

# Grade 1: Week 19 & 20/ Ngcara 1: Thivike 19 no 20



English / Thimbukushu

A balanced diet & Road safety / Yidya yoghundjewa - ndjewa yokukuthiya - thiya no makukungo



Ministry of Education,  
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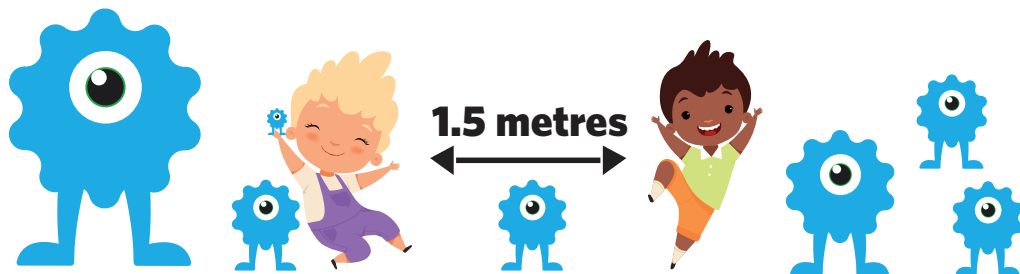


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These numbers indicate which day you can complete each worksheet! But if you want to, you can work ahead and do the rest as well.

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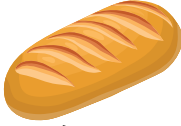
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## Vocabulary / Ruñandweya

Read the vocabulary words. / Toye mañando gho ruñandweya.



bread/ Ghuroto

vegetables/  
Rwidhi



fruit/  
Mbuyo



meat / nyama



porridge / dimbombo

Fill in the missing letters:

br\_\_a\_\_

m\_\_at

f\_\_u\_\_t

v\_\_g\_\_t\_\_bl\_\_s

p\_\_rr\_\_dg\_\_

Yarithe yighuka eyi yina pirimo:

Ghur\_\_t\_\_

Ny\_\_m\_\_

Dimb\_\_mb\_\_

Mb\_\_y\_\_

Rw\_\_dh\_\_

Search the vocabulary words.

v	e	g	e	t	a	b	l	e	s
t	m	c	n	b	b	r	e	a	d
m	e	a	t	p	t	a	b	d	g
s	n	p	o	r	r	i	d	g	e
l	y	t	r	k	f	r	u	i	t

Shane mañando gho ruñandweya

g	h	u	r	o	t	o	n
m	b	u	y	o	o	t	y
m	a	n	y	a	m	a	t
h	n	i	h	d	i	w	r
d	i	m	b	o	m	b	o



## Sight words/Maňando monathana

Read:

go

we

said

Trace it:

Write it:

go go

we we

said

Toye:

Yende yende atwe atwe ghambire

Temunune mo:

Tjange mo:

yende

atwe

Ghambire

Choose two sight words and write your own sentences. /  
 Torore maňando monathana mawadi no tjange yighimba yoye  
 gho thinda.



English Activity

Number 19

Colour in



Make 19 dots on the dice

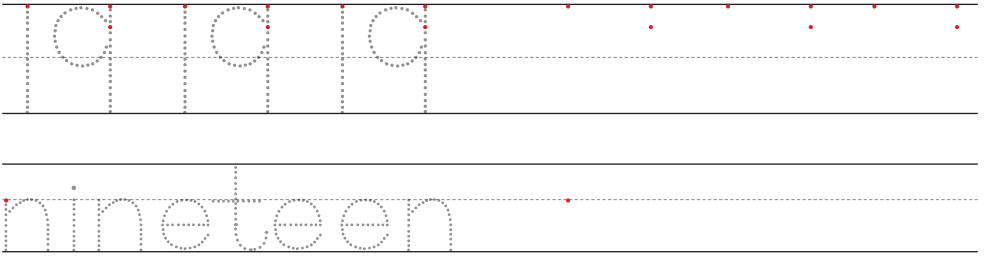


Circle the word nineteen

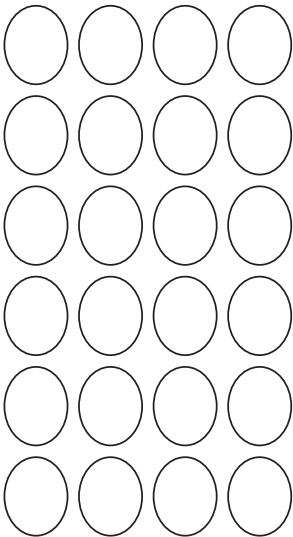
fourteen                  nineteen  
 nineteen  
 nineteen                  sixteen

