

GOOD NUTRITION & FOOD SAFETY FOR CHILDREN ON ART



The Integrated Management of Paediatric AIDS/ HIV Care and Treatment and PMTCT (IMPACT)

Good Nutrition & Food Safety For Children on ART

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Good nutrition and food safety for Children on ART

Section 1: English

Good nutrition and food safety for Children on ART

Good nutrition that is well balanced is very important for people living with HIV – especially children - because when the body does not get enough food, or the right foods, it becomes weak and cannot develop and work well. Healthy and balanced nutrition means eating the right types of food in the right amounts. Food cannot cure or treat HIV infection, but can improve the health and quality of life of someone living with HIV. Eating sufficient amounts and a balance of different food helps to maintain body weight and muscle , as well as keeping the immune system strong. Nutritious food helps:

- The child to be healthy
- To protect against disease and fight infection or reduce the chances of infection, thereby reducing the weakening of the body
- To develop and repair cells and tissues in the body and speed up recovery from illnesses in children
- The child to grow and keep warm
- Increase strength and enables the child to exercise.
- Reduce the need for medication
- Improves the effectiveness of and tolerance to medication
- Reduces the chance of complications and the need for hospitalization.

Tips for good nutrition

Children need more food than adults, but because they have small stomachs they need small meals often. Have the child eat small meals five or six times a day.

Food that protects the body

- Fruits and vegetables provide minerals and vitamins that protect the body against diseases. If possible, a child should eat a portion of five different fruits or vegetables every day. For very young children, fruits and vegetables can be mashed.



Body building foods

- Meat poultry, fish, milk, eggs, beans and nuts provide protein that helps build the body. For young children, finely flake fish, beans, eggs and nuts or other soft and easily digestible foods from the family meals and finely chop meat.. Milk is a valuable source of nutrients for children up to the age of 13. Children should continue to drink milk regularly to meet their developmental and growth needs.



- Foods that provide energy; Staple foods such as cereals, bread, maize meal, sorghum millet, potatoes, rice and starchy vegetables such as sweet potatoes and pumpkin provide energy. Any of the above and or sour milk should be eaten as much as possible.
- Foods that provide additional energy and minerals: Fats for cooking, butter margarine and peanut butter provide energy and minerals to the body. Enrich food by adding one or two teaspoons of oil, butter, margarine, peanut butter or sesame paste.
- Oral vitamin A supplements are important to increase immunity to infections.
- Sweets, chocolates, soft drinks and tinned foods often take away the child's appetite and should therefore be given in moderation.

Special information for babies up to six months

Breast milk is the best food for babies, even for HIV positive mothers. All babies should be exclusively breastfed (in other words, no additional water or other foods) up until the age of six months, even if the mother is HIV positive.

Breast milk is best because:

- It protects the baby against infection, especially babies below six months, who can die from infectious diseases like diarrhoea.
- It does not damage the baby's mouth and gut. Giving other foods can result in damage to the baby's gut and mouth, allowing HIV to enter the baby's blood stream.
- It is the most hygienic and nutritionally sound food, especially in areas where clean water is not available and hygiene is poor.
- It is free.

Things to remember

The mother should feed her baby only on breast milk and nothing else not even water for the first six months.

- Giving other foods and liquids together with breast milk before the age of six months increases the risk of diarrhea, as well as the risk of passing HIV to the baby.
- The baby should be fed when it is hungry and should be attached to the breast so as to prevent breast and nipple problems.
- Counselling at six months is required to establish if replacement feeding is acceptable, feasible, affordable, sustainable and safe.
- Babies who are HIV positive should continue to be breastfed for two years including after the introduction of additional foods at six months. Continued breastfeeding continues to be the best method to ensure child survival for HIV exposed babies.
- HIV positive babies do not need replacement feeding before the age of six months, even if it is acceptable, feasible, affordable, sustainable and safe, because breast milk protects against opportunistic infections which no replacement milk does.

Food safety

1. Personal hygiene

Always wash hands with clean water with soap or ashes

- After using the toilet
- Before preparing food
- Before eating
- After changing a baby's nappy or helping a child use the toilet
- Keep nails short and clean and wash under the nails each time you wash hands.
- If you have a wound on your hand, cover it up with a bandage so that any infection from the wound is not passed on to food during preparation and handling.
- Always wash hands under flowing water and not in still water in a basin.

