

# *Resource Material for Homestead Food Gardeners*

## Chapter 3: Handouts (isiZulu)

- Handout 1    Ukuphila kanye nokudla ngendlela efanele (Living and eating well)
- Handout 2    The 10 food-based dietary guidelines
- Handout 3    What did we eat today?
- Handout 4    Planting Plan

# 1. Ukuphila kanye nokudla ngendlela efanele



## KUYINI UKONDLEKA KAHLE?

Sonke siyakudinga ukudla. Imizimba yethu idinga ukudla ukuze ihlale iphilile, ibe nomfutho futhi ikhule ibuye ikwazi ukwelapheka uma igula. Ukudla esikudlayo kusetshenziswa imizimba yethu ngezindlela ezahlukene. Izingxenywe ezahlukene zokudla esikudlayo zisetshenziselwa izingxenywe ezahlukahlukene emizimbeni yethu njengokusinika amandla nokusisiza ezifeni ukuze sihlale siphilile.

Sidinga ukudla okuningi okunhlobonhlobo futhi okunempilo ukuze imizimba yethu izokuthola konke ekudingayo. Uma sidla kahle sisemathubeni angcono okuphila

Kunconyiwe ukuba umntwana ancele ubisi lukamama kuphela. Abantwana bathola konke abakudingayo obisini lukamama.

Izingane kudingeka ukuba zidle imifino nezithelo ukuze zihlale ziphilile. Kudingeka futhi ukuthi zidle ukudla okuzobasiza ukuba bakhule okunje namaqanda, ushizi, inyama, ibhotela lamantongomane, ubhontshisi, ama "lentils" kanye nobhontshisi okuthiwa yi Soya, Izingane ezincane kumele zihle kahlanu ngosuku. Abantu abadala kudingeka ukuba badle ukudla okuningi okunhlobonhlobo ukuze imizimba yabo ihlale isebenza ngendlela ekahle. Kubalulekile kakhulu ukwenza lokhu ikakhulukazi uma ugula noma ukhulelelwe.

kahle futhi siphile impilo engcono.

# Singadla kanjani ngendlela efanele ukuze siphile kahle?

Ukudla ngendlela efanele kusho ukudla izinhlobo ezahlukene zokudla ukuze umzimba uthole konke okuhle okukudingayo. Lokhu akusho ukuthi kumele uthenge ukudla okubizayo. Ngokucabangisisa kahle ngalokho okudlayo, nalokho ozokulungisela umndeni wakho, kanye nokukhetha kahle ukudla ungakwazi ukudla ukudla okufanele nsuku zonke ngendlela engembi eqolo.


Kunezinhlobo ezintathu ezibalulekile zokudla:

- ❖ Okukunika amandla (Go Foods)
- ❖ Okukhulisa umzimba (Grow foods) kanye
- ❖ Nokusivikela ezifeni (Glow foods).


Kumele udle ukudla okunakho kokuthathu okungenhla nsuku zonke. Kufanele futhi uphuze izingilazi zamanzi ezingu 8 ngosuku nsukuzonke.

## Ukudla okusinika amandla (Go Food):

**Okudla okusinika amandla**



Okudla okusinika amandla Lokhu kudla kusinikeza amandla. Kungukudla okubalulekile ukuba sikudle, kodwa khumbula ukuthi kumele ukuthole futhi ukudla okukhulisa umzimba nezicubu kanye nokuvikela ezifeni.



## Ukudla okusinika amandla (Good energy/Go Foods)

- Ubhatata; Amazambane noma ngabe alungiswe ngayiphi indlela
- Ilayisi elinsundu noma elimhlophe
- Imacaroni noma ispagethi
- Isinkwa
- Ubhontshisi owomile noma uphizi
- Ukudla okuyo "oats"; Amabele
- Amacereal (ukudla kokwenza idokwe)
- Ukwatapeya
- Ubhanana



# Ukudla okukhulisa umzimba nezicubu (Grow Food)



## Ukudla okukhulisa umzimba nezicubu

Lokhu kudla kulisiza ukuba sikhule kahle. Kwakha imizimba yethu futhi kuyenze ibenamandla.

Lolu wuhlobo lokudla olunama "protein" amaningi. Loluhlobo lokudla lugcina umzimba wakheke kahle futhi lusiza umzimba ukuthi ube nezicubu ezomelele. Luyasiza futhi ekuvikeleni umzimba ekuhlaselweni yizifo. Kubalulekile ukuthi udle ukudla okukhulisa umzimba nsuku zonke ikakhulukazi uma ugula. Izingane zidinga ukudla okunamaprotein amaningi ngoba zisakhula. Nakanjalo nabesifazane abakhulelwe.

