



ROSE
ACADEMIES-UGANDA



HEALTHY FOR LIFE

COMMUNITY TRAINING HAND BOOK

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INFANT AND CHILD NUTRITION AND CARE

**EXCLUSIVELY BREASTFEED INFANTS FROM 0 TO 6 MONTHS.
FROM 6 MONTHS, INTRODUCE OTHER FOODS AS YOU
CONTINUE BREASTFEEDING**



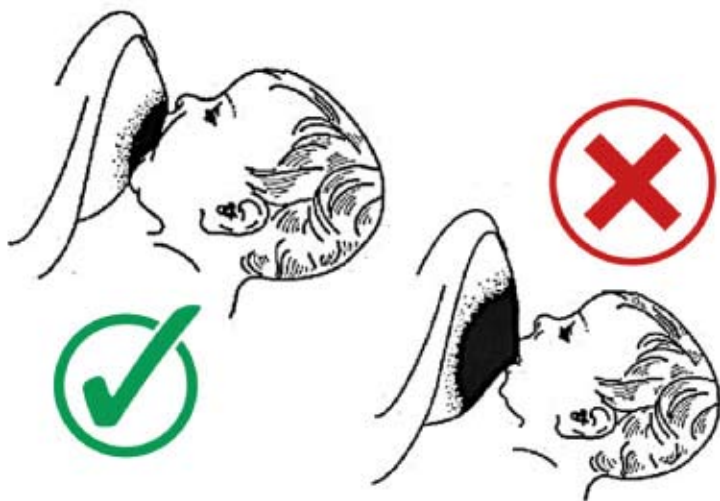
**YONSA OMWANA NGA TOLINA KILALA KYOMUWA PAKA NGA
AWEZEZA EMYEZI MUKAAGA (6). KU MYEZI OMOKAAGA,
ONTANDIKA OMOUWAAKO EMERE ENDALA(EGONDA) NGA ELA
BW'OMUYONSA**

