



# basic education

Department:  
Basic Education  
**REPUBLIC OF SOUTH AFRICA**

## **NATIONAL SENIOR CERTIFICATE**

**IGREYIDI 12**

**ISINDEBELE ILIMI LEKHAYA (HL)**

**IPHEPHA LOKUTHOMA (P1)**

**EXEMPLAR 2014**

**IMITLOMELO: 70**

**ISIKHATHI: ama-iri ama-2**

**Iphepheli linamakhasi ali-12.**

**YELELA**

1. Iphepheli LINEENGABA EZINTATHU: ISIGABA A, B kanye NESIGABA-C.  

ISIGABA A: Ukufunda nokuzwisisa	(30)
ISIGABA B: Ukurhunyeza	(10)
ISIGABA C: Izakhi nemithetjhwana yokusetjenziswa kwelimi	(30)
2. Phendula YOKE imibuzo.
3. Funda yoke imiyalo onikelwe yona ngokuyelela okukhulu.
4. Thoma isigaba ESINYE NESINYE ekhasini ELITJHA.
5. Thalela ngemva kokuphendula imibuzo yesigaba ngasinye.
6. Tlola iinomboro zemibuzo njengombana zinjalo ephepheni lemibuzo.
7. Tjhiya umuda OWODWA ngemva kwaleyo naleyo pendulo.
8. Tlola kuhle nangesandla esibonakalako.
9. Yeleva kobana upelede amagama ngendlela efaneleko bewutlole nemitjho ezwakalako.
10. Isikhathi esiphakanyisweko sokutlola isigaba ngasinye:  

ISIGABA A: pheze imizuzu ema-45	
ISIGABA B: pheze imizuzu ema-30	
ISIGABA C: pheze imizuzu ema-45	

**ISIGABA A: UKUFUNDA NOKUZWISISA****UMBUZO 1**

Phendula imibuzo engaphasi kwetheksti eku-1.1 nengaphasi kwesithombe esiku-1.2.

1.1 Funda itheksti engenzasi bese uphendula imibuzo.

**ABONOBANGELA NOBUNGOZI BOKUBA NOMZIMBA OMKHULU**

Ukunona nokuba nobudisi bomzimba obudluleleko kuyingozi ekulu epilweni yomuntu. Ubujamobu bungezelela amathuba amanengi wokobana umuntu afumane amalwele ahlukahlukene. Kungebangelo umNyango wezamaPhilo ukhuthaza abantu bona bagcine imizimba yabo isebujameni obuncani, obuhle nobulawulekako. Ukuze sigcine imizimba yethu isebujameni obufunekako kufanele sizitjheje.

Zinengi izinto ezingaba bonobangela bomzimba omkhulu okufaka hlangana isithako sefuzo esisemzimbeni ('genes'). Abadala baqinisile nabathi ihabhula aliweli kude nomuthalo. Kanengi kuvamile bona ababelethi nabanomzimba omkhulu nabantwababo babe nemizimba emikhulu. Lokhu kuyenzeka bona kudlulele neenzukulwaneni. Kokhanye kuyenzeka ukunona kubangwe kukhula kwamahomoni womzimba womuntu, kungabi kukobana akhula ngokwefuzo kodwana azikhulela wona nje.

Ezinye iinhlahla esizinikelwa bodorhoda ngomngqopho wokulapha amalwele athileko zinomthelela ekunoniseni imizimbethu. Kuneenhlahla esithi nasiziselako bese ziyasilambisa, zisikhuthaze bona sidle ngokudluleleko. Abanye abantu badla ngokudluleleko nabanesizungu nofana nabakwatileko. Ukudla khulu kuzimukisa umzimba bekungezelela namathuba wokunona. Kanti-ke nalokha umuntu nakathoma ukuluphala imisiphakhe ithoma ukugedla, ingasaba namandla wokutjhisa amafutha bese umuntu uthoma ukunona. Lokhu kuvamise khulu ebantwini bengubo. Amafutha la kanengi avamise ukunziza magega namadini. Kesinye isikhathi, abanye abantu bengubo bathi nabasebantwini, badle khulu bese kuthi ngemva kokubeletha kube budisi bona babuyele badle ngendlela ebegade bavele badla ngayo ngaphambi kokuzithwala. Nakho lokho kungokhanye okubanga bona bagcine sele baba nomzimba omkhulu.

