

Tshivenda

Luṭa

5B

Vhatukana vha vhaṭali



Leah Sapi



**Itani vhungoho ha uri ni kona u vhalo maipfhi a tevhelaho
eletshedzwa, magammbutswu, khwaṭhisedza, khwaṭhisa**

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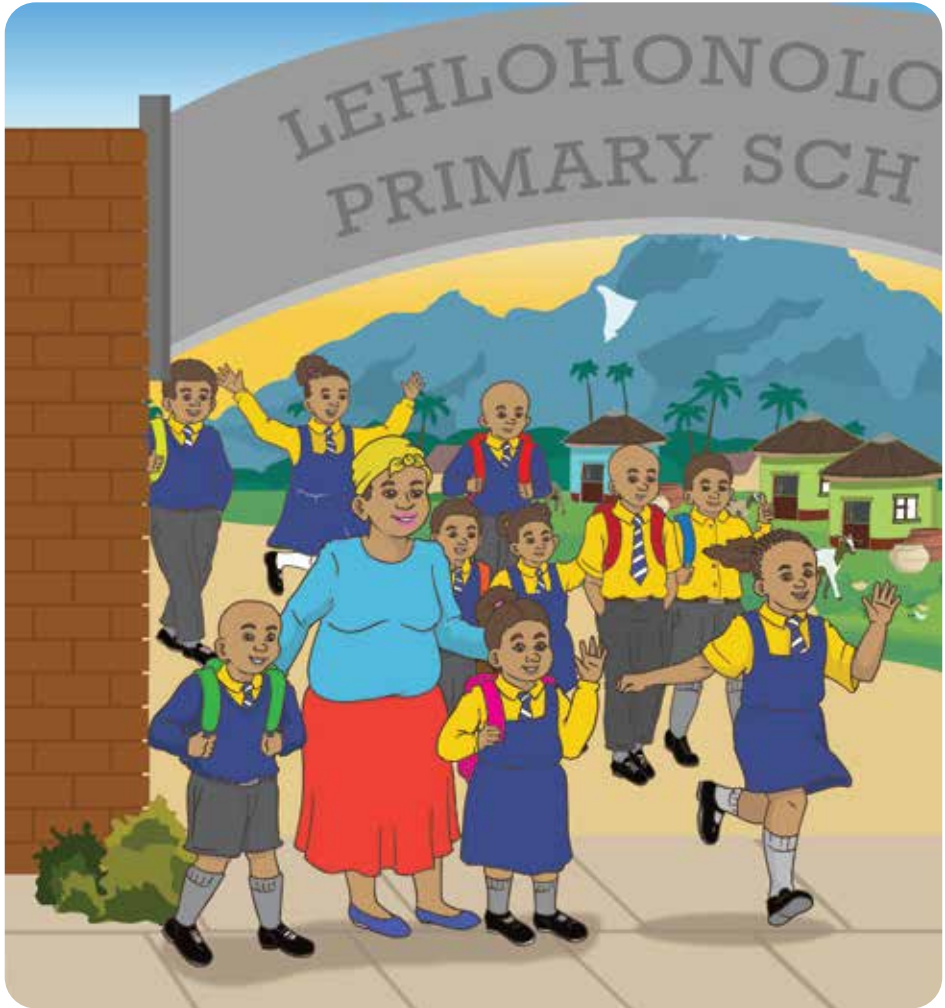
Nzanzanyo ya khaṅṅiso ya u thoma 2023.

