

ISIZULU ULIMI LOKUQALA LOKWENGEZA (FAL)

IPHEPHA LOKUQALA (P1)

SEPTHEMBA 2019

IBANGA LE-12

AMAMAKI: 80

ISIKHATHI: Amahora ama-2

Leli phepha linamakhasi ayi-14

IMIYALELO KWABAHLOLWAYO

1. Leli phepha lehlukaniwe IZIQEPHU EZINTATHU:
ISIQEPHU A: Isivivinyo sokuqondisisa (30)
ISIQEPHU B: Ukufingqa (10)
ISIQEPHU C: Uhlelo nokusetshenziswa kolimi (40)
2. Fundisisa YONKE imiyalelo ngaphambi kokuba uphendule imibuzo.
3. Phendula YONKE imibuzo ekuleli phepha.
4. Qala isiqephu NGASINYE ekhasini ELISHA bese udweba umugqa emva kwaleso siqephu.
5. Bhala izinombolo zezimpendulo njengoba zibhalwe embuzweni.
6. Shiya umugqa emva kombuzo ngamunye.
7. Bhala ngobunono nangesandla esifundekayo.
8. Qaphela upelomagama kanye nokwakheka kwemisho.
9. Ungahlukanisa isikhathi obhala ngaso ngokwalezi ziqephu:
ISIQEPHU A: imizuzu engama-50
ISIQEPHU B: imizuzu engama-30
ISIQEPHU C: imizuzu engama-40

ISIQEPHU A: ISIVIVINYO SOKUQONDISISA

UMBUZO 1

1.1 Fundisisa **UMBHALO A** ongezansi bese uphendula imibuzo ezolandela.

UMBHALO A (Okufundwayo)

- 1 Ukhwantalala (stress) isifo esidala inguquko eyenzeka kumuntu ngenxa yezinkinga umuntu asuke enazo. Umzimba wakhe usuke ulwa uzama ukuphikisana nesimo okuso. Ukhwantalala luhlasela izicubu zomzimba, ingqondo kanye nomphefumulo. Luba yingozi kakhulu uma inkinga iqhubeka ingaxazululekfuthi imphatha kabi emoyeni umuntu. Imithelela yalesi sifo mibi kakhulu eNingizimu Afrika ngoba baningi abantu **asebedlulile emhlabeni** ngenxa yaso lesi sifo.
- 2 Izibalo zabantu abaphethwe izifo ezithinta ingqondo zikhula ngesikhulu isivivini. Izibhedlela zengqondo eziningi zikhala ngokungabinazo izinsiza ezifanele ukusiza iziguli zalolu hlobo. Lokhu kuholela ekutheni sikhule isibalo seziguli eziphazamisekile emqondweni kodwa zingakutholi ukusizakala kulezi zibhedlela.
- 3 Abantu abahlaselwe ukhwantalala babonakala ngokuba nesiyezi, ukudla amazinyo, ukuphathwa yikhanda elingapheli kanye nokuqunjelwa. Umuntu osuke esecindezeleke kakhulu ubonakala ngalezi zimpawu; ukuqina kwemisipha emqaleni, nasemahlombe, ukuqwasha ebusuku kanye nomkhuhlane onamandla. Kwesinye isikhathi umuntu ophethwe ukhwantalala uyajuluka abuye aqhaqhazele.
- 4 Okunye okugqamayo ukuthi nasezikoleni kukhona izingane eziphethwe yilesi sifo. Lezo zingane ziphula imithetho yesikole bese ziyajeziswa kanti azizenzi zibanjwe ukhwantalala. Othisha kufanele bafundiswe ngokhwantalala ukuze bezokwazi ukubona uma ingane isihlaselwe yilesi sifo bese betshela abazali bayo ukuze isheshe ithole usizo. Abazali nabo kumele bazinake izingane zabo ukuze bezobona uma sekunoshintsho ezimpilweni zazo. Izingane kufanele zifundiswe zisencane ukukhuluma ngezinkinga ezibhekana nazo ukuze sigwemeke lesi sifo. Singehla kakhulu isibalo sezingane ezizibulalayo uma izingane zingayeka ukufihla lapho kukhona okuziphethe kabi ngoba yikhona lokhu okwenza zigcine sezinokhwantalala bese zibona ukuzibulala kuyisixazululo esisheshayo.
- 5 Ezinye izingane zidla izidakamizwa ngoba zifuna ukuziba izinkinga zazo. Izidakamizwa ezijwayele ukuzisebenzisa kakhulu yi-zenex, uqo, iwunga, space-muffin kanye nencika. Ingane enokhwantalala ibonakala kalula. Izimpawu ebonakala uma isinokhwantalala kuba ukuzivalela ekamelweni ilale usuku lonke, ukungavakasheli abangani, ukuhlala yodwa esikoleni, kanye nokuba nenhliziyo encane.
- 6 INingizimu Afrika ibhekene nenkinga enkulu yabantu abazibulalayo ngenxa yokhwantalala. Ucwanningo luthi cishe bangama-23 abantu abazibulalayo ngosuku okwenza babe yizinkulungwane eziyi-8 nangaphezulu ngonyaka. Abantu abangamaphesenti ayi-17.6 sebeke bacabanga ukuzibulala. Umuntu oseke wazama

