



basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

NATIONAL SENIOR CERTIFICATE

IGREYIDI 12

ISINDEBELE ILIMI LESIBILI LOKUNGEZELELA (SAL)

IPHEPHA LOKUTHOMA (P1)

NOVEMBA 2010

IMITLOMELO: 120

ISIKHATHI: ama-iri ama-2½

Iphepheli linamakhasi ali-14.

YELELA

1. Iphepheli LINEENGABA EZINE: ISIGABA A, B, C kanye nesigaba D.

ISIGABA A:	Ukufunda nokuzwisisa	(30)
ISIGABA B:	Ukurhunyeza	(10)
ISIGABA C:	Ihlelo nokusetjenziswa kwelimi	(60)
ISIGABA D:	Zemitlolo	(20)
2. Funda yoke imiyalo onikelwe yona ngokuyelela okukhulu.
3. Phendula YOKE imibuzo.
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 ekungiyi bewutlole nemitjho ezwakalako.

ISIGABA A: UKUFUNDA NOKUZWISISA**UMBUZO 1**

Phendula UMBUZO 1.1 kanye NOMBURZO 1.2.

1.1 Funda indatjana elandelako bese uphendula imibuzo.

TLHOGOMELA AMEHLWAKHO

Iindlela ezili-10 zokutlhogomela amehlo.

1. Yidla ngendlela efaneleko

Yidla imirorho enamakari ahlaza, eneenongo ezinjenge-Vitamin-C, E ne-Omega-3. Ukudla ngefanelo kungehlisa ingozi yokuphophala nawuluphalako.

2. Balekela ukuhlala elangeni

Ukuhlala elangeni khulu kubanga amalwele wamehlo. Yembatha ingwani nofana iimbuko zamehlo nawuselangeni. Abentwana banehlavu yamehlo ekulu, evuleke khulu, ngalokho basengozini yokutshwayeleka kwamehlo ngoba badlala elangeni. UDorh. Canning uthe ukutshwayeleka okukhulu kwamehlo kwenzeka ebuncanini bethu, yeke uthe abentwana bathwale iingwani nofana bembathe iimbuko lokha nabadlala elangeni.

3. Yiba nesikhathi sokuphumula

Ukusebenza ungaphumuli kungawadisibeza amehlwakho. Ungaphathwa yihloko, amehlwakho ome, alume begodu ube nobudisi bokucabanga. UDorh. Wamehlo, uDorh. Huda osebenzela e-Atlanta Vision Clinic, eDubai uthe, "Abantu abanengi abasebenzisa ikhomphyutha ama-iri angaphezulu kasi-6, bangaba sengozini yokwembatha iimbuko kwasafuthi." Ukubalekela ukutshwayeleka kwamehlo, bayeleliswa kobana banande bacala ngaphandle kwefesidere imizuzwana, bacwayize, baphumuze amehlwabo ngokuwavala imizuzwana godu bawavule.

4. Hlala uphephile

Nawusebenza ngemitjhini nemikhiqizo yokuhlengisa, kufanele wembathe iimbuko zokuvikela amehlo. Kuneminye imidlalo engabangela ukutshwayeleka kwamehlo, yeke abadlali kufanele bavikele amehlwabo. Abadudi bona kufanele bafake iimvikelamehlo (*contact lenses*).

5. Vakatiqhela udorhodere wamehlo
- Kuqakathekile bona uvakatiqhele udorhoderhe wamehlo okungasenani kanye ngomnyaka. Ungabi neenhloni zokwembatha iimbuko nangabe kufanele. Ukukatelela ucale ngamehlwakho kungawalimaza.
6. Ningabolekani iinzesi zobuso
- Kubonakala inga akunangozi ukubolekana ngeempensela zeenkopha, kodwana ngikho kanye okudlulisa ingogwana ebangela ukutshwayeleka.
7. Lisa ukubhema
- Ukubhema kungabangela ukuphophala namalwele wamehlo lokha umuntu nakaluphalako. Nawufuna isizathu sokulisa ukubhema, ngiso lesi. Ukuba hlangana kwabantu ababhemako wena ungabhemi, kuyingozi khulu ngoba intuthwabo ingakubangela ukuvaleka kwesifuba, amehlo abe bovu, alume abe aphume iminyembezi. Ukubhema kubangela ukutjhwabana magega namehlo.
8. Zihlolisele amanye amalwele
- Amanye amalwele afana nobulwele betjhukela, i-HBP nomphimbo, angathuwelelisa ubulwele bamehlo. Obunye ubulwele bamehlo obufana ne-Glaucoma nobulwele bamehlo obubangelwa bulwele betjhukela, malwele wefuzo. "Ufanele ufunisise emndeninakho bona akekho onabo na. Nange akhona, kutjho khona bona nawe ungaba nabo," kwatjho uDorh. Huda.
9. Thoma nje
- Boke abentwana bekulisa kufanele bahlolwe amehlo. Inengi labo sele linawo amalwele wamehlo. Nakangelatjiswa msinya angeze baba sengozi yokuphophala.
10. Lala ngokwaneleko
- Nawungalali ngokwaneleko ubonakala ngamehlo. Ayadinwa, abebovu begodu uvele imida magega namehlo.

