

Igitabo cy'ubumenyi ku buzima kigenewe abana bo mu mashuri abanza

Igitabo cy'Amahitamo y'Ubuzima: Kwiga gutekereza neza ku byerekeye imiti



Umutwe: Igitabo cy'Amahitamo y'Ubuzima: Kwiga gutekereza neza ku byerekeye Imiti. Igitabo cy'ubumenyi ku buzima kigenewe abana bo mu mashuri

Abanditsi: Matt Oxman,¹ Sarah Rosenbaum,¹ Allen Nsangi,² Daniel Semakula,² Angela Morelli,¹ Astrid Austvoll-Dahlgren,¹ Andrew D. Oxman,¹ Nelson K. Sewankambo,² Margaret Kaseje,³ Laetitia Nyirazinyoye,⁴ Claire Glenton,¹ Simon Lewin¹

Iki gitabo cyahinduwe mu kinyarwanda na: Mugisha Michael, Uwitonze Anne Marie, Ikirezi Aline na Rusanga Seminega.

Uwashushanyije: Sarah Rosenbaum, Miriam Grønli

Uwatunganyije iki gitabo: Sarah Rosenbaum, Angela Morelli

Uwagisohoye: Norwegian Institute of Public Health

ISBN: 978-82-8082-709-8 (978-82-8082-708-1: digital version)

Itariki: Werurwe, 2017

Citation: The Informed Health Choices Group. Igitabo cy'Amahitamo y'Ubuzima: Kwiga gutekereza neza ku byerekeye imiti. (Original title: The Health Choices Book: Learning to think carefully about treatments. A health science book for primary school children. 2016.) Iki gitabo cyahinduwe mu Kinyarwanda na Mugisha Michael, Uwitonze Anne Marie, Ikirezi Aline, na Nyirazinyoye Laetitia. Oslo: Ikigo cy'Ubuzima Rusange cya Norveje; 2017. ISBN: 978-82-8082-836-1 (978-82-8082-933-7: digital)

¹Global Health Unit, Norwegian Institute of Public Health, Oslo, Norway

²College of Health Sciences, Makerere University, Kampala, Uganda

³Great Lakes University of Kisumu, Kenya

⁴School of Public Health, College of Medicine and Health Sciences, University of Rwanda, Kigali

Iki gitabo cyateguve n'umushinga w'amahitamo y'ubuzima watewe inkunga n'inama y'ubushakashatsi ya Norvege, Umushinga no. 220603/H10. Ntaruhare umuterankunga yagize mu kwandika, kugenzura no kwemeza ibikubiye mu gitabo. www.informedhealthchoices.org

Iki gitabo cyemewe gukoreshwa mu buryo bwose butari ukukigurisha. Gukwirakwiza ndetse no gufotora iki gitabo biremewe. Mugihe ubikoze usabwe kugaragaza uwacyanditse.

<https://creativecommons.org/licenses/by-nc-sa/4.0/>

Ufite igitekerezo cy'uko iki gitabo cyarushaho kunozwa wagitanga ukoreshheje iyi aderesi:
contact@informedhealthchoices.org



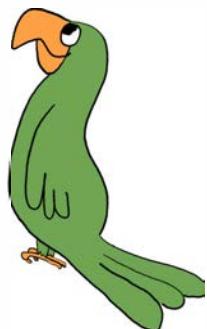
Norwegian Institute of Public Health



IGITABO CY'AMAHITAMO Y'UBUZIMA: KWIGA GUTEKEREZA NEZA IBYEREKEYE IMITI

.....

**IGITABO CY'UBUMENYI KU BUZIMA
KIGENEWE ABANA BO MU MASHURI ABANZA**



Ibirimo

Uru n'urutonde rw'ibiri mu gitabo

Iriburiro ***Urupapuro***

1	Isomo rya 1: Ubuzima, imiti n'ingaruka z'imiti	4
---	--	---

Yohana na Yuliya bariga impamvu mbi z'imvugo kubijyanye n'imiti

2	Isomo rya 2: Imvugo ishingiye ku byabaye ku muntu wakoreshje umuti	28
3	Isomo rya 3: Izindi mpamvu mbi abantu baheraho bemeza imvugo z'ibyerekeye imiti (igice cya 1)	48
4	Isomo rya 4: Izindi mpamvu mbi abantu baheraho bemeza imvugo z'ibyerekeye imiti (igice cya 2)	62

Yohana na Yuliya bariga impamvu mbi z'imvugo kubijyanye n'imiti

5	Isomo rya 5: Igereranya ry'imiti	80
6	Isomo rya 6: Igereranya ry'imiti ritabogama	100
7	Isomo rya 7: Igereranya ritabogama ukoresheje abantu benshi	124

Yohana na Yuliya bariga ibyerekeye guhitamo imiti

8	Ingaruka mbi n'ingaruka nziza z'umuti	152
---	---------------------------------------	-----

Isubiramo	<i>ipaji</i>
9 Isomo rya 9: Ni iki cy'ingenzi cyo kwibuka muri iki gitabo	172
Inkoranya Urutonde rw'amagambo y'ingenzi ari muri iki gitabo n'uko asobanura	197



1

Ubuzima, imiti n'ingaruka z'imiti

Icyo uziga muri iri somo:

1. Icyo "ubuzima" ari cyo
2. Icyo "umuti" aricyo
3. Icyo "ingaruka y'umuti" aricyo
4. Icyo "umushakashatsi mu by'ubuzima" aricyo
5. Icyo iki gitabo kivuga

Amagambo y'ingenzi muri iri somo:

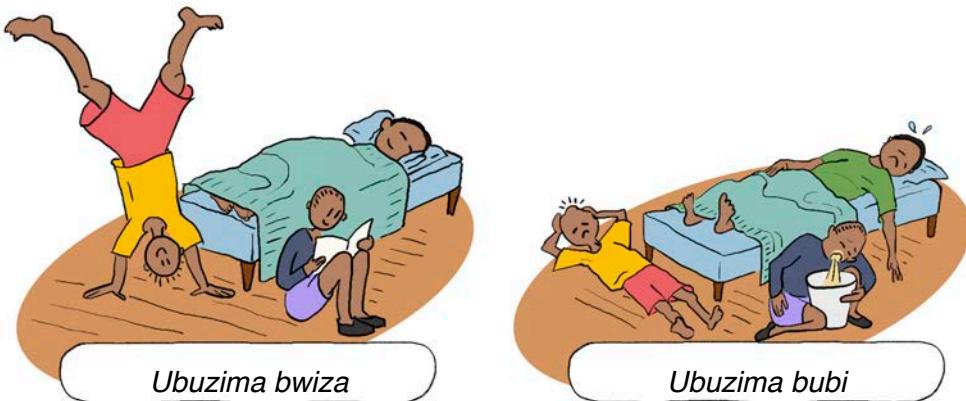
- UBUZIMA bwawe ni uburyo umubiri n'ibitekerezo bimeze neza
- UMUTI ni ikintu ukora gifitiye umumaro ubuzima bwawe.
- INGARUKA Z' UMUTI ni ikintu cyabaye giturutse ku muti umuntu yafashe
- UMUSHAKASHATSI MU BY'UBUZIMA ni umuntu wigana ubushishozi ibijyanye n'ubuzima kugirango amenye ibindi byinshi kurushaho

Ubuzima

Ubuzima bwawe n'ingenzi

Ubuzima bwawe ni uburyo umubiri wawe n'imitekerereze bimeze. Niba nta burwayi ufite cyangwa ibikomere, ubuzima bwawe bumeze neza. Mu gihe urwaye cyangwa wakomeretse, ubuzima bwawe buba bumeze nabi.

Iyo ubuzima bwawe ari bwiza, hari ibantu byinshi wakora. Urugero, ushobora gukina, kwiga ndetse no gusinzira neza.



Ubuzima bwiza

Ubuzima bubi

Kungurana ibitekerezo

Ni izihe ndwara cyangwa ibikomere wigeze kugira?

Imiti

Umuti ni ikintu ukora gifitiye umumaro ubuzima bwawe.

Iyo abantu bavuze "umuti", akenshi baba bavuga gufata umuti wo kwa muganga. Icyakora muri iki gitabo "umuti", ni ikintu icyo aricyo cyose ukora kugirango ubuzima bwawe bukomeze bube bwiza cyangwa bwiza kurushaho. Hari ubwoko bwinshi butandukanye bw'umuti.



Gukoresha umuti wo kwa muganga ni bumwe mu bwoko bw' imiti.

Urugero, kunywa ikinini, gutterwa urushinge ndetse no gukoresha umuti w'amavuta.



Kubagwa ni ubwoko bw'umuti.

Urugero, gukurwa iryinyo rirwaye n' umuti



Gukoresha ibikoresho runaka ni ubwoko bw'umuti.

Urugero, gukoresha imbago, igipfuko, ndetse no gukoresha uburoso bw'amenyo nabyo n'imti

Gukora imyitozo n'ubwoko bw'umuti. Urugero, kwiruka, gukina umupira w'intoki ndetse no kubyina nabyo n'imiti



Kurya cyangwa kunywa ikintu ni ubwoko bw'umuti. Urugero, kurya imbuto, imboga cyangwa kunywa amazi nabyo ni imiti.



Rimwe na rimwe, hari ibyo twirinda ku bw'ubuzima bwacu. Ubwo rero kwirinda ibintu runaka nabyo ni ubwoko bw'umuti. Mu yandi magambo kudakora ikintu runaka ni ubwoko bw'umuti. Urugero, kutanywa amata ni umuti. Abantu bamwe ntibanywa amata kuko abagwa nabi. Iyo umuntu agubwa nabi ku bw'ikintu runaka, icyo kintu gituma arwara. Ntibivuze ko gituma abantu bose barwara.



Kungurana ibitekerezo:

Imwe mu miti wigeze ukoresha ni iyihe?

Ingaruka z'imiti

Ingaruka y'umuti, ni ikintu kiba biturutse ku muti.



Ingaruka nziza ni impinduka ibaho yatewe n'umuti igatuma ubuzima bwawe buba bwiza cyangwa bwiza kurushaho. Ingero z'ingaruka nziza ni ukugabanya ububabare, gukiza uburwayi no kugira imbaraga nyinshi.



Ingaruka mbi ni impinduka ibaho yatewe n'umuti igatuma ubuzima bwawe buba bubi kurushaho. Ingero z'ingaruka mbi n' ugutera ububabare cyangwa uburwayi, no gucika intege.

Imiti myinshi igira ingaruka nziza n'ingaruka mbi ku buzima bwawe. Urugero, gukina umupira w'amaguru bigira ingaruka nziza n'ingaruka mbi.

Gukina umupira w'amaguru ni umuti uguha kugira imbaraga nyinshi n'ingufu. Izi ni ingaruka nziza.

Nyamara, rimwe na rimwe ushobora kugira imvune bitewe no gukina umupira w'amaguru. Iyi n'ingaruka mbi.



Ingaruka nziza



Ingaruka mbi

Urundi rugero rw' imiti ifite ingaruka nziza n' ingaruka mbi ni nko kunywa amazi. Utanyweye amazi meza ahagije ntiwabaho. Nyamara, kunywa amazi yanduye cyangwa kunywa amazi arenze urugero byagutera indwara.

Kungurana ibitekerezo:

Ni iyihe miti yindi igira ingaruka nziza n'ingaruka mbi?
Ni izihe ngaruka nziza ndetse n'ingaruka mbi z'yo miti?

Biragoye gusobanukirwa neza uko umubiri n'imitekerereze byacu bikora. Bifite ibice byinshi bikora ibintu byinshi bitandukanye.

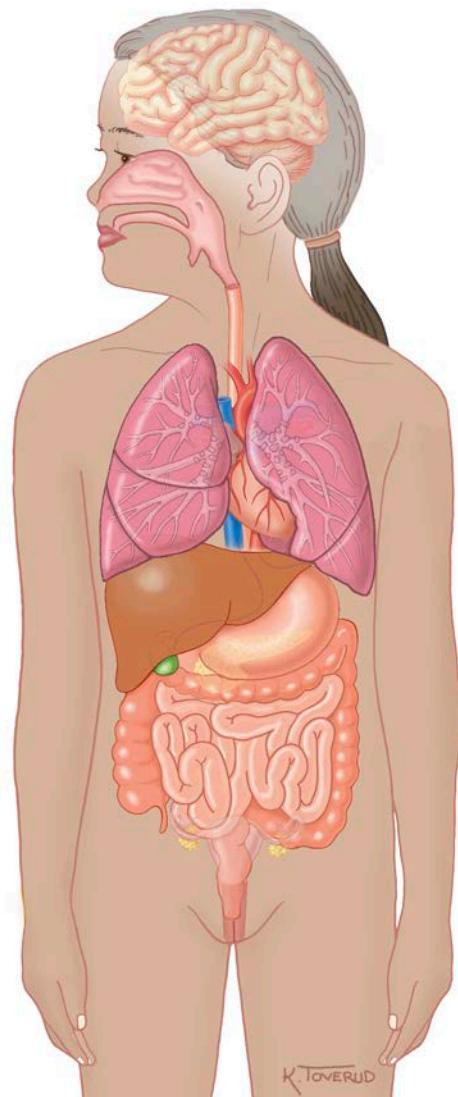


ILLUSTRATION: KARI C. TOVERUD CM

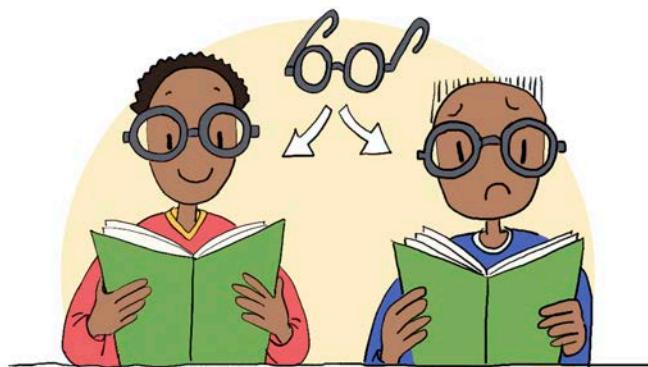
Imiti myinshi igira ingaruka nziza ku gice kimwe cy'umubiri, ariko igatera ingaruka ku kindi gice cy'umubiri.

Urugero, ibinini bimwe bikiza umutwe vuba, ariko ibyo binini bigatera kuribwa mu gifu.



Buri muntu afite umubiri n'imitekerereze byihariye, nicyo gituma akenshi umuti runaka ugira ingaruka zitandukanye ku bantu batandukanye

Urugero, abantu bamwe bareba neza iyo bambaye indorerwamo. Abandi babona nabi kurushaho iyo bambaye indorerwamo.



Imiti micye cyane niyo igira ingaruka zimwe buri gihe.

Urugero, hari ibinini bikiza umutwe vuba rimwe na rimwe, ariko atari buri gihe.

Kubera izo mpamvu, ntidushobora kumenya neza tudashidikanya ingaruka zishobora kutubaho igihe twakoreshsheje imiti imwe n'imwe. Ibi ni ngombwa cyane kubisobanukirwa.

Ibyo iki gitabo kivuga

Hari ingaruka z'imiti dushobora kumenya neza tudashidikanya



Urugero, dushobora kumenya neza tudashidikanya ko kuryama mu nzitiramibu birinda abantu kurwara Malaria



Dushobora kumenya neza tudashidikanya ko gukaraba intoki birinda abantu kurwara indwara zo munda



Nanone dushobora kumenya neza tudashidikanya ko kunywa itabi byica abantu.

Hari indi miti tudashobora kumenya neza tudashidikanya ibijyanye n'ingaruka zayo

Urugero, ntidushobora kumenya neza ingaruka z'imiti myinshi mishyashya.

Akensi, abantu bacye nibo baba barakoreshheje uwo muti kubera ko ukiri mushyashya. Umuti ushobora kugira ingaruka zitandukanye kubandi bantu zitari izo bacye bawukoreshheje bagize.

Ndetse bishobora gufata imyaka myinshi kugirango ingaruka zimwe na zimwe z'umuti zigaragare.

Umuti mushya



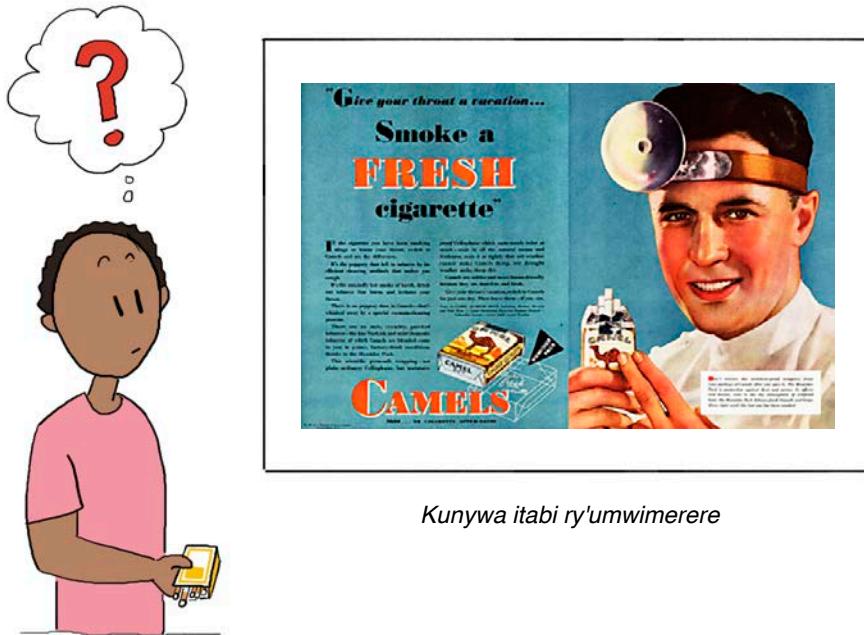
Iki gitabo kiragaruka ku buryo utekereza witonze ibijyanye n'imiti,
kugirango ubashe guhitamo neza.

Iki gitabo kizakwigisha uko utekereza witonze ibijyanye n'imiti, ubaza
ibibazo by'ubwoko butatu.

Icyambere, uziga ku bibazo ukwiye kubaza igithe umuntu agize icyo avuga ku muti runaka.

Rimwe na rimwe, uhitamo nabi imiti bitewe nuko wayobejwe n'ibyo umuntu yavuze ku miti.

Urugero, hari abantu bajyaga bavuga ko kunywa itabi nta ngaruka mbi bigira. Abandi ndetse bakavuga ko kunywa itabi bigira ingaruka nziza. Ndetse n'abaganga bamwe barabivuze. Abantu benshi barayobejwe, bapfa bazize kunywa itabi.



Kunywa itabi ry'umwimerere

Icy kabiri, uziga ku byerekeye ibibazo abashakashatsi mu by'ubuzima babaza bashaka kumenya byinshi ku ngaruka z'imiti itandukanye

Umushakashatsi mu by' ubuzima ni umuntu wigana ubushishozi ibijyanye n'ubuzima kugirango amenye ibindi byinshi kurushaho. Ibyo abashakashatsi mu by'ubuzima babonye, bishobora kudufasha guhitamo neza ibijyanye n'imiti.



Icyo gatatu, uziga ku bibazo ugomba kubaza mu gihe ugiye guhitamo kuba wakoresha umuti runaka.

Gutekerezanya ubushishozi ibijyanye n'imiti ubaza ibibazo, bizagufasha guhitamo imiti neza kurushaho.

Guhitamo imiti neza ni byiza ku buzima bwawe.



abantu bakuru, by'umwihariko ababyeyi n'abaganga nibo bakunda guhitiramo abana imiti.

Iki gitabo kizagutegura kumenya guhitamo imiti uko ugenda ukura.

Ari abana ari n'abantu bakuru, bakwiye kugirwa inama na muganga mbere yo gufata imyanzuro y'ingenzi ku bijyanye no guhitamo imiti.

Nyamara nubwo muganga wawe yakugira inama, ukwiye kubaza ibibazo uziga muri iki gitabo.

Kubaza ibyo bibazo bizafasha mwembi wowe na muganga wawe guhitamo neza ibigukwiriye.



Ibiri muri iki gitabo

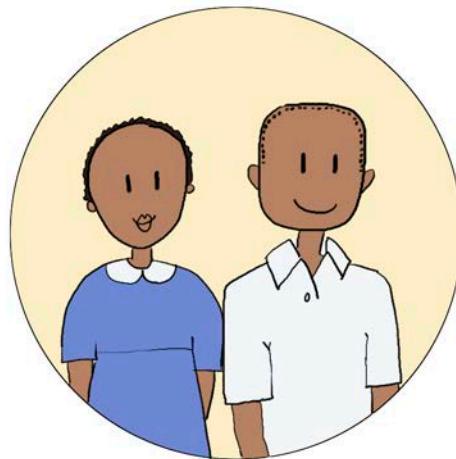
Muri iki gitabo harimo amabwiriza y'umukoro n'imyitozo kuri buri somo.

Imikoro ni iyo gukorana n'abandi banyeshuri muyobowe na mwarimu.

Imyitozo ni iyo gukora ku gititi cyawe

Kumusozo w'igitabo hari inkoranya. Inkoranya n'urutonde rw'amagambo y'ingenzi aboneka muri iki gitabo n'ubusobanuro bwayo. Niba utumva ubusobanuro bw'ijambo mugihe urimo gusoma, wakwifashisha inkoranya.

Hanyuma hari inkuru muri iki gitabo y'abana babiri bitwa Yohana na Yuliya.



Iyo nkuru n'inkuru ishushanyije. Inkuru ishushanyije iba igizwe n'amagambo aherekejwe n'amashusho.

Amagambo menshi ari mu tuziga tw'ibivugwa no mu tuziga tw'ibitekerezo.

Akaziga k'ibivugwa kakubwira cyangwa kakwereka icyo umuntu arimo kuvuga.



Akaziga k'ibitekerezo kakubwira cyangwa kakakwereka icyo umuntu atekereza.

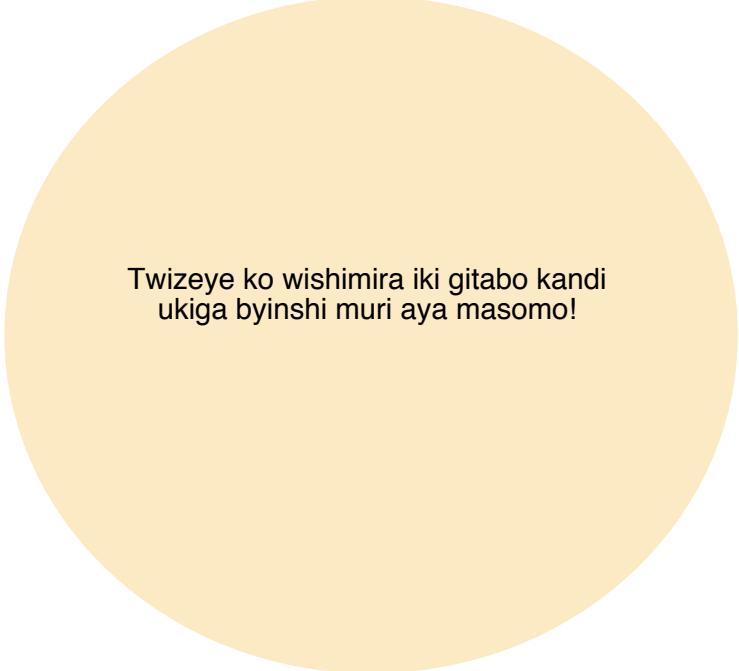


Isomo rya mbere n'intangiriro y'iki gitabo. Isomo rya nyuma ni ugusubiramo iby' ingenzi tugomba kuzirikana muri iki gitabo.

Mu isomo rya 2, irya 3, n' irya 4, Yohana na Yuliya biga ko iyo umuntu avuze ikinyoma ku muti runaka bishobora kukuyobya.

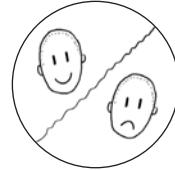
Mu isomo rya 5, irya 6, n' irya 7, Yohana na Yuliya biga uburyo abashakashatsi mu by'ubuzima bakwiye kwiga ku miti itandukanye kugirango bamenye ibindi byinshi ku ngaruka ziyo miti.

Mu isomo rya 8, Yohana na Yuliya biga uburyo bwo guhitamo bifashishije ibyo bize byose.



Twizeye ko wishimira iki gitabo kandi
ukiga byinshi muri aya masomo!

Umukoro



Amabwiriza

Intego: Kugaragaza itandukaniro riri hagati y'ngaruka nziza n'ingaruka mbi by'umuti runaka.

Abana bicaranye ku ntebe nibo bagize itsinda.

Mwarimu afite urutonde rw'ingaruka z'imti.

Intambwe ya 1: Mwarimu asome imwe mu ngaruka z' imti ziri ku rutonde

Intambwe ya 2: Amatsinda aganire yibaza niba iyo ngaruka ari nziza cyangwa ari mbi.

Intambwe ya 3: Mwarimu abaze amatsinda yose niba batekereza ko iyo ngaruka ari nziza.

Intambwe ya 4: Amatsinda atekereza ko iyo ngaruka ari nziza ahaguruke.

Intambwe ya 5: Amatsinda yose yongere yicare.

Intambwe ya 6: Mwarimu abaze amatsinda yose niba batekereza ko iyo ngaruka ari mbi.

Intambwe ya 7: Amatsinda atekereza ko iyo ngaruka ari mbi ahaguruke.

Intambwe ya 8: Amatsinda yose yongere yicare.

Intambwe ya 9: Mwarimu abaze abana gusobanura impamvu batekereza ko iyo ngaruka ari mbi cyangwa nziza.

Intambwe ya 10: Subiramo

Hari urugero ku rupapuro rukurikira.

Umukoro

Amabwiriza



Mwarimu: "Ingaruka yo gukora siporo yo koga n'ukugira 'umubiri ukomeye'

Amatsinda abiganireho

Mwarimu: Ni bande batekereza ko 'gukomera k'umubiri' ari ingaruka nziza?

Amatsinda abitekereza atyo ahaguruke.

Mwarimu: Noneho nibande batekereza ko 'gukomera k'umubiri' ari ingaruka mbi?

Amatsinda abitekereza atyo ahaguruke.

Mwarimu: “Gukomera k'umubiri” n'ingaruka nziza! Kuki ari ingaruka nziza?”

Umwana: “Iyo ufite umubiri ukomeye, wakora byinshi! Urugero, ushobora gutwara ibitabo byinshi cyangwa amazi menshi”.

Mwarimu: “Ni byiza cyane”

Umwitoto wa 1

Andika icyo amagambo asobanura. Ibuka ko ubusobanuro bw'amagambo buri ku musozo w'igitabo

Urugero: Inkuru ishushanyije ni iki?

Inkuru isnusnanyije ni inkuru igizwe n'amagambo anerekejwe n'ibishushanyo.

1. Ubuzima ni iki?

2. Umuti ni iki?

3. Ingaruka y'umuti ni iki?

Umwitoto wa 2

Shyira akamenyetso ahabugenewe ukurikije ko igitekerezo “ari cyo” cyang

Urugero

Ubuzima bwawe n'ingenzi

nibyo sibyo

Ubuzima bwawe si ingenzi

nibyo sibyo

1. Imiti myinshi igira ingaruka nziza n'ingaruka mbi

nibyo sibyo

2. Iki qitabo kikubwira imiti wakoresha

nibyo sibyo

3. Kunywa umutobe ni umuti

nibyo sibyo

4. Kutanywa umutobe ni umuti

nibyo sibyo

5. Dushobora kumenya neza ibijyanye n'ingaruka z'imiti myinshi.

nibyo sibyo

**Yohana na Yuliya bariga ku mvugo
z'ibyerekeye ku miti bishingiye ku
mpamvu mbi**

.....





2

Imvugo ishingiye ku byabaye ku muntu wakoreshje umuti

Ni iki uziga muri iri somo:

1. Imvugo ni iki?
2. Icyo "impamvu" yo kwemeza imvugo aricyo?
3. Kwemeza imvugo kutizewe ni ukuhe?
4. Kuki ari ngombwa kubaza impamvu yo kwemeza imvugo yuko umuti ukora?
5. Kuki ubunararibonye bwihariye bw'umuntu runaka wakoreshje umuti ari impamvu mbi y'invugo z'ibyerekeye ingaruka z'imiti.

Amagambo y'ingenzi muri iri somo:

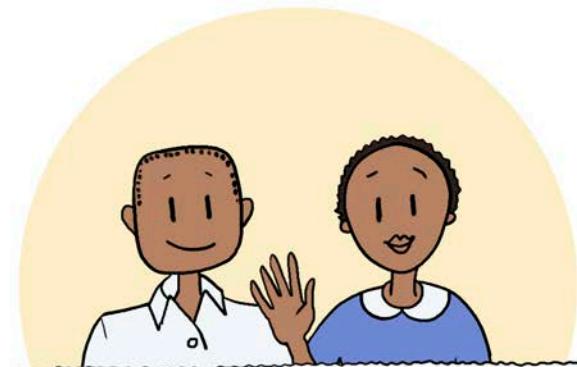
IMVUGO n'ikintu umuntu avuga gishobora kuba ukuri cyangwa ikinyoma.

IMPAMVU Y'IMVUGO ni urufatiro cyangwa icyo umuntu aheraho yemeza imvugo

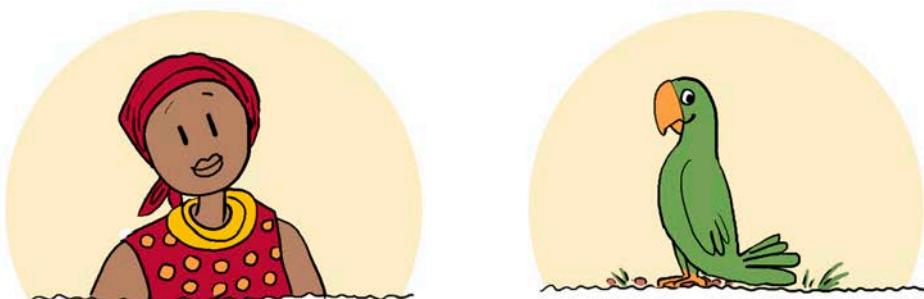
IMVUGO ITIZEWE, n'invugo ifite impamvu mbi

UBUNARARIBONYE bBW'UMUNTU WAKORESHEJE UMUTI ni ikintu cyabaye ku muntu nyuma yo kuwukoresha

ABANTU BAVUGWA MURI IRI SOMO



YOHANA NA YULIYA
YOHANA NA YULIYA NI ABAVANDIMWE



MAMA
Ni mama wa yohana na Yuliya

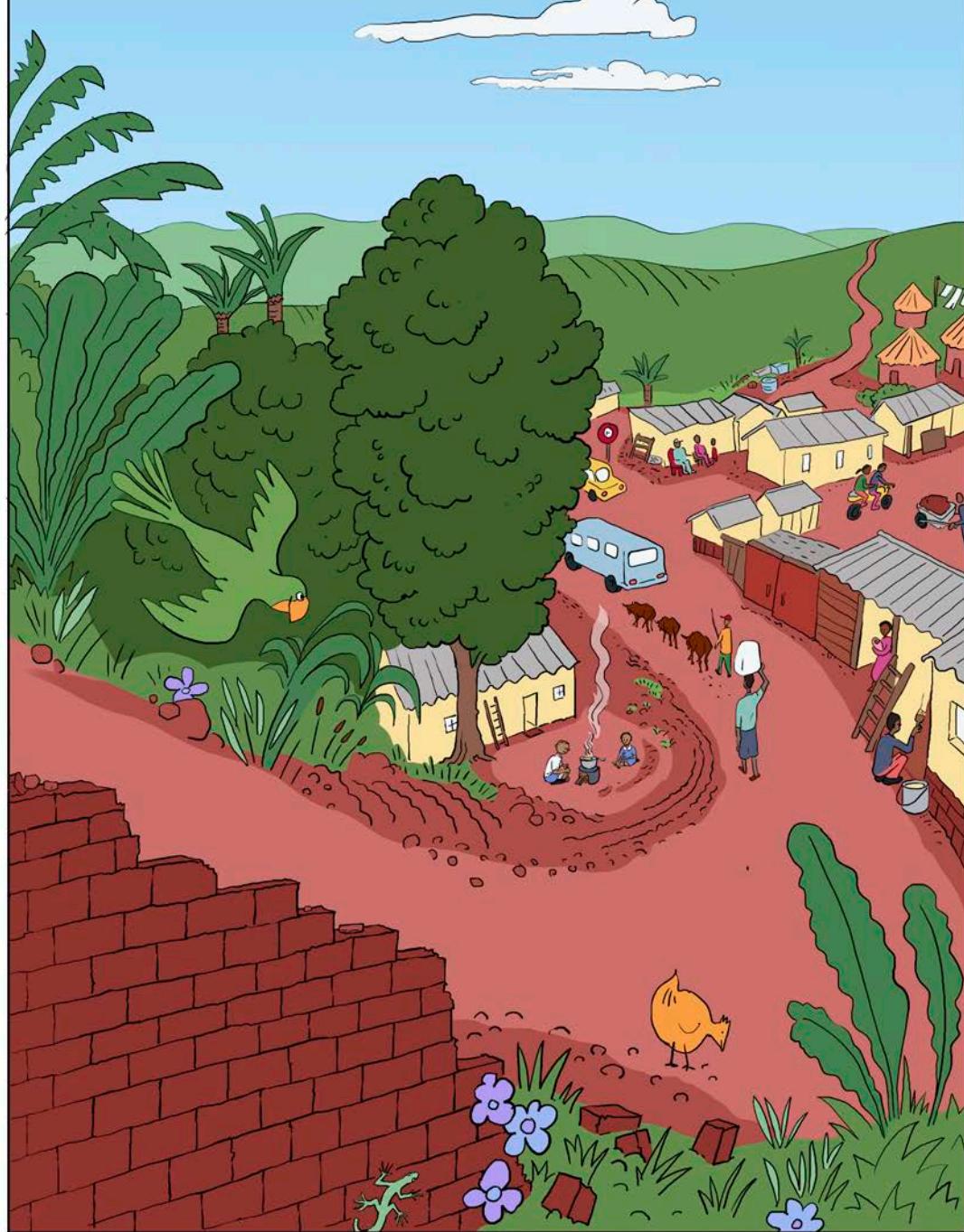
GASUKU
*Gasuku ni inyoni ipfa gusubiramo ibyo
abantu bavuga*

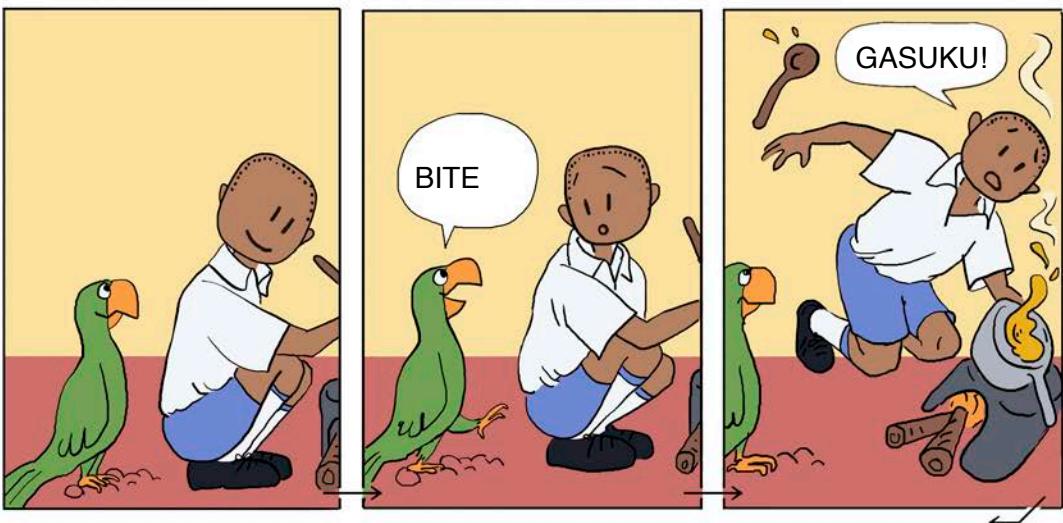


Mwarimu GERERANYA KONIYA na Mwarimu RUTABOGAMA
FRANSISIKO

Mwarimu Gereranya na Mwarimu Rutabogama ni abarimu
n'abashakashatsi mu by'ubuzima muri kaminuza. Ni n'abaganga mu
ivuriro.

