

IsiXhosa

Inqanaba

# Amakhwenkwe akrelekrele

4c



NguLeah Sapi



Ulwazi  
Lwethu

**Amakhwenkwe akrelekrele**

**IsiXhosa**

**Inqanaba: 4C**

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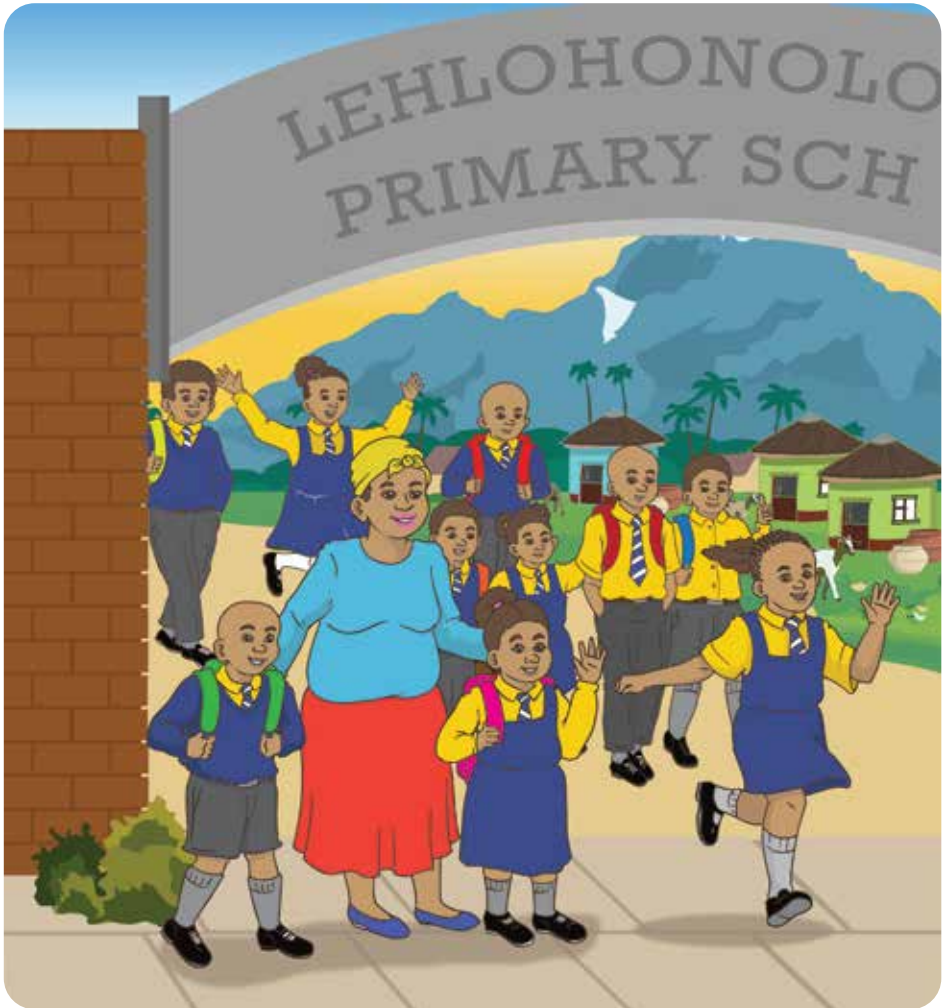
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# Amakhwenkwe akrelekrele



**NguLeah Sapi**

Kukhala intsimbi yokuqala, uThabiso noThemba bagqotsa ukuya esikolweni. Bafika bachwechwa ukuya emigceni.





Isifundo sanamhlanje singokuqalisa isitiya semifuno.

UThabiso noThemba baxoxa ngokuqala isitiya semifuno.

Bavumelana ngokutyala isipinatshi.

NgoMgqibelo, bamangalisa utatomkhulu ngokuvuka kwasekuseni.

Bathatha imali ababeyiphiwe ngutatomkhulu. Bakhawuleza ukuya evenkileni beyokuthenga imbewu yesipinatshi.





UThabiso noThemba bathatha isitya esidala bagalela umhlaba oxutywe nomgquba batyala imbewu yesipinatshi. Bankcenkceshela imbewu yonke imihla. Emva kweentsuku ezintandathu imbewu yaqala yantshula. Bagquma isitya ngomnatha ukukhusela izityalo kwiintaka.

