



**NEEZA**  
TURI IBYO TURYA

# Gaburira inzosi zawe



Iki gitabo cy'ibikorwa ni icya

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(Andika izina ryawe hano)

*Buri wese afite inzazi...*

Teta ashaka kuba umuganga,  
Ganza ashaka kuba  
umwarimu, Gihozo ashaka  
kuba umuhinzi.

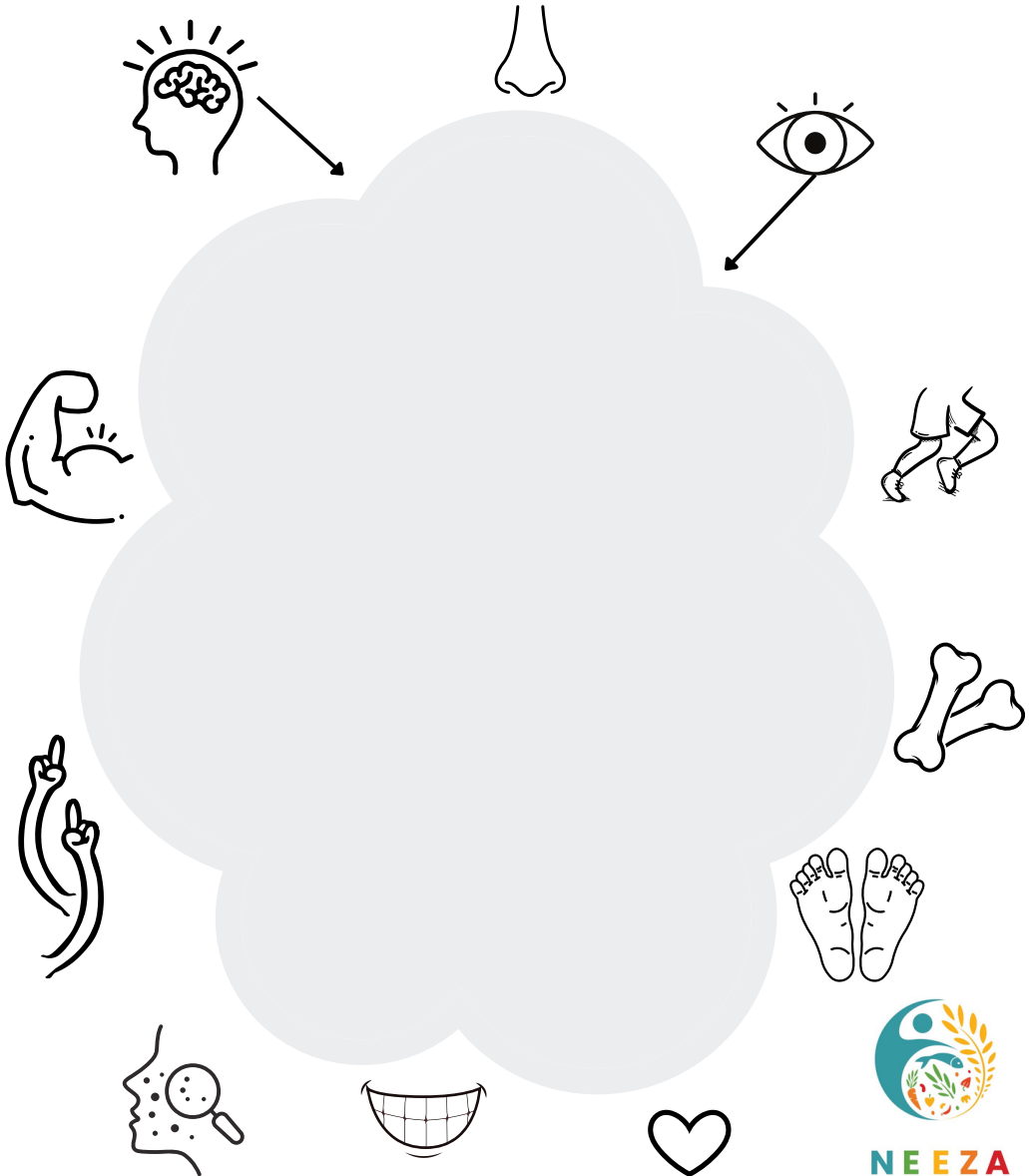
Ndashaka kuba...

