

**TRUTH
CENTERED
TRANSFORMATION**

MODULE



EMAKHONO NGETEMPHILO UMCONDZISI WATHISHELA

Ingucuko leta Ngeliciniso —LiMojula: Lemakhono Etemphilo version 5.1. Copyright ©2019 Reconciled World, Phoenix, Arizona, United States of America. www.reconciledworld.org

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Awutsengisi futsi awakhi imali ngawo – Ungawusebentisi lomsebenti ngenjongo yekwakha imali.



Nangabe unesifiso sekuhumusha lomsebenti , sicela usitsintse ku info@tctprogram.org.

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Letinyenti tifundvo temakhono eTemphilo netibonelo itsatselwe lakhona kungekho Dokotela – Incwanjana yesandla yekunakekela tetemphilo emakhaya, David Werner with Carol Thuman and Jane Maxwell (Hesperian Health Guides, revised ed., 2015). © Copyright 2016 Hesperian Health Guides. www.hesperian.org.

Letinye tetifundvo temakhono etemphilo kanye netibonelo kutsatselwe ku curriculum of Food for the Hungry's Food Security Programs. Food for the Hungry (2014). FH CFCT Toolkit: Health Toolkit, A Toolkit for Implementing FH's Child-Focused Community Transformation (CFCT) Model, Washington, D.C.: Food for the Hungry.

Uwusebentisa Njani Lomcondzisi WaThishela

Ingcikitsi Mcondvo kanye Netinsita: Tifundvo ticala.

1. **Ingcikitsi Mcondvo** - Lena ngulemicondvo lebalulekile lekufanele bafundzi bayicondze ekugcineni kwesifundvo ngasinye. Nawephetisa sifundvo tinikete sikhatsi sekubuketa wente siciniseko kutsi bafundzi bayivisisile leyo micondvo.
2. **Tinsita** - Tinsita letindzingeakako tiniketiwe tabhalwa esifundvweni ngasinye. Singakhutsata futsi kutsi kube nemibhalo yemaphepha lamakhulu, libhodi lelimhlophe, nome libhodi lekusentjentsiswa kubhalela esigungwini lesikhulu.
3. Lomcondzisi waThishela utokhombisa nakufunele kusebente **INSITA TITFOMBE** – Atodvwetjelwa ngalendlela.

Ticondziso taThishela: Kunecondzisa lokubalulekile esifundvweni kukusita uhole lolocechesho kahle.

Atikentelwa kutsi kutsi utendlulisele kubafundzi. Cale ufundze tona kuze ubesembili ulungele kuhola tingcogco kanye netishukumiso/imidlalo sifundvo. Leminye yemibuto titobhalwa ngalokwehlukile timphendvulo tayo kusita wena njenga thishela wati leyo micondvo lekumele uyigcizelele kumfundzi. Leti akusito nje tona todvwa timphendvulo letingito, kepha nguletinye tato.

Lokubaluleki Lokufanele Sikunake NgaleliMojula leteMphilo

Tifundvo letintsatfu taleliMojula tifundzisa ngemuvo waNkhulunkhulu ngekuphila kwetfu emtimbeni, tinkholelo letingesito ngemphilo, nekutsi Nkhulunkhulu ufuna emasontfo asite ekwakheni imimmango lephilile. Letifundvo tibaluleke KAKHULU kufundziswa ngobe tisata emasontfo acondze kutsi LENI kufanele atimbandzakanye.

Usafundzisa letifundvo letintsatfu tekucala, vumela sikhatsi semibuto nekuphawula. Naka kutsi ngutiphi tinkholelo letingakalungi ngemphilo letingagwemeka endzaweni yangakini. Libhayibheli liligunya letfu etintfweni tonkhe, futsi sifuna kukhutsata emasontfo kutsi imibono yawo ngetemphilo igcile ebhayibhelini.

Leletinye tifundvo kuleMojula titifundvo ngemakhono etemphilo. Tinguletiphatsekako futsi letibalulekile, nekutsike titsatsa imizuzu lengemashumi lamabili ngasinye. Letifundvo tifaka ekhatsi imisebenti kanye netinsita titfombe kusita kufundzisa emakhono kanye nekwenza kubemelula kukhumbula lwati lolubalulekile. Ngamunye lofundzisako utodzinga bhukwana wakhe wemcondzisi titfombe kufundzisa letifundvo-letincane.

Khutsata emalunga elibandla ahlephulele noma endlulisele emindenini yawo, kubomakhelwane kanye nalabanye emmangweni loko labakufundzile kuletifundvo ngemphilo. Emasontfo lamanyenti ayafundzisa ngatifundvo temakhono:

- ngemasontfo emini yantsambama, bememe wonkhe ummango kutsi ubeyincenye.
- etigungwini' tabomake, njengobe vele kubaluleke kakhulu kutsi bomake bawati lamakhono.
- kuletinye tikhatsi umangabe bantfu labanyenti bakhona kuta batewufundza —ngetigungwana letincane, etinkhonzwani tekhatsi neliviki, lapho kuhlalana khona ummango intsambama yinye ngeliviki, etigungwini tekukhonta noma kuletinye tigungu temmango, naleminye naleminye imibutsano.

Kute umcondzisi wemfundzi kuleMojula. Kepha, kunencwadzi yemakhono etemphilo yemmango, lefaka ekhatsi tinshumayelo, timfundziso ngemphilo. Niketa tona ema LF kutisebentisa ekufundziseni emasontfo abo kanye emmango.

Tinyenti tinhlalano letiniketa kucechesha lokuhle kwemakhono etemphilo. Ungakhetsa nekusebentisa letinye

timfundzisa tekucecesha kwato ufundzise lamanyenti emakhono etemphilo. Nangabe usebentisa tinsita tendzawo, Yenta siciniseko kutsi ufundzisa tifundvo 1-3 ekucecesheni kwakho ngaphambi kwekutsi ucale letinye tifundvo ngemakhono etemphilo.

Umangabe letinye taletifundvo tifaka ekhatsi tintfo lesetivame kwentiwa endzaweni yakini, tendlule leto tifundvo. Kwenta sibonelo, nangabe kugezwa kwetandla kwentiwa kahle endzaweni yakho, atidzingeki kufundziswa Tifundvo Letincane: Kuhlanteka Kwetandla.

Sifundvo Sekucala (1): Kungani emaKhrestu Kufanele Atinake Tetemphilo

Ingcikitsi Mcondvo – Libhayibheli lisifundzisa kutsi sihloniphe Nkhulunkhulu ngekunakekela imitimba yetfu kanye nekunakekela labagulako.

Tinsita

- Libhodi lekubhalela, Kwekubhala ebhodini, noma liphepha lelikhulu

Singeniso

KUBHUNGA KWESIGUNGU LESINCANE

Ticondziso taThishela: Fundza indzaba yeMfundisi John bese wehlukana tigungu tibengu 3-4 kuphendvula imibuto.

Fundza lenzaba :

Umfundisi John wativela kuta kuphetfwa yinhloko. Abesandza kubuya emhlanganweni nebadikhoni bakhe, bebangakajabuli nani. Umfundisi John abesefika amusha kulenzawo, abekhatsateke kakhulu ngendlela yekutiphatsa yetekuhlanteka yakulenzawo. Bekute tindlu tangasense, kute logeza tandla, bantfwana bangcolile, kantsi nekungcola bekusabalele ndzawo tonkhe. Ngetulu kwaloko, bantfu bebahlale bagula njalo njalo. Labanye bebatsi hhawu yintfo nje leyetayelekile lena, kepha lomfundisi bekahlala ngekubiswa kuthandazela logulako kutsi aphiliswe. Wacabanga kutsi kuncono kukhutsata bantfu kwenta imikhiba leyimphilo, ngako wase ucala kuniketa imizuzu lelishumi nesihlanu yemacebo ngetemphilo ingakephetsi yonkhe inkhondo yelibibandla. Kepha labadikhoni bebangayitfokoteli lenzaba. Bebangakholelwa kutsi tihloko letifana netemphilo kufanele tikhulunywe esontfweni, ikakhulu hhay ngelisonfvo—LOKULILANGA LENKHOSI. Bebangacabangi kutsi umfundisi angafundzisa ngetintfo tetemphilo. Abengesuye Dokotela noma Nesi. Umfundisi John wadvonsa umoya kalukhuni ngekukhatsateka. Bekangati mbamba kutsi entenjani.

- Ucabanga kutsi Umfundisi John bekufanele yini vele afundzise ngetemphilo esontfweni?
- Nguyiphi imibono lesiyifundzile kumaMojula lesengce kiwo lakhomba bumcoka bekufundzisa ngetemphilo?
- Ucabanga kutsi Jesu abenendzaba yini ngetemphilo? Ngutiphi tibonelo lotibonako ebhayibhelini?

ASIBUYISE UMBIKO

Litsini Libhayibheli Ngetemphilo?

KUBHUNGA KWESIGUNGU LESIKHULU

Asikhumbuleni leminyane yemibono lesesiyifundzile ngemuvo waNkhulunkhulu ngetemphilo.

Fundza Tihlabelelo 139:13-14.

- Lamavesi asifundzisa kutsini ngebumcoka bemitimba yetfu?
 - Nkhulunkhulu udale ngebuchwephesha wonkhe umuntfu. Wonkhe umuntfu ubalulekile.
- Ngbani lowente imitimba yetfu?
 - Nkhulunkhulu
- Inesisindvo yini (ibalulekile)? Yini lokwenta ibaluleke?
 - Imitimba yetfu ibalulekile ngobe sentiwe nguNkhulunkhulu.

- Nangabe Nkhulunkhulu akhe ngamunye yemitimba yetfu ngekunakekela, ucabanga kutsi uyanaka yini kutsi siyiphatsa njani imitimba yetfu?
 - *Yebo. Uyanaka.*

Fundza kubaseGalathiya 5:14, kubaseRoma 13:10.

- Nkhulunkhulu usiyala kutsi senteni kulamavesi?
 - *Sitsandze bomakhelwane betfu*
- Kunaka temphilo kulukhomba njani lutsandvo kubomakhelwane betfu?
 - *Sitsandza bomakhelwane betfu ngekunciphisa bungoti bekutsi bangagula.*
 - *Singabatsandza bomakhelwane betfu ngekubanakekela nabagula.*

Fundza Lukha 2:52.

- Ngutiphi letinzawo letine Jesu lakhula kito?
 - *Ngenhlakanipho (Engcondwweni), Emtimbeni (Enyameni), Emseni waNkhulunkhulu (KaMoya) Emseni webantfu (Budlelwane)*
- Ngutiphi tindzawo tekukhula bafundzisi lokukumele batinake emabandleni abo?
 - *totine tindzawo*
- Ucabanga kutsi temphilo tibaliwe yini kuletinzawo?

Tihlabelelo 100:3 ne Tihlabelelo 24:1.

- Yini leyaNkhulunkhulu?
 - *Tonkhe tintfo Lokufaka ekhatsi natsi!*

I kubaseKhorinthe 6:19-20.

- Kufanele ngani kutsi sinakekele imitimba yetfu?
 - *Umtimba wetfu ulithempeli laNkhulunkhulu.*
 - *Singamhlonipha Nkhulunkhulu ngemitimba yetfu ngekutsi siyigcine enyameni kanye nakamoya.*

Libhayibheli lenta kube kucace kutsi sakhiwe nguNkhulunkhulu. Imitimba yetfu ilithempeli laMoya loNgcwele. Iligugu. Nkhulunkhulu usinikete imitimba, kepha iyimitimba yaNkhulunkhulu. Nangabe kungabakhona umuntfu losicela kutsi sinakekele umntfwanakhe lusuku lube lunye, ngalokukhulu kucophelela singamwakekela. Ngalokufanako, kufanele sinakekele lemitimba lesinayo. Kufanele siphindze sinakekele timphilo talabanye emimangweni yetfu lokuyindlela yekubakhomba lutsandvo. Ngekubafundzisa ngetemphilo, singabasita bakhule ngekweluhlelo lwaNkhulunkhulu.

Kwenta KwaJesu Kulabagulako

KUBHUNGA KWESIGUNGU LESIKHULU

- Emmangweni wakho, bantfu labagulako baphatfwa njani?
- Jesu bekabaphatsa njani bantfu labagulako?

Fundza Matewu 4:23-24 na Matewu 14:14.

- Lemibhalo itsini ngemphatfo yaJesu kulabagulako?
 - *Ebehamba aphilisa bonkhe labagulako. Bekaneluvelo nabo.*
- Loku kuyafana nakitsi yini noma kwehlukile?

Fundza Matewu 25:34-40.

- Kulomfanekiso Jesu lawusho, Labalungile benta ini? Inkhosi ibadvumisela ini?
 - *Kuvakashela labagulako nalababoshiwe, kondla labalambile, bapha labomile kwekunatsa, bemukela tihambi. Benta letintfo 'kulabancane balaba'.*

Jesu wafundzisa ngekutsandza bomakhelwane betfu. Waphindze waniketa sibonelo sekunaka bantfu labagulako. Waphana ngetintfo letiphatsekako funa nekudla, emanti, timphahla. Nkhulunkhulu usiphoccelela kutsi sinakekele labo labagulako. Lena yincenye lekhomba kutsi yini kutsandza bomakhelwane betfu.

Kufanele natsi sitiphatse ngalokufanako naJesu kulabo labagulako Kufanele sibaphatse ngeluvulo. Kufanele sithandazele kuphiliswa kwabo siphindze sibanikete lusito loluphatsekako. Nasinakekela labagulako, silandzela sibonelo saJesu' futsi siniketa Nkhulunkhulu kuhlonipheka nenkhatimulo.

Singaphindze sisite bantfu kutsi bangaguli! Lena nguleny indlela yekukhomba lutsandvo nelusito emmangweni. Akudzingi kutsi ube yingcweti ngetemphilo kwenta loku. Wonkhe umuntfu angafundza ngetemphilo aphindze endlulisele kulabanye loko lakufundzile. Imibono yami empheleni ngetemphilo nguleyo lemelula kakhulu. Kulolucechesho sitofundzisa ngemibono lewonkhe umuntfu angayifundza aphindze ayente.

KUSEBENTA KWESIGUNGU LESIKHULU

Ummango we Tai Ping

Tai Ping bekungu mmango losikhaya lesicakile. Labantfu bawo bekubalimi belilayisi, ungakefiki umnyaka wa 2005 bekute sivuno lesenele kondla imindeni yabo umnyaka wonkhe. Bebebe nemigwaco kuya emasimini, imindeni beyikhona kuvuna loko labangakutfwala kwehla benyuka tindzawo letatingahambeki. Bekute tindzawo tekutikhulula nekukuhlanteka. Bebangavami kuhlanta timphahla tabo. Bekuyintfo letayekekile kutsi bantfu bagule futsi babe nemsheko kunekutsi bahlale baphilile. Labambalwa bantfuna bebaya esikolweni. Esikhatsini lesinengi, bantfu kulommango bebagula, balambile, futsi bangakafundzi. Imphilo beyilukhuni kulommango.

- Yini lokwenta imphilo ibemetima eTai Ping?
- Ngutiphi tingcinamba letifana naleti emmangweni wakho? (*bhala ebhodini*)
- Ngutiphi tetingcinamba emmangweni wakho letihambisana netemphilo (ticondzene nato ngco noma temphilo tiyatsintseka)? (*bhala ugegeletele kuloluhla*)

Kunetindzaba letimnandzi kulendzaba lenye yase Tai Ping.

Libandla lase Tai Ping lacala langenela tifundvo taka TCT. Bafundza emaMojula ekucala bafundziswa kutsi Jesu uyiNkhosi etikwato tonkhe tinkhalo temphilo, kutsi Nkhulunkhulu ubanikete yonkhe ingcebo kanye nemakhono, nekutsi Nkhulunkhulu ufuna bakhombise lutsandvo kulabanye. Babese bacala kutibuta kutsi kepha bangalukhomba njani lutsandvo emmangweni wabo. Bacabanga ngekutsi empheleni bebebe tindlu tangasense emmangweni wabo kepha bebaya kuyotikhulula ngasemfuleni. Basacabanga ngaloko, banaka kutsi bebangcolisa emanti nekutsi loko kungumtselela wekutsi bantfu bemimmango lebomakhelwane bagule. Ngakoke, kutsandza makhelwane wakho, bacala bakha tindlu tangasense.

Nemasontfo afundza kutsi imitimba yabo iniketwe ngu Nkhulunkhulu kutsi bayinakekele, Nekutsi akusilo luhlebo lwa Nkhulunkhulu kutsi bantfu Bakhe bahlale ngekugula. Lomfundisi wase ucala kufundzisa tifundvo ngetemphilo angakephetsi yonkhe inkhondo. Batichubekisa letimfundziso basachubeka nekuphilo kwabo—nabaphumulile emasimini noma bayokha emanti. Ngesikhatsi emalunga elibandla atenta letimfundziso ngetemphilo ekuphileni kwabo, bomakhelwane babona titselo letiyinzuzo base nabo bacala kwenta lokufanako. Masinyane, bakha imigwaco kuze sivuno sitfutwe ngetidududu esikhundleni sekutsi batfwale, kunciphisa tinhlungu temgogodla. Bagubha tinkhelemba kuze bantfu babe nemanti nekutsi kube melula kuhlala bahlobile. Bagubha imigodzi yetibi nekungcola. Yonkhe imindeni yacala yalima tingadzi badla tibhidvo letinemphilo. Tifo bese kuyintfo lengakavami. Bantfwana bese bangasabulawa sifo semsheko. Ngobe bese bakhona kwelapha kugula lokuvamile emakhaya, bantfu bese bangasabambeki kuya emsebentini futsi bangasacitsi imali yabo imitsi nemaphilisi noma kubo dokotela besintfu.

- Nguyiphi imibono bantfu bemmango wase Tai Ping labayifundza?
- Ngutiphi letinye tetingucuko emmangweni wase Tai Ping?

Kwenta

KUBHUNGA KWESIGUNGU LESINCANE

Ticondziso taThishela: Bonisanani ngalemibuzo etigungwini tebantfu labangu 3-4.

- Ngutiphi letinye tetindlela bewuvele unakekela tetemphilo ngato?
- Ikhona yini intfo libandla lelingayenta lokunguMsebenti weLutsandvo kutfutukisa temphilo emmangweni?

SIBUYISE UMBIKO

KUSEBENTA KWESIGUNGU LESIKHULU

Kanye kanye khetsani Umsebenti weLutsandvo lenikawenta kusita nitfutukise tetemphilo emmangweni wakho. Yentani luhlelo lwekwenta loMsebenti weLutsandvo.

UMTHANDAZO

Thandazelanani lomunye nalomunye kuba nemcondvo lofana newa Jesu kulabagulako. Celani Nkhulunkhulu aniphe kukhutsateka nenhlakanipho kukhomba lutsandvo Lwakhe kulabanye nabagula. Thandazelani bonkhe labagulako lenibatiko.

Sifundvo Sesibili (2): Tikholelo Letingesito Ngetemphilo

Ingcikitsi Mcondvo

Tinkholelo letingesito tingasivimbhela kutsi sente Nkhulunkhulu ahlonipheke ngemitimba yetfu nekutsi sinakekele labo labagulako.

Tinsita

- Insita Titfombe: Tinkholelo letiMaphutsa Emakhasi lamatsatfu (3) - juba ekhatsi kuze tonkhe tinkholelo tehluwane
- Emakhadi noma emaphepha langakabhalwa 1-2

Singeniso

KUBHUNGA KWESIGUNGU LESIKHULU

- Ngutiphi tinkholelo letivamile ngetintfo letenta bantfu bagule?
- Ngutiphi tinkholelo letivamile ngetintfo lekumele sitente/singatenti kuze sihlale siphilile noma siphiliswe ekuguleni?

Emaphutsa Lavamile Etinkholelo Ngetemphilo

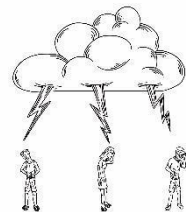
KUBHUNGA KWESIGUNGU LESIKHULU

Ticondziso TaThishela: Khombisa **INSITA TITFOMBE**: Tinkholelo letingemaphutsa usabuketa ngayinye inkholelo.

Akesibukete kutsi litsini libhayibheli ngayinye nalenye yaletinkholelo. Kungiko yini noma cha?

Inkholelo Lengasiko yekucala (1): Tonkhe tifo tisijeziso lesivela kuNkhulunkhulu **(INSITA TITFOMBE)**

- Wake wadibana yini nemuntfu lokholwa kutsi kugula kusijeziso?
- Kwaba nebungoti kanjani endleleni labaphatsa ngayo bantfu labagulako?
 - *Bete luvelo abasiti, behlulela bantfu ngekona kwabo*
- Kwaba nebungoti kanjani endleleni labenta ngayo nabagula bona?
 - *Abanatsi emaphilisi kepha benta imihlatjelo noma betame kuba ngema Khrestu lalalelako*
 - *Awukholwa kutsi utoba ncono*
- Nangabe ukholwa kutsi kugula kusijeziso, yini lesingayicabanga ngekuvikela kugula?
 - *Asitihluphi ngekuvikela kugula ngobe asicabangi kutsi tintfo fana nekugeza tandla noma kusebentisa indlu yangasense kubalulekile.*



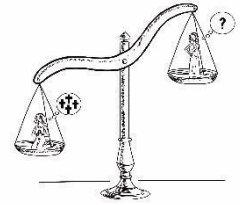
Fundza Johane 9:1-3.

- Lobumphumputse balendvodza bebusijeziso lesivela kuNkhulunkhulu yini?
 - *Jesu watsi cha, akusiso.*
- Jesu watsi yini sizatfu kutsi lendvodza ibe yimphumputse?
 - *Ukuze imisebenti yaNkhulunkhulu ibonakaliswe Kuye. Kukhotimuliswe Nkhulunkhulu.*

Kugula kwenteka ngobe Adamu na Eva benta sono, ngakoke sinebudlelwane lobephukile nendalo. Libhayibheli liyasho ngetigigaba lapho khona Nkhulunkhulu avumela kutsi umuntfu agule kuze aphendvuke, kepha akusiko ngasonkhe sikhatsi lapho khona Nkhulunkhulu ajezisa bantfu ngenca yetono tabo.

Inkholelo lengasiyo yesibili (2): Nangabe sinekukholwa lokunyenti, besingeke sigule **(INSITA TITFOMBE)**

- Ivame kanganani lenkholelo kulenzawo?
- Kuphatamisa kanganani indlela lesiphatsa ngayo bantfu labagulako?
 - *Sigceka bantfu sitsi bete kukholwa nabagula. Sibabete luvelo, kepha sibetfwesa umtfwalo lowesindzako.*
- Kuyiphathamisa kanjani indlela lesenta ngayo natsine sigula?
 - *Asiwanatsi emaphilisi kepha sithandaza kuphela.*
- Nangabe sikholwa kutsi' nasinekukholwa lokunengi, ngabe asiguli', Yini lesingayicabanga ngekuvikela kugula?
 - *Sinaka nje kuphela tintfo takamoya, kepha asicabangi kutsi tento fana nekugeza tandla noma kusebentisa indlu yangasense kubalulekile.*



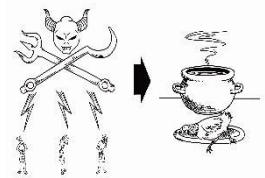
Fundza 2 kubaseKorinthe 12:7-10.

- Yini Pawula, lendvodza leyabhala lesicephu lesi selibhayibheli, layithandazelako?
 - *'Susa linyeva enyameni', kuphiliswa esimeni sentimba*
- Nkhulunkhulu wamphilisa yini?
 - *Cha, Akazange.*
- Nkhulunkhulu leni angazange amphilise? Watsi Nkhulunkhulu udzinga kukholwa lokunyenti yini?
 - *Nkhulunkhulu akazange atsi udzinga kukholwa lokunyenti. Akazange amphilise kuze emandla aNkhulunkhulu abonakaliswe ebutsakatsakeni baPawula.*

Kuliciniso kutsi Nkhulunkhulu uyasiphilisa. Noko, Libhayibheli lenta kubesobala kutsi Nkhulunkhulu akasiphilisi ngasonkhe sikhatsi nasithandaza. Kulokunye ngetizatfu lengeke siticondze, Nkhulunkhulu akaphilisi ngasonkhe sikhatsi.

