

INgxenye 2

Ukuphila Ngendlela Enempilo

OKUHLOSIWE NGALESI SIFUNDO

Isifundo 2.1 sihlose ukukucobelela ulwazi olubalulekile mayelana nomzimba womuntu kanye nendlela osebenza ngayo, kanye nokunikeza ukuqonda ngomgudu wenzalo yazo zombili izinhlobo zobulili (abesilisa nabesifazane).

Imiphumela Yesifundo

Ekupheleni kwalesi sifundo abafundi kufanele bakwazi:

- Ukuchaza ngezitho ezisemqoka zomzimba womuntu kanye nemisebenzi yazo
- Ukukhombisa ulwazi mayelana nomgudu wenzalo yazo zombili izinhlobo zobulili

Okuqukethwe Yilesi Sifundo

- Umzimba womuntu
- Izitho zangaphakathi zomzimba womuntu
- Umgudu wenzalo wezitho zowesilisa nowesifazane

Kutholakala

1. The Free Dictionary. Princeton. 2011. Available from:
<http://www.thefreedictionary.com/body+part>
2. WebMD. Human Physiology – The male reproductive system. 2005 – 2011. Available from:
<http://www.webmd.com>
3. Inner Body. Your online guide to Human Anatomy. 1999 – 2011. Available from:
<http://www.innerbody.com>

Indima yakho njenge-CCG

Indima yakho njenge-CCG ukuqonda izingxenye ezihlukene zomzimba womuntu, kuhlanganise umgudu wokuzala wabesilisa nabesifazane, nokuthi zenzani lezi zingxenye futhi zisebenza kanjani, ukuze ukwazi ukuchazela amaklayenti akho. Lokhu kuyokusiza ukuba uqonde futhi uchaze ukuthi izifo ezihlukahlukene ziwuthinta kanjani umzimba womuntu.

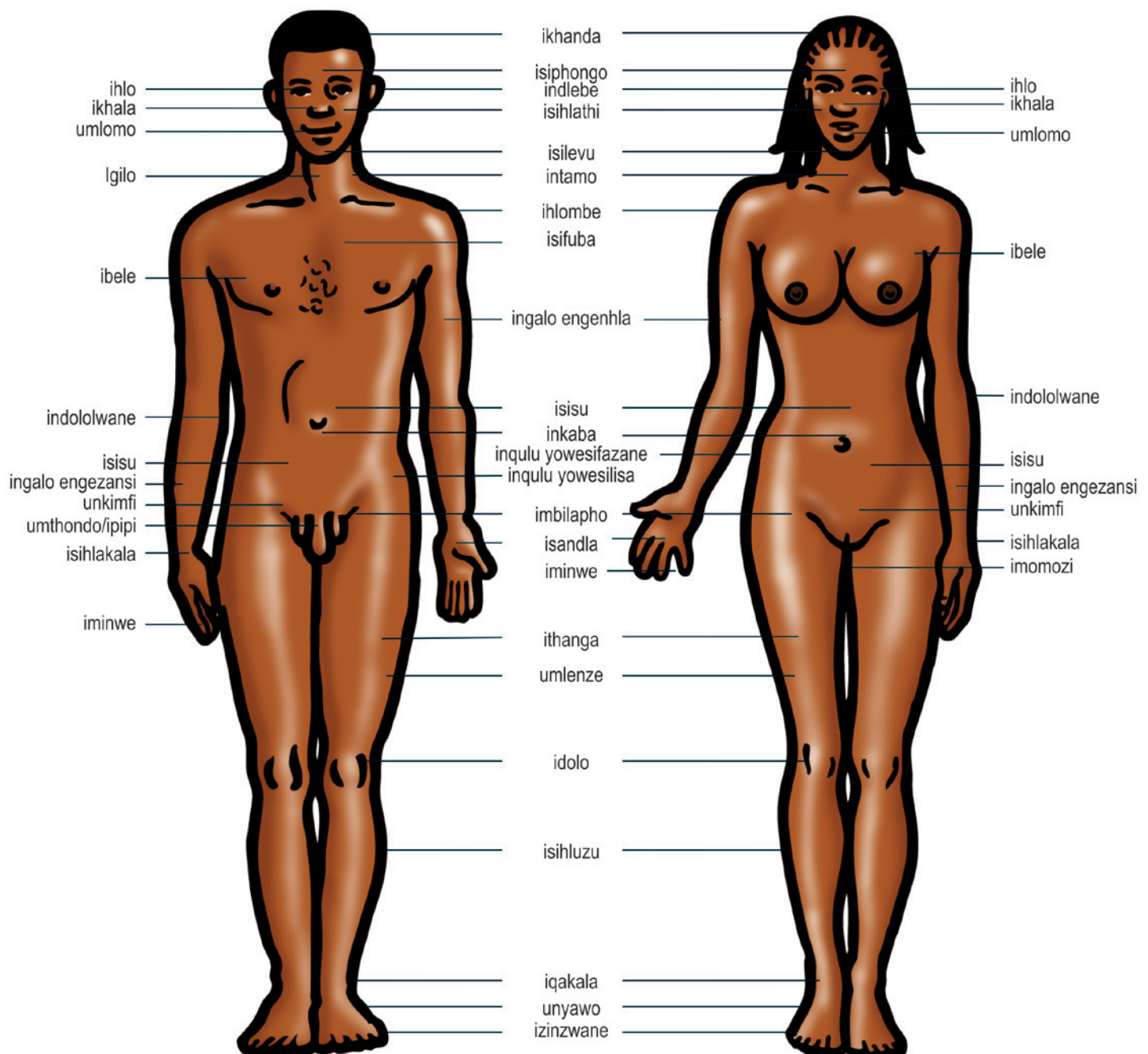
INgxenye 2 Ukuphila Ngendlela Enempilo

2 Isifundo 2.1 Umzimba Womuntu

1. Umzimba womuntu

Singabantu sinomzimba owodwa okuyiwona ofanele ukuthwala impilo yethu kuze kube sekugcineni. Kubalulekile ukuba siwunakelele lomzimba ukuze siphile isikhathi eside. Umzimba unamalungu amaningi, yilelo nalelo linomsebenzi walo. Kubalulekile ukuthi wonke lamalungu asebenze ngokulekelelana.

Umzimba womuntu wakhiwe amalungu ahlukene, ikhanda, intamo, umzimba (ophakathi nendawo), izingalo ezimbili, nemilenze emibili. Wakhiwe ngendlela yokuthi ukwazi ukuma uqonde, uhambe ngezinyawo ezimbili, usebenzise izingalo ukuthwala nokuphakamisa, uphinde ube neminwe ekwazi ukubamba izinto.



Izitho Zomzimba Ngononina (2006)

INgxenye 2 Ukuphila Ngendlela Enempilo

2 Isifundo 2.1 Umzimba Womuntu

Umzimba ophakathi nendawo

- **Isifuba** – yingxenye yomzimba ophakathi nendawo etholakala phakathi kwentamo nesisu
- **Ihlombe** – yingxenye yomzimba ophakathi nendawo etholakala phakathi kwentamo nengalo ephezulu
- **Inqulu** – yingxenye yomzimba ophakathi nendawo etholakala kusuka okhalweni kuya ngenhla kwamathanga
- **Indunu** – yingxenye yokugcina yomgudu wokudla (isisu namathumbu) ephelela emdidi

Izitho zangaphakathi ezibalulekile kanye nemisebenzi yazo

Umzimba womuntu ubuye wakhiwe yizitho ezihlukene ezibalulekile ezitholakala ngaphakathi emzimbeni. Lezi zitho kanye nezitho zangaphandle zomzimba zisiza ekwenzeni umzimba usebenze kahle kakhulu. Ezinye zalezi zitho ezibalulekile zichazwe ngezansi.

Ubuchopho

Ubuchopho busiza ukuphatha wonke umzimba. Yibona obuphethe indlela umuntu acabanga ngayo, azizwa ngayo nokuthi umzimba usebenza kanjani. Ubuchopho bulawula izinga lokushisa nokubanda komzimba womuntu ukuze singagodoli kakhulu noma sizwele ukushisa kakhulu.

Inhliziyo

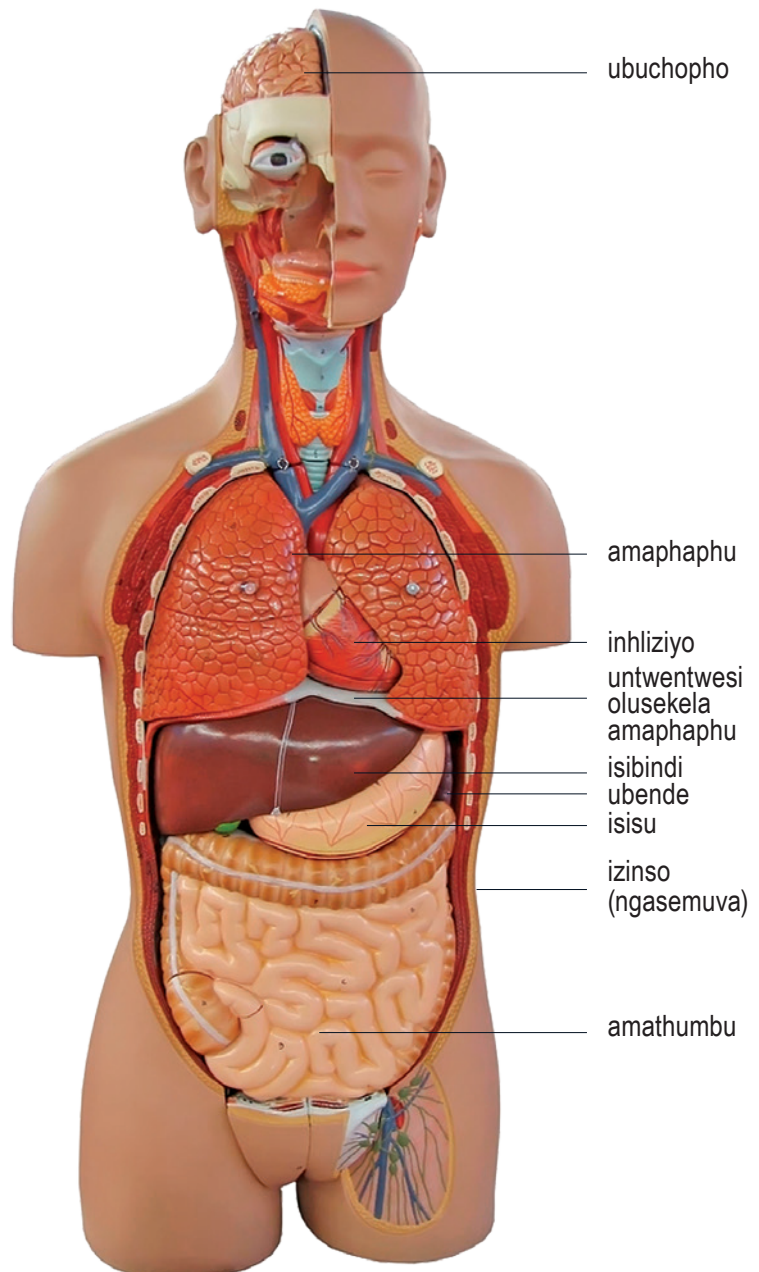
Inhliziyo icishe ilingane nenqindi yesandla somuntu. Itholakala ngasesandleni sokunxele ngemuva kwethambo lesifuba. Inhliziyo yiyona ehambisa igazi emzimbeni wonke. Igazi lithwala umoya ohlanzekile liwuyise kuzo zonke izingxenye zomzimba.

Ubende

Ubende lutholakala ngaphansi kwegumbi lezimbambo, ngaphansi kwesisu. Luhluza, luhlanze futhi lugcine igazi.

Isisu

Isisu simise okongwaqa u'J'. Uma sesikuhlafunile sakugwiya ukudla kwehlela esiswini lapho umzimba uqala khona ukukugayisisa.



