Endwadde z'okwasa omwana wo olw'ebyokulya ebikolerere

Bya JACKSON SEWANYANA

ABAYIZI bazzeeyo ku masomero n'abalala abaviira awaka nabo baatandise okusoma, era abazadde bangi baaguze ebintu mu bungi omuli eby'okulya n'ebyokunywa ebikolerere ebipakire mu macupa ne bookisi n'ebintu ebirala nga baalowooza bayamba baana baabwe so nga babaleetera ndwadde. Mu bino mulimu:

Eby'okunywa ebiwoomerera nga sooda, ebika bya juyisi eby'enjawulo, bisikwiti n'obumpwankimpwanki obulala obusiike obw'omunnyo.

Carol Nabakomeko muzadde w'abaana basatu ng'abeera Nansana. Agamba nti, abaana be abasibirira amagi amafumbe n'abakamulira n'obutunda ssaako emicungwa bye batwala ku ssomero buli lunaku. Wabula agamba nti, baagala nnyo amazzi, ate lumu abagulira obumpwankimpwanki kuba tebwewalika.

Omusawo w'abaana, Dr. Sabrina Bakeera Kitaka agamba nti, abazadde bawa abaana eby'okunywa ebiwoomerera n'ebyokulya ebisiike eby'omunnyo omungi olw'okuwubisibwa endowooza enkyamu mu bitundu gye babeera n'ensonga endala okuli;

- Kasendabaguzi ow'abakitunzi baabyo abakozesa ebisabika n'obugabo obusikiriza omuzadde okubigula.
- Ekirala, abaana bwe babiyaayaanira, abazadde bawalirizibwa okubibagulira okubasanyusa n'okubakkakkanya.
- Waliwo enkola y'okubigaba ng'ebirabo eri abaana abeeyisa obulungi, abakoze ennyo emirimu, abasomye obulungi, oba nga batuuse ku bubaga obw'okujaguza amazaalibwa gaabwe.
- Byanguwa okugula olw'okuba bibeerawo buli kaseera ate si bya buseere.
- Abazadde bangi bwe babeera awaka babinywera mu maaso g'abaana, nabo ne bakiraba nga kye kisaanidde okukola.

Wabula abazadde basaanye okukimanya nti, ebintu bino bijjudde ebirungo nga bissa obulamu bw'abaana mu matigga.

Eby'okunywa ng'amata agayisiddwaako mu byuma ne gapakirwa n'akawoowo, sooda, juyisi, n'ebirala eby'ekikula kino, bissibwamu amazzi, ne bigattibwamu ssukaali ne langi ez'enjawulo ezisikiriza n'okubirabisa obulungi wabula nga bya bulabe.

Omukyala akamulira abaana bae juiyisi w'ebibala eby'obutonde.

Ekitongole ky'ebyobulamu eky'ensi yonna ekya World Health Organization (WHO), kiraga nga, ssukaali assibwa mu by'okunywa bino abeera mungi okusukka ku bungi omubiri gwe gwetaaga. Bagamba nti bino mubaamu ebiriisa bitono ddala n'obutabaamu.

OBUNGI BWA SSUKAALI ASAANIDDE OKUNYWA MU LUNAKU

Omukugu mu ssaayansi w'ebyokulya okuva mu kitongole kya Uganda Industrial Research Institute (UIRI), Lydia Kusasira, awabula nti, abaana abali wansi w'emyaka ebiri, tebalina kunywerako ddala ku ssukaali.

Abawezezza emyaka ebiri okutuuka ku myaka18, tebalina kusussa gulaamu za ssukaali 25 olunaku nga buno bwe bujiiko nga mukaaga obutono obusena ssukaali n'okutabula mu caayi, ate nga buno tebulina kunywebwa mulundi gumu wabula ng'omubiri bwe gwetaaga mu lunaku lwonna.

Ekirala abazadde basaanaokusoma obulambe ku bintu bye bagulira abaana okumanya obungi bwe ssukaali abirimu bamanye n'obungi bw'amazzi ge balina okukozesa okumusaabulula.

