




## ISIGABA ESISISISEKO IZAKHONO ZOBOMI

### UKUZIPHATHA NENTLALO ISICWANGCISO SESIFUNDO IBANGA 3

<b>TAPS IKOTA 4</b>	Iveki 1
<b>Umxholo:</b>	<p>Iinkqubo kunye Neemveliso</p> <p><b>Izityalo :</b></p> <p>Esikufumana kwizityalo Inkqubo – ukusuka kumdiza weswekile/kumwoba ukuya kwiswekile</p> <p><b>Ukuqwayitwa kunye nokunkonkxa</b></p>
<b>Injongo:</b>	<ul style="list-style-type: none"> <li>• Chonga iimfuno ezisisiseko zezityalo</li> <li>• Abafundi baqonda ukuba izityalo zinomjikelo wobomi obandakanya ukuntshula: ukuphuhlisa iingcambu; iziqu, amagqabi neentyatyambo; ukuvelisa kwakhona; ze ekugqibeleni zife.</li> <li>• Ukuchonga iindawo eziphambili zesityalo esihlumayo.</li> <li>• Abafundi mabazi ukuba konke ukutya esikutyo kunokuba yinxalenye yesityalo, kuqulethe iinxalenye zezityalo njengeyonanto iphambili okanye zivela kwizilwanyana ezixhomekeke kwizityalo ukuze ziphile</li> <li>• Eyona njongo iphambili yokulondolozwa kokutya kukuthintela ukonakala/ukubola kokutya kude kube kutyiwe/kugqityiwe.</li> <li>• Ukugcina ukutya kukwabonelela ngamathuba okufumana iintlobo ngeentlobo zokutya unyaka wonke.</li> </ul>
<b>Ukunxulumanisa</b>	<ul style="list-style-type: none"> <li>• Ulwimi Lwasekhaya</li> <li>- Ukufunda</li> <li>- Ukubhala</li> <li>- Izandi</li> <li>- Upelo</li> </ul>
<b>Isifundo: Izixhobo zokufunda nokufundisa (LTSM):</b>	<ul style="list-style-type: none"> <li>• Imizekelo eyiyo (3D) yokutya: itumato, ilethasi, iminqathe, ibhanana, njalo-njalo.</li> <li>• oonotsheluzi – libhokisi zepapa</li> <li>• Imifanekiso yezityalo – Esikwe kwiincwadi/magazine ezindala</li> <li>• Iingcwadi zokusebenzela ze DBE iphepha 34</li> </ul>
<b>Izixhobo:</b>	<ul style="list-style-type: none"> <li>• Eportal URL for Life Skills resource file</li> <li>• Video URLs</li> <li>• Iingoma neentshukumo ngentyatyambo ujonilanga (Sunflower song with actions) <a href="https://youtu.be/z4jJaQHjR_s">https://youtu.be/z4jJaQHjR_s</a></li> <li>• Le yintyatyambo ujongilanga (This is a Sunflower) <a href="https://youtu.be/JP27pEXqBy0">https://youtu.be/JP27pEXqBy0</a></li> <li>• Amacandelo esityalo (Parts of a plant)</li> </ul>