Amaphaphu

Mabili amaphaphu, atholakala emaceleni ethambo lesifuba. Amaphaphu amukela umoya ohlanzekile (i-oksijini) uma siphefumula. Amaphaphu axhumene nekhala kanye nomlomo lapho umoya ungena futhi uphume khona. Umoya ohlanzekile uhamba negazi ngemithambo yegazi uye kuzo zonke izitho zomzimba. Imithambo yegazi yimibhojana ehambisa igazi emzimbeni wonke. Kunezinhlubo ezimbili zemithambo yegazi; imithambo ekhipha igazi enhliziyweni (arteries) kanye nemithambo eyisa igazi enhliziyweni (veins). Ukuze umzimba usebenze kahle, zonke izicubu emzimbeni zidinga umoya ohlanzekile (i-oksijini) ngezikhathi zonke. Uma izicubu zomzimba wakho seziyisebenzisile i-oksijini, igazi lakho lithwala ukungcola okusemzimbeni njengomoya ongcolile (ikhabhonidayoksayidi) ikubuyisele emaphashini. Uma siphefumula lomoya ongcolile uyaphuma emzimbeni ngamaphaphu, umlomo namakhala.

Izinso

Izinso zitholaka ngenhla kokhalo ngasemuva komzimba omaphakathi nendawo.

Umsebenzi wazo wukuhlunga konke okusamanzi, zikhuculule amanzi angadingekile emzimbeni kanye nokungcola okwenziwa ngumzimba. Lokhu kukhishwa emzimbeni njengomchamo.

Isibindi

Isibindi sitholakala ngasesandleni sokudla ngaphansi kwegumbi lezimbambo, ngaphansi kwephaphu langakwesokudla kanye nontwentwesi olusekela amaphaphu esifubeni.

Sidlala indima enkulu ekulekeleleni ukugaya okudla okudlayo. Sibaluleke kakhulu ngoba selekelela ekwehliseni izinga lobuthi obusemzimbeni (isib. utshwala) obungaba yingozi kithi. Futhi isibindi selekelela umzimba ukuba ukhiphe ukungcola.

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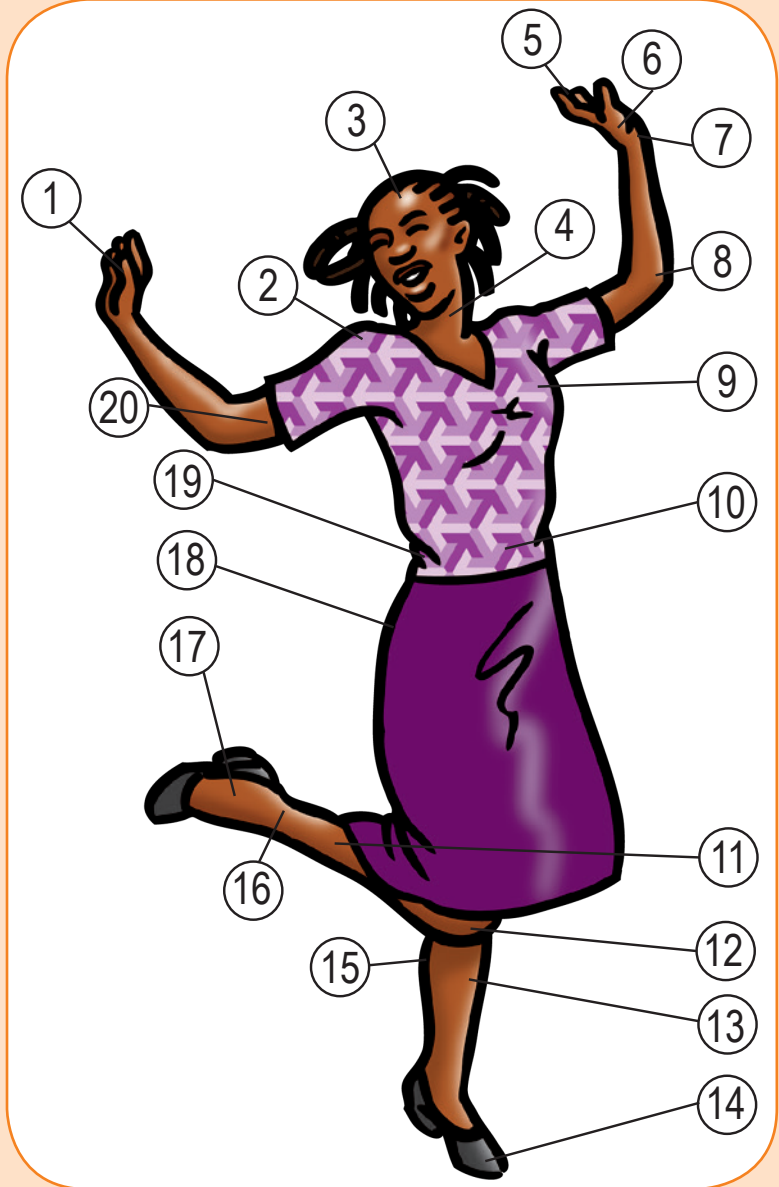
Ukuphila Ngendlela Enempilo

Isivivinyo 1

Izitho zomzimba

1. Yisho izitho zomzimba kusukela ku-1 kuya ku-20
2. Ingakanani inhliziyo?

3. Yisho imisebenzi yesibindi emibili.



| | | | |
|-----|-----|-----|-----|
| 1. | 2. | 3. | 4. |
| 5. | 6. | 7. | 8. |
| 9. | 10. | 11. | 12. |
| 13. | 14. | 15. | 16. |
| 17. | 18. | 19. | 20. |

2. Izitho zowesilisa nowesifazane kanye nemisebenzi yazo

Inzalo kubantu isho isimo sokuba nabantwana. Iyindlela ebalulekile yempilo, ngaphandle kwayo angeke kubekhona abantu abaphila emhlabeni. Ukuzalana kwabantu kuyisenzo sobudlelwano ngokobulili, owesilisa nowesifazane, ukuze babenabantwana abangababo. Ukuhlanguka kwembewu yowesilisa neqanda lowesifazane kuba ngumphumela wokuzalwa kwengane emuva kwezinyanga eziyisishiyagalolunye (9).

Umgudu wenzalo yowesilisa

Enzalweni yowesilisa imbewu yakhiwa emasendeni ihambe ngamathunjana enzalo iye emthondweni. Indlala yenza uketshezi oluphenduka ingxenye yesidoda. Isidoda uketshezi olwenziwa yindoda lapho iya ocansini.

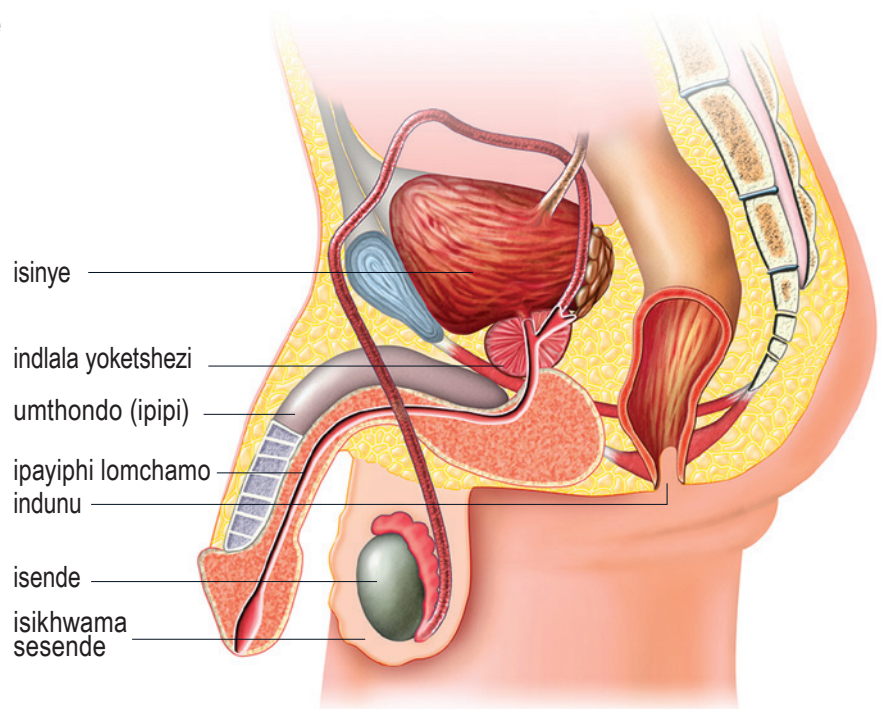
Isikhwama samasende sakhawe ngesikhumba bese siba nokusamsipha ngaphansi kwesikhumba. Bonke abesilisa banamasende amabili okuyiwona akha imbewu yenzalo. Amasende aqukethwe esikhwameni samasende. Imbewu yenzalo ikuzwela kakhulu ukushisa.

Amasende ahlala esikhwameni ngaphandle komzimba ukuze akwazi ukwehla uma kushisa futhi akhuphuke asondelane nomzimba uma kubanda. Amasende ayingxenye ebalulekile yomgudu wenzalo yowesilisa, yiwona enza amahomoni abesilisa kanye nembewu yenzalo. Ngaphakathi esendeni kunezindlala eziningi ezenza imbewu yenzalo.

Indlala yoketshezi lwenzalo isiza ukwakha isidoda okuyisona esihambisa imbewu yenzalo ngesikhathi kwenziwa ucansi. Imisipha iyafingqana bese ikhiphela isidoda kanye nembewu emozini yowesifazane. Lokhu kubizwa ngokuthi ukuchitha.

Umthondo (ipipi) yisitho

esisetshenziselwa ukuchama kanye nokuhambisa isidoda. Wakhiwe ngesicubu esithambile esisheshe sigcwele igazi. Uma lokhu kwenzeka umthondo uyaqina, lokhu kwaziwa ngokuthi 'wukuma kwenduku'. Ukuma kwenduku kubalulekile ekuhambiseni imbewu emzimbeni wowsifazane. Kwezinye izimo ezithile induku yowesilisa iyahluleka ukuma. Lokhu kwaziwa ngelokuthi 'ukulala kwenduku'. Ukulala kwenduku kungabangelwa yisimo esingasihle emoyeni, ukusebenzisa imithi ethile kanye nokugula okuthile.



Umgudu wenzalo yowesifazane

Owesifazane **unezidleke zamaqanda** ezimbili ezitholakala eduze nephakathi nendawo lomzimba. Ngasinye isidleke singalinganiselwa kubukhulu obungangoziphlo lwakho lwesithupha. Njengamasende kowesilisa, izidleke zenza amaqanda enzalo kanye namahomoni akhuthaza inzalo.

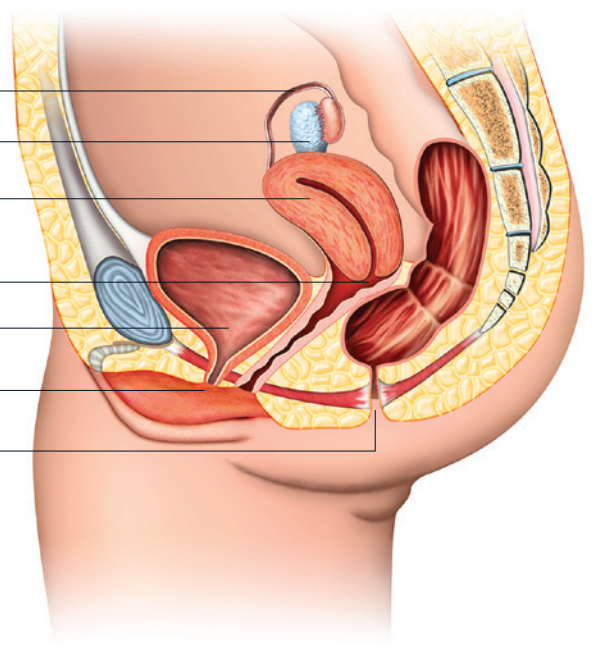
Emuva kokuba iqanda liphumile esidlekeni, ingxenye evulekile **yethumbu lenzalo** ibamba iqanda iliqhubele esibeletweni. Iqanda lihlangana nembewu yowesilisa ngaphakathi kwethumbu lenzalo lapho kokubili kuhlangana khona kwakhe ingane.

