

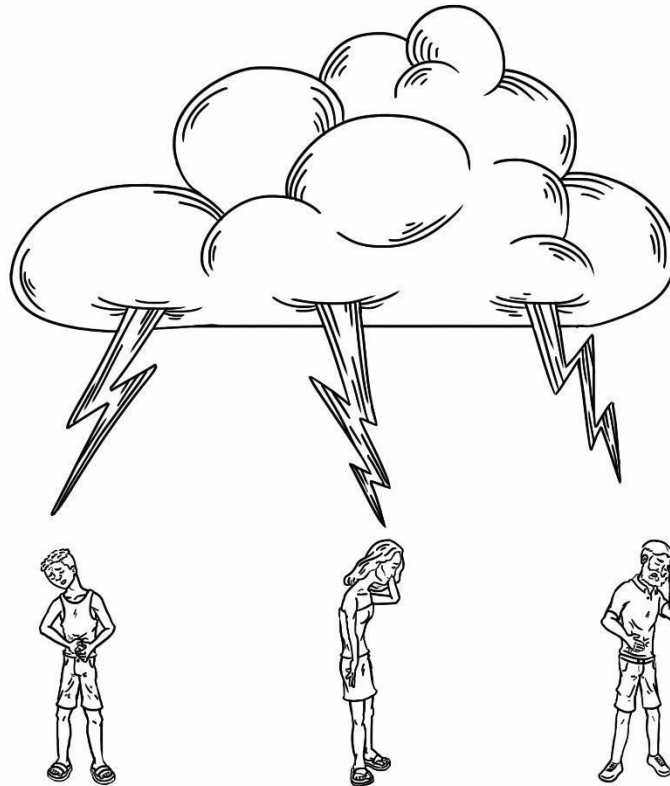
**TRUTH
CENTERED
TRANSFORMATION**

MODULE

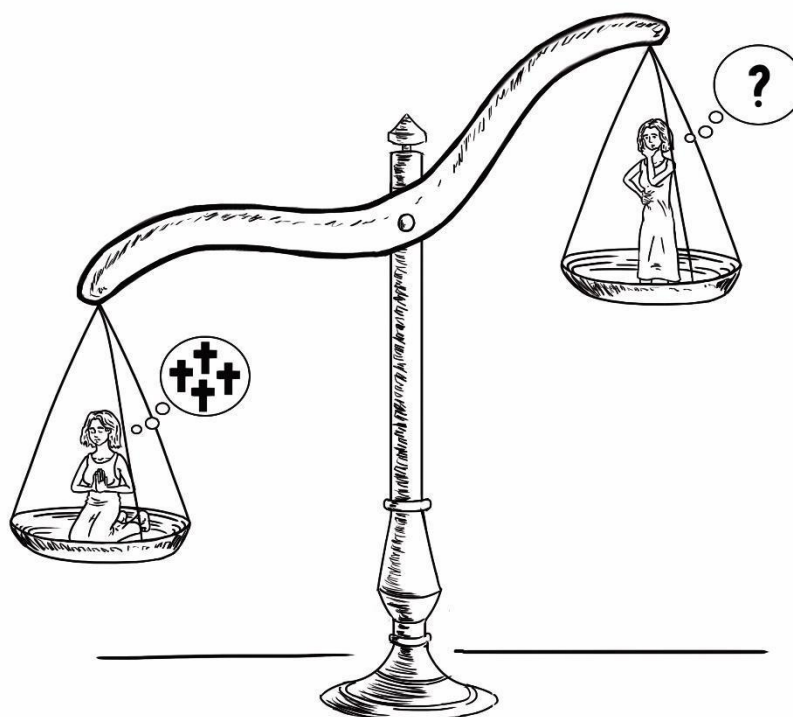


**BUSONGO
BWABULONDOZI
ZITONDEEZYO ZIBONEKA**

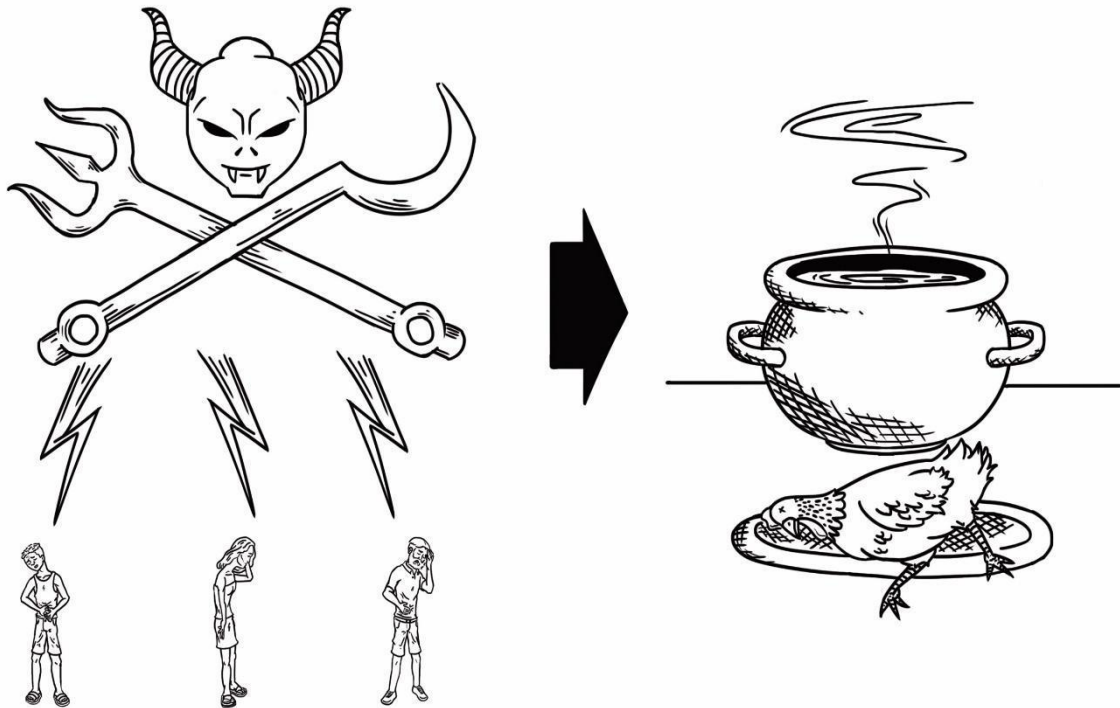
1. Kuchiswa koonse nchisubulo kuzwa kuli Leza



2. Ikuti Katuli Aalusyomo Lupati Tatwelede pe Kuchiswa



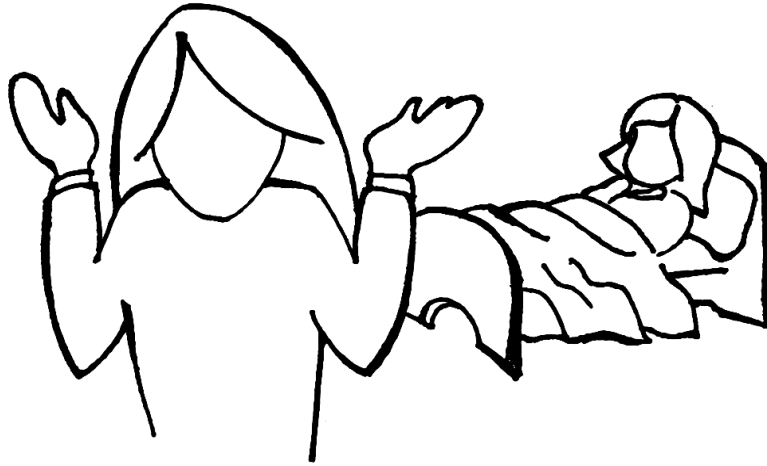
3. Ikuchiswa Kweetelezegwa Amyuuya Mibi, Aboobo Tweelede Kuchita Zipayizyo



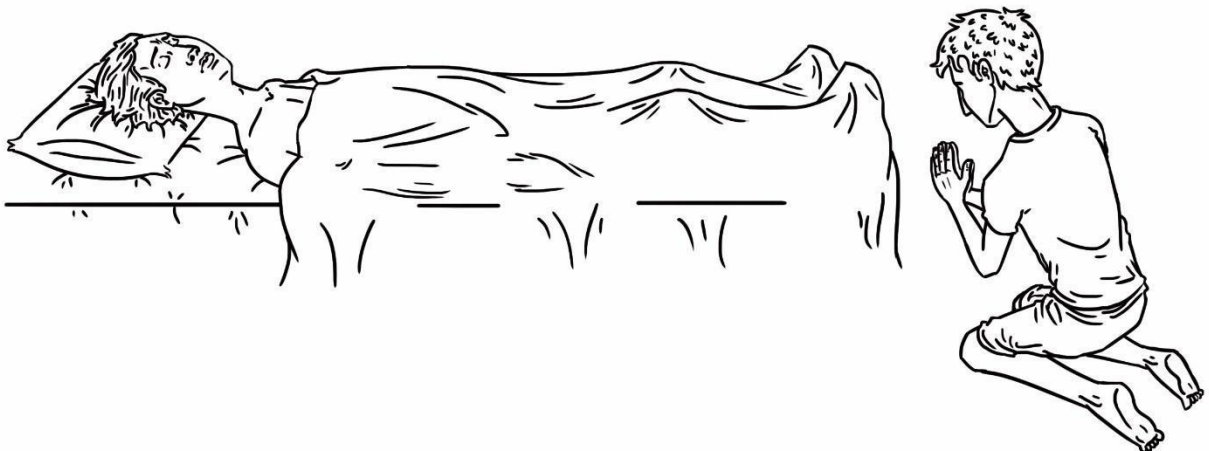
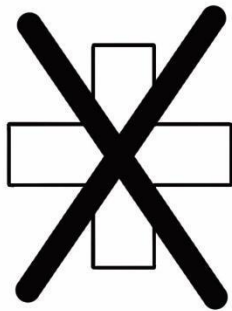
4. Leza Tazimukataazyi pe Zyabulondozi