UMUDUGUDU W'IWABO WA
YOHANA NA YULIYA

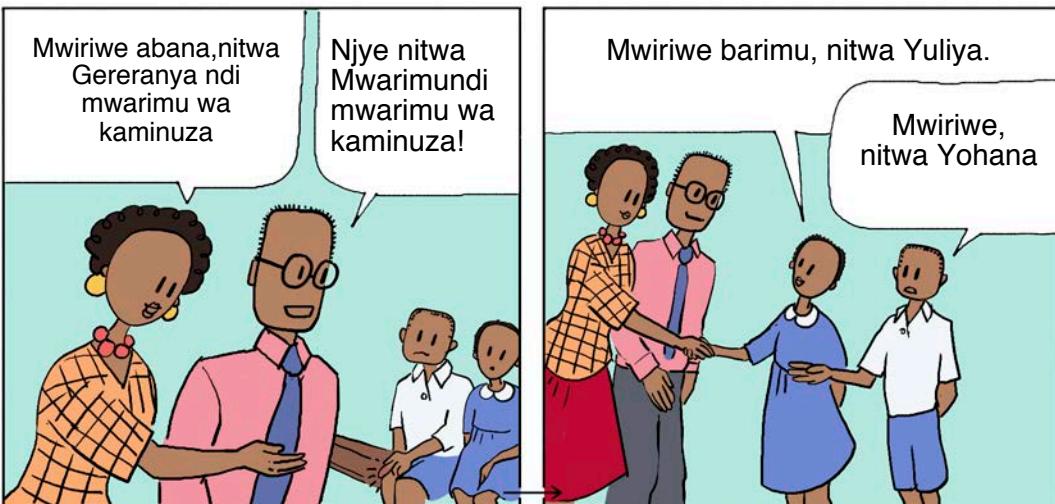








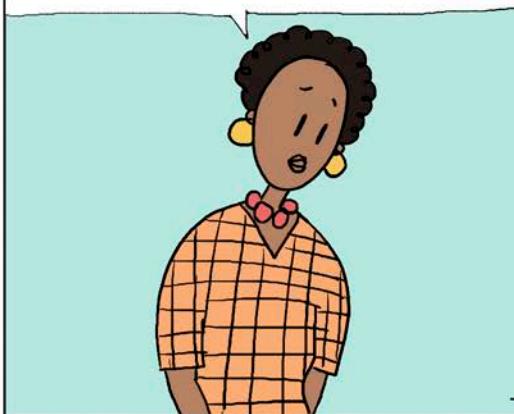
UBWANDU
Ni indwara iterwa n'udukoko dutoya tutaboneshwa amaso



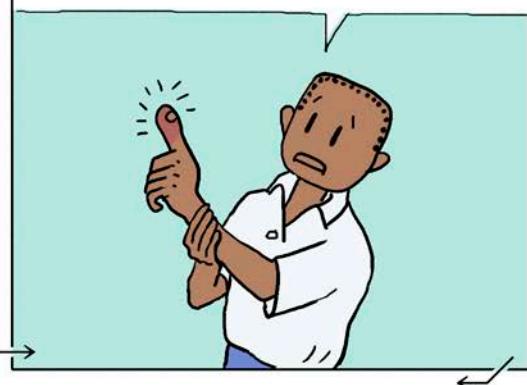
MWARIMU WA KAMINUZA

Ni umwigisha cyangwa umushakashatsi muri kaminuza

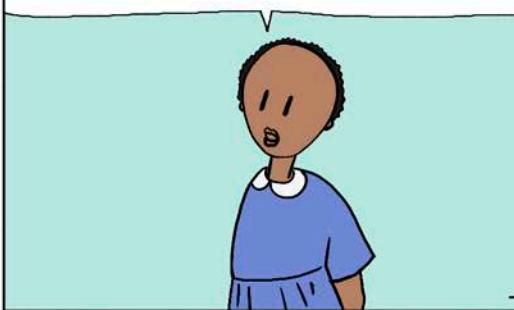
Mumeze neza se Yohana nawe Yuliya?



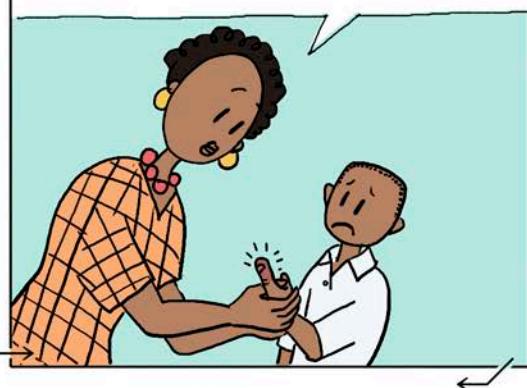
Oya, nashyize amase kuri ubu bushye none hajemo ubwandum



Nyamara inshuti yanje Sara yatubwiye ko yashyize amase ku bushye bwe bugakira! Bituma avuga ko amase avura ubushye



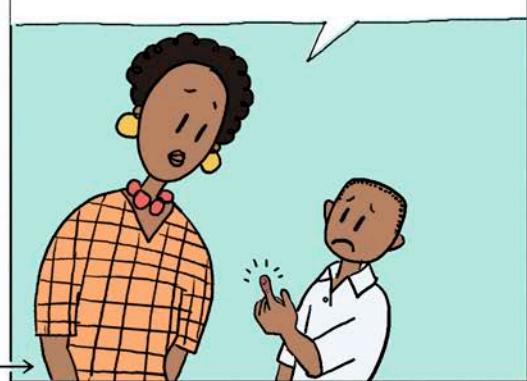
Ibyo sara yavuze ntabwo ari byo. Ubutaha, uzakoresha amazi akonje. Azagabanya ububabare.

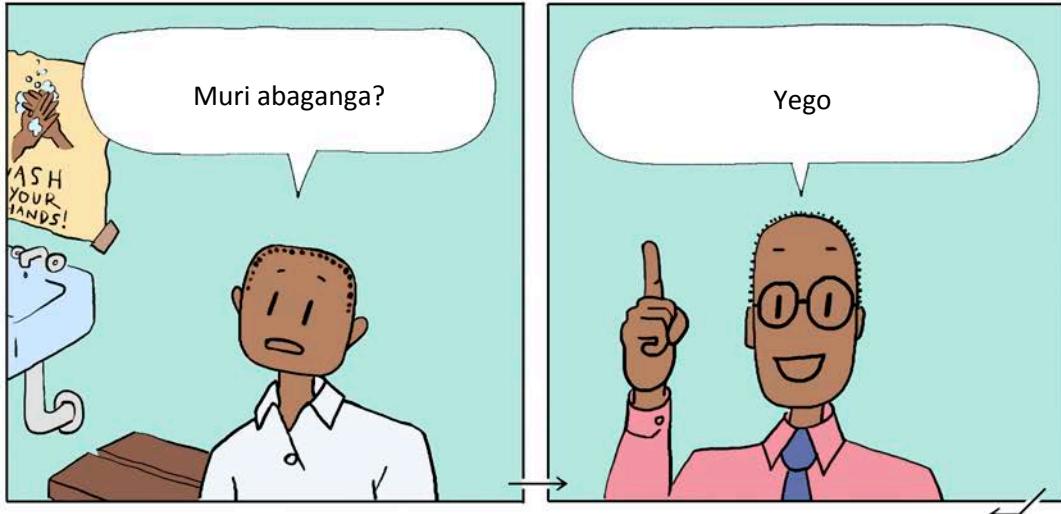


Hanyuma utegereze ubushye buzakira!



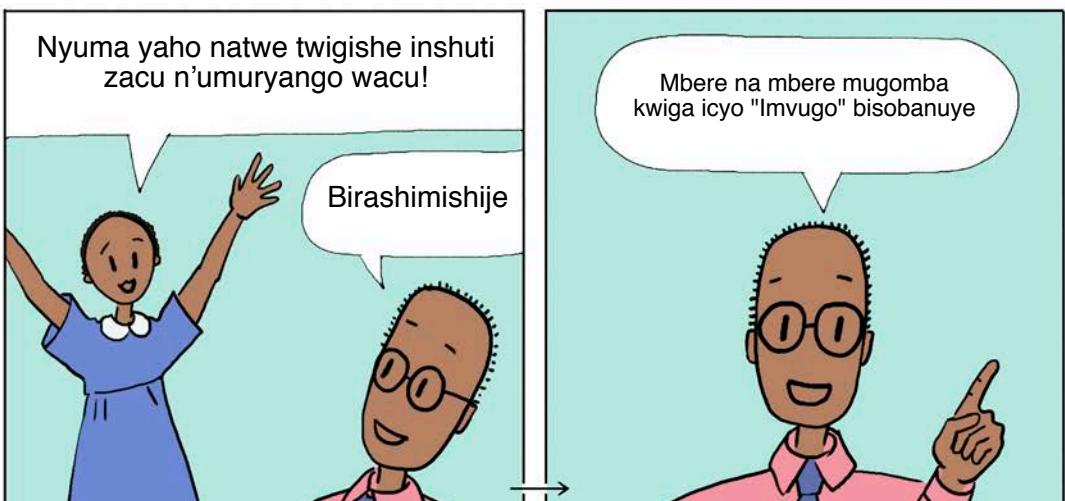
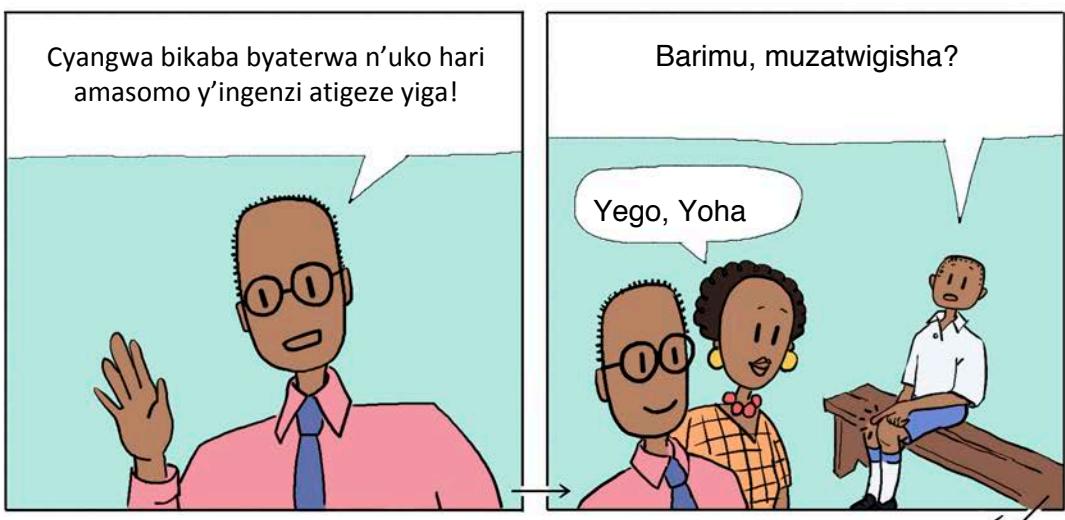
Yohani, ubwandum bwawe ntibukabije. Ujye ugirira isuku urutoki rwave. Ni birushaho kuba bibi uzagaruke kw'ivuriro





UMUSHAKASHATSI MU BY'UBUZIMA

Ni umuntu wigana ubushishozi ibijyanye n'ubuzima kugirango amenye
ibindi byinshi kurushaho





IMVUGO
N'ikintu umuntu avuga gishobora kuba ari ukuri cyangwa Atari ukuri.

Urugero:
Icyo Sarah asobanura nuko amase akiza ubushye, imvugo ye ntiyari ukuri.

IMPAMVU y'imvugo
Ni imvano cyangwa igitera kuvuga imvugo runaka
Amagambo bivuga kimwe:
inkomoko
Urugero:
Rimwe Sara yashyize amase kubushye bwe noneho ubushye bwe burakira. Iyi niyo impamvu ye akavuga ko amase akiza ubushye.
Ni impamvu itariyo.

Yego, ariko iyo ni impamvu mbi
y'invugo ye



Byari bishingiye ku
bunararibinye bwe gusa



Yuliya, ni iki kiba cyarabaye iyo Sara
aba atarashyize amase ku bushye bwe?



Birashoboka ko ubushye bwe buba
bwarakize n'iyo adashyiraho amase?



Ibyo biragaragaza ko ibyabaye ku
muntu amaze gufata umuti atari
ishingiro nyaryo ryo kwemeza
ingaruka z' uwo muti



Ntitwamenya neza icyari kuba iyo
badakoresha umuti!



Iyo impamvu y'имвого ари мби, убво
ибыо бемеza ntibiba byizewe. Hari
n'изindi mpamvu mbi abantu
bashingiraho bemeza ingaruka
z'umuti

Igihe wumvise imvugo ugomba buri
gihe kubaza:ni iyihе mpamvu yiyo
mvugo? Ukanabaza niba аri
impamvu nziza cyangwa mbi



Nuramuka
wumvise izindi
mvugo izo аri zo
zose ku
miti,uzashake
akantu
ubyandikeho....

Tuzazikoresha tubigisha
mu cyumweru gitaha!
Tuzaza gusura ishuri
ryanyu



IMVUGO ITIZEWE, n'imvugo ifite
impamvu mbi

UBUNARARIBONYE bw'umuntu
wakoreshеje umuti ni ikintu
cyabaye ku muntu nyuma yo
kuwukoresha

IZINDI NGERO

Izi ni izindi ngero ziyongera kubyo wize muri iri somo

Izindi ngero zigaragaza ko ibyabaye ku muntu nyuma yo gukoresha umuti atari impamvu y'ukuri mu kwemeza ingaruka z'uwo muti

Urundi rugero rwa 1:

Imvugo ya Remo: nari mfite ibicurane. Nanyweye ikirahuri cy'umutobe. Umunsi ukurikira ibicurane byarakize! Ubwo rero, kunywa umutobe bivura ibicurane.

Umuti: kunywa umutobe

Ingaruka: kuvura ibicurane

Impamvu y'imvugo: ubuhamya bwa Remo bwo gukira ibicurane nyuma yo kunywa umutobe.

Ibisobanuro: Impamvu ya Remo ni mbi, rero imvugo ye nta mpamvu ifite. Birashoboka ko ibicurane bye byari gukira atananyweye umutobe.

Urundi rugero rwa 2:

Imvugo ya Morini: naguze inkweto nshya mu cyumweru gishize. Nazambaye igihe nakinaga umupira ejo hashize. Narirukanse nsiga abandi! Inkweto nshya zatumye niruka cyane!

Umuti: kwambara inkweto nshya.

Ingaruka: kwiruka cyane

Impamvu y'imvugo: ubuhamya bwa Morini ukuntu yirutse agasiga bandi bakobwa igihe yari yambaye inkweto nshya.

Ibisobanuro: Impamvu ya Morini y'imvugo ye ni mbi, rero imvugo ye nta shingiro ifite. Birashoboka ko yari kwiruka cyane kurusha abandi bakobwa atambaye inkweto nshya. Nk'urugero, birashoboka ko abandi bakobwa bari bananiwe cg abazi kwiruka cyane batarakinnye.

Umukoro

Imvugo



Amabwiriza

Intego: Gushobora kumenya igihe cyose umuntu yemeza ibintu birebana n' ingaruka y' umuti.

Mwarimu afite inkuru.

Intambwe ya 1: mwarimu atangira gusoma inkuru

Intambwe ya 2: igihe cyose umuntu uvugwa mu nkuru agaragaza imvugo ku ngaruka z'umuti, abana bagomba guhaguruka bakavuga cyane ngo "imvugo".

Intambwe ya 3: mwarimu abaze abana gusobanura impamvu batekereza ko umuntu wo mu nkuru yagaragazaga imvugo runaka ku ngaruka z'umuti.

Intambwe ya 4:mwarimu akomeze asome inkuru.

Hari urugero ku rupapuro rukurikira.

Umukoro

Imvugo



Urugero:

Mwarimu: Yohana na Yuliya barimo gukina n'inshuti zabo umupira w'amaguru....Yohana agwa kw'ibuye maze acika igisebe ku kaguru... Arituru, umwe mu nshuti zabo abwira Yohana ko gushyira icyondo ku gisebe bituma gikira vuba...

Abana: "IMVUGO!"

Mwarimu: "muravuga ukuri! Noneho,kuki ibi byari imvugo ku ngaruka z'umuti?"

Umwana: "kubera ko gushyira icyondo ku mvune ari umuti! Naho gukira imvune ari ingaruka!"

Mwarimu: "Nibyo! Usubije neza!"

UMWITOZO WA 1

Andika icyo amagambo asobanura. Wibuke ko ibisobanuro by'amagambo biri ku musozo w' iki gitabo.

URUGERO:"ubuzima"bwawe ni iki?

Ubuzima bwawe ni uburyo umubiri wawe n'imatekerereze yawe bimeze neza

1. "Imvugo" ni iki?

2. "Impamvu y'imvugo" ni iki?

3. "Imvugo itizewe" ni iki?

4. "Icyabaye ku muntu wakoresheje umuti runaka"bivuze iki?

Umwitoto wa 2

Andika ugaragaze niba ibi bikurikira ari imvugo cyangwa icyabaye ku muntu

Urugero:

Sara yashyize amase ku bushye hanyuma burakira. Ubwo rero, avuga ko amase avura ubushye.

Icyabaye kuri Sara

Gushyira amase ku bushye, ubushye bugakira

Imvugo ya Sara

Amase avura ubushye

1. Andi avuga ko kurya pome bizagukura amenyo kubera ko umunsi umwe yariye pome agakuka iryinyo.

Icyabaye kuri Andi

Imvugo ya Andi

Umwitoto wa 2

*Mu mpera z' igitabo cy'imyitoto, hari impapuro zateganirijwe
gukusanyirizaho imvugo nk'uko Yohana na Yuliya babikora muri iyi nkuru.*

*Nuramuka wumvise imvuao ku naaruka z' umuti, haba ku ishuri, mu ruao.
Icyabaye kuri Daniyeli*

Imvugo ya Daniyeli

3. Ijoro ryashize, Kirisitina yaryamye amasaha 12! Uyu munsi, niwe
wabaye uwa mbere mw'isiganwa! Ku bw'ibi Kirisitina yabwiye abandi
basiganwa ko kuryama igihe kirekire bizatuma wiruka kurushaho.

Icyabaye kuri Kirisitina

Imvugo ya Kirisitina

UMWITOZO WA 3

Mu mpera z' igitabo cy'imyitoto, hari impapuro zateganirijwe gukusanyirizaho imvugo nk'uko Yohana na Yuliya babikora muri iyi nkuru.

Nuramuka wumvise imvugo ku ngaruka z' umuti, haba ku ishuri, mu rugo, cyangwa ahandi hose, uzajye ubyandika kuri izo mpapuro. Mu isomo rya 9, uzasubiza niba utekereza ko izo mvugo ari ukuri.

Imvugo



*Yohana na Yuliya bariga impamvu mbi abantu
baheraho bemeza imvugo z'ibyerekeye imiti*

3

Izindi mpamvu mbi abantu
baheraho bemeza imvugo
z'ibyerekeye imiti

(Igice cya 1)

Ni iki uziga muri iri somo:

Kuki ibi ari impamvu mbi mu kwemeza imikorere y'imiti?

1. Igihe umuti umaze ukoreshwa cg umubare w'abantu bawukoresheje
2. Ikiguzi cy'umuti cg kuba ari mushya

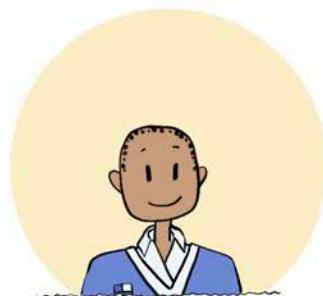
ABANTU BAVUGWA MURI IRI SOMO



*Mwarimu wa kaminuza
GERERANYA*



*mwarimu wa kaminuza
RUTABOGAMA*



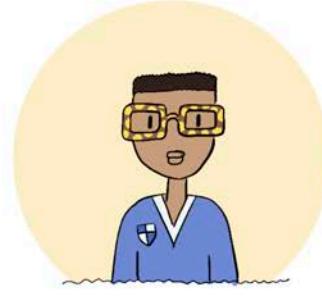
YOHANA



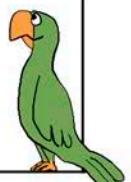
YULIYA

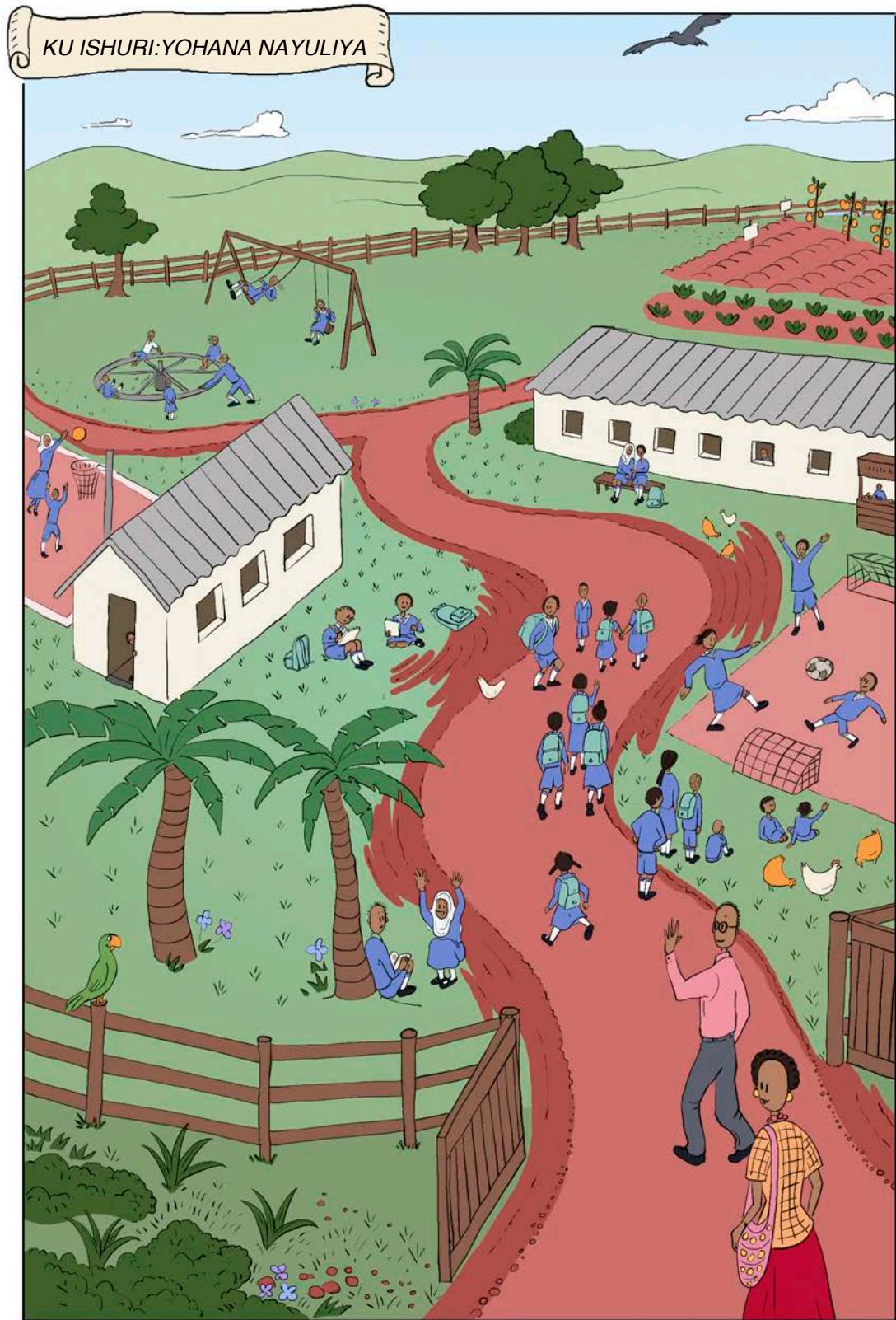


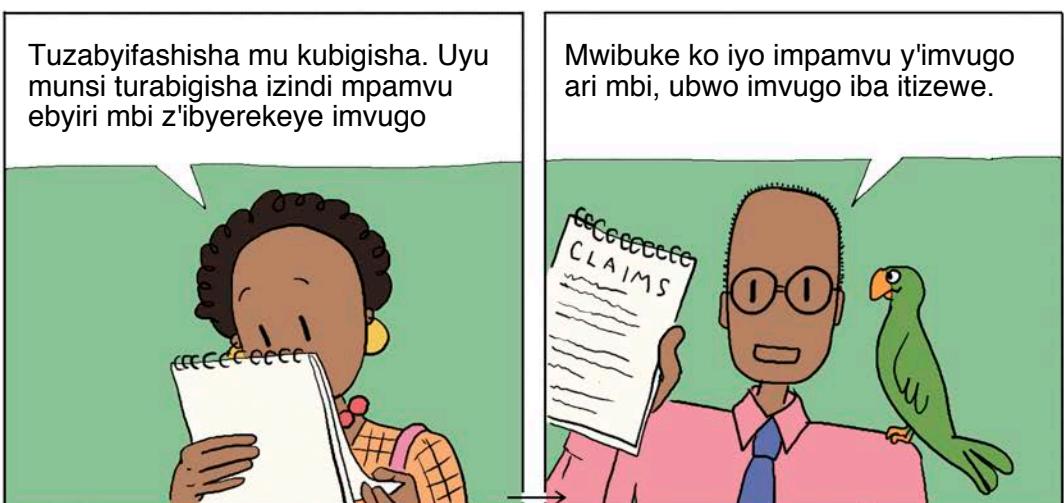
RUSI
*Rusi umwe mu nshuti za Yohana
na Yuliya*

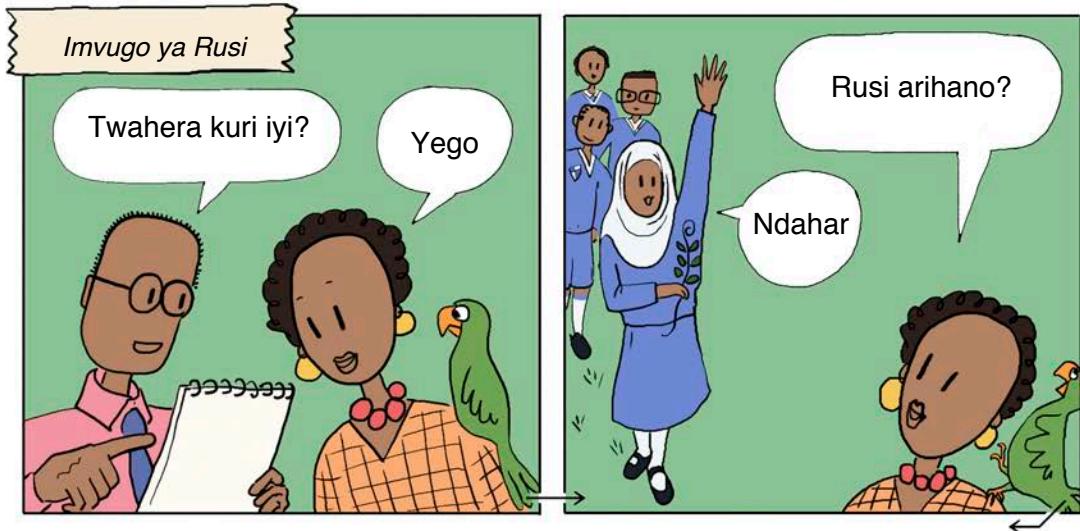


AHUMEDI
*Ahumedi ni umwe mu nshuti za
Yohana na Yuliya*

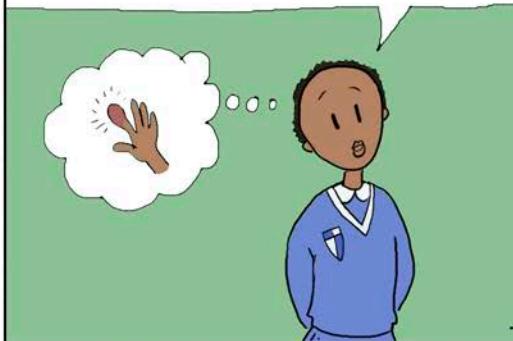








Ariko amase ntiyavuye ubushye
bwa Yohani! Yagize ubwandum!



Ni ukuri!



Rero, igihe abantu bamaze bakoresha umuti ndetse n'umubare w'abantu
bawukoresheje ni'impamvu mbi yo kwemeza imikorere yaho!



Imiti myinshi abantu benshi
bakoresheje igihe kirekire ishobora
kugira izindi ngaruka zitandukanye
n'ibyo bavuga!

Urundi rugero

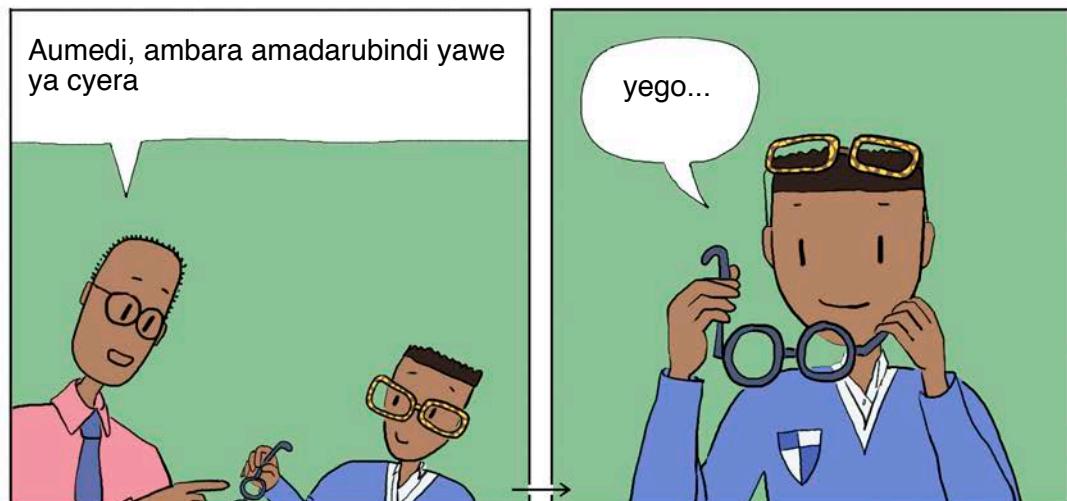
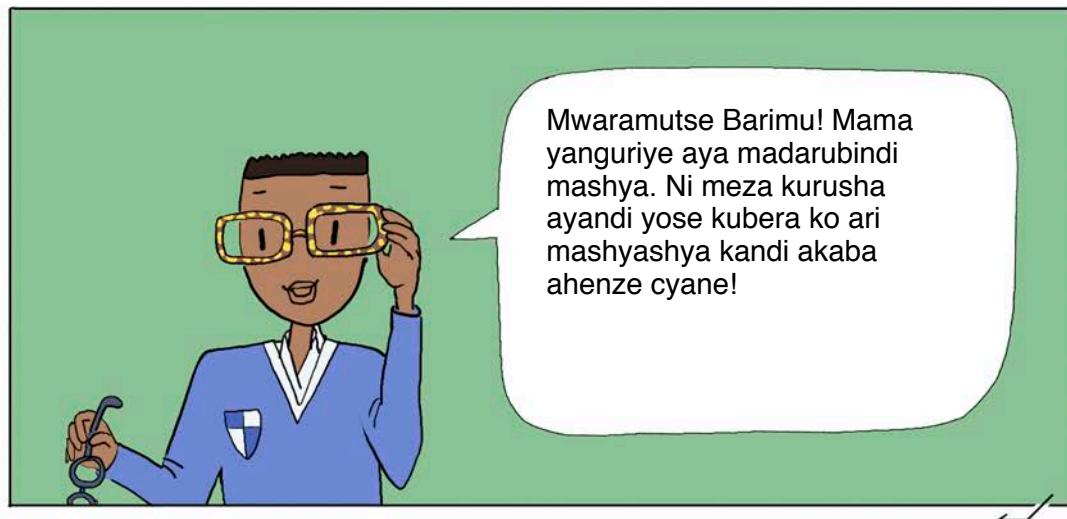
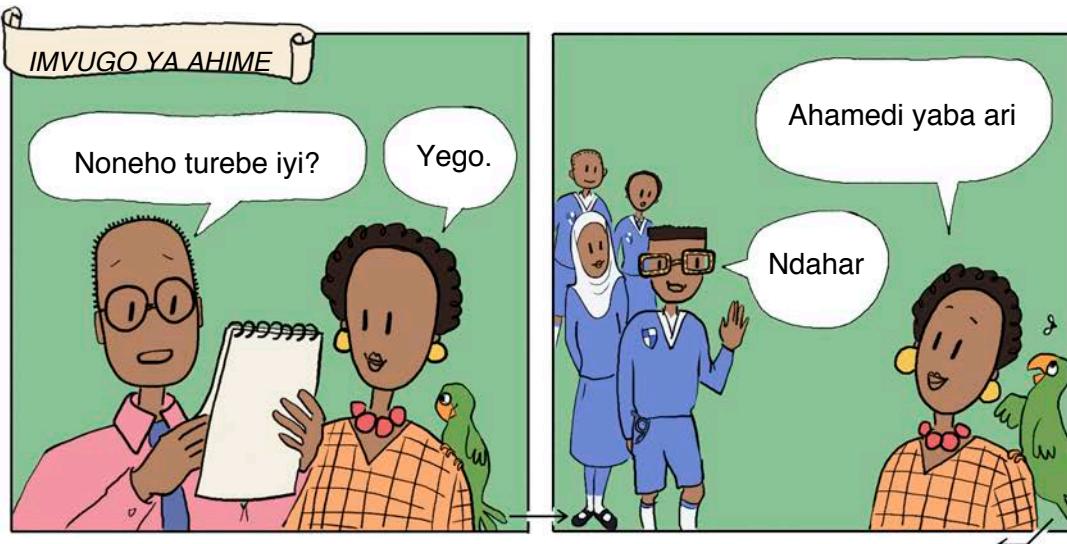
Ilmvugo ya Ronadi: "Kunywa amavuta y'ifi bituma ukomeza kugira ubuzima
bwiza! Ndabizi neza kuko abantu benshi, mu myaka myinshi, banyweye
amavuta y'ifi kugira ngo bakomeze kugira ubuzima bwiza!".

Umuti: Kunywa amavuta y'ifi

Ingaruka: Kugira ubuzima bwiza kurushaho

Impamvu y'lmvugo ya Ronadi: Igihe abantu bamaze bakoresha amavuta y'ifi
n'umubare w'abantu bayakoresheje

Ibisobanuro: Impamvu ya Ronadi ni mbi, niyo mpamvu ibyo yemeza
bitizewe. Birashoboka ko amavuta y'ifi atatuma ubuzima bwawe buba bwiza
kurushaho, n'ubwo abantu bayakoresheje imyaka myinshi.





Urundi rugero

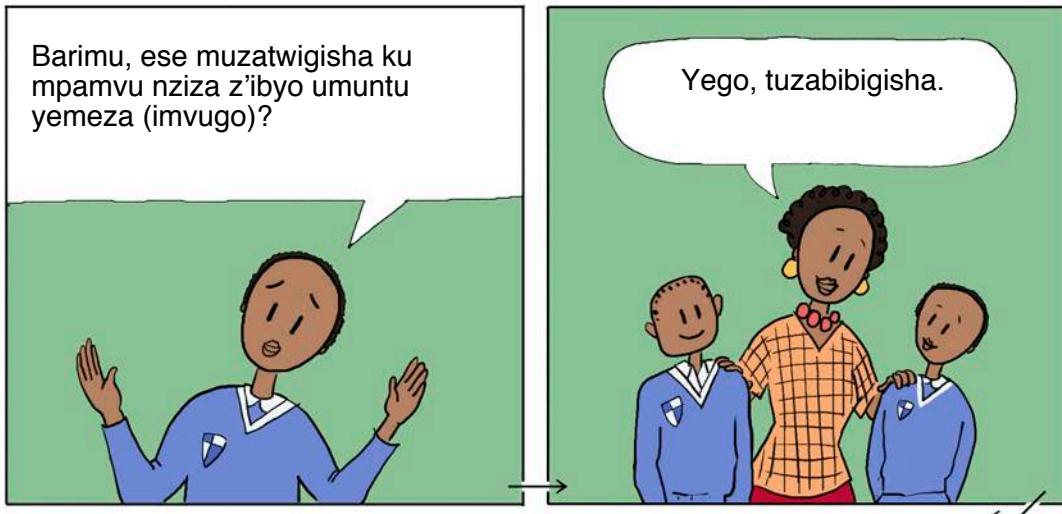
IMVUGO YA ARIYETI: "Isabune yitwa superi ihagarika ubwandum bwinshi kurusha izindi sabune kubera ko ari nshya ku isoko kandi ihenze!"

Umuti: Gukoresha isabune yitwa superi

Ingaruka: Ubwandum bugabanuka

Impamvu y'imvugo ya Ariyete: Kuko isabune ya superi ari nshya kandi ihenze.

Impamvu y'imvugo ya Ariyete ni mbi, nicyo gituma ibyo yemeza bitizewe. Birashoboka ko isabune isanzwe ari nziza nka superi cg ikaba ari nziza kurusha superi.



Muri iki cyumweru muzajye ku isoko mwandike imvugo zose muzumva (ibantu abantu bemeza).



Umukoro



Amabwiriza

Intego: Gusobanura impamvu zitandukanye z'imvugo.

Itsinda rigizwe n'abana bicaranye ku ntebe.

Mwarimu afite urutonde rw'ibyo abantu bemeza(imvugo) ku ngaruka z'imiti

Intambwe ya 1: Mwarimu arasoma imwe mu mvugo abantu bavuga ku mikorere y'umuti.

Intambwe ya 2: Amatsinda araganira ku cyo batekereza ko ari impamvu y'icyo abantu bemeza.

Intambwe ya 3: Mwarimu abaze ati: Ni ayahe matsinda atekereza ko icyo kintu bacyemeje bahereye ku byabaye ku muntu ku giti cye?

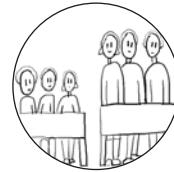
Intambwe ya 4: Amatsinda atekereza ko icyo kintu bacyemeje bahereye ku byabaye ku muntu ku giti cye ahaguruke.

Intambwe ya 5: Amatsinda yose yongere yicare

Intambwe ya 6: Mwarimu abaze ati: Ni ayahe matsinda atekereza ko igihe umuti umaze ukoreshwya cyangwa umubare w'abantu bawukoresheje ari yo mpamvu yo kwemeza imikorere yawo (imvugo).

Amabwiriza yandi (birakomeza....)

Umukoro



Intambwe ya 7: Hahaguruke amatsinda atekereza ko igithe umuti umaze ukoreshwa cyangwa umubare w'abantu bawukoresheje ari yompamvu yo kwemeza imikorere yawo

Intambwe ya 8: Amatsinda yose yongere yicare

Intambwe ya 9: Mwarimu abaze ati: Ni ayahe matsinda atekereza ko ikiguzi cy'umuti cyangwa kuba ari mushya ari yo mpamvu yo kwemeza imikorere yawo?

Intambwe ya 10: Hahaguruke gusa amatsinda atekereza ko ikiguzi cy'umuti cyangwa kuba ari mushya ari yo mpamvu yo kwemeza imikorere yawo

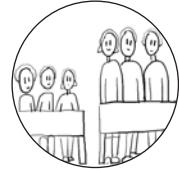
Intambwe ya 11: Amatsinda yose yongere yicare

Intambwe ya 12: Mwarimu asabe abana gusobanura ibisubizo byabo

Intambwe ya 13: Abana batere urutoki kugira ngo basobanure ibisubizo byabo

Hari urugero ku rupapuro rukurikira

Umukoro



Urugero:

Mwarimu: "Papa wa Joriji buri gihe agura amazi kuri depo. Joriji avuga ko kunywa amazi aguzwe kuri depo ari byiza kurusha kunywa amazi yandi yose kubera ko ahenze."

Amatsinda abiganireho.

Mwarimu: "Ni inde utekereza ko icyabaye ku muntu ku giti cye ari yo mpamvu y'ibyo Joriji yemeza?"

Amatsinda abitekereza atyo ahaguruke.

