

TRUTH CENTERED TRANSFORMATION

MODULE



OKUGIRA AMAGARAMARUNGI

Ekitabo kyomwegyesa

Truth Centered Transformation—Ekitabo: Okugira amagara marungi 4. Copyright ©2019 Reconciled World, Phoenix, Arizona, United States of America. www.reconciledworld.org

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Otakishubuza – Otakoresa ekitabo eki ahabwokukora amagoba.



Waba noyenda okuta ekitabo eki omururimi orundi, nyabura ohandikire info@tctprogram.org.

Ebyahandikirwe bihirwe omu, Runyankole Rukiga 1964. Copyright © Uganda Bible Society

Ebishushana biingi bikoreibwe okuruga omukitabo, 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.

Agandi mashomo nebyokureberaho bihirwe omu mashomo ga Food for the Hungry's (enkora yokugira ebyokurya ebirikumara). Food for the Hungry (2014). FH CFCT Toolkit: enyegyesa y' Okugira amagara marungi

Okusiima

Abantu baingi bakozire kihango omukuhikiriza amashomo aga. Mwebare mwena abaine ekimwakora. Nimwemanya!

Ekitabo kya Hesperian, *Where There Is No Doctor (ahatari mushaho) hanwe neky*a Arnold L Gorske, *Health Education Program for Developing Communities (Okwegyesa amagara marungi omumahanga amwooro)* nibyo ebitabo ebikoresibwe munoonga omumashomo aga. Ebitongore ebi bibiri bihandikire ebitabo ebihindwiire omundim zirikurenga 90. Ebitabo byaabo nibikoresibwa abebyamagara, abazarisa, abarinzi bobusingye, ababurizi bengiri, abegyesa ahabwokweyongyera okuhwera ebyaro okugira amagara marungi. Nibakora nabandi abantu ahabwokweyongyera kuboneza ebikoreso ebyo okubita ahamutindo hamwe nokubyangushaho okukoresibwa omunsi yona.

Ninyenda nokusiima Karen Callani, omanzira obwire buraingwa naakora omu America yomumashuma nakora nekitongore kya Food for the Hungry, Inc. (FH). Akabagana nanye obukugu bwe hamwe nobumanyirivu bwekitongore eki. Kandi akampereza obwire buraingwa omukworeka ebirikuruga omukwegyesa amashomo aga hamwe nobukugu bwekishaho. Nshemereirwa munonga omukukora na Karen omumyanya etari emwe okumara obwiire buraingwa, kandi ugu omurimo gwatuma nayeyongyera okumukunda. Webare munonga Karen.

Ekitabo eki kiine omutaano nebindi bitabo omukwega oku. Mbweni abebembezi ababandize kutwara ago mashomo omu byanga byabo (Chelsea, Tun Tun hamwe Judith), mukutuyamba munonga okweyongyera kuboneza okuturikushomesa eri eishomo. Okwetegyereza kwaanyu kuresireho empinduka mpago munonga. Kandi mwebare munonga okungumisiriza nebibuuzo byangye byona.

Kandi haruho na Glynka. Aine obukugu omukukoresa ebigambo, okuhandika, hamwe nokutebya. Omurimo gwe hamwe na Anna kikabasisa eki kitabo okuhwa gye. Glynka, ori owokutangaza. Webara ahabw'obwiire bwaawe obuwatuiire nobuwabaire oine abaana bashatu abokureberera omuuka.

Haruho nabandi abanywani abangarwizemu amaani kandi bakanshabira keingi nobunabire nimpwamu amaani. Nimwemanya kandi ekirikuriraye obukuru, Ruhanga nabamanya. Muri abanywani abesigwa kandi abajwekyerwa ba Ruhanga abatonganirizi. Okwikiriza kwanyu ninkungaruza hansi munonga kandi nyikiriza ngu Ruhanga anyesire okukora ugu omurimo omuri obu bwire! Ekitinisa nekyeye wenka.

Heather Hicks

Reconciled World

Otaakatandikire

Eky'okumanya eky'omutaano aha mwegyesa w'akatabo k'ebyamagara

Enkora y'akatabo aka eine omutaano n'obundi obutabo. Amashomo g'okubanza ashatu nigatwara eshaaha 1-5 ahabw'ekanisa. Nigahamisiriza eki Baibuli erikugamba ahakureberera emibiri yaitu, enyikiriza ezigwire ahabyamagara hamwe n'oku ekanisa yakubaasa kuhwera omukwombeka ebyanga by'amagara marungi.

Ebindi omu katabo aka harimu amashomo magufu ag'ebyamagara agaarikubaasa kwegyesibwa ahari bury'omwe omukyanga. N'agaburiho kandi nigabaasa okwegyesibwa omudakiika 15-20. Amashomo aga garimu emirimo y'pkukora hamwe n'ebishushani by'okureberaho okukuhwera kwegyesa emyoga kandi n'okwanguhirwa omukwijuka amakuru ag'omugasho.

Emyoga y'ebyamagara neyegwa kurungi waaba nogita omunkora kandi orikugibagana n'abandi omukyanga. Ogaruremu amaani ba memba b'ekanisa okubagana ebi barikweega omumashomo aga n'amaka gaabo, abataahi hamwe n'abandi omukyanga.

Tihariho akatabo k'omweegi ahabw'ekitabo eki. Konka hariho ekitabo *ky'emyoga y'ebyamagara ahabw'ebyanga* ekirimu byoona ebirikwegyesibwa omukitabo eki. Ekitabo ekyo okihereze ekanisa eri omukyanga okukikozesa nk'eky'okureberamu.

Hariho ebitongore baingi ebirikuhereza okutendeka kurungi omubyamagara. Nobaasa okusharamu okukozesa bimwe ahabikozeso byaabo omukwegyesa. Waakozesa ebikozeso ebyaawe, nitushaba ngu ogaiteho amashomo 1-3 ahakutendeka kwaawe otaakatandikire amashomo gonyiine ag'ebyamagara.

Okukozesa Akatabo K'omwegyesa aka.

1. **Engyendererwaho enkuru hamwe n'bikozeso:** Buri eishomo niritandiika n'ekicweka eki.
 - a. **Enshonga Enkuru** - Ebi n'ebiteekateeko bikuru ebi abeegi bashemereire okwetegyereza gye ahamuheru gwa buri eishomo. Ahamuheru gwa buri eishomo otwaare obwiire okugarukamu kandi ogyezeho kureeba ngu abeegi bayetegyereza enshonga ezi.
 - b. **Ebikozeso** - Ebikozeso byonyiine ebirikwetengwa bihandikirwe ahabwa buri eishomo. Nitushaba tushagika eky'okugira orubaaho, nari empapura empango z'okukozesa omu kibiina ekihango.
 - c. Akatabo k'omwegyesa aka nikija okworeka obu oshemereire kukozeza:
 - i. **EBISHUSHANI BY'OKUREBERAHO** - Nibyaija kuba bihandikirweho bati.
2. **Oku Omwegyesa Aratwaaze:** hariho engyendererwaho z'omutaano omu eishomo okukuhwera kwebembera okutendeka kurungi. Ebi tibiri eby'okubagana n'ebeegi. Shoma ebi kare kugira ngu oyeteebekanise okubagana hamwe n'eb'y'okukora. Ebibuuzo bimwe byeine eby'okugarukamu bihandikirwe omu italikisi okukuhwera nk'omwegyesa okumanya ni biteekateeko ki ebi oshemereire okuhamisiriza n'abeegi. Konka tibyo byonka eby'okugarukamu ebirungi kureka nibimwe ahabirungi ebindi.

Eishomo 1: Ahabw'enki abaikiriza bashemereire kuta omutima ahaby'amagara

Enshonga EnkuruEnshonga Enkuru

Baibuli netwegyesa okuha Ruhanga ekitinisa turikureberera emibiri yaitu hamwe n'okufayo ah'abarweire.

Ebikozeso –Orubaho rwa choka nari orw'ekaramu nari orupapura ruhango.

Okwanjura.

OKUHAANA EBITEEKATEEKO OMU BUBIINA BUKYE

Oku Omwegyesa Aratwaaze: Shoma omugane rw'omuriisa John reero mwebaganisemu omu bubiina bw'abantu 3-4 okugarukamu ebibuuzo.

Shoma omugane ugu:

Omuriisa John akahurira yashasha omutwe. Akaba yaruga omurukiiko n'abadikoni b'ekanisa kandi bakaba batashemereirwe. Omuriisa John akaba ari mutysa omumwanya ogwo, kandi yakwatwaho munonga ahabw'ebuyonjo ebyabaire biri kubi munonga. Hakaba hatariho zakamina, hatariho nomwe orikunaba engaro, abaana baagubaire, kandi kasasiro eri buri hamwe. Konka ekibi ekirikusingaho, abantu bakaba nibarwara munonga. Abamwe bagira ngu tikyine eshonga, konka omuriisa bakaba nibakiira kumweta okushabira abantu okukizibwa. Yateekateeka ngu kikaaba kirungi okugambira abantu ahakuta omunkora emitwarize mirungi y'ebyamagara, reero yatandiika kwongyeramu edakiika 15 z'okwegyesa ahanyima y'okushaba kw'ekanisa. Konka hati abadikoni batubuka. Bakaba batarikwikiriza ngu ebintu nk'ebi bishemereire kugambwaho omukanisa- n'okukira munonga AHIZOBA RYA MUKAMA. Bakashasha kureeba ngu omuriisa nabaasa kuteekateeka ngu nabaasa okwegyesa ahabintu nk'ebyamagara. Akaba atari omushaho. Omuriisa John yatsinda omumutima gwe. Akaba atarikumanya eky'okukora.

- N'oteekateeka ngu omuriisa John akaba aine kuba nayegyesa ahaby'amagara aha kanisa?
- Ni enshonga ziiha ezitwegyeire omu mashomo agutumazire ezirikworeka omugasho gw'okwegyesa ahaby'amagara?
- Noteekateeka ngu Yesu nakwatwaho ahabw'ebyamagara? N'eb yokureberaho biiha ebiturikureeba omu Baibuli?

OKUGAMBA EBYARUGAMU

Baibuli negamba ki ahaby'amagara?

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

Reeka twijuke enshonga zimwe ezitwamazire okwega oku Ruhanga arikufayo ahaby'amagara.

Shoma Zaburi 139:13-16.

- Enyiriri ezi nizegyesaki aha mugasho gw'emibiri yaitu?
 - *Ruhanga akanga buri muntu okwe. Buri muntu aine omugasho.*
- Owakozire emibiri yaitu noha?
 - *Ruhanga*
- Eine omugasho? niki ekirikuzikora ey'omugasho?

- *Emibiri yaitu ney'omugasho ahabw'okuba Ruhanga niiwe yaatuhangire.*
- Ruhanga ku araabe yahangire emibiri yaitu omubwegyendesereza, noteekateeka ngu naafayo oku turikureberera emibiri yaitu?
 - *Ego, Ruhanga naafayo.*

Shoma Abagalatia 5:14, Abarooma 13:10.

- Ruhanga naturagiira kukoraki omu nyiriri ezi?
 - *Okukunda batahi baitu*
- Ni mumuringo ki ogw'okufayo ahaby'amagara omu kyanga ogurikworeka okukunda batahi baitu?
 - *Nitukunda batahi baitu turikukyendeza akabi akarikubaasa kutuma barwara.*
 - *Nitubaasa okukunda batahi baitu turikubareberera baba barweire.*

Shoma Luke 2:52.

- Ni omumyanya eha ei Yesu yakuzairemu?
 - *Obwengye (ebiteekateeko), omukyemerero (omumubiri), omukakwate na Ruhanga (omumwoyo)kandi n'omukakwate n'abantu (n'abandi)*
- Ni myanya ki ey'okukura ei abariisa bashemereire okutaho omutima omumakanisa gaabo?
 - *Omumyanya ena yoona.*
- Noteekateeka ngu amagara gari omumyanya egi yoona kandi tushemereire okuba nituyamba ebyanga byaitu okukura?

Shoma Okutandika 1:28.

- Ni murimo ki orw'okubanza ogu Ruhanga yaheire omuntu? Ruhanga nayenda ngu itwe tukore ki?
 - *Okutegyeka ebihangirwe.*
 - *Okureberera ebi Ruhanga atuhaire.*
- Ku turabe nitutegyeka ebihangirwe, bishemereire kugira amaani aharitwe bikatuma twarwara? (Ingaaha)
- Ruhanga niiwe yatuhaire emibiri yaitu? (*Ego*)
- Noteekateeka ngu Ruhanga nayenda ngu tureberere emibiri yaitu? (*Ego*)

Zaburi 100:3 na Zaburi 24:1.

- Ebya Ruhanga nibiha?
 - *Ni byona oteiremu naitwe!*

I Abakorinso 6:19-20.

- Ahabwenki tushemereire okureberera emibiri yaitu?
 - *Omubiri gwaitu ni hekalu ya Ruhanga.*
 - *Nitubasa kuhereza Ruhanga ekitinisa ne mibiri yaitu.*

Baibuli neshoborora gye ku twahangirwe Ruhanga. Emibiri yaitu ni hekalu y'Omwoyo Orikwera.

N'eyomuhendo.Ruhanga atuhire emibiri konka neyeye. Omuntu ku yakutushaba okureberera omwana we eizooba rimwe, nitumureberera n'obwegyendesereza. Omumuringo nigwo gumwe, tushemereire okureberera emibiri yaitu. Titushemereire okureberera emibiri yaitu kusha ahabw'okuba n'ebiconco kuruga ahari Ruhanga kandi neyeye, kureka tushemereire okufayo ahamagara g'abandi omukyanga nk'omuringo gw'okuboreka rukundo hamwe n'okubahwera okukura nk'oku Ruhanga arikwenda.

Enteekateeka ya Yesu ahabarwaire

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANDO

- Ni enteekateeka ki eri omukyanga kyanyu aha bantu abarweire?
- Yesu akatwaza ata abarweire?

Shoma Matayo 4:23-24 na Matayo 14:14.

- Ebyahandikiirwe ebi nibigamba ki oku Yesu yatwarize abarweire?
 - *Akagyaenda hoona nakiiza aburweire bwoona. Akabagirira esaasi.*
- Eki nikishushana naitwe nari hariho omutaano?

Shoma Matayo 25:34-40.

- Omuri egi nfumu eyi Yesu yagaambire, abahikirire bakakoraki eki omugabe yabaasimire?
 - *Okutayaayira abarweire nabari omukihome, okuriisa abeine enjara, okuha eky'okunywa abeine eiriho, okukunira abaganyu. Ebi bakabikorera 'abato okukira abandi.'*

Yesu akegyesa ahakukunda batahi baitu n'ekyokureberaho ky'okureberera abarweire n'okubahereza ebintu nka eby'okurya, amaizi, hamwe n'ebijwara. Ruhanga naturagiira okureberera abo abarweire. Eki n'ekicweka kimwe ahakukunda batahi baitu.

Nitwetenga okugira enteekateeka ahabarweire nkeyi Yesu yabeire aine. Tushemereire obatwariza gye n'esaasi. Kandi nitwenda okubashabira okukizibwa hamwe n'okubarondera obujanjabi kugira ngu bagire amagara marungi. Twareberera abarweire, nituba nitukuratira eky'okureberaho kya Yesu kandi turetera Ruhanga ekitinisa.

Ti ekyo kyonka, nitubaasa okuhwera omukuzibira abantu kurwara omukyanga kyaitu! T'orikwetenga kubanza waaba omukugu omuby'amagara okukora eki. Bury'omwe nabaasa okwega ahaby'amagara kandi abagane ebi yayega n'abandi. Okwegyesa eby'amagara n'omuringo gumwe ogurikuhwera ebyanga byaitu okukura omumubiri. Ebintu bingi ahaby'amagara byanguhi munonga. Omukutendekwa oku, nituza okwegyesa ebintu ebi bury'omwe arikubaasa kwega kandi akata omunkora.

OMURIMO OMU KIBIINA KIHANGO

Shoma omugaane ogu ogukwatsire aha kyarokya Tai Ping

Tai Ping kikaba kiri ekyaro kibisi. Abantu bakaba bari abahingi b'omuceedi, konka enyima ya 2005 hakaba hatakabagaho omuceedi ogurikumara okuriisa amaka gaabo omwaka gwoona. Hatariho eguuto ezirikuza omumisiri yaabo, buri eka ekaba esharura ebi barikubaasa okwegura bakatamba emishozi. Hakaba hatariyo za kamina. Abantu batarikukiira kwozoya. Abantu bakaba nibakiira kurwara kandi bagira ekirukano okukira okugira amagara marungi. Abaana bakye nibo babeire nibaza aheishomero. Obutoosha abantu b'omukyanga eki bakaba barweire, baine enjara kandi bategyesibwe. Amagara gakaba gagumire omukyaro eki.

- Ni bintu ki bimwe omukyaro kya Tai Ping ebyabeire nibituma amagara gaaguma?
- Ni bizibu ki ebiri nkebi ebiri omukyanga kyaawe ebirikutuma amagara gaaguma? (ohandiike aharuhaho).
- Nibiiha umubizibu ebi omukyanga kyanyu ebikwatirine neby'amagara butunu nari birikwetorora? (obihandikeho)

Hariho amakuru marungi aha mugaane rwa Tai Ping.

Ekanisa omuri Tai Ping ekatandiika okwega TCT. Bayega ebitabo by'okubanza kandi bamanya ngu Yesu aine obushoborozi ahari buri mwanya gwoona omumagara, ngu Ruhanga akabaha ebintu n'obubaasa, kandi ngu nayenda ngu boreke rukundo ye ah'abandi. Batandiika okwebuza oku bakubaasa kworeka rukundo omukyanga kyaabo. Bateekateeka oku betaine ekamina kandi oku barikukozesa ekamina eri aharubaju gw'omugyera. Ku babeire nibakiteekateekaho, bajumbura ngu bakaba nibashisha amaizi kandi barikutuma abantu b'omukyanga barwara. Nahabw'ekyo okukunda batahi baabo, batandiika okwombeka za kamiina.

Reero ekanisa yayeega ngu emibiri yaabo ekabahebwa Ruhanga ngu bagireberere kandi ngu ti enteekateeka ya Ruhanga ngu abantu bagume barweire obutoosha. Omuriisa yatandika okwegyesa ebyamagara ahanyima ya buri kushabakw'ekanisa Baguma nibabagana okwegyesibwa oku bari omumisiri nari okutaha amaizi. Abeishemwe kubatandikire kuta omunkora okwegyesibwa oku omumagara gaabo, batahi baabo bareeba omugasho nabo batandiika kukora batyo. Ahonaaho, bakombeka enguuto kugira ngu ebihingwa babyeguze za piki okukira okubyegeza ahamigongo, ekyakyenderize okushasha emigoongo. Bakatimba amaziba kugira ngu abantu batunge amaizi kandi bagume bari abayonjo. Btimba ebiina bya kasasiro. Buri eka yatandika kuhinga n'okurya emboga. Oburweire bwakyendera munonga. Abaana tibagaruka kwitwa ekirukano. Ahabw'okujanjabira oburweire bwa butoosha omuka, abantu tibagaruka kubura ahamirimo yaabo nari okumarira esente ahamibazi nari omubafumu.

- Ni bintu ki bimwe ebi abantu b'ekyaro kya Tai Ping bayegyeire?
- Ni empinduka ki ezabiire omukyaro kya Tai Ping?

Okuta omunkora

OKUHAANA EBITEEKATEEKO OMU BUBIINA BUKYE

Oku Omwegyesa Aratwaaze: Muhaane ebiteekateeko kurugirira ahabibuuzo ebi omu bibiina by'abantu 3-4

- Ni miringo ki emwe ey'otwire noreebereramu eby'amagara?
- Hariho eki ekanisa erikubaasa kukora nk'ekikorwa kya rukundo okwongyera omutindo omuby'amagara omukyanga?

OKUGAMBA EBYARUGAMU

OMURIMO OMU KIBIINA EKIHANGO

Mwena hamwe mutorane ekikorwa kya rukundo eki murikubaasa kukora okwongyera ahamutindo rw'eby'amagara omukyanga kyanyu kandi mukore enteebikanisa y'okukora ekikorwa kya rukundo ekyo.

OKUSHABA

Mushabirane kugira ngu mugire enteekateeka nk'eya Yesu ahabarweire. Mushabe Ruhanga abahe amaani n'obwenge okworeka rukundo ye ah'abandi baba barweire. Shabira omuntu weena orweire owu orikumanya.

Eishomo 2: Enyikiriza ezigwire ahaby'amagara

Enshonga Enkuru

Enyikiriza ezigwire nizibaasa okutuzibira kuha Ruhanga ekitinisa n'emibiri yaitu kandi hamwe n'okureberera abarweire.

Ebikozeso

1. Ebishushani by'okureberaho. EBISHUSHANI BY'OKUREBERAHO: Ebipande by'enyikiriza ezigwire (ebipande 3 - Ebishazirwemu okworeka kimwe kimwe)
2. 1-2 kaada ziriho busha nari obucweka bw'orupapura.

Okwanjura

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

- Ni enyikiriza ki ezaburijjo ezikwatsire ahanshonga ezirikutuma abantu barwara?
- Ni enyikiriza ziiha ezaburijjo ezikwatsire ahabantu ebitushemereire kukora nari okutakora kugira ngu tugiire amagara marungi nari tukiire endwara?

Enyikiriza Ezigwire Ezaburijjo Ezikwatsire Ahabyamaga

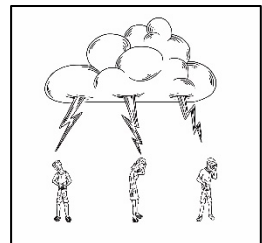
OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

Oku Omwegyesa Aratwaazes: oyoreeke EBISHUSHANI BY'OKUREBERAHO: ebipande by'enyikiriza ezigwire obwo orikuraba omuri buri nyikiriza.

Hati katureebe eki Baibuli erikugamba ahari buri nyikiriza . Ehikire nari Tehikire?

Enyikiriza egwire 1: Oburweire bwona n'ekifubiro kuruga ahari Ruhanga (nari bwa ruhanga) (EBISHUSHANI BY'OKUREBERAHO)

- Warabugaineho omuntu orikwikiriza ngu oburwaire n'ekifubiro?
- eki kikakwata kita ahamuringo ogu batwarizemu abarweire?
 - Bateine esaasi, batarikuhwera, barikucwera omuntu orubanja ahabw'ebibi bye.
- Kikakwata kita ahamuringo ogu bayetwarizemu ku barweire?
 - Otakamira emibazi kureka oze kutambira ba ruhanga nari ogyezeho okuba omwikiriza orikworoba.
 - Otaikiriza ngu oshemereire okuba gye.
- Twaba nitwikiriza ngu endwara n'ekifubiro, nikibaasa okukwata kita ahamuringo oguturikuteekateka aha kwerinda endwara?
 - Titurikusherura okwerinda oburweire ahabw'okuba titurikuteekateka ahabantu nka okunaaba engaro nari okukozesa ekamina nikikuru.



Shoma Yohana 9:1-3.

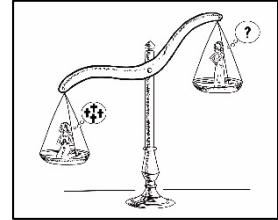
- Omushaija ogu okuba empumi kiba kiri ekifubiro kuruga ahari Ruhanga?
 - Yesu akagira ati ingaha, kikaba kitarikyo.
- Yesu akagamba ki ahanshonga eyatumiire omushaija yaba empumi?
 - Okugira ngu emirimo ya Ruhanga ebaase okurebikyera omuriwe. Okuhereza Ruhanga ekitinisa.

Baibuli negamba ahabwiire bumwe obu Ruhanga arikwikiriza omuntu okurwara okugira ngu ayeteise, **konka ti buri kurwara kwoona ngu nikuretwa ekibi.**

Enyikiriza egwire 2: Kuri twine okwikiriza kwingi, titukabeire niturwara.

(EBISHUSHANI BY'OKUREBERAHO)

- Enyikiriza egi ekanyire eta hanu?
- Nikikwata kita ahamuriringo ogu turikutwazamu abarweire?
 - *Okuhamya omuntu ngu ashabe kandi agiire okwikiriza, konka tutabugabugana ebyetengo byabo.*
- Nikikwata kita ahamuriringo oguturikutwazamu twaba turweire?
 - *Titurikumira emibazi, nitushaba kusha.*
- Twaba nitwikiriza ngu kuri nituba twine okwikiriza, titukabeire niturwara, nikibaasa kukwata kita ahanteketateeka yaitu ey'okwerinda oburweire?
 - *Nituta omutima ahabintu eby'omwoyo kusha, konka tutateekateeka ngu ebikorwa nka okunaba engaro nari okukozesa ekamina nikikuru.*



Shoma 2 Abakorinso 12:7-10.

- N'enki eki Paulo owahandikiire ekicweka eki kya Baibuli, yaashabire?
 - *'Oihe eihwa omumubiri rwangye', okukizibwa okuruga omukuteganibwa omumubiri.*
- Ruhanga akamukiza?
 - *Ingaaha, taramukirize.*
- Ahabwaki Ruhanga ataramukirize? Ruhanga akamugira ngu nayetenga okwongyera ahakwikiriza ?
 - *Ruhanga taramugizire ngu nayetenga okwongyera ahakwikiriza . Taramukirize okugira ngu amaani ga Ruhanga garebekyere omubweremwa bwa Paulo.*

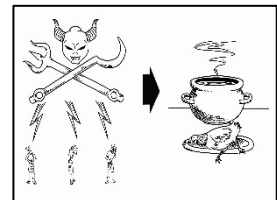
N'ekyamazima Ruhanga natukiza, konka Baibuli nekyoreka gye ngu Ruhanga tarikukiza buri ndwara.

Ahabw'enshonga ezitutarikubaasa okwetegyereza, Ruhanga tarikukiza obutoosha.

Enyikiriza egwire 3: Endwara niziretwa emyoyo emibi, nahabwekyo nitutekwa

kuhonga ebitambo. (EBISHUSHANI BY'OKUREBERAHO)

- Warabugeine omuntu orikwikiriza ngu endwara niziretwa emyoyo emibi?
- Kikakwata kita ahamuriringo ogubayetwarizemu obu bo nari abakundwa baabo barwara?
 - *Okushohoza esente, okuza omubafumu, n'okuhonga ebitambo.*
- Okwikiriza ngu endwara niziretwa emyoyo emibi nikihaiza Ruhanga ekitinisa?
 - *Ingaaha , ahakuba nituteekateeka ngu emyoyo emibi eine amaani okukira Ruhanga.*
 - *Nituhereza emyoyo emibi ekitinisa omumwanya gwa Ruhanga kuturi kuhonga ebitambo.*
 - *Nitubaasa okutafayo ahabarweire twaba nitumarira esente n'obwiire bwaitu kurikuhonga ebitambo.*



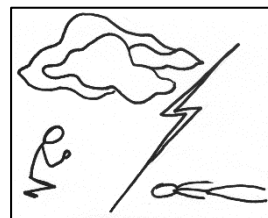
Shoma Mako 3:11.

- Orunyiriri oru nirugamba ahary'oha ?
 - *Yesu hamwe n'emyoyo emibi*
- Oine amaani n'oha omurunyiriri oru ?
 - *Yesu*

Ku turabugabugane emyoyo emibi, titushemereire okuhonga ebitambo, kureka tutakiire Yesu okutuhwera. Aine amaani ahaiguru y’emyoyo emibi. N’obuhariho emirundi maingi omu Baibuli obu Yesu arikubinga emyoyo emibi, harimu kandi enyiriri nyingyi obu Yesu arikukiza endwara atabandize yabinga emyoyo emibi(Luka 9:1-3, eki tubeire twakirebireho; ekindi eky’okurebereho ni Matayo 8;1-13). Eki nikitworeka ngu endwara nyingyi tizirikureta emyoyo emibi. N’obu turabe tushemereire okushabira abarweire obutoosha, tushemereire n’okufayo ahabyetengo byabo eby’omubiri nk’oku Yesu yaturagiire okukora.

Enyikiriza egwire 4: Ruhanga tarikufayo ahabyamagara **(EBISHUSHANI BY’OKUREBERAHO)**

- Warabugeine omuntu orikwikiriza ngu Ruhanga tarikufayo ahabyamagara?
- Kikakwata kita ahamuringo ogu batwarizemu abarweire?
 - *Tibarabateireho omutima.*
- Kikakwata kita ahamuringo ogu bayetwarizemu ku barweire?
 - *Bakahwa amaani, bahweirwemu amatsiko.*
 - *Bakegamira abashaho nari abafumu kugira ngu bakire.*
- Twaba nitwikiriza ngu Ruhanga tarikufayo ahabyamagara, nikibaasa kukwata kita ahamuringo oguturi kuteekateeka aha kuzibira oburweire ?
 - *Titukafayo ahakugyezaho okuzibira oburweire, Ruhanga ku araabe atarikufayo ahabyamagara, ahabw’enki itwe tushemereire okufayo?*

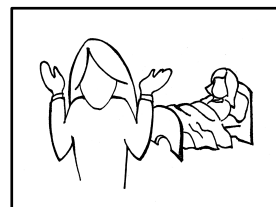


Tureebire ahanyiriri nyingi omu eishomo ery’enyima ezirikutworeka ngu Ruhanga nafayo ahamibiri yaitu.

