

Yo vusuludzwa,
i tevhedza CAPS

Gireidi ya

2



Zwikili zwa Vhutshilo
nga Tshivenda

Bugu ya 1 – Themo 1 & 2



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LIFESKILLS IN TSHIVENDA
GRADE 2 – BOOK 1
TERMS 1&2

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Vho Angie Motshekga
Minista wa Muhasho wa
Pfunzo ya Muteo



Vho Dr Reginah Mhaule
Muthusaminista wa Pfunzo
ya Muteo

Bugu idzi dzo ḽwalelwa vhana vha Afrika Tshipembe, mushumo wa hone wo rangiwa phanda nga Minista wa Pfunzo ya Muteo, Vho Angie Motshekga na Muthusaminista wa Pfunzo ya Muteo, Vho Dr Reginah Mhaule.

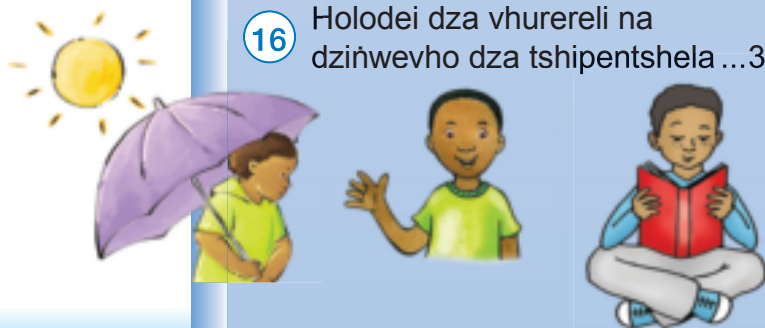
Bugu dza mishumo dza Rainbow ndi tshipiḽa tsha zwe Muhasho wa Pfunzo ya Muteo wa ita zwa u khwi ḽisa vhukoni ha vhagudi vha Afrika Tshipembe vha gireidi dza rathi dza u ranga. Sa tshiḽwe tsha zwithu zwiḽulwane zwa Pulanetshumisi ya Muvhuso, thandela iyi yo konadzea nge ya lambedzwa lu sa vhudziswi nga Muhasho wa Gwama ḽa Lushaka.

Hezwi zwo ita uri Muhasho u kone u bvedza bugu idzi, dzi kha nyambo dzoṭhe dza tshiofisi, dzi tshi waniwa mahala.

Ri na fulufhelo ḽa uri bugu idzi dzi ḽo thusa vhadededzi (vhagudisi) mushumoni wavho wa u funza wa ḽuvha ḽiḽwe na ḽiḽwe khathihi na u vha na vhuṭanzi uri vha khunyeledze kharikhulamu yoṭhe. Ro ita nga vhuronwane uri ri sumbedze ḽḽila vhadededzi kha nyito nge ra shumisa aikhoni dzi no sumbedza uri mugudi u tea u ita zwifhio.

Ri na fulufhelo ḽi no bva ḽi mbiluni uri vhana vha ḽo ḽiphi ḽa nga u shumisa bugu idzi zwenezwi vha tshi khou aluwa na u guda, khathihi na uri na vhonevho, sa mudededzi, vha ḽo ḽiphi ḽa na vhana avha.

Ri ri kha vhone na vhagudi vhavho, ngavhe zwi tshi vha nakela musi vha tshi shumisa bugu idzi. Zwi pfumbe.





Gireidi ya

2



Zwikili zwa Vhutshilo
nga TSHIVENDA
Bugu ya I



Bugu iyi ndi ya:





1

Ri tōda zwīliwa zwi re na mutakalo uri ri kone u tshila

Themo ya I – Vhege ya I – Bammbiri ja u shumela ja



Kha ri vhale

Mivhili yashu i tōda zwīliwa zwi re na mutakalo u itela uri ri kone u aluwa. Ri tea u ja zwīliwa zwi no bva kha zwigwada zwothe zwa zwīliwa duvha linwe na linwe. Ri tea u ja zwīliwa zwi re na mutakalo u itela uri ri vhe na mafulufulu a u ita zwothe zwine ra tea u ita. Arali ri sa li zwīliwa zwi re na mutakalo, ri do lwala.

Zwigwada zwiṭanu zwa zwīliwa

Thoro na
zwibveledzwa
zwa thoro

Miroho na mitshelo



Vhaṅwe vhathu vha ja miroho fhedzi. Zwi amba uri a vha li nama na luthihi. Vha ja zwi no wela fhasi ha zwiṭa zwigwada zwiṅwe zwiṅa (4) zwa zwīliwa.

Nama,
khovhe,
ya zwamabesu,
thebvu na nawa

Mapfura na oli (ole)

Zwibveledzwa
zwa mafhi

2

Duvha:





Kha ri ite nyito

Ambani na khonani yaṅu uri ndi zwiḥio kha zwiḽiwa izwi zwi re na mutakalo ngomu. Zwi tangedzeleni.



Kha ri ṅwale

Ḑiiteni u nga ni khou ya mavhengeleni na mme aṅu ni tshi yo renga zwiḽiwa zwa tshilalelo. ṅwalani mutevhe wa zwiḽiwa zwi re na mutakalo zwine vha haṅu vha ḑo ḽa.

MUTEVHE WA ZWIENGWA





2

Mađi a ri ņea vhutshilo

Themo ya 1 – Vhege ya 1 – Bammbiri ĵa u shumela ĵa



Kha ri ambe

Ndi nga mini ri tshi lila mađi?
Vhathu, zwimela na zwipuka vha
tođa mađi uri vha kone u tshila.
Mađi a tshimbidza zwiliwa zwine ra
ĵa kha zwipiđa zwo f'hambananaho
zwa mivhili yashu. A dovha a
thusa kha uri mivhili yashu i bwise
malatwa.



Kha ri ite nyito

Ri shumisa mađi đuvha ĵinwe na ĵinwe miđini yashu. Vhudzani
khonani yaŋu nga zwithu zwoťhe zwine zwa ni đela muhumbuloni
zwine mađi a shuma khazwo. Ni kone u ola zwifanyiso 4 zwi no
sumbedza uri ri shumisa mađi nga ndilade. Nwalani maipf i nga
ntħa ha tshifanyiso tshinwe na tshinwe a no ŧalutshedza uri
tshifanyiso itsho tshi amba nga mini.

Blank writing box with a pink border.

Blank writing box with a green border.

Blank writing box with a purple border.

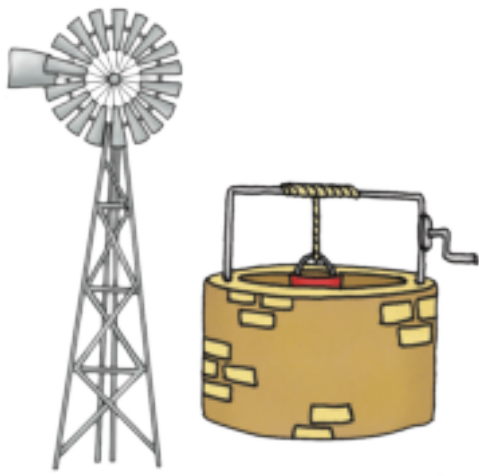
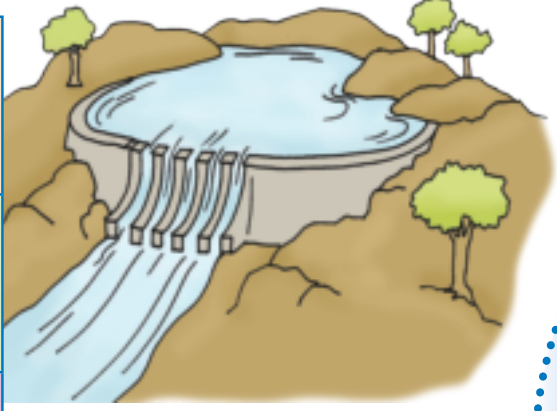


Blank writing box with a red border.





Kha ri n̄wale

Maḍi ri a wana ngafhi? Talani mutalo ni tshi tuma ipfi linwe na linwe na tshifanyiso tshone.

	tshisimani	
	tshipelupelu	
	mulamboni	
	damuni	
	gwedzhoni (bidzini)	



Bvelani n̄nda

Musi ni sa athu u ya n̄nda u ya u ita n̄dowendowe, thomani ni onyolowe sa tshimange. Hezwi zwi ḍo ni thusa uri muvhili u si konde u t̄haramuwa. Ni dovhe ni onyolowe hafhu musu no no fhedza n̄dowendowe u itela u ḍigeda na u femuluwa. Hezwi zwi ḍo ni thusa uri misipha i si vhavhe nga murahu.

- Thamuwani sa tshidula. Itani miungo ya zwidula.
- Posanani bola kana tshisagana tsha n̄awa. I gavheni.
- Ni kone u posa bola kana tshisagana tsha n̄awa muyani ni gavhe.
- Tengenedzani tshisagana tsha n̄awa kha t̄thoho ni ite mbambe ya u hwenya ni na khonani yanu. Wanani uri ni nga kona u tengenedza tshisagana tsha n̄awa tshifhinga tshingafhani.





3

Ri vhulunga maḍi

Themo ya 1 – Vhege ya 2 – Bammberi ḵa u shumela ḵa



Kha ri ambe

Maḍi ndi tshithu tshihulwane, ri songo a tambisa. Ambani na khonani dzaḅu nga ḅḵila dzo fhambananaho dzine ra nga vhulunga maḍi ngadzo.



Kha ri ḅwale

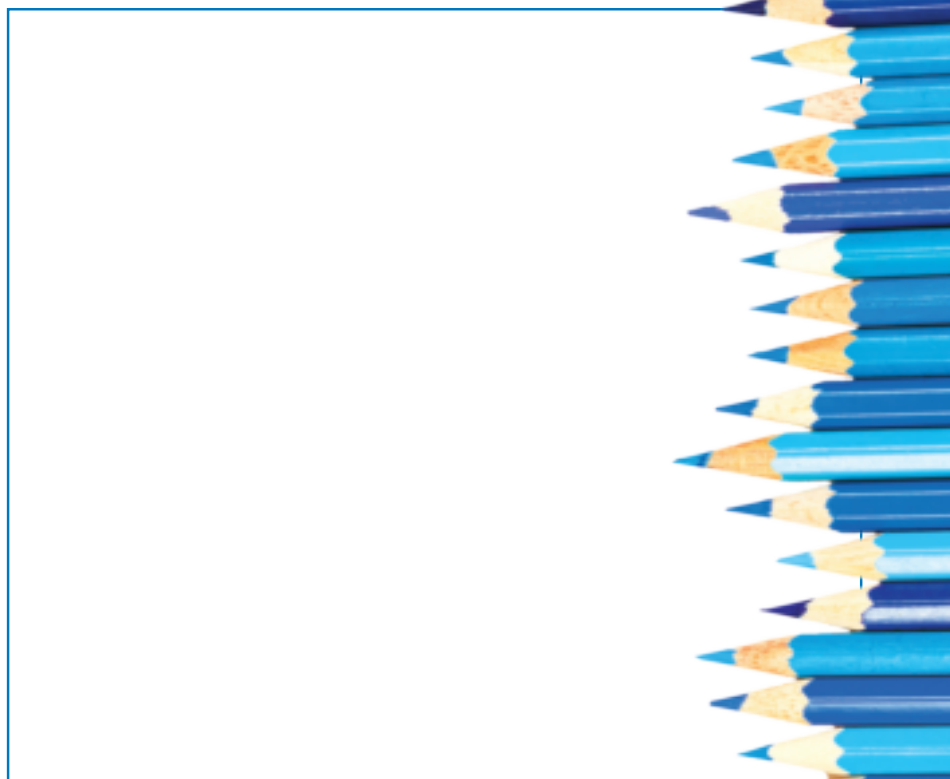
Zwikhalani zwi re aḵho fhasi ḅwalani mihumbulo mivhili ya u vhulunga maḍi.

