

Sesotho

Mohato

3c

Bashemane ba bohlae



Leah Sapi



Medumo

tsh, tjh

Poeletso

ng, nt

Bashemane ba bohale

Sesotho

Mohato: 3C

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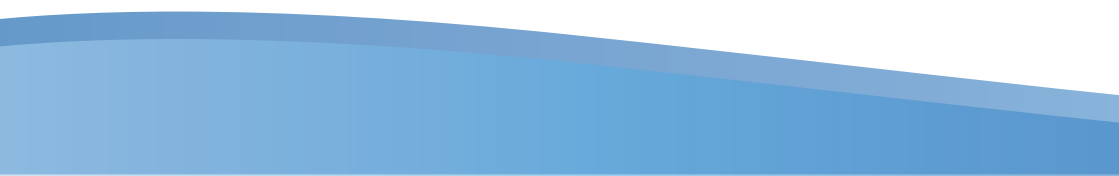
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Bashemane ba bohlale

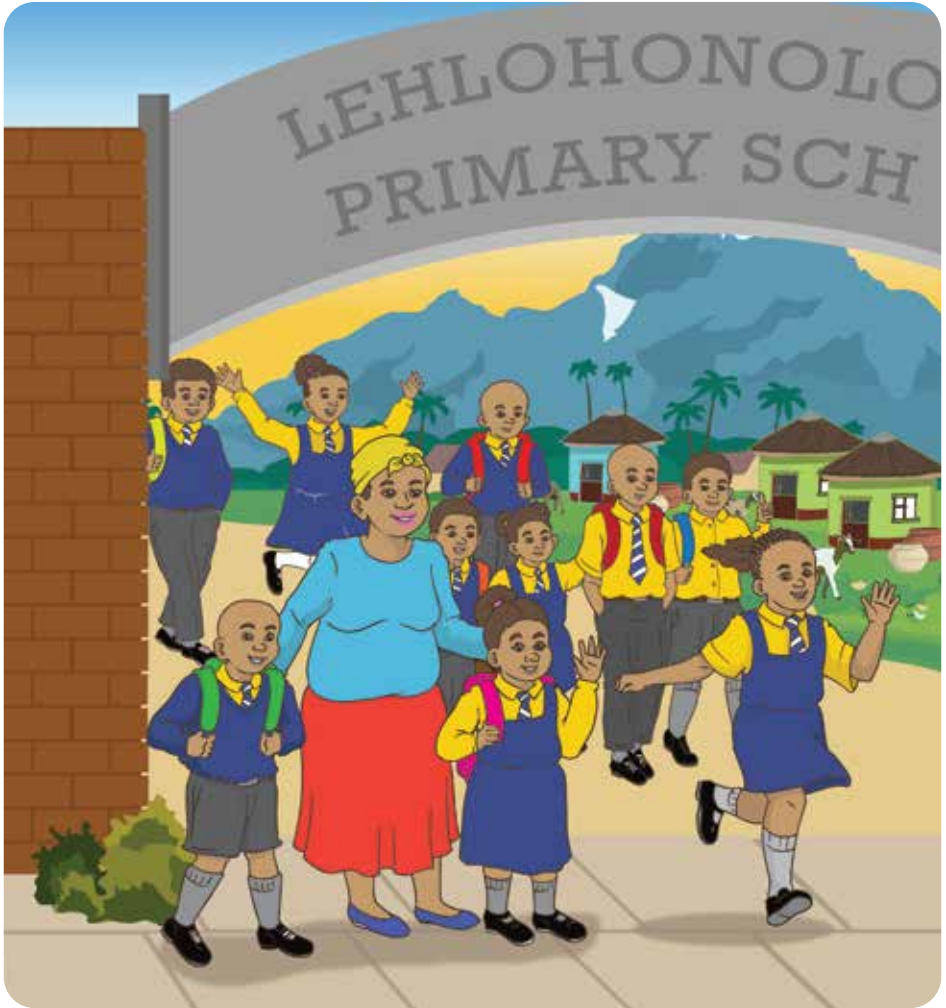


Leah Sapi

Tshepe ya sekolo e a lla.