- Nobaasa okwijuka ekirikutuma twamanya ngu Ruhanga nafayo ahabyamagara?
 - *Akakora emibiri yaitu omumutaano (Zaaburi 139)*
 - *Turi aba Ruhanga. (Zaaburi 100:3)*
 - *Yesu akagirira esaasi abarweire. (Matayo 14:14)*
 - *Yesu aryashemererwa abo abarikufayo ahabarweire (Matayo 25:34-40)*
 - *Akahereza abantu be ebiragiro ebikwatsire ahabuyonjo hamwe n’endwara. (Abaleevi, Eky’ebiragiro)*
 - *Emibiri yaitu ni hekalu ya Ruhanga. (1 Abakorinso 6:19-20)*

Enyikiriza egwire 5: Tihariho eki turikubaasa okukora okwerinda oburweire. **(EBISHUSHANI BY’OKUREBERAHO)**

- Enyikiriza egi ey’okugira ngu tiheine eki turikubaasa okukora okwerinda oburweire ekaanyire eta?
- Hariho okuhabura ahakwerinda oburweire okw’orikumanya omu Baibuli?



Ahanyima y’okushisha kwa Adam na Hawa, kandi na Yesu atakeizire, Ruhanga akatorana okuha ebiragiro bye oruganda rumwe rw’abantu. Bakaba nibetwa Abaisraeli, kandi endagaano enkuru yona eya Baibuli eyijwiremu emigaane erikugamba oku Ruhanga yabeire nakorengana na Abaisraeli. Ruhanga akaba nayenda ngu Abaisraeli bamanye okukunda kwe ahari buri mwanya gwona omumagara, kugira ngu ahabw’okworoba kwabo, babe eky’okureberaho kandi n’omugusha ahamahanga agandi goona omunsi. Nahabw’ekyo akabahereza ebiragiro ebikwatsire ahamagara goona. Enyiriri ezindi eziturikuza kureeba niziruga omubiragiro ebyaheirwe Abaisraeli.

Eky’ebiragiro 23:12 – Engyendererwaho ahabw’omwanya gw’okwejuniramu

Abaleevi 11:27-28, 32-33 – Eky’okukorera enyamishwa ezifiire

Abaleevi 15:2-5 – Ebiragiro by’okutwazamu omuntu orikurugwamu amahira.

Abaleevi 13:47-52 – Eky’okukorera ekijwari ekiine endwara y’ebibembe.

- Noteekateeka ngu ahabw’enki Ruhanga yabaheire ebiragiro ahabantu ebi?

- *Ahabw'okuba nafayo ahaby'obuyonjo.*
- *Nafayo ahamagara g'abantu be.*
- *Kugira ngu Abaisraeli babe eky'okureberaho omuby'obuyonjo n'amagara.*

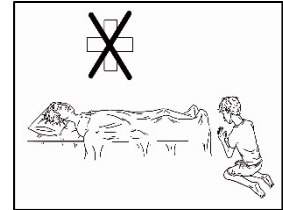
Omuniyiriri ezitukushoma omu Eky'ebiragiro na Abaleevi, Ruhanga akahereza abantu be ebiragiro ahaby'obuyonjo n'ebyamagara.

- Noteekateeka ngu kuri bakurateire ebiragiro ebi, bakaba nibaagira amagara marungi?
 - *Ego, bakaba nibagagyira!*

Ruhanga akahanga emibiri yaitu kandi namanya ebirungi ebigishemereire .

- Mbweni, nitubaasa okugira ekitwakora okuzibira oburweire?
 - *Ego! Nitubaasa okusherura okworobera Ruhanga n'okumuha ekitinisa n'emibiri yaitu.*

Enyikiriza egwire 6: Twaba turweire, tushemereire okushaba kusha kandi tutakaza ow'omushaho nari okukozesa emibazi. (EBISHUSHANI BY'OKUREBERAHO)



- Warabugeineho omuntu orikwikiriza ngu titushemereire kuza ow'omushaho?
- Kikakwata kita ahamuringo ogubatwarizemu abantu ababeire barweire?
 - *Bakabashabira kusha tibabatwara omwirwariro nari okubaha emibazi.*
- Kikakwata kita ahamuringo ogubayetwarizemu ku barweire ?
 - *Tibaragiire omwirwariro nari okumiira emibazi.*
- Ku turaabe nitwikiriza ngu tushemereire okushabira abarweire konka tutabahereza omubazi, ni bizibu ki ebirikubaasa kurugamu?
 - *Omuntu nabaasa okweyongyera kurwara nari afe.*
 - *Titurikworeka abarweire rukundo ya Ruhanga twaba tutafireyo ahabyetengo byabo eby'omubiri.*

Shoma Luka 10:25-37.

Oku Omwegyesa Aratwaazes: Abeegi ku barabe nibamanya omugaane gw'omusamaria omurungi, obaijusye omugaan ogu reero mushome Luka 10: 33-35.

- Omusamaria akoreeka omushaija embabazi arikumushabira kusha?
 - *Ingaaha.*
- Omusamaria akakorera omushaija ogu owabeire ahutazibwe?
 - *Akakozeza amajuta (okubobeza) hamwe na vinyo (okuboneza)*
 - *Akashemba ebironda bye.*
 - *Yashashurira ez'okumurebeerera.*
- Yesu akaagira ngu omusamaria akaba ashemereire kushabira omushaija kwonka?
 - *Ingaaha. Akaagira ngu, 'Gyenda okore otyo'.*

Omumazima, tushemereire okushabira abarweire; Ruhanga n'omukiza! Konka naayenda ngu tubugabugane ebyetengo by'abantu eby'omubiri. Obundi nabaasa kusharamu okuhwera omuntu orweire kutunga okukizibwa okurabira omubikorwa by'ekanisa ye.

- Noteekateeka ngu nahabw'enki Ruhanga arikukira kusharamu kukozeza omuring ogu omumwanya gw'okukora eky'okutangaza?
 - *Okugira ngu abantu baabase okuhurira rukundo y'ekanisa.*
 - *Okuhereza ekanisa omugisha gw'okworeka rukundo. To give the church a chance to demonstrate love.*
 - *Okugira ngu ekanisa egire eiziina n'akakwate karungi omukyanga.*

Omurimo

OMURIMO OMU KIBIINA EKIHANGO.

Oku Omwegyesa Aratwaaze: Reeka ekibina kishoroore EBISHUSHANI BY'OKUREBERAHO: Kaada z'enyikiriza ezigwire omubikweka bibiri: "ebikanyire omukyanga kyaitu" hamwe "n'ebitakanyire." Ekibina kyaba nikihaana ebiteekateeko ahabibuuzo ebi, nobaasa okukozesa kaada ziriho busha nari empapura okuhandiika ezindi enyikiriza ezikanyire omukyanga.

- Hariho ezindi enyikiriza ezikanyire omukyanga kyaitu?
- Baibuli nezigambaho enki? Okuruga omunyiriri ezitwegyeireho, enyikiriza ezo n'ez'amazima nari ez'ebishuba??

OKUTEEKATEKA NA MUGYENZI WAAWE

- Ninyikiriza ki ezigwire eziwaregyesibweho ahabyamagara?
- Noteekateeka ngu Ruhanga nayenda ngu ohindureho ki hati?
- Hariho omuntu orweire omuka nari omukyanga kyaanyu owu orikubaasa kworeka rukundo ya Ruhanga egi sande?

OKUSHABA

Shaba Ruhanga okutuhwera tukamanya amazima kandi n'okusingura enyikiriza ezigwire aha ndwara hamwe n'ebyamagara. Shaba Ruhanga akuhwere okworeka rukundo ye ahabandi baba barweire. Shabira omuntu orweire owu orikumanya.

Eishomo 3: Obujunanizibwa bw'ekanisa omukwombeka ebyanga by'amagara marungi.

Enshonga Enkuru

Okubagana ebitegyeire ahabyamagara n'omuringo gumwe omukworeka rukundo ya Ruhanga omubyanga byaitu.

Ebikozeso – waakunda: ekipande, orubaaho (okuhandiikaho ebikorwa bya rukundo).

Twaherize Okuhwera Abandi

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

- Ni bikorwaki bya rukundo ebiwaherize kukora okureberera abarweire, okwongyera omutindo omubyamagara g'abandi omukayanga nari okuzibira endwara?
 - Eby'okureberaho: okutayayira omurweire, okushashurira emibazi nari okutwara omuntu omurwariro, okuboneza eiziba nari ensure yamaizi, okutema obunyatsi haihi n'eishomero nari eirwariro, okwombeka ekamina nari okurundana kasasiro.*
- Ebikorwa bya rukundo ebi bihwereire bita omukwongyera ahamutindo rw'ebyamagara g'abantu?
- N'empinduka nungi ziiha ezi orebiire omumagara g'abantu b'omukyanga?

OKUGAMBA EBYARUGAMU

Ebikorwa bya Rukundo ebiine Akakwate n'ebyamagara.

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

Oku Omwegyesa Aratwaaze: Omumwanya rw'emigaane egi, nobaasa okutamu emigaane y'ebikorwa bya rukundo eby'okureberera abarweire nari okukwongyera omutindo gw'ebyamagara g'abandi bantu.

Egi n'emigaane emwe ei amakanisa gakozi okwongyera ahamutindo gw'ebyamagara omu byanga byabo.

Eminyeeeto Okuboneza Eiziba Omuri Marare

Ekyaro kya Marare n'omwanya ogurimu abantu baingi omuri Uganda. Abantu b'enganda zitari zimwe, entasya, ediini hamwe n'emyaka etari emwe nibatuura omuri Marare. Ekintu ekirikubareeta hamwe boona n'amaizi. Eki nikyo abantu barikutamu omuhendo munonga okukira ebindiomuri ogu mwanya. N'obu ekyanga eki kyeine eiziba, omubwiire bw'enjura, amaizi nigaruga omumyanya yona gateranira omwuziba eri, Ahanyima y'obwiire, eiziba rishishikara ahabw'ebisingo n'amabare. Ahabw'embara egi y'oburofa, ekyanga eki kikaba kiri ahakatezo k'okurwara endwara ezirikuruga omumaizi mabi. Abantu baingi bakaba nibaikiriza ngu Gavumenti, ebitongore ebitari bya Gavumenti nari akakiiko k'amaizi nibo bashemereire okukora ahakizibu eki .

Abebembezi b'eminyeeto babiri okuruga umukanisa y'ahakyaro yaija omukwega kwa TCT reero barundana eyindi minyeeto okworeka rukundo ya Ruhanga omukyanga kyabo orwamukaaga rumwe. Abakazi ku baizire kutaha amaizi, bareeba eminyeeto erikukora basharamu okubakwatsa. Akakiiko k'amaizi ku kareebire bammemba b'ekyanga batwara obujunanizibwa bw'okukora eiziba, kyabagaruramu amaani okuguma nibarebera eiziba eri. Ahanyima y'ekikorwa eki kimwe, abantu b'ekyanga bakasharamu

okuguma nibareberera eiziba. Omukazi omwe akahurirwa arikwegyesa omwana we, “Nitubaasa okugira obujunanzibwa ahabw’amagara gaitu”. Mukama asiimwe ahabw’entekateeka n’ebyamagara ebihindukire omuri Marare!

- Abantu b’ekyanga bakaba nibateekateeka ngu noha oshemereire okureberera eiziba?
- N’enki ekyahindwire entekateeka y’abantu b’ekyanga ahakureberera eiziba?

Ekanisa nekura ahabw’okuba nefayo ahabyamagara

Ekanisa ey’amagara masya ku yaherize kutendekwa omu mashomo g’ebyamagara, baketegyereza ngu baine abashaho abarikubaasa okubahwera omukwegyesa ebikwatirine n’amagara omukyanga.

Obwebembezi bw’ekanisa bwatorana esande emwe kugira ngu abakugu omubyamagara babagane eishomo ahabyamagara kugira ngu ba memba b’ekanisa babase okuba eky’okureberaho omukyanga kyabo. Abashaho bayegyesa abantu oku bashemereire kureberera emibiri yaabo hamwe n’amaino. Eki kihakwera ba memba b’ekanisa okugira emibiri y’amagara marungi. Ekanisa yasharamu okuguma nekora ebikorwa bya rukundo buri rwamukaaga okubagana amakuru gakwatsire ahabyamagara omukyanga.

Eki kikatuma ekyanga kyayetegyerereza omugasho rw’ekanisa . Abantu baingi batandiika okwija omukanisa. Ekanisa yakura omumubare rw’abantu n’omumagara marungi. Okuruga obwo ekanisa yatwara okutendekwa oku omwishomero byabo ery’obuhereza, kandi babasize n’okubagana enkora egi n’agandi amakanisa.

- Ni ebikozeso ki ebimwine omukanisa yaanyu ebimurikubaasa okukozesa okwegyesa ebyamagara omukyanga kyanyu?
- Ni amashomo gaaha omubyamagara agumurikubaasa kweza, mukakora kandi mukabagana n’abandi?
- Nimubaasa kugabagana muta n’ekyanga kyanyu?

Engiri okuburirwa okurabira omu by’obuyonjo

Amakanisa g’omukyaro kya Kyabahesi gakareeba ekyetengo ky’obuyonjo omukyanga kyaabo, kandi basharamu okukikoraho ahanyima y’okwega ekatabo k’ebyamagara. Bakeega ngu obuyonjo ni kimwe ahabintu ebikuru omukyanga ahakuba okurabira omuby’obuyonjo abantu nibatuura omumwanya guboneire omubyamagara. Omuringo ugu ekyanga kyaitu kirikurebekamu nigworeka ekituri..

Amakanisa g’omuri Kyabahesi gakerundaana hamwe okubugabugana bimwe ahabyetengo omukyanga kyabo barikukozesa ebikozeso ebibiine. Ebyetengo ebi barebire kandi bakakoraho nibyo ebi:

- Okwombeka obutandaro bw’ekikopo/esowani
- Okwombeka ekaamina n’ebinabiro Building
- Okutimba ebiina bya kasasiro
- Okutaho ebikwato by’amaizi ahari zakamina ag’okunaaba omungaro baheza okukozesa ekamina.

Eki kikakorwa omumaka ataano kandi kyahindura eby’obuyonjo omumwanya. Hati amakanika nigareebwa nk’omuhanda rw’okureetaho empinduka n’enkurakurana omumwanya ugu. Emigisha y’okuburira engiri eriyo neyeyongyera.

Omuriisa akashoborora,” Tukeega ngu ebikorwa byaitu nibyoreka rukundo okukira ebigambo byonka. Abantu omubyanga byaitu nibabaasa okureeba ngu buzima twine rukundo ya Ruhanga. Nahabw’ekyo engiri neburirwa kurungi okurabira omubikorwa okukiira ebigambo.”

- N'enki ekyahindukire omumuringo ogu amakanisa ga Kyabahesi "gaburiire" engiri?
- Ekyanga kikakwatwaho kita?

OKUHAANA EBITEEKATEEKO OMU BUBIINA BUKYE

- Ni ebiteekateeko ki ebisya ebimwiine nka ebikorwa bya Rukundo ebi ekanisa yaanyu erikubaasa okukora okuhwera abantu okutungura ebyamagara gaabo?

OKUGAMBA EBYARUGAMU

Oku Omwegyesa Aratwaaze: Buri kibiina kibagane ebiteekateeko byabo ah'ebikorwa bya rukundo eby'omumaisho, nobaasa okubihandiika aharubaho.

Okuhwera abandi okwega eby'okuhwera omubyamagara

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

Okukora ebikorwa bya rukundo n'omuringo murungi gw'okutungura omutindo rw'ebyamagara omubyanga byaitu, konka okwegyesa abantu ebyamagara naky'omukuru. Abantu bareeba ebyaruga omumutindo ogu, nibaija okukunda okwega n'okukora ebintu bisya. Ebindi omukitabo eki ni amashomo magufu agakwatsire ahakwerinda endwara, okureberera abantu abeine endwara n'obuhuta butari bumwe, hamwe n'okwombeka ekyanga ekyamagara marungi. Amashomo aga nimagufu kandi ganguhi okukira amashomo agandi ga TCT ag'ekanisa. Buri kugira ekiwayeega omubyamagara, nobaasa okukibagana n'abandi. Okwegyesa abantu naky'omukuru kuba ekikorwa kya rukundo. Emiringo emwe ei amakanisa gabageine ebyamagara omubyanga byabo ni:

1. Oyegyesa amashomo ga magufu ahanyima y'obutumwa nari ahamuheru gw'okushaba kandi otabaruse abantu b'omukyanga okubegaitaho.
2. Okozese emyanya eyorutunge okwegyesa ebyamagara nka-ahakatare, okutaha amaizi, okwoza ebijwaro, ahamurimo, n'omumisiri, eky'okureberaho. Tekateeka ahabwiire obu orikureeba abantu. Nobaasa okubagana naabo eby'oyegyeire buri sande?
3. Oyegyesa ebyamagara omukyaanga kyaanyu ekiro kimwe buri sande.
4. Oyegyesa ebyamagara omubibiina by'abakyara, eby'okubiika nari ebindi omukyanga.

Shoma omurukarara ogundi omurundi.

- Ni miringo ki eiturikubaasa kubagana amashomo g'ebyamagara omukyanga kyaitu? Nitubaasa okukoraki okureeba ngu abantu baingi batunga okwegyesibwa oku?

Okukora enteebekanisa y'ekyanga

Hati n'obwiire bw'okukora enteebekanisa y'ekyanga kyaawe:

- Oshabe kugira ngu otunge omutima rwa Ruhanga ahabarweire. Shaba kugira ngu akuhwere okwombeka ekyanga kyaamagara marungi. Oshabe Ruhanga obwengye ahaky'okukora.
- Muhaane ebiteekateeko ahakikorwa kya rukundo eki murikubaasa okukora omumyezi mukaaga erikwija ekiratungure omutindo gw'ebyamagara omukyanga kyanyu. Musharemu ekimurakore okubanza n'ekirakurateho n'ebindi
- Reeba ahanteebekanisa yaawe y'okubagana amashomo g'ebyamagara— hariho eki orikwetenga kuteebekanisa hati otakatandikire amashomo aga?

Waheza okukora enteebekanisa, ogiherezeyo ahari Ruhanga. Mushabe hamwe okugira ngu Ruhanga abahwere okuhikiriza enteebekanisa zaanyu. Mumushabe okuhindura omutindo gw'ebyamagara omukyanga kyaanyu.

Eishomo erirakurateho nituza okutandiika amashomo –amagufu ahabyamagara agu orikubaasa okubagana omukyanga kyaawe.

Ekicweka 1: OKWERINDA

Eishomo omubugufu: Nitubaasa Okwerinda Endwara

Enshonga Enkuru

Endwara nyingi nizibaasa okwerindwa, kandi okwerinda nikukira okutamba endwara.

Ebikozeso

- Waba notorana Okwanjura, Torana 1: Ecuupa y’amaizi eya purastika hamwen’ebipapura bizingirwe (nari ekintu eki orikubaasa okurekyera)

Okwanjura

OMURIMO OMU KIBIINA EKIHANGO nari OKUHAANA EBITEEKATEEKO

Oku Omwegyesa Aratwaaze: otorane yaba omuzaano nari omugaane gw’okutandika eishomo eri.

Eky’okutorana 1: Omuzaano

Oku Omwegyesa Aratwaaze: Ote ecuupa ya purastika erimu amabaare ahameeza nari entebe omumwanya ogurikurebeka. Ohereze buri muntu ebizingo by’empapura bikye, ebihimba nari ekindi ekirikubaasa kurekyerwa. Mugarukemu omuzaano emirundi mikye n’abandi bantu basya ahagati.

- Baije bemerere omurugo/sako kimwe.
- Nitwetenga banyekundire babiri okwemerera ahagati y’orugo hariho n’ecuupa ya purastika ahantebe.
- Omurimo gwa banyekundire aba n’okurinda ecuupa kandi bakagyizibira okuhirima kuruga ahantebe. Abantu aba tibarikukwata aha cuupa kureka nibabaasa okukozesa ekintu kyona okurinda ecuupa egi (nka eshaho, nari ekitabo ky’okingira ecuupa).
- Abantu b’omurugo nibatekwa okukozesa ebipapura bizingire, ebihimba, nari ekindi okugyezaho okuteera ecuupa kugira ngu ehirime okuruga ahantebe.
- Nimwija okukozesa edakiika 2-3 omumurimo ugu.

OKUSHUJUMA OMURIMO

- Emirimo y’abantu babiri abahagati yaba ery’eha?
- Ni miringo ki eyi bakozesa okugira ngu barinde ecuupa ezi?
- Ni miringo ki ekora kurungi?

Nk’omuzaano ugu, nitubaasa okwega kwerinda endwara ahabwaitu hamwe n’abamaka gaitu. Eki nikyetwa “Okwerinda”. Endwara zimwe ezaburijo nizibaasa okwerindwa nari zikyenderere kimwe. Okwerinda endwara etakizire nikituma eka yaawe yaguma eine amagara marungi. Hariho ebintu baingi ebiturikubaasa okukora okuguma twine amagara marungi kandi n’okuzibira endwara okutukora kubi.

Eky’okutorana 2: Omugaane

Oku Omwegyesa Aratwaaze: Shoma omugaane ugu reero oyebembere ekibiina omukuhaana ebiteekateeko murikugarukamu ebibuuzo.

Hakaba hariho ekyaro kirikuhika aharuguuto ruhango okurabira omukahanda kakye aharubaju rw’orukiri. Omuyaga kugwabeire guba mwingi, abantu bahirima okuruga aharukiri okuhika ahansi kandi bahutara munonga. Baingi bakafa. Ekanisa omukyanga eki ekaba neyenda okuhwera, barundana esente bagura egaari y’okutwaraho abahutara, ei babikire ahansi y’orukirii oru. Hati, abantu ku babeire bahirima, babaasa okutwara

omwirwariro ahonaho! Amagara gamwe gahonoka. Eky’obusaasi ahabw’orukiri kuba ahaiguru, abantu baingi nabwo bakaba nibafa, abandi baba ebimuga ahabw’okuhutara.

- Iwe noteekateeka ki? Ekanisa ekaba neyoreka rukundo omukyanga kyabo?
- Ekanisa nebaasa okukora ki okukora ahakizibu ky’okugira ngu bakiriyo nibafa?
- Hariho omuringo rw’okurinda abantu okuhirima aha rukiri oru? Ekyo kikakozire gye?
 - *Ego, bakaba nibabaasa okwombeka orugo ahaiguru y’orukiri, kugira ngu abantu batashuba okuhirimaho.*

Omumazima, nikirungi kugira ngu abantu batatunga obuhuta nakakye. N’obu okuhwera abantu okuza omwirwariro kiri kikuru- kandi buzima hariho emirundi maingi obukirikuba ekikorwa kya rukundo eky’amaani- konka kyaba nikibaasika, nikirungi okuzibira ekizibu ngu kitakabaho.

Ahabw’enki okwerinda kiri kikuru?

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

Nk’oku kyabeire nikiza kuba kirungi, ekanisa yarinda abantu okuhirima aharukiri, omumwanya gw’okubakwa omurwariro ahonaho, nikwo kiri ekyamazima nahandwara ezindi zoona. Nikirungi munonga okutandika n’okwerinda endwara.

- Abantu b’omuka yaawe nibakiira okurwara nk’emirundi engaye?
- Omuntu w’omuka yaawe yarwara, ni bintu ki bimwe ebirikubaho ebirikutuma amagara gaguma?
 - *N’abandi omuka nibaaba okurwara (endwara ezirikuturira)*
 - *Okuburwa entasya/nari okuferwa omurimo*
 - *Okushohoza esente nyingi ez’emibazi, entambura y’okuza omurwariro abashoho n’ezirwariro.*
 - *Okuzi omumabanza ahabw’enshozo n’okuburwa omurimo.*
 - *Okumara obwiire bwingi orikureberera omurweire.*
 - *Tihariho ow’okureberera abaana (abazeire barweire nina nibagye okutunga obujanjabi)*
 - *Abaana niboosha aheishomero.*
 - *Okuba efaakazi nari efuuzi*
 - *Enaku, okucura, n’obusaasi ahabw’okufurwa omukundwa.*
 - *Okugira ebibuuzo ahakwiriza kwabo nari ahaburungi bwa Ruhanga*
- Amagara g’eka yaawe gakaboneire n’okukiraho kuri mutarikurira kurwara?

Amagara gaitu nimakuru. Okugira amagara marungi nikija kureeta enpinduka nungi ahari buri kicweka kyona omumagara gaitu. Okurwara nikuretaho embera mbi omumagara gaitu goona. Okuraguriza endwara nikikuru, konka okwerinda endwara nikyo kirungi. Oijukye nitwenda okwombeka orugo tutakaguzire egaari!

Nitubaasa okukora ki okwerinda endwara?

OKUHAANA EBITEEKATEEKO OMU BUBIINA BUKYE

Oku Omwegyesa Aratwaaze: Ohandiike buri kyoona ekiragambwe. Ebihandiire ahaifo byaba bitagambirwe, obibagaane, reero obuuzi yaaba heine owarabihurireho:

- Ni miringo eha ey’orikumanya ey’okwerinda endwara?
 - *Okukozesa ekamina*
 - *Okurundana kasasiro*
 - *Okwombeka ebiju by’amatungo*
 - *Okunywa amaizi marungi*

- *Okunaaba engaro otakarire na waheza okukora omurimo ogugubire*
- *Okuyonja amaino*
- *Eby'okubyamaho byogyize*
- *Okuteekyera eby'okurya omumwanya guboneire*
- *Okukozesa amaizi marungi waba noteeka*
- *Okurya emiringo y'emboga etarikushushana*
- *Okwontsya abaana*

Twaba nitureeba aharukarara oru, nitwetegereza ngu hariho ebintu bibiri bikuru ebirikuzibira endwara:

- Okuta ekintu kyona ekirikubaasa kutuma twarwara hare n'emibiri yaitu. Eki nitukikora turikugyezaho kureeba ngu amaizi, eby'okurya, amaka embuga zaitu ziboneire kandi tizirimu amazi, amashe g'ebitungwa hamwe na kasasiro.
- Okuhereza emibiri yaitu amaani g'omunda. Emibiri eine amaani terikukira kurwara obutoosha. Yarwara, endwara terikukanya. Eki nitukikora twaba nitwonsya gye abaana (ahabw'okuba amasherekan'eky'okurya kihikire eki Ruhanga yaahire abaana) hamwe n'okurya eby'okurya ebirimu ekirisa. Ruhanga akakyangusya okumanya yaaba eby'okurya byaitu birimu ekirisa ekiturikwetenga, ahakuba ebirisa ebitarikushushana nibituma emboga hamwe n'ebijuma byahindura erangi. Nbwenu, ku turarye emboga z'emiringo maingi kandi omubwingi, nitwija okugira emibiri y'amaani n'amagara marungi.

Omu mashomo agari kukurataho, nituza okureeba ahari ebi omubwijiwire. Ahabw'erizooba, nitwetenga okwijuka ngu ni kikuru okwerinda endwara okurabira omubuyonjo n'okukora emibiri yaitu ey'amaani. Okwerinda n'ekintu eki tweena turikubaasa kukora.

OMURIMO OMUKIBIINA EKIHANGO

Oku Omwegyesa Aratwaaze: *Ohwere ekibiina okukozesa engaro zaabo okworeka emiringo egi ebiri y'okwerinda- eky'okureberaho, okukora engaro nka engabo ahabwa "ote hare endwara" hamwe n'okuhinya nari okunanuura emikono ahabwa "okukora emibiri yaitu ey'amaani". Mukigarukemu emirundi mingi okuhwera bury'omwe okuguma najuka emiringo egi ebiri y'okwerinda.*

Okuta omunkora

OKUHAANA EBITEEKATEEKO OMU BUBIINA BUKYE

- Aha miringo y'okwerinda eyitwagambaho erizooba, neha ei oshangirwe orikumanya kandi orikukora?
- N'eha ey'orikumanya, konka otarikukora (nari ey'otarikukira okukora)?
- Ni kintu kimwe kiha eki orikubaasa kukora egi sande okuhereza Ruhanga ekitinisa n'omubiri rwawe hamwe n'okwerinda endwara omuka yaawe? Kandi omukyanga kyanyu?

OKUSHABA -Shaba Ruhanga okutuhwera okwerinda endwara omumaka gaitu n'ekyanga kyaitu.

Eishomo Omubugufu: Nitutunga endwara tuta?

Enshonga Enkuru

Endwara nizijanjara okurabira omu bukooko konka nitubaasa okuhwera omukuzibira okujanjara kw'endwara.

Ebikozezo

- Akabaare kakye munonga
- Ebishushani By'okureberaho: Ekipande ekirukworeka oku endwara zirikujanjara

Okwanjura

- Abantu nibaikiriza ngu n'enki ekirikureeta endwara omukyanga kyanyu?

Hariho enyikiriza nyingi- okuruga aha mikyeeeno okuhika ahari Ruhanga. Kandi enyingi omuri ezi n'ez'amazima. Itwe nk'ekanisa nitwetenga okushaba n'okureeba Ruhanga okukiiza nari okukomorora abantu okuruga omumikyeeeno. Konka nabwe nitwetenga okwetegyereza ngu endwara nyingi niziretwa ekiturikweta 'obukooko. Twaba nitwenda okwerinda endwara omu kyanga kyaitu, nitwetenga okwetegyerezaho kake oku obukooko burikukora.

