Bala:

8 + 5 = ...   12 + 8 = ...

14 + 3 = ...   10 + 8 = ...

8 + 9 = ...   7 + 13 = ...

5 + 12 = ...   9 + 10 = ...

13 + 6 = ...   19 + 1 = ...

6 + 9 = ...   10 + 10 = ...

9 + 9 = ...   5 + 13 = ...

8 + 8 = ...   6 + 6 = ...

3 + 10 = ...   4 + 8 = ...

12 + 6 = ...   7 + 7 = ...

16 + 1 = ...   5 + 14 = ...

9 + 11 = ...   16 + 2 = ...
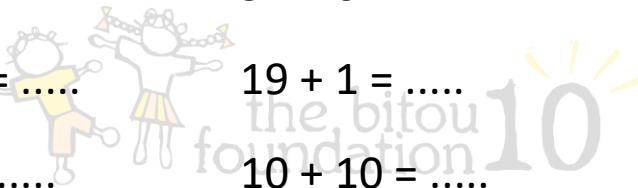
Bala:

2 + 2 + 2 + 2 + 2 + 2 + 2 = ...

2 x 7 = ...   7 x 2 = ...

3 + 3 + 3 + 3 + 3 = ...

3 x 5 = ...   5 x 3 = ...

9 + 9 + 9 + 9 + 9 + 9 = ...

6 x 9 = ...   9 x 6 = ...

15 + 15 + 15 + 15 = ...

4 x 15 = ...   15 x 4 = ...

20 + 20 + 20 = ...

3 x 20 = ...   20 x 3 = ...

10 + 10 + 10 + 10 + 10 + = ...

5 x 10 = ...   10 x 5 = ...

Gqibezela le tafile.

Inani	+2	-2	+5	-5	+10	-10
400						
380						
175						
330						
465						
86						
63						

Bala izinto kwiqela ngalinye.

Healthy Food Pyramid

Iziqhamo nemifuno: ……………………………………………………

Iiproteni kunye nemveliso yobisi: …………………………………..

Iikhabhohayidreti: …………………………………………………………

Iioyile: ………………………………………………………………………..

Inani lilonke lezinto ezifumanekayo: ………………………….

Yahlula inani lekhabhohayidrathi ngesi 5: …………………

Zingaphi ezishekileyo?: ………………………………………………

Fakela umbala kula maqhezu angezantsi.

ikota

isinye kwisibhozo

ihafu

isinye kwisithathu

Ukuphindwa phidwa kwezinto eziphinda
zisetyenziswe.

 x 4 = ...

 x 3 = ...

 x 4 = ...

 x 10 = ...

 x 3 = ...
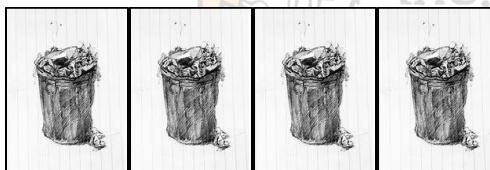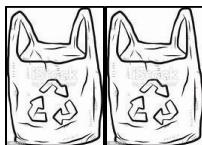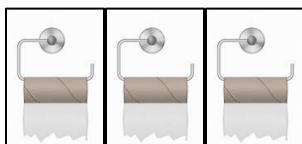
Cacisa iphatheni ngamagama

2; 4; 6; 8; 10; 12

....

30; 25; 20; 15; 10; 5

....

60; 70; 80; 90; 100; 110

....

16; 20; 24; 28; 32; 36;

....

1; 2; 4; 8; 16; 32

....

60; 57; 54; 51; 48; 45

....

Greyidi 3   QMT2-8

Bonakalisa amaxesha kwezi wotshi.
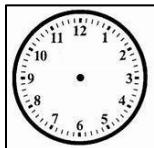
 umkhono phambi kwentsimbi yesithandathu
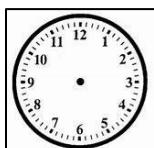
 icala emva kwentsimbi yesixhenxe
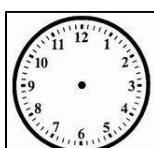
 intsimbi yesixhenxe
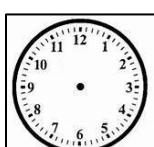
 umkhono emva kwentsimbi yesine

Funda wandule ukubhala amaxesha afumaneka kwezi wotshi.

3:00 9:15 7:45 4:30
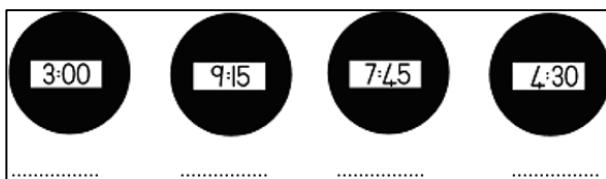
1. Fakela isangqa kwimpendulo echanekileyo.

