

CLASS - 3

Nagaland Heritage Studies

SÜMI



STATE COUNCIL OF EDUCATIONAL RESEARCH & TRAINING (SCERT)
and STATE CENTRE OF NAGALAND LANGUAGES (SCNL), DSE



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NAGALAND HERITAGE STUDIES | CLASS 3 - SÜMI

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FOREWORD

The Nagaland Heritage Studies (NHS) is a series of 18 officially recognized Nagaland languages from classes 1 up to 8. These books aim to teach the Nagaland Languages using local culture and heritage as its content base and also promote cultural richness of every tribe and community. The introduction of the Nagaland Heritage Studies in the State's schools from 2018 was in consonance with the guidelines of the National Curriculum Framework (NCF) 2005. The Nagaland Heritage Studies textbooks revised edition covers the learning needs of the students which have added meaningful illustrations. The NHS textbooks are evolving to better language learning of Mother Tongue which is the core basis of one's identity, history and culture.

The State Council of Educational Research and Training & SCNL would like to express gratitude to Professor D. Koulie for his contributions.

We would also like to acknowledge the Department of Arts and Culture, DIPR, all Literature Boards, Tribal Hohos, and the individuals concerned for their contributions towards the development of Nagaland Heritage Studies Textbooks.

The Council & SCNL also wishes to extend its gratitude to Smt. Kevileno Angami, Commissioner & Secretary, Government of Nagaland, SCERT and School Education for sharing valuable suggestions towards improving/updating of Nagaland Heritage Studies textbooks.

Lastly, appreciation goes to SCERT and SCNL team members who have worked hard in completing the NHS textbooks revision on time.

Dated: Kohima the 7th of November 2022.



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Principal Director (IAS)
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N.CHUMCHANBENI KIKON
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SHOTÜGHÜTSA

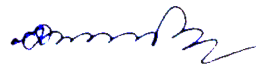
Shiaye kütsüu atsaqo vikithe eno thuwulu peni keu no India yepkau kimiji ke. Nagaland State ye aghulo, ikemu shiaye eno atsa ye kutomo ani.

Ike, akiphiki lo atsa kiphi pepe ape keu ye atsa likhi ithive peni keu ku mo no atsa kighithi mütsa panou mheshoghi ithi küqha peni ye ke. Ikemu Nagaland yepeka no wove keu mipeqo lo hitoi keu do kivi tsü mla no ighive. Eno akiphi kakuqo ye akichiu no tsüsümiw nakulu thime eno pebide keu kiphiquo likhi ke.

Ishi do lono Nagaland yepeka qho lo kighithi laka no Nagamiu xügho lau no NAGALAND MHEGHI KIPHI (NAGALAND HERITAGE STUDIES) ipi no itimiyo pelo phipeni ye yephe a keu ghenguno akishe kije tsü ani.

Hi vexükiphe hi pau ye qeti hukuthu likhi aphi. Eno ite dolo kaku hipaqo pe 2018 nguno hulau itimiyo pe lo phipeni ye kughu a keu hu thoghiu ye hi nguno akiviu shi mla woni a kepi pülü ani.

Itimiyo igho no akumuto shi hakite a keu ye kaku hipaqo lono kiu shika-qopheni keno azükini shi pükapütsa phi no pütütaw aza tsa eno mheshoqo ithi moayesae. Hi ithi lo; pütüta tsa eno pekishe ighi keu mhesho pühave a ye pütütau lhomichi (Identity) ghi püh-have nani.



Dr. H.S. Rotokha
Akiyeu, SLB.

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Akiphi 1

Akikihi (51-100)

Ithini keu kimijiqo:

1. Akikihi 51-100 kuto je ithi lo.
2. Akikihi je eno tipau she lo ithi kibe lo.
3. Akikihi je achipi lono pi, eno phisu lo.
4. Akikihiqo je achipi lono pi, eno avehupu lo kuloji lo.

Itimiqo jutho ju no achipi lono iku keu kiqi lono akikihiqo pe akiye shi lo.



Lhopungu, Muku, Lhobidi, Chighi, Shighi

Ningu akikihi 51-100 kuto lo phi eno kihini.

 – Lhopungu lakhi	 – Lhotsügho lakhi
 – Lhopungu kini	 – Lhotsügho kini
 – Lhopungu küthü	 – Lhotsügho küthü
 – Lhopungu bidi	 – Lhotsügho bidi
 – Lhopungu pungu	 – Lhotsügho pungu
 – Lhopungu tsügho	 – Lhotsügho tsügho
 – Lhopungu tsüni	 – Lhotsügho tsüni
 – Lhopungu tache	 – Lhotsügho tache
 – Lhopungu toku	 – Lhotsügho toku
 – Lhotsügho	 – Lhotsüni

7 1 – Lhotsüni lakhi

7 2 – Lhotsüni kini

7 3 – Lhotsüni küthü

7 4 – Lhotsüni bidi

7 5 – Lhotsüni pungu

7 6 – Lhotsüni tsügho

7 7 – Lhotsüni tsüni

7 8 – Lhotsüni tache

7 9 – Lhotsüni toku

8 0 – Lhotache

8 1 – Lhotache lakhi

8 2 – Lhotache kini

8 3 – Lhotache küthü

8 4 – Lhotache bidi

8 5 – Lhotache pungu

8 6 – Lhotache tsügho

8 7 – Lhotache tsüni

8 8 – Lhotache tache

8 9 – Lhotache toku

9 0 – Lhotoku

9 1 – Lhotoku lakhi

9 2 – Lhotoku kini

9 3 – Lhotoku küthü

9 4 – Lhotoku bidi

9 5 – Lhotoku pungu

9 6 – Lhotoku tsügho

9 7 – Lhotoku tsüni

9 8 – Lhotoku tache

9 9 – Lhotoku toku

1 0 0 – Aqhe

Qokiphe:

A. Akikihi 51- 80 kuto akiye shi lo.

B. Aqhou ajutho ju lo. Akikihi je akiye shi lo.

1.



2.



3.



4.



