»Okuzimbira obugubi«

Okulunda obugubi kyansonga eri abalimi . Abalimi batono abatakimanyi olwamagi gaabwo agazulidwa nti galimu ebiriisa ebyenkizo, nga limu lilimu vitamin B1 ne B2 mungiko ne iron okusinga ku nkoko.

Obugubi bunyonyi bwakwegendereza nnyo obwetaagisa okuweebwa enju entuufu. Akayumba akekigero kayambako okuwa obukuumi eri obugubi obulundibwa.

Ebirungi by‘okulunda obugubi

Ebikoesebwa mu kuzimba biyinza okufunibwa mu maduuka agatunda ebikozeseebwa mu kuzimba oba mubifo omutundibwa embaawo

Akayumba akakkirizibwa akagyamu obunyonyi 20 kalina okubeera 2ft obuwanvu 2ft obugazi, 4ft obugulumivu okuwa eddembe obunyonyi okwetaaya. Mu bikozesebwa omulimu kwekuli amabaati mita biri ku biri, ppulayi wood eya ffuuti kyenda n‘olubaawo olwa mita biri ku biri. Olubaawo olwa mita kinaana ku mita biri ku mita emu, akatimba ffuutti 30 aka hafu yinchi, emisumaali yinchi satu ne ppata.

Okuzimba enju y‘obugubi

Obugubi bwetaaga okuzimbirwa nebutakubwa nkuba, okutangira ebbugumu okuva eri omusana ate ng‘ekifo kiyisa bulungi empewo ey‘obulamu. Busasanira nnyo ebifo eby‘enjawulo n‘ebugwa mu katyabaga kemigunju n‘embwa n‘olwekyo bwetaaga okuzimbira obulungi.

Ffuleemu ya cage ezimbibwa okusinziira ku bungi bwembaawo n‘ensonda n‘ezinywezebwa kulwobuwangaazi. Ppulayi wood asalibwasalibwa nakolebwamu ekifo webulinya okusobola okulongoosa amangu n‘okutangira obugubi okulalira.

Mumabali akatimba keeyambisibwa okukakasa nti mpewo etambula

bulungi. Emyango na‘magulu bikolebwa nebissibwa ku kayumba. Enju entuufu eyobugubi ekakasa obukuumi ne kikuyamba okufuna amagoba.