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Amalima



CNFA
Cultivating New Frontiers
in Agriculture



UGWALO LWAMA-LEAD MOTHER LOKUCEBISA NGOKONDLIWA KWABANTWANA

Loluhele lusekelwa yi:



OKUMUNYETHWEYO

IKHADI I: Ngingenzanjeni ukuze ngibe yingcitshi emsebenzini wami?

IKHADI II: Ngiwasebenzisa njani amakhadi okucebisa la?

At 6	6 to 9	9 to 12	12 to 24	Amakhadi Okucebisa
				IKHADI 1: Ukunika umntwana olenyanga ezingu-6 ukudla - Ukuqalisa ukunika ukudla kwakuqala
				IKHADI 2: Ukunika umntwana olenyanga ezingu-6 ukudla - Okukhuthazwayo
				IKHADI 3: Inyanga ezingu-6 kusiya kwezingu-9 - Ukufaka okunye ukudla elambazini
				IKHADI 4: Ukunika umntwana olenyanga ezingu-6 kusiya kwezingu-9 - Okukhuthazwayo
				IKHADI 5: Inyanga ezingu-9 kusiya kwezingu-12 - Ukupha ukudla kwemuli
				IKHADI 6: Inyanga ezingu-9 kusiya kwezingu-12 - Okukhuthazwayo
				IKHADI 7: Inyanga ezingu-12 kusiya kwezingu-24 - Ukupha ukudla okutsha okulomsoco
				IKHADI 8: Ukunika umntwana olenyanga ezingu-12 kusiya kwezingu-24 - Okukhuthazwayo
				IKHADI 9: Ukunika abantwana abagulayo ukudla - Inyanga ezingu-6 kusiya kwezingu-24
				IKHADI 10: Ukunika abantwana abagulayo ukudla - Okukhuthazwayo

Qaphela ukulandela imibala emakhadini:



Isifundo esifanele umama olomntwana olenyanga ezingu-6



Isifundo esifanele umama olomntwana olenyanga ezingu-6 kusiya kwezingu-9



Isifundo esifanele umama olomntwana olenyanga ezingu-9 kusiya kwezingu-12



Isifundo esifanele umama olomntwana olenyanga ezingu-12 kusiya kwezingu-24

INDLELA YOKUCEBISA

1

Dinga indawo ongahlala khona. Bingelela umama umenzele amhlophe ngokuba yingxenye ye*Care Group*.

2

Buza ubudala bomntwana. Khetha ikhadi lokusebenzisa.

3

Sebenzisa ikhadi lokuhlolisisa umumo njalo ubuze imibuzo esekhadini.

6

Valelisa livumelane ukuthi lizabonana nini.



Bonisana lomama umxwayise lize livumelane ngalokho angakwenza.

5

4

Nika umama izeluleko umcebise ngokungenziwa. Xoxa umkhuthaze.

INDLELA YOKUSEBENZISA AMAKHADI EKUCEBISENI

1

- Bingelela umama.
- Dingani indawo elingahlala kuhle khona.
- Menzele amhlophe ngokuba yingxenye ye *Care Group*.

2

- Buza ibizo lomntwana lobudala bakhe. Khetha ubudala bomntwana ngezinyanga.
- (6 - orange) (6 - 9 - blue) (9 - 12 - green) (12 - 24 - red)
- Nxa umntwana egula hamba kukhadi 9 lo 10.

3

- Sebenzisa ikhadi lokuhlola ukuze ucubungule umumo ubuza ngalokho okwenziwayo.
- Buza imibuzo esekhadini.

4

- Sebenzisa umhlubulo wekhadi obhalwe “okukhuthazwayo” ukuxoxa ngalokho omxwayise ukuthi akwenze.
- Nika izixwayiso ezicacileyo. Nika inkuthazo.
- Yena umama ucabanga ukuthi angenzani? Mlalele.
- Vumelana lomama ngalokho azakwenza.

5

- Kuyini okuzazanywa ngumama?
- Bonisa umama ngokuqakatheka kwezinqumo azenzileyo, umkhuthaze njalo.
- Gcizelela livumelane ukuthi kuyini okumele akuzame.

6

- Buza elakuvumeleneyo nxa selihlangana okulandelelayo.
- Wakuzama yini umama lokho ayethe uzakwenza?
- Kuyini akuthandayo? Kuyini angakuthandanga?

