

KIWON LAFIYA



© copyright E.Y.N. Publications, 1985

an fara bugawa 1983	-	2,000 copies
an sake bugawa 1984	-	12,000 copies
an gyara, an sake bugawa 1985	-	10,000 copies

Published by:

E.Y.N. Publications, P.M.B. 1, Mubi - Gongola State NIGERIA

Printed by:

Nigeria Bible Translation Trust, P.O. Box 790, Jos - Plateau State

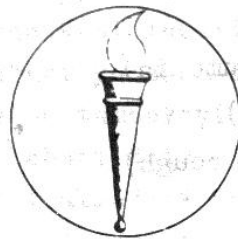
Health Care/Hausa - EYNP 004/10m/4-85

KIWON

LAFIYA

Judith Quack

Regula Rudolf



E.Y.N. PUBLICATIONS

AMFANIN ABINCI

	3
1. Abinci mai ba da karfin aiki	4
2. Abinci mai gina jiki	6
3. Abinci mai tsare jiki	8
Rashin cikakken abinci ga yara	10
Abincin jariri da yara kankanana	15
Hanyar ciyar da jariri	16
Abincin yaron da ya rame	17
Abin kula lokacin dafa abinci	18
Hanyar dafa waken Soya (Soyabeans)	19
Abinci masu amfani kadan kawai	20
Abinci marar amfani	20

CUTUTUKA

ZAZZABIN CIZON SAURO (Malaria fever)	21
TSUTSOTSIN CIKI (Worms)	24
Tsutsa mai kugiya (Hookworm)	25
Macijin ciki (Roundworm)	26
TSUTSAR TSILLA (Tapeworm)	28
ZAWO (Diarrhoea)	30
CIWON TSAGIYA (Shistosomiasis)	34
MURA DA TARI (Cold)	36
CIWON HAKARKARI (Pneumonia)	39
BAKON DAURO (Measles)	41
TARIN KIKA (Whooping cough)	44
ABINCIN MARAR LAFIYA	46

KLINIK

KLINIK NA YARA (Under 5 clinic)	47
Auna hannun yaro	50
KLINIK NA MATA (Antenatal clinic)	51
HAIFUWA A GIDA (Delivery at home)	54

JIKIN MUTUM

Yadda Allah ya halicci mace	58
Al'adar mace	59
Yadda mace za ta dauka ciki	60
Tagwaye	61
Yadda Allah ya halicci namiji	62
DAIDAITAWAR IYALI (Family planning)	64
Hanyoyin daidaita iyali	66

GABATARWA

Mun rubuta wannan dan littafi sabili da koyarwar Kiwon Lafiya a Kulp Bible School, wato makarantar Baibul na Ekklesiyar Yan'uwa a Nigeria. A cikin koyarwamu muka yi aiki da labaru har mun yi wasan kwaikwayonsu. Mun ji dadi kwarai da gaske da muka ga almajiranmu sun shiga aikin kwaikwayo da marmarin zuciya, sun yi wasa mai kyau ainun.

Mun gani kuma cewa, a cikin aji, sai a karfafa koyarwa a kan wani irin rashin lafiya ta wurin kawo wani labari tare da wasan kwaikwayo. Idan an bi haka, lalle aji ba za su manta da babbar koyarwar da ke cikin wannan labari ba.

Labarin kuma ya taimake su su watsar da abin da suka koya wa wadansu mutane. Za su yi wasan kwaikwayon wannan labari a garinsu, domin mutanen garinsu kuma su ji, su koya.

Shi ne dalilin da muka haɗa koyarwar kowane babi da wani labari.

Idan an yi kwaikwayonsu cikin wasa, sai a lura da waɗannan:

- Wannan hanyar koyarwa tana bukata aminci tsakanin malami da almajiransa. Sai almajirai su gane cewa, lalle malaminsu yana so ya gane da bukatarsu sosai, yana kofari ya amsa tambayoyinsu da iyakar iyawarsa.

- Kafin a yi wasan wani labari, sai malami ya gaya wa almajiransa wannan labari ya zama da rai sosai. Malami kuma sai ya yi wa almajiransa tambayoyi don ya gwada ko sun karɓi koyarwar da ke cikin labari daidai.

- Zai yi kyau wani almajiri ya maimaita dukan labari.

- Game da shiga wasa, zai yi kyau a zaɓi almajirai waɗanda ba su ji tsoro ba, sun iya magana da murya mai karfi sosai.

- Ya yiwu a kyautata wasan sosai ta wurin kawo wasu kaya kamar su riga da hular maigida, ko fartanyar manomi da sauran su. A roki almajirai su kawo kayan da ake bukata don wasa daga gida.

- Lokacin wasa, sai almajirai su kula su juya fuskarsu ga jama'a kullum, kada su juya musu baya.

- A karshen wasa, ya kamata malami ya tattauna wasan tare da almajiransa, su duba abin da ya yi kyau, da abin da ke buƙatar gyara. Idan akwai sauran lokaci zai yi kyau a kara yin wasan tare da gyara.

- Ya yiwu a yi wasan kwaikwayo a cikin taruwar almajirai, ko lokacin klinik na yara, ko a yi shi cikin wata babbar taruwa kamar ta gunduma ko ta Z.M.E.

- Babban abu ne a ba masu kallo zarafi su yi tambayoyi a karshe wasan.

Yawancin labarun da ke cikin littafin nan muka same su tare da shawarwari daga "Rural Health Programme" na Church of the Brethren Mission (C.B.M.) a Garkida. Muna masu godiya sosai saboda suka ba mu izini mu yi amfani da labarunsu. Wadansu muka canja su kadan, domin a biya bukatar 'yan Bible School. Gama muhimmin abu ne masu koyo su ga kansu cikin labarun nan, sai ka ce cikin madubi.

Don haka ba zai zama laifi ba, idan an sake sunaye ko al'adu cikin wani labari, domin su haɗu da zaman masu koyo. Sai dai a tabbata cewa, labarin ya karfafa dukan zantattukan da ake so a koyar, ya fitar da su filla-filla.

A karshe, sai mu nuna godiyarmu ga duk waɗanda suka taimake mu cikin shirin wannan littafi. Mun gode wa Malam Moses Thliza daga Rural Health Programme, saboda ya ba mu shawarwari masu amfani da yawa. Muna so mu gode wa mazajenmu kuma waɗanda suka goya bayanmu sosai: Mr. Peter Rudolf ya taimake mu da zancen Hausa, Mr. Juergen Quack ya buga mana takardu da kekenasa.