Okwetegyereza Obukooko

OMURIMO OMU KIBIINA EKIHANGO (OMUZAANO)

Oku Omwegyesa Aratwaaze: Oshabe abantu okwemerera omu rugo/saako bahikine n'emikono yaabo bagitiire enyima y'omugoongo. Nyekundiire omwe ayemerere ahagati. Ogambiire abeegi ngu iwe (omwegyesa) waza okuraba aheru y'orugo, reero omukihama ote ekintu (eibaare nari ekindi kintu) omungaro z'omuntu. Ekintu ekyo nikijwekyera "akakooko". Abeegi omu rugo nibaatekwa okurabyamu juba kakooko aka omurugo enyima y'emigoongo yaabo. Nyekundire areebe abandi kurungi kandi atebereze n'oha oine kakooko kaba niketorora omubeegi. Nyekundire ku aratebereze gye, otorane ondiiyo ow'okuza ahagati. Mugumizemu omuzaano nk'edakiika eitaano.

OKUSHUJUMA OMURIMO

Ahanyima y'okuzaana omuzaano, oshoborore: omumuzaano rwaitu, eibaare eritwaba niturabya omungaro nirijwekyera 'akakooko'. Obukooko n'obuntu bukye munonga obwiine amagara--- ni bukye okukira emira nari empere. Titukabaasa kubureeba, konka nibubaasa okututahamu buturwaze. Kandi ahabw'okugira ngu nibukye, nibubaasa okuruga ahamuntu okuza ahandiyo nari okuruga omumwanya okuza omugundi juba haza itwe tutarikukimanya.

Obukooko nibubaasa okujanjara twakwatana omungaro.

- N'emirundi engahe eiwakwatanaho n'odiiyo muntu erizooba? Nikibaasa kuba omungaro, ebigyere nari ekindi kicweka ky'omubiri? (Eby'okugarukamu ebi n'eb'okureberaho kusha)
 - Okukwatana omungaro
 - Okubumbatirana
 - Okuzaana n'omwana

Obukooko nibushaba bujanjara twakwata ahakintu eki ondiiyo muntu yakwataho--- eky'okureberaho- esente.

- N'emirundi engahe ey'okwatsire ahakintu eki ondiiyo yakwatsireho?
 - Okuteeka eby'okurya
 - Okunywera amaizi aha cuupa emwe
 - Okubagana ekitanda

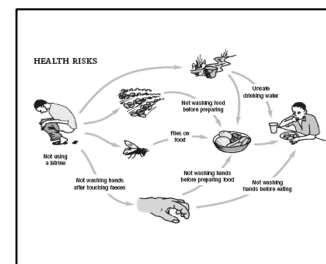
Nk'oku orikureeba, eizooba ryoona nitujanjaza obukooko omuntu ahandiyo. Buri bw'orikukwata ahakintu ekitaboneire reero okakwata ahandiyo, nojanjaza obukooko. Titurikubaasa kureeba obukooko, konka twabuta ahabandi nituba nitujanjaza endwara ahabandi bantu. Enyamishwa n'obukooko oburikurebwa nabyo nibibaasa okuturatera obukooko. Reeka tureebe emiringo emwe eyi obukooko burikutwijaho bukaturetera endwara.

Emiringo Eyi Obukooko Burikutuma Twarwara.

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

Oku Omwegyesa Aratwaaze: Oyoreeke **EBISHUSHANI BY'OKUREBERAHO:**

Ekipande ky'okujanjara kw'endwara. Oreebe ngu ekibiina kyayetegereza oku obukooko burikubaasa kuza omuby'okurya byaitu.



Ekishushani eki nikyoreka emiringo 7 eyi obukooko burikubaasa kutaaha omumibiri yaitu kandi bukatureetera endwara.

1. **Obutakozesa ekamina** – Oyorekyereze ahamushaija orotami ahamukono rwa bumoshu. Oshoborore ngu amazi g'abantu n'ag'enyamishwa gaijwiremu obukooko oburikwetwa'bakitiria'. Okwejunira aheeru nikituma amazi gareetera obukooko okuza omu eitaka erigehinguririze, emaizi, engaro zaitu, ebigyere hamwe n'emibiri. Eshohera nizizaho reero zitwara obukoko aha by'okurya byaitu.
2. **Obutanaba engaro ahanyima y'okukwata amazi**– Oyorekyereze ahangaro kandi oyoreke ngu engaro zaitu niziteebekanisa eby'okurya kandi nituzikozesa twaba niturya eby'okurya. Oshoborore ngu twaba nitukora omumisiri yaitu nari turi n'amutungo, nituzaana aheeru, nituboneza ekibunu ky'omwana nari twaza omukinabiro nitubaasa okukwata amazi g'abantu nari ag'amatungo (n'obu turikuba tutarikugareeba) kandi, twaba tutanaabire engaro zaitu, nitujanjaza obukooko ahari buri kintu ekiturakwateho.
3. **Obutanaba engaro tutakatandikiire okuteeka** – Oyorekyereze ahangaro hamwe n'esowani y'eb'okurya. Oshoborore ngu obukooko nibuza ahaby'okurya ebi turikutebekanisiza amaka gaitu.
4. **Eshohera ahaby'okurya** – Oyorekyereze ahashohera hamwe n'esowani y'eb'okurya. Oshoborore oku eshohera zirikutwara obukooko kandi zikashisha kyona eki zirazeho.
5. **Obutozya eby'okurya n'amaizi marungi otakatandikiire okubiteeka**–Oyorekyereze aha maizi mabi ahaiguru kandi hamwe n'esowani y'eb'okurya. Oshoborore ngu amaizi mabi nigaba garimu obukooko. Obukooko bwaza ahaby'okurya kandi tatabyoze- nari tukabyoza n'amaizi mabi- nitujanjaza obukooko.
6. **Okunywa amaizi mabi** – oyorekyereze aha maize mabi ahaiguru kandi naha mushaija orikunywa amaiz. Oshoborore ngu amaizi mabi nigumwe ahamiringo ya butoosha y'okujanjaza endwara.
7. **Obutanaba engaro otakarire** – Oyorekyereze ahangaro hamwe n'omushaija arikurya n'okunywa. Oshoborore ngu ugu n'omuringo gw'ahamuheeru gw'okurinda okushishikara kw'eb'okurya byaitu n'amaizi kandi n'okurwara.

Oku Omwegyesa Aratwaaze: Twara obwiire murikugaruka omu bintu ebi 7 okuhitysa obu ekibiina kirabikwate omumutwe. Reero obaganisemu ekibiina omu bicweka reero oyorekyereze buri kacweka batabandize bayetegura. Oshoborore ekibiina ku turikurondaa akacweka akakwatsire gye emiringo egi 7. Wayorekyereza akacweka, noba noyenda ngu bagambe omuringo ogurikukurataho. Baba batakigambiire, baruge omukazaano. Ogume nokora otyo okuhitysa obu haratsigareho akacweka kamwe.

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

- Nibiha omuri ebi ebirikubaasa kuba ebizibu bikaanyire omukyanga kyaitu?
- Nibiha ebitarikukira kubaho?
- Noteekateeka ngu ni bintu ki ebiturikubaasa kukora okukyendeza ahakujanjara kw'obukooko?
- Noha orikwijuka emiringo emwe ey'okwerinda eitwabageineho omw'eishomo ry'enyima? Bikatuhwera bita omukutajanjaza obukooko?

Nikikuru okureeba ngu twayetegereza ngu endwara nizireetwa obukooko.

Okuta omunkora

OKUHAANA EBITEEKATEEKO OMU BUBIINA BUKYE

- Ni kintu ki kimwe eki tweena turikubaasa kukora ahonaho omukyanga kyaitu omukuhwera kuzibira endwara okujanjara omukyanga kyaitu?

OMUNTU OKWEREEBA

- Ni kintu ki kimwe eki orikubaasa kukora nk'omuntu okuzibira okujanjara kw'endwara omuka yaawe?
- Eki nobaasa okukibagana n'oha omuri egi wiiki?

Eishomo omubugufu: Amaka gaboneire hamwe n'emibiri eboneire

Enshonga Enkuru

Tushemereire okurinda emibiri hamwe n'amaka gaitu biboneire kugira ngu tuzibire okujanjara kw'endwara.

Ebikozeso

- Hakiri amabaare amakye 20, amababi nari ekindi ekirikwanguka kusherekwa.
- EBISHUSHANI BY'OKUREBERAHO: Oku wakukora omutego gw'eshohera.

Okwanjura

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO - OKUGARUKAMU

- Noijuka okuruga enyima eki 'akakooko' kari?
- Noijukaho emiringo eitweyegyeire erikujanjaza obukooko?

OMUZAANO OMUKIBIINA EKIHANGO. (EKY'OKUTORANAMU)

Oku Omwegyesa Aratwaaze: hatariho owaizeire ahabw'eishomo eri, oshereke obuntu bikye bwona (nka otubaare) okwetorora ekibiina. Oshoborore ekibiina:

Esande ehweire tukazaana omuzaano gw'okujanjaza akakooko n'otubaare. Egi sande, hariho 'obukooko' obwesherekire omukibiina eki. Nimbashaba muronde obukooko obu- buri nk'otubaare otu (oyorekye eky'okureberaho ky'otuwashereka). Orabone twingi niwe arasinge! Ohereze abeegi edakiika nkye z'okuronda otubaare. Reero bagaruke hamwe kandi bareebe ebi baboona.

Bwingi nk'otubaare otu, obukooko nibubaasa okweshereka gye okwetorora amaka gaitu. Erizooba nituza kugamba oku twakubaasa kumara obukooko omumaka gaitu, kugira ngu butarwaza abamaka gaitu.

Turinde amaka gaitu gari amayonjo/gaboneire.

OKUHAANA EBITEEKATEEKO OMU BUBIINA BUKYE

- Ahabw'enki kiri kikuru okurinda amaju gaitu gari amayonjo?
- Ni mirimo ki ey'eka yaawe erikukora okurinda enju yanyu eboneire?

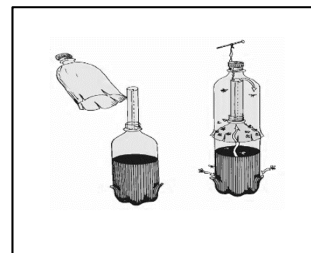
OKUGAMBA EBYARUGAMU – Obuuze eby'okugarukamu 3-4

Oku Omwegyesa Aratwaaze: Murikuraba omuby'okureberaho ebi ahaifo, mugyezeho okuteera ekishushani nari akamanyiso aharupapura okujwekyera buri kintu. (nobaasa okushaba omuntu omwe omukibiina okubateerera ebishushani).

Hanu hariho emiringo mikye mikuru umukurinda amaka gaitu gaboneire kandi gatarimu obukooko:

1. **Otakacwera ahansi.** Otakacwera ahansi nari omumyanya ei abaana barikuzaaniramu. Amacwanti gaitu nigajanjaza endwara.
 - Hariho orukubaasa kutworeka omuringo oguhikire ogw'okukorora nari okwesyamura?
 - *Ogyezeho kureeba ngu nibamanya okuhinduka kuruga omubantu kandi bakakororera ahu omukono gurikwehinyira.*
2. **Orinde amashuuka, burangiti n'ebitanda biri ebiyonjo.**
 - Ni miringo ki ey'orikumanya ey'okurindamu amashuuka, burangiti n'ebitanda biboneire?
 - *Oyaniike amashuuka na burangiti ahamushana obutoosha.*
 - *Haba harimu empere, oshuuke amaizi garikwotsya omubitanda kandi oyozye eshuuka zoona na burangiti.*
 - *Keingi okize eka yoona. Enda n'emiira nibireeta endwara nyingi.*
3. **Okozese kandi orinde ekamiina eri enyonjo.** Otakakozesa ekibiira nari omusiri nka kamiina. Oyombeke ekamiina okugira omwanya gumwe ugu mwena murikukozesa. Oiheho amazi g'abaana omurubaju rw'eka kandi obegyese okukozesa ekamiina. Ofundikiire ahamunwa gwa kamiina okuzibira eshohera kandi ogiyonje gye.
4. **Oboneze ahansi, ebisiika hamwe n'ebikwato by'omunju (entebe, emeeza n'ebindi)** Oboneze enju yoona obutoosha. Okondore kandi oyonzye ahansi. Osiimure ebisika n'ebindi bikwato. Enju nizirahuka kuguba, mbwenu zishemereire kubonezibwa burijo.
5. **Onaage kasasiro kurungi.**
 - Kasasiro nekira okunagwa eta hanu omukyanga kyanyu?
 - Ni miringo ki eiturikubaasa okuhinduraho?
 - *Orundaane kandi oyosye byona ebi orikubaasa. Kasasiro etarikubaasa kujunda, okukozesibwa ogundi murundi nari okwokibwa eshemereire okutebwa omukiina kya kasasiro. Ekiina eki nikizibira kasasiro okujanjara hoona kandi kireetera eshohera n'embeba kuba hare n'eka.*
 - Okutimba kurungi ekiina kya kasasiro, hariho ebintu bikye eby'okwijuka kugira ngu okikore gye.
 1. Ebyiina bishemereire kuba nibyingana nk'obuhango bw'enyigyi eibiri (2x2-3 mokono) kandi hamwe n'omukono gumwe oburaingwa. Obuhango bw'ekiina obu nibubaasa okumara emyaka maingi ahabw'eka eringaanire. ss
 2. Ebyiina bishemereire kutimbwa hakiri mikono 20(entambwe 20 mpango) okuruga ahamaizi hamwe n'omuka.
 3. Ebyiina bishemereire kutimbwa omumwanya guri ahaiguru kugira ngu bitabaasa kwijuramu amaizi omubwiire bw'enjura.
 4. Oshweke kasasiro obutoosha n'etaka rikye okuzibira okunuka n'eshohera. Oyombeke orugo ahakiina okurinda abaana bato n'amatungo okugwamu.
6. **Orindire enyamaishwan'obukooko oburikureebwa aheru.** Enyamaishwa nizegura emira, enda n'obukooko oburikuteera endwara.
 - Ni miringo ki eiturikubaasa kukyendezamu enyamaishwa nari obukooko oburikureebwa omumaju gaitu? (*oreebeke ngu ebi byoona wabigambaho.*)
 - *Otaikiriza enyamaishwa okutaaha omunju nari ogundi mwanya ugu abaana barikuzanuramu.*

- Enyamaisha ozirindire omurugo kyaba nikibasika.
- Ojuzze ebyiina ebiri omukisika nari ahansi ahu empere, ebiyenje narienjoka birikubaasa okweshereka.
- Ahonaho oihe amashe g'enyamaishwa omuka nari haihi n'eka yaawe.
- Hariho orikumanya okukyendeza eshohera? (Garuka oreebe EBISHUSHANI BY'OKUREBERAHO: (Okukora omutego gw'eshohora)



Okurinda Emibiri Yaitu Eboneire

OKUHAANA EBITEEKATEEKO OMU BUBIINA BUKYE

Nitwenga kandi n'okurinda emibiri yaitu eboneire/eyonjire.

- Ni buhabuzi ki obu warahurire ahakurinda emibiri yaitu eboneire?

OKUGAMBA EBYARUGAMU – Ogarukemu ebi ahaifo okukira munonga emyanya etagambwaho.

1. **Okunaba omubiri** – tushemereire okunaba ahamaisho burizooba kandi n'emibiri yaitu hakiri emirundi 2-3 bruri wiiki n'esabundi n'ekyangu, okukira munonga omubwiire bw'omushana. Onaabe weena waheza kukora munonga, okuzaana nari okututuka. Eki nikikuru munonga ahabarweire, abaana hamwe n'eminyeeto. Okunaaba obutoosha nikimaraho obukooko n'okurinda emibiri yaitu okurwara obuhere n'ezindi ndwara. Okozese ebyangu bitarikushushana buri kunabisa abaana okuzibira obukooko okujanjara.
2. **Okukuuba amaino** – tushemereire okukuba amaino gaitu hakiri emirundi ebiri burizooba kandi okukira munonga twaheza okurya ebirikunurira. Otandiike okukuba amaino g'abaana gaheza kumera kandi obegyese okwekuba batandiika eishomero. Okozese burashi hamwe n'omubazi rw'amaino nari akati hamwe n'omwonyo gujwangize na bakingi soda.
3. **Okurinda ebigyere** – Nikirungi okujwara enkaito, okukira munonga omukamiina ahu obukooko bukaanyire. Obukooko obu nibutahiira omubigyere obutoosha onaabe ebigyere okwerinda obukooko kandi oreebeke ngu toyiine obuhuta nari ekironda ebirikubaasa kukorwa kubi.
4. **Okwozya ebijwaro** – ebijwaro byaitu nabyo nibyetenga okwogibwa. Okubyanika ahamugoye nari aharugo omumushana (hatari ahansi) nikihwera okwerinda obukooko nka emira empere n'ebindi.

Ekyanga Kyaitu NA

Oku Omwegyesa Aratwaaze: Oreebe ebishushani 6 ebiri omu kicweka: Okurinda amaka gaitu gaboneire. Oshabe ekibiina okubita omu bicweka bishatu okurugirira oku birikukozesibwa omukyanga- nikikozesibwa munonga, ti munonga, rimwe na rimwe.

Ahabw'erya rimwe na rimwe, mugarukemu ebibuuzo ebi:

- Ni miringo ki ei orikubaasa kujanja enkora egi omukyanga kyawe?
- Ni bizibu ki ebirikuzibira eki kukorwa?
- Hariho eki orikubaasa kukora okuhwera kusingura ebizibu ebi?

Okuta omunkora

NA MUGYENZI WAAWE

Tekateeka ahari eka yaawe:

- Ni nkora ki omuri ezi ez'oriyo nokozesa okugira eka eboneire?
- Nibiiha eby'orikubaasa okwongyeraha omutindo?

OKUGAMBA EBYARUGAMU – ogaruremu buri muntu amaani okwehayo kukora ekintu kisa egi wiiki ekirabahwere okugira eka eboneire.

Eishomo omubugufu: Engaro ziboneire

Enshonga Enkuru

Okurinda engaro zaitu ziboneire nikizibira okujanjara kw'obukooko n'endwara.

Ebikozeso

- EBISHUSHANI BY'OKUREBERAHO Akashushaki k'akagirikani k'amaizi g'okunaba engaro
- EBISHUSHANI BY'OKUREBERAHO: ekipande ky'okwombeka ahokunabira engaro

Okwanjura

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO – OKUGARUKAMU

Obuhweire, tukagamba ahakurinda amaka gaitu gaboneire okuzibira obukooko okuturwaza. Bury'omwe owabeire ariho akatorana eky'okukora omuri egyo wiiki.

Oijuke, nituteekwa okugumizamu turikukora emicwe y'ebyamagara kugira ngu tureebe ebirungi ebirikuzarukamu hamwe n'okukyendera kw'endwara omu kyanga kyaitu. Titukaretaho empinduka omu sande emwe. Mbweni ogumizemu nokora omurimo murungi omuka yaawe, n'obu obumwe kirikuguma!

Omu eishomo eri, nituza kugamba ahakurinda engaro zaitu ziboneire. Bury'omwe areebe engaro ze. Ziboneire?

Obwiire obwingi kuturikureeba engaro zaitu, zirebeeka ziboneire. Konka nk'oku tubeire twagegyeire omu mashomo g'enyima, engaro nizibaasa kureebeka ziboneire konka zijwiremu obukooko obutarikureebwa. Kandi obukooko obu nibubaasa okutuma twarwara. Ahabw'okuba nitukwata ahabintu baingi, obukooko nibuza omungaro zaitu burugaho buza omukanwa, amaisho, enyindo, amatu hamwe n'ahabandi bantu. Niyo eshonga ahabw'enki okunaba engaro zaitu kiri kikuru ekiturikubaasa kukora omukwerinda endwara. Konka abantu baingi tibarikunaba gye engaro zaabo. Nahabwekyo, katugambe ahari niryari kandi tushemereire kukikora gye tuta.

Emitwarize mirungi y'okunaba engaro

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

Hanu hariho ebintu bitaano eby'okureeba ngu engaro zaawe zaayera waba nozinaaba.

1. Naaba engaro zaawe n'esabundi. Okunaaba gye engaro zaawe na sabundi nikija okumarahi obukooko bubi. Okunaaba n'amaizi gonka tikikayita obukooko. Esabundi yaaba etariho nobaasa okukozesa kashenda nari ebishushu by'omuti.
2. Okuube engaro hakiri esekendi 20 otakaherize kunaaba. Obumwe nikiyamba okweshongora ekyeshongoro n'abaana baawe omu sekendi 20 okubegyesa oku bashemereire kumara obwiire barikunaaba engaro zaabo.
3. Onaabe ahagati y'ebyara, hamwe n'ahansi y'enoona ahu obukooko bwingi burikweshereka.
4. Ogume noshuuka amaizi ahangaro waaba nonaaba. Otarinaaba engaro orikukozesa amaizi gamwe gari omubafu.
5. Engaro zaawe ozinabire hare n'omwanya rw'okutekyeramu hamwe n'okurya

Engaro zaawe ozinaabe ryari

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

Ekiragiho ekiri ahabwiire bw'okunaaba engaro n'eki: obwiire bwona obworikuba nokora omurimo 'gw'okukwata obukooko' noteekwa okunaaba engaro zaawe otakakozire ekintu kyona ekitsya. Emirimo 'y'okukwata obukooko' negyo eiturikubaasa kubuganamu obukooko oburikubaasa kujanjara ahabandi kandi bukatuma barwara.

- Nobaasa kugamba emirimo egyo ey'okukwata obukooko? (Oijuke kugambe ebi ekibiina kitagamba.)
 - *Emirimo y'okuboneza yoona, namunonga okuboneza ekamiina.*
 - *Okukwata amazi g'amatungo, abaana nari waaba orikweboneza- okukwata ahamazi kwoona nikujanjaza obukooko.*
 - *Okukozesa ekamiina.*
 - *Okukwata ebintu bibisi, enyama mbisi, enkoko nari amahuri.*
 - *Okukora omumusiri.*
 - *Okuyooro kasasiro.*
 - *Okureberera abarweire.*
 - *Okukorora, okwesyamura, okucwera nari okufuna enyindo- ebi byona ebirukuruga omumubiri nibabaasa okujanjaza obukooko.*
 - *Okukwata eshohera, obukooko oburikureebwa, enyamaishwa.*

Nituteekwa okunaba engaro zaitu obutoosha twaheza okukora emirimo egi. Hariho eyindi mirundi eshatu eitushemereire kwegyendesereza kunaaba engaro ahabw'okuba twaba nitukora emirimo egi, obukooko nibubaasa okutaaha omumubiri yaitu kurabira omukanwa.

- Noteekateeka ngu emirimo eyindi eshatu n'eha?
 1. *Otakatandikiire okuteeka eby'okurya*
 2. *Otakariire eby'okurya*
 3. *Otakatandikiire okuriisa omwana*

Hati katushome omugaane ogu reero tuhaane ebiteekateeko turikukuratira ebibuuzo:

Ruth naamanya ngu ashemereire okunaaba engaro ze yaheza kukozeza ekamiina, na atakatandikiire okuteeka, konka aine ekizibu okubikuratiira. Obumwe naburwa amaizi, ayeshanga ateine agarikumara kunaaba. Obumwe nayeshanga ateine esabuundi. Obumwe aruga omukamiina ayebwa okunaaba engaro ze. N'obu arikwenda ngu anaabe engaro ze omu bwiire obuhikire, kimugumiire munonga okwijuka.

- N'enki ekirikutuma Ruth yagumirwa okunaaba engaro ze?
- Ni biteekateeko ki ebi oine okuhwera Ruth okwijuka kunaaba engaro ze?

OKUHAANA EBITEEKATEEKO OMU BUBIINA BUKYE

- Abantu b'omuka yaawe nibakiira okunaaba engaro zaabo? Omu kyanga kyaawe? ahabw'enki ego nari ingaha?
- Ni buzibu ki obu abantu b'omukyanga kyaawe beine omu kunaaba engaro zaabo?
- Nitubaasa okuta omunkora tuta ebiteekateeko ebitwayiha omumugaane rwa Ruth omukyanga kyaitu?
- Nitubaasa kukora ki okureeba ngu abaana bato baguma nibanaaba engaro zaabo obutoosha baheza kukozeza ekamiina kandi na batakariire?

OKUGAMBA EBYARUGAMU

Okore okunaaba engaro okwanguhi hamwe n'ebikozeso by'okunabisa

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANDO

Twaba turikuzi kunaaba engaro zaitu (n'ahamaisho n'ebigere) omubwiire obu bwoona, nitwetenga okukikora ekyanguhi munonga nk'oku kirikubasika. Hanu hariho ebiteekateeko bibiri ebirikubaasa okutuhwera kukora ekyo:

1. Oteeho omwanya gw'okunabiraho engaro haihi n'ekamiina.
2. Oteeho omwanya gw'okunabiraho engaro haihi n'ekiyungu kyaawe (konka hatari haihi munonga).

Hariho emiringo y'okunaaba engaro orikukozesa amaizi makyi. Kandi buzima t'orikwetenga amaizi maingi okunaaba engaro zaawe. Omuringo gumwe gw'okukozesa amaizi makyi n'okwombeka akatapu k'akagirikani. Nokozesa ekigere okutegyeke amaizi agu orikukozesa. Amaizi aga nobaasa okugarundana oshube ogakozese okwozya ekamiina nari okushukya emisiri y'omuka.

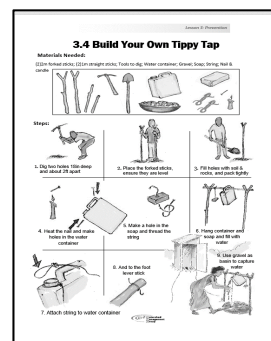
Oku Omwegyesa Aratwaaze: oyoreke EBISHUSHANI BY'OKUREBERAHO
ekya'katapu (nari okakore kare kugira ngu okorekye ekibiina).

- Oine ekintu ekirikushushana n'eki haihi na kamiina yaawe?
- Ni birungi ki ebiri omukatapu okukira okukozesa nk'ebafu erimu amaizi kusha?
- Nikibaasa okuyamba okugira ekintu nk'eki?



OMURIMO OMU KIBIINA KIHANGO (okutoranamu okubugana okundi)

Oku Omwegyesa Aratwaaze: Abeegi baaba nibakunda akatapu aka, muteebekanise okubugana okundi okukora obutapu obu hamwe. Okukira muonga mwaba muri umumwanya ogutarimu amaizi maingi mugyereho okukora akatapu aka murikukozesa EBISHUSHANI BY'OKUREBERAHO: ekipande ky'okwombeka akatapu kawe n' ekibiina. Oreebe ngu ekibiina kyayetegura kare okureeta ebikozeso ebirikwetengwa okukora akatapu aka.



Okuta omunkora

OKUHAANA EBITEEKATEEKO OMU BUBIINA BUKYE

Oihireho okukora obutapu, ekindi nikiiha eki orikubaasa okuta omunkora omu sande egi? N'enki ekirikubaasa kutuma kyakugumira? Tukamaraho tuta ebiziibu ebyo?

Eishomo-omubugufu: Ekyanga Ekyiboneire

Enshonga Enkuru

Twaheza kumanya ekirikureetaho endwara omukyanga kyaitu, nitubaasa kureetaho empinduka ahabw'okwerinda endwara ezo.

Ebikozeso – tibiriho

Okwanjura

OKUHAANA EBITEEKATEEKO OMU BUBIINA BUKYE – REVIEW

Omu bubiina bwa 3-4, bagaana eki okozire ahabw’okugira eka eboneire kandi n’okugyezaho kureeba ngu bury’omwe omuka yaawe yanaaba engaro ze kurungi kandi omubwiire obuhikiire.

- Kyibeire kyanguhi nari kyigumire okukora ebintu ebi?
- Hariho ebintu ebi obeire ogyendereire kukora, konka otabaase kubikora?

OKUGAMBA EBYARUGAMU – *Ohereze ebibiina nk’edakiika nk’ikumi okubagaana, reero oikirize nka Znari 3 kubagaana ebiteekateeko birungi ebyaruga omukibiina kyaabo.*

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

- Ku mwaba nimwija hanu erizooba, hariho owareeba kasasiro yoona? Hariho ahu wahurira ekinuko? Hariho omwanya oguwarabaho gurimu ebinyatsi baingi bitatemire?
- N’oha oine obujunanizibwa bw’okuboneza ebintu ebyo?

Erizooba nituza kugamba ahari ekiturikubaasa kukora okugira ekyanga kiboneire. Ahabw’okuba nk’oku amaka gaitu, engaro n’emibiri yaitu- ekyanga ekiboneire nakyo nikituma endwara zitajanjara reero tweena tubaasa kugira amagara marungi. Omumwanya gw’okutegyereza ondiiho muntu okwija okukikora, naitwe nitubaasa okugira ekitwakora hati.

Emiringo Ey’okurinda Ebyanga Byaitu Biboneire

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

Oku Omwegyesa Aratwaaze: *Eby’okugarukamu bimwe bihandikirwe ahabw’ebibuuzo. Ebi nibimwe ahaby’okugarukamu ebirungi. Ekigyendererwa n’okuhwera ekibiina okutekyereza aha bizibu ebiriho kandi n’oku bakubaasa okumaraho ebizibu ebyo.*

- Omu eishomo ryaitu ery’enyima, tukeega ngu amazi g’abantu, ag’enyamaishwa hamwe na kasasiro bishemereire kubonezibwa kuruga haihi n’amaka gaitu kandi bikaza hare n’emibiri yaitu. Ahabw’eki kiri kikuru? Ebintu ebi nibibaasa kureetaho buzibu ki?
 - Obukooko okujanjaza endwara.
 - Okureeta eshohera n’obukooko oburikujanjaza endwara.
 - Amaizi agashishikire ahabwa amazi n’obukooko nigatureetera ekirukano.