(andika uwo ushaka kuba muri iki gishushanyo)



**NEEZA**  
2001 2010 2011

Noneho reka dusubire ku nzizi za Teta zo kuba umuganga. Ushobora gushushanya umuganga muri iki gishushanyo gikurikira?



Noneho ko washushanyije Teta nk'umuganga, ushobora gutekereza ku byo Teta ashobora gukenera kugira ngo abe umuganga mwiza?

Tugufitiye urugero hano: Kugira ngo abe umuganga mwiza, Teta agomba kugira **amaso akomeye**, kugira ngo abashe gusuzuma neza abarwayi be. Agomba kandi kuba **umunyabwenge cyane**, kugira ngo bimufashe gutekereza uburyo bwatuma abarwayi be bakira.

Ni iki kindi Teta ashobora gukenera? **Shushanya umurongo uva ku bimenyetso ukagera kuri muganga.**

Ushobora kandi gushushanya ibimenyetso byawe unatekereza imbaraga Teta agomba kugira.



Noneho, reka tugaruke ku nzizi zawe.  
Ushobora gushushanya uwo ushaka kuba  
muri iki gishushanyo?



wakoze neza!Noneho, ushobora gutekereza  
ku byo ukeneye kuba kugira ngo ube  
----- mwiza.

Ukeneye kureba neza?  
Ukeneye imitsi ikomeye?  
Ukeneye kuba umunyabwenge cyane?  
Ukeneye kwiruka vuba?

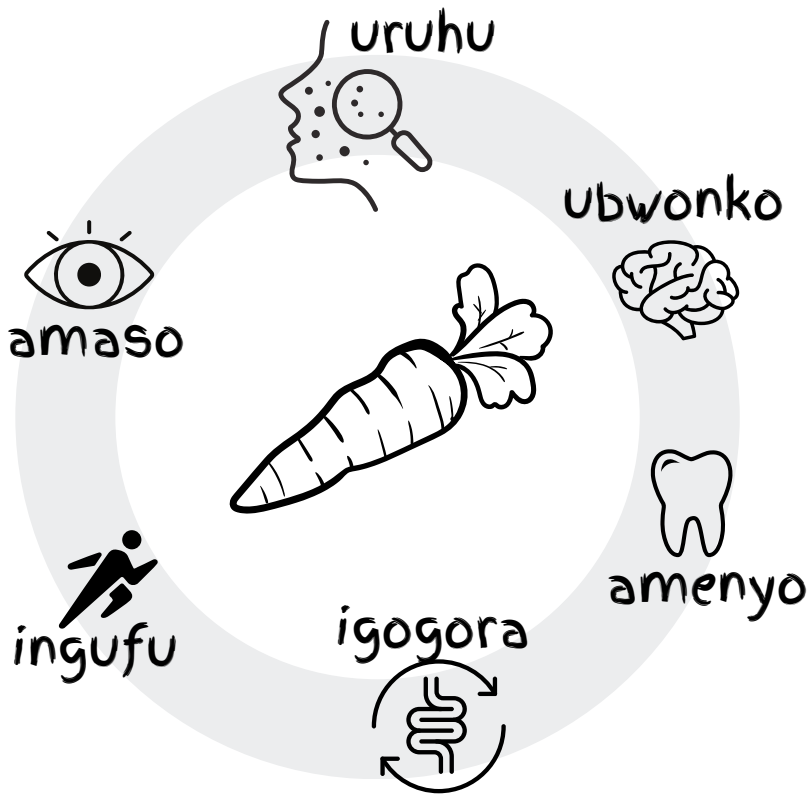


Uko dukura n'inzosi zacu zigakurana  
natwe, dukenera imbaraga nyinshi zo  
guharianira gukabya inzosi zacu. Ibyo  
turya biduha izo mbaraga. Ibyo turya,  
bigena uko dukura kandi neza,  
tugaharianira uko imibiri yacu  
ikomera, uko ubwonko bwacu bukura  
neza, uko twishima, uburyo  
dushobora kwiga ndetse n'ubuzima  
bwiza tugira...

