

Siswati

Lizinga

**5B**

# Bafana labahlakaniphile



Leah Sapi



**Cinisekisa kutsi uyakwati kufundza lamagama:**

NgeMgcibelo, liphakethe, basigcwalisa, ngenethi, nemahhudlu,  
emagremu, emaphrotheni, elucingweni, sinemavithamini, lucwaningo

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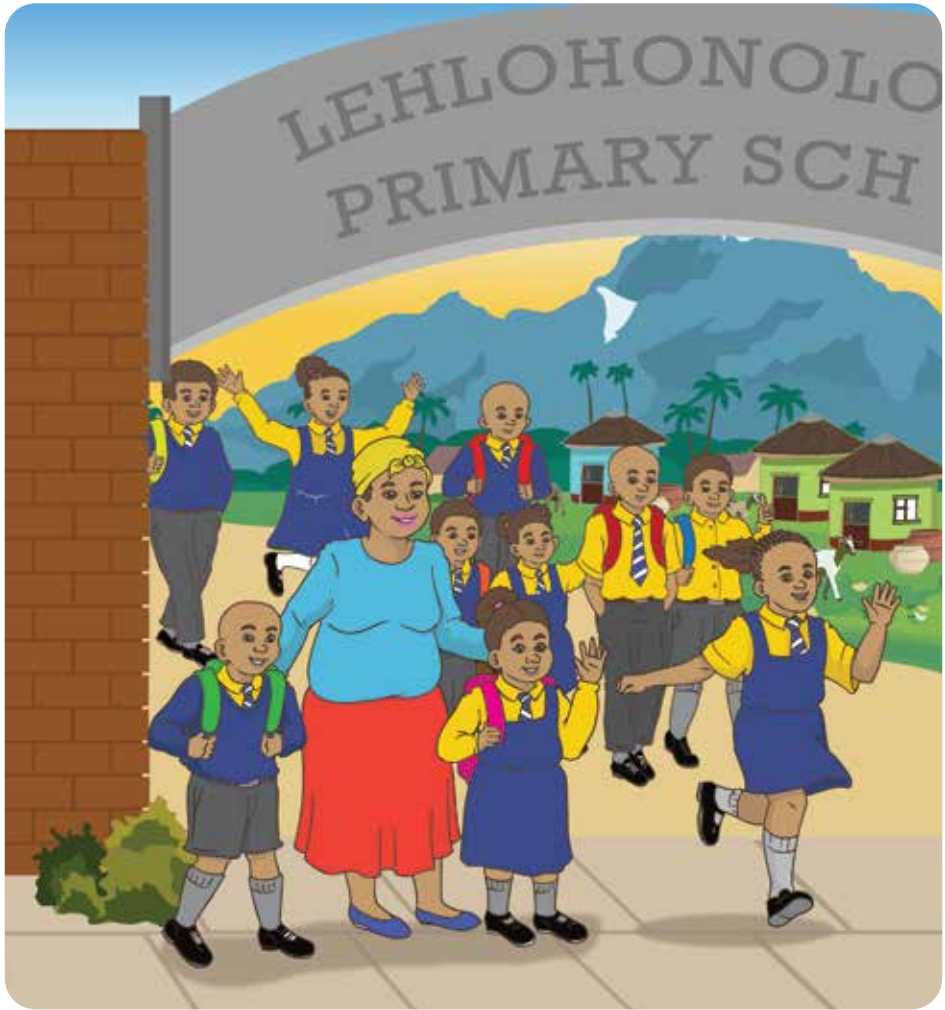
Luhlelo lwekucala lwelushicilelo lwa-2023

# Bafana labahlakaniphile



**Leah Sapi**

Insimbi yesikolo iyakhala. Letsa naTsemba bagijima kakhulu, baya esikolweni





Sifundvo salamuhla simayelana nengadze yetibhidvo.

Letsa naTsemba bacoca ngekucala ingadze yetibhidvo.

Bavumelana ngekuhlanyela sipinishi.

NgeMgcibelo bamangata mkhulu ngekuvuka ekuseni kakhulu.

Batsatsa imali mkhulu layigcinile.

Bagijima baya esitolo kuyewutsenga liphakethe lembewu yesipinishi.





Letsa naTsemba batsatsa sitja lesidzala,  
basigcwalisa ngemhlaba nemcuba.