Inkholelo lengasiyo yesitsatfu (3): Kugula kudalwa yimimoya lemibi, Kufanele sente imihlatjelo **(INSITA TITFOMBE)**

- Sewuke wahlangana yini nemuntfu lokhilwa kutsi kugula kudalwa yimimoya lemibi?
- Kwaphathamisa njani indlela yabo yekwenta nabagula noma lotsandziwe wabo agula?
 - *Bacitsa timali, bahambela tinyanga, benta imihlatjelo, besaba imimoya.*
- Kukholwa kutsi kugula kudalwa yimimoya kuyamniketa yini kuhlonipheka Nkhulunkhulu?
 - *Cha, ngobe sibese sicabanga kutsi imimoya lemibi inemandla kunaNkhulunkhulu.*
 - *Sitikhandza sihlonipha imimoya lemibi kunekuhlonipha Nkhulunkhulu nasenta imihlatjelo.*
 - *Singete sakhona kunakekela umuntfu logulako nangabe sicitsa imali nesikhatsi senta imihlatjelo.*



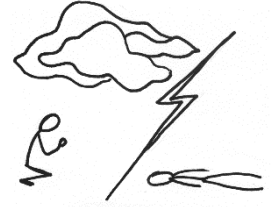
Fundza Makho 3:11.

- Lingabani lelivesi?
 - *Jesu nemimoya lemibi*
- Ngubani lonemandla kulelivesi?
 - *Jesu*

Nasihlaselwa yimimoya lemibi, akukameli sente imihlatjelo. Kunaloko, asicele lusito kuJesu. Yena unemandla tikwemimoya lemibi. Tinyenti tikhatsi ebhayibhelini lapho khona Jesu akhipha imimoya lemibi. Futsi manyenti emavesi lapho khona Jesu aphilisa bantfu ngaphandle kwekukhuta akhiphe imimoya lemibi (Fana naku Johane 9:1-3, lapho sike sabuketa khona phambilini; lesinye sibonelo siku Matewu 8:1-13). Loku kusikhombisa kutsi kugula lokunyenti akudalwa yimimoya lemibi. Nangabe lotsite agula, kufanele sibathandazele siphindze sinakekele tidzingo tabo tenyama. Ngloku Jesu lasiphoccelele kutsi sikwente.

Inkholelo lengasiyo yesine (4): Nkhulunkhulu akanenzaba netemphilo (INSITA SITFOMBE)

- Sewuke wahlangana yini nemintfu lokholwa kutsi Nkhulunkhulu akanenzaba netemphilo?
- Kuphatamise kanjani indlela labaphatsa ngayo bantfu labagulako?
 - *Abakabi nandzaba nabo.*
- Uphatamise kanjani indlela labenta ngayo nabagula bona?
 - *Bativele balahliwe, kuphele litsemba.*
 - *Balanyulelwe bodokotela noma tinyanga kubancono.*
- Nasikholwa kutsi Nkhulunkhulu akanenzaba netemphilo, ingakucabanga njani kuvikela kugula?
 - *Asitihluphi ngekwetama kuvikela tifo. Nangabe Nkhulunkhulu angenandzaba ngetemphilo, kunele ngani tsine sibenayo?*



Sibukete emavesi lamanyenti esifundweni lesisuka kiso kwekutsi Nkhulunkhulu uyinaka njani imitimba yetfu yenyama.

- Usakhumbula yini kutsi sati kanjani kutsi Nkhulunkhulu unenzaba ngekuphila kwetfu?
 - *Wakhe imitimba yetfu ngamunye ngalokumangalisako. (Tihlabelelo 139)*
 - *Tsine singebakhe. (Tihlabelelo 100:3)*
 - *Jesu abeneluvulo nalabagulako. (Matewu 14:14)*
 - *Jesu uyohlale abajabulela labo labanaka labagulako. (Matewu 25:34-40)*
 - *Waniketa imitsetfo kubafundzi bakhe ngekuhlanteka kanye netifo. (Levithikusi, Detheronomi)*
 - *Imitimba yetfu ilithempeli laNkhulunkhulu. (1 kubaseKorinthe 6:19-20)*

Inkholelo lengasiyo yesihlanu (5): Akukho lesingakwenta kuvikela kugula (INSITA SITFOMBE)

- Ivame kanganani lenkholelo letsi kute lesingakwenta kuvikela kugula?
- Kukhona yini sencwayiso sekuvikela lesisitfolo eBhayibhelini?



Emvakwekutsi Adamu na Eva bente sono, nangaphambi kwekutsi Jesu efike, Nkhulunkhulu wakhetsa sive saba sinye kutsi sibe Ngesakhe. Bebabitwa ngekutsi ngema Israyeli. Sivumelwano (Lithesitamende) sonkhe seliBhayibheli sigcwele tindzaba lapho Nkhulunkhulu asebenta ngama Israyeli. Nkhulunkhulu abefuna ema Israyeli ahloniphe Intsandvo yakhe kuto tonkhe tinkhalo tekuphila. Ngekumhlonipha, bebatakuba sibonelo baphi babe sibusiso etiveni tonkhe. Ngale sizatfu lesi, wabaniketa imitsetfo lehambisana natonkhe tinkhalo tekuphila kwabo. Lamavesi lalandzelako lesitawabuketa atsatselwe kuleyo mitsetfo leyaniketwa ema Israyeli.

Detheronomi 23:12 – ticondziso tekutsi kufanele batikhulule kuphi
Levithikusi 11:27-28, 32-33 – kufanele tentiwe njani tilwane letitifele
Levithikusi 15:2-5 – imitsetfo kutsi kufanele asitwe njani umuntfu lowophako
Levithikusi 13:47-52 – kufanele kwentiwe njani kukhuntsa emphahleni

- Ucabanga kutsi Nkhulunkhulu leni aniketa lemitsetfo lecondzene naletintfo?
 - *Ngobe unenzaba nekuhlanteka.*
 - *Unenzaba netemphilo tebantfu bakhe.*
 - *Ngako ema-Israyeli atewuba sibonelo sekuhlanteka nekuphila imphilo lete kugula.*

Emavesini lesiwafundzile ku Detheronomi naku Levithikusi, Nkhulunkhulu waniketa imitsetfo kubantfu bakhe ngekuhlanteka kanye netifo.

- Ucabanga kutsi kube, balandzela lemitsetfo, ngabe baba nglabaphilile?
 - *Yebo, bebatawuba nglabaphilile!*

Nkhulunkhulu nguyi lowadala lemitimba yetfu futsi nguyi lowati kutsi yini lokuyilungelako.

- Singatitsatsa yini tinyatselo sivikele tifo?

- *Yebo! Singafuna kuhlonipha Nkhulunkhulu sente timiso Takhe ngemitimba yetfu.*

Nkhulunkhulu uniketile tindlela tekugcina bantfwana Bakhe bahlobile kuvikela tifo.

Inkholelo lengasiyo yesitfupha (6): Nangabe sigula, kufanele sithandaze kuphela singacali siye kudokotela noma sisebentise imitsi (INSITA SITFOMBE)

- Sewuke wahlangana yini nemuntfu lokholwa kutsi akukameli siye kudokotela?
- Kuyiphathamise kanjani indlela labaphatsa ngayo bantfu labagulako?
 - *Babathandazela kuphela bangabaniketi imitsi futsi ababamikisi esibhedlela.*
- Ibaphathamise kanjani indlela labenta ngayo bona ngesikhatsi bagula?
 - *Abakatihluphi kuya esibhedlela nomake batsatse imitsi/maphilisi.*
- Nangabe sikholwa kutsi kufanele sibathandaze kuphela singabaniki imitsi bantfu labagulako, yini tintfo letimbi letingabhekeka?
 - *Umntfu kungenteka agule kakhulu noma futsi afe ngaphandle kwekunakekeleka lokungiko.*
 - *Asibakhombi bantfu labagulako lutsandvo lwaNkhulunkhulu nangabe singanaki tidzingeko tabo tenyama.*



Fundza Lukha 10:25-37

Ticondziso taThishela: *Nangabe bafundzi sebavele bayati indzaba yem'Samariya lolungile, bakhumbute ngalenzaba bese ufundza incenya yalenzaba: Lukha 10:33-35.*

- Kepha lom'Samariya wakhomba umusa ngekuthandazela lendvodza kuphela yini?
 - *Cha*
- Lom'Samariya weyentela ini lendvodza leyayilimele?
 - *Wasebentisa emafutsa (kuyigcobisa) neliwayini (kuyigeza)*
 - *Wayibopha emanceba*
 - *Wayibhadalela tindleko nekunakekeleka*
- Jesu watsi lom'Samariya bekumele athandaze esikhundleni sako konkhe loko?
 - *Cha. Watsi, 'Hamba wente ngalokufanako'.*

Yebo liciniso, kufanele sibathandazele labo labagulako. Nkhulunkhulu ungumphilisi! Kepha yena ufuna natsi sinakekele tidzingo tebantfu tasenyameni. Kungaba kutsi Akhetse kusita loyomuntfu logulako aphile ngetento esontfweni Lakhe.

- Ucabanga kutsi leni Nkhulunkhulu esikhatsini lesinyenti akhetse kusebenta ngaleyo ndlela, esikhundleni sekutsi avele ente ummangaliso?
 - *Kuze, bantfu atewuva lutsandvo lelisontfo.*
 - *Kuniketa lisontfo litfuba lekukhombisa lutsandvo.*
 - *Kuze, lisontfo libe nesitfombe lesihle kanye nebudlelwane nemmango.*

Umsebenti

KUBHUNGA KWESIGUNGU LESIKHULU

Ticondziso taThishela: *Yenta lesigungu silungise INSITA TITFOMBE: Tinkholelo letingeMaphutsa emabibi lamabili: 'letivamile emmangweni wetfu' letingakavami'. Ngesikhatsi sigungu sisabonisana ngalemibuto lelandzelako, ungasebentisa lamaphepha langakabhalwa noma emakhadi ubhale noma nguyiphi lenye inkholelo evamile emmangweni.*

- Tikhona yini letinye tinkholelo letivamile emmangweni wetfu?
- Litsini liBhayibheli ngato? Kulamavesi lesiwafundzile, letinkholelo tiliciniso yini noma cha?

KUBUKISANA NAMATA

- Ngutiphi tinkholelo letingesito lowafundziswa tona ngetemphilo?

- Ucabanga kutsi Nkhulunkhulu ufuna wente ini ngalokwehlukile nyalo?
- Bakhona yini bantfu labagulako longabakhomba lutsandvo lwaNkhulunkhulu kuleliviki?

UMTHANDAZO

Umthandazo wekutsi Nkhulunkhulu asisite sati liciniso ngetifo kanye netemphilo. Sithandaze kutsi asisite sincobe tinkholelo letingesito. Cella Nkhulunkhulu akusite ukhomba lutsandvo kulabanye nabagula. Thandazela bonkhe bantfu labagulako lobatiko.

Sifundvo Sesitsatfu (3): Indziba yeLibandla Ekwakheni Imimmango Lephilile

Ingcikitsi Mcondvo

Kwendlulisa loku lesikufundzile ngetemphilo ngulenywe indlela yekukhombisa lutsandvo emmangweni wetfu.

Tinsita

- *awukaphocelwa*: sitfombe lesikhulu, kwekubhala ebhodini, noma libhodi nekwekubhalela (kwekwakha luhla lwemicondvo yetento telutsandvo).

Sesivele Sibasitile Labanye

KUBHUNGA KWESIGUNGU LESIKHULU

- Nguyiphi imisebenti yelutsandvo lesewuyentile kunakekela labagulako, kutfutukisa temphilo talabanye emmangweni, noma kuvikela tifo?
 - *Sibonelo: kuvakashela umuntfu bekadze agula, kubhadalela imitsi noma kumikisa umuntfu esibhedlela, kulungisa uhlante sicombo noma lakusuka khona emanti, kujuba tjani eceleni kwesikolo noma sibhedlela, kwakha tindlu tangasense, noma kuhlanta indzawo ubutse tibi.*
- LeTento leti telutsandvo tititfutukise kanjani timphilo tebantfu?
- Ngutiphi tingucuko lotibonile kubantfu kwetemphilo emmangweni?

SIBUYISE UMBIKO

Kufanele Sendlulise Loko Lesikufundzile

1 Phetro 4:10

Ngamunye nalomunye kufanele asebantise siphosile lasemukelisiwe kukhonta, njengetisebenti taNkhulunkhulu letetsembekile ngetindlela letehlukene.

- Kungani Nkhulunkhulu asinikete lwati lolusha ngetemphilo?
 - *kuze sitewukhonta labanye emimmangweni yetfu*

Matewu 5:14-16

'Ukukhanya kwelive. Lidolobha lelakhiwe entsabeni lephakeme lingeke lisitseke. Kute umuntfu lokhanyisa sibane bese asibeka nqephansi kwesitja. Kodvwa usibeka endzaweni yaso, kuze sikhanyisele wonkhe umuntfu losendlini. Kanjalo-ke, sakukhanyise kukhanya kwenu embikwebantfu, kuze babone lokulungile lenikwentako badvumise uYihlo losezulwini.

- Kungani kufanele sikhonte labanye siphindze sendlulise lesikufundzile?
 - *kuletsa inkhatimulo kuNkhulunkhulu*

kubaseGalathiya 6:9-10

Asingadzinwa kwenta lokuhle, ngobe siyawuvuna ngesikhatsilesifanele, nasingadzinwa. Ngako-ke, njengobe sinematfuba nje, asentelokuhle kubo bonkhe bantfu, ikakhulu kubendlu yaketfu yekukholwa.

1 kubaseKorinthe 15:58

Ngako-ke, bazalwane bami labatsandzekako, banini ngulabasimile, labangaceki, nikhutsale emsebenzini weNkhosi ngaso sonkhe sikhatsi, nati kutsi kusebenta kwenu akusilo lite eNkhosini.

- Yini Nkhulunkhulu layetsembisako nangabe singaphelelwa ngemandla?

- Ngesikhatsi lesifanele sitovuna. Umsebenzi wetfu awusilo lite.

Imisebenzi yeLutsandvo lehlobene neTemphilo

KUBHUNGA KWESIGUNGU LESIKHULU

Ticondziso taThishela: Ungativala letindzaba ngetindzaba tetento teLutsandvo tasenzaweni yangakini yekunakekela labagulako noma tetemphilo talabanye lesetitfutukisiwe.

Nati letinye tetindzaba letinyenti letikhomba kutsi emasontfo enteni kutfutukisatemphilo imimangweni yawo.

Insha yahlanta linkhelemba eMarare

Marare ngummango lonebantfu labanyenti ngolokwecile eveni leUganda. Bantfu betilimi letehlukene, emaholo lehlukene, intinkholo kanye neminyaka eMarare. Intfo lebahlanganisako bonkhe ngemanti. Yintfo bantfu leligugu kakhulu kibo ngetulu kwako konkhe kulenzawo. Nekuba lomango unayo inkhelemba, ngetikhatsi tetimvula, lamanti kulamakhaya lamanyenti ayaphela babekelile bonkhe kuya enkhelembeni. Kusachubeka sikhatsi, lenkhelebha igcwala sitfombo nkala, kungcola, netikhulula. Ngenca yalesimo lesingesisihle kwetemphilo, lomango waba sengotini wehlaelwa ngemagciwane latfolakala emantini langcolile. Bantfu labanyenti bakholwa kutsi hulumende, INH LANGANO letitimele, noma likomidi lemanti kufanele liyisukumele lendzaba yalenkhelebha.

Baholi bebantfu labasha belisontfo lelikhona endzaweni bebafundzile ka TCT base bakhutsata bantfu labasha babo kutsi bakhombe lutsandvo lwaNkhulunkhulu emmangweni wabo bahlante lenkhelemba ngalomunye umgcibelo. Bafati nabefika kutewukha emanti, batfola lensha isebenta nabo babayincenye basebenta kunye nabo. Likomidi yemanti ngekubona takhamiti titibophelela kulenkhelemba, bakhutsateka kucala banakekele inkhemba futsi. Emva kwaleSento seLutsandvo, takhamiti takhutsateka kunakekela lenkhelemba tona lucobo lwato. Lomunye make wevakala afundzisa bantfwabakhe, 'Singakhona kunakekela imphilo yetfu'. Akabongwe Nkhulunkhulu ngengucuko yekucabanga kanye netemphilo letitfutukile eMarare!

- Takhamiti emmango beticabanga kutsi ng'bani lofanelwe kunakekela inkhelemba?
- Yini lokwagucula kucabanga kwale takhamiti ngekunakekela inkhelebha?

Libandla Likhla Ngobe Liyatinaka Temphilo

Umfati wemfundisi Mpaso wafundzela kubalineshi kepha azange seka sebente umsebenzi lawufundzela ngesizatfu sekubabete imitfolo mphilo emmangweni wakhe lomncane wase Mombala Mombala. Ekubeni afundze kutsi Nkhulunkhulu ayatinaka tetemphilo, emalunga elisontfo anikela babambisana bamtsela sipopolo lesihlola lingekhatsi lemuntfu. Emva kwenkhonzo njalo ngelisontfo, usita bantfwana nebantfu lasebakhulile labanetifo tsite netinkhinga letihambisana netemphilo. Takhamiti tase tiyamcela asite noma eluleke kutsi kufanele yini akukafaneli baye esibhedlela. lesasitfolakala bucalu nemmango. Lamanye emalunga elisontfo benta loko bebakhona kukwenta kusita labo bebeta bafuna kunakwa ngetemphilo. Bebangabasiti nje kuphela enyameni, kepha bebathandazela wonkhe umuntfu baphi babatjele nga Jesu. Bulunga belibandla laphindzeka kabili. Lomunye umndeni emmangwe wabona emandla lomsebenzi wase unikela ngemshina lomusha wekuhlola kutsi ingati ishaya ngendlela lefanele yini kuzu kutfutuke tetemphilo emmangweni. Bantfu bemimmango lebomakhelwane nabo bacala beta kutfolo teluleko.

- Yini lolokungaka make Mpaso bekayentela labantfu? (*abebanika teluleko*)
- Lusito luni talabanye belisontfo bebaluniketa? (*ngumthandazo, bebanaka tidzingo tasenyameni...*)

- Ucabanga kutsi kwabangwa yini kutsi libandla likhule?

Livangeli lashunyayela Ngetekuhlanteka Letikahle

Libandla emmangweni wase Kyabahesi labona sidzingeko sekuhlanteka emmangweni walo, trainingbase bemisa kuhlangabetana nekuhlanteka ekubeni bafundze liMojula letemphilo. Bafundza kutsi kuhlanteka ngulenywe yetintfo lebalulekile emmangweni ngobe kuhlanteka lokungenta bantfu baphile endzaweni lenemphilo. Indlela ummango wetfu lobukeka ngayo ngiyo lesibonakala ngayo kutsi sikhulwa kutsi sibabani.

Emasontfo ase Kyabahesi abumbana kuhlangabetanatindzingo letehlukene temmango wabo labebangatikhona ngekusebentisa ingcebo labanayo emmangweni. Tidzingo labatibona baphindze batihlangabeta ngunati:

- Kwakha kwekugcina titja
- Kwakha tindlu tangasense kanye netindzawo tekugezela
- Kugubha imigodzi yekugcina tibi
- Bemukelisa emagcoma ekugcina emanti ekuzeza tandla nawuucedza kusebentisa indlu lencane

Loku kwentiwa emakhaya lasihlanu futsike kutfutukisa kuhlanteka kulendzawo. Nyalo, emasontfo sekabonakala njengemantfu labaletsa ingucuko nebantfu labaletsa intfutuko endzaweni. Ematfuba ekuvangela ayakhula kakhulu.

Umfundisi wachaza, 'Safundza kutsi tento tetfu ngito letikhomba lutsandvo kancono kunekukhuluma kwetfu. Bantfu emmangweni bayabona kutsi nembala sinelutsandvo lwa Nkhulunkhulu. Ngako, livangeli lishunyayelwa kancono ngetento kunekukhuluma'.

- Yini lokwagucuka endleleni libandla laKyabahesi 'lelishumayela' ngayo livangeli?
- Ngumuphi umtselela lowabakhona emmangweni?

KUBHUNGA KWESIGUNGU LESINCANE

- Nguyiphi imicondvo yeTento teLutsandvo lisontfo lakho lelingatenta kutfutukisa temphilo?

SIBUYISE UMBIKO

Ticondziso taThishela: *Niketa litfuba tonkhe tigungu tivete imicondvo letinayo yeTento teLutsandvo.*

Ungakhetsa kukwenta noma cha: yenta luhla ebhodini noma ephepheni lelikhulu.

Kusita Labanye Bafundze Tisekelo Temakhono eTemphilo

KUBHUNGA KWESIGUNGU LESIKHULU

Kutfutukisa temphilo emimmangweni yetfu, kufanele sente Tento teLutsandvo. Tento teLutsandvo tisita kutsi bantfu babone imiphumela yetemphilo letitfutukile. Bese babanekufisa kwetama tintfo letinsha. Lokunye ngaleli mojula kufaka ekhatsi tifundvo ngekuvikela tifo nekunakekela bantfu labagulako nalabalimele. Letifundvo timfisha futsi timelula kunemasontfo etfu letayelekile aka TCT. Sonkhe sikhatsi nawufundza likhono lelisha letemphilo, ungaledlulisela kulabanye. Kufundzisa bantfu ng'lenye yetindlela tekukh omba lutsandvo. Letinye tetindlela emasontfo lendlulise ngato emakhono etemphilo ngunati:

1. Fundzisa tifundvo tetemphilo ekugcineni kwenkhonzo ngelisontfo. Mema bomakhelwane bete kulolucecho.
2. Yendlulisa letifundvo tetemphilo usachubeka nelusuku lwakho. Khuluma ngato etimakethe, usaya kuyokha emanti, usahlanta timphahla takho, emsebentini, kanye nase masimini. Cabanga ngesikhatsi nawubona bantfu. Ungabahlephulela yini loko lokufundzile kusachubeka liviki?

3. Fundzisa emakhono etemphilo etindzaweni temibutsano yemmango kusihlwa kunye evikini.
 4. Fundzisa emakhono etemphilo emihlanganweni yabomake, etinhlanganweni tekonga, noma emibutsanweni leminye yemmango.
- Ngutiphi letinye tindlela lesingendlulisa ngato tifundvo tetemphilo emimangweni yetfu? Singabasita njani bantfu labanyenti nakwenteka bafundze letifundvo?

Kwakha Luhlelo Lwemmango

Sesikhatsi sekwakha luhlelo lwemmango wetfu:

- Thandaza kuNkhulunkhulu utfole inhliyo yemantfu labagulako. Thandaza kutsi akusite wakhe ummango lophilile. Cella Nkhulunkhulu akuphe inhlakanipho yekwati kutsi kumele wenteni.
- Bonisanani kutsi nguyiphhi imisebenti yeLutsandvo leningayenta etinyangeni letisitfupha letitako kutfutukisa temphilo emmangweni. Khulumani kutsi ngumuphi leningacala ngawo kuwenta, wesibili, nichubeke kanjalo.
- Buketani luhlelo lwenu lwekwendlulisa tifundvo temphilo —kukhona yini lenidzinga kukulungisa nisengakacali tifundvo?

Ningenta luhlelo, nikelani luhlelo lwenu kuNkhulunkhulu. Thandazani ndzawonye nicele Nkhulunkhulu anisite nilucedze luhlelo lwenu. Mceleni kutfutukisa temphilo emmangweni wenu.

Sifundvo lesilandzelako sicala tifundvo ngetemphilo longatendlulisela emmangweni wakho.

Incenye Yekucala (1): KUVIKELA

Sifundvo-Lesinyane: Singakuvikela Kugula

Ingcikitsi Mcondvo – Tifo letinyenti tingavikeleka, futsi kuvikela kuncono kunekwelapha kugula.

Tinsita

- KweSingeniso kwekucala (1): Emanti emaplastiki kanye nemaphepha (noma lokunye lokuphephile kukujika)

Singeniso

KUSEBENTA KWESIGUNGU LESIKHULU NOMA KUBHUNGA

Ticondziso taThishela: Khetsa umdlalo noma indzaba kucala lesifundvo.

Longakukhetsa kwekucala (1): Umdlalo

Ticondziso taThishela: Beka libhodlela leplastiki nematje etafuleni noma esitulweni endzaweni ebonakalako. Niketa wonkhe umuntfu emaphepha langagcwala sandla, emabhontjisi noma lokunye lokuphephile kukujika. Phindza phindza lomdlalo emahlandla nalabasha labatikhetselako emkhatsini.

1. Manini indingilizi.
2. Sidzinga lababili ngekutikhetsela beme emkhatsini walendingilizi nelibhodlela leplastiki esitulweni.
3. Umsebenti walaba lababili labatinikele' kuvikela lamabhodlela eplastiki nekwenta siciniseko kutsi akawi noma angashayeki esuke esitulweni. Lalabatinikele bangeke bawabambe lamabhodlela, Kepha bangasebentisa noma yini landlini kuwavikela lamabhodlela (njengesikhwama noma incwadzi kufihla lelibhodlela).
4. Labantfu endingilizini kufanele basentise lamaphepha, emabhontjisi, noma letinye tintfo kushaya lelibhodlela liwe esitulweni.
5. Nitawuba nemizuzu lengu 2 -3 kwenta lomsebenti.

