



Amakhwenkwe akrelekrele



NguLeah Sapi



Kukhala intsimbi yokuqala, uThabiso
noThemba bagqotsa ukuya esikolweni.
Bafika bachwechwa ukuya emigceni.





Isifundo sanamhlanje singokuqalisa isitiya semifuno.

UThabiso noThemba baxoxa ngokuqala isitiya semifuno.

Bavumelana ngokutyala isipinatshi.



NgoMgqibelo, bamangalisa utatomkhulu ngokuvuka kwasekuseni.

Bathatha imali ababeyiphiwe ngutatomkhulu. Bakhawuleza ukuya evenkileni beyokuthenga imbewu yesipinatshi.





UThabiso noThemba bathatha isitya esidala bagalela umhlaba oxutywe nomgquba batyala imbewu yesipinatshi. Bankcenkceshela imbewu yonke imihla. Emva kweentsuku ezintandathu imbewu yaqala yantshula. Bagquma isitya ngomnatha ukukhusela izityalo kwiintaka.



Bakhangela indawo yokwenza isitiya.
Bayicoca bagalela umgquba ovela ebuhlanti
bawuxuba nomhlaba benza nemisele.





Emva kweeveki ezimbini izithole
zazikhule ngokwanele ukuba zityalwe.
Bazikhupha esityeni bazityala kwimisele.
Babenkcenkceshela yonke imihla emini
maqanda.



UThabiso noThemba babenengxaki yeentaka ezazisitya imveliso yabo.

Badlala kufuphi nesitya ukuze bazigxothe.

Xa besesikolweni, iintaka zazifumana ithuba lokutya izityalo zabo.





UThabiso noThemba bacela ingcebiso kutatomkhulu.

Bacetyiswa ukuba benze ugagane.

Basebenzisa amakhuni amabini ukwenza umnqamlezo. Baze bawubopha ngeentambo.



UThemba noThabisa banxibisa umnqamlezo iimpahla, umnqwazi omkhulu neegambhutsi. Emva koko babeka ugagane kwisitiya semifuno. Kwakusithi xa kubhudla umoya imikhono yempahla iphakame, yehle isenyuka ngokukude iintaka zicinge kukho indoda ezileqayo





UThabiso noThemba babulela utatomkhulu ngengcebiso yakhe bencoma ukusebenza kogagane baze baxelela abahlobo ngeli cebo. Ngoku babekwazi ukuya kudlala bengenaxhala.



Baqinisekisa ukuba akukho khula kwisitiya semifuno sabo. Basusa nasiphi isityalo esingafanelanga kukhula kwisitiya sabo.





Isitiya sabo sasisihle kakhulu. Isipinatshi esiluhlaza sinomtsalane kwabadlula ngendlela. UThabiso wayengawuvali umlomo ngesipinatshi sabo.



“Kutheni usithanda kangaka isipinatshi?” wabuza uThemba kuThabiso. “Isipinatshi siyilungele imizimba yethu. Kufuneka sitye imifuno ukuze sigcine imizimba yethu isempilweni,” waphendula uThabiso.





“Ingaba yonke imifuno ikulungele ukugcina imizimba yethu isempilweni?” Waqhubeka uThemba ebuza.

“Kunjalo! Kodwa imifuno iyohluka ngezondlo,” waphendula uThabiso.



UThabiso waqhubeka exelela uThemba ngezondlo ezohlukeneyo ezifumaneka kwisipinatshi.

Kwi-100g nganye yesipinatshi ufumana oku kulandelayo:

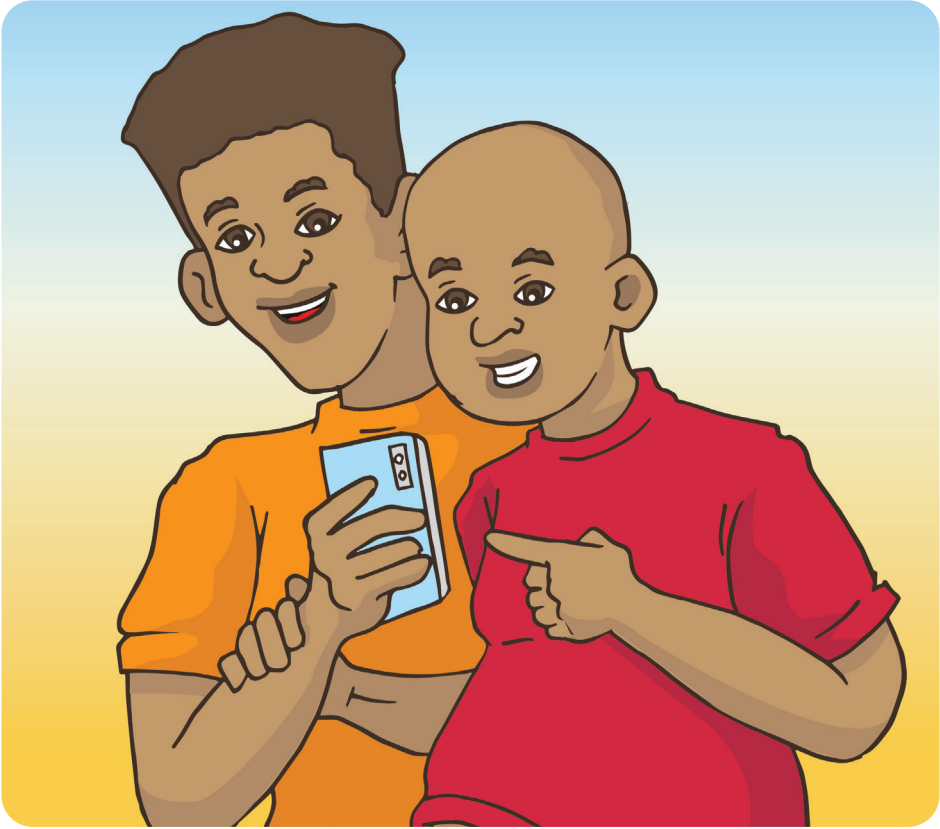
Amanzi - 91%

Iiprotheni - 2.9g

Iswekile - 0.4g

Amafutha - 0.4g nokunye.





UThemba wothuka wabuza. “Ulufumana phi lonke olu lwazi?”

“Ndifunda iincwadi kwithala leencwadi kwaye ndikwasebenzisa uGoogle kwiselula yam.”

Kwakukuninzi ewayesafuna ukukucacisa uThabiso, “Ubusazi ukuba kwa esi sipinatshi sinezakha mzimba?” Wabuza uThabiso.



Ezi zakha mzimba zilandelayo zifumaneka kwisipinatshi.

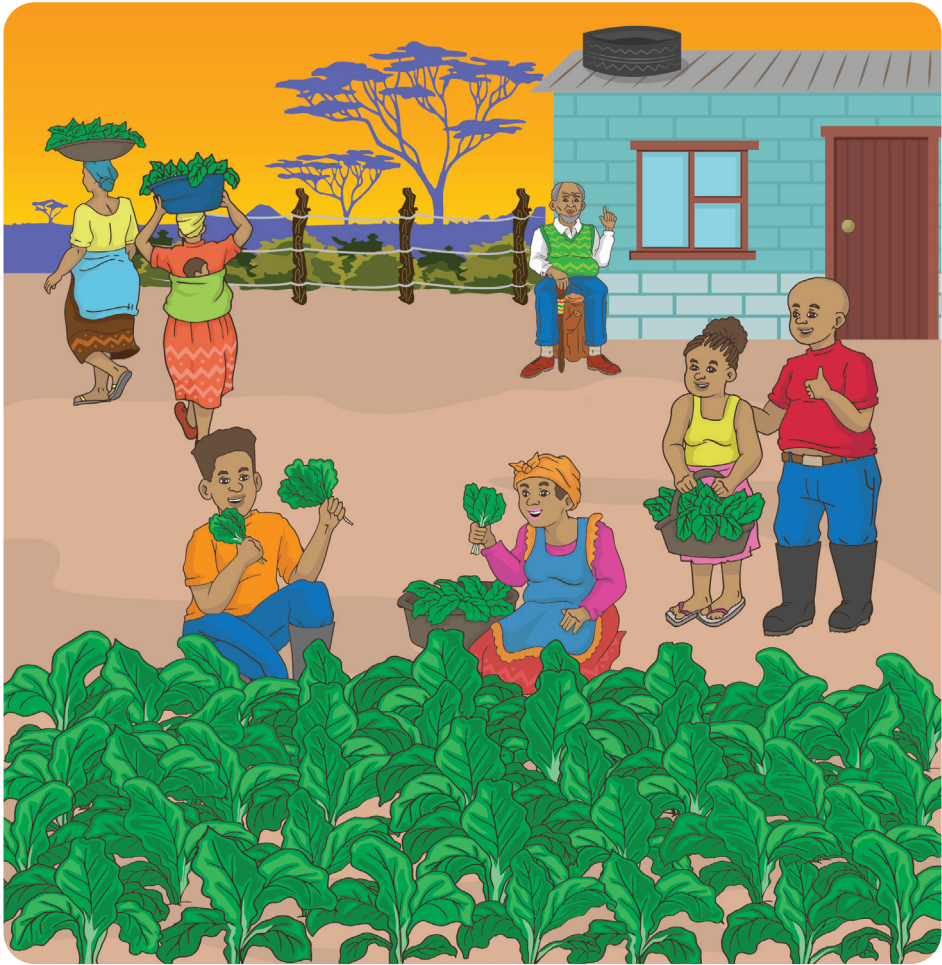
U-Vithamini A – unceda amehlo ethu aphucule indlela yethu yokubona.

U-Vithamini C - unceda ekuqiniseni amajoni omzimba.

U-Vithamini K1 - unceda kwihlwili legazi xa usopha.

U-Vithamini B9 – unceda ukukhulisa izicubu zomzimba.





Emva kweeveki ezintandathu isipinatshi sasilungele ukuvunwa.

UThabiso noThemba nosapho bavuna isipinatshi bonwabileabela nabamelwana.



UThemba wabulela uThabiso ngalo lonke ulwazi awabelana naye ngalo. Naye waqalisa ukuphanda ngeendidi zemifuno neziqhamo ezahlukeneyo. Watsho waquqa ebuyela kwithala leencwadi.