Tshitso le Tshepiso ba mathela sekolong.

Ba nanarela moo ho rapellwang teng.





Thuto ya gompiano e ka ga go dira tshingwana ya merogo.

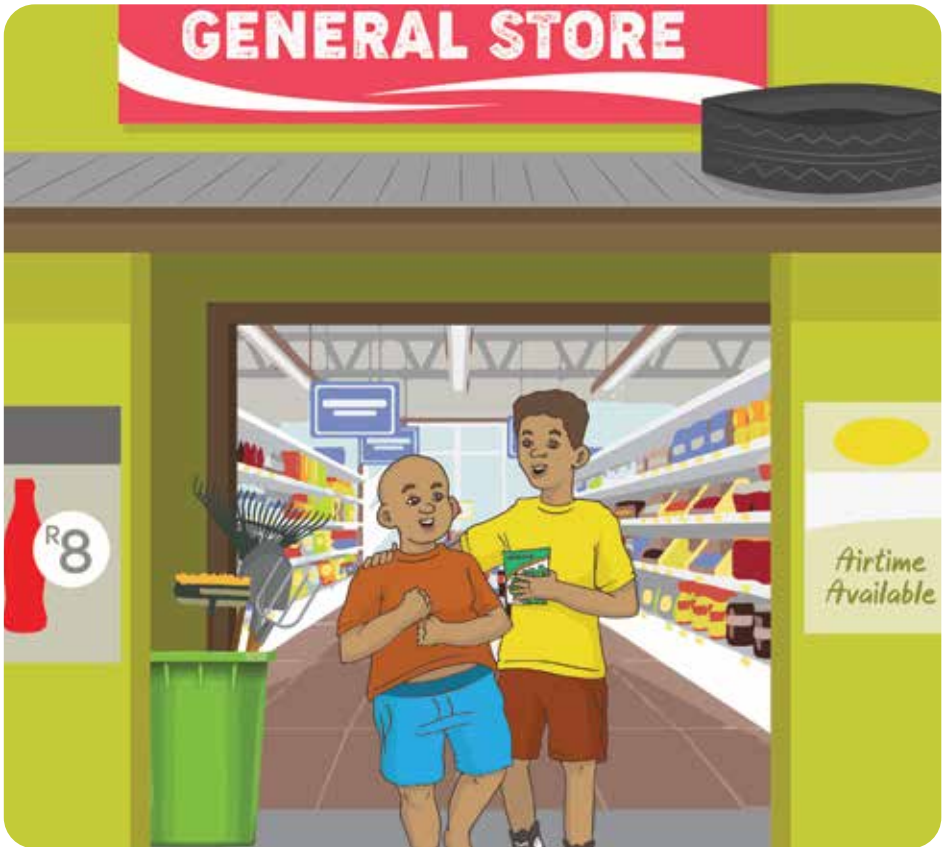
Tshepo o buisana le Tsholo ka go simolola tshingwana ya merogo. Tsholo a dumalana le Tshepo ka go jala sepinatšhe.

Ka Moqebelo ba makatsa ntemoholo ka ho tsoha ka meso.

Ba nka tjelete ya bona eo ba e bolokileng ho ntemoholo.

Ba mathela lebenkeleng.

Ba reka sephuthelwana sa peo ya sepinatjhe.





Tshitso le Tshepiso ba nka sejana sa kgale, ba tshela mobu le monontsha. Ba hasa peo ya sepinatjhe, ba tshela metsi letsatsi le letsatsi. Ka mora matsatsi a tsheletseng peo ya qala ho mela. Ba nka nete ba kgurumetsa dimelana ho thibela dinonyana.

Bashemane ba sheba sebaka sa ho etsa tshimo.

Ba kgotha, ba tshela monontsha, ba o kopanya le mobu.

Ba bula diforonyana, ba tshela metsi.





Ka mora dibeke tse pedi dimelana tsa be di hodile.