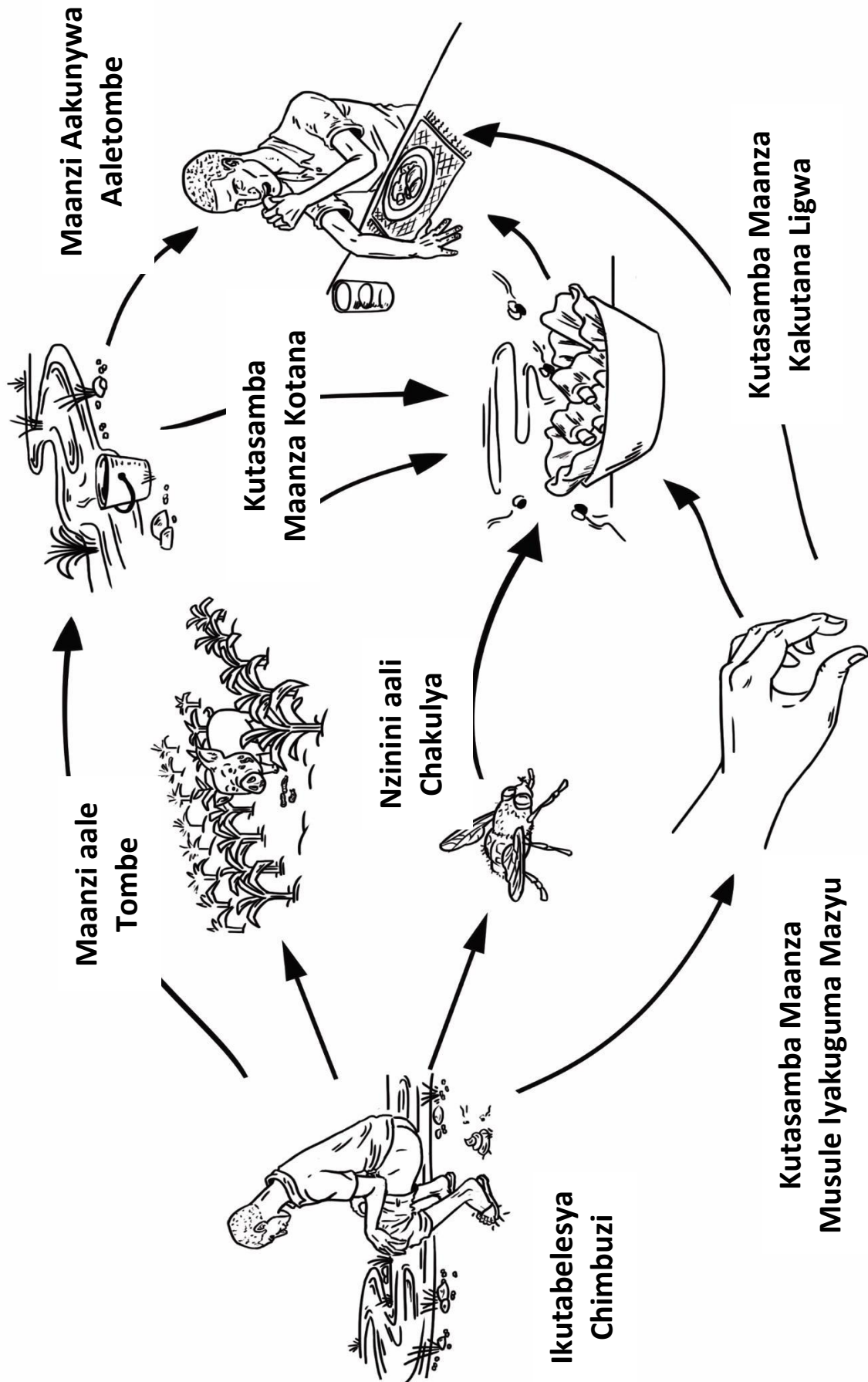
5. Taakwe Nchitunga Tulachita pe Kutabilil Malwazi



6. Ikuti Twachiswa Tweelede kukomba biyo katutayinki kuchibbadela pe

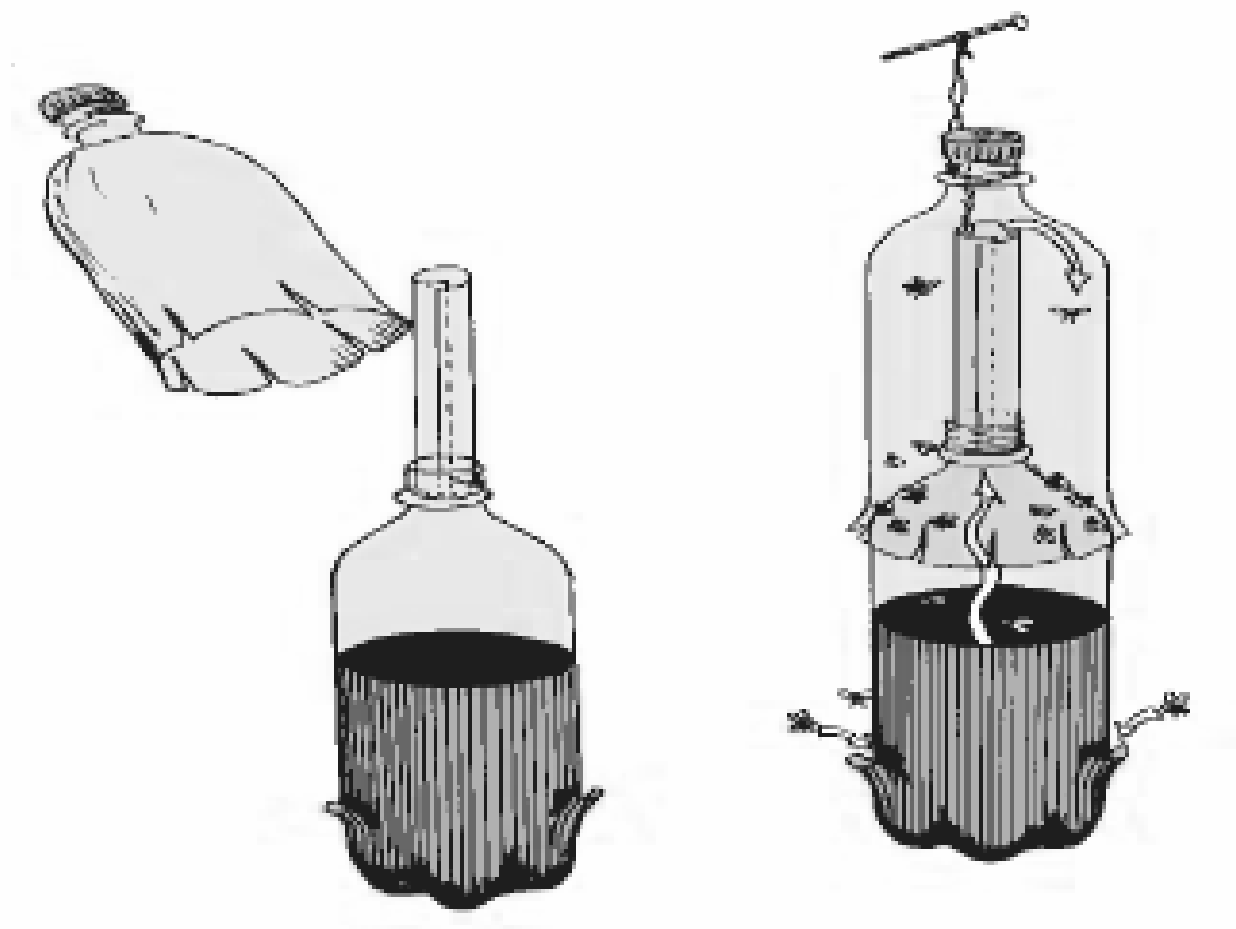


Mbasaalila Malwaazi



Nzila Yakuchita Chijata Nzinini

1. Bweza chigumbuli chachiindi, chipente chisiye kungsi, mpawo udonkole mabanga aatatu kuchitila kuti zinjile nzi.
2. Nenga chimbi chigumbuli aakati. Chita chubbu akunengulula kungsi mpawo oubikke mulichakusanguna
3. Jala mulyango wachakusanguna chigumbuli.
4. Bikka manyowa mache aatako mpawo uchaanzike chigumbuli aanze.



