



Province of the
EASTERN CAPE
EDUCATION

**NATIONAL
SENIOR CERTIFICATE**

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ISIXHOSA ULWIMI LWASEKHAYA – IPHEPHA 1

AMANQAKU: 70

IXESHA: iiyure 2

Olu viwo lunamaphepha ali-13.

IMIYALELO NENGCACISO

1. Eli phepha lemibuzo linamaCANDELO AMATHATHU angala:
ICANDELO A: Uvavanyo lokuqonda (30)
ICANDELO B: Isishwankathelo (10)
ICANDELO C: Izakhi nemigaqo yokusetyenziswa kolwimi (30)
2. Funda YONKE imiyalelo ngocoselelo.
3. Phendula YONKE imibuzo.
4. Qala ICANDELO NGALINYE kwiphepha ELITSHA.
5. Krwela umgca ekupheleni kweCANDELO NGALINYE.
6. Nombola iimpendulo zakho kanye ngokwendlela ekunonjolwe ngayo kweli phepha lemibuzo.
7. Shiya umgca emva kwempendulo nganye ukuze umsebenzi wakho ungaxinani.
8. Qwalasela ngeliso elibukhali upelo nolwakhiwo lwezivakalisi.
9. Yaba ixesha lakho ngolu hlobo:
ICANDELO A: Imizuzu engama-50
ICANDELO B: Imizuzu engama-30
ICANDELO C: Imizuzu engama-40
10. Bhala ngokucacileyo nangokucocekileyo.

ICANDELO A: ISICATSHULWA SOKUQONDA**UMBUZO 1: UKUFUNDELA INTSINGISELO NOKUQONDA**

Funda ISICATSHULWA A, uze uphendule imibuzo esekwe kuso.

ISICATSHULWA A**I-HIV/ AIDS – INKQUBELA ESEYENZIWE**

- | | | |
|---|---|----------------|
| 1 | Kungoku nje uMzantsi Afrika unabantu abaqikelelwa kuma-126 805 ababulawa nguGawulayo ngonyaka. Amaziko empilo karhulumente nazimeleyo atyala imali eqikelelwa kwi-R19 bhiliyoni rhoqo ngonyaka kwiinkqubo zikaGawulayo. Kodwa ke kubekho inkqubela enkulu ekwenzeni abantu ukuba bavavanyelwe uGawulayo kusetyenziswa imibutho karhulumente nezimeleyo. Ngokokutsho kwe-Statistics South Africa ngabantu abangama-87 pesenti abazaziyo imo yabo kaGawulayo. Nanjengoko uMzantsi Afrika ulelona lizwe ekunikeneni unyango lwe-Pre-exposure Prophylaxis (PrEP) litsho lehla inani labantu abosulelekayo. Impumelelo yale nkqubo ye-Antiretroviral Therapy (ART) iyabonakala kwiminyaka abantu abalindeleke ukuba bayayiphila, amabhinqa anyuke ukusuka kwiminyaka engama-56.6 ngo-2007 ukuya kutsho kwengama-67.7 ngo-2019 ukanti wona amadoda asuke kwiminyaka engama-52.3 ukuya kwengama-61.5. | 5
10 |
| 2 | Kukho izinto ezithile ezonyusa umngcipheko kaGawulayo kwabo bathengisa umzimba eziquka indlala, inani labantu abaxhomekeke kubo kwakunye nokunqaba kwemisebenzi. Ukuzitofa ngezinyobisi kuxhaphakile kubo, nto leyo ebonisa babe semngciphekweni nangakumbi wokosuleleka nguGawulayo. Nangona nje uMgaqosiseko uwakhusela amalungelo wabantu besini esinye abalalanayo amadoda amaninzi adibana neningeni emikhulu yokubukulwa nokuhlaselwa ngenxa yokuba eyinxalenye yeli qela. Oku kubangelwa yingqiqo yakudala yoluntu. Kananjalo abantu baluswele ulwazi lweemeko abajongana nazo, nto leyo eyenza kube nzima nangakumbi ukuba baveze ubuni babo kumagosa ezempilo ukuze bafumane unyango olufanelekileyo. Abantu abazitofa ngezinyobisi nabo basemngciphekweni ngokufanayo nabathengisi ngomzimba nababelana ngesondo ngaphandle kokhuseleko. Amabhinqa atshintshe isini athi abe semngciphekweni ngokuthi abukulwe luluntu, ngalo ndlela angayifumani inkathalo ayidingayo. | 15
20
25 |
| 3 | Lehlile inani lokosuleleka kwabantwana ngenxa yenkqubo yokunqandwa kokosuleleka kwabantwana ngoomama babo. Abantwana badla ngokuchatshazelwa nguGawulayo xa kuthe kwasweleka ilungu losapho. limbedlenge zisemngciphekweni ngenxa yendlala; ziba semngciphekweni wokunyanzelwa ukuba zilale nomntu ukuze zifumane inkxaso, zize ziqhele ukulala nomntu. Ukuthandana kwamadoda amadala namantombazana aselula ngomnye unobangela wokosuleleka. Kungenzeka ukuba la madoda afumene uGawulayo kumabhinqa alingana nawo. | 30
35 |