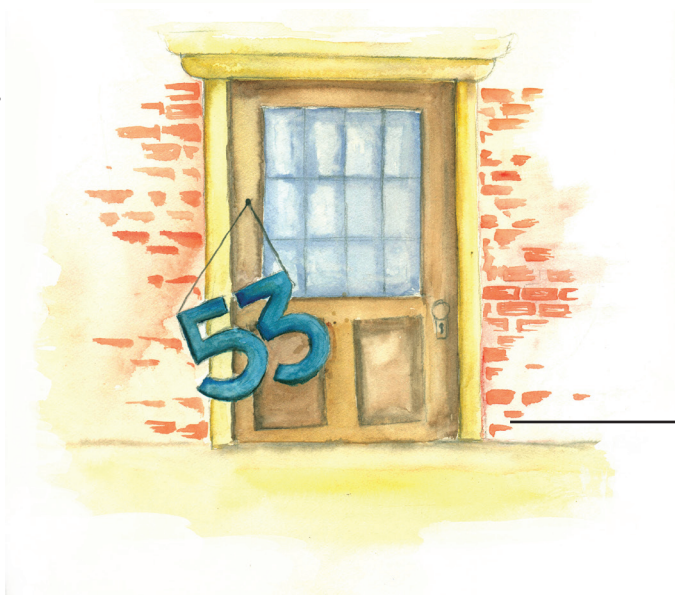
5.



6.



7.



C. Akikihi 81- 100 kuto akiye shi lo.

D. Akikihi ngo, akiyethi kuma ahiphi lono kiche tsü lo.

82	Lhotsüni lakhi
63	Lhotsügho bidi
71	Lhotsügho küthü
59	Lhopungu kini
90	Lhotache kini
88	Lhotsüni küthü
95	Lhotache tache
52	Lhotoku pungu
73	Lhotoku
64	Lhopungu toku

E. Akikihiqo iqi kelau no akiye kithi tsü lo.

Lhotsügho	Lhotsüni toku	Lhotoku tsügho
pungu	Lhotache	Lhotoku toku
Lhotsügho kini	Lhotsüni tsüni	Lhotoku tsüni
Lhotsügho bidi	Lhotsüni tache	Aqhe
Lhotsügho lakhi	Lhotsüni tsügho	
Lhotsügho küthü	Lhotoku tache	

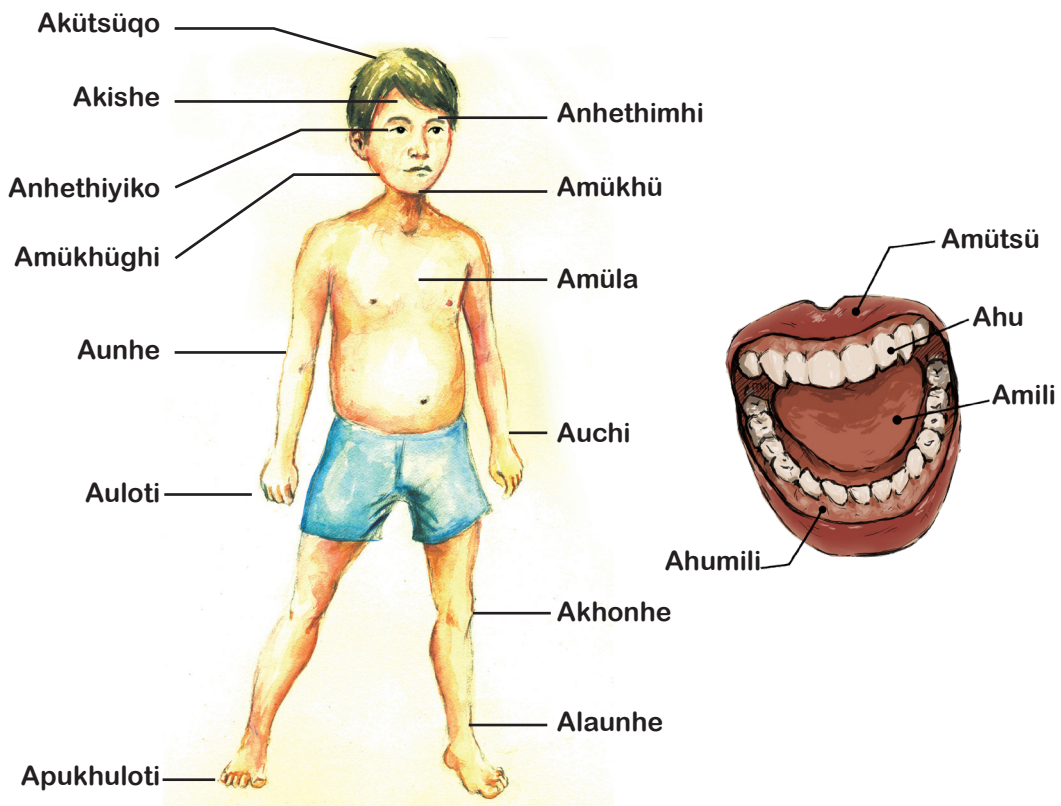
Akiphi 2

Aphimipi lo Akeqo - II

Ithini keu kimijiqo:

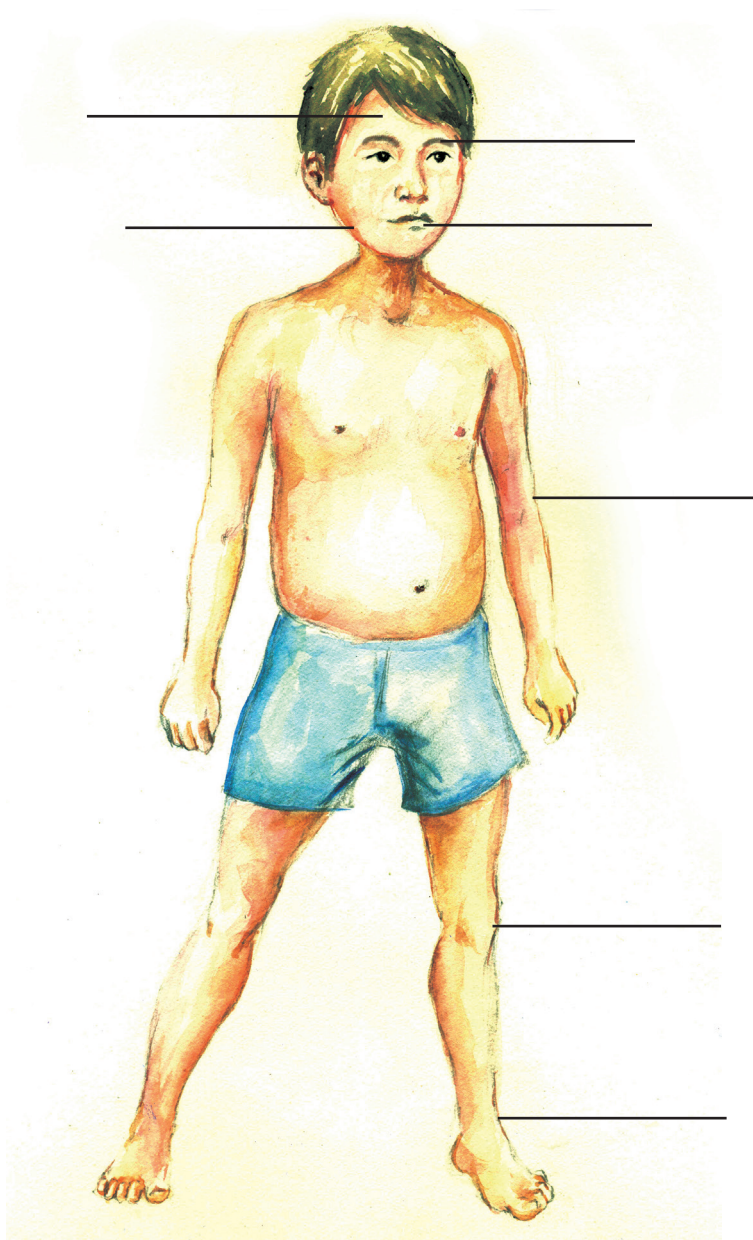
1. Aphimipi lo akeqo je ithi lo.
2. Aphimipi lo jeliqo kimichi tsü lo.
3. Aphimipi jeliqo je achipi lono pi eno phi sü lo.
4. Akiphi lo akeu boqha kiqu lono khochile lo.

Ningu aphiampi lo akeqo jeli phini.

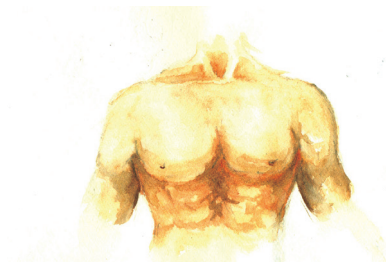
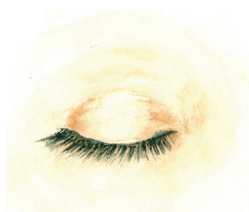


Qokiphe:

A. Aphimipi jeliqo je michida tsü lo.



B. Aphimipi lo hipaço je pi tsü lo.



C. Aküsau lakhi phu eno aphimipi lo akeu jeliqo phive keu kúpütsa kile keu shini.

D. Kiyethi to mo no akeqo lo sü lo.

1. Ipukhu lakikhi lo pungu(5) ani. A _ _ _ H _ _ _ _ I
2. Ibighi kukulo ghenguno avehupu. A _ _ N _ _ E
3. Au lakhi lo pungu (5) ache keu A _ L _ T _
4. Ni ye tsala kipetsü xe cheni. A _ U
5. Anhethi shou akeu. A _ _ H _ _ TH _ _ M _ _ I

E. Aphimiphi lo ajeli 10 akeu qo phu lo.

E	H	N	O	H	K	A	I	U	X
L	O	X	Y	O	A	O	T	S	Y
A	P	U	K	H	U	L	O	T	I
M	L	Y	Z	L	N	L	L	U	H
M	Z	X	S	I	H	K	U	M	H
A	K	I	S	H	E	K	A	A	C
U	U	M	A	Z	A	M	U	L	A
A	H	A	D	A	M	U	K	H	U

F. Aphimipi lo akeu jeliqo shisü no michida tsü lo.

Akiphi 3

Atushoqo

Ithini keu kimijiqo:

1. Atusho jeliqo je kimichi eno pitsü lo.
2. Atusho jeliqo ghili kiki lono ithi lo.
3. Akiphi chikulupu sütsa lono phi lo eno vethalu lo.
4. Akiphi kiki lono inju akeqo khochile lo.

Amipe lo atusho bidi ani ti ye Tsülü, Mütsü, Tixi eno Süsü

1. Tsülü tsala ye akülü.



Axamunu puni ye kutova.
Amimi no aghutu hokumüxa lo yehu yeo ani.

2. Mütsü tsala, lo khetsünhe ye vüqai eno akülü.



Atsalaqo no kushuwo eno putho no ikhonheyi.
Mütsü tusho lo, timiqo ye azü kutomo ye cheni.

3. Tixi ghuloki loye, atsalaqo muko müghai wuve cheni.



Atsüniqo no hughühüive no pa a la na asütsüni pa ighiqive cheni.

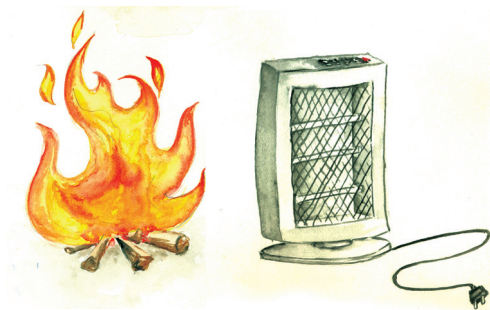
4. Sūsū tsala lo ye, eghono akumuko kuchou shive cheni.



Atsalaqo no ikhonheyi eno putho no kushuwo.
Aa hami lo ye avüqi cheni.

Qokiphe:

A. Ajuthoqo julo. Atushoqo achipi shi ajutho kiqu lono akiye shi lo.



B. Hipaqa khochile tsü lo.

1. Mütsü tusho lo, atsala ngo putho ye kiu shive cheni kea?
2. Tixi lo atsüniqo ye kiu shive cheni kea?
3. Axamunuqo ye kugho no puwuve cheni kea?
4. Süsü tusho lo, atsala ngo putho ye kiu shive cheni kea?

C. No no alo che keu atusho shisü no alabe ghi shisü lo.

D. Ajutho ngo atushoqo kime lo.

A

1.



B

Tixi

2.



Süsü

3.



Mütsü

4.