BUZA	LALELA	CEBISA UNIKE IZIXWAYISO
U_____ uyamunya na?	Yebo	<i>Mtshayele ihlombe umama.</i> Umntanakhe angaqhubeka emunya ibele aze abe lenyanga ezingu- 24.
	Hatshi	Kusukela kunyanga ezingu-6, umntwana udinga ukudla okujijileyo phezu kochago lwebele ukuze akhule eqinile. Ubona angani ungaqhubeka umunyisa? <i>Usebenzisa amakhadi okumunyisa chasisela umama umkhuthaze aqhubeke emunyisa.</i>
Umntwana umnika ukudla okujijileyo kumbe okubuthakathaka.	Yebo	<i>Mtshayele ihlombe umama.</i> Umntwana angaqalisa ukudla okujijileyo eselenyanga ezingu-6.
	Hatshi	Kusukela kunyanga ezingu-6 umntwana udinga ukudla okujijileyo phezu kochago lwebele ukuze akhule eqinile. Ubona angani ungaqhubeka umunyisa? <i>Sebenzisa amakhadi okumunyisa, umkhuthaze.</i>
Ukudla lokhu kujiye okunganani?	Kujijile. Kuyahlala ekhezweni	<i>Mtshayele ihlombe umama.</i>
	Kulula kuyachitheka ekhezweni.	Ilambazi elijijileyo limlungele umntwana. Ubona angani ungenelisa ukunika u_____ ilambazi elijijileyo njengalelo olibonileyo emakhadini la?
Cela onakekela umntwana ukuthi abuye lomganu odlela umntwana. Ngesikhathi sonke umnika ukudla, umupha okungakanani?	Inkezo ezimbili kusiya kwezintathu	<i>Mtshayele ihlombe umama.</i> Usungengezelela ukudla mbijana mbijana kuze kufike i-¼ yenkomitsho yensimbi elingeneyo.
	Phansi kwenkezo ezimbili	Umntwana ongango_____ ulesisu esidinga izipunu ezinkulu ezimbili kusiya kwezintathu zokudla ukuze akhule kuhle. Ungengezelela ukudla mbijana mbijana kuze kufike i-¼ yenkomitsho yensimbi elingeneyo.
Umntwana umupha kangaki ukudla ngelanga?	Kabili kusiya phezulu	Yengezelela mbijana mbijana amahlandla omnika ngawo ukudla kuze kube kathathu ngelanga.
	Kanye	Umntwana ongango_____ kumele anikwe ukudla okungaba kabili malanga onke. Ungenelisa na ukwengeza amahlandla okunika u_____ ukudla ngelanga linye ngalinye?
Kungaba khona okunye na, okufaka elambazini?	Yebo	Cebisa ngokunye ukudla okwakha umzimba angakupha umntwana ukwengezelela kulokho ajwayele ukumumnika khona.
	Hatshi	Abantwana abancane kumele badle ilambazi elimumethe ukudla okwakha umzimba. Nika izibonelo.
Uyakholisa na, ngesikhathi usipha umntwana ukudla?	Yebo/Hatshi	Isikhathi sokudla somntwana kumele sibelothondo, ukubekezela lokuhlekisayo. Yiso lesi isikhathi sokuthi lejwayelane lomntanako lokumnika isiqalo esihle sempilo.

Ukunika umntwana olenyanga ezingu-6 ukudla

Okukhuthazwayo



Qhubeka umnyisa, uqale ukupha ukudla okujiyileyo.

Ukudla komntwana okwakuqala okujiyileyo



Ilambazi elijiyileyo



Ithanga



Amaqanda



Indumba lendlubu

Ilambazi eliledobi kumbe amaqanda abucuziweyo kumbe uchago. Ungafaka lezithelo lemibhida ebucuziweyo njengamabhanana, amapopo, kumbe amakotapeya lokunye.

Indlela yokupha ukudla

Umntwana kumele aphiwe ukudla kabili ngelanga.



Qala ngezipunu ezimbili kusiya kwezintathu ngaso sonke isikhathi sokudla.



Ilambazi lingenziwa ngempuphu yamabele, eyenyawuthi, leyomumbu.

