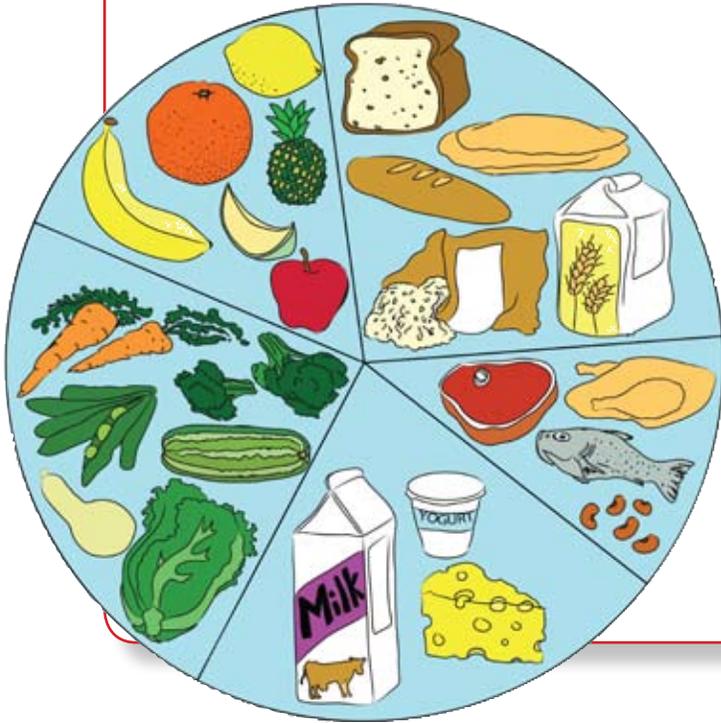


TOPIC 3—NUTRITION



Gufungura Neza

Gufungura neza bisigura kwihereza imfungurwa z'ubwoko bwinshi imisi yose. Izo mfungurwa zigizwe n'intete, ivyamwa, imboga, inyama, amafi n'ibindi vyose birobwa mu mazi, ibiharage, amata, n'izindi mfungurwa zikomoka ku mata. Iyo ufungura indya zituma umuntu agira amagara meza, wumva umerewe neza.

Eating Healthy

Eating healthy means eating a balanced variety of food every day. This includes eating whole grains, fruit, vegetables, meat, seafood, beans, milk, and other dairy products. When you eat food that is good for your body, you feel better.

Kugira amagara meza

Gufungura indya nziza biragufasha n'umuryango wawe kugumana amagara meza mu mubiri no mu mutwe. Birabafasha kandi mwese mu kugira inguvu zo gukora, zo kwiga mw'ishule no gukina!

Being Healthy

Eating healthy food keeps you and your family physically and mentally healthy. It also gives you and your family more strength for work, school, and play!



TOPIC 3—NUTRITION

Ivyamwa n'Imboga

Ni ngombwa kurya ivyamwa n'imboga nka gatanu ku munsu. Gufungura ivyamwa n'imboga biraguha amavitamine nyakuri umubiri wawe ukeneye kugira ngo umererwe neza. Kugira ngo umubiri uronke ayo mavitamine nkenerwa, fungura ivyamwa n'imboga z'amabara atandukanye.

Fruit and Vegetables

It is important to eat fruit and vegetables at least five times a day. Eating fruit and vegetables provides you with many natural vitamins that your body needs to be healthy. To get the vitamins your body needs, eat different colored fruit and vegetables.

