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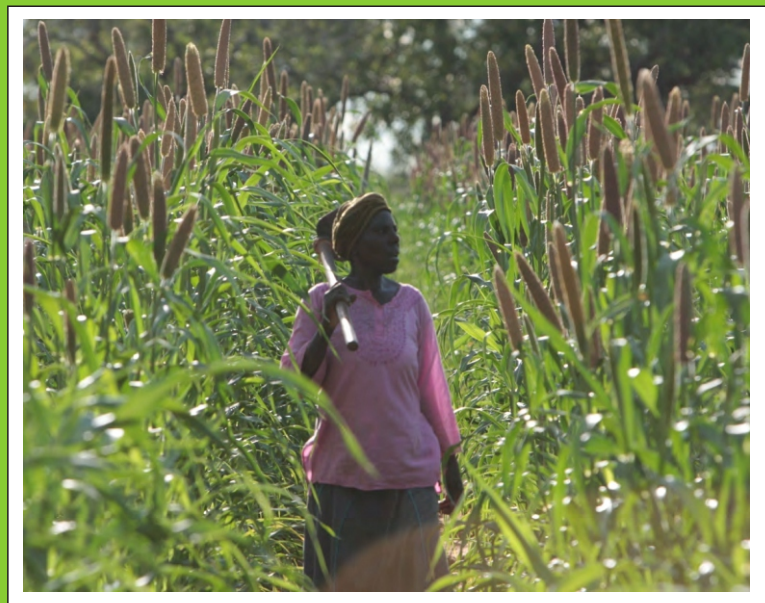
CNFA



Isivuno Esihle

Ugwalo lweziqondiso zezifundo zeAmalima olwabafundisa ezigabeni

UGWALO 2



Ukulima lokufuya

Amazwi okubonga

Lolugwalo lweZivuno Ezinhle (*Healthy Harvest*) lulotshelwe abazafundisa ngokukhuthaza ukondliwa kuhle kwabantwana abancane lezimuli ngezempilakahle. Ugwalo lolu luzasetshenziswa kuma*Care Group*, lakuma*Lead Farmer* ase*Amalima*. Sibonga abaphathisa ekusungulweni kogwalo: lwalotshwa ngokubambisana phakathi kwe*Food and Nutrition Council*, *Food and Agricultural Organisation* ye*United Nations (FAO)*, ugatsha lukaHulumende olukhangele ezempilakahle lokunakekelwa kwabantwana (*Ministry of Health and Child Care*), logatsha lwezokulima, imitshina lerekitshini (*Ministry of Agriculture, Mechanisation and Irrigation Development*).





UKULIMA LOKUQOQA UKUDLA OKWAKHA UMZIMBA



Injongo

Ukuncedisa abafundi ukuthi bazwisisise njalo baxoxe ngobudlelwano phakathi kokulima, ukudla lokuthola ukudla okwakha umzimba lokudla okuvikelekileyo lindlela ezinhle zokulima.

Ugwalo luzakhangela indlela zokulima ezinhle njalo luyakhuthaza ukunika amacebo awokuthi ukudla kubekhona ngezikhathi zonke.



Okugondane lomqondisi wezifundo



Ukuze izimuli zithole amandla, zikhule njalo zihlale zilempilakahle, zidinga:

- Ukuthi kube lula ukufinyelela ukudla okwaneleyo, okuvikelekileyo njalo okwakha umzimba umnyaka uqala uze uyephela.
- Indawo ehlanzekileyo elamanzi avikelekileyo amahle lezindawo zokuhlazeka ezithuthukisiweyo.



Ingxoxo

Isikhathi: Imizuzu engu 30

Okudingakalayo: *iflipchart*, amamakha, umfanekiso wokufundisa 1.



Indlela ezinhle zokulima zenza kube lokudla okuvikelekileyo, okwakha umzimba lenzuzo kungelakulimaza impilakahle yabantu lomhlabathi.

Indlela yokuqhuba ingxoxo



Izigaba

1. Chasisa ukuthi ukuze sihlale siphile kahle kumele sifinyelele ukudla okutshiyeneyo okwakha umzimba umnyaka uqalisa uze uyephela. Tshono ukuthi lokhu kutsho ukuthi ukudla kumele:
 - Kube khona (okulinyiweyo, okudingiweyo kumbe okuthengiweyo isilinganiso esaneleyo umnyaka wonke),
 - Kube kuthengeka (intengo iphansi okokuthi abantu bayanelisa ukukuthenga kumbe ukuthenga inhlaneyelo ukuze bakulime),
 - njalo kuyamukeleka (abantu bazimisele ukukulungisa lokhukudla).
2. Buza abafundi ukuthi ukudla kwabo kuvela ngaphi. Ukudla abakudlayo yisilinganiso esinganani sakho abakulimayo emasimini, kunganani abakuthola endaweni zemvelo ezinjengenganga njalo kunganani abakuthengayo.
3. Xoxani ngokuthi imuli zingagcina imali zithuthukise ukuthola ukudla okwakha umzimba ngokulima, ukukha egangeni, ukuthenga kumbe ukudla ukudla okwakha umzimba okunengi. (Nanzelela: Abantu bangaswela ukudla okwakha umzimba besebegula bangaphili kahle kulendleko ezinengi ezifihlakeleyo kanye lendleko ezempilakahle.

Abantu abagulayo abalimi okulingana labantu abaphilileyo. Esikhathini esinengi abantu abagulayo abanelisi ukusebenza emasimini njengabaphilileyo kumbe bathole imali njengabo).
4. Sebenzisa **umfanekiso 1** ukutshengisa ukuthi okwakha umzimba kungalahleka njani kumbe ukudla kubole ezigabeni eziphakathi kokuvunwa lokudliwa. Cela abafundi bachasise ukuthi babonani emfanekisweni wokufundisa. Tshengisa izigaba ezitshiyeneyo uchaze amagama angabakhona abafundi abangabe bengawazwisisi.
5. Buza abafundi ukuthi ukudla kungalahlekelwa yilokho okwakha umzimba ngesikhathi sokuvuna na (okusemfanekisweni wokufundisa)? Bhala impendulo zabo ku*flipchart* usebenzise ulwazi olusebhokisini 5 ukwengezelela okunye okungabe kweqiwe.
6. Xoxani ngemicijo eqanjiweyo.

