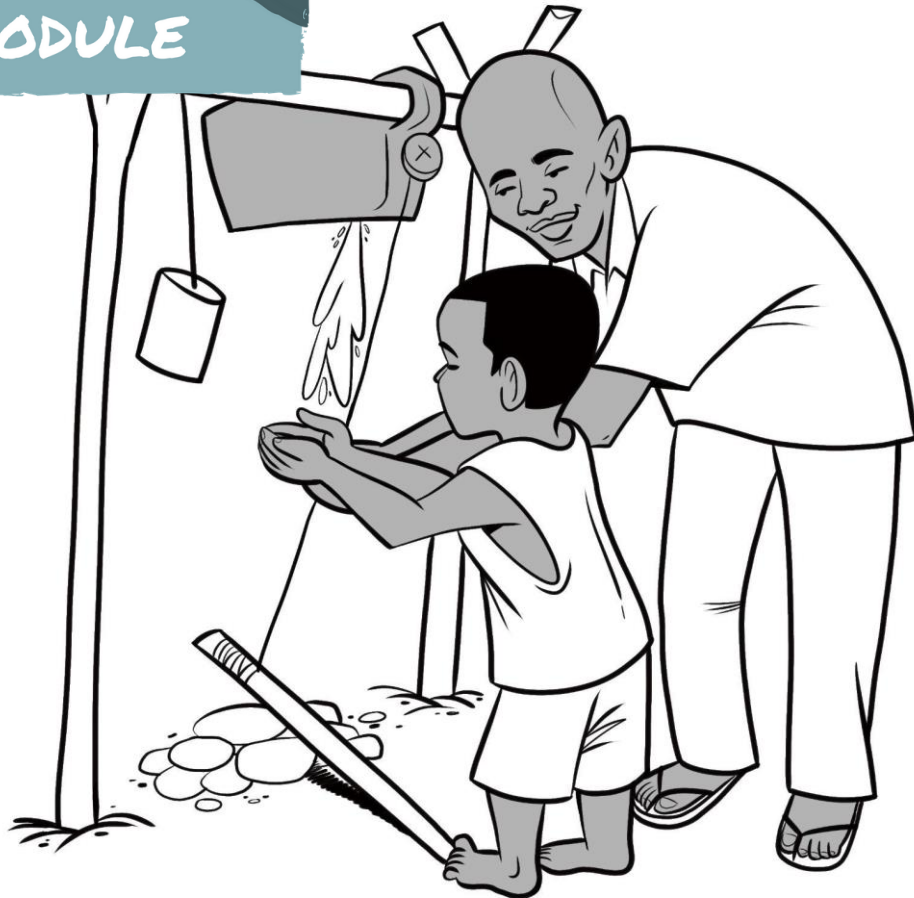


**TRUTH
CENTERED
TRANSFORMATION**

MODULE



BUSONGO BWAZYABULONDOZI BBUKU LYAMUYIISYI

Ibbkuku Iya Truth Centered Transformation—Lya Bweelendezi Bwamali v3.5. Copyright ©2018 Reconciled World, Phoenix, Arizona, United States of America. www.reconciledworld.org

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Zyiyi zyiingi zyabusongo bwazyabulondozi antoomwe amifanikisyo zyakabwezegwa kuzwa mu Bbuku litegwa Where There Is No Doctor – A Village Health Care Handbook, lyakalembwa a David Werner kali aaCarol Thuman antoomwe a Jane Maxwell (Hesperian Health Guides, revised ed., 2015). © Copyright 2016 Hesperian Health Guides. www.hesperian.org.

Zimwi zyiyi zyabulondozi amifanikisyo zyakabwezegwa kuzwa mubweendezi bwakusumpula zyiyi zya *Food for the Hungry's Food Security. Food for the Hungry (2014). FH CFCT Toolkit: Health Toolkit, A Toolkit for Implementing FH's Child-Focused Community Transformation (CFCT) Model, Washington, D.C.: Food for the Hungry.*

Mboobu Mbuli Beleseghwa Bbuku lya Muiyisi

Mizeezo mipati aZyakubelesya: Achimwi chiiyo chisanguna aheechi chimpanzi.

1. **Mizeezo Mipati** – Eeyo njemizeezo Imikoloondo njibeelede Ikumvwisisiya oobotu balikwiiya kumamanino achiiyo achimwi. Kumamani aachiyo muchite ndange musule ubone kuti nchobeni bazimvwisisiya na.
2. **Zyakubelesya** – Zintu zyakubelesya ziyandikana zililembedwe muni, alimwi tusungwaazya kuti ube apepa pati lyakulembela naakuti bbodi yakulembela muchiindi noli kuzuwisyania ambunga mpati.
3. Eeli Bbuku lya Muiyisi, ilatondeezya kuti mpaali ayelede kubeleseghwa **ZITONDEEZO ZIBONEKA** – zinolembedwe boobu

Malayilile kuMweendezi: Kuli zyakutobelezwa kusolidwe muziyo kuti zikugwasye kweendelezwa kabotu njiiso eeyi. Teensi nzyakuti waambile balikwiiya pe. Zibala uzizibe kotanasanguna kuchitila kuti uzulule kabotu mukuzuwisyania amukuchita nchito. Imwi mibuzyo inooli ansandulo zili mumbi aasendekede kuchitila kukugwasya webu nomweendezi kuziba nsandula yakusimya kubayii. Teensi nze nsandulo zibotu azilikke pesi nziimwi zyansandulo mbotu.

Majwi Aasalikide ku Bbuku lya Bulondozi

Ziyo zitatu zyakusanguna zya bbuku eeli zituyiisa aatala achiyandisyo cha Leza kubulondozi bwamibili yesu iijatika, ikusyoma kwabulewusi aatala azyabulondozi, akuli Leza uyanda kuti nsondo zigwasye mukuyaka zyeengele zilabulondozi. Eezi ziyo zikoloondo LOKO kuzyiisa nkaambo zigwasya kuti nsondo zimvwisisiya kuti NKAAMBO NZI nizyelede kujatikiza.

Muchiindi noyiisa eezi ziyo zitatu, koyabupa myeenya yakuti kubuzigwe minuzyo azimwi ziyakuyungiza. Ziba kuti nkookuli kusyoma kwabulewusi aatala abulondozi kuvulide loko mucheengele chenu. IBbayibbele ndendilo manguzu eesu kuli zyoonse, aboobo tuyanda kusungwazya nsondo kuti zibikke mizeezo yazyo aatala abulondozi ku bbayibbele.

Ziyo zyoonse zimbi zili mubbuku eeli nzyabusongo bwazyabulondozi. Zilakonzeka alimwi zilagwasya, alimwi achimwi chilakonzwa kutola maminisi makumi aabili. Ziyo eezi zibikkiliza nchito zigwasya kuyiisa akuchita kuti kuube kuziyeeya akuyeeya majwi makoloondo. Awumwi mweendezi wamubusena ulayada zyaakwe zitondeezyo ziboneka kukuyiisa ziyo ziniini.

Sungwaazya basinsondo kuti baabilane ampuli zyabo, basimayakilane abamwi boonse mucheengele zyoonse nzibanooli bayiya muziyo eezi. Nsondo nyiingi zilayiisa ziyo zyaabusongo eezi:

- Munsondo sikati, batamba bantu bamuccheengele kuti bazonjile.
- Mutubunga twabanakazi, nkaambo nkukoloondo kuti mamama bazibe busongo bwazyabulondozi oobu.
- Mulizimwi ziiindi aawo nikubungene bantu biingi banga balayiiya – mutubunga tuniini, mumbungano zyaakati kemviki, mutubunga twamiwaalo naakuti tumwi biyo tubunga muccheengele.

Taakwe pe Bbuku lyabayii muli Eechi chiiyo. Pesi kuli limbi bbuku litegwa Busongo bwa Bulondozi ku Zyeengele libikkiliza nkambwuko, ziyo zyaabulondozi antoomwe azitondeezyo ziboneka. Pa eeli kuli LF kuti abelesye nayiisa munsondo yakwe naa muccheengele.

Kuli mbunga nyiingi ziyiisa busongo bwabulondozi munzila iisumpukide. Ulakonzwa kubelsya zimwi njiiso zyabo muchiindi noyiisa busongo bwabulondozi. Ikuti kobelesya zintu zijanika mubusena, ba asimpe kuti wayiisa ziyo 1-3 kotana sanguna kuyiisa ziyo zyaabusongo bwabulondozi.

Ikuti chimwi chazeezi zyiiyo zijisi zintu zizibilikide kuchitwa mbusena bwakulindinywe, chisotoke chiiyo eecho. Mbuli mukozyanisyo, kuti Kusama mujaanza kakuchitwa kabotu mubusena bwenu, taakwe pe chiyandisyo chakuti uyiisye Chiiyo Chiniini: Maanza Aasalede.

Chiiyo 1: Nkaambo Nzi Bana Kkilisito

Nibeelede Kulikataazya Aatala aBulondozi

Muzeezo Mupati – Bbayibbele lituyiisya kuti tweelede kulemeka Leza kwiinda mukubamba kabotu mibili yesu akoonga bachiswa.

Zyakubelesya

- I-Bboodi yakulembela, i-marker board, naakuti i-poster paper.

Manjililo

NJOOMO MUTUBUNGA TUNIINI

Malayilile kuMweendezezi: Bala Iwaano Iwa Pastor John mpawo waanzaanie mutubunga tutatu naa tune kuti kusandulwe mibuzyo.

Bala Iwaano:

Mukambawusi John wakamvwa kuti mutwe wakwe waamba kuchisa. Wakalikuzwa kumuswaangano ama dikkonni aakwe, alimwi taakwe nibakaboteledwe pe. Mukambawusi John, wakali mupya kubusena oobo alimwi tezyakali kumujata kabotu pe zintu zilimbuli zyabusanambi yakali kuchitika mubusena oobo. Taakwe nikwali zimbuli, taakwe muntu wakali kusamba maboko, bana bakali aatombe, alimwi kwakazwide tombe busena boonse. Kwiinda aawo, bantu bakali kukkala kabachiswa. Bamwi bakali kuti nchintu biyo chichitika chizibilikide, pesi mukambawusi walikukkala kayitwa kuyokombela kusilikwa kwawumwi muntu chiindi achiindi. Wakayeeya kuti chalikunoobota kusungwaazya kuti bantu batobelezwe nzila zyabusanambi, aboobo wakasanguna kubikka maminisi kuumi lilamusanu aakwaambula azyabulondozi kumamanino aakukambawuka kwakwe. Pesi lino bama dikkonni balikupenga. Teensi bakalikusyoma pe kuti zyaambo zilimbuli zyabusanambi zilaambulwa munsondo, kampatila mubuzuba bwansondo – IZUBA LYAMWAMI. Taakwe nibakayeeya kuti Mukambawusi nga ulayiisya zintu zilimbuli zyabusanambi abulondozi. Teensi wakali dokotela naakuti moongi pe. Mukambawusi John wakagamba, watula choyo. Taakwe nakachizi pe kuti achite biyeni.

- Muyeeya kuti Mukambawusi John wakeelede kayiisya zyabulondozi na munsondo naakuti muchikombelo?
- Njiili mibono njitwakayiya mukati kamabbuku aayinda iitondeezya bukoloondo bwakuyiisya zyabulondozi?
- Muyeeya kuti Jesu wakali kuzilanga na zyabulondozi? Njiili mikozyanisyo njimubona muBbayibbele?

NGAMBO ZIBOOLA

Lityeni Bbayibbele aatala aBulondozi?

NJOOMO MUMBUNGA MPATI

Atuyeeye aatala ayimwi mibono njitwakayiya kale aatala akulikataazya kwa Leza kuli zyabulondozi.

Bala kuli Ntembawuzyo 139:13-14.

- Aaya mavesi ayiisyanzi aatala abukoloondo bwamibili yesu?
 - *Leza wakalrenga muntu amuntu munzila iisalikide. Awumwi muntu ulaabulemu.*
- Ngwani wakapanga mibili yesu?
 - *Leza*
- Ilaabulemu na? Niinzi chipa kuti ibe aabulemu?
 - *Mibili yesu ilaabulemu nkaambo Leza nguwe wakatulenga.*

- Kuti Leza kali wakapanga mibili yesu akuchenjela kupati, muyeeya kuti ulalikaytaazya na akuti twijijata biyeni mibili eeyi?
 - *Iyii. Ulalikataazya.*

Bala kuli ba-Galatiya 5:14, ba-Roma 13:10.

- Leza utwaambila kuti tuchite biyeni mumavesi aaya?
 - *Kuyanda basimayakilane besu*
- Kulikataazya azyabulondozi kugwasya biyeni munzila yakuyanda basimayakailane besu?
 - *Tuyanda basimayakilane besu kwiinda mukuselezya ntenda zyakuti ngabalajatwa malwazi.*
 - *Tulakonzya kuyanda basimayakilane besu kwiinda mukuboonga uti kabachiswa.*

Bala Luka 2:52.

- Ngaali mabazu aane Jesu ngaakakomena mulingawo?
 - *Busongo (muboongo), chiimo (bubumbwe), mukuyandwa aLeza (mumuuya) abantu (kulidilana abamwi)*
- Ngaali mabazu aakukomena aayo bakambawusi ngibeelede kulikaatazya aatala angawo kunsondo zyabo?
 - *Woonse kaali aane mabazu*
- Muyeeya kuti bulondozi bulabikkilizigwa na mumabazu aane aaya?

Ntembawuzyo 100:3 a Ntembawuzyo 24:1.

- Niinzi cha Leza?
 - *Zyoonse, kubikkilizya andiswe!*

Ba-Korinto 6:19-20.

- Nkaambo nzi nitweelede kuli kataazya aatala amibili yesu?
 - *Mibili yesu nditempeli Iya Leza.*
 - *Tulalemeka Leza akubamba mibili yesu kiili abulondozi mubuyakwe amumuuya.*

MuBbayibbele zili aantanganana kuti twakaanzwa aaLeza. Mibili yesu matempele aaMuuya Uusalala. Mibotu. Leza wakatupa mibili, pesi njiyakwe Leza. Kuti umwi muntu wakukumbila kuti umulangile mwana wakwe kwazuba lyomwe, anga twalipeda kumulanga kabotu mwana ooyo. Munzila njiyeeyo njitweelede kulanga kabotu mibili yesu njituli aayo. Tweelede lubo kuli kataazya aatala abulondozi bwabamwi mubukkale bwesu mbuli nzila yakubatondezya luyando. Mukubayiisya zyabulondozi tunooli tuli kubagwasya kuti bakomene mbuli mbayanda Leza.

Maboneno aaJesu Aatala Abachiswa

NJOOMO MUMBUNGA MPATI

- Mucheengele chenu batwa biyeni bantu bachiswa?
- Jesu wakali kubajata biyeni bantu bachiswa?

Bala Matayo 4:23-24 a Matayo 14:14.

- Minchali eeyi ityeni aatala anzila Jesu njakali kujata aayo bantu bachiswa?
 - *Wakali kuyabweenda kasilika malwazi woonse. Wakali amoyo kulimbabo boonse bachiswa.*
- Kulakozyania akulindiswe naakuti kulisiyene?

Bala Matayo 25:34-40.

- Muli ooyu mukozyanisyo Jesu ngwaakaamba, basalala bakali kuchita biyeni? Niinzi Mwami nchaakabalumbayiza anchicho?

- *Kuswayila bachiswa abaangidwe muntolongo, kupa chakulya kuli balenzala, kupa maanzi kuli balenyota, kutambula batuba, bakachita zintu eezi 'kuziniini zyazeezi'.*

Jesu wakayiisya aatala akuyanda basimayakilane besu. Wakapa alubo mukozyanisyo wakoonga bachiswa. Wakapa zintu zijatika zilimbuli kulya, maanzi, azizwaato. Leza utupede mulawu wakoonga bachiswa. Eeli ndiimwi bbazu lizuzikizya mulawu wakuyanda basimayakilane besu.

Tweelede kuba aamaboneno aalimbuli aaJesu kubantu bachiswa. Tweelede kubajata amoyo mubotu wakumvwi. Tweelede kukombela kuponesegwa kwabo antoomwe akubapa lugwasyo lujatika. Aawo nitoonga bachiswa tutobela mukozyanisyo waJesu alimwi tweeta bulemu kuli Leza.

Tulakonzya lubo kugwasya bantu kuti tabachiswi! Eeyi njiimwi nzila yakutondeezya luyando akugwasya cheengele. Taziyandi kuti ubemoongi wakayiila mulimu kuti uchite eezi. Awumwi muntu ulakonzya kwiiya aatala abulondo akwaabila bamwi eezyo nzyaziba. Zintu zyiingi aatala abulondozi nzyuuba loko. Muli eechi chiiyo tulayiisyania aatala amibono myiingi yakuti muntu woonse ulayijata akuchita.

NCHITO MUMBUNGA MPATI

Gunzi Iya Tai Ping

Busena bwa Tai Ping lyakali gunzi lyakumyuunzi. Bantu bankuko bakali balimi ba rayisi, pesi kutanasika mwaaka wa 2005 taakwe nibakali kujana rayisi iizulila kupa chakulya kumpuli zyabo kwamwaaka woonse pe. Kakutakwe migwagwa yakali kutozya kumyuunda yabo, ayimwi mpuli yakali kutebula biyo eezyo nziyakali kukonzya kubweza munzila zyakutanta tulundu. Teensi kwali zimbuzi pe. Bantu teebakali kusamba samba pe. Kwakazibillikide loko kuti bantu bakkala kabachiswa mwida kwiinda kukkala kabali aabulondozi. Mbache bana bakalikuya kuchikolo. Bantu bamubusena oobu bakali kukkala kabachiswa biya, kabali eenzala, kabatayiide pe. Buumi bwakali buyumu mugunzi eeli.

- Niinzi chakali kupa kuti buumi buyume mu Tai Ping?
- Mboobuli buyumuyumu bukozyania mbumuli aabo mulichenu cheengele? (*lemba abboodi*)
- Mboobuli buyumuyumu mucheengele chenu bweetelezegwa aabulondozi (munzila iiboneka naa iitaboneki)? (*bikka mifumbo kuli zilembedwe*)

Kuli makani mabotu kulwano loonse lwa Tai Ping.

Basinsondo mu Tai Ping bakasanguna kwiiya TCT. Bakayiiya mabbuku aakusanguna bajana luzibo lwakuti Jesu wakali mwami aatala amabazu aamawumi aabo woonse, kuti Leza wakabapa zyakubelesya akukonzya, akuti wakali kuyanda kuti batondeezye luyando Lwakwe kuli bamwi. Bakasanguna kuyeeya kuti nga nbalatondeezya biyeni luyando kucheengele chabo. Bakasanguna kuyeeya kuti taakwe nibakali azimbuzi pe mubusena pesi bakalikuya kuluska luli afwiifwi akumulonga. Nibakaziyeeya bakabona kuti balikubisya meenda alimwi eezi zilikweetelezya kuti bantu bali kugunzi lili kunembo bachiswe. Aboobo mukuti bayande basimayakilane babo, bakasanguna kuyaka zimbuzi.

Mpawo basinsondo bakayiiya kuti mibili yabo bakayipegwa aLeza kuti bayibambe, alubo kuti teensi akali mabambe aaLeza kuti bantu bakwe bakkale kabachiswa choonse chiindi. Mukambawusi wakatalika kuyiisya zyabulondoozi kumamanino aankombyo zyakwe. Bakali kuya bwiinzizya kunembo njiisyo zyabo mukupona kwabo – muchiindi chakulyookezya mumyuunda amuziindi nibakali kuteka maanzi. Aawo basinsondo nibakatalika kutondeezya buumi bwabulondozi, basimayakilane babo bakazibona alimwi bakasanguna kuzichita abalabo. Muchiindi chifwiifwi, bakapanga migwagwa yakuti zilyo zyabo zibwezwe amidududu peepe kupikula kumisana, yakaselezya penzi lyakuchiswa misana. Bakasya zikkala kuti bakonzye kujana maanzi afwiifwi alimwi bakonzye kukkala abusanambi. Bakasya makomba akusowela tombe. Ayimwi mpuli yakapanga chilili bakasanguna kulya chakulya chibotu. Kuchiswa kwakacheya alimwi bana tebakachilikufwa nkaambo kantuntumaanzi pe. Nkaambo bakali babukonzya kusilika malwazi maniini

aamuunzi, bantu tebakachili kulova kumilimu yabo pe alimwi tebakachili kubelesya mali nyiingi kuula minsamu akuya kubasilisi.

- Njili mizeezo njibakayiya bantu bakugunzi Iya Tai Ping?
- Mboobuli bumwi busandu bwakachitika mugunzi Iya Tai Ping?

Ikuchita

NJOOMO MUTUBUNGA TUNIINI

Malayilile kuMweendelezi: Amuzuwisyanie mibuzyo iitobela eeyi mutubunga twabantu batatu naa bane.

- Nzeezili zimwi nzila nzimwali kubelesya kale koonga bachiswa?
- Mpuzili na zinga zilachitwa ansondo mbuli Nchito ya Luyando kuti kusumpulwe bulondozi bwamu cheengele?

NGAMBO ZIBOOLA

NCHITO MUMBUNGA MPATI

Antoomwe amusale Nchito ya Luyando njimunga mulachita kuti musumpule zyabulondozi mucheengele chenu. Amuchite mabambe aakuchita Nchito ya Luyando.

KUKOMBA

Amukombelane kuti umwi awumwi abe aamaboneno aalimbuli aaJesu kubantu bachiswa. Amukumbile Leza amupe manguzu abusongo bwakutondeezya luyando Lwakwe kulibamwi nibachiswa. Amukombele bantu bachiswa mbimuzi.

Chiiyo 2: Kusyoma Kutali Nkuko Aatala aBulondozi

Muzeezo Mupati

Kusyoma kutali nkuko kulakonzya kutukachizya kulemeka Leza amibili yesu akoonga aabo bachiswa.

Zyakubelesya

- Mukozyanisyo uuboneka: Kusyoma kwa Bulewusi (makkwa otatwe, anengwe aakati kuchitila kuti akumwi kusyoma kube akkwa lyako)
- Makkadi naa mapepa aanga alaba aabili aatalembedwe chintu pe

Manjililo

NJOOMO MUMBUNGA MPATI

- Nkookuli kusyoma kuzibilikide kuli aatala akuti niinzi zipa kuti bantu bachiswe?
- Nkookuli kusyoma kuzibilikide aatala azintu nzitweelede naa nzituteelede kuchita kuti tukkale katutachiswi naakuti tupone kuchiswa?

Ikusyoma kwaBulewusi Aatala aBulondozi

NJOOMO MUMBUNGA MPATI

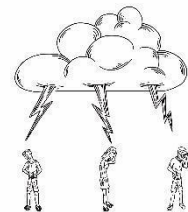
*Malayilile kuMweendelesi: Tondeezya **ZITONDEEZYO ZIBONEKA**: Kusyoma kwa Bulewusi aawo kamuyabulanga lumwi alumwi lusyomo.*

Atulange kuti Bbayibbele lityeni aatala akumwi akumwi kusyoma ooku. Kulimumo naakuti pe?

Kusyoma kwabulewusi 1: Kuchiswa koonse nchisubulo kuzwa kuli Leza

(CHITONDEEZYO CHIBONEKA)

- Wakali wamuswaana na umwi muntu uusyoma kuti kuchiswa nchisubulo?
- Kwakapa kuti ibe biyeni nzila njajata aayo bantu bachiswa?
 - Kumvwida kuche, tagwasyi pe, kubeteka muntu kati uulezibi zyamupa kuchiswa.
- Kwakapa kuti alijate biyeni muchiindi naakali kuchiswa we?
 - Kutanywa misamu yeelede pesi kalikuchita zipayizyo naa kulichita muna Kkilisito uululeme loko
 - Kutasyoma kuti nga ulabambubo apone
- Kuti katusyoma kuti kuchiswa nchisubulo, niinzi nchitunga tulachita kutabilila kuchiswa?
 - Tatuyeeyi pe kutabilila zyeetelezya malwazi nkaambo takoyeeya pe kuti zintu zilimbili kusamba maboko naa kubeleseya chimbuzi nzintu zyelede kuchitwa naakuti zikoloondo.



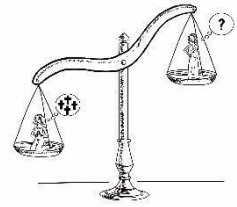
Bala kuli Johane 9:1-3.

- Koofwaala kwamwaalumi ooyu chakali chisubulo kuzwa kuli Leza na?
 - Jesu wakati peepe, tee chakali chisubulo pe.
- Jesu wakati niinzi chakapa kuti mwaalumi ooyu awofwaale?
 - Kuchitila kuti manguzu mapati aaLeza aboneke mulinguwe. Kuti Leza apegwe bulemu.

Kuchiswa kuchitika nkaambo Adamu a Eva bakabisya, aboobo tatukwe bulidilano buntuloko pe abwaanze bwazintu. Bbayibbele talidomboli pe aawo amwi aanga Leza wazumizya kuchiswa kwamuntu kuti asanduke, pesi teensi nkoonse kuchiswa pe kunga nchisubulo chachibi chamuntu.

