

IsiNdebele

Izinga le-

**5B**

# Abesana abahlakaniphileko



Leah Sapi



**Yenza isiqiniseko sokobana ungakghona ukufunda amagama  
alandelako**

ngoMgqibelo, sitlhoga, ukutlhurha, umsuqwa, namabhudzi, iprotheni,  
khudlwana, ngofunjathwako

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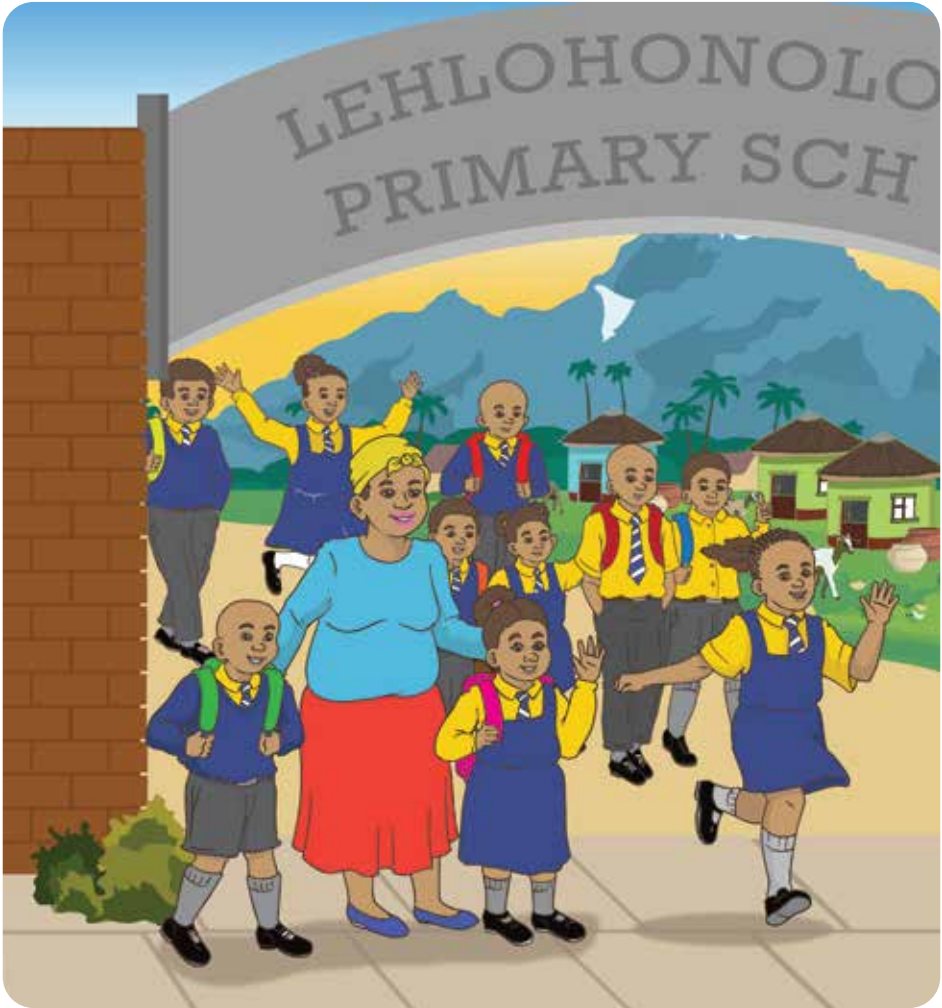
Ikhutshwe kokuthoma ngee-2023.

# Abesana abahlakaniphileko



**Leah Sapi**

Isimbi yesikolo iyalila. UMbalekwa noMbuso bagijima khulu baya esikolweni.





Isifundo sanamhlanje simayelana nokuthoma ingadi yemirrorho.

UMbalekwa noMbuso babonisana ngokuthoma ingadi yemirrorho.

Bavumelana ngokutjola isipinatjhi.

NgoMgqibelo bamangaza ubamkhulu ngokuvuka ekuseni khulu.

Bathatha imali ebayonge kubamkhulu.

Bagijimela evikilini ukuyokuthenga ipakana yembewu yesipinatjhi.





UMbalekwa noMbuso bathatha uvasi omdala bese bamzalisa ngehlabathi ehlangene nomanyoro.