Muna fata wannan dan littafi zai yi taimako wajen kara wa mutane ganewar zancen kiwon lafiya. Nufinmu shi ne masu karatu su iya tsare kansu daga cututtukan da muka bayyana a littafin nan. Allah ya taimake mu, Amin.

Mun yi amfani da wassu hotuna daga wadannan littattafai:

"Where there is no Doctor" by Dr. David Werner

"Nutrition in developing countries," by Morley/King, Oxford University Press.

AMFANIN ABINCI

Cikin zaman mutum a duniya, zancen abinci muhimmi ne. Bari mu tuna da yawan lokaci, da yawan aiki da yawan karfin da muke bukata don samun isasshen abinci kowace rana don mu ciyar da iyalanmu.

Mu dauki misalin dawa: Da fari manomi ya share gonarsa tukuna, sa'an nan ya shuka. Bayan da dawa ta tsiro kadan, sai ya cire kananan tsire-tsire marasa karfi, ya bar masu karfi. Sai ya sa taki, ya nome ciyawa, ya tsare gona daga barayi iri-iri kamar su kwari da birai.

Sa'ad da kaka ta kewayo, sai ya sare dawa, ya kai zangarniya wurin bugawa. Bayan bugawa sai mata su sussuka, su ajiye hatsi a rumbu. Kafin a iya ci, har yanzu ana bukata matasu wanke dawan, su kai wurin nika. Saiyanzu dawa tana nan shirye don dafawa.

Amma mu mutane ba mu iya gama dukan wadannan ayyuka da karfin kanmu ba. Allah ne ya ba mu iska da ruwa. Shi kuma yana sa dawa ta yi girma, ta kawo amfani. Shi ne ya ba mu karfi, domin mu iya yin aiki.

Allah ya ba mu abinci iri-iri. A kan gonaki ba dawa kadai tana yi ba, amma akwai kuma masara, wake, da gyada. Kuma mun sami kayan lambu da 'ya'yan itatuwa dabam-dabam. Dukan wadannan kayan abinci Allah ne ya ba mu, domin mu ci, mu koshi, mu ji dadi.

Babi na fari zai nuna mana cewa, muhimmin abu ne mu sami abinci iri dabam-dabam.

Lalle ba wanda zai gwada ginin daki da kasa kawai. Don ginin daki mai kyau ana bukata a hada kasa da ciyawa da ruwa kuma. Idan ba haka ba, gini ba zai yi ba.

Haka ne da jikin mutum. Yana bukata fiye da abinci iri daya. Yana bukatar abinci iri dabam-dabam. Wato don zaman lafiya yana bukatar wadannan abinci iri uku:

- abinci mai ba da karfi don aiki
- abinci mai gina jiki, don jiki ya yi girma ya sake samun karfi bayan rashin lafiya
- abinci mai tsare jiki, don kada ya kamu da yawan cututtukan da ke kewaye, amma ya iya rinjaye su sa'ad da suke damunsa

Dole ne kuma mu sani cewa, wadansu kayan abinci ba su da amfani ko da shi ke suna da dadi cikin bakinmu. Ya fi kyau mu san wadannan kayan abinci marasa amfani kada mu batar da kudinmu a kansu. Sun yi tsada fa.

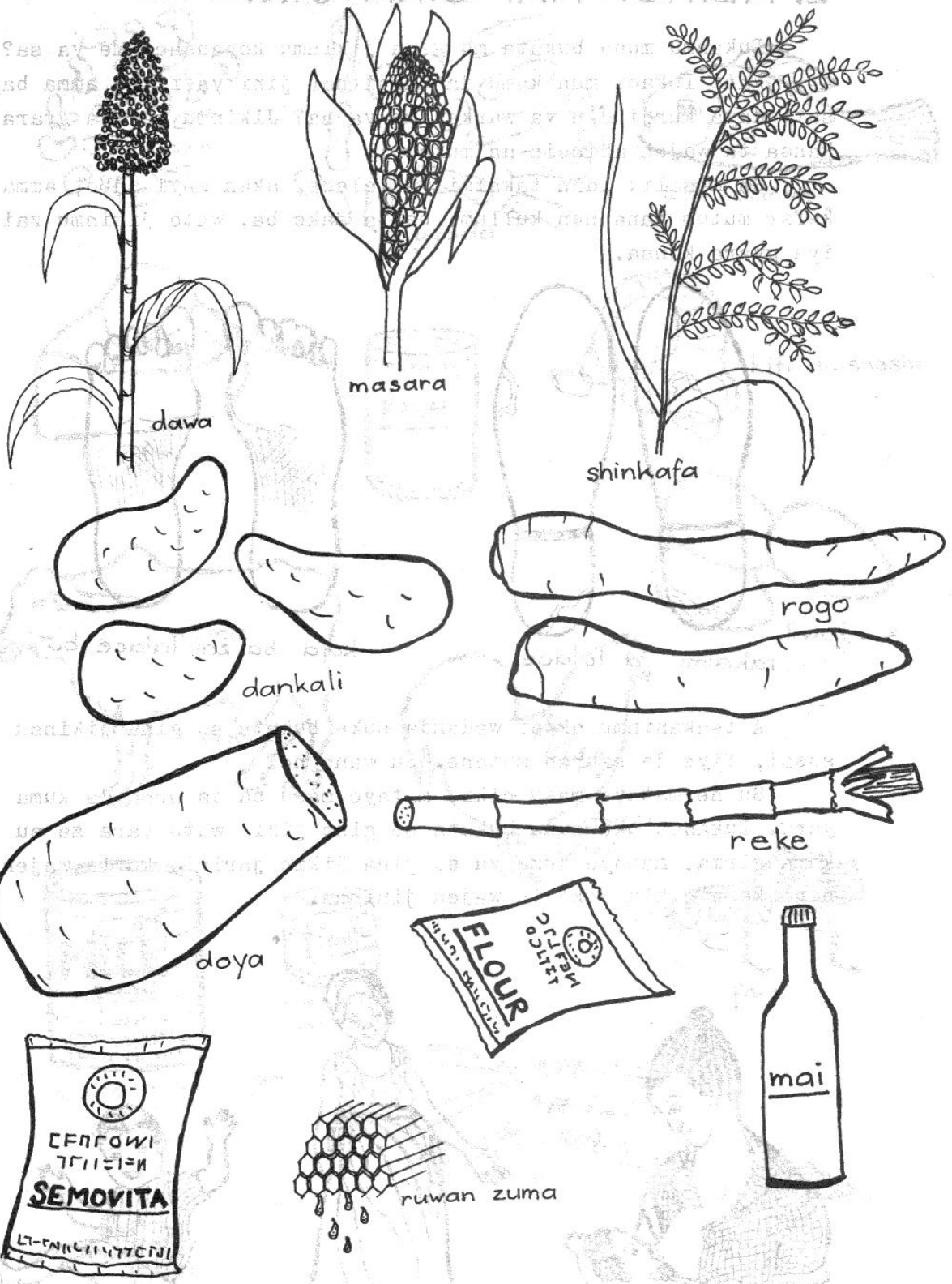
(Carbohydrates)

1. ABINCI MAI BA DA KARFIN AIKI

Muna bukatar karfi kowace rana domin mu yi aiki, yara kuma su yi wasa. Akwai aiki kashi dabam-dabam. Ga mace wanda ke aiki da hannu, ga kuma Alhaji wanda ke zaune cikin ofis. Wane ne a tsakaninsu yake bukatar yawancin karfi? Mace ce.