Tsülü

E. Ajutho ju no atushoqo jeli kiki lono atsathi 20 lono iku 30 kuto lo akiye shi lo.

1.



2.



3.



4.



Akiphi 4

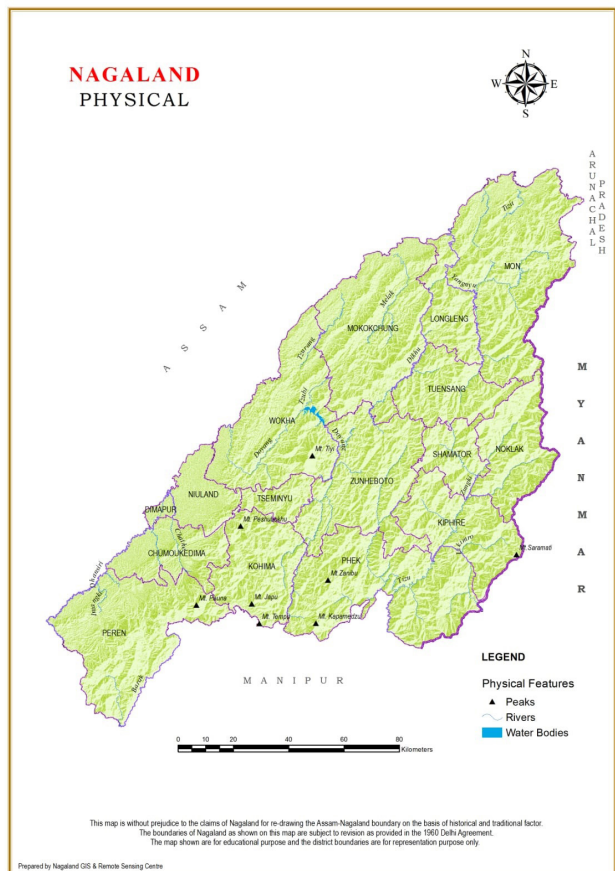
Niu Nagaland - Distrik eno Shiaye

Ithini keu kimijiyo:

1. Nagaland ghakhu ye kugho no huthu phelu eno li hokümüxa lo akeqo ithini.
2. Distrik chighipungu (15) je ithini.
3. Shiaye chighitsüni (17) eno pütütäu distrikqo je ithini.
4. Ahuu, Apeu, Kipelau eno Kulolau kiche kütsü sütsa lono ithini.
5. Shiaye kütami ghili ithini shi keu.

Nagaland state ye Liphiquhi 1st 1963 lono huthu lu. Li hokümüxa ye – Assam no Kulolau, Myanmar no kipelau, Arunachal Pradesh no ahuu eno Manipur no apeu.

State ye distrik chighi tsügho (16) ani. Tipaqo ye Kohima, Dimapur, Peren, Wokha, Zunheboto, Phek, Kiphire, Mokokchung, Tuensang, Longleng, Mon, Niuland, Shamator, Tsemnyu, Chümoukedima eno



Noklak. Kohima no Nagaland'wu Oking shi ani. Distrik chhipungu kümütsü lo shiaye chighi tsüni (17) no ngo ani. Tipaqo ye Angami, Ao, Chakhesang, Chang, Khiamniungan, Kuki, Konyak, Kachari, Lotha, Phom, Pochury, Rengma, Sümi, Sangtam, Yimkhiung, Tikhir Zeliang. Shiaye kümütsü no akukhuaye, atsakipi eno phinhemügha kütüta shi ani.

Nagaland stat yeghi bokütha ye küqha ke lo athsa 16,579 kodibo mail ani. Timi lhoxü kikihi 2011 mpe kiqi lo ye timi lak 19.79 ani. Eno pithi yethi kemiqo no Nagaland stat ye bokütha saje 79.55% lo cheni.

Qokiphe:

A. Hipaḡo khochile tsü lo:

1. Nagaland stat ye kugho no huthu kea?
2. Nagaland hokümüxa lo ahuu, apeu, kipelau eno kulolau ye khunoḡo ani kea?
3. Nou distrik (Zunheboto) kisüghü lo ahuu, apeu, kipelau eno kulolau khunoḡo ani kea? (Nagaland yeghi jutho kiki lono).
4. Nagaland lo shiaye khijehi ani kea?
5. Nagaland lo distrik chighipungu (15) je akiye shi lo.

B. Nagaland'wu map shi lo eno distrik chighipungu (15) je akiye shi lo.

C. Akiye shi püa kiu phiju no kuchou (✓) eno kicheleu (x) pe akiye shi lo.

1. Nagaland lo distrik chighi pungu (15) ani. ()
2. Dimapur no Nagaland'wu Oking. ()
3. Tuensang eno Kiphire distrik küma lo Sangtam shiaye no ngo ani. ()
4. Tseminyu distrik ye Rengma shiaye kungo a. ()
5. Nagaland hokümüxa lo Assam no kulolau ani. ()
6. Sümi ye Kiphire, Shamator, Dimapur, Niuland, Chumoukedimaḡo kümütsü la ani. ()

D. Akiphiḡo phi no atsajo kümüsa akeu lo shepichive tsü lo.

1. Nagaland state yeghi bokütha ye küqhake lo _____.
2. Timi lhoxü kikihi amipe 2011 kiki lo ye _____.

3. Nagaland phithiyethi kemiqo bekütha saje no

_____.

E. Shikükau no Nagaland lo shiayeqo je phi sü eno kiphimiqo pelo shiayeqo je shou abo shisü pe lo.

Lotha	Kuki
Phom	Khiamniungan
Konyak	Chang
Yimkhiung	Kachari
Sangtam	Tikhir
Zeliang	Chakhesang
Sumi	Ao
Rengma	Angami
Pochury	

F. Akukughu:

Shiaye kutami lau no timi kini phu no pa nongu lau no atsajo hipaqo shikalü lo:

i) Pa nongu ye kishi pi ani ke a “O je ye khuu kea?”

Eno

ii) “No ye kiu toi ani kea?”

