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KUNDIN WAYE KAY NA GUNGUN MATA

Ta yaya uwaye mata za mu bada fifiko ga abinci mai gina jiki ga kanmu da yaranmu tun suna kankana ?

HANYOYI GA IYALANKU

kirkiro hangen nesa don iyalinku da yaronku

1. **MI KUKE GANI BISA WANNAN HOTON?**

   - Wata uwa zaune tare da takwarorinta kuma suna bada ra'a'yoyinsu game da iyali mai jituwa

2. **MENENE IYALI MAI JITUWA?**

   - Iyali ne da mata ke samun sassauci a cikin aikinsu
   - Iyali ne da yaran da iyayensu ke farin ciki

3. **WACE IRIN UWA KIKE SON ZAMA GA YAYANKI?**

   - Tattamnawa...

4. **TA YAYA KYAKKYAWAN ABINCI ZAI TAIMAKA MUKU CIMMA GURINKU**

   - Yaron ya kasance cikin koshin lafiya kuma yana girma da kyau
   - Uwar tana jin   arfi don kula da yaron da iyali

5. **TA YAYA ZAKU IYA GOYON BAYAN JUNA A MATSAYIN UWA DA MATA MASU CIKI DOMIN KARIN ABINCI MAI KYAU NA IYALANMU?**

MAHIMMIN SAKO

Kuna iya taimakawa wajen cimma burinku ga danginku da yaranku
Abinci mai kyau yana taimakawa!
Ku taimaki matanku da ayyukan gida domin walwalan iyalanku

ABINCI NAGARTACCE

Abincinku yana da mahimmanci a matsayin mata masu ciki ko masu shayarwa

1. **MI KUKE GANI BISA WANNAN HOTON?**

   - Mace tana farin ciki da gamsuwa da danta

2. **TA YAYA ZA MU KAI WANNAN MATAKIN NA GAMSUWA ko?**

   - Ku ci abinci na gida masu sinadarin Karin jini kuma masu bitamin A
   - Shan magani da ake badawa a gidan likita kullum yayin daukar ciki da kwanaki 90 don samun jini a jiki
   - Tambayi wani da kuka amince da shi ya taimaka muku samun maganin da ya dace kuma ku tuna aukar shi kowace rana.
   - Ta nemi taimako daga mijinta a wasu ayyukan gida

3. **SHIN KANA SON KASANCE CIKIN HALI GUDA DA WANNAN MATAR? DON MENENE?**

   - Tattamnawa…

4. **TO WANE NE YA SHIRYA YA GWADA DA KARFAFA WA ANNAN HALAYEN GA WA'INDA SUKE KEWAYE DA TA? MI ZA KU YI KOKARIN AIKATA YANZU? TA YAYA ZA KA CI MISHI KUMA KA CI-GABA DA KAUCEWA WAHALA?**

   - Tattamnawa…

MAHIMMIN SAKO **Kyakkyawan abinci ga mata masu ciki da masu shayarwa yana da amfani ga iyali.Mu kula da ita. Za ta kula da kowa**

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MATA MASU CIKI DA MASU SHAYARWA SUNA SHAN MAGANIN MAI SINADARIN KARIN JINI AKAI-AKAI LOKACIN RENON CIKI DA KWANA 90 BAYAN HAIHUWAR

Tambayi wani daga cikin gidanku don tallafa miki a cikin shan magani FAF na yau da kullun

1. **ME KUKE GANI A WANNAN HOTUN ?**

   - Mace mai juna biyu da surukarta ke taimaka mata wajen shan maganinta na yau da kullun

2. **MI YASA YAKE DA MAHIMMANCI GA MACE MAI CIKI TA SAMU WANDA YAKE TAIMAKA MATA HANYAR SHAN MAGANI MAI SINADARIN KARIN JINI A KOWACE RANA ?**

   - Yana saukaka shan magani akai-akai
   - Yana nuna sha'awar da yan uwa ke ba ciki
   - Yana karfafawa mace ta nemi Kuma ta sha maganin kullum

3. **WA KU KA SHIRYA KU NEMI YA TAIMAKA MUKU DOMIN SHAN MAGANIN MAI SINADARIN KARA JINI KOWACE RANA? DON MINE NE ?**

   - Mijina
   - Suruka
   - Yar uwar miji
   - Makwabciya

4. **SU WA SUKA YARDA SU KARFAFA WANNAN DABI'AR A KEWAYEN SU? MI ZA KU YI KOKARIN AIKATAWA YANZU? TA YAYA ZA KU CI MASA KUMA KU CI-GABA DA JURE WAHALA ?**

   - Tattamna…

MAHIMMIN SAKO

Amintaccen mutum zai iya taimaka miki samun FAF kuma ya tunatar da ke shansa kowace rana.
Kun cancanci wannan kulawa.

