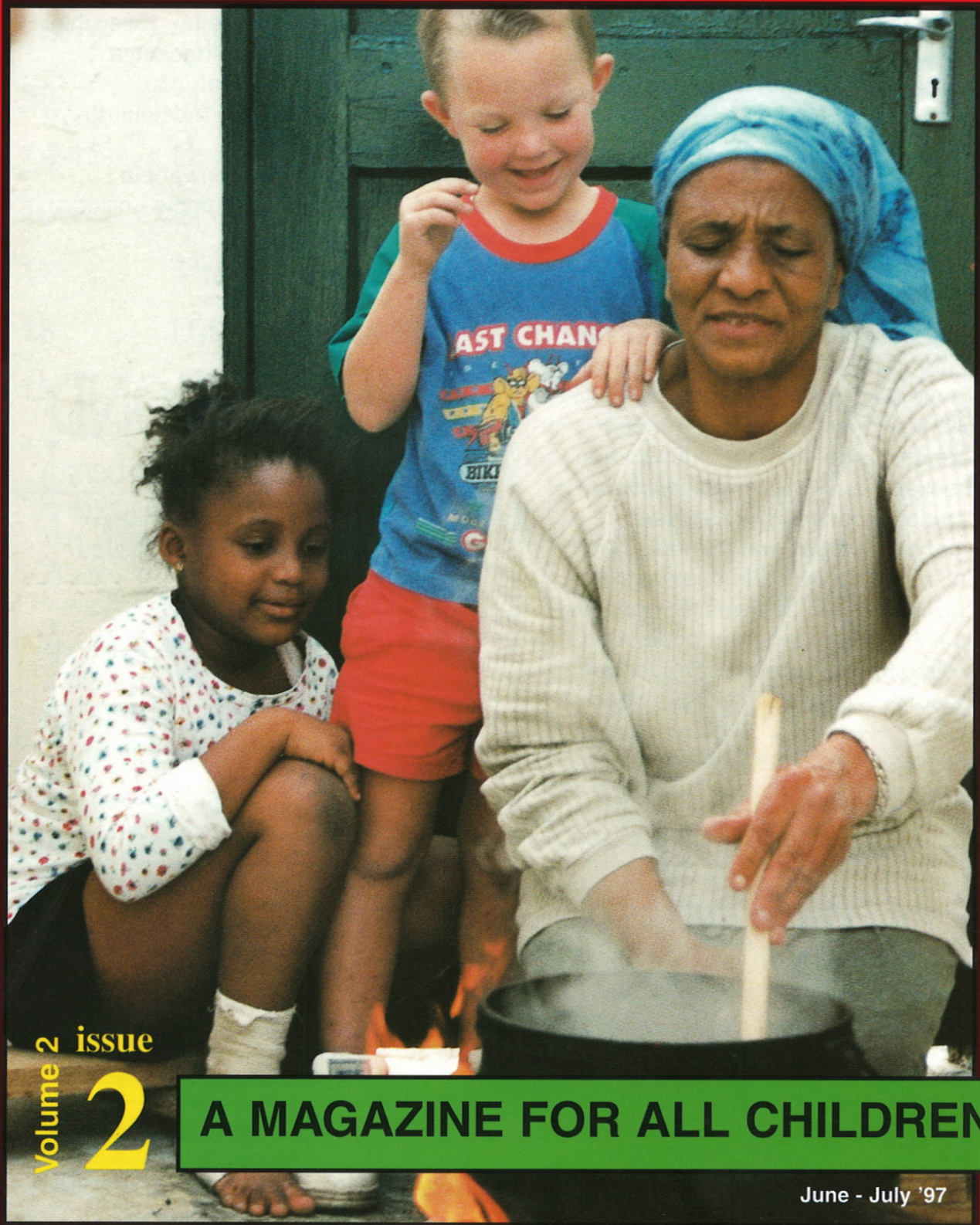


MOLLO

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Volume 2 issue
2

A MAGAZINE FOR ALL CHILDREN 50c

June - July '97

Hello Friends

Winter is upon us, so be sure to keep warm and dry. Some of Molo's friends are not so lucky to live in a proper house. Some also don't have warm clothes to protect them from the cold wind and rain.

Give an extra pair of shoes, a raincoat, warm jacket or jersey to someone who needs it.

Food plays an important part in our daily lives, customs and traditions. Without healthy food we will starve or become undernourished.

In this issue some readers tell us about their favourite foods and we can learn more about healthy eating habits.

Enjoy this magazine and don't forget to send in your drawings, stories and letters.

Your friend,

Molo

Dagsê Vriende

Winter is op hande. Maak seker dat julle warm en droog bly. Sommige van Molo se vriende is nie so gelukkig om in 'n behoorlike huis te bly nie. Party het ook nie genoeg warm klere om hulle teen die koue wind en reën te beskerm nie. Gee 'n reënjas, warm baadjie, trui of skoene wat jy nie meer gebruik nie, aan iemand wat dit nodig het. Kos speel 'n belangrike rol in ons daaglikse lewens, gewoontes en tradisies. Sonder die regte kos sal ons verhonger en ondervoed wees. In dië uitgawe gesels lesers oor hul gunsteling kos en ons leer meer oor voedsame kos.

Geniet die tydskrif en stuur julle briewe, tekeninge en stories in.

Jou maat

Molo

IMPORTANT DATES

Father's Day - 15 June

Day of the African Child / Youth Day - 16 June

President Mandela's Birthday - 18 July

National Women's Day - 9 August

Molweni Bahlobo

Ubusika sebufikile, ngoko ke qinisekani ukuba nizigcina nishushu kwaye nomile.

Abanye abahlobo baka Molo abanatham-samnqa lokuhlala ezindlwini ezifanelekileyo.

Abanye abana mpahla ezishushu ezinokuba khusela kwimimoya ebandayo nasemvuleni.

Ukuba ngaba unezihlangu, idyasi yemvula, idyasi eshushu okanye ijezi ezangezeleki-leyo, zinike umntu ozifunayo.

Ngaphandle kokutya singa lamba kwaye si ngondleki. Ukutya kudlala indima ebaluleki-leyo kumasiko nezithethe zethu. Kweli ihlelo

abanye abafundi basixelela ngokutya

abakuthandayo kwaye singafunda

ngendlela ukutya okunempembelelo ngayo ebomini bethu.

Siyathemba ukube uzakuyonwabela

lemagazini ungalibali ukuthumela imizobo, amabali kunye neeleta.

