



Abesana abahlakaniphileko



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Isimbi yesikolo iyalila. UMbalekwa noMbuso bagijima khulu baya esikolweni.





Isifundo sanamhlanje simayelana nokuthoma ingadi yemirrorho.

UMbalekwa noMbuso babonisana ngokuthoma ingadi yemirrorho.

Bavumelana ngokutjala isipinatjhi.

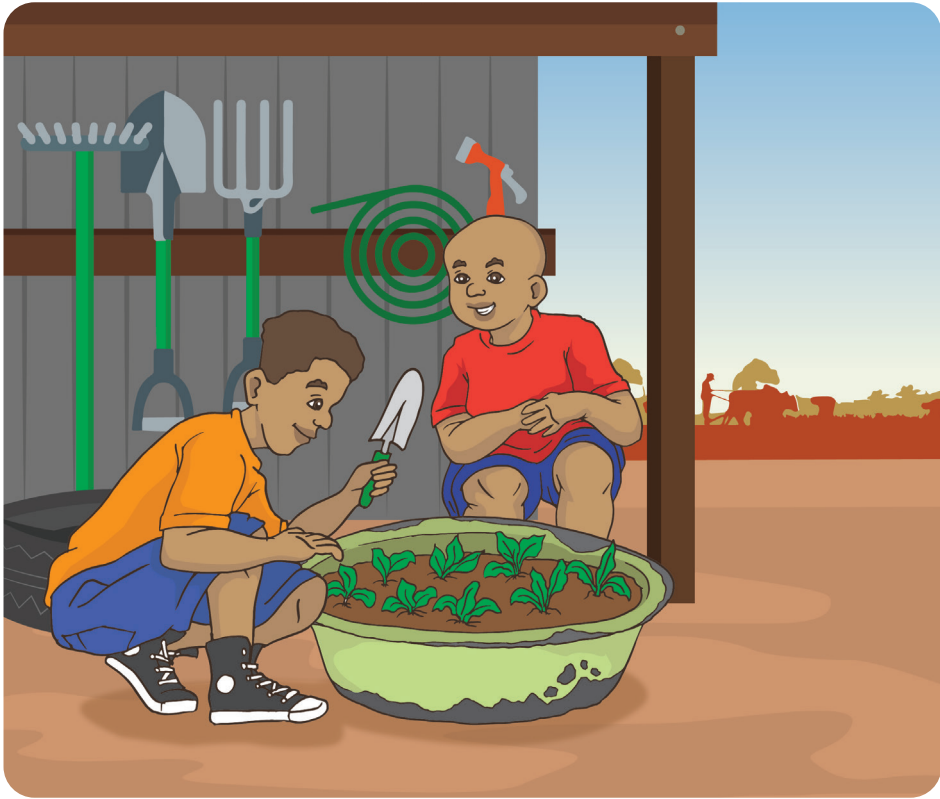


NgoMgqibelo bamangaza ubamkhulu
ngokuvuka ekuseni khulu.

Bathatha imali ebayongwe kubamkhulu.

Bagijimela evikilini ukuyokuthenga ipakana
yembewu yesipinatjhi.





UMbalekwa noMbuso bathatha uvasi omdala bese bamzalisa ngehlabathi ehlangene nomanyoro.

Ngemva kwalokho bafaka imbewu yesipinatjhi. Bathelelela imbewu ngamalanga. Ngemva kwamalanga asithandathu imbewu yathoma ukuthurha. Bavala uvasi ngenethi ukumvikela eenyonini.



Abesana baqala indawo lapha bangenza khona ingadi.

Balima indawo, bafaka umsuqwa onomanyoro bavanga nehlabathi. Benza imisele bese bathela amanzi.





Ngemva kweemveke ezimbili iintjalo besele zizikulu ngokwaneleko. Bathatha iintjalo bazitjala emiseleni. Bathelelela ingadi njalo malangantambama.



UMbalekwa noMbuso baba nomraro
weenyoni ezidla iintjalo zabo.

Badlalela eduze nengadi bazakwazi
ukuqotha iinyoni. Nabasaye esikolweni,
iinyoni zithola ithuba lokudla iintjalo.