	<p><a href="https://youtu.be/TD60-3rqPXg">https://youtu.be/TD60-3rqPXg</a></p> <ul style="list-style-type: none"> <li>• Ukutya okusuka kwizityalo (Food from plants) <a href="https://youtu.be/e0SVNqWNNovY">https://youtu.be/e0SVNqWNNovY</a></li> <li>• Ukutya esikufumana kwizityalo - kwabantwana (Food we get from plants - for children) <a href="https://youtu.be/Pp3O-y_hONY">https://youtu.be/Pp3O-y_hONY</a></li> <li>• ISWEKILE (SUGAR)   Yenziwa njani (How It's Made) <a href="https://youtu.be/jCKt02NGjfM">https://youtu.be/jCKt02NGjfM</a></li> <li>• Yenziwa njani imengo eqwayitiweyo (How to Make Dried Mangos) <a href="https://youtu.be/MCGUuGilyb0">https://youtu.be/MCGUuGilyb0</a></li> <li>• Wenziwa njani umqwayito weziqhamo ekhaya (Usebenzisa ioveni) (How to Make Dried Fruit at Home (Using Your Oven) <a href="https://youtu.be/kjLWtgOpOL4">https://youtu.be/kjLWtgOpOL4</a></li> <li>• Sinkonkxwa njani isiqhamo (How to bottle fruit) <a href="https://youtu.be/VkbqDqUtzVE">https://youtu.be/VkbqDqUtzVE</a></li> <li>• Iresipi ye orenji ne mamaledi (Orange marmalade recipe) <a href="https://youtu.be/SHixMXH3yYg">https://youtu.be/SHixMXH3yYg</a></li> <li>• Ibali lesaladi yeziqhamo (Fruit salad story).</li> <li>• <a href="https://youtu.be/Xx_H0O6LHV0">https://youtu.be/Xx_H0O6LHV0</a></li> </ul>
<p><b>Intshayelelo:</b></p>	<ul style="list-style-type: none"> <li>• Utitshala ubonisa I vidiyo: lena yintyatyambo ujongilanga. Baze abafundi bamamele ingoma intyatyambo ujongilanga baze benze intshukumo.</li> <li>• Utitshala ubuza imibuzo ukubona into abafundi abayikhumbulayo kulwazi olungaphambili elingokuba ukutya kuvela phi?</li> <li>• Xoxa ngezityalo. Amalungu azo, zikhula njani, Zidinga ntoni ukuze zikhule njl-njl.</li> </ul>
<p><b>Isifundo: Umxholo / Ingqiqo /Izakhono CAPS</b></p> <p>Emakufundiswe/isikhokelo/inkxaso...)</p> 	<p><b>GAPHELA. Uphando -Utitshala uthatha isigqibo sokuba nguwuphi na umba ekusetyenzwe ngawo apha ngezantsi oya kuba yiprojekthi yophando eya kwenziwa ekhaya.</b> Nika imiyalelo ecacileyo ngophando "Fumanisa". Loluphi ulwazi oluza kuqokelelwa? Thathela ingqalelo izixhobo abafundi abanazo ekhaya. Abanye babo banee mfonomfono eziphathwayo zabazali zokubaxhasa.</p> <p>Uyibonisa kanjani? Kubhaliwe – izivakalisi, imihlathi, imifakiso/ kunye okanye nemizobo.</p> <p>Irubriki: Ulwazi olufanelekileyo kunye nokucoceko- Inxalenye yongezwe ekubonisweni koontanga babo kwiqela labo.</p> <p><b>Izityalo: Yintoni esiyifumanayo kuzo Umjikelo wobomi besityalo:</b></p> <p>Isityalo siqala nje ngembewu engcwatywe emhlabeni. Njengokuba amanzi esiwa kwimbewu kwaye nelanga liyifudumeza, Iqokobhe layo eliqinileyo liqala livuleke size siqale ukukhula. Iingcambu zesityalo siqale zikhule. Size isiqu sesityalo siqale ukukhula kuze igqabhuke/sintshule emhlabeni. Kamva amagqabi aqalise ukukhula kwisiqu. Amathupha aya kuqala</p>

ukukhula njengokuba isityalo sikhula sibe sikhulu esiya kuthi kamva sihlume sibe ziintyatyambo zijike zibe ziziqhamo.

- Abafundi babukela levidiyo ilandelayo: Amalungu esityalo

<https://youtu.be/TD60-3rqPXg>

### **Izidingo ezisisiseko zezityalo:**

1) Amanzi ayimfuneko ekukhuleni kwesityalo. Azinceda ekwenzeni ukutya kwazo.

2) Imitha yelanga

3) Umhlaba ochumileyo zizimbiwa nezakha mzimba

4) Ikhabhoni Dhayoksayidi inikwa ngabantu nezizilwanyana

### **Izityalo zisinika izinto ezininzi ezinje ngezi:**

Isinika zonke izidingo ezisisiseko umz. ukutya, iimpahla kunye nendawo yokuzifihla.