Abanye abantu banoniswa kungazilongi ngebanga lokungabi nesikhathi ngombana baqeda isikhathi esinengi basebenza ngamakhomphyutha ema-ofisini. Ngebanga lokuthuthuka kwethekhnoloji, abasasebenzi imisebenzi efuna bona basebenzise amandla ukwenzela bona kulwisanwe namafutha asemizimbenabo. Nabatjhayisako bakhamba ngeenkoloyi ukuya emakhaya, abakhambi ngeenyawo kanti nalokha umuntu nakafika ekhaya uhlalela umabonakude ama-iri amanengi bekufike isikhathi sokulala. Nakwenzakeleko wavakatjhelwa bangani baqeda isikhathi esinengi bahlezi phasi emasofeni kudliwa bekuselwa.

Umzimba nawuthoma ukuzimuka ungezelela amathuba wokusahlelwa bulwele behliziyo. Nawuthoma ukuthela ngomzimba kuba khona ikghomu ebizwa bona yi-'plaque' eyenziwa mafutha akhelela ngaphakathi kwemithambo ekhambisa iingazi eziya ehliziyweni. Lokha ikghomu le nasele ikghamathele ngaphakathi kwemithambo le yenza bona iingazi zingasakhamba lula bese lokho kubangela iinhlungu esifubeni nezigcina zibangele ubulwele bokusahlelwa yihliziyo. Ubulwelobu benza bona ihliziyo ibhalelwe kupompa iingazi ezanele iindingo zomzimbakho. Nakungenzeka ikghomu le yakhelele kangangokuthi ivimba iingazi bona zingasakghona ukukhamba ngaphakathi kwemithambo, imithambo iyadabuka bese kwakheka igiqa leengazi elivimba i-oksijini bona ifikelele ebuqotjheni. Ukungafiki kwe-oksijini ebuqotjheni kubanga ubulwele bokufa kwehlangothi.

Kunekhemikhali etholakala eengazini nemafutheni womzimba womuntu ebizwa bona yikholesteroli. Ikholesteroli le inesilinganiso esithileko esilungele imizimbethu. Umuntu onomzimba omkhulu kunamathuba amanengi wokobana ikholesteroli le ingangezeleleka beyifike lapho iba sesilinganisweni esiphezulu khulu nesingezelelela amathuba wokuphathwa bulwele behliziyo obungambangela ukufa kwehlangothi.

Ukunona khulu kungezelela amathuba wokuphathwa mihlobo ehlukenekene yekankere. Ukutshwenywa madolo nomgogodlha ngezinye izinto ezitshwenya abantu abanomzimba khulu. Umzimba nawumkhulu usuke udisibeze amathambo kangangokuthi angasakghona ukuwuthwala. Kungebangelo abantu abanemizimba emikhulu bangeze bakghona ukukhamba ibanga elide kanti begodu bahlale balila ngeenhlungu zomzimba. Ubuhlungobu basuke babuzwe khulu lapha kuhlangukhona amathambo. Kanengi umuntu uthi asese mutjha umthole sele akhamba ngedondolo ukwenzela bona obunye ubudisi bomzimbakhe buthwalwe lidondolwelo.

Kunobunye godu ubulwele obubangelwa kunona khulu obubizwa bona yi-*Sleep Apnea*. Ubulwelobu nawunabo uzwakala ngokuqunteka nawuphefumulako nofana ngokuphefumula sakukghameka. Lokhu kusuke kubangelwa mafutha amanengi azungezele intamo, avala umrholo wommoya bese kubabudisi ukuphefumula.

