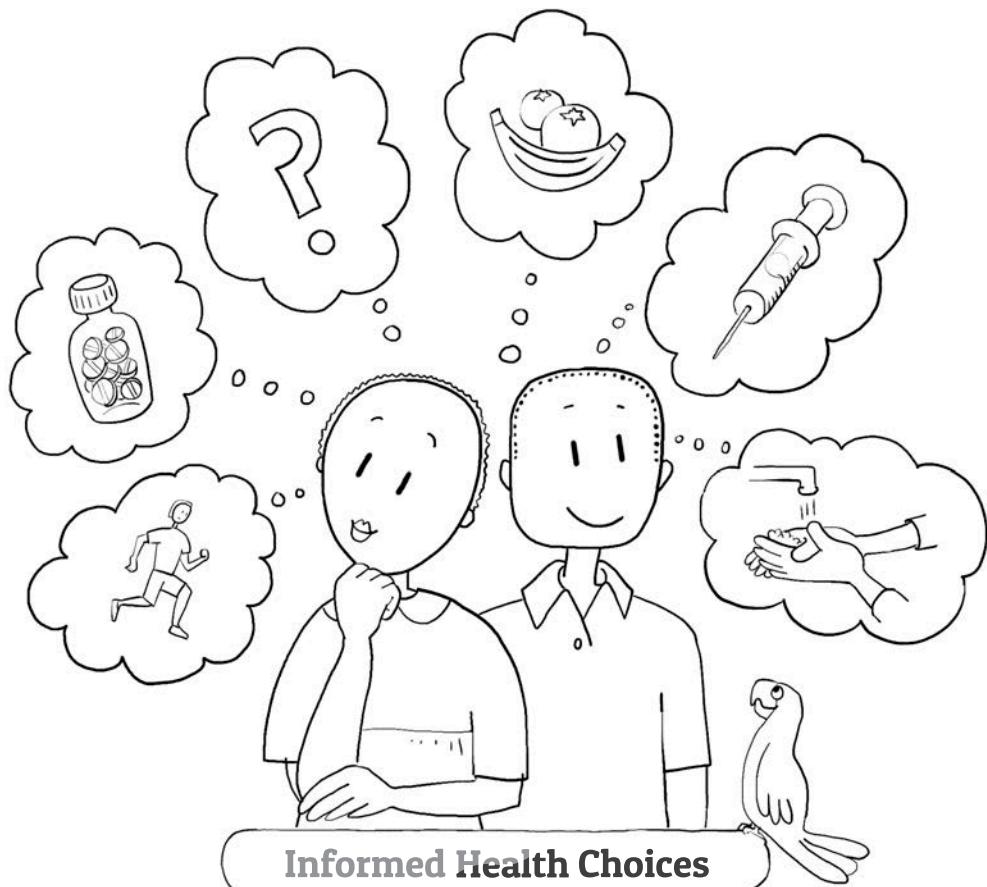


ki gitabo ni icya:

Igitabo cy'emyitozo

**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

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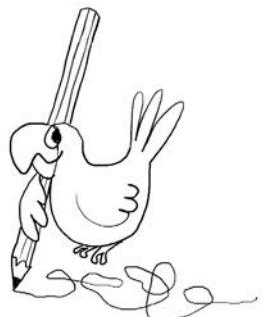
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contact@informedhealthchoices.org



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

.....

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



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1

Ubuzima, imiti n'ingaruka z'imiti

Niki uziga muri iri somo:

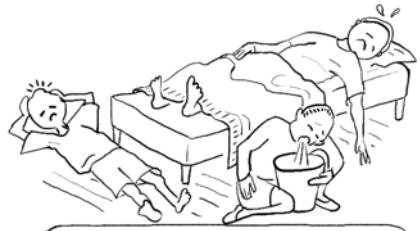
1. Icyo "ubuzima" ari cyo
2. Icyo "umuti" aricyo
3. Icyo "ingaruka y'umuti" aricyo
4. Icyo "umushakashatsi mu by'ubuzima" aricyo
5. Icyo iki gitabo kivuga

Amagambo y'ingenzi muri iri somo:

- UBUZIMA ni uburyo umubiri n'ibitekerezo bimeze
- 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