BUZA	LALELA	CEBISA UNIKE IZIXWAYISO
Uyamunya na?	Yebo	<i>Mtshayele ihlombe umama.</i> Umntanakhe angaqhubeka emunya ibele aze abe leminyaka emibili.
	Hatshi	Kusukela kunyanga ezingu-6, umntwana udinga ukudla okujijileyo phezu kochago lwebele ukuze akhule eqinile. Ubona angani ungasqhubeka umunyisa? <i>Meluleke usebenzisa amakhadi okumunyisa ukhuthaze umama ukuthi aqhubeke emunyisa.</i>
Usuqalile ukumupha ukudla?	Yebo	<i>Mtshayele ihlombe umama.</i> Umntwana angaphiwa ukudla eselenyanga ezingu-6 .
	Hatshi	Kusukela kunyanga ezingu-6 umntwana udinga ukuphiwa ukudla phezu kochago lwebele ukuze akhule eqinile. Ungamupha ukudla okunjengelambazi elijijileyo?
Ilambazi lakhe lijiye okunjani?	Lijiyile liyasalela kukhezo.	<i>Mtshayele ihlombe umama.</i>
	Alijiyanga. Liyajuluka.	Ilambazi elijijileyo lingcono emntwaneni. Ubona angani unganika u _____ ilambazi elijijileyo njengaleli engikubonise ekhadini.
Cela onakekela umntwana ukuthi alethe umganu odlela umntwana. Ngesikhathi sonke esidla, umfakela ukudla okunganani emganwini?	Okungaba yi-¼ yenkomitsho yensimbi.	Yenzela onakekela umntwana amhlophe. Usungaba ulokhu usengezelela ukudla mbijana mbijana uze ufikise ingxenye yenkomitsho yensimbi elingeneyo.
	Okungafiki ku-¼ yenkomitsho yensimbi.	Ngesikhathi u _____ eselenyanga ezingu-9, isisu sakhe sidinga ukudla okungaba yi-¼ yenkomitsho yensimbi ukuze akhule kuhle. Isisu somntwana singathwala ukudla okungaba yi-¼ yenkomitsho yensimbi. Sifuna umntwana asuthe ngaso sonke isikhathi sokudla. Ubona angani u _____ ungamnika ukudla kanje?
Umntwana umupha kangaki ukudla ngelanga?	Ka-2 kusiya ka-3	<i>Menzele amhlophe.</i> Umntanakho kumele adle kathathu ngelanga, aphinde athole lokunye ukudla ngemva kwezikhathi zokudla lapha lalapha.
	kanye	Nxa esefikise inyanga lezi, umntwana kumele aphiwe ukudla kathathu ngelanga. Ungenelisa na ukwengezelela izikhathi zokudla zika _____ ngelanga?
Kukhona na okufaka kulambazi lika _____?	Yebo	<i>Mtshayele ihlombe.</i> Mtshale ngokunye ukudla okwakha umzimba angakufaka ekudleni komntwana.
	Hatshi	Umntwana udinga okunye ukudla ngaphandle kwelambazi lempuphu kuphela ukuze zikhule zilempilakahle njalo ziqinile.
Uyasikholisa isikhathi sokunika umntwana ukudla?	Yebo/Hatshi	Isikhathi sokudla kumele sibelothando, ukubekezela lentokozo. Lithuba lakho lokwejwayelana lomntanakho njalo yikumncedisa aqale impilo yakhe kuhle.

Ukunika umntwana olenyanga ezingu-6 kusiya kwezingu-9 ukudla

Okukhuthazwayo



Qhubeka umunyisa njalo unike lelambazi elifakwe okunye ukudla.

Ukufaka okunye ukudla elambazini



Ilambazi elijiyileyo



Ithanga



Amaqanda

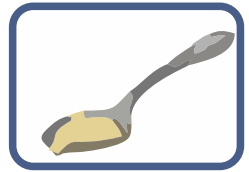


Ijodo

Faka okunye ukudla kulambazi **elijiyileyo**. Ungafaka idobi, uchago, amaqanda, izithelo ezibucuziweyo ezinjengamapopo amabhanana, lamakotapeya kanye lemibhida.

Nika umntanakho okungaba yi- $\frac{1}{4}$ yenkomitsho ngaso sonke isikhathi sokudla.

