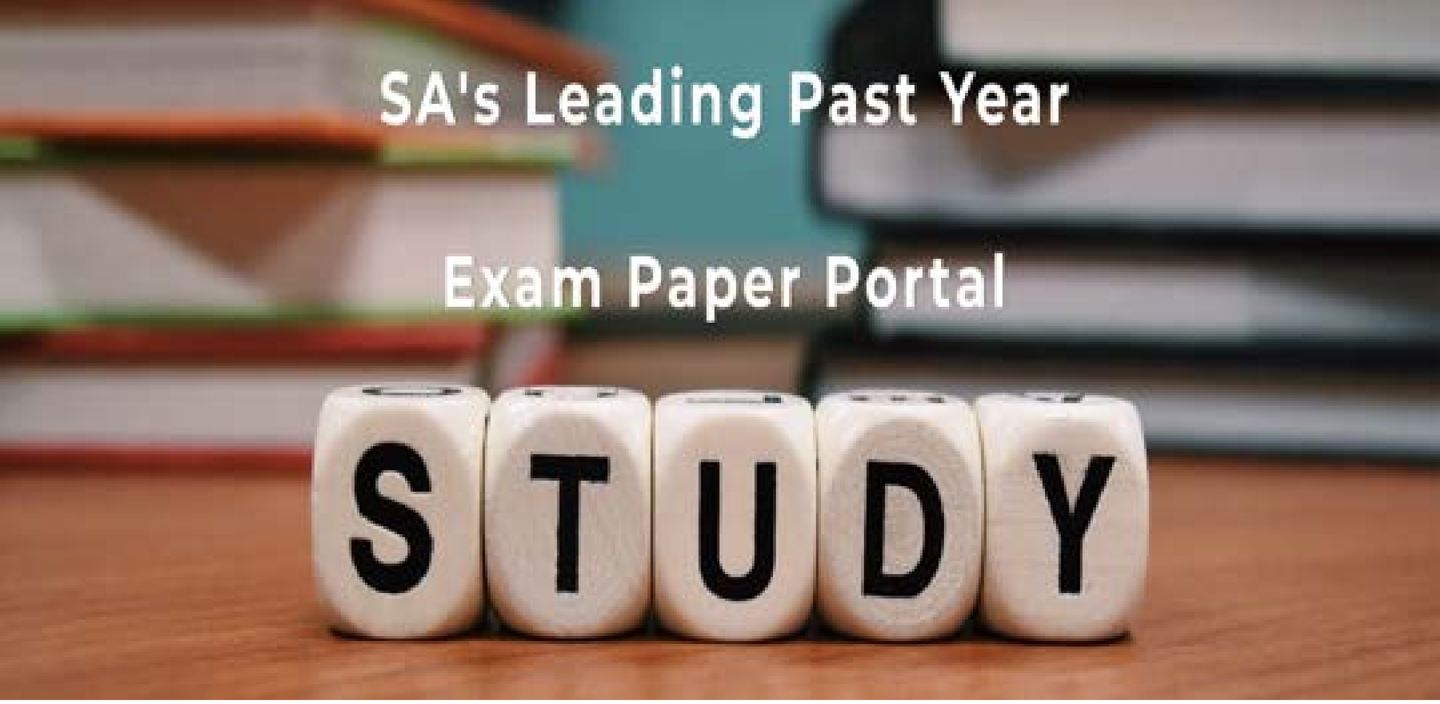

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IBANGA 12

ISIXHOSA ULWIMI LOKUQALA OLONGEZELELWEYO (FAL)

IPHEPHA LOKUQALA (P1)

FEBRUWARI/MATSHI 2012

AMANQAKU: 80

IXESHA: 2 iiyure

Olu viwo lunamaphepha ali-14.

IMIYALELO NENGCACISO

1. Eli phepha lemibuzo linamaCANDELO AMATHATHU:

ICANDELO A:	Uvavanyo lokuqonda	(30)
ICANDELO B:	Isishwankathelo	(10)
ICANDELO C:	Ulwimi	(40)