Bashemane ba jalolla dimelana.

Ba di jala ka diforwaneng.

Ba tshela metsi letsatsi le letsatsi thapama.

Dinonyana tsa ja dijalo tsa Tshitso le Tshepiso.

Ba bapalla tshimong ho leleka dinonyana.

Ha ba ile sekolong dinonyana di fumana sebaka sa ho ja dijalo tsa bona.





Tshepiso le Tshitso ba botsa ntemoholo maele.

Ba fuwa keletso ya hore ba etse setshosadinonyana.

Tshitso le Tshepiso ba sebedisa dithupa tse pedi, ba etsa sefapano.

Ba di tlama ka thapo.

Tshepiso le Tshitso ba apesa sefapano seo ka oborolo, katiba e kgolo le diphotha.

Ba beha setshosadinonyana sa bona ka hara tshimo. Ha moya o foka, matsoho a oborolo a ya hodimo le tlase. Sena sa etsa hore dinonyana di tshohe, di balehe.





Tshepiso le Tshitso ba leboha maele a ntemoholo. Ba babatsa setshosadinonyana sa bona.

Ba bolella metswalle ya bona ka sethosadinonyana.

Hona jwale ba bapala ka bolokolohi.

Bashemane ba etsa bonnete ba hore tshimo ya bona ha e na lehola. Ba tsumula dimelana tsohle tse sa batleheng ka tshimong.





Tshimo ya bona e a kgahlisa. Sepinatjhe ke se setalana.

Se kgahla mahlo a mofeta-ka-tsela.

Tshitso ha a phetse ho bua ka sepinatjhe sa bona.

“Ke ka lebaka la eng ha o rata sepinatjhe ka tsela ee? Ho botsa Tshepiso.

“Sepinatjhe se na le phepo. Re tshwanetse ho ja meroho ho fepa mebele ya rona.” Ho araba Tshitso.





“Na meroho kaofela e aha mmele?” Tshepiso a boela a botsa.

“Ho jwalo, feela meroho e fapana ka diaha mmele tsa yona.” Ho araba Tshitso.

Tshitso a se ke a fella moo. A bua ka diaha mmele tse ka hara sepinatjhe. Ka hara digeramo tse lekgolo tsa sepinatjhe ho na le:

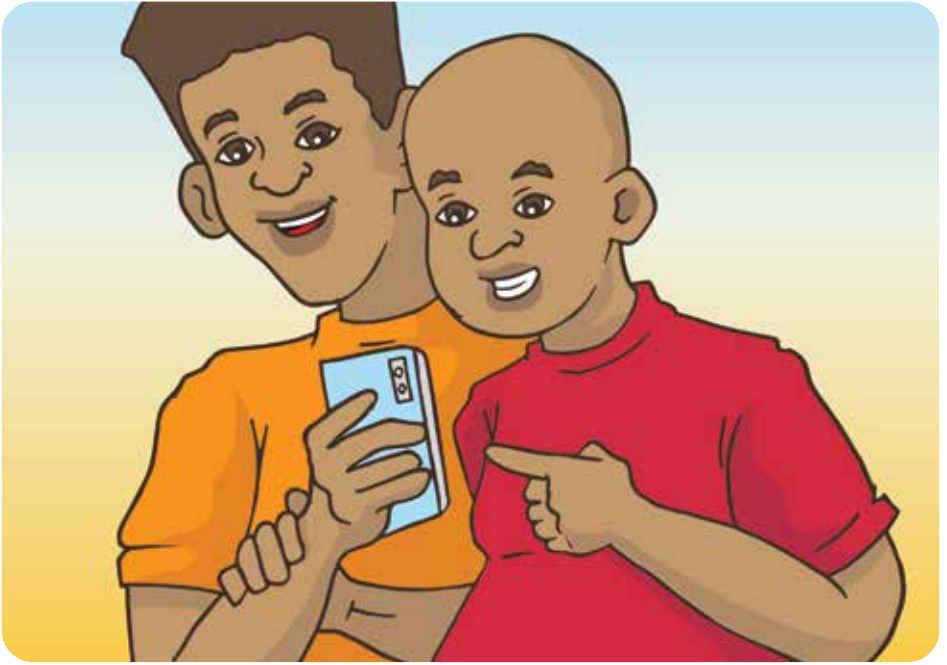
Metsi – 91%

Diporoteini – 2.9g

Tswekere – 0.4g

Mafura – 0.4g Jwalojwalo.