Vhatukana vha vhatali



Leah Sapi

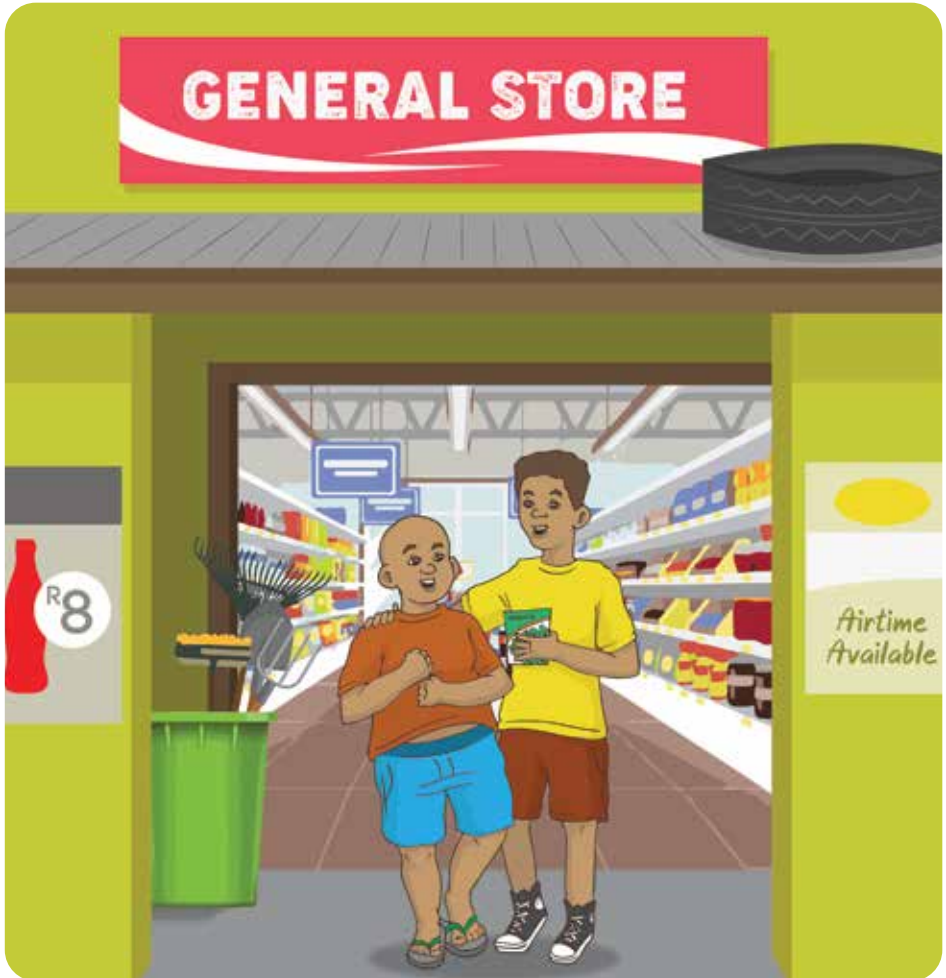
Bele ya tshikolo i khou lila. Marubini na Sundani vha khou gidima nga luvhilo. Vha khou ya tshikoloni.





Pfhunzo ya namusi yo vha i nga ha ngade ya miroho. Marubini na Sundani vho haseledza nga ha u thoma ngade ya miroho. Vho tendelana kha u tavha tshipinashi.

Nga mugivhela vho mangadza makhulu nge vha tshanya u vuwa. Vho dzhia tshede ye vha vha vho i farisa makhulu. Vha gidimela vhengeleni u renga buto la mbeu dza tshipinashi.





Marubini na Sundani vho dzhia tshigodelo tsha kale vha tshi shela mavu o ṭanganyiswa na manyoro. Nga murahu, vha vhea mbeu dza tshipinashi. Vho sheledza mbeu ḍuvha na ḍuvha. Nga murahu ha ma ḍuvha a rathi dza thoma u aluwa. Vha vala tshigodelo nga mambule uri zwimela zwi tsireledzee kha zwiṅoni.

Vhatukana vha sedza fhethu ha u itela ngade.
Vha hu kunakisa, vha shela manyoro a dangani khathihi na u a tanganyisa na mavu.
Vha ita zwidindi na u sheledza mavu.





Nga murahu ha vhege mbili mbeu dzo vha dzo no aluwa vhukuma. Vho mbo ɔi dzi bvisa kha tshigodelo vha dzi ɔavha kha zwidindi. Vha sheledza ngade nga masiari.

