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**MALAILILE AMBOKUKASAAZYIGWA**

# Kutalika Kuvwuba Tukuku Tutuba

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Kubambila tukuku tutuba mumazuba aali 7 aakusaanguna kulayandika kapati nkaambo eeci ncecikonzya kutupa kuti tukonzye kukomena kabotu. Makanze mapati aatukuku tuniini ngakubona kuti tukomena kabotu alimwitulelenyi.

Ikunetuka kapati mumazuba aali 7 aakusaanguna kuzwa notwakonkonwa kulakonzya kuba penzi lyamalwazi, kufwa, akupa kuti tutakomeni kabotu, alimwi katuteelani. Tukuku tusyoma kapati sikutuvwuba alimwi akuti oomo motukkala kamuli kabotu alimwi kamubambidwe kabotu. Makanze aacibalo eeci ngakukulwaizya akulanga-langa tukuku mbotubambilwa mumbazu eezyizili 7.

**Cifwanikiso 1:** Kutegwa tukuku twanu tube kabotu mweelede kubona kuti caanda momubikka tukuku, mweelede kamuli mapepa ansi moonse alimwi kweelede kuba zyakulida azyakunywida meenda

## Meenda

Kutegwa tukuku twenu bukomene kabotu, kweelede meenda aali kabotu. Ikuti meenda kaaceya mumazuba aakusaanguna kulakonzya kupa kuti tukuku tuceye meenda mumubili calo cikonzya kupa kuti kube mapenzi, kutakomena kabotu akuti katufwa liya notuyaabukomena.



## Zyakunywida zimwi

Mulimo wazyakunywida mbuli zyakunywida meenda zipati aziniini zilayandika mukaanda katukuku-nokuba kuti mubelesya zyakunywida zijisi tupaipi (**Cifwanikiso 1**). Nomubelesya zyakunywida meenda naa tuniini mweelede kubelesya kagalonni komwe kameenda kutukuku tuli 60 kwamazuba otatwe kusika kuli aali 7.

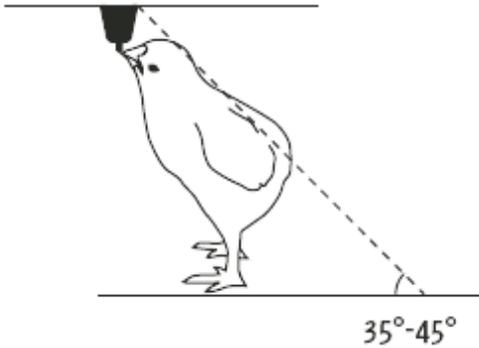
Ciindi nomubikka zyakunywida meenda kuyakuba ikweelana ambokalibonya kakuku, mucikozyanyo, cakunywida meenda cilakonzya kukkala abusena bomwe kwaciindi cili mbocibede ikuti tukuku katumuka kweenda kuya kunywa meenda. Zyakunywida zimwi zyeelede kubikkwa meenda lyoonse aatajisi tombe alimwi zyeelede kusazyigwa lyoonse kutegwa kutabi tuzunda adooti.

Zyeelede kubikkwa akati kazyakulida alimwi aawo tukuku mpotukonzya kusikila mbotwasika buyo. (**Kweelana ambokwatondezyegwa a Cifwanikiso 1**) Zyakunywida zyeelede kubikkwa aawo mpotuteelede kweenda musinzo wiinda ku 3.3 fiti naa kuti (1 mita) kutegwa tukonzye kunywa meenda mumawola aali 24 aakutaanguna. Ikukonzya kunywa meenda mabotu alimwi aatako butongo aabikkwa nikupya camweensyela, kulayandika kapati kutegwa tukuku tukomene kabotu. Mutani kutupi meenda aatontola nkaambo inga twanjilwa mpeyo, kutontola kwameenda takweelede kwiindilila a68f(20C).

### **Zyakunywida zyatupaipi**

Zyakunywida zyatupaipi zyeede kubikkwa aalya kakuku mpokakonzya kusikila mumawoola aali 24-48. Nguzu zyameenda mbwaazwa kulakonzya kuyungizyigwa kutalikila kubuzuba bomwe kusikila kuli otatwe kutegwa kaalosya 'kadonsi' kameenda akapaipi kutegwa tukuku tuboole. Aboobo kusika buzuba twatatu naa bwane, kapaipi kameenda kayelede kuba a 45 kweelana amutwe wakakuku (**kweelana a Cifwanikiso 2**)

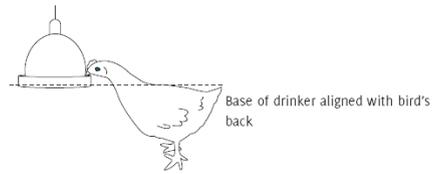
**Cifwanikiso 2:** Bulamfwu bwa zyakunywida zyatupaipi kuya mujulu.



### **Zyakunywida zilibonya mbuli mulangu**

Kuti mwabelesya zyakunywida eezyi, meenda ayelede kuvwula kusiya buyo busena buniini kumawoola aakutaanguna aali 24-72. Kwamana boobo bulamfwu bwameenda kuceya kusikila kumainci aali 0.75 (19 mm) -nkokuti kalubvila lwala lwamunwe uutondeka. Twakkwanya mazuba aali 7, cakunywida amucitole mujulu kwiinda mukupima kakuku nkokali kumweeye. Kwamana, kamuya icisumpula zyakunywida kusikila cakunywida ceelana akakuku nkokali muni. (**Cifwanikiso 3**) Meenda kaatazwi canguzu alimwi tayeleda kuleka kuzwa. Kwamawoola obilo kusikila kuli otatwe nokwabikkwa, amulange bulamfwu bwacakunywida kuya mujulu nkaambo tukuku kulakonzya kuzisasabazya zipapa zybikkwa ansi. Kamujisi kucinca-cinca cakunywida kweelana ambokuyandika.

### **Cifwanikiso 3: Bulamfwu bwazyakunywida kuya mujulu**



### **Ansi acakunywida ayelede kweelana akusyulekwankuku**

Zyakunywida meenda zyeede kubikkwa kweelana akakuku mpokabede. Kuyabucinca kwanzila eezyi, kwelede kutalika kubuzuba bwa 1 kumaniizya kumazuba aasika ku 21. Mukulwaizyigwa kuti kamwaapima-pima meenda kubona tuzunda atukkwali-kkwali tuli mumeenda kamutana tubikka tukuku.

### **Cakulya**

Kusikila tukuku twakkwanya mazuba aali 5 kusika ku 7, cakulya Cakutalisya celede kubikkwa muzyakulida. Amubikke cakulida comwe cikkwana tukuku tuli 60. Mutani kwiindilizyi kubikka cakulya mumatileyi kusika nkociloka ansi nkaambo kucita boobo nkunyonyoona cakulya. Cakulya Cakutalisya celede kuba ceeco citako butongo; amusanizye camasembe-sembe naa ikapati cisebedwe.

Amubikke cipepa cikonzya kukkwana busena busika ku 100% (Cifwanikiso 4) pesi mafwuse tayeleda kulala ku 25% aabikkwa muli tukuku alo aakonzya kubikkwa cakulya kulakonzya kugwasya. Kubelesya cipepa, cilijisi abumwi bubotu bwalo bupa kuti tukuku tutataliki kulya mafwuse naa makwa aacisamu aafwalwa calo icikonzya kutupa tudobela. Kutupaapa cakulya ciniini-niini tulakulwaila tukuku.

Kubikka zyakulida atala aamafwuse kutalikila buzuba bwa 1 akuba masimpe kuti tukuku tulakonzya kusika kuzyakulida eezyi, ciya kwaamba kuti nkokuti tuya kucikonzya kulya muzyakulida zitacincwi-cincwi iciindi matileyi aakugusyigwa. Aawa twakkwanya mazuba aabalilwa ku 5 kusikila ku 7.

**Cifwanikiso 4:** Mucaanda catukuku muli cakulya cisebedwe mubikkidwe mapepa aayalidwe ansi koonse.



**Kupya akutontola**

Kukasaala kwamubili wakakuku ikakonkonwa iino inga takunaloma kusikila kwansondo zyobilo. Aboobo, kakuku kasyoma kapati kukasaala kubikkwa mucaanda kutegwa mubili ukonzye kukasaalilwa bweelede.

**Kukasaala kwamafwuse**

Kupya naa kukasaala kwamafwuse nkaambo kayandika kapati kutegwa ntalikilo ilome. Buzuba bwa 1, tukuku tuyanda kupya kusika ku 86 F (32o C) kakuli kawo katontola kasika ku 60-70% kutukuku, akupya kwamafwuse kusika ku 82-86 F (28-30o C). Ikuti tukuku katwiimvwi mumafwuse aakasaala kusika ku <82 F (28 o C) tuya kwaandwa mpeyo kumaulu. Mafwuse matete, kufwumbwa naa kukasaala kweendela aali, tukuku tuya kunjilwa mpeyo, alimwi eeci taceelede kucitwa. Amubikke cibelesyo cipima kupya mutukuku mucaanda coonse kutegwa kacitondezya mbokupya.

**Kukasaazy mucaanda**

Zyaanda zyelede kukasaazyigwa kwamawoola aataleli ku 24 katunasika tukuku. Kwiinda mukubelesya nzila eeyi yakusaazy mucaanda kulagwasya kupya kwamafwuse mucaanda coonse alimwi akubikka zyakukwabilila tukuku kutegwa katuteendi ceendeende.

Nokubelesyegwa cikasaazy mucaanda: kubona kuti kupya bweelede, kulayandika kapati. Ikuti twakwabililwa mumbali-mbali akuti kupya kakutalangwi-langwi, tukuku kulakonzya kukasaalilwa kapati kayi tatukonzyi kusosoloka kumulilo.

