



Die beste begin vir sukses op skool en in die lewe

Lees is een van die belangrikste dinge wat 'n ouer of versorger hul kinders kan leer. Stories is kos vir ons brein en bou geduld, selfbeheersing en empatie. Sommige stories kan ook vir ons waardevolle lesse leer. Maar dis ook pret en iets wat ma's, pa's en die hele gesin saam kan geniet!

- ★ **Lees ontwikkel verbeelding.** Wanneer kinders na stories luister of dit lees, gebruik hulle die skrywer se woorde as leidrade om die storie voor hul geestesooq te "sien".
- ★ **Lees bou goeie karakter.** Wanneer kinders goed nadink oor die probleme in die storie en hoe om dit op te los, leer hulle om te dink aan die gevoelens van die karakters in die storie. Dit leer hulle om empatie te toon vir mense wat hulle in hul daaglikse lewe ontmoet.
- ★ **Lees moedig diep denke aan.** Wanneer kinders 'n skrywer se gedagtes noukeurig volg, sal hulle meer waarskynlik ander goed wat hulle gehoor of gelees het, onthou.

- ★ **Hou boeke in jou huis.** Rig 'n leeshoekie in enige klein beskikbare ruimte in. Laat jou kinders jou sien boeke lees.
- ★ **Lees dit weer.** Lees gunstelingboeke en -gedigte so dikwels as wat jou kind daarvoor vra. Dit help hulle om die storie en die woorde wat gebruik word, beter te verstaan.
- ★ **Lees altyd en oral.** Hou 'n paar boeke in 'n sak sodat jou kinders kan lees terwyl julle vir 'n bus of taxi wag of by die kliniek is. Die Nalibali-storiebylae is perfek daarvoor!
- ★ **Skep 'n leesroetine.** Maak tyd om te lees wanneer die gesin reeds saam is, soos by maaltye.
- ★ **Lees en skryf hoort bymekaar.** Moedig jou kinders aan om te skryf, of dit hul naam is, 'n inkopielys of iets oor hul dag. As kinders nog nie self kan skryf nie, kan jy dit wat hulle vir jou sê, neerskryf en dit vir hulle teruglees.

The best start to success in school and life

Reading is one of the most important things that a parent or caregiver can teach their children to do. Stories feed our brains and build patience, self-control and empathy. Some stories can also teach us valuable lessons. But it's also fun and something moms, dads and the whole family can enjoy doing together!

- ★ **Reading develops imagination.** When children listen to or read stories, they use the writer's words as clues to "see" the story in their minds.
- ★ **Reading builds good character.** When children think carefully about the problems in the story and how to solve them, they learn to consider the feelings of the characters in the story. That teaches them to show empathy for people they meet in their daily lives.
- ★ **Reading encourages deep thinking.** When children follow a writer's thoughts carefully, they are more likely to remember other things that they have heard or read.

- ★ **Keep books in your home.** Set up a reading corner in any small available space. Let your children see you reading books.
- ★ **Read it again.** Read favourite books and poems as often as your child wants. This deepens their understanding of the story and the words used.
- ★ **Read anywhere at any time.** Keep a few books in a bag for your children to read when you are waiting for a bus or taxi, or at the clinic. The Nalibali story supplement is perfect for that!
- ★ **Create a reading routine.** Make time to read when the family is already together like at mealtimes.
- ★ **Reading and writing go together.** Encourage your children to write, whether it's their name, a shopping list or something about their day. For children who cannot yet write on their own, write what they tell you and then read it back to them.

Wat van babas en kleuters?

- ★ **Begin vroeg.** Jy kan al voor jou baba se geboorte vir hom of haar lees! Vertel ook dikwels, oral en altyd, stories.
- ★ **Geniet dit!** Gebruik verskillende stemme wanneer jy stories vertel en lees. Maak rymies op. Wys na die prente en praat daaroor.
- ★ **Gesels met jou kind.** Wys na dinge in jou omgewing en noem die naam daarvan. Kinders verstaan die betekenis van woorde selfs voor hulle kan praat.

What about babies and toddlers?

- ★ **Start early.** You can read to your baby before he or she is born! Also, tell stories often, anywhere and at any time.
- ★ **Have fun!** Use different voices when telling and reading stories. Make up rhymes. Point at and talk about pictures.
- ★ **Talk to your child.** Point at and name things in your surroundings. Children understand the meaning of words even before they start talking.



Drive your
imagination



IT STARTS WITH
A STORY.
DIT BEGIN MET
'N STORIE.

Hoe om 'n omgewing wat ryk is aan gedrukte taal, vir kinders te skep

Aa Bb Cc
1 2 3

How to create print-rich environments for children

'n Omgewing wat ryk is aan gedrukte taal, beteken 'n plek, soos 'n huis, wat 'n verskeidenheid gedrukte materiaal soos tekens, kennisgewings, advertensies, koerante, boeke, plakkate, briewe, kaartjies, en so meer bevat. Dit kan in een taal of in twee of meer tale wees.

Dit is makliker vir kinders om te leer lees en skryf in 'n plek waar daar baie gedrukte materiaal is. Dit wys vir hulle waarvoor lees en skryf gebruik kan word, en ons as volwasse versorgers moet vir hulle wys hoe.

As kinders sien hoe hulle ouers tyd en plek maak daarvoor, sal hulle dit as kosbaar beskou. Hier volg 'n paar idees om 'n omgewing wat ryk is aan gedrukte taal, te skep.

A print-rich environment means a place, like a home, that has a variety of printed materials like signs, notices, advertisements, magazines, newspapers, books, posters, letters, cards, and so on. These may be in one language or in two or more languages.

It is easier for children to learn to read and write in a place that has a lot of printed material in it. It shows them what reading and writing can be used for, and it is up to us as adult caregivers to show them how.

If children see their parents making space and time for reading and writing, they will place value on it. Here are some ideas for making a print-rich environment.

Plakkate

- Maak jou eie plakkate deur tekeninge of prente uit ou tydskrifte en koerante te gebruik. Jy kan jou eie boodskap of slagspreuk in een, twee of meer tale skryf.
- Maak plakkate met rympies, liedjies en raaisels in verskillende tale. Vra jou kinders en ander volwassenes vir idees en gebruik rympies, liedjies en raaisels wat jy ken.
- Stal plakkate uit waar jou kinders dit maklik kan sien. Onthou om dit gereeld met ander plakkate te vervang sodat jou kinders nie verveeld raak daarmee nie.
- Moedig jou kinders aan om hul eie plakkate by die huis te maak en uit stal sowel as dié wat hulle by die skool maak.
- Moedig jou kinders aan om die plakkate self of saam met maats te lees en weer te lees.



Posters

- Make your own posters by using drawings or pictures from old magazines and newspapers. You can write your own message or slogan in one, two or more languages.
- Make posters with rhymes, songs and riddles in different languages. Ask your children and other adults for ideas and use rhymes, songs and riddles that you know.
- Display posters where your children can see them easily. Remember to replace them with different posters regularly so that your children do not become bored by them.
- Encourage your children to make their own posters at home and to display them as well as those they make at school.
- Encourage your children to read and reread the posters by themselves or with friends.

Alfabetkaarte

- Alfabetkaarte help jou kinders om die letters te sien waaruit woorde bestaan. Help jou kinders om klank by die letters te pas.
- Teken 'n prent vir elke letter. Die prent behoort van iets te wees wat met daardie letter begin.
- Vra vir elke kind om 'n alfabetprent van hulself te maak deur die eerste letter van hul naam te gebruik.



