

Kurya no Kunywa neza



Kirundi

Inyigisho ya Australia ijanye no Gufungura ibifungurwa bitunga umubiri

Nezerezwa n'amoko menshi y'ibifungurwa bitandukanye biva muri iyi mirwi itanu y'ibifungurwa buri munsu. Nywa amazi menshi.

ibifungurwa birimwo ibinyampeke, ivyinshi vyiganjemwo ibifise intete canke ibinyamisogwe



inyama n'inkoko, amasamaki, amagi, tofu, ubuyobe n'impeke n'imboga/ibiharage



Amata, ikivuguto, amavuta y'inka/bijana nayo, kenshi yakuwemwo ibivyibusha

Koresha makeyi



Rimwe rimwe gusa ukoreshe makeyi



Kuki ari nkenegwa kurya indya nyinshi?

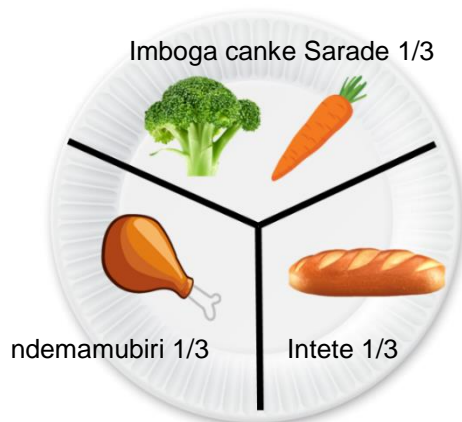


Ndemamubiri
ifashagukura

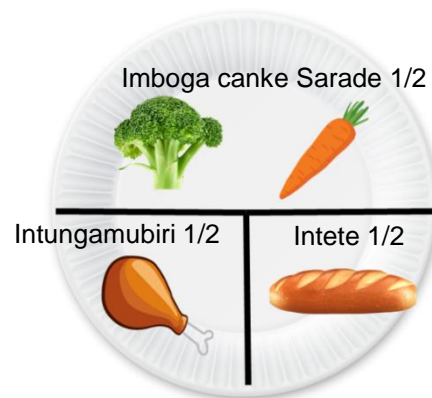
Imboga
Kugira umubiri wawe
ukore neza

Carbohydrate
z'inguvu

Isahane ikwije ivyangombwa



Hasi y'imyaka 5



Imyaka irenga 5

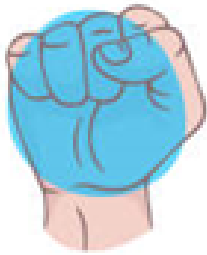


Ibijana no kurya neza

Gufungura incuro 3 vyikwije hamwe no kurya utuntu dusanzwe incuro 2 ku musi



Zingana gute



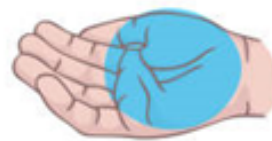
Umukate, umuceri, supageti
bingana n'igipfunsi



Iyama ingana n'ikiganza



Amavuta angana n'igikumu



Imboga zingana n'ibiganza bibiri



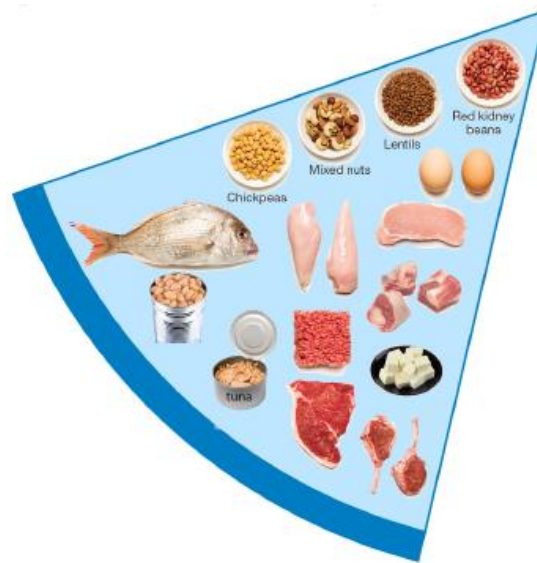
Umukate unqana n'intoke n'ikiganza



Imfungurwa zirimwo “Iron”

Iron ni ngirakamaro mu gutwara umwuka wa ogisijeni mu mubiri, mu gutuma umubiri wacu uguma ufise amagara meza (ubushobozi bwo kwirwanira), no mu gutuma umubiri wacu ugira inguvu

Uko inyama ziba zitukura ni ko ziba zirimwo Iron nyinshi



Ni ibindi bifungurwa ibihe birimwo “Iron”?