Ga abincin da ke ba mu karfin aiki:



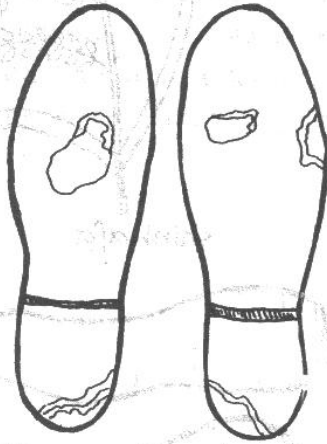
Duk wadannan kayan abinci suna ba mutum karfin aiki. Amma waɗanda suka fi su duka su ne dawa da masara.

Bari mu yi tunani. Mene ne abincin da muke ci kullum? Dawace. Shi ne abinci mai kyau wanda zai ba mu karfin aiki sosai.

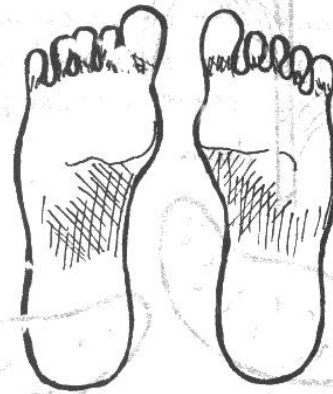
2. ABINCI MAI GINA JIKI (Proteins)

Dukanmu muna bukata mu gina jikinmu koyaushe. Me ya sa? Wani lokaci mun kamu da kurji har jini ya fita, amma bayan sati daya kurji din ya warke. Me ya sa? Jikinmu ya iya gyara kansa ta wajen abincin da muke ci.

Ga misali: Idan takalmi ya lalace, akan sayi sabo, amma kafar mutum tana nan kullum, ba ta sake ba, wato jikinmu zai iya gyara kansa.



takalmi ya lalace



kafa ba zai lalace ba

A tsakaninmu akwai wafanda suke bukata su gina jikinsu sosai, fiye da sauran mutane. Su wane ne?

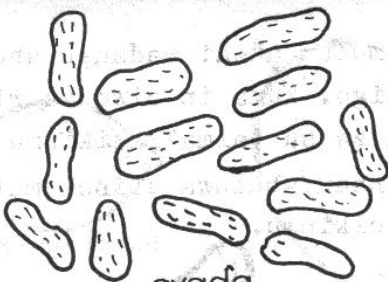
Su ne mataye masu ciki, mataye masu ba da nono da kuma yara. Dukansu uku suna bukata su gina jiki, wato yara za su kara girma, mataye kuma za su gina jikin jariri, ko ta wajen nono ko a cikin ciki ta wajen jininsu.



Ga abinci mai gina jiki:



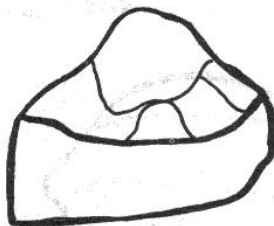
wake



gyada



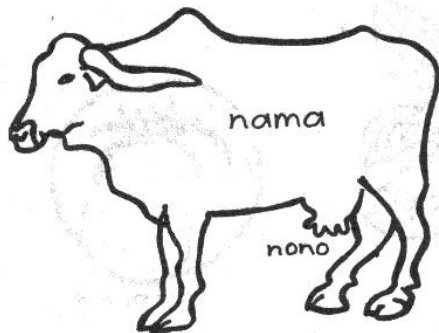
kifi danye



nama

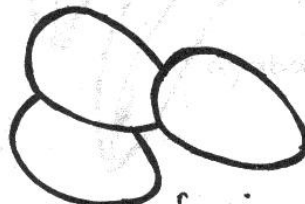


kifi busheshe



nama

nono



kwai



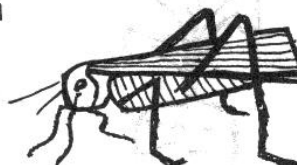
naman kaza



madara gari-gari



madara ruwa-ruwa



fara



gari



agushi



ridi

Duk wadannan kayan abinci suna gina mana jiki.

Wadanda suka fi muhimmanci dominmu su ne gyada da wake da kifi. Nama da kwai da madara yana da kyau a samu kuma.

Domin haka, ya kamata mu yi amfani da gyada da wake, domin yaranmu su girma da karfi.

3. ABINCI MAI TSARE JIKI (Vitamins and minerals)

A cikin jikin mutum akwai wadansu abubuwan da suka hana rashin lafiya ya shigo. Kuma in ciwo ya riga ya kama mu, wadannan irin abubuwa za su taimaki jikinmu ya sami lafiya da wuri. Ana kira wadannan abubuwa abinci mai tsare jiki. Su ne kamar 'yan sanda a cikinmu.



Muna bukatar abincin tsare jiki kowace rana, domin jikinmu ya iya aiki da shi. Akwai su iri-iri. Wadansu ya yiwu mu same su har a cikin daji kamar su: cinzaki da jinin kafari tsada da dinya da rimi da sauransu

Ga wasu kayan abinci masu tsare jiki mai kyau sosai: su ne danyen ganye iri-irin da ake ci a nan. Bari mu yi tunani a kan kowane irin ganye da muke ci, ba zai kai guda ashirin ba? Mu rubuta dukan irin ganye da mukan ci a nan:

.....

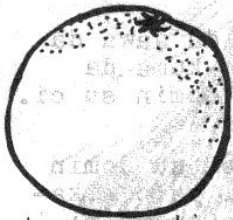
.....

.....

.....

.....

