

**TRUTH  
CENTERED  
TRANSFORMATION**

**MODULE**



# **HUNYANZVI HWEZVEHUTANO BHUKU RAMUDZIDZISI**

Truth Centered Transformation is a ministry of Reconciled World. Learn more at [tctprogram.org](http://tctprogram.org).



Chokwadi Yakatarisana neShanduko—Module: Hunyanzvi HweZvehutano v5.1. Copyright ©2019 Reconciled World, Phoenix, Arizona, United States of America. [www.reconciledworld.org](http://www.reconciledworld.org)

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**Rukudzo** – Unofanira kuverengera basa nekubatanidza chirevo chinotevera: Copyright © 2018 Rakadhindwa neReconciled World ([www.reconciledworld.org](http://www.reconciledworld.org)) pasi pemitemo yeCreative Commons Attribution-ShareAlike 3.0 rezinesi. Kutu uwane rumwe ruzivo, ona [www.creativecommons.org](http://www.creativecommons.org).

**Kwete-Kutengesera** - Iwe haugone kushandisa basa iri nekuda kwekutengesera.



Kana uchida kushandura chinyorwa ichi, tapota nyorera [info@tctprogram.org](mailto:info@tctprogram.org).

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Zvidzidzo nezviratidzwa zvizhinji zveHutano Zvakatorwa kubva muchinyorwa PanaChiremba – Bhuku Rehutano Munharaunda) (Where There Is No Doctor – A Village Health Care Handbook) rakanyorwa naDavid Werner anaCarol Thuman uye Jane Maxwell (Hutano hweMaHipisi/Hesperian Health Guides, rakadzokorodzwa, ed., 2015). © Copyright 2016 Hesperian Health Guides. [www.hesperian.org](http://www.hesperian.org).

Zvimwe zvezvinyorwa zvehutano nezviratidzwa zvakatorwa kubva muzvidzidzo zvakagadzirirwa kuburikidza nechirongwa cheChikafu kune Vane Nzara (Food for the Hungry’s Food Security Programs). Chikafu kune vane Nzara/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.: Chikafu kune vane Nzara/Food for the Hungry.

## Mashandisiro eBhuku reMudzidzisi iri

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**Mazano makuru neZvekushandisa:** Zvidzidzo zvinotanga nechikamu chino.

1. **Pfungwa Huru** - Aya ndiwo mazano akanyanya kukosha anofanira kunyatsonzwiswisa nevadzidzi panopera chidzidzo chega chega. Pakupera kwechidzidzo tora nguva yekudzokorora uye kuona kuti vadzidzi vanzwisisa pfungwa idzi.
2. **Zvekushandisa** - Zvishandiso zvakakodzera zvinodiwa zvakanorwa pachidzidzo chimwe nechimwe. Tinokurudzirawo kuva nepapa rekuposta, bhodhi chena rekunyorera, kana bhodhi rekushandisa paboka guru.
3. Bhuku reMudzidzisi rino richaratidza nguva yekushandisa **MUFANANIDZO UNOBATSIRA** – ichanyorwa seizvi.

**Mirairo kuMudzidzisi:** Pane mirairo yakakosha muchidzidzo inokubatsira kutungamira dzidziso nemazvo. Izvi hazvifanirwe kugoverwa kana kuudzwa kuvadzidzi. Verenga izvi nenguva kuti ugadzirire kutungamirira nhaurirano nezviitwa. Mimwe mibvunzo inenge iine mhinduro dzakatsveyamiswa muchinyoro kuti ikubatsire semudzidzisi kuziva pfungwa dzekusimbisa kuvadzidzi. Idzi handidzo chete mhinduro dzakanaka, asi dzimwe dzemhinduro dzakanaka.

## Zvakakosha Kuziva Pamusoro peBhuku reHutano Rino

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Zvidzidzo zvitatu zvekutanga zvechikamu chino zvinodzidzisa nezve hanya yaMwari pamusoro pezveutano hwedu hwenyama, zvitendero zvisizvo panyaya dzezveutano, uye kuti Mwari anoda kuti makereke abatsire kuvaka nharaunda dzine hutano. Zvidzidzo izvi ZVAKAKOSHA kudzidzisa nekuti zvinobatsira makereke kunzwisisa CHIKONZERO chekupindawo munyaya idzi.

Mukudzidzisa zvidzidzo zvitatu izvi zvokutanga, ipa nguva yemibvunzo netsinhiro. Cherechedza kuti ndezvipi zvezvitendero zvisiri izvo panyaya dzezveutano zvakapararira munharaunda yako. Bhaibheri ndiro simba redu muzvinhu zvose, uye tinoda kukurudzira makereke kusimbisa pfungwa dzawo dzezveutano paBhaibheri.

Zvimwe zvidzidzo zvose zviri mubhuku rino zvidzidzo zvehutano. Zvinoshanda zvikuru uye zvinobatsira, uye zvinotora anenge maminitsi makumi maviri imwe neimwe. Zvidzidzo izvi zvinosanganisira zviitwa uye zvinoonekwa zvinobatsira kudzidzisa zvine hunyanzvi uye kuita kuti zvive nyore kurangerira ruzivo rwakakosha. Mumwe nemumwe Murairidzi weNzvimbo achada mabhuku akewo emufananidzo unobatsira kuti adzidzise zvidzidzo-zvidiki.

Kurudzirai nhengo dzechechi kuti dzigovane zvavanodzidza muzvidzidzo zvehutano nemhuri dzavo, vavakidzani, nevamwe munharaunda. Makereke mazhinji anodzidzisa zvidzidzo zveunyanzvi izvi:

- zuva reSvondo masikati, vachikoka nharaunda yose kuti ibatane navo.
- muboka remadzimai, sezvo zvakakosha kuti vanaamai vazive unyanzvi uhwu.
- dzimwe nguva apo vanhu vakawanda vanenge varipo kuti vauye kuzodzidza—mumapoka maduku, panosanganwa kukereke pakati pevhiki, munzvimbo inosangana nharaunda manheru kamwechete vhiki yoga yoga, mumapoka ekuchengetedza mari kana mamwe mapoka emunharaunda, nezvimwewo.

Hapana Bhuku reVadzidzi rekudzidza zvidzidzo izvi. Asiwo, kune bhuku reHunyanzvi hweHutano reNharaunda, iro rinosanganisira mharidzo, zvidzidzo zveutano, uye mufananidzo unobatsira. Ipa izvi kuLF kuti vashandise mukudzidzisa kereke yavo nenharaunda.

Kune masangano akawanda anopa zvidzidzo zvakanakisa zvehunyanzvi zvehutano. Unogona kusarudza

kushandisa zvimwe zvezvavanoshandisa kudzidzisa hunyanzvi hwezvehutano. Kana ukashandisa zvinyorwa zve munharaunda, iva nechokwadi chekutanga wadzidzisa Zvidzidzo 1-3 mukudzidzisa kwako usati watanga zvidzidzo zvehunyanzvi muhutano.

Kana chimwe chezvidzidzo zvinotevera chichibata chimwe chinhu chagara chichiitwa munharaunda yenyu, siyai chidzidzo ichocho. Semuenzaniso, kana kugeza maoko kuchiiitwa zvakanaka munharaunda yako, haufanirwe kudzidzisa Chidzidzo-Chidiki: Maoko Akachena.

# Chidzidzo Chekutanga: Chikonzero Nei MaKristu Achifanira Kuchengedza Hutano

**Pfungwa Huru** – Bhaibheri rinotidzidzisa kukudza Mwari nokubata miviri yedu zavakanaka uye kuchengeta vanorwara.

## Zvekushandisa

- Bhodhi rekunyorera nemachoko, Bhodhi chena, kana poster paper.

## Nhanganyaya

### HURUKURO MUBOKA DIKI

**Mirairo kuMudzidzisi:** Verenga nyaya yaMufundisi John mopatsanura kuita mapoka evanhu vatatu kana vana kupindura mibvunzo.

Verenga nyaya iyi:

Mufundisi John vakanzwa musoro kurwadza. Vakanga vachangobva kumusangano nemadhikoni avo, uye madhikoni akanga asingafari. Mufundisi John vakanga vari mutsva munzvimbo iyi, uye vainetsekana netsika dzakaipa dzhutsanana dzaiva nevanhu ava. Kwakanga kusina zvimbu, kusina anogezwa maoko, vana vakanga vane tsvina, uye marara akanga ari kwose kwose. Zvakatoipa kupfuura izvozvo, vanhu vaiwanzorwara. Vamwe vaiti zvango ve zvakaairika, asi mufundisi vaigarodanwa kuti vanamatire vanhu vapore. Mufundisi vakafunga kuti zvaizova nani kukurudzira vanhu kuita tsika dzakanaka, saka vakanga vatanga kushandisa maminitsi gumi neshanu ekupa mazano ezveutano pakupera kwemharidzo. Asi zvino madhikoni akanga ava kuvava. Vakanga vasingatendi kuti nyaya dzakaita sedzhotano dzaifanira kutaurwa pamusoro padzo kukereke, zvukurukuru kwete paSvondo—ZUVA RASHE. Vaisafunga kuti mufundisi angadzidzisa zvinhu zvakaite sehutano. Akanga asiri chiremba kana mukoti. Mufundisi John vakatura befufu. Vakanga vasisazivi zvokuita

- Unofunga kuti Mufundisi John vaifanira kunge vachidzidzisa nezveutano kukereke here?
- Ndedzipi pfungwa dzatakadzidza mumabhuku apfuura dzinoratidza kukosha kwekudzidzisa nezvehutano?
- Unofunga kuti Jesu ainetseka nezvehutano here? Ndeipi mienzaniso yaunoona muBhaibheri?

## IPAI MHINDURO

## Bhaibheri Rinoti Nezvehutano?

### HURUKURO MUBOKA GURU

Ngatiyeukei dzimwe pfungwa dzatakadzidza nekuda kwehanya yaMwari pazvehutano.

Verenga Mapisarema 139:13-14.

- Mavhesi aya anodzidzisei nezvekukosha kwemiviri yedu?
  - Mwari vakanyatsosika munhu mumwe nemumwe. Munhu wese anehukoshwa.
- Ndiani akagadzira miviri yedu?
  - Mwari
- Yakakosha here? Chii chinoita kuti ive nehukoshwa?
  - Miviri yedu yakakosha nekuti Mwari vakatisika.

- Kana Mwari akasika mumwe nemumwe wemiviri yedu nemazvo, unofunga kuti ane hanya nemabatiro atinoita miviri yedu?
  - *Hongu. Ane hanya.*

Verenga vaGaratiya 5:14, vaRoma 13:10.

- Mwari anotiraira kuti tiitei mumagwaro aya?
  - *Kuda vavakidzani vedu*
- Kuchengeta hutano kunoratidza sei rudo kuvavakidzani vedu?
  - *Tinoda vavakidzani vedu nokuderedza njodzi yokuti vangarwara.*
  - *Tinogona kuda vavakidzani vedu nekuvachengeta pavanenge vachirwara.*

Verenga Ruka 2:52.

- Ndezvipi zvikamu izvo Jesu akakura?
  - *Uchenjeri (mupfungwa), chimiro (pamuviri), mukudiwa naMwari (pamweya) uye munhu (mumagariro)*
- Ndezvipi zvikamu zvinofanira kutariswa nevafundisi pamusoro pemakereke avo?
  - *Zvikamu zvose zvina*
- Unofunga here kuti hutano hunopinzwawo pazvikamu izvi

Mapisarema 100:3 uye Mapisarema 24:1.

- Ndezvipi zvinhu zvaMwari?
  - *Zvose, kusanganisira isu!*

VaKorinde vekutanga 6:19-20.

- Sei tichifanira kuchengetedza miviri yedu?
  - *Muviri wedu itemberei yaMwari.*
  - *Tinogona kukudza Mwari nemiviri yedu nokuichengeta ine hutano mumuviri nehutano pamweya.*

Bhaibheri rinojekesa kuti takasikwa naMwari. Miviri yedu itemberi dzaMweya Mutsvene. Yakakosha. Mwari akatipa miviri, asi ndeyaMwari. Kana mumwe munhu akatikumbira kuti titarisire mwana wavo kwezuva, saka tinonyatsomuchengeta. Nenzira imwecheteyo, tinofanira kuchengeta miviri yatinayo. Tinofanirawo kuva nehanya nehutano hwevamwe munharaunda senzira yokuratidza nayo rudo kwavari. Kana tikavadzidzisa nezvehutano, tinogona kuvabatsira kuti vakure sezvinodiwa naMwari.

## Maonero aJesu Kune Vanorwara

### HURUKURO MUBOKA GURU

- Munharaunda yenyu, vanhu vanorwara vanobatwa sei?
- Jesu aibata sei vanhu vairwara?

Verenga Mateo 4:23-24 uye Mateo 14:14.

- Ndima idzi dzinotii nezemabatiro aiita Jesu varwere?
  - *Akafamba achiporesa zvirwere zvose. Akavanzwira tsitsi.*
- Izvi zvakafanana nesu here kana kuti zvakasiyana?

Verenga Mateo 25:34-40.

- Mumufananidzo uyu wakataurwa naJesu, vakarurama vakaitei? Mambo anovarumbidza nokuda kwei?
  - *Akashanyira vanorwara navasungwa, akapa zvokudya vane nzara, akapa vane nyota zvokunwa, uye aigamuchira vaeni. Vaiitira 'muduku weava' zvinhu izvi.*

Jesu akadzidzisa nezvekuda vavakidzani vedu. Akapawo muenzaniso wokuva nehanya nevanorwara. Akagovera zvinhu zvepanyama zvakadai sezvokudya, mvura, uye zvokupfeka. Mwari anotirayira kuti tichengete neokuva nehanya nevanorwara. Ichi chikamu chezvinoreva kuda muvavakidzani wedu.

Tinofanira kuva nemafungiro akafanana neaJesu kune vanorwara. Tinofanira kuvabata netsitsi. Tinofanira kunamatira kuporeswa kwavo uye nekupawo rubatsiro rwepanyama. Patinochengeta vanorwara, tinenge tichitevedzera muenzaniso waJesu uye tinounza kukudzwa nembiri kunaMwari.

Tinogonawo kubatsira vanhu kuti vasarware! Iyi ndiyo imwe nzira yekuratidza rudo uye kubatsira nharaunda. Iwe haufaniri kunge uri nyanzvi yehutano kuti uzviite. Munhu wose anogona kudzidza nezvehutano uye kuudza vamwe zvaanodzidza. Mazano akawanda pamusoro pehutano ari nyore chaizvo. Mukudzidziswa uku tichadzidzisa mazano anogona kudzidzwa nekushandiswa nemunhu wese.

## CHIITO CHEBOKA GURU

### Musha weTai Ping

Tai Ping waiva musha wekumaruwa. Vanhu vacho vakanga vari varimi vomupunga, asi gore ra2005 risati rasvika kwakanga kusina kumbova nemupunga unokwana kudyiwa nemhuri dzavo kwegore rose. Pasina migwagwa inoenda kuminda yavo, mhuri imwe neimwe yaingokohwa zvavaigona kutakura mumigwagwa ine mawere. Kwakanga kusina zvimbu. Vanhu vaisawanzogeza. Zvakanga zvakajairika kuti vanhu varware uye vaite manyoka kudarika kuva vakagwinya. Vana vashoma vaienda kuchikoro. Kazhinji, vanhu vomunharaunda yacho vairwara, vaine nzara, uye vasingagoni kuverenga nekunyora. Hupenyu hwaive hwakaoma mumusha umu.

- Chii chakaita kuti upenyu huome muTai Ping?
- Ndeapi matambudziko akafanana neiwayo aunawo munharaunda yako? (*nyora pabhodhi*)
- Ndeapi ematambudziko munharaunda yako ane chekuita nehutano (zvakanangana kana zvisina kunangana)? (*tenderedza panoenderana nezvataurwa pazvinyorwa*)

Kune nhau dzakanaka kubva kumhedziso yenyaya yeTai Ping.

Kereke muTai Ping yakatanga kudzidza TCT. Vakadzidza zvidzidzo zvekutanga uye vakadzidza kuti Jesu ane hushe pamusoro pezvinhu zveese muhupenyu hwavo, kuti Mwari aive avapa zviwanikwa nemano, uye kuti Aida kuti varatidze rudo Rwake kune vamwe. Vakatangira kufunga kuti voratidza sei rudo munharaunda yavo. Vakafunga nyaya yekuti vakanga vasina zvimbu munharaunda mavo asi vaienda kuchimbuzi chaiva pedyo nerwizi. Pavakafunga kudaro vakabva vaona kuti vaisvibisa mvura uye vairwarisa vanhu vemudunhu iri. Saka, kuti vade vavakidzani vavo, vakatangira kuvaka zvimbu.

Zvino kereke yakaziva kuti miviri yavo yakapiwa kwavari naMwari kuti vachengetedze, uye kuti rakanga risiri zano raMwari kuti vanhu vake varambe vachirwara. Mufundisi akatanga kudzidzisa zvidzidzo zvehutano pakupera kwesevhisi yega yega. Vakagovana dzidziso iyi apo vairarama hupenyu hwavo – vachizorora muminda kana kuchera mvura. Sezvo nhengo dzechetechi dzaishandisa zvidzidzo zvoutano muhupenyu hwavo, vavakidzani vavo vakaona kubatsira kwacho ndokutanga kuita zvimwe chetezvo. Nenguva isipi, vakagadzira migwagwa kuitira kuti zvirimwa zvitakurwe pamudhudhudhu pane kutakurwa kumusana, zvichideredza marwadzo omusana. Vakachera matsime kuti vanhu vawane mvura uye kuti vagare vakachena. Vakachera makomba emarara. Mhuri yega yega yakatanga kurima nekudya muriwo mutsva. Zvirwere zvakava zvisoma. Vana havachafa nemanyoka. Nemhaka yokuti vaigona kurapa zvirwere zvakajairika mudzimba, vanhu vakanga vasisarovha kubasa uye vakanga vasingachapambadzi mari pamishonga kana n'anga.

- Ndedzipi pfungwa dzakadzidzwa nevanhu vemumusha weTai Ping?
- Ndedzipi dzimwe shanduko mumusha weTai Ping?

## **Mashandisiro**

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### **HURUKURO MUBOKA DIKI**

*Mirairo kuMudzidzisi:* Kurukurai mibvunzo inotevera mupoka evanhu vatatu kana vana.

- Ndedzipi dzimwe nzira dzawagara uchichengetedza hutano kare?
- Pane here chingaitwa nekereke seChiito cheRudo kusimudzira hutano hwenharaunda?

### **IPAI MHINDURO**

#### **CHIITO CHEBOKA GURU**

Pamwe chete sarudzai Chiito cheRudo chamunogona kuita kubatsira kusimudzira hutano munharaunda menyu. Rongai kuita Chiito ichocho cheRudo.

#### **MUNAMATO**

Nyengeterai kuti muve nemafungiro akafanana neaJesu kune vanorwara. Kumbira Mwari kuti akupe ushingi uye njere kuratidza rudo rwake kune vamwe pavanorwara. Namatira chero vanorwara vaunoziva.



# Chidzidzo Chechipiri: Zvitendero Zvisizvo Panyaya yeHutano

## Pfungwa Huru

Zvitendero zvisizvo zvinogona kutidzivisa kukudza Mwari nemiviri yedu uye kuchengeta vanorwara.

## Zvekushandisa

- Mufananidzo Unobatsira: Zvitendero zvakararika (mapeji matatu - akachekwa nepakati kuti chitendero chimwe nechimwe chimire chega)
- makadhi asina kunyorwa chinhu kana bepa rimwechete kana maviri

## Nhanganyaya

### HURUKURO MUBOKA GURU

- Ndezvipi zvimwe zvinotendwa nevakawanda pamusoro pezvinoita kuti vanhu varware?
- Ndezvipi zvimwe zvinotendwa nevakawanda pamusoro pezvinhu zvatinoanira kuita kana zvatisingafaniri kuita kuti tigare takagwinya kana kupora kubva muhurwere?

## Zvitendero Zvakajairwa Zvisizvo Pamusoro peZvehutano

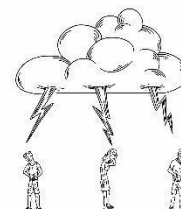
### HURUKURO MUBOKA GURU

**Mirairo kuMudzidzisi:** Ratidza **MUFANANIDZO UNOBATSIRA**: Zvitendero Zvisizvo paunopfuura nepachitendero chimwe nechimwe.

Ngationei kuti Bhaibheri rinotii nezvechimwe nechimwe chezvitenendo izvi. Ndizvo here kana kuti kwete?

### Chitendero chisiricho, chekutanga: Kurwara kwese chirango chinobva kuna Mwari (MUFANANIDZO UNOBATSIRA)

- Wakambosangana nemunhu aitenda kuti kurwara chirango here?
- Zvakakanganisa sei mabatiro avaiita vanhu vairwara?
  - *Kushaya tsitsi, kusabatsira, kutonga munhu wacho nekuda kwekutadza kwake*
- Zvakakanganisa sei maitiro avaiita pavairwara?
  - *Kusatora mushonga asi kupira zviperiso kana kuedza kuva muKristu anoteerera zvikuru*
  - *Kusatenda kuti unofanira kupora*
- Kana tichitenda kuti kurwara chirango, tingafungei pamusoro pokudzivirira kurwara?
  - *Hatitsvage kudzivirira kurwara nekuti hatifungi kuti zviito zvakaita sekugeza mawoko kana kushandisa chimbuzi zvine basa.*



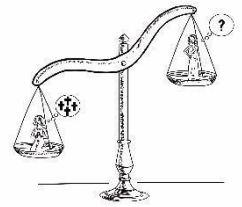
Verenga Johane 9:1-3.

- Upofu hwomurume uyu chakanga chiri chirango chakabva kuna Mwari here?
  - *Jesu akati kwete, zvaisava izvozvo.*
- Jesu akati chii chakaita kuti murume uyu ave bofu?
  - *Kuti mabasa aMwari aonekwe maAri. Kukudza Mwari.*

Kurwara kunoitika nekuti Adhamu naEvha vakatadza, saka tine hukama hwakaputsika nezvisikwa. Bhaibheri rinotaura dzimwe nguva apo Mwari anobvumira mumwe munhu kurwara kuti apfidze, asi handi urwere hwose chirango chaMwari nokuda kwechivi chavo vamene.

**Chindetendero chisiricho, chechipiri: Dai taiva nekutenda kwakawanda, taisazorwara (MUFANANIDZO UNOBATSIRA)**

- Kutenda uku kwakapararira sei kuno?
- Zvinokanganisa sei mabatiro atinoita vanhu vanorwara?
  - *Tinopa vanhu mhosva pamusana pokushaya kutenda kwavo pavanenge vachirwara. Tinoshaya tsitsi, asi tinoisa mutoro unorema pavari.*
- Zvinokanganisa sei maitiro atinoita patinorwara?
  - *Hatitore mushonga asi tinonamata chete.*
- Kana tichitenda kuti 'dai taiva nokutenda kwakawanda, taisazorwara', tingafungei pamusoro pokudzivirira hosha?
  - *Tinongoisa pfungwa dzedu pazvinhu zvekunamata, asi hatifungi kuti zvinhu zvakadai sekugeza maoko kana chimbudzi zvine basa.*



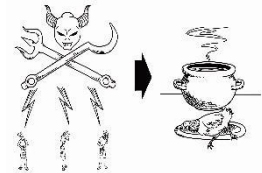
Verenga vaKorinde vechipiri 12:7-10.

- Pauro, murume akanyora chikamu ichi cheBhaibheri, akanyengerera chii?
  - *'Bvisai munzwa munyama yangu', kupora kubva munyaya yenyama*
- Mwari vakamurapa here?
  - *Kwete, Havana.*
- Nei Mwari asina kumuporesa? Mwari akati aida kumwe kutenda here?
  - *Mwari haana kuti aida kumwe kutenda. Haana kumuporesa kuti simba raMwari riratidze muutera hwaPauro.*

Ichokwadi kuti Mwari anotiporesa. Zvisinei, Bhaibheri rinojokesawo kuti Mwari haaporesa pese patinonyengerera. Nezvikonzero zvatisingazonzwisisi nguva dzose, Mwari haarapi nguva dzose.