Akiphi 5

Aküha eno Achequ (Sümi küghakiche tsa)

Ithini keu kimijiyo:

1. Achipi lono vetha kulupu shi akiphi igho no phi sü lo.
2. Tsashe akithego peitha no aküpütsa eno akiyeqo shou amipeu shi lo.
3. Zütüzügha küghakiche lo achequ lokütsü ghili tsaqüi vethalu nani.
4. Küghakiche tsa phi lu eno akükümüsü tsü lo.
5. Akiphi thuwuni keu kümüsü xhapu xü lo eno kügha kiche tsa alau phu lo.
6. Akichi lono atsa alau shi xalu kepu shi lo.

Khaghi, Aküha ye alhokuthu azü yeni ke aghokiti lo wuche. Ghulo lakhi aküha no azü yeni ye aghi kulo azü xüpuqo ve no aghi keu ithuluveno pa mülo ide ishi pi pi, “khuu no ni müsa mono akükau Aküha zü xupuqove tsü kea? Shoqau momu iqhemi likhi no ighü mo no hi kithipu shilu nani” ipi. Pa no Angushuu vilo khuuno azü xüpuqovetsü ani



keno phuju lepi aza tsü.

Angushuu no aghoki huwu iqho ghi ke lo, Achequ ye aghoki muku lo ayeghi yiza a ghi keu ithulu. Tile no Angushuu no Achequ vi lo pi, “Oe akugushu Kûkaü Aküha ye o ju pe amuloqi a moe. No no ayeghi yiza pe ti no azü xupuqove tsü ani. Pa no pi pa shoqau momu pa qhemi likhi no ti shilu nani” ipi ani.

Achequ no ayeghi yiza ghi jupuku no mûkha no pa phi lono asaxü mih, ashu kûmûkau lakhi phijope Angushuu tsü no pi, “wu no akugushuu akûkau vi lo pa mih ye i mih toi kije eno mutotoi ani kemo kea,” ipi. Angushuu no Aküha lau idewo no pi “Oe Akukau Akuha i no wu no khuuno o zü xupuqove tsü acheni ke no ti pau sasu kusholu vea,” ti shi no pa no Achequ saxü mih pe Akuha tsü no pi, “Pa no pa mih hi no amichipu tsü puwu ani eno pa no pi akeu no o mihi ghi pa mihi toi kije eno mutotoi ani

keo, mo kea, ti ithini shi ani”, ipi.

Aküha no Achequ mih ikhilu pu ju no idewo pa likhi pa mih ipumiheyi keu ju no igho no pakichiqhive. Pa no ishi kûmûsü, lhoxü hi pau ye igho no kije eno kûmûsa kimishipu lhoxü kena pi kûmûsûve no pa ye aghasü lo pove no khilemu aghoki mûkü lo ighi kithe move ipi.



Qokiphe:

A. Hipaqa khochile lo:

1. Kughakiche tsa lo khunongu ghili kügha ani kea?
2. Aküha ye kiu shi ye amulo ideve kea?
3. Khu no aghoki xupuqo aghi kea?
4. Angushuu ye Achequ vilo kiu pi kea?
5. Achequ ye akugushu kükaü Aküha müsave ke shea?
6. Achequ ye akükau Aküha lau kiu khochile tsü kea?
7. Kughakiche shekha lo khuu no khuu müsave kea?

B. Akiye shi pu a keu phiju no kuchou (✓) eno kicheleu (x) akiye shi lo:

1. Aküha ye Angushuu lau amulo ide ve _____.
2. Achequ no aghokiti xupuqo aghi _____.
3. Aküha shoqau eno pa qhemi likhi no azü xupuqo lu nani _____.
4. Achequ no pa saxü pe sü Angushuu chi shi _____.
5. Aküha no Achequ saxü ithulu no müsave _____.

C. Aqiqi achipiu michitsü lo.

I. Aghokiti

- | | |
|----------------------|----------|
| (a) Aghokiti aghu lo | () |
| (b) Ayizükucho | () |
| (c) Azübo | () |

II. Aniba xupuqo

- | | |
|----------------------|----------|
| (a) Akighipe | () |
| (b) Aniba pe shipüsa | () |
| (c) Azü kimithe | () |

III. Aküka

- | | |
|---------------------|----------|
| (a) Mutotoi/akumuto | () |
|---------------------|----------|

(b) Jukivi ()

(c) Amih küha kiu tüghashi ()

IV. Kichiqhi

(a) Amulo ide keu ()

(b) Müzüthiveni keu ()

(c) Kichikulu keu ()

V. Amih ipumiheyi

(a) Amih shishoi ipeggi keu ()

(b) Amih iche keu ()

(c) Amih ipumiheyi ipeggi keu ()

D. Atsajoqo akiye shi lo:

(a) Küghakiche tsa hukuthu lo ghili:

(b) Küghakiche tsa mta lo ghili:

(c) Küghakiche tsa shekha lo ghili:

E. Kughakichi tsa akiphi ki lono o kutoshi no pi keu shi lo.

Akiphi 6

Apuasü Phimini Ningu no Wumini che Keqo

Ithini keu kimijiqo:

1. Ni puasü phiminiqo je ithi lo.
2. Vethakulu shi akiphi phi lo.
3. Iniju akeqo akiphi kiqu lono khokichile keu shi lo.
4. Akiphi ghili mülalei keu tsajo lono küpütsa kile lo.
5. Ni puasü phimini akughupu shi ikhilu eno shiaye kütamiqu phimini ghi ikhilu lo.



Ni ye Atoka eno li je no Atokali. Ni shiaye puasü phimini hipaqo pepumini cheni.

Totimiqo no heküsümini hi pau pe lotosü eno hekuwuphi hi pau pesü chokutha qhümi ipi cheni. Ningu ghi achi, aküsa, tsükoli eno akinikighi pu cheni. Ningu zübou anhemügha xapuche keu pesü akho eno amuto ipi cheni.



Kipitimiqo no amülaküxa pu cheni. Kipitimiqo ghi hekuwuphi wu cheni, hi pau pesü kichimi qhumi ipi cheni. Aqhou ye asholha mini cheni. Kipitimiqo ye avabo, akuhaghi, aukükha, amülaküxa, achi, akinikighi eno apukhu kükhaqo pepu cheni.

Ashiaye kutami totimiyo ghi
jukivi kütsü kukha (tsükoli) süpu
cheni.



Kipitimiyo no akümüla,
ashihau eno aghümiyo zü
lono sükusho tsüni keu
ghenguno azüta, angu eno
azütoqo peitha cheni.