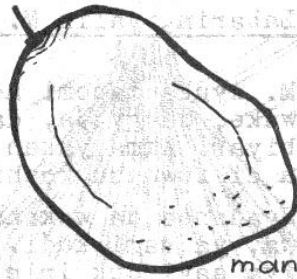
Ga abinci mai tsare jiki:



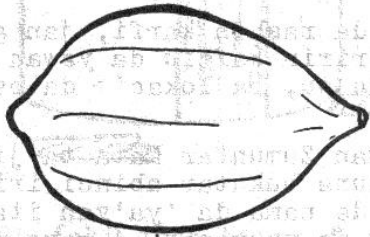
lemon zaki



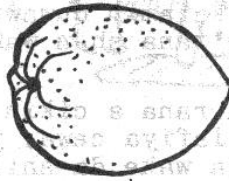
lemon tsami



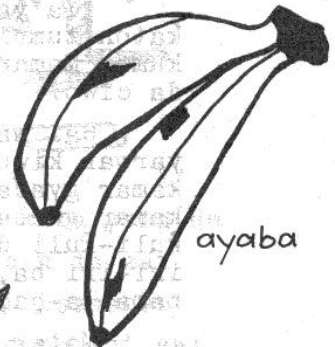
mangwara



gwanda



gweba



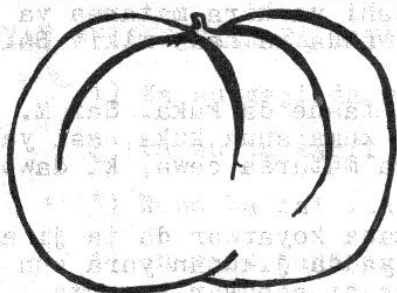
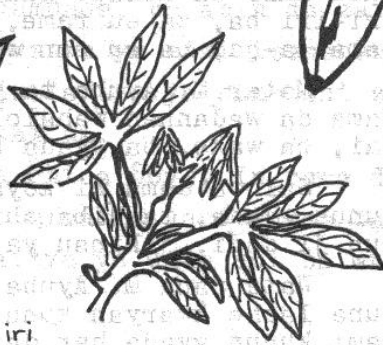
ayaba



tumatir



ganye iri-iri



kabewa



gauta



albasa

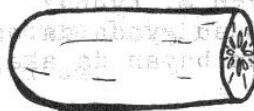
da ganyensa



karas



kubewa



kakamba

RASHIN CIKAKKEN ABINCI GA YARA

Labarin iyalin M. Ayuba

M. Ayuba manomi ne, yana da rumbuna cike da dawa da kuma wake, da gyada, da shinkafa. Yana da aure kuma da yara biyar. Amma yakan ba iyalinsa dawa kawai domin su ci. Sai su ci tuwo su koshi.

Gyadansa da wakensa da shinkafansa ya kebe su domin sayarwa, ya sami kudi. Shi da kansa yakan tafi yawo a kasuwa, ya sayi duk irin abincin da bakinsa yake so ya ci, domin shi mai arziki ne. Yana nan, yana jin dadi, yana kiba kuma.

'Ya'yan M. Ayuba suna fama da rashin karfi, jan gashi, katon tumbi, karamin duwawu, tsiririn kafafu da yawan kuka kuma. Mamansu tana shan wahala da su, ba lokaci da ba su da ciwo.

Sai wata rana a cikin taruwan Zumuntar Mata ta ji koyarwar kiwon lafiya cewa, yara suna bukatar abinci iri-iri kamar gyada da wake da shinkafa da nama da 'ya'yan itatuwa kamar gweba, da gwanda, da ayaba da sauransu. A saya musu kuli-kuli da kosai. Idan yara ba su sami isasshen abinci iri-iri ba, za su rame, tumbinsu zai yi babba, gashinsu zai zama ja-ja, ba su son wasa ba, sai yawan kuka.

Matar M. Ayuba ta yi tunani ta ce, ga shi, yarana suna fama da wadannan wahaloli. Kuma a gidanmu muna ci dawa kawai, ba wake, ba gyada ko shinkafa.

Sai ta soma bi koyarwar da ta ji. Ta yi wa yaranta kunun gyada, ta diba shinkafa da wake, ta dafa. Yaran kuma sun ji dadi, jikinsu ya soma sakewa.

Wata rana M. Ayuba ya dawo daga yawo ya iske yara suna lashe kwaryan kunu. Sai ya tambayi yara ko a ina suka sami kunun gyada har da shinkafa? Suka amsa cewa, mamansu ta dafa musu.

Sai M. Ayuba ya tashi da haushi ya kira matarsa ya ce, Yaya kika diba gyada da shinkafa wanda na hana miki? Bai jira bayani ba, sai ya kore ta.

Matar ta tafi, sai yara suka fashe da kuka. Sai M. Ayuba ya ga matarsa ta tafi, yara kuma suna kuka, sai ya koma cikin hankalinsa. Sai ya kira matarsa cewa, ki dawo, ki dawo.

Matarsa ta dawo, ta bayana masa koyarwar da ta ji a cikin Zumunta. Ta kuma nuna masa yadda jikunan yara sun fara sakewa tun lokacin da ta soma bi sabuwar koyarwa.

M. Ayuba ya yi tunani, ya yarda matarsa ta yi amfani da koyarwa. Shi kuma, idan ya tafi kasuwa, yakan sayi nama, 'ya'yan itatuwa kamar su lemo, gweba, gwanda ko mangwaro, ko ya sayi kuli-kuli ko kosai. Yaransu suka rabu da jan gashi, karamin duwawu, katon tumbi, rashin girma da rashin karfi. Suka kuma daina yawan kuka, suna wasa da dariya.

Tambayoyi

1. Mene ne sana'ar M. Ayuba?
2. Wane irin abinci ne ya ba iyalinsa su dinga ci?
3. Yaya jikunan 'ya'yan M. Ayuba?
4. Me ya sa ya hana musu gyada da wake?
5. Me ya faru da yaran bayan da aka fara ba su abinci iri-iri?

Me zai faru in mutum bai sami isasshen abinci iri-iri ba?



Ga ɗaki guda biyu: ɗayan yana nan mai kyau, kuma yana da karfi. In ruwa da iska sun zo suna damunsa, ba abin da zai faru da shi. Wannan misalin yaro ne wanda ya sami isasshen abinci iri-iri kowace rana. In rashin lafiya ya same shi zai warke da wuri, ba zai sha wahala sosai ba.

Ga ɗaki na biyu: gara sun cinye shi a boye. In ruwa da iska suka zo, ɗaki zai rushe. Shi ne misalin yaro wanda bai sami abinci iri-iri ba. In rashin lafiya ya same shi ba wuya zai mutu.