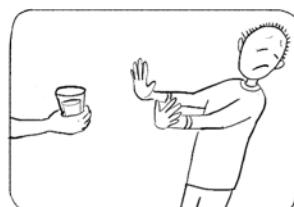
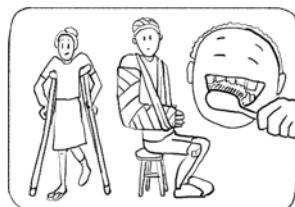
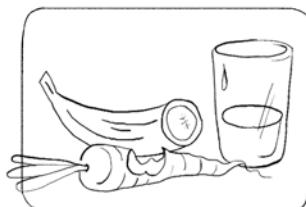
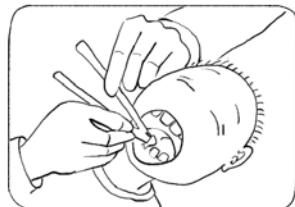
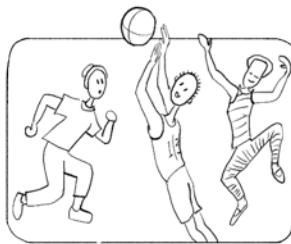
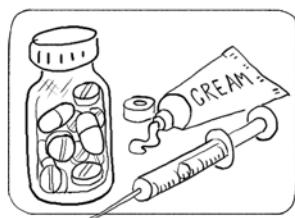


Ubuzima bwiza



Ubuzima bubi

Imiti



Umwitoto wa 1

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

Urugero: Inkuru ishushanyije ni iki?

Inkuru ishushanyije ni inkuru igizwe n'amagambo aherekejwe
n'ibishushanyo.

1. Ubuzima ni iki?

2. Umuti ni iki?

3. Ingaruka y'umuti ni iki?

Umwitoto wa 2

