

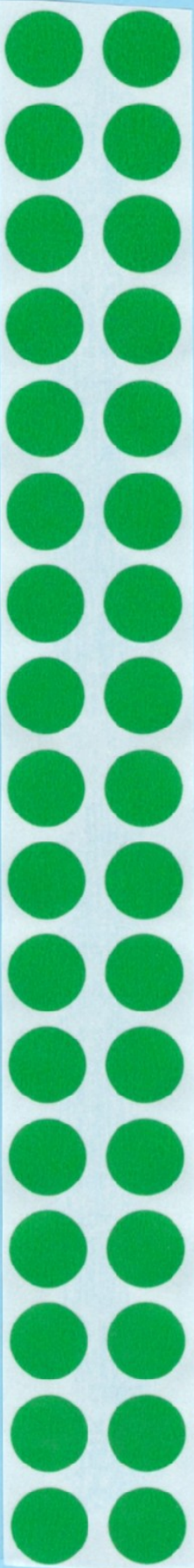
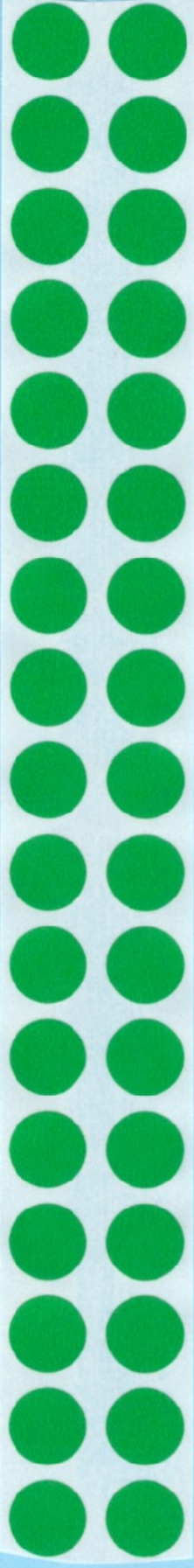
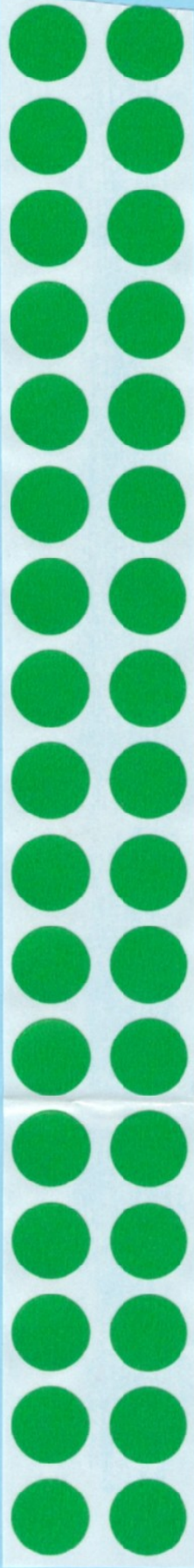
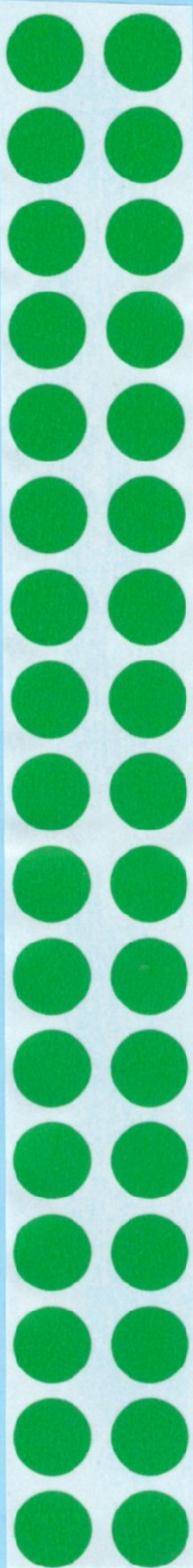
*Incwadana
Yam
Yokutya*