Isibelethe yisitho esingangenqindi yomuntu esitholakala ngemuva kwethambo lesinye. Sinontwentwesi futhi sakhiwe ngemisipha. Kulapho ingane ikhulela khona ngesikhathi owesifazane ekhulelwe. Uma iqanda lingahlangananga nembewu, isibelethe sikhapha untwentwesi olungaphakathi kwaso lapho obekuzohlala khona ingane, lelogazi laziwa ngokuthi ukuya enyangeni noma esikhathini. Lokhu kwenzeka njalo empilweni yowesifazane kusukela ebutshitshini aze abe neminyaka yobudala ephakathi kwengamashumi amane nesithupha (46) nengamashumi amahlanu nesithupha (56). Ngalesisikhathi ukwenzeka kwamahomoni owesifazane kuyanqamuka. Lokhu kusho ukuthi ukuya kowesifazane esikhathini kuya ngokuncipha aze agcine esevalekile. Lesi yisikhathi sokuvala kwezalo yowesifazane futhi akasakwazi ukuthola abantwana. Le nqubo ibizwa ngokuthi ukunqamuka kwefindo.

Umlomo wesibelethe uyingxenye engezansi kwesibelethe. Umlomo wesibelethe uvamise ukuhlala uvalekile, uze uvuleke kuphela uma owesifazane esesikwa ukuze ingane iphume kahle.

Imomozi noma isitho sowesifazane sangasese ngumgudu ovulekayo ngesikhathi owesifazane esesikwa ukuze ingane iphume kahle. Imomozi inezindlala ezikhapha uketshezi olusamafinyila ukuze ilungele ucansi.

ithumbu lenzalo
kowsifazane
isidleke samaqanda
owesifazane
isibelethe
umlomo wesibelethe
isinye
imomozi
indunu



INgxenye 2

Ukuphila Ngendlela Enempilo

Isivivinyo 2

Izitho zenzalo yabesifazane kanye nokusebenza kwazo.
Yini umsebenzi walezizitho zenzalo yabesifazane ezilandelayo?

1. Izidleke zamaqanda

2. Umlomo wesibeletso

3. Imomozi

4. Isibeletso

OKUHLOSIWE NGALESI SIFUNDO

Isifundo 2.2 sihlose ukukucobelela ulwazi mayelana nokulungisa ukudla ngendlela ephephile nemikhuba yokudla ukudla okunempilo.

Imiphumela Yesifundo

Ekupheleni kwalesi sifundo abafundi kufanele bakwazi:

- Ukutshengisa ukwazi izigaba eziyisihlanu zokudla futhi bakwazi ukweluleka abanye ngezinhlobonhlobo zokudla okunempilo
- Ukuxoxa nokubonisa ngezindlela eziphephile zokulungisa ukudla
- Ukuxoxa ngezindlela zokushintsha izindlela zokudla ukuze kubhekeleke isimo sempilo yomuntu

Okuqukethwe Kulesi Sifundo

- Izigaba eziyisihlanu zokudla
- Izindlela eziphephile zokulungisa ukudla

Kutholakala

1. Nutrition Information Centre. Nutrition. University of Stellenbosch.2007. Available from:
<http://www.sun.ac.za/nicus/>
2. KwaZulu-Natal Department of Health. Healthy Eating. Pietermaritzburg. 2001. Available from:
<http://www.kznhealth.gov.za/healthyeating.htm>
3. Fogoros, RN. 2001. Salt Wars – Is Salt Restriction Necessary? Available from:
<http://heartdisease.about.com/cs/hypertension/a/saltwars.htm>

Indima yakho njenge-CCG

Indima yakho njenge-CCG ukusiza amaklayenti aqonde ukuthi yikuphi ukudla okudingeka akudle ukuze ahlale enempilo. Futhi kufanele ukwazi ukuchazela amaklayenti indima yendlela yokudla enempilo uma ulandela indlela yokuphila enempilo kuhlangukise nokulungisa ukudla ngendlela ephephile. Kufanele ukwazi ukuxoxa namaklayenti akho mayelana nokuthi kungani kubalulekile ukuphila ngendlela enempilo ukuze uvimbele izifo, isib. umfutho wegazi opezulu, isifo sikashukela.

INgxenye 2 Ukuphila Ngendlela Enempilo

2 Isifundo 2.2 Ukudla Ukudla Okunempilo

1. Kuyini ukudla ngendlela enempilo?

Ukudla ngendlela enempilo kuchaza ukudla ukudla okunempilo okwanele kwalo lonke uhlobo lokudla ukuze uphile impilo ekhethekile. Ukudla ngendlela enempilo kumele kuhlukaniswe nezinye izinhlobo zokuphila (isib. ukuzivocavoca, ukungabhemi, ukungazisebenzisi izidakamizwa) ukuvikela ezinye izifo ezingalopheki, isib. umfutho wegazi ophakeme kanye noshukela.

2. Ukudla

Ukudla okwehlukahlukene kunomsoco ohlukahlukene, owakha umzimba womuntu. Ukudla kubalulekile emzimbeni womuntu ngoba kumnika amandla, futhi kusiza ukuthi umuntu akhule futhi abe nempilo.



Amacebiso Awusizo

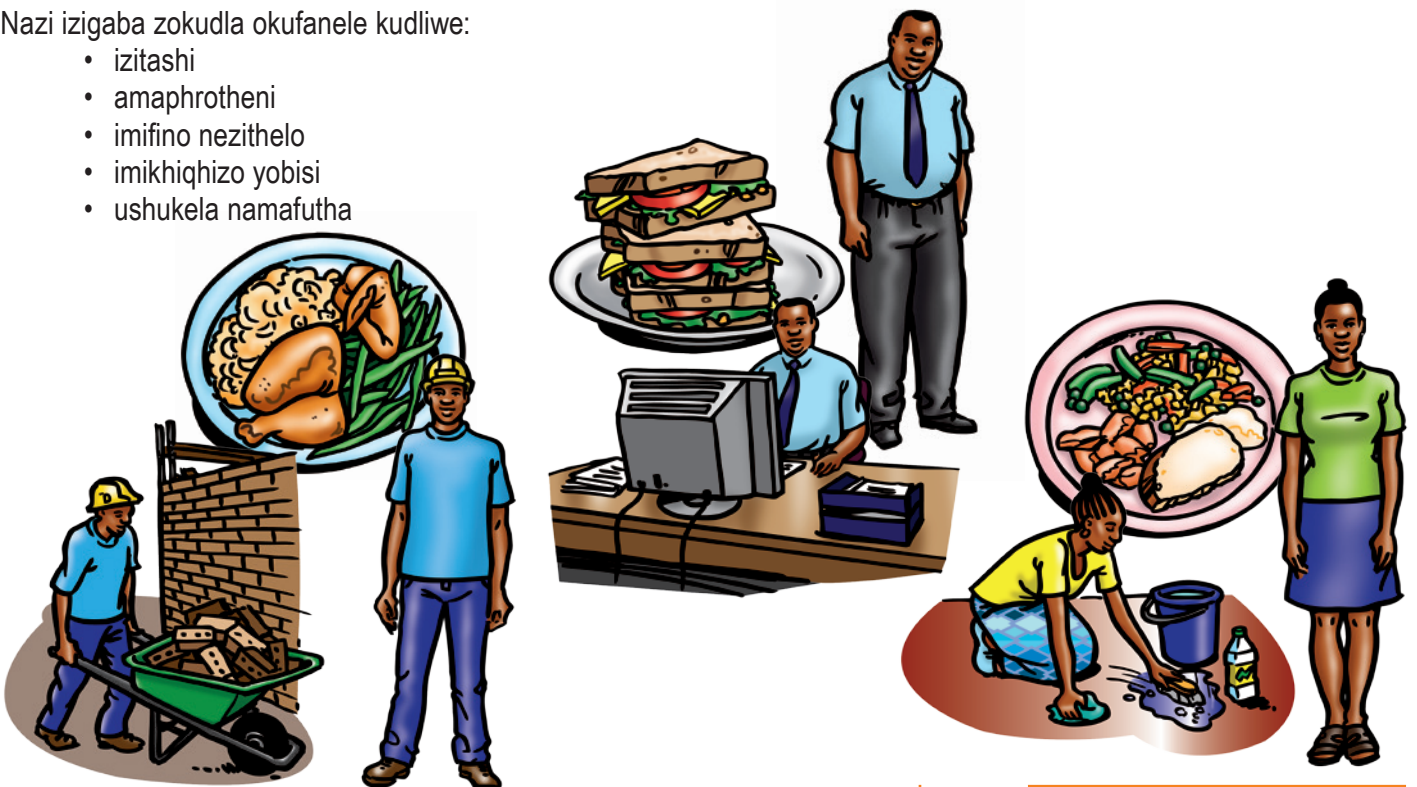
Izidlo ezinempilo nomsoco zenziwa izigaba ezahlukahlukene zokudla ekufanelwe zidliwe zonke izinsuku.

3. Ukulandela indlela yokudla enempilo

Abanye abantwana nabantu abadala banesisindo esingaphansi kwesifanekile sempilo ngoba abadli ukudla okwanele okunomsoco ukondla umzimba ukuze ukhule. Abanye abantu bangaphezulu kwesisindo esifanele ngoba abawuvocavoci umzimba ngendlela efanele noma badla ukudla okuningi okungenamsoco. Ukuphila ngendlela enempilo kusho ukudla ukudla okwehlukahlukene kwezigaba ezihlukahlukene ngesilinganiso esifanelekile, ukuphuza amanzi anele nokuzivocavoca [bheka iSifundo 2.3 mayelana noKuvocavoca Umzimba]. Ukuthi kungakanani ukudla okudingeka abantu bakudle kuxhomeke ekutheni badinga amandla angakanani. Abantu abenza umsebenzi onzima, isib. umsebenzi wemboni yokwakha, uyodinga amandla amaningi kunomuntu osebenza ehhovisi ehleli edeskini. Lokhu kusho ukuthi umsebenzi wemboni yokwakha kuyodingeka adle ngaphezu komuntu osebenza ehhovisi.

Nazi izigaba zokudla okufanele kudliwe:

- izitashi
- amaphrotheni
- imifino nezithelo
- imikhiqhizo yobisi
- ushukela namafutha



INgxenye 2 Ukuphila Ngendlela Enempilo

2 Isifundo 2.2 Ukudla Ukudla Okunempilo

Izitashi: zinezihlaka ezakha amandla emzimbeni (njengestambhu, ipasta, ilayisi noma isinkwa). Izitashi ziyingxenye ebalulekile yezidlo futhi zidlwa nsukuzonke. Ingxenye eyodwa = ucezu lwesinkwa NOMA uhafu wenkomishi yephalishi eliphekiwe, ilayisi noma ipasta NOMA izambane elilodwa elincane.

Amaphrotheni: asiza ekwakheni imisipha, amathambo, amazinyo negazi (inyama yenkukhu, eyenkomo, inhlanzi, ubhontshisi namantongomane). Yidla izingxenye ezincane zonke izinsuku. Ingxenye eyodwa = iqatha lenyama noma inhlanzi engangentende yesandla sakho.

