



USAID
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Amalima



Isivuno Esihle

Ugwalo lwezinqondiso zezifundo zeAmalima olwabafundisa ezigabeni

UGWALO 1



Umsebenzi Wokudla Emzimbeni

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*).



1

IMIHLobo YOKUDLA LOKUDLA OKWAKHA UMZIMBA

Injongo



Ukuncedisa abafundi ukuthi bazi njalo banelise ukukhuluma ngomsebenzi wokudla emzimbeni njalo banelise ukuqamba imihlobo yokudla okutshiyeneyo.



Imicijo yomkhokheli wezifundo

- Ukudla kuqakathekile ekusebenzeni kuhle kwemizimba yethu lokuthi sibe lempilakahle.
- Ukunambitheka kokudla kuyasithokozisa njalo kusenza sizwe sithabile njalo sisuthisekile.
- Ukudla kuletha imuli labangane ndawonye



Umfanekiso 1: IMIHLOBO YOKUDLA



UKUDLA OKWAKHA UMZIMBA



Ingxoxo

Isikhathi: imizuzu engu30

Okumele ube lakho: 1) Amaflipchart akho esivuno esihle
2) markers 3) amapenseli 4) amabhuku okubhalela
5) amakhadi okudla atshengiswayo



Indlela yokuqhuba ingxoxo

- Qala ingxoxo ngokuchasisa ukuthi lizaxoxa ngomsebenzi wokudla emzimbeni.
- Chasisa ukuthi ukudla kwenza izinto ezintathu emizimbeni yethu:
 - 1 **Kunika amandla**
 - 2 **Kwakha umzimba**
 - 3 **Kuyavikela emikhuhlaneni**
- Ngokunjalo, ukudla singakufaka ngemihlobo kusiya ngokuthi kwenzani emizimbeni yethu njengokuthi: okunika amandla okwakha umzimba lokuvikela umzimba emikhuhlaneni.

Phendulela
iflipchart.
Tshengisa
umfanekiso.

Tshela iqembu
liqambe ukudla





Okuqondane lomqondisi wezifundo

- **Ukudla okunika amandla-** umumbu, unyawuthi, amabele, inqgoloyi, irayisi, imbambayila kanye lamafutha okuphekisa, imajarina, amafutha enyamazana, amazambane, idobi, intanga zesunflower, lendumba zesoya.
- **Ukudla okwakha umzimba-** indlubu, indumba zesikhiwa, indumba zesintu, amazambane, idobi kanye lokuvela enyamazaneni okunjengenyama yenkomo, eyembuzi, eyemvu, eyengulube , eyenkukhu, eyamadada, ingalukhuni, izinanakazana (amacimbi, izinhlwa, inswabanda njalo njalo) lenhlanzi.
- **Ukudla okuvikela umzimba emkhuhlaneni-** imibhida lezithelo, izithelo lemibhida yeganga lokulinywayo okunjengehanyanisi, amatamatisi, imiqwente, amathanga, amaorenji, uxakuxaku, amaberries eganga lama khemeswane lokunye okunjalo.



- Phakamisa amakhadi elilodwa ngasikhathi sinye.
- Buza iqembu ukuthi yikuphi ukudla okutshengisa ekhadini.
- Buza ukuthi ukudla okutshengisiweyo kuyathengwa, kuyavunwa kumbe kutholakala egangeni.
- Buza ukuthi babona angani ukudla okutshengisiweyo kukuyiphi imihlobo yokudla.





Ingxoxo

Isikhathi Imizuzu engu30



Chasisa ukuthi bangasebenzisa ulwazi lwabo ngemihlobo yokudla ukulungiselela ukudla okwakha umzimba njalo okulakho konke okudingakalayo ekudleni.

Indlela yokuqhuba ingxoxo



- Kuyakhuthazwa ukuthi abantu kumele badle ukudla okuvela kuyo yonke imihlobo yokudla nsukuzonke isibonelo: ilambazi eliledobi ekuseni, isitshwala esilendumba emini, lesitshwala samabele esilemibhida lenyama ntambama.
- Tshengisa umfanekiso 2, Buza iqembu ukuthi licabangani ngalokho kudla.
- Nxa kungaselampendulo eziphumayo, batshele ukuthi lokho kudla akulakho okwakha umzimba njalo akulayo imihlobo yokudla etshiyeneyo.
- Umfanekiso 3. Buza iqembu ukuthi licabangani ngalokho kudla.
- Nxa iqembu lingaqeda ukukhuluma ngalokho kudla, litshele ukuthi ukudla lokho kulokudla okunengi okwakha umzimba njalo kuyisibonelo sokudla okulemihlobo yonke edingakalayo.
- Tshela iqembu lisebenzise amakhadi aphakanyiswayo ekwenzeni izibonelo zokudla okulemihlobo yonke edingakalayo.



