

Kabuku Kophunzitsila Kaphikidwe



Mau Oyamba

Bukuli lidzathandizila mabungwe ndi magulu kuti akwanilitse bwino zitsanzo zakaphikidwe. Bukuli limapeleka malangizo pa ndondomeko yiliyonse pokonzekela, pokhazikitsa ndiponso potsatila ndondomeko yowunikila ndikuthandizila kukhazikitsa kachitidwe. Bukuli ikuthandizani pa nkhani zokhudzana ndi kadyedwe kathanzi, WASH(UKHONDO) ndi mitundu yosiyana-siyana ya zakudya.

Bukuli lapangidwa kudzela mwa njira yokambilana. Kupanga Buku Lophunzitsila Kaphikidwe yinali nchito yoyendetsedwa ndi boma kudela lino la kum'mawa mothandizidwa ndi Bungwe la FANSER¹ m'maboma atatu a Katete, Petauke ndi Sinda, ndipo mabungwe anasankhidwa omwe nthawi zambili akusonyeza mophikila zakudya zosiyana-siyana pofuna kulimbikitsa zakudya zabwino. Mabungwe amenewa ndi Unduna wa Zaumoyo (Ministry of Health-MoH), Unduna wa Zaulimi (Ministry of Agriculture-MoA), Unduna wa Madela ndi Chitukuko ca Anthu (Ministry of Community Development and Social Services-MCSS), ndi mabungwe omwe si aboma (NGO) monga a Catholic Relief Service (CRS), Development Aid from People to People (DAPP), ndi Every Home for Christ. Zolembe zimene zinagwilitsidwa nchito popanga ziwonetseto za kaphikidwe nthawi zambili zinali chabe mabuku ya kakonzedwe ka chakudya, ndipo ena amaphatikizapo zigao zina makamaka zokhudzana ndi WASH. Mwaichi, ogwila nchito m'maboma amenewa anagwilizana kuti akhazikitse malangizo omwe ayenela kukhala miyezo yothandizila kukhazikitsa maphunzilo a kaphikidwe kabwino kwambili m'madela akumidzi.

Gulu la anthu linapangidwa kuti litsogolele nchito lokonza ndondomeko yonse, yimene yinapangidwa ndi otengako mbali ochokela m'boma lililonse. Bukuli linayesedwa m'Maboma atatu ndipo linasinthidwa pambuyo poyesa ndipo linavomelezedwa ndi a District Nutrition Coordinating Committees (DNCCs) m'maboma a Katete, Petauke ndi Sinda.

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¹ Food and Nutrition Security, Enhanced Resilience Project

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Mau Ofupikitsa

CODEP	Community Development Enhanced Programme
CRS	Catholic Relief Services
DAPP	Development Aid from People to People
DNCCs	District Nutrition Coordinating Committees
EHC	Every Home for Christ
FANSER	Food Security and Nutrition, Enhanced Resilience Project
GIZ	Deutsche Gesellschaft für Internationale Zusammenarbeit GmbH
IEC	Information Education Communication
KDWA	Katete District Women Association
LMMU	Levy Mwanawasa Medical University
MoA	Ministry of Agriculture
MCDSS	Ministry of Community Development and Social Services
MFL	Ministry of Fisheries and Livestock
MGEE	Ministry of Green Economy and Environment
MoH	Ministry of Health
NFNC	National Food and Nutrition Commission
NGO	Non-Governmental Organization
OVP	Office of the Vice President
UNZA	The University of Zambia
WASH	Water, Sanitation and Hygiene

Chiyambi

Bukuli likupeleka chitsogozo cha momwe ziwonetselo zophikila zingakwanilitsidwe bwino kwambili kuti zotsatila zabwino pa zakudya zopatsa thanzi zitheke, makamaka kwa azimayi azaka zaubeleki komanso ana amsinkhu wapakati pa miyezi 6 mpaka 23. Kudyetsela ana moyenela kumathandiza kuti makanda akule bwino komanso kuti apewe kupelewela kwa zakudya m'thupi. Mchitidwe wosayenela wodyetselamo chakudya choonjezela ndi zakudya zochepa zamitundu-mitundu zingayambitse matenda a katupa (kupelewela kwa zakudya) m'thupi. Kuthandiza azimayi ndi osamalila n'chidziwitso ndi luso lokonzela zakudya zopatsa thanzi ku ana komanso mamembala onse ndikofunika. Njila imodzi yomwe imagwilitsidwa nchito kupatsa azimayi ndi osamalila luso lofunikila komanso chidziwitso chokonzela zakudya zopatsa thanzi ndikuonetsa zitsanzo za mophikila.

Mmene zinthu zilili mu Zambia

Nthawi zambili, zakudya zamabanja ambili zapezeka kuti akungobweleza-bweleza mtundu umodzi cabe (Alamu et al., 2019). Kusowa kwa chakudya chokwanila, chidziwitso chochepa chokhudza zakudya zokwanila makamaka kwa azimayi a msinkhu waubeleki ndi ana aang'ono, komanso kuchepekela kwa mitundu-mitundu ya mbewu zolimidwa kwapangitsa kuti pakhale kuchepa kwambili kwa zakudya zosiyana-siyana. Kulima mbewu zamitundu-mitundu kumatha kubweletsa zakudya zosiyana-siyana panyumba. Zakudya zosiyana-siyana zimapeleka michele yosiyana-siyana yomwe thupi limafunikila. Azimayi a msinkhu wobleka ndi ana aang'ono amafuna zakudya zokwanila komanso zosiyana-siyana kuti akhale ndi umoyo wathanzi komanso kuti akule bwino. Zakudya zopatsa thanzi zokwanila komanso zotetezeka kwa ana amsinkhu wapakati pa miyezi 6 mpaka 23 zakhala zovuta pamene zakudya zakhala zimodzimodzi nthawi zonse. Kuphatikiza apo, ana kudya pafupi-pafupi sikunakhale kokwanila chifukwa nthawi zambili zakudya zimenezi zimakhala zochepa.

Zigawo za Boma ndi mabungwe oziimilila paokha akhala akusonyeza zitsanzo za kaphikidwe kuti alimbikitse kadyedwe kathanzi m'mabanja, makamaka kwa azimayi azaka zaubeleki ndi ana ochepekera pa zaka ziwili. Maunduna aboma amenewa aphantikizapo Unduna wa Zaumoyo (MoH), Unduna wa Zaulimi (MoA), Ministry of Community Development and Social Services (MCSS) Unduna wa Zosodza ndi Ziweto (MLF), ndi Unduna wa Zachuma ndi Zachilengedwe (MGEE).

Chiwonetselo cha Kaphikidwe

Kukonza ziwonetselo za mophikila ndinjila imene ilola anthu kutengako mbali kuonetsa maphikidwe osavuta pokonza zakudya zopatsa thanzi komanso zokoma kwambili kugwilitsila nchito zakudya zopezeka kumaloko. Kuonjezela apo, panthawi ya chiwonetselo cha kaphikidwe ka zosakaniza pophika kapena kaphikidwe kachilendo kakhoza kulimbikitsidwa ndi kusewenzetsedwa pa zomwe zingakhale zachilendo kwa anthu amudzimodzi. Kuphunzitsa Kaphikidwe ndiye njira yabwino kwambili yosinthila chikhalidwe cha anthu ndi kachitidwe kamene kamaphunzitsa anthu am'midzi kupititsa patsogolo maluso awo a momwe angapangile zakudya zawo kukhala zopatsa thanzi, kudzela mu njira zosiyana-siyana zophikila komanso ndi maphikidwe ogwilizana ndi kaphikidwe ka kumaloko. Izi zimathandiza kutengela kaphikidwe komwe aphunzila kukasewenzetsa ku nyumba kwawo. Azimayi, osamalila, kuphatikizapo azibambo, adzitengako mbali pophika. Ziwonetselo za mophikila ndi zochitika za anthu amudzi momwe chilankhulo cha kumaloko chimagwilitsidwa nchito kuonetsetsa kuti anthu amdela atengako mbali mokwanila.

Pa ziwonetselo zophika, omvela omwe akutsatila zitsanzosi amalandila chidziwitso chokhudza zakudya zopatsa thanzi pophika komanso kugawana malangizo okhudzana ndi zakudyazo pamene zikuchitika. Izi zikuphatikizapo kukambilana zakudya zosiyana-siyana zimene zilipo, ubwino wa zakudya zimenezo, momwe zingagwilitsidwe nchito, komanso kuphika pamodzi chakudyacho ndi kulawa zakudya zakonzedwa. Ngakhale kuti pali mitundu yosiyana-siyana ya maphikidwe angaonetsedwe Bukuli ligogomezela pa **kuphika zakudya zonse zopatsa thanzi kugwilitsila nchito njila yogawana nawo**. Mphunzitsi amatsogolela omvela pokonzekela chakudya kuti aphunzile pamene akuyeselela.



Zakudya zopatsa thanzi zomwe zinakonzedwa panthawi yachiwonetselo chophika cha banja lonse m'chigawo cha Luapula. © GIZ/Jason J Mulikita

Mfundo 10 za Chiwonetselo cha Kaphikidwe Kabwino

1. Dziwani ophunzila anu:

- Kodi ali ndi luso kapena chidziwitso chotani chimene ali nacho?
- Mufuna kuti aphunzile chiyani pachiwonetselochi ndipo chifukwa chiyani?
- Musanayambe ndi chiwonetselo chophika, fufuzani choyamba. Izi zidzapeleka chitsogozo pa cholinga chowonetsela kuphika (mwachitsanzo, tadziwa kuchokela ku kafukufukuyu, kuti kudya zipatso ndi ndiwo zamasamba zili ndi Vitamini A wochuluka kwa ana amsinkhu wapakati pa miyezi 6 mpaka 23 miyezi ndikochepa. Muchiwonetselo chophika ichi cholinga chidzakhala kulimbikitsa maphikidwe omwe mudzapezeka zipatso ndi ndiwo zamasamba zokhala ndi vitamini A wambili). Izi zimakhudza kwambili mutu wa chiwonetselo chophika mudzapanga.

2. Khalani ndi mauthenga omveka bwino komanso osavuta a **zakudya ndi ukhondo**.
3. **Khalani wadongosolo komanso wokonzekela bwino.**
 - Konzekelani pasadakhale; khalani ndi mndandanda wofufuzila (onani Zoonjezela 1 Muuni Wokonzekela Mapulani) monga kalozela wa zinthu zofunika pazitsanzo zophika
 - Pitamoni mu kakonzedwe ka zakudya n'kuonetsetsa kuti masitepi onse mukukumbuka bwino.
 - Yesetsani kuphika zakudyazo kangapo, mwina pamaso pa munthu mmodzi kapena awili.
 - Konzekelani za momwe mungaphunzitsile ophunzila/omvela kuti zitsanzo zophika zimenezi zikhale zosangalatsa.
 - Adziweni bwino malo pamene mudzachitila.
4. **Onetsetsani kuti zakudya zomwe zikupezeka kwanuko zikugwilitsidwa nchito. Gwilitsilani nchito maphikidwe oyenela** omwe ali ndi thanzi labwino kwa anthu azaka zomwe mufuna
5. Onetsetsani kuti malo achiwnetsero ndi woyenela komanso abwino.
6. Phatikizani **uthenga wokhudza kadyedwe kabwino** m'chitsanzo chonse.
7. Lolani ophunzila **kutengako mbali pokonza zakudya zopatsa thanzi** ndi kuwasiya **kulawa zakudyazo** komanso kudyetsa ana awo.
8. Nthawi zonse tsatilani njira zotetezela chakudya kuti **muonetsetse chitetezo chachakudya** ndi **ukhondo woyenela**.
9. Ngati n'kotheke, apatseni **chipepala choonetsa maphikidwe a zakudya kuti apite nacho kunyumba** ndi mapepala owonjezela kapena tumabuku tumene tungathandize kulimbikitsa uthenga wa za thanzi.
10. **Mukamaliza maphunzilo, gwilitsani nchito zowunikila** kuti mudziwe zitsanzo za maphikidwe zamtsogolo ndi kuwongolela.

