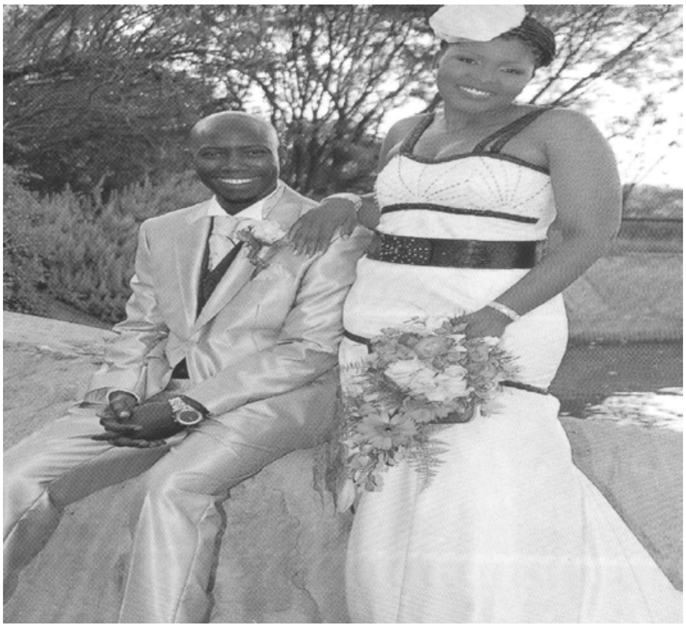
ISIQEPHU C: UHLELO NOKUSETSHENZISWA KOLIMI

UMBUZO 3

Bukisisa lesi sikhangisi bese uphendula imibuzo ezolandela.

Zama Zama Caterers

Ngabe ziyawushaya, noma unomcimbi omkhulu?
Uxakekile? Awunaso isikhathi sokwenza amalungiselelo?
Woza kwaZama Zama Catering sizokusetha.
Abapheki noweta bethu basezingeni eliphezulu, angeke uzisole ngokukhetha thina!
Ngemadlana encane sihlela, sihlobise siphekele imicimbi elandelayo:
Imishado.
Imingcwabo.
Imigubho yesintu.
Siqashisa ngalokhu okulandelayo:
Amatende
Izitulo
Izitofu zegesi
Amafriji amakhulu
Izitsha
Amatafula nezindwangu.



Sitholakala:
11 McTosh Avenue
Newcastle
083 762 4567/083 366 1234

Fika nalesi sikhangisi **UZITHOLELE** ifriji eliqashisayo **MAHHALA!!!**
Imithetho nemibandela: Kukhokhwa idiphozi engamaphesenti angama-50.

[Sicashunwe *kumagazini i-Drum,* 2013]

3.1 Bhala imisebenzi EMIBILI eyenziwa eZama Zama Caterers. (2)

3.2 Kungani amagama 'Zama Zama Caterers' ebhalwe ngefonti enkulu? (2)

3.3 Khetha impendulo efanele kwezilandelayo:

Oweta baseZama Zama Caterers basezingeni:

A Eliphansi
B Eliphakathi nendawo
C Eliphezulu
D Elilindelekile (1)

3.4 Igama 'sizokusetha' lichazani ngohlobo lomsebenzi owenziwa yile nkampani? (2)

3.5 Bhala okukodwa okudingekayo eZama Zama Caterers ngaphambi kokuthi bakwenzele umsebenzi. (1)

3.6 Ngokwakho ukucabanga ibinzana 'UZITHOLELE ifriji eliqashisayo MAHHALA' liyiqiniso kangakanani? (2)
[10]

UMBUZO 4

Bukisisa le khathuni bese uphendula imibuzo ezolandela.