2. Funda YONKE imiyalelo ngononophelo.

3. Phendula YONKE imibuzo.

4. Krwela umgca ekupheleni kwecandelo NGALINYE.

5. Qala icandelo NGALINYE kwiphepha ELITSHA.

6. Nombola iimpendulo zakho ngokuchanekileyo ngokwendlela yokunombola esetyenzisiweyo kwiphepha lemibuzo.

7. Shiya umgca emva kwempendulo NGANYE.

8. Bhala ngokucocekileyo nangokucacileyo.

9. Qwalasela ngokukodwa upelo nolwakhiwo lwezivakalisi.

ICANDELO A: UVAVANYO LOKUQONDA

UMBUZO 1

ISICATSHULWA A

1.1 Funda esi sicatshulwa uze uphendule imibuzo elandelayo.

1 Ukutya kuziindidi ngeendidi, umzekelo, iikhabhohayidrethi, iiproteni, ityuwa neevithamini njalo njalo. Udidi ngalunye lokutya lunento oluyenzayo emzimbeni. Kubalulekile ukuba sitye ukutya okunesondlo ukuze sihlale sinempilo. Qiniseka ukuba utya ukutya okunezakha–mzimba yonke imihla ngokuthi ezi ndidi zokutya zikhankanyiweyo zibekho kwisidlo osityayo. Udidi lokutya ngalunye lunomlinganiselo omiselweyo omele ukuwutya ngosuku.

2 Xa uwugcina ngolu hlobo umzimba wakho uza kuba sempilweni. Lumka ungakutyi kakhulu ukutya okugcadiweyo. Yitya oko kosiweyo, okuphekwe ngamanzi kunye nokubhakiweyo, usebenzise i-oyile encinane. Isonka siqabe izinto ezingenamafutha maninzi. Sebenzisa iinqoba, imbewu, amathangana kunye ne-avokhado. Abanye abantu batya kancinane ukutya okunekhabhohayidrethi okufana nerayisi emdaka, isonka sengqolowa esimdaka kunye nesiriyeli engamakhatshu. Oku kulunge kakhulu kuba kunciphisa umngcipheko wokuhlaselwa sisifo sentliziyo. Kufanele utye ukutya okulingeneyo ukuze umzimba wakho ukwazi ukuwasebenzisa amandla owanikwa koko kutya.

3 Yitya kakhulu imifuno kunye neziqhamo, ubuncinane kahlanu ngemini. Abantu abatya kakhulu iziqhamo nemifuno baba nesikhumba esihle neenwele ezinempilo. Loo nto ithetha ukuba ukutya okutyayo kunento okuyenzayo esikhumbeni nasezinweleni zakho. Iziqhamo nemifuno zona zibalulekile kuba zikunika izakha-mzimba nefayibha. Zona zibuye futhi zikunike iiminerali ezifunwa ngumzimba njengekhalsiyam ne-ayoni. Iivithamini zinceda ukukhusela umzimba ezifeni. Zibizwa ngoluhlu lwe-alfabhethi, ekungo-A, B, C, D, E, no-K. Ukutya okuneevithamini, sisibindi, amaqanda, iziqhamo nemifuno. Ifayibha ifumaneka ezityalweni. Ayigrayeki esiswini, ngako oko inceda ukuba isisu sakho sisebenze kakuhle, ungaqunjelwa. Ukutya okunefayibha kuyahluthisa, kodwa ifayibha ayityebisi kuba ayinamafutha kwaye ayihlali emzimbeni. Xa utya iintlobo ezahlukeneyo zokutya okunempilo akukho mfuneko yokusela iipilisi zeevithamini.

4 Yitya ukutya okuneeproteni zonke iintsuku. Iiproteni zinceda ekupholiseni iindawo zomzimba ezidiniweyo nezilimeleyo. Ukutya okuneeproteni yinyama, intlanzi, amaqanda, ubisi, itshizi, ipitsa, iimbotyi namandongomani. Kwisidlo sakho quka iimbotyi, iilentile nezityalo eziyimidumba. Oku akunamafutha, kunefayibha eninzi enceda ekwehliseni umgangatho wekholesteroli. Iilekese, iitshokholethi, iikeyiki neziselo ezineswekile eninzi nazo singazibala apha. Kungcono utye iziqhamo ezinje ngee-apile.

