

**TRUTH
CENTERED
TRANSFORMATION**

MODULE



LUSO LA ZAUMOYO BUKHU LA MPHUNZITSI

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OSAGULITSA—Osapanga malonda ndi ntchitoyi.



Ngati muli osangalasidwa kuti mumasulire kabuku aka, chonde alelembeni info@tctprogram.org.

Mau onse a mulungu amene ali mu bukuli atengedwa kuchokera ku buku lopatulika la mulungu imene inalembedwa ndi, New International Version®, NIV®. Copyright ©1973, 1978, 1984, 2011 by Biblica, Inc.TM. Used by permission of Zondervan. All rights reserved worldwide. www.zondervan.com. The “NIV” and “New International Version” are trademarks registered in the United States Patent and Trademark Office by Biblica, Inc.TM.

Maphunziro ndi zizindikitsa zambiri za maluso a zaumoyo zatengedwa kuchokera ku buku lochedwa Where There Is No Doctor – A Village Health Care Handbook, David Werner with Carol Thuman and Jane Maxwell (Hesperian Health Guides, revised ed., 2015). © Copyright 2016 Hesperian Health Guides. www.hesperian.org.

Maphunziro ndi zizindikitsa za maluso a zaumoyo atengedwa kuchokera ku curriculum developed through Food for the Hungry’s Food Security Programs. Food for the Hungry (2014). FH CFCT Toolkit: Health Toolkit, A Toolkit for Implementing FH’s Child-Focused Community Transformation (CFCT) Model, Washington, D.C.: Food for the Hungry.

KUTHOKOZA

Anthu ambiri aikanso mzeru zawo kupangitsa bukhu limeneli kuti likhale lopindulitsa . tikuthokoza wina aliyense amene wachitapo kena kake. mukudziwa kuti ndinu ndani

Bukhu la Hesperian ,kumene kulibe dokotala ndipo Arnold Gorske ndi zipangizo za bungwe lalikulu la zaumoyo, nthambi ya kuphunzitsa anthu za umoyo(chidziwitso chabwino ndi chofunikila) ndi kumene kumachokera mfundo zofunikila kwambiri za umoyo ndi maphunzirowa. Limodzi , magulu awiri amenewa agwirizana ndikupanga zipangizo zimenezi ndikuzigawa ku zilankhulo zokwana 90 sopano. Zipangizo zawo zikugwiritsidwa ntchito ndi ogwira ntchito pa za umoyo , azamba ogwira ntchito mzipatala za ku Madera a midzi pa dziko lonse la pansi. Amagwira ntchito ndi abwenzi ochuluka amene amapereka mauthenga achangu ammene zinthu zikuyendera komanso mmene zikusinthira ndi zipangizo zoyezera ndi kufufuzira za umoyo kuonetsetsa kuti pakhale ungwiro pa uthenga umene iwo akufalitsa komanso ukhale uthenga ophweka kugwiritsa ntchito. Magulu awiri onsewa amagawana zipangizo pa ziko lonse.

Ndikuthokozanso Karen Callani, amene akugwira ntchito ku latin America kwa zaka zambiri ndi mabungwe oyang'anira ndi kugawa zakudya (FH). Anagawana nafe upangiri wake ndizipangizo zonse zokhudzana ndi maphunziro a za umoyo. Anatengapo nthawi yaitali kuunikila ma phunzirowa komanso gawo la upangili pa nkhani za umoyo zomwe zili mu nkhanayi, ndakonda ndi kusangalala pogwira ntchito ndi Karen mu zinthu zambiri zokhudzana ndi maphunziroli pa zaka zimenezi , ndipo ntchito iyi yandipangitsa kuyamikila mochuluka! Ndine okondwera. Zikomo , Karen.

Phunziro ili ndilosiyana kwambiri ndi maphunziro ena amene analipo mbuyomo , ndiye atsogoleri akuluakulu awiriwa anatengela phunziroli ku malo ena asopano(Chelsea , Tun ndi Judith), munatithandiza kukonza zinthu zina ndiponso kusintha kaganizidwe pa maphunzitsidwe amenewa ku mpingo. Nthawi yanu ndi kuunikila kwanu kwachititsa musintha kwakukulu!Komanso ndikuthokoza kamba ka kudekha kwanu pamene ine ndimafunsa mafunso ambirimbi ,” kuti tipeze zinthu zina zofunikila. Ndichifukwa choti ndimafuna ndithu zinthu zimenezi!.

Ndiye palinso Glynka . iye amatha nkhani za kusintha mau , kukonzanso ndi kulemba nkhani. Ntchito yake ndi ana yomalizitsa bukhuli kufika pamene lili lero! Inuyo ndi odabwitsa Glynka. Zikomo chifukwa cha nthawi yoonjezera imene munaikapo ndi ntchito yomwe munazipanikiza kwa kanthawi pamenenso munali kusamalira ana atatu pakhomo.

Pali abwenzi ena ndi ogwira nawo ntchuto amene Mulungu anangowagwiritsa ntchito kundilimbikitsa ndikundipempherela kuti ndizipita patsogolo mmasiku anga onse pamene ndinakodwa kufuna zinthu zina zondithandiza. Inuyo mukuziziwa nokha koma chofunikila kwambiri , Mulungu ndi amene akukudziwani kwambiri. Inu ndi abwenzi okhulupirika ndi akazembe a Mulungu ndi apembezeri. Ndathokoza ndi chikhulupirilo chanu pa ine ndi kudalira kumene mwandidalira ine kuti Mulungu wandiitana kuti ndikagwire ntchito yake pa nyengo ino! Kwa iye yekha ukhale ulemerele mu nthawi zonse.

Heather Hicks
Reconciled World

MUSANAYAMBE

MANOTSI A OPHUNZITSA OKHUDZANA NDI BUKHULI

Dongosolo la bukhuli lasiyanilako ndi mabukhu ena. Maphunziro atatu oyambirila ndi okuha 1 ola ndi theka mu mpingo. Amasindika kufunika kokhudzana ndi Baibulo kwa kusamalila za moyo wathu wa thupi, zikhulupirilo zolakwika zokhudzana ndi zaumoyo ndi mmene mpingo ungathandizire kumanga Madera amene ali ndi thanzi.

Ma page ena a bukhuli akuonetsera luso lina Lokhudzana ndi za umoyo lomwe likhodza kuphonzitsidwa kwa wina aliyense mdera lanu. Ndi zinthu zomwe zimachitika moyo watsiku ndi tsiku ndipo zitha kuphonzitsidwa mu mphindi 15-20. Phunziroli likuphatikiza zithunzi zokuthandizani kuphonzitsa ndi luso lopangitsa kuti muthe kukumbukira mfundo zina ndi zina zofunikira.

Luso la za umoyo limaphunziridwa bwino pozichita ndi pogawana ndi anthu ena mu dera lanu. Limbikitsani ma membala a mpingo kuti agawane ndi anzawo zomwe anaphunzira mu ma phunziro angono.

Palibe bukhu la ophunzira pa phunziro limeneli. Komabe pali buku lina la luso la omoyo wadera lonse limene lilinso ndi maluso onse monga chothandizila

Pali mabungwe amene amapeleka chiphunzitso chabwino. Mukhodza kugwilitsa ntchito babukhu awo kuphonzitsa maluso ena okhudzana ndi za umoyo. Ngati mukugwiritsa ntchito mabukhu oterewa, onjezeranipo phunziro 1-3 ku maphunziro anu a pa mpingo wanu musanayambe kupeleka maphunziro a lusoli.

KODI MUGWILITSE NTCHITO MOTANI BUKULI

1. **ZIFUNGULO ZENI ZENI NDI ZIPANGIZO ZOFUNIKIRA. Phunziro linalililonse likuyamba ndi ndime imeneyi.**
 - a. **Mfundo Zazikuluzikulu**—Izi ndi mfundo zazikuluzikulu zomwe ophunzira akuyenera amvetsetse pokutha pa phunziro lina lililonse. Pokutha pa phunzirori, tenganipo nthawi kubwerezano mfundo zimenezi ndikuona ngati anthu onse anvetsetsa..
 - b. **Zipangizo**—Zipangizo zenizeni zomwe zimafunika zaikidwa mu mndandanda pokutha pa phunziro lina lililonse. Tikanakonda zinthu izi positala ya pepala, bolodi yoyera, lomwe mutha kugwiritsa ntchito pa gulu lalikulu.
 - i. **ZITHUNZI ZOTHANDIZIRA**—Zidzakhala zolembedwa monga izi:
2. **Malangizo kwa Mphunzitsi**: Pali malangizo apadera mu phunziroli lomwe likuthandizeni kuti muphunzire bwino. Izi sizikuyenera kuti zigawidwe kwa ophunzirawo. Mukuyenera kuti muwerengeletu mu nthawi yanu yanu kuti zitsogolele maphunziro bwinobwino. Werengani izi mu nthawi yabwino musanakaphunzitse kuti maphunzirowa muwatsogolere bwino bwino. Izi musapeleke kwa ophunzira. Mafunso ena adzakhala ndi mayankho oikidwilatu kuti akuthandizeni kufotokozera bwino kwa ophunzirawo kuti adziwe ganizo ndikusindika bwino pa mayankho amene aperekedwa.

PHUNZIRO 1 : KODI NDI CHIFUKWA CHIYANI A KHRISTU AKUYENERA KUSAMALITSA ZA UMOYO

MFUNDO ZENI ZENI

Baibulo limaphunzitsa kumuopa Mulungu posamalira matupi athu ndi kusamaliranso odwala.

ZIPANGIZO- Bolodi , pento maka , kapena pepala lalikulu.

CHIYAMBI

KUKAMBIRANA KWA MMAGULU ANG'ONO ANG'ONO

Malangizo kwa Mphunzitsi : Werengani nkhanu ya abusa Yohane ndikugawa mmagulu atatu kapena 4 – ndikuyankha mafunso.

Werengani nkhanu.

Abusa a Yohane anamva mutu kupweteka . Anali atangotha kukumana ndi azitsogoleri a mpingo wake , ndipo iwo sanali okondwera. Abusa a Yohane anali achilendo kuderali , ndipo anali atakhudzidwa ndi kakhalidwe kopanda ukhondo mmene anthu amakhallira. Kunalibe zimbudzi , palibe amene anasamba mmanja , ana anali osasamba , ndipo nyansi zinaliponseponse. Ena amati umu ndimo mmene zinthu zimayenera kukhalira , koma abusawo amaitanidwa kuti azapempherele munthu wina wake odwala. Anaganiza kuti ndibwino kuwalimbitsa anthu kuti adzitsata ndondomeko ya zaumoyo , ndipo iwo anayamba kumaika mphindi 15 kumapeto a chipembedzo cha tsiku lililonse kuuzana mfundo zina ndi zina za umoyo. Koma tsopano , akulu a mpingowa anayamba kupisa mtima , samaganiza ngati nkhanu zokhudzana ndi zaumoyo zikhonzanso kulankhulidwa mu mpingo , makamakanso lamulungu – Tsiku la ambuye. Iwo sanakonde kuona mbusayo akuphunzitsa zaumoyo pamene iye ndi mbusa , sanali dotolo kapena namwino. Yohane anaapumila mmwamba. Ndipo sandziwe kuti chotsatira akuyenera kupanga chani.

- Kodi mukuganiza kuti abusa a Yohane anayenera kumaphunzitsa zokhudzana ndi umoyo wamunthu?.
- Kodi ndi ziganizo ziti zimene tikuphunzira mu maphunziro ena a mbuyomo?.
- Kodi mukuganiza ngati yesu amakhudzidwa ndi za umoyo wa anthu? . Kodi ndi zitsanzo ziti zomwe tikuziona mbaibulo.

KUPEREKA LIPOTI

Kodi Baibulo limati chani za thanzi la bwino?

KUKAMBIRANA KWA MMAGULU AKULUAKULU.

Tatiyeni tikumbukile ziganizo zina zomwe taphunzira kale zokhudzana ndi Mulungu zokhudzana ndi za umoyo.

Werengani Masalimo 139: 13-16.

- Kodi olembayu akutiphunzitsa kuti chani zokhudzana ndi ubwino wa thanzi za matupi athu?
 - *Mulungu anampanga munthu wina aliyense wapaderadera. Munthu wina aliyense ali ndi mtengo wake.*
- Kodi ndi ndani amene anapanga matupi athu?
 - *Mulungu*
- Kodi ndi ofunikira? . Kodi ndi chani chomwe chimawapanga kukhala ofunikira?
 - *Matupi athu ndi ofunikira kwambiri chifukwa ndi Mulungu amene anatipanga.*

- Ngati Mulungu anakulengani ndi matupi anuwo mosamalira , kodi mukuganiza ngati iye amasamalanso za mmene mukukhalira ndi moyowo.
 - *Inde. Amatero.*

Werengani agalatiya 5:14, Aroma 13:10.

- Kodi Mulungu akutilamula kuti tipange chani mu ma vesi amenewa.
 - *Kuti tikonde abwenzi athu.*
- Kodi timakhala tikukonda abwenzi athu motani pamene tikusamalira umoyo wa anthu a dera lathu?.
 - *Timakonda anzathu ngati tikuchepetsa chiopsezo chawo choti akhodza kudwala.*
 - *Tikhodza kukonda abwenzi athu pamene tikuwayang'anira akadwala.*

Werengani Luka 2:52.

- Kodi ndi Madera anayi ati amene Yesu anakula nawo?.
 - *Mzeru , msinkhu , komanso mkukondera kwa anthu ndi Mulungu.*
- Kodi ndi dera liti lakukula lomwe azibusa akuyenera kumakhudzidwa nalo ku mpingo wawo?.
 - Madera onse anayi akukulawa.
- Kodi mukuganiza ngati moyo wa thanzi ukuyenera kumawerengeledwa nawo mmadera akukulawa pa kuthandiza ma dera athu kakulidwe?.

Werengani Genesisi 1:28.

- Kodi ndi ntchito iti imene Mulungu anapeleka kwa munthu? Kodi iye akufuna ife tipange chani?.
 - *Kulamulira chilengedwe.*
 - *Kuyang'anira zinthu zomwe Mulungu watipatsa.*
- Ngati tikulamulira chilengedwe , kodi chilengedwecho chikhalenso ndi mphanvu yotilamulira kuti tizidwala?. (Ayi)
- Kodi ndi mulungu amene anatipatsa ife matupiwa?. (INDE)
- Kodi mukuganiza ngati Mulungu akufuna kuti tisamalire matupi athunso?. (Inde)

Masalimo 100: 3 ndi Masalimo 24:1.

- Kodi cha Mulungu ndi chani?.
 - *Chinachilichonse kuphatikizapo ife tomwe!.*

I Akorinto 6:19-20.

- Kodi ndi chifukwa chiyani tikuyenera kusamalira matupi athu?.
 - *Thupi lathu ndi kachisi wa Mulungu.*
 - *Tikhodza kumulemekeza Mulungu ndi matupi athu.*

Baibulo limatitsimikizila kuti tinapangidwa ndi Mulungu . Matupi athu ndi kachisi wa Mzimu woyera. Ndi matupi amtengo wapatali. Mulungu watipatsa matupi koma ndi ake. Munthu wina akatipempha kuti timusamalizile mwana wake kwa tsiku limodzi , timamusamalira bwino. Ndi chimodzimodzi , tikuyenera kusamalira matupi amene tili nawowa. Sitikungoyenera kusamalira matupi athu chifukwa ndi a kwa Mulungu , komanso tikuyenera kusamaliranso za umoyo wa anthu ena mdera lathu monga njira yoonetsera chikondi chathu ndikuwathandiza kukula momwe Mulungu akufunila.

Mmene Yesu amawaonera odwala

KUKAMBILANA KWA MMAGULU AKULUAKULU

- Kodi anthu onse mdera lanu amayang'ana bwanji anthu amene akudwala?.
- Kodi Yesu amasamalira motani anthu amene akudwala?.

Werengani Mateyu 4:23 ndi Mateyu 14:14.

- Kodi ndime zimenezi zikunena chani za mmene Yesu amathandizila anthu odwala?.
- *Anazungulira ponseponse ndikuchiritsa anthu odwala. Anali ndi chisoni kwa anthu odwala.*
Kodi ifenso timakhala choncho kapena zasiyana?.

Werengani Mateyu 25:34-40.

- Mu fanizo ili, kodi ndi chani chomwe olungama anachita chomwe mfumu ikuwayamikira nacho?.
- *Amayendera odwala ndi andende, amadyetsa anjala, aluzu amawapatsa chakumwa, amalandila alendo. Anachita izi kwa anthu ochepawo.*

Yesu amatiphunzitsa za kukonda abwenzi athu ndi chitsanzo cha kusamalira ndikupeleka zinthu zathupi monga chakudya, madzi ndi zovala. Mulungu akutilamulira kuti tizisamalira iwo amene akudwala. Izi ndi mbali imodzi ya chimene akutanthauza kukonda abwenzi athu.

Tikuyenera kukhala ndi khalidwe lomweli Kwa anthu amene akudwala monga mmene Yesu analili nacho. Tikuyenera kuwasamalira ndi chisoni. Tikuyeneranso kuti tizipempherela machiritso awo ndikupeza chithandizo chenicheni kuti akakhale ndi thanzi. Pamene tikusamalira odwala, timakhala tikutsatira chitsanzo cha Yesu ndipo timabweretsa ulemelero kwa Mulungu.

Sizokhazo , komanso tikhoza kupewa kuti anthu asadwalenso mdera lathu! Simuyenera kuchita kukhala wazaumoyo opita ku sukulu kuti muchite zimenezi. Wina aliyense akhodza kuphunzira za umoyo ndikugawana ndi wena za zimene aphunzirazo. Kuphunzitsa za umoyo ndi njira imodzi yomwe tingathe kuthandizila Madera athu kukula mu thanzi. Mfundo zazikuluzikulu zokhudzana ndi za umoyo ndi zopweka. Mu maphunziro awo tiphunzitsa ziganizo zomwe wina aliyense akhodza kuphunzira ndi kugwiritsa ntchito zomwe waphunzirazo.

CHOCHITIKA CHA MMAGULU AKULUAKULU

Werengani ka nkhani aka kokhudzana ndi mudzi wa Tai Ping.

Tai Ping ndi mudzi umene unali kumudzi kwenikweni. Anthu akumeneko anali alimi a mpunga , koma tisanafike mchaka cha 2005 , kunalibeko mpunga okwanira kuti udyetse dera lonse kwa chaka chonse . popanda misewu yopita kumaminda kwawo , banja lina lililonse limakolola chimene amakhodza kunyamula pa MALO OVUTA KWAMBIRI KUYENDA. Kunalibe zimbudzi . anthu samakonda kuchapa. Zinali zapafupi kuti munthu azikhala akudwala ndikukhala ndi Kutsegula mmimba kusiyanana ndi kukhala wathanzi. Ndi ana ochepa chabe amene amakonda kupita ku sukulu. Anthu a mderali amadwaladwala , amakhala ndi njala , komanso osaphunzira. Moyo unali ovuta.

- Kodi ndi zinthu ziti zomwe mudzi wa Tai Ping zinapangitsa moyo kukhala ovuta?.
- Kodi ndi zinthu ziti mwa zimene mwatchulazi , zomwe muli nazonso ku dera kwanu?. (Lembani pa bolodi)
- Kodi ndi zinthu ziti mwa zinthu zimenezi zomwe zili mdera lanu zomwe zikukhudzana ndi za umoyo wa anthu(chongani pa mndandanda)

Pali nkhani yabwino kuchokera pamenepa kupita patsogolo yokhudzana ndi mudzi wa Tai Pang.

Mpingo wa ku Tai Ping unayamba kuphunzira maphunziro a TCT. Anaphunzira gawo loyambilira ndipo anaona kuti Yesu anali ndi ulamuliro pa chilengedwe chomwe mu dera lina lililonse la moyo uno , chifukwa Mulungu anawapatsa zipangizo zonse ndikuonetsa chikondi chawo ku dera lawo. Anaganiza kuti chifukwa analibe zimbuzi mu dera lawo koma amapita ku chimbudzi choyandikana ndi mtsinje. Anaona kuti amaononga madzi amu mtsinjemo ndikupangitsa anthu amene anali pafupi ndi mtsinjewo kudwala. Ndiye pa chifukwa chimenechi amafuna kuti akonde anthu amene anayandikana nawo , anaganizila zomanga zimbuzi pena.

Ndipo mpingo unaona kuti matupiwa anapelekedwa kwa iwo kuti iwo awasamalire , ndipo sicholinga cha Mulungu kuona anthu ake akumangodwaladwala. Abusa a mpingowu anaganizira zoyamba kuphunzitsa mpingowu za ziphunzitsa za umoyo pamapeto a mapemphero ena aliwonse. Mmene mpingo umagwiritsira ntchito maphunziro azaumoyowa mmoyo mwawo , anthu oyandikana nawo anaona kufunika kwake nawonso anayamba kuchita zomwezo. Kenako anayamba kumanga misewu yoti zomwe akolola zija zizinyamulidwa pa njinga za moto kusiyana ndi kusenya pamutu , kapena kumsana zimenenso zinachepetsa kupweteka kwa misana. Anakumba zitsime cholinga choti anthu azikhala ndi madzi okwanira . Banja lina lililonse linayamba kukhala ndi kamunda ndikumalima masamba . Matenda anayamba kusowa. Ana samafanso ndi Kutsegula mmimba . Chifukwa matenda ena odziwikawa amatha kuchiritsa okha kumanyumbako. Anthu samajombanso kuntchito komanso samalipira ndalama zina zili zonse kugula mankhwala kapena kwa asinganga.

- Kodi ndi ziganizo zANJI zomwe anthu aku Tai Ping anaphunzira?.
- Kodi ndi kusintha kwanji komwe kunachitika ku mudzi wa Tai Ping?.

KAGWIRITSIDWE KA NTCHITO

KUKAMBILANA KWA MMAGULU ANG'ONO ANG'ONO

MALANGIZO A MPHUNZITSI: *kambilanani mafunsowa mmagulu a anthu atatu kapena anayi.*

- Kodi ndi njira ziti zomwe mwakhala mukumasamalira kale za umoyo?.
- Kodi pali china chilichonse chimene mpingo ungathe kuchita monga chochitika cha chikondi chofuna kukweza umoyo wa thanzi la derail?.

KUPELEKA LIPOTI

NTCHITO YA PA GULU LALIKULU

Nonse limodzi , sankhani chochitika cha chikondi chomwe mungathe kuchita kuti mukweze thanzi la anthu a mdera lanu ndikupanga dongosolo la mmene mungachitile ntchito za chikondi?.

PEMPHERO

Pempherelanani wina ndi mzake kuti nonse mukhale ndi kuganiza kumodzi mmene Yesu amaganizila akaona odwala. Mufunseni Mulungu kuti akupatseni kulimbika mtima ndi mzeru kuti aonetse chikondi chake kwa anthu ena amene akudwala. Pempherelani odwala wina aliyense amene mumamudziwa.

PHUNZIRO 2: ZIKHULUPIRILO ZOLAKWIKWA ZOKHUDZANA NDI UMOYO NDI THANZI

MFUNDO ZENI ZENI.

Kukhulupirila zolakwika zokhudzana ndi umoyo kutha kutiletsa kuti tisamulemekeze Mulungu ndi matupi athuwa ndikusiya kusamalira iwo amene akudwala.

ZIPANGIZO.

Zithunzi: Positala yoonetsa zikhulupirilo zosochetsa (ma positala atatu – chodula kapena pepala lopinda kawiri kufuna kuonetsa imodzi pa nthawi ina iliyonse).

1. 1-2 Ma khadi kapena zidutswa za ma pepala.

CHIYAMBI

KUKAMBIKANA KWA MMAGULU AKULUAKULU.

- Kodi ndi zikhulupirilo zina ziti zokhudzana ndi zomwe zimapangitsa anthu kudwala?.
- Kodi ndi zikhulupiro zina ziti zokhudzana ndi zinthu zomwe tikuyenera kuchita kapena kusachita kuti tikhale ndi umoyo wabwino kapena kuchila ku matenda?.

ZIKHULUPIRO ZOLAKWIKWA ZOKHUDZANA NDI UMOYO

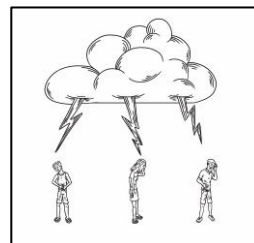
KUKAMBIKANA KWA MMAGULU AKULUAKULU

MALANGIZO KWA MPHUNZITSI: Onetsani zithunzi zothanidzira : Positala ya zikhulupirilo zolakwika , pamene mukuyenda kuona zikhulupirilo zonse pachokhapachokha.

Tsopano tiyeni tione zomwe baibulo limanena za zikhulupirilo zonsezi. Kodi ndi zolondola kapena ayi?.

Zikhulupirilo zolakwika 1: Matenda onse ndi chilango kuchokera kwa Mulungu (Milungu) –Zithunzi.

- Kodi munakumanapo ndi munthu wina wake amene amati matenda ndi chilango chochokera kwa Mulungu?.
- Kodi chikhulupirilo chimenechi chimasintha bwanji chisamaliro chawo pa anthu amene akudwala?.
 - *Opanda chisoni , samamuthandiza , amamuweruza munthukuti ndi wa uchimo.*
- Kodi izi zinakhudza bwanji mmene iwo eni ake amachitira akadwala?.
 - *Musamwe mankhwala koma mupange nsembe kapena muyese kukhala mkhristu omvera.*
 - *Musakhulupirile kuti mukhala bwino!.*
- Ngati tikhulupirila kuti mnthenda ndi chilango cha kwa Mulungu , kodi kuganiza kumeneku kungatikhudze motani pa kapewedwe kathu ka matenda?.
 - *Sitikufuna kupewa kudwala chifukwa sitimaganizila za zochitika ngati kusamba mmanja kapena kugwiritsa ntchito chimbudzi.*

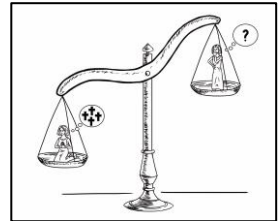


WERENGANI YOHANE 9:1-3.

- Kodi wakhunguyu anali choncho chifukwa cha chilango chochokera kwa Mulungu?.
 - *Yesu anati ayi , sichinali chilango.*
- Kodi yesu anati khungu linachitika chifukwa chani?
 - *Cholinga choti ntchito za Mulungu zikaonekere. Kukamulemekeza.*

Baibulo silikuonetsa pena paliponse pamene Baibulo likutchula Mulungu kulolera wina wake kuti adwale ndi cholinga choti alape , ndipo simatenda onse amene amayamba chifukwa cha uchimo.

Zikhulupirilo zolakwika 2: Chikhala tinali ndi chikhulupirilo chokwanira , sitikanadwala (zithunzi).



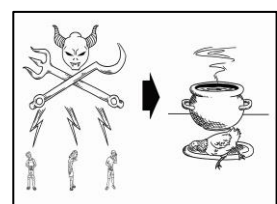
- Kodi chikhulupirilo chimenechi chimapezeka kawirikawiri motani?.
- Kodi izi zimakhudza bwanji mmene timawasamalira anthu amene akudwala?.
- *Kumulimbikitsa munthuyo kuti akhale ndi chikhulupirilo ndikumupempherelanso , koma osakumana ndi zosowa za munthu uja.*
- Kodi izi zimakhudza bwanji mmmene timachitila ifeyo tikadwala?.
- *Sitimamwa mankhwala koma timangopemphera basi.*
- Kodi ngati timakhulupirira kuti tikakhala ndi chikhulupirilo chachikulu , sitidwala , kodi izi zingakhudze bwanji mmene timaganizila za kupewa matenda?.
- *Timangolingalira za zinthu za uzimu zokha basi , koma sitimaganizilapo za zochitika zina monga kusamba mmanja kapena kugwilitsa ntchito chimbudzi moyenera.*

WERENGANI 2 AKORINTO 12:7-10.

- Kodi Paulo , munthu amene analemba gawo ili la baibuloli , anapemphera motani?.
- *‘Chotsani minga yomwe ili mnthupi langa , machiritso ku nthenda zathupi.*
- *Kodi Mulungu anawachiritse?.*
- *Ayi , sanatero!.*
- Kodi ndi chifukwa chani Mulungu sanawachiritse?. Kodi Mulungu ananena kuti amafuna chikhulupirilo chochuluka?.
- *Mulungu sananene kuti amafuna chikhulupirilo chochuluka , Sanamuchilitse ndi cholinga choti mphanvu ya Mulungu ikaonekere kudzera mwa Paulo mtumwi.*

Kodi ndi zoona kuti Mulungu amatichilitsa? , komanso baibulo limaonetsera bwino bwino za kuti Mulungu sachilitsa nthenda ina iliyonse.Ndi zoona kuti Mulungu amatichiritse , koma ndi zomveka bwino kuti Mulungunso sachilitsa mnthenda ina iliyonse. Pa dzifukwa zomwe zina sitingazidziwe , si nthawi zonse zimene Mulungu amachiritse.

CHIKHULUPIRILO CHOLAKWIKI 3 : KUDWALA NDI ZIWANDA ZOIPA 3: Nthenda imayamba ndi ziwanda ndiye tikuyenera kupereka nsembe (CHITHUNZI).



- Kodi munakumanapo ndi anthu amene amakhulupirira kuti nthenda imayamba ndi mizimu yoipa?.
- Kodi izi zinasintha bwanji kaganizidwe kawo mmene amachitira akaona m’bale wawo akudwala?.
- *Amaononga ndalama , kuyendera asing’anga , kupanga nsembe.*
- Kodi kukhulupirira kuti mthendaimayambandi mizimu yoipa zimalemekeza mulungu?.
- *Ayi , chifukwa timaona ngati mizimu yoipa ndi ya mphanvu kwambiri kuposa Mulungu.*
- *Timalemekeza mizimu yoipa kuposa Mulungu pamene tipereka nsembe kwa Mizimu yoipa. .*
- *Sitingasamalire munthu odwalayo bwino bwino ngati tikuononga ndalama zathu kupanga nsembe za kwa mizimu.*

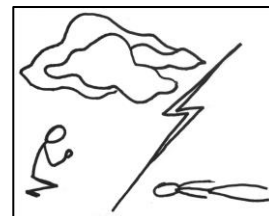
WERENGANI MARKO 3:11

- Kodi vesi imeneyi ikukamba za ndani?.
- *Yesu ndi mizimu yoipa.*
- Kodi ndi ndani amene ali wa mphanvu mu vesi imeneyi?.
- *Yesu*

Tikakumana ndi mizimu yoipa , sitikuyenera kupereka nsembe , koma kuitanira pa dzina la Yesu yekha basi kuti atithandize. Iye ali ndi mphanvu yoposa mizimu yoipa. Pamene pali nthawi zambiri mbaibulo zomwe Yesu amachotsa ziwanda , tivomerezenso kuti pali nthawi zina zomwe Yesu amachiritsa odwala pamene sanatulutsepo ziwanda. Monga Yohane 9:1-3 , imene tinaiona kale mbuyomo , chitsanzo china ndi Mateyu 8:1-13 .Izi zikutionetsa kuti matenda ambiri samayambitsidwa ndi mizimu yoipa. Pamene tikuyenera kupempherera iwo amene akudwala , tikuyeneranso kusamalira zosowa zathupi lawo monga mmene yesu anatilamulira kuti tizichitira.