Kusyoma kwabulewusi 2: Kuti katuli aalusyomo lupati, taakwe nitunga tulachiswa pe (CHITONDEEZYO CHIBONEKA)

- Kuvulide biyeni kusyoma ooku?
- Zipa kuti tubajate biyeni bantu bachiswa?
 - *Tusola bantu kuti tabakwe lusyomo nchibachiswa. Tatukwe moyo uumvwida pe, pesi tubapa mukuli mulemu.*
- Zipa kuti tulijate biyeni kuti twachiswa?
 - *Tatunywi pe minsamu iiyandika pesi tukomba biyo.*
- Kuti katusyoma kuti 'twaba alusyomo lupati, tatukochiswa pe', niinzi nchitunga tulayeeya aatala akutabilila kuchiswa?
 - *Tulanga biyo zintu zyamuyya, pesi tatuyeeyi kuti zintu zili mbuli kusamba maboko akubelesya zimbuji kuleelede.*



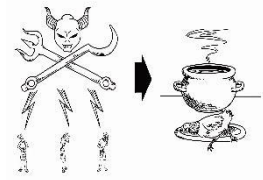
Bala 2 ba-Korinto 12:7-10.

- Niinzi Pawulo, ooyo mwaaalumi wakalemba eechi nchipanzi cha Bbayibbele, nchaakali kukombela?
 - *'Gwisya buumvwa bulimunyama yangu', kusilikwa kuzwa kuchintu chijatika*
- Leza wakamusilika na?
 - *Inee, tamusilikide pe.*
- Wakalekela nzi Leza kumusilika? Leza wakaamba kuti wakeelede abe alusyomo lwiingi na?
 - *Leza utaakwe naamba kuti wakalikuyanda lusyomo. Alimwi wakaleka kumusilika kuchitila kuti mangusu aakwe aboneke mubutela bwa Pawulo.*

Ninchoonzyo kuti Leza ulatusilika. Pesi, Bbayibbele libikka aantanganana kuti Leza tatusiliki choonse chiindi nitwakomba. Nkaambo kanjetelezyo zimwi nzitunga tatukomvwisisiya pe. Leza tatusiliki pe choonse chiindi.

Kusyoma kwabulewusi 3: Kuchiswa kweetelezegwa myuuya mibi aboobo, tweelede kuchita zipayizyo. (CHITONDEEZYO CHIBONEKA)

- Wakali waswaana muntu na uusyoma kuti kuchiswa kweetelezegwa amyuuya mibi?
- Wakali kulijata biyeni aawo muntu ngwayandisya wachiswa?
 - *Kubelesya mali, kuya kubang'anza, kupa zipayizyo akuyoowa myuuya.*
- Kulamulemeka na Leza kusyoma kuti kuchiswa kweetelezegwa amyuuya mibi?
 - *Peepe, nkaambo tuyeeya kuti myuuya mibi ilijisi manguzu kwiinda Leza.*
 - *Kuti katupa zipayizyo tulemeka myuuya mibi kwiinda Leza.*
 - *Tatujani chiindi chizulide pe chakoonga muntu uuchiswa nkaambo choonse tubelesya mali yesu achiindi chesu kukuchita zipayizyo.*



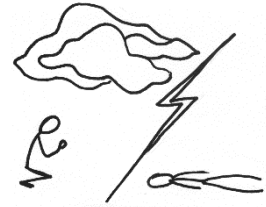
Bala kuli Mako 3:11.

- Ili aatala ani vesi eeyi?
 - *Jesu amyuuya mibi*
- Ngwani uulamanguzu mapati mu mu vesi eeyi?
 - *Jesu*

Ikuti twaswaanana amyuuya mibi, tatweelede pe kuchita zipayizyo. Pesi, atwiite kuli Jesu atugwasye. Uljisi manguzu aatala amyuuya mibi. Kuli zyiindi zyiingi loko mu Bbayinbbelle zitondeezya Jesu katanda myuuya mibi. Ntwiingi mu Bbayibbele aawo Jesu nakatanda myuuya mibi. Mpaali lubo mavesi miingi mu Bbayibbele atondeezya Jesu kasilika bantu kumalwazi aandeene kaatakwe natanda myuuya mibi, (mbuli kuli Johane 9:1-3,

njitwalangide kale, umwi mukozyanisyo ngu Matayo 8:1-13). Eezi zitutondezya kuti miingi malwazi ateetelezegwi amyuuya mibi pe. Kuti muntu wachiswa tweelede kumukombela antoomwe akumoonga kumubili wakwe uujatika kulinzyayanda. Eezi nzizyo Jesu nzyakatulayilila kuti tuchite.

Kusyoma kwabulewusi 4: Leza taakwe nalikataazy a bulondozi (CHITONDEEZYO CHIBONEKA)



- Wakalina swaana muntu uusyoma kuti Leza talikataazyi pe azyabulondozi?
- Zyakapa kuti ajate biyeni bamwi bantu bachiswa?
 - *Taakwe naalikataazy aatala ambabo pe.*
- Zyakapa kuti alijate biyeni muchiindi naakachiswa we?
 - *Wakabula bulangizi, kumaninwa.*
 - *Wakali kulangila biyo kulibamadokotela anbang'anza oikuti amvwe mbubo.*
- Kuti katuyeeya kuti Leza taakwe nalikataazy azyabulondozi, nga tulayeeya biyeni aatala akutabilila malwazi?
 - *Taakwe nitunga tulalipeda mukutabilila malwazi. Ikuti Leza katalikataazyi akuchiswa kweesu nkaambo nzi swe nituyanda kuli kataazy?*

Twalanga mavesi miingi muchiiyo chayinda aali aataka akuti Leza ulikataazy biyeni aatala amibili yesu.

- Muchiyeede na kuti Leza ulikataazy biyeni aatala abulondozi bwesu?
 - *Wakalenga mibili yesu munzila iisalidwe. (Ntembawuzyo 139)*
 - *Tulibakwe (Ntembawuzyo 100:3)*
 - *Jesu wakali aaluzyalo kubantu bachiswa. (Matayo 25:34-40)*
 - *Wakapa milawu kubantu bakwe aatala abusanambi akuchiswa. (Levitiko, Deuteronomo)*
 - *Mibili yesu nditempeli Iya Leza. (1 Ba-Korinto 6:19-20)*

Kusyoma kwabulewusi 5: tTaakwe nchitunga tulachita kuti tutabilile kuchiswa (CHITONDEEZYO CHIBONEKA)



- Kuvulide biyeni kusyoma kuti tatukwe nchitukonzya kuchita kuti tutabilile kuchiswa?
- Mpiili na nchenjezyo yabutabilizi njimuza kuzwa muBbayibbele?

Musule lyakubisya kwa Adamu a Eva, alimwi Jesu katanasika, Leza wasala musyobo omwe wabantu kuti babe bantu bakwe. Bakali kwiitwa kuti bana Izirayeli. Choonse Chizuminano Chakale cha Bbayibbele chizwide nzila zya bulidilano bwaLeza abaaba bantu ba Izirayeli. Leza wakalikuyanda kuti bana Izirayeli balemeke kuyanda kwakwe kumabazu aabumi woonse. Mukutobelezya kwabo balikunooba mukozyanisyo akuba chilongezyo kuli zimwi zisi. Nkaambo kaako, Leza wakabapa milawu yakutobelezya mubuumi bwabo bamazuba woonse. Mavesi aatobela ngitutalange azwa kumilawu eeyo yakapegwa kubana Izirayeli.

Deuteronomo 23:12 – malayilile aakuti belede kuyayi kuti kabaya kusokwe kuyoligwasya

Levitiko 11:27-28, 32-33 –kuti bachite biyeni kubanyama bafwa

Levitiko 15:2-5 – milawu yakusilika muntu uulamalwazi aakukunka zizwa

Levitiko 13:47-52 – kuti bachite byeni micheka yakaba aankubi

- Muyeeya kuti nkaambo nzi Leza naakapa malayilile aali boobu aatala azeezi zintu?
 - *Nkaambo ulachiyandisyo chipati aatala abusanambi.*
 - *Ulachiyandisyo chipati aatala abulondozi bwabantu bakwe.*
 - *Kuchitila kuti bana Izirayeli bakabe mukozyanisyo wabusanambi abulondozi bubotu.*

Mumavesi ngitubala kuli Deuteronomo akuli Levitiko, Leza wakapa milawu kubantu bakwe aatala abusanambi amalwazi.

- Muyeeya kuti kansinga bakatobelezya milawu eeyi nibanga teebakali kunoba abulondozi buli mbubo mbubo na?

- *Iyii, Loko!*

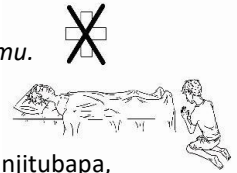
Leza wakalenga mibili yesu alimwi ulizi chibotelede mibili eeyi.

- Tulakonzya na kutola ntaamo zyakutabilila malwazi?
 - *Iyii! Tulakonzya kuyanduula nzila zyakuswiilila Leza akumupa bulemu amibili yesu.*

Leza wakapa nzila zyakuti bantu Bakwe bakkale abusanambi akubatabilila kumalwazi.

Kusyoma kwabulewusi 6: Kuti katuchiswa tweelede biyo kukomba katutayinki kuli bamadokotela akutabelesya minsamu. (CHITONDEEZYO CHIBONEKA)

- Wakali wamuswaana na muntu uusyoma kuti tatweelede pe kuya kubasilisi?
- Zijata biyeni nzila nzyalanga aayo bantu bachiswa?
 - *Ulabakombela biyo alimwi taakwe nabatola kuchibbadela naa kubapa minsamu.*
- Wakalijata biyeni we naakachiswa?
 - *Taakwe naakayinka kukkilinika naa kunywa minsamu.*
- Kuti katusyoma biyo kuti twelede kukombela biyo bantu bachiswa kaatakwe minsamu njitubapa, nzeezili zintu zibi zinga zila chitika?
 - *Muntu ulakonzya kuchiswa loko naa kufwa kuti wabula koongwa kuntuloko.*
 - *Tatutondeezi luyando lwa Leza pe kubantu bachiswa kuti tetwabagwasyo kuziyandikana zyamibili iijatika.*



Bala kuli Luka 10:25-37

Malayilile kuMweendelesi: Kuti basikwiiya kabakazi kale kaano kamu Samariya Mubotu, bayeezye biyo mpawo ubale bbazu lya Luka 10:33-35.

- Mu Samaria ooyu wakatondezya biyo luyando akukombela mwaalumi ooyu na?
 - *Inee*
- Mu Samariya wakamuchitila nzi ooyu mwaalumi wakalichiside?
 - *Wakabelesya mafuta (kumubukusa) awayini (kumusanzya)*
 - *Wakabbandicha zilonda zyakwe*
 - *Wakaliya kuti awongwe kabotu.*
- Jesu wakaamba na kuti ooyu mu Samariya wakeelede biyo kukombela muntu oyu?
 - *Peepe. Wakati 'Amwiinke anywebo mukachite oobo'.*

Ndisimpe iyii tweelede kukombela aabo bachiswa. Leza muponyi! Pesi ulayanda lubo kuti tupe bantu ziyandisyo zyabo zijatika. Kulaba kuti ulayanda kugwasa bachiswa Bakwe pesi eezi kazichita kwiinda mukubelesya nsondo yakwe.

- Nkaambo nzi nimuyeeya kuti Leza usala kubeleka muli eeyo nzila, kwiinda kuchita biyo maleele?
 - *Kuchitila kuti, bantu balumvwe luyando lwansondo.*
 - *Kupa nsondo mweenya wakutondezya luyando.*
 - *Kuchitila kuti, nsondo ibe aakulemekwa mucheengele akuba abulidilano bubotu abantu balimubukkale.*

Inchito

NCHITO MUMBUNGA MPATI

Malayilile kuMweendelesi: Chita kuti mbunga yoonse ibunganye **CHITONDEEZYO CHIBONEKA**: kKusyoma kwabulewusi muzibunga zilbili: 'zizibilikide mucheengele chesu' azezyo 'zitazibilikide pe mucheengele chesu'. Muchiindi aawo mbunga niili kuzuwisyania aatala amibuzyo eeyi, ulakonzya kubelesya makkaadi naakuti mapepa aatalembeledwe kulemba kumwi kusyoma kujanika mubusena oobo.

- Mpukuli na kumbi kusyoma kujanika mukati kacheengele eechino kuzibilikide loko?

- Bbayibbele lityeni aatala ankuko? Kuzwa kumavesi ngitwayiia, kusyoma ooko nkwasimpe naa nkwakubeja?

NDANGEMUSULE KAMULI BABILI

- Nkookuli kusyoma kwabulewusi nkuwakayiisigwa aatala abulondozi?
- Uyeeya kuti lino niinzi Leza nchayanda kuti uchite muli iimbi nzila?
- Mpubali na bachiswa mbonga ulatondeeza luyando lwa Leza muliino mviki?

KUKOMBA

Atukombe kuli Leza kuchitila kuti atugwasye tuzibe simpe aatala akuchiswa abulondozi. Atukombe kuti atugwasye tuzunde kusyoma kutali nkuko. Atukumbile Leza atugwasye tukonzye kutondeeza luuyando Lwakwe kulibamwi nibachiswa. Amukombele bantu bachisw mbimuzi.

Chiiyo 3: Imulimu waNsondo Mukuyaka

Zyeengele Zili Aabulondozi

Muzeezo Mupati

Kwaabana aatala azintu nzitwayiia mulizyabulondozi njiimwi nzila yakutondeezya luyando lwa Leza kucheengele chesu.

Zyakubelesya

- *kulisalila*: pepa pati, *i-marker board*, naakuti *i-chalkboard* (zyakulembela mizeezo yaNchito yaLuyando).

Twakagwasya Kale Bamwi

NJOOMO MUMBUNGA MPATI

- Nzeezili Nchito zya Luyando nzimwakali mwachita kale kukoonga bachiswa, kusumpula bulondozi bwabamwi mucheengele, naa kutabilila malwazi?
 - *Mikozyanisyo: kuswayila umwi muntu wakali kuchiswa, kugwisya mali zyaminsamu naa kutola muntu kuchibbadela, kukupa zikkala naakuti kusalazya aali bumbi busena ajanika maanzi akubelesya, kusakwida afwiifwi achikolo naakuti achibbadela, kuyaka zimbuji, naa kubwezelela tombe.*
- Eezi Nchito ZyaLuyando zygwasizya biyeni kusumpula mawumi aabantu?
- Mboobuli busandu bubotu mbumwabona kabuchitika kubulondozi bwabantu mucheengele?

NGAMBO ZIBOOLA

Tweelede Kwaabila Nzitwayiia

1 Petro 4:10

Awumwi awumwi wenu weelede kubelesya chipo chakwe nchaakatambula kuti akutawukile bamwi, mbuli batobeli baluzyalo lwa Leza munzila zyalo zyaandeene.

- Nkaambo nzi Leza natupa luzibo lupya luli boobu aatala abulondozi?
 - *Kuchitila kuti tukkutawukile bamwi mucheengele chesu*

Matayo 5:14-16

‘Muli Mumuni wanyika. Dolopo liyakidwe aatala achilundu talikonzyi kuisikana pe. Alubo bantu tabayasyi lampi pe mpawo balibike kusi achidekeselo. Pesi balalibika aatala achitulilo chalyo, mpawo lyapa mumuni kumuntu woose uuli mung’anda. Munzila njiyeeyo, amuchite kuti mumuni wenu umunike kulibamwi, kuchitila kuti babone milimu yenu mibotu mpawo bape bulemu kuli Taata wenu uulikujulu.

- Nkaambo nzi nitweelede kukkutawukila bamwi akwaabila eezyo nzitwayiia?
 - *Kuchitila kupa bulemu kuli Leza*

Ba-Galatiya 6:9-10

Alimwi atutakatali pe akuchita zibotu, nkaambo muchiindi cheelede muzotebula, kuti tetwalekela aakati. Aboobo, mbuli mbutuli amweenya, atuchitile bantu boonse zibotu, kampatila kulibaabo banga’anda yalusyomo.

1 Ba-Korinto 15:58

Aboobo, nobakwesu bayandwa, amwiimilkile nji, mutazungunisigwi, kamuswini kamuvula kumilimu ya Mwami, kamuzi kuti muMwami milimu yanu teensi njabuyo pe.

- Leza utusyomezya nyamanzi kuti teetwaleka milimu yakwe?
 - Muchiindi cheelede tuzotebula. Kubeleka kwesu teensi kwabuyo pe.

Nchito zya Luyando Zyeendelana Azya Bulondozi

NJOOMO MUMBUNGA MPATI

Malayilile kuMweendelezi: Mulakonzya kuti kutwaano ootu mubelesye twaano tujanika mubusena twa Nchito zya Luyando eezyo zyakoonga bachiswa naakuti yakagwasya kusumpula bulondozi bwabamwi.

Ntotu tumwi twaano twiingi twazyakachitwa ansondo kuti zisumpule bulondozi muzyeengele mulimbabo.

Bachikomana Basalazya Chikala ku Marare

Busena bwa Marare ndi gunzi lilabantu biingi loko munyika ya Uganda. Bantu bamisyobo yaandeene, bajana mali zisiyene, bakomba zisiyene, abalamyaaka iisiyene boonse balakkala ku Marare. Chintu chibeeta antoomwe boonse maanzi. Nchechintu nchibalemeka loko bantu aaba kwinda zimwi zyoonse mubusena oobu. Nikuba kuti busena oobu buli aachikala, muchiindi chakuwa kwamvula. Meenda alakunka kuzwa mumaanda aabantu kaaselela kuya kuchikala. Musule lyachiindi, chikkala chakazula muse amatombe. Nkaambo kazeezi yakatalikwe busanambi, bantu aaba bakali balangana apenzi yakupaluka kwamalwazi aajanika mumeenda. Bantu biingi bakasyoma kuti fulumende, ma-NGO, naakuti kkomiti yazyamaanzi mbabo bakeelde kuti babambe kuti limanwe penzi lyachikala eeli.

Bamwi bapati babachikomana munsondo yamubusena oobo bakayinka kuzyiyo zya TCT mpawo bakabungania bachikomana babo kuti batondeezye Luyando lwa Leza kucheengele chabo kwiinda mukusalazya chikkala eechi muli umwi Mugibelo. Banakazi nibakasika kuzoteka maanzi, bakajana bachikomana kabali kubeleka aachikala mpawo bakajatana aabo babagwasya. Aawo ikkomiti yazyamaanzi yamubusena oobo niyakabona kuti bantu balipa mukuli wakusalazya aachikala, yakabasungwaazyu lubo kuti beelede kukkala abusanambi chiindi choonse aachikala aawo. Musule lyayeeyi Nchito yaLuyando yomwe, bantu bamucheengele baka sungwaazigwa kuti balibambile kabotu chikala chabo. Umwi mwanakazi wakamvika kayiisya mwana wakwe kuti, 'Ndiswe tweelede kulilangila busanambi bwesu'. Tulumbayizye Leza akusanduka kwanzila yakuyeezya zyantutu baku Marare!

- Bantu bamucheengele bakali kuyeezya kuti ngwani wakali aamulimu wakuti ababambile kabotu chikkala chabo?
- Niinzi chakasandula mizeezo yabantu bamucheengele aatala akubamba kabotu chikkala chabo?

Insondo Ilakomena Nkaambo Ili Aachiyandisyo Aatala Azyabulondozi

Bamuka Mukambawusi Mpaso bakayiila kuba moongi pesi taakwe pe nibakalina buunsi babeleka mulimu wazyabulondozi nkaambo teemwakalikwe kkilinika pe mubusena mbubakali kukkala ibwaku Mombala. Musule lyakwiiya kuti Leza ulaachiyandisyo chipati aatala abulondozi, basinsondo bakabungania mali yakuula munchina wakuswiilizya kupompa kwamoyo. Ansondo ansondo nibanoonga bamana kunjila nsondo wakali kunoonga wagwasizya bana baniini antoomwe abamwi bapati bakali kunoonga bali aamapenzi maniini aazyabulondozi. Bantu bamucheengele bakazotalika kubayita kuti bazobagwasye kubapa mizeezo yakuti kuleelede na kuya kuchibbadela naakuti ndipenzi niini lisilikika aamuunzi, nkaambo chibbadela chakali kule kule abusena oobo. Bamwi abalabo bantu bakasanguna kugwasyana abantu banoonga basika kabayanduula lugwasyo lwazyabusanambi. Teensi bakali biyo kubagwasya azijatika zyaamubili, pesi bakali kubakombela akubazibisya aatala aJesu.

Mpango zyansono zyakavula twiindulwidwe. Imwi mpuli yakabona bukoloondo bwamilimu yakalikuchitwa yakalipeda kupa munchina uulanga BP mupya kuchitila kuti kusumpulwe bulondozi bwamucheengele. Bantu bamuzyeengele zili aafwiifwi abalabo bakasanguna kusika kuzipegwa malayilile.

- Ninzi chintu chipati chakachitwa abamuka Mpaso kubantu? (*kupa malayilile*)
- Ndooluli lugwasyo lwakapegwa abamwi bantu bamunsono? (*kukomba, koonga akujanisya ziyandikana zijatika...*)
- Muyeeya kuti nkaambo nzi nsono niyakakomena?

Majwi Mabotu Akambawukwa Kwiinda muBusanambi Bubotu

Insono mugunzi Iya Kyabasesi yakabona chiyandisyo chabusanambi mucheengele chabo, mpawo bakasala kuti bachizuzikizye musule lyakwiiya Bbuku IyaBulondozi. Bakayiiya kuti busanambi nchiimwi chintu chikoloondo loko mucheengele, nkaambo eezi nzizipa kuti bantu bapone kabali mubulondozi buntuloko. Nzila cheengele chesu njiiboneka aayo, nchitondezyo chakauti iswe ndiswe bani loko.

Insono zamu Kyabasesi yakajatana antoomwe kuyanduula nzila zyaandeene yakumana mapenzi kakubelesegwa zintu zijanika muzyeengele zyabo. Ziyandisyo yakadombolwa alimwi yakazuzikizigwa zibikka aantoomwe:

- Kuyaka zisanza yakuyanikila zilongo
- Kuyaka zisambilo azimbuzi
- Kusya makomba aakuchitila manyowa
- Kubikka zibikkilo zyamaanzi afwiifwi azimbuzi kuchitila kusamba maboko musule lyakubelesya chimbuzi

Eezi yakachitwa mummyunzi iilimusanu alimwi yakasumpula busanambi mubusena oobo. Lino, insono zyangulwa mbuli batumwa baleta busantu alusumpuko lwacheengele mubusena oobu. Myeenya yakukambawukila bantu kuti basanduke yakomena.

Mukambawusi wakapandulula, 'Twiiya kuti milimu yesu itondezya luyando loko kwiinda majwi biyo. Bantu bamubusena bwesu balikubona kuti nchoonzyo tweelede kuyanda Leza. Aboobo majwi mabotu alakambawukika munzila iili mbubo kwiinda munchito nzituchita kwiinda kwaambuula biyo'.

- Niinzi chakasandula nzila insono zaku Kyabasesi 'njizyaka kambawuka aayo' iJwi?
- Nkuguma musyoboongi nkuzyakachita mucheengele?

NJOOMO MUTUBUNGA TUNIINI

- Njiili mizeezo mipya njimuli aayo aatala Anchito zya Luyando nsono yenu njizinga ilachita kuti kugwasya bulondozi bwabantu?

NGAMBO ZIBOOLA

Malayilile kuMweendelezi: Akamwi kabunga akaabile mizeezo yako aatala anchito zyaluyando zyachiindi chiboola. Mulisalile: Amulembe abboodi zinoli zyawambwa.

Kugwasya Bamwi Kutu Bayiye Busongo bwasya Bulondozi Buuba

NJOOMO MUMBUNGA MPATI

Kutu tusumpule bulondozi muzyeengele zyesu, tweelede kuchita Nchito zya Luayando mpawo tuyiisye bantu aatala abulondozi. Nchito zya Luyando zilagwasya kuti bantu babone bulondozi busumpukide. Mpawo banooli bayandisya loko kulipeda kweezya zimbi zintu zipya. Bhuku lyoonse eeli lijisi njiisyo aatala akutabilila malwazi

antoomwe akonga bantu bachiswa naa bakalichisa. Njiisyo eezi nimfwifwi alimwi ninguba kwinda njiisyo zyalubbe zya TCT zyamunsondo. Chiindi choonse noyiya busongo bupya aatala azyabulondozi, ulakonzya kwaabilana abamwi. Kuyiisya bantu njiimwi nzila yakutondeezya luyando. Zimwi nzila eezyo zyakabelesegwa ansondo kwaaba busongo ibwazya bulondozi muzyeengele zyabo zibikkilizya:

1. Kuyiisya zyiyo zya zyaabulondozi kumamanino ankombyo yamunsondo. Kutamba basimayakilane kuti basike kuziyo.
 2. Amwiinzizye kunembo zyiyo zyaabulondozi mukweenda kwazuba. Amwaambuule aatala anzizyo nimuli kuzisambalilo, kukuteka maanzi, kukusapa zizwaato, nansya kumyuunda. Amuyeeeye aatala azyiindi nimuswaanana abantu. Nga mulabaabila na nzimunoli mwayiya mumviki?
 3. Amuyiisye busongo oobu kubusena bwakubunganina mucheengele lumwi amviki.
 4. Amuyiise busanambi mutubunga twabanakazi, tubunga twamuwaalo, naakuti tumwi tubunga.
- Nzeezili zimwi nzila nzitunga tulaabila aazyo busongo bwazyabulondozi mucheengele chesu? Nga tulagwasya biyeni bantu biingi kuti bazyiye?

