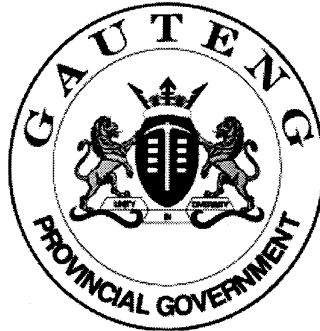


**SENIOR CERTIFICATE
EXAMINATION
*SENIORSERTIFIKAAT-EKSAMEN***



**FEBRUARY / MARCH
*FEBRUARIE / MAART***

2007

**ISIZULU ULIMI
LWESIBILI
IZINGA ELIPHANSI**

Iphepha Lokuqala

SG

928-2/1

ISIZULU ADDITIONAL/SECOND LANG SG: Paper 1



928 2 1

SG

**8 pages
8 bladsye**

X05



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UMNYANGO WEZEMFUNDO WASEGAUTENG
UKUHLOLWA KWEBANGA LESHUMI NAMBILI

ISIZULU ULIMI LWESIBILI
IZINGA ELIPHANSI
(Iphepha Lokuqala)

ISIKHATHI: 2 amahora

IMIKLOMELO: 80

IMIYALO:

- Leli phepha linezigaba ezintathu A, B no-C.
- Phendula yonke imibuzo.
- Izimpendulo mazihambisane nemibuzo zingaxovwa.
- Fundisisa imibuzo anduba uphendule.
- Ukubhala ngobunono kuyaziswa kakhulu.

ISIGABA A

UMBUZO 1
ISIVIVINYO SOKUQONDISISA

1.1 Funda indaba elandelayo bese uphendula imibuzo engezansi.

Abantu abaningi abasenayo impilo enhle, ngenxa yokuthi abadli kahle

Uma udla ngokwenele, futhi udla ukudla okulungile ngeke ulokhu uhalela oncamnce. Iningi loncamnce alilungile, liyakhuluphalisana.



Yibaphi oncamnce abangalungile?

Ngabe ukubukeka kwesikhumba nezinwele kunobudlelwane yini nokudla engikudlayo?



Baningi abacabanga kanjalo. Abanye bathi uma bedle kakhulu ushokoleli bamilwa yizinduna. Nokho abukho ubufakazi balokho. Kodwa abantu abadla kakhulu izithelo nemifino bavama ukuba nesikhumba esihle nezinwele ezinempilo. Ngakho-ke kungenzeka ukuba ukudla okudlayo kunento okuyenzayo esikhunjeni sakho nasezinweleni zakho.

Oncamnce abangalungile yilaba abanoshukela omningi - amaswidi, oshokoledi, amakhekhe namabhisikidi. Ngaphandle kokukhuluphalisa, abolisa amazinyo. Neziphuzo ezinoshukela omningi nazo singazibala lapha. Kungcono uzidlele izithelo, njengama-apula.



*Ngabe kungcono
uma ngingawadli
nhlobo amafutha?*

Amafutha abalulekile ngoba akunika amandla. Kodwa uma uwadla kakhulu kungathi uma usumdala uhlushwe isifo senhliziyo. Uboqaphela-ke ungadli amafutha amaningi.

Ungadli amaqanda amaningi, futhi ungadli inyama ebomvu nsuku zonke. Kungcono ukudla inyama yenkukhu noma ufishi. Unciphise futhi ebhoteleni naseniyameni enonile.

Amandla ayatholakala futhi ekudleni okunamafutha, njengobisi, ibhotela, ushizi, imajarini kanye no-oyela wokupheka.

Izithelo nemifino khona kubalulekile ngoba kukunika amavithamini nefayibha. Izithelo nemifino kubuye futhi kukunike amaminerali adingwa umzimba, njengekhalisiyamu, ne-ayoni.



*Ayini
amavithamini?*

Amavithamini asiza ukuvikela umzimba ezifweni. Abizwa ngezinhlamvu ze-alfabhethi, okungo- A, B, C, D, E, no-K.

*Okunjani ukudla
okulungile?*



Kumele udle ukudla okunhlobonhlobo ukuze umzimba wakho uthole wonke umsoco owudingayo.