Mwarimu: Ni nde utekereza ko igihe umuti umaze ukoreshwa n'umubare w'abantu bawukoresheje ari byo shingiro ry'ibyo Joriji yemeza?
Amatsinda abitekereza atyo ahaguruke

Mwarimu: "Ni inde utekereza ko ikiguzi cy'umuti cyangwa kuba ari mushya aribyo shingiro ry'ibyo Joriji yemeza?"

Amatsinda abitekereza atyo ahaguruke

Mwarimu: "Mushobora gusobanura ibisubizo byanyu?"

Umwana: "Ikiguzi cy'umuti nicyo cyabaye imamvu y'imvugo ya Joriji! Joriji yavuze ko ayo mazi ahenze!"

Mwarimu: "Nibyo! Iyo ni mpamvu mbi yo kwemeza ibyo! Biravuga ko ibyo yemeza bitizewe! Birashoboka ko amazi yo muri depo ashobora guhenda ariko adafite icyo arusha andi mazi meza yose!"

Umwitoto wa 1

Kosora ahabugenewe ukurikije ko igitekerezo ari ukuri cyangwa atari

Urugero:

Ubunararibonye bw'umuntu mu gukoresha umuti runaka n'impamvu nziza yo kwemeza imikorere yawo.

nibyo sibyo

1. Iyo abantu bamaze igithe kirekire bemeza ikintu kimwe, akensi kiba ari

nibyo sibyo

2. Iyo abantu bamaze imyaka myinshi bemeza ikintu kimwe, rimwe narim

nibyo sibyo

3. Iyo ibihumbi by'abantu bemeza ikintu kimwe, baba bari mukuri.

nibyo sibyo

4. Uko umuti urushasho guhenda, ni ko uba ari mwiza kurushaho.

nibyo sibyo

5. Imiti mishyashya rimwe na rimwe ishobora kuba ari mibi kurusha isanze

nibyo sibyo

Umwitoto wa 2

Andika impamvu izi mvugo zikurikira zitizewe

Urugero:

Sara yashyize amase ku bushye hanyuma ubushye burakira. Nicyo gituma yemeza ko amase avura ubushye.

Imvugo ye ntiyizewe kubera ko:

Bishingiye gusa ku byabaye kuri Sara ku giti cye. Birashoboka ko ubushye bwa Sara bwari gukira n'yo adashyiraho amase.

1. Igihe kimwe, ubwo Mikayile yahindaga umuriro, yiyuhagiye amazi akonje. Nyuma y'isaha imwe gusa ,umuriro hafi ya wose wari washize. None ubu Mikayile avuga ko kwiyuhagira amazi akonje bivura umuriro.

Imvugo ye ntiyizewe kubera ko:

2. Hari ubwoko butandukanye bw'ikawa mu iduka. Mbabazi aguze ihenze kurusha izindi. Aravuga ko ariyo nziza ku buzima kubera ko ihenze.

Imvugo ye ntiyizewe kubera ko:



*Yohana na Yuliya bariga impamvu mbi abantu
baheraho bemeza imvugo z'ibeyrekeye imiti*



4

Izindi mpamvu mbi abantu baheraho bemeza uko imiti ikora (igice cya 2)

Ni iki uziga muri iri somo:

Kuki ibi ari impamvu mbi mu kwemeza imvugo z'ibeyrekeye imikorere y'imiti:

1. Ngo umuntu ugurisha umuti runaka hari icyo yawuvuzeho
2. Ngo inzobere yagize icyo ivuga ku muti

Ijambo ry'ingenzi muri iri somo:

Inzobere; ni umuntu uzi ibintu byinshi ku kintu.

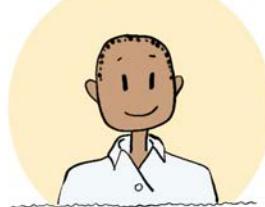
Abantu baboneka muri iri somo



Mwarimu wa kaminuza
GERERANYA



Mwarimu wa kaminuza
RUTABOGAMA



YOHANI



YULIYA



BWANA MWAKA



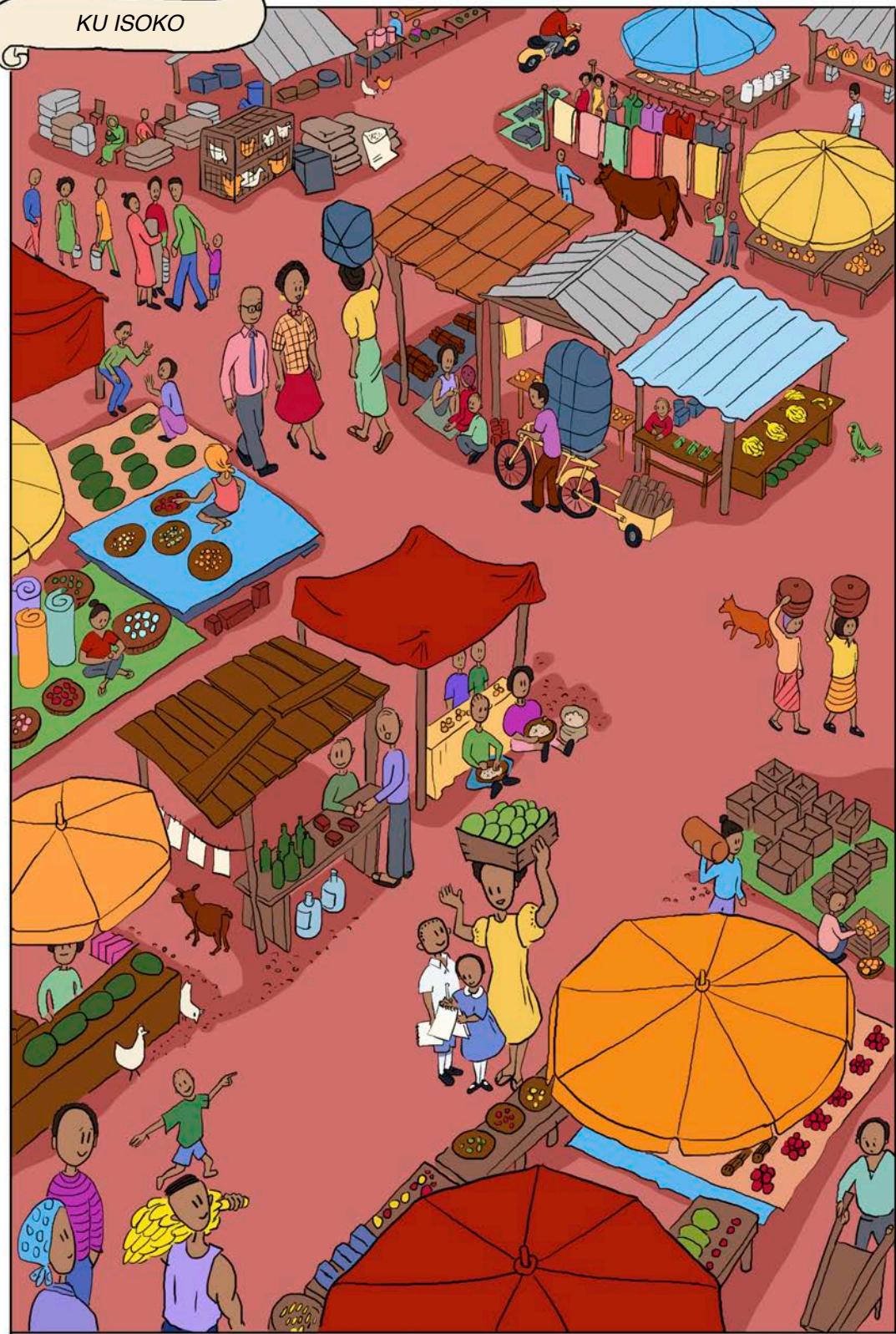
MADAMU NYIRANTAMA

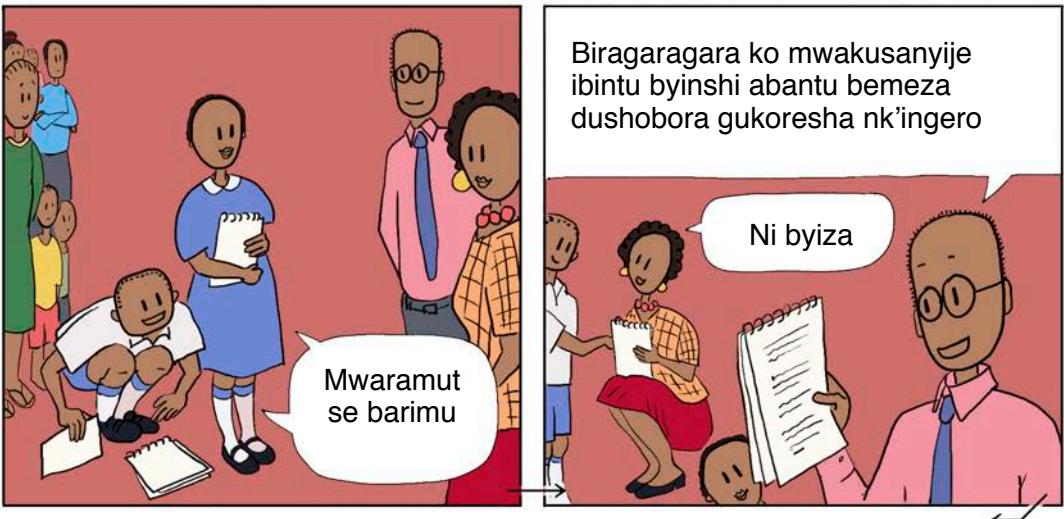
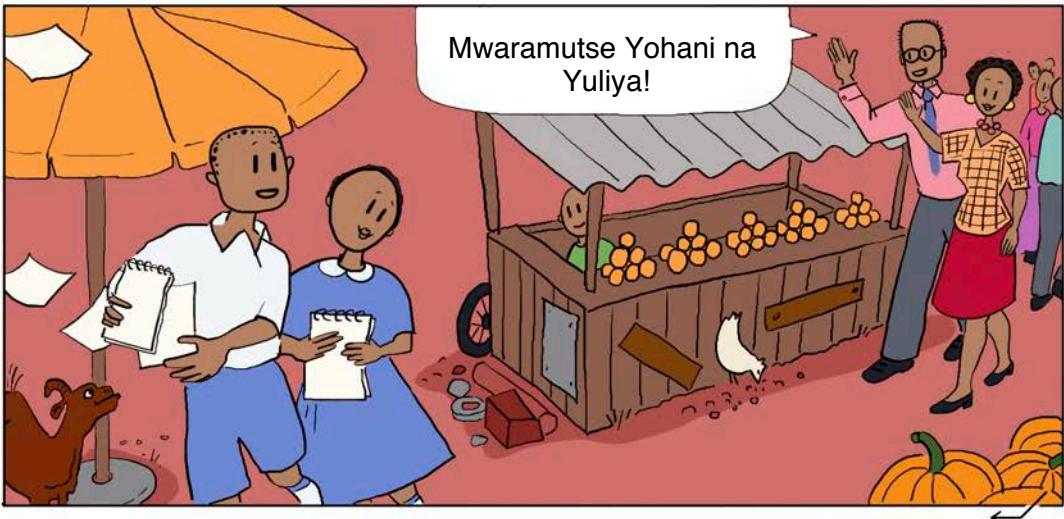


MADAMU MUKAMANA

Aba ni abantu bafite umutima mwiza, Yohani na Yuliya bahuriye nabo ku isoko.
Bose bagiye bagura imiti itandukanye.

KU ISOKO





Ibyo Mwaka na Nyirantama bemeza

Dukoreshi iyi

Nibyiza

Bwana Mwaka na Madamu Nyirantama bari hano?



Mwaramutse barimu! Nitwa Mwaka.
Nk'uko nibwiye Yohani na Yuliya.
Imineke ni myiza ku buzima kurusha
imyembe. Umugore twaguze iyi
mineke niko yavuze!

Oya! Barimu! Nitwa Nyirantama.
Imyembe ni myiza ku buzima
kurusha imineke! Umugabo twaguze
iyi myembe niko yavuze!



Bwana Mwaka, abantu bizeye ko
imineke ari myiza ku buzima,
uratekereza ko uwo mugore
yagurisha imineke myinshi?

Nawe madamu Nyirantama , abantu
bizeye ko imyembe ari myiza ku
buzima, uratekereza ko uwo mugabo
yagurisha imyembe myinshi?



abantu bensi baramutse bizeye
ubo mugabo ucuruza imineke,
yabona amafaranga menshi.

abantu bensi baramutse bizeye
ubo mugore ucuruza imyembe,
yabona amafaranga menshi..



Birashoboka ko ariyo mpamvu

Birumvikana rero ko, icyo umuntu
avuga ku muti agurisha
ar'impamvu mbi yo kwemeza
ingaruka zaho.

Umuntu ashobora kuba yemeza
ibyo bintu kugira ngo yibonere
amafaranga menshi!



Urundi rugero:

Ibyo madamu Shenge avuga "Aya mavuta ava mu nzoka avura uburwayi
ubwo aribwo bwose kubera ko umuntu ugurisha aya mavuta ariko yabivuze
kuri radiyo!"

Umuti: Gukoresha amavuta ava mu inzoka

Ingaruka: kuvura uburwayi

Impamvu: Icyo umuntu ugurisha amavuta y'inzoka yavugije kuri radiyo.
Ibisobanuro: impamvu y'ibyo Shenge yemeza ni mbi, nicyo gituma ibyo
yemeza bitakwizerwa. Birashoboka ko umuntu ugurisha amavuta ava mu
nzoka avuga ko avura uburwayi ubwo aribwo bwose kubera ko abantu
baramutse babyizeye yakwinjiza amafaranga menshi.

Imvugo ya Mukamana

Reka dusoreze kuri iki

Yego.

Mukamana arahari?

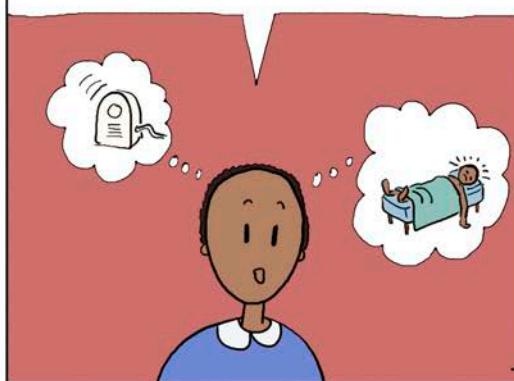
Ndahari!

Mwaramutse, Barimu! Aka kamashini gato gakoreshwa n'amashanyarazi gafite urusaku rwirukana imibu. Gatuma utarwara malariya! Ndabizi neza kuko nabibwiwe n'inzobere! Iyo nzobere izi byinshi ku mibu!

INZOBERE

Ni umuntu uzi byinshi ku kintu runaka.

Ariko ako kamashini nanjye
naragakoresheje, ndwara Malariya



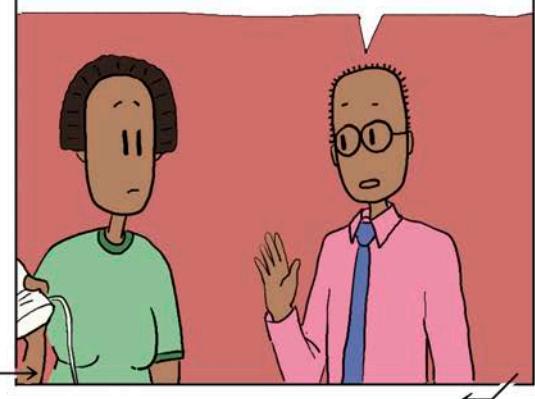
Ni ukuri?!



Madamu Mukamana, inzobere
zishobora kwibeshya ku miti.



Yego, iyo impamvu y'имвugo y'
inzobere ari mbi,имвugo iba itizewe



Urundi rugero

Icyo Bwana Piyo yemeza : "Iyo unyweye iki cyayi cy'ibyatsi, kikuvura
uburibwe bw'imitsi! Inzobere mu bimera yarabimbwiye! Yavuze ko abantu
benshi banywa icyayi cy'ibyatsi bagirango bivure uburibwe bw'imitsi"

Umuti: Kunywa icyayi cy'ibyatsi

Ingaruka: Kugabanya uburibwe bw'imitsi

Impamvu y'ibyo Piyo yemeza: Icyo inzobere yavuze kuri icyo cyayi

Ibisobanuro: impamvu y'ibyo Piyo yemeza ni mbi. Bityo rero ibyo yemeza
ntibiyizewe. Bishingiye gusa ku cyo inzobere mu by'ibimera yavuze, kandi
birashoboka ko yakwibeshya. Ibyo iyo nzobere mu bimera yemeza bishingiye
gusa ku mubare w'abakoresheje uwo muti, kandi iyo mpamvu ni mbi.

Ariko barimu, namwe muri inzobere!
Muzi byinshi byerekeye ubuzima

Ese ibyo muvuga byaba
bitizewe?

Yego, birashoboka!

Ntabwo uwemeza ikintu ari we
w'ingenzi...

Icy'ingenzi n'icyo
bishingiyeho (impamvu)!

Nk'urugero ibyo inzobere zemeza biba bitizewe
yo bishingiyeho gusa:

Ko uwo muti ari mushya

Ku kiguzi cyawo,

Ku gihe umuti umaze ukoresha,

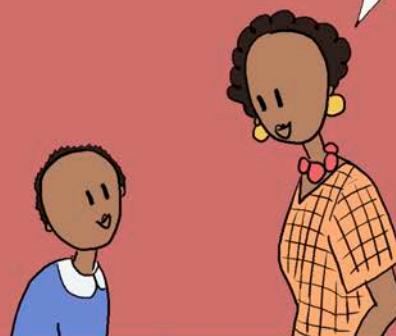
Cyangwa ku byawuvuzweho
n'umuntu uwucuruza.

Umubare w'abantu bawukoresheje

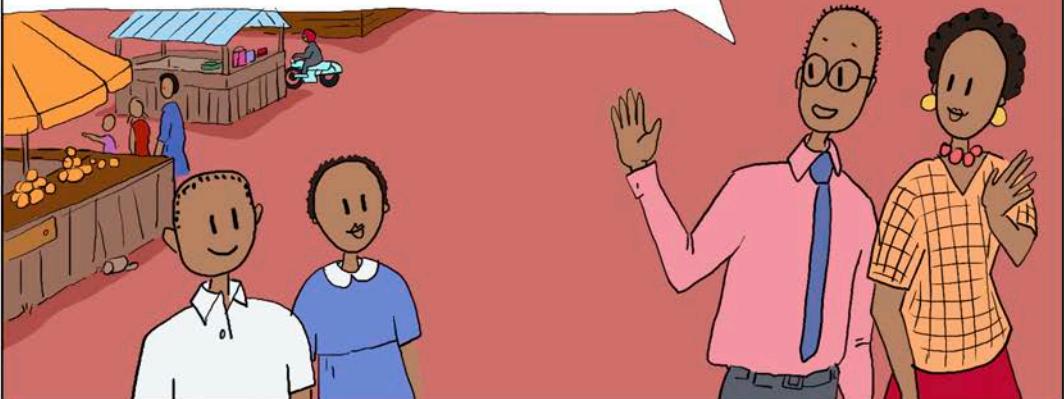
None se Barimu, ni iyihe mpamvu nziza y'ivugzo z'ibyerekeye imiti?! Ni ryari ibyo bavuga biba byizewe?!

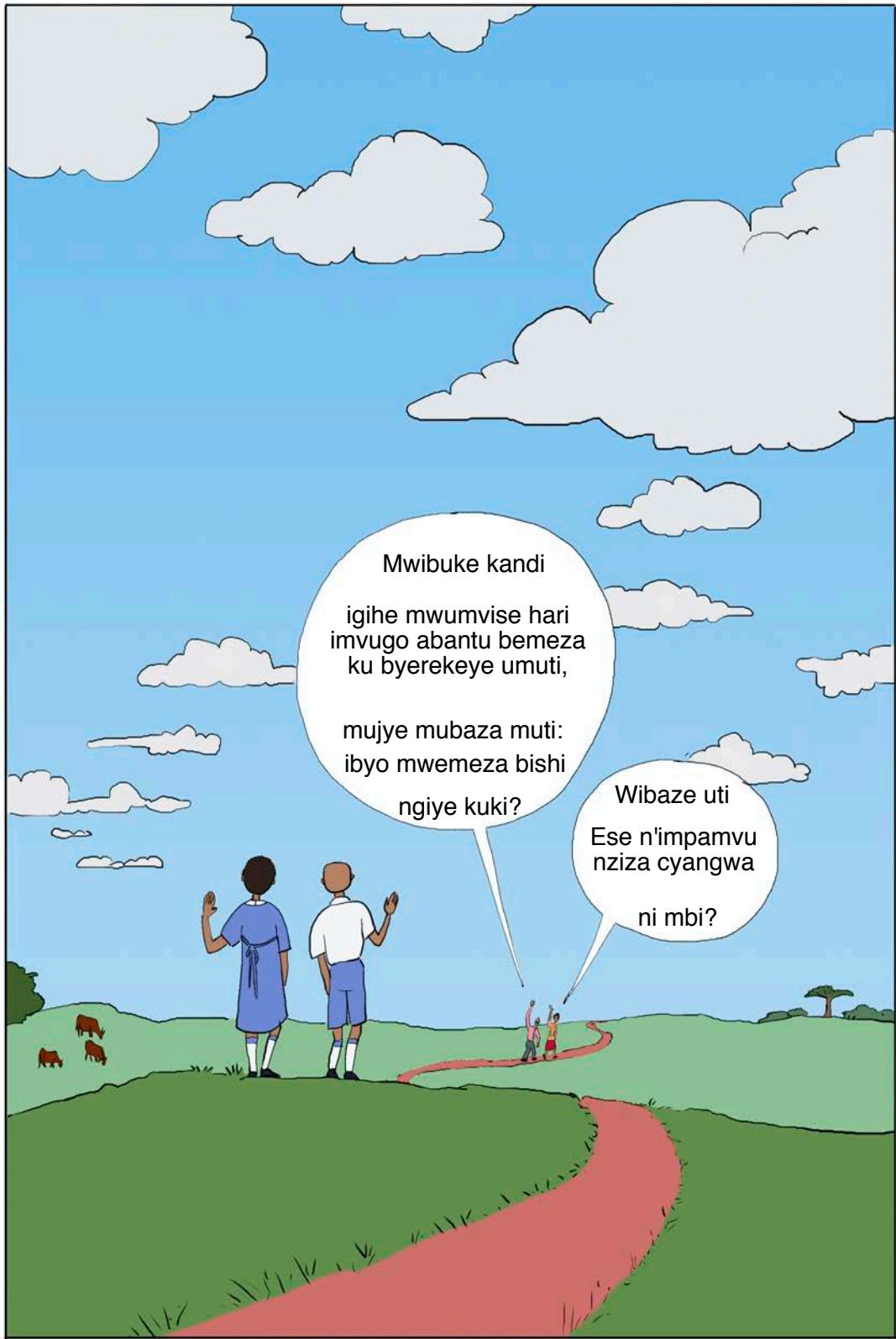


Tuzatangira kubibigisha kuri ibyo mu cyumweru



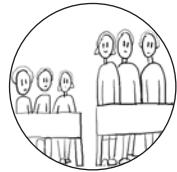
Muzaze gusura ibiro byacu kuri kaminuza!





Umukoro

Amabwiriza



Intego: Gusobanura impamvu z'lmvugo zitandukanye

Uyu mwitozo ni kimwe nuwo mw'isomo rya 3, uretse ko amatsinda agomba guhitamo hagati y'impamvu eshanu abantu baheraho bemeza uko imiti ikora.

Itsinda rigizwe n'abana bicaranye ku ntebe.

Mwarimu afite urutonde rw'ibyo abantu bavuga ku mikorere y'imti.

Intambwe ya 1: Mwarimu arasoma kimwe mu byo abantu bavuga ku ngaruka z'imti.

Intambwe ya 2: Amatsinda aganire ku cyo abantu bashingiraho bavuga ibyerekeye imiti.

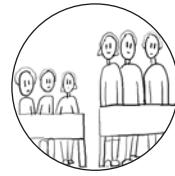
Intambwe ya 3: Mwarimu abaze amatsinda icyo batekereza cyaba impamvu y'ibyo abantu bavuga ku byerekeye imiti.

Intambwe ya 4: Amatsinda ahaguruke atange igisubizo cyayo hanyuma yongere yicare, nko mu mwitozo w'isomo rya 3.

Intambwe ya 5: Abana batere urutoki kugira ngo basobanure ibisubizo byabo.

Hari urugero ku rupapuro rukurikira

Umukoro



Urugero:

Mwarimu: "Umutoza w'ikipe y'umupira w'amaguru Marigarita akinamo azi byinshi ku mupira w'amaguru n'imyitozo. Marigarita avuga ko kunanura ingingo mu gihe kingana n'igice cy'isaha nyuma yo gukora siporo bizatuma utazajya uvunika. Arabivuga atyo kubera ko umutoza we niko yavuze. Amatsinda abiganireho

Mwarimu: "Ni bande batekereza ko ibyabaye ku muntu ariyo mpamvu y'ibyo Marigarita avuga?"

Amatsinda abyumva uko ahaguruke

Mwarimu: "Ni bande batekereza ko igihe umuti umaze ukoreshwa n'umubare w'abantu bawukoreshsheje ari byo byari impamvu y'ibyo Marigarita avuga?"

Amatsinda abyumva uko ahaguruke

Mwarimu: "Ni bande batekereza ko ikiguzi cy'umuti cyangwa kuba ari mushyashya ari byo byari impamvu y'ibyo Marigarita avuga?"

Amatsinda abyumva uko ahaguruke

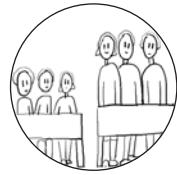
Mwarimu: "Ni bande batekereza ko ibyo umuntu ucuruza umuti awuvugaho ari yo yari impamvu y'ibyo Marigarita avuga?"

Amatsinda abyumva uko ahaguruke

Mwarimu: "Ni bande batekereza ko ibyo inzobere ivuga ku muti ari byo byari impamvu y'ibyo Marigarita avuga?"

Urugero rurakomeza

Umukoro



Amatsinda abyumva uko ahaguruke

Mwarimu: "Mushobora gusobanura ibisubizo byanyu"

Umwana: "Impamvu y'impamvu yari icyo inzobere yavuze ku muti!
Marigarita yavuze ko ibyo yemeza ari byo bitewe n' ibyo umutoza we
yavuze kandi umutoza we ari inzobere!"

Mwarimu: "Nibyo! Ibyo bivuze ko ibyo Marigarita yemeza bitizewe !
Birashoboka ko uriya mutoza we yibeshye!"

Umwitoto wa 1

Shyira akamenyetso ahabugenewe ukurikije ko igitekerezo ari cyo cyangw

Urugero

Iyo umuti ari mushyashya ninako uba ari mwiza kurushaho.

nibyo sibyo

1. Imiti mishyashya rimwe na rimwe iba ari mibi kurusha imiti isanzwe

nibyo sibyo

2. Si inzobere zose zivuga ibantu byizewe buri gihe

nibyo sibyo

3. Iyo ibyo inzobere zivuga bishingiye gusa ku byababayeho, ibyo bavuga biba bitizewe

nibyo sibyo

4. Impamvu y'ibyo abantu bavuga n'ingenzi cyane kurusha umuntu urimo kubivuga

nibyo sibyo

Umwitoto wa 2

Andika impamvu icyo abantu bavuga kitizewe.

Urugero:

Alise arya ibijumba buri munsi. Avuga ko bimutera imbaraga kubera ko abantu benshi babimubwiye.

Icyo avuga ntikizewe kuko:

Impamvu atanga nuko abantu benshi bavuze ko kurya ibijumba buri munsi bitera imbaraga. Iyi n'impamvu mbi y'ibyo avuga.

1. *Kirisitofe yaguze buji. Avuga ko iyo ukoresheje buji, udashobora kurwara malariya. Aravuga ko ari iby'ukuri kubera ko ari ko umucuruzi wa buji yavuze.*

Ibyo avuga ntibyzizewe kuko:



Umwitoto wa 2

2. Yozefina avuga ko kurya isupu bituma ibicurane bikira. Avuga ko ari byo kubera ko inzobere mu guteka yabimubwiye. Iyo nzobere mu guteka izi byinshi ku biribwa.

Ibyo avuga ntibyizewe kuko:

3. Rehema yumvishe umurobyi avuga ko kurya ifi itogosheje ari byiza ku buzima kurusha kurya ifi yokeje. Rehema avuga ko umurobyi ari mu kuri kubera ko azi byinshi ku mafi.

Ibyo avuga ntibyizewe kuko:

Yohani na Yuliya bariga ku IGERERANYA ry'imiti

.....





5

Igereranya ry'imiti

Icyo uziga muri iri somo

1. Kuki abashakashatsi mu by'ubuzima bagomba kugreranya umuti umwe n'undi muti cyangwa umuti umwe no kubireka ntugire umuti unywa.

Amagambo y'ingenzi muri iri somo

- Ibyo abantu bavuga byizewe ni ibifite impamvu nziza.
- Kugreranya imiti ni ukureba itandukaniro hagati y'imiti ibiri cyangwa myinshi.
- Ikibazo cy'ubushakashatsi ni ikibazo abashakashatsi bagerageza gushakira igisubizo.

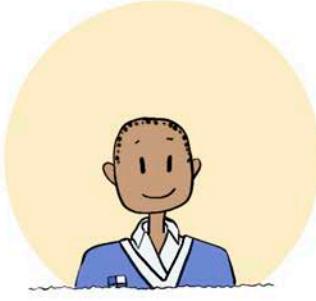
Abantu baboneka muri iri somo



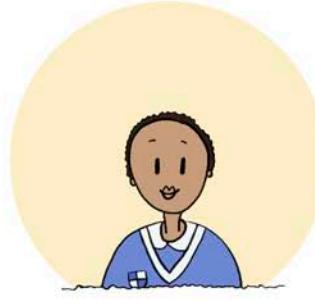
Mwarimu wa kaminuza
Gereranya



Mwarimu wa kaminuza
Rutabogama



Yohani



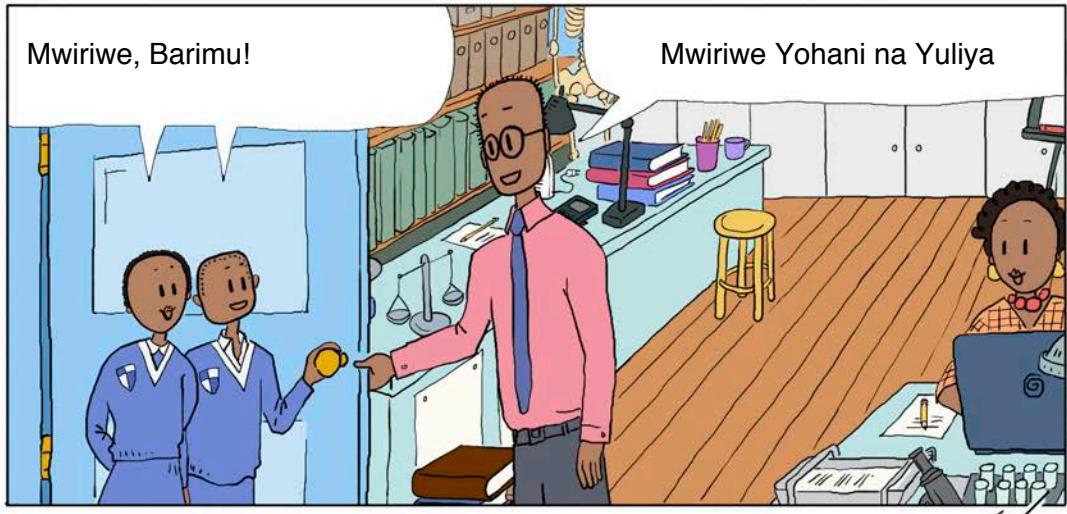
Yuliya

IBIRO BY'ABARIMU BA KAMINU



Mwiriwe, Barimu!

Mwiriwe Yohani na Yuliya



Twiteguye kwiga ku byo abantu
bavuga byizewe

Ni byiza cyane



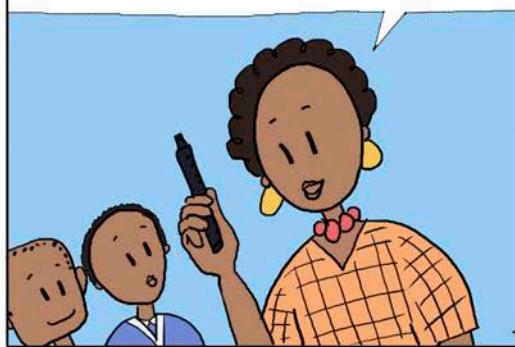
Imvugo YIZEWE

Ni imvugo ifite impamvu nziza

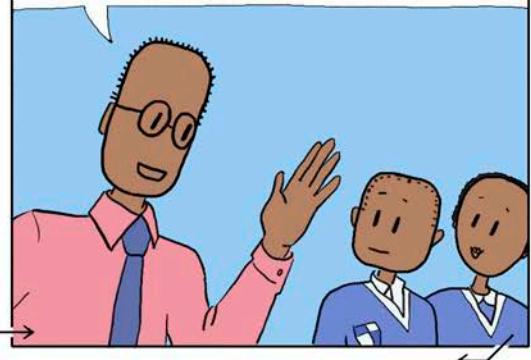


Kugereranya imiti
ni ukureba itandukaniro hagati y'imti ibiri cyangwa myinshi

Ariko mbere na mbere,
abashakashatsi mu by'ubuzima
bafata ibyo abantu bavuga ku muti.



Hanyuma bakabihinduramo ikibazo
bagerageza gushakira igisubizo!



Icyo kibazo bacyita
ikibazo
cy'ubushakashatsi



ikibazo cy'ubushakas

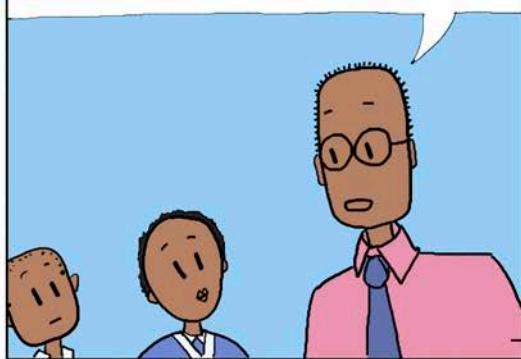
Tuzifashisha urugero
ku bigisha



Ikibazo cy'ubushakashatsi

Ni ikibazo abashakashatsi bagerageza gushakira igisubizo.

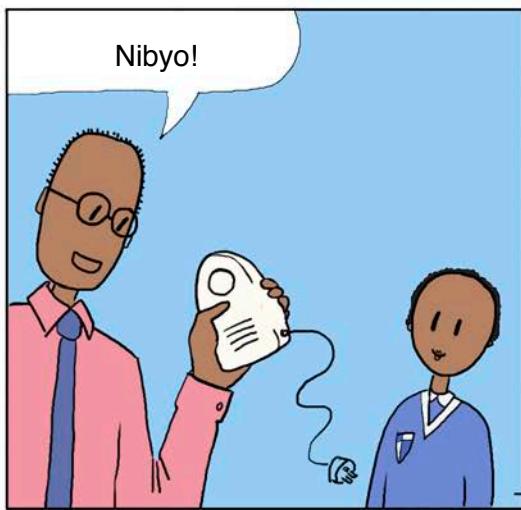
Ese muribuka ibyo Madamu
Mukamana yavugaga ku isoko?



Yego, Mukamana yavugaga ko
akamashini ke karinda umuntu
kurwara malariya!



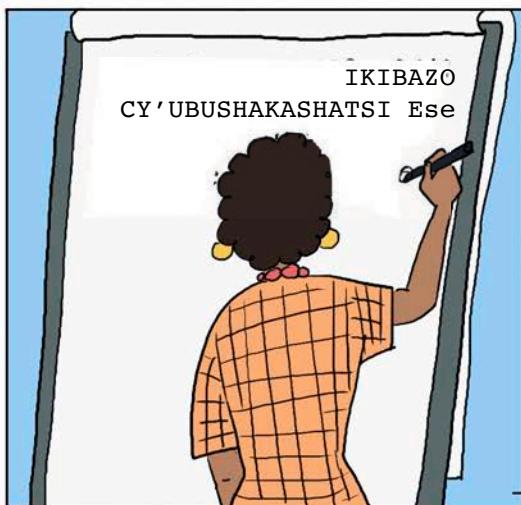
Nibyo!



Ubu rero ibyo yavugaga tugiye
kubihinduramo ikibazo.



IKIBAZO
CY' UBUSHAKASHATSI Ese



IKIBAZO
CY' UBUSHAKASHATSI
Ese gukoresha
akamashini byatuma
abantu batarwara
malaria?



Abashakashatsi mu by'ubuzima bize
gukoresha akamashini gacanye,
ugereranije no kugakoresha
kadacanye.



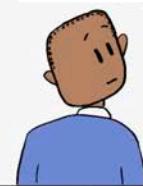
Gukoresha akamashini kadacanye
bisa no kutagakoresha.



IKIBAZO
CY'UBUSHAKASHATSI:
Wavuga ko gukoresha
akamashini birinda
abantu

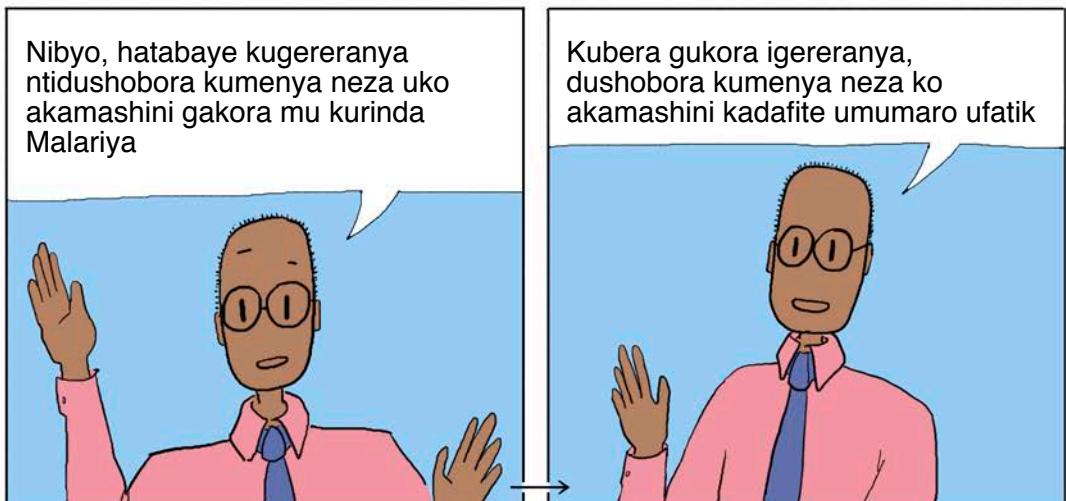


IKIBAZO
CY'UBUSHAKASHATSI:
Wavuga ko gukoresha
akamashini birinda
abantu kurwara malariya
ugereranije no
kutagakoresha?