(Zosinthidwa kuchokela mu Spring Project, 2016)

Matanthauzo a Mau ya Kachitidwe

Liwu	Tanthauzo
Wosamalila/Wolela	Munthu amene amadyetsa ndi kuyang'anira mwanayo, amamukonda mwana, amakambilana(lankhulana) ndi mwanayo, ndiponso amam'patsa zimene mwanayo akufuna.
Kugwila nchito ndi anthu	Ndi njila yogwilila nchito limodzi kupitila m'magulu a anthu okhalila kumalo oyandikana, ali n'chidwi chapadela, kapena zochitika zofanana kuti athetse mavuto omwe akukhudza umoyo wa anthu amenewo
Kudyetsela ana koonjezela	Njila yopasila ana zakudya ndi zakumwa kuonjezela pa mkaka wa m'maweke kapena mkaka wopanga(mafomyula) kwa makanda, pamene mkaka wa m'maweke kapena mkaka wopanga wokha-wokha sumakwanilita zosowa za thanzi
Mitundu-mitundu ya Mbewu	Kulima mbewu zingapo pamalo amodzi
Zoyenela Kuchita	Ichi ndi chilimbikitso chofunikira kuyambitsa njila yopanga zosankha kuti avomele zochita zaumoyo zikulimbikitsidwa
Kusiyana-siyana Kwazakudya	Muyeso/Mulingo woyenela wa chakudya chimene chimadyedwa kuonetsa kupezeka kwazakudya zosiyana-siyana pakhomu, komanso ndi njila yoonetsela ngati pali zakudya zathanzi zokwanila za anthu
Kupelewela kwa Chakudya	Kusapeza chakudya chotetezeka ndi chopatsa thanzi chokwanila nthawi zonse kuti ana akule bwino komanso kukhala ndi umoyo wathanzi
Chitetezo chachakudya	Malangizo ozikidwa pa sayansi, njila kapena zochita zomwe zimateteza chakudya kukhala ndi zinthu zimene zingawononge thanzi la munthu.
Khanda	Mwana wakhandu osakwanitsa miyezi 12
Kudya Kangati	Chiwelengelo cha nthawi zomwe ana oyamwitsa komanso osayamwitsa amsinkhu wa miyezi 6 mpaka 23 amadyetsedwa tsiku lililonse
Njila Yofufuzila ya Otengako Mbali Ambili	Kufufuza mwadongosolo, ndi mggwilizano wa omwe akhudzidwa ndi nkhanu yomwe ikuphunzidwa, n'cholinga chakuti maphunzilo ndi kuchitapo kanthu kapena kuti pakhale kusintha
Njila Yosinthila Umoyo ndi Chikhalidwe	Ndondomeko yowunikira vuto kuti athe kufotokozela zopinga zazikulu ndi zolimbikitsa kuti zisinthe, ndikupanga n'kukhazikitsa njila zothandizila ndi kulimbikitsa makhalidwe abwino
Azimayi amsinkhu woleleka	Azimayi a msinkhu woleleka azaka zapakati pa 15 mpaka 49
Mwana wamng'ono	Mwana wamng'ono wamiyezi pakati pa 12 mpaka 23

M'mene mungagwilitsile nchito Bukuli

Zitsanzo za kuphunzitsa kaphikidwe zimakulitsa uthenga ndi luso la azimayi ndi osamalila pokonzekela zakudya zomwe zimapezeka mdela lanu kuti mukhale ndi thanzi labwino m'banja. Komabe, ngati sizinatsatidwe, mwadongosolo ndi mogwilizana, kuphunzitsa mophikila sikungakhudze kadyedwe ka pakhomu. Bukuli lapangidwa kuti lithandize kukhazikitsa zitsanzo zophunzitsa kaphikidwe kuti pakhale zotulukapo zabwino zokhudza umoyo wathanzi. Maphikidwe amenewa achokela ku kachitidwe kabwino ndi zokumana nazo zochokela m'midzi momwe timagwilila nchito, m'madipatimenti aboma ndi mabungwe omwe amathandiza njira zothana ndi vuto lazakudya zathanzi. Bukuli limapatsa otsogolela chidziwitso(uthenga) cha mmene angapangile zitsanzo zogwila mtima za kuphunzitsa kaphikidwe. Limayangana kwambili pakukonzekela, kukambilana ndi anthu, kukhazikitsa, kuyanganila ndi kuwunika. Ophunzitsa amapatsidwa malangizo a mmene gao lililonse lofunika la chitsanzo cha mophikila lingakwanilitsidwe.

Bukuli lagawidwa **m'magao atatu (3) ofunikila kwambili:**

1. Kukonzekela chiwonetselo cha kaphikidwe,
2. Kusonyeza Mophikila/kuchita chitsanzo(demo) cha kaphikidwe ndi
3. Kuyanganila ndi kuwunikila zitsanzo za kaphikidwe.



Mu zoonjezela mungathe kupeza zida zothandiza za IEC, malinki olumikiza ku zida za IEC ndi zolemba kuti muwelenge zambili zimene mungathe kuchita daunilodi

SITEPI 1: Kukonzekela Chiwonetselo cha Kaphikidwe

Kupambana kwa maphunzilo a kaphikidwe kumadalila kukonzekela ndi kukambilana ndi anthu a kumidzi. Pokonzekela kukaphunzitsa kaphikidwe zinthu zotsatilazi ziyenela kuganizilidwa:

1. Chitani kafukufuku kuti mudziwe kusalila kulipo mwachitsanzo, pa kasewenzetsedwe ka zakudya ndi kadyedwe koyenela kamene kadzafotokozedwa mu chiwonetselo chakonzedwa
2. Sankhani **mutu wa nkhani wa chiwonetselo cha kaphikidwe**, pangani **mauthenga ofunikila** ndi **kuzindikila maphikidwe** omwe adzakonzedwa.
 - **Mutu wa nkhani umakuthandizani** monga mphunzitsi kuti **mupange mauthenga ofunika** pachiwonetselo. Polongosola mutuwo, **fotokozani momveka bwino komanso mosapita mbali. Zitsanzo za mitu ya nkhani:**
 - Kukonzekela zosakanizilatu zathanzi za ana miyezi 6 mpaka 23,
 - Kukonza zamasamba za ana a miyezi 6 mpaka 23,
 - Kukonza chakudya chokhala ndi vitamin A cha ana a miyezi 6 mpaka 23,
 - Kukonzekela maphikidwe a kayela olo nyemba ndi nthawi yochepa yophikila,
 - Kukonza zakudya zathanzi kuti zikwanilitse zofunikila za anyamata ndi atsikana osasinkhuka,
 - Kukonza chakudya kuonjezela kusiyana-siyana kwazakudya kwa azimayi amsinkhu wobleka.
 - Kukonza chakudya chopatsa thanzi cha ana omwe ali ndi zosowa zapadela
 - Kukonza chakudya chopatsa thanzi kuti chikwanilitse zosowa za okalamba
 - Mutu wa nkhani ukhoza kupangidwa kuchokela mu kafukufuku unachitika mu Sitepi 1 kapena phunzilo la mweziwo kuchokela ku gulu ya chisamalilo (monga, Gulu Yothandizila Kadyedwe Kathanzi) kapena kalendala ya chakudya chapanyengo. Izi zimathandiza **amayilela kugwilitsila nchito zakudya zomwe zimapezeka** munyengoyi.
 - **Mutu wa nkhaniwo** ufotokoza **maphikidwe** ndi **zakudya zomwe zidzafunika**.
 - **Mauthenga ofunikila** amachilikiza kuphunzila ndipo amakhala mfundo zazikulu zokumbukila anene adzagwilitsidwa nchito monga zidziwitso **zochitapo kanthu** (*lchi ndi chilimbikitso chofunikila kuyambitsa njira yopanga zosankha kuti avomele zochita zaumoyo zikulimbikitsidwa*).
 - **Podziwa kakonzedwe ka zakudya**, chidziwitso cha m'delalo pa zamaphikidwe chikhoza kufunsilidwa kuchokela ku anthu odziyeleka ndi apakhomo omwe akutengako mbali pa ziwonetselo za kaphikidwe.
 - N'koyenela kusankha ndi kukonzekela maphikidwe 3 mpaka 5 (osati ochuluka) okhudzana ndi mutu wa chiwonetselo cha kaphikidwe.
 - Kaphikidwe kalikonse kaphatikizapo magulu atatu a zakudya.
 - Ngakhale muyangana kwambili mutu wanu pakulimbikitsa gulu limodzi la chakudya (monga nyemba/binzi, Kandolo wa Chikasu, Mazila) zikulimbikitsidwa kuphika chakudya chamagulu onse.
 - Pakudyetsa koonjezera onetsetsani kuti maphikidwewa amathandizila anthu amsinkhu wosiyana-siyana monga miyezi 6 mpaka 12, miyezi 12 mpaka 18 ndi miyezi 18 mpaka 24.

- *Aphunzitsi angalangize kuchuluka kapena muyezo wa zosakaniza zoika ku zakudya. Izi zingalembedwe ngati kuphunzila kuchokela kwa anthu ammodzi.*
- 3. Sankhani **tsiku ndi nthawi ya chiwonetselo**. Kuti pakapezeke anthu ambili, sankhani tsiku lomwe anthu ammodzi alibe zochita kapena zochitika zapagulu. Zochita ndi zochitika za anthu m'mdela zingatse kulepheretsa anthu kutengako mbali pa kuphunzitsa kaphikidwe. Monga mphunzitsi, gwilani nchito ndi anthu odzipoleka ammodzi.
- 4. Sankhani **malo omwe ali pakati ndipo aliynse akhoza kufika mosavuta**. Ngati n'kotheke, kuonetsa maphikidwe kungachitike pamalo osaloweleda za ndale kapena opezeka anthu ambili (monga mipingo, zipatala, maholo a anthu). Onetsetsani kuti **palibe zododometsa**.

Kukonzekela malo ophunzitsila kaphikidwe:

Malowa ayenela kukhala ndi mthunzi – munsu mwa mtengo kapena m'nyumba. Malowa ayenela kukhala ndi **magao asanu (5) awa**:

- **Malo otsukila ndi kosambilapo m'manja** (pamene pali madzi aukhondo ndi sopo yosewenzetsa kusamba m'manja ndi kutsukila ziwiya/mbale),
- **Malo podyela chakudya** (pali mphasa kapena mipando pomwe ana angasewelele ndi kudiyetsedwa),
- **Malo ophikila** (pakhale choyikapo mbale kapena dengulu/lichelo losungilamo mbale ndi chakudya chobweretsedwa kuwonetsa mophikira, moto) komanso (nthawi zina malo ophunzilila).
- **Chimbudzi (cha dzenje kapena chopopa madzi chomwe chili ndi posambila kumanja ndi sopo pafupi)** chomwe chingagwilitsidwe nchito monga kotaila zinyalala ana komanso kusewenzetsa akuluakulu omwe.
- **Malo otolela zinyalala ndi kutaya**
- 5. Dziwitsani mabanja za **tsiku ndi malo kumene mudzaphunzitsila kaphikidwe** kudzela mwa anthu odzipoleka am'delalo. **Chiwelengelo choyenela cha opezekapo** pakuphunzila kaphikidwe sichiyenela kukhala anthu oposa 30.
 - Tumizani uthenga **kawili (2) wa tsiku ndi nthawi yokumana**.
 - **Kukumana koyamba** ndi msonkhano wokonzekela wofuna kukumana ndi azimayi, osamalila, ndi anthu odzipoleka kuti akonzekele chitsanzo chophunzitsa kaphikidwe kakubwela. **Msonkhanowu** uyenela kuchitika **kutatsala mlungu umodzi** kuti chiwonetselo cha kuphika chichitike. Pamsonkhano wokonzekelawu:
 - *Mudziwitse azimayi, osamalila ndi odzipoleka za mutu wankhani ya kuphunzitsa kaphikidwe umene akonza.*
 - *Auzeni azimayi/olela ndi anthu odzipoleka za maphikidwe omwe adzakonzedwa.*
 - *Lembani mndandanda wa zakudya ndi ziwiya zomwe zidzafunike. Lolani ophunzila kuti asankhe zinthu zomwe zimapezeka mosavuta kunyumba zawo, ndipo angathe kupeleka zinthuzo kuti asonyezele kaphikidwe.*
 - **Kukumana kwachiwili** kwakonzedwa kuti kukhale **zitsanzo zenizeni za kuphunzitsa kaphikidwe**.



