**Dlala ngezimvo zokwenza umphako**

Kwabanye abantwana, ibreyikhi yokuqala neyesibini ngawona maxesha abalulekileyo esikolweni kumaxesha emini.Lithuba lokudlala nabahlobo nokuba bahambahambe bekhululekile kumabala esikolo. Ikwalithuba lokuba baqhale imiphako (iilantshi) yabo babone ukuba bafakelwe ntoni ukulungiselela ibreyikhi.

Koomama ukwenzela abantwana umphako kwenza nje intloko ebuhlungu. Ufake ntoni, inika impilo, okubalulekileyo, ingaba uza kuyitya umntwana wakho? Noxa kunjalo, imiphako yeyonanto ibalulekileyo ebantwaneni ukuya esikolweni kuba ngaphandle kwezakhi mzimba ezilungileyo, imini le ingabanyus`umnqantsa abantwana.Yintoni ke efanele ukuba ngumphako womntwana wesikolo?

**Amandla**

Ukutya okunamandla ikakhulu sistatshi,kodwa nakumafutha nakwiprotini. Bubulumko ukuqalisa ngesitatshi esifana nesonka sengqolowa, iphasta irayisi kunye nesiriyeli. Isonka esimdaka okanye esengqolowa uyakwazi ukukhetha sinefayibra ebalulekileyo ukugcina ithumbu lisempilweni.

Amafutha enza mandala kodwa kufuneka asetyenziswe manqapha nqapha. Ngoko kunjalo, amafutha asempilweni afana ne-omega-

3 no-6 afunyanwa kwiindidi zentlanzi ezifana nesadins nasemandongomaneni alungile kwaye ayafuneka emzimbeni. Umzimba wakho nawo ukwafuna amafutha ezityalo kwanezillwanyana kodwa kancinci kunalawo afumaneka kukutya okuthengwa sekuvuthiwe okufrayishiweyo.Ngoko ke, kuyeke ukutya okuthengwa sekuvuthiwe(ijunk), kodwa qiniseka ukuba umntwana wakho ufumana amafutha aweneleyo, umzekelo, ukuqaba imajarini esonkeni okanye ukufaka imayoneyisi kwisonka esinenyama.

**Izinto onokwenza ngazo umphako:**Isonka sengqolowa, imusli, umbeko onesitatshi (okufana nephasta) okanye ibhisikithi sengqolowa engacolwanga.

 **IProtini**

Ukutya okuneprotini kuqukwa inyama ebomvu, inkuku,intlanzi, indongomane, iimbotyi nezinto ezenziwe ngobisi namaqanda. Iprotini ibalulekile ekukhuleni. Izinto ezineprotini zinamafutha e-omega-3 kwaye alunga kakhulu ekusebenzeni kwengqondo.

**Izinto onokwenza ngazo umphako: I**meat spread, ifish spread okanye ihem esonkeni, umbeko wenyama okanye wenkukhu ube yimicwe phezu kwesonka, iqanda elibilisiweyo, amandongomane, imbewu(exutyiweyo) . Iyogathi okanye ubisi lungathathwa ngokuba nalo yiprotini. Zama ukuquka inxalenye yeprotini kumphako.

**Ikhalsiyam**

Ukuqinisekisa ukuba abantwana bayakhula kwaye bomelele ngokwaneleyo, umntwana wakho kufuneka abe nokutya okunekhalsiyam.Izinto ezenziwe ngobisi zezona kufumaneka kuzo ikhalsiyam.

**Izinto okunokwenziwa ngazo umphako:** Iqathana letshisi,elingangebhokisi yematshisi, okanye itotana yeyogathi enamafutha amancinci . Umntwana wakho ungamfakela ubisi olunamafutha amancinane okanye ubisi olususwe ikhrim, lungabinasincasanisi njengoko siba neswekile eninzi.

 **Iziqhamo nemifuno**

Iziqhamo kunye nemifuno zineevitamini, iiminerali kunye nezakhi mzimba. Ngaphezu koko, zineswekile yemveli enika amandla neyenza ingqondo isebenze kakuhle njengefayibra efuneka emzimbeni khon`ukuze ukutya kucoleke kakuhle. Kunyanzelekile kumphako womntwana wakho kubekho iziqhamo kunye nemifuno.

**Izinto onokwenza ngazo umphako: I**ziqhamo ezifana ne-apile, ibhanana okanye iidiliya okanye nasiphi isiqhamo selo xesha lonyaka, okanye ungongeza ngentwana yeyogathi.Qiniseka ukuba iziqhamo ziyahlanjwa kuqala zingabinantsholongwane.Ungafaka neziqhamo ezikrwada njengezitokhwe zomnqathe, iibloko zepepile okanye izilayi zetyukhamba. Irasanyisi kunye nezinye iziqhamo ezomisiweyo zingundoqo kwi-ayoni, kodwa ufake ezincinne njengoko zineswekile eninzi.

**Into yokusela**

Kubalulekile ukuba umntwana wakho ahlale enamanzi awoneleyo emzimbeni imini yonke. Ngakumbi ngeemini ezishushu kuyimfuneko ukuba umntwana wakho afumane amanzi awoneleyo nezinye iziselo ukuthintela ukukhameka bubushushu.

**Izinto onokukhetha kuzo:** Amanzi okusela acocekileyo abandayo, iti irooibos ebandayo(ingabinaswekile ininzi), iyogathi esisiselo, ubisi olunamafutha amancinane kunye nejusi.Hambela kude nezihlwahlwazi kwanoomongi abaneswekile eninzi. Ukuba abantwana bakho abafuni kusela amanzi, ungabafakela umongi , kodwa ungabiswiti kakhulu. Iziselo iSports drinks nee-energy drinks kufanelwe nazo zingasetyenziswa njengoko ziba neswekile eninzi nekhafeyni.

Ezi zinto zikhankanywe ngasentla ngoondoqo bezakhi mzimba ekufuneka ukuba uzifake kumphako womntwana. Ungadibanisa ukhethe kwisakhi ngasinye ukuqinisekisa ukuba xa usenza umphako womntwana umfakela into yokutya okanye eyokusela kumaqela okutya okubalulekileyo ngokwesixa esilngeneyo.

Nantsi imizekelo embalwa:

* Isonka sengqolowa esinehem netshizi, iti irooibos ebandayo kunye nesiqhamo esifana nebhanana.
* Umbeko wephasta kunye nezitokhwana zomnqathe neyogathi esisiselo.
* Iyogathi eneziqhamo namandongomane, iifish finga eziphekilweyo kunye neebhisikithi zengqolowa
* Umngqusho obandayo, inyama ebandayo esikwe yaba zizilayi(ubisi olunamafutha amancinci kunye nesiqhamo esincinane njenge-apile okanye ibhantshi yeediliya.
* Imuzli neyogathi, amaqhashu anetyuwa encinane, ijusi kunye netshizi encinane okanye umbeko wenyama.

Ukuba abantwana bakho abathandi kutya ukutya okunye rhoqo, yabelana nezimvo nabanye abazali esikolweni kwakunye nabahlobo bakho malunga nokwenza umphako. Kungenjalo ungazama ukumfakela kwa ezi zimuncumuncu zinye ngendlela yobuchule.