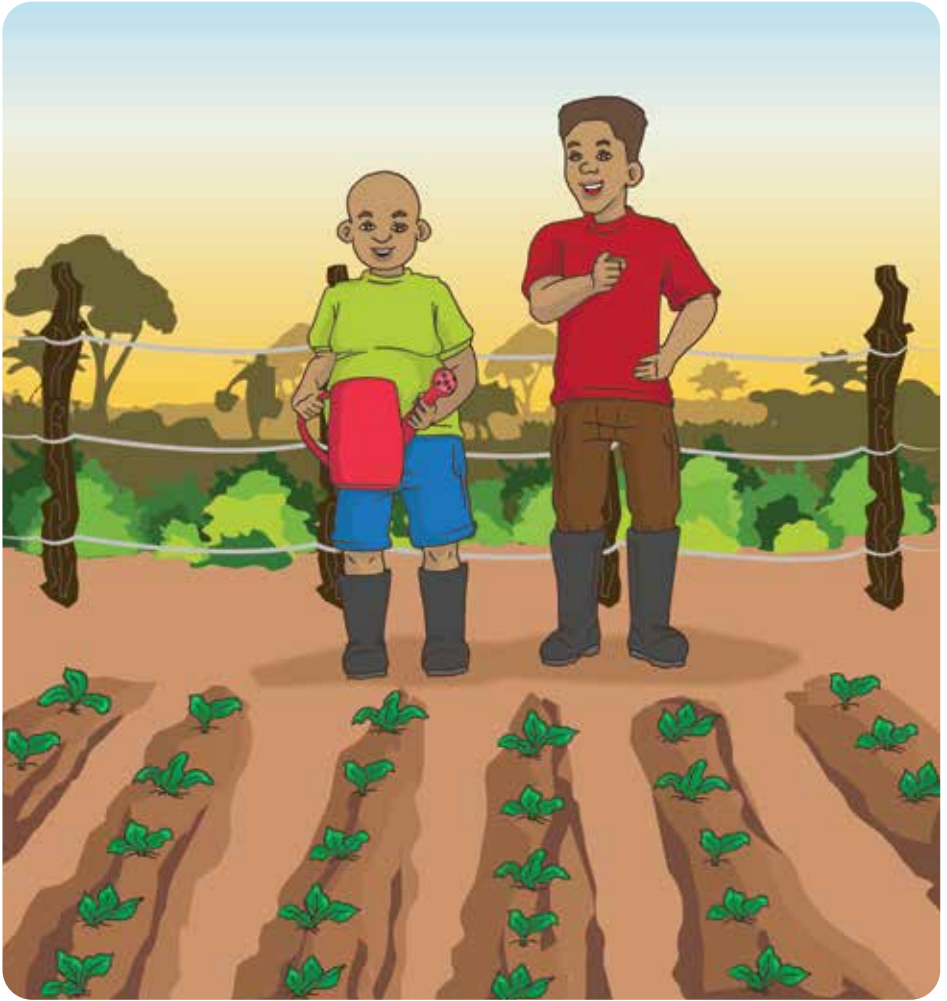
Ngemva kwalokho bafaka imbewu yesipinatjhi. Bathelelela imbewu ngamalanga. Ngemva kwamalanga asithandathu imbewu yathoma ukuthurha. Bavala uvasi ngenethi ukumvikela eenyonini.

Abesana baqala indawo lapha bangenza khona ingadi.

Balima indawo, bafaka umsuqwa onomanyoro bavanga nehlabathi. Benza imisele bese bathela amanzi.