Kuchita Mabambe aaCheengele

Lino chaba chiindi chakuti muchite mabambe acheengele chenu:

- Amukombe kuti mube amoyo wa Leza kuli bachiswa. Amukombe kuti amugwasye kuti muyake cheengele chilabulondozi. Amukumbile busongo bwa Leza kuti ngamulazichita biyeni.
- Amuzuwisyanie kuti nzeezili Nchito zya Luyando nzimuga mulachita mukati ka myeezi ili musanu awumwi iitobela mukusumpula bulondozi mucheengele. Amusale kuti njiili njimunga mulachita kusanguna, iitobela kaziya kunembo.
- Amulange mabambe aakwaaba zyiyo zyaabulondozi—mpuzili na nzimuyanda kubamba kwalino kamutana talika zyiyo?

Nimwabamba mabambe eenu, amwaabikke mumaanza aaLeza. Amukombe antoomwe mumukumbile amugwasye muzuzikizye akwamaninsya mabambe eenu. Amumukumbile aumpule bulondozi bwamubusena bwenu.

Chiiyo chitobela nchiinga sikusanguna zyiyo zili aatala abulondozi nzimunga mulaabilana acheengele chenu.

Chimpanzi 1: BUTABILIZI

Chiiyo-Chiniini: Tulakonzya Kutabilila Malwazi

Muzezo Mupati – malwazi mayingi alatabilika, alimwi kutabilila nkubotu kwiinda kusilika malwazi.

Zyakubelesya

- Zyakulisalila kumanjililo 1: Tugumbuli twa pulasitiki naakuti mapepa amonyedwe (naakuti zimwi zintu zitali ntenda kukuzisowa)

Manjililo

NCHITO MUMBUNGA MPATI naakuti KUYOOMA

Malayilile kuMweendelesi: Sala musobaano naakuti lwaano kuti musangu eechi chiiyo.

Musalo 1: Musobaano

Malayilile kuMweendelesi: Bweza kagumbuli kali aamabwe mukatai ukabikke aatala atebuli naakuti aachuuno abusena bulantanganana. Pa awumwi muntu mapepa aazuzya jaanza, nyangu naakuti chimwi chintu chitakwe ntenda kukuwaala. lindulula musobano ooyu tutavuli loko koli kubelesya bantu bapya.

1. Amusike mwiimikile mumutendelele.
2. Tuyanda bantu bobile kuti biimikela mukati kamutendelele oomo muli chuuno chilakagumbuli eetala.
3. Mulimu wabasikulipeda aaba ngwakuti batabilile kagumbuli aaka takawi pe kuzwa aachuuno. Basikulipeda tabeelede pe kujata kagumbuli, pesi balakonzya kubelesya nichiba niinzi chili munganda oomo kutabilila kagumbuli, (mbuli chibbeki naakuti kabbuku kakulembela kuvumbatila kagumbuli).
4. Bantu balimumutendelele beelede kubelesya mapepa ngibajisi aamonyedwe, naakuti inyangu beezye kutulula kagumbuli aaka kawo kuzwa aachuuno.
5. Mulapegwa maminisi aabili kusika kuli aatatu kuti muchite mulimu wenu.

MIBUZYO YANCHITO

- Mulimu nzi wabantu babili bali mumutendelele?
- Nzeezili nzila nzibabelesya kuti batabilila kagumbuli?
- Nzeezili nzila zyabeleka kwiinda zimwi?

Mbuli mumusobaano ooyu, tulakonzya kulitabilila aantoomwe ampuli zyesu kuzwa kukuchiswa. Ooku kutegwa *Mbutabilizi*. Amwi malwazi ngituzibide alakonzya kutabililwa na kuselezegwa loko. Kutabililwa kwamalwazi kaatana sanguna kulagwasya kupa kuti mpuli yako ikkale kiili aabulondozi. Nzyiingi zintu nzitunga tulachita kuti tukkale katuli aabulondozi akuti malwazi atabi mapati aselele.

Musalo 2: Lwaano

Malayilile kuMweendelesi: Bala lwaano, mpawo uzulwide kabunga kumibuzyo iitatobele.

Chimwi chiindi kwakali gunzi lyakali aakazila kaniini kumbali aachilundu kakali kuyoosika kumugwagwa mupati. Kuti guwo kalili pati, bantu bamugunzi eeli bakali kunoonga bawisizigwa kuyosika muni achilundu alimwi biingi bakali kulichisa. Bamwi biingi bakafwa. Nsondo yamubusena oobu yakeezya kugwasya, aboobo yakabungania mali yakuula nchinga yakali kubelesegwa mbuli ambulensi, eeyi nchinga yalikukkala kuni achilundu. Lino, kwanoonga bantu batolwa guwo, bakali bachila kufwambaana kubachijania kukilinka! Bamwi bantu bakapona. Pesi, nkaambo kakuti kalundu kakali mujulu loko bantu bakayinkila kunembbo kabawisigwa aguwo, biingi bakafwa bamwi bakali kulemana nkaambo kakulichisa.

- Muyeeya kutyani? Nsondo yakali kutondeezya luyando na kucheengele eechi?

- Niinzi chinga chila chitwa ansondo kumana penzi lyakuti bantu bachifwa?
- Mpiili na nzila yakutabilila kuti bantu tabanowi? Nga ilabeka zili mbubo na?
 - *Iyii, bakeelede kubikka bbaya aatala kuchitila kuti bantu tabanowi.*

Loko, kuli mbubo kuti bantu tabalichisi pe. Nikuba kuti kugwasya bantu kuya kuchibbadela nkupati akulako - alimwi eeyi niNlchito ya Luyando mpati loko muzyiindi zyiingi - pesi kuti kakukonzeka, kulimbubo kugwasya kuti bantu batabililwe penzi talichitiki biya pe.

Nkaambo nzi butabilizi nibuli bukoloondo?

NJOOMO MUMBUNGA MPATI

Mbuli mbukwakali kubotu kuti nsondo itabililile bantu tabanowi kuzwa aatala aachilindu, kwiinda kufwambaana kuyobasisya kukkilinka, kulakozyania lubo akuli aambi malwazi. Chibotu nkutabilila malwazi kusanguna.

- Bantu bamumpuli yako bakkala kabachiswa twiingi biyeni?
- Kutu muntu wamumpuli yako wachiswa, niinzi zinga zilchititika zitape kuti buumi buyume loko?
 - *Mpuli yoonse ilakonzya kuchiswa (malwazi aatabikizyanigwa)*
 - *Kumana kwamali naa kwamulimu*
 - *Kubelesya mali nyiingi kuula misamu, mali zyakweenzya kukuya kukkilinka akuboola kumuunzi, kuliya bamadokotela azibbadela*
 - *Kucheneka mali nkaambo kakubula mali yakubelesya ziyandikana*
 - *Kubelesya chiindi chiingi koonga bachiswa*
 - *Taakwe sikulanga bana (bazyali balikuchiswa loko naakuti beelede kweenda kuyoosilikwa kule)*
 - *Bana tabayinki kuchikolo*
 - *Kufwidwa / kuba muchaala*
 - *Kulila, koomoka, akuyeesesya kuzwa mukufwidwa amuntu ngoyandisya*
 - *Kubuzisisya aatala alusyomo lwako naakuti Leza mubotu na*
- Buumi bwampuli yako bwalikunosumpuka na kaansinga tochiswi chiswi?

Bulondozi bwesu mbukoloondo. Kuba aabulondozi bubotu kulagwasya kuti kubote kumabazu abuumi bwesu woonse. Kuchiswa kubisya loko mabazu aabumi bwesu woonse. Kusilika malwazi munzila iilinjiyo nkukoloondo, pesi kutabilila nkukubotu kwiindi kuzoosilika. Amuyeeye kuti tweeledede kubikka lubaya sansina katutana wula ambulensi!

Niinzi nchitunga tulachita kuti tutabilile kuchiswa?

NJOOMO MUTUBUNGA TUNIINI

Malayilile kuMweendelezi: Lemba aansu nzyoonse zyaambwa. Kutu kulizimwi zyazeezi zyataambwa, baabile, mpawo ubuzye kuti mpali na wakali wamvwa aatala anzizyo:

- Nzeezili nzila nzyozi kale zyakutabilila kuchiswa?
 - *Kubelesya chimbuzi*
 - *Kubwezelela tombe choonse chiindi*
 - *Kujalila zivubvwa*
 - *Kunywa maanzi mabotu aasalede*
 - *Kusamba maanza kotanala naa kuzwa kuchita milimu iilatombe*
 - *Kukumba meno/menyo*
 - *Kulala mumatebwe aatakwe tombe*
 - *Kujikila mubusena busalede*

- *Kubelesya maanzi aasalede, aayeledede kukujisya*
- *Kulya zisyu /chakulya chisiyene chijisi mibala iisiye alimwi*
- *Kunyonsya bana batete*

Kuti twalanga zilembedwe, tubona kuti kuli zintu zibili zipati zitabilila kuchiswa:

- Ikugwisya zyoonse zinga zilatupa kuchiswa zikkale kule ambili yesu. Tuchita eezi kwiinda mukubona kuti maanzi essu, chakulya myuunzi alubuwa zilisaledede taakwe nikujanika tombe lilimbuli mazyu aabantu, mazyu azivubwa, alimwi tombe zwalyo.
- Kuchita kuti mibili yesu isime mukati. Mibili iisimide tiyandochiswa pe. Tuchita eezi kwiinda mukunyonsya bana besu (nkaambo malili aamunkolo nkokulya kululeme loko kwabana kwakazwa kuli Leza) antoomwe akulya chakulya chiyaka mubili. Leza wakazichita zyawuba ikuti tuzibe akubona chakulya chiyaka mubili, nkaambo minsamu iiyaka mubili ilaboneka akusandula mubala wachakulya kampatila kuzisyu amichelo. Ikuti twalya zisyu amichelo myiingi ilaamibala yaandeene, tulaba aamibili iisimide alimwi iilabulondozi.

Muzyiyo zitobela, ndiswe basikuzilanga eezi munzila iinikide. Ikwasunu tweeledede kuyeeya kuti nchikoloondo kutabilila malwazi kwiinda mukuba basanambi akuchita mibili yesu isime. Butabilizi nchintu nchitukonzya kuchita toonse.

NCHITO MUMBUNGA MPATI

Malayilile kuMweendelezi: *Gwasya mbunga yiyiye kuchita zitondeezyo zyamaboko kukweezya kuchita eezi nzila zyobile zyabutabilizi, mbuli kuti 'kujula maanza kakutondeezya kusinkila malwalwazi akwaatanda' mpawo kufumba mfayindi akulisimya kutondeezya 'kusima kwamibili'. Amuchite eezi Kamuli kwiindulula kuchitila kuyeeyza muntu woonse aatala anzila zyakulitabilila eezi zyobile.*

Ikuchita

NJOOMO MUTUBUNGA TUNIINI

- Mukati kanzila zyoonse zyabutabilizi zyaambwa sunu, njiili njuwazi kale akwiichita?
- Njiili njozi pesi toyichiti pe (naakuti toyando yichita)?
- Niinzi nchonga ulachita iino mviki kuti ulemeke Leza amubili wako akugwasya kutabilila kuchiswa mumpuli yako? Ani mucheengele choonse?

KUKOMBA – Atukombe kuli Leza kuti atugwasye kutabilila kuchiswa mumpuli amuzyeengele zyesu.

Chiiyo-Chiniini: Mayoka Ayetelezya Kuchiswa

Muzeezo Mupati – kuchiswa kusaalila kwindi mumayoka pesi tulakonzya kwiimika kusaalila kwakuchiswa amalwazi.

Zyakubelesya

- Kabwe kaniini loko
- Chitondeezyo zchiboneka: Asaalila biyeni Malwazi

Manjililo

- Bantu bamubusena bwenu basyoma kuti niinzi cheetelezya kuchiswa?

Kuli kusyoma kwiingi aatala akuti niinzi cheetelezya kuchiswa – kuzwa kukutukwa a Leza. Alimwi zyiingi zyankuko ndisimpe. Tuleelede mbuli nsondo, kukomba akulangila kuli Leza kuti aponie akwaangununa bantu kuzwa kuzituko. Pesi tweeleda kumvwisisiya kuti kuchiswa kwiingi kweetelezegwa aanzitwiita kuti ‘mayoka’. Kutu katuyanda kutabilila kuchiswa mucheengele chesu, aboobo tweeleda kumvwisisiya buniini kuti mayoka wo abeleka biyeni.

Kumvwisisiya Mayoka

INCHITO MUMBUNGA MPATI (MUSOBAANO)

Malayilile kuMweendelesi: Kumbila bantu kuti bayimikile afwiifwi loko kuli umwi awumwi kabachitide mutendelele, mpawo batambikane kantu kaniini (kalimbuli kabwe), kusule lyabo. Sala omwe uulipeda kuti ayimikile aakati kamutendelele. Weelede kweebela kali kuyeyela kuti kabwe kali aalini muchiindi nikayabweenzegwa. Kuti ooyu wayeyela mbubo, sala umbi uutanjile aakati. Amuchite musobano ooyu twiingi.

Kabwe nkitwalikupedana kayimwilidi joka. Mayoka:

- maniini loko taaboneki pe.
- alanjila mukati kesu akutupa kuchiswa.
- alakonzya kwinzigwa kuli umbi muntu kaatake nitwakubona pe naa kuziba.
- alabwezwa abanyama naakuti tunondo antoomwe abantu.

Mayoka alapananwa kuti twagumana.

- Ntungane toonse ntuwagumana amuntu sunu? Kulakonzeka kaali maanza, mano, naakuti chimwi biyo chizo chamubili? (nsandulo zilembedwe nzyamikozyanisyo biyo.)
 - Kupana bwaanza bwasokwe
 - Kumbungatilana
 - Kusaana amwana

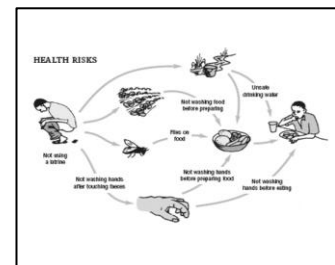
Nzila Nzitupegwa Malwazi Aazyo Amayoka

NJOOMO MUMBUNGA MPATI

Malayilile mumweendelesi: Tondeezya **CHITONDEEZYO CHIBONEKA**: nzila zyakusaalila kwamlwazi.

Cheengo eechi chitondeezya nzila zilimusanu azibili zizibilikide eezyo mayoka ngaana alanjila aazyo mumibili yesu akutuchisya.

1. **Ikutabelesya Chimbuzi** (mwaalumi uusunsumene kumbali kuchimweensi). Ikuligwasya aanze kusiya mazyu aantanganana, alimwi alakonzya kubisya akweenzya mayoka kumasena alaafwiifwi, maanzi, maanza eesu, mawulu amibili. Mafumba aabanyama aalawo alanyampula mayoka.
2. **Ikutasamba maanza musule lyakujata mazyu** (janaza lili kungsi). Tulakonzya kuguma mazyu (aamuntu naakuti aachivubwa) nansya katutakwe nitwaziba kuti twaguma chiindinzi:
 - tulabeleka mummyunda azivubwa
 - bana balasobana aanze
 - kusanzya maambukwa aamwana
 - kuligwasya kusokwe
3. **Kutasamba mujaanza kotanatalika kujika** (janza akalido kachakulya). Mayoka ayinzizigwa kulichakulya nchituli kujikila mpuli yesu.
4. **Inzinini aalichakulya** (inzinini akalido kachakulya). Inzinini ilakkala aamazyu aabantu aazivubwa mpawo zyakwezwa mayoka zyee do aawo mpuzitakakkale.



5. **Kutasanzya chakulya mumaanzi aasalede kachitana jikwa** (*manzi aaletome aaletala akalido kachakulya*). Kuti chakulya chaba atombe alimwi twaleka kuchisanzya – naakuti twachisanzya amaanzi aletombe – anga twayinzizya kunembo mayoka.
6. **Kunywa maanzi aatasalede** (*maanzi aaletombe aalejulu alimwi mwaalumi ulikunywa maanzi*). Maanzi aaletombe njiimwi nzila mpati loko iyeta malwazi akuchiswa.
7. **Kutasamba mujaanza kotanala** (*maanza amwaalumi uulikulya akunywa*). Mayoka kuzwa kuli nikuba niinzi nchitwaguma alayinda kaaya kuli chakulya nchitulikulya.

Malayilile kuMweendelesi: Amutole mweenya wakulingula lubo minchali musanu ayibili kusikila balikwiiya bakonzye kwiyeeya amitwe. Mpawo waanzanie balikwiiya babe babili babili mpawo koli kutondeka akamwi kabunga. Pandulula kuli balikwiiya kuti muli kulanguula kabunga kakonzya loko kuyeeya amutwe. Kuti watondeka kabunga, keelede kadombole munchali uutobela. Kuti bakachilwa balagwisigwa mumusobaano. Kamuyabuya kuyoosika kukachaale kabunga komwe.

NJOOMO MUMBUNGA MPATI

- Ndeelili lyayaaya linga lilaba penzi pati mubusena bwenu?
- Nzezili chimwi naa zibili nzimunga mulachita mbuli mpuli yenu kuchitila kwiimika kusaalila kwamayoka aayetelezya kuchiswa?
- Ngwani ngonga uyoopandulwida mayoka iino mviki?

Ikuchita

NJOOMO MUTUBUNGA TUNIINI

- Niinzi chintu chomwe nchitunga tulachita antoomwe ndilyo lino mucheengele chesu kuti tugwasye kwiimika kuchiswa amalwazi kuti atasaalili mucheengele chesu?

KULILINGULA OMWINI

- Niinzi nchonga ulachita iwe olikke mukweezya kwiimika kusalila kuchiswa amalwazi mumpuli yako?
- Ngwani ngonga ulaabilana aawe muliino mviki?

Chiiyo-Chiniini: Myuunzi lisaalede lila Busanambi

Muzeezo Mupati: Tweelede kukkala myuunzi yesu kiisaalede kuchitila kutabilila malwazi kuti atasaalili.

Zyakubelesya

- Tubwe tusika makkumi aabili, matu naakuti chimwi biyo chintu chuuba kusisa.
- Chitondeezyo Chiboneka: Nzila yakuchita Chakujatya Nzinini
- Zyakubelesya kukupanga chakujatya nzinini

Manjililo

MUSOBAANO

Kabatanasika kuchiiyo bantu boonse, sisa tuntu tuniini (tulimbuli tubwe) mukati kang'anda yoonse. Kuti basika bantu, bayeezye aatala 'amusobano wakutabukizyana mayoka' ngumwakachita. Baambile kuti bayanduule 'mayoka' aasisidwe mukati kang'anda (jata mukozyanisyo wazintu nzuwasisa). Pa bantu maminisi mache kuti bayanduule 'mayoka'. Mpawo bayite baboole aantoomwe ulange kuti mbangane bajana.

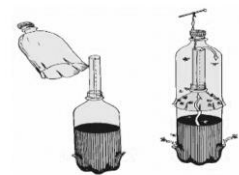
Mbuli tubwe ootu mayoka alakonzya kuyuba nikuba aali mukati kamaanda amyuunzi yesu. Sunu tuyanda kwambuula aatala akuti tulagwisya biyeni mayoka mukati kamyuunzi yesu kuchitila kuti atachisyi mpuli zyesu.

Nzila zyakubamba Myuunzi yesu Kiili Aabusanambi

1. **Tatunoswidi aansi munda.** Kulakonzeka kuba mayoka mukati kamate ngituswida.
 - *Atubelesye nzila zyelede kukweesemuka akukola (mukati kakakokola kavungidwe). Chita kuti balikwiiya bazyeezye eezi.*
2. **Atubone kuti matebwe, mashiti, mibbeeda azimwi zyakuyala zikkede kazisalede.**
 - Katuyanika matebwe azimwi zyakuyala aazuba chiindi achiindi.
 - Kuti kakuli tuuka tujatilila aabulo, tila maanzi aabila mpawpo usape zyakuyala zyoonse.
 - Chiindi achiindi basimpuli abajanisigwe misamu iijaya njina. Injina anzinini zinyampula malwazi miingi.
3. **Atubelesye chimbuzi alimwi tuchibambe kachisalede.** Ikuti kamutakwe chimbuzi, amuchiyake. Amuyiisye bana kubelesya chimbuzi. Amuvunike dindi lyachimbuzi kuchitila kutabilila nzinini mpawo chikkale kachisanzizigwe.
4. **Kuyiila aansi, malambo aang'anda antoomwe azyakukkalila.** Ng'anda yoonse ayiyiilwe chiindi choonse. Amuyiile aansi akubukusa zyuuno azimwi zili mung'anda kubikkiliza malambo. Maanda ayanda kukkala kayiilwa.
5. **Itombe alisowengwe kabotu.** Zimwi chitya manyowa zimwi tenta. Tombe litachitiki manyowa alitatenteki amubikke mukomba lyatombe. Eezi zipa kuti talizuli busena boonse akutabilila nzinini kuto kaziwandokkala aboobo ikkomba kuti kalili kule amuunzi inzinini amabbende azilazyo zilakkalila kule.

Lisigwa biyeni kkomba lyakubikka tombe:

 - a. Makomba ayelede kwelana amakkoma aakujazya mulayongo obile (2 x 2–3 metres) alimwi kalinikide bwa mita yomwe. Eeli lili boobu lilakonzya kutola myaaka myiingingi kumpuli yomwe.
 - b. Makomba ayelede kusigwa kuzwa mamita aasika makumi aabili naakuti (ntaambo mpati zisika makumi aabili) kuzwa aawo ajanika maanzi akuzwa amuunzi.
 - c. Makomba ayelede kusyidwa aabusena buli aajuli kuchitila kuti atazuli meenda muchiindi chamayinza.
 - d. Muchiindi achiindi, kamuvwikila tombe amuse mbichaani kuchitila kuchesya nzinini. Amubikke lubaya aakomba eelyo kuchitila kuti zivubwa abana batanjili mukati.
6. **Amuchite kuti banyama atuuka tatunjili pe mung'anda.**
 - Amutazumini kunjla kwabanyama mukati kang'anda.
 - Amuleke banyama bakkale muzyaata kuti kakukonzeka.
 - Amusinke lwaanzi amabbanga aanga alanjila mapempe, tubanze, tuuka azimwi.
 - Amufwaambane kuyiila mafumba abanyama ajanika afwiifwi amuunzi.
 - Kuselezya kujanika kwanzinini njiimwi nzila igwasya loko mukuselezya kuchiswa. (*amwiiye kupanga chakujatya nzinini. Amubelesye* **CHITONDEEZYO** **CHIBONEKA:** Nzila yakupanga chakujatya Nzinini)



INCHITO

Amuzwe anzila zyakubelesya maanza mukwiiya akusoola kuchita nzila zyakukkala myuunzi kiisalede. Amuzisoole kamuli antoomwe kwakayindi twiingingi.

Ikuchita

KAMULI BABILI

- Nzeezili zimwi zyazeezi zyaambwa nzimuchita kale kukusalazya aamuunzi?

- Ncheechili chomwe naa zibili nzonga ulabweza kuti ukazichite kukuyosalazya muunzi wako?

Chiiyo-Chiniini: Mibili lisaledede

Muzeezpo Mupati – mukukkala mibili yesu kiisambide azizwaato kazisapidwe kuchesya kuchiswa.

Ndangemusule

- Nga tulazyaamba na nzila zyoonse zili musaknu zipa kusaalila kwamayoka?
- Nzeezili nzila nzimuyeede zyakubamba myuunzi yesu kiisalede?
- Mpali na uuyanda kwaabilana aabamwi zintu zyeedelede kuchitwa kukutabilila kuchiswa?

Manjililo

- Nuwakali mwana muniini, wakalikutegwa usambe tungana? Ani kukumba meno?

Nzitwakali kwiiya katuli baniini, nzizyo nzitweelede kwiinkila kunembo katuchita alino amubuumi boonse. Pesi mukuti tweembele kabotu mibili ya Leza, tweelede kwiiya zintu zipya alimwi akuziyiisya bana besu.

Zyakutobelezwa kuBusanambi Bwesu Bubotu

Kusamba mibili yesu – Kugwisay mayoka antoomwe akutabilila kuti mubili utafumuki.

- Samba kumenso lubbe.
- Samba mubili wako antoomwe ama susu tubili kusika kututatu amviki kobelesya nsipa, kampatila muchiindi chakupya. Belesya matawulo aasiyene kukusanzya bana kuchitila kutabilila kusaalila kwamayoka.

Kukumba Meno – Kutabilila kukkuka kwameno, kununka mukanwa, antoomwe akuchisa kwameno.

- Sapnguna kukumba meno aabana muchiikndi naasanguna kumena, mpawo ubayiiso kulimba abalike kuzwa muchiindi nibatalika kuya kuchikolo.
- Belesya kakumbyo naakuti kasamu kanyeeleka. Belesya musamu wakukumbya meno kuzwa kuchintoonlo chamisamu, naakuti iuswaanizye mwinyo asoda (yakujisya), kumba kabotu kumabazu woonse kutalikila kumaminisi aabili. Kumba meno kuseni agolezwa.