**Chitendero chisiricho, chechitatu: Kurwara kunokonzerwa nemweya yakaipa saka, tinofanira kupira (MUFANANIDZO UNOBATSIRA)**

- Wakambosangana nemunhu aitenda kuti kurwara kunokonzerwa nemweya yakaipa here?
- Zvakakanganisa sei maitiro avo apo ivo kana kuti mumwe munhu wavanoda akanga achirwara
  - *Kushandisa mari, kuenda kun'anga, kupira, uye kutya mweya yakaipa.*
- Kutenda kuti kurwara kunokonzerwa nemweya yakaipa kunokudza Mwari here?
  - *Aiwa, nokuti tinofunga kuti mweya yakaipa ine simba kupfuura Mwari.*
  - *Tinokudza mweya yakaipa panzvimbo paMwari patinopa zvipiro.*
  - *Tinotadza kuchengeta munhu anorwara zvakanaka kana tichishandisa mari yedu nenguva tichiita zvekupira.*

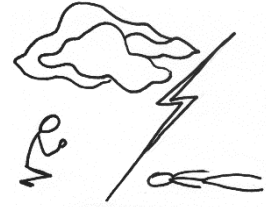


Verenga Mako 3:11.

- Ndimba iyi inotaura nezvaani?
  - *Jesu nemweya yakaipa*
- Ndiani anesimba guru mundima iyi?
  - *Jesu*

Kana tikasangana nemweya yakaipa, hatifanirwe kuita zvibayiro. Pane kudaro, dana kuna Jesu kuti akubatsire. Ane simba pamusoro pemweya yakaipa. Pane nguva zhinji muBhaibheri apo Jesu akadzinga mweya yakaipa. Kunewo mavhesi akawanda apo Jesu anoporesa vanhu pasina kudzinga mweya wakaipa (Sa Johane 9:1-3, yatakambotarisa; mumwe muenzaniso ndiMateo 8:1-13). Izvi zvinotiratidza kuti zviriwere zvizhinji hazvikonzwerwi nemweya yakaipa. Kana mumwe munhu achirwara, tinofanira kumunyengeterera uye kuva nehanya nezvaanoda panyama. Izvi ndizvo zvakarairwa naJesu kuti tiite.

**Chitendero chisiricho, chechina: Mwari havna hanya nehutano (MUFANANIDZO UNOBATSIRA)**



- Wakambosangana nomumwe munhu aitenda kuti Mwari haVana hanya noHutano here?
- Zvakakanganisa sei mabatiro avaiita vanhu vairwara?
  - Havana kuita hanya navo.
- Zvakakanganisa sei maitiro avakaita pavairwara?
  - Vainzwa kupererwa, kushaya tariro.
  - Vaingovimba nanaChiremba uye nen'anga kuti vapore.
- Ikana tichitenda kuti Mwari haana hanya nohutano, tingafunga sei nezvokudzivirira kurwara?
  - Hatingazvinetse nekuedza kudzivirira chirwere. Kana Mwari asina hanya noutano, nei isu tichifanira kudaro?

Takatarisa mavhesi akawanda muchidzidzo chekupedzisira pamusoro pekuti Mwari vanochengeta sei miviri yedu yenyama.

- Ungayeuka here kuti tinoziva sei kuti Mwari ane hanya nohutano hwedu?
  - Akanyatsosika miviri yedu mumwe nemumwe. (Mapisarema 139)
  - Isu tiri vake. (Mapisarema 100:3)
  - Jesu ainzwira tsitsi vanorwara. (Mateo 14:14)
  - Jesu achafadzwa neavo vanochengeta vanorwara. (Mateo 25:34-40)
  - Akapa mitemo kuvanhu vake pamusoro pehutsanana nehurwere. (Revhitiko, Dhuteronomi)
  - Miviri yedu itemberi yaMwari. (VaKorinde vekutanga 6:19-20)

**Chitendero chisiricho, chechishanu: Hapana chatinogona kuita kudzivirira hurwere (MUFANANIDZO UNOBATSIRA)**



- Kutenda kuti hapana chatingaita kuti tidzivise kurwara kwakawanda sei?
- Unoziva here nezvezano ripi neripi rekudzivirira riri muBhaibheri?

Mushure mokunge Adhamu naEvha vatadza, uye Jesu asati auya, Mwari akasarudza dzinza rimwe chete kuti rive vanhu vake. Vainzi valsraeri. Testamende Yekare yose yeBhaibheri izere nengano pamusoro pekubata kwaMwari nevalsraeri. Mwari aida kuti valsraeri vateerere kuda kwake muzvikamu zvole zvehupenyu. Nokuteerera, vaigona kuva muenzaniso uye chikomborero kumamwe marudzi ose. Nechikonzero ichi, akavapa mitemo pamusoro pezvikamu zvole zvehupenyu. Mavhesi anotevera atichatarisa anobva pamitemo yakapihwa valsraeri.

Dhuteronomi 23:12 - mirairo yekuzvisunungura  
Revhitiko 11:27-28, 32-33 – zvokuita nemhuka dzakafa  
Revhitiko 15:2-5 inotonga nezvekurapa munhu ane zvinoyerera  
Revhitiko 13: 47-52 - zvekuita nemucheka wakaumbwa

- Unofunga kuti nei Mwari akapa mitemo yakanyatsojeka yakadaro pamusoro pezvinhu izvi?
  - Nokuti anehanya nekuchena.
  - Ane hanya nehutano hwevanhu vake.
  - Kuti valsraeri vaigona kuva muenzaniso worucheno nohutano.

Mundima dzatinoverenga muna Dheuteronomio naRevhitiko, Mwari akapa vanhu vake mitemo ine chekuita kuzvichenesa uye zvirwere.

- Munofunga kuti dai vakatevedzera mitemo iyi vaizova nehutano hwakanaka here?
  - Hongu, vaizodaro!

Mwari akasika miviri yedu uye anoziva zvakainakira.

- Tinogona kuita chiito kudzivirira kurwara here?
  - *Ehe! Tinogona kutsvaka kuteerera Mwari uye kumukudza nemiviri yedu.*

Mwari akagovera nzira dzokuchengeta nadzo vanhu vake vakachena uye kudzivisa kurwara.

**Chitendero chisiricho, chechitanhatu: Kana tichirwara, tinofanira kungonamata kwete kuenda kwachiremba kana kushandisa mushonga (MUFANANIDZO UNOBATSIRA)**

- Wati wambosangana nomumwe munhu anotenda kuti hatifaniri kuenda kuna chiremba here?
- Zvakakanganisa sei mabatiro avaiita vanhu vairwara?
  - *Vakangovanamatira asi Havana kuvapa mushonga kana kuvaendesa kuchipatara.*
- Zvakakanganisa sei maitiro avakaita pavairwara?
  - *Havana kuenda kuchipatara kana kutora mishonga.*
- Kana tichitenda kuti tinofanira kunyengeterera vanorwara bedzi asi kwete kupa mushonga, ndezvipi zvimwe zvinhu zvakaipa zvingaguma zvaitika?
  - *Munhu anogona kurwara kana kutofa asina kunyatsotarisiswa zvakaifanira.*
  - *Hatiratidzi vanhu vanorwara rudo rwaMwari kana tisina hanya nezvavanoda panyama.*



Verenga Ruka 10:25-37

**Mirairo kuMudzidzisi:** Kana vadzidzi vachitoziva nyaya yomuSamariya Akanaka, vayeuchidze nezvenyaya yacho woverenga chikamu chenyaya yacho: Ruka 10:33-35.

- MuSamariya akaratidza ngoni nokungonyengeterera murume wacho chete here?
  - *Kwete*
- MuSamariya akaitirei murume akanga akuvara?
  - *Akashandisa mafuta (kunyorovesa) uye waini (kuchenesa)*
  - *Akasunga maronda ake*
  - *Akamubhadharira kuchengetwa kwake*
- Jesu akati muSamariya ndiye aifanira kunyengeterera murume wacho here?
  - *Aiwa. Akati, 'Enda unoita saizvozvo'.*

Chokwadi, tinofanira kunyengeterera vanorwara. Mwari mupodzi! Asi anodawo kuti tipe vanhu zvinodiwa panyama. Zvingava kuti achasarudza kubatsira munhu anorwara apore kuburikidza nezviito zvekereke yake.

- Unofunga kuti nei Mwari achiwanzosarudza kushanda nenzira iyoyo, pane kungoita chishamiso?
  - *Kuti, vanhu vanozonzwa rudo rwekereke.*
  - *Kupa kereke mukana wekuratidza rudo.*
  - *Kuti, kereke ive nemukurumbira wakanaka uye hukama hwakanaka nenharaunda.*

## Chiito

### CHIITO CHEBOKA GURU

**Mirairo kuMudzidzisi:** Ita kuti boka rironge **MUFANANIDZO UNOBATSIRA**: Zvitendero Zvisizvo kuita mirwi miviri: 'zvakananyanya munharaunda medu' uye 'zvisingawanikwe'. Sezvo boka rinokurukura mibvunzo inotevera, unogona kushandisa makadhi asina kunyorwa kana mapepa kunyora zvimwe zvitendero zvipi nezvipi zvinozivikanwa munharaunda.

- Pane zvimwe zvitendero zvakaairika munharaunda yedu here?
- Bhaibheri rinotii nezvavo? Kubva mundima dzatadzidza, dzidziso idzodzo ichokwadi here kana kuti inhema?

### KUZVIOONGORORA PAMWE NEMUMWE MUMWE

- Ndezvipi zvitendero zvisiri izvo zvawakadzidziswa nezvehutano?

- Chii chaunofunga kuti Mwari anoda kuti uite zvakasiyana zvino?
- Pane vanhu vanorwara here vaungaratidza rudo rwaMwari kwavari svondo rino?

### **MUNAMATO**

Nyengeterera kuti Mwari atibatsire kuziva chokwadi nezvehurwere uye utano. Namata kuti atibatsire kukunda zvitendero zvisizvo. Kumbira Mwari kuti akubatsire kuratidza rudo rwake kune vamwe pavanorwara. Namatira chero vanorwara vaunoziva.

# Chidzidzo Chechitatu: Basa reChechi Mukuvaka Nharaunda Dzine Hutano

## Pfungwa Huru

Kugovana zvatakadzidza nezvehutano ndeimwe nzira yekuratidza rudo rwaMwari kunharaunda yedu.

## Zvekushandisa

- *Zvingasarudzika*: posita rekunamira (poster), kana bhodhi (rekunyora mazano eChiito Cherudo).

## Takatobatsira Vamwe

### HURUKURO MUBOKA GURU

- Mabasa Api Orudo awakaita kuti uratidze hanya vanorwara, uvandudze hutano hwevamwe munharaunda, kana kuti kudzivirira zvirwere?
  - *Mienzaniso: kushanyira munhu airwara, kubhadhara mishonga kana kuendesha mumwe munhu kuchipatara, kuchenesa tsime kana pekuchera mvura, kutema huswa pedyo nechikoro kana chipatara, kuvaka zvimbuji, kana kunhonga marara.*
- Mabasa eRudo aya akabatsira sei kuvandudza hupenyu hwevanhu?
- Ndedzipi shanduko dzakanaka dzawakaona muhutano hwevanhu munharaunda?

## IPAI MHINDURO

## Tinofanira Kugovera Zvatakadzidza

1 Peter 4:10

*Mumwe nomumwe wenyu ngaashandise chero chipo chaakapiwa kuti ashumire vamwe, sevatariri vakatendeka venyasha dzaMwari mumhando dzakasiyana-siyana.*

- Nei Mwari akatipa zivo itsva pamusoro pohutano?
  - *tigone kushandira vamwe munharaunda yeduy*

Mateo 5:14-16

*'Imi muri chiedza chenyika. Guta rakavakwa pamusoro pegomo haringavanziki. Uye mwenje havautungidzi vakauisa pasi pedengu. Asi vanouisa pachigadziko uye unovhenekera vose vari mumba. Nenzira imwe cheteyo, chiedza chenyu ngachivhenekere pamberi pavanhu, kuti vaone mabasa enyu akanaka, vakudze Baba venyu vari kudenga.*

- Sei tichifanira kushandira vamwe uye kugovera zvatakadzidza?
  - *kuti vape mbiri kuna Mwari*

VaGaratiya 6:9-10

*Uye ngatirege kuneta pakuita zvakanaka, nekuti nenguva yakafanira tichakohwa kana tisinganeti. Naizvozvo zvatinzira mukana, ngatiite zvakanaka kune vose, zvikuru kune veimba yerutendo.*

VaKorinde Vekutanga 15:58

*Naizvozvo, hama dzangu dzinodikamwa, mirai makasimba, musingazununguki, muchigara muchiwedzerwa pabasa ralshe muchiziva kuti kubata kwenyu muna Ishe hakusi pasina.*

- Mwari anovimbisei kana tikasaramwa?
  - *Mumwaka wakafanira tichakohwa. Kubata kwedu hakusi pasina.*

## Mabasa eRudo Anoenderana neHutano

### HURUKURO MUBOKA GURU

**Mirairo kuMudzidzisi:** *Unogona kutsiva nyaya idzi nengano dzeMabasa eRudo emunzvimbo ino evaichengeta vanorwara kana kusimudzira hutano hwevamwe.*

Here are some more stories of what churches have done to improve the health in their communities. Hedzinoi dzimwe nyaya dzezvakaitwa nekereke kusimudzira hutano munharaunda dzavo.

### Vechidiki Vanochenesa Tsime kuMarare

Marare musha inzvimbo ine vanhu vakawanda muUganda. Vanhu vemarudzi akasiyana, mazinga emari, zvitendero nemazera akasiyan vanogara kuMarare. Chinhu chinovabatanidza vose imvura. Ndizvo zvinokosheswa nevanhu kupfuura zvimwe zvese munzvimbo iyi. Kunyange zvazvo nzanga yacho ine tsime, munguva yokunaya kwemvura, mvura inobva mudzimba dzakawanda inoyerera nomumateru ichienda kutsime. Nokufamba kwenguva, tsime racho rakasvibiswa netsvina nemarara. Nemhaka yemamiriro ezvinhu asina utsanana aya, nharaunda yacho yaiwanzobatwa nezvirwere zvinokonzerwa nemvura. Vanhu vakawanda vaifunga kuti hurumende, sangano rakazvimirira, kana kuti komiti yezvemvura yaifanira kugadzirisa matambudziko ari mutsime iri.

Vatungamiriri vevechidiki vaviri vechechi yeko vakapinda kudzidziswa kweTCT uye vakaunganidza boka ravo revechidiki kuti varatidze rudo rwaMwari kunharaunda yavo nekuchenesa tsime mumwe Mugovera. Madzimai pavakauya kuzochera mvura, vakaona pwere dzichishanda ndokubatana kuti dzibatsire. Apo komiti yenzvimbo yemvura yakaona dzimwe nhengo dzenharaunda dzichitora basa rekuchengetedza tsime, rakavakurudzira kuti vashingaire kurichengetedza zvakare. Mushure meChiito chimwe chete ichi cheRudo, nhengo dzenharaunda dzakavakurudzirwa kutarisira tsime ivo pachavo. Vamwe amai vakanzwikwa vachidzidzisa mwana wavo kuti, 'Tinogona kuzvidavirira pahutano hwedu pachedu'. Rumbidzai Mwari nekufunga kwakashandurwa uye hutano hwakavandudzwa muMarare!

- Vemunharaunda vakafunga kuti ndiani aive nebasa rekuchengetedza tsime?
- Chii chakashandura mafungiro evagari vemunharaunda nezvekuchengeta tsime?

### Kereke Inokura nekuda kwekuti Ine Hanya neHutano

Mudzimai waPastor Mpaso akadzidzira basa rehukoti asi haana basa rekurapa nekuti munharaunda yavo yeMombala maive musina kiriniki. Pashure pokunge vadzidza kuti Mwari ane hanya nohutano, mitezo yose yechechi yakabetsera kumugovera stethoscope. Svondo yoga yoga pashure pokunamata, aibatsira vana nevakuru vaiva nezvinetso zvidiki zvohutano. Venharaunda vakatanga kumufonera kuti vabatsirwe kana mazano pamusoro pekuti kana zvaisafanira kuenda kuchipatara, icho chiri kure nemusha. Vamwe vemuchechi vakaita zvavaigona kuti vabatsire munhu wese aiuya kuzotsvaga utano. Havana kungovabatsira panyama chete, asi vakanyengererawo munhu mumwe nomumwe uye vakavaudza nezvaJesus. Hunhengo hwekereke hwakapetwa kaviri. Imwe mhuri munharaunda yakaona kushanda kweiri basa uye yakapa chechi yacho muchina mutsva chaiwo weBP kuitira kuvandudzwa utano hwenzanga. Vanhu vomumisha yakapoterredza vakatanga kuuyawo kuzotsvaka mazano.

- Chii chakanyanya kuitirwa vanhu namai Mpaso? (*vakapihwa mazano*)
- Vamwe vemukereke vakabatsira sei? (*vakanyengetera, vakachengetwa zvinodikanwa zvenyama...*)
- Unofunga kuti sei kereke yakakura?

## Ivhangeri Rinoparidzwa Nehutsanana Hurinani

Machechi emumusha weKyabahesi akaona kukosha kwehutsanana munharaunda yavo, uye vakasarudza kusangana nahwo mushure mekuita zvidzidzo zveBhuku ReHutano. Vakadzidza kuti hutsanana chimwe chezvinhu zvakakosha munharaunda nekuti ndiko kunoita kuti vanhu vagare munzvimbo ine hutano. Maonero anoita nharaunda yedu chiratidzo chinooneka chekuti tinotenda kuti tiri vanaani chaizvo.

Vemachechi eKyabahesi vakabatana kuti vazadzise zvidikanwi zvakasiyana munharaunda yavo izvo zvavaikwanisa kugadzirisa vachishandisa nezviwanikwa zviri munharaunda. Zvinodiwa zvakaonekwa uye zvakatariwa zvinosanganisira:

- Kugadzira zvigadziko zvekuomesa midziyo
- Kuvaka zvimbuzi nenzvimbo dzekugezera
- Kuchera makomba emanyowa
- Kupa midziyo yemvura pazvimbuzi yemvura yekugeza mawoko mushure mekushandisa zvimbuzi

Izvi zvakaitwa mudzimba shanu uye zvavandudza utsanana munzvimbo iyi. Iye zvino, makereke ari kutarisirwa sevamiriri veshanduko nebudiriro yenharaunda munzvimbo iyi. Mikana yekuparidza evhangeri iri kukura

Mufundisi wacho akatsanangura kuti, 'Takadzidza kuti zviito zvedu zvinoratidza rudo zviri nani kupfuura mashoko edu chete. Vanhu vomunzanga yedu vanogona kuona kuti zvechokwadi tine rudo rwaMwari. Naizvozvo, vhangeri rinoparidzwa zviri nani muzviito pane kungotaura chete'.

- Chii chakachinja munzira dzemaitiro eKyabahesi 'pakuparidzira' evhangeri?
- Izvozvo zvakabatsira chii kunharaunda?

## HURUKURO MUBOKA DIKI

- Ndedzipi pfungwa itsva dzaunadzo dzeMabasa eRudo dzingaitwe nechechi yako kubatsira vanhu kuvandudza hutano hwavo?

## IPAI MHINDURO

**Mirairo kuMudzidzisi:** *Mirairo yeMufambisi: Itai kuti boka roga roga rigovane pfungwa dzavo dzeMabasa Erudo eramangwana. Sarudzo: nyora rondedzero pa poster kana pabhodhi.*

## Kubatsira Vamwe Kudzidza Unyanzvi Hwokutanga Hwohutano

### HURUKURO MUBOKA GURU

Kuvandudza hutano munharaunda dzedu, tinofanira kuita Mabasa erudo uye kudzidzisa vanhu nezvehutano. Mabasa eRudo achabatsira vanhu kuona mhedzisiro yehutano huri nani. Ipapo vanozove vakagadzirira kuedza zvinhu zvitsva. Zvimwe zvebhuku iyi zvinosanganisira zvidzidzo zvekudzivirira hurwere nekuchengeta vanhu vanorwara kana kukuvara. Zvidzidzo izvi zvipfupi uye zviri nyore pane zvedu zvenguva dzose zvidzidzo zvekereke yeTCT. Pese paunodzidza unyanzvi hutsva hwehutano, unogona kuhugoverana nevamwe. Kudzidzisa vanhu ndiyo imwe nzira yokuratidza nayo rudo. Dzimwe nzira idzo makereke akagovana hunyanzvi hwezvehutano munharaunda yavo ndeidzi:

1. Dzidzisa zvidzidzo zvehutano pakupera kwesevhisi yeSvondo. Koka vavakidzani kuti vaue kuzodzidziswa.
2. Paridza zvidzidzo zvehutano paunenge uchifamba nezva rako. Taurai pamusoro pazvo pamusika, muchichera mvura, muchisuka nguo, pamabasa uye nomuminda. Funga nezvenguva dzaunona vanhu. Unogona here kugoverana navo zvawadzidza vhiki imwe neimwe?



3. Dzidzisa hunyanzvi hwehutano panzvimbo yenharaunda husiku humwe svondo rega rega.
  4. Dzidzisa hutano mumapoka evakadzi, mapoka ekuchengetedza mari, kana mamwe mapoka emunharaunda.
- Ndedzipi dzimwe nzira dzatingagovera nadzo zvidzidzo zvehutano munharaunda yedu? Tingabatsira sei vanhu vakawanda sevanobvira kuti vaadzidze?

## Kuita Chirongwa Chenharaunda

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**Iye zvino yave nguva yekuita hurongwa hwenharaunda yenyu:**

- Namata kuti uve nemoyo waMwari kune vanorwara. Namata kuti Akubatsire kuvaka nharaunda ine hutano. Kumbira uchenjeri kuna Mwari zvokuita
- Kurukurai kuti ndeapi Mabasa Erudo aungaite mumwedzi mitanhatu inotevera kusimudzira hutano munharaunda yako. Sarudza kuti ndeipi ekutanga, echipiri, nezvimwe.
- Tarisa hurongwa hwako hwekugovera zvidzidzo zvehutano-pane chimwe chinhu chaunoda kuronga iko zvino usati watanga zvidzidzo?

Kana wapedza kuronga, isa hurongwa hwako kuna Mwari. Namata pamwe chete uye mukumbire kuti akubatsire kupedzisa chirongwa chako. Mukumbire kuti avandudze hutano munharaunda yako.

Chidzidzo chinotevera chichatanga zvidzidzo zvehutano zvaunogona kugoverana nenharaunda yako.

# Chidimbu Chekutanga: KUZVIDZIVIRIRA

## Chidzidzo-chidiki: Tinogona Kudzivirira Hurwere

**Pfungwa Huru** – Zvirwere zvakanwanda zvinogona kudzivirirwa, uye kudzivirira kuri nani pane kurapa hurwere.

### Zvekushandisa

- Zvenhanganyaya Sarudzo yekutanga: bhodhoro remvura repurasitiki nechitsama chemapepa (kana chimwe chinhu chinokandika zvisina njodzi)

### Nhanganyaya

**CHIITO kana HURUKURO MUBOKA GURU**

**Mirairo kuMudzidzisi:** Sarudza mutambo kana nyaya kuti utange chidzidzo chino.

### Sarudzo yekutanga: Mutambo

**Mirairo kuMudzidzisi:** Isa bhodhoro repurasitiki rine matombo patafura kana chigaro panzvimbo yakashama. Ipa munhu wega chitsama chemapepa, bhinzi kana chimwe chinhu chinokandika zvisina njodzi. Dzokorora mutambo wacho kwechinguva zvekare nevamwe vanenge vachidawo kuenda mukati.

1. Huya umire mudenderedzwa.
2. Tinoda vanhu vaviri vanozvipira kuti vamire pakati pedenderedzwa nebhodhoro repurasitiki pachigaro.
3. Basa revaviri vanozvipira nderokudzivirira bhodhoro repurasitiki uye kuti risadonha kana kudonhedzwa pachigaro. Vaviri ava havagoni kubata bhodhoro, asi vanogona kushandisa chero chinhu chiri mumba kuchengetedza bhodhoro repurasitiki (sebhegi kana kabhuku kuchengetedza bhodhoro).
4. Vanhu vari mudenderedzwa vanofanira kushandisa chitsama chemapepa, bhinzi, kana zvimwe zvinhu kuedza kugogodza bhodhoro repurasitiki kubva pachigaro.
5. Iwe uchave maminetsi maviri kana matatu ekuita basa rako.

### PFUPISO YEMUTAMBO UYU

- Ndeapi anga ari mabasa evanhu vaviri vanga vari pakati?
- Ndedzipi nzira dzavashandisa kuchengetedza mabhodhoro?
- Ndedzipi nzira dzakashanda zvakanwanda?

Semutambo uyu, tinogona kudzidza kuzvidzivirira isu nemhuri dzedu kuti tisarware. Izvi zvinonzi Kuzvidzivirira. Zvirwere zvakanwanda zvinogona kudzivirirwa kana kudzikiswa zvakanwanda. Kudzivirira kurwara kusati kwatanga kunochengeta mhuri yako ine hutano. Pane zvinhu zvakanwanda zvatingaita kuti tive neutano hwakanaka uye kuti zvirwere zvisanyanya kukomba.