Trace

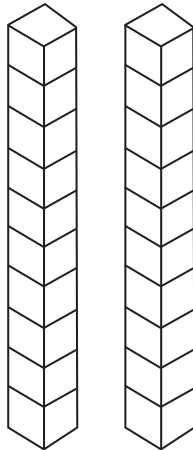
Write



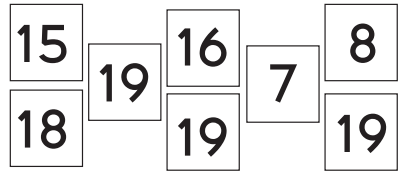
Colour in 19 ovals



Colour in 19 blocks



Colour in the number 19



Before and after



## Counting / Kutara

Complete the skip counting series. / Manithe murembo ghomanomra.

2, 4, 6, , , , ,

13, 15, 17, , , , ,

16, 18, 20, , , , ,


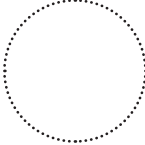

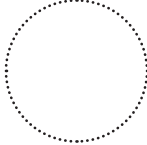

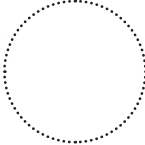

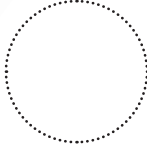



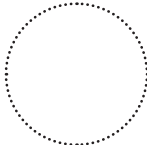
3, 4, 5, , , , ,

7, 9, 11, , , , ,


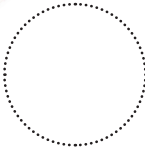
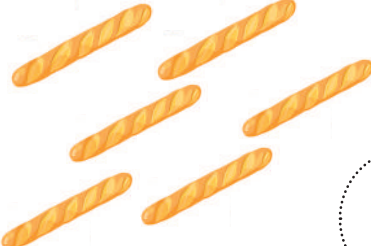
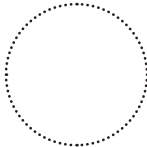
# A balanced diet / Yidya yoghundjwewa-ndjewa yokukuthiya-thiya

How many each if: / Yingatji keheyi ngeshi:

1. Shared by 2? / 1. Ku kutapera ha 2?

2. Shared by 3? / Ku kutapera ha 3?

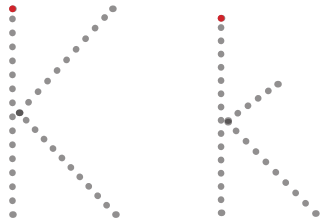
 	 
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## English Activity

## The 'K' 'k' sound

Trace



Draw a line from the circle to the images that begin with the letter 'k':

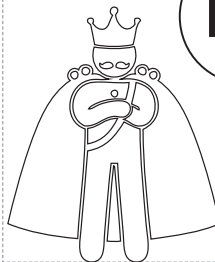


kite



giraffe

K k



king

kettle



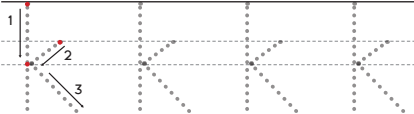
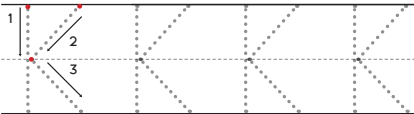
Circle the k's in the sentence:



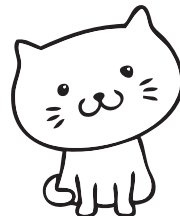
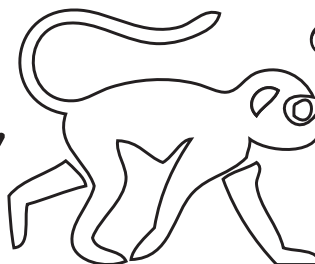
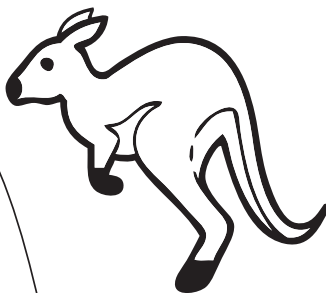
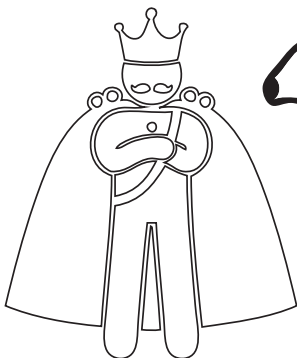
The king's key is in the kitchen.