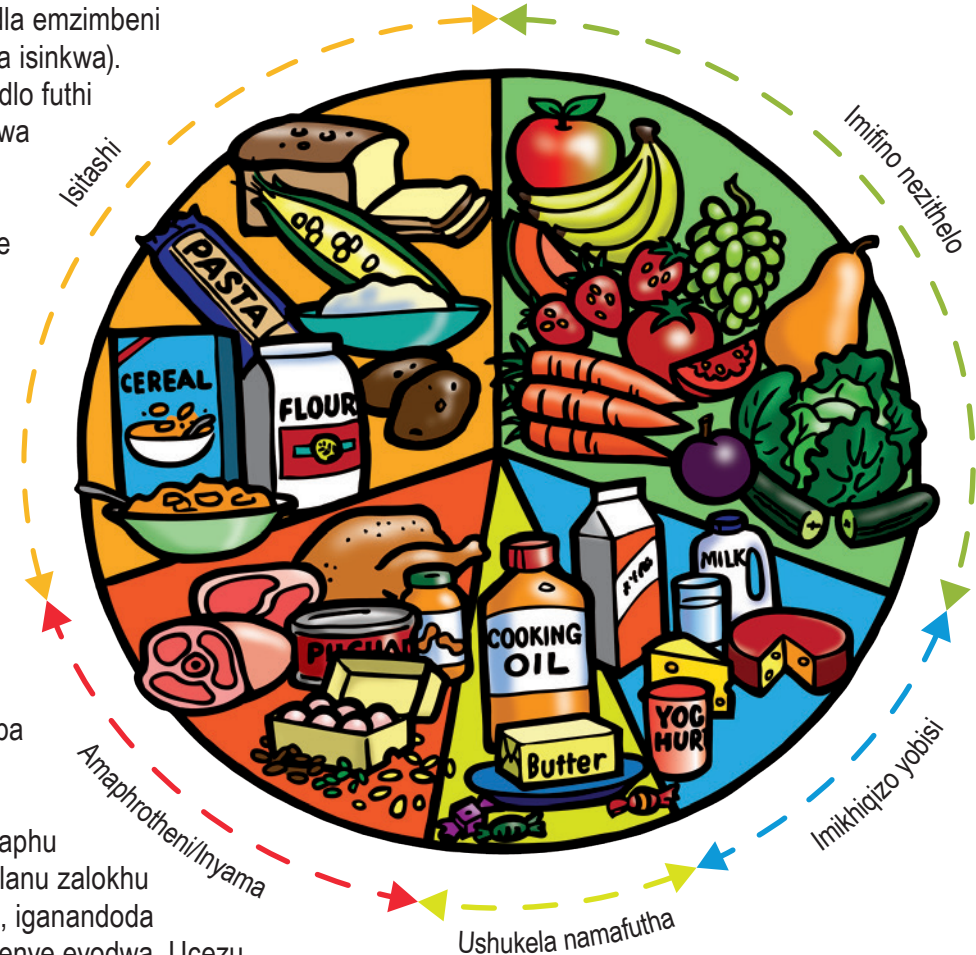
Imifino nezithelo: zinezakhamzimba nokunye okusiza umzimba uhlale unempilo (iklabishi, uphizi, izaqathi, ama-aphula, amawolintshi, uphayinaphu nobhanana). Yidla izingxenye ezinhlanu zalokhu zonke izinsuku. I-aphula, ubhanana, iganandoda noma isithelo esingangalezi siyingxenye eyodwa. Ucezu lukaphayinaphu noma lwekhabe luyingxenye eyodwa. Izipuni ezintathu eziqongisiwe zemifino ziyingxenye eyodwa [bheka iSifundo 6.2 mayelana neZingadi Zokudla].

Imikhiqizo yobisi: inezithako ze-calcium ezakha amathambo namazinyo aqinile (ubisi, iyogathi noshizi). Ubisi lubaluleke nakakhulu ezinganeni ezincane. Bangingi abantu abaguliswa ubisi, okusho ukuthi ngeke baluphuze ubisi ngoba lubaphathisa isisu. Njengoba izithako ze-calcium zibalulekile ekwakheni amathambo namazinyo aqinile, ngakho-ke udinga izidlo ezinezithako ze-calcium eningi njengeyogathi noshizi ukuze uvale isikhala sokuphuza ubisi. Uma okunye ukudla kukuphathisa isisu nakho, kufanele kusetshenziswe izichibiyeli ze-calcium ukuze uqinisekise ukuthi umzimba uthola i-calcium eyanele.

Ushukela, usawoti namafutha: kunika umzimba amandla. Imvamisa yamafutha avele asekhona ekudleni esikudla zonke izinsuku. Abantu kumele bangakudli ukudla okunoshukela, amafutha nosawoti omningi ngoba lokhu kudla kudala izifo ezingelapheki, njengomfutho wegazi ophezulu [bheka iSifundo 5.1 mayelana noMfutho Wegazi Ophezulu]. Yidla ukudla okuncane okuqhamuka kulomkhakha.

Amanzi: amanzi abalulekile kakhulu emzimbeni ngoba asiza umzimba ukuthi usebenze ngendlela. Ukuphuza amanzi amaningi ahlazekile noma ubisi kungcono kunokuphuza iziphuzo ezizoyizayo, ikhofi noma utshwala.

Ngaphezu kokudla ukudla okufanele ngesilinganiso esifanele, ukuphila ngendlela enempilo kusho nokuthi abantu bayazivocavoca, ababhemi, abadli izidakamizwa noma baphuze ngokweqile. Futhi ngenxa yokuthi umzimba womuntu wakhiwe



INgxenye 2

Ukuphila Ngendlela Enempilo

2

Isifundo 2.2

Ukudla Ukudla
Okunempilo

u-60 kuya ku-70% wamanzi, kubaluleke kakhulu ukuphuza amanzi anele. Ukuphila ngendlela enempilo kusho ukuthi:

- ngeke sigule kalula
- siyokwazi ukwenza umsebenzi wethu
- ngeke sisheshe sikhathale
- sizohlala siphilile isikhathi eside
- siyoqiniseka ukuthi sinesizwe esiphilile

4. Ukuphepha kokudla

Ukuze uphile impilo ende nenempilo, kunemigomo ethize okufanele ilandelwe. Eminye yalemigomo ukuphepha kokudla. Ukuphepha kokudla kuchaza ukuthi ukudla kulungiswa ngezindlela ezihlanzekile futhi kuphekiswe. Uma ulungisa ukudla geza izandla zakho, geza zonke izithelo nemifino ngaphambi kokuzidla futhi ugeze yonke inyama ngaphambi kokuyipheka. Sula zonke izindawo oqobela kuzo futhi uwashe yonke into esetshenziswayo uma kulungiswa ukudla. Uma lokhu kungenziwa kuyaye kudale izifo.



5. Ukulungiswa kokudla ngokuphephile

- Geza izandla ngensipho namanzi ahlanzekile ngaphambi kokulungisa ukudla
- Pheka inyama, inhlanzi, nenyama yenkukhu kahle. Inyama eluhlaza noma engaphekiswe ingaba namagciwane umzimba ongeke ukwazi ukulwisana nawo bese umuntu egula
- Ungawadli amaqanda aluhlaza – anamagciwane
- Faka ukudla okusele kwisiqandisi ngokushesha uma sekupholile. Uma ungenaso isiqandisi zama ukupheka ukudla okwenele, ukuze kungasali. Ukudla osekuhlale izinsuku ezingaphezulu kwezintathu esiqandisini kumele kulahlwe. Ukupheka zonke izinsuku noma weqise usuku kungcono
- Beka konke ukudla okuthengiwe endaweni epholile
- Qikelela ukuthi yonke imifino nezithelo zigezisiwe
- Ungayipheki isikhathi eside imifino ngoba lokhu kubulala umsoco wayo
- Ungasebenzisi usawoti omningi. Uma umuntu edla usawoti kakhulu hleze izinso zingakwazi ukuwuchitha lowo sawoti egazini. Usawoti uya egazini lokhu okukhuphula umfutho wegazi (iHayi-hayi)



INgxenye 2 Ukuphila Ngendlela Enempilo

2 Isifundo 2.2 Ukudla Ukudla Okunempilo

6. Ukuphila ngendlela enempilo negciwane lesandulela ngculaza

Uma kuthiwa umuntu unegciwane lesandulela ngculaza, kuchaza ukuthi une-Human Immunodeficiency Virus (HIV) emzimbeni wakhe. Leli gciwane lenza amasosha akhe omzimba angabe esasebenza kahle futhi umzimba ungakwazi ukuzivikela ezifweni.

Ukuphila negciwane lesandulela ngculaza kuchaza ukuthi umzimba ubuthaka futhi awukwazi ukulwa nezifo ezithathelanayo eziwuhlaselayo. Ukudla ngendlela enempilo nokuzivocavoca njalo njalo kunganciphisa amathuba okuthi umuntu agule. Ukuze umuntu ahlale ephilile kumele:

- Adle ngendlela enempilo futhi aphuze amanzi anele
- Ayohlolwa njalo esikhungweni sezempilo
- Athathe imishanguzo yokuvimbela ukutheleleka ngamagciwane angosomathuba njengesifo sofuba [bheka iSifundo 4.6 mayelana nokwelashwa kweSifo Sofuba]
- Uma udla imishanguzo yama-Anti-retroviral (ama-ARV), yidle ngendlela udokotela akuyale ngayo
- Phumula ngokwanele futhi uzivocavoce
- Khuluma nabanye abantu abaphila negciwane lesandulela ngculaza ngokuthi uhlanganyele kanye nabo emaqenjini okusekelana noma utshele umndeni noma abangani

Indaba Eyisibonelo



UTHuli, ongumnakekeli womphakathi uyafika komunye wemizi esemphakathini. Ubathola bedla ukudla okunamafutha neziphuzo ezizoyizayo futhi abantwana badla amaswidi kanye namashibusi ngesidlo sasekuseni. Amalunga omndeni athi ayaluthanda loluhlobo lokudla. Baphinde batshele uThuli ukuthi abakuthandisizi ukuzivocavoca. Abadala bakule likhaya bebeziphuzela utshwala bepha futhi nabantwana ukuthi nabo baphuze. UThuli uqaphela nokuthi abanye babantu abadala bayabhema.

Funda indaba eyisibonelo ngokucophelela bese uphendula imibuzo:

1. Kuchaza ukuthini ukudla ngendlela enempilo?

2. Kubaluleke ngani ukulandela ukudla okunempilo?

INgxenye 2

Ukuphila Ngendlela Enempilo

2

Isifundo 2.2

Ukudla Ukudla
Okunempilo

Indaba eyisibonelo

3. Yiziphi izinhlobo zokudla ezihlukahlukene?

4. Sicela weluleke lomndeni ongenhla ngokuthi yikuphi ukudla okubalungele. Cabanga ngakho konke okukulesi sifundo nezinye

5. Kungani kungafanele babheme?

OKUHLOSIWE NGALESI SIFUNDO

Isifundo 2.3 sihlose ukukucobelela ulwazi mayelana nokubaluleka kokuvocavoca umzimba ukuze uhlale unempilo.

Imiphumela Yesifundo

Ekupheleni kwalesi sifundo abafundi kufanele bakwazi:

- Ukuchaza ukubaluleka kokuvocavoca umzimba ukuze umuntu ahlale ephilile
- Ukuchaza izinhlobo zokuzivocavoca okungaqalwa ngazo

Okuqukethwe Yilesi Sifundo

- Ukubaluleka kokuzivocavoca
- Ukuzivocavoca okungaqalwa ngakho

Kutholakala

1. Better Health – Live your life to the fullest. Basic Types of Exercise. 2010. Available from:
http://www.universalhealthinfo.com/Basic_Types_of_Exercise.html
2. Simple Keep Fit Exercises. Home workout routines to improve you fitness. Available from:
<http://www.simple-keep-fit-exercises.com/>
3. About.com. Exercise. New York. 2011. Available from:
http://exercise.about.com/od/exerciseforbeginners/a/simple_exercise_2.htm

Indima yakho njenge-CCG

Indima yakho njenge-CCG ukusiza amaklayenti aqonde ukubaluleka kokuvocavoca umzimba kanye nezinhlobo zokuzivocavoca angazenza ngokuphepha emakhaya. Futhi kufanele ukwazi ukuchazela amaklayenti indima yokuzivocavoca uma ulandela indlela yokuphila enempilo. Kufanele ukwazi ukuxoxa namaklayenti akho ngokuthi kungani kubalulekile ukuphila ngendlela enempilo ukuze uvimbele izifo, isib. umfutho wegazi ophezulu, isifo sikashukela. Ngaphezu kwalokho, kufanele ube yisibonelo wena ngokwakho kumakhasimende akho futhi nawe uzivocavoce.

INgxenye 2 Ukuphila Ngendlela Enempilo

2 Isifundo 2.3 Ukuvocavoca Umzimba

1. Kuyini ukuzivocavoca?

Ukuzivocavoca ukwenza umsebenzi onyakazisa umzimba ukuze uthuthukise impilo yakho. Lokhu kufanele kuhlanganiswe nezinye izingxenye zokuphila ngendlela enempilo (isib. ukudla ukudla okunempilo, ukungabhemi, ukungadli izidakamizwa) ukuze uvimbele izifo ezithile ezithatha isikhathi eside, isib. umfutho wegazi ophezulu, isifo sikashukela.