IMIBUZO NGEMDLALO

- Bekuyini imisebenti yalabantfu labasemkhatsini?
- Ngutiphi tindlela labatisebentisile kuvikela lamabhodlela?
- Ngutiphi tindlela letisebente kahle?

Njengakulomdlalo, singafundza kutivikela kanye nemindeni yetfu ekutfoleni kugula. *Lokubitwa ngekutsi kuvikela.* Lokunyenti kugula kungavikeleka noma kuncishiswe kakhulu. Kuvikela kugula kusengakacali kwenta imindeni yetfu ibe ngulephilile. Tinyenti tintfo lesingatenta kuze sihlale sing'labaphilile siphindze sivimbhe kutsi tifo tingatfoli emandla.

Longakukhetsa kwesibili (2): Indzaba

Ticondziso taThishela: Fundza lendzaba, bese uholo sigungu nibukisane ngemibuto.

Bekukhona ummango lowawuchumane nemgwaco lomkhulu ngendlela lencane endzaweni leliwa lelidze kakhulu. Ngesikhatsi umoya unemandla, Bantfu bebaphephuka bashone phansi kuleliwa balimale kakhulu. Labanyenti bafe. Libandla kulenzawo lafuna kusita, ngako bonkhe bahlanganisa tandla batsenga libhayisikili lekuphalala, labalibeka phansi kuleliwa. Ngako, nabantfu baphephukele phansi kuleliwa, Bebakhona kubatsatsa babamikise emtfolamphilo masinyane! Leminye imiphefumulo beyikhona kuphepha. Ngebhadi, ngekutsi leliwa belilindze, bantuf labanyenti bebachubeka bafe noma bachwaliswe ngulokulimala.

- Ucabanga kutsini? lisontfo likhomba lutsandvo emmangweni walo?

- Yini lisontfo lelingakwenta kusombulula lenkhinga yekutsi bantfu solo bayafa?
- Ikhona yini indlela yekuvikela kutsi bantfu bangawi kuleliwa? Kungasebenta kancono yini loko?
 - *Yebo, bangakha lutsango ngetulu kwaleliwa, kuze bantfu bangawi.*

Eciniweni, kuncono kakhulu kutsi bantfu bangalimali nalokulimala. Kulokunye kusita bantfu baye emtfolamphilo kuhle — Empheleni tinyenti tikhatsi loku kuSento seLutsandvo—nangabe kukhona kwenteka, kukahle kuvikela lenkhinga kutsi nje yenteke.

Kubaluleke Ngani Kuvikela?

KUBHUNGA KWESIGUNGU LESIKHULU

Njengobe bekutaba kuhle kutsi lisontfo livikele kutsi bantfu bangaphephukeli kuleliwa, esikhundleni sekutsi baphutfunyiswe esibhedlela masinyane, ngalokunjalo kuyefana natonkhe tifo. Kuncono kakhulu kuvikela kutsi tifo tingacali nekucala.

- Bagulela futsi kangani bantfu emndenini wakho?
- Nakugula umuntfu emndenini wakho, yini tintfo letingenteka letenta imphilo ibe lukhuni?
 - *Umndeni wonkhe ungase ugule nawo (kutsatselwana kwetifo)*
 - *Kulahlekelwa timali/noma kulahlekelwa ngumsebenti*
 - *Kucitsa imali leyengetekile kutsenga emaphilisi, kubhadalela kuya nekubuya emtfolamphilo, dokotela noma kunakekeleka esibhedlela*
 - *Kudala tikweleti tekuyobhadala nekweswela imali lengenako*
 - *Kucitsa sikhatsi lesengetiwe kunakekela lilunga lemmendeni leligulako*
 - *Kute longanaka bantfwana (batali bangagula kakhulu noma bahambe bayonakekeleka khashane)*
 - *Bantfwana bangakhoni kuya esikolweni*
 - *Kuba ngumfelokati noma intsandzane*
 - *Lusizi, kulila, kukhatsateka ngekulahlekelwa ngulotsandziwe*
 - *Kutibuta ngekukholwa kwabo noma buhle baNkhulunkhulu*
- Imphilo yemndeni wakho beyingatfutuka yini kube bewungaguli njalo njalo?

Kuphila kwetfu kubalulekile. Kuba nekuphila lokuhle kunemtselela lomuhle kutonkhe tinhlangothi tekuphila kwetfu. Kugula kunemtselela lomubi kutonkhe tinhlangothi tekuphila kwetfu. Kwelapha kugula ngendlela lefanele kubalulekile, kepha kuvikela kugula ng'kona kukuhle. Khumbula, sifuna kwakha lutsango ngaphambi kwekutsi sitsenge imoti noma libhayisikili lekuphalala!

Yini lesingayenta kusikela kugula?

KUBHUNGA KWESIGUNGU LESINCANE

Ticondziso taThishela: Yenta luhla lwako konkhe lokushiwoko. Nangabe kute kwaloku lokulandzelako lokushiwoko, kuvete, ubute kutsi kukhona yini loke weva ngako:

- Ngutiphi letinye tetindlela lese uvele utati tekuvikela tifo?
 - *Kusebentisa tindlu tangasense*
 - *Kucoca konkhe kungcola*
 - *Kuvalela imfuyo*
 - *Kunatsa emanti lahlobile*
 - *Kuhlanta tandla ngaphambi kwekudla nasemva kwekwenta umsebenti 'longcolile'*
 - *Hlanta ematinyo*
 - *Hlanta tingubo*
 - *Lungisela kudla endzaweni lehlobile*

- *Sebentisa emanti lahlobile, laphephile nawulungisa kudla*
- *Dlani tinhlobonhlobo tetibhidvo letimibalabala*
- *Munyisa bantfwana*

Nasibuka loluhla, sinaka kutsi timbili tintfo letibalulekile letivikela tifo:

- Kugwema noma yini lengasenta sigule ibekudze nemitimba yetfu. Sikwenta loku ngekucinisekisa kutsi emanti etfu, kudla, emakhaya, nemabala ahantekile ebangcolisweni ebantfu, emangcoliso etilwane, kanye nekungcola.
- Kwenta lingekhatsi lemitimba yetfu licine. Imitimba lecinile ayiguleli futsi. Nakwenteka igule, loko kugula akubi nemandla. Sikwenta loko ngekumunyisa bantfwana (ngobe libisi lelbele kudla lokungiko sibili kwebantfwana) futsi ngekudla kudla lokunemphilo nemaseko lamatsatfu. Nkhulunkhulu wenta kwaba melula kwati nangabe kudla kwetfu kunato letitsako lesitidzingako, ngobe titsako letehlukene tenta tibhidvo netitselo tigucuke imibala leyehlukene. Ngako, nasidla tinhlobo letinyenti letehlukene, tibhidvo temibala legcamile, sitakuba nemitimba, lecinile futsi lephilile.

Tifundvo letilandzelako, sitatibuketa ngalokujulile. Kwalamuhla kudzinga sikhumbule kutsi kubalulekile kutsi sivikele tifo ngekutsi sihlanteke nekutsi sente imitimba yetfu ihlale icinile. Kuvikela yintfo sonkhe lesingayenta.

KUSEBENTA KWESIGUNGU LESIKHULU

Ticondziso taThishela: *Sita bandzi bente kuhambisa tandla tabo kukhomba letindlela letimbili tekuvikela — kwenta sibonelo, kuvimba njengelihawu 'kuvimba kugula kutsi kungene' kuphakamisa imikhono ngemandla noma kwelula imisipha yawo 'kucinisa imitimba yetfu'. Yenta lokuhambisa tandla emahlandla kusita wonkhe umuntfu akhumbule letindlela letimbili tekuvikela.*

Kwenta

KUBHUNGA KWESIGUNGU LESINCANE

- Kuto tonkhe letindlela tekuvikela lesitibalile lamuhla, nguyiphi bewuvele uyati futsi loyentako?
- Nguyiphi loyatiko, kepha longayenti (noma longayenti sonkhe sikhatsi)?
- Yini intfo yinye longayenta kuleliviki kuhlonipha Nkhulunkhulu ngemtimba wakho usite kuvikela tifo emndenini wakho? Emmangweni wakho ke?

UMTHANDAZO - Thandazelani kutsi Nkhulunkhulu asisite kuvikela tifo emindenini yetfu kanye nase mimmangweni.

Sifundvo-Lesincane: Emagciwane Adala Tifo

Ingcikitsi Mcondvo – Tifo tandza ngemagciwane kepha singasita kuvimba kwandza kwetifo nekugula.

Tinsita

- Imabula lencane
- Imabula lencane Insita Sitfombe: Tandza kanjani Tifo

Singeniso

- Bantfu bakholwa kutsi yini mbamba ledala kugula emmangweni wakho?

Tinyenti tinkholelo ngekutsi yini lokudala tifo – Kusuka eticalekiseni taNkhulunkhulu. Futsike lokunyenti kwaloku kulicinis. Kufanele, njengelibandla, sithandaze sibuke Nkhulunkhulu kutsi aphilise noma akhulule

bantfu eticalekiswa. Kepha, kumele siphindze sicondze kutsi letinyenti tifo tidalwa nguloku lesikubita 'ngemagciwane'. Nasifuna kuvikela tifo emimmangweni yetfu, kufanele sibe nekucondza lokuncane kutsi emagciwane asebenta kanjani.

Kucondza Emagciwane

KUSEBENTA KWESIGUNGU LESIKHULU (UMDLALO)

Ticondziso taThishela: Cella bafundzi basukume beme basondzelane bente indingilizi bese bendluliselana lutfo tsite loluncane (njengemabula lencane) bakhambise ngemuva kwabo. Khetsa munye atinikele kuma emkhatsini kulendingilizi; kufanele babuke baphindze bacagele kutsi lentfo le mabula lencane ikubani isachubeka kubo bonkhe. Nangabe lolosemkhatsini acagele kahle, khetsa lomunye abuye emkhatsini. Wudlaleni lomdlalo emahlandla.

Lemabula lencane imelele ligciwane. Emagciwane:

- mancane kakhulu kutsi angabonakala.
- angangena ngekhati kutsi asente sigule.
- angatsatselwana kamelula ngaphandle kwekutsi sibone.
- etfwalwa tilwane kanye netilokatana kanjalo nebantfu.

Emagciwane angatsatselwana nasitsintsana.

- Ngutiphi tikhati lakhona besolo utsintsana nemuntfu lamuhla? Kungaba tandla tabo, tinyawo noma letinye tiku temtimba? (Letimphendvulo letiniketiwe kuloluhla titibonelo.)
 - Kuchawulana
 - Kwangana
 - Kudlala nemntfwana

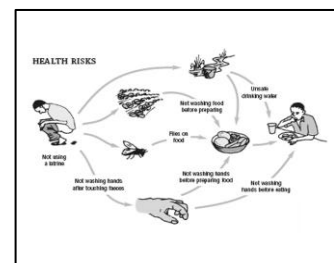
Tindlela Emagciwane Lasigulisa Ngato

KUBHUNGA KWESIGUNGU LESIKHULU

Ticondziso taThishela: Khombisa **INSITA SITFOMBE**: Tifo tandza kanjani.

Lesitfombe lesi sikhomba tindlela lesikhombisa (7) letivamile emagciwane langendluliselwa ngato emitimbeni yetfu asente sigule.

1. **Kungasentisi indlu yangasense (indvodza lecosheme ngesoncele).** Kutikhulula ngephandle esigangeni kushiya emangcoliso ebaleni, Lapho khona angandzisa emagciwane kumacentselo esiganga, emantini, nasetandleni tetfu, etinyaweni, kanye nasemitimbeni. Bulongo betilwane nabo bunemagciwane.
2. **Kungagezi tandla emuva kwekutsintsisa emangcoliso (Lesandla lesingephansi kusitfombe).** Singatsintsisa emangcoliso (ebantfu noma bulongo betilwane) noma ngabe asiwaboni ngesikhatsi:
 - sisebenta ensimini noma netilwane
 - bantfwana badlala ngephandle
 - sigeza lingemuva lemntfwana
 - sitikhulula
3. **Kungagezi tandla ngaphambi kwekulungisa kudla (sandla nesitja sekudla).** Emagciwane ayendluliseleka ekudleni kwemindenini yetfu lesikulungisako.
4. **Timphungane ekudleni (Imphungane nesitja sekudla).** Timphungane tihlala emangcolisweni ebantfu newetilwane bese titsatsa emagciwane kuwayisa noma kukuphi lapho tiyohlala khona.



5. **Kungagezi tandla ngemanti lahlobile ngaphambi ngekulungisa kudla** (*emanti langcolile ngetulu nesitja sekudla*). Nakudla kungakahlanteki futsi singakuhlanti—noma nangabe sikuhlanta ngemanti langcolile—sendlulisa emagciwane.
6. **Emanti ekunatsa langakaphephi** (*lamanti langcolile ngetulu kanye nemanti ekunatsa emuntfu*). Emanti langakaphephi ngulenze indlela levamile leyandzisa tifo nekugula.
7. **Kungagezi tandla ngaphambi kwekudla** (*Tandla nekudla kwemuntfu kanye nekunatsa*). Emagciwane anoma yini lesiyitsintsile ayendluliseleka ekudleni lesikudlako.

Ticondziso taThishela: *Tinikete sikhatsi sewubukete lamaphuzu lasikhombisa baze bafundzi bawafake engcondvweni. Bese ubehlukanisa ngababili bese ukhomba ngasinye sigungu sababili. Chazela bafundzi kutsi sifuna kubona sigungu lesibambe kahle engcondvweni loluhla. Nawukhomba ngasinye sigungu ufuna babite lelibandzelako liphuzu kuloluhla. Nangabe bangakhoni, batawube sebehluwe. Ch ubeka kanjalo kuze kusale sigungu sinye.*

KUBHUNGA KWESIGUNGU LESIKHULU

- Ng'kuphi kwaloku lokutinkhinga letivamile emmangweni wakho?
- Yini tintfo 1-2 wena nemndenini wakho leningacala kutenta kuvimba emagciwane kutsi angadali tifo?
- Ngubani longamchazela ngemagciwane kuleliviki?

Kwenta

KUBHUNGA KWESIGUNGU LESINCANE

- Yini intfo yinye lesingayenta kahle sonkhe emmangweni wetfu kucedza kwandza kwetifo nekugula?

KUTIHLOLA WENA NJENGEMUNTFU

- Yiniintfo yinye longayenta wena kucedza kwandza kwetifo nekugula emndenini wakho?
- Ng'bani longakukhuluma naye loko kuleliviki?

Sifundvo-Lesincane: Kuhlanta Emakhaya

Ingcikitsi Mcondvo – Kufanele sigcine emakhaya etfu ahlantekile kuze sivimbe kwandza kwetifo nekugula.

Tinsita

- Lokungenani ematje lamancane abe ngemashumi lamabili, emacembe noma ngabe yini lokumelula kukufihla.
- Insita Sitfombe: Singakwakha njani kwekubamba timphungane
- Lokudzingekile ekwakheni kwekubamba timphungane

Singeniso

UMDLALO

Kusengakefiki muntfu kulomdlalo, fihla tonkhe letintfo letincane talomdlalo (timabula) yonkhe lendlu. Nabefika bantfu, bakhumbute 'ngemdlalo wekutsatselwana kwemagciwane' lesedlule kiwo. Bacele bafune 'emagciwane' lafihlwe yonkhe lendzawo (phakamisa sibonelo saloko lokufihlile). Banikete imizuzwana kufuna 'lamagciwane'. Bese uyababita babuye ndzawonye sibone kutsi mangakhi latfolakele.

Njengaletimabula, emagciwane angabhaca wonkhe indzawo emakhaya etfu. Lamuhla sitokhuluma ngekutsi singawakhipha kanjani emagciwane emakhaya etfu kuze angagulisimindeni yetfu.

Tindlela Tekugcina Emakhaya Etfu Ahlobile

1. **Ungakhafuleli phansi.** Kungenteka kube netifo ematseni etfu.
 - *Khombisa indlela lengiyo yekukhwehlela nekutsimula (ekoneni lengcosa yakho). Cela bafundzi betame kukwenta.*
2. **Gcina emashidi, tingubo imibhedze yebantwana, kanye nemibhedze ihlobile.**
 - Yeneka emashidi kanye netingubo elangeni njalonzalo.
 - Nangabe kunetilokatana embhedzeni, tsela emanti labilako uphindze uhlante emashidi netingubo.
 - Goma wonkhe umndeni sonkhe sikhatsi. Emazeze nemakhatane kutfwala tifo letinyenti.
3. **Sebentisa indlu yangasense uphindze uyigcine ihlobile.** Nangabe ungenayo indlu yangasense, kumele uyakhe. Fundzisa bantwana kusebentisa indlu yangasense. Vala umlomo wendlu yangasense kuvikela kutsi timphungane tingangeni uphindze uyihlante sonkhe sikhatsi.
4. **Hlanta siyilo, lubondza, kanye nefenisha.** Hlanta yonkhe indlu njalonzalo. Tsanyela uphindze uhlante siyilo. Tsintsitsa lubondza kanye nefenisha. Tindlu tindzinga kuhlantwa sonkhe sikhatsi.
5. **Lahla kahle konkhe kungcola.** Faka emgodzini wekwakha imvundvo ushise konkhe lokukhonako. Kungcola lokungaboli kudzinga kufangwe emgodzini wetibi. Loko kuvikela kutsi kungasakateki yonkhe indzawo kuphindze kugweme timphungane nemagungwane angangeni ekhaya. Uwugubha kanjani umgodzi lophephile wetibi:
 - a. Lomgodzi kufanele ube tivalo letimbili (2 x 2–3 wemamitha) uphindze ube limitha kushona phansi. Lobukhulu lobu butawukhonsa umndeni iminyaka lesebalele.
 - b. Imigodzi kufanele imbiwe lokungenani emamitha langemashumi lamabili (20) (20 wetinyatselo letindze) khashane nemtfombo wemanti 20 wemamitha nemakhaya.
 - c. Imigodzi kufanele igujwe etindzaweni letiphakeme, kuze ingeke igcwale emanti ngetikhatsi tetimvula.
 - d. Gciba kungcola sonkhe sikhatsi ngemhlabashana kunciphisa kunuka netimphungane. Yakha lugange noma ubiyele kugwema bantwana kanye netilwane.
6. **Ungavumeli tilwane netilokatana tingene.**
 - Ungavumeli tilwane tite endlini.
 - Nakukhonakala gcina tilwane endzaweni lebiyelwe.
 - Vala timfa nemigodzi lapho kungabhaca khona esiyilweni noma elubondzeni tinyekevu, emabhungane, kanye nabofecela.
 - Sheshe ugeze bonkhe bulongo betilwane dvute nelikhaya.
 - Kunciphisa timphungane ngulenze indlela lebalulekile yekuvikela tifo.

*(Tifundzise kwakha kwekubamba timphungane. Sebentisa **INSITA** **SITFOMBE**: Umakha njani sochaka wetimphungane)*



UMSEBENTI

Yenta tindlela tekuhambisa sandla letisitfupha (6) tekugcina emakhaya ahlobile. Tenteni kanye kanye emahlandla.

Kwenta

NAMATA

- Ngutiphi taletindlela lotentako kugcina likhaya lihlobile?
- Ngutiphi 1-2 tishukumiso letinsha lotatitsatsa kuleliviki kuba nelikhaya lelihlantekile?

Sifundvo-Lesincane: Imitimba Lehlobile

Ingcikitsi Mcondvo – Ngekugcina imitimba yetfu netimpahla kuhlobile, singakugwema kugula.

Kubuketa

- Asesisho tonkhe tindlela letisikhombisa lesitifundzile letandzisa emagciwane?
- Ngutiphi tindlela lotikhumbulako tekugcina emakhaya nemagceke etfu ahlobile?
- Ukhona yini lofuna kuhlephula tinyatselo latitsetse kuvikela kugula?

Singeniso

- Ngesikhatsi usengumntfwana, bebakugezisa kangakhi? bacubhisa kangakhi?

Lemikhiba lesiyifundze ebuntfwaneni ngiyo kanye lekumele sichubeke nayo yonkhe imphilo yetfu. Kepha kuze sikhonte kahle lemitimba Nkhulunkhulu lasinikete yona, kungadzingeka kutsi sifundze imikhiba lemisha siphindze siyifundzise bantfwabetfu.

Imikhiba Yekuhloba Lokuhle Kwemuntfu

Asigeze imitimba yetfu – kususa emagciwane kanye nekuvikela kulunywa sitenwaye.

- Geza buso bakho onkhe emalanga.
- Geza umtimba wakho netinwele lokungenani tikhatsi letingaba 2-3 ngeliviki usebentise insipho, ikakhulungesikhatsi kushisa. Sebentisa tithawula letehlukene kugeza bantfwana kuvikela kutselelana emagciwane.

Cumba ematinyo – kuvikela kuphuma kwematinyo liphuma lelibi lemlomo, kanye nekuphatfwa matinyo.

- Cala kucumba ematinyo ebantfwabakho basavela uphindze ubafundzise nekutigeza nabasangena esikolweni.
- Sebentisa sicubho noma lutsi lwekuhlafunwa. Sebentisa kwekubha lokutsenge ekhemisi noma utakhele ngekuhlanganisa sikali lesilinganako sasawodi ne soda yekupheka noma (soda yekubhaka). Shikisha kahle ngelunakekela tinkhalo tonkhe lokungenani imizuzu lemibili sikhatsi sisinye. Cubha ematinyo ekuseni nantsambama.

Vikela tinyawo – Cabanga tonkhe letindzawo lasinyatsela khona! Kuhamba ngetinyawo phansi kungalayisha emagciwane netinambutane.

- Gwabela bophaca-tincabule noma ticatfulo, ikakhulu endlini yangasense nasetindzaweni lenetibungu noma imisundvu. Imisundvu/tibungu ingena ngetinyawo.
- Geza tinyawo njalo ntsambama nangesikhatsi tingcolile.

Hlanta Timphahla – Timphahla tetfu tidzinga kuhlantwa sonkhe sikhatsi. Sitomise elangeni kudaladi wekweneka kusita kubulala tilokatana fana nemazeze, emakhatane, namisekenya.

UMSEBENTI

Cabanga tindlela letine (4) tekuhambisa tandla ukhomba kugcina imitimba ihlobile. Tenteni kanye kanye. (Buka kutsi bafundzi batatikhumbula yini letishukumiso letisitfupha (6) tetandla emakhaya), niphindze nitente tolishumi kanye kanye!)

Kwenta

NAMATA

- Ngutiphi taletento lotentako emndenini wakho?

- Yini 1-2 wetento letinsha longaticala kuleliviki kusita umndeni wakho ugweme tifo?

Sifundvo-Lesincane: Geza Tandla

Ingcikitsi Mcondvo – Geza tandla uvikele kwandza kwemagciwane netifo.

Tinsita

- Insita Sitfombe: Sempomphi yekunyatselwa
- Insita Sitfombe: Yakha yakho impmphi yekunyatselwa

Kubuketa

- Ngutiphi tento letinsha lese ucalile kutenta kuvikela emagciwane angandzi, kuba nelikhaya lelihlantekile, noma kuba nemitimba lehlobile emndenini wakho?
- Bekumelula noma lukhuni?

Singeke sente ingucuko ngeliviki linye kuphela. Kufanele sichubeke sente tento tetemphilo kuze sibone imiphumela lemhle netifo letehlile emmangweni wetfu. Ungaphelelwa ngemandla!

Singeniso

UMDLALO

Niketa insayeya bafundzi basho tintfo labatitsintse ngetandla tabo lamuhla. Abasho tintfo letinyenti labangakhona kutisho ngemzuzu munye (1).

Ngobe sitsintsa tintfo letinyenti, emagciwane lengeke siwabone ahlala etandleni tentfu kusuka lapho angefika emlonyeni wetfu, emehlweni, etindlebeni, emakhaleni... nakulabanye bantfu. Kungakoke **kugeza tandla tentfu kuyintfo lebaluleke kakhulu lesingayenta kuvikela tifo.**

Kugezwa Kwetandla Lokukahle

Yenta siciniseko kutsi tandla takho tiyahloba nawutigeza.