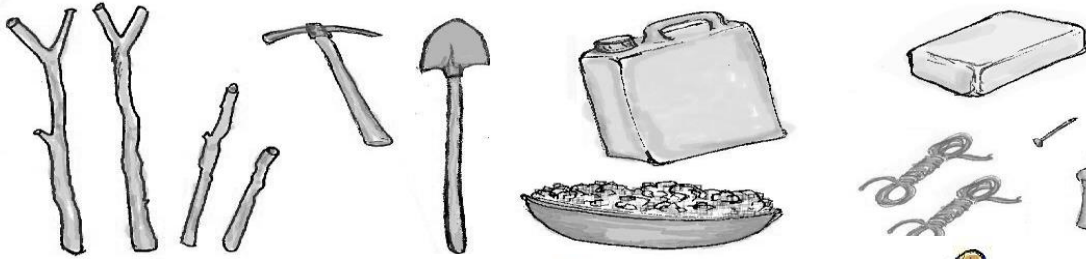
Mpompi linkunuka



Libambile Yako Mpompi linkunuka

Zyakubelesya Ziyandikaba:

Zipanda sisika 2m bulamfu izibili; bwaalo bulamfu 1m bubili; Izyakusisya, Chibikilo Chamaanzi; Bubwe; Loozi; Chipikili alampi



Ntaamo:



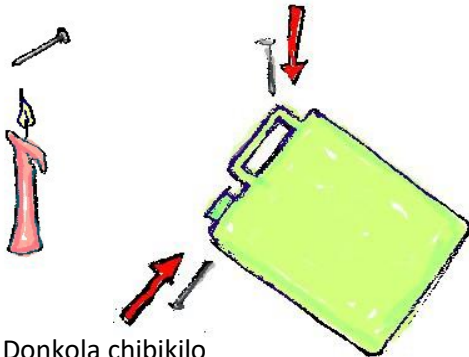
1. Sya makomba aabbila bhila mpawo kaali ntambo zyobile aakati.



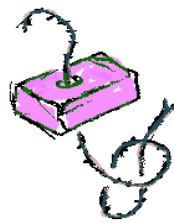
2. Bikka zipanda zyako zyeelane kakumawulu



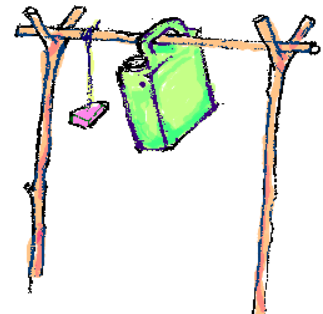
3. Vwikila makomba amuse abubwe, usindiile.kakumawulu



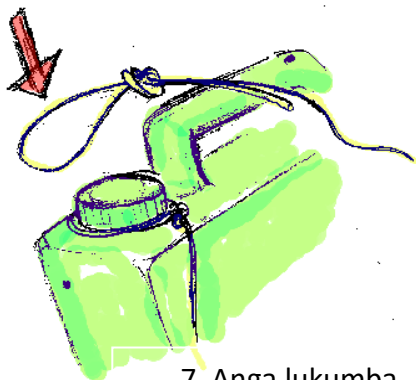
4. Donkola chibikilo chamaanzi kobelesya chipikili