- 4 Kule minyaka igqiba kuphela uMzantsi Afrika uye wanenkqubela enkulu ekukhuthazeni abantu abaninzi ukuba bavavanyelwe uGawulayo ngeenjongo zokuba ama-90 eepesenti abo banaye bazazi ze bafumane unyango. Amaqumrhu azimeleyo adlala indima enkulu, kwaye kumele bukuliswe ubudlelwane norhulumente ukuze kuqinisekiswa ukuba kuyafikwa kwi-100 leepesenti. Kufumaniseka ukuba ngamabhinqa ikakhulu avavanywayo kunamadoda. Oku kubangelwa kukuba ngawo athi avavanywe rhoqo ngexa ekhulelwe. Uphando lubonisa ukuba uninzi lwamadoda alufuni ukuvavanywa, oyika ihlazo nokuba oku kwaziwe ngumntu wonke. Kumele kuqwalaselwe le ndlela yokuzivavanya ngokwakho kuba ingathi yeyona ihamba phambili. Likhona unxibelelwano phakathi kwemeko yomntu yezoqoqosho nenokubangela ukuba angayi kuvavanywa. Abo basaziyo isimo sabo sikaGawulayo uye ufumanise ukuba bafundile, bayasebenza, banolwazi oluthe ngqo ngoGawulayo kwaye bawazi kakuhle umngcipheko. 40
- 5 UMzantsi Afrika ufuna **ukucutha** ukosuleleka ngonyaka kube ngaphantsi kwekhulu lamawaka ngo-2022. Ukwazimisele ekubeni kungabikho mama wosulela usana lwakhe ngoGawulayo. Iinkqubo zokufikeleleka kwee- ARV's ebantwini ziye zaphucuka. Iikhondom zamadoda nezamabhinqa mazisasazwe, ingakumbi kwiilali neelokishi. Ezinye zeemfundiso kumele zibethelele into yokusetyenziswa kweekhondom ngendlela eyiyo. Uphando lubonisa ukuba kungehla ngama-60 eepesenti ukosulelwa kwamadoda ngamabhinqa xa kunokuthi koluswe amadoda. 55
- 6 Ngama-59 eepesenti kuphela ulutsha olunolwazi oluthe vetshe ngeendlela zokuthintela uGawulayo. Sisihlanu seepesenti kuphela izikolo ezifundisa ngokwabelana ngesondo. Ulwazi ngamandla. Ukufundisa abantwana ngokuthe gabalala ngokwabelana ngesondo kuza kwehlisa umngcipheko wokosulelana ngezinye izifo zesondo, kwehlise ukudlwengulwa kwamadoda aselula kuze kuphinde kwehlise namathuba okuba bafune ukulala nabantu njee. Imiqobo yokufundisa ngokupheleleyo ngesondo ezikolweni iquka izinga eliphezulu lokuyeka ukufunda, ukungaqeqeshwa ngokukuko kootitshala nokungafuni ukufundisa ngenxa yokucinga ukuba akufanelekanga oku. 65
- 7 UMzantsi Afrika uneyona nkqubo ye-ART inkulu kwihlabathi. Ngomnyaka ka-2018 ingxelo edityanise yiNkqubo yeZizwe eZimanyeneyo yathi zizigidi ezine zabantu ezifumana unyango eMzantsi Afrika. Lo nto ifikelela kuma-60 eepesenti wabantu abanentsholongwane kaGawulayo. Ngomnyaka ka-2016 uMzantsi Afrika waqalisa iphulo elibizwa 'vavanywa uze unyangwe', nalapho bekukhuthazwa abantu abafunyaniswe benentsholongwane kaGawulayo ukuba banyangelwe yona. Oku kwenyuse inani labo bafanelekileyo ukuba banyangwe ngezigidi eziyi-3.39 ukusuka ngomnyaka ka-2015 zaba zizigidi eziyi-7.1 ngomnyaka ka-2016. Liphindwe kabini eli nani kwisithuba nje esingaphezulu konyaka. Liyancumisa eli nani xa ucinga ngomthwalo weSebe lezeMpilo. 75