- **Sebentisa insipho.** Kugeza ngemanti odvwa kungeke kuwabalale emagciwane.
- **Tihlikihle imizuzwana lemashumi lamabili (20)** ngambi kwekutesula. Kulesinye sikhatsi kuyasita kuhlabela ingoma nebantfwabakho lengaba yimizuzwana lemashumi lamabili (20) kubafundzisa kutsi kufanele batigeze sikhatsi lesinganani tandla. *(Cela bafundzi bakhetsa ingoma lekahle yekugeza tandla.)*
- Geza emkhatsini weminywe kanye **nangephansi kwetingalo** laphokhona emagciwane angabhaca khona.
- **Tiyakate ngemanti lahlobile.** Ungayakati tandla ngemanti logeze ngawo endishini, ngobe sakanemagciwane.
- Gezela tandla takho khashane nalakulungiselwa khona kudla noma kudlelwa khona.

Utigeza Nini Tandla

Geza Tandla Takho **NGEMUVA**: *(Buka kutsi bangakhi bafundzi labangasho usengakabatjeli loluhla.)*

- Kwekusebentisa Indlu yangasense.
- Kwekuhlanta indlu yangasense.
- Kwekutsintsa emangcoliso ebantfwana, tilwane, nalokunye.

- Kwekubamba inyama, lengakaphekwa.
- Kwekusebenta emasimini.
- Kwekusebenta ngekungcola.
- Kwekunakekela bantfu labagulako.
- Kwekukhwehlela, kutsimula, kuhlanta, noma kufinya
- Kwekutsintsa timphungane, tilokatana, tilwane.

Khumbula, kuto tonkhe letento leti siyatsintsa noko singeke sangcise emagciwane. Tintsatfu tento lakhona kufanele njalo sigeze tandla tetfu **ngaphambi** kwekutenta:

1. Ngaphambi kwekupheka noma kulungisa kudla
 2. Ngaphambi kwekudla
 3. Ngaphambi kwekondla umntwana
- Ucabanga kutsi leni kufane sigeze tandla ngaphambi kwekutsi sente letento leti?
 - *Ngobe emagciwane angangena kamelula emitimbeni yetfu ngemlomo.*

Indzaba Sibonelo

Ruth uyati kutsi kufanele ageze tandla takhe nakacedza kusebentisa indlu yangasense, nangaphambi kwekulungisa kudla, kepha abenenkhinga kukwenta loko. Kulesinye sikhatsi abephelelwa ngemanti abebete lenele ekugeza nakawadzinga. Kulesinye sikhatsi, insipho ilahlekile ayitfolakali. Kulesinye sikhatsi uphuma endlini yangasense akhohlwe kugeza tandla. Kulesinye sikhatsi noma afuna kugeza tandla ngesikhatsi lesingiso, bekulukhu kutsi akhumbule.

- Yini leyenta kube lukhuni kutsi Ruth ageze tandla takhe?
- Kungaba nguyiphi imibono longasita Ruth ngayo ekugezenitandla takhe?
- Ngabe tikhona yini taletinkhinga umndeni wakho lobhekene nato?

Yenta Kugeza Tandla Kube Melula ngempomphi yetinyawo

Nangabe sitogeza tandla tetfu (nebuso netinyawo) koto tonkhe letikhatsi, kufanele sente kusheshe futsi kube yitfo lemelula. Singakha indzawo yekugezatandla:

1. dvutane nendlu yangasense.
2. dvutane napho ulungisela khona khona kudla nalanidlelwa khona kudla kwenu (kepha hhayi dvute kakhulu).

Khombisa **INSITA SITFOMBE** (noma wakhe impomphi ngesigubhu kube nentsambo lotayinyatsela kuphume emanti lotayikhombisa bafundzi).

- Unayo yini intfo lefana nalena dvute nendlu yangasense?
- Kutawuba yini buhle bekwakha lempomphi kunekusebentisa emanti endishi?
- Kungasita yini kuba nentfo lefana nalena?



Kwenta

Nangabe bafundzi bayilangazelela lempomphi yetinyawo, hlela sikhatsi niyakhe ndzawonye nabo.

INSITA SITFOMBE: Yakhani yenu impomphi yetinyawo nilandzele tinkhomba. Yenta siciniseko kutsi bafundzi basheshe bayahlela baletse tinsita tekuyakha letidzingekile.

- Yini lokwenta kugeza tandla kahle kube lukhuni? Singatisombulula kanjani leto tinkhinga?



Sifundvo-Lesincane: Ummango Lohlantekile

Ingcikitsi Mcondvo – Singasitsatsa sinyatselo sivikele tifo emmangweni wetfu.

Kubuketa

Cela kubekhona labatinikelako bavete kutsi yini labayentile kuhlanta emakhaya nekwenta siciniseko sekutsi wonkhe umuntfu emndenini uyatigeza tandla ngesikhatsi lesingiso.

- Kube melula noma kube lukhuni kutsatsa lesinyatselo?
- Tikhona yini tintfo bewuhlose kutenta, kepha wangakhoni kutenta?

Singeniso

- Endleleni nawusuka lana, kukhona yini lobone kungcola? Kukhona yini lova liphunga lelibi? Ikhona yini indzawo lakhona kunetjani lobungakajutjwa nemena?
- Kungumsebenti wabani kuhlanta letotindzawo?

Ummango lohlantekile uyativimba tifo kutsi tandze kuze sonkhe sibe nemphilo lenhle. Kunekumela lomunye umuntfu, singasitsatsa sinyatselo.

Tindlela lesingagcina ngato imimmango yetfu ihlantekile

Luhla lwetimphehndvulo letingaba ngito tekubonisana ngalemibuto luniketiwe. Leti akusito tona todvwa timphendvulo letingito. Injongo lapha kusita bafundzi bacabange ngetinkhinga letikhona nekutsi tingasombululeka njani. Buketa tinkhinga letidalwa ngemangcoliso ebantfu, bulongo betilwane, kanye nekungcola/tibi:

- Tifo tandziswa ngemagciwane.
- Kudvonsa timphungane kanye naletinye tilokatana letandzisa tifo.
- Emanti angcoliswe ngemangcoliso nemagciwane asentela sifo semsheko.

Ngutiphi tindzawo lakhona emangcoliso ebantfu, bulongo betilwane, kanye nekungcola kuncwabelana khona emmangweni wetfu?

ETITALADINI

- Ngutiphi letinye tetizatfu letenta titaladi tetfu tingcole?
 - *Bantfu balahla kungcola.*
 - *Tilwane atigalelwa tihambe tingcolisa.*
 - *Ematse ebantfu nebantfwana, kuhambe sichama, kutikhulula etitaladini.*
 - *Timphehndvulo netilwanyana.*
- Yini lokungentiwa kugcina letindzawo tihlantekile nekutsi tihlale tihlobile nangemuso?
 - *Hlanta titaladi.*
 - *Fundzisa ummango ngekugcina titaladi tihlobile.*
 - *Yakhani tindlu tangasense temmango.*
 - *Gubhani imigodzi yekulahla tibi emmangweni.*
 - *Hlelani/lungisani lusuku lube lunye enyangeni lapho khona bonkhe bantfu batophuma babambisane kuhlanta ummango.*

EMANTI KANYE NETINDZAWO TEKUHAMBA EMANTI

- Ngutiphi letinye tetintfo letenta emanti etfu angcole? Kukhona yini kukha emanti langcolile emmangweni wetfu?
 - *Bantfu batikhulula emitfontjeni noma emfuleni.*
 - *Kungcola kuyemuka kushone entansi nalina.*

- *Indzawo yekukha emanti igcwaliswa sitfombonkhala nekungcola.*
- Yini lokungentiwa kuhlanta letindzawo nekutigcina tihlobile nangemuso?
 - *Hlanta lakukhiwa khona emanti kanye nemisele lehambisa emanti.*
 - *Fundzisa ummango kusebentisa tindlu tangasense nekutsi bangawangcolisi emanti.*
 - *Vikela indzawo lakutfolakala khona emanti.*
 - *Valela imvuyo.*
 - *Gwema kuma kwemanti kanye nemena - lapha kulapho khona imbuzulwane netilokatana kutalela khona kwandze.*
 - *Hlela ukhutsate-sive siphume lusuku lunye enyangeni kuhlanta ummango.*

INDZAWO YESIKOLO

- Ligceke lesikolo lihlantekile yini? Nakunge njalo, yini lokungentiwa?
 - *Yakhani tindlu tangasense esikolweni.*
 - *Yakhani-tindzawo tekugeza tandla esikolweni.*
 - *Jubani bonkhe tjani lobudze esikolweni.*
 - *Susani emanti lemile kanye nekungcola.*

UMTFOLAMPHILO (Nakukhona umtfolamphilo losedvute)

- Lomtfolamphilo uhlantekile yini ngekhatsi nangehandle? Nakungenjalo, yini lokungentiwa?
 - *Yibani nesishukumiso 'kuhlanta umtfolamphilo' lusuku*
 - *Jubani tjani lobudze*
 - *Kususa onkhe emanti lemile kanye nekungcola*
 - *Hlantani tibondza, siyilo, nato tonkhe tintfo ngekhatsi nangehandle.*

Kwenta

- Kuto tonkhe letintfo lekukhulunywe ngato lamuhla, ucabanga kutsi ng'kuphi lokuyinkhanga lenkhulu emmangweni wakho?

Khutsata bafundzi kutsi bente luhlelo lwekutsi sinyatselo bangasitsatsa nini futsi kanjani kuhlanta ummango. Basite bacondzane nekwenza intfo yinye ngesikhatsi futsi bente luhlelo lolungekho metima kulenta.

Sifundvo-Lesincane: Tindlu Tangasense

Ingcikitsi Mcondvo – Wonkhe umuntfu, kufaka ekhatsi bantfwana, kufanele basebentise tindlu tangasense kugwema tifo.

Tinsita

- Insita Sitfombe (likhasi lesibili (2)): Tinhlobo letine tetindlu tangasense

Singeniso

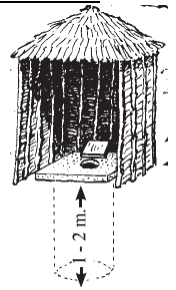
- Mingakhi imindeni lene tindlu tangasense ?
- Ngutiphi letinye tetizatfu tebhule bekusebentisa tindlu tangasense? Uyakhumbula etifundvweni lesicale ngato?
 - *Kuvikela emagciwane netifo kutsi kungandzi.*
 - *Kuze bantfu bangatikhululi dvute nalakusuka khona emanti noma umgwaco.*
 - *Kugcina emakhaya etfu ahlantekile.*
- Ngutiphi tizatfu letenta bantfu bangasebentisi tindlu tangasense?

Tinhlobo Letine Tetindlu Tangasense

Khombisa **INSITA TITFOMBE**: Tinhlobo letine tetindlu tangasense usatichaza.

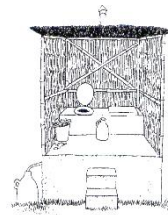
Inhlobo yendlu yekucala (1): Indlu Yangasense Levalekile

- Sakhiwo sayo ngesetigodvo, semende, noma emapulango.
- Inekwekuvala umnyango wemgodzi (kuvimbela timpungane tingangeni neliphunga lingaphumi).
- Ingagcwala kufanele wakhe lenye (ungahlanyela sihlahla lapho bekonalenzala khona).



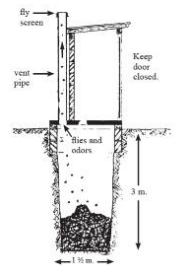
Inhlobo yendlu yesibili (2): Indlu-Lehlenga umchamo isale yomile

- Yakheke yaphakama yashiya umhlabatsi.
- Itigaba letimbili letehlukana umchamo nemangcoliso.
- Ikahle kakhulu etindzaweni lenetikhukhula.



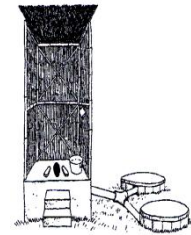
Inhlobo yendlu yesitsatfu (3): Leyakhelwe sikhala sekuphefumula (VIP) Indlu

- Ineliphayiphi lekuhambisa kunuka kanye netimpungane.
- Ngobe kuhlala kumnyama ngekhatsi, timpungane tindiza tifune kukhanya bese tiva leleka ngekhatsi tife.
- Kufanele kubemnyama ngekhatsi kutokwati kugwema timpungane.



Inhlobo yendlu yesine (4): Indlu yangasense lotsela kuyo emanti

- Inenzawo yekutsela emanti, titebhisi kanye nemgodzi longaba ngu1-2 kushona.
- Ibakahle lakhona emanti langephansi kwemhlaba angekho dvute.
- Ikahle lakhona bantfu basebentisa emanti endlini yangasense.



Tonkhe tindlu tangasense kufanele takhiwe lokungenani emamitha langemashumi lamabili khashane nemakhaya nakhashane nalapho bantfu bakha khona emanti ekunatsa.

Gcina tindlu tangasense tihlantekile

- Ngutiphi letinye tetindlela tekugcina tindlu tangasense tihlantekile? (Nangabe kute kwaloku lokushiwo bafundzi, bakhombise.)
 - Hlanta siyilo sonkhe sikhatsi .
 - Yenta siciniseko kutsi sivalo semgodzi sihlala sivaliwe. Singakhiwa ngemapulango.
 - Tsela lutfunyela, kungcola, noma umlotsa emuva kwekwusebentisa kunciphisa kunuka netimpungane.
 - Hlala ugwabele nawuya khona.

Bantfwana Nendlu Yangasense

- Bantfwana labancane sikhatsi lesinengi abayisebentisi indlu yangasense. Yini leyenta kube lukhuni kubantfwana?
 - Abakhoni kuvula sivalo.
 - Beseba bumnyama noma kugcumukela emgodzini.
 - Abalitsandzi leliphunga.
 - Abakhoni kufika khona ngesikhatsi.
- Kubaluleke ngani kutsi bantfwana basebentise indlu yangasense? (Nangabe kute kwaloku lokushiwo bafundzi, bavetele.)
 - Bakhula nemkhuba lomuhle.

- *Kute bangandzisi emagciwane ladala tifo—nemangcoliso ebantfwana atfwele emagciwane.*
- Bafundza kanjani bantfwana kusebentisa tindlu tangasense? Yini lesingayenta kukhutsata bantfwabetfu kusebentisa tindlu tangasense?
 - *Yiba sibonelo.*
 - *Bafundzise ngesineke.*

Lenye indlela yekusita bantfwana kutsi sakhe indlu yangasense yebantfwana ingabi khashane nendlu yemndeni.

- Gubha umgodzi longashoni, longaba ngu 1/2 wemamitha kushona.
- Yakha siyilo sasemende, ludzaka, noma tintfungo. yakha sidikiselo semgodzi.
- Kute tibondza letidzingeako kubantfwana.
- Fundzisa bantfwana kutsi bahlale ngekusebentisa lendzawo nekutsi bavale ngembonyo bangacedza sonkhe sikhatsi.
- Ungagcwala lomgodzi, tsatsa lesiyilo usitfutukisele emgodzini lomusha. Gcwalisa umgodzi losebentile ngemhlabatsi. (Sihlahla lesihlanyelwe lapho sikhula kahle!)

Kwenta

- Likhaya lakini linayo yini indlu yangasense? Nakunjalo, mguyiphi inhlobo? Nakute, nguyiphi inhlobo lenitoyakha? Nitosebentisa ini kuyakha?
- Singayisita kanjani imindeni leminyane kusebentisa indlu yangasense sonkhe sikhatsi?
- Yini intfo yinye loyifundzile lamuhla longayifundzisa labanye kuleliviki?

Sifundvo-Lesincane: Emanti Laphephile

Ingcikitsi Mcondvo – Akusingaso sonkhe sikhatsi lakhona emanti lacwebile ang’lahlantekile. kufanele sihlante siphindze sivikele emanti etfu.

Tinsita

- Insita Sitfombe: Tindlela leTine Tekuhlanta noma tekuHlobisa Emanti
- Insita Sitfombe: Siyisebentisa njani imitsi yekuhlanta emanti (SODIS)
- Letinye Tinsita
 - 2 wetingilasi letibonakalisako temanti ekunatsa laphephile; yinye iphatse sawoti
 - Emanti lanetidzidzi kwenta sibonelo ngetinswayi (SODIS)
 - Emabhodlela etinswayi (SODIS) ekwenta sibonelo. Khutsata bafundzi bete newabo.

Singeniso – Emanti Lacwebile akusiwo LAHLANTEKILE Ngasonkhe sikhatsi

Lungisa tingilasi letimbili (2) temanti ekunatsa laphephile – yinye ibe netipunu letimbili (2) tasawoti loncibilikisiwe kiyo lelenye ibebete sawoti. Tibeke etafuleni tibonwe ng’wonkhe muntfu. Ungabatjeli kutsi yinye lenasawoti.

- Lamanti ayafanana yini kuletingilasi?
- Lamanti abukeka ahlobile kutsi anganatifwa yini?

Cela kubekhona labatinikela kunatsa lamanti. Bacinisekise kutsi lamanti aphephile.

- Lamanti kuletingilasi bekafanana yini?
 - *Cha. Lenye ingilasi beyinemanti lanasawoti kepha abukeka afanana.*

Njenga sawoti, emagciwane mancane kakhulu kutsi angabonakala. Emanti angabukeka ahlobile kepha utfole kutsi anemagciwane ladala sifo semsheko.

Hlanta uphindze Uhlobise emanti

- Siwatfolo kuphi emanti etfu?
- Kungenteka yini angabi ng'lahlobile? Kungaba yini lewangcolisile? (*Nangabe bafundzi bangakubali lolokulandzelako, kuvete kubo.*)
 - *Tilwane tiyeta tishiye bulongo nemchamo.*
 - *Bantfu batikhulula dvute nemanti.*
 - *Tilokatana titalela tandzele khona.*
 - *Akasiwo lacwebile. anetidzidzi.*
 - *Kunekungcola kulamanti.*
 - *Imitsi lesuka kubalimi.*
 - *Insipho nakuhlantwa timphahla/kugezwa.*

Singeke sibe nesiciniseko kutsi emanti lacwebile ahlobile. kufanele siwahlante emanti etfu singakawanatsi kuvikela umsheko.

Kwekucala, wahlante ngetinswayi lamanti. (Loku KUNGEKE kuwente aphephe kuwanatfwa.) Timbili tindlela letimelula:

1. Hlalisa lamanti laneludzaka lusuku lonkhe; tsela lamanti lahlobile entfweni lebonakalisako. Phindza futsi .
2. Sefa lamanti usebentise indvwangu lehlobile.

Lokulandzelako, hlanta emanti. Nati tindlela netine (4) letimelula. (*Sebentisa **INSITA SITFOMBE**: Uwahlanta njani emanti.*)

1. **Wabilise Emanti:** Acala emanti enta emabhamuta, wabilise imizuzu lelishumi (10). Wembhonye aphole ngaphambi kwekunatfwa.

- Yini buhle nebubi balendlela?
 - *Buhle – kumelula kuyenta, kukhona konkhe lokudzingekile.*
 - *Bubi – kwenta indlu ishise, kudzinga utfote noma ubhadale gasolina, lamanye emanti ayaphephuka nakabila.*



2. **Umutsi wekuhlanta emanti (Bleach):** Kudzinga ucophelele kakhulu usebentise sicali lesingiso: 2 wematfonsi ebleach elitheni yinye (1) yemanti. Lomncane kakhulu angeke uwabulale emagciwane; lomnengi kakhulu ungaba yingoti kubantfu. iBleach ingasishisa sikhumba semtimba wetfu nemehlo futsi igugise netimphahla. Emanti lahlantwe nge bleach AKASIKAHLE kuwanatsa, kepha akahle kakhulu ekugezeni tandla netitja.



- Kukhona yini loke wayetama lendlela? Yini buhle bayo nebubi bayo?
 - *Buhle – Imelula kuyenta, iyasheshisa futsi inemphumela lomuhle.*
 - *Bubi bayo – Akasiko kahle ekuwanatseni ,kufanele ukale ngekucikelela, kufanele ukhone kuyitsenga ibleach.*

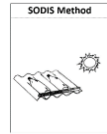
3. **Sisefo:**

- Ukhona yini losebentisa lendlela? Yini buhle nebubi?
 - *Buhle – Kulula kuyisebentisa futsi idzinga tinta lesinato.*
 - *Bubi bayo – Idzinga kuphakanyiswa futsi ihlale ihlobile.*



4. TINSWAYI: Kukhanya kwelilanga kungawabulala emagciwane kufana nekubalisa emanti!

- Kukhona yini loke wayetama lendlela? Yini buhle kanye nebubi bayo?
 - *Buhle – Imelula kuyenta etindzaweni letishisako naletinelilanga.*
 - *Bubi bayo – itsatsa kancane; ayisebenti kahle nakunemafu noma ngemalanga emvula.*



Kwetama Tinswayi (SODIS)

Cela wonkhe aletse libhodlela lekwetama TINSWAYI (SODIS). Sebentisa **INSITA SITFOMBE**: Uyisebentisa njani indlela yeTINSWAYI (SODIS) kuhlanta emanti.

Ticondziso teNdelela yeTINSWAYI:

1. Khetsa libhodlela lelingilo:
 - Libhodlela lelingaba ngu 1-2 wemalitha. Nalitawuba lincane noma libe likhulu lingeke lisebente kahle.
 - Libhodlela lelibonakalisako, kungaba liplastiki noma lelifako; susa konkhe lokuyimibhalo.
 - Hhay lelidzala. Nakuliplastiki lelidzala, emanti akho ngeke anambitseke kahle.
2. Hlantisisa libhodlela lakho kahle nawulisebentisa kwekucala.
3. Tsela emanti Langaba $\frac{3}{4}$ ebhodleleni lakhanyako. TINSWAYI (SODIS) ngeke tisebente nangabe kunetidzidzi emantini.
4. Khuhlutisa libhodlela imizuzwana lengu 20.
5. Nyalo gcwalisa lelibhodlela bese uvala ngesidikiselo.
6. Beka lamabhodlela emathayeleni noma eluphahleni lwemathayela.
7. Wabeke emabhodlela akho ekushiseni kwelilanga lokungenani emahora lasitfupha (6). Nyalo sekuphephile kuwanatsa!



Wanatse onkhe lawomanti aphele emalangenini langaba 1-2 kuze emagciwane angaphindzi acale kukhula.

Kwenta

NAMATA

- Uyawahlobisa noma uyawahlanta emantini akho? Nakungenjalo, leni ungakweni loko?
- Ungetama yini yinye yaletindlela kuleliviki? Nguyiphi longayetama?
- Ngubani umuntu munye longamuhlephulela lolwazi kuleliviki?

Sifundvo-Lesincane: Kudla Lokuphephile

Ingcikitsi Mcondvo – Kulungisa ngalokufanele, kupheka, nekuvikela kudla kugwema tifo.

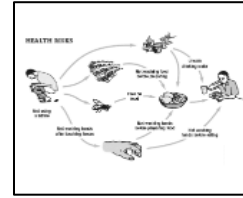
Tinsita

- Insita Sitfombe: Litafula lelakhelwe Kubeka/Komisa titja
- Insita Sitfombe: Andza njani Emagciwane
- Kwakhiwa kwematafula ekubeka/komisa titja: Tigotwana letine letakha 'Y' ekugcineni, tintfungo letine; letisemkhatsini bukhulu leticondzile, letinye tintfungo letincane, indophi.

Singeniso

Khombisa **INSITA SITFOMBE**: Tandza kanjani tifo

- Singenta siphi siciniseko kutsi kudla kwetfu akusigulisi?



Kuvikela Imindeni Yetfu Ngekuyinika Kudla Lokuphephile

Ekudleni bantfu bangatfolo bomanyokana, umsheko, nekugula lokunye lokuyingoti. Kepha nasifundza kwenta tento letincane letimelula, singasenta siciniseko kutsi sinika imindeni yetfu kudla lokuphephile. Nati tindlela tekwenta siciniseko kutsi umndeni wakho kudla kudla lokuphephile.

