

# Manyoka

## Manyoka anodzivirirwa sey?i?

- *Chengetedzai utsanana nekugeza maoko nesipo kana dota nemvura yekuchururudza musati mabata zvekudya kana kupa mwana zvekudya.*
- Mwana ngaadye michero nemiriwo yakagezwa nemvura yakachena.
- Mwana ngaapiwe chikafu chabikwa zvakakwana kusvika chaibva uye ngaadye chichiri kupisa.
- Shandisa mvura yakachena pakunwa kubika nekugeza midziyo
- Chikafu ngachivharwe kuti chisamharwa nenhunzi kana kupindwa neguruva.
- Onai kuti mune chimbuzi chakakodzera uye kuti munochishandisa zvakanaka.
- Ngwarira kurasa tsvina yevacheche neyevana vadiki munzvimbo dzakakodzera.

**Ma Aquatabs** mishonga yekuuraya utachiona inoiswa mumvura. Kana muchishandisa mushonga uyu (aqua tabs)

- Isai aqua tab rimwe mumgomo wema litre makumi maviri nemashanu (20-25 litres) uye muvhare mugomo.
- Musashandisa mvura kusvikira maminetsi makumi matatu apera (30 minutes).
- Musamedze ma aqua tabs anofanira kuiswa mumvura (20-25 litres).

### Cherechedai:

Ma aqua tabs haashandiswe kurapa manyoka, anoshanda kuchenesa mvura.



## Rangarirai zvinotevera

- Mwana ngaabayiswe majekiseni akakodzera kuti ange apiwa apo ano pedza gore
- Mwana ngaapiwe vitamin A kutanga paanenge asvika mwedzi mitanhatu. Ngaarambe achipiwa vitamin A iyi panopera mwedzi mitanhatu yoga yoga zvichienda mberi.
- Kuyamwisa zamu kwemwedzi makumi maviri nemina kana kupfuura kunodzivirira vana kuti vasabatwa nezvirwere zvakanaka.
- Mwana anofanira kuendeswa kuchipatara kana kukiriniki nekukasika kana akatanga kuratidza zvinotevera. Kutadza kunwa, kupisa mvuri, kutadza kufema kana kufema nekukasika uye nekusayamwa zvakanaka.
- Ipa mwana wako chikafu chinovaka nekudzivirira mvuri kuzvirwere chakawanda uyewo nemvura kana zvinwiwa zvizhinji zvakakodzera kuvana vadiki munguva yaanenge achirwara.

## Chii chinonzi Manyoka?

Manyoka kuita tsvina yakaita mvura-mvura katatu kana kupfuura pazuva.

## Ngezvipi zvioniso zvemanyoka?

Zvinotevera ndizvo zvikuru zvinotaridza kuti munhu ane manyoka.

- kuita tsvina yakaita mvura-mvura
- kusada kudywa
- kuda kurutsa
- mudumbu munorwadza
- kupisa muviri
- kurasikirwa nemvura mumuviri

Manyoka haawanzo urayi, kurasikirwa nemvura zvinokonzerwa nemanyoka zvinoita kuti munhu afe.

## Manyoka Anopararira Sei?

Kazhinji manyoka anopararira nenzira dzinotevera;

- kusageza maoko usati wabata zvekudya
- kupa mwana zvekudya usati wageza maoko
- kusageza maoko wabva kushandisa chimbuzi kana kubata tsvina yemurwere
- kudywa chekudya chinetsvina, chisina kubikwa zvakanaka kana chamharwa nenhunzi.
- kushandisa mvura isina kuchengetedzwa, kunwa, kubika kana kugeza ndiro nemichero.

## Manyoka anorapwa sei?

- Mushure murwere aita manyoka mupeyi mvura yakawanda ine munyu neshuga kudzorera mvura yemuviri yarasika. Kan musingagoni kuwana zvekushandisa kugadzira mvura yeshuga nemunyu ipai murwere zvakadai se tii (tea) supu (soups), muto wemichero, mvura nezvakadaro. Izvi zvinobatsira kudzivirira kupererwa nemvura yemuviri.
- Kuvana varipasi pemwedzi mitanhatu endererai mberi kumwisa mukaka pazamu.
- Kune vana vose vapfuura mwedzi mitanhatu enderera kumwisa zamu muchipazve mushonga wemvura, munyu neshuga zvakato sanganiswa.
- Kurudzirai vanorwara kudywa zvekudya zvinorwuomba.
- Muvana, manyoka akaenderera mberi kupfuura mazuva mashanu uye zvioneso zvakaaita sekupinda mugomba kwemaziso nechepamusoro, kuita weti shoma, ropa mutsvina nekuprezeka muviri torai muende nemwana kuchipatara nekuchimbidza.