Reeka tureeba emyanya emwe ahu amazi g’abantu, ag’enyamaishwa hamwe na kasasiro birikukira kuba bikanyire omukyanga kyaitu.

Emihanda yaitu

- Ni eshonga ki zimwe ezirikutuma emihanda yaitu erikuba etaboneire? *(nobaasa okutunga eby’okugarukamu baingi)*
 - Abantu nibanagamu kasasiro.
 - Enyamaishwa nigyenda zirikunaga amazi gaazo.
 - Abantu nari abaana nibacwera, bashesha nari bapama ahamihanda.
 - Eshohera n’obukooko oburikurebwa.
- N’enki ekyakubaasa kukorwa okutuma emyanya egi yabonera kandi ekaguma eboneire n’omubiro by’omumeisho?
 - Okuboneza emihanda.
 - Okwegyesa abantu b’ekyanga okurinda emihanda eboneire.
 - Okwombeka ekamiina z’ekyanga.

- *Okutimba ebyiina bya kasasiro omukyanga.*
- *Okutaho n'okwejumbira omukuboneza ekyanga orunakui rumwe omukwezi.*

Amaizi hamwe n'emyanya eigari kuregamamu.

- Ni bintu ki bimwe ebirikutuma amaizi gaitu gaaba mabi? Hariho ahu amaizi mabi garikuregama omukyanga kyaitu?
 - *Abantu nibejunira haihi nari omu mugyera.*
 - *Kasasiro netwarwa amaizi enjura yaagwa*
 - *Emyanya y'amaizi neijuramu kasasiro.*
- N'enki ekyakubaasa kukorwa okuboneza emyanya egi kandi ekaguma eboneire n'omubiro by'omumeisho?
 - *Okuboneza emyanya y'amaizi n'emihanda yaago.*
 - *Okwegyesa abantu okukozesa za kamiina n'okutashisha amaizi.*
 - *Okurinda emyanya y'amaizi.*
 - *Okuzitirira amatungo.*
 - *Okwihaho ebyagana by'amaizi n'ebinyatsi ahu esiri n'ebindi birikubaasa kuzaarira.*
 - *Okutaho orunaku rumwe omukwezi ogw'okuboneza ekyanga.*

Embuga y'eishomero

- Embuga y'eishomero eboneire? Yaaba etaboneire, n'enki ekyakubaasa kukorwa okurinda abaana baitu endwara ezirikujanjara aheishomero?
 - *Okwombeka za kamiina aheishomero*
 - *Okwombeka emyanya y'okunaabiraho engaro aheishomero.*
 - *Okutema ebinyatsi bikuzeire ebyehinguririze eishomero*
 - *Okwihaho amaizi agaregami hamwe na kasasiro.*

Eirwariro (hariho eirwariro haihi)

- Eirwariro riboneire omunda n'aheru? Yaaba ingaha, n'enki ekyakubaasa kukorwa okuriboneza kandi n'okuririnda riboneire omubiro by'omumaisho?
 - *Mugire eizooba rya 'okuboneza eirwariro'*
 - *Okutema obunyatsi obukuzire*
 - *Okwihaho amaizi geregami hamwe na kasasiro*
 - *Okwozoya ebisiika, ahansi omunda n'aheru.*

Okuta omunkora

OKUHAANA EBITEEKATEEKO OMU BUBIINA BUKYE

- Aha bintu byoona ebyagambwaho erizooba, noteekateeka ngu ekizibu nari ekyetengo kihango omukyanga kyanyu nikiha?

OKUGAMBA EBYARUGAMU – *Reeka ebibiina bibagaane ebiteekateeko byaabo aha myanya erikwetenga okubonezibwa omu byanga byaabo. Ogaruremu amaani ekibiina okukora entebekanisa y'ekibarakore okugira ekyanga kiboneire. Obahwere okureeba ekintu kimwe buri murundi kandi n'okukora entebekanisa erikubaasa okukorwa gye.*

Eishomo-omubugufu: Ekaamina

Enshonga Enkuru

Bury'omwe oteiremu n'abaana nibetenga okukozesa ekaamina okwerinda okujanjara kw'endwara.

Ebikozeso

- EBISHUSHANI BY'OKUREBERAHO: Ekipande ky'ebika biina bya kaamina (ebipande 2 biriho ebika 2 ahari buri peegi)

Okwanjura

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

- Abantu nibakozesa za kaamina omukyanga kyanyu? Ni bangahi abatarikuzikozesa?
- Ahabw'enki abantu batarikukozesa za kaamina?
- N'amaka angahi ageine ekaamina?
- Ni shonga ki zimwe ahabw'enki kiri kirungi okukozesa ekaamina? Noijuka okuruga omumashomo g'enyima?
 - Okuzibira obukooko n'endwara okujanjara.
 - Okurinda ekyanga kiboneire – n'okugira ngu abantu batayejunira haihi n'amaizi nari omuhanda.
 - Okurinda amaka gaitu gaboneire.

Ebika biina bya Kaamina

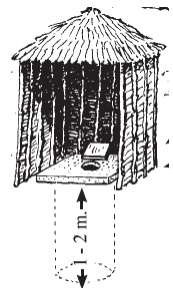
OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

Oku Omwegyesa Aratwaaze: Oyoreke **EBISHUSHANI BY'OKUREBERAHO**: Ebipande biriho ebika biina bya kaamina waaba nobishoborora. Yaaba iwe nari ekanisa erikwetenga okwega baingi ahari buri kika kya kaamina hamwe n'okuzombeka, oshabe omwegyesa mukuru engendererwaho y'okwombeka kaamina.

Hariho ebika bitarikushushana ebya kaamina.

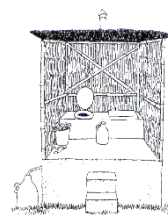
Ekika 1: Ekaamina eshwekire hoona

- Eine omwanya ahansi hamwe n'eky'okushweka ahamunwa gw'ekiina. Eki nikirinda eshohera kutazamu kandi ekinuko kiguma omunda).
- Ahansi nihaabaasa kuba hakoziwe omumbaho, amabaare garimu sementi n'omushenyi nari amakonko.
- Yaheza okwijura, noteekwa okwombeka endiijo. (ekiina nobaasa okukihingamu omuti).



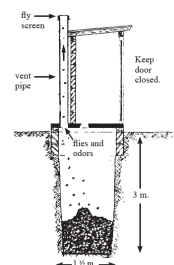
Ekika 2: ekaamina erikutanisa enkari n'amazi/ekosani

- Eri ahaiguru.
- Ebyiina bibiri birikutanisa enkari n'amazi.
- Ninungi omumwanya ogweine ekizibu ky'okwijura amaizi.



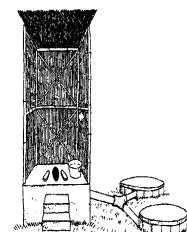
Ekika 3: Ekaamina eine ebirikushohoza omwika.

- Eine ekiira ekirikutwara ekiika n'eshohera.
- ahabw'okuba eine omwirima omunda, eshohera nizigyenda zirukuronda ekyererezi, zikwatwa kandi zifa.
- Netekwa kuba einne omwirima omunda kugira ngu ebinge eshohera.



Ekika 4: Ekaamina erikukozesa amaizi

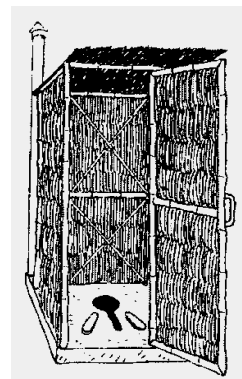
- Eine omwanya rw'amaizi, ah'okuribata n'ebiina 1-2 kandi biringwa.
- Ninungi ahu amaizi g'ahansi gari hare.
- Ninungi ahu abantu barikukozesa amaizi omukaamina hamwe n'okuboneza.



Ekaamina Zigume Ziboneire

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

- Ni miringo eki ey'orikumanya ey'okurinda ekaamina eboneire?
 - *Rinda ekaamina yaawe egume eboneire. Oyozye ahansi obutoosha.*
 - *Orebeeke ngu omwina gw'ahansi gwiine eky'okushwekaho kandi kyagumaho. Ekyanguhi nikibaasa kukorwa omumbaho.*
 - *Onagemu eiju rya kashenda omumwina waheza kugyikozesa okukyendeza ekinuko n'eshohera.*
 - *Obutoosha ojware enkaito waba orikuza kukozeza ekaamina*



Okwerinda gye, ekaamina zoona zishemereire okwombekwa hakiri mikono 20 okuruga omuka hamwe n'oburugo bw'amaizi. OBUTOOSHA ogyezeho okwombeka ekaamina hare n'ahu abantu barikiwiha amaizi g'okunywa

Abaana hamwe n'ekaamina.

OKUHAANA EBITEEKATEEKO OMU BUBIINA BUKYE

- **Bury'omwe ashemereire okukozesa ekaamina.** Konka abaana bato tibarikukira okuzikozesa. Ekirikugumira abaana n'enki?
 - *Tibarikubaasa okweyigurira orwigi.*
 - *Nibatiina omwirima nari okugwa omukiina.*
 - *Tibarikwenda ekinuko*
 - *Tibarikuhikayo omubwiire*
- Ahabw'enki kiri kikuru ngu abaana bakozeza ekaamina?
 - *Okukuza emitwarize mirungi*
 - *Okurinda eitaka ryaitu riboneire hamwe n'okutajanjaza obukooko okurabira omumazi.*
- **Abaana nibeega bata okukozesa ekaamina?** Tukakoraki okureeba ngu abaana baitu bakozeza ekaamina?

OKUGAMBA EBYARUGAMU

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

Omuringo gumwe gw'okuhwera abaana kandi n'okurinda embuga zaitu ziboneire n'okwombeka ekaamina y'abaana hatari hare munonga n'enju.

- Otimbe ekiina kigufu nka mikono 5 ahansi. Dig a shallow pit, about .5 meters deep.
- Oshwekeho eitaka kandi neky'okushweka ahamwiina. (ebi byanguhi. Nobaasa okubikora omu mabare na sementi, nari eitaka n'ebiti).
- Ebisiika tibirikwetengwa ahabw'abaana.
- Omanyize abaana okukoza eki obutoosha kandi n'okushwekaho baheza kuhakozesa. (omufundikizo niguzibira eshohera kandi hamwe n'ekinuuko.)
- Obutoosha otemu kashenda nari eitaka okuzibira ekinuuko.
- Otimbe ekindi kiina eki kyaba kiri haihi kwijura kandi oijuze eitaka omukiina ekijura. (Omuti ogubuyairwe omukiina eki niguuza kukura gye!)

Okuta omunkora

OKUHAANA EBITEEKATEEKO OMU BUBIINA BUKYE

- Eka yaawe eine ekaamina? yaaba ni ego, ni kika ki? Yaaba ni ingaha ni kika ki eky'orikubaasa okwombeka? Ni ebikozeso ki eby'orikwetenga?

- Ni eshonga ziiha ezirikutuma abantu b’omukyanga kyanyu batakozesa ekaamina? Tukabahwera tuta okutandika omucwe ogu?
- Ni kintu ki kimwe ekiwayega erizooba eky’orikubaasa okubagaana n’abandi egi sande?

Eishomo-omubugufu: Amaizi agateine akabi

Enshonga Enkuru

Amaizi garikurebekagye tikugira ngu obutoosha TIGEINE oburofa. Nitwetenga okugashemeza n’okugarinda okugira ngu gabe agateine akabi.

Ebikozeso

- EBISHUSHANI BY’OKUREBERAHO: ebipande biriho emiringo ena y’okuboneza n’okushemeza amaizi (ebipande 2 biriho emiringo ebiri ahari buri rupapura)
- EBISHUSHANI BY’OKUREBERAHO: ekipande ky’omuringo rw’okukozesamu SODIS okushemeza amaizi
- Ebindi bikozeso
 - Egiraasi 2 z’amaizi gashemeire ag’okunywa (egirasi erikureberana niyo nungi y’okukozesa)
 - Ebigiiko 2 by’omwonyo
 - Amaizi agagyegyeine g’okworeka okukozesa SODIS
 - Ecuupa za purastica1-2 okworeka okukozesa SODIS. Kyaba nikibaasika, reeka abeegi bereetere ecuupa za purastica.

Okwanjura – Amaizi garikurebekagye tikugira ngu obutoosha TIGEINE oburofa

OMURIMO OMUKIBIINA EKIHANGO

Oku Omwegyesa Aratwaaze: Oteebekanise egiraasi ibiri z’amaizi gashemeire g’okunywa- emwe erimu ekigiiko 2 by’omwonyo guhwereire kandi endiijo etarimu omwonyo. ozite ahameeze okworeka boona. Otabagambira ngu emwe erimu omwonyo.

Nyiine egiraasi ibiri z’amaizi gashemeire g’okunywa:

- Amaizi g’omugiraasi zoona nigashushana?
- Amaizi aga nimarungi munonga g’okunywa?

Nimbaasa okutunga ba nyekundeire babiri b’okukwata egiraasi kandi bakanywa ahamaizi? (*oshabe ba nyekundiire okunywa amaizi reero oshabe ekibiina okureeba ahameisho gaabo*)

- Amaizi g’omugiraasi zoona gaaba nigashushana?
 - Ingaaha. Egiraasi emwe yaaba erimu omwonyo konka garikushushana n’agandi.

Ti amaizi goona agarikurebeka gye ngu nimarungi g’okunywa! obumwe na bumwe amaizi aga nigaaba nigareebeka gari marungi konka nabwo garimu obukooko obu otarikubaasa kureeba (nk’oku omwonyo guri omumaizi). Amaizi gashishikiire nigarwaza ekirukano hamwe n’ezindi ndwara.

Amaizi gaboneire kandi gashemeire

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

- Amaizi gaitu nitugaiha nkahe?

- Nikibaasika ngu tigaboneire? N'enki ekirikubaasa kuba kyagashisha? oikirize ekibiina kiherezeyo ebiteekateeko. Ebyahaifo byaba bitagambirwe ekibiina, obigambe)
 - *Amazi g'enyamaishwa ezirikuza haihi n'amaizi.*
 - *Abantu okwejunira haihi n'amaizi.*
 - *Obukooko nibuzariramu.*
 - *Harimu ebyondo*
 - *Harimu kasasiro omumaizi.*
 - *Emibaazi erikuruga omubuhingi.*
 - *Esabuundi okuruga omukwozya n'okunaaba*

Kigumire okumanya gye buzima ngu amaizi gaitu gaboneire ahabw'okuba ebintu baingi ebirikugashiha tibirikureebwa. Twaba tutarikukihamya, tushemereire okushemeza amaizi gaitu tutakaganyweire.

Eky'okubanza oihe eitaka n'ebinyatsi ebirikureebwa omu maizi. Hariho emiringo ebiri y'okukora eki:

1. Reeka amaizi agarimu ebyondo gabanze gateebekane reero oiheho agaboneire, orikugata omukuntu kiboneire. Oshube okore eki erindi.
2. Ogyegyene amaizi orikukozesa omwenda guboneire.

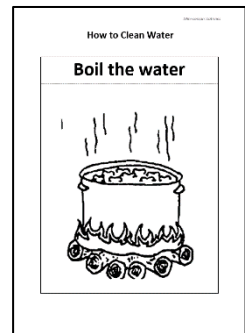
Eki nikijja kukuhereza amaizi gaboneire konka **TIGAKABEIRE** agashemeire ag'okunywa.

Hanu hariho emiringo ena ey'okushemeza amaizi. Egi tiyo miringo yonka ey'okuboneza amaizi konka eyanguhi okukora.

Oku Omwegyesa Aratwaaze: Oyoreeke EBISHUSHANI **BY'OKUREBERAHO:** Ebipande biriho oku barikuboneza amaizi (4) waaba noraaba omu bihandikiirwe ahaifo.

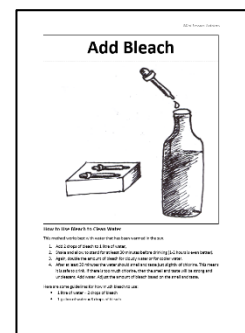
1. **Oteeke amaizi:** Ogyezeho kureeba ngu wategyereza garahike ahakutabura reero gakamara nk'edakiika 10 garikutabura. Bwanyima ogaiheho, ogafundikiire kandi ogarekye gahore okuhitsya obu baraganywe.

- Ni burungi ki nari ni buzibu ki oburi omumuringo ugu?
 - *Oburungi – gwanguhi okukora, ebikozeso nibiba biriho.*
 - *Obuzibu –nigutuma enju yayosya, oine kubanza washenya nari wagura enku z'okugateeka.*



2. **Okugatamu omubazi:** Nitubaasa okutamu omubazi rwa kulorini omu maize kugira ngu gashemere, konka tushemereire okwegyendesereza okukozesa ekiipiimo ekihihire. Twakozesa ekiipiimo kiky, obukooko tiburaafe, kandi abantu nibabaasa okwihamu oburweire omumaizi aga. Twakozesa ekiipiimo ekirengire, amaizi nigaba mabi kandi omubazi nigubaasa okukora kubi abantu. Omubazi nigubaasa okwotsya omubiri, amaisho hamwe n'emyenda yaitu yaheza okutweshukaho. Amaizi agashemezibwe n'omubazi nigabaasa okutaba marungi munonga g'okunywa konka nimarungi g'okunaaba engaro, okwozya emboga hamwe n'ebikwato nk'esowani ebikopo n'ebindi.

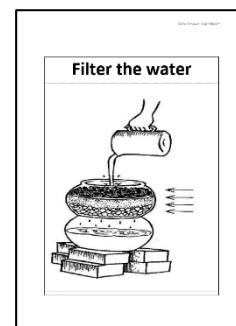
- Hariho owaragerizeho omuringo ugu?
- Ni birungi ki kandi nibuzibu ki omumuringo ugu?
 - *Oburungi-kyanguhi, nikirahuka kandi nikikora gye.*



- *Obuzibu*— okuhinduka kwa'amaizi omukanwa, okupiima n'obwegyendesereza, okugura omubazi.

3. **Okugyegyena:** Nitubaasa okugyegyena oburofa tubwaihe omumaizi gaitu turikukozesa akagyegyena

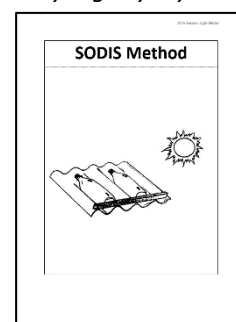
- Hariho orikukozesa omuringo ugu?
- Ni burungi ki kandi ni buzibu ki?
 - *Oburungi* – kyanguhi kukozesa kandi ebikozeso n'ebya buriiho.
 - *Obuzibu* –okukiteebekanisa n'okukirinda kiboneire.



Oku Omwegyesa Aratwaaze: Eishomo eri tiririkugamba ahakukora akagyegyena. Waaba noyenda, nobaasa okuhikirira ebitongore ebitari bya Govumenti okwega omuringo gw'akagyegyena akari omukyanga kyanu.

4. **SODIS:** SODIS (ekirikumanyisa 'okwita obukooko orikukozesa omushana') n'omuringo gw'okushemeza amaizi orikukozesa omushana. Amaranzi g'eizooba nigaita obukooko kandi nikikora gye nk'okuteeka amaizi.

- Hariho owagyerizeho omuringo ugu?
- Ni burungi ki kandi ni buzibu ki?
 - *Oburungi* – kyanguhi kukora omubwiire bw'omushana
 - *Obuzibu* – kigumire kukora ahabw'amaka agarikwetenga amaizi maingi agateine akabi; tikirikukora omubwiire bw'ebicu hamwe n'enjura.



Okukoresa SODIS (ti eiteeka)

OMURIMO OMUKIBIINA KIHANGO

Oku Omwegyesa Aratwaaze: Nobaasa okworeka okukozesa SODIS ahabw'ekibiina nari oshabe bury'omwe okureeta ecuupa ya lita 1-2 reero bakyekorere. Oshube oreebe **EBISHUSHANI BY'OKUREBERAHO:** ekipande ky'okworikukozesa omuringo gwa SODIS okushemeza amaizi.

Ogu n'omuringo gw'okukozesa SODIS shemeza amaizi.

1. Otorane ecuupa ehikire! Okozese ecuupa ya litas 1-2. Kaba kakyee nari kihango. Tikirije okukora gye. Reebe ngu ecuupa eboneire kandi oiheho ebihandiiko byona. Ecuupa ezirikuba zirimu eby'okunywa ebyanguhi nizikoragye konka zitari za kibabi, ecuupa yaba ekuzeire, amaizi nigaija okuhumura kubi.
2. Ecuupa yaawe ogyozye kurungi omurundi gw'okubanza.
3. Oijuze ecuupa $\frac{3}{4}$ by'amaizi. Oreebe ngu amaizi nigarebeka gye. SODIS terikwija kukora gye amaizi gaba garimu ebisingo.
4. Ozunguze ecuupa okumara esekendi 20.
5. Hati oijuze ecuupa reero ofundikireho.
6. Ecuupa ozite ah'eibati nari aha kintu ky'ekyoma.
7. Ecuupa ozite ahamushana okuruga omukasheshe kuhika omumwabazyo hakiri okumara eshaha mukaaga.



Hati amaizi ni marungi g'okunywa erindi eizooba! Amaizi goona muganywe omubiro 1-2 okugira ngu obukooko butakashuba bukuriramu.

Okuta omunkora

NA MUGYENZI WAAWE

- Noboneza nari noshemeza amaizi gaawe? Yaaba ni ingaaha, ahabw'enki?
- Nobaasa okugyezaho omuringo gumwe egi wiiki? Ni muringo ki ugu oragyezeho?
- N'oha ow'orikubaasa kubagaana naawe amakuru aga egi wiiki?

Eishomo- omubugufu: Eby'okurya ebiteine akabi

Enshonga Enkuru

Nitubaasa okurinda amaka gaitu okurwara okurabira omukuteebekanisa, okuteeka, hamwe n'okurinda gye eby'okurya.

Ebikozeso

- EBISHUSHANI BY'OKUREBERAHO: ekipande ky'akatandaaro
- Eby'okukozesa akatandaaro: ebite biina bikozirwe nka 'Y', ebite biina bishororokye, obundi buti bukye hamwe n'omugoye.

Okwanjura

OKUHAANA EBITEEKATEEKO OMU BUBIINA BUKYE

- Ni muringo ki eiturikubaasa kukora okureeba ngu eby'okurya byaitu byaguma biteine kabi kandi tibaturwaza?

OKUGAMBA EBYARUGAMU

Okurinda amaka gaitu turikugahereza eby'okurya ebiteine kabi

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

Abantu nibaasa kurwara enjoka, ekirukano hamwe n'obundi burweire bwamaani okuruga omuby'okurya. Konka tweyeza kugira emirimo mikye eitwakora, nitubaasa kugyezaho omu kugabirira amaka gaitu eby'okurya ebiteine kabi.

Hanu hariho emiringo etaano ey'okureeba ngu eka yaawe yarya eby'okurya ebiteine kabi:

1. **Onaabe engaro zaawe otakatandikiire kuteeka hamwe n'okurya.** Nk'oku tubeire twayegyeire enyima, tushemereire okunaaba engaro n'esabundi tutakatandikiire kuteeka hamwe n'okurya kugira ngu obukooko butaruga omungaaro zaitu bukaza omury'okurya.
2. **Oyozye ebijuma hamwe n'emboga.** Oyozye ebijuma hamwe n'emboga zooni n'amaizi agashemeziwe (okurabira omu kugateeka, omubazi nari omushana) otakabiriire namunonga waaba noyenda okubirya biri bibisi(otabiteekire) nari nobaasa okuhaata emboga ezirikukurira omwitaka ahansi kugira ngu oiheho oburofa n'obukooko.
3. **Oteeke enyama yooni, enkoko, amahuri, enpunu, hamwe n'ebyenyanja kurungi.** Obukooko oburikureeta endwara nibaturagye ahanyama nari omunyama, konka nibuza okurabira omukuteeka. Enyama neeba etekirwe gye obwiire buringwa, wareeba suupu yabonera etarimu erangi ya pinki. Omuringo ogundi gw'okumanya ngu enyama ehiire y'okurya nokugira ngu neeba etarimu erangi ya mutuku (omu nyama) na pinki (omu nkoko n'empunu) omunda yaayo. Nikikuru okubika enyama mbisi hare n'ebindi by'okurya okugira ngu obukooko butanjara. Ebijuma n'emboga obisharire omugundi mwanya ogutari orw'okushariramu enyama kandi otaakozesa omusyo gumwe (shana waheza okugwozya) kandi onaabe engaro zaawe waheza kukwata enyama mbisi.

4. **Ofundikiire eby'okurya byaawe.** Otakareeka eby'okurya ebihire aho okumara eshaha zirengire 2. Nikikuru okurinda enyama eteekire hamwe n'ebirimu amaate kuguma birikostya okuhitsya obu barabirye. Okukiira munonga, otikiriza eshohera n'obundi bukooko okuza ahaby'okurya. Eshohera n'ebindi byaine obukooko oburikujanjaza endwara. Eby'okurya ebitafundikiire nibireeta eshohera. Eby'okurya obirinde bifundikiire.
- Ni miringo ki erikubaasa kutuma enyama yaguma neyotsya twaheza kugiteeka?
 - Nkozesa ki okufundikiira nari okurinda eby'okurya?
5. **Okozese ebikwato (esowani n'ebindi) ebiboneire.**
- Ebikwato byaawe nobiboneza ota? Nobibiika nkahe waaba otakabikozise?
 - Eshohera n'obundi bukooko nibiza aha bikwato ebi?

Nka engaro zaitu, eby'okurya, amaizi hamwe n'ebikwato nibibaasa okureebeka biboneire konka byeine obukooko oburikubaasa kutuma twarwara. Oijuke, titurikubaasa okureeba obukooko n'amaisho gaitu, konka tushemereire kureeba ngu tihariho obukooko ahabintu ebiturikukozesa omu kuriisa amaka gaitu.

- Oineho ebiteekateeko aha kukora eki? (*ogambe kandi oshoborore ebyo ebitaragambwe ekibiina.*)
 - *Oyozye ebikwato n'esabuundi*
 - *Okozese amaizi agarikwotsya okumunyunguza ebikwato (Obutagatsi nibwiita obukooko)*
 - *Okozese amaizi agashemeire okumunyunguza ebikwato (agateekire, agarimu omubabazi nari Omushana).*
 - *Ebikwato ebyogize bitaza ahansi.*
 - *Oyanike ebikwato ahamushana (ijuka SODIS, Ruhanga natuhereza omushana okwita obukooko!) Eki nikirungi munonga okukira okukozesa omwenda ogurikubaasa kuba gweine obukooko nari okubita omumwanya ahu obukoko burikubaasa kukurira.*
- Ni nkahe ahu orikubaasa okubiika ebikwato byaawe kugira ngu obukooko oburikurebwa butabizaho kandi bukajanjaza obukooko?
 - *Nobaasa okubita ahakatandaro reero oshwekeho omwenda. Waaba oine ekabada, obijumikemu okwerinda obukooko okubizaamu.*

OMUZAANO OMU KIBIINA EKIHANGO

Oku Omwegyesa Aratwaaze: Ohwere ekibiina okukwata omumutwe entambwe eitaano z'okuteebekanisa eby'okurya ebiteine kabi. Ahanyima y'okuzishoborora zoona, ozigarukemu omurundi ogundi gumwe. Reero muzaane omuzaano: obaganisemu ekibiina omububiina 2-3. Oyete enamba 1,2,3,4nari 5. Omuntu orabanze kwemerera akagamba omuringo ogurigwe okurugirira ahanamba atunge akabonero ahabw'ekibiina ekyaarimu. (eky'okureberaho: waagamba 4; omuntu ayemerera agaamba ngu' ofundikiire eby'okurya.' Ekibiina ekyaarimu nikihangura obubonero 15.)

Obutandaaro bw'okwanikaho

OMURIMO OMU KIBIINA EKIHANGO

Oku Omwegyesa Aratwaaze: Kyaaba nikibaasika, mukore hamwe akatandaaro k'okwanikaho ebikwato murikukozesa engyendererwaho eziri ahari: EBISHUSHANI BY'OKUREBERAHO Akatandaaro. Oreebeke ngu mwarundana ebikozeso byona kare. Kyaaba kitarikubaasika okukora akatandaaro, oyoreke EBISHUSHANI BY'OKUREBERAHO: Akatandaaro k'okwanikaho ebikwato kandi oshoborore oku wakubaasa okukakora.

Engyendererwaho z'okukora akatandaaro:

Rundaana:

- Ebiti 4 bihango byeine “Y” ahamutwe; bishemereire kuba hakiri biringwa nk’omukono kandi bugumire.
- Ebiti 4 ebiringaanire kandi birikwingana.
- Ebuti 10-20 bukye ka ndi burikwingana oburaingwa.
- Kamba, ebireere nari ekindi ekirikubaasa kukora nk’omugoye.