Umhlobo wenu

Molo

NUMBER POND

Use any three numbers from the pond to make numbers in the list below

e.g. $101 = 20 \times 5 + 1$

200 = _____

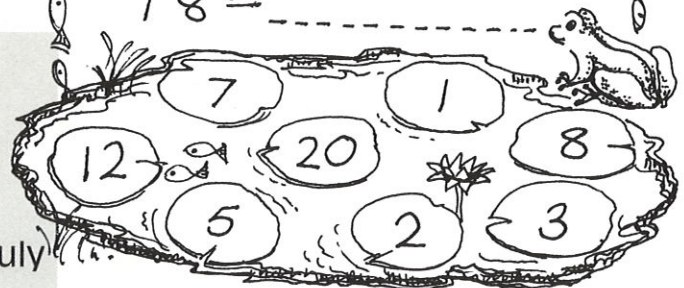
39 = _____

192 = _____

500 = _____

48 = _____

18 = _____



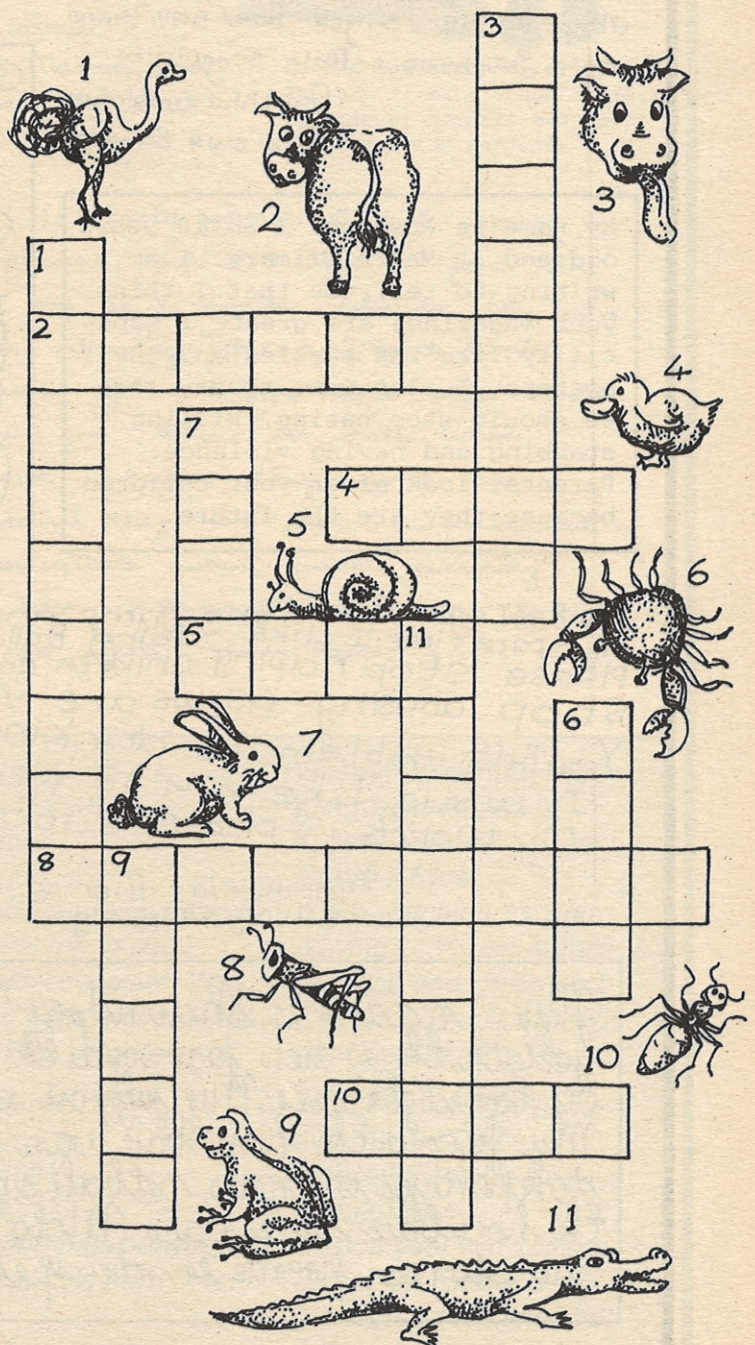
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WAT'S TE ETE?

VOLTOOI DIE RAAISEL



MOLO MAZE

MOVE TO THE MIDDLE OF THE MAZE TO GET THE ANSWER. ONLY MOVE THROUGH GAPS IN THE WALL. START WITH 2. CHANGE YOUR SCORE AS SHOWN IN EACH SQUARE.

start here

2	x2	+3	+7	-3
÷10	x4	x4	-1	+3
+2	+1	x3	-2	-7
x4	+1		÷5	+2
x2	x2	-2	÷6	+2
-4	÷5	-4	-1	x2

antwoorde op bladsy 19

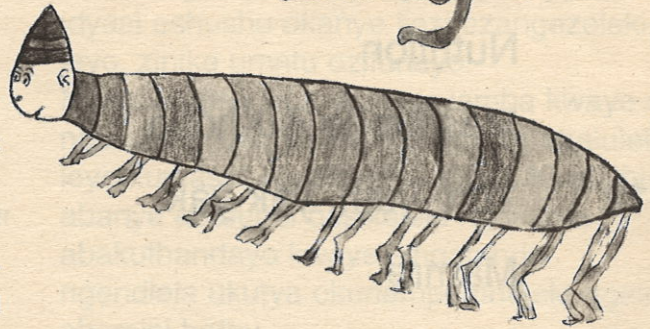


children's

Dear molo songololo
 Igama lam ndingu Andi swa Bangani. Ndif
 nda eSiyabulela ibangalesihlanu. Molo
 into eyay'ghubeka phaya nday. Thanda
 nendlela babeculanga yo yaye yayintie
 ibukena ngakumbi kuthi bantwana.
 Lanto yay'ghubeka phaya yayisifundisa
 kakhulu. Isifundisa isingesi ngokumbi
 kuthi bantwana babantu abamnyama
 Sabona nabantwano babantu abamnyar
 ababethetha isingesi hathi bayithand
 lanto. Sabona noMolo songololo

Owakho umhlobo
 Andi swa Bangani

Molo Songololo



My name is Rosline. I am 10 years
 old and at Mamre Primary. I am
 writing to tell you that I think
 your magazines are great. I espe-
 cially like the puzzles and the
 posters. I also want to say that
 we should stop hating, killing,
 stabbing and having violence.
 Parents, look after your children
 because they are the future.

Guys
 Girls
**LET OUR GO WELL
 FUTURE**

In the future there **MUST** be **PEACE**.
 No fighting like here is now.
 No taxi wars, No gangs drugs,
 food and homes for everyone.



My **BEST** sports is long jump and swimming
 in spare time I like doing ballroom dancing
 please stop raping children and please
 stop abusing us. we are youth.
 Youth's problem is drinking and drug!!
 I would like you to please response
 my words. please support the poor

Vombulelo THOMAS, 9 years
 Surrey Primary

My naam is Shaundrey. My van is
 Goliath. Ek is tien jaar oud. Ek is in std 3C
 by Portia Primar. My juffrou se naam is
 Mev. Jacobs. Ek hou baie van haar. My
 stokperdjies is tennis, netbal, swem en eet.
 Ek hou baie baie van Molo ek hou van
 die stories, prente en die speltjies.