Isityalo zisinika iintlobo ntlobo ezininzi zokutya. Yonke imifuno, iziqhamo kunye namandongomane avela kwizityalo. Zisanceda ukuba sizigcine siphilile kuba zigcine iivitamini, iiminerali, iiproteyini iikhabhohayidreyithi ioyile kunye nefayibha. Itshokoleyithi nayo ivela kwizityalo.

Isityalo zisinika umoya wobomi umongo moya kunye neenkuni.

Izityalo zisinika iireyisizini nentlaka kwizityalo.

Isityalo zisinika indawo entle, ivumba elimnandi kunye neziqholo.

Isityalo zisinika izityalo ezinje nge Tyumeriki, Opiyam, Niyem njl. njl. zinokubaluleka kwezinyango kuthi.

7) Zinka iindawo ezahlukehlukeneyo zokuhlala kwizilwanyana.

Abafundi babukela le vidiyo ilandelayo:

- Ukutya okuvela kwizityalo  
<https://youtu.be/e0SVNqWNovY>
- Ukutya esikufumana kwizilwanyana-kwabantwana  
[https://youtu.be/Pp3O-y\\_hONY](https://youtu.be/Pp3O-y_hONY)

Inkqubo: esuka kumdiza weswekile/kummoba ukuya kwiswekile abafundi babukele ividiyo:

- ISWEKILE | Yenziwa njani  
<https://youtu.be/jCKt02NGjfm>

### **ISIFUNDO 2:**

#### **Izityalo: Ukuqwayita kunye nokunkonkxa**

- Utitshala unemizekelo ye 3D yee Tomato ezintsha, iimango, iipesika, iitumato ezomisiwe/eziqwayitiweyo, iimengo ezomisiweyo, iziqhamo ezomisiweyo kunye nemifuno.

- Utitshala ucacisa ukuba ukomisa/ukuqwayita/ukukhupha amanzi yeyona ndlela yokugcina ukutya kungonakali.
- Ukomisa kucutha ubumanzi ekutyeni kukwenze kube lula ukukugcina, Kunokusetyenziswa lula endaweni yobunye ubuchwepheshe bokulondoloza ukutya.
- Abantu babesebenzisa ubushushu obuvela elangeni, ivuthelwe ngomoya omtsha, ukomisa yonke into evela kwiziqhamo ukuya kumachiza.
- Ukunkonkxa kuxa ukutya kuvalelwe kwinkonxa enganeni okanye engaphumi moya kubushushu obuphezulu. Inyama, intlanzi, iziqhamo, kunye nemifuno zigcinwa ngokunkonkxwa.
- Utitshala ubonisa abafundi umzekeliso we 3D abuze imibuzo ukuchonga imveliso entsha neyomisiweyo, kunye nemveliso entsha nenkonkxiweyo.
- Utitshala aze abonise le vidiyo ilandelayo:  
Umz. Indlela yokwenza iMengo eyomisiweyo
- Abafundi bafumana ithuba lokungcamla imveliso entsha kunye neziqhamo ezomisiweyo.



### Ulwazi lomzali:



- Abazali mabancedise abafundi baphande ku google: Izityalo-Esikufumana kwizityalo
- Bangashicilela imifanekiso.
- Sika lemifanekiso ilandelayo kwincwadi/iimagazine ezindala:
  - Esikufumana kwizityalo: iziqhamo, imifuno, etc.
- Yiza nezityalo ekhaya ubonise ze uthethe ngazo egumbini lokufundela malunga neendawo ezahlukeneyo zesityalo.

### ISIFUNDO 2:

- Abazali mabancedise abafundi baphande ku google:
  - Izityalo: Ukunkonkxa noku qwayitwa kwe ziqhamo ne mifuno.
  - lindlela ezininzi zokugcina ukutya.
- Bangashicilela imifanekiso.
- Sika lemifanekiso ilandelayo kwiincwadi/iimagazine ezindala:
  - Iziquhamo ezitsha kunye nemifuno.
  - Iziquhamo ezinkonkxiweyo nemifuno.
  - Iziquhamo eziqwayitiweyo nemifuno.

Yiza neziqhamo eziqwayitiweyo/imifuno ekhaya ukuze ubonise uthethe egumbini lokufundela malunga nenkqubo.