ukuzibulala kumele asheshe asizwe ngoba usengaphinda azame ukuzibulala. Inkinga eyenza ukuthi baphinde bazame ukuzibulala yingoba labo abasondelene nabo bayabahlulela (judge) bese bebona sengathi akekho ozwelana nabo nosiqondayo isimo sabo.

- 7 Ukhwantalala lungahlasela noma ubani, alukhethi ukuthi umuntu uneminyaka emingaki noma unemali engakanani. Bangingi osaziwayo (celebrities) asebadlule emhlabeni ngemuva kokuthi bavele bazibulale noma babulawe ukudla kakhulu izidakamizwa ngoba sebehlaselwe yisona lesi sifo. Kulabo saziwayo singabala umculi weHip hop uJabulani Tsambo owayaziwa ngelika-HHP, uNichume Siwundla obedume ngengoma ethi, “Bhutiza”, uWhitney Houston, Kanye noBrenda Fassie. Okubangela ukuthi osaziwayo babe nokhwantalala kungenxa yokuthi abalandeli babo babalindele ukuthi baphile impilo ephezulu ngoba becabanga ukuthi banemali eningi yingakho begcina bengena shi ezikweletini. Lokhu kwenziwa ukuthi bathenga izinto ezibiza ngaphezu kwemali abayitholayo. Uma izinto zingasabahambeli kahle bagcina sebenokhwantalala.
- 8 Ukugxekwa, ukuhletshwa nokukuchukuluzwa kwenza abanye abantu bagcine sebezinyeza basabe nokuhambela izindawo ezifana nezindawo zokuzijabulisa nemicimbi. Lo mkhuba uvame kakhulu kubantu besifazane ngoba bayathanda ukubhekana indlela abagqoke ngayo nokubukisa koFacebook no-Instagram ngezinto asebephumelele kuzo. Uma sebengasanconywa kulezi zinkundla uma befaka izithombe zabo, baphatheke bese behlaselwa ukhwantalala.

[Icashuniwe yase iyahunyushwa]

