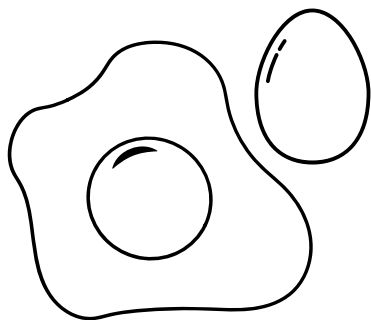
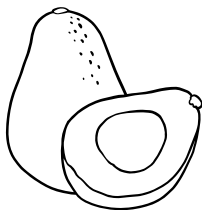
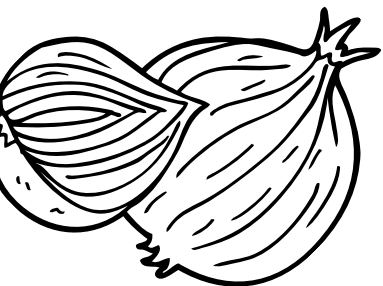


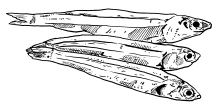


**NEEZA**  
TURI IBYO TURYA

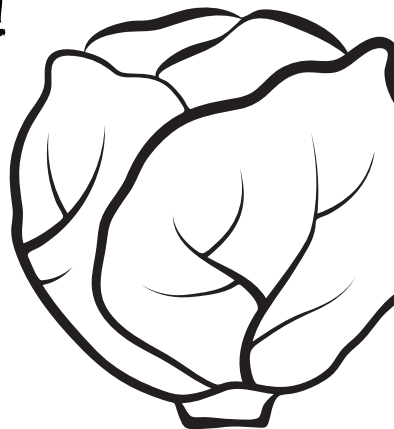
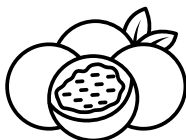
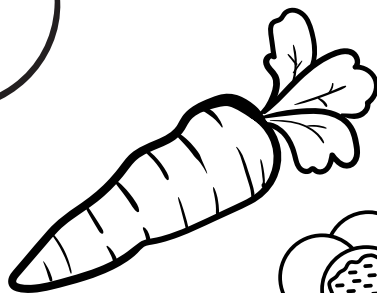
**Taka**  
ibyo kurya  
byanjye

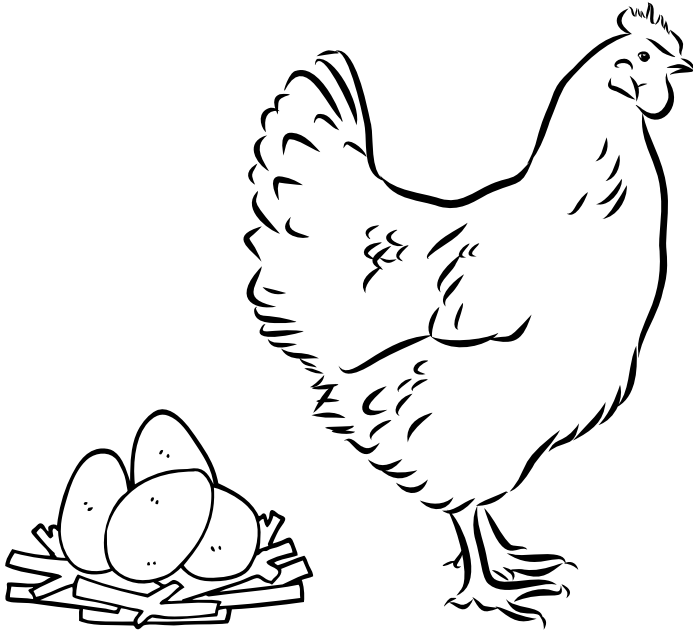


Imboga n'imbutu bidufasha  
gukomeza kugira ubuzima  
bwiza no kugira imbaraga  
n'ubwenge.



