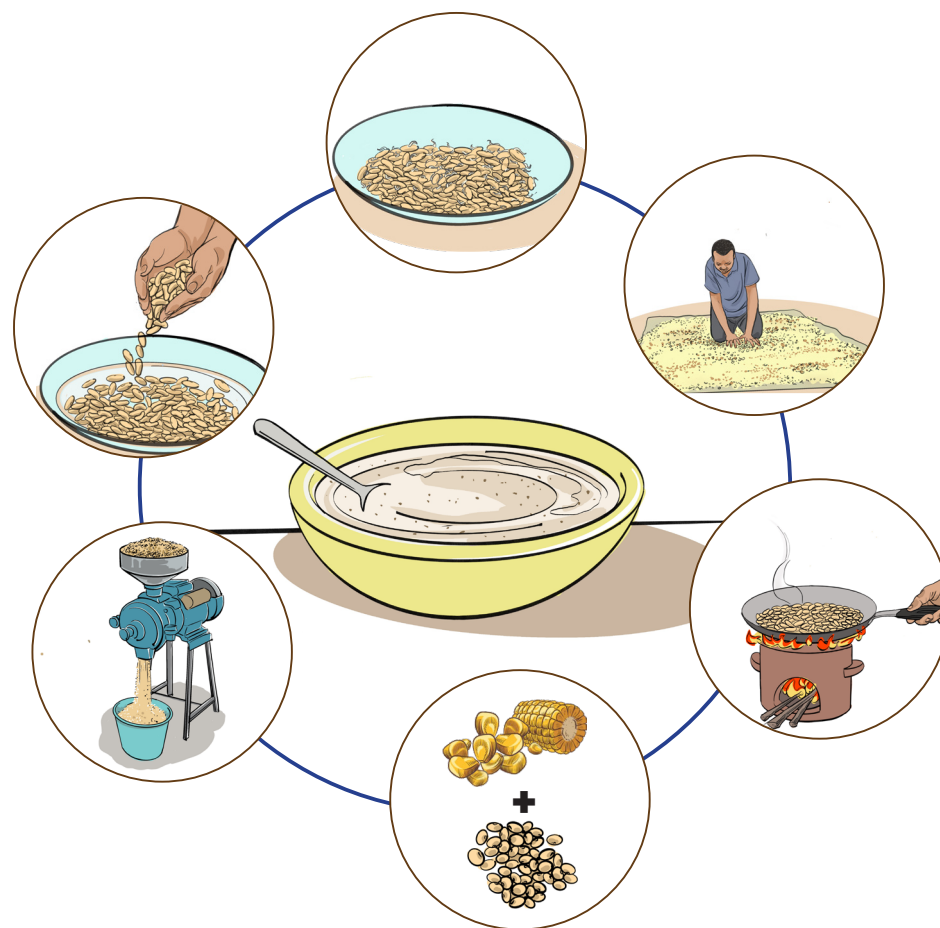


NDONDOMEKO YA KAKONZEDWE KA PHALA LA UFA OPANGIDWA POPHATIKIZA SOYA OMERETSA OKAZINGA NDI CHIMANGA CHOKAZINGA



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MAU OTSOGOLERA

Vuto lakuchepa kwa zakudya zofunikira m'thupi lidakali lalikulu ku Malawi, komwe ana makumi atatu kudza mphambu zisanu ndi ziwiri pa ana makumi khumi alionse ndi onyetchera. Izi zikuonetsera kufunika kokhala ndi ndondomeko zoyenera zolimbikitsa madyedwe abwino, makamaka kwa ana achichepere. Zakudya zambiri za chikhalidwe zilibe michere yofunikira kwambiri m'thupi pomwe zina zimakhalanso ndi michere yomwe imalepheretsa thupi kuti lithe kugwiritsa ntchito michere yofunikira m'thupi pomwe munthu wadya chakudya.

Pofuna kuthana ndi vutoli, kasakaniza wa phala la chimanga ndi soya wokhala ndi michere yochuluka yofunikira m'thupi wapangidwa ndi kuyesedwa. Mukasakanizayu, soya amameretsedwa pofuna kuchepetsa michere yomwe imalepheretsa kuti thupi lithe kugwiritsa bwino ntchito michere yofunika yopezeka mu chakudya. Kasakanizayu akupangidwa pogwiritsa ntchito mbewu zokazinga kuti phalali lisakhale lovuta kukonza. Ngakhale kuti kasakanizayu ndi wopereka michere yokwanira kupereka thanzi, palinso kuthekera kowonjezera zinthu zina ku kasakaniza wa phalayu kuti muonjezere michere yofunika m'thupi, zomwe zimapereka mwayi kwa maanja kuti athe kukonza phalali mwa kukonda kwawo.

Makadiwa akufotokozera mwatsatanetsatane ndondomeko zomwe ophunzitsa angatsatire pophunzitsa kakonzedwe ndi kagwiritsidwe ntchito koyenera ka kasakanizayu. Mfundo iliyonse yatsatiridwa ndi mafunso omwe athandizire ophunzira kumvetsetsa cholinga cha mfundozo zomwe zingachititse kuti ophunzira akapitirize kutsatira mfundozo maphunziro akatha.

Pamodzi tikhoza kulimbikitsa moyo wathanzi, kuthana ndi kuperewera kwa chakudya choyenera m'thupi ndi kulimbikitsa miyoyo ya mphamvu ndi yathanzi m'madera mwathu.

ZOLINGA NDI KAGWIRITSIDWE NTCHITO KA MAKADIWA

Cholinga

Kuthandiza ophunzitsa kukhala ndi ukadaulo wofunikira womwe angagwiritse ntchito akamathandiza ophunzira pokonza phala lopatsa thanzi lopangidwa pophatikiza Soya Omeretsa Okazinga ndi Chimanga Chokazinga

Kagwiritsidwe ntchito ka makadiwa

Makadiwa azigwiritsidwa ntchito polimbikitsa zokambirana pakati pa ophunzitsa ndi ophunzira. Ophunzitsa akuyenera kulimbikitsa kukambirana m'malo mongowauza anthu zochita. Njira imeneyi imathandiza kuti anthu amvetsetse bwino.

Malangizo kwa Ophunzitsa

- Gwiritsani ntchito zithunzi zogwilizana ndi phunziro lukambidwalo
- Nyamulani makadiwa moti anthu omwe mukukambirana nawo azitha kuwona zinthuzi bwino bwino.
- Afunseni ophunzira zomwe akuwona. Mvetserani mayankho awo mwachidwi. Afunseni ngati zomwe zikuchitika pa zithunzizo zimachitika m'dera lawo.
- Onetsetsani kuti ophunzira akutengapo mbali pa zokambirana zonse.

Mfundo Zotsogolera

- Kumbuyo kwa chithunzi chili chonse kwalembedwa mfundo zazikuluzikulu zoti zikukumbutseni zoyenera kunena pa nthawi yomwe mukukambirana. Musawerenge mfundozi, koma kambiranani.
- Pomaliza pa zokambirana zanu afunseni ophunzira zomwe iwo aphunzirapo ndi zomwe angathe kupanga.

ZIMENE ZILI M'MAKADIWA

Makadiwa akufotokoza ndondomeko yoyenera yopangira Phala la Ufa Opangidwa Pophatikiza Soya Omeretsa Okazinga ndi Chimanga Chokazinga, ubwino wake ku thanzi la munthu, kapangidwe kake ka ufawo ndi kaphikidwe ka phalalo.

Magawo amakadiwa

Makadi a Phala la Ufa Opangidwa Pophatikiza Soya Omeretsa Okazinga ndi Chimanga Chokazinga agawidwa mu magawo anayi. Gawo lililonse lili ndi mfundo zofunikira zoti ophunzitsa agawane ndi ophunzira.

Maphunzirowa ndi awa:

- **Phunziro 1:** Luso lokambirana
- **Phunziro 2:** Kudziwitsa za ubwino wa a Phala la Ufa Opangidwa Pophatikiza Soya Omeretsa Okazinga ndi Chimanga Chokazinga.
- **Phunziro 3:** Kakonzedwe ka mbewu zopangira Phala la Ufa Opangidwa Pophatikiza Soya Omeretsa Okazinga ndi Chimanga Chokazinga
- **Phunziro 4:** Kuphika ndi kugawa Phala la Ufa Opangidwa Pophatikiza Soya Omeretsa Okazinga ndi Chimanga Chokazinga

Zolinga za makadiwa

- Kuphunzitsa ophunzira luso lokambirana kuti azitha kufikitsa uthenga kwa ophunzira ena.
- Kufotokoza za ubwino wa Phala la Ufa Opangidwa Pophatikiza Soya Omeretsa Okazinga ndi Chimanga Chokazinga ku moyo wa munthu.
- Kudziwa mavuto omwe angadze ngati ufa wa phala sunakonzedwe moyenera.