Amacebiso Awusizo

- Ukuzivocavoca imizuzu engu-30 izikhathi ezintathu kuya kwezine ngeviki kuyosiza umzimba ukuba uhlale uqinile futhi ulwe nezifo
- Ukuzivocavoca kulungele yonke ingxenye yomzimba wakho
- Ukuzivocavoca kungasiza ukuthi ubukeke kahle

2. Ukuzivocavoca

Ukuzivocavoca kubalulekile ukuze sigcine imizimba yethu iqinile futhi iphilile. Ukuzivocavoca imizuzu engu-30 izikhathi ezintathu kuya kwezine ngeviki kuyosiza umzimba ukuba uhlale uqinile futhi ulwe nezifo. Kwenza inhliziyi namaphaphu kuhlale kuphile kahle, kwehlisa umfutho wegazi [bheka iSifundo 5.1 mayelana noMfutho Wegazi Ophezulu] kanye nezinga lekholesteroli [bheka iSifundo 5.3 mayelana neKholesteroli]. Ukuvocavoca umzimba ngokwanele kungakunika amandla futhi kusize nendlela ozizwa ngayo emoyeni.

Ukuzivocavoca akumele kube yinto enzima noma ekhandlanayo, kungaba:

- Ukuhambahamba epaki
- Ukugijigijima kancane
- Ukudlala umdlalo othile noma imidlalo edlalelwa phandle
- Ukuhamba ngezinyawo uma siya emisebenzini
- Ukwenza umsebenzi wasendlini
- ukuhamba ngezinyawo uma uya ezitolo esikhundleni sokuhamba ngemoto
- ukukhuphuka ngezitebhisi esikhundleni sokuthatha ikheshi noma izitebhisi ezihambayo

Ezinye zezindlela ukuzivocavoca okusiza ngazo umzimba:

- Kusiza umuntu ehlise ukukhuluphala komzimba ukwelekelela ekulawuleni izifo ezinjengomfutho wegazi ophezulu [bheka iSifundo 5.1 mayelana noMfutho Wegazi Ophezulu] kanye nesifo sikashukela [bheka iSifundo 5.2 mayelana neSifo Sikashukela]. (Isifo sikashukela yisimo lapho umzimba wehluleka ukulawula izinga likashukela osegazini)
- Kusiza ukugcina amathambo namalunga esebenza kahle, ukuze singasheshi ukuphathwa yizifo zamathambo. (Isifo samathambo yisifo esibangela ukuvuvukala, ubuhlungu nokungakwazi ukunyakazisa amajoyinti emzimbeni)
- Kusiza ukuqinisa amathambo
- Kukwenza uzizwe weneme, unokuthula



INgxenye 2 Ukuphila Ngendlela Enempilo

2 Isifundo 2.3 Ukuvocavoca Umzimba

- Abanye kubasiza ukuba bakwazi ukulala kahle
- Kungabasiza futhi abantu abanengcindezi yokomphefumulo engeyimbi kakhulu futhi abangakujabuleli ukuba yibo. (Ukucindezeleka kwengqondo yisifo esingathinta zonke izici zokuphila komuntu futhi simenze angabe esakwazi ukwenza izinto ayekwazi ukuzenza)

Ukuzivocavoca

- Kungase kwenziwe ekhaya noma emphakathini
- Kungahlanganisa izinto ezilula
- Kufanele kuyekwe uma uzwa ubuhlungu
- Kufanele kuhlangukwe neminye imikhuba enempilo ukuze kube wusizo. Izinzuzo zokuzivocavoca zingase ziqedwe yimikhuba emibi, isib. uma umuntu elambile ngemuva kokuzivocavoca bese edla ukudla okuningi kakhulu kunalokho avame ukukudla, izinzuzo zokuzivocavoca asanda kukwenza zizonciphisa



Amacebiso Awusizo

Ukuzivocavoca kusiza ukuba abantu behlise ukukhuluphala futhi kwehlisa ingozi yezifo ezithile.

3. Ingozi yokungazivocavoci

Ukungazivocavoci kuholela ezinkingeni zempilo ekuhambeni kwesikhathi. Abantu abangazivocavoci bangaluthola sebenalezizifo ezilandelayo:

- Isifo senhliziyo
- Isifo sohlangothi
- Umfutho wegazi ophezulu (iHayi-hayi)
- Ukuphelelwa umoya
- Amalunga aqinile
- Umzimba obikizelayo (othambile)
- Ukuphelelwa ngamandla
- Ukukhuluphala ngokweqile



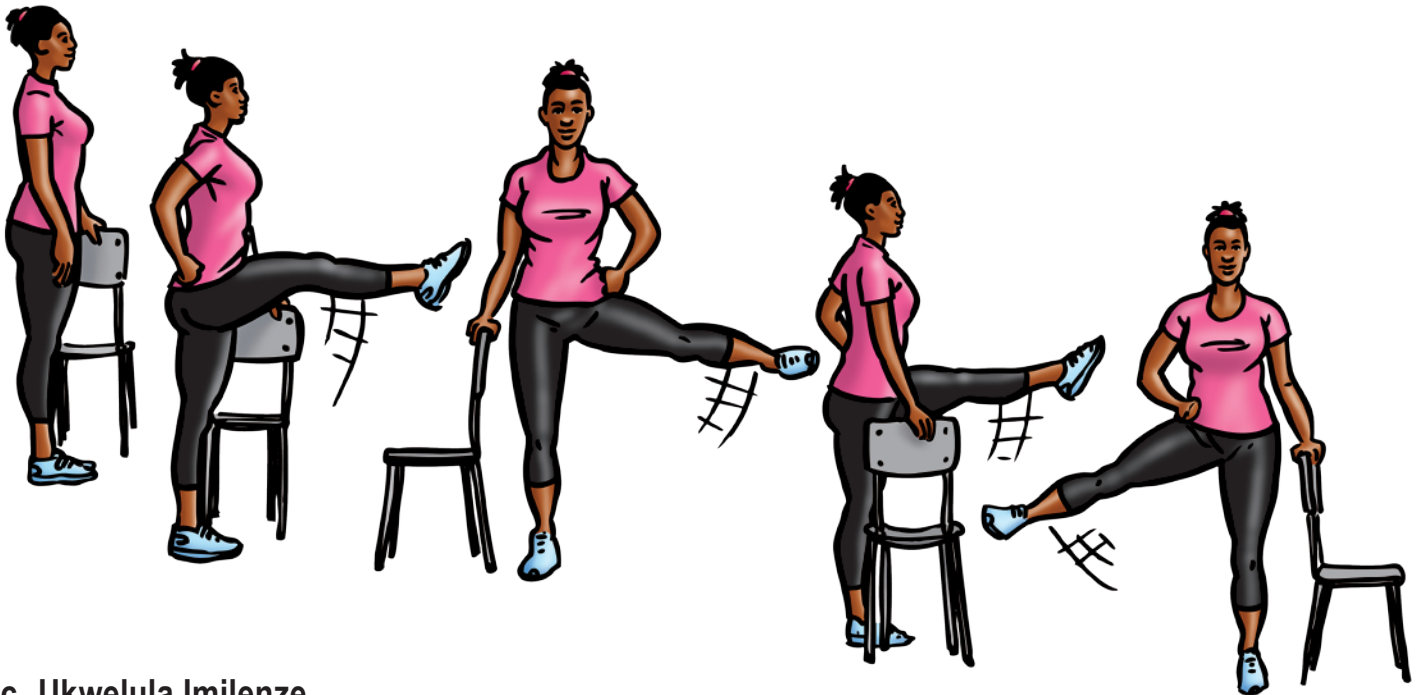
4. Ukuzivocavoca okungenziwa emakhaya

a. Ukushwiba Izingalo

- Yima izingalo zakho zibe semaceleni
- Izingalo zakho mazikhululeke futhi ziqonde
- Phakamisa zombili izingalo, izintende zezandla zibeke phezulu zibe ngenhla kwekhanda
- Qhubeka uhambise izingalo uziyisa emuva naphansi lapho ziqale khona
- Phindaphinda lokhu izikhathi ezingu-15, uqale kancane kancane bese ulokhu uya ushesha (ungazishwiba ngokushesha kakhulu izingalo uze ungabe usakwazi ukuzilawula)
- Phinda lo mnyakazo uye ngasohlangothini oluhlukile

b. Ukushwiba Imilenze

- Yima eceleni uhlanganise izinyawo zakho zombili eduze kwesihlalo
- Bambelela ngemuva kwesihlalo ngesandla sakho sokunxele
- Shwiba umlenze wakho wesokudla uwuyise phambili naphezulu, uphinde uwubuyisele phansi. Phinda lokhu izikhathi ezingu-15
- Shwiba umlenze wakho wesokudla uwubhekise eceleni, uphinde uwubuyisele phansi. Kwenze lokhu izikhathi ezingu-15
- Shwiba umlenze wakho wesokunxele uye phambili uphinde uwuphakamisele phezulu, bese uwubeka phansi. Kwenze lokhu izikhathi ezingu-15
- Shwiba umlenze wakho wesokunxele uwuyise eceleni, uphinde uwubuyisele phansi. Kwenze lokhu izikhathi ezingu-15



c. Ukwelula Imilenze

- Hlala imilenze yakho yenabe phambi kwakho amadolo aqonde
- Yiya phambili ngesinghla ukusuka enqulwini. Ungagobi. Bamba izinyawo ngokuhambisa izandla zakho phezu kwemilenze
- Bamba lapho ungase ufike khona. Uma ungakwazi ukufika ezinyaweni, gcina iqolo namadolo kuqondile ulokhu uzama ukufinyelela ezinyaweni, ukhumbule ukuthi kube yingxenye esuka enqulwini kuphela eya phambili
- Kufanele uhlale ukulesi simo okungenani imizuzwana engu-20 bese uyaphinda



Lezi yizibonelo zokuzivocavoca okungadingi amandla kakhulu. Ukuzivocavoca okuyokwenza abantu baphefumulele phezulu futhi izinhliziyi zabo zishaye ngokushesha nakho kufanele kwenziwe. Amaklayenti kufanele axoxe nabasebenzi bezempilo esikhungweni sezempilo ukuze aqiniseke ukuthi kuphephile ukuba enze lokuzivocavoca.

INgxenye 2 Ukuphila Ngendlela Enempilo

2 Isifundo 2.3 Ukuvocavoca Umzimba

Isivivinyo 1

Ukuzivocavoca

Njengeqembu yenzani ukuzivocavoca okubizwa ngokuthi i-COCONUT. [Kwenzeni emuva kwehora lokuqala lalesi sifundo]

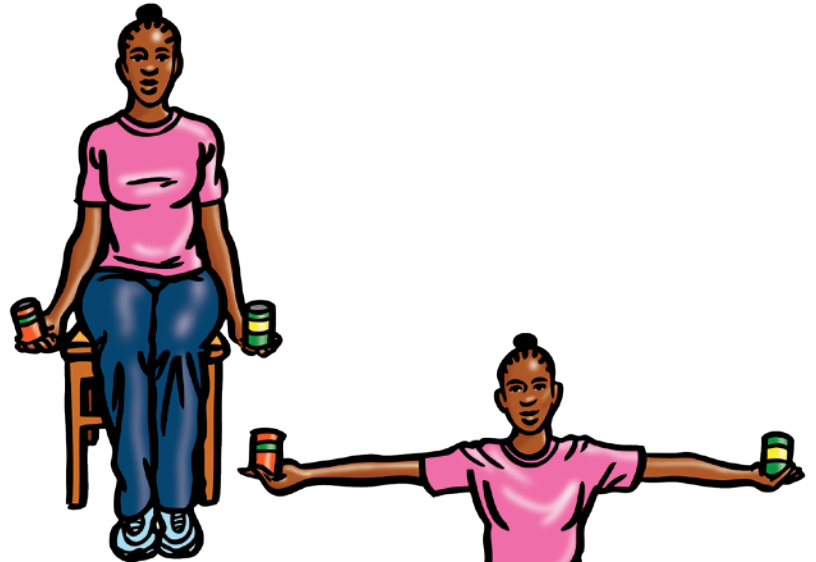


Iziyalezo

Cela abafundi ukuba basabalale nendlu yonke, bhala igama COCONUT lapho bonke bengakwazi ukulibona. Fundisa abafundi ukuzivocavoca ngokwelula izingalo zakho, umise okuka-C ngakwesokudla, yelula izingalo ngaphezu kwekhanda lakho uzihlanganise zibhale u-O, yelula izingalo ugobele ngakwesokunxele zibhale u-C, yelula izingalo futhi zihlangane ngaphezulu kwekhanda lakho zibhale u-O, izingalo zombili mazilenge emaceleni bese uziphakamisa zombili kancane, ukubhala u-N, yelula izingalo zakho ukubhala u-U ekugcineni yelula izingalo zakho zibhale u-T.

