

4HILLCREST HIGH SCHOOL
ISIZULU ULIMI LOKUQALA LOKWENGEZA



UKUHLOLWA KUKA- JUNI 2019

IBANGA LE-11

IPHEPHA LOKUQALA (P1)

ISIKHATHI : AMAHORA AMA-2

AMAMAKI:80

IMIYALELO KWABAHLOLWAYO

1. Leli phepha lehlukaniwe IZIQEPHU EZINTATHU:
ISIQEPHU A Isivivinyo sokuqondisisa
ISIQEPHU B: Ukufingqa
ISIQEPHU C: Uhlelo nokusetshenziswa kolimi
2. Phendula YONKE imibuzo.
3. Qala ISIQEPHU NGASINYE ekhasini ELISHA.
4. Dweba umugqa emva KWESIQEPHU NGASINYE.
5. Bhala izinombolo zezimpendulo kahle ngendlela ezihlelwe ngayo kuleli phepha lemibuzo.
6. Shiya umugqa emva kombuzo ngamunye.
7. Qaphela upelomagama kanye nokwakheka kwemisho.
8. Ungahlukanisa isikhathi obhala ngaso ngokwalezi ziqephu:
ISIQEPHU A: Imizuzu engama-50
ISIQEPHU B: Imizuzu engama-20
ISIQEPHU C: Imizuzu engama-50
9. Bhala ngesandla esibonakalayo

UMBUZO 1

Funda le ndaba elandelayo bese uphendula imibuzo ezolandela.

ISIFO SOKUWOHLOKA KOMQONDO (DEMENTIA)

I *dementia* yisifo esibucayi esihlobene nokulimala noma ukuphazamiseka komqondo. Lesi sifo senza ukhohlwe kalula futhi ungacabangi njengabanye abantu. Ngokocwaningo lakamumva lwenhlangano engenzi inzunzo i-Alzheimer's South Africa ithi balinganiselwa ezi-2 million emhlabeni abantu abanalesi sifo.

UCorlia Shutte ungomunye wabantu **asebemkatshubomvu** ngalesi sifo aphinde asebenze njengo meluleki eLivewell Village endaweni yaseBrayston uthi kukhona izinhlobo ezahlukene ze-dementia okubalwa kuzo i-vascular dementia edalwa ukungahambi kahle kwegazi engqondweni okwenza ungakwazi ukucabanga kahle ugcine usufe uhlangothi. Olunye uhlobo *IweDementia iLewy Body dementia* edalwa ukumbondelana kokudla okungenamsoco okwenza ingqondo igcine ingasasebenzi ngendlela efanele. Iziguli zigcina sezizwa noma zibona izinto ezingekho lokhu kubizwa ngomnyamubomu phecelezi *hallucination*. I-Dementia iphinde ibangwe ukulimala kanzima ekhanda noma isifo esifana nesithuthwana (epilepsy)

I-Livewell Village indawo esebenza ngabantu abanalolu bhuhane lwesifo iDementia. Lesi sifo siyisela elingena emzini wakho ungazi lingene kanjani. Lesi sifo ayikho into ethile esingayidalula ukuthi iyasidala kodwa kubhekwa indlela umuntu aphila ngayo kanye nendawo ahlala kuyona, uma ungumuntu ophila ngokuhlukumezeka, unokwesaba, uhlezi uthuka ubala, lokhu kunganyusa amazinga ukuthi uzithole usunalesi sifo.

Kudala lesi sifo sasithathwa njengesabantu abadala asebenzaphazulu kweminyaka engama-60 ngenxa yokuthi vele uma usukhulile nomqondo uyathanda ukukhohlwa, kodwa muva nje ngokocwaningo luka Jill Robson ophethe i-Alzheimer's South Africa eNtshonalanga Kapa uthi netsha kusukela eminyakeni eyi-19 kuya kwengama-30 isiyaphathwa nayo yilesi sifo. U-Emeli Roberts oneminyaka engama-20 watholakala esibhedlela sase Rhodes ukuthi une -*Vascular Dementia* ngonyaka wezi -2010, ngonyaka wezi 2014 ishoba lalala amazolo, kwaba nzima emndenini ukwamukela ukuthi indodakazi yabo engumafungwase ayisekho emhlabeni. UMnyango wezempilo ubhekene nenkinga yokuthi bancane abantu abaqeqeshelwe ukusiza abantu abanalesi sifo. Abantu abaningi bayalwentula ulwazi ngalesi sifo, ikakhulukazi ezindaweni zasemakhaya, uma umuntu ehlaselwe yilesi sifo kuvele kuthiwe uthakathiwe, uloyiwe ngenxa yokuziphatha okungachazeki.