- Kufotokoza kakonzedwe ka Phala la Ufa Opangidwa Pophatikiza Soya Omeretsa Okazinga ndi Chimanga Chokazinga
- Kuonetsa m'mene phalali lingaphikidwire.

Zotsatira za Maphunziro

Pomaliza pamaphunzirowa, ophunzira adzatha:

- Kuonetsa luso lokambirana polimbikitsa kumasukirana polankhulana.
- Kufotokoza za ubwino wa Phala la Ufa Opangidwa Pophatikiza Soya Omeretsa Okazinga ndi Chimanga Chokazinga pa moyo wa munthu makamaka pokhazikika pa michere yopezekamo ndi ubwino wake ku maanja.
- Kudziwa mavuto omwe angadze ngati phala silinakonzedwe moyenera pofuna kuonetsetsa kuti ndi losamalika komanso lopereka thanzi ku moyo wa munthu.
- Kufotokoza kakonzedwe ka Phala la Ufa Opangidwa Pophatikiza Soya Omeretsa Okazinga ndi Chimanga Chokazinga kuphatikizapo ndondomeko zakakonzedwe ndi zoyenera kutsata kuti phala likhale labwino.
- Kuonetsa kaphikidwe ka phala makamaka poonetsa kuti wophikayo akudziwa bwino ndondomeko yoyenera yophikira phalali komanso kuthekera kochita zinthu zothandizira kuti phala likome komanso lipereke michere yoyenera m'thupi la munthu.

LUSO LOKAMBIRANA



Funsani



Mvetserani



Pezani vuto



Kambilanani za vutolo



**Perekani mfundo zoyenera
kuthetsera vutolo**



Gwirizanani mfundo



**Konzani ndondomekoyo
yokumananso**

PHUNZIRO 1: LUSO LOKAMBIRANA

1

Gawo ili likuonetsa ndondomeko yoyenera kutsatidwa kuti zokambirana zichitike moyenera.

Cholinga cha Phunziro

Kuphunzitsa ophunzira za momwe angathandizile makolo ndi onse osamalira ana pa kakonzedwe ka Phala la Ufa Opangidwa Pophatikiza Soya Omeretsa Okazinga ndi Chimanga Chokazinga.

Zotsatira za Phunziroli

Pomaliza pa phunziroli, ophunzira adzakhala ndi luso la kutsogolera zokambirana, kumvetsera mwachidwi, kuthandizana pakuthetsa mavuto komanso kuwalimbikitsa makolo ndi onse osamalira ana kuti athe kutsatira njira zoyenera za kapangidwe ka phala.

Ndondomeko ya zokambirana

- Yambani ndikuwalandira ophunzira komanso malonje (kudziwana)
- Perekani mwayi kwa ophunzira kuti afunse mafunso komanso afotokoze zokhoma zomwe ali nazo. Alimbikitseni kuti akhale omasuka.
- Aloleni ophunzira kupereka maganizo awo mosasokonezedwa. Onetsetsani kuti mu kumvetsera rmwatcheru
- Athandizeni ophunzira afotokoze mavuto akuluakulu omwe amakumana nawo
- Tsogolerani zokambirana za njira zomwe zilipo zothanirana ndi mavutowo.

- Gawanani ndi ophunzira ndondomeko zina zomwe zilipo zothanirana ndi mavutowo ndipo aloreni ophunzira kuti asankhe ndondomeko zomwe angakwanitse kutsatira.
- Alimbikitseni ophunzira za ndondomeko zomwe asankha powalola kuti azitchule ndi pakamwa pawo
- Konzani maulendo okaona ngati zomwe mudagwirizana zikuchitika.

Zoyenera Kuchita pa Nthawi Yophunzitsa

Alimbikitseni ophunzira kuyesera maluso a zokambirana pogwiritsa ntchito nkhani zosiyanasiyana. Izi ndi zothandiza kuti akhale olimba mtima popereka uphungu kwa ophunzira ena.

Mafunso Otsogolera Zokambirana

1. Kodi ndi chifukwa chiyani kumvetsera mwatcheru kuli kofunikira pokambirana za kaphikidwe ka phala?
2. Kodi njira yokambirana pofuna kuthana ndi vuto imalimbikitsa bwanji ophunzira?

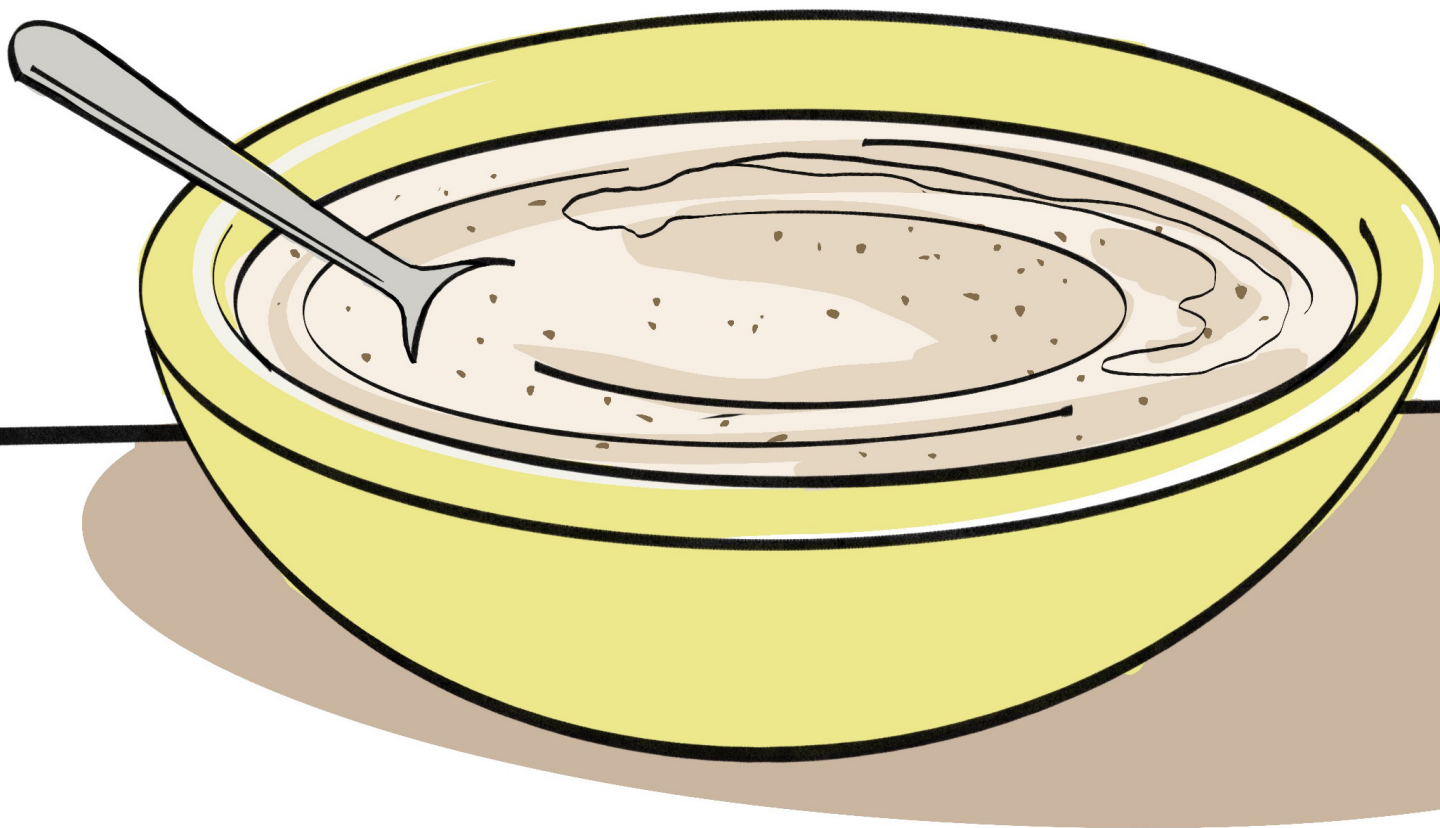
Mayankho a Mafunso Otsogolera Zokambirana

Kumvetsera mwatcheru kumathandizira kuti ophunzira azindikire kuti maganizo awo akumveka zomwe zimalimbikitsa kuti akhulupilire ophunzitsa ndi kutengapo gawo mu zokambirana zomwe zimachititsa kuti kuthana ndi vuto kukhale kosavuta.

