

I-iron lokuzithwala

UMFANEKISO 2.4

Natha amaphilisi e-iron ngesikhathi uzithwele ukuze ungabi lonhlupho nxa usubeletha.



Zama ukuthi unganathi itiyekofi nxa usidla.



Dlana ukudla okulomsoco. Zama ukuba udle ukudla okule-iron.



Ungadli umuhlwa. Amaphilisi awe-iron asebenza kuhle kakhulu.



Umsebenzi: Ukulungiselela ukudla okwakha umzimba imizuzu engu-15

- Tshela omunye lomunye umama/ubaba akhethe umngane eqenjini.
- Batshele baxoxe ngokudla okujwayele ukuphekelwa imuli zabo.
- Bakhuthaze ukuthi bakhangele ukuthi bangengeza njani ukudla, baphe imuli zabo okuvela lemihlobo emine yokudlakwemuli zabo. Batshele baxoxe ngokunye ukudla okungadliwa ngomama kumbe lokhu okudliwa isikhathi sokudla singakafiki abangakudla nxa bezithwele. Obaba bangaxoxa ngokuthi bangenzani ukuze imihlobo yokudla etshiyeneyo itholakale ezimulini zabo.
- Tshela omunye lomunye umama akhethe ukudla okukodwa kumbe okubili okokwengezelela ekudleni kwemuli ngeviki, lokunye ukudla okudliwa isikhathi sokudla singakafiki ukuze bengezelele ukudla okudliwa ngomama abazithweleyo ngelanga.
- Ngemva kwemizuzu elitshumi, tshela abafundi babelane leqembu lonke lokho abaxoxe ngakho.
- Khuthaza ukuthi kube lengxoxo.

Buzisisa- Imizuzu engu 5



- Licabangani ngale imiqondo? Kukhona okungalivimbela ukuthi lizame indlela zempilakahle lezi ezintsha?
- Cela omama bakhulumisane lalowo oseeduze labo. Bazakwabelana imibono lokubakhuthazayo ababona bazahlangana lakho ngokusebenzisa lezindlela.



Yazisa- Imizuzu engu 5

- Ncedisa ekudingeni amaqhinga okulwisana lenhlupho zabo.
- Bakhuthaze ukuthi bazizame lezindlela zokwenza izinto ezintsha.



Cela: imizuzu engu 2

- Uzimisele yini ukwenza isinqumo sokuthi uzazama indlela entsha yokwenza izinto esixoxe ngazo lamuhla? Kuyini ozakwenza?
- Cela omama bonke bamemeze beqamba okutsha abazinikela ukukwenza lamhlanje.

Hlola- imizuzu engu 15

- Buza omunye lomunye umama ngezithembiso zabo abazenzayo.
- Wawuthembise ukwenzani kusifundo esidluleyo?
- Usigcinile yini leso sithembiso?

Isifundo 3: Ukugeza izandla ngesepa kumbe ngomlotha

Injongo zesifundo



- Abanakekela imuli bazageza izandla zabo ngesepa lamanzi ngezikhathi eziqanjweyo.
- Abanakekela imuli bazageza izandla zabo ngendlela abacetshiswe ukuthi bayisebenzise.
- Abanakekela imuli bazakhuthaza amalunga emuli zawo ukuthi ageze izandla ngemva kokusebenzisa isambuzi, bengakabambi ukudla, bengakadli kumbe nxa belungisa ukudla.
- Abanakekela imuli bazakwenelisa ukuhlabela ingoma yokugeza izandla.
- Abanakekela imuli bazakholwa ukuthi balezikhali, ulwazi njalo bayanelisa ukunakekela lokuvikela impilakahle yabantwababo.

Okudingakalayo

① Iregister

② Iflipchart

Olunye ulwazi kulowo ofundisayo

- Isifundo lesi senzelve omama abakucaregroup; kodwa-ke kuqakathekile ukuthi imibono le yabelwe labobaba abasesigabeni.
- Omama abakuCare Group kumele bakhuthaze omkabo ukuthi babekhona ezifundweni. Ukuze bakhuthazeke ukuza nxusa lenkokheli zesigaba ukuthi lazo zibekhona ezifundweni.



