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## UGWALO LWEZIFUNDO 1



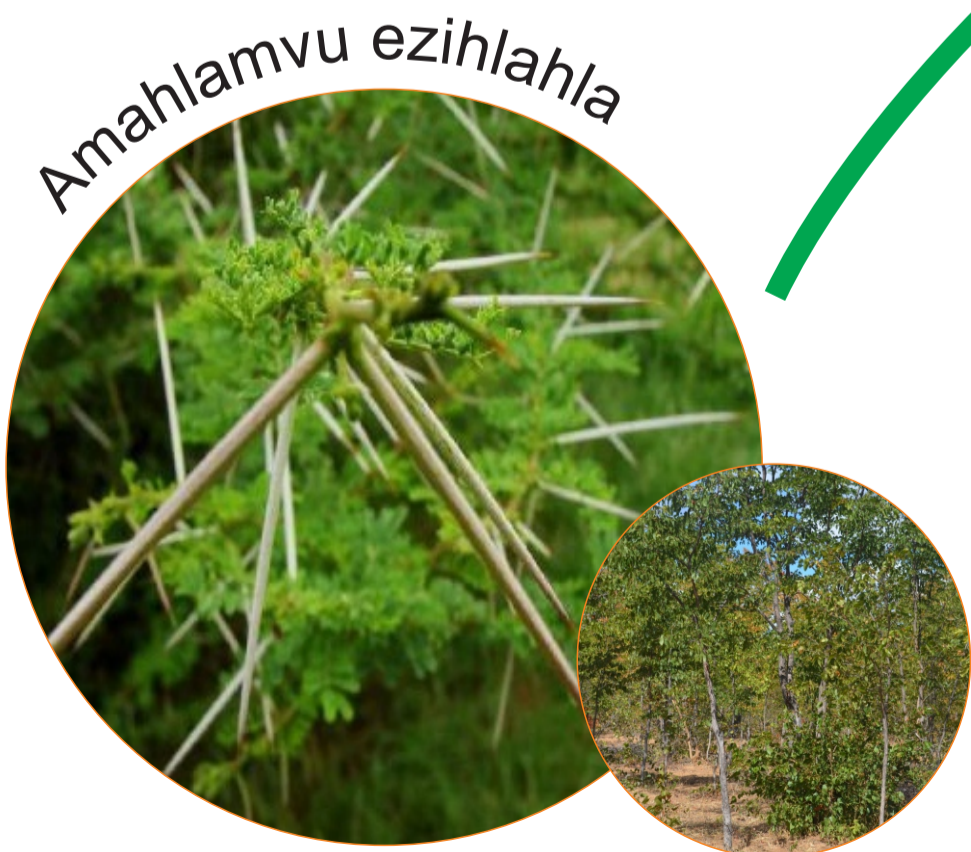
# UKUFUYA : UKUDLA KWEZIFUYO OKULOMSOCO

## UGWALO LOKUPHATHISA ABAFUNDISA EZIGABENI



# UKUDLA KWEZIFUYO

## Umfanekiso 1





## Imiqondo lemicijo 1

- Izifuyo, njengazo zonke izinto eziphilayo jikelele, ziphila ngokudla langokunatha amanzi ukuze zikhule kahle njalo zihlale ziphilile.
- Kumele **zidle utshani, amahlamvu lezithelo zezihlahla**, zinathe **amanzi ahlanzekileyo** njalo zithole **ukudla okokugcwalisela lokwengezelela**.



- 1 Ukudla utshani
- 2 Ukudla amahlamvu lezithelo zezihlahla
- 3 Ukudla kokugcwalisela
- 4 Amanzi ahlanzekileyo

=

Izifuyo  
Ezondlekileyo  
Eziphilileyo

### Izifuyo Eziphilileyo

- Izifuyo eziphilileyo zilentengo enhle.
- Zizala amathole lamazinyane aphilileyo.
- Eziphilileyo zilamandla okusebenza.
- Izifuyo eziphilileyo zinikeza uchago olwaneleyo ukondla imuli yakho lamathole azo.

## Ukudla kokugcwalisela

- Ukufuya eZimbabwe kuphazamiswa yikuswelaka kwamadlelo lokudla kwezifuyo okulomsoco.
- Izifuyo ezigabeni ngeke zikhule kuhle ziphilile kahle zisidla okwemvelo kodwa.
- Ngakhoke, kubalulekile ukuba abafuyileyo baphe izifuyo zabo ukudla kokugcwalisela lokwengezelela. Okunye kungathengwa njalo okunye abafuyayo bangazilungisela ngasezindlini.