Yidla ukudla okunamaprotheni zonke izinsuku. Amaprotheni asiza ukuphesha izingxenye zomzimba ezikhathele nezilimele. Ukudla okunamaprotheni, inyama, ufishi, amaqanda, ubisi, ushizi, uphizi, ubhontshisi namakinati.

Ukuze umzimba uthole amandla udinga ukudla okunama 'carbohydrates'. Lokhu-ke impuphu, irayisi, isinkwa, amazambane. Ushukela nawo unama 'carbohydrates'. kodwa akumele uwudle kakhulu wona.

Ukudla okunothile ngama-vithamini, isibindi, amaqanda, izithelo nemifino. Uma udla izinhlobo ezahlukene zokudla okunempilo asikho isidingo sokuphuza amaphilisi amavithamini.

*Ifayibha
yona iyini?*



Ifayibha itholakala ezitshalweni. Ayigayeki esiswini, ngakho-ke isiza ukuba isisu sakho sisebenze kahle, ungaqunjelwa. Ukudla okunefayibha kuyasuthisa, kodwa ifayibha ayikhuluphalisi ngoba ayinamafutha futhi ayihlali emzimbeni.

- 1.1.1 Ngokucabanga kwakho yini inhloso yombhali wale ndatshana. (2)
- 1.1.2 Vuma noma uphikise isihloko sale ndaba bese usekela impendulo yakho. (2)
- 1.1.3 Nikeza imibono yakho emithathu ngezokudla? (3)
- 1.1.4 Phendula ngo-Yebo noma ngo-Cha:
- (a) Kulungile ukudla kanye ngosuku, inqobo nje uma kungukudla okuningi.
 - (b) Ushukela omningi ubolisa amazinyo.
 - (c) Kubalulekile ukuba uwadle amafutha.
 - (d) Ukudla okunefayibha kuwulungele umzimba. (4)
- 1.1.5 Shono izinto ezenziwa okulandelayo:
- (a) ifayibha.
 - (b) amaphrotheni.
 - (c) amavithamini. (3)
- 1.1.6 Chaza ukuthi yini oncamnce. (2)
- 1.1.7 Qondanisa okushiwo ku-A nempendulo eku-B. (Bhala isimboli kuphela) isib: 1.A

A

B

- | | |
|--|---|
| (a) Ukuze uthole amandla yidla | A. isikhumba esihle nezinwele ezinempilo. |
| (b) Lokhu kudla kunika amandla kodwa uma ukweqisa kudala isifo senhliziyo. | B. isibindi, amaqanda, izithelo nemifino. |
| (c) Umphumela wokudla kakhulu izithelo nemifino. | C. amafutha. |
| (d) Ukudla okunotho ngama – vithamini | D. ama – carbohydrates. |

1x4=(4)
[20]

1.2 Funda isiqephu esilandelayo bese uphendula imibuzo engezansi:

Gege lagege!

Ukuqoma yilapho intombi isuke ikhetha khona isoka ezothandana nalo. Kungenzeka ukuthi ilikhethe phakathi kwezesheli eziningi noma esishelini esisodwa. Imvamisa amantombazane anamhlanje awasamqomi umfana ngoba emthanda futhi efuna ukwakha umuzi naye. Asemqomela ezinye izizathu okuyizona ezenza ukuthi iningi ligcine lingawutholanga umendo.

Iningi lethu uma likhula lihlangebazana nezinkinga eziningi. Isiko labantu abamnyama alivumi ukuthi abazali bahlale phansi nabantwana ukuze balulekane ngezinto ezibalulekile empilweni. Kudala abafana babefunda ngokuziphatha ekwaluseni amantombazane afunde uma eyotheza. Manje abafana bakhulela esikoleni kanti namantombazane ngokunjalo. Abazali bethu abasenaso isikhathi sokuhlala ekhaya nabantwana ngenxa yemisebenzi ebathatha njalo ekuseni ibabuyise ngokuhlwa.

Lokhu kudala enkulu inkinga kithina esisakhula ngoba amaqiniso asiwatholi ekhaya sihambe sizicoshela wona kubangane bethu. Ukutshelwa ngumngane wakho izinto akufani nokuzizwa kumzali wakho ngoba yena uyakukhathalela. Manje siphila esikhathini esinezifo ezifana nengculazi ezidalwa wukuya ocansini ngokungaphephile. Izinkinga zokuthandana kwabantu abasebancane. Siphila esikhathini lapho abantu abasakhula bethatha izidakamizwa. Konke lokhu kukhubaza ingqondo kanti futhi kuyabulala. Kunengcindezelo enkulu.