KLEIN VISSIES

Klein ou vissies
 op die dam,
 maak die padda-
 vissies bang
 oor die water
 romtom talie,
 vang vir kivië
 en vir kalie
 kyk daar kom
 die water slang,
 hy sal dalk
 die vissies vang
 skut nou gou
 jou veertjies
 reg,
 voorts is al
 die vissies weg.

Faldielah Adonis,
 10 jaar

Letters!



Hi! My name is Almarie January. I am in std. 4.2. I am at Mamre Primary school. I am in Mrs L. Adonis class. I like school very much. My biggest wish is to finish high school, and become a nurse one day. My hobbies is netball and swim. I really like reading your books, and the things that we can do in your books is nice. It is really so much fun. I read so much about english. I like english. I like your articles about childrens letters. I hope you will keep on sending every month. I also want to tell you about Mamre. We got a new library here in Mamre, and also a Moravian Church and a Sunday school which I belongs too.



Jackie Matthews, 6yrs, at Tuscany Primary School made a drawing of herself busy with her favourite subject.

I like to read the Molo Songololo magazine. It is nice to read because there are educational things to read about. I am very proud to be a girl. My dream is to be a psychiatrist.

Alicia Sambaba, 10,
Mamre Primary

My name is Carlo Johnson. And I attended Harmony primary school. I am 10 years old. I am in std 3a. I would like to say why are people abusing children? Beople People abuse children from 15 years and older. Abusers are someone you know its males. When children are abused they dont tell anyone because, they are ashamed. sexual abuse takes place when adults sexually caress and kiss children. Children are forced to have sex with them. Please print my letter.

PEN PALS



Abigail Dawson (girl), 12
21 Erie Street, Portland,
Mitchells Plain, 7785.

South Africa

"My hobbies are swimming, singing, dancing and having fun. I'm looking for friends."

Dominica Pietrzyk, 18 yrs
ul. Lobaczew Maly 6,
21 550 Terespol

Poland

"My friend Joan and I love reading books, listening to music and eating milk chocolate. We also like good films and meeting new people. Please write to us."

Bronlee Eston (girl), 17
Austinville,
Blackheath, 7581

South Africa

"I would like pen pals between 17 and 18 years old from other countries."

Wessel Geldenhuys (boy),
Langverwachtpad 6
Kuilrivier, 7580

South Africa

"I like watching TV and playing computer games. I like Fish and Chips and Coke. I would like friends between 8 and 10 years."

Joeri Emmers (boy), 10
mail via Kid City -
www.edu-web.be

BELGIUM

"Ik hou veel van voetbal, basket en nintendo-games. Ik zoek vriendjes."

Nutrition

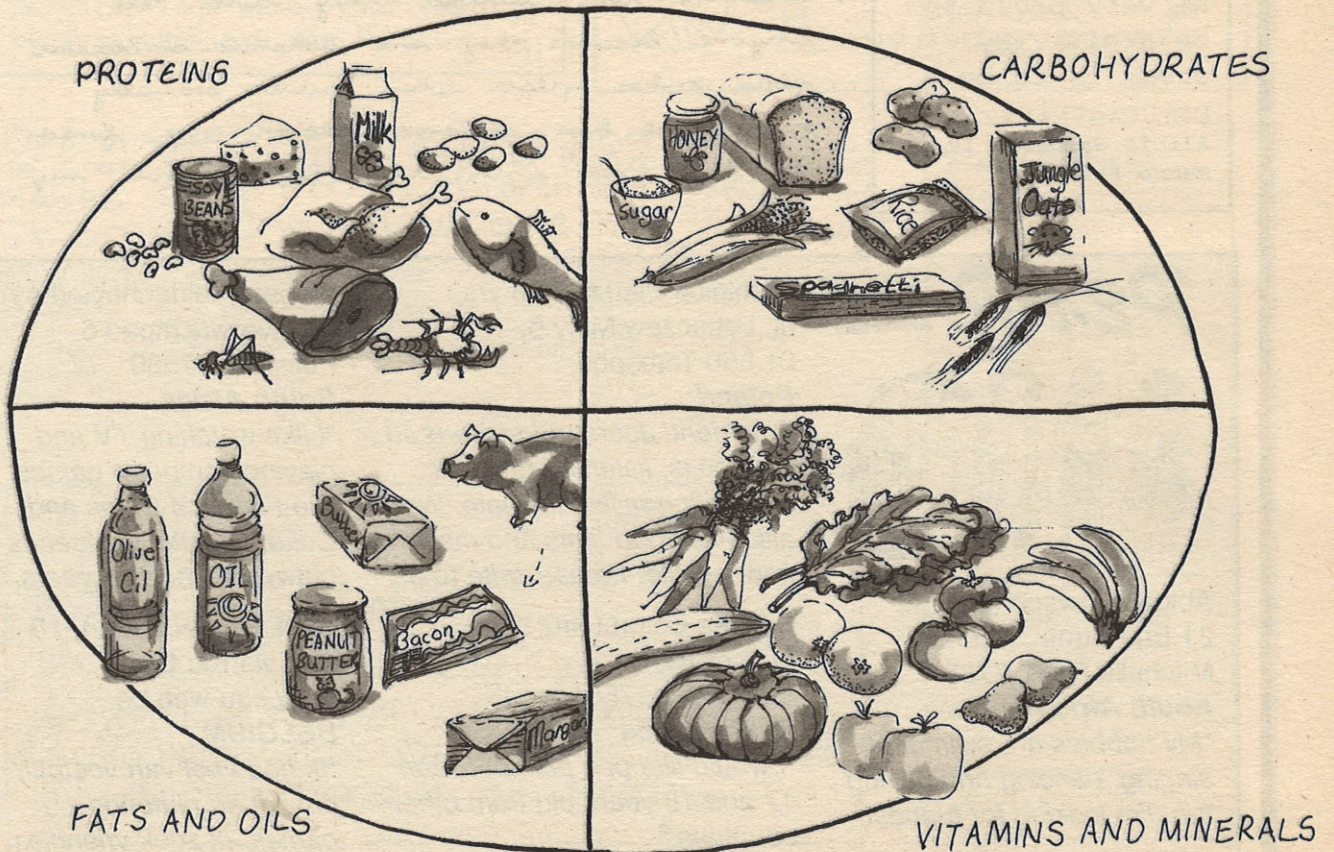
Nutrition is when your body receives all the food it needs to grow properly and healthily. It is not always true that people who eat a lot have well nourished bodies.

What food do we need to nourish our bodies?

We need to eat food from all four food groups.

What are the food groups?

They are fats and oils, vitamins and minerals, proteins and carbohydrates.



What happens when the body does not receive proper food?



Then we say it is malnourished. This means that we are not as strong and healthy as we should be.



Is it the same as undernourished?



No, malnourished is when we eat too much of the wrong food, like lots of chips and sweets and very little fruit and vegetables. Undernourished means that our bodies don't get enough food. Sometimes people get no food at all. This happens mainly in countries that are very poor or where there is a famine. A famine is a time when there is very little or no food in a region.



When the body does not get enough from every food group, it develops a deficiency disease. This means that the growth of the body is stunted. Examples of deficiency diseases are:

MARASMUS



This child does not get enough of any kind of food, especially energy foods. He is little more than skin and bone.