Trace

Write











Colour the picture that start with the letter 'k'





Label the pictures. /  
Tjange mena kwishi dho yiperende.

 <p>.....</p>	 <p>.....</p>
 <p>.....</p>	 <p>.....</p>
 <p>.....</p>	 <p>.....</p>
 <p>.....</p>	 <p>.....</p>

tomato / Tomati

pear / piyeri

apple / Aperi

onion / diyanga

water / Meyu

fish / thi

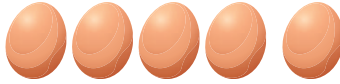
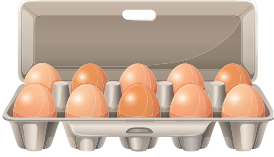
banana / banana

chicken / shushwa



## Problem Solving / Kukoshonana maghukuku

1. Mother cooks 10 eggs. I eat 5 eggs. How many eggs are left? / Nawe ghana tereka mahonyi 10. Nadipo mahonyi 5. Mangatji mahonyi ghana thiyarapo?



$$\boxed{\phantom{000}} - \boxed{\phantom{000}} = \boxed{\phantom{000}}$$

Thivike 19

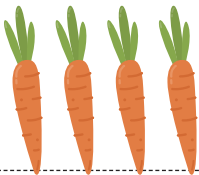
2. Pam has 6 pieces of cheese. She shares it with her friend, Ann. How many pieces of cheese will each girl get? / Mashe ghadi no yipindhi 6 yo cheese. Ghana kutapera na mushere wendi Kushamuna. Yingatji yipindhi yo cheese shoghawane kehe yuno?



$$\boxed{\phantom{000}} \div \boxed{\phantom{000}} = \boxed{\phantom{000}}$$

Ngcara 1

3. I used 4 carrots and 2 potatoes to cook soup. How many vegetables did I use altogether? / Narughanitha tu karote 4 no katofure 2 pakutereka sopa. Yingatji yoyiheya kuyipakerera?



$$\boxed{\phantom{000}} + \boxed{\phantom{000}} = \boxed{\phantom{000}}$$



# Money / Masherenyi



Select a set of coins up to 50c.  
How many 5c and 10c coins will make 50c?/  
Tororepo mapando padhi muwaya-wayaya  
dho 50c? Mangatji ma 5c no ma 10c sho  
ghakone kutenda 50c

In each block colour the correct set of coins to make up to 50c. /  
Mukehe thimbangu kunye dhimuwaya-wayaya ghurikanyithe 50c.

Thivike 19

Ngcara 1

5c	5c	10c	10c	5c	10c	5c
10c	10c	5c	10c	5c	5c	







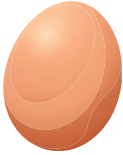

10c	5c	10c	10c	5c	10c	5c
5c	5c	5c	5c	5c	10c	

10c	10c	10c	10c	5c	10c	5c
5c	5c	10c	10c	5c	10c	

5c	5c	5c	5c	5c	10c	5c
10c	5c	10c	10c	5c	10c	

## Plurals / Muwingi yayo

Write the plural form of the given words. Add 's' to make the words plural./  
Tjange muwingi wayo.