Qokiphe:

A. Hipaqa khochi le lo:

1. No shiaye totimiu hekuwuphi je akiye shi lo.
2. No shiaye kipitimi hekuwuphi je akiye shi lo.
3. No shiaye totimiu heküsümini je akiye shi lo.
4. No shiaye kipitimi no aqhou miniche keu je akiye shi lo.
5. Kipitimi no amüla homuxa pu che keu pe kiu pi cheni kea?
6. Totimi no akütsü lo khaphuche keu pesü kiu pi cheni kea?
7. Kiu tsalaqo lono apuasü nanu pepu cheni kea?
8. Amülaküxa ye kiu kea?

B. Achipiuqa kimichi tsü lo:

1. Totimiqo no aqhou küzü pu che keu ye.
a) amülaküxa b) heküsümini c) asholha d) achi
2. Kipitimiqo no apite homüxa khaphu sü ilhe che keu ye
a) akinikighi b) aphi c) aphukhukükha d) akühaghi
3. Kipitimiqo no amüla homüxa pepu ilhe che keu ye.
a) amülaküxa b) akühaghi c) azüta d) avabo
4. Totmi no thime lakhi akütsü lo khapuche keu ye
a) hekuwuphi b) asapu c) tsükoli d) amuto
5. Kipitimi no thime lakhi akütsü lo sü pu che keu ye.
a) angu b) avabo c) achi d) amülaküxa
6. Toimiw hekuwuphi ye.
a) lotosü b) choküthaqhümi c) akiche lo chi d) akini kighi

C. Kutami shiaye puasü nhemügha lakhi no no olo keu kishe phelo. Kiu ghenguno olove tsu kea?

- D. Apuasü phinhemügha jutho lakhi shisü lo.
(Kipitimi no kipitimi nhemügha eno totimi no totimi
nhemügha julho shisu lo)
- E. Meshomheghi tsala akiphi ki lo shi lo. Apuasü
phimini pu lo eno tipau ghili pi lo eno kiu
ghenguno o love tsu keno pi lo.

F. Ajutho ju no achipiu lono ashiayeqo kimichi tsü lo.



Konyak



Zeliang



Kuki



Pochury



Sangtam



Khiamniungan



Yimkhiung



Rengma



Akiphi 7

Kitila Lakhi Kūphasūni (Leshele)

Ithini keu kimijiqo:

1. Leshele hi pau ale kukungo ghola lono pipuku pipiqi ghi shi phi lo.
2. Leshele tsa kungo eno atsajo kūmütsü ithi vethalu kepu.

Kitila lakhi kutomo

Kitila lakhi kutomo kükümüsü

Kitila lakhi kutomo tuchokile

Kitila lakhi kutomo kikimiye

Eno kitila lakhi kutomo kiphimi
qhitsu

Kitila lakhi kutomo tsü kile

Kitila lakhi kutomo vethakulu

Kitila lakhiw kutomo kūmütsü

Ti ye xüpivi, jukivi eno ngoyiniyi
keu.

Kelhoukhrieno Savi



Qokiphe:

A. Aqo shi no leshele phi lo/lüthü eno mikini qhaqha no phi lo.

B. Atsathi hipaqo kiqu ithi lo.

1. Kükümüsü - akivi kükümüsü momu alhoküsa kükümüsü.
2. Tuchokile - küsükini lo lakhi no lakhi tüchokile keu.
3. Kikimiye - lakhi no lakhi kimiye keu.
4. Kiphimi qhitsü - shipimi momu pipimive kelo lakhi no lakhi kiphimi qhitsü keu.
5. Vethakulu - timi no atsa pi keu momu akükümüsü tsü ke lo pai vethalu keu.
6. Xüpivi - aküxü kivi shi keu.

C. O lolo kikimiye, kiphimi qhitsü eno vethakulu pighini ipi kümüsü chighi moayesa. Ti hutoi kiu tüqhü do lono shi moaye sa keno iqhonhei keu lono akiye shi lo.

D. Hipaqo pesu atsajo shi lo eno phisü lo.

1. Kümüsükutho
2. Kүpүkeu
3. Xүpivi

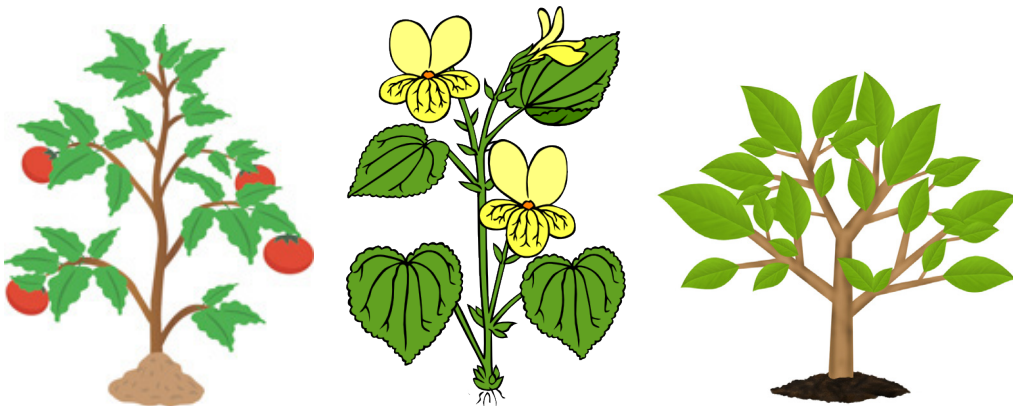
Akiphi 8

Ningu Hokumüxa lo Sütsüni - I

Ithini keu kimijiqo:

1. Asütsüni jeliqo je ithi lo.
2. Akiphi phi eno vethalu lo.
3. No likhi no tsau no asübo jeliqo je ithi eno kimichi tsü lo.
4. Asübo jeliqo ghili kügha eno mülalei keu tsajo lono avehupu shi che keqo kúpütsa lo.
5. Asüboqo pighiphe keu ye akhoto ipi vethalu lo eno pighi phe kepue.
6. Mülalei keu tsajo lono atsathiqo peitha keu shi lo.