### Sarudzo yechipiri: Nyaya

**Mirairo kuMudzidzisi:** Verenga nyaya iyi, wozotungamira boka mumibvunzo yenhaurirano.

Pane imwe nguva paive nemusha waiva nenzira nhete yaiva kumucheto kwemawere yaivasvitsa kumugwagwa mukuru. Apo mhengo yakanga ine simba, vanhu vaiwanzokukurwa kubva mujinga memawere ndokukuvadzwa zvakaipisira. Vazhinji vakafa. Kereke yomumusha uyu yaida kubatsira, saka vose vakapa uye vakatenga amburenzi yebhasikoro, iyo yavaichengetera mujinga memawere. Zvino, vanhu vaiti vakapeperetswa nemhengo pamawere, vakanga vakukwanisa kuvatakura kuenda kuchipatara nokukurumidza sezvinobvira!

Humwe upenyu hwakaponeswa. Sezvineiwo, nekuti mawere acho akange akakwira zvakanyanya, vanhu vazhinji vachiri kufa kana kuremara kubva mukukuvadzwa kwavo.

- Unofungei? Kereke yairatidza rudo kunharaunda yavo here?
- Kereke ingaiti kugadzirisa dambudziko rekuti vanhu vachiri kufa?
- Pane nzira yekudzivirira nayo vanhu kudonha kubva kumawere here? Izvozvo zvingashanda zviri nani here?
  - *Hongu, vaigona kuvaka ruzhowa pamusoro pemawere, kuti vanhu vasadonha.*

Zviri pachena kuti zviri nani kuti vanhu vasatombokuvira. Kunyange zvazvo kubatsira vanhu kuenda kuchipatara kwakanaka-uye chaizvoizvo kune nguva dzakawanda ichi chiito chikuru cheRudo-kana zvichibvira, zviri nani kudzivirira dambudziko kuti rirege kuitika zvachose.

## Sei kudzivirira kwakakosha?

### HURUKURO MUBOKA GURU

Sezvingave zviri nani kuti kereke idzivirire vanhu kubva kumawere, pane kuti vaendeswe kuchipatara nekukurumidza, zvimwe chete ndezvechokwadi nezvemarudzi ese ehurwere. Zvakanakisa kudzivirira kurwara pekutanga.

- Vanhu vemumhuri mako vanorwara kakawanda sei?
- Kana mumwe munhu womumhuri menyu akarwara, zvinhu zvipi zvingaita kuti upenyu hunyanye kuoma?
  - *Vamwe vose vemhuri vanogona kurwara (kutapukira kwechirwere)*
  - *Kurasikirwa nemari uye/kana kurasikirwa nebasa*
  - *Shandisa imwe mari kutenga mishonga, yekufambisa kuenda nekudzoka kuchipatara, kubatsirwa nachiremba kana kuchipatara*
  - *Kupinda muchikwereti kubva kune zvinodhura uye kushaikwa kwemari*
  - *Kushandisa imwe nguva kuchengeta munhu wemhuri anorwara*
  - *Kushaya anotarisa vana (vabereki vachi kurwara zvakanyanya kana kuti vachifanira kuenda kunorapwa)*
  - *Vana vanorovha kuchikoro*
  - *Kuita shirikadzi kana nherera*
  - *Kushungurudzika, kuchema, uye kuora mwoyo kubva pakufa kwemudiwa*
  - *Kubvunza kutenda kwavo kana kunaka kwaMwari*
- Upenyu hwemhuri yako hwaizova nani here kudai makanga musingarwari kazhinji kazhinji?

Hutano hwedu hwakakosha. Kuva nohutano hwakanaka kuchava nomugumisiro wakanaka kumativi ose ohupenyu hwedu. Kurwara kunokanganisa zvikamu zvese zvehupenyu hwedu. Kurapa hurwere nemazvo kwakakosha, asi kudzivirira hurwere ndiko kwakanyanya kunaka. Rangarirai, tinoda kuvaka fenzi tisati tatenga ambureni!

## Chii chatingaita kudzivirira kurwara?

### HURUKURO MUBOKA DIKI

**Mirairo kuMudzidzisi:** Nyora pasi zvese zvinenge zvataurwa. Kana chimwe chezvinotevera chisina kutaurwa, igovere, uye bvunza kana paine akambonzwa nezvacho:

- Ndedzipi dzimwe nzira dzaunotoziva dzekudzivirira hurwere?
  - *Kushandisa zvimbu*
  - *Kugara marara achinhongwa*
  - *Kuvakira mhuka padzo*

- *Kunwa mvura yakachena*
- *Kugeza maoko usati wadya uye mushure mekuita chero 'tsvina'*
- *Kuita mazino akachena*
- *Magumbeze akachena*
- *Kugadzira zvokudya panzvimbo yakachena*
- *Kushandisa mvura yakachena, isina njodzi paunenge uchigadzira chikafu*
- *Kudya miriwo yakasiyana-siyana ine ruvara rwakajeka*
- *Kuyamwisa vana*

Kana takatarisa zvinhu izvi, tinoona pane zvinhu zviviri zvikiuru zvinodzivirira zvirwere:

- Kuchengeta chero chinhu chinogona kutirwarisa kure nemiviri yedu. Tinoita izvi nokuva nechokwadi chokuti mvura yedu, zvokudya, dzimba, uye chimana zvachena patsvina yevanhu, tsvina yemhuka, uye marara.
- Kuita kuti miviri yedu isimbe mukati. Miviri yakasimba hairware kazhinji. Painodaro, zvirwere zvedu zvinenge zvapakfava. Tinoita izvi nokuyamwisa vana (nokuti mukaka waamai ndiwo zvokudya zvaMwari zvachakwana kuvacheche) uye nokudya zvokudya zvinovaka muviri. Mwari vakaita kuti zvive nyore kuziva kana chikafu chedu chine zvehutano zvinoda, nekuti kudya kwakasiyana kunoita kuti muriwo uye michero iite mavara akasiyana. Saka, kana tikadya miriwo yakawanda yakasiyana, ine ruvara rwakajeka, tichava nemiviri yakasimba, ine utano.

Muzvidzidzo zviri kuuya, tichatarisa izvi zvachazama. Kwanhasi tinofanira kurangarira kuti zvachakosha kuti tidzivirire hurwere kuburikidza nehutsanana uye nekusimbisa miviri yedu. Kudzivirira chinhu chatinogona kuita tese.

## CHIITO CHEBOKA GURU

**Mirairo kuMudzidzisi:** *Batsira kirasi kugadzira mafambisirwo emawoko enzira mbiri idzi dzekudzivirira—somuenzaniso, kuvharira senhoo 'yekudzivirira urwere' uye kubaya kana kuchinjisa tsandanyama dzemaoko kuitira 'kuita kuti miviri yedu isimbe'. Dzidzira kufamba kwemaoko nguva shoma kuti ubatsire munhu wese kuyeuka nzira mbiri idzi dzekudzivirira.*

## Mashandisiro

### HURUKURO MUBOKA DIKI

- Panzira dzese dzekudzivirira dzataurwa nhasi, ndedzipi dzawaitoziva nekutodzidzira?
- Chii chaunoziva, asi usingaite (kana kusaita nguva dzose)?
- Ndechipi chinhu chimwe chaungaite vhiki rino kukudza Mwari nemuviri wako uye kubatsira kudzivirira kurwara mumhuri yako? Uyezve munharaunda maunogara?

**MUNAMATO** - Namata kuti Mwari vatibatsire kudzivirira hurwere mumhuri nemunzvimbo dzedu,

# Chidzidzo chidiki: Hutachiona hunokonzera hurwere

**Pfungwa Huru** – Hurwere hunopararira nehutachiona asi tinogona kubatsira kumisa kupararira kwehurwere nezvirwere.

### Zvekushandisa

- Hurungudo diki
- Mufananidzo Unobatsira: Chirwere Chinopararira Sei

## Nhanganyaya

- Chii chinowanwo tendwa kuti chinokonzerwa hurwere munharaunda yako?

Pane zvakanwanda zvinotendwa pamusoro pezinokonzerwa hurwere - kubva pakutukwa naMwari. Uye zvimwe zvacho ndezvechokwadi. Isu sekereke tinofanira kunamata tichitarisa kuna Mwari kuti aporese kana kusunungura vanhu kubva mukutukwa. Zvisinei, tinofanirawo kunzwisisa kuti kurwara kwakanwanda kunokonzerwa nehwatanoti 'hutachiona'. Kana tichida kudzivirira hurwere munharaunda yedu, saka tinofanira kunzwisisa zvishoma nezvemashandiro anoita hutachiona

## Kunzwisisa Hutachiona

### CHIITO CHEBOKA GURU (MUTAMBO)

**Mirairo kuMudzidzisi:** Kumbira vanhu kuti vamire pedyo pamwechete vakaita denderedzwa vopfuura vachitenderedza chinhu chidiki (sehurungudo) kuseri nekumashure kwavo. Sarudza anozvipira kumira pakati pedenderedzwa; vanofanira kutarisa uye kufungidzira kuti ndiani ane hurungudo painotenderedzwa. Kana munhu agona kufungidzira nemazvo, sarudza mumwe munhu kuti amire pakati. Tamba mutambo wacho nguva shoma.

Hurungudo yatanga tichitenderedza yakamirira hutachiona. Hutachiona:

- hudiki kuti uhuone.
- hunogona kupinda matiri hwotirwarisa.
- hunogona kupfuudzwa kubva kumunhu kuenda kune mumwe zviri nyore isu tisingamboziva.
- hunotakurwa nemhuka nezvipembenene pamwe chete nevamwe vanhu.

Hutachiona hunogona kupfuudzwa kana tikabatana.

- Ndedzipi nguva dzese dzawabata mumwe munhu nhasi? Angave maoko avo, tsoka kana imwe nhengo yemuviri? (Mhinduro dzakanyorwa idzi mienzaniso chete.)
  - Kukwazisana
  - Kumbundirana
  - Kutamba nemwana

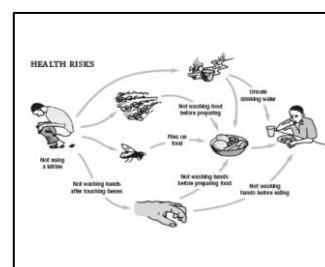
## Nzira Idzo Hutachiona Hunotirwarisa

### HURUKURO MUBOKA GURU

**Murairo kuMudzidzisi Ratidza MUFANANIDZO UNOBATSIRA:** Mapariro Anoita Chirwere.

Mufananidzo uyu unoratidza nzira nomwe dzinonyanyozivikanwa idzo hutachiona hunogona kupfuudzwa kupinda mumiviri yedu uye kutirwarisa.

1. **Kusashandisa chimbuji** (*murume akatonona kuruboshwe*). Kuzvibatsira kunze kunosiya tsvina pachena, uko kunogona kuparadzira hutachiona kunzvimbo dzakaipoterredza, mvura, uye maoko edu, tsoka, uye miviri yedu. Tsvina yemhuka inotakurawo hutachiona.
2. **Kusageza maoko mushure mekubata tsvina** (*ruoko rwuri pasi*). Tinogona kubata tsvina (tsvina yemunhu kana yemhuka) kunyangwe tisingaione kana:
  - tichishanda mumunda kana nemhuka
  - vana vachitamba panze
  - tichipukuta tsvina yemwana
  - tichizvibatsira
3. **Kusageza maoko usati wagadzira chikafu** (*ruoko nendiro yechikafu*). Hutachiona hunopfuudzwa pazvokudya zvati kugadzira mhuri yedu.



4. **Nhunzi pachikafu** (*Nhunzi nendiro yechikafu*). Nhunzi dzinomhara patsvina yevanhu neyemhuka dzobva dzatakura hutachiona hwacho kune chero chadzinomhara pachiri.
5. **Kusageza chikafu nemvura yakachena usati wachigadzira** (*mvura ine tsvina iri pamusoro nendiro yechikafu*). Kana chokudya chiine hutachiona uye tisingachigeze—kana kuti tikachigeza nemvura ine tsvina—tinopfuudza hutachiona.
6. **Mvura yekunwa isina kuchena** (*mvura yakasviba iri pamusoro uye murume arikunwa mvura*). Mvura isina kucheneswa ndiyo imwe yenzira dzakajairika dzekupfuudza hosha nehurwere.
7. **Kusageza maoko musati madya** (*maoko nemurume arikudya nekunwa*). Hutachiona hwechinhu chipi nechipi chatinenge tabata hunopfuudzwa kuchikafu chatiri kudya.

**Mirairo kuMudzidzisi:** Wana nguva yekudzokorora pfungwa nomwe idzi kusvikira vauri kudzidzisa vadzibata nemusoro. Zvino patsanura kirasi kuita vaviri vaviri uye zvisina tsarukano nongedza pane kaboka kevaviri chero kawada. Tsanangura kuvadzidzi kuti tiri kutsvaga vaviri vanzwisisa uye varikuziva nemusoro pfungwa nomwe idzi. Paunonongedza vaviri vaviri vanofanira kuti vashevedzere pfungwa inotevera kubva pane inenge yapedzisira kusheedzerwa. Kana vasingakwanisi, vachabviswa. Ramba uchienda kusvikira wasara nevaviri vamwe chete.

#### HURUKURO MUBOKA GURU

- Nderipi reizvi ringave dambudziko rinowanzoitika munharaunda yedu?
- Ndezvipi zvinhu chimwechete kana zviviri zvaungatanga kudzidzira iwe nemhuri yako kumisa hutachiona hunokonzera hurwere?
- Ndiani waungatsanangurira nezvehutachiona svondo rino?

### Mashandisiro

#### HURUKURO MUBOKA DIKI

- Ndechipi chinhu chimwe chatingaite tose ikozvino munharaunda medu kubatsira kudzivirira hurwere nezvirwere kuti zvisapararire munharaunda medu?

#### KUZVIONGORORA PACHEZVAKO

- Ndechipi chinhu chimwe chaunogona kuita iwe pachako kuti umise kupararira kwechirwere nehosha mumhuri yako?
- Ndiani waungagovera izvozvo svondo rino?

## Chidzidzo Chidiki: Dzimba Dzakachena

**Pfungwa Huru:** Tinofanira kuchengeta dzimba dzedu dzakachena kuti zvirwere zvisapararire.

#### Zvekushandisa

- Matombo madiki makumi maviri, mashizha kana chimwe chinhu chiri nyore kuviga.
- Mufananidzo: Magadzirirwo eRiva reNhunzi
- Zvishandiso zvekugadzira riva renhunzi

### Nhanganyaya

#### MUTAMBO

*Pasati pasvika chero munhu kuzodzidza, viga zvinhu zvidiki-diki (sehurungudo) kumativi ese mumba. Kana vanhu vasvika, vayeuchidze nezve 'mutambo wekupfuudza hutachiona' kubva panguva yapfuura. Vabvunze*

kuti vatsvage 'hutachiona' hwakavigwa kumativi ese (bata muenzaniso wezvawakaviga). Ipa vanhu maminetsi mashoma ekutsvaga 'hutachiona'. Wozovadaidza kuti vadzoke uye vaone kuti vawana zvingani.

Kufanana nehurungudo idzi, hutachiona hunogona kunyatsovanda mudzimba dzedu. Nhasi tichataura nezvekubvisa hutachiona mudzimba dzedu kuti dzisarwarisa mhuri dzedu.

## Nzira dzekuchengeta Dzimba Dzedu Dzakachena

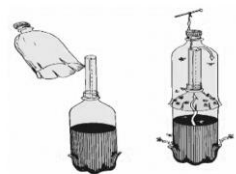
1. **Usasvipira pasi.** Mumate edu munogona kunge muine hutachiona.
  - Ratidza nzira kwayo yekukosora nekuhotsira (mumakona egokora). Itai kuti vadzidzi vazvidzidzire.
2. **Chengeta machira, magumbeze, uye mibhedha zvachena.**
  - Turika machira nemagumbeze pazuva kazhinji.
  - Kana paine tsikidzi, dirai mvura iri kufashaira pamibhedha mosuka machira nemagumbeze ese.
  - Bvisa nhata kana inda mumhuri yese nguva zhinji. Inda nenhata zvinotakura zvirwere zvakanwanda.
3. **Shandisa chimbuzi uye chichengetei chakachena.** Kana usina chimbuzi, vaka chimbuzi. Dzidzisa vana kushandisa chimbuzi. Vhara chimbuzi kudzivirira nhunzi uye kuchenesa nzvimbo nguva nenguva.
4. **Geza uriri, madziro, uye midziyo.** Chenesa imba yese nguva zhinji. Tsvaira uye suka pasi. Pukuta pasi madziro uye pukuta midziyo. Dzimba dzinoda kugara dzichicheneswa.
5. **Rasa marara zvakanaka.** Pisa kana kuita manyowa zvese zvaunogona. Marara asingakodzeri kuita manyowa kana kupiswa anoda kuiswa mugomba remarara. Izvi zvinodzivirira kupararira uye kudzivirira nhunzi nemakonzozo kubva pamba.

Nzira yekuchera gomba remarara rakachengeteka:

1. Makomba anofanira kunge akaenzana nemagonhi maviri (2 x 2–3 metres) uye mita imwe yakadzika. Kukura kwegomba iri rinogara kana makore akati wandei kumhuri iripakati nepakati.
  2. Makomba anofanira kucherwa mamita makumi maviri (nhanho huru makumi maviri) kubva panowanikwa mvura nemamita makumi maviri kubva kudzimba.
  3. Makomba anofanira kucherwa panzvimbo yakakwirira, kuitira kuti asadzwe nemvura munguva yekunaya kwemvura.
  4. Fukidza marara nguva nenguva nevhu rakatetepa kudzivirira kunhuwa uye kuderedza nhunzi. Vakai ruzhova kana heji kudzivirira vana vadiki nemhuka.
6. **Chengetedza mhuka nezvipembenene kunze.**
    - Usarega mhuka dzichipinda mumba.
    - Chengetedza zvipfuyo munzvimbo yakakomberedzwa kana zvichiita.
    - Vharai makatsemuka uye maburi pasi kana kumadziro panogona kuvanda mapete, tsikidzi, uye zvinyavada.
    - Kurumidza kubvisa tsvina yemhuka chero ipi zvayo mumba kana pedyo nemusha.
    - Kuderedza nhunzi ndiyo imwe nzira huru yekudzivirira hurwere.

(Dzidzirai kugadzira riva renhunzi muri mose. Shandisa **MUFANANIDZO**

**UNOBATSIRA:** Magadzirirwo eRiva reNhunzi)



### CHIITO

Gadzirai zviito zvemaoko zvenzira tanhatu dzekuchengeta dzimba dzakachena. Dzidzirai pamwe chete kakawanda.

## Mashandisiro

### NEMUMWE MUNHU

- Ndeapi eaya maitiro aunotoita kuti uve neimba yakachena?
- Ndezvipi chimwe chete kana zviviri zvitsva zvauchatora svondo rino kuti uve nemba yakachena?

# Chidzidzo-chidiki: Miviri Yakachena

**Pfungwa Huru** – Nekuchengeta miviri yedu uye zvipeko zvachena, tinogona kudzivirira kurwara.

## Ongororo

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- Tingadoma here nzira nomwe dzatakadzidza dzekuparadzira utachiona?
- Ndedzipi nzira dzaunorangerira kuchengeta dzimba dzedu nemakomboni zvachena?
- Pane munhu anoda kugovera chimwe chiito chaakatora kudzivirira kurwara here?

## Nhanganyaya

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- Pawaiva mudiki waiitwa kuti ugeze kangani? Kana kukwesha mazino ako?

Tsika dzatakadzidza muhudiki ndidzo dzatinoenderera mberi nehupenyu hwedu hwese. Asi kuti titarisire zvakanaka miviri yatakapiwa naMwari, tingada kudzidza tsika itsva todzidzidzisa kuvana vedu.

## Tsika dzeUtsanana Hwakanaka

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**Kugeza Miviri Yedu** – kubvisa utachiona uye kubatsira kudzivirira mapundu.

- Geza chiso chako mazuva ese.
- Geza muviri wako nevhudzi kanenge ka2-3 pasvondo uchishandisa sipo, kunyanya kana kuchipisa. Shandisai jira rakasiyana kugeza mwana mumwe nemumwe kudzivirira utachiona kupararira.

**Mazino Akachena** – kudzivirira kuparara kwezino, mweya wemukanwa wakaipa, uye kurwadza kwemazino.

- Tanga kuchenesa mazino evana vako sezvavanooneka uye vadzidzise kuchenesa avo pachavo pavanotanga chikoro.
- Shandisa bhurasho remazino kana kamuti kekutsenga. Shandisa mushonga wemazino kubva kuchitoro chemishonga kana kugadzira mushonga wemazino nekusanganisa zvikamu zvakaenzana munyu nesoda (soda). Geza zvinyoro-nyoro kumativi ose kweanenge maminetsi maviri nguva imwe neimwe. Geza mazino mangwanani neusiku.

**Dzivirira Tsoka** – Funga nezvenzvimbo dzatinotsika! Tsoka dzisina shangu dzinogona kutakura hutachiona hwakawanda.

- Pfeka shangu, kunyanya muchimbuzi uye munzvimbo dzine makonye. Mamwe makonye aya anopinda nepasi petsoka.
- Geza tsoka manheru ega ega uye paunenge uchinzwira dziine tsvina.

**Geza Zvipfeko** – Mbatya dzedu dzinoda kugezwa nguva dzose. Kuaomesa pazuva pagwenzi kana pamutara kunobatsira kuuraya zvipembenene zvakaitsa seinda netsikidzi.

## CHIITO

Gadzirai zviito zvemaoko zvenzira ina dzekuchengetedza miviri yakachena. Dzidzirai pamwe chete. (Ona kana vadzidzi vachikwanisa kurangerira zviito zvitanhatu zvemaoko zvedzimba dzakachena, uye itai zvese gumi pamwechete!)

## Mashandisiro

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**NEMUMWE MUNHU**

- Ndeapi emaitiro aya aunotoita mumhuri yako?



- Ndeapi maitiro mamwechete kana maviri matsva achatanga svondo rino kubatsira mhuri yako kudzivirira hurwere?

## Chidzidzo-Chidiki: Maoko Akachena

**Pfungwa Huru:** Geza mawoko kudzivirira hutachiona nehurwere kupararira.

### Zvekushandisa

- Mufananidzo Unobatsira: Kuchingiridza mvura yekugeza maoko nechigubhu
- Mufananidzo Unobatsira: Build Your Own Kuchingiridza mvura yekugeza maoko nechigubhu

### Ongororo

- Ndeapi maitiro matsva amatanga kudzivirira kupararira kweutachiona, kuva nemusha wakachena, kana kuti kuva nemiviri yakachena mumhuri yenyu?
- Zvaiva nyore here kana kuti zvakaoma?

Hatikwanisi kuita shanduko kwevhiki imwe chete. Tinofanira kuenderera mberi nemaitiro ane hutano kuti tione zvibereko zvakanaka uye hurwere huite hushoma munharaunda yedu. Usaramwe!

### Nhanganyaya

#### Mutambo

*Ita kuti boka ridaidze zvinhu zvavabata nemaoko avo nhasi. Doma zvinhu zvakanakisa sezvinobvira muminiti imwe.*

Nekuti tinobata zvinhu zvakanakisa, hutachiona hwatisingaone hunopinda pamaoko edu uye kubva ipapo hunogona kupinda mumukanwa medu, mumaziso, nzeve, mhuno... uye mune vamwe vanhu. Ndosaka **kugeza maoko edu chiri chinhu chinonyanya kukosha chatinogona kuita kudzivirira zvirwere.**

### Kugeza Maoko Kwakanaka

Iva nechokwadi chokuti maoko ako achena paunomageza.

- **Shandisa sipo.** Kugeza nemvura chete hakuurayi hutachiona.
- **Geza kwemasekonzi makumi maviri usati wasukurudza.** Dzimwe nguva zvinobatsira kuimba rwiyo nevana vako rwunotora masekonzi makumi maviri kuvadzidzisa kuti vangageza maoko kwenguva yakareba sei. (*Ita kuti boka ritaure nziyo dzakanaka dzekugeza maoko*).
- Geza pakati peminwe **nepasi penzara** panovanda hutachiona.
- **Sukurudza nemvura yakachena.** Usasukurudza maoko ako uchishandisa mvura imwechete mubheseni, nekuti ine hutachiona mukati.
- Geza maoko ako kure nekunogadzirira chikafu uye nzvimbo dzekudyira chikafu.