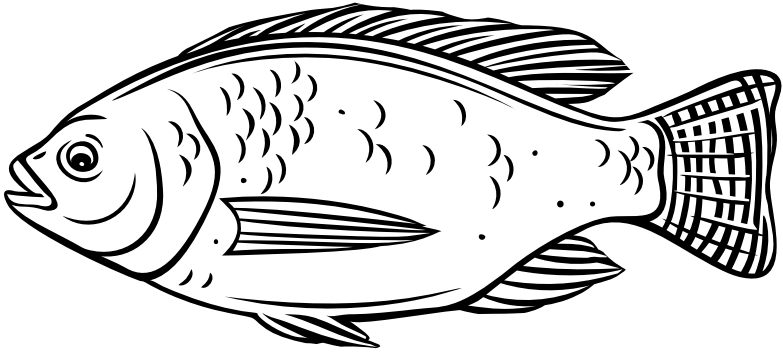
Imboga n'imbuto twihingira  
bikoze mu buryo  
butandukanye no mu mabara  
ashimishije kandi  
biraryoshye!



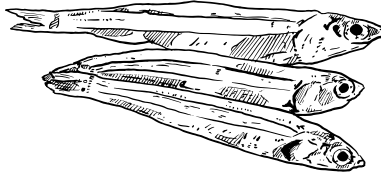


Amagi ava ku nkoko kandi  
atuma imibiri yacu igira  
imbaraga, akaturinda  
indwara kandi akadufasha  
kugira ubwenge.

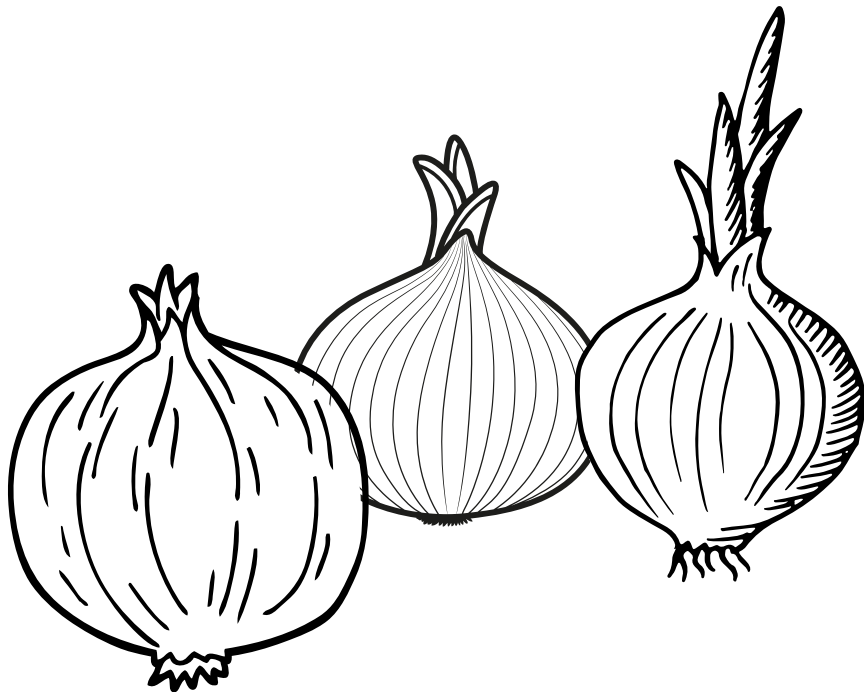




Amafi afasha ubwonko  
bwacu gukurana ubwenge  
agatuma n'imibiri yacu igira  
imbaraga.



# Ndabona...



Ni bingaha?

1, 2, 3

Ni iki?

\_\_\_\_\_



NEEZA  
TURI IYU TURYA

# Ndabona...



Ni bingaha?