Shyira akamenyetso ahabugenewe ukurikije igitekerezo ko ari ukuri cyangwa atari ukuri

Ingero

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 impamvu mbi
z'invugo ku bijyanye n'imiti***



2

Imvugo ishingiye ku bunararibonye bwihariye bw'umuntu runaka wakoresheje 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 wakoresheje umuti ari impamvu mbi y'invugo z'ibyerekeye ingaruka z'imiti.

Amagambo y'ingenzi muri iri somo:

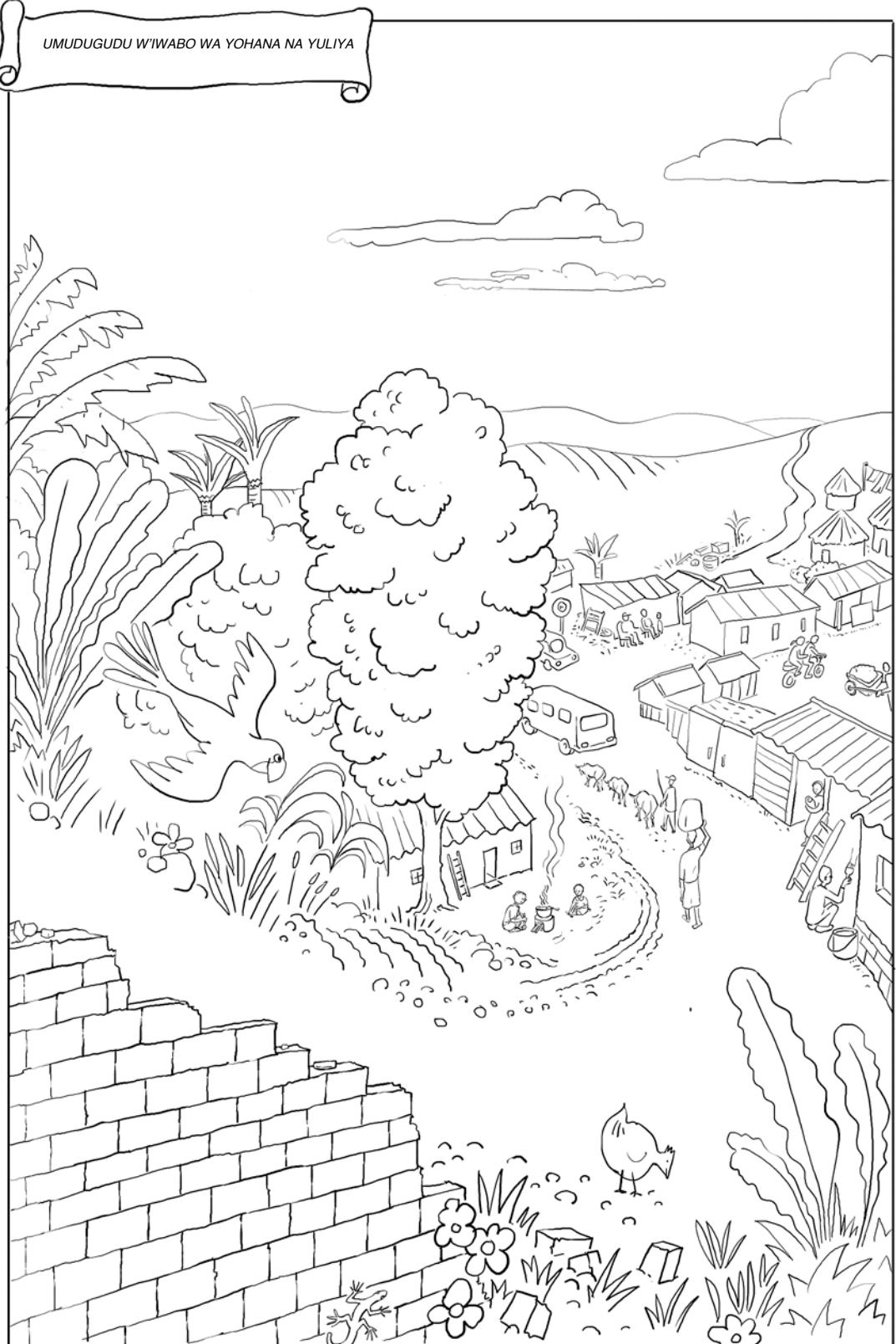
IMVUGO n'ikintu umuntu avuga gishobora kuba ukuri cyangwa ikinyoma.