Njira yokambirana pofuna kuthana ndi vuto imakhudza ophunzira kuti apeze vutolo ndi kusankha mayankho zomwe zimalimbikitsa umwini wamayankhowo akamathana ndi mavutowo.

2

KUDZIWITSA ZA UBWINO WA PHALA LA UFA
OPANGIDWA POPHATIKIZA SOYA OMERETSA
OKAZINGA NDI CHIMANGA CHOKAZINGA



PHUNZIRO 2: KUDZIWITSA ZA UBWINO WA PHALA LA UFA OPANGIDWA POPHATIKIZA SOYA OMERETSA OKAZINGA NDI CHIMANGA CHOKAZINGA

2

Cholinga cha Phunziro

Kudziwitsa ophunzira za Phala la Ufa Opangidwa Pophatikiza Soya Omeretsa Okazinga ndi Chimanga Chokazinga makamaka zomwe timaphatikiza tikafuna kupanga phalali, michere yomwe imapezeka mu phalali lowonjera thanzi lamunthu, komanso mmene phalali limathandizira makolo komanso maanja kukonza chakudya mwachangu komanso chamagulu ambiri.

Zotsatira za Phunziroli

Pomaliza pa phunziroli, ophunzira adzatha kufotokoza za ubwino wa Phala la Ufa Opangidwa Pophatikiza Soya Omeretsa Okazinga ndi Chimanga Chokazinga ngati chakudya chomwe chingakonzedwe mwachangu komanso momwe limathandizira kupititsa patsogolo thanzi lamunthu maka maka kwa ana.

Kodi Phala la Ufa Opangidwa Pophatikiza Soya Omeretsa Okazinga ndi Chimanga Chokazinga ndi chiyani?

Phala la Ufa Opangidwa Pophatikiza Soya Omeretsa Okazinga ndi Chimanga Chokazinga ndi:

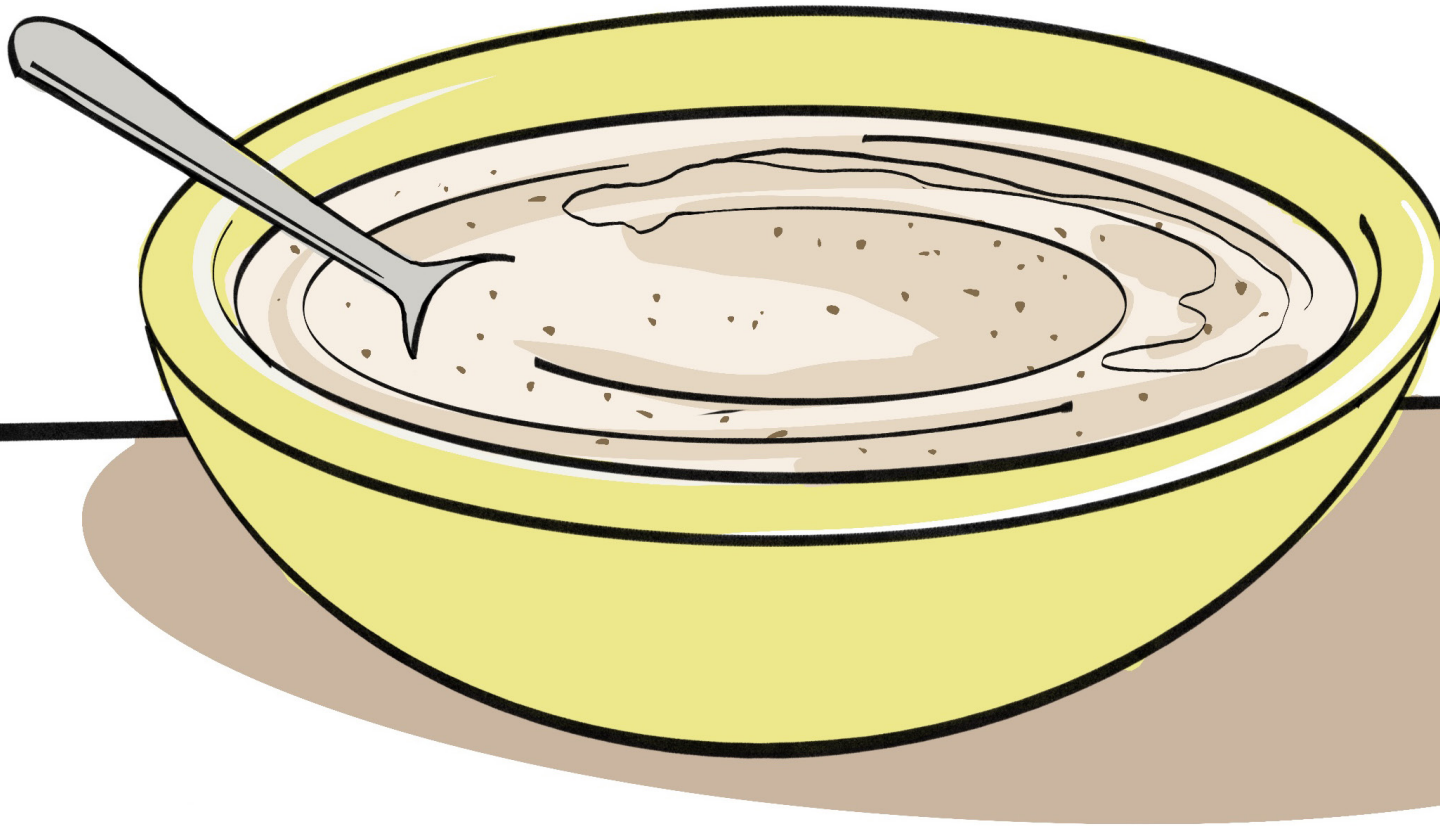
- Phala lopatsa thanzi lophatikiza soya amene adameretsedwa ndi kukazingidwa ndi chimanga chokazinga. Ngati palibe chimanga mutha kuphatikiza mapira kapena Mawere ku soya omeretsa ndi kukazingidwayu.
- Phala lopereka mphamvu ndi michere yokwanira bwino m'thupi monga purotini, lonunkhira bwino, losavuta kugayika m'thupi, lopereka michere yomwe thupi lingathe kugwiritsa ntchito Kamba ka kumeretsa ndi kukazinga komanso labwino kwa banja lonse.

Phala la Ufa Opangidwa Pophatikiza Soya Omeretsa Okazinga ndi Chimanga Chokazinga ndi labwino chifukwa:

- Ndilosavuta komanso lachangu kukonza zimene zimathandiza kuti nthawi zonse pomwe mwana akuyenera kudya, chakudya chizipezeka choncho ndi labwino kwa makolo omwe ali otanganidwa.
- Ndi phala lopatsa thanzi chifukwa lili ndi michere yokwanira yomwe thupi limafuna monga kuti chakudya chigayike m'thupi komanso kuteteza kumatenda
- Limathandiza kuti munthu akule mwathanzi, kuteteza ku matenda komanso ana amakhala ndi nzeru.

2

KUDZIWITSA ZA UBWINO WA PHALA LA UFA
OPANGIDWA POPHATIKIZA SOYA OMERETSA
OKAZINGA NDI CHIMANGA CHOKAZINGA



PHUNZIRO 3: KUDZIWITSA ZA UBWINO WA PHALA LA UFA OPANGIDWA POPHATIKIZA SOYA OMERETSA OKAZINGA NDI CHIMANGA CHOKAZINGA

2

Mafuso Otsogolera Zokambirana

1. Ndi mbewu ziti za mgulu la chimanga zomwe zimapezeka kuno zimene tingagwiritse ntchito m'malo mwa chimanga popanga ufa wa phala limeneli?
2. Kodi phalali lingachepetse bwanji nthawi yophikira ndi kupititsa patsogolo thanzi la ana?
3. Ndi njira zina ziti zomwe phalali lingathandizire makolo, ena osamala ana komanso maanja awo?
4. Kodi anthu am'mudzi angatani kuti athandizane kuti ayambe kudya phala limeneli m'makomo mwawo.
5. Kodi kumeretsa ndi kukazinga ndikofunika bwanji popanga ufa wa phalali?