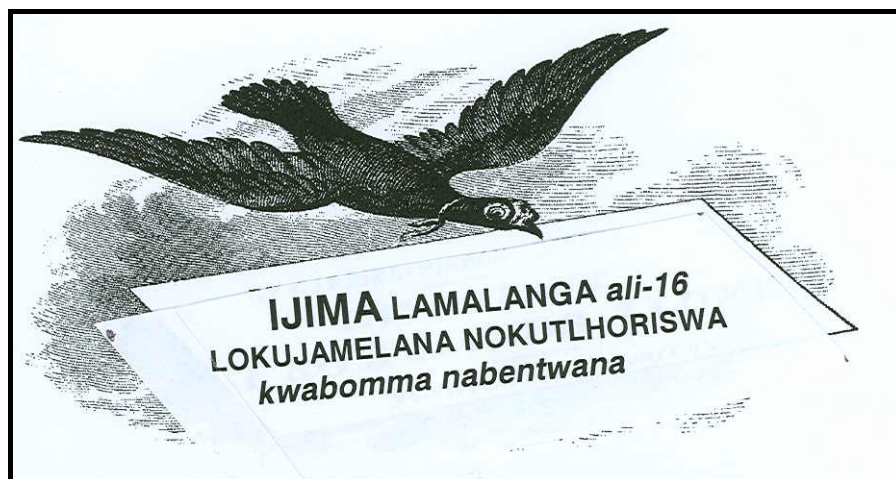
[Idzujulwe ku-Move, 14 Julayi 2010]

- 1.1.1 Ngiziphi izinto ongakafaneli ukuzenza lokha nawufuna amehlwakho angatshwayeleki? Tlola amaphuzu AMABILI. (2)
- 1.1.2 Tlola izinto EZIMBILI ongazenza ukuvikela amehlwakho kobana angatshwayeleki. (2)

- 1.1.3 Umtloli wendatjana le, uveza kwangathi bodorhodere besikhuwa bodwa abakwazi ukwelapha ubulwele bamehlo. Veza amazizwakho ngalombono, utlole amaphuzu AMABILI. (2)
- 1.1.4 Abantu abasebenzisa ikhomphyutha khulu bangawavikela njani amehlwabo? Tlola iindlela EZINTATHU. (3)
- 1.1.5 Ngewakho umbono, ingabe umuntu nasele aphophele angelapheka? Tlola amaphuzu AMABILI. (2)
- 1.1.6 Umuntu ongabhemiko naye angaba sengozini yokutshwayeleka. Vuma nofana uphikise umutjho ongehla begodu usekele ipendulwakho ngephuzu ELILODWA. (2)
- 1.1.7 Ngokomtlo, ngisiphi isizathu sokulisa ukubhema. (1)
- 1.1.8 Bobani abanye abantu ekufanele bembathe iimbuko zamehlo? Ipendulwakho ayiveze amaphuzu AMABILI. (2)
- 1.1.9 Ngubani ibizo lakadorhodere wamehlo ekukhulunywa ngaye endatjaneni le? (1)
- 1.1.10 Ngiyiphi indawo yangaphetjheya evezwe endabeni le? (1)
- 1.1.11 Tlola imihlobo emibili yemirorho yamakari ahlaza oyaziko. (2)

1.2 Funda indatjana elandelako bese uphendula imibuzo.

UKUTLHORISWA KWABOMMA NABENTWANA



Umbuso usungule ijima lokulwisana nokutlhoriswa kwabomma nabentwana ngehloso yokukhulumela nokulwela labo abanganawo amandla wokuzilwela. Side isikhathi kubukelwe, ukutlhoriswa kulumatha njengomlilo. Into ebuhlungu kukuthi abatlhoriswako bona ababoni bona bayatlhoriswa, badlumbana ipilo vele kufanele ibe njalo.