Tukuku mbotuya bukomena (kuzwa buzuba bwa 3 kuya kumpela), zikwabilila tukuku zyelede kukomezyegwa, mukuya kwaciindi kazyikkuka mazuba asika ku 14. Kucinca-cinca mbokupya mucaanda aciindi aawa kulagwasya kuti tukuku tukonzye kuba akukasaalilwa kweelede kwiinda mukuswena kukasaala akutantamuka ikuti naa kwayandika.

**Kukasaazy caanda coonse**

Ikuti kwaba kubelesya cibelesyo cifwulida muwo uupya ikukasaazy caanda coonse, cilakatazya kuti caanda mpcilisi ansi cikasaale kusika aayandika. Nokwabelesyegwa nzila eeyi yakukasaazy, zyaanda zyelede kukasaazyigwa kwamawoola aali 48 katunasika tukuku kutegwa kikonzye kukasaazy mafwuse naa eezyo zyakabikkwa ansi. Kulayandika kucita cabunkutwe kutegwa kwabata casinkila muwo akupya nokwaba kubelesya nzila yakukasaazy caanda coonse.

**Bubambe bwakukasaazy**

Kuba akupya kukkwenyi kulayandika kapati kutukuku. Mwalombwa kuti mucilile malailile aaya.

**KUKASAAZY  
KUPYA KUYANDIKA**

KUKOMENA (BUZUBA)	°C
1	32°C
3	31°C
5	30°C
7	29°C
9	28°C
11	26°C
13	24°C
15	23°C

Kakuli kawo katontola kasika ku 60-70% mweelede kubona kuti tukuku twanu twakasaalilwa alimwi akubona kuti muya uuli mucaanda cankuku mubotu

**Mbokacita kakuku**

Amukalangisye kakuku mbokacita kabikkwa mucaanda kwamawoola aakutaanguna aali 24. Kwainda mawoola aaya 1 kusikila ku 2, muya kuzyiba kuti naa kupywa kweendela aabotu. **(Cifwanikiso 5 a 6)**

Ikuti mbokacita kakuku kwalibonya kuti kupywa takuli kabotu, kweelede kulangwa-langwa akucinca kweelede. Takweelede kucita nzila iitagwasyi.

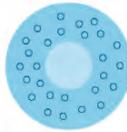
**Cifwanikiso 5:** Mbotucita bwini tukuku notwakwabililwa.

**Kulapya kapati**



Tukuku tatusabili  
Tukuku tulakopana  
Mitwe yatukuku amababa alalempwetana  
Tukuku tulatantamuka oko kupywa

**Kupywa kabotu**



Tulatantaana  
Mbotulila kulakulwaizya

**Takupya kapati**



Tukuku tulabungana kukasaala  
Kusabila kwatukuku, nkulila kwamapenzi

**Mwiida muwo uutotola**



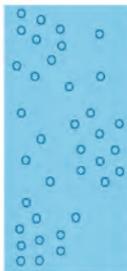
Ooku kutaba kabotu kweelede kulangwa-langwa Kulaba akaambo kakutaba kabotu kwazyintu  
- Kutakkwana kwamumuni koonse  
- Kusabila kwaanze

**Cifwanikiso 6:** Bwini tukuku mbotucita notuli mucaanda coonse

**Cili kapati**



**Cili kabotu**



**Cili ansi kapati**



Kuti tukuku katukasaalidwe alimwi katuliibide, tulalya, tulanywa, alimwi tulamwaikizyanya katuli mutubunga tuniini-niini. Ikuti mafwuse naa zibikkidwe ansi kazyili zitete akutontola, ma ulu aatukuku aya kutontola cakufwambaana aboobo ooto itwaandwa tuya kubungana mutubunga tupati. Tuya kulangaula busena bukasaala, ikuti twabubona, tatukanyanyaalimwi tatukeendi kulangaula meenda nikuba kulya, calo ciya kutupa kukolwanzala.

**Mumuni**

Cilayandika kapati kubikka mumuni uukkwenyi alimwi weelede mucaanda coonse kuba masimpe kuti tukuku tulakonzya kubona kutegwa katulya akunywa. Tukuku twakonkonwa kwamazuba aali 7, kamubikka mumuni kwamawoola aali 23 abuzuba, mumuni mucaanda kautaleli kwantaamu yomwe yankedulu (10 lux). Mucaanda oomo mukasaala amubikke mumunu munji kusikila ku 10 foot nkedulu (100 lux) kulakonzya kucitwa kutegwa tukuku katutani kwiile kufwukumana.

Kuzwa buzuba bwa 8 kusikila ku 21 amubikke bubambe bwakuti kwamawoola aali 4 kusikila ku 6 kakuli mudima, eeci cilatugwasya kutegwa zyizyo zyamukati zipangwe, moyo amapunga. Kuzwa kubuzuba bwa 22 kakutabi mudima kwawoola aali 3 abuzuba Buzuba 23 kutabi mudima kwawoola 2 abuzuba. Buzuba 24 mwacita makwebo, kakuku akabe mumudima kwawoola 1

**Bunji Bwatukuku**

Aaya malailile buyo aakonzya kutobelwad naa pe.

Buzuba 1-3 Tukuku tuli 40 kwamita koonse-koonse.

Buzuba 4-6 Tukuku tuli 30 kwamita koonse-koonse.

Buzuba 7-9 Tukuku tuli 20 kwamita koonse-koonse.

Buzuba 10-15 Tukuku tuli 15 kwamita koonse-koonse.

Buzuba 21 > Tukuku tuli 10 kwamita koonse-koonse.

Lyoonse katukasaalilwa kwamazuba 21 lyamupeyo, alimwi kuti kacikonzya kweelana akupya, mazuba aali 15 cilimo.

Malailile aambwa atala aawa, malailile buyo. Aaya malailile alakonzya kubeleka mummyezi yacilimo. Ciindi camyezi yamupeyo kweelede kuti mwabikka cikasaaza kwamazuba aali 21 kweelana ambokupya masyikati ambokutontola masiku, alimwi atukuku mbotulibonya mucaanda cankuku. Kuvwula kwambabula kulaya kweelana abupati bwambabula izyabelesyegwa. Ikuti mubelesya ziniini-niini mweelede kubikka zinji, nkaambo zipati tazyibi zinji. Eeziy zyezibelesyegwa kapati. Mwalombwa mulange kupya kweelede mucaanda. Ku peeji 4. Kupya kutondezyedwe nkwaciindi cacilimo. Ciindi camupeyo amuyungizye kupya abuzuba kusikila ku 50 C.

### **Kubelesya Mafwuse naa zimwi buyo**

Katutanasika tukuku, amubikke mafwuse koonse mucaanda kaali manji kusika kumainci aali 2-4 (5-10 cm) aatajisi dooti, mayumu. Ooko nkobasanina tukuku ansi amubikke mafwuse aasika kumainci aali 2 (5 cm). Makwa aafwalwa kucisamu cakayuma citeteete ngaayandika kapati nkaambo alanywida. Twiinzya muwo itweelede tulayandika kutegwa kwataba kuteta kwabafwuse, ikapati ciindi camupeyo. (Amubone zibeela ziccilila izyatwiiinzya muwo) Amwaalange mafwuse kuti naa ajisi tuuka, taavwundide atuuka twa fungi (Aspergillus). Tuuka tulakonzya kuleta bulwazi kumuni akunsa alimwi tulakonzya kunjila mumilambi amumafwuta. Tuuka twa fungi tulamwaya tuzunda mumuwo tupa bulwazi, twalo tupa kuti tukuku tudobeke akufwa ikuti twayoya mua uutujisi.

### **Mwiinda Muwo**

Ikuba amuwo mubotu tukuku ncintu ciyandika kapati. Kukonzya kunjizya muya ciindi nokubikkwa cikasaala naa kupya kweelede kuti kakunjizya muya uuli kabotu munji kutegwa kakuba muya wa oxygen akukonzya kugusya anze mudumu iwaindilila amiya mibi----pesi takweelede kuti tukuku twasika nkotwaandwa mpeyo. Kweelede kuba twiinzya muwo twamweensyela. Taku mbocibede kufwumbwa naa anze ali buti naa kulapya naa pe.

Cilayandika kwiinzyinzya muwo mucaanda kwaciindi cili mbocibede kuti tukuku katuli mukati.

Mutalekeli muwo uutontola uuzyila anze kwaakusikila atukuku. Nzila mbotu iikonzya kugwasya kuti muwo litabi mpenzi imuwo taweelede ciinde-inde nkokuti muwo weelede kuti kausangana amuwo ooyo uukasaala mucaanda mujulu lyatukuku muciiindi cakuti kaulonda kusikila ansi atukuku akutupa kuti tufwe mpeyo. Moonse munjizya muwo kweelede kuti kaweelana kunjila. Kutegwa cikonyeke, muwo mucaanda kweelede kuti kautazwi-mazwaazwe alimwi kakuli tunjizya muwo koonse mubulamfwu bwacaanda coonse. Kaunjila canguza zyeelede alimwi kauli munji bweelede kutegwa kausangana amuwo uukasaala mujulu lyatukuku.

### **Kubona kuti kwaba kuzwidilila**

Nzila mbotu yakubona kuti kwaba kuzwidilila nkubona kakuku nkokuti nkukabona aciyangilo mbokakutide. Makanze ngakuba atukuku tujisi ziyangilo zipati mbotwabikkilwa buyo mucaanda. Makanze ngakuba atukuku kusika ku 80% tukkutide ciyangilo kwainda mawoola aali 8 kuzwa ciindi notwaletwa alimwi twiinda ku 90% watukuku tukkutide ciyangilo (**Cifwanikiso 7**) kwainda mawoola aali 24 nitwaletwa. Eeci cilagwasya kuba atukuku tuna kweelenyi kulema akuzumanana kuba boobo twakomena.