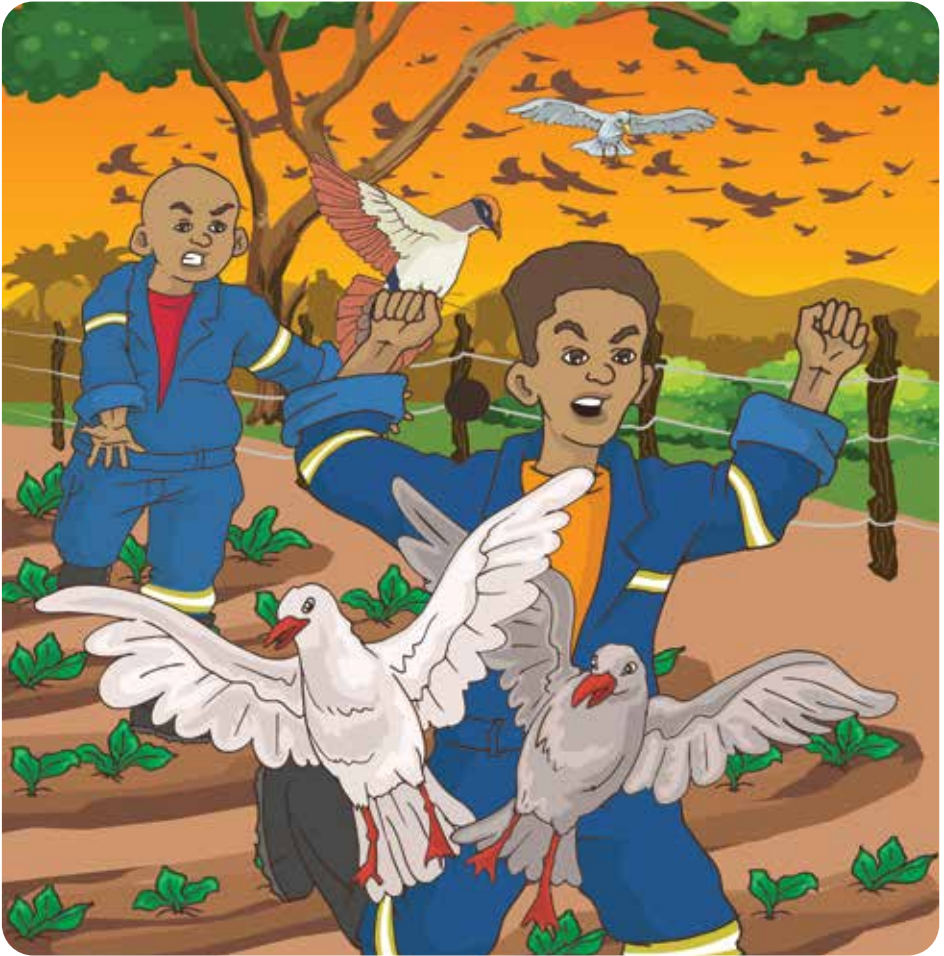




Ngemva kweemveke ezimbili iintjalo besele zizikulu ngokwaneleko. Bathatha iintjalo bazitjala emiseleni. Bathelelela ingadi njalo malangantambama.

UMbalekwa noMbuso baba nomraro  
weenyoni ezidla iintjalo zabo.

Badlalela eduze nengadi bazakwazi  
ukuqoqtha iinyoni. Nabasaye esikolweni,  
iinyoni zithola ithuba lokudla iintjalo.





UMbalekwa noMbuso babawa isiyeleliso kubamkhulu. Wabayelelisa ngokwenza isingamuntu. Basebenzisa iingodo ezimbili ezenza isiphambano.

Bazibopha ngentambo.

UMbalekwa noMbuso bambathisa isiphambano i-ovorolo, ingwani ekulu namabhudzi. Babeka isingamuntu sabo engadini. Umoya nawuphephethako, imikhono ye-ovorolo beyiya phasi naphezulu. Iinyoni zicabanga bonyana mumuntu uyaziqotha.





UMbalekwa noMbuso bathokoza  
ubamkhulu ngesiyeliso sakhe. Babuka  
isingamuntu sabo. Batjela nabangani babo  
ngesingamuntu. Gadesi sebazakudlala  
ngaphandle kokusaba.

Abesana benza isiqiniseko sokobana akunakhula engadini yabo. Bahlawula nanomangilphi ikhula elimila engadini.





Ingadi yabo begade iyihle kwamambala.  
Isipinatjhi sabahlaza. Sasidosa amehlo  
wabantu abadlulako.

UMbalekwa akhange awuvale umlomo ngesipinatjhi sabo.

“Kubayini uthanda isipinatjhi kangaka?” kwabuza uMbuso. “Isipinatjhi silungele imizimba yethu. Sitlhoga ukudla imirrorho ukugcina imizimba yethu iphilile,” kuphendula uMbalekwa.







