



Otu esi enye nwa rurule onwa isii nri



Na-enye nwata nri ka o na-eto



Bido nyewe ha nri mgbe ha ruru onwa isii

Udi nri:

Nri di pekepeke, nri egwere egwe

Ugboro ole:

Ugboro abuo ma obu ato n'ubochi

Olee nga ihe I ga-enye ya ha:

Ngaji abuo ma obu ato n'otu nri



Site n'onwa isii ruo onwa itolu

Udi nri:

Nri egweriri egweri

Ugboro ole:

Ugboro abuo ma obu ato kwa ubochi

tinyekwere ihe ntagharionu otu ma obu abuo

Olee nga ihe I ga-enye ya ha:

Ngaji abuo ma obu ato nke ruru okara iko

n'out nri

Site n'onwa itolu ruo onwa iri na abuo

Udi nri:

Nri ebere ebe nke oma ma obu nke egweriri

egweri na nri nwata nwere ike iji mkpisiaka

ya e welite

Ugboro ole:

Ugboro ato ma obu ano kwa ubochi tinyekwa

ihe ntaghari onu otu ma obu abuo

Olee nga ihe I ga-enye ya ha:

O pekatampe okara iko n'otu nri

Site n'onwa iri na abuo ruo onwa iri abuo na ano

Udi nri:

Nri ezinaulo na-eri, e beriri eberri ma o bu

gwerie egwerie

Ugboro ole:

Ugboro ato ma obu ano kwa ubochi

tinyekwa ihe ntaghari onu otu ma obu abuo

Olee nga ihe I ga-enye ya ha:

Ihe ruru ato n'ime ano nke iko n'otu nri

Ihe ndi e kwesiri icheta

- * Site n'onwa isii ruo afo abuo, ekwesiri idi na-enyekwa nwata mmiri ara.
- * Oburu na I naghi enye nwa gi ara, nye ya iko abuo nke na-aba miliki ruru 500ml, kewara ya otu o ga-esi añucha ya n'otu ubochi.
- * Enyekwala nwa gi tea, coffee, soda na ihe ndi na-ato biribiri ma obu mmanya ndi na-acha n'anya.
- * Weputu aka n'innye ya ihe oñụñụ nke mkpuruosisi ka nwata huu ebe o ga-anabata nri. Nye nwa gi mmiri di ocha.
- * Were iko di ocha, ghere oghe jiri nye nwa gi nri. Ejikwala ololo nwere onu ma obu iko onu ya kaputara.



- * Na-aganihu ikpoga nwa gi ebe a na-enyocha maka uto, odinanma umuaka na mgbochi oria ha, ma n'uloahuike ka enyochaa ahu nwa gi.
- * Mgbe nwata na-aria oria, nye ya obere nri ugboro ugboro, ma ihe oñụñụ di iche iche, tinyere mmiri ara na ndi ozo. Kwadoo nwa ahu ka orie nri di iche iche o kacha hunanya. Mgbe nwata gbakere n'oria, nye ya nnukwu nri ugboro ugboro ruo ihe dika izuuka abuo.

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* Ihentaghari onu bukwa nri ozo oge erichara nri

** Iko na-aba ihe ruru 250ml

Site n'onwa isii

Olee ihe ndi I kwesiri ima?

- * N'onwa isii mbu, I ga-enye nwa gi naani mmiri ara (na-etinyehu miliki ozo, nri ma obu ihe oñuñu ozo, obuladi obere mmiri nkiti)