1. _____
- _____
2. _____
- _____



Kha ri ite nyito

Shumisani khirayoni dzaḅu kha u ita phosiḵara ya makolokolo i no amba nga u vhulunga maḍi. Phosiḵara yaḅu i tea u tuḵuwedza vharwe uri vha vhulunge maḍi. Musi no no ita phosiḵara yaḅu, i sumbedzeni khonani dzaḅu.





Bvelani nnda

Kha ri tambe mutambo wa "Ndi tshifhingade, Vho Phele?"

Muñwe wa vhoiwe u do vha phele.

Sielisanani u vhudzisa uri Ndi tshifhingade, Vho Phele?

Tshifhinga tshothe musu no no vhudzisa, Vho Phele vha ambe tshifhinga.

Fhedziha, arali Vho Phele vha ri "ndi tshiswitulo!" vha do mbo di ni pandamedza. Ni tea uri ni shavhe vha sa a thu ni fara.



Wanani hupu ya u tamba ngayo.

Inwi na khonani yanu ni fanela u sielisana u pfuka hupu iyi, ni thoma nga u pfuka ni tshi tou tshimbila ha da u pfuka ni tshi tshimbila nga zwanda.

Farani hupu yo tou ima ngeno khonani yanu a tshi khou sera vhukati hayo. Sielisani u tamba ngaurali.



Tsha u fhedza, ni kha zwigwada zwa vhanavhana, itani ndowendowe ya mutshino wa sialala wa Afrika Tshipembe ni u fanele vhanwe.

Mugudisi:
Tsaino:
Duvha:





4

Mufhe wo kunaho u ri fha mafulufulu

Themo ya 1 – Vhege ya 2 – Bammberi ja u shumela ja



Kha ri vhale

Mufhe une ra fema u na okisidzheni. Hezwi zwi thusa mivhili yashu uri i shumise zwiliwa zwe ra ja. Zwa ita uri ri wane mafulufulu kana maanda a u tshila. Musi ri tshi fema mufhe wo tshikaf hadzwaho, mivhili yashu a i koni u shuma zwavhudi.



Kha ri riwale

Dzulani na khonani ya nu. Vhuvhili ha nu, fhedzisani mafhungo a re afho fhasi:

Ndi tea u wana mufhe wo kunaho ngauri

Musi mufhe u na tshika

Mufhe u vha na tshika musu

Zwine ra nga ita u itela uri mufhe u dzule wo kuna:

1. _____

2. _____



Kha ri vhale

Vhathu vha t^oda masana u itela uri vha dzule vhe na mutakalo wavhudi. Masana a thusa mivhili yashu kha u sika Vithamini D. Ri a i shumisa kha u fha^ta marambo o khwa^thaho.

Masana a kalula a a dina. Ri nga swa lu no vhavha. Ni tea u shumisa zwi^dolo zwa philamasana na u ambara muⁿadzi u itela u tsireledza lukanda kha vhuhali ha ^duvha.



Kha ri riwale

Dadzani zwickhala zwi tevhelaho:

Ndi nga ^ditsireledza kha u kalula ha masana arali nda nga:

1. _____
2. _____
3. _____



Kha ri imbe

Imbani luimbo ulu ni vhandele zwan^da mudivhitho walwo.



Ni tea u shumisa zwi^dolo zwa philamasana na u ambara muⁿadzi u itela u tsireledza lukanda kha vhuhali ha ^duvha.



Tsingandedede, honyana
 Ri ya murohoni, honyana
 Masana a a ^difha, honyana
 Tsingandedede, honyana
 Ri ya mugeroni honyana
 Kud^u uvha kwo bva, honyana
 Tsingandedede, honyana
 Ri ya khunini, honyana
 Ri ^do t^u avhela ^duvha, honyana





Nne na vhanwe

5

Themo ya 1 – Vhege ya 3 – Bammiri ja u shumela ja



Kha ri ambe

Rothe ri na khonani dza mbiluni. Ni zwi divha hani uri muthu ndi khonani yanu ya mbiluni?



Kha ri nwale

Kha tshikhala tshi re afho fhasi, nwalani zwithu zwi no ita uri muthu a vhe khonani ya mbiluni.

1. _____
2. _____
3. _____
4. _____



Kha ri nwale

Elekanyani nga mbudziso idzi ni kone u nwala phindulo dzanu.

Ni na khonani nngana?
Khonani yanu ya mbiluni u pfi nnyi?
Ni na tshifhinga tshingafhani ni dzikhonani?
Ndi zwi fhio zwa tshipentshela zwine khonani yanu a vha nazwo?



Kha ri ambe

Dzulani na khonani yanu ni ambe nga zwitatamennde hezwi. Dzhenisani thiki (✓) afho tshibogisini arali zwi zwone, na tshifhambano (✗) arali zwi si zwone.

Mutevhemu[^]tolavhukonani

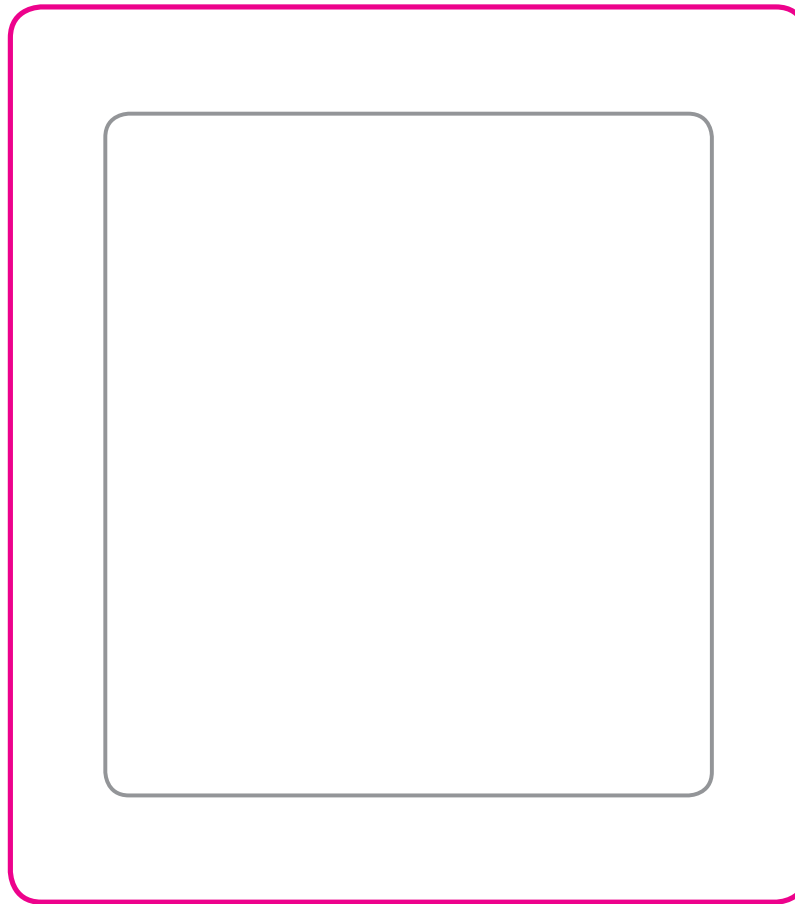
Dzhenisani ✓ kana ✗

Khonani yanga i a mmbavhalela.	
Khonani yanga i a nthusa.	
Ndi kovhekana zwithu na khonani yanga.	
Khonani yanga ha lwi na nne.	



Kha ri ite nyito

Elekanyani nga tshithu tshine na nga ita u itela uri khonani yanu a pfe e wa tshipentshela. Ni kone u ola tshifanyiso tsha hone kha fureme. Ni elelelwe u khavhisa fureme ya tshifanyiso. Musi no no fhedza, ambani nga mivhala yo dzikaho na i rindidzaho ye na i shumisa tshifanyisoni tshanu.



Kha ri n'wale

Nwalani mafhungo mavhili nga tshifanyiso tshanu.



Mugudisi:
Tsaino:
Duvha:





6

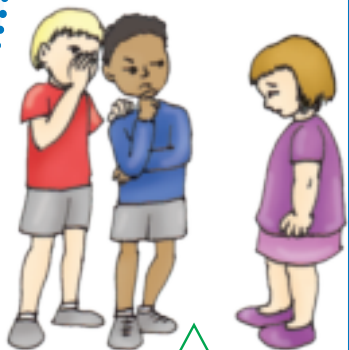
Vhathu vhane ra tshila navho

Themo ya 1 – Vhege ya 3 – Bambiri ja u shumela ja



Kha ri ambe

Lavhelesani zwifanyiso. Elekanyani nga zwine khonani mbuya dza ita, ni ambe ngazwo ni kha tshigwada tsha vhoiwe. Zwino elekanyani nga zwine khonani mmbi dza ita. Dzhenisani thiki kha tshifanyiso tshiṛwe na tshiṛwe tshi no sumbedza khonani mbuya, na tshifhambano kha zwi re na khonani mmbi. (✓) (✗)





Kha ri vhale

Vhalani fhungo lijwe na lijwe ni kone u khalara tshifhatuwo tsha Ee kana tsha Hai. 😊 😞



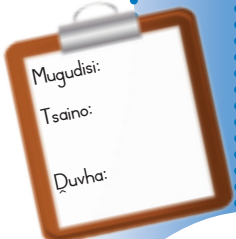
<p>Ndi khonani mbuya.</p>		
<p>Ndi a vhavhalela khonani dzanga.</p> 		
<p>Ndi fara vhane nda dzhena navho kilasini zwavhudi.</p>		
<p>Vhane nda dzhena navho vha a mpfara zwavhudi.</p>		
<p>Ndi na vhuhwavho kha vhane nda tshila navho.</p> 		



Bvelani nnda

Kha ri tambe "Nkandeni murunzi".

Inwi na khonani dzanu lingedzani u kandana mirunzi. Sielisanani ni vhone uri ndi mirunzi mingana ine na nga i kanda. Ni songo ima fhethu huthihi u itela uri khonani yanu a si kone u ni kanda murunzi.



Mugudisi:
Tsaino:
Duvha:



7

U shengedzana ho fa

Kha ri n̄wale

Lavhelesani tshin̄we na tshin̄we tsha izwi zwifanyiso.

Ni nga ita mini arali ho vha hu inwi ane a khou shengedzwa? Tsini na tshifanyiso tshin̄we na tshin̄we, n̄walani fhungo lithihi li no amba uri ri tea u fara vhan̄we vhathu nga ndilade.







Themo ya 1 – Vhege ya 4 – Bammhiri la u shumela la



Kha ri ite nyito

Itani litambwa ni na khonani
yaṅu la musi muṅwe ṅwana
a tshi shengedza muṅwe.
Ni kone u amba uri ni nga
thivhela hani u shengedzana.

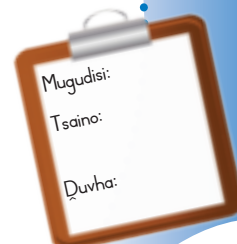
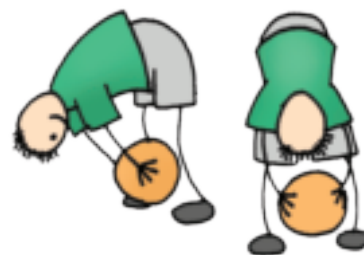


Bvelani nṅda

Dikhethekanyeni ni bve zwigwada zwa vhathu 5.

Imani nga muduba ni nekane bola kha muduba wonoyu.
Wanani uri ndi tshigwada tshifhio tshi no tṅavhanya u
pfukisa bola. Musi no no fhedza, lingedzani u pfukiselana
bola nga ṅṅila dzo fhambananaho:

- Nekedzani ane na dzhena nae bola a re murahu
haṅu nga u i serisa milenzheni yaṅu.
- Nekedzani ane na dzhena nae bola a re murahu
haṅu nga u i pfukisa ṅṅha ha tṅhoho.
- Nekedzani ane na dzhena nae bola a re murahu
haṅu kha tsha monde.
- Nekedzani ane na dzhena nae bola a re
murahu haṅu kha tsha u la.
- Zwino poselanani bola ni vhone uri ni nga i
gavha lungana.



