

Imfashanyigisho ku mirire myiza hakoreshejwe ibiryo bikungahaye ku ntungamubiri

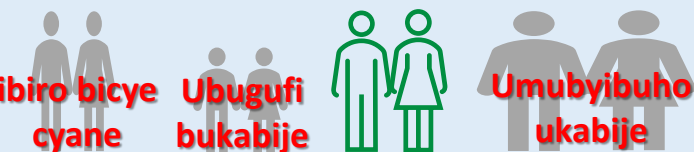
Impamvu y'imfashanyigisho:

Guteza imbere imirire myiza y'abaturage hakoreshejwe ibiryo bikungahaye ku ntungamubiri biciye mu kubaka ubushobozi bw'abahinzi, abajyanama b'ubuzima, abashinzwe ubuhinzi n'abandi bafatanyabikorwa batandukanye.

Imirire mibi ni iki ?

Imirire mibi = "kubura intungamubiri, kugira nyinshi cyane cyangwa kutagira intungamubiri ziringaniye bitewe n'indyo ufata".

Niba aba bantu bari hasi bafite imyaka ingana, babiri bo hagati (ibara ry'icyatsi) bafite ubuzima bwiza, ntago bari mu mirire mibi.



Imirire mibi itera iki?

Kugira imbaraga nkeya:

Uburwayi cyangwa urupfu

Imirire mibi

Kugwingira: umubiri n'ubwonko

Ubwenge bucyeye:

mu ishuri, imbaraga nke mu kazi

Ni gute twarwanya imirire mibi?

Kurya indyo yuzuye ku kigero gikwiye to kugirango ugire ubuzima bwiza n'ibiro bikwiye. Indyo yuzuye iba igizwe nibura na kimwe mu biryo bigaragara mu buri kiciro nkuko bigaragara mu mbonerahamwe ikurikira y'imirire.



Ni iyihe ndyo nziza yo kurya?

Ingero:



Soya

→ Yubaka umubiri muzima

Poroteyine



Ibijumba bikungahaye kuri Vitamini A

→ bifasha gukura neza, Uruhu n'amaso (kureba)

Vitamini A Ibiterimbaraga



Imboga n'imbutu

→ Birinda umubiri indwara

Vitamini zitandukanye

Ni gute wategura indyo yuzuye intungamubiri?

Ingero z'indyo waha umwana

Ifu ya soya, Ibijumba bikungahaye kuri vitamin A n'ifu y'indagara

Ibyo wavanga (Bitegurire umwana 1)

1. g 70 z'ibijumba bya oranje
2. g 20 z'ifu ya soya ikaranze
3. g 10 z'ifu y'indagara cyangwa ibikomoka ku matungo (urugero: amagi, inyama n'ibindi)
4. Akayiko 1 k'amavuta akomoka ku bihingwa
5. ml 50 z'amazi



Uko bitegurwa

1. Togosa ibijumba bya oranje bishye neza.
2. binombe.
3. Ongera amazi mu ifu ya Soya uvange bikore umutsima.
4. Fata uwo mutsima uwuvange na bya bijumba uvangavange unacanira ku buryo biba nk'igikoma.
5. Ongeramo ifu y'indagara.
6. Cucuma ibijumba bya oranje bitogosheje ubyongere muri icyo gikoma, ongeramo amavuta ubundi uvange.
7. Birekere ku muriro mukeya mu gihe cy'iminota 5

Urugero rw'indyo yuzuye ku muryango wose



Ibirayi n'ibihumyo



Imiteja, ibishyimbo na karoti



Igihembe cy'ibishyimbo bikungahaye ku butare

Umutoke wa betera

Ibyo wavanga (Bitegurire bantu 2)

Betere 1, Tangawizi 1, ¼ cy'inanasi, ½ cy'indium, ml 500 z'amazi

Uko bitegurwa:

Oza byose (betere, tangawizi, inanasi n'indimu); Hata betere uyikatemo uduce duto; Hata inanasi, yikatemo ibice 4 uvange na betere ubisye; Ongeramo tangawizi; uyisyanze n'amazi; Biyungurure ubundi ubinywe.