Oyombeke:

1. Obyare ebiti bya Y omwitaka kandi bihame obwo Y erikuranzya ahaiguru. (oijuke kuronda omwanya ogurimu omushana.) ebiti biina bikore eshonda ina. Aga n’amaguru g’akatandaaro.
2. Oteeho ebiti biina ebiringaniire ahabya Ys okukora efuremu ahaiguru. Eshonda ozikome zihame.
3. Obuti obukye oburabanisemu ahaiguru kandi obukome buhame.



Hati oine akatandaaro!

Oku Orikukozesa Akatandaaro:

1. Ojumikeho ebikwato ahakatandaaro waheza kubyozza okubiyhamu amaizi n’okwoma ahamushana.
2. Ebikwato byaheza kwoma, obitware omunju NARI obitwekyerere omwenda guboneire kugira ngu bitaguba.

Okuta omunkora

OKUHAANA EBITEEKATEEKO OMU BUBIINA BUKYE

- N’enki eki orikubaasa kutandika kukora egi wiiki kugira ngu ogabiriire eka yaawe eby’okurya ebiteine kabi?
- Nobaasa okugamba ekintu kimwe nari bibiri ebiwayega erizooba eby’orikubaasa kubagaana n’abandi egi wiiki?

Eishomo-omubugufu: Eby’okurya ebirimu ekiriisa.

Enshonga Enkuru

Eby’okurya birungi nibyetengwa kugira ngu omuntu akure gye, akore n’amaani kandi agume aine amagara marungi. Endwara enyingi niziretwa okutarya eby’okurya ebirimu ekiriisa.

Ebikozeso

- EBISHUSHANI BY’OKUREBERAHOs: kaada z’ebyo’okurya ebirimu ekiriisa (4) ozishohozemu kandi ozisharemu ebicweka)

Okwanjura

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

- Nobaasa ota kumanya yaaba omwaana arisiibwe kurungi?
 - *Oine amaani, arikwiruka, arikuzaana, arikubuza ebibuuzo baingi.*
 - *Amaisho garikurebeeka gye, amatama mahango.*
- Nibarebeka kandi nibatwaza bata baaba bateine eby’okurya ebirikumara?
 - *Aberemwa, abarikwetomboita, barikushaba eby’okurya obutoosha bateine amaani.*
 - *Amaisho gatarikureeba gye, eminwa eyomiire, enda zizimbire.*
- Ni bizibu ki ebi abantu b’omukyanga kyanyu beine omu kutunga eby’okurya ebyeine ekiriisa kandi ebirikumara ahabw’amaka gaabo?

Omuntu otarikurya eby’okurya ebirikumara nari ebirimu ekiriisa naija okuhwa amaani kandi agume narwara rwara. Eki nikyetwa **okurya kubi**. Oteiremu ebintu ebitwagambireho, okuya kubi nikubaasa okutuma:

- Abaana bataba baraingwa nari abeine amaani.
- Abaana okukora kubi omwishomero akubatibarikubaasa kwegu nari okwijuka kurungi.
- Emibiri yaitu yabura amaani g’okurwanisa obukooko n’endwara-reero tuguma niturwara obutoosha.
- Abaana okuzarwa bateine amaani kandi bari bakye ahabw’okurya kubi kwaba maama.
- Abakazi abarikwontsya okuhwa amaani nari batabaase okutunga amashereka agarikumara.

Nahabw’ekyo, nikipuru munonga ahabw’eka yooni okurya eby’okurya ebirimu ekiriisa.

Okugabirira Eby’okurya Ebirimu Ekiriisa- Emiringo Ena Y’eby’okurya

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

Ruhanga akakora emibiri yaitu okwetenga eby’okurya ebitarikushushana burizooba. Eby’okurya ebimwe nibituhereza amaani, ebindi bikora enyama zaitu ezine amaani, ebimwe byombeka amaino n’amagufa, ebindi biturinda okurwara.

Nitubaasa okukora ebintu bibiri okutuhwera okugabirira ab’amaka gaitu ebiriisa ebi emibiri yaabo erikwetenga:

1. **Okuriisa abaana emirundi maingi**—Abaana tibarikurya byingi omubwiire obw’okurya, nahabw’ekyo nibagira amagara marungi baguma nibarya emirundi maingi. Nikiringi munonga okuhereza abaana eby’okurya/okunywa ahagati y’obwiire bwa shamushana nari kyakiro.
2. **Oyongyereho eby’okurya eby’okuhwera ahari eby’okurya ebikuru.** —eby’okurya ebi nibihereza amaani agu emibiri yaitu erikwetenga. Nibirinda emibiri yaitu okurwara kandi bihwera abaana okukura gye.

Eby’okurya byona nibibaasa okubaganisibwamu omumiringo yabyo. Buri muringo gweine omugasho gw’omutaano omumubiri. Nituzi okureeba ahamiringo ena y’eby’okurya: eby’okurya ebikuru hamwe n’emiringo eshatu y’eby’okurya ebirukuhwera.

Eby’okurya Ebikuru:

- Ni by’okurya ki ebikuru ebi eka yaawe erikurya buri kuza kurya?

(okurugirira ahu orikutuura nibibaasa kuba omuceeri, obuhunga, oburo, engano, muhogo, ebiribwa, emondi, nari ebitookye)

Eby’okurya ebikuru nibirungi okutuhereza amaani kandi tukahurira ‘tuhagire’. **Konka, eby’okurya ebi byonka tibirikumara okurinda omuntu aine amagara marungi.**

Oku Omwegyesa Aratwaaze: Okozese EBISHUSHANI BY’OKUREBERAHO: Kaada ina z’eby’okurya ebeine ekiriisa okutoranamu eby’okurya ebya buri muringo kandi n’okworeka eby’okurya ebitari birungi.

Eby’okurya ebirukuhwera:

- Ni by’okurya ki ebindi ebi eka yaawe erikukira okurya okwongyera ahaby’okurya ebikuru? (ekibiina ku kiraremwe okugarukamu, ababuze aha bijuma, emboga enyama, amahuri, ebihimba amate hamwe n’ebishaju.)

Eby’okurya ebirukuhwera nibyetengwa ahabw’okurinda omuntu aine amagara marungi. NK’oku turarye eby’okurya eby’emiringo etarikushushana nikwo turagire amagara marungi. Bury’omwe nayetenga eby’okurya ebi, konka nibikuru munonga aha baana abarikukura, abakazi abeine enda nari abarikwontsya hamwe n’abantu abakuzire. Nituzi okureeba aha miringo eshatu mikuru y’eby’okurya ebirukuhwera.

1. **Eby'okurya ebirukhwera munonga omukuhereza amaani.** Ebi nibituhereza amaani ahanyima y'eb'okurya ebikuru byaheza kukoze sibwa; nibihwera omukukura k'obwonko bw'abaana. Eby'okurya ebi birimu eby'okurya ebeine amajuta, ebishaju n'ebirikunurira. Eby'okureberaho:
 - Amajuta hamwe n'ebishaju (oreebe ekibiina kyaba nikibaasa okubigamba: amajuta, bulu bandi, amajuta g'ente, buto)
 - Eby'okurya ebeine amajuta maingi (ovakedo, olivu, enyama y'ebishaju)
 - Eby'okunena (coconut, ebinyebwa, almonds, walnuts, cashews)
 - Embibo (amoozi, abihaaza meloni, amakyanda)
 - Ebirikunurira (sukari, obwoki, ebikaijo, ebijuma n'ebindi)
 - Ni by'okurya ki ebirukhwera omukuhwera amaani eby'oriyo n'orya?
 - Nibiiha eby'orikubaasa kwongyeraho omukurya omuka yaawe?
2. **Eby'okurya ebirukhwera omukwombeka omubiri beine ekiriisa kya purotini.** Enyama zaitu zikoze irwe omuri purotini, mbwenu eby'okurya ebirimu puroni nibihwera emibiri yaitu okuba miringwa n'okugira amaani. Emibiri yaitu nebyetenga okwombeka amagufa, amaino hamwe n'enyama. Eby'okureberaho:
 - Enyama, enkoko, amahuri, eky'enyanya
 - Amate, yogati n'ebindi ebirikuruga omu mate.
 - Ebihimba hamwe n'enkaiga Beans and lentils
 - Eby'okunena (ebinyebwa n'ebindi)—N'amazima, eby'okurya baingi nibituhwera omumiringo erengire gumwe, nahabw'ekyo nibibaasa okuza omumiringo y'eb'okurya erengire gumwe.
 - Nokira kurya ota/ emirundi engahi eby'okurya ebirukwombeka omubiri?
 - Nibiiha eby'orikubaasa kwongyeraho omukurisa eka yaawe?
 - Otungire enyamaishwa zoonza ezirikubaasa kutunga eby'okurya ebirukwombeka omubiri?
3. **Eby'okurya ebirukhwera omukurinda omubiri n'ebijuma hanwe n'emboga.** Ebi birimu vitamin n'emyonyo okuturinda twine amagara marungi, kugira ngu tutarwara rwara. Nibituma oruhu, eishokye, n'amaisho byarebeka gye kandi biri gye. Vitamin hamwe n'emyonyo etari emwe eiturikwetenga nehindura ebijuma n'emboga omurangi zitarikushushana. Eby'okureberaho:
 - Emboga z'amoya ga gurini, karoti, obutunguru, burukoli, kabegi, amoozi ovakado, enyanya.
 - Ebujuma –emiyembe, emicungwa, amapapari, emiyembe, enanasi, amapeera, n'emizabibu.
 - Ni erangi ziiha ez'ebijuma n'emboga eby'orikukira kurya?
 - Oine omusiri ahu orikubaasa kuhinga emboga n'ebijuma bitari bimwe eby'okurinda emibiri? Ni erangi ki eziri omumusiri gwawe? Ni erangi ki ez'orikwetenga kwongyeramu?

Okuta omunkora

OKUHAANA EBITEEKATEEKO OMU BUBIINA BUKYE

- Ni by'okurya ki ebirukhwera, ebikukugumira okugabirira eka yaawe? N'enki ekirikutuma kyaguma?
- Ni biteekateeko ki eby'oine okugira ngu osingure ebizibu ebi?
- Mukabaasa okukora hamwe muta kugira ngu mugabirire eby'okurya ebirimu ekiriisa omukyanga kyanyu?

Oku Omwegyesa Aratwaaze: Ogaruremu amaani ekibiina okuteekateeka ahamiringo y'okuhwerana namunonga ahari abo omukyanga abarikukwatwaho munonga ahabw'emirire mibi- abakuzire, abaana, abakazi baine enda n'abarikwontysa.

OKUGAMBA EBYARUGAMU – *Oshabe banyekundire okubagaana entebekanisa zaabo n’ekibiina. Mushabe nk’ekibiina kugira ngu Ruhanga abahwere okuta omunkora empinduka ezi hamwe n’okwongyera oburungi ahamagara gaabo.*

Eishomo-omubugufu: Okugarukamu emicwe y’ebyamagara

Enshonga Enkuru

Emicwe y’ebyamagara nebaasa okuzibira endwara hamwe n’okwongyera ahakubagye kwamagara gaitu goona.

Ebikozeso

1. EBISHUSHANI BY’OKUREBERAHOs: ekipande ky’emicwe y’ebyamagara (ebipande 4 biriho emicwe 2 ahari buri rupapura)

Okwanjura

OKUHAANA EBITEEKATEEKO OMU BUBIINA BUKYE

- Ni bintu ki eby’orikukora kugira ngu ogume oine amagara marungi kandi n’okurinda eka yaawe eine amagara marungi?
- Ni biteekateeko ki bisya eby’oteire omunkora omusande nkye ezinyimaho?

OKUGAMBA EBYARUGAMU

Ebyanga Ebyamagara marungi Nibita Omunkora Emicwe y’ebyamagara.

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

Ebyanga by’amagara marungi birimu amaka ageine amagara marungi garikuta omunkora emicwe mirungi y’ebyamagara. Omucwe n’ekintu eki orikukora burizooba oteine okubanza wakiteekateekaho. Enkora nehinduka omucwe twaba tutarikwetenga kubanza twakiteekateekaho obutoosha.

OMURIMO OMUKIBIINA EKIHANGO

Oku Omwegyesa Aratwaaze: *Waaba noraba omu eishomo eri ahaifo, oyoreke EBISHUSHANI*

BY’OKUREBERAHO: *ebipande biriho emicwe y’ebyamagara orikugaruka omuri buri nkora eibegyeire omu wiiki ezenyima. Oshabe ekibiina okusharamu yaaba omucwe ogu nigukira okukorwa omu kyanga kyabo. Mute ebipande hamwe kurugirira ahari ebi bicweka; baingi nibakora eki,’ abamwe nibakora eki,’ nari bakye nibakora eki’. Ebipande byona mwaheza okubitorana, reeka ekibiina kireebe emicwe eri omukicweka kya’bakye nibakora eki’. Obashabe okuteekateeka enshonga ahabw’enki batari kubikora hamwe n’emihanda y’okusingura ebizibu ebi.*

Twaza okugarukamu emicwe 7 y’ebyamagara okuruga omu mashomo g’ebyamagara agu twaherize kwegu. Tweena kuturabe nituta omunkora emicwe egi, endwara nizaija okuba nkye omukyanga kyaitu. Nahabwekyo, tweena hamwe nituza kureeba yaaba:

1. Abantu baingi nibakora omucwe ogu NARI
2. Abantu bamwe nibakikora obutoosha NARI
3. Eki tikirikukorwa munonga.

Twaheza okugarukamu buri kipande, ninyija okubashaba okusharamu oku omucwe ogu gurikukorwa omukyanga kyanyu. Nituzi kuta buri mucwe omucicweka bya ‘abantu baingi nibakora eki,’ abandi nibakora eki,’ nari ‘bakye nibakora eki’.

Emicwe mushanju mikuru ey'ebyamagara ni:

1. Okurinda obuyonjo bw'emibiri yaitu, amaju hamwe n'embuga zaitu
 - Okwozya obutoosha emibiri yaitu, ebujwarohamwe n'eb'okweshweka.
 - Okukozesa ekaamina
 - Ekiina kya kasasiro
 - Okuzitirira amatungo/enyamaishwa
2. Okunaaba engaro n'esabundi otakatandikiire kuteeka, otakariire kandi na waheza okukora 'emirimo erimu okukwata obukooko'.
 - Emyanya y'okunaabiraho engaro n'esabundi haihi n'emyanya y'okutekyeramu hamwe n'okurya.
 - Omwanya gw'okunaabiraho engaro n'esabundi haihi n'ekaamina
3. Okurinda ekyanga kiboneire.
 - Amaizi marungi, enguuto, eishomero, hamwe n'eirwariro
4. Okozese ekaamina.
 - Ekamiina eziri hare n'amaizi n'eb'okurya
 - N'abaana nibakozesa ekaamina
 - Okurinda ekaamina eboneire n'okuzibira eshohera.
5. Okukozesa amaizi agashemeire ahabw'okunywa, okwozya hamwe n'okutebekanisa eby'okurya.
 - Okushemeza amaizi orikugateeka, okutamu omubazi, okugyegyena nari okukozesa omushana.
6. Okutebekanisa eby'okurya biteine kabi
 - okuboneza emyanya y'okutekyeramu.
 - Obutanadaro bw'okwanikaho ebikwato
 - Okurinda enyama mbisi okutajanjaza obukooko omubindi by'okurya.
 - Okuteeka gye enyama okwita obukooko.
7. Ogabirire eka yaawe eby'okurya ebyine ekirisa.
 - Ebyokurya ebirukhwera omukuha omubiri amaani (ebishaju n'ebirikunurira).
 - Eby'okurya ebirukhwera omukwombeka omubiri (purotini)
 - Eby'okurya ebirukhwera omukurinda omubiri (ebijuma hamwe n'emboga)
 - Okuriisa abaana emirundi mingi burizooba



Hati katureebe oku turikuta omunkora emicwe egi.

- Ni micwe eha eiturikuta omunkora munonga? (*Shoma okuruga omubipande eby'ekicweka kya 'baingi'. Oyebembere ekibiina okushemererwa eki*).
- Ni micwe eha erikukorwa bamwe nari bakye munonga? (*Shoma ebipande bikwatsirwe banyekundiire bemeriire omumyanya ya 'bamwe' kandi na 'bakye'.*)

Okuta omunkora

Oku Omwegyesa Aratwaaze: Obaganisemu ekibiina omu bubiina bukye, nk'omubare gw'emicwe y'amagara eri omumyanya ya "bamwe" hamwe na 'bakye' erikwingana. Buri kabiina okahereze kaada emwe reero bagarukemu ebibuuzu ebi;

OKUHAANA EBITEEKATEEKO OMU BUBIINA BUKYE

- Ni bizibu ki ebirikuzibira abantu okuta omunkora emucwe ogu gw'ebyamagara?
- Ni bizibu ki ebugumire okusingura?
- Niki ekyakubaasa kutuhwera okusingura ebizibu ebi?

Omububiina bukye, mushabire ebizibu ebi, mushabe Ruhanga abahwere okubisingura. Twara obwiire okuhurikiriza Ruhanga n'okwakiira obwengye.

OKUGAMBA EBYARUGAMU – Oikirize obubiina okubagana ebizibu ebugumire munonga kusingura omukuta omunkora emicwe y'ebyamagara hamwe n'obwengye n'eky'okugarukamu ekimwajumbura okurabira omukushaba hamwe.

Eishomo-omubugufu: Okureberera ba Maama n'abaana abamara kuzarwa

Enshonga Enkuru: Abasheija hamwe n'amaka nibabaasa okureberera ba maama n'abaana bato okugira amagara marungi.

Ebikozeso – tihariho

Okwanjura

OMURIMO OMU KIBIINA EKIHANGO

Oku Omwegyesa Aratwaaze: Ahanyima y'omuntu w'okubanza yaheza okugarukamu ekibuuzo, obuuze abandi omukibiina nibangahe abeine eky'okugarukamu nikyo kimwe. (eky'okureberaho, omuntu w'okubanza yaagira ngu akazarirwa omuka, obuuze ekibiina, 'Nibangahe omuri imwe abazarirwe omuka'? reero obuuze haba hariho ogundi omwanya ahubazarirwe. Okore eki okuhitsya obu oratunge eby'okugarukamu baingi reero obuuze ekibuzo kya kabiri.

- Okazarirwa nkahe? (omuka, omu eirwariro erikye, omu eirwariro erihango?)
- Abaana baawe bakazarirwa nkahe? W omuka, omu eirwariro erikye, omu eirwariro erihango?)
- Ni burungi kandi ni buzibu ki obw'okuzarira abaana omuka? Omu eirwariri rikye nari erihango?

Ba maama n'abaana abamara kuzarwa nibetenga okurebererwa kw'omutaano omusande nkye ez'okubanza omwana aherize okuzarwa. Obu n'obwiire obu ba Taata, eka, n'abatahi beine omugisha rw'okuboreka rukundo ya Ruhanga.

Okureberera ba Maama

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

Ba maama basya nibetenga okurebererwa kw'amaani okuhwera emibiri yaabo okukira n'okugarukwamu amaani ahanyima y'okuzaara.

1. Ba maama beine okuhumuraho okumara nk'esande yoona ahanyima y'okuzaara. Bashemereire okubyama munonga kandi bakore emirimo eyanguhi. Abandi ab'omuka nibaasa okuhwera omukukora eyindi mirimo nk'okuhinga, okukiriza ebirikuremera, okutaha amaizi, hamwe n'okureberera abaana abakuzire.
2. Maama omutsya nayetenga okurya eby'okurya baingi ebirukuhwera kandi emirundi maingi omwizooba okugira ngu abase okutunga amashereka g'omwana kandi nawe agire amaani. Maama nayetenga okurya purotini, ebishaju, ebijuma hamwe n'emboga.
3. Oreebe ngu ba Maama aba banywa eby'okunywa ebirikumara. okutunga amashereka nikitwara amaizi maingi okuruga omumubiri kandi nk'oku twayegeire omwishomo ryaitu aha kirukano, okuhwa amaizi omumubiri n'ekyakabi.
 - Hariho orokwijuka ekirungi ky'okumaraho okuhwamu amaizi omumubiri oihireho amaizi? (*amaizi ga kokonati, omubisi gwona, ORS*)
 - Heine orikubaasa kutugambira ebirukukora ORS?
4. Ba maama baingi abarikufa ahabw'okuzaara nibafa omubiro 2-7 ahanyima y'okuzaara. Eshaaha 48 omukazi yamara kuzaara ni nkuru munonga!

Oyetegereze obumanyiso bw'akabi omubakazi abaheza kuzaara:

 - Omuriro n'ekitengo
 - Okushaasha omutwe n'okubura kuhweza gye
 - Okubura omwitsyo
 - Okujwa munonga waheza kuzaara tikiri kibi konka kishemereire kuyendera omubiro bikye eby'okubanza. Kyaguma nikyeyongyera, nihabaasa kuba hariho obuzibu.

Habaho akamanyiso kooni akuwareeba omuri obu, oze omwirwariri ahonaho! I
5. Abakazi abarikwontsya tibashemereire okumira omubazi gwona. Kyona ekibarikurya nari okunywa harimu n'omubazi nikiza omumashereka kandi emibazi ti mirungi aha baana bato

Oku Omwegyesa Aratwaaze –mugarukemu eshonga ezi eitaano kandi oreebeke ngu ekibiina kyaguma nikizijuka.

- Ni bintu ki omuri ebi ebirukukira kukorwa omukyanga kyanyu?
- Nibiiha ebitarikumanywa munonga?
- Tukahwera tut aba maama abatysa okuta omunkora ebintu ebi ebitarikunywa munonga?

Okureberera abaana abamara kuzaarwa

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

- Kikanyire kita abaana okufa barikuzaarwa nari bamara kuzaarwa?
- Nikikwata kita ahari aka?
- Ekyanga kyo nikigarukamu kita?

Ruhanga nayenda abaana boona bagumeho kandi baakure. Omwana ku arikufa, nitumanya gye ngu Ruhanga nashasha hamwe naitwe. Okufa kw'abaana kwona tikukazibirwa konka okwingi nikubaasa okwerindwa. Reeka tureebe ekiturikubaasa kukora okuhwera abaana okugumaho n'okukura beine amagara marungi.

1. Okureberera omwana nikutandika atakazirwe. Ni kikuru munonga okureeba ngu abakazi abeine enda batunga eby'okurya ebirikumara hamwe n'amaizi marungi kugira ngu omwana akure gye omunda ya nyina nk'oku Ruhanga arikwenda.
2. Ahonaho omwana yamara kuzaarwa, omusimuure kurungi n'amaizi agashemezibwe, omusimuure n'akenda kaboneire kurungi reero ahonaho omuhereze maama. Omubiri ahagundi ogwa maama

n'omwaana nikihwera omwaana okutunga obutagatsi. Ekishenje kyaba kirimu embeho omushweke burangiti.

- N'ekyamazima ngu omwaana tashemereire kunaaba enkundi etakarageire?
 - N'AMAZIMA! Enkudi eshemereire okuguma eyomire okuhisya obu eraragare. Konka omwaana nobaasa okuguma n'omusimuura n'akenda n'amaizi gaboneire.
- 3. OTANDIKIREHO OKWONSYA. Amashereka n'eky'okurya ekihikire eki Ruhanga yaheire abaana:
 - Amashereka ag'okubanza (gagumire kandi ga kinekye) nigarinda omwana endwara kandi gamuhwera okukura aine amaani. N'obuwakuba otarikureeba amashereka garikwija, ogumizemu nomuhereza eibeere- kakye aku arabonemu nikamuhwera okugira amaani.
 - Oyonsye emirundi maingi- hakiri ahanyima y'eshaha ibiri okuhwera maama okutunga amashereka agandi (aga mutare kandi ganguhi).
 - Abaana obaherez amashereka GONKA omumyezi mukaaga ey'okubanza. N'ekokurya ekihikire eki Ruhanga abaheire kandi kirimu byona ebiriketengwa ahabw'okukura nokugira amagara marungi. OTABAHEREZA eky'okurya nari eky'okunywa ekindi kyoona.
 - Okuhwa amaani ahabw'okurya kubi nikibaho munonga ahabaanaabarekyire okwonka kare nari abataronkire. Ba maama abamwe nibareka okwonsya abaana ahabw'okuteekateeka ngu amashereka gaabo ni mabi nari tibeine agarikumara. Otakareka okwonsya. Oyongyere eby'okurya n'okuywa ebya maama kugira ngu atunge amashereka agarikumara.
 - Ogumizemu noyonsya kyabasika okuhitsya obu omwaana arahisye emyaka 2 nari 3. Omwaana kwarahitsye emyezi mukaaga, otandike kumuhereza ebindi by'okurya okwongyera ahamashereka. Obutoosha obanze omwonsye reero obone kumuhereza ebindi by'okurya. Nikirungi okutandika n'obushera bwanguhi okuruga omuby'okurya nka obucoori, omuceeri bitekirwe omumaizi nari amate. Bwanyima ogume nomuhereza mpora eby'okurya ebi eka erikurya. (eby'okurya ebi obiteeke gye kandi obishote). **Otareka okwonsya ohonaho.** Amashereka nigaguma gari eky'okurya kikuru ky'okuhereza omwaana ebirisa okuhitsya yaheza omwaka gumwe.
 - Kyaba kitarikubasika okwonsya omwana, omuriise orikukozesa ekikopo n'ekijiko. Otakozesa ecuupa z'abaana ahabw'okuba kigumire okuzirina kiboneire kandi nikibaasa okuretaho oburweire. Konka oijuke, oshemereire okukora eki waaba otarikubaasa okwonsya. Amashereka n'eky'okurya kihikire eki Ruhanga yeteebekanisize abaana.
- 4. Rinda omwana aboneire- kandi omumwanya guboneire. Ogyezeho okubarinda okuta ebintu bigubire omukanwa kaabo.
- 5. Otakahereza omwana omubazi kureka waragiirwa omushaho.

Okuta omunkor

OKUHAANA EBITEEKATEEKO OMU BUBIINA BUKYE

- Ni biteekateeko ki ebisya ebiwayega omu eishomo eri?
- Hariho abakazi abeine enda nari abazeire abu orikumanya? Ekanisa ekabereeka eta rukundo?

Ekicweka 2: ENDWARA EZIRIKUKIRA KUBAHO

Eishomo-omubugufu: Okuhwa amaizi omumubiri hamwe n'ekirukano

Enshonga Enkuru

Okwirukana hamwe n'okuhwa amaizi omumubiri nikibaasa okuba eky'akabi namunonga omubaana bato. Nikibaasa okurugamu okufa, konka kyanguhi okutambira orikukozesa ORS. (Omwonyo na sukaari)

Ebikozeso

- EBISHUSHANI BY'OKUREBERAHO:
 - a. Ebishushani by'ebimuri bibiri (ti eiteeka)
 - b. Abaana babiri
 - c. Oku orikukora eky'okunywa ky'okugaruzamu amaizi omumubiri – ORS (oihemu kopis z'ebibiina ebikye)
- Ebikozeso ebindi:
 - a. Ekimuri ekihurire hamwe n'ekimuri ekifiire (ti eiteeka)
 - b. Ecuupa ya amaate nari yogaati eine ekiina ahansi hamwe n'eky'okukwatisaho nka (masikingi tepu/sitika) (waaba oteine eki, okwatitseho engaro)
 - c. Ecuupa nari ekikopo kirimu amaiziBottle or cup with extra water in it
 - d. Amaizi, omwonyo, hamwe n'ebikopo by'okutaburiramu eky'okunywa kya ORS.

Okuhwa amaizi omumubiri

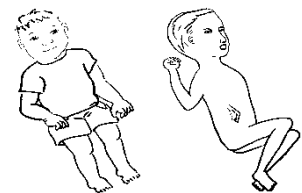
OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

Oku Omwegyesa Aratwaaze: Otakatandikire okwegyesa, ote ekimuri ekihurire omugirasi y'amaizi hamwe n'ekimuri ekifiire omu girasi erimu busha (waaba otarikubaasa kubona ebimuri, okozese **EBISHUSHANI BY'OKUREBERAHO**: ebishushani by'ebimuri bibiri). Noiya okwetenga **EBISHUSHANI BY'OKUREBERAHO**: abaana babiri hamwe n'ecuupa y'amate nari amaizi eine ekifumuka ahansiamwe n'amaizi aharubaju.

1. Reebe ebimuri bibiri hanu (nari **EBISHUSHANI BY'OKUREBERAHO**).
 - Ahabw'enki ekimuri kimwe kirikufa kandi ekindi kikyahurire? (ekibiina okihereze obwiire burikumara kugarukamu okuhitsya obu barayetegereze ngu omutaano n'amaizi.)



2. Hati orebe abashushani bibiri by'omwaana (**EBISHUSHANI BY'OKUREBERAHO**). Omwe omubaana aba nareebeka aine amagara marungi kandi ondijjo ayomiire kandi akohire.
 - N'enki ekirikwetengwa aha kimuri hamwe n'omwaana? (amaizi)



Nka ebimuri, naitwe okubaho, nitwetenga okugira amaizi. Omumazima, amaizi gaine ekicweka kihango omumibiri yaitu. Nituba twine amagara marungi twaba twine amaizi agarikumara omumibiri yaitu. Konka

emibiri yaitu yarurwamu amaizi maingi, nitwoma. Eki nikyetwa okwoma/okuhwa amaizi omumubiri, kandi n'ekyakabi munonga.