1. Igama: _____

2. Ilali Yakho: _____

3. Iminyaka Yakho: _____

4. Uyinkwenkwe okanye uyintombi? _____



Incwadi ngokutya nangezendalo

Igama lam ndingu Dylan McGarry ya ndingumfundi kwidyunivesiti yase Rhodes. Ndinomdla kwiindlela abantwana abasenzisa ngayo amadlelo, amahlathi, imilambo namanxweme ngemihla ngemihla. Ndinawo nomdla wokwazi ukuba ut



bunjani kuwe apho ekhaya. Le yincwadana yakho yokutya. Incwadana enje yincwadi obhala kuyo imihla ngemihla, amathuba amaninzi ubhala ngezinto ezenzekileyo kuwe ngalomini. Lencwadana yeyokuba ushicelele ukuba utye ntoni kwimini nganye. Olu lwazi lululutho, yaye luyakundinceda ukuba ndazi iindidi zokutya ozityayo.

Ukutya kwasendle nokutya kwasekhaya

Ndinomdla wokwazi ukuba uyakutya na ukutya okuqokelela emahlathini, emilanjeni, okanye elwandle. Uyakubona ke ukuba kukho iindidi ezininzi zezilwanyana, zeentaka, zeentlanzi nezinambuzane kulencwadi. Ukuba ubamba intlanzi umzekelo, khangela apha encwadini ukuze ufumane umfanekiso wentlanzi ubeke isitika kolosuku ubambe ngalo intlanzi leyo.

Indlela esebenza nyayo lencwadana

Kwiphepha ngalinye uyakubona umfanekiso ongokutya, ulandelwa zizangqa ezilishumi. Isangqa ngasinye siphawulwe usuku, okutheth' ukuthi uyakuyisebenzisa iintsuku ezilishumi elinesine lencwadana. Uyakuncamathisela isitika ecaleni kohlobo lokutya okutyileyo, kodwa phezulu kwesangqa esimele olosuku. Umzekelo, kusuku lokuqala, ujonga kumfanekiso, ukuba utye isonka kusuku lokuqala, ubeka isitika kusuku lokuqala. Ukuba akutyanga sonka ngolosuku uzakusishiya esosangqa sinjalo. Ungajonga kumfanekiso ngamnye kwiphepha ngalinye ubeke isitika ecaleni kohlobo lokutya okutyileyo ngalomini. Ukuba utye

into engekho apha ungaya kumaphepha okugqibela alencwada, apho kukho izangqa ezingakhatshwa yimifanekiso, uzobe okanye ubhale oko ukutyileyo.

Yeyantoni lencwadana yokutya?

Endikufundayo kulencwadana kuyakunceda ekwenzeni incwadi engcono ngoko kutyiwa ngabantwana kulondawo uhlala kuyo. kuyakusetyeziswa ukunceda abantwana bazi imiba yenzulu-lwazi esikolweni, yaye kuyakusetyenziswa ukunceda amanye amaqela neminye imibutho yazi kangcono ngokutya okutyiwa ngabantwana okubagcina besemphilweni.

Impilo yosapho lwakho

Kuyakuba lulutho kananjalo ukwazi ukuba injani imeko yakowenu. Mhlawumbi ngubani ojongene nawe, nokuba kukho bani ogulayo kowenu. Ezi zizinto ezibalulekileyo ukuqonda ukuba kunzima kangakanani na ukufumana ukutya okwaneleyo. Akunyanzelekanga uyiphendule lemibuzo ukuba akuziva ufuna ukwenjenjalo.

1. *Ingaba ukho na umntu ogula kakhulu kwikhaya lakho?*

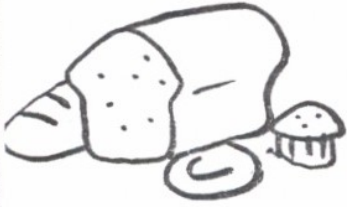
2. *Ukuba ukhona kudala kangakanani na egula?*

3. *Ingaba umama wakho usaphila na?*

4. *Ingaba utata wakho usaphila?*

5. *Ukhona na ubani okhe wasweleka kowenu kuleminyaka mibini idlulileyo?*

6. *Ukuba ukho, ingaba wayegula kakhulu phambi kokuba asweleke?*



isonka

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Rice

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umqubo

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porridge

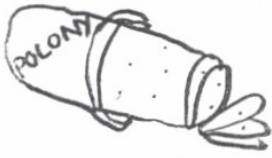
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Amafutha

