



# Abafana abahlakaniphile



**Leah Sapi**



Insimbi yesikole iyakhala. ULetha noThemba  
bagijima kakhulu, baya esikoleni.





Isifundo sanamuhla simayelana nengadi yemifino.

ULetha noThemba baxoxa ngokuqala ingadi yemifino.

Bavumelana ngokutshala isipinashi.



NgoMgqibelo bamangaza umkhulu  
ngokuvuka ekuseni kakhulu.

Bathatha imali umkhulu ayeyongile.

Bagijima baya esitolo ukuyothenga  
iphakethe lembewu yesipinashi.





ULetha noThemba bathatha isitsha esidala basigcwalisa ngomhlabathi nomquba.

Bafaka imbewu yesipinashi. Banisela imbewu zonke izinsuku. Ngemuva kwamalanga ayisithupha, imbewu yaqala ukumila. Bavala isitsha ngenethi ukuze bayivikele ezinyonini.



Labafana babheka indawo yokwenza ingadi.

Bahlobisa indawo, bafaka umquba,  
bahlanganisa umhlabathi. Benza imisele  
banisela umhlabathi.





Ngemuva kwamaviki amabili, imbewu yayisikhule ngokwanele. Bayikhipha esitsheni bayitshala emiseleni. Banisela ingadi zonke izinsuku ntambama.



ULetha noThemba, babenenkinga yezinyoni ezazidla izitshalo zabo.

Babedlala duze nengadi ukuze baxoshe izinyoni.

Uma beye esikoleni, izinyoni zazithola ithuba lokudla izitshalo zabo.







ULetha noThemba bacela iseluleko kumkhulu wabo.

Balulekwa ngokuthi benze isithusanyoni.

Basebenzisa izinduku ezimbili ukwenza isiphambano. Bazibopha ngentambo.



UThemba noLetha bagqokisa lesiphambano izimpahla zokusebenza, isigqoko namabhuzi okusebenza. Base babeka lesithusanyoni engadini. Uma umoya uvunguza, imikhono yalempahla yokusebenza yayiya phansi naphezulu. Izinyoni zacabanga ukuthi ngumuntu ozixoshayo, zandiza zahamba.





ULetha noThemba babonga umkhulu  
ngokubeluleka. Batusa isithusanyoni sabo.  
Batshela abangane babo ngesithusanyoni.  
Manje sebezodlala ngaphandle kokwesaba.



Abafana baqinisekisa ukuthi alukho ukhula engadini yabo. Basusa zonke izitshalo ezazimila engadini yabo.





Ingadi yabo yayiyinhle kakhulu.

Isipinashi sasiluhlaza.

Sasidonsa amehlo abantu abadlulayo.



ULetha akawuvali umlomo ngesipinashi sabo.

“Kungani uthande isipinashi kangaka?” kubuza uThemba.

“Isipinashi siyilungele imizimba yethu.

Sidinga ukudla imifino ukuze sigcine imizimba yethu iphilile,” kuphendula uLetha.





“Yonke imifino ilungele ukugcina imizimba yethu iphilile?” uThemba uyaqhubeka uyabuza.

“Yebo, kepha iyehluka ngokwezakhamzimba,” kuphendula uLetha.



ULetha akazange agcine lapho. Wakhuluma ngezakhamzimba ezahlukene ezitholakala esipinashini.

Amagremu ayikhulu esipinashi aphethe lokhu okulandelayo:

Amanzi – 91%

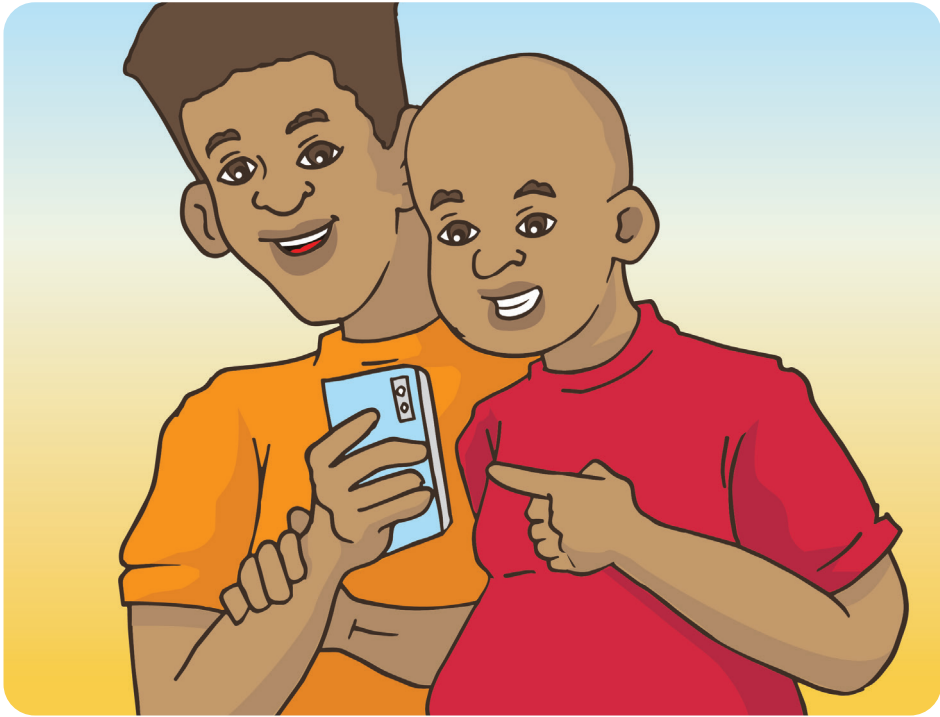
Amaphrotheni – 2.9g

Ushukela – 0.4g

Amafutha – 0.4 nokunye.







UThemba usemangele kakhulu.

“Uluthathaphi lonke lolwazi?”

“Ngifunda izincwadi engizithola kumtapozincwadi futhi ngisebenzise noGoogle ocingweni lwami.” ULetha kusamele achaze okuningi. “Uthi bewazi ukuthi isipinashi sinamavithamini namaminerali okugcina imizimba yethu iphilile?” kubuza uLetha.



Amavithamini alandelayo atholakala  
esipinashini:

Vithamini A – usiza ngokubona

Vithamini C – usiza amasotsha omzimba

Vithamini K1 – usiza ukuvala igazi uma  
wopha

Vithamini B9 – ukhulisa izicubu zomzimba





Ngemuva kwamaviki ayisithupha, isipinashi sasesilungele ukukhiwa.

ULetha noThemba bakha isipinashi, badla kamnandi nomndeni wabo.

Bapha nomakhelwane.



Labafana bajabulile.

UThemba wabonga uLetha ngolwazi amnike lona. Futhi waqala ukufunda nokwenza ucwaningo ngemifino eyahlukene kanye nezithelo.

UThemba waba ngumngane womtapozincwadi.