"RICKETS"



This child suffers from a lack of vitamin D. It weakens the bones and is often caused by no exposure to sunlight.

KWASHIORKOR



Kwashiorkor is caused by a lack of proteins (body building foods). Feet, hands and face are swollen and may have sores and peeling skin.

Masifunde isiXhosa

(Learn to speak Xhosa - Leer om Xhosa te praat)

Molweni kwakhona
bahlobo!
Ninjani namhlanje?
Ndiphilile mna enkosi.

Nisakhumbula ingoma
yoMzi watsha?

(Do you still remember the song Umzi
watsha? - Onthou julle nog die liedjie
Umzi watsha?)

Masiyicule!

(Let us sing it! / Laat ons dit sing!)



Umzi watsha! Umzi watsha!....

NAMHLANJE SIZA KUFUNDA NGOKUTYA

(Today we will learn about food / Vandag gaan ons van kos leer)



Zama ukuguqula ezi zivakalisi.

(Try and work out what these sentences mean / Probeer om die volgende sinne te verstaan.)

1. Isonka simhlophe

.....

2. Ibhanana ityheli

.....

3. Inyama ibomvu

.....

4. lidiliya ziluhlaza

.....

Oku kutya kusinika amandla:

(These foods give us strength / Hierdie kos gee ons krag)



irayisi

iitapile



isonka



Oku kutya kusinika iprotini:

(These foods give us proteins / Hierdie kos gee ons proteïne)



inyama

intlanzi



amaqanda

livithamini (izakha - mzimba)

(vitamins - vitamine)

livithamini zakha umzimba owomeleleyo

(Vitamins build a strong body / vitamine bou 'n sterk ligaam)



iminqathe

ijusi



Oku kutya kusinika iivithamini:

(These foods give us vitamins / Hierdie kos gee ons vitamine)



iitumato

Ukukhula amazinyo namathambo omeleleyo, zama ukutya: itshizi, amasi namaqanda, usele ubisi nejusi.

(To grow strong teeth and bones, try to eat: cheese, maas and eggs and drink milk and juice / As jy sterk tande en bene wil hê, probeer om kaas, maas en eiers te eet en om melk en sap te drink.)



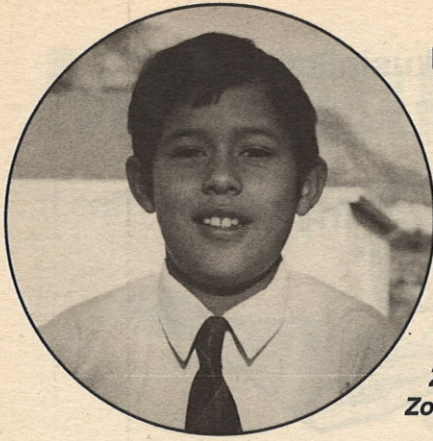
Bahlobo, impilo ibalulekile, zama ukutya kakuhle. Zama ukungatyi iilekese, i-ayiskrim netshipusi ezininzi, kubhetele ukutya iziqhamo endaweni yazo.

(Friends, health is important, so try to eat well and carefully. Try not to eat too many sweets, ice-cream and chips. It's better to eat fruit in its place / Vriende, gesondheid is belangrik so probeer om gesond en reg te eet. Probeer om nie te veel lekkers, roomys en skyfies te eet nie.

Dit is beter om eerder vrugte te eet.)



Written by Andrew Kruger from Teaching and Learning Resources Centre (TLRC), University of Cape Town, Private Bag, Rondebosch, 7700, Tel 650 3276 (copyright)



My geliefkoosde kos is kreef-kerrie en gebraaide wors. Ek dink vrugte en groente is gesond en ek hou van gaar mielies. Ek kan klaarkom sonder salm, dahl-kerrie en boontjie-bredie, dankie.

Ziyaad Williams, 11, Zonnebloem Boys School



My best food is Hawaiian pizza. *Plantain* is a fruit that we used to have often in Ghana. It is a green banana and is delicious when fried. A traditional Ghanaian food that we still have is *fufu*, dumplings, that we have with soup. Please do not give me any spinach. Raw fish (sushi) was the strangest food I ever tasted and I did not like it one bit.

Abena Danso, 11, Rosebank Junior School



I can have spaghetti with tomato sauce any day. I love Chocolate for a treat, but peas I really cannot eat. To me butternut is a rather strange vegetable that is not often found on my plate.

Amy Metcalfe, 9, Rustenburg Girls Junior School

Yum-yum, yuk-yuk



Ek is vegetaries want ek hou nie van vleis nie. Ek hou baie van vrugte en groente, veral van tamatie-bredie. Vir godsdienstige fees-dae eet my familie graag vleis maar ek eet net die rys en slaai.

Tasnim Fredericks, 5, Mountain Road Primary



Grilled steak and carrot salad is my favourite food and mint chocolate ice cream the very best desert. Spinach is too slimy and green, but something I would not touch is orange fish eggs (caviar) - It looks revolting!

Simon Mayson, 9, Rosebank Junior School

Miliswa: Nditya ipapa eyenziwe ngo 'meliemeel' okanye ipapa exutyiweyo esidlweni sakusasa.

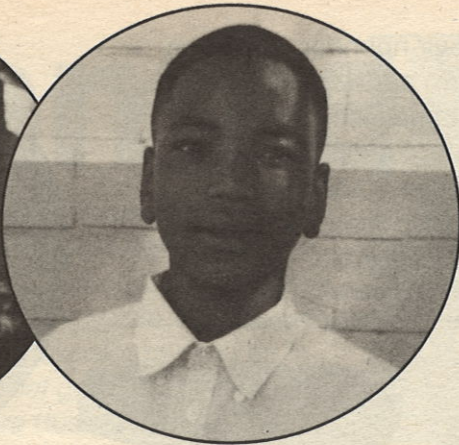
Siyabulela: Nditya ipapa ye Oats ekuseni.

Miliswa: Ndithanda iziqhamo, ingakumbi ama apile aluhlaza, ibhanana kunye neediliya.

Siyabulela: Andizithandi imbotyi kwaye andi-wuthandi kakhulu umngqusho.

Miliswa: Emva kwesikolo nditya isonka esineb-hotolo kunye necheese ndilumele ngeti xa ndis-endlini.

Siyabulela: Xa kukho ipati sitya ipizza, ichips kunye nelekeese. Ndiyeyithanda lonto.



Zandile Constable, 9, (left) and Xolani Mbaxa, 9, (right) from Songeze Primary School

Xolani: Okona kutya endikuthanda kakhulu yi pizza, igatsby kunye ne ntlanzi ene chips. U anti wam xa ezakusibona usiphathela ipizza. Ndicinga ukuba ukutya kuyilungele imizimba yethu. Kusenxa ukuba sikhule somelele.

Zandile: Okona kutya ndikuthandayo yinkukhu, kodwa andilithandi itswele kunye ne-pie yesipinatshi. Xa ndivuka ndithanda iKelloggs ezinobisi olushushu.