Tabilila Mano – Atuyeeye masena woonse ngitulyata! Mumano katubweza mayoka atuuka.

- Zwaata naaba ma patapata naakuti nsangu, kampatila kukunjila muchimbuzi amumasena muvulide mawemusi. Mawemusi aaya alanjila kwiinda mumano.
- Samba mano lubbe golezwa awaawo nomvwa kuti aba aatombe.

Kusapa Zizwaato – Zizwaato zyesu ziyanda kusapwa chiindi choonse. Kuziyanika muzuba aakasamu naakuti antambo kugwasya kujeya tuuka twiingi tuli mbuli njila, tunondo tuajanika muamtebwe atumwi.

INCHITO

Amuchite nchito zyakweenzya maboko zitondeezya nzila zine zyakubamba mubili kuusalede. Amuzeezye Kamuli antoomwe'. (bona kuti balikwiiya bachiyeede na nchito zyakweenzya maboko zili musanu ayimwi zyakubamba muunzi kuusalede, mpawo amuzichite kazili antoomwe zibe kkumi!)

Ikuchita

KAMULI BABILI

- Nzeezili zyazeezi nzimukkeede kamuchita kale mumpuli yenu?

- Nceechili chomwe knaa zibili nzonga uyosanguna mumviki iino mukutabilila kuchiswa mumpuli yako?

Chiiyo-Chiniini: Maanza Aasalede

Muzeezo Mupati: samba maanza kuchitila kuti kutabi kusaalila kwamayoka akuchiswa.

Zyakubelesya

- Chitondeezyo Chiboneka: Impompi linkunuka
- Chitondeezyo Chiboneka: Panga yako Mpompi linkunuka

Ndangemusule

- Nzezili nchito zipya nzuwakasanguna kuchita mukweezya kutabilila kusaalila kwamayoka, ikuti ube amuunzi ulaabusanambi, naakuti ube aamubili uusalede mumpuli yako?
- Nzyuuba naakuti nzilemu?

Tatukoonga tulachita busandu kwamviki yomwe biyo. Tweelede kwiinkilia kunembo katuchita ziyabusanambi kuchitila kuti tubone mpindu zibotu akuchesya kuchiswa muzyeengele zyesu. Tamuleki pe!

Manjililo

MUSOBAANO

Ambila balimukabunga kuti baambe zintu zyoonse nzibaguma amaanza aabo sunu. Amudombole zintu zyiingi muminiti yomwe.

Nkaambo kakuti utujata zintu zyiingi, mayoka miingi ngitutaboni alakonzya kunjla mumaanza eesu kuzwawo anjile mumulomo, mumenso, mumatwi, mumpemo... akuli bamwi bantu. Nkinkaako **kusamba maaanza nchichili chintu chikoloondo nchitunga tulachita kukutabilila kuchiswa.**

Nzila Mbotu Zyakusamba Maanza

Ba aasimpe lyakuti maanza aako asalala nuwasamba.

- **Belesya nsipa.** Kusamba biyo amaanzi takujayi mayoka pe.
- **Bukusa kwama sekonzi aasika makumi aabili** kotana sumbuluzya. Chimwi hiindi nkubotu kwiimba lwiimbo lunga lulasika ma sekonzi makumi aabili aabana mukubayiisya kusamba maanza aabo (*chita kuti kabunga kalisalile lwiimbo lubotu lwakusamba mujaanza.*)
- Sanzya aakati kaminwe **amunsi lya maala** mumo muyuba mayoka.
- **Sumbuluzya amaanzi asalede.** Utasumbuluzyi kobelesya ngawo maanzi nguwali kusamba, nkaambo anooli aba aamayoka.
- Sambila maanza aako kule awaawo mpoyanda kujikila naa kubamba chakulya awaawo mpumulida,

Maanza Asambwa Lili

Samba maanza **MUSULE LYA:** (*bona kuti mbangana bakonzya kwaamba kotana baambila zilembedwe munsi.*)

- Kubelesya chimbuzi.
- Kusanzya chimbuzi.
- Kugumana amazyu naakuti mafumba.
- Kujata nyama mbisi, itanajikwa.
- Kubeleka mumuunda.
- Kuyiila tombe.

- Koonga muntu uuchiswa.
- Kukola, kweesemuka naa kumina masini
- Kuguma nzinini, tunondo abanyama.

Yeeya kuti, munchito zyoonse eezi nzituguma tulakonzya kusaalizya mayoka. Kuli zintu zitatu nzitweelede kusamba maanza **kaututana** chita:

1. Katutana jika naa kubamba chakulya
 2. Katutana kulya
 3. Katutana lisa mwana
- Nkaambo nzi nimuyeeya kuti tweeleda kusamba maanza katutana chita zintu eezi?
 - *Nkaambo nkuuba kuti mayoka anjlile mumibili yesu kwiinda mumulomo.*

Lwaano lwamukozyanisyo

Ruth ulizi kuti weelede kusamba maanza aakwe musule lyakubelesya chimbuzi, anali kwaamba kujika, pesi uleepenzi kuzichita eezi. Chimwi chiindi alamucheyela maanzi alimwi nga tachikwe aazulila pe muchiindi nayanda kusamba. Chimwi chiindi nsipa tayiboni pe mpiibede. Chimwi chiindi ulazwa muchimbuzi alube kuti uyelede kusamba maanza. Nikuba kuti uyanda kusamba maanza muchiindi cheelede, zilamuyumina kuziyeeya.

- Niinzi chipa kuti Ruth ayuminwe kusamba maanza?
- Njiili mizeezo njonga ulapa Ruth kumugwasya kuti asambe maanza?
- Aaya mapenzi aaliboobu alajanika na mumpuli yako?

Chita Kusamba Maanza Kuube akubelesya Mpompi Zinkunuka

Kuti katuyanda kusamba maanza eesu (akumenso akumawulu) muzyiindi zyoonse eezyo, tweeleda kuzichita zyuube alimwi zibe chakufwambaana mbuli mputukonzezya. Tulakonzya kuchita masena aakusambika maanza:

1. afwiifwi achimbuzi.
2. afwiifwi ampumujikila akulida pesi (kutabi aafwiifwi loko).

Tondeezya **CHITONDEEZYO CHIBONEKA** (naakuti ukkala koli wachita kampompi kankunuka kachitana sika chiindi chakwiya).

- Muli aacho na chintu chili boobu afwiifwi achimbuzi chenu?
- Niinzi chili mbubo kubelesya mpompi iinkunuka kwiinda kusambila mudishi?
- Nga zilagwasya na kuba achintu chili boobu?



Ikuchita

Ikuti balikwiya kabali kubotelwa ampompi iinkunuka eeyi, amubambe chiindi chakuzipanga Kamuli antoomwe. **CHITONDEEZYO CHIBONEKA:** Chita yako mpompi iinkunuka. Ba asimpe kuti kabunga kabamba kuza azyakubelesya kakutana sangunwa kubeleka.

- Niinzi chipa kuti kusamba mujaanza kubotu kuyume? Anga tulamana biyeni mapenzi aaya?



Chiiyo-Chiniini: Cheemngele Chisalede

Muzeezo Mupati – tulakonzya kutola ntaamo zyakutabilila kuchiswa mucheengele chesu.

Ndangemusule

Sala bayanda baamba kuti niinzi nchibati bachita kwalino kuti myuunzi yabo ikkale kiisalede akubona kuti muntu woonse mumpuli zyabo ulikusamba maanza kabotu amuziindi zyeede.

- Kwalikuyumu na kuchita zintu eezi?
- Mpuzili na zimwi zintu nzimuyanda kuchita, pesi tazikonzeke pe?

Manjililo

- Nimwalikuzabuza ookuno sunu, mpali na wabona tombe munzila? Mpali na wamvwa kununka kubi? Mpali na wiinda munzila iilamasokwe malamfu?
- Mulimu wani wakusalaza busena oobu akugwisya eezi zintu?

Cheengele chisalede chipa kuti malwazi atasaalili alimwi toonse tulakonzya kuba abulondozi bubotu. Kwiinda kulinda umwi muntu, tulakonzya kulichitila atulikke ndilyo lino.

Nzila Zyakukkala Cheengele Chesu Kachisalede

Insandulo zyeede zililembedwe muni kuchitila mibuzyo aakuzuwisyanika. Eezi teensi nzizyo azilikke nsandulo ntuloko. Mpalamo njakugwasya kabunga kuti kayeeye mapenzi aaliwo antoomwe akuti nga alamanwa biyeni mapenzi aayo. Amulange musule aatala amapenzi ayetelezegwa amazyu aabantu, mafubam aaba aabanyama, atombe zwalyo:

- Mayoka asaaliza malwazi.
- Kwiita nzinini atumwi tuuka tweetelezya kusaalila kwamalwazi.
- Maanzi aanjilwa mazyu amayoka atupa mwida mwakupaya.

Ngaali loko masena aajanika kubungana kwamazyu aabantu, mafumba aabanyama, atombe zwalyo mukati kacheengele chesu?

MUNZILA

- Nzeezili zimwi njetelezyo zipa kuti nzila zyenu naa migwgagwa zibe atoombe jingi?
 - *Bantu balasowa tombe.*
 - *Banyama baleendenda kabanina munzila.*
 - *Bantu bapati abana balaswida munzila, bamwi balasuba akunina munzila.*
 - *Inziinini atuuka.*
- Niinzi chinga chilachitwa kuti masena aaya asalale alimwi azookkale kaasalede mulilya juunza?
 - *Kuyiila munzila eezi.*
 - *Kuyiisya bantu bamucheengele kubota kwakuyiila akukkala nzila zyesu kazisalede.*
 - *Kuyaka zimbuzyi zyamucheengele.*
 - *Kusya makomba aakusowela tombe mucheengele.*
 - *Amubiiike zuba/mujatile antoomwe kuyiila akugwisya tombe mucheengele amweezi amweezi.*

MAANZI AMIGELO YEENDA MAANZI

- Nzeezili zimwi zintu zilikupa kuti meenda eesu abije? Mpukuli na kuli kubungana maanzi aaletombe mucheengele chesu?
 - *Bantu baya kusokwe/kulusaka afwiifwi amilonga.*
 - *Tombe lilakukulwa ameenda kali selela muchindi chamvula.*

- *Ngaali masena aasechelwa amuse atombe.*
- Niinzi chinga chilachitwa kusalazya masena aaya akukkala kaasalede muli lya juunza?
 - *Kuyiila akusalazya masena aakkkala maanzi asalede antoomwe amumigelo.*
 - *Kuyiisya cheengele kubelesya zimbuzi kuchitila kuti kutabi kubisigwa kwamaanzi.*
 - *Kutabilila masena aajanika maanzi.*
 - *Kujalila banyama/zivubwa.*
 - *Kugwisya masena aayimikila maanzi akusakwida masokwe aalampisya – aawa mpawo azyalana mansenya atuumwi tuuka tweetelezwa malwazi.*
 - *Amupange bweendelezi bwazuba lyakuyiila mucheengele amweezi amweezi.*

LUBUWA LWACHIKOLO

- Lubuwa lwachikolo lulasalala na? kuti pe, niinzi chinga chila chitwa?
 - *Kuyaka zimbuzi kuchikolo.*
 - *Kuyaka aakusambila mujaanza kuchikolo.*
 - *Kugonka masokwe malamfu alachikolo.*
 - *Kugwisya maanzi akayimikila antoomwe atombe aachikolo.*

KKILINIKI YABULONDOZI (kuti kakuli kkilini na afwiifwi)

- Ikkilini eeyi ilisalede na, mukati aanze? Ikuti pe, niinzi chinga chilachitwa?
 - *Amube azuba litigwa ‘kuyiila kkilini’*
 - *Amugonke masokwe malamfu*
 - *Kugwisya maanzi akayimila antoomwe atombe*
 - *Amusanzye malambo, aansu, amasena aajatililwa aanze amukati.*

Ikuchita

- Kuzintu zyoonse zyambuulwa aatala anzizyo sunu, muyeeza kuti penzi pati naakuti chiyandisyo chipati mucheengele chenu niinzi?

Sungwaazya kabunga kuti kachite mabambe aakubona kuti bazoba acheengele chisalala ilili alimwi balazichita biyani. Bagwasye kuti balange chintu chomwe muchiindi chomwe mpawo bachite mabambe aakonzeka kuti azwidilile.

Chiiyo-Chiniini: Zimbuzi

Muzezo Mupati: Muntu woone kubikkiliza abana, beelede kubelesya chimbuzi kuchitila kutabilila kusaalila kwamalwazi.

Zyakubelesya

- Chitondezyo chiboneka (makwa obile): Misyobo yone yazimbuzi

Manjililo

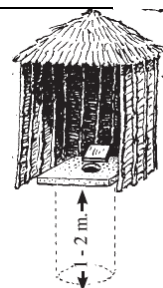
- Nzingana mpuli zilazimbuzi?
- Nkaambo nzi nikuli kubotu kubelesya zimbuzi? Muchiyeede na kuzwa kuzyiyo zyayinda?
 - *Kuchitila kutabilila mayoka amalwazi kuti atasaalili.*
 - *Kuchitila kuti bantu tabaligwasizyi aafwiifwi amilonga naakuti munzila.*
 - *Kuchitila kuti myuunzi yesu ikkale kiilabusanambi.*
- Nkaambo nzi bantu nibatabelesyi zimbuzi?

Misyobo Yone ya Zimbuzi

Tondeezya **ZITONDEEZO ZIBONEKA**: misyobo yone yazimbuzi koli kuzipandulula

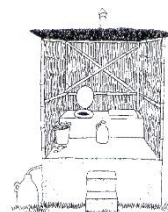
Musyobo waChimbuzi 1: Chimbuzi Chakomba Lijalwa

- Chiyakilidwe aazisamu, samende naakuti masamu mapati.
- Chila chintu chakuvumba komba (kujalila nzinini akununka).
- Kuti chazula mulakonzya kuyaka chimbi. (Alimwi aali chachindi mulakonzya kubyala musamu).



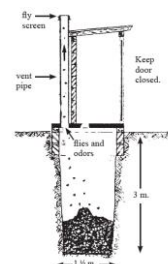
Musyobo waChimbuzi 2: Cheenzya Minsyu Munzila Yayo Njumu

- Chiyako aatala anyika.
- Chila aamachemba aabili, yamazyu ayaminsyu.
- Nchibotu kumasena aachitika mapoopoma.



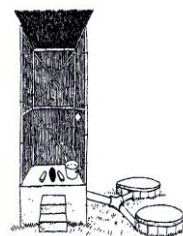
Musyobo waChimbuzi 3: Chilisumpukide Kukunjizya Muuya

- Chijisi payipi iyeenzya kununka anzinini.
- Nkaambo mukati mulasiya, aboobo nzinini ziyanduula kuli mumuni mpawo zyakujatwa zyafwa.
- Cheelede kuba amudima mukati kuchitila kujata nzinini.



Musyobo waChimbuzi 4: Chakweenzya Tombe aMaanzi

- Chilabusena bujalwa amaanzi, chilyakilidwe alimwi chilamakomba aabbila.
- Chibotu ooko kuli maanzi aamunyika aalikule.
- Nchibotu ooko bantu nkubabelesya maanzi kweenzya tombe akusanzya.



Zimbuzi zyoonse zyelede kuyakilwa busena butalikila mamita makumi aabili kuzwa aamuunzi naakuti kuzwa aabusena bujanika maanzi aakunywa.

Azikkale Kazisalede Zimbuzi

- Nzeezili zimwi nzila ziyakubamba chimbuzi kachisalede? (Ikuti ezi kazitadombwedwe abali mukabunga, zyaambe.)
 - Kusanzya zilabbu choonse chiindi.
 - Amube anchoonzyo kuti komba lilachijazyo chalyo chikkala aabusena bwacho. Chilakonzeka kupangwa achisamu.
 - Kuwaala zintu zili mbuli dota, maanzi aabeleka azimwi kuchitila kuchesya kununka anzinini..
 - Kkal kozweete nsangu nonjila muchimbuzi.

Zimbuzi zya Bana

- Bana baniini c hiindi chiingi tababelesyi chimbuzi pe. Niinzi chipa kuti kuyume kubelesya chimbuzi kubana?
 - Kukachilwa kujula milyango.
 - Kuyoowa kusiya naa kuwida mukomba.
 - Tabayandi kununkilwa.
 - Balachedwa kuyoosika.
- Nkaambo nzi nichili chikoloondo kuti bana babelesye zimbuzi? (Ikuti ezi teezyambwa akabunga, zidombole)
 - Kuyiisya zintu zibotu.

- *Kuti takubi kusaaliziya mayoka ayetelezya malwazi – mazyu aabana abweza mayoka.*
- Bana bayiya biyeni kubelesya zimbuji? Niinzi nchitunga tulachita kusungwaazya bana besu kuti babelesye zimbuji?
 - *Sanguna webo ube mukozyaniso.*
 - *Bayiisye kabotu amoyo mulamfu.*

Imwi nzila yakugwasya bana njakuyaka chimbuji chabana chitali kule pe amuunzi.

- Amusye komba litabbili loko linga lilaba chisela chamita.
- Amuyake silabbu yasamende naa yabulongo, naa zisamu. Amubikke chakuchazya bulyango.
- Taakwe malambo aayandikana pe kubana.
- Basungwaazye kuti kabakkala kababelesya eechi akukkala kabavunika lubo bulyango.
- Kuti lyazula kkomba, gwisya silabbhu ukayibikke aalibumbi bulyango. Amuvwikile eeliya lyazula amuse. (Mwabyala musamu pawaawo ulakomena kabotu!)

Ikuchita

- Muunzi wenu ulaacho na chimbuji? Musyobo uuli? Ikuti pe, nguuli musyobo ngumuyanda kuyaka? Niinzi chakubelesya nchimutayande?
- Nga tulagwasya biyeni zimwi mpuli kuti zibelesye zimbuji zyiindi zyoonse?
- Niinzi chintu chomwe nchuwaiya sunu nchonga uzowabila bamwi mumviki iino

Chiiyo-Chiniini: Maanzi Aanywika

Muzeezo Mupati – Maanzi aaboneka kusalala tachaambambi kuti alanywika pe. Tweelede kwaasalazya akwaatabilila.

Zyakukubelesya

- Chitondezyo Chiboneka: Nzila Zine Zyakusalazya Maanzi
- Chitondezyo Chiboneka: Nzila yakubelesya SODIS Kusalazya Maanzi
- Zimwi zyakubelesya
 - Magilazi obile akubikila maanzi aakunywa; lyomwe kalilamunyo
 - Maanzi aasefedwe kuti abe chitondezyo chakubelesya SODIS
 - Tugumbuli twakuchitisa SODIS. Sungwaazya bamukabunga bayete twabo.

Manjililo – Maanzi Aanjoloma teensi Alanywika pe Choonse Chiindi

Bamba magilazi obile aakunywina maanzi – limwi uyeemusye bachoncho bamwinyo bobile mukati, limwi utabiki mwinyo pe. Bikka aatebuli muntu woose abone. Utabaambili pe kuti mumwi muli mwinyo.

- Alakozyania na maanzi mumagilazi obile?
- Maanzi aaya aboneka kaali mabotu kunywa na?

Kumbila balipeda banywe nkudyu yamaanzi. Basyomezye kuti alikabotu kunywa.

- Alikukozyania na maanzi aalimuma gilazi?
 - *Inee, limwi lyali aamunyo limwi talikwe pe, pesi alikubonekaanga alakozyania.*

Mbuli mwinyo, mayoka aalawo maniini loko kuti aboneke. Maanzi alakonzya kulangika kaanjoloma pesi kaali aamayoka ayetelezya mwida mwakupaya.

Maanzi Mabotu aMaanzi Aasalazigwa

- Nkookuli nkutujana maanzi eesu?
- Kulakonzeka na kuti taali mabotu pe? Niinzi chinga chilapa kuti abe aatombe? (*ikuti eezi tezyaambwa mukabunga, zidombole.*)
 - *Banyama balayinka aafwiifi akuyosiya mafumba.*
 - *Bantu bayinka kusokwe afwiifi amaanzi.*
 - *Tuuka tuzyalila mpawo.*
 - *Taanjolomi pe, alaabulongo mukati.*
 - *Muli tombe mumaanzi.*
 - *Minsamu iizwa kukulima.*
 - *Nsipa zizwa kukusapa zizwaato naa kusamba.*

Tatukoonga tulaba aasimpe pe kuti maanzi aanjoloma mabotu kukunywa. Tweelede kusalaza maanzi eesu sansina katutananywa pe kuchitila kutabilila mwida.

Chakusanguna, kugwisya bulongo mumaanzi, (Aawa TAZYAAMBI PE kuti anooli anywika.) kulinzila nguba zyobile:

1. Amuchite kuti maanzi aalabulongo alizinze kwazuba lyomwe; amutulide aalya aanjoloma mulichimbi chibikkilo, alimwi mwiindulule aaya mabambe.
2. Amu sefe maanzi aaya kamubelesya mucheka usapidwe.

Kutobela, aasalazigwe maanzi. Nzezi nzila zine nguba. (*Belesya* **CHITONDEEZYO CHIBONEKA**: Nzila yaku Salazya Maanzi.)

1. **Ku Bizya Maanzi:** ikuti biyo azwa fulu maanzi, abizye kwamaminisi aalikumi. Avunike waaleke awole kamutananywa.

- Mboobuli bubi abubotu bwayeeyi nzila?
 - *Bubotu – ninguba kuchita, ilazyakubelesya zyoonse zijanika.*
 - *Bubi – ipa kuti mupye mung'anda, kweelede kuyanduulwa naa kuulwa zyakudukuzya mulilo, amwi maanzi alayuminina nkaambo kakubila.*



2. **Musamu:** Chenjela ubelesye mweelwe uulinguwo: malosi aabili aamusamu wabbulichi mulita yomwe yamaanzi. Inche loko tijayi pe mayoka; nyiingi loko ilakonzya kuchisya bantu kabiyo. Ibbulichi ilakonzya kutenta zikumba zyesu antoomwe amenso akunyonyoona zizwaato. Maanzi aasalazigwa kakubeleseghwa bbulichi TAAYELEDE pe kunywigwa, pesi alikabotu loko kukusamba maanza akusanzya zilongo.

- Mpali na wakali wiyezya eeyi nzila? Mboobuli bubotu abubi bwayo?
 - *Bubotu – ninguba kukuchita, ilafwambaana alimwi ilazwidilila.*
 - *Bubi – taalikabotu pe kunywa, kuyandikana kweela akuchenjela, weelede kukonzya kuula munsamu wa bbulichi ooyu.*



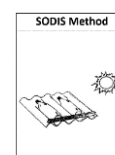
3. Kusefa:

- Mpali na uubelesya eeyi nzila? Mboobuli bubotu abubi bwayo?
 - *Bubotu – Ninguba kubelesya alimwi ibelesya zintu zijanika mubusena.*
 - *Bubi – cheelede kubambwa akuchita kuti chikkale abusanambi.*



4. SODIS: Izuba lilakonzya kujeya mayoka mbuli maanzi abizigwa!

- Mpali na wakali wayibelesya eeyi nzila? Mbiibuli bubotu abubi bwayo
 - *Bubotu – ninguba kukuchoita kumasena aapya aalezuba.*
 - *Bubi – ilachedwa, tiizwidilili pe kuti kakuli mayoba naa kakuli kuwa mvula.*



Kusoola SODIS

Chita kuti muntu woonse aze aakagumbuli kuzosoola SODIS. Belesya **CHITONDEEZYO CHIBONEKA**: Nzila yakubelesya SODIS kukusalazya maanzi. Zyakutobelesya kukuchita SODIS:



1. Sala kagumbuli kali kabotu:
 - o Kagumbuli ka 1 naakuti 2 lita, kaniini naakuti pati kwindi kalakonzya akalako kubeleka kabotu.
 - o Kagumbuli kabalangala, ka pulastiki naakuti gilazi; gwisya zinamatikidwe zyoonse.
 - o Katabi kachiindi loko. Maanzi aako alakonzya kubija kukunywa.
2. Sanzya kagumbuli aawo nosanguna kukabelesya.
3. Bikka maanzi kaambe kuzula kagumbuli kusika aa $\frac{3}{4}$ kaali manzi aanjoloma. SODIS tiikobeleka pe kuti maanzi kaali aabulongo mukati.
4. Chuka kagumbuli kwama sekonzi makumi aabili.
5. Lino kazuzye kagumbuli aaka ukavunike avunisyo wako.
6. Bikka kagumbuli aaka aazeng'e naakuti aakaluli kamazeng'e.
7. Amusiye tugumbuli ootu katuli eezuba kwama wola asika musanu alimwi. Lino anooli aba kabotu kunywa!

Nywa maanzi aaya mukati kazuba lyomwe naakuti aabili kakutanaba kukomena lubo kwamayoka.

Ikuchita

KAMULI BABILI

- Mulaasalazya na maanzi? Kuti pe, nkaambo nzi?
- Ulakonzya na kweezya imwi yazeezi nzila mumviki iino? Njiili njoteezye?
- Ngwani muntu omwe ngonga ulaabila majwi aluzibo oolu muliino mviki?