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Ipaloni

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Idrinki/ isiselo

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Ichokoleti

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Itshipsi

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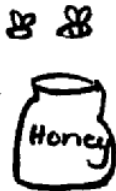
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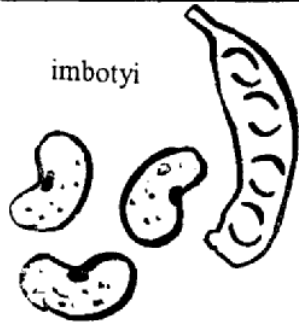
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Beetroot

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ispinach

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ikhapetshu

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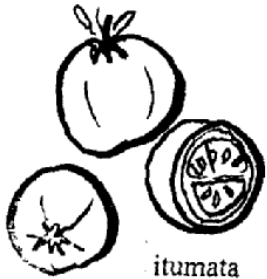
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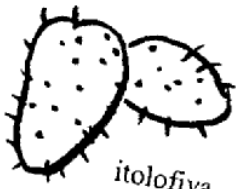
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amaqube

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lapile

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Iziqhamo zasendle

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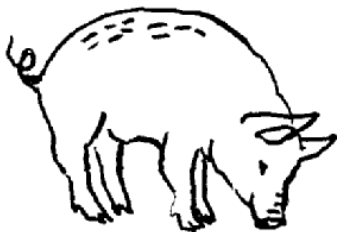
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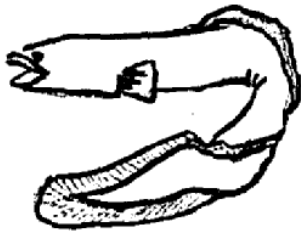
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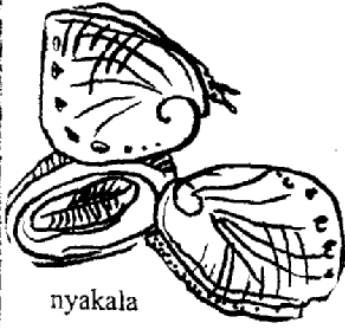
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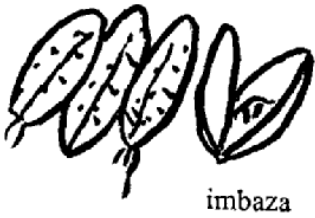
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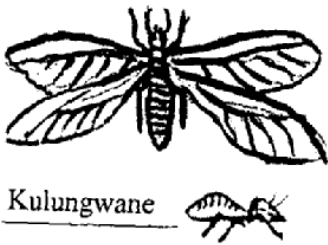
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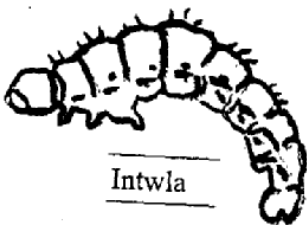
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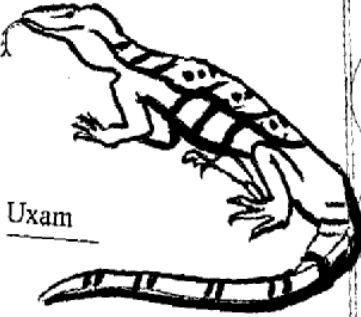
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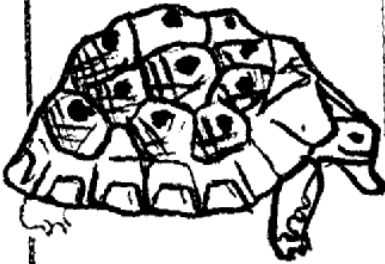
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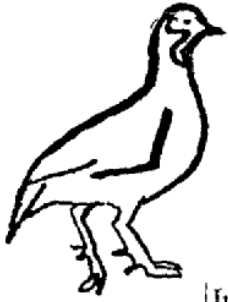
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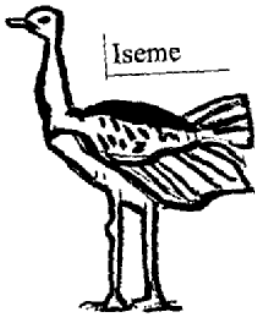
Inkwaii