Kuqakathekile bona sizame ngamandlethu woke bona ukunona sikubalekela ngendlela esingakghona ngakho ngombana lokho kuzokuphungula amagulo bekungezelele nepilo. UNGqongqotjhe wezamaPhilo uhlongoza bona abantu abasebenzise iindlela zeemvelo zokulwisana nemizimba emikhulu balise ukusela amapilisi neenhlahla ukulwisana nokunona kwemizimba.

(Irhujululwe ku-[www.nhlbi.nih.gov/health-topics](http://www.nhlbi.nih.gov/health-topics), yatjhugululelwa esiNdebeleni)

- 1.1.1 Kubayini kungakafaneli bona nawumumuntu ube nomzimba omkhulu? Ipendulwakho ayibe mumutjho OWODWA. (2)
- 1.1.2 Tlola abonobangela bokunona ABABILI umuntu angakghona ukubabalekela nange angafuni ukunona. (2)

- 1.1.3 Ngokutjho kwendatjana le kuthiwa kubangelwa yini bona umuntu nakathoma ukuluphala bese uthoma nokuthela umzimba. (2)
- 1.1.4 Tlola ngokurhunyeziweko indlela ubulwele behliziyo budaleka ngayo emzimbeni womuntu. (2)
- 1.1.5 Hlathulula umqondo omumethwe yikulumo ethi; 'ihabhula aliweli kude nomthalo'. (2)
- 1.1.6 Nangabe kuneenhlahla esizinikelwa bodorhodere ezitjhugulula ubujamo bemizimbethu, ucabanga bona ngikuphi okufanele kwenziwe ngibo ukuqinisekisa bona imitjhogabo ayibi nemithelela emimbi emizimbenethu? (2)
- 1.1.7 Ucabanga bona ngisiphi isiyeleliso udorhodere angasinikela isiguli lokha nakasinikela iinhlahla ezinciphisa ubukhulu bomzimba. (2)
- 1.1.8 Khetha ipendulo ocabanga bona iqedelela isitatimende esilandelako kezingenzasi.
- Umuntu othi nakakwatileko adle khulu usuke anqophe ...
- A ukuba namandla wokulwa.  
B ukuzilibazisa.  
C ukukhamba isikhathi eside angakalambi.  
D ukususa ubuhlungu abuzwako. (2)
- 1.1.9 Hlathulula bona ikulumo kangqongqotjhe engenzasi le ingabasiza nofana angeze yabasiza abantu ekwehliseni imizimbabo na? Sekela ipendulwakho uveze amazizwakho. **'Sebenzisani iindlela zeemvelo zokulwisana nemizimba emikhulu nilise ukusela amapilisi neenhlahla.'** (2)
- 1.1.10 Ngewakho umbono ucabanga bona ihlelo lokukhambakhamba nofana lokugijima lilungele WOKE umuntu onomzimba omkhulu na? (2)

**TJHEJA: YEQA IMIDA EMITHATHU NGAPHAMBI KOKUPHENDULA UMBUZO 1.2.**

1.2 Qalisisa iinthombe ezingenzasi bese uphendula imibuzo elandelako.



- 1.2.1 Qalisisa abantu abaseenthombeni ngasinye kezingehla bese utlola iphuzu elilodwa elibenza bafane ngokwamabumbekwabo. (1)
- 1.2.2 Tlola izinto EZIMBILI ezibonakala zibonobangela bobujamo abantwaba abakibo. (2)
- 1.2.3 Tlola isigaba sabantu abavezwe eenthombeni ezingehla. (1)
- 1.2.4 Phendula isitatimende esingenzasi ngo**LIQINISO** nofana **AKUSILO IQINISO** bese usekela ipendulwakho ngesiquanto osithathako. (2)
- linthombezi zisilethela umqondo wokobana ukuba nomzimba omkhulu kuya ngokuthi umuntu umhlobo bani.
- 1.2.5 Ubujamo obubonakala ngehlobu yinto yamalangana la. Kade kwakungakavami bona abantwana bangazithola banjengalaba abaseenthombeni. Hlathulula bona kubayini kunje amalangana la. (2)
- 1.2.6 Hlathulula bona ngiliphi igadango ongalithatha ukukhuthaza umuntu osebujameni obufana nobungehlobu bonyana angazihloboki. (2)