5 Akufuneki utye ngokugqithisileyo izakha-mzimba, kuba umzimba uza kuziguqula zibe ngamafutha. Oko kudala ukutyeba. Kanjalo xa usitya ngokunganelanga, umzimba uza kudinwa ungabi namandla. Xa udla ngokwaneleyo, uba namandla. Amafutha ezilwanyana afunyanwa kwinyama ebomvu, kufele lwenkukhu, kucwambu nakwiimveliso zobisi. Aziwa ngokuba negalelo elikhulu kwikholesteroli, ekwayenye yeengozi ezinkulu zesifo sentliziyo. Ukutya okubhakiweyo nokutya okufakwe izinto zokukugcina kungonakali, kunamafutha amaninzi. Kufuneka ukuphephe kangangoko konke ukutya okugcadiweyo kuba nako kunegalelo elikhulu kwikholesteroli. Ingaba ukubukeka kwesikhumba neenwele kunobudlelwane nokutya esikutyayo? Baninzi abantu abacinga njalo. Abanye bathi xa betye kakhulu itshokolethi baba namaqhakuva. Noko abukho ubungqina boko.

6 Kubalulekile ukuba sikuqaphele ukutya esikutyayo, kuba impilo yethu ixhomekeke kuko namaxesha esitya ngawo. Ngelinye ixesha into ingamnandi emlonyeni kodwa ibe ingekho mpilweni. Kwakhona masiqaphele ukuba asikokutya kodwa okubalulekileyo, ukuze imizimba yethu ibe sempilweni. Kufuneka sihlale sisenza imithambo kathathu ngeveki ubuncinane. Ngaloo ndlela someleza izihlunu zemizimba yethu, igazi libaleke kakuhle nangokukhawuleza, intliziyo ibethe ngokufanelekileyo. Xa ulola umzimba ulola nengqondo. Liyinyani elithi, 'Ingqondo ephilileyo, kumzimba ophilileyo'.

7 Masikhuthazane ukuba sifumane ukutya okuya egazini. Xa sithenga masiqiniseke ukuba sithenga ukutya okondlayo hayi nje okuhluthisayo. Nabangenayo imali mabalime imifuno neziqhamo. Kubalulekile ukuba sibafundise abantwana ngokutya okuya egazini nokwenza imithambo. Mabaqhele ukuthenga iziqhamo endaweni yeelekese neekeyiki. Masiyinonophele impilo yethu ukuze siphile ixesha elide.

[Icatshulwe kwi-intanethi yaguqulelwa esiXhoseni yahlelwa]

1.1.1 Khetha igama elingesiso isakha-mzimba kula alandelayo:

A Isibindi
B Iproteni
C Ivithamini (1)

Jonga kumhlathi 1.

1.1.2 Kubaluleke ngantoni ukuba sitye ukutya okunesondlo? (1)

Jonga kumhlathi 2.

1.1.3 Khetha impendulo echanekileyo kwezi zikwizibiyeli.

Yitya ukutya (okugcadiweyo/okosiweyo) ukuze ube nempilo. (1)

Jonga kumhlathi 3.

1.1.4 Gqibezela esi sivakalisi silandelayo:

Abantu abatya kakhulu iziqhamo nemifuno baba nesikhumba esihle neenwele … (1)

1.1.5 Matanisa UKHOLAM A noKHOLAM B

KHOLAM A	KHOLAM B
(a) Ii-apile	A Iproteni
(b) Isibindi	B Iminerali
	C Ikhabhohayidrethi

(2 x 1) (2)

Jonga kumhlathi 4.

1.1.6 Khetha eyona nkcazelo ichanekileyo kwezi zilandelayo:

A Ifayibha inceda ekwehliseni umgangatho wekholesteroli.
B Ifayibha inciphisa umngcipheko wokuhlaselwa sisifo sentliziyo. (1)

1.1.7 Kwisidlo kubaluleke ukuba sitye ukutya okunefayibha okanye okunamafutha? Xhasa impendulo yakho. (2)

1.1.8 Cacisa ukuba ziyintoni iziphumo zokutya kakhulu inyama ebomvu. (1)

Jonga kumhlathi 5.

1.1.9 Ingaba yinyani okanye luluvo ukuba xa utye kakhulu itshokholethi uphuma amaqhakuva? (1)

1.1.10 Tolika le ntetho, 'ifayibha ayigrayeki esiswini'. (1)

Jonga kumhlathi 6.