2. Hygiene in the home

- Always use a latrine or toilet. Keep the toilet and its surroundings clean and free from flies
- Wash dirty linen with hot water and soap. Soak the linen in water with bleach (1 cup bleach to ten cups water)
- Prevent flies from breeding by throwing refuse in a refuse pit and covering it well with soil. Keep rubbish in a covered bin and empty regularly
- Household vegetable gardens should not be grown near bathrooms exits, rubbish or open sewage.

3. Drinking water

- Always use safe drinking water from a protected well or tap

- If water comes from an unprotected well, river or any other source, boil the water for ten minutes before drinking it. You can also chlorinate the water to make it safe to drink.
- Store drinking water in a clean, covered container.

4. Food preparation

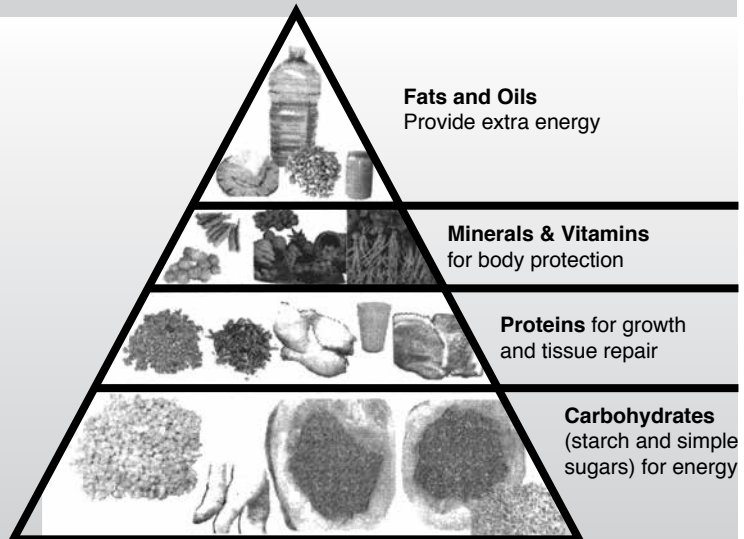
- Make sure all surfaces, cloths and utensils are clean
- Make sure all ingredients are clean and fruit and vegetables have been washed in clean water preferably running water from a tap or poured from a cup
- Use only clean water to cook with
- Protect the food you are cooking from flies and dust by covering it
- Avoid sneezing or coughing on food
- Avoid scratching your skin when cooking
- When cooking cook well things like meat, eggs and beans
- Do not cook vegetables for a long time that may result in destroying most of the goodness in the food
- Serve food immediately after cooking and eat while still hot and avoid letting the food get cold before eating
- Do not keep cooked food for a long time, particularly if you have no fridge or cooler. Do not leave cooked food at room temperature for more than two hours. Food left over from the night before should be kept in the fridge and thoroughly reheated before eating. Food should only be reheated once after it has been cooked.

5. Food storage

- Only store food that is in good condition. Fruit and vegetables should be regularly checked to see if they are over ripe
- Storage areas should be cool, moist, dark well ventilated and protected from insects and pests

- Fresh produce should be washed in clean water and thoroughly dried before storage
- Always use the oldest foods first when using stored food
- Do not store food for too long, even in the refrigerator, and separate raw meat, poultry and fish from other foods. Prevent blood from raw meat from dripping on other foods
- Avoid thawing and refreezing food. Do not thaw frozen food at room temperature.

NUTRITIONAL FOOD PYRAMID



- The levels of pyramid, illustrate the proportions in which the food in the different food groups should be taken
 - Eat a variety of foods from each food group
 - Drink plenty of clean and safe water

Good nutrition and food safety for Children on ART

Section 2: Shona

Kudya kunovaka muviri nekuchengetaka kwezvekudya zvevana vari pachirongwa cheART

Kudya kunovaka muviri kwakaenzanirana kwakakosha chose kuvanhu vanorarama neutachiwana hweHIV, kusanganisira vana vadiki, nemhaka yekuti kana muviri usingawani zvekudya zvakanakwana uye zvevhando yakafanira unosakanika zvekuti unenge usisakuri uye usisashandi zvakanaka. Kudya kune utano uye kwakaenzanirana kunoreva kuti munhu anodya chikafu chemhando yakafanira uye chine uwandu hwakafanira. Zvekudya hazvigoni kurapa kana kupedza utachiwana hweHIV asi zvinogona kusimbisa muviri nekuvandudza upenyu hwemunhu. Kudya chikafu chakawanda. zvakanakafanira uye chinosanganisira mhando dzezvekudya zvakasiyana-siyana kunobatsira ra kuchengetedza uremu nesimba mumuviri. Kudya kwakadai kunobatsirawo kusimbisa masoja anorwisa utachiwana mumuviri. Kudya kunovaka muviri kunobatsira:

- Kuti mwana ave mutano
- Kuchengetedza mwana kubva kuzvirwere uye kurwisa utachiwana kana kuderedza mukana wekubatwa neutachiwana izvo zvinoderedzawo kupararira kweHIV-.
- Kukudza nekuumba zviumbamuviri pamwe chete nekuvandudza kupora kwemwana kubva muurwere
- Mwana kuti ararambe uye kuti agare achidziirwa
- Kuwedzera simba uye kunoita kuti mwana agone kufamba
- Kuvandudza mashandiro nekugamuchira kurapa kwemishonga
- Kuderedza matambudziko pamwe chete nenguva yekuva kuchipatara

Mazano maererano nekudya kunovaka muviri

- Vana vadiki vanoda chikafu kupfuura vanhu vakuru. Zvisinei, vane matumbu madiki saka vanofanira kudya kakawanda. Nokudaro, itai kuti mwana adye zvekudya zvishoma kashanu «ana katanhatu pazuva.

Kudya kunodzivirira muviri kuzvirwere:

- Michero nemiriwo kudya kunopa muviri ma vitamins nema minerals anodzivirira muviri kuzvirwere. Ngapawanikwe muchero mumwe chete kana kupfuura nemhando yemuriwo imwe chete kana kupfuura zuva nezuva. Kuvana vadiki, michero nemirivo iyi inogona kupwanyiswa-pwanyiswa.



Kudya Kunovaka Muviri

- Nyama yemombe, yehuku, nevimwe zvakadaro, nehove, mazai, mukaka, beans kudya kunovaka muviri kunofanira kuwanikwa zuva nezuva. Kuvana vadiki, pwanyai hove, bhinzi, mazai nenzungu uye dimburai dimburai nyama kana zvimwewo zvekudya zvakapfava uye vinogaika nyore mudumbu Mukaka unoramba chiri chinhu chakakosha pakuwanisa zvinovaka muviri kuvana vadiki kusvikira vava nemakore maviri ekurekwa. Vana ava vanofanira kuramba vachinwa mukaka wakakwana nguva nenguva kuitira kuti vawane zvinodikanwa pakukura kwavo.



Kudya kunopa simba

- Kudya kwakaita semacereals, chingwa, mutakura, chibage sadza rechibage, mhunga, mafunde, mupunga, banana, nematapiri. Kudya uku kunofanira kuwanika panguva dzekudya dzega dzega. Zvimwe zvezviri pamusoro apa zvakasanganiswa pamwe chete nemukaka zvinofanira kudyiwa pose panogoneka.

Kudya Kunowedzera Simba Zvekare:

- Mafuta ekubikisa, majarini, butter, nedovi kudya kunopa simba mumuviri. Wedzerai utano muchikafu kuburikidza nekuisa chipunu chidiki chimwe chete kana zviviri zvemafuta kana majarini, mukaka, nzungu nezvimwewo zvinogadzirwa kubva pazvisikwa zvemumvura
- Mhando yevhitamini A inoita zvekunwiwa yakakosha pakuvandudza
- Zvihwitsi, machokoreti nekudya kwemumagaba kunopedza chido chemwana chekudya, nokudaro izvi zvinofanira kupiwa kumwana zvishoma zvishoma.

Mashoko akakosha maererano nevana vezera repasipemwedzi mitanhatu

Mikaka waamai ndiwo wakakoshesesa pakuyamwisa vana vadiki. ,Mukaka waamai unoramba uri iwo wakakoshesesa kuvana vadiki, kusanganisira kunanaamai vaneutachiwana

hweHIV zvisinei nekuti panogona kuva nemukana wekuti amai vanogona kuparadzira utachiwana kumwana. Mukaka waamai unoramba uriwo wakakoshesesa nokuti

- Unochengetedza mwana kubva kuutachiwana, zvikuru sei kuvana vezera riri pasi pemwedzi mitanhatu avo vanogona kuuraiwa nyore nezvirwer~ zvinotapuriranwa zvakaita semanyoka.
- Hautsemuri muromo nematumbu emwana. Kupa mwana zvekudya zvakasiyana-siyana ku-nogona kukuvadza kana kuzvimbisa matumbu remuromo wemwana, izvo zvinozoita kuti utachiwana hweHIV hugone kupinda hugone kupinda muropa remwana remumuviri.
- Unogona kuva iwo wakanyanyotsvinda uye iwo une kudya kunovaka muviri zvakanyanya kupfuura zvimwe zvose munzvimbo dzisina kutsvinda uye dzinowananzowanikwa zvirwere zvevana vadiki.
- Wakachipa kupfuura mukaka wemumagaba.

