

# Vuk'uzenzele



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## NSFAS ready to fund students in 2019



■ NSFAS will communicate with qualifying students, once 2018 academic results have been made available.

**THE NATIONAL STUDENT** Financial Aid Scheme (NSFAS) received over 400 000 applications for 2019.

**H**igher Education and Training Minister Naledi Pandor says the National Student Financial Aid Scheme (NSFAS) is ready to fund qualifying students for the 2019 academic year.

Minister Pandor made the announcement during a media briefing held in Cape Town recently.

In 2018, NSFAS disbursed loans and bursaries to the tune of R22 billion for 659 000 beneficiaries which included 371 368 university students and 288 341 TVET colleges.

"This amount is expect-

ed to increase [in 2019] to approximately R32 billion, which is estimated to fund about 400 920 TVET colleges students and 377 050 University students," said Minister Pandor.

She said NSFAS will communicate to students who meet the financial eligibility criteria and have received an academic offer via SMS and email at the beginning of this month. This will be done once academic results have been made available to NSFAS.

Pandor said the scheme was in the process of evaluating all applications received. The evaluations

process checks whether applicants are eligible for funding by verifying all data received by students with third parties like the SA Revenue Service and Home Affairs.

"To qualify for funding a student must meet the financial eligibility criteria and register at an institution for an approved programme. Successful students will receive bursary funding to cover their tuition fee for their registered programme and an allowance for learning materials. They may also qualify for subsidised accommodation and transport allowances

where applicable," she said.

She said funding is only confirmed once a student has met the financial eligibility criteria and is formally registered at a public TVET college or university for an approved funded programme.

### Smooth application process

Pandor added that the 2019 application cycle has proceeded relatively smoothly with more than 400 000 applications received between the opening of applications on the 3 September and the

● **Cont. on page 2**



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**Page 7**



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**Page 9**



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# Funa isikolo kuse- ngethuba

**ABAZALI MABAQINISEKISE** ukuba abantwana babo babafunela isikolo kwakunyaka ophambi kwalo wokuqala isikolo.

**X**a kuqala unyaka, koonomgqushwana kulo lonke eli baqala isikolo okokuqala ebomini bechulumancile.

Kodwa noxa kunjalo, baninzi



**“Abazali kufuneka bajonge namaxesha okubhalisa abekiweyo kumaphondo abo, njengoko ethanda ukwahluka kwamanye amaphondo.”**



abangalifumaniyo eli thuba lokuqala isikolo ngenxa yokuba abazali babo bebalhalise emva kwexesha ngolo hlobo bajikwa kuba indawo sele iphelile.

Amalungiselelo okubhalisa

abantwana abaza kufunda ngowama-2019 sele equkunjelwe. Isithethi seSebe leMfundo esiSiseko u-Elijah Mhlanga uthi abazali kufuneka bafake izicelo zendawo yokufunda kunyaka ophambi kwalo wokuba abantwana baqale isikolo.

“Abazali kufuneka bafake izicelo zendawo yokufunda kwikota yokuqala, kuba usuku lokugqibela lokufaka izicelo liqhele ukuba ngomhla wokugqibela wale kota. Inkqubo yokuqwalaselwa kwezicelo iqala ekuqaleni kwikota yesibini ngoTshazimpunzi ize iqhube kude kuyokuphela inyanga yeThupha. Unyaka nonyaka, inkqubo yokunikwa kwabafundi iindawo zokufunda zonyaka olandelayo igqityezelwa phakathi kweyoMdumba neye-Nkanga.

Kukwabalulekile ukuba abazali bafake izicelo kwizikolo ezahlukeneyo, ukuze bandise amathuba abantwana babo okufumana isikolo.

“Abazali kufuneka bajonge namaxesha amiselwe ukubhalisa kumaphondo abo, njengoko ethanda ukwahluka kwamanye amaphondo,” ucebise watsho uMhlanga.