**Umdlalo:
Isiqhotho sezulu**
- imizuzu engu 10

- Tshela abafundi bahlale benze isigombolozu, bathule bavale amehlo abo.
- Umsebenzi wabo yikulalela imisindo eyenziwa ngumuntu ohlezi ezandleni zabo zenxele. Kumele balungisele lowomsindo abawuzwe kulowomuntu.
- Ofundisayo uqala ngokuhlikihla izandla zakhe ndawonye esenza umsindo wezulu.
- Ohlezi esandleni sakhe sokudla wenza lowomsindo, kulandele olandelayo bonke abantu baze bacine sebhlikihla izandla zabo.
- Nxa wonke umuntu eshlikihla izandla zakhe, ofundisayo wenza umsindo wezulu ebanga umsindo ngeminwe yakhe.
- Ohlezi esandleni sakhe sokudla wenza lowomsindo, kulandele olandelayo bonke abantu baze bacine besenza umsindo ngeminwe yabo.
- Ofundisayo uqakeza izandla zakhe zombili iqembu lilandele ngamunye ngamunye.
- Ofundisayo utshaya imilenze yakhe iqembu lilandele ngamunye ngamunye.
- Ofundisayo utshaya phansi ngenyawo zakhe, izulu licina seliyisiqhotho.
- Ukuze atshengise ukuthi isiqhotho sesizakuma, ofundisayo uqala ngalokhu acine ukukwenza utshaya imilenze, aqakeze, abange umsindo ngeminwe yakhe, ahlikihle izandla zakhe ndawonye acine esethule.

Njengoba sesidlalile umdlalo, asiqaliseni isifundo sethu.

- Bhala phansi bonke abakhona. Sebenzisa *iregister*
- Buza ukuthi angabe ekhona obelohlupho ngesikhathi behlangana labomama. Xoxani ngazo inkinga omama abahlangane lazo lithole izinqumo zokuzenqabela.

Asiqaliseni isifundo

Indatshana: Imuli ileshudo (Umfanekiso 3.1)

Imizuzu engu 10

Tshengisa umfanekiso 3.1 ubusubala indatshana elandelayo

UmntakamaNyathi waphuma esambuzini. UmaNyathi esakhangele eceleni, umntwana wathatha okunye ukudla kwemuli ngesandla. Bathe bonke sebehlala phansi besidla, bageza izandla enditshini yinye yamanzi. Abazange basebenzise isepa. UmaNyathi wagoqoza ukudla waphakululela wonke umuntu. Ngalobobusuku imuli yaqala ukubulawa yizisu lokuba lesihudo. Masinyane nje bonke basebegijimela esambuzini.



BUZA

- Kungani abantu bonke babulawa yizisu lokuba lesihudo?
- Kumele ugeze nini izandla zakho?
- Lamuhla ugeze nini izandla?

Nanzelela (Imicijo yokhokhelayo)

- Khuthaza ukuthi kube lengxoxo. Ungaqondisi "impendulo ezingaqondanga". Yekela wonke umuntu anike umbono wakhe. Ipheji leli ngelengxoxo ayisilo lokufundisa.
- Nxa abafundi bangaphendula umbuzo wokucina dlulelani phambili ku-*flipchart* elandelayo ngokuthi, "Asiqathaniseni imibono yunu lemibiko esemaphejini elandelayo".

Yana ku*flipchart* elandelayo

Imuli ilesihudo

UMFANEKISO 3.1

UmntakaUMaNyathi kagezanga izandla ephuma esambuzini. Unina uthe ekhangele eceleni wabamba ukudla kwemuli ngezandla zakhe.

Bathe bonke sebhala phansi besidla bageza izandla enditshini yinye yamanzi.



Ngalobobusuku imuli yonke yaqala ukubulawa yisisu lokubalesihudo.