IMPAMVU y'invugo ni urufatiro cyangwa icyo umuntu aheraho yemeza imvugo

IMVUGO ITIZEWE, n'invugo ifite impamvu mbi

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

UMUDUGUDU W'IWABO WA YOHANA NA YULIYA



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'imitekerereze yawe bimeze neza

1. "Imvugo" ni iki?

2. "Impamvu y'imvugo" ni iki?

3. "Imvugo itizewe" ni iki?

4. "Icyabaye ku muntu wakoreshheje 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

2. Igihe kimwe ubwo Daniyeli yari afite umuriro, yakarabye amazi ashyushye. Nyuma y'isaha imwe, umuriro wose wari umaze kugabanyuka. Daniyeli avuga ko gukaraba amazi ashyushye bikiza umuriro.

Icyabaye kuri Daniyeli

Imvugo ya Dannyeli

3. Ijoro rishize, 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

Umwitoto wa 3

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

N'uramuka ugize icyo wumva abantu bemeza 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 ibyo bemeza bifite ishingiro.

Imvugo



*Yohana na Yuliya bariga ku bivugwa ku zindi mpamvu
mbi abantu baheraho bemeza uko imiti ikora*

3

Izindi mpamvu mbi abantu
baheraho bemeza imvugo
z'ibyerekeye imiti

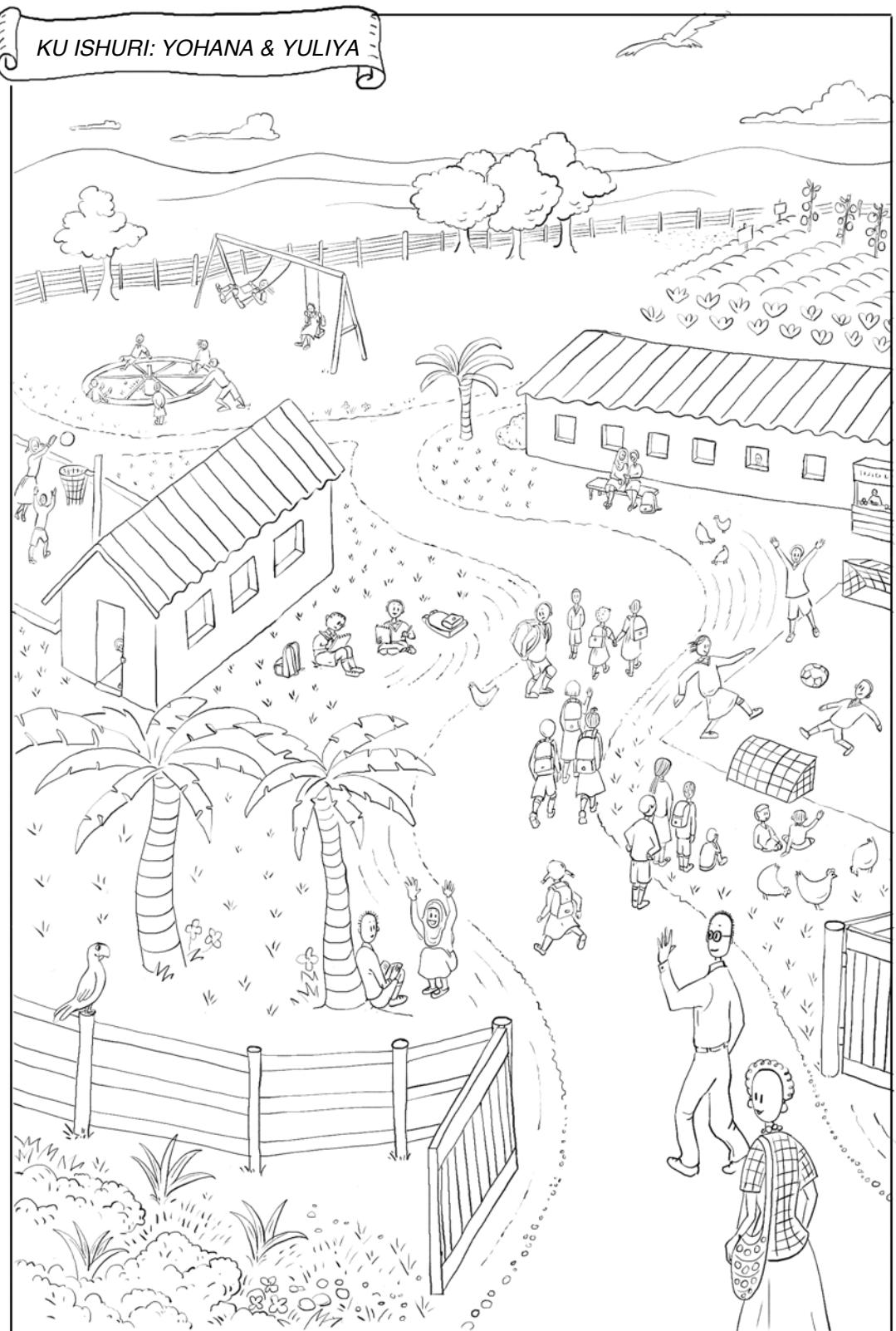
(Igice cya 1)