Ningu hokümüxa lo atsüni jeli kütomo ithulu acheni. Asütsüni ye xü ache keu thime. Pa nongu ghi athuthu she eno thuwuu acheni. Pa nongu ghi ishe thuwü acheni. Asütsüni ye ningu ghenguno avehupu kuchou. Asütsüni hami ye kije eno akumuto. Asütsüni hami ye kititi eno miqemileyi.





Lütüsü (Alder)



Asahusü (Pine)



Nhekobo (Banyan)

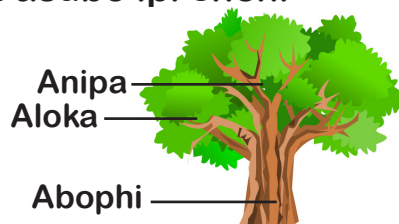
Asüghisüqo sütsüni:

Kushuha, asüghi eno mütotoi keqo pesü asübo ipi cheni
Hipaqo ye aloka kutomo acheni.

Hipaqo ye müzüchoi puthugho acheni.

Hipaqo ye mütotoi keu sübo.

Asübou abo pesü abophi ipicheni.



Asübo ye ningu akicheqho, axathi eno süküghüpu sü shi
cheni.

Aphisü (Oak), lütüsü (Alder), asahusü (Pine), khughuthi
(Fig), nhekobo (Banyan), thumbsü (Naga Tenga),
ghakuthi (Walnut), angothi (Mechinga), kholeithi
(Gooseberry), mushuthi (Orange), plum (Plum), yekuthi
(Peach), eno punebo (Simul) hipaqo sübo no ningu
hokumüxa lo acheni.

Qokiphe:

A. Asübo jutho shisü lo.

B. Hipaqo khochi le lo:

1. No phu hokumüxa qha lo asübo akeqo hami je akiye shi lo.
2. No phu hokumüxa qha lo axathibo akeqo hami je akiye shi lo.
3. Süküghüpusü eno akisü (tokta) shiluche keu sübo hami je akiye shi lo.
4. Asüboqo ye kiu lo peitha cheni kea?
5. Kushiye asübo ye xü akeu thime kea?
6. Asübo kümütsü buqhi khave a ye kiu shive nani kea?

C. Bokütha lo atsathi akeu pesü atsa kupumo no akeu lo sü lo.

Axathi, thuwü, akicheqho, ghakuthi, nhekobo, athuthu.

1. Kholeithi ye _____ sübo.
2. Asübo kije lakhi ningu akicheqho tsü che keu ye _____ sü.
3. _____ sübo ye axathi ghi ningu tsü cheni eno akisü (tokta) ghi shilu cheni.
4. Khetsünhe kuvu lo asübo no ningu _____ tsü cheni.
5. Asüboqo ye xü akeu thime ti ghenguno pa nongu ghi _____ eno _____ acheni.

D. Aqhou akeu pesü atsajo shi lo:

Kije, kititi, kushuha, thuwu, axathi, akicheqho, asübo, miqemileyi.

E. No phu hokumüxau sünika pe owu kaku dolo da eno tipaqo je akiye shi lo.

Akiphi 9

Ningu Hokumüxa lo Sütsüni - II

Ithini keu kimijiqo:

1. Akiphi phi eno vethalu lo.
2. No ghasa lo kititi sütsüni ithulu chekeqo je kimichi tsü lo eno no tsau no kiu pi cheni keno ithi lo.
3. No ghasa lo asütsüni jeli asübo, küsüghütsüni, alitsa kighi eno akighi jeli asübo lo heküxa ikuve chekeqo ghili ithi kütüta shi lo.
4. Kititi sütsüniqo ningu no peithaveche keu ghili küpü tsa kile lo.
5. Kititi sütsüniqo ningu no avehupu shive che keu mülalei keu tsa lono peitha lo.



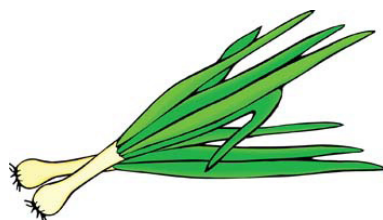
Küsüghütsüni eno akighi jeli asü lo heküxa ikuve che keqo ye abo kititi püha, hipaqo ye aghasa lono ithulu cheni.

Aghasa lo sütsüniqo:



Aghasa sütsüniqo ye kititi. Hipaqo ye kititi, tsatsai, müka eno aküba sasai keu no chi lo. Asahü kupu sübo ye süliyithi, mushuthi, eno ros xamunubo hipaqo ye aghasa lono ithulu cheni.

Küsüghütsüni:



Küsüghütsüniqo ghi kititi sütsüni. Hipaqo ye mütsaminhei, atsüni ju eno alokaqo ye ishemüghüi keu kutomo ithulu cheni. Hipaqo ye ado kushuha xü che mo eno thiyilove cheni. Ninguno alhokuthu küsüghütsüni eno ningu chuqu shi che keu hipaqo ye pülakhu, ai, daniyatsüni eno ayikhu.

Aghüküqū tsūniqo:



Asütsüni hami ye pa likhi pa ye thuwulu chemo. Hipaqo sütsüni ye kutami sütsüni shou mugho iku mo kelo ye pa no likhi pa no ye xülu chemo. Hipaqo sütsüni pesü aghüküqū. Aghüküqū no asübo momu axalaghiqo lo kûxa iku no pithi cheni. Bell xathi, akuka, axa, khetsüthi, iskos, grapes eno tomato hipaqo xa pesü aghüküqū sütsüni ipi cheni.

Aküküxa tsüni qo:



Hami sütsüni ye ayeghi lo aghüküqū/küküxa cheni. Hipaqo ye miqhemilei keu bo eno aghüqū no pithi cheni. Hipaqo ye puthugholu che moe. Ahengü eno shokhibar hipaqo ye ningu no ithulu acheni.

Qokiphe:

A. Hipaqa khochile lo:

- i) Axokümuna küsüghütsüni hami je akiye shi lo.
- ii) Aghüküqü tsüni eno axathi no no chuche keu hami je ye lo.
- iii) Küküxa tsüni lono axathi pithi che keu hami je akiye shi lo.
- iv) No ye no ki hokümüxa lo aghutu pighi ani ke mo kea? No ghutu lo kiu pi ghi ani kea?