5. Donkolo nsipa mpawo ubikke lukumba mubbanga

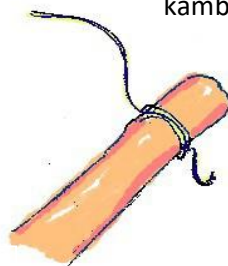


6. Anzika chibikilo chilamaanzi antoomwe ansipa kumbali



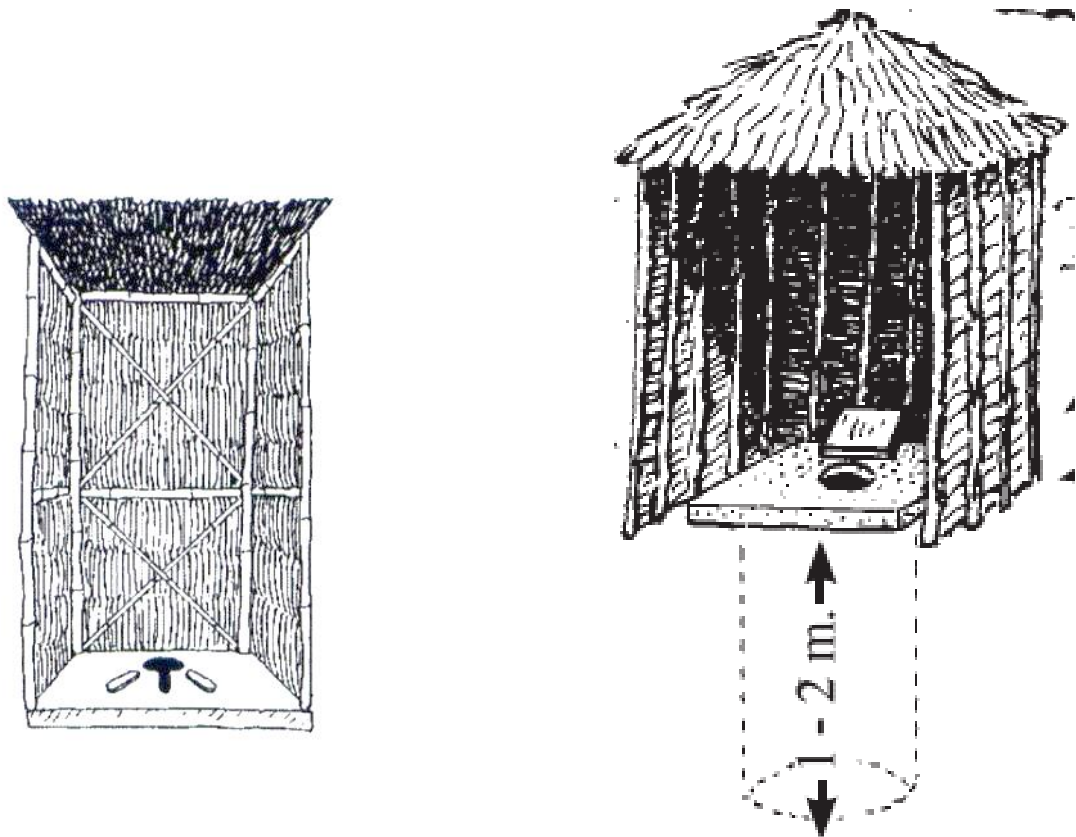
7. Anga lukumba kuchibikilo chamaanzi

8. Akuli kambi kasamu kambi

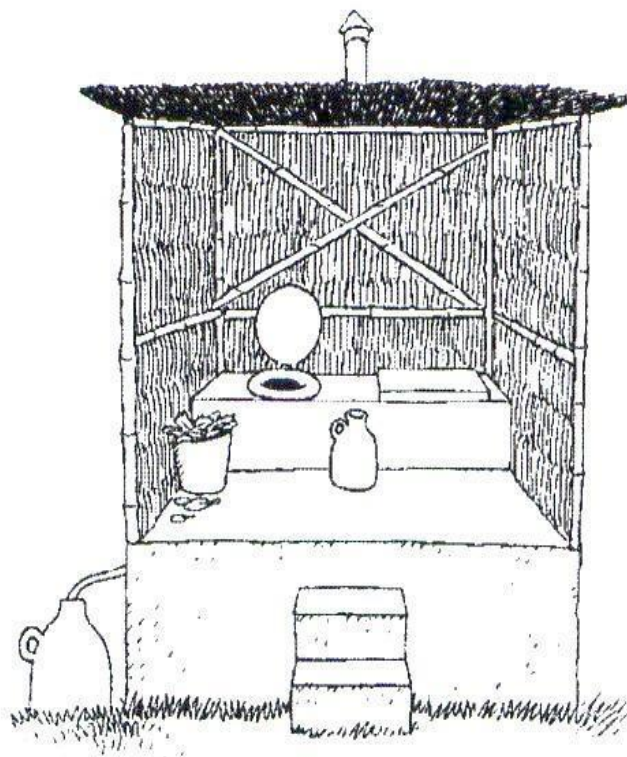


9. Belesya bubwe bube mbubo bunojata maanzi aaloka

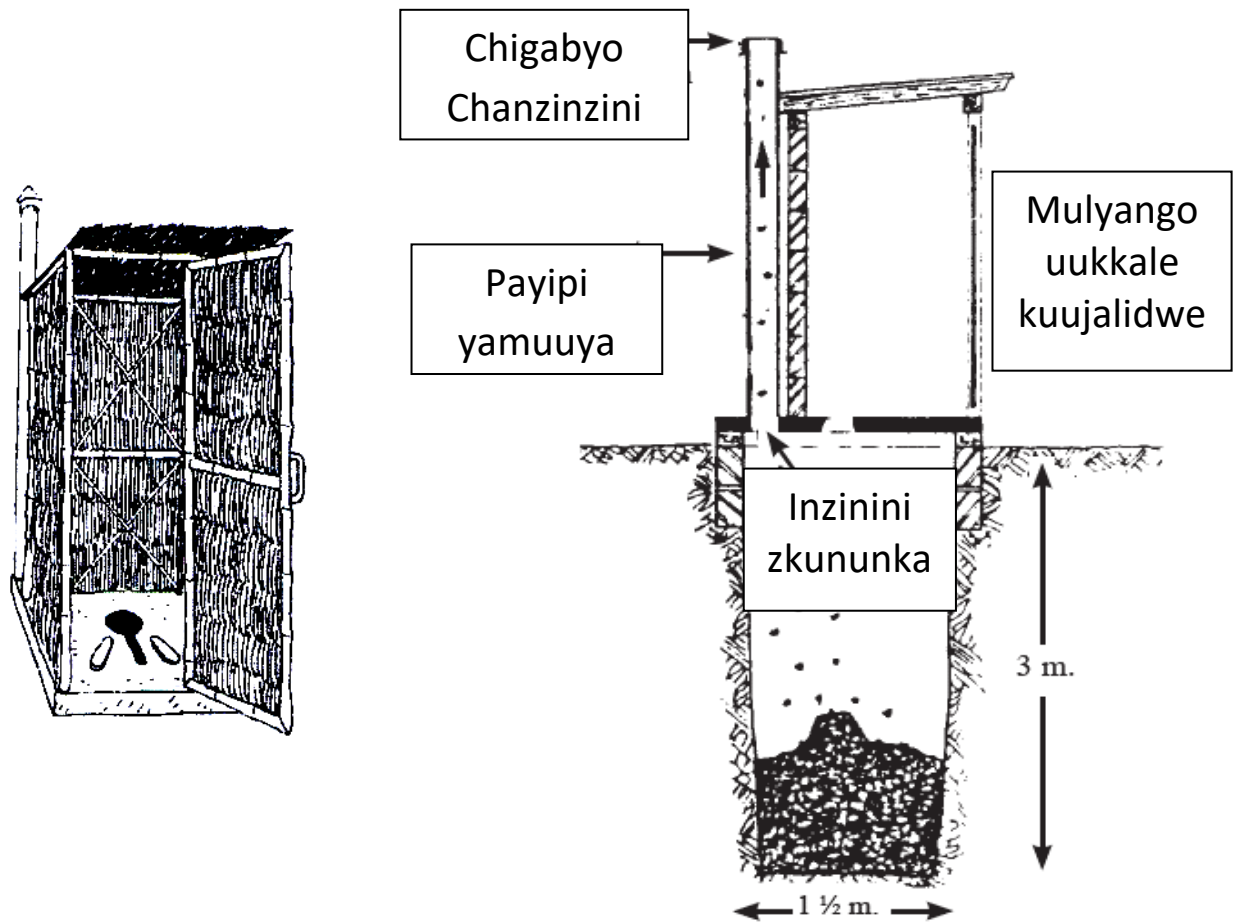
Chimbuzi Chakomba Lijalidwe



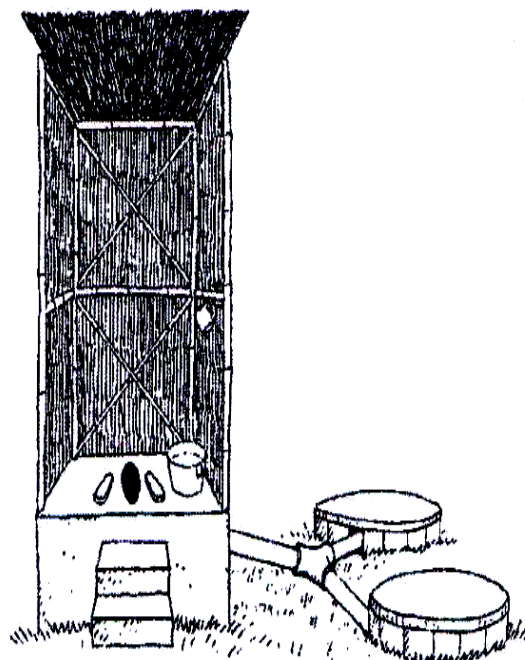
Chimbuzi Cheenzya Minsyu Ayimbi Nzila



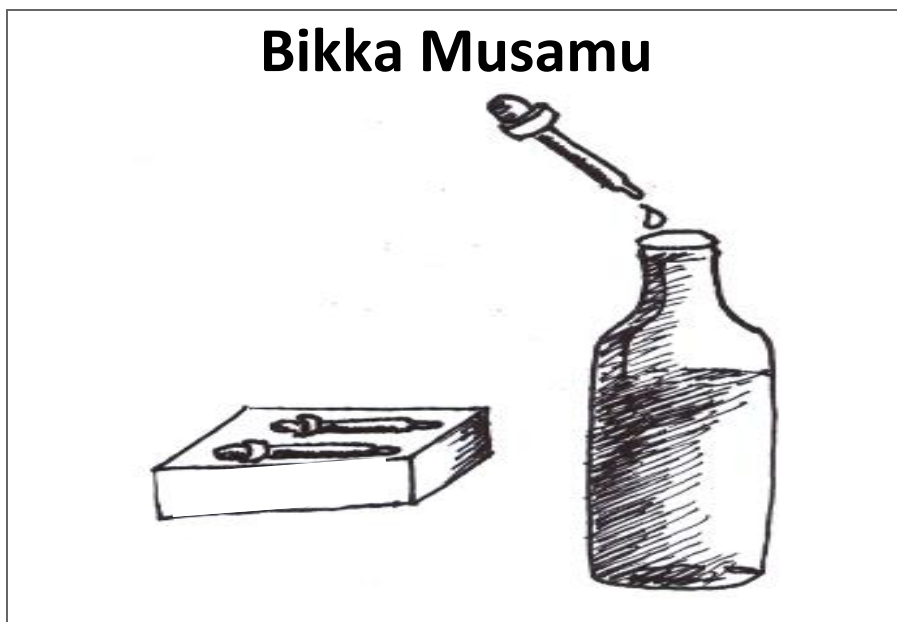
Chimbuzi Chakkomba Lisumpukide kunjizya Muuya (VIP)



Chimbuzi Chakutulida Maanzi



Asalazigwa biyeni Maanzi



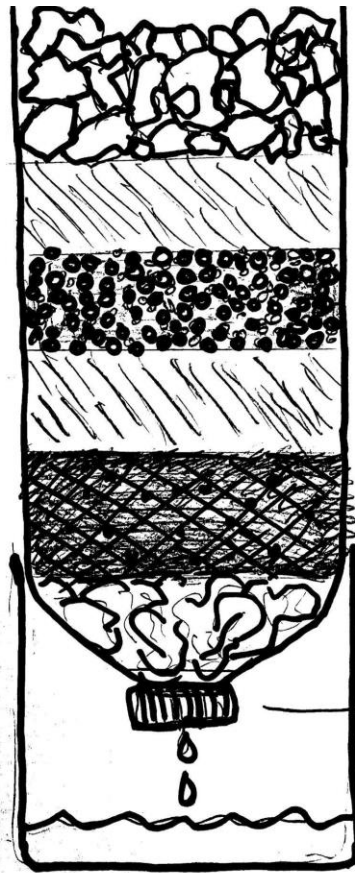
Ubelesegwa biyekni Musamu wakusalazya Maanzi

Eeyi nzila ibeleka kabotu kumaanzi anooli abikkidwe eezuba akasaala.

1. Bikka malosi aabili aamusamu kulita yomwe yamaanzi
2. Chukunia mpawo waaleke alizinze mamaminisi aakonzya kuba makumi aatatu (pesi kuti kubote tutedi wola lyomwe kusika kulaabili).
3. Yungizya musamu kumaanzi aalabulongo naakuti atontolesya.
4. Musule lyama minisi makumi aatatu kwelede, maanzi abe aakanunko kkamusamu wabikwa. Kuti wavulisya musamu, alanunka loko maanzi alimwi weelede kuyungizya maanzi.

Kusefa Maanzi

cengulula tako lyechigumbuli



mabwe maniini

muse muuba

muse wamumulonga
uulabubwe

muse muuba

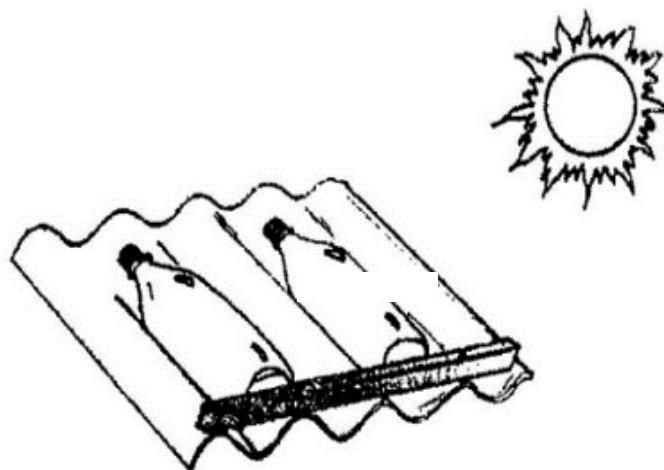
nsizi zikwiwidwe

mucheka

donkola chivunisyo

nwaazwa kusefa bizya
maanzi

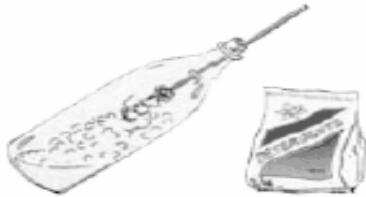
Inzila ya SODIS



Mboobu Mbiibelesegwa Nzila yaSODIS

Kusalazya Maanzi

Ntaamo 1: Belesya kagumbuli kanga kalaba lita yomwe naa malita aabili. Kasanze loko kagumbuli aaka kuti koli kukabelesya lwakusanguna.