**IMITLOMELO YESIGABA A: 30**

**TJHEJA: THOMA ISIGABA B EPHEPHENI ELITJHA.****ISIGABA B: UKURHUNYEZA****UMBUZO 2**

Funda itheksti engenzasi bese uyayirhunyeka ngokwemiyalo elandelako.

**IMIYALO:**

1. Ngamagama angadluli kwama-70, rhunyeka uveze amaphuzu ali-7 nofana indima **ngabonobangela bokungaphumeleli nokulisa phakathi** kwabafundi emazikweni aphakamileko wefundo.
2. Nangabe utlole imitjho, inombore imitjhwako kusukela kowoku-1 bekufike kewe-7. Umutjho owutlolako awube nomqondo OWODWA.
3. Tlola ngelimi elitsengileko ngombana uzokwabelwa imitlomelo emi-3.
4. Sebenzisa amagamakho, ungabuyeleli utlole njengombana kutloliwe endatjaneni.
5. Tlola inani lamagama owasebenzisileko ekupheleni kwesirhunyeko sakho.

**ABONOBANGELA BOKULISA PHAKATHI KWABAFUNDI EMAZIKWENI  
APHAkamileko weZEFUNDO**

Ngemva kweminyaka eli-12 yefundo kulibhudango lananyana ngiwuphi umfundi bona azibone asezikweni lezefundo ephakemeko, kungaba seyunivesithi, ekholiji nanyana ethekhnikhoni, ukufezekisa ibhudango lakhe. Ngehlelo lakarhulumende leKhetha sekulula bona abafundi baragisele phambili iimfundo zabo emazikweni la. Umraro usuke uvele nasele umfundi amukelwe. Ngokwamarhubhululo kuyavela bona imiraro eyenza abafundi babhalelwe kuphumelelisa iimfiso zabo nasele basemazikweni la ziintjhijilo abazibangela bona ngokwabo kanti ezinye kuba ngilezo ezingaphezu kwamandlabo.

Abafundi abanengi bathi nasele bamukelwe emazikweni la batlhoge igcugcuzeleko elifanele limile ngaphakathi kwabo bese lokho kubenza balahlekelwe likareko lokuya ngetlasini ngebanga lokuzilawula. Lokho kwenza umfundi angenzi ama-asayinimete, imisebenzi yekhaya neminye imisetjenzana asuke aphiwe yona. Kesinye isikhathi umfundi uyagcugcuzeleka kodwana kufumaniseke bona ilekhtjhara yona iyabhalelwa kufundisa nokubakhombisa indlela umsebenzi ekufanele wenziwe ngayo. Lokho kubangele umfundi angaphumeleli. Abafundi abanengi abaphumeleli ngebanga lokungazithembi kanye nokuzithathela phasi. Lokhu kuba nomthelela omkhulu wokobana bangaphumeleli. Ukungaphumeleli kwabanye abafundi kubangelwa kukobana basuke bavela emindenini lapha kungakhange kube nelunga lomndenini elifunde labe lafika ezikweni eliphakemeko lefundo. Ukuphuma emndenini onganamali kunomthelela omkhulu ekutheni abafundi bangarageli phambili neemfundo zabo.