“Na ditaba tsee, o di nka kae?” Tshepiso o botsa ka ho makala. Tshitso yena ha a fellwe.

“Ke bala dibuka tseo ke di fumanang laeborari le tseo ke di fumanang ka marangrang mohaleng wa ka wa letheka.

Na o a tseba hore sepinatjhe se na le dibithamini le dimenerale tse bolokang mebele ya rona e matlafetse?” Ho botsa Tshitso.

Sepinatjhe se na le bithamini tse latelang:

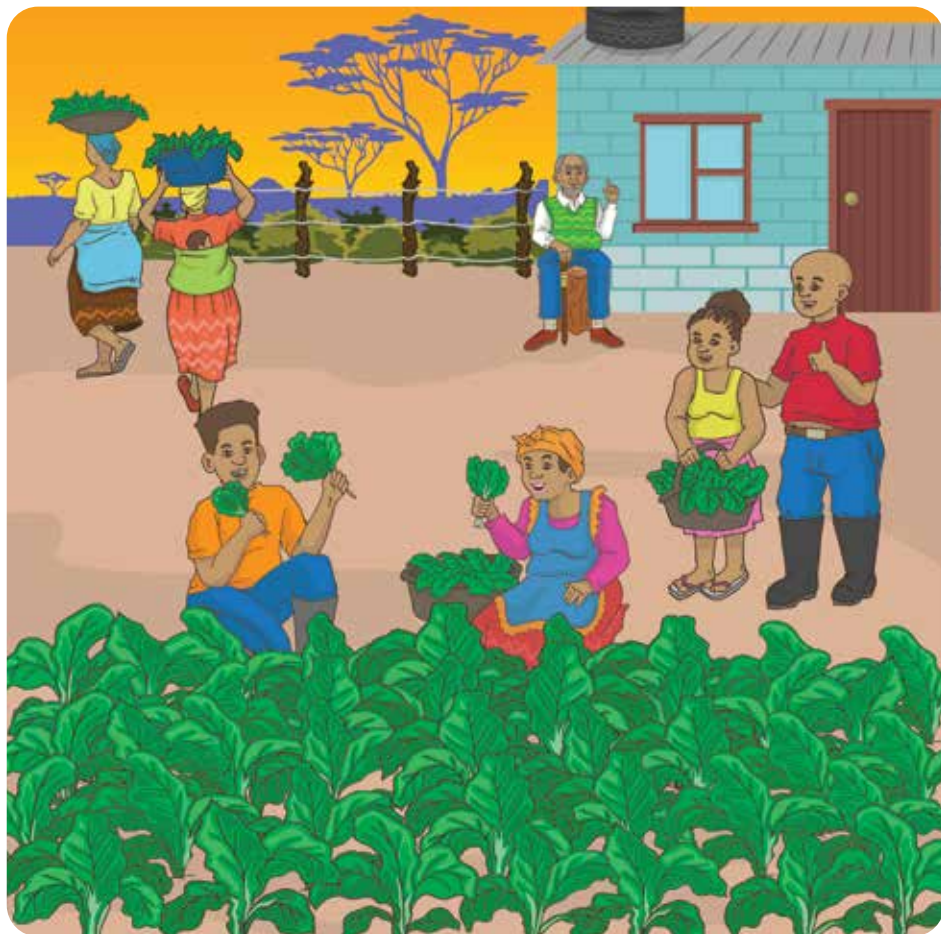
Bithamini A – e thusa mahlo.

Bithamini C – yona e thusa masole a mmele.

Bithamini K1 – e thusa ho thiba madi ha motho a lemetse.