Xolani: Ekuseni nditya I Rice Crispies ezinobisi olubandayo.

Zandile: Ngokuhlwa ndifumana isidlo sangokuhlwa kunye nosapho lwako wethu. Ngamaxesha amaninzi sitya inkukhu okanye inyama enamazambane, i-rice kunye neminqatha ne khaphetshu.



I love Chinese food. My favourite is Bird's nest Soup. I like eating the dumplings in it with chopsticks. Food I really don't like is fish, but the weirdest food I ever had on my plate was ostrich steak. It was a bluish purple colour. The idea of eating cow's tongue is also very off-putting. **Donald Sales, 11, Pinelands Primary School**

Did you know ...

Bird's nest soup is a special Chinese soup that is made with real bird's nests. The nests are those of a type of swallow that eats a specific seaweed and uses that, mixed with saliva, to build their nests. Once the birds have used the nests, it is collected and cooked to make the soup.

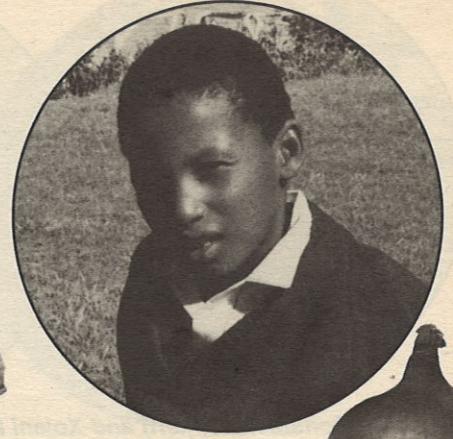
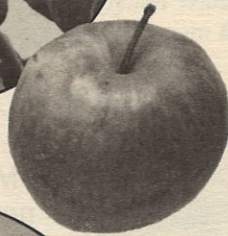
The guys and girls in Std. 3B at **AZ Berman Primary** in Mitchell's Plain definitely know what they like when it comes to food. The whole class likes macaroni and cheese, especially when the cheese melts in the mouth. Spaghetti, cabbage stew and chicken curry are also among the favourites. They seem to love cheese because another favourite of this class is pizza. They say the best part of eating pizza is watching the cheese make sticky strings when you bite into it. These guys and girls also enjoy fresh fruit and vegetables though. The only food they really dislike is chutney.



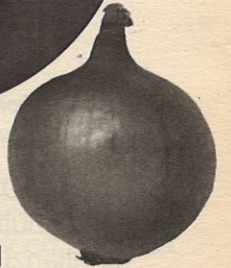


Ek is lief vir hoender. Hot-dogs en warm aartappelskyfies met tamatiesous is die beste! Ek dink wortels, kool en blaarslaai is gesond maar lensies is nie vir my nie.

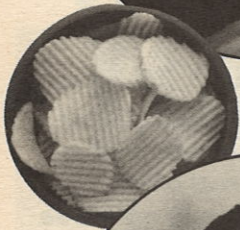
Malik Fredericks, 9, Mountain Road Primary



For breakfast, I have weetbix with milk and sugar. I get my lunch here at school - bread and peanut butter. One thing that I hate is sweet potato! I also think that it is not good for you to eat too much sweet things - it makes your teeth ache. **Andile Nofemela, 11, Xolani Primary School**

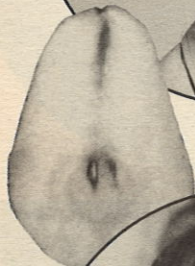


Ek geniet gebakte skaapboud en slaai die meeste. Vir nagereg is daar nie te kies tussen melktert en sago poeding nie - Ek hou van albei. Die slegste kos moet ek erken, is ertjiesop - vir my het dit 'n onaangename, vuilgroen reuk. Die eenaardigste kos wat ek ooit geëet en nogal van gehou het, was beslis krokodilbiefstuk terwyl ons in Zimbabwe was. **Tracy Visser, 12, Rosebank Junior School**

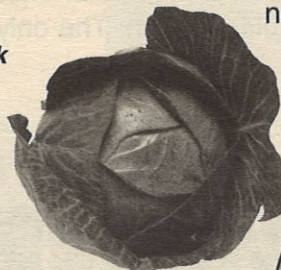


I am really happy when I have a salami and mushroom pizza on my plate. For sweets, nothing beats vanilla ice cream in a cone and peppermint crisp chocolate. I don't like Chinese food, but the weirdest food I've ever seen was green rice, and jelly with spaghetti and toys inside.

Kwezi Maliwa, 9, Rosebank Junior School

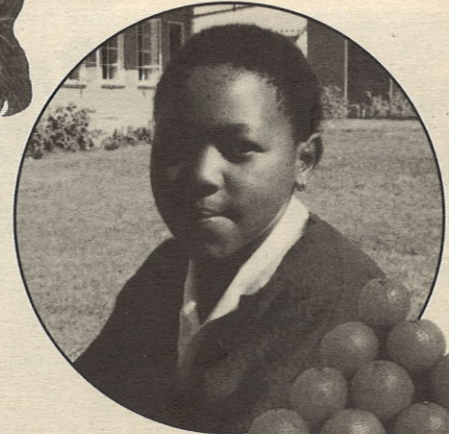


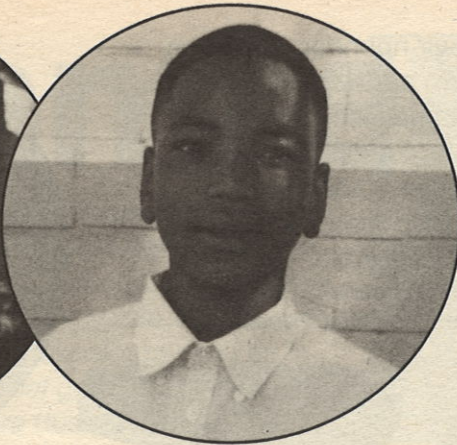
Nditya I cornflakes ezinobisi kwisidlo sam sakusasa. Ngesidlo sam sasemi ni nditya isonka kunye ne polony endizifumana ekhaya. Ngamanye amaxesha, xa ndinemali, ndithenga iziqhamo. Ndiyazithanda iziqhamo. Ngenjikalanga ndifumana isidlo sangokuhlwa kunye nosapho lwako wethu. Ngamaxesha amaninzi sitya i-rice okanye umngqusho, amazambane kunye nenyama. Ndiyayithanda imifuno kodwa itumato, itswele kunye nekhaphetshu andilithandi. Ngamaxesha athile xa kuphuma amakhwenkwe entabeni, sitya inyama nomngqusho omhlophe kunye nemi-funo enjengekhaphetshu kunye nethanga. **Fundiswa Vumasi, 11, Xolani Primary School.**



I like meat curry, pizza and sago best of all foods. I usually have cornflakes for breakfast. For special occasions we have turkey, salads and pudding. I think fruit and vegetables are good for me.

