

# UKUDLA KWABANTWANA OKULOMSOCO:

**Nambithisa  
umntwana  
ngezibiliboco  
ezitholakala  
esigabeni**



**USAID**  
FROM THE AMERICAN PEOPLE



**Amalima**



**CNFA**  
Cultivating New Frontiers  
in Agriculture



# Amazwi okubonga

Lolugwalo lwezifundo zokuphekela abantwana luyingxenye yezingwalo zeAmalima Infant Young Child Feeding ezenzelwa ukusetshenziswa kuzifundo zamaqembu eAmalima. Lolugwalo lukhuthaza indlela ezifaneleyo zokunika abantwana ukudla lokunxusela ukusetshenziswa kokudla okulomsoco okutholakala lula ezigabeni, lokhu kusenzelwa abantwana abale nyanga ezingu 6-23.

Lezi zifundo zokupheka zilotshwe sixhaswa ngabantu base America ngohlelo lwe United States Agency for International Development (USAID) Office of Food for Peace.



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# Izixwayiso zokupha abantwana ukudla

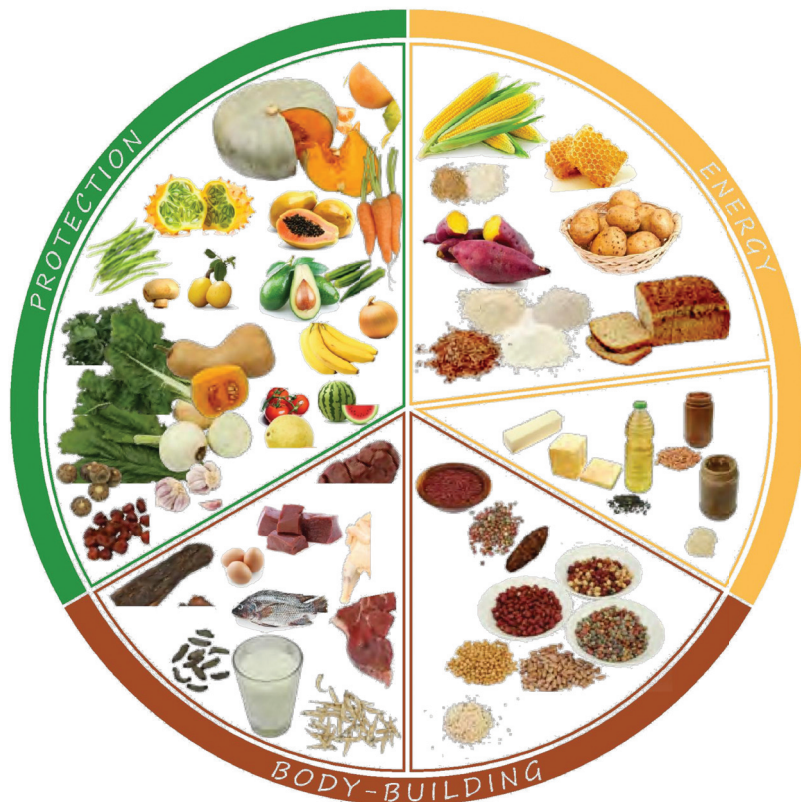
Isilinganiso sokudla okumele kunikwe			
Iminyaka	Ukujiya	Ukuthi kunikwa kangaki	Isilinganiso sokudla okulingene umntwana kuzo zonke izikhathi zokudla
Inyanga ezingu 6-8	Nika umntwana ilambazi elijiyileyo, lokudla okubucuzwe kuhle.  Qhubeka unika umntwana ukudla kwemuli okubucuziweyo	Munyisa ibele kanengi  Nika umntwana ukudla kabili ngelanga usiya ungezelela kancane kancane kuze kube kathathu  Munyisa ibele kanengi	Qala ngamateaspoon angu 2-3 ngaso sonke isikhathi sokunika ukudla ungezelela kancane kancane kuze kufike ku ¼ yenkomitsho yensimbi ejwayelekileyo ngaso sonke isikhathi sokudla
Inyanga ezingu 9-11	Nika ukudla okuqotshwe kwaba yiziqa ezincinyane kumbe okubucuziweyo, lokudla umntwana angakudobha	Nika umntwana ukudla kathathu kusiya kane, kanye lokumunyisa ibele kanengi	Nika umntwana ukudla okungaba yi¼ yenkomitsho yensimbi ejwalekileyo ngaso sonke isikhathi sokudla
Inyanga ezingu 12- 23	Nika umntwana ukudla kwemuli, okuqotshiweyo kumbe okubucuziweyo nxa kudingakala	Nika umntwana ukudla kathathu kusiya kane, kanye lokumunyisa ibele kanengi	Nika umntwana ukudla okungaba yi ½ kusiya ku ¾ yenkomitsho yensimbi ejwayelekileyo ngaso sonke isikhathi sokudlal
Nika umntwana ukudla okudliwa isikhathi sokudla singakafiki kanye kumbe kabili ngelanga njengamatamatisi, umkhemeswane, umviyo lombumbulu kumbe ukudla okuxhwathisiweyo okunjengamaqanda, amagwili, imiqwente lamathanga.			