### Nguva Yokugeza Maoko Ako

Geza maoko PASHURE pe: (*Ona kuti vangani vadzidzi vanogona kudoma usati waudza vamwe.*)

- Kushandisa chimbuzi.
- Kuchenesa chimbuzi.
- Chero kubata netsvina kubva kumhuka, vacheche, nezvimwe.
- Kubata nyama mbishi, isina kubikwa.
- Kushanda mumunda.

- Kuchenesa marara.
- Kuchengeta vanhu vanorwara.
- Kukosora, kuhotsira, kupfira, kana kufuridza mhino
- Kubata nhunzi, zvipembenene, mhuka.

Rangarira, muzviito zvese izvi tinobata uye tinogona kuparadzira hutachiona. Pane zvinhu zvitatu zvatinoanira kugeza maoko edu nguva dzose **tisati** taita:

1. Usati wabika kana kugadzira zvokudya
2. Usati wadya zvokudya
3. Usati wadyisa mwana

- Unofunga kuti nei tichifanira kugeza maoko edu tisati taita zvinhu zvitatu izvi?
  - *Nokuti utachiona hunogona kupinda nyore nyore mumiviri yedu nomumuromo.*

### Muenzaniso wenyaya

Rute anoziva kuti anofanira kugeza maoko ake pashure pokushandisa chimbudzi, uye asati agadzira zvokudya, asi zvinomunetsa kuzviita. Dzimwe nguva anopererwa nemvura uye anoshaya yakakwana yekugeza paanenge achida. Dzimwe nguva, sipo inoshaikwa uye haigone kuwanikwa. Dzimwe nguva anobuda muchimbuzi okanganwa kugeza maoko ake. Kunyange zvazvo achida kugeza maoko panguva yakakodzera, zvave zvakamuomera kuyeuka.

- Chii chinoita kuti zviomere Rute kugeza maoko ake?
- Ndedzipi pfungwa dzaunadzo dzekubatsira Ruth kugeza maoko ake?
- Api neapi pane aya matambudziko anosangana nemhuri yako?

## Kuti Kugeza Maoko Kuve Nyore uye Kuchingiridza mvura yekugeza maoko nechigubhu

Kana tichizogezwa maoko edu (uye zviso netsoka) panguva dzose idzodzo, tinofanira kuzviita nekukurumidza uye nyore sezvinobvira. Tinogona kugadzira zviteshi zvekugezesa maoko

1. pedyo nechimbuzi.
2. pedyo nepaunogadzirira nekudya chikafu chako (asi kwete padhuze).

Ratidza **MUFANANIDZO UNOBATSIRA** (kugadzira cheKuchingiridza mvura yekugeza maoko, ratidza vadzizdzi).

- Une chinhu chakadai pedyo nechimbuzi chako here?
- Ndezvipi zvakanakira Kuchingiridza mvura yekugeza maoko nechigubhu pane kushandisa mvura yemudhishi?
- Zvingabatsira here kuva nechimwe chinhu chakadai?



## Mashandisiro

Kana vadzidzi vachifarira Kuchingiridza mvura yekugeza maoko nechigubhu, ronga nguva yekuira pamwe chete. **MUFANANIDZO UNOBATSIRA:** Vaka Yako Kuchingiridza mvura yekugeza maoko nechigubhu ine mirairo. Iva nechokwadi chokuti boka rinofanoronga kuunza zvinhu zvinodiwa.

- Chii chinoita kuti kugeza maoko kwakanaka kunetse? Tingagadzirisa sei matambudziko iwayo?



# Chidzidzo-Chidiki: Nharaunda Yakachena

**Pfungwa Huru** –Tinogona kutora matanho kudzivirira hurwere munharaunda yedu.

## Ongororo

*Kumbira vanozvipira kuti vataure zvavakaita kuti vave nemba yakachena uye kuti vave nechokwadi chokuti munhu wose ari mumhuri ari kugeza maoko ake zvakanaka uye panguva yakakodzera.*

- Zvanga zviri nyore here kana kuti zvakaoma kuita izvi?
- Pane here zvinhu zvawaida kuita, asi wakatadza kuzviita?

## Nhanganyaya

- Pakuuya kuno nhasi, pane amboona marara here? Pane munhuhwi here? Pane nzvimbo dzine sora nehuswa husina kuchekwa here?
- Ibasa raani rokuchenesa zvinhu izvozvo?

Nharaunda yakachena inoita kuti zvirewe zvisapararire kuitira kuti tose tive nehutano hwakanaka. Pane kumirira mumwe munhu, tinogona kuita chiito pakarepo.

## Nzira dzekuchengeta Nharaunda Dzedu Dzakachena

*Mhinduro dziripo dzakanyorwa dzemibvunzo yenhaurirano. Idzi handidzo dzega mhinduro dzakanaka.*

*Chinangwa ndechekubatsira boka kuti rifunge kuburikidza nematambudziko aripo uye kuti vangaapedza sei.*

*Ongorora matambudziko anokonzerwa netsvina yevanhu, marara emhuka, nemarara:*

- Hutachiona hunoparadzira zvirewe.
- Zvinokwezva nhunzi nezvimwe zvipembenene zvinoparadzira zvirewe.
- Mvura ine tsvina neutachiona inotipa manyoka.

Ko tsvina yevanhu, marara emhuka, nemarara zvinovaka nzvimbo dzipi munharaunda yedu?

### MUNZIRA

- Ndezvipi zvimwe zvezvikonzero nei migwagwa yedu isina kuchena?
  - Vanhu vanorasa marara.
  - Mhuka dzinodzungaira dzichisiya tsvina
  - Vanhu kana vana vanopfira mate, kuita weti, kana kuita tsvina mumigwagwa.
  - Nhunzi netupukanana.
- Chii chingaitwa kuti nzvimbo idzi dzive dzakachena uye kuti dzirambe dzakachena mune ramangwana?
  - Chenesa migwagwa.
  - Dzidzisa nharaunda nezvekuchengetedza migwagwa yakachena.
  - Vakai zvimbuzi zve munharaunda.
  - Cherai makomba emarara munharaunda.
  - Sarudza/tora chikamu muzuva rekuchenesa nharaunda mwedzi wega wega.

### MVURA NEKUNOERERA MVURA ICHIENDA

- Ndezvipi zvimwe zvinhu zviri kusvibisa mvura yedu? Mvura yakasviba inocherwa kupi zvako munharaunda yedu?
  - Vanhu vanoenda kuchimbuzi murukova kana murwizi.
  - Marara anoyeredzwa nemvura achienda kwakadzikira kana kwanaya.
  - Nzvimbo dzemvura dzinovharwa nevhu nemarara.
- Chii chingaitwa kuchenesa nzvimbo idzi uye kudzichengeta dzakachena mune ramangwana?
  - Kuchenesa nzvimbo dzemvura nenzvimbo dzainoyerera ichienda.

- *Dzidzisai nharaunda kushandisa zvimbuzi kwete kusvibisa mvura.*
- *Chengetedza nzvimbo dzemvura.*
- *Chengetedzai mhuka padzo dzega.*
- *Bvisa mvura yakamira nehuswa hurefu - apa ndipo panoberekera mosquito netumwe tumbuyu.*
- *Sarudza zuva rekuchenesa nharaunda mwedzi wega wega.*

#### **NHARAUNDA YEMUZVIKORO**

- **Nharaunda yechikoro yakachena here? Kana zvisina kudaro, chii chingaitwa?**
  - *Vakai zvimbuzi pachikoro.*
  - *Vakai nzvimbo dzekugezera maoko pachikoro.*
  - *Chekai uswa hurefu hwakapoterredza chikoro.*
  - *Bvisa mvura yakamira nemarara.*

#### **CHIPATARA (Kana paine kiriniki yekurapa pedyo)**

- **Kiriniki yakachena mukati nekunze? Kana zvisina kudaro, chii chingaitwa?**
  - *Ivai nezuva re'kuchenesa kiriniki'*
  - *Chekai uswa hurefu*
  - *Kubvisai mvura yakamira nemarara*
  - *Gezai madziro, pasi, uye nzvimbo mukati nekunze.*

### **Mashandisiro**

- **Pazvinhu zvose zviri kutaurwa nhasi, munofunga kuti nderipi dambudziko guru kana kuti chinodiwa munharaunda yedu?**

*Kurudzira boka kuti riite hurongwa hwekuti rinhi uye sei ravachaita chiito chekuti vave nenharaunda yakachena. Vabatsire kuisa pfungwa pachinhu chimwe panguva uye kuita hurongwa hungangobudirira.*

## **Chidzidzo-Chidiki: Zvimbuzi**

**Pfungwa Huru:** Munhu wese, kusanganisira vana, vanofanira kushandisa zvimbuzi kudzivirira kupararira kwehurwere.

#### **Zvekushandisa**

- **Mufananidzo unobatsira (mapeji maviri):** Mhando ina yeZvimbuzi

#### **Nhanganyaya**

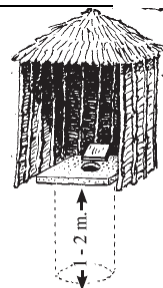
- **Imhuri ngani dzine zvimbuzi?**
- **Ndezvipi zvimwe zvikonzero nei zvakanaka kushandisa chimbuzi? Unoyeuka here kubva kune zvidzidzo zvekare?**
  - *Kudzivirira hutachiona nehurwere kuti zvisapararire.*
  - *Saka vanhu havazozvibatsire pedyo nemvura kana mugwagwa.*
  - *Kuchengeta dzimba dzedu dzakachena.*
- **Ndezvipi zvikonzero zvinoita kuti vanhu vasashandise zvimbuzi?**

## Mhando ina dzeZvimbuzi

Ratidza **MUFANANIDZO UNOBATSIRA**: *Mhando ina dzeZvimbuzi sezvaunodzitsanangura.*

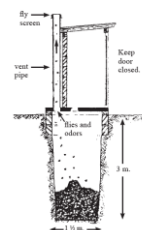
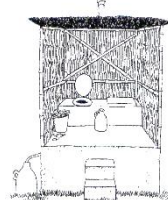
### Mhando yekutanga yeChimbuzi: Chimbuzi chegomba rakavharwa

- Ine chikuva chakagadzirwa nematanda, kongiri, kana mapuranga.
- Ine chinovhara gomba (kuchengeta nhunzi uye kunhuwa mukati).
- Kana yazara unofanira kuvaka chimbuzi chitsva (unogona kudyara muti panzvimbo yekare).



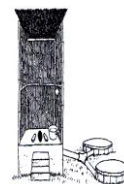
### Mhando yechipiri yeChimbuzi: Urine-Diverting Dry Latrine

- Chivakwa pamusoro pevhu.
- Makamuri maviri anopatsanura weti netsvina.
- Zvakanyakisa munzvimbo dzine dambudziko nemafashama.



### Mhando yeChimbuzi yechitatu: Gomba Rinopinda Mhepo Zvakavandudza (Chimbuzi)

- Ine pombi inoburitsa mweya inotakura hwema nenhunzi.
- Nekuda kwekuti mukati mune rima, nhunzi dzinobhururuka dzakananga kuchiedza uye dzinobatwa dzofa.
- Inofanira kunge ine rima mukati kuti zvinyatso bvisa nhunzi.



### Mhando yeChimbuzi yechina: Chimbuzi Chekudira Mvura Kuendesha Tsvina

- Ine chisimbiso chemvura, chikuva uye makomba rimwechete kana maviri kadzika.
- Chakanaka uko kune mvura yepasi yakadzika.
- Chakanaka uko vanhu vanoshandisa mvura kuchigezesa nekubvisa tsvina.

Zvimbuzi zvese zvinofanirwa kuvakwa mamita angangosvika makumi maviri kubva mudzimba uye kubva uko vanhu vanowana mvura yekunwa.

## Chengetedza Zvimbudzi Zvakachena

- Ndedzipi dzimwe nzira dzekuchengeta chimbuzi chakachena? (*Kana chimwe cheizvi chisina kutaurwa neboka, chiratidze.*)
  - Kwesha chikuva nekugeza pasi kazhinji.
  - Iva nechokwadi chokuti buri rine chivharo chinochengetwa panzvimbo. Chinogona kugadzirwa nematanda.
  - Kanda mavhu matete, kana madota mukati mushure mekushandisa kwega kwega kuderedza kunhuwa nenhunzi.
  - Nguva dzose pfeka shangu muchimbuzi.

## Vana neZvimbuzi

- Vana vadiki kazhinji havashandisi chimbuzi. Chii chinoita kuti zviomere vana?
  - Kutadza kuvhura door.
  - Kutya rima kana kuwira mugomba.
  - Kusada kunhuwwirwa.
  - Haakwanise kusvika ipapo nenguva.
- Sei zvakanosha kuti vana vashandise zvimbuzi? (*Kana chimwe cheizvi chisina kutaurwa neboka, chiratidze.*)
  - Kudzidzira tsika dzakanaka.

- *Kusapfuudza hutachiona hunokonzera zvirwere—kunyange tsvina yevana inotakura hutachiona.*
- Vana vanodzidza sei nezvekushandisa zvimbu? Chii chatingaita kukurudzira vana vedu kushandisa chimbu?
  - *Iva muenzaniso.*
  - *Vadzidzise nemwoyo murefu.*

Imwe nzira yekubatsira vana vadiki kuvaka chimbu chevana chisiri kure nemba.

- Chera gomba risina kudzika, rinenge hafu yemita pakudzika.
- Vaka sirabhu yekongiri, madhaka, kana matanda. Isa chivharo chegomba.
- Hapana madziro anodiwa kuvana.
- Dzidzisa vana kushandisa izvi nguva dzose uye kutsiva chivharo nguva imwe neimwe.
- Kana gomba razara, endesai sirabhu kune rimwe gomba idzva. Zadzira gomba rakashandiswa nevhu. (Muti wakasimwa iri mugomba razara unobudirira!)

## Mashandisiro

- Imba yako ine chimbu here? Kana zvakadaro, mhando ipi? Kana zvisiri, imhando ipi yaungavaka? Ndezvipi zvekushandisa zvaungade?
- Tingabatsira sei dzimwe mhuri kudzidzira kushandisa chimbu nguva dzose?
- Ndechipi chinhu chimwe chete chawadzidza nhasi chaunogona kugovera nevamwe vhiki rino?

# Chidzidzo-Chidiki: Mvura Yakachengeteka

**Pfungwa Huru** –Mvura yakachena haisi nguva dzose mvura yakachengeteka. Tinofanira kuchenesa uye kuchengetedza mvura yedu.

## Zvekushandisa

- Mufananidzo Unobatsira: Nzira ina dzekuchenesa mvura
- Mufananidzo Unobatsira: How to Use KUURAYA HUTACHIONA HWEMUMVURA NEKUIYANIKAZUVA (SODIS) to Purify Water
- Zvimwe zvekushandisa
  - Magirazi kana akajeka maviri emvura yekunwa yakachengeteka; imwe ine munyu
  - De-silted water for KUURAYA HUTACHIONA HWEMUMVURA NEKUIYANIKAZUVA (SODIS) demonstration
  - Bottles for KUURAYA HUTACHIONA HWEMUMVURA NEKUIYANIKAZUVA (SODIS) demonstration. Kurudzira boka kuti riuye nezvigubhu zvavo.

## Nhanganyaya – Mvura Yakajeka Pachimiro Haisi Mvura Yakachena Nguva

### Dzose

*Gadzirira magirazi maviri emvura yekunwa yakachengeteka - imwe ine zvipunu zviviri zvemunyu zvakanungudutswa mairi uye imwe isina munyu. Zviise patafura kuratidza munhu wese. Usavaudza kuti imwe ine munyu.*

- Mvura yacho yakafanana mumagirazi ose here?
- Mvura yacho inoratidzika kunge yakachena zvakanwana kuti munhu anwe?

*Kumbira vanenge vazvipira kuti vanwe mvura yacho. Vavimbise kuti hazvina njodzi.*

- Mvura yaiva mumagirazi yakanga yakafanana here?
  - *Aiwa. girazi rimwe chete raive nemunyu asi airatidza kufanana.*

Kufanana nemunyu, hutachiona hudiki zvikuru kuti husaonekwe. Mvura inogona kutaridzika yakachena asi iine utachiona hunokonzera manyoka.

## Mvura Yakachena uye Yakanatswa

- Tinowanepi mvura yedu?
- Zvinobvira here kuti haina kuchena? Chii chingave chakaita kuti ive netsvina? (*Kana chimwe cheizvi chisina kutaurwa neboka, chiratidze.*)
  - *Mhuka dzinoswedera pedyo dzosiya tsvina.*
  - *Vanhu vanozvibatsira pedyo nemvura.*
  - *Zvipembenene zvinoberekera ikoko.*
  - *Hazvina kujeka. Ine siriti.*
  - *Mumvura mune marara.*
  - *Makemikari anobva mukurima.*
  - *Ine sipo yekuwacha hembe/kugeza.*

Hatigoni kuva nechokwadi chokuti mvura yakajeka yakachena. Tinofanira kuchenesa mvura yedu tisati tanwa kudzivirira manyoka.

Kutanga, bvisa tsvina mumvura. (Izvi HAZVIITE kuti ive Yakachengeteka pakunwa.) Pane nzira mbiri dziri nyore:

1. Mvura ine madhaka ngaigare kwezuva rimwe; bvisa mvura yakachena uchiisa mumudziyo wakachena. Dzokorora.
2. Sefa mvura nemucheka wakachena.

Zvadaro, chenesa mvura. Hedzino nzira ina dziri nyore. (*Shandisa **MUFANANIDZO UNOBATSIRA**: Maitiro ekuchenesa mvura.*)

1. **Fashaidza mvura:** Kana mvura yatubuka, fashaidza kwemaminetsi gumi. Vhara uye rega itonhorere usati wanwa.

- Ndezvipi zvakanakira uye zvakaipira nzira iyi?
  - *Zvakanakira - zviri nyore kuita, iva nemidziyo yese iripo.*
  - *Zvakaipira - zvinoita kuti mumba mupise, kuunganidza kana kubhadhara zvekubvirisa kuti ifashaire, imwe mvura inofashaira yopera.*



2. **Mushonga Unochenesa:** Chenjerera ushandise huwandu hwakakodzera: madonhwe maviri eMushonga Unochenesa pa1 litre yemvura. Ikanyanya kuita shoma hazviurayi hutachiona; ikawandisa inogona kukuvadza vanhu. Mushonga Unochenesa inogona kupisa ganda redu nemaziso uye kuparadza zvipfeko. Mvura yakacheneswa neMushonga Unochenesa HAINA kunaka kunwa, asi yakanakira kugeza maoko nendiro.

- Pane akamboedza nzira iyi here? Zvakanakira uye zvakaipira chii?
  - *Zvakanakira - Nyore kuita, inokurumidza uye inoshanda.*
  - *Zvakaipira - Haina kunaka kunwa, zvinoda kuyera zvakanatsonaka, unofanirwa kunge uchikwanisa kutenga Mushonga Unochenesa.*



3. **Sefa:**

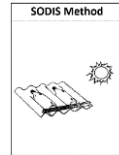
- Pane anoshandisa nzira iyi here? Zvakanakira uye zvakaipira chii?
  - *Zvakanakira - Zviri nyore kushandisa uye kushandisa zviwanikwa zvemuno.*



- *Zvakaipira - Inoda kutanga yagadzirwa pekuitira uye inoda kugara yakachena.*

**4. KUURAYA HUTACHIONA HWEMUMVURA NEKUIYANIKA PAZUVA (SODIS):** Chiedza chezuva chinogona kuuraya utachiona pamwe chete nemvura iri kufashaira!

- Pane akamboedza nzira iyi here? Zvakanakira uye zvakaipira chii?
  - *Zvakanakira - Zviri nyore kuita munzvimbo dzinopisa uye dzine zuva.*
  - *Zvakaipira - kunonoka; hazvishande mazuva ane makore kana kuchinaya.*



## Dzidzira KUURAYA HUTACHIONA HWEMUMVURA NEKUIYANIKA PAZUVA (SODIS)

Have everyone bring a bottle to try KUURAYA HUTACHIONA HWEMUMVURA NEKUIYANIKA PAZUVA (SODIS)Udza munhu wese aunze chigubhu kana bhodhoru kuti tiedze KUURAYA HUTACHIONA HWEMUMVURA NEKUIYANIKA PAZUVA (SODIS). Use **MUFANANIDZO UNOBATSIRA**: Mashandisiro enzira yeKUURAYA HUTACHIONA HWEMUMVURA NEKUIYANIKA PAZUVA (SODIS) kuchenesa mvura. KUURAYA HUTACHIONA HWEMUMVURA NEKUIYANIKA PAZUVA (SODIS) Mirairo yenzira iyi:



1. Sarudza bhodhoru rakanaka:
  - 1-2 litre bhodhoru. Kana iri hombe kana diki haishande nemazvo.
  - Bhodhoru rakajeka, reourasitiki kana girazi; bvisa chero zvakanamirwa.
  - Risina kusakara zvakananyanya. Kana purasitikii yasakara, mvura yako inoravira zvakaipa.
2. Geza bhodhoru zvakanaka paunotanga kurishandisa.
3. Zadzwa bhodhoru  $\frac{3}{4}$  rizere nemvura yakachena. KUURAYA HUTACHIONA HWEMUMVURA NEKUIYANIKA PAZUVA (SODIS) haishande kana paine tsvina mumvura.
4. Zunza bhodhoru kwemasekonzi makumi maviri.
5. Iye zvino zadza bhodhoru zvizere uye uvhare chivharo.
6. Isa mabhodhoru pamusoro pamarata kana padenga resimbi.
7. Ratidza mabhodhoru kuzuva rizere kweanenge maawa matanhatu. Iko zvino inenge yachengeteka kunwa!

Inwa mvura yese mukati memazuva rimwechete kana maviri kuitira kuti hutachiona hurege kutanga kukura zvakare.

## Mashandisiro

### NEMUMWE MUNHU

- Unochenesa kana kunatsa mvura yako here? Kana zvisina kudaro, nei?
- Unogona here kuedza imwe yeidzi nzira svondo rino? Ndeipi yauchaedza?
- Ndiani munhu mumwe chete waungagovera ruzivo urwu svondo rino?

## Chidzidzo-Chidiki: Kudya Kwakanaka Kusingarwarise

**Pfungwa Huru:** Kunyatsogadzira, kubika, uye Kuchengetedza chikafu kunodzivirira kurwara.

### Zvekushandisa

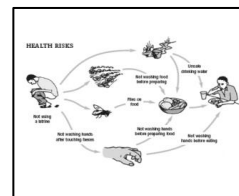
- Mufananidzo Unobatsira: Dara
- Mufananidzo nUobatsira: Maparariro anoita Chirwere
- Zvekugadzirisa Dara: Matavi makuru mana ane 'Y' kune imwe magumo, matavi mana epakati nepakati akachechetere, mamwe matavi madiki, tambo.



## Nhanhanyaya

Ratidza **MUFANANIDZO UNOBATSIRA**: Maparariro Anoita Chirwere

- Tingava sei nechokwadi chokuti zvokudya zvedu hazvitirwarise?



## Kuchengetedza Mhuri dzedu neKuvapa Zvekudya Zvisina Njodzi

Vanhu vanogona kubatwa nehonye, manyoka, nezvimwe zvirwere zvakanyanya kubva muchikafu. Asi patinodzidza kuita zvimwe zvinhu zviri nyore, tinogona kuva nechokwadi chokuti tiri kupa mhuri dzedu zvokudya zvisina njodzi. Hedzino nzira dzekuita kuti mhuri yako idye chikafu chisina njodzi.