Zvinhu zvinofanira kurangarirwa

Pamwedzi mitanhatu yekutanga, amai vanofanira kupa mwana wavo mukaka waver chete. Havafaniri kumupa chimwe chinhu, kusanganisira mvura.

Kupa mwana zvekudya nezvekunwa zvakasiyana-siyana pamwe chete nemukaka waamai mwedzi mitanhatu isati yakwana kunowedzera mukana wekuti mwana abatwe nechirwere chemanyoka. Izvi zvinowedzera mukana wekuparadzira utachiwana kumwana.

Mwana anofanira kupiwa zvekudya pose paanenge onzwa nzara uye anofanira kuva pedyo chose nezamu raamai kuitira kudzivirira matanibudziko emazamu neeminyatso Panokwana mwedzi mitanhatu panoda kupiwa mazano here. akanangana nekuona kuti mwana angakodzera here kupiwa dzimwe mhando dzemukaka usiri waamai, kuti mikaka iyi inowanikwa nyore here, inowanikwa kwenguva refu here uye kuti haikonzeri matambudziko here.

Kuramba muchiyamwisa kunoramba In Iyo nzira yakanyanyokodzera yekuraramisa mwana, zvikuru kune avo vane mikana yekutapuki~a neutachiwana hweHIV.

Vana vane utachiwana hweHIV havafaniri kupiwa dzimwe mhando dzemukaka kutsiva mukaka waamai chero zvazvo mikaka yacho ikava yakakodzera, ichiwanikwa nyore, ichiwanikwa kwenguva refu uye isingakonzeri njodzi nekuti mukaka waamai unochehgetedza mwana kubva kuzvirwere zvinobata muviri paunenge usina kusimba izvo zvisingagoni kuitwa nemimwe mikaka.

Kuchengeteka kwezvekudya

1. Kutsvinda kwemunhu pachake

- Gezai maoko nemvura yakachena nesipo kana madota nguva dzose
 - Kana mabva kuchimbuzi
 - Musati matanga kubika zvekudya
 - Musati madya
 - Mushure mekubvisa mwana mitambo kana kuendesa mwana kuchimbuzi.
- Chengetedzai nzara dzenyu dziri pfupi uye dzakachena. Sukai mukati menzara dzenyu pose pamunogeza maoko.

- Kana mune ronda paruoko, rihvarei nebhandeji kuitira kuti utachiwana hungadaro huri paronda husapararira huchienda mune zvekudya pamunenge muchibika kana kuzvibata
- Nguva dzose gezai maoko mumvura inoerera/ yekusururudzwa, kwete inenge iri mudhishi

2. **Kutsvinda kwepamusha**

- Shandisai chimbuzi nguva dzose. Chengetedzai chimbuzi nezvakachikomberedza zvachena uye zvisina nhunzi.
- Wachai magumbeze nemashiti ane tsvina mumvura inopisa nesipo. Nyikai magumbeze nemashiti mumvura ine mushonga unobvisa tsvina uye unouraya utachiwana (kapu imwe chete yemushonga zvikamu pfumbamwe zvemvura)
- Itai kuti nhunzi dzisabere.kana kuburikidza nekurasa marara mugomba remarara uyewo kuavhara zvachakwana neivhu. Chengetedzai marara mugaba rakavharwa uye arasei nguva nenguva
- Mapindu emiriwo epamisha haafaniri kurimwa pedyo nenzira dzinobva mudzimba dzekugezera, pane marara kana kuti pane tsvina iri pamhene.

3. **Mvura yekunwa**

- Shandisai mvura yakachengeteka nguva dzose, inobva mutsime rakachengetedzwa kana mupombi.
- Kana mvura ichibva mutsime risina kuchengetedzwa, murwizi kana pamwewo panhu, munofanira kuividza kwemaminitisi gumi musati mainwa. Munogonawo kuisa mushonga unouraya utachiwana mumvura.
- Chengeterai mvura mumugomo wakachena uye wakavharwa