1.1.1 Yini ukhwantalala ngokwale ndaba? (2)

1.1.2 Bhala ezinye izindawo EZIMBILI ezihlaselwa ukhwantalala kumuntu ngaphandle kwengqondo. (2)

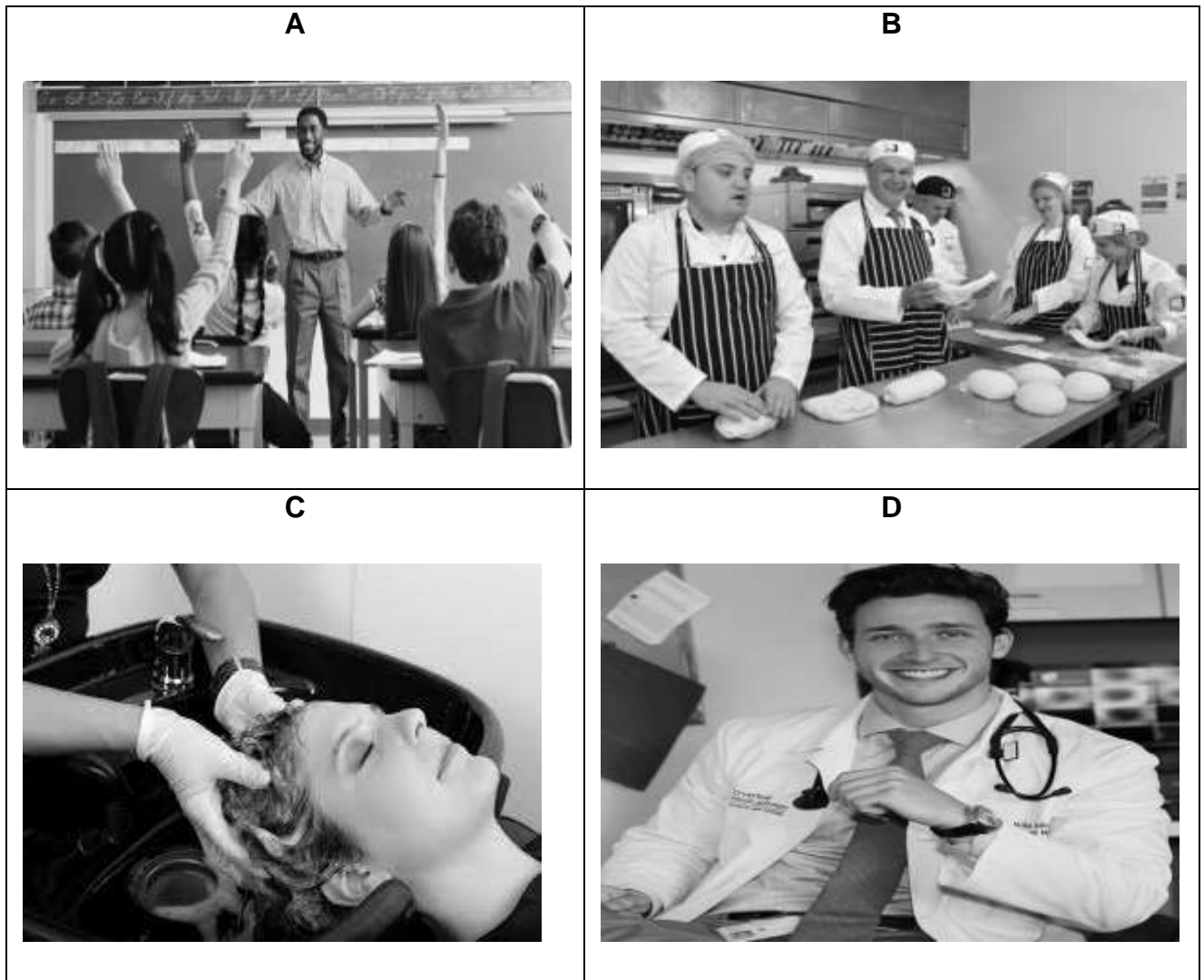
1.1.3 Khetha impendulo efanele kulezi ozinikeziwe:

Ukuqwasha kusho ...

- A Ukukhuthala.
- B Ukungakwazi ukulala.
- C Ukuqunjelwa.
- D Ukuphalaza. (1)