Umfanekiso 2:



Umfanekiso 3:





Ingxoxo

Isikhathi: Imizuzu engu30



Ungananzelela ukungatholi ukudla okwakha umzimba emntwaneni ngokukhangela iminyaka yakhe lokuqathanisa lobude kanye lesisindo sakhe.



Indlela yokuqhuba ingxoxo

- Tshengisa umfanekiso 4. Buza iqembu ukuthi babonani
- Batshela ukuthi abantwana abatshengisiweyo baleminyaka elinganayo lokuthi abathathu babo abazange bakhule kuhle.
- Bancedise ukunanzelela ukuthi omunye wabo ucake kakhulu okweminyaka yakhe, omunye ubufitshane bakhe abufanelanga iminyaka yakhe omunye oseleyo ucake njalo umfitshane okungafanelanga iminyaka yakhe.
- Tshela iqembu ukuthi kusukela ekuzalweni umntwana aze abe leminyaka emibili yikho lapho okudingakala khona ukudla okwakha umzimba ukwenzela ukuthi umntwana akhule kuhle.
- Nxa umama engatholi ukudla okufaneleyo nxa angazithwala kwenza usane lwakhe lungatholi ukudla okwakha umzimba, njalo lungakhuli kuhle.
- Nxa umuntu wesifazana angathola ukudla okwakha umzimba engakazithwali kumbe nxa emunyisa, nxa angamunyisa ibele lodwa okwenyanga eziyisithupha kwenza kube lamathuba okuthi umntwana akhule kuhle.
- Tshengisa umfanekiso 5 uchasise ukuthi ukuthola ukudla okwakha umzimba kuya ngosendo lomuntu



2

UKUNGATHOLI UKUDLA OKWAKHA UMZIMBA EZIGABENI ZETHU

Injongo



Ukuncedisa abafundi
ukuzwisisa ukuthi kungani
abantu bengatholi ukudla
okwakha imizimba lokuthi
emulini ngobani abasengozini
yokungatholi ukudla okwakha
umzimba.



Okugondane lomqondisi wezifundo

- Ukungatholi ukudla okwakha umzimba kuluhlupho lwezempilakahle oluhlasela abantu ngenxa yokungatholi ukudla okugondileyo okudingakalayo emizimbeni yethu. Ebantwaneni kungabangela ukungakhuli kuhle, inhlupho ezinkulu kwezempilakahle kanye lokufa.
- Abantwana ikakhulu yibo abajwayele ukuhlaselwa kulabantu abadala ngenxa yokuthi bona badinga ukudla okwakha umzimba ukuze bakhule kuhle. Okunye njalo balezisu ezincinyane yikho bengenelisi ukudla ukudla okunengi sikhathi sinye.
- Omama abazithweleyo labamunyisayo kanye labadala kakhulu labo bangahlaselwa yikungatholi ukudla okwakha umzimba.

Umfanekiso 4: IZITSHENGISELO ZOKUNGATHOLI UKUDLA OKWAKHA UMZIMBA

Abantwana laba bonke baleminyaka elinganayo

Uthola ukudla
okwakha umzimba



Keluleki



Uyacikizeka
umzimba



Uyacikizeka
umzimba njalo
keluleki



Umfanekiso 5

Ukuthola ukudla okwakha umzimba umuntu ezithwele kwenza ...



Umama abelethe kuhle umntwana olempilakahle



Ukupha umntwana uchago lukamama kuphela aze abelenyanga ezingu-6



Ukupha umntwana ukudla okugondileyo kunye lokum'mungisa uma eselenyanga ezingu-6...