Alphabet charts

- Alphabet charts let your children see the letters that make words. Help your children to match sounds to the letters.
- Draw a picture for each letter. The picture should be of something that has the letter at the start of the word.
- Ask each child to make an alphabet picture of themselves using the first letter of their name.

Baie om te lees

- Versamel koerante, tydskrifte, katalogusse van kruidenierswinkels, inligtingspamflette en ou groetekaartjies. Kinders kan dit lees, dit as rekwisiete gebruik in opvoerings of dit opsny om hul eie kaartjies en plakkate te maak.
- Vra vir vriende en familieleden om 'n boek te skenk of 'n boek as geskenk te gee.



Lots to read

- Collect newspapers, magazines, grocery store catalogues, information pamphlets and old greeting cards. Children can read them, use them as props to act with or cut them up when they make their own cards and posters.
- Ask friends and family members to donate a book or give a book as a gift.

Wees 'n rolmodel

- Lees vir en saam met jou kinders. Wanneer hulle sien dat jy dit geniet omdat dit iets is wat vir jou lekker is, sal hulle dit ook wil doen.
- Skryf vir en saam met jou kinders. Laat kort notas in die huis rondlê wat hulle daaraan herinner om hulle takies te doen, soos om die skottelgoed te was.

Be a role model

- Read to and with your children. When they see you enjoying it as something fun to do, they will do it too.
- Write for and with your children. Try leaving short notes around the house reminding them to do their chores, like washing the dishes.



Drive your
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Beste Nal'ibali ... Dear Nal'ibali ...

Beste Nal'ibali

Ek bly tuis by my vyfjarige. Ek lees vir hom stories, maar ek het raad nodig oor wat om volgende te doen. Ek is bekommerd dat hy nie genoeg doen nie omdat hy nie by 'n VKO-sentrum is nie.

Bettany, Springbok

Beste Bettany

Dis baie goed dat jy vir jou kind lees! Jy kan een van die volgende dinge doen nadat julle saam 'n storie gelees het.

- ★ Sing 'n liedjie of sê 'n rympie op wat met die storie verband hou. Jy kan ook jou eie liedjie of rympie opmaak.
- ★ Vra vir hom vrae oor die storie, soos: "Hoe sou jy gevoel het as dit jy was?", "Dink jy dit was die regte ding om te sê/doen?"
- ★ Vra vir hom om 'n prent te teken van die deel van die storie waarvan hy die meeste gehou het of van sy gunstelingkarakters.
- ★ Voer die storie of 'n gedeelte van die storie op. Of trek soos die karakters in die storie aan en maak vir 'n rukkie asof julle die storiekarakters is.

Hou aan om die Nal'ibali-bylae te lees vir nog idees oor hoe jy jou kind se geletterdheids groei kan ondersteun!

Die Nal'ibali-span

Dear Nal'ibali

I am at home with my five-year old child. I read stories to him, but I need advice on what to do next. I'm worried that he doesn't do enough things because he's not at an ECD centre.

Bettany, Springbok

Dear Bettany

You are doing very well by reading to your child! You can try doing one of these things after you have read a story together.

- ★ Sing a song or say a rhyme linked to the story. You can also make up your own song or rhyme.
- ★ Ask him questions about the story like, "How would you feel if that was you?", "Do you think that was the right thing to say/do?"
- ★ Ask him to draw a picture of the part of the story he liked best or of his favourite characters.
- ★ Act out the story or a part of it together. Or, just dress up and pretend to be the story characters for a while.

Keep reading the Nal'ibali supplement for more ideas on how you can support your child's literacy journey!

The Nal'ibali Team

SKRYF AAN ONS! WRITE TO US!

The Nal'ibali Supplement
The Nal'ibali Trust
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Kenilworth
Cape Town
7708
Western Cape
info@nalibali.org



Beste Nal'ibali

Ek weet nie hoe om my negejarige dogter te kry om vir genot te lees nie. Sy sukkel met lees op skool en daarom wil sy nie by die huis lees nie.

Cornell Williams, Goodwood, Kaapstad

Beste Cornell

Wanneer kinders sukkel om te lees, sal hulle minder geneig wees om in hul vrye tyd te lees. Probeer maniere vind vir jou dogter om die vreugde van boeke en stories te ervaar sonder dat sy self moet lees. Vind byvoorbeeld vir haar prentboeke sonder woorde. Laat haar na stories luister. (Jy kan luisterstories vind by www.nalibali.org). Kyk saam na 'n flik wat op 'n boek gebaseer is, en stel dan voor dat julle die boek saam lees. Ons is seker sy sal binnekort 'n boekwurm word.

Die Nal'ibali-span

Dear Nal'ibali

I don't know how to get my nine-year-old daughter to read for pleasure. She struggles with reading at school and so she doesn't want to read at home.

Cornell Williams, Goodwood, Cape Town

Dear Cornell

When reading is difficult for children, they are less likely to read in their spare time. Try to find ways for your daughter to experience the joy of books and stories without having to read on her own. For example, find wordless picture books for her. Let her listen to stories. (You can find audio stories on www.nalibali.org). Watch a movie based on a book together and then suggest reading the book together. We're sure that she'll get hooked on books in no time.

The Nal'ibali Team



Hoe om ons stories op verskillende maniere te gebruik

1. **Vertel die storie vir jou kind.** Lees en oefen om die storie te vertel. Gebruik dan jou stem, gesig en liggaam om die storie te laat lewe.
2. **Lees die storie vir jou kind.** Gesels oor die prente. Vra: "Wat dink jy gebeur volgende?" of "Hoekom dink jy het die karakter dit gesê of gedoen?"
3. **Lees die storie saam met jou kind.** Maak beurte om die storie saam te lees. Moenie hul foute regmaak nie, en help net as hulle jou vra om te help.
4. **Luister hoe jou kind lees.** Luister sonder om hulle te onderbreek. Sê dat dit vir jou lekker is om te luister wanneer hulle hardop vir jou lees.
5. **Doen die aktiwiteite in Raak doenig met stories!** Dit behoort vir jou en jou kind pret te wees.

How to use our stories in different ways

1. **Tell the story to your child.** Read and practise telling the story. Then use your voice, face and body to bring the story to life.
2. **Read the story to your child.** Talk about the pictures. Ask, "What do you think happens next?" or "Why do you think the character said or did that?"
3. **Read the story with your child.** Take turns to read the story together. Don't correct their mistakes, and only help if they ask for it.
4. **Listen to your child read.** Listen without interrupting. Say that you enjoy hearing them read aloud to you.
5. **Do the Get story active! activities.** This should be fun for you and your child.



Drive your
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'n Diagram veral vir versorgers van jong kinders A feature especially for caregivers of young children

**Beste Ma, Pa, Ouma, Oupa, Broer en Suster,
Buurman en -vrou, Tannie en Oom**

Om vir kinders te sorg is van die heel belangrikste en uitdagendste werk in die wêreld.

Ons weet jy wil net die beste vir jou kinders hê en dat jy alles moontlik doen om hulle veilig, warm, gevoed en gesond te hou.

Kenners in kinderontwikkeling sê egter ons kan selfs meer doen. Hulle sê ons moet ons kinders aanmoedig om nuuskierige en aktiewe leerders te word.

Jong kinders moet:

- Selfvertroue bou om talle woorde te gebruik
- Leer om dit te geniet om te praat en te luister
- 'n Liefde vir boeke en hul huistaal ontwikkel.