Ga barnar da rashin abinci iri-iri zai yi:

MANYAN MUTANE MAZA DA MATA

- 1) Za su gaji da wuri.
- 2) Ba su da karfi domin aiki.
- 3) Nono ba zai isa ba, da kuma zai yi ruwa-ruwa.
- 4) In mace tana da juna biyu jariri ba zai sami abin da yake bukata ba.
- 5) Za su fama da rashin lafiya.
- 6) Kuraje ba za su warke da wuri ba.

YARA

- 1) Ba za su yi girma ba.
- 2) Za su gaji da wuri.
- 3) Gashinsu zai faɗi, zai zama ja-ja.
- 4) Za su kamu da cuta iri-iri da wuri, har ba za su rabu da cuta ba.
- 5) Har wani lokaci kafafunsu za su kumbura.

- 6) Kuraje za su fita a jikinsu.
- 7) Kansu zai zama babba, jiki kaƙan.
- 8) Tumbinsu zai zama babba.
- 9) Hannuwansu da kafafunsu za su zama tsiriri.
- 10) Ba za su yi wasa ba, sai yawan kuka.
- 11) Za su zama da rashin karfi har sauran yara
za su dame su da bulala kullum.

In yaro bai sami isasshen abinci iri-iri ba,
ba zai iya zama mutum mai hankali mai tunani ba.
Ba zai iya yi aiki sosai ba,
har zai zama cikin rashi dukan kwanakinsa.

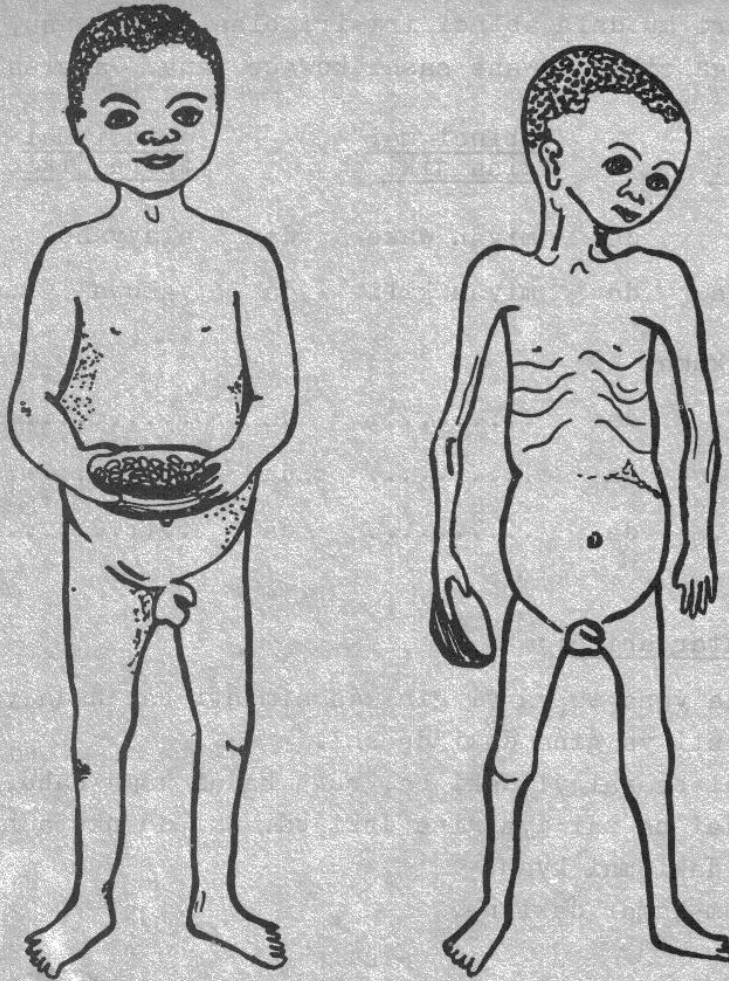
A takaice: Tushen yawancin wahalolin da suka sami yaranmu yana cikin rashin samun isasshen abinci iri-iri.
Ina dalilin wannan?

- Yaro yana bukata ya girma, saboda haka bukata tasa dabam take da manyan mutane.
- Tumbin yaro kankane ne, wato yaro ba zai iya ci abu da yawa a lokaci ɗaya ba. Amma yana bukata ya ci sau 4 ko 5 a yini.
- Lokacin da yaro yake shan nonon mama zai sami abinci koyaushe bisa ga bukatarsa. In an yaye shi zai rasa wannan abinci mai kyau. Dole a ba shi kunun gyada da wake maimakon nono.
- Waɗansu yara suna cika tumbinsu da tuwo har sun koshi. Mun gane tuwo abinci mai kyau ne mai ba da karfin aiki. Amma yaro yana bukata ya girma kuma. Domin haka yana bukar abincin gina jiki da na tsare jiki tare da tuwo kowace rana.

Amsoshi ga tambayoyin labarin iyalin M. Ayuba (shafi 10)

1. manomi
2. dawa
3. rashin karfi, jan gashi, katon tumbi, karamin duwawu, tsiririn kafafu
4. son kudi da rashin sani
5. Sun rabu da rashin karfi, jan gashi, katon tumbi, karamin duwawu. tsiririn kafafu. Suna wasa da dariya.

Ga foton yara guda biyu:



Ga yaro daya ya sami isasshen abinci iri-iri. Yana da jiki mai kyau. Fatarsa da idonsa suna haske, gashi yana nan baki. Yaro yana jin dadi, yana son wasa.

Kuma ga yaro wanda ya rasa abinci iri-iri. Ba shi da jiki, tumbi ya yi babba, kafafunsa tsiriri ne, gashinsa kuma ja-ja. Yaro yana fama da rashin lafiya, ba ya son wasa, sai kuka.

Rubuta alamomin da za su nuna cewa, wani yaro ya sami isasshen abinci iri-iri:

.....
.....
.....

Rubuta yadda za a gani cewa, wani yaro bai sami isasshen abinci iri-iri ba:

.....
.....
.....

ME YA KAMATA MU YI ?