Zikhulupirilo zolakwika 4: Mulungu sakhudzidwa ndi nkhani za umoyo wathanzi! (ZITHUNZI)

- Kodi munakumanapo ndi wina wake amene amakhulupirila kuti Mulungu alibe nazo ntchito za umoyo wa munthu?.
- Kodi izi zakhudza bwanji kasamalidwe kawo pa anthu amene akudwala?.
- *Samawasamaliranso.*
- Kodi izi zinawakhudza bwanji mmene amachitira pamene iwo eni akewo akudwala?.
- *Amanva kusautsika , opanda chiyembekezo.*
- *Amangodalira pa adokotala kapena kuti ndi madokotala moyo utha kukhala bwino.*
- Kodi ngati tikukhulupirira kuti Mulungu samakhudzidwa ndi zaumoyo , kodi izi zikhudza bwanji mmene timapewera matenda?.
- *Sitikanazivutitsanso kuyesera kupewa matenda . ngati Mulungu sakusamalira za umoyo , kodi ife tikuyenera kupewa chifukwa chiyani?.*



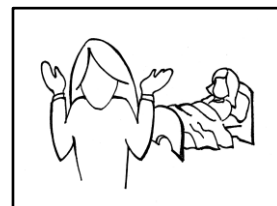
Tinaona ma vesi ambiri mu phunziro lathu lapita lija amene akuonetse kuti Mulungu amasamalitsa za moyo wathu wathupi!.

- Kodi Mungathe Kukumbukira Za Mmene Tingadziwire Kuti Mulungu Amasamaliranso Za Umoyo Wathu?,
- *Anapanga matupi athu mwapaderadera. (Masalimo 139).*
- *Ife ndi ake (Masalimo 100:3).*
- *Yesu anali ndi chisoni pa odwala (Mateyu 14:14).*
- *Yesu adzasangalala ndi iwo amene amasamalira odwala. (Mateyu 25:34-40)*
- *Anapereka malamulo kwa anthu ake okhudzana ndi chiyero ndi matenda . (Levitiko , Deteronomo).*
- *Matupi athuwa ndi kachisi wa mzimu wa Mulungu (1 Akorinto 6:19-20)*

ZIKHULUPIRILLO ZOLAKWIKWA : 5 PALIBE CHOMWE TINGAPANGE KUPEWA MATENDA (CHITHUNZI).

Kodi zachuluka motani zoti palibe chomwe tingapange kupewa matenda?.

- Kodi mukudziwa za malangizo okhudzana ndi machiritso amene akupezeka mbaibulo?.



Adamu ndi Hava atachimwa , ndipo Yesu asanabwere , Mulungu anasankha kupereka malamulo ake kwa fuko limodzi la anthu , amatchedwa ana a Israeli , ndi chipangano cha kale cha baibulo yadzadza ndi nkhani zokhudzana ndi Mulungu mmene amachitira ndi ana a Israeli. Mulungu amafuna ana a Isilaeli kuti amvetsetse cholinga chake cha dera lina lili lonse la Moyo wawo cholinga choti , mu kunvera kwawo , anayenera kukhala chitsanzo ndi mdalitso ku mafuko onse a dziko lapansi. Ndiye anawapatsa malamulo omwe amakhudzana ndi dera linalililonse la moyo wawo. Vesi ina imene tiyang'ane ichokera ku malamulo amenewo kupita kwa ana Isalaeli.

Deteronomo 23:12 – malangizo pa zammene akuyenera kuzikhulupirila okha.

Levitiko 11:27-28 , 32-33- kodi tichite chani zokhudzana ndi nyama zokufa.

Levitiko 15: 2-5- malamulo okhudzana ndi kusamalira moyo wa anthu ena.

Levitiko 13:47-52- kodi achite bwanji ndi zovala

- Kodi mukuganiza ngati ndi chifukwa chani Mulungu anapeleka malamulo osiyanasiyana okhudzana ndi zinthu zimenezi?
 - *Chifukwa amasamalitsa za ukhondo.*
 - *Chifukwa amasamalitsa za umoyo wa thanzi la anthu ake.*
 - *Cholinga choti ana a Israeli akhale chitsanzo cha ukhondo ndi moyo wa thanzi.*

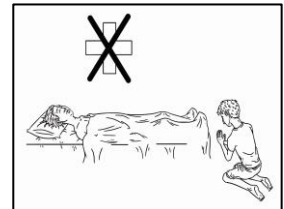
Mu ma vesi amene tawerengawa , mu deteronomo ndi Levitiko , Mulungu anapereka malamulo kwa anthu ake zokhudza ukhondo ndi matenda.

- Mukuganiza kuti , akanati atsatre malamulo amenewa , anakakhala ndi thanzi?
 - *Inde , anakakhala a thanzi!.*

Mulungu analenga matupi athu ndipo amadziwa chomwe chilli chabwino kwa iwo.

- Ndiye tikhoza kuchitapo kanthu pa nkhanu yopewa matenda?
 - *Inde tithe kufuna kumunvera Mulungu komanso kumulemekeza ndi matupi athu.*

ZIKHULUPIRILO ZOLAKWIKWA 6: Ngati ife tikudwala , tikungoyenera kupemphera koma osati kupita kwa adokotala kapena kugwiritsa ntchito mankhwala. (ZITHUNZI)



- Kodi munakumanapo ndi wina wake amene amakhulupirira kuti tisamapite kwa dokotala?.
- Kodi ichi chinakhudza bwanji mmene munthuyo amasamalira anthu ena pamene akudwala?
 - *Amangowapempherela koma samapereka mankhwala kapena kuwatengera ku chipatala .*
- Kodi izi zinawakhudza bwanji mmene amachitira eni akewo akadwala?
 - *Samapita ku chipatala kapena kumwa mankhwala.*
- Ngati tikukhulupirira kuti tingopempherela odwala koma osawapatsa mankhwala , kodi ndi zinthu zina ziti zoipa zomwe zingalondole?
 - *Munthu akhodza kudwa kochuluka ndikufa opanda chisamaliro chenicheni.*
 - *Sitimawaonetsa anthu odwala chikondi cha Mulungu ngati sitisamalira zofuna zawo za thupi.*

WERENGANI LUKA 10:25-37

Malangizo kwa Mphunzitsi –Ngati ophunzira akudziwa kale za nkhanu ya msamaliya wa chifundo , akumbutseni za nkhanu ndikuwerenganso Luka 10:33-35.

- Kodi msamaliya wachifundo uja anaonetsa chifundo pongomupempherela munthuyo basi?
 - *Ayi*
- Kodi msamaliya uja anachita chani ndi munthu ovulalayo?
 - *Anagwilitsa ntchito mafuta ndi vinyo kumutsuka ndi kusamalira mabala.*
 - *Anamanga mabala ache.*
 - *Analipira zonse zokhudzana ndi kuti iye asamalilidwe.*
- Kodi Yesu anati Msamaliyayo anayenera kumupempherela mmalo mwake?
 - *Ayi , anati , “ Pita ukachitenso zomwezi”.*

Ndi zoonu kuti tikuyenera kupempherela odwala , Mulungu ndiye amene amachiritsa , koma amafunanso kuti tipeleke chisamaliro chathupi kwa odwalayo. NKutheka kuti mwina akhodza kuthandiza munthu odwalayo kudzera mu chochitika cha mpingo.

- Kodi mukuganiza ndi chifukwa chiyani Mulungu amasankha kugwira ntchito mwa njira imeneyo , mmalo mongochita chozizwa?.

- *Kuti , anthu azimvanso kukondedwa ndi mpingo.*
- *Kupereka mpata kuti mpingo uonetse chikondi chake.*
- *Kuti , mpingo ukhale ndi mbiri yabwino ndi ubale ndi dera lawo.*

NTCHITO

KUKAMBIKIRANA KWA MMAGULU AKULUAKULU

Malangizo kwa Mphunzitsi : Kodi gulu lapeza zithunzizo?: Zikhulupirilo zolakwita (**chithunzi**) , “ zomwe zili zopezekeratu mmadera athu koma sizawamba!. ”, mmene gulu lingakambiranilane mafunso , **mukhodza kugwiritsa ntchito MALANGIZO A MPHUNZITSI: Uzani gulu liike mmagulu ZINTHUNZI:**Ma positala okhudzana ndi zikhulupirilo zolakwika akhale mmilu. “ Zopezekeratu mdera lathu” , “zomwe sizipezeka mdera la kwathu”. Mmene gulu likukambirana mafunso amenewa , mutha kugwiritsa ntchito makhadi osalemba , kapea pepala kulembelapo zinthu zina zomwe amakhulupirira zomwe zimachitika mmaderamu.

- Kodi palinso zikhulupirilo zina zimene anthu amazikonda mmdera lanu?.
- Kodi baibulo limati chani za zikhulupirilo zimenezo? Kutengera ma vesi amene tawerengawa , kodi ndi zikhulupirilo zolondola zimenezi?.

KUUNIKILANA NDI MZANU

- Kodi munaphunzitsidwa zikhulupirilo ziti zokhudzana ndi zaumoyo?
- Kodi Mukuganiza ngati Mulungu akufuna muchite chiyani chosiyana tsopano?.
- Kodi pali anthu ena odwala mmbanja mwanu amene mukhodza kuwaonetsa chikondi cha Mulungu sabata ino?.

PEMPHERO

Pempherani kwa Mulungu kuti atithandize kudziwa choonadi ndikugonjetsa zikhulupirilo zolakwika zokhudzana ndi umoyo ndi matenda. Mufunseni Mulungu kuti akuthandizeni kuonetsa chikondi chake kwa ena pamene akudwala. Pempherelani anthu ena odwala amene mukuwadziwa.

PHUNZIRO 3: UDINDO WA MPINGO POMANGA DERA LA THANZI

MFUNDO ZENIZENI

Kugawana chimene taphunzira zokhudzana ndi zaumoyo ndi njira imodzi yoonetsera chikondi cha Mulungu ku dera lathu.

Zipangizo- Zithunzi/ positala , pento maka , bolodi , kapena choko. (kuti muzilemba ziganizo za mmene mungaonetsere chikondi kwa ena).

Tathandiza kale anthu ena

KUKAMBIKANA KWA MMAGULU AKULU AKULU

- Kodi ndi ntchito zanzi za chikondi zomwe mwachita kale zosamalira odwala , kapena kutukula moyo wathanzi la anthu ena mdera lanu , kapena kupewa matenda?
 - *Zisanzo : kuyendera odwala , kulipira mankhwala awo kapena kumutengera wina wake kuchipatala , kusamala pa chitsime kapena pa mjigo , kapena kuola zinyalala , kukumba maenje otaya zinyalala.*
- Kodi ntchito zimenezi zathanidza bwanji kukweza thanzi ndi umoyo wa anthu?.
- Kodi mwaona kusintha kwanji kwabwino mu umoyo wa anthu?.

KUPEREKA LIPOTI

NTCHITO ZACHIKONDI ZOKHUDZANA NDI UMOYO

KUKAMBIKANA KWA MMAGULU AKULUAKULU

Malangizo kwa aphunzitsi : Mukhodza kuchotsa nkhani zimenezi ndikuikamo nkhani zomwe zimachitika mu dera lanu zokhudzana ndi ntchito zachikondi zomwe zikukhudzana ndi zaumoyo posamalira odwala ndi kuonetsetsa za thanzi la anthu ena.

Izi ndi zina mwa nkhani zomwe mpingo wapanga pothandiza za umoyo wa anthu ena mdera lawo.

ACHINYAMATA AMASAMALIRA PA CHITSIME KU MARARE.

Marare ndi mudzi umene ndi ochuluka anthu kwambiri mu dziko la Uganda . Anthu opeza chuma mosiyana , anthu a mitundu yosiyanso , anthu opeza mosiyana , zipembezo ndi zaka zosiyana amakhala komweko. Chinthu chimene chimawabweretsa onse pamodzi ndi madzi . ndi chinthu chomwe anthu amachilemekeza kwambiri pamwamba pa zinthu zonse.Ngakhale mderamu muli chitsime , nthawi ya mvula , madzi ambiri oyenderela kuchokera mmalata amanyumba amayenda ndi kukagwera mchitsimechi. Pokutha pa nthawi , chitsimechi chinaonongeka ndi michenga , nyansi ndi zinyalala , chifukwa cha chochitika chimenechi , nyengoyi inabweretsa chiopsezo cha matenda odzera mmadzi , anthu ambiri amakhulupirila kuti boma komanso mabungwe , kapena a komiti imene imayendetsa za madzi ndi amene amayenera kuchitapo kanthu pa mabvuto okhudzana ndi chitsimechi.

Atsogoleri awiri achinyamata kuchokera pa mpingo oyandikira anatenga nawo mbali pa mapuhnziro a TCT ndipo anasonkhanitsa magulu achinyamata mdera lawo kuti akasamalire pa chitsimechi loweruka. Pamene azimayi amabwera kuzatunga madzi , anaona anyamatawo akugwira ntchito ndipo iwonso anaganiza zokhala nawo mu ntchitoyi. Oyang'anira kapena a komiti ya madzi ataona mzika zina zomwe zimagwila ntchito yosamalira pa chitsimechi , zinawalimbikitsa kuti nawonso azisamalira pafupipafupi . kungotha chisamaliro chimenechi , anthu onse mderali anaona kufunika kosamalira pa chitsimechi. Mzimayi mmodzi ananena amvekere tikhodza kusamalira miyoyo yathu ,” Tiyamika ambuye chifukwa cha kuganiza kwatsopano komwe kulipo mu dera la Marare!.

- Kodi ndi ndani amene anthu mderali amaganizira kuti ndiye oyenera kukonza pa chitsimepa?.
- Kodi ndi chiyani chomwe chinasintha maganizo a anthu a mderali kuti ayambe kusamalira pa chitsimechi?.

MPINGO UMAKULA CHIFUKWA UMASAMALA ZA UMOYO WA ANTHU.

Mpingo wa New Life utamaliza maphunziro a bukhu la za umoyo , anazindikira kuti ali ndi madotolo ambiri amene anali nawo mu mpingo wawo amene anakatha kugwira ntchito pa kuphunzitsa za umoyo mu dera lawo.

Mpingo unaganizira zoika lamulungu limodzi kuti akhale ndi onse amapanga za maphunziro azaumoyo agawane za phunziro lokhudzana ndi zaumoyo kuti ma membala a mu mpingo tsopano akakhale chitsanzo mu dera lawo. Azaumoyowa mwapaderadera anaphunzitsa anthu zokhudzana za mmene angasamalire khungu lawo ndi mano. Izi zinathandiza mamembala kukhala ndi moyo wa thanzi. Mpingo unaganiza kumakhala ndi ntchito za chikondi zokhudzana ndi za umoyo tsiku ndi tsiku maka pomagawira uthenga kwa anthu ena za ubwino wa kusamalira za umoyo.

Izi zinapangitsa derali kuzindikira kufunika kwa mpingo. Anthu ambiri anayamba kubwera ku mpingo. Mpingo unakula mu nambala komanso mu thanzi. Kuyambira pamenepo , mpingo unatengeranso zomwe anaphunzira ku maphunziro ndi zipangizo zonse kuti nawonso akhale ndi sukulu yawo , ndipo akhala othechera kumaphunzitsa njira imeneyi ndi mpingo ina..

- Kodi ndi zipangizo ziti zomwe zilipo kale mu mpingo wanu zomwe mungathe kuphunzitsa dera lanu zokhudzana ndi umoyo?.
- Kodi ndi maphunziro ena ati amene mukanatha kuphunzira mosavuta , kuphunzitsa kapena kugawana ndi anthu enanso?.
- Kodi mungagawire bwanji anthu ena mdera lanu?.

UTHENGA WABWINO OLALIKIDWA KUDZERA MU UKHONDO WA ZINTHU ZABWINO.

Mpingo wa mudzi wa ku Kyabahesi unaona kufunika kwa thanzi labwino mu dera lawo , ndipo anaganiza zokumana atatha kuphunzira bukhu la zaumoyo. Chifukwa anaphunzira kuti umoyo wa thanzi ndi dera linanso labwino kulionetsetsa mu dera lanu , chifukwa ndi njira yokhayo yomwe mpingo ungakhalire wathanzi mmalo onse ozungulira. Mmene dera lathu limaonekera ndi chimene chimaonetsera za mmene ife timaganizira.

Mpingowu unakumana kukambirana kuti uone kuti ukhodza kukwaniritsa bwanji zosowa za mdera lawo zawo zomwe akanatha kuthana nazo pogwiritsa ntchito zinthu zomwe zili pafupi . zofunikazo zinaonedwa ndipo zina mwa izo ndi izi.

- Kumanga thandala
- Kumanga zimbuzi ndi ma bafa
- Kukumba maenje otaila zinyalala.
- Kupereka ndowa kuyendera pamene pali chimbudzi kuti anthu azigwiritsa ntchito potha kugwiritsa zimbudzizo.

Izi zinachitika manyumba okwana asanu ndipo zinathandiza ukhondo mmaderawa. Tsopano , mpingo ukuyang'anidwa ngati anthu amene angathe kuthandiza kubweresa kusintha ndi kutukula umoyo mu derail. Mwayi wa kulalikila ukukulanso.

Mbusa anafotokoza , ” taona kuti zomwe tikupanga zimaonetsa chikondi kwambiri kusiyanana ndi mau athu. Anthu aderali akhodza kuona kuti tili ndi chikondi cha Mulungu. Ndiyeno , uthenga wabwino umalalikidwa bwino mu ntchito osati mmawu okhaokha ayi.

- Kodi ndi chani chomwe chinasintha maganizidwe a mpingo wa ku Kyabahesi, “ analalika” uthenga wabwino?
- Kodi izi zinasintha bwanji dera lawo?

KUKAMBIRANA KWA MMAGULU ANG’ONO

- Kodi ndi maganizo ena ati amene muli nawo omwe mungakaonetserere ntchito za chikondi ku mpingo kuthandiza anthu ena kutukula za umoyo?

KUPELEKA LIPOTI

Malangizo kwa Mphunzitsi : *gulu lina lililonse lipereke maganizo awo pa zinthu zomwe azipanga mtsoholomu pa ntchito za chikondi , komanso kulemba pa chi bolodi mndandanda wa ntchitozi.*

Kuthandiza anthu ena kuphunzira ma luso ena azaumoyo

KUKAMBIRANA KWA MMAGULU AKULUAKULU

Kuchita ntchito za chikondi ndi njira ina yokwezera umoyo wa anthu a mmadera athu , koma kuwaphunzitsanso ndikwabwino . Pamene anthu aona zotsatira zakukweza umoyo wa anthu , azakhala ndikufuna kuti azingophunzirabe ndikuziwa zinthu zatsopano. Phunziro lonseli tsopano lili ndi maphunziro ang’ono ang’ono amene akupewera matenda , kusamalira anthu amene akudwala mosiyanasiyana , ndi mmene tingamangile ma dera amene ali ndi thanzi labwino. Maphunziro awa ndi afupiafupi komanso ophweka kulinganiza ndi maphunziro athu ena onse aja. Nthawi ina iliyonse imene mwaphunzira luso latsopano , muthanso kugawana ndi ena za zimene mwaphunzira. Kuphunzitsa anthu ena ndi ntchito inanso ya chikondi. Njira zina zomwe mpingo wathandizira kugawira anthu ena za ntchito za chikondi ndi izi

1. Kuphunzitsa ma phunziro ang’ono pokutha pa chochitika ndi mwambo wina uliwonse mu mpingo ndikuitanitsa anthu a mdera lanu kuti adzakhale nawo mmaphunziro amenewa.
2. Gwiritsani ntchito njira zina zapadera zoyesera kufalitsa uthenga umenewu okhudzana ndi za umoyo wa thanzi- kumsika , ku mjigo , kuntchito , kumunda , mwachisanzo . ndipo muganizile nthawi zina zomwe mungathenso kugawira uthenga umenewu. Tagawana nawoni chimene mwaphunzira sabata ina iliyonse?.
3. Phunzitsani maluso a zaumoyo mu dera lanu usiku umodzi pa sabata ina iliyonse.
4. Phunzitsani maluso azaumoyo mmagulu azimayi , ma banki ammudzi , komanso magulu ena ndi ena.

Werenganinso mndandanda omwe uja.

- Kodi ndi njira zina ziti zimene tingagawanilane ndi anthu ena mdera lathu?. Kodi tingaonetsetse bwanji kuti anthu ochuluka kwambiri akunva za uthenga umenewu!.

Kupanga Pulani ya dera

Ndi nthawi tsopano kuti mupange pulani ya dera lanu:.

- Pempherani kuti mukhale ndi mtima wa Mulungu pa odwala . pempherani kuti Mulungu amange dera la thanzi kwanuko .Mufunseni mulungu kuti akupatseni mzeru kuti muchite chiyani!.
- Kambiranani kuti ndi ntchito ziti za chikondi zimene mungathe kuchita – kodi pali chinthu china chomwe chikufunikira musanayambe phunziroli?
- Onani pulani yanu yokagawana ndi ena za phunziro la za umoyo- kodi pali chinachake chomwe mukufunika kuti muchilongosole padakali pano musanayambe phunziroli?

Pamene mwamaliza kupanga pulani , pelekani pulani yanuyo kwa Mulungu , pempherani limodzi ndikumufunsa Mulungu kuti akuthandizeni kukwaniritsa pulani imeneyo. Muuzeni akuthandizeni kukweza thanzi ndi umoyo wa dera lanu.

Phunziro lotsatira lidzayamba ndi phunziro lalingono lokhudzana ndi umoyo.

NDIME YOYAMBA : KUPEWA

PHUNZIRO LALING'ONO: TIKHOZA KUPEWA MATENDA

MFUNDO ZENI ZENI

Matenda ambiri angathe kupeweka , ndipo kupewa kuposa kuchiza.

ZIPANGIZO

- Ngati kusankha poyambira , chosankha choyamba : Botolo la pulasitiki lamadzi , ndi pepala (kapena chinachake chomwe tingathe kutaidwa).

CHIYAMBI

KUKAMBIKANA KAPENA CHOCHITIKA MMAGULU AKULUAKULU

Malangizo Kwa Mphunzitsi : Sankhani masewero kapena nkhani imene mungayambire phunziro limeneli.

CHISANKHO CHOYAMBA : MASEWERO(GAME)

Malangizo kwa Mphunzitsi : Ikani botolo la pulasitiki ndi miyala mkati mwake ikhale pa tebulo mmalo oonekera. Mumpatse munthu wina aliyense mmanja mwake mapepala opindapinda , nyemba kapena china chake chomwe mungathe kuchitaya. Bwerezani seweroli kangapo ndipo amene ali ozipereka akhale pakati.

1. Bwerani muzaimo mozungulira.
2. Tikufunika ozipereka awiri kuti aime pakati pa anthu amene azungulirawo , ndipo botolo la pulasitiki lija likhalebe pa mpando.
3. Anthu awiri amene azipelekewo ndioti azigwila botolo la pulasitiki kuti lisagwe kapena kuuluka ndi mphepo. Anthuwa akhodza kugwira botololi ndithu , koma akhodza kugwilitsa ntchito china chilichonse mu nyumbamo kutetezera (monga thumba kapena bukhu kungoteteza kuti botololo lisagwe).
4. Ndipo anthu amene azungulirawo agwiritse ntchito pepala lofinyafinya lija kapena nyemba kuyamba kugenda botolo la pulasitiki lija kuti ligwe pampando uja.
5. Mukhala ndi mphindi 2 kapena 3 kuti muchite ntchito yanu.

KUUNIKIRA MMENE NTCHITO YAYENDERA.

- Kodi ntchito ya anthu amene anali pakati inali yotani?.
- Kodi anagwiritsa ntchito njira yanji kutetezera botololi?.
- Kodi ndi njira ziti zomwe zinayenda bwino?.

Monga sewero imeneyi , tikhodza kuona mmene tikutetezera ife eni ndi mabanja athu kuti tisadwale . Izi zimatchedwa kupewa. Matenda ambiri amene alipo amatheka kupeweka kapena kuchepetsedwa kwambiri . kupewa matenda asanayambe kuzathandiza kupangitsa banja lanu kukhalabe lathanzi. Pali zinthu zambiri zomwe tingapange kuti tikhale athanzi ndikutalikana ndi matenda kuti asatifikile kochuluka.

CHISANKHO CHINA CHACHIWIRI :

Malangizo kwa MPhunzitsi : Werengani nkhanayi , kenako tsogolerani gulu lonse mkukambiranaku ndimafunso.

Kalekale panali mudzi umene unali mbali mwa msewu ndipo mbali munali chipirara cha kuthwa. Pamene mphepo yakula , anthu amakonda kuombedwa ndi mphepoyo ndikumakagwera pa chipirara chokuthwacho ndi kumavulazika. Anthu ambiri anamwalira. Mpingo wa mmudzimo unafunitsitsa kuthandiza , ndipo iwo anasonkherana ndikugula njinga yonyamulira matenda , imene anaisiya panso pa chipirarapo , tsopano pamene

anthu avulala , amakwanitsa kuwanyamula kupita nawo ku chipatala mwachangu! Miyoyo ina inapulumuka. Koma chifukwa choti chipiraracho chinali chachitali , anthu ena amafabe kapena amalumala akangovulala.

- Kodi mukuganiza bwanji?. Kodi mpingo umaonetsera chikondi ku dera lawo?.
- Kodi mpingo uchite bwanji kuti uthane ndi vuto limeneli poti anthu akufabe?.
- Kodi pali njira imene anthu akhodza kupewera kugwera pa chinthuchi?. Kodi izi zingayende?.
- *Inde anakatha kumanga mpanda mozungulira chinthuchi , kuti anthu asamagwenso.*

Zachiziwikiule , ndichinthu chofunikila kwambiri kuti anthu asamavulalenso . Pamene tikuona kuti kuthandiza anthu amene avulala ndi kuwatengera kuchitpatala ndi chinthu chabwino- ndipo iyi ndi ntchito yachikondi- koma ngati ndikotheka , ndikwabwino kwambiri kuti tipewe vutoli , kusiyana ndikuti tizitengera anthu kuchipatala.

KODI KUPEWA NDIKWABWINO MOTANI?.

KUKAMBILANA KWA MMAGULU AKULUAKULU

Monga mmene zinalili bwino kuti mpingo upewe kuti anthu asamagwerenso pa chitsacho , akavulala ndikumawatengera kuchipatala mwachangu , chimodzimodzinso ndi mmene tikuyenera kuganizila ndi matenda ena onse. Ndikwabwino kwambiri kuti tiyambe ndi kupewa matendawo choyamba.

- Kodi ndi kochulukira motani komwe anthu mbanja mwanu amadwala?.
- Pamene wina wake mbanja mwanu wadwala , kodi ndi zinthu zina ziti zomwe zimachitika zomwe zimapangitsa moyo kukhala ovuta kwambiri?.
- *Banja lonse limakhodza kudwala (matendaopatsirana).*
- *Kutaya ndalama komanso mwai wantchito.*
- *Kuononga ndalama zambiri kuchipatala ,mayendedwe kupita kuchipatala , madokotala .*
- *Kulowa mu ngongole ndi kusowa ndalama.*
- *Kuononga nthawi yambiri yambiri kusamalira abale amene akudwala.*
- *Paliibe amene angasamalire ana (makolo akudwala kwambiri kapena akuyenera apite kutali kuti akalandile mankhwala).*
- *Ana amasowa kupita kusukulu.*
- *Kukhala mkazi wamasiye kapena mwana wamasiye.*
- *Kudandaula ,Kulira , kukhumudwitsa chifukwa cha kumwalira kwa okondwedwa athu.*
- *Kufunsa ngati chikhulupirilo chathu ndi champhanvu kapena ubwino wa Mulungu.*
- Kodi banja lanu lingasinthe ngati simukudwaladwala?.

Thanzi lathu ndi lofunika kwambiri . kukhala ndi thanzi labwino kudzapangitsa zinthuzambiri za moyo wathu kuyenda bwino mmadera onse a moyo wathu. Kukhala odwala kumachititsa zinthu zambiri kuti ziime . Kuchiritsa matenda ndi chinthu chofunikila kwambiri , koma kupewa matenda ndiye kwabwino koposa . kumbukilani , tikufunika kumanga mpanda tisanagule ambulansi

Kodi tingatani kuti tipewe matenda?.

KUKAMBILANA KWA MMAGULU ANG'ONO ANG'ONO

MALANGIZO A MPHUNZITSI: Pangani mndandanda wa china chilichonse chomwe chatchulidwa. Ngati zina sizinatchulidwe , agawireni , ndipo funsani ngati wina wake anayambapo za chimenechi.:

- Kodi ndi njira zina ziti zomwe mukuzidziwa kale za kupewa kwa matenda?
- *Gwiritsani ntchito chimbudzi.*
- *Olani zinyalala zonse panyumba.*
- *Dyetsani zinyama mmakola mwawo.*

- *Imwani madzi aukhondo.*
- *Sambani mmanja musanadye komanso mukamaliza kudya komanso mukamaliza kugwira ntchito ina iliyonse yodetsa.*
- *Sukani mano.*
- *Kuchapa zofunda.*
- *Konzani zakudya mmalo aukhondo.*
- *Gwiritsani ntchito madzi aukhondo pophikira zakudya.*
- *Muzidya zipatso ndi masamba zosiyanasiyana mitundu.*
- *Kuyamwitsa ana mkaka wa mmawere pafupafupi.*

Pamene tikuona mndandanda umenewu , tikuzindikila kuti pali zinthu ziwiri zazikuluzikulu zomwe zimathandiza kupewa matenda.

- Kuchotsa china chilichonse chomwe chingatipangitse kudwala pa thupi lathu. Timachita izi poonetsetsa kuti madzi athu , makomo mwathu ndi manyumba athu zili zosamalika ndipo palibe zitosi , manyi ndi zinyalala.
- Kupangitsa matupi athu kuti akhale olimba. Matupi amene ndi a mphanvu sadwaladwala. Akadwala , matenda ake amakhala ochepa . timachita izi pamene tiyamwitsa bwino mwana , komanso kumadya zokudya za thanzi labwino zomwe thupi lathu limafuna. Mulungu anazipanga kukhala zophweka kuti tizitha kuona ngati thupi lathu likukwanitsa kulandila zomwe likufuna , chifukwa chake masamba ndi zipatso zosiyanasiyana zimakhala ndi mitundu yosiyanasiananso . ndiye ngati tikudya zipatso ndi masamba zamitundumitundu , tidzakhala ndi matupi athanzi labwino ndi amphanvu

Mu maphunziro amene akubwerawa , tidzaona zimenezi bwinobwino . kwa lero lino , tikuyenera kukumbukilakuti ndi chofukira kwambiri kuti tipewe matenda kudzera mu ukhondo komanso kupangitsa matupi athu kukhala amphanvu. Kupewa ndi chinthu chomwe wina aliyense wa ife angathe kuchita.

CHOCHITIKA CHA MMAGULU AKULUAKULU.

MALANGIZO A MPHUNZITSI: *Thandizani kalasi yanu kukhala ndi zinthu ziwiri mmanja mwawo zolengeza kuthandiza kupewa matenda- mwachitsanzo , “ Kunyamula chishango kutimiila kuti tikupewa matenda” , kupinda mkono wathu kumautambasula kusonyeza “ kukhala ndi thupi lolimba” . Yeserani ntchito zimenezi kwa nthawi yochepa kuti muthandize wina aliyesne kuti akumbukile njira ziwiri zakupewazi.*

KAGWIRITSIDWE KAKE KA NTCHITO

KUKAMBILANA KWA MMAGULU ANG’ONO ANG’ONO

- Mu njira zonse zakupewa zomwe zatchulidwa lero , ndi ziti zomwe mumadzidziwa kale ndiponso ndi ziti zomwe mumazichita ndi kale?.
- Ndi ziti zomwe mukudzidziwa koma simumazichita/ simumazichitachita.
- Kodi ndi chani chomwe mungapange sabata ino kuti mumulemekeze Mulungu ndi thupi lanu ndikupewa matenda mbanja mwanu?. Nanga mu dera lanu lonse?.