Angelique Alberton, 10, Mountain Road Primary





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ARE YOU ONE OF THEM?

... is what these students want to know. They stood with these posters outside St. George's Cathedral on 20 March 1997 to launch the Campaign Against Child Rape & Sex Abuse.

From Cape Town to Harare

The young stars of *Rap Against Racism Too* are on the move. Their very successful performance at the Nico Malan Theatre of this anti-racist musical drama will be staged in Zimbabwe.

The group was invited by the organisers of Zimbabwe's 1st International Children's Theatre Festival. The festival runs over 23 - 25 August and will take place in Harare, the capital of Zimbabwe.

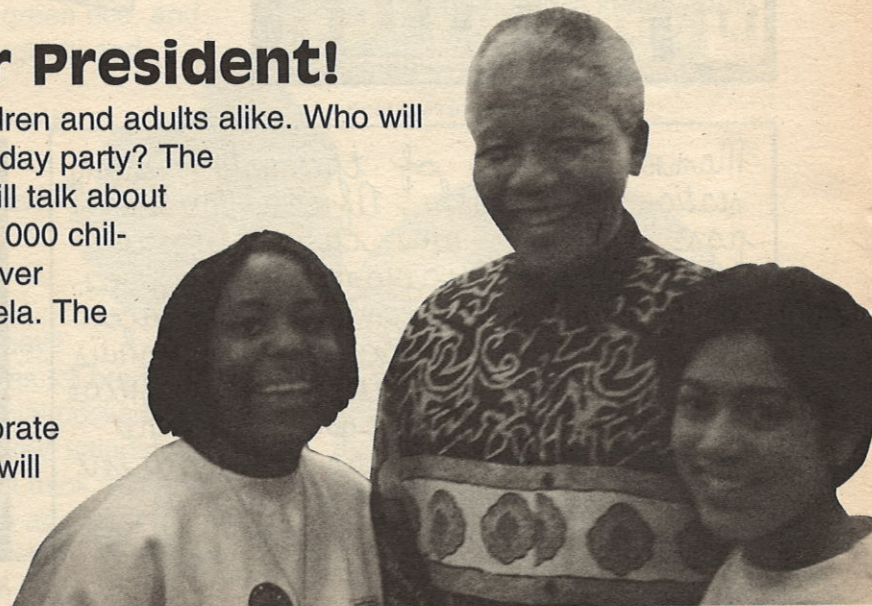


Molo staffer Ronnie with the *Rap against Racism* cast

Happy Birthday Mr President!

There is much excitement among children and adults alike. Who will be invited to President Mandela's birthday party? The lucky ones who was there last year, still talk about what a great party it was. More than 2 000 children and hundreds of adults from all over South Africa celebrated with Mr Mandela. The party was held at Gold Reef City in Johannesburg.

This year President Mandela will celebrate his 79th Birthday on 18 July. The party will be held in Cape Town. Already many children and adults are keeping their fingers crossed



Patricia and Nadia with the birthday boy.

A tribute to children and youth...

16 June 1976. The streets of Soweto were buzzing. Thousands of students were marching to gather at Orlando Stadium. Tiny Petersen was very excited. For weeks they had been talking about using Afrikaans to teach them. Students were angry.



Children can't tell their stories

Children and youth were beaten, teargassed, detained, tortured, kidnapped and even killed by the apartheid government's police and security forces. For many generations, South African children experienced severe ill treatment and human rights abuses under apartheid.

During the month of May and June the Truth And Reconciliation Commission are holding public hearings on children and youth who experienced human rights abuses under apartheid. The commission will also hear how the struggle against apartheid affected children.

However, the commission ruled that under 18 year olds are not allowed to speak at the public hearings. Instead, only older youth and adults will speak on how they were affected by apartheid when they were young.

Eleven year old Rudi-lee Reagon is very angry about this. She wants to know "Why can't children speak and tell our own stories? It is our right to speak! It is suppose to be a public

Tiny held her placard firmly, looking around every now and then to make sure her small brother was close by. Suddenly there was a flutter in the crowd. "Brothers, the police are coming. Keep still. Do not provoke them."

Tiny was not worried. "How can the police do anything?" she thought, "We are just standing here." Around her the crowd was singing, 'Nkosi sikel'iAfrika'.

Suddenly shots rang out. Children screamed, falling over each other in terror. More shots rang out. Then there was a terrible silence.

Tiny ran around looking for her brother. "I must get him away, he is only 13 years old. He'll be so frightened. Where has he gone?"

Then she saw a small figure huddled on the ground. As she got closer she screamed "Its Hector!" She called him but he did not answer. 13 year old Hector Petersen, the first victim of police bullets on 16 June 1976, was dead...

In 1994, the government declared June 16 a public holiday as a tribute to children and youth. We now celebrate it as National Youth Day. This year it is the 21st commemoration of the Soweto students' uprising against apartheid.



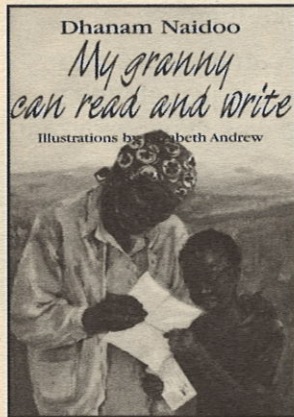
Rudi-lee Reagon

hearing for children and youth. Those 18 years old and over are no longer children".

Rudi-lee feels strongly that the commission violated children's right to speak by not allowing under 18 year olds to address the hearings. She wrote to the commission to raise her objection.

Books to Read

Pupils from Dryden Street Primary read these two books and told us what they think about them. Ask your teacher to get them for your library.



My granny can read and write

published by Human & Rousseau

This story is about a boy called Bongani. He hated school and would prefer to sit in the sun building clay figures. One day his granny receives a letter but they could not read it. Bongani had an exceptional granny who did a courageous thing that changed their lives. He also promised

to go to school everyday and concentrate on his school work. I think Bongani did the right thing to go to school. He definitely realized that education is the key to success.

Fatima Joubyar, std5

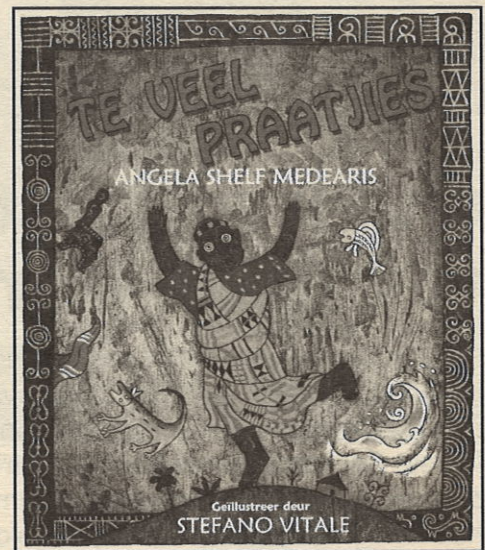


Te veel praatjies

uitgegee deur Human & Rousseau

Te veel praatjies is 'n boek wat 'n mens wil klaar lees. Dit is 'n boek wat jou aan die lees hou. Ek lees die boek elke dag want dit is baie intrasant. En wat ek baie van hou in die storie is die dinge wat praat en dit is onmoontlik. En my beste ding in die storie wat praat is die vis en die water. En die deel wat ek hou van is wanneer hulle skree Aijee want die boer en die visseman is bang. En ek dink as elke kind wat 'n boek saas die her sal hulle baie daarvan hou soos ek daar van hou.