INgxenye 2 Ukuphila Ngendlela Enempilo

2 Isifundo 2.3
Ukuvocavoca
Umzimba



Amcebiso Awusizo

Ukuzivocavoca okulula:

Icebiso Eliwusizo 1:

- Hlala esihlalweni ukhululeke
- Qondisa umhlane wakho ukheche isisu
- Thatha amathini amabili okudla, (isibonelo ufishi noma ubhontshisi)

- Bamba ithini esandleni ngasinye
- Phendula izandla zakho ukuze ingaphakathi lazo libheke phezulu
- Phakamisa izandla zakho kanyekanye amathini aze athintane
- Qala ngokuphakamisa izikhathi ezingu-15 ingalo ngayinye. Kwandise kancane kancane uze ukwazi ukuphinda lokho kuphakamisa okuyi-15 izikhathi ezintathu

Phinda usebenzise lawo mathinini okudla

- Bamba lawomathini ngezandla zakho zisemaceleni
- Phakamisa izandla zakho zombili emoyeni ngaphezu kwekhanda lakho, uphinde uzehlise
- Phinda uphakamise izikhathi ezingu-15. Kwandise kancane kancane uze ukwazi ukwenza lokhu kuphakamisa okungu-15 izikhathi ezintathu

Icebiso Eliwusizo 2:

- Hlala esihlalweni wenyuse uphinde wehlise imilenze yakho
- Uphakamise imilenze emoyeni isikhathi eside ngendlela ongakwazi ngayo
- Qala ngokuphakamisa imilenze izikhathi ezingu-15 umlenze ngamunye. Wenyukele kancane kancane uze ukwazi ukuphakamisa izikhathi ezingu-15, uphinde izikhathi ezintathu



INgxenye 2

Ukuphila Ngendlela Enempilo

2

Isifundo 2.3

Ukuvocavoca
Umzimba

Isivivinyo 2

Izinhlobo zokuvocavoca.

1. Yisho izinhlobo ezi-3 zokuvocavoca ongazenza ukuze uhlale uphilile.

2. Yisho izinto ezi-2 eziyinzuzo yokuvocavoca umzimba.

OKUHLOSIWE NGALESI SIFUNDO

Isifundo 2.4 sihlose ukukucobelela ulwazi mayelana nenhlazeko yomuntu.

Imiphumela Yesifundo

Ekupheleni kwalesi sifundo abafundi kufanele bakwazi:

- Ukuchaza ukubaluleka kwenhlazeko yomuntu mayelana nokumugcina ephile kahle
- Ukutshengisa ukuqonda inhlazeko nokugcina abantwana bephilile

Okuqukethwe Yilesi Sifundo

- Inhlazeko yomuntu
- Ukugcina abantwana bephilile ngenhlazeko

Kutholakala

1. UNICEF. Shape 5th Standard. Geneva. Available from:
<http://www.unicef.org/lifeskills/files/5thGrade.pdf>
2. Kids Health. Personal hygiene – Taking care of your body. 2011. Available from:
<http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=289&id=2146>

Indima yakho njenge-CCG

ndima yakho njenge-CCG ukusiza amaklayenti aqonde ukubaluleka kokuzigcina ehlanzekile wona, izingane zawo kanye nemizi yawo. Futhi kufanele ukwazi ukuchazela amaklayenti indlela yokuzigcina ehlanzekile, izingane zawo kanye nemizi wabo.

1. Yini inhlanzeko yomuntu?

Inhlanzeko yomuntu ukugeza nokunakekela imizimba yethu. Kuphinde kuhlanganise nezinyathelo ezilula zokuvimbela ukusabalala kwamagciwane, isib. ukugeza izandla ngensipho namanzi, ukuvala umlomo namakhala ngethishu uma ukhwehlela noma uthimula.

2. Inhlanzeko nokuphepha ekhaya

Kubalulekile ukuthi abantu bagcine amakhaya abo ehlanzekile futhi ephephile ukuze baphile kahle. Lokhu kungenxa yokuthi inhlanzeko ivimbela izifo kubantu.

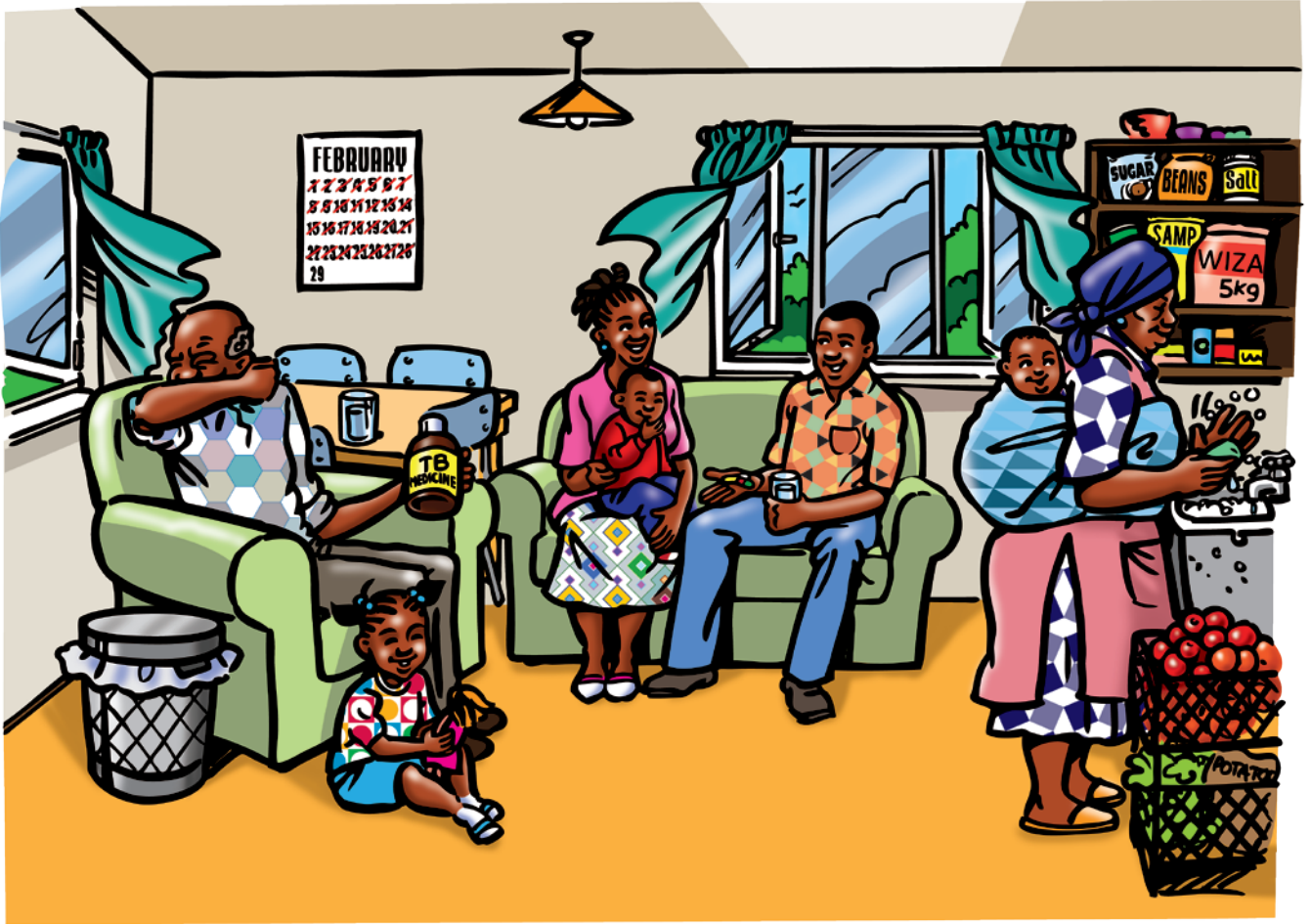
Lokhu kungenziwa ngokuba:

- Uhlanze futhi uvulele umoya njalo endlini. (Ukuvulela umoya kusho ukuvula iminyango namafasitela) Kubaluleke kakhulu futhi ukuhlanza indlu yangasese nezitamkoko
- Izingubo zokugqoka kumele ziwashwe njalo futhi amashidi ombhede kumele awashwe okungenani kabili ngenyanga ukuze kuphele iphunga
- Ungabhemi endlini. Intuthu kagwayi izogulisa nalabo abangabhemi. Kanti futhi ukubhema kungadala umlilo
- Geza izandla zakho ngensipho namanzi ngaphambi kokuthi uthinte ukudla
- Umuntu kumele avale umlomo wakhe nekhala ngesandla noma ngeduku uma ekhwehlela noma ethimula. Geza izandla ngamanzi nensipho uma ukade uqeda ukukhwehlela nokuthimula
- Beka oshevu, umentshisi, upharafini nezinto eziyimithi kuzindawo eziphezulu lapho abantwana bengeke baze bakwazi ukufinyelela khona



INgxenye 2 Ukuphila Ngendlela Enempilo

2 Isifundo 2.4 Inhlazeko Yomuntu



Inhlazeko yomuntu ibalulekile khona abantu bengeke baze baguliswe izifo kalula.

Amacebiso Awusizo

- Umuntu kumele ageze zonke izinsuku ngensipho ikakhulukazi uma umuntu ekade esebenza kanzima ukuze aqede umjuluko nephunga elibi
- Ukuxubha zonke izinsuku futhi njalo uma ukade uqeda ukudla kubalulekile. Uma bengenazo izixubho mabasebenzise usawoti nosota wokubhaka ukukuhla amazinyo
- Gcina izinzipho nezinwele kuhlazekile
- Geza izandla ngensipho namanzi ahlazekile uma ukade uqeda ukusebenzisa indlu yangasese ukuze uvimbele ukugula [bheka iSifundo 4.13 mayelana neKholera neSifundo 4.14 mayelana ne-Typhoid]
- Geza izandla zakho ngensipho uma uzodla



Ukugcina abantwana bephilile ngenhlazeko

- Qikelela ukuthi abantwana bageza izandla zabo uma bephuma endlini yangasese nangaphambi kokuba badle
- Umntwana ogulayo kumele angalali nabanye abantwana. Abantwana abanezilonda, isikhumba esibabayo noma izintwala kufanele balale ngokuhlukana. Abantwana abanezifo ezithathelanayo, njengokukhwehlela, isimungumungwane noma umkhuhlane kumele balale emakamelweni ahlukene uma kungenzeka
- Vikela abantwana kwisifo sofuba. Abantu asebekhwehlele isikhathi eside noma abanezinye izimpawu zesifo sofuba kumele bavale umlomo ngeduku uma bekhwehlela. Uma kungenzeka akumele balale ekamelweni elilodwa nabantwana. Kumele baye esikhungweni sezempilo wangakubo ngokushesha ukuze bathole ukwelashwa
- Geza abantwana ubashintshe izingubo zabo zonke izinsuku. Nquma izinzipo zabantwana njalo. Amagciwane ayaye acashe ngaphansi kwezinzipo
- Yelapha izifo ezithathelanayo ngokushesha zingaze zisabalalele kwabanye
- Qikelela ukuthi abantwana bathola ukudla okunempilo ngasonke isikhathi. Ukudla okunempilo kuvikela abantwana ezifweni. Umtwana owondlekile unomzimba okwaziyo ukulwa nezifo ezingabulala umtswana ongondlekile kahle



Amacebiso Awusizo

Xubha amazinyo kabili ngosuku, uphuze amanzi uma usuqede ukudla futhi uvakashele udokotela wamazinyo noma yikabili ngonyaka.