Kyk mooi na hierdie oulike **Geletterdheidswiel** om uit te vind hoe jy jou kind kan help.

- Begin vandag met Nommer 1.
- Knip uit en maak die boek, **Die verlore speelding**.
- Deel en bespreek dit met jou kinders.
- Hou dit veilig in jou tuisbiblioteek.

In elke bylae sal daar nuwe aktiwiteite, hulpbronne en baie pret vir jou en jou familie wees!

Net 'n paar minute per dag kan 'n GROOT verskil maak!

**Dear Mother, Father, Grandmother, Grandfather,
Brother and Sister, Neighbour, Aunty and Uncle**

Caring for children is one of the most important and most difficult jobs in the world.

We know you want what is best for your children and that you do everything you can to keep them safe, warm, fed and healthy.

Specialists in children's development tell us that we need to do even more. They say we must encourage our children to become curious and active learners. Young children must:

- Build confidence to use many words
- Learn to enjoy talking and listening
- Develop a love for books and their home language.

Look carefully at this wonderful **Wheel of Literacy** to learn how you can help your child.

- Start today with Number 1.
- Cut out and make the book, **Lost toy**.
- Share and discuss it with your children.
- Keep it safely in your home library.

There will be new activities, resources and lots of fun in each supplement for you and your family!

Just a few minutes a day can make a BIG difference!



Laai die gratis Wordworks app van die Playstore af vir vele meer!

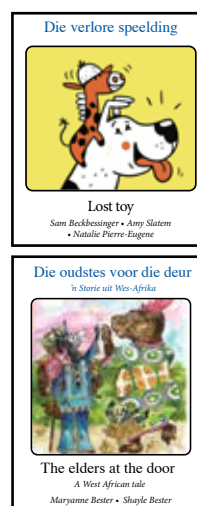
Download the free Wordworks app from the Playstore for so much more!



Bou jou eie biblioteek.

Maak TWEE knip-uit-en-bêreboekies

1. Haal bladsye 5 tot 12 van hierdie bylae uit.
2. Die vel met bladsye 5, 6, 11 en 12 daarop maak een boek. Die vel met bladsye 7, 8, 9 en 10 daarop maak die ander boek.
3. Gebruik elk van die velle om 'n boek te maak. Volg die instruksies hier onder om elke boek te maak.
 - a) Vou die vel in die helfte op die swart stippellyn.
 - b) Vou dit weer in die helfte op die groen stippellyn.
 - c) Knip op die rooi stippellyne.



Grow your own library.

Create TWO cut-out-and-keep books

1. Take out pages 5 to 12 of this supplement.
2. The sheet with pages 5, 6, 11 and 12 on it makes up one book. The sheet with pages 7, 8, 9 and 10 on it makes up the other book.
3. Use each of the sheets to make a book. Follow the instructions below to make each book.
 - a) Fold the sheet in half along the black dotted line.
 - b) Fold it in half again along the green dotted line.
 - c) Cut along the red dotted lines.



**Drive your
imagination**



Lots more free books at bookdash.org



Raak doenig met stories!

- ★ Teken jou gunstelingspeelding.
- ★ Hoekom dink jy het die speelding uit die vrou se sak gespring?
- ★ Skryf 'n paar sinne of paragrawe om by die prente in die storie te pas. (Ouers, help jonger kinders asseblief deur dit wat hulle vir jou sê, neer te skryf. Lees dit wat jy geskryf het vir hulle sodat hulle vir jou kan sê of dit is wat hulle wou hê!)

Get story active!

- ★ Draw your favourite toy.
- ★ Why do you think the toy jumped out of the lady's bag?
- ★ Write a few sentences or paragraphs to go with the pictures in the story. (Parents, please help younger children by writing what they would like you to write. Read what you have written back to them so they can tell you whether it is what they wanted!)

Nal'ibali is 'n nasionale lees-vir-genotveldtog. Dit wil 'n leeskultuur regoor Suid-Afrika laat vlamvat en vaslê. Vir meer inligting, besoek www.nalibali.org of www.nalibali.mobi



Nal'ibali is a national reading-for-enjoyment campaign to spark and embed a culture of reading across South Africa. For more information, visit www.nalibali.org or www.nalibali.mobi



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Die verlore speelding

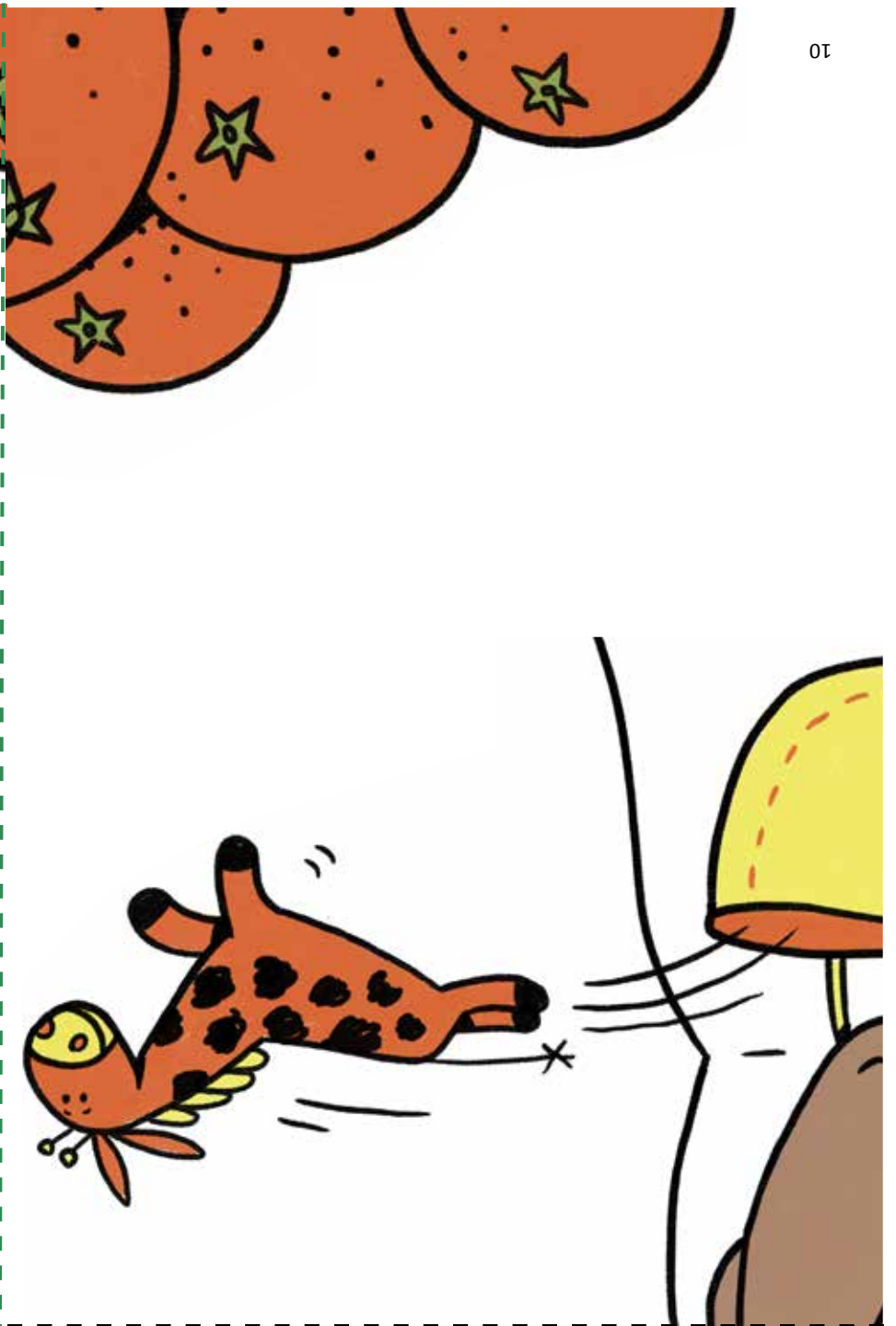


Lost toy

Sam Beckbessinger • Amy Slatem
• Natalie Pierre-Eugene

Idees om oor te praat: Het jy nou 'n gunstelingspeelding, of wat was dit toe jy jonger was? Het jy al ooit iets verloor waarvoor jy baie lief was? Hoe voel ons wanneer ons iets verloor of wanneer ander mense dit steel?