[Sicashunwe ephephandabeni *iSolezwe*, 2012]

4.1 Yini le ephethwe umkhulu? (1)

4.2 Uqonde ukuthini umkhulu uma ethi uyibambile? (1)

4.3 Sebenzisa upelomagama olufanele ukulungisa lo musho olandelayo:

Ngaze ngay'bamba mabhebeza, seng'zokwazi uk'thumela abakhongi. (3)

4.4 Khetha impendulo efanele kwezilandelayo:

Kule khathuni engenhla igama ukukipita lisho:

A Ukuthatha into okungeyona eyakho
B Ukuwina
C Ukuhlala nomuntu ongashadile naye
D Ukulobola (1)

4.5 Chaza igama 'abakhongi.' (2)

4.6 Ngokwakho ukucabanga kungani umkhulu esefisa ukuzibulala? Chaza. (2)
[10]

UMBUZO 5

5.1 Fundisisa lesi siqeshana bese uphendula imibuzo ezolandela:

Sekusondele ukubhala izivivinyo zokuphela konyaka. Abafundi bakaMatikuletsheni abasalali. Sekuphele nya ukudlala. Akusekho ngisho noyedwa owehla enyuka ezitaladini. Bonke bazivalele endlini bayafunda. Impumelelo ayitholakali ngamlingo, ukufunda nje kuphela. Abafundi sebekhuthazwa amazwi kathishanhloko awasho njalo athi; 'Bafundi sebenzani ngokuzimisela ukuze ningaphoxi abazali benu.' Abazali kufanele babambe iqhaza ekufundeni kwezingane zabo ukuze ziphumelele.

Lokhu abazali bangakwenza ngokuthi baqinisekise ukuthi ungabibikho umsindo ozophazamisa abafundi emakhaya. Abafundi akumele banikwe umsebenzi wasekhaya omningi ukuze bakwazi ukuchitha isikhathi esiningi befunda izincwadi zabo. Ayikho into ebuhlungu njengokuthi umfundi ahlale esikoleni iminyaka eminingi kodwa ekugcineni angaphumeleli. Kubamba ezingelayo bafundi sebenzani.

5.1.1 Shono ukuthi amagama abhalwe ngokugqamile emishweni elandelayo enza misebenzi mini?

(a) Bonke bazivalele **endlini** bayafunda. (1)
(b) Abafundi **bakaMatikuletsheni** abasalali. (1)

5.1.2 Esiqeshini esingenhla caphuna isimo sokukhuluma esichazwa yilo musho olandelayo:

Abazali kumele basize ekufundeni kwezingane zabo. (2)

5.1.3 Phinda ubhale umusho olandelayo ukhombe ukuphika:

Sebenzani kanzima ukuze nijabulise abazali benu. (2)

5.1.4 Phinda ubhale umusho olandelayo uqale ngegama elibhalwe ngokugqamile.

UThishanhloko ukhuthaza **abafundi** ukuthi bazimisele. (2)

5.1.5 Khetha isihlanganiso esisodwa kulezi ezikubakaki usisebenzise ukuhlanganisa imisho elandelayo: (noma, uma, mhlawumbe).

Bangaphasa bonke abafundi.
Abafundi bafunda ngokuzimisela. (2)