Kwenza umntwana abelempilakahle enhle okwenza lomntwana apphumelele ezifundweni zakhe esikolo, njalo akhule



Abe ngumama olempilakahle obeletha usane olulempilakahle





Ingxoxo

Isikhathi: imizuzu engu30



Indlela yokuqhuba ingxoxo

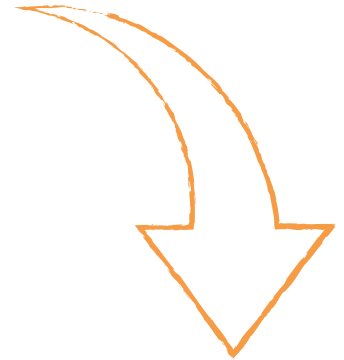
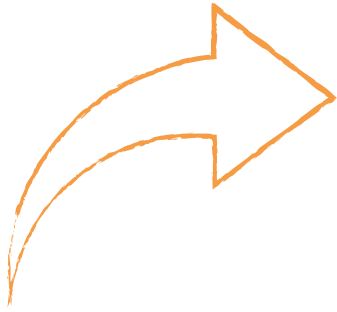
- Tshengisa **umfanekiso 6**
- Nxa umuntu engatholi konke ukudla okudingwa ngumzimba, uyacaka lamasotsha akhe omzimba angalimazeka.
- Ngokunjalo ukungatholi ukudla okwakha umzimba kwenza abantu babesengozini yokuhlaselwa ngumkhuhlane
- Umuntu ongatholi ukudla okwakha umzimba uyagula esikhathini esinengi okwesikhathi eside elezitshengiselo ezesabekayo.
- Ucina esidla mbijana abeseswela ukwakheka umzimba ngamandla lomkhuhlane ube ngamandla.
- Kuqakathekile ukuthi abantu bathole ukudla okwaneleyo lokuthi badle imihlobo yokudla (ukudla okwakha umzimba, ukudla okunika amandla lokuvikela umzimba emkhuhlaneni).
- Tshela abafundi baqambe imihlobo yokudla benika izibonelo zomunye lomunye umhlobo wokudla.



Umfanekiso 6: : OKWENZA UMZIMBA UNGAKHEKI



Nxa ungatholi
ukudla
okwaneleyo



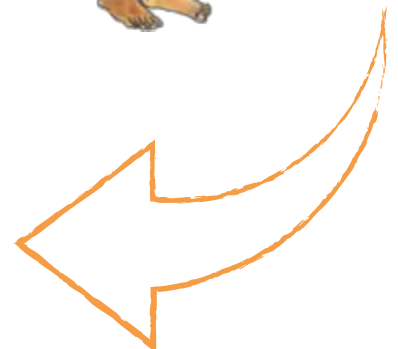
Ukungathakazeleli
ukudla, ukungenelisi
komzimba ukudonseni
imisoco esekudleni
eyakha umzimba,
ukungagayi kuhle
ukudla komzimba.