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LOKUTAN DA ZA A SHA MAGANI MAI SINADARIN KARIN JINI DOMIN RAGE ILLOLINSHI :

Raba tare da wasu mata a cikin rukunin tattaunawa lokutan da suka dace don shan maganin mai sinadarin Karin jini domin rage illa

1. **MI KUKE GANI A WANNAN HOTON ?**

   - *Gungun mata masu juna biyu suna tattamnawa game da lokacin shan maganin mai sinadarin Karin jinni a rana*

2. **MI YA SA YAKE DA MAHIMMANCI GA MATA MASU CIKI SU SHA MAGANIN MAI SINADARIN KARIN JINI A KULLUM ?**

   - *Kariya daga aramcin jini*
   - *Yana kiyaye lafiyar jikin mace*
   - *Yana hana haihuwar yara masu arancin nauyin haihuwa*

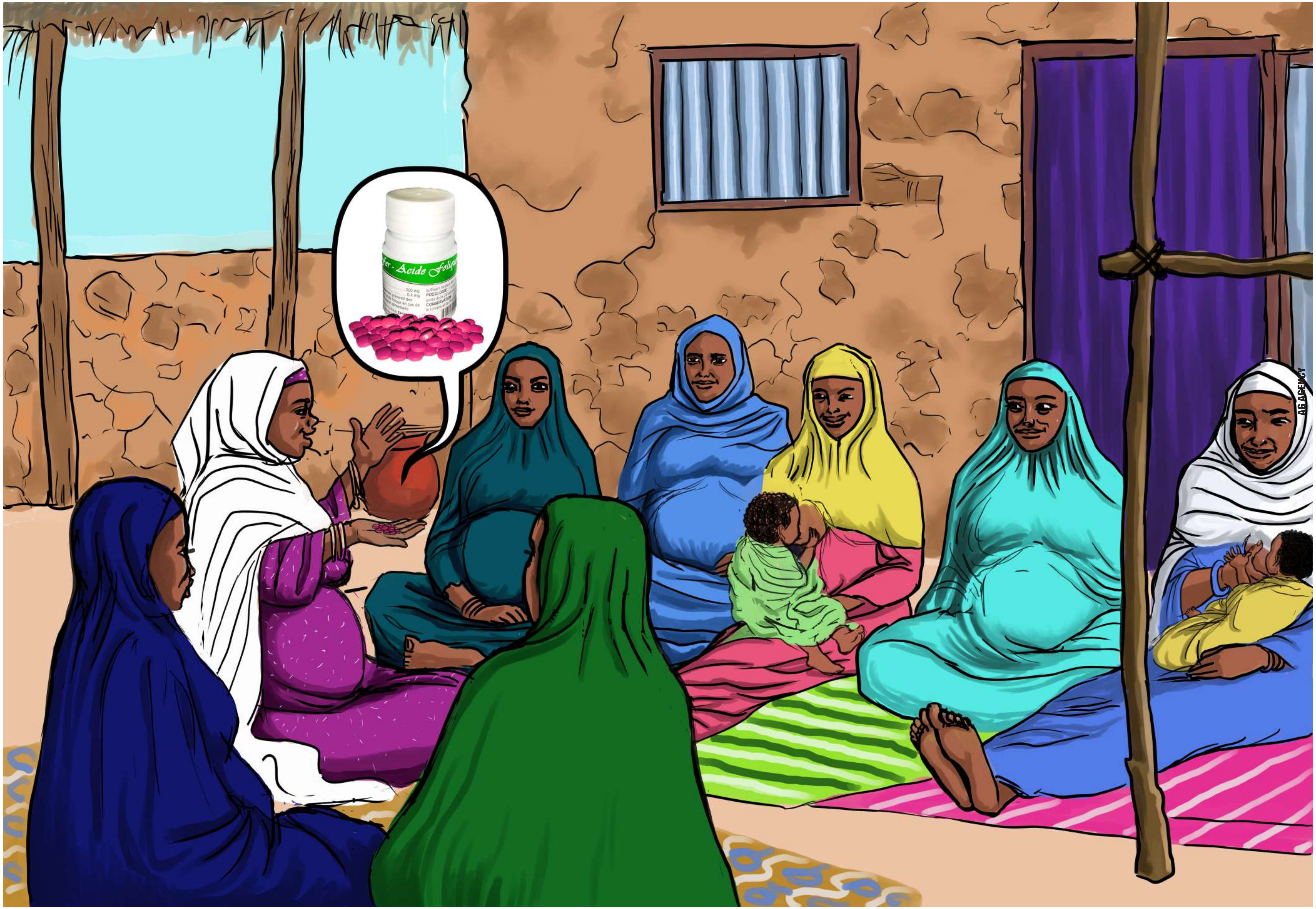
3. **WACCE SHAWARA ZA KU BAWA SAURAN MATA DOMIN RAGE ILLOLIN ?**