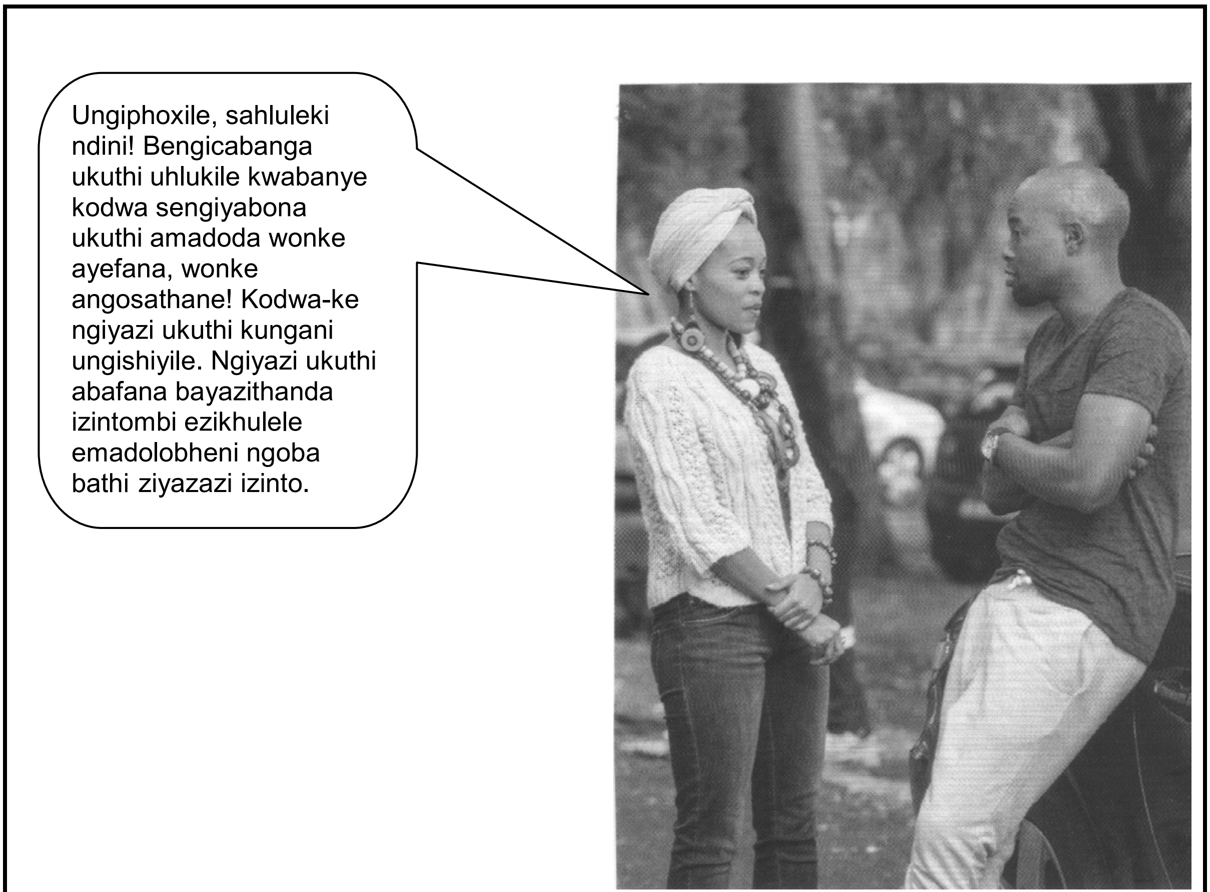
5.1.6 Phinda ubhale umusho olandelayo ube yinkulumo mbiko.

UThishanhloko wakhuthaza abafundi wathi: 'Sebenzani ngokuzimisela ukuze ningaphoxi abazali benu.' (2)

5.1.7 Phinda ubhale umusho olandelayo uqale ngebinzana elibhalwe ngokugqamile:

Abazali basiza izingane zabo.
Ngonyaka ozayo … (2)

5.2 Buka isithombe esilandelayo bese uphendula imibuzo ezolandela.



[Sicashunwe *kuDestiny Magazine,*Septemba 2013]

5.2.1 Ibinzana 'sehluleki ndini' lichukuluza/livusa miphi imizwa? (1)

5.2.2 Caphuna umusho okhombisa ukuthi bonke abantu besilisa bayafana. (2)

5.2.3 Khetha impendulo efanele kwezilandelayo:

Umusho othi; 'Amadoda angosathane uqukethe ulimi:

A Oluhehayo
B Olunenzondo
C Olukhohlisayo
D Olunothando (1)

5.2.4 Shono ukuthi umusho olandelayo ukuthi uqukethe luphi uhlobo lwenkolelo:

Ngiyazi ukuthi abafana bayazithanda izintombi ezikhulele emadolobheni ngoba bathi ziyazazi izinto. (2)

[20]

AMAMAKI ESIQEPHU C: 40
AMAMAKI ESEWONKE: 80