Bakhangela indawo yokwenza isitiya.  
Bayicoca bagalela umgquba ovela ebuhlanti  
bawuxuba nomhlaba benza nemisele.







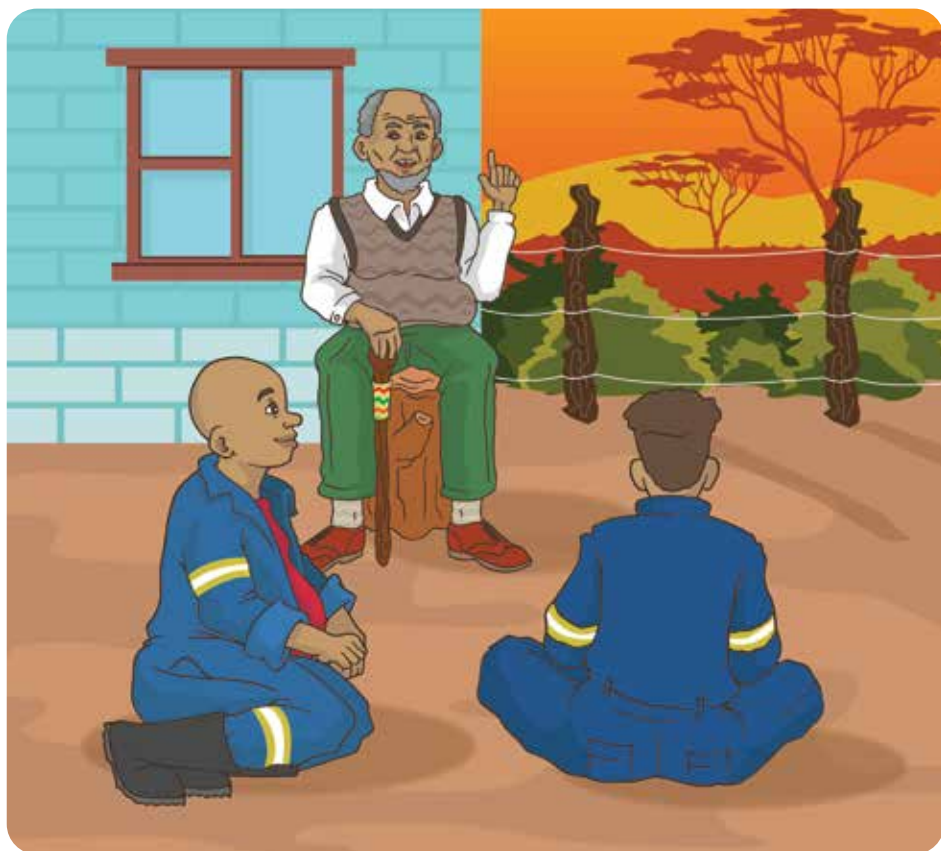
Emva kweeveki ezimbini izithole  
zazikhule ngokwanele ukuba zityalwe.  
Bazikhupha esityeni bazityala kwimisele.  
Babenkcenkceshela yonke imihla emini  
maqanda.

UThabiso noThemba babenengxaki yeentaka ezazisitya imveliso yabo.

Badlala kufuphi nesitya ukuze bazigxothe.

Xa besesikolweni, iintaka zazifumana ithuba lokutya izityalo zabo.





UThabiso noThemba bacela ingcebiso kutatomkhulu.

Bacetyiswa ukuba benze ugagane.

Basebenzisa amakhuni amabini ukwenza umnqamlezo. Baze bawubopha ngeentambo.

UThemba noThabisa banxibisa umnqamlezo iimpahla, umnqwazi omkhulu neegambhutsi. Emva koko babeka ugagane kwisitiya semifuno. Kwakusithi xa kubhudla umoya imikhono yempahla iphakame, yehle isenyuka ngokukude iintaka zicinge kukho indoda ezileqayo





UThabiso noThemba babulela utatomkhulu ngengcebiso yakhe bencoma ukusebenza kogagane baze baxelela abahlobo ngeli cebo. Ngoku babekwazi ukuya kudlala bengenaxhala.

Baqinisekisa ukuba akukho khula kwisitiya semifuno sabo. Basusa nasiphi isityalo esingafanelanga kukhula kwisitiya sabo.





Isitiya sabo sasisihle kakhulu. Isipinatshi esiluhlaza sinomtsalane kwabadlula ngendlela. UThabiso wayengawuvali umlomo ngesipinatshi sabo.