1.1.11 Cacisa ngawakho amazwi intetho ethi, 'Ingqondo ephilileyo, kumzimba ophilileyo'. (1)

1.1.12 Ucinga ukuba ungenza ntoni xa unengxaki yesisu esingasebenzi kakuhle? (1)

1.1.13 Ngokokwakho ukubona kokuphi okungcono ukuzinyanga sowugula okanye ukuzinonelela ngokutya okunempilo? Xhasa impendulo yakho. (2)

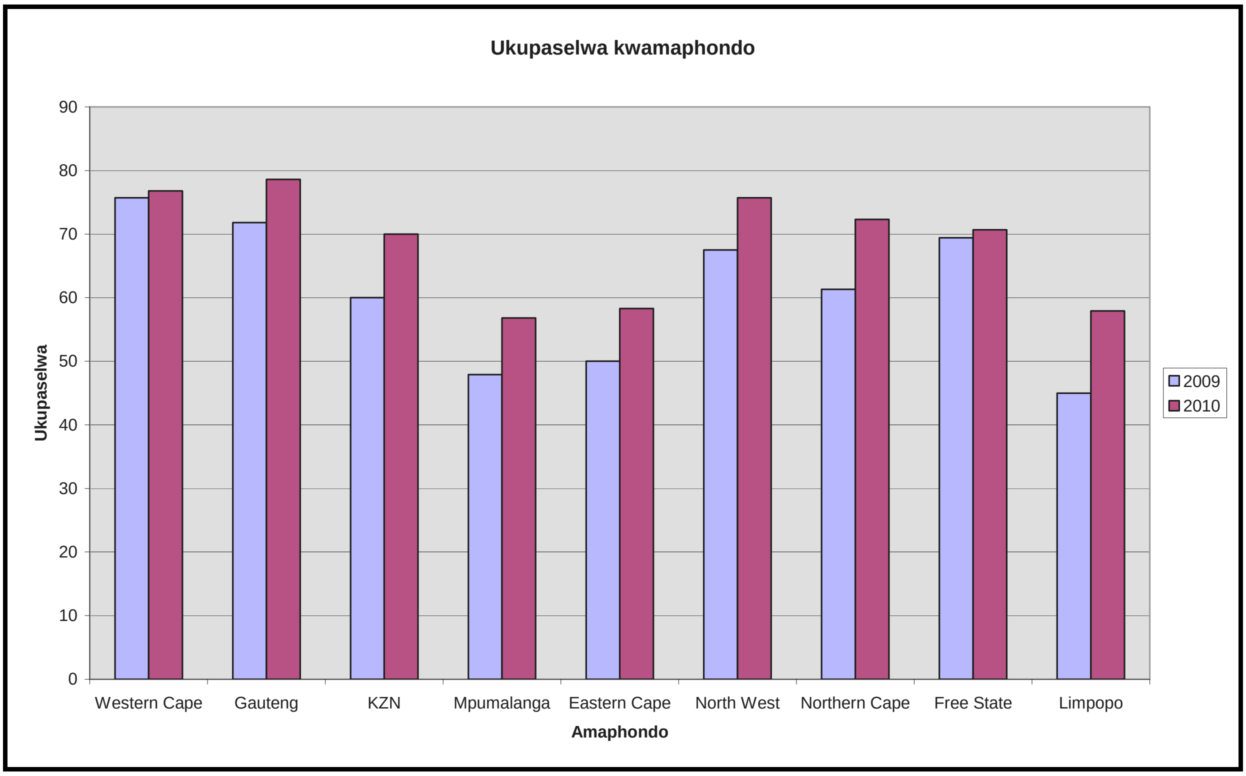
1.1.14 Ucinga ukuba kulungile ukutya ukutya okusempilweni kuphela ungayenzi imithambo? Xhasa impendulo yakho. (2)

1.1.15 Nika enye indlela onokufumana ngayo ukutya okunezakha-mzimba ngaphandle kokukuthenga? (1)

1.1.16 Ithini imbono yombhali weli nqaku malunga nomzimba osempilweni? (1)

ISICATSHULWA B

1.2 Jonga le grafu, uze wandule ukuphendula imibuzo elandelayo.



[Icatshulwe kwi-intanethi yaguqulelwa esiXhoseni yahlelwa]

1.2.1 Liliphi iphondo elipaselwe kakhulu kunyaka wama-2010? (1)

1.2.2 Nika amaphondo amaBINI abe neziphumo eziphantsi ngonyaka wama-2009? (2)

1.2.3 Khetha impendulo echanekileyo kwezi zilandelayo:

A Iziphumo zamaphondo onke zinyukile ngomnyaka wama-2010.