Mugudisi:
Tsaino:
Duvha:





8

Muñwe na muñwe ndi wa tshipentshela

Themo ya 1 – Vhege ya 4 – Bammberi la u shumela la



Kha ri ambe

Lavhelesani zwifanyiso ni bule uri avha vhana vha fana nga mini.
Ni bule na uri vha fhambana nga mini.





Kha ri vhale

Itani nyito i no khou tevhele ni kha tshigwada. Lavhelesani vhana vhoṭhe vha re kilasini yaṅu. Zwino vhalani zwitatamennde zwi tevhelaho. Arali tshitatamennde tshi tshone, dzhenisani thiki (✓) tshibogisini tshi re kha tsha u la, arali tshitatamennde tshi si tshone, dzhenisani tshifhambano (✗).

	Dzhenisani ✓ kana ✗
Vhatukana na vhasidzana vha a fana?	
Vhana vhoṭhe vha na mavhudzi a muvhala muthihi?	
Vhana vhoṭhe vha na maṭo a muvhala muthihi?	
Vhana vhoṭhe vha na zwanda zwa saizi nthihi?	
Vhana vhoṭhe vhane na dzhena navho vha a lingana nga vhulapfu?	



Kha ri ambe

Ni a kona u zwi vhona uri roṭhe ro fhambana?
Ni a kona u zwi vhona uri ri a dovha ra fana roṭhe.



Kha ri ṅwale

Dioleni tshifanyiso. Ni shumise lipusitiki kha u ita khandiso ya minwe yaṅu ni noṭhe tsini na tshifanyiso tshaṅu.



No vha ni tshi zwi divha uri a hu na muṅwe muthu lifhasini loṭhe a re na khandiso ya minwe i no fana na yaṅu?
Ni wa tshipentshela nga maanda, ndi inwi ni noṭhe shangoni!



Mugudisi:
Tsaino:
Duvha:





9

Vhudipfi hashu

Themo ya 1 – Vhege ya 5 – Bambiri ja u shumela ja



Kha ri ambe

Ambani nga tshanu uri ni di pfa hani musi tshithu tshavhudi tshi tshi bvelela kha inwi. Zwino ambani nga tshanu uri ni dipfa hani musi tshithu tshi si tshavhudi tshi tshi bvelela kha inwi. Hezwi zwi pfi ndi vhudipfi. Nwalani uri avha vha dipfa hani.



Kha ri nwale

Nwalani phindulo dza mbudziso dzi re afho fhasi.

Ni takadzwa nga mini?

Ni tunguf hadzwa nga mini?

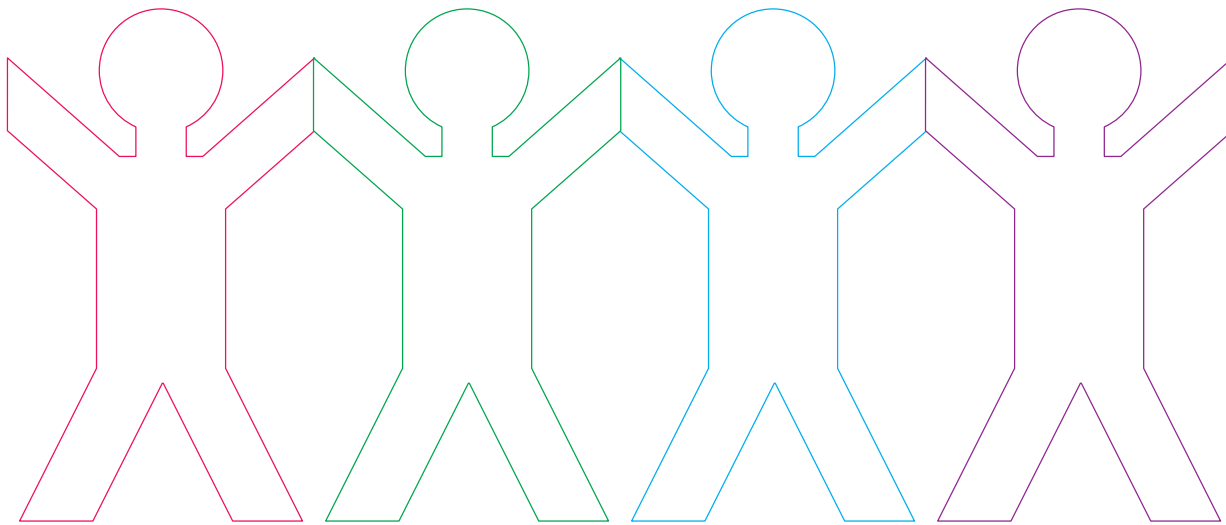
Ni shushedzwa nga mini?

Ni nyanyulwa nga mini?



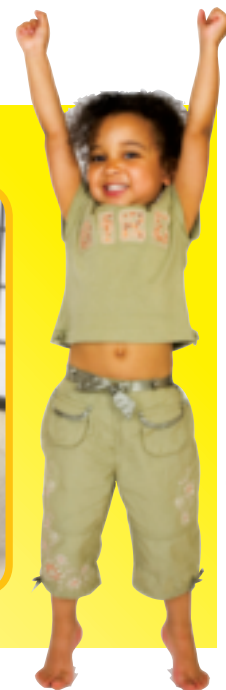
Kha ri ite nyito

Olani na u khalara tshaini iyi ya vhukonani. Lingedzani uri mipopi i si fane, u itela u sumbedza uri roṭhe ro fhambana nahone ri riṅe vhaṅe. Musi no no ita izwi ni nga gera tshaini ya vhukonani i re kha siatari la zwigeriwa li re vhukati ha bugu iyi. Itani uri mipopi i fhambane u itela u ri humbudza uri roṭhe ri vha tshipentshela.



Bvelani nḡa

Kukumusani muvhili waṅu nga hune na nga kona.
 No no ralo ni lingedze u u tḡukuf hadza.
 Zwino lingedzani u ḡilapfisa.
 Fhedzisani nga u lingedza u ḡipfufhif hadza tshotḡhe.





Kha ri ambe

Lavhelesani zwifanyiso izwi.

- Ndi tshaka dzifhio dza vuholefhalo dzine na kona u dzi vhona?
- Muñwe na muñwe wa avha vhana u shumisa mini kha u dithusa (difarisa)?
- Ndi thaidzo dzifhio dzine na vhona u nga avha vhana vha nadzo vhutshiloni ha duvha liñwe na liñwe?
- Ambani ngauri ri nga vha thusa nga ndilade.

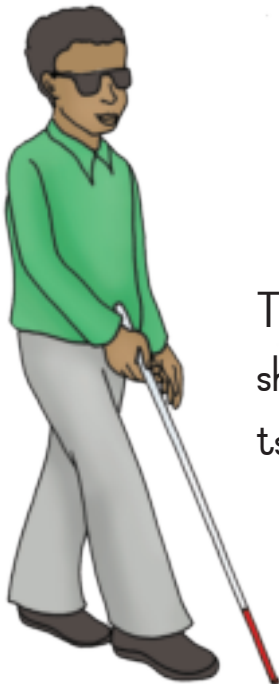


Kha ri ñwale

Lavhelesani zwifanyiso zwi re afho fhasi. Fhedzisani mafhungo.

Rosemary ha koni u tshimbila.

U shumisa _____
kha u dithshimbidza.



garikitshidulo

Thabo o pofula nahone u
shumisa _____ a
tshi tshimbila.



mmbwanyendedzi



tshithusaupfa



Sam o dzinga n̄devhe.

U shumisa _____

uri tshi mu thuse u pfa.

luambo lwa tswayo

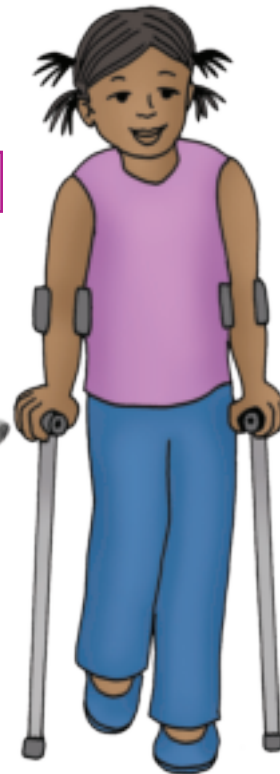


Jabu ha koni u amba.

U shumisa _____ a
tshi davhidzana na vhañwe.



magodobo (thonga)



Muano u shumisa _____
a tshi tshimbila.



Kha ri ite nyito

Shumisani vumba kana vumba
la u tambisa kha u vhumba vasi
kana khaphu.





11

Nwana muñwe na muñwe ndi wa tshipentsela

Themo ya 1 – Vhege ya 6 – Bammбири ja u shumela ja



Kha ri ambe

Avha vhana vho fhambana na inwi nga mini?
Ni fana navho nga mini?



Kha ri vhale

Vhana lifhasini lothe vha na holodei dza tshipentshela.



Rothe ri pfana na u tamba na u imba.
Rothe ri toda zwiliwa.
Rothe ri tea u dzhena tshikolo.
Anali ri tshi lwala, rothe ri toda dokotela.
Rothe ri tea u vha na vhudele ra kuna.
A ro ngo tea u ya u foleta mishumo.
Rothe ri vhana.

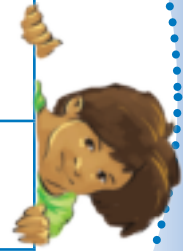




Kha ri riwale

Vhudzisani khonani dzaṅu 3 mbudziso idzi. Nwalani phindulo dzadzo zwikhalani zwi re afho fhasi.

Nwalani madzina a khonani yaṅu			
Vhurereli haṅu ndi hufhio?			
Ni pembelela zwifhio zwa tshipentshela?			
Ni la zwiliwa zwifhio?			
Ni ambara zwiambarode zwa tshipentshela?			
Ni pembela na vhonnyi?			



Kha ri ite nyito

Lavhelesani tshifanyiso.

Ndi mepe wa lifhasi lashu. Ni a kona u zwi vhona uri lifhasi lashu li na mavu na madanzhe. Khaḷarani madanzhe nga muvhala wa lutombo. Khaḷarani shango nga muvhala wa buraweni. Olani khovhe dzi si gathi dzi lwanzheni.



Muhali wanga



Kha ri ambe

Ambani ngauri hu na vhana vha re vhaholef'wali naa tshikoloni tshanu.

Tshikolo tshi nga ita mini kha u vha thusa musi vhe tshikoloni? Vhaholef'wali vha nga vha ngwen̄a (dzitshampiyoni)?



Kha ri vhale

Vhan̄we vhahali ndi vhaholef'wali. Ri a vha tama ra vha edzisa. Afrika Tshipembe hu na ngwen̄a nnzhi dza mitambo dzine dza vha vhaholef'wali. Ni nga kona u elekanya uri ndi vho nnyi?

Natalie Du Toit o lozwa tshipida tsha mulenzhe wa monde u bva kha tshinungo musi wa khombo ya thuthuthu. U tshimbila nga mulezhe wa mafanedza fhedzi a tshi bambela u veka nga mulenzhe muthihi.



Kha ri ambe

Ambani nga vhaholef'wali vha no ita zwithu zwi no mangadza.

Elekanyani nga:

- Vhathu vho pofulaho vhane vha lidza zwilidzo. Hu na ane na mu divha?
- Vhathu vha sa koni u pfa vhane vha riwala nyimbo. Hu na ane a nga vha tsumbo?