- Zochitika zasonyeza kuti ophunzila akapeleka zakudya ndi zinthu zina, amamva kuti ndi eniake ndipo amakhala otangwanika kuchita nawo zitsanzo. Izi zimawapangitsanso **kumvetsetsa** kuti **chakudya chomwe amafunikila chikhoza kupezeka m'madela awo. N'kofunikila kwambili kulimbikitsa zakudya zomwe zimapezeka kwanuko.**
- Monga mphunzitsi, onetsetsani kuti azimayi/osamalila asakakamizidwe kubweletsa zakudya zomwe sangakwanitse, kapena zimene alibe kunyumba zawo. **Sitilimbikitsa** tkuthandiza anthu **kukaqula zakudya zochitila zitsanzo zophika.**

6. Gawilani **maudindo** ndi **zochita** kwa anthu **odzipeleka** ndi **azimayi/osamalila**.

- Pakhale **gulu limodzi** liyanganile azimayi/osamalila onse **masiku awili** chiwonetselocho chisanachitike kuti aonetsetse kuti **chakudya ndi zida zina zonse zilipo.**
 - **Gulu lachiwili** liyenela kukhala ndi udindo wokonza malowo n'kuonetsetsa kuti zinthu zonse zofunikila zili pamalowo chitsanzo chisanayambe.
 - Yesetsani kugwilitsa nchito **chitofu chabwino chamakono** chomwe chimasewenzetsa nkhuni zochepe komanso zotulutsa utsi wochepe pa nthawi yophunzitsa za kaphikidwe. Chimachepetsanso nchito.
 - Odzipeleka ayenela kupatsidwa nchito **yokumbutsa mabanja** kuti akatengo mbali ngati **kwatsala tsiku limodzi** zitsanzo zisanachitike.
7. Konzani zofunikila za **IEC zida** zomwe zidzagwilitsidwa nchito. Zipangizo zimenezi zithandizila **kulimbikitsa mauthenga ofunikila**. Zida zasankhidwa zidzadalila mutu wa nkhani ndi mauthenga ofunika. Pezani pansipa zitsanzo za zida za IEC zimene mungasewenzetse.

Mndandanda wa Zida za IEC (onani zoonjezela) ²

- Kalendala ya nyengo ya chakudya
- Chipepala Chamagulu a Zakudya (onani zoonjezela 4)
- [Zambian Complementary Feeding Book-2nd Edition, 2015](#) (ikuphatikizapo maphikidwe ndi njila zapakhomo) (Onani Zoonjezela 6)
- Makhadi okumbutsa Kudyaetsa Ana mu Chingezezi ndi Cinyanja (onani zoonjezela 9).
- Zida zina zowelenga mwachitsanzo MIYCN, Tumabuku twa Maphunzilo a Gulu la Osamalila
- Mbale Yodyetsela Ana

² Discover on the [NFNC Website](#): under “Resources” you find a variety of Resources and Information and Education Communication (IEC) material which can be used to create and reinforce messages.

8. Konzekelani **gawo lowunika ndi ndemanga**. Mungathe kufunsa mafunso afupiafupi omwe angathe kulembedwa ndi azimayi/osamalila osankhidwa mwachisawawa, kapena mungakhale ndi gawo lokambilana kumapeto kwa chiwonetselocho pomwe azimayi/osamalila onse amene anatengako mbali apeleka ndemanga zawo pazakudya, njila zomwe anagwilitsila nchito komanso maphunzilo omwe aphunzilapo.



Pezani **njila yosavuta yopelekela mafunso** mu **Chingelezi ndi Cinyanja** mu **SITEPI 3** ndi zoonjezela 8.

Kukonzekela kuphunzitsa kaphikidwe ka zakudya

Pamene mukonzekela tsatanetsatane wa momwe mungayendetsele kuphunzitsa kaphikidwe “**mungalingalile zokambilana ndi “aphunzitsi anzanu mmodzi kapena angapo”**”. Kufunika kwa chiwelengelo cha ophunzitsa kungadalile **kuchuluka kwa ophunzila** omwe akuyembekezeleka, **mitundu ya maphikidwe azakudya** yimene yidzaphikidwa komanso momwe **Zida za IEC** zidzagwilitsidwila nchito. N'koyenela **kugawa nchito** ndi **maudindo** pakati pa ophunzitsa musanayambe

SITEPI 2: Kusonyeza za Kaphikidwe (demo)



Mawu oyamba ofotokoza mutu wa nkhani wa chiwonetselo cha kaphikidwe ku Eastern Province, © GIZ/CRS

Kumvetsetsa Kaphunzitsidwe ka Anthu Akuluakulu

Mphunzitsi ayenela kukhala ndi luso lomwe lingamuthandize kupeleka uthenga kwa ophunzila. N'kofunika kwambili kumvetsetsa mmene anthu akuluakulu amaphunzilila bwino. Mfundo zotsatilazi zingagwilitsidwe nchito kuthandizila maphunzilo aanthu achikulile:

- **Kufunitsitsa kuphunzila:** Izi zimachtika pamenen otengako mbali aona kuti zphunzilazo zingawathandize kuthana n'zosowa zawo – mwachitsanzo, akuona kuti akhoza kupindula ndi maphunzilo. Izi zingatheke pomvetsetsa bwino zomwe akufuna kuphunzila kwambili, pogwilitsila nchito zitsanzo za zochitika zenizeni pamoyo, ndi kuphunzitsa anthu zinthu zothandiza zomwe angagwilitsile nchito akangomaliza maphunzilo.
- **Kuonjezela pazidziwitso ndi zochitika(maluso) za anthu:** Kufunsa ophunzila zomwe akudziwa kale, kusonkhanitsa chidziwitso chapadela ndi luso ali nalo. Izi zimasonyezanso kuti timayamikila zimene akudziwa ndipo tifuna ena aphunzileko mfundozo. Izi zimapangitsa kumva kuti amalemekezedwa komanso kuyamikilidwa kwambili.
- **Kutengako mbali mwachidwi ndi kukambilana:** Akuluakulu ambili safuna kungost adults do not want to sit and listen to someone talking for a long period. Theykhala ndi kumvetsela wina akuyankhula kwa nthawi yaitali. Amafuna kugawana nawo malingalilo awo, kufunsa mafunso okhudza zomwe zimawasangalatsa komanso kugwilitsa nchito zomwe aphunzila. ***Chiwonetselo cha kaphikidwe anthu ayenela kutengeko mbali kuti chithandizile maphunzilo.***
- **Gwilitsani nchito zomwe mwaphunzila:** Anthu amaphunzila bwino pochita, pomvetsela kapena poona. Kuyeselela kumathandiza kumvetsetsa momwe zinthu ziyenela kuchitikila. Zimathandizanso kuti azikumbukila mosavuta. Ndipo zimapangitsa anthu kuganiza kuti angathe kuchita zimene angophunzila kumene, zomwe zimakhala zolimbikitsa. N'chifukwa chake kuli kofunika kuti chidziwitso chatsopano kapena luso lilimikitsidwe panthawi yomwe anthu angathe kuzigwilitsa nchito.
- **Malo ophunzilila otetezeka:** N'kofunika kuti tikonze malo omwe anthu adzaphunzililamo akhale otetezeka kuti azitha kufotokoza maganizo awo ndi zomwe akudziwa. Izi zikhoza kuchita mwakupatsa anthu ulemu, kuwalimbikitsa kulankhula, kusonyeza kuyamikila zinthu zimene amachita bwino, kunena kuti pali bwino ngati alakwitsa, kupewa kuwadzudzula, ndi kuchita zinthu zina zochilikiza. ***Izi n'zofunika ndipo zimalimbikitsa azibambo kutengako mbali pa zitsanzo za maphikidwe.***



Kumbukilani ndondomeko yokonzela muli pafupi ndi chiwonetselo chenicheni cha kuphika

Tsiku limodzi lisanafike tsiku Lachiwonetsero cha Kaphikidwe

Kutatsala tsiku limodzi kuti muchite chiwonetselo cha kaphikidwe, inu muyenela:

1. Lumikizanani ndi anthu odzipeleka kapena anthu okhudzidwa amdela lanu kuti muonetsetse kuti atsogoleli ndi **mabanja adziwitsidwa** za kuphunzitsa kaphikidweko.
2. Tsatilani anthu odzipelekawo kuti aonetsetse mabanja omwe analonjeza kupeleka zakudya **ali ndi zakudyazo**. Ngati n'bungwe lidzathandiza kugula zakudya onetsetsani kuti chakudya chilipo.
3. Onetsetsani kuti **zophikilamo zonse** zatengedwa ndipo zilipo panthawi ya chitsanzo cha kaphikidwe.
4. Onetsetsani kuti **anthu odzipeleka onse apatsidwa nchito** (ndi kuonanso kuti zonse zasonkhanitsidwa zochitila chitsanzochi).
 - Odzipeleka amene ali ndi nchito yoyeleta malowa achite nchitoyi asanaphike komanso pambuyo pa demo yophikayo,
 - Pakhale odzipeleka amene apatsidwa udindo woyeletsa chimbudzi pokonzekela demo yophikayo
 - Odzipeleka apatsidwa udindo wokoza Mpopi wa Madzi Opompa ndi posambila kumanja
 - Odzipeleka apatsidwa udindo wopeleka mphasa za malo pamene adzalawila ndi kudya zakudyazo,
 - Odzipeleka omwe ali ndi udindo wokumba dzenje la potaila zinyalala
5. Pamalo pophunzitsila kuphika payenela kukonzedwa mwaukhondo ndi kuyalapo bwino kuti aonetse mophikila.

Patsiku la Chiwonetselo cha Kaphikidwe

1. Monga mphunzitsi **ukhondo** ndi wofunikila. Tsitsi likhale lophimbidwa ndi chitambala chaukhondo ndipo **zikhadabu zikhale zazifupi komanso zaukhondo**. Uthenga umenewu uyenela kupelekedwa kwa azimayi/osamalila pamene akutengako mbali pophika.
2. Fikani **ola limodzi** nchitoyo yisanayambe kuchitika ndi kukonzekela malo.
3. **Mphasa kapena mipando yikonzedwe** m'njila yakuti yilola ophunzila onse kuona zomwe zikuchitika.
4. Onetsetsani kuti pali **posambila m'manja ndi madzi komanso sopo**. Madzi akumwa aukhondo ayenela kukhalapo (othlidwa ndi chlorine kapena owilitsidwa). Onetsetsaninso kuti pali madzi abwino ambili ophikila.