Isepa iyabulala amajemusi (Umfanekiso 3.2)

Imizuzu engu 5



Tshengisa umfanekiso 3.2

- Libonani kule imifanekiso?
- Yekela omama baphendule bachasisa ukuthi babona angani imifanekiso ekuflipchart ibatshengisani

Yethula imicijo elandelayo

- Amajemusi ahlala esigombolozele
 - Amajemusi yizibungwana ezibangela imikhuhlane.
 - Amajemusi mancane kakhulu okokuthi singeke siwabone ngamehlo ethu.
- Amajemusi amanengi angena emizimbeni yethu esuka ezandleni zethu.
 - Amajemusi anamathela ezandleni zethu ayengena emlonyeni yethu nxa sisdla.
- Amajemusi angene emzimbeni abangela imikhuhlane enjengesihudo.
- Isepa iyabulala amajemusi! Nxa ungelasepa sebenzisa umlotha.
 - Ukugeza izandla ngesepa kumbe ngomlotha kuyavikela isihudo lokugula.
 - Ukugeza izandla ngesepa kumbe ngomlotha kuyavikela omama abazithweleyo ukuthi bangaguli imikhuhlane engalimaza abantwababo.

Dlulela kuflipchart elandelayo

Isepa iyabulala amajemusi

UMFANEKISO 3.2

Amajemusi amanengi angena emizimbeni yethu ngokunamathela ezandleni zethu.



Amajemusi angena emzimbeni abangela ukukhwehlela lesihudo.



Isepa iyabulala amajemusi. Nxa ungelasepa sebenzisa umlotha.



Izikhathi okumele ugeze ngazo izandla (Umfanekiso 3.3)

Imizuzu engu-5



Tshengisa umfanekiso 3.3

- Libonani kule imifanekiso?
- Yekela omama baphendule bachasisa ukuthi babona angani imifanekiso ekuflipchart ibatshengisani

Yethula imicijo elandelayo

- Geza izandla zakho ngesepa kumbe ngomlotha ungakalungisi ukudla.
- Geza izandla zakho ngesepa kumbe ngomlotha ungakadli.
 - Ncedisa abantwana ukugeza izandla.
- Geza izandla zakho ngesepa kumbe ngomlotha ungaqeda ukusebenzisa isambuzi.
- Geza izandla zakho ngesepa kumbe ngomlotha ungaqeda ukwesula amaphumelo omntwana kumbe ukutshintsha isitshubo
 - Gezisa abantwabakho izandla kanengi.
 - Khuthaza imuli yakho ukuthi igeze izandla ngesepa lamanzi ngalezizikhathi.



Buza

- Yiziphi enzinye izikhathi eziqakathekileyo okumele sigeze ngazo izandla?

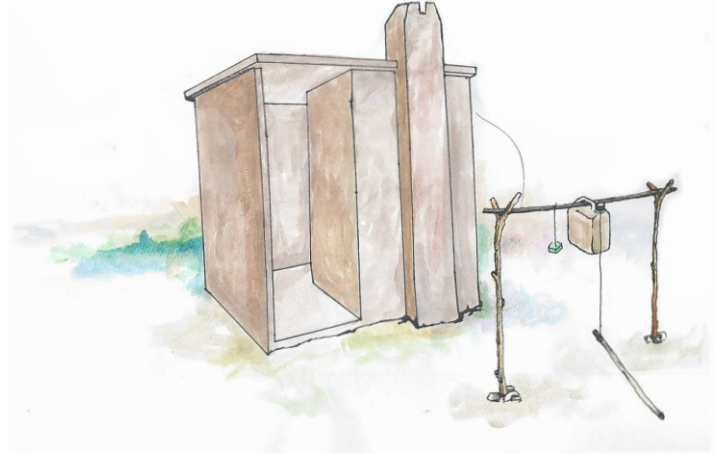
Dlulela kuflipchart elandelayo

Izikhathi okumele ugeze ngazo izandla

UMFANEKISO 3.3



Geza ungaqeda ukusebenza.



Nxa uvela sebenzisa isambuzi.



Geza izandla ungaqeda ukutshintsha isitshubo.



Gezisa izandla zabantwana.



Ungaka pheki.



Ungaka phathi ukudla.