Ntaamo 2: Bikka maanzi katazuli pesi kiinde chisela



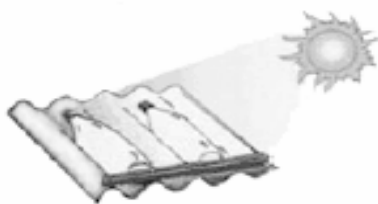
Ntaamo 3: Chukunia kagumbuli kwama sekonzi makumi aabili



Ntaamo 4: lino zuzya kagumbuli mpawo ukavunike



Ntaamo 5: Bikka kagumbuli aamazenge aalamagidi magidi



Ntaamo 6: Naa kubikka aakalu kamang'e



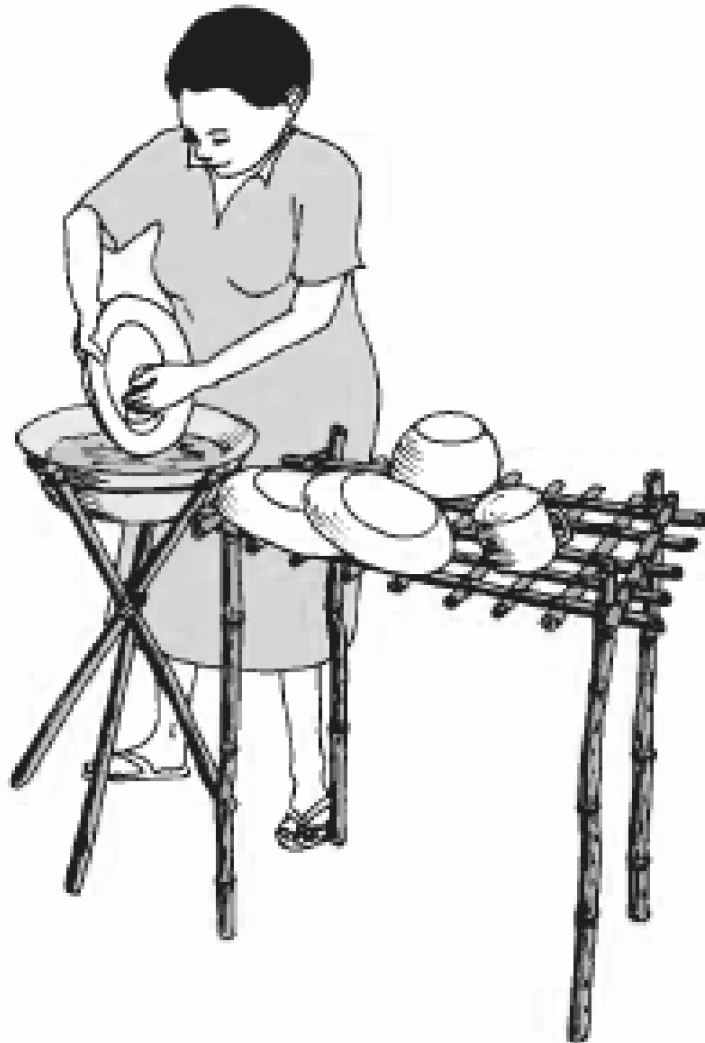
Ntaamo 7: Siya kagumbuli aako Kakali aazuba kuzwa kuseni kuyoosika goko naakuti kwama wola musanu alimwi



Ntaamo 8: Lino maanzi anooli aba kabotu eelela kunywigwa kuyoosika juunza naa zoona.



Chisanza Chakuyanikila



Bungania:

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

Yaka:

1. Syidila mpanda eezi zisime zipanda 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 mtuniini twachaala katuyabujatana.

**Kukkala katuli aabusanambi kumibili yesu, myuunzi
amucheengele**



**Samba maboko ensipa kotanasanguna kujika
akotanalya anuwamana kulya amusule lya
nuwazwaakuchita chimwi chintu cheetelezya
“mayoka”**



Amukkazike cheengele kachisalede



Belesya Chimbuzi



Amubelesye maanzi mabotu kukunywa, kusanzya achakulya akujisya



Nzila iitabililikide yakubamba chakulya



Munyaka Wakusanguna Wakukomena

Katanazyalwa



Kachizwa Kuzyalwa



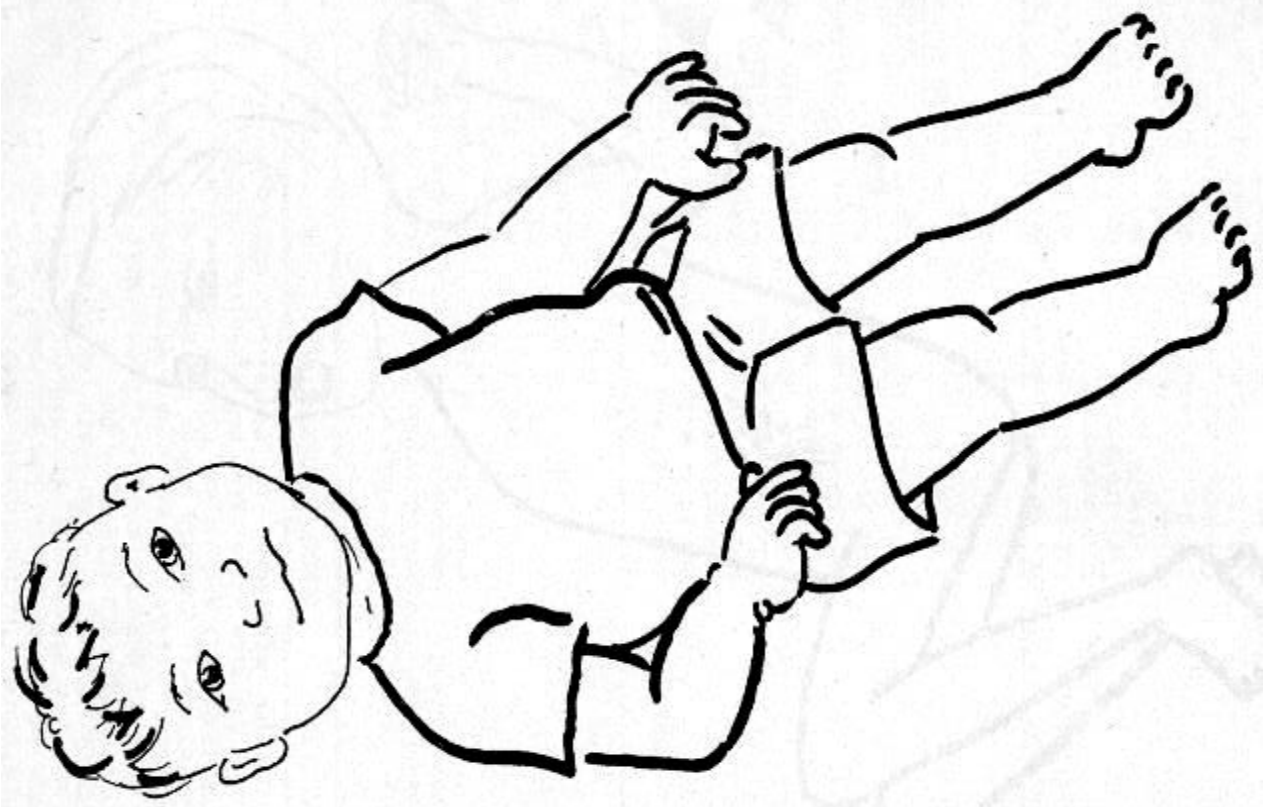
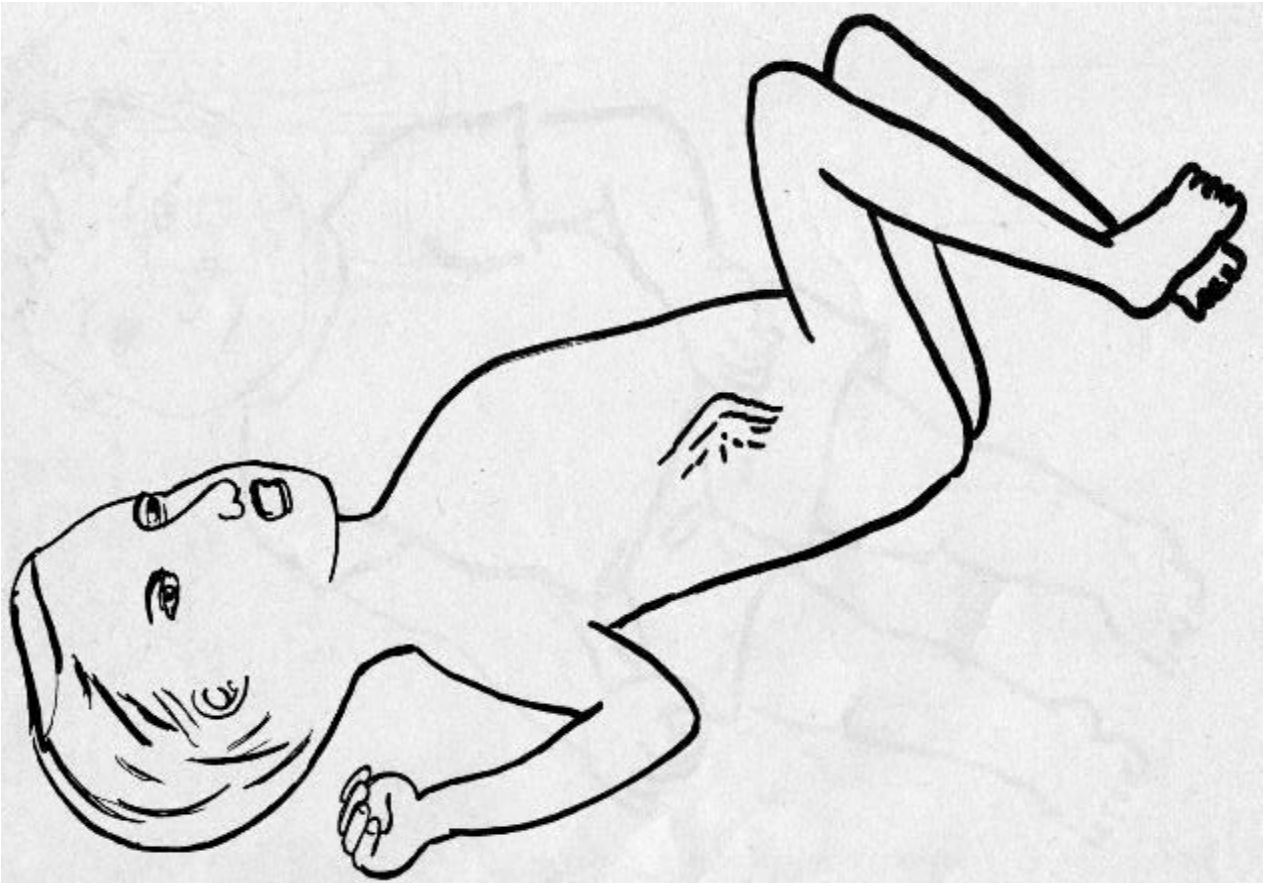
Munyaka Omwe



