basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

NATIONAL SENIOR CERTIFICATE

IBANGA 12

ISIXHOSA ULWIMI LWESIBINI OLONGEZELELWEYO (SAL)

IPHEPHA LOKUQALA (P1)

NKANGA 2025

AMANQAKU: 80

IXESHA: Iiyure 2

Olu viwo lunamaphepha ali-14.

IMIYALELO NENGCACISO

1. Eli phepha lemibuzo linamaCANDELO AMATHATHU:

ICANDELO A:	Uvavanyo lokuqonda	(30)
ICANDELO B:	Isishwankathelo	(10)
ICANDELO C:	Izakhi nemigaqo yokusetyenziswa kolwimi	(40)

2. Phendula YONKE imibuzo.

3. Qala ICANDELO NGALINYE kwiphepha ELITSHA.

4. Krwela umgca ekupheleni KWECANDELO NGALINYE.

5. Nombola iimpendulo zakho ngokuchanekileyo ngokwendlela yokunombola esetyenzisiweyo kwiphepha lemibuzo.

6. Shiya umgca emva kwempendulo nganye.

7. Qwalasela ngokukodwa upelo nolwakhiwo lwezivakalisi.

8. Iingcebiso malunga nolwabiwo lwexesha:

ICANDELO A:	Imizuzu engama-45
ICANDELO B:	Imizuzu engama-20
ICANDELO C:	Imizuzu engama-55

9. Bhala ngokucocekileyo nangokucacileyo.

ICANDELO A: UVAVANYO LOKUQONDA

UMBUZO 1

1.1 Funda esi sicatshulwa singezantsi uze uphendule imibuzo elandelayo.

ISICATSHULWA A

UKUGCINA UKUTYA KUNGABOLI

1 Kwakudala abantu babekwazi ukukugcina ukutya kungaboli. Loo nto yayisukela kwiindlela ababephila ngazo ngaloo maxesha. Abantu ngoko babephila ngokutya iziqhamo, imifuno kunye nenyama yezilwanyana. Oku kutya kwakuye kugcinwe ngeendlela ezithile ukuze kungaboli. Ukutya okufana nemifuno kuyakhawuleza ukubola xa sekukhiwe egadini. Inyama nayo xa sele ixheliwe iyakhawuleza ukubola. Kudala bekusetyenziswa ezi ndlela zilandelayo ukugcina ukutya nenyama zingaboli: Ukusebenzisa umkhenkce, ukukomisa, ukukuvundisa (ifementeyshini) nokukuvalela ezitotini.

2 Kwiindawo ezihlala zinekhephu kwakusetyenziswa umkhenkce ukugcina ukutya kubanda kanti kwiindawo ezinobushushu obukhulu kwakubekwa elangeni ukutya nenyama ukuze zome. Ukomisa ukutya elangeni yinkqubo eyaqala ukusetyenziswa kwiminyaka yama-12 000 BC. Kuthiwa yayisenziwa ngabantu base*Middle East.* Imifuno neziqhamo kokona kutya kwakugcinwa kungaboli. Ngokuhamba kwexesha zabakho nezinye iindidi zokutya ezazisomiswa ngelanga. Umzekelo intlanzi, inyama yezilwanyana zasendle kunye namayeza. Kwiindawo apho umoya nelanga zazingafumaneki ngokwaneleyo, kwakusetyenziswa izindlu kubaswe kuzo umlilo omkhulu. Ubushushu baloo mlilo bomise ukutya oko, inyama naloo mayeza.

3 Ukuvundisa kona kwaye kwenzeka ngokuthi kubekho ibhali *(barley)* enethwe yimvula, yahlala iintsuku ezininzi imanzi. Ibhali yavunda ngenxa yeentsholongwane ezenziwe bubumanzi, yaze yajika yabutywala. Ke ngoko akukho mntu ekunokuthiwa nguye owaqala inkqubo yokuvundisa kuba kwazenzekela. Emva koko kwavela nokuvundiswa kweziqhamo kusenziwa ngazo iwayini. Oku kubonakalisa ukuba ukonakala kwenye, kukulunga kwenye.

4 <u>Kukwakho</u> nenye indlela yokukhusela ukutya kungaboli ngokuthi kuvalelwe ezitotini. Le ndlela yokugcina ukutya yaqalwa ngumbhaki waseFrance, uNicolas Appert. Emva koko amajoni omkhosi wamanzi aseFrance ayikopa, ayisebenzisa le ndlela yokugcina ukutya, inyama, imifuno, iziqhamo kunye nobisi. Ukutya kwakufakwa ezitotini ezitshiswe ngobushushu obuphezulu **kakhulu**. Iziciko ekuvalwa ngazo ezi toti zaziqiniswa ngamandla. Ukutya okugcinwe ngale ndlela akuboli kuba iintsholongwane ebezinokungena nomoya ngaphakathi ezitotini azingeni. Yiyo loo nto kubalulekile ukuziqinisa ezi toti.