Wongeze ngokuthi uMgaqo-



si-seko woMzantsi Afrika uthi bonke abantwana abaneminyaka ephakathi kwesixhenxe neli-15 kufuneka baye esikolweni, into leyo ibeka uxanduva kwisebe lokuba liqinisekise ukuba bonke abafundi babhalisiwe.

UMhlanga uthi abazali babantwana abangekafumani ndawo yokufunda kufuneka baqhakamshelana nee-ofisi zezemfundo zephondo nezesithili.

“Abazali bayakhuthazwa ukuba baye kwii-ofisi zesithili ukuze bafumane uncedo ngokufunela abantwana indawo yokufunda. Zinceda abafundi ukuba babhalise kwezinye izikolo ezikweso

sithili ezisenayo indawo.”

Kungoku nje kukho ii-ofisi zesithili ezingaphezulu kwama-70 kuwo olithoba amaphondo.

Amaxwebhu afunekayo xa ufa-ka isicelo somntwana aquka la:

- Isatifiketi sokuzalwa
- Ikhadi lasekliniki
- Ileta yokukhutshelwa okanye ingxelo yeziphumo zokufunda yesikolo sanga-phambili kubafundi abebefunda kwesinye isikolo.

Xa befuna uncedo oluthe vetshe, abazali bangaqhakamshelana nabaququzeleli bephondo bokubhaliswa kwabafundi. **V**

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## ● From page 1

closing of applications on the 3 December 2018.

She said on average, NSFAS received more than 3 200 applications a day over the period from September to December, with the number reaching as high as 30 000 on one of the days.

Out of all the applications, 63 percent were females while males made up 37

percent of the applications.

A total of 34 413 applications were received from social grant beneficiaries. Students who are beneficiaries of the South Africa Social Security Agency (SASSA) grant, automatically qualify in terms of the financial qualification criteria and will be funded if admitted and registered at a TVET college or university.

“However, it is a concern

that only 24 percent of the applications are from learners who wish to enrol at TVET colleges, with the balance of 88 percent being applications for universities,” the Minister said.

Pandor said of all the applications, the highest number, 95 523, was received from the KwaZulu-Natal province. The number represents 45 percent of the total number

of learners that wrote their National Senior Certificate in the province, while the lowest number was from the Northern Cape with 2 573 applications.

She said the success of the current application process can be attributed to a number of factors – including the revised and easy-to-complete online application system, which allowed

applicants to complete an application within five minutes; the simplicity of the on-line and manual form with fewer fields to fill; and the accessibility of NSFAS where applicants have been able to apply at the National Youth Development Agency (NYDA) as a result of the scheme’s long-standing partnership with the agency. **V** [SAnews.gov.za](http://SAnews.gov.za)



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# Ukutya kweSintu kuyimpilo

**INCUTSHE ESEMTHETHWENI** kwezesondlo uMpho Tshukudu ukholelwa ukuba ingxaki yemizimba emikhulu ebantwini ingaphela xa benokubuyela emandulo, ukutya bangakupheki ngokungxama futhi bakutye neentsapho zabo.

Allison Cooper

**E**mva kweminyaka ehlu-tshwa sisifo sokumfima kwamathumbu kunye nokwaliwa zintlobo ezininzi zokutya uTshukudu waya wakuqwalaselisa ukutya okwenziwe ngezithako zabeLungu zaseNtshona.

“Ndaye ndaqaphela ukuba, njengam, inkoliso yabantu endibancedayo bangabantu

nathi siyatshintsha sibe nga-banye abantu,” ucacise watsho.

UTshukudu wafunda ukuba ukutya kweSintu kunencasa futhi kunezondlo ezifanelekileyo nokuba la mayeza kudala siwafuna ukunyanga ezi mpilo zethu zisoloko zinkene-nkene alapha phambi kwamehlo ethu. “Kwakuyiminyaka sisisitya ukutya kwasendle kwakudala okungatyawanga ngeekhemikhali, okungena-gluten, okulungele abangaty nyama, okune-low GI, okune-low GI, okuphekwe kwavuthwa, okwamaxesha athile onyaka, okungapheliyo, inyama yezilwanyana ezikhuliswe ngengca yodwa

k u n y e -

e-Afrika. Ndafunda lukhulu ebantwini abadala abancedwa apha kum kunye nezinye iintsapho ngokutya kwemveli nokwesintu ndaye ndabona ukuba ukutya kweSintu kunezakha-mzimba, kune-low-GI, akukhuliswanga ngeekhemikhali, kulinywe ngokwendalo futhi akuna-gluten kwaye umntu angatya kona xa engafuni ukuhlaselwa zizifo ezibangelwa kukutya okungay gazini,” wongeze watsho.