Kanengi abomma abatloriswako ungabezwa bathi, "Ngizokuphuma ngomgogodla lapha." Atjho bona uzakuphuma asidumbu. Kesinye isikhathi babona kwangathi ngibo abazibangele bona batloriswe. Bazibona banecala bafune indlela yokwenza izinto zibengcono. Kesinye isikhathi bathuliswa kukwesaba ukukhulunywa nokuhlekwa bomakhelani nabangani babo. Abanye abomma besaba ukulahlekelwa mumendo benyule ukuthula nanyana batloriswa. Abentwana bona besaba bona akekho umuntu ozobakholwa nabaveza indlela abatloriswa ngayo. Kesinye isikhathi besaba ukuthi abatlorisi bangaphika begodu bangasabenzela izinto egade babenzela zona. Umbuso uthi woke umuntu otloriswako akavele, likhona isizo lombuso. Naloyo ongatloriswako, kodwana obona isenzo sokutlorisa, avele asize otloriswako. Umbuso uyelelisa umphakathi wokana bona ulwisane nokutloriswa kwalabo abangakwazi ukuzilwela nabangakwazi ukuzikhulumela. Nange umphakathi woke ungajama ngeenyawo ubize amajima wokulwisana nokutloriswa, umraro lo, ungasombuluka msinya. Akekho umuntu onelungelo lokutlorisa omunye, nanyana akulobolile angakutlorisi, nanyana akukhokhela esikolweni angakutlorisi, nanyana akuqatjhile akanalo ilungelo lokukutlorisa. Asibambaneni maSewula Afrika silwisane nesitha!

- 1.2.1 Ingabe ijimeli linikelwa isikhathi esaneleko? Tlola uveze umbonwakho. Tlola amaphuzu AMABILI. (2)
- 1.2.2 Ngowakho umbono, ingabe batloriswa bobani? (1)
- 1.2.3 Bobani abanye abatloriswako abangakavezwa emtlotweni lo? (1)
- 1.2.4 Ingabe lenzakala ngaziphi iinyanga ezimbili ijima elivezwe lapha? (2)
- 1.2.5 Lithatha amalanga amangaki ijimeli? (1)
- 1.2.6 Nawungaba ngu-MEC womNyango wezokuThuthukiswa komPhakathi, ungabasiza ngani abatloriswako? Tlola amaphuzu AMABILI. (2)
- 1.2.7 Ngisiphi isenzo ongathi sisisenzo sokutlorisa? Tlola iphuzu LINYE. (1)

IMITLOMELO YESIGABA A: 30

ISIGABA B: UKURHUNYEZA**UMBUZO 2**

Funda indatjana elandelako uyizwisise bese uyayirhunyeka ngewakho amagama uveze amaphuzu **ALIKHOMBA (7)**, aqakathekileko namumongo. Amaphuzu kufuze abe mayelana nendlela yokuhlalisana nabomakhelani. Amagama ozowasebenzisa akabe matjhumini amane ukuya ematjhumini amahlanu (40 – 50). Ungatlola isirhunyeko sakho ngamaphuzu nanyana ngesigatjana. Tlola ngeembayaneni inani lamagama owasebenzisileko.

INDLELA YOKUHLALISANA NABOMAKHELANI

Khulumisana nabomakhelani bakho, wazi amagamabo nokuthi bababantu abanjani. Umakhelani mumuntu wokuthoma ofanele umthintelo lokha nawusebudisini. Yazi abantu boke abahlala ngakwamakhelani, nabo bazi abantu abahlala ngakwakho. Nanazanako ninomakhelanako, uzakugadela ipahlakho begodu akekho umuntu angamaziko ongathwala ipahlakho amqalile. Zinikele ukusiza umakhelanako nakunesidingo. Khulumisana kuhle nabomakhelani bakho. Hlonipha amasiko wabo nanyana angafani newakho. Yamukela abomakhelwani abatjha ngethando.

"Itjhada lingenye yezinto ezilwisa abomakhelani. Ukuphungula itjhada kulitshwayo lokuhlonipha. Ukubanga itjhada akusikho ukulilisela umrhatjho phezu kwaphela kodwana nezinja ezikhonkothela butjhilweni ebusuku, ukubetha iminyango netjhada lebhoro," kwatjho uVusi Khumalo olilunga leCommunity Police Forum. Uragele phambili wathi, "Kuhle ukuba neminyanya kodwana yazisa abomakhelani bakho ngesikhathi sokuthoma nesokuphela komnyanya."