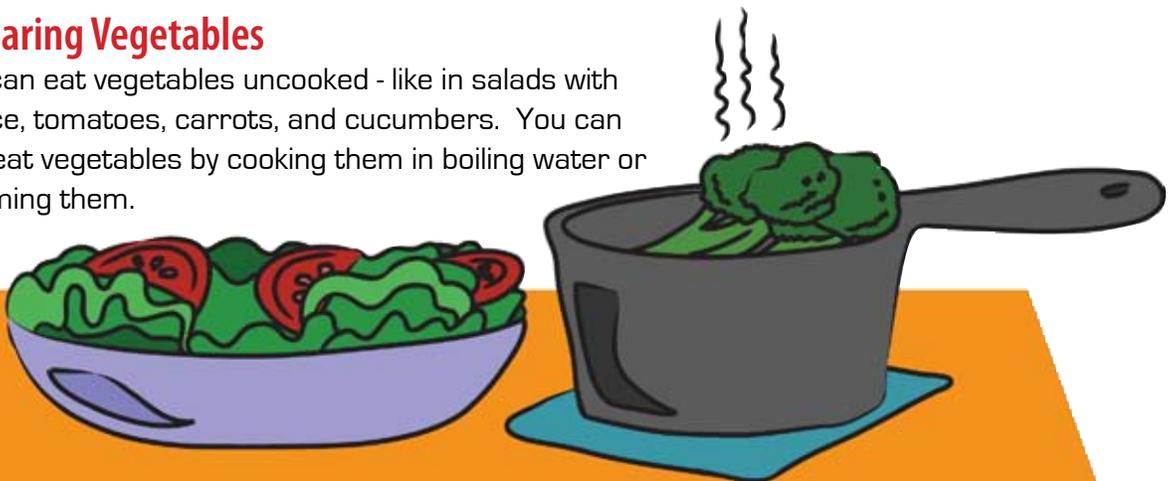


Gutegura imboga

Urashobora kurya imboga zidatetse, nk'imboga z'amababi zigenewe kuribwa ari mbisi, inyanya, amakaroti n'imyungu mito mito yoroshe. Urashobora kandi kurya imboga uzitetse mu mazi abize canke uzitetse nyuru y'amazi abira n'umuhisha.

Preparing Vegetables

You can eat vegetables uncooked - like in salads with lettuce, tomatoes, carrots, and cucumbers. You can also eat vegetables by cooking them in boiling water or steaming them.



TOPIC 3—NUTRITION

Intete Nkomezamubiri

Intete nkomezamubiri ni isoko rihambaye ry'inkomezamitsi. Inkomezamitsi ituma imfungurwa zoroherwa mu kuzunguruka mu mara, ikingira ingwara zimwe zimwe kandi irafasha kuguma ufise uburemere bugereranye. Uturorero mu mfungurwa z'intete nkomezamubiri ni umuceri usan'umugina, umukate w'ingano, n'izindi mfungurwa zikozwe mw'ifu y'ingano; nk'ubuyi canke umusururu. Ukwiye kurya imfungurwa z'intete nka kabiri ku munsi.



Whole Grains

Whole grains are an important source of fiber. Fiber can help keep your digestive system regular, prevent certain diseases, and control your weight. Some examples of whole grains are brown rice, whole wheat bread, whole wheat pasta, and cereals such as oatmeal. You should eat whole grains at least twice every day.

Gabanya Uburemere bw'umubiri

Itwararike kutarya ibinure vyinshi ku munsi. Iyo uteka, koresha amavuta atemba nk'ayahinguwe mu biterwa bimwe bimwe nk'amavuta y'ivyema, y'ibigori, aya kanola n'aya oliva, wirinde gukoresha amavuta y'inka n'amamesa. Kugabanya canke kwirinda kurya imfungurwa zirimo ibinure vyinshi bizogufasha kugumya uburemere buhagije kandi birashobora kugukingira indwara y'umutima hamwe na kanseri zimwe zimwe.

Lower the Amount of Fat

Limit the amount of fat you eat every day. When you cook, choose liquid vegetable oils, such as peanut oil, corn oil, canola oil, and olive oil, instead of butter and palm oil. Limiting the amount of fat you eat will help you maintain your weight and may help lower your risk of heart disease and certain cancers.



TOPIC 3—NUTRITION

Ibiribwa bitafise ibinure vyinshi

Hitamwo imfungurwa zisanzwe zifise ibinure bikeyi. Imboga zigisoromwa nizo nziza kuruta izabitswe igihe kinini. Uturorero tw'imfungurwa zirimwo ibivyibusha cane ni ibisate vy'ibiraya bikaranze, ibisuguti, imikate isosa cane, amafiriti, inkoko zikaranze n'amapiza. Imfungurwa zirimwo ibinure vyinshi ni mbi ku magara yawe kuko zishobora kugutera ingwara y'igisukari, ingwara y'umutima n'ukuyibuha cane.

Foods Low in Fat

Chose foods that are naturally low in fat, like chicken, fish, fruit, and vegetables. Fresh food is better than packaged food. Examples of foods that have high fat are chips, cookies, cakes, french fries, fried chicken, and pizza. Foods with high fat are bad for your health because they can cause diabetes, heart disease, and weight gain.



Gabanya Urugero rw'Umunyu

Umunyu mwinshi urashobora kukwononera amagara. Gabanya urugero rw'umunyu ukoresha uriko urateka. Gufungura imfungurwa zirimwo umunyu muke bituma umutima utera neza n'amaraso atembera neza. Sodyumu ni irindi jambo bita umunyu.

Reduce the Amount of Salt

Too much salt can be bad for your health. Reduce the amount of salt you use when cooking. Eating foods low in salt helps to control your blood pressure. Sodium is another word for salt.



TOPIC 3—NUTRITION

Pima Urugero rw'Isukari

Isukari nyinshi ni mbi ku magara yawe. Itwararike kunywa ku rugero ibinyobwa birimwo isukari nyinshi; nk'ama soda, n'ibindi binyobwa bisosa, cane cane ku bana. Wewe n'umuryango wawe mwirinde kurya ibisosa nk'imbombo canke ibindi mwongerako muhejeje gufungura. Gufungura ibirimwo isukari nkeyi biragufasha kugumya uburemere bukwiye kandi bituma amenyo atabora kandi birafasha amenyo gukomera.