OSACHITA maphunzilo ophika ngati simumvela bwino (mphunzitsi kapena ophunzila). Ngati m'dela lanu muli mlili, onetsetsani kuti mwatsatila malingalilo kapena malangizo omwe apelekedwa ndi atsogoleli musanayambe nchitoyo.

Chiwonetselo cha Kaphikidwe

Chitsanzo cha kaphikidwe chitenge **maola okwanila awili mpaka atatu (2-3 hours)**, malinga ndi ndondomeko mwakonza komanso unyinji wa ophunzila adzapezekapo.

Ndondomeko Imene Ingakonzedwe (Ajenda)

No	Chochitika	Nthawi/Nthawi Yapatsidwa
0	Pemphelo lotsegulila	
	Maina a Otengako Mbali	
1	Kulandila ndi Kudziwana Koyamba	
2	Chiyambi cha mutu wa nkhani ndi mauthenga ofunikila (NTHAWI ZONSE gogomezelani kufunika kwa Kuyamwitsa Kumawele Kokha kwa miyezi 0 mpaka 6 n'kupitiliza kuyamwitsa mpaka zaka ziwili (2yrs) ndi kupitilila	
3	Chiyambi cha magulu 6 azakudya (onani zoonjezela 4)	
4	Chiyambi cha maphikidwe (okhudzana ndi magulu azakudya)	
5	Ukhondo wa Chakudya ndi Gawo Yophunzitsa Kusamba M'manja	
6	Kukonzekela Zakudya: fotokozani maphikidwe mwatsatane-tsatane	
7	Gawo la Kulawa ndi Kudyetsa: Ophunzila afotokoze maphikidwe omwe anakonza	
8	Masewela/Zochita kuti mulimbikitse kuphunzila	
9	Gawo la Ndemanga (kuphatikizapo malonjezano, kuyamikila)	
10	Mawu othela ndi pempelo	

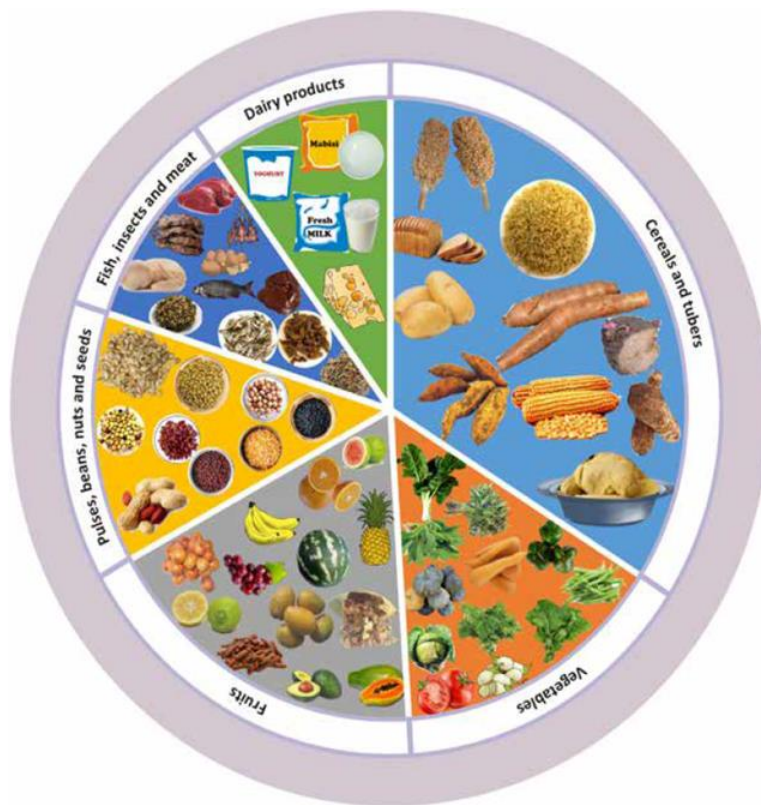
Ndondomeko ya chochitika chilichonse cha mutu chafotokozedwa pansipa:

Kufotokoza za mutu wa nkhani ndi mauthenga ofunika kwambili

Yambitsani mutu wa nkhani wa kuphunzitsa kaphikidwe ndi kufotokoza mauthenga ofunika kwambili. N'kofunikila kuti **chitanzo chigwilizane ndi mutu wa nkhani** ndipo ophunzila amvetsetse mauthenga ofukika kwambili. Ngati mutuwu ukunena za **chakudya choonjezela**, onani buku la *Zambian Complementary Feeding Book*³. Mungalembe mutu wa nkhani pa chi pepala chotembenuza (filipuchati) kuti uonekele pachiwonetselo chonse.

Kufotokoza za Magulu 6 Azakudya

Musanayambe kufotokoza maphikidwe, adziwitseni omvelela za magulu asanu ndi limodzi (6) azakudya ochokela mu *Zambian Food Based Dietary Guidelines*⁴. Mungagwilitsile nchito mndandanda(chat) womwe uli m'munsimu wa zithunzi komanso kuti mudziwe zambili onani Zoonjezela 4.



Magulu 6 Azakudya

³ [Zambian Complementary Feeding Book-2nd Edition, 2015](#)

⁴ [Zambian Food Based Dietary Guidelines](#)

Kuonjezela apo, **NTHAWI ZONSE** tsindikani za kufunikila kwa **kuyamwitsa** kuthandizila kupititsa patsogolo kuyamwitsa mkaka wakubele wokha kuyambila tsiku la kubadwa mpaka 6 ndi kupitiliza mosalekeza mpaka zaka ziwili n'kupitilila (onani mauthenga mu zoonjezela 3)⁵.

Kufotokoza za Maphikidwe a Tsikulo

Fotokozani maphikidwe ya zakudya zomwe zidzakonzedwa. **Kakonzedwe ka zakudya kalikonse** kayenela kukhala ndi **magulu atatu a zakudya**. Gwilitsilani nchito **mdandanda wamgulu ya zakudya** kuti mufotokoze magulu osiyana-siyana a zakudya omwe ali mu kaphikidwe. Fotokozani pokambilana ndi ophunzila:

- Ndi magulu ati azakudya amene ali mgulu la maphikidwe osiyana-siyana.
- Ndi zakudya zathanzi ziti zomwe zakudyazo zimapeleka: mwachitsanzo, twakudya tung'ono-tung'ono twa thanzi (macronutrients) tumene ndi topatsa mphamvu(carbohydrates), zakudya zomanga thupi (proteins) ndi mafuta, twakudya tupatsa ma vitamini ndi mchele (micronutrients which are vitamins and minerals).
- Ndi nchito iti yomwe michele imagwila pakukula kwa thanzi, kupewa matenda, komanso kukhala ndi moyo wabwino.

Gawo Lophunzitsa Kusamba m'manja ndi ukhondo wa chakudya

Musanayambe kukonza chakudya, sonyezani kusamba m'manja ndi sopo. Fotokozani kufunikila **kosamba m'manja ndi sopo** komanso ndi **madzi othiliza** musanakonze chakudya. Kuphatikiza pazomwe mungachite, mungathenso kugwilitsa nchito mdandanda uli mu zoonjezela 10.

Limbikitsani kukambilana za **nthawi zina zofunika kusamba m'manja** ndi **sopo** komanso ndi **madzi othiliza** (mwachitsanzo mukachoka kuchimbudzi, mukagwila zinyama, mukasintha thewela la mwana, musanadye, musanamwetse/dyetse mwana, ndi zina zotelo) ndi **CHIFUKWA CHIYANI izi n'zofunika**. Mungafotokoze kuti **ngakhale ana ayenela kuphunzila akali aang'ono** za kufunika kwa kusamba m'manja ndi kuyamba kuchita zimenezi.

Onse omwe akutengako mbali pachiwonetselo chophika ayenela kusamba m'manja ndi sopo.

Mpopi wa madzi opompa ndi mwendo/posambila kumanja ukhoza kupangidwa pamalopo munga njila yolimbikitsila kusintha kwamakhalidwe pogwilitsa nchito malo osambilapo kumanja. **Dzenje la zinyalala nalonso liyenela kukumbidwa** pamalopo kuti zinyalala zofunika kutaidwa panthawi yoonetsela kuphika zingataidwemo.

Kusonyeza Kusamba M'manja

Zipangizo

- Bafa/Mosambila
- Madzi oyela mu chigubu
- Sopo-wabala olo wamadzimadzi

⁵ [Nutrition Key Messages for the First 1000 Most Critical Days of Life - The National Food and Nutrition Commission \(NFNC\)](#)

Njila Mochitila

- Mothandizidwa ndi wina, thilani madzi mwaika m'chigubu kumanja onse awili/gwilitsani nchito Mpopi Opompa ndi Mwendo ndi chigubu.
- Sambani m'manja ndi sopo, kuphatikizapo zala komanso pakati pa zalazo.
- Lolani kuti chithovu(phovu) chipangike.
- Tsukani ndi madzi mosambila (ngati mukugwilitsa nchito chigubu, tsatilani ndondomeko iyi)
- Thilani madzi akuda, ndi kutsuka mosambila mukatha kusewenzetsa.
- Lolani manja aume choyamba. (MUSAGWILITSILE NCHITO THAULO/KANSALU KOPUKUTILA KADOTHI.)

Wash hands for  20 seconds following these steps



Njila Zosonyezela kusamba m'manja

Sambani m'manja kwa ma sekondi 20 kutsatila njila izi



- **OSASAMBILA m'manja muchigubu kapena chikho.**
- *Ngati pali malo osambila m'manja, mungasonyeze mmene mumagwilitsila nchito malowo. Kusewenzetsa chigubu/beseni kumapangitsa kuti azimayi/osamalila azitha kukambilana mosavuta.*

Akumbutseni ophunzila kuti **akuyembekezedwa kusamba m'manja** ndi **sopo m'madzi othilidwa kapena a kupompi** pa **nthawi yofunika kwambili** pa **chiwonetselo cha kaphikidwe**:

- Musanakonze kapena kugwila chakudya
- Musanayambe kudya (Musanadye)
- Musanayambe kudyetsa mwana
- Mukatha kudya
- Mukachoka kuchimbudzi
- Mukagwila zinthu zodetsedwa kapena kugwila chakudya chosaphika

Ukhondo waumwini

Fotokozani kuti munthu sayenela kugwila chakudya kapena kuonetsa chakudya (kuchita demo) ngati ali ndi chifuwa, chimfine kapena zilonda zapakhosi. Ophunzila aganizile zophimba tsitsi lawo, sayenela kusuta kapena kudya panthawi yachiwonetseloyo.

Kusunga ndi Kusamalila chakudya

Mungasonyeze ophunzila pa kusunga, kasungidwe ndi kasamalilidwe ka chakudya: Chakudya chikakololedwa chimawonongeka ndi tulombo toyambitsa matenda monga chuku. Chingathenso kuwonongeka kukatentha kwambili. Kusasunga bwino chakudya kungachititse kuti chakudya chiwole kapena kuwonongeke. Momwemo, chakudya chiyenela kusungidwa bwino kuti chisakhale ndi zotsatila zoipa pa thanzi la ogula. Zakudya ziyenela kusungidwa m'zigubu/mabotolo yopanda mpweya, momwe zidasungidwa ndi mnyontho kupewa tulombo towononga ndi kuipitsidwa. Kuphatikizapo, kutsuka koyenelela ndi kupha tulombo n'kofunika kwambili.