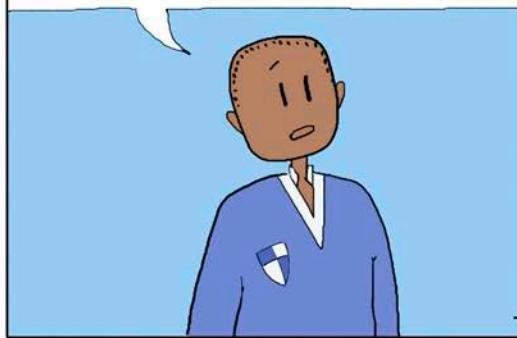


None se ni ukubera iki abashakashatsi mu by'ubuzima bagereranya ibintu?





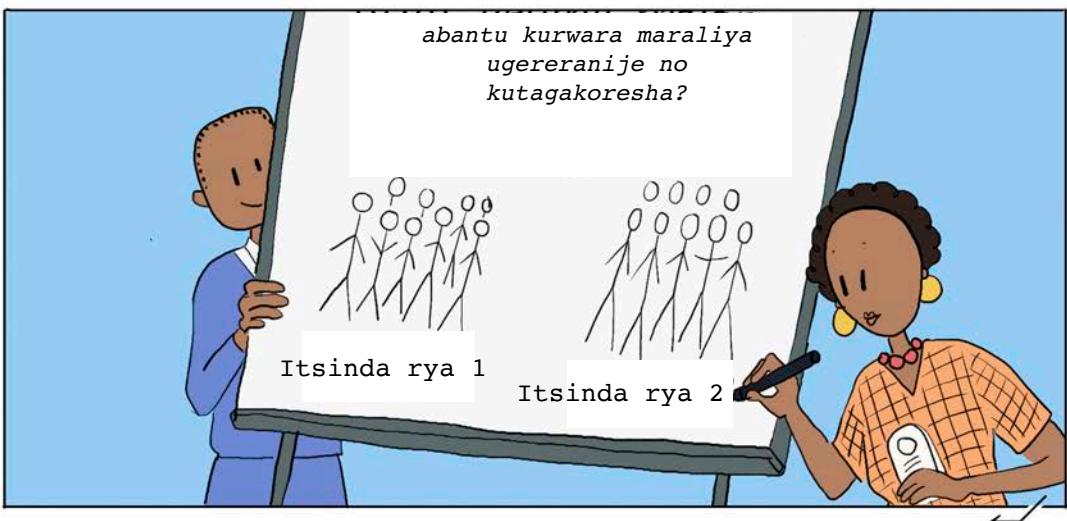
None se abashakashatsi mu
by'ubuzima bakora iki nyuma yo
gukora ikibazo cy'ubushakashatsi?



Bakora itsinda rimwe kuri buri muti
bagiye gutanga



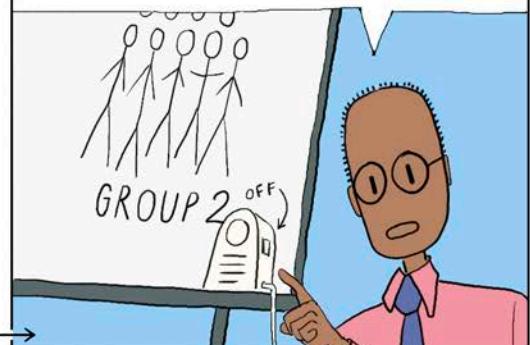
abantu kurwara maraliya
ugereranije no
kutagakoresha?



Mu rugero rwacu, itsinda rya mbere
rikoresha akamashini gacanye.

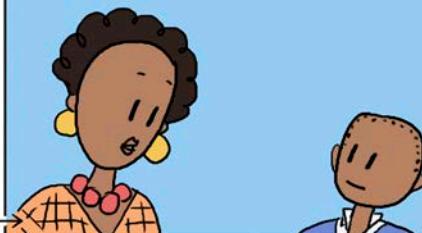


Itsinda rya kabiri rikoresha
akamashini kajimije



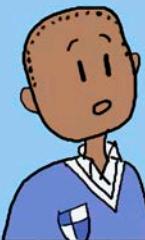
Nyuma yuko abantu bakoresheje
imiti yabo, abashakashatsi mu
by'ubuzima bapima icyabaye.

Noneho bakareba ibyabaye muri buri
tsinda.



Muri uru rugero rwacu basanze
byifashe gute?

Basanze mu matsinda yombi
ibyabaye ari bimwe!



Gupima

Ni ukureba ubwinshi bw'ibintu bihari

Ubwo rero babonye ko gukoresha akamashini ntacyo bikora gikomeye.



Nibyo

Izindi ngero z'ibyo abantu bemeza byahinduwemo ibibazo by'ubushakashatsi:

Urundi rugero rwa 1:

Icyo abantu bavuga: Kwisiga amavuta ya vazeline bizatuma uruhu ruhora rworohereye

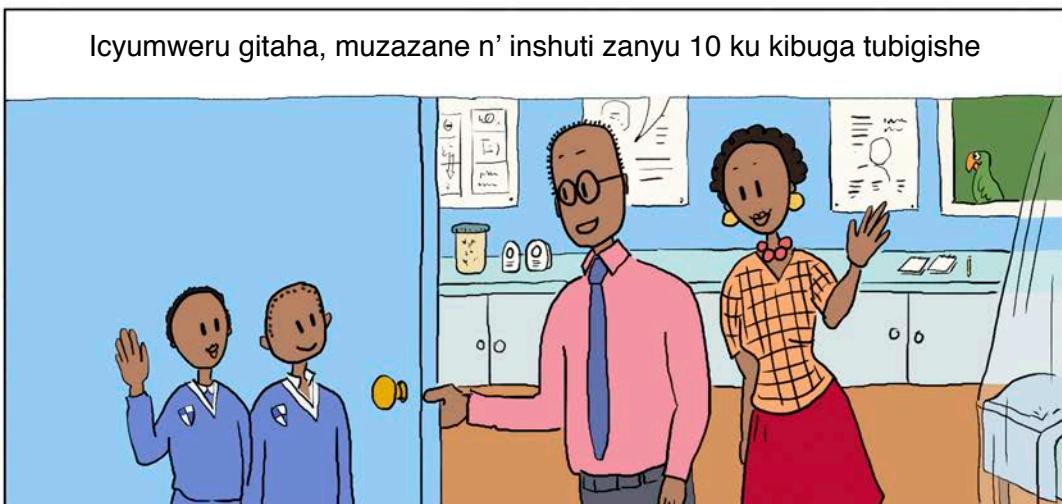
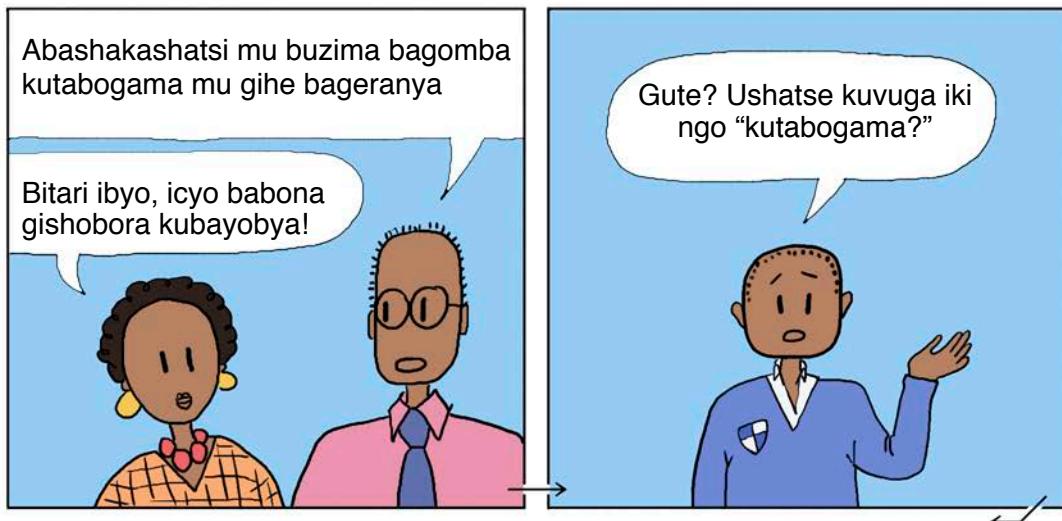
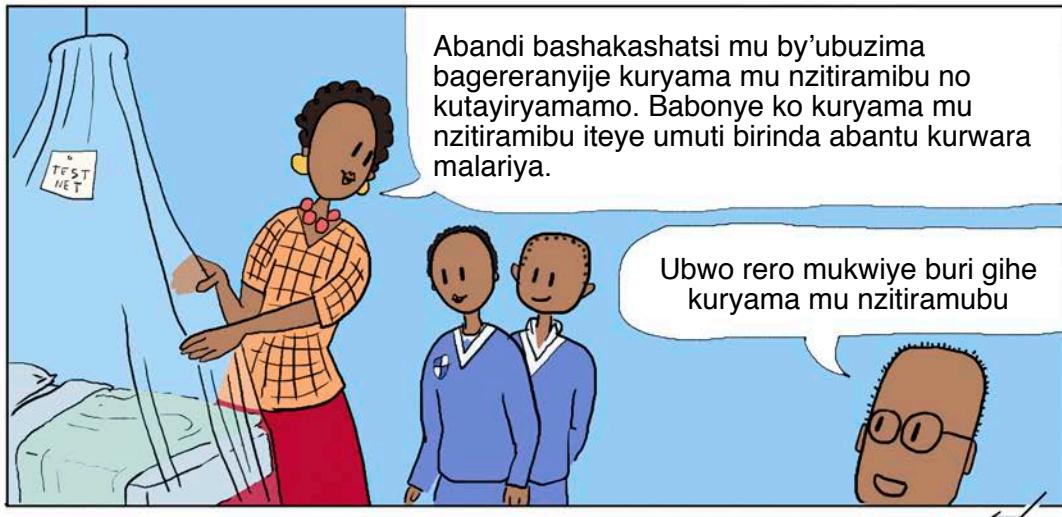
Ikibazo cy'ubushakashatsi: Ese koko kwisiga vazeline bituma uruhu ruhora rworohereye ugereranije no kutayisiga?

Urundi rugero rwa 2:

Icyo abantu bavuga: Nijoro uzasinzira neza n'uramuka wanyweye icyayi ku manywa kurusha igihe wanyweye ikawa.

Ikibazo cy'ubushakashatsi: Ese koko umuntu asinzira neza nijoro iyo ku manywa yanyweye icyayi kurusha iyo yanyweye ikawa?

Gutahura ikintu nyuma y'igereranya
ni ukubona itandukaniro cyangwa ihuriro ry'ibantu.



Umukoro

Amabwiriza



Intego: Gusobanura impamvu abashakashatsi mu by'ubuzima bagomba kugereranya imiti itandukanye.

Igice cya 1 cy'umukoro wa 5: Kugergeze gushaka kumenya uko ikintu gikora utakoze igereranya.

Intambwe ya 1: Abana bashyire ibiganza inyuma yamatwi yabo nk'uko bigaragara hejuru.

Intambwe ya 2: Mwarimu apfuke ku munwa maze abongorere ijambo. Abana bagerageze kumva icyo mwarimu ababwiye.

Intambwe ya 3: Mwarimu yandike amagambo abiri ku kibaho. Rimwe muri ayo magambo ni rya rindi yavuze.

Intambwe ya 4: Mwarimu abaze ati: Ni bangahe batekereza ko ijambo rya mbere airiyo navuze?

Intwambwe ya 5: Abana batekereza batyo bahaguruke

Intambwe ya 6: Abana bose bongere bicare

Intambwe ya 7: Mwarimu yongere abaze ati: Ni bangahe batekereza ko ijambo rya kabiri ari ryo navuze

Amabwiriza (birakomeza).....

Umukoro



Intambwe ya 8: Abana batekereza batyo bahaguruke

Intambwe ya 9: Abana bose bongere bicare

Intambwe ya 10: Mwarimu ababwire ijambo yari yavuze iryo ari ryo.

Intambwe ya 11: Bayobowe na mwarimu, abana bumvikane niba gushyira ibiganza inyuma yamatwi bituma umuntu yumva neza kurushaho

Igice cya 2 cy'umwitozo wa 5: Kugergeza kumenya imikorere y'ikintu ukigereranya n'ikindi

Intambwe ya 1: Mwarimu agabanye abanyeshuri mu matsinda abiri

Intambwe ya 2: Mwarimu ahitemo itsinda rimwe aribwire kumva bashyize ibiganza byabo inyuma yamatwi. Iri ni itsinda rya 1.

Irindi tsinda baraza kumva badashyize ibiganza byabo inyuma yamatwi. Iri ni itsinda rya 2.

Intambwe ya 3: Mwarimu apfuke umunwa maze abongorere irindi jambo rishya.

Intambwe ya 4: Mwarimu yandike amagambo abiri ku kibaho. Rimwe muri ayo magambo ni rya rindi yavuze.

Amabwiriza (Birakomeza....)

Umukoro



Intambwe ya 5: Mwarimu abaze ati, ni bangahe batekereza ko ijambo rya mbere ariryo navuze?

Intwambwe ya 6: Abana batekereza batyo bahaguruke.

Intambwe ya 7: Mwarimu abare umubare w'abana bahagurutse muri buri tsinda. Mwarimu yandike iyo mibare mu mbonerahamwe iri ku kibaho.

Intambwe ya 8: Abana bose bongere bicare.

Intambwe ya 9: Mwarimu yongere abaze ati: Ni bangahe batekereza ko ijambo rya kabiri ari ryo navuze.

Intambwe ya 10: Mwarimu ababwire ijambo yari yavuze iryo ari ryo.

Intambwe ya 11: Na none bayobowe na mwarimu, abana bumvikane niba gushyira ibiganza inyuma yamatwi bituma umuntu yumva neza kurushaho.

Umwitotozo wa 1

Andika icyo amagambo akurikira asobanura. Wibuke ko ibisobanuro by'amagambo biri ku mpapuro za nyuma z'iki gitabo.

Urugero:

“Umushakashatsi mu by’ubuzima” ni iki?

Umushakashatsi mu by’ubuzima ni umuntu wigana ubushishozi abyitondeye ibijyanye n’ubuzima kugirango amenye ibindi byinshi kurushaho

1. “Imvugo yizewe” n’iki?

2. “Igereranya ry’imiti” ni iki?

3. “Gupima” ni iki?

Umwitoto wa 2

Shyira akamenyetso aho ubona ari uburyo bwiza bwo gupima uko byagenze muri buri gereranya ry'imiti

Urugero:

Ni ibihe biro abantu bapima nyuma yo gukoresha imiti itandukanye.

- Kubapima ku munzani Kubareba

1. Ni gute abantu biruka igihe bakoresha imiti itandukanye.

- Koresha isaha ubare iminota Babaze
bakoresha

2. Niba abantu bakomeza kugira umuriro nyuma yo gukoresha imiti itandukanye

- Gukora ku mitwe yabo Kubihumuriza

3. Niba abantu bakomeza kurwara umutwe nyuma yo gukoresha imiti itandukanye

- Kubabaza Kubitegereza

UMWITOZO WA 3

Reka tuvuge ko aya mashusho agaragaza abantu barimo gukorerwaho igereranya ry'ibinini bya malariya by'amoko abiri. Abantu bo mu itsinda A bahawe ikinini gishya cya malariya. Abantu bo mu itsinda B bahabwa ikinini cyari gisanzwe.

Mu maso h'umuntu umeze gutya bigaragaza ko arwaye malariya



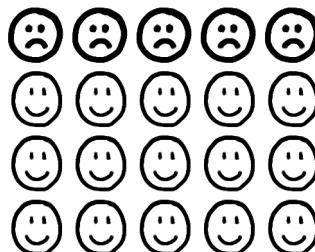
Shaka itandukaniro hagati y'aya matsinda

Urugero:

Itsinda A:



Itsinda B:



Ni abantu bangahe bari barwaye malariya muri buri tsinda?

Itsinda A: 10 muri 20

Itsinda B: 5 muri 20

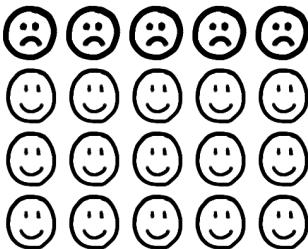
Ni irihe tandukaniro ryari hagati y'amatsinda?

Mu itsinda A hari abandi bantu 5 barwaye malariya mu bantu 20 barigize.



UMWITOZO WA 3

Itsinda A:



Itsinda B:



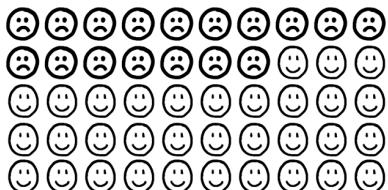
Ni abantu bangahe bari barwaye malariya muri buri tsinda?

Itsinda A: /20

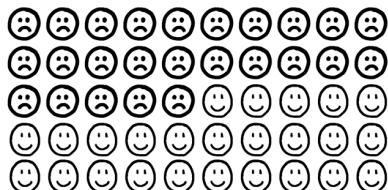
Itsinda A: /20

Ni irihe tandukaniro ryari hagati y'amatsinda?

Itsinda A:



Itsinda B:



Ni abantu bangahe bari barwaye malariya muri buri tsinda?

*Itsinda
A:* /20

*Itsinda
B:* /20

Ni irihe tandukaniro ryari hagati y'amatsinda?

6

IGERERANYA RY'IMITI RITABOGAMYE

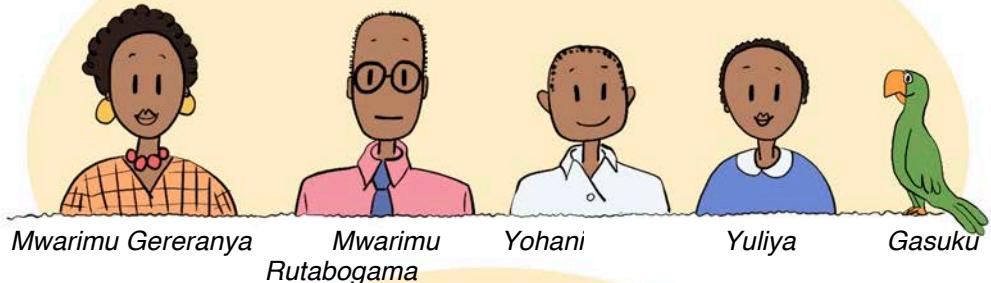
Icyo uziga muri iri somo:

1. Igereranya ry'imiti “ritabogamye” ni iki?
2. Kuki abashakashatsi mu by’ubuzima badakwiriye kubogama igihe bagereranya imiti itandukanye?
3. Ni gute abashakashatsi mu by’ubuzima batabogama igihe bagereranya imiti itandukanye?

Amagambo y’ingenzi muri iri somo:

- Igereranya **ritabogamye** ry'imiti ni igihe abo ugereranya baba batandukaniwe gusa n’imiti bahabwa
- **Gutombora** uzafata umuti uyu n’uyu ni uburyo bwo guhitamo utabanje kumenya ngo ni nde uzafata uwuhe muti.

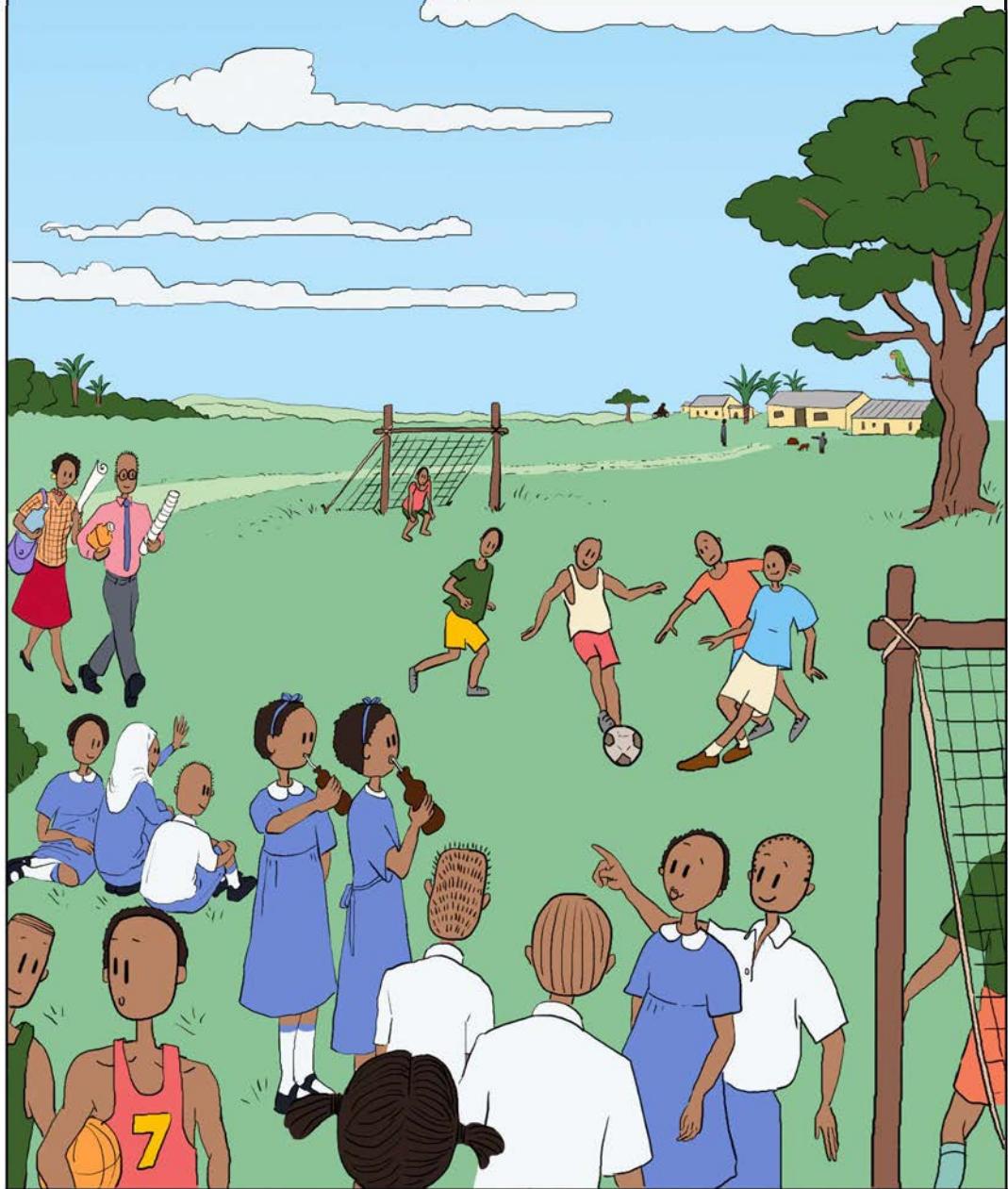
abantu baboneka muri iri somo



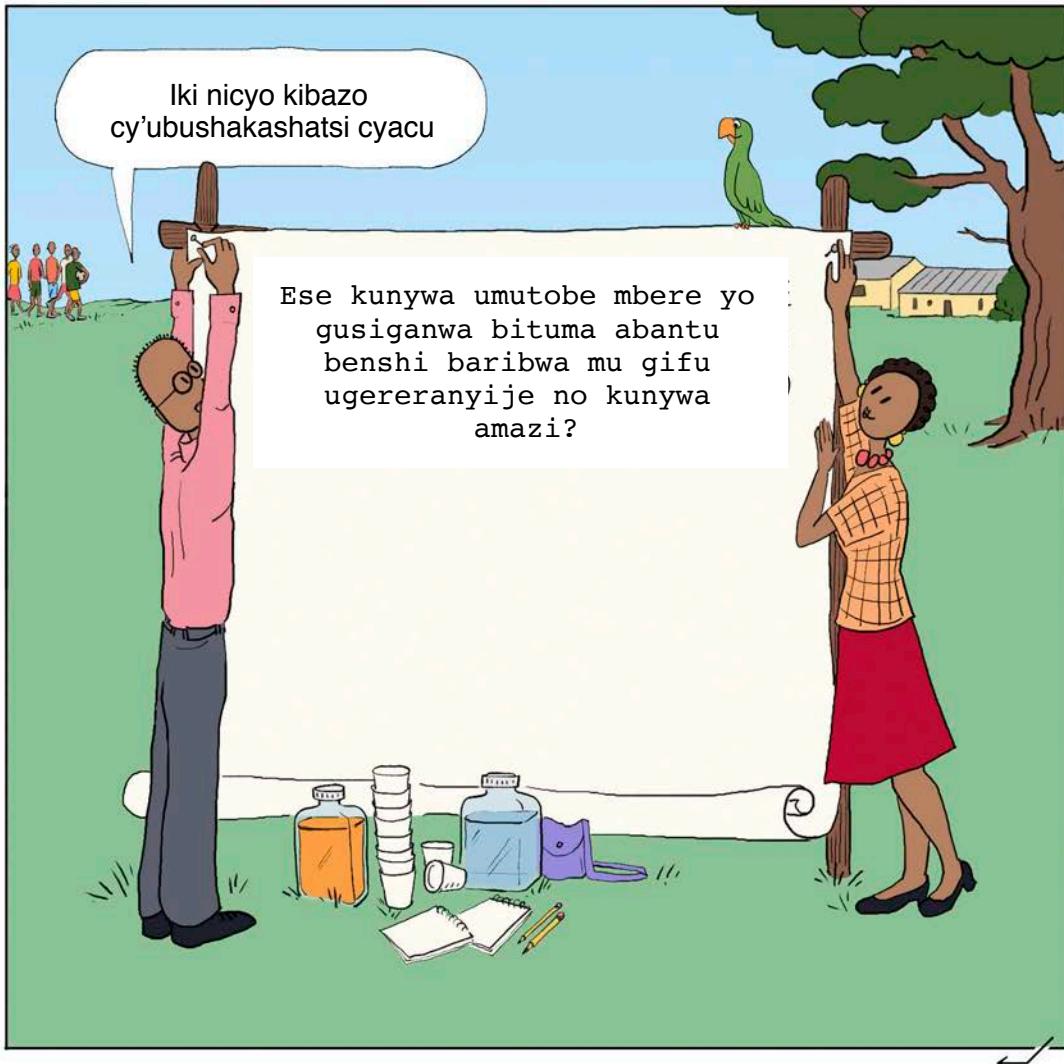
Inshuti zabo zo mu mudugudu

*Izi ni inshuti 10 za Yohani na Yuliya zaturutse mu mudugudu.
Baje ku kibuga gufasha Yohani na Yuliya n' Abarimu gukora igereranya*

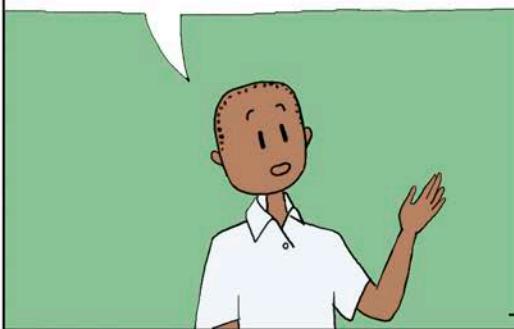
Ikibuga cyo mu mudugudu wa Yohani na Yuli



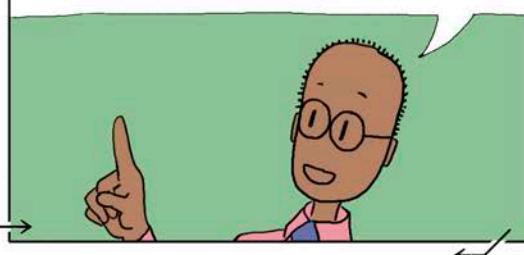




Ariko se Barimu, ni gute wapima
uburibwe bw'igifu?



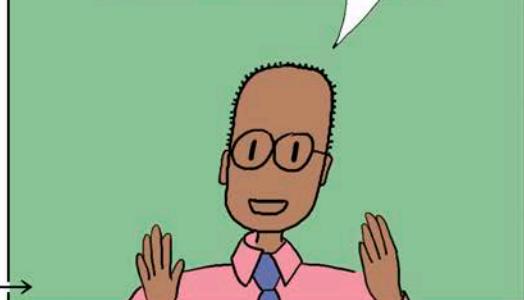
Rimwe na rimwe, abashakashatsi
mu by'ubuzima bapima ikintu
babaza ibibazo. Turabaza mu
nshuti zanyu abababara mu gifu,
hanyuma turebe umubare
w'abavuze "yego".



Tugiye kubereka ukuntu
abashakashatsi mu by'ubuzima
bagomba gukora igereranya
ritabogamye.

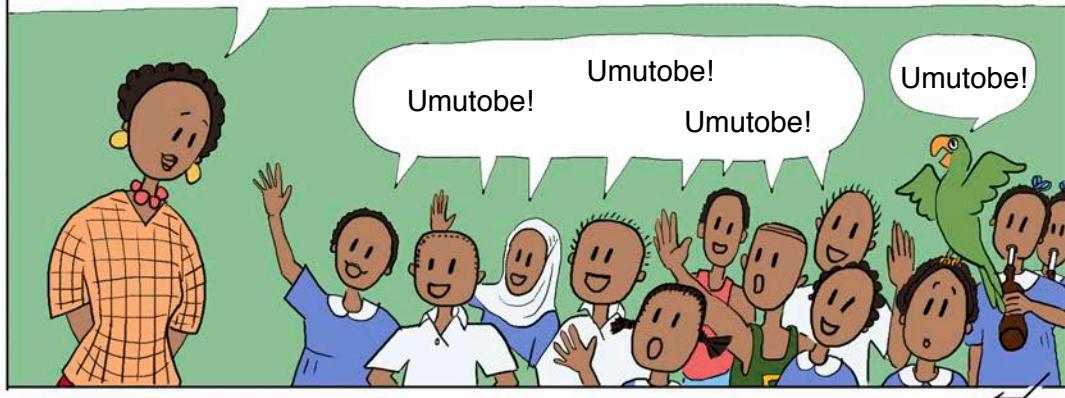


Tunasobanure impamvu
abashakashatsi mu buzima
batagomba kubogama



Igereranya **ritabogamye** ry'imiti ni igihe abo ugereranya baba
batandukanijwe gusa n'imiti bahabwa

Mubanze mumbwire: Ese mutekereza ko kunywa umutobe mbere yo gusiganwa bituma abantu benshi baribwa mu gifu? Cyangwa mutekereza ko



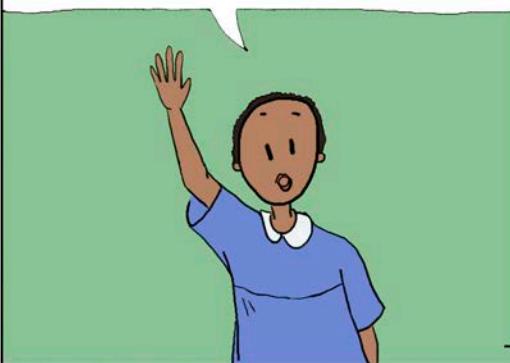
Ni byiza. Ubu tumenye icyo mutekereza mbere y'igereranya



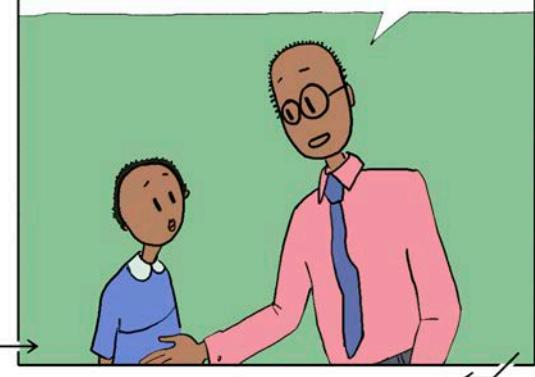
Icyo kuganiraho:

Mutekereza ko ari ukubera iki abarimu babajije abana uko batekereza biri bugende?

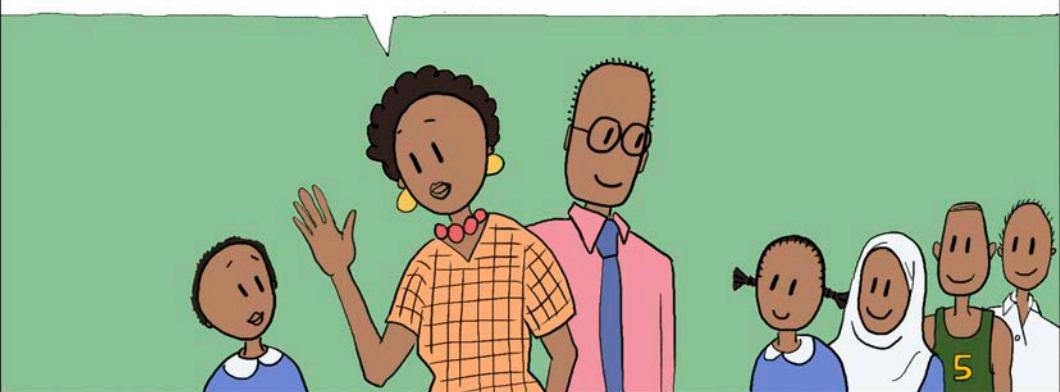
Buretse! Niba bamwe mu bana
babona umutobe, abandi
ntibawubone. Iryo ni ibogama!



Ariko bose babonye umuti umwe,
nta gereranya ryaba rihari!



Mu bushakashatsi mu by'ubuzima, ibogama riba gusa igihe hari ibindi
bikomeye bitandukanya ibigereranywa atari imiti gusa.



Igereranya ry'imiti ribogamye

Ni igihe hari ibindi bikomeye bitandukanya ibigereranywa atari imiti gusa.

INTAMBWE YA 1: KUREMA AMATSINDA

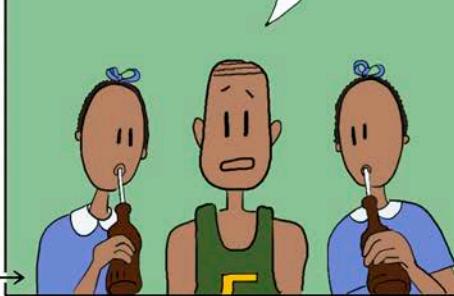
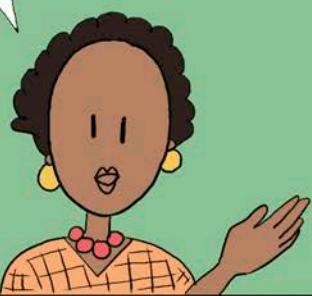
Turabigisha ku bibazo bibiri
bishobora gutuma
igereranya ribogama

Kandi turanababwira uko
wakemura ibyo bibazo!



Ikibazo cya mbere gishobora kuba
igihe abashakashatsi mu
by'ubuzima barimo kurema
amatsinda.

Barimu, nk' aba bakobwa
ntibakwiye guhabwa umutobe
bakwiye guhabwa amazi, kuko
n'ubundi barimo kunywa fanta!



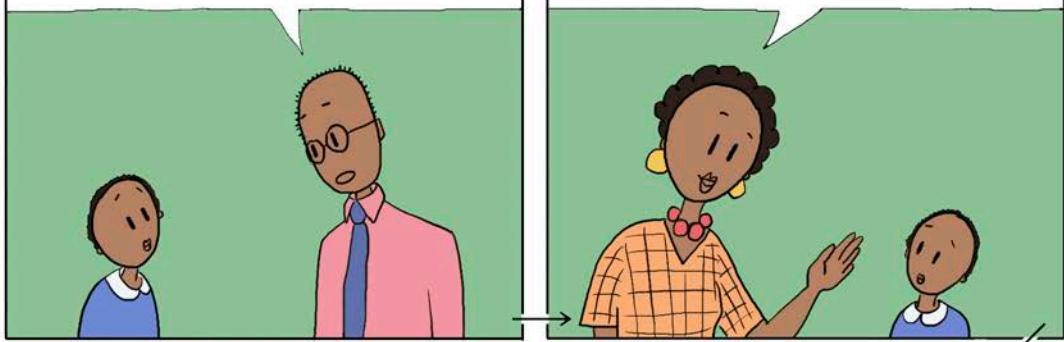
Hanyuma abandi bose bagahabwa
umutobe!

Oya!



Yuliya, ntugomba gushyira abana bose banyweye fanta mu itsinda rifata amazi!

Ibi byatuma habaho itandukaniro rinini hagati y'amatsinda!



Abana bensi bo muri ririya tsinda baramutse bariwe mu gifu, bishobora guterwa n'uko banyweye fanta.

Turashaka kumenya byinshi ku ngaruka zo kunywa umutobe ugereranyije n'amazi, atari ukugereranya na fanta!



Izindi ngero:

Ikibazo cy'ubushakashatsi: Ese kurya imineke mbere yo gusiganwa byagufasha kwiruka cyane ugereranyije no kutayirya?

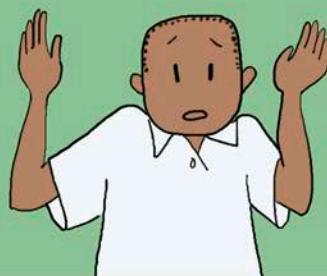
Uko abashakashatsi bakoze amatsinda: Baretse abantu bihitiramo niba barya imineke cg batayirya. Abiruka cyane bahisemo kuyirya.

