



Inama zijyanye no kurya neza



**Ibitekerezo byatanzwe
n'ababyeyi
b'abanyarwanda
bigenewe ababyeyi
b'abanyarwanda**

**Ibyo kurya bihendutse,
byoroshye, biryoshye kandi
bifite intungamubiri, bityo
umuryango wawe urya neza
kandi ubaho neza**



Ufite impungenge ko abana bawe bashobora kutabona vitamini n'intungamubiri bakeneye?

ufite umwana w'inyanda mu rugo?

Birakugora gutegurira umuryango wawe amafunguro arimo intungamubiri buri gihe, ahendutse, aryoshye kandi yoroshye?

Nturi wenyine!

Ababyeyi benshi bameze nkawe babyumva muri ubu buryo.

Niyo mpamvu twashyizeho aka gatabo!
Reba izi nama, zatanzwe zikanemezwa n'ababyeyi nkawe, bo mu gace utuyemo maze wishimire ko ibyo uteka BYOROSHYE, BIRYOSHYE, BIFITE INTUNGAMUBIRI kandi BIHENDUTSE ku muryango wose.

Ku musozo w'aka gatabo, twongeyemo amakarita ariho ibyo wateka, ukaba ushobora kuyakuramo no kuyasangiza inshuti zawe – mu gukwirakwiza ibitekerezo byiza!

Wowe n'umuryango wawe tukwifurije ubuzima n'imibereho myiza.

Baho Neza, Rya Neza, Kura Neza!



Amagi ni uburyo bworoshye bwo kongera intungamubiri ku mafunguro y'abana bawe.

Inama ya 1

Inama ababyeyi bakunda!

Gerageza kuvanga amagi mu gikoma cya mu gitondo cy'umuryango wawe.

Mena amagi, hanyuma uyasuke mu gikoma, mu gihe ugitetse:

- Ifunguro ryawe rya mu gitondo rizaba rifite intungamubiri zidasanzwe.
- Igikoma cyawe kizaba cyoroshye kandi kiryoshye.



Amagi



Igikoma

Dore icyo ababyeyi bavuga:

"Umwana wanjye udakunda kurya umuhondo w'igi ubu aya igi ryose mu gikoma cya mu gitondo, kuva aho namenyeye aya mayeri."

"Kuva ku munsu twitabiriyeho, buri gihe nteka amagi mu gikoma cya mu gitondo. Nteka n'imboga, ibishyimbo n'umuceri kabiri mu cyumweru ... Byari biryoshye cyane kandi abana banjye barabikunze"

Kugaburira umuryango wawe ibiryo bifite intungamubiri ntabwo bigoye.

Inama ya 2

Kora ku buryo imboga zawe zigira intungamubiri nyinshi, wongeyemo amagi abiri gusa!



Amagi



Inyanya



Izindi mboga



Igitunguru



Ikiyiko cy'amavuta



Ibirungo ukunda

Karanga igitunguru, inyanya n'izindi mboga zose waba ufite n'amavuta make n'ibirungo ukunda kandi mu gihe imboga zihye, meneramo amagi uyavangavange n'imboga.

Ryohherwa!





Imboga zacu twihingira zifite imimaro itandukanye kandi zituma ifunguro iryo ariryo ryose rigira intungamubiri, riryoha kandi rigasa neza - ririhuta, riroroshye kandi rirahendutse.

Dore zimwe mu nama ababyeyi bakunda gukoresha ku mboga.

Inama ya 3

Ibirayi bivanze n'imboga (Imvange)



Ibirayi



Inyanya



Imboga rwatsi



Ikiyiko
cy'amavuta



Ibishyimbo



Indagara



Ibirungo ukunda

Oza neza imboga zawe. Vanga ibirayi n' imboga rwatsi, ibishyimbo, indagara zumye, n'inyanya wongeremo n'amavuta make n'ibirungo ukunda.

Inama ya 4

Kawunga idasanzwe



Karoti



Ikiyiko cy'amavuta



Amazi



Ifu y'ibigori

1. Oza karoti (zihwanye n'uko kawunga ukeneye ingana).
2. Rapa karoti zawe.
3. Ongeramo amavuta make cyane mu isafuriya hanyuma ushyiremo za karoti. warapye, garagura akanya gato (nturenze iminota 2 cyangwa 3).
4. Ongeramo amazi n'umunyu mu isafuriya, tegereza kugeza bibize.
5. Ongeramo ifu yawe ya kawunga mu mazi hanyuma ubireke kugeza bihindutse umutsima mwiza.