Kuyanika chakudya kumalepheletsa kukula kwa tulombo toyambitsa matenda tumene tumapezeka mwachibadwa mu chakudyacho kapena tukanaipitsa chakudya. Kusunga bwino chakudya chouma n'kofunikila kwambili. Ngati chakudyacho sichinaumitsidwe bwino, tulombo toyambitsa matenda tungayambe tumene tungapangitse chakudyacho kukhala chosatetezeka kudyedwa kapena kuwonongeka. Kuyanika kumachepetsa tulombo kuyamba ndi kuwononga zakudya za mtundu womela monga chimanga, mpunga, mapila, tiligu komanso nyemba/binzi kuwola n'tulombo ndi chuku. Ndiwo zamasamba zimasungika mwa kuyanika kuti adzagwilitsile nchito pambuyo pake(mtsogolo). Zakudya zouma zonsezi ziyenela kusungidwa bwino kuti zisawole. Njira zosungilamo zosadula mtengo zamakono zingatse kugwilitsidwa nchito posunga zakudya zimenezi.

Kudzisamalila bwino ndi ukhondo n'zofunika kwambili paziwonetselo za kaphikidwe.

Onetsetsani kuti ziwiya zonse zimene zidzagwilitsidwa nchito n'zoyela ndipo zochapidwa bwino komanso zakudya zamtundu uliwonse zikhale zatsopano. Chakudya chimene chakonzedwa kale chiyenela kusungidwa bwino ndi kuphimbidwa kuti zisawonongeke.

Pakukonzekela chakudya onetsetsani kuti mwasamba m'manja ndi sopo panthawi yofunika kwambili komanso ukhondo kuti mupewe kuipitsidwa zakudya ndi majemusi oopsa n'kuipitsidwa kuchokela kuchakudya chimodzi kupita ku china.

Chiwonetselo cha Kaphikidwe (Kusonyeza Kuphika: Kukonza Zakudya)

- Auzeni ophunzila za chakudya chimene mukonze **n'kuwafotokozelanso maphikidwe ake.**
- Aonetseni **zakudya zosakaniza** za kaphikidwe kalikonse.
- Kufotokoza **kufunika** kwa zosakaniza zosiyana-siyana pazakudya za ana, akuluakulu (makamaka akazi), ndi achichepele osasinkhuka (makamaka atsikana).
- Fotokozani **tsatane-tsatane gawo lililonse** la maphikidwe.
- Limbikitsani ophunzila kuti adzipeleke **kugawana nawo nchito zokonzekela chakudya.**
- Mungathe kupanga tumagulu twa anthu asanu (5) pagulu lililonse lomwe likhale ndi udindo wokonza maphikidwe osiyana-siyana.



Amuna akakhalapo, ndi mwayi ngati mungafune wokhala ndi gulu la azibambo n'kuwapatsa maphikidwe a zakudya awo-awo kuti aphike.



Amuna akukonza dzungu kuti aphike, chithunzi ©, GIZ/CRS

- Limbikitsani ophunzila kuti **afunse mafunso** okhudza kukonzekela panthawi yophika.
- **Pemphani ndemanga** kwa ophunzila nthawi ndi nthawi pokonzekela zakudya.
- Chakudya chikakonzedwa, **onetsani anthu onse zimene mwaphika**.

Kusamba M'manja

Akumbutseni ophunzila za kufunika **kosamba m'manja ndi sopo ndi madzi akupompi musanayambe gao yolawa ndi kudya** ndipo asiye kuti ayeseze.

Gao la Kulawa/Kudya

- Lolani ophunzila onse alawe chakudyacho kuti onse avomeleze kukoma ndi kaphikidwe kake.
- **Malo okhalamo** akhale aukhondo kwa otengako mbali, makamaka ndi ana ang'ono-ang'ono. Makolo angalimbikitsidwe kubwel ndi mphasa kapena masaka pomwe angakhale akulawa chakudya kapena kudyetsa ana awo.
- **Musanayambe** ndi gao la kulawa/kadya, lolani **woimila wa gulu lililonse afotokozele kaphikidwe kalikonse, phindu pathanzi (mauthenga ofunikila)**, ndi **ndondomeko yokonzekela** ku gulu lonse.

Kudyetsela kothandizila: Fotokozelani ophunzila⁶:

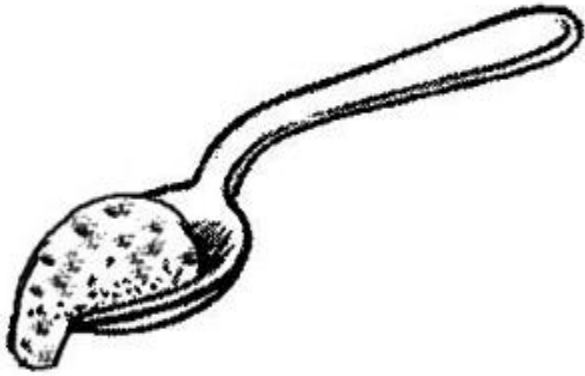
- *Pafupifupi miyezi 6, kufunikila kwa mphamvu n'zakudya zina mwa khanda kumayamba kukulilako kuposa zomwe zimapelkedwa ndi mkaka wa m'mawe, ndipo zakudya zoonjezela (kudyetsela kothandizila) zimakhala zofunikila kuti zikwanilitse zosowazo.*
- *Pitilizani kuyamwitsa mkaka wa m'mawe pafupipafupi mpaka zka ziwili kapena kupitililapo.*
- *Yambani pa miyezi 6 kum'patsa chakudya choonjezela. Yambani ndi chakudya chochepe ndipo wonjezelani pang'ono-pang'ono mwana akamakula.*
- *Wonjezelani kuchuluka kwa nthawi zomwe mwana amadyetsedwa ndi akamakula:*

⁶ [Infant and young child feeding \(who.int\)](http://www.who.int)

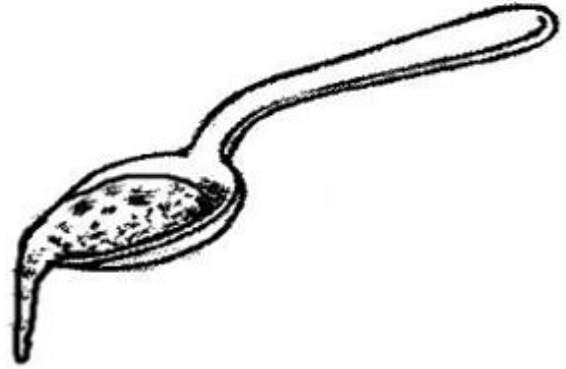
MAKE YOUR BABY A STAR! What you need to know								
FEEDING EACH DAY	0 to 6 months		6 to 9 months		9 to 12 months		12 to 24 months	
	WHAT FOODS?		☐ Breast milk only ☐ No water or porridge	☐ Breast milk ☐ Soft foods: - Thick porridge with pounded groundnuts, milk or eggs; - Mashed fruits and vegetables like bananas, pawpaw or avocado	☐ Breast milk only ☐ Mashed or small pieces of family foods, not only soup ☐ Thick enriched porridge ☐ Foods from animals (★ foods) like: ☐ Vegetables and fruit (★ foods) like:	☐ Breast milk only ☐ All family foods, no more soup ☐ Thick enriched porridge ☐ Foods from animals (★ foods) like: ☐ Vegetables and fruit (★ foods) like:		
	HOW MUCH?		☐ Empty both breasts at each feed	☐ Empty both breasts at each feed	☐ Start with 3 tablespoons of food at each meal & slowly increase as child grows to full bowl			
	HOW OFTEN?		☐ Whenever the baby wants - 8 to 12 times day and night	☐ Breastfeed 8 to 10 times, day and night ☐ Feed 2 times a day at 6 months. Increase to 3 times a day by 8 months	☐ Breastfeed 6 to 8 times ☐ Feed 3 meals a day and 1 snack/small meal	☐ Breastfeed 4 to 6 times day and night ☐ Feed 3 meals and 2 snacks/meals a day		
	HOW TO FEED?		☐ Mother should be comfortable and support baby's whole body ☐ Empty one breast before feeding from the other	☐ Make time to feed the baby ☐ Separate the baby's food in own bowl	☐ Make sure baby eats all food ☐ If baby is a fussy eater, try small amounts more often, ask for help			
HEALTH	0 to 6 months		6 to 9 months		9 to 12 months		12 to 24 months	
	☐ Sleep under treated bednet ☐ Attend monthly growth monitoring	☐ Ensure the baby gets all the vaccinations that are due ☐ Get Vitamin A when baby is 6, 12, 18 and 24 months			☐ Wash caregiver and baby's hands with soap after changing the nappies and using latrine; and before every feed/meal ☐ Boil or chlorinate	☐ Dispose all faeces in the latrine ☐ Create clean feeding and play spaces		
Feeding Reminder Card								

■ **Kudya kangati kwagawidwa malinga ndi zaka za mwana**

- Kuyamwitsa mkaka wa m'mawele wokha pakafunika kwa makanda apakati tsiku tsiku lobadwa mpaka miyezi isanu ndi umodzi (6)
- Kudya kawili (2) mpaka katatu (3) patsiku limodzi kwa makanda a miyezi 6 mpaka 9 ndipo
- Kudya katatu (3) kapena kanayi (4) patsiku kwa makanda a miyezi 9 mpaka 24, ndi chakudya china choonjezela(kamba) kamodzi (1) mpaka kawili (2) ngati pali kufunikila.
- Ana ayenela kudyetsedwa mwachindunji, pang'ono-pang'ono komanso moleza mtima pamene mulankhula nawo ndi kuwayangana m'maso.
- Ana ayenela kulimbikitsidwa kudya osati kukakamiza. Kusalekeza(kusasinthasinth) ndi kusiyanasiyana kwa zakudya ziyenela kuonjezedwa pang'ono-pang'ono komanso kangati pamene mwana akukula.



Phala Yolimba



Phala Yosolimba

- Onetsani ophunzila **gao loyenela** la **msinkhu uliwonse** kuti mpatse mwana. Lolani azimayi/osamalila nawonso aonetse **gao loyenela** ndipo **afotokozele kangati ayenela kudyetsa** mwana **wazaka zamgulu yotchulidwa** (onani Khadi Yokumbutsa Kudyetsa).
- Onetsani **kulimba koyenelela** kwa **chakudya(phala)** kapena aloleni azimayi/osamalila afotokoze.
- Lolani azimayi/osamalila kupatsa chakudya ana komanso **ayeseze kudyetsa ana awo**.
- **Sonyezani** kwa azimayi/osamalila momwe angayesele kudyetsa mwachidwi kapena asiyezi **asonyeze**.
- **Yanganani azimayi/osamalila** pamene akudyetsa ana kuti **muonetsetse kuti akudyetsela mwachidwi**.
- **Limbikitsani kugawana zokumana nazo zovuta** ndi zochitika zabwino podyetsela ana pakati pa ophunzila. Afunseni ophunzila ngati akhala ndi vuto lililonse podyetsa ana awo ndipo lolani kuti iyi ikhale **mfundo yokambilana**.