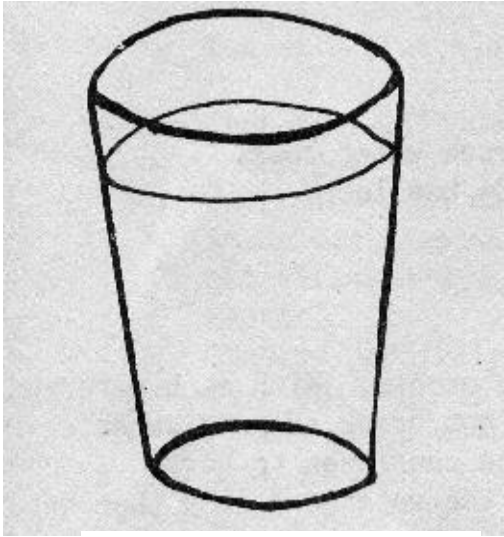
Myeezi Musanu Awumwi



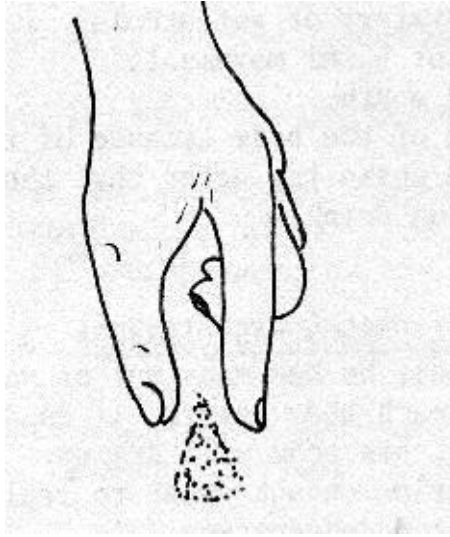
Bana Babili



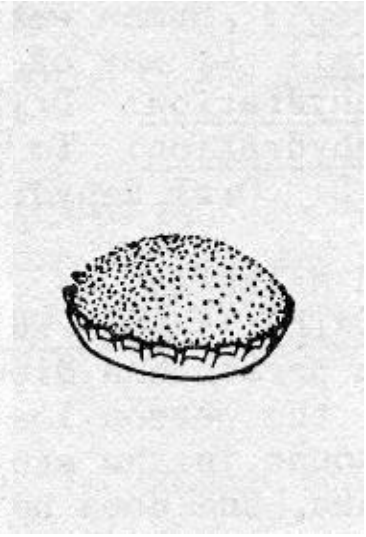
Inzila Yakuchita Chinywigwa Chibweedezya Maanzi Mumubili i-(ORS)



Bweza gilazi lyomwe
Lyamaanzi

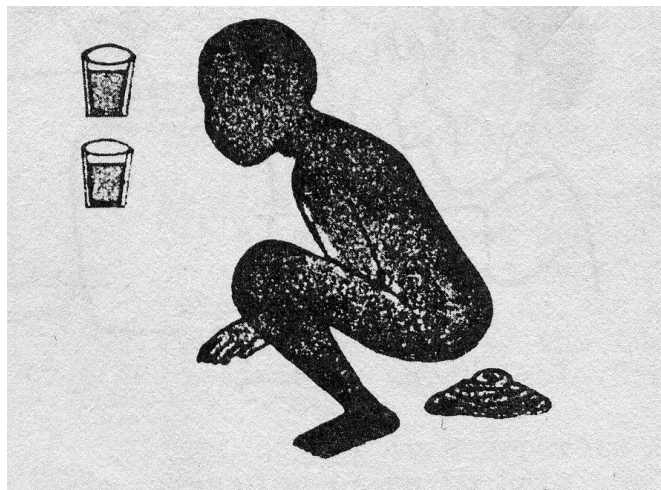


Bikka mwinyo
wakusyuna lumwi
naa tubili



Bikka chuka iinga ilazula
chivunisyo chomwe cha
kkokko

Kunyiwa ORS Nyiingi Biyeni?



Bapati: bayanda gilazi lyomwe
naakuti aabili musule lyakupaya
(magilazi musanu aatatu naakuti malita
obile naa kwiinda azuba).



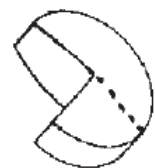
Bana: balaminyaka yiinda
yobile bayanda gilazi
lyomwe lya ORS nibazwa
kupaya.