Mayankho Amafunsu Otsogolera Zokambirana

1. Mapira, mawere ndi zina za mgulu limeneli.
2. Kukazinga ndi kumeletsa kumathandiza kuti phala likhale lonunkhira bwino, losavuta kugayika m'thupi komanso limathandiza kuti thupi lipeze michere yofunika yomwe ili mu chakudyacho mosavuta zomwe likupangitsa phalali kukhala lofunika kwa munthu wa msinkhu ulionse. Kuonjezera apo, njira zimene zimagwiritsidwa ntchito popanga ufawu zimapangitsa kuti phalali likhale losavuta kupsa (limapsa msanga).

3. Ndi losavuta kupsa choncho phalali ndi lothandiza kwa makolo omwe ndi otanganidwa kuti akwanitsebe kupatsa ana chakudya mu nthawi zomwe adazikhakitsa zodyetsera ana awo.
4. Pofotokozera ena za ubwino wa phalali ku moyo wathanzi komanso kuti silitenga nthawi pophika.
5. Kukazinga kumathandiza kuti phala likhale lonunkhira bwino ndi kuchepetsa michere yomwe imalepheretsa thupi kugwiritsa ntchito michere yofunikira. Kumeretsa kumathandizira kuti michere yofunika igayike komanso ithe kugwiritsidwa ntchito mosavuta mthupi. Pamodzi, kukazinga ndi kumeretsa zimawonjera ubwino wa phala ku thanzi la munthu ndi kukoma kwake.

Kukwangula Zokambirana

Lingalirani za thanzi komanso umoyo wa ana amene alibe kuthekera kodya phala lopatsa thanzili

Uthenga Wofunikira

Phala lopangidwa pophatikiza soya omeretsa okazinga ndi chimanga chokazinga ndi lopereka thanzi, lopezeka mosavuta, lothandiza ana kuti akule a thanzi komanso anzeru choncho mkofunika kuti maanja alitenge kukhala chakudya chofunika kwambiri cha tsiku ndi tsiku.

3

**KAKONZEDWE KA MBEWU ZOPANGIRA UFA WA
PHALA LOPANGIDWA POPHATIKIZA SOYA OMERETSA
OKAZINGA NDI CHIMANGA CHOKAZINGA**



PHUNZIRO 4: KAKONZEDWE KA MBEWU ZOPANGIRA UFA WA PHALA LOPANGIDWA POPHATIKIZA SOYA OMERETSA OKAZINGA NDI CHIMANGA CHOKAZINGA

3

Cholinga cha Phunziro

Kuwatsogolera ophunzira ndondomeko yoyenera ya kapangidwe ka Phala la Ufa Opangidwa Pophatikiza Soya Omeretsa Okazinga ndi Chimanga Chokazinga potsatira kusankha mbewu, kunyika, kuyanika, kukazinga, kusakaniza, kugaya ndi kasungidwe ka mbewu koyenera.

Zotsatira za Phunziroli

Pomaliza pa phunziroli, ophunzira akuyenera:

- Kusankha mbewu ndi kuchotsa zonse zosafunikira kuti tichepetse kuonongeka kwa mbewu. Kutsindika pa za kufunika kochita izi kuti chakudya chopangidwacho chikhale chabwino.
- Kuonetsa m'mene mbewu ziyenera kunyikidwira ndi kumeletsedwera. Izi zichitike makamaka pozindikria ubwino omwe ndondomeko yonyikayi imabweretsa monga kuthandiza kuti michere yomwe ili mu chakudya isungunuke bwino kuti thupi ligwiritse ntchito mosavuta komanso kupititsa patsogolo kugayika kwa chakudya.
- Kulongosola njira zoyenera zoumitsira mbewu zomwe zinameretsedwa kuti chuku ndi tizilombo toononga chakudya tisaswane pa mbewuyi kuti zisungike bwino kwa nthawi yayitali.
- Kufotokoza m'mene mbewu monga chimanga ndi soya ziyenera kukazingidwira ndi cholinga chakuti tilimbikitse kuti thupi lipeze michere yoyenera, kununkhiritsa chakudya komanso kuti phalalo lidzipsa msanga.
- Kusakaniza mbewu moyenera ndi kutsata njira yabwino yogayira kuti ufa ukhale wosalala komanso wa milingo ya michere yoyenera.
- Kusunga ufa malo oyenera monga ziwiya zomwe zili ndi zivindikiri kuti mpweya usamalowe ndi kuononga ufa pamene wasungidwa.

A

KUSANKHA MBEWU NDI KUCHOTSA ZOYIPA



A KUSANKHA MBEWU NDI KUCHOTSA ZOYIPA

Kusankha mbewu ndi kuchotsa zonse zoyipa zomwe zili zosafunikira monga miyala komanso mbewu za chuku, zotemeka kapena kuphwanyika ndi zowonongeka mwa mtundu wina ulionse.

Cholinga

Zimathandiza kuti chakudya chikhale chabwino pochotsa zomwe zili zosafunikira monga miyala komanso mbewu zoonongeka, za chuku, zophwanyika kapena zotemeka.

Zipangizo

- Malo osamalika bwino (poyera), lichero, sefa.

Ndondomeko

1. Konzani malo ogwilirapo ntchito

Tsukani ndikukonza ziwiya komanso malo osankhirapo.

2. Onetsetsani ndi kusankha

Sankhani mbewu ndi kuchotsa zonse zoyipa zomwe zili zosafunikira monga miyala komanso mbewu za chuku, zotemeka kapena kuphwanyika ndi zowonongeka mwa mtundu wina ulionse. Kusankha mbewu mwadongosolo (moyenera) kumagwiritsa ntchito manja onse awiri. Mbewu zabwino zimayikidwa mbali imodzi ndipo zonse zoonongeka zimayikidwanso mbali ina. Njira imeneyi imathandiza kuti mbewu ina iliyonse ifufuzidwe / ionedwe zomwe zimathandiza kuti mbewu zisankhidwe moyenera.

3. Kupeta (Utha kupanga kapena ayi)

Gwiritsani ntchito lichero pofuna kuchotsa zinthu zopepuka zomwe zili zosafunikira monga dothi ndi zinyalala.

4. Kusefa

Gwiritsani ntchito sefa kuti muchotse zina zosafunikira monga tizilombo ndi zinyalala

5. Kutsuka (ngati pali pofunika)

- Tsukani mbewu ngati nkofunikira kuchotsa mankhwala ndi zinyalala zina. Izi zikuyenera kuchitika pa tsiku lomwe kuli dzuwa lokwanira kuti ziwume bwino. Kuwumitsaku nkosafunikira ngati mutaviike nthawi yomweyo mukamaliza kutsuka.
- Mukatsuka, zipapaseni mbewuzo ndikuyanika pa chipangizo choyera kuti ziwume mokwanira popewa chuku ndi kuonongeka.

6. Onetsetsani komaliza

Zikawuma, onetsetsaninso mu mbewu ngati mudakali zina zosafunikira monga mbewu zonyala, zoonongeka kapena tizilombo.

7. Sungani mosamala

Sungani mbewu zosankha ndi zouma bwino mu ziwiya zimene sizilowetsa mpweya. Izi zimathandiza kuti mbewu zisaonongeke..



Mafunso Otsogolera Zokambirana

1. Kodi n'kofunika bwanji kusankha ndi kuchotsa mbewu zonyala komanso zoonongeka musanayambe kukonza ufa?
2. Kodi kuyanika mosakwanira mukatsuka mbewu kungadzetse bwanji kuonongeka kapena kuswana kwa tizilombo?
3. Kodi ndi zopinga zANJI zomwe zingapangitse kuti anthu am'dera lanu asamatsate njira zoyenera za kasankhidwe ndi kaumitsidwe ka mbewu?
4. Kodi zopingazi mungathane nazo bwanji kuti muonetsetse kuti mbewu zakonzedwa mwadongosolo?

Mayankho a mafunso Otsogolera Zokambirana

1. Kusankha kumachotsa mbewu zonyala ndi zoonongeka, izi zimathandiza kukhala ndi ufa osamalika, wabwino komanso ufa osungika nthawi yayitali.
2. Kuwumitsa mosakwanira kumadzetsa chinyontho ndipo kumapangitsa chuku ndi kuswana kwa tizilombo izi zimaononga ufa ndikudzetsa chiopsezo pa moyo wa munthu.
3. Zopinga ndi monga kusowa kwa zipangizo, kusowa kwa mauthenga akufunika kosankha ndi kuwumitsa, kusowa nthawi ndi nyengo yomwe ingachititse kuti kuyanika kuchitike moyenera.
4. Zopinga tikhoza kuthana nazo powaphunzitsa anthu am'dera lanu za ubwino pamoyo wamunthu, kulimbikitsa kupezeka kwa zipangizo, ndikulimbikitsa njira zina zowumitsira mbewu nyengo ya mitambo.

