

OVITAMINE A

ESIMANO LYOVITAMINE A

Ovitamine A otayi kwatha okutunga nokukalekpo uundjolowele woshipa, omayego, omasipa noontumba oompu, iipa yokohi noshipa.

Oya tseyika wo nedhina retinol molwashoka ohayi dhimbululitha omalwaala koshipanguwo sheho (retina).



OONZO DHOVITAMINE A

IIKULYA YA ZA KIINAMWENYO

Omahini, onyama, ehuli, omayi, ojoghurt, ehini.

IIKULYA YA ZA MIIMENO

Oongongo niyimati iishunga:

Epapaye, omamengo, omapapaye, apricot, opepela oshunga, ekanuwa.

Likwambonga ya ziza niishunga:

Uunawamundesha, osquash, obroccoli, omakunde omazizi.

OLYE A PUMBWA OVITAMINE A

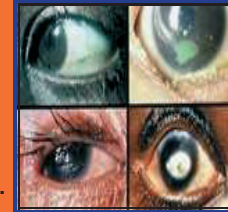
- Kehe gumwe okwa pumbwa ovitamine A.
- Aakiintu mboka taa yamutha oya pumbwa ovitamine A opo ya kale ye na uundjolowele nokugandja ovitamine A kaanona yawotayi pitile momahini gokontulo.
- Aanona mboka aashona oya pumbwa ovitamine A opo yi ya kwathe ya koke, taakoko nawa nokukala ye na uundjolowele.

OMOLWASHIKE TWA PUMBA OVITAMINE A

- OYA PUMBIWA MOLWUUNDJOLOWELE WOMEHO (OKUMONA KO).
- OKUGAMENA OLUTU KOOMBUTO DHUVU NOKOMIKITHI.
- OYA SIMANA MOKUKOKA KWAANONA.
- OKUSHUNITHA PEVI OMIKITHI DHOKUUNONA NGAASI OKAKWENYENE, NOSHIMELA.
- OMANYUTU OMADHIGU.
- OKUKWATHA KOKUKOKA NONKALONAWA YAANONA

OMPUMBWE YOVITAMINE A OTAYI ETITHA SHIKE MUTSE

- Tayi yono omeho.
- Okwaamona ko uusiku.
- Lilalo kolutu.
- Ekanitho lyehalo lyiikulya.
- Aanona otaa kala ye li moshiponga oshinene shokukwatha komikithi ngaashi okakwenyene noshimela.



OOLYE YE LI MOSHIPONGA SHOKUKALA YAA NA OVITAMINE A

- Aanona mboka ye na oomwedhi 6 sigo 59.
- Uuhanona mboka ihawu yamuthwa kontulo.
- Uuhanona tawu valwa noshiviha shi li pevi.
- Aanona mboka ye na okakwenyene, oshimela nomanyutu omadhigu.
- Aakiintu mboka ye li pethimbo lyokuvala (oomvula 15 - oomvula 49).
- Aakiintu aasimba naamboka taa yamutha kontula.



**Okukeelela
OPolio:**
Okugamena
uundjolowele
wOkanona



World Health
Organization

unicef
unite for children



OPOLIO OSHIKE?

Opolio oyo omukithi gwomukwawu noonkondo hagu etwa komboto yuuvu.

Ombuto ohayi ya molutu tayi pitile mokana e tayi indjipala momandjandja.

Opu na omaludhi ga 3 gopolio: ga tulwa moongundu paeonomola 1, 2 no 3.

Eigameno koludhi lumwe polwomomaludhi ngaka gombuto itatu yokukondjitha omaludhi agehe gatatu gopolio ogwo tagu ka longithwa miikonga yomatuntilo gopashigwana mbyoka tayi landula ko.

Olundji omandhindhiliko ohaga holoka pokati kuule womasiku okuza pugatatu sigo opugatano

OMANDHINDHILIKO

- Okufudha nuudhigu
- Oliwiidhi
- Eloloko, okuvulwa kwa pitilila
- Okupwatuka omutse
- Okukunga
- Othingo tayi kukuta
- Uuyehame momaako nenge momagulu

OPOLIO OHAYI TAANDELE NGIINI

Pomahala mpoka kapu na uuyogoki neopaleko li li nawa aanona mboka aashona ohaa kala ye li moshiponga.

Ombuto yuuva wopolio ohayi taandele tayi pitile miikulya nenge momeya gokunwa ngoka ga nyatekwa kombuto yopolio. Ombuto yopolio otayi vulu wo okutaandela tayi pitile monyata yi na ombuto nenge miikunguluki yomomuligu uuna ya gumwa meukililo.



OLYE E LI MOSHIPONGA

- Aanona mboka inaa dheulwa okulongitha okanjugo oyo unene ye li moshiponga shokukwatwa kashi na mbudhi kutya oye li pomudhingoloko gwa tya ngiini.
- Omukithi tango ohagu taandele "gwamwena" notashi vulika gu kwate aantu omathele shi ikolelela kuuyogoki waa mpoka manga oshipotha shotango shomukithi gwopolio inashi holoka.

- Omolwetaandelo ndika tali ningwa lya mwena neetaandelo lyomukithi tali endebele.
- Elopoto limwe lya kolekwa lyomukithi gwopolio otali vulu okukwashilipaleka etameko lyoshiponga.

NKENE OPOLIO TAYI KEELELWA

Kapu na epango lyopolio. Otayi vulu ashike okeelwa mokunwa omuti gwokutuntila opolio.

Omata ngoka haga nuwa gopolio ohaga gandjwa lwaali notaga gamene okanona monkalamwenyo.

Nando okanona koye oka pewa nale omata gopolio metuntilo ndyoka hali ningwa shito - omuti kehe otago gwedha ko kegameno.

OLYE E NA OKUPEWA OMATA GOPOLIO

Aanona ayehe ye li kofi yoomwedhi 0 - 59 oye na okutuntilwa kashi na mbudhi kutya uukwatya wawo wokutuntilwa owa tya ngiini.