Oku Omwegyesa Aratwaaze: okwate ecuupa efumukire kandi ogijuze amaizi (ekifumuka okikwatiseho sitika/masikingi tepu nari okwateho n'engaro zaawe.) hati ofunduure ahakifumuka, amaizi gagume nigaatika mpora. Reero ogire oti:

Omuntu yaatunga ekirukano, omubiri nigurugamu amaizi maingi. (otandiike okushuka amaizi agandi omucuupa).

Amaizi AGARIKURUGA omumubiri gaaba nigaingana N'AGARIKUTAHAMU, obwo omubiri tigurahwemu amaizi. Omuntu tarafe. Omubiri rwayoma, omuntu nabaasa okufa. Eki n'ekyakabi munonga aha baana. Abantu tibarikufa ahabw'ekirukano kureka ahabw'okuhwa amaizi omumubiri.

Okujanjaba ekirukano na ORS (Eby'okunywa ebirikugaruzamu amaizi)

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

- Waraarorize ahamiziga nari etuutu yaawe? Nibihuriwa bita?
 - Birimu omwonyo n'okunurira.

Amaizi ag'omumubiri yaitu nigashushana gati- omwonyo mukye hamwe n'okunurira. Waagira ekirukano, noyetenga okugaruramu amaizi agaruga omumubiri n'amaizi omwonyo na sukari bikye omurigo. Ebijwangireine ebi nibyetwa ORS, kandi kyanguhi okubikora. Ku orikunywa orujwanje orurikumara, waabaa oine ekirukano, omubiri gwawe tigurayome. ORS neija kugaruza omumubiri ekyarugamu. Okugaruramu amaizi agashohora kurabira omukwirukana n'okutanaka nikibaasa okukiza amagara!

Erizooba, nituza kwegu okukora orujwanje/ORS, turikukozesa amaizi, omwonyo na sukari ebihikire okugira ngu tugatureho eki omubiri gurikwetenga.

Nihabaasa kuba hariho obu paketi bwa ORS obu orikubaasa okuta omu maizi nari eby'okunywa ebindi. Ekirungi ky'okwekorera eyaawe n'okugira ngu ebikozeso biriho, eyanguhi kukora kandi terikuseera.

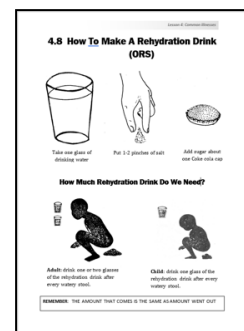
OKWOREKA OMUKIBIINA EKIHANGO.

Oku Omwegyesa Aratwaaze: Okozese **EBISHUSHANI BY'OKUREBERAHO:** okukora eky'okunywa ky'okugaruramu amaizi orikworeka entambwe z'okukora ORS. Oyoreke ekibiina omuringo oguhikire.

Okukora eky'okunywa kya ORS:

Okutabura okuhikire ahabw'ekikopo kimwe kya ORS ni:

- Ekikopo 1 ky'amaizi
- 1-2 engaro z'omwonyo
- Akagiiko ka chai 1 ka sukaari



Obanze ote omwonyo omumaizi reero orozeho. Gaaba niganunguna okukira emiziga, ogaate. Omwonyo mwingi nigushisha omubiri. Ogarukemu konka okozese omwonyo mukye. Omwonyo n'amaizi byaba ebihikire, otemu sukaari. (waaba otarikwenda okwaata amaizi agarimu omwonyo mwingi, oyongyeremu amaizi okuhitsya obu biranungune nk'emiziga, obwo orikwijuka n'okwongyeramu aha kipimo kya sukaari). Obitabure okuhitsya byaba eby'okunywa.

OMURIMO OMU KIBIINA KIKYE (TI EITEEKA)

Oku Omwegyesa Aratwaaze: Ogire amaizi, omwonyo, sukaari n'ebikopo ebiriho okugira ngu ekibiina kibikozese omukukora ORS.

Omu bibiina bya 2-3, mute omunkora okukora ORS.

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

Oku Omwegyesa Aratwaaze: oyorekye ahansi y' ebishushani by'okureberaho: nitwetenga erikwingana ki?

Nitwetenga ORS erikwingana ki ?

1. Omuntu yaaba aine ekirukano, omuhereze ORS ahanyima ya burikushoza. Otategyereza okureeba obubonero bw'okuhwa amaizi omumubiri- otandikireho okumuhereza ahonaho! Oijuke, noyetenga okunywa ekirikwingana n'ekiwashoza. Okugaruramu amaizi agashohora:
 - Abantu bakuru nibetenga egirasi 1 nari 2 ahanyima ya buri kwirukana (egirasi 8/ lita 2 nari n'okukiraho burizooba).
 - Abaana abarengyeize emyaka 2 nibetenga egirasi 1 ya ORS ahanyima ya buri kwirukana.
 - Abaana abari ahansi y'emyaka 2 nibetenga ekicweka ky'egirasi ya ORS ahanyima ya buri kwirukana kandi hamwe n'amashereka.
2. Omwaana yaaba natanaka, nabwo oshemereire okumuhereza ORS. N'obu yakutanaka ahanyima y'okunywa ORS, tikwe yona aragitanake. Waaba orikutanaka, amaizi maingi nigaruga omumubiri. Oteine ORS, omwaana naija okuhwa amaani kandi ayome. Omuhereze ORS omu bucweka bukya eizooba n'ekiro kyoona.

OKURABURA: Okuhwa amaizi omumubiri kwayeyongyera nari okareeba obundi bubonero, ogyende omwirwariri ahonaho.

Hanu hariho engyendererwaho nkye ez'okureberera omuntu oine ekirukano:

1. **Omuhereze eby'okunywa baingi.** Aharubaju rwa ORS, ebindi by'okunywa nabyo nibihwera: eshande y'ebijuma, amaizi ga coconati hamwe n'ebiyokurya (obuhunga, oburo) ebicwekire amaizi.
2. **Omurundi gw'okubanza, ekirukano nikibaasa okweyongyera.** Eki nikiretwa okugira ngu omubiri gurimu amaizi maingi (nk'oku amaizi gayeyongyera kwatika kuruga omukikopo ku nashukamu agandi omukikopo). Otakatiina! Ogumizemu nohereza ORS!
3. **Ogumizemu nohereza eby'okurya.** Ahonaho omurweire yayenda eby'okurya, omwikirize okurya kyoona eki arikwenda.
4. **Ahabaana, ogumizemu nohereza amashereka.** Ohereze omwana amashereka obutoosha, otakamuherize ekindi ky'okunywa. Okozese ekigiko okuhereza ORS etari ecuupa.
5. **Ogumizemu nohereza ORS omushana n'ekiro yaaba okwirukana n'okutanaka bikyariho.**

Okugarukamu

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

Oku Omwegyesa Aratwaaze: okwaate ekishushani ky'omwana ohwirwemu amaizi amumubiri.

Omwaana ogu tayeine amaizi omumubiri.

- Ni obubonero buha oburikworeka okuhwamu amaizi? (obagambiire obubonero obu ekibiina kitaragambe)
 - Eriho, okwoma akanwa, okushesha kukye nari obutashesha, enkari ya kinekye, amaisho garweire omunda nari gomiire, ekihorihori kigwireyo, oruhu rurekureine.

Omwaana muto n'obu yaakuba ateine ekirukano, ku barayoreka obubonero obw'okwoma omumubiri, tushemereire okubaha ORS hamwe n'ebindi by'okunywa ahonaho.

Katugaruke omubitwayega omu eishomo eri.

- ORS n'enki? (*Amaizi garimu omwonyo na sukaari*)
- Ahabw'enki tushemereire okugikozesa? (*okugaruramu ekigyenzire, okwerinda okuhwa amaizi omumubiri*).
- Nomanya ota yaaba wokoze omwonyo oguhikire omuri ORS? (*gashemereire kuba niganunguna nk'emiziga, hatarimu omwonyo mwingi*)
- Nokozesa sukaari erikwingana ki omu girasi emwe y'amaizi? (*akagiiko 1 ka chai*)
- Omuntu mukuru nomuhereza ORS erikwingana ki? (*egirasi 1 nari 2 ahanyima ya buri kwirukana*.)
- Omwaana oshemereire kumuhereza ORS erikwingana ki? (*okuhitsya aha girasi 1 buri kwirukana*)
- Oshemereire kukora ki omuntu yatandiika okutanaka? (*ogume nomuhereza ORS, okunywaho ahanyima y'edakiika nkye*)
- Ni bubonero ki bumwe obw'okuhwa amaizi omumubiri?

Eishomo- omubugufu: Okugira Omuriro

Enshonga Enkuru

Nitwija kureeba kandi tubaase okutambira omuriro mwingi kandi n'okumanya obu omuntu orware arikubaasa okwetenga omushaho.

Okwanjura

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

Erizooba, kandi hamwe n'omumashomo agarakurateho, nituza kugamba ahandwara ezirikukira okubaho, nka senyiga. Hariho obubonero bw'endwara ezi obu orikumanya?

- | | |
|--------------------------------|-------------------------|
| ○ Okugira Omuriro | ○ Okukorora |
| ○ Okushasha omutwe | ○ Okwesyamura/okufuniza |
| ○ Enyindo zigiire | ○ Okutanaka |
| ○ Enyindo zirikureeta ebihinzi | ○ Okuruha /obweremwa |
| ○ Okushasha amatu | ○ Omubiri gurikushasha |
| ○ Okushasha ahamaraka | |

Oku Omwegyesa Aratwaaze: Oherezayo edakiika kye abantu bagambe obubonero. habaheine ebibatagambire obigambe.

Obu n'obumanyiso obu turikubaasa okureberera omuka. Nitubaasa kuyamba omurweire kuba gye, kandi oburweire bwetware omu biro bikye. Omu eishomo eri nituza kureeba kimwe aha bumanyiso obu hamwe n'okutwakubaasa okubujanjaba---omuriro.

Omuriro.

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

Omuriro n'akabonero akarikukira kubaho ahabw'endwara nyingi. Omuriro ti burweire. Omuriro n'omuringo ugu omubiri gurikurwanisa obukooko obwataha omumubirikandi burikureeta endwara. Omuriro nigutuhwera okumanya ngu heine ekirikubaho omumubiri eki turikwetenga kutaho omutima, nka oburofa nari obundi burweire. omuriro mwingi n'ogw'akabi, namunonga ahabaana bato.



Nobaasa okucebera kureeba omuntu yaaba aine omuriro orikukozesa:

1. Akoma k'okucebera obutagatsi bw'omuntu.
2. Waaba oteine akoma aka, nobaasa okucebera obutagatsi bw'omubiri orikta ekicweka ky'enyima ky'engaro zaawe ahabuso bwawe kandi engaro ezindi ahabuso bw'ondiiho muntu. Washanga niboosya munonga okukukira (kandi iwe oine amagara marungi), nibaba beine omuriro.

NA MUGYENZI WAAWE

Mute omunkora okucebera omuriro murikukozesa engaro ahabuso bwanyu.

- Hariho omuntu omukibiina oine omuriro?

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

- Ni mirino ki emwe ei abantu b'omukyanga kyanyu barikukozesa okujanjaba omuriro?

Oku Orikujanjaba Omuriro:

Oku Omwegyesa Aratwaaze: nobaasa okukozesa ekidore, omwaana nari nyekundire kuruga omukibiina okworeka eki.

Omuriro mukye tigurikwetenga okujanjaba. Obutoosha nigwetwara ahanyima y'ebiro bikye. Nikikuru okumanya abu omuriro gwatandika, nigwingana ki, kandi gwamara bwiire ki. Eki nikibaasa okukuhwera kumanya ni burweire ki obwareeta omuriro.

Omuntu yaaba aine omuriro mwingi, nitwetenga okumuhwera kugucendeza. Namunonga omuntu ogwe yaaba yaanakora aha mushana, nabaasa kuba yakorwa kubi omushana. Nikikuru okucendeza omuriro ugu ahonaho. Obumwe na bumwe omuntu oine omuriro naba nahurira embeho konka wamukwataho, ohurire nayosya.

Tushemereire okutuma omuntu yahurira yabagye. Hanu hariho emiringo mikye:

1. Onywe munonga okukira munonga amaizi, eshande y'ebijuma n'ebindi. Omuntu oine omuriro nabaasa okuhwamu amaizi omumubiri, kandi nitumanya okuruga omu eishomo ry'ekirukano ngu okuhwamu amaizi n'eky'akabi. Nitutekwa okugaruramu amaizi agarugiremu. Okunywa ebirikufikirira nikihwera okuraza omuriro.
2. Osimuure omuntu n'omwenda ogujubeire. Ahari omwana nari omuntu weena oine omuriro mwingi, omujure ebijwara reero omufukirize n'omwenda gujubeire. Ote omwenda omu maize reero obimute ahamutwe, emikono, ekifuba n'ahansi y'emikono. Ogu n'omuringo gwajuba ogw'okucendeza omuriro ahonaho.
3. Omujuure ebijwara otsigemu ebyanguhi.
4. Oigure amadiriisa kandi ote omuntu ahariho okayaga. Ohereze omuntu akabeho.
5. Omire panado. Omuntu yaagira omuriro mwingi, nabaasa okumira panado okumuhwera kucendeza omuriro. Ogambe n'omushaho okureeba ngu tiwamuhereza omubazi mwingi. Omubazi oguhikire nigwija kurugirira ahamyaka y'omwaana n'amaani g'omubaaazi. Omwaana yaaba aine omuriro, nikikuru OKUTAMUHEREZA asipurini.
6. OTARISHWEKA omuntu oine omuriro na burangitinari emyenda. Okushweka omuntu nikituma yaguma aine obutagatsi, eki nikibi kandi kibaasa n'okureetaho okutetema munonga. Eki nikibi munonga ahabaana.

Ni ryari obu oshemereire okutwara omuntu oine omuriro omwirwariro? (ebi byaba bitagambirwe, obigambeho.)

- Waaba notekateka ngu n'omushwija –omuntu naba aine kutandika kumira omubazi ahonaho.
- Omwaana yaaba ary'ahansi y'emyezi ebiri.
- Omwaana yaaba aine omuriro mwingi kumara eshaha ezirngire 24.
- Omuntu mukuru yaaba aine omuriro mwingi kumara ebiri birengire bishatu.

- Omuntu kwaratandike kutetema munonga.
- Haaba hariho okugangara kw'amaraka kandi gaine omuriro.
- Haba hariho ekiizimba nari okuhutara aha mubiri kandi omuntu ogwe aine omuriro mwingi.
- Haba hariho orukorora rubi /nari okwisa munonga n'omuriro.
- Haba hariho okutanaka nari ekirukano n'omuriro kandi ORS tiyayamba

OMURIMO OMUKIBIINA KIKYE

Oku Omwegyesa Aratwaaze: obaganisemu ebibiina bya 3 nari 4. Reeka buri kibiina kiteekateeke okukozesa engaro ahabw'emiringo 6 y'okujanjaba omuriro. Ahanyima y'edakiika 5, ebibiina byaije hamwe, reero buri kibiina kyoreke oku kyakozesa engaro omukibiina kyona.

Okuta omunkora

Ogundi omurundi ku turabugane, nituza kureeba obundi bumanyiso bw'endwara ezirukiiira kubaho hamwe n'okubujanjaba. Konka hati, nobaasa kuteekateeka aha muntu otari hanu erizooba ou orikubaasa kubagana nawe aha muriro hamwe n'okugujanjaba? Ogambire omuntu okuri aharubaju omuntu ou orikuza kubagana nawe eki.

Eishomo- omubugufu: Okujanjaba Obubonero– Okwigara Enyindo, Okushaasha Amaraka hamwe n'Okukorora

Enshonga Enkuru

Nitubaasa okujanjaba enyindo eziageire, okushaasha amaraka hamwe n'okukorora okutuma omurweire yahurira gye kandi n'okubahwera okukira juba.

Ebikozeso

- EBISHUSHANI BY'OKUREBERAHO: ekipande ky'enyindo eziageire, okushaasha amaraka n'okukorora.

Okwanjura - Okugarukamu

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

Obu tuheruka kubugana tukeega aha muriro, akabonero k'amaani akarikworeka endwara. Hariho orikwijuka okukozesa engaro okutwakoziire ahabw'emiringo 6 y'okujanjaba omuriro? (*ohereze abantu batari bamwe okworeka eki*).

Omuriro n'akabonero karikukiiira kubaho ahabw'endwara zitari zimwe. Okwigara enyindo, okushaasha amaraka n'okukorora naryo n'obubonero oburikukira kubaho. Nk'omuriro, naryo nibitugambira ngu hariho ekishobire omumubiri gwaitu. Nahabwekyo nitwetenga okutaho omutima, okumanya oku twakubaasa okuba gye.

Obundi obumanyiso bw'endwara.

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

Oku Omwegyesa Aratwaaze: Oyoreke EBISHUSHANI BY'OKUREBERAHO: Enyindo ezirikureeta ebihinzi by'amaizi, okushaasha amaraka, okukorora waaba noshoborora buri kabonero n'omuringo gw'okujanjaba. Obihanikye aharusiika.

Enyindo eziageire nari ezirikureeta ebihinzi by'amaizi –ebi nibiretwa obufuki nari alagye.

Okwigura enyindo eziageire:

1. **Ahabw'abaana:** Okozese ekyokunyunyisa okwiha ebihizi omunyindo z'omwaana. Waaba otakeine, kandi omwaana atarikwisya gye, nobaasa kukozeza akanwa kaawe okwihamu ebihinzi.
2. **abaana abakuzire hamwe n'abantu bakuru:** ojwanze engaro ibiri z'omwonyo omu girasi y'amaizi. Ote maky'e omungaro zaawe reero oikizemu. Eki nikituma ebihinzi byayoroba kandi byarugamu. Nobaasa okwongyera eby'okwigura enyindo omu maize agarimu omwonyo. **OKURABURA: Okozese amatondo g'okwigura enyindo okutarenzya emirundi 3 burizooba n'okutarenzya ebiro bishatu.**
3. Osimuure enyindo ezebihinzi by'amaizi kandi oyegyendesereze okufuna munonga, eki nikibaasa kutuma washasha amatu.
4. Otunge omubazi okuruga omuduuka y'emibaz.



Okushaasha amaraka— Okwejanjabira omuka nikyo kirikwetengwa munonga ahabw'okushasha amaraka. Engyendererwa ezi nizibaasa okukuhwera kuhurira gye. Orabye omukanwa n'amaizi garikutagata kandi garimu omwonyo okucendeza okuzimba n'obusaasi. Okikore hakiri omurundi gumwe buri shaaha. (nobaasa okwongyeramu turmeric). Orabye amaizi omukanwa, reero waheza ogacwere. **Otakamira amaizi garimu omwonyo kureka ogacwere waheza okugarabya omukanwa.** Eki nikituma amaraka agarikushasha gahurira gye. Ebishasha omuri chai, amaizi garikwosya garimu obwoki n'endimu, hamwe na supu y'amagufa erikutagata nibirungi ahamaraka agarikushasha.



Okukorora – Okukorora nikubaasa kuba ekintu kirungi ahabw'okuba n'omuringo gwa Ruhanga okutuhwera okwigura emihanda y'omwoya twaba twine okufundana. N'ahabw'ekyo okukorora kwareeta ekikonda, **otakamira omubazi rw'okuzibira enkorora kureka ogiire ekiwakora okwanguhirwa n'okureeta ekikonda eki.**

Okucendeza okukorora:

1. Onywe amaizi maingi, amaganyi na supu y'amagufa.
 2. Oikize omu kyoya kirikwosya. Oteke amaizi omusafuriya. Oshuke amaizi garikosya omu bafu/ebaketi reero ote omutwe ahaiguru y'ebafu kandi oyeshweke etawulo. Oisye munonga omukyoya eki okumara nk'edakiika 15-30. **OKURABURA:** otakozesa karitusi omuntu yaaba aine asthma. Nikyongyera okumukora kubi
 3. Abw'enkorora eteine ekikonda, nitubaasa okwejanjabira omuka:
 - a. Ojwanze ebicweka ebirikwingana by'obwoki namwe n'omubisi gw'endimu. Onywe akagiiko akakye buri shaaha 2-3.
 - b. Ojwanze ekicweka kimwe ky'etangawuzi n'ebicweka 3 byamababi ga tamarind or oregano omu bicweka 2 by'amaizi. Obiteeke okumara edakiika 25–35. Obigyegyene. Ahari buri kikopo ky'ebiwagyegyena, oyongyeremu ekikopo kya sukaari. Obiteeke okuhisya obu birakwate kandi bikanurira obyeiheho kandi bihore. Ahabantu bakuru, bahereze obugiiko 2 bukye buri shaaha 3–4; abaana, akagiiko akakye1 buri shaaha 3-4.
 4. Orukorora rwaba rutakizire ahanyima y'esande ibiri, oze ow'omushaho okureeba nindwara ki erikureeta enkorora . Ahaifo hariho ebizibu bimwe ebirikubaasa kureeta enkorora erikwetenga okureeba omushah.:

○ Okushasha ebihaha	○ Obusheru
○ Asthima	○ Okureesa
○ Ekishonga	○ TB
- Ni by'okunywa ki ebindi ebirikukira kukozeasibwa okujanjabira okushasha amaraka hamwe n'okukorora?

OMURIMO OMU BUBIINA BUKYE.

Oku Omwegyesa Aratwaaze: ohereze buri kibiina akabonero kamwe (enyindo ezigire/ebihinzi by'amaizi, okushasha amaraka, okukorora) bagakugarukemu n'okuhangaho omuzaano okworeka eky'okukora okucendeza akabonero ako.

OKUGAMBA EBYARUGAMU – oshabe buri kibiina okuzaano akazaano kaabo omukibiina kyona.

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

Omuntu omwe omuka ku arikurwara, abandi nibakira kutunga bata endwara niyo emwe?

Aharubaju rw'okujanjaba obubonero obu, nitubaasa okuhwera omu kuzibira okujanjara kw'endwara ahabandi turikukora ebi:

- Okwesyamura nari okukorora orikuranzya umumukono.
- Okunaaba engaro obutoosha —okukira munonga otakakwatsire omu maisho, enyindo, n'omukanwa.
- Oyozye ekintu kyona eki omurweire ateire omukanwa.
- Omurweire tashemereire okubagana ekikopo, esowani nari ekitanda n'ondiiho muntu.

Okuta omunkora

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

- Ni kintu kimwe ekiwayega erizooba eki orikubaasa kubagana n'abandi omusande egi?

Eishomo- omubugufu: Okujanjaba Obubonero – Okutanaka hamwe n'Okushasha omutwe

Enshonga Enkuru

Nitubaasa okujanjaba okutanaka n'okushasha omutwe, kugira ngu omuntu orwaire ahurire gye kandi arahuke n'okukira.

Okwanjura

OMUZAANO OMU KIBIINA KIHANGO

Twaza kuzaana omuzaano okureeba yaaba nomanya okurinda eby'okurya kurungi. Ninza kubagambira omucwe, reero oyemereze omukono waaba noikiriza ngu ogwe n'omuringo gw'okurinda eby'okurya kutagira akabi.

Oku Omwegyesa Aratwaaze: Ahanyima ya buri muringo, ohereze ekibiina omugisha gw'okwimutysa emikono yaabo. Reero obagane eky'okugarukamu ekihikire.

Tushemereire ?

- Okunaaba engaro tutakatandikire kuteeka eby'okurya(Eky'okugarukamu: EGO!)
- Orye ekijuma waheza okukiiha ahamuti- nikiba kiboneire ahakuba kikurire ahamuti.(Eky'okugarukamu: INGAHA! Ebijuma n'emboga ebi otarikhata nibyetenga okwogibwa n'amaizi agashemeire)
- Oteeke enyama kurungi (Eky'okugarukamu:EGO! Supu yahinduka ekarugamu erangi, enyama neba ey'okuribwa).
- Keep flies away (Eky'okugarukamu:Answer: YES! Flies spShoma germs that make us sick.)
- Esowani ozite omukabada ahonaho waheza okuzozya (Eky'okugarukamu:INGAHA! Esowani ozite ahamushana zoome. Omushana nigwita obukooko.)

- Okozese ebikwato biboneire (*Eky'okugarukamu: EGO!*)
- Ote ekiina kya kasasiro haihi n'ah'orikutekyera kugira kikwanguhire obuboneza omwanya. (*Eky'okugarukamu: INGAHA! Otakata ekiina kya kasasiro haihi n'ekiyungu; ahakuba nikireeta eshohera kandi ezeine obukooko.*)

Ku turafeyo okuta omunkora okurinda eby'okurya' okutanaka nikwija kuba kukye. Konka nitwetenga kumanya eky'okukora okutanaka kwabaho.

Okutanaka

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

Okutanaka (nk'ekirukano) nikiretwa obukooo oburikutaaha omumubiri yaitu kurabira omuby'okurya, amaizi, nari engaro zitanaabire. Emibiri yaitu yaheza kwihamu obukooko bwona, nitutandiika okuhurira gye.

Okuhwera omukuzibira okutanaka:

- Onywe ahari ORS, eky'okuywa kya cola, amaizi garimu gasi nari chai y'ebishaka
- Otakaagira eki warya okutanaka kwaba kuri okw'amaani.

Rimwe na rimwe, okutanaka nikubaasa kuba akabonero k'endwara eyindi. Osherure obuhwezi kuruga omubashaho ku:

1. Okutanaka kwayeyongyera munonga kumara eshaha ezirengire 24
2. Okutanaka eshagama.
3. Okuhwa amaizi omumubiri okutarikuyambwa eby'okunywa.

Okushasha omutwe

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

- Warashashireho omutwe?
- Hariho obwiire omwizooba nari obunaku obu orikukira kuba noshasha omutwe?

Oku Omwegyesa Aratwaaze: oyorekeekipande ky ebishushani by'okureberaho: okushasha omutwe

Okushasha omutwe okwingi nikubaasa kuzibirwa ahabw'okuhumuraho hamwe n'okunywa amaizi (nari amaizi ga coconuti, eshanda y'ebijuma nari ORS). Obutoosha, okushasha omutwe n'akamanyiso k'okuhwa amaizi omumubiri. Okushasha omutwe nikukira kubaho ahabw'endwara erikureta omuriro. Okwejanjabira omuka nikibaasa kuhwera okushasha omutwe, nka okukozesa omwenda gurimu amaizi garikwotsya enyima y'amaraka, okunyiga omutwe mporampora, amaraka n'amabega. Okushasha omutwe okurikuguma nikugaruka kubaasa kuba akabonero k'eyindi endwara kandi kushemereire kuceberwa omushaho.

Okushasha omutwe nikubaasa kuba kukye nari kuhango. Nikukira okutandika n'okutahweza gye, kubaasa kureta esheshemi, akazengyerera nari okutanaka. Eki nikibaasa okumara eshaha nari ebiro.

oJanjabe omtwe ogurikuhurira kubi ahonaho okwerinda okushasha munonga:

- Omire obujuma 2 bwa asipurini hamwe n'ekikopo kimwe ky'omukaru nari kofi.
- Obyame omumwanya gutarimu ekyererezi, guhunani kandi ogyezeho okuhumuza omubiri n'ebiteekateeko.
- Okushasha omutwe kwaba kutagyzire omukiro 1 nari bibiri, oze omuduuka y'emibazi bakuhereze omubazi gw'omukushasha omutwe, ogumire nk'oku barakuragiire okuhisya obu gurakire.

OMURIMO OMUKIBIINA EKIHANGO

Obaganisemu bury'omwe omubbiina bibiri- ekibiina ek'okutaka hamwe n'eky'okushasha omutwe! Omu bibiina byanyu, mwine edakiika nkye okwijuka kyona ekirikukwata ahakaboneroaka kamwe. Ahanyima y'edakiika eitaano, ekibiina 'eky'okutanaka' nikijja kutugambira kyona ekibarikwijuka ahakirikureta okutanaka hamwe n'okukujanjaba. Ekibiina ekindi nikijja okubagambira yaaba heine ekibayebwa nari ekibagamba kigwire. Ebibiina byamara bihindure kandi ekibiina 'ky'okushasha omutwe' nikiza okutugambira kyona ekikwatsire aha kushasha omutwe.

Oku Omwegyesa Aratwaaze: nobaasa okwikiriza ekibiina ekirikusharamu okureeba aha EBISHUSHANI BY'OKUREBERAHO ahabw'ekintu ekirikugambwaho ekibiina ekindi. Eky'okureberaho, ekibiina 'ky'okutanaka' kyaba nikibagana, ekindi kibiina kigyeragyeranise ebi barikubaganaho hamwe n'EBISHUSHANI BY'OKUREBERAHO: Okutanaka.

Okuta omunkora

NA MUGYENZI WAAWE

- Ni biteekateeko ki omuri ebi ebiwaragyezeze obu watunga okushasha omutwe nari okutanaka?
- Ni biteekateeko ki bisya ebi okayenzire kugyezaho ogundi murundi iwe nari amuntu omuka yaawe yatunga obubonero obu.?

Eishomo omubugufu: Okukozesa omubazi gw'omuka nari ogw'omuduuka y'emibazi

Enshonga Enkuru

Nitwetenga kumanya nibata kandi niryari obu tushemereire kukozesa emibazi y'omuka hamwe ney'omuduuka by'emibazi okujanjaba endwara kurungi kandi n'okutabaho akabi.