Ungahlebi umakhelanako. Kanengi abomakhelani bararaniswa lihlebo. Esikhathini esinengi ihlebo ligcina sele limamala. Indaba nayigegako ikhamba itjhuguluka, nayifika kewokugcina ayisabi njengekuthomeni. Ukubalekela ihlebo kukwenza ube nesithunzi. Abomakhelani abakhulume ngezinto ezakhako neziphathelene nokuthuthukisa umphakathi, ingasi ngamabizo wabantu. Nawunekinga nomakhelanako mtjele, ungatjeli abanye abantu ngombana lokho kunganiraranisa.

Thulula iinzibi zangakwakho ngesikhathi. Iinzibi ezinukako nezinokudla okubolileko zinganilwisa. Kapa imithakho ingalengeli ngakwamakhelani. Utjani abusikwe namakari angaphephukeli ngakwamakhelani. Nawunefuyo ihlale ngejarideni lakho ingoneli abomakhelani. Nawunemodora ungatjhayeli ngebelo eliphezulu hlangana nemizi ngombana kunabentwana abadlalela endleleni.

[Idzujulwe ku-Move, 14 Julayi 2010]

IMITLOMELO YESIGABA B: 10

ISIGABA C: IHLELO NOKUSETJENZISWA KWELIMI**UMBUZO 3**

3.1 Tlola amagama aphikisana nalawo atolwe ngokunzima khulu.

Isib. **Umkukurumbu** udla isiphila.
Isikhukhukazi sidla isiphila.

3.1.1 Ekuya bahlabe imbuzi **emhlophe**. (1)

3.1.2 UDojiwe **umfundisi** wesondo elikhulu nakanje. (1)

3.1.3 Zibiza khulu izembatho **zabafazi**. (1)

3.1.4 Imbuzi zakagogo **zondile**. (1)

3.1.5 **Umntazanyana** wakwaMasango sele afunda. (1)

3.2 Tlola imitjho elandelako izwakale kuhle.

Isib. Ugogo (-pheka) umntwanomntwanakhe umratha.
Ugogo **uphekela** umntwanomntwanakhe umratha.

3.2.1 UBantazi (uzithunga-) irogo izolo. (2)

3.2.2 Inja (igijima-) umqasa. (2)

3.2.3 (Hlangana-) noke nibonisane madoda. (2)

3.2.4 UNodorhwana (utjhaphula-) ifindo. (2)

3.3 Tlola iimvumelwano ezifaneleko emagameni angeembayaneni.

Isib. imbuzi (-dla) utjani.
imbuzi **zidla** utjani

3.3.1 Ikosi (-kosi) ngesitjhaba. (1)

3.3.2 Vulani (-mnyango) kuyatjhisa. (1)

3.3.3 Akwenziwa (-sihlahla). (1)

3.3.4 Izambana (-bolile). (1)

- 3.4 Buyelela utlole imitjho elandelako bese upeleda amagama atlolwe ngokunzima khulu ngendlela efaneleko.
- Isib. KoKonjani kunecude.
KoKonjani kunequde.
- 3.4.1 Iklinigi ivulwa nangoSondo. (2)
- 3.4.2 Ugogo wembethe umtjhurhwana. (2)
- 3.4.3 Rhuphulani ngobulongo. (2)
- 3.5 Buyelela utlole umutjho ongenzasi uveze isikhathi sanje.
- linkolo zivaliwe. (2)
- 3.6 Amagama wemitjho engenzasi ahlangahlanganisiwe. Buyelela uwatlole kuhle ngokulamana kwawo ukuze izwakale kuhle.
- Isib. ithambo idla Inja.
Inja idla ithambo.
- 3.6.1 amatjhila zidla linkomo. (2)
- 3.6.2 emini balala Kwamalume. (2)
- 3.7 Buyelela utlole imitjho engenzasi kodwana iveze ukulandula.
- 3.7.1 Phumani! (2)
- 3.7.2 Ibisi lijyile. (2)
- 3.7.3 Waya kwamalumakhe. (2)
- 3.7.4 Gijimani liyana kwanje! (2)

3.8 Funda isikhangiso esilandelako bese uphendula imibuzo.

ISITJHATJHIMAFUTHA SABANTU ABAZITHANDAKO KWAPHELA!**R30,00 ibhlegana.**Nawufuna ukuba nesikhumba esihle thenga isitjhatjhimafutha ***i-Ponds***.