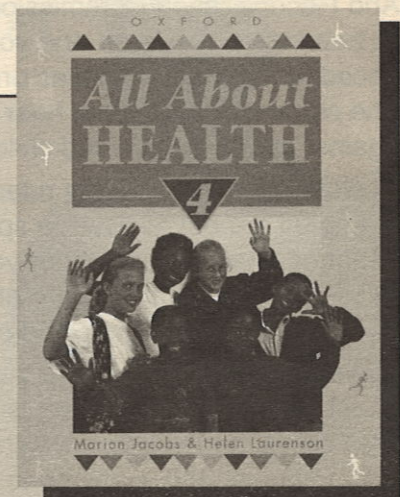
Melissa Williams



All About Health 4

This book provides all the information on health that teachers need for the Std. 4 syllabus. Children who learn from this book can also help the people in their community to be healthier. It tells you about the body, growth, healthy food, healthy habits, pollution and safety. There are plenty of opportunities in this book for children to discover and do things for themselves. The language is simple and clear so that children can understand the issues they are dealing with. It also repeats the important words in Xhosa and other languages.

All about Health 4 can be ordered from OXFORD UNIVERSITY PRESS.



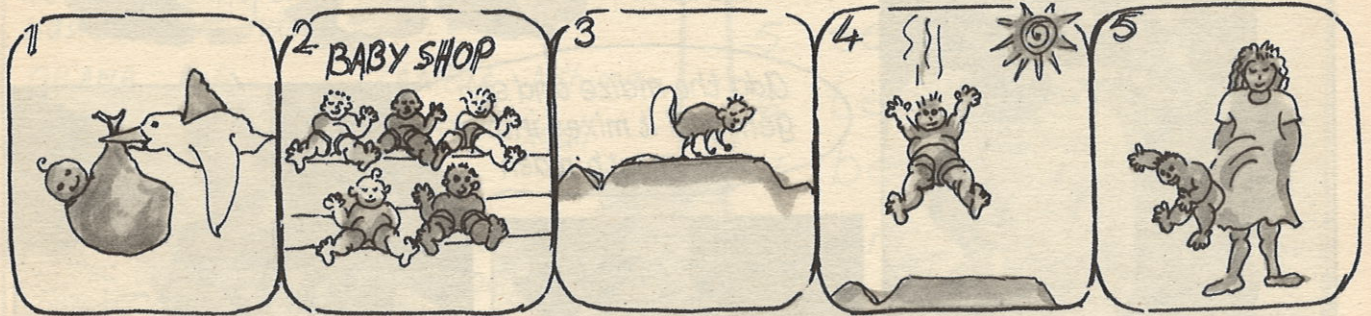
The birds and the bees

Molo's friend, sisi Nomhle, talks about growing up and changing. She will help you to understand what happens during puberty and will give straightforward and useful information.

Tiny beginnings

Where did you come from?

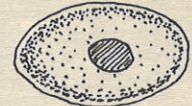
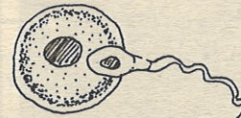
Number 5 is the closest to the truth. You did indeed grow inside your mother until you were big enough to be born.



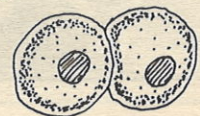
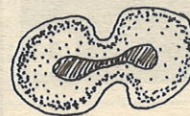
It all starts with 2 tiny cells, an **egg cell (ovum)** and a **seed cell (sperm)** from the father.



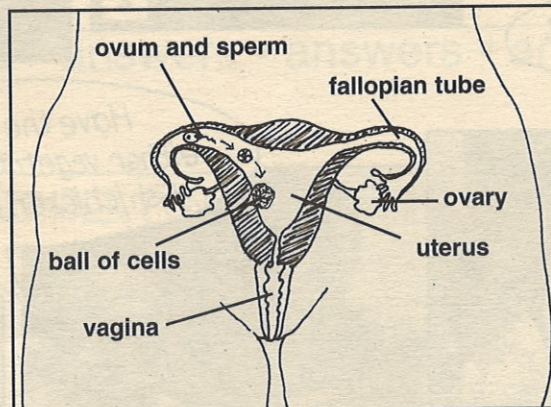
When a sperm joins with an ovum inside the mother to form a new cell (to make new life) it is called **fertilisation**.



The cell grows from taking in food and starts to divide into two. Again each cell divides into two, making four, and so on.

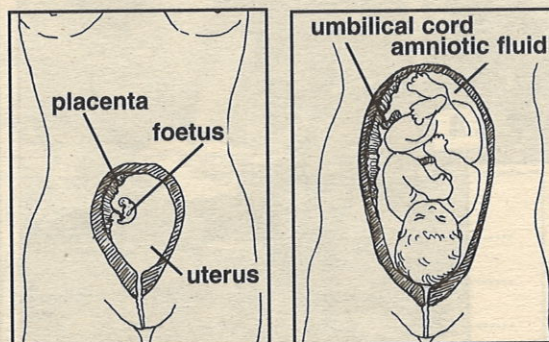


The solid ball of cells then attaches itself to the lining of the **womb (uterus)**. This is a special organ with thick muscular walls that can stretch as the baby grows.



A thin membrane forms a closed bag around the foetus. This is filled with a watery fluid called **amniotic fluid**. It protects the foetus from bumps and knocks. The fluid also keeps the foetus from being too hot or cold.

The cells grow more and more. After 8 weeks it starts to look like a tiny baby and is called a **foetus**. It can not eat and breath by itself and gets food and oxygen from its mother's blood through a tube called the **umbilical cord**. This tube stretches from the **navel** of the foetus to a part of the uterus called the **placenta**.



The foetus grows for about nine months until it is big enough to be born. Between the mother's legs is a special passage, the **vagina**, for the baby to go through. The baby uses its lungs to breathe as soon as it is born.

If you have any questions about growing up, write to sisi Nomhle, P. O. Box 2334, Salt River, 7924

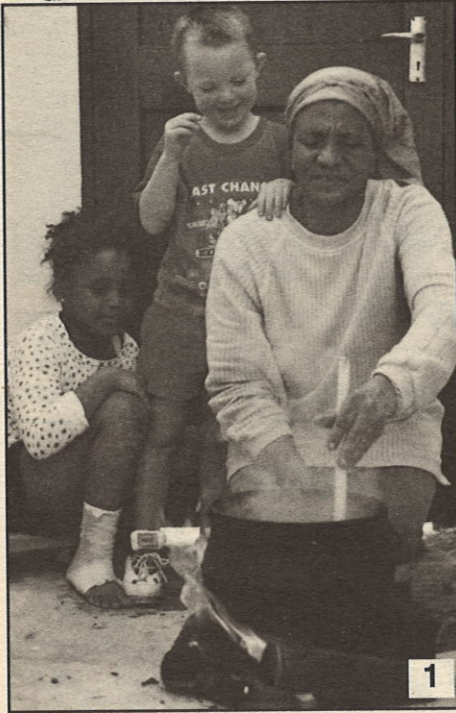
Let's make Pap!