Kha ri n̄wale

Zwikhalani zwi re afho fhasi, n̄walani zwidombedzwa zwa muhali wanu kana muthu ane na mu edzisa.

Muhali wanga kana muthu ane nda mu edzisa ndi:

Olani tshifanyiso tsha muthu a re muhali kana ane na tama u mu edzisa. N̄walani maipfi tsini na tshifanyiso tshine tsha talutshedza uyo muthu nga ndila ya khwiṅesa. Tsumbo: u takalela vhathu, u a thusa, ha na nyofho, u na lufuno.

Ni nga vha muhali nga ndilade? Rerani na khonani yanu nga mihumbulo ine na vha nayo. Zwino n̄walani tshitori tshine khatsho inwi na vha muhali. Fhedzisani mafhungo afho fhasi:

Linwe duvha ndo

Nda mbo di humbula u

Nda

Ndi zwone zwo nnyitaho muhali zwenezwo.





13

Khunakiso ya maḍi

Themo ya 1 – Vhege ya 7 – Bammbiri ja u shumela ja



Kha ri vhale

Lavhelesani ngilasi ya maḍi.

Ni a kona u vhona zwi re ngomu ha maḍi? Hai, a ni koni. Hone no vha ni tshi zwi ḍivha uri tshinwe tshifhinga maḍi a a vha na zwitzhili (zwitshili)? Zwitzhili zwa hone ndi zwiḱukutuku lune zwi si kone u vhoniwa nga maḱo a nama. Arali na nga nwa maḍi ni songo thoma na vhulaha zwitzhili ni nga lwala vhukuma. Ri tea u dzulela u vha na vhuḱanzi uri maḍi ane ra nwa a si a muhulu nahone o kuna.



Kha ri ambe

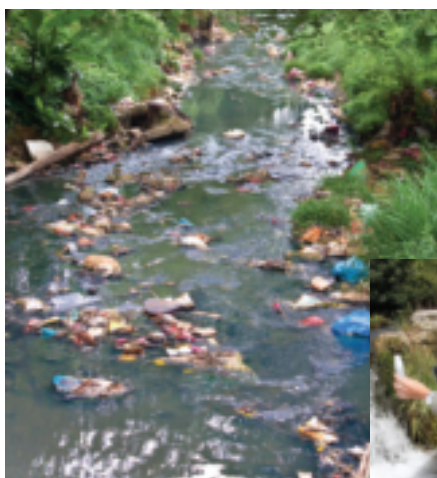
Ambani uri hu nga bvelela mini arali ri tshi nga nwa maḍi a re na tshika (a muhulu). Zwino lavhelesani zwifanyiso zwi re afho fhasi.



Posani philisi dza klorini ngomu maḍini.



Vhilisani maḍi minete 5.



Shelani khemikhaḷa.



Filitharani maḍi.





Kha ri ambe

Ndi mađi afhio ane na vhona e one a no nwea?

Mađi a mulamboni (muhulu)



Mađi o tou gwiwaho



Mađi a bommbini



Mađi a mabodeloni



Mađi a lwanzhe



Mađi o vhliswaho nga gedela



Kha ri ite nyito

Shumani ni kha zwigwada ni ite filithara ya mađi ya u kunakisa mađi. Thetshelesani nga vhuronwane musi mudededzi waṅu vha tshi ni talutshedza uri ni tea u ita mini.



Ni do tea u vha na zwi tevhelelaho:

- Bodelo la 2 litha la pulasitiki
- Mađi a re na matope
- Muṭavha musekene
- Thongwana/giravhulu
- Tshigero
- Madzudzu (khothoniwulu)



Kha ri ṅwale

Nomborani maga a u ita filithara ya mađi a tshi tevhekana nga ngona.

	Shelani muṭavha musekene nga nṯha ha dzudzu.
	Ganamisani bodelo.
	Shelani muṭavha mudenya.
	Gerani bodelo tshirahoni nga vhuronwane.
	Shelani mađi a re na khungumuṭavha ngomu.
	Posani thongwana kana giravhulu ngomu bodeloni.





14

Kutshilele ku re na mutakalo ngomu

Themo ya 1 – Vhege ya 7 – Bammбири ja u shumela ja



Kha ri vhale

Vhalani nga iṛwe na iṛwe ya ṅḁowelo dzi tevhelaho mbuya na mmbi. Arali i ṅḁowelo mbuya ni ite thiki (✓), arali i ṅḁowelo mmbi ni ite tshifhambano (x).

Ṅḁowelo	Mbuya	Mmbi
Mudededzi u tea u thusa vhana vha tshi vhala.	✓	x
Ndi ja zwiliwa zwi re na mutakalo ngomu.		
Ndi laṭa malakati nga fasiṭere ja goloji kana thekhisi.		
Ndi ṭamba mavhudzi tshifhinga tshoṭhe.		
Ndi ja malegere manzhi.		
Ṅala dzanga na ṅdevhe dzi dzula dzo kuna		
Ndi ṭamba maṅo luthihi nga ṛwedzi.		
Ndi a dobela malakati nda a posa binini.		
Ndi a ṭamba zwanda musu ndi tshi bva bungani.		
Musi ndi tshi hoṭola kana u atsamula, ndi vhea tshanda kha mulomo.		
Ndi ita nyonyoloso tshifhinga tshoṭhe.		
Ndi ṭwa ndo shuvhama phanda ha TV tshifhinga tshilapfu.		
Ndi dzula tsini na vhathu vhahulwane vha no daha.		





Itani phositara nga ndowelo mmbi kana mbuya.



Kha ri ite nyito



Kha ri n'wale

Lingani phositara yanu. Vhalani tshitamennde tshinwe na tshinwe, ni kone u dzhenisa tshifhatuwotshinwenweli arali tshitamennde tshi tshone, na tshifhatuwotshisunywi arali tshitamennde tshi si tshone.



	Ee 	Hai 
Phositara yanga i na makolokolo nahone yo kuna.		
Ndi a takalela u ita phositara.		
Zwo nkondela u ita phositara yanga.		



Bvelani nnda

- Ni nga kona u fhufha u swika ngafhi? Shumisani vhutambo vhuraru. Vhu fhufheni. Vhu sendezeleni phanda na phanda vhu tshi siana ni vhone uri ni nga fhufha u swika ngafhi.
- Zwino, humbelani khonani dzanu mbili uri vha dzungudze thambo uri ni i fhufhe.
- Sielisanani u fhufha.



Mugudisi:
Tsaino:
Duvha:



Zwiliwa zwi no sina na zwi sa sini

Kha ri ambe



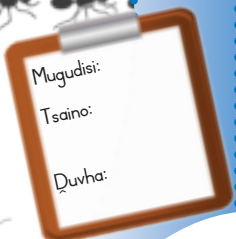
Ambani nga zwiliwa zwine zwa tea u rothodzwa uri zwi sa sine. Bulani uri ndi zwiliwa zwifhio zwine zwi sa tsoe u rothodzwa, zwine zwa nga dzula khabodoni. Gerani zwifanyiso zwi re kha siatari la zwigeriwa ni zwi nambatedze kha firidzhi kana kha khabodo.





Kha ri ambe

Ambani nga ngila dzine ra nga tsireledza zwiliwa ngadzo kha zwikhokhonono zwi no nga thunzi na vhusunzi.



Holodei dza vhurereli na dziwewho dza tshipentshela



Kha ri vhale

Vhathu lifhasini lothe vha a pembelela holodei dza tshipentshela. Ni do pembelela holodei dzifhio?

Nga Khirismusi ri fhiwa zwifhiwa zwinzhi. Khonani dzashu na mashaka ashu ri a vha fhavho zwifhiwa. Ri na muri wa Khirisimusi ngomu nduni. Ri vhea zwifhiwa fhasi ha uyu muri. Ri a u tama ra toma naledzi thodzini yawo. Nga Khirisimusi ri la zwiliwa zwinzhi zwa u difha.



Ri tou ri Diwali i swika lini. Ndi tshone tshifhinga tshine ra fhiwa malegere manzhi na zwifhiwa zwinzhizwinzhi. Ri paka malegere a sa difhi zwone na khekhe mabogisini ra zwi fha vhathu vhane vha da u ri dalela. Ri funga mbone (malamba) thukhu ra dzi vhea u mona na ndu. Ri tama mudi washu ra thuthubisa khirikhethe.



Ri tou ri Hannukah i swika lini wee.
 Ri do la zwiliwa zwinzhizwinzhi zwi
 sa difhi zwone. Ri pfana na u la
 panekuku na dounati. Na zwifhiwa
 ri a zwi funa. Vhazwala vhashu vha
 da u dala. Rothe ri a thusa kha
 u bika zwiliwa nahone ri a funga
 makhandela ngomu nduni.

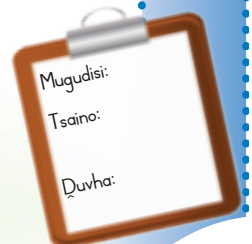


Hu si kale hu do vha hu Eid (Idi).
 Ndi tou tama uri ngavhe ri
 tshi fhiwa zwifhiwa. Khonani
 dzashu ri do dzi fhavho zwifhiwa.
 Ri do la khekhe na malegere
 manzhimanzhi. Uri ndi Eid ri zwi
 vhona nga tshivhumbeo tsha
 riwedzi. Eid i da nga maduvha
 (deithi) o fhambanaho riwaha
 muwe na muwe.



Kha ri imbe

Imbani luimbo lune na lu divha
 lu no yelana na maduvha aya
 a tshipentshela.



Khalanwaha



Kha ri ambe

Lavhelesani zwifanyiso izwi zwa khalanwaha nga. Vhudzani khonani yanu uri ni kona u vhona mini kha tshinwe na tshinwe. Bulani uri khalanwaha idzi nga dzi fhambana nga mini.



Ndi khalanwaha ifhio ine na i funesa? _____

Ndi nga mini ni tshi funesa khalanwaha iyi? _____

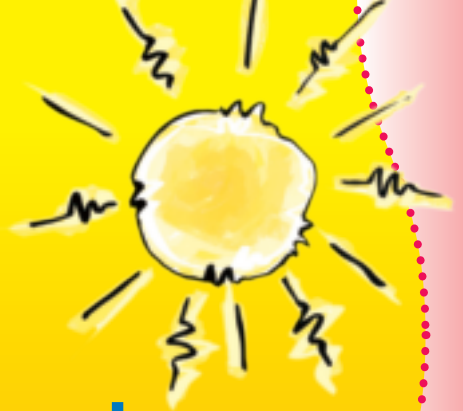
Duvha lanu la mabebo ndi la khalanwaha ifhio? _____

Duvha:



Kha ri imbe

**Iwe ḍuvha hayee!
Na masana au.
U vhone^htshela u kule wee!
U mu^hdini wau.**



**I a vhuya mulobilo,
Kolongonya kolongonya!
Nndu khulu dzi na biko,
Kolongonya kolongonya!**



Mugudisi:
Tsaino:
Duvha:



18

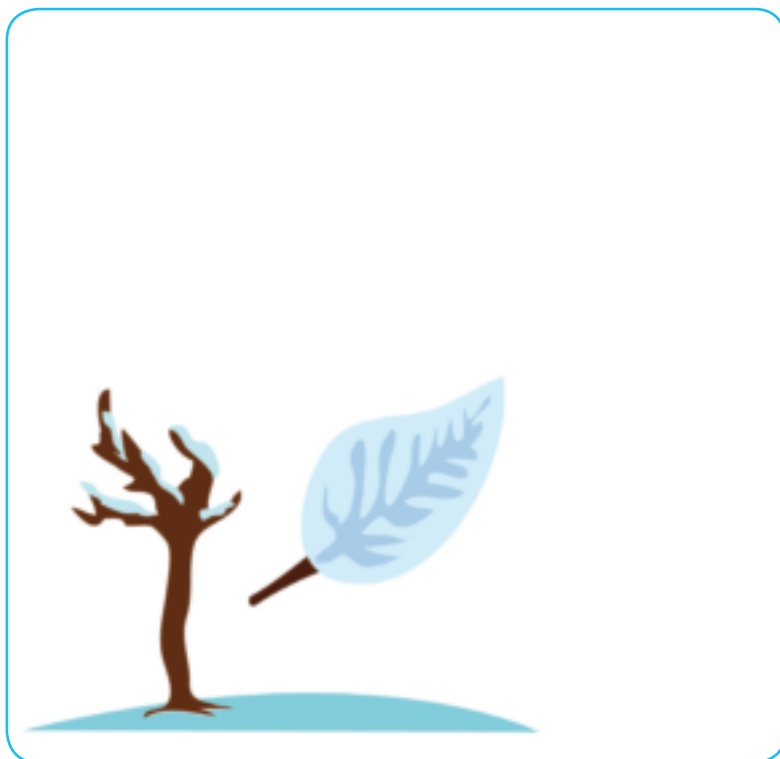
Khalanwaha nna

Themo ya 2 – Vhege ya 1 – Bammberi ja u shumela ja



Kha ri ite nyito

Gerani zwifanyiso zwa khalanwaha kha zwigeriwa zwi re murahu ha bugu. Nambatedzani tshifanyiso tshinwe na tshinwe kha dzina ja khalanwaha i re yone.



