



Amacebiso

amacebiso ngokuselwa kwezinto ezingamanzi (ulwelo)



Mkhuthaze umntwana ukuba asele amanzi xa enxaniwe.

- Makasele iikomityi ezimbini ukuya kwezintathu zamanzu acocekileyo nakhuselekileyo ngemini.
- Kungcono umnike amanzi eziqhamo endaweni yeziselo ezi-bandayo. Makasele amanzi anencindi yeziqhamo angumlinganiselo wegiasi enye yeziqhamo ibe nye ngosuku.
- Mnike irooibos tea endaweni yeti nekofu eqhelekileyo.
- Musa kumnika iziselo kwisithuba seyure enesiqingatha engekasifumanzi isidlo esilandelayo kuba oko kuyakwenza ukuba umntwana angabinawo umda.

Amacebiso ngokutya amaqebengwana anempilo

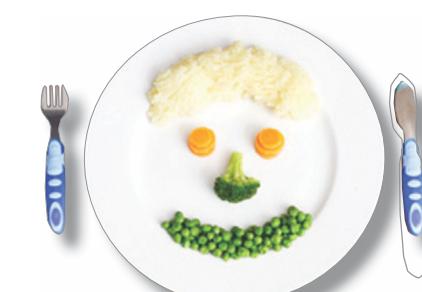
Mkhuthaze umntwana ukuba atye izineksi phakathi kwezidlo endaweni yokuba atye ukutyu okuzizimuncu-muncu (umze-kelo iitshipsi neelekese) Amaqebengwana anempilo ngala: Isameji yesonka esimdaka esiqatywe ibhotolo yamadongomane okanye esinesonka samasi okanye esiqatywe okanye singaqatywanga jem.

- Iziqhamo ezitsa, umqwayito weziqhamo okanye iziqhamo ezsiliweyo zenziwa bulekese
- Nayiphi na iyogathi okanye iyogathi eselwayo
- Nayiphi na imifuno engaphekewanga (umz. itumata, um-qathe netyhukamba)
- libhiskiti ezenziwe ngeflawa yengqolowa (umz. iProvita), oats okanye ibhotolo yamadongomane (umz. iikhrrantshi)
- Abantwana abangaphezulu kweminyaka emi 3: amaqhashu enziwe ekhaya amandongomane amakhulu nala aqhelekileyo. Ulumke bangatsarwa.

Amacebiso ngamaxesha okutya

Yenza amaxesha okutya ibe ngamaxesha amnandi okudibana kosapho.

- Mazibe zizidlo ezincinane ezintlanu ngemini: Esakusasa, esasemini nesangokuhlwa, kodwa ke makubekho intwana ntwana ezimnandana ezibini phakathathi kwala maxesha okutya.
- Mazingashiywa zodwa iintsana xa zisidla, bakumgcipheko omkhulu okukhamana.
- Yenza izidlo zibenomsalane ziqaqambe.
- Mabaphakelwe ezityeni zabo abantwana abancinane. Bakhuthaze ukuba bazityele, kodwa uqiniseke ukuba bayatya.
- Musa kusebenzisa ukutya ngeenjongo zokuqequesha okanye umnike ukutya akuthandayo ngenjongo yokunika amabhaso.
- Sukubanyanzela qabantwan ngokutya- kungcono uphinde ubanike ngelinye ixesha.
- Yiba ngumzekelo wokutya ukutya okunempilo usenza um-thambo rhoqo.



sabantwana

okunempilo
sokutya
isikhokelo

URhulumente
WE Ntshona Koloni



BAKHUTHAZE ABANTWANA UKUBA:

- 1 Bakonwabele ukutya iindidi zokutya.
- 2 Batye kancinane kodwa rhoqo izidlo ezi (5).
- 3 Batye ukutya okutyiwa lusapho.
- 4 Badlale ukuze udlamke.

ULWAZI OLUTHE VETSHE NENKXASO ZIFUMANEKA XA WENZE QHAGAMSELANA:

Qhagamshelana:
Inombolo yomnxeba:
Umhla:

URhulumente wePhondo leNtshona Koloni

ISBe lezeMpilo, linkqubo eziqolise kumaZiko
Inombolo yomnxeba: 021 – 483 2275



1

Yenza ukuba ukuya okunestashi kube sesona siseko sesidlo

Lunike usana ngokwaneleyo ezi zidlo ulunike nesneks ngenjongo yokuvuselela umdla walo ukuze lukwazi ukumelana nemfuno zalo zobushushu:

- Isidudu esenziwe nge oats, ngomgubo wombona,owamazimba ne cereals ezifumaneka kwi whole wheat zine-swekile ekwigqondo eliphantsi)
- Isonka (kungcono esimdaka okanye iwhole wheat).
- I-Rice, i-pasta, umngqusho, ingqolowa entlakantlaka, iitapile neb-hatata.
- Okubhakwe ngomgubo omdaka ongahluzwanga okanye ezibhakwe ngomgubo wewhole wheat, i-cereals okanye i-oats.
- Lintsana kufuneka zitye mihla le ubuncinane ka-3 ukuya kwi-6 ukuya okunesitashi.
- Inxalenye enye yesitatshi ilingana nesilayi esinye sesonka, ½ yekomityi yerayisi (ephekiweyo), okanye ½ yekomityi yepasta, yetapile okanye iWeetbix.