B. Akiye phi juno kuchou (✓) eno kicheleu (x) pe akiye shi lo.

1. Küsüghütsüni qo ye ado kushuwa xu chemo eno thiilove cheni. ()
2. Hipaqa ye puthugholu che moe. ()
3. Mint ye küsüghütsüni qo lakhi ke. ()
4. Aghasa sütsüniqo ye mütsaminhei atsüni ju eno alokaqa ishemüghüi keu kutomo ithulu cheni. ()
5. Aghükhü tsüniqo ye kutami sütsüni shou mugho iku mo kelo ye pano likhi pano ye xulu chemo. ()

C. Ayezü/axathi/asütsüni nongu no ithulu che keu aqhou pütüta bokütha lo aje akiye shi lo.

Aghasa tsüni	Küsüghü tsüni	Aküküxa tsüni	Aghüküqü tsüni

D. Aküküpütsa do:

Akiphi ki lo asütsüni jeli saghi lo eno tipau je ngo avehupu ghili pe pitsü lo.

E. Shikükami kukuphu luu no hipaqo shi lo:

- Akiphiki hokumüxa qha lo aa ikhiphe no aghutu shi lo.
- Kiu külopu momu kiu xabo sü keu no alo kepu keno ti yisü lo.
- Yekala ghutu ipi no mütsü tuqu kiqu lono aloji kije no jukütsü lo.
- Ipeghilu keu xathi, xabo, ayezü eno axamunu kümütsü kije momu jeve no ala shilu lo.

Akiphi 10

Kichimiqo Gihu lo

Ithini keu kimijiqo:

1. Nagami no akighipi shi peitha ighi keu ghili ithi lo.
2. Kichimi qihu che keu ghili ithi küpha lo.
3. Akughupu shi akivi piti peitha xü ighi keu akhoto shi tsü lo.
4. Akiphi kaku phi lo eno vethakulu shi phi lo.
5. Atsathi akithego ithi lo.

Nagami ye akukhuaye kivi kutomo akighipi shi peitha ighi pe puani. Hi ye ningu puasünoqo no ningu vi lo pi ighi puani. Hipaqo dolo akighipi akhotou ye kichimi gihu keu eno ikhilu keu. Nagamiu msheshomeghi ju ighi kelo kichimi gihu moayesa keu alaghi kutomo lono kichekipiye ani. Kughou kichimi no aki alou ilo ghive keno alakhu ikhipe tsüni keu za.

Kichimi no atsa pi ake lo, ningu ye iqhünheyi shi no kichimi tsa ini moayesa.

Aqo küküpütsa lo kichimi pa ghi ado tsü cheni eno pa nongu no pive ke thiwu no lhothemi no ado lu cheni.



**Alhokuthu
lo ningu ye
kichimiqo gihu lo.**



**Kichimiqo
kükütsü kivi pape
xü lo, eno khilemu
kümüsüna kevi no
xapu xü che lo.**



Kichimiqo kükütsü kivi pape xü lo, eno khilemu kümüsüna kevi lo.



**Kiukiu laghi lomu ningu ye kichimiqo kuphu lo.
Akivi ghüsho ghili ye ningu msheshomeghi eno ningu kinikulu ke. Ningu ye khilemu hipaqo puhave kepu kumoe eno kütükighi pe xü moaye ningu jemichi puhave nani. Ningu no kichimiqo gihu xü keu ye ningu msheshomeghi ke.**

Atsathi kiqu.

- | | |
|-----------------|--|
| 1. Apuasü | - ningu pa pu eno ningu pu pasü. |
| 2. Akighipi | - kiu kiu nhemügha shi aghi mu
ningu no akighipi shi peitha che
keu. |
| 3. Agigihu | - timi kivimi ye timi kümütsü no
akishe eno agigihu tsü cheni. |
| 4. Iqhünheyi | - ithoighai mo kemi timi pesü
iqhunheyi kemi ipi cheni. |
| 5. Mheshomheghi | - amekusho nhemügha apuasü lono
peitha ighi keu pesü pi cheni. |

Qokiphe:

A. Iniju akeqo khochile lo.

1. Kichimi no ningu ki alou ilo ghi kelo, ningu ye kiu shi moaye sa kea?
2. Kichimi no atsa pi ake lo, ningu ye kiu shi moayesa kea?
3. Ni Nagami puasü no ningu kütsü ighi puaa keu akivi lakhi ye kiu kea?
4. Nagami meshomheghi puhave momu kümüsünave a ye kiu shive nani kea?

B. Akiye phi ju no kuchou (✓) eno kicheleu (x) pe akiye shi lo.

1. Alhokuthu lo ningu ye kichimiqo gihu lo. ()
2. Ningu ye khilemu kichimiqo kuphu kepu kumo. ()
3. Ningu ye kichimiqo tsa pape xü kepu. ()
4. Ningu ye kichimiqo kükütsü kivi pape mo kepu. ()

C. Bokutha lo atsathi akeu pesu atsa kupu mono akeu lo sülo.

Mheshomheghi, Tokulu, alokivi likhi, 1887, kuphu

1. Aghushimiyo no _____ michipu shi au peqhetsü.
2. I pu eno I za no timi _____ lo ipi cheni.
3. Aphu hipau ye _____ no huthu phe.
4. Ni likhi niwu _____ puhave kumo.
5. Pa ye alhokuthu _____.

D. Gihu keu momu Gihu mo keu aghiliaye phi eno achipiu jo lo sü lo.

kotha lethu keu

Atsakipi lo timi gihu keu
Timi no atsa pi kelo inikeu.
Ayeza gholu mo keu
O likhi o xe ne mithe keu
No no lunishi kiu ithulu mo
aye amulo ide keu.

Atsa hipaqo peitha keu 'kimiye no',
'akphimi qhitsü lo'eno 'O shikimithi'.
Timi igha no putsa keu.
Alakimine shi keu.
Mithe mo keu.
Timi lache le keu.
Ado achipi lono peitha keu.

Gihu keu	Gihu mo keu

E. Aküküpütsa do:

Hi ye shikükami no kiphimiyo pe aloji kijeve tsü no kiphimiyo do lono aküküpütsa shiju pelo. Kiu gholá lono kichimiyo gihu eno ikhilu akepu keno.



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Iodine deficiency disorder is the single most common cause of preventable mental retardation and brain damage.

"Consume only Iodized Salt"