“Yoke imirrorho ilungile ukugcina imizimba yethu iphilile?” kuraga uMbuso ngemibuzo.

“Kunjalo, kodwana iyahluka ngokuya ngezakhazimba,” kuphendula uMbalekwa.

UMbalekwa akhange aphelele lapho.  
Wakhuluma ngezakhamzimba ezihlukeneko  
ezitholakala esipinatjhini.

Kenye nenze inyandana ye-100g uzokuthola:

Amanzi – 91%

Iprotheni – 2.9g

Itjhukela – 0.4g

Amafutha – 0.4 g nokhunye.





Gadesi uMbuso umangele khudlwana.

“Ulitholaphi ilwazi elingaka?”

“Ngifunda iincwadi ebulungelweni leencwadi nokurhubhulula iGoogle ngofunjathwako wami.” UMbalekwa usese nokunengi angakuhlathulula. “Bewazi bonyana isipinatjhi sinamavithamini namaminerali agcina imizimba yethu iphilile?” kubuza Mbalekwa.

Amavithamini alandelako atholakala esipinatjhini.

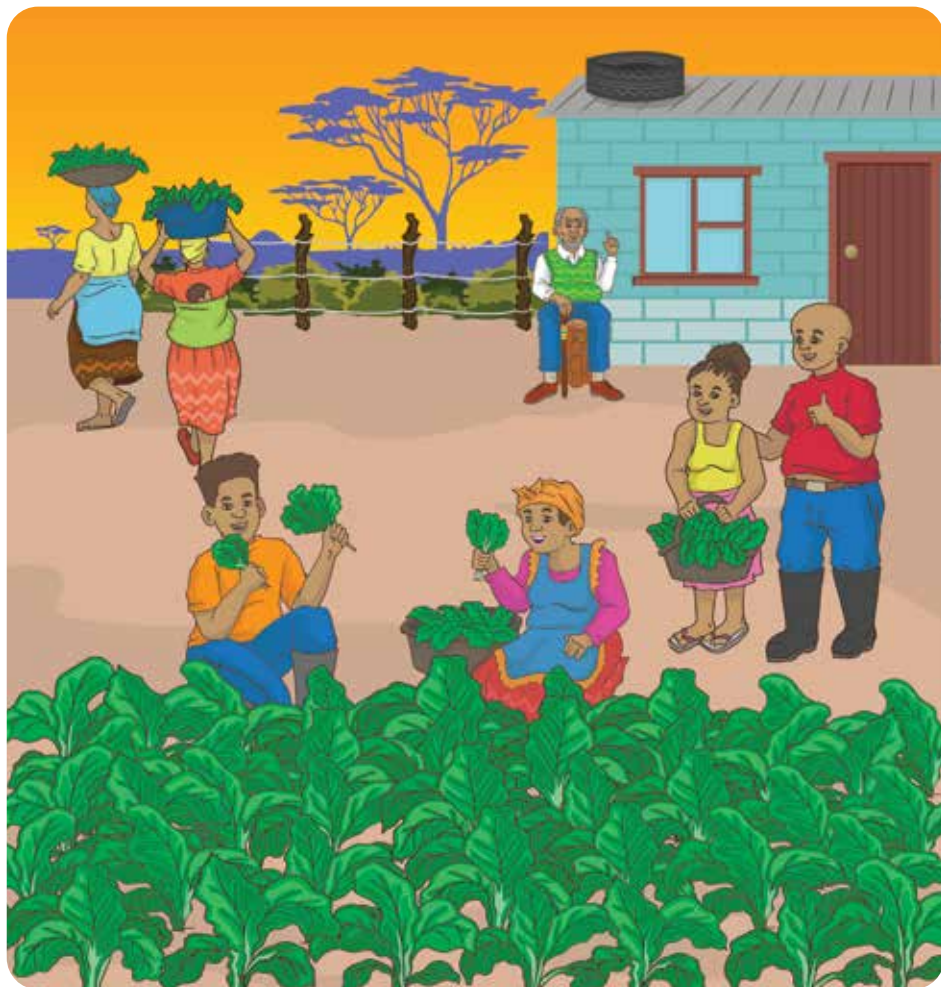
Amavithamini A – asiza ngokubona.

Amavithamini C – asizangokusekela indeni.