Ibiribwa nk'imboga, imbuto, amagi  
cyangwa ifi bimeze nk'imbaraga zacu  
zidasanzwe, tubifashijwemo nabyo,  
tugira imbaraga, ubwenge n'ubuzima  
bwiza duharianira gukabya inzosi  
zacu.

Reka turebe bimwe mu biribwa  
twihingira iwacu turebe ubwoko  
bw'imbaraga zidasanzwe ibyo byo  
kurya bishobora kuduha.





Karoti zirahekenywa kandi ziraryoshye.  
Zishobora kukuryohera mu buryo butandukanye  
ndetse ukanazihekenya!

Karoti zikungahaye kuri Vitamini A, ifasha  
amasyo yacu kubona neza, igatuma uruhu rwacu  
rworoha, amenyo yacu agakomera kandi akaba  
mazima ndetse n'ubwonko bwacu bugakora  
neza. Karoti kandi ifasha inda zacu gukora neza  
igogora ry'ibyo turya kandi tukumva tuguwe  
neza mu gihe dukina n'inshuti zacu, twiga mu  
ishuri n'igihe dukora indi mirimo ya buri muni.  
Ni imboga nziza warya kenshi, bityo ushobora  
kungukira mu bubasha bwayo buhebuje.





Ishu ni uburyo bwa kamere bwo kuturinda indwara, butuma dukomera, budufasha kugira ubwenge no gufasha inda zacu kugubwa neza. Ishu yuzuye Vitamini C idufasha kurwanya indwara no gukomeza kugira imbaraga no kugubwa neza. Ishu kandi yuzuye Vitamini K ikaba Vitamini nziza cyane kugira ngo ifashe abacu gukomera. Iyo uriye ishuru, igufasha mu igogora ry'ibindi byokurya byose kandi bigatuma ugubwa neza mu nda yawe. Ishu iraryoshye ikaba n'uruboga rwiza warya kenshi, bityo ushobora kungukira mu nyungu zayo zidasanzwe.