Base bafaka imbewu yesipinishi. Banisela  
lembewu onkhe emalanga. Ngemuva  
kwemalanga lasitfupha, imbewu yacala  
kumila. Bavala sitja ngenethi kute bavikele  
imbewu etinyonini.

Labafana babuka indzawo yekwenta ingadze.

Bahlobisa indzawo, bafaka umcuba bahlanganisa nemhlaba. Benta imisele banisela umhlaba.







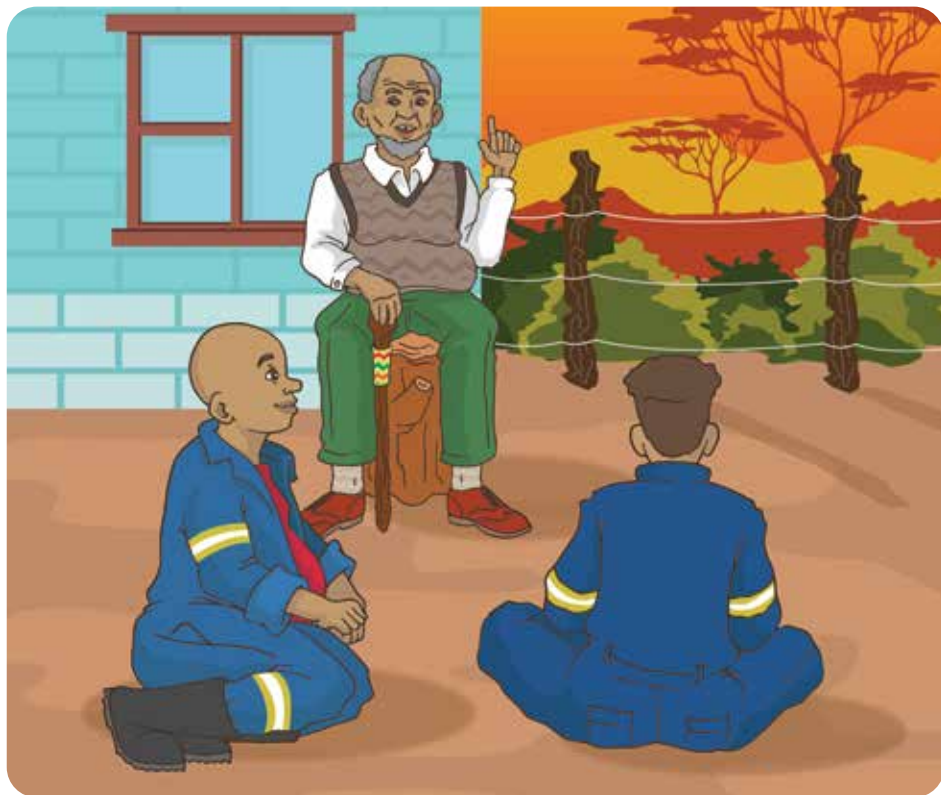
Ngemuva kwemaviki lamabili, imbewu beseyikhule ngalokwanele. Bayikhipha esitjeni, bayihlangela emiseleni. Banisela ingadze onkhe emalanga ntsambama.

Letsa naTsemba, bebanenkhing a yetinyoni  
lebetidla titjalo tabo.

Bebadlala dvute nengadze kute bacoshe  
tinyoni.

Uma baye esikolweni, tinyoni betitfola litfuba  
lekudla titjalo tabo.





Letsa naTsemba bacela seluleko kumkhulu wabo.

Balulekwa ngekutsi bente sitfusatinyoni.

Basebentisa tindvuku letimbili kwenta siphambano. Batibopha ngentsambo.

Tsemba naLetsa bagcokisa lesiphambano  
imphahla yekusebenta, sigcoko nemahhudlu.  
Base babeka lesitfusatinyoni engadzeni. Uma  
umoya uvunguta, imikhono yalemphahla  
yekusebenta beyiya phansi nasetulu. Tinyoni  
tacabanga kutsi ngumuntfu loticoshako,  
taphapha tahamba.





Letsa naTsemba babonga mkhulu  
ngekubeluleka. Badvumisa sitfusatinyoni  
sabo.

Batjela bangani babo ngesitfusatinyoni.

Nyalo sebatawudlala ngaphandle  
kwekwesaba.

Bafana bacinisekisa kutsi kute lukhula engadzeni yabo. Basusa tonkhe titjalo lebetimila engadzeni yabo.