Uthenga wofunikira

Sankhani mbewu zanu musanayambe kukonza ufa waphalawu ndi cholinga chofuna kuchepetsa kuonongeka kwa chakudya komanso kulimbikitsa kuti chakudya chikhale cha bwino. Chinyontho chimayambitsa kuonongeka kwa ufa kotero onetsetsani kuti mbewu zanu zawumitsidwa moyenera musanasunge popewa kuonongeka.

B

KUVIIKA NDI KUMERETSA SOYA



B | KUVIIKA NDI KUMERETSA SOYA

Kaviikidwe ka soya

Chofunika kudziwa: Soya amafunika ameretsedwe kusiyana ndi chimanga.

Cholinga

Zimathandiza kuti michere yopititsa patsogolo thanzi la munthu izipezeka mosavuta mu phalalo komanso zimathandiza kuti chakudya chigayike mosavuta chikadyedwa.

Zipangizo

- Beseni lotsukidwa bwino
- Madzi abwino
- Mphasa yoyanikapo

Ndondomeko yake

1. Onetsetsani kuti malo ndi ziwiya zonse ndi zoyera.
2. Viikani soya m'madzi (gawo limodzi soya: magawo atatu madzi) kwa maola khumi ndi awiri (kuchokera 6 koloko ya madzulo kufikira 6 koloko ya m'mawa).
3. Tayani/pungulani madzi mukaviika soyayo m'madzi kuopa kuti chuku ndi tizilombo tina towononga chakudya tingaswane musoyamo.
4. Msiyeni soya m'chipinda chozizira bwino komanso mu mdima. Msiyeni kwa maola makumi awiri ndi anayi (tsiku limodzi) kuti soya ayambe kumera.
5. Yanikani soya womelayu padzuwa popewa kuonongeka pa nthawi yosunga.

Ubwino Womeretsa Soya

1. Zimathandiza kuti michere yopititsa patsogolo thanzi la munthu izipezeka mosavuta mu phalalo.
2. Kumathandiza kuchotsa michere yina yosafunikira yomwe imalepheretsa thupi kugwiritsa bwino ntchito michere ina yofunika yochokera mu zakudya.
3. Zimathandiza kuti chakudya chipse mosavuta komanso kuti

chigayike mosavuta chikadyedwa.

Mafunso otsogolera zokambirana

1. Kodi ndi chifukwa chiyani soya sakuyenera kumeretsedwa kopitirira maola makumi awiri ndi anayi?
2. Kodi kuviika kwa soya kumathandiza bwanji kuti thupi lizipeza ndi kugwiritsa ntchito mosavuta michere yopezeka mu zakudya?
3. Kodi ndi zinthu ziti zoyenera kutsatidwa kuti soya ameretsedwe moyenera?
4. Kodi kuwumitsa moyenera n'kofunika bwanji mukameletsa mbewu?

Mayankho amafunso otsogolera zokambirana

1. Kumeletsa mbewu kwa maola makumi awiri ndi anayi kumapangitsa kuti michere yofunikira ku thupi yopezeka mu soya isaonongeke komanso phala lake likhale lokoma. Kumathandizanso kuti ufa usawawe komanso kumachepetsa kuswana kwa chuku ndi tizilombo tomwe timaononga ufa wa phala ndi kuyambitsa matenda.
2. Kuviika Kumathandiza kuchotsa michere yina yosafunikira yomwe imalepheretsa thupi kugwiritsa bwino ntchito michere ina yofunika yochokera mu zakudya.
3. Gwiritsani ntchito zipangizo zaukhondo, tayani madzi ndikuyika soya pamalo ozizira mu mdima pa nthawi yomeretsa.
4. Kuwumitsa moyenera kumathandiza kupewa kuonongeka komanso Chuku ndi kuswana kwa tizilombo tina pa nthawi yosunga ufa.

Uthenga ofunikira kwambiri

Kuviika ndi kuwumitsa soya moyenera kumathandiza kuti phala ligayike mosavuta m'thupi komanso kuti thupi lizipeza ndi kugwiritsa ntchito mosavuta michere yopezeka mu zakudya. Kut



C | KUYANIKA/KUUMITSA SOYA

ufawu ukhale wabwino n'kofunika kuumitsa soya moyenera..

Cholinga

Kumachotsa chinyezi chomwe chikhoza kuyambitsa chuku kapena kuonongeka kwina kulikonse kwa chakudya choncho chakudya chimakhala nthawi yayitali chisanaonongeke.

Ubwino Oyanika Soya

- Kumachotsa madzi zomwe zimathandiza kuchepetsa chuku ndi kuswana kwa tizilombo.
- Kumachepetsa chiopsezo cha kuonongeka kwa chakudya, ufa umakhala nthawi yayitali usanaonongeke.

Ndondomeko Yothandiza kuti Soya Ayanikidwe Bwino kuti Asaonongeke

1. Yanikani soya pa mphasa yoyera bwino kapena papepala kuti mupewe kuonongeka kwa soya ndi dothi kapena kapena zonyasa zinazilizonse.
2. Yanikani ndi ku papasa pafupi pafupi kuti dzuwa lilowelere bwino.
3. Tsatani nyengo mmene ikuyendera: Tsiku limene kuli dzuwa yanikani moyenera soya pa dzuwa. Tsiku lomwe kuli mitambo gwiritsani ntchito njira zina zowumitsira monga kugwiritsa ntchito chipangizo choumitsira zakudya chogwiritsa ntchito mphamvu ya dzuwa kapena kuika pa thandala lopita bwino mphepo kuti mbewu ziwume bwino.
4. Onetsetsani kuti soya ndi wolimba bwino ndi wopanda chinyonthe musanasunge kupewa kuswana kwa chuku ndi tizilombo tomwe tingaononge soyayo pa nthawi yosunga.

Mafunso otsogolera zokambirana

1. Kodi pali chiopsezo chanji chomwe chingadze munthu atadya phala la ufa woti uli ndi chuku kapena kuonongeka

kwina kulikonse?

2. Kodi chinyonthe chimaononga bwanji soya opangira ufa wa phala limeneli?
3. Ndi njira ziti zomwe zingatsatidwe kuti soya omeletsedwa awume mokwanira?
4. Kodi n'chifukwa chiyani kuli kofunikira kugwiritsa ntchito mphasa kapena mapepala aukhondo poyanika soya?

Mayankho amafunso otsogolera zokambirana

1. Chuku ndi tizilombo toononga chakudya tili ndikuthekera koyambitsa matenda odza kamba kakudya chakudya choonongeka monga matenda a m'mimba.
2. Kuchuluka kwa chinyonthe kumalimbikitsa kumera kwa chuku mumbewu ndipo mbewu mukasunga sizichedwa kuonongeka komanso chinyonthe chimalimbikitsa kupangika kwa ziphe zosiyanasiyana zomwe zikhoza kuyambitsa matenda.
3. Njira zothandiza ndi monga; Kuyanika pa dzuwa komanso kumapapasa pafupipafupi, kugwiritsa ntchito chipangizo chogwiritsa ntchito mphamvu ya dzuwa kapena kuyika pa thandala lopita bwino mphepo pa nthawi yomwe kuli mitambo kapena chifunga kuti mbewu ziwume bwino.
4. Zoyanikirapo (Mphasa kapena mapepala) zaukhondo zimathandiza kupewa kuonongeka kwa soya ndi dothi ndi tizilombo ndipo izi zimathandiza kukhala ndi chakudya chosamalika

Uthenga ofunikira Kwambiri

Umitsani moyenera soya omeretsa pa zoyanikira zaukhondo. Kupapasa moyenera komanso kugwiritsa ntchito njira zina zoyanikira zimathandiza kuti chuku chisamere, kuchepetsa kuonongeka kwa chakudya komanso chuku ndi kuswana kwa

D

KUKAZINGA



tizilombo. Izi zimathandiza kuti chakudya chisungike bwino..

Cholinga

Kupititsa patsogolo maonekedwe, kanunkhiridwe, kakomedwe komanso kupezeka kwa michere yofunikira ku thupi la munthu. Kukazinga kumathandizanso kuti phala lizipsa msanga komanso kuti ufa uzisungidwa kwa nthawi yayitali osaonongeka.