Mu yi kokari mu dafa abinci iri-iri bisa ga samunsu, wato mu ci abinci daga cikin kowane sashi kowace rana. Ga misali:

abinci mai ba
da karfin aiki

abinci mai
gina jiki

abinci mai
tsare jiki

tuwon dawa	da	miyan wake	da	alayyaho
tuwon shinkafa	da	miyan kifi	da	yakuwa

Ka kawo misali kuma:

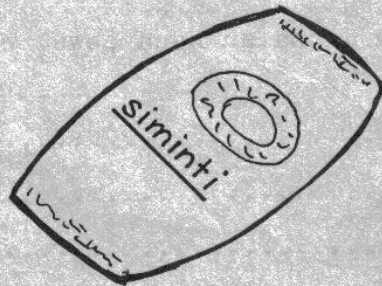
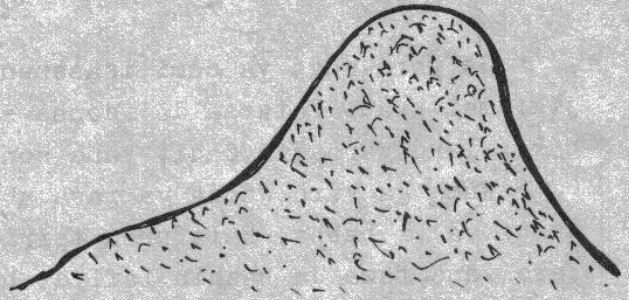
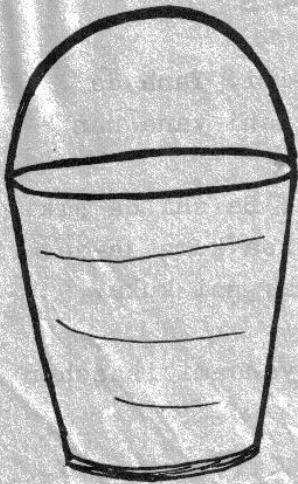
.....	da	da
.....	da	da
.....	da	da

Ga misalin bukatar abinci:

Mutum wanda yana so ya yi gini da siminti zai hada yashi da ruwa da siminti ya gina daki da shi.

Yashi kadai ba zai yi daki ba, ruwa kadai kuma babu, ko siminti shi kadai ba zai iya gina daki ba. Sai su uku a hade za su iya gina daki mai kyau.

Jikin mutum kamar daki ne.



Wannan misali yana nuna mana cewa, ya kamata mu hada abinci iri-iri domin a hade za su yi aiki a jikinmu sosai.

Ta wurin yin haka za mu tsare kanmu daga wahalolin rashin abinci iri-iri wadanda muka lissafta su.

ME ZA MU YI DON MU KIYAYE YARANMU ?

- Mu fara ba yaro mai wata huɗu kunun gyada domin ya saba da shi bi da bi.
Mu ba shi kunun gyada da dama lokacin da ya kai wata shida.
- Mu dafa wake da ganye mu ba yaro mai wata shida. Mu dinga ba shi 'ya'yan itatuwa kamar su gwanda da ayaba, ko kuma a matsa masa lemo ko tumatir.
- Mu tafi gona da kunun gyada a cikin flask ko kwalaba domin jaririnmu.
- Mu ba yaranmu nono har lokacin da suka kai shekaru biyu, ko sun iya cin abinci iri-iri.
- Mu ba yara kanana abinci sau huɗu a yini. Misali:
 - da sassafe: kunun gyada
 - abincin tara: tuwo da miya
 - tsakiyar rana: kunun gyada
 - abincin yamma: tuwo da miya
- Mu yi kokari mu dafa abinci iri-iri bisa ga samunsu.
Kada mu sayar da wake ko gyada duka. Su ne kayan abinci masu amfani ga jikunanmu.
- Mataye masu goyo da masu ciki su ci abinci iri-iri, mu-samman abincin gina jiki.

ABINCIN JARIRI DA YARA KANKANANA

1. Nono

Mafificin abincin jariri shi ne nono. Duk abin da jariri yake bukata domin ya yi girma da karfi, yana cikin nono.

A cikin nono na farko akwai wani magani wanda zai taimaki jariri ya fitar da kashi baki-baki da sauki. Yana tsare jikin jariri daga wafansu cututtuka kuma.

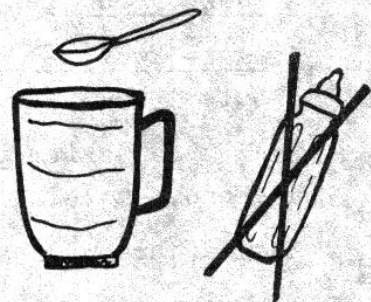
2. Ruwan sha

Har zuwa wata na huɗu, nono zai biya bukatar jariri.

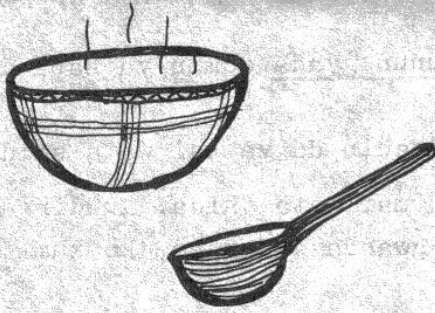
In jariri yana bukata ruwan sha ya kamata a tafassar da ruwa sosai.

A ba jariri da cokali a hankali.
Kada a cika tumbinsa da ruwa, kuma kada a dura masa ruwa da karfi.

Kada mu ba jariri ruwan sha ko ma kunu da buta na yaro (feeding bottle), saboda riƙe buta da tsabta yana da wuya.



3. Kunun gyada



Lokacin da jariri yana cikin wata na huɗu ya kamata a fara ba shi kunun gyada.

A gyara garin dawa mai kyau da lariya, kuma a tsiyaye ruwan gyada.

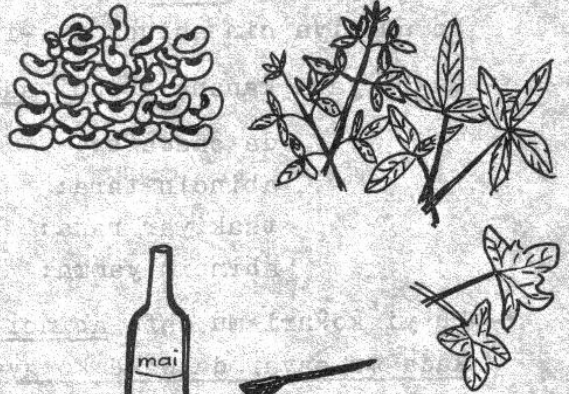
A ba yaro kaɗan da cokali kowace rana har ya saba da shi.

4. Wake da ganye

Lokacin da jariri ya kai wata shida zai iya shan kunu sosai. Ya kamata ya sami wani abinci ban da kunu.

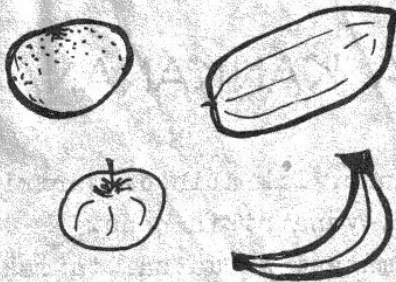
A wanke wake, a dafa su da ganye har sun dafu sosai.