Ebikozeso

1. EBISHUSHANI BY'OKUREBERAHO: Okukora eky'okunywa ky'endimu n'entangawuzi nk'omubazi (ti eiteeka.)
2. EBISHUSHANI BY'OKUREBERAHO: Ekipande na kaada z'ekipimo ky'omubazi (kaada 4 ozisharemu ebicweka).
3. Eky'okunywa ky'endimu n'entangawuzi (ekirikumara ahabwa bury'omwe kugyezaho) – amaizi, endimu, entangawuzi mbisi, obwoki na katungurucumu (ti eiteeka)
4. Ebikopo ahabwa buri muntu.

Okwanjura

- Nokora eby'okunywa by'omutaano abantu kubari kurwara? Nibiiha?
- Ni eby'okunywa ki nari omubazi gw'omuka ebi abantu barikukira kukozesa?

OMURIMO OMUKIBIINA EKIHANGO (TI EITEKA –eky'okunywa eki kyaba nikikira kukozesibwa, omurimo ugu ogureke)

Oku Omwegyesa Aratwaaze: oshoborore ngu ugu n'omuringo gw'eky'okunywa ekirikukira kukorwa omunsi abantu baba barweire. Nobaasa kukozesa: **EBISHUSHANI BY'OKUREBERAHO:** Okukora eky'okunywa ky'endimu n'entangawuzi nk'omubazi okworeka oku kirikukorwa nari nobaasa kushaba abakazi bamwe b'omukanisa kukora eky'okunywa eki kugira ngu buryomwe aine ahaky'okunywa kugyezaho.

Omubazi/okujanjaba kw'omuka

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

Kuturi kugamba ahakujanjaba kw'omuka, nituba tutarikugamba ahaby'oburogi nari abafumu abarikukozesa emigyenzo, okweta emizimu, okuramya ba ruhanga abandi nari okugamba n'emyoyo. Nitugamba ahamiringo y'okukozesa ebintu eby'obuhangwa okuhwera abantu kuhurira gye. Ruhanga atuhurize eby'okukora nk'omubazi ebyanguhi okuturinda twine amagara marungi kandi bikatuhwera tukakira juba twaba turweire:

- **Ebijuma n'emboga** eby'erangi zitari zimwe byeine ebiriisa ebi emibiri yaitu erikwetenga okurwanisa endwara. N'ahabw'ekyo orye baingi!
- **Okubyama** n'obwiire obu emibiri yaitu n'ebiteekateeko birikugaruka busya. Tushemereire kugyezaho kureeba ngu twatunga okubyama okurikumara. Omuntu yaaba arweire, ekirungi munonga n'okureeba ngu babyama ekirikumara.
- **Amaizi** —okunywa amaizi maingi hamwe n'eb'okunywa ebindi nibihwera omurweire okutahwa amizi omumubiri kandi bihwera omubiri okurwanisa endwara. Eshande y'ebijuma nayo eine ebiriisa, amajani n'ebishaka by'okunywa omu chai nabyo byeine omugasho. Hanu hariho eby'okunywa bibiri ebirimu omubazi:
 - Entangawuzi n'obwoki- ahabw'okwihamu ebihinzi, okuhwera ahankorora nari okushasha amaraka (abantu bamwe nibongyeramu endimu).
 - Akashaka ka rosimeri, katungurucumu, n'obwoki- ahabw'orukorora rw'amaani.

Hanu hariho emibazi y'omuka erikukora gye:

- Eitondo rya katungurucumu nari obutunguru omukutu okurikushasha.
- Okurabya omukanwa amaizi garikutagata kandi garimu omwonyo aaaaaahawa amaraka agarikushasha. (eki tukakyegaho esande ehweire)
- Okwitsya ekyoya ekirikwosya ahabw'enkorora, enyindo ezigere nari okushasha amaraka.
- Suupu y'amagufa erikutagata nehweira amaraka agarikushasha kandi nehereza ekiriisa omubiri. Eki nikirungi munonga ahamuntu otarikubaasa kurya nari otarikuhurira enjara ahabw'okurwara.

Omubazi okuruga omuduuka ry'emibazi

Endwara ezimwe nizijanjabwa gye n'emibazi kuruga omuduuka. Emibazi y'omuka yaaba etarikuretaho empinduka nari wateekateeka ngu bubaasa kuba oburweire bw'akabi, nikirungi okuronda omubazi. Konka, emibazi maingi eyahati nebaasa kureeta akabi yaaba etakozesibwe kurungi. Eki n'eky'amazima n'ahamibazi ey'omuduuka ry'emibazi. Nikikuru munonga okukuratira engyendererwaho z'okumira omubazi, obwingi hamwe n'obwiire bw'okumira omubazi ugu. Okumira omubazi mwingi nikibaasa kureetaho okusisikara nari okufa.

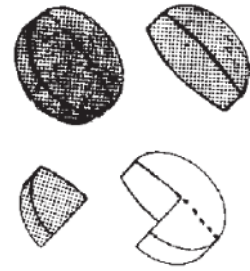
Abakazi abeine enda, abantu abakuzire hamwe n'abaana bato TIBASHEMEREIRE okumira omubazi gw'omuduuka bataine obuhabuzi bw'omushaho. Hagira omubazi orwakukora kubi, ahonaho osherure obuhwezi kuruga ow'omushaho.

Oku Orikupima kandi Okahereza Omubazi

Oku Omwegyesa Aratwaaze: Oyoreke **EBISHUSHANI BY'OKUREBERAHO:** ekipande ky'ebipimo by'omubazi kandi oshoborore.

Obumwe engyendererwaho niziba zihandikirweho ebicweka by'akajuma koona nari kapuso.

- Akajuma 1 = akajuma koona katahenzirwemu
- Akajuma $\frac{1}{2}$ = ekicweka ky'akajuma
- Akajuma $1 \frac{1}{2}$ = akajuma kamwe hamwe n'ekicweka.
- Akajuma $\frac{1}{4}$ = akajuma kamwe kahenzirwemu emirundi ena.



Oyegyendesereze okuhereza omubazi omukipimo ekiragirirwe kusha.

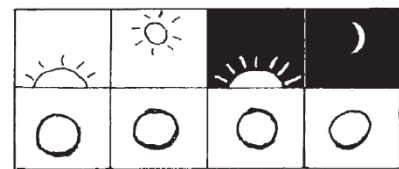
Okukuratira Engyendererwaho

Oku Omwegyesa Aratwaaze: Show **EBISHUSHANI BY'OKUREBERAHO:** kaada z'ekipimo ky'omubazi obwo orikushoborora bury'emwe.

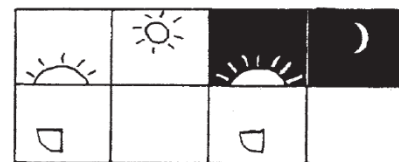
Obutoosha watunga engyendererwaho z'okuhereza omubazi ondiiho muntu, orebeke ngu wayetegyereza engyendererwaho ezi kurungi. Ogarukemu eki orikwetegyereza ahari nibata kandi niryari obu oshemereire okumira omubazi. Waaba otarikumanya kushoma, oshabe omushaho ate engyendererwaho omubishushani okukuhwera kumanya niryari obu oshemereire kuhereza omubazi kandi ohereze ogurikwingana ki.

Eky'okureberaho:

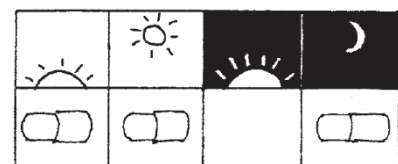
Eki nikimanyisa akajuma 1 emirundi ena omwizooba- omukasheshe, omwihangwe, omumwabazo hamwe na nyekiro.



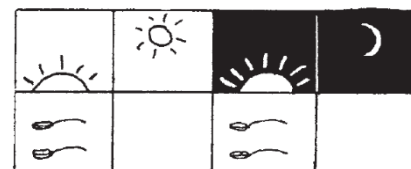
Eki nikumanyisa kimwe kya kana ky'akajuma $\frac{1}{4}$ emirundi 2 omwizooba- omukasheshe n'omumwebazo



Eki nikimanyisa, kapuso yona emirundi eshatu omwizooba- omukasheshe, omwihangwe n'omukiro.



Eki nikimanyisa ebigiko bibiri by'omubazi emirundi ebiri omwizoo- omukasheshe n'omumwebazo.



OMURIMO OMUKIBIINA EKIHANGO

Oku Omwegyesa Aratwaaze: ojwanze kaada za doozi y'omubazi, oyoreke emwe buri murundi, reero ekibiina kigambe n'ogurikwinganaki kandi nibwiire ki obwokuhereza omubazi. NARI kaada ezi ozite hamwe kurungi, reero ogambe engyendererwaho z'okuhereza omubazi (eky'okureberaho akajuma $\frac{1}{4}$ omukasheshe n'omumwebazo') reero abantu bemerere haihi na kaada ehikire.

Okwegamira Ruhanga N’okumushaba ngu Atukize

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

Okwetegyeze obubonero kandi n’okumanya okureberera abantu baba barweire n’omuringo oguturikubaasa okworeka rukundo ya Ruhanga omumaka gaitu hamwe n’ahabantu abateine kihwera. Konka, nabwe nitwenda twijuke ngu Ruhanga Tataitwe n’Omukiza waitu. Nabaasa okukiza omumuringo ogw’okutangaza. Konka obutoosha, nayenda okutuhereza obwengye turikukozesa obukugu obutwiine omuby’amagara n’okukora empinduka omumagara gaitu kugira ngu tugire amagara marungi. Nitubaasa kumushaba okutuhwera.

OKUHAANA EBITEEKATEEKO OMU BUBIINA BUKYE

Shoma Abafilipi 4:6-7, Yakobo 1:5, hamwe na Yakobo 5:13-16.

- Enyiriri ezi nizitwegyesa ki ahakushaba?
- Ahabw’enki turikushabira abarweire?
- Okushaba kukahwera kuta amaka gaitu oskugira amagara marungi?

Twaba nitushaba, nitubaasa okushaba Ruhanga okutuhwera kufayo ahamagara gaitu. Nitubaasa kumushaba kutuhwera kuta omunkora emicwe mirungi y’eby’amagara kandi tumushabe okukiza emibiri yaitu erweire. Nayenda ngu tumugambire ebirikutukwataho. Nabaasa okutuhereza obwengye obwiire bwona, kandi aine amaani g’okukiza abarweire.

Okuhendera

Emibazi y’omuka hamwe n’ey’omuduuka nebaasa okutuhwera okuhurira gye twaba twine endwara ezirikukira kubaho. Konka, oburweire bwarenga esande 2 nari okumira omubazi kwatuma wayeyongyera kuba kubi, oshemereire kuza omwirwariro. Nobaasa kuba oine endwara y’akabi.

Eishomo-omubugufu: Omushwija.

Enshonga Enkurus

Omushwija n’ogw’akabi namunonga omubaana kandi gushemereire okujanjabwa omushaho. Nitubaasa okwerinda omushwija twakora hamwe okuzibira okukanya kw’esiri kandi tukarinda emibiri okuribwa esiri ahagati ya shaaha 12 z’omwabazo na 12 z’akasheeshe.

Ebikozeso

1. EBISHUSHANI BY’OKUREBERAHO: Ekipande ky’okwerinda omushwija

Oku Omwegyesa Aratwaaze: *Omu eishomo eri, okozese okuhaana ebiteekateeko omukibiina okureeba ebi ekibiina kirikumanya kandi n’ebintu ebi barikukora okwerinda n’okujanjabwa omushwija. Nobaasa okureeka ebicweka ebi barikumanya reero ogambe aha makuru masya, ebizibu ebibeine, n’eki barikubaasa okukora hamwe okwerinda omushwija.*

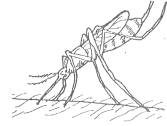
Okwanjura

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

- Nomanya omuntu orwaire omushwija hati?
- Gukaanyire guta omukyanga eki?
- Ni nyikiriza ki eziri omumwanya ugu ezikwatsire ahari oku abantu barikurwara omushwija?

Reeka tureebe oku murikumanya omuzigu ugu! Nobaasa okutunga omushwija okurabira omuri:

- okurya eby'okurya bimwe? (*ingaaha*)
- Okukwata nari okuba haihi n'omuntu orware omushwija? (*ingaaha*)
- Okunywera omukkopo kimwe n'omuntu orware omushwija? (*ingaaha*)
- Okubagana ekitanda nari ebyeshweko n'omuntu orware omushwija? (*ingaaha*)
- N'omukyeeno (*ingaaha*)
- Okuribwa esiri? (*ego!*)



Omushwija nigujanzibwa esiri **kandi omuringo gumwe gw'okutunga omushwija n'okuribwa esiri.**

1. Esiri nerya omuntu arware omushwija kandi omwihamu eshagama erimu akakooko k'omushwija.
2. Esiri hati eine akakooko g'omushwija.
3. Esiri egi eruma omuntu otarware kandi emutamu akakooko k'omushwija.
4. Hati omuntu ugu agira omushwija.
5. Ahanyima y'ebiro ikumi, omuntu naatandika okworeka obubonero bw'endwara.

Obubonero bw'omushwija

OKUHAANA EBITEEKATEEKO OMU BUBIINA BUKYE

- Ni bubonero ki bw'omushwija omubantu bakuru? Omubaana?

OKUGAMBA EBYARUGAMU

Obubonero bw'omushwija:

Abantu bakuru:

- | | |
|--|----------------------------------|
| ▪ Okushaasha engingo(weena) | ▪ Esheshemi |
| ▪ Okushaasha omutwe | ▪ Obundi Okutanaka n'okwirukana. |
| ▪ Okushaasha omugongo | ▪ Okuremwa okurya |
| ▪ omuriro (obaasa kugira embeho-omuriro-
okututuka ebirukuguma nibyaijaahanyima
y'ekiro kimwe nari bibiri) | ▪ Okuhwa amaani |
| | ▪ Okubura eshagama |
| | ▪ Okushaasha amaisho |

Abaana:

- | | |
|---------------------|--|
| ▪ Omuriro | ▪ Obundi okutaka n'okwirukana |
| ▪ Okuremwa okurya | ▪ Obundi okuzimba emikono, amaguru, nari
ahamaisho. |
| ▪ Okututuka nyekiro | |

Okujanjaba Omushwija

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

- Nokoraki okujanjaba omushwija ori omuka?
- Nomanya ota yaaba omuntu oine omushwija nayetenga okuza ow'omushaho?

Engyendererwaho nkuru ez'okujanjaba omuntu oine omushwija.

Ku orateekateke ngu n'omushwija, ogyende omurwariro bakucebere eshagama ahonaho. Omubazi gw'omushwija nigukora gye waguhereza ahonaho obubonero bwatandika kurebeka. Oku orakyererewe okutunga omubazi, nikwo oburware burayeyongyere kuba kubi. Omushwija gwaaba gukanyire omukyanga kyanyu kandi hatarimu eirwariro, ojanjabe omuriro gwoona ogwaija nk'omushwija. Omushwija n'ogw'akabi munonga ahabaana abari ahansi y'emyaka mukaaga hamwe n'abakazi abeine enda.

Haaba hatariho omushaho okuri haihi, ogure emibazi omuduuka kandi okuragirire engyendererwa ez'okumira omubazi aharupapura. Ogumizemu nohereza omubazi okumarayo doozi yona. Omuntu ku araabe gye

ahabw'okumira emibazi, konka ahanyima y'ebiro bikye akashuba akagira omuriro, nibaabasa okwetenga ogundi omubazi. Kyaba nikibaasika obatware omwirwariro.

Ahabw'omuriro ogurikwija n'omushwija, ohereze asipurini (panado ahabaana) reero omuteho omwenda gurimu amaizi ahamubiri. Ohwere omuntu okunywa munonga (amaizi, amaizi ga coconati n'eshande y'ebijuma) nk'oku kirikubaasika. Omuriro nigwomya omuntu ahonaho (nk'okutanaka n'okwirukana). Nooha orikwijuka obubonero bw'okuhwa amaizi omumubiri? Nooha orikwijuka ebintu eby'okukozesa ORS?

Reeka omuntu orweire ahumureho munonga nk'oku kirikubaasika kandi arye kyoona eki arikubaasa kurya.

Okwerinda Omushwija

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

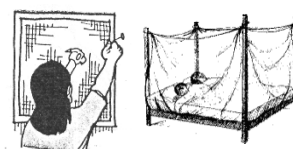
- Ni bintu ki eby'oriyo nokora hati okwerinda omushwija?

Hariho ebintu bibiri ebitushemeire okureebaho twaba nituteekateeka ahakwerinda omushwija:

- Nitwetenga okwerinda kureeba ngu esiri tizaturuma, okukira munonga ahagati ya shaaha 12 z'omwabazo na 12 z'akasheeshe hamwe n'omubwiire bw'enjura. Omushwija nigukira kukanya munonga omubwiire bw'omushana hamwe n'enjura. Esiri ez'omushwija nikira okuruma abantu ahagati ya shaaha 12 z'omwabazo na 12 z'akasheeshe.
- Nitwetenga okwerinda kureeba ngu esiri tizatunga omugisha gw'okukura. Amahuri g'esiri nigatererwa omuizi gari haihi agatarikugyenda. Amaizi gaaba gaterami okumara ebiro 8-10, amahuri g'esiri nigazarukamu esiri. Okucendeza esiri omukyanga kyaawe, noyetenga okwihaho emyanya yoona eteramimu amaizi.

Oku Omwegyesa Aratwaaze: Okozese **EBISHUSHANI BY'OKUREBERAHO:** ekipande ky'okwerinda omushwija.

- Nibiiha omubishushani ebi bina ebirikubaasa okuturinda okurumwa esiri?
 - Obyaameomukatimba k'esiri (namunonga akarimu omubazi)
 - Okozese eby'okutanga esiri omumadirisa.
- Ni miringo ki endiijo eiturikubaasa okwerinda okurumwa esiri?
 - Okushweka omubiri waaba obyaami
 - Okureeka amadirisa gakingyire okuruga 12 z'omwabazo okuhisya 12 z'akasheeshe
 - Okozese ebijwara by'okwerinda esiri waaba ory'aheru nyekiro nari kare omukasheeshe.
 - Okozese ebirikubinga esiri.
 - Ohinge omuti rwa Neem ahakuba wagwosya nigubinga esiri.
 - Okwonsya abaana bato. Abaana abonkyire gye nibabaasa okutakwatwa munonga omushwija.
- Nibiiha omubishushani ebi bina ebirikubaasa okuzibira esiri kukura?
 - Okumaraho ebicuupa, enyungu, ebidebe ebikuzire ebirikubaasa kuzamu amaizi g'enjura.
 - Okutema ebinyatsi haihi n'amaka n'omukyanga.
- Ni bintu ki ebindi ebiturikubaasa kukora okureeba ngu tihariho emyanya ei esiri zirikubaasa kuzariramu omukyanga kyaitu?
 - Okwatanise n'abantu b'omukyanga okwihaho nari okwijuza ebisharara, obuziba bukye, ebyiina, na hoona ahari kuterama amaizi.
 - Tanka n'enyungu z'amaizi bigume bifundikiire.



- Eby'okuriisizamu amatungo obite hare n'enju.
- Otereze omuhanda gw'akagyera kugira ngu amaizi gagyende juba.

Okuta omunkora

OMURIMO OMUKIBIINA KIKYE.

Ohandiike orukarara rw'emyanya ei orikubaasa kuteekateekaho omukyanga kyanyu ahu amaizi garikuterama nari ahu ebinyatsi birikukurira.

- N'enki ekyakubaasa kukorwa?

OKUGAMBA EBYARUGAMU

Oku Omwegyesa Aratwaaze: Buri kibiina kibagane ebiteekateeko byaakyo

Mukore entebekanisa hamwe okukora ekintu kimwe ky'okwerinda omushwija.

Eishomo--Omubufufu: Enjoka z'omunda

Enshonga Enkuru

Enjoka z'omunda nizireetaho oburweire bw'akabi, obusaasi nangwa n'okufa. Obuyonjo hamwe n'emicwe mirungi y'ebyamagara nehweru omu kwerinda enjoka z'omunda.

Ebikozeso

1. EBISHUSHANI BY'OKUREBERAHO:
 - a. Ebishushani by'enjoka z'omunda ezikanyire (ebishushani 4 ahampapura 2)
 - b. Ekipande ky'okwerinda enjoka z'omunda

Okwanjura

- Ni miringo ki ey'enjoka z'omunda ezikanyire omu kyanga kyaitu?
- Ahabw'enki enjoka z'omunda ziri mbi ahariwe??
 - Niziiba eby'okurya eby'omuntu arikurya, nahabwekyo omuntu oine enjoka z'omunda naija kwitwa enjara- okuba mukye, oteine amaani kandi ari omurweire.
- Nokoraki okujanjaba omuntu oine enjoka z'omunda?

Emiringo y'enjoka z'omunda

Hariho emiringo ena y'enjoka ekanyire:

- Enjoka ezirikuryaana (pinworms)
- Enjoka ezirikushaashisa omunda (Hookworms)
- Enjoka ezirikukoroza (Round worms)
- Enjoka ez'omumara (Tapeworms)

OMUZAANO OMUKIBIINA EKIHANGO

Oku Omwegyesa Aratwaaze: Oyoreke **EBISHUSHANI BY'OKUREBERAHO:** ebishushani 4 by'enjoka ezikanyire, oshwekyeire amakuru agarikuzigambaho, kugira ngu harebeke ebishushani kusha. nobaasa kukoseza orundi rupapura, oruhinye nari oshwekeho n'engaaro. Ogire oti, "Ni enjoka ki ez'omunda eziri, "enjoka ezirikukoroza, enjoka ezirikuryaana, enjoka ezirikushaashisa omunda, hamwe n'enjoka z'omumara?" ekibiina kyaheza kugyezaho, oyoreke eby'okugarukamu.

Reeka tuzaane omuzaano okureeba yaaba nomanya emiringo y'enjoka z'omunda.

- Okumanya enjoka ezirikuryaana (pinworms):
 - Nizireebeka nka ka pini ka mutare nari ehuuzi kandi nizibaasa okureebeka omu mazi.
 - Nizireeta okweyagura omukibunu.
- Okumanya enjoka ezirikushaashisa omunda: (hook worms)
 - Ninkye munonga okutareebwa omumazi
 - Nizituma omuntu yahurira aruhire kandi ateine amaani. Nizireeta okushaasha omunda n'okwirukana. Omuntu oine enjoka ezi naaba aine engino, ebyara hamwe n'engaro za mutare.
- Okumanya enjoka ezirikukoroza: (round worms)
 - Ezi ni mpango, za pinki nari mutare zirikwingana omuburingwa nk'ekigyere ky'omuntu, ezirikureebwa gye omumazi.
 - Omuntu oine enjoka ezi nahurira ateine amaani nari okweyagura kandi nashaasha omunda agire n'akakorora.
- Okumanya enjoka z'omumara. (Tapeworms):
 - Omumara, enjoka ezi nizikura zibe ndaingwa konka omumazi, nizireebeka nkye, za mutare zirikwingana nk'akaara k'omwaana
 - Omuntu oine enjoka z'omumara nashaasha omunda kandi akoohe.

Okwerinda okutunga enjoka z'omunda

OKUHAANA EBITEEKATEEKO OMU BUBIINA BUKYE

Omububiina bukye, muhandike orukarara rw'emiringo eimurikumanya erikureetera abantu okugira enjoka z'omunda.

- Engaro zitanaabire
- Okukwata amazi
- Okuteebekanisa kubi eby'okurya, harimu amaizi gatateekyire nari enyama etaahiire
- Amaizi agarimu oburofa
- Okutambura otajwire enkaito (Enjoka ezirikushaashisa omunda eziri omumucucu nari ebyondob nizeshereka omubigyere)

OKUGAMBA EBYARUGAMU

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

Oku Omwegyesa Aratwaaze: Oyoreke **EBISHUSHANI BY'OKUREBERAHO:** ekipande ky'okwerinda enjoka z'omunda okuhamisiriza eshonga ezi ahaifo.

Tukakoraki okwerinda enjoka z'omunda?

- Onaabe engaro
- Ojware enkaito
- Okozeseekaamina kandi ozirinde ziteine oburofa
- Ote omunkora okuteebekanisa eby'okurya ebiteine akabi
- Onywe amaizi agashemeire (okozese SODIS/omushana, ogateeke, otemu omubazi nari ogagyegyene)

Okujanjaba enjoka z'omunda

Ekintu ekirikukirayo oburungi ekiturikubaasa okukora okwerinda enjoka z'omunda n'okuta omunkora emicwe mirungi y'ebyamagara. Konka hagira owayoreka obubonero bw'okugira enjoka z'omunda, hanu hariho ebintu ebiburikubaasa kukora:

- Ahabwa enjoka **ezirikuryaana**, onaabe ekibunu burizooba kandi osigyeyo amajuta ga Vaselini orikuza kubyaaama okuzibira okuryaana. NARI ogire ekiwakwasaho aha kibunu otakabyaamire; omukasheshe noza kushanga enjoka n’amahuri bikwatire ahakintu ekyo. Okore eki okumara esande 6.
- **Enjoka ezirikukoroza** nizibaasa okujanjabwa orikukozesa orujwanje oru: ogaite obugiiko 2 bw’eshande y’amapapari hamwe n’obugiiko 2 bw’obwoki nari sukaari omu girasi mpango y’amaizi garikutagata, gashemeire kandi marungi g’okunywa. Egi ni doozi y’omurundi gumwe konka nobaasa kugigarukamu ahanyima y’esande emwe kyaba nikyetengwa.
- Ogundi omubazi gw’omuka ogurikukora ahanjoka munonga ni ebinyobwa bya **areca**. Ebinyobwa ebi bikanyire omukyanga kyaawe? Okukora omubazi, okwate embibo ezeezire, oiheho ekishushu, ozisharashare reero ozireke zoome okumara ebiro bibiri (nari nobaasa okugura embibo ezomiire omukatare). Ozihonde zibe esaano reero ojwanze obugiiko bubiri bw’esaano omuby’okurya nari eshanda y’ebijuma. Orujwanje oru rushemeire okuhebwa omurundi gumwe omwizooba okumara ebiro bishatu buri bwiire wateekateeka ngu oine enjoka z’omunda.
- Emibazi maingi neguzibwa omuduuka ry’emibazi okujanjabwa enjoka z’omunda: Ketrax, Padrax, Antepar, Piperazine, or Mintezol ahabw’enjoka zoona. Ahabw’ enjoka ez’omumara, okozese Yomesan (niclosamide) OR Antiphen (dichlorophen). Ogambe n’orikuguza emibazi akuhereze oguhikire kandi okuratire engyendererwaho za doozi.

Obumwe na bumwe omwaana nabaasa okugira enjoka z’omunda okumara emyaka maingi, kireetera emikono n’amaguru gaabo kuba bitariho enyama. Ahabw’okugira ngu enjoka z’omunda zimumazireho obwiire buringwa, ebirikuzarukamu nibibaasa kureebeka biri ebyabutoosha ahamwaana ogwe. N’ahabw’ekyo nikirungi okujanjabwa enjoka z’omunda ahari buri mwaana hakiri omurundi gumwe omumwaka, tomanyana.

Okuta omunkora

NA MUGYENZI WAAWE

- Ni kintu ki kimwe eki orikubaasa kutandika kukora erizooba okwerinda enjoka z’omunda ahariwe hamwe n’eka yaawe?

Eishomo-omubugufu: Tibi(TB)

Enshonga Enkuru

TB n’endwara erikukurira munonga kandi nejanjara omuntu ogyirwire yakorora obukooko omumwanya. N’ahabw’ekyo omuntu oine orukorora okurenga aha kwezi kumwe ashemereire okuza omwirwariro bakamucebera.

Ebikozeso

1. EBISHUSHANI BY’OKUREBERAHO: kaada z’obubonero bwa TB hamwe na sengiga ya buriiho (bisharemu ebicweka okukora kaada 2 zitakwatiine.)

Okwanjura – Okugarukamu

OMUZAANO OMUKIBIINA EKIHANGO

Tutaakatandikire erizooba, twaza okuzaana omuzaano okureeba yaaba nitwijuka gye emicwe mirungi y’ebyamagara eitwayegire enyimaho.

Oku Omwegyesa Aratwaaze: Obagaanise mu ekibiina omu timu 2 kandi obijusye ngu hariho emicwe 8 y’ebyamagara (eri omwishomo: okugarukamu emicwe y’ebyamagara). Weena oraijuka omucwe nari entambwe eziri omumucwe ogwe (nka ‘orinde ekaamina ziboneire’-n’entambwe ahansi ya ‘okozese

ekaamina’- byoona n’eby’okugarukamu birungi) ashemereire okwemerera akagamba omucwe/entambwe reero akatunga makisi ahabwa timu ye. Timu eine makisi nyingi ahanyima y’emicwe kuhwayo neba yasinga. Ahamuheru, obaijusye omucwe ogubatagambaho omu timu zoona.

Nikirungi okwijuka emicwe maingi y’ebyamagara! Okubita omunkora nikituhwera okwerinda endwara nyingi ezitwaherize kugambaho, kandi nikishuba kihwera n’okwerinda TB.

Tibi/TB N’enki?

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

- Waarahurireho ahari TB?
- Hariho owaratungireho TBnari nomanya omuntu owabeire aine nari oine TB? Yaaba ni ego, tugaambire eki orikumanya.

TB n’endwara y’akabi, erikumara obwiire buraingwa, erikuturira munonga (erikujanjara juba) kandi ei bury’omwe arikubaasa kutunga. Okukira munonga abantu abarikutunga TB naabari ahagati y’emyaka 15-35 y’obukuru, abateine amaani, abarukurya kubi nari abeine akakooko ka Sirimu.