1, 2, 3

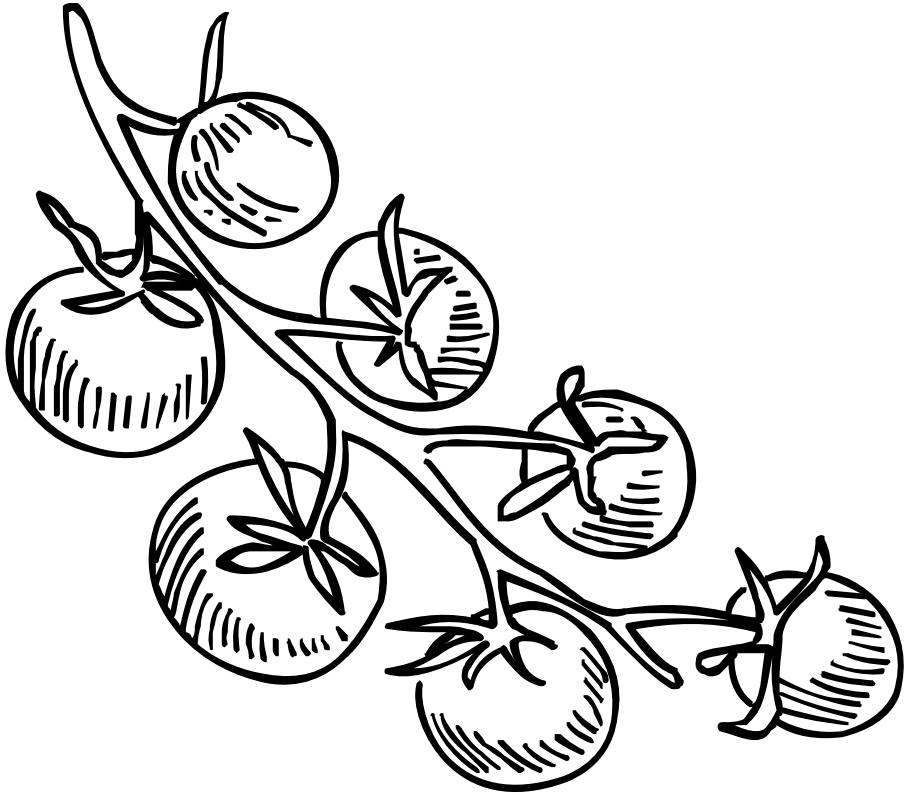
Ni iki?

\_\_\_\_\_



**NEEZA**  
TURI IYO TURYA

# Ndabona...



Ni bingaha?

3, 7, 5

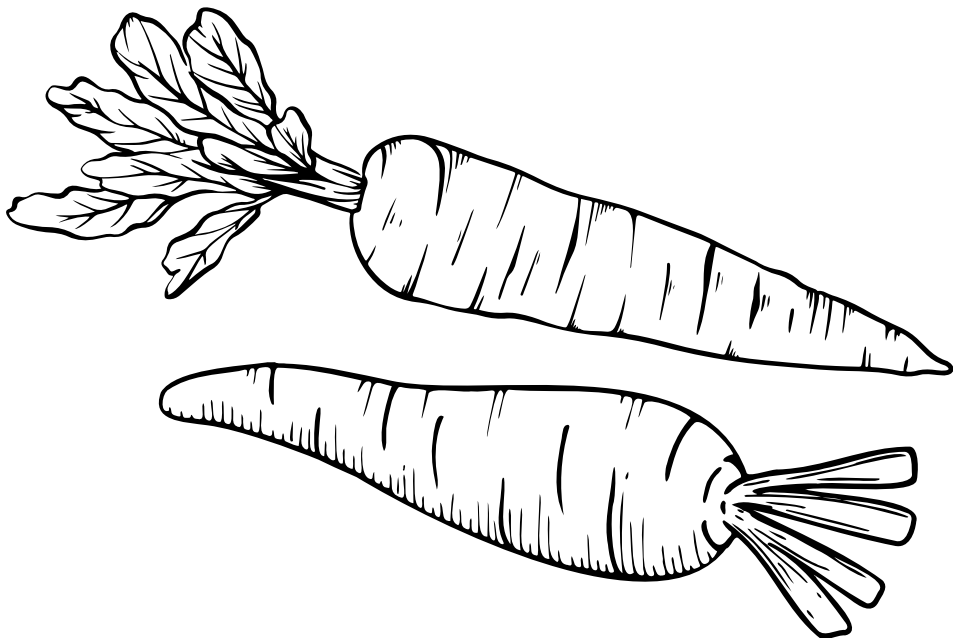
Ni iki?

\_\_\_\_\_



**NEEZA**  
TUMI IYU TUMYA

# Ndabona...



Ni bingaha?

1, 2, 3

Ni iki?