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Ihobohobo

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Iseme

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isagwityi

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Ubhobhoyi

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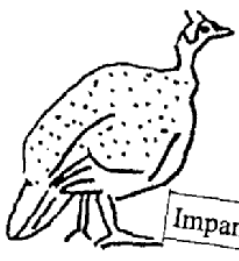
Ugwidi

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Inxanxadi

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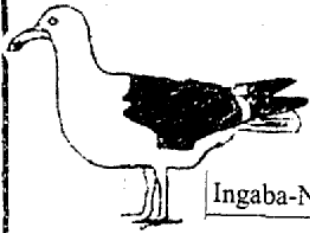
Impangele

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Ukhwalianzi

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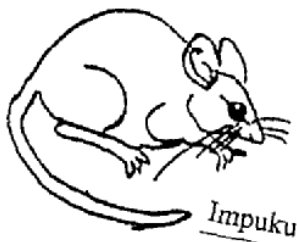
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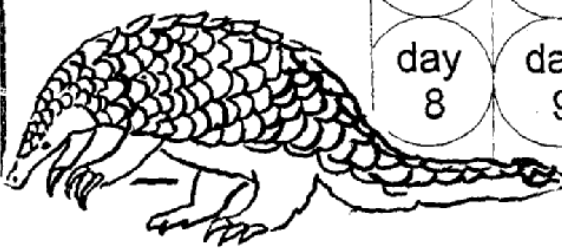
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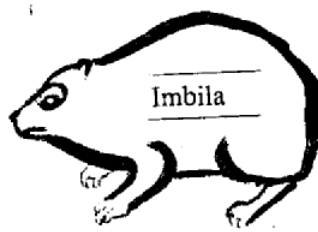
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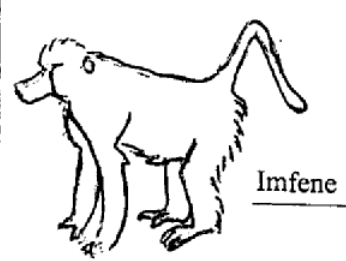
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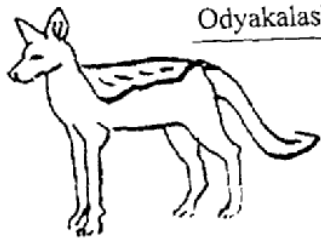
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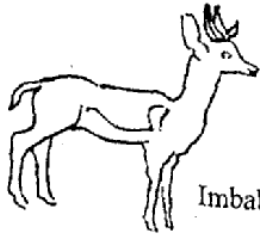
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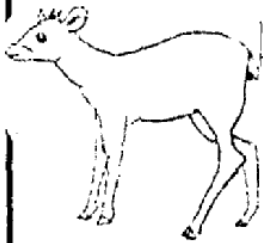
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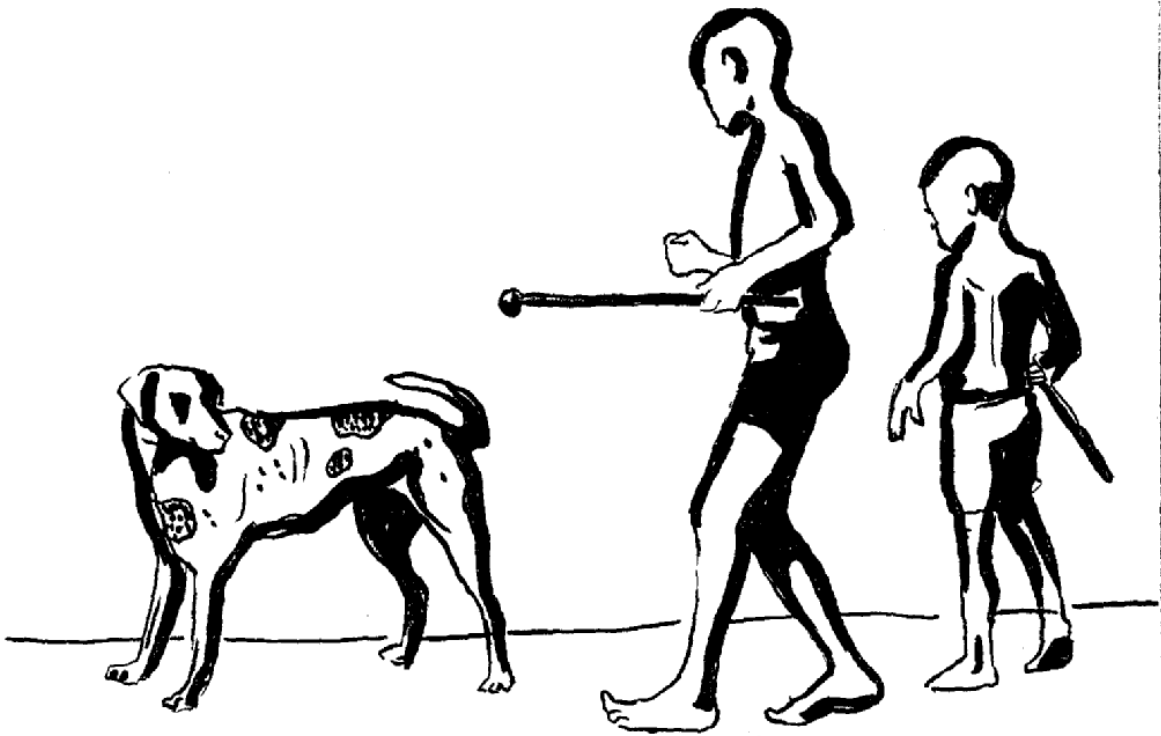
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Izinto ozenzileyo namhlanje