Ideas to talk about: Do you have a favourite toy now, or what was your favourite toy when you were younger? Have you ever lost something that you loved very much? How do we feel when we lose our things or when other people steal them?



“... en my naam is Liefde,” sê die derde.
“...and I am Love,” said the third.



“My naam is Wysheid,” sê die tweede.
“I am Wisdom,” said the second.



Hierdie storie is spesiaal geskryf en geïllustreer as een van tien stories in die boek, *Sunday Times Storytime*, wat spesifiek vir Suid-Afrikaanse kinders geskep is.

This story was especially written and illustrated as one of ten stories in the *Sunday Times Storytime* book, which was created specifically for South African children.

Raak doenig met stories!

- ★ Trek jou gunstelingprent in hierdie storie na of teken dit oor. Kleur dit in die kleure van jou keuse in.
- ★ Skryf vier ander karaktertrekke in mense neer wat jy bewonder, soos byvoorbeeld lojaliteit.
- ★ Lees die storie hardop en gebruik 'n verskillende stem vir elke karakter.

Get story active!

- ★ Trace or copy your favourite picture of this story. Colour it in the colours of your choice.
- ★ Write down four other characteristics that you admire in people, like loyalty, for example.
- ★ Read the story aloud using a different voice for each character.

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Drive your imagination

Die oudstes voor die deur

'n Storie uit Wes-Afrika



The elders at the door

A West African tale

Maryanne Bester • Shayle Bester

Idees om oor te praat: Hoekom dink jy word ouer mense in die gemeenskap soms as spesiaal beskou? Op watter maniere word ouer mense anders as jong volwassenes behandel?

Ideas to talk about: Why do you think older people are sometimes viewed as special in the community? In what ways are older people treated differently to younger adults?

“My naam is Seëning,” sê die eerste oudste.
“I am Blessing,” said the first elder.



The family began to discuss whom they should choose.
The eldest child said, “Daddy, your business has not been
going so well ... so I think we should invite Blessing to
come inside, so that your business can grow. Then we will
be blessed with many good things.”



Die gesin begin bespreek wie hulle moet kies.
Die oudste kind sê: “Pappa, dit gaan nie so goed met jou besigheid
nie ... daarom dink ek jy moet vir Seëning innooi sodat jou
besigheid kan groei. Dan sal ons gesêen word met baie goeie dinge.”

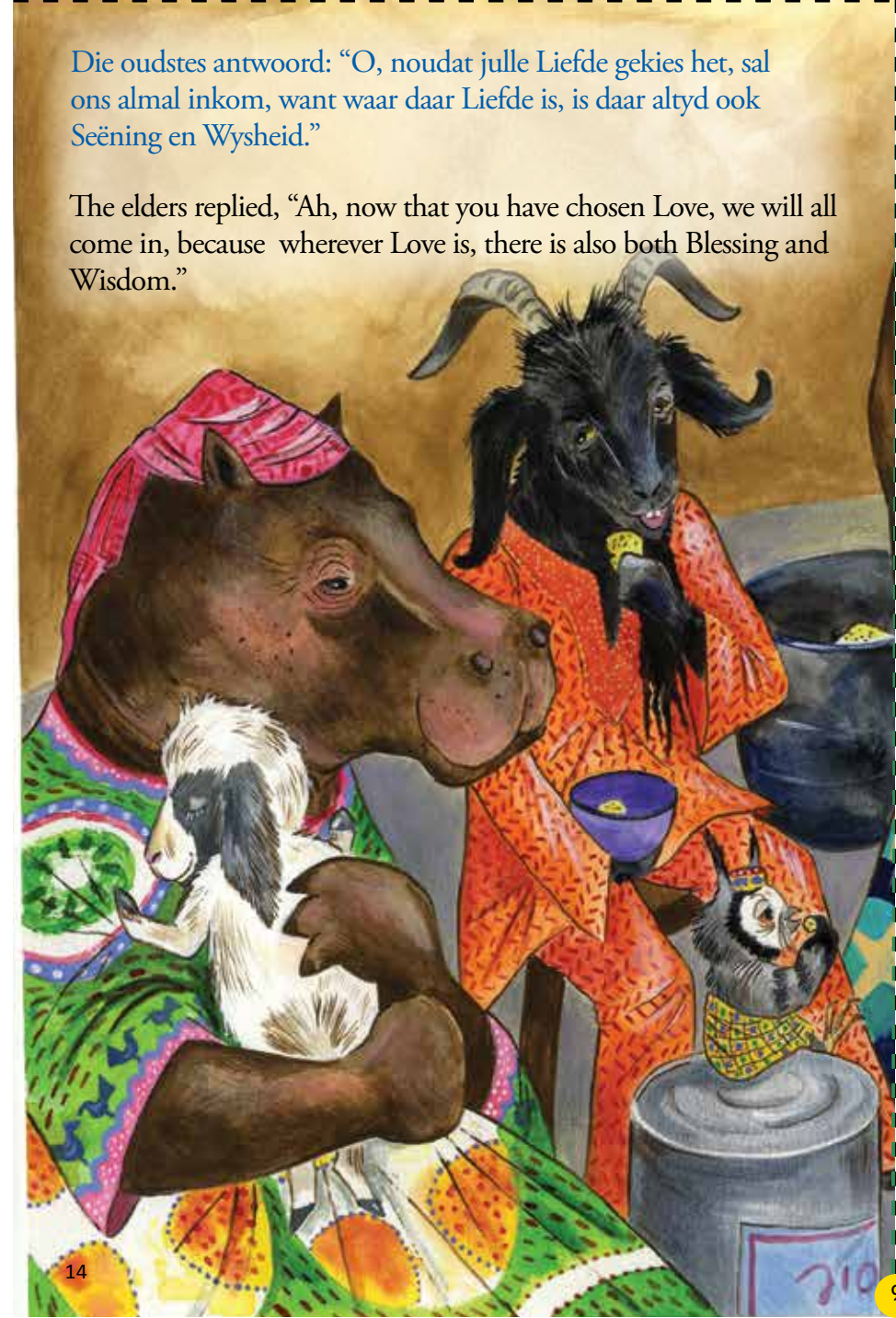
Dit was vroegoggend en nog donker. In die skadu’s stap drie figure baie stadig met die pad langs na die dorp. Hulle gaan staan voor ’n huis en klop aan die deur.