   - *A sha lokacin cin abinci*
   - *A sha da yamma*

4. **WACE CE TA YARDA TA KARFAFA WANNAN ABI'AR A KEWAYEN TA**

   - *Tattamnawa…*

MAHIMMIN SAKO **A samo kuma a sha magani mai sinadarin Karin Jini (FAF) kowace rana kamar yadda aka ba da shawarar don ciki mai lafiya da murmurewa.**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CIN ABINCI KALAKALA MAI AUKE DA SINADARIN KARYAR SUNDUMI KULLUM GA MATA MASU CIKI DA SHAYARWA

Kara sauran abinci mai gina jiki ko bitamin A cikin abincinku na yau da kullum don samun abubuwan gina jiki da kuke bukata don lafiyarku

1. **MI KUKE GANI A WANNAN HOTUN?**

   - *Wata mata mai juna biyu da mai shayarwa tana shan hurar da aka kara garin kuka*

2. **MI YA SA YAKE DA MAHIMMANCI GA MATA MASU CIKI DA SHAYARWA SU CI GARIN KUKA KO SAURAN ABINCI MAI GINA JIKI KULLUM ?**

   - *Samun karin abubuwan gina jiki a cikin abincinsu*
   - *Yaki da cutar karamcin jini kuma da Dundumi*
   - *Zama cikin koshin lafiya*
   - *Ka ji ka cikin jin dadi*

3. **WA ANNE ABINCI MASU GINA JIKI DA VITAMIN A GA MATA MASU CIKI DA SHAYARWA ZAI IYA KARAWA A ABINCINSU NA KULLUM ?**

   - *Garin kuka*
   - *Man shanu*
   - *Bushasshen ganyen zogale*
   - *Madara*

4. **WANE NE YA YARDA YA KARFAFA WANNAN DABI'AR A KEWAYEN SA? MI ZA KU YI DOMIN KOKARIN AIKATAWA YANZU? WADANNE IRIN ABUBUWA ZA KU IYA KARA ACIKIN ABINCINKU NA KULLUM? YAUSHE? TA YAYA ZA KA CI MISHI KUMA KA CI -GABA DA JURE WAHALAN?**

MAHIMMIN SAKO

Mata masu ciki da masu shayarwa, don jin dadin ku ku ci abinci mai albarkan bitamin A da kuma masu sinadarin Karin jini wanda ake samuwa a yankinmu ta hanyar kara su akai-akai ga abincin yau da kullun

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CIN ABINCIN KULLUM NA MATA MASU CIKI DA SHAYARWA DA ABINCI DABAN DABAN MAI KARIN JINI DA MAI KARYAR DUNDUMI DA

Tattaunawa tare da mutanen gida game da bada fifiko ga bukatun abinci mai gina jiki ta mata masu ciki da shayarwa da kuma abincin da suke bukatar ci akai-akai don kula da lafiyarsu.

1. **MI KUKE GANI A WANNAN HOTUN?**

   - *Tsohuwa ta na gaya wa yan uwanta nau'ikan abincin da aka ba mata masu ciki da masu shayarwa*

2. **A GANINKU DONMI YA KAMATA YAN GIDA SU TAUTAUNA GAME DA ABINCI MAI GINA JIKI NA MATA MASU CIKI DA SHAYARWA ?**

   - *A saukaka yin la'akari da bukatun abinci mai gina jiki na mata masu ciki da masu shayarwa*
   - *Yana bawa mai ciki damar cin moriyar abinci mai cike da magani da bitamin A*