1. **Geza maoko usati wabika kana kudya.** Hutachiona hunofamba nyore kubva mumaoko kuenda kuchikafu.
2. **Geza michero nemiriwo.** Geza michero yese nemuriwo nemvura yakachena usati wadya, kunyanya kana uchizodya zviri mbishi.
3. **Nyatsobika nyama, huku, mazai, nyama yenguruve, uye chikafu chemugungwa.** Hutachiona huri munyama hunouraiwa nekunyatsobikwa. Nzira yekuziva sei kana nyama yakabikwa:
  - Muto wakajeka.
  - Inenge isiri tsvuku (nyama) kana hutsvuku hwakacheneruka kunyama (yehuku/yenguruve) mukati.
4. **Chengeta nyama mbishi, huku, nehove kure nezvimwe zvekudya.** Cheka michero nemiriwo pane imwe nzvimbo isiri inemwechete nenyama mbishi. Usashandise banga rimwe chete kana midziyo panyama mbishi nezvimwe zvekudya. Geza maoko mushure mekubata nyama mbishi.
5. **Fukidza chikafu uye usachirega chichigara kunze.** Usasiye chikafu chakabikwa kunze kwemaawa anopfuura maviri. Zviri nani kuchengeta nyama yakabikwa uye chero chinhu chakabikwa nemukaka chichipisa kusvika chadyiwa. Usarega nhunzi kana zvimwe zvipembenene zvichimhara kana kukambaira pakudya. Nhunzi netsikidzi zvinotakura utachiona uye zvinoparadzira zvirwere. Chengetedza zvokudya zvakavharwa kana mumabhokisi kana mumakabhati ane mahwindo ewaya kuti zvizvidzivire.
  - Ndedzipi dzimwe nzira dzekuita kuti nyama irambe ichipisa kana yabikwa?
  - Chii chaunoshandisa kuvhara kana kuchengetedza chikafu?
6. **Shandisa midziyo yakachena uye ndiro dzakachena.** Chikafu chinogona kutaridzika chakachena asi chiine hutachiona hwatisingaoni. Tinofanira kuona kuti hapana hutachiona pamidziyo nendiro dzinoshandiswa kudyisa mhuri dzedu.
  - Uno (kana unogona) kuchenesa sei ndiro nekudzichengeta dzakachena pakati pekudya? (*Taura uye tsanangura chero chisina kutaurwa neboka*).
    - Kugeza ndiro nesipo.
    - Kushandisa mvura inopisa kusuka ndiro (kupisa kunouraya hutachiona).
    - Shandisa mvura yakachena kushambidza ndiro (yakacheneswa nekufashaidzwa, Mushonga Unochenesa, kana KUURAYA HUTACHIONA HWEMUMVURA NEKUIYANIKA PAZUVA (SODIS)).
    - Usarega ndiro dzakachena dzichibata pasi.
    - Womesa ndiro muzuva (rangerira, Mwari anotipa chiedza chezuva kuuraya hutachiona!). Izvi zviri nani pane kuomesa nejira ringave riine hutachiona kana kurongedza ndiro dzakatota, panogona kumera hutachiona uye chakuvhe.
    - Chengetedza midziyo paDara chakavharwa nemucheka. Kana kabati iripo, hari dzekuchengetera, mbiya, nemagirazi zvakatsikitsira kudzivirira zvipembenene, mbeva, uye zvimwe zvipuka zvinokambaira mazviri. Midziyo haifanirwe kusiiwa yakarara pasi.

MUTAMBO WEBOKA GURU

**Mirairo kuMudzidzisi:** Batsira boka kubata nemusoro matanho mashanu aya ekugadzira chikafu chisina njodzi. Watsanangura ose, dzokororazve imwezve. Wotamba mutambo: Kamura boka kuita zvikwata zviviri-zvitatu. Dana nhamba 1, 2, 3, 4, kana 5. Munhu wekutanga kusimuka otaura nzira inofambirana nekuchengetedza anowana pindi(point) yechikwata chavo. (Semuyenzaniso: Unoti 4; mumwe aisimuka oti, 'vhara chikafu'. Chikwata chekutanga kusvika pamapoinzi(points) gumi nemashanu chinohwina.)

## Dara (chigadziko chekuomesa ndiro)

### CHIITO CHEBOKA GURU

**Mirairo kuMudzidzisi:** Kana zvichiita, gadzirai dara pamwe chete muchishandisa mirairo iri pa **MUFANANIDZO UNOBATSIRA:** Dara. Ita shuwa kuti waunganidza zvese zvekushandisa pachine nguva. Kana zvisingaite kugadzira dara, ratidza **MUFANANIDZO UNOBATSIRA:** Dara uye tsanangura maitiro ekurugadzira.

### Mirairo yekugadzira Dara:

Unganidza:

- matavi mana makuru ane 'Y' kune mumwe mugumo; idzi dzinofanira kunge dzakareba seruoko rwako uye dzakakora kupfuura chigunwe chako.
- Tsvimbo ina dziri pakati nepakati, dzinenge dzakaenzana.
- Matanda matete mana, ose anenge akaenzana kureba.
- Sisal, shizha rebhanana, shizha remuchindwe, kana chero mhando yeshinda kana tambo yaunayo paruoko.



Vaka:

1. Dyara mapazi akaita chiY akasimba muvhu naY akatarisa mudenga. (Yeuka kusarudza nzvimbo inowanzova nezuva). Tsvimbo dzinofanirwa kuita makona mana echikwere kana (rectangle). Aya achava makumbo edara.
2. Isa zvimiti zvina zvepakati pama Y kuti uite furemu ye(rectangle) kana sikweya. Sungai makona pamwe chete.
3. Isa matanda matete achipesana pesana(crisscross) uye sunga majoini pamwe chete.

Ikozvino mava neDara!

### Mashandisiro eDara:

1. Isa ndiro dzakatsikitsira pasi padanda mushure mekunge dzasukwa kuti dzibude uye dziome muzuva.
2. Kana midziyo yaoma, isa ndiro mumba KANA kufukidza nejira rakachena kuti ndiro dzisasviba.

## Mashandisiro

### HURUKURO MUBOKA DIKI

- Chii chaungatanga kuita svondo rino kuti upe mhuri yako chikafu chisina njodzi?
- Ndechipi chinhu chimwe kana zviviri zvawadzidza nhasi zvaungagoverana nevamwe svondo rino?

## Chidzidzo-Chidiki: Chikafu Chinovaka Muviri

**Pfungwa Huru** –Kudya kunovaka muviri kunodiwa kuti munhu akure zvakanaka, ashande nesimba, uye arambe aine hutano. Zvirwere zvakanakira zvinowanzoitika nekusadza chikafu chinovaka muviri chakakwana.

## Zvekushandisa

- Zvokudya zvinobva mumhando yega yega yechikafu chekubatsira (semuenzaniso, kuunza nzungu, bhinzi, nemuriwo)

## Nhanganyaya

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- Ungaziva sei kana mwana achidya zvakanaka?
  - *Anenge akazara nesimba, kumhanya-mhanya, kutamba, kubvunza mibvunzo yakawanda.*
  - *Maziso anopenya, matama akakora.*
- Vanotaridzika uye vanoita sei ivo vasina chikafu chakakwana?
  - *Lethargic, kuchema, kugara uchikumbira chikafu, pasinaimba.*
  - *Maziso akagomara, miromo yakaoma, matumbu akazvimba.*

Munhu asingadyi zvokudya zvinovaka muviri zvakanaka anoperaimba uye kazhinji anorwara. Uku kunonzi **kushomeka kwezvokudya zvinovaka muviri**. Pamwe chete nezvinhu zvatatura, kushomeka kwezvokudya zvinovaka muviri kune mimwe migumisiro.

- Vana havakuri vakareba kana kusimba.
- Vana havaiti zvakanaka muchikoro nokuti havagoni kudzidza kana kuyeuka zvakanaka.
- Miviri yedu haina kusimba zvokutadza kurwisa hutachiona nehurwere—saka tinorwara kakawanda, uye zvirwere zvacho zvinotonyanya kuipa.
- Vana vanozvarwa vari vadiki uye vasinaimba kana amai vashaya chikafu.
- Vanaamai vanoyamwisa vanonyanya kuneta kana kutotadza kuva nemukaka wakakwana.

## Kupa Chikafu Chinovaka Muviri

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Tinogona kuita zvinhu zviviri kubatsira kupa mhuri dzedu kudya kunodiwa nemiviri yavo.

1. **Kudyisa vana kakawanda** — Vana havadyi zvakanaka pakudya, saka vane hutano hwakanaka kana vachidya kakawanda.
2. **Wedzera Zvokudya Zvinobatsira kune Zvikafu zvedu Zvikuru.**

### ZVIKAFU ZVIKURU ZVAKAKOSHA

- Ndechipi chikafu chikuru chinodiwa nemhuri dzenyu? (*Mienzaniso: mupunga, chibage, mufarinya, mbatatizi, mabhanana.*)

Zvokudya zvakanaka zvitubu zvakanaka zvesimba uye zvinoita kuti tinzwe takaguta. **Zvisinei, chikafu chikuru chega hachina kukwana kuchengetedza munhu ane hutano**. Mwari vakagadzira miviri yedu kuti ide zvokudya zvakanaka-siyana kuti tive nehutano hwakanaka

### ZVEKUDYA ZVINOBATSIRA

- Ndezvipi zvimwe zvokudya izvo mhuri yako inogara ichidya kuwedzera kune chikafu chikuru chakanaka?

Kuwanda kwezvokudya zvakanaka-siyana zvatindya, tinovawo nohutano hwakanaka. Munhu wese anoda chikafu chekubatsira, asi chinonyanya kukosha kune vana vari kukura, vakadzi vane pamuviri kana vanoyamwisa, uye vanhu vakwegura. Tichatarisa mapoka matatu akakosha echikafu chevabatsiri. (*Ratidza mienzaniso yezvokudya muboka rega rega.*)

1. **Zvokudya zvinopaimba rakawanda.** Izvi zvinotipaimba uye zvinobatsira vana kuti vadzidze, vayeuke, uye vakure zvakanaka. Zvokudya zvinopaimba guru zvinosanganisira zvokudya zvane mafuta, kana zvinotapira. Mienzaniso:

- *Zvemafuta (Ona kana kirasi kana ichigona kudoma chero chipi zvacho: mafuta, bhata, ghee, mafuta enyama)*
  - *Chikafu chine mafuta kana kirimu (maorivhi, maavokadho)*
  - *Nzungu (mhando dzose dze nzungu)*
  - *Zvembeu (nhanga, nwiwa, nezvimwewo)*
  - *Zveshuga (shuga, huchi, nzimbe, michero)*
- Ndezvipi zvekudya zvinopa simba rakawandisa zvaunotodya?
  - Ungawedzera sei zvimwe zvekudya zvine simba kune zvaunodya mumhuri yako?
- 2. Zvekudya zvinovaka muviri** zvine mapuroteni. Tsandanyama dzedu dzakagadzirwa nemapuroteini, saka chikafu chine mapuroteni chinobatsira miviri yedu kukura nekusimba. Mienzaniso:
- *Nyama, huku, mazai, hove*
  - *Mukaka, chizi, yogati*
  - *Bhinzi nenyemba*
  - *Nzungu (zvikaifu zvakaanda, senzungu, zvinotibatsira nenzira dzinopfuura imwe)*
- Kangani iwe unodya marudzi aya ezvekudya zvinovaka muviri?
  - Ungapa sei zvimwe zvekudya zvinovaka muviri kumhuri yako?
- 3. Zvekudya zvinodzivirira** michero nemiriwo. Zvine mavhitamini nemaminarau kuti tive neutano hwakanaka uye kuita kuti ganda redu, bvudzi, uye maziso apenye uye ane hutano. Mavitamini nemaminaru akasiyana atinoda anoita kuti michero nemiriwo zvive nemavara akasiyana, saka edza kudya michero nemiriwo zvine mavara akasiyana.
- Ndeapi mavara ndiwo michero nemiriwo zvaunogara uchidya?
  - Une bindu rekurima rako pachako chikafu chinodzivirira chine mavara here? Ndeapi mavara ari mubindu rako? Ndeapi mavara aunoda kuwedzera mamwe?

## Mashandisiro

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- Ndezvipi zvekudya zvenobatsira zvakaoma kugovera mhuri yako nguva dzose?
  - Chii chinoita kuti zviome? Ungakunda sei matambudziko aya?
  - Mungashanda sei pamwe chete kuti mubatsirane uye neavo vari munharaunda vari panjodzi huru yekushaya zvekudya zvinovaka muviri—vakwegura, vana vadiki, uye vanaamai vane pamuviri/vanoyamwisa?

# Chidzidzo-Chidiki: Ongororo yeTsika DzeHutano

**Pfungwa Huru** – Tsika dzehutano dzinogona kudzivirira kurwara nekuvandudza hutano hwedu hwese.

## Zvekushandisa

- Mufananidzo Unobatsira: Tsika DzeHutano

## Nhanganyaya

- 
- Ndedzipi pfungwa itsva dzawakashandisa mumavhiki mashoma apfuura kuti ugare uine hutano uye kuchengetedza mhuri yako ine utano? Unozviita kakawanda sei?
  - Miitiro mitsva iyi yakave nemigumisiro yakanaka here?

## Nharaunda Dzine Hutano Dzinodzidzira Tsika dzeHutano

Tinofanira kushandura zviito zvehutano kuve TSIKA dze hutano. Tsika chinhu chatinoita pasina kufunga nezvazvo. Kana taita chiito chimwechete kakawanda, hatichafaniri kufunga nezvazvo; inenge yava tsika.

### MIRAIRO YEZVIITO:

1. Apo paunopinda muchidzidzo chiri pasi apa, ratidza **MUFANANIDZO UNOBATSIRA**: Tsika DzeHutano apo paunoongorora maitiro ega ega akadzidzwa masvondo mashoma adarika.
2. Patsika yega yega ine utano, bvunza boka kuti risarudze kana iri tsika yakajairika. Isa mapepa mumirwi yekuti 'vazhinji vanoita izvi', 'vamwe vanoita izvi', kana kuti 'vashoma vanoita izvi'.
3. Mushure mokunge mapepa ose akaiswa mune imwe yematatu matatu, tarisa maitiro ari mu murwi we'vashoma vanoita izvi'. Vabvunze kuti vafunge zvikonzero nei vanhu vasingadzidzire izvi uye nzira dzekukunda zvipingamupinyi izvozvo.

### ONGORORO yeTSIKA NOMWE DZEHUTANO

1. Chengetedza hutsanana uye hutsanana hwedzimba dzedu nemuchimana.
  - Gara uchiwacha mbatya nemagumbeze
  - Shandisa zvimbuzi
  - Gomba remarara
  - Chengetedza mhuka
2. Geza maoko.
  - Isa nzvimbo yekugezera mawoko nesipo iri pedyo nepekugadzirira chikafu nenzvimbo dzekudyira
  - Isazvimbo yekugezera maoko nesipo pedyo nechimbuzi
3. Chengeta nharaunda yakachena.
  - Mvura yakachena, migwagwa, komboni yechikoro, nechipatara
4. Shandisa chimbuzi.
  - Zvimbuzi zvinofanirwa kunge zviri kure nemvura nepanowanikwa zvokudya
  - Kunyange vana vanoshandisa chimbuzi
  - Chengeta chimbuzi chakachena uye dzora nhunzi
5. Shandisa mvura yakachena pakunwa, kuwacha, uye kugadzira zvokudya.
  - Chenesa mvura nekufashaira, Mushonga Unochenesa, sefa, kana KUURAYA HUTACHIONA HWEMUMVURA NEKUIYANIKAZUVA (SODIS)
6. Kugadzira chikafu chakachengeteka.
  - Kuomesa chikafu paDara
  - Chengetedza nyama mbishi kubva pakuparadzira hutachiona kune zvimwe zvekudya
  - Nyatsobika nyama kuti uuraye utachiona
  - Chengetedza nhunzi netsikidzi kure nechikafu
7. Ipa mhuri yose zvokudya zvinovaka muviri.
  - Mafuta uye zvihwitsi zvinopa simba
  - Mapuroteni ekusimbisa
  - Zvibereko zvine mavara nemiriwo kuitira hutano



- Dyisa vana kakawanda pazuva

*Verenga zvikwangwani muchikamu 'vazhinji'. Tungamira boka kuti rifare nekupemberera izvi.*

## Mashandisiro

*Tarisa makadhi ari muzvikamu 'zvimwe' uye 'zvishoma'. Sarudza maitiro mamwechete kana maviri akakosha uye kurukurai:*

- Ndezvipi zvipingamupinyi zvinotadzisa vanhu kuita izvi?
- Chii chatingaita kuti tibatsirane kukunda zvipingamupinyi izvi?

Ndezvipi zvipingamupinyi zvinotadzisa vanhu kuita izvi?

Chii chatingaita kuti tibatsirane kukunda zvipingamupinyi izvi?

# Chidzidzo-Chidiki: Kuchengeta Vanamai Vanepamuviri uye Vanoyamwisa

**Pfungwa Huru:** Vanaamai vane pamuviri uye vanoyamwisa vanoda kunyatsochengetwa.

## Nhanganyaya

- Wakazvarirwa kupi? (*Kumba, kiriniki, chipatara*)
- Vana vako vakazvarirwa kupi? (*Kumba, kiriniki, chipatara*)
- Ndezvipi zvakanakira uye zvakaipira kuita mwana pamba? Muchipatara kana kukiriniki?
- Pane waunoziva here akafa achisununguka kana kuti achangopedza?

*Chimbomira uchinamatira mhuri dziri kuchema, uye madzimai akazvitakura neavo vane vana vachangozvarwa.*

## Kuchengeta Vanamai Vane Nhumbu neVanoyamwa

Kuchengeta mwana kunotanga asati azvarwa. Maitiro evakadzi vane pamuviri anokanganisa mwana ari kukura mukati mavo.

- Mwana ari mudumbu angafema mweya here? (*kwete*) Anogona kudya chikafu here? (*kwete*) Ndiani anoitira mwana zvinhu izvi? (*amai*)

Zviito zvemukadzi ane pamuviri zvinokanganisa mwana ari mukati make. Mukadzi ane pamuviri anofanira

- KUSANWA doro, kushandisa zvinodhaka, kana kuputa. Izvi zvinogona kuita kuti vacheche vazvarwe nguva isati yakwana, kana vaine hurema, kana kuti vakapindwa muropa nezvinodhaka kana doro.
- Inwa zvinwiwa zvakanakira uye uye zvimwe zvekudya zvinovaka muviri uye michero nemiriwo. Izvi zvichaita kuti amai vasimbe uye zvichabatsira mwana kukura.
- Wana nguva yakawanda yekurara. Kunzwa kusvotwa kana kuneta panguva yekuzvitakura zvinowanzoitika dzimwe nguva. Kuwedzera kurara kunobatsira kuti amai nemwana vagare vaine hutano.

Mushure mekusununguka, miviri yaamai vatsva inofanira kupora uye kuwanazve simba.

1. Vanaamai vatsva vanofanira kuzorora kwevhiki rose mushure mokusununguka. Vanofanira kuwana nguva yakawanda yokurara uye kuita basa rakareruka chete. Murume, vana vakura, uye vavakidzani vanogona kubatsira nezvinhu zvakaikwa sekurima gadheni, kusimudza zvinhu zvinorema, kutakura mvura, uye kutarisira vana vaduku.

2. Amai vachangoberekwa vanofanira kudya zvokudya zvakanwanda zvekubatsira uye vanofanira kudya kakawanda kuti vabudise mukaka wemwana wavo uye kuti vawanezve simba. Amai vanoda mapuroteni akawanda, mafuta, uye michero nemiriwo.
3. Vanaamai vachangotanga vanofanira kunwa mvura yakachena yakawanda, muto, kana kuti mvura yekokonati. Kugadzira mukaka wezamu kunotora mvura yakawanda kubva mumuviri.
4. Ruzhinji rwevanaamai vanofa kubva pakuzvara vanofa mumazuva maviri kusvika manomwe ekutanga mushure mekusununguka. Maawa makumi mana nesere ekutanga mushure mekunge mukadzi asununguka ndiwo anonyanya kukosha! Kana ukaona chimwe chezviratidzo izvi, enda kukiriniki nekukasika:
  - Kupindwa nechando
  - Musoro wemusoro wakarwadza nekusaona zvakawanda
  - Kutadza kufema
  - Kubuda ropa kwakanyanya munhengo yesikarudzi kunowanzoitika mushure mekuzvarwa, asi kunofanira kudzikira mumazuva mashoma ekutanga. Kana *kukawedzera*, panogona kunge paine chakaipa.
5. Vakadzi vari kuyamwisa havafaniri kutora chero mishonga, doro, kana zvinodhaka. Chinhu chipi nechipi chavanodya kana kuti kunwa—kusanganisira mishonga—chichaenda kumukaka wavo wamazamu, uye mishonga haina njodzi kuvacheche vachangoberekwa.
  - Ndedzipi dzepfungwa idzi dzinowanzoitwa munharaunda yedu?
  - Ndezvipi zvisingazivikanwi?
  - Tingabatsira sei vanaamai vachangotanga kushandisa pfungwa dzisina kunyanya kuwanda?

## Mashandisiro

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- Ndeipi pfungwa itsva yawadzidza muchidzidzo chino?
- Pane vakadzi vane pamuviri here kana vachangobva kuva anaamai here vaunoziva? Chechi yaizovaridza sei rudo?

# Chidzidzo-Chidiki: Kuchengeta Vacheche

**Pfungwa Huru:** Vacheche vanoda kutarisiswa kwakakosha kwegore rekutanga rehupenyu.

## Zvekushandisa

- Mufananidzo Unobatsira: Gore Rokutanga Rebudiro

## Nhanganyaya

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### HURUKURO MUBOKA GURU

- Zvakawanda sei kuti vacheche vafe panguva yekuzvarwa kana kuti mushure menguva pfupi?
  - Izvi zvinokanganisa sei mhuri?
  - Nharaunda inozvitora sei?
- Chimbomira uchinamatira mhuri dzakafirwa nevana nevacheche.*

## Kuchengeta Vachangozvarwa

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Mwari anoda kuti vana vose vararame uye vakure. Pose panofa mwana, tinogona kuva nechokwadi chokuti Mwari anorwadziwa pamwe chete nesu. Hadzisi rufu rwose ruchangoberekwa runogona kudziviswa, asi vazhinji

vanogona. Ngatitarisei zvatingaite kubatsira vacheche kurarama uye kukura vane hutano. Ratidza **MUFANANIDZO**  
**UNOBATSIRA:** Gore Rokutanga Rekukura.

#### Asati yazvarwa

- Takati chii muchidzidzo chedu chekupedzisira nezvehutano hwemwana ari mudumbu? (*Vakadzi vane pamuviri vanofanira kudya miriwo yakasvibira, uye mazai okuwedzera kana nyama, uye kunwa mvura yakawanda yakachena kuitira kuti mwana akure sezvinodiwa naMwari.*)
- Vacheche vane hutano mudumbu vanogona kurarama zviri nani uye kugara vaine hutano kana vangozvarwa.



#### Achangozvarwa mwana

##### MUCHENGETE AKACHENA UYE ACHIDZIIRWA

- Mupukute nemvura yakachena, womupukuta zvinyoronyoro nemucheka wakapfava, wakachena, womupa amai. Kugumisa ganda remwana naamai kunobatsira mwana kuti adziye zvakanakwana. Kana mumba muchitonhora, isa gumbenze pamusoro pemwana naamai.
- Ichokwadi here kuti mwana achangoberekwa haafaniri kugeza kusvikira tambo yadonha? (*CHOKWADI! Chigutsa chetambo chinofanira kuramba chakaoma kusvikira chadonha. Asi mucheche anogona kucheneswa zvinyoronyoro nemucheka wakachena, wakapfava, wakanyorova.*)



##### TANGA KUYAMWISA IPAPO IPAPO.

- Mukaka wezamu chikafu chaMwari chakanakwana kuvacheche. Kunyange kana zvichiita sokuti hapana mukaka uri kuuya pakutanga, ramba uchipa mwana zamu-kunyange shoma shoma yemukaka wekutanga wezamu (mukobvu uye yero) ichabatsira mwana kuva nohutano hwakanaka.
- Yamwisa mazamu kazhinji - kanenge maawa maviri oga oga. Izvi zvichabatsira mukaka wechipiri waamai (wakachena uye mutete) kuti upinde uye urambe uchiyerera.
- Ipa vana mukaka waamai CHETE kwemwedzi mitanhatu yekutanga. Ndicho chikafu chaMwari chakanakwana kwavari nezvose zvavanoda kuti vakure uye vave neutano hwakanaka. USAVAPA chimwe chikafu kana zvinwiwa. Zvakanakisisa kusapa imwe mvura kana tii, kunyange mumamiriro okunze anopisa.

#### PaMwedzi mitanhatu

##### MUSAMIRA KUYAMWISA

- Kushaikwa kwezvokudya zvinovaka muviri kwakanyanyisa kunowanzoitika muvacheche vanorega kuyamwisa gore risati rasvika.
  - Ndezvipi zvimwe zvikonzero nei vanaamai vachirega kuyamwisa? (*mukaka hauna kukwana kumwana wavo, kana kuti havasi kugadzira mukaka wakakwana*)
  - Ndedzipi dzimwe nzira dzekugadzirisa matambudziko aya, kunze kwekurega kuyamwisa?
- **Usarega kuyamwisa.** IPA amai kudya kwakawedzerwa nemvura kuti vakwanise kuburitsa mukaka wakakwana.