Nika i- $\frac{1}{4}$ yenkomitsho



Umntwana kumele adle kathathu ngelanga, aphinde athole okunye ukudla ngemva kwezikhathi zokudla lapha lalapha.



BUZA	LALELA	CEBISA UNIKE IZIXWAYISO
Uyamunya na?	Yebo	<i>Mtshayele ihlombe umama.</i> Umntanakhe angaqhubeka emunya ibele aze abe leminyaka emibili.
	Hatshi	Kusukela inyanga eziyisithupha zokuzalwa umntwana kumele adle ukudla okuqinileyo phezu kokumunya ukuze akhule eqinile. Ubona angani ungenelisa ukuqhubeka umunyisa? <i>Tshengisa umama amakhadi akhuluma ngokumunyisa ukuze umama akhuthazeke.</i>
Cela onakekela umntwana ukuthi alethe umganu odlela umntwana. Ngesikhathi sonke esidla, umfakela ukudla okunganani emganwini?	I-¼ yenkomitsho kusiya phezulu.	<i>Mtshayele ihlombe umama.</i> Usungaba ulokhu usengezelela ukudla mbijana mbijana uze umnike i-¼ yenkomitsho yensimbi.
	Phansi kwe-¼ yenkomitsho.	Ngesikhathi u_____ eselenyanga ezingu-9 kusiya kwezingu-12 zokuzalwa isisu sakhe senelisa ukuthi adle ukudla okungaba yi-¼ yenkomitsho yensimbi ukuze akhule kuhle. Sifuna ukuthi asuthe ngesikhathi sonke ephiwa ukudla ukuze aqine abelempilakahle. Ubona angathi ungenelisa ukupha umntwana ukudla kanje? <i>Tshengisa ikhasi elimumethe okuhle okumele kulandelwe.</i>
Umntwana umupha kangaki ukudla ngelanga?	ka-3 laphezulu	<i>Mtshayele ihlombe umama. Mkhuthaze ukuba anike umntwana okunye ukudla okulomsoco ngemva kwezikhathi zokudla kabili ngelanga.</i>
	Kanye kusiya kabili	Ngalesi sikhathi umntwana kumele aphiwe ukudlakathathu ngelanga aphinde abe lokunye okuthize akudla phakathi laphakathi. Ngokuba umntwana ukhula kakhulu ngesikhathi lesi, kuqakathekile ukuthi umntwana adle ngendlela le.
Ilambazi olipha umntwana lijaye okunganani?	Lijiyile liyasalela kukhezo.	<i>Mtshayele ihlombe umama.</i>
	Alijiyanga. Kalihlali ekhezweni.	Ilambazi elijiyileyo lingcono emntwaneni. Ubona angani unganika u_____ ilambazi elijiyileyo njengaleli engikubonise ekhadini.
Uyake ufake okunye ukudla okuthize elambazini?	Yebo	<i>Mtshayele ihlombe umama. Mtshale ngokunye ukudla okwakha umzimba angakufaka elambazini lomntwana.</i>
	Hatshi	Umntwana udinga okunye ukudla ngaphandle kwelambazi lempuphu kuphela ukuze akhule abelempilakahle njalo eqinile.
Umntwana usesidla ukudla okudliwa yimuli?	Yebo	<i>Mtshayele ihlombe umama.</i> Umntwana kumele abesesidla ukudla kwemuli yonke okulomsoco.
	Hatshi	Nika ukudla okutshiyeneyo okunjengemibhida, lamathanga lendumba zonke nje. Nika umntwana amaqanda, inyama, amacimbi acholiweyo lamatamba kabili ngeviki.
Uyasikholisa isikhathi sokunika u_____ ukudla?	Yebo/Hatshi	Isikhathi sokudla kumele sibelothando, ukubekezela lentokozo. Lithuba lakho lokwejwayelana lomntanakho njalo yikumncedisa aqale impilo yakhe kuhle.

Ukunika umntwana olenyanga ezingu-9 kusiya kwezingu-12 ukudla

Okukhuthazwayo



Qhubeka umunyisa njalo unike lelambazi elifakwe okunye ukudla. Nika ukudla okuvela embizeni yemuli.