Umuntu
uyacaka
angeluleki
njalo kuba
lokulimazeka
kwamasotsha
omzimba



Lokhu kwenza
umuntu ahlale
egulagula, njalo
agule okwesikhathi
eside





Isikhathi: imizuzu engu-30

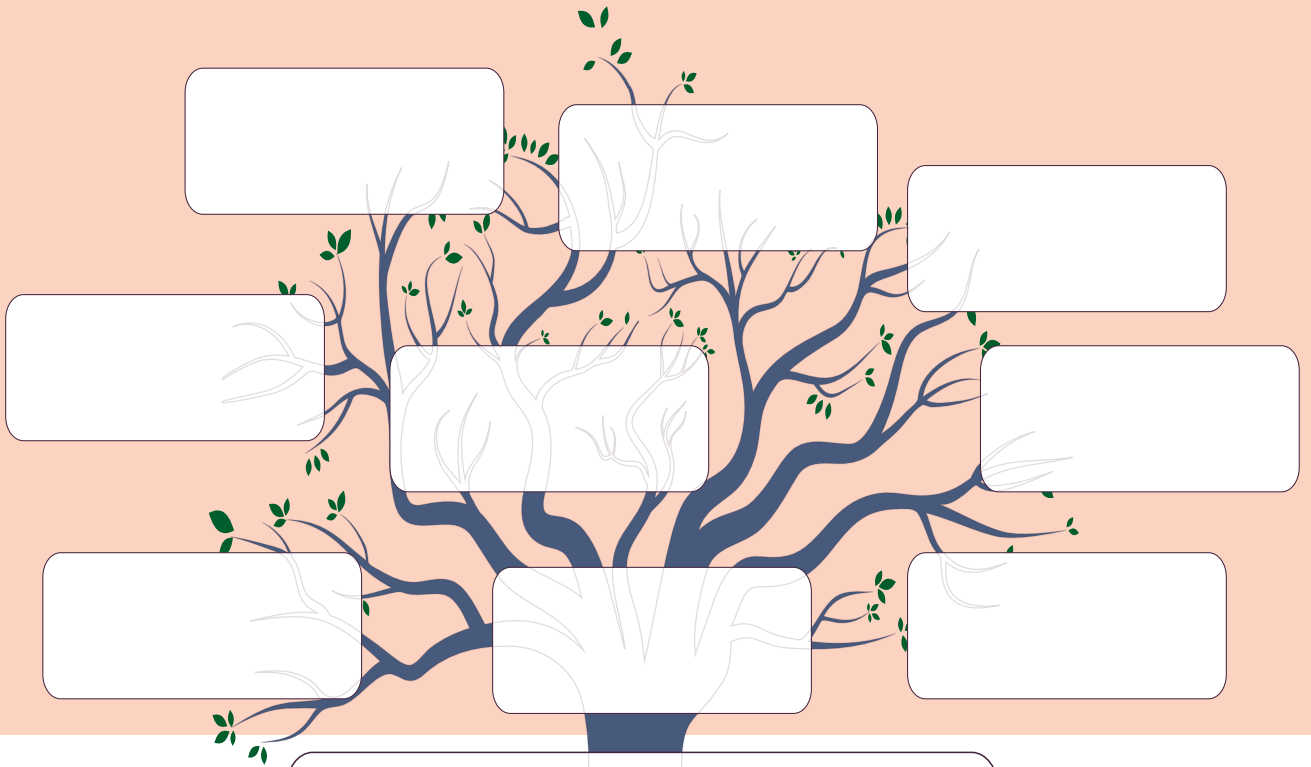
- Chasisa ukuthi ukuze umuntu anelise ukuzwisisa imbangela yokungatholi ukudla okwakha umzimba ezigabeni zethu sizasebenzisa indlela yokuchayisisa ngenhlupho kusetshenziswa umfanekiso wesihlahla.
- Tshengisa umfanekiso 7. Chasisa ukuthi uzasebenzisa umfanekiso wempande zesihlahla ukuthi zimele imbangela zokungatholi ukudla okwakha umzimba kuthi inngatsha zitshengisa okudalwa yilokho.
- Isibonelo, “ukungasebenzi” kubangela “ukungabi lemali” okwenza kungabi lokudla okucina kudala ukuswela ukudla okwakha umzimba.
- Okwakhathesi sizakwenza umsebenzi otshengisa imbangela zokungatholi ukudla okwakha umzimba ezigabeni zethu.
- Faka abafundi emaqenjini amancinyane alabantu abangadluli abahlanu .Nika elinye lelinye iqembu isiqephu se*flipchart* lamamakha.
- Tshela amaqembu axoxe ngembangela zokungatholi ukudla okwakha umzimba ezigabeni zabo.
- Kumele babhale phansi abaphuma lakho emaphepheni amancinyane besebewafaka endaweni ezifaneleyo esihlahleni abasidweba ku*flipchart*.
- Tshengisa umfanekiso 8 beselioxoxa