##### PAMWEDZI MITANHATU, TANGA KUPA ZVIMWE ZVOKUDYA KUWEDZERE PAMUKAKA WEMAZAMU.

- Gara uchipa mukaka waamai pakutanga, uye ipapo zvimwewo zvekudya. Tanga nechikafu chitete chinogadzirwa nechikafu chikuru sehupfu kana mupunga wakabikwa nemvura kana mukaka. Mumwedzi mishoma inotevera, zvishoma nezvishoma sumai zvokudya zvitsva zvinodiwa nemhuri (zvokudya zvitsva zvinoda kunyatsobikwa nekupwanywa). **Musarege kupa mukaka ipapo ipapo.**

#### Kusvika gore rekutanga

##### RAMBA UCHIYAMWISA



- Mukaka wemazamu ndiwo uchave tsime guru rekudya kunovaka muviri kumwana kusvika ava negore rimwe chete.
- Kuyamwisa kwakanakisisa nguva dzose! Kana zvisingakwanisi kuyamwisa mwana, mudyise nekapu nechipunu. Usashandise bhodhoro remwana. Funga nezvemaitiro ane hutano: chii chakaoma kuchengeta chakachena, kapu kana bhodhoro remwana? (*zvakaoma kuchichengetedza chakachena uye zvinogona kukonzera hutachiona*).
- Ramba uchipa mukaka waamai, kana zvichiita, kusvikira mwana ava nemakore maviri kana matatu.



#### CHENGETAI MWANA AKACHENA

- Edza kuti vasaisa zvinhu zvakasviba mukanwa mavo.
- Vachengete munzvimbo yakachena.

MUSAPE VANA VACHECHE MUSHONGA KUNZE KWEKUTI MAUDZWA NACHIREMBA.

## Mashandisiro

### HURUKURO MUBOKA GURU

- Ndeapi mamwe mazano awadzidza muchidzidzo chino?
- Kereke inokwanisa kubatsira mhuri dzine vaccheche seyi?

# Chidumbu chechipiri: ZVIRWERE ZVINOWANZOWANIKWA

## Chidzidzo-chidiki: Kushaya mvura yakakwana mumuviri uye Manyoka

**Pfungwa Huru:** Manyoka uye kupera simba mumuviri nekuda kwekushaya mvuya vakawanda zvinogona kukonzera rufu, kunyanya kuvacheche nevana, asi zviri nyore kurapa neMUSANGANISWA WEMVURA, MUNYU NESHUGA.

### Zvekushandisa

- Maruva maviri (kana chimwe chirimwa) - rimwe ine utano uye rimwe yakafa
- Mufananidzo Unobatsira: Vana Vaviri
- Mufananidzo Unobatsira: Magadzirirwo Ekuita Chinwiwa Chekuwedzera Mvura - MUSANGANISWA WEMVURA, MUNYU NESHUGA
- Chigaba cheyogati (kana chakafanana) chine buri nechepasi uye tepi kana chekunamisa pamusoro pegomba (kana usina tepi, misa buri nemunwe wako)
- Bhodhoro kana kapu ine mvura yakawedzerwa mukati
- Mvura, munyu, shuga, uye makapu kugadzirisa MUSANGANISWA WEMVURA, MUNYU NESHUGA rehydration drink

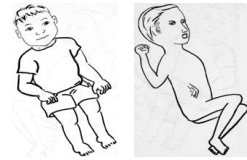
### Nhanganyaya – Mvura shoma mumuviri

*Chidzidzo chisati chatanga, isa ruva rine utano (kana chirimwa) mugirazi remvura uye ruva rakafa mugirazi risina chinhu.*

- Nei rimwe ruva rakafa asi rimwe ruva riri benyu? (*Rega boka rirambe richipindura kusvikira vaona kuti musiyano imvura.*)

Ratidza **MUFANIDZO UNOBATSIRA**: Vana Vaviri

- Ndeupi wevacheche ava ane hutano? Ungaziva sei? (*mumwe wacho anotaridzika akaonda uye akaoma*).
- Chii chinodiwa nezvose zviri zviviri ruva uye mwana? (*mvura*)



Kungofanana nemaruva, vanhu vanoda mvura kuti varame. Isu tine hutano kana tine mvura yakakwana mumuviri wedu. Kana muviri wedu ukarasikirwa nemvura yakawandisa, kunonzi kupererwa nemvura, uye zvine njodzi zvikuru.

*Simudza mudziyo une gomba uye uzadze nemvura (zvichida buri rakavharwa nechidimbu chekunamisa kana kuvhara nemunwe wako). Iye zvino sunungura gomba uye bvumira mvura kuti idonhe. Iti:*

Kana munhu achiita manyoka kana kurutsa, muviri wake unorasa mvura yakawanda.

*Dururira mvura mumudziyo sezvo mvura ichibuda nepasi.*

Kana huwandu hwemvura hukapinda mumuviri neiri kubuda kubva mukuita manyoka kana kurutsa, muviri wavo hauzoma. Munhu wacho haazofi. Kana muviri ukava wakaoma, saka anogona kufa. **Vanhu havafe nemanyoka asi nekushaya mvura mumuviri.**

## Kurapa Manyoka ne MUSANGANISWA WEMVURA, MUNYU NESHUGA (Zvimwiwa Zvinowedzera Mvura Mumuviri)

**MUSANGANISWA WEMVURA, MUNYU NESHUGA zvinobatsira kuti vanhu vasapererwe nemvura mumuviri.**

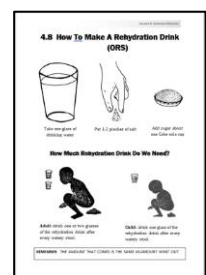
- Mvura iri mumuviri wedu ine munyu zvisoma uye inotapira zvisoma. Kana uchinge waita manyoka, unofanira kutsiva charasika nemvura ine munyu neshuga zvisoma.
- Musanganiswa uyu unonzi MUSANGANISWA WEMVURA, MUNYU NESHUGA. Kana ukanwa MUSANGANISWA WEMVURA, MUNYU NESHUGA yakakwana paunenge uine manyoka, muviri wako hauzoma. MUSANGANISWA WEMVURA, MUNYU NESHUGA inogona kuponesa hupenyu!
- MUSANGANISWA WEMVURA, MUNYU NESHUGA iri nyore kugadzira uye haidhure.

Ratidza **MUFANANIDZO UNOBATSIRA**: Magadzirirwo eMUSANGANISWA WEMVURA, MUNYU NESHUGA chinwiwa chinowedzera mvura mumuviri. Ratidza maitirwo azvinofanira kuitwa chaiwo. Mumapoka evaviri kana vatatu, dzidzirai kugadzira MUSANGANISWA WEMVURA, MUNYU NESHUGA.

**Kugadzira MUSANGANISWA WEMVURA, MUNYU NESHUGA chinwiwa chinowedzera mvura mumuviri, sanganisa pamwechete:**

- Kapu imwechete yemvura yakachena
- Tumunyu tushoma tweekutsunya
- Chipunu chimwechete chidiki che shuga

Wedzera munyu kumvura uye woravira. Kana iine munyu kupfuura misodzi, usaunwa. Munyu wakawandisa unokuvadza muviri. Pane kudaro, wedzera imwe mvura kusvikira yanaka semisodzi, uchiyeuka kuwedzera shuga shoma zvakare. Sanganisa, uye inenge yagadzirira kunwa.



**Mirairo kuMudzidzisi:** Ratidza kuzasi kwe **MUFANANIDZO UNOBATSIRA**: Magadzirirwo eMUSANGANISWA WEMVURA, MUNYU NESHUGA chinwiwa chinowedzera mvura mumuviri.

### Tinoda MUSANGANISWA WEMVURA, MUNYU NESHUGA yakawanda sei?

1. Kana munhu aine manyoka, mupe MUSANGANISWA WEMVURA, MUNYU NESHUGA mushure metsvina yega yega ine mvura. **Usamirira zviratidzo zvekupererwa nemvura mumuviri—tanga kupa MUSANGANISWA WEMVURA, MUNYU NESHUGA pakarepo.**
  - Vakuru vanoda magirazi rimwechete kana maviri mushure mekuita manyoka (magirazi sere kana kuti marita maviri kana akawanda pazuda)
  - Vana vanopfuura makore maviri ezera vanoda girazi rimwe chete reMUSANGANISWA WEMVURA, MUNYU NESHUGA mushure memanyoka emvura ega ega.
  - Vana vari pasi pemakore maviri ezera vanoda girazi riri muhafu reMUSANGANISWA WEMVURA, MUNYU NESHUGA mushure memanyoka ega ega, pamwe chete nemukaka waamai.
2. Kana mwana ari kurutsa, unofanira kumupawo MUSANGANISWA WEMVURA, MUNYU NESHUGA. Kunyangwe kana mwana akarutsa mushure mekunwa MUSANGANISWA WEMVURA, MUNYU NESHUGA, haisi yese inorutswa. Pakurutsa, mvura yakawanda inorasika kubva mumuviri. Pasina MUSANGANISWA WEMVURA, MUNYU NESHUGA, mwana anopera simba uye kupera mvura mumuviri. Ipa MUSANGANISWA WEMVURA, MUNYU NESHUGA muzvikamu zvishoma zuva rose neusiku.

### Kana kupera kwemvura kukawedzera mumuviri kana zvimwe zviratidzo zvenjodzi, enda kuchipatara unotsvaga rubatsiro nekukurumidza.

Heano mamwe mazano mashoma ekuchengeta munhu ane manyoka:

1. **Ipa zvinwiwa zvakawanda zvekunwa.** Pamwe chete neMUSANGANISWA WEMVURA, MUNYU NESHUGA, zvimwe zvinwiwa zvinobatsirawo: muto wemichero, mvura yekokonati, uye zviyo zvakatetepa.
2. **Pakutanga manyoka anogona kuwedzera.** Izvi zvinodaro nekuti mvuri une mvura yakawanda (sezvinoita mvura inodonha kubva mukapu yakawedzera pandakadira mvura yakawanda mukati). Usanetseka! **Ramba uchipa MUSANGANISWA WEMVURA, MUNYU NESHUGA.**
3. **Ramba uchipa chikafu.** Kana murwere achinge angogona kudya chikafu, murege adye.
4. **Kune vacheche, rambai muchipa mukaka waamai.** Ipa mwana zamu nguva zhinji uye usati wamupa zvimwe zvinwiwa. Shandisa chipunu chakachena kupa MUSANGANISWA WEMVURA, MUNYU NESHUGA kana zvimwe zvinwiwa, kwete bhodhoro.
5. **Ramba uchipa MUSANGANISWA WEMVURA, MUNYU NESHUGA siku nesikati chero manyoka kana kurutsa kuchienderera mberi.**

## Ongororo

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*Simudza mufananidzo wemwana apererwa nemvura mumuviri zvakare.*

- Ndezvipi zvimwe zviratidzo zvekushaya mvura mumuviri? (*vaudze chero zviratidzo zvisina kutaurwa neboka*)
  - *Nyota, muromo wakaoma, kuita weti kushoma kana kusatomboita, weti yakasvibira yero, maziso akanyura kana maziso asina misodzi, nzvimbo yakapfava mumusoro inonyura, ganda rinorasikirwa nekusimba.*
  - Kana mwana mudiki asina manyoka, asi achiratidza zviratidzo izvi zvekupererwa nemvura, tinofanira kumupa MUSANGANISWA WEMVURA, MUNYU NESHUGA, muto, nezvimwe zvinwiwa ipapo ipapo.
- Chii chinonzi MUSANGANISWA WEMVURA, MUNYU NESHUGA? (*Mvura ine munyu neshuga*)
- Nei tichifanira kuishandisa? (*Kutsiva izvo zvakarasika, kudzivirira kupera mvura mumuviri*)
- Unoziva sei kana wakashandisa huwandu hwakafanira hwemunyu muMUSANGANISWA WEMVURA, MUNYU NESHUGA? (*Unofanira kuravira semisodzi, hapana munyu wakawedzerwa*)
- Iwe unoshandisa shuga yakawanda sei mugirazi rimwe remvura? (*chipunu chimwechete chidiki*)

- Unofanira kupa munhu mukuru MUSANGANISWA WEMVURA, MUNYU NESHUGA yakawanda seyi? (*rimwechete kana maviri magirazi mushure memanyoka emvura mvura*)
- MUSANGANISWA WEMVURA, MUNYU NESHUGA yaunofanira kupa mwana yakawanda seyi? (*kusvika girazi rimwechete mushure memanyoka emvura mvura*)
- Chii chaunofanira kuita kana munhu wacho akatanga kurutsa? (*ramba uchipa MUSANGANISWA WEMVURA, MUNYU NESHUGA, kudzvuta mumaminetsi mashoma ega ega*)

## Chidzidzo-Chidiki: Kupisa Muviri

**Pfungwa Huru** – Dzidza kuziva nekurapa kupisa muviri uye sarudza apo munhu anorwara angangoda chiremba.

### Nhanganyaya

Pazvidzidzo zvishoma zvinotevera, tichatura pamusoro pezvirwere zvakajairika, sedzihwa nefururu. Unoziva here zviratidzo zvezvirwere izvi? (*Kana chimwe cheizvi chisina kutaurwa, chitaure.*)

- |                             |                             |                        |
|-----------------------------|-----------------------------|------------------------|
| ○ <i>Kupisa muviri</i>      | ○ <i>Kuerera dzihwa</i>     | ○ <i>Kukosora</i>      |
| ○ <i>Kutemwa nemusoro</i>   | ○ <i>Kurwadza kwenzeve</i>  | ○ <i>Kuhetsura</i>     |
| ○ <i>Mhino dzakavharika</i> | ○ <i>Kukarata kwepahuro</i> | ○ <i>Kurutsa</i>       |
|                             |                             | ○ <i>Kuneta</i>        |
|                             |                             | ○ <i>Miri kurwadza</i> |

Izvi ndizvo zvinhu zvose zvatinogona kutarisira kumba. Tinogona kubatsira munhu anorwara kuti anzwe akasununguka, uye kazhinji chirwere chacho chinopera choga mumazuva mashomanana. Muchidzidzo chino tichatarisa nzira yekurapa kupisa muviri.

### Kupisa Muviri

Kupisa muviri chiratidzo chezvirewere zvakanwanda. Ndiyo nzira yemuviri yekurwisa hutachiona hwakapinda mukati memuviri uye huri kukonzera kurwara. Zvinotibatsira kuziva kuti pane chiri kuitika mumuviri chatinofanira kungwarira.

Kana usina chekutarisira kuti muviri ukupisa kusvika papi, unogona kuedza kuona kana mumwe munhu ane kupisa muvirir nekuisa seri kweruoko rwako pamusoro wako uye rumwe ruoko pamusoro pemumwe munhu. Kana vakanzwa kupisa kupfuura iwe (uye iwe uine hutano), vane kupisa muviri.

#### NEMUMWE MUNHU

Dzidzirai kuona kuti hamuna kupisa muviri here nemumwe wako.

- Pane munhu mukirasi arikupisa muviri here?
- Ndedzipi dzimwe nzira dzinoshandiswa nevanhu munharaunda ino kubata kupisa muviri?



### Nzira yeKurapa Kupisa Muviri:

Kazhinji kupisa muviri kwakupindwa nechando hakudi kurapwa uye zvinowanzoenda zvega mumazuva mashoma. Kana munhu akati anonzwa chando, asi achinzwa kupisa paunomubata, anopisa muviri. Vabatsire kuti vanzwe vakasununguka. ZVINONYANYA KUKOSHA: Mupezi zvinwiwa zvakanwanda semvura, mvura yekokonati, muto, kana MUSANGANISWA WEMVURA, MUNYU NESHUGA. Munhu ane fivha anogona kupera mvura mumuviri. Tinofanira kutsiva mvura yakarasika.

Kana munhu achipisa zvikuru, tinofanira kumubatsira kumutondhodza—**zvukurukuru kana munhu ane kupisa muviri anga achishanda muzuva rinopisa. Zvakakosha kuderredza kupisa uku pakarepo.** Tinofanira:

1. Pukuta munhu nemucheka wakanyorova. Bvisa zvipfeko uye pukuta munhu wacho nemucheka wakanyorova. Nyudza jira rakawanda mumvura inotonhorera woisa pamusoro, maoko, chipfuva, uye pasi pemaoko.
  2. Bvisa zvipfeko zvakanwanda uchisiya zvipfeko zvinotonhorera, zvakareruka pamunhu.
  3. Vhura mahwindo woisa munhu pane mhepo. Fambisa mhepo paari.
  4. Ipa mushonga (piritsi). Piritisi rinogona kubatsira kuderredza kupisa kwakanyanya. Iva nechokwadi kuti hausi kumupa kudarika mwero. Chiero chakakodzera chemishonga chichaenderana nezera remunhu uye simba remushonga.
  5. Usamboputira munhu anekupisa muviri kwakanyanya mumagumbeze kana zvipfeko. Kuputira kunochengetedza kupisa mukati, izvo zvine njodzi uye zvinogona kukonzera kugwinha. Izvi zvine njodzi kunyanya kuvana vadiki.
- Ndepapi paunofanira kutora munhu ane kupisa muviri kuti awane rubatsiro rwekuchipatara? (*Kana chimwe cheizvi chisina kutaurwa, chitaurwa.*)
    - *Kana uchifungidzira kuti marariya - munhu wacho angada kutanga kunwa mushonga nekukasika*
    - *Kana ari mwana asati asvika mwedzi miviri*
    - *Kana kupisa muviri mumwana kwakakura kweanopfuura maawa makumi maviri nemana*
    - *Kana kupisa muviri mumunhu mukuru kwakakwirira kwemazuva anopfuura matatu*
    - *Kana munhu akatanga kugwinha kana kugwinha zvine simba*
    - *Kana pane mutsipa wakaoma nekupisa muviri*
    - *Kana pane kuzvimba kana ronda pamuviri uye munhu ane kupisa muviri kwakanyanya*
    - *Kana paine chikosoro chakaipa uye/kana kukurumidza kufema nekupisa miviri*
    - *Kana paine kurutsa kana manyoka nekupisa miviri uye MUSANGANISWA WEMVURA, MUNYU NESHUGA haibatsiri*

## Mashandisiro

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- Ndiani mumwe munhu chete waungadzidza nezvekupisa muviri uye mabatirwo azvo? Udza munhu agere pedyo newe wauri kuronga kugovera izvi naye.

## Chidzidzo-Chidiki: Mhinho Dzakavhara, Pahuro Pakaoma nekukarakata, uye kukosora

**Pfungwa Huru:** Dzidza kurapa mhino yakavharika, pahuro panorwadza, uye kukosora kuti munhu anorwara anyatsogadzika uye kumubatsira kupora nekukurumidza.

## Nhanganyaya - Ongororo

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- Pane anorangarira nzira dzekurapa kupisa muviri here?

Kupisa muviri chiratidzo chezvirwere zvakanwanda. Nhasi tichadzidza nezve zvimwe zviratidzo zvinowanzoitika.

## Zvimwe Zviratidzo Zvinozivikanwa Zvezvirwere

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*Bvunza vanhu kuti vanobata sei mhuno dzinomhanya, pahuro panorwadza, uye kukosora, wobva wawedzera pfungwa itsva dzisina kutaurwa.*

### Mhino dzinoyerera dzihwa kana dzakavhara

1. **Zvevacheche nevana vadiki:** Bvisa madzihwa negirobhu diki rekusveta kubva mumhino yemwana mudiki. Kana mwana achitadza kufema uye iwe usina girobhu rekusveta, unogona kushandisa muromo wako kusveta dzihwa
2. **Vana vakura nevakuru:** Sanganisa zvigunwe zviviri zvemunyu negirazi remvura. Isa mvura ine munyu shoma muruoko wofema. Izvi zvinosunungura madzihwa uye zvichiita kuti abude kunze.

### Pahuro Panorwadza

- Karakadza pahuro kakti wandei nemvura inodziya inemunyu wakanyungudutswa mugirazi i (unogona kuwedzera tumeriki zvakare). Karakadza wakazadza muromo, woipfira. **USAMEDZA mvura inemunyu.**
- Inwa tii nemasamba emusango, mvura inopisa nehuchi neremoni, kana muto webhonzo unodziya.

### Kukosora

1. Inwa mvura, tii, uye muto webhonzo.
2. Fashaidza imwe mvura, woidira muniro, isa musoro wako pamusoro pendiro, wovhara netauro kugadzira tende. Natira mumhepo inodziya yemvura kwemaminetsi gumi nemashanu kusvika makumi matatu. Dzokorora kakawanda pazuva. Mashizha emugamu kana mumindi (mint) anogona kuwedzera kumvura. (Usashandise mashizha emugamhu kana Vaporub kana munhu wacho aine asima (asthma). Zvinowedzera asima.
3. Nokuda kwechikosoro chakaoma: Sanganisa zvikamu zvakaenzana zvehuchi uye muto weremoni. Tora chipunu chidiki maawa maviri kana matatu oga oga.
4. Kana chikosoro chikasapera mushure memavhiki maviri, enda kuna chiremba. Kumwe kukosora kunokonzerwa nezvirwere zvinoda kutariswa nachiremba:
  - Chirwere chekufemuruka
  - Asima
  - Chirwere chemabayo
  - Gwirikwiti
  - Kusvuta
  - Tibhii/Rurindi

### DZIVISA KUPARADZWA KWEHUTACHIONA

Pamwe chete nekurapa zviratidzo izvi, tinogona kubatsira kumisa kupararira kwechirwere kune vamwe ne:

- Kukosora kana kuhetsura mumagokora edu.
- Kugeza maoko nguva zhinji.
- Geza chero chinhu chive mumuromo wemunhu anorwara.
- Murwere haafaniri kugovera girazi, ndiro, midziyo, kana mubhedha nemumwe munhu.

### Mashandisiro

- Ndechipi chinhu chimwe chete chawadzidza nhasi chaunogona kugovera nevamwe vhiki rino?

## Chidzidzo-Chidiki: Kurutsa uye Kutemwa neMusoro

**Pfungwa Huru** –Tinogona kurapa kurutsa uye kutemwa nemusoro kuita kuti munhu anorwara anyatsogadzika uye kumubatsira kupora nekukurumidza.

### Nhanganyaya

#### Mutambo

Ndiri kuzokuudza chiito, uye ndinoda kuti usimudze ruoko rwako kana uchibvuma kuti inzira yakanaka yekuita chokwadi chekuti chikafu chakachengeteka zvinokodzera kuti chidiye.

*Mushure mechinhu chimwe nechimwe, ipa boka mukana wekusimudza maoko avo. Zvadarovaudze mhinduro chaiyo.*

Tinofanira here?

- Kugeza maoko usati wagadzira chikafu (*HONGU!*)
- Kudya muchero uchibva pamuti chaipo—wakatochena nokuti unomera pamiti. (*KWETE. Michero yose nemiriwo yausingasvuuri inoda kugezwa nemvura yakachena*)
- Nyatsobika nyama (*EHE. Kana muto wachena, nyama haisisina njodzi kudya*).
- Chengetedza nhunzi kure (*HONGU! Nhunzi dzinoparadzira hutachiona hunotirwarisa*.)
- Rongedza midziyo makavharika kana kireti mushure mekuigeza (*Kwete! Itai kuti ndiro dzitange dzaoma nezuva. Chiedza chezuva chinouraya hutachiona*.)
- Shandisa ndiro dzakachena nemidziyo (*HONGU!*)
- Isa gomba remarara pedyo nenzvimbo yako yekubikira kuti kuchenesa kuve nyore. (*KWETE! Usaise gomba pedyo nepaunobikira; rinokwezva nhunzi uye rine hutachiona*.)

## Kurutsa

Kurutsa kunowanzokonzerwa nezvokudya zvakaora. Semanyoka, kazhinji kazhinji anokonzerwa neutachiona hunopinda mumiviri yedu nezvokudya, mvura, kana kuti maoko asina kugezwa. Kana tikanyatsodzidzira kuchengetedza chikafu, kurutsa kunoita kushoma. Asi tinofanira kuziva zvokuita kana kurutsa kwaitika.

Pakurutsa:

- Dzvuta MUSANGANISWA WEMVURA, MUNYU NESHUGA, chinwiwa chekoka kora, mvura ine soda, kana tii yemasamba emusango
- Usadya chero chinhu kana kurutsa kwakanyanya kana kuine chisimba

Dzimwe nguva, kurutsa kunogona kuva chiratidzo chechirwere chakakomba. Tsvaka rubatsiro rwekuchipatara kana:

1. Kurutsa kwakanyanya kana kwakasimba kunotora maawa anopfuura makumi maviri nemana
2. Marutsi anosanganisira ropa
3. Kupepa mvura mumuviri kunoitika zvekuti haugone kuvandudza nemvura

## Kutemwa neMusoro

- Wakambotemwa nemusoro here?
- Pane dzimwe nguva dzezuka kana mimwe mwaka yaunowanze batwa nemusoro here?