[Sicatshulwe kwimagazini iBONA *eyoMnga* 2019, amaphepha 60–69, saze sahlelwa]

ISICATSHULWA B: OKUBONWAYO

[Sicatshulwe kwi-intanethi www.googlesearch.com]

ISICATSHULWA A**Jonga kumhlathi woku-1.**

- 1.1 Khankanya igama lesifo esigqungqisa uMzantsi Afrika. (1)
- 1.2 Chaza igalelo likarhulumente nemibutho ezimeleyo ekuncediseni ukulwa esi sifo. (2)
- 1.3 Nika ubungqina obubonakalisa ukuba inkqubo ye-Antiretroviral Therapy (ART) yenze umahluko kwiimpilo zabantu abanesi sifo. (2)

Jonga kumhlathi wesi-2.

- 1.4 Sibonakalisa ntoni isakhi esikrwelelwe umgca ngaphantsi kwisivakalisi esingezantsi?
 'Ukuzitofa ngeziyobisi kuxhaphakile kubo, nto leyo ebona babe semngciphekweni nangakumbi wokosuleleka nguGawulayo.' (2)
- 1.5 Xela isizathu sokubukulwa nokuhlaselwa kwamadoda esini esinye alalanayo. (2)

Jonga kumhlathi wesi-3.

- 1.6 Nika intsingiselo yegama, 'iimbedlenge'. (2)

- 1.7 Ingaba uyangqinelana noluvo lombhali kwesi sivakalisi singezantsi? Xhasa impendulo yakho.

‘Ukuthandana kwamadoda amadala namantombazana aselula ngomnye unobangela wokosuleleka.’ (2)

Jonga kumhlathi wesi-4.

- 1.8 Cacisa owona mxholo uphambili walo mhlathi. (2)

Jonga kumhlathi wesi-5.

- 1.9 Nika isithethantonye segama elibhalwe ngqindilili. (1)

- 1.10 Ingaba umbhali ubethelela ngcinga ni ngokwesini ngokusebenzisa esi sivakalisi silandelayo?

‘Uphando lubonisa ukuba kungehla ngama-60 eepesenti ukosulelwa kwamadoda ngamabhinqa xa kunokuthi koluswe amadoda.’ (2)

Jonga kumhlathi wesi-6.

- 1.11 Chaza indlela esisetyenziswe ngayo isifanekisozwi esikrwelelwe umgca ngaphantsi kwesi sivakalisi silandelayo:

‘... ulutsha olunolwazi oluthe vetshe ngeendlela zokuthintela uGawulayo.’ (1)

- 1.12 Khetha impendulo engangqinelaniyo kwezi zilandelayo:

Imiqobo yokufundisa ngokupheleleyo ngesondo ezikolweni iquka:

- A Ukubethwa kwabafundi ngootitshala
- B Izinga eliphezulu lokuyeka isikolo
- C Ukungaqeqeshwa ngokukuko kootitshala
- D Ukungafuni ukufundisa ngenxa yokucinga ukuba akufanelekanga oko. (1)

Jonga kumhlathi wesi-7.

