

## Tunungu tua tshipiminu Bidishi bia mubidi bishilangana

Angata le SMM matuku onso



Angata wumue ne bumumue buende wa  
SMM dituku dionso to ne pashala kalangu  
munda mutupu

- Angata 1SMM ku dituku pawudi ne diufu
- Enza njila anyi teka tshivulukidi ne wutuishibu ne kamuma ka SMM mba kanua dituku dionso
- Ba mamu ba mafu badi ne tshiakubanga kuangata SMM padibu batuishibu ne bakadi kulu kule
- Kunua kau SMM butuku bonso anyi kunua pamue ne biakudia nansha ne mayi bidi bikepesha mpuka mpuka
- Bikala SMM mushale mu kalangu kunyima kua kutshiyi ne difu, angata bu mudi mukubaji mu tshikondo tshiwukadi mulela nansha tshikondo tshia kuamuisha muana dibebe

### Tshibutshilu :

Lama mu muaba udi luya lua 15° ne 30°C, lama tulangu bimpe ne mutuishibu ne tukanga tonso

## Londakaji bidishi bia mubidi bishilangana dituku dionso:

Dituku dionso, pawudi wangata bidishi bia mubidi  
Yaku wulenza matuku a ngondo adi mikala pa kabala  
matuku ebe

Tshiango	Luishi	Tshisanga nkasu	Tshisanga nkasu	Lumu	Kabalashipu	Kashipu mpumpu	Tshimungu wa mashika	Kabitende	Kasua masense	Kasuabanga	Tshisu munene
1	1	1	1	1	1	1	1	1	1	1	1
2	2	2	2	2	2	2	2	2	2	2	2
3	3	3	3	3	3	3	3	3	3	3	3
4	4	4	4	4	4	4	4	4	4	4	4
5	5	5	5	5	5	5	5	5	5	5	5
6	6	6	6	6	6	6	6	6	6	6	6
7	7	7	7	7	7	7	7	7	7	7	7
8	8	8	8	8	8	8	8	8	8	8	8
9	9	9	9	9	9	9	9	9	9	9	9
10	10	10	10	10	10	10	10	10	10	10	10
11	11	11	11	11	11	11	11	11	11	11	11
12	12	12	12	12	12	12	12	12	12	12	12
13	13	13	13	13	13	13	13	13	13	13	13
14	14	14	14	14	14	14	14	14	14	14	14
15	15	15	15	15	15	15	15	15	15	15	15
16	16	16	16	16	16	16	16	16	16	16	16
17	17	17	17	17	17	17	17	17	17	17	17
18	18	18	18	18	18	18	18	18	18	18	18
19	19	19	19	19	19	19	19	19	19	19	19
20	20	20	20	20	20	20	20	20	20	20	20
21	21	21	21	21	21	21	21	21	21	21	21
22	22	22	22	22	22	22	22	22	22	22	22
23	23	23	23	23	23	23	23	23	23	23	23
24	24	24	24	24	24	24	24	24	24	24	24
25	25	25	25	25	25	25	25	25	25	25	25
26	26	26	26	26	26	26	26	26	26	26	26
27	27	27	27	27	27	27	27	27	27	27	27
28	28	28	28	28	28	28	28	28	28	28	28
29	29	29	29	29	29	29	29	29	29	29	29
30	30	30	30	30	30	30	30	30	30	30	30
31	31	31	31	31	31	31	31	31	31	31	31

# Bana bakese ba ngondo 1 Ba mamu badi ne bukole bua mubidi

Ndilu muimpe ne biakudia bikumbaja  
Dituku dionso



# Bikubanjija

Ba mamu ba mafu badi ne majinga a kupeta vitamine ne mineraux. Kadi SMM padi bamuangata dituku dionso udi wanda muna ku manjinga, apu ba mamu ba bungi kabatu bapeta bidisha bia mubidi anu mu biakudia to. Padi mamu wubangisha kuangata kamuma ka bidisha mubidi padiye ne difu, apu vitamine ne mineraux bidi mua kutuala ka lututa pa bukole bua mubidi mamu nansha bua muana.

## SSM bua ba mamu bena mafu udi mua kubambuluisha ku :

- Ukepesha dijika dia mashi
- Kukuatshisha nshinga wa bukole bua mubidi
- Kuakaja bujitu pa kulela, kukepesha bungi bua badi baledibua ka bayi banj kupia to, kukepesha kulela kua bana ba bituka, kukepesha lufu lua bana mu kulela to ku ngondo 6
- Bidi bienza shidemenu mukole bua muanebe akole bimpe

Muana udi ne tshia nkunua anu dibebe dia mamuende to ne mu ngondo isabombo ya moyo wende Kunyima kua ngondo 6, bangisha kupesha muana bikuabu biakudia pa kubusha dibebe.

# + kudia kua bukalinga

Ba mamu bena mafu badi ne tshikuikale ne dilu udi ushituluka ku dituku ne dituku mu kudia kua bimuma, bisekiseki, nteta, misa, nkude, munyinyi nansha bintu bia bukulakula.



## Vitamine D

- Bidi biambuluisha dilubuluka dimpe ne dikolakana dia mifuba
- Mishimi mimpe ya biakudia bu mudi bikele bia mafuta ne mishindu mikuabu ya biakudia, bu mudi mabele, bia bukulakula bua ku didisha mudinda

## Calcium

- Biabuluisha bua mifuba ya mamu ikala mikole
- Mishimi mimpe idi bu mudi, bintu bia bukulakula, chou vert nansha misa ya koko

## Acide folique

- Kuabuluisha bua muana kapesthi lutatu mu bonko buende
- Ndiulu mulenga wudi wa bisekiseki, nteta, nkunde ne ngaji

## Fer

- Kuabuluisha bua muana kafika ku dijika dia mashi to
- Mishimi mimpe ya ndilu bu mudi, munyinyi wa ngombe, nyunyu, nkunde