Fulwi

Fulwana

Thangule

vhuria

Khubvumedzi

Tshimedzi

Lara

Lutavula





Thafamuhwe

Lambamai

Shundunthule

tshifhefho

Nyendavhusiku
Phando
Luhuhi

tshilimo



Bvelani nnda

Itani ndowendowe ya zwikili zwanu zwa bola.
Bammbisani bola kha luvhondo.
Matshani no ima fhethu huthihi ni tshi khou bammbisa bola.
Zwino bammbisani bola i tshi mona na dzibikhoni.





19

Khalanwaha

Themo ya 2 – Vhege ya 2 – Bammbiri ja u shumela ja



Kha ri vhale



Tshilimo

Mutsho u na masana nahone hu a dudela na u fhisa.

Maḁuvha ndi malapfu vhusiku ndi vhpufufhi.

Ri dirothodza nga u bammbela kana ra dzula mirunzini.

Tshifhefho

Mutsho u thoma u rothelela.

Maḁari a thoma u nga musuku na u wa mirini.

Zwiṅoni zwi pfulutshela mashangoni a no dudela.



Vhuria

Mutsho u a rothola.

Huṅwe fhethu hu wa gambogo kana mahḁa.

Maḁuvha ndi mapfufhi vhusiku ndi vhulapfu.

Zwiṅwe zwipuka zwi eḁela vhuria hoḁhe (zwi a dzumbama).

Luḁavula

Mutsho u a dudela.

Zwimela zwi a thoma hafhu u aluwa miri i tshi pupumisa maluvha.

Zwiṅoni zwi fhaḁa zwiḁaha na u kudzela makumba.



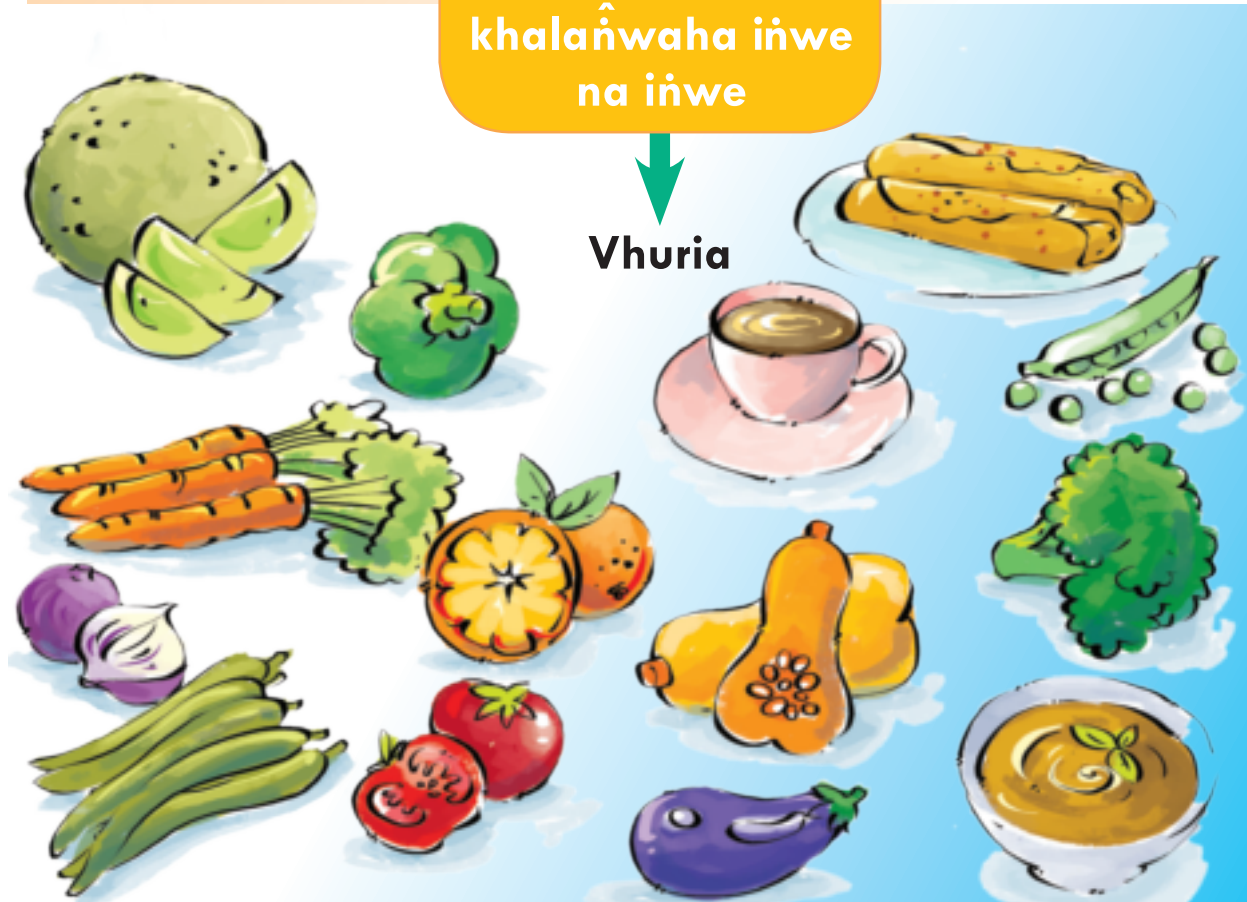


Kha ri ambe

Zwiliwa zwo fhambananaho zwi mela nga khalañwaha dzo fhambananaho. Lavhelesani zwiliwa izwi zwa tshilimo na vhuria. Vhudzani khonani yanu zwine na nga tama u la musi hu tshi fhisana na musi hu tshi rothola.



Zwiliwa zwa khalañwaha inwe na inwe



Mugudisi:
Tsaino:
Duvha:





20

U ambarela mutsho

Themo ya 2 – Vhege ya 2 – Bammberi ja u shumela ja



Kha ri ole

Olani mutukana na musidzana. Mutukana a ambare zwiambaro zwi no dudela zwa vhuria ngeno musidzana o ambara zwi no rotholela zwa tshilimo.



Mutukana	Musidzana



Bvelani nnda

- Vheani dzihupu fhasi kana ni ole madanga mavuni.
- Musi mudededzi waṅu vha tshi ri ni thamuwe, thamutshelani tshidangani nga milenzhe yoṅhe.
- Musi mudededzi waṅu vha tshi ri ni thamuwe, thamutshelani nnda ha tshidanga nga mulenzhe muthihi.
- Tambani openi.
- Shumisani tshipida tsha tshoko kha u ola madanga na zwickwea fhasi.



40

Duvha:





Kha ri ambe

Vhudzani khonani yaṅu uri ri ambara zwiambaro zwifhio nga khalaṅwaha inwe na inwe. Ni takalela u ambara zwiamboro zwifhio?

Talani mutalo u tshi bva kha tḥalutshedzo ya zwiambaro zwine ra ambara hu na mutsho wo raliho.

Kha ri ṅwale



U ambarela mutsho

Arali ḍuvha li na vuhali ri fanela u ambara miṅadzi uri ri ḍitsireledze.



Musi hu tshi fhisana ri fanela u ambara zwiambaro zwi no rotholela.



Arali nḍa hu tshi khou rothola ri fanela u ambara zwiambaro zwa wuḷu.



Musi mvula i tshi na ri tḍoda zwambureni na madzhasi a mvula.





21

Zwifhinga zwi a amba

Themo ya 2 – Vhege ya 3 – Bammbiri ja u shumela ja



Kha ri vhale



Tshimedzi

Nga Tshimedzi miri i tuma lurere.
Shangoni hu vhonele zwiḽoni na
notshi na maluvha manzhi
na matari maswa.
Zwiḽoni zwi fhaḽa zwiḽaha
zwa kudzela makumba.
Vhafuwi vha vheula nngu dzavho.

Tshilimo

Tshilimo vhalimi vha fula mitshele.
Vhana vha zwipuka vha
khana vho takala.
Hunzhi shangoni mvula ndi nnzhi,
i na nga mithathabo na phenyo.
Mahatsi, zwiḽaka na maluvha zwi
tou titima na u lapfa zwo lapfa.





Tshifhefho

Zwiñwe zwipuka zwi vhulunga zwiliwa musu zwi tshi lugisela u edela vhuria hothe.

Maṭari mirini a thoma u vha na muvhala wa ṭaḁa, wa buraweni na wa tshitopana.



Vhuria

Zwiñwe zwipuka zwi edela vhuria hothe. Ri ri zwo dzumbama (haibaneitha).



Kha ri ñwale

Zwipuka zwi ita mini vhuria? _____

Zwipuka zwi ditsireledza hani kha phepho? _____

Ndi lini hune zwiñoni zwa humela mashangoni a no dudela zwa thoma u fhaṭa zwiṭaha? _____





U ṭavha n̄awa



Kha ri ite nyito

Ni tea u vha na

- n̄awa t̄hanu
- sosara
- madzudzu
- maḍi



Zwine na tea u ita

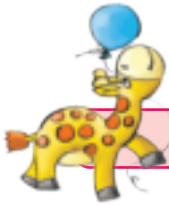
Vheani n̄awa kha dzudzu li re kha sosara.
 Kha li dzule lo n̄ukala. Vheani sosara kha guvha la fasiṭere tshedzani.
 Ni lindele no tielela n̄awa yaṅu vhegeni mbili dzi no tevhela.
 Lavhelesani ni vhone uri n̄awa i aluwa nga nḍilade.



Lavhelesani tshifanyiso tsha muṅawa uyu.
 Musi muṅawa waṅu u tshi vho fana na uyu, ni mbo ḍi n̄wala ḍuvha.

ḍuvha	ḍuvha	ḍuvha	ḍuvha





Kha ri ite nyito

Itani litambwa nga tshipuka.
Ni nga sumbedza tshivhingwi kana luturwa lu zwi tshi khou
kuvhanganya zwiliwa zwa u la vhuria.



Bvelani nngä



Kokovhani fhasi sa nowa i tshi
toda fhetu ho khudaho ha u
dzumbama hone.

Fhufhani sa thambelamaqi i
tshi ya shangoni li no dudela.



Mugudisi:
Tsaino:
Duvha:





23

Themo ya 2 – Vhege ya 4 – Bammiri la u shumela la

Zwipuka: Zwifuwo zwa bulasini



Kha ri ambe

Lavhelesani tshifanyiso ni ambe nga zwifuwo zwa bulasini zwo fhambananaho zwine na khou zwi vhona.