PEMPHERO- pempherani kwa Mulungu kuti atithadize kupewa matenda mm’banja lathu komanso mdera lathu.

PHUNZIRO LALING'ONO: KODI TIMADWALA BWANJI?

Mfundo zenizeni

Matenda amafalikila kudzera mma gelemusi koma titha kuthandizira kuchepetsa kufalikila kwa matenda.

Zipangizo

- Mkanda waung'ono.
- Zithunzi : Kodi matenda amafalikila bwANJI?.

CHIYAMBI

- Kodi ndi zinthu ziti zomwe anthu amakhulupirira kuti zimayambitsa matenda mmudera?.

Pali zikhulupirilo zambiri- kuyambira ku matemberelo a Mulungu. Ndipo zina mwa zikhulupirilozi ndi zoona ndithu. Tikuyenera monga mpingo kuti tipemphere ndikuyang'anira pa Mulungu kuti achilitse kapena kumasula anthu ake ku matemberelo. Komabe , tikuyeneranso kunvetsetsa kuti matenda ambiri amayamba ndi ma gelemusi . ngati tikuyenera kupewa matenda mdera lathu , ndiye kuti tikuyenera kumvetsetsa zinthu zingapo zokhudzana ndi mmene ma gelemusi amagwirila ntchito.

KUMVETSETSA TIZILOMBO TOYAMBITSA MATENDA(GELEMUSI)

CHOCHITIKA CHA MMAGULU AKULUAKULU(SEWERO)

MALANGIZO A MPHUNZITSI:*Funsani anthu angapo kuti aime moyandikana kwambiri mozulungulira ndipo manja awo akhale kumbuyo. Munthu wina ozipeleka aime pakati. Auzeni anthuwo kuti inuyo monga mphunzitsi muziyenda mozulungulira kumbuyo kwa anthuwo ndipo muziika kanthu mwachinsinsi mmanja mwa anthuwo . kanthu kameneko kakuimilila “kachilombo kamene kamayambitsa matenda”. Anthuwo amene aima mozulungulirawo akuyenera kuti azitumiza mwachangu kachiromboka kuzera kumbuyo kwawo. Ndipo ozipeleka mmodzi oima pakati uja akukuyenera kumaona kuti kodi ndi ndani amene ali ndi kachiromboka pamene kakuzulungulira. Ngati ozipelekayo akutha kungoganiza bwinobwino kuti kachilomboka kali pati , sankhani wina aliyense kuti aime pakati . pitirizani seweroli kwa mphindi zina zisanu.*

KUUNIKILANSO CHOCHITIKACHO

Tikhatha kusewera seweroli , fotokozani , mu sewero lathuli , kamkanda kamene timapasirana kaja kamaimilira gelemusi (kachirombo komwe kamayambitsa matenda). Ma gelemusi ndi tizilombon tomwe tili tating'ono kwambiri- tochepetsa kuposa msabwe ndi tizouluka kapena nyongolosi zosaoneka ndi maso zija. Sitingathe kutiona ndi maso , koma zikhoza kulowa mnthupi mwathu ndikutipangista kuti tizidwala. Ndipo chifukwa choti ndi zazing'ono , zikhodza kumasamuka kuchokera thupi lina kupita la wina mophweka opanda ife kudziwa kuti zili choncho.

Ma gelemusi akhodza kupelekedwa pamene tikugundana wina ndi mzake.

- Kodi ndi kangati komwe mwagwirana ndi ena tsiku lonse la lero? Mkutheke kuti ndi dzanja lawo , mapazi awo , kapena chiwalo chawo china chilichonse chomwe chili ndi matenda).
 - Kugwirana chanza.
 - Kukhumbatirana.
 - Kusewera ndi mwana.

Ma gelemusi amafalikilanso pamene tagwirana china chake chomwe wina wake wa ma gelemusi wachigwira-mwa chisanzo ndalama.

- Kodi ndi kangati komwe mwagwira china chake chomwe wina wakenso wachigwira?.
 - Kukonza chakudya.
 - Kumwera kapu imodzi.
 - Kugona pa bedi imodzi.

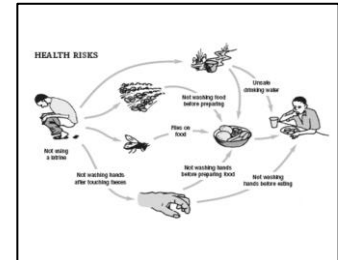
Mmene mukuoneramu , tsiku lonse lamthunthu timakhala tikufalitsa matenda kwa wina ndi mzake . nthawi zonse , nyama ndi zouluka zikhodzanso kutifalitsira ma gelemusi. Tatiyeni tione mwapaderadera mmene magelemusi amafalikila motizungulira ndikumapangisa kudwala.

MMENE MA GELEMUSI AMATIYAMBITSIRA KUDWALA

KUKAMBILANA KWA MMAGULU AKULUAKULU

MALANGIZO A MPHUNZITSI: Onetsani **ZITHUNZI:** Kodi matenda amafalikila bwanji! Onetsetsani kuti kalasi imvetsetse njira zonsezi zomwe magelemusi amalowera mu chakudya chathu.

Chithunzi ichi chikuonetsa njira zisanu ndi ziwiri zomwe ma gelemusi amalowera mmatupi mwathu ndikutipangitsa kudwala.



1. **Kusagwiritsa ntchito chimbudzi**-Lozani munthu amene waweramila kumanzere. Fotokozani kuti zitosi ndi ndowe za nyama zimakhala zozadza ndi tiilombo toyambitsa matenda totchedwa “ bacteria”. Kuzithandiza tokha panja kumapangitsa kufala ma gelemusi kuti aziterapo , pamadzi , komanso mmanja mwathu , ,mapazi athu ndinso matupi onse. Zoululuka zimatera pa ndowezo kenako kunyamula ma gelemusi kuzaika pa zakudya zathu.
2. **Osasamba mmanja mukagwira zonyansa**- lozani dzanja limene lili pansu ndikuonetsa manja athu akukonza chakudya ndipo timawagwiritsanso ntchito kudyera. Fotokozani kuti pamene tikugwira ntchito mma minda kapena ndi nyama , sewerani kunya , kusamalira mwanayo kumsi kwawo , kapena kupita ku bafa , tikhodza kugwira zitosi zanyamazo (ngati sitikutha kuziona) komanso , ngati sitichapa mmanja , timafalitsa ma gelemusi kwina kulikonse komwe tipita.
3. **Osasamba mmanja pokonza zakudya**-Lozani dzanjalo ndi mbale momwe muli zakudya. Fotokozani kuti ma gelemusi amasamusidwa kupita mu chakudya chomwe tikukonzera banja lathu.
5. **Zouluka pa chakudya**- lozani chilombo chouluka kenako mbale ya chakudya . fotokozani mmene zilombo zouluka ndi ma gelemusi zimaonongela zakudya zomwe zimaterapo.
6. **Kusatsuka zakudya ndi madzi oyera bwino tisanakonze zakudya**. Lozani madzi akuda , onyansa kenako mbale ya madzi. Fotokozani kuti madzi onyansa amanyamulanso ma gelemusi
7. **Madzi akumwa omwe ndiopanda ukhondo**- lozani madzi amene siaukhondo omwe akuoneka pamwamba , kenako onetsani munthu amene akumwa madzi. Fotokozani kuti madzi omwe siaukhondo ndi chinthu china mwa zinthu zomwe zimafalitsa ma gelemusi ndi matenda.
8. **Kusasamba mmanja mukafuna kudya**- lozani manja kenako munthu amene akudya ndi kumwa . fotokozani kuti ichi ndi chitetezo chomaliza kuti madzi angaononge chakudya chathu ndikutipangitsa kudwala.

MALANGIZO A MPHUNZITSI: Take time to review the seven points until the class have memorised them. Then divide the class into pairs and randomly point at each set of pairs. Explain to the class we are looking for the pair who has best memorized the list. When you point at each pair you want them to call out the next point on the list. If they cannot, they will be eliminated. Keep going until you only have one pair remaining.

KUKAMBILANA KWA MMAGULU AKULUAKULU

- Kodi ndi ziti mwa mavuto awa omwe amachitikachitika mu dera lathu?.
- Kodi ndi ziti zomwe sizimachitika kawirikawiri?.
- Kodi ndi zinthu ziti zomwe mukuganiza ngati tingachite kuti tichepetse kufalikila kwa ma gelemusi?.
- Ndi ndani amene akukumbukila njira zina zakapewedwe zomwe tinakambirana mu phunziro lathu lomwe latha lija? Kodi zingatithandize bwanji kuti tisafalitse tizilombo tomwe timapeleka matendati?.

Ndi chofunika kuonetsetsa kuti tikunvetsetsa kuti matenda amayambitsidwa ndi ma gelemusi.

KAGWIRITSIDWE KA NTCHITO

KAMBILANA KWA MMAGULU ANG'ONO ANG'ONO

- Kodi ndi chinthu chimodzi chiti chomwe tonsefe tikhoza kuchita ku dera lathu kuti tithandize kupewa matenda , ndi kuti matenda asafalikile mdera lathulo?.

KUUNIKIRA PA MUNTHU NDI MUNTHU.

- Kodi ndi chani chomwe inu panokha mukhoza kuchita kuti muchepetse ndi kuimika kufalikila kwa matenda mmanja mwanu?.
- Kodi ndi ndani amene mungagawane naye zimenezo sabata ino?.

PHUNZIRO LALING'ONO: MAKOMO NDI MATUPI AUKHONDO

Ziganizo Zenizeni

Tikuyenera kukhala mmakomo mwathu ndi matupi athu mwa aukhondo kuti matenda asafalikile pa miyoyo yathu.

ZIPANGIZO

- Miyala 20 yaing'ono , masamba kapena chipangizo china chilichonse chimene mukhodza kuchibisa. .
- Chithunzi : Kodi mungapange bwanji msampha wa ntchetchi.

CHIYAMBI

KUKAMBIRANA KWA MMAGULU AKULUAKULU- KUUNIKIRANSO

- Kodi mukukumbukira kuhokera ku phunziro lina lija kuti kodi gelemusi ndi chani?.
- Kodi mukukumbukira kuti ndi njira zina ziti zomwe tinaphunzira kuti ma gelemusi amadusila?.

KUKAMBIRANA KWA MMAGULU AKULUAKULU (MUKAFUNA)

Malangizo kwa Mphunzitsi : Wina aliyense asanafike kuzaphunzira , bisani tizinthu tating'no kwambiri (ngati miyala) kuzungulira chipinda chonse, ndipo muwafotokozere ophunzira onse.

Sabata yatha tinasewera “ kupasilana gelemusi” , imene tinagwiritsa ntchito pebulo. Ndipo sabata ino kuli ma gelemusi “ amene abisala pena paliponse mchipindamu . chonde afufuzeni-ndi ma gelemusi angono ofanana ndi awa (gwirani chitsanzo chimodzi cha ma gelemusi amene mwabisa aja).iye amene angapeze tambiriyo ndi amene wapambana! Apatseni ophunzirawo mpata oti afufuze bwinobwino timikandato- Kenako aitaneni ndikuwafunsa kuti apeza zingati!.

Monga mmene timikandato tingathe kubisilira mkati mwa nyumba mwathu ,lero tiyesera kuchotsa ma virus amene alipo mnyumba mwathu , kuti asadwalitsenso munthu wina aliyense mnyumba mwathu.

Tikhale ndi ukhondo mmanyumba mwathu

KUKAMBIRANA KWA MMAGULU ANG'ONO.

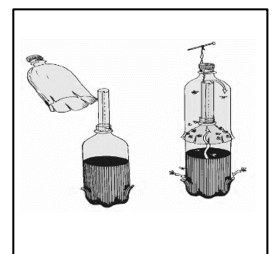
- Kodi ndi chifukwa chiyani chomwe tikuyenera kusamalira makomo mwathu?.
- Kodi ndi zinthu ziti zomwe banja lanu limachita kuti pakhomo panu pakhale pa ukhondo?.

PELEKANI LIPOTI- Funsani anthu awiri kapena atatu kuti munve za momwe akuzionera zinthu ndi mayankho awo.

Malangizo kwa Mphunzitsi: pamene mukuzungulira mu zitsanzo izi , tayasani kujambula chithunzi kapena chizindikilo ndikuyesesa kuonetsera chidutswa chilichonse pa pepala. (mukhodzanso kufunsa wina aliyense mu gululi kuti akhale wasewero ngati zili zofunika.

Izi ndi njira zingapo zocheza zomwe tingasamalire mmakomo mwathu ndikukhala opanda tizilombo.

1. **Osalavulira pa simenti:** Musalavulire pa malo amene ana amakonda kusewerapo. Malovu athu amafalitsa matenda.
 - Kodi pali wina amene angaonetsere mmene timatsokomolera?.
 - *Muwaziwitse kuti angapewe bwanji kutsokomolera kumene kuli anthu ndi kubisa pakamwa potero.*
2. **Zofunda ndi zogonera zonse zikhale zaukhondo.**
 - Kodi ndi njira ziti zomwe mumadziwa zosamalira zofunda ndi zogonera?.
 - *Yanikani zofunda zanu padzuwa kawirikawiri.*
 - *Ngati pali msikizi , chapani zofundazo ndi madzi otentha.*
 - *Muthile mankhwala banja lonsekawiri kawiri. Chifukwa msabwe ndi zouluka zina ndi zina zimanyamula matenda ochuluka.*
3. **Onetsetsani kuti zimbudzi ndi zokongola.** Musagwilitse ntchito thengo kukhala chimbudzi chanu. Mangani chimbudzi kuti wina aliyense akhale ndi malo amodzi opita. Tsekani pa khomo la chimbudzi kupewa ntchetchi.
4. **Mupukute pa simenti , makoma onse , komanso zipangizo za mnyumba mwanu.** Mnyumba mumada pafupi pafupi , ndiye mukuyenera kumasamalidwa mowilikizanso.
5. **Mukuyenera kusamilira potaya zinyalala.**
 - Kodi mumataya motani zinyalala mdera lino?.
 - Kodi ndi njira zina ziti zomwe tingakonzere kapena kuonjezera?.
 - *Vunditsani komanso kuotcha zonse zomwe mungathe. Nyansi zina zimene sizofunika kuvunditsa , kugwiritsanso ntchito kapena kuotcha , zimenezo mungoyenera kukazitaya kudzala.*
 - Kutu mukumbe dzenje labwino , pali zithu zingapo zimene mukuyenera kukumbukila kuti muchite bwino.
 1. Maenje akuyenera kukhala a saizi ya 2x2-3) , kuya 1 mita. Dzenje limeneli lizakhalitsa maka pa banja laling'ono kwa zaka zambiri.
 2. Mayenje akuyenera kukumbidwa ma mita 20 kutalikana ndi madzi komanso nyumba.
 3. Mayenje akumbidwe pakamtunda , kuti mukakumba pamusi madzi akabwera akhodza kuzazamo .
 4. Phimbani zinyalalazo kawirikawiri ndi dothi kupewa fungo ndi ntchetchi ndi zouluka zina ndi zina. Mangani mpanda kupewa kuti ana komanso ziweto zitha kugweramo.
6. **Zinyama ndi zoluma zouluka zikhale kunja:** Nyama zimanyamula msabwe , zouluka , ndi ma gelemusi omwe amabweretsa matenda:
 - Kodi ndi njira zina ziti zomwe tingachepetsere zinyama ndi zouluka mmanyumba mwathu?. (Onetsetsani kuti zonsezi muziunikile).
 - *Musalole kuti zinyama zilowe mnyumba mwanu kapenanso malo amene ananu amasewera:.*
 - *Sungani zinyama malo amene ali ndi mpanda.*
 - *Tsekani ming'alu yonse imene ili mkhoma komanso pa simenti , kuti mphenvu , msikizi komanso anamkalizi asabisalemo.*
 - *Mwachangu chotsani zonse zoonongela nyama pafupi ndi nyumba yanu.*
 - Kodi pali wina amene amadziwa kuthana ndi tizilombo touluka uluka?.
(Kuunikiranso : **ZITHUNZI** : Kodi tingapange bwanji chokorela zilombo zouluka



TIYENI TISAMALE MATUPI ATHU

KUKAMBIRANA KWA MMAGULU ANG'ONOANG'ONO

Tikuyeneranso kusamalira matupi athu:

- Kodi ndi malangizo ena ati amene munamva osamalira matupi athu?.

KUPELEKA LIPOTI- Unikirani zomwe zili mmusizi ndikuona Madera omwe munasemphana nawo.

1. **KUSAMBA** – Tikuyenera kusamba kosachepera katatu pa sabata ndi sopo ndi kamsalu konyowa , makamaka pamene kukutentha. Sambani mukamaliza kugwira ntchito yolemetsa , kapena kugwila matope kapena kutulutsa thukuta. Izi ndi zofunikilanso kwa iwo amene akudwala , ana akhanda , kuchapa kawirikawiri kumachotsa ma gelemusi komanso kumathandiza kupewa matenda a pa khungu ndi ziwengo . gwiritsani ntchito ka msalu kosiyana posambitsa ana osiyananso kupewa kugawa matenda pakati pa anawo.
2. **KUTSUKA MMANO** – Mano athu akuyenera kusamalidwa kawiri kapena katatu makamaka pamene mwatha kudya zakudya zosekemera . yambani kutsuka mano a ana anu mmene akuonekera ndipo aphunzitseni kuti azisamala mano awo akayamba sukulu. Gwiritsani ntchito kologeti. Chapani mofatsa mbali zonse kwa mphindi zingapo nthawi zonse.
3. **Tetezani mapazi anu-** ndikwabwino kuvala nsapato , makamaka pamene mukupita ku chimbudzi kapena kudzala ndi mmalo mmene tizilombo timapezeka kawirikawiri. Tizilomboti timalowera mmabala ndi tizilonda tapakhungu lanu.
4. **Chapani zovala-** zovala zathu zimafunika kuchapidwa kawirikawiri. Kuumitsa padzuwa pachingwe kapena pa tchire(kusiyanyitsa ndi pa fumbi pa dothi. Izi zimathandiza kuti zovalazo zisakwere anamkalizi , zoluma , mphenvu ndi msikizi.

DERA LATHU

Malangizo kwa Mphunzitsi : Onani zojambula mu ndime imeneyi , samalani mmakomo mwanu . Funsani gulu kuti liike milu itatu kutengera mmene zinthuzi zimapezekera kapena kusowa mdera lanu- zopezeka ,pakatindipakati , kusowa.

Kwa izo zomwe ndi zosowa , yankhani mafunso awa: -

- Kodi ndi njira zANJI ziti zomwe mungathe kukwezera khalidwe limeneli mdera lanu?.
- Kodi ndi zotchinga ziti zomwe zikupangitsa kuti izi zisamachitike?.
- Kodi pali china chomwe mungachite kuti mugonjetse zotchinga zimenezi?.

KAGWIRITSIDWE KA NTCHITO

NDI MZANU

Taganizilani za banja lanu lomwe:-

- Kodi ndi zinthu ziti mwa zimenezi zomwe mumapanga ndi kale kuti mukhale ndi nyumba yaukhondo?.
- Kodi ndi zinthu ziti zomwe mukhodza kuzikweza kapena kuonjezera?.

LIPOTI LAKE– Limbikitsani munthu wina aliyense kuti azipereke kuchitapo ka ntchito kena kake kamene kangathe kuthandiza kuti anthu akhale ndi makomo aukondo.

PHUNZIRO LALING'ONO: KUSAMBA MMANJA

Mfundo zeni zeni

Kusamba mmanja mwathu kumaletsa tizilombo ndi ma gelemusi kuti asafalikile.

ZIPANGIZO ZOFUNIKIRA

- Zithunzi zothandizira.chithunzi cha Mpondagiya.
- Zithunzi : Kakonzedwe ka Mpondagiya wanu

CHIYAMBI

KUKAMBILANA KWA MMAGULU AKUKUKAMBILANA KWA MMAGULU AKULUAKULU– KUUNIKILA

Komaliza tinakambilana za kusamala makomo athu kuti tipewe matenda omwe amatiyambitsa kudwala. Wina aliyense amene analipo anasankha chinachake chomwe angapange kusamali mmakomo mwathu kuti tipewe matenda manyumba mwathu. Wina aliyense amene wasankha chimene angachigwiritse ntchito mu sabata imeneyo.

Kumbukikirani KUTI , tikuyenera kupitirila kuchita chikhalidwe cha umoyo wathanzi kuti tione zotsatira zabwino. Sitingabweretse kusintha mu tsabata imodzi. Ndiye pitirizani kupanga ntchito yabwino panyumba panupo , ngakhale kuti nthawi zina zimakhala zovuta!.

Mu phunziro ili , tikhala tikuona za mmene tingasamalire mmanja mwathu . wina aliyense tayang'anani mdzanja lanu. Kodi ndi mmanja mwa ukhondo?.

Nthawi zambiri tikayang'ana mmanja mwathu , amaoneka kuti ali aukhondo. Komabe monga mmene tinaphunzirila mu phunziro lathu langotha lija , kuti mmanja mwathu mukhodza kukhala mooneka moyera koma muli ma gelemusi ang'ono ang'ono omwe maso athu sangakwanitse kuona. Ma gelemusi angathe kulowa mmanja mwathu kenako kulowa nthupi mwathu mkutipangisa kudwala. Chifukwa timagwira zinthu zochuluka pa moyo wathu , ma gelemusi akhodza kulowa mmanja mwathu ndipo kuchokera pamene amalowa mkamwa mwathu , kenako mphuno mwathunso , mmaso ndikufalikilanso kwa anthu ena. Ndichifukwa chake kusamba mmanja mwathu ndikofunikira tikafuna kuti tipewe matenda. Komabe , anthu ambiri samasamba mmanja bwinobwino . ndiye tiyeni tuunikile kuti ndi nthawi yangi ndipo pati pamene timayenera kusamba mmanja.

KUSAMBA MMANJA KWABWINO

KUKAMBIRANA KWA MMAGULU AKULUAKULU

Izi ndi mfundo zisanu zomwe mungaonetsetse kuti mmanja mwanu muli mwaukhondo mukasamba mmanjamo.

1. Sambani mmanja mwanu ndi sopo. Kusamba mmanja mosamala kumachotsa ma gelemusi oopsa. Ndi madzi okha sizingatheke kuchotsa ma gelemusi onse ayi. Ngati palibepo sopo . ndiye kuti mutha kugwiritsa ntchito phulusa kapena mathovu a masamba a mitengo.
2. Khulani mmanja kwa mphindi makumi awiri musanasukuluze mmanamo kuti muwaoonetse za mmene mumachapira mmanja moyenera.
3. Tsukani pakati pa dzalazo ndi pansu pa zikhadabo , chifukwa ndi mmalo mmene ma gelemusi ambiri amabisala.
4. Thirani madzi otentha mmanja kuti musambe bwinobwino. Musasambe mmanja ndikusukuluza ndi mmadzi omwewo a sopo amene munasambila mmanjawo ayi.
5. Sambani mmanja pa malo amene ali kutali ndi zakudya kapena pamene akuphikira kapena podyera.

KODI MUKUYENERA KUSAMBA MMANJA NTHAWI YANJI

KUKAMBILANA KWA MMAGULU AKULUAKULU

Lamulo lokhudzana ndi kusamba mmanja ndi ili , nthawi ina iliyonse yomwe mukunva ngati mwagwira ntchito yopatsa ma gelemusi , mukuyenera kusamba mmanja musanayambenso kuchita chinthu china chatsopano.

”ntchito zimene zili ndi ma gelemusi ndi zimene zimatipangitsa kuti titenge ma gelemusi kulowa nthupi mwathu ndikuyamba kudwala komanso kupangitsa anthu ena kukhala ndi matenda.

- Alipo amene angatchule zina mwa ntchito zomwe zimakhala ndi ma gelemusi kuti tithe kunga ma gelemusiwo nthupi mwathu?.
 - *Ntchito zonse zobweretsa ukhondo pa malo , maka ngati mukusesa kapena kukolopa ku chimbudzi.*
 - *Kugwira ndowe za nyama , kapena manyi a ana kapena ngati mumazisamaliranso nokha- manyi kapena ndowe zina zilizonse zimabweretsa ma gelemusi.*
 - *Kuchokera ku chimbudzi.*
 - *Mwatha kugwira nyama yosaphika , nkhuu , kapena madzila.*
 - *Munali kumunda.*
 - *Kuchotsa zinyalala.*
 - *Kusamalira odwala.*
 - *Kutsokomola , kulavula kapena kutokosa mphuno kapena nkhuu- zonse zotula nthupimu zitha kukhala zobweretsa ma gelemusi.*
 - *Kugwira zilombo zouluka , ndi nyama zina ndi zina.*

Tikuyenera nthawi zonse kusamba mmanja tikatha kugwira zintchito zimenezi. Palinso nthawi zina zitatatu zomwe tikuyenera kusamba mmanja tikamaliza kuzigwira. Nthawi zimenezi , ma gelemusi akhodza kutigwira ndi kulowa mmatupi mwathu kudzera pakamwa.

- Kodi mukuganiza ngati zintchito zimenezi ndi ziti?.
 1. *Musanaphike kapena kukonza chakudya.*
 2. *Musanadye chakudya.*
 3. *Musanadyetse mwana.*

KENAKO , TIYENI TIWERENGECO NKHANI YOTSATIRAYI , NDIKUKAMBIRANA MAFUNSO AKEWA:.

Rute amadziwa kuti ndi zofunikira kusamba mmanja ngati akuchokera ku chimbudzi , kapena asanakonze kapena kuphika chakudya , komabe amakhala ndi vuto loti achite chinthu chimenechi. Nthawi zina madzi amamuthera ndipo amakhala alibe madzi okwanira pamene akufunikira. Nthawi zina , sopo amakhala wasowa ndipo sakuoneka. Nthawi zina , akatuluka mchimbudzi amatha kungopita kuiwala kusamba mmanja . ngakhale amafuna kuti azisamba mmanja koma pena amalephela kukumbukira kuti asambe mmanjamo.

- Kodi ndi chani chomwe chimapangitsa rute kuti kukhale kovuta kuti asambe mmanja?.
- Kodi muli ndi ziganizo zANJI zomwe mungamuthandize nazo rute kuti azisamba mmanja?.

KUKAMBILANA KWA MMAGULU ANG’ONO ANG’ONO

- Kodi athu amakonda kusamba mmanja mbanja lanu?. Mu dera lanu?. Chifukwa chani kapena ayi?.
- Kodi pali zotchinga zANJI zomwe anthu amakumana nazo mu dera lanu kuti asambe mmanja?.
- Kodi tingasgwiritse bwanji ntchito ziganizo zomwe zili mu chisanzo cha rute ku dera lathu?.
- Kodi tingalimbikitse bwanji ana ang’ono kuti nthawi zonse azisamba mmanja akatha kugwiritsa ntchito chimbudzi komanso asanadye?.

PEREKANI LIPOTI

PANGANI KUSAMBA MMANJA KUKHALE KOPHWEKA NDI TAPU YOSAMBILA MMANJA

KUKAMBILANA KWA MMAGULU AKULUAKULU

Ngati tingamasambe mmanja(ndi nkhope komanso mapazi)nthawi zonse , tikuyenera kuzichita izi mwachangu mmene tingathere. Pali njira ziwiri izi za mmene tingachitile zimenezo.

1. Pangani malo ochapilapo pafupi ndi dzenje.
2. Pangani chosambila mmanja pafupi ndi malo amene mumaphikila zakudya

Pali njira ziwiri zomwe tingazigwiritse ntchito kuti tigwiritse ntchito madzi ochepetsetsa kwambiri.

Sizikufunika kuti mukhale ndi madzi ambiri kuti mungosamba mmanja ayi. Choyamba mukuyenera kukhala ndi Mpondagiya. Mumagwiritsa ntchito chotsegulira madzi chongoponda ndikumasamba mmanja kuti musagwiritse ntchito madzi ochuluka kwambiri. Madzi amene akugwiritsidwa ntchito posamba mmanja akhodzanso kutengedwa ndikugwiritsa ntchito zina mwina kukolopela mnyumba ndikuchapila mzimbudzi kapena kuthirila maluwa apa khomo.

Malangizo kwa Mphunzitsi: Onetsani chithunzi cha Mpondagiya munthu akusamba mmanja (kapena konzani Mpondagiyawo tsiku la maphunziro lisanakwane kuti muzaonetse kalasi yanuyo).

- Kodi muli ndi chinthu ngati chimenechi pafupi ndi chimbudzi chanu?.
- Kodi phindu la Mpondagiyawo lingakhale motani kulekanitsa ndi madzi a m'beseni?.
- Kodi ndi zofunika kukhala ndi chinthu ngati chimenechi?.



CHOCHITIKA CHA MMAGULU AKULUAKULU (MSONKHANO OSATILA)

MALANGIZO KWA MPHUNZITSI :Ngati ophunzirawo ali ndi chidwi ndi Mpondagiyawo , konzani msonkhani wina omwe cholinga chake ndi kukonza mipope yangati imeneyi. Makamaka ngati muli mu dera lomwe muli ndi madzi ochepa , gwiritsani ntchito chithunzicho popanga izi : jambulani chithunzi chanu cha Mpondagiya ndi gululi. Onetsetsani kuti gululi likonzeretu ma pulani patsogolo kuti azabweretse zipangizo zofunikilazo kuti iwo apange Mpondagiya umenewu.



KAGWIRITSIDWE KA NTCHITO KAKE

KUKAMBILANA KWA MMAGULU ANG'ONO ANG'ONO

Kupatula kupanga mipopeyi , kodi ndi chinthu china chiti chomwe chingachitike sabata ino?. Kodi ndi chani chomwe chingapangitse izi kuvuta?. Kodi vutolo tingathane nalo bwanji?.

PHUNZIRO LALING'ONO: DERA LAUKHONDO

MFUNDO ZENIZENI

Pamene tizindikila chomwe chikuyambitsa matenda mdera lathu , tikhoza kusintha zinthu zina kuti tipewe matendawa.

Zipangizo – Palibe

CHIYAMBI

KUKAMBILANA KWA MMAGULU ANG'ONO ANG'ONO – KUUNIKILANSO

Mmagulu a anthu atatu kapena anayi , gawanani zomwe mwachita kuti mukhale ndi ukhondo mdera lanu ndikuonetsetsa kuti wina aliyense mbanja mwanu akusamba mmanja bwinobwino ndi moyenera nthawi zonse.

- Kodi zakhala zovuta kapena zophweka kupanga zimenezi?.
- Kodi pali zinthu zomwe munaganizila , koma sizinakwanilitsidwe?.

KUPELEKA LIPOTI-Apatseni a mmaguluwa mphindi zokwana khumi kuti akambirane , ndiye muwalole kuti anthu awiri kapena atatu akambilane ndikugawana mzeru ndi mfundo zawo zomwe zinatuluka mu gulu lawo lija.

KUKAMBILANA KWA MMAGULU AKULUAKULU

- Mmene lero timabwera pano , kodi pali wina amene anaona zinyalala pena paliponse mnjira?. Kodi wina aliyense anambako fungo lina lililonse lonyansa?. Kodi munadutsako dera lina lililonse pomwe pali maudzu osadula?.
- Kodi ndi udindo wa ndani kusamala ndi kutchetcha mmalo ngati amenewo?.