- 1.13 Cacisa ifuthe lephulo, ‘vavanywa ze unyangwe’ kwimpilo yabantu abanesifo uGawulayo. (1)

- 1.14 Yintoni injongo yombhali ngokusebenzisa igama elikrwelelwe umgca ngaphantsi kwesi sivakalisi singezantsi?

‘Liyancumisa eli nani xa ucinga ngomthwalo weSebe lezeMpilo.’ (1)

Jonga isicatshulwa sonke.

- 1.15 Ufunde ntoni kwesi sicutshulwa? (2)

ISICATSHULWA B

1.16 Kwenzeka ntoni kulo mfanekiso? Xhasa impendulo yakho. (2)

1.17 Phawula ngokunzulu ngokwenzeka kulo mfanekiso ukwiscatshulwa B. (2)

ISICATSHULWA A no B

1.18 Ingaba ISICATSHULWA B siyawuxhasa umyalezo wesicatshulwa A?
Xhasa impendulo yakho. (2)

AMANQAKU ECANDELO A: 30

ICANDELO B: ISISHWANKATHELO**UMBUZO 2: UKUSHWANKATHELA NGAMAZWI AKHO****ISICATSHULWA C**

- Funda ngocoselelo esi sicutshulwa singezantsi singeengcebiso ngomawungakwenzi xa ukhulelwe, uze usishwankathele ngamazwi akho ungacaphuli kwitekisi.
- Impendulo yakho mayingadluli kumagama angama-70.
- Shwankathela **ngokomhlathi kuphela**, kodwa isishwankathelo sakho masiquke iingongoma ezi-7. (7)
- Bhala inani lamagama owasebenzisileyo kwizibiyeli.
- Akulindelekanga ukuba ubhale isihloko sesishwankathelo.
- Qaphela indlela echanekileyo yokusetyenziswa kolwimi, iimpawu zobhalo nococeko. (3)

OMAWUNGAKWENZI XA UKHULELWE

- 1 Wakuzazi ukuba ukhulelwe ufuna ukulunonophela kangangoko unako usana oluthweleyo. Nangona usana lukhuselekile esiswini, zininzi izinto ezingabeka ukhuseleko lwalo esichengeni. Ukusela utywala nokuba bungakanani kuyingozi elusaneni olukhulelweyo. Kungalwenza lube ne-Fetal Alcohol Syndrome, elwenza luzalwe luneziphene emzimbeni, lungakhululeki, lube neengxaki kumalungu omzimba, kunye neengxaki zentliziyo. Akukho mlinganiselo wotywala okhuselekileyo xa ukhulelwe.
- 2 Kuyingozi ukutshaya ukhulelwe kuba kungenza usana uluzale luluncinane kakhulu. Kungenza kubekho ihlwili legazi kwisibeleko nelingenza siphuncuke isisu. Kungakwenza nokuba ubeleke phambi kwexesha okanye ube nezinye iingxaki. Ukungatshayi xa ukhulelwe kuya kusindisa usana lwakho kwiingxaki zempilo ezingenzeka sele luludala.
- 3 Unganayo ikati, kodwa ungalicoci ilindle layo. Ilindle lekati linentsholongwane ekuthiwa yi-*toxoplasmosis* engakwenza ubeleke phambi kwexesha, ubeleke usana oluncinane, okanye olunengxaki yamehlo nobuchopho. Eyona nto imbi ngetoxoplasmosis kukuba ibhinqa lingazibonisi iimpawu kodwa iyagqitha egazini lalo iye kusulela usana.
- 4 Musa ukutya ukutya okungalubeka emngciphekweni usana olukhulelweyo. Inyama ekrwada okanye engavuthwanga isenokuba nentsholongwane yetoxoplasmosis ne*Salmonella*. Ungasulelwa lula yityhefu yokutya xa ukhulelwe, ngoko qiniseka ukuba ivuthiwe. Intlanzi iyingozi kusana olusakhulayo esiswini kuba in*mercury*. Amaqanda akrwada anobungozi kusana olusesiswini.