Umuntu ohlaselwe yilesi sifo uba nolaka olwesabekayo, uxabana nabantu, uyazilimaza, uhlale etatazela aphantsi yidumbe, akhohlwe ngisho imininingwane ebalulekile ngempilo yakhe, okubalwa amagama ezingane zakhe, igama lendawo ahlala kuyona kanye nabantu ahlala nabo. UJonelle du Point oneminyaka engama-33 usebenza njengomeluleki wamabhizinisi kaHulumeni esifundazweni sase Guateng uthi ugogo wakhe uHilda du Point watholakala ukuthi unalesi sifo eneminyaka engama-80 wagula iminyaka emihlanu ngaphambi kokuthi adlule emhlabeni. Okwakwenza kube nzima ukuthi emndenini akekho owayenolwazi olugcwele ngalesi sifo. babethi uma ugogo ekhohlwa izinto bacabange ukuthi yingenxa yokuhamba kweminyaka, phela akukho sihlahlala saguga namagxolo aso.

Ukuze uzivikele kulesi sifo kubalulekile ukuthi udle ukudla okunempilo, uphuze itiye I Rooibos, ukuhlala uzivocavoca kanye nokuhlala unabantu eduze abazokuxoxisa. Abantu abanalesi sifo bangaluthola usizo enhlanganweni ezifana ne Lewy Body Dementia South Africa kanye ne- Alzheimer's South Africa, lezi zihlangano ziyatholakala ezinkundleni zokuxhumana i-Facebook noma uthumele i-emeyeli demetiasa @.org.za, ungaphinde uvakashele zikhungo emahhovisi azo atholakala kulo lonke leli.

I-Dementia isifo esingenazwelo kumele sisukume sifunde, sithole ulwazi ngoba **sidla fumuka siphinde sidle silaza** asikhethi.

(Icashunwe ephephabukwini uBona yahunyushwa)

- 1.1 Bhala igama lephephabhuku okucashunwe kulo le ndaba. (1)
- 1.2 Bangaki abantu abanesifo se *-dementia* emhlabeni wonke? (1)
- 1.3 UJonelle duPoint wengamele siphilisi isikhundla ngokwale ndaba? (1)
- 1.4 Ngabe I-*Vascular dementia* idalwa yini ngokwale ndaba. (1)
- 1.5 Iyiphi inkinga ebhekene noMnyango wezempilo ngalesi sifo. (2)
- 1.6 Bala izinto EZIMBILI ezenziwa umuntu ohlaselwe yilesi sifo ezingaba ingozi kuye. (2)
- 1.7 Tomula umusho okhombisa ukuthi abantu base zindaweni zasemakhaya abakafundiseki ngalesi sifo. (2)
- 1.8 UHilda du Point wagula iminyaka emingaki ngaphambi kokuba adlule emhlabeni. (2)
- 1.9 Bala OKUBILI ongakwenza ukuze uzivikele kulesi sifo. (2)
- 1.10 Khetha impendulo efanele kwezilandelayo ,umusho ongezansi uwuhlobo luni lwesifenqo:
Lesi sifo siyisela elingena emzini wakho ungazi. (2)
 - A. Isingathekiso
 - B. Ihaba
 - C. Isifaniso
 - D. Isihlonipho
- 1.11 IQINISO noma UMBONO ukuthi i-*dementia* iphatha abantu abadala kuphela. Sekela impendulo yakho ngobufakazi obusendabeni. (2)
- 1.12 Chaza lezi zimo zokukhuluma ezibhalwe ngokugqamile emshweni elandelayo:
 - a) UCorlia Shutte ungomunye wabantu **asebemkhatshubomvu** ngolwazi ngalesi sifo. (2)
 - b) **Lesi sifo sidla fumuka, sidla silaza** asikhethi muntu. (2)
- 1.13 Ngokucabanga kwakho ikuphi okumele kwenziwe ezindaweni zasemakhaya, ukuze abantu bathole ulwazi ngalesi sifo. Bala OKUBILI. (2)