Lero tikambirana za mmene tingakhalire mmadera athu osamalika bwino. Chifukwa monga mmene mulili manyumba mwathu komanso manja athu ndi matupi athu. Dera lomwe ndi la ukhondo limakhala kutali ndi matenda kuti tonse tikhale ndi thanzi labwino. Musayembekezere wina aliyense kuti abwere ndikuzakupangilani , tikhoza kuchitapo kanthu pompopompo.

MMENE TINGASALAMALIRE MADERA ATHU

KUKAMBILANA KWA MMAGULU AKULUAKULU

MALANGIZO A MPHUNZITSI:Mayankho ena alembedwa kuti akambilanidwe. Awa ndi ena mwa mayankho abwino kwambiri. Cholinga ndi choti muthandize gulu kuganiza mavuto onse amene alipo ndi mmene tingawathetsere.

- Mu phunziro lathu la mbuyomo lija , tinaphunzira kuti zotaika ndi ndowe zanyama kapena manyi a munthu zikuyenera kuchotsedwa ndi kukonzedwa ndi kuti zikhale kutali ndi manyumba athu. Kodi chofunikila ndi chani?. Kodi ndi mavuto ati amene zinthu zimenezi zingayambitse?.
- *Ma gelemusi amayambitsa matenda.*
- *Zimakopa ntchetcha ndi tizilombo toluma tomwe timayambitsa matenda.*
- *Madzi amene aonongeka ndi zonyansa ndi ma gelemusi amayambitsa Kutsegula mmimba.*

Tsopano tatiyeni tione malo ena mdera lathu amene zinyalala , nyansi ndi manyi zimakhala.

Mmisewu

- Kodi ndi zifukwa zina ziti zomwe miseu yathu simakhala yooneka bwino?. Mukhodza kukhala ndi mayankho ambiri?.
- *Anthu amataya zinyalala.*
- *Zinyama zimayendamo ndikumasiya zitosi mmenemo.*
- *Anthu , ana amakonda kulavulira , kukoza , kapena kubibila mu msewumo.*
- *Ntchetcha ndi zouluka zina.*
- Kodi ndi chani chomwe chingachitike kuti Madera amenewa mukhale ukhondo mtsogolo?.
- *Samalani mmisewu.*
- *Phunzitsani dera lanu kuti miseu ikhale yaukhondo.*
- *Mangani zimbuza za mdera.*
- *Kukumba maenje otaila zinyalala.*
- *Konzani tsiku/ tengani nawo mbali pa tsiku losamala mmisewu pa mwezi wina uliwonse.*

Mmalo amene amakhala zithaphiwi

- Kodi ndi zinthu zina ziti zomwe zikupangitsa madzi kukhala osayera?. Kodi pali madzi okuda pamene amachokera mdera lanu?
 - Anthu amachita chimbudzi mmadzi.
 - *Zinyalala zimakokoloka kuchokera ku mapiri nthawi ya mvula.*
 - *Mmalo otunga madzi amakhala ndi michenga komanso madothi ndi zinyalala.*
- Kodi ndi chiyani chomwe chingachitike kuti tisamalire Madera amenewa?
 - *Samalani mmijigo ndi mmipope. .*
 - *Phunzitsani ma dera anu kuti akhale ndi maenje otaila zinyalala , ndikutinso asaononge madzi.*
 - *Kuteteza mmalo omwela onse.*
 - *Ziweto zizikhala mu khola ndikumadyetsera momwemo.*
 - *MMuchotse madzi amene angokhala malo amodzi ndi maudzu atali atali mmene udzudzu ndi tizilombo tina timadyera.*
 - *Konzani tsiku lapadera losamalira dera lanu pa mwezi kamodzi.*

Pa Sukulu

- Kodi malo anu a sukulu ali osamalika?. Ngati sichoncho , kodi ndi chani chomwe chinayenera kuchitika kuti titeteze ana athu kuti asadwale kapena kufalisa matenda pa sukulupo?
 - *Mangani chimbudzi pa sukulu.*
 - *Mangani zinthu zosambila mmanda pa sukulupa.*
 - *Tchetchani.*
 - *Umitsani madzi onse amene alipo ndi zinyalala zonse.*

Pa Chipatala Ngati pali chipatala pafupi).

- Kodi chipatalachi ndi chosamalika kunja ndi mkati?. Ngati sichoncho?. Kodi ndi chani chomwe chingathe kuchitika kuti pakhale pa ukhondo mtsogolomuno?
 - *Mukhale ndi tsiklu losamalila pa chipatalapo.*
 - *Tchetchani.*
 - *Chotsani madzi amene angokhala ngati msithapwi ndi zinyalala.*
 - *Chapani makoma , simenti , ndi malo ena ndi ena kunja ndi mkati momwe.*

KAGWIRITSIDWE KAKE NTCHITO

KAMBILANA KWA MMAGULU ANG'ONO ANG'ONO

- Pa zinthu zonse zimene zakambidwa lero , kodi ndi chani chomwe mukuganiza ngati ndi vuto lalikulu?.

PELEKANI LIPOTI- Aloleni magulu onse kuti agawane ziganizo zawo za mmadera awo amene akufunika kusamalidwa. Limbikitsaani gulu kuti lipange pulani kuti kodi ndi liti lomwe azachitepo kanthu ndi kusamala dera lanu. Athandizeni kuyang'ana pa chinthu chimodzi pa nthawi imodzinso ndikupanga pulani imene ikungoyenera kukwaniritsika basi.

PHUNZIRO LALING'ONO: CHIMBUDZI

Mfundo zenizeni

Wina aliynse kuphatikiza Everyone including children need to use latrines to prevent the spread of sickness.

Zipangizo

- Chithunzi : Mitundu itau ya zimbudzi (positala)ma positala awiri amene ali ndi mitundu iwiri ya chimbudzi pa tsamba imodzi).

CHIYAMBI

KUKAMBILANA KWA MMAGULU AKULUAKULU

- Kodi anthu amagwiritsa ntchito zimbudzi mdera lanu?. Kodi ndi angati amene samagwiritsa ntchito?.
- Kodi ndi chifukwa chiyani anthu samagwiritsa ntchito zimbudzi?.
- Kodi ndi mabanja angati amene ali ndi zimbudzi?.
- Kodi ndi zifukwa ziti zimene ndi ubwino wakugwiritsa ntchito chimbudzi?. Kodi mukukumbukila zomwe munaphunzira mu phunziro langotha lija?
 - Kupewa matenda ndi ma gelemusi kutha atha kufalikila.
 - Kuti dera lanu likhale la ukhondo- cholinga choti anthu asamakaipitse mmadzi kapena mu msewu.
 - Kukhala ndi manyumba amene ali ndi aukhondo.

MITUNDU INAYI YA ZIMBUDZI

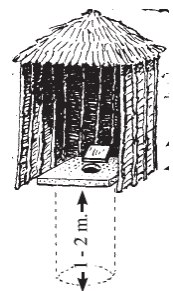
KUKAMBILANA KWA MMAGULU AKULUAKULU

MALANGIZO A MPHUNZITSI: Onetsani **zithunzi** : mitundu inayi ya zimbudzi monga mmene munafotokozera muja. Ngati inu kapena mpingo ukufuna kuphunzira zambiri zokhudzana ndi zimbudzi zimenezi , funsani amene amakuphunzitsani wamkulu uja kuti akutsogolereni za mmene mungamangile chimbudzi chimenechi.

Pali mitundu yosiyanasiyana ya zimbuzi.

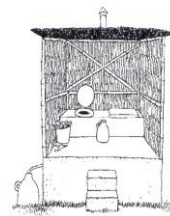
MTUNDU OYAMBA: Chimbudzi chotseka kapena kuphimba

- Ilmakhala ndi pokwera ndipo bowo lake limakhala ndi chovinikila (chimene chimathandiza kuti ntchetcha zisalowe komanso pasamatuluke fungo ayi).
- Pokwerapo patha kukhala pa matabwa , komkileti , kapena chidukwa.
- Chikangodzadza , mukuyenera kumanga chimbudzi china(koma muthanso kugwiritsa ntchito pa dzenje paja kudzalapo mtengo.



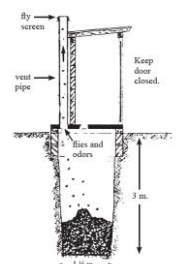
MTUNDU WACHIWIRI: CHIMBUDZI CHOMWE CHIMATAYA MIKOZO KUNJA

- Chimamangidwa pamwamba.
- Magawo awiri amene amalekanitsa mikozi ndi chimbuzi.
- Imakhala bwino kudera komwe sikumakhala madzi osefukila.



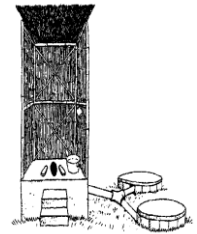
MTUNDU 3: ZIMBUDZI ZOKHALA NDI POTULUKILA MPWEYA

- Amakhala ndi paipi imene imanyamula fungo komanso ntchetcha.
- Chifukwa mkati mwake mumakhala mdima , zouluka zomwe zimatsatira kuwala ndimakodwa ndi kufera momwemo.
- Mkati mwake mukuyenera kukhala mdima ndithu kuti zouluka zithe zonse.



MTUNDU WA CHI 4: CHIMBUDZI CHOCHITA KUTHIRA MADZI

- Amakhala ndi dzenje lomwe ndilophomedwa lomwe limasunga madzi lokuya ma mita 1-2.
- Zabwino kumalo kumene anthu amagwiritsa ntchito madzi kusamalira zimbudzi zawo.
- Chabwino pamene anthu amagwiritsa ntchito kusamalira kapena kufulashila zoipa.



KUSAMALA ZIMBUDZI

KUKAMBILANA KWA MMAGULU AKULUAKULU

- kodi ndi njira zina ziti zomwe mungasamalire zimbudzi zanu?
 - *Samani zimbudzi zanu , chapani simenti wa mkati kawirikawiri.*
 - *Onetsetsani kuti bowo la mchimbudzi lili laukhondo komanso mwavinikila , chotsekera chophweka ndi cha thabwa.*
 - *Thiraniko laimu , fumbi , kapena phulusa pa bowo lanu pamene mwagwiritsa ntchito kupewa kuti pasakhale fungo komanso zouluka zisachulukepo.*
 - *Valani msapato mnthawi zonse zomwe mukugwiritsa ntchito chimbudzi.*



Kuti mukhale bwino, zimbudzi zonse zikuyenera kumangidwa ma mita 20 patali ndi nyumba kapenso chitsime cha madzi. onetsetsani kuti zimbudzi zitalikane ndi madzi amene anthu amamwa.

ANA NDI ZIMBUDZI

KUKAMBILANA KWA MMAGULU ANG'ONO ANG'ONO

- **WINA ALIYENSE AKUYENERA KUGWIRITSA NTCHITO CHIMBUDZI:**koma kawirikawiri ana ambiri samalowa mchimbudzi. Kodi ndi chani chomwe chimawavuta ana chotere?
 - *Samatha kutsegula chitseko pa okha.*
 - *Mantha ndi mdima komanso amaopa kugwera mzenje.*
 - *Samakonda fungo.*
 - *Sangafikemo mwachangu.*
- Kodi ndi kofunikila motani kuti anaso azigwiritsa ntchito chimbudzi?
 - *Kuti akhale ndi chikhalidwe chabwino.*
 - *Kusunga malo athu kukhala aukhondo ndikuti tizilombo tomwe timayambitsa matenda tisafalikile paliponse.*
- Kodi ana amaphunzira bwanji kagwiritsidwe ntchito ka chimbudzi?. Kodi tingawalimbikitse bwanji ana kuti azigwiritsa ntchito chimbudzi?.

PELEKANI LIPOTI

KUKAMBILANA KWA MMAGULU AKULUAKULU

Njira imodzi yomwe tingathandizile ana athu ndikuonetsetsa kuti mmanyumba mwathu muli ukhondo ndi kumanga chimbudzi cha ana pafupi ndi nyumba yanu.

- Kumbani kadzenje kakafupi , kokuya ma mita 5.
- Phimbani ndikuika bowo pamwamba pakepo,(chotchingacho mukhodza kuchipanga ndi simenti kapena matope kapenanso timitengo.
- Ana sakusowekera makoma.
- Alimbikitseni ana kuti azigwiritsa ntchito chimenechi ndipo akamaliza azibwezeretsa chotsekeracho kuti pasakhale fungo ndi zouluka.
- Ikani phulusa kapena dothi pafupipafupi kuti pasakhale fungo.

- Sunthani ndikukumba pena mukaona kuti chimbudzi cha anacho chadzadza. (Pa dzenje lomwe mwakwiriralo mukhodza kuzalapo mtengo).

Kagwiritsidwe ka ntchito

KUKAMBILANA KWA MMAGULU ANG'ONO ANG'ONO

- Kodi panyumba panu pali chimbudzi?. Ngati ndi choncho , ndi cha mtundu wANJI?. Ngati palibe , kodi ndi cha mtundu wANJI chomwe mungamange?. Kodi ndi zipangizo zANJI zomwe zikufunika?.
- Kodi ndi zifukwa ziti zomwe anthu ena mu dera lanu sakonda kugwiritsa ntchito chimbudzi?. Kodi mungawathandize bwanji kuti ayambepo mchitidwe umenewu?.
- Kodi ndi chinthu chiti chomodzi chomwe mwaphunzira lero chomwe mukaphunzitse anthu ena sabata ino?

PHUNZIRO LALING'ONO : MADZI ABWINO

Mfundo zenizeni

Madzi aukhondo sizitanthauza kuti madzi osefedwa , tikuyenera kuyeretsa komanso kuteteza madzi athu kuti akhale abwino kugwiritsa ntchito.

Zipangizo

- Zithunzi: Njira zinayi zosamalira madzi(ma positala awiri akhalepo awiri pa pegi).
- Zithunzi: Kodi mungagwiritse bwanji ntchito mankhwala osamalira madzi kuti musefere madzi anu.
- Zipangizo zina:
 - Makapu awiri a madzi akumwa(tambula yosamalika bwino ndi imene ikufunika).
 - Ma supuni awiri a mchere.
 - Madzi abwino kuti mugwiritse ntchito ngati chionetsero cha kuika mankhwala mmadzimo.
 - Pepala yoonekera bwino , ma lita 1 -2 yogwiritsa ntchito ngati chionetsero. Ngati mkotheke , limbikitsani gulu kuti libweretse mabotolo awo osamala bwino.

CHIYAMBI – MADZI AMENE AKUONEKA KUYERA SAMAKHALA AUKHONDO NTHAWI ZONSE

CHOCHITIKA MMAGULU AKULUAKULU

MALANGIZO A MPHUNZITSI: Ikani madzi mmatambula aja- ina yokhala ndi mchere osungunuka mkati mwakemo ndipo inayo yopanda mchere. Ikani pa tebulo kuti muonetse wina aliyense. Musauze wina aliyense kuti ina mwa matambulawo ili ndi mchere mkati mwake.

Ndili ndi makapu awiri a madzi ooneka oyera bwino apa!.

- Kodi madzi a mmatambula awiriwa ndi ofanana kapena ayi?.
- Kodi madziwa ndi aukhondo kuti mukhodza kumwa bwinobwino.

Tipeze anthu awiri ozipelekea kuti atenge tambula ndikumwa?. (limbikitsani anthuwa kuti amwe ndithu ndipo tifunse anthu amene akuonerelawo kuti ayang'ane nkhope zawo anthu akumwawo).

- Kodi madzi amene anali mmatambulamu ofanana?.
 - Ayi. Tambula imodzi ili ndi mchere mkati mwake koma mmaso imaoneka yofanana.

Si madzi onse amene ali ooneka oyera amene ali aukhondo! Koma amakhalabe ndi ma gelemusi mkati mwakemo amene simungawaone(monga mmene anachitila ndi mchere omwe unali mmadzimu). Madzi amene ali oonongeka amayambitsa Kutsegula mmimba ndi matenda ena ambiri.

MADZI OYERA NDI AUKHONDO

KUKAMBILANA KWA MMAGULU AKULUAKULU

- Kodi madzi athu timawatenga kuti?.
- Ndi zotheka kuti Sali ndi ukhondo , kodi ndi chani chomwe chapangitsa kuti akhale opanda ukhondo?. Lolani gulu lipeleke ziganizo zawo. (ngati china mwa izi sichinatchulidwe mkati mwa gulumu , tangodzitchulani}.
 - *Dzinyama zimayandikila ndikusiya zitosi zake.*
 - *Anthu amazithandiza pafupi ndi madzi.*
 - *Zouluka zimaswana pamenepo.*
 - *Ndiokuda , ali ndi zinyalala.*
 - *Muli nyamsi mmadzimo.*
 - *Muli zotsalira za feteleza.*
 - *Muli thovu la sopo.*

Ndi zovuta kuti tidziwe kuti madzi athu ndi aukhondo chifukwa zinthu zambiri zomwe zimapangitsa madziwo kukhala oipa sizioneka . ngati sitikutsimikiza , tikuyenera kuwayeretsa madziwa tisanamwe.

Koyamba , yeretsani madzi kuchotsa zonse zoipa zomwe zikuonekeratu . pali njira ziwiri zoziwika bwino ndithu.

1. Mulore madzi amene ali ndi matope akhadzikike kwa tsiku limodzi ndiye kenako kukhuthule madzi amene ali oyera bwinowo mu pelo imene ndi yosamalika bwino. Mukhodza kubwereza chinthu chimenechi kachikena kwa tsiku lina limodzi mutatha zimenezi.
2. Sefani madziwo kudzera pa chimsalu chomwe ndi choyera ndi cha ukhondo ndithu.

Izi zipangitsa madziwa kuoneka oyera koma , sanafikebe pokhala aukondo kuti mukhodza kugwiritsa ntchito.

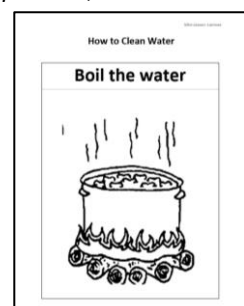
Izi ndi njira zinayi zomwe mungasamalire madzi. Izi ndi zina mwa izo zomwe mungagwiritse ntchito kusamala madzi, koma ndi njira zomwe zili zopweka kwambiri mwa njira zonse.

MALANGIZO A MPHUNZITSI: onetsani **ZITHUNZI**: Kodi tingasamale bwanji madzi (4) mapositala, mukaona

1. **Phitsani madzi :** Onetsetsani kuti mudikile mpakana madzi abwate ndiye kenako mupitilile kuwiritse kwa mphindi zina 10. Kenako vinikilani madzi anu kuti afike pozizila kuti mungathe kumwa.

- Ndikufunika kapena kuipa kotani komwe kulipo pa njira imeneyi?.
 - *Kufunika kwake- ndi yopwekha kuchita , ili ndi zofunika zonse kuti zikhalepo.*
 - *Kuipa kwake- imapangitsa nyumba kukhala yotentha kwambiri , mukuyenera kulipila mafuta kuti ndi makala kuti muwiritse madziwo.*

2. **Kuika mankhwala:** Tikhodza kuika kololini kuti tiyeretse ndi kusamaliranso madziwo , koma tikuyenera kukhala osamalitsa kuika mulingo oyenerela , ngati mwaika ochepa , ma gelemusi sangafe , komanso tikaika ambiri ndiye kuti anthu amene akumwawo akhodza kudwala nawo madziwo , komanso azimva kuti madziwo sakukoma. Kuika mankhwala mmadzi mwina tikhodza kuwawuka nawo

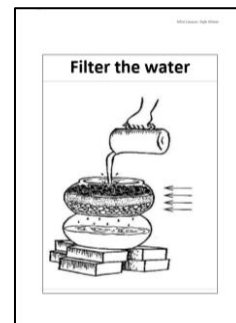


mankhwalawo akagwera pa thupi lathu. Madzi otere samakhala abwino kwambiri pakumwa , koma amakhala bwino kusamba mmanja , kutsukila masamba komanso mbale.

- Kodi pali wina amene anayetsapo njira imeneyi?.
- Kodi kufunika kwake ndi kotani komanso kuipa kwake ndi kotani?.
- *Kufunika kwake , - ndiyophweka komanso yofunikila.*
- *Kuipa kwa njirayi- Kakomedwe kake , ndizofunika kuyeza bwino , mukuyenera kugula mankhwalawo , mukuyenera kulipira.*

3. KUSEFA : Tikhodzanso kugwiritsa ntchito njira yochita kusefa.

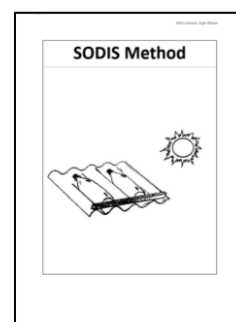
- Kodi pali wina amene anagwiritsapo ntchito njira imeneyi?.
- Kodi kufunika ndi kuipa kwake mkotani?.
- *Kufunika kwake- ndi yophweka kugwiritsa ntchito komanso imagwiritsa ntchito zida zomwe ndi zopezekeratu.*
- *Kuipa kwake-Mukuyenera kukonza ndondomeko komanso imafunika ukhondo.*



MALANGIZO A MPHUNZITSI:Phunziro ili silikuonetse za kapangidwe ka chosefera. Ngati muli osangalitsidwa, ndiye onanani ndi mabungwe amene ali kwanuko kuti akuphunzitseni mdera lanu lomwelo.

4. SODISI: SODISI ndi njira imene imaimilila kusamalira madzi pogwiritsa ntchito dzuwa , ndipo dzuwa lochokera likafika mmadzimo likhodza kupha tizilombo ndikukhalanso ndimphanvu monga mmene alili madzi owiritsa aja.

- Kodi pali wina amene anayesako njira imeneyi?.
- Kodi ubwino ndi kuipa kwake ndikotani?.
- *Ubwino- zophweka kuchita kukatentha ndi pamene pali dzuwa.*
- *Kuipa kwake- sizophweka kuchita ngati muli mbanja lomwe lingafune madzi ochuluka kwambiri , imenso imavuta kuchita ngati pali mitambo kapena mvula.*



KUYESERA NJIRA YA SODISI(Mukafuna)

KUKAMBIKANA KWA MMAGULU AKULUAKULU

MALANGIZO A MPHUNZITSI: Mukhodza kuonetsera njira imeneyi mkalasi kapena wina aliyense abweretse madzi 1 kapena 2 litas ndi kusesa paokha. Onani. Fananizani **ZITHUNZI:** Positala ya kagwiritsidwe ntchito ka SODISI kuyeretsera madzi.

Iyi ndiye ndondomeko ya SODISI Poyeretsera madzi akumwa.

1. Sankhani botolo loyenera! Gwiritsani ntchito mabotolo a 1 kapena 2 litas. Ngati ndi ndiyaikulu kapena yaing'ono , sizigwira bwino bwino ayi. Onetsetsani kuti botololi likuoneka bwino ndipo muchotsenso zomata pa botolo lina lililonse. Ma botolo a zakumwa amagwiranso ntchito bwino , koma osati a gilini. Ngati botolo lanu ndi lakalekale kwambiri , ndiye kuti madzi anu sanveka bwino ayi.
2. Chapani bwinobwino botolo lanu koyamba kamene mukugwiritsa ntchito botololi.
3. Dzadzani botololi $\frac{3}{4}$ kusasla pang'ono kudzadza . muonetsetse kuti madziwo ali oyera , SODISI singagwire ntchito bwino ngati mmadzimo muli zinyalala.
4. Khutchumulani botololo kwa mphindi 20.
5. Ndiye kenako dzadzani botolo lonse ndikutseka botololo.
6. Tsopano ikani botolo lanu pa lata limene li ndi mtundu wina wake.
7. Ikani botololo padzuwa kwa maola asanu ndi imodzi kuyambira mmamawa mpaka masana.



Madziwa ndi aukhondo tsopano kuti mukhodza kumwa tsiku lotsatiralo! Imwani madzi onsewo pasanathe masiku awiri kuti ma gelemusi asayambenso kuswana.

KAGWIRITSIDWE KA NTCHITO

Ndi nzanu

- Kodi mumasamala madzi? Ngati ayi, ndi chifukwa chani simutero?.
- Kodi mungayesereko imodzi mwa njira zimenezi? Nanga ndi njira iti yomwe mungakonde kuyesa?.
- Kodi ndi ndani amene mungagawane naye zinthu zimenezi sabata ino?.

PHUNZIRO LALING'ONO - CHAKUDYA CHABWINO

Mfundo zenizeni

Tikhodza kuteteza mabanja athunso kuti asadwale pokonza, kuphika ndikuteteza chakudya chathu bwino.

Zipangizo

- Zithunzi: Positala ya Thandala.
- Zofunika kukonza thandalalo: nthambi folo zomwe zili ndi mphanda kumwambaku, ndi mitengo yosapindika, ndi tinthambi tina, chingwe.

CHIYAMBI

KUKAMBILANA KWA MMAGULU ANG'ONO ANG'ONO

- Kodi ndi njira zina ziti zomwe tingapange kuonetsetsa kuti chakudya chathu chili bwino bwino, tikhodza kudya ndikusatipangitsa kudwala?.

PEREKANI LIPOTI

KUTETEZA MABANJA ATHU POPELEKA CHAKUDYA CHABWINO

KUKAMBILANA KWA MMAGULU AKULUAKULU

Anthu akhodza kutenga nyongolosi, Kutsegula mmimba, ndi matenda ena kuchokera ku chakudya. Koma tikaphunzira kachitidwe ka zinthu zina zazing'ono zing'ono, tikhodza kuonetsetsa kuti tikupeleka chakudya chabwino ku mabanja athu.

Izi ndi njira zisanu zomwe mungathe kuonetsetsera kuti banja lanu likudya chakudya chabwino.

1. **Tsukani mbale musanaphike komanso musanadye.** Monga mmene tinaphunzirira mbuyomo, tikuyenera kusamba mmanja ndi sopo tisanakonze chakudya kapena kudya cholinga choti ma gelemusi asafalikile kuchokera mmanja mwathu kulowa mu zakudya.
2. **Tsukani zipaso komanso masamba.** Chapani masamba ndi zipaso zonse ndi madzi (oyeretsedwa kudzere kuphitsa, mankhala kapena padzuwa). Mupange izi musanadye makamaka ngati mukufuna kudya zili zaziwisi (osaphika). Kapena mutha kusanzula masamba amene anali pansi kuti muchotse matope ndi ma gelemusi.
3. **Phikani nyama, mazila, nkhumba kapena msomba zonse bwinobwino.** Ma gelemusi amene amabweretsa matenda kawirikawiri amakhala munyama, koma amafa pamene mukuwaphitsa Kokwanila, nyama imakhala kuti yapsya pamene sikuonekanso kufila mkati mwake. Ndikwabwinonso kusunga zakudya zosaphika monga nyama kutali ndi zakudya zimene mukufuna kudya kuti pasakhale ma gelemusi. Mudule zipatso ndi masamba mmalo osiyana komanso musagwiritse ntchito mpeni umodzi kapena ziwiya zomwe mwagwiritsa ntchito pa nyama ndi zakudya zina (pokhapokha muuchape kaye) komanso mutasamba mmanja musanadule nyamayo ndi zipatsozo.

4. **Vinikirani chakudya ndi kusalola kuti chikhale kunja.** Musaleke chakudya chosaphika osavinikila kwa ma ola awiri. Ndi kwabwino kusunga nyama ndi china chilichonse chopangidwa ndi mkaka kukhala chotentha kufuikila pamene zikudyedwa. chofunikila kwambiri , musalole zouluka kapena msikizi zitere kapena kukwawa pa chakudya. Zoterezi zimanyamula ma gelemusi ndikufalitsa matenda. Chakudya chomwe chasiidwa kunja osavinikila chimaitanitsa ma gelemusi. Sungani chakudya chanu chikhale chovinikila , kapena mu kabati yomwe ili yophimba koma yoonekera pa mwamba kuti muziteteze.
- Kodi ndi njira zina ziti zomwe mumaonetsetsera kuti chakudya chikhalebe chotentha chikatha kuphikidwa?.
 - Kodi mumagwiritsa ntchito chani kuphimbira kapena kuteteza chakudya chanu?.
5. **Gwiritsani ntchito ziwiya zaukhondo ndi mbale zabwino.**
- Kodi mumasuka bwanji mbale zanu ? kodi mumazisunga kuti masana mukatha kudiyera?.
 - Kodi zouluka zina ndi zina , komanso ntchetchi zimatera pamenepo?.

Monga manja athu chakudya , kapena madzi kapena mbale zitha kuoneka zaukhondo koma zili ndi ma gelemusi amene akhoza kutipangitsa ife kudwala. Kumbukirani kuti sitingaone ma gelemusi ndi maso athu koma tikuyenera kuonetsetsa kuti palibenso ma gelemusiwo pa ziwiya zathu ndi mbale zomwe timagwiritsa ntchito podyera pa banja lathu.

- Kodi muli ndi ganizo la mmene mungachitire izi?. (tchulani ndi kufotokoza mfundo zomwe sizinathculidwe ndi gululo).
 - *Chapani mbale ndi sopo.*
 - *Gwiritsani ntchito madzi otentha kuchapira mbale(kutentha kumapha ma gelemusi).*
 - *Gwiritsani ntchito madzi oyenera bwino ndi a ukhondo kutsukila mbale (oyeretsedwa powiritsa , mankhwala kapena kuyanika).*
 - *Musalore kuti mbale zochapa kale zigwere pansi.*
 - *Umitsani mbale padzuwa(kumbukirani SODISI? Mulungu anatipatsa dzuwali kuti tiphe ma gelemusi). Izi ndi zabwino kusiyana ndi kuumitsa ndi kachisanza komwe kali ndi ma gelemusi kapena kusiya mbale zosaumitsa , pamene ma gelemusi ndi ndere zikhodza kuyanga pamenepo.*
- Kodi ndi kuti komwe mungakasunge mbale zanu ndi ziwiya zonse cholinga choti zouluka zisalowe ndikukafalitsa matenda pa mbale zanu?.
 - *Zikhodza kusungidwa pa thandala ndikuphimba ndi kamsamza. Ngati pali kabati , Sungani mapoto , mbale ndi ziwiya zina mmenemo movindikila kuti tipewe tizouluka ndi makoswe ndi zokwawa zina ndi zina. Ziwiyo zisasiyidwe kukhala padothi.*

SEWERO LA PA GULU LALIKULU

MALANGIZO A MPHUNZITSI: Thandizani gulu kukumbukira ma sitepe asanu amenewa akukhodza chakudya mosamala. Mutatha kuwafotokozera bwino bwino za njira zonsezi. Bwerezani kuunikira ina iliyonse payokha payokha. Kenako yesani sewero:gawani gululi mmagulu a atnhi 2-3. Itanani nambala 1,2,3,4 kapena 5. Munthu oyamba kuimilira ndikuyankha mogwirizana ndi nambala ndi amene angapeze malikisi pa gulu lawoli.(Mwa chisanzo , mukanena ku 4 , wina azaima nanena kuti vinikilani zakudya , gulu loyamba ma points 15 ndi awina.

THANDALA

CHOCHITIKA CHA MMAGULU AKULUAKULU

MALANGIZO A MPHUNZITSI: Ngati mkotheke , konzani thandala limodzi pogwiritsa ntchito malangizo malangizo pa **zinthunzi**: Ngati mkotheke , konzani thandalalo ndikufotokoza mmene zimachitikira.

