

# »Engeri y'okulima obutungulu obumyufu ne katungulucumu mu Africa«

Obutungulu bukozesebwa ng'ebirungo mu nsi zonna. Okumanya engeri ennungi ey'okulimamu obutungulu kiyamba okwongera ku makungula.

Okusimba obutungulu mu biseera eby'enjawulo kiyamba okwongera ku makungula era kiyamba okukendeeza ku kufiirizibwa mu kukungula okuleetebwa obutaba na materekero gamala. Ekitonde ekisinga okwonoona obutungulu bwe buwuka obutono obubeera ku bikoola ate endwadde esinga ereetebwa obuwuka era nga eyitibwa okukala kw'ebikoola. Obutungulu ne katungulucumu bisobola okuterekebwa okumala emyezi mukaaga ekitegeeza nti birina obuwangaazi.

## Engeri y'okulimamu obutungulu

Nga tonnasimba butungulu, sooka okole okunoonyereza ku katale n'ekisinga obukulu okwekenneenya ettaka. Obutungulu bwetaaga ebiriisa ebirungi. Ekirungo kya magnesium, ekirungo ekigumya amannyo n'amagumba ne boron bya mugaso nnyo era bikulu mu makungula n'obuwangaazi. Kozesa ebizuuliddwa mu kwekenneenya ettaka okusobola okuteeka ebigimusa mu ttaka ebisaasaanya ebirungo ebimala. Okulinda obubonero obulaga nti ebirungo tebimala osobole okuteeka ebigimusa mu ttaka kyandiba eky'obulabe eri amakungula agasuubirwa.

Fukirira obutungulu ng'okozesa enkola y'okufukirira kw'amatondo kubanga okufukirira n'empiira ezikuba amazzi okuva waggulu kiyinza okuleeta endwadde nnyingi ate okumala gafukirira kuleetera okuvunda kw'obutungulu.

Beera n'enkola enteeketeke ey'okufuuyira gy'ogoberera okukakasa nti weewala endwadde buli kadde era kiyamba okukuuma

omutindo ogwetaagisa mu nsi yonna ng'okozesa eddagala eddungi erifuuyira ebirime.

## **Okukungula n'okufuna akatale**

Ennaku z'omwezi ezisuubirwa okukunguliramu giba myezi ena oluvannyuma lw'okusimbuliza era amakungula agasuubirwa ziba kilo 15,000 ku kilo 18,000 buli yiika y'obutungulu obumyufu.

Akatale ka katungulucumu n'obutungulu kabeerawo mu ggwanga ne wabweru waalyo.