1.2 Bukisisa isithombe bese uphendule imibuzo ezolandela:



- 1.2.1 Yisiphi isikhathi sonyaka esivezwe kulesi sithombe esingenhla? (1)
- 1.2.2 Bhala umusho oveza ukuthi lo baba ukholwa enkolweni yobu Kristu. (1)
- 1.2.3 Bhala imisebenzi EMIBILI eyenziwa ikhandlela kulesi sithombe. (2)
- 1.2.4 Ngabe isiqubulo esithi “Ukhisimusi Omhlophe” siyahambisana yini nokwenzeka kulesi sithombe? Sekela impendulo yakho. (1)
- 1.2.5 Ngabe IQINISO noma UMBONO ukuthi okwenziwa uEskom kwabe kuqala ukwenzeka. Sekela impendulo yakho ngobufakazi obusesithombeni. (2)

[30]

ISIQEPHU B: UKUFINQA**UMBUZO 2**

Funda lesi siqeshana esikhuluma ngezinto ongazenza ukwehlisa isisindo somzimba bese usifingqa.

IMIYALELO

1. Fingqa ngamaphuzu ayisikhombisa ubhale nombolo 1-kuya -7
2. Fingqa ngamagama angeqi kwangama-60
3. Sebenzisa amagama akho
4. Ekugcineni bhala inani lamagama owasebenzisile.

ONGAKWENZA UKWEHLISA ISISINDO SOMZIMBA EBUSIKA

Umzimba womuntu udinga ukunakekelwa ngaso sonke isikhathi.

Kumele ugweme ukuphuza iziphuzo ezine-caffeine kanye noshukela omningi uma ufuna ukunciphisa umzimba. Lezo ziphuzo kungaba izinhlobonhlobo zamakhofi. Esikhundleni sala makhofi ungazifudumeza ngokuphuza amanzi afudumele. Kulawo manzi ungafaka ulamula nengcosana yoju esikhundleni sikashukela ukuze kunambitheke kahle.

Zonke izinto ozidlayo kumele uziqaphele ngoba yizona ezingenza ukhuluphale ngokweqile. Gwema ukudla okunokolweni omningi, amafutha kanye nosawoti omningi. Okunalokho ungadla izithelo kanye nemifino. Inyama ungayidla kodwa unciphise ebomvu. Kube yinyama emhlophe ekhishwe isikhumba kanye nenyama yenhlanzi. Bese uphuza amanzi afudumele. Ungadla izikalana ezincane zokudla.

Thola umuntu ozokusiza ekuzilolongeni nasekuvocavoceni umzimba. Qikelela ukuzijwayeza lo mkhutshana, ungavilaphiswa amakhaza. Ukuzivocavoca ngeke kwehlise isisindo kuphela kodwa kungakwenza uphile kahle. Ungavikeleka nasesifweni sikashukela, esehliziyo nezinye. Lezi zifo ziyingozi futhi zinciphisa nezinsuku zakho zokuphila emhlabeni.

Thola umdlalo ozowudlala wena nomngani wakho ubusika buqala buze buyophela. Lokhu kukusiza ekutheni uhlezi umatasatasa ngokuzivocavoca. Umdlalo ungakuchithisa isizungu ngendlela enempilo. Ngeke uchithe isizungu ngezinto ezingenampilo njengokudla kakhulu amaswidi. Noma kube ukwenza izinto ezinobungozi njengokubhema izidakamizwa kanye nokunye.

Gwema ukudla okuthengwe sekuphekiwe kodwa yidla ukudla okuphekwe ngendlela efanele ekhaya. Isizathu salokhu ukuthi imvamisa ukudla okuthengiwe kuphekwe ngamafutha nosawoti omningi. Ungakugwema lokhu ngokupheka ukudla okunhlobonhlobo okunempilo ukufake esiqandisini. Ungalokhu ukukhipha kancane kancane ukufudumeze uma usulungele ukukudla. Thola intambo yokudlala ingqathu uma ungayanga endaweni yokuzivocavoca. Le ntambo ungadlala ngayo imizuzu eyi-15 ukuya kwengama-20. Kuyindlela elula futhi engabizi mali yokuzivocavoca uwedwa ekhaya ngesikhathi esilungele wena sosuku. Ukugxumagxuma lokhu kungadlala enkulu indima ekwehliseni isisindo nasekugcineni umzimba wakho uphilile.