**WHEN THE CHILD IS BORN, THEY NEED THE FIRST
MILK: COLOSTRUM FOR STRONG IMMUNITY**



**OMWANA WABA YAKAZALIBWA, YETAAGA NYO
AMATA AGASOOKA NASOBOLA AKULWANISA
ENDWADE.**

**THE CHILD SHOULD BE ATTACHED TO THE BREAST
THE RIGHT WAY FOR PROPER BREASTFEEDING.
[PRACTICAL]**



**OMWANA OMUTEEKA BULUNJI KUBEELE ENWANTO
YONA NEGWEELA MUKAMWA NASOBOLA OKUYOONKA
OBULUNJI NAKUTA**

**AT 6 MONTHS, THEY SHOULD BE GIVEN ENRICHED
PORRIDGE [PRACTICAL] AND A BALANCED DIET STARTING
WITH A MORE LIQUID DIET**



**KU MWEZI OMUKAAGA, OMWANA MUWE KU BUUJI
NE EMERE ENDALA (NGAYALUZI) OKWONGEREZA
KU BILISA**

**KEEP THE BABY'S FOOD SAFELY COVERED
WELL AND ALWAYS WARM IT BEFORE
FEEDING**



**EMERE YOMWANA OJITEREKA BULUNJI
NGA OJIBISEKO ATE NOJIBUGUUMYAAKO
NGA TONABA JIMUWA**

**COVER UP INFANTS AND KEEP THEM
WARM WHEN IT'S COLD TO AVOID
PNEUMONIA.**



**OMWANA MUBIKE OMUKUME NGA OMUBIRI GWE
GUBUGUMA MUBUNYOGOVU OKWEWALA
ENDWADE Z'EKIFUBA**

MATERNAL HEALTH

**GO EARLY TO THE HOSPITAL WHEN
PREGNANT**



**WOMANYA NTI OFUNYE OLUBUTO GENDELA WO
MANGU MUDWALIRO OSOBOLE OKEBEREBWA
N'OMWANA BALABE EMBEERA JALIMU**

**ATTEND REGULAR ANTENATAL
CARE; VISIT AT LEAST 8 TIMES**



**WEKUBIRIZE OGENDA OKUKEBERA
NOKUNWA EDAGALA EKITINO NYO
EMIRUNDI MUNAANA (8) NGA**

**EAT AN EXTRA MEAL ADDED ON TO THE REGULAR
FOOD INTAKE TO SUPPORT THE GROWTH OF THE BABY.**

**EAT A LOT OF VEGETABLES AND FRUITS TO REDUCE
CONSTIPATION**



**YONGERAKO OMULUNDI GUMU KUMILUNDI JOOLYA
OLUNAKU, EKITONO ENYO MILUNDI ENA (4) OMWANA
ASOBOLE OKUKULA OBULUNJI.**

**LYA NNYO EBIBALA NE' ENVA ENDILWA OSOBOLE
OKUFULUMA OBULUNGI NGA OGENZE MUTOYI**

**TAKE SUPPLEMENTS REGULARLY AS ADVISED BY THE
HEALTH CARE PROVIDER.**

**INCASE YOU TAKE TEA, IT SHOULD BE TWO (2) HOURS
BEFORE OR AFTER TAKING YOUR SUPPLEMENTS.**



MILA EDAGAL NGA OMUSAWAO WEDWALIRO BWAKULAGIDDE.

**BWOBA ONYWEDE CAAYI, KIKOLE OLUVANYUMA LW'ESAABA
BIRI NGA TONABA OBA NGA OMAZE OKUMIRA EDAGALA LYO.**

**PREGNANT WOMEN SHOULD PRACTICE
PERSONAL HYGIENE TO AVOID INFECTIONS
WHILES PREGNANT.[PRACTICAL]**



**OMUKYALA OW'OLUBUTU ALINA OKUKUUMA
OBUYONJO OKWEWALA OKWATIBWA ENDWADE
EZIVA KUBU KYAAFU.**

VEGETABLE GARDENING

**CHOOSE THE SEEDS OR PLANTS TO
BE PLANTED.**



**SOOKA OMANYE ENSIGO OBA EKIMERA
KYOORYAGALA OKUSIMBA.**

ADD MANURE TO THE GROUND



**TEKATEKA ENIMIRO YO, OSEEMU
EBIJIMUSA OKUVA MU BUSA BW'ENTE OBA
KALIMBWE W'ENKOKO.**

**ADD SEEDS OR SEEDLINGS, ADD WATER AND MULCHES.
[PRACTICAL]**



**SIMBA ENSIGO ZO OBA EBIMERA OLUMALA
OBIFUKIRIRE N'AMAZZI AWO OBIKEKO N'ENDAGALA
OBA EBISUBI BITONO.**

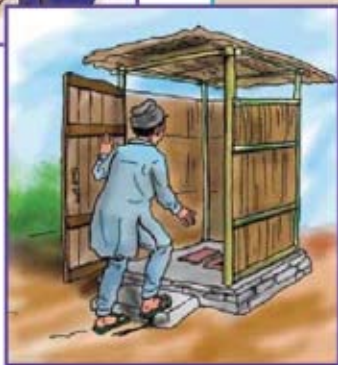
ENSURE PROPER MANAGEMENT OF PEST/ USE OF PESTICIDES.[PRACTICAL]