PAP is a carbohydrate made from maize meal. It is mostly eaten in Africa. In northern and central Africa, pap is also made of ground cassava root. Here granny Daphne, Sitali and James show us how to make traditional pap.

Bring the water to boil and add salt

YOU NEED:

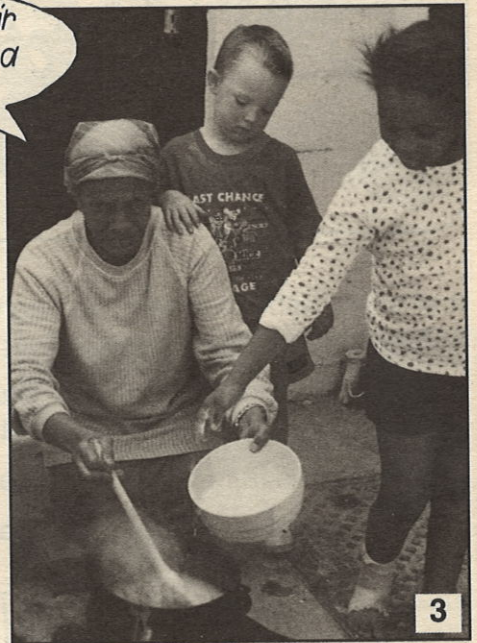


1

Add the maize and stir gently till it mixes into a soft smooth mash



2



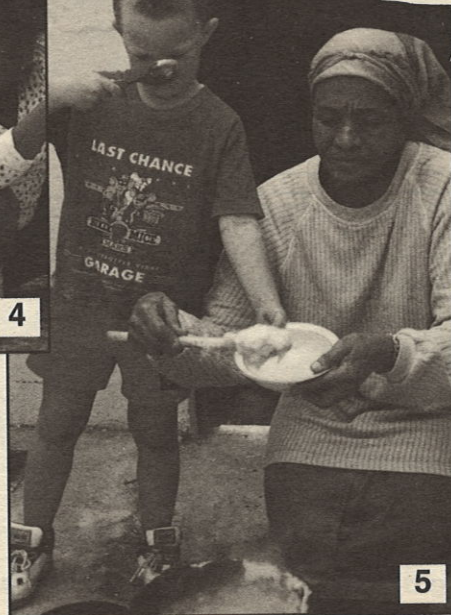
3

Leave to simmer till cooked.

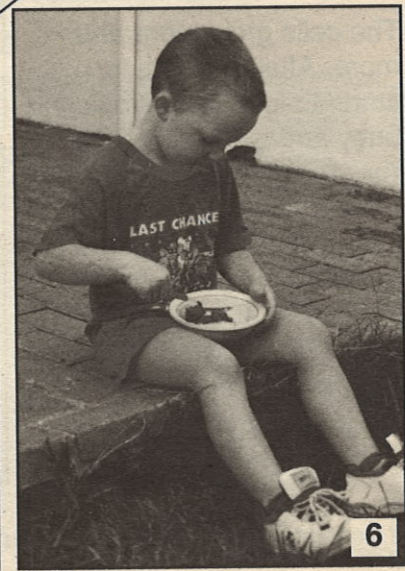


4

Have the pap with relish - either vegetables and meat stew or fish/chicken curry or boerewors.



5



6

Sometimes pap is made into a crumbly form and eaten with milk or curdled milk (amazi-Xhosa; sethema - Sotho.)



Pap can also be eaten with milk and sugar.



All over Africa pap is loved because it is filling and healthy. In different parts of Africa, pap has different names:

GHANA: Fofu ZAMBIA - Nshima

NIGERIA: Gari KENYA - Ugali

ZIMBABWE: Sadza

SOUTH AFRICA - Sotho: Bohobe
Xhosa: Ipapa

Do you know any other names for pap?



Special thanks to Daphne Pitso-Konoso, Sitali Obiawnuwa and James Ramby for their help and information.

MIXED GRILL

SEE IF YOU CAN FIND WHAT THE FOODS IN THE LIST ARE.

1. geg -----
2. taf -----
3. shif -----
4. ervil -----
5. seanb -----
6. teawh -----
7. befe -----
8. arroct -----
9. zaima -----
10. rangeo -----



The game above and the math games on pages 2 and 3 were produced by the Work shop. Phone them at 47 7367 for fun math games.

answers • answers • answers • answers • answers • answers

MIXED GRILL

SEE IF YOU CAN FIND WHAT THE FOODS IN THE LIST ARE.

1. geg egg
2. taf fat
3. shif fish
4. ervil liver
5. seanb beans
6. teawh wheat
7. befe beef
8. arroct carrot
9. zaima maize
10. rangeo orange

NUMBER POND

Only examples - There are many answers.

$$200 = 20 \times 5 \times 2$$

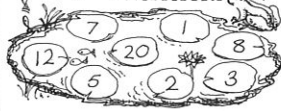
$$39 = (20 \times 2) - 1$$

$$192 = 12 \times 8 \times 2$$

$$500 = 20 \times 5 \times 5$$

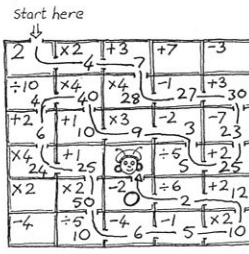
$$48 = 20 \times 12 \div 5$$

$$18 = 7 + 3 + 8$$



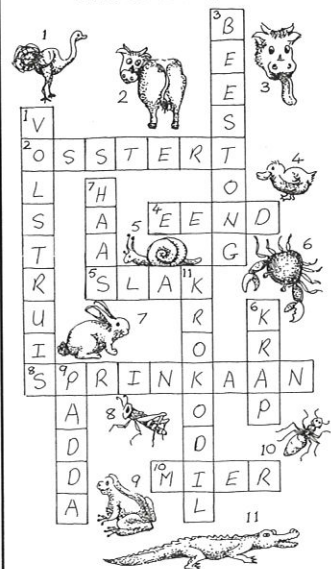
MOLO MAZE

MOVE TO THE MIDDLE OF THE MAZE TO GET THE ANSWER. ONLY MOVE THROUGH GAPS IN THE WALL. START WITH 2. CHANGE YOUR SCORE AS SHOWN IN EACH SQUARE.



WAT'S TE ETE?

VOLTTOOI DIE KAAISEL



1. Isonka simhlophe
2. Ibhanana ityheli
3. Inyama ibomvu
4. lidiliya ziluhlaza

The bread is white
The banana is yellow
The meat is red
The grapes are green