1.1   Amanani amabini alandelayo kwi phatheni

ngo: 4; 6; 8; ....; .....

a) 16; 32   b) 12; 14

c) 10; 12   d) 8; 6

1.2 Amanani angekhoyo ngu: 3; ....; 9; ....;

15

a) 4; 10   b) 6; 12

c) 5; 11   d) 8; 14

1.3 Amanani amabini alandelayo kwiphatheni

ngu:90; 70; 50; ....; .....

a) 30; 10   b) 20; 0

c) 40; 3   d) 30; 0

1.4 Inani elilandelayo kwi phatheni: 1 2; 3; 6;

   12; 24; ngu …..

   a) 25   b) 48

   c) 6   d) 26

1.5 Iphatheni 9; 11; 13; 15; 17…. inoku:

   a) ino 3 ofakelwa rhoqo

   b) ino 2 ofakelwa rhoqo

   c) ino 1 ofakelwa rhoqo

   d) ayikho efanelekileyo

2. Gqibezela iphatheni ngokuthi ufakelele amagama amabini

King, **L**ion, **M**ilk, …………………………………….,
……………………………………………..

1. Sebenzisa la magama ukuchaza izinto
   ezilandelayo inzima, ilula okanye ziyalingana.

1.1 ....
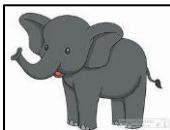
1.2 ....
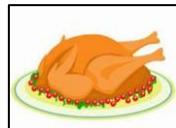
1.3 ....
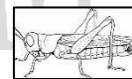
1.4 ....

1 .5 ....
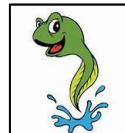
Bhala la manani ngamagama wandule ukunika ixabiso lendawo le nani ngalinye elinomgca ngaphantsi.

3<u>1</u>0 ....

29<u>3</u> ....

<u>1</u>99 ....

4<u>0</u>0 ....

<u>2</u>8 ....

1<u>5</u>2 ....

<u>3</u> ....

3<u>9</u>3 ....

6<u>9</u> ....

20<u>0</u> ....

<u>3</u>11 ....

Gqibezela ezi kholam.

90	300	500	20
+40	-60	-10	+90
+20	-30	-60	+80
+30	-10	-40	+60
+10	-10	-20	+10
+50	-30	-10	+40
+50	-20	-30	+30

Gqibezela oku kulandelayo

1. Gqibezela le phatheni ikule tafile.

2. Yibhale iphatheni ngamagama.

a)

5	10	15			

....

b)

17	18	20		23	24

....

c)

20	18	16			

....

d)

500	400	300			

....

Qwalasela lo mfanekiso wandule ukuphendula
Imibuzo.

1. Zingaphi izinto ezinokuthi zisetyenziswe
   kwakhona kulo mfanekiso?
2. Ukuba ungohlul-hlula ezizinto
   zisetyenziswayo kwakhona zibengamaqela
   amathathu ,ungafumana ezingaphi kwiqela
   ngalinye.
3. Ingaba zikhona izinto ezisetyenziswayo
   khakhona ezishiyekileyo?

Rhangqela impendulo echanekileyo.

a) Umthi u (**nobunzima/lula/yalingana) kunehlathi.**

b) Utata **(inobunzima/lula/yalingana)** kuno nyana
   wakhe.

c) Iloli i **(nobunzima/lula/iyalingana)** kune moto
   kamama.

d) Indlu i **(nobunzima/lula/yalingana)** kune bloko
   yezindlu.

e) Ubunzima obuyi 4kg yeebhola zentenetya bu
   (**nzima/lula/lingana**) kune 4kg yezitena.

f) Icala lekeyiki li(**nzima/lula/lingana)** kuna xa
   ndiyisike yangamacala amabini alinganayo

g) Ikota yelitha yesiselo esibandayo i (**nzima/lula
   /lingana**) kune toti yesiselo esiyi 250ml.

h) Isinye kwisithathu sepakethe yamaqebengwana si
   (**nzima/lula/lingana**) kune sinye kwisibhozo
   Samaqebengwana.

1. Sebenzisa isichazi magama ufumane intsingiselo zala magama. Bhala phantsi intsingiselo yegama ngalinye.

a) Izilwanyana ezineentsiba: …………………………..

b) Izinambuzane: ………………………………………………

c) Izirhubuluzi: ………………………………………………

d) Indawo yokuhlala: ………………………………………..

e) Iimpawu: …………………………………………………………

2. Gqibezela le tafile

Izilwanyana	Amanqaku azo	Itotali yazo
Izilwanyana ezineentsiba		
Izirhubuluzi		
Izinambuzane		
Izilwanyana zasemhlabeni		
Inani lezilwanyana zizonke		