Limit the Amount of Sugar

Too much sugar is harmful to your health. Limit drinks that contain a lot of sugar, such as soda and fruit drinks, especially for children. Limit sweets, such as candy and dessert, that you and your family eat. Eating less sugar will help you maintain your weight and control tooth decay.



Abana b'Amagara meza

Ni ngombwa kugaburira abana bawe imfungurwa nziza kandi ngira kamaro (nkomezamagara). Abana bakeneye imfungurwa z'ingirakamaro kimwe n'abakuze, ariko ku rugero rw'uko bangana n'imyaka bafise.



Healthy Children

It is important to give your children healthy food. Children need the same healthy food as adults, but in amounts appropriate to their size and age.

TOPIC 3—NUTRITION

Abana b'Amagara meza

Utegerezwa kumenya ko banywa amata akwiye kugira amagufa n'amenyo yabo akomere. Ntibakwiye kurya imfungurwa nyinshi zirimwo ibinure vyinshi nk'udukate dusosa cane, inkarange z'ibiraya n'ibindi bihinguwe ngo biribwe vuba. Abana bafunguye neza barakurikira mw'ishule kandi bibafasha kutarenza urugero mu bunini.

Healthy Children

Make sure children drink enough milk to build strong bones and teeth. Children should not eat a lot of high fat foods, such as cookies, chips, and fast food. When children eat healthy, they do better in school and avoid becoming overweight.



Reka Kurera Amaboko

Kugira ico ukora biragufasha n'umuryango wawe kugira amagara meza, kugira inguvu nyinshi, kumera neza mu mubiri no kugumana uburemere bugereranye. Abantu bakuze bakwiye kugira imyimenyerezo yo kunonora imitsi nk'iminota mirongo itatu ku munsu.

Stay Active

Being active helps you and your family stay healthy, have more energy, feel better, and maintain a healthy weight. Adults should get at least thirty minutes of activity every day.



TOPIC 3—NUTRITION

Uburyo bwo

Rungika abana gukina canke kwononora imitsi nk'isaha ku muni kandi ugabanye umwanya baraba televiziyo. Ibintu bifasha abana n'abakuze kunononora imitsi ni nko gutembera ku maguru, gutamba, gukina inkino, kugendera kw'ikinga n'ugusimba umugozi.

Ways to be Active

Encourage children to get at least one hour of physical activity every day and limit the amount of television they watch. Activities for adults and children can include walking, dancing, playing sports, riding bicycles, and jumping rope.



Umwanya Ngirakamaro wo Gufungura

Koresha umwanya wo gufungurira hamwe n'umuryango kugira muganire n'abana ivyerekeye imico n'imigenzo ngendegwako mu buzima. Abana basangira n'abavyeyi iminsi yose barusha abandi amagara meza kandi bakora neza gusumba mw'ishule. Gufungurira hamwe bikomeza ubumwe n'umwumvikano mu miryango.

Healthy Meal Time

Use family meal time to find out about your children's day and to share your culture and values with them. Children who eat with their family on a regular basis are healthier and do better in school. Eating together also helps families stay more connected to each other.



TOPIC 3—NUTRITION

Itwararike Uburemere Bwawe

Birakenewe cane kwirinda kuvyibuha birenze urugero. Kuvyibuha birenze urugero bishobora gutera:

- Ingorane mu ngingo z'amagufa
- Ingorane z'amaraso yiruka anyaruka
- Ingwara y'igisukari
- Ingwara y'umutima
- Kugwara ubwoko butandukanye bwa kanseri

Control Your Weight

It is important to prevent being overweight.

Being overweight may cause:

- Joint problems
- High blood pressure
- Diabetes
- Heart disease
- Some cancers



Gusuma Imfungurwa Ngirakamaro

Ringaniza neza ivyo ugomba gufungura hanyuma ubishire ku rutonde imbere yo kuja gusuma. Ubonye ko ivyamwa canke imboga bahejeje gusoroma bizimvye, gura ibikanye cane, canke ibiri mu bigopo. Gereranya neza ivyakoze n'amahinguriro azimbutse abe arivyo ucagura kugira uziganye. Kumenya neza imangazini usumiramwo birafasha mu kuziganya amahera no kugura imfungurwa zibereye umuryango wawe. Guma ucungana nuko ibiciro vy'ibifungurwa ukeneye vyagabanijwe. Baza uwujewe ku gufasha ibindi woba wifuza kumenya kuri ibi bintu vyose vyasiguwe.



Shop for Healthy Foods

Plan your meals and make a list before going food shopping. If fresh fruit and vegetables cost too much, buy frozen or canned ones. Compare brands and buy the lowest cost brand to save money. Look for sales or discounts on food you need. By knowing your food store, you can save money and buy healthy foods for you and your family.