 <p>apple</p> <p>.....</p> <p>Aperi</p> <p>.....</p>	 <p>pear</p> <p>.....</p> <p>piyeri</p> <p>.....</p>
 <p>tomatoe</p> <p>.....</p> <p>tomati</p> <p>.....</p>	 <p>orange</p> <p>.....</p> <p>dighumi</p> <p>.....</p>
 <p>carrot</p> <p>.....</p> <p>karote</p> <p>.....</p>	 <p>banana</p> <p>.....</p> <p>banana</p> <p>.....</p>
 <p>egg</p> <p>.....</p> <p>dihonyi</p> <p>.....</p>	 <p>pumpkin</p> <p>.....</p> <p>dingadi</p> <p>.....</p>

## Data Handling / Kurughanitha Mapathwero

Miss Botha asked the Grade 1 class to bring pictures of road signs to class. This graph shows the road signs the children brought. / Mukadikuto Botha ghe purire hanuke ho mu ngcara 1 ha karete yineghedha yo muthitavura ku shure. Oyu grafika Pa muve kuna kuneghedha yineghedha yo mu thitavura.



1. How many children brought pictures of the following signs: / Hangatji hanuke ha retire yiperende ghoyino yina kurandako:

stop signs / Tho kuneghedha eshi wimane: .....yield signs/ Kwimana no kutapa ruvedha: .....

robots/Ma roboti: .....no parking/Mbadi wimekepo thihaghuto: .....

2. Which road sign pictures was the most? /

Thineghedhi tho mu thitavura munye haretire thikuma hanuke?.....

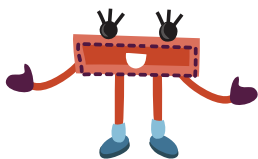
3. Which road sign pictures was the least? /

Thineghedhi tho muthitavura munye haretire hanuke hohapa .....

4. How many learners are in Miss Botha's class? /

Hangatji hanuke hakara mu ngonda dha mukadikuto Botha .....



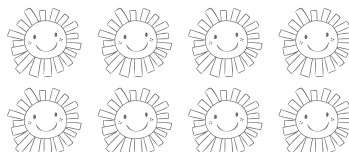


## Computation: Subtraction / Muvarero: Kutundithapo

Use the pictures for help. / Rughanithe yiperende ghuwane maghamweno.



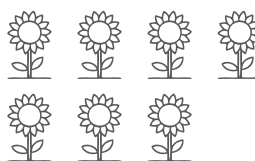
$$10 - 2 = \dots\dots\dots$$



$$8 - 4 = \dots\dots\dots$$



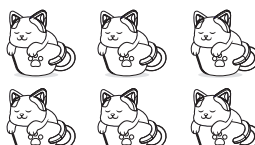
$$9 - 5 = \dots\dots\dots$$



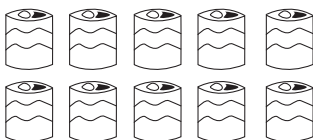
$$7 - 5 = \dots\dots\dots$$



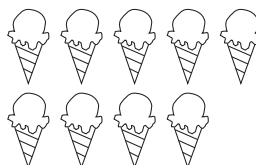
$$8 - 3 = \dots\dots\dots$$



$$6 - 4 = \dots\dots\dots$$



$$10 - 3 = \dots\dots\dots$$



$$9 - 8 = \dots\dots\dots$$



# Healthy and Unhealthy foods / Yidya yo ghundjewa-ndjewa no yokupira ghundjewa-ndjewa

5



15

Cut out the food pictures. Decide if the food in each picture is healthy or unhealthy. Glue each picture in the correct column. / Tete yiperende yoyidya. Torore ngeshi yidya mu kehe thiperende ghundjewa-ndjewa endi mbadi yo ghundjewa-ndjewa. Rameke kehe thiperende muthimbanu tho ghuhunga.

Healthy foods / Yidya yoghundjewa-ndjewa	Unhealthy foods / Yidya yo kupira ghundjewa-ndjewa

Thivike 19

Ngcara 1

eggs / Mahonyi 	banana / Banana 
potato chips / tjepusi 	grapes / mandjembere 
beetroot / betiruti 	donut / thikuki 
chocolate / tjokolade 	ice cream / Ice creamu 







## Vocabulary / Ruñandweyo

Read the vocabulary words. / Toye mañando gho runandweyo.

fall/  
kuwa



cut/  
kuremena



blood/  
manyinga



cry/  
kudira



bandage/  
thidhingitho

Fill in the missing letters:

f \_ l \_ \_

c \_ y

c \_ t

b \_ nd \_ g \_

bl \_ od

Yarithe yighuka eyi yina pirimo:

k \_ w \_ \_

k \_ d \_ r \_ \_

ku \_ m \_ a

m \_ \_ nga

Search the vocabulary words.