OBULABE BW'EBIWOOMERERA

- Lydia Kusasira, agamba nti, ssukaali ayitiridde assibwa mu by'okunywa eby'ekikula kino, aviirako abaana okuvunda amannyo, okulwala ssukaali, okunafuwa amagumba, n'omugejjo.
- Avaako obulwadde bw'omutima, kookolo, n'okusannyalala.
- Atta obuwuka obw'omugasso mu kumerengula emmere ekivaako embuto okwepika n'okufuna ebizibu ebirala.
- Okuggwaamu amazzi mu mubiri kuba ebimu birimu ekirungo kya 'caffeine' ekivaako okufuuyisafuuyisa ennyo.
- Ekirungo kya 'caffeine' ekiri mu bimu ku by'okunywa bino, kiremesa n'omubiri okusika mu mmere ekiriisa ekiyambako mu kukola omusaayi, abaana ne babeera n'omusaayi omutono.
- Okulunguula, okumyuukirira n'obulumi obukujjirako mu bitundu by'omubiri ebitali bimu.
- Omwana okuba nga tatereera kumala kaseera kawanvu, tagumiikiriza, obwongo bwe buwugukawuguka, nga kiva ku birungo ebibeera mu by'okunywa n'okulya by'omuwa.
- Ebigattibwa mu by'okunywa bino bisobola n'okuleetera omwana alaje, era omukugu mu by'endiisa Daniel Kamara okuva mu Bwindi Community Hospital agamba bittula ne asima.
- Okufuna obuyinja mu nsigo nga okusinziira ku Kamara kino kiva ku kirungo kya 'phosphorus' ekisangibwa mu bimu ku by'okunywa bino ate ng'abaana babikozesa nga tebanywa mazzi gamala.

EBY'OKUNYWA BY'OBA OWA OMWANA WO

1 Amazzi : Kamara agamba ky'ekyokunywa ekisinga okubeera ekirungi eri abaana, era banywe waakiri liita emu buli lunaku.

2 Amata, galimu ekirungo kya 'calcium' ekigumya amagumba. Omwana asobola okunywa paka ku miiru 500 ez'amata buli lunaku.

3 Juyisi w'ebibala gwe bakamulidde awaka.

4 Yogati akoleddwa awaka. Kusasira agamba nti, mu kifo ky'okussa ssukaali mu yogati, osobola okumuwoomesa n'okussaamu akawoowo ng'omugattamu omubisi gw'enjuki, amenvu, entuntunu, entungo, obusigo bw'ensujju, cloves, omudalasiini, cardamom, n'ebibala ebirala.

OBULABE BW'OBUMPWANKIMPWANKI OBULIMU OMUNNYO OMUNGI

Ng'oggyeko eby'okunywa ebiwoomerera ebigattemu ssukaali, obumpwankimpwanki nga bisikwiiti, cookies, chipusi, emberenge, chapati, amandaazi, n'ebirala, nabyo bya bulabe eri abaana.

Okusinziira ku bakugu, obuzibu buva ku munnyo oguyitiridde ogubussibwamu, ate abaana ne babirya olutata nga bwe babinywerako n'eby'okunywa ebijjudde ssukaali.

Kusasira agamba nti, abaana abali wansi w'omwaka ogumu mu lunaku balina okulya ggulaamu y'omunnyo emu (1g), okutuuka ku myaka esatu beetaaga ggulaamu bbiri, ab'emyaka ena ku mukaaga ggulaamu ssatu mu lunaku. Abawezezza emyaka 7-10 tebasussa ggulaamu ttaano mu lunaku, so ng'abasussa emyaka 11 balina kukoma ku ggulaamu mukaaga.

Kusasira agamba nti, omunnyo ogususse gulwaza, puleesa, ensigo, okuzimba emikono n'ebigere, okufuna amazzi ku mutima n'amawuggwe, okulumizibwa mu nnyingo n'ebinywa.

Mu kifo ky'obumpwakimpwaki, abaana bazzibwe ku mmere efumbibwa awaka ng'essiddwamu omunnyo omusaamusaamu.

Mu kufumba n'okuteekateeka emmere n'eby'okulya ebitali bimu, osobola okukozesa ebintu ng'enniimu, ensaano y'obutungulu, katunguluccumu, 'black pepper', paprika, ne cumin. Bino bireeta akawoowo n'okuwoomesa eby'okulya nga tekikwetaagisizza kuyiwamu munnyo mungi.