Ukupha ukudla okutsha emntwaneni



Inyama



Imibhida



Amaqanda



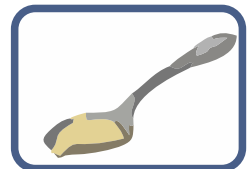
Isitshwala

Nika ukudla okuqetshulweyo kwabazincezu. Nika amathanga, imibhida, lendumba ezitshiyeneyo lezithelo nsuku zonke.

Yengezelela uphe inyama, amacimbi, amaqanda lamatamba kabili ngeviki.

Nika umntwana i- $\frac{1}{4}$ yenkomitsho yensimbi sikhathi sinye ngasinye.

Nika i- $\frac{1}{4}$ yenkomitsho



Umntwana kumele adle kane ngelanga njalo aphiwe okunye ukudla ngemva kwezikhathi zokudla kabili ngelanga.



BUZA	LALELA	CEBISA UNIKE IZIXWAYISO
U _____ uyamunyiswa na?	Yebo	<i>Mtshayele ihlombe umama.</i> Umntanakhe angaqhubeka emunya ibele aze abe leminyaka emibili.
	Hatshi	Kusukela inyanga eziyisithupha zokuzalwaumntwana kumele adle ukudla okuqinileyo phezu kokumunya ukuze akhule eqinile. Ubona angani ungenelisa ukuqhubeka umunyisa? <i>Tshengisa umama amakhasi akhuluma ngokumunyisa.</i>
Cela onakekela umntwana ukuthi alethe umganu odlela umntwana. Ngesikhathi sonke esidla, umfakela ukudla okunganani emganwini?	I-½ yenkomitsho yensimbi	<i>Mtshayele ihlombe umama.</i> Usungaba ulokhu usengezelela ukudla mbijana mbijana uze umnike i-½ yenkomitsho yensimbi elingeneyo.
	Ngaphansi kwe-½ yenkomitsho yensimbi.	Ngesikhathi u _____ eselenyanga ezingu-11 zokuzalwa isisu sakhe senelisa ukuthi adle ukudla okungaba yi-½ yenkomitsho yensimbi ukuze akhule kuhle. Sifuna ukuthi asuthe ngesikhathi sonke ephiwa ukudla ukuze aqine abelempilakahle. Ubona angathi ungenelisa ukupha umntwana ukudla kanje? <i>Tshengisa ikhasi elimumethe okuhle okumele kulandelwe.</i>
Umupha kangaki u _____ ukudla ngelanga?	Kane kusiya phezulu	<i>Mtshayele ihlombe umama.</i> Ngesikhathi lesi, umntwana usengaphiwa ukudla kathathu abesesiba lokunye okuncane phakathi laphakathi nsuku zonke.
	Kanye kusiya kathathu	Nxa esengaka umntwana kumele adle kathathu kusiya phezulu ngelanga (ekuseni, emini lantambama) aphinde adle okunye okuthize kabili ngelanga. Ngokuba uyakhula, kuqakathekile ukuthahlale esuthi. Ubona angani u _____ ungamengezelela izikhathi zokudla? <i>Yana kukhadi lokuhle okukhuthazwayo.</i>
Ungangitshengisa ukuthi ukudla kuyabe kujiye okunganani?	Kujiyile.	<i>Mtshayele ihlombe umama.</i> Khuthaza ukuthi aqale ukunika umntwana iziqa ezincane zokudla ukuze umntwana adle yedwa angakhanywa.
	Akujiyanga	Ilambazi elijiyileyo lingcono emntwaneni. Ubona angani unganika u _____ ilambazi elijiyileyo njengaleli engikubonise ekhadini.
Uyake ufake okunye ukudla kulamazi lika _____?	Yebo	<i>Mtshayele ihlombe umama. Mtshale ngokunye ukudla okwakha umzimba angakufaka ekudleni komntwana.</i>
	Hatshi	Abantwana badinga okunye ukudla ngaphandle kwelambazi lempuphu kuphela ukuze bakhule babelempilakahle njalo baqine.
Umntwana usesidla ukudla okudliwa yimuli?	Yebo	<i>Mtshayele ihlombe umama.</i> Umntwana kumele abesesidla ukudla kwemuli yonke.
	Hatshi	Nika ukudla okutshiyeneyo okunjengemibhida, amathanga, amaqanda, indumba zonke nje, inyama lamatamba kabili ngeviki.
Uyasikholisa isikhathi sokunika u _____ ukudla?	Yebo / Hatshi	Isikhathi sokudla kumele sibelothondo, ukubekezela lentokozo. Lithuba lakho lokwejwayelana lomntwanakho njalo yikumncedisa aqale impilo yakhe kuhle.