Kawunga ifite intungamubiri, isa neza kandi abana barayikunda cyane.



Inama ya 5

Umuceri w'icyatsi



Puwaro



Umuceri



Ibirungo
uhisemo
(urugero seleri)



Ikiyiko 1
cy'amavuta



Umunyu

1. Oza puwaro zawe
2. Sekura puwaro mu isekuru
3. Ongerera amazi mu isekuru hanyuma ukureho ibice binini bidakase bya puwaro (urugero rw'amazi ruterwa n'ingano y'umuceri ushaka guteka)
4. Ongerera amazi ya puwaro mu isafuriya, ongeramo umunyu muke hanyuma ubibize
5. Amazi nabira ushyiremo umuceri n'ikiyiko kimwe cy'amavuta. Ongeramo ibirungo ukunda. Pfundikira hanyuma uteke umuceri.
6. Arura umuceri wonyine n'imboga ukunda cyangwa ibindi byubaka umubiri.

Abana bawe bazakunda ibara ry'icyatsi n'uburyohe bw'umuceri!

Inama ya 6

Umuceri usa neza



Amagi
(abonetse)



Umuceri



Umunyu



Ikiyiko
cy'amavuta



Igitunguru



Ibishyimbo



Karoti



Indagara
(zibonetse)



Tungurusumu

1. Teka umuceri wawe nk'uko bisanzwe.
2. Teka ibishyimbo nk'uko bisanzwe.
3. Oza neza imboga zawe.
4. Hagati aho kata igitunguru na tungurusumu.
5. Kata izindi mboga zose mu duce duto cyane.
6. Ongeramo amavuta make mu isafuriya. Karanga igitunguru, tungurusumu kugeza byoroshye. Ongeramo imboga wakase, umunyu, ubikarange kugeza byoroshye. Shyira ku ruhande.
7. Minina ibishyimbo.
8. Kuraho umuceri.
9. Ongeramo ibishyimbo ukarange n'imboga uzongere mu muceri hanyuma ubivange.
10. Niba ubihisemo (vanga amagi mu isorori ushyiremo n'umunyu muke kugira ngo ukore imvange yoroshye). Shyushya amavuta make mu isafuriya. Ongeramo amagi uyagaragure kugeza ahiye.
11. Shyira uwo muleti muto ku isahani maze ukatemo uduce duto.
12. Arura umuceri ushyireho twa duce tw'amagi na za ndagara zumye hejuru.



Amashu yacu twihingira arahendutse, araryoshye kandi yuzuyemo inyungu zijyanye no kurinda umubiri!

Inama ya 7

Gerageza ubu buryo bworoshye watekamo ishu:



Ishu



Igitunguru



Karoti



Ibirayi
(bibonetse)