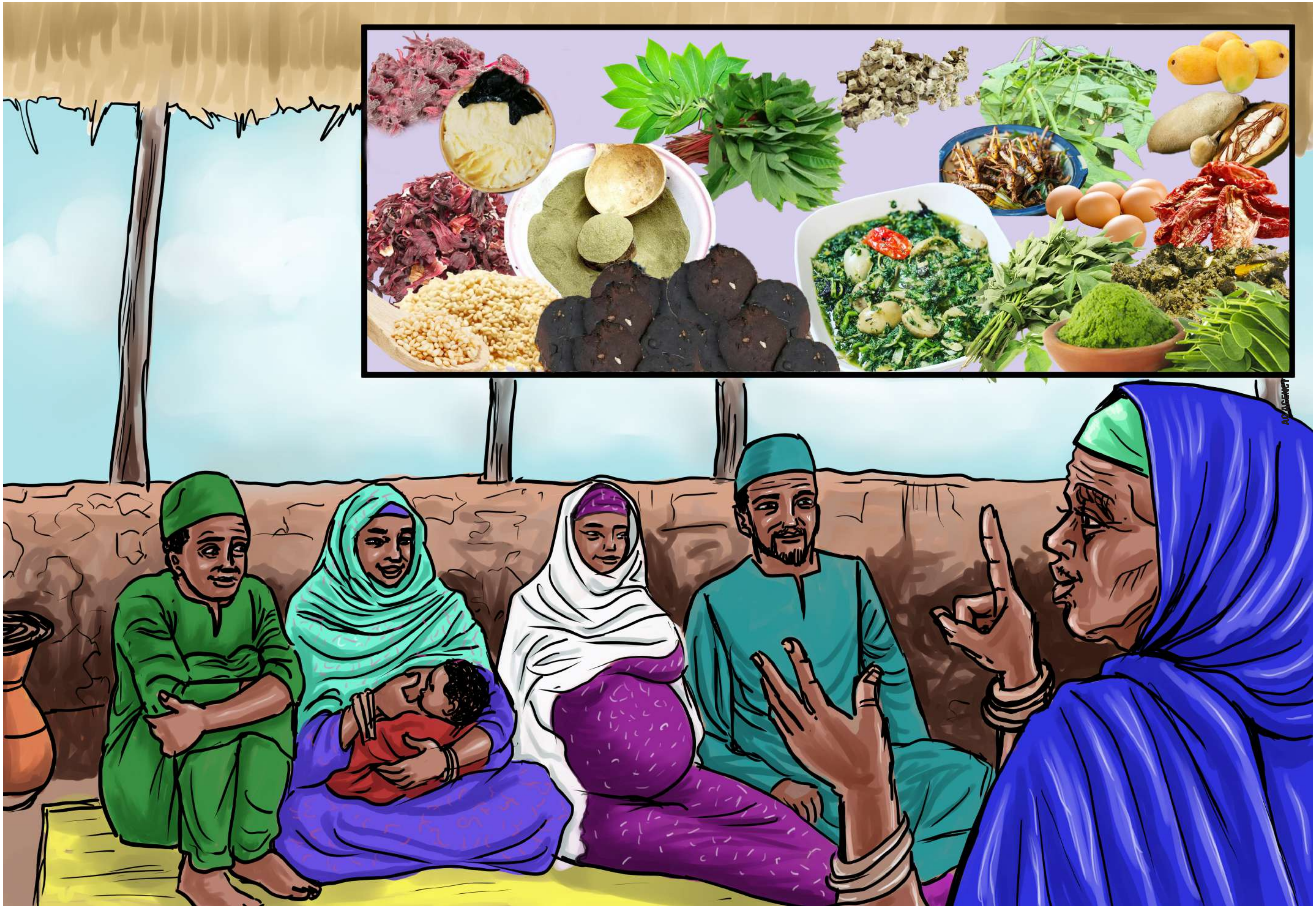
3. **YA ZA KU JI IDAN IYALANKU SUN TATTAMNA BISA KAN BU ATAR ABINCIN MATA MASU CIKI DA MASU SHAYARWA?**

   - *An goyi bayan!*
   - *Karfafawa!*
   - *An kiyaye!*

4. **MINE NE MATA ZA SU IYA YI DON ARFAFA WANNAN TATTAMNAWA? SHIN AKWAI HANYA MAI KYAU DON RABA WANNAN RA'AYIN A GIDA?**

MAHIMMIN SAKO

Mata masu ciki da masu shayarwa ku tattaunawa da mutanen gidanku game da bukatunku na abinci mai gina jiki da mai dauke da sinadarin karyar dundumi da kuma abinci masu sinadarin kara jini, wannan zai tabbatar da abincinku.



CIN ABINCIN DABAN DABAN NA YARA NA YAU DA KULLUM NA MAI DAUKE DA SINADARIN KARYAR DUNDUMI DA MAI KARA JINI DA KUMA ABIN CIYE-CIYE DANGANCE DA SHEKARU.