**Kutemwa nemusoro chiratidzo chekupererwa nemvura mumuviri.** Kutemwa nemusoro kunowanikwawo nehurwere hunokonzerwa kupisa muviri. Kurapa musoro:

- Zorora.
- Inwa mvura, tii yemasamba emusango, mvura yekokonati, muto, kana MUSANGANISWA WEMVURA, MUNYU NESHUGA.
- Shandisa jira rakanyoroveswa mumvura inopisa kuseri kwemutsipa.
- Tora mushonga. Iva nechokwadi chekutevera mirairo yemanwiro emushonga chaiwo.
- Geda zvinyoro nyoro musoro, mutsipa, nemapendekete.

Musoro unoramba uchidzoka unofanira kuongororwa nachiremba.

Migraine misoro yakaoma, inotema nemusoro. Vanowanotanga nekusaona zvakanaka uye zvinogona kukonzera kusvotwa, kuita dzungu, kana kurutsa. Dzinogona kugara kwemaawa kana mazuva. Tora migraine musoro nekukurumidza apo zviratidzo zvekutanga zvinotanga:

- Tora mapiritsi maviri (aspirin) uye kapu yekofi nhema kana tii nhema.
- Rara munzvimbo ine rima, ine runyararo, uye edza kuzorodza muviri nepfungwa.
- Kana musoro usingaendi mushure mezuva rimwe kana maviri, bvunza wezvemishonga kuti akupe mushonga wemigraine uye utore nguva dzose sezvakarayirwa kusvikira musoro wopera.

#### CHIITO

*Kamurana kuita mapoka maviri. Ipa boka rega rega maminetsi mashoma ekurangerira zvese zvavanogona pamusoro pekurutsa kana kutemwa nemusoro. Ipapo boka re 'rutsi' richataura zvose zvarinorangerira. Rimwe boka richavaudza kana vakanganwa chero ruzivo kana kuti pane chakaipa. Ipapo mapoka achachinja mabasa uye boka re'musoro' richataura nezvemusoro.*

## Mashandisiro

### NEMUMWE MUNHU

- Ndedzipi pane idzi pfungwa dzawakamboedza kana wanzwa musoro kana kurutsa?
- Ndeipi pfungwa itsva yaungada kuedza nguva inotevera iwe kana nhengo yemhuri paine zviratidzo izvi?

# Chidzidzo-Chidiki: Mishonga Yekugadzira pamba uye Mishonga yekutenga

**Pfungwa Huru:** Ziva maitiro uye nguva yekushandisa mishonga yekumba uye mushonga wemushonga kurapa zvirwere zvinobudirira uye zvachengeteka.

#### Zvekushandisa

- Mufananidzo Unobatsira: Mushonga Dosage uye makadhi (cheka makadhi mana akaparadzana)
- Sarudzo: Makapu emunhu wese, uye chinwiwa chemushonga weginger (zvakanaka kuti munhu wese aedze - mvura, marimu, ginger nyowani, uchi, negariki)

## Nhanganyaya

- Unoita zvinwiwa zvipi nezvipi kana vanhu vachirwara here? Ndezvipi?
- Ndeipi mimwe mishonga yemumba inowanoshandiswa nevanhu?

#### CHIITO (Sarudzo - kana chinwiwa ichi chichiwanzo shandiswa svetuka chiitiko ichi)

*Tsanangura kuti iyi imhando yechinwiwa chakajairika inogadzirwa pasi rose kuitira kana vanhu vachirwara. Ratidzai mabikirwo echinwiwa chemushonga weremoni kana kukumbira vamwe vevakadzi vemuchechi kuti vagadzire chinwiwa ichi kuitira kuti munhu wese awane chimwe chekunwa chekuedza*

1. Svina muto kubva muremoni rimwechete hombe kana maremoni maviri madiki mukapu
2. Fashaidza mumakapu maviri emvura kwemaminetsi akati wandei:
  - a. Makoko eremoni
  - b. Chipunu chihombe chimwechete kana zviviri yakagurwa kana yakachekwa zvakanaka ginger
  - c. Chipunu chihombe chimwechete chegarlic yakachekwa zvakanaka (kusarudza)
3. Bvisa kubva pakupisa woisa muto weremoni.
4. Zvidururire mugirazi uchishandisa sieve kana strainer.
5. Wedzera uchi kune kuravira kwaunoda, sanganisa uye ushumire uchipisa mangwanani nemanheru.



## Mishonga yekugadzira Pamba

Kana tichitaura nezvemishonga yepaumba, HATISI kutaura nezvehuroyi kana varapi vechivanhu vanoshandisa mitambo, masvikiro, kunamata vamwe vamwari kana kutaura nemidzimu. Tiri kutaura nezvenzira dzekushandisa zvinhu zvakasikwa kubatsira vanhu kunzwa zviri nani. **Mwari akasika zvinhu zvakawanda zvinoita kuti tive neutano hwakanaka uye zvitibatsire kupora nekukurumidza kana tichirwara:**

- **Zvibereko nemiriwo** zvine mavara ane zvinovaka muviri zvinoda miviri yedu kurwisa zvirwere.
- **Kurara** ndiyo nguva yekuti miviri yedu nepfungwa dzedu dzigadziriswe. Tinofanira kugara tichiedza kurara zvakakwana. Kana mumwe munhu achirwara, kazhinji anoda kurara zvakanyanya.
- **Mvura nezvimwe zvemvura mvura**— kunwa mvura yakawanda nezvimwe zvinwiwa zvinobatsira muviri kurwisa hurwere uye kunoita kuti munhu anorwara asapererwe nemvura. Heano maviri anobatsira emishonga zvinwiwa:
  - Tsangamidzi nehuchi - yekuputira madzihwa, kubatsira kukosora, kana kunyaradza kurwadza kwehuro (vamwe vanhu vanowedzera ndimu).
  - Mahebhi (Basil, garlic), uye huchi - nokuda kwekukosora kwakanyanya.

Heano mimwe mishonga yemumba inoshanda zvakana:

- Donhwe regariki kana muto wehanyanisi munzeve kuitira kurwadza.
- Kukaradza mvura inemunya inodziya yehuro.
- Kufemera mutsindo pakukosora, mhino yakapfava, kana pahuro.
- Muto webhonzu unodziya — unonyaradza pahuro; yakanaka kumunhu asingakwanisi kudya.

## Mushonga wekuchitoro Chemushonga

Zvimwe zvirwere zvinogona kurapwa zviri nani nemishonga kubva kuchitoro chemishonga. Kana mishonga yemumba ichiita seisina kubatsira, zviri nani kuti uwane rubatsiro rwekurapa. Zvisinei, mishonga yemumafamasi inogona kukuvadza kana ikasashandiswa nemazvo. **Zvinonyanya kukosha kunyatsotevera mirairo yekuti mushonga wakawanda sei uye nguva yekuutora.** Kunwa mushonga wakawandisa kunogona kukonzera kukuvara kwakakomba kana kufa.

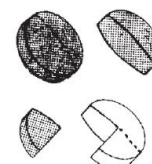
Vakadzi vane pamuviri, vanhu vakwegura, uye vana vadiki HAVAFANIRI kutora chero mushonga wemushonga pasina mvumo yachiremba kana mukoti. Kana chero mushonga urikuita kuti unzwe zvakanyanya, kurumidza kuwana rubatsiro kubva kuna chiremba kana mukoti.

## Kuyera uye Kupa Mishonga

Ratidza **MUFANANIDZO UNOBATSIRA:** *Mushonga Dosage uye tsanangura*

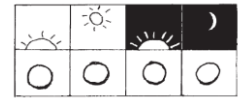
Ngwarira kupa mushonga chete muhuwandu hunokurudzirwa. Mirayiridzo dzimwe nguva inonyorwa nezvikamu piritsi rose kana kapusuru (capsule).

- 1 piritsi = piritsi rimwe chete
- 1/2 piritsi = hafu yehwendefa
- 1 1/2 piritsi = piritsi rimwe nehafu
- 1/4 piritsi = chikamu chimwe muzvina, kana chikamu chimwe muzvina chehwendefa

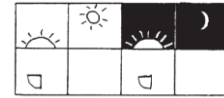


Iva nechokwadi kuti unonzwisisa mirairo yekupa mushonga zvakajeka. Dzokorora zvaunonzwisisa pamusoro pekupa mushonga uye rinhi. Kana usingakwanise kuverenga, bvunza mukoti kana wemishonga kuti ataure mirairo. Semuyenzaniso:

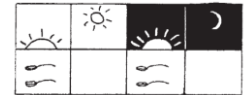
Izvi zvinoreva piritsi rimwe kanomwe pazuva - mangwanani, masikati, manheru, manheru.



Izvi zvinoreva ¼ piritsi kaviri pazuva - mangwanani nemanheru



Izvi zvinoreva zvipunu zviviri zvemishonga zviviri kanomwe pazuva - mangwanani uye manheru.



*Sanganisa makadhi ezvipimo, wovaratidza panguva imwe chete, uye ita kuti boka ritaure kuti mushonga unopiwa wakawanda sei uye kangani.*

## Kuvimba naMwari Nokumukumbira Kuti Atiporese

Kuziva zviratidzo uye kuziva nzira yokutarisira nayo vanhu pavanenge vachirwara inzira yatinogona kuratidza nayo rudo rwaMwari kumhuri dzedu uye avo vanotapurwa zvikuru. Tinodawo kurangarira kuti Mwari Baba vedu ndivo murapi wedu. Anogona kupa kuporesa kunoshamisa, asi kazhinji anoda kutipa uchenjeri kuti tishandise unyanzvi hwedu hwehutano uye kuita shanduko muupenyu hwedu kuti tive neutano hwakanaka. Tinogona kumukumbira kuti atibatsire

Verenga VaFiripi 4:6-7, Jakobho 1:5, naJakobho 5:13-16.

- Mavhesi aya anotidzidzisei nezvemunyengerero?
- Sei tichinamatira vanorwara?
- Munamoto ungabatsira sei mhuri dzedu kuva neutano hwakanaka?

Patinonyengerera, tinogona kukumbira Mwari kuti atibatsire kutarisira utano hwedu. Tinogona kumukumbira kuti atibatsire kukudziridza zviito zvine hutano, uye tinokwanisa kumukumbira kuti aporese miviri yedu kubva mukurwara. Anogona kutipa uchenjeri nguva dzose, uye ane simba rokuporesa vanorwara.

## Mashandisiro

Kana uchiziva mumwe munhu ari kurwara, munyengeterere, uye bvunza Mwari zvaungaita kuti umubatsire.

# Chidzidzo-Chidiki: Marariya

**Pfungwa Huru:** Marariya yakakomba, kunyanya kuvana, uye inofanira kurapwa nekiriniki. Tinogona kudzivirira marariya kana tikashanda pamwe chete kudzora kukura kweumhuto uye kudzivirira ganda redu usiku.

### Zvokushandisa

- Mufananidzo Unobatsira: Kudzivirira Marariya

*Shandisa nhaurirano dzeboka kuona izvo boka rinotoziva nezvarinoita zvakanaka. Svetuka zvikamu zvavanoziva uye tarisa paruzivo rutsva, matambudziko avainawo, uye zvavanogona kuita kudzivirira marariya.*

## Nhanganyaya

- Pane waunoziva here ane Marariya izvozvi?
- Wakamborwara neMarariya here?

Ngatione kuti unoziva sei muvengi uyu! Unogona kuwana Marariya kubva:

- Kudya zvimwe zvokudya? (*Aiwa*)
- Kubata kana kuva pedyo nemumwe munhu ane Marariya? (*Aiwa*)
- Kunwa mukapu imwe chete nemunhu ane Marariya? (*Aiwa*)
- Kugovera mubhedha kana mbatya nemunhu ane Marariya? (*Aiwa*)
- Kutukwa? (*Aiwa*)
- Kurumwa nemosquito? (*Hongu!*)



Marariya inoparadzirwa neumhutu, **uye nzira chete yekubata nayo marariya kubva pakurumwa neumhutu.**

## Zviratidzo zveMarariya

- Ndezvipi zvimwe zvezviratidzo zveMarariya kuvanhu vakuru? Zvevana?

Vakuru:

- Kurwadza kwemajoini (general headache)
- Kurwadziwa nemusoro
- Kurwadziwa nemusana

- Kupisa muviri (inogona kunge ichipisa nekutonhorwa zvichichinjana kwezuya kana maviri)
- Kunzwa kuda kurutsa

- Kusada kudya
- Kupera simba
- Anemiya (anaemia)
- Kurwadziwa nemaziso

Vana:

- Kupisa muviri
- Kusada kudya
- Kudikitira usiku

- Zvichida kurutsa uye manyoka

- Pamwe kuzvimba kwemaoko, makumbo, kana chiso.

## Kurapa Marariya

- Chii chaunoita kurapa Marariya kumba?
- Unoziva sei kana munhu ane Marariya achida kuenda kwachiremba?

Kana uchifungidzira kuti marariya, enda kuchipatara nekukasika. Mushonga wemarariya unoshanda zvakanaka kana ukangopihwa kana zviratidzo zvatanga. Kana ukamirira kwenguva refu kuti uwane mushonga, ndipo paunowedzera hurwere. Marariya ine njodzi zvakananyanya kuvana vari pasi pemakore matanhatu nevakadzi vane pamuviri.

Kana marariya yakajairika munharaunda yako uye pasina kiriniki iri pedyo, rapa kupisa kwakanyanya kusingatsananguriki semarariya. Tenga mushonga wemarariya (mapiritsi) kuchitoro chemishonga uye uteedzere madhairekitori ari pasuru. Ramba uchipa mahwendefa kwenguva yakazara yekurapa.

Rega murwere azorore uye adye chero zvaanogona. Vakurudzire kunwa zvinwiwa zvakanakanda (mvura, mvura yekokonati, muto, MUSANGANISWA WEMVURA, MUNYU NESHUGA) sezvinobvira. Fivha inoomesa muviri wemunhu nekukurumidza. Ndiani anoyeuka zviratidzo zvekupererwa nemvura? Ndiani anoyeuka resipi yeMUSANGANISWA WEMVURA, MUNYU NESHUGA?

## Kudzivirira Marariya

- Ndezvipi zvimwe zvinhu zvaunotoita kudzivirira Marariya?

Nzira mbiri dzekudzivirira marariya:

1. Dzivirirai humhutu (mosquito) kuti dzisatiruma, zviku pakati pe6pm-6am uye munguva yekunaya kwemvura. Umhutu hwemarariya hunowedzera munguva yekunaya kwemvura uye kazhinji hunoruma usiku.
2. Dzivirirai humhutu kubva kuchechenya. Mazai eumhutu anokandwa munzvimbo isina kudzika, ichiri mvura pasina kufamba. Kut humhutu huderredze, bvisa chero ichiri mvura.

Shandisa **MUFANANIDZO UNOBATSIRA**: Kudzivirira Marariya.

- Ndeupi pamufananidzo mina ungatadzisa umhutu kutiruma?
  - Kurara pasi pemambure ekudzivirira mosquito (yakanyatsogadziriswa nemushonga wezvipembenene)
  - Shandisa zvidzitiro pamahwindo
- Ndedzipi dzimwe nzira dzatingadzivirira nadzo kuti umhutu hurege kutiruma?
  - Fukidza muviri wakarara
  - Chengeta mahwindo/magonhi akavharwa kubva na6 kusvika na 6
  - Pfeka zvipfeko zvinodzivirira kana uri kunze usiku kana mangwanani-ngwanani
  - Shandisa mishonga inodzinga umhutu
  - Rima Neem bush ayo kana apiswa anoita semushonga wekudzinga umhutu
  - Kuyamwisa vana. Vana vanoyamwisa vane mikana mishoma yekubatwa nemarariya.
- Ndeipi pamufananidzo mina iyi inogona kudzivirira umhutu kubva kuchechenya?
  - Bvisa uye paradza magaba, hari dzakasakara nezvimwe zvinhu zvinogona kuunganidza mvura inonaya
  - Chekai sora nehuswa pedyo nedzimba nekumucheto kwenharaunda
- Ndezvipi zvimwe zvatingaita kudzivirira umhutu kubva kuchochonya munharaunda medu?
  - Bvisa kana kuzadza nzvimbo dzine machakwi, madziva madiki, makomba nemadziva emvura yakamira.
  - Chengeta matangi emvura nemapoto zvavharwa.
  - Chengeta zvidyiro zvemhuka kure nemba.
  - Ruramisai mahombekombe enzizi kuitira kuti pave nekuyerera kwemvura inokurumidza.



## Mashandisiro

Nyora mazita enzvimbo dzaungafunga nezvadzo munharaunda yako uko kunomera madziva emvura kana huswa hurefu nesora. Itai hurongwa pamwe chete hwekuita chinhu chimwe chete kudzivirira marariya.

## Chidzidzo-Chidiki: Makonye

**Pfungwa Huru:** Makonye anokonzera kurwara kwakakomba uye kunyange kufa. Hutsanana nemaitiro ane hutano zvinobatsira kudzivirira makonye.

### Zvekushandisa

- Mufananidzo Unobatsira: Makonye anonyanyo zivikanwa (mifananidzo ina pamapeji maviri)
- Mufananidzo Unobatsira: Kudzivirira Makonye

## Nhanganyaya

- Ndeapi marudzi emakonye anowanikwa munharaunda yedu?
- Ko makonye akakuipirei?

- *Vanoba zvokudya zvinodyiwa nomunhu, kuitira kuti munhu ane honye ashaye zvokudya zvinovaka muviri—kuonda, kupera simba, uye kurwara.*
- Chii chaunoita kurapa munhu ane makonye?

## Mhando dzeMakonye

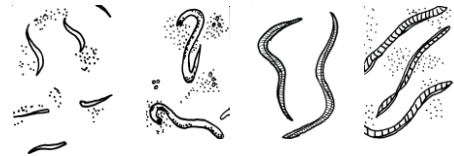
Kune mhando ina dzemakonye:

*Gonye repini (Pinworm)*

*Gonye rehuka (Hookworm)*

*Gonye redenderedzwa (Roundworm)*

*Makonye marefu (Tapeworm)*



### CHIITO

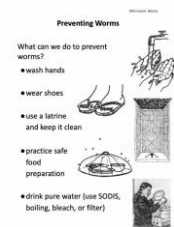
Shandisa **MUFANANIDZO UNOBATSIRA**: Mufananidzo wemakonye mana, inovhara ruzivo kuitira kuti mufananidzo chete uratidze. Unogona kutepa zvidimbu zvepepa pamusoro pemashoko, kupeta kuti mazwi asaratidze, kana kuavhara neruoko rwako. Iti, “Nderipi gonye iro gonye, gonye, hookworm, netapeworm?” Mushure mekunge boka rafembera, buritsa mhinduro.

- Nzira yekuziva **pinworms**:
  - Anoita sepini chena kana shinda uye vanogona kuonekwa pachituru.
  - Anokonzera kukwenya kwakanyanya panobuda tsvina napo.
- Nzira yekuziva **hookworms**:
  - Iwo madiki kuti aonekwe ari pachituru.
  - Vanoita kuti munhu anzwe kuneta uye kupera simba. Vanokonzera kurwadziwa nemudumbu uye manyoka. Munhu ane hokonye anenge acheneruka matinji, zvipikiri, nemichindwe.
- Nzira yekuziva **roundworms**:
  - Iwo makonye mahombe, akatenderera, epingi kana machena anenge akareba setsoka yemurume, anogona kuonekwa zviri nyore pachituru.
  - Munhu ane makonye anogona kunzwa kupera simba uye/kana kuvava uye kurwadziwa nemudumbu uye chikosoro chakaoma.
- Nzira yekuziva **tapeworms**:
  - Mumatumbu, tapeworms inokura mamita akawanda kureba, asi muchituru, ichaita sezvidimbu zvakati sandara, zvichena zvakaenzana nehukuru hwechigunwe chemwana.
  - Munhu ane tapeworms anorwadziwa nemudumbu uye kuonda.

## Kudzivirira Kuwana Makonye

Ratidza **MUFANANIDZO UNOBATSIRA**: Kudzivirira Worms kusimbisa pfungwa idzi.

- Vanhu vanowana sei honye? Tingazvidzivirira sei?
  - *Maoko asina kugezwa (geza maoko)*
  - *Kubata tsvina (shandisa zvimbuzi uye zvichengete zvachena)*
  - *Kugadzira zvokudya zvisina kuchengetedzeka, kusanganisira nyama isina kubikwa kana kuti isina kunyatsobikwa (dzidzira kugadzira zvokudya zvisina njodzi)*
  - *Mvura yakasvibiswa (inwa mvura yakachena (shandisa KUURAYA HUTACHIONA HWEMUMVURA NEKUIYANIKA PAZUVA (SODIS), kufashaira, Mushonga Unochenesa, kana sefa)*
  - *Kufamba usina shangu-makonye anopinda pasi petsoka (pfeka shangu)*



## Kurapa Makonye

Zvakanakisa kudzivirira makonye kuburikidza nemaitiro ane hutano. Kana mumwe munhu achiratidza zviratidzo zvekuva nehonye, edza zvinhu izvi:

- Kana mapinworms, geza nekumashure kunobuda nako tsvina zuva nezuva uye shandisa Vhaserini (Vaseline petroleum jelly) mukati nepakatenderedza panobuda netsvina panguva yekurara kuti zvibatsire kumira kukwenya. KANA kuisa chidimbu chiduku chesirotepi uasati warara panobuda tsvina napo; ita mangwanani nemamheru; honye uye mazai kazhinji zvinonamatira pasirotepi. Ita izvi kwemavhiki matanhatu.
- **Roundworms** inogona kurapwa nemusanganiswa uyu: wedzera masipunu maviri emuto wepapaya uye masipunu maviri ehuchi kana shuga mugirazi guru remvura inodziya, yakachena uye yekunwa. Uku kurapa kumwe chete asi kunogona kudzikororwa gare gare kana zvichidikanwa.
- **Areca nuts (nzungu)** dzinorwisa makonye mazhinji. Nzungu iyi inowanikwa kwaunogara here? Kugadzira mushonga, tora mhodzi dzakaibva, bvisa kunze, cheka, uye bvumira kuoma kwemazuva maviri (kana unogona kutenga mbeu dzakaomeswa pamusika). Pwanya mhodzi kuita upfu uye sanganisa zvipunu zviviri zvehupfu nechikafu kana muto. Ipa kamwe chete pazuva kwemazuva matatu chero nguva inenge ichifungidzirwa honye.
- Mishonga yakawanda yakajairika inotengeswa kunotengeswa mushonga (pharmacy) kurapa makonye: Ketrax, Padrax, Antepar, Piperazine, kana Mintezol zvinouraya makonye akawanda. Taura nemumwe munhu kuchitoro chemishonga kuti usarudze iyo chaiyo uye **uteedzere mirairo yavo yemanwiro**.

Dzimwe nguva mwana anogona kuva nehonye kwemakore. Nemhaka yokuti honye dzacho dzagara dziripo kwenguva refu, migumisiro yehonye yacho ingaratidzika seyakajairika kumwana iyeye. Naizvozvo, ipfungwa yakanaka kurapa mwana wese makonye kamwechete pagore, kana zvikaiteka.

## Mashandisiro

- Ndechipi chinhu chimwe chete chaungaite svondo rino kudzivirira makonye kwauri nemhuri yako?

# Chidzidzo-Chidiki: Rurindi/Tibhii (TB)

**Pfungwa Huru:** TB Tuberculosis inopararira. Tinokwanisa kudzivirira, kuziva, nekurapa munhu ane.

## Zvishandiso

- Mufananidzo Unobatsira: Makadhi ezviratidzo zveTB neKupindwa nechando (cheka nepakati kugadzira makadhi maviri akasiyana)

## Ongorora Chiitiko

Tichatamba mutambo wekuona kuti tinorangarira zvakadzi tsika dzakanaka dzatakadzidza.

*Kamura boka kuita zvikwata zviviri uye uvayeuchidze kuti kune maitiro manomwe ane hutano (Chidzidzo chidiki: Ongororo yeHutano). Ani naani anorangarira tsika ine hutano uye/kana nhanho mukati metsika (somuenzaniso, 'chengeta chimbuji chakachena' inhanho pasi pe 'chimbudzi chekushandisa'-zvose mhinduro dzakanaka) anofanira kusimuka otaura tsika/danho kuti awane poindi. timu yavo. Chikwata chine mapoinzi akawanda mushure memaitiro ese ataurwa chinokunda. Pakupedzisira, vayeuchidze nezvetsika dzipi nedzipi dzine utano dzisina kutaurwa nerimwe boka.*

Kuita tsika dzakanaka idzi kunobatsira kudzivirira zvirevere zvakanaka zvinosanganisira Rurindi.