B Iziphumo zamaphondo azitshintshanga kumnyaka wama-2009 nowama-2010. (1)

1.2.4 Iphondo iKZN ungathi iziphumo zalo zonyaka wama-2010 zinyuke ngeepesenti ezingaphi kwezonyaka wama-2009? (1)

1.2.5 Phakathi kwamaphondo iNorthern Cape neWestern Cape, liliphi elibe neziphumo eziphezulu kunyaka wama-2010? (1)

1.2.6 Ingaba yinyani okanye asiyonyani ukuba:

Iziphumo zephondo le Eastern Cape neLimpopo ziyalingana ngonyaka ka2009. (1)

1.2.7 Ubuphulaphule ingxoxo-mpikiswano yabafundi emva kokuphuma kweziphumo zebanga le-12 kunyaka ophelileyo. Nika iimbono zakho ngemfundo kweli loMzantsi Afrika. (2)

1.2.8 Khetha impendulo echanekileyo kwezi zilandelayo:

Injongo yokuveliswa kweziphumo zamaphondo kwigrafu kukubonisa:

A Abantu abangafundanga.
B Umahluko weziphumo phakathi kwamaphondo.
C Iziphumo ezihle zodwa. (1)

AMANQAKU ECANDELO A: 30

ICANDELO B: ISISHWANKATHELO

UMBUZO 2

Funda esi sicatshulwa silandelayo uze usishwankathele ngokwemo yokudwelisa iingongoma. Landela le miyalelo xa ushwankathela:

- Chonga iingongoma eziphambili ezisi-7 uze uzicwangcise ngendlela ehambelanayo nethungelanayo.
- Sebenzisa izivakalisi ezipheleleyo, ubhale ngawakho amazwi, ungawulahli umxholo.
- Qaphela indlela echanekileyo yokusetyenziswa kolwimi, iimpawu zobhalo nococeko.
- Ubude bomthamo wesishwankathelo mabungadluli kumagama angama-60.
- Kunyanzelekile ukuba ulibhale ngokuchanekileyo inani lamagama owasebenzisileyo ngezantsi kwesishwankathelo.

UKULUNGISELELA UDLIWANO-NDLEBE

Usakufumana isimemo sodliwano-ndlebe, qalisa ukuzilungiselela. Qwalasela oku: ukungenela udliwano-ndlebe ufana nomthengisi. Uyokuthengisa ngesiqu sakho kumqeshi, uzithengisa ngendlela enika umdla. Yazi into oyithengisayo kwaye yiba nobubele xa uthetha nabathengi.

Yenza uphando olululo ngendawo oza kusebenza kuyo, akwanelanga ukuba nolwazi lomsebenzi qha kufanelekile ukuba wazi ngomsebenzi oza kuwenza. Kulihlazo ukuya kudliwano-ndlebe ungakwazi ukumxelela nto umqeshi ngenkampani yakhe ngoba awuzukwazi ukumxelela ukuba yintoni engenye oza kuza nayo kwinkampani yakhe. Ulwazi ngenkampani ungalufumana kwiwebhusayithi yenkampani kanti usenokubatsalela umnxeba ubabuze imibuzo ngenkampani kodwa ungazixeli ukuba uza kuba nodliwano-ndlebe nabo.

Wakubizelwa udliwano-ndlebe kufuneka ubuze ukuba uza kube uthetha nabani. Kubalulekile ukubulisa lo mntu ngegama, loo nto ibonisa ukuba ululungiselele udliwano-ndlebe. Lazi isebe oza kusebenza kulo, uphande nangabantu oza kusebenza nabo nabaphathi kunye nemisebenzi abayenzayo. Kudliwano-ndlebe thetha nangezinto ozifundileyo ngabanye abasebenzi benkampani uxele nokuba ujonge phambili ekusebenzeni nabo.

Ukuziva ngathi uza kuba noloyiko lokuphendula imibuzo ethile enokubuzwa kuwe akumangalisi, zama ukuziqhelisa ngokumane uyiphendula kumhlobo wakho phambi kokuya kudliwano-ndlebe. Zama ukungathethi kakhulu, ungene emxholweni. Buza kumhlobo wakho ukuba ukuva njani kwaye amalungu omzimba uwasebenzisa njani xa uphendula.

Qiniseka ukuba impahla oza kuyinxiba ayishwabenanga kwaye ayinamabala amdaka. Khetha eyona mpahla yokunxiba efanelene nomsebenzi owenze isicelo sawo. Izikeyiti ezifutshane, izihlangu ezivulekileyo kwakunye neteki azilunganga xa usiya kudliwano-ndlebe. Isuti emdaka ngombala ilungile emadodeni. Lumkela ukunxiba idenim, impahla ezinkulu okanye ezikubambayo. Amabhinqa mawangaziqabi kakhulu izinto zokuwenza mahle.