s	t	p	f	a	l	l
c	u	t	k	s	e	n
l	m	c	r	y	b	n
a	r	b	l	a	o	d
b	a	n	d	a	g	e

Shane mañando gho ruñandweyo.

k	u	e	p	r	k	u	y
u	u		e	d	u	y	a
d	i	d	o	i	w	e	r
i	d	i	i	p	a	t	m
r	i	d	h	r	r	w	e



## Sight words/Manando monathana

Read:

help

make

find

Trace it:

Write it:

help

make

find

Thivike 20

Toye:

kuwona

kutenda

kughamwena

Temunune mo:

Tjange mo:

kuwona

kutenda

kughamwena

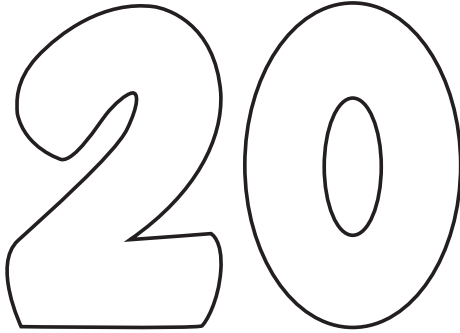
Ngcafa 1

Choose two sight words and write your own sentences. /  
Torore kehe manando monathana mawadi notjange thigamba.

English Activity

Number 20

Colour in



Make 20 dots on the dice

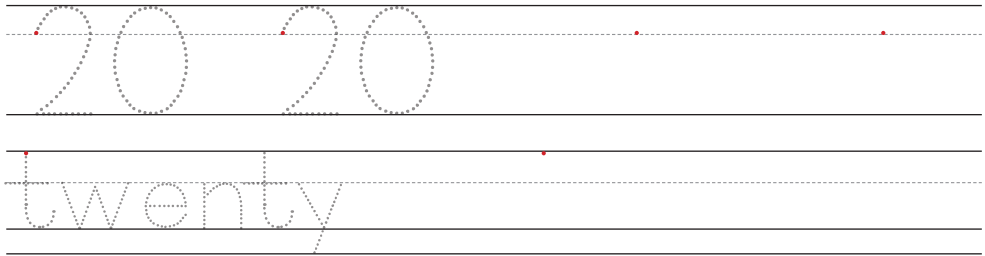


Circle the word twenty

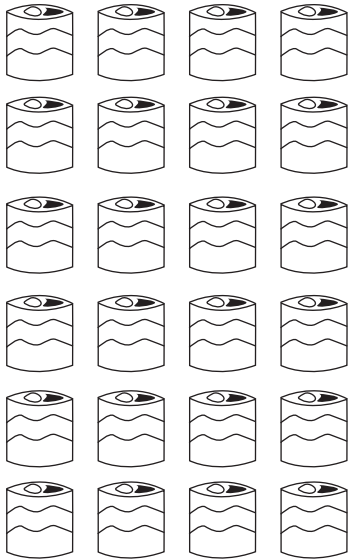
twenty                      eleven  
                                     fourteen  
 twenty                      twenty

Trace

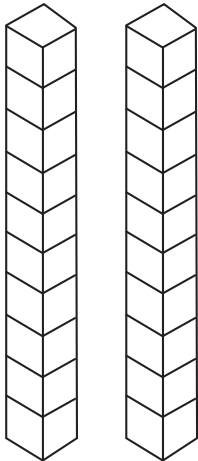
Write



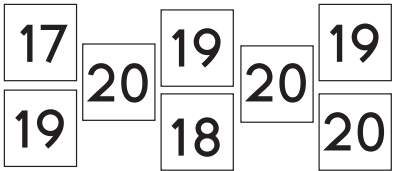
Colour in 20 cans



Colour in 20 blocks



Colour in the number 20



Before and after





# Odd & Even numbers / Manomora ghokukurikanya no manomora ghokupira kukurikanya

Colour all the odd numbers red and the even numbers blue. /Kunye manomora ghomaheya ghokupira kukurikanya no thirombo thothi kihu no manomora gho kukurikanya ghakunye no thirombo tho thina mahako.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20

### Complete the number bonds./ Manithe manomora ghokutjinaghura

Thivike 20

Ngcara 1

## Computation / Mugarero

Find the sums and differences. / Tare ghuwane yokupakerera noyi yina kutjaka.