Amaqanda mahle kakhulu ezinganeni nakwabesifazane abakhulelwe, njengoba enama "protein", amavithamini, amafutha, nesiqinisamathambo (calcium). Izingane zingadla nobhontshisi noma uphizi nsuku zonke.

Kuncomekile ukuthi izingane ziphakekelwe ukudla okuncane kodwa izikhathi eziningi ngosku.

## Izinhlubo zokudla okwakha umzimba

- Ubhontshisi
- Uphizi
- Undumbanjane (Soyabeans)
- Amantongomane
- Inyama yenkukhu
- Isibindi senkukhu
- Inyama yenhlanzi
- Inyama ebomvu
- Amaqanda
- Ushizi
- Amasi
- Ibhotela lamakinati (peanut butter)
- Ama - nati akhiwa esihlahleni
- Ujikanelanga noma ubhekilanga



Ukudla okwenziwe ngelayisi elinsundu nobhontshisi kunomsoco kakhulu kunenyama! Ilayisi elinsundu liyinto eyodwa nelayisi elimhlophe umahluko kuphela ukuthi elinsundu alingasuswanga isikhumba. Lokhu kusho ukuthi leli elinsundu linama protein, amaminerali kanye namavithamini amaningi kunaleli elimhlophe.

# Ukudla okusivikela ezifeni (Glow Foods)



Loluhlobo lokudla ukudla okusiza ekulweni nezifo ezihlasela imizimba yethu. Lokhu ukudla okunamavithamini kanye namaminerali amaningi. Kumele udle izinhlobo eziningi ezahlukene zokudla okusivikela ezifweni ngoba zonke zinibuhle bazo ngokwehlukana kwazo.

## Izinhlobo zokudla okusivikela ezifweni

- Ama - olinshi,, Ama "grape fruits"
- Amagilebhisi noma Umvini (grapes)
- Ubhanana
- Amagranadela
- Amapentshisi aphuzi, Amabhilikosi (apricots)
- Ama – aphula, Amaganandoda (pears)
- Ulamula (lemon),
- Uphayinaphula
- Isipinashi
- Utamatisi
- Amazambane
- Ubrokholi
- Amaqabunga amathanga
- Iziqathi (Carrots)
- Ubhontshisi oluhlaza
- Uphizi
- Umbila
- Ubhitrudi
- Ukwatapheya
- I stambu
- Imbuya, Amarabha (Rape)



Khumbula ukugeza izithelo nemifino kahle ngaphambi kokuba uzidle ngamanzi ahlanzekile.



Imifino enamaqabunga aluhlaza nezithelo eziphuzi kubalulekile ezinganeni. Izingane kanyenabesifazane abakhulelwe kubaluleki ukuba badlelokudla nsuku zonke.



### Izaluleko zokuphepha ezibalulekile

Njalo kumele ugeze izandla zakho ngensipho nangamanzi ngaphambi kokuba uthinte ukudla nangemuva kokuya endlini yangasese. Geza izandla zakho nhlangothi zomabili uthathe isikhashana ngokubala ka uze ufike ku15 ngesikhathi ugeza.

Bopha izilonda noma wemboze lapho ulimele khona ngaso sonke isikhathi lapho upheka noma unikeza abantu ukudla.

## Ukukhetha nokulungisa ukudla ozokuphekwa

### Phuza amanzi kakhulu

Udinga okungenani amanzi angamaglazi ayisishiyagalombili ngosuku. Kumbe awuzukucabanga ukuthi udinga amanzi angaka. Kodwa ungazama uzibonele ngokwakho. Phuza amaglasi amanzi ayisishiyagalombili ngosuku izinsuku ezintathu zilandelana. Lokhu akuhlanganisi iukuphuza itiye noma ikhofi. Ngemuva kwalezonsuku ezintathu, uzizwa njani? Ngabe uzizwa unomdlandla noma uphile kahle?



### Isixwayiso esiphephile sokudla.

Amanzi ompompi aphephile. Uma usebenzisa amanzi omfula noma ipitsi kumele uwabilise noma ufake I – tea spuni likajikhi emanzini angango 25litha ngaphambi kokuba uwaphuze. Gcina amazi akho esitsheni esihlanzekile.