Kwesi isiqendu ndinomnqweno wokubona ukuba ezo zinto uzenzileyo phakathi kwekhaya, ehlathini, okanye egadini. Umzekelo ukuba ubuyokwalusa iinkomo namhlanje, ncamathelisa uphawu ecaleni komfanekiso wokwalusa kwelosuku.





ukwalusa

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day 8	day 9	day 10	day 11	day 12	day 13	day 14



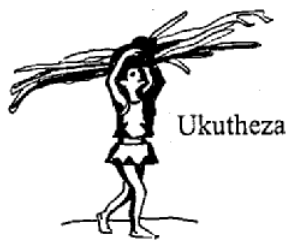
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Ukulungisa nokwakha



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Ukuthenza

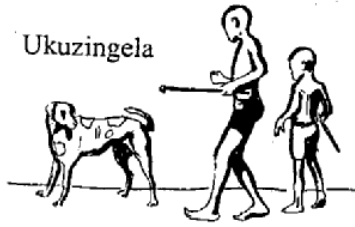
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Ukuzingela



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Ukuqokelela ukutya kwaselwandle



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Ukuthiyela



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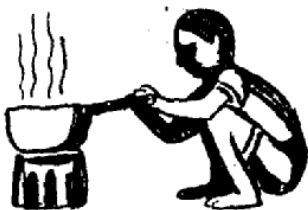
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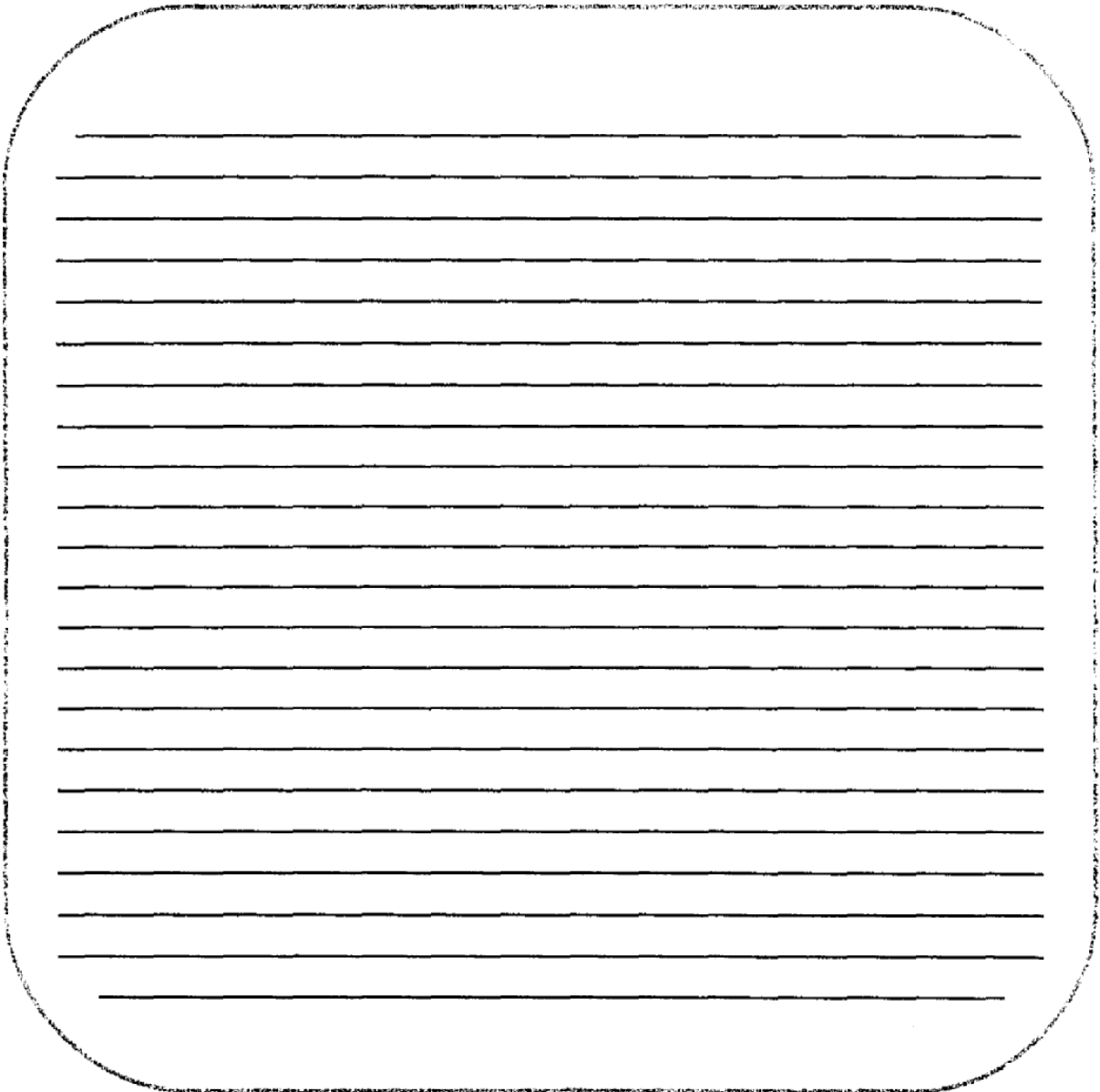
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Ibali Lakho

Kwesisigaba ungabhala ibali ngobomi bakho. Lingaba nangantoni na. Lingaba nangamabali anomdla ngawe. Owam umsebenzi ujongene nokutya kwasendle, ngoko ungaqala apho ukuba unebali elingokuzingela, ngokuloba, nangokuqokelela imifino okanye unokrwece (waselwandle). Ukuba akufuni kubhala bali akunyanzelekanga ukuba ubhale. Esisigaba sikholo nje ukuba unomdla wokundixelela into ngawe.

A large rounded rectangular box with a thin black border, containing 20 horizontal lines for writing. The lines are evenly spaced and extend across the width of the box.

A large rounded rectangular frame containing 25 horizontal lines for writing. The lines are evenly spaced and extend across most of the width of the frame. The top and bottom corners of the frame are rounded.

A large rounded rectangular frame containing 25 horizontal lines for writing. The lines are evenly spaced and extend across most of the width of the frame. The frame has rounded corners at the top and bottom.

Written and Illustrated by Dylan Kenneth McGarry

Grahamstown 2006



This book is part of My Masters Thesis,
Please contact me if you have any more questions.

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