Kutegwa mubona kuti tulikkutide ciyangilo, amubwezye tukuku tuli 30 kusikila ku 40 mumasena aindenyi-indenye otatwe naa one mucaanda kutegwa mubone naa tulalya akunywa meenda mucaanda coonse.

Kakuku akamwi keelede kukajata akukamvwa ciyangilo kabotu-kabotu. Tukuku itwalya akunywa meenda tuna kukkutide ciyangilo, citeteete mumabali-bali alimwi kacibulungenyi. Ikuti ciyangilo kacikkutide, pesi kuti cakulya kacimvwugwa, nkokuti kakuku tikanywa meenda manji.

## CIYANGILO

### Nkaambo nzyi kulanga ciyangilo?



**Cifwanikiso 7:** Kujata-jata ciyangilo nokwainda mawoola aali 24. Kakuku kali kulumwensyi ciyangilo cili kkutide kakuli kakuku kali kululyo taku ciliko muciyangilo.

- Kulanga ciyangilo ciindi aciindi, ciyandika kapati tukuku twabikkwa mucaanda eeyi ninzila mbotu kubona mbokutuba kumoyo akubona kuti toonse tukuku twalya akunywa meenda.
- Ikuti ciyangilo catasika ayelede, kuna kusiya kumoyo alimwi kakuku

takakomeni kabotu, nkokuti mafwuwa taakakomeni bweelede, calo ciya kupa kuti nkuku kaziteelani kukomena akutaba ampindu mbotu.

### Nzila mbocilangwa ciyangilo

Kulanga ciyangilo kweelede kucitwa mukati kwamawoola aali 48, pesi mawoola aakusaanguna aali 24 ngayandika kapati.

### Zibelesyo

1. Kakujatizya.
2. Bboopeni naa mpensulu.
3. Pepa lyakulembela ciyangilo.

### Nzila

Kulanga-langa kwakusaanguna kweelede kucitwa kwiinda mawoola obilo tukuku notwabikkwa mucaanda kwalo kuya kumugwasya kubona kuti tukuku twalya akunywa meenda. Alimwi kuya kuba kutulanga-langa mumawoola aaya 8, 12, 24, a 48 nitwasika ampulazi kulayandika kubona naa cakulya cilazya kumoyo.

#### Step 1

Kwiinda mukubelesya kakujatizya, amujate tukuku tusika ku 30 kusikila ku 40; kamujata tukuku tusika ku 10 aciindi comwe mumasena aali otatwe kusika kuli one mwiindenyi-ndenyi mucaanda cankuku (naa abusena aabikkidwe tukuku aakwabilidwe)mwamene tunkhuku tukulisidwa).

#### Step 2

Kakuku akamwi kamukajata kabotu. Cabuuz a mujate ciyangilo cakakuku akamwi kwiinda mukubelesya cigumu aminwe nkoili kumpela.

#### Step 3

Amulembe acimwi ciyangilo kweelana ambocijisi cakulya kwiinda mukutobela nzila eeyi:

- Cili kkutide, citeteete, alimwi cilibulungenyi-tukuku twalya akunywa meenda.
- Cili kkutide pesi nciyumu kwiinda mucakulya cilamvwugwa kuteteeta – tukuku twalya pesi mpaniini alimwi titwanya meenda.
- Ciyangilo citako ncocijisi –Tukuku titwalya akunywa meenda.

#### Step 4

Amubalile kwiinda mukubelesya peseenti (%) kubona tukuku mucibeela acimwi kwiinda mukunjizya namba yatukuku twalembwa mubusena abumwi kwiinda munamba yoonse yatukuku itwalangwa-langwa mutaimuze a 100.

#### Step 5

Amweelanye bwiinguzi bwanu aziyangilo nzyomwalanga-langwa kwiinda mukubelesya malailile aali aapeji 9.



## Cakulya ameenda

- Amube masimpe kuti tukuku twalya cakulya akunywa meenda
- Amube masimpe kuti kusikila ku 90% kwabikkwa cipepa ansi.
- Kamutupaapa cakulya ciniini-iini tukuku.
- Amube masimpe kuba atwakunywida tuniini-iini
- Kamutupaapa tukuku cakulya notucili tuniini mucaanda
- Kamucilanga-linga ciyangilo kubona kuti naa tukuku tulalya akunywa meenda ikapati mumawoola aali 24 aakusaanguna.
- Kamulanga akuziyicinca-cinca zyakulida azyakunywida abuzuba
- Kamutulanga-linga tukuku buzuba boonse

## Mamanino

Kulanganya kakuku kunsondo yakusaanguna buumi bwankako kulayandika kapati ikuti kakonzye kukomena kabotu mubuumi boonse. Kuli twaambo kuli 7 tuyandika kubikkila maano kumatalikilo aakakuku:

- Meenda
- Cakulya
- Kupya kwabusena akutontola
- Mumuni
- Kuvwula kwatukuku
- Mafwuse
- Mwiinda muwo

Toonse twaambo- ootu tulayandika kutegwa tukuku tuniini tukonzye kukomena kabotu cakutaindana. Ikuti nzila eezyi zyakonzyeka, kuzyandamana kwakakuku kacili kaniini, kukomena akutaindana kulayandika kapati kuli baabobavwuba.

## TWAAMBO TUYANDIKA KAPATI KUMAKANIAKUKASAAZYA

- Amulibambile, amusalazye akusansaila muzyaanda akubikka ziyandika muciiindi

katunasika tukuku.

- Amube masimpe caanda cakasaala bweelede, kakuli muwo mubotu kwamawoola aabalilwa ku 24 tukuku katunasika.
- Amube masimpe kuti tukuku mbotwasikila twajana meenda mabotu acakulya.
- Amubelesye tukuku kubona mbotucita kutegwa tumugwasye kuzyiba kukasaala kwacaanda mbokuyandika.

ZIYANDA MALI	
<b>TUKUKU TWAULWA</b>	
<b>CAKULYA: CAKUTALISYA</b>	
CAKUKOMEZYA	
CAMAMANINO	
<b>Tukuku Twabuzuba Bomwe</b>	
MAFWUSE	
MALASYA	
MAGESI	
MUSAMU WAKUKWABILILA MALWAZI	
MISAMU	
MISAMU YAKUSANSAILA	
KUSALAZYA	
MEENDA	
BUKWABILIZI	
KUJATA	
KUBELEKA	
BABELEKA MUNKUKU	
KUBONA TWAAMBO	
KUTELA	
KUJOLA MALI AANTALISYO	
<b>MALI:</b>	
KUZYA NKUKU ZILANGA	
NKUKU ZYAKAYUNDWA	
KUFWA	
MBOLEZI	
MPINDU AKUTAJANA MPINDU	

## Busongo

Busongo, nduzyibo lwakuzyiba mbozyivwubwa zivwubwa naa mbozyibambilwa kabotu cakusitikila alimwi acabunkutwe cakutakopana. Kuvwuba nkuku zituba, kuba abusongo, mpayeeme luzyibo kumakani aakuti nkuku zituba zikonzye kukomena kabotu akujana mpindu. Akaambo kakukonkotanya kubambila nkuku zituba alimwi abusena (maano) kupa kuti muntu ategwe musongo. Muntu aumwi musongo weelede kutika caboola kumakani aakubambila nkuku kubona mbozyipona abusena mbobubede kwiinda mukubona nkuku mbozyicita naa mbozyilibonya mucaanda cankuku. Kulanganya kwamusyo uuli boobu kulategwa 'maano' kwalo kuzumanana kucitwa kwiinda mukubelesya maano woose. Cifwanikiso eeci cilatondezya mbwaabelesyegwa maano woose ikubona zivwubwa.

### Kumvwa

Listen to the birds' vocalization, breathing, and respiratory sounds. Listen to the mechanical sounds of fan bearings and feed augers

### Kubona

Observe behavior such as bird distribution in the house and number of birds feeding, drinking, and resting. Observe the environment such as dust in the air and litter quality. Observe bird health and demeanor such as posture, alertness, eyes, and gait.

### Kuninkizya

Keep notice of smells in the environment such as ammonia levels. Is the air stale or stuffy?

### Kulabila

Water and feed quality.



### Kwaampa

Handle the birds to assess crop fill and check the birds' general condition. Take notice of air movement across your skin. Is there a draft? What does the temperature of the house feel like?

## Kupya Kapati Mbokulangwa-langwa Kunkuku Zituba

Kupya kapati kulabanyonganya kapati bavwubi bapati bankuku zituba; kubikkiliza akutontola kapati kulakonzya kuleta penzi lipati kapati. Kupya kapati kulazyinyonganya nkuku zituba alimwi tazikomeni kabotu. Ciindi nkuku zituba nozitetuka akaambo kakupya kapati zilakopana akucinca-cinca mumubili kapati kutegwa cikonye ke kupona ikutegwa kwataba kufwa akaambo kakupya. Ciccilila ncakuti kweelana amusyobo wankuku talili lyoonse nocikonzya.

### **Ino nkuku zituba kweelana ambozibede zicita buti nozinetuka akaambo kakupya kapati?**

Nkuku zituba ikuti kwapya kapati abusena mpozibede kulazyipa kucinca-cinca kuli mbokubede kwalo kuzigwasya kuti zikonzye kuliyumya kukupya abusena mpozibede. Nkuku zituba zilapumuna kapati ciindi nozinetuka muziindi ziyakupya kapati. Zimwi nkuku zilaimikila kazyili zii, kakuli zimwi zilafwukumana kumbali lyabwaanda naa kuunka kufwaafwi ameenda. Kanji-kanji zilaavwungulula mababa alo aatantamuka kumubili kutegwa kakainda kawo. Mumubili wankuku, bulowa bulaleya kweenda muziyizo zimwi nkokuti muni, nsa amala amunsinga zili mucikanda akuzyikomezya kutegwa kupya kapati kuyozye.