INgxenye 2

Ukuphila Ngendlela Enempilo

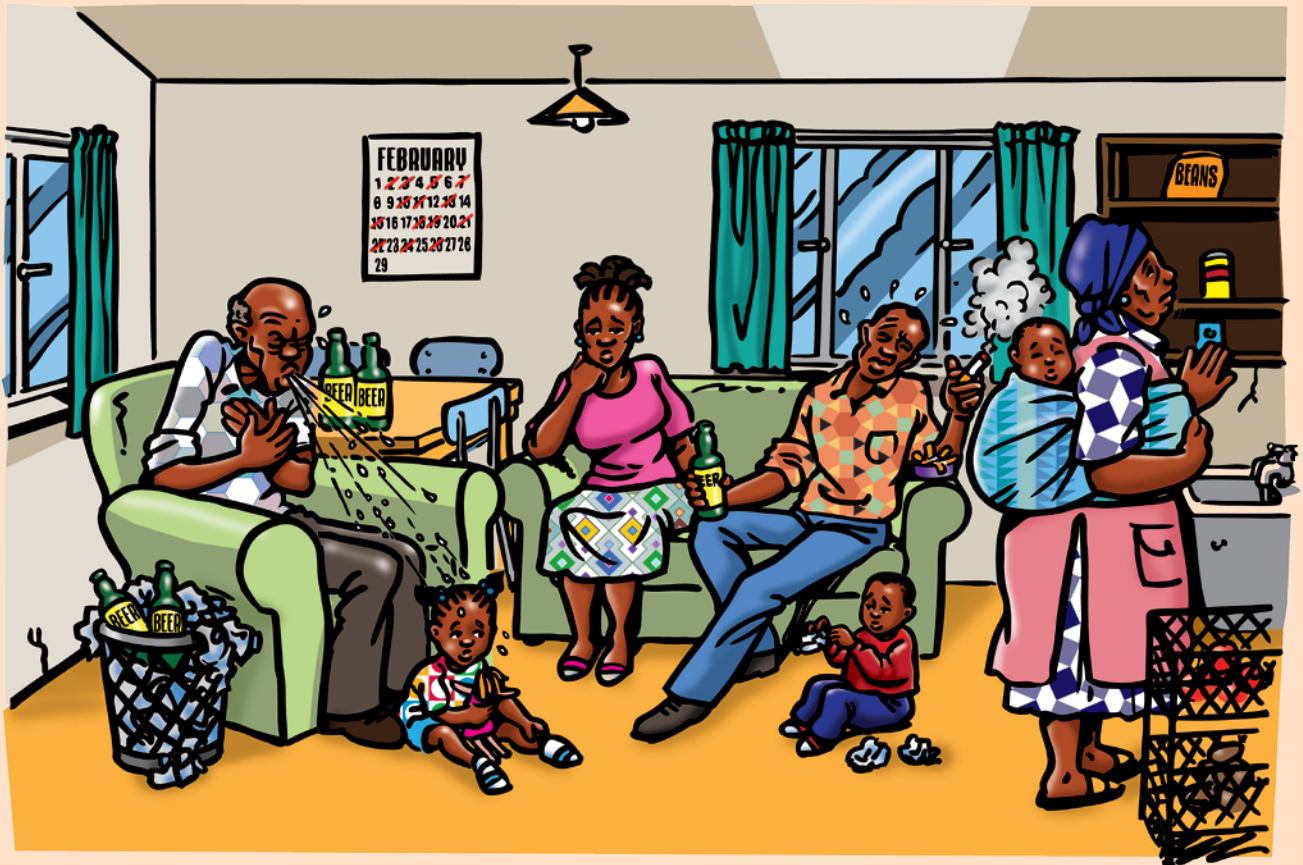
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Isifundo 2.4
Inhlazeko Yomuntu

Ingxoxo Yeqembu

1. Kubaluleke ngani ukuhlanzeka kwekhaya?

2. Yini engahambi kahle kulesisithombe esingezansi?



OKUHLOSIWE NGALESI SIFUNDO

Isifundo 2.5 sihlose ukukucobelela ulwazi mayelana nokuphepha emakhaya.

Imiphumela Yesifundo

Ekupheleni kwalesi sifundo abafundi kufanele bakwazi:

- Ukubona okungaba izingozi zokuphepha emakhaya
- Ukuchaza izindlela ezingasiza ukwenza amakhaya abe ngaphephile

Okuqukethwe Yilesi Sifundo

- Ukuphepha Emakhaya

Kutholakala

1. Safety around farms education.com safety around farms education. Keeping kids safe on farms. Victoria. Available from:
<http://safetyaroundfarmseducation.com/>
2. Kids Health. Household Safety Checklists. 1995 – 2011. Available from:
http://kidshealth.org/parent/firstaid_safe/home/household_checklist.html

Indima yakho njenge-CCG

Indima yakho njenge-CCG ukusiza amaklayenti aqonde ukubaluleka kokugcina amakhaya awo ephephile. Futhi kufanele ukwazi ukuchazela amaklayenti indlela yokugcina amakhaya awo ephephile.

INgxenye 2 Ukuphila Ngendlela Enempilo

2 Isifundo 2.5 Ukuphepha Emakhaya

1. Kusho ukuthini ukuphepha emakhaya?

Ukuphepha emakhaya kusho ukwenza nokugcina ikhaya liphephile ukuze kuvinjelwe izingcuphe nezingozi zingenzeki.

2. Ukuphepha Emakhaya

Ziningi izingozi ezenzeka emakhaya. Okunye okubangela izingozi emakhaya kulula ukukubona, njengamathoyizi achitheke phansi. Okunye akulula ukukubona, njengokushelela phansi endlini. Izingozi eziningi ezenzeka emakhaya zingase zivinjelwe uma siqaphelisisa.

Ezinye zezimbangela zezingozi ezijwayelekile emakhaya yilezi:

a. Umlilo wezinto ezivokomele

Uma kungase kwenzeka indlu yokheleke ngomlilo, ifenisha evokomele (njengokusamiqamelo kwabanye osofa), ikhipha intuthu emnyama ehlangene enobuthi obuyingozi uma uyihogela. Lentuthu iyashesha ukugcwalisa indlu. Kumele nisheshe ukukhiphela bonke abantu ngaphandle bangaze bahishwe yintuthu bahluleke ukuphefumula baze bafe.

b. Umlilo wokupheka

Ungalokothi uzame ukucisha umlilo odalwe ngamafutha ashayo epanini ngokuwuthela amanzi. Vala ipani ngesivalo noma ulimboze ngendwangu emanzi.

c. Umlilo ovulekile

Sebenzisa amanzi noma isihlabathi njalo uma ucima imililo yangaphandle. Abantwana bangasondelani nemililo evulekile.

d. Uphethiloli nophalafini

Ungalokothi usebenzise uphethiloli noma uphalafini ukuvuselela umlilo ocimayo. Izinto ezinophethiloli nophalafini kumele zingasondeli lapho kuphekela khona, futhi azibekwe kude nalapho kufinyelela khona izingane.

e. Osikilidi (Ugwayi)



Ungalokothi ubhemele embhedini, ngoba kungenzeka uzumeke ugwayi ungacishile, umlilo wokholeke embhedini.

f. Amakhandlela nomentshisi

Izingane mazifundiswe ukuthi umentshisi, amakhandlela nokunye okungokhela umlilo akuwona amathoyizi okudlala. Izinto ezifana nalezo kumele zibekwe lapho izingane zingafinyeleli khona. Kufanele kube nesiqiniseko sokuthi amakhandlela acishiwe uma sekuyolalwa. Amakhandlela mawangashiywa evutha kungekho muntu.



INgxenye 2

Ukuphila Ngendlela Enempilo

g. Izinto ezisebenza ngogesi

Imililo ingokheleka ngokusebenzisa izinto ezisebenza ngogesi ezindala noma uma zisetshenziswa ngendlela engeyona.

Zonke izinto ezisebenza ngogesi mazibekwe kude nalapho abantwana befinyelela khona, futhi mazicishwe uma zingasetshenziswa. Izintambo zikagesi mazigcinwe zimfushane. Amapulaki kagesi kanye nezintambo zakhona kufanele kulungiswe ngokushesha uma kungasebenzi kahle. Izinto ezisebenza ngogesi njengamahitha mazibekwe kude nemibhede namafenisha.

Ukuphepha emakhaya – Enza lokhu, Ungakwenzi lokhu

| Enza | Musa |
|--|--|
| Hlala njalo uvule amafastela endlu emini | Ukushiya umlilo ngaphandle ungawucishile, ikakhulu uma kukhona izingane |
| Hlanzisa ikhaya lakho | Ukubhemela endlini noma uwise izinqamu zikagwayi zivutha phansi |
| Bopha kahle izintambo zikagesi nezimbobo zamapulaki angasebenzi, kanjalo namapulaki angasetshenziswa | Ukubeka izitofu ematafuleni amafushane noma phansi lapho abanezinye izimpawu zesifo izingane zingafikela emapuletini esitofu nasemabhodweni ashisayo |
| Sebenzisa amanzi ahlanzekile ukuphuza, ukuhlamba izingubo noma ukulungisa ukudla | Ukubeka izihlalo nezitebhisi eduze nesitofu lapho izingane zingase zidlale zigibele ngazo khona |
| Imimese, izimfoloko izikelo kanye nezinye izinto ezicijile mazifakwe emadiloweni lapho izingane zingeke zifike khona | Ukubeka ibhodwe izibambo zalo zibheke ngalapho izingane zingafikela khona |
| Beka izinto ezisikayo zengilazi noma okusamimese lapho abantwana bengakwazi ukufinyelela khona | Ukushiya umnyango wezindlu zangasese noma indlu yokugezela ivuliwe |
| Izingane nabantwana abancane ababekude nemililo evulekile | Ukubeka isitofu noma umlilo ovulekile eduze namakhethini noma ifenisha enekhava yendwangu |
| Qiniseka ukuthi izintambo zikagesi azilengeli phansi kangokuthi izingane zingazibamba kudonseleke izinto kuzo | |
| Beka uphalafini, izihlanzisi kanye nezinye izinto ezinobuthi obuyingozi lapho izingane zingeke zifinyelele khona | |

INgxenye 2 Ukuphila Ngendlela Enempilo

2 Isifundo 2.5
Ukuphepha
Emakhaya

Ingxoxo Yeqembu



Xoxisanani ngalokhu enikubona ngenhla, bese niphendula lemibuzo elandelayo.

1. Ngabe leli yikhaya eliphephile na?

2. Bonisanani izinto eziyingozi ekuphepheni kulelikhaya.

3. Lingenziwa njani lelikhaya ukuze liphephe?

OKUHLOSIWE NGALESI SIFUNDO

Isifundo 2.6 sihlose ukukucobelela ulwazi mayelana nokuhlanzeka ezindaweni esihlala kuzo.

Imiphumela Yesifundo

Ekupheleni kwalesi sifundo abafundi kufanele bakwazi:

- Ukuchaza ukuthi kusho ukuthini ukuhlanzeka nokukhucululwa kwendle
- Ukukhombisa ukuqonda ngokubaluleka kokuhlanzeka kwendawo okuhlalwa kuyo nokukhucululwa kwendle emphakathini
- Ukukhombisa ukuqonda ngezinyathelo zokuphepha ezindaweni esihlala kuzo emphakathini

Okuqukethwe Yilesi Sifundo

- Ukuhlanzeka emakhaya nasezindaweni esakhe kuzo
- Izinyathelo zokuphepha ezindaweni esihlala kuzo emphakathini

Kutholakala

1. National Department of Health and DWA. Water Research Commission. Quality of Domestic Water Supplies, Volume 1: Assessment Guide. Pretoria. 2005
2. Prescott, Harley & Klein. Microbiology, Third Edition. 1993

Indima yakho njenge-CCG

Indima yakho njenge-CCG ukusiza amaklayenti aqonde ukubaluleka kokuhlanzeka kwezindawo esihlala kuzo. Futhi kufanele ukwazi ukuchazela amaklayenti indlela yokugcina indawo ahlala kuyo, asebenzela kuyo nadlala kuyo ihlanzekile futhi iphephile.

INgxenye 2 Ukuphila Ngendlela Enempilo

2 Isifundo 2.6 Ukuhlanzeka Ezindaweni Esihlala Kuzo

1. Kusho ukuthini ukuhlanzeka ezindaweni esihlala kuzo?

Ukuhlanzeka ezindaweni esihlala kuzo yizinyathelo ezithathwayo ukuze sigcine izindawo esihlala kuzo, esisebenza kuzo nesidlala kuzo ziphephile futhi zinempilo. Lokhu kuhlangukisa indlela yokulahla udoti nokuqinisekisa ukuthi kunamanzi ahlanzekile.

