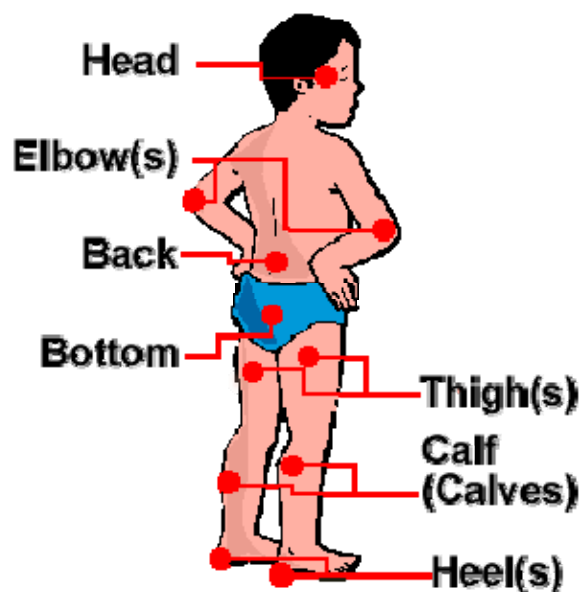
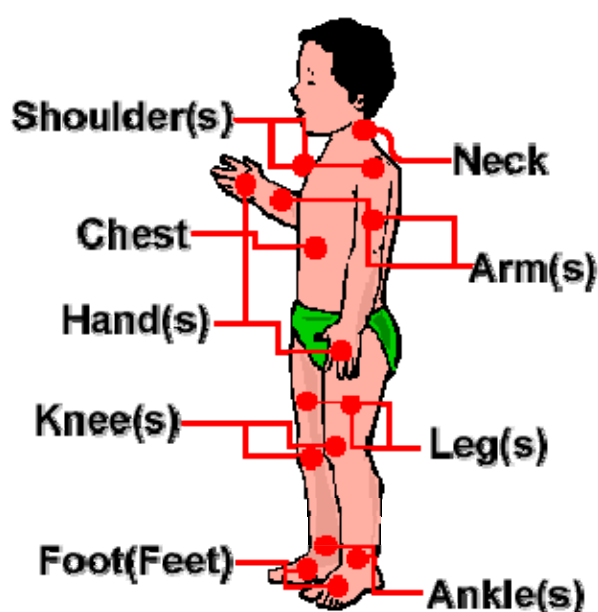


Theme 9: The human body and wellness

Body	Mmele
Hair	Moriri
Head/Heads	Tlhogo/Ditlhogog
Face/Faces	Sefatlhego/Difatlhego
Ear/Ears	Tsebe/Ditsebe
Tooth/Teeth	Leino/Meno
Neck	Molala
Shoulder/Shoulders	Legetla/Magetla
Chest	Sefuba
Heart	Pelo
Stomack	Mpa
Finger/fingers	Monwana/Menwana
Foot/Feet	Leoto/Maoto
Ankle/ankles	Lelengana/Malengana
Eye/Eyes	Leitlho/Matlho
Nose	Nko
Mouth	Molomo
Tongue	Loleme
Hand/Hands	Seatla
Arm/Arms	Letsogo/Matsogo
Elbow/Elbows	Sekgono/Dikgono
Hip/Hips	Letheka/Matheka
Knee/Knees	Lengole/Mangole
Buttock/Buttocks	Lerago/Marago
Thigh/Thighs	Serope/Dirope
Calf/Calves	Tlhafu/Ditlhafu
Leg/Legs	Leoto/Maoto
Toe/Toes	Monwana/Menwana



<i>Wellness</i>	
I am not feeling well	Ga ke ikutlwe sentle.
What is the matter?	Molato ke eng?
I feel weak.	Ga ke na maatla.
I am tired.	Ke lapile

I am sick.	Ke a lwala
I am injured.	Ke bolailwe
I have a headache.	Ke opiwa ke tlogo
I have a cold.	Ke tshwerwe ke mhikela
I am coughing.	Ke a gotlholo
I am thirsty.	Ke tshwerwe ke lenyora
I am hungry.	Ke tshwerwe ke tlala
I want to see the doctor/dentist	Ke batla go bona ngaka/rrameno
Where do you have pain?	O na le setlhabi fa kae?
I can't sleep well.	Ga ke robale sentle
I have been stung by a bee	Ke lomilwe ke notshe
I have been bitten by a snake	Ke lomilwe ke noga
I have broken my arm	Ke robegile letsogo
I have diarrhoea	Ke tshwerwe ke letshololô
Get better soon!	O fole ka bonako!
Take care!	Tlhokomela!
I feel great.	Ke ikutlwa go le monate
I'm happy.	Ke itumetse

COMMENTS:

South African doctors are very well qualified and there are excellent hospitals in South Africa, whether private or provincial. Setswana people either visit a Western doctor or a traditional doctor. In the traditional Setswana culture the *ngaka* heal people. The *ngaka* utilises an extensive knowledge of herbs, treebark, grasses, etc. inherited from previous generations to cure his patients.

When going to a traditional doctor, it may be useful to know different body parts when you want to express what illness you are suffering from.

A: Tourist B: Setswana speaker	Theme 9: The human body and ailments
A: Dumela Mma!	Hallo madam!
B: Dumela! Go ntse jang gompieno?	Hallo. How is it today?
A: Mma, ke a lwala.	I am ill.
B: Molato ke eng?	What is wrong?
A: Mpa ya me.	My stomach.
B: Setlhare ke se!	Here is medicine.
A: Ke a leboga mma.	Thank you
B: O itlhokomele. O fole ka bonako!	Take care of yourself. Get better soon!