Ibiharagwe vyokeje



Amababi, imboga z'amababi



Ipinari



Amagi



Ibimera/ibimera vya kizungu/ibihagwe,
bitetse



Almond canke ibiyoba
Umutobe/Umutsuma/Ifu



Impanuro

Hari ibifungurwa n'ibinyobwa bituma umubiri utaronka Iron

Nywa amata hataregereza kugera ko ufur

Igikombe 1 ku musu

1



Amata y'inka canke amata ya soya

Nta cayi canke ikawa mu gihe
Uriko urafungura



Ibinyobwa

Nywa amazi buri musu. Imitobe n'ibinyobwa nkavyo
ubinywe rimwe na rimwe gusa



Imfungurwa zirimwo B₁₂

Vitamine B12 ituma utugingo ngengabuzima two mu maraso n'utugingo ngengabuzima tw'umubiri biguma bifise amagara meza, kandi irafasha mu guhingura ADN.



Imfungurwa zirimwo “Calcium”

“Calcium” irahambaye kugira amagufa n'amenyo bigire amagara meza



Amata y'inka canke amata ya soya
Umuce 1 = 250mL



Foromaji
Umuce 1 = Ibice 2

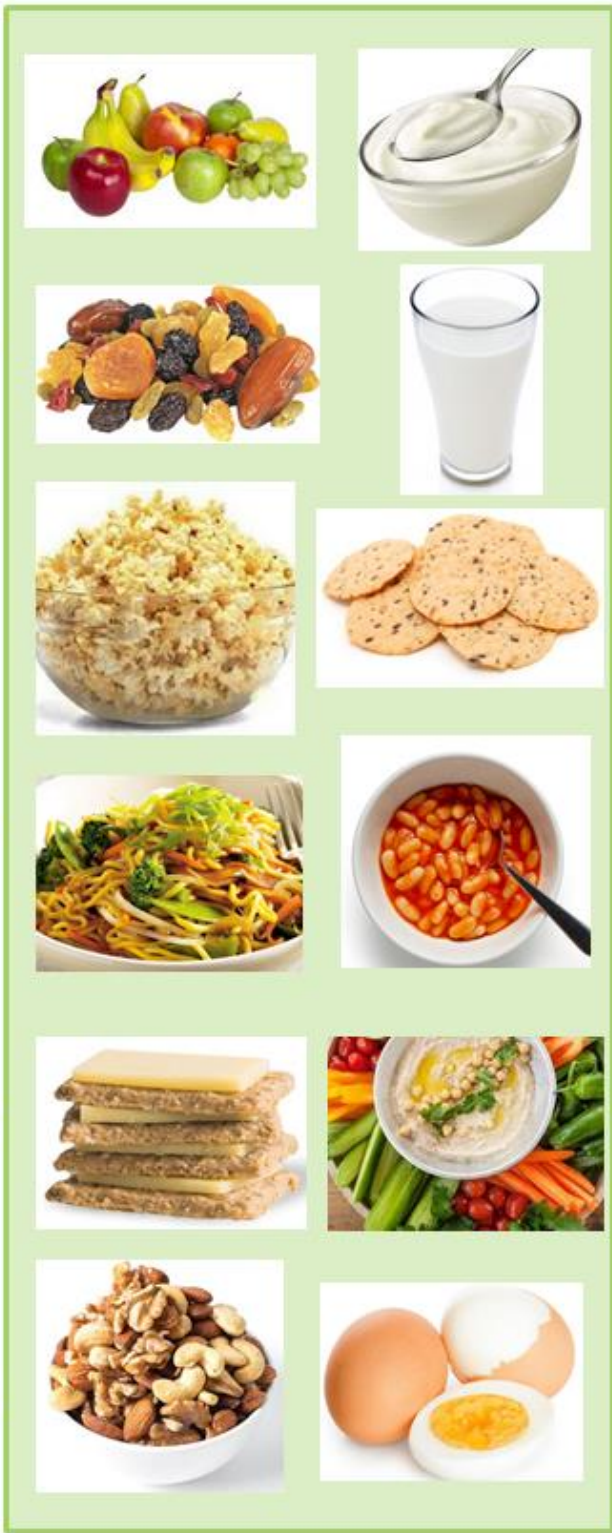


Yawurute
Umuce 1 = 200g

Imice y'ibiva mu mata canke ibisubirira amata ihabwa buri musi umugwi umwe umwe wese w'imyaka