5 Ngelokuvala, singatsho ukuba iindlela zokuphila kule mihla zahlukile kwezakudala. Abantu abaninzi abasahlali ezilalini apho kwakunyanzeleka ukuba bazilimele ukutya; basezidolophini apho kuthengiswa khona. Nangona kunjalo uninzi lusakonwabela ukusebenzisa ukutya okugcinwa ngokweendlela zakudala. Oku kubangelwa kukuba abanye bakusebenzisa kwimisitho yokholo nonqulo. Oko kuthetha ukuba bakugcina kuba bethanda, hayi kuba benyanzelekile. 40

[Sithatyathwe kwinqaku; National Centre for Home Food Preservation, Brian A Nummer, May 2022 saze saguqulelwa, salungiselelwa uviwo.]

JONGA KUMHLATHI 1

1.1.1 Xela ukuba yasukela phi into yokuba abantu bakwazi ukugcina ukutya ukuze kungaboli ngokwalo mhlathi. (1)

1.1.2 Xela zibe MBINI izinto ababephila ngokuzitya abantu kwimihla yakudala. (2)

1.1.3 Nika zibe MBINI iindlela ezazisetyenziswa ukugcina ukutya kungaboli. (2)

JONGA KUMHLATHI 2

1.1.4 Ngabantu baphi ababesomisa ukutya elangeni ukuze kungaboli? (1)

1.1.5 Nika umzekelo wenye into eyayisomiswa elangeni, ngaphandle kokutya. (1)

1.1.6 Wawusetyenziswa xa kutheni umlilo kwinkqubo yokomisa ukutya? (2)

JONGA KUMHLATHI 3

1.1.7 Kwakwenzeke ntoni ukuze ibhali ivunde? (1)

1.1.8 Leliphi igama elinye kwesi sivakalisi singezantsi elisixelela ukuba ukuvunda kwebhali zange kwenziwe ngumntu?

'… akukho mntu ekunokuthiwa nguye owaqala inkqubo yokuvundisa kuba kwazenzekela.' (1)

1.1.9 Ithetha ukuthini le ntetho ingezantsi ngokwalo mhlathi?

'... ukonakala kwenye, kukulunga kwenye.' (2)

JONGA KUMHLATHI 4

1.1.10 Khetha impendulo ibe NYE kwizibiyeli.

Igama, 'kukwakho' elikrwelelwe umgca ngaphantsi kwisicatshulwa (liyacutha/liyongeza) kwizinto esele zixeliwe. (1)

1.1.11 Nika ulwazi olukulo mhlathi olubonakalisa ukuba umsebenzi kaNicolas Appert waba luncedo kumajoni aseFrance. (2)

1.1.12 Khetha impendulo echanekileyo kwezi zingezantsi.

Igama,'kakhulu' elibhalwe ngqindilili kulo mhlathi licacisa …

A ukutya.
B ukutshiswa.
C ubushushu.
D ukuqiniswa. (1)

1.1.13 Ngokwalo mhlathi kungenzeka ntoni xa iitoti zokugcina ukutya zingaqiniswanga? (2)

JONGA KUMHLATHI 5

1.1.14 Khetha impendulo echanekileyo kwizibiyeli. Intetho ethi, 'iindlela zokuphila kule mihla zahlukile kwezakudala' (iyinyani/iluluvo). (1)

1.1.15 Ingaba isafuneka indlela yokugcina ukutya kungaboli ngokukubeka elangeni kule mihla? Xhasa impendulo yakho. (2)

JONGA KWITEKISI YONKE

1.1.16 Khetha impendulo echanekileyo kwizibiyeli uze uxhase impendulo yakho.

(a) Esi sicatshulwa (sinika ulwazi/siyalumkisa). (1)

(b) Xhasa impendulo oyinike ku(a) ngolwazi olukwisicatshulwa. (1)

1.2 Qwalasela lo mfanekiso ungezantsi uze uphendule imibuzo elandelayo.

ISICATSHULWA B: OKUBONWAYO

[Uthatyathwe ku-www.southwesthealth.org]

1.2.1 Khetha impendulo echanekileyo kwizibiyeli. Ngokwenkangeleko abantu abakulo mfanekiso (bangaphandle/bangaphakathi) endlwini. Xhasa impendulo yakho. (2)

1.2.2 Yintoni ebonisa ukuba abantu abasemfanekisweni bonwabile? (2)

1.2.3 Xela into ekhuthazwa ngumfoti ngalo mfanekiso. (2)

AMANQAKU ECANDELO A: 30

ICANDELO B: USHWANKATHELO

UMBUZO 2

Funda esi sicatshulwa singezantsi simalunga noncedo olufumaneka kwispinatshi ukuze umntu abe sempilweni.