Bithamini B9 – e thusa kgolo ya ditho tsa mmele.





Ka mora dibeke tse tsheletseng, sepinatjhe sa lokela ho ka kguwa.

Tshitso le Tshepiso ba kga, ba ja le ba lelapa.

Ba abela le baahisane

Bashemane ba thabile. Tshepiso a leboha Tshitso ka tlhahisoleseding eo a mo fileng yona. Le yena a qala ho bala le ho batlisisa ka meroho le ditholwana. Tshepiso a qala ho ba motswalle wa laeborari.





Readers

Mohato 1

- Eba bonolo, Malebo
- Sebati le sekgo
- Lamunu e bonolo
- Mollo
- Lebile o a emaema
- Paki o a penta
- Pokola
- Pula ya semaka
- Ho bala meropa
- Komello
- Banana ke Badisana
- Yuna o lemetse
- Noha!
- Lerato la Mohale le Serero
- Bana ba molemo
- Di ka fofa
- Sopo e monate
- Buji o a makala
- Moriri o moholo
- Jobe ha a robale
- Ba Polasing
- Ntate o kgutla neng?
- Lerato la Mawelana
- Jase e Fetohile

Mohato 2

- Mosebetsi o sekono
- Ha re bolokeng metsi
- Metsi ka mona le ka mona
- Monyai wa mathaithai
- Mose o mebalabala
- Shibelane sa Tingyiko
- Lesale la Gauta
- Tatso ya dijo tsa Setso
- Dieta tsa Mokgadi
- Sebapadi sa maemo
- Bula, kwala, ho tswelle
- Tjekatjeka mosetsana wa Sengangele
- Leano le letle la Mmusu
- Bolo e nyametse
- Dimpho
- Mathata serapaneng sa Nkgono

Mohato 3

- Monate wa Lesheleshele
- Molemi, Morwesi le digkabo
- Bophelo ba sehohwana
- Manwa le ditlalebore
- Setlhare sa phodiso
- Kwena e lonya
- Motswako o Molemo
- Mothei wa dithapi
- Seromo wa Mohale
- Ha ke rate meroho
- Dipoho di a iphetetsa
- Di kgolo ho nna
- Ngwanana ya bohlale
- Mefuta ya dipalangwang
- Seeta se setle
- Dinotshi
- Bashemane ba bohlale
- Phetoho e ntjha
- Lefu la sefuba
- a Hlobaela
- Setswalle sa Nnete

Mohato 4

- Phatso o thabile
- Ba a bapala
- Mookodi wa Lerato
- Mokgohlane wa Dikolobe
- Toro ya Maama e a phethahala
- Palesa o tshwara leshodu
- Tlwaelo ya ho phela ya BaVenda
- Pule o phela bophelo bo botle!
- Ntate, molaodi wa serapa sa diphoofolo

Mohato 5

- Mahe a Senwelo a siyo
- Mama Afrika, Miriam Makeba
- Ho thusa Ntatemoholo ho Fola
- Nkodi o tseba nako
- Peo ya mohlolo.
- Re etela serapa sa diphoofolo.
- Difate tsa Afrika Borwa
- Toro ya Makgwadi

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MOLTENO
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EST. 1974



Ulwazi Lwetho e tshehetswa ka ditjhelete ke Zenex Foundation ho thakgola projeke ya ho hlahisa letoto la dibuka ka dipuo tsa Se-Afrika tse hlophisitsweng ka mekgahlelo bakeng sa baithuti le dithusathuto ho barutabana. Projeke ena e tobile ho ruta le ho ntlafatsa ho bala le ho utlwisisa puo ya lapeng ya barutwana dihlopheng tse tlase tsa motheo (Foundation Phase). Dibuka di qapilwe ka dipuo tse robong tsa Se-Afrika ka kopanelo le Molteno Institute for Language and Literacies, Nelson Mandela Institute for Education and Rural Development, Room to Read South Africa, and Saide. Mehlopi yohle e hlahisitswe e le “Open Education Resources” (OER).

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