



Healthy for Life Program

Part 2: Lessons on Nutrition, Vegetable Gardening and Economic Enterprise

Learning About a Healthy Diet

A healthy diet is made up of body building foods, energy giving foods and protective foods. Each one is important to keep you and your family healthy.



Edya enunji eyamba emibili gyaffe obeela emilamu nga jeeyagaza eyina obeelamu ebika bye mere nga; emere eziimba omubili, etuwa amaanyi, ne'mereekuuumomubili. Bwoolya emere elimu ebika ebyo 'byona, obeela tolwalalwala.

Nutrition – Body Building Foods

Emere ezimba omubiri

Plant Protein

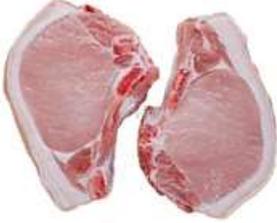


Emere ey'ensigo oba emere ekola enva nga ebinyeebwa, soya, bijanjala, kawo nebilala.

Nutrition – Body Building Foods

Emere ezimba omubiri

Animal Protein

			
Chicken	Small fish (Mukene)	Eggs	Goat
			
Milk/Dairy	Fish	Pork	Beef

Emere ezimba omubili naye ngaevamubisolo, omuli ebyenyanja, enyama,enkoko, amajji, mukene, amata, embizzi, nyama yambuzzi kwotade ebilala.

Nutrition – Energy Giving Foods

Emere ewa amanyi

Cereals and Grains

			
Corn (Maize)	Sorghum	Millet	Rice
			
Porridge	Bread	Chapati	Brown Fruit Bread

Mumele etuwa amaanyi mulimu kasooli,omuwemba, obullo,omucheere, engano.....

Nutrition – Energy Giving Foods

Emere ewa amanyi

Tubers

 <p>Sweet Potato</p>	 <p>Plantain</p>	 <p>Yams</p>	 <p>Potatoes</p>
 <p>Irish Potatoes</p>	 <p>Posho</p>	 <p>Cassava</p>	 <p>Matooke</p>

**Emere eye'milandira naye nga etuwa amaanyi
mulimlilumonde, amatooke, amayuuni, obumonde obuzungu , muwogo
nebilala**

Nutrition – Protective Foods

Emere ekuuma omubiri

Vegetables

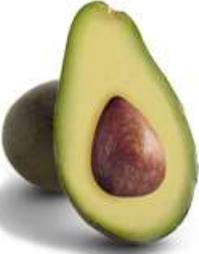
 A whole dark green squash and a halved one showing the orange flesh and seeds.	 A bunch of three bright orange carrots with green tops.	 A bunch of purple and green leafy amaranth.	 A cluster of colorful bell peppers in yellow, orange, red, and green.
<p>Squash</p>	<p>Carrots</p>	<p>Amaranth</p>	<p>Peppers</p>
 A whole purple eggplant and several sliced rounds showing the white interior.	 A whole green cabbage and a wedge cut out of it.	 A head of green broccoli.	 A bunch of fresh green spinach leaves tied together.
<p>Eggplant</p>	<p>Cabbage</p>	<p>Broccoli</p>	<p>Spinach</p>

Enva Endilwa

Nutrition – Protective Foods

Emere ekuuma omubiri

Fruits

 <p>Pineapple</p>	 <p>Bananas</p>	 <p>Watermelon</p>	 <p>Avocado</p>
 <p>Papaya</p>	 <p>Citrus</p>	 <p>Mango</p>	 <p>Breadfruit</p>

Ebibala

Improve Sanitation to Prevent Disease

Everyone needs to help with home sanitation. Clean the latrine, kitchen area and area surrounding your home everyday to prevent disease.



Buli mumtu ewaka ayina okwenyigila mukuuma obuyonjo ewaka, omulli okuyonja kabuyonjo, ekiyungu, okweela olujja nokusaawa omuddo, okusobola okuuma amaka nga mayonjo okuntangila endwade.

Sanitation at Home Prevents Disease

Practice proper hygiene and sanitation at home to prevent disease.



Kuuma obuyonjo ewaka wo osobole ekwewala endwade.

Hand Wash Stations

Make a Tippy Tap Hand Wash Station to keep hands clean.



Teeka akadomola k'amazzi gokunaaba mungalo ku kabuyonjo ,okuume engalo nga nyonjo.

Drying Racks for Improved Kitchen Safety

Use locally available materials to make a drying rack to keep dishes clean after washing.



Teekawo akatandaalo k'ebintu nga okozesa embawo oba emiti jetulina mukyaalo. Kino kiyamba ebintu byoyozezaokuban'nga bionjo atte 'nga bikalako amazzi bulunji obuwukka nebufa.

Separate Garbage for Improved Sanitation

Separate garbage into 2 pits: 1 for composting and the other for plastics and other garbage materials.



Sima ebinya bibiri ebyakasasiro ekimu nga kyabintu ebivunda, ekirara teekamu byetusobola okwokya.

Food Safety Practices

Avoid food poisoning when you warm leftover foods before serving.



Bugummyako emere yona nga tonaba kujijula.

Vegetable Gardening

Choose the seeds or plants you wish to grow.



Sooka omanyee ensigo oba ekimera kyooyagala okusimba.

Prepare the Soil

Add manure to the soil.



Tekateka enimiro yo, oseemu ebijimusa okuva mu busa bw'ente oba kalimbwe w'enkoko.

Developing the Garden

Add seeds or seedlings, add mulches and water.



Simba ensigo zo oba ebimera olumala obifukirire n'amazzi awo obikeko n'endagala oba ebisubi bitono.

Pest Control in the Garden

Ensure proper management of pests when using pesticides.



Okwetangira obuwuka, ebimera' byo bifuyileko/biseeko edagala elitta obuwuka nga evu bisobole okumera obulunji.

Economic Enterprise

Learn how to save money; how to create a savings group when using sustainable systems.



Weyigilize okwetelekela aka sente.

Yiga engeli enumgamu eyokuterekamu sente mubibiina nga mugobelela amateeka amalunji

Business Management

Learn how to start and manage a business; how to be innovative by using available materials.



**Yiiga engeli jo'osobola otandikka wo nokudukanya bizinesi.
Nga okozesa ebintu ebikwetolode.**

Credits

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