Azimayi akudyetsa ana awo zakudya zathanzi zokonzedwa bwino, © photo, GIZ/CRS

Zochita Kuti Mulimbikitse Kuphunzila/ Masewela

Mukatha gao la kulawo/kudyetsa, mungasewele masewela kapena kuchita kanthu kenakake ndi ophunzila. Izi ziyenela kulimbikitsa kuphunzila ndi kuthandiza ophunzila kukumbukila mauthenga/mutu wa nkhani wa chitsanzo chophikila. **Zochita zotsitsimula kapena masewela** angakhalepo (kusankha masewelawo kumadalila nthawi komanso chilimbikitso cha omwe akutengako mbali):

- Kuyimba nyimbo zokhudzana ndi kudyetsa, kusiyana-siyana kwa zakudya, kuchuluka kwa zakudya, magulu azakudya, WASH ndi zina.
- Masewela a pulani yazakudya/zochita.
- [Masewelo a makhadi ya zakudya zopatsa thanzi.](#)
- Kalendala yanyengo (kuti tikambilane za zakudya zomwe zimapezeka kwanuko munyengo kapena mweziwo).
- Kupanga bajeti: Izi ndi kuthandiza azimayi/osamalila kuphunzila momwe angapangile bajeti yazakudya, kukonzekela kuwunikila mtengo wochepa wa chakudya chomwe chakonzedwa. Nkosavuta kwa azimayi/osamalila kuphika chakudyocho kunyumba ngati akudziwa kuti n'chotsika mtengo komanso chopezeka mosavuta.

SITEPI 3: Kuyanganila ndi Kuwunikila

3.1 Gao la Ndemanga pa Gulu

Ndemanga zochokela kwa ophunzila zimakuthandizani monga mphunzitsi kukonza njira zophunzitsila zomwe zingagwilitsidwe nchito komanso kachitidwe ka zokambilana. Pamapeto pa chiwonetselocho funsani ndemanga zawo. Mungakhalenso ndi gao lagulu pomwe ophunzila onse angapeleke ndemanga zawo kudzela muzokambilana zamagulu, motsatila ndondomeko yomwe yili mu Zoonjezela 12. Ophunzilawo adzagawidwa m'magulu ang'ono-ang'ono a anthu 8 mpaka 12.

Ndemangazo zidzakhudza mbali zosiyana-siyana, kuphatikizapo koma osati kokha kukoma kwa chakudya, masitepe okonzekela, komanso ngati otengako mbali amadzidalila kuti angathe kuphika chakudyacho kunyumba. Komanso, dziwani zakudya kapena maphikidwe omwe ana akondwela nawo kwambili.

Pa gaoli lembani **mndandanda wa omwe atengako mbali** kuti musunge mbili.

3.2 Kuwunikila za Chiwonetselo cha Kaphikidwe

Kuwunikila kwa chiwonetselo cha kaphikidwe kungatheke pogwilitsila nchito kuyankha mafunso ochepa (Zoonjezela 11). Pachiwelengelo chonse cha ophunzila 30 (nambala ya kuchuluka kwa otengako mbali), ophunzila okwanila 5 mpaka 8 akhoza kusankhidwa mwachisawawa mothandizidwa ndi odzipoleka alemba mayankho ku mafunso ochepa (Zoonjezela 11).

Pogwilitsila nchito kalozela(malangizo) wokambila (Zoonjezela 12), mphunzitsi angathe kuyambitsa zokambilana zamagulu zokhala ndi ophunzila 8 mpaka 12 mothandizidwa ndi anthu odzipoleka awili am'dela kuti alembe.



*Pambuyo polandila ndemanga zamagulu komanso/kapena kuwunika mungathe **pemphani ophunziila alonjeze** momwe adzagwilitsile nchito kapena kuchita zimene aphunzila.*

3.3 Kuwunikila pambuyo pa Chiwonetselo cha Kaphikidwe

Kuthandiza azimayi/olela pambuyo posonyeza kuphika kumathandizila kuphunzila komanso kusintha khalidwe. Pamndandanda wa omwe atengako mbali, sankhani maina a azimayi/olela amene mungayendele. **Ulendo wolondola** ukulimbikitsidwa pambuyo pa **masabata awili (2) mpaka anayi (4)**. Paulendowu mungafunse **mafunso otsatilawa**:

- Kodi mwayesapo maphikidwe aliwonse amene asonyezedwa panthawi ya chiwonetselo cha kaphikidwe?
- Ngati mwayesako maphikidwe, kodi mwana wanu wakhala akudya chakudyacho? Ndipo mwakumana ndi zotani?
- Ngati sichoncho, chifukwa chiyani? Chonde fotokozani.
- Kodi mungafotokoze zomwe munachita pokonza chakudya chimenecho?
- Ndi zovuta ziti zomwe munakumana nazo pokonza/phika chakudya? Kodi mwathetsa bwanji mavutowa?

Zoonjezela

- (1) Kukonzekela Mndandanda Wofufuzila
- (2) Muuni wa Zida/Ziwiya zophunzitsila Kaphikidwe
- (3) Mauthenga Ofunikila Kwambili pa Kuyamwitsa [Nutrition Key Messages for the First 1000 Most Critical Days of Life - The National Food and Nutrition Commission \(NFNC\)](#)
- (4) Magulu 6 Azakudya kuchokela mu Zambian Food Based Dietary Guidelines (Unduna wa Zaulimi, 2021, [Zambian Food Based Dietary Guidelines](#))
- (5) Kudyetsela Kothandizila [Nutrition Key Messages for the First 1000 Most Critical Days of Life - The National Food and Nutrition Commission \(NFNC\)](#)
- (6) Feeding Frequency Chart and Household Measures ([Zambian Complementary Feeding Book-2nd Edition, 2015](#))
- (7) Cooking Demonstration Recipes to promote consumption of legumes and reduce cooking time
- (8) Cooking Demonstration Feedback Form (in English and Local language)
- (9) Feeding Reminder Cards (English and Local Language)
- (10) Demonstration on Handwashing with soap
- (11) Evaluation Questionnaire
- (12) Focus Group Discussion Guide

Zoonjezela 1: Kukonzekela Mndandanda Wofufuzila

Kukonzekela Ndongomeko	M'mene (Chongani mwachita)	Zilili ngati	Ndemanga
Sankhani tsiku, malo ndi nthawi yochitila chiwonetselo cha kaphikidwe(demo)			
Sankhani mutu wa nkhani ndi maphikidwe oyenela kuphikidwa			
Pangani mauthenga omwe adzalimbitsa mutu wa nkhaniyo			
Sankhani zida/zowelenga za IEC zomwe zidzagwilitsidwa nchito pophika pa chitsanzo			
Sankhani malo oonetsela mophikila ali ndi malo ochapila ndi kusamba m'manja, malo odyetselako chakudya, malo ophikila, ndi chimbudzi cha dzenje pafupi			
Tumizani nthawi yokhazikitsila gao lokonzekela komanso kuchita chiwonetselo chophika			
Kumanani ndi azimayi/olela ndi odzipeleka pa gao lokonzekela			
Sankhani pamodzi ndi azimayi/azibambo/olela chakudya chomwe angapeleke			
Gawanani nchito ndi maudindo ndi azimayi/olela/azibambo ndi odzipeleka.			
Konzekelani gao lowunika ndi ndemanga za chiwonetselo cha kaphikidwe			
Akumbutseni odzipeleka kutumiza zikumbutso kwa azimayi/olela			

Zoonjezela 2: Mndandanda wa Zipangizo zosowenzetsa pa chiwonetselo cha Kaphikidwe

Ziwiya		Zipangizo/Zida	
Mapoto(miphika)		Sopo yosambila m'manja ndi kusukila ziwiya	
Mipeni		Nkhupule (Chifuso)	
Mithiko		Nkhuni/Malasha(makala)	
Sefa		Chitofu (ganizilani kugwilitsa nchito chitofu chabwino chamkono)	
Mbale, masipuni, ndi mafoloko		Machesi	
Mbale za Bakuli		Mphasa, mipando	
Makapu		Pemphani ophunzila kubweletsa masipuni, mambale, ndi makapu pagao yolawa/kudya. <i>Tikulimbikitsa kupempha ophunzila kubweletsanso mambale akuluakulu kuti athe kulawa zakudya zosiyana-siyana nthawi imodzi.</i>	
Mtondo ndi muni			
Tileyi			
Motungila madzi osambila m'manja, akumwa ndi kuphikila			
Beseni			
Chigubu/Mtsuko/Chikho			

Zoonjezela 3: Mauthenga Ofunika pa Kuyamwitsa

(NFNC Nutrition Key Messages For The First 1000 Most Critical Days Of Life)

3. Breastfeeding (early initiation, exclusive breast feeding and continued breast feeding)

*The first, thick and yellowish milk that is released from the breasts (colostrum) provides the first immunization to protect the baby from infections. Early start of breastfeeding within an hour of giving birth ensures that the baby not only begins to bond with the mother but also receives this vital milk. It is well researched that breast milk alone is enough for the first 6 months of a child's life. Any additional foods before the age of 6 months presents a number of complications that can risk the child's life or inhibit proper growth and development. After the age of 6 months the child is ready to receive other foods in addition to breast milk. This is because at this age the child is better able to digest other foods, and breast milk alone is no longer enough to provide all the necessary nutrients; **but** it still contains substances needed for the child to continue growing well.*



KEY MESSAGES

- Mothers should breastfeed their babies within the first hour of birth.
- Encourage mothers to give their children the first yellowish milk after delivery (colostrum)
- Encourage mothers to breastfeed exclusively for the first six completed months because breast milk contains all the nutrients that the baby needs for good health, growth, and development.

- Lactating mothers should be encouraged to frequently breastfeed their babies; the more the baby suckles the more milk will be produced.
- Encourage mothers to exclusively breastfeed for the first 6 months regardless of their HIV status, and provided they take their medication as prescribed by a health worker.
- Mothers should continue breastfeeding for up to 2 years or beyond because breastmilk continues to contribute to the child's nutrition.

Zoonjezela 4: Magulu 6 Azakudya (Zambian Food Based Dietary Guidelines, 2021)

1. MTUNDU WA ZOMELA MONGA CHIMANGA, MPUNGA, MAPILA, TILIGU ndi zina zotelo, MIZU YA CHAKUDYA CHOPATSA MPHAMVU MONGA MBATATISI, CHILAZI, BUYE, KANDOLO ndi CHIKHAWO
2. ZAMASAMBA
3. ZIPATSO
4. NSOMBA, VIDOYO ndi ZAKUDYA ZOCHOKELA KUNYAMA
5. ZAKUDYA ZOPANGIDWA KUCHOKELA KU MKAKA
6. MBEWU ZAMAKOKO MONGA NYEMBA/KAYELA ndi MTEDZA/SHAWA.

Eat different types of food from each of the six food groups every day!





EAT MORE

Eat different types of food from each of the six food groups every day to stay strong and healthy.

The six food groups are

- Cereals, starchy roots and tubers
- Vegetables
- Fruits
- Fish, insects and animal source foods
- Dairy
- Legumes, pulses and nuts

Whole or milled grains (cereals) and starchy roots/tubers

as part of your meals every day for a healthy heart and weight.

Aim for **4 servings per day** of whole cereals and starchy roots/tubers (about 560 g)



Vegetables of different types and colours

every day to provide your body with vitamins, minerals and roughage to prevent diseases.

Aim for **3 servings per day** of raw vegetables (about 230 g or 1.5 cups cooked or 3 cups uncooked)



Different coloured fruits

every day to provide your body with vitamins and minerals to prevent diseases.

Aim for **2 servings of fruit per day** (about 300 g or two medium size fruits like bananas or oranges or two cups of cut fruit)



Beans, cowpeas, groundnuts, or other nuts

daily to maintain good health. All these foods are rich sources of protein and a good substitute for meat.

Aim for **2 servings of nuts and seeds per day** (about 180g [1 cup] cooked pulses or 60 g [6 tablespoons] nuts and seeds or a mix of 90 g [9 tablespoons] of pulses and 30 g [3 tablespoons] nuts and seeds).



Chicken and other poultry, fish, eggs, insects or caterpillars

every day to build and repair your body.

Aim for **1 serving per day** (about 50 to 115 g depending on the food selected from the food exchange list).



Milk and milk products (like yogurt, sour milk, cheese)

every day for strong bones.