Inyanya



Ibirungo
wahisemo



Umunyu

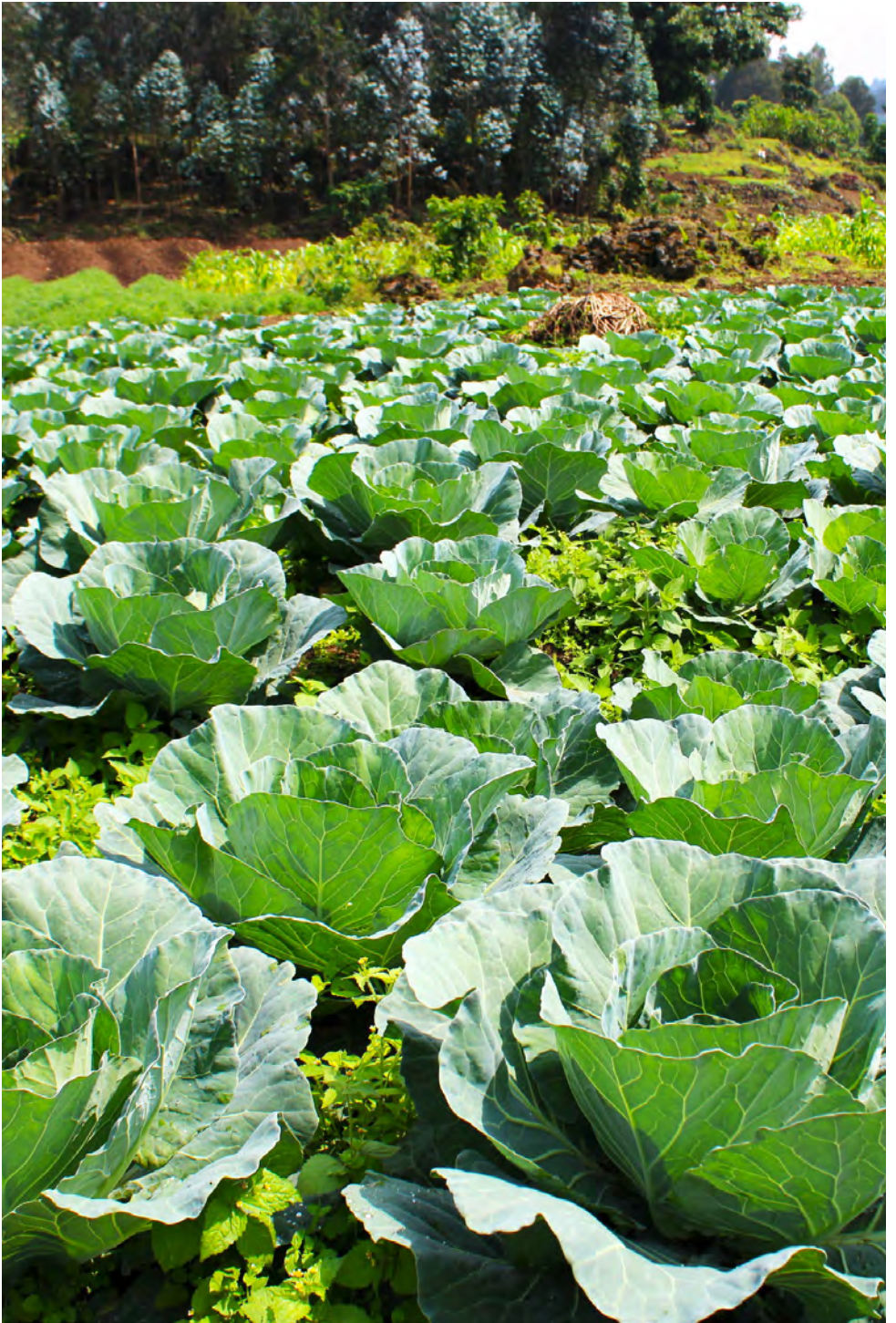


Indagara



Ikiyiko
cy'amavuta

1. Oza neza imboga zawe.
2. Kata uduce duto tw'ishu (Ibirayi bikatemo ibice bito). Kata uduce duto tw'igitunguru. Kata uduce duto twa karoti. Kata uduce duto tw'inyanya.
3. Karanga igitunguru, na karoti, (ibirayi bibonetse) ongeramo umunyu, karanga kugeza byoroshye.
4. Ongeramo ishu ubundi uvange. Bireke bifate irangi kugeza byoroshye.
5. Ongeramo inyanya, ibirungo wahisemo, amazi make n'umunyu wo kubiryoshya.
6. Niba ufite umupfundikizo, pfundikira ugabanye umuriro. Reka imboga zishye kugeza zoroshye n'amazi agabanuke ahinduke isosi.
7. Byarure ubirishye ibindi biryo ukunda cyangwa ubirye byonyine.





Amafi/isambaza by'iwacu Biraryoha kandi birimo itungamubiri nyinshi cyane

Inama ya 8

Umutsima uryoshye w'imyumbati (ubugali), imboga n'amafi



Umutsima
w'imyumbati
(ubugali)



Imboga wahisemo
nka karoti,
igitunguru, inyanya
cyangwa izindi



Amafi



Ibirungo



Ikiyiko
cy'amavuta

1. Oza neza imboga wahisemo.
2. Katamo uduce duto.
3. Tegura ibirungo wahisemo.
4. Shyira amavuta make mu isafuriya hanyuma uteke imboga.
5. Ongeramo umunyu, igitunguru n'ibirungo hanyuma uteke kugeza bihiye.
6. Oza amafi/isambaza byawe.
7. Yakatemo ibice biringaniye.
8. Shyira amavuta make mu isafuriya hanyuma uteke.
9. Ongeramo amafi, umunyu, igitunguru, inyanya n'ibindi birungo wahisemo.
10. Teko kugeza bihiye.
11. Tegura umutsima w'imyumbati ku ruhande.