umutima



ubuzima  
rusange

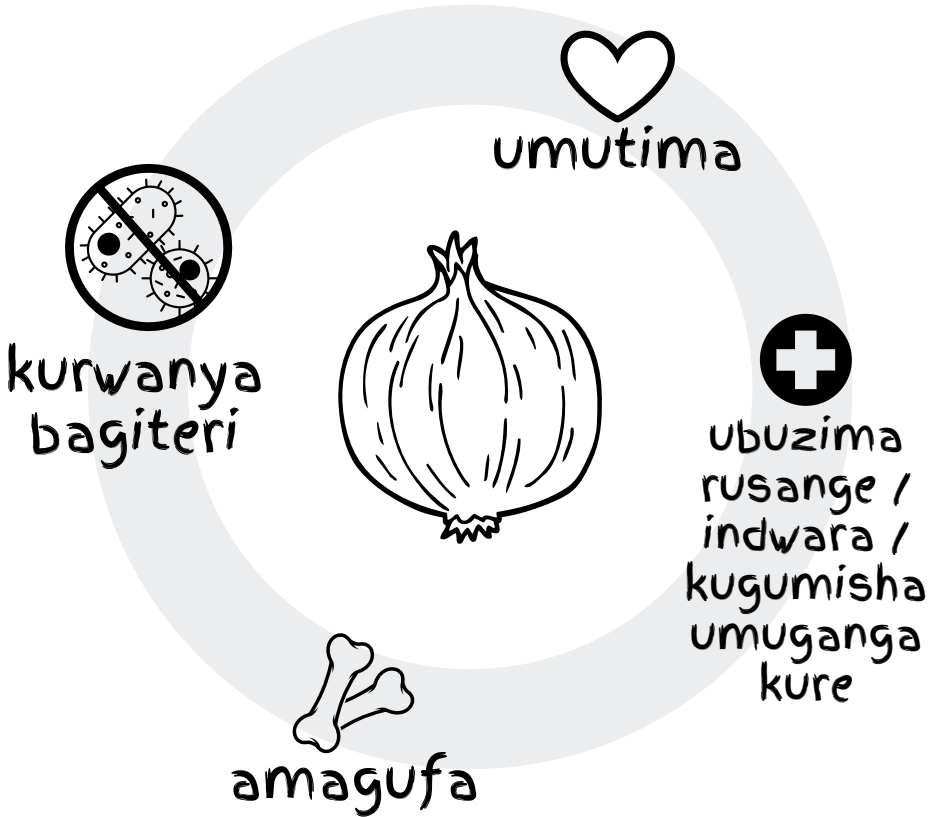


ingufu

Izi nyanya zitukura, ziryoshye ni inshuti yawe magara mu gihe cyo gukura neza no gukomera. Inyanya zuzuye Vitamini C igufasha kurwanya indwara no gukomeza kugira ubuzima bwiza. Igihangange, abantu bose baragishaka! Inyanya kandi ni nziza cyane kugira ngo umutima wawe ukomeze kugira ubuzima bwiza! Inyanya ziryoshye ari mbisi, zitetse, ziri no mu isosi. Ryoherwa no kuzirya hamwe n'umuryango wawe n'inshuti zawe kandi utekereze bushobozi bwazo budasanze!



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2011 2020 2024



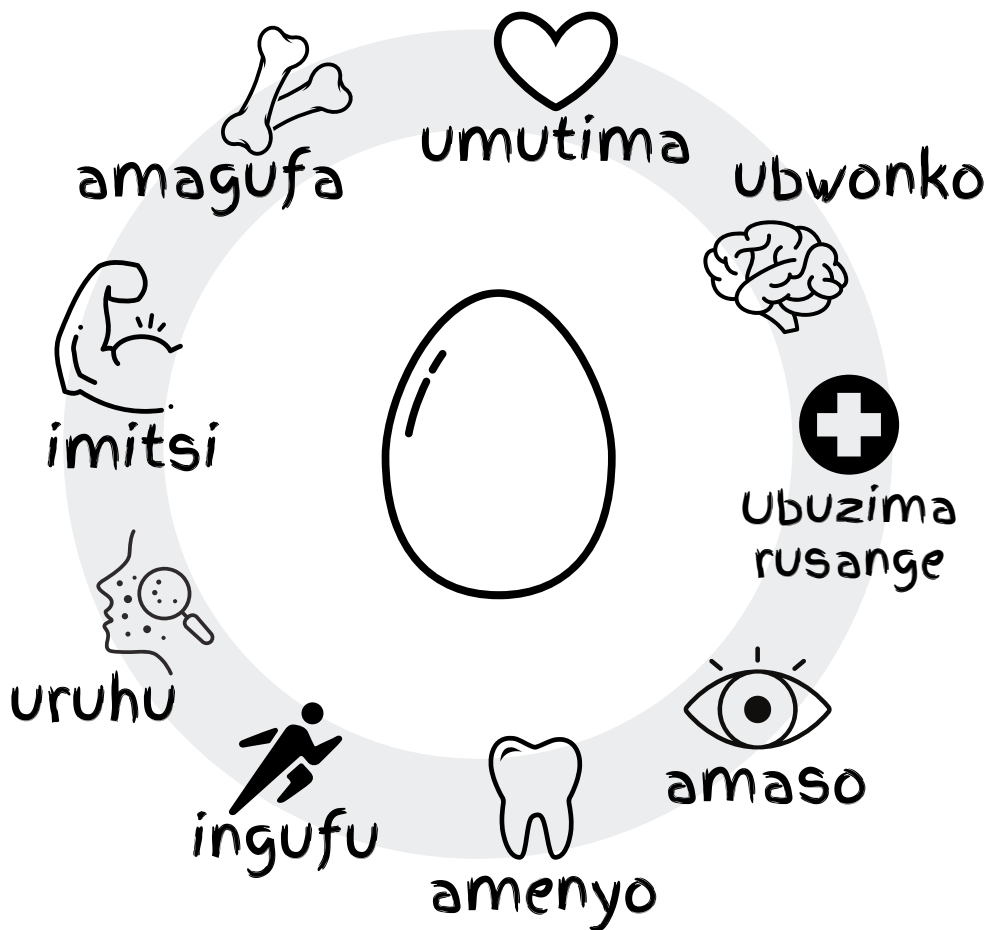
Tekereza ibitunguru nk'intwari zidasanzwe za kamere 'imbaraga zabyo zishobora kudufasha kwirinda ndetse no kurwanya indwara mu gihe turwaye. Uruhu rukomeye rwo hanze hamwe n'umutobe uryashye wi'gitunguru usubiza inyuma bagiteri n'udukoko. Nk'intwari ikomeye, igitunguru ni rumwe mu mboga zikomeye ku isi. Ntibishobora kuba imboga abantu bose bakunda bakanazirya ari mbisi, ariko iyo zitetse, ibitunguru biba byiza kandi biraryoha. Bishobora gushyirwa mu byo kurya ibyo ari byo byose kandi rimwe na rimwe ushobora no kutamenya ko bihari kuko utabisogongeye ariko wungukira mu bubasha bwabyo. Ibitunguru bigufasha gukomera, mu gushyigikira amagufa yawe n'umutima kandi bikagufasha gukomeza kugira ubuzima bwiza kandi ugahora witeguye guhangana n'ikibazo icyo aricyo cyose. Ibitunguru kandi ni byiza ku bidukikije