A kara sauran abinci mai gina jiki ,da maganin mai sinadarin Karin jinni ko bitamin A cikin abincin yau da kullum na yaranku

1. **MI KUKE GANI A WANNAN HOTON?**
   - *Matar da ta shayar da yaronta mai watanni 6-11 tare da wadataccen kunu da garin zogale*
   - *Yaron da ke tsakanin watanni 12 zuwa 24 yana cin rabin kwai guda daya*

2. **MI YASA YAKE DA MAHIMMANCI GA IYAYE SU KARA ZOGALE A TAFARKIN YARA DAGA WATA 6 ZUWA 24?**
   - *Yana karfafa kunu da sinadarin karin jini da bitamin A*
   - *Yana ba ku damar samun yaro koshesshe mai lafiya wanda ya girma da kyau*

3. **YA ZA KU JI A MATSAYINKU NA UWA AYIN WANNAN?**

   - *Tattamnawa…*

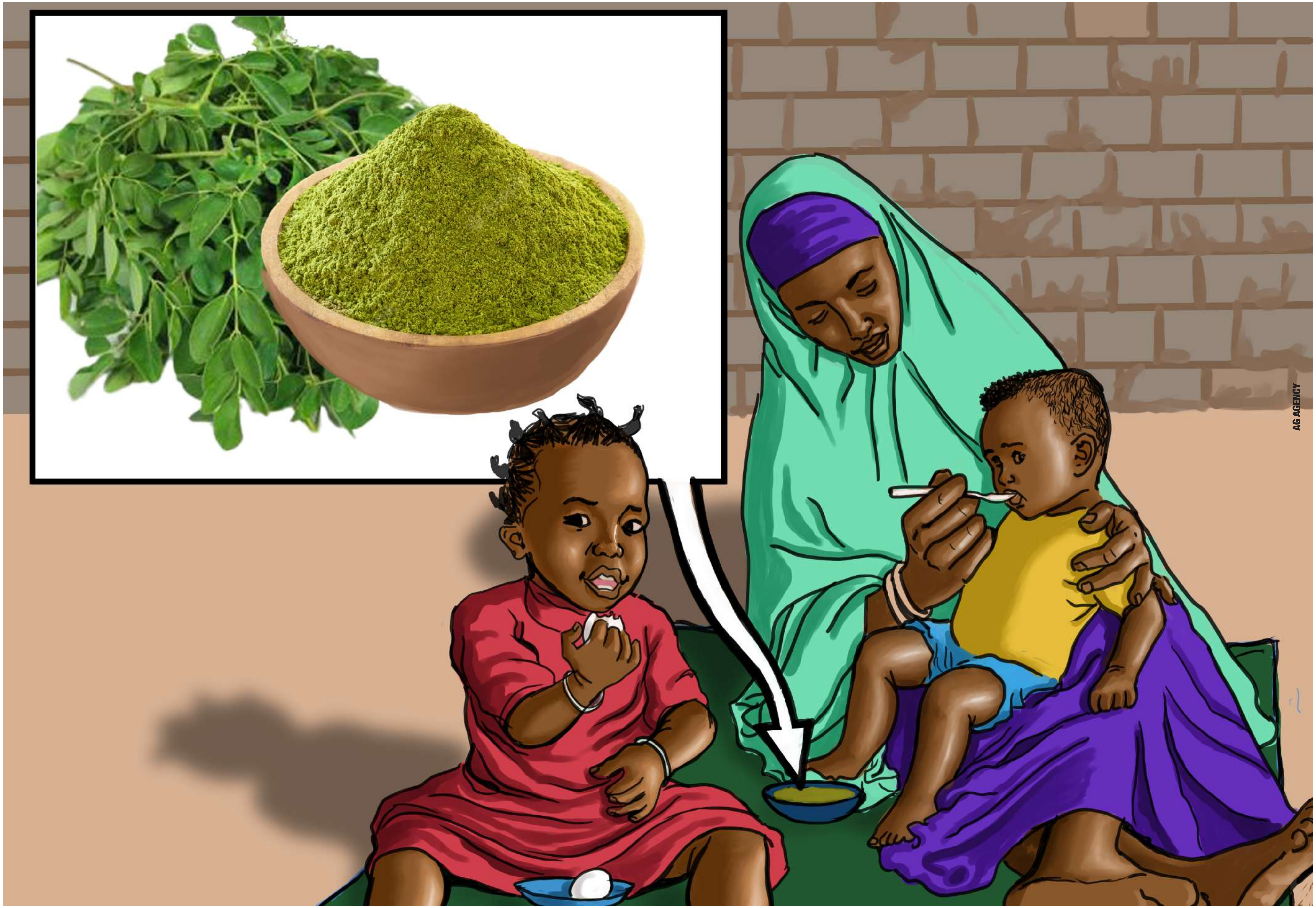
4. **TA YAYA ZA MU CIYAR DA YARA DAGA WATA 6 ZUWA 24 DA KYAU?**