Amalanga la abafundi abanengi bazinikela isikhathi esinengi sokucocisana ngeensetjenziswa zokuthintana ('social media') sokunokobana bafunde iincwadi zabo. Indlela abafundi laba bazinikele ngayo ekucocisaneni ngeensetjenziswa zokuthintanezi bagcina bangazinikeli isikhathi esaneleko sokulala baphumule begodu lokho kubabangela iingqondo zabo zihlale zidiniwe, zingasakghona ukulalela. Ubuvila nabo bungunobangela omkhulu wokobana umfundi agcine angakaphumeleli nofana abuyele ekhaya angakafezi ibhudango aliyele ezikweni lezefundo eliphakemeko. Ukutlhoga ikghono lokubekezelela iintjhihilo umfundi angahlangabezana nazo kesinye isikhathi zimenza agcine abuyele ekhaya.

Amaziko amanengi wezefundo ephakemeko aneemfuneko ekufuze bona abafundi bazifikelele ngaphambi kobana bamukelwe. Ukwamukelwa komfundi ezikweni elithileko vane kutjho khona bona usuke ahlangabezene neemfuneko zezikwelo, ye-ke kuyarara ukubona umfundi sele abuyela ekhaya ngebanga lokwehla kwezinga lakhe lefundo nelibangela bona angasavunyelwa ukuragela phambili neemfundo zakhe.

[Ithethwe ku-Roldens Paulynice's Facebook yatjhugululelwa esiNdebeleni]

**IMITLOMELO YESIGABA B: 10**



**TJHEJA: THOMA ISIGABA C EPHEPHENI ELITJHA.**

**ISIGABA C: IHLELO NOKUSETJENZISWA KWELIMI**

**UMBUZO 3**

**ISIKHANGISO**

# **UMNYANYA WELANGA LAMAGUGU**

**RHABA! UZOZITHUMBELA IVUNULO OYITHANDAKO!**

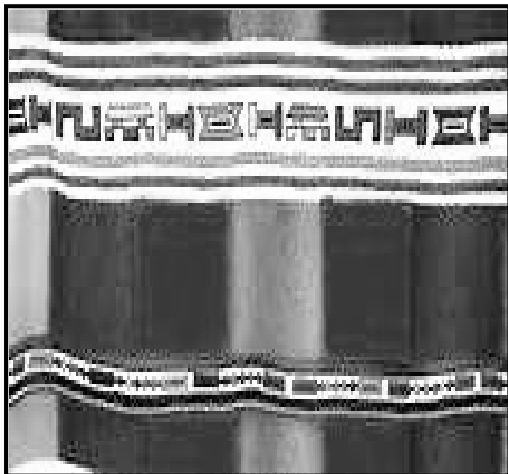
Inyoni efika maqangi izikhethela esinonileko!

**MABUSABESALA CULTURAL VILLAGE**

**BUYELANI EMARUBHINI!**

**BUYELANI NGAKWAGOGO!**

Isithombe 1



Isithombe 2



Isithombe 3



Isithombe 4



## **Umuntu kukwazi umrabhu wakhe**

**Aba-2 abazokufika maqangi bazozithumbela ivunulo abayithandako!**

- 3.1 Tlola bonyana imihlobo yevunulo evezwe esithombeni sesi-2 nesesi-3 ngamunye imbathwa nakwenzenjani. (2)
- 3.2 Esikhangisweni esingehla dzubhula igama eligandelela bona abantu abangakhohlwa masikwabo. (1)
- 3.3 Tlola igama lengubo yesikhumba eyembethwe bobaba abasesithombeni sesi-2. (1)
- 3.4 Hlathulula umqondo olethwa libinzana lamagama athi, inyoni efika maqangi izikhethela esinonileko. (2)
- 3.5 Ucabanga bona uyini umnqopho wokusetjenziswa kweenthombe esikhangisweni esingehlesi? (2)
- 3.6 Ngelihlo elihlabako akhe uveze bona okutjiwo sisaga esivezwe esikhangisweni nomnqopho wombandela osetjenziswe ngehla kuthintana njani. (2)
- [10]**

**TJHEJA: THOMA UMBUZO 4 EPHEPHENI ELITJHA.****UMBUZO 4**

Qalisisa ikhathuni engenzasi bese uphendula imibuzo elandelako.