\*Qhubeka umunyisa umntanakho lapho efuna ukumunya, emini lebusuku aze abelenyanga ezingu24 kusiya phambili.

\*Munyisa umntwana kanenginengi ngesikhathi egula, lalapho elesihudo lokhu kusiza ukulwisa imikhuhlane, kuvikela ukwehla komzimba njalo kuphathisa ukuba asile ngokuphangisa.

Izixwayiso ezilapha zicutshwe zivela ku: WHO, (2006) *Infant and Young Child Feeding Counselling: An Integrated Course*. WHO, Geneva, Switzerland. Pg 185.  
Lezingwalo zeAmalima.

# Amaqembu okudla okulomsoco lenzuzo zawo



# Amaqembu okudla okulomsoco lenzuzo zawo

Amaqembu okudla	Imihlobo yokudla kula amaqembu	Imisebenzi yemisosco yokudla emizimbeni
Ukudla okuni-ka amandla	Amabele: umumbu, inyawuthi, amabele, ingqoloyi, irayisi.  Impande lezilimo eziy-izigaqa: imbambayila, amagwili.	Lokhukudla kunika amandla  Leliqembu lokudla lilokudla okwakha umzimba, lokuvikela emikhuhlaneni  Kuyikudla okuhle okulesikuba.
Amafutha atshiyeneyo	Amafutha emibhida, ibhata, imajarini, amah-wahwa, amazambane lentanga, (amazambane, idobi, intanga zesunflower, indumba (soyabeans)	Lokhukudla kunika amandla
Indumba ezitshiyeneyo	Inhlobonhlobo zendumba, indlubu.	Lokhukudla kwakha umzimbal
Ukudla oku-vela enyazaneni	Inyama yenkomo, inyama yembuzi, imvu, idada, ithendele.  izibungwana ezidliwayo (amacimbi, izinhlw), am-atemba, inhlanzi, uchago lamaqanda	Lokhukudla kwakha umzimba  Kuyikudla okuhle okuvikela imikhuhlane
Imibhida lezithelo	Izithelo lemibhida yeganga, imibhida yamahlamvu, amatamatisi, ihanyanisi, imiqwente, ithanga	Lokhu kudla kulemisosco evikela imikhuhlane njalo kuyapha isikuba.

Izixwayiso ezilapha zicutshwe zivela kuFAO, 2004





# Iyogathi yomkhomo

## Okusetshenziswayo

½ inkomitsho yomkhomo

1/3 inkomitsho yochago

*1 tablespoon eyodwa eyombumbulu kumbe lobayisiphi isithelo esitholakalayo ngaleso sikhathi.*



## Indlela yokupheka

1. Bulala ugebhezi lomkhomo ubususehlukana intanga lemphuphu yomkhomo.
2. Thela uchago ugoqoza ngezikhathi ezithile ukuze intanga zehlukane lemphuphu yomkhomo.
3. Khipha intanga
4. Faka umbumbulu loba esinye isithelo esitholakalayo ngaleso sikhathi ubusugoqoza.
5. Yekela kujiye ubusuphakulula.