Ukubuyela kundalashu utye ukutya okuya egazini kuluncedo ngeendlela ezininzi, eziquka ukuba olu hlobo lokutya lufumaneka lula kwaye alubizi namali ininzi. “Kulula ukutya ukutya ezilalini kuba ukutya okutyalwe kwezi ndawo kokwesintu futhi kuyakwazi ukumela neemo zezulu zaphaya kunye nohlobo lomhlaba okulinywa kuwo.

“Ukutya okulinywe apha phambi kwakho kunezakha-mzimba kwaye kumaxa amaninzi kunencasa, isongo nezakha-mzimba ezininzi ngaphezu koku kuthengwa ezivenkileni kona okunokwenzeka ukuba kuqale kwahluzwa isongo, izakha-mzimba kwaze kwagalelwa iswekile, ityuwa kunye namafutha ayingozi empilweni yomntu.”

## Qiniseka ngokutya okutyayo

UTshukudu uthi izizathu ezibangela ukuba abemi boMzantsi Afrika babenemizimba emikhulu futhi babe nempilo enekene-nkene kukuba abantu abaninzi batya ukutya okuthengwa sele kuvuthiwe, futhi abantu abafane benze izinto eziza kushukumisa umzimba, kwaye abathathi nxaxheba kwiindlela zokulima nokuvelisa ukutya, le nto ibenze bayilibale nendlela yokupheka ukutya ngokufanelekileyo.

“Ukutya kwasezilalini sikuthatha njengokutya kwabantu abasokolayo. Kodwa ngenxa yokuba oku kutya singakuqhelanga sidibanakoezidolophini kungenayo la nCasa siyiqhelileyo futhi ku-

ngenazakha-mzimba, siye sitye kakhulu kuba sifuna ukuhlutha. Ukuze uqiniseke ngokuba ukutya kwakho kuya egazini futhi kunezakha-mzimba uTshukudu unala macetyana abemi boMzantsi Afrika abokuwasebenzisa:

- Yipheke ngokwakho futhi uyazi into oyityayo
- Kuthenge kweli lizwe ukutya
- Fundisa abantwana bakho ngokutya kwemveli nenkcubeko yabo kwakunye namasiko ahamba nokutya okuthile
- Ziqalele isitya esincinci apho uza kuzilimela imifuno.

“Ukutya okulinywe ekhaya kuhlala kukutsha kunoku kwasevenkileni; isitya sasekhaya asisebenzisi zikhemikhali zininzi, ezifana nezibulala-zitshabalalisi; futhi ukusebenza egadini kuvuselela nomzimba, kuyindlela yokushukumisa umzimba, kwaye kunganceda nokuba abantu bekhaya basebenze kunye futhi bamanyane ngamandla kwaye kunceda nabantwana bazi apho ukutya kuvela khona.

## Ukutya okuphathwa esikolweni/emsebenzini

Xa usenza ukutya oza kuphatha, uTshukudu ucebisa ukuba ungayilibali imifuno, ingakumbi imifino, kuba inezakha-mzimba kunespinatshi futhi ikhula