Ibisobanuro: Igereranya ryari ribogamye. Hari harimo itandukaniro rinini hagati y'amatsinda atari irishingiye ku miti ubwayo. Abiruka cyane bari mw'itsinda rimwe. Birashoboka ko bariya bantu n'ubundi bari kwiruka cyane kurusha abandi baba bariye imineke cyangwa batayiriye. Abashakashatsi bagombaga guhitamo abafata imineke bakoresheje tombola.

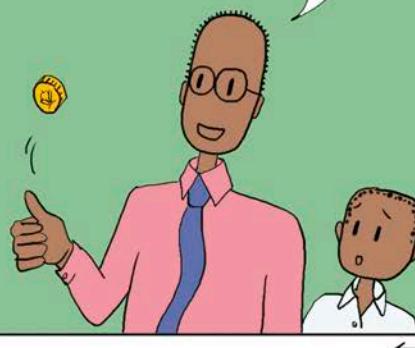
Rero, iyo umuntu ahisemo ufata
umuti uyu n'uyu, igereranya
rishobora kubogama!



Ni gute twakemura icyo kibazo?

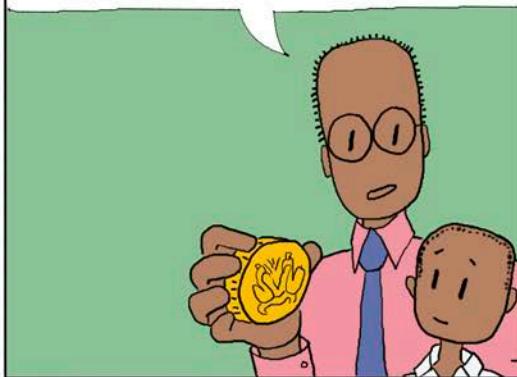


Dutera igiceri duhitamo ugomba
gufata umuti uyu n'uyu! Muri ubwo
buryo, umuti umuntu afata ni tombol

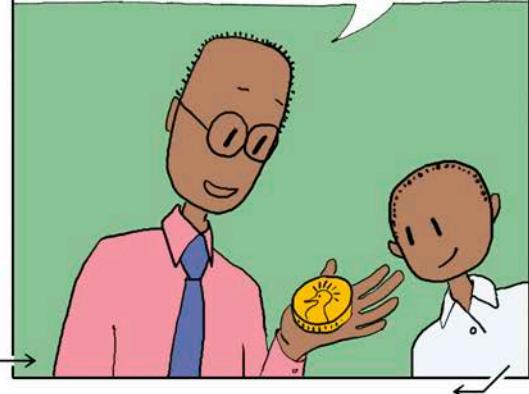


Guhitamo kuri tombola umuntu ufata umuti
uyu n'uyu, ni uburyo bwo guhitamo utazi ngo kanaka niwe uri bufate uyu
muti.

Niba igiceri kigushije uruhande rumwe, umwana arafata umutobe....



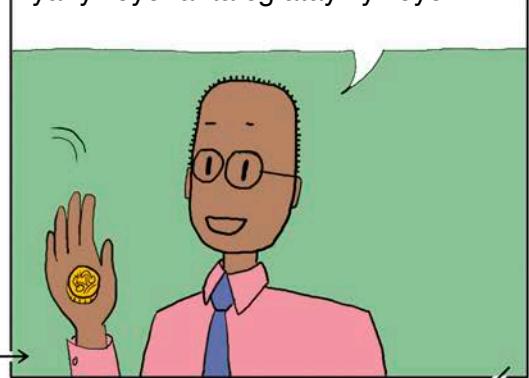
Niba igiceri kigushije urundi ruhande, umwana arafata amazi.



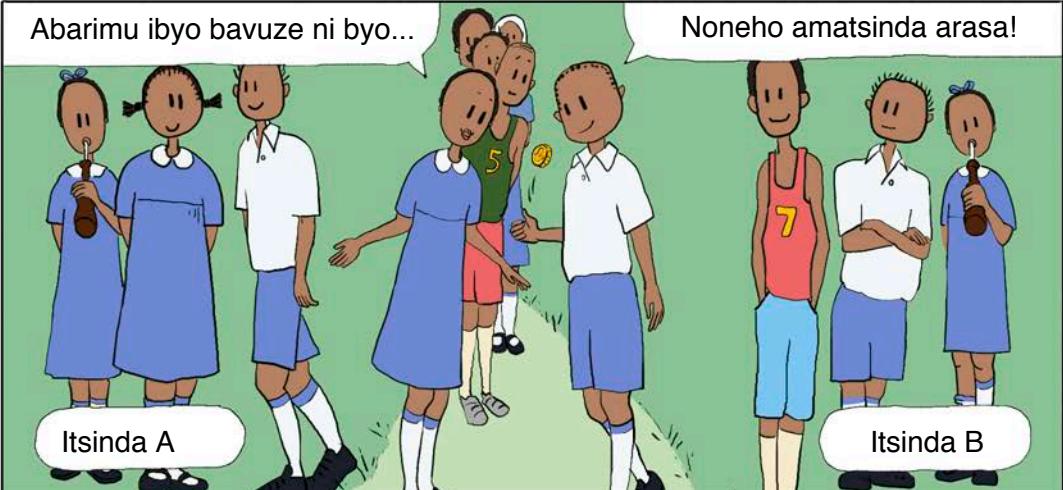
Muri ubu buryo, amatsinda amera kimwe.



Kuko buri wese aba afite amahirwe angana yo gufata umutobe, yaba yanyweye fanta cg atayinyweye



Abarimu ibyo bavuze ni byo...



Intambwe ya 2: Guha abantu imiti

Ikibazo cya kabiri gishobora
gutuma igereranya ribogama
kiboneka mu gihe abantu bagiye
gufata imiti

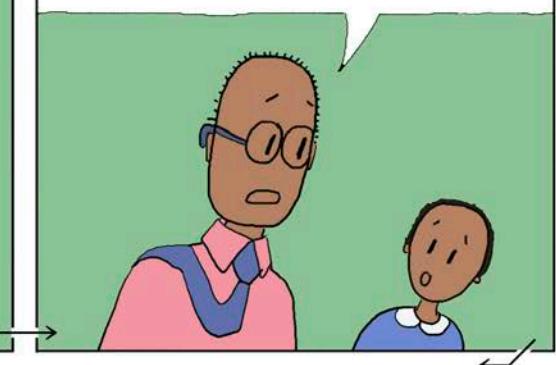
Reka iri tsinda turihe umutobe!



Oya, yuli!

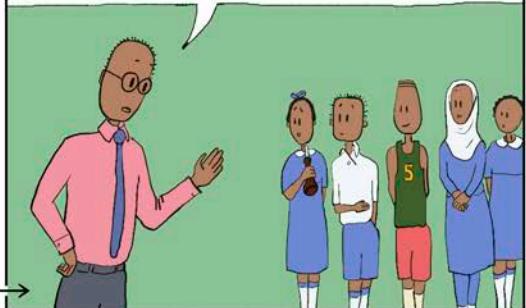
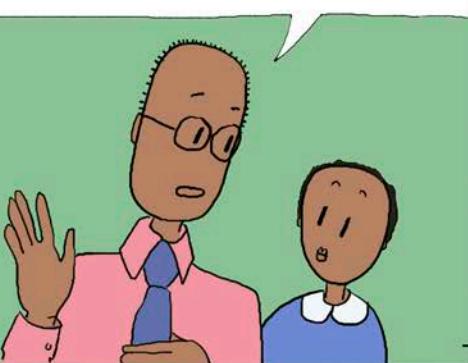


Ibi byatuma haba itandukaniro rinini
hagati y'amatsinda!

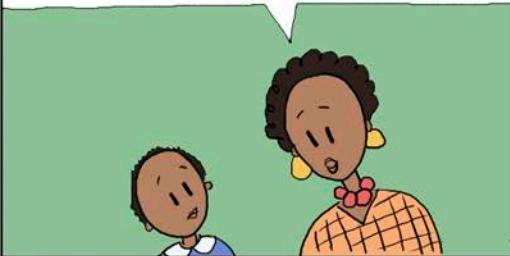


Mwibuke, mutekereza kunywa
umutobe mbere yo gusiganwa bitera
abantu bensi kuribwa mu gifu.

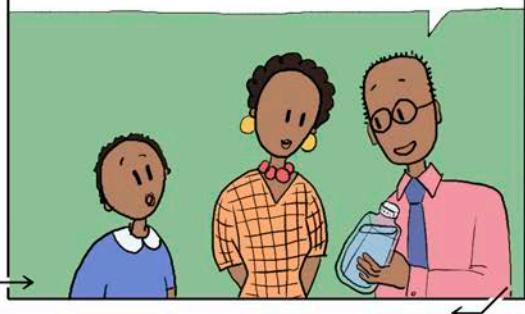
Urumva rero, itandukaniro ryaterwa
n'uko abana bensi bari mu itsinda
rimwe baba batekereza ko baza
kuribwa mu gifu!



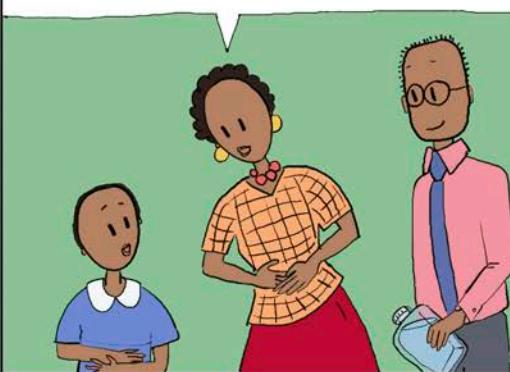
Yuliya, ntugomba gutuma hari umenya ko arimo gufata umutobe cyangwa amazi.



Ubikoze, abana banyweye umutobe bashobora kuvuga ko baribwa mu gifu kuko batekerezaga ko bari buribwe!



Rimwe na rimwe, dutekereza ko umuti runaka ufite ibyo ukora.



Kubera ko dutekereza ko iri bukore, ukishyiramo ko hari icyo wakoze kandi nyamara ntacyo wakoze!



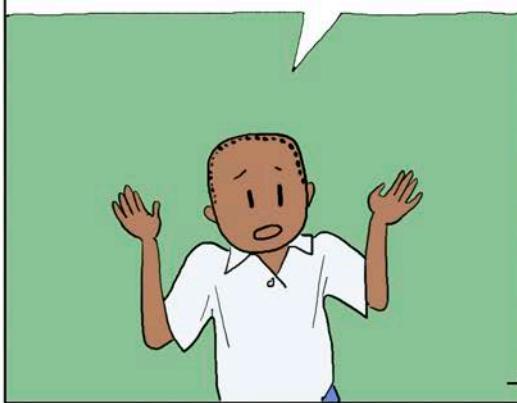
Izindi ngero:

Ikibazo cy'ubushakashatsi: Ese abasiganwa biruka cyane iyo bambaye inkweto zabugenewe zaguzwe amafaranga menshi kurusha igihe bambaye ubundi bwoko bw'inkweto?

Uko abashakashatsi bakoze amatsinda: Baretse abantu bihitiramo inkweto zo kwambara mu bikalito 2. Banditse ijambo "ni nshya" ku gikalito bashyizemo ikweto nshyashya.

Ibisobanuro: Iryo gereranya ryari ribogamye. Hari harimo itandukaniro rinini hagati y'amatsinda ridashingiye gusa ku miti. Abantu bari babizi ko bambaye inkweto nshyashya. Birashoboka ko abari bambaye inkweto nshyashya bagerageje kwiruka cyane kuko bishyiragamo ko ziri bubibafashemo. Nta muntu wagombaga kumenya inkweto yahawe kugeza isiganwa rirangije.

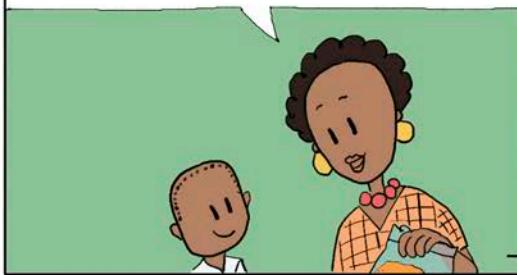
Ni gute twakemura iki kibazo?



Ndavanga iyi fu mu mazi. Biratuma amazi asa n'umutobe kandi bikaryoha kimwe.



Jyewe ndaba nzi uwanyweye umutobe nyawo, ariko nta n'umwe mbibwira kugeza igereranya rirangiye.



Ubu noneho dushobora guha inshuti zanyu imiti



Ubu noneho inshuti zanyu zishobora
gusiganwa.



Ndumva ndi
kuribwa mu
gifu.....

Nanjye!

Nanjye!

INTWAMBWE YA 3: KUMENYA ICYABAYE

Ubu dushobora kumenya uko byagenze!



Ese muraribwa
mu gifu?

Oya!

Oya!

Yego!



Ibi nibyo
mwabonye

Ese kunywa umutobe mbere yo
kwiruka bitera abantu benshi
kuribwa mu nda ugereranije no
kunywa amazi?



Itsinda A

Abana bo
mw'itsinda A
baribwa mu nda

2

Itsinda B

Abana bo
mw'itsinda B
baribwa mu nda

1

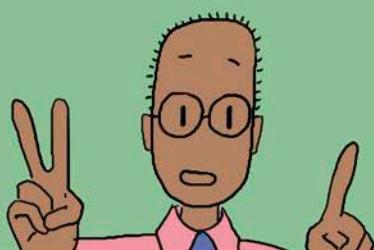
ubu noneho mushobora kumenya
uwanyweye umutobe nyawo.



Ni abana bo mu itsinda B. Abana
bo mu itsinda A banyoye amazi



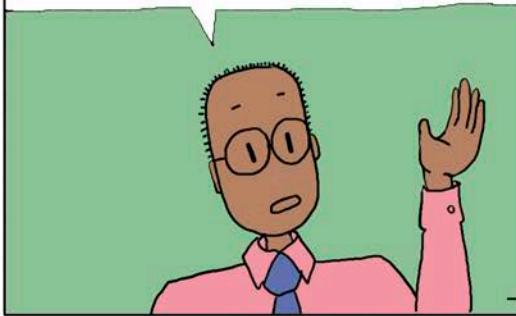
Ubwo rero abana 2 muri 5
banyweye amazi ndetse n'umwe
muri 5 banyweye umutobe bagize
uburibwe bw'igifu



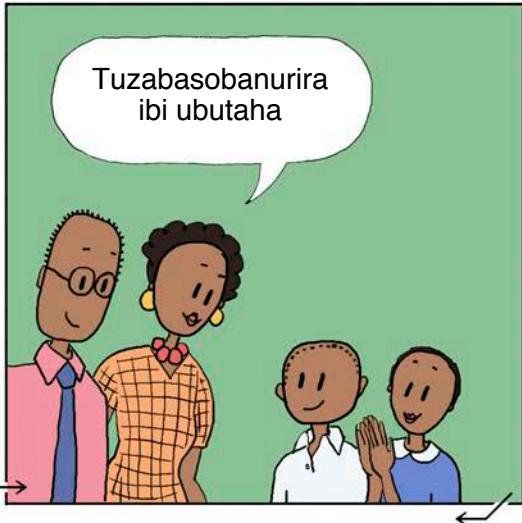
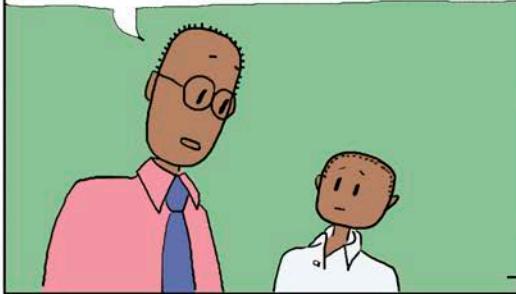
Ubwo rero kunywa amazi mbere yo
gusiganwa bitera benshi kuribwa mu
gifu ugereranije no kunywa umutobe



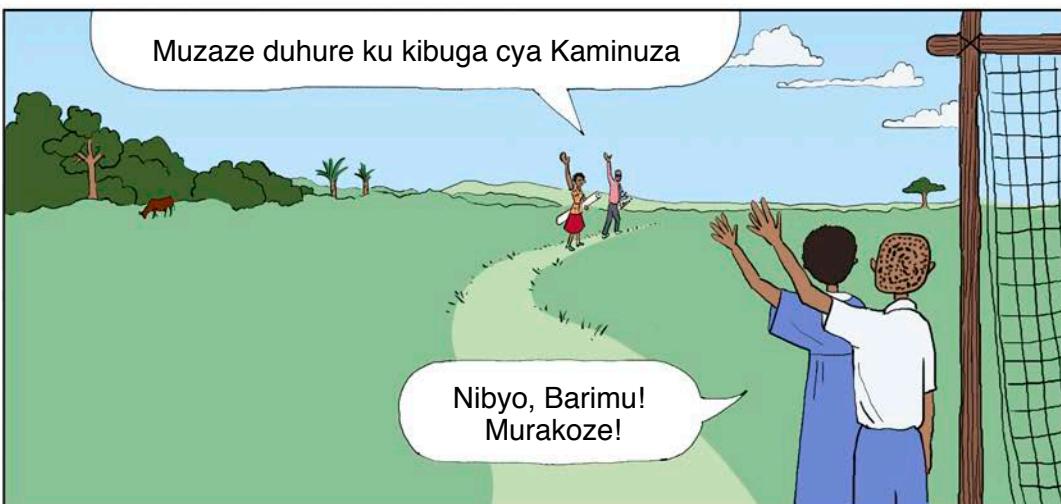
Ntidushobora kubyemeza ntagushidikanya. Ibyo twabonye bishobora kutuyobya.



Yego, ntiryabogamye. Ariko igereranya ryari rrimo abantu bacye cyane! Igereranya ryari rito cyane!



Muzaze duhure ku kibuga cya Kaminuza



Nibyo, Barimu!
Murakoze!

Umukoro

Amabwiriza



Intego: Gusobanura impamvu abashakashatsi mu by'ubuzima batagomba kubogama igihe bagereranya imiti itandukanye

Muri uyu mukoro, abana barakora igereranya nk'iryo mu mukoro wo mw'isomo rya 5. Ariko ubu noneho, abana bagomba gugergeza gukora igereranya ritabogamye.

Mwarimu arahitamo itsinda rimwe rishyire ibiganza byabo inyuma yamatwi , nkuko bigaragara hejuru. Iri ni itsinda rya 1

Irindi tsinda rirumva badashyize ibiganza byabo inyuma yamatwi. Iri ni itsinda 2

Intambwe ya 1: Bayobowe na mwarimu, abana bumvikane bemeranye k'uburyo bwo kutabogama igihe cyo kurema amatsinda.

Intambwe ya 2: Mwarimu areme amatsinda atabogamye, nkuko byavuzwe mu ntambwe ya 1.

Intambwe ya 3: Mwarimu apfuke umunwa we, abongorere ijambo. Abana bagerageze kumva icyo mwarimu avuze.

Intambwe ya 4: Mwarimu yandike amagambo abiri ku kibaho. Rimwe muri yo ari iryo mwarimu yavuze

Amabwiriza (birakomeza..)

Umukoro



Intambwe ya 5: Mwarimu abaze abana ati: "Ni bangahe batekereza ko ijambo rya mbere ari ryo yavuze?"

Intambwe ya 6: Abana batekereza batyo bahaguruke.

Intambwe ya 7: Mwarimu arebe umubare w'abana bahagurutse muri buri tsinda. Mwarimu yandike imibare mu mbonerahamwe iri ku kibaho.

Intambwe ya 8: Abana bose bongere bicare.

Intambwe ya 9: Mwarimu abaze abana ati: "Ni bangahe batekereza ko ijambo rya kabiri ari ryo yavuze?"

Intambwe ya 10: Abana batekereza batyo bahaguruke.

Intambwe ya 11: Mwarimu arebe umubare w'abana bahagurutse muri buri tsinda. Mwarimu yandike imibare mu mbonerahamwe iri ku kibaho.

Intambwe ya 12: Abana bose bongere bicare.

Intambwe ya 13: Mwarimu ababwire iryo jambo yari yavuze iryo ari ryo.

Intambwe ya 14: Ubwa nyuma, bayobowe na mwarimu, abana baganire barebe niba gushyira ibiganza inyuma yamatwi bifasha umuntu kumva neza kurushaho.

Umwitoto wa 1

Shyira akamenyetso ahabugenewe ugaragaza ko ikivugwa ari cyo cyangwa ko atari cyo.

Urugero:

Inshuro nyinshi, abashakashatsi mu by'ubuzima bagereranyije gukoresha umuti runaka no kudakoresha uwo muti.

nibyo

sibyo

1. Igereranya ry'abashakashatsi mu by'ubuzima si ko burigihe riba ritabogamye.

nibyo

sibyo

2. Iyo wishyizemo ko umuti uzatuma wishima kurushaho mu gihe umaze kuwukoresha, ushobora kumva wishimye kurushaho n'iyo umuti waba ntacyo wakoze mu by'ukuri.

nibyo

sibyo

3. Mu igereranya ritabogamye, umuti bafata niryo riba ari itandukaniro rinini ryonyine hagati y'amatsinda.

nibyo

sibyo

4. Abashakashatsi mu by'ubuzima bashobora gupima ikintu bifashishije kubaza ibibazo.

nibyo

sibyo

Umwitoto wa 2

Tekereza ko mwarimu wa kaminuza Gereranya na mwarimu wa kaminuza Rutabogama barimo gukora ubushakashatsi ku rukingo rw'iseru.

Urukingo ni urushinge ruterwa kugirango umuntu atazandura indwara runaka.

Iseru ni ubwoko bw'indwara

Urukingo rw'iseru rero ni umuti urinda abantu kwandura iseru.

Abarimu ba kaminuza bagiye kugereranya guhabwa urukingo no kudahabwa urukingo.

1. Ni ikihe kibazo cy'ubushakashatsi bw'abo barimu ba kaminuza?

2. Ese abarimu ba kaminuza bakwiye guhitamo ababona urukingo? Kubera iki?



Umwitoto wa 2

3. Ese abantu bari mu igereranya nibo ubwabo bakwiye guhitamo ubona urukingo? Kubera iki?

4. Ese abantu bari mu igereranya bakwiye kumenya niba bahawe urukingo? Kubera iki?

7

IGERERANYA RITABOGAMYE RIRIMO ABANTU BENSHI

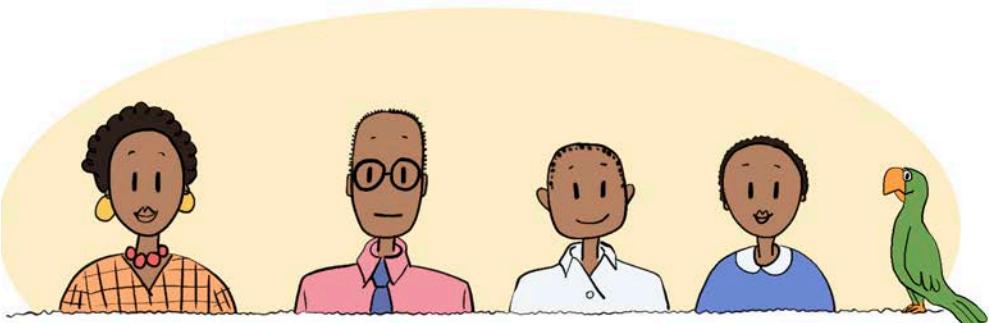
Icyo uziga muri iri somo:

1. Kuki abashakashatsi mu by'ubuzima bakwiye guha imiti abantu bensi mu igereranya ryabo ritabogamye?

Ijambo ry'ingenzi muri iri somo:

Gutahura ikintu ku bw'**AMAHIRWE** ariko igereranya ari rito cyane ni ukugitahura utamenye impamvu cyabaye kubera ko igereranya ryari rito cyane.

abantu baboneka muri iri somo



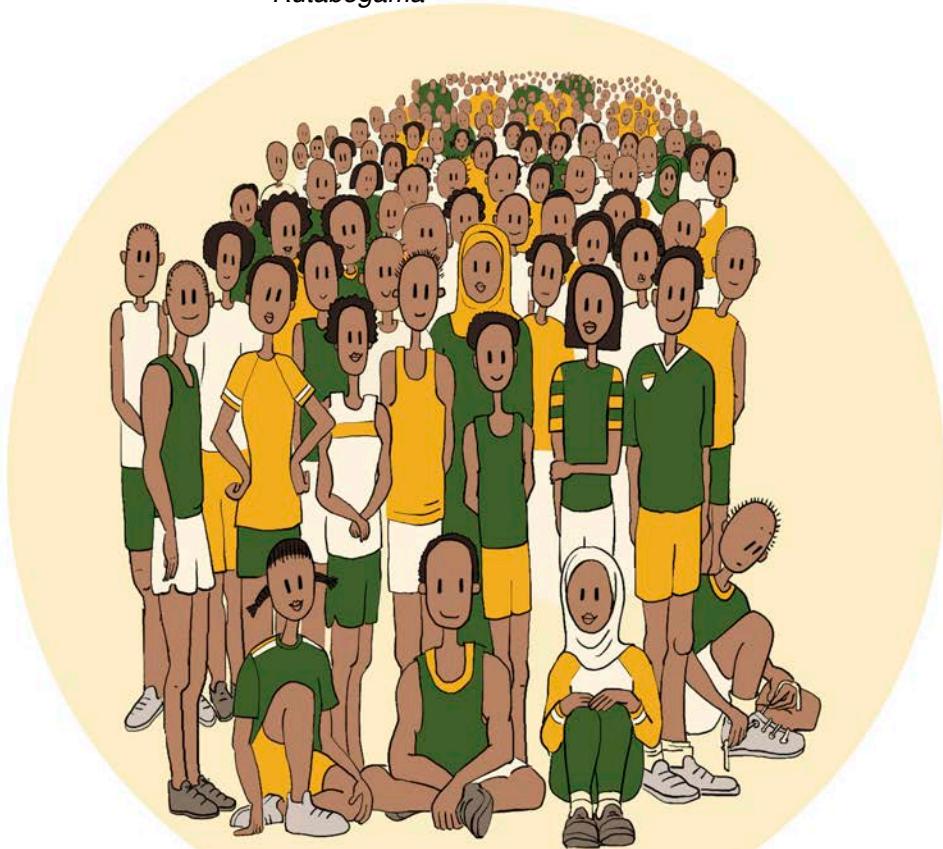
Mwarimu wa
kaminuza Gereranya

Mwarimu wa
kaminuza
Rutabogama

Yohani

Yuliya

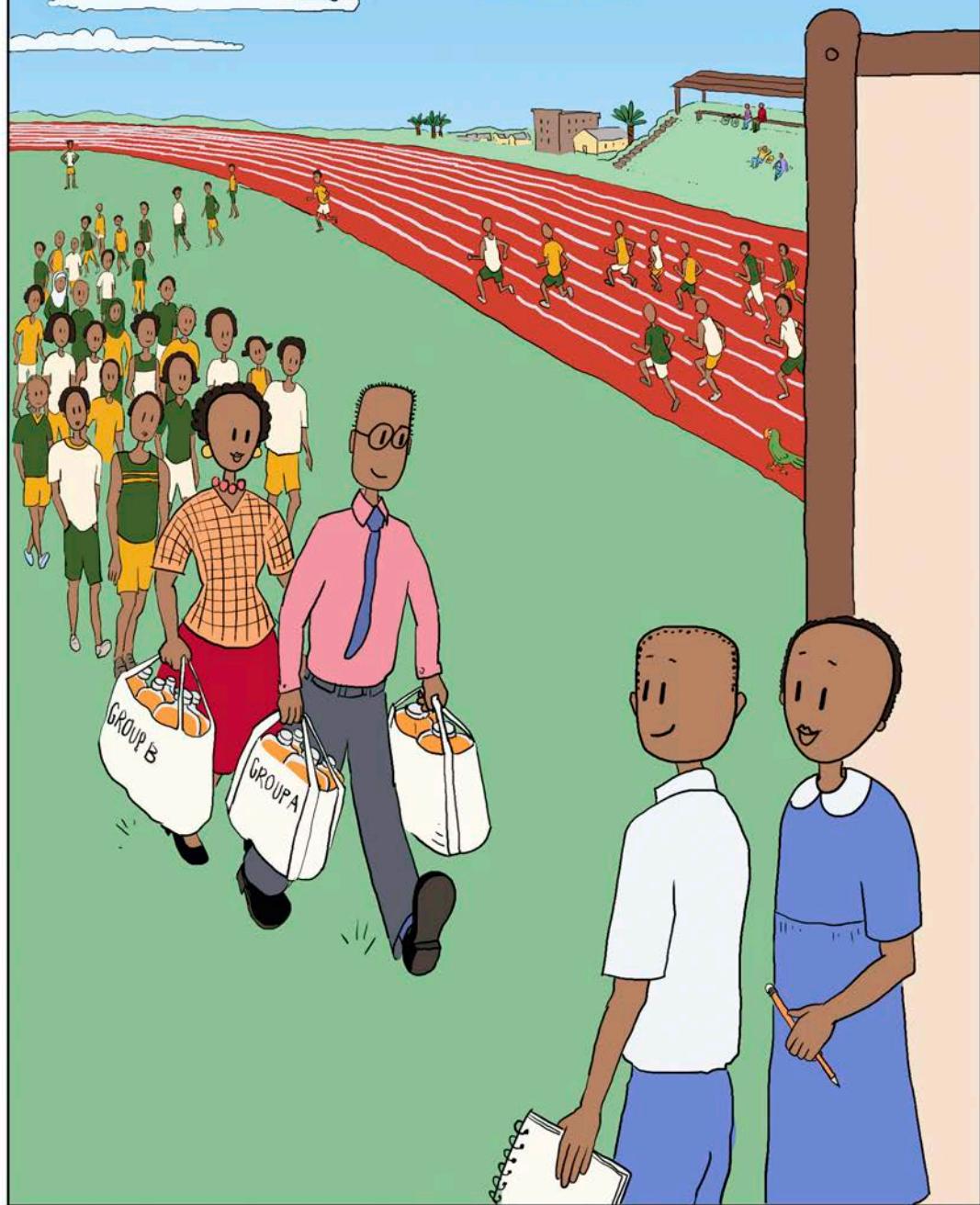
Gasuku



Abasiganwa bo muri kaminuza

Aba ni abakinnyi bo kwiruka 100 bavuye muri kaminuza. Baje ku kibuga
gufasha Yohana, Yuliya n'abarimu gukora igereranya.

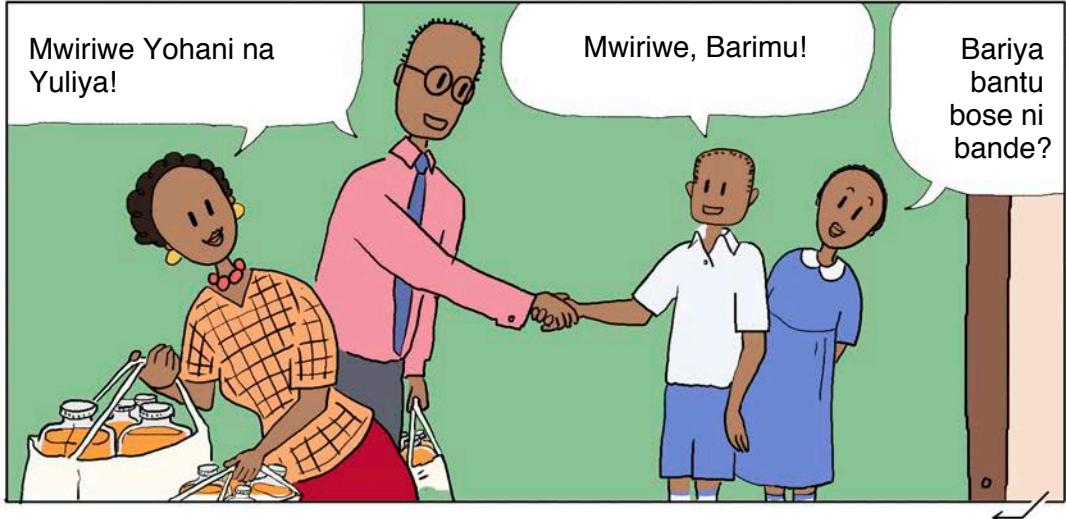
IKIBUGA CYA KAMINUZA



Mwiriwe Yohani na
Yuliya!

Mwiriwe, Barimu!

Bariya
bantu
bose ni
bande?



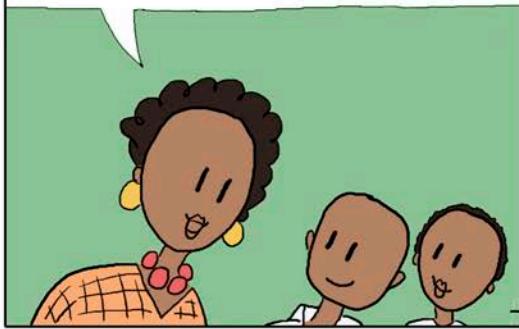
Bariya ni abanyeshuri 100 bo muri
kaminuza. Baraza kudufasha.





Kubona ikintu ku bw' **AMAHIRWE** mu igereranya rito cyane ni ukubona
ikintu utazi impamu cyabonetse kubera ko igereranya ryari rito cyane.

Turifashisha imiti imwe nk'yo mu cyumweru gishize: umutobe n'amazi



Turabanza dukore igereranya gatatu rigizwe n'basiganwa 10 gusa

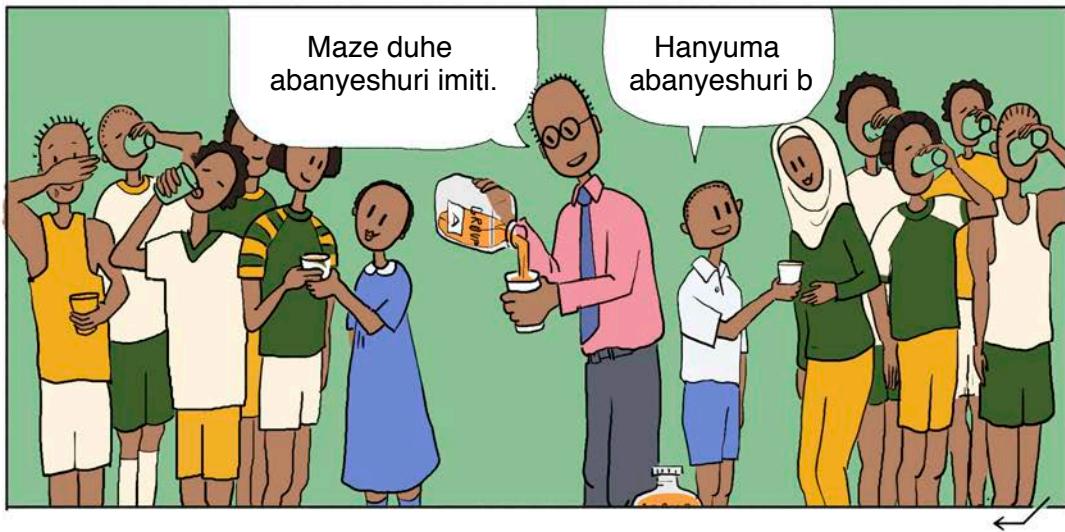
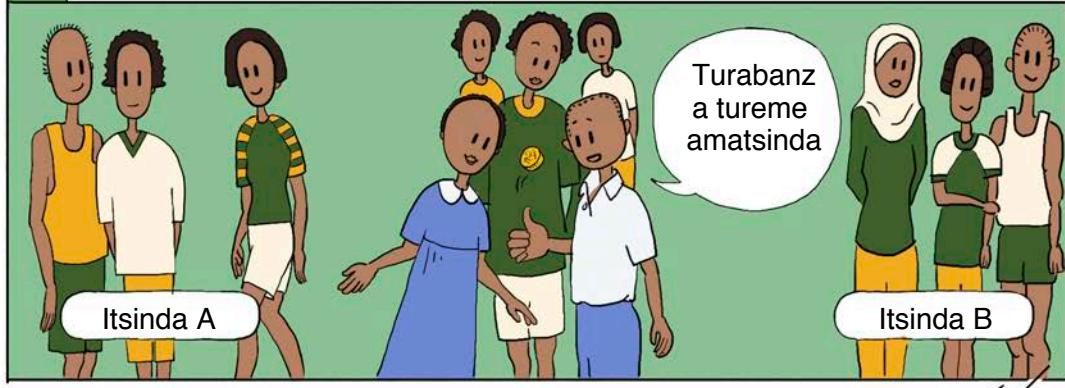


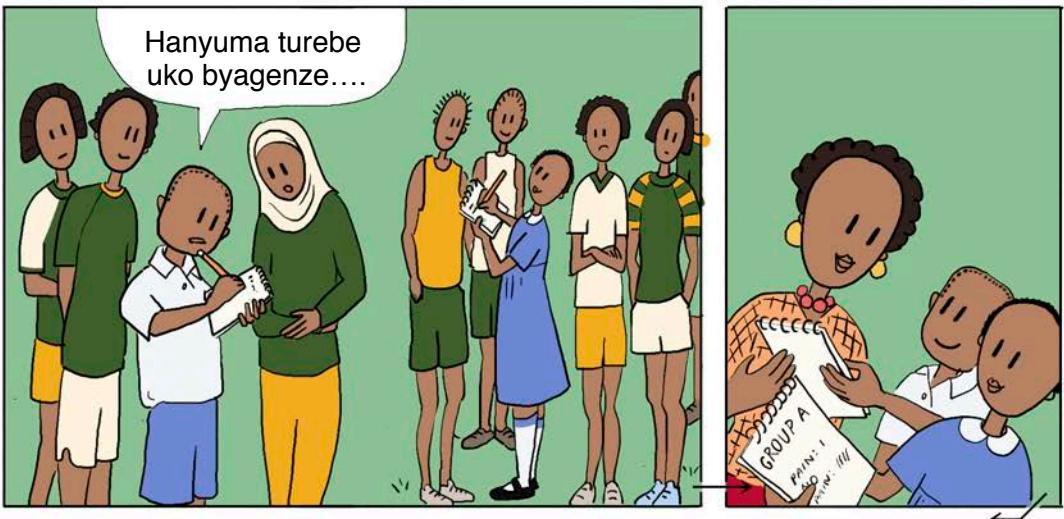
ESE KUNYWA UMUTOBE MBERE YO
GUSIGANWA BITUMA ABANTU BENSHI
BARIBWA MU GIFU UGERERANIE NO
KUNYWA AMAZI?