- 1.2.1 Yini ukuqoma? Khetha kulokhu (ukukhetha isoka ozothandana nalo, ukushada) (1)
- 1.2.2 Nika umehluko phakathi kokuqomana kwesimanje nokuqoma kwakudala. (2)
- 1.2.3 Phawula ngezindawo ezimbili lapho abafana namantombazana ayefunda ngokuziphatha ngesikhathi sakudala. (2)
- 1.2.4 Ubani owazi kangcono mayelana nempilo phakathi komzali nomngane wakho? Usho ngani? Chaza. (3)
- 1.2.5 Esigabeni sokugcina igama elidwetshelwe “sizicoshela” ngabe lichaza ukuthini njengoba lisetshenziswe endabeni? (1)
- 1.2.6 Phawula okubili osekudale izinkinga ngenxa yokusebenza kwabazali banamuhla. (2)
- 1.2.7 Nikeza elinye igama elisendabeni elisho ukunakekela, (1)

1.2.8 Olunjani ucansi olungaphephile? (1)

1.2.9 Ngabe sisho ukuthini isihloko Gege lagege! khetha kulokhu.
(ukuhlekisa, ukuqomisa). (2)
[15]

IMIKLOMELO YESIGABA A: [35]

ISIGABA B

**UMBUZO 2
UKUFINGQA**

Funda indatshana engezansi bese uyifingqa ngamaphuzu ayishumi.

Hlola izinyathelo zikaLindiwe

ULindiwe wabona isidingo esikhulu sokuthi avule ibhizinisi elincane ukuze azingenisele imadlana. Phela kubo bayafundiswa ukuzimela besebancane. Wathi uma ehlala phansi ecabangisisa wabona engalungelwa ibhizinisi lezinwele. Wayenekhono elikhulu lokweluka yonke inhlobo yemiqhino. Nokusebenza izinwele ngemithi enhlobonhlobo wayekwazi. Kwakungakhathaleki ukuthi umuntu ufuna ukwenzani. Khona efunda isikole nje baningi othisha aseke wabenza amakhanda.

Wayesekubonile nokuthi akudingi mali enkulu ukuliqala ibhizinisi. Ayekudinga kakhulu izandla zakhe kanye nezinto ezincane njengentambo, ama-extension, izinto zokugcoba, amakamu, isibuko esikhulu kanye nendawana yokusebenzela. Wayenayo imali engango-R400 abeyibeka uma ephiwe umakhelwane amgadela ingane ngempelasonto. Wayekhulumile nomama wakhe bavumelana ngokuthi angalisebenzisa ikamelo elingenzi lutho. Konke lokhu kwakwanele ukuthi angaqala ukuqhina abantu.

Usha amashushu nje phela uNovemba, izifundo zokuhlolwa kokuphela konyaka ziphelile. Kwathi kusa wayeselichomile ibhodi elincane. Lalibhalwe ukuthi:

KUYAQHINWA LAPHA

Lalingenayo imininingwane eminingi. Lathi lishona base bebathathu abantu abafikile. Akekho owaqhina kulaba bantu, bonke babengena babuze ukuthi kuqhiniwani, iqhinwa ubani futhi imalini. Izimpendulo wayezinika ngomlomo engenazo nezithombe ezikhangisa ngemiqhino akwazi ukuyenza. Yonke eyakhe imiqhino yayiqala ku-R60 kuya phezulu. Usezwa sekuphele amasonto amabili ukuthi kunentombazane elingana naye bude buduza eyenza imiqhino efanayo ngo R40 kuphela. Yingakho- ke abantu babehamba bangabuyi. Ingabe kufanele enzenjani- ke manje?