Fata ifunguro ryawe (ifi+ imboga n'umutsima w'imyumbati /ubugali).



Inama ya 9

Uburyo bworoshye watekamo ifi:



Ifi imwe yose (yogeye, igabanyijemo uduce, yumutse) cyangwa indagara nke



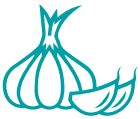
Umunyu n'ikirungo cya black pepper (cyo kuryoshya ifi)



Ikiyiko 1 cy'amavuta



Igitunguru 1 kinini (gikasemo uduce)



Intete 2 za tungurusumu zinombye



Ikiyiko 1 cya tangawizi inombye



Igikombe 1 cy'amazi



Inyanya 4 ziringaniye zihye (zikasemo uduce)



Umunyu



Ikirungo cya fish masala (kibonetse)



Magi (ibonetse)

1. Oza neza imboga zawe
2. Mu isafuriya ifukuye shyushya ikiyiko kimwe cy'amavuta wakatiyemo igitunguru kugeza cyoroshye
3. Ongeramo tangawizi, tungurusumu, maze ukarange kugeza bihumuye (ntibhindure ibara cyane)
4. Ongeramo inyanya zikase, umunyu vanga hashire iminota 5 cyangwa kugeza inyanya zoroshye
5. Ongeramo ikirungu cya masala, vanga, hanyuma wongeremo amazi, upfundikire hashire indi minota 5. Ongeramo Magi.
6. Hagati aho, shyira umunyu ku ifi yawe na black pepper ariko wibuke gukoresha bike kuko mu bindi wari wabishyizemo.
7. Ongeramo ifi upfundikire hashire nk'iminota 10-15 cyangwa kugeza ifi ihye neza.

Wabirisha umuceri, ubugali niba ubishaka shyiraho imboga rwatsi.

Abagore benshi bakunze iri funguro kuko ntirisaba amavuta menshi, riraboneka, ryoroshye kuritegura kandi rihumura neza.

Kubera ko ubu buryo bwo guteka budasaba amavuta menshi namba, uzazigama amafaranga y'amavuta kandi uryoherwe n'uburyohe bw'ibiryo, aho kuba amavuta!

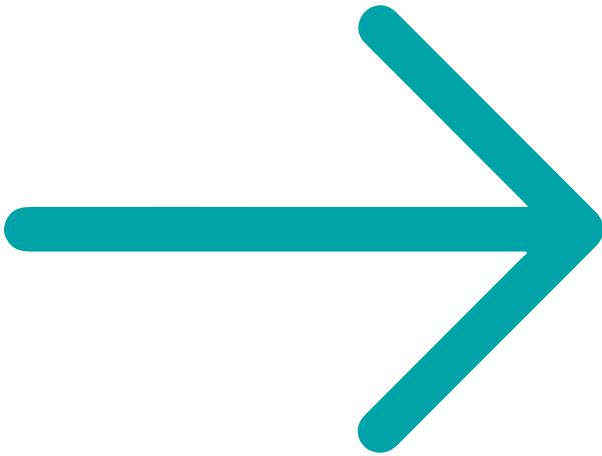
Umuryango wawe uzakunda iri funguro!





Sangiza abandi uburyo ukunda maze ukwirakwize umunezero

Hitamo uburyo ukunda,
ukate agakarita ubundi
ugahe inshuti yawe



Baho Neza, Kura Neza, Rya Neza.

Amagi ni uburyo bworoshye bwo kongera intungamubiri ku mafunguro y'abana bawe.

Inama ya 1

Inama ababyeyi bakunda!

Gerageza kuvanga amagi mu gikoma cya mu gitondo cy'umuryango wawe.

Mena amagi, hanyuma uyasuke mu gikoma, mu gihe ugiteze:

- Ifunguro ryawe rya mu gitondo rizaba rifite intungamubiri zidasanzwe.
- Igikoma cyawe kizaba cyoroshye kandi kiryoshye.



Amagi



Igikoma



Kugaburira umuryango wawe ibiryo bifite intungamubiri ntabwo bigoye.

Inama ya 2

Kora ku buryo imboga zawe zigira intungamubiri nyinshi, wongeyemo amagi abiri gusa!