2

Inkuku, intlanzi, inyama amaqanda okanye ubisi zizona nto zinokutyiwa yonke imihla

Inkuku, intlanzi nenyama

- Abantwana kufuneka baphiwe umlinganiselo omncinane omnye ukuya kwemi-2 zoku kutya ngemini (Umlinganiselo 1 = itispuni enye elize-leoyo qho ngonyaka ngexesha ephila).
- Amaqanda angasetyenziswa endaweni yezi zidlo, imidumba (imbotyi, iilentile, isoya okanye i-erityisi), ibhotolo yamandongomane okanye isonka samasi.

Amaqanda

- Waphake ebilisiwe, eqhuqliwe, ezi-omelets okanye iqanda eline-custard. Amaqanda abilisiweyo angasikwa abe ngamaqhekeza aze atyiwe njengokutya okutyiwa ngezandla.

Ubisi (luya funeka ukuze komelele amazinyo namathambo)

- Ukuba uyancancisa amasi ebele usana lugqithise kwiminyaka emi 2 nangaphezulu (mncancise emva kwestidlo ngasinye okanye kokuba efumene isnaks ukuze ungamoshakali umdla womntwana).
- Umntwana zifuna iikomotyi ezi-2 okanye ezi-3 ezizele lubisi olunengqaka ngosuku xa begqiba isisdlo
- Ezinye imveliso zobisi ezifana neyogathi icottage cheese okanye isonka samasi singasetyenziswa endaweni yobisi.



3

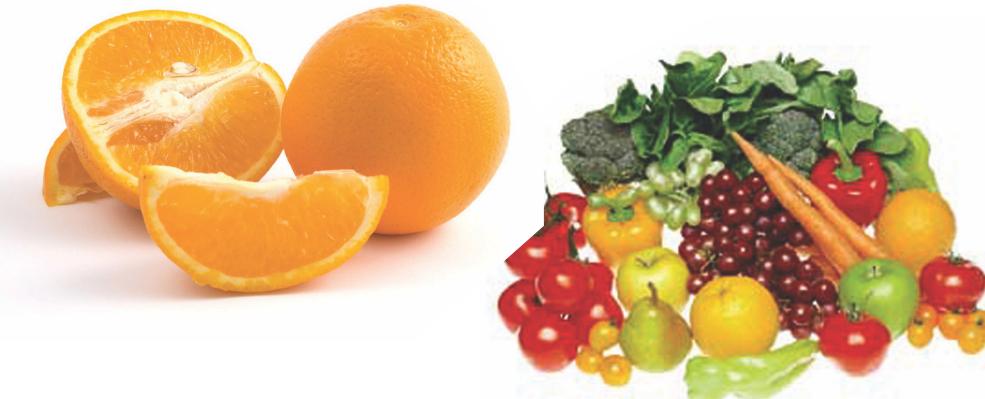
Yitya imifuno neziqhamo ezininzi yonke imihla

Imifuno neziqhamo ezinezakhamzimba netyuwa ezinceda umzimba ekulweni izigulo ezifana nengaele, utyatayo nesifo sephepha.

- Abantwana kufuneka banikwe imilinganiselo emincinane emi-4 ngemini (umlinganiselo 1 = itispuni eli-1 eligcweleyo yonke imihla yokuphila)
- Tshintsha-tshintsha yonke imihla: Ibenye eluhlaza yaka (Umz. ibrokholi, ispinatshi okanye imifuno engamagqabi) okanye umbala omthubi/ (umz ithanga okanye umnqathe) apho unokufumana izakhamzimba ezinguvithamini A nesinye isakhamzimba esityebileyo ngevithamini C (Umz iziqhamo ezinencindi, igwava, itumata okanye nayiphi na imifuno ekrwada).
- Banike abantwana izineksi phakathi kwezidlo.



Inyama amaqanda



5

Amafutha wasebenzise ngobungcathu

- Khetha amacebo ezempilo empilo afana nokusetyenziswa kwemajerina ethambileyo, i-avokhado nebhotolo yamandongomane.
- Khumbula amafutha amaninzi angakutyevisa, utebe ube nesifo sentliziyo ethubeni.
- Makube kuncinane ukutyiwa kokutya okuqotsiweyo nokunamafutha okufana nepayi isoseji-roli, isamoosa, amagwinya anamafutha, ipoloni iviyena nokutya kwenziwa



6

Sisebenzise kancinane izidlo ezineswekile kunjalo nje mazingasetyenziswa phakathi kwezidlo

- Ukuya kakhulu ukuya okuneswekile nezidlo ezibuswekile ziyahluthisa kube nzima ke ngoku ukuya ukuya okunempilo okufana neziqhamo nemfuno. Yehlsa amathuba okutyiwa kwezinto ezimnandi kabini ngeveki. Nikezela ngezimnandana emva kokutya xa athe umntwana watya kakuhle).
- Khumbula ukuwahlamba amazinyo kusasa naphambi kokuba uye kulala.



Ezi zidlo zinezakha mzimba eziyiprotensi nesintlakantlakiso (fibre) kodwa ezingenamafutha maninzi (imbotyi ezomileyo, ii-erityisi ezicandwe phakathi, iilentils nesoya) zingagalelwya enyameni ebomvu okanye kweyenku nakwentyentlanzi.