1.1.4 Ngokwesigaba sesi-5 yiziphi izimpawu EZIMBILI ingane onokhwantalala ebonakala ngazo. (2)

- 1.1.5 Balinganiselwa kwabangaki abantu abazibulalayo ngosuku ngenxa yokhwantalala? (1)
- 1.1.6 Kubaluleke ngani ukuthi abazali bazinake izingane zabo ngokwesigaba sesi-4? (2)
- 1.1.7 Ukhwantalala isifo esingahlasela noma ubani. Sekela lesi sitatimende ngokucaphuna esigabeni sesi-7. (2)
- 1.1.8 Yiziphi izinhlobo EZIMBILI zezidakamizwa ezijwayele ukusetshenziswa izingane ngokwalesi siqephu? (2)
- 1.1.9 Chaza lezi zimo zokukhuluma ezibhalwe ngokugqamile njengoba zisetshenzisiwe kule misho elandelayo:
- (a) Bangingi abantu **asebedlulile emhlabeni** ngenxa yokhwantalala. (2)
- (b) Ingane iba **nenhliziyo encane**. (2)
- 1.1.10 Isiphi iseluleko ongasinikeza umndeni womuntu oseke wazama ukuzibulala? (2)
- 1.1.11 Ngokwendaba osaziwayo bagcina bengene ezikweletini ngenxa yengcindezi abayithola kubalandeli babo. Uyavumelana noma uyaphikisana nalokhu okushiwo umbhali walesi isiqephu. (2)
- 1.1.12 Ngokucabanga kwakho kufanele enzeni uhulumeni ukwelekelela ukwehlisa isibalo sabantu abashona ngenxa yokhwantalala? (2)

1.2 Bukisisa **UMBHALO B** bese uphendula imibuzo elandelayo.

[Sicashunwe ku-google.com]

- 1.2.1 Bhala imisebenzi EMIBILI evezwe esithombeni esingenhla umuntu angayenza noma engenazo iziqu zemfundo ephakeme. (2)
- 1.2.2 Yimuphi umsebenzi kule esesithombeni odinga isifundo seSayensi? (1)
- 1.2.3 Yini eyenziwa izingane esithombeni A ekhombisa ukuthi zilalele futhi ziyezwa? (1)
- 1.2.4 Esithombeni B kubaluleke ngani ukuthi laba bantu bagqoke izigqoko? Sekela impendulo yakho. (2)

AMAMAKI ESIQEPHU A: 30

ISIQEPHU B: UKUFINGQA**UMBUZO 2**

Fundisisa **UMBHALO C** ongezansi bese uwufingqa ngamaphuzu ayi-7, ubhale ngobungozi obudalwa ukudaya izinwele.

IMIYALELO

1. Bhala ngemisho ephelele. Amagama angeqi/angadluli kwangama-60.
2. Imisho yakho mayibe nezinombolo kusukela kweyoku-1 kuya kweye-7.
3. Bhala iphuzu elilodwa emshweni ngamunye.
4. Ekugcineni kwamaphuzu wonke owabhalile bhala inani lamagama owasebenzisile.

UMBHALO C (OFUNDWAYO)**UBUNGOZI ZOKUDAYA IZINWELE.**

Siyanda isibalo sabantu abadaya izinwele. Lokhu kwenziwa abantu abadala, abancane, abesilisa nabesifazane. Ucwangingo luveza ukuthi kuyenzeka ukuthi odayi bezinwele babe nemithelela enebungozi.

Amakhemikheli okwenziwa ngawo odayi bezinwele ayingozi esikhumbeni somuntu. Abantu abanezifo zesikhumba ezifana ne-*Eczema* nezinye ziyabhebhetheka uma udayi uthinte isikhumba. Kufanele ugqoke izinto zokuzivikela uma uwusebenzisa.

Kukhona odayi abafaka amakhemikheli axhophayo. Le nhlobo kadayi yenza amehlo abe bomvu, abe buhlungu kanti ungagcina usungenwe isifo samehlo. Kuhle ukuqikelela ukuthi awucikici amehlo ngesandla esinodayi.

Ezinye izinhlobo zodayi zinamaphunga anzima (strong). Abanye abantu abaguliswa yisifuba somoya (asthma) bayacinana futhi bancishelwe umoya uma behogela iphunga likadayi. Odokotela bathi labo bantu akufanele basebenzise odayi bezinwele.

Kwezinye zezithako ezifakwa kudayi kukhona okuthiwa i- *ammonia*. I-*Ammonia* ingenza ukuthi izinwele zingaphinde zimile/zihlume noma ube nezilonda ezingapholi kokunye ugcine usunempandla noma ishanda.