Kweendeenda kulaindilila ciindi nokwapya kapati. Kuzwisya kupya kuli mumubili nkozicita, kulazyigwasya nkuku zituba kunkusya kupya nkoupanga mubili. Aboobo, kweendeenda kupa kuti milambi ibeleke kapati calo cipa kuti kakuyandika kapati nguzu kwalo kubikkiliza akunetuka akaambo kakupya kapati. Aboobo, akaambo kakuweya kwanguzu alimwi kulabikkiliza akupya kapati. Kweendeena kulalangilwa kucitika kupya kwasika afwiifwi a 30°C naa kwiinda waawa.

Ikuti kakutontola aasyoonto kulagwasya kuti kupya kuceye mumubili kwiinda

mukweendeenda. Nkuku zituba alimwi azimwi zivwubilwa mucaanda, zilakopana ikuti kwapya kapati akutontola kapati. Akaambo kakupya kapati akutontola kapati nkuku zilakonzya kufwa cakutamuka, ikapati kunkuku zilema kapati. Kunkuku zipati camweensyela, kweendeenda kuya kupa kuti meenda aabalilwa kumagilamu aasika ku 540 azwe mumampunga.

### **Ino mbuti kweendeenda mbokukonzya kunyonganya PH alimwi a Aciidi munkuku zituba?**

Kanji-kanji PH wamubulowa weendelezyegwa kapati amapunga ansa kubikkiliza azyizyo zimwi zyamubili zigwasya kuti PH kautacinci kufwambaana. Nokuba boobo, kuyoya nokwaindilila kapati nkuku zituba nozyanetuka akaambo kakupya, muya wa carbon dioxide ulaceya-ceya mubulowa, kakuli PH wamubulowa ulavwula (alkalosis). Kunetuka akaambo kakupya kapati kulapa kuti potassium ama minerals ziceye mumubili, calo cipa kuti magesiaali mumubili acince.

### **Sena cakulya cilalangilwa kuceya ciindi nokwapya kapati?**

Inzya. Nkuku zituba izyavwubilwa mubusena mupya kapati zilayozya kulya. Eeyi ninzila mbozikonzya kuliyumya nokwapya kapati. Ooku kuyozya kulya kupa kuti busani buceye buyandika kuti kazikomena. Nokuba boobo, kuceya kwabusani buligwa caamba kuti mubili tauni kupyi kapati.

Aboobo, nokuba kuti kukomena kwayozya, nkuku iituba ilakonzya kucikonzya kupona nokwapya kapati akaambo kakuti kugusya kupya mumubilinga kweceya. Basikuvwuntauzya cakatadooneka baamba kuti, nkuku zituba kutegwa zikonzye kupona, zimwi takonzyi akaambo kakuti cakulya cilaceya ikapati ikuti kwapya kapati buzuba oobo.

## **Nkaambo nzyi kuliimya kulya ncokugwasya nokwapya kapati?**

Zyakulida zyeede kutolwa mujulu nokwapya kapati buzuba oobo ciindi ca 11:30 kusika 3pm. Ooku kuliimya kulya kulapa kuti kupya ikuli mumubili ikuba akaambo kakugaya cakulya, azimwi zicitika mumubili nokuli cakulya, mbuli busani. Kuliimya kulya kulijisi abumwi bubotu, kulapa kutontomana. Kweenda kwabanyama kucitika kwiinda mumilambi noikwelekana kwalokupa kupa.

Mumasena mupya ooku kupya kuli mumubili kuyungizya kupya. Aboobo kutegwa kupya kutaminyi kapati, nkuku zituba tazyeede kugutumya. Eeci cilayandika kapati ikapati nokupya kapati. Ziindi zipya kapati nozymana akuti kupya kwatalika kujoka ansi, nkuku zituba ziya kutalika kulya cakulya alimwi.

## **Ncinzyi cikonzya nkuku zituba kuti zikozye kuliyumya nokupya?**

Muzilawo mupya alimwi muli kawo kaunga muzyaanda zyamabbaangwa meenda aakunywa manji alayandika.

Mwiinda muwo mweede kuvwula. Kuunga kwamuwo kulagwasya kugusya ammonia, carbon dioxide amudumu iwawwuzanyana. Kweendeenda kulapa kuti meenda aceye aazwa kwiinda mumapunga. Aboobo, nkuku zituba zyeelende kunywa meenda manji ciindi nokupya kapati kutegwa meenda atamani

mumubili. Aboobo meenda aakunywa aatatontoli kapati alapa kuti nkuku kazilya akunywa meenda.

Kupa kuti mubili uyozye kupya wankuku zituba kulagwasya. Ikuti meenda aakunywa kaatontola kwiinda mubili mboupya ayakugwasya kugusya kupya kwamubili. Aboobo, kuzyipa meenda aatontola camweensyela imanji cilayandika kapati kunkuku zituba zyanetuka akaambo kakupya. Kanji-kanji, kufwumbwa cipa kuti kube kunywa meenda manji ciindi nokupya kapati kuya kugwasya kuti nkuku zipone.

## **Twaambo Twakubikkila maaano**

Nkuku zituba nikwapya kapati zilanyongana cakuti zilacita nzila eeyi ayeeyi kutegwa zizumanane kupona. Zilayozya kulya cakulya kakuli meenda zilanywa kapati. Kucinca-cinca cakulya kulakonzya kugwasya kutegwa kupya kwamubili kucitika akaambo kacakulya pesi busani kweede kuti kazyilya. Cakulya cipa nguzu abudodoodo butegwa amino acid zilayandika ciindi nokupya kapati. Kuvwula masena mwiinda muwo akuzikulwaizya kunywa meenda cilayandika kapati. Kutu nkuku zyayozya kweendeenda ciindi buzuba oobo nokupya kapati cilagwasya kutanetuka kapati. Kucesya kulya kulagwasya alimwi kanji-kanji kulapa nkuku zili mbozibede kuti zikonzye kupona ciindi nokupya kapati.

## **Kubambila Nkuku Zituba Cabunkutwe Kutegwa Kucesyegwe bulwazi bwa Ascites Munkuku Zituba**

### **Matalikilo**

Bbala lyakuti Ascites mbulazi buboola munzila zinji kunyongana kwamubili, busena alimwi akubambila nkuku. Ikuti kwaba penzi lili boobu munkuku zituba kuya kuba kutakamena kabotu kwankuku zituba calo cijola aansi. Nzila yakubona kuti penzi tilyaba nkwiinda mukuba masimpe kuti kwaba kubikkila maano kulanganyana nkuku, ikapati mwiinda muwo.

### **Ino Bulwazi bwa Ascites Ninzyi?**

Twaambo tupa kuti moyo uminywe kwiinda mukuyandika muya wa oxygen munji (mbuli kufwukumuka kukomena, kukopana akaambo kampeyo, kuceya kwamuya naa musini) kulakonzya kuleta penzi naa bulwazi bwa (Ascites)

Kuti meenda kumuni atalika kuzwa mazwaazwe akunjila kucikungu mukuya kwaciindi kulaba kufwundilila kuyoya kwalo kukonzya kupa kuti ifwe. Amulicesye penzi eeli Munkuku Zituba.

1. Amube masimpe kuti mwiinda muwo munji mucaanda. Mwiinda muwo kweelede kuba kweelana acaanda mbocibede, kakunjila muya wa oxygen munji kutegwa unjile mubusena bwawooyo iwabelesyegwa, alimwi amube masimpe kuti miya mibi iyabula mulimo yakkusyigwa. Kuba amuya munji wa oxygen kulayandika ikuti caanda kaciyakidwe akalundu-lundu. Muya wa oxygen muya uuliko mumuwo, pesi kuti nokwaba muya musyoonto kubikkilizya abusena busumpukide, kuya aansi kwamuya wa oxygen kulakonzya kuleta bulwazi bwa ascites kunkuku. Ikapati kuti kakuli atwaambo tumwi tupa kuti cakulya kacifwambaana kugaigwa.
2. Kakuba lyoonse muya mubotu. Ooku kulakonzyeka nokuli mwiinda muwo muli kabotu akuba amakwa aakafwalwa mabotu.

Muya mubi kapati ulijisi (mucikozyano, Carbon monoxide, carbon dioxide a lusuko) zilanyonganya zyizyo zyamubili zyakuyoyela. Eeci cipa kuti kutabi kuyoya kabotu akuceya muya wa oxygen mubulowa calo cikonzya kuleta Bulwazi bwa Ascites.

3. Tamweelede kulekela kutontola ikapati nokukomezyegwa tukuku tuniini. Ikuti twaandwa mpeyo kupa kuti cakulya mumubili kacifwambaana kugaigwa, ciyanda muya munji wa oxygen, mukuya kwaciindi kulakonzya kuleta bulwazi bwa Ascites. Twabikkwa tukuku, kupya ansi mucaanda kweelede kuba 28 kusikila ku 30o C (82 kusikila ku 86o F), kukasaala kwamuwo weelede kuba 30o C (86 F) akutontola 60 kusikila ku 70%.
4. Bubambe bwamumuni. Kuyungizyigwa kwamawoola kuzwa ku 1 kusikila ku 2 kakuli mudima kuyungizya kumawoola aali 4 aayandika kunkuku zituba.