# Inamnede yoMsosobiyane

## Okusetshenziswayo

Inkomitsho ezimbili ezo msosobiyane

Inkomitsho ezimbili ezamanzi ahlanzekileyo



## Indlela yokupheka

1. Bucuza umsosobiyane uze ubebuthakathaka. Ubusuthela emganwini.
2. Thela amanzi, uvale umganu ubusukwekela okwemizuzu elitshumi (10 minutes).
3. Goqoza ngamandla intanga zize zehlukane lokudliwayo kwezithelo.
4. Yehlukanisa intanga lokudliwayo kwesithelo ubusuphakulula.







# Ilambazi lamabele elinoniswe ngamatemba

## Okusetshenziswayo

$\frac{3}{4}$  yenkomitsho yempuphu

inkomitsho eyodwa yamatemba

*iteaspoon* yamafutha



## Indlela yokupheka

1. Thambisa amatemba emanzini aqandayo okomzuzu owodwa ubusucenga amanzi.
2. Tshisa amafutha epanini ubusufaka amatemba ukhazinge aze abe lombala obomvana ongathi ligolide.
3. Faka amatemba akhazingweyo engigeni ugige abe yimpuphu ecolekileyo.
4. Bilisa amanzi ngembiza ubusugoqozela impuphu.
5. Yekela kuxhwathe okwemizuzu emihlanu kusiya kwelitshumi (5-10minutes).
6. Thela impuphu yamatemba elambazini ugoqoze usuka phansi usiya phezulu ubusuphakulula.



# Amaqebelengwana alempuphu yamazambane

## Okusetshenziswayo

inkomitsho eyodwa eyempuphu yamabele

*amatablespoon* amabili amazambane acholiweyo

$\frac{3}{4}$  zamanzi enkomitshini ahlanzekileyo



## Indlela yokupheka

1. Khanzinga amazambane epanini uwabeke eceleni aphole.
2. Giga amazambane aze abe yimpuphu.
3. Faka impuphu emganwini uhlanganise lempuphu yamazambane.
4. Thela amanzi kancane kancane ngapha uhlanganisa ngezandla zakho ubumbe amabhola amancinyane.
5. Faka amabhola embizeni lamanzi aseleyo kuxhwathe emlilweni otshisa kancane kuze kuvuthwe.
6. Yephula eziko wekele kuhlale imizuzu emibili (2 minutes) ubusuphakulula.







# Ilambazi lempuphu elinoniswe ngamaqanda

## Okusetshenziswayo

Inkomitsho eyodwa yempuphu yomumbu

Iqanda elilodwa

*1* tablespoon yamafutha

$\frac{1}{2}$  iteaspoon yesawudo

amankomitsho amathathu amanzi ahlanzekileyo



## Indlela yokupheka

1. Hlanganisa impuphu yomumbu lamanzi wenze inhlama ubusuthela emanzini abilayo.
2. Goqoza wekele kuxhwathe emlilweni otshisa kancinyane, okwemizuzu engu5, faka iqanda eliluhlaza elambazini ubu-sugoqoza.
3. Faka amafutha okupheka lesawudo.
4. Yekela ilambazi lixhwathe emlilweni otshisa kancinyane, lize lijiye okufaneleyo, okwemizuzu elitshumi (10 minutes).
5. Yephula eziko uphakulule.



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# Ilambazi elinoniswe ngamacimbi lempuphu yamazambane

## Okusetshenziswayo

½ yenkomitsho yamacimbi

1 ¼ amankomitsho empuphu

*amateaspoon* amane awedobi

amankomitsho amabili awamanzi ahlanzekileyo



## Indlela yokupheka

1. Giga amacimbi angaphekwanga aze abeyimpuphu.
2. Bilisa amanzi ngembiza.
3. Goqozela impuphu kuze kujiye.
4. Yekela kuxhwathe okwemizuzu emihlanu kusiya kwelitshumi (5-10minutes).
5. Hlanganisela idobi lempuphu yamacimbi emganwini.
6. Goqozela embizeni elelambazi ubususekela kuxhwathe okwemizuzu emibili, yephula eziko uphakulule.