# UKUQAKATHEKA KWAMANZI AHLANZEKILEYO

## Umfanekiso 2



1



2

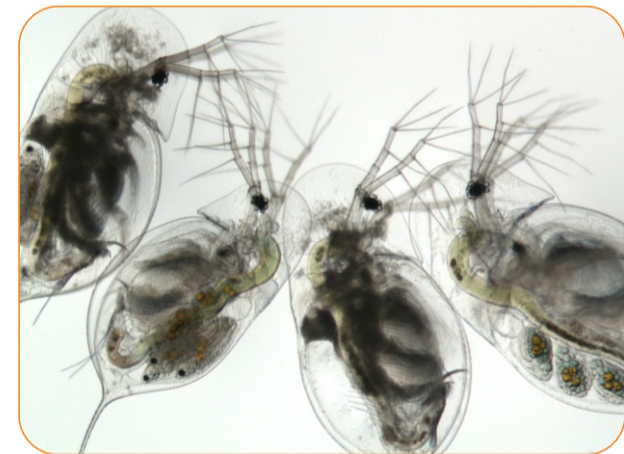


**NIKA IZIFUYO ZAKHO AMANZI AHLANZEKILEYO NJENGAWESIKOTSHO, MIHLA YONKE.**

Kuqakathekile ukuba izifuyo zithole amanzi ahlanzekileyo. Lokhu kuvikela imikhuhlane lezifo zezinanzakazana zamanzi.



**KUYINTO ENHLE UKUPHA IZIFUYO AMANZI AHLANZEKILEYO, ZINGANATHI EMADAMU LASEMIFULENI.**





## Imiqondo lemicijo 2

- Izifuyo kumele zinathe amanzi aneleyo nsuku zonke.
- Uma kusenzeka, kubalulekile ukuzipha amanzi ahlanzekileyo.

## Okungenziwa Ekupheni Izifuyo Amanzi

1

**AMANZI  
AHLANZEKILEYO**

=

**IZIFUYO EZIKHULA  
KUHLE NJALO  
EZIPHILILEYO**

2

**AMANZI  
ASEMFULENI  
KUMBE AWEDAMU**

+

**UKUDOZA  
OKUQONDILEYO**

=

**IZIFUYO EZIKHULA KUHLE NJALO EZIPHILILEYO**

### Amanzi Angahlanzekanga

- Amanzi emifula lamadamu apethe izinanakazana lezibungu ezingagulisa izifuyo nxa zinganatha.
- Lezizinanakaza lezibungu zidla igazi lomswane wezifuyo okwenza zikhubazeke zingakhuli kuhle njalo zigule.
- Lezizinanakazana zigoqela amawemusi, lezinye izibungu lezinanakazana ezinengi.



## Imiqondo lemicijo 3



- Kungumqondo omuhle ukupha izifuyo amanzi ahlanzekileyo sikhathi sonke.
- Uma ungenelisi ukupha izifuyo zakho amanzi ahlanzekileyo, lakho kulungile kodwa kumele udoze izifuyo zakho ngezikhathi eziqondileyo njalo uziphe izilinganiso zomuthi eziqondileyo.



Doza izifuyo zakho kabili ngomnyaka. Ungadoza ekuqaleni kwesikhathi sezulu uphinde udoze ekupheleni kwesikhathi sezulu.

## Izilinganiso Zomuthi nxa Udoza

- Dinga ukuba isifuyo sakho sisinda okungakanani. Donsa *1ml* ku-*10kg* yonke yokusinda kwesifuyo sakho.
- Isibonelo. Ithole eliyi-*50kg*, kumele linathiswe umuthi oyi-*5ml*.
- Nanzelela okubhalwe esitsheni somuthi. Bala ulandele okulotshiweyo.



