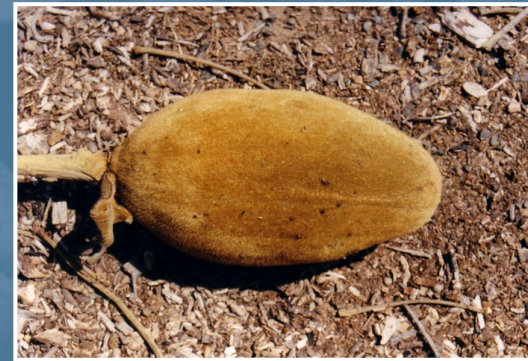


EBIJUMA NEBINYOBWA EBAYA UGANDA

EMIRINGO YOKULIMIRAMU NOKUKULIZAMU
EBYOKULYA BYAITU EBYENZARWA HAMU
NOKUKIKORA KURUNGI MUNO.



Rotary 

FOOD PLANT SOLUTIONS
ROTARY ACTION GROUP
Solutions to Malnutrition and Food Security



A project of the Rotary Club of Devonport North and District 9830

www.foodplantsolutions.org



Ebijuma nebinyobwa ebaya Uganda



FOOD PLANT SOLUTIONS
ROTARY ACTION GROUP
Solutions to Malnutrition and Food Security

Ekigendererwa kye kitongole kinu ekikwegesa endima enungi eyebyokulya ebyemigaso mubwomeezi kiri kyokusobozesa abantu kwetegereza emigaso enyakuli mukulya ebyokulya byaitu ebyenzarwa kurabira mukuhandika hamu nobusagiki bwokwegesa habwokuba abaana bataano abalihansinyemyaka etaano nibafwa buli dakiika buli kiro habwa malyamabi.

Mukwongererraho ebiri mukatabu muno ebindi ebikuyambaho bihandikirwe habwa Uganda kandi nibisobora kutungibwa kuraba hamukutu gwaitu gunu ogwokuhulirizangana owakalimagezi:
www.foodplantsolutions.org

Nitutangirra kandi nitukutamu amaani habwobusagiki bwawe.

Ekitongole kinu ekyebyokulya hamu nemikibi eyerukwiragura kiri kitongole kyaba Rotare Ekikusangibwa mumatempa ga Devonport.

Akatabu kanu kahandikirwe ha musingi gwekitongole kyensi yoona ekikwegesa abantu kulima kurungi ebyokulya byomugaso hamu namalya amarungi: "Ebyokulya ebisemerire kulibwa munsu enu", bitekanizibwe kandi bya korwa omukugu kandi kalimagezi mubyokulima wekitongole kya Tasmanian Omukuru Bruce French.

Rutooro, Jul 2024

Uganda- ensi eyijwirwemu ebijuma ebirungi muno.



Enanaasi



Ruhumbo (rwomwiju)



Amapeera



Orusaali orukotoo

Ebijuma nibinura kandi bitulinda tuli bomeezi mali.

Enanaasi



Buli muntu aine kulya ebijuma buli kiro.

Abalimi abarungi babyara ebijuma ebitali byamulingo gumu.

Ekidodoima



Ebijuma bituha ebirisa ebirumu omunyu nebindi ebirisa ebituyamba kwikara tuli bomeezi kurungi.

Amanyonza



Amapeera



Ruhumbo(rwomwiju)



Amanyonza amakooto

Ebijuma ebikumera mubikaro ebine ebikwokya

Enanaasi



Amanyonza amakooto



Amapeera



Ffene

**Ebijuma ebikwetagibwa buli omu
Ebimu bikura bwangu.
Ebimu bibyarwa habwo bwire
bwomumaiso.
Ebimu bimera mubwire buke rundi
buli sizoni.**



Ekidodoima

Nulirwa ebijuma nukwo onulirwe nobwomeezi Oburungi.

- **Ebijuma nibyongezamu ebirungo mu bwomeezi**
- **Ebijuma biine ebiriisa bingi**
- **Ebijuma nibiribwa bwangu bwangu**
- **Ebijuma birungi nibisemeza**

Twine kwegondeza mumiringo etalyemu nemu eyebijuma ebikunura mungeri ezitalizimu nazimu hanu munuka.



Ebitoke - byokulya birungi ebikutekanizibwa bwangu bwangu



**Ebyenju
ebyengere
kurungi nibinura
muno**

**Ebyenju- Biine ekirisa ekikuyamba
amaiso kurora kurungi.**



**Ebitoke biine ekirisa
ekikuyamba omusayi
kurubata kurungi mumubiri.**



**Okaguze
abamanyire
ebitooke kurungi
bakwoleke
ebyebyenju hamu
nebyokucumba.**



Enanasi - emanyirwe muno kandi neririrwaho



**Kubyara ekyana kyayo
kigiretereza kukura
bwangu**



Amapeera - gaine ekirisa ekikugumya amaino hamu namagufwa mu baana



Ebijuma biine ebirisa bingi ebikwombeka amagufwa.