UMbalekwa noMbuso babawa isiyeeleliso kubamkhulu. Wabayeelelisa ngokwenza isingamuntu. Basebenzisa iingodo ezimbili ezenza isiphambano.

Bazibopha ngentambo.



UMbalekwa noMbuso bambathisa isiphambano i-ovorolo, ingwani ekulu namabhudzi. Babeka isingamuntu sabo engadini. Umoya nawuphephethako, imikhono ye-ovorolo beyiya phasi naphezulu. Iinyoni zicabanga bonyana mumuntu uyaziqotha.





UMbalekwa noMbuso bathokoza
ubamkhulu ngesiyeliso sakhe. Babuka
isingamuntu sabo. Batjela nabangani babo
ngesingamuntu. Gadesi sebazakudlala
ngaphandle kokusaba.



Abesana benza isiqiniseko sokobana
akunakhula engadini yabo. Bahlawula
nanomangiliphi ikhula elimila engadini.





Ingadi yabo begade iyihle kwamambala.
Isipinatjhi sabahlaza. Sasidosa amehlo
wabantu abadlulako.



UMbalekwa akhange awuvale umlomo ngesipinatjhi sabo.

“Kubayini uthanda isipinatjhi kangaka?” kwabuza uMbuso. “Isipinatjhi silungele imizimba yethu. Sitlhoga ukudla imirorho ukugcina imizimba yethu iphilile,” kuphendula uMbalekwa.





“Yoke imirrorho ilungile ukugcina imizimba yethu iphilile?” kuraga uMbuso ngemibuzo.

“Kunjalo, kodwana iyahluka ngokuya ngezakhamzimba,” kuphendula uMbalekwa.



UMbalekwa akhange aphelele lapho.
Wakhuluma ngezakhamzimba ezihlukeneko
ezitholakala esipinatjhini.

Kenye nenze inyandana ye-100g uzokuthola:

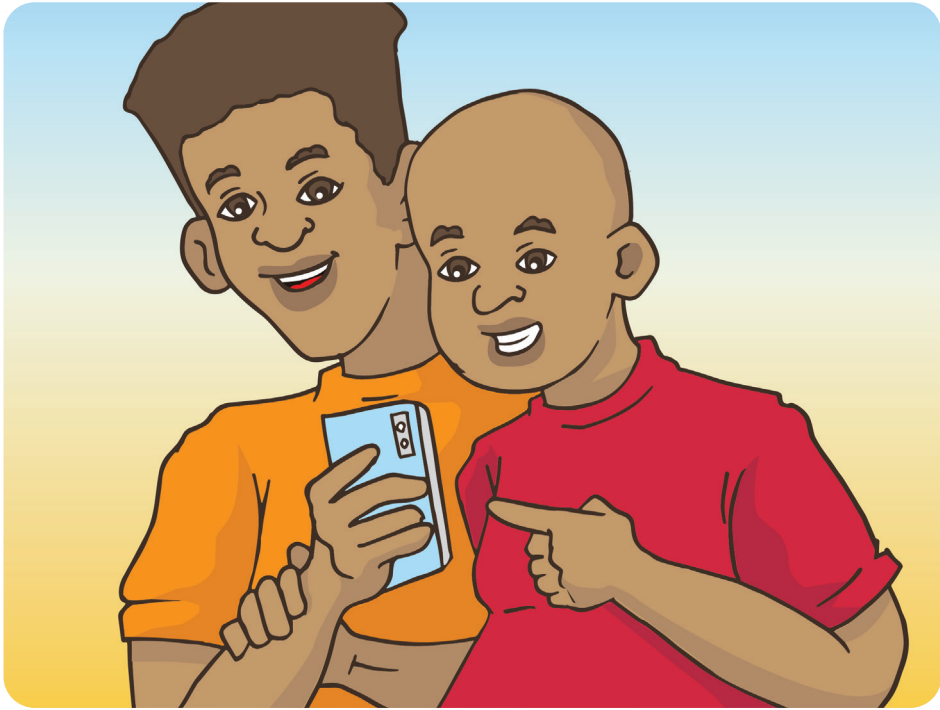
Amanzi – 91%

Iprotheni – 2.9g

Itjhukela – 0.4g

Amafutha – 0.4 g nokhunye.





Gadesi uMbuso umangele khudlwana.

“Ulitholaphi ilwazi elingaka?”