YEEYA KUTI: KUYANDIKANA MWEELWE UUKOZYENIE UUZWA AWUNJILA

Pepa Litondeeza Manywido Aamusamu Wakuchibbadela

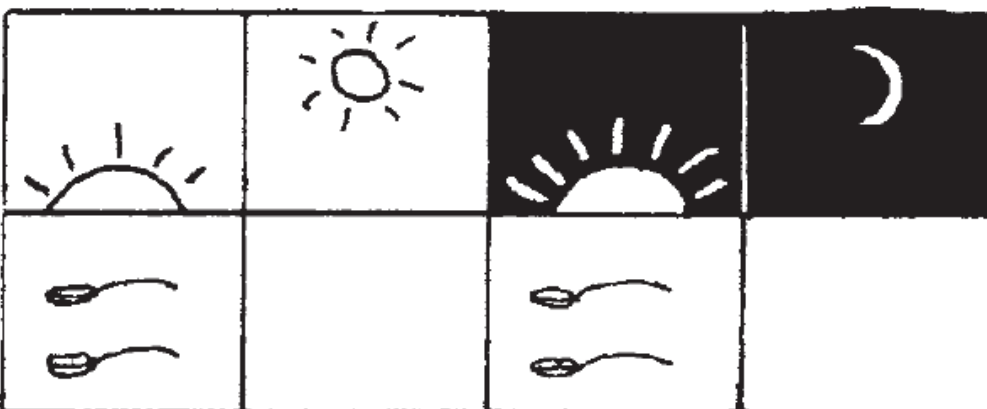
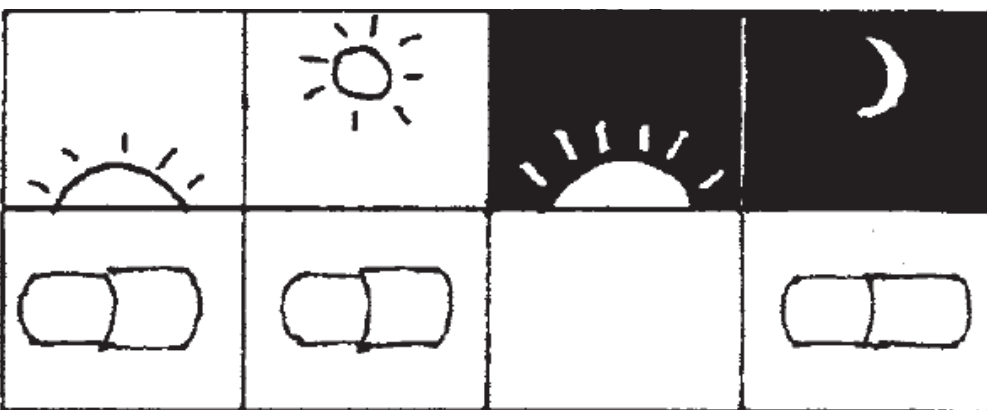
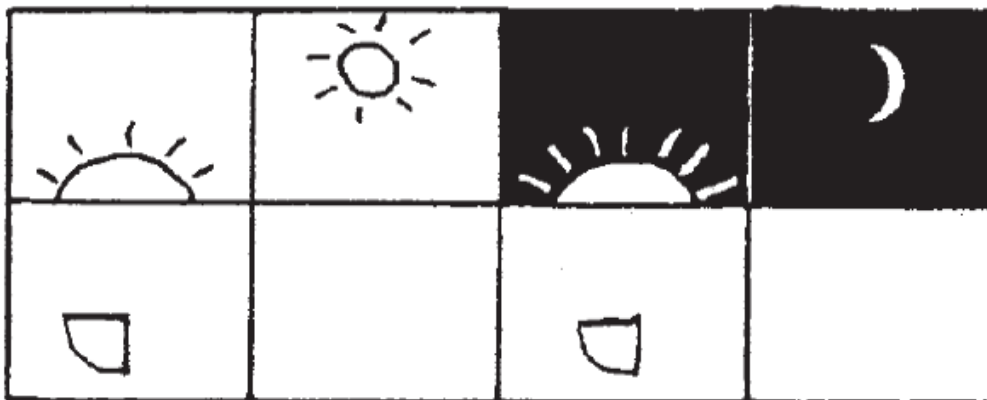
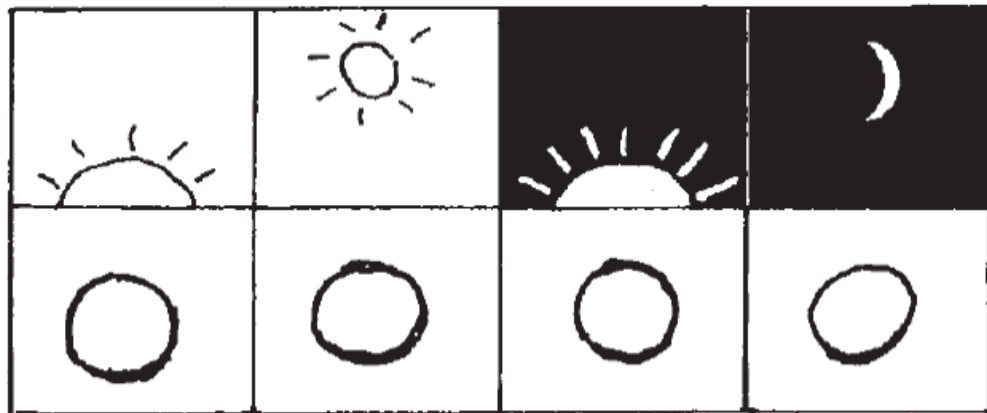
Zyakutobelezya chimwi chiindi nga zilaambidwe aatala apilisi lyoonse naakuti chimpanzi.

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

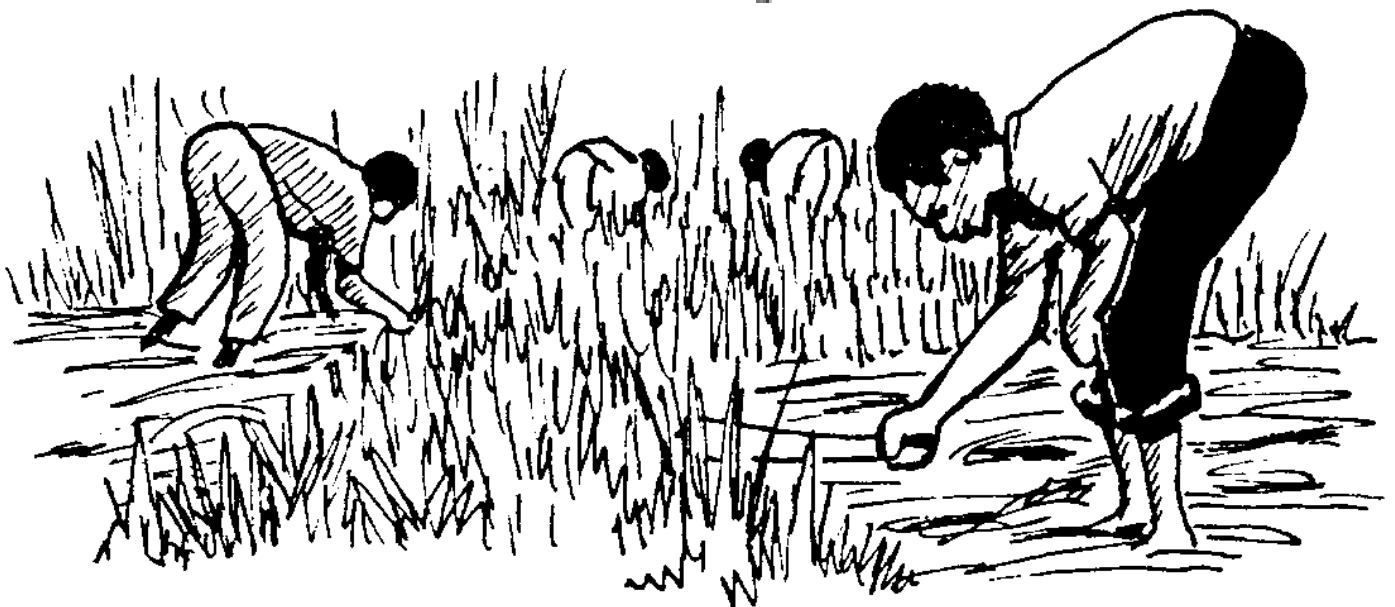
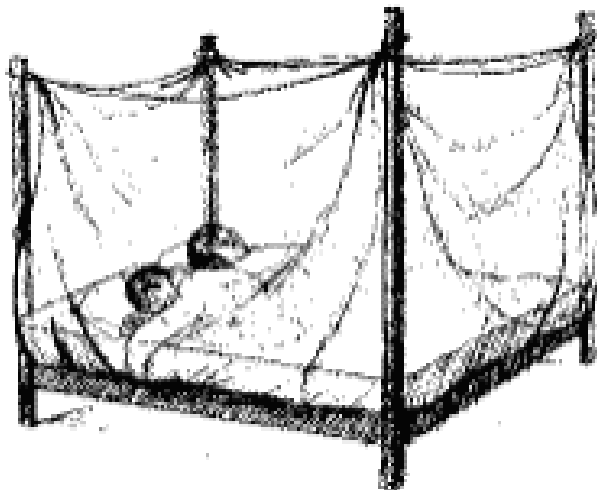
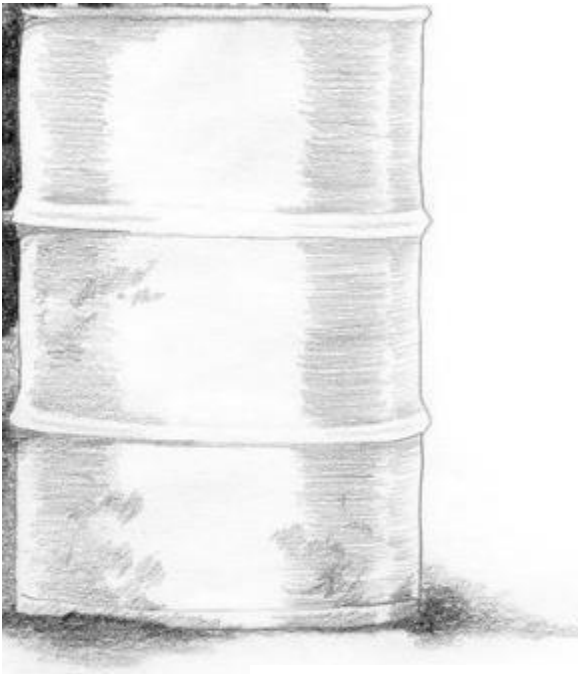


Chenjela kuti utobelezye mweelwe wamusamu waambwa kuchibbadela.

Makkadi Aamisamu Yakuchibbadela



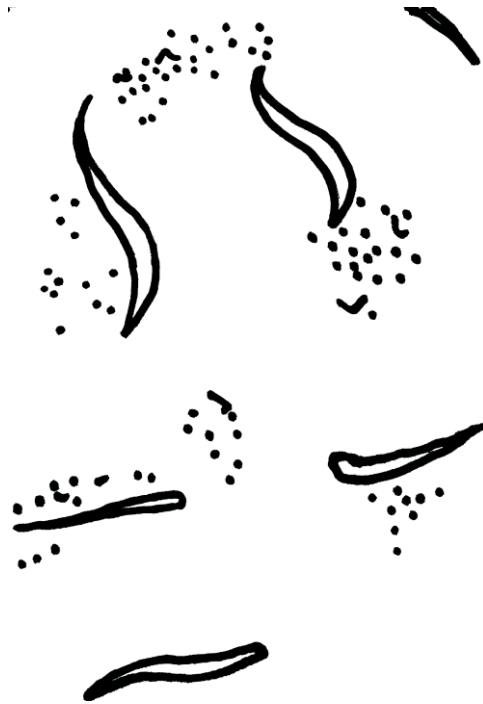
Malangazuba



Mawemusi Aazibilikide

1. Ma-Pinworm

- o Alangika mbuli kanyeleti katuba naa luchida alimwi alaboneka mumazyu.
- o Apa kubaba kupati loko kuzwida mazyi.