Bhala isishwankathelo NGEZINTO ESINGAKUNCEDA NGAZO ISPINATSHI UKUBA UBESEMPILWENI.

IMIYALELO:

1. Bhala iingongoma EZISIXHENXE.
2. Sebenzisa amazwi akho kangangoko unakho.
3. Iingongoma zakho zinombole ukusuka ku-1 ukuya kwi-7.
4. Bhala ingongoma nganye kumgca omtsha.
5. Ushwankathelo lwakho oluneengongoma ezisixhenxe MALUNGADLULI KUMAGAMA ANGAMA-50.
6. Bonisa INANI LAMAGAMA OWASEBENZISILEYO EWONKE kwizibiyeli ekupheleni koshwankathelo.

ISICATSHULWA C

YIBASEMPILWENI NGOKUTYA ISPINATSHI

Ispinatshi sikukutya okuthathwa njengokona kubalulekileyo kuba luninzi uncedo olufumaneka kuso. Kucetyiswa ukuba sibekhona ekutyeni komntu kuba siluncedo ngezi ndlela zilandelayo:

Ukutya ispinatshi kuthintela isifo somhlaza. Ikakhulu umhlaza wesisu, owomlomo nowomqala. Sikwenza oku, ngenxa yokuba ispinatshi sinezikhuseli-mzimba ezilwa nezifo eziyingozi.

Ispinatshi sinekhalsiyam eyomeleza amathambo. Umlinganiselo wekomityi yespinatshi unazo zonke izakha-mzimba ezidingwa ngamazinyo kunye namathambo.

Sikwagcina inwebu yamehlo isempilweni. Oku kuthintela ingxaki yamehlo angaboniyo ngenxa yokuba ispinatshi sinovithamin-A oluncedo kwiingxaki zamehlo.

Ispinatshi sinciphisa amathuba okuhlaselwa sisifo soxinzelelo lwegazi. Oku kwenziwa kukuba sona sinovithamin-C oluncedo kakhulu egazini lakho.

Ukuphumla ngokwaneleyo kwenza ukuba umzimba ukhululeke. Ukutya ispinatshi yonke imihla kuphumza ingqondo nomzimba. Ingakumbi xa umntu elele.

Sigcina ingqondo yomntu ihlaziyekile, nokucinga kwakhe kuhlale kukwiqondo eliphezulu kakhulu. Oku kwenzeka ngenxa yokuba ispinatshi sinovithamin-K oncedisa kakhulu ekuloleni ingqondo yomntu.

Ispinatshi silugcina ulusu luluhle kwaye lubukeka. Loo nto yenziwa kukuba ziyafumaneka kwispinatshi zonke izithako zokwenza ulusu oluhle nolubukekayo.

Ispinatshi kukutya okufumaneka lula kuba wonke umntu unako ukuzilimela egadini yakhe. Kanti nasezivenkileni sithengiswa ngexabiso elifikelelekayo. Ngoko ke wonke umntu angazigcina esempilweni ngokuqinisekisa ukuba ukutya akutyayo, kunaso ispinatshi.

[Sithatyathwe ku-www.homeblogfoodnutrition, saguqulelwa saze sahlelwa]

AMANQAKU ECANDELO B: 10

ICANDELO C: IZAKHI NEMIGAQO YOKUSETYENZISWA KOLWIMI

UMBUZO 3: ISIBHENGEZO NTENGISO

Funda esi sibhengezo-ntengiso singezantsi uze uphendule imibuzo elandelayo.

ISICATSHULWA D

[Sithatyathwe kwi-www.avvertgallery.com, saze sahlelwa]

3.1 Nika zibe MBINI izixhobo zokutya ezikhoyo kwilogo yesi sibhengezo-ntengiso. (2)

3.2 Xela indlela anokuyisebenzisa umthengi ukufumana oku kutya. (1)

3.3 Sithetha ukuthini isivakalisi esithi, 'Sikuzisela ukutya emnyango'? (2)

3.4 Khetha impendulo echanekileyo kwezi zilandelayo.

Igama, 'NGOKU' elibhalwe ngamagama amakhulu lisetyenziselwe ukwenza ukuba umthengi ...