Chiiyo-Chiniini: Kulya Kubotu

Muzeezo Mupati: Kubamba kabotu, kujika akutabilila chakulya kugwasya kutabilila malwazi.

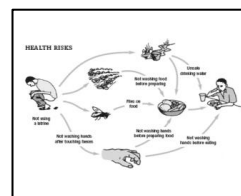
Zyakubelesya

- Chitondeezyo Chiboneka: Chakuyanikila Zilongo
- Chitondeezyo Chiboneka: Nzila zyakusaalila kwaMalwazi
- Zyakuyasya Chisanza Chakuyanikila Zlongo: Izipanda zine, atusamu tumwi tuniini, aloozi.

Manjililo

Tondeezya **CHITONDEEZYO CHIBONEKA**: Nzila zyakusaalila kwamalwazi

- Nga tulaba biyeni asimpe kuti kulya kwesu takukotuchisya ?



Kutabilila Mpuli zyesu Kwiinda Mukuzipa Kulya Kusalede

Bantu balakonzya kujana mayoka, kupaya, akumwi kuchiswa kupati kwiinda muli chakulya. Pesi kuti twayiiya kuchita zimwi zintu zyuuba, twalaba aasimpe kuti tulikupa kulya lusalede kumpuli zyesu. Nzezi nzila zyakubnona kuti mpuli yako ikulya kulya kusalede

1. **Samba maanza kotana jika naa kulya.** Mayoka alawubilwa kweenda kuzwa mumaanza kuya muli chakulya.
2. **Sanzya michelo azisyu.** Sanzya michelo yoonse azisyu mumaanzi mabotu kazitana ligwa, kempatila eezyo ziligwa kazitajikidwe.
3. **Jika nyama zyoonse, nkuku, mayi, yangulube, azyamumaanzi mane zibizwe kabotu.** Mayoka aajanika munyama ajiigwa aakujikwa. Uziba biyen kuti inyama yabizwa:
 - Musinza ulaboneka.
 - Taakwe kuboneka kusalala salala pe kwagaze munyama nikuba ayankuku angulube (mukati kayo).
4. **Inyama iitajikidwe, iyankuku, yangulube naa zyamumaanzi, ikkazike kule achimwi chakulya.** Nengela chisyu naa michelo aabusena busiyene ambuwanengela nyama. Utabelesi zilongo akafulo nkako nkako nkwanenzya nyama kukunenzya zisyu achimwi chakulya. Samba maanza aako musule lyakujata nyama mbisi.
5. **Vunika chakulya alubo utachileki kachikkede aanze.** Utaleki chakulya chijikidwe kachikkede aanze kwamawola aayinda aabili. Nkubotu kuleka nyama iijikidwe azimwi zyoonse zipangwa kuzwa kumalili kazilikupa kuyoosika muchiindi chakuligwa kwazyo. Utalekeli nzinini naakuti tumwi tuuka tukkale naa kweendeenda aalichakulya. Nzinini atuuka zibweza mayoka aayetelezya malwazi. Kulya akukkale kakuvunikidwe, naakubikka mumabbokesi naakuti mumakkabati aajalwa aakasefa kakachizya kunjila kwatuuka ootu.
 - Nzeezili zimwi nzila zinga zilapa kuti nyama zikkale kazikasaala nizyazwa kujikwa?
 - Mubelesya nzi kuvunika naa kuvumba chakulya?
6. **Belesya Zilongo Zisalede.** Kadishi kalakonzya kulangika kakasalala pesi kakabwezede mayoka ngitutaboni pe. Tweelede kubona kuti zyakubelesya zilongo zyoonse zyakubikkila chakulya champuli zyesu tazikwe mayoka pe.
 - Usanzya biyeni (naakuti nga ulasanzya biyeni) zilongo zyako zikkale kazisalede aakati kazyiindi zyakulya? (*Dombola akupandulula zyoonse zinooli tazyambidwe mukabunga.*)
 - *Sanzya zilongo ansipa.*
 - *Belesya maanzi aapya kusumbuluzya zilongo. (kupa kujeya mayoka).*
 - *Belesya maanzi mabotu kusanzya zilongo (aasalazigwa akubizigwa, abikkwa munsamu naakuti aachitwa SODIS).*
 - *Utaleki zilongo zyasanzigwa zikkale aansa.*
 - *Yumika zilongo zyasamba eezuba. (Yeeya Leza wakatupa zuba kuti tujaye mayoka!). Eezi zilimbubo kwiinda kubukusa zilongo kobelesya mulembo puukonzya kuti awulawo ujisi mayoka, naa kulongela lubo kazili zitete, mayoka alazyalana mukuteta ooko.*
 - *Bikka zilongo zyako aachisanza chakuyanikila kovumbide amulembo. Kuti kakuli kkaboti, bikka mipika, tulido, ankomesi kazilangide aansa kuchitila kuti tuuka amabbede aztumwi tatunjili mukati pe. Zilongo zyakujsiya tazyelede pe kussigwa aansa.*

MUSOBAANO WAMBUNGA MPATI

Malayilile kuMweendelesi: Gwasya kuti kabunga aaka kakonzye kweyeeya eezi nzila zilimusanu zyakujika chakulya munzila iilaabutabilizi. Musule lyakuzipandulula zyoonse, zyiindulule lubo imwi ayimwi. Mpawo musobane musobaano: anzaania mbunga ibe tubunga tubili naa tutatu. Yita mweelwe aakati kayeeyi 1,2,3,4, or 5. Muntu wakusanguna kunyampuka akwaamba nzila oyeendelana wajanina kabunga kakwe ipoyinti. (mukozyanisyo: kuti wati 4; mpawo umwi wati – ‘kuvunika chakulya’. Kabunga kakusanguna kusika ku 15 nkikazunda.

Zisanza Zyakuyanikila

NCHITO MUMBUNGA MPATI

Malayilile kuMweendelesi: Kuti kakukonzeka amuyake chisanza kamuli aantoomwe kamubelesya nzila zyakutobelezya zili mu **CHITONDEEZYO CHIBONEKA:** Chisanza Chakuyanikila Zilongo. Amube asimpe kuti mwali mwabungania zyoonse ziyandikana kukuyaka. Kuti kakutakonzeki kuchiyaka chisanza, tondeezya **CHITONDEEZYO CHIBONEKA:** Chisanza Chakuyanikila Zilongo mpawo upandulule mbuchichitwa.



Malayilile aakuyaka Chisanza Chakuyanikila Zilongo:

Bungania:

- Impanda zine mpati. Zyeede kuba aabulamfu bwakuti maboko aako alasikila eejulu.
- Tusamu tune tulaakati aakati.
- Tasamu tukotede tunga tulasika makkumi aabili katweelene bulamfu.
- Loozi, naakuti chimwi chakwaanzia ncholaacho.

Yaka:

1. Syidila mpanda eezi zisime, izipanda kazilangide kujulu. (Yeeya kusala busena bukkala kabuli eezuba). Impanda eezi zyeede kupanga mabazu aane. Aaya ngamawulu aachisanza.
2. Bikka tusamu tune tulaakati aakati aampanda, ikutu mabazu aane ajatane.
3. Iinga tusamu tuniini twachaala katuyabujatana.

Lino waba aachisanza chako!!

Chibesegega Biyeni Chisanza Chakuyanikila Zilongo:

1. Bikka zilongo kazilangide aansu musule lyakuzisanza kuchitila kuti maanzi azwe ayume ezuba.
2. Kuti zyayuma zilongo, azilongelwe mung'anda naa kuzivumba amucheka uusapidwe kuti tazinjilwi limbi tombe.

Ikuchita

NJOOMO MUTUBUNGA TUNIINI

- Niinzi nchonga ulasanguna kuchita mumviki iino kuti ujanisye kulya kubotu kusalala kumpuli yako?
- Nzezili zintu chomwe naa zyobilwe nzuwayiia sunu nzokonzya kwaabila bamwi muliino mviki?

Chiiyo-Chiniini: Kulya Kuyaka Mubili

Muzeezo Mupati – Kulya kuyaka mubili kulayandikana kuti muntu akomene kabotu, beleka chamanguzu, ukkale koli aabulondozi. Amwi malwazi aachisachisa bantu aza nkaambo kakutalya chakulya chiyaka mubili.

Zyakubelesya

- Kulya kugwasizya (mukozyanisyo, mweete mandongo, bbiinsi, antoomwe achisyu)

Manjililo

- Kuboneka biyeni kuti mwana ooyu upegwa chakulya chili kabotu?
 - Ulaamanguzu, ulachijaana chijaana, ulasaana, akubuzya mibuzyo myiingi.
 - Menso aakwe atuba kabotu alimwi ulaamaseya aneneede.

- Uboneka biyeni akuchita biyeni kuti katajani kulya kuzulila?
 - *Kubula manguzu, kulilalila, kukkala kakumbila chakulya, kuubuluka.*
 - *Menso aatatondeezzy buumi, kuyumuma milomo, akuzimba bula.*

Muntu uatalyi kulya kuyaka mubili kuzulila unookkala kabulide manguzu alimwi kachiswa chiswa. Ooku kwiitwa kuti **nkubula kulya kuyaka mubili**. Antoomwe azimwi nzitwaamba kale, kubula kulya kuyaka mubili kweetelezya zimbi zintu:

- Bana tabalampi pe alimwi tababi aamanguzu.
- Bana tabachiti kabotu pe muchikolo nkaambo tabakonzyi pe kwiiya naa kujata nzibayiiya kabotu.
- Mibili yesu ilebuukide loko zyakuti ilakachilwa kulwana mayoka amalwzi - aboobo tulachiswa chiswa, alimwi kuchiswa ooku ngakwaba malwazi mapati.
- Bana bazyalwa kabali banini alimwi kabatakwe manguzu kuti banyina teebalikulya kabotu.
- Mamama aanyonsya alimvwa kaakatede chindi choonse alimwi tabakonzyi pe kugwisya malili mayingi.

Kupa Kulya Kuyaka Mubili

Tulakonzya kuchita zintu zibili kugwasya kuti mpuli zyesu zijane kulya kuyaka mubili yabo kuyandikana.

1. **Pa bana chakulya twiingi** – bana tabalyi loko pe muchiindi chitalilidwe kulya, aboobo baba abulondozi bubotu kuti kabalya twiingi.
2. **Bikka kulya kugwasizya kuli Chakulya Chiipati.**

KULYA KUPATI

- Nkookuli kulya kupati kuligwa mumpuli yenu? (*mukozyanisyo: rayisi, zipopwe, mwaanja, magwili, mabanana.*)

Kulya kupati nkubotu kukutupa manguzu alimwi kutuchita tukkale katukkusi. **Nikuliboobo, kulya kupati akulikke takukonzyi pe kupa kuti muntu abe aabulondozi.** Leza wakaanza mibili yesu kuti iyande chakulya chaandeene kuti ikkale kiila bulondozi.

ZYAKULYA ZIGWASYA

- Nkookuli kumwi kulya kuligwa mumpuli yako aatala akulya kupati?

Mukulya chakulya chandeene chingi, kulatupa kuti tube aabulondo loko. Bantu boonse bayanda chakulya chigwasya, pesi eechi chakulya nchikoloondo loko kubana bachikomana, banakazi balamala naakuti banyonsya, abantu bachembeede. Tulalalnga zimpazi zytatwe zyakulya kugwsya. (*Tondeezya mukozyanisyo wakulya mulichimwi achimwi chimpanzi.*)

1. **Kulya kupa manguzu miingi.** Ooku kulya kupa manguzu alimwi kugwasya bana kuti bakonzye kwiiya, bakonzye kuyeeya, akubumbika kabotu mukukomena. Kulya kupa manguzu miingi kubikkilizya kulya kulaamafuta, naa kuti kulaakunona kwachuka. Mikozyanisyo:
 - *Zilamafuta (bona kuti balikwiiya balakonzya na kudombola zimwi: mafuta, ibbata, majalini amafuta anyama)*
 - *Kulya kulaakkilimu (michelo yama oliva antoomwe amakotopeya)*
 - *Mandongo (ma-coconut, inyemu, ma-almonds, ma-walnuts, ama-cashews)*
 - *Ntanga (zyetangazungu, zyanamunywa, bweengo, a sanifulawa)*
 - *Chuka (chuka lwayo, buchi, mwiinzi, minsale, amichelo iinona)*
- Nkookuli kulya kupa manguzu miingi nkumulya kale?
- Nga mulayungizya biyeni kulya kupa manguzi mumpuli yenu?

2. **Kulya ikuyaka Zizo zya Mubili** kujisi puloteni. Nyama zyesu zitondeezya mangu imamaselu achitidwe aama puloteni, aboobo kulya kulama puloteni kugwasya kuti tulampe akusima. Mikozyanisyo:
 - *Nyama, inswi, mayi enkuku*
 - *Malili, i-cheese, i-yoghurt*
 - *Bbiinsi, anyangu*
 - *Ndongo (kulya kwingi mbuli kulaandongo kutugwasya loko munzila zyaandeene)*
 - Mukulya twiingi biyeni kulya kuyaka mubili ooku?
 - Nga ulapa biyeni kulya kwiingi kuyaka mubili kumpuli yako?
3. **Kulya Kutabilila**, michelo azisyu. Zili aama vitamini antoomwe ama *mineral* aagwasya kuti tukkale katuli aabulondozi akupanga lukanda lwesu, masusu antoomwe akuti menso akkale kaali aabulondozi. Ma vitamini antoomwe ama *mineral* ngituyanda mumubili aboneka aakusiyanisya mibala yamichelo azisyu. Aboobo mulasungwaazingwa kulya michelo azisyu zilamibala yaandeene.
 - Mubala nzi wazisyu amichelo njimukkala kamulya?
 - Ulijisi na chilili chakulibyalila kwako kulya kutabilila? Chilaamibala musyobo nzi chilili chako? Njiili mibala njoyanda kuyungizya?

Ikuchita

- Nkookuli kulya kugwasya kukuyumina kupa mpuli chiicndi chiingi?
- Niinzi chipa kuti kuyume? Nga ulabumana biyeni buyumuyumu oobo?
- Nga mulabeleka antoomwe biyeni kuti mugwasyanie inywe antoomwe abali mucheengele aabo balangene apenzi lyakubula kulya kuyaka mubili – bachembeede, bana batete, antoomwe abanakazi balama anbanyonsya?

Chiiyo-Chiniini: Kulangulula Nchito Zyabulondozi

Muzezo Mupati – Nchito zyabulondozi zilakonzya kutabilila kuchiswa akusumpula bulondozi bwesu mbubuzulwa.

Zyakubelesya

- Chitokndeezyo Chiboneka: Nchito Zyabulondozi

Manjililo

- Njiili mizeezo mipya njuwakasanguna kuchita mumviki ziche zyayinda eezi kuti ukkale koli aabulondozi akuti mpuli yako ikkale kiili aabulondozi? Wachila chakuzichita twiingi biyeni?
- Inchito mpya eezi zili aanzizyasandula na?

Zyeengele Zilabulondozi Zichita Nchito zyaBulondozi

Tweelede kusandula nchito zyabulondozi zibe zintu NZITUZIBILA kuchita. Chintu nchuwakazibila kuchita ncheechiya chintu nchochita kaautakwe noyelede kuyeeseesya aatala anchicho. Kuti twachita chintu chomwe twiingi, nga tatucheelede pe kuchiyeeseesya; kwaba kuzibila.

ZYAKUTKOBELZYA MUNCHITO:

1. *Nimutachite chiiyo chili munsu, tondeezya* **CHITONDEEZYO CHIBONEKA**: *Zyakuzibila kubulondozi aawo nimuyabulangunula zyoonse nzimwayiia mukati kamviki zyayinda.*

2. *Kuli chimwi achimwi chizibilo chabulondozi, buzya kukabunga kuti nchintu chizibilikide na. Bikka mapepa mumalwi aasiyene mbuli kuti, 'biingi balazichita', 'bamwi balazichita', 'mbache bazichita'.*
3. *Musule lyakuti mapepa woonse abikkwa mumalwi aayeleda, languula zizibilwa zilimumapepa aalimudwi lilembedwe kuti 'mbache bazichita'. Babuzye bayeeye kuti niinzi cheetelezya kuti bantu biingi tabazichiti pe aantoomwe akulanguula nzila zyakumana mapenzi aayo akachizya.*

MULANGE LUBO ZIZIBILO ZYABULONDOZI ZILI MUSANU AZIBILI -7

1. Kubamba myuunzi yesu kiisalede alimwi kiilabusanambi choonse chiindi mukati kamaanda aalubuwa.
 - Kusapa zizwaato amatebwe choonse chiindi
 - Kubelesya zimbuzi
 - Kusya makomba aakusowela tombe
 - Kujalila zivubwa
2. Kusamba maanza.
 - Kuba abusena bwaakusambila maanza ensipa aafwiifwi awaawo aajikilwa naa aalidwa
 - Kuba aakusambila maanza ensipa aabusena buli afwiifwi echimbuzi
3. Kubamba cheengele kachili aabusanambi.
 - Maazi mabotu, migwagwa anzila, zikolo, lubuwa lwachikolo, akukkulinika
4. Kubelesya chimbuzi.
 - Zimbuzi zyeede kuba kule aawaawo aatekwa maanzi naakuti aajanika chakulya.
 - Bana abalabo beede kubelesya chimbuzi
 - Amukkale chimbuzi kachisalede abusanambi akujalila nzinini
5. Amubeleseye maanzi aanywika kukunywa, kusapa akujisya.
 - Amwaasalaze maanzi aaya akwabizya, kubikka munsamu, kwaasefa na kuchita SODIS
6. Inzila iitabililikide yakujika.
 - Chisanza chakuyanikila zilongo
 - Chita kuti inyama mbisi itasaalizi mayoka kuya kulichimwi chakulya
 - Inyama ayijikwe loko ibizwe kuchitila kuti afwe mayoka
 - Chita kuti nzinini antoomwe atumwi tuuka tatusweni pe aalichakulya.
7. Pa chakulya kumpuli yoonse.
 - Mafuta azinono zipa manguzu
 - Ima Puloteni aakusimya mubili
 - Michelo azisya zilamibala yaandeene zyabulondozi
 - Pa bana chakulya twiingi abuzuba



Bala mapepa abikkwa mumulwi wakuti 'biingi balazichita'. Mpawo uchite kabunga kapululuzye kabotelwe aali zeezi.

Ikuchita

Langa makkaadi aalimulwi aakuti 'mbache' alyakuti 'bamwi'. Bweza nchito yomwe naakuti zibili zikoloondo muzuwisyanie:

- Mboobuli buyumuyumu bukachiza kuti bantu tabachiti eezi?
- Niinzi nchitunga tulachita kugwasyania kuti atubuzunde buyumu oobu?

Amukombe aatala abuyumuyumu oobu, amukumbile Leza amugwasye kuzunda buyumuyumu oobu. Amutole chiindi chakuswilila Leza mujane busongo.

Chiiyo-Chiniini: Koonga Akubamba Mamama Aalamala Abanyonsya

Muzeezo Mupati: Mamama aalamala abanyonsya bayanda koongwa kuli kabotu kuli nsini.

Manjililo

- Wakazyalilwa kuli? *(Aamuunzi, kukkilinika naa kuchibbadela)*
- Bana bako bakazyalilwa kuli? *((Aamuunzi, kukkilinika naa kuchibbadela)*
- Mboobuli bubi abubotu bwakutumbukila mwana aamuunzi? Kukkilinika? Kuchibbadela?
- Mpali na ngozi wakazanga kali kutumbuka naakuti musule biyo lyakutumbuka?

Amujane bwiimikila mukombe bali kulila, aantoomwe amamama aalamala abali kunyonsya bana batete.

Koonga Akubamba Mamama Aalamala Abanyonsya

Kulelwa kabotu kwamwana mutete kusanguna katana tumbukwa. Nchito zizibilwa amwanakazi uulabula zilaguma kukomena kwamwana uuli mwida.

- Mwana uulimwida ulayooya muuya na? *(peepe)* ulalya kulya na? *(peepe)* ngwani uuchitila mwana eezi zintu? *(banyina)*

Nchito zyamwanakazi uulabula zilaguma mwana uulimwida lyakwe. Mwanakazi uulabula:

- TAYELEDE PE kunywa bukande, kubelesya minsamu iikola naa kufweba. Eezi zilakonzya kupa kuti mwana azyalwe chiindi kachitanasika, naa kuzyalwa katabumbikide, naa kuzyalwa kali aakukolwa kale kwabukande aminsamu iikola.
- Nywa zinywigwa zitakoli zyiingi akulya chakulya chiingi chiyaka mubili amichelo azisyu. Eezi zipa manguzu kuli banyina alimwi mwana uuli mwida ukomena kabotu.
- Jana kooni kwiingi. Kuvunduuka kumoyo akukatala muchiindi nolada nzintu zitagambyi pe muli eechi chiindi. Kooni kwiingi kulagwasya kuti mwana abanyina bakkale abulondozi.

Musule aakutumbuka, mubili wamutumbu weelde kubweeda muchiimo chawo chakuba aamanguzu akusima.

1. Mutumbu weelede kulyookezya kwamviki yoonse musule lyakutumbuka. Weelede kooni loko akuchita milimu myuuba. Mulumi bana bapati naakuti basimayakilane abagwasye kuzintu zilimbuli kulima chilili, kubweza zintu zilema, kuteka maanzi, akulanga bamwi bana baniini.
2. Mutuum weelede kulya chakulya chiingi chigwasya alimwi weelede kulya twiingi kuchitila kuti akonzye kupanga malili aamwana antoomwe akuti manguzu aakwe aboole. Mutumbu uyanda mapulotenii miingi, mafuta, michelo azisyu.
3. Mutumbu weelede kunywa maanzi mabotu miingi, zinywigwa zitakoli, azimwi. Kupanga malili kutola maanzi miingi loko mumubili.

4. Mamama biingi ibazanga nkaambo kakutumbuka bazanga mumazuba aabili kuya kumusanu aabili musule lyakutumbuka. Mawola 48 aamusule lyakutumbuka kwamutumbu ngemakoloondo loko! Ikuti wabona chimwi chazeezi zyiinda eezyo, koya kukkilinika chakufwambaana:
 - Kupya mubili
 - Kuchisa loko kwamutwe akuzimaana kumenso
 - Kufundilila
 - Kuzwa gazi jinngi nuwazwa kutumbuka kulizibilikide, pesi kweelede kuya kakuyabuselela mukweenda kwamazuba mache. Ikuti *kwavula*, kulakonzeka kuti kuli chitayimwi kabotu.
5. Banakazi banyonsya tabeelede pe kunywa minsamu, ibukande azimwi zikola. Zyoonse nzibalya naa kunywa, kubikkiliza aaminsamu azikola, zilayinka kumalili kunkolo, alimwi minsamu tiili kabotu pe kubana batete.
 - Njiili yayeeyi mizeezo iichitwa loko mucheengele chenu?
 - Njiili itazibinkene loko?
 - Nga tulachita biyeni kugwasya batumbu kuti bachite eezi zintu zitazibilikide loko pe?

Ikuchita

- Nguuli muzeezo mupya ngumwayiia kuzwa muleechino chiiyo?
- Mpubali na mamama aalamala naakuti batumbu mbozi? Insondo nga ilabatondezya biyeni luyando.?

Chiiyo-Chiniini: Kulela Bana Batete

Muzeezo Mupati: Bana batete bayanda kulelwa kabotu kumwaaka wabo wakusanguna wabuumi.

Zyakubelesya

- Chitondezyo Chiboneka: Munyaka wakusanguna Wakukomena

Manjililo

NJOOMO MUMBUNGA MPATI

- Kuzibilikide biyeni kufwa kwabana kabali kutumbukwa naakuti musule biyo lyakutumbukwa?
 - Eezi ziguma biyeni mpuli?
 - Cheengele chityeni?
- Amujane bwiimikila mukombele mpuli ziyakazangilwa bana.*

Kulela Bana Batete Bazwa Kutumbukwa

Leza uyanda kuti bana boonse bapone bakomene. Aawo nikufwa mwana tweeleda kuba akasimpe kuziba kuti Leza alakwe ulalila andiswe. Teensi nkoonse kufwa kwabana batete kunga kulatabililwa, pesi kwiingi nga tuleezya kutabilila. Atulange nzitunga tulachita kugwasya abana bapone bakomene kabali aabulondozi bubotu. Tondezya **CHITONDEEZYO CHIBONEKA:** *Munyaka Wakusanguna waKukomena.*

Katana tumbukwa mwana

- Twakatyeni muchiiyo chesu chayinda aatala abulondozi bwamwana uutana tumbukwa? (*Banakazi balaamala beelede kulya zisyu zyasokwetete, mayi mayingi, naakuti nyama, kunywa maanzi mabotu miingi kuchitila kuti mwana abumbike mbuli mbayanda Leza.*)
- Bana bali aabulondozi mwida balapona kabotu lubo nibazyalwa.