Add 1 / Plus 1

$1 + 2 =$

$1 + 5 =$

$1 + 0 =$

$1 + 8 =$

$1 + 9 =$

$1 + 3 =$

$1 + 6 =$

$1 + 4 =$

$1 + 7 =$

$1 + 1 =$

Subtract 1 / Minus 1

$2 - 1 =$

$8 - 1 =$

$5 - 1 =$

$1 - 0 =$

$7 - 1 =$

$4 - 1 =$

$9 - 1 =$

$3 - 1 =$

$6 - 1 =$

$2 - 1 =$

+1 or / of -1

$0 + 1 =$

$8 - 1 =$

$10 + 1 =$

$3 + 1 =$

$4 - 1 =$

$10 - 1 =$

$5 + 1 =$

$9 + 1 =$

$7 - 1 =$

$9 - 1 =$

Thivike 20

Ngcarra 1











## English Activity

## Phonics: Revise

Sounds : b, c, m, o, d, e, f, t, g, h, i, j, k.

Say the name of each picture, colour the beginning, middle and ending sounds. Write the word.

picture	colour	write
	d a d b e t	bed _____ _____
	f e t r a d	_____ _____ _____
	w e p r o d	_____ _____ _____
	b e d p a n	_____ _____ _____
	b a t d u d	_____ _____ _____
	s a d c e t	_____ _____ _____
	r u b j a g	_____ _____ _____
	l e n r u m	_____ _____ _____



# English Activity

Long and short vowels.

Write the short and long o words.

jog	robe	cob	broke
globe	cop	rod	home
hop	vote	rope	fox

Short o	Long o

Thivike 20

Ngcarra 1

Number the pictures in the correct order. /  
Rondeke yiperende mughunga.

Thivike 20

Ngcara 1





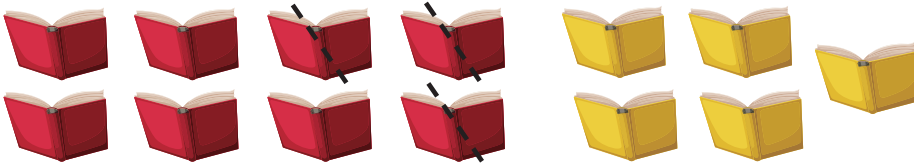






## Problem Solving / Kukoshonona Maghukukutu

1. Max has 8 books and Kim has 3 less books. How many books does Kim have? / Makushe ghadi no mapari 8 ndani Nangura ghadi no mambapira 3 mughupu. Mangatji ma mbapira ghadi nagho Nangura?



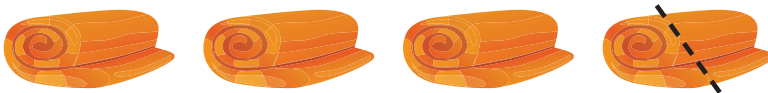
$$\boxed{\phantom{00}} - \boxed{\phantom{00}} = \boxed{\phantom{00}}$$

2. Kim has 3 pillows and Max has 2 more than Kim. How many pillows does Max have? / Nangura ghadi no dhi muthato 3 ndani Makushe ghadi no dhi muthato 2 kupitakana Nangura. Dhingati dhimuthato ghadi nadho Makushe?



$$\boxed{\phantom{00}} + \boxed{\phantom{00}} = \boxed{\phantom{00}}$$

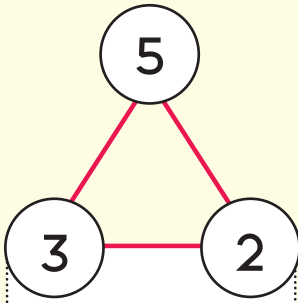
3. Kim has 4 blankets and Max has 1 less than Kim. How many blankets does Max have? / Nangura ghadi no mangugho 4 ndani Makushe ghadi no nghugho ghofotji mughupu. Mangatji mangugho ghadi nagho Makushe?