Edwara ya TB neturira munonga. Nikirahuka okugijanjaza omubandi abu orikutuura naabo omuniju.

Amakuru marungi ni ngu TB nebaasa okukira. Konka eky’obusaasi, abantu baingi nibitwa endwara egi buri mwaka.

Hariho omubazi ogurikutamba TB. KONKA oine kumira omubazi ugu okuhitsya obu gurahweho, omuntu weena oine TB haza atarikumira omubazi nabaasa okujanjaza obukooko omubandi okuraabira omukukorora, okwetsyamura, kandi n’okutuura hamwe. TB neturira munonga—eki kigambe hamwe naanye.

Tibi/TB nebaasa okwerindwa

Twaaba nituta omunkora emicwe yaitu y’ebyamagara, nitubaasa okwerinda TB. Konka hariho ebintu bikye ebitorikubaasa kukora okwerinda okujanjazaTB omubandi.

1. Abaana boona batunge okugyemwa kw’okurwanisa TB ahonaho baamara kuzaarwa (omukwezi kumwe).
2. Ogyezeho kureeba ngu abarweire ba TB nibatunga obujanjabi okuzibira okujanjara kwa TB kandi bagume nibamira omubazi na baamara kuhurira gye.
3. Oyegyese abaana baawe (abakuru babe eky’okureberaho) okukororera omumukono binikire omutwe.
4. Oyegyese eka yaawe okutacweera ahansi; okucweera ahansi nikituma obokooko omumwanya kandi bujanjaare hoona.
5. Oyegyese abarweire okutamutsya abantu baarikugira bati” nobaasa okukwata ahanzomi yangye ahakuba nd’omurweire.”

Tibi/TB nebaasa okujanjabwa

Nitwetenga okumanya obubonero oburikubaho, omuntu yaaba aine TB, okugira ngu tureebe ngu batunga obujanjabi oburibwe. Obubonero ni:

- Orukorora orurikurenga okwezi kumwe, namunonga waimuka omu kasheeshe
- Omuriro mukye omwihangwe hamwe n’omumwebazo
- Okututuka nyekiro
- Okushaasha omukifuba nari enyima y’omugongo
- Okuremwa okurya hamwe n’okukooha
- Okuhwa amaani (omuntu naaruha juba)

- Omubiri guperukire
- Okukorora eshagama (namunonga ku erikukura)
- Okuzindaara amaraka(okw'amaani)

Okwongyeraho, abaana nibabaasa okworeka obubonero obu:

- Okuzimba nari enturugunyu omumaraka nari eibondo
- Omuriro n'enkorora ebirikwija bikagyenda

Ku orateekateke ngu ni TB ahabw'obubonero obu, ogyende omu eirwariro ahonaho otunge obujanjabi. Omushaho naakuhera emibazi ei orikuteekwa okumira obutoosha okumara nk'omwaka gumwe. **Otaareka okumira omubazi, n'obu waakuhurira waaba gye.** Ogume noomira omubazi okuhitsya obu omushaho araakugire ngu orekyeraho.

OMURIMO OMUKIBIINA EKIHANGO

Oku Omwegyesa Aratwaaze: Otorane nyekundiire. Nyekundiire naaza okweshushaniriza ngu aine TB nari embeho. Tibarikwetenga okukizaana kureka nibaza okugarukamu ebibuuzo aha bubonero bwaabo. Ohereze nyekundiire EBISHUSHANI **BY'OKUREBERAHO:** kaada z'obubonero (yaaba eza TB nari ez'embeho – ozijwangirane) kandi obaragiire okutikiriza ekibiina kureeba kaada.

Oreke ekibiina kigambe ekibuuzo ky'okugarukamu ego/ingaaha, nka 'orukororo rwaawe rurengize okwezi kumwe?' nari 'ekifuba kyaawe nikikushaasha?' ekibiina kyaheza kubuuzo baingi nari kyayetegyereza ngu egi ni TB, nibabaasa kugamba eby'okugarukamu ebihikire. Baaba BAGWIIRE, oboreke obubonero oburikworeka eby'okugarukamu ebihikire. Nyekundiire yaaba aine TB, obagambire bamwijusye okumira omubazi okuhitsya obu omushaho aramwemereze.

Muzaane emirundi 3-4 na banyekundiire batarikushushana okuhitsya obu ekibiina kirabaase okutunga eky'okugarukamu ebihikire.

Okuta omunkora

OKUHAANA EBITEEKATEEKO OMU BUBIINA BUKYE

- Ni kintu ki kimwe eky'amazima ekiwayega ahari TB erizooba ekin obaire otarikumanya?
- Ni omucwe guuha omubyamagara ugu orikubaasa okukora obutoosha (nari okegyesa abaana baawe okugukora obutoosha) okwerinda okujanjara kwa TB?

OKUGAMBA EBYARUGAMU

Ekicweka 3: Okuhwera Kw'okubanza

Eishomo-Omubugufu: Okwerinda Butaandu.

Enshonga Enkuru

Okutwara obwiire orikuteekateeka aha miringo y'okwerinda butaandu kibaasa kurinda eka yaawe hamwe n'ekyanga.

Ebikozeso

1. EBISHUSHANI BY'OKUREBERAHO: ekipande kya butaandu ezirikubaasa kubaho (oihemu kopi 4)

Okwanjura

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

- Ogizireho butaandu zooni jubaho omuka yaawe, abataahi nari omukyanga?
- Zikaba ziriziiha?
- Zikaabaho zita?
- N'enki ekyakukorwa okwerinda eki?

Oku Omwegyesa Aratwaaze: ogumizemu nobuza ekibiina okuhitsya obu barateekateeke ahaby'okureberaho baingi ebirikubaasika. Baaba batateeketeekire ahakibeireho juba, obashabe bagarukayo enyima, nk'omumyaka mikye ehingwire.

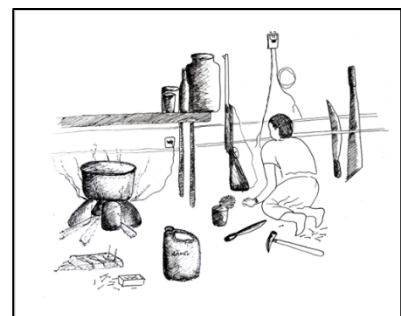
Butaandu ezirikubaasa kubaho

OKUHAANA EBITEEKATEEKO OMU BUBIINA BUKYE (ebubiina 3)

Oku Omwegyesa Aratwaaze: ohereze buri kabiina, kopi y' **EBISHUSHANI BY'OKUREBERAHO**: ekipande kya butaandu ezirikubaasa kubaho kandi ogumye emwe eyaawe. Ohereze obubiina obwiire burikumara okusherura n'okubaagana ebizibu bitari bimwe omu kibiina.

1. Ozinguruzi ahaby'okureberaho by'ebintu ebirikubaasa okureetaho butaandu.

- Obutwa oburi haihi n'abaana (obumwe n'ecuupa etahandikireho)
- omuriro hamwe n'esafuriya erikwotsya aha muriro
- Waya z'amashanyarazi ezitashwekirwe
- Emisimaari erabiire omu kintu erikuranyza ahaiguru
- Omusyo n'enyundo ebinaagirwe ahansi.
- Emisimari ahansi enyima y'ebigere by'omuntu.
- Ebicuupa byatikire kandi bikazire (hamwe n'ebindi eby'obwogi)
- Omuhoro na rurara aha kisiika.
- Ebintu ebirikuremeera kandi byanguhi okukurura kuruga ahameeza
- Amaizi omu nyungu haihi n'amashanyarazi
- Embundu aha kisiika



2. Ahabwa butaandu ezirikubaasa kubaho ezi mwareeba, mushoborore ni buhuta ki oburikubaasa kubaho ahaw'ebizibu ebi kandi mushoborore ekitwakubaasa kuhinduraho omukukora okwerinda butaandu.

3. Ni bintuki ebindi ebiri omumaka gaitu n'omukyanga ebitari omukishushani eki ebirikukira kureetaho butaandu?

OKUGAMBA EBYARUGAMU – *oshabe buri kibiina okubagana ebi bajumbura ahabwa buri kintu ekyagambwaho aharuguru. Okozese obwiire obu okureeba eki barikuteekateeka nari baarikumanya otakabagambiire amakuru masya omukicweka ekirikukurataho.*

Okwerinda Butaandu, Okutsya hamwe n'Obutwa

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

Oku Omwegyesa Aratwaaze: *mutwareho obwiire murikuhaana ebiteekateeko ahakwerinda butaandu, okutsya hamwe n'obutwa. Mugaane ebihaandikirwe, obahe amaani okuteekateeka ahabintu byonyiine ebi barikubaasa kukora okwerinda butaandu omumaka gaabo.*

Reeka tujumbure emiringo endiijo ey'okwerinda butaandu, okutsya hamwe n'obutwa omumaka gaitu. Twaba nitubigambaho, oteekateeke ahabintu ebirikubaasa kukirayo okuyamba omuka yaawe.

Okwerinda Butaandu

- Oboneze emyanya eyehinguririze enju, eishomero, hamwe n'ekyanga. Oreebe ngu tiharimu egirasi, emisimaari, nari ekiine obwogi/ekirikushaara ahansi.
- Orundaane, oyotsye kandi oziike kasasiro yoona.
- Oteho orugo ahamyanya y'amaiz, ebiziba hamwe n'enkiingo ahu abaana barikubaasa okuhirima.
- Ogondeke emisimaari yoona erabire omukintu.
- Oteme ebinyatsi ebirikubaasa kushereka ebintu by'obwogi, enjoka n'ebindi.
- Obiike emisyo n'ebindi ebikazire nka amagirasi ahu abaana bataakahika.
- Ogyezeho oreebe ngu waya z'amashanyarazi tizirikureebeka kandi ziri ahaiguru ahatarikuhikwa. Otarikwata ahakintu kyona eky'amashanyarazi oine amaizi omungaro. amaizi nigatuma amashanyarazi gateera omuntu ahonaho.
- Oyegyese abaana okwirira hare baba bari omunkuuto emotoka erikwaija.
- Enju yaawe yaaba eri ahiguru, oteho ebyooma omurubaju gw'enju ahu abaana barikubaasa kuhirima.

Okwerinda Okutsya

- Obiike enyungu, esaafuriya n'ebyo okunywa ebirikwotsya ahu abaana batari kuhika.
- Obiike ebibiriti, emibazi n'omuzigo omumwanya g'ahaiguru.
- Ku oraheembe etaara y'omuzigo nari kanduro, abaana baze hare yazo nari ozite ahu batarikuhika.
- Etaara z'omuzigo ozirize hare n'obutimba bw'esiri nari eby'okweshweka ebirikubaasa kutsya juba.
- Otaakatsiga abaana bonka haihi n'omuriro.

Okwerinda Obutwa

- Ohandiike amaziina g'emibazi yoona ahabicuupa byaayo (nari oteere akashushani).
- Waaba otarikwetegyereza ekiri omucuupa, otaakakirozaho.
- Otaakabiika omuzigo nari peteroli omucuupa ezi abantu baakozise okunyweramu amaizi. Otaakabiika amaizi omucuupa eyahweiremu omuzigo nari peteroli.
- Otaikiriza abaana okurya entutu nari ebituzi ebitari bya buriiho eby'otarikumanya.

Okuta omunkora

NA MUGYENZI WAAWE

- Otoorane ebintu bibiri ebi twagambaho erizooba eby'orikubaasa kukora okwerinda butaandu omuka yaawe.
- Nooyetenga ki okukora empinduka ezi? Nooha orikubaasa kukuhwera? Nobaasa okukikora ryari?
- Ni kintu ki kimwe nari bibiri ebiwayega erizooba ebi orikubaasa kubaagana n'abandi egi sande?

Otwaare obwiire omubiro bikye eby'omumaisho okutambura okwetorora eka yaawe n'abeeka yaawe kandi mureebe kyoona ekirikubaasa kureetaho butaandu. Obigamboho n'abaana baawe kandi mukore empinduka ezirikwetengwa. Nobaasa okutambura n'eka yaawe omukyanga kandi mukore nikyo kimwe.

Eishomo-omubugufu: Okuhwera Kw'okubanza aha Buhuta hamwe n'Okutsya

Enshonga Enkuru

Oziibire okujwa kandi oboneze obuhuta bwoona. Ohoze, oboneze kandi oshweeke amatsya kandi otunge obuhwezi omubashaho, obuhuta n'amatsya byaaba biri kubi.

Ebikozeso

- Amaizi, emyenda

Oku Omwegyesa Aratwaaze: Obukugu omu kuhwera kw'okubanza noobumanya gye waaba noobuta omunkora. Okozese EBISHUSHANI BY'OKUREBERAHO okuhwera abantu kwijuka okureeberera abantu abeine obuhuta. Kyaaba nikibaasika, reeka abantu beshushanirize nk'abarikuta omunkora entambwe ezi ahari bagyenzi baabo.

Okwanjura

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

Omuntu yahutaara, ekintu kikuru munonga n'okurahuka okubahwera. Okuhwera kw'okubanza n'okureeberera okw'orikuba omuntu ahonaho yaamara okutunga butaandu. Okuhwera okuhikire nikubaasa okukiza amagara kandi kuzibire embera kuba mbi.

- Ni butaandu ki ezi mutungire omukyanga kyaanyu ahu omuntu yaahuteire nari akatsya munonga? Abantu bakakoraki okujanjaba omuntu owahutaara?

Oyeerinde

Endwara ezimwe (nka HIV) nizijanjara okurabira omushagama. N'ahabw'ekyo, omuntu orikujwa yaaba aine endwara ezi, kandi eshagama yaabo ekajwanga n'eyaawe, niiwe nobaasa okutunga endwara. Hanu hariho ebintu ebi orikubaasa kukora kugira ngu oyerinde waaba noohwera omuntu orikujwa:

1. Waaba oine ekironda hangar nari omukono, okozese omukono ogundi okuhereza okuhwera kw'okubanza.
2. Oyegyesesereze okuteeshara nari okwecumita n'ekintu kyoona waaba nohereza okuhwera oku.
3. Waakwata eshagama, oginaabe kurungi n'esabundi n'amaizi ahonaho.

Okujanjaba Obuhuta

Oku Omwegyesa Aratwaaze: Mwaaba nimuhaana ebiteekateeko ahari buri ntambwe, mukyoreke kandi abantu bakikore bari babiri.

Omuntu yaahutaara, ekintu kikuru eky'okukora **n'okuzibira okujwa**. Abantu nibafa ahabw'okurugwamu eshagama nyingi.

1. Oziibire okujwa:

- Okozese omwenda goboneire, gugumire okushweka ahakironda.
- Oimutsye ekironda ahaiguru y'omutima okucendeza okujwa.
- Okwaate n'amaani aha kironda okuhitsya obu okujwa kuraarekyere aho. Omuringo ogu nigwija okuzibira okujwa kw'ebironda byaingi. Ahabw'obuhuta bukya nari obwahaihi, eki nikibaasa okuzibira okujwa nk'omudakiika emwe nari eibiri. Abw'obuhuta buhango, nikibaasa okutwara edakiika 20 nari obumwe kirenze eshaaha. Ogume okwatsireho n'amaani okuhitsya obu okujwa kuraareke! Okukwata n'amaani nigubaasa kuba omurimo gugumire- otaakaremuura!
- Ekironda kyaaba kiri kubi munonga, otware omuntu okutunga obuhwezi omurwariro ahonaho obwo ogumizemu OKUKWATA AHA KIRONDA N'AMAANI.

Otaarikozeza ebyondo, amashe g'ente, omuzigo, laimu, nari omwaani okuzibira okujwa. Ebi nibibaasa okuteetaho okusisikara!

2. Okujwa kwarekyaaho, oyozye ekironda:

- Oyozye n'esabuundi hamwe n'amaizi gahoozire kandi agashemeire. (ag'okunywa). Nikyetengwa okwihamu oburofa bwoona omu kironda okwerinda okusisikara/okujunda. Mpoka konka kurungi oyonye ekironda (okukozesa alicoholu nari peroxide okuruga omuduuka ry'emibazi naky'o nkibaasa okuhwera okwerinda okusisikara).
- Oshwekeho omwenda guboneire nari bandegi. Otakakikoma munonga, konka. Omuntu yahurura ataaberwa gye ahuwakoma, omukomorore reero okyendeze ah'amaani g'okukoma.
- Ohindure eby'okukomesa burizooba okurinda ekironda kiri ekiyonjo. Obutoosha onaabe engaro zaawe otakahindwire bandegi.

3. Obukooko nari oburofa ku buraaze omukironda eshaaha yona kiriyo nikiira, ekironda nikibaasa kusiisikara. Okusiisikara/okujunda n'okwakabi. Obu n'obumanyiso oburikurabura aha kusiisikara:

- Ekironda kyaba nikitukura, nikyotsya, kizimbire, nari kirimu amahira nari kyatandiika okunuuka kubi.
- Okutukura kwatandiika okujanjaara kuruga aha kironda.
- Omuntu yaagira omuriro nari ekiteengo, obwo okusiisikara kuriyo nikujanjaara.

Ekironda ekihango ku kirasikare, otwaare omuntu omwirwariro.

Okujanjaaba amatsya.

Oku Omwegyesa Aratwaaze: Mwaaba nimuhaana ebiteekateeko ahamtambwe z'okujanjaaba amatsya oyoreke oku orukukira.

Nka obuhuta, amatsya gashemereire kuguma gaboneire kandi gashembire gaaba gariyo nigakira. Konka hariho ebintu by'omutaano ebi turikwetenga kumanya aha kureberera amatsya:

- Ahonaho ofukirize omubiri n'amaizi gahoozire. Ogume noshukaho amaizi gahoozire okumara edakiika nkye nari ahaasya ohakwatire omumaizi. Eki nikiza kuhwera okurinda amatysa okutaza hare.

- Ahanyima y’edakiika nkye, oshembe amatsya mpora n’omwenda guboneire, guhozire kandi gujubeire.
- OTAKASIIGA amajuta goona aha matsya. Konka amaizi ga rukaka nigabaasa okuhwera omukutamba.
- OTAAKAYATA okuzimba kwoona.
- Otwaare omuntu oine amatsya g’amaani omwirwariro.

Okwegyezamu

OMURIMO OMU KIBIINA KIKYE

oku omwegyesa aratwaaze: reeka ebibiina bikye (nari omuntu na mugenzi we) bagunje omuzaano ahu omuntu aine ekironda kihango, amatsya nari ekironda ekisisikire. Oijusye ekibiina entambwe ina z’okuhwera kw’okubanza ahabw’obuhuta hamwe n’amatsya.

1. Oyeerinde
2. Oziibire okujwa/ ohozye amatsya
3. Oyozye kandi oshembe ekironda
4. Oreebe okusisikara/okujunda

OKUGAMBA EBYARUGAMU

Oku Omwegyesa Aratwaaze: Reeka buri kibiina bazaane omuzaano rwaabo. Ahanyima ya buri muzaano, obuuze ekibiina kyoona, bakora bata? Bajanjaaba obuhuta omuburyo buhikire? Hariho entambwe eibayebwa?

Okuta omunkora

- Ni kintu ki kimwe ekiwayeega eki orikubaasa kubagana n’abandi egi wiki?

Eishomo-omubugufu: Okuhwera Kw’okubanza ahabw’Obutwa hamwe N’okurumwa enjoka.

Enshonga Enkuru

Okore ahonaho omuntu yaamira obutwa nari yaarumwa enjoka.

Ebikozeso

1. EBISHUSHANI BY’OKUREBERAHO: Okurumwa enjoka

Okwanjura

Erizooba nituza kugamba aha kurumwa enjoka hamwe n’obutwa.

- Enjoka zikaanyire kunuuya? Ziine obutwa?
- Hariho omuntu omukyanga kyaanyu owararumirweho enjoka nari akanywa obutwa ataakigyendereire? Hakabaho ki?
- Noteekateeka ngu ori ahakatezo k’ebi munonga nooha?

Abaana nibo bari ahakatezo munonga ahabw’okuba nibata omukanwa kaabo ebintu baingi kandi obumwe bagyenda omumyanya y’akabi munonga. Ahabw’okuba emibiri yaabi nimikye, obutwa nabwo n’obw’akabi munonga aharibo.

Obutwa

OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

- Ni butwa ki obukaanyire obu tushemereire okwegyendesereza omumaka gaitu nari omukyanga?

Oku Omwegyesa Aratwaaze: Ohwere ekibiina okuteekateeka ebintu ebiri omunda nari aheru y'enju hamwe n'omukyanga nka:

- | | | |
|---|---------------------------------|---------------------------------------|
| • Ebirukhindura erangi
(nka jiki) | • Esigara | • Omubazi gw'okwita
obukooko |
| • Ayodini | • Omuzigo | • Amababi nari entutu
ziine obutwa |
| • Kanta | • Erangi/painti | |
| • Omwonyo (omwingi
ahabaana n'ogw'akabi) | • Gasi nari peteroli | |
| • Omubazi (emiringo yoona) | • Amaizi agarikwatsa
omuriro | |
| | • Obutwa bw'embeba | |

Okwerinda obutwa, reeba ngu waakora ebintu ebi:

- Obiike obutwa bwoona (hamwe n'emibazi y'omuduuka) hare ahu abaana bataakahika.
- Otaaribiika omuzigo, nari ebyeine obutwa byoona omucuupa za soda ahakuba abaana nibabaasa okugyezaho kubinywa.

OKUHAANA EBITEEKATEEKO OMU BUBIINA BUKYE

- Ni biiha omubintu by'obutwa ebi, ebiri omuka yaawe?
- Nobaasa kukora ki okubibiika hare n'abaana baawe?

OKUGAMBA EBYARUGAMU

OBUIJANJAABI: Wateekateeka ngu omuntu yaamira obutwa, okore ebi ahonaho:

- Omuntu yaaba nareeba kandi arikwetegyezeza, omuhereze amaizi g'okunywa okufungura obutwa (nka egirasi emwe y'amaizi buri dakiika 15). Waaba oine amakara gasiire, ogamuhe ahonaho, yajwangize omu girasi y'amaizi. Ogume nomuhereze amaizi mingi eizooba ryoona!
- OTAAKAGYEMA omuntu kutanaka yaaba yaamira obutwa. Eki nikireetaho ebizibu byingi!
- Omuntu yaaba ataakyayetegyezeza, omubyamisize orubaju kandi omutware omwirwariro ohonaho. Otwaare ecuupa y'obutwa okugira ngu omushaaho agireebe.

Obutwa bwaaza ahamubiri nari omumaisho, omunaabise emirundi maingi hakiri okumara edakiika 20.

Okurumwa enjoka

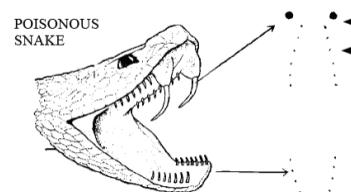
OKUHAANA EBITEEKATEEKO OMU KIBIINA EKIHANGO

- Ni miringo ki y'enjoka z'obutwa nari obukooko oburikureebwa ebimwiine omukyanga kyaanyu?

Omuntu yaaba yarumwa enjoka, ogyezeho okumanya yaaba enjoka eine obutwa nari etabwiine. Okuruma kwazo naahuzaruma tiharikushushana.

Oku Omwegyesa Aratwaaze: Oyoreke EBISHUSHANI BY'OKUREBERAHO:
ekipande ky'okurumwa enjoka okworeka amaino g'enjoka eziine obutwa.

Enjoka eziine obutwa obutoosha ziine amaino abiri mahango hamwe n'amaino amakye. Yaaba eteine obutwa, nigaija kuba enyiriri ibiri z'amaino.



1. **Oronde obuhwezi omwirwariro.**
2. **Ogume omumwanya gumwe; otaakimutsya ebicweka ebyarumwa enjoka.** Oku orikuguma n’obyimutsya, nikwo n’obutwa burikujanjara omubiri gwoona. Okurumwa kwaaba kuri ahakigere, omuntu tashemereire okutambura nakakye.
3. **Okome ekicweka ekyarumwa enjoka n’omwenda guboneire okuzibira okujanjara kw’obutwa.** Okurinda omukono nari okuguruomumwanya gumwe, okugukoma munonga konka hatari munonga ekirenga nikizibira eshagama guza omumwanya ogwo.
4. **Oyegure omuntu ahakatanda kyaaba nikibasiika, okuza omwirwariro eriri haihi.** Waaba nobaasa, otwaare n’enjoka ahakuba enjoka ezitari zimwe nizibaasa okwetenga omubazi ogutarikushushana.

Okurumwa hamwe n’oruvuuri rw’obukooko oburikureebwa nibishaasha munonga konka tiby’akabi ahabantu bakuru. Nibibaasa okuba eby’akabi ahabaana hamwe n’abantu abarikurahuka kuzimba. Omu nshonga ezi, otunge obuhwezi bw’abashaaho ahonaaho.

Okwegyezamu

OMURIMO OMU KIBIINA KIKYE

Oku Omwegyesa Aratwaaze: Ogire ebibiina (nari omuntu na mugenzi we) bagunje akazaano ahu omuntu omwe yanywa obutwa, yaatunga obutwa ahamubiri nari yaarumwa enjoka. groups (or partners).

OKUGAMBA EBYARUGAMU

Oku Omwegyesa Aratwaaze: Reeka buri kibiina bazaane akazaano kaabo. Ahanyima y’okuzaana, obuuze ekibiina ekihango, bakora bata? Bajanjaaba gye omuntu? Ogyezeho orebe ngu nibajuka:

- AMAIZI ahabw’obutwa.
- OKUGUMA OMUMWANYA GUMW ahabw’okurumwa enjoka.

Okuta omunkora

- Ni kintu ki kimwe ekiwayeega eki orikubaasa kubaagana n’abandi egi wiiki?

Eishomo- Omubugufu: Oku Orikuhwera Okwakanwa/okunigwa ekintu

Enshonga Enkuru

Nitubaasa okweega okukiza amagara g’omuntu yamara okwakanwa/okunigwa ekintu n’okubarinda bahurire.

Ebikozeso

1. Ekidore ky’omwaana

Okwakanwa/okunigwa ekintu

Omuntu yaagira ekyamukwata ahamaraka, nikibaasa kuba ky’akabi baaba **batarikubaasa** kugamba, nikimanyisa ngu tibakabaasa okwitsya.

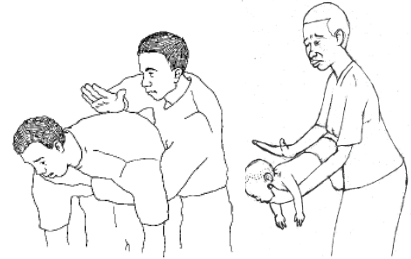
1. Omuntu yaaba nakorora, narira nari arikuyomba, oreke bagumizemu nibagyezaho okwigura amaraka gaabo ahabwaabo. Okukorora nikwija kwigura emihanda y'omwitsyo.
2. Konka baaba batakabaasa kuyomba nari bakwata ahamaraka kakazoora amaisho (okore ahamasho nk'ekishushani eki), emihando y'omwitsyo neeba yakingwa, tibarikubaasa kwitsya, kandi nibetenga obuhwezi ahonaaho. Nitubaasa okumara edakiika nkye turiho tutarikwitsya, n'ahabw'ekyo noteekwa okukora juba!
 - Waararebireho omuntu orikukwata amaraka ge ahabw'okugira ngu heine ekyamuniga?



Oku Omwegyesa Aratwaaze: Okozese banyekundiire bamwe okworeka emiringo egi haza orikugishoborora.

Yaaba omwaana nari omuntu mukye tarikubaasa kuyomba, ahonaaho okore eki:

1. Ahabw'omuntu mukye, omuntu ainaamire omunda. Ahabw'omwaana obainikire ahamaju gaawe nari obyamise omwaana ahamukono gwaawe. Omutwe guze ahansi okukira enda zaabo.
2. Okozese ekiganja ky'engaro zaawe okumuteera ahagati y'omugongo. Ahabaana omuteere ahamugongo mpora kandi juba juba okuhitsya obu ekimunigire kiraarugeho.



Ahabw'omuntu mukuru nari muhango. Okozese omuringo ugu:

1. Oyemerere enyima y'omuntu kandi omukwaate omunda n'emikono yaawe.
2. Ozinge entomi ahaiguru y'omukundi n'ahaifo y'embaju.
3. Ote omukono ogundi ahaiguru y'entomi reero onyige juba orikugaruka ahaiguru okwiha omwoya omu bihaha. Ogume nokikora okuhitsya obu ekimunigire kyarugaho.

Eki nikibaasa okushaasha omuntu orikuhwerwa, n'ahabw'ekyo toshemereire okukozesa omuringo ugu aha muntu orikubaasa kukorora nari okuyomba.



Okwegyezamu

OMUNTU NA MUGYENZI WE

Oku Omwegyesa Aratwaaze: Reeka abantu babiri begyezemu hamwe omumiringo egi-konka

OYESHUSHANIRIZE KUSHA waaba noiha omwoya omundijjo muntu omumiringo gwa 2. Kyaba nikibaasika otunge ekidore ky'omwaana kandi reebe ngu buri bantu batunga omugisha gw'okwegyezamu aha mwaana. Obaijusye baaba nibegyezamu okureeba ngu omutwe gw'omuntu gwaaza ahansi y'ekifuba kyaabo kandi n'okukozesa okuteera gye omumugongo.