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

KU ISHURI: YOHANA & YULIYA



Umwitoto wa 1

Shyira akamenyetso ahabugenewe ukurikije igitekerezo ko ari ukuri cyangwa atari ukuri

urugero:

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

nibyo sibyo

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

nibyo sibyo

2. Iyo abantu bamaze igihe kirekire bemeza ikintu kimwe, rimwe na rimwe gishobora kuba ari cyo cyangwa atari cyo

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 isanzwe

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 gitи 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:



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:

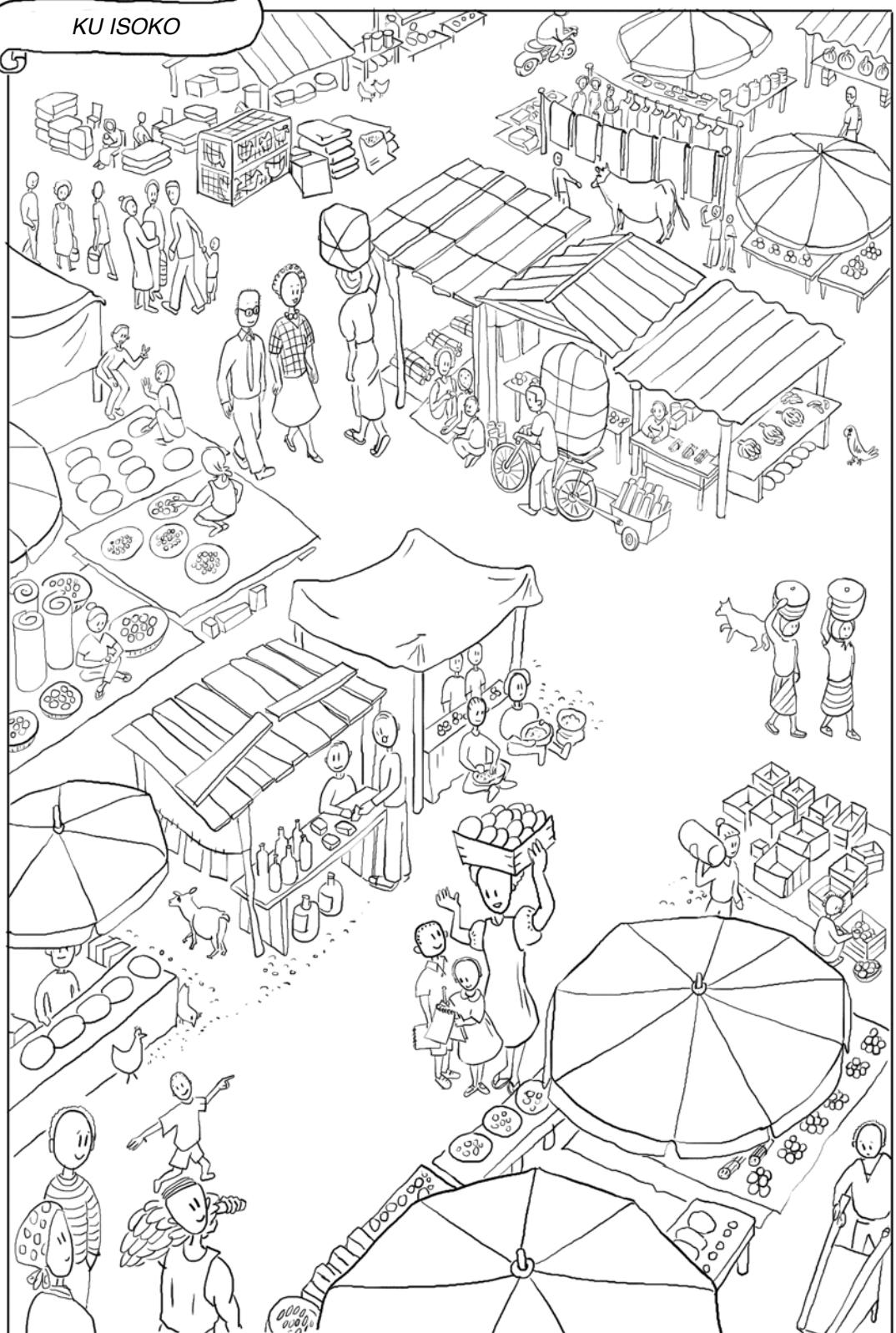
1. Ngo umuntu ugurisha umuti runaka hari icyo yawuvuzeho
2. Ngo inzobere yagize icyo ivuga ku muti