Zonke izinto oza kuzisebenzisela udliwano-ndlebe, ziqokelele ngosuku olungaphambili. Bhala ephepheni zonke izinto oza kuzisebenzisa ukwenzela ukuba uzokubona ukuba yeyiphi ongayithathanga. Xa usiya kudliwano-ndlebe kufuneka ube nencwadi encinci oza kumane ubhala kuyo amanqakwana ngexesha lodliwano-ndlebe.

[Icatshulwe kwi-intanethi yaguqulelwa esiXhoseni yahlelwa]

AMANQAKU ECANDELO B: 10

ICANDELO C: ULWIMI

UMBUZO 3

Jonga esi sibhengezo-ntengiso uze uphendule imibuzo elandelayo.

SIYAZAMA STORE

AMAXABISO APHANTSI!! ZIYALAHLWA IZINTO!! YIZA UZIFUMANELE!!!

[Icatshulwe kwiphepha i*Daily Sun* yaza yahlelwa]

3.1 Kutheni ixabiso lezi zinto libhalwe ngeyona fonti inkulu nangombala omhlophe? (2)

3.2 Nika igama elibonisa ukuba yonke le mpahla yeyeli xabiso? (1)

3.3 Cacisa ukuba eli binzana lingezantsi lithetha ukuthini ngokwesibhengezo-ntengiso.

'Ibhegi yamahala yesamente.' (2)

3.4 Fakela igama elishiyiweyo:

Ikiriva, ithumbu lokunkcenkceshela nezinto zalo, … kunye nebhegi yamahala yesamente yakwaNPC! (1)

3.5 Khetha ibinzana elibonisa ulwimi oluqhathayo apha kwesi sibhengezo-ntengiso. (1)

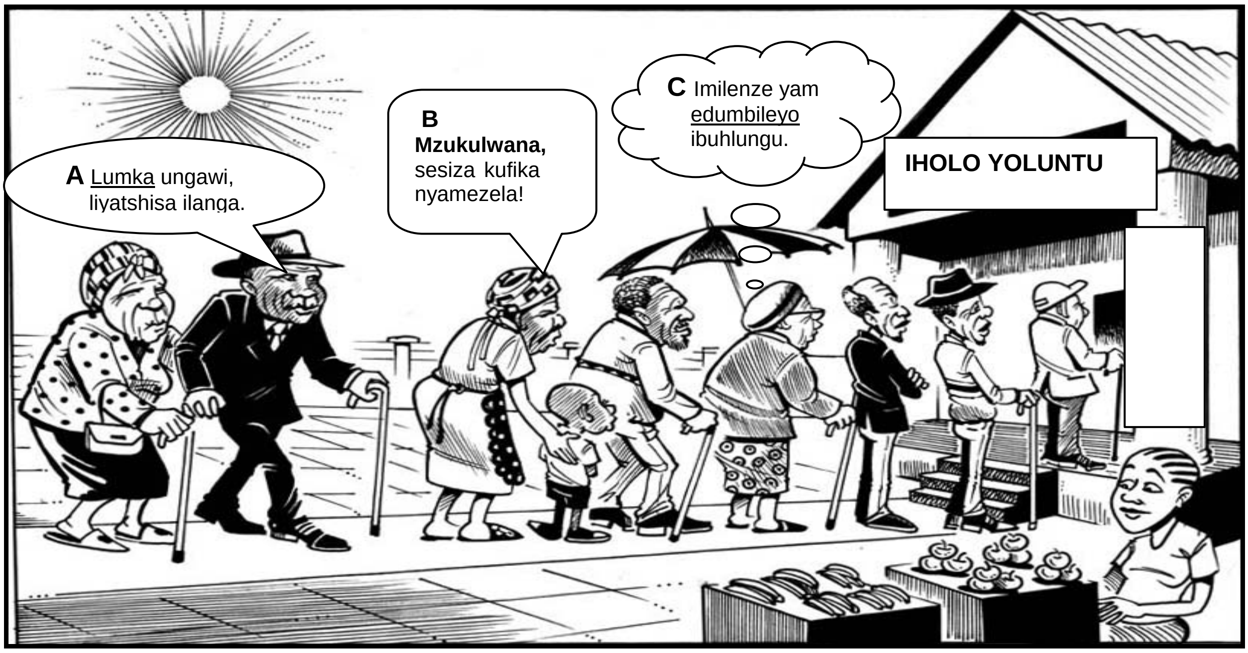
3.6 Loluphi uhlobo lwesamente olufumaneka mahala? Khetha echanekileyo.