2.1 Zingaphi izilwanyana zizonke?

2.2 Zingaphi izirhubuluzi?

2.3 Nika igama lesirhubuluzi osibonayo.

2.4 Zeziphi ezona zilwanyana zininzi?

2.5 Nika izilwanyana ezintathu ezi ngezizo ezalapha eMzantsi Afrika ngokwendalo.

2.6 Sesiphi isinambuzane esithi sisebenzise umgutyana ukwenza ukutya kwaso.

2.7 Izilwanyana ezineentsiba (zininzi, zingaphantsi, ziyalingana) kunye nezinambuzane.

18

2.8 Gqibezela le tafile usebenzisa mbala wumbi kwisilwanyana ngasinye.

32				
30				
28				
26				
24				
22				
20				
18				
16				
14				
12				
10				
8				
6				
4				
2				
Inani lonke	Izilwanyana zasemhlabeni	Izilwanyana ezineentsiba	Izirhu buluzi	I Izinambuzane

1. USuzi utyelelela umama wakhe ukusuka ku 10:30 ukuya ku 12:15. Luthathe ixesha elingakanani utyelelo lwakhe?

2. Rhangqela impendulo echanekileyo :

  2.1 Umkhono phambi kwentsimbi yeshumi ubhalwa ngolu hlobo

   a) 10:15   b) 10:30

   c) 10:00   d) 10:45

2.2 Ixesha ukusuka ku 8:30 ukuya ku 12:15

   a) 4 iyure kunye 15 imizuzu

   b) 3 iyure kunye 30 imizuzu

   c) 3 iyure kunye 45

   d) 4 iyure

2.3 Ukuba uloliwe uyaphuma esitishini ngentsimbi yesi 7:00 kusasa aze afike apho ayakhona nge 4:30 emva kwemini, Ingaba oluhambo lwakhe luthathe ixesha elingakanani?

a) 12 iyure kunye 15 imizuzu

b) 9 iyure kunye 30 imizuzu

c) 3 iyure kunye 30 imizuzu

d) 10 iyure

2.4 Sifunda u 4:45 ngolu hlobo:

a) umkhono phambi kwentsimbi 4

b) umkhono emva kwentsimbi 4

c) umkhono phambi kwentsimbi 5

d) umkhono phambi kwentsimbi 5 imizuzu

2.5: Ixesha ewotshini ngu.
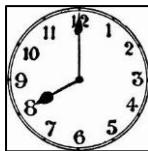
a) imizuzu engamashumi amabini phambi
    khwentsimbi yeshumi elinesibini
b) sele izakuba ngumkhono phambi
    kwentsimbi yeshumi elinesibini
c) Intsimbi yesibhozo
d) Intsimbi yethoba

2.6 Zoba ixesha elibonakaliswa yile wotshi

a) umkhono phambi kwentsimbi yesibini
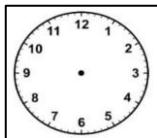
b)Intsimbi yeshumi elinesibini

22
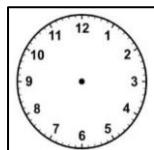
5.1 Zoba imigca yesimetri ze uchaze mingaphi imigca yesimetri enokuphuma.

5.1.1 ....

5.1.2 ....
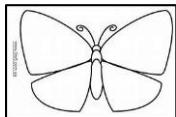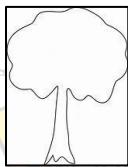
5.1.3 ....
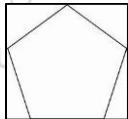
5.1.4 ....

<table>
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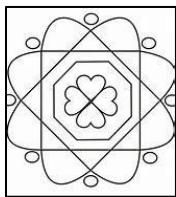
Rhangqela impendulo echanekileyo yezi bhloko:

1.1 Ihafu yezi bhloko ngu:

   a) 10   b) 15   c) 20   d) 30

1.2 Isithathu kwisinye sezi bhloko ngu :

   a) 10   b) 15   c) 20   d) 30

1.3 Ikota yezibhloko ngu :

   a) Iibhloko ezintlanu kwiqela kuze kubekho

      intsalela engu 5

   b) Iibhloko ezisixhenxe kwiqela kuze kubekho

      intsalela engu 12

   c) Iibhloko ezisixhenxhe kwiqela kuze kubekho

      intsalela engu 6

   d) Iibhloko ezilithoba kwiqela kuze kubekho

   intsalela engu 3

1.4 Isinye kwisibhozo sezibhloko ngu.

a) Iibhloko ezintathu kwiqela kunye nentsalela

b) Ibhloko ezimbini kwiqela kunye nentsalela engu 0

c) iibhloko ezisibhozo kwiqela kunye nentsalela

 engu 6

d) iibhloko ezintlanu kwiqela kunye nentsalela engu

 10

2. Fakela imibala kula maqhezu.

2.1 $\frac{1}{2}$ ihafu
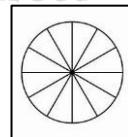
2.2   isinye kwisithathu

2.3 $\frac{1}{4}$ ikota