1. **Geza tandla ngaphambi kwakupheka noma kudla.** Emagciwane ahamba melula kusuka etandleni kuya ekudleni.
2. **Geza titselo kanye netibhidvo.** Geza tonkhe titselo kanye netibhidvo ngemanti lahlantekile ngaphambi kwekudliwa, ikakhulu nangabe utowadla anjalo.
3. **Phekisisa yonkhe inyama, inkhukhu, emacandza, inyama yengulube, kanye nenyama yemanti.** Emagciwane enyameni ayafa nayiphekisiswa. Wati kanjani nangabe inyama iphekekile:
 - Umsobho uyacweba.
 - Kubabete kuba bovana (kwalenyama) noma umbala locishe ubenjalo (yenkukhu/yengulube) tifo tangekhatsi.
4. **Gcina inyama leluhlata, yenkhukhu, kanye neyemanti yodvwa ingahlangani nalokunye kudla and.** Cobela titselo netibhidvo endzaweni leyehlukile nalapho ucobela khona inyama leluhlata. Ungasebentisi umukhwa munye kucoba inyama leluhlata uphindze usike ngawo kudla lokunye. Geza tandla takho ungatsintsa inyama leluhlata.
5. **Yembonya kudla ungakuhlalisi kuvulekile.** Ungakushi kudla lokuphekiwe ebaleni ngetulu kemahora lamabili (2). Kuyakhutatawa kugcina inyama lephekiwe nako konkhe lokwakhiwe ngelubisi kushisa kuze kudliwe. Ungavumeli timphungane naletinye tilwanyana ticance kudla. Timphungane netilwanyana kutfwala emagciwane futsi kwadzisa tifo Gcina kudla kuhlale kumbonyiwe noma endzaweni levikelekile noma ekhabetheni.
 - Ngutiphi letinye tindlela tekwenta siciniseko kutsi inyama ihlala ishisa ingaphekwa?
 - Yini loyisebentisako kumbonya kudla noma kukuvikela?
6. **Sebentisa tipunu netitja letihlobile.** Sitja singabukeka sihlobile kepha sibe sinemagciwane lesingeke siwabone. Kufuna sente siciniseko kutsi kute emagciwane etipunwini nasetitjeni letisentjentiswa kondla imindeni.
 - Utihlanta njani (noma ungatihlanta njani) titja atihlale tihlobile emkhatsisini yetikhatsi tekudla? (*Khomba uchaze loko bafundzi labangakakusho.*)
 - Geza titja ngensipho.
 - Sebentisa emanti lashiako kugeza titja (*kushisa kuyawashisa emagciwane*).
 - Sebentisa emanti lahlantekile kugeza titja (*lahlantiwe ngekubiliwa, umtsi (ibleach), noma TINSWAYI (SODIS)*).
 - Ungavumeli titja letihlobile titsintse umhlabatsi/phansi.
 - Yomisa titja elangeni (*khumbula, Nkhulunkhulu usinika kukhanya kwelilanga kubulala emagciwane!*). Loku kuncono kakhulu kunekomisa ngekwesula ngendvwangu lokungenteka nayo ibe nemagciwane nekutibeka timanti, lapho khona emagciwane nemswakama kungakhulela khona.
 - Gcina titja endzaweni leyakhelwe tona levalwa ngendvwangu. Nakukhona likhabethe lelikhona, gcina emabhodo, tindishi, kanye netingilasi tibheke phansi kuvikela tilokatana

letindizako, emagundvwane, kanye nalokunye lokungahle kungene kiwo. Tipunu akukafaneli tisale tisakateke phansi.

UMDLALO WESIGUNGU LESIKHULU

Ticondziso taThishela: Sita bafundzi babambe ngengcondvo nati tinyatselo letisihlanu (5) tekulungisa kudla ngalokuphephile. Ngemuva kwekuchaza tonkhe tinyatselo, phindze utibukete futsi. Bese nidlala umdlalo: Yehlukanisa bafundzi babe ngemacembu langu 2-3. Memeta tinombolo 1,2,3,4, noma 5. Lowekucala kusukuma asho sinyatselo lesihambisana nekwenta lokuphephile utfolaliphuzu lellicembu lakhe. (Kwenta sibonelo: Utsi 4; lowomuntfu utosukuma atsi, 'yembonya kudla'. Licembu lekucala liya emaphuzwini lalishumi nesihlanu 15.)

Litafula Lekomisa

KUSEBENTA KWESIGUNGU LESIKHULU

Ticondziso taThishela: Nakwenteka, yakhani kanye kanye litafula lekomisa titja ngekusebentisa leticondziso letiku **INSITA SITFOMBE:** Litafula lekomisa titja. Yenta siciniseko kutsi ninato tonkhe tinsita letidzingekele kucala. Nangabe kungeke kwenteke nikhone kwakha lelitafula, khombisa **INSITA SITFOMBE:** Litafula lekomisa titja bese uyachaza kutsi lakhiwa kanjani.

Ticondziso tekwakha litafula lekomisa titja:

Cocalisa:

- Tintfungo letine (4) letinkhulu letakha 'Y' ekugcineni kwato; kufanele tibe tindze kulingana nemkhono wakho budze tiphindze tibe tinkhulu kunesitfupha sakho.
- Tindvuku letine (4) letilingene 4, tilingane tonkhe ngebukhulu.
- Tindvuku leticatsa letingaba ngu 10-20, tilangane tonkhe ngebudze.
- Halibhoma, emakhasi abanana, emakasi elusundvu, noma senguyiphi inhlobo yentsambo lonayo.



Yakha:

1. Gubhela letintfungo letingu Y ticine tibuke etulu esibhakabhakeni. (Khumbula kukhetsa indzawo leselangeni mbamba). Letindvuku kufanele tente emakona lamane noma lamatsatfu. Lamakona atawuba tinyawo tekuma lelitafula.
2. Beka letindvuku letisemkhatsini ngebukhulu letine (4 (Ys) kwakha luhlaka lwalamakona lamane noma lamatsatfu. Bopha emakona ndzawonye.
3. Yakha emalayini laphambanako ngaletintfungo letincama bese ubophela ndzawonye latihlangana khona.

Nyalo sewunelitafula lekomisela!

Ulisebentisa njani litafula lekomisela titja:

1. Beka titja utibhekise phansi kulelitafula nawucedza kutigeza kuphomphisa nekutomisa elangeni.
2. Tingoma letitja, beka titja ngephandle kwendlu NOMA utembonye ngemphahla lehobile kuze titja tingetungcola.

Kwenta

KUBHUNGA KWESIGUNGU LESINCANE

- Yini longacala kuyenta kuleliviki kuniketa umndeni wakho kudla lokuphephile?
- Yini tintfo kunye noma kubili lotifundzile lamuhla longatihlephulela labanye kuleliviki?

Sifundvo-Lesincane: Kudla Lokunetitsako

Ingcikitsi Mcondvo – Kudla lokunetitsako kudzingekile kuze umuntfu akhule kahle, asebente ngekutimisela, aphindze ahlale aphilile. Tifo letinyenti tita ngekungadli kudla lokunetitsako letenele.

Tinsita

- Kudla lokuchamuka kutotonkhe tinhlobo tekudla lokusitako (sibonelo, letsa emancongomane, emabhontjisi, kanye netibhidvo)

Singeniso

- Ungabona ngani nangabe umntfwana ondleke kahle?
 - *Uyakhutsala ehle enyuka agijima, adlale, abute imibuzo leminyenti.*
 - *Emehlo lahlakaniphile, tihlatsi letigcwele.*
- Babukeka kanjani futsi benta njani nabete kudla lokwenele?
 - *Bayavilapha, uhlale akhala, uhlale afuna kudla, ubutsakatsaka.*
 - *Emehlo lashone ekhatsi, tindzebe temlomo letomile, tisu leticumbile.*

Umuntfu longadli kudla lokunetitsako letenele uba butsakatsaka agulele futsi. Loku kubitwa ngekutsi **kungondleki**. Kufaka ekhatsi letintfo lesitibalile, kungondleki kunemitselela leminyenti.

- Bantfwana abakhoni kukhula babe badze futsi bacine.
- Bantfwana abenti kahle esikolweni ngobe bangeke bafundze futsi bakhumbule kahle.
- Imitimba yetfu ibabutsakatsaka kulwa nemagciwane kanye netifo—ngako sigulela futsi, nalokugula kutfola emandla ekusicindzetela onkhe emalanga.
- Bantfwana batalwa babancane futsi babutsakatsaka nangabe make wakhe angadli kahle.
- Bomake labamunyisako bayakhatsala noma bangakhoni kwakha lubisi lolwenele.

Kuniketa Kudla Lokunetitsako

Timbili tintfo lesingatenta kuniketa imindeni yetfu titsako letidzingwa ngumtimba.

1. **Nika bantfwana kudla njalo njalo**—Bantfwana abadli kudla lokunyenti, ngako babanemphilo nabadli njalo emva kwesikhashana.
2. **Yengeta kudla kwekusita eKudleni kwabo.**

KUDLA LOKUCINILE

- Yini kudla lokucinile umndeni wakho lokudlako? (*Sibonelo: lilayisi, umbila, umjumbula, emazambane, banana.*)

Kudla lokucinile kungumtfombo lomuhle wemandla futsi usente sitivele sesutsi. **Kepha, lokudla lokucinile kukodvwa akusiko lokwene kutsi umuntfu abenemphilo lekahle**. Nkhulunkhulu udale umuntfu kutsi adzinge kudla lokunyenti lokwehlukene kuze abenemphilo lekahle.

TINSITA TEKUDLA

- Ng'kuphi lokunye kudla lokwengetekile etikwekudla lokucinile loku dliwa ngumndeni wakho esikhatsini lesinyenti?

Ngesikhatsi sidla kudla Kudla lokunyenti lokwehlukene, kungesikhatsi sitoba ngulabaphilile emtimbeni. Wonkhe umuntfu uyatidzinga tinsita kudla, kepha tibaluleke kakhulu kukhulisa bantfwana, bafati labakhulelwe

noma labamunyasako, nakubantfu labadzala. Sitawubuketa tinhlobo letintsatfu letibalulekile tetinsita kudla. (Khombisa tibonelo tekudla ngayinye inhlobo.)

1. **Kudla lokuniketa Emandla ngalokuphakeme.** Loku kusiniketa emandla kuphindze kusite bantfwana bafundze, bakhumbule, baphindze bakhule kahle. Lokudla loku kufaka ekhatsi kudla lokunemafutsa, lokunemanoni, noma shukela. Sibonelo:
 - *Emafutsa nemanoni (Yetama ubone kutsi kukhona yini bafundzi labangakuveta: emafutsa, bhotela, emachongco, emanoni enyama)*
 - *Kudla lokuna khilimu noma emafutsa (titselo ema olives, emakotapeni)*
 - *Emantongomane (icoconut, tindlumbu, umbhadayi, emantongomane, tonkhe tinhlobo temantongomane)*
 - *Tinhlangelo (litsanga, lihhwabha, ludvonce, bhekilanga)*
 - *Lokunongotelako (shukela, luju, imolasses, umoba, ijaggery, titselo)*
 - Yini kudla lokunemandla laphakeme loke wakudla?
 - Ungakwengeta njani kudla lokunemandla laphakeme kuloko lenikudlako emndenini?
2. **Kudla lokwakha-umtimba** lokunetitsako letakha umtimba (lokwaka umtimba). Imisipha yetfu yakhiwa takha mtimba, ngako kudla lokunetakhakha mtimba kusita imitimba yetfu ikhule ibemidze futsi icine. Sibonelo:
 - *Inyama, inkhukhu, emacandza, inhlangi*
 - *Lubisi, cheese, iyoghurt*
 - *Emabhontjisi kanye tindvumba*
 - *Emantongomane (kudla lokunyenti, fana nemantongomane, kususita ngetindlela letingetulu kwayinye)*
 - Kukangakhi lapho khona udla lokudla- lokwakha umtimba?
 - Ungentela njani kutsi umndeni wakho utfole kudla lokunyenti-lokwakha umtimba?
3. **Kudla lokuvikelako** titselo netibhidvo. Kuphetse titsako letisigcina singulabaphilile tiphindze takhe sikhumba setfu, tinwele, nemehlo kuphile futsi kuchakaze. Titsako letehlukahlukene lesitidzingako takha imibala yetitselo netibhidvo leyehlukenene, ngako yetama kudla titselo netibhidvo letehlukene ngemibala.
 - Nguyiphi imibala yetitselo netibhidvo lovamise kuyidla?
 - Unayo yini ingadzi yekulima kwakho kudla lokuvikelako kwemibala leyehlukenene? Nguyiphi imibala lesengadzini yakho? Nguyiphi imibala lokudzinga uyengete?

Kwenta

-
- Ng'kuphi kudla lokuyinsita lokulukhuni kukuniketa umndeni wakho sonkhe sikhatsi?
 - Kwentiwa yini kube lukhuni? Ungatincomba kanjani letingcinamba?
 - Ningasebentisana kanjani ndzawonye nisitane nalabo labasemangweni lababhekene nekungatfoli kudla lokunetitsako—labadzala, bantfwana labancane, labatetfwele/bomake labamunyasako?

Sifundvo-Lesincane: Kubuketa Imikhiba Yetemphilo

Ingcikitsi Mcondvo – Imikhiba yetemphilo ingativikela tifo iphindze itfutukise kuphila kwetfu konkhe.

Tinsita

- Tinsita Sitfombe: Imikhiba Yetemphilo

Singeniso

- Ngutiphi tento letinsha lokewatenta emavikini lambalwa lengcile kuhlala ung'lophilile nekugcina umndeni wakho uphilile? Utenta uphindza phindze sikhatsi lesinganani?
- Letento letinsha tibe nemtselela lomuhle yini?

Imimmango Lephilile Tenta Imikhiba Yetemphilo

Kufanele sigucule tento tetemphilo tibe YIMIKHIBA yetemphilo. Umkhuba yintfo lesiyenta ngaphandle kwekutsi siyicabange ngayo. Singaze sente leso sento lesifanako sikhatsi lesidze, akusefanele sicabange ngaso; sengumkhuba.

TICONDZISO TEMSEBENTI:

1. *Usachubeka nalesifundvo ngephansi, khombisa **INSITA SITFOMBE**. Imikhiba yetemphilo usabuketa umsebenti ngamunye lofundvwe emavikini lambalwa lengcile.*
2. *Ngamunye umkhuba wetemphilo, cela bafundzi batsatse sincumo kutsi ngumsebenti lovamile yini. Beka titfombe emabibini latsi 'labanyenti bayakwenta', 'labanye bayakwenta', noma 'labancane bayakwenta'.*
3. *Nangabe tonkhe titfombe setibekiwe kulamabibi lamatsatfu, buka kulelibibi lemikhiba 'labancane bayakwenta' libibi. Bacele bacabange tizatfu kutsi leni bangakwenti loku netindlela tekuncoba letotingcinamba.*

PHINDZE UBUKETE IMIKHIBA LESIKHOMBISA (7) YETEMPHILO

1. Gcina kuhloba nekuhlanteka kwetindlu tetfu nemagceke.
 - Hlale uwasha timphahla netingubo
 - Sebentisa indlu yangasense
 - Imigondzi yetibi
 - Imfuyo ivalelwe
2. Geza tandla .
 - Kugeza tandla ngensipho dvute nalapho kulungiselwa khona kudla
 - Kugeza tandla ngensipho dvute nendlu yangasense
3. Kugcina ummango uhlobile .
 - Emanti lahlobile, imigwaco, emagceke esikolo, imitfolo mphilo
4. Sebentisa indlu yangasense.
 - Tindlu tangasense kufanele tibekhashane nemanti nalakunekudla khona
 - Nebantfwana bayayisebentisa indlu yangasense
 - Gcina indlu yangasense ihlobile futsi ugweme timphungane



5. Sebentisa emanti lahlobile kunatsa, kuwasha, nekulungisa kudla.
 - Hlanta emanti ngekuwabilisa, kusebentisa umutsi ibleach, kuwasefa, noma TINSWAYI
6. Kulungisa kudla lokuphephile.
 - Ematafula ekomisa titja
 - Caphela inyama leluhlata ingandzisi emagciwane kulokunye kudla
 - Phekisisa inyama kubulala emagciwane
 - Gwema timphungane netilokatana kungasondzeni ekudleni
7. Niketa umndeni wonkhe kudla lokunetitsako.
 - Emafutsa nalokunashukela kuniketa emandla
 - Lokwakha umtimba kuniketa cucina
 - Titselo netibhidvo temibalabala kuniketa imphilo
 - Yondla bantfwana emahlandla ngelusuku



Fundza titfombe 'labanyenti' indzawo. Hala bafundzi bancome baphindze bakujabulele loku.

Kwenta

Buka emakhadi laku 'labanye' naku 'labancane' tingoni. Tsatsa 1-2 wetento letibalulekile nibonisane ngato:

- Ngutiphi tingcinamba letivimba bantfu kwenta loku?
- Yini lesingasitana ngako kuncoba letingcinamba?

Tithandazeleni letingcinamba, celani Nkhulunkhulu anisite nikhone kuncoba letinkhinga. Tiniketeni sikhatsi sekulalela Nkhulunkhulu kumukeliswa inhlakanipho.

Sifundvo-Lesincane: Kunakekela Bomake Labatetfwele Kanye Nalabamunyisako

Ingcikitsi Mcondvo : Bomake labatetfwele nalabamunyisako badzinga kunakekeleka lokukhetsekile.

Singeniso

- Watalelwa kuphi? (*Ekhaya, emtfolamphilo, esibhedlela*)
- Batalelwa kuphi bantfwabakho? (*Ekhaya, emtfolamphilo, esibhedlela*)
- Ng'buphi buhle nebubi bekutfolela umntfwana ekhaya? Esibhedlela noma emtfolamphilo?
- Kukhona yini lomatiko lowashona abeleka noma kafisha emva kwekubekela khona?

Manini kafisha nithandazele imindeni leselusizini, bomake labatetfwele kanye nalabo labanetinswane.

Kunakekela Bomake Labatetfwele kanye Nalabamunyisako

Kunakekela umntfwana kucala asengakabelekwa. Imikhiba yemfati lotetfwele inemitselela kubantfwana labakhula ngekhatshi kwabo.

- Umntfwana longekhatsi esibeletfweni uyawuphefumula yini umoya? (*cha*) Angakudla yini kudla? (*cha*) Ng'bani lowentela lomntfwana letintfo? (*ng'lomake*)

Tento temfati lotetfwele tinemtselela kumntfwana longekhatsi kuye. Umfati lotetfwele kufanele:

- ANGABUNATSI tjwala, angasebentisi tidzaka mizwa, angabhemi. Loku kungenta bantfwana batalwe singakefiki sikhatsi, noma batalwe banekuphatamiseka, noma batalwe nenshisekelo yetidzaka mizwa netjwala.
- Natsa lokungemanti kakhulu udle nekudla lokunyenti lokwakha umtimba kanye netitselo netibhidvo. Loku kutakwenta make acine futsi kutawusita umntfwana akhule.
- Tfola sikhatsi lesinyenti sekulala. Kutivela ufuna kuhlanta noma ukhatsele ngesikhatsi sekukhulelwa yintfo levamile kulesinye sikhatsi. Kulala kakhulu kusita lomake nemntfwana bahlale bang'labaphilile.

Emva kwekubeleka, imitimba yabomake labasha kufanele ihlunyeleliswe iphindze icine kabusha.

1. Bomake labasha kufanele baphumule liviki lonkhe bangabeleka. Kufanele batfole sikhatsi lesidze sekulala basebente imisebenti lemelula. Emadvodza, bantfwana labadzala, nabomakhelwane bangasita kuletinye tetintfo fana nengadzi, kuphakamisa lokwesindzako, kukha emanti, nekunakekela bantfwana labancane.
2. Bomake labasha kufanele badle tinsita kudla letinyenti futsi badle njalo emva kwesikhashana kuze kwakheke lubisi lwemntfwana nekutsi abuye acine futsi. Udzinga titsako letinyenti letakha umtimba, emafutsa, titselo kanye netibhidvo.
3. Bomake labasha kufanele banatse emanti lamanyenti lahlobile, ijuice, noma emanti ecoconut. Kwakheka kwelubisi lwelibe kudzinga emanti lamanyenti emtimbeni.
4. Bomake labanyenti labashona emalangenani langu 2-7 ngemuva kwekubeleka. Emahora langu 48 angabeleka umfati abaluleke kakhulu! Nangabe ubona nati timphawu, sheshisa uye emtfolamphilo:
 - Kuchuchu ushise
 - Inhloko lejulile nekubamnyama siyeti
 - Kube lukhuni kuphefumula
 - Kopha kakhulu esitfweni sangasense yintfo levamile nawusandza kubeleka kepha kufanele kunciphe emalangenani lambalwa ekucala. *Nakwenteka kuchubeka kakhulu*, kungenteka kukhona lokungalungi.
5. Bafati labamunyasako akufanele basebentise imitsi/ emaphilisi, tjwala, noma tidzakamizwa. Yonkhe intfo labayidlako noma labayinatsako—kufaka ekhatsi imitsi yekulashwa—ingena elubisini lwelibe, imitsike ayikaphephi etinswaneni.
 - Nguyiphi yalemicondvo levame kwentiwa emmangweni wakho?
 - Nguyiphi lengatiwa kahle?
 - Singabasita kanjani bomake labasha bente lemicondvo labangakayetayeli?

Kwenta

- Nguyiphi imicondvo lemisha loyifundzile kulesifundvo?
- Bakhona yini bafati labatetfwele lobatiko noma bomake labasha lobatiko? Lisontfo lingabakhomba njani lutsandvo?

Sifundvo-Lesincane: Nakekela Bantfwana

Ingcikitsi Mcondvo – Bantfwana badzinga kunakwa lokutsite emnyakeni wekucala emphilweni.

Tinsita

- Insita Sitfombe: Umnyaka wekucala wekutfutfuka

Singeniso

KUBHUNGA KWESIGUNGU LESIKHULU

- Kuvame kanganani kufa kwebantfwana nababelekwa noma emalangana emva kwekubelekwa
- Loku kuwuphatamisa kanjani umndeni?
- Ummango ukuphendvula njani loko?

Bambani umoya nitsatse sikhathana nithandazele imindeni lelahlekelwe bantfwana noma tinswane .

Kunakekela Bantfwana labasha

Nkhulunkhulu ufuna bonkhe bantfwana baphile futsi bakhule. Nangabe kufa luswane, singaciniseka kutsi Nkhulunkhulu uyayila kunye natsi. Akusiko konkhe kufa kwetinswane lokungavikeleka, kepha lokunyenti kungavikeleka. Akesibuke kutsi yini lesingakwenta kusita tinswane tiphile futsi tikhule ting'letinemphilo. Khombisa

INSITA SITFOMBE: *Umnyaka wekucala wekutfutfuka.*

Ngaphambi kwekutsi atalwe

- Sitsiteni esifundvweni setfu sekucala ngemphilo yemntfwana esibeletfweni? (*Bafati labatetfwele kufanele badle tibhidvo letiluhlata ngembala, kanye nenyama nemacandza ngetulu, anatse emanti lamanyenti kuze lomntfwana atfutfuke ngendlela Nkhulunkhulu lahlele ngayo.*)
- Bantfwana labanemphilo esibeletfweni bakhula kancono futsi babe nemphilo bangatalwa.



Masinyane luswane lungatalwa

LUGCINE LUHLOBILE FUTSI LUFUDVUMELE

- Lwesule ngemanti lahlobile, momise ngebunono ngalenotfotekako, lehlobile imphahla, bese umniketa make wakhe. Sikhumba- esikhumbeni kutsintsana namake wakhe kuyasita lomntfwana kutfokomala ngalokwenele. Nangabe kubandza endlini, mbatsisa luswane namake walo ngengubo.
- Kuliciniso yini kutsi luswane lolusandza kutalwa akukameli lugezwe kuze kuwe inongwane? (*LICINISO! Lenokwane kufanele ihlale yomile ize idzilike. Kepha umntfwana angesulwa ngebunono, ngekunotfotela, ngendvwangu lemanti/ lematsile.*)



CALA KUMUNYISA KUSUKELA ATALWA .

- Lubisi lwelibele lukudla lokungiko Nkhulunkhulu lakulungisele tinswane. Noma ngabe kubukeka engatsi kute lubisi loluphumako ekucaleni, chubeka unikete umntfwana amunye—noma ngabe linani lelincane kanganani lwelubisi lwelibele ekucaleni (lushubile futsi lumtfubi) lutawusita luswane lube ng'lolunemphilo.
- Kumunyisa sonkhe sikhatsi – lokungenani njalo emakwemizuzu lemibili. Kutawusita lubisi lwamake lwesibili (lolumhlophe futsi lolumelula) luphume luphindze lugelete.
- Munyisa umntfwana lubisi lwelibele KUPHELA tinyanga letisitfupha (6) KUPHELA tekucala. Kukudla kwabo lokucala kuNkhulunkhulu lokungiko lokunako konkhe labakudzingako kute bakhule futsi babe nemphilo. UNGABANIKI lokunye kudla noma kwekunatsa. Kukahle kungabaniki lokunye lokungaba ngemanti noma litiya, noma ngabe liyashisa lilanga.