Uzakubonakala unesikhumba esitjhelelako nesiphazimako ngeveke

EYODWA TERE!

Imibandela

- Zoke iintjhatjhimafutha zihluba isikhumba ngemva kwesikhathi.
- Amadoda akakavunyelwa ukusisebenzisa.
- Nasingakakusebenzeli, faka isinghonyoyilo sakho ngaphambi kokuphela kweveke.

- 3.8.1 Ngewakho umbono, kungebanga lani iiyeleliso zitlolwe ngamagama amancani? (2)
- 3.8.2 Amagama athi, **Eyodwa tere** kungebanga lani atlolwe ngamagabhadlhela begodu anzima khulu? (2)
- 3.8.3 Kungebanga lani igama elithi ***i-Ponds*** litlolwe ngokutjhigama? (2)
- 3.8.4 Esikhangisweni esingehla ingabe bukhona ubuhlangothi na? Sekela ipendulwakho ngephuzu ELILODWA. (3)
- 3.8.5 Esikhangisweni esingehla dzubhula umutjho omumethe ilimi lokudlelezela bese usekele ngomutjho OWODWA kobana kungani uthi ulilimi lokudlelezela. (2)
- 3.8.6 Esikhangisweni umutjho othi, "**Zoke iintjhatjhimafutha zihluba isikhumba ngemva kwesikhathi.**" Ingabe uliqiniso nofana umbono. Sekela ipendulwakho ngephuzu ELILODWA. (3)

3.9 Qalisisa isithombe esilandelako bese uphendula imibuzo.



- 3.9.1 Ngisiphi isisebenzi sombuso esivezwe esithombenesi. (1)
- 3.9.2 Ngowakho umbono ingabe wenzenjani olele phasi lo? (2)
- 3.9.3 Ngowakho umbono ingabe kwenzakalani esithombenesi? Tlola iphuzu ELILODWA. (2)
- 3.9.4 Tlola uphawule ngalaba abanye abajamileko. (2)
- 3.9.5 Tlola uphawule ngeenkoloyi ezisesithombeni esingehla. (2)

IMITLOMELO YESIGABA C: 60

ISIGABA D: ZEMITLOLO**TJHEJA:**

- Isigabesi sinemibuzo emibili, **UMBUZO 4** kanye **NOMBUZO 5**.
- Phendula umbuzo **OWODWA**, **UMBUZO 4** nanyana **UMBUZO 5**.

UMBUZO 4: IJIMA – DM Jiyana nabanye

Ilanga labe libalele likhupha unomdakana ngemgodini. Uthi nawuqala kude le ubone anga kujame amanzi endleleni. Iinyoni zabe ziphapha zifuna amanzi wokusela. Kwazwakala neenkomo zibhodla emadliselweni.

Emzini kaMahlangu uMaridili, kuhlezi amadoda angaba matjhumu amabili. Amadoda la ahlezi ngebandla ngombana kunomthunzana owenziweko. Amalembe ekade bahlakula ngawo isimu kaMaridili abekwe ngaphambi kwesango lebandla. Hlangana nawo amadoda wejima kukhona indoda engumakhelwana kaMaridili enguMlayedwa. Uhlezi uphethe ekulu izola uyakhokha.

Kusalindwe uMaridili ngombana ubangenise ngebandla, wababeka isandla emehlweni wathi uyabuya. Asikime uMlayedwa athi, "Madoda akhe nithule nilalele!" kuthulwe ngebandla baqale ngakuye athi, "Niyabona bona isikhathi siyakhamba na? UMaridili usininde ngebende emehlweni. Nakhe nabona indoda isimeme ejimeni, siyithande kangaka kodwana yona isenze nje. Sekudlule i-awara yoke singakatholi umehliso sikhuphe ukoma". Kuvele uMaridili apethe umjeka wetlhodlha. Ahlale msinyazana uMlayedwa abe mumuntu ongekho bekurareke woke umuntu ongebandla.