$$\boxed{\phantom{00}} - \boxed{\phantom{00}} = \boxed{\phantom{00}}$$



# Problem Solving / Kukoshonona maghukukutu

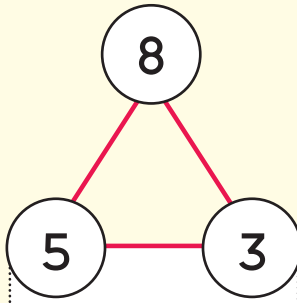


$$3 + 2 = 5$$

$$2 + 3 = 5$$

$$5 - 3 = 2$$

$$5 - 2 = 3$$

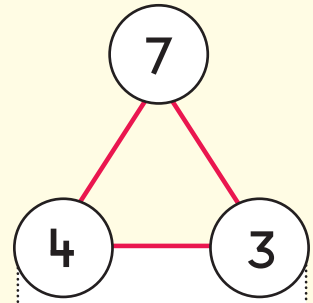


$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$

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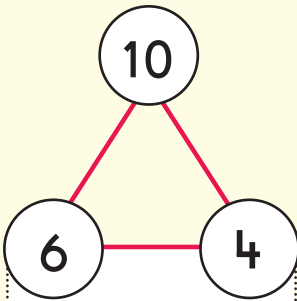
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Thivike 20

Ngcara 1

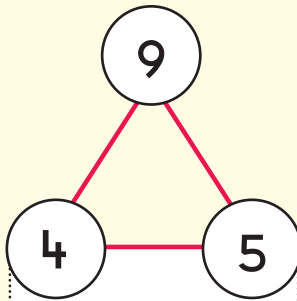


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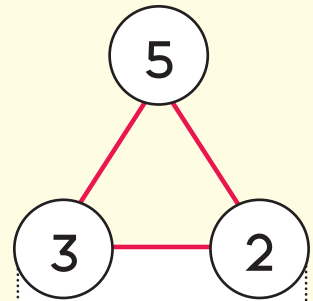


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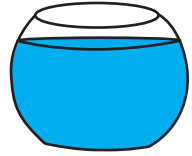
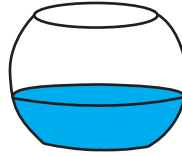
$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$

$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$

$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$

# Capacity / Yikaramo

Compare the volume of liquid. Write 'more' or 'less' on the lines. / Rikanyithe ghuremu ghoyikaramo yo meyu-meyu. Tjange "yingi" endi "yipu".

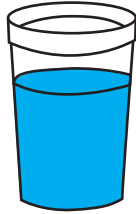
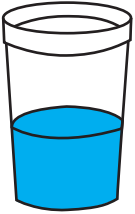


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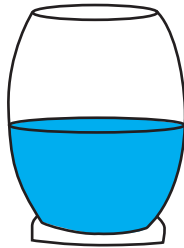
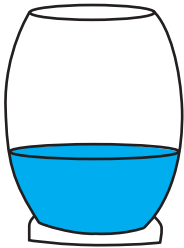


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Thivike 20

Ngcara 1



## Possessive pronouns / Nando hangera dhopyiomuna

Possessive pronouns take the place of names of someone or something and shows possession. /  
Nando hangera dhopyimuna kushimba dyango dyo dina dya munu endi thinu mukunghedha yimuna.

Fill in each blank with the correct possessive pronoun. / Yarithhe mudyango dyomukunguru noñando hangera dhopyimuna dhoghuhunga.

1. Is this **your** umbrella? (yours / your)

Edine ditangwa dyoye (dyoye/dyange)

2. You can't have \_\_\_\_\_ cake. (my / mine)

Mbadi kukona ghudye thikuki yoyishi \_\_\_\_\_ (thange/wange)

3. It is \_\_\_\_\_ turn. (our / ours)

Oru ne ruvedhe \_\_\_\_\_ (roye/wange)

4. Look at \_\_\_\_\_ funny painting. (her / hers)

Kenge kuyipeyinda \_\_\_\_\_ yoyiwa. (yange/wendi)

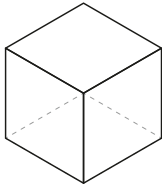
5. That necklace has lost \_\_\_\_\_ shine. (its / it's)

Otho ne thipako ko thidi no thinu \_\_\_\_\_ thokuvembera. (thatho/thendi)

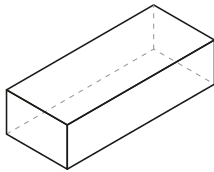


## Geometry: 2D and 3D shapes / Marupitu gho 2D no 3D

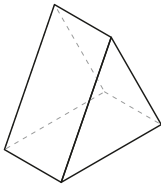
Draw a line to match the 3D objects to their 2D look alike. / Faneke murayini ghurikanyithe rupitu ro 3D nothi thina kupitura no rupitu ro 2D.