- 5 Ungasebenzisi amayeza, izinto ezongeza iivithamini okanye amayeza esintu xa ukhulelwe ungakhange ufumane iingcebiso zikagqirha. I-*aspirin* iyingozi kusana olukhulelweyo, ingakumbi kwiinyanga ezintathu zokuqala. Ngoko thetha nogqirha ngaphambi kokuba uyisebenzise.
- 6 Izibulala-zinambuzane ezenziwe ngamachiza kutshizwa ngazo izityalo nemfuyo, kwaye zayanyaniswa neziphako ezenzeka entliziyweni nakumalungu omzimba. Ungayiphathi ipeyinti nezibulala-zinambuzane. Ivumba lepeyinti linobungozi kuwe nakusana olukhulelweyo. Xa kufuneka usebenzise isibulala-zinambuzane emzini wakho fumana umntu oza kusitshiza.
- 7 Xa ukhulelwe kufuneka ubushushu bakho bungabi ngaphezulu kuka-39°C. Musa ukuhlamba ngamanzi ashushu kakhulu. Ukuhlamba nje imizuzu eli-10 ukuya kwengama-20 ngamanzi ashushu kunyusa ubushushu bomzimba wakho. Kaloku xa ukhulelwe umzimba wakho usebenza ngamandla, ngoko ukunyuka kobushushu bawo kuyingozi kusana olukhulelweyo, kwaye kunokwenza siphuncuke isisu. Oku kwenzeka kakhulu kwiinyanga ezintathu zokuqala.

[Sicatshulwe kwimagazini iBONA kaFebhruwari 2010, iphepha 63, saze sahlelwa]

AMANQAKU ECANDELO B: 10

ICANDELO C: IZAKHI NEMIGAQO YOKUSETYENZISWA KOLWIMI**UMBUZO 3: UKUHLALUTYA INTENGISO**

Funda le ntengiso ingezantsi (ISICATSHULWA D) uze uphendule imibuzo esekwe kuyo.

ISICATSHULWA D

[Sicatshulwe kwi-intanethi www.googlesearch.com, saguqulelwa saze sahlelwa]

- 3.1 Xela igama lale mveliso ithengiswa kule ntengiso. (1)
- 3.2 Ijoliswe koobani le ntengiso? (1)
- 3.3 Chaza unxulumano olubonakalayo phakathi kwegama 'iziqhamo' kunye nomfanekiso kule ntengiso. (2)
- 3.4 Chonga igama elibonakalisa isiyaleli kule ntengiso. (1)
- 3.5 Kubethelela ngcinga ni ukusetyenziswa kweziqhamo xa bekuzotywa eli kiwi? (2)
- 3.6 Khetha impendulo echanekileyo kwezi zingezantsi. Xa kuthethwa ngekiwi kubhekiselelwe kwi: (1)
- A Isinambuzane
B Intaka
C Isilwanyana
D Isirhubuluzi
- 3.7 Ingaba uyangqinelana nokuba xa usitya iziqhamo ntsuku zonke uba sempilweni? Xhasa impendulo yakho. (2)

[10]

UMBUZO 4: UKUCAZULULA IKHATHUNI**ISICATSHULWA E**

Funda le khathuni ingezantsi uze uphendule imibuzo esekwe kuyo.



[Icatshulwe kwi-intanethi www.zitscartoons.com, yaguqulelwa yaze yahlelwa]

- 4.1 Babonakala bephi aba bantu bakule khathuni? Xhasa impendulo yakho. (2)
- 4.2 Lisetyenziswe njani igama elikrwelelwe umgca ngaphantsi kwisakhelo sokuqala? (1)
- 4.3 Uphuhlisa ntoni umbuzo obuzwa ngumama kaLiyema kwisakhelo sesibini? (2)
- 4.4 Abonakalisa ntoni amachokoza amathathu ekupheleni kwentetho kaLiyema kwisakhelo sesibini? (1)
- 4.5 Iveza ntoni into yokufulathelwa kukaLiyema ngunina kwisakhelo sesithathu? (2)
- 4.6 Ingaba ilungile into yokumqhawula umntu engekagqibi ukuthetha? Xhasa impendulo yakho. (2)

[10]

UMBUZO 5: UKUSETYENZISWA KOLWIMI NGOKUCHANEKILEYO

Funda ISICATSHULWA F, uze uphendule imibuzo esekwe kuso.