IMIKLOMELO YESIGABA B: [10]

ISIGABA C
UHLELO LOLIMI

UMBUZO 3

Funda lesi sigatshana bese uphendula imibuzo elandelayo:

THENGA NGE-INTERNET

Uma ukuzonda ukuyothenga igilosa, khululeka izinsizi zakho seziphelile. Ukwehla wenyuka emasuphamakethe ufuna indawo yokupaka, ukufuqa inqola ezephukile, nabasemathilini abanyukubele, konke lokho usungehlukana nakho. Thenga igilosa yakho KWI-INTERNET. Hlala kwikhompyutha yakho uchofoze kwi-‘website’ yakwa Smartshopper, engu- www.smartshopper.co.za. Hhawu ikungenisa phakathi kwaShorprite nakwaPick ‘n Pay. Ngiyakutshela wena ukunyakazisa i ‘mouse’ kungcono kabi kunokufuqa inqola. Okunye okumnandi ukuthi igilosa yakho izodilivwa khona namuhla uma uyi-ode engakashayi u-4 ntambama.

- 3.1 Nikeza amagama anomqondo ofanayo nalawa angezansi wakhiphe esiqeshini bese wakha imisho yakho ngawo ehlukile kulena esesiqeshini.
- 3.1.1 Izinhlupheko.
3.1.2 Ukuqhuba.
3.1.3 Ikufaka. 2x3=(6)
- 3.2 Qedela amagama abhalwe ngokugqamile ngezakhi okuyizo ukuze abe ogumnini.
- 3.2.1 Umfana _____ **khe** useyasebenza
3.2.2 Mina ngizodla ukudla _____ **kho**
3.2.3 Ungashayi ingane _____ **mi** ngebhande.
3.2.4 Imali _____ **thu** sizoyifumana kusasa. 1x4=(4)
- 3.3 Nciphisa amagama afakwe kubakaki ukuze kuguquke umqondo.
- 3.3.1 Umama ufuqa (inqola) ephukile.
3.3.2 Thenga (igilosa) yakho kwi – internet 1x2=(2)
- 3.4 Faka izivumelwano ezifanele kule misho elandelayo ukuze ifundeke.
- 3.4.1 Izinsizi zakho – ningi ziphelile.
3.4.2 UJabu ufuqa inqola – ncane.
3.4.3 – mnandi uku – oda ngekhompyutha.
3.4.4 Abantu – ningi bathenga kwa Pick ‘n Pay.
3.4.5 Buningi – hle bokusebenzisa i-internet. 1x5=(5)
- 3.5 Funda umusho olandelayo bese uguqulela amagama adwetshelwe ebuningini.
- Uma ukuzonda ukuyothenga igilosa, khululeka izinsizi zakho seziphelile, thenga nge-internet. (4)

UMBUZO 4

- 4.1 Kulowo nalowo musho olandelayo guqula isenzo esidwetshelwe sibe sempambosini ebhalwe kubakaki.
- 4.1.1 Abantu bathandaza isiguli (yokwenzela).
4.1.2 Izivivinyo zibhala ekupheleni konyaka (yokwenziwa).
4.1.3 Inyama eyosiwe idla kangcono ngephalishi. (yokwenzeka).
4.1.4 Ngizobuza ngaphambi kokuba ahambe (yokwenzisisa). 1x4=(4)
- 4.2 Bhala le misho kabusha usebenzise izihlanganiso ezikubakaki ukuze izwakale kahle. (ukuthi, ngoba)
- 4.2.1 Umama ukutshelile Dudu. Uhambe. Isalakutshelwa sibona ngomopho, Uyihlongandlebe. (2)
- 4.3 Qondanisa amagama alandelayo nezimo zokukhuluma ezingezansi:
- 4.3.1 Kuyabanda.
4.3.2 Kuyashisa.
4.3.3 Liyana.
4.3.4 Kumakhaza.
4.3.5 Libalele.
- Libuza ukuthi ungubo ngaki?
 - Likhipha umkhovu etsheni.
 - Akukho nefu elilodwa.
 - Liyayidliva.
 - Ashubisa umnkantsha. 1x5=(5)
- 4.4 Guqula iziqu zesenzo ezibiyelwe uzenze zikhombe inkathi edlulile.
- Isib: Ubaba (-hamba).
Ubaba uhambile.
- 4.4.1 Ubisi lwakhe (-chitheka).
4.4.2 Intambo yelambu (-phela).
4.4.3 uThoko (-dla). 1x3=(3)

IMIKLOMELO YESIGABA C: [35]

IMIKLOMELO ISIYONKE: 80