### Imisebenzi yabafundi:

#### Gxininisa

1. Iphepha lokusebenzela elinge zityalo.  
Yenza isangqa kwinto edingwa sisityalo ukuze siphile.

**Phinda ufundise uhlaziye/  
bonisa/  
/yenza/nxibelelana**



- Umjikelo wobomi besityalo. Phawula/nombola imifanekiso ngokulandelelana kwayo.
- Inkcazelo ibe kwitshati (ibhokisi ze Kellogg's)– njengoko kutshiwo ngasentla

**Umxholo:**

**Umsebenzi:**Inkqubo – Ukusuka kumdiza weswekile ukuya kwiswekile

<b>Ikhayitheriya 5 amanqaku</b>	Ulandela imiyalelo Inkcazelo elungileyo eyinyanil 5 amanqaku	Inkcazelo eyanelisayo nefunekayo 3 amanqaku	Udinga ukucediswa Khange ayilandele imiyalelo 1 inqaku
<b>Ukunikezelwa kwenkcazelo ngokulandelelana okufanelekileyo</b>			
<b>Ulwazi olufanelekileyo</b>			
<b>Ukucoceka</b>			
<b>Inkcazo ntetho yomlomo</b>			

- Inkcazo ntetho yomlomo
- Funda ngokuvakalayo isiqwenga sokufunda ngokwabelana/ukubhala isiqwengana
- Isigama – ukuqwalaselwa nokusetyenziswa kwezivakalisi
- Izakhono zesichazi magama – Landelelanisa ngokwe Alfabhethir

**ISIFUNDO 2:**

- Iphepha lousebenzela: Ukuqondwa kokugcinwa kokutya.
- Inkcazelo ibe kwitshati (Ibhokisi ze Kellogg's)– Inkqubo yoku qwayitwa kokutya.
- Inkcazo ntetho yomlomo: Inkqubo yokunkonkxa ukutya.
- Funda ngokuvakalayo isiqwenga sokufunda ngokwabelana: Ukugcinwa kokutya.

**Uhlolo:**

**Izixhobo:**

Lomsebenzi ulandelayo ungasetyenziswa nje ngohlolo olungekho sesikweni ngexesha lezifundo emva kwamathuba amaninzi : Sebenzisa isixhobo sovavanyo olungekho sesikweni

- Bonisa ze uxele amalungu esityalo.
- Zoba isityalo uze usi leyibhelishe.

Le misebenzi ilandelayo inokusetyenziswa ukuvavanya ukuba yeyiphi na efuna irubrikihi

- Umjikelo wobomi besityalo.
- Nombola imifanekiso yenkqubo yeswekile ngokulandelelana kwayo okulungileyo.

Rubrikihi: Umjikelo wobomi besityalo

Ikhayitheriya	Uncedo/inkxaso iyafuneka	Umzamo olungileyo	Umzamo ongowo
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Umfundi akakwazi ukunombola imifaneliso ngokulandelelana kwayo.			
Umfundi ukwazile ukunombola uninzi lwemifanekiso ngokulandelelana kwayo.			
Umfundi uyinombole yonke imifanekiso ngokulandelelana kwayo.			

- Bonisa ze uthethe ngenkqubo yokuqwayita iziqhamo/ukuqwayita iziqhamo okanye imifuno.

**Umxholo: Izityal Ukuqwayita isityalo**

**Umsebenzi:** Xoxa ngenkqubo evela kwiziqhamo ezitsha ukuya kwiziqhamo eziqwayitiweyo.

<b>Ikhayitheriya 5 amanqaku</b>	Ulandela imiyalelo. Inkcazelo elungileyo eyinyanil 5 amanqaku	Inkcazelo eyanelisayo – ulwazi oluninzi olufunekayo 3 amannqaku	Udinga ikxaso/ukuncediswa Akayilandelanga imiyalelo 1 inqaku
<b>Ukunikezelwa kwenkcazelo ngokulandelelana okufanelekileyo</b>			
<b>Ulwazi olufanelekileyo</b>			
<b>Neatness</b>			
<b>Inkcazo ntetho yomlomo</b>			