# Ilambazi lempuphu elilendlubu

## Okusetshenziswayo

$\frac{1}{2}$  yenkomitsho yendlubu

$\frac{3}{4}$  yenkomitsho yempuphu

$\frac{1}{4}$  yeteaspoon yesawudo



## Indlela yokupheka

1. Khanzinga indlubu zize zibe lombala obomvana ongathi ligolide.
2. Faka indlubu ezikhanzingiweyo engigeni ugige zibe yimpuphu ecolekileyo.
3. Bilisa amanzi ngembiza ubusugoqozela impuphu.
4. Yekela kuxhwathe okwemizuzu emihlanu kusiyakwelitshumi (5-10 minutes).
5. Thela impuphu yendlubu elambazini ugoqoze usuka phansi usiya phezulu, yephula eziko uphakulule.



# Inopi yethanga

## Okusetshenziswayo

2 ½ amankomitsho amanzi ahlanzekileyo

½ yenkomitsho yempuphu yamabele

inkomitsho egcwele ithanga eliqotshiweyo

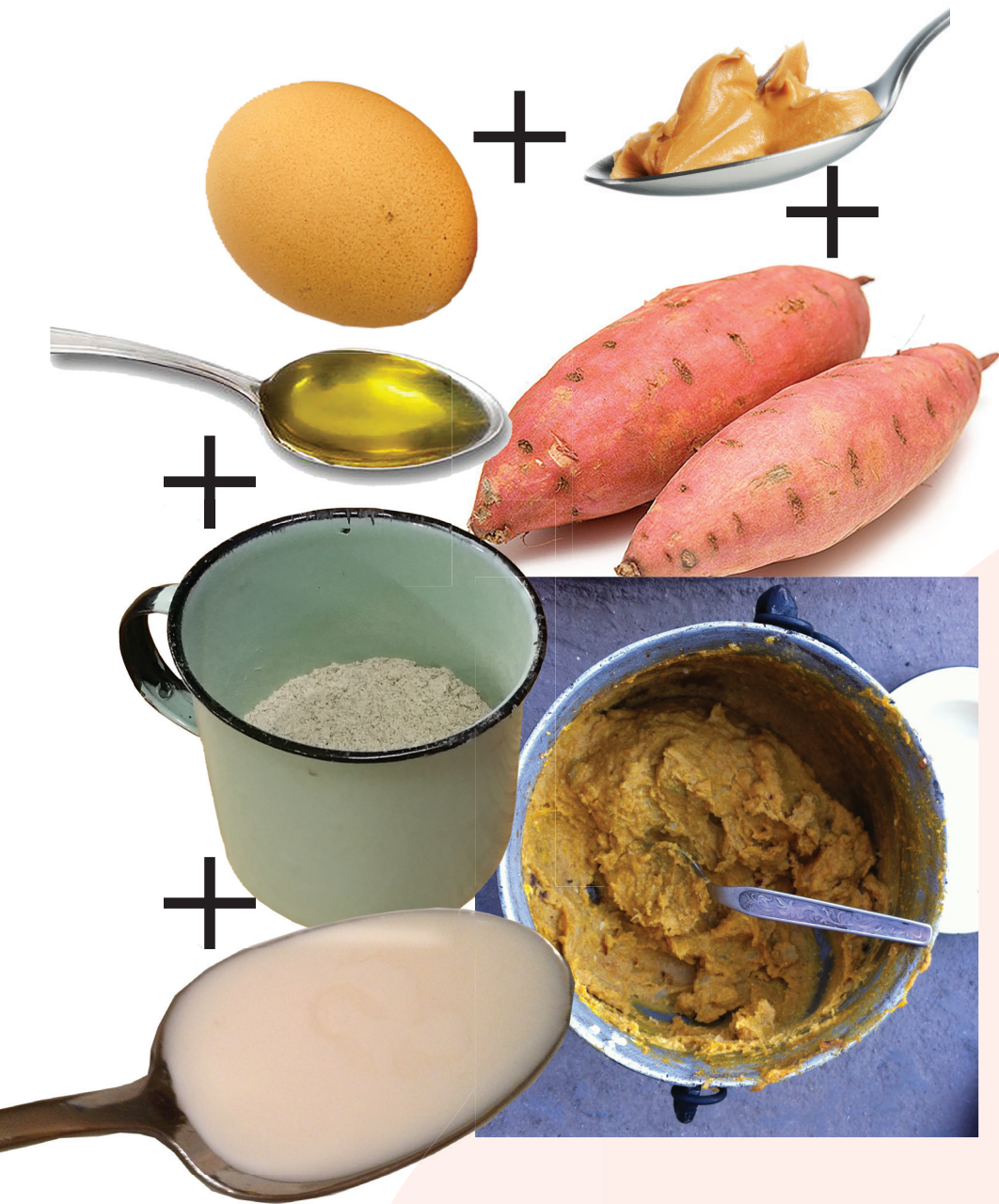
*amatablespoon* amathathu amafutha



## Indlela yokupheka

1. Xhwathisa amathanga emanzini aze abe buthakathaka.
2. Khupha emanzini ubucuze kusale kungelamaqhubu.
3. Usebenzisa amanzi aseleyo ekuxhwathiseni ithanga, goqozela impuphu yamabele wekele kuxhwathe emlilweni otshisa kancinyane, okwemizuzu emihlanu kusiya kwel-itshumi (5-10minutes).
4. Faka okubucuziweyo kwethanga elambazini lempuphu yamabele uhlanganise kuze kuhlangane kuhle.
5. Yephula eziko uphakulule.





# Inopi yethanga enoniswe ngamaqanda lembabayila

## Okusetshenziswayo

½ yethanga elilingeneyo

imbabayila ezimbili ezincinyane

iqanda elilodwa

1/4 yenkomitsho yempuphu yomgayiwa

*amatablespoon* amahlanu awedobi

*amatablespoon* amahlanu awochago lwembuzi, lwenkomo kumbe olwebele.