MALANGIZO PA KAKONZEDWE KA THANDALA

Sonkhanitsani zinthu izi:

- Nthambi 4 yokhala ndi mphanda kumapeto. Zikuyenera kukhala monga mkono kutalika kwake komanso kunenepa kwake monga chala chachikulu cha mmanja.
- Ndodo 4 , zonse zokhala zofanana ma saizi.
- Timitengo tonenepelapo 10-20 zonsenzo zofanana mutual.
- Siso, masamba anthochi , twaini kapena chingwe cha mtundu wina uliwonse umene muli nawo pafupi.



Mangani :

1. Dzikani mphanda zanu zija mozika bwino mphandazo ziyang'ane mmwamba. (kumbukilani kusankha malo amene amaomba dzuwa nthawi zonse). Mphandazo zipange msalamila zinayi za thandalalo. Zomwe zikhalenso ngati miyendo ya thandalayo.
2. Ikani mitengo inayi ya saizi yabwino ija pa mphanda paja kuti ikhale ngati felemu ya thandala lanu. Mangani makona onse malo amodzi.
3. Lumikizani monga mwa mtanda pogwiritsa ntchito timitengo toondato ndikumanganso malo momwe zikulumikizani lanamo.

Tsopano pamenepo muli ndi thandala!

Kodi mungagwiritse ntchito bwanji thandala lanu?.

1. Muike mbale zanu mozondotsa pa thandalalo zitachapidwa bwinobwino kulola kuti zieme pa dzuwa bwinobwino.
2. Ngati mbalezo zauma , ikani mbale zanu mkati mwa nyumba kapena zivinikileni ndi kamsalu kuti mbalezo zisatuwe kapena kuda.

KAGWIRITSIDWE KA NTCHITO

KUKAMBILANA KWA MMAGULU ANG'ONO ANG'ONO

- Kodi mungayambe kuchita chiyani sabata ino kuti mupeleke chakudya chabwino ku banja lanu?.
- Kodi mungatchule zinthu ziwiri kapena zitatu zomwe mwaphunzira lero zomwensu mukhodza kukagawana ndi anthu ena pena pake?.

PHUNZIRO LALING'ONO-ZAKUDYA ZA THANZI

Mfundo zenizeni

Chakudya chabwino chimafunika kuti munthu akule , kulimbikila , ndi kukhala wathanzi. Matenda ambiri pa moyo wamunthu amabwera chifukwa choti munthu akukhala osadya chakudya cha thanzi.

Zipangizo

- Zithunzi: Zakudya zopatsa thanzi – ma card (4) otsindikidwa ndikudulidwa pawiri.

CHIYAMBI

KUKAMBILANA KWA MMAGULU AKULUAKULU

- Kodi mungadziwe bwanji kuti mwana wadya zakudya zabwino?.
 - Amakhala wamphanvu , amathamangathamanga , kusewera , amafunsa mafunso ambiri.
 - Maso owala , onenepa Masaya.

- Kodi amaoneka bwanji kapena amachita bwanji ngati Sali ndi chakudya chabwino , chathanzi!.
 - *Onyentchera , oonda , amafunsa chakudya pafupipafupi , alibenso mphanvu.*
 - *Maso awo amakhala ouma , milomo youma , mimba yotupikana.*
- Kodi ndi mabvuto ati amene anthu amakumana nawo mu dera lawo kuti apeze chakudya chabwino?.

Munthu amene samadya chakudya chokwanira kapena zakudya za thanzi amadwaladwala ndipo amakhala ofooka ndi kudwaladwala . Izi zimatchedwa kunyentchera. Pa zinthu zomwe munatchula kale mbuyomo , kunyentchera kutha kuyambitsa zinthu izi:

- Ana samakula mwamphanvu kapenanso kutalika.
- Ana amalephera kusukulu chifukwa sangathe kuphunzira kapena kukumbukira bwino.
- Matupi athu kukhala ofooka ndikuti sangathenso mwaokha kulimbana ndi tizilombo toyambitsa matenda- ndiye timadwaladwala ndipo mnthendazo zimakhala zoopsa kwambiri.
- Ana amabadwa ang'ono ndi ofooka pamene mai awo akusowa zakudya nthupi.
- Azimayi oyamwitsa kukhala otopa komanso kusakwanitsa kutulutsa mkaka okwanira.

Ndiye ndizofunika kuti banja lonse lizidya chakudya cha thanzi.

KUPEREKA ZAKUDYA ZATHANZI- MAGULU FOLO AZAKUDYA

KUKAMBILANA KWA MMAGULU AKULUAKULU

Mulungu analenga matupi kuti azifuna kuphatikiza kwa zakudya zosiyanasiyana pa tsiku lina lililonse . pali zakudya zina zimatipatsa mphanvu , pamene zakudya zina zimapangitsa thupi lathu kukhala lolimba , zina zimalimbitsa mano athu ndi mafupa , zina zimatiteza thupi lathu kuti lisadwale.

Tikhoza kuchita zinthu zomwe zingathandize mabanja athu kukhala athanzi.

1. **Mudyetse ananu pafupipafupi**-ana samadya kawirikawiri pa chakudya chenicheni , ndiye ndikwabwino kumawapatsa tizakudya tabwinotabwino , tathanzi(toathandiza kukhala a thanzi labwino) pafupipafupi.
2. **Tionjezere zakudya zathanzi pa nthawi imene ana akudya msima.** Izi zimathandiza kuti matupi athu akhale ndi chitetezo chokwanila komanso kuwathandiza ana athu kukula bwino.

Zakudya zonse zikhodza kugawidwa mmagulu azakudya . chakudya china chilichonse chilli ndi gulu lake ndi ntchito yake mnthupi mwathu. Tiyang'ana mitundu inayi ya zakudya yaikulu ikulu; zakudya zeni zeni ndi mitundu itatu ya thandizo la thanzi loonjezera.

Zakudya zeni zeni:

- Kodi ndi chakudya chanji chimene mumachitcha chakudya chenicheni mbanja mwanu? (kutengera dera lanu , utha kukhala mpunga , ufa , mapira , tiligu , mbatata , chinangwa , kapena nthochi.

ZAKUDYA ZENI NDI ZIMENE ZIMATIBWERETSERE MPHANVU ndikutipangitsa kunva kukhta ndikukhala amphanvu. **Komabe , chakudya chenicheni sichokwanila pachkha kuti chingatipangitse kukhala ndi thanzi**

MALANGIZO A MPHUNZITSI: Gwirisani ntchito **ZITHUNZI:** Zakudya za thanzi magulu 4 , makhadi omwe akuonetsa zakudya zamagulu anayi pa gulu lina lililonse ndikuonetsanso zakudya zomwe sizili ndi thanzi.

Zakudya zothandiza:

- Kodi ndi zakudya zina ziti zomwe banja lanu limakonda kudya kawirikawiri kuonjezera pa zakudya zeni zeni zomwe mumadya? (ngati pali vuto kuyankha , auzeni zinthu monga zipatso , masamba , nyama , nyemba , mazila , mkaka ndi mafuta).

Zakudya zothangatira zimafunikila kwambiri kuti munthu akhale wa thanzi . ndipo tikamadya zakudya zambiri zothangatira , ndimmenenso timaonjezera mu thanzi lathu. Wina aliyense amasowekera zakudya ngati zimenezi. Koma ndi zofunikanso kwambiri kwa anthu munga azimayi oyamwitsa , okalamba , ndi omwe ali oyembekezera. Tiona zokudya zimenezi bwino bwino

1. **Zakudya zopeleka mphanvu:** izi zimatipatsa mphanvu pamene zakudya zathuzi zatha kugwira zonse ntchito , izi zimathandizanso kuti mwana aziganiza kwambiri. Zokudya zokhala ndi mphanvu zambiri zili munga zakudya zokhala ndi mafuta ambiri , kapena kusekemera kwambiri. Zisanzo ndi izi: -
 - Zakudya za mafuta(muone ngati kalasi ikhodza kutchulako , mafuta , bata)
 - Za kilimu komanso zomwe zimakhala ndi mafuta(olive , mapeyala , nyama yamafuta).
 - Mtedza (coconati , amondi , wanatsi , magedemiya)
 - Mbewu(maungu , mavembe , chitowe , mpenda dzuwa).
 - Suga (sugar , uchi , molasisi , mzimbe , jagale , zipatso).
 - Kodi ndi zakudya zANJI zopatsa mphanvu zomwe inu mumadya?.
 - Kodi ndi zakudya ziti zomwe zimakhala ndi mphanvu zambiri zomwe mukanamawapatsa abanja lanu?.
2. **Zakudya zomanga thupi –** Zimakhala ndi ma protini . thupi lathu limapangidwa ndi ma protini , ndiye zakudya zomwe zimathandizila thupi lathu kukhala ndi ma pulotitini zimathandiza kuti munthu azikula ndi mphanvu komanso msinkhu. Matupi athunso amazifuna kufuna kulimbitsa mafupa , mano ndi masozi. Zisanzo:
 - Nyama , nkukhu , mazila , msomba.
 - MKaka , chizi , yogati , ndi zina ndi zina.
 - Nyemba.
 - Mtedza. _Izi ndi zoona , zakudya zambiri zimathandiza kuposa njira imodzi , kuti tithe kupita patali ndi chati chathu cha magulu azakudya.
 - Kodi ndi pafupipafupi bwanji pamene mumadya zakudya zomanga thupizi?.
 - Kodi ndi zakudya ziti zomwe zomwe muzipeleka kawirikawiri ku banja lanu?.
 - Kodi mumaweta nyama zina zilizonse zomwe zingakuthandizeni kupeza zakudya zimenezi?
3. **Zakudya zothandizira kuteteza thupi:** munga zipaso ndi masamba. Zimakhala ndi zinthu zambiri mkati mwake munga ma vitamin ndi ma mineru kutipangitsa ife kuti tizikhala mwathanzi nthawi zonse. Ma vitamin ndi ma mineru ambiri amasintha chipatso kapena masamba kukhala ndi mtundu wina , ndiye yetsetsani kudya zipatso ndi masamba zosiyanasiyana zomwenso zili mmitundyu yosiyanasiyana. Zisanzo:
 - Masamba a green a zomera , kaloti , anyezi , mapeyala , matomato ndi zina.
 - Zipatso- mango , mapapaya , nthochi zokupsa , nanazi , komanso ma guava.
 - Kodi mitundu ya zipatso zomwe ndi masamba zomwe mumadya ndi chiyani?
 - Kodi muli ndi gadeni imene mukhodza kudza zakudya zomwe zili ndi mitundu yosiyanasiyana? Kodi ndi mitundu yanji yomwe ili mmunda mwanu? Kodi nid chani chomwe mukufuna mutaonjezera?.

KAGWIRITSIDWE KA NTCHITO

KUKAMBILANA KWA MMAGULU ANG'ONO ANG'ONO

- Kodi ndi zakudya ziti zothandiza zimene ndi zovuta kuti muwapatse a ku banja kwanu kawirikawiri ? kodi chimene chimavuta ndi chani?.
- Kodi ndi ziganizo zANJI zomwe muli nazo zovuta zimenezi?.

- KKodi mungalimbikitsane bwanji ndi anthu adera lanu kuti mukwanitse kumapezera limodzi zakudya zathanzi za dera lanulo kuti mupereke chakudya chathanzi cha dera lonse?.

MALANGIZO A MPHUNZITSI: Limbikitsani gulu lonse kuti muganize njira zambiri zomwe angathandizile wina ndi nzake makamaka kuthandiza iwo amene muli nawo mdera lanu mu nkhani ya kunyentchera- achikudlire , ana , ndi anthu oyembekezera , ndi iwonso amene akuyamwitsa.

PEREKANI LIPOTI- *funsani ena ozipereka kuti apereke pulani yawo ku gulu lonse. Pempheperani monga gulu kuti Mulungu akuthandizeni kukhazikitsa kusintha kumene mwaganiza ndi kuwathanzizanso kukweza moyo wawo.*

PHUNZIRO LALING'ONO: ZIKHALIDWE ZA UMOYO-KUUNIKIRANSO

Mfundo zenizeni

Mfundo zaumoyo zomwe zingatithandize kupewa matenda ndikukweza umoyo wathu.

Zipangizo

1. Zithunzi: PPositala ya chikhalidwe chabwino cha umoyo(ma positala 4 akale ndi ma tsamba awiri pa positala ina iliyonse).

CHIYAMBI

KUKAMBILANA KWA MMAGULU ANG'ONO ANG'ONO

- Kodi ndi zinthu zANJI zomwe tikuyenera kuchita kuti tikhalebe athanzi ndi kusunga banja lathu kukhala lathanzi?.
- Kodi ndi ziganizo zina ziti zomwe mwazikhazikitsa ndikuzichita ma sabata awiri omwe angothawo?.

KUPELEKA LIPOTI

KUCHITA ZIKHALIDWE ZOPATSA THANZI- KUTI DERA LATHU LIKHALE LATHANZI

KUKAMBILANA KWA MMAGULU AKULUAKULU

Dera lathanzi limapangida ndi makomo amene alinso athanzi omwe amachita ndi kukhala zikhalidwe za umoyo wabwino. Khalidwe ndi chochitika chomwe timachita nthawi zonse opanda kuchiganizila kawiri katatu. Chichochitikacho chimakhala chikhalidwe pamene sitikuyeneranso kumaganizila kaye tikafuna kuchichita.

CHOCHITIKA CHA MMAGULU AKULUAKULU

MALANGIZO A MPHUNZITSI: Pamene mukuyenda muphunziro lomwe lili mmusili , onetsani **ZINTHUNZI:** Positala ya zikhalidwe za bwino zaumoyo pamene mukuunikila chikhalidwe china chilichonse chmwe mwaphunzira masabata angapo apitawa. Mufunse gulu ngati chikhalidwechi ndi chachizolowezi mu dera lawo . ikani pa positalawo mmilu milu , ena amapanga izi , “ enanso mupange izi” , . afunse kuti apelineke zifukwa za chimene anthu sakondera kupanga izi ndipo ndi njira zANJI zomwe angagonjetsere vuto limeneli.

Tiunikilanso zikhalidwe za umoyo 7 zomwe zikuchokera mmaphunziro a zaumoyo omwe taphunzira kale. NNgati tonse tingachite zimenezi , tizakhala ndi matenda ochepa kwambiri mdera lathu. Ndiye tiyeni tione ngati:-

1. Anthu ambiri akuchita chikhalidwe chimene kapena ayi?.
2. AAnthu ena amazichita izi kawirikawiri kapena pafupipafupi kapena.
3. Izi sizimachitika chitika.

Titatha kuunikila positala ina iliyonse , ndikufunsani kuti munene za mmene khalidweli limachitikila mdera lanu. Tiika khalidwe lina lililonse mmagulu monga “ ambiri amachita ” , ena amachita , “ anthu ochepa ndi amene amachita”.

Makhalidwe asanu ndi atatu azaumoyo:

1. Onetsetsani pakhale ukhondo pakhomo pa , matupi athu ndi pabwalo.
 - Kusamba pafupipafupi , kuchapa zovala ndi zogonera.
 - Kugwiritsa ntchito zimbuzi.
 - MMAenje otaila zinyalala.
 - Zinyama zonse zikhale nkhola.
2. Kusamba mmanja ndi sopo tisanakonze kapena kudya komanso mukamaliza kudya kupewa magelemusi.
 - Malo osambila mmanja ndi sopo pafupi ndi zakudya kapena malo odyera.
 - Malo osambila mmanja pafupi ndi chimbudzi.
3. Kukhala ndi ukhondo pa dera lathu.
 - Madzi aukhondo , misewu , masukulu ndi mmakomo kukhala aukhondo koma mwaukhondo.
4. Kugwiritsa ntchito chimbudzi.
 - Zimbudzi zomwe zili patali ndi madzi kapena zakudya.
 - NNgakhale ana azipita ku chimbudzi.
 - Zimbudzi zikhale zaukhondo ndikupewa ntchetchi.
5. Gwiritsani ntchito madzi opanda zinyansi pokunwa , kuchapira , komanso kuphikira.
 - Kuyeretsa madzi pogwiritsa ntchito kuwiritsa , mankhwala komanso kusefa ndi kuika padzuwa.
6. Kukonza chakudya chabwino.
 - Malo ophira abwino.
 - Thandala loyanikila mbale.
 - KKusunga nyama yosaphika pabwino kuti tisafalitse tizilombo ku zakudya zina.
 - Kumaphika nyama kwambiri kuti ma gelemusi afeletu.
7. Kupereka chakudya chathanzi ku banja lonse.
 - Zakudya zopatsa mphamvu(za mafuta ndi zosekemera).
 - Zakudya zomanga thupi , zoteteza.
 - Zakudya zothandiza chitetezo(zipatso ndi masamba).
 - Kudiyetsa ana kambiri patsiku.



Tsopano tatiyeni tione mmene tkuchitira makhalidwe amenewa.

- Kodi ndi makhalidwe ati amene tikumawapanga kochulukika?. (werengani positala mu malo amene pali kuchita kwambiri?.) tsogolerani gulu kusangalala ndi kukondwera chifukwa cha ichi.

- Kodi ndi zikhalidwe ziti zomwe zimachitika ndi anthu ochepa chabe?. (werengani ma positala imene yagwiridwa ndi munthu amene wangozipereka).

KAGWIRITSIDWE KA NTCHITO

MALANGIZO A MPHUNZITSI: Gawani kalasi yanu mmagulu ang'ono, kupanga mmene ma khadi alili a zaumoyo, "ena" ochepa milu imeneyo. Pelekani khadi imodzi kwa gulu lililonse ndipo muwalore kuti akambirane mafunso awa: -

KUKAMBILANA KWA MMAGULU ANG'ONO ANG'ONO

- Kodi ndizotchinga zANJI zomwe zimawapangitsa anthu kuti asachite makhalidwe abwino azaumoyo?.
- Kodi ndi zophinja zANJI zomwe zili zovutirapo kuzigonjetsa.
- Kodi ndi chani chomwe chingatithandize kugonjesa zophinjazi?.

Mu magulu anu ang'onoang'ono, pempherelani zophinjazi, mufunseni Mulungu akuthandizeni kuthana ndi zophinja zanu. Tenganipo nthawi kumvetsera kwa Mulungu kuti akupatseni mzeru.

KUPELEKA LIPOTI- Lolani maguluwa agawane zophinja zazikuluzikulu zomwe akuyenera kuthana nazo ndi kuchita, izi ndi zikhalidwe za umoyo wathanzi, kapena mzeru ndi mayankho zomwe azipezaa pakuyankhulana ndi kupempherela limodzi.

PHUNZIRO LALINGONO- KUSAMALIRA AZIMAYI NDI ANA AKHANDA

Mfundo zenizeni: Amuna ndi mabanja akhodza kupereka chisamaliro chabwino kwa azimayi ndi ana obadwa kumene kuti akhale athanzi.

Zipangizo— Palibe

CHIYAMBI

CHOCHITIKA CHA MMAGULU AKULUAKULU

MALANGIZO A MPHUNZITSI: Munthu oyamba akayankha funso, funsani anthu ena ngati ali ndi mayankho ofanana ndi yankho lomwe wina uja anayankha lija?. (Mwa chisanzo, ngati wina wanena kuti anadwira panyumba, munvetso ngati anthu ena onsewo anabadwiranso kunyumba? Ndiye funsani ngati funsani malo ena amene anthu anabadwira kupatura. Pangani izi kufikila pamene mafunso onse ayankhidwa ndikupita ku funso linanso.

- Kodi munabadwira kuti? (Kunyumba, kuchiptala).
- Kodi ana anu anabadwira kuti? (Kunyumba, kuchipatala).
- Kodi ndikuipa ndi ubwino otani omwe ulipo pokhala ndi mwana kunyumba? Komanso kuchipatala?.

Azimayi ndi ana akhanda amafunika chisamaliro chapadera kwambiri mu masabata angapo mwanayo atangobadea. Iyi ndi nthawi yoyamba pamene abambo, mabanja, komanso athu oyandikana nawo amakhala ndi mwayi kumuonetsa chikondi cha Mulungu kwa anthuwa.

KUSAMALIRA AZIMAYI

KUKAMBILANA KWA MMAGULU AKULUAKULU

Azimayi amene angobereka koyamba amafunikira chisamaliro chachikulu kwambiri pa thupi lawo kuti azitolele msanga ndi kuchira ndikupeza mphanvu msanga.

1. Azimayiwa akufunikira nthawi yokwanira kuti azipuma kwa sabata yonse yamtunthu atangobeleka . akuyenera aziona nthawi yochuluka ndikungogwira ntchito yochepa kwambiri. Ena onse mbanjalo ndi amene akuyenera kuchita ntchito monga kulima , kunyamula zinthu zolemetsa kwambiri , monga madzi , kuyang'anira ana ena.
2. Mzimayi wasopanoyi ayenera kudya zokudya zambiri zothandiza kumanga thupi lake ndipo akuyenera kudya pafupipafupi pa tsiku lina lililonse kuti azikhala ndi mkaka okwanila wa mwana wake ndikupeza mphanvu. Mzimayi akufunikira mafuta , ma polotinis ochuluka komanso zipatso ndi masamba okwanilanso.
3. Onetsetsani kuti azimayi azimwa zokumwa zambiri . kuyamwitsa kumachotsa madzi ambiri mnthupi ndiponso , monga mmene tinaphunzira phunziro lathu lokhudzana ndi Kutsegula mmimba , kutaya madzi mnthupi ndikoopsa.
 - Kutipali amene akukumbukila kuti kodi ndi chani chomwe timayenera kuchita kuti tithane ndi kuchepa kwa madzi mnthupi?. (madzi a coconati , juwisi , ORS).
 - Kodi Pali Amene Angatiuze Mmene Ors Amapangidwira.
4. Azimayi ambiri amene amamwalira ndi ubwereki amafa mu masiku awiri mpaka la chi seveni akangobeleka. Maola 48 mzimayi akangobeleka ndi ofunikira kwambiri!.
Onetsetsani zinthu zoopsa mwa mzimayi amene wangobeleka kumene.
 - Kutentha nthupi.
 - Mutu waukulu komanso kuona movutikira.
 - Kupuma movutikila.
 - Kutaya magari kumachitika mkazi akangobeleka kumene , koma zimankha zikuchepa mmasiku ochepa. Zikapitirilabe masiku ambiri ndiye kuti pali china chake chomwe chikuchitika.
 Ngati muona zizindikilo zonsezi , thamangani mukaonane ndi adokotala mwachangu.
5. Azimayi amene akuyamwitsa sakuyenera kulandila mankhwalu a mtundu wina uliwonse. China chilichonse chomwe akumwa kapena kudya chimafikanso kumawere kwawo ndi kusakanikilana ndi mkakawo , ndipo mankhwalu samakhala bwino kwa ana amene angobadwa kumene.

MALANGIZO A MPHUNZITSI – Unikirani mfundo zisanu zimenezi ndikuonetsetsa kuti kalasiyi yakumbukira zonsezi.

- Kodi ndi mfundo iti mwa izi imene imachitika kwambiri mdera lathu?.
- Kodi nid mfundo ziti zomwe anthu amadzidziwa kwambiri?.
- Kodi tingathandize bwanji azimayi atsopano kuti agwiritse ntchito mfundo zomwe ndi zachilendozi?.

KUSAMALIRA ANA AKHANDA

KUKAMBILANA KWA MMAGULU AKULUAKULU

- Kodi ndi chapafupi motani kuti ana afe pa nthawi yobeleka kapena akangobadwa?.
- Kodi izi zimakhudza bwanji banjali?.
- Kodi dera lanu limachitapo chani pachinthu chimenechi?.

Mulungu akufuna ana onse kuti akule ndi kukhala moyo. Pamene mwana wafa , tikhodza kukhala ndi chikhulupirilo choti Mulungu amalira nafe limodzi. Si imfa zonse za makhanda zomwe zingapeweke , koma zambiri mwa izo ndi zopeweke. Tatiyeni tione chomwe tingachite kuti tithandize ana athu kuti akhale moyo ndikukula ndi thanzi.

1. Kusamalira mwana kumayamba pamene mwanayo wabadwa. Ndizofunika kwambiri kuti azimayi apatsidwe zakudya zochuluka kuti azidya ndi madzi ambiri aukhondo cholinga choti mwana akakule bwino mmimbamo monga mmene Mulungu akufunila.
2. MMwana akangobadwa , musambitseni ndi madzi aukhondo , muumitseni mosamala ndi kamsalu kofewa bwino , kenako apatseni mai ake . kukhumbatiridwa ndi mai ake kumathandizila mwanayo kuti azinva kufunda bwino mokwanira . ngati mchipindamo muli kuzizila , mwanayo mfunditseni bulangete.
 - Kodi ndi zoona kuti khanda samalisambitsa mpakana mchombo uduke?.

- Zoona! Chibalima cha pamchombo chingoyenera kukhala chouma mpakana chitagwa . koma mwanayobe akhodza kumasamalidwa ndi ka msalu kofewa bwino.
3. YAMBANI KUYAMWITSA POMPO POMPO. Mkaka wa mmawere ndi chakudya chokhacho choyenera kwa ana chomwe Mulungu anapeleka.
- Mkaaka oyambirila – (Okhatha ndi wa chikasu) umateteza mwanayo kumatenda ndiponso umamuthandiza mwanayo kukula ndi mphanvu- ngakhale zikuoneka ngati mkaka sukutuluka kumayambiriloku , pitirilani kumpatsabe mwanayo berelo- ngakhale ukutuluka mochepa mkakawo , koma ochepawo uzathandiza khandalo kukhala ndi thanzi.
 - Yamwitsani mwakathithi- pakangotha maola awiri , kuonetsetsa kuti mkaka wa mayi wachiwiri (oyeri ndi wamadzi) kuti utuluke ndikumapitirila.
 - Mpatseni mwana mkaka wa mmawere okha kwa miyezo isanu ndi umodzi. Umakhala ndi china chilichonse chomwe chomwe mwana angafune kutinso akhale ndi thanzi. Musawapatse zakudya zina kapena zakumwa zina zilizonse. Sibwino kuwapatsa madzi oonjezera kapena tiyi. , ngakhale kukutentha.
 - Kunyentchera mwakukulu kumachitika mwa ana amene anasiya bere nthawi isanakwane kapena mwadzidzidzi. Azimayi ena amamusiyisa mwana kuyamwa chifukwa amaganiza ngati mkaka wawo si ofunikila , kapena ndi ofunikila mochepa kwambiri kwa mwana wawo. Musasiye . onjezerani mulingo wa chakudya ndi madzi omwe mumawapatse mai akewo , kumuthandiza kuti atulutse mkaka ochuluka kwambiri.
 - Pititirani kupeleka mkaka wa mmawere , ngati mkotheke , kufikikla mwana akwanitse zaka ziwiri kapena zitatu. Pamene mwana ali ali ndi miyezi isanu ndi iwiri , yambani kumpatsa zakudya zina zoonjezera. Muziwayamwitsa kaye koyamba musanawadyetse zakudya zinazo. Ndi kwabwino kuyamba ndi phala lopangidwa ndi ufa wa chimanga(chakudya chatsopano chikuyenera kuphikidwa bwinobwino ndikuwiritidwa bwino ndithu. Musasiye kupereka mkaka wa mmawere mwadzidzidzi. Mkaka wa mmawere udzakhalabe chiyambi cha chakudya chabwino kwa mwana kufikila atakula kufika chaka chimodzi.
 - Ngati ndikosatheka kumuyamwitsa mwana , mudyetseni ndi kapu ndi supuni. Musagwiritse ntchito botolo kwa mwana chifukwa ndilovuta kusamala komanso kusunga , zitha kuchititsa kuti matenda asungike. Koma kumbukilani , mukungoyenera kuchita izi pokhapokha pamene simungathe kuyamwitsa , koma mkaka wa mmawere ndi wabwino kwambiri , umene Mulungu anaukonza kukhala chakudya chabwino kwambiri cha mwana.
4. Msamalen mwana- komanso mmalo amene ali aukhondo . pewani kuti ana asaike zinthu zonyasa mkamwa mwawo.
5. Musawaspatse ana mankhwala pokhapokha ngati adokotala anene kuti mummwetse.

KAGWIRITSIDWE KA NTCHITO

KUKAMBILANA KWA MMAGULU ANG'ONO ANG'ONO

- Kodi ndi mfundo zina ziti zomwe mwaphunzira mu phunziro limeneli?.
- Kodi pali azimayi oyembekezera ndi azimayi a ana amene mukuwadziwa?. Kodi mpingo ungachitepo chani kuwathandiza anthu amenewa?.

Ndime 2: MATENDA AMENE TIMADWALADWALA

MPHUNZIRO-LALING'ONO: KUCHEPA KWA MADZI

MTHUPI NDI KUTSEGULA MMIMBA

Mfundo zenizeni

Kutsegula mmimba ndi kusowa madzi mthupi (kusowa madzi) kukhoza kukhala bvuto lalikulu makamaka kwa ana ongobadwa kumene ndi ana wokulirapo. Izi zikhoza kubweretsa imfa, koma kwapafupi kuchiza matendawa ndi thadzi ORS.

Zipangizo

- Zithunzi:
 - a. Zithunzi za maluwa awiri (ngati mungakonde)
 - b. Ana awiri
 - c. Kodi mungapange bwanji thanzi (perekani makope kwa magulu ang'ono)
- Zipangizo zina:
 - a. Duwa la thanzi ndi duwa lofootar (ngati mungakonde)
 - b. Contena ya yogati (kapena yofanana) kukhale boowo kungsi kwake ndi kuika tepi kapena kuika chomatira pa boowopo (ngati mulibe tepi, ikani chala chanu paboowopo)
 - c. Botolo kapena kapu ndi madzi owonjezera ena mkati mwawo
 - d. Madzi, mchere, shuga, ndi makapu opangira thanzi ORS

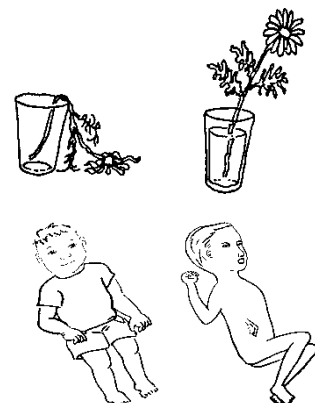
ThanziDehydration

KUKAMBIRANA KWA MMAGULU AKULUAKULU

Malangizo kwa Mphunzitsi: Asanayambe ophunzira kuika duwa la moyo mu tambula ya madzi ndi duwa lakufa mu tambula yopanda madzi (ngati simunapeze maluwa eni eni ndipo mukuyenera kugwiritsa ntchito

ZINTHUNZI: Pictures of Two Flowers). You will also need the **ZINTHUNZI:** Ana awirindi kontena yayogati kapena botolo ya madzi imene ili ndi boowo mkungsi kwake ndi madzi owonjezera ena.

1. Yang'anani maluwa awiriwo (kapena **ZINTHUNZI**).
 - Ndichifukwa chiyani duwa linalo lafa pamene duwa linali likadalibe ndi moyoh? (Perekani nthawi yokwanira ku gululo ndi kuwalora kupitiriza kukambirana ndi kuyankha mpakana atazindindikira kuti chimene chapangisa kusiyana ndi madzi.)
2. Tsopano yang'anani zithunzi za anawo (**ZINTHUNZI**). Mmodzi mwa anawo akuoneka wa thanzi komano winayo thupi lake losasangalasa ndi lagwaa.
 - Kodi chifunika nchiyani pazonse ziwizi duwa ndi mwanayo? (madzi)



Monga ngati maluwa aja kuti ife tikhale ndi moyo zimafunika mthupi mwathu mukhale madzi. Kunena zoona, madzi ndichinthu chachikulu chofunikira matupi athu. Timakhala athanzi ndi pamene tili ndi madzi okwanira mthupi mwathu. Koma pamene tataya madzi wochuluka mthupi mwathu, thupi limakhala lagwaa. Uku kumatchedwa kusowa kwa madzi mthupi ndipo izi ndi zoopsya kwambiri.