Binne-in die huis is die hele gesin reeds wawyd wakker. Die kinders praat en sing met bulderende stemme terwyl hulle ma die ontbyt voorberei. Toe dit klaar is, gaan sit die honger gesin aan om te eet. Eers toe hoor hulle die geklop.

It was early morning and still dark. In the shadows, three figures slowly, slowly made their way along the road and down into the village. They stopped outside a house and knocked on the door.

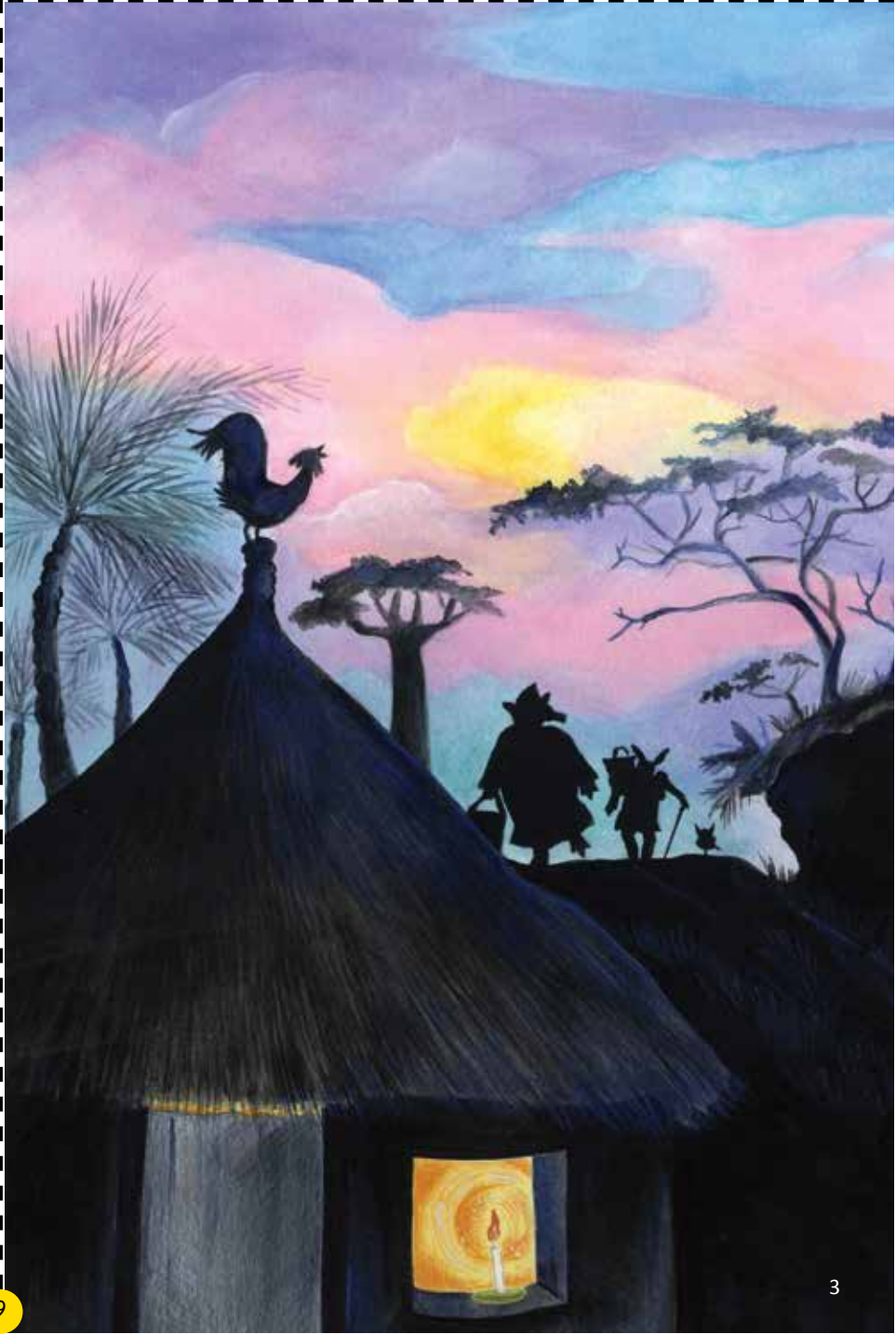
Inside the house, the family was wide awake. The children talked and sang with big voices, while their mother cooked the morning meal. When it was ready, the hungry family sat down to eat. Only then did they hear the knocking.





Die oudstes antwoord: “O, noudat julle Liefde gekies het, sal ons almal inkom, want waar daar Liefde is, is daar altyd ook Seëning en Wysheid.”

The elders replied, “Ah, now that you have chosen Love, we will all come in, because wherever Love is, there is also both Blessing and Wisdom.”



Sy suster sê: “Nee, nee. Die REDE waarom dit nie goed gaan met die besigheid nie is omdat Pappa wysheid nodig het om dit te laat groei. Ons moet vir Wysheid vra om in te kom, Pappa.”

His sister said, “No, no. The REASON your business is not going well is because you need the wisdom to make it grow. We should ask Wisdom to come in, Daddy.”

Die ma stap na die venster en kyk buitentoe. Teen hierdie tyd het die skaduwees al weggetrek en sy sien die drie figure wat buite wag.

“Daar staan drie oudstes hier buite,” sê sy vir die pa. “Hulle is honger en vuil en moet versorg word.”

“Dan moet jy die deur oopmaak en hulle innooi,” sê haar man.

Die ma stap dus terug na die voordeur en nooi die oudstes om in te kom.

“Baie dankie, liewe vrou, maar ons kom nooit saam in nie,” sê die oudstes.

“Jy moet een van ons kies.”

Die ma gaan terug na die pa toe en sê vir hom wat die oudstes gesê het.

“Dan moet ons hulle name vra en een van hulle kies,” sê die pa.

Toe stap die ma terug en vra vir die oudstes wat hulle name is.

The mother went to the window and looked out. By now the shadows had lifted, and she could see the figures waiting outside.

“There are three elders out there,” she said to the father. “They are dirty and hungry, and need to be taken care of.”

“Then you must open the door and invite them in,” said her husband.

So the mother went to the door and invited the elders in.