“Kutheni usithanda kangaka isipinatshi?” wabuza uThemba kuThabiso. “Isipinatshi siyilungele imizimba yethu. Kufuneka sitye imifuno ukuze sigcine imizimba yethu isempilweni,” waphendula uThabiso.







“Ingaba yonke imifuno ikulungele ukugcina imizimba yethu isempilweni?” Waqhubeka uThemba ebuza.

“Kunjalo! Kodwa imifuno iyohluka ngezondlo,” waphendula uThabiso.

UThabiso waqhubeka exelela uThemba ngezondlo ezohlukeneyo ezifumaneka kwisipinatshi.

Kwi-100g nganye yesipinatshi ufumana oku kulandelayo:

Amanzi - 91%

Iiprotheni - 2.9g

Iswekile - 0.4g

Amafutha - 0.4g nokunye.





UThemba wothuka wabuza. “Ulufumana phi lonke olu lwazi?”

“Ndifunda iincwadi kwithala leencwadi kwaye ndikwasebenzisa uGoogle kwiselula yam.”

Kwakukuninzi ewayesafuna ukukucacisa uThabiso, “Ubusazi ukuba kwa esi sipinatshi sinezakha mzimba?” Wabuza uThabiso.

Ezi zakha mzimba zilandelayo zifumaneka kwisipinatshi.

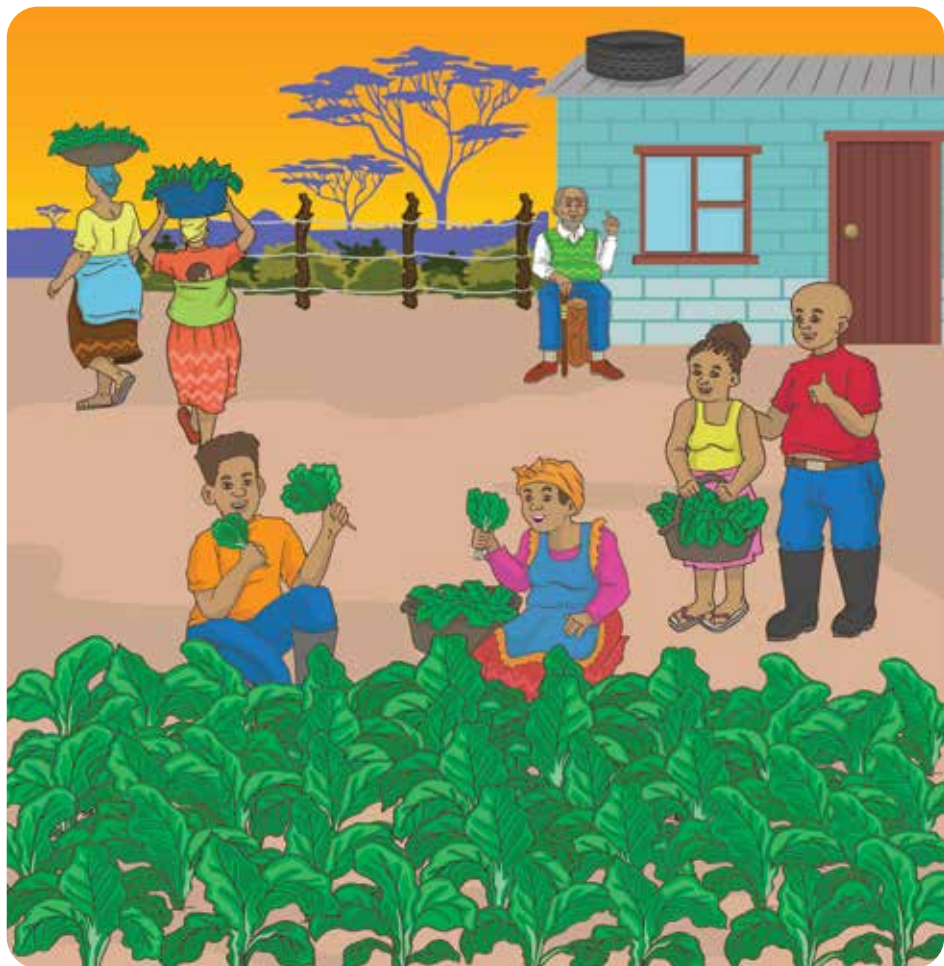
U-Vithamini A – unceda amehlo ethu aphucule indlela yethu yokubona.