Kungene uMaridili, abeke phasi umjeka athi, "Ngiyaqolisa madoda ukuthatha isikhathi eside kangaka. Indaba kukobana ngiyaziguda." Kuzwakale ihleko elingapheliko kanti kukhona nabakhulumako. Asikime uMlayedwa alinge ukufihla akutjele amadoda ngombana uyasola bona kukhona ongayiphandlusela athi, "Makhelwana akhe ngithulise amadoda ngombana ngibona abasahloniphi. Madoda umnumzana nakakhulumako kufanele sihloniphe khona sizakuzwa umlayezo asiphathele wona." Ahlale phasi uMlayedwa abe yikukhu eqintwe umlomo.

Kurage uMaridila, "Madoda ngithi akhe nikhuphe ukoma nokudinwa. Singahlali ngezandla, amadoda akahlali aqalene ngemehlweni.

- 4.1 Ngebakwabani abantu bakwaMaridili? (1)
- 4.2 Ijima lakwaMaridili labe linamadoda amangaki? (1)
- 4.3 Ngubani okhokha izolo kilamadoda wejima? (1)
- 4.4 Izinyo lakaMlayedwa lakghunulwa ngani? (2)
- 4.5 'UMaridili uthethe begodu unomndeni.' Uthini ngombono lo? Sekela ipendulwakho ngamaphuzu AMABILI. (4)

- 4.6 Hlathulula kobana uMlayedwa uvezwe amlingisi onjani endatjaneni le? Tlola amaphuzu AMATHATHU. (6)
- 4.7 UMlayedwa bekahleba athini ngoMaridili? (2)
- 4.8 Ngokubona kwakho kubayini uMlayedwa abizwa ngegama kanti abanye babizwa ngeembongo? Tlola iphuzu ELILODWA. (2)
- 4.9 Ingabe isihloko esithi 'Ijima' siyanemba? Hlathulula ngomutjho OWODWA. (1)
- [20]**

NOFANA

UMBUZO 5: *AYIKHULUNYELWA EZIKO* – RN Mahlangu nabanye

Funda isiqetjhana esilandelako bese uphendula imibuzo.

Umqasa Nebhubezi

Kwasukasukela!

Kwakukhona umqasa nebhubezi. Umqasa lo wawumngani wendlovu ngakelinye ihlangothi. Kwathi ngelinye ilanga umqasa nendlovu zarera ibhubezi bona libulawe ngobanyana liyatshwenya hlangana nezinye iinlwana. Kwathonywa ngokwakhiwa kweqhinga lokugodusa ibhubezi liye kiboyisemkhulu.

Iqhinga okwagcinwa kuvunyelenwe ngalo ngelithi indlovu ngiyo enamandla, begodu ngiyo ekumele isebenze khulu. Indlovu yagcina ivumile ngombana inganabuyo. Umqasa wathi endlovini, "Kufanele siqale mhlana izulu lina khulu, bekuzale nomlambo. Sizakuhlaba ikomo bese simema ibhubezi bona sizokudla nalo. Angithi liyayithanda inyama khulukhulu ilunda?"

- 5.1 Umqasa bewumngani wayiphi inyamazana? (1)
- 5.2 Bekungelani iqhinga elenziwa ziinyamazana? (1)
- 5.3 Ukuya ngokwesiqetjhana esingehla, kukuphi **kiboyisemkhulu**. (1)
- 5.4 Ngokubona kwakho indlovu imlingisi onjani? Tlola ipendulo ngamaphuzu AMABILI. (4)
- 5.5 Ngamaphuzu AMABILI, tlola uveze iqhinga egade lizokwenziwa ukubulala ibhubezi. (2)
- 5.6 Ngisiphi isizathu esenza kobana indlovu ibulawe? (1)
- 5.7 Ngisiphi isitho sekomo esithandwa libhubezi? (1)

- 5.8 Nangabe bewulibhubesi, bewuzokuvuma ukuya emnyanyeni na? Ipendulwakho ayiveze iphuzu ELILODWA. (2)
- 5.9 Ibhubesi labulawa ngokuthi likghanywe mamanzi. Ingabe umutjho lo uliqiniso nanyana umamala? Sekela ngephuzu ELILODWA. (3)
- 5.10 Hlathulula ummongondaba wenganekwana engehla le. Ipendulwakho ayibe liphuzu ELILODWA. (2)
- 5.11 Ucabanga kobana ngemva kokubhubha kwebhubezeli, iinyamazana zaphila ngokuthula na? Sekela ipendulwakho ngephuzu ELILODWA. (2)

[20]

IMITLOMELO YESIGABA D: 20
INANI LOKE: 120