Ndi tshipuka tshifhio tshine na tshi funesa?

Ri wana mini kha tshinwe na tshinwe tsha zwipuka izwi?



46

Duvha:





Kha ri n'wale

Dzhenisani phindulo dzi re dzone kha thebulu idzi.
Ro dzula ro ni itela ya u thoma.

	Tshiduna	Thutha
	Tshisadzi	Tsadzi
	N'wana	Ngwana
	Muungo	Bee
	Vhukhudo	Danga

	Tshiduna	
	Tshisadzi	
	N'wana	
	Muungo	
	Vhukhudo	

	Tshiduna	
	Tshisadzi	
	N'wana	
	Muungo	
	Vhukhudo	

	Tshiduna	
	Tshisadzi	
	N'wana	
	Muungo	
	Vhukhudo	



Bulasini

Themo ya 2 – Vhege ya 4 – Bambiri la u shumela la



Kha ri imbe

Too, too, ha Vho Magoda hu na thakha
 Too, too, ndi thakha ya mini?
 Too, too, ndi danga la nombe.
 Too, too, na tshitumba tsha mbudzi.
 Too, too, dzi tshi lila dzi moo
 Too, too, dzinwe nga fhala
 dzi mee
 Too, too.





Kha ri imbe

Isani phanga na u imba luimbo ulu. Dzhenisani madzina a zwipuka zwi tevhelaho vhuimoni ha kholomo.

		<p>Too, too, thutha nga fhalā i bee</p>
		<p>Too, too, khuhu ndi vhukweekwee</p>
		<p>Too, too, mbudzi dzone dzi mee.</p>



Bvelani nnda

- Dadamalani kha danda ni sa wi.
- Posani bola muyani ni i gavhe ni sa wi.
- Zwino gadani sa bere.
- Phavhamedzani sa sekwa.
- Tshimbilani sa roboto.

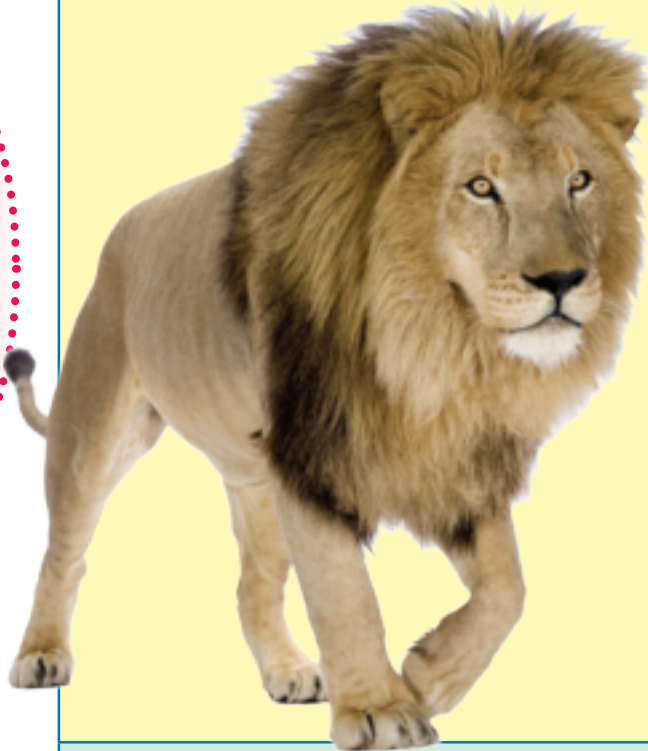


Zwipuka zwa daka

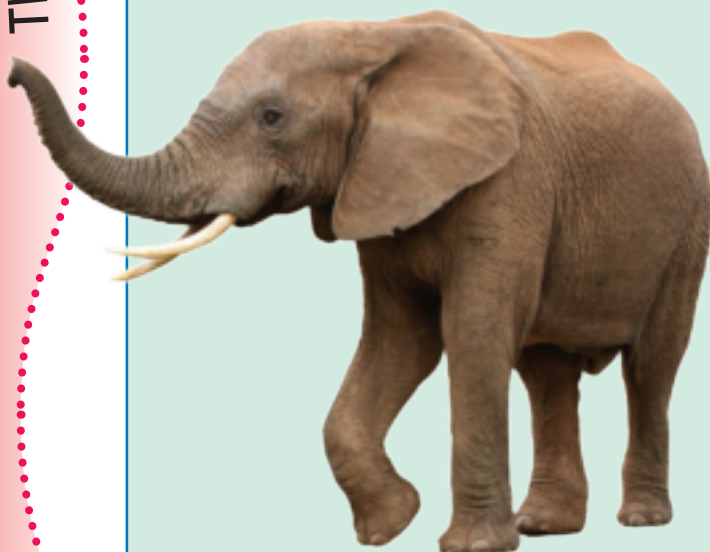
Themo ya 2 – Vhege ya 5 – Bammiri la u shumela la



Kha ri vhale



Ndau ndi nthihi na zwimange. Ndau i dzhiwa sa khosi ya phukha dzotlhe. Ndau dzi zwima na u vhulaha phukha dzi no nga ntsa na mbigi. Ndau dzi no anzela u zwima ndi dza tsadzi. Dzi zwima na vhusiku nga zwigwada. Ndau dzi pfana na u dzula fhethu hu re khagala nahone hu na hatsi.



Ndou ndi dzone phukha khulwanesa shangoni. Dzi khomboni ya u ngalangadzwa ngauri vhazwimimbava vha dzi zwimela mananga adzo. Nanga dza ndou a dzi imi u aluwa vhutshiloni hadzo hotlhe. Dzi shumisa misingo yadzo kha u fula hatsi, mitshelo khathihi na u nwa madi. Dzi a kona u la 200 kg dza zwiliwa khathihi na u nwa litha dza 190 nga duvha.



Hu na tshaka mbili dza tshugulu – hu na tshugulu ntswu na tshena. Tshugulu a dzi koni u vhona zwavhudi, fhedzi dzi kona nga maanda u nukhedza. Tshugulu ndi khulwane vhukuma lune dza kona na u swika kha tshileme tsha 2 500 kg. Tshugulu dzi dzulela u zwimiwa nga vhazwimi na vhazwimimbava. Ri tea u tsireledza tshugulu kha vhazwimi vhane vha dzi zwimela mananga adzo.



Nngwe i a kona u aluwa u swika kha 2 m. Mukumba wayo u na muvhala wa buraweni u songo dombelelaho na mavhala matswu a no nga zwitendeledzi. Nngwe i a kona u gonya zwithu lune i si kondelwe nga u zwima ntsha ha miri.



Nari dzi dzula nga mitambi. Arali hu na khombo i no khou da, dza tsadzi na vhana vhadzo dzi kuvhangana vhukati ha sambi dzo tangiwa nga dza mboho dzi tshi dzi tsireledza. Dzinwe nari dzi a kona u aluwa dza swika kha 1,7 m.





Kha ri vhale



Zwiṅwe zwipuka zwi ḡitsireledza nga u shandula mivhala yazwo zwa fana na fhethu hune zwa vha hone.

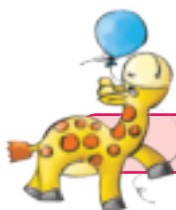
Luaviavi lu a kona u shandula muvhala walwo wa fana na miri ine lwa vha khayo.

Mavhala a mbiḡi a ita uri zwi konḡe u dzi vhona dzi ḡakani.

Mikumba kana mithenga ya zwiṅwe zwipuka i swika hune ya fana na fhethu hune zwa vha hone lune zwa konḡa u zwi vhona.

Ri zwi vhidza uri ndi u dzumbama.

Elekanyani nga zwiṅwe zwipuka zwine zwa shumisa mudzumbamo.



Kha ri ḡiphine

Mudededzi wanu vha ḡo ni sumbedza kutambele kwa u mona na zwidulo.





Kha ri ite nyito

Olani tshipuka tsha daka. Ni vhudze khonani yaṅu uri tshi didzumba nga ndilade.



Mugudisi:
Tsaino:
Duvha:





27

Zwipuka zwa maḡini



Kha ri ite nyito

Fhedzisani tshifanyiso nga u dzhenisa nyolo kana zwifanyiso zwa zwipuka zwine zwa dzula maḡini.