Ngenkathi udaya kufanele uqaphele ukuthi udayi awuthinti umlomo. Izindebe zomlomo ziyavuvukala, zixebuke noma zibe nezilonda uma kwenzekile zathinteka ngesikhathi umuntu edaya izinwele zakhe.

Kunocwaningo oluveza ukuthi ezinye izinhlobo zodayi zidala isifo somdlavuza (cancer) wesikhumba. Qikelela ukwenza isampula ukubona ukuthi uyahambisana yini nesikhumba sakho.

Abanye abantu basebenzisa odayi ukuze babukeke sengathi bancane kuneminyaka yabo. Inkinga ukuthi kunemibala evele ibenze basabeke futhi kube sengathi bagugile.

[Umbhalo osuselwa ocwaningweni wase uyahumushwa]

AMAMAKI ESIQEPHU B: 10

ISIQEPHU C: IZAKHIWO NEZIMISO ZOKUSETSHENZISWA KOLIMI**UMBUZO 3**

Bukisisa **UMBHALO D** bese uphendula imibuzo ezolandela.

UMBHALO D (Ofundwayo nobukwayo)**NDABUZEKWAYO HERITAGE CELEBRATION**

Ufuna abantu bangakhohlwa AMASIKO abo?

AZIBUYE EMASISWENI!

Ngenela umncintiswano wokukhombisa ngamasiko akho ngeNYANGA yamasiko uMandulo.



INDAWO: ENDABUZEKWAYO EHHOLO

USUKU: 24 KUMANDULO KOWE-2019

ISIKHATHI: 12 EMINI

IMALI YOKUNGENELA: R50

UNGANGENELA WEDWA NOMA NEQEMBU LAKHO kule mikhakha elandelayo:

Ukusina.

Ingoma.

Imvunulo.

Ukuhaywa kwezinkondlo.

**BHALISA KUTHISHA WAKHO WESIZULU!**

Umfundi oyophumelela uyozitholela i-*laptop*

kanye nomfundaze wonyaka wokuqala enyuvesi.

Imithetho nemibandela:

Ayibuyi imali uma ungafikanga ukuzoncintisana.

[Umbhalo wokuziqambela, izithombe u-googlepics]

- 3.1 Uzobe ungayiphi inyanga lo mncintiswano okhangiswayo? (1)
- 3.2 Bhala umkhakha OWODWA ongawungenela kulo mncintiswano. (1)
- 3.3 Tomula ibizonto elitholakala kulo musho olandelayo bese ulisebenzisa emshweni ozakhele wona
Ngenela umncintiswano wokukhombisa ngamasiko akho. (2)
- 3.4 Sebenzisa igama '**inyanga**' emshweni ozakhele wona liveze umqondo ohlukile kumbhalo D (2)
- 3.5 Kungani imithetho nemibandela ibhalwe ngefonti encane? (2)
- 3.6 Uyini umthelela wezithombe kulesi sikhangisi? (2)
- [10]**

UMBUZO 4

Bukisisa **UMBHALO E** bese uphendula imibuzo ezolandela.

UMBHALO E (Ofundwayo nobukwayo)

[Icashunweephendebeni i-Isoleze]

- 4.1 Bahlobene kanjani uBhoza noMaCele? (1)
- 4.2 Yini ekhombisa ukuthi uMaCele udiniwe? Bhala OKUBILI. (2)
- 4.3 Luba nini usuku lwabesifazane? (1)
- 4.4 Khetha impendulo efanele kulezi ozinikiwe ukuchaza isimo sokukhuluma esibhalwe ngokugqamile kulo musho olandelayo:

Zinyawo zami ngibelethe.

- A Angicashe.
- B Angibaleke.
- C Angimnese.
- D Angidanse.

(1)

- 4.5 Tomula isabizwana sokukhomba emshweni olandelayo bese uzakhela umusho wakho:
Phela njengoba lolu wusuku lwabesifazane nje, uzofuna ngimenzele yonke into. (2)
- 4.6 Nciphisa igama elibhalwe ngokunzima kulo musho ongezansi:
Yilona **thuba** leli. (1)
- 4.7 Kungabe kubalulekile yini ukuba nosuku lwabesifazane? Sekela impendulo yakho. (2)

[10]**UMBUZO 5**

Fundisisa **UMBHALO F** bese uphendula imibuzo ezolandela.