## Indlela yokupheka

1. Hluba ithanga ulisike wenze okungamabhokisana okuncinyane.
2. Hluba imbabayila uyisike ibe yiziqha ezincinyane.
3. Faka ithanga lembabayila okulingeneyo embizeni yinye.
4. Thela amanzi ufake emlilweni kuxhwathe okwemizuzu engamatshumi amathathu (30minutes).
5. Bucuza lokho okuhlanganisiweyo kuze kube buthakathaka, ubusufaka iqanda ugoqoze lokho okuhlanganisiweyo.
6. Faka impuphu wekele kuxhwathe emlilweni otshisa kancinyane, okwemizuzu elitshumi (10minutes).
7. Faka idobi, ugoqoze wekele kuxhwathe emlilweni otshisa kancinyane.
8. Yephula eziko uphakulule kudliwe ngochago (uchago lwembuzi, uchago lwenkomo kumbe olwebele).



# Ilambazi lamabele elinoniswe ngamacimbi

## Okusetshenziswayo

Inkomitsho eyodwa yempuphu yamabele

Inkomitsho eyodwa yamacimbi

½ yenkomitsho yochago

Isawudo elilingeneyo

Inkomitsho eyodwa eyamanzi ahlanzekileyo



## Indlela yokupheka

1. Bilisa amanzi ngembiza.
2. Giga amacimbi aze abe yimpuphu.
3. Hlanganisa impuphu yamacimbi leyamabele, ubusuthela amanzi abilayo.
4. Faka iqanda elilodwa, uhlanganise embizeni.
5. Xhwathisa okwemizuzu elitshumi (10minutes).
6. Yephula eziko uphakulule.



# Bhala imicijo yakho lapha

## **Izixwayiso kubomama ngendlela yokumunyiswa kwabantwana abalenyanga ezingu 6-11**

Yengeza izikhathi zokupha umntwana ukudla zize zibentathu

- Nika umntwana okunye ukudla okulomsoco okutholakala lula esigabeni kanye ngelanga
- Nika ukudla okuvela ezinyamazaneni okungaba kabili ngeviki
- Pheka ilambazi elinoniswe ngendumba lemibhida
- Munyisa ngaphambi kokupha ukudla hatshi ngemva kokupha ukudla.