Umfanekiso 1: UKULIMA

Izigaba lapho ukudla okungabola khona kumbe kulahlekelwe yilokho okwakha umzimba kusukela ekulimeni kusiya ekuvuneni lasekuthwaleni isivuno

1



↗ ↘ Ukulima izilimo

2



↗ ↘ Ukuvuna

3



↗ ↘ Ukufaka emigodleni

4



↗ ↘ Ukuthwala

5



↗ ↘ Ukupheka

Ingozi ezingabakhona kwesinye lesinye isigaba

↗ — Ukonakala ngengcekeza kumbe okunye

↘ — Ukulahlekelwa yilokhokwakha umzimba

Ibhokisi 1

Okungabangela ukubola kumbe ukulahleka kwalokho okwakha umzimba ngesikhathi sokulinywa kokudla

Indlela	Ukulahleka kwalokho okwakha umzimba lokubola kokudla
Izilimo lokugcinwa kwezifuyo	Indlela zokulima ezimbi ezenza kungabi lesivuno esihle lokutholakala kwezilimo kumbe izifuyo ezingelakudla okwakha umzimba. Ukungasebenzisi kuhle imithi esetshenziswa ekulimeni lekwelapheni izifuyo lokungahlanzeki okubangela ukubola.
Ukuvuna lokugcina eziphaleni	Ukungavuni izilimo sezivuthiwe Ukonakala kwezilimo okubangelwa yikungaphathwa kuhle. Ukungahlanzeki, ukungenwa ngamanzi, izibungu lemikhuhlane eyenza kube lokubola.
Ukulungisa, ukwengezelela, ukufaka emigodleni, ukuthwala lokuthengisa.	Ukulimala kwezilimo okubangelwa yikungaphathwa kuhle. Ukungahlanzeki, ukungenwa ngamanzi, izibungu lemikhuhlane eyenza kube lokubola. Ukungalungiswa kuhle lokungafakwa kuhle emigodleni kungakadliwa okubangela ukulahleka kwalokho okulokudla okwakha umzimba lokwengezwa kwamathuba okubola. Ukufaka imithi ngendlela engafanelanga (isawudo, itshukela <i>imonosodium glutamate</i> , ipenda yokudla, imithi evikela ukubola lale eyenza kunambitheke ngcono) kungabangela inhlu pho kwezempilakahle.
Ukulungisa ukudla lezindlela okudliwa ngazo	Ukungakhethi kuhle ukudla (ukuswelakala kwemihlobo yokudla etshiyeneyo lesilinganiso esingafanelanga kumalunga emuli atshiyeneyo). Ukungahlanzeki ekulungiseni ukudla langesikhathi kudliwa. Ukungavikeli ukudla ukuthi kungangcoli njalo kungaboli. Ukuvuthisa ukudla okudlulisa amalawulo lezinye indlela zokupheka ezimbi.





Isikhathi: imizuzu engu50

Okudingakalayo: *iflipchart*, amamakha

1. Chasisa ukuthi kulo umsebenzi sikhangele indlela zokulima ezinhle ezingengeza amathuba okuthola isivuno esihle.
2. Faka abafundi emaqenjini amahlanu (kwelinye lelinye iqembu kungabi labantu abedlula abahlanu) ubusunika elinye lelinye iqembu isiqephu *seflipchart*.
3. Tshela amaqembu abhale phansi izibonelo zezindlela zokulima ezi:

Zengeza imihlobo etshiyeneyo, uhlonzi, lobunengi bokudla okwakha umzimba okukhona emulini.

Okugcina kumbe kuthuthukise ingcebo yemvelo enjengomhlabathi lamanzi njengoba lokhu kusengeza isivuno ngokuhamba kwesikhathi njalo

Ezehlisa ukubola kokudla ngokungenwa ngamajemusi, izibungu imikhuhlane lemithi eyingozi.

4. Ngemva kwemizuzu engu15-20 buyisela amaqembu ndawonye bethulele abanye abaxoxe ngakho. Tshela iqembu elilodwa lethule imibono yalo beselioxaxa ngakho labanye ubusucela amanye amaqembu engezelele okungakhulunywanga ngakho. Kubhale *kufipchart* lokhu beselioxaxa ngakho. Ungengezelela imicijo le.

Ibhokisi 2: Indlela zokulima ezinhle ezenza kutholakale njalo kuvikeleke ukudla lalokhu okwakha umzimba

Indlela zokulima ezinhle	Umahluko oba khona
<p>Lima izilimo zokudla ezitshiyeneyo lokugcina izifuyo ezitshiyeneyo hatshi ezokuthengisa kuphela.</p> <p>Gcina njalo uhlanye inhlanyelo ekhona esigabeni ngoba kulula ukuthi ijwayele umhlabathi waleyondawo.</p> <p>Yengezelela izilimo lezifuyo ezilokudla okwakha umzimba okunjengembambayila elithanga.</p>	<p>Kuyengeza imihlobo etshiyeneyo, uhlonzi, lobunengi bokudla okwakha umzimba okukhona</p>
<p>Ungatshisi utshani lezihlahla, centa ngezandla.</p> <p>Amahlanga awabe yikudla kwenkomo, umvundiso kumbe umquba.</p> <p>Ungalimi minyaka yonke. Sebenzisa indlela zokulima ezivikela umhlabathi.</p> <p>Tshintshanisa izilimo endaweni yinye njalo ulime izilimo ezitshiyeneyo ndawonye.</p> <p>Sebenzisa umvundiso, umquba, utshani kumbe amahlanga avale okuhlanyelweyo lefethalayiza engamanzi.</p>	<p>Kuyagcina amanzi lokunona komhlabathi, okwenza ngokuya kwesikhathi kutholakale izilimo ezinengi.</p>
<p>Hlola izilimo kanengi ukwenzela ukuthi wenelise ukubona kuhle izibungu kumbe imikhuhlane.</p> <p>Hlanyela ngesikhathi somnyaka esifaneleyo.</p> <p>Sebenzisa umlotha kumbe okufafazwayo okwenziwe ngekhyaya, ezilimeni.</p> <p>Landela iziqondiso zokuvikeleka lezokusebenzisa umuthi kuyo yonke imithi esetshenziswayo.</p> <p>Nxa uphatha izilimo kanye lezifuyo kwenze ngendlela ehlanzekileyo.</p>	<p>Kuyavikela ukubola kokudla lokungenelwa ngamajemusi, izibungu, imikhuhlane lemithi eyingozi.</p> <p>Lokhu kutsho ukuthi siba lempilakahle thina, izimuli zethu kanye lezigaba zethu.</p>





ISIVUNO UKULUNGISELELA OKOKWENZA



Injongo

Abalimi kumele bananzelele ukuthi yikuphi okuvela ezilimeni lenyamazaneni okulokudla okunengi okwakha umzimba.

Ukuncedisa abafundi ukuthi bakhethe izilimo lezinyamazana abangazigcina



Okuqondane lomqondisi wezifundo

Egwalweni lwakuqala sibonile ukuthi kumele sidle ukudla okunengi okwakha umzimba okunjengalokhu esikuthola enyamazaneni lendumba kanye lezithelo lemibhida eminengi.

Ukudla lokhu akudliwa esikhathini esinengi ngenxa yokuthi:

- Izithelo lemibhida yesintu, indumba lamabele kukhangelwa njengokudla okuphansi kulokuthengwa ezitolo kumbe okutholakala kuzilimo ezingejwayelekanga.
- Indumba lamabele kulomsebenzi omnengi ekulimeni, ukulungisa lokupheka ngakho kungezelela imisebenzi kubomama
- Izimuli azikuthandi ukuhlaba izifuyo zazo ukuthi zidliwe njengoba ziyingcebo eqakathekileyo engathengiswa ngezikhathi zobunzima.