   - *Ta hanyar ba su abinci a kai a kai mai gina jiki da bitamin A*
   - *Ta hanyar kara wasu abincin ma su gina jiki da bitamin A a cikin abincinsu na yau da kullun ko dai a matsayin abun ciye-ciye, ko kuma ta kara su kai tsaye a cikin kwanon yaro.*

5. **WA YA YARDA YA KARFAFA WANNAN DABIAR A KEWAYEN SU? MI ZA KU YI KOKARIN AIKATAWA YANZU? TA YAYA ZA KA CI MISHI KUMA KA CI GABA DA MATSALOLIN?**

MAHIMMIN SAKO

Uwaye, a kowane abinci, ku wadatar da abincin yaranku ta hanyar gabatar da kayan abinci mai gina jiki mai dauke da sinadarin Karin jinni da kuma karyar dundumi don girman danku !


AG AGENCY

UWAYE/ MASU KARIYAN YARA SUNA CIYAR DA YARA KULLUM TARE DA BANBANCIN ABINCI MAI DAUKE DA BITAMIN A.

Ku bawa danka abinci mai gina jiki akai-akai tsakanin abinci don kiyaye lafiyar danku

1. **MI KUKE GANI A WANNAN HOTON ?**
   - *Uwa tana sayan nama a matsayin abun ciye-ciye ga danta*

2. **MI YASA KUKE GANIN YANA DA MUAHIMMANCI GA UWAYE SU BAYAR DA ABINCIN GARGAJIYA MA SU GINAN JIKI GA YARANSU ?**
   - *Yana daidaita abincin yaro*
   - *Yara suna bukatar karin abubuwan gina jiki masu yawa don girma da kyau. Amma abinci bai isa ya biya bukatunsu ba. Abincin ciye-ciye yana da mahimmanci!*

3. **MINE NE ABINCIN GIDA A RA'AYINKU DA MUKE BA YAYANMU A KOWACE RANA TSAKANIN ABINCI ?**
   - *Kwai*
   - *Cuku*
   - *Zogale*
   - *Hanta da nama*
   - *Diyan itatuwa*

4. **WANE NE YA YARDA YA KARFAFA WANNAN DABIAR A KEWAYEN SA? MI ZA KU YI KOKARIN AIKATAWA YANZU? TA YAYA ZA KA CI MISHI KUMA KA CI-GABA DA JURE WAHALA ?**

MAHIMMIN SAKO

Uwaye, ku bawa yaranku abinci na gida mai GINA JIKI ko bitamin A tsakanin abinci don taimaka wa yaranku su girma da kyau

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CIN ABINCIN KULLUM NA MATA MASU CIKI DA SHAYARWA DA ABINCI DABAN DABAN MAI GINA JIKI DA MAI SINADARIN KARIN JINI DA KUMA MAI SINADARIN KARYAR DUNDUMI TA FANNIN ABINCI CYE-CYE

Tattaunawa tare da mutanen gida game da bada fifiko ga bukatun abinci mai gina jiki ta mata masu ciki da shayarwa da kuma abincin da suke bukatar ci akai-akai don kula da lafiyarsu.

1. **MI KUKE GANI A WANNAN HOTON ?**

   - Wata dattijuwa da ta ci abinci tare da Sirikar ta mai ciki ta na mata tanadin man shanu don ta kara a cikin abincinta.

2. **MI YASA KAKE GANIN YANA DA MAHIMMANCI GA MANYAN MATA SUKE SHISSHIGI GA ABINCIN MATA?**

   - Tsofaffi mata suna da hikima da gogewar da wasu ke kwaikwaya
   - Yana ba da tabbaci ga mata masu ciki da masu shayarwa