Kufunikira Kokazinga Chimanga ndi Soya

- Kumachepetsa nthawi yophikira phala chifukwa chakuti chimanga ndi soya zimakhala kuti zidakazingidwa kale.
- Kumaonjezera maonekedwe abwino, kanunkhilidwe komanso kakomedwe ka phala.
- Phala limagayika mosavuta likadyedwa.
- Kumachepetsa michere yosafunikira yomwe imalepheretsa thupi kuti ligwiritse ntchito michere ina yofunika yopezeka mu zakudya.
- Kumachepetsa chinyontho zomwe zimathandizira kuti ufa usungike kwa nthawi yayitali osaonongeka.

Zoyenera kutsata pokazinga mbewu

1. Sankhani ndikugwiritsa ntchito ziwiya zokazingira molingana ndi kuchuluka kwa mbewu kuti zikazingidwe moyenera.
2. Kazingani mbewu mpaka zifiirireko, osapsereza popewa kuwawa komanso kuchotsa michere ina.
3. Mbewu iliyonse imakhala ndi mlingo wake wokazingira komanso nthawi kuti zikazingidwe bwino ndi cholinga choti zisawauke komanso kupselera.
4. Siyani kuti mbewu zokazingidwa zizizile pa malo aukhondo

musanakagaye kapena kusakaniza popewa kuonongeka

Mafunso otsogolera zokambirana

1. Ndi chifukwa chiyani kuli koyenera kukazinga mbewu iliyonse payokha?
2. Kodi chingachitike ndi chiyani ngati mbewu zosakazingidwa zingagwiritsidwe ntchito popanga ufawu?
3. Kodi kukazinga mobzola muyeso kumaononga bwanji mbewu?
4. Ndi zinthu ziti zoyenera kutsatidwa panthawi yozizilitsa komanso kusunga mbewu yokazingidwa?

Mayankho amafunso otsogolera zokambirana

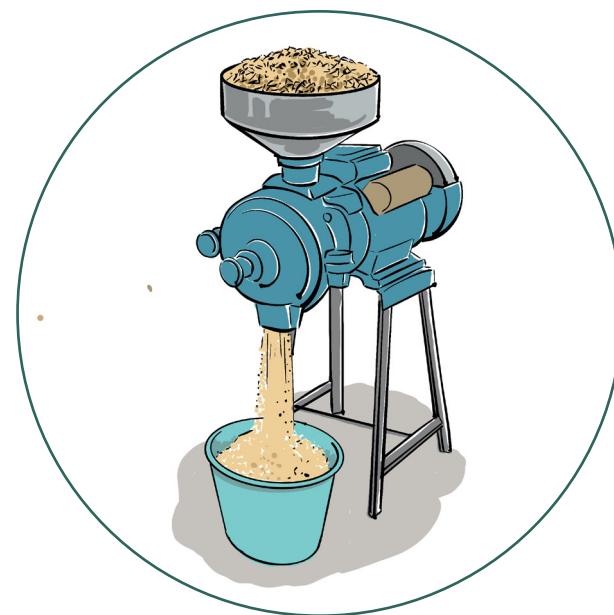
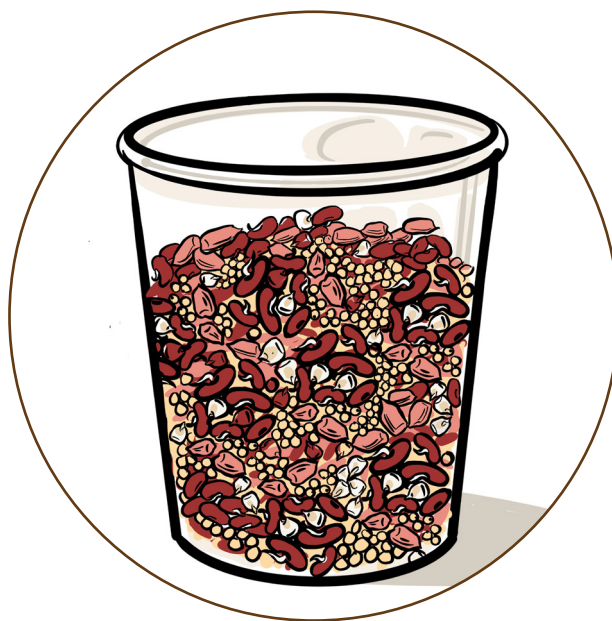
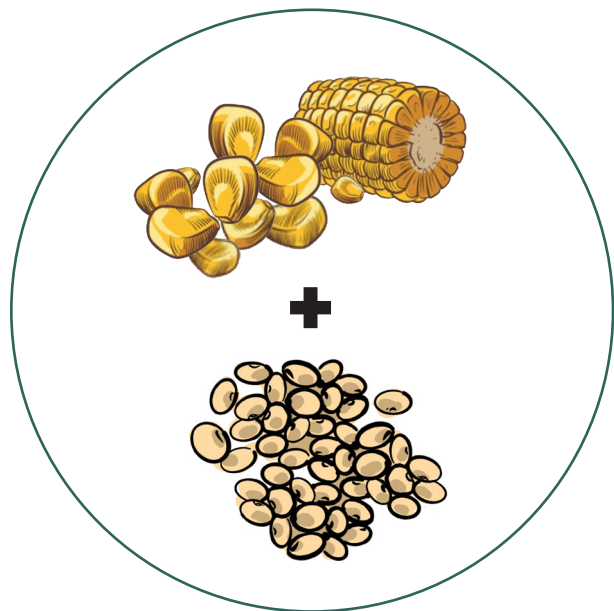
1. Mbewu zilizonse ziyenera kukazingidwa pazokha kuti zonse zipse moyenera chifukwa mbewu zosiyana zimapsanso mosiyana panthawi yomwe tikukazinga.
2. Kugwilitsa ntchito mbewu zosakazinga kukhoza kupangitsa kuti phala lake lizichedwa kupsa pophika komanso michere yosafunikira yomwe imalepheretsa thupi kuti ligwiritse ntchito michere ina yopezeka mu zakudya itha kumapezekabe mu phala.
3. Kukazinga kwambiri kukhoza kuyambitsa kuwawa kwa phala, kuononga michere yofunikira, ndi fungo losafunikira zomwe zikhoza kupangitsa kuti phala lisakome.
4. Mbewu zokazingidwa zikuyenera kuzizilitsidwa pozizika pa malo aukhondo ndi kusungidwa mu ziwiya zotseka bwino kupewa kuonongeka komanso kuyamwira chinyontho.

Uthenga ofunikira kwambiri

Kukazinga moyenera kumaonjezera kakomedwe, kagayidwe ka chakudyacho m'thupi komanso kuchepetsa nthawi yophikira. Kukazinga mbewu ili yonse payokha komanso kuyang'ana mmene mbewu zikupsera pa nthawi yokazinga kumathandiza kuti mbewu ili yonse ikazingidwe moyenera (isawauke kapena kupserera) ndi kukhala ndi ufa wabwino, wosalala komanso

D

KUSAKANIZA MBEWU NDI KUGAYA



E | KUSAKANIZA MBEWU NDI KUGAYA

wopatsa thanzi.

Cholinga

Kupanga ufa waphala wopatsa thanzi, osamalika ndi okhalitsa posakaniza mbewu zoyenera, kugaya ndi kuwumitsa moyenera.

Milingo yoyenera yosakanizira mbewu

- Mbewu za mgulu la chimanga (Chimanga chokazinga: 70% (magawo 7)
- Soya womeretsa ndi kukazingidwa: 30% (Magawo 3)

Kusakaniza, kugaya ndi kuwumitsa pa dzuwa

1. Sakanizani mbewu zonse potsatira milingo yoyenera musanakagayitse (70:30).
2. Onetsetsani kuti mwasakaniza moyenera mbewu zonse kuti ufa wonse ukhale wa michere yofunika m'thupi komanso phala lake lizikoma mofanana.
3. Gayani mbewu zomwe mwasakaniza pogwiritsa ntchito chigayo chogaya kuti mukhale ndi ufa wosalala.
4. Yanikani ufa pa dzuwa ndi cholinga chofuna kuchepetsa chinyontho kuti chikhale chochepera 12% kuti ufa uthe kukhala nthawi yayitali usanaonongeke ngati mukusunga.
5. Mukamaliza kuyanika, sungani ufa mu ziwiya zotseka bwino kuti usamaliwe.