U-Vithamini C - unceda ekuqiniseni amajoni omzimba.

U-Vithamini K1 - unceda kwihlwili legazi xa usopha.

U-Vithamini B9 – unceda ukukhulisa izicubu zomzimba.





Emva kweeveki ezintandathu isipinatshi sasilungele ukuvunwa.

UThabiso noThemba nosapho bavuna isipinatshi bonwabileabela nabamelwana.

UThemba wabulela uThabiso ngalo lonke ulwazi awabelana naye ngalo. Naye waqalisa ukuphanda ngeendidi zemifuno neziqhamo ezahlukeneyo. Watsho waquqa ebuyela kwithala leencwadi.





**Ulwazi  
Lwethu**

**Readers**

### **Inqanaba 1**

1. Izandi ezizikhamiso
2. Izandi ezingamaqabane (b-j)
3. Izandi ezingamaqabane (k-r)
4. Izandi ezingamaqabane (s-z)
5. Vula, vala, vakala
6. Ukubala amagubu
7. Imbalela
8. Uziva njani uZazi?
9. UNunu noBobo
10. Idonki
11. Ipesika enkulu
12. UVuxa uthanda ucoceko
13. Isuphu emnandi
14. Amawele aluncedo
15. Qaphela Cokisa
16. USazi ufuna ukupeyinta
17. Ibululu esibayeni
18. UVela noVutivi
19. Iyakwazi ukubhabha

### **Inqanaba 2**

1. Umlilo
2. UKhabo nesigcawu
3. Ubuya nini uTata?
4. Mini emnandi Zazi
5. Amantombazana alusayo
6. Masonge amanzi
7. Iinwele ezinkulu
8. Basefama
9. Isifo seehagu
10. Usapho lwam
11. UKhosi uxakekile
12. Lina libalele
13. Ukonga uTatomkhulu
14. Ubomi bam basefama
15. Konke ngeetapile
16. Imvumi yodumo uMirriam  
Makeba
17. UNTombi ubhaqa isela
18. IShibhelani kaKulani

### **Inqanaba 3**

1. Soweto
2. Isipho esothusayo
3. Andigithandi imifuno
4. UKhazi nombala obomvu
5. Izipho
6. Umjikelo wobomi besele
7. Uthando lwamawele
8. Umnyama kaNyansio
9. UPhumu owonwabileyo
10. Umnqweno kaLunje ufezekile
11. UMoli neekhrikethi
12. Uleqa phi Wenzile?
13. Amaqanda kaZodwa adukileyo
14. Isidudu esimnandi
15. Iinyosi
16. Ingwenya enentiyo
17. Amaxesha onyaka
18. Zinkulu kum
19. Isonka sikaNomsa
20. UMbali noBuhle

### **Inqanaba 4**

1. Impindezelo yenkunzi
2. Icebo elihle likaNtjigiso
3. Ibhola elahlekileyo
4. Batyelela umzi wogcino zilwanyana
5. Idyasi eguquliweyo
6. Ubuchule bukaNcinci
7. Badlala kuyo nayiphi imozulu
8. Imisebenzi yasekhaya
9. Ilokhwe entle
10. Umlimi uNtsika neenkawu
11. Amanzi ndawo yonke
12. Ubugqi bembewu
13. UPhila wonzakele
14. Isityalo esiphilisayo
15. Iindlela zabantu baseVenda
16. UQhawe uyalazi ixesha
17. Ugqirha uSooliman olungileyo
18. Amakhwenkwe akrelekrele
19. Iindlela zothutho
20. UGcina uzigcina esempilweni

### **Inqanaba 5**

1. Isiqalo esitsha
2. Inguqu kaNondwe
3. Intombazana ekrelekrele
4. Umsesane weXhalanga
5. Umdlali obalaseleyo
6. UThobile nezihlangu ezintsha
7. Imilambo yaseMzantsi Afrika
8. Imithi yaseMzantsi Afrika
9. Uphelwe ngamanzi emzimbeni
10. Singcamla incasa yaseVenda
11. Utata wethu, umgcini  
wezilwanyana
12. Umkhuhlane
13. UNomadlakadlaka oligorha
14. Ingxaki egadini kaMakhulu
15. UStovi noStali
16. Iphupha likaSiviwe
17. Isihlangu esihle
18. UThwasa uphuthelwe
19. Ukulima
20. Ubuhlobo bokwenene
21. Umlobi

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EST. 1974



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