# INDLELA EQONDILEYO YOKUDOZA

## Umfanekiso 3



1

**BOPHELA ISIFUYO.  
NANZELELA UKUBA  
SIBANJWE KUHLE.**

**LINGANISA ISIFUYO SAKHO  
UKUZE WAZI UKUBA ISIFUYO  
SIPHIWE UMUTHI ONGANANI.**



2

**BAMBA ISIFUYO SAKHO  
USIMISE KAHLE.**



3

**THELA UMUTHI.**



4







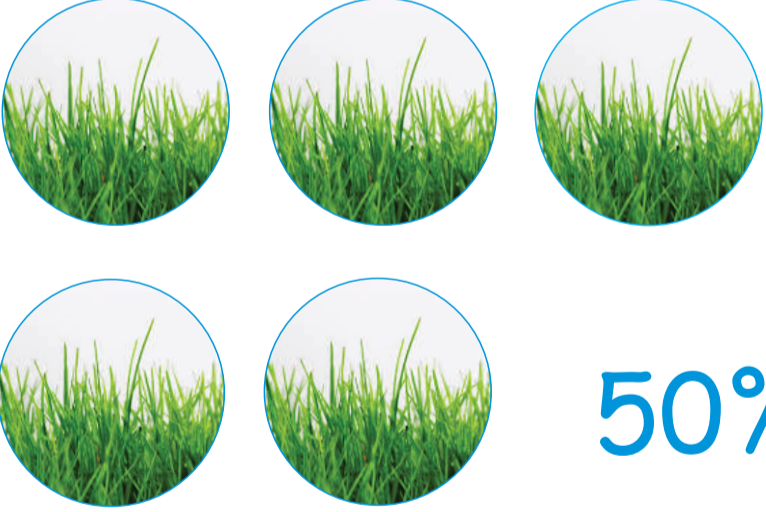


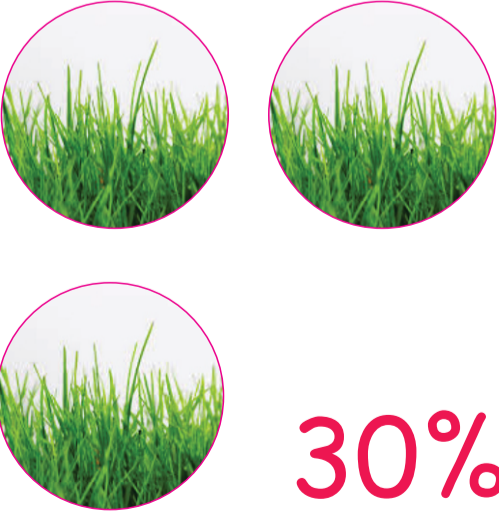

# ZIPHIWA KUDLA BANI IZIFUYO?

## Umfanekiso 4

### UKUDLA

- izifuyo kumele zidle utshani lamahlamvu ezihlahla lezithelo lenhlumela.
- Ukhetho lokudla lutshiya ngezifuyo.

### UKUDLA KWEZIFUYO

ISIFUYO	UTSHANI	AMAHLAMVU
 INKOMO	 90%	 10%
 IZIMVU	 50%	 50%
 IMBUZI	 30%	 70%



# KUMELE IZIFUYO ZIDLE NJANI?

## Umfanekiso 5

### AMANZI



**AMANZI AQAQATHEKILE KAKHULU EKUFUYENI. AQAQATHEKE OKWEDLULA UKUDLA KUPHI LAKUPHI.**

- Woba leqiniso ukuthi izifuyo zakho ziyathola amanzi ahlanzekileyo nsuku zonke.
- Nanzelela ukuba amanzi ayazenela.

#### ISIFUYO

#### AMANZI ADINGAKALAYO NGELANGA



#### INKOMO

**50 litres ngelanga, nyamazana yinye ngayinye**



**5 litres ngelanga, nyamazana yinye ngayinye**

#### IMBUZI LEZIMVU



# UKUDLA KOKUGCWALISELA

## Umfanekiso 6

### UKUDLA OKWENZIWA NGEKHAYA

Amahlanga ezilimo



Utshani obusikwe bagcinwa



### UKUDLA KWEZIFUYO OKUTHENGWAYO

Okuyimpuphu



Okukhothwayo





# UKUDLA OKOKWENGEZELELA

## Imiqondo lemicijo 4

- Lokhu kudla kuphiwa izifuyo ukuze izifuyo zithole okwakha imizimba okuswelakalayo ekudleni kwemvelo.
- Ukudla kokwengezelela kuqatheke kakhulu ebusika lasezikhathini zonke nje okuswelakala amanzi lotshani.



Abafuyileyo bayakhuthazwa ukuba baphe izifuyo ukudla kokwengezelela, ikakhulu ezifuyweni ezimunyisayo, amathole, amazinyane lezifuyo ezisetshenziswa ekulimeni mnyaka wonke jikelele.

- Ukupha izifuyo ukudla kokwengezelela lokugcwalisa kwenza izifuyo zibelochago olunengi, amathole lamazinyane ondleke kuhle.
- Lokhu kudla njalo kugcina isifuyo esimeni esihle sizesiyemitha.
- Lokhu kudla kuyaphathisa ekuphiliseni amathole ukuze akhule angafi.

## Imihlobo Yokudla Kokwengezelela

- Kulemihlobo emibili, ukudla okuthengwayo lokudla okungenziwa ngasemakhaya.
- **Okwenziwa Emakhaya** - abafuyileyo balakho ukupheka balungise okunye ukudla kokwengezelela emakhaya. Lokhu kudla kugoqela utshani obuwonyisiweyo, amahlanga omumbu kumbe awamabele awonyisiweyo, lezitina zokukhotha.
- **Okuthengwayo** - kulemihlobo eminengi yokudla ethengiswayo. Lokhu kudla kulomsoco owakha imizimba yezifuyo ukuze zondleke kuhle.