Mafunso otsogolera zokambirana

1. Ndi mbewu ziti zimene zimagwiritsidwa ntchito popanga ufa wa phala m'dera lanu?
2. N'chifukwa chiyani mlingo wa 70:30 uli wovomelezeka

popanga phala lophatikiza chimanga ndi soya?

3. Kodi mungaonjezere bwanji michere ina yofunika mu phala la ufa wa chimanga?
4. Ndi chifukwa chiyani kuli kofunika kuyanika ufa waphala tikamaliza kugaya?

Mayankho kumafunso otsogolera

1. Mbewuzi zimasiyana kutengera dera lomwe muli koma ndi monga chimanga, mawere(lipoko), mapira, soya, mtedza komanso mbewu za mgulu la nyemba
2. Kutsatira mlingo wosakaniza mbewu za mgulu la chimanga ndi soya wa 70:30 umathandiza kuti phala likhale ndi michere yopatsa mphamvu, yomanga thupi, yopereka mafuta pa milingo yoyenera.
3. Tingaonjezere michere yofunika yopatsa thanzi mu phala la ufa wa chimanga posakaniza chimanga ndi soya, mtedza, nyemba kapena chitowe. Tingathenso kuyika mu ufa michere yomwe tikufuna monga mavitamini.
4. Kuyanika kumachepetsa chinyontho mu mbewu kufikira pa mlingo wokwana 12% kapena kutsikira apo zomwe zimathandiza kuti chuku ndi tizilombo toononga zakudya tisaswane komanso kuti chakudya chikhale nthawi yayitali chosaonongeke.

Uthenga wofunikira kwambiri

Kugwiritsa ntchito mlingo oyenera posakaniza mbewu za mgulu la chimanga ndi soya zimathandiza kuti tikhale ndi ufa wa phala okhala ndi michere yambiri yofunika pa thanzi la munthu makamaka ana. Kuyanika moyenera kuti tichepetse chinyontho ku ufa tisanasunge kumathandiza kuti ufa ukhale

F

**KUSUNGA UFA WA PHALA OPANGIDWA POPHATIKIZA SOYA
OMERETSA OKAZINGA NDI CHIMANGA CHOKAZINGA**



F.

KUSUNGA UFA WA PHALA OPANGIDWA POPHATIKIZA SOYA OMERETSA OKAZINGA NDI CHIMANGA CHOKAZINGA

nthawi yayitali osaonongeka.

Cholinga

Kuonetsetsa kuti ufa ukhalebe wabwino, okhala ndi michere yofunika pa thanzi la munthu posunga ufa moyenera pogwiritsa ntchito zipangizo zosungira zoyenera.

Zoyenera Kutsatira Posunga Ufa

1. Gwiritsani ntchito ziwiya zosungiramo zakudya monga mapepala kapena ziwiya zachitsulo popewa chinyontho, mpweya komanso tizilombo.
2. Ikani chizindikiro cha tsiku lomwe ufa wayikidwa pa pepala ndi cholinga choti ufa wopangidwa moyambilira ugwiritsidwenso ntchito koyamba
3. Sungani ufa m'malo oyera ndi owuma bwino popewa chinyontho, fumbi ndi zina zomwe zikhoza kuononga ufa.
4. Onetsetsani kuti malo osungira ufa ndi oyera, owuma bwino kuti tipewe chinyontho, fumbi, tizilombo toononga zakudya ndi zina zomwe zikhoza kuononga ufa.
5. Yang'anirani ufa omwe mwasunga pafupi pafupi ndi cholinga chofuna kuona ngati pali makoswe, zowuluka komanso chuku.

Mafunso otsogolera zokambirana

1. Kodi ufa umasungidwa motani kunyumba kwanu/m'dera lanu?
2. Ndi chifukwa chiyani ufa wa phala ukuyenera kusungidwa kutali ndi malo otentha komanso chinyontho?
3. Kodi malo oyenera kusungapo ufa wa phala opangidwa pophatikiza Soya Omeretsa Okazinga ndi Chimanga Chokazinga akhale otani?

4. Kodi kuyang'ana ufa pafupipafupi kumathandiza bwanji kuti ufa ukhalebe wosamalika?

Mayankho a Mafunso Otsogolera Zokambirana

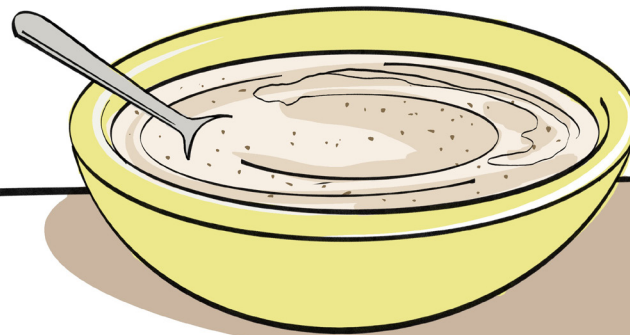
1. Njira zosungira ufa zimasiyana koma njira zomwe anthu amagwiritsa ntchito kawirikawiri ndi monga kuyika m'masaka ndi mabigiri omwe ali ndi zivindikiriro komanso zosapanga dzimbiri. Mabigiriwa atha kusungidwa mu malo osamalika ngati mu kabati.
2. Malo otentha ndi chinyontho zimalimbikitsa kuswana kwa chuku ndi tizilombo toonanga mu ufa zomwe zimapangitsa kuti ufa usasungike kwa nthawi yayitali usadaonongeke.
3. Malo oyenera osungiramo ufa akhale ozizira, owuma bwino, kapena opanda chinyontho kuti nthawi zonse muzipezeka mpweya wabwino kuti tipewe kuonongeka kwa ufa.
4. Kuyang'ana ufa pafupipafupi kumathandiza kuona ngati pali chuku ndi tizilombo kapena ngati ufa wayamba kuonongeka Munjira ina iliyonse. Izi zimathandiza kuti mukonze mwansanga zinthu zina zomwe mungapeze kuti zikhoza kuononga ufa, kuti ufa wanu ukhalebe wabwino.

Uthenga wofunikira kwambiri

Sungani ufa wa Phala Opangidwa Pophatikiza Soya Omeretsa Okazinga ndi Chimanga Chokazinga mu ziwiya zoyenera za zivindikiriro, pamalo ozizira bwino komanso ouma. Uyang'aneni ufa womwe mwasunga pafupipafupi kuti

4

**KUPHIKA NDI KUGAWA PHALA LOPANGIDWA POPHATIKIZA
SOYA OMERETSA OKAZINGA NDI CHIMANGA CHOKAZINGA**



PHUNZIRA 5: KUPHIKA NDI KUGAWA PHALA LOPANGIDWA POPHATIKIZA SOYA OMERETSA OKAZINGA NDI CHIMANGA CHOKAZINGA

4

mudziwe ngati ukadali wabwino kupewa kuonongetsa ufa. Kusunga ufa moyenera kumathandiza

Cholinga cha Phunziro

Kuphunzitsa ophunzira za kaphikidwe koyenera ndi kutsatira njira za ukhondo pophika ndi kugawa phala

lopangidwa pophatikiza soya omeretsa okazinga ndi chimanga chokazinga.

Zotsatira za Phunziroli

Pomaliza pa phunziroli, ophunzira akuyenera:

- Kuonetsa kaphikidwe ka phala lopangidwa pophatikiza soya omeretsa okazinga ndi chimanga chokazinga
- kwa nthawi yoyenera kuti phala lipse bwino.
- Kutsatira njira za ukhondo pogawa phala monga kugwiritsa ntchito ziwiya zoyera kuti tipewe tizilombo toyambitsa matenda tomwe timaonononga chakudya.

A

KAPHIKIDWE KA PHALA LOPANGIDWA POPHATIKIZA SOYA
OMERETSA OKAZINGA NDI CHIMANGA CHOKAZINGA



A

KAPHIKIDWE KA PHALA LOPANGIDWA POPHATIKIZA SOYA OMERETSA OKAZINGA NDI CHIMANGA CHOKAZINGA

- Kufotokoza kufunika kotsata kaphikidwe koyenera komanso ukhondo popewa matenda odzera mu chakudya ndi kulimbiki.

Cholinga

Kuphika phala losalala bwino lopatsa thanzi potsatira ndondomeko yoyenera yakaphikidwe kuti michere yofunika yopatsa thanzi kwa munthu isaonongeke komanso kuti phalalo likhale lokoma.