<2.5kg/5,5lbs (kuzwa kumazuba aali 8 kusikila nozyijaigwa) kulakonzya kugwasya kuti bulwazi bwa Ascites buyozye. Mutaciti bubambe bwamumuni kazyi tanakwanyana mazuba aali 7.

### **TWAAMBOTUYANDIKA**

Kakwiinda muwo weelede (kweelana acaanda) kuzwa kumatalikilo kusikila kumamanino cilayandika, ikapati kuti kakuyakidwe akalundu-lundu. Cakulya kaciyozya nokwaba kunyongana lyamupeyo, ikapati tukuku notucili tusyoonto

## Icipa Kuti Kube Bulwazi bwa Ascities

### Matalikilo

Bulwazi bwa Ascities, meenda aali mwida, kubalika kwamoyo mbulwazi bwankukuzituba bulakonzya kusakamina nyika yoonse. Ikuti kabuliko munkuku zituba, ziya kunyongana ikapati nkomeneno iya kubija calo citola aansi kumakani aalusumpuko.

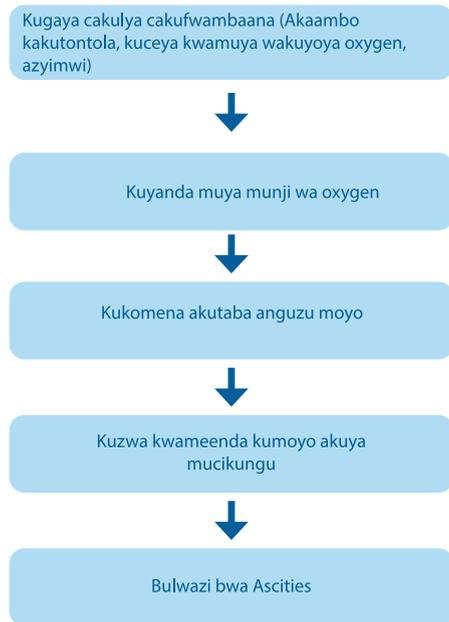
Bulwazi bwa Ascities mbulwazi buboola munzila zinji kweelana ankuku mbozyibede (mucikozyanyo. Kuyanda muya wa oxygen), busena (mucikozyanyo. Amulundu alimwi ambozyibambilwa (Mucikozyanyo. Twaambo mbuli kwiinda kwamuwo, amalwazi. Nokuba kuti bulwazi bwa Ascities inga kabudumide kapati (mumasena aadooti akupya kweelede kutukuku, kulakonzya kupa kuti zifwe kapati kwalo kujola mumsi akaambo kakusakamina kwabulwazi bwa Ascities.)

### Ino Bulwazi bwa Ascities Ninzyi?

Ikuzyiba bulwazi bwa Ascities kulakonzya kumupa kubweza ntaamu yakubona kuti bulwazi oobu bwaceya naa kuti butazumanani kuba munkuku zituba.

Kufwumbwa icipa kuti moyo ukwelele antunda kwiinda mukuyanda muya munji wa oxygen (Mucikozyanyo. Kukomena cakufwambaana, kuya ansi kupya, kuceya kwa oxygen naa malwazi aamusini) kulakonzya kuti kube bulwazi bwa Ascities. Ikuti moyo amapunga zyakwelela antunda kulaba mulongo wamapenzi (Cifwanikiso 1) calo cipa kuti kube kuceya kwamuya wa oxygen mubulowa. Nilanjila penzi eeli kumataliko lilakonzya kubonwa kwiinda mukucinca aaniini kwiinda mukusiya-siya kwakasumpa amalebelebe. Bulwazi mbobuya cikomena, meenda (aazwa kumuni) alateekela mucikungu. Mukuya kwaciindi cilatalika kukatazya kuyoya (aciindi aawa kasumpa amalebelebe alasiya-siya nyama) cakatadooneka akaambo kakuba apenzi eeli nceciletela lufwu.

### Cifwanikiso 1: Zicitika zinji zipa bulwazi bwa Ascities



Kuzwa kwameenda kumuni akuya mucikungu

### Mwiinda muwo abulwazi bwa Ascities

Kaambo kapati kapa kuti bulwazi bwa Ascities buyozye munkuku zituba nkuvwula kwamuya wa oxygen uunjila mucaanda.

Kuceya kwamuya uunjila muzyaanda zyankuku zituba kupa kuti muya wa oxygen uceye akuvwula miya mibi mbuli carbon monoxide, carbon dioxide a ammonia. Eeci ciya kuuminya moyo amapunga calo ciya kupa kuti kutabi oxygen munji akuvwula bulwazi bwa Ascities. Kweelede kunjila muwo munji kutegwa muya wa oxygen uvwule akubona kuti miya mibi izwe.

### Muya mubotu abulwazi bwa Ascities

Mafwuse aabambidwe kabotu alimwi akuba atusena twiinda muwo kulagwasya kuba amuya mubotu. Ikuti mwiinda muwo amafwuse zyatalangwa kabotu kulaba penzi lyakuteta kwamafwuse akuvwula kwa ammonia.

Nkuku zituba ziya kuyoya lusuko luli abusena aawo calo ciya kupa kuti zisinke mpemo akufwundilila kuyoya. Kubija kwamuya, lusuko amalwazi aamusini kupa kuti nkuku zituba zinjilwe bulwazi bwa Ascities kwiinda mukuziyonyoona amoyo calo cipa kuti njoyelo kiitali kabotu akuceya muya wa oxygen mubulowa. Akaambo kakaambo aaka, cilayandika kapati kuti mafwuse kaatajisi dooti kaatavundide ciindi nimwaabikka.

### Kupya Abulwazi bwa Ascities

Kucita kabotu ---kukasaala ikweelede, kulayandika kapati kukwabilila bulwazi bwa Ascities. Ikuti kwatontola kwiinda mubili mboukasaala kuya kupa kuti kaziyoyya muya munji nkaambo aciindi aawa nkuku ziya kugaya cakulya kutegwa zikasaalilwe.

Ikucita boobu kulakonzya kuleta bulwazi bwa Ascities mukuya kwacindi. Kubamba kabotu zyintu akupya kuli kabotu ciindi cakukomezya tukuku akwiinda muwo bweelede muli tukuku,

kuya kugwasya kuceya bulwazi alimwi aabona kuya kupa kuti bulwazi bwa Ascities bumane doo bwalo buboola mboziyaabukomena.

Nokwabikwa tukuku, kupya ansi kweelede kuba 28 kusikila ku 30o C (82 kusikila ku 86o) alimwi kupya (kutukuku kweelede kweendela) ku 30o C (86o F) kakutontola camweensyela kusika 60 a 70%. Kabbokesi 3 kalatondezya kupya mbokweelede mucaanda cankuku zituba.

Kupya kuyandika kuli mukabbokesi 3 kuli kawo katontola kabotu 60 kusikila ku 70%. Ikuti kukasaala kuli boobu takuli nkuku kuyandika nkokuti kweelede kucinca kutegwa kweendele waawo aatanyonganyi nkuku. Mucikozyanyo, ikuti muwo uutontola bweelede tausika ku 60% naa kwiinda ku 70% inga kwayandika kucinca-cinca kweelana ambokuyandika.

### Kabbokesi 3: Kupya kweelede ikweendela a 60 kusikila ku 70%

Kukomema (mazuba)	Kukasaala Caanda Coonse	Kukasaala Abusena Aawo	
	Kupya	Kupya	
		Cintu Cileta Kukasaala (A)	2m (6.6 ft) kuzwa ku Cintu Cileta Kukasaala (B*)
Buzuba, mbokakomena	30°C (86°F)	32°C (90°F)	29°C (84°F)
3	28°C (82°F)	30°C (86°F)	27°C (81°F)
6	27°C (81°F)	28°C (82°F)	25°C (77°F)
9	26°C (79°F)	27°C (81°F)	25°C (77°F)
12	25°C (77°F)	26°C (79°F)	25°C (77°F)
15	24°C (75°F)	25°C (77°F)	24°C (75°F)
18	23°C (73°F)	24°C (75°F)	24°C (75°F)
21	22°C (72°F)	23°C (73°F)	23°C (73°F)
24	21°C (70°F)	22°C (72°F)	22°C (72°F)
27	20°C (68°F)	20°C (68°F)	20°C (68°F)

\* Kukasaala ooku kupya nkokuyandika. Mubwini kupya ooku mucaanda kuya kuba kweelana abusena ambokulanganiziyigwa mucaanda. Kuti kamuyanda kuzyiba zинji kumakani aakupya mucaanda, amubabone ba Ross technical representative ooku nkomukkala.

Ciindi cakutontola cilakopa kapati kwiinda kupya kukugama. KUNETUKA kwankuku akaambo kakubula cakulya kulakonzya kuleta penzi lyakuba abulwazi bwa Ascities bwalo ibukonzya kuvwula lyamupeyo. Aboobo ikuti naa kwatontola kapati, cakufwambaana mweelede kubwezya ntaamu.

**Kukomena nokuli bulwazi bwa Ascities**

Kuli kweendelana kuliko kugailo yacakulya abulwazi bwa Ascities. Kukomena cakufwambaana kupa kuti kuyandike muya wakuyoya wa oxygen calo cipa kuti moyo uminwe. Aboobo, kubelesya nzila zibotu zyakulanganya mvwubilo yankuku kulayandika kapati kutegwa nkuku zituba zibindekukomena.