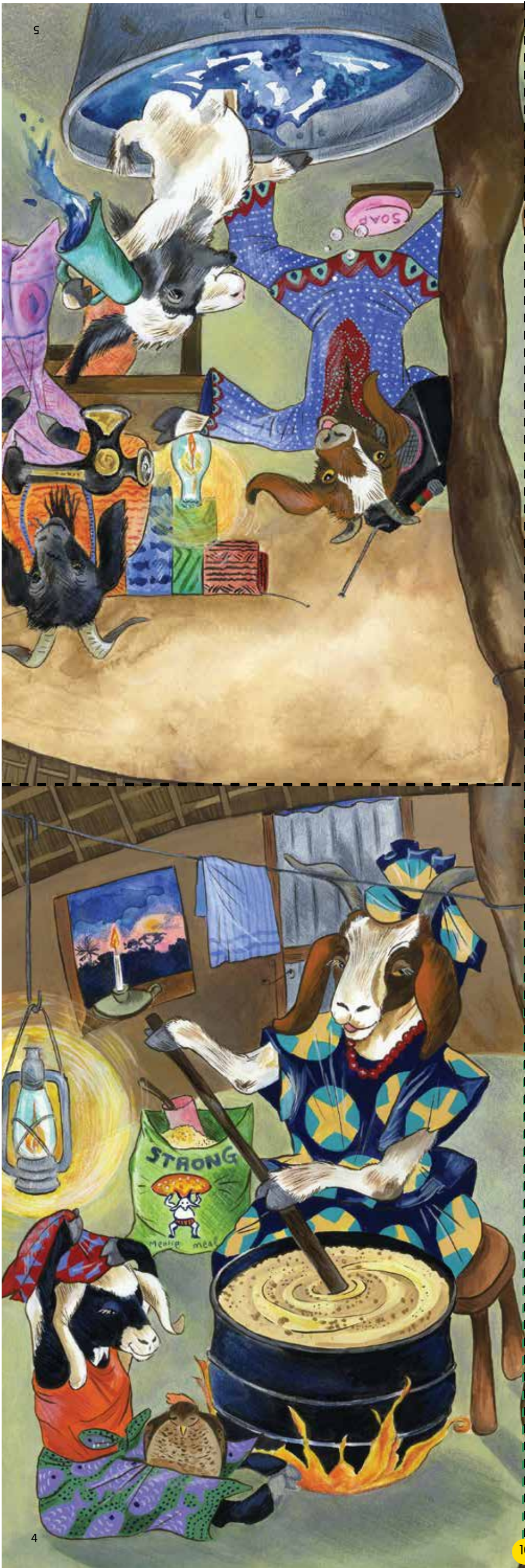
“Ah thank you, kind woman, but we never enter together,” said the elders.

“You must choose one of us.”

The mother went back to the father and told him what the elders had said.

“Then we must ask them for their names and choose one of them,” said the father.

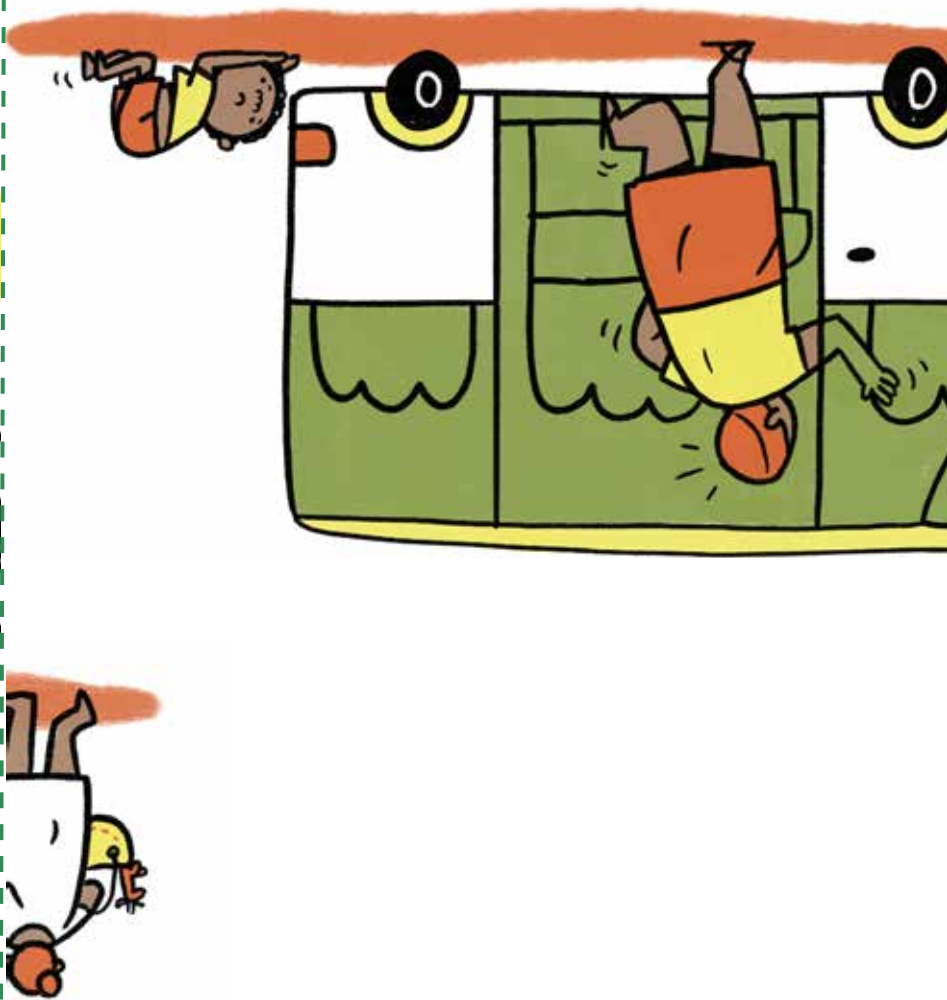
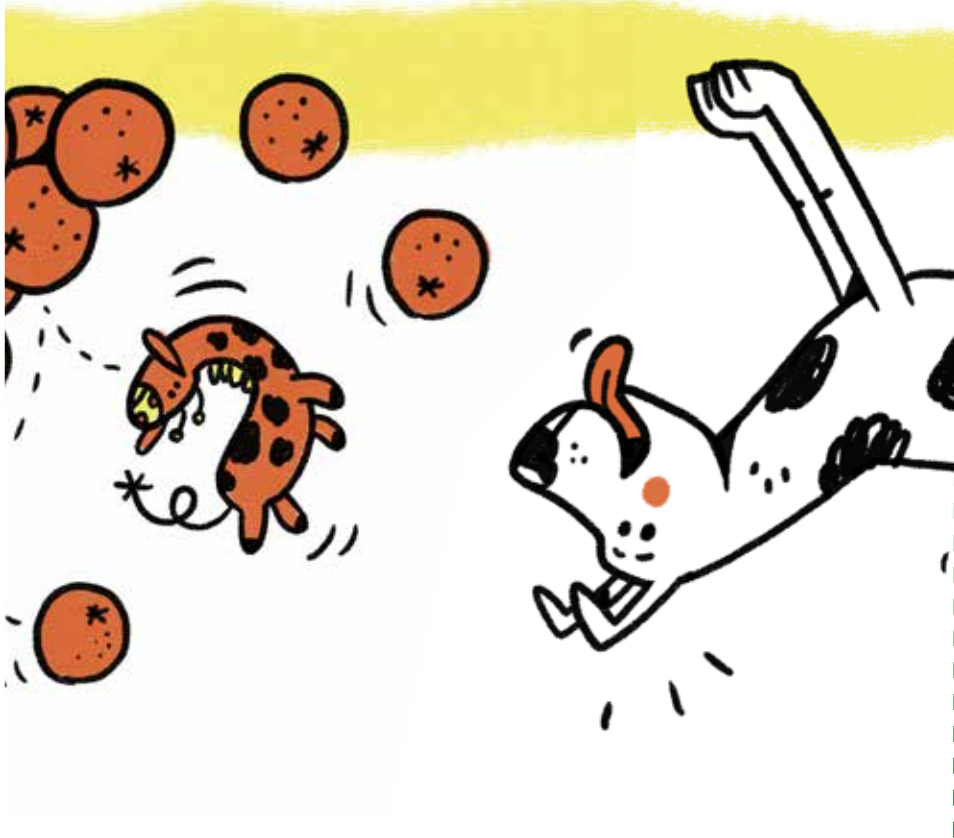
So the woman went back and asked them for their names.