Ingadze yabo beyiyihle kakhulu.

Sipinishi besiluhlata.

Besidvonsa emehlo ebantfu labandlulako.

Letsa akawuvali umlomo ngesipinishi sabo.

“Kungani utsandze sipinishi kangaka?”  
kubuta Tsemba.

“Sipinishi siyilungele imitimba yetfu.  
Sidzinga kudla tibhidvo kute sigcine imitimba  
yetfu iphilile,” kuphendvula Letsa.







“Tonkhe tibhidvo tilungele kugcina imitimba yetfu iphilile?” Tsemba uyachubeka uyabuta.

“Yebo, kepha tiyehluka ngekwetidlo letondla umtimba,” kuphendvula Letsa.

Letsa akamange agcine lapho. Wakhuluma ngetidlo letahlukene letifolakala esipinishini.

Emagremu lalikhulu esipinishi aphetse loku lokulandzelako:

Emanti - 91%

Emaphrotheni – 2.9g

Shukela - 0.4g

Emafutsa - 0.4g nalokunye.





Tsemba sewumangele kakhulu.

“Ulutsatsaphi lonkhe lolwati?”

“Ngifundza emabhuku lengiwatfola kumtapomabhuku futsi ngisebentise neGoogle elucingweni lwami.” Letsa kusamele achaze lokunyenti. “Utsi bewati kutsi sipinishi sinemavithamini nemaminerali lagcina imitimba yetfu iphilile?” kubuta Letsa.

Emavithamini lalandzelako atfolakala esipinishini:

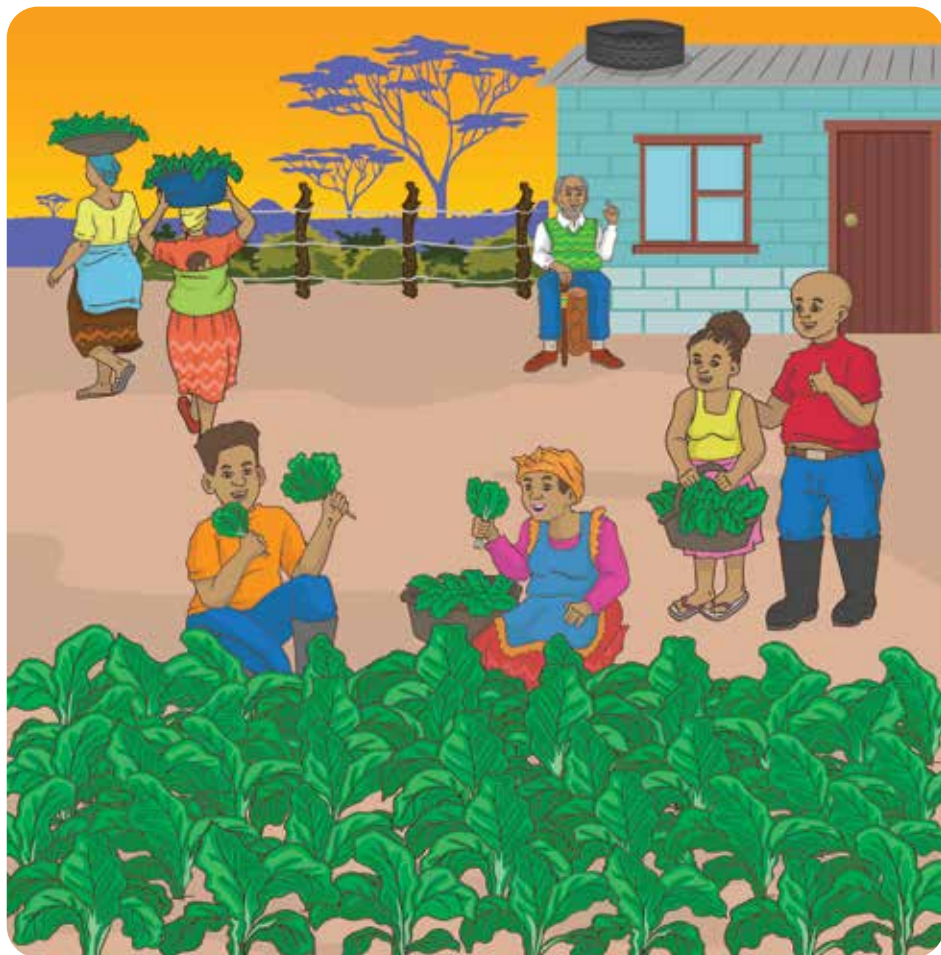
Vithamini A- usita ngekubona

Vithamini C- usita emasotja emtimba

Vithamini K1- usita kuvala ingati uma wopha

Vithamini B9- ukhulisa ticubu temtimba





Ngemuva kwemaviki lasitfupha, sipinishi besesilungele kukhiwa.