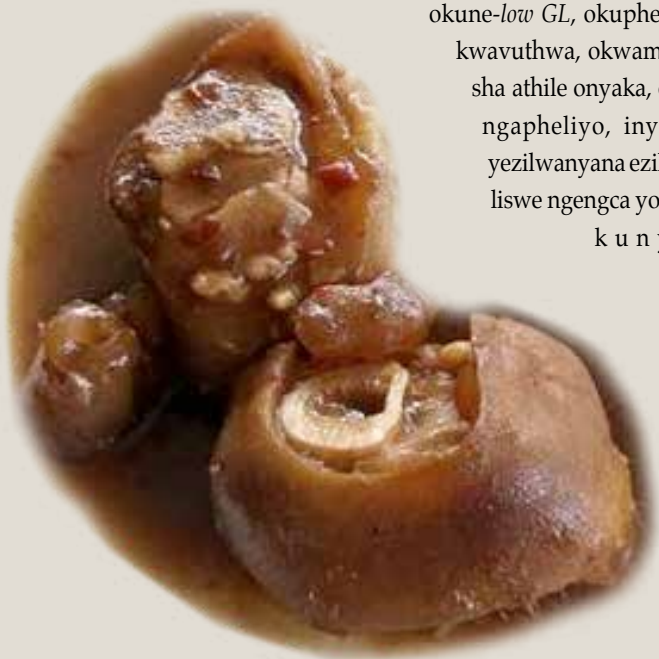
lula ezilalini. Ungongeza nangeziqhamo ingakumbi ezasendle ezifana namaqunube, amakhiwane, amantongomane akwada afana neenqoba, ipete yemarula okanye amantongomane. Ungawapheka amantongomane. Umzekelo, isidudu samazimba; imifino edityaniswe namantongomane okanye i-peanut butter; umngqusho oneemboty, amantongomane kunye nekaphetshu.

## Kuza kutyiwa ntoni ngedinala?

UTshukudu ucebisa abantu ukuba basebenzise izityalo ezinemidumba (iimboty neelentile) kuba zisinikaincisa emnandi isityu ebusika futhi zingafakwa nakwiisalad okanye zidityaniswe namazimba okanye ziphekwe neenkobe. Kungenziwa nee-burger ngazo futhi zineproteni yezi-tyalo, i-fibre nee-minerals.

Ukwacebisa nokuba abantu bawusebenzise nombilini (amathumbu, iintliziyo, amagila, ulusu kunye namanqina) kuba wona ugcwele ziproteni futhi awubizi mali ininzi; futhi ungawafaka namazambane, ibhatata, amadumbe, amabolosa kunye namathanga.

“Ungayigaleli iswekile kwi-bhatata nakwibolosa futhi kufuneka uzitye namaxolo azo ukuba unakho,” ucacise watsho. **V**



abamnyama abamkela imivuzo engcono futhi bangabantu bokuqala ukuhlutshwa zizifo ezihamba nendlela otya noziphetho ngayo. Njengoko sisiya siwalahla amasiko nezithe-sithatheka yimpilo yaseNtshona neyasezidolophini, ekuqaleni izinto esiziphakayo nesizityayo, imizimba yethu nayo iye yamikhulu.

Uthi abantu abaninzi abancedayo banezifo ezifunyanwa ngokwendlela umntu aziphetho ngayo, ezo zifana nesifo seswekile, esokonyukelwa ligazi kunye nentesha okanye umkhamba.

“Ndatsho ndaqonda ukuba impilo yethu ibonakala ekutyeni esikutyo, ukuba siyazilibali izidlo nezityo zasemakhaya,

nezingakhuliswanga ngokutofwa namayeza,” wongeze watsho.

Ngethuba efunda ngamayeza asetyenziswa yonke imihla, wavuseleleka wabhala incwadi ethi: *Eat Ting*, echaza ezona zinto zibangela izifo kwaye ekhuthaza ukusebetyenziswa kweentlobo ezithile zezakha-mzimba ekutyeni kunyangwe izifo.

“Inkoliso yokutya ekuthethwa kule ncwadi kukutya kwase-America, eChina nase-Europe. Ndandifuna ukusebenzisa iindlela ezithile xa ndinyanga abantu endibancedayo ndaze ndagqiba kwelokuba ndenze uphando olunzulu ngeentlobo zokutya ezinezakha-mzimba neziya egazini zalapha eMazantsi