ISICATSHULWA F**UKUKHULA KWABANTWANA NOKUHLOLWA KWAMANTOMBAZANA**

- 1 Ngoku sikwindima yokukhula komntwana ebomini, oyinkwenkwe nobhinqileyo. Iliso lomntwana oyintombazana ngunina, elo loyinkwenkwe nguyise. Kodwa loo nto ayithethi ukuba abanye abantu belo khaya abanalo bona iliso kwezo ndidi zimbini zekhaya elo.
- 2 Yakuba intombazana *ifikisa*, ukutsho oko ukuphuma amabele, unina uyayilumkisa ayinike ingqeqesho ibe nye ngobom bayo. Kuqala uza kuyazisa ngomntu enaye, ukutsho oko inkwenkwe yakhe, kuba xa esekwelo thuba usemakhwenkweni. Kananjalo akalahlekwanga yinto yokuba nenkwenkwe leyo ikudidi lwengozi emntwaneni oyintombazana xa alele nayo ekumetsheni. Xa kunjalo uyamazisa iindlela zokuphephisa ukumithiswa nguloo mntu wakhe. Inkwenkwe ekolo didi yileyo ethe yavisa, ukutsho oko ikudidi lokumithisa. Bakhula esaziwa loo mntwana uthandana naloo ntwazana, kungekho omnye umntu onayo loo ntwazana leyo kuba ibiba lihlazo kumntwana oyintombazana ukuva into yokuba babini abantu ahleka nabo.
- 3 Lo uyinkwenkwe uyise uthi xa ayiyalayo maze yazi into yokokuba ngoku ivuthiwe, ikwithuba lobuntu ngako oko ke kufuneka izilumkele elumetshweni kuba apho ithe yonakalisa intombi yomntu uthango lwakokwayo iya kuba iluqhekezile.

[Sicatshulwe kwincwadi ethi 'IZIXINGAXI ZAMAXHOSA' ebhalwe ngu-A.S.M. Sityana, iphepha 22, saze sahlelwa]

- 5.1 Libonakalisa ntoni igama elikrwelelwe umgca ngaphantsi kumhlathi wokuqala? (1)
- 5.2 Sizisa ntsingiselo ni isimamva esibhalwe ngqindilili kumhlathi wokuqala? (1)
- 5.3 Nika intsingiselo yegama elibhalwe bukekela kumhlathi wesibini. (2)
- 5.4 Bhala esi sivakalisi silandelayo sibe kwimo evumayo: (1)

'Kananjalo akalahlekwanga yinto yokuba nenkwenkwe leyo ikudidi lwengozi emntwaneni oyintombazana ...'

- 5.5 Xela uhlobo lwesenzi esikrwelelwe umgca ngaphantsi kweli binzana lingezantsi:
'... uyamazisa iindlela zokuphephisa ...' (1)
- 5.6 Yakha isivakalisi esinegama elikrwelelwe umgca ngaphantsi kwesi sivakalisi silandelayo sibe nentsingiselo eyahlukileyo:
'... kungekho omnye umntu onayo loo ntwazana ...' (1)
- 5.7 Bhala isichasi segama elikrwelelwe umgca ngaphantsi kweli binzana lingezantsi:
'... ibiba lihlaho kumntwana oyintombazana ...' (1)
- 5.8 Guqula le ngxelo-ntetho ilandelayo ibe kwintetho-ngqo:
'Uyise uthi xa ayiyalayo maze yazi into yokokuba ngoku ivuthiwe.' (2)

[10]

AMANQAKU ECANDELO C: 30
AMANQAKU EWONKE: 70