Ijambo ry'ingenzi muri iri somo:

INZOBERE

Ni umuntu uzi ibintu byinshi kukintu.

KU ISOKO



Umwitoto wa 1

Shyira akamenyetso ahabugenewe ukurikije ko igitekerezo ari cyo
cyangwa atari cyo

Ingero

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

- 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 ntibiyizewe 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:





5

Igereranya ry'imiti

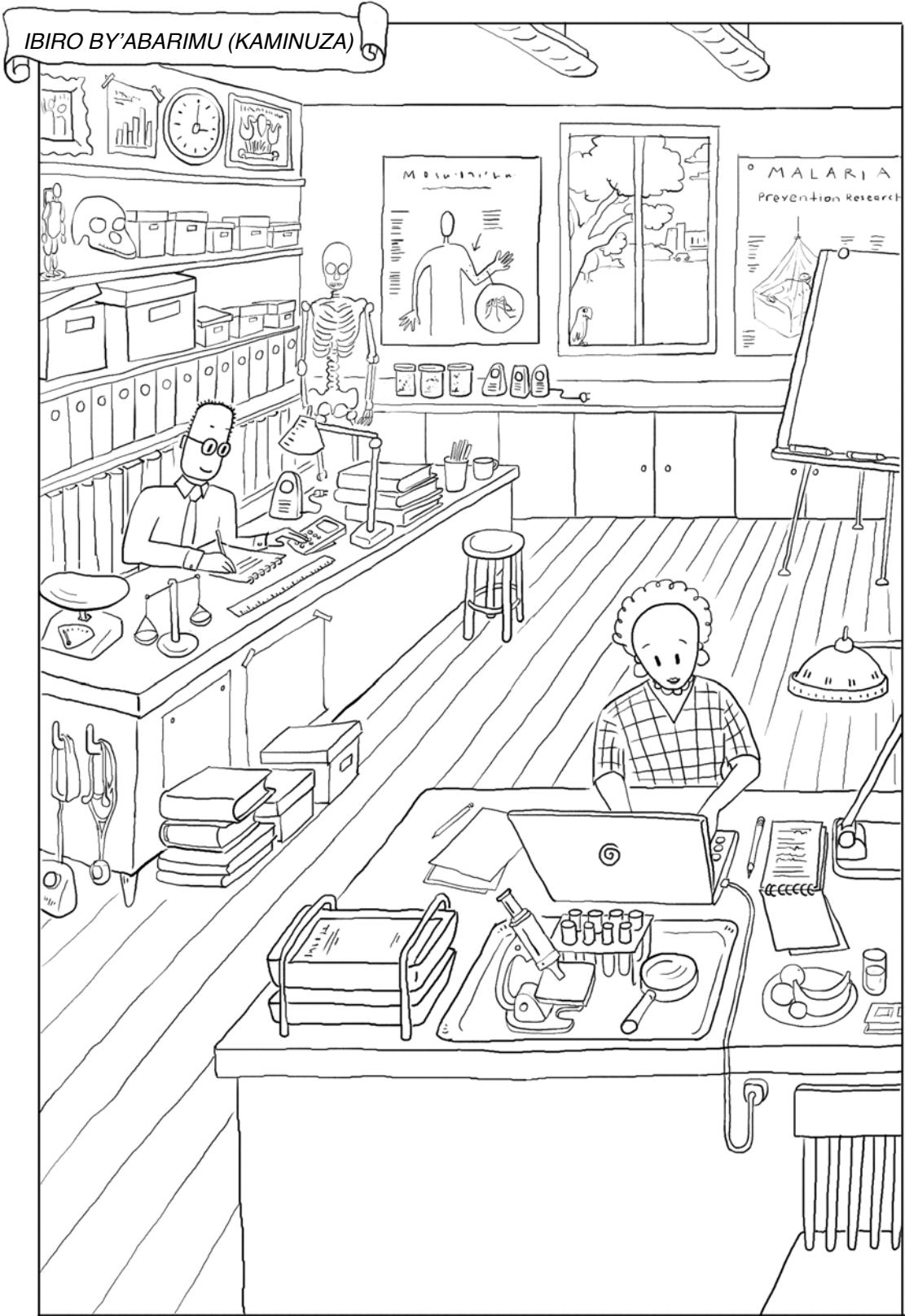
Icyo uziga muri iri somo

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 gu

IIBIRO BY'ABARIMU (KAMINUZA)



Umwitozo 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.

- Kubapima ku munzani Kubareba

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

-

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

- Kubabaza Kubitegerezza

Umwitoto 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.



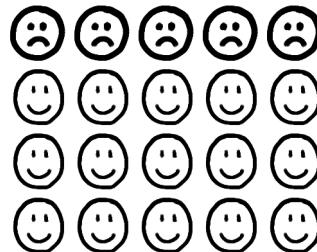
shaka itandukaniro hagati y'aya matsinda

urugero:

Itsinda A:



Itsinda B:



Ni abantu bangahe bari barwaye malariya muri buri tsinda?

Itsinda A: 10 muri 20

Itsinda B: 5 muri 20

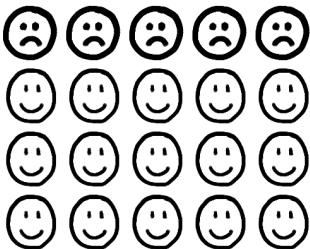
Ni irihe tandukaniro ryari hagati y'amatsinda?

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



Umwitozo wa 3

Itsinda A:



Itsinda B:



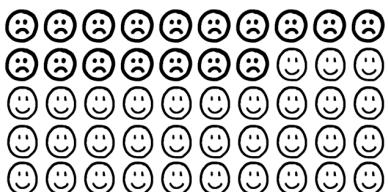
Ni abantu bangahe bari barwaye malariya muri buri tsinda?

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 A: /20

Ni irihe tandukaniro ryari hagati y'amatsinda?