Themo ya 2 – Vhege ya 6 – Bambiri ja u shumela ja



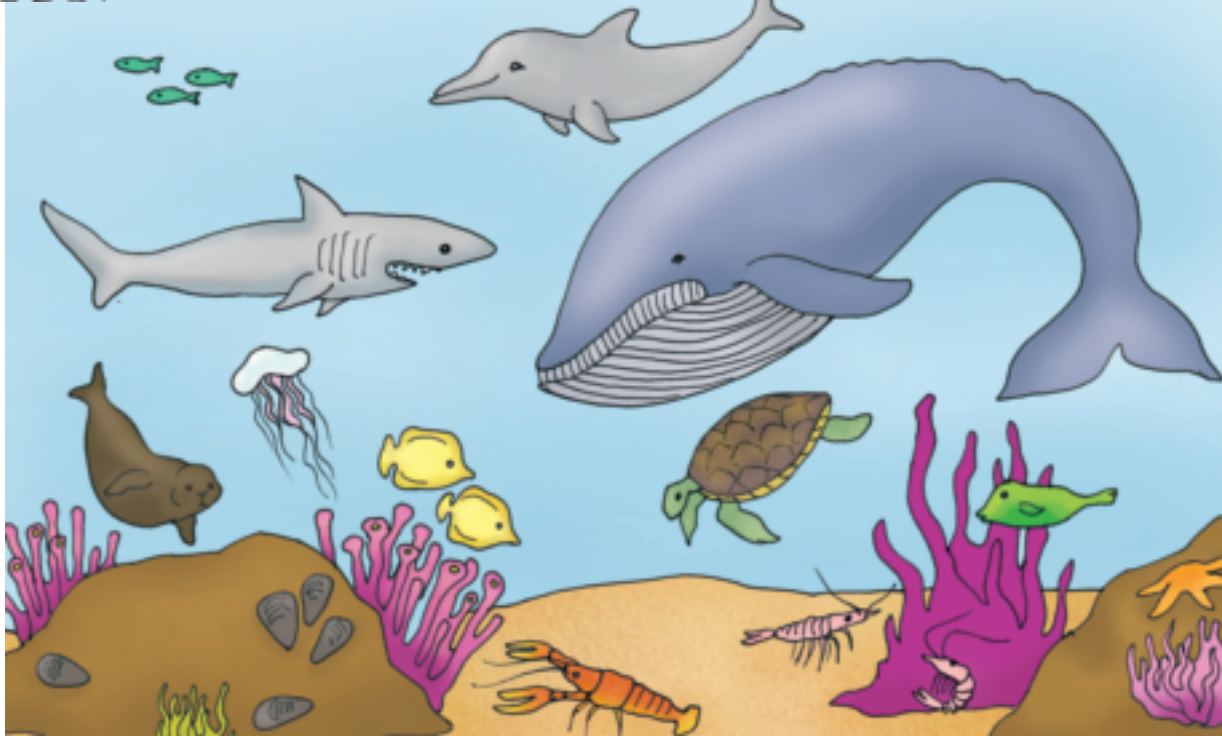
Zwivhumbwa zwa Iwanzheni

28

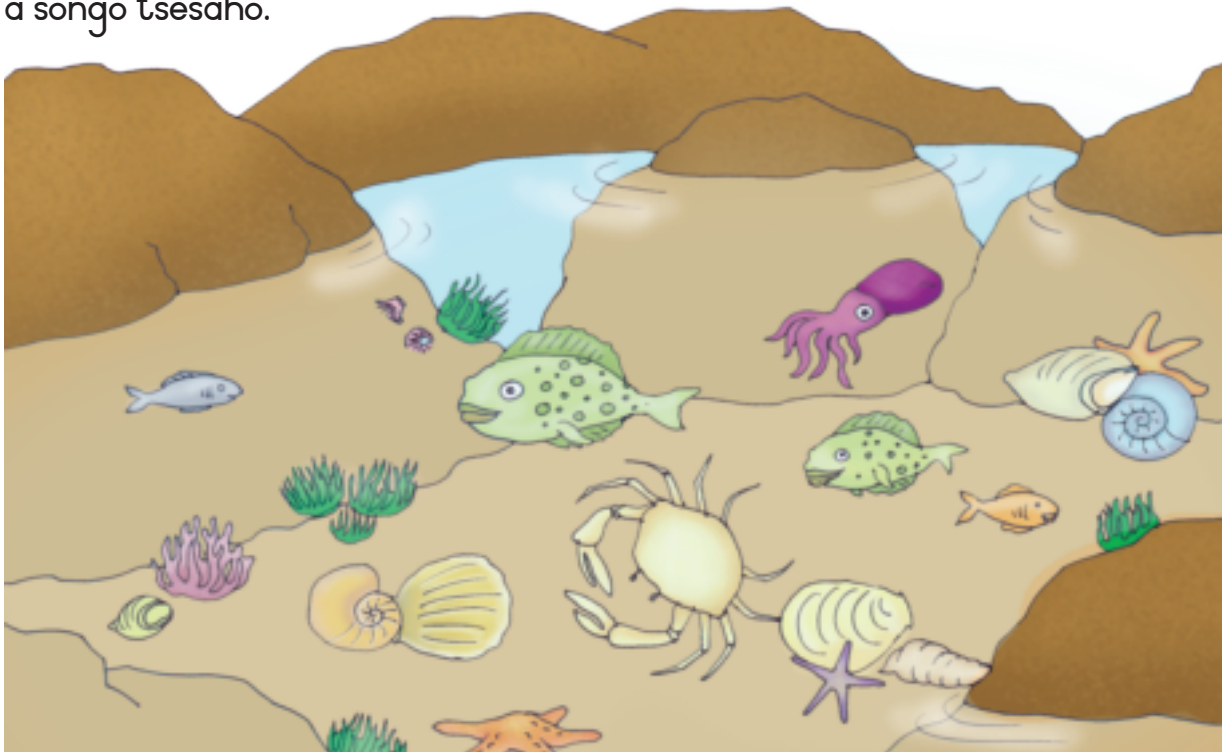


Kha ri ambe

Kha ri lavhelese zwipuka zwo fhambananaho zwi no dzula maḡini a re na muḡo.



Hu na zwipuka zwiḡuku zwine na zwone zwa dzula matomboni a re mativhani a songo tsesaho.



Themo ya 2 – Vhege ya b – Bambiri ja u shumela ja

Mugadisi:
Tsaino:
Duvha:



29

Zwipuka zwa lwanzheni

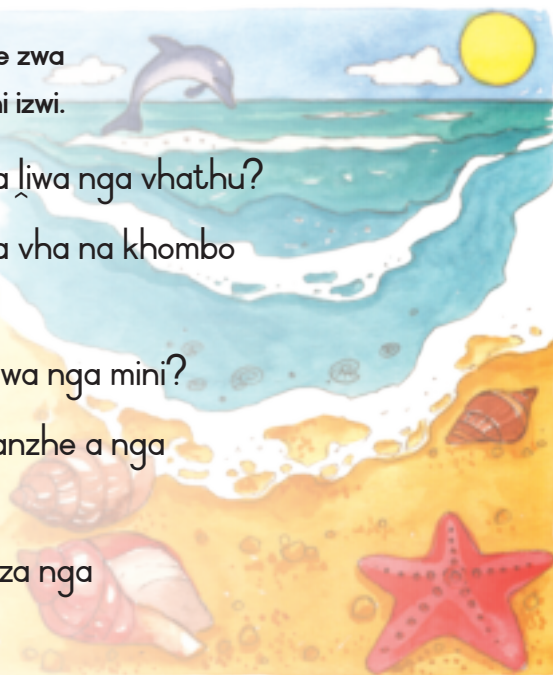
Themo ya 2 – Vhege ya 7 – Bammberi ja u shumela ja



Kha ri imbe

Ambani nga zwipuka zwothe zwa lwanzheni zwi re zwifanyisoni izwi.

- Ndi zwipuka zwifhio zwa lwanzheni zwine zwa liwa nga vhathu?
- Ndi zwipuka zwifhio zwa lwanzheni zwine zwa vha na khombo kha vhathu?
- Muvhili wa khovhe wo putelwa na u tsireledzwa nga mini?
- Ni vhona u nga hu do bvelela mini arali madanzhe a nga tshikafhadzwa nga malatwa na milimo?
- Ndi ndila dzifhio dzo fhambananaho dzine dza nga tshikafhadza madanzhe?

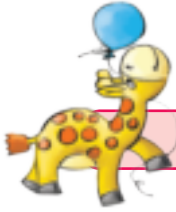


Kha ri nwale

Nwalani madzina a zwipuka zwine na vhona u nga zwi dzula milamboni, madamuni kana lwanzheni kha kholomo tharu dzi re kha thebulu.

Mulamboni	Lwanzheni	Damuni

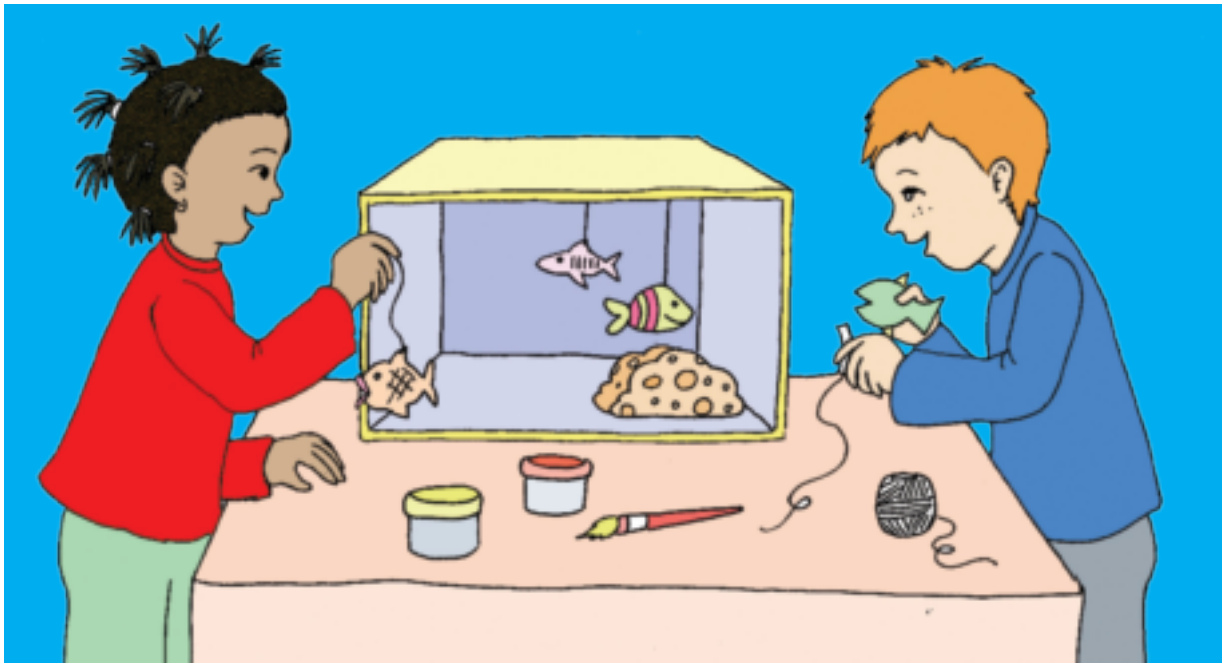




Kha ri ite nyito

Itani kudamu kwanu kwa khovhe.

- Penndani ngomu ha bogisi la zwienda nga muvhala wa lutombo u re na vhudala ni li ladze nga lurumbu.
- Gerani khovhe i re nga murahu ha bugu.
- Nambatedzani iyi khovhe kha bogisi nga theiphi na lutambo.



Bvelani nnda

- Fhufhani sa tshinoni nga luvhilo na nga u ongolowa.
- Phavhamedzani sa phingwini.
- Fhufhani sa notshi.
- Tshimbilani sa dambatshekwa.
- Bambelani sa khovhe.
- Thamuwani sa tshidula.
- Tambani mutambo wa tevhelakhwalasambi.
- Tambani mutambo wa tshimange na mbevha.





Zwipuka zwi no tshimbila na midzi yazwo



Kha ri vhale

Tshibode



No vha ni tshi zwi divha? Ndi a kona u fhelela zwavhugdivhugi kha khamba yanga, nohone a i swiki hune ya si tsha nndingana.

Tshibode ndi tshikokovhi tshine tsha vha na milenzhe miṅa ya makwanda na mutsinga na ṭhoho zwo onyanaho. Tshi tshimbila nga u ongolowa tsho hwala nṅdu yatsho ya khamba muṭanani.

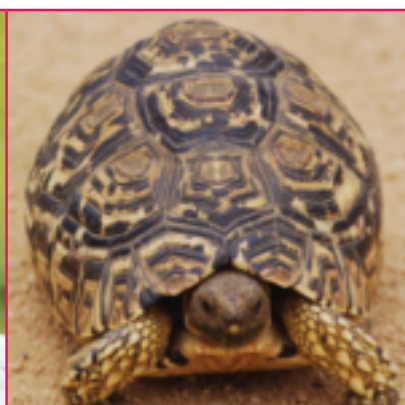
Zwi dzula ngafhi?



Tshibodelwanzhe



Tshibodemaroroma



Tshibode



Kha ri ṅwale

Fhindulani mbudziso dzi no kwama zwibode zwi no dzula shangoni.

Gamba ja tshibode li a konḁa kana li a puṭedzea? _____

Gamba ja tshibode li tshi tsireledza kha mini? _____

Tshibode tshi ita mini musu tsho tshuwa? _____

Tshibode tshi ja zwiliwade? _____



Khumba

Lavhelesani khamba ya khumba.