Mpawaawo nachizwa kutumbukwa mwana

AKKALE ABUSANAMBI AKUKASALILWA

- Sanzya mwana asalale mumaanzi mabotu, belesya mulembo naakuti tawulo litayasi kukubukusa alimwi umubukuse oobotu. Kugumika mwana uutazweete kunyama yabanyina kupa kuti mwana afwambaane kukasaalilwa. Ikuti kamutontola mung'anda imwana abanyina abavumbe tebwe.
- Ndisimpe na kuti mwana mutete tayeleda kusamba mane kakaloke kakombokombo?

(SIMPE! Kakombokobo keelede kukkala kakali kayumu mane kakaloke, pesi mwana ulakonzya kusanzigwa oobotu oobotu akacheka kawuba katete.)



SANGUNA KUNYONSYA MPAWAAWO.

- Malili aamunkolo nkokulya kweelede kwakapangilwa bana a Leza. Nansya kakuboneka aanga taakwe malili aalikuzwa kumatalikilo, inkila kunembo akunyonsya – malili aakusanguna aalya mache loko (malemu kaali aamubala wamuntondo) alapa mwana bulondozi bweelede.
- Kkala konyonsya – amwi musule lyamawola obile. Eezi zigwasya kuti malili (aatuba mawuba) apangike alimwi ayinkile kunembo kuzwa.
- Mwana anyonsege malili aamunkolo IBIYO kuyosika myeezi musanu awumwi. Nkulya kubotu nkubakapangilwa aLeza kujisi zyoonse ziyandikana kuti bakomene kabali aabulondozi. UTAPI mwana kumbi kulya naa zinywigwa. Nkubotu kutapa aambi maanzi naakuti itii, nansya kwapya biyeni.

Kumyeezi musanu awumwi

UTALEKI PE KUNYONSYA

- Kuckhiswa kupajti kubana kwetelezegwa loko muchiindi bana nibalesegwa kabatansika munyaka womwe.
 - Nzeezili zimwi njetelezyo zipa kuti batumbu baleke kunyonsya? *(malili taali kabotu pe kumwana naakuti tabalikuzwa malili azulila pe)*
 - Nzeezili zimwi nzila zyakumana mapenzi aaya, kutali kuleka kunyonsya?
- **Utaleki pe kunyonsya. AMUPE batumbu kulya kwiingi amaanzi kuchitila kugwasya kupanga malilili.**



KUMYEEZI MUSANU AWUMWI, AMUSANGUNE KUPA MWANA KUMBI KULYA AATALA AKUNYONSYA.

- Kkala konyonsya kusanguna, mpawo uzope kumbi kulya. Sanguna alweele luuba lwajikwa aabusu mumaanzi naa malili. Mukati kamyeezi iitobela, sanguna kumupa kumwi kulya kuligwa mumpuli (kulya kupya kweelede kujikwa kabotu akukandwa). **Utaleki pe kunyonsya mpawo mpawo.**

Kuyosika Munyaka omwe

INKILA LKUNEMBO AKUNYONSYA

- Malili aamunkolo ngaapa kulya kuyaka mubili kumwana kuyoosika muchiindi nasisy munyaka omwe.
- Kunyonsya nkokubotu lyoonse! Ikuti kakutakonzeki kunyonsya mwana, mbubo alisigwe ankomeki naakuti choncho. Mutabelesyi tubbodela twabana pe. Amuyeeza aatal azizibilwa zyabulondozi: ncheechili chiyumu kukuchikkazika kachisalede, nkomeki naakuti bbodela? *(nkuyumu kusanzya akukkazika bbodela kalisalede alimwi lilakonzya kweta malwazi).*
- Inkila kunembo akunyonsya, kuti kakukonzeka kuyoosika mwana waba aaminyaka yobile naakuti yotatwe.



MWANA AKKALE KASALEDE

- Eezya kubona kuti tabiki zintu ziletombe mumulomo.
- Ngakkazikwe abusena bulabusanambi.

UTAPI MWANA MUNSAMU KUNZE KWAKUTI WAAMBILWA AMUSILISI/DOKOTELA.

Ikuchita

NJOOMO MUTUBUNGA TUNIINI

- Njiili mizeezo mipya njuwayiia muleechi chiiyo?
- Insondo anga ilagwasya biyeni mpuli zilabana batete?

Chimpanzi 2: KUCHISWA KUZIBILIKIDE

Chiiyo-Chiniini: Kumana Maanzi Mumubili aku Paya

Muzeezo Mupati: Kupaya akumana maanzi mumubili kutola kulufu, kampaŋila kubana, pesi nkuuba kukusilika kakubelesegwa maanzi aalechuka amwinyo, iitegwa ni ORS.

Zyakubelesya

- Maluba obile (naakuti limwi sokwe) – limwi kalili bbotu limwi kalifwide
- Chitondeezyo Chiboneka: Bana babili
- Chitondeezyo Chiboneka: Nzila yakupanga Chakunywa Chibweedezya Maanzi Mumubili – ORS
- Kagabba ka *yoghurt* (naakuti kamwi kagabba) kakadonkwedwe kungsi alimwi Kakali aachakusinka bbanga eelyo (kuti kotakwe chakusinsya, sinka akanwe)
- Kagumbuli naakuti nkomeki iilaambi maanzi
- Maanzi, mwinyo, chuka, antoomwe ankomeki yakuchitila ORS

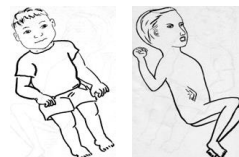
Manjililo – Kumana maanzi mumubili

Bikka kunembo lyabali kwiiya, iluba bbotu(naakuti limwi sokwe) mukati kagilazi lilamaanzi mpawo ubikke luba lifwide mugilazi litakwe maanzi.

- Nkaambo nzi limwi luba kalifwide limwi kalipona? (*chita kuti kabunga kayinkile kunembo akusandula mane bakabone kuti musiyano **maanzi**.*)

Tondeezya **CHITONDEEZYO CHIBONEKA:** Bana Babili

- Nguuli aabana aaba uboneka kali aabulondozi? Ziboneka biyeni? (*umwi uboneka kakotede kali muyumu*).
- Niinzi chiyandikana kuluba akumwana? (*maanzi*)



Mbuli maluba, bantu abalabo bayanada maanzi kuti bapone. Tuli aabulondonzi kuti katuli aamanzi aazulila mumubili wesu. Kuti twasweekelwa maanzi miingi mumubili, nga lyaba penzi pati loko.

Jata kagabba kalebbanga mpawo utulide maanzi mumo (kuti kole chakusinsya sinka bbanga naakuti usinke aakanwe kako). Lino sinkununa bbanga uzumine kuti akunke maanzi. Wamba kuti:

Aawo muntu nalikupaya naa kuluka usweekelwa maanzi miingi loko.

Tulida maanzi mukagabba kaalikuzwa kungsi.

Ikuti maanzi aalikuzwa kaalikunjila lubo mumubili, muntu taakwe nanga ulayuma pe. Muntu takofwa pe. Ikuti mubili wayuma mpawo mpafwa. **Bantu tabafwi nkaambo kakupaya pesi nkaambo kakumana maanzi mumubili.**

Kusilika kuPaya Kobelesya ORS (Chinywigwa Chibweedezya Maanzi Mumubili)

ORS ilagwasya kuti bantu tababuli maanzi mumubili.

- Maanzi aajanika mumubili wamuntu ali aatwinyo atuchuka. Ikuti wapaya weelede kubweedezya eezo zintu kobelesya maanzi alamwinyo achuka.
- Aaya maanzi avwangeene eezi ategwa ni ORS. Ikuti wanywa ORS nyiingi nolikupaya, mubili wako tukoyuma pe. ORS ilatabilila buumi!
- Ninguba kwiichita ORS alimwi tiyiti mali nyiingi pe.

Tondeezya **CHITONDEEZYO CHIBONEKA**: Nzila yakupanga ORS chinywigwa chibweedezya maanzi mumubili. Tondeezya nzila iilinjy yakuchita kuli bali mukwiya. Mutubunga twababili batatu, amweeze kuchita ORS.

Kuchita chinywigwa chibweedezya maanzi mumubili i-ORS, swaanizya antoomwe:

- Inkomeki yomwe yamaanzi
- Mwinyo muche unokolwa atunwe tobile
- Choncho omwe muniini wa chuka



Bikka mwinyo mumaanzi mpawo ulabile. Ikuti alweela loko kwiinda misozi utanywi pe. Kuvula kwamwinyo kuchisya mubili. Pesi yungizya aambi maanzi mane kukalweele mbuli misozi, uyeeye lubo kuyungizya tumbi tuchuka, mpawo anooli abota kunya.

Malayilile kuMweendelezi: tondeezya kusi lya **CHITONDEEZYO CHIBONEKA**: Nzila yakupanga ORS chinywigwa chibweedezya maanzi mumubili.

Tuyanda ORS nyiingi biyeni?

1. Kuti muntu kali aamwida mwakupaya, amumupe ORS koonse naazwakupya. **Kamutalindili zitondeezyo zyakumana maanzi mumubili pe – amuzwe mwatalika kumupa ORS mpawaawo**
 - Bapati bayanda gilazi lyomwe naakuti aabili musule lyakupaya (magilazi musanu aatatu naakuti malita obile naa kwiinda abuzuba).
 - Bana balaminyaka yiinda yobile bayanda gilazi lyomwe lya ORS nibazwa kupaya.
 - Bana baliminsi lyaminyaka yobile bayanda biyo chisela cha gilazi lya ORS, antoomwe akubanyonsya.
2. Kuti mwana kali kuluka, amumupe lubo ORS. Nansya kakuli kuti mwana ulikuluka musule lyakunywa ORS, takooluka yoonse pe. Kuti muntu kali kuluka, maanzi miingi alazwa lubo mumubili. Kuti kaatakwe ORS, mwana ulamana manguzu akumana maanzi mumubili, pa ORS buche buche zuba lyoonse amansiku.

Ikuti kumana maanzi mumubili kwatondeezya kuti kwabija naakuti kwaba zimwi zitondeezyo, amufwambaane kuya kuchibbadela.

Nzezi zimwi nzila nche zyakoonga muntu ulaamwida:

1. **Mumupe zinywigwa zyiingi.** Antoomwe a ORS, zimwi zinywigwa azilazyo zilagwasya: zizwa kumichelo, lweele luuba naa muvwiipwa antoomwe azimwi.
2. **Kumasangunino kupaya kulakonzya kutanta.** Eezi zichitwa aakuti mubili unooli wali aamanzi miingi kale (mbuli maanzi naazuza aawo naalikutulidwa lubo). Amutanyongani pe! **Mwiinkile kunembo akumupa ORS.**
3. **Amwinkile kunembo kamumupa chakulya.** Aawo nimwabona kuti muntu uuchiswa wakonzya kulya buniini, amumuzumine alye.

4. **Kubana batete, amwiinkile kunembo akunyonsya.** Sanguna kupa mwana lukolo kotanamupa zimwi zinywigwa. Belesya choncho uusalede mukumunywisa ORS naa zimwi zinywigwa, utabelesyi kabbodela pe.
5. **Mwiinkile kunembo akupa ORS sikati amansiku aawo kupaya akuluka nikwiinkila kunembo akulako.**

Ndangemusule

Nyampula utondeezya mufanikisyo wamwana uumanide maanzi mumubili lubo.

- Nzeezili zimwi zitondeezyo zyakumana maanzi mumubili? *(baambile zitondeezyo zyoonse kuti kabatazayaambide mukabunga)*
 - Nyota, kuyuma mulomo, minsyu miche naa kutasuba biya, minsyu yaba yamubala wamuntondo uusiyasiya biya, kubbila menso akubula misozi, kubbilila kayoyelo, chikumba chakweleka mbuli legeni.
 - Ikuti mwana mutete katali kupaya pe kali azeezi zitondeezyo, amwiinkile kunembo akumupa ORS, dilinki azimwi zinywingwa mpawaawo.
- Niinzi ORS? *(Maanzi aalechuka amwinyo)*
- Nkaambo nzi nitwelede kwiibelsya? *(kuchitila kubweedezya eezyo zinoli zyazwa mumubili, kuti maanzi atamani mumubili)*
- Uziba biyeni kuti wabikka mwinyo weelede mu ORS *(yelede kulweela mbuli misozi peepe kwiinda)*
- Ubelesya chuka nyiingi buyeni mu gilazi lyomwe lyamaanzi? *(kachoncho kaniini komwe)*
- Welede kupa ORS nyiingi biyeni kumuntu mupati? *(gilazi lyomwe kuya kulaabili musule aakupaya koonse kwachitika)*
- Mwana weelede kupegwa ORS nyiingi biyeni? *(kusika kugilazi lyomwe musule akupaya koonse kwachitika)*
- Niinzi nchoyelede kuchita kuti muntu wasanguna kuluka? *(inkila kunembo akumupa ORS, nkudyu musule kyakayindi kaniini)*

Chiiyo-Chiniini: Kupya Mubili

Muzeezo Mupati – Yiiya kuziba kupya mubili akuti kusilikwa biyeni akusala kuti ndeelili muntu uupya mubili nayeleda kuya kuchibbadela.

Mannjilo

Muzyiyo zibili ziboola ndiswe basikwaambuula aatala amalwazi azibilikide, aalimbuli sini akunjilwa mpeyo. Kuli zitondeezyo nzyozi zyamalwazi aaya? *(ikuti zimwi zyazeezi tezyaambwa, zidombole.)*

- | | | |
|------------------|------------------|-----------------|
| ○ Kupya mubili | ○ Kuchisa aamoyo | |
| ○ Kuchisa mutwe | ○ Kukola | ○ Mubili woonse |
| ○ Kusinka mpemo | ○ Kweesemuka | kuchisa |
| ○ Kweenda masini | ○ Kuluka | |
| ○ Kuchisa matwi | ○ Kukatala | |
| | kumana manguzu | |

Zyoonse eezi nzintu nzitunga tulasilika aamuunzi. Tulakonzya kugwasya kuti muntu uuchiswa alimvwe kali mbubo akukkalinkana, alimwi chiindi chiingi aaya malwazi alaliponena aalikke mumazuba mache. Muli eechino chiiyo ndiswe basikulangisisiya kusilikakupya mubili.

Kupya Mubili

Kupya mubili chitondezayo chamalwazi miingi. Ninzila yamubili yakulwana mayoka anooli anjila mumubili ayetelezya malwazi. Kutugwasya kuziba kuti kuli zilikuchitika mukati kamibili yesu nzitweelede kulangisisya.

Ikuti kotakwe chakulanzya kuti kuti mubili upya biyeni, eeyo iitegwa ni *thermometer*, ulakonzya kubiikka sule lya jaanza lyako ankumu yako mpawo kumwi kuboko wabikka amuntu ngoyanda kulanga. Ikuti kapa kwiinda nduwe (iwe kotachiswi), we unooli kategwa ulikupya mubili.



KAMULI BABILI

Aamusoole kulangana kupya mubili amweenzinyokwe.

- Mpali na uulikupya mubili mukati kabali kwiiya aaba?
- Nzeezili zimwi nzila zibelesegwa abantu bamucheengele eechino kusilika kupya mubili?

Nzila Yakusilika Kupya Mubili:

Chiindi chiingi kupya kwamubili kwasini takuyandi kusilikwa pe nkaambo kulalimanina akulikke mumazuba mache. Ikuti muntu kalikwaamba kuti umvwide mpeyo, pesi kukumuguma kalikupya, chaamba kuti unolii kali kupya mubili. Amumugwasye kuti alimwe kakkalinkene. CHIKOLOONDO LOKO: amumupe zinywigwa zyiingi mbuli maanzi, ORS, naa madiilinki azimwi. Muntu uulikupya mubili ulakonzya kumana maanzi mumubili alimwi twelede kwaabweedezya maanzi aayo.

Ikuti muntu kalikupya loko, tweelede kumugwasya kumutontoozya buniini – **kampatila kuti muntu uulikupya mubili kali walikubelekela muzuba. Nkukoloondo kuselezya kupya ooku mpawaawo.** Tweelde:

1. Kubukusa muntu amucheka mutete. Amumugwisye zizwaato mumubukuse amicheka motete. Kamubikka lubo micheka mumaanzi aantontola akumubikka ankumu, kumaboko, akaango antoomwe amunkwa.
 2. Amumugwisye zizwaato zyiingi kusiya biyo zitapyi pe, zyuuba.
 3. Amujule mawindo mubikke muntu aafwiifwi awawo ayinda luuwwa. Amumuchitile muuya.
 4. Amumupe musamu wa paracetamol. I-Paracetamol ilagwasya kuselezya kupya loko kwamubili. Peepe kwiinziza kukumupa. Mweelwe wamunsamu weendelana aakukomena kwamuntu akusima kwamunsamu.
 5. MULEKE kuvungilizya muntu uulikupya mubili mutebwe naa muzizwaato zyiingi. Kuvungilizya kupa kuti kupya kukalile mukati, kiili nintenda mpati zilakonzya kweetelezya kusuntuka. Eeyi nintenda mpati loko kubana baniini.
- Ndeelili nitweelede kutola muntu uulikupya mubili kuchibbadela kuti akajane lugwasyo? (ikuti zimwi zyazeezi tezyaambwa, zidombole.)
 - Ikuti koyeyela kuti malangazuba – muntu unooli weelela kunywa munsamu mpawaawo
 - Kuti kali mwana ulimusi lyamyeezi yobile
 - Ikuti kupya mubili kwamwana kwayinda mawola makumi aabili aane (zuba lyoonse amansiku)
 - Ikuti muntu mupati wapa kwiinda mazuba aatatu
 - Kuti muntu wasanguna kuteketa loko akusuntuka
 - Ikuti mukosi wayuma antoomwe akupya mubili
 - Ikuti muntu kali aakuzimba naa kuba aachilonda aamubili mpawo wapa mubili
 - Ikuti kalikukola loko akufundilila akupya mubili
 - Kuti kakuli kuluka akupya alimwi ORS taakwe niilikugwasya pe

Ikuchita

- Ngwani muntu omwe ngonga ulayiisya aatala akupyamubili akuti kusilikwa biyeni? Ambila muntu ngokkede aafwiifwi anguwe kuti ngwani ngotakayiisye.

Chiiyo-Chiniini: Kusinka kweMpemo, Kuchisa Aamooyo, aKukola

Muzeezo Mupati: Yiiya kusilika kusinka kwempemo, kuchisaa aamoyo, akukola kuchitila kuti muntu uulikuchiswa amvwe mbubo mbubo akumugwasya kuti afwambaane kupona.

Manjililo – Ndangemusule

- Mpali na uuchiyeede kuti kupya mubili kusilikwa biyeni?

Kupya mubili nchitondeezyo chamalwazi miingi. Sunu ndiswe basikwiiya aatala azimbi zitondeezyo zizibilikide.

Zimwi Zitondeezyo Zizibilikide Zyamalwazi

Buzya kubantu kuti basilika biyeni sini, kuchisa aamoyo, kukola, mpawo uyungizye imwi mizeezo mipya yataambwa.

Mpemo Zisinkide naakuti Zikunka Masini

1. **Kubana batete abana baniini:** Kkweba na kunyonka masini kuzwa mumpemo yamwana kobelesya kantu kakonzya kunyonka masini aayo. Ikuti mwana waba aapenzi lyakuyooya alimwi tokwaako aako kantu kanyonka masini, anyonke we kobelesya mulomo.
2. **Bana bapatipati abantu bapati:** Bika twinyo mugilazi lyamaanzi. Mpawo kolikubika mache mujaanza kkolikununkizya aaya maanzi aalamwinyo. Eezi zigwasya kwaangununa mpemo iisinkide.

Kuchisa Aamoyo

- Kuli chukulula twiingi abuzuba amaanzi aabikkidwe choncho muniini omwe wamwinyo mugilazi lyomwe. Kulichukulula ooku kuchite kosisya kugulyukumena kowaaseme. Kozuza mulomo, mpawo kolikuswida. **UTAMENI PE maanzi aalamwuinyo.**
- Nywa papatu naakuti itii yamasamba aasilika, maanzi aapya aala lemoni abuchi, naakuti musinza uukasaala.

Kukola

1. Nywa maanzi, papatu antoomwe amusinza.
2. Bizya maanzi, bikka mukadishi, kotamika mutwe mumo, livumbe kumutwe, mpawo usangune kuyooya busi bwamaanzi aapya kwamaminisi kuzwa kkumi kusika kukkumi lilamusanu. Zyiindulule twiingi abuzuba. Matu aa minti naakuti *eucalyptus* alakonzya kubikwa mumaanzi oomu. (amutapelesyi *eucalyptus* naakuti i*Vaporub* kuti muntu kachiswa chifulifuli. Eezi ziyungizya kufundilila achifulifuli.)
3. Kuti kalilijumu kokoloko eeli, swaanizya bweelene buchi a lemoni, kolikunywa choncho musule lyamawola aabili naa aatatu abuzuba.
4. Kuti teekwayimikila kukola ooku musule lyamviki zibili, koya ukabone musilisi. Kumwi kukola kweetelezegwa aamalwazi aayanda kuboneka aamusilisi:
 - *Bronchitis*
 - Chifulifuli
 - Tusinga
 - Fumukwa
 - Kufweba
 - Kakkweekwe TB

TABILILA KUSAALILA KWAMAYOKA

Mukusilika zitondeezyo eezi, tulakonzya lubo kunootabilila kuti mayoka atajati bamwi:

- Kukolela mukakokola kavungidwe.
- Kusamba maanza chiindi choonse.
- Amusanzye zyoonse zyali kubelesegwa akulidwa naa zwayinda mumulomo wamuntu uuchiswa.
- Sikuchiswa tayeleda pe kwaabana zyakulida mbuli choncho, magilazi, indido azimwi kazitanasamba pe. Alimwi tayeleda pe koona aabulo bomwe awumbi muntu.

Ikuchita

- Niinzi chintu chomwe nchuwayiya sunu nchonga uyowabilana abamwi muliino mviki?

Chiiyo-Chiniini: Kuluka aKuchisa Mutwe

Muzeezo Mupati – tulakonzya kusilika mutwe akuluka mukweezya kuchita kuti muntu uuchiswa alimvwe mbubo alimwi afwaambane kupona.

Manjililo

MUSOBAANO

Kulinchito imwi njesimwaambile, alimwi ndilayanda kuti unyampule kuboko kuti kobonaanga ninzila iili kabotu yakubona kuti kulya kuli kabotu kuti kuligwe.

Musule lyachintu chomwe, pa mweenya wakuti balikwiya banyampule maboko. Mpawo mwaambe nsandulo iilinjiyo.

Tuleelede na?

- Kusamba maanza katutana bamba naa kujika chakulya (IYII!)
- Kulya muchelo mbuwazwa mumusamu—usalede kale nkaambo wali mumusamu. (PEEPE!)
Michelo yoonse iitapulwi yeelede kusanzigwa mumaanzi mabotu)
- Kijika loko nyama ibizwe (IYII. Kuti misinza yaboneka kabotu, nyama yabweelele kuligwa).
- Kuchita kuti nzinini taziweni (IYII! Ninini zyeenzya mayoka ayetelezya kuchiswa.)
- Longela zilongo mukkaboti naakuti mubbokesi mpawaawo nwaazwa kusanzya (PEEPE! Chita kuti zilongo zyako ziyume eezuba sansiina. Izuba lilajaya mayoka.)
- Belesya ndido azimwi zyakujisya izisambide. (IYII!)
- Amusyide kkomba lya tombe afwiifwi abusena bwakujikila kuchitila kuti kuube kuyiila. (PEEPE! Tamusyidi kkomba afwiifwi abusena bwakujikila pe; zipa kuti kube kuvula kwenzinini amayoka afwiifwi achakulya.)

Kuluka

Kuluka chiindi chiingi kweetelezegwa akulya kwakabija. Mbuli kupaya, akulako kweetelezegwa loko amayoka anjila mumibili yesu kwiinda mukulya chakulya, maanzi antoomwe amanza aatasambidwe. Kuti katutobelezya kabotu busanambi bwachakulya takutoba epenzi lyakuluka luka pe. Pesi tweelde kuziba kuti tulachita biyeni kuti kwasika kuluka. Kuti koli kuluka:

- Nywa nkudyu ya ORS, chinywigwa cha cola, maanzi naakuti papatu wamasamba aasilika (green tea)
- Utalyi chintu kuti kuluka ooku kakuli kupati

Zimwi zyiindi, kuluka kulakonzeka kachili chitondeezyo chakuchiswa kupati. Yanduula lugwasyo lwazyabulondozi kuti:

1. Kuluka kupati ooku kwachitika zuba lyoonse mawola 24

2. Kuti kuluka kwaba aagazi
3. Kumana maanzi mumubili kwasika aakuti tamuchikonzyi kukumana akunywa zinywigwa.

Mutwe Uchisa

- Wakalina buunsi wachiswa mutwe na?
- Kuli zyiindi na zyazuba naakuti chimwi chiindi chamunyaka mpoti mutwe wako mpuuchisa loko?

Kuchisa kwamutwe nchitondeezyo chakumana kwamaanzi mumubili. Kuchisa kwamutwe kuzibilikide loko kweendelana amalwazi ayetelezya kupya kwamubili. Kusilika mutwe:

- Lyookezye.
- Nywa maanzi, papatu, madilinki, naa ORS azimwi zinywigwa.
- Belesya mucheka uunikidwe mumaanzi ubukuse kusule amukosi wako.
- Nywa *paracetamol*. Chenjela utobelezye kuti weelede kunywa nyiingi biyeni.
- Ukande kande amanza biyo mutwe, mumukosi aamakuko.