Thenga izimpahla zasebusika ezifudumele zokuzivocavoca. Singabala ama-tights, amagilavu kanye namateki ukuze ufudumale ngaphambi kokuba uphumele phandle. Ukufudumala phela kubalulekile ukuze unganenwa umkhulane. Ukufudumala futhi kungakugqugquzela ukuthi unganqeni ukuzivocavoca ngoba wesaba amakhaza

UMBUZO 3: ISIKHANGISI

Bukisisa isikhangisi esilandelayo uphendule imibuzo

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- 3.1 Yini ekhangiswa kulesi sikhangisi esingenhla? (1)
- 3.2 Lusetshenziselweni uphawu lokubabaza emva kwagama elithi: phuthuma! (1)
- 3.3 Bhala amagama amadolobha AMABILI lapho kutholakala khona lesi sikhungo sezemfundo. (2)
- 3.4 Ngokucabanga kwakho sisetshenziselweni isithombe kulesi sikhangisi. (2)
- 3.5 Igama elithi 'MAHHALA' libhalwe ngefonti enkulu kunawo wonke amagama. Nikeza isizathu salokhu. (2)
- 3.6 Ikuphi okumele ukwenze ukuze ube sethubeni lokufunda mahhala kulesi sikhungo sezemfundo. (1)
- 3.7 Humusha le nkulumo ngesiZulu sangempela "Ufunda 2 hours per day". (1)

[10]

UMBUZO 4:



[Sicashunywe ku-Mercury-2016, sase siyahunyushwa]

- 4.1 Owakwabani lomndeni ovezwe kule khathumi? (1)
- 4.2 Ubhalela bani u-Yolly umyalezo? (1)
- 4.3 Zingaki izinsuku ezazisasele lo mndeni use Paris zibhale ngesizulu esiqondile (2)
- 4.4 Khetha impendulo efanele, Igama elibhalwe ngokugqamile kulo musho olandelayo lisho:
Ake ngizithengele izingubo **engizodlisa** ngazo eJozi lisho:
- A. Engizohamba ngazo.
B. Engizobukwa ngazo
C. Engizobanjwa ngazo
D. Engizohlala ngazo (2)
- 4.5 Ngokucabanga kwakho lomndeni uhlezi kuliphi igumbi. Sekela impendulo yakho. (2)
- 4.6 Kungabe lo mndeni unemali eningi kakhulu? Sekela impendulo yakho ngamaphuzu AMABILI. (2)

UMBUZO 5

5.1 Fundisisa lesi siqeshana bese uphendula imibuzo elandelayo.

Omama **basemadolobheni** bayazitotosa izingane **zabo**. Lokhu kuyaye kudale ukuba zibe ngamavila, zilale ngisho emini. Ilanga liphume lize liyoshona lutho ingane ukuvuka. **Izingane** mazikhuliswe ngendlela efanele. Ukukhulisa umntwana ngendlela kuyamsiza **ukuba** akwazi ukubhekana nempilo. Ilongandlebe ligcina libhekene nobunzima empilweni. Kubalulekile ukuthi abazali bazisole izingane uma zingenzi kahle lokhu kuyodala ukuba sibe yisizwe esiqotho. Abazali bayasolwa yizingane zabo uma bengazikhulisi ngendlela. Nakuba kunjalo kodwa ekugcineni umuntu uyazikhethela indlela yokuphila emhlabeni.

- 5.1.1 Bhala izigaba zamabizo abhalwe ngokugqamile emshweni elandelayo: (1)
- Izingane** mazikhuliswe ngendlela. (1)
 - Abazali** bayasolwa yizingane zabo. (1)
- 5.1.2 Nciphisa ibizo elibhalwe ngokugqamile emshweni olandelayo: (2)
- Umuntu** uyazikhethela indlela yokuphila.
- 5.1.3 Bhala umsebenzi owenziwe amagama abhalwe ngokugqamile kulesi siqeshana esingenhla. (4)
- 5.1.4 Guqula lo musho olandelayo uveze umqondo wokuphika: (2)
- Omama basemadolobheni bayazitotosa izingane zabo.

[10]

4

5.2 Bukisisa lo mfanekiso ongezansi uphendule imibuzo elandelayo.



5.2.1 Bhala uhlobo lwamabizo abhalwe ngokugqamile emishweni elandelayo:

- Indawo yase-Brooks isifanele ukuvotela **ikhansela** elisha. (1)
- Ngizoqhubeka nokuninika **imfundo** yamahhala. (1)

- 5.2.2 Yimuphi umuzwa ovuswa yilawa mazwi alandelayo?
'Nx! Yini eyenziwe yile ndoda?' (2)
- 5.2.3 Tomula igama elikhombisa ukuncenga enkulumeni ka-Maggie? (2)
- 5.2.4 Lo musho ongezansi uqukethe hlobo luni lwesifenqo.
Angeke ngidlale ngevoti lami. (2)
- 5.2.5 Bhala OKUBILI u-Piet akuthembisa umphakathi. (2)
- [10]

AMAMAKI ESEWONKE:80

