



# Inama zijyanye no kurya neza





**Ibitekerezo byatanzwe  
n'ababayeyi  
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 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.

Rya Neza, Kura Neza, Baho 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 namenye aya mayeri."*

*"Kuva ku munsu twitabiriyeho amahugurwa, 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 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'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 n'igitunguru, 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, uvange 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. Ongera amazi mu isekuru hanyuma ukureho ibice binini bidakase bya puwaro (urugero rw'amazi ruterwa n'ingano y'umuceri ushaka guteka)
4. Ongera amazi na 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/  
Isambaza**



**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. Kata mo 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 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



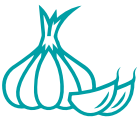
Umunyu n'ikirungo (cyo kuryoshya ifi)



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 n'ikirungo 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!**

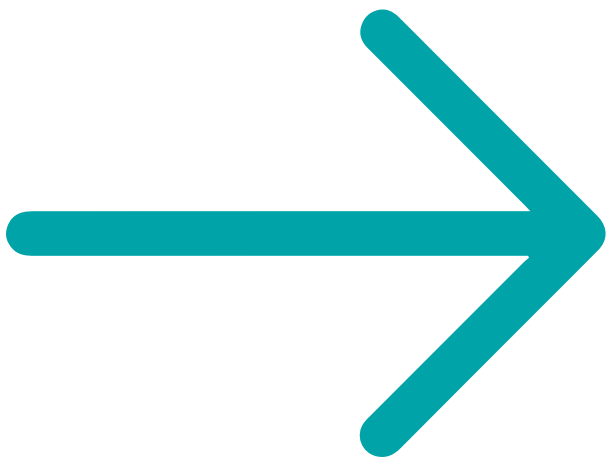
**Umuryango wawe uzakunda iri funguro!**





# 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' 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 n'igitunguru, 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, uvange 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 na 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/  
Isambaza**



**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 dutu tw'ishuru (Ibirayi bikatemo ibice bito). Kata uduce dutu tw'igitunguru. Kata uduce dutu twa karoti. Kata uduce dutu 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. Kata mo 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).**

## Uburyo bworoshye watekamo ifi:



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



Umunyu n'ikirungo (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 n'ikirungo 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.**

# Abafatanyabikorwa









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](mailto: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 Sustainable Agriculture Foundation.

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