3. **A RA'AYIN KU, MI YASA MATA MASU CIKI DA SHAYARWA SUKE BUKATAR SINADARAI?**

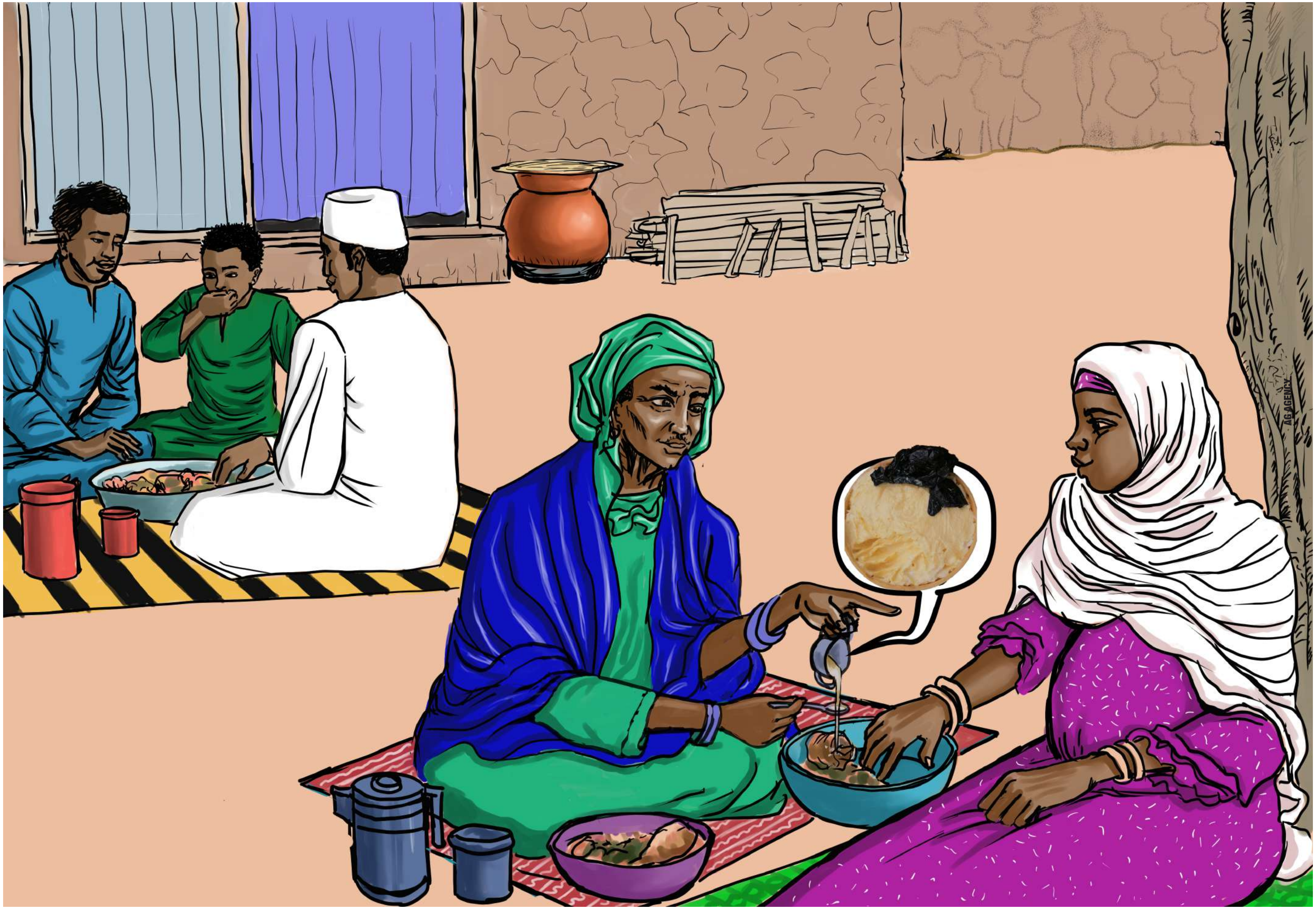
   - Don kula da lafiya da samun lafiyayyen jariri

4. **ZA KU IYA TAMBAYAR MATA MANYAN? MI ZA KU YI BAYAN GANIN WADANNAN HOTUNAN?**

5. **WANE NE YA YARDA YA KARFAFA WANNAN DABIAR A GARE TA? MI ZA KU YI KOKARIN AIKATA YANZU? TA YAYA ZAKA CI MISHI KUMA KA CI- GABA DA JURE WAHALA?**

MAHIMMIN SAKO

Mata masu juna biyu da masu shayarwa Ku tattamna da mutanen gidanku game da bukatar yin la'akari da bubatunku na abinci mai gina jiki yayin rarraba abinci a cikin gida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CIN ABINCIN MAI GINA JIKI DA BITAMIN NA MATA MASU CIKI DA SHAYARWA DA KUMA YARA A YAYIN DA BA SU KAI SHEKARU BIYAR BA TA FANNIN ABINCIN KULLUM KO ABUBUWAN CYE-CYE.