UMBHALO F (Ofundwayo)

USicelo yibhungu elineminyaka engama-22 elingahlali phansi, uthanda ukwelekelela umama wakhe obakhulise ngemali yokuthengisa amasokisi. Esikhundleni sokudla izidakamizwa wathatha isinqumo sokubamba amatoho esemncane ukuze azifundise aphinde alekelele nodadewabo omncane. Ngemali abeyenza elekelela unina ngokuthengisa amasokisi wakwazi ukumphumaza ekusebenzeni epulazini. Waqhubeka wagcina esethengisa izicathulo emgwaqweni. Lokho kwenza aqongelele kakhulu imali yokuyofunda esikhungweni semfundo ephakeme.

Lokho kwamenza wathola umfundaze wokuyofundela iziqu zobudokotela enyuvesi yase-Witwatersrand ukuzimisela kwaphumelelisa iphupho lakhe washintsha amasu namaqhinga abewasebenzisa. Lo mfundi ubenephupho lokugcina elisezingeni eliphezulu lempilo ezosiza abantu abasha abaphuma emindenini ehlophekayo.

“Ngifisa sengathi nginganikeza intsha inkundla lapho kuzokhulunywa khona kabanzi ngokuphumelela empilweni”; kusho uSicelo ebambe isitifiketi sakhe sobudokotela.

[Umbhalo wokuziqambela]

- 5.1.1 Guqula lo musho olandelayo ube sebunye:

Baqhubeka nokuthengisa izicathulo. (2)

- 5.1.2 Mqondo muni oqukethwe yilesi sijobelelo esibhalwe ngokugqamile emshweni ongezansi?
Ubakhulisa ngemali yokuthengisa amasokisi. (1)
- 5.1.3 Bhala lo musho ube inkathi yamanje eqhubekayo.
Uthanda ukulekelela unina. (1)
- 5.1.4 Lungisa amaphutha kulo musho olandelayo bese uwubhala kabusha.
Iqembu lebola linabadlali abahlala eadams College. (3)
- 5.1.5 Khetha impendulo efanele kulezi ozinikeziwe.
Likuyiphi indlela yesenzo leli gama elibhalwe ngokugqamile kulo musho olandelayo:
Ukuzimisela kwaphumelelisa iphupho lakhe.
A Indlela yenhloso
B Indlela eyamile
C Indlela esabizo
D Indlela ephoqayo (1)
- 5.1.6 Khipha isiphawulo esitholakala kulo musho olandelayo bese usisebenzisa emshweni ozakhele wona.
Azosiza abantu abasha. (2)
- 5.1.7 Bhala isifinyezo segama elilandelayo.
Dokotela. (1)
- 5.1.8 Guqula inkulumo ngqo elandelayo ibe yinkulumo mbiko.
“Ngifisa sengathi nginganikeza intsha inkundla,” kwasho uScelo. (2)
- 5.1.9 Tomula igama eliyisandiso senkathi emshweni olandelayo.
USicelo obevuka ekuseni ayovula amasango esikoleni. (1)

5.2 Bukisisa **UMBHALO G** bese uphendula imibuzo elandelayo.

UMBHALO G (Ofundwayo nobukwayo)



5.2.1 La mazwi kaSipho avusa muphi umuzwa?

Nx! Ukuba ngangazi ngangike ngivume ukwenza le nto. (1)

5.2.2 Igama “**ngiphakathi**” liqonde/lisho ukuthini? (1)

5.2.3 Hlobo luni lwesifenko oluqukethwe yilo musho olandelayo:

Ngizobolela kule ndawo. (2)

5.2.4 Yini engasiza uSipho ukuze afeze izifiso zakhe njengoba ekule ndawo

iminyaka eyishumi? (2)

[20]

AMAMAKI ESIQEPHU C: 40

AMAMAKI ESEWONKE: 80