## Chii chinonzi TB?

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- Wakambonzwa nezveTibhii kana TB?
- Pane akambova neTB here kana kuti pane mumwe waunoziva ane TB?

Tuberculosis chirwere chakakomba, chinogara kwenguva refu chinogona kubatwa nemunhu wese. TB ine njodzi kuvanhu vari pakati pemakore gumi nemashanu kusvika makumi matatu nemashanu vasina simba, vasina chikafu chinovaka muviri, kana vane HIV. Vanhu vakawanda vanofa nechirwere ichi gore negore.

**TB inotapurirana zvakananya.** Zviri nyore kwazvo kuzviparadzira kune vamwe.

Pane mushonga unorapa TB. UNOFANIRA kunwa mushonga wose kusvika wopera. Ani nani ane utachiona hweTB uye asingatore mishonga yake anogona kutapurira utachiona hweTB nyore nyore kune vamwe kuburikidza nekukosora, kuhotsira, nekugara pamwe chete.

## TB inogona kudzivirirwa

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Hutano hunodzivirira TB. Dzimwe nzira dzekudzivirira kupararira kweTB:

1. Itai kuti vana vabaye majekiseni ekudzivirira TB vachangozvarwa (mumwedzi mumwe chete).
2. Varwere veTB vanofanira kuwana mishonga uye kunwa mishonga yavo **kunyangwe vanzwa zviri nani**.
3. Kukosora kunoparadzira utachiona. Kosorera mugokora musoro wakatsikitsira. Dzidzisa vana kuita izvi, zvakare.
4. Kupfira kunoparadzira utachiona. Dzidzisa mhuri yako kusapfira mate.

## TB inogona kurapwa

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Dzidza kuziva zviratidzo zveTB. Zviratidzo zvacho ndezvi:

- Chikosoro chinotora mwedzi mumwe chete, kunyanya mushure mekumuka
- Mild fever masikati uye manheru
- Kudikitira usiku
- Marwadzo muchipfuva kana kumusana
- Kushaya chido nekudya, kuora muviri
- Utera (munhu anoneta nyore nyore)
- Ganda rakacheneruka
- Kukosora ropa (kazhinji mumatanho ekupedzisira)
- Inzwi rinotyisa (zvakananya)

Mukuwedzera, vana vanogona kuratidza zviratidzo izvi:

- Kuzvimba kana mapundu muhuro kana mudumbu
- Kakawanda fivha uye chikosoro chinouya chichienda

Kana uchifungidzira kuti une TB nekuda kwezviratidzo izvi, enda kukiriniki nekukasika. Chiremba anozonyora musanganiswa wemishonga inofanirwa kunwiwa nguva dzose kusvika gore rimwe chete. **Usarega kunwa mushonga, kunyange kana uchinzwa zviri nani.** Tora mushonga kusvika chiremba ati rega.

### CHIITO

*Sarudza munhu anozvipira. Ipa anozvipira **MUFANANIDZO UNOBATSIRA**: Kadhi rezviratidzo (ringava reTB kana dzihwa - sanganisa kuti zvisaitika) uye varaire kuti vasaite kuti boka rione kadhi.*

*Itai kuti boka rishevedze mibvunzo yekuti hongu/kwete, sekuti 'Chikosoro chako chatora nguva inopfuura mwedzi?' kana kuti 'Chipfuva chako chiri kurwadza here?' Anozvipira achapindura achishandisa zviratidzo zviri pakadhi. Kana boka rabvunza mibvunzo yakawanda kana kufunga kuti rinoziva kana iri TB, vanokwanisa kudaidzira mhinduro. Ita kuti vazive kana vakarurama kana kuti vasina, uye ongorora zviratidzo.*

*Tamba kamwechete kana kaviri nevanenge vazvipira vakasiyana kusvika kirasi yawana mhinduro nyore.*

## Mashandisiro

- Ndechipi chinhu chimwe chete chawakadzidza nezveTB nhasi chawaisaziva?
- Ndechipi chinhu chimwe chete chaungatanga kudzidzira kudzivirira TB kuti isapararire?

# Chikamu 3: Rubatsiro Rwekutanga

## Chidzidzo-Chidiki: Kudzivirira Tsaona

**Pfungwa Huru:** Tinogona kudzivirira tsaona uye kuchengetedza mhuri yedu nenharaunda.

### Zvishandiso

- Mufananidzo Unobatsira: Tsaona Dzingangoitika

## Nhanganyaya

- Iwe, mhuri yako, kana kuti vavakidzani vakaita tsaona dzipi nedzipi nguva pfupi yapfuura here?
- Vaiva chii?
- Zvakaitika sei?
- Chii chaigona kudzivirira njodzi yacho??

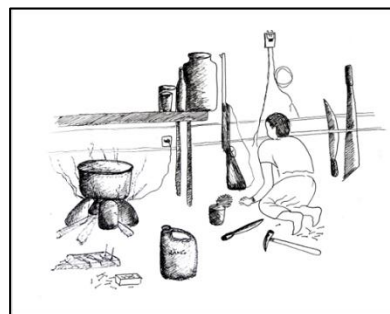
*Ramba uchibvunza boka kusvika vafunga mienzaniso yakawanda sezvinobvira. Kana vasingakwanise kufunga nezve chero chinhu chichangobva kuitika, saka vakumbire kuti vafunge zvakare kumashure kumakore mashoma apfuura.*

## Tsaona Dzingangoitika

Shandisa iyo **MUFANANIDZO UNOBATSIRA**: Inogona Kuitika Tsaona

1. Isa denderedzwa pamienzaniso yese yezvinhu zvinogona kukonzera tsaona.

- *Chepfu inogona kusvika kuvana (dzimwe nguva mubhodhoro risina kunyorwa)*
- *Moto uye poto inopisa pamoto*
- *Tambo dzemagetsi, waya dziri pachena, uye maburi emagetsi*
- *Zvipikiri zvinonamira kumusoro nemubhodhi*
- *Banga nesando zvakasara pasi*
- *Zvipikiri pasi pasi petsoka dzemurume*
- *Jagged can (uye zvimwe zvinhu zvakapinza)*
- *Machete nebakatwa pamadziro*
- *Zvinhu zvinorema zviri nyore kubvisa patafura kana nhanga*
- *Mvura iri mupoto pedyo nechinhu chemagetsi*
- *Pfuti pamadziro*



2. Pane chimwe nechimwe chezvinhu zvakatenderedzwa, kukuvara kupi kunogona kuitika? Chii chaigona kuitwa kudzivirira tsaona?



3. Ndezvipi zvimwe zvisiri mumufananidzo uyu zvinowananzokonzera tsaona mudzimba dzedu kana munharaunda?

## Kudzivirira Njodzi, Kupisa, uye Muchetura

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### Kudzivirira Tsaona

- Bvisa girazi, zvikipiri, uye zvinhu zvinopinza kubva mumba, chikoro, uye kombiyuta.
- Unganidza, pisa, uye uvige marara ose.
- Isai fenzi mumakomba emvura, matsime, nenzvimbo dzine materu apo vana vangadonha.
- Pondi kunze kana kukotama zvikipiri zvinonamira kunze kwechimwe chinhu.
- Cheka huswa hurefu hunogona kuviga zvinhu zvinopinza, nyoka, kana machigger.
- Chengeta mapanga, maturusi anopinza, kana magirazi apo vana vasingagoni kusvika kwazviri.
- Iva nechokwadi chekuti wiring yemagetsi haisvikike. Usambobata chero chinhu chemagetsi kana wakatota. Mvura inobvumira magetsi kuvhundutsa munhu nyore.
- Dzidzisa vana kugara kure nemugwagwa kana mota dzauya.
- Kana imba yako yakasimudzwa, isa njanji yakatenderedza nzvimbo dzinogona kudonha vana.

### Kudzivirira Kutsva

- Chengeta mapoto anopisa etii, pani inopisa, uye zvinwiwa zvinopisa umo vana vaduku vasingagoni kusvika pazviri.
- Chengeta machisi, makemikari, uye parafini pasherufu yakakwirira.
- Paunopisa mwenje wemafuta kana makenduru, usaisa vana kure kana kuaisa pasingagoni kusvika vana.
- Chengetedza marambi emafuta kure nemambure eumhutu nemabhedhi ayo anogona kupisa zviri nyore.
- Usasiya mwana ari oga pedyo nemoto wakazaruka.

### Kudzivirira Muchetura

- Nyora zita remishonga nemishonga pamudziyo (kana kudhirowa chiratidzo).
- Kana usina chokwadi kuti chii chiri mumudziyo, usaravire.
- Usambofa wakachengeta parafini kana peturu mumidziyo inoshandiswa nevanhu pamvura. Usamboisa mvura mumudziyo une mushonga wezvipembenene, muchetura, kana peturu.
- Usarega vana vachidya michero yechienzi kana howa.

## Mashandisiro

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### **NEMUMWE MUNHU**

- Sarudza zvinhu zviviri zvakurukurwa nhasi zvaunogona kuita kudzivirira njodzi mumhuri yako.
- Chii chaunofanira kuita kuti uchinje izvi? Ndiani angakubatsira? Unogona kuzviita rini?
- Ndechipi chinhu chimwe kana zviviri zvawadzidza nhasi zvaunogona kugovera nevamwe vhiki rino?

Tora nguva mumazuva mashoma anotevera kufamba-famba pamba pako nemhuri yako uye kutsvaga chero chinhu chinogona kukonzera tsaona. Taura nezvazvo nevana vako uye ita chinjo dzipi nedzipi dzinodikanwa. Unogonawo kufamba nemhuri yako muchitenderera nharaunda moita zvimwe chetezvo.

# ChidzidzoChidiki: Rubatsiro Rwekutanga paKuchekwa uye Kutsva

**Pfungwa Huru** - Rega kubuda ropa uye chenesa zvese zvakatemwa. Kutonhorera, kuchena uye kuvhara maronda. Wana rubatsiro rwekuchipatara kana ukachekwa zvakananyanya kana kutsva.

**Zvishandiso** – Mvura, machira

*Unyanzvi hweRubatsiro rwekutanga (Basic First Aid) hunodzidzwa zvakananyanya nekudzidzira. Kana zvichiita, itai kuti vanhu vanyepedzera kudzidzira pane mumwe nemumwe.*

## Nhanganyaya

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- Iwe kana mhuri yako makambochekwa kana kutsva here? Chii chawakaita kurapa kukuvara?

Kana munhu akakuvadzwa, zvakanakosha kubatsira nekukurumidza. Rubatsiro rwakakodzera runogona kudzivirira kukuvara kubva pakuwedzera.

## Zvidzivirire

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Zvimwe zvirwere (seHIV) zvinopfuudzwa nemuropa. Kana mumwe munhu ane chirwere achibuda ropa, uye ropa rake rikasangana neropa rako, unogona kutapukirwa. Iwe unofanirwa kuzvidzivirira paunenge uchibatsira mumwe munhu ari kubuda ropa:

1. Kana uine ronda rakavhurika paruoko kana paruoko, shandisa rumwe ruoko kupa rubatsiro rwekutanga.
2. Chenjera kuti usazvicheka kana kuzvibaya chero chinhu paunenge uchipa rubatsiro rwekutanga.
3. Kana ukawana ropa pauri, nyatsogeza nesipo nemvura nekukurumidza.

## Kurapa Pachekwa

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*Paunenge uchikurukura pfungwa imwe neimwe, ratidza uye ita kuti vanhu vadzidzire vari vaviri vaviri.*

1. **Rega kubuda ropa.** Kucheka kwakadzika, ichi ndicho chinhu chinonyanya kukosha kuita.
  - Shandisa jira rakachena, gobvu kuvhara ronda.
  - Simudza ronda pamusoro pemoyo kuti ropa rinonoke.
  - Dzvanya zvakasimba pamusoro peronda kusvikira kubuda ropa kwamira.
    - Iyi nzira inomisa kubuda ropa kweanenge maronda ese.
    - Kubuda ropa kunogona kumira muminiti imwe kana maviri. Kuti ucheke zvakanakosha, zvinogona kutora maminetsi makumi maviri kana kupfuura. Ramba uchimanikidza kusvika kubuda ropa kwamira. Kushandisa dzvinyiro kunogona kuva basa rakaoma—usakanda mapfumo pasi!
    - Kana kuchekwa kwacho kwanyanya, tumira mumwe munhu kuti abatsirwe iwe uchiramba wakaisa simba.
2. Kana kubuda ropa kwamira, **chenesa ronda:**
  - Zvinyoro asi zvakanakosha geza chakanakosha nesipo nemvura inotonhorera, yakachena (yekunwa). Zvakakosha kubvisa tsvina yose kubva paronda kudzivirira utachiona. (Kukwesa doro kana peroxide kubva muchitoro chemishonga kunogona kubatsira kudzivirira utachiona).

- Fukidza nejira rakachena kana bhandeji. Usaisunga zvakanyanya, zvakadaro. Kana ganda remunhu richitanga kunzwa kutonhora kupfuura pawakasunga bhandeji, sunungura bhandiji.
  - Chinja jira kana bhandeji zuva nezuva kuti rigare rakachena. Nguva dzose geza maoko ako usati wachinja bhandiji
3. Kana utachiona hukachekwa pahunopora, hunogona kutapukirwa. **Utachiona hune njodzi.**
- Kana ronda riri dzvuku, richipisa, rakazvimba, kana riine urwa hunobvarura kana kutanga kunhuwa.
    - Shandisa peroxide kana doro kubva muchitoro chemishonga kuti uchenese cheka. Fukidza zvakare nebhanhire rakachena.
  - Kana hutsvuku hukatanga kupararira kubva paronda KANA munhu akaita kupisa uye/kana kurwara nekupindwa nechando, saka hutachiona huri kupararira. **Endesa munhu kukiriniki.**

## Kurapa Kutsva

*Paunenge uchikurukura nezvematanho ekurapa kutsva, ratidza uye ita kuti vanhu vadzidzire vari vaviri vaviri.*

Nzira yekuchengetedza(kubatsira) kutsva

- Pakarepo, tonhodza ganda nemvura inotonhorera. Ramba uchimwaya mvura inotonhorera kwemaminetsi akati wandei kana kubata ganda ratsva pasi pemvura inotonhorera.
- Mushure memaminetsi mashoma, vhara kutsva kwakasununguka nejira rakachena, rinotonhorera, rakanyorova
- Usaisa chero vhaserini kana mafuta ekuzora pakutsva. Nekudaro, izvo zvimut kubva kuchirimwa che (aloe) zvinogona kubatsira mukurapa.
- Usatyora chero matuzu
- Kungofanana nezvichekwa, maronda anofanirwa kuchengetwa akachena uye akasungwa mabhandiji apo anopora.

Endesa munhu kukiriniki kana pakatsva:

- Paita patema, (brown), kana chena.
- Pachivhara nzvimbo yakakura yemuviri wavo kana chiso.
- Kana patsva pane ganda raksviba rakakora
- pakakonzwerwa nekemikari kana magetsi.

## ZVIITIKO ZVAKAITWA NEBOKA DIKI

**Mirairo yeMudzidzisi:** Itai kuti mapoka (kana vadyidzani) vagadzire mutambo wekuti mumwe munhu achekwe zvakadzika, kutsva, kana kuchekwa kwechirwere. Yeuchidza mapoka ematanho mana ari muFirst Aid yekuchekwa nekupiswa.

1. Zvidzivirire
2. Kumisa Kubuda Kweropa / Kutonhorera kutsva
3. Geza wosunga ronda racho
4. Tarisa kune zvirwere

## IPAI MHINDURO

*Itai kuti mapoka aite mitambo. Ipa mhinduro.*

## Mashandisiro

- Ndechipi chinhu chimwe chete chawakadzidza chaunogona kuudza vamwe vhiki rino?

# Chidzidzo-Chidiki: Rubatsirwo Rwekutanga rweMuchetura uye Kurumwa Nenyoka

**Pfungwa Huru:** Ita chimwe chinhu nekukasika kana munhu akamedza muchetura kana kurumwa nenyoka.

## Zvishandiso

- Mufananidzo Unobatsira: Kurumwa nenyoka

## Nhanganyaya

- Pane waunoziva here akarumwa nenyoka kana kunwa muchetura netsaona? Chii chaitika?
- Ndiani waunofunga kuti ari panjodzi huru yezvinhu izvi?

Vana ndivo vari panjodzi huru nekuti vanoisa zvinhu zvakanwanda mumiromo yavo uye dzimwe nguva vanodzungaira munzvimbo dzine njodzi. Nemhaka yokuti miviri yavo miduku, chepfu yacho ine njodziwo zvikuru kwavari.

## Muchetura

- *Ndeupi muchetura unowananzofanirwa kungwarirwa pamusha pako kana munharaunda? (Batsira boka kuti rifunge nezvezvinhu zvekumati nekunze kwemba uye munharaunda.)*
  - *Mushonga* ○ *Mishonga yemuchitoro* ○ *Mvura yakareruka*
  - *Unochenesa(bleach)* ○ *(yakawandisa ine njodzi)* ○ *Muchetura wemakonz*
  - *Iodine* ○ *Midzanga* ○ *Mishonga*
  - *Lye* ○ *Parafini* ○ *yezvipembenene*
  - *Munyu (wakawanda une njodzi kuvacheche)* ○ *Pendi idete* ○ *Mashizha ane chepfu,*
  - *Peturu* ○ *michero kana howa*
- Ndezvipi zvezvinhu izvi zvine chepfu zvakatenderedza imba yako?
- Chii chaungaita kuti udziise kure nevana vako?

## KUDZIVISA MUCHETURA:

1. Chengetedza muchetura yese (nemishonga yemuchitoro chemishonga) kunze kwekusvikirwa nevana.
2. Usambofa wakachengeta parafini, peturu, makemikari, mishonga yekugezesa, kana imwe chepfu mumabhodhoro ecola kana kuti zvinwiwa zvinoro-nyoro nokuti vana vangaedza kuzvinwa

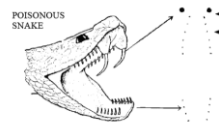
## KURAPA: Kana uchifungidzira kuti mumwe munhu akamedza muchetura, ita zvinotevera nekukasika:

1. Kana munhu wacho akamuka uye akangwarira, mupe **mvura** yokunwa kupedza simba rechepfu (girazi remvura pamaminetsi gumi nemashanu oga oga). Kana **paine marasha**, mupe ipapo ipapo, yakasanganiswa mugirazi remvura. Ramba uchipa mvura yakawanda zuva rose!
2. Kana uchiziva kuti vakanwa muchetura uye kune kiriniki pedyo, endai navo kukiriniki.
2. USAITA kuti munhu arutse. Izvi zvinogona kukonzera mamwe matambudziko.
3. Kana munhu wacho afenda, muradzike nedivi uye muendese kukiriniki pakarepo. Enda nechigaba chine muchetura kuti mushandi wehutano aone.
4. Kana kemikari yapinda paganda kana mumaziso uye ichiita kunge iri kutsva, sukurdza nzvimbo yacho kakawanda nemvura kwemaminetsi makumi maviri.

## Kurumwa Nenyoka

Kana munhu arumwa nenyoka, edza kuona kuti nyoka iyi yakanga ine uturu here kana kuti yakanga isingakuvadzi. Mavara avo ekurumwa anowanzosiyana. (Ratidza

**MUFANANIDZO UNOBATSIRA:** Kurumwa neNyoka kuratidza mavara emazino enyoka dzine uturu.) Nyoka dzine uturu dzinowanzova nemazino maviri nemamwe mavanga madiki. Kana pakarumwa kana nyoka ichiita seine chepfu:



1. **Tumira rubatsiro pakarepo.**
2. **Dzikama; usabvisa pakarumwa.** Iyo yakawanda inofamba, iyo inokurumidza huturu inopararira nemuviri. Kana kurumwa kuri patsoka, munhu wacho haafaniri kufamba zvachose.
3. **Putira nzvimbo yakarumwa nemucheka wakachena kuti unonoke kupararira kwechepfu.** Kuchengeza ruoko kana gumbo rakanyarara, zviputire zvakasimba, asi kwete zvakananyanya kumisa kuyerera kweropa kunzvimbo iyoyo.
4. **Takura munhu wacho, pamubhedha kana zvichiita, uende naye kunzvimbo yehutano iri pedyo.** Kana uchikwanisa, torawo nyoka, nokuti nyoka dzakasiyana dzingada mishonga yakasiyana.

Kurumwa nezvipembenene hazviwanzo kuva nenjodzi kuvanhu vakuru. Vanogona, zvisinei, kuva nenjodzi kuvana vadiki uye vamwe vanhu vanoita nekuzvimba nekukurumidza. Muzviitiko izvi, tsvaga rubatsiro rwekurapa pakarepo.

## Dzidzira

*Itai kuti mapoka kana vadyidzani vagadzire mutambo wekuti mumwe munhu anwa muchetura, kana mishonga inopisa paganda rake, kana kurumwa nenyoka. Itai kuti boka rimwe nerimwe riite mutambo waro. Pashure pemutambo wega wega, bvunza boka guru kuti, 'Vakabata munhu zvakanaka here?' Iva nechokwadi chokuti vose vanoyeuka:*

- *MVURA pamuchetura*
- *RAMBA WAKAMIRA pasina kupfakanyika kana warumwa.*

## Mashandisiro

- Ndechipi chinhu chimwe chete chawakadzidza chaunogona kuudza vamwe vhiki rino?

# Chidzidzo-Chidiki: Maitiro ekubatsira pakukachidzwa

**Pfungwa Huru:** Tinogona kudzidza kuponesa hupenyu hwemumwe munhu paanenge achikachidzwa.

**Zvishandiso:** Chidhori chemwana

## Kudzipwa

- Wakamboona munhu achidzipwa here? Wakaita sei?

Kana munhu akabatwa nechinhu pahuro, zvinogona kuva nenjodzi. **Kana VASINGAGONI kuridza chero ruzha, zvinoreva kuti havagone kufema**



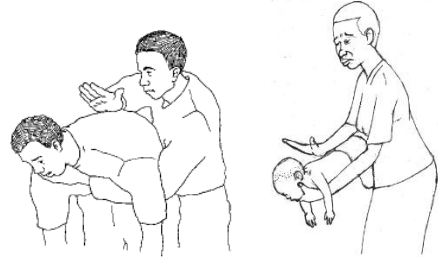
1. Kana munhu wacho achikosora, achichema, kana kuti achiita ruzha, kukosora kunobvisa mhengo. Havasi munjodzi huru.

2. Kana vasingakwanisi kuita ruzha rupi norupi kana kuti vakabata huro yavo nemaziso makuru, nzira yavo yokufema yakavharika, haigoni kufema, uye vanoda betsero pakarepo. Tinogona chete kurarama kwemaminetsi mashoma tisingafeme, saka unofanirwa kuita nekukurumidza!

*Shandisa vamwe vanozvipira kunyepedzera kuratidza nzira idzi paunenge uchidzitsanangura. (Usashandisa simba rakazara.)*

Kana mwana muचेचे asingakwanisi kuita ruzha:

1. Kotamisa mwana pabvi rako kana kuisa mwana paruoko rwako. Musoro wavo unofanira kunge wakadzikira kudarika chipfuva.
2. Shandisa chanza cheruoko rwako kurova zvakasimba pakati pemusana.



Kumunhu mukuru kana wechidiki, shandisa nzira iyi:

1. Mira kuseri kwemunhu woputira maoko ako muchiuno chake.
2. Ita chibhakera pamusoro peguvhu nepasi pembabvu.
3. Isa rumwe ruoko pamusoro pechibhakera uye ita kamwe zvakasimba pakati pemusana

Izvi zvinogona kurwadza munhu ari kubatsirwa, saka haufanirwe kushandisa nzira iyi kune munhu anokwanisa kukosora kana kuita ruzha.



## **Dzidzira**

*Itai kuti vadiwa vadzidzire nzira mbiri idzi pane mumwe—ASI NYEPEDZERA kurova pamusana kuti mhepo ifambe nenzira yechipiri. Kana zvichiita, ivai nechidzori semwana uye onai kuti vaviri vaviri vose vawanawo mukana wekudzidzira pamwana. Vayeuchidze pavanenge vachidzidzira kuchengeta musoro wemwana wakaderera pane chipfuva chavo uye kurova rova kumashure zvakasimba.*