

# Isicatshulwa

Igama:

Funda esi sicutshulwa silandelayo uze uphendule imibuzo elandelayo kwiincwadi zenu zomsebenzi waseklasini.

I-Lucky Star, umfanekiso wohlobo lwemveliso yentlanzi enkonkxiweyo yaseMzantsi Afrika, yaqala inkqubo yayo yokuvelisa nokunkonkxwa kwe-Maasbanker, Mackerel no-Snoek ngeminyaka yoo-1930. Emva kwexesha elide lokusokola, ixesha lokuphethuka kwezinto kwi-Lucky Star lafika ngexa i-Federal Fish Packers zaqaphela isithuba esikhulu kurhwebo loMzantsi Afrika lwemveliso yentlanzi enkonkxiweyo ngeminyaka yoo-1950.

Namhlanje, i-Lucky Star yenye yabavelisi abahamba phambili ekufakweni kweentlanzi ezitotini, kwaye imveliso yabo iqinisekiswa yi-The Heart and Stroke Foundation yaseMzantsi Afrika. Ii-Pilchard, ne-Tuna, ii-Sardine, i-Mackerel zonke ziphezulu kakhulu kwi-Omega-3 Fatty Acids ebalulekileyo, nefunekayo ekusebenzeni kwengqondo, intliziyo, isikhumba neenkumbulo.

I-Omega-3 Fatty Acids zibalulekile kuphuhliso lwengqondo esempilweni nakwisixokelelwane sengqondo, kwakunye nokusebenza okufanelekileyo kwengqondo, okunjengengqwalaselo nokugcina izinto ezibalulekileyo.

I-Omega-3 Fatty Acids zibalulekile entliziyweni kuba zincipha ekulawuleni imigangatho yekholesteroli futhi inciphise isifo sentliziyo. I-Omega-3 Fatty Acids iyaziwa ngokuzinzisa isimo sengqondo kwakunye nokunciphisa ubukho bokudakumba nokungabambi kakuhle kwengqondo ebantwini abadala.

Zininzi iiresiphi ezisempilweni ezinokwenziwa nangubani na kwezi mveliso zinkulu zokutya ezinjengepayi ye-Pilchard, i-Tuna and mushroom casserole kunye ne-Sardine fish fingers.

## Imibuzo:

1. Iqale nini i-Lucky Star ukuvelisa nokunkonkxa imveliso yentlanzi?
2. Kutheni i-Lucky Star ibizwa ngokuba "iluhlobo oluthile" lwemveliso yaseMzantsi Afrika?
3. Chaza ngawakho amazwi, ukuba kwaba yintoni ukuphethuka kwefektri ye-Lucky Star ngonyaka ka-1950.
4. Eli gama lithi "uqinisekiso" lithetha ntoni?
5. Nika igama lesiseko esaqinisekisa imveliso ye-Lucky Star.
6. Cacisa ngawakho amazwi indlela ingqondo, intliziyo, isikhumba neenkumbulo ukuba zifumana ntoni njengenzuzo kwi-Omega-3 Fatty Acids.
7. Emva kokufunda esi sicutshulwa singasentla, ungathi imveliso yentlanzi enkonkxiweyo ikukutya okusempilweni okanye ikukutya okungekho sempilweni? Nika isizathu sempendulo yakho.
8. Cinga ngendlela otya ngayo. Ungatshintsha ntoni ukwenza isidlo sakho ukuze sibe nazo zonke izakha-mzimba, kuba kutheni?
9. Fumana isibizo soqobo kumhlathi wokuqala.
10. Fumana kwisicutshulwa igama elithetha: 'Ukwazi ukuqwalasela konke kwingqiqo yomnye umntu'.



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