Indlela yokugeza izandla (Umfanekiso 3.4)

Imizuzu engu-5



Tshengisa umfanekiso 3.4

- Libonani kule imifanekiso?
- Yekela omama baphendule bachasisise ukuthi babona angani imifanekiso ekuflipchart ibatshengisani

Yethula imicijo elandelayo

- Khuthaza omama ngokubakhumbuza ukuthi ukugeza izandla kulula, kodwa kuyasebenza kakhulu ekubulaleni amajemusi. Singaqeda okubangela imikhuhlane ngokulandela le indlela elula.
- Manzisa izandla zakho ngesepa lamanzi.
 - Nxa usebenzisa umlotha, manzisa izandla ubusufaka umlotha.
 - Qala ukuhlabela ingoma yokugeza izandla
- Hlikihla izandla zakho ndawonye.
- Hlikihla ngaphansi kwenzipho.
 - Qhubeka uhlikihla izandla zakho ndawonye ingoma yokugeza izandla ize iphele.
- Thela amanzi ahlanzekileyo ezandleni ukuze ukhiphe isepa.
 - Ungagezi izandla uphinde uzihlambulule enditshini eyodwa.
 - Amanzi ayagcina amajemusi abesememethekela emuntwini wonke ogxamuza izandla zakhe emanzini.
- Nxa ugezela enditshini, sebenzisa inkomitsho ukuthela amanzi ezandleni.
 - Kulula ukuthi ithawulo emanzi ibambe amajemusi iwabuyisele ezandleni zakho.

Dlulela kuflipchart elandelayo

Indlela yokugeza izandla

UMFANEKISO 3.4



Manzisa izandla zakho ngesepa lamanzi. Hlikihla izandla leminwe ndawonye. Hlikihla phakathi kweminwe. Faka igwebu lize liyefika lapho okuqalisa khona isandla. Hlikihla ngaphansi kwenzipho.



Thela amanzi ahlanzekileyo ezandleni ukuze ukhiphe isepa.



Kungcono ukuyekela izandla zakho zonyiswe ngumoya.

Indlela yokuzenzela isigubhugiya (Umfanekiso 3.5)

Imizuzu engu-5



Tshengisa umfanekiso 3.5

- Libonani kule imifanekiso?
- Yekela omama baphendule bachasise ukuthi babona angani imifanekiso ekuflipchart ibatshengisani