Kungahlangana tinyanga letisitfupha

UNGAYEKELI KUMUNYISA

- Kungondleki kahle lokujulile kuvame kakhulu kubantfwana labayeka kumunya kungakapheli umnyaka.
 - Ngutiphi letinye tetizatfu letenta bomake bayekele kumunyisa? (*lubisi alusesiko kahle kubantfwana babo, noma abasakhi lubisi lolwenene*)

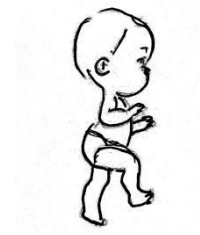


- Ngutiphi letinye tetindlela tekusombulula letinkhinga, ngephandle kwekuyekela kumunyisa?
 - **Ungayekeli kumunyisa. Niketa lomake kudla lokwengetekile kum'sita KWAKHEKE lubisi lolwenele.**
- ETINYANGENI LETISITFUPHA, CALA UNIKETE LOKUNYE KUDLA LOKWENGETEKILE ELUBISINI LWELIBELE.
- Mmuniyise lubisi lwelibe kucala sonkhe sikhatsi, bese ulandzelisa ngalokunye kudla. Cala ngendengane lemelula leyakhiwe ngemphuphu noma lilayisi uyipheke ngemanti noma lubisi. Etinyangeni letimbalwa letilandzelako, cala umetayete lokunye kudla lokudliwa ngumndeni (kudla lokusha kudzinga kuphekeke kakhulu bese kuyacoliswa). **Ungayekeli kumniketa lubisi lwelibe masinyane.**

Aze abe nemnyaka munye budzala (1)

CHUBEKA UMMUNYISE

- Lubisi lwelibe lutakuba ngutfombo mbamba wetitsako temntfwana kuze abe nemnyaka munye budzala.
- Kumunyisa kuyohlale kuyintfo lengiyo! nangabe kungenteki kumunyisa umntfwana, mufunte ngesipunu noma inkhomishi. Ungasebentisi libhodlela lekumunyisa bantfwana. Cabanga ngemikhiba yetemphilo: yini lelukhuni kugcineka ihlobile, inkhomishi noma libhodlela lekumunyisa umntfwana? (*kulukhuni kukugcina kuhlobile futsi ematfuba asetulu kutsi kudaleke kugula*).
- Chubeka unikete lubisi lwelibe, nakwenteka, aze umntfwana abe nemnyaka lengu 2 noma 3 budzala.



GCINA UMMNTFWANA AHLOBILE

- Yetama kugwema kutsi bafake tintfo letingcolile emlonyeni wabo.
- Abahlale endzaweni lehlobile.

UNGABANIKETI BANTFWANA IMITSI/ EMAPHILISI NGAPHANDLE NAKUSHO DOKOTELA.

Kwenta

KUBHUNGA KWESIGUNGU LESINCANE

- Nguyiphi leminyane yemicondvo lemisha loyifundziile kulesifundvo?
- Lisontfo lingayeseka kanjani imindeneni lenebantfwana labasha/ tinswane?

Sehluko Sesibili (2): TIFO LETIVAMILE

Sifundvo-Lesincane: Kuphelelwa Ngemanti Emtimbeni Nekusheka

Ingcikitsi Mcondvo – Kuphela kwemanti nekusheka kungaholela ekufeni, ikakhulu etinswaneni nakubantfwana, kepha kumelula kukwelapha nge EMANTI ELUSWAYI NASHUKELA (ORS).

Tinsita

- Timbali letimbili (noma letinye tihlahla) - sinye lesiphilile lesinye lesifile
- Insita Sitfombe: Bantfwana Lababili
- Insita Sitfombe: Usakha kanjani sinatfo sekuphelelwa ngemanti eluswayi nashukela – (ORS)
- Sikotela seYoghurt (noma lokunye lokunjalo) sibe nembobo ngephansi uyivale ngesalothepha noma sitfombe tikwembobo (nangabe kute isalothepha, vala imbobo ngesitfupha)
- Libhodlela noma inkhomishi lenemanti ekhatsi

- Emanti, luswayi, shukela, kanye nenkhomishi yekwakha sinatfo (ORS) kuphelelwa ngemanti emtimbeni

Singeniso - Kuphelelwa ngemanti

Embikwe bafundzi, beka imbali lephilile (noma sihlahla) engilasini yemanti kanye nembali lefile engilasini lengenalutfo.

- Leni lenye imbali ife lelenye iphile? *(Yekekelela bafundzi bachubeke baphendvule baze babone kutsi umehluko ngemanti.)*

Khomba **INSITA SITFOMBE:** Bantfwana Lababili

- Ng'muphi kulabantfwana lophilile? Ubona ngani? *(lolomunye ubukeka azacile futsi omile).*
- Yini ledzingekile kuletimbali nakulabantfwana? *(emanti)*



Njengakuletimbali, bantfu badzinga emanti kuze baphile. Sing'labaphilile nasinemanti lenele emtimbeni. Nangabe imitimba yetfu ilahlekelwa ngemanti lamanyenti, kutsiwa kuphelelwa ngemanti, futsi kuyingoti kakhulu.

Phakamisa sigubhu lesinembhobo usetse emanti (ungasivala ngesalothepha noma ngesitfupha sakho). Nyalo sale uvula imbobo uvumele emanti aphumele ngephandle. Tsani:

Nangabe umuntfu anemsheko noma ahlanta, imitimba yabo ilahlekelwa ngemanti lamanyenti.

Tsela emanti kulesikotela njengoba emanti acitseka ngephansi.

Nangabe emanti lalinganako angena emtimbeni njengobe APHUMA ngemsheko noma kuhlanta, lapho umtimba ngeke uze wome. Loyo muntfu angeke aze afe. Nangabe umtimba uphelelwa ngemanti, lowo muntfu angafa. **Bantfu ababulawa ngumsheko kepha kuphelelwa ngemanti emtimbeni.**

Kwelapha Umsheko Nge ORS (Kwekunatsa Lokucedza kuphelelwa kwemanti emtimbeni)

ORS angasita kuphephisa bantfu bangaphelelwa manti emtimbeni.

- Emanti emitimbeni yetfu ineluswayi loluncane nashukela lomncane. Nawunemsheko, kufanele sivale loko lokusilahlekele ngemanti lanaswayi lomncane nashukela lomncane.
- Lenhlanganisela kutsiwa yi ORS. Nawunatsa ORS leyenele nawunemsheko, umtimba wakho ngeke wome. ORS ingaphephisa timphilo!
- ORS imelula kuyenta futsi ayikaduli.

Khombisa **INSITA SITFOMBE:** Uwakha njani emanti ashukela naswayi (ORS). Khombisa kahle bafundzi indlela lengiyo. Etigungwini letingu 2-3, yentani sifundvo sekwakha emanti aswayi nashukela (ORS).

Kwakha emanti aswayi nashukela (ORS), hlanganisa:

- Inkhomishi yinye (1) yemanti lahlobile
- Ucaphune luswayi kanye (1) kancane
- Shukela nge sipunu sinye (1)

Faka luswayi nashukela emantani bese uva kutsi kuyevela yini. Nangabe kuvakala kunaswayi lowengca tinyembeti, unganatsi. Luswayi lolunyenti luyingoti emtimbeni.



Esikhundleni, yengeta sukela lomnyenti kuze kuvakala fana netinyembeti, ukhumbule kufaka shukela ngalokwengetekile futsi kancane. Tamatisa, laphe sekulungele kunatfwa.

Ticondziso taThishela: Khombisa ngentansi **INSITA SITFOMBE:** Indlela yekwakha emanti eluswayi nashukela (ORS).

Sidzinga emanti eluswayi nashukela langanani?

1. Nangabe umuntfu anemshoko, mnikete emanti eluswayi nashukela sonkhe sikhatsi akacedza kusheka. **Ungemeli timphawu tekuphelelwa ngemanti emtimbeni—cale unikete emanti eluswayi nashukela nganayi indlela.**
 - Labadzala badzinga 1 noma 2 wetingilasi ngasonkhe sikhatsi ungaphuma uyosheka (8 wetingilasi/2 noma amalitha lamanyenti ngelilanga).
 - Bantfwana labangetulu kweminyaka lemibili budzala (2) badzinga ingilasi yinye yemanti eluswayi nashukela kuphuma kwabo ngakunye baye ngaphandle.
 - Bantfwana labangephansi kweminyaka lemibili (2) budzala badzinga hhafu wengilasi ½ yemanti eluswayi nashukela sonkhe sikhatsi bangatitfuma, baphindze batfole lubisi lwelibe.
2. Nangabe umntfwana ahlanta, kufanele naye umnatsise emanti eluswayi nashukela. Noma ngabe lomntfwana uhlanta nakacedza kunatsa lamanti eluswayi nashukela, akusiwo onkhe latawahlanta. Nakahlanta, emanti lamanyenti ayaphuma emtimbeni. Ngephandle kwemanti eluswayi nashukela, Umntfwana atakuba butsakatsaka aphele emanti emtimbeni. Niketa emanti eluswayi nashukela ngelinani lelincane lusuku lonkhe nebusuku.

Nangabe kuchubeka kakhulu kuphelelwa ngemanti emtimbeni noma letinye tinkhomba tebungoti tibonakala, sukuma masinyane utfole lusito emtfolamphilo.

Naku lokunye lokumbalwa kucetjiswa kwekunakekela umuntfu lonemshoko:

1. **Mnikete kwekunatsa lokunyenti.** Ufake ekhatsi emanti eluswayi nashukela (ORS), naletinye tinatfo tiyasita: ijuice yetitselo, emanti ecoconut, kanye nendengane leshubile.
2. **Ekucaleni lomsheko ungakhula.** Kungobe lomtimba unemanti lamanyenti (njengalamanti lavuta kulenkhomishi andza nasichubeka nekwetsa emanti). Ungakhatsateki! **Chubeka umnatsise emanti eluswayi nashukela (ORS).**
3. **Chubeka umnikete kudla.** Angaze nje lomuntfu logulako akhone kudla, mkhulule adle.
4. **Kubantfwana labancane, chubeka ubamunyise lubisi lwelibe.** Mnikete libele njalo njalo ungakamniki letinye tinatfo. Sebentisa sipunu lesihlobile kumnatsisa emanti eluswayi nashukela (ORS) nomake letinye tinatfo, hhayi libhodlela.
5. **Chubeka unikete emanti eluswayi nashukela (ORS) busuku nemini nangabe nje kusheka nekuhlanta kusachubeka.**

Kubuketa

Phindze uphakamise sitfombe semntfwana lophelelwe ngemanti emtimbeni.

- Ngutiphi tinkhomba tekuphelelwa ngemanti emtimbeni? (*batjele letinye tinkhomba labangakatisho bafundzi*)
 - *Koma ufune kunatsa, umlomo lowomile, uchama kancane noma ungachami nhlobo, umchamo umtfubi lokwetiyele, emehlo loshobele ekhatsi noma abebete emanti, sikhala enhloko sishobele ekhatsi, sikhumba semtimba sihhwabe.*
 - Nangabe umntfwana lomncane ete umshoko, kepha bakhombise letimphawu temshoko, kufanele sibanikete emanti eluswayi nashukela (ORS), ijuice, kanye naletinye tinatfo masinyane.
- Yini iORS? (*Ngemanti eluswayi nashukela*)
- Leni kufanele siwasebentise? (*Kunciphisa loko lokulahlekile, kuvikela kuphelelwa ngemanti emtimbeni*)

- Wati kanjani nangabe usebentise linani lelingilo lasawoti kule iORS? (*Kufanele anambitse fana netinyembeti, kungabi naswayi lomnengi*)
- Usebentisa shukela longanani engilasini yemanti? (*1 tsp*)
- Inganani iORS loyiniketa umuntfu lomdzala? (*1 noma 2 wetingilasi emva kwakokokhe kutitfuma*)
- Inganani iORS loyiniketa umntfwana? (*ingilasi yinye (1) emva kwekutitfuma*)
- Kufanele wente njani nangabe umuntfu acala kuhlanta? (*chubeka umnikete iORS, umtsamo ngemizuzu lembalwa*)

Sifundvo-Lesincane: Umkhuhlane Lomkhulu

Ingcikitsi Mcondvo – Fundza kubona uphindze welaphe umkhuhlane lomkhulu uphindze utsatse sincumo nakufanele umuntfu logulako kumele abone dokotela.

Singeniso

Kuletifundvo letimbalwa letilandzelako, sitokhuluma ngetifo letivamile, fana nemkhuhlane lohamba nemakhata. Uyatati yini tinkhomba talokugula loku? (*Nangabe kukhona kwaloku lokungashiwo, kuvete kubo.*)

- | | | |
|-----------------------|----------------------|----------------------|
| ○ <i>Kuchachatela</i> | ○ <i>Umphimbo</i> | ○ <i>Kukhatsala,</i> |
| ○ <i>Inhloko</i> | <i>lobuhlungu</i> | <i>kulahlekelwa</i> |
| ○ <i>Kuvimbana</i> | ○ <i>Kukhwehlela</i> | <i>ngumcondvo</i> |
| ○ <i>Emafinyila</i> | ○ <i>Kutsimula</i> | ○ <i>Kulunywa</i> |
| ○ <i>Kuluma</i> | ○ <i>Kuhlanta</i> | <i>emtimbeni</i> |
| <i>etindlebeni</i> | | |

Leti tintfo lesingatinakekela emakhaya. Singamsita umuntfu logulako ativele atfokomele, imvamisa lokugula kuyatihambela kona etinsukwini letimbalwa. Kulesifundvo sitogcila ekutseni siwelapha kanjani umkhuhlane lomkhulu.

Kushisa Emtimbeni

Umkhuhlane lomkhulu yinkhomba levamile yetifo letinyenti. Yindlela yemtimba yekulwa nemagciwane langene emtimbeni ladala kugula. Kuisita kwati kutsi kukhona lokwentekako emtimbeni lokumele sikunake.

Nangabe ungenawo umshina wekukala lizinga lekushisa kwemtimba (thermometer), ungeva kutsi umuntfu ushisa ngalokufale yini ngekubeka lingemuva lesandla sakho ebunti lakho uphindze ubeke lesinye sandla sakho ebunti lalolomunye sikhatsi sinye. Nangabe ashisa kakhulu kunawe (kani wena uphilile), kusho kutsi lizinga lekushisa kuye liphakeme ugcinga kunakwa.

NAMATA

Yetama kuva lizinga lekushisa namata wakho (kwenta sibonelo).

- Ukhona yini kubafundzi longesiko kahle?
- Ngutiphi letinye tetindlela kulommango bantfu labelapha ngato kushisa kakhulu kwemtimba?



Sikwelapha kanjani kushisa Kwemtimba:

Esikhatsini lesinyenti umkhuhlane lomkhulu awudzingi nekwelashwa uyatihambela ngekwawo etinsukwini letimbalwa. Nangabe umuntfu atsi uva emakhata, kepha bayashisa nawubatsintsa, ngiwoumkhuhlane lomkhulu. Basite bativale bakahle. LOKUBALULEKE KAKHULU: Banikete kwekunatsa lokunengi fana nemanti,

emanti ecoconut water, ijuice, noma EMANTI ELUSWAYI NASHUKELA (ORS). Umuntfu lonemkhuhlane lomkhulu angaphelelwa ngemanti emtimbeni. Kufanele sibuyisele lamanti laphumile.

Nangabe umuntfu ashisa *kakhulu*, kufanele sibasite baphole—**ikakhulu nangabe lomuntfu lonkushisa kwemtimba abesebenta ekushiseni kwelilanga. Kungakhonakala kunciphisa lokushisa khona lapho.**

Kufanele:

1. Asesule loyomuntfu ngendvwangu lematsile. Simkhumule lowo muntfu simesule ngendvwangu lematsile. Yenya timphahla letinyenti emantini labandzako bese utibeka enhloko, emikhonweni, esifubeni, kanye nangephansi kwemikhono.
 2. Mkhumule timphahla letinyenti umshiye letishaya umoya, letimelula timphahla emtimbeni.
 3. Vula emafasitelo ubeke lowo muntfu lakunemoya lobandzako khona. Mshayise ngemoya.
 4. Mnatsise liphilisi iparacetamol. iParacetamol ingasita kwehlisa lizinga lekushisa. Yenta siciniseko kutsi awuniki ngalokwecile. Linani lelingilo lemaphilisi liya ngebudzala balowo muntfu nangemandla alawo maphilisi.
 5. UNGACALI wembatsise umuntfu lohisako ngetingubo noma timphahla. Kumembatsisa kwenta lokushisa kungaphumi, lokuyintfo leyingoti futsi kungadala kuchachatela kunhlinhlita noma kuculeka. loku kuyintfo leyingoti ikakhulu kubantfwana.
- Kukunini lapho khona kufanele umikise umuntfu lohisako emtimbeni emtfolamphilo? (*Nangabe akushiwo naku lokulandzelako, bavetele.*)
 - *Nangabe kunetinsolo tamalaleveva – loyo muntfu kungadzinga adle emaphilisi masinyane*
 - *Nangabe kung'mntfwana longephansi kwetinyanga letimbili (2)*
 - *Nangabe lokushisa kumntfwana kuphakeme sikhatsi lesingetulu kwemizuzu lengu (24)*
 - *Nangabe lokushisa kumuntfu lomdzala kuphakeme ngetulu kwemalanga lamatsatfu (3)*
 - *Nangabe lomuntfu acala kunhlinhlita noma kuchachatela*
 - *Nangabe intsamo ilukhuni kugucuka nekushisa lokwecile*
 - *Nangabe kunekuvuvuka noma silondza emtimbeni kani futsi ushisa ngalokwecile*
 - *Nangabe kunekukhwehlela lokukabifutsi/ noma aphefumulela etulu nekushisa lokwecile*
 - *Nangabe ahlanta noma asheka nekushisa lokwecile futsi angamsiti emanti eluswayi nashukela (ORS)*

Kwenta

- Ng'bani umuntfu munye longamfundzisa ngekushisa kwemtimba lokwecile nekutsi kwelashwa kanjani? Tjela loyo lohleti eceleni kwakho kutsi ucabanga kuhlephulela bani lolwati.

Sifundzo-Lesincane: Likhala Lelivimbene, Tinhlungu Emphinjeni, Kanye nekuKhwehlela

Ingcikitsi Mcondvo – Tifundzise kwelapha likhala lelivimbene, umphimbo lobuhlungu, kanye nekukhwehlela kuze umuntfu logulako ativele akahle aphindze abasite baphile basinyane.

Singeniso – Kubuketa

- Kukhonanyini losakhumbula tindlela tekwelapha kushisa lokwecile emtimbeni?

Kushisa ngalokwecile kwemtimba kuyinkhomba yekugula lokwehlukene. Lamuhla sitofundza ngetimphawu letinye letetayelekile.

Letinye Tetinkhomba Letivamile Tekugula Lokwehlukene

Buta bantfu kutsi balilapha njani likhala lelikhihlitako, buhlungu emphinjeni, nekukhwehlela, bese wengeta leminyane imibono lengakavetwa.

Likhala lelivimbene noma lelikhihlitako

1. **Etinswaneni nakubantwana labancane:** Khokha emafinyila ngesipedi sekuwamunya lesilingene bantwana labancane. Nangabe umntwana anebulukhuni kuphefumula kantsi ute lesipedi, ungasebentisa umlomo wakho kumunya emafinyila.
2. **Bantwana labadzala nebantfu labadzala:** Hlanganisa swayi longaba kuncinta kwetingalo letimbili nengilasi yemanti. Tsela lamanti eluswayi esandleni sakho bese uyahosha ngelikhala. Loku kutsambisa emafinyila kuwente aphumele ngephandle.

Tinhlungu Emphinjeni

- Hahata emahlandla elangeni lilinye nge (iteaspoon yinye) yeluswayi loluncibilikiswe engilasini yemanti lafudvumele (ungengeta nange turmeric). Hahata ngemanti lagcwele umlomo, bese uyawakhafula uyakhafula. **UNGAWAMITI lamanti eluswayi.**
- Natsa litiya lemakhambi, emanti lashisako lafakwe lilamula neluju, noma umsobho lofutumele wematsambo.

Kukhwehlela

1. Natsa emanti, litiya, kanye nemsombo wematsambo.
2. Bilisa emanti, watsele ebhakedeni, sondzeta inhloko yakho ebhakedeni lelinemanti labilile, ugubhetele ngelithawula noma ingubo. Hosha lokushisa, lesivuvu semoya 15-30 wemizuzu. Phindza phindza emahlandla ngelilanga. Emacembe emsutane noma agomu ungawafaka kulamanti. (Ungacali usebentise simoko sagomu noma emafutsa ekushikisha (*Vicks*) kumuntfu lonesifo se asthma. Loko kwenta iasthma itfole emandla.)
3. Kukhwehlela kwemphimbo lowomile: Hlanganisa ngalokulinganako luju kanye nemanti elilamula. Natsa sipunu lesincane njalo emuva kwemahora langu 2-3.
4. Nangabe lokukhwehlela akuhambi kungaphela emaviki lamabili (2), hamba ubone dokotela. Lokunye kukhwehlela kudalwa tifo tsite letidzinga kunakwa ngudokotela:
 - Tigadla esinyeni
 - iAsthma
 - Emakhata ngekhatsi
 - iMeasles
 - Kubhema
 - Sifuba sengati

VIKELA KWANDZA KWEMAGCIWANE

Sisachubeka nekwelapha letinkhomba, singaphindze sisite kuvimba kwendlulisela tifo kulabanye bantfu nganaku:

- Kutsimulela noma kukhwehlelela etingcoseni tetfu.
- Kugeza tandla sonkhe sikhatsi.
- Hlanta yonkhe intfo bekadze isemlonyeni wemuntfu logulako.
- Umuntfu logulako akukameli asebentise ingilasi layisebentisile, sitja, tipunu, noma umbhedze nalomunye umuntfu.

Kwenta

- Yini intfo yinye loyifundzile lamuhla longayihlephulela labanye bantfu kuleliviki?

Sifundvo-Lesincane: Kuhlanta nekuphatfwa Yinhloko

Ingcikitsi Mcondvo – Singakwelapha kuhlanta nenhloko kuze logulako ativele akahle siphindze sibasite baphile basinyane.

Singeniso

UMDLALO

Ngitanitjela indlela yekutilolonga, ngifuna uphakamise sandla sakho nangabe uvuma kutsi yindlela lekahle yekwenta kudla kuphephe kutsi kungadliwa.

Emva kwakokokhe lokwentiwako ngakunye, niketa bafundzi litfuba lekuphakamisa tandla. Bese wena ubatjela imphendvulo lengiyo.

Singakwenta yini loku?

- Kugeze tandla singakalungisi kudla (YEBO!)
- Kudla titselo lesikha esihlahleni sitidle khona lapho —setivele tihlobile yini njegobe tisuka esihlahleni. (CHA. Tonkhe titselo netibhidvo longaticati kudzinga utigeze ngemanti lahlobile)
- Phekisisa inyama (YEBO. Ngesikhatsi umsobho sewukhanya, inyama isuke seyiphephile kutsi ingadliwa).
- Ungativumeli timphungane tisondeze (YEBO! Timphungane tandzisa emagciwane lenta sigule.)
- Pakisha titja ekhabetheni noma endzaweni lekahle nawucedza kutigeza (CHA! Niketa titja sikhatsi tome elangeni kucala. Kukhanya kwelilanga kuyawabulala emagciwane.)
- Kusebentisa titja netipunu letihlobile (YEBO!)
- Kubeka umgodzi wekulahla tibi dvutane nendzawo lophekela kiyo kusita kuhlanteka kube melula. (CHA! Ungawubeki umgodzi edvute nendzawo yekuphekela; Kudvonseka timphungane futsi tinemagciwane.)

Kuhlanta

Kuhlanta kuvame kwentiwa kudla lokonakele. Njenge msheko, ikakhulu kubangwa ngemagciwane langena emitimbeni yetfu ngekudla, emanti, noma tandla letingagezwa. Nangabe sitinaka Nasinakekela kwenta tento tekuphepha, kuhlanta kutawuba yintfo lengakavami. Kepha kufanele sati kutsi senteni nakwenteka kuhlanta kuvela. Nawuhlanta:

- Tsatsa umtsamo weORS, sinatfo icola, tsenga emanti lamunyu, noma litiya lemakhambi
- Ungadli lutfo nangabe uhlanta kakhulu noma kuhlanta kunemandla

Kulesinye sikhatsi, kuhlanta kungaba yinkhomba yesifo tsite lesikabi. Tfola lusito lwemtfolamphilo nangabe:

1. Uhlanta kakhulu noma kuhlanta kunemandla kuze kuphele emahora langu 24
2. Kuhlanta kuhamba nengati
3. Kuphelelwa ngemanti emitimbeni kungatfobi noma usebentisa tinatfo lesitibalile

Tinhloko

- Wake waphatfwa yini yinhloko?
- Tikhona yini tikhatsi elangeni noma tikhatsi temnyaka lapho khona uvame kuphatfwa yinhloko?

Inhloko iyinkhomba yekuphelelwa ngemanti emitimbeni. Inhloko iphindze ivame kutifo letidala kushisa kwemtimba. Kwelapha inhloko:

- Phumula.
- Natsa emanti, litiya lemakhambi, emanti ecoconut, ijuice, noma iORS.
- Sebentisa indvwangu leyenyiwe emantini lashisako uyibeke ngemuva kwentsamo.