A NPC
B CPU
C NKP (1)

3.7 Ucinga ukuba yilahleko kumthengisi ukuphisa ngebhegi yesamente? Xhasa impendulo yakho. (2)
[10]

UMBUZO 4

Jonga le khathuni uze uphendule imibuzo elandelayo.



4.1 Lisebenze msebenzi mni igama 'Lumka' kwiqam A? (1)

4.2 Ingaba kuxesha liphi? Xhasa impendulo yakho. (1)

4.3 Inkangeleko yobuso baba bantu bamileyo ibonisa ntoni ngabo? (1)

4.4 Kwiqam B isibizo u-'Mzukulwana', kutheni singenaceba nje? (1)

4.5 Khetha impendulo echanekileyo.

Igama 'edumbileyo' kwiqam C lisetyenziswe:

A Njengesichazi
B Njengesihlomelo
C Njengesibanjalo (1)

4.6 Khetha impendulo echanekileyo kwezi zikwizibiyeli.

Zonke iintonga eziphethwe ngaba bantu zigobile phezulu kuba zilungiselelwe (ukusimelela/ukugibisela/ukulwa). (1)

4.7 Qala isivakalisi esilandelayo ngegama elikrwelelwe umgca ngaphantsi.

'Intombi ithengisa iziqhamo.' (1)

4.8 Amaqamzana akwiqam C abonisa ntoni? (1)

4.9 Ucinga ukuba kutheni aba bantu beme ngaphandle kweholo? (2)
[10]

UMBUZO 5

5.1 Funda esi sicatshulwa uze uphendule imibuzo elandelayo.

Mandulo phaya umntwana wayebonakala ukuba ungumntwana. Ebengaphenduli kumzali wakhe nokuba umzali uyaphazama ebeye azithobe avume nokuba akunjalo. Oku ebekwenza kuba esazi ukuba ukhe waphendula uza kubethwa kanobom. Oku kubethwa ke ebengakuthathi njengempatho-mbi, ebekuthatha njengokululekwa ngumzali kuba emthanda. Ubuphinda umbone umntwana eze kuzithoba kwakumzali wakhe angahlali phaya **edumbise umlomo**. Abantwana bebelazi ixesha lokungena endlwini emva kokujika kwelanga. Bebesazi ukuba kufanele bakhanyise izibane. Umntwana akukuphosa ukwenza oko, uya kuthi ephosa iliso kowabo afike kumnyama, azazi ukuba ungobethiweyo. Yeka ke, ukuthi ngqe-e-e ukugoduka aye kujongana nesono sakhe. Abantwana mandulo bebe**nga**zibulaleli ukohlwayelwa ukona kwabo okanye ukuboniswa nokwalelwa ngento ethile kuba bebeyazi umzali akaphosisi ngento ayithethileyo. Ngolu qeqesho abazali babesazi ukuba umntwana uza kuba nekamva eliqaqambileyo.

[Icatshulwe kwi-*Ibutho* magazini 2010 yaza yahlelwa]

5.1.1 Lungisa esi sivakalisi ukuze sifundeke kakuhle.

(andulo) phaya umntwana wayebonakala ukuba ungumntwana. (1)

5.1.2 Guqula esi sivakalisi sibe kwisininzi.

Umntwana ebengaphenduli kumzali wakhe. (1)

5.1.3 Igama elikrwelelwe umgca ngaphantsi lisetyenziswe njani? (1)

5.1.4 Nika intsingiselo yebinzana, 'edumbise umlomo' ngokwalapha kwisicatshulwa. (2)

5.1.5 Khetha impendulo echanekileyo kwizibiyeli:

Isifanekisozwi u-ngqe-e-e siphuhlisa intsingiselo yomntu: (ongqengqileyo/obalekayo/ohambayo). (1)

5.1.6 Kweli gama, bebe**nga**zibulaleli u-'nga'- usetyenziswe njani? (1)

5.1.7 Sebenzisa esi senzi -pheka kwisivakalisi ukuze lithathe iinjongosenzi ezimbini. (2)

5.1.8 Funda esi sivakalisi silandelayo uze uxele intsingiselo eziswa bubukho besakhi esikrwelelwe umgca ngaphantsi.

Ngolu qeqesho abazali babesazi ukuba umntwana u<u>za</u> kuba nekamva eliqaqambileyo. (1)

5.1.9 Hlahlela esi sivakalisi ngokwamagatya.

Umzali okhathalayo uyabalungiselela abantwana bakhe.