Amagi



Inyanya



Izindi mboga



Igitunguru



Ikiyiko cy'amavuta



Ibirungo ukunda

Karanga igitunguru, inyanya n'izindi mboga zose waba ufite n'amavuta make n'ibirungo ukunda kandi mu gihe imboga zihye, meneramo amagi uyavangavange n'imboga.

Inama ya 3

Ibirayi bivanze n'imboga (Imvange)



Ibirayi



Inyanya



Imboga rwatsi



Ikiyiko
cy'amavuta



Ibishyimbo



Indagara



Ibirungo ukunda

Oza neza imboga zawe. Vanga ibirayi n' imbogarwatsi, ibishyimbo, indagara zumye, n'inyanya wongeremo n'amavuta make n'ibirungo ukunda.



Inama ya 4

Kawunga idasanzwe



Karoti



Ikiyiko cy'amavuta



Amazi



Ifu y'ibigori

1. Oza karoti (zihwanye n'uko kawunga ukeneye ingana).
2. Rapa karoti zawe.
3. Ongeramo amavuta make cyane mu isafuriya hanyuma ushyiremo za karoti. warapye, garagura akanya gato (nturenze iminota 2 cyangwa 3).
4. Ongeramo amazi n'umunyu mu isafuriya, tegereza kugeza bibize.
5. Ongeramo ifu yawe ya kawunga mu mazi hanyuma ubireke kugeza bihindutse umutsima mwiza.

Kawunga ifite intungamubiri, isa neza kandi abana barayikunda cyane.

Inama ya 5

Umuceri w'icyatsi



Puwaro



Umuceri



Ibirungo
uhisemo
(urugero seleri)



Ikiyiko 1
cy'amavuta



Umunyu

1. Oza puwaro zawe
2. Sekura puwaro mu isekuru
3. Onger amazi mu isekuru hanyuma ukureho ibice binini bidakase bya puwaro (urugero rw'amazi ruterwa n'ingano y'umuceri ushaka guteka)
4. Onger amazi ya puwaro mu isafuriya, ongeramo umunyu muke hanyuma ubibize
5. Amazi nabira ushyiremo umuceri n'ikiyiko kimwe cy'amavuta. Ongeramo ibirungo ukunda. Pfundikira hanyuma uteke umuceri.
6. Arura umuceri wonyine n'imboga ukunda cyangwa ibindi byubaka umubiri.

**Abana bawe bazakunda ibara
ry'icyatsi n'uburyohe bw'umuceri!**

Inama ya 6

Umuceri usa neza



**Amagi
(abonetse)**



Umuceri



Umunyu



**Ikiyiko
cy'amavuta**



Igitunguru



Ibishyimbo



Karoti



**Indagara
(zibonetse)**



Tungurusumu

1. Teka umuceri wawe nk'uko bisanzwe.
2. Teka ibishyimbo nk'uko bisanzwe.
3. Oza neza imboga zawe.
4. Hagati aho kata igitunguru na tungurusumu.
5. Kata izindi mboga zose mu duce duto cyane.
6. Ongeramo amavuta make mu isafuriya. Karanga igitunguru, tungurusumu kugeza byoroshye. Ongeramo imboga wakase, umunyu, ubikarange kugeza byoroshye. Shyira ku ruhande.
7. Minina ibishyimbo.
8. Kuraho umuceri.
9. Ongeramo ibishyimbo ukarange n'imboga uzongere mu muceri hanyuma ubivange.
10. Niba ubihisemo (vanga amagi mu isorori ushyiremo n'umunyu muke kugira ngo ukore imvange yoroshye). Shyushya amavuta make mu isafuriya. Ongeramo amagi uyagaragure kugeza ahiye.
11. Shyira uwo muleti ku isahani maze ukatemo uduce duto.
12. Arura umuceri ushyireho wa mureti ucagaguye na za ndagara hejuru.