Malangizo kwa Mphunzitsi: Gwirani kontena imene ili ndi boowo ndi kuidzadza ndi madzi (tsekani boowoyo ndi kaduswa ka tepi kapena boowo ndi chala). Tsopano musatseke boowolo ndi kulora madzi azituluka:

Pamene munthu akutsegula mmimba, thupi lake limataya madzi ochuluka. (Yambani kuika madzi ambiri mu kontena pamwamba.)

Ngati madzi olowa mthupi alingane ndi madzi amene ataika mthupilo, ndiye kuti thupi silikhalanso lagwaa. Munthuyo saafa. Ngati thupi lake lingaume, ndipo akhoza kufa. Izi ndi zoopsya makamaka kwa ana. Anthu samafa chifukwa chotsegula mmimba ayi koma amafa chifukwa chotaya madzi mthupi.

KUCHILITSA NTHENDA YA KUTSEGULA MMIMBA NDI ORS

KUKAMBIRANA KWA MMAGULU AKULUAKULU

- Kodi munayesako kulawa misozi kapena thukuta? Kodi imakoma bwanji?
 - Imakoma mchere kapena kusekemera.*

Madzi amene amakhala mmatupi mwathu ali ngati- mumakhala kamchere pang'ono ndikusekemera. Pamene muli kutsegula mmimba, mumasowekera madzi mthupi ndipo pamasowekera kuti tibwezeretse ndi madzi amene ali ndi mchere ndi sugar mkati mwake. Kusakanizidwa kwa zinthu zimenei ndikumene kumapanga ORS kapena kuti chokumwa chobwezeretsa madzi mthupi, ndipo izi ndizophweka kupanga. Ngati mumamwa ORS wambiri pamene muli kutsegula mmimba, thupi lanu silingasowe madzi. Kubwezeretsa madzi mthupi amene ataika chifukwa cha kutsegula mmimba kapena kusanza kutha kupulumutsa moyo wa anthu.

Lero, tiphunzira kapangidwe ka ORS ndi milingo yosakaniza yabwino ya sugar, mchere ndi madzi cholinga choti tibwezeretse mulingo weni weni omwe thupi lanu likufuna.

Pamatha kukhala ORS amene amakhala kale mmapaketi amene amasakaniza ndi madzi zokumwa zopangidwiratu. Kufunika kwa kupanga nokha ndi kwakuti amakhala opezekeratu, ndizophweka kukonza ndipo sizodula ayi.

KUONETSERA KWA MGULU LALIKULU

Malangizo kwa Mphunzitsi: Gwiritsani ntchito **CHITHUNZI**: Kodi mungapange bwanji ORS- Kuti muonetsera ma sitepe ake ochitira zimenezi. Ndiye kenako onetserani ndondomeko yoyenera mkalasi yonse.

KODI MUNGAPANGE BWANJI ORS:

Kasakanizidwe koyenera ka kapu imodzi ya ORS ndi :

- Kapu imodzi yamadzi
- M'bulu umodzi kapena iwiri ya mchere.
- Supuni imodzi ya suga



Choyamba ikani mchere mmadzi anu ndikulawa. Ngati zikuwawa koposa misonzi, ndiye kuti mutaye. Mchere ukachuluka umaononga thupi. Yambiraninsu koma mugwiritse ntchito mchere ochepa. Ngati mchere ndi madzi zagwirizana, kenako onjezerani shuga. Ngati simukufuna kutaya madzi omwe mwaonjezera kwambiri mchere aja, ndiye muyenera kuika madzi ena oonjezera mu mchere kufikila pamene itakoma ngati misonzi, mukumbukilenso kuonjezera shuga). Takasani kenako mukhodza kumwa.

CHOCHOTIKA CHA MMAGULU ANG'ONGO(NGATI MUNGAFUNE)

Malangizo kwa Mphunzitsi: Mukhale ndi madzi, shuga ndi makapu okonzekeratu kuti magulu onse atenge nawo mbali poyesera kukonza ORS.

Mma Gulu a anthu awiri kapena atatu, yeserani kukonza ORS.

KUKAMBIRANA KWA MMAGULU AKULUAKULU

Malangizo kwa Mphunzitsi: Onetsani zithunzi zonse : Kodi tikusowekera zochuluka bwanji?.

Kodi Mukufunika ORS Ochuluka bwanji?.

1. Pamene munthu ali kutsegula mmimba , mpatseni ORS akangochoka potaya madzi kudzera ku chimbudzi. Musayembekezere muone zizindikiro za kutaya madzi mnthupi- yambani kumpatsa ORS pompo pompo! Kumbukirani , mukuyenera kulandila madzi ofanana ndi amene achokawo.

Kuti mubwezeretse madzi amene anataikawo:

- Akulu amafunika matambula awiri kapena atatu pamene ataya madzi nthawi ina iliyonse pa tsiku).
 - Ana a zaka ziwiri zakubadwa amafunikira tambula imodzi ya ORS.
 - Ana amene sanakwanitse zaka ziwiri zakubadwa amafunika tambula ya theka akataya madzi mnthupi kapena mkaka wammawere.
2. Pamene mwana akusanza , mukuyenera kumpatsa ORS. Ngakhale mwana wasanza atatha kumwa ORS ,siyense amene angakhale kuti watulukamo. Pamene munthu akusanza , madzi ochuluka amatuluka nthupi mwa munthu. Opanda ORS , mwanayo azakhala ofooka ndiosowa madzi nthupi. Mupatseni ORS ocheperchepera masana ndi usiku.

CHENJEZO : ngati kutaika kwa madzi nthupiku kwapitirila muyezo , kapena pakuonetsa zizindikilo zina zoopsa , sakani chitsogozo china cha aza umoyo mwachangu.

PALINSO MFUNDO ZINGAPO zosamalirila anthu amene ali ndi Kutsegula mmimba:

1. **Apatseni madzi ochuluka okumwa** .Pambali pa ORS , zokumwa zinanso ndizothandiza , monga zipatso , madzi a kokonati , ndi thinned cereal.
2. **Poyamba , kutsegula mmimba kukhoza kuyamba kuonjezekera.** Ndi chifukwa choti thupi lili ndi madzi ochuluka(monga mmene mumathira madzi mkapu muja , madzi omwewo amataikanso mwachangu). Musadandaule ndi zimenezi ! Pitirizani kuperekabe ORS wanu.
3. **Pitirizani kumpatsa zakudya:** Munthuyu akangoyamba kulandila zakudya , muloleni kuti azidya chakudya chomwe iye akulola kulandila.
4. **Kwa ana , pitirizani kuwayamwitsa.** Muyamwitseni pafupi pafupi musanampatse zokumwa zina , gwiritsani ntchito supuni kumpatsira mwana ORS kapena zokumwa zina , koma osati botolo.
5. **Pitirizani kumpatsa ORS** usiku ndi usana pokhapokha ngati kutsegula mmimba kukupiritira.

KUUNIKIRANSO

KWA MMAGULU AKULUAKULU

Malangizo kwa Mphunzitsi: Onetsaninsu chithunzi cha mwana opanda madzi nthupi uja.

Mwanayu ali kutsegula mmimba.

- Kodi ndi zizindikiro zina ziti zoonetsa kuti munthuyu ali kutsegula mmimba?(Auzeni zizindikilo zinanso zomwe gulu silinakwanitse kunena).
 - *Ludzu , kukamwa kuuma , kukoza mikozi yochepa kapena osatulutsa mikozi kumene , mikozi imakhala ya chikasu , khungu lake limasiya kuoneka bwino.*

Ngakhale mwana wang’ono Sali kutsegula mmimba , ngati akuonetsa zizindikilo za kusowa madzi nthupi , tikuyenera kuwapatsabe ORS ,, Juwisi ndi zakumwa zina ndi zina pompopompo.

Tatiyeni tiunikilenso za zimene taphunzira mu phunziroli.

- Kodi ORS ndi chani? (madzi , mchere ndi shuga).
- Kodi tikuyenera kumugwiritsa ntchito chifukwa ninji? (Cholinga chofuna kubwezeretsa madzi omwe ataika nthupi , kupewa kutaya madzi mnthupi).
- Kodi mudziwa bwanji ngati mwagwiritsa ntchito mulingo oyenera kapena ayi?.
- Kodi ndi shuga ochuluka bwanji amene tikuyenera kumugwiritsa ntchito mu tambula imodzi ya madzi?. (Sitepe Imodzi).
- Kodi ndi ORS ochuluka bwanji amene mukuyenera kumpatsa munthu wamkulu?. (Imodzi kapena awiri).

- Kodi ndi ORS ochuluka bwanji omwe mukuyenera kumpatsa mwana?(tambula imodzi)
- Kodi mungachite chiyani ngati munthu wayamba kusanza? (pitirizani kumpatsa ORS , mpindi zochepe akuyenera kulawako).
- Kodi pali zizindikilo zotani za kutha kwa madzi mnthupi?.

PHUNZIRO LALING'ONO: KUTENTHA THUPI

Mfundo zenizeni

Tiphunzira kuti kodi tingazindikile bwanji kutentha thupi ndi kumva ululu wa mnthupi ndikudziwanso za nthawi yomwe mukuyenera kupita kuchipatala.

CHIYAMBI

KUKAMBIKANA KWA MMAGULU AKULUAKULU

Lero ndi maphunziro ena angapo , tikhala tikukambirana za matenda amene anthu amadwala dwala , ngati chimfine ndi zina . Kodi mumadziwako za zizindikilo zina za matenda amenewa?.

- | | |
|------------------------------|-----------------------------|
| ○ <i>Kutentha nthupi.</i> | ○ <i>Kukhosomola</i> |
| ○ <i>Mutu</i> | ○ <i>Kuyetsemula</i> |
| ○ <i>Chifuwa</i> | ○ <i>kUSANZA</i> |
| ○ <i>Chimfine</i> | ○ <i>Kutopa ndi kufooka</i> |
| ○ <i>Khuti</i> | ○ <i>Kuyabwa</i> |
| ○ <i>Zilonda za pa mmelo</i> | |

Malangizo kwa Mphunzitsi: Lolani mphindi zochepe kuti anthu alembe mndandanda wa zizindikilo za matendawa. Ngati zina mwa izi sizinalankhulidwe, tchulani zinthuzo.

Izi ndi zizindikilo mwa zina zomwe mungathe kuzisamalira muli kunyumba . tikhoza kumuthandiza munthu odwalayo kuti azimva bwino kwambiri , ndipo matendawo adzachoka pa okha pakatha masiku angapo. Mu phunziro limeneli . tiyang'ana zizindikilo zopezekeratu zomwe tikhoza kudziwa kuti tizithandize motani-

KUTENTHA THUPI

KUKAMBIKANA KWA MMAGULU AKULUAKULU

Kutentha thupi ndi chizindikilo cha nthenda ina iliyonse .si nthenda pa yokha ayi. Kutentha thupi ndi njira ya thupi yomwe thupi limamenyanila ndi tizilombo tomwe talowa nthupi ndipo tikuyambitsa matenda. Imatipatsa chizindikilo choti pali kanthu kena kake nthupimo kamene kakulakwika komwe tikuyenera kukaona bwino bwino. Monga matenda kapena tizilombo toyambitsa matendato. Kutentha thupi kwambiri ndi koopsa , makamaka kwa ana ndi makanda.

Mukhodza kuyesera ndikuona ngati wina wake ali kutentha thupi pochita izi:

1. Pogwiritsa ntchito choyezera kutentha kwa nthupi.
2. Ngati mulibe choyezeracho , mukhoza kuona kutentha kwa thupi la munthu dzanja lanu kumsana kwa munthuyo. Ngati akunveka kutentha kwambiri kuposa inu(koma inu muli bwino bwino) ndiye kuti ali ndi chizindikiro cha matenda ena ake.



NDI NZANU

Yeserani kuyeza **kutentha thupi ndi nzanu kugwiritsa ntchito kuika dzanja lanu pa mutu pake.**

- Kodi pali wina mkalasi mwanu amene ali ndi chizindikilo cha matendawa?.

KUKAMBIKANA KWA MMAGULU AKULUAKULU

- Kodi ndi njira zina ziti zomwe anthu a mdera lanu amathanira ndi kutentha thupi?.

KODI MUNGATHETSE BWANJI VUTO LA KUTENTHA THUPI:

Malangizo kwa Mphunzitsi: Mukhodza kugwiritsa ntchito chidole , mwana , kapena munthu wina ozipeleka mu gululi kuti muonetse chinthuchi.

Kutentha nthupi kochepe msinthu sikumafunika chithandizo cha mankhwala. Kumachoka paokha pakatha masiku angapo. Ndi kwabwino ndi kofunika kuzindikila kuti kutentha thupiko kukayamba , kodi kutentha kwake kwaonjeza motani , mmene kwayambira , mmene zilili panopa , ndi mmene zingathere. Izi zitha kuthandizira kuzindikila matenda omwe ayambitsa kutentha thupiko.

Ngati munthu watentha kwambiri thupi , tikuyeneranso kuwathandiza kuti azizidwe. Makamaka ngati munthu yemwe ali ndi mnthendayo wakhala akugwira ntchito padzuwa , ndiye kuti akuyenera kukhudzidwa kwambiri ndi mphanvu yadzuwalo. Ndikwabwino kuthetsa kutentha thupi kumeneku mwachangu. Nthawi zina munthu amene ali ndi vuto lakutentha thupi akhodza kukhalanso akunva kuzizila , tikuyenera kumuika munthuyo pa malo ozizila bwino Izi ndi njira zingapo.

1. Imwani zinthu zamadzimadzi zochuluka , monga madzi , madzi a kokonati , kapena ma juwisi. Munthu amene akutentha thupi akhoza kusowa madzi mnthupi mosavuta , ndipo tikudziwa kuchokera ku phunziro lathu lokhudzana ndi kutsegula mmimba kuti kutaya madzi nthupi ndi koopsa. Kumwa zokumwa zozizila kumathandiza kudizidzitsa thupi.
2. Mupukutuni munthuyu ndi kansalu konyowa . Kwa mwana kapena kwa wina wake amene watentha kwambiri , vulani zovala zawo ndikumawapukuta ndi kansalu kaja. Ikani kansalu mmadzi ndikukaika mkwapa mwawo , pamutu komanso pamtimalyi ndi njira imodzi yochepetsera kutentha thupi kwa munthu.
3. Chotsani zovala zolemela ndi zotentha ndipo mungosiyapo zo pepuka , zolowa mphepo pa thupi lawo.
4. Tsegulani mawindo ndikumuka munthuyo pa mpemela wabwino . MKupizeni munthuyo.
5. Mummwese Paracetamol ngati munthuyo atentha thupi kwambiri. Yankhulani ndi dotolo kuti akuthandizeni ngati simukumwa mankhwala ambiri. Mulingo wa mankhwalawa utengela kuti munthuyo ndinso mphanvu za mankhwalazo. Ngati mwana akutentha thupi , sikofunikira kumpatsa asipulini.
6. Munthu amene akutentha thupi , musamufundike bulangete kapena zovala zolemela. Mukatero mumapangisa kuti kutentha kupitirilebe kukhalapo , zimene ndi zoopsa ndipo zikhoza kupangisa chizungulire. Makamaka ana ang'ono.

Kodi ndi nthawi yanji yomwe mungathe kumutengela munthu amene akutentha thupi kuchipatala? (ngati zonsezi sizinatchulidwe , atchulileni kuti adziwe).

- *Ngati mukukaikila malungo- munthuyo amayenera kuyambapo kulandila mankhwala.*
- *Ngati ndi mwana ochepele miyezi iwiri.*
- *Ngati kutentha thupi mwa mwanayo kwapitirila maola 24.*
- *Ngati munthu wamkulu ali ndi kutentha thupi kwa masiku atatu.*
- *Ngati munthu wayamba manjenje ndikugwede mwa mavuvu. y*
- *Ngati kutentha thupi kwayambitsa mavuto ena.*
- *Ngati munthuyo ali ndi bala kapena chotupa ndipo zapangisa kuti munthu atenthe thupi kwambiri.*
- *Ngati munthu akupuma mobanika komanso/ kutentha thupi limodzi ndi chifuwacho.*
- *Ngati pali kusanza kapena kutsegula mmimba ndi kutentha thupi moti ngakhale ORS sakuthandizanso.*

CHOCHITIKA CHA MMAGULU ANG'NO

Malangizo kwa Mphunzitsi: Agaweni anthu mmagulu a anthu atatu[3] kapena anai[4]. Auzeni mmagulu mwawo aganzile kayendetsedwe ka dzanja kuti athandize kutentha thupi. Pakatha mphindi 5 , abweretseni anthu onse pamodzi ndikuwauza kuti aonetsera kayendetsedwe kadzanja lawo kugulu lawo.

KAGWIRITSEDWE KAKE KA NTCHITO

Kena tikazamakumana , tizaona bwinobwino za zizindikilo za matenda ndikuchiritsa kwake. Kwa panopa , tatiyeni tiganizile za munthu wina wake amene Sali nafe malo ano amene tikhodza kukamuuza za kazindikilidwe ka munthu amene akutentha thupi ? Muuzeni mzana za chinthu chimenechi amene mwayandikana.

PHUNZIRO LALING'ONO: KUCHIRITSA MATENDA ENA AMENE ANTHU AMADWALADWALA- CHIFUWA, CHIMFINE, KUKHOSOMOLA

Mfundo zenizeni

Ndi zotheka kuchiritsa munthu amene ali ndi matenda amenewa ndikupangitsa kuti munthuyu ayambe kunva bwino ndikuwathanzizanso kuchira mwamsanga.

Zipangizo

- Zithunzi : Zoonetsa , Chifukwa , kukhosomola , chimfine. Posita.

CHIYAMBI-KUUNIKILA

KUKAMBIRANA KWA MMAGULU AKULUAKULU

Nthawi yomaliza yomwe tinakumana, tinaphunzira za kutentha thupi komwe ndi chizindikilo cha nthenda ina iliyonse. Kodi pali wina aliyense amene akukumbukila za njira 6 zothanilana ndi kutentha kwa thupi(apatseni nthawi yokwanira yoti akhodza kuonetsera anthu ambiri).

Kutentha thupi ndi chizindikilo choyamba cha mnthenda ina iliyonse. Kukhosomola , mabala pa mmelo kapena kutuluka mamina ndi zinsano mwa zizindikilo za matenda ena ndi ena , zimenenso zimaonetsa kuti pali china chake chomwe nthupi sichili bwino. Ndipo tikuyenera kuchiona bwino bwino kuti ndi chani. Ndipo tiziwe kuti kodi tikhoza kupeza bwino motani.

ZIZINDIKILO ZINA ZA MATENDA

KUKAMBIRANA KWA MMAGULU AKULUAKULU

Malangizo kwa Mphunzitsi: Onetsani **ZINTHUNZI:** Kuchucha mamina , zilonda zapa mtima , kukhosomola , pamene mukukambirana za chizindikilo china chilichonse ndi njira yake yochiritsira zinthunzi , zikhomeni pakhoma.

Kuchucha mamina kapena kukhosomola- zimakonda kukhala zosatila zakumva fungo la china cake chimene thupi silinachilandile bwino kapena kuzizila.

Kuti muthetse zimenezi:

1. **Kwa ana:** Chotsani mamina ndi zimphonongolo ndi chotokosera mmakutu. Ngati mwanayo ali ndi vuto la kapumidwe ndipo mulibe kochotsera zimphonongolo , mukhoza kugwiritsa ntchito kamwa yanu kuti muyamwe ndikuchotsa mamina mphuno mwa mwanamo.
2. **Ana okulilapo ndi akulu:** Sanganizani zala ziwiri ndikuika mmadzi amene mwaikamo mchere . Izi zimasukunula zimphonongolo mwachangu. Mukhoza kuonjezeramo zinthu zina zopangisa kuti munthu apume bwino kuzera mu kafungo kake. **CHENJEZO :** **Musagwiritse ntchito timafungo timeneti koposa katatu pa tsiku.**
3. Pukutani mphuno imene ili ndi chimfine komanso musamale kuti musachotse ndi kupukuta mwa nkhanza , zimene zimayambitsa mavuto okhudzana ndi khuti ndikubweretsa mavuto a khutu.
4. Imwani mankhwala azizindikirozo kuchokera kwa ma dokotala.



ZILONDA ZA PA MMELO- Kusakaniza zinthu zosiyanasiyana panyumba panu pomwepo ndi zomwe zikufunika kuti muthane ndi vutoli. Mfundo izi zikhoza kukuthandizani kuti muveko bwino. Mukhoza kumwa madzi owilitsa komanso a mchere , zimathandiza. Mukhoza kungokhudyula madzi amchere koma osameza , ndipo mukhoza kulavula madziwo mukatha kukhudulako. Izi zipangisa kuti pa mmelo panu mumveko bwino. Masamba opangidwa mu tiyi , ndi madzi otentha komanso mutaika uchi kapena mandimu , izi zimathandiza kukupangitsani kuti muzimva bwino.



KUKHOSOMOLA –Kukhosomola ndi kwabwino chifukwa ndi njira yabwino yomwe Mulungu anaika kuti muzitha kukonza ngati pa mmelo panu pali chimene chaimapo kapena mamina kumene , **musamwe mankhwala oletsa kukhosomola , koma chitanipo kanthu ndi pammelo panu**

Kuti muchepetse kutsokomola.

1. Imwani madzi ambiri , tiyi , kapena bone broth. .
2. Kuukamila . Phitsani madzi . Ikani madzi otenthawo mu mtsuko , ndipo muike mutu wanu pamwamba pa mtsukowo , ndipo muphimbe mutu wanu ndi tawelo kuti mupange tent ya mpweya otenthawo. Pumani mwakuya kwa mphindi 15 kapena 20 . Bwerezesani izi kangapo pa tsiku. Mpungabwino utha kuonjezeredwa mmazimo kapena vaporubu ngati munthuyo ali ndi ashma. Imaonjezerekanso.
3. Kwa munthu amene akungotsokomola , tikhoza kugwiritsa ntchito njira zina ndi zina za pakhomu:
 - a. Sakanizani mofanana uchi , mandimu ndi zina zotero. Muzimwa supuni imodzi pakangotha maola awiri kapena atatu.
 - b. Sakanizani jinja gawo limodzi , magawo atatu a oregano ndi tamarindi , komanso magawo awiri amadzi. Wiritsani kwa mphindi 25-35. Sefani kuti muchotse masamba ndi zidutswa zina za ginger ndi masamba ena otsalawo. Ku kapu ina iliyonse ya chakumwachi , ikani shugar supuni imodzi. Muwiritse kwambiri kufikila zitafika poti ndi madzi okhaokha. Kwa akulu , apatseni masupuni awiri , kwa ana supuni imodzi pakatha ma ola 3 mkapa 4.
4. Ngati kutsokomolako sikukusinthapata masabata awiri , pitani mukaonane ndi adotolo kuti mupeze chomwe chikuchititsa ndi chani kapena nthenda yanji . awa ndi ena mwa mavuto amene amachititsa kuti chifukwa chipitilile zomwe zimafuna kulowerelapo kwa adotolo.
 - Nhenda ya mmapapo.
 - Asima
 - Chibayo
 - MALO OVUTA KWAMBIRI KUYENDA
 - Kusuta
 - TB

- Kodi ndi zinthu zina ziti zomwe zimagwiritsidwa ntchito kuno kuthana ndi zilonda za pa mmelo?.

CHOCHITIKA CHA MMAGULU ANG'ONO ANG'ONO

Malangizo kwa Mphunzitsi: *Apatsemi anthu onse mmagulu chizindilo chimodzi cha matenda amene anthu amadwala dwala mdera lanu , kuti mupange kauniuni ndikuchita sewero ndi kuyesera kuchita cholinga anthu adziwe za mmene angapewere ndikuchepetsa matenda amenewa.*

KUPELEKA LIPOTI – Funsani gululi kuti apange sewero la chionetselo pamaso pa gulu lonse.

KUKAMBIKIRA KWA MMAGULU AKULUAKULU

Ngati munthu mmodzi m'banja wadwala , ndikangati kamene anthu enanso amatenga matenda omwewo?.

Pothandizira kuthandiza zizindikilo zimene , tikhoza kuthandiza kuimika kapena kupewa kufalikila kwa matenda kwa anthu ena pochita izi: -

- Kukhosomolera potchinga ndi mkono.
- Kusamba mmanja – makamaka musanagunde nkhope yanu , pakamwa , kapena mukatha kusamala munthu odwala.
- Chapani china chilichonse chomwe chinali pakamwa pa munthu odwala.
- Munthu odwala asabwerekane matambula , mbale , ziwiya , kapena bedi ndi wina aliyense.

KACHITIDWE KAKE

KUKAMBIKIRA KWA MMAGULU AKULUAKULU

- Kodi ndi chinthu chimodzi chiti chomwe munaphunzire chomwe mutha kukagawiranso ena.

PHUNZIRO LALING'ONO: KUCHIRITSA MATENDA ENA-KUSANZA NDI MUTU

Mfundo zazikulu

Tikhoza kuthandiza vuto la kusanza ndi kupweteka kwa mutu kupangisa kuti munthu odwala akhaleko bwino ndikuwathandiza kuti achire msanga.

CHIYAMBI

SEWERO LA PA GULU LALIKULU

Tiyesera kusewera sewro[game] kuti tione ngati mumatha kusunga bwino chakudya. Ndikuuzani mchitidwe wina , ndipo inu mukweze dzanja lanu ngati mukuvomereza kuti imeneyi ndi njira yoonetsetsa kuti chakudya chili bwino kuti mukamadya chikuthandizeni.

Malangizo kwa Mphunzitsi: *Mukatchula chinthu china chilichonse , gululi lipatseni mwayi kuti akweze dzanja. Ndiye kenako auzeni yankho loyenera.*

Kodi tikuyenera kupanga izi?.

- Sambani mmanja musanakonze chakudya(Yankho: Inde!).
- Kudya zipatso zongochokera mu mtengo- ndichaukhondo ndikale chifukwa chikuchokera mu mtengo- (Yankho: Ayi!Zilombo zimaulukila pa zipatso ndi masamba amene simumasenda , kotero mukuyenera kuwasuka ndi madzi aukhondo).
- Muziphika nyama kuiwiritsa mpaka iphye bwinobwino(Yankho! Inde! Ngati madzi ndi magari onse auma bwinobwino , ndiye kuti nyamayo ndiyaukhondo yoti mukhodza kudya).

- Zilombo zikhale kutali(Yakho! Inde , zilombo zimafalitsa ma gelemusi amene amatipangitsa kuti tizidwala).
- Musanje mbale mu kabati kapena mu keleti mukangotha kuchapa (Yankho: Ayi Mulole kuti mbale ziyambe zauma pa dzuwa koyamba . Dzuwa limapha ma gelemusi).
- Chapani mbale komanso ziwiya zonse(Yankho: Inde).
- Muike Dzenje lotaya zinyalala pafupi ndi malo amene mumaphikira kupangitsa kuti kusamalira kukhale kophweka. (Yankho! Simukuyenera kuika dzenje pafupi kwambiri ndi malo amene mumaphikira , chifukwa izi zimaitanitsa zouluka ndi ma gelemusi).

Ngati titsatira bwinobwino ndondomeko ya kasamalidwe ka zakudya, kusanza sikudzakhala kochitika chitika. Koma tikuyenera kudziwanso kuti tipange chiyani pamene kusanza kwayambika.

KUSANZA

KUKAMBIRANA KWA MMAGULU AKULUAKULU

Kusamza (Monganso mmene kutsegula mmimba kulili) kumayambitsidwa ndi ma gelemusi amene amalowa mnthupi mwathu kudza mu zakudya , madzi , manja osasamba . Matupi athu akamaliza kuchotsa ma gelemusi onse amene analowa mnthupi mwathu , ndipamene timayamba tsopano kunva bwino. Kuti muthandize kuchepetsa kusanza:

- Muzimwa ORS , coka cola , madzi a kaboni , tea wa hebo.
- Musadye kena kalikonse pa nthawi imene kusanza kwakula kapena kwavuta.

Nthawi zina , kusanza kutha kukhala chizindikilo cha matenda ena ake akulu kwambiri. Kakumaneni ndi adotolo.:

1. Kusanza kupyola muyezo kumapitirila mpakana maola 24.
2. Kusanza magari.
3. Kutaya madzi mnthupi komwe sungakuthetse pongomwa zamadzimadzi.

MUTU

KUKAMBIRANA KWA MMAGULU AKULUAKULU

- Kodi munakhalapo ndi kudwadwalapo mutu?.
- Kodi pali nthawi zina zake kapena nyengo ina yake imene mumadwala mutu pafupi pafupi?.

Malangizo kwa Mphunzitsi: Onetsani **CHITHUNZI**, Kudwala mutu.

Matenda ambiri a mutu amakhodza kuchiritsika ndi kupuma ndikumwa madzi ambiri(kapena kokonati , ma juwisi , komanso ORS).Kuwawa kwa mutu ndi chizindikilo china cha kuchepa madzi mnthupi. Mutu ndi . Mutu ukapweteka kawiri kawiri chifukwa umalumikizana ndi matenda amene amapangitsa kutentha thupi. Chithandizo china chapa nyumba panu pomwepo chithanso kuthandizanso kuwawa kwa Mutu monga kugwiritsa ntchito kamsalu komwe kanyowetsedwa mu madzi otentha ndikuika pakhosi kumbuyo . Kapenas kuthowa mutu , khosi ndi mapewa. Mutu umene umangoyambira yambirabe utha kukhala chizindikilo cha mavuto ena ndipo akuyenera kuonedwa bwino ndi dokotala.

Mutu waching’alang’ala ndioopsa , umene uyamba ndikuvutika kuona umene ukhodza kuyambitsa nausiya , kuojila , kapena kusanza. Izi zitha kupitirira kwa masiku kapena ma ola angapo.

Mukuyenera kuthana ndi mutu uliwonse usanafike pa mutu waching’alang’ala.

- Tengani asipulini muwiri ndi kapu ya khofi kapena tiyi. .
- Gonani pamalo amdima , achete , ndikumayesa kutambasula malingalilo anu , thupi lanu ndi ziwalo zonse.

- Ngati mutu susiya kupweteka pakatha masiku awiri kapena limodzi , kaonaneni ndi dokotala kuti akupatseni mankhwala a mutu ndipo muzimwa mowirikiza monga mmene madokotala akuuzilani mpaka mutu utasiya kupweteka.

CHOCHITIKA CHA MMAGULU AKULUAKULU

Agawane anthuwommagulu awiri – iwo amene akusanza ndi ena amene akunva kupweteka mutu! Mmagulu mwanumo, muli ndi mphindi zisanu , osanza atiuza zonse zomwe akukumbukila za chimene chimayambitsa chizindikilo chimenechi. Guli linalo litiuza za ngati anaiwala zinthu zina zilizonse kapena panali zinthu zina zolakwika. Ndiye kenako maguluwa azasinthana zochitika ndipo iwo amene anali gulu la odwala mutu azatiuza zonse zokhudzana ndi kupweteka kwa mutu.