**Mumuni Abulwazi bwa Ascities**

Kutegwa moyo amapunga zikomene bweelede kunkuku zituba zikomene cilayandika kapati kuti buzuba bwa 7 kulema kwankuku kuyandika kwakonzyeka alimwi akuti bubambe bwamumuni tiibwatalika kusikila zyakkwanya mazuba aali 7

**Kabbokesi 4:** Mumuni wamweensyela ulayandika kutegwa kube kukomena kabotu

Kulema Kwankuku iilanga Noiyaanda Kujajigwa	Kukomena (mazuba)	Kupya kapati	Kulampa Kwabuzuba (mawoola)
<2.5 kg	0-7	30-40 lux	23 Mumuni 1 mudima
	8 kujaya	5-10 lux	20 light 4 dark
<2.5 kg	0-7	30-40 lux	23 Mumuni 1 mudima
	8-kupaya	5-10 lux	18 light 6 dark*

**Mamanino**

Bulwazi bwa Ascites mbulwazi buboola munzila zinji kwiinda mubili mboubede, busena, alimwi anzila mbozyibambilwa nkuku. Penzi lyabulwazi bwa Ascities lilakonzya kucesyegwa kwiinda mukuba masimpe kuti malailile accililwa caboola kumakani aakuvwuba nkuku zituba.

Amubikke mwiinda muwo kweelede mucaanda cankuku kuzwa notwasika tukuku kusikila zyakomena akuzwa mucaanda ikapati ikuti caanda kaciyakidwe akalundu-lundu. Oomo munjizya muwo keelede kuti kakunjila muya munji ikunjila mubusena bwayooyo iwabelesyegwa alimwi kweelede kuba masimpe kuti miya mibi yagusiyigwa kapati.

Cakulya kaciyozya nokwaba kunyongana lyamupeyo, ikapati tukuku notucili tuniini. Eeci ciya kugwasya kucesywa bulwazi alimwi aabona kuya kupa kuti bulwazi bwa Ascities bumane doobwalo buboola mboziyaabukomena.

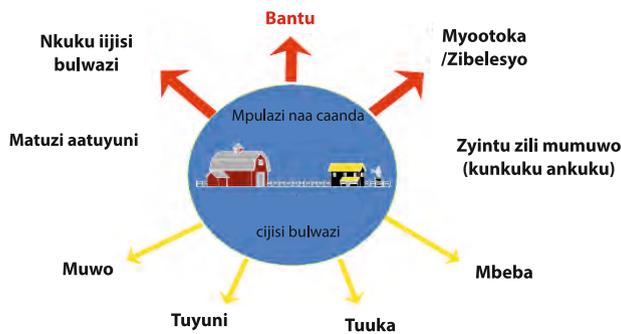
Kuba abubambe buli kabotu bucitwa kwainda mazuba aali 7 aakuzyalwa kulakonzya akwalo kugwasya ooko bulwazi bwa Ascities nkobuli bunji kapati.

Kuba aluziyibo lwabulwazi bwa Ascities kuti mbulwazi nzyi alimwi ambobuboola, akuzyiba nzila twaambo mbobukonzya kuyozya bulwazi oobu bwa Ascities, kuya kugwasya kapati kumana kubbuka kwabulwazi bwa Ascities munkuku zituba.

## KUKWABILILA MALWAZI MUNKUKU ZITUBA

Kukwabilila kulakonzya kupandululwa kuti ninzila zinji zibambilidwe kukwabilila kubuka kwamalwazi naa tuzunda tuli mbuli ma bacteria, protozoa, fungi alimwi ama parasites kumpulazi alimwi akukwabilila kuti kumpela aamazuba eezyo ziciswa zitakatambukizyi zizumi mweena mumpulazi. Kukwabilila kulagwasya kumakani aabulondo muzyaanda zyankuku kwalo kujisi bubotu kucesa malwazi makali. Kulagwasya kukomena nkuku kabotu alimwi acalo cakulya inga cili kabotu. Taali masimpe kuti kukwabilila (bulondo) kweelede kucitwa buyo abalimi Bapati. Malwazi aya kubuka alimwi aya kuba kufwumbwa ooko bulondo nkobutatobelwi. Akaambo kakaambo aaka, boonse balimi bavwuba nkuku, naa mbaniini, bavwubila kunze aang'anda, naa mupati beelede kukwabilila. Cifwanikiso aawa citonzezya malwazi mbwaatambukila kapati nkuku zituba.

## Mbuti malwazi aankuku zituba mbwaavwula kutambukila?



## Nintaamu nzyi Zyakukwabilila muntu nzyakonzya kubweza kukonzya kucesa penzi lyakunjililwa bulwazi mumpulazi yakwe?

1. Amukasye bantu batazumizyidwe kunjila mumpulazi yanu naa mucaanda cankuku: Beenzu ikapati kuti kabazyila kucaanda cimwi cankuku balalangilwa kuleteezya malwazi kumpulazi yanu naa mucaanda cankuku, aboobo tabeelede kuzumizyigwa kuba aafwaafwi acaanda cankuku. Eeci cilabikkilizya abaabo bayanda kuula nkuku zyakomena nkaambo abalo ziindi aziindi baleenda mumpulazi zyankuku zinji kabalangaula nkuku zibotu.



1. **Mutalekeli myootoka kweenda mumpulazi yanu:** Myootoka, mbweena mbuli bantu ilakonzya kuleteezya malwazi kuzwa kumpulazi iimwi aimwi. Yoonse myootoka iboola kumpulazi yeelede kusansailwa musamu.
2. **Zyaanda zyankuku zitanjilwi tuyuni:** Tuyuni tulaleta malwazi muzyaanda zyankuku zinji. Tatweelede kulekelwa kunjila muzyaanda zyankuku nkaambo tulaleta malwazi. Zyaanda zyankuku zyelede kuti kazyijisi waya wankuku kunsinka misena iili kucaanda cankuku. Cakulya cankuku icaloka-loka anze
3. **Amubikke cisinkila mbeba, tuuka atunyama:** Ikutali buyo kuti mbeeba naa bacucu zilaleta malwazi, mbeba zilalya cakulya calo ciya kumupa kutila mali manji kuula cakulya.



4. Amubelesye aasazyilwa, kusamba kumaulu, kusamba mumaanza alimwi azyeezyo nzyomwakati kamubelesya kusama kumaulu azisani nomunjila mubusena bwankuku.



MYOOTOKA YOONSE  
YEELEDE KUSAZYIGWA,  
KUSANSAILWA MUSAMU,  
AMABBUSU NGOMUYANNDA  
KUBELESYA KAMUTANAJILA  
MUMPULAZI

5. Nkuku nzyomwatolede kumusika mwatazyibikka mucaanda, amusalazye, amubikke musamu kuzibelesyo zyoonse, makkileti mwamana kwaabelesya, amusambe mumaanza mwamana kujata mayi naa mbolezi.
6. Amwiiyole yoonse mbolezi akwiisowa kutegwa tutavwuzanyi tuzunda abusena bwanu.

#### **Kusalazya a Kubikka Musamu, ninzila iiyandika kapati kumakani aakubwabilila!**

7. Kusalazya abusena kulagwasya kucesyia malwazi munzila zyoonse mwaakonzya kunjilila alimwi kulacesya mweelwe watuzunda nkokuti ma bacteria, ma Viruses, ma parasites, alimwi atuuka munkuku. Kuleta tukuku tumwi kweelede kwiinda ciindi citaleli kumazuba aali 14 nkaambo kayandika.

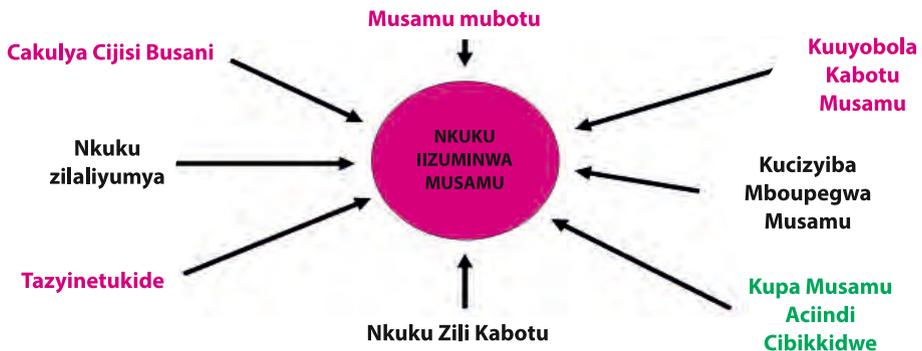
### Nzila zoyosanwe zyakubelesya zibotu zipa kuzwidilila kumakani aakusalazya akubikka musamu

1. **Kusalazya kutabelesya meenda:** Amuligusyee dooti lyoonse ambolezi kuzyisowa kuzwa abusena aawo alimwi akukunkumuna lusuko akuzwisya luubi loonse.
2. **Nsipa/Saafu:** Amusanzye akucumba moonse kotalikila kuciluli, kubwaanda alimwi aansi kusanzynsya meenda aasaafu.
3. **Kusukuluzya:** Kamubelesya meenda mabotu, amucisukuluzye coonse caanda cankuku kutegwa cisalale.
4. **Kuyuma:** Amucipe ciindi caanda cankuku kutegwa ciyume kutegwa kwamana kubikwe musamu.
5. **Musamu:** Amubelesye musamu uuli kabotu, uujaya tuzunda, ma bacteria ama viruses ooto ntomuyanda kuti tufwe. Amutobele malailile aabaabo bakabamba musamu.

### Nzila Ziyandika Kuccilila Kupa Musamu

Kupa musamu nkubikka kazunda kakozyanya akazunda kaleta bulwazi kutegwa mubili uyume kubulwazi oobo kubugama. Kupa musamu nkukwabilila bulwazi.

