

UKUTYA OKULUNGILEYO NGEXESHA LOKUHAMBISA KWESISU

- Ukutya okulungele le meko: isidudu somgubo wombona, i-oats, iitapile ezicujiweyo, imifuno ethambileyo, i-apile elithambileyo, ipere, ibanana, izifuba zenkuku, iyogathi, amasi, nesuphu.
- Ukutya okunjengama-apile achutyiweyo, amapere, i-oats, irayisi, iitapile ezibilibiweyo neebhatata ziyanceda "ukubamba" amanzi emzimbeni zinciphise nokulahleka kwezakha mzimba

UKUMONGEZA AMANZI:

- Mnike umntwana umxube olungiselelwe isifo sorhudo (Umxube wamanzi, ityuwa neswekile (SSS) ukongeza ekutyeni nasemva kwetuwa nganye emanzi. Amanzi netyuwa azilahlileyo umntwana wakho ngexesha ahambisayo kufuneka ebuyiselwe ngalo mxube.
- Kufuneka umane umselisa kancinci ngemagi qho emva kokuba etuwile:
- Abantwana abangaphantsi kweminyaka emi-2 ubudala: kufuneka basele i- ½ yemagi bona abaminyaka mi-2-5: basela imagi e-1
- Ukuba umntwana uyagabha, linda imizuzu eli-10 uze emva koko uphinde uqhubeke nokumseza umxube, kodwa ungamngxameli
- **QINISEKISA UKUBA AMANZI AKHO ACOCEKILE KWAYE AKHUSELEKILE!**



ZINTONI EKUFUNEKA EN- GAZITYANGA UMNTWANA WAM XA EHAMBISA

- Musa ukumnika ukutya needrinki eziswiti (okunjenge-fruit juice, necold drinks, neelekeke)
- Musa ukumnika ukutya okushushu okanye okuqholiweyo, ikofu necaffeine
- Musa ukumnika ukutya okunamafutha kakhulu (ukutya okugcadiweyo, iisoseji, namafele enkuku, inyama etyebileyo, iipayi, iitshipsi, iidoughnuts, amagwinya, inkuku okanye intlanzi eqhotsiweyo)
- Musa ukumnika ukutya okwenza umoya esuswini (okunjekhaphetshu, ibroccoli, ii-ertyisi neembotyi)

QAPHELA: Ezi ntlobo zokutya kufuneka zingatywa xa umntwana ehambisa, kodwa ke angaphinda akutye xa ephilile!

IIMPAWU ZENGOZI

Yiya kwiziko lempilo ngoko nangoko ukuba umntwana wakho unenye yezi mpawu zilandelayo:



**IZONGO ZOMZIMBA NESIFO
SORHUDO**

UKUNQANDA IINGXAKI ZOKUNGAKHULI KAKUHLE NOKUNGONDLEKI

Abantwana abanesifo sorhudo behla umzimba ngokukhawuleza oko kungakhokelela ekubeni babe nengxaki yokukhula. Kufuneka siqinisekise ukuba abantwana bayaphinda babuyele eziqwini zabo!

UCOCEKO

Ekutyeni zingakhona iintsholongwane ezingabangela isifo sorhudo. Ukucoceka kwezinto ezisetyenziswayo kungabangela ukuncipha kweentsholongwane ekutyeni, oko kungakwazi ukunqanda isifo sorhudo.

- Ucoceko lwakho kunye nezinto ozisebenzisayo lubalulekile
- **HLAMBA IZANDLA** phambi nasemva kokulungisa ukutya, phambi kokutya nokutyisa usana, emva kokuba uvela ngasese, emva kokufinya, emva kokuphatha inkunkuma)
- linwele mazingaweli ekutyeni
- Gquma izilonda nemikrwelo ngeplastazi

UKHUSELEKO LOKUTYA

- Kufuneka siqinisekise ukuba ukutya akungcoliswa ziintsholongwane.
- Hlamba zonke izixhobo (iimela, iifolokhwe, iipleyiti, iikomityi neembiza) ngamanzi ashushu anesepha
- Hlamba imiphezulu yeetafile neyeekhabhathi ngamanzi ashushu anesepha.
- Zihlambe iziqhamo nemifuno phambi kokuba uyitye.
- Yitya ukutya okuphekiweyo kwiiyure ezimbini zokuba kuvuthiwe okanye ukufake entweni ecikwayo ukubeke efrijini, uze ukufudumeze okanye ukubilise phambi kokuba ukutye.
- Sukuthenga ukutya okonakeleyo (jonga umhla okuphelelwa kwako, sukuthenga ukutya okusentweni ekrazukileyo)
- Qinisekisa ukuba ukutya (ingakumbi inyama, intlanzi namaqanda) avuthiwe

UKUTYISA UMNTWANA ONESIFO SORHUDO

- Xa umntwana erhuda, kubalulekile ukuba uqhubeke umtyise
- Kuyakhuthazwa ukuncacisa ibele kuphela.
- Ukuba lubisi olungumgubo, lwenze ngendlela ecocekileyo nekhuselekileyo!
- Sebenzisa imagi ukuba usebenzisa ubisi olungumgubo (sukusebenzisa ibhotile)
- Ukuba umntwana ungaphezulu kweenyanga ezi-6 ubudala kwaye uyatya ukutya: qiniseka ukuba ukutya kwenziwe ngendlela ecocekileyo nekhuselekileyo kwizifo
- Qinisekisa ukuba ukuba umntwana wakho ufumana uVitamin A qho kwiinyanga ezi-6 ade abe neminyaka emi-5 ubudala.
- Emva kwesifo sorhudo, kubalulekile ukuba umntwana umnike ukutya kangangoko, ukuze abuyele esiqwini sakhe.

NDIMTYISE NTONI UMNTWANA WAM XA ENESIFO SORHUDO

- Sukuyeka ukuncacisa ibele, ubisi olungumgubo ingakumbi ukuba umntwana wakho ungapantsi kweenyanga ezi-6 ubudala
- Qhubeka umtyisa ukutya okuqinileyo umntwana wakho ukuba ungaphezulu kweenyanga ezi-6 ubudala
- Kufuneka umane umnika kancinci kancinci ukutya amaxesha amaninzi
- Umnike ukutya okungqinelana nobudala bakhe
- Ukuba uyancancisa, mncancise qho, mncancise ithuba elide emini nasebusuku
- Ukuba umntwana utya ukutya: landela indlela yokutyisa umntwana ebekelwe ubudala bakhe, kodwa umnike kancinci kancinci amaxesha amaninzi (mhlawumbi ka-6 ngemini)
- Sukumnika ukutya okuswiti needrinki/isiselo



1 LITHA YAMANZI
ACOCEKILEYO



8 IITISPUNI
ZESWEKILE



1/2 YETISPUNI
YETUWA



ICHIZA
LOKUSINDISA
UBOMI