Mutwe uukkala kuuchiswa weelede kulangwa kuchibbadela.

Kuli mutwe uchisa loko uutegwa ni-*Migraine*, uchisa zyakuumputa. Ooyu musyobo wamutwe usanguna aakuzimaazy kumenso alimwi weetelezya kuvunduuka kumoyo, chizyuungu akuluka. Ulakonzya kutola mawola miingi naakuti mazuba kuuchisa. Silika mutwe ooyu mpawaawo nuwabona chitondeezyo chawo chakusanguna

- Nywa ma *aspirin* obile ankomesi yakkofi naakuti tii itakwe malili.
- Lala mubusena mulamudima, buumwine. Mpawo weezye kulyookezya kabotu amuboongo utayeesezyi.
- Ikuti mutwe ooyu tewamana mumazuba aabili, kumbila basikuzya minsamu yachibbadela bakuuzizye musamu wamusyobo wamutwe ooyu mpawo, utobelezye kabotu kunywigwa kwawo mbuli mbuwaambilwa mane ukapone.

INCHITO

Banzaanie babe mutubunga tubili alimwi ubape maminisi mache kuti bayeye zyoonse aatala akuluka naa kuchiswa mitwe kwabo. Mpawo kabunga kalangene 'akuluka' kalaamba zyoonse zyazwa. Mpawo kamwi kabunga kalayungizya kuti ziliwo zyachaala. Mpawo tubunga ootu tulasanduka kamwi akaya kachite 'zyamutwe' akalako kaambe zyamutwe uchisa.

Ikuchita

KAMULI BABILI

- Njiili yayeeyi mizeezo njuwakali weezya aawo nuwakaba aakuluka naa kuchisa kwamutwe?
- Nguuli muzeezo mupya ngoyanda kuzoyezya muchiindi chiboola aawo iwe naakuti umwi mumpuli yako wachiswa mutwe naa kuluka?

Chiiyo-Chiniini: Misamu yaaMuunzi aMisamu yaku Chintoolo

Muzeezo Mupati: ziba kuti ndeelili noyelede kubelesya misamu yaamuunzi amisamu yakuchibbadela yuuzigwa muzintoolo zyamisamu kukusilika malwazi kazizwidilila kabotu.

Zyakubelesya

- Chitondeezyo Chiboneka: Mweelwe waminsamu antoomwe amakkaadi (nengulula makkadi aane aanzaane)
- Nkomeki zyamuntu woonse, achinywigwa chakapangwa ajinja alemoni (chizulile kuti muntu woonse alabile – maanzi, malemoni, jinja ntente, buchi antoomwe a *garlic*)

Manjililo

-
- Kulizinywigwa na nzimunga mwachita kuti bantu bachiswa? Nzinyamaanzi?
 - Nzeezili zimwi nzimuchita aamuunzi zigwasya basikuchiswa nzimunga mwachita?

INCHITO (Njakulisalila – kuti chinywigwa eechi kachibelesegwa loko mubusena bwenu amusotoke nchito eeyi)

Pandulula kuti eechi nchinywigwa chipangwa munyika zyoonse kukugwasya muntu kuti kachisidwe. Tondeezya kuti chichitwa biyeni chinywigwa cha (lemoni jinjingering medicinal drink) naakuti ukumbile bamwi banakazi munsondo bachite chinywigwa eechi chivule kuchitiila kuti muntu woonse ajane chakulabila.

1. Sinina mwiinzi we lemoni lyomwe pati naakuti aabili maniini munkomeki
2. Bizya nkomeki zyobile zyamaanzi kwamaminisi atedene:
 - a. Makanda aa lemoni
 - b. Bachoncho pabapati, omwe naa babili ba jinja yanengwa twaba tuniini
 - c. Choncho mupati womwe wa garlic yanengwa tufwafula tuniini (njakulisalila)
3. Gwisya aamulilo mpawo ubikke mwiinzi walemoni.
4. Tulida mugilazi kobelesya nsefa.
5. Bikka buchi kusikila kunone mbuli mboyanda.

Misamu yaaMuunzi

Kuti katwaambuula aatala amisamu yaamuunzi teensi tulikwaambuula zyafulozi pe, peepe zyafulung'anza bwakuchita makande naa mbungano zyakwaambuula amyuyya. Aawa tulikwaambuula biyo aatala anziala zikanika nzitwakapegwa aLeza yakuligwasya kuti tumvwe mbubo. **Leza wakaanza zintu zyiingi zikonzya kutupa kukkala katuli aabulondozi azyakuti tufwambaane kupona kuti kakuli twali twachiswa:**

- **Michelo iilamibala antoomwe azisya** zijisi ziyako zyamubili ziyandikaa mukati kamibili yesu mukulwana malwazi.
- **Koona** nchiindi chakuti mibili yesu aboongo bwesu zibusilizigwe. Tweede kukkala kwatweezya kujanachindi chakoona chizulila. Kutu muntu wachiswa, chiindi chiingi ulimvwa kayanda koona.
- **Zinywigwa** — kunywa maanzi miingi azimwi zinywigwa kupa kuti mubili ukonzye kulwana amalwazi miingi akubona kuti muntu uuchiswa tamani maanzi mumubili pe. Nzezi zinywigwa zyobile zinga zilagwasya:
 - Jinja abuchi – kumasini ayeemuka, kukola, aamoyo aachisa (aawa bamwi bayungizya lemoni).
 - *Basili, garlic*, abuchi – kukkolokolo lichisa loko.

Njeyi imwi misamu yaamuunzi iibeleka kabotu:

- Kulosezya mwiinzi wa *garlic* naakuti wa onyeni mukutwi kuti kakuchisa.
- Kulichukulula amaanzi aalamwinyo kuti aamoyo kaachisa.
- Kulivumba mubusi bwamaanzi aazwa kubila kuti kolikukola, mpemo zilisinkide, naa kuchisa aamoyo.
- Musinza uukasaala — ulagwasya kweenzya aamoyo; alimwi ulagwasya kumuntu uutali kukonzya kulya.

Misamu iizwa Kuchintoolo cha Misamu

Amwi malwazi asilikika kabotu amisamu yuulwa kuzwa kuzintoolo zyamisamu aategwa ma famasi. Kuti misamu yaamuunzi kiili kutondezwa kuti yakachilwa kubeleka, kweelede muntu wayanduula kugwasigwa kwazibbadela. Pesi misamu yakuzintoolo eeyi ilakonzya kweetelezwa ntenda kuti teeyabeleseghwa kabotu.

Nchikolondo loko. Kuti utobelezwe kabotu nzila zyakutobelzwa mukunywa naa kubelesya misamu eeyi.

Kunywa misamu myiingi yiindilide kulakonzya kwetelezwa kulichisa naa lufu.

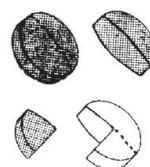
Banakazi balamala, machembele, abana baniini, tabeelede pe kunywa minsamu yaku famasi kaatakwe nibaambilwa kuchibbadela pe. Kuti kakuli musamu uulikupa kuti uyungizye kuchiswa, fwambaana kwaambuula abakuchibbadela.

Ikweela akupa Misamu

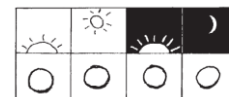
Tondezwa **CHITONDEEZYO CHIBONEKA**: Kwela Misamu mpawo upandulule.

Chenjela kuti weeleda kupa misamu mummyelwe iyaambidwe. Zyakutobelezwa chimwi chiindi nga zilaambidwe aatala apilisi lyoonse naakuti chimpanzi.

- 1 pilisi = pilisi lyoonse lizwide
- $\frac{1}{2}$ pilisi = chimpanzi chaakati chapilisi
- $1\frac{1}{2}$ pilisi = ndipilisi lyomwe lizwide lilachimpanzi chaakati
- $\frac{1}{4}$ = pilisi nkampanzi kachimpanzi chaakati



Ba aasimbe kuti ulamvwisisya kutobelezwa nzila zyakutobelezwa zyoonse oobotu mukupa misamu. Yiindulula nzomvwisisya aatala akuti ipegwa biyeni alimwi ilili misamu. Ikuti kotakonzyi kubala kumbila kuti moongi naakuti sikuuzya akwengele biya. Mbuli aawa:



Eezi zyaamba kuti pilisi lyomwe tune abuzuba – kuseni, sikati, golezwa amansiku.



Aawa zyaamba kuti kampanzi kaniini ka $\frac{1}{4}$ ke pilisi tubili abuzuba – kuseni egolezwa



Eezi zyaamba kuti bachoncho bobile bamusamu tubili abuzuba – kuseni e golezwa.

Mvwangaania makkadi azyakutobelezwa, nyampula lyomwe muchiindi chomwe mpawo uchite kuti balimukabunga bapandulule kuti musamu ooyu upegwa biyeni mpawo ilili.

Kulangila kuli Leza Antoomwe Akukumbila Kuli Nguwe kuti Atuponie

Ikubona zitondezwa akukonzya koonga akulela kabotu bantu nibachiswa njiimwi nzila njitunga tulatondezwa aayo luyando lwa Leza kumpuli zyesu antoomwe abaabo bayanda lugwasyo. Tweelede kuyeeya lubo kuti Leza tateesu ngomu ponyi wesu. Ulakonzya kupa kuponia kwamaleele, pesi chiindi chiingi uyanda kutupa busongo muli zyabulondozi akweeta busandu mubuumi bwesu kuti tube aabulondozi busumpukide. Tulakonzya kumukumbila atugwasye.

Bala kuli ba-Filipi 4:6-7, James 1:5, a Jakobo 5:13-16.

- Mavesi aaya atuyiisya nzi aatala ankombyo?
- Nkaambo nzi nitukomela bachiswa?
- Nkombyo nga ilagwasya biyeni kuti mpuli zyesu zikkale kazili aabulondozi?

Kuti twakomba, tulakonzya kukumbila Leza kuti atugwasye kweendelezya kabotu bulondozi bwesu. Tulakonzya kumukumbila kuti atugwasye kuchita milumu yabulondozi. Ulatupa busongo choonse chiindi, alimwi ulamanguzu aakuponia bachiswa.

Ikuchita

Ikuti kozi umwi muntu uuchiswa, mukombele mpawo ubuzye kuliLeza akugwasye kuli nzonga ulamuchitila.

Chiiyo-Chiniini: Malangazuba

Muzeezo Mupati: Malangazuba ndidwazi pati loko, kampa tila kubana, alimwi ayelede kusilikwa kukkilinika. Tulakonzya kutabilila malangazuba kuti twabeleka antoomwe mukutabilila kuvula kwamansenya akulitabilila kuti tatulumwi pe mansiku.

Zyakubelesya

- Chitondezyo Chiboneka: Kutabilila Malangazuba

Belesya njoomo yamukabunga kweezya kubona kuti niinzi nzibazi kale akuzichita kabotu. Sotoka eezyo nzibazi ulangisisye zipya nzibatezi, buyumuyumu mbubalaabo, akuti niinzi nzibanga balachita kutabilila malangazuba.

Manjililo

- Kulimuntu na ngozi uulamalangazuba ndilyo lino?
- Wakalina buunsi wachiswa malangazuba na?

Atubone kuti umuzi biyeni munyama ooyu! Ulakonzya na kujana malangazuba kuzwa:

- Kukulya chimwi chakulya? (*inee*)
- Kukuguma naa kuba afwiifwi awumwi muntu uuchiswa malangazuba? (*inee*)
- Kukunywa munkomeki yomwe ayanywinwa amuntu uulamalangazuba? (*inee*)
- Kukulala aabulo bomwe naa kuzwaatilana amuntu uulamalangazuba? (*inee*)
- Kukutukwa? (*inee*)
- Kukulumwa mansenya? (*iyii!*)



Malangazuba asaalizigwa aamansenya, alimwi nzila biyo yomwe yakujana malangazuba nkulumwa aamansenya.

Zitondezyo zya Malangazubaa

- Nzeezili zimwi zitondezyo zyamalangazuba kubantu bapati? Kubana?

Bapati:

- Kuchisa muazwi amutukokola (kuchisa biyo)
- Kuchisa mutwe
- Kuchisa musana
- Kupya mubili (kulakonzya kuba

- mpeyo, kupya, kuzwa zitukuta, alimwi eezi ziliindulula kwamazuba aabili na atatu)
- Kuvunduuka kumoyo
- Kukonzeka kuba kuluka akupaya.

- Kumvwa kutayanda kulya
- Kubula manguzu
- Kucheya gazi
- Kuchisa menso

Bana:

- Kupya mubili
- Kukachilwa kulya

- Kuzwa zitukuta mansiku

- Kukonzeka kuba kuluka naa kupaya

- Kukonzeka kuba kuzimba maboko, mawulu akumenso.

Kusilikwa kwa Malangazuba

- Niinzi nchimunga mwachita kusilika malangazuba aamuunzi?
- Muziba biyeni kuti muntu uulamalangazuba weelela kuya kuchibbadela?

Ikuti kamuyeyela malangazuba, amuye kuchibbadela mpawaawo. Misamu ya malangazuba ibeleka kabotu kuti sikuchiswa wafwambaana kwiipegwa zitondeezo kazichisanguna. Kutola chiindi chilamfu kotana jana misamu kupa kuti uchiswe loko. Malangazuba nintenda mpati loko kubana balaminyaka iilimunsi lyamusanu awumwi akkubanakazi balamala.

Ikuti malangazuba kaajanika loko mubusena bwakulindinywe pesi kaatakwe kkilnika afwiifwi, kkala kozi kuti kupya mubili koonse kwachitika kutole mbuli malangazuba. Ula misamu yamalangazuba utobeleze nzila zyakunywigwa kwawo kabotu. Misamu naa mapili aamalangazuba ayelede kunywigwa do kuyomana.

Amuchite kuti muntu uuchiswa alyookeze akulya eezyo nzyali kukonzya kulya. Mumusungwaazye kuti anywe zinywigwa zyiingi (maanzi, madilinki ORS, azimwi) mbuli mpakonzeya. Kupya mubili kupa kuti muntu asweekelwe maanzi miingi mumubili akufwambaana. Ngwani uuchiyeede zitondeezo zyakumana maanzi mumubili? Ngwani uuchiyeede mbiichitwa ORS?

Kutabilila Malangazuba

- Nzeezili zimwi zintu nzimuchita kale kutabilila malangazuba?

Nzila ziyobile zyakutabilila malangazuba:

1. Kutabilila kuti tatulumwi mansenya, ikapati kuzwa muchiindi cha 6 golezya kuyosika cha 6 kuseni. Mansenya apona loko muchindi chakuwa kwamvula alimwi aluma loko mansiku.
2. Kutabilila kuti atazyalani mansenya. Mayi aamansenya aninwa mumaanzi mafwifwi alizinzi. Kuchesya kuzyalana kwamansenya, amugwisye koonse aawo aakede maanzi.

Belesya **CHITONDEEZO CHIBONEKA:** Kutabilila Malangazuba.

- Mumifaniso yone eeyi, nguuli utondeeza kuti nga tulatabilila kumwa mansenya?
 - *Koona muni lyakansabwe (keeled Kakali kakabikkwa munsamu)*
 - *Kuma windo belesya tusefa*
- Nzeezili zimwi nzila nzitunga tulatabilila aazyo kuti mansenya atatulumu?
 - *Livumbe kuti kolede*
 - *Mawindo amilyango ayijalwe kuzwa chiindi cha 6 golezya kusika 6 kuseni.*
 - *Zwaata zizwaato zitabilila kuti koli aanze mansiku naakuti chifumofumo*
 - *Belesya misamu yakunana iitand mansenya*
 - *Byala mitanda mansenya, eeyo iinga kuti yatentwa ilalibekela ayilikke kutanda ansenya*
 - *Nyonsya bana batete. Bana banyonsegwa tabayondoijatwa malangazuba pe.*
- Mumifanikiso iine eeyi, nguuli unga ulayimika kuzyalana kwamansenya?
 - *Kutula maanzi akujaya zigabba, zipika zisowedwe ankaye zikkala maanzi kuti yawa mvula.*
 - *Kulima masokwe aajanika afwiifwi amuunzi amumbali mwe cheengele choonse.*



- Nzeezili zimwi zintu nzitunga tulachita kutabilila kuzyalana kwamansenya mucheengele chesu?
 - *Kukupaa naa kuvwikila tulambwa amakomba aabamba maanzi.*
 - *Matanka aamanzi amipika azikkale kazivunikidwe.*
 - *Zilido zyazivubwa azilondwedwe kule ang'anda.*
 - *Amusinke sinke migula iigwisya meenda mumulonga kuchitila kuti ukunke kabotu meenda taano leyi leyi.*



Kuchita

Amuyeeye masena aali mucheengele ooko kunga kulakkala maanzi antoomwe akumena masokwe malamfu. Amubambe kamuli aantoomwe mpawo muchite chintu chomwe kutabilila malangazuba.

Chiiyo-Chiniini: Mawemusi

Muzezo Mupati: Mawemusi eetelezya malwazi mapati kusika kulufu. Busanamba akulibamba mubulondozi bubotu kugwasya kulitabilila kuzwa kuma wemusi.

Zyakubelesya

- Chitondeezyo Chiboneka: Mawemusi aazibilikide (mifanikisyo yone amakkwa obile)
- Chitondeezyo Chiboneka: Kutabilila Mawemusi

Manjililo

- Nguuli musyobo wama wemusi aajanika mumala ngitwakazibila mucheengele chesu?
- Nkaambo nzi ma wemusi naali mabi kulinduwe?
 - *Abba chakulya chiligwa amuntu, aboobo muntu uulaa mawemusi ulanyana abule kuyakika mubili – abule manguzu akuchiswa.*
- Niinzi nchimuchita kusilika muntu uula mawemusi?

Misyobo yama Wemusi

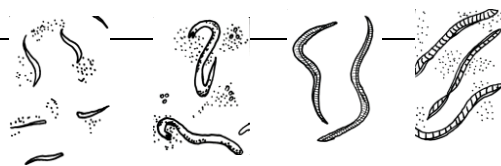
Kuli misyobo yone yama wemusi izibinkene loko.

Ma-Pinworm (abaanga nka nyeleti)

ma-Hookworm (alimbuli kaloby)

Ma-Roundworm (alimbuli kafumbo)

ama-Tapeworm (malamfu mbuli lukumba)



NCHITO

Beledya ZITONDEEZYO ZIBONEKA: Mawemusi azibinkene loko, koyalide zilembedwe kuchitila kuti kuboneke biyo mifanikisyo. Ulakonzya kunamatika tupepa aatala amabala, peta kuchitila kuti mabala ataboneki, naakuti ujale amaboko aako. Buzya kuti, “Ngaali mawemusi aategwa ma roundworm, ma-pinworm, ma-hookworm, ama-tapeworm?” Musule lyaku zumbuuzya kwakabunga jula aboneke mazina

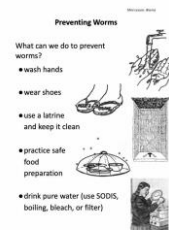
- Aboneka biyeni ma-**pinworms**:
 - Alangika mbuli kanyeleti katuba naa luchida alimwi alaboneka mumazyu.
 - Apa kubaba kupati loko kuzwida mazyu.
- Aboneka biyeni ma-**hookworms**:
 - Maniini loko kuti aboneke mumazyu.

- Apa kuti muntu alimvwe kakatede loko akubula manguzu. Ayetelezya kuchisa mwida antoomwe akupaya. Muntu uulama-*hookworms* ulazisiniini zitubuluka, maala amujanja amulamo mulatubuluka.
- Aboneka biyeni ma-**roundworms**:
 - Mapati, abumbidwe mbuli mufumbo, amwi ngamubala wachiyokaansi amwi alatuba, malamfu kweelana ano lyamuntu alimwi alafwambaana kuboneka mumazyu.
 - Muntu uulayooyu musyobo wama-*roundworms* ulimvwa katakwe manguzu, kubabwa, akuchisa mwida, antoomwe akukola kutakwe chinkolwa.
- Aboneka biyeni ma **tapeworms**:
 - Mumala, ma-*tapeworms* akomena kulampa biya kusika kumamita miingi, pesi kuti anyigwa aboneka mbuli gala lyamwana mutete.
 - Muntu uula ma-*tapeworms* ulakotela loko alimwi ulachisigwa mwida.

Kutabilila Kunjilwa ma Wemusi

Tondeeziya **CHITONDEEZYO CHIBONEKA**: Kutabilila maWemusi kusimya zyaambo.

- Bantu baajana biyeni mawemusi? Nga tulaatabilila biyeni?
 - *Kutasamaba mujaanza (samba mujaanza)*
 - *Kugumana amazyu (belesya chimbuzi akuchibamba kachisalede)*
 - *Nzila yakunpanga chakulya iitatabililikide pe, kubikkiliza nyama itaajikidwe naakuti iitabizidwe (soola nzila yakujika zilaabusanambi)*
 - *Maanzi aaletombe (amunywe maanzi mabotu (mubelesye SODIS, mwaabizye, mwaabike musamu naa kwaasefa)*
 - *Kweenda mumano ma-hookworms aajanika mutombe alalisyomeka munyama yamuntu kapati kumano (zwaata nsangu)*



Kusilika maWemusi

Chibotu nkutabilila mawemusi kwiinda mukuchita nzila zya bulondozi abusanambi. Ikuti muntu waba aazitondezyo yakuba aamawemusi, amusoole eezi zintu:

- Kuma **pinworms**, samba aakati kamatako abuzuba mpawo unane *Vaseline* mukati akunze muchiindi chakoona kuchitila kwiimika kubaba. Naakuti wabikka ka cheka kotana wona; chiindi chiingi kuseni ma wemusi amayi aawo abuka kanamatide aakacheka aaka. Chita eezi kwamviki zilimusanu ayimwi.
- **Kuma-Roundworms** alakonzya kusilikika ayooyu musamu: bachoncho bapai babili bamwiinzi wa poopo abambi bachoncho bapati babili babuchi naakuti chuka mugilazi pati lyamaanzi akasaala, kaali maanzi mabotu aazwa kubizigwa, mpawo wanywa. Ooyu musamu uunywigwa lumwi, pesi ulakonzya kwiindulula musule lyamviki kuti kakweelede.
- **Mandonge aategwa ma-Areca nuts** alalwisyania loko amawemusi, nkwaali na kuli ndinywe? Ikuchita musamu ooyu, bweezelela nseke nzibizidwe ugwisye yakunze, zinengulule mpawo uziyanike kuti ziyume, kwamazuba aabili (ulakonzya kuula nseke njumu kale kuzisambalilo). Zikwiye zibe busu mpawo ubiikke bachoncho bobile muli chakulya naakuti muli chinywigwa. Ooyo uyeyelwa kuti ulaamawemusi apegwe lomwe abuzuba nichiba chili chiindi kwamazuba aatatu.
- Kulimisamu myiingi yama wemusi yuuzigwa kuzintoolo zyamisamu: Ketrax, Padrax, Antepar, Piperazine, naakuti Mintezol yama wemusi. Ambuula amuntu wakuchintoolo chamusamu kuchitila kuti akugwasye wuule musamu uulinguwo mpawo **utobelezye nzila yakutobelezya ziliwo ikabotu**.

Chimwi chiindi mwana ulakonzya kuba amawemusi kwachiindi chilamfu naa minyaka. Nkaambo kakubawo kwamawemusi kwachiindi chilamfu, zichitika kumwana anga zya boneka aanga mbabede. Aboobo nkubotu kusillika bana boonse kumawemusi amunyaka amunyaka kuchitila kuti amwi ulawo.

Ikuchita

- Niinzi chintu chomwe nchonga ulachita mumviki iino chakutabilila mpuli yako kuzwa kuma wemusi.

Chiiyo-Chiniini: Kakkweekwe (TB)

Muzezo Mupati: Kakkweekwe **naakuti TB**, mbulwazi butabukizyanigwa loko. Tulakonzya kutabilila, kubona akusilika muntu uula TB.

Zyakubelesya

- Chitondeezyo Chiboneka: makkaadi aazitondeezyo zya TB aaSini lizibilikide (anengulula aakati abe makkadi obile)

Ndangemusule ya Nchito

Tulasobaana musobaano kuchitila kuti tubone mbutuchiyeede yakuzibila bulondozi nzitwakayiya.

Anzaania mbunga mpati ibe tubunga tobile, mpawo ubayeeze kuti kuli zyabulondozi zizibilikide zisika musanu azibili (Chiiyo-Chiniini: Ndange Musule ya Zizibilikide Zyabulondozi). Awumwi uutayeye nchito yomwe yabulondozi naakuti uulyata aalinzila yabulondozi (mbuli kuti, 'kukkala kazisambide zimbuzi' nintambo iilimusi lya 'kubebesya zimbuzi' – zyobile ninsandulo zili kabotu) weelede kunyampuka awambe nzila zyoonse kuchitila kuti anjizize kabunga kakwe i-poyinti yomwe. Ikabunga katajane mapoyinti miingi musule lya kwaambwa kwanzila zyoonse nkikatanili kazunda. Kumamanino bayeeze zoimwi nzila zyabulondozi zinooli tazyambidwe pe atubunga toonse.