Ingxoxo

Isikhathi: imizuzu engu30

Okudingakalayo: amaflipcharts, amamakha lamapeniseli

Indlela okuqhutshwa ngayo



Izigaba

1. Yethula isifundo ngokuchasisa ukuthi ukuze sisizakale ekukhetheni izilimo ezakha umzimba okwedlula ezinye lezinyamazana zokufuya, kumele sazi lokho okusekudleni okuyikho okwakha umzimba.
2. Khumbuza abafundi ukuthi indlela imihlobo yokudla efakwe ngayo ingasisiza ukuthi sizwisise ukuthi yikuphi ukudla okulemisoco eyakha umzimba, enika amandla levikela umzimba.
3. Bakhumbuze ukuthi kugwalo 1 sibonile ukuthi kumele sidle ukudla okunengi okwakha umzimba (okunjengalokhu okutholakala kuzifuyo lendumba ezitshiyeneyo) ukudla okulesikuba (okunjengerayisi eluthuli kanye lamabele amancane) lokudla okulamavithamini leminyane imisoco (okunjengezithelo lemibhida).
4. Buza abafundi ukuthi kungani abantu eZimbabwe bengadli indumba ezitshiyeneyo, amabele, lezithelo lemibhida njengabantu bakudala. Bhala phansi impendulo zabo *kufliptchart* lixoxe ngezindlela abantu abakhuthazeka ngazo ukuthi balime njalo badle lezizinto.
5. Babuze ukuthi yiziphi izifuyo abalazo lokuthi batholani kuzo. Babuze ukuthi yikuphi ukudla okuvela kuzifuyo (njengenyama, uchago, amaqanda), abajwayele ukukuthenga lokuthi bakuthenga kanganani bakudle. Okuvela kuzifuyo. Kungani kunjalo?
6. Xoxani ngamasiko kumbe inkolo ezenza abantu bangadli ezinye izifuyo. Amalunga emuli ayalelwa yini ukuthi adle okunye okuvela ezifuyweni okunjengamaqanda, Kungani?
7. Qambani indlela ezingenza ukudla okuvela ezifuyweni kudliwe kanengi (njengokufuya izifuyo ezincane).





Ingxoxo

Isikhathi: imizuzu engu30

Okudingakalayo: amaflipcharts, amamakha lamapenseli

Indlela yokuphatha ingxoxo



Izigaba

1. Lanxa amanzi emalutshwana ezigabeni zakithi, kuyinto enhle ukuba lesivande emizini yethu.
2. Lesivande akudingakali ukuthi sibesikhulu, imibheda emithathu elemibhida etshiyeneyo inganika imuli zethu ukudla okwakha umzimba. Tshengisa **Umfanekiso wokufundisa 2**.
3. Ngekhaya ungahlanyela njalo izithelo. Buza abafundi ukuthi yiziphi izithelo ababona angani bangazihlanyela. Tshengisa **Umfanekiso wokufundisa 3**.
4. Gcina lezifuyo ezincinyane. Omama bayakhuthazwa ukuthi benze amaqembu okuqoqa lokubolekana imali kakhulu besenzela ukuthenga izifuyo ezincinyane. Tshengisa **umfanekiso wokufundisa 4**.
5. Kumele uzame ukunika imuli yakho ukudla okuvela ezifuyweni uthole lenzuzo ngokuthengisa ezinye nxa sezinengi. Tshengisa **Umfanekiso wokufundisa 4**.





Isikhathi: Imizuzu engu 40

Okudingakalayo: Kwelinye lelinye iqembu: amaflicharts, amamakha lamapenseli

1. Tshela abafundi babhale phansi okumele bacabange ngakho nxa belungiselela ukuthi yiziphi izithelo ezilokudla okwakha umzimba abangazihlanyela kumbe izifuyo abangazigcina ezindaweni zabo.

Bana leqiniso lokuthi okulandelayo kugoqelwe:

- Imisoco elokudla okwakha umzimba yezilimo ezitshiyeneyo/okuvela ezifuyweni.
- Imihlobo yezilimo/ izifuyo ezifanele indawo yethu
- Isikhathi somnyaka lapho izilimo ezilinywa khona
- Imihlobo yomhlabathi edingakalayo
- Ilanga/umthunzi odingakalayo ezilimeni ezitshiyeneyo
- Amanzi adingakalayo (zingaphila kungelamanzi kumbe zifuna amanzi amanengi?) Zifuna ukudla okunjani?
- Izindlu lentango ezidingwa yizifuyo.
- Lapho okumele izilimo zihlanyelwe khona ukuze ziphatheke kuhle (esivandeni semibhida, esivandeni sezithelo kumbe emasimini).

2. Yehlukanisa abafundi babe ngamaqembu amancane amahlanu unike elinye lelinye iqembu umhlobo otshiyeneyo wokudla. Tshela elinye lelinye iqembu ukuthi lenze amacebo ezilimo. Sebenzisa okudwetshiweyo okusebhokisini 3 ukutshengisa ukuthi kuyini abangakulima bathengisele imuli endaweni zakibo (okusuka kumhlobo wokudla abawuphiweyo) , umnyaka uqala uze uyephela. Kuzadingakala ukuthi babhale phansi isikhathi somnyaka okumele kuhlanyelwe lesosilimo. Khuthaza abafundi ukuthi babhale uluhlu lwemihlobo etshiyeneyo yezilimo lezifuyo abangaziqamba kodwa bananzelele ukuthi kumele babhale okungenzakala kulawo macebo yabo nxa bekhangele abangakulima endaweni yabo.

3. Banike imizuzu engu 20-30 ukuthi baqede amacebo abo.

4. Babuyise ndawonye abafundi utshele elinye lelinye iqembu lethule umsebenzi walo. Xoxani ngokuthi amacebo lawo afanele yini indawo yakithi yomdabuko.