4. **Kubikazvekudya**

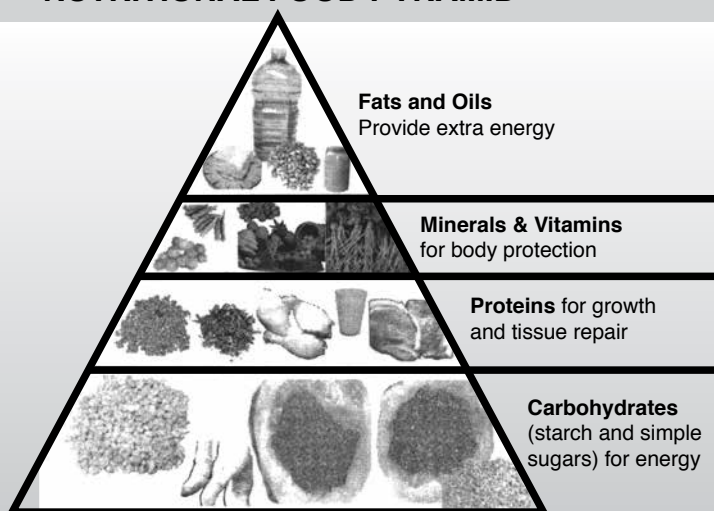
- Ivai nechokwadi chekuti nzvimbo dzose, micheka nezvekubikisa zvachena
- Ivai nechokwadi chekuti zvole zvamunoda kubika zvachena uye kuti michero nemiriwo zvasukwa mumvura yakachena, zvikuru mumvura inoyerera kubva mupombi kana kuti inenge ichidirwa kubva mukapu.
- Pakubika, shandisai mvura yakachena chete
- Chengegedzai zvekudya zvamuri kubika kuburikidza nekuzvivhara kuitira kuti zvisamharwa nenhunzi kana kuzara guruva.
- Musahotsirira kana kukosorera pane zvekudya
- Musakwenya muviri wenyu kana muchibika
- Pakubika, bikai zvekudya zvakaita senyama, mazai nebhinzi kusvika zvaibva
- Musabika miriwo kwenguva refu sezvoizvi zvichigona kuparadza zvishinji zvezvakakosha zviru mumiriwo iyi
- Ipai zvekudya kuvanhu pamunenge muchangopedza kuzvibika kuti vadye zvichiri kupisa. Musarega zvekudya zvichitonhora zvisati zvadyiwa.
- Musachengeta zvekudya zvinenge zvabikwa kwenguva refu, zvikuru kana musina firiji kana chimwe chinotonhodza. Musasiya zvekudya zvabikwa zvisiri mufiriji kwemaawa anopfuura maviri. Zvekudya zvinenge zvasara pakudya kwemanheru zvinofanira kuiswa mufiriji uye zvozodziiswa chaizvo zvisati zvadyiwa. Zvekudya zvinofanira kudziiswa kamwe chete mushure mokunge zvabikwa zvikazotonhora

5. **Kuchengetedzwa kwezvekudya**

- Munofanira kuchengetedza zvekudya zvinenge zvichiri kuratidzika chete. Michero nemiriwo zvinofanira kuongororwa nguva nenguva kuitira kuona kana zvisina kuibvisa.

- Panochengeterwa zvekudya panofanira kuva panotonhorera, pane mwando uye pane rima panopinza mhepo yakafanira uye pakachengetedzwa kubva kuzvipembenene neudyo.
- Zvirimwa zvinenge zvichan.9obva mumunda zvinofanira kusukwa mumvura yakachena uye zvonyatsoomeswa zvisati zvazochengetedzwa.
- Pakudya zvekudya zvakachengetedzwa, nguva dzose tangai nezvakatangawo kuchengetedzwa kana zvitsaru
- Musachengetedza zvekudya kwenguva yakarebesa zvisinei nekuti zvinenge zviri mufiriji. Patsanurai nyama mbishi nehove kubva kune zvimwe zvikafu. Onai ropa haribomhi kubva panyama mbishi richienda pane zvimwe zvikafu.
- Musaramba muchinyungudisa nekuomesa zvekudya mufiriji. Musanyungudisa zvekudya zvabva mufiriji kuburikidza nekungozvitsveta panze pefiriji.