# OKUKHOTHWAYO OKWENZIWA NGEKHAYA

## Umfanekiso 7

1



Buthanisi amathambo ndawonye liwatshise.

2



Cholani amathambo abeyimpuphu.

3



Dinga isitsha esikhulu, uhlanganise inhlabathi **yesiduli**, amathambo acholiweyo lesawudo.

**Linganisa. Thatha isilinganiso esisodwa senhlabathi yesiduli, lezilinganiso ezine zempuphu yamathambo, lezilinganiso ezimbili zesawudo.**

4



Hlanganisa. Thela amanzi uqhubeke uhlanganisa kuze kube njenge sitshwala esijiyileyo.

5

- Thela phakathi kwesitsha esibumbayo. Thela umhluzi wedelele uhlanganise. Lokhu kwenzelwa ukuphathisa ngokomisa, ukuze okukhothwayo kungephuki lula.
- Yekela kome ubusuku bonke. Khipha kusitsha uyekele kome okwamalanga amahlanu kusiya kwayisikhombisa.



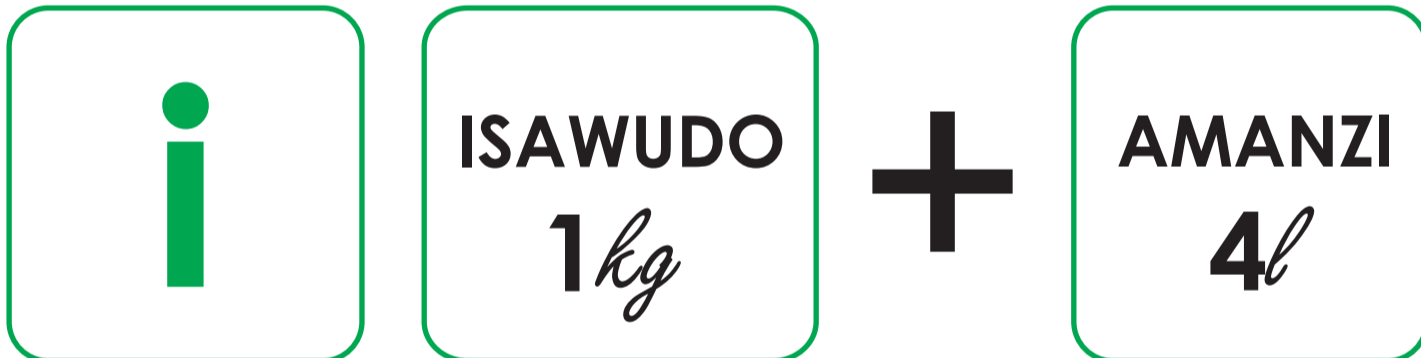
## Imiqondo lemicijo 5



Abafuyile bayakhuthazwa ukuba bahlanganise amahlanga lesawudo kumbe lesidabhula. Lokhu kwenza amahlanga akhwabitheke njalo abelomsoco.

## Ukulungisa Amahlanga

- Thela isilinganiso sesawudo phakathi kwamanzi, izilinganiso ezine. Nanzelela ukuba isawudo lincibilikile. Fafaza emahlangeni.



- Enye indlela yikuhlangani isilinganiso esisodwa sesidabhula lezilinganiso ezine zamanzi. Fafaza emahlangeni.





# UKUFUYA NGESIKHATHINI SENDLALA

## Umfanekiso 8



Kuqakathekile ukuba abafuyile babelamaqhinga abazawenza isikhathi sendlala singakafiki. Lokhu kwenzelwa ukwehlisa umonakalo oza ngendlala.

## ONGAKWENZA KUGOQELA:

1

Abanye benza amaqembu okugcina lokubolekisa besenzela ukuba imali yabo izale benelise ukuthenga ukudla kwezifuyo.

2

Ukugcina amahlanga omumbu lawamabele kusenzelwa ukupha **izifuyo ezisengozini yokucuba kakhulu** ngesikhathi sendlala. Lezi zifuyo zigoqela ezilamathole zimunyisa, amaguqa, lezimithi.

3

Ukulungisa izitina ezikhothwa yizifuyo ngekhaya.

4

Ukuthengisa izifuyo okulokukhalipha, kusenzelwa ukuthi kuthengwe okudla okuzaphilisa eziseleyo esibayeni kuze kwedlule isikhathi sendlala.