Malangizo kwa Mphunzitsi: Muyenera kuuza gulu limene likuweruza lija kuti likhale ndi kumaonanso pa CHITHUNZI pamene gulu likukambirana. MwaChitsanzo , pamene gulu la kusanza likulankhula , gulu linalo likhoza kumafananiza zimene akulankhulazo ndi chithunzi: KUSANZA

KAGWIRITSIDWE KA NTCHITO

NDI NZANU

- Kodi ndi maluso ati a zimenezi zomwe mwayesa pamene munali mukunva kuwawa mutu kapena kusanza?.
- Kodi ndi ziganizo ziti zatsopano zomwe mungayesere ulendo wina kapena m’bale wanu ali ndi zizindikilo zimenezi?.

PHUNZIRO LALING’ONO : KUGWIRITSA NTCHITO MANKHWALA OPANGA NOKHA PAKHOMO NDI MANKHWALA A AKUCHIPATALA

MFUNDO ZAZIKULU

Tikuyenera kudziwa kuti ndi nthawi yanji yomwe tikuyenera kugwiritsa ntchito mankhwala akuchipatala ndi nthawi imene tikuyenera kugwiritsa ntchito mankhwala opanga tokha pakhomo kuti tithane ndi matenda kwathunthu.

ZIPANGIZO

1. **Zithunzi** : Kupanga Chokumwa cha Jinja , ndi mandimu(Ngati mungafune).
2. **Zinthunzi:**Positala yoonetsa mankhwala ndi ma khadi(dulani ma khadi 4 padera padera).
3. Mankhwala opangidwa kuchokera ku ginja ndi mandimu(zokwanira kuti wina aliyese akhodza kuyeserela)- madzi , mandimu , ginja , uchi ndi galiki(ngati mungafune).
4. Ma kapu a wina aliyense.

CHIYAMBI

- Kodi mumakonzaka chokumwa chapadera dera ngati wina wake wadwaka?. Kodi mumapanga chani?.
- Kodi ndi mankhwala ena ati amene anthu ena amagwiritsa ntchito?.

CHOCHITIKA MU GULU LALIKULU-(Ngati chokumwa ichi chimagwiritsidwa ntchito kwambiri ,ndiye kuti musachitenso chinthuchi).

Malangizo kwa Mphunzitsi: Fotokozani kuti ichi ndi chokumwa chomwe dziko lonse chimapangidwa ndipo ndi chopezeka ponseponse anthu akadwala. Gwiritsani ntchito **CHITHUNZI**: Kapangidwe ka mankhwala pogwiritsa ntchito ginja , mandimu , kuonetsera mmene izi zingachitikile kapena mutha kufunsa wina wake ngati alonso ndi zakumwa zina zimene zikhodza kuyesedwa , kapena funsani ena mwa zimayi mu mpingo kuti akonze chokumwa chimenechi kuti wina aliyense akhoza kuyesera.

MANKHWALA OPANGA PAKHOMO POMWEPO

KUKAMBIRANA KWA MMAGULU AKULUAKULU

Tikati mankhwala opanga panyumba, sitikutanthauza kuti mankhwala a ufiti , asing'anga kapena kuombeza maula amene amagwiritsa ntchito miyambo , maula , ndinso kulambila milungu ina kapena kulankhula ndi mizimu . tikuyankhula kugwiritsa ntchito njira zomwe tikhoza kugwiritsa ntchito chilengedwe ndikuthandiza anthu kuti azinva bwino . Mulungu watipatsa njira ndi mankhwala ena amene akuyenera kutithandiza kukhala ndi thanzi komanso kutithandiza kuchira mwachangu pamene tadwala.

Zipatso zomwe zili ndi mtundu wamkati komanso masamba zimakhala ndi ma minero abwino mkati mwake zomwe thupi limafuna kuti lilimbane ndi matenda , ndiye tiyeni tizidya zambiri!.

- **Kugona-** ndi nthawi imene malingaliro athu ndi matupi athu amabwezeretsedwa. Tikuyenera kuyesetsa kuti tizigona mokwanira. Ngati wina wake akudwala , chinthu choyamba kuganizila ndiko kugona mokwanira.
- **Zokumwa-** Kumwa madzi ochuluka kumapangitsa munthu odwala uja kuti asathe madzi nthupi komanso amathandiza thupi kulimbana ndi matenda mwamphanvu- juwisinso amakhala ndi ma vitamini ochokera ku zipatso , ndipo tiyi kapena zokumwa za mankhwala zitha kukhalanso ndi phindu lina. Izi ndi zina mwa zofunika kumwa zina:
 - Ginja ndi Uchi- kuthesa kuchucha mamina , kuthandiza chifuwa , kuthetsa tizilonda tapakhosi(anthu ena amaonjezera mandimu). .
 - Basil,galiki, ndi uchi- kwa okhosomola kwambiri.

Awa ndi mankhwala ena amene tikhodza kupanga tokha kunyumba amene amathandiza kwambiri:

- Kugwetsera dontho la madzi a anyezi mkhutu.
- Galiki ndi madzi a mchere komanso otentha kumwa kuti muchotse tizilonda tapakhosi.(tinaphunzira zimenezi sabata yatha).
- Kuukamila (tinaona kale sabata yatha) kwa amene akukhosomola , kapena ali ndi chimfine kapena zilonza za pa khosi.
- Warm bone broth soothes a sore throat and is very nourishing to the body. This is especially good for someone who isn't able to eat or doesn't feel hungry because of sickness.

Mankhwala a Ku chipatala

Matenda ena akhoza kuthandizidwa bwino ngati pali mankhwala abwinonso ochokera ku chipatala. Ngati mankhwala opanga nokha panyumba sakuthandiza kapena mukuganizila kuti pali nthenda ina imene ndi yaikuluko. Ndibwino kukalandila chithandizo kuchipatala. Komabe , mankhwala ambiri amene akupezeka masiku ano akumakhala oopsa kwambiri pa moyo wamunthu ukawagwiritsa ntchito ngati sanagwiritsidwe ntchito bwino! Izi ndi zoonanso ndithu ngakhale ndi mankhwala amene amagulitsidwa ku maphamasi ndi ma shopu ena amene amagulitsa mankhwala mdera lanu. **Ndi zofunikira kutsata malangizo bwinobwino kuti kodi ndi mankhwala ochuluka bwanji amene mukuyenera kumwa ndipo mumwe nthawi yanji.** Kumwa mankhwala ambiri kumakhala ndi chiopsezo pa moyo wa munthu komanso akhodza kufa.

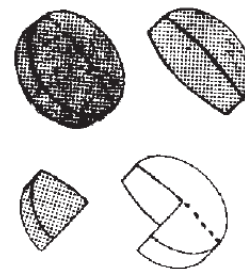
Azimayi oyembekezera , okalamba , ndi ana sakuyenera kumwa mankhwala a ku shopu opanda malangizo a kwa dokotalo. Ngati mankhwala amene mwamwa akukupangitsa kumva kupweteka kwambiri , mwa changu mukuyenera kupeza thandizo la ma dokotala.

Kodi mungayeze bwanji ndikupeleka mankhwala

Malangizo kwa Mphunzitsi: Onetsani **ZINTHUNZI:** Positala yoonetsa MANKHWALA (DOSEGI).

Malangizo nthawi zina amalembedwa ndi tabuleti yonse kapena theka kapena kapusozi.

- Tabuleti imodzi = tabuleti yonse.
- $\frac{1}{2}$ tabuleti = theka ya tabuleti.
- $1 \frac{1}{2}$ tablet = one and one-half tablets
- $\frac{1}{4}$ tablet = one quarter, or one-fourth of a tablet



Mukuyenera kusamalitsa kuti mankhwala apelekedwe mu milingo yovomerezeka yokhayokha.

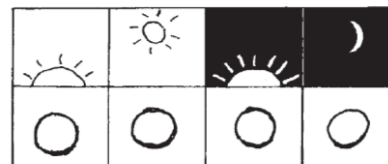
Kutsatira Malangizo

Malangizo Kwa Mphunzitsi: Onetsani **ZINTHUNZI:** Ma khadi oonetsa kamwedwe kamankhwala[dosegi] akuyenera kufotokoza china chilichonse.

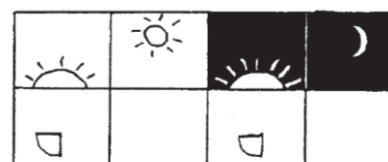
Mukauzidwa kuti mumpatse munthu mankhwala , onetsetsani kuti mumvetsetse malangizo bwinobwino . Bwerezaninso zimene mwanvetsetsazo kuti kodi mankhwala mupeleke angati , kangati ndipo mulingo wanji. Ngati simumatha kuwerenga , funsani wazaumoyo kuti akufotokozereni bwinobwino za mankhwalawo ndi pamene mukuwapereka.

Mwa Chitsanzo:

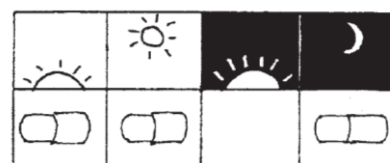
Izi zikutanthauza kuti Tabuleti imodzi , kanayi pasiku- mmamawa , masana , madzulo ndi usiku.



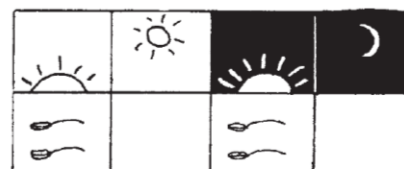
Izi zikutanthauza kuti $\frac{1}{4}$ ya tabuleti pa tsiku- kawiri pa tsiku – mmamawa ndi madzulo.



Izi zikutanthauza kuti kapusozi yense , mutenge pa tsiku- mmamawa , masana ndi usiku.



Izi zikutanthauza kuti masupuni awiri a mankhwala kawiri patsiku – mmamawa ndi madzulo.



CHOCHITIKA CHA MMAGULU AKULUAKULU

Malangizo kwa Mphunzitsi: sakananizani ma khadi oonetsa kakamwedwe kamankhwala[dosegi], aonetseni imodzi imodzi , ndipo muudze gulu kuti linene kuti ndikangati ndipo nthawi yanji yomwe mukuyenera kupeleka mankhwalawo. Kapena ikani khadi ya kakamwedwe kamankhwala[dosegi]poonekera kwa onse , ndiye kenako yankhulani malangizo amene alembedwawo. (mwa chitsanzo , $\frac{1}{4}$ tabuleti mmamawa ndi madzulo)ndipo anthu akuyenera apite akaime pafupi ndi khadi yoyenera.

Kumudalira Mulungu ndi kumufunsa kuti atichilitse

KUKAMBIRANA KWA MMAGULU AKULUAKULU

Kuzindikila zizindikilo za matenda ndikudziwa mmene tingawasamalire anthu pamene akudwala ndi njira yokhayo yomwe tingaonetsere chikondi cha Mulungu ku mabanja athu ndi anthu osowa. Komanso , tikuyenera kukumbukiranso kuti Mulungu wathu ndi ochilitsa. Akhodza kupeleka machiritso ochitika moziziswa. Koma kawiri kawiri amafuna kuti atipatse mzeru za mmene tikuyenera kutukulira umoyo wathu ndikubweretsa kusintha mmoyo wathu kuti tikhale athanzi. Tikhodza kumufunsa kuti atithandize.

KUKAMBIRANA KWA MMAGULU AANG'ONO

Werengani Afilipi 4:6-7 , Yakobo 1:13-16 .

- Kodi ma vesi amenewa akutiphunzitsa zotani za kupemphera?.
- Kodi timapempherela odwala chifukwa chiyani?.
- Kodi pemphero lingasinthe bwanji thanzi la mabanja athu?.

Pamene tipemphera , tikhoza kumufunsa Mulungu kuti atithandize kusamalira thanzi lathu. Tikhodza kumufunsa Mulungu kuti atisamalire matupi athu .tikhodzanso kumufunsa kuti tikhale ndi zikhalidwe za umoyo zabwino , ndipo tikhodza kumufunsa. Mulungu akhoza kutipatsa mzeru mu nthawi zonse , ndipo ali ndi mphanvu yotichilitsa.

MATHERO

Mankhwala opanga tokha kunyumba komanso opangidwa kuzipatala akhodza kuthandiza kuti tizimva bwino pamene tili ndi matenda ena ndi ena .Komabe , ngati nthenda yakhalitsa koposa masabata awiri kapena ngati mumwa mankhwala ndikumanva kupweteka kwamiri . Mukuyenera kupita ku chipatala. Mwina kutheka muli ndi nthenda ina yake yaikulu.

PHUNZIRO LALING'ONO- MALUNGO

Mfundo zenizeni

Malungo ndi oopsya makamaka kwa ana ndipo kuti achizidwe odwala amayenera kupititsidwa ku chipatala. Tingathe kupewa malungo ngati tingagwire ntchito pamodzi yochepetsa kuchulukana kwa udzudzu, komanso poteteza khungu lanu mma ola a 6 koloko madzulo komanso 6 koloko mammawa.

Zipangizo

1. Zithunzi: Kapewedwe ka Malungo

MALANGIZO A MPHUNZITSI: Mu phunziro ili, gwiritsani ntchito kukambirana mmagulu kuti muone zomwe gulu likudziwa kale komanso njira zomwe likugwiritsa ntchito popewa komanso kuthana ndi Malungo. Mutha kusiya mbali zomwe gulu likudziwa kale ndi kuchilimika ku zinthu zatsopano, zolepheretsa zomwe akukumana nazo komanso zomwe angachite pamodzi kuti apewe Malungo.

CHIYAMBI

KUKAMBILANA KWA MMAGULU AKULUAKULU

- Kodi mukudziwa wina aliyense yemwe ali ndi malungo pakadali pano?
- Kodi kachulukidwe kake ndikotani mu dera lino?
- Kodi ndi zikhulupiriro ziti zomwe anthu adelali amakhulupirira kuti munthu atha kutenga malungo?

Tsono tiyeni tione mmene mukumudziwira mdaniyu! Muntha kudwala malungo kuchokera:

- kudya zakudya zina? (ai)
- Kukhudza kapena kukhala pafupi ndi munthu yemwe ali ndi Malungo? (ai)
- Kumwela chikho chimodzi ndi munthu yemwe ali ndi Malungo? (ai)
- Kugona malo amodzi kapena kuvala zovala zimodzi ndi munthu yemwe ali ndi malungo? (ai)
- Temberero? (ai)
- Kulumidwa ndi udzudzuy? (inde!!)



Malungo amagawidwa **ndi udzudzu ndiponjira yomwe munthu angatengere malungo ndi kulumidwa ndi udzudzu.**

1. Udzudzu umaluma munthu yemwe ali ndi malungo ndi kuyamwa magari omwe ali ndi kachilombo koyambitsa malungo.
2. Udzudzu tsono watenga kachilombo koyambitsa malungo.
3. Udzudzu umenewu ukuluma munthu yemwe ali wa thanzi ndi kumupatsira kachilombo koyambitsa malungo.
4. Apano munthuyu ali ndi malungo.
5. Pakatha masiku khumi, munthuyu ayamba kumva zizindikiro za nthenda.

Zizindikiro za Malungo

KUKAMBILANA KWA MMAGULU ANG'ONO ANG'ONO

- Kodi zizindikiro zina za malungo kwa akulu ndi ziti? Komanso kwa ana?

KUPELEKA LIPOTI

Zizindikiro zodziwika bwino za malunga:

Akulu:

- Kupwanya kwa thupi (general ache)
- Mutu
- Nsana
- Kutentha kwa thupi (atha kutentha thupi kwa tsiku limodzi kapena awiri)

- Nselu
- Kusanza komanso kutsekula mmimba.
- Kusowa chilakolako cha chakudya
- Kufooka
- Kuchepa magari
- Kumva ululu mmaso

Ana:

- Kutentha kwa thupi
- Kusowa chilakolako cha chakudya
- Kutuluka thukuta usiku

- Kusanza komanso kutsekula mmimba
- Kutupa mikono, miyendo kapena nkhope.

Kuthana ndi Malungo

KUKAMBILANA KWA MMAGULU AKULUAKULU

- Kodi mumapanga chani kuti muthane ndi malungo pakhomo?
- Kodi mumadziwa bwanji ngati wina ali ndimalungo kuti akuyenera kupita kwa dotolo?

Njira zothana ndi malungo

Ngati mukukaikira malungo, pitani kuchipatala kuti akakuyezeni magari nthawi yomweyo. Mankhwala a malungo amagwira bwino ntchito pamene aperekedwa mnthawi yomwe zizindikiro zayamba. Mukatenga nthawi yaitali osamwa mankhwala matenda amakula. Ngati malungo ali ochuluka mdera lanu ndipo kulibe chipatala chaching'ono, kutentha kwa thupi kosayembekezereka kulikonso mudzikutenga ngati malungo. Malungo ndi oopsya kwambiri makamaka kwa ana ochepera zaka zisanu ndi chimodzi komanso kwa azimai oyembekezera.

Ngati muli ndi dotolo pafupi nanu, gulani mankhwala a malungo ku malo ogulitsira mankhwala ndi kutsata ndondomeko zomwe zili pamankhwalapo. Pitolizani kupereka mankhwala mmene zaonetseredwa pa ndondomeka yomwera mankhwala. Ngati wodwala wapeza bwino ndi mankhwalawo, koma patatha masiku ochuluka kuyambanso kutentha thupi, angathe kusowekeranso mankhwala ena, Ngati nkotheke, mumutengere kuchipatala.

Ngati munthu akutentha thupi ndi malungo, mumpatse aspirin (paracetamol wa ana) ndi kuika msalu yonyowa pathupi. Mumulimbikitse wodwalayo kumwa madzi, madzi a koko komanso majuwisi. Kutentha kwa thupi kutha mofulumira chimodzimodzinso kusanza ndi kutsekula mmimba. Kodi akukumbukira ndi ndani zizindikiro za kuchepa kwa madzi mthupi? Ndani yemwe akukumbukira kapangidwe ka thanzi ORS?

Lolani wodwala kuti apumule mocholuka ndi kudya zomwe angathe kudya.

Kupewa Malungo

KUKAMBILANA KWA MMAGULU AKULUAKULU

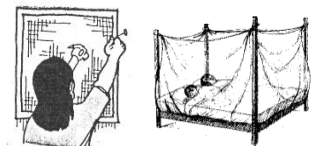
- Kodi ndi ziti zomwe mukupanga kale kuti mupewe malungo?

Pali zinthu ziwiri zimene tikuyenera kuzilingalira pamene tikukamba zakapewedwe ka malungo:

- Tikuyenera kupewa kulumidwa ndi udzudzu, makamaka mma ola a 6 koloko mmawa komanso 6 koloko madzulo mu nyengo ya mvula. Malungo amachitika kwambiri mu nyengo yotentha komanso ya mvula. Udzudzu wopereka malungo umaluma makamaka 6 koloko madzulo ndi 6 koloko mmawa.
- tikuyenera kupewa kupereka mpata kwa udzudzu kuti ukule. Mazira a udzudzu amaikiridwa mmadzi omwe Sali akuya komanso ongoima. Ngati madzi akhala osayenda kwa masiku asanu ndi atatu kapena khumi, mazira a udzudzu amasweka. Kuti muchepetse udzudzu ku dera lanu, mukuyenera kukwirira malo onse omwe ali ndi madzi osayenda.

MALANGIZO A MPHUNZITSI: Gwiritsani ntchito **ZITHUNZI:** Kapewedwe ka malungo.

- Ndi malo ati mwa malo anai pa zithunzini omwe angatiteteze kuti tisalumidwe ndi udzudzu?
 - Kugona mmasikito (onyikidwa mmankhwala)*
 - Kutchinga mazenela*
- Kodi njira zina ndi ziti zomwe tingadzitetezere nazo kuti udzudzu usatilume?
 - Kuphimba thupi pamene tikugona*
 - Kusiya mazenera ndi zitseko zotseka kuyambira 6 koloko madzulo kufikira 6 koloko mmawa*
 - Kuvala zovala zozitetezera ngati tingatuluke panja usiku kapena kulawira mammawa*
 - Kugwiritsa ntchito mafuta/mankhwala othawitsa udzudzu*
 - Kudzala mtengo wa nimo umene ukaotchedwa umagwira ntchito ngati chothawitsira udzudzu chachilengedwe*
 - Kuyamwitsa ana. Ana omwe akuyamwitsidwa nkovutilapo kuti atenge malungo.*
- Mwa zithunzi zinaizi ndi ziti zomwe zingathandizire kupewa kukula kwa udzudzu?
 - Kutaya ndi kuononga zitini, mapoto akale ndi china chilichonse chomwe chingathe kusunga madzi a mvula*
 - Kulima tchire lomwe layandikana ndi pakhomu komanso mdera*
- Tingachitenso chani kuti tionetsetse kuti kulibenso malo ku dera lathu omwe udzudzu ungaswane?
 - Kugwira ntchito ndi anthu a kudera pokwirira malo onse omwe ali ndi madzi osayenda.*
 - Kutseka mathanki komanso mapoto osungira madzi.*



- *Kusiya zomwera nyama kutali ndi nyumba.*
- *Kuongola mitsinje kuti madzi adziyenda mothamanga.*

KAGWIRITSIDWE KA NTCHITO

CHOCHITIKA CHA MMAGULU ANG'NOANG'ONO

Lembani malo omwe mungawaganizire ku dera lanu komwe kumamera ntchire lalitali.

- Kodi mungachitepo chani?

KUPELEKA LIPOTI

MALANGIZO A MPHUNZITSI: *Gulu lilironse lipereke maganizo.*

Mugwirizane nonse kupanga chinthu chimodzi kuti mupewe malungo.

PHUNZIRO LALING'ONO: NJOKA ZA MMIMBA

Mfundo zenizeni

Nyongolosi zimayambitsa matenda oopsya, kusautsa komanso munthu amatha kumwalira. Kudzisamalira komanso ukhondo kumathandizira kupewa nyongolosi.

Zipangizo

1. Zithunzi:
 - a. Nyongolosi zodziwika bwino (zithunzi zili pa tsamba lachiwiri)
 - b. Chithunzi choonetsa kapewedwe ka nyongolosi

CHIYAMBI

- Ndi mitundu itiya njoka za mmimba yomwe ili yodziwika bwino ku dera lanu?
- Kodi nyongolosi ndizoipa bwanji kwa inu?
 - *Zimaba chakudya chimene munthu wadya, kotero munthu yemwe ali ndi njoka za mmimba amanyentchera—kuonda, kufooka, komanso kudwala.*
- Kodi munthu yemwe ali ndi njoka za mmimba mumamuthandiza motani?

Mitundu ya Njoka za mmimba

Pali mitundu inai ya njoka za mmimba yomwe ili yodziwika bwino:

- *Pinworm*
- *Hookworm*
- *Roundworm*
- *Tapeworm*

SEWERO LA GULU LALIKULU

MALANGIZO A MPHUNZITSI: Onetsani **ZITHUNZI:** Zithunzi zinai za njoka za mmimba zodziwika bwino, phimbani uthenga ndi cholinga choti muonetse zithunzi zokha. Mutha kumata tizidutswa ta pepala pamwamba pa mawu, kupinda kuti mau asaoneke, kapena mutha kuphimba ndi dzanja lanu. Nenani, “ndi nyongolosi iti yomwe ndi roundworm, pinworm, hookworm, and tapeworm?” Gulu likatha kupereka maganizo, perekani mayankho.

Tiyeni tipange masewera kuti tione ngati mukudziwa kapena kusiyantsa mitundu ya njoka za mmimba.

- Tingazindikire bwanjipinworms:

- Zimaoneka ngati phini Yoyera komnso ngati kachingwe ndipo zimatha kuoneka mu chimbudzi cha munthu.
- Zimayambitsa kuyabwa kwakukulu ku malo otulukira chimbudzi.
- Tingazindikire bwanji **hookworms**:
 - Ndi zaziing'ono kwambiri ndipo nkovuta kuziona pa chimbudzi.
 - Zimampangitsa munthu kumva kutopa kwambiri komanso kufooka. Zimayambitsa kupweteka mmimba ndi kutsekula mmimba. Munthu yemwe ali ndi hookworms amakhala ndi usinini, zikhadabo ndi manja a yelo[pale].
- Tingazindikire bwanji **roundworms**:
 - Ndi zazikulu, zozungulira, pinki kapena zoyera zomwe zimatalika ngati phazi la munthu, ndipo zimaoneka mosavuta pa chimbudzi.
 - Munthu yemwe ali ndi roundworms atha kumva kufooka komanso kuyabwa ndipo amamva kupweteka mmimba amatsokomola osalavula makhololo.
- Tingazindikire bwanji **tapeworms**:
 - Mmatumbo, tapeworms zimakula ndi kutalika kwambiri, koma muchimbudzi, zimaoneka zazing'ono, ngati zidutsa zoyera zokhala ndi ulalo wonga chikhadabo cha mwana.
 - Munthu yemwe ali ndi tapeworms, amamva kupweteka mmimba komanso thupi limaphwa.

Kupewa Kutenga Njoka za Mmimba

KUKAMBILANA KWA MMAGULU ANG'ONO ANG'ONO

Mmagulu aang'ono, mutulutse ndandanda wa njira zomwe munthu angathe kutengera njoka za mmimba.

- *Kusasamba mmanja*
- *Kukhudza chimbudzi*
- *Zakudya zosaphikidwa bwino, kuonjezera chakudya chosaphikidwa komanso nyama yosapsyetsa*
- *Madzi oonongeka*
- *Kuyenda osavala nsapato (hookworms mu nyansi zimaboola kusi kwa mapazi)*

KUPELEKA LIPOTI

KUKAMBILANA KWA MMAGULU AKULUAKULU

MALANGIZO A MPHUNZITSI: onetsani **ZITHUNZI**: za kupewa njoka za mmimba kuti mutsindike fundo zenizeni.

Tingapange chani kuti tipewe njoka za mmimba?

- Kusamba mmanja
- Kuvala nsapato
- Kugwiritsa ntchito zimbudzi komanso kuzisala
- Kuphunzira kaphikidwe kabwino ka chakudya
- Kumwa madzi aukhondo (pogwiritsa ntchito SODIS, kuwiritsa, kuyeretsa, kapena kuchotsa zitsotso)

Kuthana ndi Njoka za Mmimba

Njira yabwino yopewera njoka za mmimba ndi kuchita ukhondo nthawi zonse. Koma ngati wina akuonetsa zizindikiro za njoka za mmimba, izi ndi zinthu zina zomwe tingathe kuchita:

- Kwapi **nworms**, tsukani kotulukira chimbudzi tsiku lina lililonse ndipo mudzigwiritsa ntchito Vaseline (petroleum jelly) mkati komanso malo ozungulira potulukira chimbudzi mu nthawi yogona kuti zithandizire kuletsa kuyabwa. Kapena phimbani ndi tape potulukira chimbudzi nthawi yogona isanafike; mammawa njoka za mmimba ndi mazira amamatirira pa tepi paja. Pangani izi kwa masabata asanu ndi limodzi.

- **Roundworms** Akhoza kuchiritsidwa posakaniza zinthu izi: Ikani ma supuni awiri a juiwisi wa papaya ndi masupuninso awiri a uchi ndi shuga oika mmadzi odzadza tambula imodzi , madzi aukhondo(owiritsidwa) ndikumwa. Ichi ndi chithandizo cha ka nthawi kamodzi koma mutha kubwerezanso pakatha sabata imodzi ngati kuli kofunika kutero.
- Mankhwala enanso opangidwa panyumba kuthana ndi nyongolosi **ndi AREKANATI [Areca nati]**. Kodi NATI [nut] ameneyu ndi opezekeratu mdera lanu? Kuti mupange zimenezi , mukuyenera kutenga mbewu zouma , chotsani chakunja , dulani mapisi , ndipo lolani kuti ziume kaye kwa masiku awiri(Kapena mutha kugula zouma kale kumsika). Pelani mbewuzo kuti zikhale ngati ufa ndikusakaniza masupuni awiri a ufawu ndi chakudya kapena juwisi. Mankhwala amenewa akuyenera kupelekedwa kamodzi patsiku kwa masiku atatu nthawi ina iliyonse yomwe nyongolosi zikuganizilidwa kuti zalowa
- Mankhwala ambiri amagulitsidwa ku ma famasi amene amathana ndi nyongolosi: monga Ketraz , Pdrax , Antepar , Peperazine , kapena Mntezol ka nyongolosi za mmimba zambiri. Kwa tapeworms, Gwiritsani ntchito Yomesan (niclosamide) OR Antiphen (dichlorophen). Yankhulani ndi wina wake amene akugwira ntchito ku famase ndikusankha oyenera komanso malangizo ovomerezeka akamwedwe kake.

Nthawi zina mwana akhodza kukhala ndi nyongolosi kwa zaka zambiri , kupangisa kuti miyendo yawo ndi manja awo izionda. Chifukwa zakhalitsamo nthupi mwawo , zosatila zake za zilombozo zikhodza kukhala ngati zabwinobwino kwa mwanayo. Choncho ndi chabwino kumuthandiza mwana wina aliyense ku tizilomboti kamodzi pachaka.

KAGWIRITSIDWE KA NTCHITO

NDI MZANU

- Kodi ndi chani chomwe mukuyenera kuyamba lero kuti mupewe zilombozi kwa inu ndi banja lanu?.

PHUNZIRO LALING'ONO: CHIFUWA CHACHIKULU

Mfundo zazikulu

Chifuwa chachikulu ndi nthenda yoopsa komanso yopatsirana kudzera mu mpweya maka munthu akakhosomola. Ndiye wina aliyense amene akukhosomola kopitilila mwezi wathunthu akuyenera kukaonana ndi madotolo ndikukayezedwa.

Zipangizo

1. **Zithunzi** : Zithunzi : Makhadi a Zizindikilo za CHIFUWA ndi kukhosomola kwakukulu(chodula pakati).

CHIYAMBI- KUUNIKILA

SEWERO LA PA GULU LA LIKULU

Tinasanayambe lero , tiyesera kusewera sewero ndikuona mmene tikukumbukilila za chikhalidwe cha za umoyo zomwe tinaphunzira kale zija.

Malangizo kwa Mphunzitsi: Gawani anthu onsewa mmagulu awiri ndikuwakumbutsa kuti pali zinthu zochitika 8 9 zimene zikupezeke mu phunziro 8 – zikhalidwe la za umoyo). Wina aliyense amene akukumbukila khalidwe la za umoyo lina ndi ma sitepe ake a mukhalidwe limenelo (mwa chitsanzo , ‘ samalani mu chimbudzi , ” ndi sitepe yomwe ili mu “ kugwiritsa ntchito chimbudzi”) - zonsezo ndi zabwino , akuyenera kuimilila ndikunena chikhalidwecho/sitepeyo kuti apeze pointi ya timu yawo. Timu imene inganene mfundo zambiri ndi imene ipambane. Pamapeto pa zonse , akumbutseni za makhalidwe ena amene sanatchulidwe ndi iwo onse.

Zabwino kukumbukira makhalidwe ambiri! Kuyesera zinthu zimenezi kumathandiza kupewa matenda ambiri amene tawatchula aja , ndipo zimathandizanso kupewa chifuwa chachikulu.

KODI CHIFUWA CHACHIKULU NDI CHANI?

KUKAMBIRANA KWA MMAGULU AKULUAKULU

- Kodi munanvapo za chifuwa chachikulu?.
- Kodi pali wina amene anakhalapo ndi chifuwa chachikulu kapena , kapena mukudziwa wina amene anakhalapo ndi chifuwachi? Ngati ndi choncho. tiuzeni kuti kodi mukudziwa chani?.