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Section 3: Ndebele

Ukudla okulungele umzimba kanye lokugcina kuhle ukudla kwabantwana abasehlelweni lwe-ART

Ukudla okulungele umzimba okuhlanganisa inhlobonhlobo yonke yokudla kuqakathekile kakhulu ebantwini abaphila le-HIV kugoqela labantwana ngoba nxa umzimba ungatholi ukudla okwaneleyo kumbe ukudla okufaneleyo uyaphela amandla njalo kawuthuthuki njalo usebenze kuhle. Ukudla okulungele umzimba njalo okuhlanganisa imihlobohlobo yokudla kutsho ukudla umhlobo wokudla oqondileyo ngezilinganiso eziqondileyo. Ukudla akuqedi kumbe akwelaphi i-HIV kodwa kungaphathisa ekuthini umzimba uqine kanye lekuthuthukiseni uhlonzi lwempilo yomuntu. Ukudla izilinganiso zokudla ezaneleyo kunye lemhlobohlobo yokudla kuyaphathisa ekugcineni isisindo somzimba kanye lamandla kubalisela lokugcina indlela yomzimba yokuzivikela emikhuhlaneni iqinile. Ukudla okwakha umzimba kuphathisa:

- Umntwana ukuthi ahlale ephilile
- Ukuvikela umntwana emikhuhlaneni kanye lekungenweni yimikhuhlane lamagcikwane abangela imikhuhlane, ngalokho-ke kusehlisa ukumemetheka kwe-HIV.
- Ukuthuthukisa lokulungisa izitina (cells) kanye lemiduli (tissues) yomzimba kanye lokuphathisa ekusileni komntwana ekuguleni kwakhe.
- Ukugcina umntwana ephilile njalo ekhudumala
- Ukwengezelela amandla omntwana njalo kumenza enelise ukutsheda lokuhamba
- Kuyehlisa indleko eziphathelane lemithi
- Kuyengeza amandla okusebenza kwemithi kanye lokumelana komzimba lemithi
- Kuyehlisa okuphambanisekayo emzimbeni kanye lokudingeka kokuba sesibhedlela.

Amasu phezu kokudla okwakha umzimba

Abantwana badinga ukudla okunengi kulabadala loba nje bona belezisu ezincane. Ngalokho-ke badinga ukudla kanenginengi. Ngalokho-ke wothi umntwana adle ukudla okunlutshwane kahlanu kumbe kasithupha ngelanga. Muphe isithelo esisodwa kanye lombhida owodwa kanye ngelanga. Ebantwaneni abancane izithelo lemibhida kungatshaywa kumbe kucholwe ukuze kube buthakathaka.



Uchago luyaqhubeka lungumthombo omqoka wokudla okwakha imizimba yabantwana baze benelise iminyaka emibili. Laba bantwana kumele baqhubekele phambili benatha uchago olwaneleyo ngezikhathi ngezikhathi ukuze basuthise indingeko zabo zokukhula lokuthuthuka.

Nika okukodwa kwalokhu okulandelayo kanye ngelanga:

- Inkukhu, inhlanzi, amaqanda, idobi, indumba ezomileyo. Ebantwaneni abancane chola kumbe ucuyacuye inhlanzi, indumba, amaqanda kanye lamazambane ubuye usikelele inyama ibe yiziqanyana kumbe okunye nje ukudla kwemuli okubuthakathaka okungagayeka lula esiswini okuvela emulini yinye yokudla.
- Ukudla kwansuku zonke okufana lamabele, impande kanye lokunye okule-starch ukuze bathole amandla. Isinkwa, umngqutshu, umumbu kumbe amanye amabele ahlanganiswe lokunye kwalokho okubethwe phezulu njalo kumbe lamasiluchago oluvuthiweyo kumele kudliwe kakhulu



- Yengeza ukudla okusekudleni ngokwengeza ithisipunu yinye kumbe ezimbili zamafutha okupheka, zebhatha, zemajirini, uchago, amazambane kumbe idobi elenziwe ngentanga zeSesame.
- Isengezo sikaVitamin A esinathwayo siqakathekile ekwengezeni ukuvikeleka komntwana emikhuhlaneni.
- Iziwiji, ama-chocolate kanye lokudla okusemagabheni izikhathi ezinengi kwenza inhliziyi yomntwana ibemnyama ngakho kumele kungaphiwa kakhulu.

Ulwazi olumqoka mayelana labantwana abalenyanga eziyisithupha kusiya phansi

Uchago lukamama lulokhu luyilo olungcono ekumunyiseni umntwana. Uchago lukamama lulokhu luyindlela engcono yokumunyisa abantwana ngitsho lalabo omama abalegcikwane le-HIV loba nje kulethuba lokuthi bangathelela umntwana igcikwane. Lokhu luyilo olungcono ngoba:

- luyavikela umntwana emikhuhlaneni ikakhulu ebantwaneni abalenyanga zokuzalwa ezingaphansi kwesithupha abangabulawa kalula yimikhuhlane ethelelwanayo efana lesihudo.
- aluphali mlomo kumbe indlela ehamba ukudla emzimbeni womntwana. Ukuhlanganisa ibele lokunye ukudla kungakhokhelela ekuphalweni

kumbe ekuvuvukeni komlomo kumbe kwendlela yomntwana yokuhamba ukudla okungavumela igcikwane le-HIV ukuthi lingene egazini lomntwana

- Endaweni ezingahlanzekanga lapho imikhuhlane evamileyo ebantwaneni lungaba yikudla okuhlanzekileyo njalo okwakha umzimba okuzwayo.
- lutholakala ngentengo ephansi kuqathaniswa lochago lwamagabha.