Ukunika umntwana olenyanga ezingu-12 kusiya kwezingu-24 ukudla

Okukhuthazwayo



Qhubeka umunyisa njalo unike lelambazi elifakwe okunye ukudla. Nika ukudla okuvela embizeni yemuli.

Ukupha ukudla okutsha emntwaneni



Inyama



Imibhida



Amaqanda

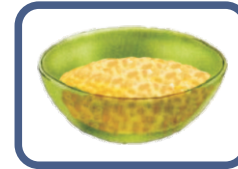


Isitshwala

Nika iziqephu zokudla okutshiyeneyo okunjengamathanga, indumba, amacimbi, amatemba nsuku zonke.

Yengezelela uphe ukudla okunjengenyama, amaqanda, lamacimbi kabili ngeviki.

Yengezelela ukudla njalo njalo uze ucine usumupha umganu ogcweleyo.



Umntwana kumele adle kane ngelanga.



BUZA	LALELA	CEBISA UNIKE IZIXWAYISO
U_____ uyamunya kanengi nengi?	Yebo	<i>Tshayela onakekela umntwana ihlombe.</i> Abantwana abagulayo okunathwayo okunengi. Umntwana ogulayo loba osanda kugula kumele amunye kanengi nengi.
	Hatshi	Umntwana ogulayo kumele amunyiswe kanengi nxa kusenzakala. Ubona angani ungaqhubeka umunyisa, umunyisa kanengi nengi? <i>Nxa engenelisi, mtshela ngokupha umntwana ogulayo ukudla kusiqendu esilandelayo ngaphansi.</i>
Udla kuhle na? Uyakukhwabitha ukudla?	Yebo	<i>Mtshayele ihlombe umama, lokhu kuhle.</i> Khuthaza umama ukuthi anike umntwana ukudla okunje nge lambazi azame ukutshiyana lokudla okubabayo loba okulamafutha. Lanxa umntwana elesihudo, kungcono ukuqhubeka umnika ukudla.
	Hatshi	<i>Khuthaza onakekela umntwana ukuthi amuphe ukudla okulutshwana kanengi nengi ukuze umntwana aqhubeke ekhula.</i> Nika umntwana ukudla okunjengelambazi azame ukutshiyana lokudla okubabayo loba okulamafutha. Lanxa umntwana elesihudo, kungcono ukuqhubeka umnika ukudla.
U_____ ubegula?	Yebo	Khuthaza u_____ ukuba adle umengezelela amthubba okudla ngethuba elilodwa nsuku zonke okwamaviki amabili. Lokhu kuzancedisa ukuthi ukuthi umntanakho abuyele kuisindo sakhe sakudala engakaguli.
	Hatshi	<i>Khuthaza ukuthi onakekela umntwana ukuba ayekwelaphisa umntwana ekilnika kumbe esibhedlela nxa umkhuhlane uqhubeka ungabingcono.</i>



Ukunika abantwana abagulayo ukudla



Qhubeka umunyisa uziphe amathuba amanengi okumunyisa.



Qhubeka unika umntanakho ukudla; nxa engakukhwabithi ukudla mnike okuncinyane kanengi nengi.

Nika ukudla okubuthakathaka njengelambazi elilamabhanana abucuziweyo, kumbe amakotapeya lomhluzi welemoni.



Ilambazi



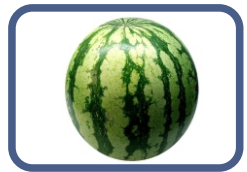
Ithanga



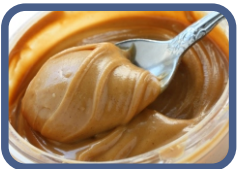
Ibhanana



Amagwili



Ijodo



Idobi



Imbambayila



Uchago



Indumba



Amaqanda

Yengezelela amathuba okudla ngethuba elilodwa nsuku zonke okwamaviki amabili umntwana esasila.