	Imyaka 2-3	Imyaka 4-8	Imyaka 9-11	Imyaka 12-13	Imyaka 14-18
Abahungu	1 ½	2	2 ½	3 ½	3 ½
Abigeme	1 ½	1 ½	3	3 ½	3 ½







Government of Western Australia
Child and Adolescent Health Service



Child and Adolescent Health Service
15 Hospital Avenue, Nedlands, WA, 6009.
Tefoni: (08) 6456 2222
Vyakozwe na: Nutrition and Dietetics
Ref: 1405.8 (Kirundi) © CAHS 2023


Uru rupapuro rurashobora kuboneka mu bundi
bugyo umuntu afise ubumuga asavye.

Ibimenyeshejwe: Ico gitabu kigenewe
kwigisha abantu no kubamenyesha ibintu.
Niwiture umuganga abishoboye nimba
ukeneye impanuro.
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Adolescent Health Service.

Turakengurukiye ishirahamwe gya Perth Children Hospital ku kuba gyarungitse amahera yo gushigikira ico gikorwa.
Turashimira Ubushikiranganji bw'amagara y'abantu bwa Leta ya Ostraliya bwemeye ko CAHS ikoresha ibikoresho vyabo
muri iki gitabu.



Healthy Eating and Drinking

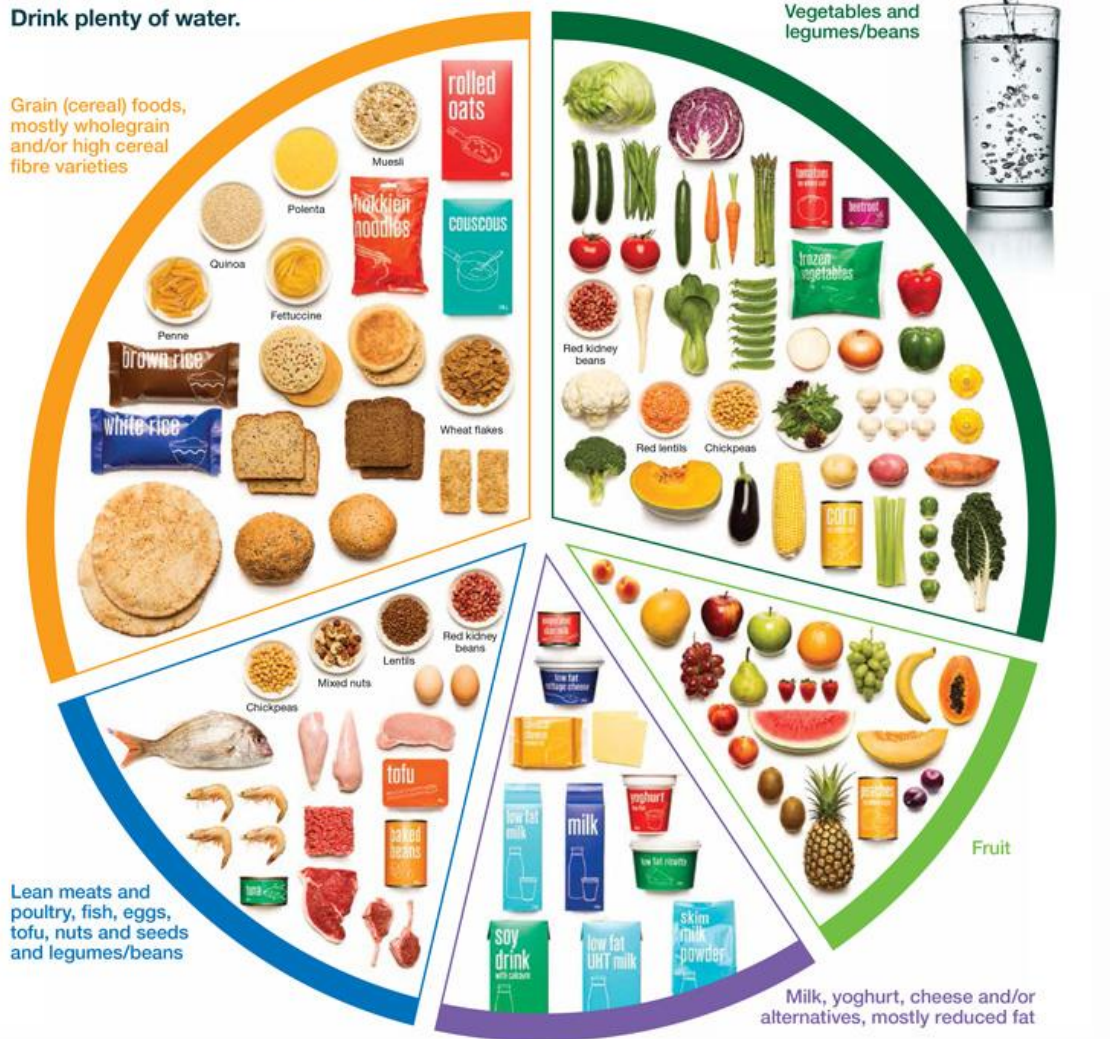


Australian Government
National Health and Medical Research Council
Department of Health and Ageing

www.eatforhealth.gov.au

Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.
Drink plenty of water.



Use small amounts



Only sometimes and in small amounts




Why is it important to eat a range of foods?

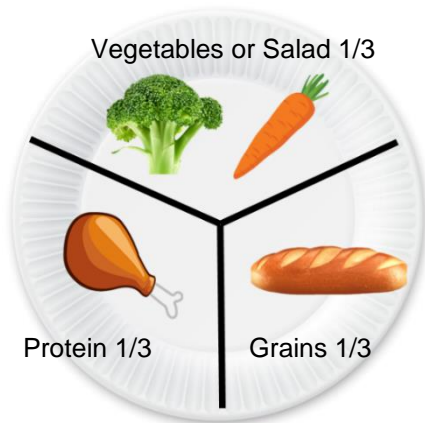


Protein for growth

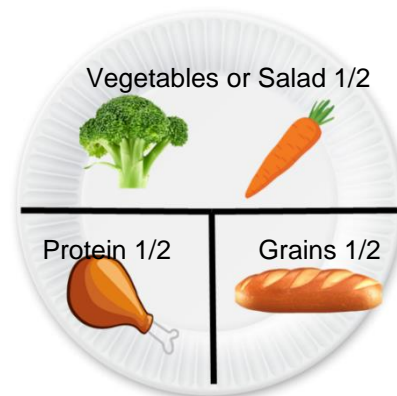
Vegetables
For your body to function properly