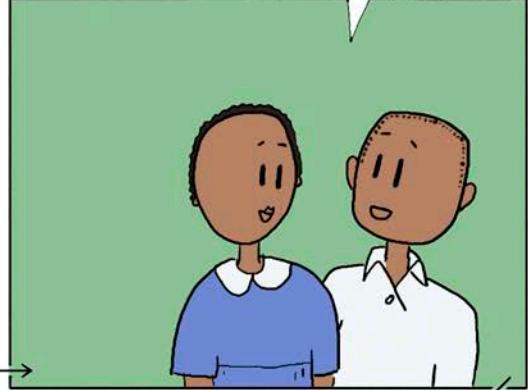
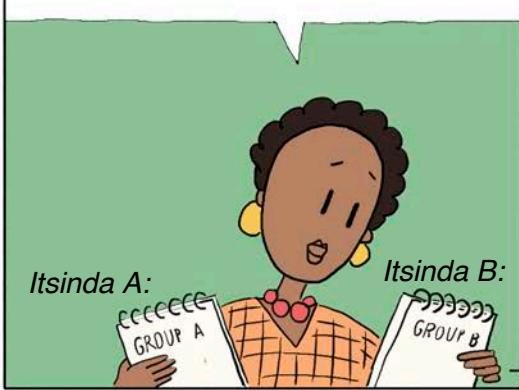
Igereranya ritabogamye rya 1 ryakorewe ku bant 10





1 mu banyeshuri 5 mu itsinda A
yagize uburibwe mu gifu.

Ndibaza ababonye umutobe
nyawo.....



Mu itsinda B
bensi bararibwa

Igereranya ritabogamye rya kabiri
rikorewe ku basiganwa 10

Turabanza tureme amatsinda!

Itsinda A

Itsinda B

1

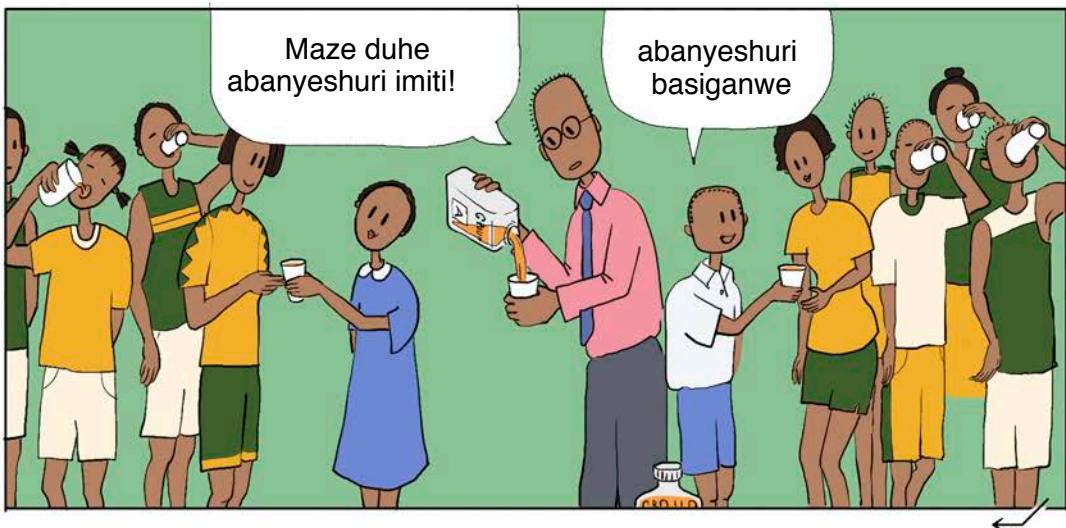
2

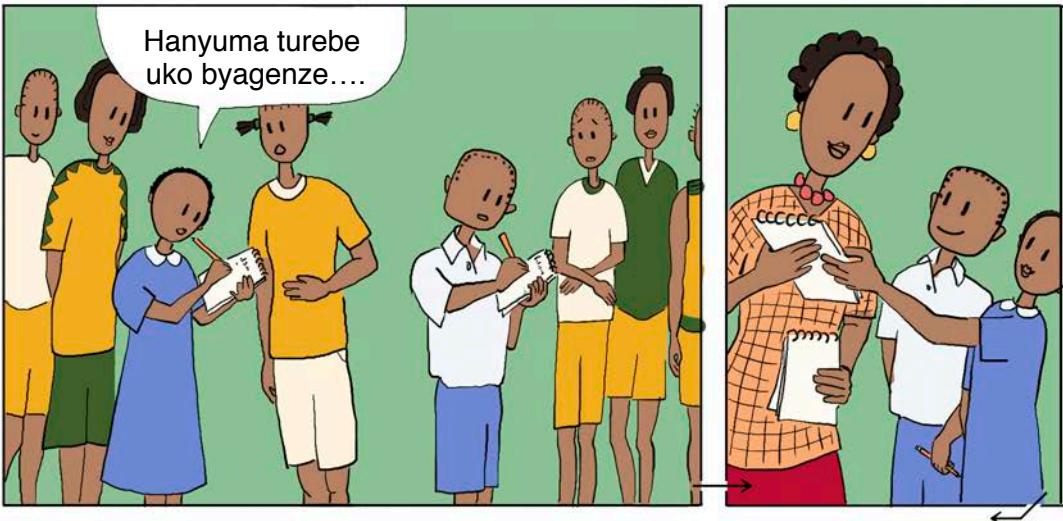
- ①
- ②
- ③





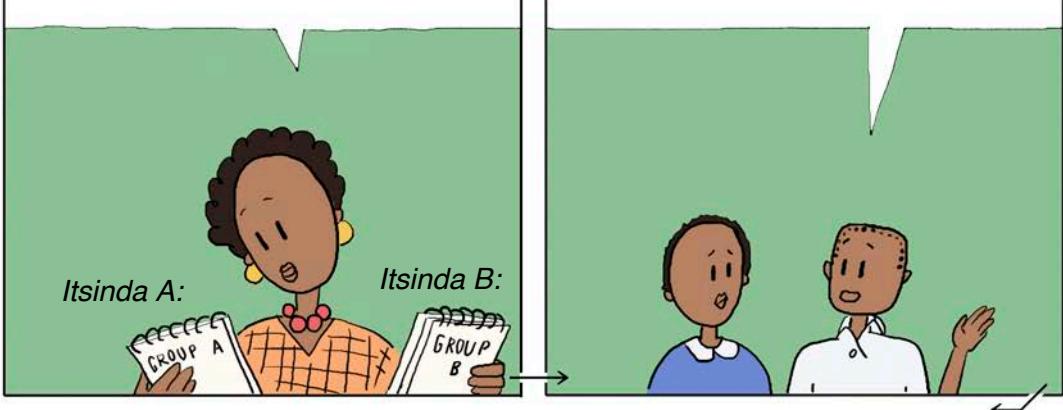
Igereranya ritabogamye rya 2 rikorewe ku bantu 10





Ubu noneho, 1 mu banyeshuri 5 mu
itsinda A yagine uburibwe mu gifu.

N'umwe mu banyeshuri batanu mu
itsinda B yagine uburibwe mu gifu!



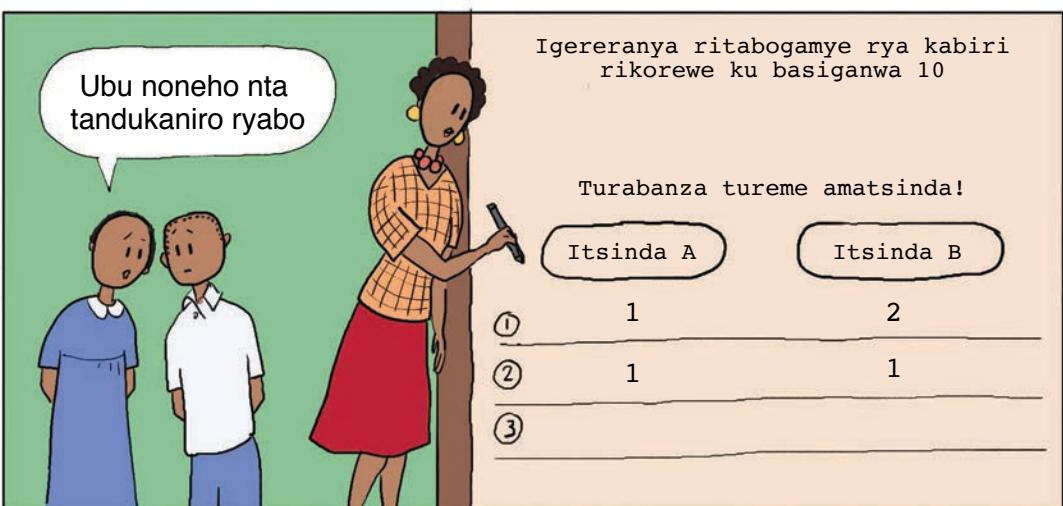
Ubu noneho nta
tandukaniro ryabo

Igereranya ritabogamye rya kabiri
rikorewe ku basiganwa 10

Turabanza tureme amatsinda!

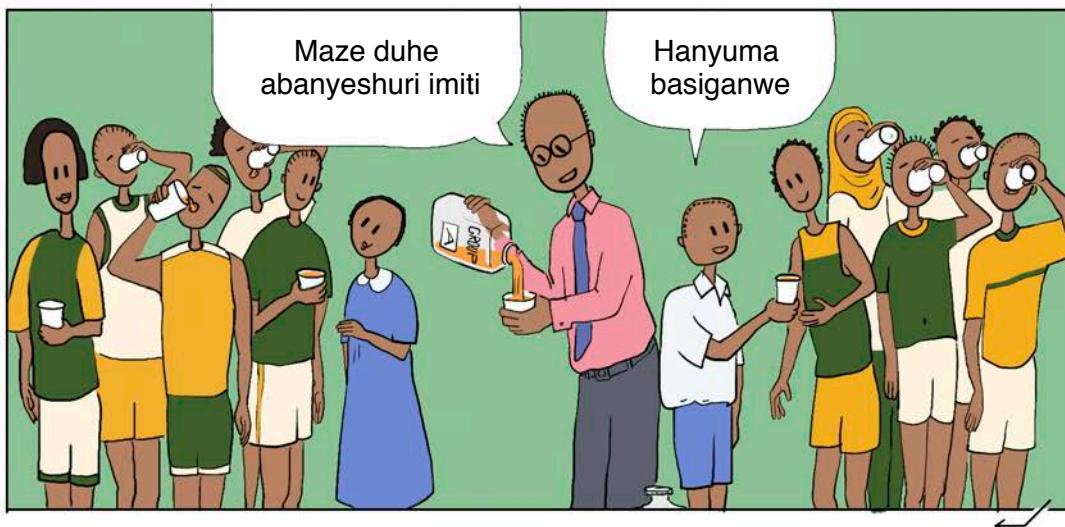
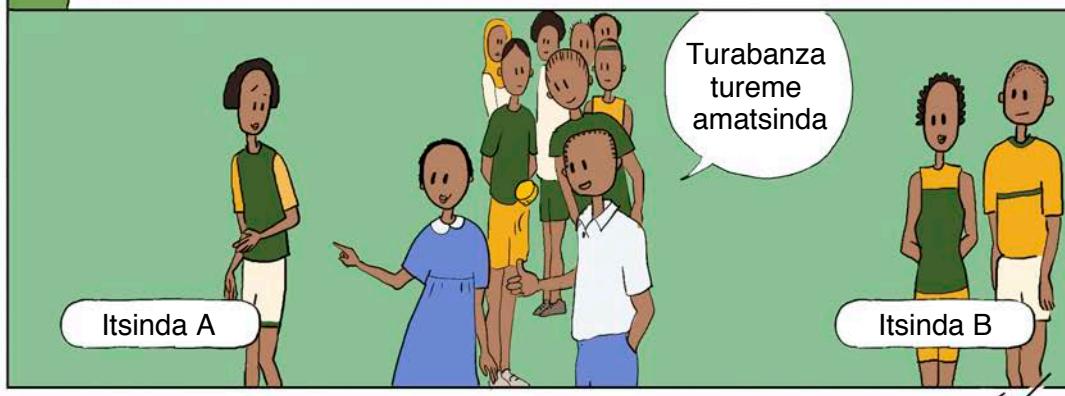
Itsinda A Itsinda B

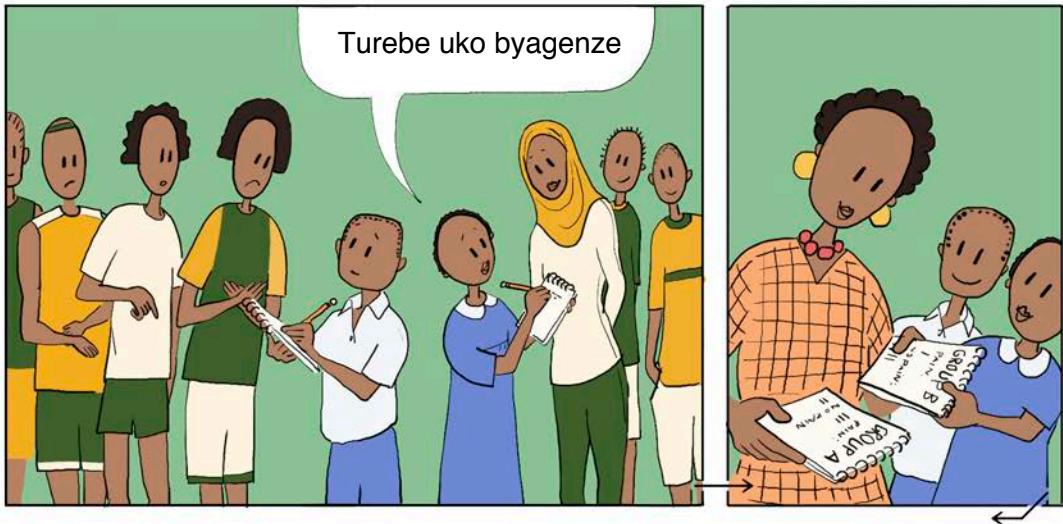
①	1	2
②	1	1
③		





Igereranya ritabogamye rya 3 rikorewe ku bantu 10





Kuri iyi nshuro, 3 muri 5 mu itsinda A
bagize uburibwe bw'igifu

N'umwe mu banyeshuri batanu mu
itsinda B yagize uburibwe mu gifu!



Muratekereza iki kuri ibi
byabonetse Yohani nawe
Yuliya?

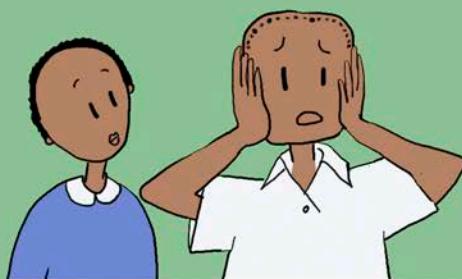
Igereranya ritabogamye rya kabiri
rikorewe ku basiganwa 10

Turabanza tureme amatsinda!

	Itsinda A	Itsinda B
①	1	2
②	1	1
③	3	1



Ese hari aho twabyiciye?
Ese igereranya ryari ribogamye?



Ntiryari ribogamye, ariko ryabaye ku rugero ruto
cyane. Tugomba kurikora ku rugero runini

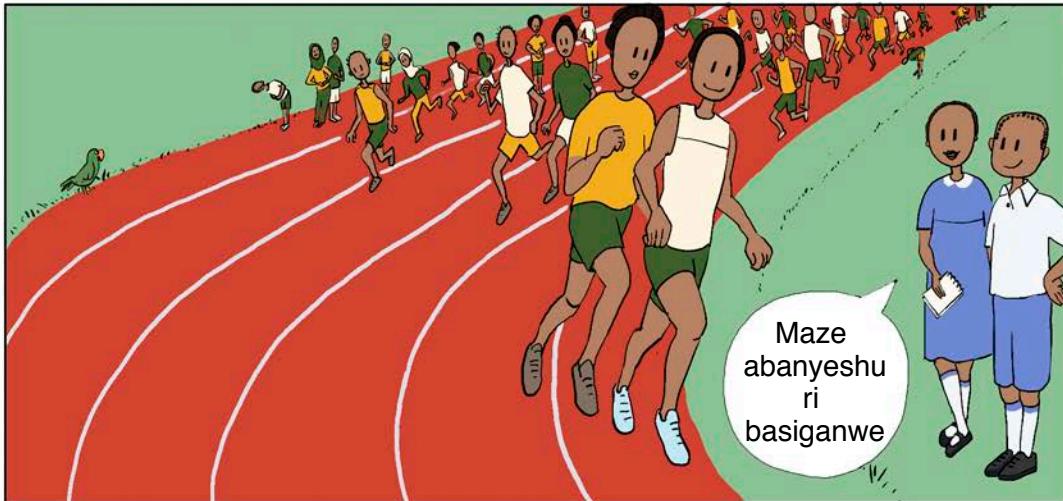
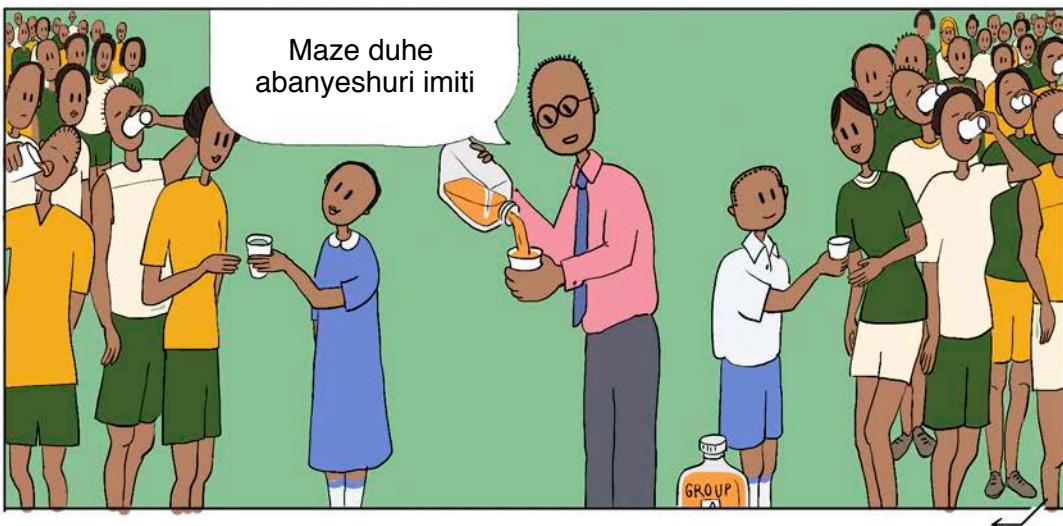


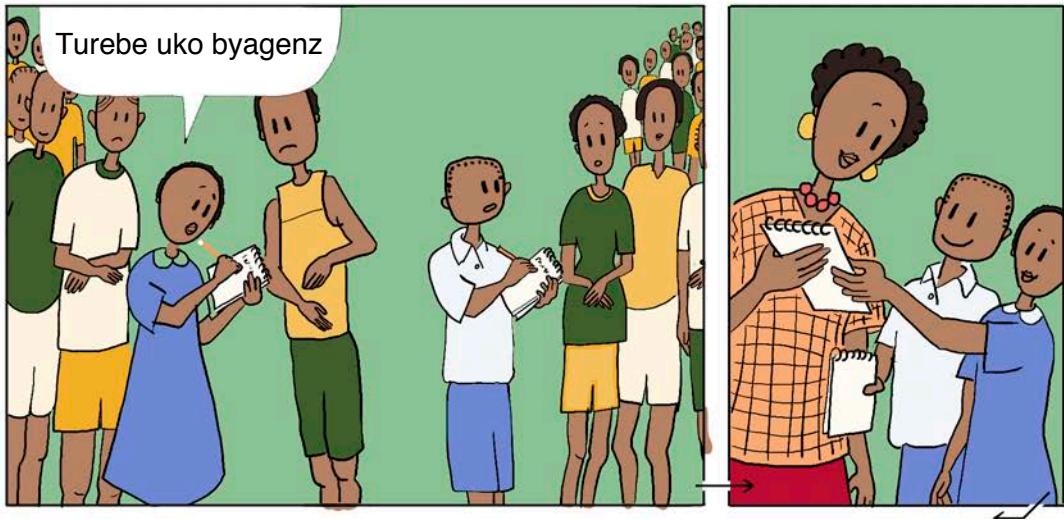
Ubungubu, tugiye gukora igereranya gatatu ku basiganwa 100!





Igereranya ritabogamye rya mbere abasiganwa 100





Ubu, abanyeshuri 18 muri 50 bo mu itsinda A bagize uburibwe mu gifu

Itsinda A:



Itsinda B:



N'abanyeshuri 11 muri 50 bo mu itsinda B bagize uburibwe mu gifu

Kuri iyi nshuro
habonetse abasiganwa
benshi bagize uburibwe
mu gifu

Turabanza tureme amatsinda!

Itsinda A

Itsinda B

①	1	2
②	1	1
③	3	1
1	18	11
2		
3		



Igereranya ritabogamye rya kabiri abasiganwa 100





Kuri iyi nshuro abanyeshuri 20 muri 50 bo mu itsinda A bagize uburibwe mu gifu



N'abanyeshuri 10 muri 50 bo mu itsinda B bagize uburibwe mu gifu

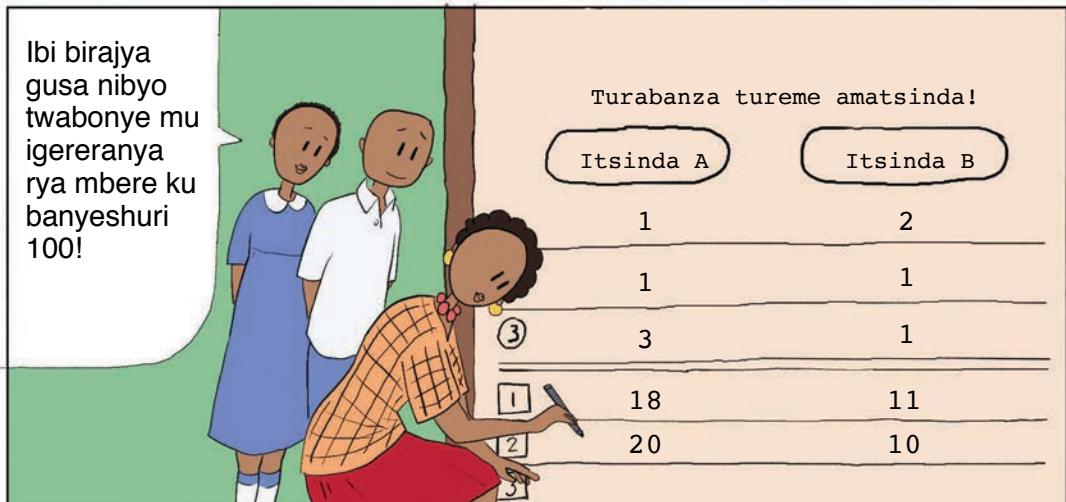
Ibi birajya
gusa nibyo
twabonye mu
igereranya
rya mbere ku
banyeshuri
100!

Turabanza tureme amatsinda!

Itsinda A

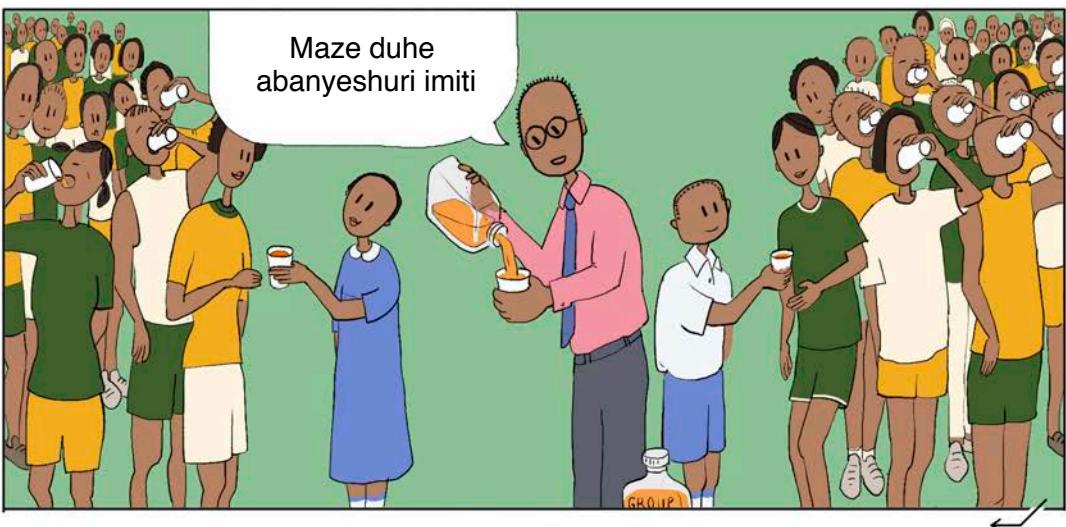
Itsinda B

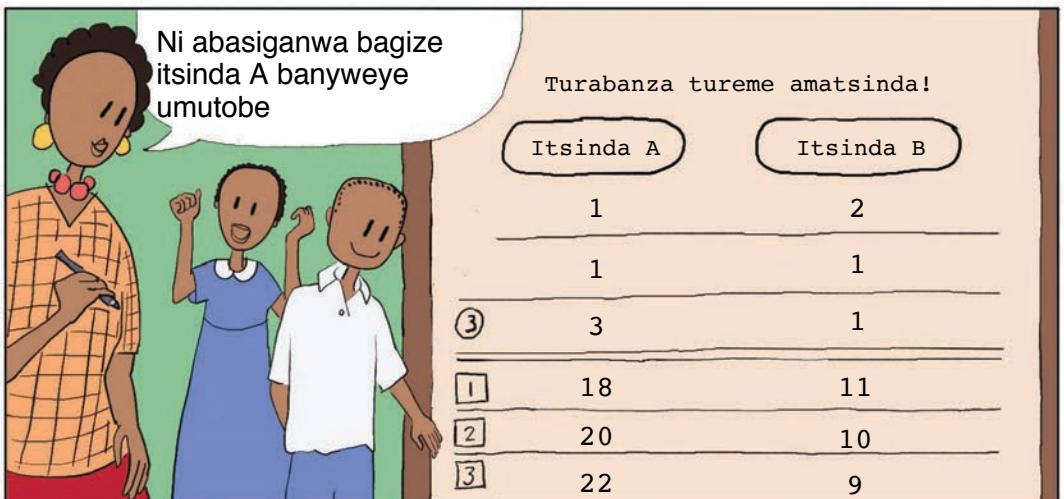
	1	2
1	1	1
3	3	1
1	18	11
2	20	10





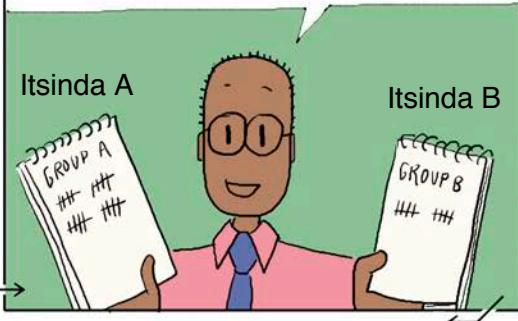
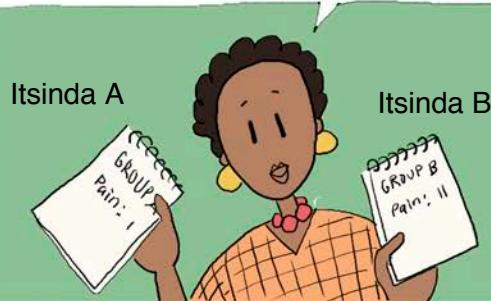
Igereranya ritabogamye rya gatatu abasiganwa 100





Igihe igereranya ryari ritoya,
twabonye ibantu bigiye bitandukanye
kuri buri nshuro.

Ariko ribaye rinini, abasiganwa
bageze ku 10 muri 50 banyweye
umutobe biyongereye ku bagize
uburibwe mu gifu ugereranyije n'aba



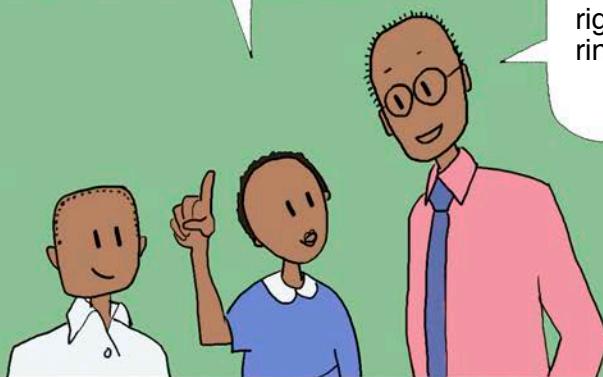
Uko ugenda ubona ibantu bisa, niko
wakwizera kurushaho ko byatewe
n'imti!

Ko bitaturutse gusa ku
mahirwe!

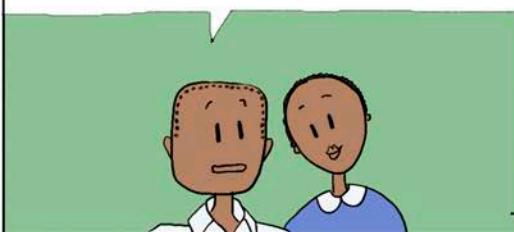


Kandi kugirango babone ibantu bimwe inshuro
nyinshi, abashakashatsi bagomba gukora igereranya

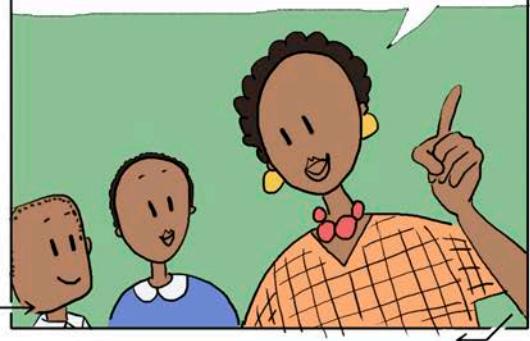
Yego! Igereranya
riabogamye
rigomba kuba
rinini bohagije.



Ubwo bivuze ko igereranya ritabogamye kandi rinini, ari impamvu nziza yo kwemeza ibyo abantu bavuga ku miti?



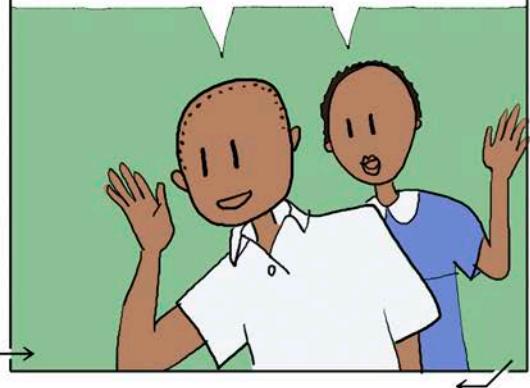
Yego! Imvugo ishingiye ku igereranya ritabogamye kandi rinini iba yizewe.



Mwibuke ko: abashakashatsi mu by'ubuzima bagomba kugereranya, nti mukabogame



kandi igereranya ryabo rikaba rinini bihagije



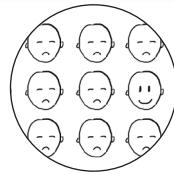
Nibyo rwose!

Murakoze Barimu!



Umukoro

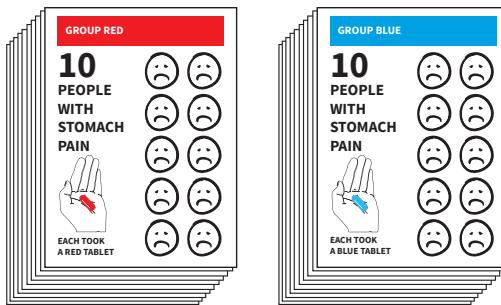
Amabwiriza



Intego: Gusobanura uko igereranya ku bantu bacye rishobora kugera ku bisubizo bitari byo

Intambwe ya 1: Reka abana batekereze ko ari abashakashatsi mu by'ubuzima .

Mwarimu afite amapaki abiri agizwe n'impapuro 10 . Ipaki imwe igizwe n'impapuro zitukura, izindi ni ubururu. Abana batekereze ko buri paki ari itsinda ry'abantu bagize igereranya
Ku ruhande rw'imbere kuri buri rupapuro, hari amasura 10 ababaye. Ayo masura ababaye agaragaza abantu bafite uburibwe mu gifu. Bivuze ko hari abantu 100 bafite uburibwe mu gifu muri buri tsinda.

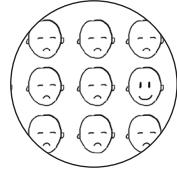


Intambwe ya 2: Abana batekereze ko bahaye ikinini gitukura kivura uburibwe bw'igifu ku bantu bo ku mpapuro zitukura. Abo ni abagize itsinda ritukura

Abana batekereze ko bahaye ikinini cy'ubururu kivura uburibwe bw'igifu ku bantu bo ku mpapuro z'ubururu. Abo ni abagize itsinda ry'ubururu Abantu bakoresheje uburyo bwabo bw'umuti, noneho abana bashobora gusuzuma icyabaye.

Amabwiriza (*biracyakomeza*)

Umukoro



intambwe ya 3: Bayobowe na mwarimu, abana basuzume icyabaye kuri ba bantu 10 bo muri buri tsinda

Mwarimu atoranye abana babiri. Umwe ahindukize urupapuro rutukura yerekane uruhande rw' inyuma rwarwo. Undi nawe ahindukize urupapuro rw'ubururu. Ku ruhande rw' inyuma rwa buri rupapuro, amasura amwe n'amwe aramwenyura. Buri sura imwenyura iragaragaza umuntu utakiribwa mu gifu.



Intambwe ya 4: Mwarimu n'abana babare abantu batakiribwa mu gifu muri buri tsinda. Mu mbonerahamwe iboneka mu makaye yabo, buri mwana yandike umubare w'abantu batakiribwa mu gifu muri buri tsinda. Mwarimu yandike mu mbonerahamwe ku kibaho umubare wabo.

Intambwe ya 5: Bayobowe na mwarimu, abana baganire bibaza ku bwoko bw'ibinini byarushaho umuntu mu gihe afite uburibwe mu gifu.

Intambwe ya 6: Mwarimu n'abana basubiremo intambwe ya 2 n'iya 4 kugeza igihe barangirije guhindukiza impapuro zose.

Intambwe ya 7: Igihe impapuro zose zimaze guhindukizwa, bayobowe na mwarimu, abana bumvikane niba ikinini kimwe cyagaragaye ko ari cyiza kuva bigitangira kugeza birangiye.

Umwitoto wa 1

Shyira akamenyetso ahabugenewe ukurikije ko igitekerezo aricyo cg ataricyo.

Urugero:

Mu igereranya ritabogamye, amatsinda aba ameze kimwe

nibyo

sibyo

1. Mu igereranya ritabogamye, abashakashatsi mu by'ubuzima barushaho kumenya neza impamvu ikintu kibaho iyo kibayeho inshuro nyinshi.

nibyo

sibyo

2. Iyo igereranya ari rinini bihagije, si ngombwa ko ryaba ritabogamye.

nibyo

sibyo

3. Inshuro nyinshi, abashakashatsi mu by'ubuzima bagombaga gukora igereranya ritabogamye rirenze rimwe ku miti imwe.

nibyo

sibyo

Umwitoto wa 2

Ibuka ko ibisobanuro bibiri bya “ku bw’amahirwe” biri ku mpapuro za nyuma z’igitabo

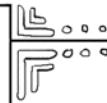
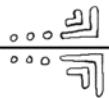
1. Guhitamo ubona umuti uyu n’uyu “ku bw’amahirwe” bishatse kuvuga iki?

2. Kubona ikintu “ku bw’amahirwe” mu igereranya ryari rito cyane bishatse kuvuga iki?

**Yohana na Yuliya bariga ku mvugo
z'ibyerekeye ku miti bishingiye ku
mpamvu mbi**

.....





8

Ibyiza n'ibibi by'umuti runaka

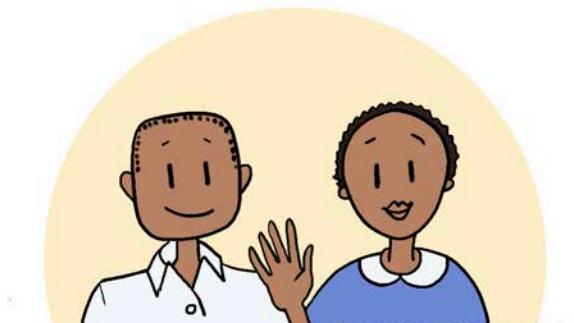
Ibyo uziga muri iri somo:

1. “ilbyiza ” by'umuti ni iki?
2. “ibibi” by'umuti ni iki?
3. Amahitamo ashingiye ku makuru ni iki?
4. Kuki ari ingenzi kugira amahitamo y’imiti ashingiye ku makuru?
5. Ni gute wagira amahitamo y’imiti ashingiye ku makuru?