Zipangizo

Madzi, ufa wa phala mchere, shuga, poto, mbale, mthiko

Ndondomeko

1. Bwatitsani madzi mu mpoto otsuka bwino.
2. Sungunulani ndi madzi ozizira ufa m'mbale kapena m'beseni mpaka mupange phala.
3. Thirani phala lija pang'ono pang'ono mu mpoto wa madzi obwata kwinaku mukutakasa popewa kubala.
4. Chepetsani moto ndipo phikani phala kwa mphindi zosachepera khumi uku mukuvundula mpakana phala

lilimbe pa mlingo ofunikira kapena kufikira litaoneka kuti lapsa.

5. Dikirani kuti phala lizizileko musadagawe.

Mafunso otsogolera okambirana

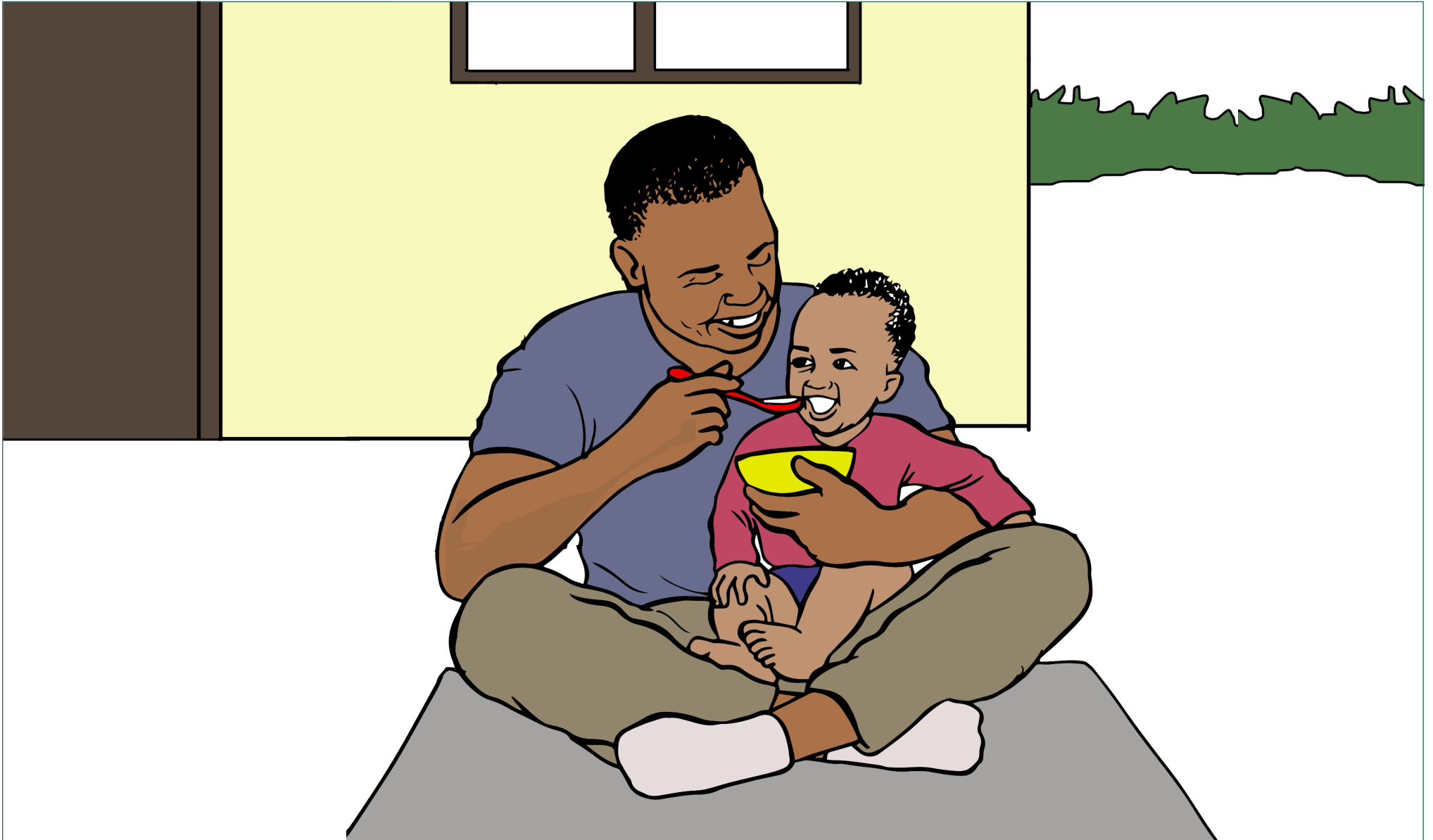
1. Ndi chifukwa chiyani kuli kofunika kupewa mabulu pophika phala?
2. Kodi phalali likuyenera kuphikidwa kwa nthawi yayitali bwanji?
3. Kodi ubwino wotakasa phala pophika umakhudza bwanji kakomedwe ka phalalo?
4. Ndi chifukwa chiyani kuli kofunika kupanga kaphala m'madzi ozizira musanayike m'madzi obwata?

Mayankho a mafunso otsogolera zokambirana

1. Kupewa kukhala ndi mabulu mu phala kumathandiza kuti phalalo likhale losalala, lodyeka komanso losavuta kugayika m'thupi.
2. Phala liphikidwe kwa mphindi zosachepera khumi kuti lifike pa mlingo wakuti lapsadi kuti wakudyayo asadwale komanso kalimbidwe kofunikira.
3. Kutakasa phala pophika kumathandiza kuti phala lisabale, likhale losalala lonse komanso kuti phala lipseponse.
4. Kupanga ka phala m'madzi ozizira kumathandiza kuti phala lisabale pa nthawi yosakaniza ndi madzi obwata kuti tiphike phala losalala.

Uthenga wofunikira kwambiri

Kuti muphike phala labwino komanso lopatsa thanzi, thirani kaphala ka madzi ozizira m'madzi obwata pang'onopang'ono



F. KUGAWA PHALA MWAUKHONDO

kwinaku mukutakasa pamoto kwa mphindi khumi. Kutakasa moyenera kumathandiza kuti phala lipse mokwanira komanso likhale lokoma.

Cholinga

Tsatirani njira za ukhondo nthawi zonse pogawa phala kuti mupewe kuononga chakudya pobweretsamo tizilombo toyambitsa matenda komanso kuti phala likhalebe lopatsa thanzi.

Kugawa phala mwaukhondo

1. Gawani phala pogwiritsa ntchito ziwiya monga mbale zotsukidwa komanso zoumitsidwa bwino.
2. Gwiritsani ntchito masupuni pogawa osati manja pofuna kuonetsetsa kuti chakudya chisawonongeke.
3. Sambani m'manja ndi sopo ndi madzi musanayambe kugawa kapena kudya phala makamaka podyetsa ana.
4. Kwa ana ang'onoang'ono gwiritsani ntchito masupuni kapena ma kapu a ana powadyetsa phala ndi cholinga choti pakhale ukhondo panthawi yowadyetsa.

Mafunso otsogolera zokambirana

1. Kodi mumaonetsetsa bwanji kuti ziwiya zatsukidwa moyenera musanayambe kuphika kapena kugawa chakudya pakhomu panu?
2. Kodi machitidwe abwino podyetsa ana

ang'onoang'ono phala ndi ati?

3. Kodi ndi chifukwa chiyani kuli kofunika kugwiritsa ntchito ziwiya osati manja pogawa phala?

Mayankho a mafunso otsogolera zokambirana

1. Ziwiya zikuyenera kutsukidwa ndi sopo ndi madzi, kutsukuluzidwa moyenera ndikuyanika mwaukhondo popewa tizilombo.
2. Kuti pakhale ukhondo ndikudyetsa ana mosavuta, gwiritsani ntchito ziwiya zazing'onozing'ono zotsuka bwino monga masupuni kapena makapu odyetsera ana zakudya.
3. Kugwiritsa ntchito ziwiya kumathandiza kuti pasakhale kukhudzana pakati pa chakudya ndi manja, izi zimachepetsa kufala kwa tizilombo ndi zinthu zina zomwe zingaononge chakudya ndi kuyambitsa matenda.

Uthenga ofunikira kwambiri

Onetsetsani kuti phala lagawidwa mu ziwiya zotsukidwa bwino ndi cholinga choti chakudya chisamalike.

Pewani kugwira chakudya ndi manja pogawa kuti chakudya chisaonongeke ndi tizilombo toyambitsa matenda.

Kutsatira njira za ukhondo pogawa phala kumathandiza kupewa matenda odzera mu chakudya makamaka kwa anthu omwe chitetezo cha m'thupi lawo ndi chochepa monga ana.