- Natsa iparacetamol. Yenta siciniseko kutsi ulandzela lokubhaliwe kuze unatse emaphilisi lalinani lelingilo.
- Ngesineke mbujunga inhloko, intsamo, kanye nemahlombe.

Inhloko lephelako iphindze ibuye sonkhe sikhatsi kufanele ihlolwe ngudokotela.

Inhloko legawulako ijulile, inhloko leshisako. Tonkhe letinhlobo tivame kucala ngesiyeti kulandzele kunyakuka, uphelelwe ngemandla nekuvilapha, noma kuhlanta. Loku kungatsaatsa emahora noma emalanga. Yelapha inhloko legawulako masinyane naguvela tinkhomba tekucala:

- Natsa emaphilisi lebulungu (iaspirin) lamabili (2) noma inkhomishi yelikhofi lelimnyama noma litiya lelimnyama.
- Cambalala ebunyamini, lakubindze khona, wetame kuphumuta umtimba nengcondvo yakho.
- Nangabe inhloko ayipheli ngemuva kwelilanga noma lamabili, cela ekhemisi emaphilisi enhloko legawulako uwanatse wetsembeke njengendlela loyalwe kutsi uwanatse ngayo ize iphele.

UMSEBENTI

Yehlukanani emacembu lamabili. Niketa licembu ngalinye imizuzu lembalwa kutsi likhumbule noma yini labangayikhumbula ngekuhlanta noma tinhlobo tetinhloko. Bese licembu 'lekuhlanta' basho konkhe labakukhumbulako. Lelelinye licembu litabatjela nangabe kukhona labakukhohliwe noma kukhona labangakakusho kahle. Bese lamacembu sengayashintjana licembu 'lenhloko' litase lisitjela ngenhloko.

Kwenta

NAMATA

- Nguyiphi yalemibono loke wayetama ngesikhatsi uphetfwe yinhloko noma uhlanta?
- Ng'muphi umbono lomusha longajabulela kuwetama nawuphindze noma umndeni wakho ukhombisa letimphawu?

Sifundvo-Lesincane: Tinsita Tasemakhaya kanye Nemitsi yaseKhemisi

Ingcikitsi Mcondvo – Yati kutsi kukunini futsi kanjani lakumele usebentise khona tinsita tasekhaya kanye nemitsi yekhemisi kwelapha tifo ngalokungiko futsi ngekuphepha.

Tinsita

- Insita Sitfombe: Linani lemutsi kanye nemakhadi (juba wehlukanise emakhadi lamane (4))
- Awukaphocelelwa: Tinkhomishitabo bonkhe, sinatfo lesilaphako selilamula neginger (senele wonkhe muntfu kusetama – emanti, lilamula, igger lehlantekile, luju, kanye negarlic)

Singeniso

- Niyatakha yini tinatfo letikhetsekile nabagula bantfu? Tiyini letinatfo ?
- Ng'tiphi letinye tinsita tasemakhaya bantfu labavame kutisebentisa?

UMSEBENTI (Awukaphocelelwa – nangabe leinatfo kwetayelekile kusisebentisa ungawendlula lomsebenti)

Chaza kutsilena yinhlobo yesinatfo lesivamile leyakhiwa mhlaba wonkhe nakukhona logulako. Khombisa lutsi sakhiwa kanjani sinatfo lesiphilisako selilamula neginger noma ucele bomake labakhona basakhe lesinatfo kuze wonkhe muntfu akhone kusinatsa lesinatfo kusiva.

1. Yekhamela enkhomishini emanti elilamula lelikhulu libe linye (1) noma lamabili nakamancane
2. Bilisa lamanti elilamula netinkhomishi letimbili (2) temanti timizuzu lembalwa:
 - a. Lamacembe elilamula
 - b. 1-2 wetipunu teginger legradiwe yacolisakala noma lecotjwe yaba yincane
 - c. 1 Tbsp wegarlic lecotjwe yacolisakala (nawufuna)
3. Yephula emlilweni bese utsela lamanti elilamula.
4. Tsela engilasini usebentise sisefo.
5. Yengeta luju ulufake ngendlela lofuna kunambitseke ngayo, tamatisa bese utselela bantfu lisashisa ekuseni nantsambama.

Tinsita Tasekhaya

Nasikhuluma ngetinsita tasekhaya, ASIKHULUMI ngebutsakatsi noma inkholelo yekuphilisa ngesintfu lehambisana nemihlatjelo, kukhulumisa labangabonwa, nekukhontwa kwabo nkholunkhulwana noma kukhulumisa imimoya. Sikhuluma ngetindlela tekusebentisa imvelo/indalo kusita bantfu bativalele baphilile.

Nkhulunkhulu udaletintfo letinyenti letingasigcina siphilile futsi tisisite siphulukiswe masinyane nasigulako:

- **Titselo netibhidvo lokumibalabala** kunetitsako letidzingwa yimitimba yetfu kukhona kulwa nekugula.
- **Kulala** sikhatsi lakhona imitimba yetfu netingcondvo tetfu kubuyiselwa kuphindze kube kahle. Kufanele setame kutsi sonkhe sikhatsi sitinikete kulala lokwenele. Nakugula umuntfu, badzinga kulala kakhulu.
- **Tinatfo**—kunatsa emanti lamanyenti kanye nalokunye kwekunatsa kusita umtimba kutsi ukhone kulwa nekugula kuphindze kucinisekise kutsi loyo logulako akaphelelwa ngemanti emtimbeni. Nati tinatfo letimbili letiphilisako letilusito:
 - iGinger neluju – kushisa emafinyila, kusita kukhwehlela, noma kupholisa umphimbo lobuhlungu (labanye bantfu bengeta lilamula).
 - Imbali (iBasil), galigi, kanye neluju – nawukhwehlela kakhulu.

Nati letinye tinsita tasekhaya letisebenta kahle:

- Litfonsi lagarlic noma anyanisi endlebeni nangabe iluma.
- Kuhahata emanti eluswayi lafudvumele nangabe umphimbo ubuhlungu.
- Kufutsa uhoshe umoya lohisako nawukhwehlela, emakhala lavimbene, noma umphimbo ubuhlungu.
- Umsobho wematsambo — upholisa umphimbo lobuhlungu; ukahle kakhulu kumuntfu longasadli.

Imitsi lebuya eKhemisi

Letinye tifo telapheka kancono ngemitsi yase khemisi. Nangabe tinsita tasekhaya kubonakala kutsi atiphatseleri, kuncono kutfolo lusito lwemfolamphilo. Kephake, imitsi yasekhemisi ingaba yingoti nangabe ingakasebentiseki ngalokufanele. **Ngako kubaluleke kakhulu kufundza silandzele imininingwane lebhaliwe lekhomba linani lemutsi lokumele siwunatse nasiwutsatsa.** Kunatsa ngalokwecile umutsi kungadala bungoti lobukhulu noma kufa.

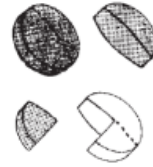
Bafati labatetfwele, nantfu lasebakhulile, kanye nebantfwana AKUKAFANELI basebentise imitsi yasekhemisi bangakabonani nadokotela noma nanesi kubabonisa. Nangabe umutsi ukwenta utivalele angenako kuba ncono, tfolo lusito masinyane kudokotela noma nesi.

Uyikala Kanjani Noma Uyiniketa Kanjani Imitsi

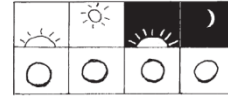
Khombisa **INSITA TITFOMBE**: Linani lekunatsa imitsi netinchazelo.

Caphelisisa unikete imitsi ngesikali lesibhaliwe. Tinchazelo kulesinye sikhatsi tibhalwa kuleliphepha lemapilisi noma umutsi.

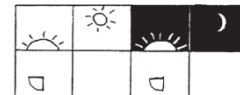
- Linye (1) liphilisi = liphilisi linye leligcwele
- Hhafu 1/2 weliphilisi = hhafu weliphilisi
- Liphilisi nehafu 1 1/2 = liphilisi linye leligcwele nehafu
- Ikota 1/4 yeliphilisi = ikota yinye, noma incenye yinye kulokune



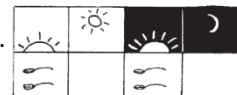
Yenta siciniseko kutsi uyaticondza kahle ngalokucacile letinchazelo tekuniketa imitsi. Phindza phindza loko lokucondzako ngekutsi uyiniketa nininfutsi kanjani imitsi. Nangabe awukafundzi, cela nesi noma loyo lokunika imitsi akudwebele sibonelo. Nasi sibonelo:



Loku kusho kutsi linye (1) liphilisi kane (4) ngelilanga – ekuseni, emini, entsambama, ebusuku.



Loku kushi kutsi ikota (¼) yeliphilisi kabili (2) ngelilanga – ekuseni nase ntsambama



Loku kusho kutsi timbili tipunu (2) temutsi kabili ngelilanga – ekuseni nase ntsambama.

Hlanganisa lamakhadi ekusebentisa imitsi, wakhombise ngalinye, cela bafundzi bafundze basho ngalinye kutsi imitsi uyiniketa kanyani futsi nini.

Kuphendvula KuNkhulunkhulu siphindze simcele Asiphilise

Kunaka timphawu nekwati kutsi bantfu ubanakekela njani nabagula ngendlela lekhomba lutsandvo lwaNkhulunkhulu emindenini yetfu nakubantfu labete basiti. Sifuna kuphindze sikhumbule kutsi Nkhulunkhulu long'babe wetfu ungumphilisi wetfu. Anganiketa ummangaliso wekuphilisa, kepha etikhatsini ufuna kusiniketa inhlakanipho kuze sisebentise emakhono etfu etemphilo sente tingucuko etimphilweni tetfu sibe ng'labaphilile. Singamcela asisite.

Fundza kubaseFiliphi 4:6-7, Jakobe 1:5, na Jakobe 5:13-16.

- Lamavesi asifundzisa kutsini ngemthandazo?
- Leni Sithandazele labagulako?
- Umthandazo ungasita kanjani kutsi imindenini yetfu ibe ng'lephilile?

Nasithandaza, singamcela Nkhulunkhulu kutsi anakekele kuphila ketfu. Singamcela asisite sikhule etentweni letitfutukisa tetemphilo, futsi singamcela aphilise imitimba yetfu ekuguleni. Angasiniketa inhlakanipho ngetikhatsi tonkhe, futsi unawo emandla ekuphilisa labagulako.

Kwenta

Nakukhona lomatiko logulako bathandazele, uphindze ucele Nkhulunkhulu akukhombe kutsi yini longayenta kubasita.

Sifundvo-Lesincane: Malaleveva

Ingcikitsi Mcondvo – Malaleveva uyingoti, ikakhulu kubantfwana, futsi kufanele elashwe emtfolamphililo. Singamvikela malaleveva nasingabambisana kugwema kwandza kwembuzulwane siphindze sivikele imitimba yetfu ebusuku.

Tinsita

- Insita Sitfombe: Kuvikela Malaleveva

Sebentisa kubonisana kwebafundzi bonkhe utobona kutsi yini labayatiko noma kanganani. Tengce tigaba labatatiko unake lwati lolusha, tingcinamba labanato, nekutsi yini labangakwenta kuvikela malaleveva.

Singeniso

- Kukhona yini lomatiko lona malaleveva ?
- Wakewaba namalaleveva yini?

Asesibone kutsi usati kanganani lesitsa! Ungawutfolela yini malaleveva kuloku:

- Kudla kudla lokutsite? (*cha*)
- Kutsintsa noma kuba semkhatsini webantfu labana malaleveva? (*cha*)
- Kunatsa ngenkhomishi yemuntfu lona malaleveva? (*cha*)
- Kusebentisa umbhedze noma timphahla temuntfu lonamalaleveva? (*cha*)
- Sicalakiso? (*cha*)
- Imbuzulwane iyalumana? (*yebo!*)



Malaleveva wandziswa yimbuzulwane, futsi **ngiyo yodvwa indlela yekutfolela malaleveva nakakuluma.**

Timphawu Tamalaleveva

- Ngutiphi letinye tetimphawu tamalaleveva kubantfu labadzala? Nakubantfwana?

Labadzala:

- Emalunga ababuhlungu (imvamisa kuluma)
- Kuphatfwa yinhloko
- Tindhlu/kuluma ngemuva

- Kushisa kwemtimba (ungeva ingucuko yekubaba-kushisa - lokwentekako njalo emalangenzi langu 1-2)
- Siyeti
- Kushika nekuhlanta yintfo levamile

- Kuphela kwemdladla wekudla
- Butsakatsaka bemisipha
- Kuphelelwa ngemandla
- Vendle
- Emehlo kuba buhlungu

Kubantfwana:

- Kushisa kwemtimba
- Kungatsandzi kudla
- Kujuluka ebusuku

- Kuhlanta nekushika yintfo levamile

- Kuyavama nekuvuvuka imikhono, imilente, noma buso.

Kwelashwa kwamalaleveva

- Yini longakwenta kulapha malaleveva ekhaya?
- Ubona ngani nangabe umuntfu lonamalaleveva kudzinga aye kuyobona dokotela?

Nangabe usola malaleveva, vele uye emtfolamphilo masinyane. Imitsi yamalaleveva isebenta kahle nangabe icala kusentjentswa kusandza kubonakala timphawu. Ngesikhatsi ulundza kadze kutfolela imitsi, lesifo sitfolela emandla. Malaleveva uyingoti kakhulu kubantfwana labangephansi kweminyaka lesitfupha budzala nakubafati labatetfwele.

Nangabe malaleveva avamile endzaweni yakini kantsi kute umtfolamphilo dvutane, yelaphisa noma ngabe ng'kuphi kushisa lokungakavami lokukhomba timphawu tamalaleveva. Tsenga imitsi yamalaleveva (emaphilisi) ekhemisi bese ulandze tinchazelo letibhaliwe. Chubeka unikete emaphilisi aze aphele lawo loniketwe wona.

Loyo logulako akatfole kuphumula badle sonkhe sikhatsi kutsi abadle. Bakhutsate kutsi banatse lokunatsekako kakhulu (emanti, emanti ecoconut, ijuices, ORS) nakwenteka. Ngobe kushisa kucedza emanti masinyane

emtimbeni wemuntfu. Ngubani lokhumbula timphawu tekuphelelwa ngemanti emtimbeni? Ngubani lokhumbula timfanelo tekwakha iORS?

Kuvikela Malaleveva

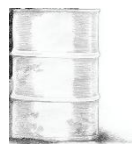
- Yini letinye tetintfo lese ucaleli kutenta kuvikela malaleveva?

Tindlela letimbili tekuvikela malaleveva:

1. Vikela imbuzulwane ingasilumi, ikakhulu tikhatsi emkhatsini wa 6pm-6am nangesikhatsi setimvula. Imbuzulwane yamalaleveva ibanemandla ngesikhatsi setimvula futsi tilumana kakhulu ebusuku.
2. Vikela kuchobosela kwembuzulwane. Emacandza embuzulwane atalelwa emantini langashoni, labindzile langahambi. Kunciphisa imbuzulwane, kususa onkhe emanti lemile.

Sebentisa **INSITA SITFOMBE**: Kuvikela Malaleveva.

- Ngusiphi kuletitfombe letine lesingavimba imbuzulwane kutsi isilume?
 - *Lala ngaphansi kwelinethi lembuzulwane (lona lilashiwe lafakwa imitsi lelwa netilokatana letifaka ekhatsi yona imbuzulwane)*
 - *Kufaka lokutsite emafasiteleni*
- Ngutiphi letinye tindlela lesingatisebentisa kuvikela imbuzulwane kutsi ingasilumi?
 - *Kumbatsisa umtimba nasilele*
 - *Yenta siciniseko kutsi emafasitelo/tivalo kuvaliwe kusuka nga 6 ekuseni kuyaku entsambama*
 - *Yembatsa timphahla tekuvikela nawuphumela ngephandle ebusuku noma ekuseni kakhulu*
 - *Umutsi locosha imbuzulwane*
 - *Hlanyela tihlahla tsite (Neem), lotsi nawutishisa, tisebente fana nalawo makha lacosha imbuzulwane*
 - *Munyisa bantfwana. Bantfwana labamunye libele kulukhuni kutsi bangatfolo malaleveva.*
- Kuletitfombe letine ngusiphi lesingavimba imbuzulwane kutsi ichobosele?
 - *Citsa emanti lasetikoteleni uphindze utipotote, emabhodo lamadzala kanye naletinye tintfo letingakhongetela emanti nalinako*
 - *Juba tjani kanye nelukhula dvutane nasekhaya nasemacentselweni emmango*
- Yini letinye tintfo lesingatenta kuvikela imbuzulwane ingachoboseli emmangweni wetfu?
 - *Yakha imisele noma ugcwalise tigodzi, tigotjana, emadanyana lapho kuma khona emanti.*
 - *Gcina emathange emanti kanye nemagcoma kumbonyiwe.*
 - *Tsanyela bulongo bemfuyo busuke dvute netindlu.*
 - *Condzisa umfula emakoneni kuze kuhlale kugeleta emanti yonkhe indzawo.*



Kwenta

Yakhani luhla lwetindzawo lanicabanga khona kutsi kudama emanti noma kunetjani lobudze nelukhula. Hlanganani nakhe luhlelo lwekwenta lutfo tsite kuvikela malaleveva.

Sifundvo-Lesincane: Bomanyokane

Ingcikitsi Mcondvo – Bomanyokane badala kugula lokunemandla futsi bayabulala. Imikhiba yekuhlanteka kanye netemphilo iyasita kuvikela bomanyokane.

Tinsita

- Insita Sitfombe: Bomanyokane Labavamile (titfombe letine (4) ekhasini lesibili (2))
- Insita Sitfombe: Kuvikela Bomanyokane

Singeniso

- Nguyiphi inhlobo yabomanyokane levamile endzaweni yakini? Kungani bomanyokane bakabi kuwe?
 - *Bontjontja kudla lokudliwa ngumuntfu, ngako lomuntfu lonabo manyokane ubukeka angakondleki—azacile, abutsakatsaka, futsi agule.*
- Wenta njani kwelapha umuntfu lonabomanyokane?

Tinhlobo Tabomanyokane

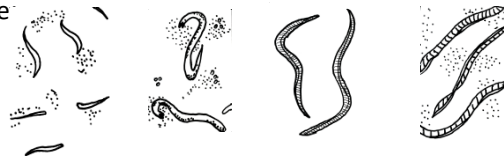
Tine tinhlobo tabomanyokane letivamile

iPinworm

iHookworm

iRoundworm

iTapeworm



UMSEBENTI

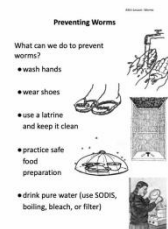
Sebentisa **INSITA SITFOMBE**: Bomanyokane Labavamile titfombe letine (4), vala umninikwane kuvele titfombe kuphela. Hlanganisa ngesalothepha ticucu etikwalamagama, gocota kute emagama angaveli, noma uvale ngesandla sakho. Tsani, “Ng’muphi manyokane lobitwa nge, nge pinworm, nge hookworm, kanye ne tapeworm?” Nasebacagele bafundzi, veta timphendvulo.

- Uyibona kanjani **ipinworms**:
 - Babukeka fana nenyalitsi yekutfunga noma umtiya wekutfunga futsi bayabonakala emathoyini.
 - Bahlala ngekwenta uve kalunywa ngemuva elingasense.
- Uyibona kanjani **ihookworms**:
 - Bancane kakhulu ababonakali emathoyini.
 - Benta umuntfu ativele akhatsele kakhulu futsi abutsakatsaka. Benta sisu sibe buhlungu nemsheko. umuntfu lonale nhlobo yabomanyokane uba netisini letingakagcami ngelimala, tingalo, kanye nemphama yetandla takhe.
- Uyibona kanjani **iroundworms**:
 - Bakhulu, bayindingilizi, bafuna kubabovu ngelibala noma babe mhlophe baxishe babe bakhulu kulingana nelunyawo lwemuntfu, babonakala melula emathoyini.
 - Umuntfu lonalenhlobo yabomanyokane angatvela abutsakatsaka futsi/noma evekuluma netinhlungu esiswini aphindze abe nekukhwehlela lokomile.
- Uyibona kanjani **itapeworms**:
 - Ematfunjini, lenhlobo ingakhula ize ibe ngemamitha lambalwa budze, kepha kumathoyi, babukeka fana netincamu, letiticebelevu letimhlophe letingange tingalo temuno wemntfwana.
 - Umuntfu lonalenhloyabomanyokane ubulawa sisu azace emtimbeni.

Kuvikela Kutfolo Bomanyokane

Khombisa **INSITA SITFOMBE:** Kuvikela bomanyokane kugcizelela nawa emaphuzu.

- Bantfu babatfolo kanjani bomanyokane? Singabavikela njani?
 - Tandla letingakagezwa (geza tandla)
 - Kutintsa emangcoliso (Sebentisa indlu yangasense uphindze wente siciniseko kutsi ihlobile)
 - Kulungisa kudla ngendlela lengakaphephi, lokufaka ekhatsi inyama lengakaphekwa noma lengakaphekeki kahle (tifundzise kupheka ngendlela lephephile)
 - Emanti langakahlobi (natsa emanti lahlantiwe (sebentisa TINSWAYI, wabilise, umutsi, noma uwasefe)
 - Kuhamba ngetinyawo ungagwabeli – ema hookworms lasekungcoleni anamatsela ngephansi kwetinyawo (gwabela ticatfulo)



Kwelapha Bomanyokane

Kukahle kuvikela bomanyokane ngemikhiba yetemphilo. Nangabe umuntu akhomba timphawu tekuba nabomanyokane, yetaba loku:

- Kuma **pinworms**, geza umlomo welingasense lelingemuva onkhe emalanga usebentise *Vaseline* (*petroleum jelly*) ngekhatshi nasemaceleni kwemlomo welingasense lelingemu ngesikhatsi sekuyolala kusita kucedza kulunywa. NOMA ubeke sicephu sesalothepha emlonyeni welingemuva ungakayi kuyolala; ekuseni bomanyokane nemacadza bayabambeka kule salothepha. Yenta loku tinyanga tibe sitfupha (6).
- **emaRoundworms** angelashwa nganayi inhlanganisela: faka 2 wetipunu temanti eliphopho na 2 wetipunu teluju noma shukela engilasini lenkhulu yemanti lafudvumele, lahlantiwe (labilisiwe) bese uyanatsa. Ukwenta kanye loku kepha ungakuphindza nakudzingekile kungaphela liviki.
- **Inhlanyelo yelusundvu (Areca nuts)** isebenta kumelana nabomanyokane. Lelintongomane leli livamile yini endzaweni yangakini? Kwakha lomutsi, tsatsa inhlanyelo levutsiwe, susa lelingephandle layo, yicobe, uyomise emalanga lamabili (noma utsenge inhlanyelo leyomisiwe emakethe). Yisile ibe yimphuphu bese uhlanganisa tipunu letimbili nalemphuphu nekudla noma sinatfo sakho. Natsa kanye ngelilanga emalanga lamatsatfu nawusola kutsi bakhona bomanyokane: *Ketrax*, *Padrax*, *Antepar*, *Piperazine*, kanye ne *Mintezol* kulapha bomanyokane labanyenti. Khuluma nemuntu losebenta lekhemisi akunikete longiwo bese **ulandzela tinchazelo tekusebentisa lowomutsi**.

Kulesinye sikhatsi umntwana angaba nabomanyokane iminyaka. Ngekutsi labomanyokane sebhalele sikhatsi lesidze, umtselela walabomanyokane ungabukeka wetayelekile. Ngakoke, kungumcondvo lomuhle kugoma wonkhe umntwana kubomanyokane sonkhe sikhatsi nakuphela umnyaka, sentele kuphepha.

Kwenta

- Yini into yinye longayenta kulelviki kuvikela bomanyokane kuwe nemndeneni wakho?

Sifundvo-Lesincane: Sifuba Sengati (TB)

Ingcikitsi Mcondvo – Sifuba sengati siyatsatselwana kakhulu. singasivikela, singasibona, futsi simelaphe umuntu lonaso (TB).

Tinsita

- Insita Sitfombe: Emakhadi etimphawu te (TB) Kanye nekubandza lokuvamile (juba wmkhatsini wakhe emakhadi lamabili lehlukene)

Buketa Imidlalo

Sitawudlala umdlalo kubona kutsi sikhumbula kanganani lemikhiba yetemphilo lesiyifundzile.