Lito

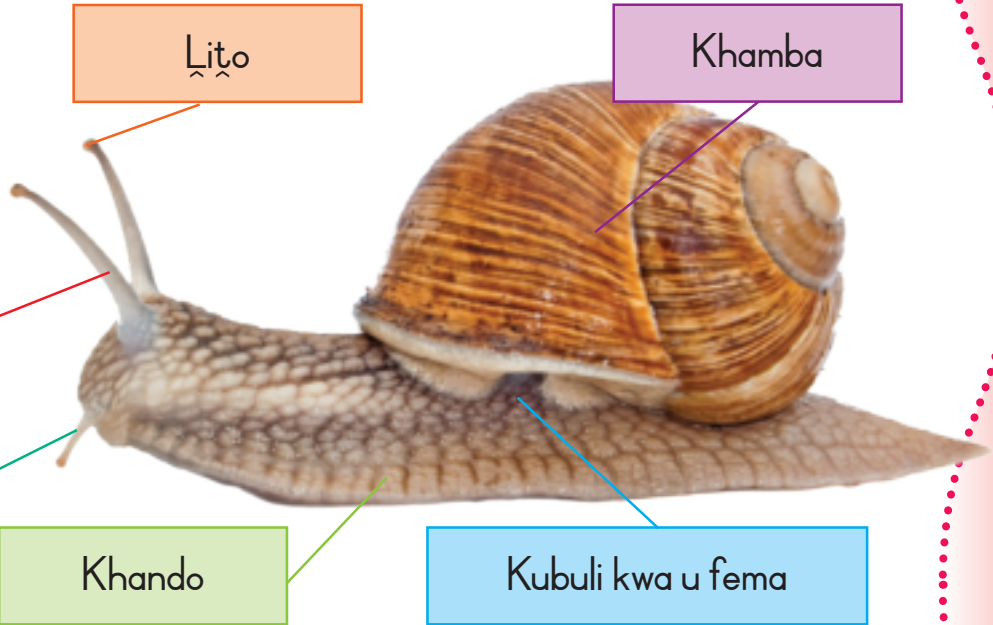
Khamba

Zwiphuphuledzi zwilapfu

Tshiphuphuledzi tshipfufhi

Khando

Kubuli kwa u fema



Khumba i tshimbila nga ndilade? _____

No no vhuya na doba khamba ya khumba? Ni vhona u nga ho bvelela mini kha khumba mune wayo? _____

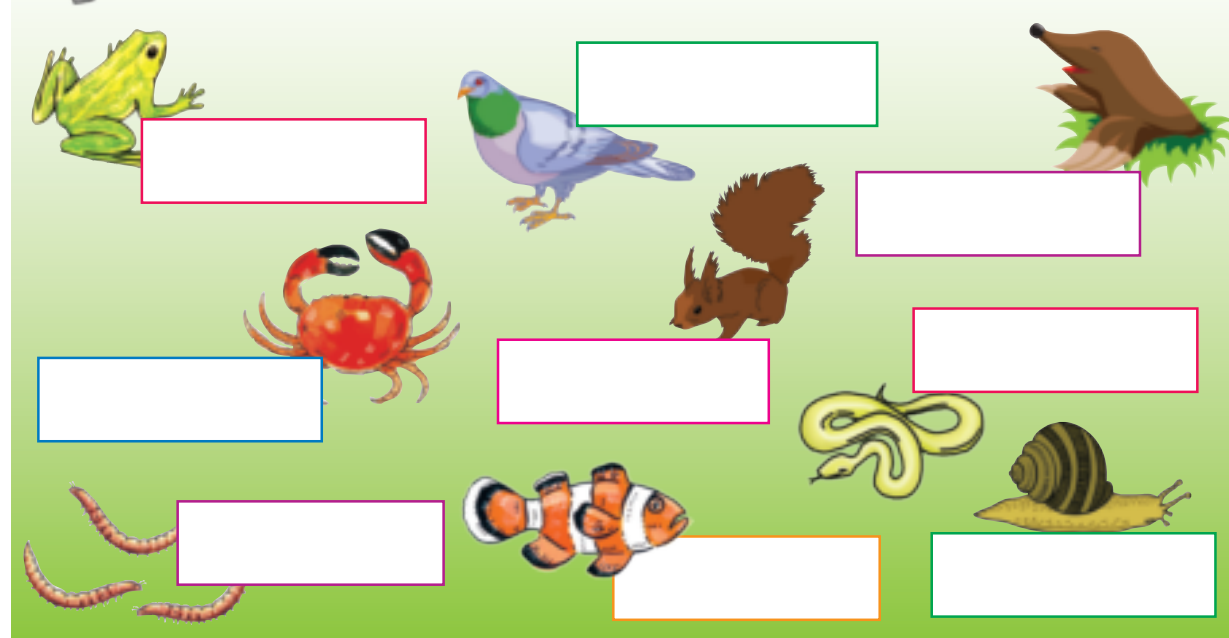
Khamba dza khumba dzi na muvhalade? _____

Ni vhona u nga ndi nga mini khumba dzi na khamba? _____



Kha ri n'wale

Ni vhona u nga ndi dzula ngafhi? Tsini na tshifanyiso, nwalani uri ndi nga fhat'a muḁi **murini**; ngomu **mavuni** kana **maḁini**.





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Zwipuka zwi no difhatela vhukhudo

Themo ya 2 – Vhege ya 8 – Bammberi la u shumela la



Kha ri ite nyito

Livhanyani zwifanyiso zwa zwipuka izwi na zwifanyiso zwa miḡi yazwo.



Kha ri vhale

Notshi

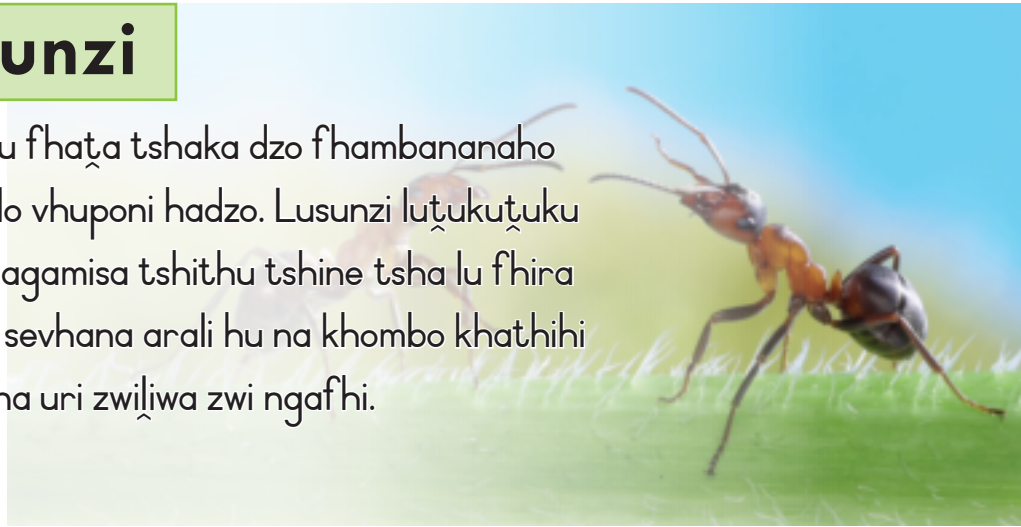


Notshi dzi dzula phakhoni.
Dzi fhaṭa mazhana nga phula.
Dzi vhulunga Zwiliwa mazhanani.



Vhusunzi

Vhusunzi vhu fhaṭa tshaka dzo fhambananaho dza vhukhudo vhuṑoni hadzo. Lusunzi luṭukutuku lu a kona u gagamisa tshithu tshine tsha lu fhira kaṅa. Vhu a sevhana arali hu na khombo khathihi na u vhudzana uri zwiliwa zwi ngafhi.



Kha ri ṅwale

Ni vhona u nga ndi nga mini vhusunzi vhu tshi difhaṭela vhukhudo? _____

Swina la vhusunzi ndi nnyi? _____

Vhusunzi vhu shumisa mini kha u fhaṭa vhukhudo? _____



Kha ri vhale

Zwiṅoni

Zwiṅoni zwi fhaṭa zwiṭaha sa vhukhudo khathihi na u kudzela makumba ngomu. Saizi ya tshiṭaha i langwa nga saizi ya tshiṅoni.

Zwiṅoni zwi shumisa mini kha u fhaṭa zwiṭaha?

Ndi zwipuka zwifhio zwine zwa vha maswina a zwiṅoni?





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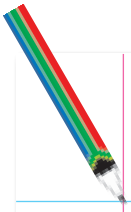
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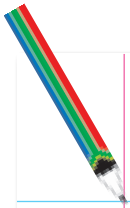
X-Z
x-z





A large rectangular area containing a vertical red margin line on the left and 20 horizontal blue lines for writing.

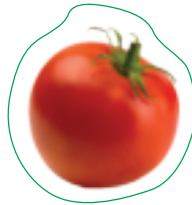
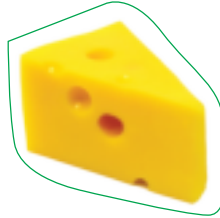
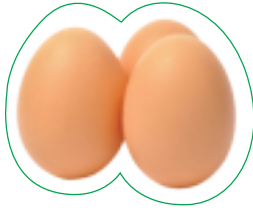
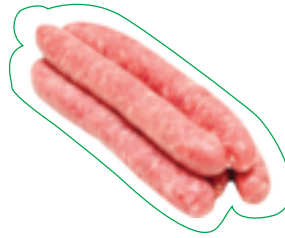
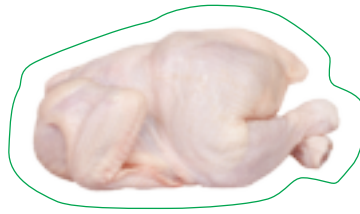




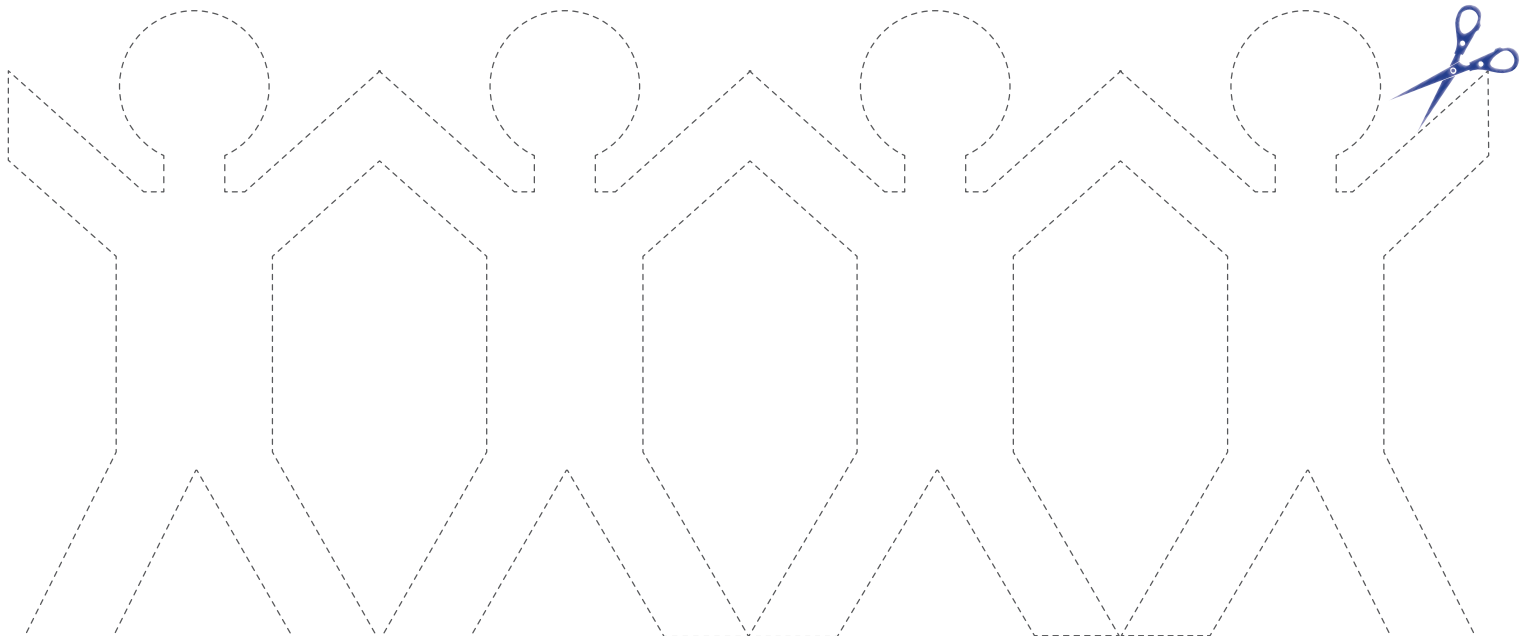
A large rectangular writing area with a vertical red margin line on the left and horizontal blue lines for writing. The area is currently blank.



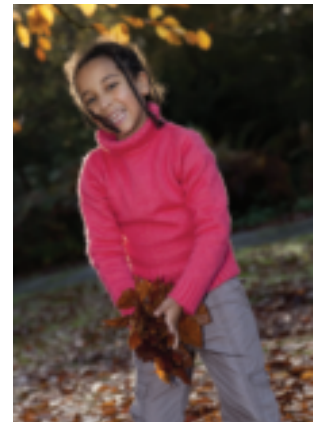
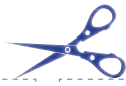
P.29



P.19



P.36-37



P.57