A athenge ngomso.
B angafuni kuthenga.
C akhawuleze athenge.
D ayeke ukuthenga. (1)

3.5 Wenze ntoni umthengisi kwesi sibhengezo-ntengiso ukuzama ukutsala abathengi? (2)

3.6 Ingaba le ntetho, 'Ses'fikile' iluncedo ukuphumeza iinjongo zesi sibhengezo-ntengiso? Xhasa impendulo yakho. (2)

[10]

UMBUZO 4: IKHATHUNI

Funda le khathuni ingezantsi uze uphendule imibuzo elandelayo.

ISICATSHULWA E

[Ithatyathwe ku-www.pinterest.com, yaguqulelwa, yaze yahlelwa]

4.1 Leliphi igama elibolekwe kwisiNgesi kwisakhelo soku-1? (1)

4.2 Yintoni ebonisa ukuba iweyitala ayilindelanga ukuba kuphendule uIvy kwisakhelo sesi-2? (2)

4.3 Khetha impendulo echanekileyo kwezi zilandelayo.

Igama, 'yayo' elikwisakhelo sesi-3 libhekisa ...

A kwi-oda.
B kwidizethi.
C kwisiselo.
D kwitafile. (1)

4.4 Yintoni le uTim noIvy bangayaziyo malunga ne-oda yabo yokutya? (2)

4.5 Nika isizathu sokuba umzobi awabhale ngoonobumba abakhulu amagama akwintetho kaTim nakwekaIvy kwisakhelo sesi-4. (2)

4.6 Ingaba umthengi uphumelele ukwenza ukuba le khathuni ihlekise? Xhasa impendulo yakho. (2)
[10]

UMBUZO 5: IPROZI

5.1 Funda esi sicatshulwa singezantsi uze uphendule imibuzo elandelayo.

ISICATSHULWA F

KWAZI UKUTYA OKUTYAYO

Ngenxa yeemeko ezitile esingenakuzilawula, thina kule mihla sitya ngokuthenga ezivenkileni. Ukutya okufumaneka **endle** akusakhuli njengangaphambili. Ngaphezulu asisenabuchule nalwazi luninzi ngezityalo zasendle. Siyanqena ukulima okanye asikuhoyanga kuba siyazi ukuba iivenkile zikhona. Ukutya esikuthenga ezivenkileni kucolisisiwe *(refined)* ngoomashini; yiyo le nto uya kufika kumhlophe qhwa. Izondlo ezifunekayo emzimbeni ziyaphuma ngeli xesha kucolisiswayo ukutya, kushiyeke kona kucocekile kodwa kungeloncedo. Imizekelo exhaphakileyo yile: irayisi emhlophe; iswekile emhlophe; umgubo wesonka omhlophe; umgubo wombona omhlophe, njalo-njalo. Ukutya okufunekayo emzimbeni koku kumdaka ngebala kanjalo kurhabaxa. Ukutya okucoliweyo kuyityhefu nangona kumnandi kakhulu side simunce iminwe. Umzekelo woko yiswekile. Abantu abaninzi abakwazi ukuhlala bengamunci zilekese, bengahlafuni zikeyiki nazibhiskithi.

[Sithatyathwe kwincwadi, *Amaxesha empucuko, Sisingise phi na?*, M Yekela, iphepha lama-32–33, saze sahlelwa.]

5.1.1 Lungisa upelo kwigama elinomgca ngaphantsi kwisivakalisi esingezantsi.

Ngenxa yeemeko ezitile esingenakuzilawula, thina bantu bale mihla sitya ivenkile. (1)

5.1.2 Bhala isimaphambili esichanekileyo endaweni yesikrwelelwe umgca ngaphantsi kwisibizo esikwisivakalisi esingezantsi:

Umzekelo: Izinja ifuna ukutya
Impendulo: Inja ifuna ukutya

Abantwana utya ukutya kwakhe. (2)

5.1.3 Khetha impendulo echanekileyo kwezi zilandelayo. Igama, 'endle' elibhalwe ngqindilili kwisicatshulwa libonisa ...

A ixesha.
B ubunjani.
C indawo.
D ubungakanani. (1)

5.1.4 Guqula isivakalisi esingezantsi sibe kwimo elandulayo.

Umzekelo: Kufuneka **sikukhethe** ukutya esikutyayo (imo evumayo.)