Marubini na Sundani, vha na thaidzo ya zwiṅoni zwine zwa khou ḽa zwimela zwavho.

Vho tambela tsini na ngade uri vha thathe zwiṅoni. Musi vho ya tshikoloni, zwiṅoni zwo vha zwi tshi wana tshikhala tsha u ḽa zwimela zwavho.





Marubini na Sundani vho humbela makhulu wavho tsivhudzo. Vho eletshedzwa uri vha ite tshifanyiso tshi edzaho muthu. Vho shumisa thanda mbili u ita tshifhambano. Vha dzi vhofha nga thambo.

Sundani na Marubini vha ambadza tshifhambano suthu ya u shuma, muñadzi na magammbutswu. Nga murahu vha fhedza vha vhea tshifanyiso tshi edzaho muthu ngadeni. Musi hu na muya, zwanḁa zwa suthu ya u shuma zwa ya nḁha na fhasi. Zwiḁoni zwa vhona u nga ndi munna ane a khou zwi pandamedza.





Marubini na Sundani vha livhuwa makhulu kha u vha eletshedza. Vha vhudza khonani dzavho nga ha tshifanyiso tshi edzaho muthu. Zwino vha do tamba vha si na nyofho.

Vhatukana vho khwathisedza uri a hu na tsheṅe ngadeni yavho. Vho bvisa tshimela tshiṅwe na tshiṅwe tshine tsha mela ngadeni yavho.





Ngade yavho yo vha yo nakesa.

Tshipinashi tshavho tsho vha tshi tshidala.
Tsho vha tshi kunga vhathu vho no fhira nga
bada.

Marubini ha imi u amba nga tshipinashi tshavho.

“Ndi ngani ni tshi funesa tshipinashi nga maanḁa?” hu vhudzisa Sundani.

“Tshipinashi tsho lugela mivhili yashu. Ri tea u ḁa miroho u itela uri mivhili yashu i vhe na mutakalo,” hu fhindula Marubini.





“Miroho yothe i na mutakalo kha mivhili yashu naa?” Sundani a isa phanda na u vhudzisa.

“Zwo ralo, fhedzi pfhushi dzayo dzi a fhambana,” hu fhindula Marubini.

Marubini ho ngo guma henefho. A amba nga ha dzipfhushi dzine dza wanala kha tshipinashi.

Kha tshipinashi tshiñwe na tshiñwe tsha 100g hu wanala zwi tevhelaho:

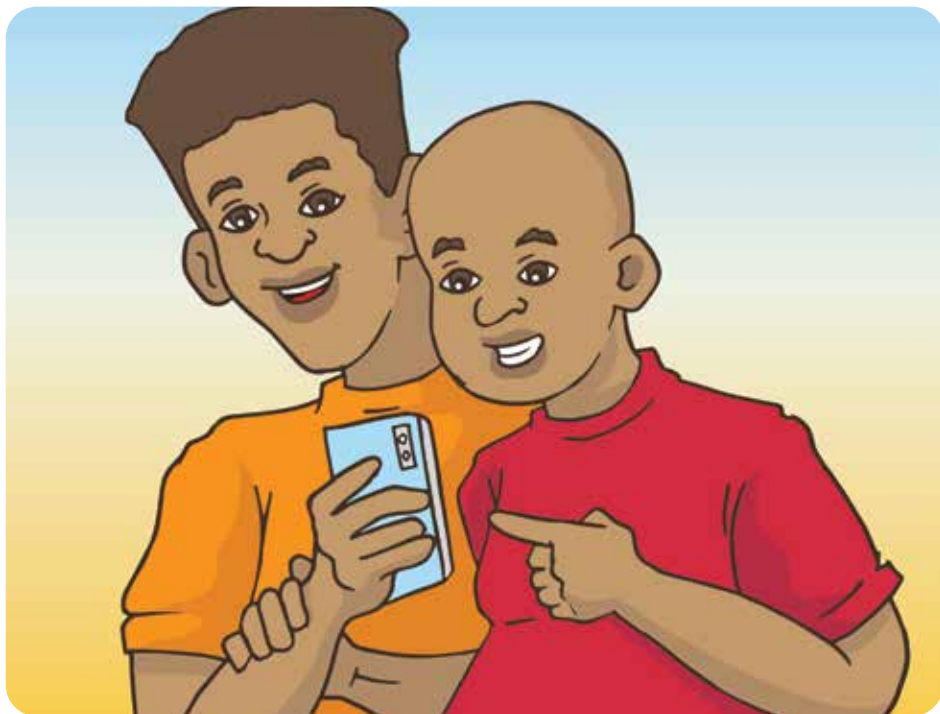
Mađi – 91%

Phurotheini – 2.9g

Swigiri – 0.4g

Mapfhura – 0.4g na zwiñwe.





Zwino Sundani o mangalesa.

“Ni a wana ngafhi aya mafhungo othe?”

“Ndi vhala bugu dza laiburari na u shumisa Google kha lufingo lwanga.” Marubini u tshe na zwinzhi zwine a tea u talutshedza. “No vha ni tshi zwi divha uri tshipinashi tshi na vithamini na mineraḽa dzine dza ita uri mivhili yashu i vhe na mutakalo?” hu vhudzisa Marubini.

Vithamini dzi tevhelaho dzi wanala kha tshipinashi.

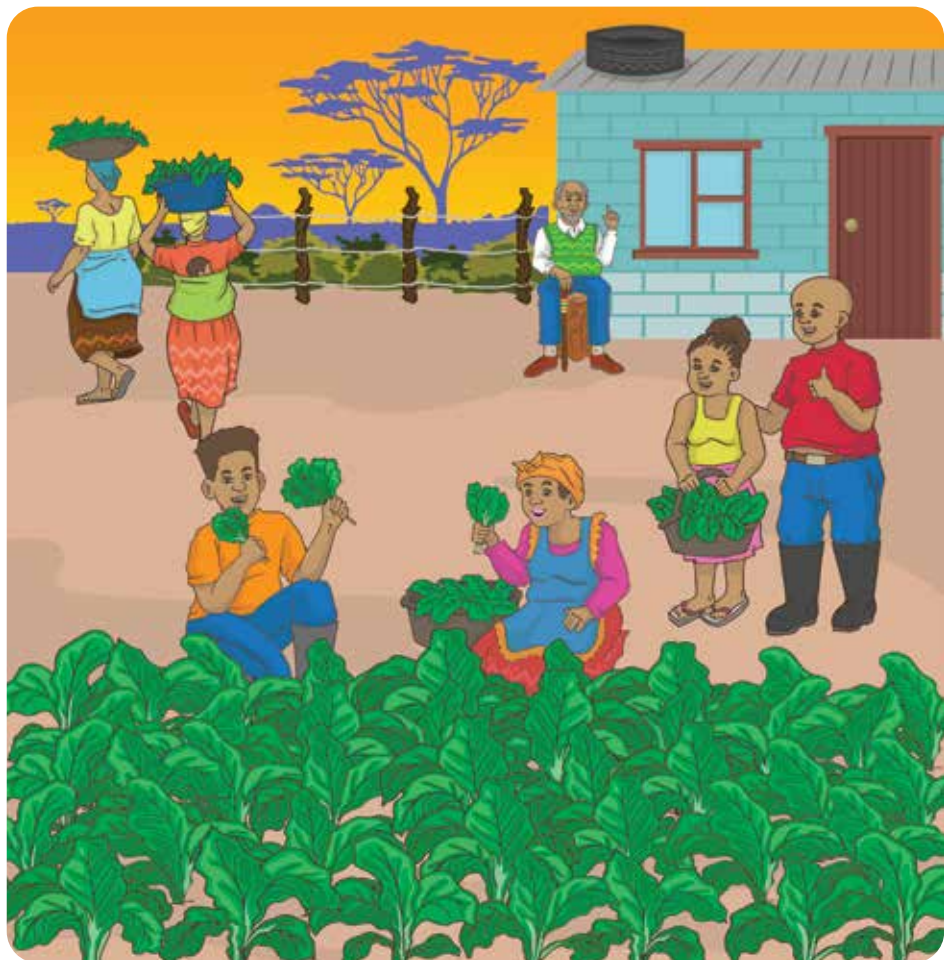
Vithamini A – i thusa kha u vhona.