Amavithamini K1 – asiza ngokuvala igazi nawophako.

Amavithamini B9 – asiza ngokwakha inyama ethile emzimbeni.





Ngemva kweemveke ezisithandathu isipinatjhi besele silungele ukukhuwa. UMbalekwa noMbuso bakha isipinatjhi basinambitha nomndeni wabo. Babela nabomakhelwane.

Abesana be bathakasile. UMbuso wathokoza uMbalekwa ngelwazi amabele lona. Wathoma naye ukufunda nokurhubhulula ngemirorho neentlo ezihlukileko. UMbuso waba mngani omkhulu nebulungelo leencwadi.





## Readers

### Izinga le 1-2

- Isomiso
- UNunu noBobo
- Abokamisa
- Ingoka esibayeni!
- UBongi nesiswebu
- UKwazi noKwekwezi
- Amawele alisizo
- Abentazana nembuzi
- Qophelela, Phephe
- Lihloma lihlabile
- UThabiso nokubutha
- Asongeni amanzi!
- Ingakwazi ukuphapha?
- UNdumi ufuna ukupenda
- Iinhluthu Ezikulu
- UPhilani ulimele
- Ithabo eplasini!
- UMelusi ufumana isimanga!
- UNobuntu umatasatasa!
- Ibhaji itjhugulukile

### Izinga le 3

- UPhumi ojabulileko!
- Ubaba uzokubuya nini?
- Umlilo!
- Umulwana wezavukazana
- Angiyithandi imirorho!
- Abangani kibo boke ubujamo bezulu!
- Ithando lamawele
- Imidlhaji kaMonya
- Amanzi yoke indawo
- Irogo elihle
- Amanyathelo amatjha kaThobile
- Izungu lekosi likaNdlalifa
- UNtombi ubamba isela!
- UMoli namakerekere
- Umlimi uVele neenkhabu
- Amaqanda kaZodwa alahlekileko
- Isibhelani sikaKulani
- Umzombe wepilo
- UBuhle noThuthumbo
- Umdoko omnandi
- Isihlahla eselaphayo
- Isifiso sikaLindi siyafezeka
- Ukusiza ubamkhulu aphole
- UTjhudu ukwazi ukutjho isikhathi
- Umbono omuhle wakaHlelo
- Imbewu yesimanga
- Ikambiso yamaVenda
- Umdlali ophuma phambili
- Iinyosi
- Ibhulo elahlekileko
- Indandatho gerhawuda
- Ingwenya enelunga
- USazi uphethwe mathumbu
- Imihlobo yeenthuthi
- Iziphho

### Izinga le 4-5

- Ukunambitha ukudla kwesiVenda
- Ivakatjho lesiqhiwini seenlwana
- UGcina uzigcina aphilele!
- Umntazana okhaliphileko
- ISoweto
- Urhabele ini, Wenzile?
- Yikulu kimi!
- Isithomo esitjha
- Iinkunzi ziyazibuyisela
- Abesana abahlakaniphileko
- Ukuphilelwa
- Umthiji weemfesi
- Umulwana womgomani
- UMaVukuvuku idzinyani elinesibindi!
- Umraro engadini kagogo
- Ingathelo elihle
- Ibhudango lakaSizwile

**ZENEX**  
FOUNDATION

  
**MOLTENO**  
INSTITUTE FOR LANGUAGE AND LITERACY  
EST. 1974



Ulwazi Lwethu yiprojekthi esungulwe beyasekelwa ngeemali yiZenex Foundation ukwenza umlandelane weencwadi zokufunda zamagreyidi nokufundela ukuzithabisa ngamalimi we-Afrika neensetjenziswa zokusekela abotijhere. Le iprojekthi iqaliswe khulu ekufundiseni nekusekeleni abafundi besiGaba esisiSekelo ukuthuthukisa ukufunda nokuzwisisa ilimi labo lekhaya. Iincwadi zeendatjana lezi zitlolwe zisungulwe ngamalimi alithoba ngokubambisana kweMolteno Institute for Language and Literacies, iNelson Mandela Institute for Education and Rural Development, iRoom to Read South Africa neSaide. Zoke iinsetjenziswa zenziwe njengeensetjenziswa zefundo evulekileko (Open Education Resources / OER).

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