Ibhokisi 3: UKWENZA AMACEBO EZILIMO LEZIFUYO

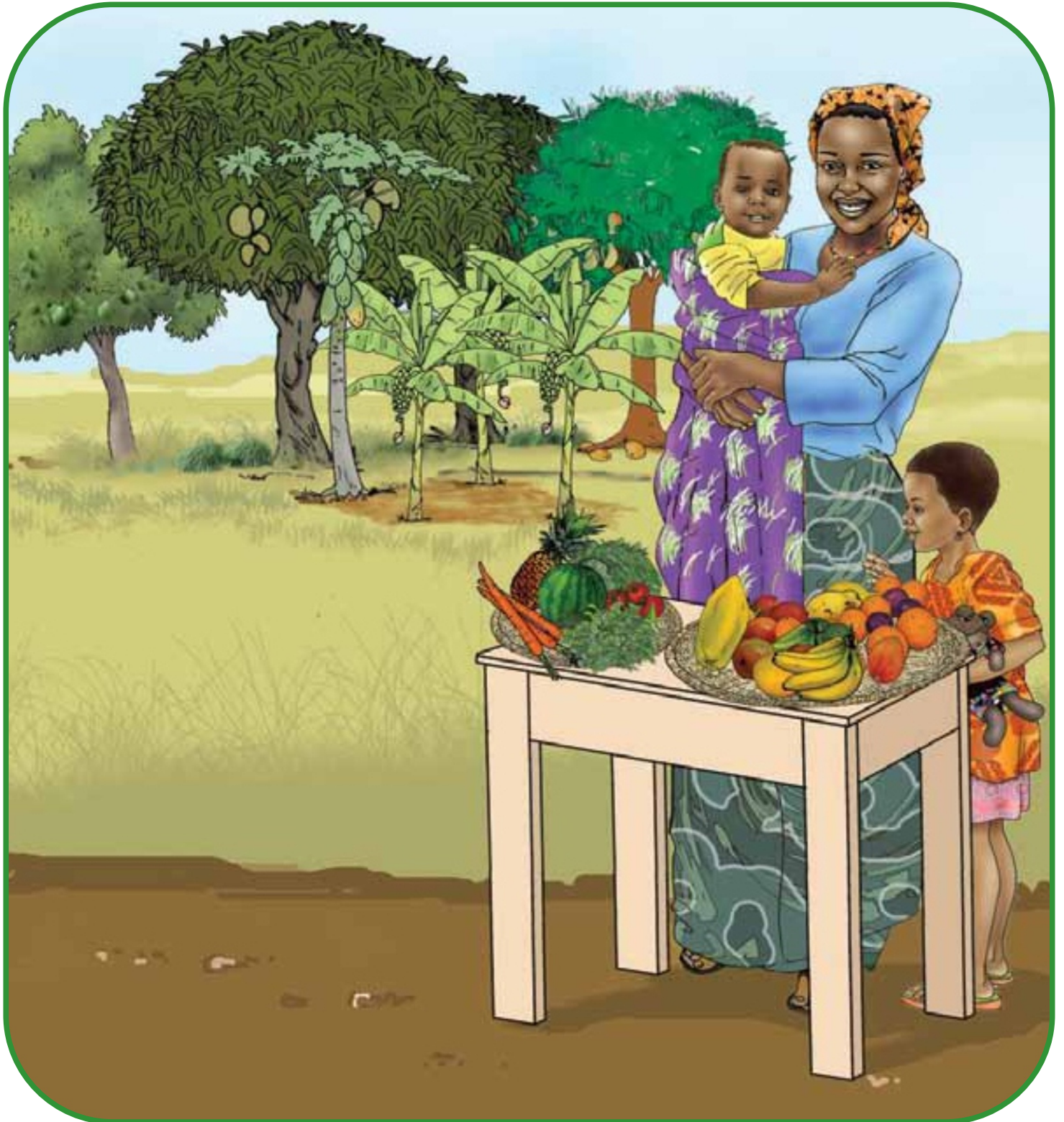
Umhlobo wokudla	Isilimo/isifuyo	Isikhathi somnyaka
Okudliwa nsukuzonke		
Amafutha okupheka		
Indumba ezitshiyeneyo		
Okuvela ezinyamazani		
Izithelo lemibhida		



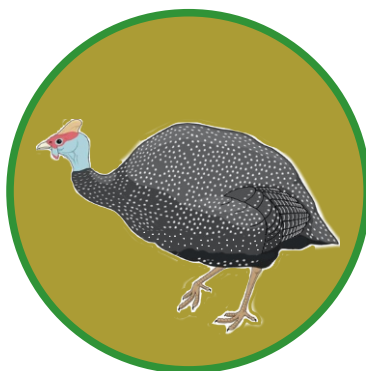
Umfanekiso 2: ISIVANDE SANGEKHAYA



Umfanekiso 3: IZIHLEHLA ZEZITHELO NGEKHAYA



Umfanekiso 4: GCINA IZIFUYO EZINCANE



3

UKUDLA OKWAKHA UMZIMBA OKUTHOLAKALA EGANGENI



Injongo

Ukuncedisa abafundi ukuthi bazwisise ukuqakatheka kokudla okwakha umzimba okutholakala egangeni.



Okuqondane lomqondisi wezifundo

- Ukudla okwakha umzimba okunengi kungatholakala endaweni zemvelo ezinjengegangeni lemaxhaphozini.
- Ukudla lokho kugoqela inyosi, izithelo lemibhida, impande lamajodo, amahlamvu ezihlahla lentanga, imithi yeganga, amakhowa, izibungwana lenyamazana ezincinyane (Tshengisa ibhokisi 4).
- Abantu abanengi abazi ngokuqakatheka kwalokhukudla njalo bakubona angani akuqakathekanga njengalokhu esithenga ezitolo kumbe esikulimayo.
- Lokhu kudla kutholakala mahala njalo izimuli zingalondoloza imali ngokusebenzisa lokhu kudla ukwengezelela ekudleni kwabo.
- Izindawo zemvelo lapho lezizihlahla ezikhula khona zisengozini yokutshabalaliswa yikulima, ukutshiswa kweganga, ukugamula izihlahla lokuphela kwamadlelo ngenxa yobunengi bezifuyo.
- Kuqakathekile ukuvikela lokugcina umganga, ukwenzela ukuthi lokhu kudla kube khona.



Ibhokisi 4: UKUDLA OKUJWAYELEKILEYO OKUTHOLAKALA EGANGENI

Imihlobo	Izibonelo
Izinanakazana	Amacimbi, izinhlwa, intethe, izibungwana
Okunye okuvela enyamazaneni ezincinyane	Inyoni, inhlanzi
Izithelo	Umkhomo, umphafa, umkhemeswane, uxakuxaku
Imibhida elamahlamvu amakhulu	Ucucuza, imbuya, ulude
Imiqwente lempande	Amagwili eganga
Amakhowa	Amakhowa atshiyeneyo.