Vithamini C – i thusa u khwaṭhisa muvhili.

Vithamini K1 – i thusa u imisa malofha musi a tshi khou nzuruma.

Vithamini B9 – i alusa dzitsikila.





Nga murahu ha vhege tharu tshipinashi tsho vha tsho lugela u kiwa.

Marubini na Sundani vho ka tshipinashi, vha ḍi phīṅa na mīṅa yavho. Vho dovha vha kovhekana na vhadzulatsini.

Vhatukana vho takala. Sundani o livhuwa Marubini nga ha mafhungo othe e a mu vhudza. O dovha a thoma u vhala na u ita thodisiso ya nga ha miroho yo fhambanaho.

Sundani o mbo di vha khonani ya laiburari.





Readers

Luĵa 1-2

- Donngi ya Khuliso
- Nunu na Bobi
- Ļiŋowa!
- Muma, aĵama, pfhala!
- Zwivhuya u funa u kunakisa!
- Ngele na Ngudo vha a thusa
- A hu na maĵi
- Tshi a kona u fhufha?
- Mulilo!
- Mavhudzi mahulu
- Ťali na buvhi
- Muoli Marubini!
- Thuso o mangala!
- Baba vha ĵo vhuya lini?
- Phumu o takalaho!
- Mvulatshikolela!
- Thendo na Thiambi
- Kha ri vhulunge maĵi
- Ťhama o farakanea!
- Vha bulasini
- Ivhani na vhulenda, Thabelo
- Swobo ya u ĵifhelela
- Vhasidzana na mbudzi

Luĵa 3

- Badzhi yo shandukisiwaho
- Dzikhonani kha miŧsho yoŧhe!
- A thi funi miroho!
- Mulimi Vho Vele na dziŧhoho
- Tshilidzi o huvhala
- Maĵi! Maĵi!
- Lufuno lwa malwelavanda
- Zwienda zwiswa zwa Pfhano
- Mathaitŧhai a Lwalwa
- Riphuluse o fara mbava!
- Muĵa u ŧhogomelaho
- Musengavhadzimu wa Farisani
- Mutevheŧhaĵu wa vhutshilo ha tshiĵula
- Vhulwadze ha dzinguluvhe
- U ŧhetshela zwiŧwiwa zwa Tshivenda
- Makumba o nyamalalaho a Vuvu
- Luĵamo lwa Nwasundani lwo bevedzea
- Aĵivhaho na Aĵaho
- Moli na zwithuthubi
- Tshibeĵani tsha Kulani
- Maitele a Vhavana
- Mukapu wa u ĵifha
- Mushonga wa u fhodza
- Nŋotshi
- Vhuĵolo ha dzimbeu
- Muhumbulo wavhuĵi wa Tseisano
- Bola yo xelaho
- Wanga u ĵivha tshifhinga
- Ni ŧavhanyela mini, Wandeme?
- Ngweŋa i sa londi
- Muĵambi makone
- Zwifhiwa

Luĵa 4-5

- Rinngi ya musuku
- Lwendo lwa u ya vhugalaphukha
- Muvhuya u londola mutakalo zwavhuĵi!
- Mulimisi o fariwa nga mala
- Soweto
- Tshaka dza zwiendedzi
- Mathoma maswa
- Ndifhedzo ya bulu
- Musidzana wa vhuĵali
- Zwo hulesa kha nŋe!
- Vhatukana vha vhaĵali
- Vhulwadze ha mukhushwane
- Murei wa khovhe
- Thaidzo ngadeni ya makhulu
- Vhusiku vhu si na khofhe
- Ťhangaŧhanganyo tshi sa ofhiho!
- Tshienda tshavhuĵi
- Muĵoro wa Sedzani

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