Carbohydrate for energy

Healthy plate



Under 5 years

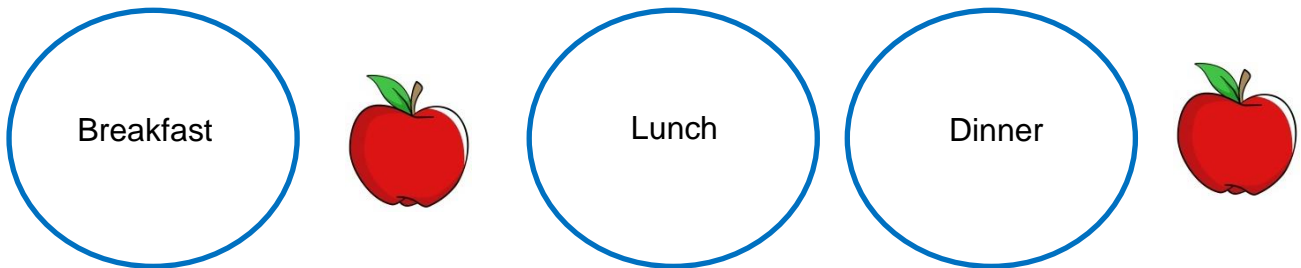


Over 5 years



Healthy eating pattern

3 meals and 2 snacks per day



How much



Bread, rice, pasta size of fist



Meat the size of palm of hand



Oil the size of thumb



Vegetables the size of two palms

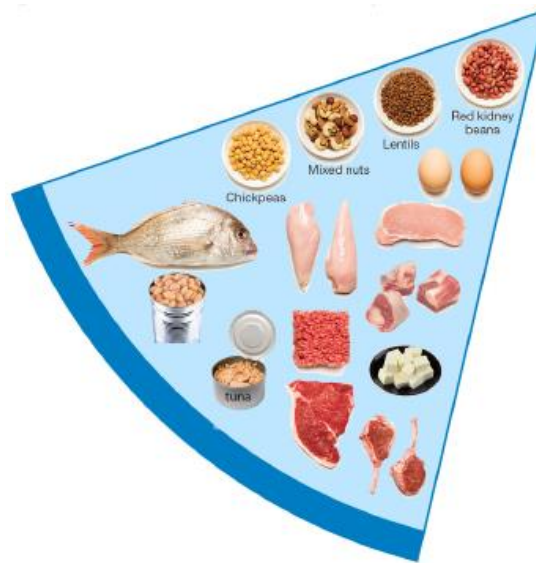


Flat bread the size of palm and fingers

Iron Rich Foods

Iron is important for carrying oxygen around the body, keeping us well (immunity), and energy production

The more red the meat, the more iron it has



What other foods have iron?



Baked Beans



Leafy, green vegetables



Spinach



Eggs



Legumes/pulses/beans, cooked



Almond or Peanut
Puree/Paste/powder



Tips

Some food and drinks stop the body absorbing iron

Have milk away from meals

Only 1 cup per day

1



Cow's milk or fortified soy milk

No tea or coffee at meals



Drinks

Drink water every day. Juice and soft drinks only occasionally



B₁₂ Rich Foods

Vitamin B₁₂ keeps the body's blood cells and nerves healthy, and helps make DNA.



Calcium Rich Foods

Calcium is important for healthy bones and teeth



Cow's milk or fortified soy milk
1 serve = 250mL



Cheese
1 serve = 2 slices

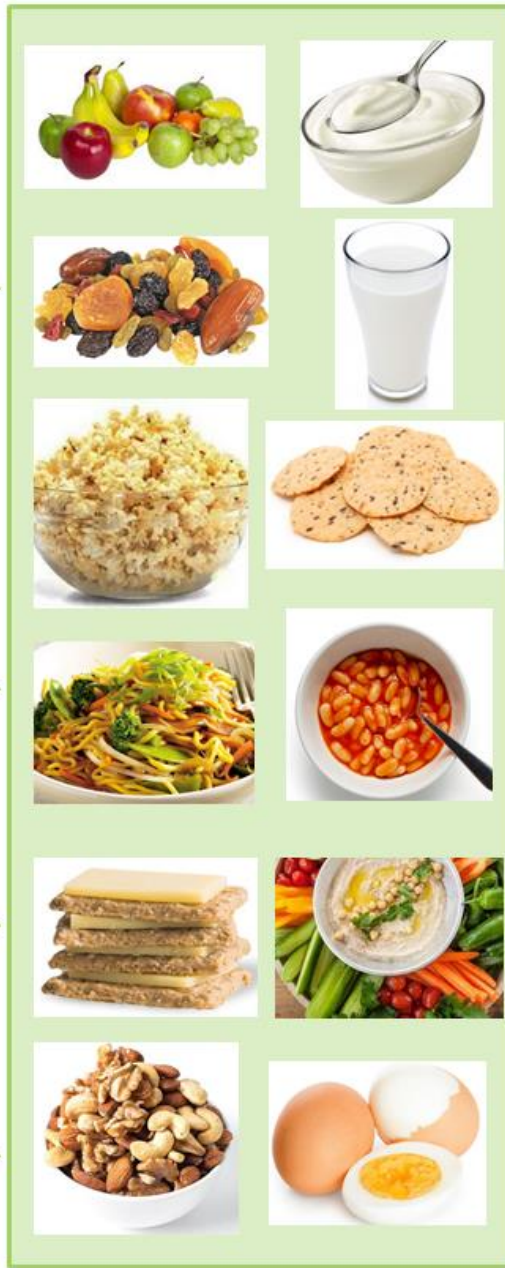


Yoghurt
1 serve = 200g

Serves of dairy or dairy alternatives each day for each age group					
	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Boys	1 ½	2	2 ½	3 ½	3 ½
Girls	1 ½	1 ½	3	3 ½	3 ½



Snacks





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