Amagambo y’ingenzi ari muri iri somo:

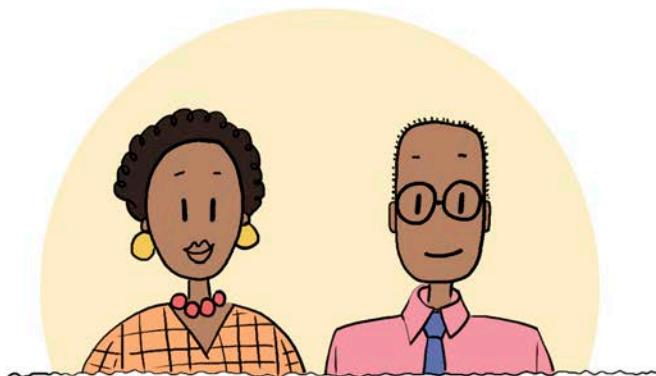
- Amahitamo ashingiye ku makuru “ni amahitamo akozwe igihe umuntu asobanukiwe n’amakuru afite.
- “Inyungu” y’umuti ni ikintu cyerekeye ku muti utekereza ko ari cyiza.
- “Igihombo” cy’umuti ni ikintu cyerekeye ku muti utekereza ko ari kibi.

abantu baboneka muri iri somo



Yohani

Yuliya



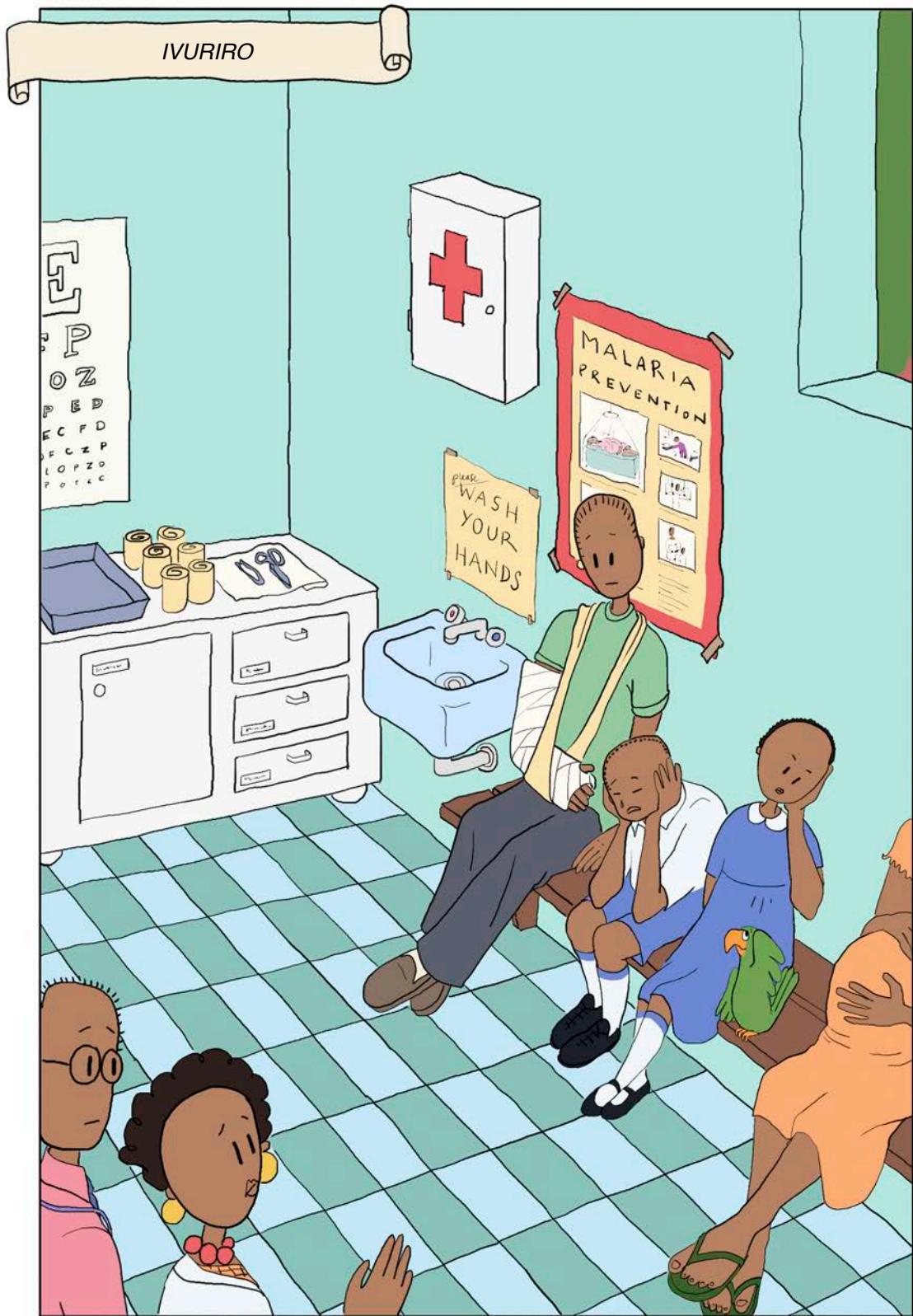
*Mwarimu wa
kaminuza Gereranya*

*Mwarimu wa kaminuza
Rutabogama*

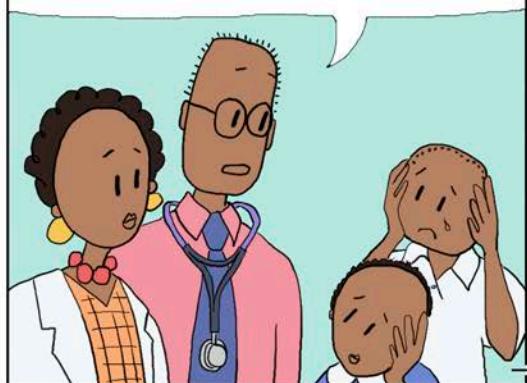


Gasuku

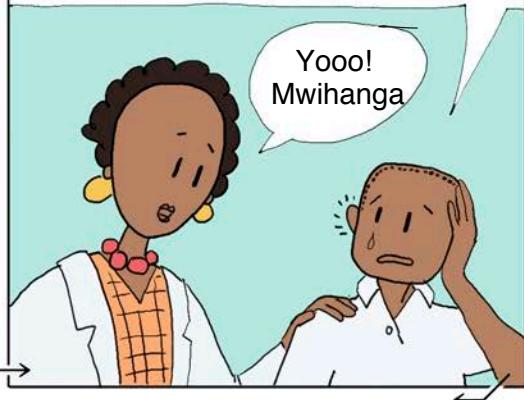
IVURIRO



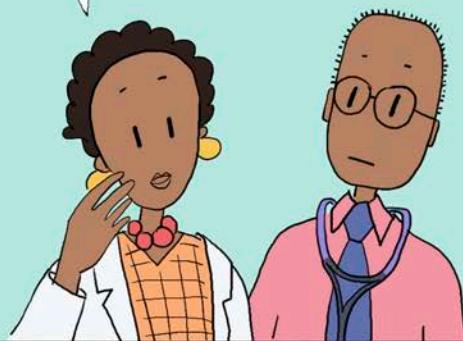
Mwiriwe, Yohani na Yuliya. Mumeze neza?



Oya! Twembi dufite ubwandumu matwi....



Hari imiti itandukanye mushobora gukoresha mu kuvura ubwandumu bwanyu

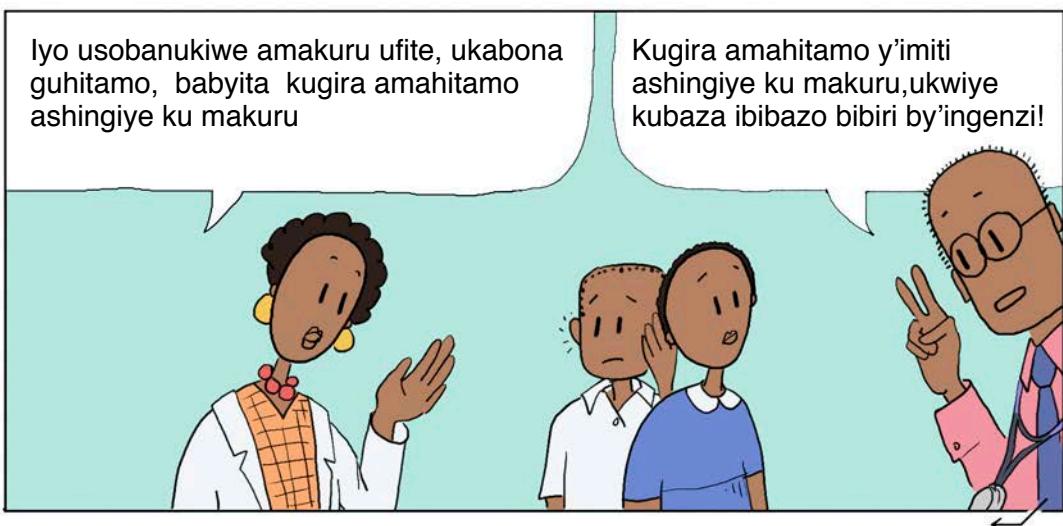


Inshuro nyinshi, abantu bahitamo kutagira icyo bakora, ubwandumu bukikiza nta miti bafashe



Rimwe na rimwe, abaganga baha abantu antibiyotike mu kuvura ubwandumu bwabo. Ni ubwoko bw'imiti





Amakuru ku miti
ni ibyo tubwirwa cyangwa twiga ku miti runaka

Amahitamo ashingiye ku makuru
ni amahitamo akozwe igihe usobanukiwe n'amakuru ufite

Icy a mbere ushobora kubaza:
Ni izihe nyungu n'ibihombo by'uwo muti?



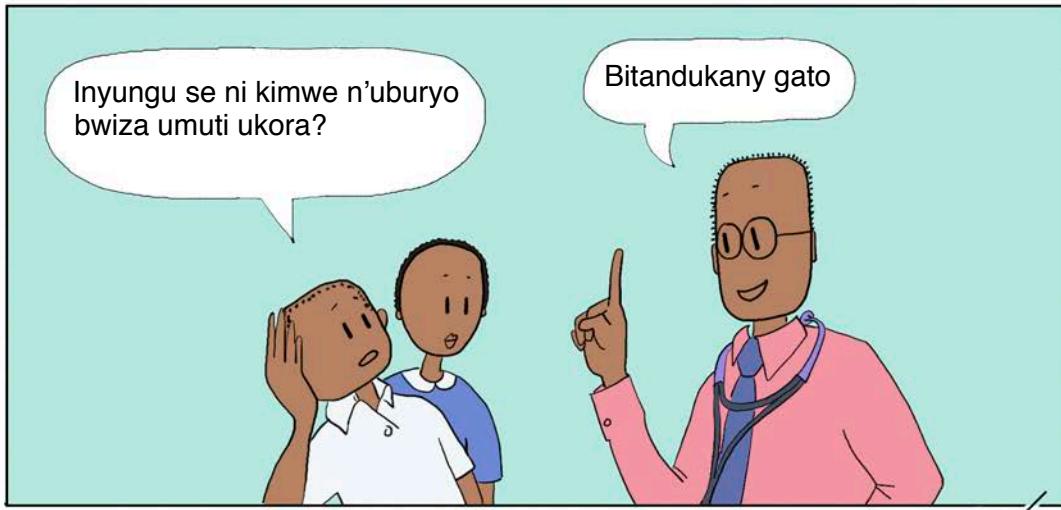
Inyungu ni ikintu cyerekeye ku muti
utekereza ko ari cyiza

Ighombo n'ikintu cyerekeye ku muti
utekereza ko ari kibi

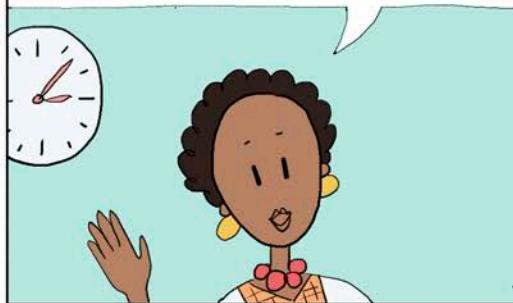


“INYUNGU” y’umuti ni ikintu
cyerekeye ku muti utekereza ko ari
cyiza.

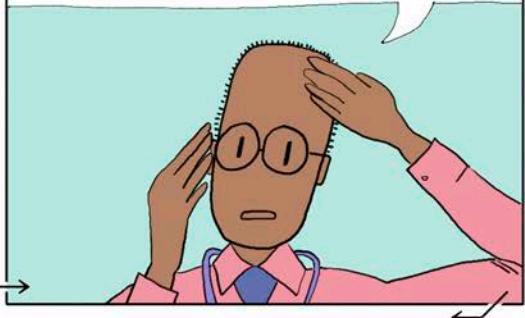
“IGIHOMBO” cy’umuti ni ikintu
cyerekeye ku muti utekereza ko ari
kibi.



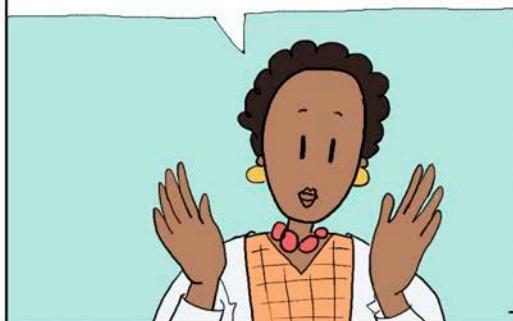
Inyungu y'ingenzi ya antibiyotiki
nuko rimwe na rimwe ituma
ubwandumu bukira vuba



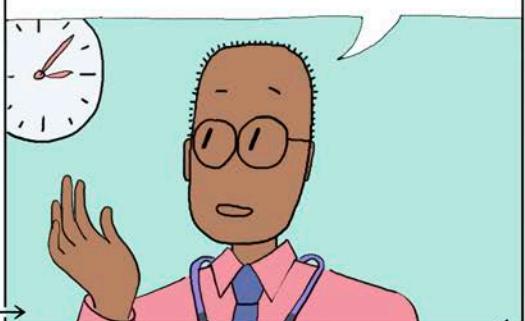
Iyo ubwandumu bukize, uburibwe
n'umuriro birashira



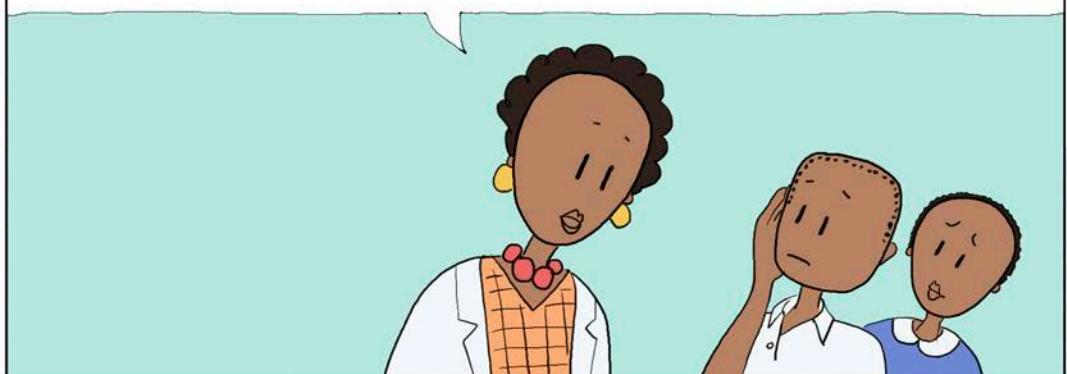
Gusa, kenshi na kenshi ubwandumu
burikiza nta miti ifashwe



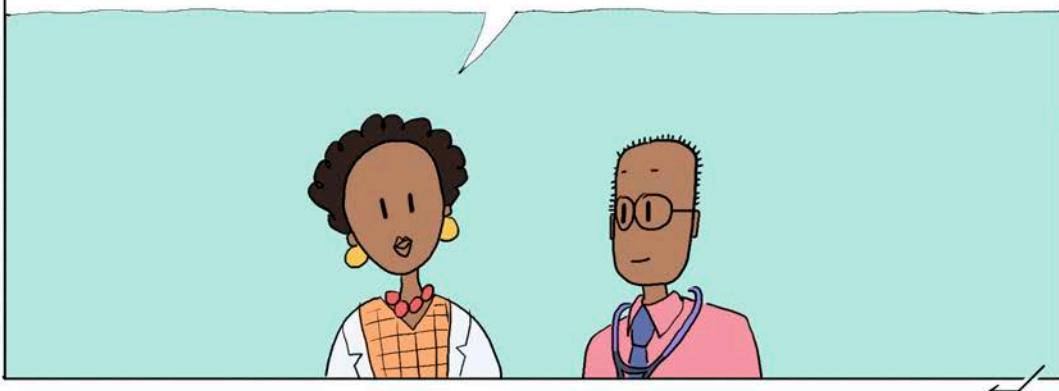
Yego rimwe na rimwe bifata igihe
kugirango ubwandumu bukire iyo nta
miti ifashwe, ariko hari n'ubwo bifata
igihe kingana!



Imbogamizi ikomeye y'antibiyotiki nuko rimwe na rimwe igutera uburwayi.
Ishobora kugutera kuruka cyangwa guhitwa.

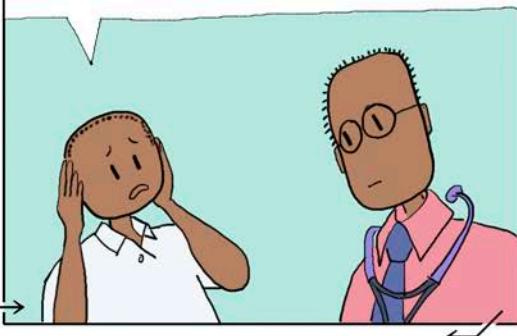
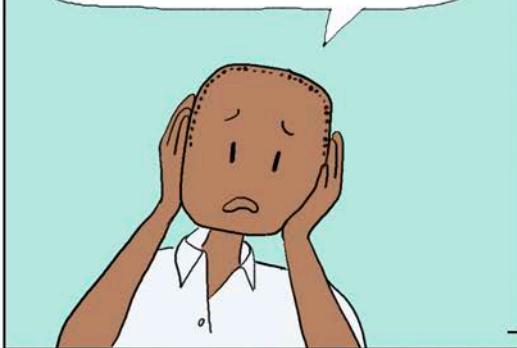


Ikindi rero, ugomba kubaza icyaba cyiza kuri wowe.



Ugutwi kwanje kurambabaza cyane, kandi ndahinda umuriro

Ubwo rero inyungu za antibiyotike
n'ingenzi kuri jye. Ndashaka gufata
antibiyotike

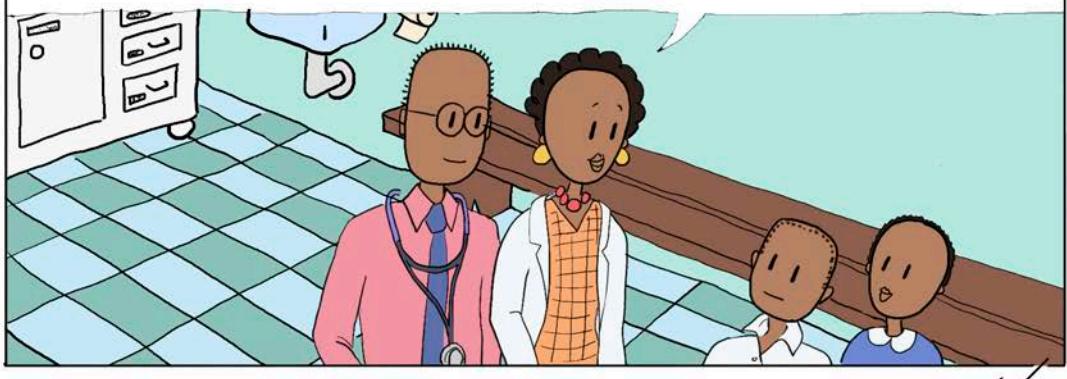


Reka jye sinshaka kurwara!
N'ubwando mfite ntabwo bundya
cyane!

Imbogamizi z'antibiyotike
zirakomeye kuri jye! Sinshaka gufata
antibiyotike!



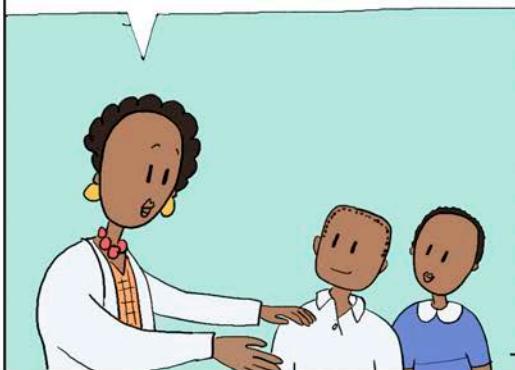
Murabona rero, Yohani na Yuliya, ko igithe abantu bagize amahitamo ashingiye ku makuru nkuko mubikoze, ntamahitamo twavuga ngo anogeye bose.



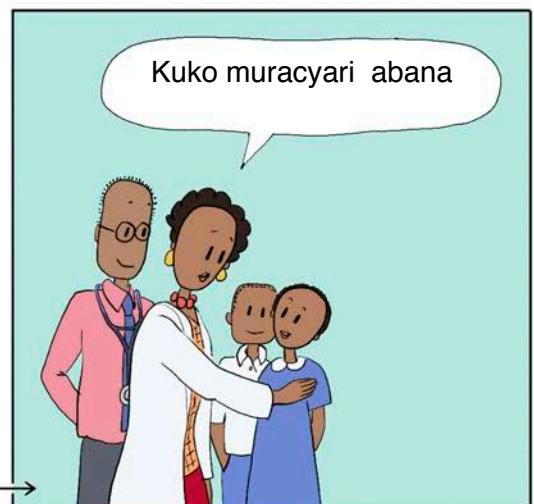
Umuntu wese yihitiramo ikimukwiriye! Icy'ingenzi ku muntu umwe si cyo cy'ingenzi buri gihe ku wundi muntu



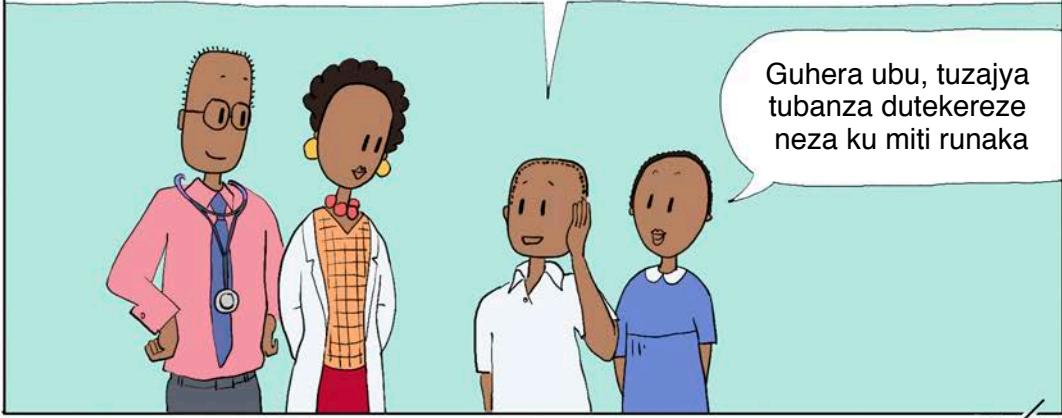
Ariko Yohani, mbere yo gufata antibiyotike, banza ubaze mama wawe kuri ibyo



Kuko muracyari abana

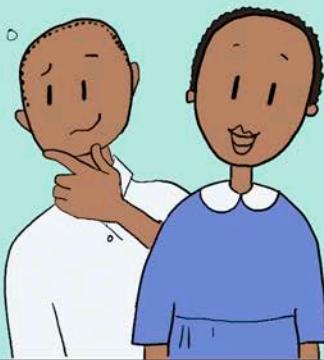


Barimu, murakoze kuduha amasomo menshi y'ingenzi

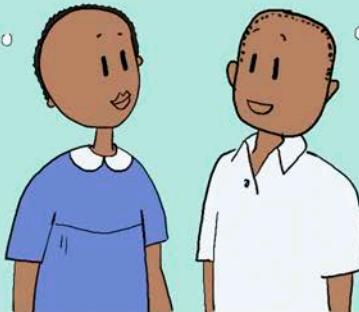


Guhera ubu, tuzajya
tubanza dutekereze
neza ku miti runaka

Tuzajya tubaza ibibazo kubyo abantu bavuga

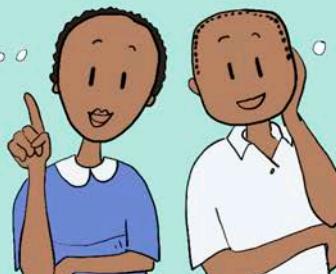


Maze twebwe ubwacu tubone kugira amahitamo ashingiye ku makuru



Ubu dusobanukiwe impamu ari
ingenzi ku bashakashatsi mu
by'ubuzima kugeranya....

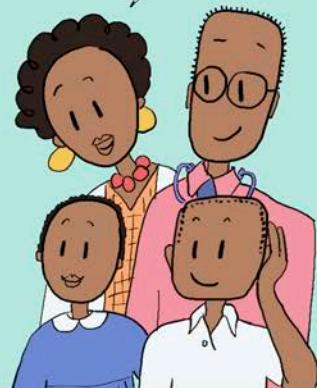
No kutabogama!



Gereranya! Utabogama!



Na gasuku ubwayo yize!

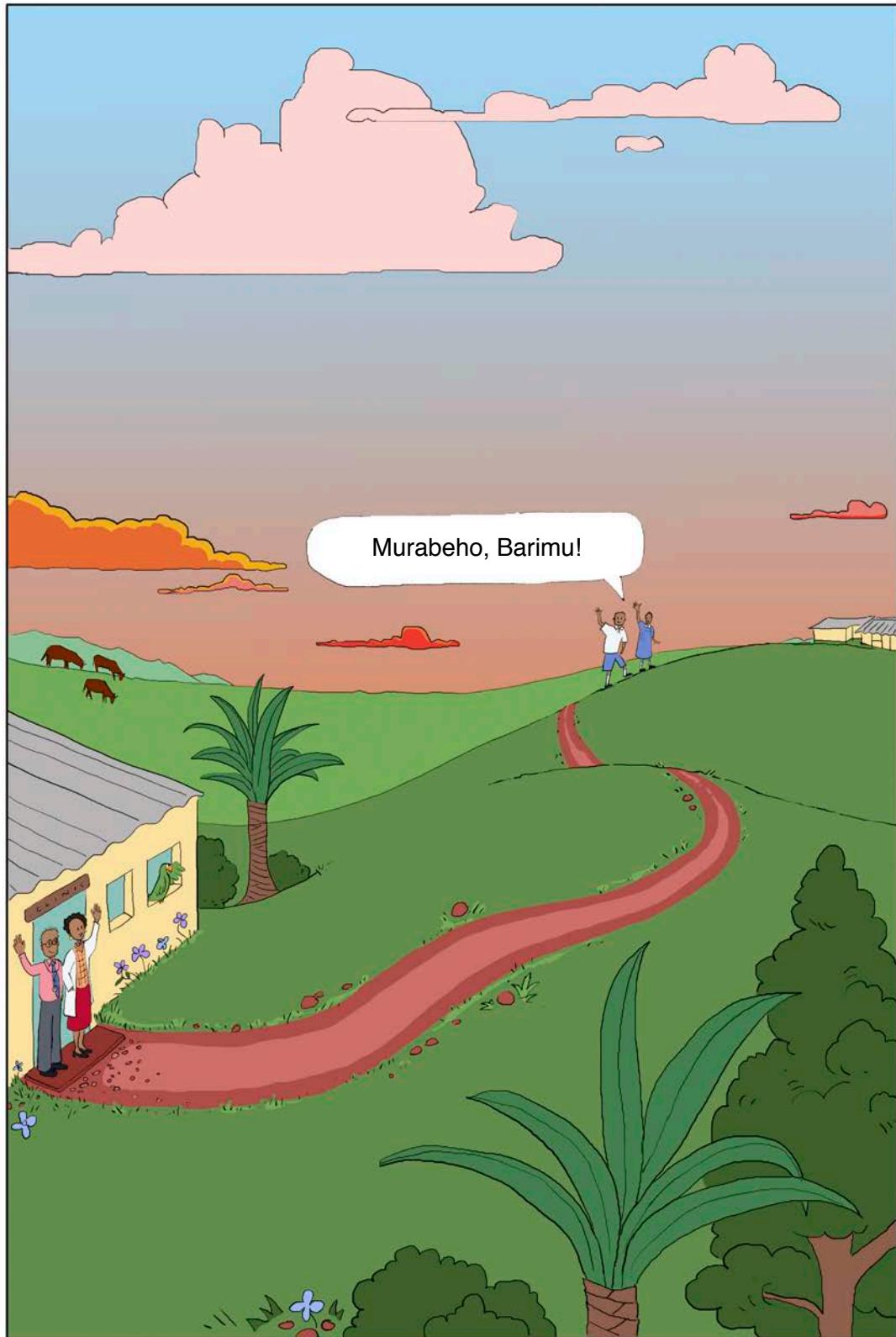


Haracyari
amasomo
menshi y'ingenzi
mugomba kwiga.

IVURIRO

Tuzayabigisha igihe
muzaba mumaze gukura.





Izindi ngero

Izi ni izindi ngero z'ibyo mwize muri iki gice

Urundi rugero rw'abantu babiri bakoze amahitamo atandukanye bitewe n'icy'ingenzi kuri buri wese.

Umuti A

Kubagwa kubw'igufwa ryavunitse

Inyungu: Igufwa ryakira vuba

Imbogamizi: Birahenze kandi hashobora kuzamo ubwandum

Umuti B

Kutabagwa kw'igufwa ryacitse

Inyungu: Nta kiguzi bisaba

Amahitamo ya Nelisoni: Nelisoni ahisemo kubagwa kuko ari umukinnyi wa bikaba ari ingenzi kuri we kuko byatuma yongera gukina vuba

Amahitamo ya Rona: Rona ahisemo kutabagwa kuko yakwemera bigatinda ariko akazigama amafaranga, ntashaka no kuba yagira akaga k'uko hazamo ubwandum.

Umukoro

Amabwiriza



Intego: Tekereza wihitiyemo neza kubwo gutekereza witonze ku nyungu n'imbogamizi.

Inyungu n'imbogamizi biraboneka ku rutonde ruri ku rupapuro rukurikira

Intambwe ya 1: Abana batekereze ko bafite uburibwe buturutse ku bwandu mu gutwi nka Yohani mu nkuru twabonye.

Intambwe ya 2: Bayobowe na mwarimu, buri mwana wese agaragaze inyungu cyangwa imbogamizi kuri buri muti abona ari ingenzi kuri we.

Mwibuke, imiti myinshi igira ibyiza n'ibibi

Intambwe ya 3: Mwarimu asome inyungu zose n'imbogamizi zose

Intambwe ya 4: Abana bamanike ibiganza igithe mwarimu avuze inyungu cyangwa imbogamizi byaba ari ingenzi kuri bo mu gihe baba bafite ubwandumu gutwi nk'ubwa yohani

Intambwe ya 5: Abana baganire n'abandi bana bicaranye ku muti bahitamo gukoresha n'impamvu bawuhitamo.

Amabwiriza (birakomeza)

Umukoro



Intambwe ya 6: Mwarimu abaze abahitamo gukoresha antibiyotike

Intambwe ya 7: Abana bahitamo gukoresha antibiyotike bahaguruke

Intambwe ya 8: Abana bose bongere bicare

Intambwe ya 9: Mwarimu abaze abatakoresha antibiyotike

Intambwe ya 10: Abana batakoresha antibiyotike bahaguruke

Intambwe ya 11: Abana bose bongere bicare

Intambwe ya 12: Noneho abana batekereze ko bafite uburibwe bucye buturutse ku bwandu bwo mu gutwi nk'ubwa Yuliya mu nkuru

Intambwe ya 13: Musubiremo guhera ku ntambwe ya 6 kugeza ku ya 11



Umuti wa 1: Gufata antibiyotike

Inyungu zo gufata antibiyotike

- Bijya bituma uburibwe n'umuriro bitewe n'ubwandum bishira vuba

Imbogamizi zo gufata antibiyotike:

- Bijya bitera abantu guhitwacyangwa kuruka
- Zirabiha mu kanwa
- Ugomba kuzifata inshuro nyinshi ku munsi mu gihe cy'iminsi myinshi
- Hari amafaranga wishyura

Umuti wa 2: Kudafata antibiyotike

Ibyiza byo kudafata antibiyotike:

- Ntabwo bitera abantu guhitwa cyangwa kuruka

imbogamizi zo kudafata antibiyotike:

- Ntabwo bituma uburibwe n'umuriro bishira vuba

Umwitoto wa 1

Andika icyo amagambo akurikira asobanura. Wibuke ko ibisobanuro by'amagambo biri ku mpapuro za nyuma z'iki gitabo.

urugero:

Igereranya ry'imiti "ritabogamye" ni iki?

Ni igereranya aho itandukaniro rikomeye ari imiti gusa.

1. "Amahitamo ashingiye ku makuru" ni iki?

2. "Inyungu" z'umuti ni iki?

3. "imbogamizi" z'umuti ni iki?

Umwitoto wa 2

Shyira akamenyetso ahabugenewe ukurikije ko igitekerezo aricyo cyangwa atari cyo.

Urugero:

Niba igereranya ari rinini bihagije, n'iyo ryaba ribogamye ntacyo bitwaye.

nibyo sibyo

1. Imwe mu nyungu z'umuti ni ukuba uhenze.

nibyo sibyo

2. Gukora neza k'umuti ni inyungu zawo.

nibyo sibyo

3. Igihe abantu babiri bagize amahitamo ashingiye ku makuru bisobanuye ko bahuje amahitamo cyangwa bakora amahitamo amwe.

nibyo sibyo

4. Inyungu ku muntu umwe ishobora kuba imbogamizi ku wundi.

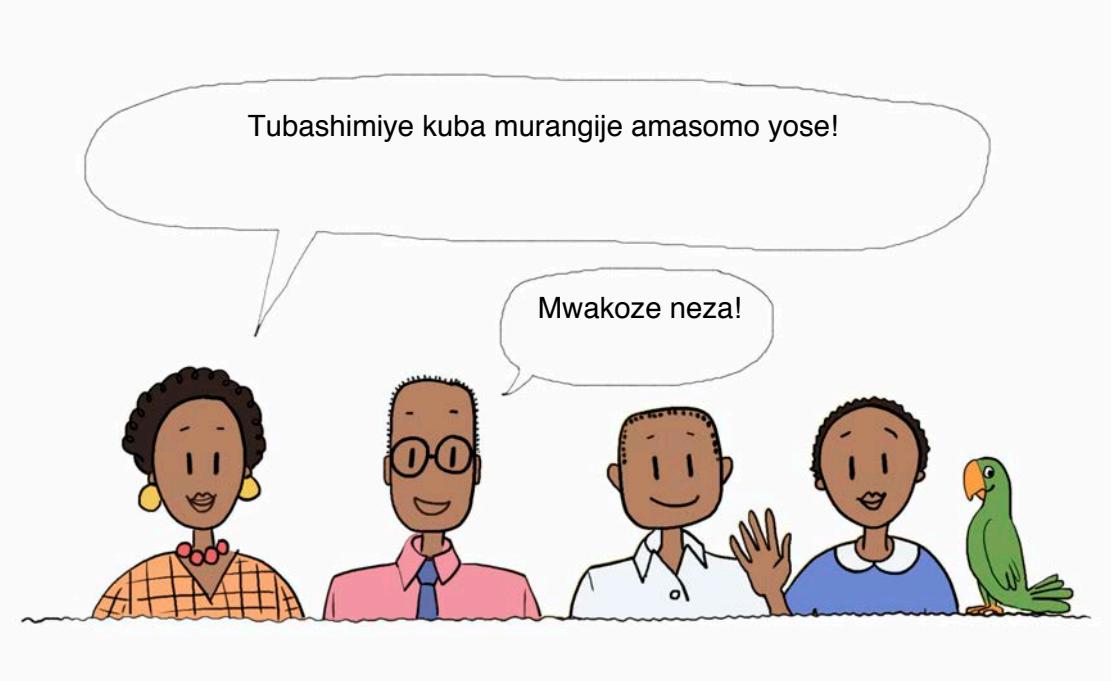
nibyo sibyo

5. Iteka imbogamizi z' umuti nizo ziba ari ingenzi cyane kurusha inyungu zawo.

nibyo sibyo

9

Ni iki cy'ingenzi cyo kwibuka
muri iki gitabo



Tubashimiye kuba murangije amasomo yose!

Mwakoze neza!

Iri somo rya nyuma ni isubiramo rya buri kintu cyose mwize

Mu isomo rya 1, mwize ibisobanuro by'aya magambo "ubuzima", "umuti" n' "uko umuti ukora"

Mwize n'icyo iki gitabo kigamije.



Ubuzima bwiza



Ubuzima bubi

Ubuzima ni iki?



Umuti ni iki?



“Uko imiti ikora” ni iki?



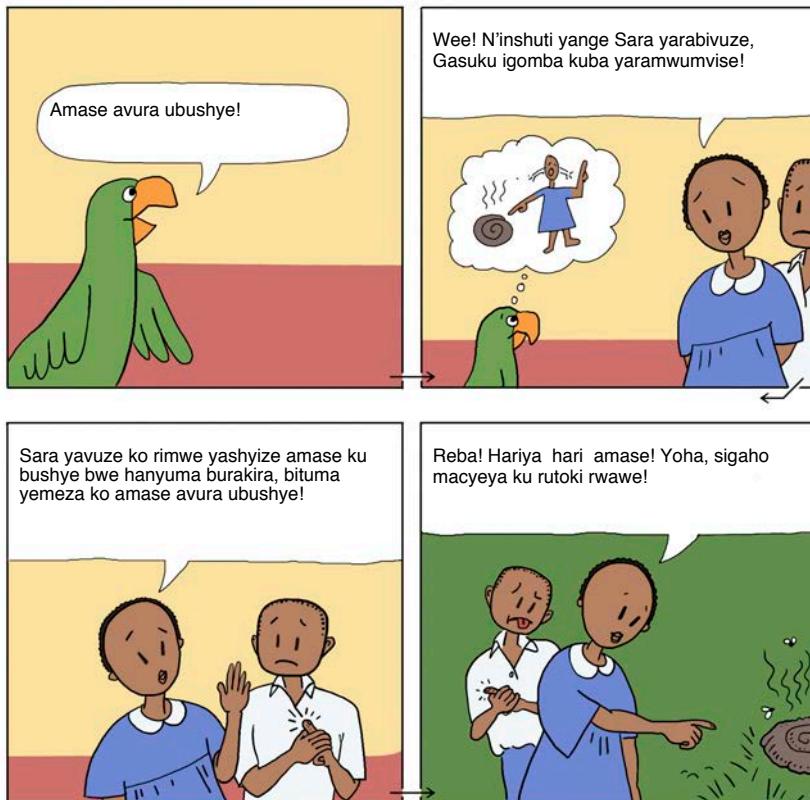
Kuki ugomba gutekerezanya ubushishozi mbere yo guhitamo kuba wakoresha umuti runaka?