Yehlukanisa bafundzi babe ngemacembu lamabili (2) uphindze ubakhumbute kutsi isikhombisa (7) imikhiba yetemphilo (Sifundvo-Lesincane: Kubuketa Imikhiba Yetemphilo). Wonkhe lokhumbula umkhuba wetemphilo aphindze/noma akhumbule tinyatselo letakha lowomkhuba (kwenta sibonelo, 'gcina indlu yangasense ihlobile' sinyatselo ngephansi 'kwekusebentisa indlu yangasenseuse'—kokubili timphendvulo letingito) kufanele asukume asho lowomkhuba/atsatse sinyatselo kutfolela licembu lakhe liphuzu. Licembu lelinemaphuzu lamanyenti nase kushiwo yonkhe lemikhiba liyawina. Ekugcineni, bakhumbute leyo mikhiba yetemphilo lengakashiwo ngulamacembu lamabili.

Kutivundzisa kwenta lemikhiba kusita kuvikela kugula lokunyenti kufaka ekhatsi sifuba sengati.

Yini Sifuba Sengati?

- Wake weva yini ngesifuba sengati noma iTB?
- Kukhona yini lowake waba ne iTB noma lowake weva batsi wake wayitfolwa noma lowati kutsi unayo iTB?

Sifuba sengati siyingoti, sifo-lesidvonsa kadze lesingatfolwa ngunome ngubani. iTB iyingoti kakhulu kubantfu labana 15-35 weminyaka budzala lababutsakatsaka, labangakondleki kahle, noma labane HIV. Bantfu labanyenti siyababulala lesifu yinkhe minyaka.

Sifuba sengati sitsatselwana kakhulu. Kumelula kakhulu kusendlulisela kulabanye bantfu.

Ukhona umutsi wekuyelapha iTB. KUFANELE utsatse yonkhe imitsi loniketwe yona uze uyicedze. Wonkhe lotfole iTB bese akasa sebentisi imitsi angendlulisela kulabanye kamelula emagciwane iTB ngekukhwehlela, kutsimula, kanye nekuphila nalabanye bantfu.

Sifuba sengati singavikeleka

Imikhiba yetemphilo iyayivikela iTB. Tindlela letinyenti tekuvikela kwandza kwe iTB:

1. Bantfwana abagomele iTB masinyana nabatalwa (ingapheli inyanga).
2. Labelashelwa iTB abatfole imitsi yabo baphindze bayisebentise **noma ngabe sebativela baphilile.**
3. Kukhwehlela kwandzisa emagciwane. Khwehlelela engcoseni ugobise inhloko. Fundzisa bantfwana kutsi bakwente loku, nabo.
4. Kukhafa kwandzisa emagciwane. Fundzisa umndeni wakho kutsi ungahambi ukhafa.

Sifuba sengati singelapheka

Fundza kubona timphawu teTB. Letimphawu ngunati:

- Kukhwehlela lesekutsetse ngetulu kwenyanga yinye (1), ikakhulu nawsusandza kuvuka
- Kushisa lokusemkhatsini emini nasemini yantsambama
- Kujuluka ebusuku
- Tihlungu esifubeni noma ngetulu ngemuva
- Kungatsandzi kudla, kwehla emtimbeni
- Kuba butsakatsaka (umuntfu losheshe akhatsale)

- Kuhhwaba kwesikhumba
- Kukhwehlela ingati (kuvame etigabeni tekugcina)
- Livimbo lelikhulu (sekukabi kakhulu)

Lokwengetiwe, bantfwana bangakhomba nati timphawu:

- Kuvuvuka noma lidlala entsanyeni noma esiswini
- Kushisa lokumphindza phindzako nekukhwehlela lokufika kuphindzekuhambe

Nangabe usola iTB ngesizatfu saletimphawu, hamba uye emtfolamphilo. Dokotela utakubhalela imitsi leyehluka hlukeni lokumele uyisebentise lokungenani umnyaka munye. **Ungayekeli kusebentisa lemitsi, noma ngabe utiva sewuphilile.** Sebentisa imitsi kuze kusho dokotela kutsi yekela.

UMSEBENTI

*Khetsa lotatinikela. Niketa loyo lomkhetsile **INSITA SITFOMBE**: Likhadi letimphawu (leTB noma lekubandza – wahlanganise uwacube kuze kungabonakali kutsi liphi nguliphi) bese ubayala kutsi bafundzi bangawaboni emakhadi.*

Tjela bafundzi babtsi yebo/cha emibutweni, sibonelo 'kukhwehlela kwakho sekutsetse ngetulu kwenyanga yini?' noma 'sifuba sakho siyakulimata?' Lolotini ke utophendvula asebentise lelikhadi letimphawu. Nangabe bafundzi seabute imibuzo leminyenti noma bacabanga kutsi bayati nangabe kuyi iTB, bangayisho imphendvulo. Batjele batewati kutsi baphendvule kahle noma cha, bese nibuketa letimphawu.

Dlalani ka3-4 nalabehlukeni labatatinikela baze bafundzi batfole timphendvulo kamelula.

Kwenta

-
- Yini liciniso linye lolifundzile nge iTB lamuhla bewungalati phambilini?
 - Yini intfo yinye longacala uyetame kuvikela kwandza kweTB?

Sehluko Sesitsatfu (3): Lusito Lwekucala Sifundvo-Lesincane: Kugwema Tingoti

Ingcikitsi Mcondvo – Singatigwema tingoti futsi sivikele umndeni wetfu kanye nemmango.

Tinsita

- Insita Sitfombe: Tingoti Letiphatsekako

Singeniso

-
- Kepha wena, umndeni wakho, noma bomakhelwane bakho nake natifola yini tingoti emalangenini lasandza kwengca?
 - Bekungutiphi?
 - Tenteka kanjani?
 - Yini beyingayivikela lengoti?

Chubeka ubabute bafundzi baze babe netibonelo letinyenti labangahle babe nato. Nangabe akukho labangakucabanga loku kwenteka kungesiko kudze, batjele bacabange lokwenteka eminyakeni lesemuva.

Tingoti Letiphatsekako

Sebentisa **INSITA SITFOMBE**: Tingoti Letiphatsekako

- Gegeletela tibonelo tato tonkhe tintfo letingadala tingoti.
 - Shevu endzaweni lokungafinyelela khona bantfwana (kulokunye abe sebhodloleni lelingakabhalwa)
 - Umlilo nelibhodo lelishisako emlilweni
 - Tintsambo letina gesi, letivete tiwayela ebaleni, neliphayiphi leletfwele gesi
 - Tipikili letivelele ebaleni
 - Umukhwa nesandvo lokushinwe phansi
 - Tipikili phansi ngetinyawo
 - Sikotela lesivuliwe (naletinye tintfo letikhaliphako)
 - Celemba nesikhali elubondzeni
 - Tintfo letesindzako letisetifuleni noma etulu letimelula kuwela phansi
 - Lokungemanti ebhodweni dvute nagesi
 - Sibhamu elubondzeni



- Ngakunye kwaletintfo letigegeletelwe, ng'kuphi kulimala lokungahle kwenteke? Yini lengentiwa kugwema tingoti?
- Ngutiphi letinye tintfo letingekho kulesitfombe letidala tingoti emakhaya etfu noma emmangweni?

Kugwema Tingoti, Kusha, kanye Nashevu

Kugwema Tingoti

- Khweshisa emabhodlela, tipikili, kanye netintfo letikhaliphile endlini, esikolweni, kanye nasegcekeni.
- Butsa, shisa, uphindze ugcibele tonkhe tibi.
- Biyela yonkhe imitfombo yemanti, tiyalo, kanye nato tonkhe tindzawo letingemawa kuze bantfwana bangetukuwa.
- Juba noma ugobise tonkhe tipikili letivelile kunoma yini.
- Juba tjani lobudze lobungahle bufihle tintfo leticijile, tinjoka, noma emakhatane.
- Gcina imikhwa, emathulusi lakhaliphako, noma emabhodlelalapho khona bantfwana bangeke bakutfole khona.
- Yenta siciniseko kutsi tiwayela letinagesi ativeli nakancane. Ungacali utsintse intfo lenagesi nangabe unemanti noma umanti. Emanti enta kube melula kutsi gesi ushaye bantfu.
- Fundzisa bantfwana kutsi bakhweshe emgwacweni nakuchamuka timoti.
- Nangabe indlu yakho iphakeme, faka sivikelo etindzaweni lakho bantfwana bangawa khona.

Kugweba Kusha

- Gcina emagedlela elitiya lashisako, emapani lashisako, kwekunatsa lokushisako kukhashane nalapho kungefika khona bantfwana.
- Gcina umetjiso, imitsi, nako konkhe lokungadala umlilo kugcine emashelufini lasetulu.
- Nangabe ukhanyise sibani noma likhandlela, khweshisa bantfwana noma ubeke loko lokhanyise ngako labangeke befikele khona bantfwana.
- Beka sibane khashane nelinetha lembuzulwane kanye nembhedze lokungasha melula.
- Ungabashiyi bantfwana bodvwa edvute nemlilo.

Kugwema Shevu

- Bhala emagama emitsi ngephandle kwasikotela (noma udwebe timphawu).

- Nangabe ungenaso siciniseko kutsi kunani kuleso sikotela, ungafuni kunambitsa uve kutsi yini.
- Ugcini parafina noma phethilom emagcomeni bantfu labangawasebentisi kukha emanti. Ungawafaki emanti esigutjini lesake saphatsa umutsi lobulalako, shevu, noma phethilom.
- Ungabadlisi bantfwana titselo tesiganga longatcondzi fana nemakhowe lote siciniseko ngawo.

Kwenta

NAMATA

- Khumbula tintfo letimbili lokukhulunywe ngato lamuhla longatinti kugwema tingoti emndenini wakho.
- Yini longayenta kuze kube netingucuko? Ng'bani longakusita? Ungakwenta nini?
- Yini tintfo kunye noma kubili lokufundzile lamuhla longakuhlephulela labanye kuleliviki?

Tinikete sikhatsi kulamalanga lambalwa letako uhambahambe ekhaya lakho/kini nemndenini wakho nifune noma yini lengadala tingoti. Khulumani ngako nebantfwana bakho nente tonkhe tingucuko letidzingekile. Ningaphindze futsi nihambe emndenini wakho emmangweni nente lokufanako.

Sifundvo-Lesincane: Lusito Lwekucala Lolusisekelo Lwekusha Nekulimala

Ingcikitsi Mcondvo – Vimba kopha uphindze ugeze tilondza. Photisa, geza bese ubopha silondza sekusha. Tfolo lusito lwemfolamphilo nakulimala noma silondza sekusha sikabi kakhulu.

Tinsita

- Emanti, imphahla

Emakhono elusito lwekucala lamelula afundvwa ngekwenta. Nakwenteka, cela bafundzi bente sengatsi benta lawo makhono kulabanye lapho.

Singeniso

- Wena noma umndenini wakho nake nalimala noma nasha yini? Yini lowayenta kunakekela lesi silondza?

Nangabe umuntfu alimala, kubalulekile kutsi asitakale masinyane. Lusito loluhle kuvikela kutsi sigweme simo sekulimala singaze sibe ng'lesibi.

Tivikela Nanawe

Letinye tetifo (njenge HIV) titsatselwana ngengati. Nangabe umuntfu loneligciwane opha, bese tingati tenu tiyadibana, ungatitfolo ligciwane nawe. Kufanele utivikele nawe nawusita umuntfu lowophako:

1. Nangabe unesilondza esandleni noma emkhonweni, sebentisa lelesinye sandla kuniketa lusito lwekucala.
2. Caphela ungatilimati noma utitsele nganoma yini usaniketa lusito lwekucala.
3. Nakwenteka utfole ingati, yigezisise ngensipho nemanti masinyane kungenteka loko.

Kwelapha tilondza Tekulimala

Nisabonisa ngeliphuzu ngalinye, yenta sibonelo baphindze bafundzi bente ngababili.

1. **Misa lokopha.** Silondza lesishona ekhatsi, nayi intfo lebalulekile kuyenta.

- Sebentisa, indvwangu leligcinsi ubophe silondza.
- Phakamisa ulimele khona kubenetulu kwenhlitiyo kunciphisa kopha.
- Cindzetela ubambe lapho ulimele khona kuze kopha kuyekele.
 - Lendlela lena itomisa kopha kwato tonkhe tilondza.
 - Lokopha kungema ngemuva kwemzuzu noma lemibili. Tilondza letishona phansi, Kungatsatsa imizuzu lengu 20 noma ngetulu. Chubeka ucindzetele kuze kopha kujubeke. Kucindzetela kungaba ngumsebenzi lomkhulu—angapheli emandla!
 - Nangabe lokulimala kukabi kakhulu, tfumela umuntu ayofuna lusito wena UCHUBEKE UCINDZETELE.

Ungasebentisi ludzaka, bulongo betilwane, parafina, lutfunyela, noma likhofi kuvimba kopha. Loku kungadala tifo!

2. Kungancamuka kopha, **geza lelinceba:**

- Ngebunono kepha ugezise linceba ngensipho nemanti lapholile, bahlantiwe (longawanatsa) emanti. Kuyadzingeka kukhipha konkhe kungcola encebini kugwema kugena kwetifo. (Tsela tjala noma umutsi iperoxide letsengiswa ekhemisi kusita kugwema tifo).
- Vala silondza ngendvwangu lehlobile noma libhandishi. Ungalibophi ulicise, kepha. Nangabe sikhumba salomuntu sesicala kubandza kulenzawo landandishwe khona, cekisa libhandishi.
- Shintja libhandishi noma leyomphahla onkhe emalanga kuze ihlale ihlobile. Cale ugeze tandla ngaphambi kwekushintja libhandishi.

3. Nakwenteka emagciwane angene esilondzeni sisaphola, singatfoli kugula. **Loko kuyingoti.**

- Nangabe silondza sibovu, sishisa, sivuvukile, noma sesinebovu noma sesicala kunuka.
 - Sebentisa iperoxide noma tjwala lotfolakala ekhemisi kuphindze usigeze. Phindze usibophe ngelibhandishi lelihlobile.
- Nasicala kuyekela kubabovu yonkhe indzawo NOMA lomuntu acalwa kushisa aphindze/noma uchachatela, lapho kusho kutsi kugula lokungenile kuyandza. **Mtsatse ummikise emtfolamphilo.**

Kwelapha Tilondza Tekusha

Nisabonisa tinyatselo tekwelapha kusha, khombosi bafundze baphindze bente ngababili.

Usinakekela njani silondza sekusha:

- Khona lapho, photisa sikhumba ngemanti lapholile. Chubeka utsele emanti lapholile imizuzu lembalwa noma ucwilisi lesilondza emantini lapholile.
- Ngemva kwemizuzwana, bopha silondza ngendvwangu lehlobile ungacinisi, lehlobile, lemanti.
- UNGAGCOBISI nga *Vaseline* noma lamanye emafutsa esilondzeni. Kepha, ematfonsi enhlaba angasita kusiphotisa silondza.
- UNGAPATJATI emabhamuta.
- Njengetilondza tekulimala, tilondza tekusha kufanele tihlale tihlobile tiboshiwe natisaphola.

Mikisa emtfolamphilo umuntu nangabe silondza:

- Simnyama, Setiyile ngelibala, noma simhlophe.
- Bashe indzawo lenkhulu yemtimba noma buso.
- Silondza sibukeka sicinile.
- Kusha kubangwe ngumutsi noma gesi.

KUSEBENTA KWESIGUNGU LESINCANE

Ticondziso taThishela: Tigungu (noma bomana) abacambe umdlalo lakhona munye umuntfu atfola silondza lesishona ekhatsi, silondza sekusha, noma silondza lesingenwe magciwana. Khumbuta bafundzi tinyatselo letine (4) tekulimala nekusha letitfolakala elusitweni lwekucala.

1. Tivikele wena
2. Vimba kopha / Photise kusha
3. Geza ubhandishe silondza
4. Gandza kungena kwemagciwane

SIBUYE SILETSE UMBIKO

Niketa litfuba tigungu tente imidlalo. Niketa umbiko.

Kwenta

- Yini intfo yinye loyifundzile longayihlephulela labanye kuleliviki?

Sifundvo-Lesincane: Lusito Lwekucala Lolusisekelo Kushevu Nekulunywa Yinyoka

Ingcikitsi Macondvo – Sukumela wtulu nangabe kukhona lodle shevu noma lolunywe yinyoka.

Tinsita

- Insita Sitfombe: Kulunywa yinyoka

Singeniso

- Kukhona yini lomatiko lowake walunywa yinyoka noma wanatsa shevu ngeliphutsa? Kwentekani?
- Ng'bani locabanga kutsi usengoti kakhulu kulolokubili?

Bantfwana ngibo labasengotini ngobe bafaka tonkhe tintfo emlonyeni baphindze bahambe etindzaweni letiyingoti. Ngobe imitimba yabo mincane, nashevu uyingoti kakhulu kubo.

Kutfola Shevu

- Ngutiphi tinhlobo tashevu letivamile lesingatinaka ekhaya lakho noma emmangweni? (*Sita bafundzi bacabange ngetintfo letisendlini nangaphandle kanye nasemmangweni.*)
 - Umutsi wekuhlanta emanti (*Bleach*)
 - Tinswayi tsite
 - Imitsi yabososayensi
 - Lusway (*Luyingoti kubantfwana naselwendlulele*)
 - Imitsi yasekhemisi (*watfwa kakhulu ubayingoti*)
 - Lugwayi
 - Kerosene
 - Mpendi
 - Petilom
 - Longemanti lokusebenta emotini nalokudvumako
 - Shevu wemagundvw
 - Umutsi wekubulala tilokatana
 - Emacembe lanashevu, noma emakhowe ematjalo (*berries*)
- Ngutiphi taletintfo letina shevu letitfolakalako ekhaya lakho?
- Yini longakwenta kuze bantfwana bangafinyeleli kuko?

GWEMA SHEVU:

1. Gcina womkhe shevu (nemitsi yase khemisi) lakungafinyeleli khona bantfwana.
2. Ungagcini kerosene, pethilom, imitsi, imitsi yekukolobha, noma labanye boshevu emabhodloleni etinatfo ngobe bantfwana kungenteka banatse.

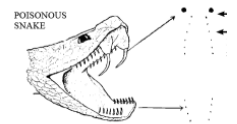
KWELASHWA: Nangabe usola kutsi umuntfu udle shevu, yenta loku lokulandzelako masinyane:

1. Nangabe loyomuntfu afukile angakalali, mnikete give him **emanti** anatse kunciphisa emandla ashevu (ingilasi yemanti njalo nakuphela imizuzu lengu 15). Nangabe unalo **lilahle lelisiliwe**, vele umnikete lona khona lapho, litsele emantini. Chubeka umnatsise emanti lilanga lonkhe!
2. Nangabe uyati kutsi banatse shevu futsi kunemtfolamphilo dvutane, bamikise emtfolamphilo.
3. UNGACALI wetame kumhlantisa. Loko kungadala letinyenti tinkhinga.
4. Nakwenteka umuntfu alahlekelw yingcondvo, mlalise ngemhlubulo ummikise emtfolamphilo masinyane. Phatsa loyo shevu lawunatsile.
5. Nangabe shevu atsintse sikhumba semtimba noma emehlweni sekeva engatsi uyasha, yesula lendzawo njalo njalo ngemanti lokungenani imizuzu lengu 20.

Kulunywa Yinyoka

Nangabe umuntfu alunywe yinyoka, yetama kutfola kutsi bekuyinyoka lenashevu yini noma kayisiyo ingoti.

Lapho ilume khona kuba nemehluko. (*Khombisa **INSITA SITFOMBE**: Imilobo yekuluma kwenyoka lekhomba ematinyo lamakhulu lacijile akhomba inyoka lenashevu.*) Tinyoka letinashevu tivame kuba nematinyo lamabili lamakhulu embili bese kuba timphawu talamancane. Nangabe lomlobo wematinyo akhomba inyoka lenashevu:



1. **Mphutfumise atfole lusito.**
2. **Akahlale abindzise; angashukumisi lendzawo lelunyiwe.** Ngesikhatsi lishukuma, shevu utfola emandla ekwandza nemtimba masinyane. Nangabe imlume elunyaweni, loyomuntfu akukameli ahambe nakancane.
3. **Bopha lendzawo lelunyiwe ngendvwangu lehlobile kunciphisa kwandza nemtimba kwa shevu.** Umkhono wakhe noma umlente ubindzise, bopha ucinise, kepha hhay kakhulu kakhulu ngobe kubese kuma ingati kutsi ifike kuleyondzawo.
4. **Tfwala loyo muntfu, ngeluhlaka nakwenteka, nimyise emtfolamphila losedvutane.** Nawukhona, tsatsani nihambe nalenyoka, ngobe kulashelwa kulunywa yinyoka kudzinga imitsi leyehlukene.

Kulunywa nekusutelwa tilokatana akusiyo ingoti kubantfu labadzala. Kepha, kungaba, yingoti kubantwana labancane nakubantfu lomtimba wabo usheshe ubonakalise kuvuvuka. Nakunjalo, tfole lusito lwetemphelelo masinyane.

Ufanekiso

Tigungu noma bomata abacambe umdlalo lakhona munye abe ng'lonatse shevu, atsele ngumutsi loshisako esikhumbeni semtimba, noma alunywe yinyoka. Onkhe emacembu akadlale umidlalo yawo. Ngekuphela kwemdalo ngamunye, buta bafundzi bonkhe, 'Bamelaphe kahle yini lomuntfu ngendlela lefanele?' Yenta siciniseko kutsi bonkhe bayakhumbula:

- *EMANTI kushevu.*
- *BINDZISA nayikulumile.*

Kwenta

- Yini intfo yinye loyifundzile longayihlephulela labanye bantfu kuleliviki?

Sifundvo-Lesincane: Usita Kanjani Nakukhona Lobanywa Emphinjeni

Ingcikitsi Mcondvo – Singafundza kusindzisa limphilo yemuntfu nakabantjwa emphintjeni.

Tinsita:

- Umntfwana longumdoli

Kubantjwa

- Ukhona yini lowake wambona abanjiwe? Yini lowayenta?

Nangabe umuntfu abantjwe ng'lokutsite emphinjeni, kungaba metima kakhulu. **Nangabe BANGEKE BAKHONE** kuhlaba inyandzaleyo, kusho kutsi ngeke bakhone kuphefumula.

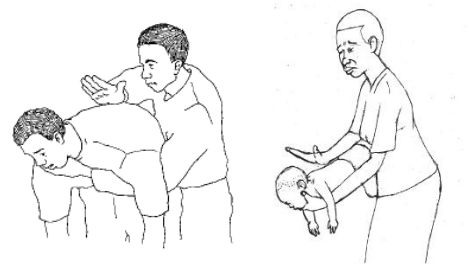


1. Nangabe loyo muntfu akhwehlela, akhala, noma enta umsindvo tsite, kukhwehlela kutovula umphimbo. Ngeke babe sengotini lenkhulu.
2. Nangabe bangeke bakhone kuhlaba inyandzaleyo noma nababamba umphimba wabo bahlahle emehlo, umphimbo uyavaleka, bangeke bakhone kuphefumula, lapho badzinga lusito loluphuthumako. Singakhona kuphila singaphefumuli imizuzu lembalwa, ngako kufanele utsatse tinyatselo masinyane!

Sebentisa labatinikele bente engatsi benta umfanekiso. (Ningasebenti emakhumelo.)

Nangabe uumntfwana noma luswane lungeke lwente umsindvo:

1. Gobanisa umntfwana emadvolweni akho noma ulalise umntfwana emkhonweni wakho. Inhloko yabo ibheke ngephansi kunesifuba.
2. Sebentisa imphama yesandla sakho kumcindzetela ngemuva emkhatsisini.



Kumuntfu lomdzala noma lomusha, sebentisa nayi indlela:

1. Mani ngemuva kwakhe uhlanganise tandla takho elukhalo lwabo.
2. Yenta sibhakela ecabangeni nangephansi kwetimbambo.
3. Beka lelesinye sandla tikwalesibhakela umcindzetele ngemandla uphampe ngekusheshisa, kuphocelela umoya kutsi uphume emaphashini. Chubeka kuze loko lokumbambile kuphume.



Loku kungaba buhlungu kuloyo lositwako, ngako akukafaneli usebentise lendlela kumuntfu lokhonako kukhwehlela noma kwenta umsindvo.

Kufanekisa

Bomata abente lomifanekiso lemibili kulomunye nalomunye—kepha BAFANEKISE kuphampa bakhiphe umoya kulomunye kulendlela yesibili (2). Nakwenteka, yiba nemntfwana longumdoli nente siciniseko kutsi mata ngamunye uyalitfolo litfuba lekwentu umfanekiso kulomdoli. Bakhumbute basente umfanekiso kugobisa inhloko yentfwana ibengephansi kwesifuba baphindze baphampe ngekucindzetela ngemuva.