(a) Igatya eliyintloko	A
(b) Igatya elibalulayo	B

(2 x 1) (2)

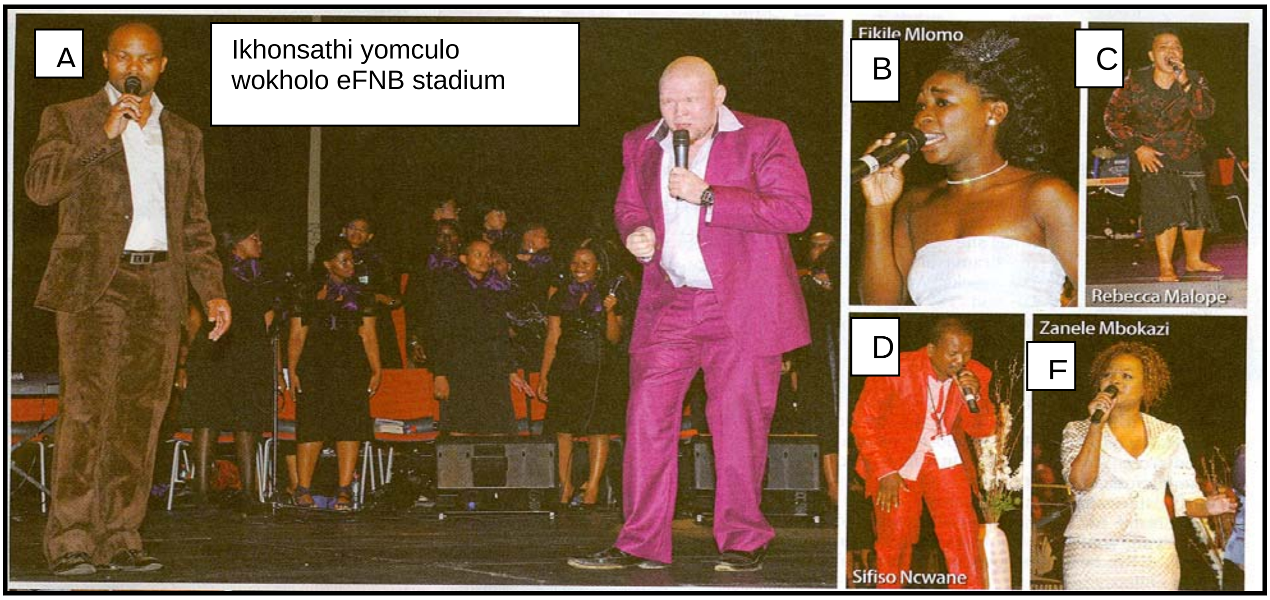
5.1.10 Lungisa esi sivakalisi silandelayo sifundeke kakuhle.

Abanye abazali bacinga ukuba abantwana kufuneka baqeqeshwe ngootitshala (isikolo). (1)

5.1.11 Sebenzisa eli gama likwizibiyeli ukwenza isivakalisi esinye.

Uthobela ingqeqesho yabazali. Ungaphumelela (ukuba). (1)

5.2



5.2.1 Nika igama elinye endaweni yebinzana elibhalwe ngqindilili:

Enye yeemvumi ezikufreyim A **inesisu esikhulu.** (1)

5.2.2 Bhala isifinyezi FNB ngokupheleleyo. (1)

5.2.3 Chaza ukuba esi sivakalisi sithetha ukuthini?

Umculo kukutya komphefumlo. (1)

5.2.4 Sebenzisa igama 'ukukholwa' kwizivakalisi ezibini uveze iintsingiselo ezahlukileyo. (1)

5.2.5 Umfoti ume phi xa ethatha ifoto ku-A? (1)

5.2.6 Kutheni umfoti ebaveza bebakhulu ababini abangaphambili ku-A, ze abanye abaveze bebancinci? (1)
[20]

AMANQAKU ECANDELO C: 40
AMANQAKU EWONKE: 80