Maar die baba, wat nie baie woorde ken nie, sê weer en weer
en weer: “Liefde, liefde, liefde.”
En toe praat die gesin nie verder daaroor nie. Hulle besluit om
Liefde in hulle huis in te nooi.
But the baby, who knew few words, with great insistence, said
over and over again, “Love. Love. Love.”
So the family discussed the matter no further. They decided to
invite Love into their home.



Die ma stap vir die laaste keer deur toe. Sy gaan staan voor
die oudstes en sê: “Ons kies Liefde.”
For the last time then, the mother went to the door. She
stood before the elders and said, “We have chosen Love.”





16 Oktober is Wêreldvoedseldag

16 October is World Food Day

Wêreldvoedseldag is in 1979 ingestel om groter bewustheid te skep van die probleme ten opsigte van voedsel en om op te tree teen honger, wanvoeding, die vermorsing van kos en armoede. Miljoene mense oral in die wêreld het nie genoeg om te eet nie en tog produseer die aarde genoeg kos om almal op die planeet te voed.

Gesinne, skole en gemeenskapsorganisasies kan help om vars, gesonde en goedkoop of gratis kos te verskaf aan diegene wat dit nodig het deur vrugte- en groentetuine in enige beskikbare ruimte aan te plant en die oes te deel!



World Food Day was started in 1979 to increase awareness of the problems with regard to food and to take action against hunger, malnutrition, food wastage and poverty. Millions of people around the world do not have enough to eat, yet the earth produces enough food to feed everyone on the planet.

Families, schools and community organisations can help to provide fresh, healthy and cheap or free foods to those who need it by planting fruit and vegetable gardens in any available space and sharing the harvest!

1



Gebruik sade en steggies. Deel saad van kos wat jy eet met jou vriende. Plant saadjies of steggies in eierboksies of kartonrolle. Hou die grond in die saailinge se houertjies klam, nie nat nie. Plaas die houer op 'n sonnige plek.

Use seeds and cuttings. Share some seeds from the foods you eat with your friends. Plant seeds or cuttings in egg boxes or cardboard rolls. Keep the soil in the seedling containers moist, not wet. Put the seedling trays in a sunny place.



2

Gebruik gratis herwinde houer. Plant jou saailinge in plastiekbottels, blikkies, ou sakke, buitebande en houtkassies.

Use free recycled containers. Plant your seedlings in plastic bottles, tin cans, old sacks, tyres and wooden boxes.

3



Gebruik jou spasie slim. Hang die bottels, blikkies of kleiner sakke teen 'n muur of heining om meer plek te maak vir jou tuin.

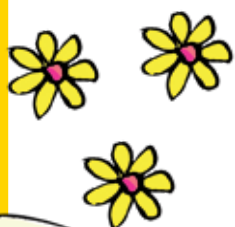
Use your space wisely. Hang the bottles, cans or smaller bags against a wall or fence to make more space for your garden.

Gebruik wat jy het. Sit jou groenteskille, grassnysels, eierdoppe en teeblare op 'n komposhoop of in 'n drom. Wanneer dit verrot het, kan jy die kompos vir jou plante gebruik.

Use what you have. Put your vegetable peels, grass cuttings, eggshells and tea leaves in a compost heap or drum. Once it has rotted, use the compost to feed your plants.



4

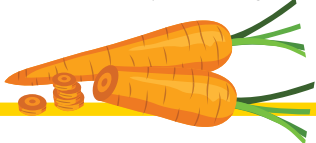


Goedkoop, maklike insekdoder

Gebruik omgewingsvriendelike plaagdoders om jou plante teen goggas te beskerm. Hierdie sproei word nie van giftige chemikalieë gemaak nie.

1. Oliesproei vir luise, kewers, witvlieg, blaaspootjies en myte. Meng 1 koppie kookolie met 1 teelepel skottelgoedseep. Voeg 3 teelepels van die mengsel by elke liter water.

2. Asynsproei vir naakslakke, slakke, miere en vlieë. Meng 1 koppie asyn met 3 koppies water en 'n halwe teelepel skottelgoedseep.



Cheap, easy insect spray

Use environmentally friendly pesticides to protect your plants from bugs. These sprays are not made from poisonous chemicals.

1. Oil spray for aphids, beetles, whiteflies, thrip and mites. Mix 1 cup of cooking oil with 1 teaspoon of dishwashing soap. Add 3 teaspoons of the mixture to every litre of water.

2. Vinegar spray for slugs, snails, ants and flies. Mix 1 cup of vinegar to 3 cups of water and half a teaspoon of dishwashing soap.



Spruit dit vroeg soggens of saans op jou plante sodat die mengsel kan droog word voor die son te warm is en die plant se blare brand. Bespuit jou plante elke 7 tot 10 dae.



Spray your plants early in the morning or in the evening so that the mixture can dry before the sun becomes strong and burns the plant leaves. Spray your plants every 7 to 10 days.



Drive your imagination



Grote Koei!



Deur Koketso Tsemekwane ■ Illustrasies deur Heidel Dedekind

In die ou dae het Koei en Kat op Toutswe-mogala-heuwel gewoon. Hulle het hierdie heuwel met al die ander diere gedeel. Die diere het meestal almal in vrede en harmonie saamgeleef.

Koei was 'n baie spesiale dier, want sy was die enigste dier wat 'n *mogogolwane*, 'n pragtige mantel, het. Elke oggend haal sy haar *mogogolwane* uit, hang dit om haar skouers en roep die diere bymekaar.



Koei lyk soos 'n regte godin waar sy in haar pragtige versierings staan. Sy is vol wysheid en gee advies oor alles, klein en groot.

Ongelukkig het niemand juis van Kat gehou nie. Die ander diere glo Kat is slinks, en hulle vertrou haar nie. Hoekom sluip sy snags rond en lê dan heeldag lui in die son en slaap? Hulle is seker Kat is besig met katekwaad.

Op 'n dag kom Kat na Koei toe om raad te vra. Kat vra: "Koei, hoekom hou jy en die ander diere nie van my nie?"

Koei moe net, draai haar *mogogolwane* stywer om haar skouers en stap weg sonder om te antwoord.

"Koei," miaau Kat, "ek wil weet hoekom jy nie van my hou nie. Jy is veronderstel om na almal van ons om te sien, en selfs al help jy al die ander diere, is jy nooit gaaf met my nie."

Kat gaan elke dag terug na Koei toe met geskenke en wil weet hoekom niemand van haar hou nie. Sy bring soet, vars gras uit die vallei en silwerskoon, koel water uit die stroom. Maar al probeer Kat ook hoe hard, Koei en die ander diere hou steeds nie van haar nie. Hulle hou aan om haar te ignoreer, en dit maak Kat baie hartseer.

So gaan dit aan totdat Kat op 'n dag vir Koei sê: "Genoeg is genoeg," en wegtrek.

Dit neem 'n rukkie voor die muise begin amok maak. Toe kom die ander diere na Koei toe om te kla. Hulle is baie ontsteld. "Grote Koei!" roep hulle terwyl hulle snork en grom en bulk en blaas en skree.

"Koei, jy moet iets doen," brul Leeu.

"Die muise is oral – waar ons slaap, waar ons eet, selfs waar ons drink," snork Seekoei.

Eers toe begin Koei en die ander diere besef watter belangrike werk Kat snags gedoen het terwyl hulle almal geslaap het.

As die leier van Toutswe-mogala, roep Koei 'n soekgeselskap bymekaar om na Kat te gaan soek. Hulle begin almal hoog en laag soek. Sewe dae lank soek hulle hier en daar en oraloor.