Ingxoxo

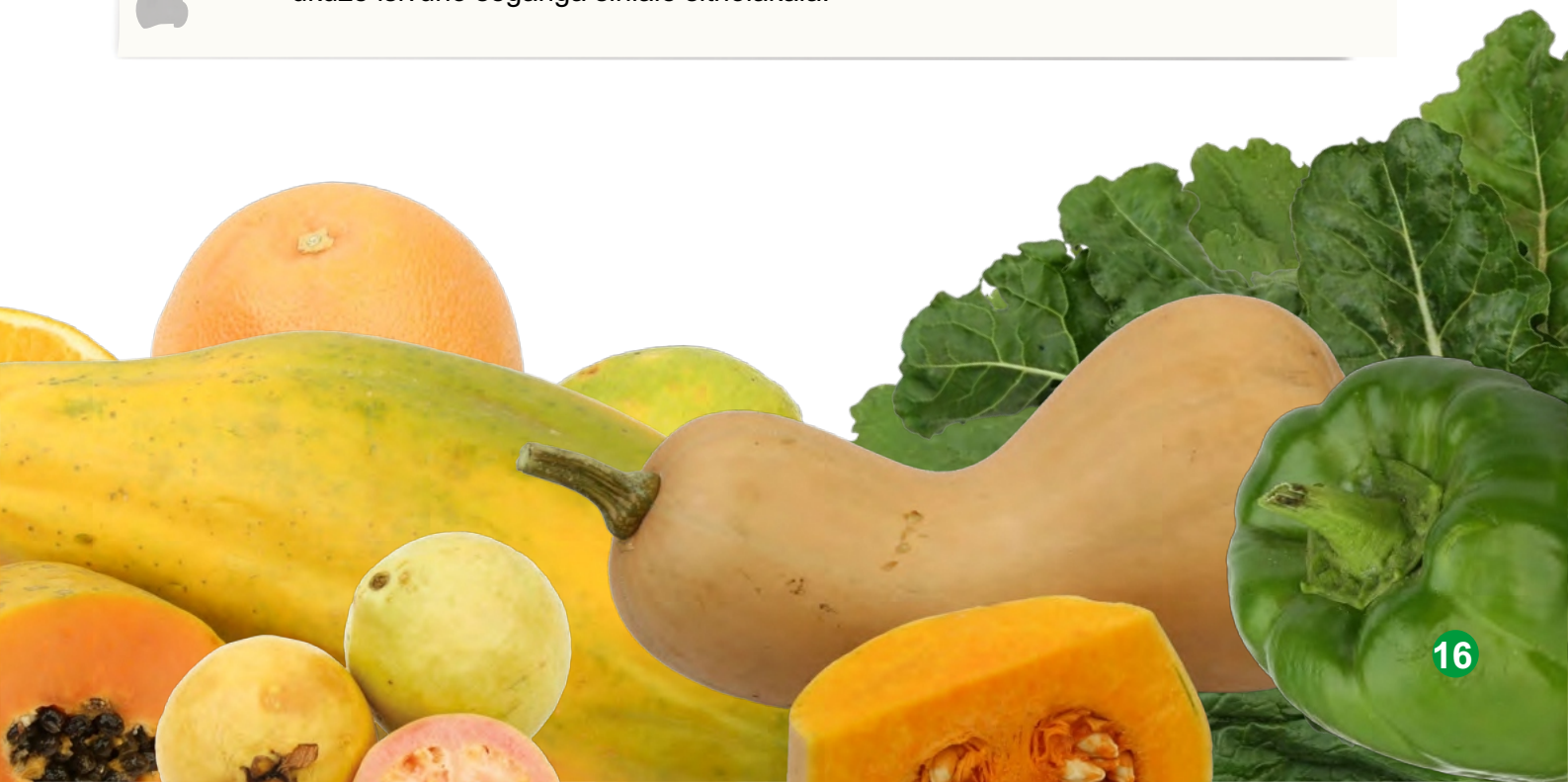
Isikhathi: Imizuzu engu-30

Okudingakalayo: amaflipcharts, amamakha lamapenseli

Indlela okuqhutshwa ngayo

Izigaba

1. Yethula isifundo ngokuthi uzakhuluma ngokuqakatheka kokudla okwakha umzimba okutholakala ezihlahleni zeganga.
2. Babuze ukuthi yikuphi ukudla okutholakala egangeni abathanda ukukudla. Lokhu kudla kuvela ngaphi?
3. Xoxani ngezizatho ezenza lokhu kudla kungadliwa esikhathini esinengi linanzelele ukuthi singathola imisoco emihle.
4. Buza ukuthi kungaba lamasiko kumbe imikhuba ekhona eyimigoqo ekutholeni, ukuvuna, lokuthengisa isivuno esivela egangeni. Xoxani ngokungenzakala abantu bangakudinga kube kunengi kakhulu lokhukudla.
5. Kuyini okunye okungavalela ukutholakala kwesivuno esitholakala egangeni (yikulima, ukutshiswa kweganga, ukugamula izihlahla lokuphela kwamadlelo ngenxa yobunengi bezifuyo)? Xoxani ngokuthi umganga ungavikeleka njani ukuze isivuno seganga sihlale sitholakala.





Isikhathi: Imizuzu engu-30

Okudingakalayo: *amaflicharts*, amamakha lamapenseli

1. Yehlukanisa abafundi babengamaqembu amancinyane kusiya ngemihlobo etshiyeneyo yesivuno seganga, esinjengezithelo, imibhida, inyamazana/izinanakazana lamakhowa.
2. Tshela elinye lelinye iqembu litshengise izikhathi zomnyaka ezitshiyeneyo lapho ukudla okutholakala egangeni esigabeni sabo okuvuthwa khona. Batshele baqambe imisoco eyakha umzimba engatholakala kulokho kudla.
3. Ngesikhathi sokwethulela abanye abaxoxe ngakho khuthaza abafundi ukuthi babelane labanye ulwazi abalalo ngezindlela ezitshiyeneyo zokupheka lokugcina isivuno seganga.

4

UKUVUNA LOKULUNGISELELA



Injongo

Ukuncedisa abafundi ukuthi bazwisise njalo bakhulume ngendlela ezivikelekileyo zokuvuna lokuphatha izivuno ezitshiyeneyo



Okuqondane loMqondisi wezifundo

- Ukudla kungabola njalo kulahlekelwe yilokhu okwakha umzimba kuzo zonke izigaba phakathi kokulinywa lokudliwa.
- Okulandelayo ngezinye indlela zokuvuna, ukuphatha lokugcina:
 - Gqoka izigqoko ezihlanzekileyo ugeze izandla lamakhuba ungakavuni.
 - Sebenzisa izitsha zokuphathela ezomileyo.
 - Khetha isikhathi selanga esipholileyo ngezikhathi zokoma komkhathi.
 - Ungadli isivuno esisanda kufafazwa ngomuthi.
 - Nxa usebenzisa imithi yokubulala izibungu, bala njalo ulandele iziqondiso.
 - Zama ukuvikela ukona isivuno esomileyo kumbe ukusenza singenwe ngamanzi.
 - Nxa ugebha amagwili gebha ngonanzelelo ungakhuphi isikhumba.
 - Lahla isivuno esonakeleyo njalo ungalanganisi izithelo ezivuthiweyo lezingavuthwanga.
 - Gcina isivuno sakho endaweni eqandelayo, okumnyama, okomileyo, lapho okungena kuhle umoya okungangeni amagundwane lezinakazana.