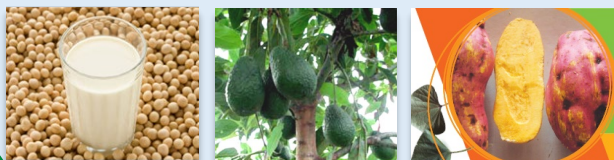


Guteza imbere imirire myiza binyuze muri porogaramu y' ubuhinzi byakozwe na RAB/ JICA/SMAP mu mwaka wa 2020 mu rwego rwo gukoresha inkunga JICA yahaye MINAGRI yo guteza imbere imirire myiza.

“Imfashanyigisho” igizwe n’ ibice 2 niyo yakozwe muri iyi porogaramu:

1. Imfashanyigisho yo guteza imbere imirire myiza hakoreshajwe indyo ikungahaye ku ntungamubiri

2. Imfashanyigisho y’ubuhinzi bw’ibihingwa bikungahaye ku ntungamubiri, Soya, Ibishyimbo bikungahaye ku butare, Ibirayi byongerewe intungamubiri, Imyumbati yongerewe intungamubiri, Ibijumba bikungahaye kuri vitamin A, Ibinyomoro, Amatunda, Ipapayi, Avoka, Imyembe



Abakozi babishinzwe muri RAB [Imirire]

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Imfashanyigisho: Ubuhinzi bw’ibihingwa bikungahaye ku ntungamubiri

Urugero rw’igihe cyiza cyo gutera ibihingwa bikungahaye ku ntungamubiri

Igihingwa	sizoni	Ibihe by’ihinga
Soya	A	Ukwakira
	B	Intangiro ya Werurwe
	C	Kamena
Ibishyimbo bikungahaye ku butare	A	Nzeri – Ukwakira.
	B	Gashyantare. – Werurwe.
	C	Gicurasi – Kamena.
Ibirayi byongerewe intungamubiri	A	Nzeri
	B	Werurwe
	C	Gicurasi mu gishanga
Imyumbati yongerewe intungamubiri	A	Nzeri. – Ugushyingo
Ibijumba bikungahaye kuri vitamin A	A	Nzeri
	B	Werurwe

Aho twavanye imbuto n’umurama n’ikigereranyo cy’ibiciro

Igihingwa	Ingano y’ ibikenewe kuri are 1	Igiciro cya kimwe (RwF)	Uwabitanze	
Soya	g 500	Ubuntu	RAB/ ishami rya Rubona	
Ibishyimbo bikungahaye ku butare	g 500		RAB/ ishami rya Rubona	
Imyumbati yongerewe intungamubiri	Ingeri 150		RAB/ ishami rya Rubona	
Ibirayi byongerewe intungamubiri	Kg 40	420	RAB/ Ishami rya Musanze	
Imbuto	Amatunda	Ibiti 50	600	RAB/ Ishami rya Karongi
	Ibinyomoro	Ibiti 50	600	RAB/ Ishami rya Karongi
	Avoka	Ibiti 7	1,300	RAB/ Ishami rya Rubona
	Umwembe	Ibiti 7	1,300	RAB/ Ishami rya Kigali
Ibijumba bikungahaye kuri vitamin A	Ingeri z’ imigozi 600	25	Umucuruzi ucuruza ingeriz’ imigozi y’ ibijumba	
Imboga	kurujete	Umukebe wa g 1.5	3,500	Green farm, Ltd. Iguriro ricuruza imirama n’ inyongeramusaruro muri Kigali
	Beterave	Umukebe wa g 1.5	3,000	
	Karoti	Umukebe wa g 1.5	3,000	
	Amashu	Agashashika g 1.5	6,000	
	Dodo	Agashashika g 1.5	2,000	
	Wotameloni	Agashashika g 0.25	6,000	



Imfashanyigisho yagenewe guteza imbere imirire myiza binyuze muri porogaramu y’ubuhinzi mu Rwanda