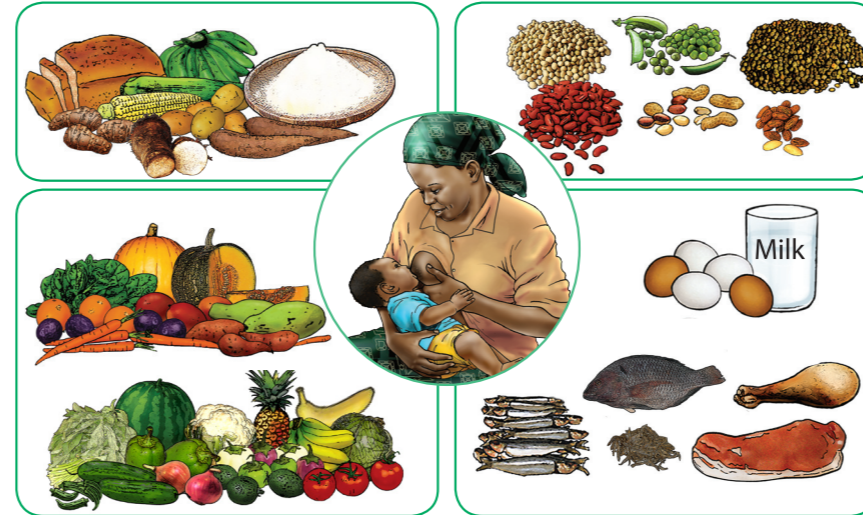
- * Mgbe nwa gi ruru onwa isii, bido nyewe ya nri ndi ozo ma na-enyekwa ya mmiri ara gi na-aga n'ihu mgbe o bula o choro ya, ututu na abali.
- * Mmiri ara ka bukwa nri di ezigbo mkpa n'ime nri niile I ga-enye nwata tupu o ruo afo abuo.
- * Mgbe I na-enye nwata no n'etiti onwa isii na onwa iri na abuo nri, I ga na-enye ya mmiri ara tupu inye ya nri ndi ozo
- * Mgbe nwata gafere onwa isii, I kwesiri idi na-enye ya nri ndi nwere vitamin A ugboro abuo n'afo. I kwesikwara inye ha ogwu na-egbu okpo ugboro abuo n'afo, site n'onwa iri na abuo ya. Hu onye oru ahuike gi maka nke a.

Mgbe nwa gi bidosuru iri nri

- * Na-enye nwa gi otu ngaji ma o bu abuo nke nri di peke peke ugboro ato n'ubochi. Nwere nwayo na-ewelite ugboro ole, otu nri ya ha, osisi ike ya, na udidi nri ahu I na-enye ya.

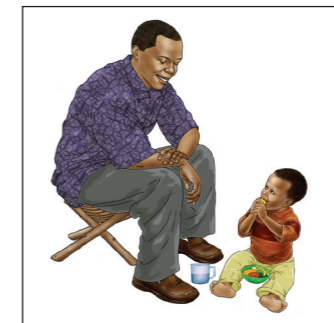
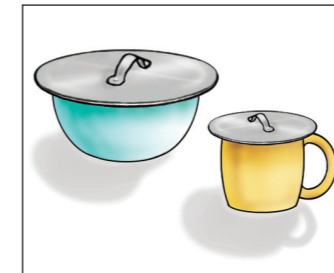


- * I ga-eji mmiri ara, mmiriaraehi, ahuekere akworo akwo mejuputa nri ngwakorita nwa ahu (oka, osikapa, wheat, millet). Oka mma immekota udi flour di iche iche. Hukwa na e siri ahuekere na soy beans ahu nke oma
- * Ahu nwa gi choro ihe kariri mmiri ara na nri agworo agwo. Nye ya udi nri di iche iche dika mkpuruosisi e gweriri egweri, akwukwo nri, akpu na nri ndi si n'anumanu enweta.
- * Bido n'oge nyebe nwa gi nri esi n'anumanu nweta ugboro ugboro.



- * E nwere ike itinye mmanu esi n'akwukwo nri nweta na nri nwata agworo agwo. Umuaka choro naani obere mmanu (o gaghi akari ihe dika okara ngaji n'out ubochi).

Idiocha, ihazi na idezi nri otu di mma



- * Were ncha saa aka gi na mmiri di ocha na-agba agba tupu imeziwe ihe a ga-eri, ma obu nyewe nwa gi nri. Sakwaa aka nwa gi na-otu. Sakwaa aka gi mgbe obula I wepuru nwa gi akwa ya ma obu gaa ulo nshi.
- * Were ncha na mmiri di ocha sachaa efere niile, iko na ngwa niile eji eshi nri. Hichaa ha ma dowee ha n'elu ihe akuru maka idowe efere ma mechiekwa ya ruo mgbe ozo I choro ha.
- * Mee nri n'ebe di ocha ma kpuchie ya. Nwatakiri kwesiri inwe iko na efere nke ya.
- * Nye ya nri ahu ngwa ngwa I mechara ya.
- * Kpachapu anya dagharia nri obula nooro karia otu awa tupu eriwe ya.
- * Umuaka na-eji nwayoo amuta out esi enye onwe ha nri. Onye toro eto ma o bu o toro ha ga na-agba ha ume, ihu na ha ritere nri otu o kwesiri ma hukwa na e dobere nri ahu ucha
- * Ndi nne na nna ga-ahu na umuaka ritere nri ha kwesiri iri kwa ubochi.