Izinto okumele uzikhumbulu

Umama kumele amunyise umntanakhe ibele kuphela engamuphi olunye ulutho ngitsho lamanzi la okwenyanga zakuqala eziyisithupha

Ukumunyisa umntwana uhlanganisa lokunye ukudla lokunathwayo umntwana engakenelisi inyanga eziyisithupha kwengenza ingozi yokuhuda. Kwengenza ingozi yokuthelela umntwana igcikwane.

Usana ludinga ukuthi luphiwe ukudla sikhathi sonke nxa solulambile njalo luyathintiswa ibele ukwenqabela ukuphambaniseka kwamabele kumbe ingono zamabele

Ingxoxoyokuxwayisaiyadingekanxaumntwanaeselenyanga eziyisithupha ukuze kubonakale ukuthi kuyadingeka na ukuthi kudingwe okunye ukudla endaweni yebele lokuthi kuyamukeleka, kuyeneliseka, kungafezeka, kuvikelekile kanye lokuthi kungahlala isikhathi eside kusenziwa

Ukuqhubeka umunyisa lokhu kuyindlela engcono yophepha kwabantwana abayabe bephila phakathi kwengozi yokungenwa ligcikwane le-HIV.

Abantwana abale-HIV kabadingi kudla ezinye izinto endaweni yochago lukamama loba lezo zinto zingabe ziseneliseka, zivikelekile, zisamukeleka njalo zingahlala isikhathj eside zisetshenziwa ngoba uchago lukamama luyavikela ekuhlaselweni yimikhuhlane ehlasela umzimba nxa ungasela mandla okuzivikela okuyinto engeke yenziwa ngolunye nje uchago.

Ukuvikeleka kokudla

1. Ukuhlanzeka komuntu

- Geza izandla ngesepa kumbe ngomlotha sikhathi sonke
- Ngemva kokusebenzisa isambuzi
- Andubana ulungise ukudla ungakadli ngemva kokutshintsha isitshubo somntwana kumbe ukuncedisa umntwana ukusebenzisa isambuzi
- Gcina inzipho zimfitshane njalo zihlanzekile ubuye ugeze ngaphansi kwenzipho sikhathi sinye ngasinye ugeza izandla
- Nxa ulesilonda esandleni sakho sivale ngel3handitshi ukuze kungabi lamagcikwane asuka esilondeni esiya ekudleni ngesikhathi sokulungiswa lokubanjwa kokudla.
- Geza izandla sikhathi sonke ngaphansi kwamanzi agelezayo hatshi emanzini asenditshini kumbe esinkini.

2. Ukuhlanzeka ngekhaya

- Sebenzisa isambuzi sikhathi sonke. Gcina isambuzi kanye lendawo eziseduzane laso zihlanzekile njalo zingelampukane.

- Watsha impahla ezingcolileyo ngamanzi atshisayo alesepa. Sokha impahla lezi emanzini alejiki (inkomitsho eyodwa yejiki ihambelana lamankomitsho alitshumi amanzi)
- Yenqabela ukuzala kwempukane ngokulahlela izibi egodini ubuye ulivale kuhle ngenhlabathi. Gcina ingcekeza ivalelwe ebhimu njalo hlala uchitha ibhimu ngesikhathi ngesikhathi
- Izivande zembhida akumelanga zibe seduze kwezindlwana zokugezela, kwengcekeza elhliweyo kanye lesuweji egelezayo ingavalelwanga.

3. Amanzi okunatha

Sebenzisa amanzi avikelekileyo okunatha avela emgodini ovikelweyo kumbe empompini.

Nxa amanzi evela emgodini ongavikelwanga, emfuleni kumbe komunye nje umthombo wabilise okwemizuzu elitshumi ungakawanathi. Ulakho ukusebenzisa umuthi wokubulala amagcikwane asemanzini.

Gcina amanzi okunatha esiphathelweni esihlanzekileyo njalo esivaliweyo.