Ingxoxo

Isikhathi: imizuzu engu15

Okudingakalayo: amaflipchart, amamakha, amapenseli



Indlela okuqhutshwa ngayo

Izigaba

1. Yethula isifundo ngokuqala uchasise ukuthi uzakhuluma ngendlela ezivikelekileyo zokuvuna, ukulungisa, lokugcina ukudla ukuze kugcinakale lokho okwakha umzimba. Tshengisa abafundi **umfanekiso wokufundisa 1** ubusubacela ukuthi baqambe indawo lapho ukudla okulahlekelwa yilokho okwakha umzimba lokubola. Bana leqiniso lokuthi uyakhangelisisa imicijo eqakathekileyo oyiphiweyo kumanothi oMqondisi kusifundo 3.1.
2. Tshela abafundi bachaze inhlupho asebeke baba lazo ekuvuneni, ukuphatha lokugcina izilimo lokuvela enyamazaneni.
3. Tshengisa **umfanekiso wokufundisa 5**. Buza abafundi ukuthi bakujwayele yini ukubola lokho lokuthi bayakwazi yini ukuthi kubangelwa yini. Chasisa usebenzisa amanothi asekhadini.



Umfanekiso 5: AMA-AFLATOXINS

- Kuyatholakala kuwo wonke amabele, ikakhulu amazambane ngenxa yokungavunwa lokungagcinwa kühle.
- Lobu yibulembu obubangelwa yindlela yokugcina.
- Lokupheka lakho akungeke kuwasuse ama-aflatoxin.
- Ungadli ukudla okule aflatoxin. Kuyagulisa.





UKULUNGISA UKUDLA NGENDLELA ENGELANGOZI










Injongo

Ukuncedisa abafundi ukuthi bazwisise njalo bakhulume ngendlela ezivikelekileyo zokuvuna lokuphatha izivuno ezitshiyeneyo



Okuqondane loMqondisi

-  Kuqakathekile ukupheka ukudla ngendlela evikelekileyo ukuze kwenqatshelwe ukugula lokuswela ukudla komzimba.
-  Wonke amalunga emuli kumele asebenzise izambuzi ezihlanzekileyo, ezakhiwe kuhle njalo amaphumelo abantwana kumele alahlelwe esambuzini.
-  Wonke amalunga emuli kumele ageze izandla zawo ngemva kokusebenzisa isambuzi, ukutshintsha isitshubo, bengakadli langemva kokudla. Tshengisa **umfanekiso wokufundisa 6**.
-  Zonke izibi zendlu kumele zilahlelwe kuhle egodini kumbe igabha lezibi elivaliweyo ukwenqabela impukane lezifuyo.
-  Ingcekeza yangaphandle leyezifuyo kumele isuswe kanengi njalo isetshenziswe njengomquba.
-  Izifuyo kumele zixotshelwe khatshana lokudla.
-  Ukudla kumele kugcinwe phezulu khatshana lemithi yokulima leminye njalo hatshi phansi emhlabathini.

Umfanekiso 6: UKUHLANZEKA KWEMULI



Geza ungakalungisi ukudla.



Geza izandla ungakadli.



Nxa uvela esambuzi.



Geza izandla ungakaniki umntwana ukudla.



Geza izandla ungaqeda ukutshintsha umntwana isitshubo.



Ingxoxo

Isikhathi: imizuzu engu40

Okudingakalayo: amaflipchart, amamakha, amapenseli

Indlela yokuqhuba ingxoxo



Izigaba

1. Yethula isifundo ngokuqala uchasise ukuthi lizaxoxa ngendlela zokupheka ukudla ezihlanzekileyo ukwenzela ukwenqabela ukubola.
2. Tshengisa abafundi **umfanekiso wokufundisa 7**. Batshela baqambe okwenziwayo kwesinye lesinye isigaba somfanekiso otshengisa ukuthi kwenziwa njani.
3. Yabelanani imicijo elandelayo:
Geza izandla zakho ngesepa kumbe ngomlotha ungakabambi ukudla ikakhulu ngesikhathi sokulungisa ukudla.

Gezisa izindawo zonke, izitsha lemitshina esetshenziswa ekuphekeni ukudla.

Vikela ikhitshi lokudla ezibungwini lezinyamazana.