Aim for **1 serving per day** (about 245 g)



* If milk is not available, eat calcium-rich foods such as moringa, amaranthus, cowpeas leaves, cassava leaves, baobab fruit or leaves, tamarind leaves, kapenta and small fish eaten with bones.



4. Complementary Feeding Practices

After 6 completed months of life, breast milk alone is no longer sufficient to meet the nutritional and energy requirements of the baby. Therefore, additional foods should be introduced in small frequent amounts with continued breastfeeding up to 2 years or beyond to meet the demands of the growing baby. Moreover, the additional foods introduced must be of the correct texture, consistency, contain a variety of nutrients, and must be hygienically prepared and stored to ensure good nutrition. There are a number of traditional Zambian foods that are rich in nutrients and can be prepared for the baby.



KEY MESSAGES

- Encourage mothers to continue breastfeeding at least up to 2 years.
- Children need to be fed 3 or 4 main meals a day *with continued breastfeeding*.
- Sick children are more at risk of malnutrition; therefore encourage caregivers to give small, frequent meals in addition to breastmilk to help sick children recover quickly.

- Encourage caregivers to wash their hands with soap/ash and clean water before handling the baby's food and after changing babies' diapers to prevent diarrhoea and other infections.
- Encourage care givers to supervise the feeding of children less than 2 years to ensure that they eat enough food at each meal.
- Children need to be fed from a separate plate so as to monitor how well and how much they have eaten.
- Promote the use of traditional Zambian foods that can be prepared for children after the age of 6 months e.g. Orange fleshed sweet potatoes, beans, various green leafy vegetables, pumpkins, groundnut porridge, chikanda, etc.

Zoonjezela 6: Feeding Frequency Chart and Household Measures

(Zambian Complementary Feeding Book-2nd Edition, 2015)

Age in months	Frequency	Type of food	Remarks
6 – 9 months 	2 to 3 times a day Start with 2-3 full teaspoons per feed 	The food given should be soft, like porridge and mashed fruits and vegetables Porridges should be thick enough so that it does not run off the spoon. 	Continue breastfeeding your baby whenever he or she wants – day and night. Breastfeed your baby up to 2 years or older. Be patient and actively encourage your baby to eat. Do not use feeding bottles to feed your baby. Feeding bottles are very difficult to clean and can make your baby sick with diarrhoea.
9 -12 months 	From 9 months onwards, feed your child at least 3-4 main meals a day Give your young child $\frac{1}{4}$ of a 250 ml cup/bowl at each feed.	By 9 months the young child should be able to eat finger foods such as pieces of ripe mango and pawpaw, banana and vegetables.	Continue breastfeeding until your baby is 2 years or older Give your baby his or her own plate and make sure he or she eats all the food given. This will help you know how much your baby has eaten.
12 –24 months 	From 12 months onwards, feed your child 5 times a day (3 or 4 meals and 2 or 1 snack respectively). Give your young child one 250 ml cup/bowl at each feed.	Cut the food into small pieces so that the child can easily chew and swallow. By 12 months other solid foods and family meals can be given as many times as possible each day.	Continue breastfeeding your child up to 2 years old or beyond. Children eat more slowly than adults, so put the child's portion of the meal in his or her own bowl.
NB: Depending on the child's appetite - 1 or 2 snacks a day may be offered			

Household Measures

The following are household measures used to prepare the recipes in this book:

Feeding bowl (250 ml)



Cup (200 ml)



Large pot



Bunch of vegetables



2 finger pinch of salt



Small pot



Tablespoon (15 ml)



Teaspoon (5 ml)



Ziwiya	Muyeso Wofanana
1 kapu	250 magilamu a unga
2 Matiyisipuni	10 magilamu

Zoonjezela 7: Kuonetsa Zitsanzo za Maphikidwe kulimbikitsa kudya zakudya za nyemba komanso kuchepetsa nthawi yophika

PHALA LA UFA WOCHOKELA KU NYEMBA OLO BINZI

Zosakaniza popanga chakudya

- ½ kapu ya soya yokazinga
- Tiysisipuni ya unga wa zamasamba
- ½ unga/ufa wa chimanga
- 5 makapu a madzi
- 1 tiysisipuni ya mchele

Njila Mokonzela

- Sinjani nyemba yokazinga ndi kusefa kupanga ufa.
- Wilitani makapu atatu (3) amadzi mpoto/mumphika
- Sakanizani ufa wa chimanga, ufa wa nyemba/binzi, ufa wochokela ku zamasamba ndi mchele pamodzi.
- Pangani phala lolimbako.
- Ikani phala m'madzi otentha mpoto ndipo mulole kuti liwiluke pang'ono-pang'ono mpaka litaphikika (mphindi 20 mpaka 30)
- Patsani anthu ikali yotentha.

SUPU/MUTO/MSUNZI WA NYEMBA OLO BINZI

Masitepi oyamba kukonza nyemba olo binzi

- Kusankha nyemba: Gwilitani nchito mtundu umodzi wa nyemba. Osakaniza mitundu ya nyemba.
- Chotsani zinthu zonse zosafunika.
- Chotsani nyemba zonse zowonongeka, zosakhwima, zofutwa ndi fumbwefumbwe kapena zowola.

Susikani nyemba usiku wonse

1. Pimani kapu imodzi (1) ya nyemba ndikuika mu beseni.
2. Sukani nyemba bwino-bwino ndi madzi ozizila.
3. Thalankoni makapu atatu (3) amadzi ozizila n'kusiya nyemba m'madzi kuti zinyowe usiku wonse (izi ndi pafupifupi maola 12 mpaka 14)



Kapu imodzi (1) ya nyemba zouma zikanyowa ikupatsani makapu awili (2) a nyemba

4. Chotsani madzi munasusikamo nyemba.
5. Onetsetani kuti nyemba zanyowa bwino, chotsani nyemba zonse zomwe sizinanyowe
6. Zosankha: Chotsani makoko ndi manja.

KUKONZEKELA

- Zosakaniza popanga chakudya
- Nyemba/Binzi - 1 Kapu.
- Anyezi wapakati mpaka waukulu - 1
- Tomato wapakati mpaka waukulu -1
- Mafuta ophikila mwina kuti Saladi
- Mchele
- Madzi

Njila Mokonzela

1. Sankhani, tsukani ndi kususika nyemba mu madzi makapu atatu (3) usiku wonse.
2. Wilitsani nyemba kwa mphindi 10 mpaka 15 ngati nkhusu zachotsedwa ndi mphindi 30 ngati nkhusu sizinachotsedwe.
3. Chotsani makoko, tsukani ndi kudula anyezi mu zidutswa zing'ono-zing'ono.
4. Tsukani tomato ndi kudula zidutswa zing'ono-zing'ono.
5. Tenthetsani mafuta ndi kukazinga anyezi mpaka golide bulauni ionekele.
6. Ikankoni tomato ndi kukazinga pang'ono.
7. Sakanizani ndi nyemba zaphikidwa.
8. Patsani anthu kuti adye pamodza ndi Nsima, Mpunga kapena msele/vingowe.

Zoonjzela 8: Pepala La Maganizo Anu pa Chiwonetselo cha Kaphikidwe

S/ N	Questions Mafunso	Inde	Ayi
1	I like the food we prepared today. NDACHI KONDA CHAKUDYA CHOMWE CHAPIKIWA LELO.		
2	My child enjoyed eating the food we prepared. MWANA WANGA WASANGALALA KUDYA CHAKUDYA CHOMWE CHAPIKIWA.		
3	This demonstration taught me the skills I need to make this recipe at home. CHIWONETSELO ICHI CHA KAPHIKIDWE CHANDIPHUNZITSA LUSO LIMENE NDI FUNA KUSEWENZETSA KUNYUMBA PAMENE NDI PHIKA ICHI.		
4	I learned new ways to help my children eat healthier with the foods locally available and affordable to me. NDAPHUNZILA NJILA ZATSOPANO ZOMWE ZIDZATHANDIDZA ANA ANGA KUDYA CHAKUDYA CHA THANZI CHOMWE CHIPEZEKA KUMALO OMWE NDI KHALA KOMANSO NDI KWANITSA KUGULA.		
5	The ingredients used in this demonstration are items that I use at home. ZIPANGIZO ZOMWE TASEWENZETSA KU CHIWONETSELO CHA KAPHIKIDWE NDI ZOMWE NDI SEWENZETSA KUNYUMBA		
6	The ingredients used in this demonstration are items that I am able to buy. ZIPANGIZO ZOMWE TASEWENZETSA KU CHIWONETSELO CHA KAPHIKIDWE NDI ZOMWE NDI KWANITSA KUGULA.		
7	I plan to make this recipe at home. NDILI NDI LINGO LOKAPHIKA CHAKUDYA ICHI KUNYUMBA.		
8	I have participated in food demonstrations before. SIKOYAMBA KUPEZEKAKO KU CHIWONETSELO CHA KAPHIKIDWE.		
9	What kind of foods would you like to see in future demonstrations? NDICHAKUDYA CHOTANI CHOMWE MUFUNA KUKAONA MU CHIWONETSELO CHA KAPHIKIDWE MTSOGOLO.		
	Comment/suggestions NDEMANGA/MAGANIZO		

Zoonjezela 9: Khadi Yokumbutsa Kudyetsa

MAKE YOUR BABY A STAR! What you need to know				
FEEDING EACH DAY				
	0 to 6 months	6 to 9 months	9 to 12 months	12 to 24 months
WHAT FOODS?	☐ Breast milk only ☐ No water or porridge	☐ Breast milk ☐ Soft foods: - Thick porridge with pounded groundnuts, milk or eggs; - Mashed fruits and vegetables like bananas, pawpaw or avocado	☐ Breast milk only ☐ Mashed or small pieces of family foods, not only soup ☐ Thick enriched porridge ☐ Foods from animals (★★★ foods) like: ☐ Vegetables and fruit (★ foods) like:	☐ Breast milk only ☐ All family foods, no more soup ☐ Thick enriched porridge ☐ Foods from animals (★★★ foods) like: ☐ Vegetables and fruit (★ foods) like:
HOW MUCH?	☐ Empty both breasts at each feed Left Right	☐ Empty both breasts at each feed Left Right	☐ Start with 3 tablespoons of food at each meal & slowly increase as child grows to full bowl 6 months 8 months 9 months 12 months 24 months	
HOW OFTEN?	☐ Whenever the baby wants - 8 to 12 times day and night DAY NIGHT	☐ Breastfeed 8 to 10 times, day and night ☐ Feed 2 times a day at 6 months. Increase to 3 times a day by 8 months DAY NIGHT	☐ Breastfeed 6 to 8 times ☐ Feed 3 meals a day and 1 snack/small meal DAY NIGHT	☐ Breastfeed 4 to 6 times day and night ☐ Feed 3 meals and 2 snacks/meals a day DAY NIGHT
HOW TO FEED?	☐ Mother should be comfortable and support baby's whole body ☐ Empty one breast before feeding from the other	☐ Make time to feed the baby ☐ Separate the baby's food in own bowl	☐ Make sure baby eats all food ☐ If baby is a fussy eater, try small amounts more often, ask for help	
HEALTH				
☐ Sleep under treated bednet ☐ Attend monthly growth monitoring	☐ Ensure the baby gets all the vaccinations that are due ☐ Get Vitamin A when baby is 6, 12, 18 and 24 months			
HYGIENE				
☐ Wash caregiver and baby's hands with soap after changing the nappies and using latrine; and before every feed/meal ☐ Boil or chlorinate water for the baby from 6 to 24 months	☐ Dispose all faeces in the latrine ☐ Create clean feeding and play spaces			