“Ngifunda iincwadi ebulungelweni leencwadi nokurhubhulula iGoogle ngofunjathwako wami.” UMbalekwa usese nokunengi angakuhlathulula. “Bewazi bonyana isipinatjhi sinamavithamini namaminerali agcina imizimba yethu iphilile?” kubuza Mbalekwa.



Amavithamini alandelako atholakala esipinatjhini.

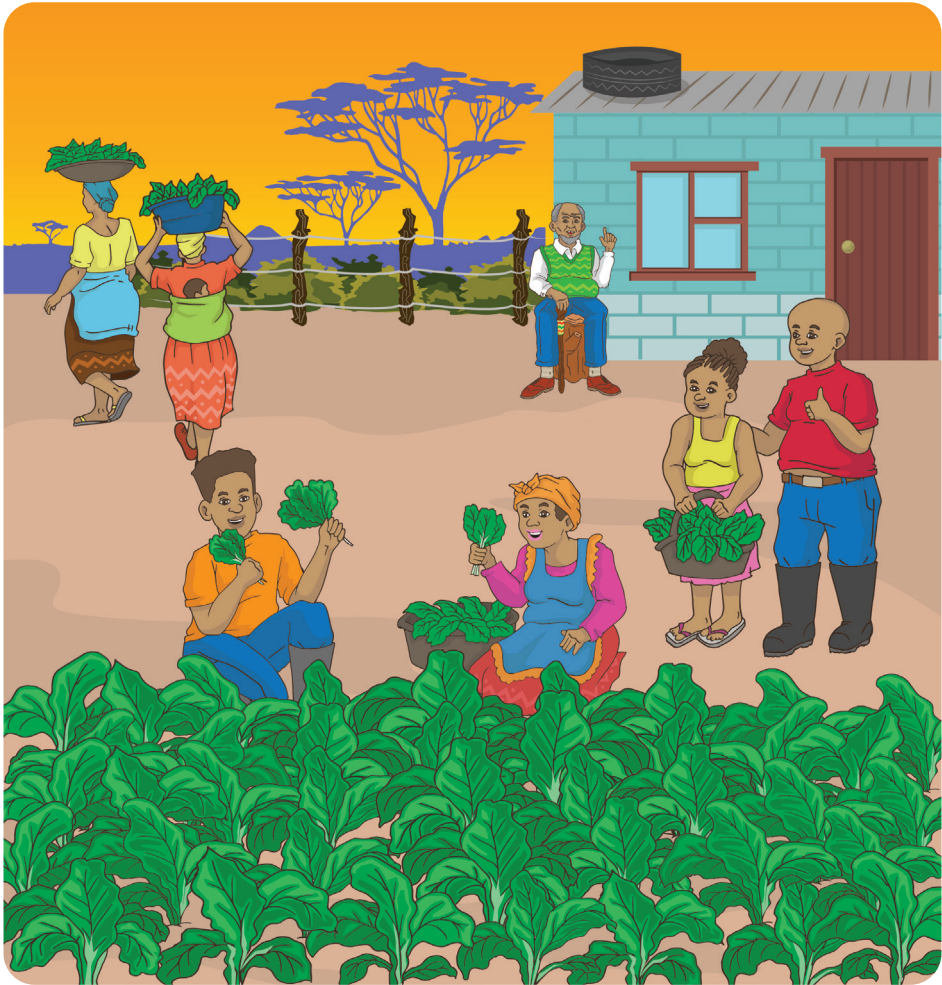
Amavithamini A – asiza ngokubona.

Amavithamini C – asizangokusekela indeni.

Amavithamini K1 – asiza ngokuvala igazi nawophako.

Amavithamini B9 – asiza ngokwakha inyama ethile emzimbeni.





Ngemva kweemveke ezisithandathu isipinatjhi besele silungele ukukhuwa. UMbalekwa noMbuso bakha isipinatjhi basinambitha nomndeni wabo. Babela nabomakhelwane.



Abesana be bathakasile. U**M**buso wathokoza u**M**balekwa ngelwazi amabele lona. Wathoma naye ukufunda nokurhubhulula ngemirorho neentshelano ezihlukileko. U**M**buso waba mngani omkhulu nebulungelo leencwadi.