6

IGERERANYA RY'IMITI RITABOGAMYE

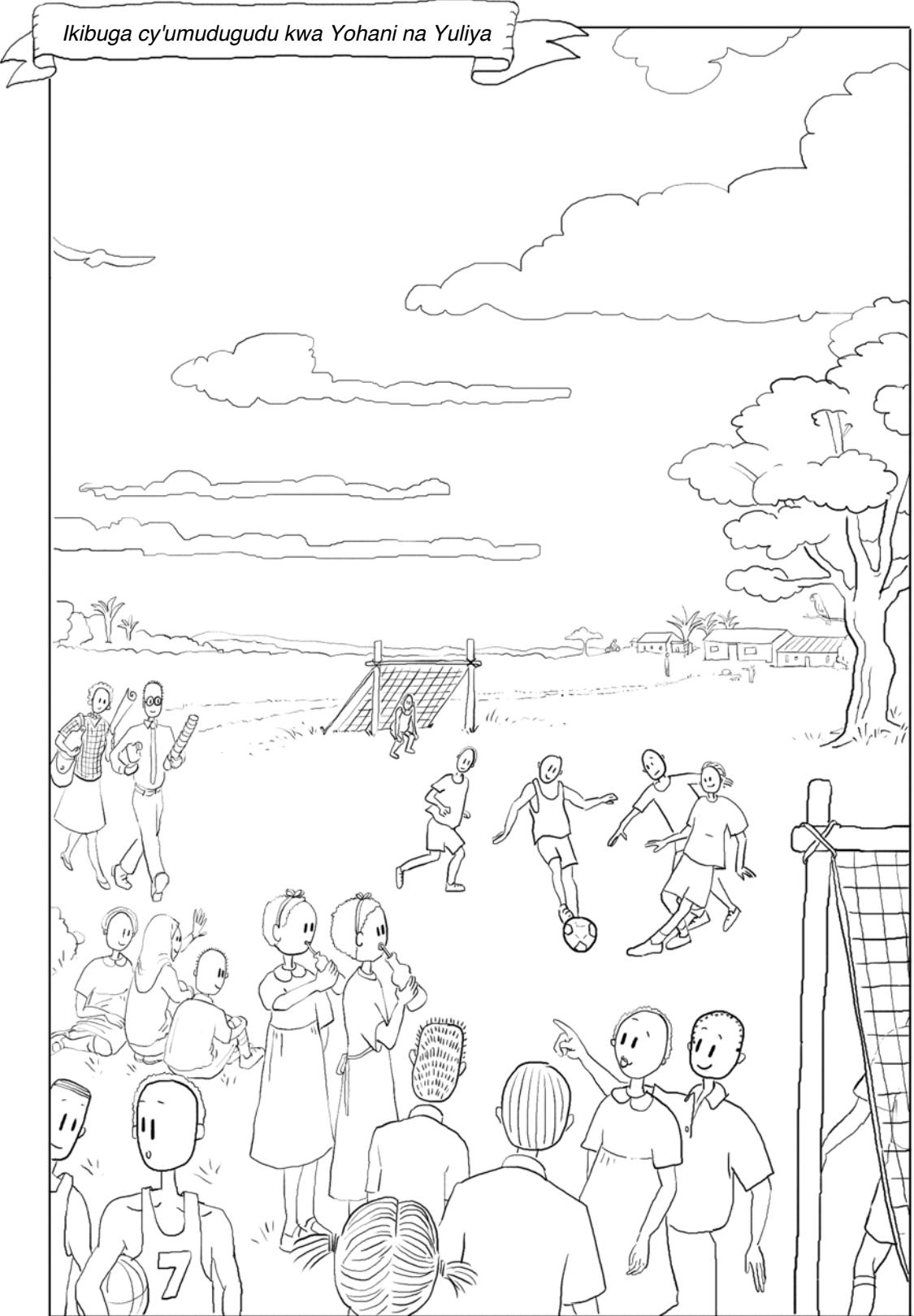
Icyo uziga muri iri somo:

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.

Ikibuga cy'umudugudu kwa Yohani na Yuliya



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 wishyzemo ko umuti uzagutuma 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 kureba ubwinshi bw' 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 uwoko 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?

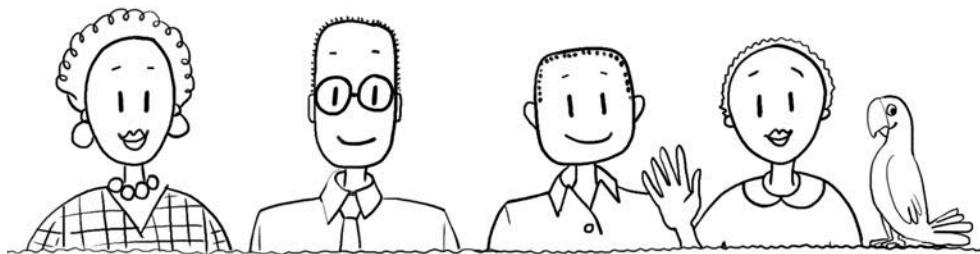
2. Ese abarimu ba kaminuza bakwiye guhitamo ababona urukingo? Kubera iki?