Umfanekiso 7: UKUHLANZEKA EKUDLENI





Ingxoxo

Isikhathi: imizuzu engu30

Okudingakalayo: Amaflipchart, amamakha, amapenseli

Indlela yokuqhuba ingxoxo



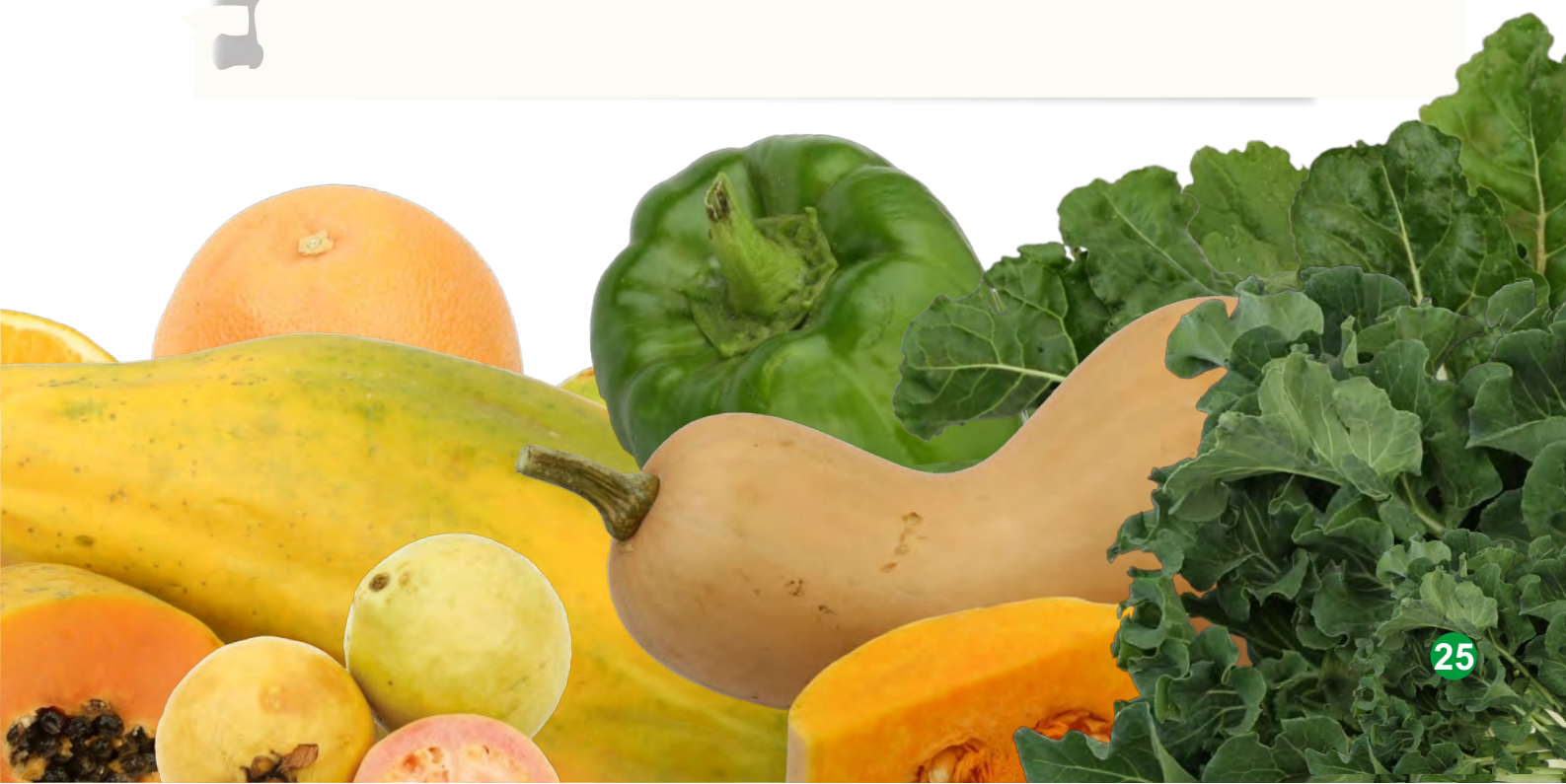
Izigaba

1. Yethula isifundo ngokuqala uchasise ukuthi lizaxoxa ngendlela zokupheka ukudla ezihlanzekileyo ukwenzela ukwenqabela ukubola. Tshengisa abafundi **umfanekiso wokufundisa 5** beselihlolisisa ukuthi ukuswela ukudla okwakha umzimba kungabangela njani ukugula lokuthi lokhu kugula kungabangela njani ukuswela ukudla okwakha umzimba.

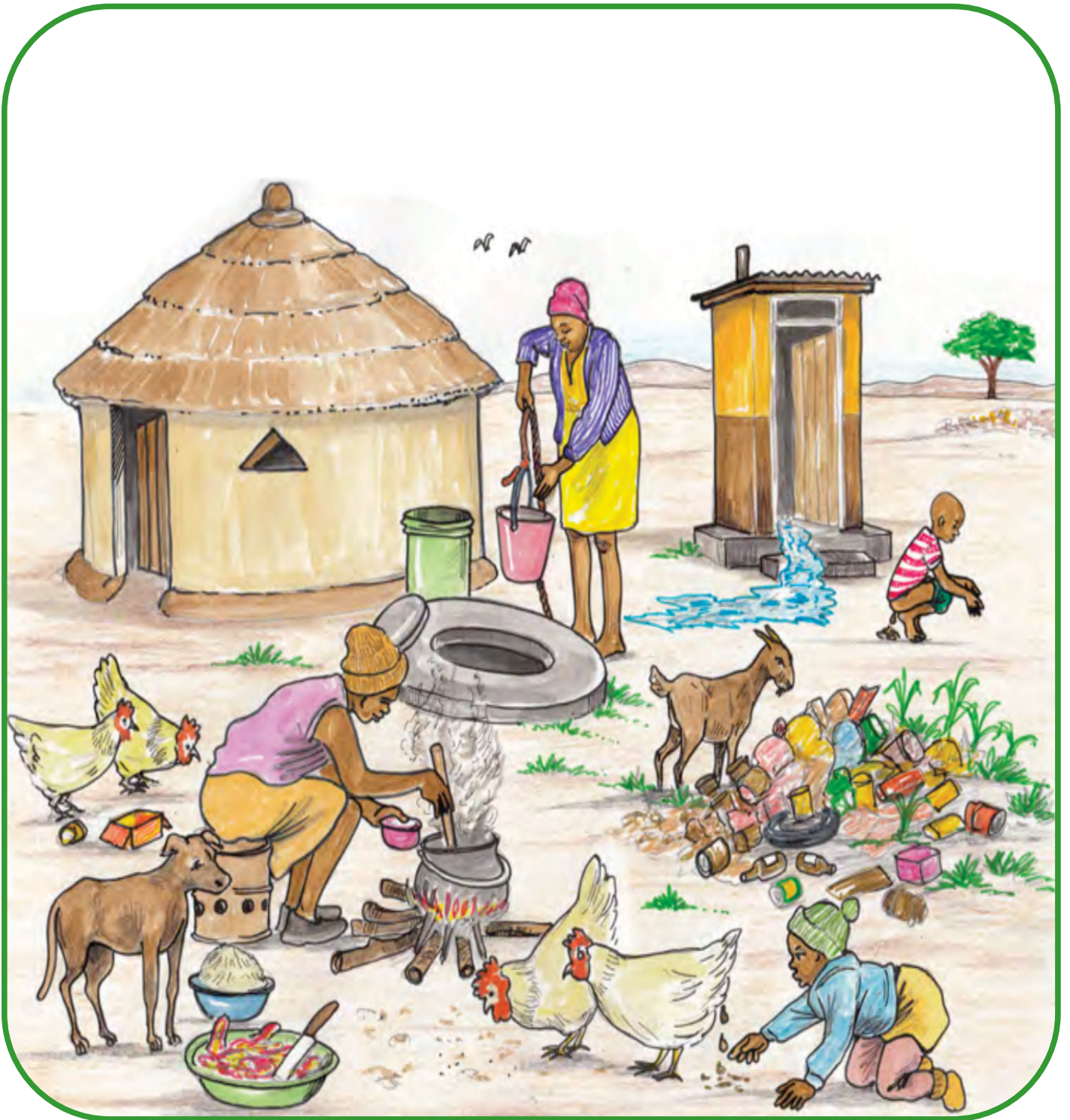
Okulandelayo tshengisa abafundi **umfanekiso wokufundisa 8**.

2. Tshela abafundi baqambe ukuziphatha okuyingozi kakhulu okutshengiswe emfanekisweni. Kuyini okungenziwa ngcono emzini lowo. Bhala impendulo zabo kuflipchart.
- 3.

4. Nanzelela ukuthi ukuze wenqabele umkhulane njalo uthole okunengi okwakha umzimba ekudleni kumele imizi yethu ibe ingelangcekeza, ihlanzekile. Kuyini okunye okuphathelane lokuhlanzeka esingakwenza nxa sipheka njalo sisidla ukudla.



Umfanekiso 8





UKULUNGISISA UKUDLA



Injongo

Ukuncedisa abafundi ukuthi
bafunde njalo batshengise
indlela ezisebenza kuhle
zokulungisisa ukudla



Okuqondane loMqondisi wezifundo

- Ubuhle obutholakala ekulungisiseni ukudla yilobu:
 - Nxa izilimo zinengi kakhulu zingagcinakala kulokuthi zithengiswe ngentengo ephansi kumbe zilahlwe nxa sezibolile.
 - Ukudla okwakha umzimba kuyabe kukhona ukuze kudliwe umnyaka uqalisa uze uyephela.
 - Isikhathi ukudla okuhlala kungonakalanga siyengezeleleka kusenzelwa ukugcinwa eziphaleni, ukuthwala lokuthengisa.
- Ukudla kumele kulungiswe kuhle ngoba kungacina kubangela ukuthi kuboliswe ngamajemusi kumbe amatoxin okungabangela ukugula.
- Ukuchaya isivuno kulula njalo kutshiphile.
- Ukudla okonyisiweyo kungafakwa ekuphekeni kumbe kulungiswe kutsha ngokuthanjiswa emanzini kungakaphekwa.
- Ukudla okonyisiweyo kungagaywa kube yimpuphu kufakwe ekudleni ukwenzela ukuthi kwakhe umzimba ngcono.
- Izithelo, imibhida lempande ezinengi zingonyiswa.
- Tshengisa abafundi uluhlu lwamaqhinga okuchaya ukudla beselioxaxa.