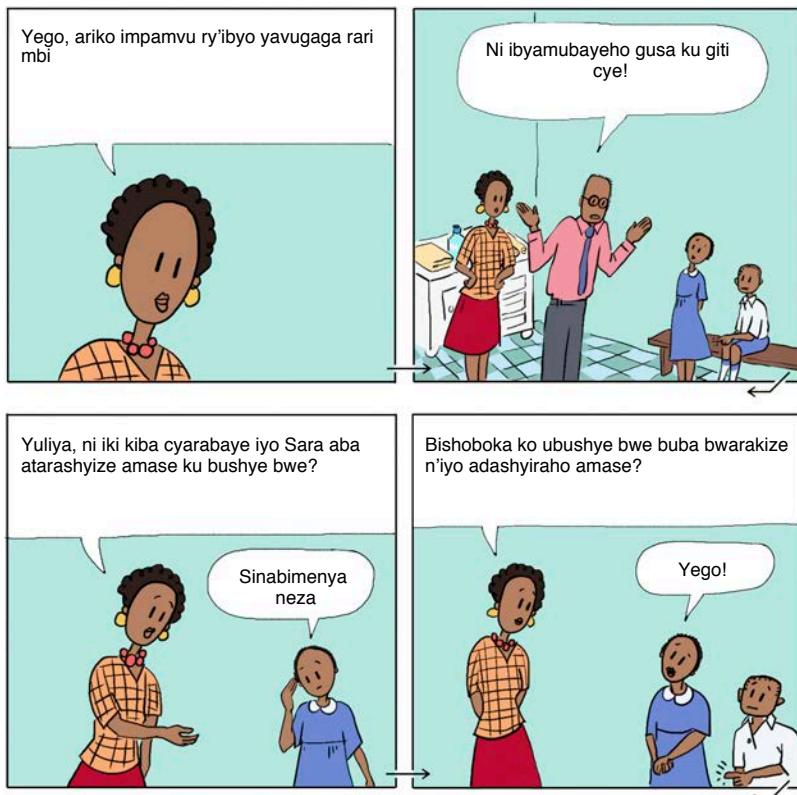
Mu isomo rya 2, mwize ibisobanuro by'amagambo akurikira: "Imvugo" "kitizewe" "impamvu"

Mwize ko imvugo ifite impamvu mbi iba itizewe.

Mwize ko icyabaye ku muntu ku gitи cye mu gukoresha umuti ari impamvu mbi yo kwemeza uko ukora.

Muri iyo nkuru, Yohani na Yuliya bagiye ku ivuriro aho bahuriye n'abarimu.





Muganire:

“Imvugo” ni iki?

“Impamvu y’ibyo abantu bavuga” ni iki?

Kuki ibyo Sara yavugaga bitari byizewe?

Ni iki buri gihe ukwiye kubaza igihe wumvishe ibyo abantu bavuga ku mikorere y’umuti runaka?

Mu isomo rya 3, mwize ku bintu bibiri bibi abantu bashingiraho bavuga uko umuti runaka ukora.

Mwize ko igihe abantu bamaze bakoresha umuti runaka cyangwa umubare w'abawukoresheje ari impamvu mbi yo kuvuga uko imiti ikora.

Na none kandi mwize ko kuba umuti ari mushya cyangwa ikiguzi cyawo ari impamvu mbi yo kuvuga uko imiti ikora.

Muri iyo nkuru, Abarimu basuye Yohani na Yuliya ku ishuri ryabo





Muganire:

Kuki imvugo ya Rusi itari yizewe?

Kuki imvugo ya Ahimedi itari yizewe?

Mu isomo rya 4, mwize ku bindi bintu bibiri bibi abantu bashingiraho bavuga uko umuti runaka ukora.

Mwize ko kuba umuntu ugurisha umuti runaka yagira icyo awuvugaho ari impamvu mbi yo kuvuga uko uwo muti ukora.

Mwize kandi ko kuba inzobere yagira icyo ivuga ku muti runaka ari impamvu mbi yo kuvuga uko uwo muti ukora.

Muri iyo nkuru, Yohani na Yuliya bahuriye n'abarimu ku isoko



Mwaramutse, Barimu! Aka kamashini gato gakoreshwa n'amashanyarazi gafite urusaku rwirukana imibu. Gatuma utarwara malariya! Ndabizi neza kuko nabibwiwe n'inzobere! Iyo nzobere izi byinshi ku mibu!



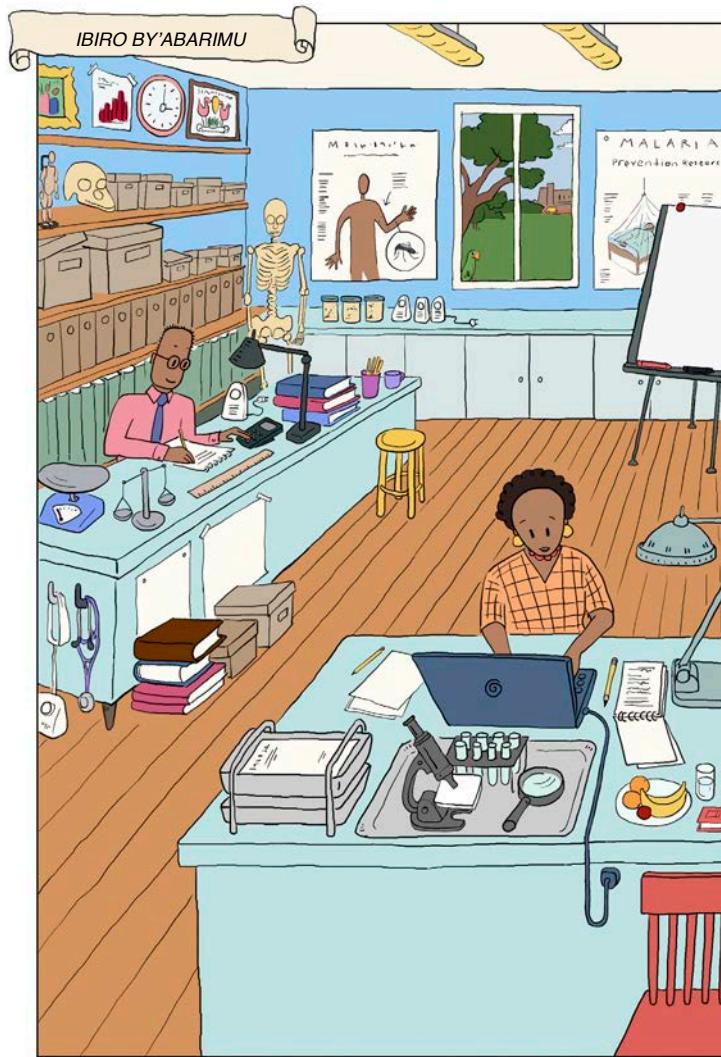
Muganire:

Kuki ibyo Mwaka na Nyirantama bavugaga bitari byizewe?

Kuki ibyo Mukamana yavugaga bitari byizewe?

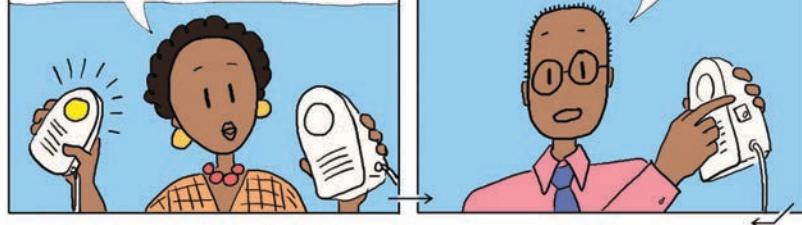
Mu isomo rya 5, mwize impamvu abashakashatsi mu by'ubuzima bagomba kugereranya imiti.

Muri iyo nkuru, Yohani na Yuliya basuye Abarimu ku biro byabo



Abashakashatsi mu by'ubuzima bize ku
ikoreshwa ry'akamashini gacanye
ugereranyije no kugakoresha kadacanye

Gukoresha akamashini kadacanye ni
kimwe no kutagakoresha



Muganire:

Kuki abashakashatsi mu by'ubuzima biga ku miti bifashishije kuyigereranya?

Mu isomo rya 6, mwize ku gisobanuro cy'igereranya "ritabogamye" ry'imiti itandukanye.

Mwize impamu n'ukuntu abashakashatsi mu by'ubuzima bakwiriye kutabogama igihe bagereranya imiti.

Muri iyo nkuru, Abarimu basuye Yohani na Yuliya ku kibuga cyo mu mudugudu wabo.





Dutera igiceri hejuru mu guhitamo ugomba gufata umuti uyu n'uyu! Muri ubwo buryo, umuti umuntu afata biba biturutse kuri tombola gusa!



Muganire:

Igereranya "ritabogama"ry'imiti runaka ni iki?

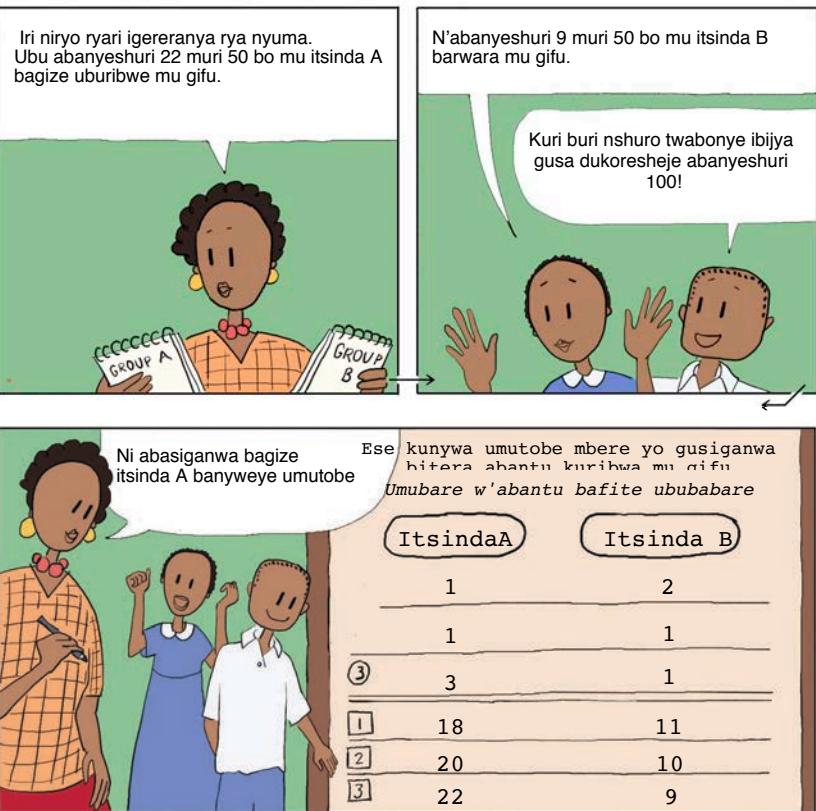
Kuki abashakashatsi mu by'ubuzima ku miti bakwiye kutabogama igihe bagereranya imiti?

Ni gute abashakashatsi mu by'ubuzima batabogama igihe bagereranya imiti?

Mu isomo rya 7, mwize ku mpamvu abashakashatsi mu by'ubuzima bagomba
guha imiti runaka abantu benshi mu gihe bayigereranya

Muri iyo nkuru, Yohani na Yuliya bahuriye n'Abarimu ku kibuga cyo muri
kaminuza





Muganire:

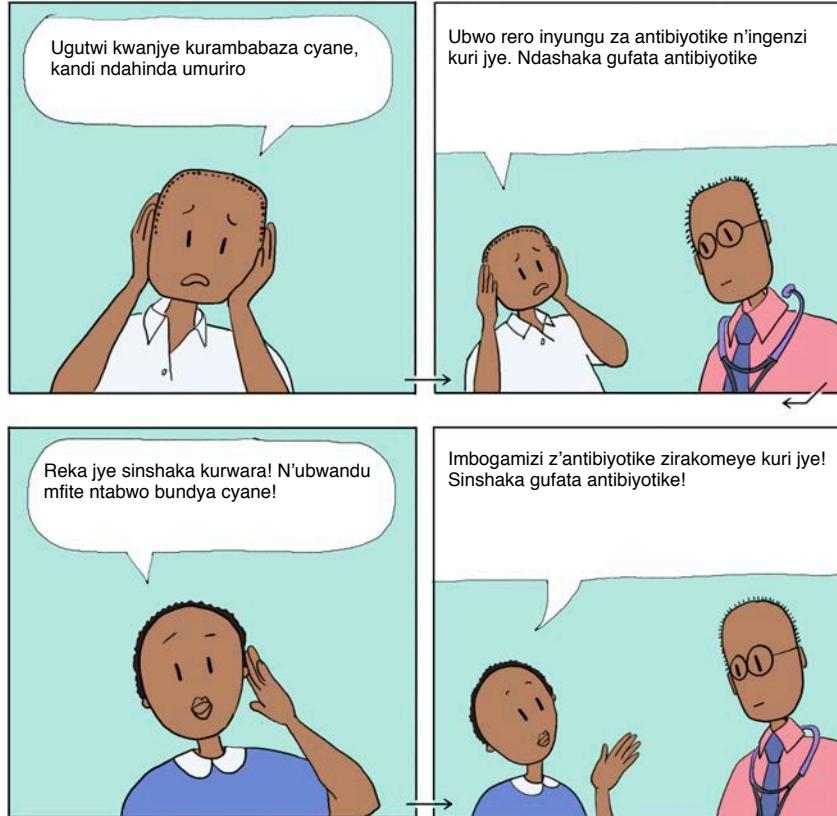
Kuki abashakashatsi mu by'ubuzima bagomba gukora igereranya
ritabogamye ku bantu benshi?

Mu isomo rya 8, mwize ku bibazo bibiri mukwiye kubaza mbere yo guhitamo
niba wakoresha umuti runaka.

Muri iyo nkuru, Abarimu basanze Yohani na Yuliya ku ivuriro

Yohani na Yuliya bari bahari kubera ko bombi bari bafite ubwandumu matwi





Muganire:

Ni ibihe bibazo bibiri ukwiye kubaza buri gihe mbere yo guhitamo niba
wakoresha umuti runaka?

Kuki ukwiye kubaza ibyo bibazo?

Ku rupapuro rukurikira, hari urutonde rw' iby'ingenzi cyane byo kwibuka muri iki gitabo.

Ushobora gukoresha urwo rutonde mu guhitamo imiti.

Kandi ushobora no kurukoresha mu kwigisha abandi ibyo wize.

Mwibuke ko hari ibindi byinshi byo kwiga ku byo abantu bemeza ku miti, kw'igereranya ry'imiti n'amahitamo y'imiti



Mwibuke!

- **Tekereza witonze mbere yo guhitamo niba wakoresha umuti runaka**
 - Imiti myinshi igira ingaruka nziza n'imbi.
 - Icyo umuntu avuga ku muti runaka gishobora kuba atari cyo.

Imvugo z'ibyerekeye imiti

Igihe wumvishe abantu bavuga ku mikorere y'umuti runaka, buri gihe uje ubaza uti:

- Ni iyihe mpamvu y'ibyo bavuga?

Iyo ibyo bavuga bifite impamvu mbi, ntibiba byizewe
ibi bikurikira ni impamvu mbi abantu bashingiraho bemeza imikorere y'umuti runaka:

1. Ibyabaye ku muntu wakoreshheje umuti runaka.
2. Igihe umuti umazeukoreshwa cyangwa umubare w'abantu bawukoresheje.
3. Ikiguzi cy'umuti cyangwa kuba ari mushyashya.
4. Kuba umucuruza w'umuti yagize icyo awuvugaho.
5. Kuba inzobere hari icyo ivuga ku muti, iyo kidashingiye ku igereranya ritabogamye.

Igerereranya ry'imiti

Iyo impamvu y'ibyo abantu bavuga ari nziza, ibyo bemeza biba byizewe.

Igerereranya ritabogama ni impamvu nziza yo kwemeza imikorere y' imiti.

Uku niko abashakashatsi mu by'ubuzima bakora igerereranya ritabogama:

1. Bagereranya umuti umwe n'undi muti cyangwa kutagira umuti umuntu afata.
2. Bahitamo abafata umuti runaka bakoresheje tombola (nko gutera igiceri hejuru).
3. Ntibatuma hari umenza umuti runaka umuntu yahawe kugeza barangije.
4. Batanga umuti ku bantu benshi, bigatuma ibyo babona biba atari kubw'amahirwe.

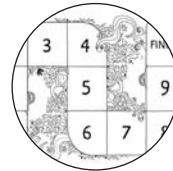
Amahitamo y'imiti:

Mu gihe ushaka guhitamo niba wakoresha umuti runaka, baza buri gihe:

- **N'Izihe nyungu cyangwa imbogamizi z'uwo muti?**
- **Ni iki cy'ingenzi cyane kuri njye?**

**Umwitoto
Ibiganiro mw'ishuri**

Amabwiriza



Intego: Kwibuka icy'ingenzi twakwiga muri iki gitabo

Intambwe ya 1: Buri mwana yubure igitabo cye ku buryo imbonerahamwe y'umukino igaragara hejuru.

Intambwe ya 2: Mwarimu areme amatsinda ya babiri babiri umwana umwe muri babiri amwite UMUKINNYI wa 1 undi amwite UMUKINNYI wa 2

Intambwe ya 3: Buri mwana afate akantu ko gukinisha agashyire mu kazu kanditsemo ngo "AHO BATANGIRIRA" ku mbonerahamwe.

Nk'urugero: akabuye gato, igiceri cyangwa umufuniko w'icupa.

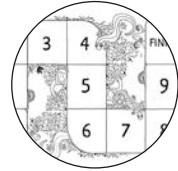
Mwarimu afite urutonde rw'ibibazo

Intambwe ya 4: Mwarimu abaze kimwe mu bibazo.

Intambwe ya 5: muri buri tsinda, umukinnyi wa 1 abwire umukinnyi wa 2 icyo atekereza ko ari igisubizo.

Intambwe ya 6: Mwarimu asobanure igisubizo nyacyo.

Intambwe ya 7: Muri buri tsinda, niba umukinnyi 1 yatanze igisubizo nyacyo, uwo mwana yimurire agakoresho ke mu kazu gakurikira



Intambwe ya 8: Musubiremo guhera ku ntambwe ya 4 kugeza ku ya 7, uretse ko ubu noneho umukinnyi wa 2 ariwe usubiza.

Igihe umwana ageze ku kazu "kurangiza", baba atsinze. Abo bana babiri bongere batangire.

Urugero:

Mwarimu:"ese imiti myinshi igira ingaruka nziza gusa, ingaruka mbi gusa cyangwa byombi?

Umukinnyi wa 1 kuri buri ntebe ahe igisubizo umukiknnyi wa 2.

Mwarimu: "Igisubizo nyacyo nuko imiti myinshi ifite ingaruka nziza n'imbi!

Mwibuke urugero rwo gukoresha antibiyotike. Gukoresha antibiyotike bishobora gukiza ubwandum vuba, ariko bishobora nanone kugutera uburwayi."

Umukinnyi wa 1 kuri buri ntebe yimurire agakoresho ke mu kazu gakurikira igithe yatanze igisubizo nyacyo.

Umwitozo

Amabwiriza

Fungura ikaye yawe y'imyitozo ku mpapuro za nyuma aho wanditse ibyo abantu bavuga bitandukanye.

Uzuzamo impamvu ya buri kintu abantu bavuga hanyuma ushyire akamenyetso mu kazu kabugenewe werekana icyo utekereza: Niba ibyo bavuga byizewe, bitizewe cyangwa ntacyo ubizihi.

Hari urugero ku rupapuro rukurikira.

Mwibuke, ibantu mwize abantu bakunda gushingiraho:

- Icyabaye ku muntu wakoreshjeje umuti runaka.
- Igihe umuti umaze ukoreshwya cyangwa umubare w'abantu bawukoreshjeje.
- Ikiguzi cy'umuti cyangwa kuba ari mushya.
- Kuba ugurisha umuti yagize icyo awuvugaho.
- Kuba inzobere yagize icyo ivuga kuri uwo muti.
- Igereranya ritabogama hagati y' umuti n'iyindi miti cyangwa y'umuti no kutagira umuti ufata.
- Igereranya ribogamye hagati y' umuti n'iyindi miti cyangwa y'umuti no kutagira umuti ufata

Niba utabashije kumenya impavu y'ibyo bavuga, we kwirirwa ugira icyo uhandika.



Umwitoto

Urugero:

Imvugo:

Amase avura ubushye!

Umuti:

Gushyira amase ku bushye.

Ingaruka

Kuvura ubushye.

Impamvu:

Ubunararibonye bwihariye bw'umuntu.

Ese icyo bemeza gifite impamvu yizewe?

Nibyo

Sibyo

Sinabyemeza

Umwitozo

Imvugo:

Umuti:

Ingaruka

Impamvu:

Ese icyo bemeza gifite impamvu yizewe?

Nibyo

Sibyo

Sinabyemeza

Imvugo:

Umuti:

Ingaruka

Impamvu:

Ese icyo bemeza gifite impamvu yizewe?

Nibyo

Sibyo

Sinabyemeza

Urutonde rw'amagambo y'ingenzi muri iki gitabo n'uko asobanura

Inyungu z'umuti runaka

Ni icyo utekereza ko ari cyiza ku muti runaka

AMAGAMBO ASOBANURA IKINYURANYO: "imbogamizi"

URUGERO: "Iyo umuti ukora neza ziba ari inyungu z'uwo muti. Iyindi nyungu y'imiti imwe n'imwe nuko iba igura amafaranga macye cyangwa itangirwa ubuntu"

Kugira **impamvu** ushingiraho wemeza ikintu runaka

Ni ugushyigikira imvugo ukoreshheje ikindi kintu.

URUGERO: "Icyo Sara yavugaga, impamvu yari ku bunararibonye bwe"

Ni icyo umuntu ashingiraho cyangwa impamvu aheraho yemeza ikintu runaka

URUGERO: "icyabaye kuri Sara yari impamvu y'icyo yavugaga"

(Menya neza ko “ku **bw'amahirwe**” bifite ibisobanuro bibiri. Byombi biri muri iyi nkoranya)

Guhitamo ku **bw'amahirwe** ufata umuti uyu n'uyu

Ni uburyo bwo guhitamo utazi umuntu umuti ari bufate uwo ari wo.

URUGERO: “Yohani na Yuliya bateye igiceri hejuru mu guhitamo inshuti zabo zafashe umutobe, ni inshuti zabo zafashe amazi. Muri ubwo buryo, bahisemo ku bw'amahirwe abanywa umutobe. Yohani na Yuliya ntabwo bari bazi uwari gufata umutobe.

Gutahura ikintu runaka ku **bw'amahirwe** mu igereranya rito cyane ni ugutahura ikintu utazi impamvu cyabaye kubera ko igereranya ryari rito cyane

URUGERO: “Abashakashatsi mu by'ubuzima bagereranyije imiti ibiri mu gushaka kumenya umuti mwiza kurusha undi mu kuvura umutwe. Batanze umuti umwe ku itsinda rya mbere nundi muti ku itsinda rya kabiri. Abo mu itsinda rya mbere bumvaga umutwe ukira vuba.”

Nyamara abantu bari muri iryo gereranya bari bacye cyane. Birashoboka ko kuba barabonye umuti ukiza vuba byaba byaravuye gusa ku mahirwe. Ntabwo babashaga kumenya neza impamvu abo mu itsinda rya mbere umutwe wabo wakiraga vuba vuba.

Imvugo

Ni ikintu umuntu avuga gishobora kuba aricyo cyangwa ataricyo.

URUGERO: “Icyo Sara yavugaga ni uko amase avura ubushye. Icyo yavugaga nticyari cyo.



Kwemeza Imvugo

Ni ukuvuga ikintu runaka gishobora kuba aricyo cyangwa ataricyo

URUGERO: “Sara avuga ko amase avura ubushye. Icyo yavugaga nticyari cyo”

Igereranya ry’imti

Ni ukureba itandukaniro riri hagati y’imti ibiri cyangwa myinshi.

Amagambo bisobanura kimwe: “kwiga ku miti” cyangwa “gusuzuma imti”

URUGERO: “Abashakashatsi mu by’ubuzima bakoze igereranya hagati yo kuryama mu nzitiramubu no kutayiryamamo”

Kugereranya imti

Ni ukureba itandukaniro riri hagati y’imti ibiri cyangwa myinshi.

URUGERO: “Abashakashatsi mu by’ubuzima bakoze igereranya hagati yo kuryama mu nzitiramubu no kutayiryamamo”

Imbogamizi z’umuti

Ni icyo utekereza ko ari kibi ku muti runaka

Ijambo risobanura ikinyuranyo: “Inyungu”

URUGERO: “Ingaruka mbi z’umuti runaka ni imbogamizi z’uwo muti. Iyindi mbogamizi y’imti imwe n’imwe nuko ihenda”

Ingaruka z'umuti runaka

Ni ikintu giterwa n'imiti runaka

URUGERO: “Kureba neza kurushaho ni ingaruka zo kwambara amadarubindi”

Inzobere

Ni umuntu uzi byinshi ku kintu runaka

Igereranya **ritabogama** ry'imiti itandukanye

Ni igereranya rirangwa n'uko itandukaniro ry'ingenzi hagati y'ibigereranywa ari imiti yonyine

Amagambo asobanuye ikinyuranyo: “igereranya ribogama”

URUGERO: “Abashakashatsi mu by'ubuzima bagereranyije kuryama mu nzitiramibu no kutayiryamamo. Abantu bo mu itsinda rimwe bari bahuye n'abo mu rindi tsinda. Iryo ryari igereranya ritabogama kubera ko itandukanyirizo ry'ingenzi hagati y'amatsinda yombi ryari ukuba abantu baryama mu nzitiramubu cyangwa batayiryamamo.

Gutahura ikintu runaka nyuma y'igereranya

Ni ugutahura itandukaniro cyangwa ihuriro

URUGERO: Abashakashatsi mu by'ubuzima batahuye ko abantu bacye ari bo barwaye malariya mu baryamaga mu nzitiramubu

Ibyavuye mw'igereranya

Ni itandukaniro cyangwa Ihuriro byagaragaye nyuma y'igereranya

URUGERO: "Ibyatahuwe n'abashakashatsi mu by'ubuzima byari yuko abantu bacye ari bo barwaye malariya mu baryamaga mu nzitiramubu"

Ubuzima bwawe

Ni uburyo umubiri n'imitekereze byawe ari byiza

URUGERO: "Ubuzima bwa Yuliya ni bwiza kubera ko nta burwayi afite cyangwa imvune. Yohani afite ubwandum, ubwo rero ubuzima bwe bumeze nabi kurusha ubwa Yuliya

Amahitamo yo kwita ku buzima

Ni amahitamo ku buryo bwo kwita ku buzima bwawe cyangwa ubw'abandi

URUGERO 1: "Igihe uhisemo gukoresha umuti, uba ugize amahitamo yo kwita ku buzima"

URUGERO 2: "Igihe guverinoma ihisemo umuti wo kwishyurira abaturage, baba bagize amahitamo yo kwita ku buzima"

Ubushakashatsi mu by' buzima

Ni ukwigana ubushishozi ubyitondeye ibijyanye n'ubuzima kugirango umenye ibindi byinshi kurushaho

URUGERO: "Abashakashatsi mu by'ubuzima bagereranyije bitonze kuryama mu nzitiramibu no kutayiryamamo. Bamaze gukora ubwo bushakashatsi mu by'ubuzima, batahuye byinshi ku ngaruka yo kuryama munzitiramubu"

Umushakashatsi mu by'ubuzima

Ni umuntu wigana ubushishozi ibijyanye n'ubuzima kugirango amenye ibindi byinshi kurushaho

URUGERO: "Abashakashatsi bamwe mu by'ubuzima biga ingaruka z'imiti ku buzima bwacu. Nk'urugero, bagereranyije bitonze kuryama mu nzitiramibu no kutayiryamamo. Babikoze, batahuye byinshi ku ngaruka zo kuryama mu nzitiramubu"

Ubuhangwa mu by'ubuzima

Reba "ubushakashatsi ku buzima" hejuru

Umuhangwa mu by'ubuzima

Reba "umushakashatsi mu by'ubuzima" hejuru

Ubwandu

Ni indwara iterwa n'udukoko duto tutaboneshwa amaso

URUGERO: "Yohani yagize ubwandu ku rutoki nyuma yo kurushyiraho amase"

Amakuru ku miti

Ni ibuntu twiga cyangwa tubwirwa ku miti.

Amahitamo ashingiye ku makuru

Ni amahitamo akozwe igihe umuntu asobanukiwe n' amakuru afite

URUGERO: "Abashakashatsi mu by'ubuzima bagereranyije gukoresha antibiyotike no kutayikoresha. Yohani na Yuliya basobanukiwe ibyatahuwe n'abashakashatsi mu by'ubuzima. Nibwo bakoze amahitamo ashingiye ku makuru yerekeranye no kuba wakoresha antibiyotike"

Gupima(gusuzuma)

Ni ukureba ubwinshi cyangwa umubare by'ikintu runaka

URUGERO: "Abashakashatsi mu by'ubuzima bagereranyije kuryama mu nzitiramubu no kutayiryamamo. Bapima umubare w'abantu barwaye malariya"

Kuyobia

Ni ugutuma umuntu atekereza ko ikintu runaka aricyo mu gihe ataricyo

Ijambo bisobanura kimwe: "kujijisha" cyangwa "gutesha umutwe"

URUGERO: " Ibyo abantu bemeza bitizewe bishobora kukuyobia"

Icyabaye ku muntu wakoreshheje umuti runaka

Ni ikintu cyabaye ku muntu nyuma yo gukoresha umuti runaka

URUGERO: "Sara yemeza ko amase avura ubushye. Ibyo yemeza bishingiye ku bunararibonye bwe bwihariye bwo gushyira amase ku bushye. Ibyo yemezasibyo"

Umwarimu wo muri kaminuza

Ni uwigisha cyangwa umushakashatsi muri kaminuza

URUGERO: Mwarimu Gereranya na Mwarimu Rutabogama bigisha muri kaminuza.

Bigisha abanyeshuri bashaka kuba abaganga n'abashakashatsi mu by'ubuzima. Abo barimu nabo bakora ubushakashatsi mu by'ubuzima.

Imvugo yizewe

Ni icyo bemeza gifite impamvu nziza

AMAGAMBO ASOBANURA IKINYURANYO:"Imvugo itizewe"

URUGERO: "inzitiramibu zirinda abantu kurwara malariya. Iki bemeza kirizewe kuko gishingiye ku igereranya ritabogamye."

Ubushakashatsi

Ni ukwigana ubushishozi ubyitondeye ikintu runaka kugirango umenye ibindi.

Ibindi byinshi kurushaho IJAMBO BISOBANUYE KIMWE: "Ubuhangwa"

URUGERO: "Mwarimu Rutabogama na Mwarimu Gereranya bakora ubushakashatsi ku miti mu gushaka kumenya byinshi ku mikorere yayo"

Ikibazo cy'ubushakashatsi

Ni ikibazo abashakashatsi bagerageza gushakira igisubizo

URUGERO: "Ikibazo cy'ubushakashatsi cyari: "Ese kuryama mu nzitiramuba buiba abantu kurwara malariya?"

Umushakashatsi

Ni umuntu wigana ubushishozi ikintu runaka kugirango amenye ibindi byinshi kurushaho kuri cyo.

IJAMBO BISOBANURA KIMWE: "Umuhangwa"

URUGERO: "Mwarimu Rutabogama na Mwarimu Gereranya ni abashakashatsi biga ku miti mu gushaka kumenya byinshi ku mikorere yayo"

Siyansi

reba "ubushakashatsi" hejuru

Umuhangwa mu bya siyansi

reba "umushakashatsi" hejuru

Kumenya **neza** uko imiti ikora

Ni igihe waba ushidikanyaho gacye cyane ku mikorere y'uwo muti.

AMAGAMBO BISOBANURA KIMWE: "Kubihamya" cg "Kubyizera"

URUGERO: "Ntabwo twakwemeza neza imikorere y'imiti myinshi itandukanye"

AMAGAMBO ASOBANURA IKINYURANYO: "Kutamenya neza" cg "Kudahamya"

Umuti

Ni ikintu runaka ukora ku bw'ubuzima bwawe

URUGERO: "Kwambara amadarubindi ni umuti"

Igereranya ribogamye ry'imiti

Ni igihe hari ibindi bikomeye bitandukanya ibigereranywa atari imiti gusa.

AMAGAMBO ASOBANURA IKINYURANYO: "Igereranya ritabogama"

URUGERO: "Abashakashatsi mu by'ubuzima bagereranyije kuryama mu nzitiramibu no kutayiryamamo. Abantu bo mu itsinda rya mbere bari batuye mu gace katarimo imibu myinshi. Ryari igereranya ribogamye kubera ko hari ibindi bikomeye bitandukanya amatsinda atari imiti gusa."

Imvugo itizewe

Ni icyo abantu bemeza gifite impamvu mbi.

AMAGAMBO ASOBANURA IKINYURANYO: "Kizewe"

URUGERO: "Sara yemeje ko amase avura ubushye. Ishingiro ry'ibyo yemezaga ryari ubunararibonye bwe ku gushyira amase ku bushye. Ibyo yemezaga ntibyari byizewe kuko byari bishingiye gusa k'ubunararibonye."

Iki gitabo gituwe David Sackett.

David Sackett,witabye Imana mu gihe cy'ikorwa ry'iyi mirimo,yari umuyoboz (umuvugizi) mu byakusanyijwe bijyanye n'ubuvuzi. Dave "yahoraga ahinyura abaganga bari baratwawe no gufata ibyemezo uko babyumva, bashingiye ku migenzi ndetse no gutegeka" yari inshuti,umugenzi,yari intangarugero ku banyamuryango ba informed Health Choices group. Dave yari umuhanzi mu gukora ibikomeye akabigira ibyoroshye,kwandika ibijyanye n'amaza ye mu kubivuga,inyandiko(igerageza) n'ibitabo, yanditse inkuru cat's cradle by Kurt Vonnegut(uburiri bw'injangwe):

Umuhanga utashobora gusobanurira umuntu w'imyaka umunani icyo yakoraga aba ntacyo azi.

Twafashe iyi mvugo mu ikorwa ry'iyi mirimo. ntitwabona uburyo twakubaha Dave tumwibuka kiruta kumutura iki gitabo—uretse ahari kureba ingaruka z'igitabo hari igereranya nyaryo, nkibyo turi gukora.

1. Rennie D. David Sackett obituary. *The Guardian*, 29 May 2015.
2. Sackett DL. David L Sackett: interview in 2014 and 2015. fhs.mcmaster.ca/ceb/docs/David_L_Sackett_Interview_in_2014_2015.pdf
3. Vonnegut K. *Cat's Cradle*. New York: Delacorte Press, 1963.

Itegurwa n'isuzuma ry' inyigisho z' abana bo mu mashuri abanza ku mahitamo y' Ubuzima Asobanukiwe byatewe inkunga ku ruhande rumwe n' Ikigo cy' Ubushakashatsi cya Norvege (umushinga numero 220603/H10) na buri kigo cyatwakirije:Ishuri ry'Ubuzima Rusange rya Oslo, Norvege, Kaminuza ya Makerere, Kampala, Uganda, Kaminuza y' Ibiyaga Bigari, Kisumu, Kenya, Na Kaminuza y' U Rwanda, Kigali, Rwanda.

Hari abantu bensi bagize uruhare muri izi nyigisho kandi bose turabashima cyane. Abanyeshuri n' Abarimu bo mu mashuri muri Uganda, Kenya, Rwanda na Norvege batanze igihe cyabo n' ibitekerezo byabo mu gihe twageragezaga inyandiko za mbere.

Uruhererekane rw' abarimu bo muri Uganda n'itsinda ry' abajyanama b' abashakashatsi mu by'ubuzima bafashije mu mezi ya mbere y' itegurwa z' izi nyigisho. Bagenzi bacu mu mpande enye z' isi baduhaye ibitekerezo baranadushyigikira. Mwese turabashimiye kandi twisegura kuko tudashobora kubavuga mu mazina mwese.

Matthew Oxman niwe wateguye byinshi aijenda arushaho kubitunganya we n'abandi bafatanije kwandika iki gitabo.

Sarah Rosenbaum niwe washushanje inkuru, Miriam Gronli ashyiramo amabara.

Sarah Rosenbaum na Angela Morelli bashyize izi nyigisho hamwe. Abo banditsi bose hamwe na Iain Chalmers n'abandi bensi bafatanyije mw'igeragezwa ry' izi nyigisho no kuzitunganya kurushaho.



Mwibuke!

- **Tekereza witonze mbere yo guhitamo niba wakoresha umuti runaka**
 - Imiti myinshi igira ingaruka nziza n'imbi
 - **Icyo umuntu avuga ku muti runaka gishobora kuba atari cyo**



Ibyo abantu bemeza ku miti

*Igihe wumvishe abantu bemeza ikintu ku mikorere y'umuti runaka,
buri gihe ujye ubaza uti:*

- **Ni irihe shingiro ry'ibyo mwemeza?**

*Iyo ibyo bemeza bifite ishingiro ribi, ntibiba byizewe. Ibi bikurikira ni impamvu
mbi abantu bashingiraho bemeza imikorere y'umuti runaka:*

1. Ubunararibonye bwhariye bw'umuntu mu gukoresha umuti runaka
2. Igihe umuti umaze ukoreshwya cyangwa umubare w'abantu bawukoreshje
3. Ikiguzi cy'umuti cyangwa kuba ari mushyashya
4. Kuba ucuruza uwo umuti yagize icyo awuvugaho
5. Kuba inzobere hari icyo ivuga ku muti, iyo kidashingiye ku igereranya ritabogamye

Igerereranya ry'imiti

*Iyo ishingiro ry'ibyo abantu bemeza ari ryiza, ibyo bemeza biba byizewe
Igerereranya ritabogama ni ishingiro ryiza ryo kwemeza imikorere y'imiti
Uku niko abashakashatsi mu by'ubuzima bakora igerereranya ritabogama:*

1. Bagereranya umuti umwe n'undi muti cyangwa kutagira umuti umuntu afata
2. Bahitamo abafata umuti runaka bakoresheje tombola (nko gutera igiceri hejuru)
3. Ntibatuma hari umenza umuti runaka umuntu yahawe kugeza barangije
4. Batanga umuti ku bantu benshi, bigatuma ibyo babona biba atari kubw'amahirwe

Amahitamo y'imiti:

Mu gihe ushaka guhitamo niba wakoresha umuti runaka, baza buri gihe:

- **N'Izihe nyungu cyangwa imbogamizi by'uwo muti?**
 - **Ni iki cy'ingenzi cyane kuri njye?**