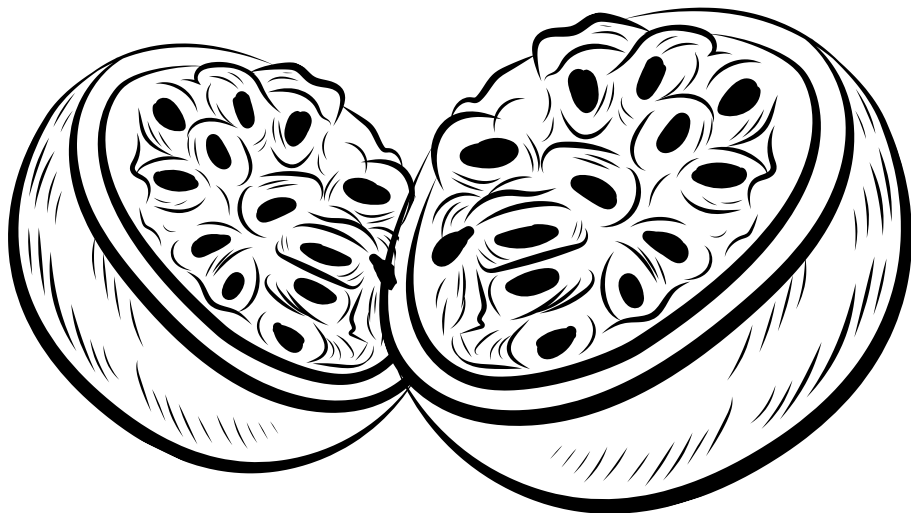
\_\_\_\_\_



NEEZA  
TURI IYU TURYA



# Ndabona...



Ni bingaha?

1, 2, 3

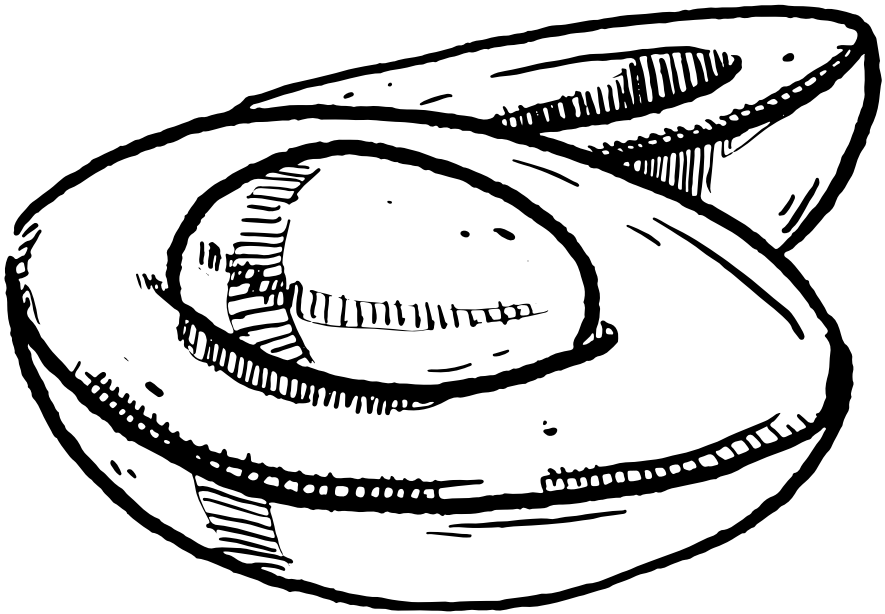
Ni iki?

\_\_\_\_\_



**NEEZA**  
TURI IYO TURYA

# Ndabona...



Ni bingaha?

1, 2, 3

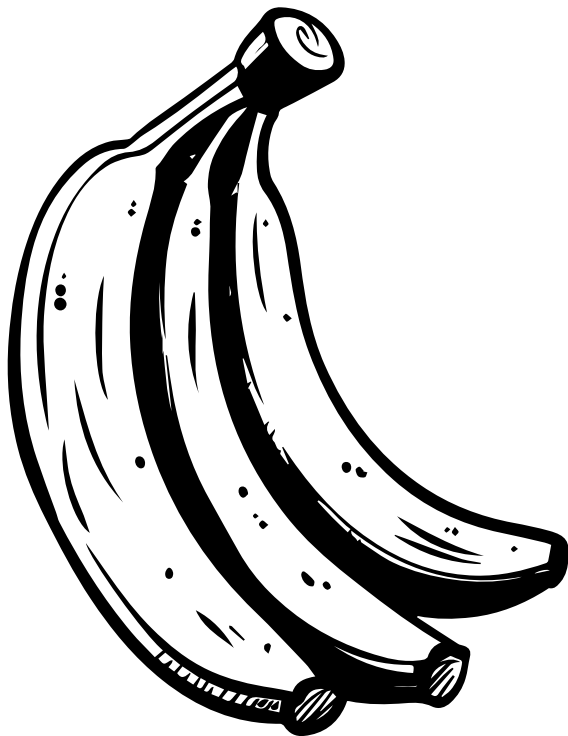
Ni iki?