4. Ukulungisa ukudla

- Qiniseka ukuthi zonke indawo osebenzela kuzo, amalembu kanye lezitsha kuhlazekile

Qiniseka ukuthi konke okuzasetshenziswa ekuphekeni ukudla kuhlazekile kanye lokuthi izithelo lemibhida kugezisiwe emanzini ahlazekileyo ikakhulu lawo avela empompini kumbe athelwa evela enkomitshini.

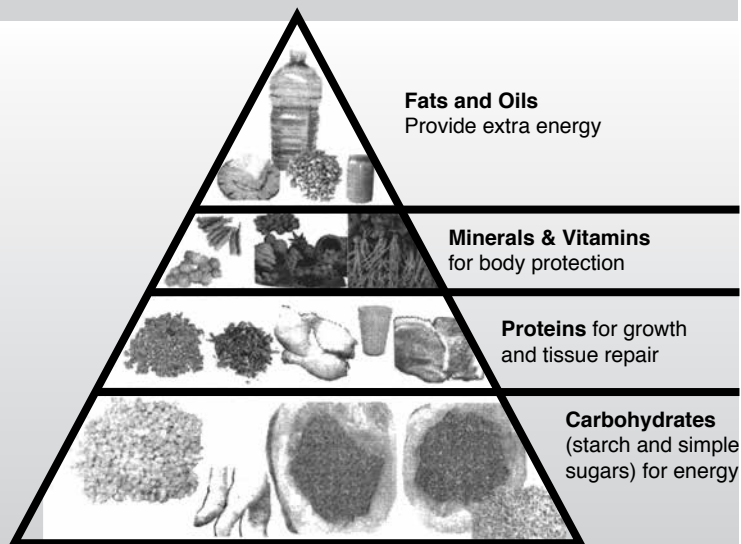
- Sebenzisa amanzi ahlanzekileyo kuphela ekuphekeni
- Vikela ukudla okuphekayo empukaneni lethulini ngokukwembesa.
- Ungatsimuleli ukudla kumbe ukukhwehlelele
- Unganwayi ijwabu lakho nxa upheka
- Nxa upheka pheka kuvuthwe izinto ezifana lenyama, amaqanda, kanye lendumba
- Ungapheki imbhida okwesikhathi eside ngoba lokho kungakhokhelela ekulahlelekelweni yikudla konke okusekudleni lokho
- Phaka ukudla uphe abantu masinyazanyana uqeda ukukupheka njalo lidle kusatshisa libuye lenqabele ukutshiya ukudla kuze kuqande lingakakudli.
- Ungagcini ukudla okuphekiweyo okwesikhathi eside ikakhulu nxa ungelaforiji kumbe eyinye indawo yokugcinela eqandelelayo. Ungatshiyi ukudla okuphekiweyo okwamahlola angaphezu kwamabili kusesimeni sokukhudumala kwendlu. Amalaja kumele agcinwe eforijini njalo kumele kukhudunyezwe okuzwayo kungakadliwa. Ukudla kumele kukhudunyezwe kanye kuphela ngemva kokuphekwa

5. Ukugcina ukudla

- Gcina ukudla okusesimeni esihle kuphela. Izithelo lemibhida kumele kuhlolwe sikhathi lesikhathi ukuze kubonakale ukuthi akukonakali.
- Indawo zokugcinela ukudla kumele ziqandelele, zibelobumanzi emoyeni, zingangenisi ukukhanya kwelanga, zingenise kuhle umoya njalo zivikeleke ezibungwini lezinanakazaneni.
- Izithelo lemibhida kumele kugeziswe ngamanzi ahlanzekileyo kubuye konyiswe kakhulu andubana kugcinwe.
- Sebenzisa ukudla okudala kulokunye kuqala nxa usebenzisa ukudla okugciniweyo

- Ungagcini ukudla okwesiRhathi eside loba kusefirijini njalo kumele wehlukanise inyama engaphekwangwa, inkukhu, kanye lenhlanzi kokunye ukudla. Yenqabela igazi elithonta enyameni engaphekwanga ukuthi lithontele okunye ukudla.
- Yenqabela ukuncibilikisa ukudla ubuye ukufake ungqwaqwane njalo. Ungancibilikisi ukudla ngokukhudumala kwendlu

FAKA UMDWEBO WE-PYRAMID YOKUDLA



- The levels of pyramid, illustrate the proportions in which the food in the different food groups should be taken
 - Eat a variety of foods from each food group
 - Drink plenty of clean and safe water



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