A sa cokali na ti guda ɗaya na man gyada a ciki, a markafe da cokali, a ba jariri. Ganyen rogo da alayyaho su ne ganyen mafi kyau.



5. 'Ya'yan itatuwa da tumatir

Ga 'ya'yan itatuwan da jariri mai wata shida zai iya sha:



- A markafe ayaba da cokali.
- A ba su ruwan lemon zaki da cokali.
- A markafe gwanda wadda ta nuna sosai.
- Zai iya ci tumatir kuma.

HANYAR CIYAR DA JARIRI

- A wanke hannu mai kyau.
- A wanke kwap da cokali da sauran tashoshi da ruwan zafi da sabulu.
- Kada a ba jariri nono kafin a ba shi kunu, domin in ya koshi da nono, ba zai yi marmarin shan kunu ba.
- Kada a ɗura wa jariri kunu, amma a ba shi da cokali.
- A ba shi sabon abinci guda a lokaci ɗaya, domin yana so ya saba da shi a hankali. In ya saba da abinci iri ɗaya, za a iya ba shi wani dabam kuma.

ABINCIN YARON DA YA RAME

Mama, me za ki yi idan yaronki ya rame da yawa saboda rashin lafiya?

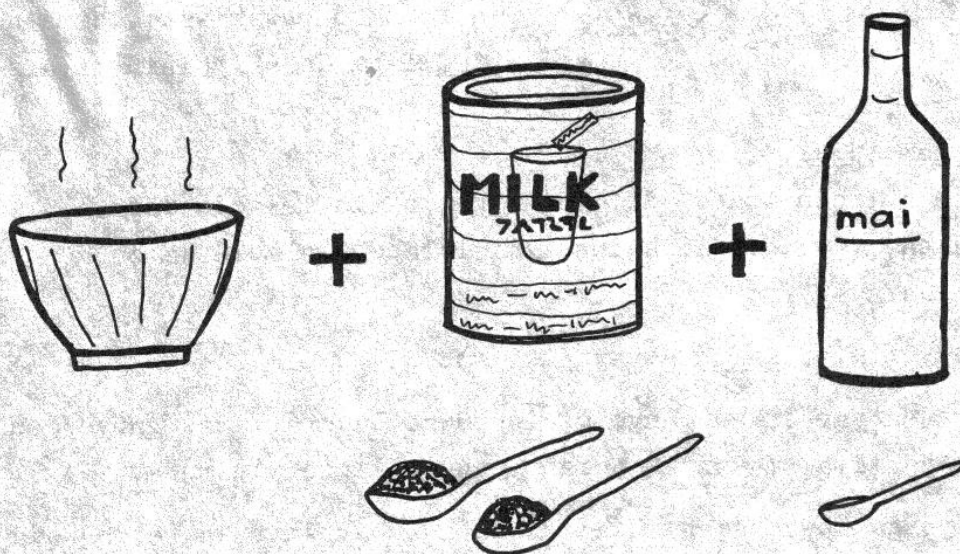
1. Ki dīnga ba yaro abinci sau huɗu a yini.
2. Ki ba shi abincin gina jiki da yawa.
3. Ki dafa kunun gyada da garin wake. Ki yi amfani da waken gargajiya ko da waken soya (soyabeans) in akwai.

Ki nemi ma'auni (kwap ko cokali), ki auna ɗaya na wake a kan uku na dawa. Ki dafa kunun gyada kamar yadda kika saba yi. Lokacin da kunu ya yi, ki diba a cikin tasa.

Ki diba cokalin cin shinkafa guda biyu na madara (ko gari-gari ko ruwa-ruwa).

Ki diba kuma cokalin ti guda ɗaya na mai.

Ki dama duka cikin kunu, ki ba yaro ya sha.

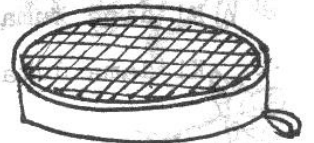
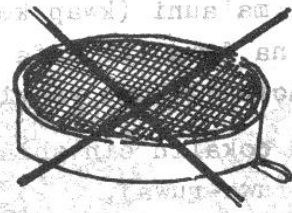


ABIN KULA LOKACIN DAFA ABINCI

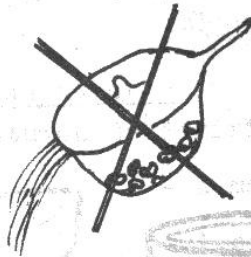
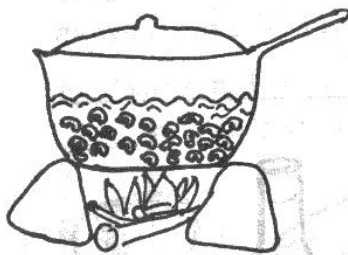
Cikin darasi na fari muka koya cewa kayan abinci yana da amfani dabam-dabam. Wato wadasu abubuwa kamar dawa da masara da shinkafa suna ba mu karfin aiki, wake da gyada da kifi da nama da kwai suna gina mana jiki. Kayan lambu da 'ya'yan itatuwa da danyen ganyen miya suna ba mu abin tsare jiki. Idan mun ci daga kowane sashin za mu sami abin biya bukatar jiki. Amma hanyar da ake dafa abincin nan zai iya batar da amfanin da ke ciki. Saboda wannan dole ne mu kula da hanyar dafa abinci mai kyau.

1. Abinci mai ba da karfin aiki

Bai kamata a dinga surfe dawa ko masara kullum ba. Yawan amfanin dawa ko masara yana cikin dusa. Yana da kyau a yi amfani da lariyar da ba za ta bar tsaki da yawa ba.



2. Abinci mai gina jiki



Idan ana dafa nama ko wake, amfaninsa yana shiga ruwa. Saboda haka kada a zubar da romo ko ruwan wake, amma a yi amfani da shi cikin miya.

3. Abincin tsare jiki

Musamman abincin tsare jiki yana sha wahala lokacin dafawa. In ba a kula ba, yawancin amfaninsu zai lalace. Ga abin da za a tuna lokacin dafawa:

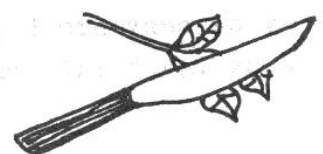
- A wanke ganyen miya kafin a yayyanke su.
- Kada a sake sa yayyanke ganye cikin ruwa. Kada a matse ganye don bakin ruwa ya fita. Yawancin amfani yana cikin bakin ruwa.
- A dafa ganye da ruwa kafan kafai. Kada a zubar da ruwa, kuma kada a dafa danyen ganye fiye da minti goma.