CHILD'S NAME: _____

When to take your baby to the clinic

☐ Baby has body hotness



☐ Baby has diarrhea



☐ Baby has a cough or problem breathing



DANGER

Take baby to the clinic IMMEDIATELY if:

☀ Baby is unable to drink or breastfeed



☀ Baby vomits everything taken



☀ Baby is weak or not responding



☀ Baby has had fits during the current illness



Feeding your sick or recovering baby

Feeding during illness:

0 to 6 months:

☐ Continue breastfeeding and breastfeed more often



6 to 24 months:

☐ Continue breastfeeding and breastfeed more often



☐ Continue feeding your child; If appetite is poor give smaller quantities, but more often

☐ Offer soft foods like porridge with mabisi, mashed banana, or avocado with lemon juice

☐ Take time, patiently feed, get help



Feeding for 2 weeks after the illness:

0 to 6 months:

☐ Continue breastfeeding and breastfeed more often



6 to 24 months:

☐ Give an extra meal of normal food each day

☐ Give an extra snack like an egg, milk, mashed avocado, or thick porridge with groundnuts



☐ Continue any medicine for the illness as advised, even if the child appears to be better

Feeding your baby if you are HIV+

Feeding:

0 to 6 months:

☐ Give breast milk ONLY for first six months. Do not give anything else - NO water or porridge



At 6 months

☐ Feed soft foods:

- Thick porridge with pounded groundnuts, milk or eggs;
- Mashed fruits and vegetables like bananas, pawpaw or avocado



☐ Continue breastfeeding until the baby is one year old



Treatment and Testing:

- ☐ Give your baby HIV prevention medicine every day as instructed by the health worker
- ☐ Continue giving your baby HIV prevention medicine for 1 more week after you have stopped breastfeeding
- ☐ Take your baby for testing at 6 weeks, 6 months, 1 year and 1 year 6 months
- ☐ Follow any other advice and give all other medication exactly as advised

Support:

- ☐ Discuss care, feeding and medicines with a health professional and your family so you receive help



dayong

PANGANI MWANA WANU KUKHALA NYENYENZI YOWALA! Zimene muyenera kudziwa

KUDYETSA KWA TSIKU ILI YONSE

KODI NDI ZAKUDYA ZOTANI?

Minyezi 0 kufika pa minyezi 6

☐ Mkaka wa kumawelesi basi

☐ Osampatsa madzi kapena phala



Minyezi 6 kufika pa minyezi 9

☐ Mkaka wa kubele

☐ Zakudya zofewa:

- Phala yotimba yoikako nsinjilo, mkaka kapena mandanda/mazila

☐ Zipaso zogaya ndi zamasamba, munga vikonde/nthoci, papaya kapena kotapela



Minyezi 9 kufika pa minyezi 12

☐ Mkaka wa kubele

☐ Kugaya zina mwazakudya zimene nanunsi mukudya, kapena kumpatsa tudunsaw, oati muto

☐ Phala lotimba labwino lomwe lili nazo zofinikira zonse.

☐ Zakudya zochokeya ku nyamu (★★ zakudy) munga:

☐ Ndiyo zamasamba ndi zipatso (★ zakudy) munga:



Minyezi 12 kufika pa minyezi 24

☐ Mkaka wa kubele

☐ Zakudya zimene banja lonse ili kudya kopanda muto nthawi ino

☐ Phala lomwe lili ndi zofinikira zonse

☐ Zakudya zochokeya ku nyamu (★★ zakudy) munga:

☐ Ndiyo zamasamba ndi zipatso (★ zakudy) munga:



KODI ADYETSEDWE ZOCHULUKA MOTANI?

☐ Uyamwitsilatu mkakaonse mawelesi onse awiri kufikira utatha



☐ Uyamwitsilatu mkaka onse mawelesi onse awiri kufikira utatha

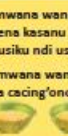
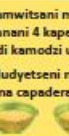
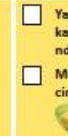
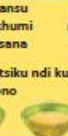
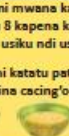
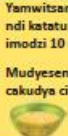


KODI AZADYETSEDWA KANGATI?

☐ Nthani iliyonse malinga ngati mwana akufuna kuyamwa. Kasanu ndi katatu 8 kapena khumi ndi kawili 12 usiku ndi usana



☐ Yamwitsani mwana kansu ndi katatu 8 kapena khumi imodzi 10 usiku ndi usana



KODI TIDYETSA BWANJI?

☐ Mai akhale bwino ndipo mwana wake amuyangate/amusamalire thupi lake lonse bwino



☐ Khalani ndi nthawi yoyamwitsilap mwana



☐ Mwana mupatulilani cakudya cake pa mbala yake yain'gono

☐ Onani kuti mwana akudya cakudya conse pa mbele osasiyako ai

☐ Ngati mwana akunyslanyaza kudya inu onani kuti mumudyesa pang'ono pang'ono ndipo pemphani thandizo ngati ndikofunikila kutelo.



ZAUMOYO

☐ Onani kuti mugona mu ukonde wopakidwa mankhwala yophera udzudzu



☐ Pelekani mwana kuchipatala kuchipimo koteru kuti akamuone m'mere akulira



☐ Onani kuti mwana alandila katamera wonse panthwi yake



☐ Landilani katamera wa Vitamin A ngati mwana wakwanisa minyezi 6, minyezi 12, minyezi 18, ndi minyenzi 24



UKHONDO

☐ Onani kuti onse opipa mwana kapena kumuntha mathewela asamba m'manja asanagwile cakudya kapena pambuyo pochoka kuchimbuzi asanayambe kupesa mwana cakudya



☐ Gadusani madzi amwana kapena muyikemo chlorine mwana wa minyezi isanu ndi umodzi kufika pa minyezi 24.



☐ Teyani tuvi muchimbuzi chokumba.



☐ Khalani ndi malo aukhondo posewerela mwana ndinso podyesera mwana.





Pomwe muyenera kupereka mwana wanu kuchipatala

☐ Mwana thupi ndi lotentha



☐ Mwana akuthulula



☐ Ngati mwana ali ndi cifuwa kapena akupeza bvuto popuma



CHIOPYEZO

Pelekani mwana kuchipatala mwamsanga ngati:

★ Mwana akulephera kumwa kapena kuyamwa



★ Mwana akusanza akadya kalilonse



★ Mwanandi ndi ofoka ndipo kufuna kalikonse



★ Mwana akukunyuka panthawi ya matenda yomwe akudwala



Kudyetsa mwana wanu wodala kapena amene wangopola

Kuyamwitsa munthawi yamatenda:

Minyezi 0 kufika pa minyezi 6:

☐ Pitilizani kuyamwisa mwana ndipo yamwitsani kawili-kawili

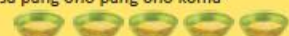


Minyezi 6 kufika pa minyezi 24:

☐ Pitilizani kuyamwitsa ndipo yamwitsani kawili-kawili



☐ Pitilizani kudyesa mwana ngati alibe chilakolako chakudya muzimupasa pang'ono pang'ono koma kwali-kwali



☐ Mupaseni mwana zakudya zofewa, monga phala, mabisi, nthoci voyaga, makotapela nd manzi madimu

☐ Osafulumila, tengani nthawi kumudyesa mwana, funsani thandizo



Kudyetsa mwana masabata awili pambuyo pakudwala

Minyezi 0 kufika pa minyezi 6:

☐ Pitilizani kuyamwisa mwana ndipo yamwisani kawili-kawili



Minyezi 6 kufika pa minyezi 24:

☐ Mudyetseni mwana takudya cina chapadera



☐ Mupatseni mwana chakudya chapaderamonga dzila, mkaka, makotapela yogaya kapena phala lotimba yoikako nsir jilo



☐ Pitilizani kupeleka mankhwala ku mwana yomwe madotolo anamupatsa, ngakhale mwanayo akuoneka bwino

Kadyetsedwe kamwana ngati muli ndi kadoyo ka HIV+

Kudyetsa:

Minyezi 0 kufika pa minyezi 6:

☐ Yamwitsani mkaka wa kumawe chabe kwa minyezi isanu ndi umodzi 6, musampatse chakudya china nipo otsampatsa madzi kapena phala!



Pa minyezi 6

☐ Mudyetseni zakudya zofewa:

- Phala yotimba yoikako nsinjilo, mkaka kapena mandanda/ mazila
- Zipatso zogaya ndi ndiyo zamasamba pomwe pali nthoci, ma papaya kapena makotapela



☐ Pitilizani kuyamwisa mwana kufikira atakwanisa caka cimodzi



Kuchilitsa ndi kupimisa:

☐ Patsani mwana mankhwala yochinjiliza ku kalombo ka HIV tsiku ndi tsiku kulingana ndi zimene wantchito wauzamoyo anakuuzani

☐ Pitilizani kupeleka mankhwala yochinjiliza ku matenda ya kalombo ka HIV kumwana wanu kwa sabata imodzi mutamuletsa kuyamwa

☐ Pelekani mwana kukapimidwa akakwanisa masabata 6, minyezi 6, chaka chimodzi ndiponso akakwanisa chaka chimodzi ndiponso minyezi 6

☐ Tsatila uphungu ulionse ndiponso patsa mankhwala monga momwe unauzidwila

Chithandizo:

☐ Kambalanani paza chisamaliro chabwino, kadyedwe kabwino ndi zamankhwala ndi akatswiri azaumoyo pamodzi ndi banja lanu koteru kuli mulandile thandizo



Zoonjezela 10: Kuonetsa Mosambila M'manja ndi Sopo

Wash hands for  20 seconds following these steps



Zoonjezela 11: Mafunso a Kuwunikila

Pulovinsi (Dela)			
Boma			
Wadi			
Chigao*			
Dela**			
Mudzi/tauni (Boma)			
Zaka			
Mkazi/Mwamuna			
Tsiku			
S/N	Questions	Inde	Ayi
1	I like the food we prepared today. Ndachikonda chakudya chomwe takonza lelo		
2	My child enjoyed eating the food we prepared.		
3	This demonstration taught me the skills I need to make this recipe at home.		
4	I learned new ways to help my children eat healthier with the foods locally available and affordable to me.		
5	The ingredients used in this demonstration are items that I use at home.		
6	The ingredients used in this demonstration are items that I am able to buy.		
7	I plan to make this recipe at home.		
8	I have participated in food demonstrations before.		
9	What kind of foods would you like to see in future demonstrations?		
	Comment/suggestions		

Chigao* chimatanthauza utsogoleli upezeka m'madela, Dela** imatanthuza malo ogwila nchito mdela kwa maundunda onse aboma

Zoonjezela 12: Malangizo a Kukambilana kwa Magulu

Tsiku:

Malo:

S/N	Mafunso	Ndemanga
1	Muganiza bwanji pazakudya zomwe takonza lelo - Kukoma, kununkhila kwa chakudya chokonzedwa - Kupezeka ndi kugula mosavuta zakudyazo - Njila yagwilitsidwa nchito kukonzela	
2	Ana azimva bwanji zakudya zomwe takonza Lembani omwe azikonda ndi omwe sanazikonde	
3	Ndi mfundo zazikulu ziti mwapeza pagao yalelo? - Maphunzilo mwaphunzila (mauthenga, maphikidwe) - Zomwe mungachite kunyumba	
4	Ndi zakudya zamtundu wanji zomwe mungafune kuona pa zophunzitsa kaphikidwe zamtsogolo?	
5	N'chiyani chomwe simunasangalale nacho pagao yophunzitsa kaphikidwe?	

Mbili

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<https://nfnc.org.zm/download/zambia-food-based-dietary-guidelines-technical-recommendations-2021-produced-by-the-ministry-of-agriculture/>

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