



Ho baka le nkgono



SESOTHO

VulaBula

Mantswe a sebediswang haholo (lkgopotse) nna, hantle, ntsha

Mantswe a sebediswang haholo

shebella

bontsha

ntse

tshela

tshele

esense

Medumo (lkgopotse)

hl, jw, kg, ll, ng, nt, ny, oo, th, tl, ts

Medumo

nkg (nkongo, nkga)

tsw (motswalle, letswai, metswako, tswekere, tswaka, tswela, motswako, hlatswetsa, hlatswe, tswalo)



Dibuka tsa Mophato wa Motheo tse
theoseditsweng boemong bo tlase

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E thehilwe ho ya ka dibuka tse tsheheditsweng
ka ditjhelete ke Zenex Foundation



***** Ho baka le nkongo

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**Ho baka
le nkongo**



Nna, nkongo le motswalle wa ka Kolo,
re baka dikuku. Tloho o tlo re shebella!
Nkongo o besa onto. Kaofela ha rona re
hlapa matsoho. Ke nako ya ho baka!



Nkongo o re bontsha ho metha **folouru**
ka lebekere. E be yena o tshela **poere**
ya ho baka le **letswai**. O re bontsha le
ho sefela metswako ena ka sejaneng.



Nkgono o tshela **mahe** a mabedi ka hara sejana.

Kolo o tshela lebekere la **tswekere**.

Nna ke tshela **lebese** le **oli** butle.

Nkgono a qetella ka ho tshela kgabana ya **vanila esense**. Mmmm, e nkga ha monate!



Nkgono o sebedisa lefehlo la motlakase
ho tswaka metswako ya hae hantle.

Ha nkgono a ntse a e tswaka, nna le
Kolo re tlotsa dipane ka majarine.

Nkgono o tswela pele ho fihlela motswako
o ba boreledi, bonolo le bobebe.
Motswako o se o lokile!



Nkgono o sebedisa kgaba hore bontsha
hore re tshele motswako o lekaneng
jwang ka dikoping tsa pane.

Nna le Kolo re leka ka thata ho etsa ka
moo nkgono a etsang ka teng. O itse re
se ke ra tlatsa dipane haholo hore
dikuku di kgone ho kokomoha hantle.



Nkgono o beha dipane ka ontong.

O re shebella ha re nyeka dikgaba.

‘Nkgono, tsena re o hlatswetsa tsona!

Mmmm... motswako ona o monate!’

Nkgono a re supa a bososela, ‘Le
hlatswe le difahleho tseo tsa lona!’

Re thusa nkgono ho kolomaka.



Ke nako! Nkgono o sebedisa ditlelafo tsa onto ho ntsha dipane. O di beha hantle setofong hore di fole.

Ke kopanya tswekere ya aesing le metsi tseo nkgono a di metileng. Kolo o lata mekgabiso.



Re ka kgabisa dikuku tsa rona jwale.
Refafatsa tswekere ya aesing hodima
dikuku. E be re tshela dipong-pong.
Dipong-pong di etsa dikuku di bohehe
hape di be monate haholo.

Re tla ja dikuku tsena moketeng wa
nkgono wa letsatsi la tswalo hosane!

MOSEBETSI

Bala resepe ya ho etsa dikuku.

Resepe ya dikuku

METSWAKO (e etsa tse 24)

- 2 dikopi folouru
- 2 dikgabana poere ya ho baka
- $\frac{1}{2}$ kgabana letswai
- 2 mahe
- 1 kopi tswekere
- $\frac{1}{2}$ kopi lebese
- $\frac{1}{2}$ kopi oli
- 1 kgabana vanila esense



MOKGWA

1. Sefa folouru, poere ya ho baka le letswai mmoho.
2. Fehla mahe o a tshele ka motswakong.
3. Tshela tswekere, lebese, oli le vanila esense.
4. Tswana ho fihlela o le boreledi ha pe o le borethe.
5. Tshela motswako ka dipaneng tse mafura tsa dikuku.
6. Baka metsotso e 15 ho 180°C.

Resepe ya aesing

(bakeng sa dikuku tse 24)

- $1\frac{1}{2}$ dikopi tsa tswekere ya aesing
- 3 dikgaba metsi

Dibuka tsa **Vula Bula** di ikgethile mme buka ka nngwe e hlaha dipuong tsa Afrika Borwa tsa setso, hape e akantswe ho latela tswelopele ya tlhaho le ditlhoko tse itseng tsa dithuto tsa puo eo.



Kgato ya ★ (8)

Jo!
Rala o sehe
Bidika
Bala
Baleha!
Robala
Mamela
O se ke!

Kgato ya ** (5)

Konomaka
Monehelo
Lehae
Ntate o na le Pule
Seba

Kgato ya *** (8)

Ke la mang lebidi le?
Leeto
Fesetere e thubehile!
Thusa!
O kae Palesa?
Re bapala mokoko
Bohobe bo joweng
Leino

Kgato ya **** (5)

Lelapa le reka diaparo
Sehwete se seholo
Moya le Letsatsi
Bolokela hosane
Takatso tse tharo

Kgato ya ***** (6)

Sopo ya lejwe
Mmutla le sekolopata
Tau le tweba

Ho baka le nkongo

Toropo ya haeso
Afrika Borwa ya rona

Dibuka tsena di fana ka menyetla e mengata ya ho bala ka seholpha, ho tataiswa, ho bala ka bobedi le ho bala ka bonngwe hore ba utlwisise medumo le mantswe a sebediswang haholo kapa maano a ho sheba le ho bua. Dipolelo tse bonolo le mantswe a tlwaelehileng a dumella tswelo pele ya ho bala. Ditshwantsho tse bohehang, tse hlakileng di etsa hore ba utlwisise ha bonolo.

SESOTHO