**IKHATHUNI**

- 4.1 Tlola umthombo okuthethwe kiwo ikhathuni le. (1)
- 4.2 Ngokurhunyeziweko tlola ubujamo babantu abasekhathunini le ngamunye uveze okutjihiwo bujamo bomzimababo. (2)
- 4.3 Dzubhula ibinzana elisetjenziswe ekhathunini eliveza umqondo wokuthukwa. (1)
- 4.4 Ingabe amagama womsana lo athi, 'Langifaka endumisweni' asivezela muphi umqondo ngokwekhathuni le. (2)
- 4.5 Thatha igama elithi, 'Baba-ke!' elisetjenziswe ekhathunini engehla uzakhele wakho umutjho ubabaze isehlakalo esisekhathunini le. (2)
- 4.6 Ucabanga bona okutjihiwo msana ophethe iphepha lo kuyakholweka na? (Kokukhohlwa kwebizo lakhe.) Sekela isiqu nto osithathako. (2)

**[10]**

**TJHEJA: THOMA UMBUZO 5 EPHEPHENI ELITJHA.****UMBUZO 5**

Funda itheksti engenzasi bese uphendula imibuzo.

linrhatjhi zisiyelelisa ngakho koke okwenzeka ephasini mazombe. Sineenrhatjhi ezifana nemirhatjho ezilalelwa khulu amalanga la. Vane kubemnandi nasilalele umrhatjhi onguPhrofesa umswa kaBhorholo. Usithakgha tle lomswa, umona phasi madoda. Wabe anebhudango lokubamrhatjhi asese mncani, ngetjhu elihle vele laphumelela. Ukuthanda kumbi ukurhatjha kanti bewunehliziyi ehle kwamambala, uthi nakahlekako kube sengathi kungakhithika iponde ngamazinywakhe amhlophe twa sabisi. Ukurhatjhokhu wakufunda ngokulingisa umkhwenyabo owabe amrhatjhi odumileko emrhatjhweni ukukhamba kancani kufana nokugijima weKwekwezi. Ipumelelo yakhe kezokurhatjha asingabazi bonyana ingambeka ethubeni lokobana simbone sele angusaziwako kezemidlalo kamabonakude ngombana phele sizwe abadala basithi. Unebhudango lokobana ngelinye lamalanga azibone arhatjha imidlalo yeamerika. Simfisela ikusasa elihle nelinepumelelo ngebhudango lakheli. Amaphephandaba nawo aziinrhatjhi ezithandwa khulu asilethela iindaba zisatjhisa. Abantu ngobunengi bathanda elibizwa bona yi-Daily Sun. Iphephandabeli lona lidume ngokurhubhulula iindaba eziphathelele nokuphathaphatha nezingezithandwa babantu khulu.

- |     |   |             |
|-----|---|-------------|
| 5.1 | Tlola bona igama elithi <u>lona</u> elisetjenziswe etheksthini engehla lisikhekhe bani sekulumo.  | (1)         |
| 5.2 | Tlola isirhunyezo sebizo elithi, <u>Phrofesa</u> elisetjenziswe ngehla.   | (1)         |
| 5.3 | Ngokuyelela imithetho yokutlolwa nokupeledwa kwamabizo weendawo tlola ibizo 'yeamerika' elisetjenziswe etheksthini engehla ngendlela efaneleko. | (2)         |
| 5.4 | Tlola umutjho ngebizosenzo 'ukuphathaphatha' utjengise bona lingaba nenye ihlathululo ngaphandle kwale esetjenziswe etheksthini.                | (2)         |
| 5.5 | Thatha igama eliphikisana nelithi <u>isithakgha</u> ulisebenzise emutjhweni ozakhele wona.  | (2)         |
| 5.6 | Thatha ibinzana lamagama elithalelweko uzakhele wakho umutjho kuvele bonyana uyayazi ihlathululo yalo.  | (2)         |
|     |   | <b>[10]</b> |

**IMITLOMELO YESIGABA C: 30**  
**INANI LOKE: 70**