Toe hulle uiteindelik vir Kat opspoor, tree Kameelperd – wat haar eerste gewaar het – vorentoe. "Kat," sê Kameelperd, "al die diere mis jou. Ons dink nie meer dat jy slinks en vol katekwaad is nie. Hoe meer die muise ons pla, hoe meer mis ons jou. Ons het jou nodig, en ons hou van jou. Kom asseblief saam met ons terug na Toutswe-mogala."



Kat voel baie gelukkig toe sy saam met die ander diere terugstap na Toutswe-mogala toe. Sy eet elke nag die muise en verjaag hulle uit elke hoekie en gaatjie. Al die diere is baie gelukkig, maar Koei is nou die gelukkigste, want daar is weer rus en vrede in Toutswe-mogala. En van daardie dag af is Koei en Kat baie goeie vriende, en Koei bêre elke dag vir Kat 'n slukkie melk.

Raak doenig met stories!

- ★ Teken 'n prent van 'n muis.
- ★ Gebruik klei of speeldeeg om modelle van 'n koei, 'n kat en 'n kameelperd te maak. Gebruik jou kleidiere om die storie op te voer.

- ★ Skryf jou eie einde vir die storie. Stel jou voor Kat het geweier om terug te gaan na Toutswe-mogala. Wat dink jy sou gebeur het?



Drive your
imagination



Great Cow!

By Koketso Tsemekwane ■ Illustrations by Heidel Dedekind



In the olden days, Cow and Cat lived on Toutswemogala Hill. They shared this hill with all the other animals. For the most part, all the animals lived together in peace and harmony.

Cow was very special amongst the animals because she was the only animal to have a *mogogolwane*, a beautiful cloak. Every morning she took her *mogogolwane* out, put it around her shoulders and held council.



Standing there in her finery, Cow looked like a real goddess. She was full of wisdom and would give advice on all matters big and small.

Now, sadly, no one liked Cat very much. The other animals believed that Cat was sly and they didn't trust her. Why did she slink around at night and then sleep lazily in the sun the whole day? They were sure Cat was up to no good.

One day Cat came to Cow for some advice. Cat asked, "Cow, why don't you and the other animals like me?"

Cow just lowed, wrapped her *mogogolwane* tighter around her shoulders and walked away without answering.

"Cow," Cat meowed, "I want to know why you don't like me. You are supposed to look after all of us and, even though you always help all the other animals, you never show any kindness towards me."

Every day Cat went back to Cow with gifts, wanting to know why no one liked her. She brought sweet, fresh grass from the valley and sparkling, cool water from the stream. But no matter what Cat tried, Cow and the other animals still did not like her. They kept on ignoring Cat, and this made Cat feel very sad.

This went on until one day Cat said to Cow, "Enough is enough," and moved away.

It took a while before the mice started running amok. This is when the other animals came to Cow to complain. They were very upset. "Great Cow!" they cried as they snorted and growled and bellowed and squeaked and screeched.

"You have to do something, Cow," Lion roared.

"There are mice everywhere – where we sleep, where we eat, even where we drink," grunted Hippopotamus.

It was only then that Cow and the other animals started to realize the important work Cat had done at night while they were all sleeping.

As the leader of Toutswemogala, Cow called together a search party to look for Cat. They all set off searching up and down, high and low. For seven days they looked here and there and everywhere.

When they finally found Cat, Giraffe – who had spotted her first – stepped forward. "Cat," Giraffe said, "all the animals miss you. We no longer think that you are sly and up to no good. The more the mice plague us, the more we miss you. We need you and we like you. Please come back with us to Toutswemogala."



Cat felt very happy as she walked back to Toutswemogala with the other animals. Every night she ate the mice and chased them out of every nook and cranny. All the animals were very happy, but Cow was the happiest because now, once again, there was peace and quiet in Toutswemogala. And from that day on Cow and Cat became very good friends, with Cow saving a lick of milk for Cat every day.

Get story active!

- ★ Draw a picture of a mouse.
- ★ Use clay or play dough to make models of a cow, a cat and a giraffe. Use your clay animals to act out the story.

- ★ Write your own ending for the story. Imagine that Cat refused to come back to Toutswemogala. What do you think would have happened?

Nal'ibali-pret Nal'ibali fun



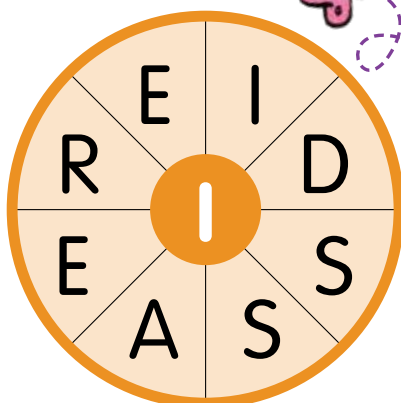
- 1.** Raai waar hierdie Nal'ibali-karakters betrap is terwyl hulle lees? Teken in elke blok die plek waar jy dink die kinders lees.

- 1.** Can you imagine where these Nal'ibali characters got caught reading? In each block, draw the place where you think the children are reading.

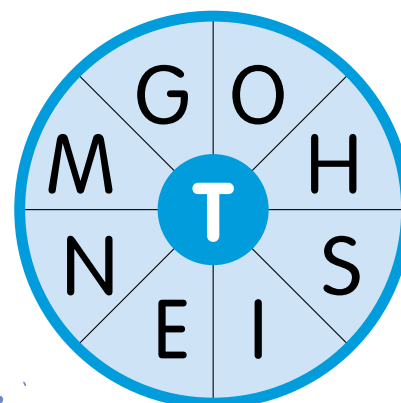


2.

1. Maak woorde met twee of meer letters.
2. Gebruik elk van die letters in die wiel slegs een keer in elke woord.
3. Gebruik altyd die letter in die middel van jou wiel in jou woorde.
4. Geen eiename mag gebruik word nie.



1. Make words with two or more letters.
2. Use each of the letters in the wheel only once in each word.
3. Always include the letter in the middle of the wheel in your words.
4. No proper nouns allowed.



3.

Gebruik jou verbeelding om die storie te voltooi. Vertel jou storie vir 'n maat of ouer.

Eendag was daar 'n boer met die naam Vusi wat baie, baie sterk was. Niemand weet hoe hy dit reggekry het nie, maar hy kon maklik twee koeie gelyk dra.

Een oggend toe Vusi wakker word, hardloop hy paniekerig rond. "My krale! Wie het my towerkrale gesteel?" roep hy. "Sonder my krale sal ek al my krag verloor en sal ek net soos al die ander mense wees!"

Hy hardloop na die venster toe, net betyds om te sien hoe 'n klein seuntjie blitsvinnig weghardloop ...



Use your imagination to complete the story. Tell a friend or parent your story.

Once upon a time, there was a farmer called Vusi who was very, very strong. Nobody knew how he did it, but he could easily carry two cows at the same time.

One morning, when Vusi woke up, he ran around in a panic. "My necklace! Who has stolen my magic necklace?" he shouted. "Without it I will have lost all my strength and will be just like everyone else!"

He rushed to the window, just in time to see a little boy running off very, very fast ...

Nal'ibali is hier om jou te motiveer en te ondersteun. Kontak ons op een van die volgende maniere:

Nal'ibali is here to motivate and support you. Contact us in any of these ways:

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UMLAZI
EYETHU

EASTERN CAPE
RISING SUN

POLOKWANE
OBSERVER



Drive your
imagination