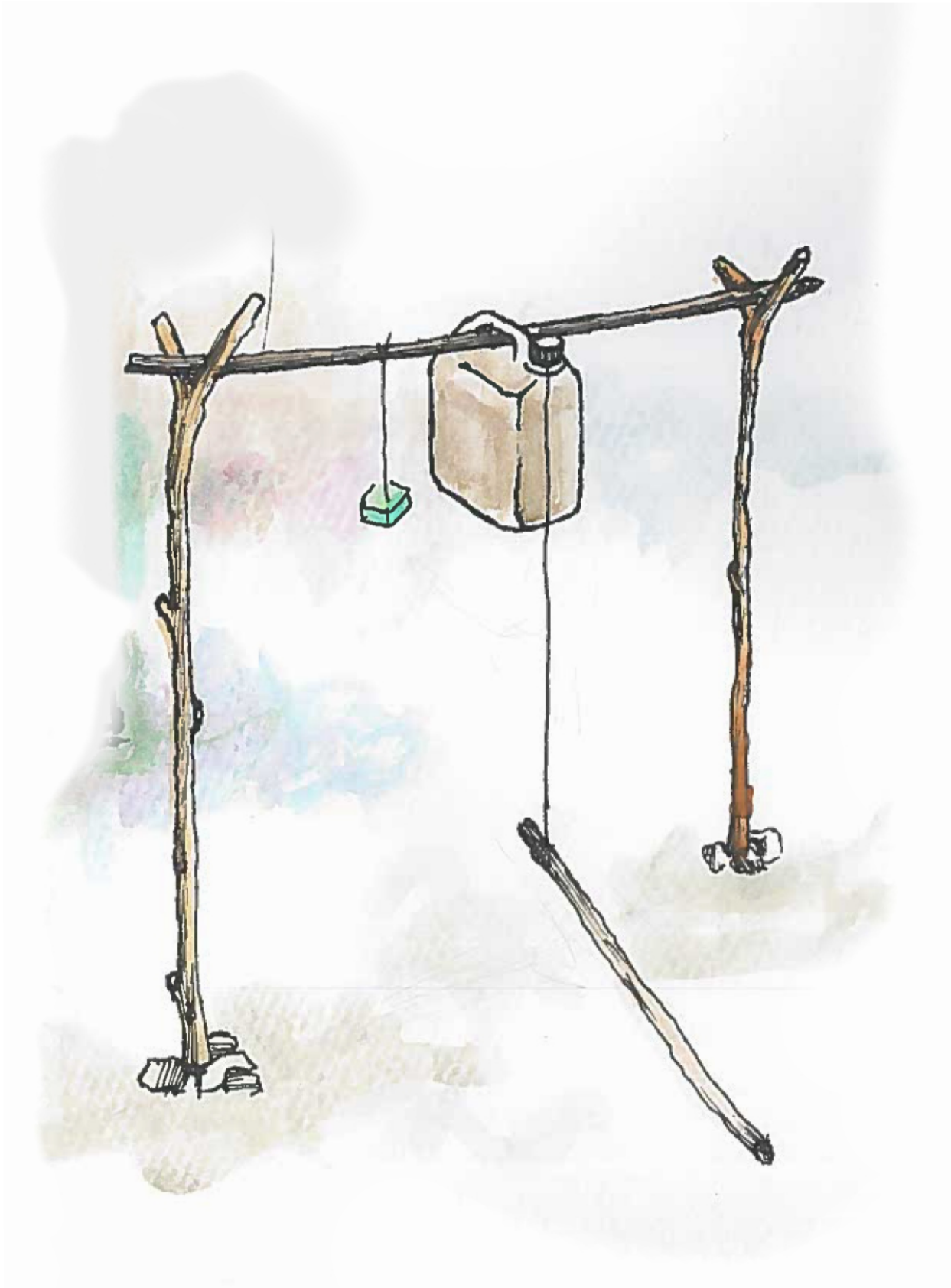
Chasisa

- Ngezikhathi zonke usenza isifundo lesi, kumele lakhe isigubhugiya.
- Kubangcono nxa izigubhugiya zisenziwa ngezinto ezitholakala lula ezingakhitshelwa mali ezitholakala esigabeni.
- Sebenzisa umfanekiso 35 lo 36 ukuze lakhe isigubhugiya ngendlela eqondileyo.
- Nxa ubonisana leqembu lakho, landelani indlela yokwakha njengokubhalwe emifanekisweni.

Yethula imicijo elandelayo

- Isigubhugiya senza ukugeza izandla kube lula, njalo sisebenzisa amanzi amancane.
- Asakheni esisodwa sonke. Kufunakala:
 - Izigodo ezimbili ezilamabhaxa zibe-2m ubude.
 - Izigodo ezimbili ezilobude obufika 1m.
 - Intambo lesepa.
 - Isipikili esikhulu lekhandlela.
 - Iscrewdriver.
 - Ifotsholo lamatshe.
- Gezisa isigubhu usiyakaze.
- Gezisa isigubhu usiyakaze.

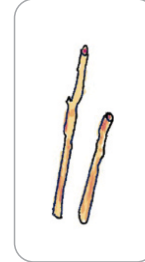
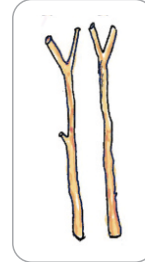
Ekupheleni kwengxoxo dlulela emsebenzini olandelayo.



Indlela yokwakha isigubhugiya.