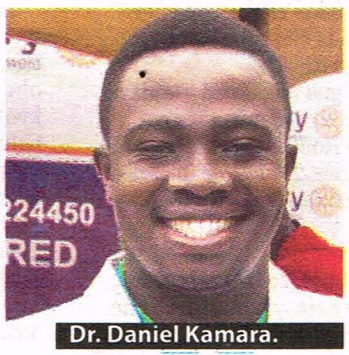
Abantu kye bagam-

Angellah Katusiime : Omwana wange ali mu myaka ena naye ebiseera ebisinga mmugulira sooda, n'eby-okunywa ebirala ebipakire kubanga abyagala nga simanyi buzibu bubirimu.

Zanie Nakacwa: Nze sinywa ssukaali, waakiri nkozesa omubisi gw'enjuki. Ssukaali andeetera ekikeeto n'okusinduukirirwa emmeeme mpozzi nga nnywereddeko amazzi mangi.

Siraje Kalyango : Abazadde be balina okusooka okubeera eky'okulabirako eri abaana nga beewala okugula obumpwankimpwanki obujjudde ssukaali, n'ebyokunywa ebipakire ebikolerere.

Dr. Sabrina Bakeera Kitaka.

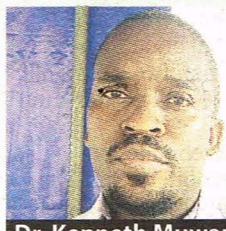


Dr. Daniel Kamara.

Omukugu Lydia Kusasira

BUUZA OMUSAWO

L waki omwana wange asiiyibwa mu bitundu by'ekyama?



Dr. Kenneth Muwanguzi.

OMWANA wange avubuse naye asiiyibwa mu bitundu by'ekyama oba kye tuyita yinfekisoni, kyokka buli kiseera nfaayo okulaba ng'afuna obujjanjabi. Kiva ku ki omwana wange okusigala ng'atawaanyizibwa era nnina kukola ki okulaba ng'awona?

Obulwadde obwo butawaanya nnyo abaana abawala abavubuse naddala abo abatuuse okugenda mu nsonga z'ekikyalya era nga bano bali wakati w'emyaka 10 ne 19.

Ebiseera ebisinga yinfekisoni zino zitera okubakwata nga baakava mu nsonga z'ekikyala.

Enkozesa ya paadi nayo esobola okubalwaza singa tebakuuma buyonjo oba okuzikyusa nga bwe kyetaagisa.

Kaabuyonjo enkyafu nazo zibaleetera yinfekisoni zino.

Omwana afuna okulumizibwa okw'amaanyi ne kituuka ne mu lubuto.

EKIREETA KINO

- Abaana abawala abasinga tebafuna kumanyisibwa ku ngeri gye balina kwekuumamu nga bayonjo naddala mu kiseera nga bali mu nsonga.
- Abaana beetaaga okulabirirwa okuva ku bantu be bawangaala nga baweebwa ebikozesebwa naddala mu nnaku nga bali mu nsonga, baleme okusiiyibwa n'okuvaamu ekisu.
- Ng'omuzadde fuba okulaba nga kaabuyonjo n'ebinaabiro awaka bibeera biyonjo obudde bwonna, kubanga kino kikutaasa ate n'abalala okukwatibwa.
- Mufube okulaba nga mwekebeza buli luvannyuma lw'akaseera kuba oluusi obuwuka bukulumba nga tomanyi kubanga bangi tukozesa kaabuyonjo ez'olukale ne twerabira nti, nayo obulwadde ebiseera ebisinga gye buva.
- Amasomero nago galina okukuuma obuyonjo naddala nga gasooka okusomesa abayizi ku nsonga eno kubanga gye bakoma okuba abangi n'obuyonjo okukendeera.

Ekibuuzo kidddiddwaamu Dr. Kenneth Muwanguzi, omukugu mu kujjanjaba endwadde ez'enjawulo mu baana okuva ku ddwaaliro e Mulago ne bikunnganyizibwa HARRIET NAKALEMA.