**OKWETANGIRA OBUWUKA, EMBIMERA BYO
BIFUYIREKO/BISEEKO EDAGALA ELITTA OBUWUKA
NGA EVU BISOBOLE OKUMERA OBULUNJI**

HEALTH CARE/ DISEASE PREVENTION

PRACTICE PROPER HYGIENE AND SANITATION AT HOME



**KUUMA OBUYONJO KUGWE WAMU
N'AMAKAAGO**

**PUT UP TIPPY TAPS FOR HAND WASHING.
[PRACTICAL]**



**TEEKA AKADOMOLA K'AMAZZI GOKUNAABA
MUNGALO KU KABUYONJO AKAKOZESEBWA NGA
OVUDEYO.**

PUT UP DRYING RACKS USING LOCALLY AVAILABLE RESOURCES



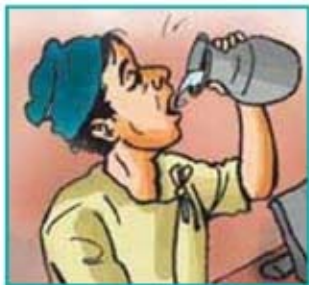
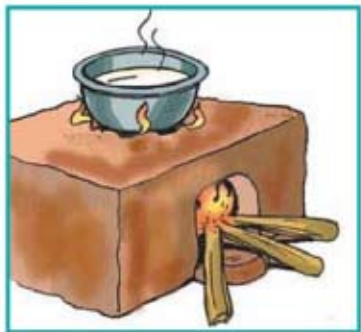
**TEEKAWO AKATANDAALO K'EBINTU NGA
OKOZESA EMBAWO OBA EMITI JETULINA
MUKYAALO**

**RESERVE AREAS FOR TWO (2) GARBAGE PITS WHERE
ONE IS FOR PLASTICS AND THE OTHER IS FOR
COMPOSITE /MANURE**



**SIMA EBINYA BIBIRI EBYAKASASIRO EKIMU NGA
KYABINTU EBIVUNDA, EKIRARA TEEKAMU
BYETUSOBOLA OKWOKYA**

**ALWAYS WARM LEFTOVER FOOD WHEN
GOING TO SERVE TO ANY HOUSEHOLD
MEMBER.**



**BUGUMYANGA EMERE YONA NGA
TONABA KUJIJULA**

MENSTRUAL HYGIENE MANAGEMENT

**ONE NEEDS TO HAVE A PAD DURING THEIR
PERIOD.**

[REUSABLE PAD MAKING PRACTICAL]



**OMUKYAALA YENA YETAAGA OKUBERA NE PAD
NGA ALIMUNSONGA ZE [PADS ZAFE EZOZEBWA
BAZIKOLA BWEBATI
(PRACTICAL)**

**A GIRL/WOMAN SHOULD ENSURE TO BE HYGIENIC
DURING THEIR PERIOD AND PROPERLY WASH
REUSABLE PADS AS WELL .[PRACTICAL]**



**OMUKYALA OBA OMUWALA ALINA. OKUUMA
OBUYONJO NGA ALIMUSONGA. PADS OZOOZA
BULUNJI NOYANIKA MUMUSANA NEEKALA NGA
TONADAMU JIKOZESA.**

ECONOMIC ENTERPRISE

**HOW TO SAVE, HOW TO PROPERLY MAKE
SAVINGS GROUP WITH SUSTAINABLE SYSTEMS**



**OTELEKA OTYA SENTE, OTANDIKA WO OTYA
EKIBIINA KYOKUTELEKA SENTE MUNGERI
ENAMBULUKUFU**

**HOW TO START AND MANAGE A BUSINESS, HOW
TO BE INNOVATIVE WITH THE THINGS AROUND
THE ENVIRONMENT**



**OTANDIKA WO OTYA BUZINENSI ARE
OJIYIMILIZAWO OTYA. OSOBOLA OTYA OKUYIYA
EKYOKOLA NGA OKOZESA EBINTU BYETULINA
MUKITUNDU KYAFFE**

FOOD GROUPS

BODY BUILDING FOODS

EMERE EZIMBA OMUBIRI



**PLANT PROTEIN/
EMERE EY'ENSIGO**



**ANIMAL PROTEIN/ EMERE
EY'EBISOLO**

ENERGY GIVING FOODS

EMERE EWA AMANYI



**TUBERS/ EMERE
EYE'MILANDIRA**



CEREAL/ EMERE EY'EMPEKE

PROTECTIVE FOODS

EMERE EKUUMA OMUBIRI



**VEGETABLES/ ENVA
ENDILWA**



FRUITS/ EBIBALA



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