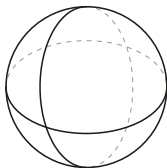
cube / Yira  
Dipakiti



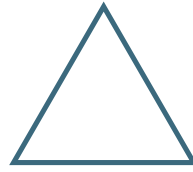
rectangular prism /  
Yira thipurangi



triangular prism /  
Mashong hana pakerala  
no mashonga hatu



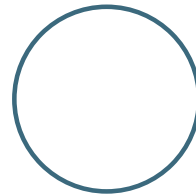
sphere / Yira pari



triangle /  
Mashonga hatu



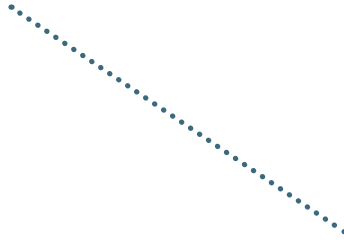
square /  
Mashonga ne



circle / Nâta



rectangle / mashonga rene



## English Activity

### Simple Future Tense

The simple future tense expresses an action that has not yet happened or a state that does not yet exist.

Example: I \_\_\_\_\_ you tonight. (call)  
I will call you tonight.

Complete each sentence with the simple future tense of the verb.

- Jake \_\_\_\_\_ you to school tomorrow. (drive)
- Fifth-grade learners \_\_\_\_\_ in the science fair. (participate)
- Vivian \_\_\_\_\_ us with the decorations. (not help)
- The airplane to Swakopmund \_\_\_\_\_ off in ten minutes. (take)
- Joanne and Rhea \_\_\_\_\_ in Namibia three weeks from today. (be)
- Gwen \_\_\_\_\_ early today. (sleep)
- Mrs. Susan \_\_\_\_\_ art lessons any more. (not give)
- The weather guy said, "It \_\_\_\_\_ tomorrow." (rain)
- Heather \_\_\_\_\_ on time for the meeting. (not arrive)
- Francis \_\_\_\_\_ his house next week. (sell)



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Parents will be able to visit the website and watch daily videos or they can subscribe to our Zoshy Telegram channel to receive daily videos. One can also download the PDF version of the book on the website. Also watch our daily show on Active Kids to watch your favourite lessons.



<https://t.me/zoshyonline>



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## Register at zoshy

You can save your favourite lessons and find them easier



- Step 1: Find us at [www.zoshy.online](http://www.zoshy.online) or scan the QR code
- Step 2: Find your grade and select the year
- Step 3: Choose your language
- Step 4: Choose the week you want to learn out of
- Step 5: Choose lessons from what lessons there are
- Step 6: Download booklet if you do not have it
- Step 7: Watch and follow the teacher as she explains what to do in the book
- Step 8: Follow us on Facebook (Zoshy & Active Kids ) to never miss a video
- Step 9: Subscribe to our Zoshy Telegram channel if you want to receive daily updates



[www.zoshy.online](http://www.zoshy.online)

In collaboration with the Ministry of Education, Arts and Culture

PRINT

### 1

Turn the booklet to landscape.

### 2

Take a ruler & tear the booklet at the top long fold.

### 3

Fold the booklet in half.

### 4

The learning journey can start.

## STEPS

HOW TO TEAR & USE THE BOOKLET



# MIRAGHO

DHO GHUKARO  
MWENE MUYITAVURA



## Wimane



Kehe pano wakona  
kwimana kughutho  
ghokutjinaghana  
pathitavura.

## Kenge



Kenge mitara  
dhodhine  
kuyihaghuto.

## Tegherere



Tegherere  
ghuyuve ngeshi  
pamwe pothidi  
thihaghuto  
popepi.

**Wimane!**  
**Kayende!**



Ngeshi poghadi ramba  
ghomayira kehe pano  
wakona kutaterera  
ramba ghothina  
mahako "katughuru"  
ghamuneke munyima  
dho kuyenda endi  
ghupite pathitavura.