## Ziyandika kuti Mubili Uyume



### Nzila mbokubikkwa musamu mumeenda aakunywa

- Kamulibambila kupa musamu mumawoola nokutapyi kapati muzuba oobo
- Amubikke zyakunywida zinji
- Amutyokezye kubikka musamu mumeenda kwacaala mawoola aali 24 nokuyandwa kuzyipa musamu
- Kutabi meenda kwawoola 1 kusikila ku 2 kweelana aziindi zyamwaka, ziindi cazyifwiimpa nokupya
- Amubikke cibotezya meenda naa mukupa uutajisi mafwuta kutegwa meenda abote
- Amubweze kabbodela kumusamu, amukayupulule kasinsyo kacipepa, amukasinkule kasinsya kacibulo kwamana amukkusyee kapulasitiki (labba) kumwi kakabbide mumeenda
- Amukope kabotu-kabotu kwamana amubikke muli zyakunywida
- Amuziyileke nkuku zinywe mumawoola aali 1 kusikila ku 2, amujate mulaka mubone musamu mboobeleka kweelana abusilisi bwanu

## **NTENDA ANZILA ZIBOTU KUNKUKU ZITUBA KUMPULAZI KULI NKUKU ZYAMISELA IINDENYI-INDENYI**

### **Bupanduluzi bwankuku zituba zili mumisela iindenyi-indenyi ampulazi:**

Misela iindenyi-indenyi yankuku zituba zyangikwa antoomwe muzyaanda naa abusena, kwalo kutako ciindi mpulazi noipumuna. Taaku aciindi nokutegwa mpulazi yapumuna kunkuku zituba amakwa. (Amweelanye kuti lyoonse nkozili alimwi akuti tazyiko mpulazi yomwe buyo kuba aciindi cakupumuna kakutako nkuku zituba ambolezi naa makwa ampulazi).

Bubi bwakuba ankuku zituba zyamisela iindenyi-indenyi zibikkedwe antoomwe ampulazi:

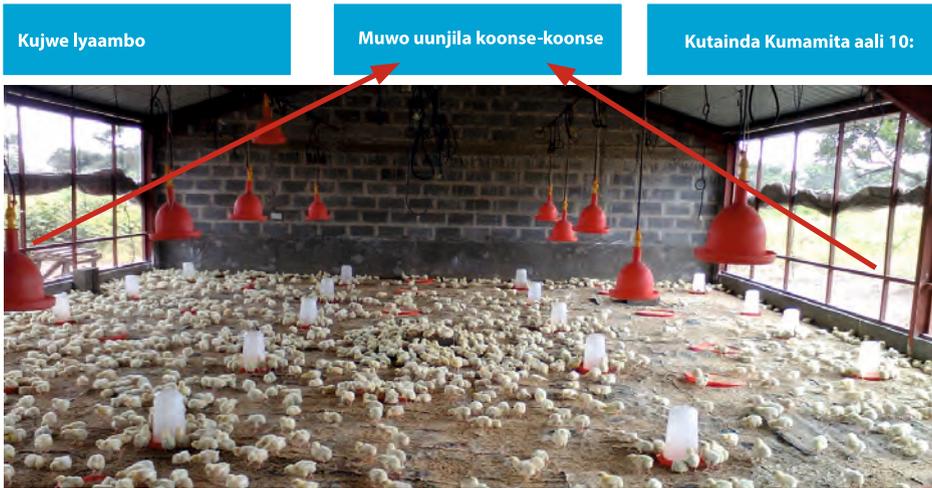
1. Kulazumanana kuba amalwazi manji ciindi coonse. Eeci cileta penzi lyakuti nkuku zituba kaziciswa akufwa. Kuli malwazi manji aakonzya kuba:
2. Ziladobela, cakulya cilanyonyooka, zilafwa kapati.
3. Munakusowa mali manji kuula misami minji.
4. Zilaindana kukomena kuvwula kwankuku alimwi tazilemi kapati.
5. Cilatakatazya kugusya mafwuse akaindi kwalo kulangilwa kuvwuzya malwazi.
6. Kukonzya kupa kuti kube zyuuka zikonzya kuleta akumwaya malwazi mumafwuse.
7. Kuvwula kwambeba-zilaleta malwazi alimwi abulwazi bwa Salmonella.

Kulayandika kuti mpulazi iijisi nkuku zituba asalazyigwa oonse mafwuse ambolezi zimwi, kusanzya akubikka musamu uuli kabotu kwansondo zybilo naa zyotatwe zyainda alimwi mweelede kucita oobo amwaka (nkokuti - takweelede kuba nkuku zituba ampulazi kwaciindi eeco).

Ikuti kwaba kubelesya ansi aajisi dooti, kweelede kucita bweelede kwiinda mukubbabbanuna atala aajisi dooti muzyaanda kamubelesya laimo naa sautu kusinka ansi amumasena zyaanda zyoonse.

## Mpindu Iijanwa Kwiinda Muzyaanda Zibotu

Nkuku zituba zyamazuba aano zisyoma kapati ikuti busena kabuli kabotu ikwiinda zyaanda zyankuku zituba zyamisyobo iimwi. Nkakaambo kaako kulayandika zyaanda zyankuku zibotu zituba kutegwa nkuku zikomene kabotu akujana mpindu. Njakilo iiyandika kuyaka caanda cankuku zituba cili bukwazi mumbali-mbali, ncaanda ncomweelede kuyeeya kuyaka kweelana ambokutondezyedwe aawa.



## Caanda Cili Kabotu Citasinkidwe Mumbali



**Caanda Cibiji:** Muniini Mwiinda Muwo. Ncifwiifwi Penzi likonzya kuba kucaanda cili boobu kulabikkilizlya:

- Kutakomena kabotu
- Tacikkali Cakulya (kulaba kubelesya cakulya cinji kutegwa nkuku zileme kusika waawo mpomulomboozya)
- Kuvwuziyanya kwamiya ammonia, carbon monoxide (nomwabelesya malasya), lusuko a carbon dioxide.
- Kuciswa munsini ntubili-ntubili amulwazi bwa Ascities (kuba ameenda mwida)
- Kupa kuti zibikkwa ansi kazitali kabotu calo cikonzya kuti musowe mali manji.



Bavwubi bankuku zituba kabazyipima nkuku zyabo ansondo kubona mbozyikomena



**NUTRI**  
FEEDS

## NKUKU ZITUBA ZYABA ROSS MBOZYIKOMENA

NSONDO YAKUTRANGUNA	ZIFWA ANSONDO	ZYOONSE ZYAFWA	MPOZYATAANA KULEMA
1	1	1	180g
2	0.5	1.5	450g
3	0.5	2	850g
4	0.5	2.5	140g
5	0.5	3	2100g