1. A WANKE



2. A YANKE



HANYAR DAFA WAKEN SOYA

Waken Soya sabon abinci ne a kasarmu Nigeria. Yana da amfani kwarai da gaske, musamman abincin gine jiki ya yi yawa a ciki. Saboda wannan ya yi kyau mu yi amfani da waken Soya. Zai taimake mu cikin neman cikakken abinci domin yaranmu. Amma hanyar dafa waken Soya dabam ne da na waken gargajiya.

Mu kula da wadannan abubuwa:

Dole ne waken Soya ya kwana cikin ruwa, ya jiku sosai. Da safe sai a zubar da ruwa duka, a aza shi da sabon ruwa. Waken Soya ba zai dafu mai laushi kamar waken gargajiya ba, amma zai zama kamar dafaffen gyada. Duk da haka za a iya amfani da shi cikin miya ko cikin wasa-wasa.

Hanyar yin garin waken Soya domin kunu

Dole ne waken Soya ya kwana cikin ruwa ya jiku sosai. Da safe sai a wanke shi kamar waken gargajiya. A shanye shi a kan tabarma domin ya bushe. Daga baya a nika shi a kan dutse ko a kai shi enjin nika. Hanyar dafa kunu da garin waken Soya: sai a duba shafi 17, lamba 3.



Idan kana neman waken Soya don shuka, sai ka nema a wadannan wurare:

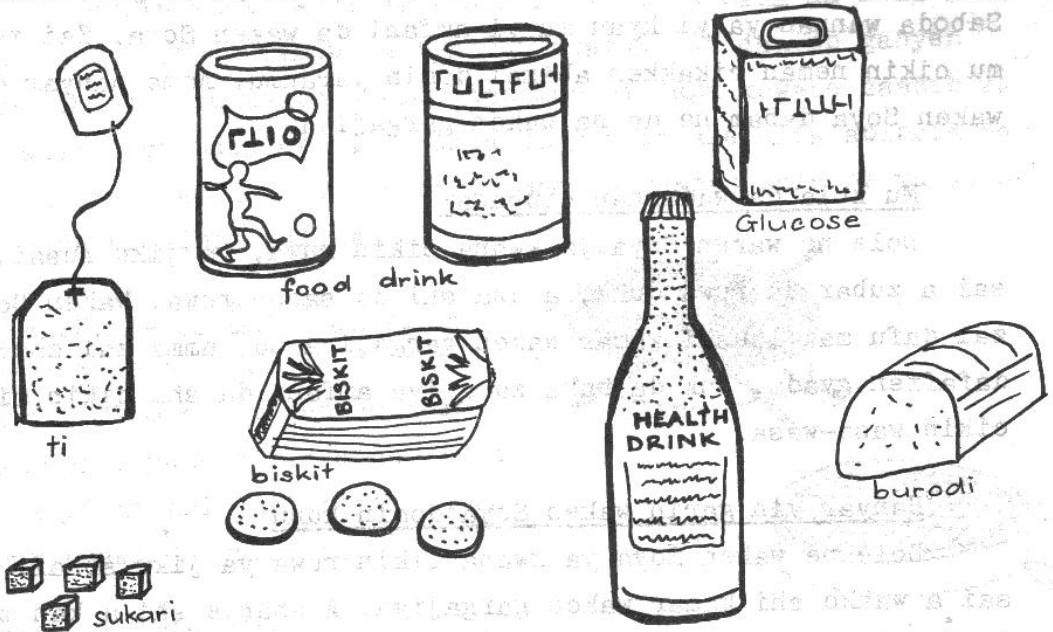
- Kulp Bible School Agric. Store, Kwarhi, Mubi, Gongola State
- Faith and Farm, COCIN-Church, Vom, Plateau State

- ECWA Rural Development, Noad Road 1, Jos, Plateau State

Ministry of Agriculture, Extension Office" ne Local Government

ABINCI MASU AMFANI KADAN KADAI

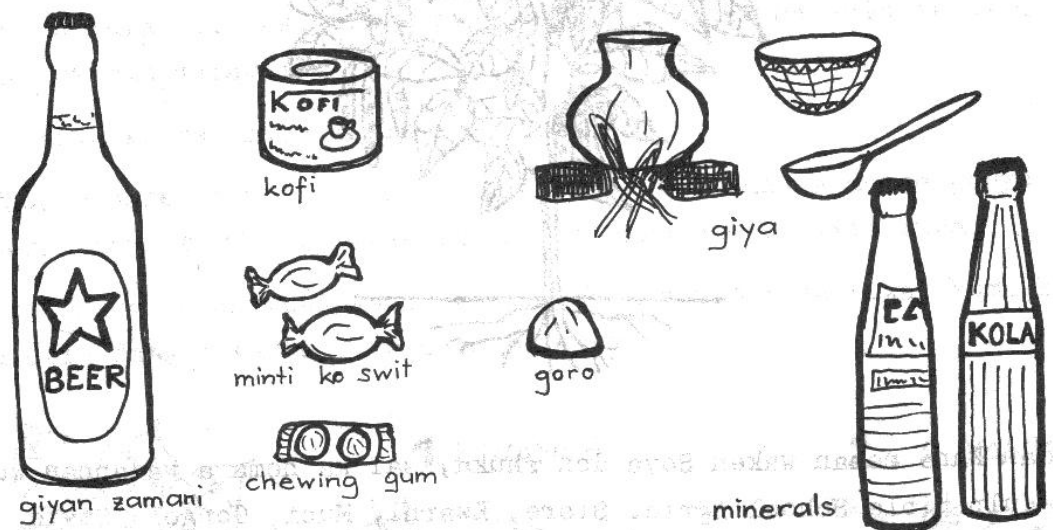
Zamani ya kawo mana abinci iri-iri masu tsada. Waɗansu suna da amfani kaɗan, waɗansu ba su da amfani ko kaɗan, har waɗansu suna yin barna.



Duk waɗannan abubuwa suna da amfani kaɗan ga jiki. Amma suna da tsada. Ba a bukatarsu domin yin girma da zaman lafiya.

SUKARI ma yana cikin wannan sashi. Muna cin sukari domin dadinsa, amma sukari da yawa yana lalatar da haƙori da kuma yana kawo cuta da wahala iri-iri ga jikin mutum.

ABINCI MARAR AMFANI



Muna kiran waɗannan kayan abinci ABINCIN BANZA domin amfanninsa ya yi kaɗan ainu ga jikinmu, har sukan yi barna ga jikinmu.

Mu sanya wa yaranmu a kan abincin banza! Mu sanya wa yaranmu