Amacebo angasetshenziswa ekomiseni ukudla

1. Kubangcono ukomisa ukudla nxa izulu lingani.
2. Izilimo kumele zifakwe lapho ezonyiswa khona kungakedluli amalanga amabili kuvuniwe.
3. Isivuno kumele sifakwe emagenjini kusiya ngokuvuthwa kwaso.
4. Gezisa emanzini aphilileyo ahlanzekileyo ukhiphe indawo ezilezibavu lezilimeleyo.
5. Hluba, sika, yenza iziqa ezincane kumbe izicucu ezilinganayo ukwenzela ukuthi zithathe isikhathi esilinganayo ukoma.
6. Imibhida eluhlaza kumele ifakwe emanzini atshisayo alesawudo okwesikhatshana ungakayomisi ukuze ingatshintshi umbala wayo lobunandi bayo lokuthi ihlale okwesikhathi eside.
7. Ungomisi elangeni. Ukomisa emthunzini kwenza ukuthi kungabi lokulahleka kwemisoco eyakha umzimba.
8. Womisa isivuno masingane - nxa kusenzakala ngelanga elilodwa.
9. Faka isivuno ezinditshini ezichayileyo kumbe engalaneni endaweni ekhudumalayo okungena khona umoya.
10. Gcina isivuno esonyisiweyo ezitsheni/emgodleni ohlanzekileyo, owomileyo, omnyama, ongangeni moya endaweni engena umoya ukuze kungabi lobulembu.



Ingxoxo

Isikhathi: imizuzu engu-40

Okudingakalayo: *amaflipchart*, amamakha, amapenseli, izibonelo zokudla okulungisiweyo, imibhida elamahlamvu aluhlaza, imbiza, amanzi ahlanzekileyo, okokubasela umlilo, isefa, ipulanka lokusikela, ingqamu, imihlobo etshiyeneyo yesivuno ezakonyiswa.

Indlela yokuqhuba ingxoxo



Izigaba

1. Chasisa ukuthi uzakhuluma ngokuthuthukisa indlela zokomisa ukudla ezitshiyeneyo ukuze kugcinakale imisoco eyakha umzimba lokwenqabela ukubola
2. Buza abafundi ukuthi kungani silungisisa ukudla. Bhala impendulo zabo *kufliipchart* wengezelele okunye okuhle ngalokho okuqanjwe kumanothi oMqondisi.
3. Tshela abafundi baqambe okunye okungenziwa ngezithelo lemibhida eyonyisiweyo. Bakhuthaze ukuthi bachasise ngendlela yokomisa ukudla abayaziyo.
4. Buza abafundi ukuthi yikuphi ukudla abakomisayo lokuthi yiziphi indlela abangacebisa ukuthi zisetshenziswe. Buza abafundi ukuthi sebake bomisa inyama.
5. Bhala *kufliipchart* amabizo alokho okutholakalayo ubusubuzaba abafundi ukuthi sebeke bahlangana lenhlupho ekomiseni ukudla, inhlupho ezinjengokuvunda, inhlabathi kumbe izibungu ezihlaselayo.
6. Tshengisa abafundi izibonelo zokudla okonyisiweyo okutshiyeneyo beselixoxa ngamacebo okuthuthukisa indlela zokomisa izilimo lenyama. Sebenzisa amanothi oMqondisi ukuncedisa kule ingxoxo.
7. Chasisa ukuthi ukubuna kutshoni.
8. Khuluma labafundi ngendlela zokomisa uchasise ngomtshina wokomisa osebenzisa isola uchaze lobuhle bawo.





UKUSEBENZISA OKONYISIWEYO



Injongo

Ukuncedisa abafundi ukuthi bafunde njalo batshengise ukusetshenziswa kokudla okonyisiweyo.



Okuqondane loMqondisi

- ✎ Nxa ukudla sekonyisiwe kungaganwa ukuze kusetshenziswe esikhathini esizayo kumbe kuthengiswe. Impuphu ezitshiyeneyo zingahlanganiswa ukuze zenze okuhlanganisiweyo okwakha umzimba okungafakwa elambazini, isobho, inyama elomsobho lesitshebo ukuze kuthuthukise lokho okwakha umzimba. Impuphu yezithelo ingagcinwa kwenziwe ngayo okunathwayo ngokufaka amanzi.
- ✎ Impuphu ezakha umzimba zigoqela:
 - Impuphu yemibhida etshiyeneyo
 - Impuphu yomkhomo
 - Impuphu yenhlanzi
 - Impuphu yamazambane
 - Impuphu yembambayila
 - Impuphu yemengo
 - Impuphu yegwava.
- ✎ Indumba ezomileyo ezinjengendlubu lokunye ukudla okungezelela amandla lamabele kungagigwa kube yimpuphu.
- ✎ Ifulawa yendumba ingenziwa ngokukhazanga indlube kumbe indumba ezomileyo besezigigwa kumbe zicholwe besekusesethwa
- ✎ Ifulawa yendumba, eyamabele, impande lemiqwente okonyisiweyo kungahlanganiswa kuphekwe ilambazi, isitshwala kumbe kubhakwe ngayo.



Ingxoxo

Isikhathi: imizuzu engu40

Okudingakalayo: amaflipchart, amamakha



Indlela yokuqhuba ingxoxo

1. Qala isifundo ngokuchasisa ukuthi lizakhuluma ngendlela zokusebenzisa ukudla okonyisiweyo ukuze kwengezelele lokho okwakha umzimba okusekudleni.
2. Buza abafundi kumbe sebake badla ukudla okonyisiweyo na, ubusubacela ukuthi bachasisa ukuthi bakupheka njani.
3. Nanzelela ukuthi indlela elula yokusebenzisa ukudla okonyisiweyo yikukuchola kube yimpuphu engafakwa enyameni elomsobho, emsobheni lesitshebeni.
4. Chasisa indlela yokwenza lokusebenzisa impuphu ezitshiyeneyo.
5. Khuluma ngokunye okuhlanganisiweyo okwenziwe ngempuphu yamabele, indumba, impande lemiqwente. Nanzelela ukuthi lokhu okuhlanganisiweyo kungasetshenziswa ukwenza ilambazi elilokudla okwakha umzimba. Chasisa ngempuphu yomumbu (engelakudla okwakha umzimba kangako), ukuthi ingahlanganiswa lempuphu yonyawuthi lamabele (elokudla okwakha umzimba okunengi). Nanzelela ukuthi le yindlela enhle yokukhuthaza abantu ukuthi badle ilambazi elilokudla okwakha umzimba.
6. Tshengisa umfanekiso 9.



Umfanekiso 9