Impendulo: Kufuneka **singakukhethi** ukutya esikutyayo (imo elandulayo)

Ukutya kwasendle **kusakhula** njengangaphambili. (2)

5.1.5 Bhala la magama alandelayo ngokohlobo alandelelana ngalo kwisichazi–magama *(dictionary).* **Umzekelo:** Isitya, isikolo
Impendulo: (a) isikolo
(b) isitya

izondlo, izolo. (2)

5.1.6 Khetha iimpendulo ezichanekileyo kwizibiyeli. Isimelabizo (sokwalatha/soqobo) esibhalwe ngqindilili kwisivakalisi esingezantsi sisetyenziswe (emva/phambi kwesibizo).

Kushiyeke ukutya **kona** kucocekile kodwa kungeloncedo. (2)

5.1.7 Nika udidi lwesixando sesenzi esibhalwe ngqindilili kwesi sivakalisi singezantsi.

Ukutya **kuyacoleka** ngoomatshini. (1)

5.1.8 Lungisa igama elikwizibiyeli kwesi sivakalisi singezantsi.

Abantu bale mihla bayakuthanda (... tya) ezivenkileni. (1)

5.1.9 Khetha isibizo esiyintloko nesibizo esiyinjongosenzi kwesi sivakalisi singezantsi.

Abantu batya imifuno namhlanje.

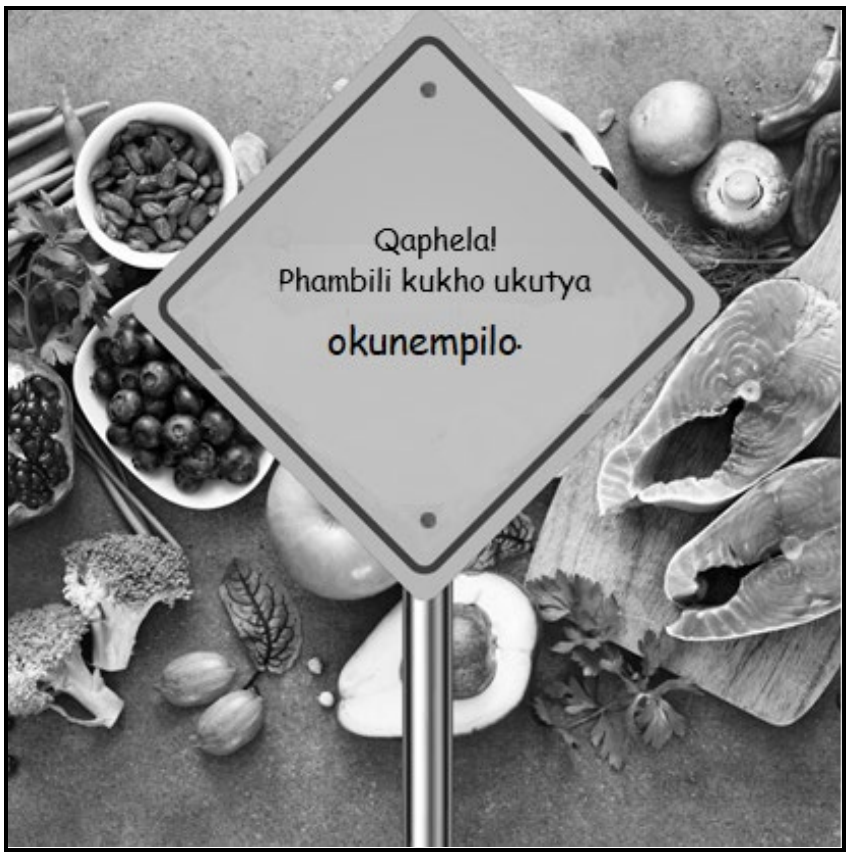
Cwangcisa impendulo yakho ngolu hlobo:

(a) Isibizo esiyintloko.

(b) Isibizo esiyinjongosenzi. (2)

5.2 Qwalasela lo mfanekiso ungezantsi uze uphendule imibuzo elandelayo.

ISICATSHULWA G



[Uthatyathwe ku-www.oldwayspt.org/blog, waza wahlelwa]

5.2.1 Qala isivakalisi esingezantsi ngegama elikrwelelwe umgca ngaphantsi.

Phambili kukho ukutya okunempilo. (2)

5.2.2 Bhala esi sivakalisi silandelayo sibe kwixesha langoku.

Umzekelo: Siza kubaleka endleleni.
Impendulo: Sibaleka endleleni.

Ndiza kutya ukutya okunempilo. (2)

5.2.3 Bhala isivakalisi esingezantsi sibe kwingxelo-ntetho.
'Yitya ukutya mama.' Utshilo ugqirha.

Qala ngolu hlobo: Ugqirha uthe ... (2)
[20]

AMANQAKU ECANDELO C: 40
AMANQAKU EWONKE: 80