Karfafa darajar abincinku da na yaranku

1. **MI KUKE GANI A WANNAN HOTON ?**

   - *Macen da take shan nonon akuya ta zuba a cikin kunun yayanta kanana*

2. **A RA'AYINKU, MI YASA YAKE DA MAHIMMANCI MATA DA YARA SU SHA NONON AKUYA?**

   - *Tushen bitamin A ne da ake samu a gidajenmu*

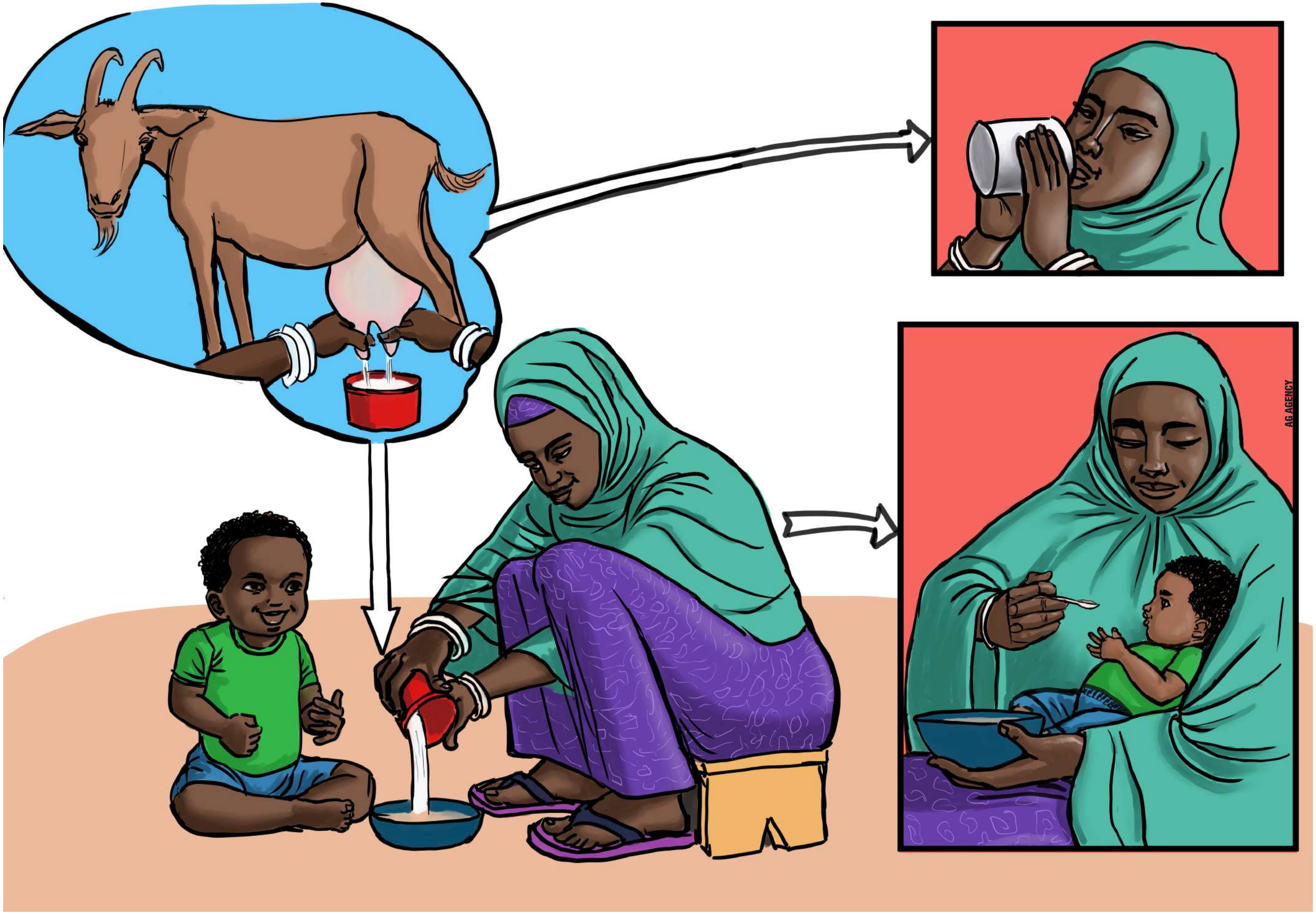
2. **MINE NE SAURAN ZA KU CIYAR KUMA KU BAIWA YARANKU?**

   - *Madara*
   - *Hanta*
   - *Diyan itatuwa*
   - *Zogale*
   - *Kwai*

4. **WANE NE YA YARDA YA KARFAFA WANNAN DABIAR A GARE TA? MI ZA KU YI KOKARIN AIKATAWA YANZU? TA YAYA ZA KU CI MISHI KUMA KU CI-GABA DA JURE WAHALA?**

MAHIMMIN SAKO

Mata masu ciki da masu shayarwa a kowane abinci ku wadatar da abincinku ta hanyar gabatar da kayan abinci mai gina jiki mai dauke da bitamin A don kiyaye lafiyar ku.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