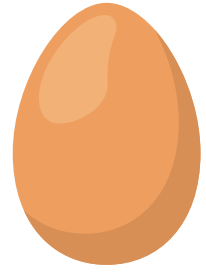
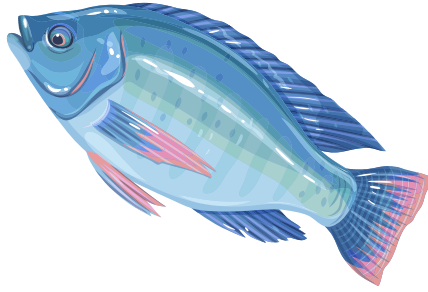
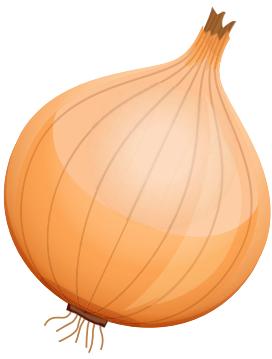
Ushobora gutekereza ifi nk'ibiryo by'ubwonko bwawe. Ifi ifite imbaraga zidasanzwe ziha ubwonko bwawe gukura neza bufite ibikenewe byose kugira ngo ukurane ubwenge, imbaraga n'ubuzima bwiza no kugufasha guharanira gukabya izo nzozi! Kuba kuri vitamini, kugeza ku binure bizima, amafi afite byose. Abana barya amafi bashobora gukurikira neza mu ishuri kandi bakumva buzuye imbaraga.





Igi rigaragara nk'aho ari rito ariko rwose ni kimwe mu biribwa by'indashyikirwa mu biribwa byose. Igi rimwe gusa ririmo ibintu byose ukeneye kugira ngo ushyigikire gukura k'umubiri wawe n'ubwenge bwawe. Iyo urya amagi kenshi, umubiri wawe urakomera, ubwenge bwawe bugakura, uruhu rwawe, amagufa n'amanyo bigakura neza kandi n'ubuzima bwawe bukaba bwiza. Rya umuhondo w'igi n'umweru waryo kuko imbaraga zose z'ingenzi ziri mu igi ryose!

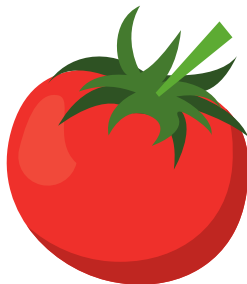




Imboga zacu twihingira, imbuto, amagi n'ifi biraryoshye cyane kandi byuzuye imbaraga zidasanzwe zidufasha gukura dufite imbaraga, ubwenge n'ubuzima bwiza no guharanira gukabya inzosi zacu.

Ibyo turya byerekana uburyo dukomeye, dufite ubwenge n'ubuzima bwiza. Inzosi zose zikeneye imbaraga zidasanzwe zidufasha kubigeraho kandi ibiribwa twihingira hano iwacu bifite byinshi muri izo imbaraga zidasanzwe.

Reka turye neza kandi duharanire gukabya inzosi zacu!





Noneho ubwo uzi imbaraga  
zidasanzwe z'ibyo kurya  
mwihingira iwanyu kandi  
biryoshye, komeza urye  
neza kandi uharanire  
gukabya inzosi zawe!



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