Umfanekiso 7: IMBANGELA

LOKUDALWA YIKUNGATHOLI UKUDLA
OKWANELEYO

Imiphumela



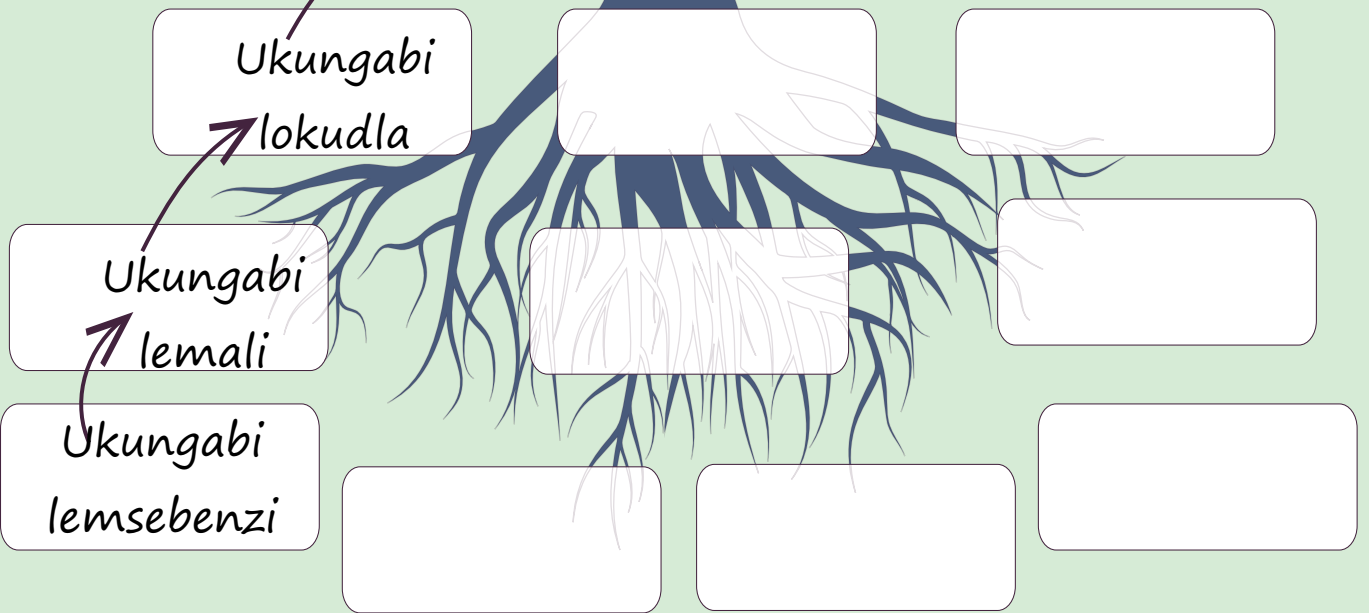
Ukungatholi ukudla
okwakha umzimba

Ukungabi
lokudla

Ukungabi
lemali

Ukungabi
lemsebenzi

Imbangela



Umfanekiso 8

IMPUMELA

Ukungatholi ukudla okwakha umzimba, ukugokeka lokufa



IMBANGELA
ZOKUFUBA
LOKUCIKIZEKA

Ukungadli ukudli okunengi okutshiyeneyo



Imikhuhlane



IMBANGELA
EZILANDELAYO

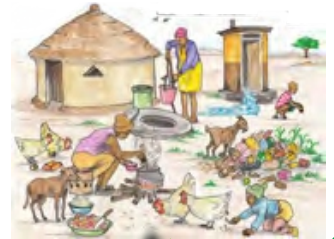
Ukungatholi ukudla okwaneleyo emulini



Indlela zokondla lokumunyisa



Umumo okhona, ezempilakahle ezingaqondanga



IMBANGELA
ZAKUQALA

Ukudubeka lokuswela, ukukhangelelwa phansi lokungatholi infundo kwabomama, ukulwa, ukutshintsha lokuphazamiseka kwemvelo, ukutshintsha kwentengo yezinto ezitolo.



3

UKUDLA OKULUNGELE IMULI

Injongo



Ukuncedisa abafundi ukuthi bazwisise njalo bakhulume ngokuphekwa kokudla okwakha umzimba emulini yonke.



Okugondane lomqondisi wezifundo

- Abantwana badinga ukudla kanengi ngoba izisu zabo zincane njalo azingeke zigcine ukudla okunengi kakhulu.
- Omama abazithweleyo kumbe abamunyasayo kumele bathole ukudla okwakha umzimba okwaneleyo.
- Nxa owesifazana engatholi ukudla okwakha umzimba esazithwele kungenzakala ukuthi abelethe nzima losane lwakhe lulakho ukuthi abemncinyane kakhulu.
- Insane ezizalwa zizncinyane kakhulu zingakhula zithuthuke kancane kancane kulula ukuthi zigule, njalo aziphilikahle.

Umfanekiso 9: UKUNIKA UMNTANAKHO UKUDLA

*Uchago lwebele lulakho konke okufunwa ngumntwana
aze abe lenyanga eziyisithupha.*

Inyanga 0-6



Umfanekiso 10

Nika umntanakho ukudla okuvela embizeni yemuli. Umnike ilambazi elijiyileyo eliledobi, impuphu yesithelo somkhomo lokunye nje. Qhubeka umunyisa.



Inyanga 6-24



Umfanekiso 11: NIKA IMULI YAKHO UKUDLA OKUTSHIYENEYO