BUBOTU BWAJANWA KULI ZYATASIKA KULEMA AAYANDIKA KUBAMBILA CIINDI ACIINDI MUZYAANDA ZILI BUKWAZI MUMBALI-MBALLI MU ZAMBIA

## Sena Mwazwidilila?

**Kutegwa mukonze kuzwidilila amubelesye**

**NUTRI**  
FEEDS

**CONTACT DETAILS**

<b>SUPREME DEPOTS</b>		
Matero ABT	Shop No. 7 Petroda Lilanda Filling Station Along Common Wealth Road Lsk	
Kalingalinga ABT	Plot B7/68/17 Off Kamloops Rd, Kalingalinga Compound	0961836122
Mutendere ABT	Shop 1, Plot 34/CH80, Kazimai Market, Mutendere	0764863593
Soweto ABT	Shop 2100, New Soweto Market, Lusaka	0965254274
Foxdale ABT	Along Zambezi Road Opposite MTN Headquarters	0764319552
<b>COPPERBELT DEPOTS</b>		
Solwezi ABT	Along Kansanshi Road Mushitala Opposite Soltech	0764321616
Kasumbalesa ABT	Shop 9, Plot P2/H2/N2/J2, Chillilabombwe, Kasumbalesa	0960186324
Chifubu Depot	Plot 656 Muleya Street Chifubu Township Ndola Opposite Council Library	0967051542
<b>COPPERBELT SUPREME DEPOTS</b>		
Chillilabombwe Depot	55A North Way, Town Centre, Chillilabombwe	0768622745
Ndeke Depot	Ndeke Masuzyo Next to Council Offices	0960186919
Kalulushi Rd Depot	Nutri Kitwe Mill, Off Kalulushi Rd, Kitwe	0768821439
Kasumbalesa ABT	Shop 9, Plot P2/H2/N2/J2, Chillilabombwe, Kasumbalesa	0960186324
Kwacha Depot	1st Kwacha Along Mporokoso Road	0975994993
Luanshya Depot	109 Paikani St, 2nd Class, Luanshya	0768622744
Kitwe ABT	Plot 50, 34 Kabelenga Ave, Town Centre, Kitwe	0960446919
Masala Ndola Depot	Plot Number 2565/5 Kawambwa road	0975637447
Mwaiseni Depot	Shop 1, Plot 8A, Zambezi Rd, Mwaiseni Commercial, Chingola	0762434098
Ndola Depot	Kabelenga Avenue, Ndola	0764863598
Nkana East Depot	Shop 9, Chisumas Emporium, Central St, Nkana East, Kitwe	0960186771
Jacaranda Depot	Jacaranda Point Mall Along Komando Road Ndola	
Kalulushi Town Depot	Kalulushi Mine Area Chibuluma Round About	
<b>FEED, CHICK AND SUPREME DEPOTS</b>		
Barlastone Depot	Shop 3, Exodus Building Plot, 1938/SU1/3, Mungwi Rd	0961836425
Chawama Depot	Shop 9, Plot BP65/Block 269, Off Chifundo Rd, Chawama	0961102360
Checkpoint Depot	Shop 4, Plot 30511/M, Great North Rd, Kabangwe	0965254133
Chilanga Depot	Shop 2, Plot 1361, Kafue Rd, Chilanga	0961102361
Kamanga Depot	Mpezeni Centre, Ngyerere Rd, Chelstone	0762434099
Kamwala South Depot	Shop 3, Fortune Business Centre, Plot 916/1 Sub A & B, Kamwala South	0961102409
Lusaka West Depot	Nosh Complex stand # BP 26/24 Along Mumbwa Road	0961102519
Makeni Villa Depot	Shop 1, Plot 687, Los Angeles Rd, Makeni Villa, Lusaka	0960186634
Mimosa Depot	Mimosa Farms, Plot 3A of 49A, off Kafue Road, Chilanga	0765622282
Showgrounds Depot	Lusaka Showgrounds, Cattle Section, next to Vetlab	0762434084
Waterfalls Depot	Nutri feeds Stand # 789936 Off Great East Road	0961102412
Chongwe ABT	Stand No. 1920421, Great East Road, Chongwe	0960186424
Woodlands Depot	Plot 7417 of 1993, Muramba Rd, Chilenje South, Lusaka (Chris Corner)	0961102408
<b>LUSAKA NUTRI FEED &amp; CHICK DEPOTS</b>		
Ibex Hill Depot	Shop 1, Plot 1728/1 Ibex Rd, Lusaka	0965254267
Kafue Depot	Shop 2, Plot 0255, Ulendo Street, Kafue	0965254267
Libala South Depot	Shop 4, Plot 26565, Kasama Rd, Libala South	0963916953
Lilayi Depot	Plot 405a/6, Lilayi Mall, Lilayi Road	0968210105
Meanwood Depot	Plot 11883, Corner Palm Drive and Airport Rd, Airport Roundabout	0965254415
<b>SOUTHERN NUTRI FEED &amp; CHICK DEPOTS</b>		
Livingstone Depot	Plot 4547, Mwela Road, Livingstone	0961102517
<b>NORTHERN NUTRI FEED &amp; CHICK DEPOTS</b>		
Kasama Depot	Shop 2/3, Plot 3304, Mbala Rd, Kasama	0961102517
<b>WESTERN NUTRI FEED &amp; CHICK DEPOTS</b>		
Mongu Depot	Plot 157, Independence Avenue, Mongu	0965254153
<b>OMNIA OUTLETS</b>		
Omnia 10 Miles	10 miles	260974396975
Omnia Chongwe	Chongwe	260974396951
Omnia Chisamba	Chisamba	260770792888
Omnia Makeni	Makeni	260974396640
Omnia Mumbwa	Mumbwa Town	260974396681
Omnia Soweto	Soweto Mumbwa RD	260979158656
Omnia Kabwe	Kabwe	260972765113
Omnia Kapiri	Kapiri	260974396688
Omnia Serenje	Serenje	260974682431
Omnia Mkushi	Mkushi	260974396658
Omnia Mpika	Mpika	260974396675
Omnia Ndola	Ndola	260974396680
Omnia Solwezi	Solwezi	260974396987
Omnia Mazabuka	Mazabuka	260971005156
Omnia Monze	Monze	260974396645
Omnia Choma	Choma	260974396607
Omnia Kalomo	Kalomo	260974396972
Omnia Livingstone	Livingstone	260964929631
Omnia Katete	Katete	260974396672
Omnia Lundazi	Lundazi	260974644068
<b>LUSAKA RESELLERS</b>		
Pyramid Vet 10 Miles	Mat Park Stand#6 Along Kabwe Road	260977275332
Pyramid Vet Stallio	Stallio Shopping Complex Stand#2 Along Great East Road	260977275332
Pyramid Vet Kalingalinga	Kalingalinga Mall Along Alick Nkata Road	260977275332
Pyramid Vet Makeni	Rashid Shopping Complex stand #29389 shop #6 Makeni Rd	260977275332

Livestock Services	Along Pamodzi Drive Showgrounds	260977753948
My Vet	BMM Complex Stand #E5 Mungwi Road	260976956945
AgriVet Africa	Off Kafue Road	260962202849
Chick Plus Makeni	Stand#47/3/396A Along Makeni Road	260979350000
Tiki Agro	Bauleni Lusaka	2609655827723
Forever Advancing Agro	Chilenje Market	260977881967
Cedar Agro	Kamangu Shops #2 Along Mumbwa Road	260977224666
Chickmar Enterprise	Value Village Complex Shop #10 Along Great East Road	260966723807
F.A Chicks Chilanga	Chilanga	260966739644
ATS Retail Makeni	Stand# Off Kafue Road Opp Lamise Investments	260975745970
Grandeur Enterprise	Chaisa Along Great North Road	260974751422
Farmers Animal Feed	Kamwala	260955888824
Utendi Enterprises	Zingalume	260972153941
Chitengi Ent	Sangalala	260954598872
M Stanley Innovation	Foxdale Along Zambezi Road	260977884228
M Stanley Innovation	Ngwerere	260977884228
YZ General Dealers	Matero	260963796066
Hami General Dealers	Kafue Opp Chokoswe Primary	260973101876
Hami General Dealers	Chirundu Along Chiyawa Road Opposite Taxi Rank	260971168866
Latafa Agro Chalala	Chalala	260972035037
AgriServe Agro	Showgrounds Opposite Members Pavillion	260969787272
African Agrovet	Off Lumumba Road	260763301431

#### RESELLERS IN EASTERN PROVINCE

Zaulimi Agric Chipata	Kamina Streets Down Shops Stand #515	260977454200
Comaco Chipata	Chipata	260979646477
ATS Retail Katete	Katete Trade Center Stand#842 Mozambique RD Next to Pangwe Motel	
260977145960		
ATS Retail Petauke	Petauke Trade Center Stand#2508 Omelo Mumba Road Near Chikowa Lodge	
260977128564		
ATS Retail Nyimba	Nyimba Trade Center Along Great East Road	260961198512
ATS Retail Lundazi	Lundazi Genery Stand#1116 Off Chama Road Near Dunda Compound	260977988447
MC Sangwani Katete	Katete	260966996195
MC Sangwani Petauke	Petauke	260966996195
MC Sangwani Sinda	Sinda	260966996195
MC Sangwani Nyimba	Nyimba	260966996195

#### RESELLERS IN SOUTHERN PROVINCE

ATS Retail Monze Highview Shopping Complex Opposite	Monze Council along L/stone Road	260972448470
Maz Agrovet (HW Enterprise)	Mazabuka Fashions Stand 70 Shop 4 next to Local Bus Stop Main Street	260977864174
Acrolivestock (Acropolis Monze)	Monze Town Along Lstone Road	260967490038
Farmarama Choma	Stand# 346 Along L/Stone Road Next to Mutupa Milling	260962220600
Cassia Agro	Monze	260977563047
Griffins Services	Chikankata	260964587158
Griffins Services	Mazabuka	260964587158
Griffins Services	Namwala	260960283616
Remote Access	Maamba	260955881383

#### RESELLERS IN CENTRAL PROVINCE

Mukango Agro Kapiri	Stand #497 Along Great North Road	260971771330
Farmarama Kapiri	Stand# 1 Along Great North Road Opp Main Bus Station	260962220651
Mumbwa Agro	Cashman Complex After Pep	260969871719
Farmarama Mumbwa	Farmarama Ltd Stand# 251 Old Kabwe Road	260978604340
Latafa Agro Kabwe	Kabwe	260972035037

#### AVIAN VENTURES OUTLETS

Kmb	Crn of Nyerere & Eshowe RD	260967794211
Mufulira	Crn of Buteko & Chachacha	260962074759
Chingola	Chingola	260967648673
Chililabobwe	2nd Class Bus Stop	260962020132
Solveze	Main Rd Next to CAT Offices	260969788115
Kalulushi	Kabwe St Near Main Bus Stop	260969529301
Av Mansa Shop	Plot #1 President Ave	260962103221
Kitwe Wusakile	Kitwe Wusakile	260962391113
Kitwe Chimwemwe	Kitwe Chimwemwe	260967255640
Lumwana	Lumwana	260962904852
Ndola Town Centre	Ndola Town Centre	260962887488
Ndola Masala	Ndola Masala	260962904150
Luanshya	Luanshya	260962904881
Chambeshi	Chambeshi	260960775208
Lumwana Kalumbila	Kalumbila	260769921160
Luangwa	Kitwe	260966451245
Kasempa	Kasempa	260966451245
Samfya	Samfya	260966451245
Kawama	Kitwe	260966451245
Chamboli	Chamboli	260966451245
Kitwe Zamtan	Kitwe	260966451245
Kitwe Main Depot	Kitwe	260966451245

#### RESELLERS IN COPPERBELT PROVINCE

Lungama Chamboli	Chamboli	260977218576
Lungama Mokambo	Mokambo	260977218576
Lungama Mpatamatu	Mpatamatu	260977218576
Lunguma Mufulira	Mufulira	260977218576
Swinney Ent	Kitwe	260977820220
Wonderfields	Riverside Kitwe	260966926970
Ts Agro	Luanshya Town	260965176150
J-lizor	Kitwe Chimwemwe	260966308168
Greenbud Services	Natwange Street East Kitwe Ndeke	260966058480
John Livadias	Kasumbales Market	260977755110

#### RESELLERS IN WESTERN PROVINCE

Patmans Business Solution	Senanga New Market Next Legetta Bakery	260963884261
Vines Agro Shop	Sesheke	260977523341
Patina MP Ent	Kaoma	260967569211

#### RESELLERS IN MUCHINGA PROVINCE

Three Brothers Investment		
Along Great North Road Near Atlasmark Bank Nampluma Chinsali		260979566304
MB Agro	Chinsali	260979484201
Zhanji Agro	Mbala	260963445242
Swift Hornet	Nakonde	260975239525

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