Amapera gakura bwangu kandi gaine kubyarwa haihi neeka nukwe abana bagalyege.



Amanyonza amakooto



Ganu amanyonza nosobora kugalya mabisi rundi gacumbire rundi kugomesa okagahura.



Ekidodoima - kyana omwwaka gwona



**Nokirya kibisi rundi
kicumbire.**

**Kikura kurungi kakuba
obyara empinju zaky.**



Ffene - ekijuma ekyamani



**Neribwa mbisi, rundi
ensigo za ffene
nizisobora
kutalikibwa.**

**Neribwa
etatakengere
nkomukubi.**



Amanyonza - abaana benda muno emanyonza

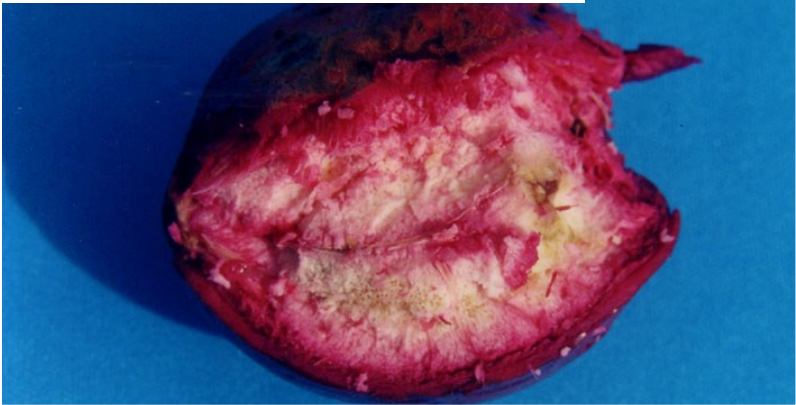
**Nosobora kukirya
kibisi rundi
kyengere.**



**Emanyonza ganu nigasobora
kwomebwa kandi gakasiibwa
okagannywa nka chayi mukikaro
kya chayi yomwani.**

Uganda - ebyokulya ebinyobwa

Ebinywobwa byabayudaya



Orusaali orukooto



Makademiya



Emikooga

Ebinyobwa - Biine ebirisa, nosobora kubyahura, nibinura kandi biine ebiriisa ebitali bimu nabimu.

- Nibimera buli sizoni
- Nibyahurwa nukwo biribwe mubwire mbere bitakukanya.
- Kandi abaana babigonza muno.
- Byasente ntaito kandi nibikira ebyokulya Ebyabwangu bwangu ebikutundibwa.



Ekinyobwa ekiranzi



Nikiribwa hanyuma
yokukicumba



Ebinyobwa ebyomumuti ekirisa ekikutangira omubiri kutunga oburwaire kukira muno hali abaana



Ebinyobwa biine ekirisa ekikutangira endwaire kukukwata kwata bwangu kukibyara muno nikyetagisa kandi kirungi.



Ebinyobwa ebyomumuti - ensigo niziribwa mbisi



Ensigo Nizisobora kulibwa mbisi,
kuzikaranga rundi kuzisamu ensano.

Ebinyobwa - Kihimba nikiribwa nkebinyobwa



Ensigno zakyo
nizinura kandi
niziribwa
ozicumbire rundi
mbisi.



Ebinyobwa binu
nibyongeramu
orwezo mwitaka
kandi biyamba
ebyokukya ebindi
kwera kurungi.



Kusiima nokumanyirra

Ebihandikirwe mukatabu kanu bitairweho nkemu hantekaniza eyatwairwe ekitongole ekikwegesa abantu kulima ebimera hamu nendya nungi ekya Rotary nobusagiki kuruga mu Distrikiti numba 9830.

Kinu tikyakusobokere kakuba batarabaire abantu abatalibamu kwehayo kuyamba hamu nokurorra hara kandi bahayo obwire bwabu batakwebalirra mukusagika purojekiti enu.

Kurabyamu Amais, Nokutekaniza Hamu nokwinganizibwa - Rick Campbell, John McPhee.

Kuhindura - Mugume Bright Araali (Lead), Sam James Mugweri.

Akatebe akagumize ebihandikirwe - Faustine Victor Ngarambe (Lead)

Akatabu kanu kahandikirwe ha musingi gwekitongole kyensi yoona ekikwegesa abantu kulima kurungi ebyokulya byomugaso hamu nendya enungi projekiti ya Rotare Distrikiti 9830.



Kumanya ebikukiraho tuhondere hamikutu yaitu enu. info@foodplantsolutions.org, website: www.foodplantsolutions.org

Ekitongole kinu ekyebyokulya hamu nemikibi eyerukwiragura nikorra habiragiro bye kitongole kyaba Rotare baitu tikukwatibwaho Habwekitongole kya Rotary ekyensi yoona, rundi kubaragira ekyokukora.

Notes

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