»Okukuuma ebikoola bye bijanjaalo ng‘enva endiirwa«

Okulya enva endiirwa kyansonga kulwobulamu bwomuntu. Bisobola okukungulwa mu nkuba oba mu sizoni y‘obunnyoggovu, byanikibwa era n‘ebiterekebwa okweyambisibwa mu sizoni y‘ekyeya.

Ebikoola byebijanjaalo birimuebirungo bya vitamin, protein, vitamin A ne C n‘eminnyu nga iron ne calcium. Noga ebikoola ebitonotono enya wiiki nga 7 ng‘omaze okusiima era lekerawo okunoga nga bitandise okumulisa.

Ebikolebwa ne bitakolebwa

Weekakase nti ebimera bikulu ekimala (wiiki nga 7) ng‘okunoga tekunatandika. Noga ebikoola ebiramu ebito, kumakya era lekawo wiiki bbiri wakati w‘okunoga. Lekako ebikoola ebimu era olekere awo okunoga ng‘ebijanjaalo tebinnamulis. Tonoga bikoola bikadde. Ebikoola ebinaalibwa omuntu tebirina kufuuyirwa naddagala lyabutwa.

Okufumba n‘okwanika

Osobola okwanika ebikoola obutereevu, naye abantu abasinga basinga kwagala ebibugumyeko. Olumala okunoga, naaza ebikoola mu mazzi amayonjo. Jjaako obukonda bwebikoola osalesale ebikoola mubutundu obutonotono. Bifumbe edakiika nga abiri oluvannyuma obijjemu omuliro. Teeka ebikoola mu bisero biveemu amazzi era biwole.

Byanjale ku kiwempe ekiri wagulu wekitandaalo bisobole okufuna omusana obulungi. Oluvannyuma lwokukala obulungi, bitereke ng‘obikulunze mu bupiira mu kifo ekikalu. Ebikoola by‘ensujju oba ebya kawo bisobola okukuumirwa mungeri yeemu.