2. Impilo ezindaweni esakhe kuzo

Inhlazeko ibaluleke kakhulu ekuvikeleni izifo ezinhlobonhlobo – njengezifo zohudo, ezesikhumba, amehlo, amaphaphu, kanye nomzimba wonke. Inhlazeko imayelana nokuthi abantu bagcine imindeni yabo, amakhaya, uqobo lwabo kanye nemiphakathi kuhlazekile futhi bebukeka kahle.

Inhlazeko yomuntu siqu imayelana nokuthi abantu bazigcine behlanzekile bona ngokwabo. Inhlazeko yezinto imayelana nokuthi abantu bagcine izindlu zabo, imigwaqo yalapho behlala khona kanye nendawo ebazungezile kuhlazekile. Kodwa konke kubalulekile ekuvikeleni ukusabalala kwezifo.

3. Indawo esihlala kuyo ehlanzekile nenempilo

Indawo esihlala kuyo ehlanzekile nenempilo iyingxenye ebalulekile yokugcina umphakathi uphilile. Ukuze siqiniseke ukuthi izindawo esakhe kuzo zinakekelwa kahle kanjalo nokudla namanzi esikusebenzisayo, abantu emphakathini kufanele benze lokhu:

- Bangazigawuli izihlahla
- Tshala isihlahla noma unakekele isitshalo sasendlini ukuze sikunikeze umoya ohlanzekile
- Cwilisa izingubo zakho imizuzu engamashumi amathathu ngaphambi kokuzihlamba ukuze wonge insipho ngoba lokhu kungayibulala indalo endaweni esihlala kuyo
- Sebenzisa uhlangothi lwephepha nxazonke uma ubhala
- Sebenzisa izinto kaningana ngaphambi kokuzilahla njengamabhodlela, ikhalibhodwe lingasetshenziswa ukwenza umsebenzi wezandla nezinye izinto zobuciko
- Ungangcolisi amanzi nomoya (ngokulahla ukungcola noma kuphi)
- Ungakhululi indle noma kuphi ngaphandle kwasendlini yangasese



INgxenye 2 Ukuphila Ngendlela Enempilo

2 Isifundo 2.6 Ukhlanzeka Ezindaweni Esihlala Kuzo

- Ungalahli udoti noma kuphi. Cosha noma yimuphi udoti owubonayo futhi uwulahle endaweni efanele
- Amapayipi avuza amanzi mawalungiswe. Akumelwe amoshwe amanzi
- Ungazigezi izitsha noma uxubhe uvulele amanzi empompini
- Uma unisela utshani, akube sekuseni noma ntambama ekushoneni kwelanga
- Yenza imvundiso yasengadini kanjena:
 - Sebenzisa amakhasi owacwecwe ezilimweni njengemvundiso yasengadini
 - Qoqa utshani obusikiwe wenze inqwaba yokuvundisa
- Susa amadamu amanzi amile, ngoba omiyane bangazalela khona
- Gcina igceke lihlanzekile, ugunde utshani futhi ususe noma yiziphi izinto okungahlala kuzo izidalwa eziyingozi (njengesicabucabu nezinyoka)



4. Ukukhucululwa kwendle

Ukukhucululwa kwendlela yindlela elungile yokulahla indle ngokusebenzisa izindlu zangasese kanye nokukhuculula indle yezilwane.

- Gcina izindawo eziseduze nompompi, amapitsi, nemithombo kungenakungcola. Izilwane maziqhelelane nalezindawo lapho abantu bekha khona amanzi okuphuza. Lezindawo mazibiyelwe ngocingo
- Ungazikhululi noma uchithe udoti eduze kwalapho kukhiwa khona amanzi
- Qaphela ukuthi imifula nalapho kuvela khona amanzi kuhlanzekile
- Shisa zonke izibi ezingashiseka endaweni ephephile lapho kungadlali khona izingane. Lezo zibi ezingeke zishiseke mazimbelwe imigodi noma zilahlwe kude namakhaya kanye nalapho kukhona amanzi asetshenziselwa ukuphuza. Izibi zibangela amagundwane nezimpuku okungasilethela izifo. Khumbula ukucisha amalangabi ngamanzi uma udoti usushile, ukuze abantu, ikakhulukazi izingane, zingalimali
- Izindlu zangasese mazakhiwe lapho izilwane njengezimbuzi, zingeke zifinyelele khona ukuthola indle yabantu
- Umgodi ojulile nendlwana ngaphezu kwawo kungaba kuhle. Ukujula komgodi kungasiza ukwehlisa izinga lephunga nezimpukane
- Ukuze nibe namanzi aphephile:
 - Yikhani amanzi amasha nsuku zonke
 - Cwengani amanzi ngendwangu ehlanzekile
 - Yenza okukodwa kwalokhu okulandelayo:
 - Thela ithisipuni elilodwa le-bleach emanzini angamalitha angu-20 kuya ku-25. Makuhlange kahle bese ulinda okungenani imizuzu engu-30 Noma
 - Ubilise amanzi. Mawaqhubeke ebila okungenani umzuzu ukuze ahlanzeke futhi aphephe
 - Amanzi aphephile angase angcole kalula. Gcina amanzi aphephile entweni ehlanzekile nevalekayo
 - Ukuze usebenzise amanzi aphephile:
 - Sebenzisa inkomishi ehlanzekile njalo ukuze ukhe amanzi ebhakedeni Noma
 - Uthele amanzi aphuma esigujini uma uwadinga



INgxyene 2 Ukuphila Ngendlela Enempilo

2 Isifundo 2.6 Ukuhlanzeka Ezindaweni Esihlala Kuzo

Isivivinyo



Buka lomdwebo ongenhla, bese ukekelezela zonke izibonelo lapho kungekho kahle ukuhlanzeka. Xoxisanani nozakwenu ngokuthi zingaxazululwa kanjani lezizidingo. Bhalani izimpendulo zenu kulezizikwele ezibhalwe ngezansi.

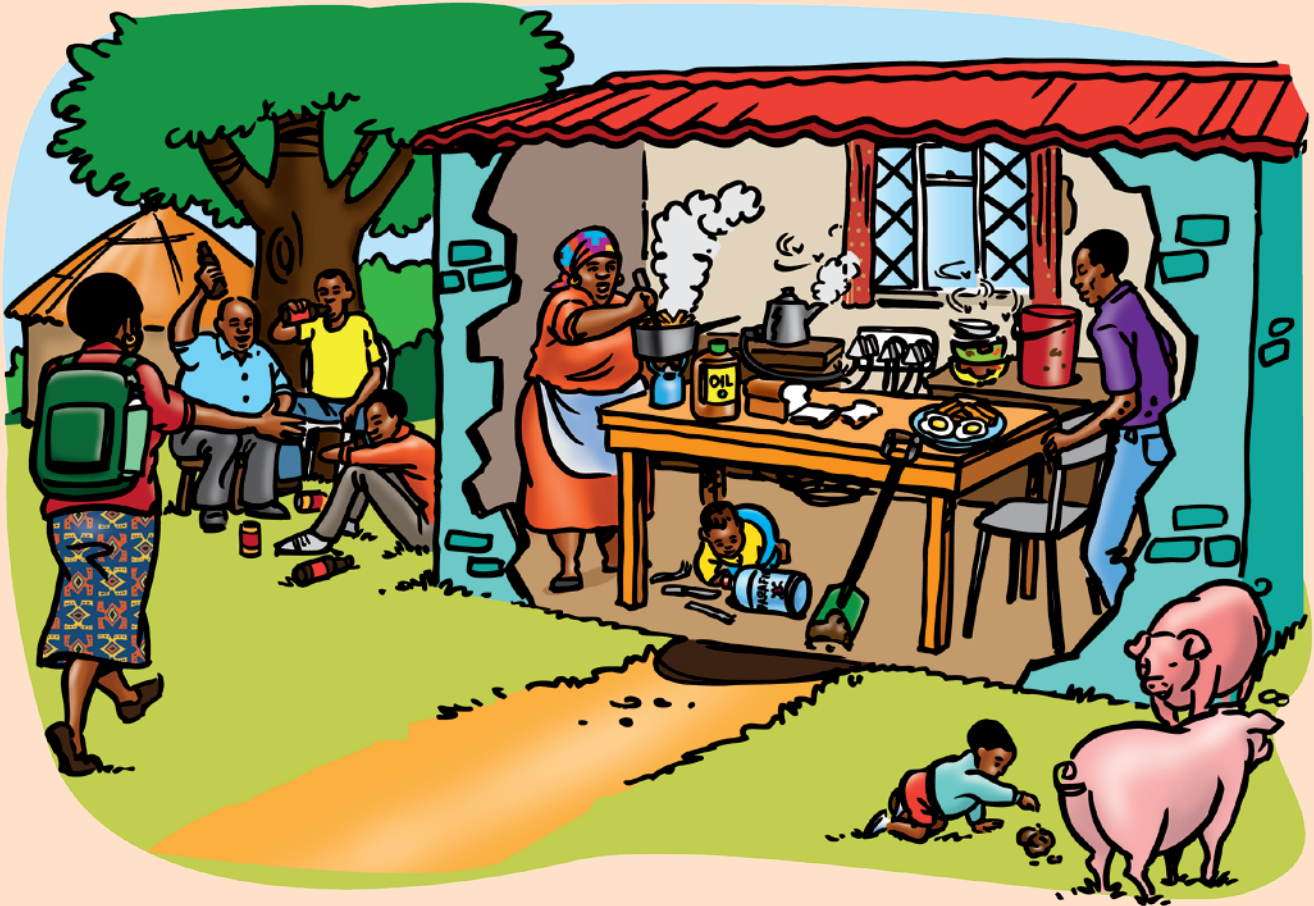
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INgxenye 2

Ukuphila Ngendlela Enempilo

Indaba Eyisibonelo

UTHuli, umNakekeli woMphakathi ufika kwaMsomi belungiselela isidlo sasekuseni. Ubona ukuthi amafasitela onke avaliwe, izintambo zeketela zivele obala, ingane idlala ngesitsha sikaphalafini wesitofu (i-primus) esiseduze neketela. Izipuni nokunye okunjalo kuhleli phansi, kunenja eduzane, usinki ugcwele izitsha ezingageziwe. UThuli uqaphela nokuthi abazigezi izandla ngaphambi kokudla. Ukudla abakudlayo kubukeka kunamafutha; amaqanda namazambane athosiwe emafutheni asebenzile nesinkwa esimhlophe. Abantu abadala abahlezi ngaphansi kwesihlahla baphuza amahewu nomqombothi, abanye bephuza ubhiya. Eduzane kwabo kwakunezingulube zidla lapho kulahlwa khona udoti futhi kunendle yezingulube phansi lapho kwakukhasela khona ingane.



Nisebenzisa le ndaba eyisibonelo yomuzi wakwaMsomi, yehlukanani nibe amaqoqo nixoxe ngalokhu:

1. Ingabe ucabanga ukuthi lo umuzi udla ukudla okunempilo futhi kungani ucabanga kanjalo?

2. Yisiphi iseluleko ongasinikeza lo umuzi ukuze uwusize udle ukudla okunempilo?

INgxenye 2

Ukuphila Ngendlela Enempilo

Indaba Eyisibonelo

3. Chaza ukuthi kungani ukudla okunempilo kubalulekile emizimbeni yethu.

4. Hlonza izidingo zenhlanzeko yendawo esihlala kuyo futhi weluleke mayelana nokuthi zingaxazululwa kanjani.

5. Xoxa ngezinkinga zokukhucululwa kwendle ozibonile futhi weluleke abakwaMsomi mayelana nokuthi zingaxazululwa kanjani.

6. Ucabangani ngokuhlazeka kwalo mndeni nomuzi uwonke?

7. Yisiphi iseluleko ongasinikeza abakwaMsomi mayelana nokuhlazeka?

8. Yisho izexwayiso zokuphepha eziyingozi kule ndaba eyisibonelo futhi uchaze ukuthi yini okufanele yenziwe ukuze zithuthukiswe.

9. Yikuphi ukuzivocavoca ongeluleka umuzi wakwaMsomi ukuba ukwenze?

10. Njenge-CCG esebenza kulo mphakathi, yimaphi amanye amaphuzu noma ongaluphakamisa ukuze usize abakwaMsomi?