Inama ya 7

Gerageza ubu buryo bworoshye watekamo ishuru:



Ishuru



Igitunguru



Karoti



Ibirayi
(bibonetse)



Inyanya



Ibirungo
wahisemo



Umunyu



Indagara



Ikiyiko
cy'amavuta

1. Oza neza imboga zawe.
2. Kata uduce duto tw'ishuru (Ibirayi bikatemo ibice bito). Kata uduce duto tw'igitunguru. Kata uduce duto twa karoti. Kata uduce duto tw'inyanya.
3. Karanga igitunguru, na karoti, (ibirayi bibonetse) ongeramo umunyu, karanga kugeza byoroshye.
4. Ongeramo ishuru ubundi uvange. Bireke bifate irangi kugeza byoroshye.
5. Ongeramo inyanya, ibirungo wahisemo, amazi make n'umunyu wo kubiryoshya.
6. Niba ufite umupfundikizo, pfundikira ugabanye umuriro. Reka imboga zishye kugeza zoroshye n'amazi agabanuke ahinduke isosi.
7. Byarure ubirishye ibindi biryo ukunda cyangwa ubirye byonyine.



Inama ya 8

Umutsima uryoshye w'imyumbati (ubugali), imboga n'amafi



Umutsima
w'imyumbati
(ubugali)



Imboga wahisemo
nka karoti,
igitunguru, inyanya
cyangwa izindi



Amafi



Ibirungo



Ikiyiko
cy'amavuta

1. Oza neza imboga wahisemo.
2. Katamo uduce duto.
3. Tegura ibirungo wahisemo.
4. Shyira amavuta make mu isafuriya hanyuma uteke imboga.
5. Ongeramo umunyu, igitunguru n'ibirungo hanyuma uteke kugeza bihiye.
6. Oza amafi/isambaza byawe.
7. Yakatemo ibice biringaniye.
8. Shyira amavuta make mu isafuriya hanyuma uteke.
9. Ongeramo amafi, umunyu, igitunguru, inyanya n'ibindi birungo wahisemo.
10. Teka kugeza bihiye.
11. Tegura umutsima w'imyumbati /ubugali ku ruhande.

Fata ifunguro ryawe (ifi+ imboga n'umutsima w'imyumbati /ubugali).

Inama ya 9

Uburyo bworoshye watekamo ifi:



Ifi imwe yose (yogeje, igabanyijemo uduce, yumutse) cyangwa indagara nke



Umunyu n'ikirungo cya black pepper (cyo kuryoshya ifi)



Ikiyiko 1 cy'amavuta



Igitunguru 1 kinini (gikasemo uduce)



Intete 2 za tungurusumu zinombye



Ikiyiko 1 cya tangawizi inombye



Inyanya 4 ziringaniye zihye (zikasemo uduce)



Igikombe 1 cy'amazi



Umunyu



Ikirungo cya fish masala (kibonetse)



Magi (ibonetse)

1. Oza neza imboga zawe
2. Mu isafuriya ifukuye shyushya ikiyiko kimwe cy'amavuta wakatiyemo igitunguru kugeza cyoroshye
3. Ongeramo tangawizi, tungurusumu, maze ukarange kugeza bihumuye (ntibihindure ibara cyane)
4. Ongeramo inyanya zikase, umunyu vanga hashire iminota 5 cyangwa kugeza inyanya zoroshye
5. Ongeramo ikirungo cya masala, vanga, hanyuma wongeremo amazi, upfundikire hashire indi minota 5. Ongeramo Magi.
6. Hagati aho, shyira umunyu ku ifi yawe na black pepper ariko wibuke gukoresha bike kuko mu bindi wari wabishyizemo.
7. Ongeramo ifi upfundikire hashire nk'iminota 10-15 cyangwa kugeza ifi ihye neza.

Wabirisha umuceri, ubugali niba ubishaka shyiraho imboga rwatsi.

Partners







Icyicaro gikuru cya *Sight and Life* Rwanda gihereye mu nyubako ya Kigali Height, mu karere ka Gasabo mu mujyi wa Kigali, mu igorofa rya gatatu mu gice cy'ibumoso bw'inyubako. Agasanduku k'iposita ni : 325 Kigali-Rwanda.

Nimero ya telephone ni +250788380191.

Imeyili ni SAL-Rwanda@Sightandlife.org

Umushinga NICE uterwa inkunga n'ikigo cy'Ubusuwisi gishinzwe iterambere n'ubutwemerane (Swiss Agency for Development and Cooperation) kandi ugashyirwa mu bikorwa ku bufatanye bwa Leta n'abikorera harimo ikigo cy'Ubusuwisi cyita ku buzima rusange (the Swiss Tropical and Public Health Institute), ETH Zürich, Sight and Life n'umuryango Syngenta ushinze ubuhinzi burambye.

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