Kukkala katusoola nzila zyabulondozi eezi kugwasya loko kutabilila malwazi miingi kubikkiliza Kakkweekwe TB.

Niinzi Kakkweekwe TB?

- Mwakali mwamvwa na aatala a Kakkweekwe naakuti TB?
- Mpali na wakali waba aaKakkweekwe naakuti mpali na ngomuzi wakali waja bwa bulwazi bwa Kakkweekwe?

Kakkweekwe mbulwazi bulemu, butola chiindi chilamfu loko kukupona kuti muntu bwalimujisi. TB mbulwazi bulentenda mpati ubanti balaminyaka ilakati ka kkumi ilamusnu 15 kuya kumakumi aatatu alamusanu 35 kampatila aabo batasimide loko pe mumubili, batakwe mibili iyakikene, naakuti bali aakazunda ka HIV. Bantu biingi balafwa nkaambo kabulwazi oobu amunyaka amunyaka.

Kakkweekwe katabukizyanigwa loko. Nkuuba loko kuti katabukile kuli bamwi.

Mpiili misamu iisilika TB. Weelede kunywa misamu yoonse mane ikamane. Muntu woonse uula TB pesi katanywi misamu yakwe, nkuuba kuti atabukize bamwi bali afwiifwi anguwe mayoka aaTB kwiinda mukukola, kweesemuka, akukkala biyo aantoomwe.

Kakkweekwe kalatabililika

Nzila zyabulondozi zilatabilila kusaalila kwa TB: kuli nzila nyiingi yakutabilila TB:

1. Ibana abayaswe nsunda zitabilila TB biyo nibazwa kuzyalwa (mukati kamweezi omwe).
2. Balwazi ba TB beelede kuyotola misamu yabo alimwi bayinkile kunembo kabanywa misamu eeyi **nansya kabali babumvwa mbubombubo.**
3. Kukola kusaaliza mayoka. Kolela mukakokola. Yiisya bana kuchita oobo.

4. Kuswida kusaaliziya mayoka. Yiisya mpuli yako itanoswdiswidi.

Kakkweekwe kalasilikika

Amwiiye kuziba zitondeezyo zya TB. Nzeezi zitondeezyo zyayo:

- Kukola kutola chiindi chilamfu kwiinda mweezi, kampaala mukuzwa aakubuka
- Kupya mubili sikati agolezya
- Kuzwa zitukuta mansiku
- Kuchisa mukaango naakuti kujulu kwamusana
- Kubula chiyandisyo chakulya, kumana mubili
- Kubula manguzu (kufwambaana kukatala)
- Kutubuluka mubili
- Kokola bulowa (ikapati kuti kwaakuba kunembo)
- Ikukkanga ijwi (kupati loko)

Aatala azeezi, bana balakonzya lubo kuba azeezi zitondeezyo:

- Kuzimba naa kuba aamakoto mumukosi amwida
- Kupya mubili akukola ikuza kakumana kakwiindulula lubo.

Ikuti koyeeyela TB nkaambo kazeezi zitondeezyo, fwambaana kuya kukkilinika mpawaawo. Musilisi uyookupa misamu yandeene yakuti unywe kwachiindi chikonzya kusika munyaka. **Utaleki pe kunywa misamu yako, naansya kakuli kuti wabumvwa mbubo.** Nywa misamu eeyi mane musilisi akwaambile nguwe kuti kwabota lino leka.

INCHITO

*Sala walipeda omwe. Pa walipeda ooyu **CHITONDEEZYO CHIBONEKA:** kkaadi lyazitondeezyo, (naa lya TB naakuti lya sini) mpawo umwaambile atalitondeeziy kumbunga pe kkaadi eelyo.*

Chita kuti bali mukabunga basandule mibuzyo yakuzumina akukaka, mbuli kuti ‘Kukola kwako kwasika mweezi omwe na?’ naakuti ‘Kaango kako kalachisa na?’ Sikusandul ulasandula kabelesya zitondeezyo zili akkaadi. Ikuti imbunga yabuzya mibuzyo naakuti batonddeziya kuti bayiziba TB, ulakonzya kwaamba nsandulo. Bazibisye bazibe kuti balimumo naape, mpawo mulange lubo zitondeezyo.

Amusobane tutatu naa tune abasikulipeda basiyene kusikila balikwiiya bakonzye kuubilwa kuziba nsandulp.

Ikuchita

- Ndeelili simpe nduwayiia aatala a TB sunu nduwatezi pe?
- Niinzi chintu chomwe nchonga ulasanguna kuchita kuti utabilile kusaalila kwe TB?

Chimpanzi 3: Lugwasyo Lwakusanguna

Chiiyo-Chiniini: Kutabilila Ntenda

Muzeezo Mupati: Tulakonzya kutabilila ntenda akutabilila mpuli zyesu antoomwe acheengele.

Zyakubelesya

- Chitondezayo Chiboneka: Ntenda Zikonzya Kuchitika

Manjililo

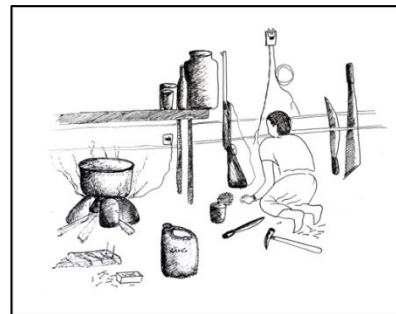
- Iwebo, mpuli yako naakuti umwi simayakilane mpalina wakali wanjila muntenda niiba ili muchiindi chifwiifwi chayinda?
- Yakali ntenda musyobo nzi?
- Yakachitika biyeni?
- Niinzi chakali kunootabilila ntenda eeyi?

Inkila kunembo kolikubuzya kukabunga kusikila baba amikozyanisyo myiingi. Kuti kaatakwe nibakonzya kuyeeya zyakachitika lino lino, bakumbile bayeeya zyachiindi knikuba kumyaaka yayinda.

Ntenda Zikonzya kuchitika

Belesya **CHITONDEEZYO CHIBONEKA:** Ntenda Zikonzya Kuchitika

1. Bikka mufumbo aali zyoonse nzoyeeyela kuti nga zileetelezya ntenda.
 - Musamu uujaya wabikkwa afwiifwi abana (chimwi chiindi uli mukabbodela katalembdwe)
 - Mulilo amupika uupya uli aachikko
 - Ntambo zyamagesi, ntambo zijulikide antoomwe aakutyanka aajulikide
 - Zipikili zilikuzwa kunze
 - Kafulo ansando zyasigwa aansa
 - Zipikili zili aansa kusi amawulu
 - Mingoma iiyasa (azimwi ziyasa)
 - Mapanga kubulambo
 - Zintu zilema zikonzya kuwa
 - Maanzi mumupika afwiifwi achimwi chintu chamagesi
 - Ntobolo kubulambo
2. Kuli chimwi achimwi chabikkwa mutendelele, nkookuli kulichisa kunga kulachitika? Niinzi chinga chilachitwa kutabilila ntenda?
3. Nzeezili zimwi zintu zitali amufanikisyo zivulide kweetelezya ntenda mumyuunzi yesu amucheengele?



Kutabilila Nteda, Buya, Aantoomwe aMisamu Iijaya

Kutabilila Ntenda

- Amugwisye magilazi, zipikili, azimwi ziyasa zili aantanganana mukati kang'anda, aachikolo aalubuwa.
- Amubunganie, mutente akusydila tombe.
- Amuyakile zikkala zyamaanzi, antoomwe amasena aanikide aawo aanga alawa bana.
- Amugangamine naa kugwisa zipikili zinooli ziyayuna.

- Amugonke naa kulima masokwe aanooli avula akonzya kusisa ziyasa, inzoka, azimwi zichisa.
- Amubambe tufulo, magilazi, azimwi ziyasa aabusena butasikilwi abana.
- Amube aasimpe kuti tuwayile twamagesi tatusikilwi. Amuleke kujata zyamagesi maboko kaali matete. Maanzi apa kuti muntu afwaambane kujatwa magesi.
- Amuyiisye bana kuti kabakkalila kule migwagwa kambatila nikwiinda moota.
- Ikuti ng'anda yenu kiili mujulu, amubike lubaya lugwasya kuti bana tabawidi aansa.

Kutabilila Buya

- Amubambe mipika iilazipya mukati kule abana ooko nkubatasikili.
- Amubambe manchisi, misamu, *paraffin* azimwi ziyaka aabusena butasikilwi abana.
- Ikuti mwayasya lampi lyamafuta naakuti makkendulo, ibana ababe kule andilyo naa kulibikka mpubatasikili.
- Amubikke lampi lyamafuta kule atunsabwe twamansanya naakuti kubulo nkaambo lilakonzya kutentezya.
- Kamutanosiyi mwana alikke afwiifwi amulilo.

Kutabilila Misamu iijaya

- Amulembe mazina aamisamu aachibikilo chayo. (naa kweenga chitondeezyo).
- Ikuti kotakwe choonzyo aakuti muli nzi muchibikilo, utalabili pe.
- Amuleke kubikka zilimbili *paraffin* muzibikilo zibelesegwa kubikila maanzi. Amuleke kubikka maanzi muchikilo chabikilide minsamu naakutji mafuta amyoota.
- Tamulekeli bana kabalikulya michelo iitazibinkene aboowa andyu.

Ikuchita

KAMULI BABILI

- Amusale zintu zybile zyaambuulwa sunu nzimunga mulachita kutabilila ntenda mumpuli zyenu.
- Niinzi nzoyanda kuchita kuti kube busandu oobu? Ngwani uunga ulakugwasya? Ulazichita lili?
- Nzeezili zintu, chomwe naa zibili nzuwayiia sunu nzonga ulaabilana abamwi muli iino mviki?

Tola mweenya wamazuba mache aatobela weendeende amunzi wako ampuli yako muyanduule zintu zinga zileetelezya ntenda. Amwaambuule aatala anzizyo abana bako mpawo muyanduule nzila zyakuchita busandu ziyandikana. Mulakonzya lubo kweendeenda ampuli yako mucheengele mwachita mbubo lubo.

Chiiyo-Chiniini: Lugwasyo Lwakusanguna Luuba Lwazlilonda Abuya

Mizeezo Mipati – imika kuzwa kwabulowa mpawo usanzye zilonda zyoonse. Wozeka, sanzya, mpawo uvumbe buya. Yanduula lugwasyko lwakuchibbadela kuti kupya kakuli kupati.

Zyakubelesya – Maanzi, micheka

Kuziba lugwasyko lwabulondozi lwakusanguna kuchitika kwiinda mukuchita chita twiingi. Ikuti kakukonzeka ibali kwiiya abeezye ikuchita kuli umwi awumwi.

Manjililo

- Mpali na wamumpuli yako naakuti iwebo lwako, wakali waba aachilo naakupya niinzi nchimwakachita kusilika chilonda naakuti buya oobo?

Ikuti muntu walichisa, nkukoloondo kuti agwasigwe kufwambaana. Lugwasyo lulakonzya kutabilila kuti kulichisa ooku takubi penzi pati loko pe.

Litabilile

Amwi malwazi (mbuli HIV) atabukizyanigwa kwiinda mubulowa. Ikuti umwi muntu ulaabulwazi oobo kalikuzwa bulowa, mpawo bulowa bwakwe kwaswaanana abwako, ulakonzya kubujana ayebo. Weelede kulitabilila aawo nogwasya umwi muntu uulikzwa bulowa:

1. Ikuti koli aachilonda chijulikide mujaanza lyako naakuti aakuboko kwako, belesya kumbi kuboko kupa lugwasyo oolu.
2. Ba aasimpe kuti utali nengi naa kuliyasa nikuba anzi muchiindi nolikupa lugwasyo lwakusanguna.
3. Ikuti bwakweenda bulowa, samba loko ansipa amaanzi mbuli mpokonzezya.

Kusilika Zilonda

Nimulikwaambula aatala amunchali omwe, amusoole muchite mukozyanisyo bantu kabali kweezya kuchita.

1. **Imika kuzwa kwagazi.** Kuzilonda zibbila, nchintu chipati alimwi chikoloondo kuchita eechi.
 - Belesya mucheka usalede, uusimide, kukujala chilonda.
 - Nyampua chilonda chiye kujulu kwiinda moyo kuchitila kuchesya kweenda kwabulowa.
 - Diimika munwe naa jaanza amanguzu eetala echilonda kusikila kwiimikile kuzwa kwegaze.
 - Eeyi nzila ilayimika kuzwa kwabulowa kuzilonda zyoonse.
 - Kuzwa kwabulowa kulakonzya kwiimikila kwamaminisi yomwe naa aabili, kuzilondo zibbila kulakonzya kuyoosika maminisi makumi aabili. Kochiswini kodiimikide kuyoosika kukayimikile kuzwa kwabulowa. Kudiimika oku ulakonzya kuba mulimu mupati loko – pesi utaleki pe!
 - Ikuti chilonda kachili chipati, tuma umbi muntu kuyoyaandula lugwasyo iwe UCHAALE KOLI KUDIIMIKA.

Utabelesyi muse naa bulongo, masya, mafuta, naakuti kkofi mukweezya kwiimika kuzwa kwabulowa!

2. Nibwayimikila kuzwa bulowa, **sanzya chilonda:**
 - Sanzya obotu obotu pesi ikabotu chilonda eechi kobelesya nsipa amaanzi, (belesya maanzi mabotu aanywika). Kuleelede kuti kugwisigwe tombe lyoonse muchilonda kuchitila kuti tachiboli. (kusanzya abukande naakuti munsamu kuzwa ku famasi kulagwasya akulako kuti tachiboli chilonda).
 - Vumba amucheka usalede naakuti bbandichi. Utaangisiyi pe. Ikuti muntu wasanguna kumvwa mpeyo aawo mpuwaanga, angununa buniini.
 - Gwisya mucheka naa bbandichi abuzuba kuchitila kusapa. Kkala kosamba mujaanza choonse chiindi kowamba kugwisya bbandichi
3. Ikuti mayoka anjila muchilonda kachili chaamba kupona, chilakonzya kubola. **Kubola kwachilonda nintenda mpati.**
 - Ikuti chilonda kachisalala, kachipya, kachizimbide, naakuti kachili kuzwa busina naa chasanguna kununka bubi.
 - Belesya musamu wa *peroxide* naa bukande kuzwa ku famasi kukuchisanzya lubo. Chijale lubo abbandichi lisapidwe.
 - Ikuti kusalala kwasanguna kutanta kuzwa aachilonda NAAKUTI sikulichisa wasanguna kupya mubili naa mpeyo, chaamba kuti kubola kwachilonda kwabija. **Amumutole kukkilinika akufwambaana.**

Kusilika Buya

Nimulikwaambula aatala amunchali omwe, amusoole muchite mukozyanisyo bantu kabali kweezya kuchita babili babili.

Boongwa biyeni buya:

- Mpawaawo, ozeka nyama yapyama amaanzi antontola. Koswini kutila maanzi atontola aawo aapya naakuti ubikke chizo chapya muni lyamanzi aatontola kwamaminisi.
- Musule lyamaminisi vumba buya oobu amucheka uusede, mutete alimwi uutontola. Peepe kwaanga.
- AMUTANANI PE mafuta aa *Vaseline* naakuti zimwi zinanwa aabuya. Pesi mwiinzi watati ulakonzya kugwasya loko.
- TAMUDONKOLI PE matumpwiza.
- Mbuli zilonda zyakulichisa, buya bwakupya abulabo buyanda kukkala kabusede alimwi akubelesya mabbandichia aasapidwe mukupona kwabo.

Muntu wapyama amumutole kuchibbadela akufwambaana kuti buya:

- Bwasiya, bwaba amubala wamusinzenyangu, naa kutuba.
- Kabuli aabusena bupati bwamubili naakuti kumenso.
- Baboneekanga bwayuma loko.
- Bwakeetelezegwa amusamu naakuti magesi.

NCHITO MUTUBUNGA TUNIINI

Malayilile kuMweendelezi: Chita kuti tubunga (naakuti babili babili) babe aamuntu utasobane mbuli walichisa chilonda chibbila, buya naakuti waba aachilonda chabola. Yeezya tubunga aatala antaamo zine zyakusanguna zyakupa Lugwasyo Lwakusanguan kuzilonda abuya.

1. Litabilile
2. Imika kuzwa kwabulowa/Tontoozya buya
3. Sanzya akubikka bbandichi aachilonda
4. Langilila kuti taakwe nikwaba kubola na

NGAMBO ZIBOOLA

Chita kuti tubunga tuchite misobaano. Mpawo muboozye ngambo ziboola.

Ikuchita

- Niinzi nchuwa yiya nchonga ulaabilana abamwi muliino mviki?

Chiiyo-Chiniini: Lugwasyo Lwakusanguna kumuntu walya Musamu Naakuti Walumwa Nzoka

Muzeezo Mupati: Fwambaana kutola ntaamo kuti muntu wanywa musamu uujaya naa kulumwa nzoka.

Zyakubelesya

- Chitondeezyo Chiboneka: Kulumwa Nzoka

Manjililo

- Mpali na muntu ngozi wakali walumwa nzoka naakuti wakanywa musamu uujaya katezi pe? Niinzi chakachitika?
- Ngwani ngoyeeza kuti ulimuntenda mpati kuli eezi zibili?

Bana mbibali muntenda mpati nkaambo balabikka mumulomo choonse nchibajata alimwi baleendeenda kuyoosika mumasena amwi aanga alajanika nzoka. Nkaambo mibili yabo minii, aboobo musamu ulafwambaana kuba ntenda kuli mbabo.

Musamu Uujaya

- Njiili misamu njimuzi njimweelede kuchenjelela amuunzenu naakuti mucheengele chenu? (*gwasya mbungabayeeeye zintu zyamung'anda azyakunze mucheengele*)
 - Jiki
 - Iodine
 - Lye
 - Mwinyo (*mwiingi nintenda kubanabatete*)
 - Misamu yaku famasi (*kuti yavulisya kwiinda mweelwe*)
 - Tundundu
 - Kerosene/paraffin
 - Musamu wakupenta
 - Mafuta amoota -Petro
 - Mafuta aalampi
 - Musamu wamabbende
 - Musamu watunondo
 - Matu aajaya, michelo naakuti boowa andy
- Nzeezili zyazeezi zintu zijaya zijanika aamuunzi wenu?
- Niinzi nchonga ulachita kuti zibe kule abana?

KUTABILILA MISAMU UJAYA:

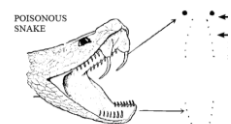
1. Bamba misamu yoonse (ayakuchibbadela) kule kutasikili bana baniini.
2. Amuleke kubikka zintu zilimbili mafuta akuyasya mulilo, amoota naakuti imwi misamu mutugumbuli twazinywigwa nkaambo bana balayanda kunywa beetanga zilanywigwa.

KUSILIKA: Ikuti wayeeyela kuti muntu wanywa musamu uujaya, fwambaana kuchita eezi zintu zitobela mpawaawo:

1. Ikuti muntu ooyo kabukide alimwi kakonzya, mumupe **maanzi** anywe kuchitila kumana manguzu aamusamu (nkomeki yomwe yamaanzi mumaminisi kumi ilamusanu). Kuti Kamuli **maalasha akwiyidwe** amumunyisike mpawaawo kavwanganisizigwe amaanzi, amwiinkile kunembo akumupa maanzi miingi zuba lyoonse!
2. Ikuti mwaziba kuti wanywa musamu uujaya alimwi kakuli kkilinka afwiifwi amufwambaane kumutola kukkilinka.
2. Amuleke KULUSYA muntu, nkaambo eezi zilakonzya kweeta aambi mapenzi.
3. Ikuti muntu ooyu katachimvwide amumulazike abbazu, mpawo mumuchijaanie kuchibbadela. Amwiinke aakabbodela kamusamu kuti bakabone bazyabulondozi.
4. Ikuti musamu wanjila mumenso naa anyama yamuntu kakumvika kupya. Sambisya loko amaanzi kwama minisi asika makumi aabili.

Kulumwa Nzoka

Kuti muntu walumwa nzoka, amweezye kuziba kuti eeyi nzoka ilaabuyoka naakuti pe. Bulume bwazyo bulasiyana. (tondezy **CHITONDEEZYO CHIBONEKA:** Kulumwa Nzoka kuti utondezye kusiyana kwabulume bwanzoka ilaabuyoka bujaya.) Inzoka zili aabuyoka zilaameno aabili mapati mpawo kwaba maniini. Ikuti bulumwe kabutondezya kuti ninzoka ilaabuyoka:



1. **Amufwambaane kuyaandula lugwasyo.**
2. **Sikumumwa akkale alizinze, ateenzenzyi aawo aalumwa pe.** Kweenzenzya kupa kuti buyoka bufwambaane kwendesya buzule mubili. Ikuti muntu walumwa nzoka, tayeleda pe kweenda.
3. **Anga aawo aalumwa amucheka uusalede kuchitila kuchesya kweenda kwabuyoka.** Chita kuti kuboko naa kuulu kukkalinkane, angisya, pesi peepe loko kuchitila kwiimika kusika kwabulowa abusena oobo.

4. **Amumubweze biya sikulumwa, aabulo kuti kakukonzeka, mumuchijanie kuchibbadela chilafwiifwi.**
Kuti kamukonzya, amwiinke aayo nzoka yaluma muntu, nkaambo nzoka zyandeende zilayanda kusilikwa amisamu iisiyene.

Kulumwa tunondo atuuka chiindi chiindi takubi ntenda mpati loko pe kubantu bapati. Pesi, kulakonzya kuba ntenda kubana batete akuli bamwi bapati bafwambaana kuzimba. Kuti zyachitika eezi mufwambaane kuyanduula lugwasyo lwachibbadela.

Kusoola

Chita tubunga naapkuti babili babili bachite misobaano wakuba amuntu wanywa musamu ujaya, waba aazilonda zyakutentwa musamu, naakuti walumwa nzoka. Akamwi kabunga akachite musobaano wako. Musule lyamisobano yoonse, buzya kumbunga mpati yoonse, 'Bamusilika kabotu na muntu?'. Chita kuti bayeeye boonse:

- *MAANZI kumusamu ujaya.*
- *KUKKALINKANA KAATAKWE KWEENDEENDA kukulumwa nzoka.*

Ikuchita

- Niinzi nchuwaiya nchonga ulaabilana abamwi muliino mviki?

Chiiyo-Chiniini: Kugwasya Muntu Wiingwa

Muzezo Mupati: Tulakonzya kwiiya kugwasya muntu wiingwa kuti tafwi.

Zyakubelesya: Chidooli

Kwiingwa

- Wakali wabona muntu wiingwa na? Wakachita nzi?

Ikuti muntu waba aachintu chakkala aamoyo, nintenda mpati loko. **Kuti KAATAKWE musabilo ngwali kuchita chaamba kuti tali kuyoya pe.**

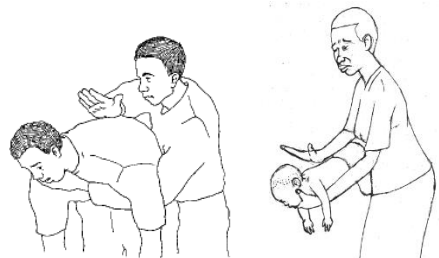


1. Ikuti muntu kali kukola, kulila, na kuchita misabilo, kukola kulajula nzila yamuuya. Talimuntenda mpati loko pe.
2. Ikuti kaatakwe musabilo ngwali kuchita naakuti wajata mukosi meso azwida aanze, chaamba kuti nzila yakuyoya yasinka, tachikonzyi kuyoya, alimwi uyanda lugwasyo mpawaawo. Tupona biyo kwakayindi kafwifwi katutali kuyoya, aboobo mweelede kufwambaana kutola ntaamo!

Belesya basikulipeda beezye kutobelezya akutondezya nzila ezi koli kubapandulwida (utabelesyi manguzu woonse pe.)

Ikuti mwana katalikuchita musabilo pe:

1. Kotamika mwana aamazwi aako naakuti kalimutete mulazike aakuboko kwako. Mutwe uulengelele kwiinda kaango.
2. Belesya janza lyako kuuma loko aakati kamusana.



Kumuntu mupati naa mwana wakomena mubelesye eeyi nzila:

1. Imikila kusule lyakwe mpawo umukumbate muchikungu.
2. Chita mfayindi ajulu akombo pesi muni lyatumpango.
3. Bikka kumbi kuboko eetala emfayindi, mpawo uchite chakufwambaana kunyampula kochita kuti muuya uzwe mumapunga. Indulula mane aangunuke muntu.

Eezi zilachisa loko kumuntu uulikugwasigwa. Aboobo tamuzichiti pe kumuntu uulikukonzya kukola naa kuchita musabilo.



Kusoola

Chita kuti babili babili basoole nzila zyobile eezi – BEEZYE BIYO kugwisya muuya mumapunga munzila yabili. Kuti kakukonzeka amube achidooli chamwana mpawo ube aasimpe lyakuti akamwi kabunga kalasoola kunzila yamwana. Bayeezye nibalikusoola mpawaawo kuti mutwe wamwana weelede kulengelela kwiinda kaango akuuma loko aakati kamusana.