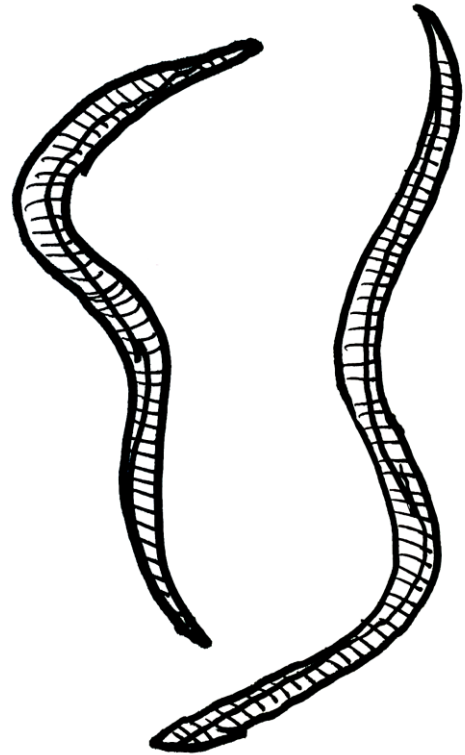
2. Ma-Hookworm

- o Maniini loko kuti aboneke mumazyu.
- o Apa kuti muntu alimvwe kakatede loko alkubula manguzu. Ayetelezya kuchisa mwida antoomwe akupaya. Muntu uulama-hookworms ulazisiniini zitubuluka, maala amujanza amulamo mulatubuluka.



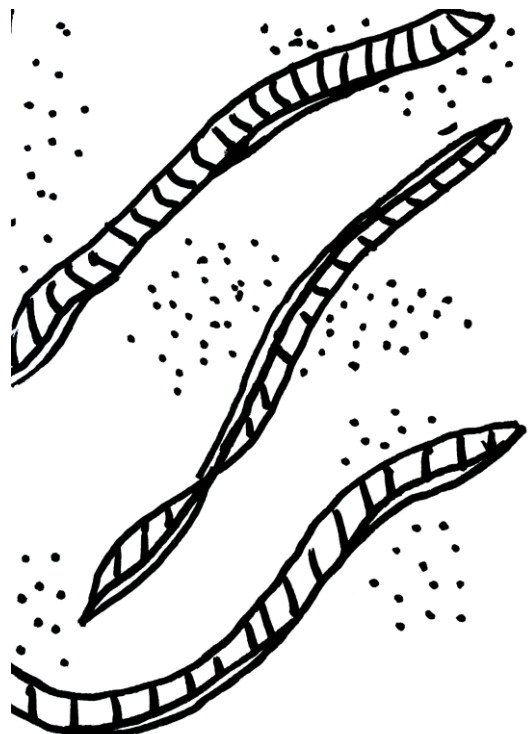
3. Ma-Roundworms

- o Mapati, abumbidwe mbuli mufumbo, amwi ngamubala wachiyokaansi amwi alatuba, malamfu kweelana ano lyamuntu alimwi alafwambaana kuboneka mumazyu.
- o Muntu uulayooyu musyobo wama-roundworms uloimvwa katakwe manguzu, kubabigwa, akuchisa mwida, antoomwe akukola kutakwe chinkolwa.



4. Ma-Tapeworms

- o Mumala, ma-tapeworms akomena kulampa biya kusika kumamita miingi, pesi kuti anyigwa aboneka mbuli gala lyamwana mutete.
- o Muntu uula ma-tapeworms ulakotela loko alimwi ulachisigwa mwida.



Kutabilila ma Wemusi

Niinzi nchitunga tulachita kutabilila mawemusi?

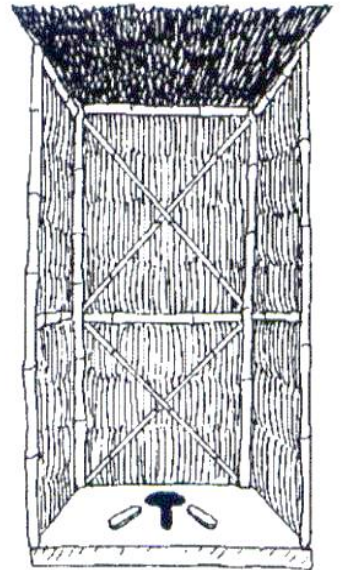
- samba maboko



- zwaata nsangu



- mubelesye chimbuzi alimwi chikkale kachisalede



- musoole kutobelesya busanambi kukubamba chakulya



- amunywe maanzi mabotu aanywika (belesya SODIS, kubizya, naa kusefa)



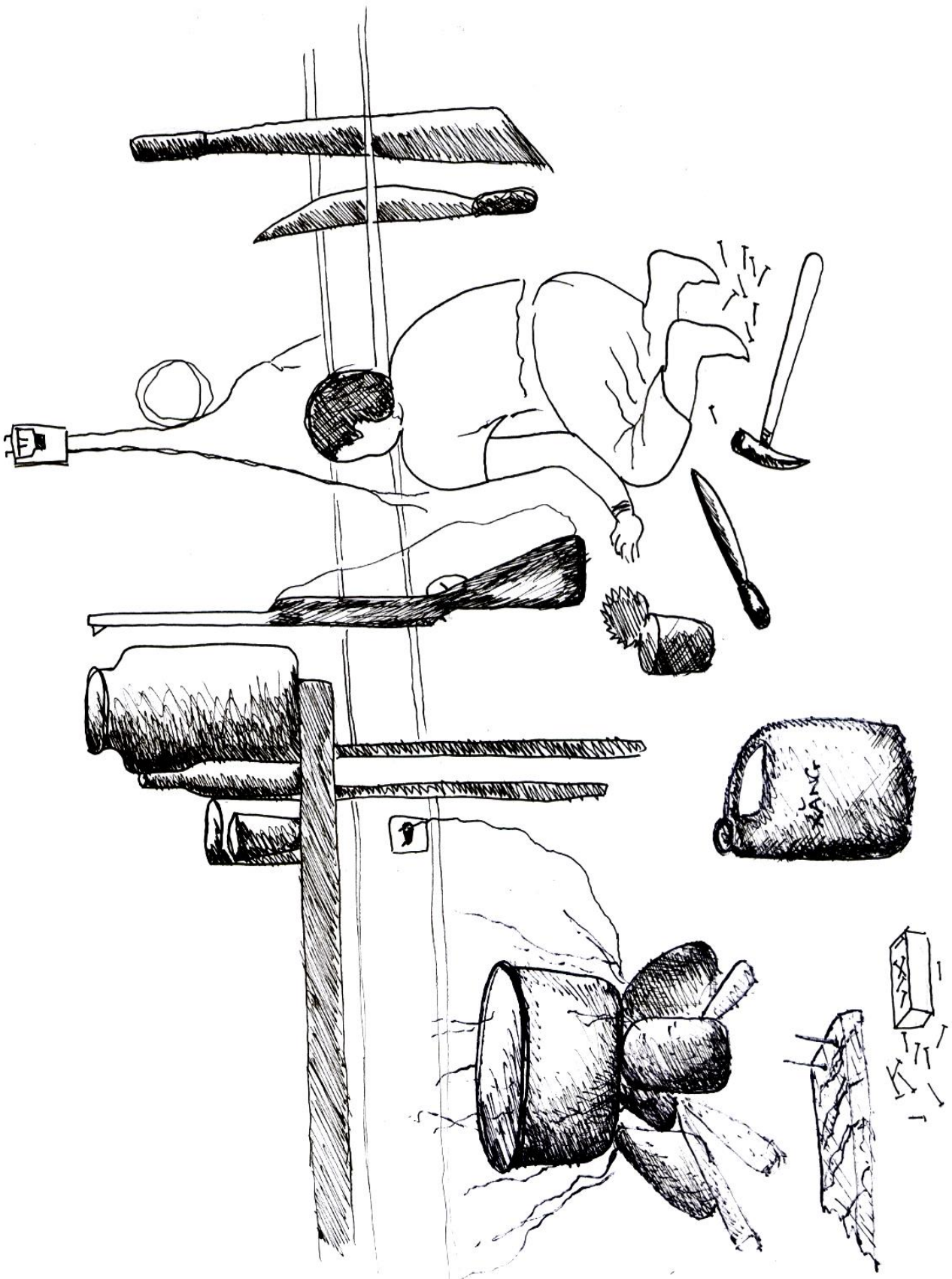
Zitondeezyo zya Kakkwekwe TB

- Kukola kutola chiindi chilamfu kwiinda mweezi, kambatila 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
- Kukola bulowa (ikapati kuti kwaakuba kunembo)
- Ikukkanga ijwi (kupati loko)

Zitondeezyo zya Sini

- Kukunka masini
- Kukola
- Kuchisa aamoyo
- Kupya mubili kulaansaansi
- Kumvwa kukatala
- Kuchisa muswaanana zizo zyamubili

Ntenda Zinga Zilachitika



Kulumwa Nzoka