Chifuwa chachikulu ndi mnthenda yokhalisa , yooopsa , komanso yomwe imapatsilana mosavuta , imene wina aliyense akhodza kuitenga. Makamaka anthu amene amatenga chifuwa chachikulu ndi anthu omwe ali ndi zaka 15-35, ofooka , onyentchera , kapena ali ndi matenda a HIV.

Chifuwa chachikuluchi ndi chopatsirana kudzera mu mphweya: ndi chiphweka kuti anthu apatsirane wina ndi mzake amene ali nawo munyumba imodzi. Nkhani yabwino ndi yoti chifuwachachikuluchi chikhodza kuchilitsika. Koma chachisoni ndichoti anthu ambiri amafa ndi nthendayi chaka ndi chaka.

Pali mankhwala amene amachilitsa nthendayi koma mukuyenera kumwa mankhwala onse mpaka pamapeto. Aliyense amene wagwidwa ndi chifuwachi koma sakulandila mankhwala akhoza kufalisa zilombo zomwe zimafalitsa matendawa kwa anthu ena kudzera mu kukhosomola , chifuwa ndi kukhalila limodzi. **CHifuwachi ndichotheka kupasilana mwachangu-** yankhulani nane limodzi.

CHIFUKWA CHACHUKULU NDI CHOPEWEKA

Ngati tikuchita bwino pa nkhani za ukhondo , tikhoza kupewa .CHIFUWA CHACHIKULU. Koma pali zinthu zina zake zingapo zomwe tikuyenera kuchita kuti tipewe kufalikila kwaCHIFUWA CHACHIKULU.

1. Ana onse akuyenera kuti atetezedwe ndi katemera otetezera CHIFUWA CHACHIKULUatangobadwa(mwezi umo usanathe.
2. Onsetsetsani kutianthu amene akudwala CHIFUWA CHACHIKULU alandila mankhwala oyenera ngakhale ataona kuti ayamba kunva kuchira.
3. Phunzitsani ana anu(ndikukakamiza akulu kuti ayesere) kuti aziphimba kukamba kwawo pamene akutsokomola.
4. Phunzitsani banja lanu kuti lisamalavulire , kulavula kumaulutsa ma gelemusi kuti apite kwina kulikonse ndikupangitsa matenda kuti afalikile.
5. Mukhodza kuphunzitsa anthukuti akafuna kupeleka moni aziti ” mukhoza kungondigunda pamkono chifukwa ndadwala’.

Chifuwa chachikulu CHIKHOZA KUCHIRISIKA

Tikuyenera kuzindikila zizindikilo zomwe munthu akhodza kukhala nazo ngati wadwala chifukwa chachikulu , cholinga choti tionetsetse kuti akulandila chithandizo chochuluka ndi chokwanira.

Zizindikilo ndi izi:

- Kukhosomola kumene kwaposa mwezi umodzi , makamaka podzuka.
- Kutentha thupi masana ndi madzulo.
- Kutuluka thukuta.
- Kunva kuwawa pa chifuwapa ndi kumbuyo.
- Kusowa chidwi cha chakudya komanso kupepuka thupi.
- Kufooka thupi(munthu amatopa mwachangu).
- Kuoneka khungu lolefuka.
- Kukhosomola magazi(kumakhala mmagawo).

- Mau olowa mkati (zafika pa siliyasi).

Mungoonjezera pamenepo , ana akhodza kuonetsa zizindikilo izi.

- Kutupa kapena kufufuma pakhosi kapena pamimba.
- Kutentha thupi pafupi pafupi ndi kukhosomola komwe kumayamba ndikumatha.

Ngati mukakaikila CHIFUWA CHACHIKULU chifukwa cha zizindikilo zimenezi , mukalandile chithandizo mwachangu . Adokotala azakulembelani mankhwala osakaniza mankhwala amene akuyenera kuti amwedwe mowirikiza kwa chaka chathunthu. Musasiye kumwa mankhwalawa , ngakhale mukunva bwino. Imwani mankhwala kufikila pamene adokotala atanena kuti musiyey.

CHOCHITIKA CHA MMAGULU AKULUAKULU

Malangizo kwa Mphunzitsi: Sankhani wina ozipeleka , ozipelekayo azayesere ngati akudwala matenda a chifuwa chachikulu kapena kuzizidwa. Munthuyo sakuyenera kuchita kuyerekeza ngati zenizeni koma ayankha mafunso pa za zizindikiro zomwe iwo akuona ndi kumva. Mupatseni CHITHUNZI :Makhadi a zizindikilo. Musakanize ma khadiwa kuti zizisankhidwa mwa zonse ndipo muwalangize kuti asaone gululi kuti lioney ma khadiwo.

Uzani gulu liyankhe Inde/Ayi mafunso , monga “ kodi chifuwachi chatha kuposa mwezi umodzi?” Kapena kodi pamtima . Ngati alakwitsa , alozereni zizindikilo zomwe zikuonetsa yankho labwino loyenera. Ngati ozipelekayo ali ndi CHIFUWA CHACHIKULU , mukuyenera kumukumbutsa kuti apitilize kumwabe mankhwala mpaka adokotala atanena kuti siyani.

Sewelani katatu kapena kafolo ndi ozipeleka osiyanasiyana kufikila kalasi itapeza yankho lolondola.

KAGWIRITSIDWE KA NTCHITO

KUKAMBILANA KWA MMAGULU ANG’ONO

- Kodi mwaphunzira zotani za chifuwa chachikulu lero chomwe simumachidziwa?.
- Kodi ndi khalidwe lanji lazaumoyo lomwe mukanayenera kuchita mowirikiza (kapena kuphunzitsa ana anu kuti azichita kawirikawiri) kuti apewe chifuwa chachikulu?.

KUPELEKA LIPOTI

NDIME 3: THANDIZO LOYAMBILIRA

PHUNZIRO LALING'ONO: KUPEWA NGOZI

Mfundo zenizeni

Kutenga nthawi yoganzira njira yopewera ngozi kutha kuteteza banja lanu ndi dera lanu ku ngozi.

Zipangizo

1. **Zithunzi:** Ngozi zomwe zimachitikachitika (positala) akhalepo anayi.

CHIYAMBI

KUKAMBILANA KWA MMAGULU AKULUAKULU

- Kodi munakhalapo ndi ngozi ina iliyonse cha posachedwapa mbanja mwanu? , kwa neba , kapena mdera lanu lonse?.
- KKodi ina ngozi yachani?.
- Kodi zinachitika motani?.
- Kodi mukuganiza ndi chani chomwe chikanayenera kuchitika kuti mupewe ngoziyi?.

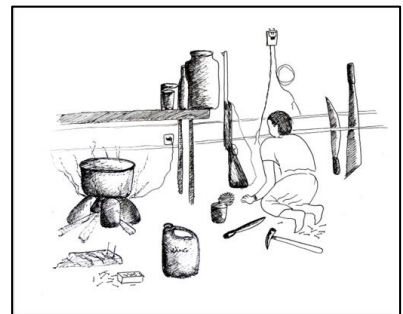
MALANGIZO A MPHUNZITSI: Pitililani kufunsa gululi kufikila pamene ataganizila zisanzo zambiri monga mmene angathere. Sngati sangathe kuganizila chisanzo china chilichonse monga mmene angathere. Ngati sangathe kuganizila china chilichonse chomwe chachitika posakhalsapa , ndiye afunseni kuti aganizile china chake cha mmbuyoko kaya ndi zaka zingapo zapitazo.

NGOZI ZOMWE NDI ZOTHEKERA KUCHITIKA

KUKAMBILANA KWA MMAGULU ANG'ONO ANG'ONO (MAGULU ATATU)

MALANGIZO A MPHUNZITSI: Patsani gulu lina lililonse pepala la **ZITHUNZI:** Zithunzi za ngozi zomwe zikhodza kuchitika (positala) ndi chithunzi chimene mukuganizanso , apatseni nthawi yokwanira kuti afufuze ndikukambirana mabvuto angapo mkalasimo. .

1. Zungulizani zisanzo zonse zomwe zingathe kuyambitsa ngozi.
 - Mankhwala akupha pafupi nid ana(nthawi zina ali mbotolo lomwe silinalembedwe).
 - Moto ndi poto amene ali pa moto.
 - Mawaya amagetsi(olumikizidwa kumagetsi koma mawayakuonekera).
 - Misomali yotuluka pa bolodi.
 - Mpeni ndi hamala yomwe yangohkala pansi.
 - Misomali ili pansi ndipo pansinso pa mapazi a munthu.
 - Mabotolo ong'ambika (ndi zisulo zina zokuthwa).
 - Mpeni uli pakhoma.
 - Zisulo zolemela koma zotheka kusunthidwa ndikugwa patebulo.
 - Madzu ali mpoto koma ali pafupi ndi chinthu china chake chamagetsi.
 - Mfuti uli pakhoma.
2. Pachilichonse chomwe chitha kuchititsa ngozichi , fotokozani kuti kodi ndi kuvulala kwanji kumene kunakachitika chifukwa cha zinthu zimenezi ndiponso fotokozani chomwe tikuyenera kuchita kuti tipewe ngozi zimenezi.



3. Kodi ndi zinthu zina ziti zomwe zili mmakomo mwathu ndi mmadera mwathu zomwe sizili pa zithunzi za zinthu zomwe zimayambitsa matenda?.

PELEKANI LIPOTI- Funsani gulu lonse kuti ligawane zinthu zomwe anapeza wina aliyense pa mfundo imene ili pamwambayi . gwiritsani ntchito nthawi iyi kuona kuti kodi akuganizila chiyani kapena kudziwa zina uthenga wina usanapelekedwe kwa iwo.

KUPEWA NGOZI , KUPSA , KUMWA MANKHWALA OKUPHA

KUKAMBILANA KWA MMAGULU AKULUAKULU

MALANGIZO A MPHUNZITSI:*Tenganipo nthawi kukambirana mfundo zina zochuluka zopewera ngozi , kupsa komanso kumwa mankhwala okupha. Gawanani mfundo zomwe zili pa mndandanda oyamba uj , alimbikitseni kuti aganizile zinthu zapadera dera zomwe akhoza kuyamba kuchita payekhapayekha kuti apewe ngozi mmakomo mwawo.*

Tatiyeni tione njira zina zomwe tigathe kupewera ngozi , kupsa , komanso kumwa mankhwala mmakomo mwathu. Pamene tikuzikambilana , taganizani chiganizo chomwe chingathe kuthandiza kwambiri mmwakomo mwathu.

KUPEWA NGOZI

- Samalani malo ozungulira nyumba yathu , sukulu , dera . ndipo onetsetsani kuti palibe mauzu , magalasi , misomali , zinthu zokuthwa zomwe zili pabwalo.
- Olani , yatsani ndi kuchotsa zonyansa zonse.
- Ikani mpanda mozungulira chitsime , mabowo a madzi , malo okuya momwe ana akhodza kusgweramo.
- Pindani kapena kuchotseratu misomali yonse imene imakhala yoima pa china chilichonse.
- Dulani maudzu atali onse amene angathe kubisa zitsulo ndi zipangizo zina zakuthwa , njoka ndi zina zotero.
- Sungani mipeni ndi zinthu zina zomwe ndi zokuthwa , magalasi zichoke pa malo amene ana akhodza kufikila.
- Onetsetsani kuti ma wasya a magetsi sakuonekera kapena kukala pafupi ndi pamene munthu akhodza kugwira. Musagwire china chilichonse cha magetsi ngati mwanyowa. Madzi amapangitsa shoko ya magetsi kukhala yophweka kumugwira munthu.
- Phunzitsan ana kuti akhale patali ndi msewu pamene magalimoto akudutsa.
- Ngati nyumba yanu ili pamwamba , ikani chokwera kuti ana anu azitha kuyendapo.

KUPEWA KUPSA

- Sungani zinthu zimene zimatentha monga tipoti , selempani , ndi zokumwa zina zotentha pamwamba pamene ana sangathe kufikilapo.
- Sungani machesi , mafuta , ndi zina zoyaka moto pamwamba pa shefu.
- Ngati muyatsa lampu , kandulo , onetsetsani kuti ana akhale patali kapena ikani pa malo amene ana sangathe kufikilapo.
- Sungani nyali za mafuta patali ndi ma neti audzudzu kapena zofunda ndi zogonera.
- Musasiye ana pafupi , paokha pamene pali moto waukulu.

KUPEWA MANKHWALA OKUPHA

- Lembani maina a mankhwala onse pabotolo(kapena ikanipo chizindikilo pamenepo).
- Ngati simukudziwa kuti mu botolomo muli chani , musalawe.

- Musasiye mafuta anyali kapena agalimo mu mabotolo amene anthu amawasgwirtsa ntchito kumwera. musaikenso madzi mu botolo lomwe munali mankhwala a mbewu kapena mafuta agalimoto.
- Musalsore ana kuti azidya zipatso ndi bwawa emwe sanadyepo chiyambileni.

KAGWIRITSIDWE KA NTCHITO

NDI NZANU

- Sankhani zinthu ziwiri zomwe zinakambidwa lero zomwe mungachite ndi kupewa ngozi.
- Kodi ndi chani chomwe mukuyenera kuchita kuti mukwanitse kusintha kumeneku?. Kodi ndi ndani amene angakuthandizeni?. Kodi muchita liti?.
- Kodi ndi chinthu pakena zinthu ziwiri ziti zomwe mwaphunzira lero zomwe mutha kukagawana ndi anzanu sabata imeneyi?.

Tenganipo nthawi mu masiku ochepa amene akubwerawa kuzungulira panyumba pano ndi banja lanu ndikuona ngati pali china chilichonse choomwe chikhodza kuyambitsa ngozi. Kambirana chimenecho ndi ana anu ndikusintha pamene pakufunika kusintha. Mukhodzanso kuyenda ndi banja lanu kuzungulira mu dera lanu ndikuchita chinthu chomwechi.

PHUNZIRO LALING'ONO: KUTHANDIZA MUNTHU AMENE WAVULALA KAPENA KUPSYA

Mfundo zenizeni

Tsekani kuti pasakhalenso magazi kutuluka . kuzizilitsa , kusamalapo , ndi kumanga mabala onse ndikukapeza mankhwala pamene kuvulalako ndi kwa kukulu.

Zipangizo

- Madzi , kamsanza.

MALANGIZO A MPHUNZITSI: Kuso lakuthandiza munthu akavulala limaphunziridwa bwino pamene tikuchita zinthunzo. Gwiritsani ntchito zinthunzi kuti zikuthandizeni kukumbukukira kuti kodi mungasamalire bwanji mabala a anthu. Ngati mkotheke , yerekezani ngati wina wake kuti akuthandiza ndikuonetsera ndondomeko

CHIYAMBI

KUKAMBILANA KWA MMAGULU AKULUAKULU

Pamene munthu wavulala , chinthu choyambirira kwambiri ndiko kukwanitsa kumuthandiza kaye koyamba . Ichi ndi chithandizo chomwe timapereka ngozi ikangochitika kumene. Ngati mumuthandiza munthu bwino , ndiye kuti muzapulumutsa miyoyo ya anthu ndikupewa chinthun china kuti chisaonjezekere kwambiri.

- Kodi ndi ngozi zanje zomwe mwakhala nazo mdera lanu pamene wina wake anavulala kwambiri kapena kupsa?. Kodi ndi chani chomwe anthu anachita kumuthandiza munthuyo?.

ZITETEZENI NOKHA

Matenda ena monga HIV , amapatsirana kudzera mmagazi , ndiye ngati wina akutaya magazi ndipo ali ndi mthenda yanga HIV , ndipo magazi awo asakanikirana ndi magazi anu , inunso mukhodza kukhudzidwa ndi matendawo. Izi ndi zina mwa zinthu zomwe mukuyenera kuzichita pamene mukuthandiza wina wake amene akutaya magazi.

1. Ngati muli ndi bala loonekera mzanja lanu kapena pamkono , gwiritsani ntchito mkono winawo pomuthandiza munthu amene wavulalayo.
2. Samalitsani kuti musazicheke nokha pamene mukupeleka chithandizo.
3. Ngati mugundana ndi magari pa thupi lanu ,ndiye tsukani malo amene pali magari bwino lino ndi sopo ndi madzi okwanila ngati mungathe.

KUCHIRITSA MABALA

MALANGIZO A MPHUNZITSI: Pamene mukukamba mfundo ina iliyonse , onetserani ndipso muchite zimenezo pamene wina aliyense akuonerela.

Ngati wina wake watemeka , chinthu chofunikira kwambiri ndiko kuletsa kuti magari asayendenso. Anthu amafa chifukwa choti ataya magari ambiri.

1. Kusiyitsa kutaika kwa magari.
 - Gwiritsani ntchito kamsalu koyera bwino kumangira pa balapo.
 - Kwezani chiwalo chomwe chili ndi balalo kuti muchepetse kutaya kwa magari.
 - Finyani kapena kumanga bwinobwino pa balapo mpakana pamene magari asiye kutuluka okha. Izi zimapangitsa kuti magari asiye kutuluka mwachangu. Kutemeka kwakungono , izi zikhodza kuimika kutaika kwa magari mu mphindi imodzi yokha basi , pamene mabala akulu kwambiri , izi zikhodza kutenga mphindi zokwana 20 kapena ola limodzi. Pitililani kuika mpanipaniwo mpakana magariwo atasiya kutuluka ! kufinya kumeneku kutha kukhala kovuta – koma musamataye mtima!.
 - Ngati balalo lakula , itanani wina wake kuti akuthandizeni mwachangu ,pamene mukufinyabe bwinobwino pabalapo.

Musagwiritse ntchito matope , manyi angombe , mafuta anyali , laiu , khofi kuti musititse magari . izi zikhodza kuyambitsa matenda!.

2. **Magariwo akasiya kutuluka , samalanipo pa balapo.**
 - Chapani ndi sopo ndikuzizilitsa , madzi aukhondo . ndi zofunikira kuchotsa zimageri kapena madothi zonse pa balapo kuti mupewe matenda . mosamala koma kumalizitsa zonse. Kuikapo mankhwala a kuchipatala zithanzo kuthanza).
 - Mangani ndi kasanza kapena bandegi . musamange moonjeza kwambiri . ngati munthu wayamba kumva kuzizila chifukwa cha pamene mwamangapo , masulaniko bandegiyo.
 - Sinthani bangegi yanu tsiku ndi tsiku kuti pakhalebe ukhongo. Chapani mmanja mwanu kuti musatenge ma gelemusi.
3. Ngati ma gelemusi alowa pa bala lomwe lili losasamalika , ngati limapola , balao likhoddza kukhudzidwa. Tizilombo toyambitsa matenda nditoopsa. Izi ndi zimene mungaone kuti pali ma gelemusi pa bala panu.
 - Ngati balali lafila , latupa , likununkha kapena kutaya magari.
 - Ngati kufilako kufalikila kuchokera pabalapo.
 - Ngati munthuyo wayamba kunva kutentha thupi kapena kuzizidwa , ndiye kuti balalo likupitirila.

Ngati bala lalikulu likupitirila , mutengeleni munthuyo kuchipatala.

Kusamala mabala amene ayambitsidwa ndi moto

MALANGIZO A MPHUNZITSI: Pamene mukukambirana ma sitepe amenewa amene mumachirisira mabala a moto , onetsani mmene izi zimachitikila.

Monga mabala ochekeka , mabalanso amoto akuyenera kumangidwa mwaukhondo pamene akuchila . koma pali zinthu zochepa zingapo zomwe mukuyenera kuziziwa pamene mukusamalira bala la moto.

Pompo pompo , zizilitsani malo amene apsawo ndi madzi ozizila. Pitirizani kuikapo madzi ozizila kwa mphindi zingapo ndithu. Izi zizathandizira kuti mabalawo asapitirile kukula.

Patatha mphindi zingapo , manganipo pa bala la motopo ndikansalu kozizila , komanso konyowa.

- Musaike mafuta kapena zozolazola zina zili zonse pa balapo. Komabe , mwina timadontho tochokera ku mitengo ya chilengedwe tikhodza kuthandiza kuchila kwa msanga kwa balalo.
- Do NOT break any blisters.
- Mtengeleni munthuyo kwa oona za chipatala ngati munthuyo wavulala kwambiri.

YESANI KUCHITA

CHOCHITIKA CHA MMAGULU ANG'ONO ANG'ONO.

MALANGIZO A MPHUNZITSI: Pangani magulu Kuti apange sewero la wina amene swavulala kwambiri , kupsa ndikukhala ndi bala limene lakhudzidwa ndi tizilomba. Aakumbutseni za ma sitepe 4 akuthandiza munthu akavulala.

1. Zitetezeni nokha.
2. Leketsani kutayika kwa magari.
3. Samalani ndi kumanga balalo.
4. Onetsetsani kuti pasalowe matenda.

PELEKANI LIPOTI

MALANGIZO A MPHUNZITSI: Onetsetsani kuti gulu lililonse liyesere sewero lawo , funsani gulu lalikulu , “ kodi mwachita motani”? Kodi anasamala balalo bwinobwino?. Kodi anaiwala sitepe ina iliyonse?.

KAGWIRITSIDWE KA NTCHITO

- Kodi ndi chinthu chimodzi chiti chomwe mwaphunzira chomwe mungakagawire anthu ena sabata ismeneyi?.

PHUNZIRO LALING'ONO: KUTHANDIZA MUNTHU AMENE WAMWA POISONI KAPENA WALUMIDWA NDI NJOKA

Mfundo zenizeni

Chitanipo kanthu mwachangu ngati wina wake wamwa mankhwala kapena walumidwa ndi njoka.

Zipangizo

1. Zithunzi: Zoonetsa kulumidwa ndi njoka.

CHIYAMBI

Lero tilankhula za kumwa poisoni ndi kulumidwa ndi njoka.

- Kodi kuno kumapezeka njoka? Kodi ndi zoopsa?.
- Kodi pali wina mu dera lino amene walumidwa kapena mwangodzi kumwa poisoni?. Kodi chinachitika ndi chani?.
- Kodi mukuganiza ngati ndi ndani amene ali pa chiopsezo mu zonsezi?.

Ana ndi amene ali pa chiopsezo chochulka chifukwa zambiri amaika china chilichonse mkamwa ndipo nthawi zina amayendayenda mmalo ambiri amene ndi oopsa. Chifukwa matupi awo ndi ang'ono , ndiye kuti mankhwala ajanso amakhala oopsa kwambiri kwa iwo.

Poisoni

KUKAMBILANA KWA MMAGULU AKULUAKULU

- Kodi ndi ma poisoni ena ati amene tikuyenera kuwaonetsetsa kwambiri pafupi ndi ife komanso mabanja athu?.

MALANGIZO A MPHUNZITSI: *Tauzani gulu liganizile zinthu zomwe zimakhala kunja komanso mnyumba komanso mdera lanu lonse:*

- | | | |
|---------------------------------------|-------------------|----------------------|
| • Bleach | • Mankhwala | • Lighter fluid |
| • Iodine | • Ndudu za fodya. | • Tameki. |
| • Lye | • Mafuta anyale. | • Mankhwala a mbewu. |
| • Mchere (ochuluka kwambiri kwa ana). | • Paint thinner | • Masamba okupha. s |
| | • Petulo. | |

Kupewa poisoni , onetsetsani kuti mwachita zinthu izi: -

- Sungani zinthu zonse za poisonokutali ndi ana.
- Musasuzenge parafini , petulo ,mankhwala , ma sopopo , ma poisoni amene amakhala mu mabotolo a zakumwa , zakumwa chifukwa ana amayesera kuti amwe chifukwa amaona ngati ndi chokumwa.

KUKAMBILANA KWA MMAGULU ANG'ONO ANG'ONO

- Kodi ndi ma poisoni anji amene ali pafupi nanu?.
- Kodi MUchitapo chani kuti ma poisoni akhale kutali ndi wana?.

KUPELEKA LIPOTI

CHITHANDIZO : Mukaganizira kuti wina wake wamwa poisoni , chitani zinthu izi mwachangu.

- Ngati munthuyo ali mmaso ndi watheru , mpaseni madzi kuti amwe ndikusukunula poisoniyo(tambula imodzi ya madzi) mphindi 15 zina zilizonse. Ngati muli ndi makala osungunula , mpaseni mwachangu , osakaniza ndi madzi mtambula. Pitirirani kumpatsa madzi ochuluka tsiku lonse.
- Musampangitse kuti munthuyo asanze ngati wameza poisoni. Izi zizayambisanzo mavuto ena.
- Ngati munthuyo wacomoka , mugonekeni chambali ndikumutengera kuchipatala mwachangu. Tengani naye limodzi poisoniyo kuti adokotala akathe kuona.

Ngati poisoniyo wagwera pa khungu kapena mmaso , chapani pa malopo ndi madzi otentha kwa mphindi 20..

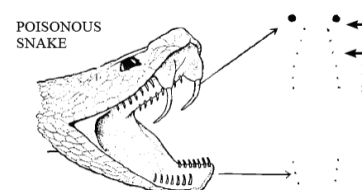
KULUMIDWA NDI NJOKA

KUKAMBILANA KWA MMAGULU AKULUAKULU

- Kodi njoka zanjira za poisoni ndi zouluka zomwe muli nazo mdera lanu?.

Pamene wina wake walumidwa ndi njoka , yesetsani kufufudza ngati njokayo inali yopanda poizoni kapena yosaopsa. Zizindikilo za mano ake zimasiyana pamene zalumapo.

MALANGIZO A MPHUNZITSI: Onetsani: **chithunzi** cha njoka yaluma, positala ya mano a njoka imene ndi yokhala ndi poisoni.



Njoka za poisoni zimakhala ndi zizindikilo za mano awiri ndi zino laling'ono. Ngati ilibe poisoni ndiye kuti ndi mano osatana munzere iwiri.

1. **Pitani mukalandile mankhwala.**
2. **Mukhazikike chifukwa ngati muyendetsayendetsa chiwalo chomwe chakhudzidwacho** , poisoniyo amafalikila mwa msanga mnthupimo.ngati njoka yaluma paphazi , munthu asayendenso.
3. **Mangani malo amene mwalumidwawo ndi kamsalu ndikuonetsetsa kuti mwachepetsa kufalikila kwa poisoniyo.** kungsiya mkono wanu kapena mwendowo ukhazikike , kuumanga ukhale malo amodzi ndithu , koma osati kwambiri kotu mpakana kuimika magari kuti asayendenso.
4. **Munyamuleni munthoyo: spa machila ngati mkotheke , kupita ku chipatala cha pafupi. NNgati mungatje** , tenganingso njokayo , chifukwa njoka zosiyanasiyana zimafunanso mankhwala osiyanasiya.

Poisoni Ochokera ku zouluka amatha kukhala opweteka komanso osaopsya ngati wa njoka kwa anthu akuluakulu. Akhodza kukhala oopsa kwa ana ndiponso anthu ena amatha kutupa . mu nyengo ngati zimenezi , pezani mankhwala mwachangu.

KUYESERA

CHOCHITIKA PA GULU LALING'ONO

MALANGIZO A MPHUNZITSI: *Mukhale ndi magulu (kapena abwenzi) , chitani sewero limene munthu mmodzi wamwa poisoni , kapena poison wagwera pathupi lanu , kapena walumidwa ndi njoka.*

KUPELEKA LIPOTI

MALANGIZO A MPHUNZITSI: *Gulu lina lililonse lichite sewero law . pakatha zimenezi , funsani gulu lalikulu , ” kuti kodi munachita bwanji?. Kodi munthuyo anathandizidwa bwinobwino?. Onetsetsani kuti akukumbukula.*

- *Poisoni wa Madzi.*
- *Ngati mwalumidwa , khazikikani malo amodzi.*

KAGWIRITSIDWE KA NTCHITO

- Kodi ndi chiyani chomwe mwaphunzira chomwe mukhodza kukagawananso ndi anthu ena sabata ino?.

MPHUNZIRO-LALING'ONO: TINGAMUTHANDIZE BWANJI MUNTHU AMENE WATSAMWA

Mfundo zenizeni

Tikhoza kuphunzira kupulumutsa moyo wa munthu wina pamene iwo atsamwa kuti akhale moyo.

Zipangizo

1. Chidole cha mwana

Kutsamwa

Ngati munthu watsamwidwa ndi kathu kenakake pamero, zikhoza kukhala zoopsya kwambiri ngati munthuyo satulusa mau ena aliwonse, izi zikuthandauza kuti sakutha kupuma.

1. Ngati munthu akukhosomola, kulira kapena kuchosa mau, muloleni apitilize kuyesesa kutsegula njira pammeropo mwa yekha. Kukhosomola kumathandiza kuti njira ya pammero itseguke.
2. Koma ngati akulephera kuchotsa mau ena ali wonse kapena ngati angagwire pammero molimba maso pamtunda (onetsetsani kuti khope yake iwoneke ngati chithunzichi), njira zampeya wawo za tseka, sangatheso kupuma, ndipo akufunika thandizo nthawi yomweyo. Akhoza kukhala kwa mphindi zochepa wasapuma, choncho mthandizeni mwachangu changu!

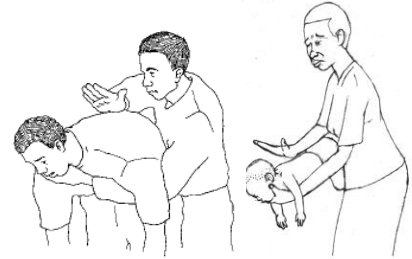


- Munamuonako wina akugwira pammero chifukwa cha kutsamwidwa? Kodi munachita chiyani?

Malangizo kwa mphunzitsi: *Pezani anthu ena wozipereka kuti awonetsetse njirazi pamene mukuwafotokozera.*

Ngati mwana, kamwana, kapena munthu wachichepere sakutulusa phokoso, mwasanga citani izi:

1. Kwa munthu wachichepere, muweramiseni mpakana muchuuno,. Kwa mwana, Muweramiseni pa bondo lanu kapena muikeni kamwanako padzanja lanu. Mutu wakemuuzolimise pansi molekananitsa chidali chake.
2. Kugwiritsani ntchito chikhatho cha dzanja lanu ndi kumenya kumbuyo kwa msana wake. Kwa tiana, menyani pang'ono pamwamba kumbuyo kwamsana wake mpakana chotsekacho chitachoka.



Kwa munthu wachikulire kapena wamkulu, Gwiritsanintchiti njira iyi:

1. Imani kumbuyo kwa munthuyo ndi kumugwira mchuuno mozunguliza mikono yanut.
2. Yendesani mikono yanu kumphuno ndi kunthiti.
3. Ikani mkono wina mchuuno ndi kuyendesana mwamphamvu mwamba kuti mukakamize mpeya kuti mapapo kuti utuluke. chitani izi mowilikiza mpakana kutsekako kutachoka.



Izi zikhoza kukhala zowawa kwa munthu wothandizidwayo, choncho musagwiritse ntchito njirayi kwa munthu amene akutha kukhosomola kapena akupanga phokoso.

Chitani

ABWENZI

Malangizo kwa mphunzitsi: *Auzeni apeze i mzawo ndi kuyamba kuyeserera njira ziwirizo pa wina ndi mzake—koma yerekezani ngati mukukankha motulusa mpeya wa winayo mogwiritsa ntchito njira ya chiwiri. Ngati mkotheke, tengani chidole cha mwanandi kuwonetsetsa kuti awiri ali ndi mwayi woyeserera kuchita pa mwana. Akumbutseni pamene akuyeserera kuchita kuti mutu wanthuyo uzolike pansi mosiyana ndi chidali chawo ndi kumenya kumbuyo mwamphamvu ndi chikhatho cha dzanja lake.*