UMFANEKISO 3.6

1 Okumele ubelakho.



- Ipike lefotsholo (okokugebha)
- Iscrewdriver
- Isepa
- Ikhandlela
- Isigubhu se5 litres

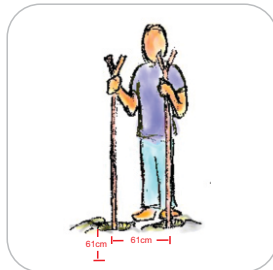
- Intambo eqinileyo
- Izigodo ezimbili ezilembaxa. (ubude 2m)
- Izigodo ezimbili. (ubude 1m)

2 Indlela yokwakha

a. Gebha amagodi amabili ukutshona kube 46cm, ububanzi 61cm.



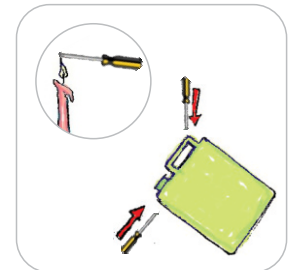
b. Faka izigodo ezilembaxa emagodini. Nanzelela ukuba zilingene usuzifakile.



c. Faka amatshe ugqibele. Fithiza utshaye inhlabathi ukuze kuqine.



d. Tshisa umlomo wescrewdriver ubhoboze isigubhu.



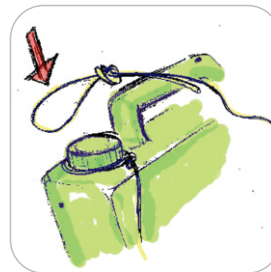
e. Bhobza isepa ngaphakathi laphakathi kwayo. Bophela intambo esikheleni.



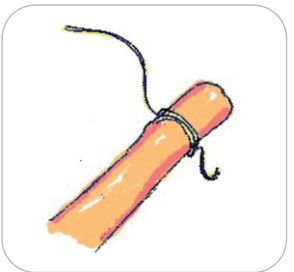
f. Faka isigodo esisodwa phakathi kwesibambo sesigubhu njengalokho okuboniswe phansi.



g. Gcwalisa isigubhu ngamanzi ubophele intambo njengalokho okungaphansi.



h. Bophela leyo ntambo ebotselwe esigujini kusigodo esiseleyo.



Sebenzisa isigubhugiya ke, ngazo zonke izikhathi eziqakathekileyo zokugeza izandla.



Umsebenzi: Ingoma Yokugeza Izandla imizuzu engu 15

- Isibonelo sengoma
Ngiyamgezisa izandla engakadli, ngiyamgezisa izandla nxa evela esambuzini.
Ngiyageza ngemva kokutshintsha isitshubo, ngiyageza ngingakalungisi ukudla.-
Ikhorasi
- Ngiyahlikihla phakathi kweminwe, ngiyahlikihla ngaphansi kwenzipho. Ngihlambulula ngamanzi ahlanzekileyo, besengisekela izandla zami zonyiswe ngumoya.-
Ikhorasi
- Ikhorasi- Ukugeza izandla kwenza umntanami ahlale elempilakahle. Ngigeza ngesepa. Ngigeza okwesikhathi eside. Ngigeza ngoba ngiyamthanda umntanami.

Hlabelani Ingoma Yokugeza Izandla labafundi.

Chasisa: Ukuze ubulale wonke amajemusi, kumele ugeze izandla okwemizuzwana engu-20. Ukuze sikhumbule ukugeza izandla zethu okwemizuzwana engu 20 sizahlabela ingoma le. Wonke umuntu emzini wakho kumele ayifunde le ingoma ayihlabele angamanzisa izandla zakhe abeseqala ukukhuhla izandla.
Ingoma ingaphela, sekuyisikhathi sokwekela ukukhuhla uhlambulule.

- Cela wonke umuntu osezifundweni azifundise ingoma yesigubhugiya leyokugeza izandla njalo bazihlabelele lapho abathola khona ithuba.



Buzisisa- Imizuzu engu 10

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Licabangani ngale imiqondo? Kukhona okungalivimbela ukuthi lizame indlela zempilakahle lezi ezintsha?
Cela omama bakhulumisane lalowo oseduze labo. Bazakwabelana imibono lokubakhuthazayo ababona bazahlangana lakho ngokusebenzisa lezindlela.



Yazisa- Imizuzu engu 5

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