\_\_\_\_\_



NEEZA  
TUMI IYU TUMI

# Ndabona...



Ni bingane?

1, 2, 3

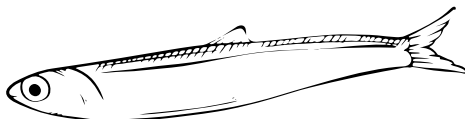
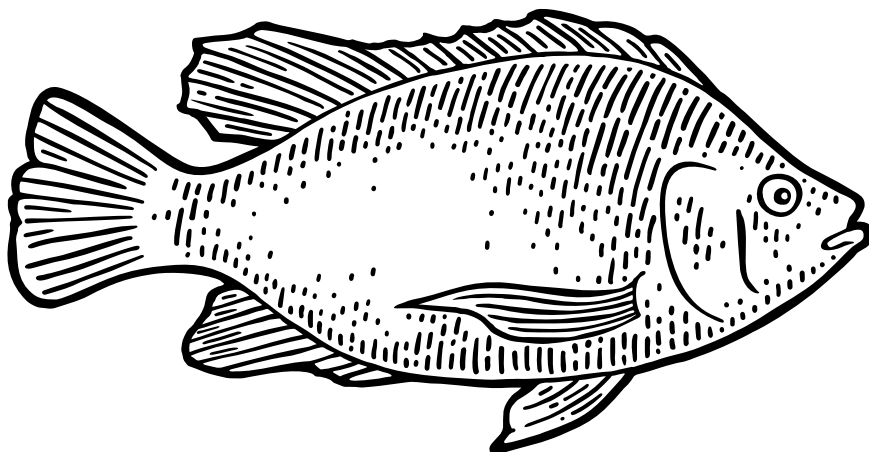
Ni iki?

\_\_\_\_\_



**NEEZA**  
TURI IYO TURYA

# Ndabona...



Ni bingaha?

1, 2, 3

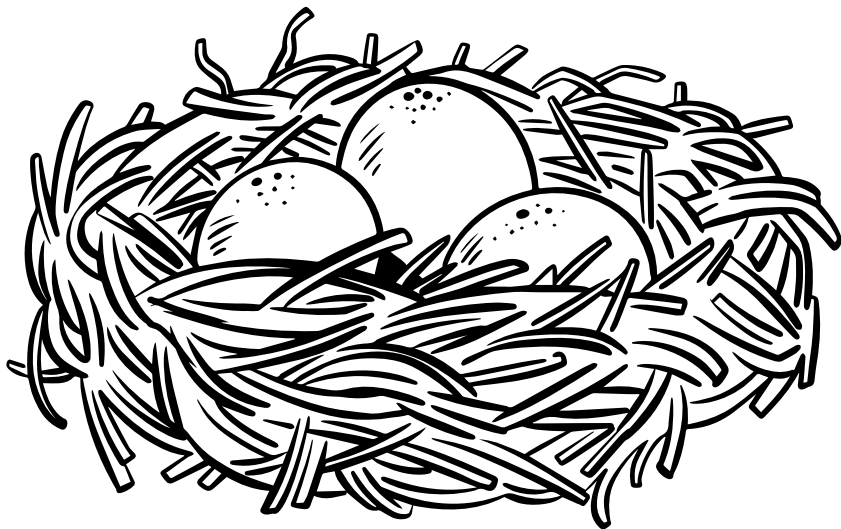
Ni iki?

\_\_\_\_\_



**NEEZA**  
TURI IYU TURYA

# Ndabona...



Ni bingaha?

1, 2, 3

Ni iki?

\_\_\_\_\_



**NEEZA**  
TURI IYU TURYA



# Wakoze akazi keza!

Ubu ibyo kurya byawe birasa neza!



**NUTRITION** *in*  
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