Letsa naTsemba bakha sipinishi badla kamnandzi nemndeni wabo.

Bapha nabomakhelwane.

Labafana bajabulile.

Tsemba wabonga Letsa ngalolwati lamnike lona. Futsi wacala kufundza nekwenta lucwaningo ngetibhidvo letahlukene kanye netitselo.

Tsemba waba ngumngani wemapomabhuku.





## Readers

### Lizinga 1-2

- Somiso
- Nunu naBobo
- Emawele lalusito
- Ngabe lingaphapha?
- Vala, vula, veta!
- Imbongolo yaGumbi
- Inyoka esibayeni!
- Khulile nekuhloba!
- Umlilo!
- Khabo nesiyojoni
- Basepulasini
- Buciko baLunga!
- Khosi umatasatasa!
- Fumani nembuti
- Umshado wetingobiyane
- Asongeni emanti
- Shaka umangele!
- Bahlala bakanye!
- Ngabe babe utawubuyani nini?
- Kahle, Bonkhe

### Lizinga 3

- Dvumile ulimele
- Bangani nanome kusiphi simo selitulu!
- Lijazi leligucukile
- Lirogo lelihle
- Angititsandzi tibhidvo!
- Khetsiwe lojabulile!
- Sihlutfu
- Lutsandvo lwemawele
- Emanti! Emanti!
- Sifo setingulube
- Bucili baCoco
- Kufundza ngeticoco
- Sifiso saNomadzili siyaphumelela
- Ticatfulo taTfobile letisha
- Sibhelani saKulani
- Emacandza aKuku lalahlekile
- Umushi wenkhosatane waLindo
- Umlimi Nhlonipho netingobiyane
- Balekelela mkhulu kuphola
- Umdoko lomnandzi
- Umdlali lobalulekile
- Sontfo ubamba sigebengu!
- Moli netichumane
- Sitjalo leselaphako
- Simangaliso senhlanyelo
- Umbono lomuhle waNhlakanipho
- Soweto
- Chawe angasisho sikhatsi
- Ibhola lelahlekile
- Kunambitsa kudla kwesiVenda
- Tipho
- Fani naKwikwi
- Ujakeni Magcoba?
- Imihambo nemasiko emaVenda
- Umdobi wetinhlanti

### Lizinga 4-5

- Tinyosi
- Ingwenya lenelunya
- Iringi yeligolide
- Nhlamulo uphetfwe sisu
- Bavakashela esichiwini
- Gcina utigcina aphilile!
- Busuku lobungalaleki
- Tinhlobo tetitfutsi
- Sicalo lesisha
- Kutiphindzisela kwetinkhabi
- Intfombatane lehlakaniphile
- Tinkhulu kimi!
- Bafana labahlakaniphile
- Sifo semkhuhlane
- Nomadlakadlaka lonesibindzi!
- Inkinga engadzeni yagogo
- Sicatfulo lesihle
- Liphupho laSiviwe

**ZENEX**  
FOUNDATION

**MOLTENO**  
INSTITUTE FOR LANGUAGE AND LITERACY  
EST. 1974



Ulwazi Lwethu yiphrojekthi yeZenex Foundation lechaswe ngetimali futsi lesungulwe kutfufukisa luchungechunge lwetincwadzi tekufundza tetilwimi tase-Afrika, letisemazingeni kanye netekutijabulisa, netinsita tekusekela bafundzisi. Lephrojekthi icondziswe ekufundziseni nasekusekeleni bafundzi labaseSigabeni Sabokhewane kute batfufukise kufundza nekuvisisa kwabo lulwimi lwasekhaya. Tincwadzi tekufundza tisungulwe ngetilwimi letisiphohlongo tase-Afrika ngekubambisana neMolteno Institute for Language and Literacies, Nelson Mandela Institute for Education and Rural Development, Room to Read South Africa, kanye neSaide. Tonkhe tinsita tentiwa njenge "Open Education Resources" (OER).

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