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

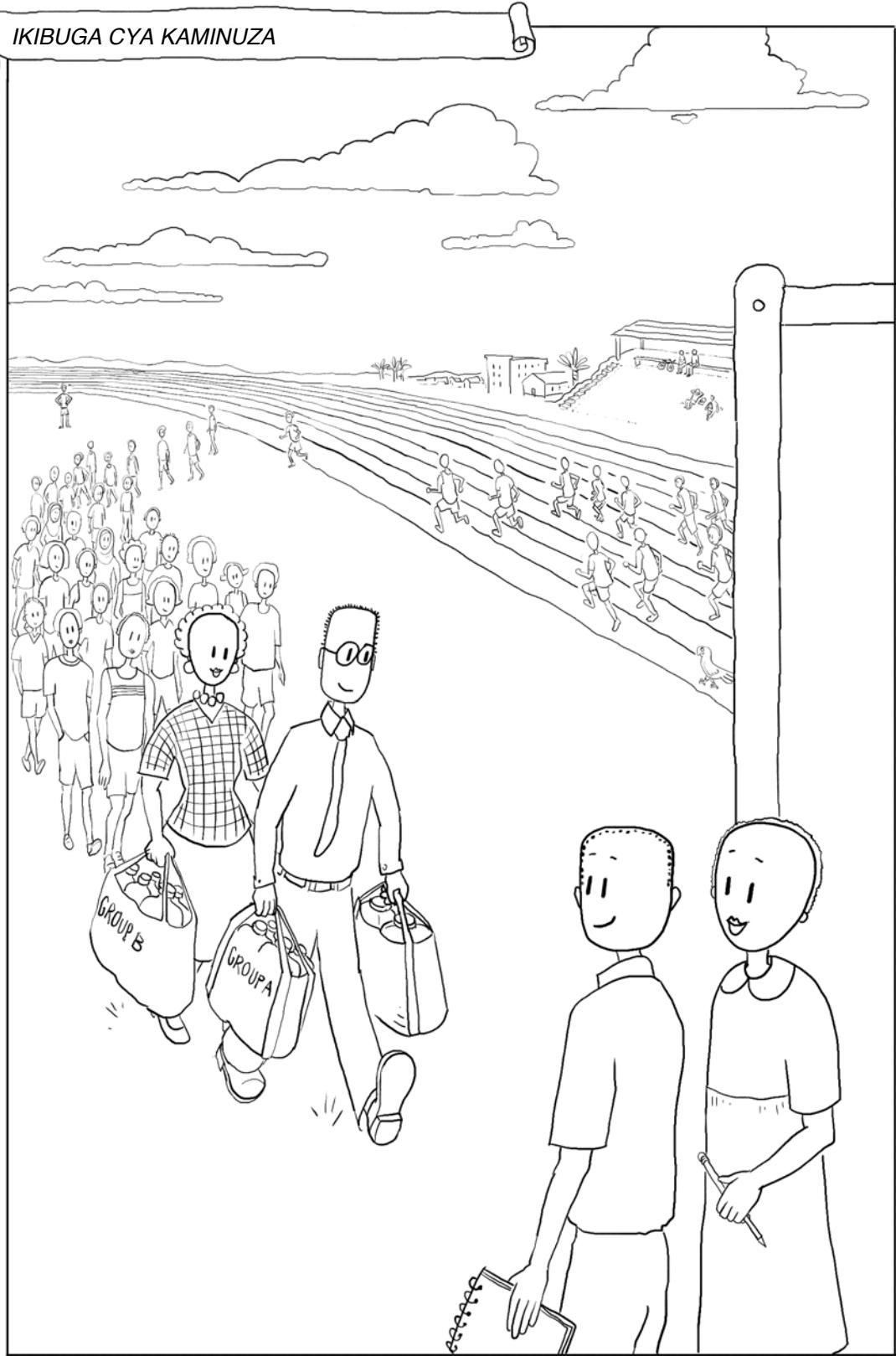
Icyo uziga muri iri somo:

1. Kuki abashakashatsi mu by'ubuzima bakwiye guha imiti abantu benshi 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.

IKIBUGA CYA KAMINUZA



Igishushanyo cy'umukoro

Umwarimu ayobora umukoro akoresheje amakalita 10 y'ubururu n'umutuku. Hari abantu 10 baribwa mu nda kuri buri kalita. Buri gihe uko ikalita yubuwe, wandike umubare w'abantu batagifite uburibwe mu nda.

Itsinda ry'umutuku	Itsinda ry'ubururu
Mu mwanya uri munsi aha, andika umubare w'abantu batakababara mu nda nyuma yo kunywa ikinini gitukura	Mu mwanya uri munsi aha, andika umubare w'abantu batakababara mu nda nyuma yo kunywa ikinini cy'ubururu
ikalita y'umutuku 1:	ikalita y'ubururu 1:
ikalita y'umutuku 2:	ikalita y'ubururu 2:
ikalita y'umutuku 3:	ikalita y'ubururu 3:
ikalita y'umutuku 4:	ikalita y'ubururu 4:
ikalita y'umutuku 5:	ikalita y'ubururu 5:
ikalita y'umutuku 6:	ikalita y'ubururu 6:
ikalita y'umutuku 7:	ikalita y'ubururu 7:
ikalita y'umutuku 8:	ikalita y'ubururu 8:
ikalita y'umutuku 9:	ikalita y'ubururu 9:
ikalita y'umutuku 10:	ikalita y'ubururu 10:
Igiteranyo:	Igiteranyo:

Umwitoto wa 1

Shyira akamenyetso ahabugenewe ukurikije ko igitekerezo aricyo cyangwa 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

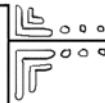
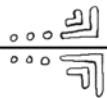
Umwitoto wa 2

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?





8

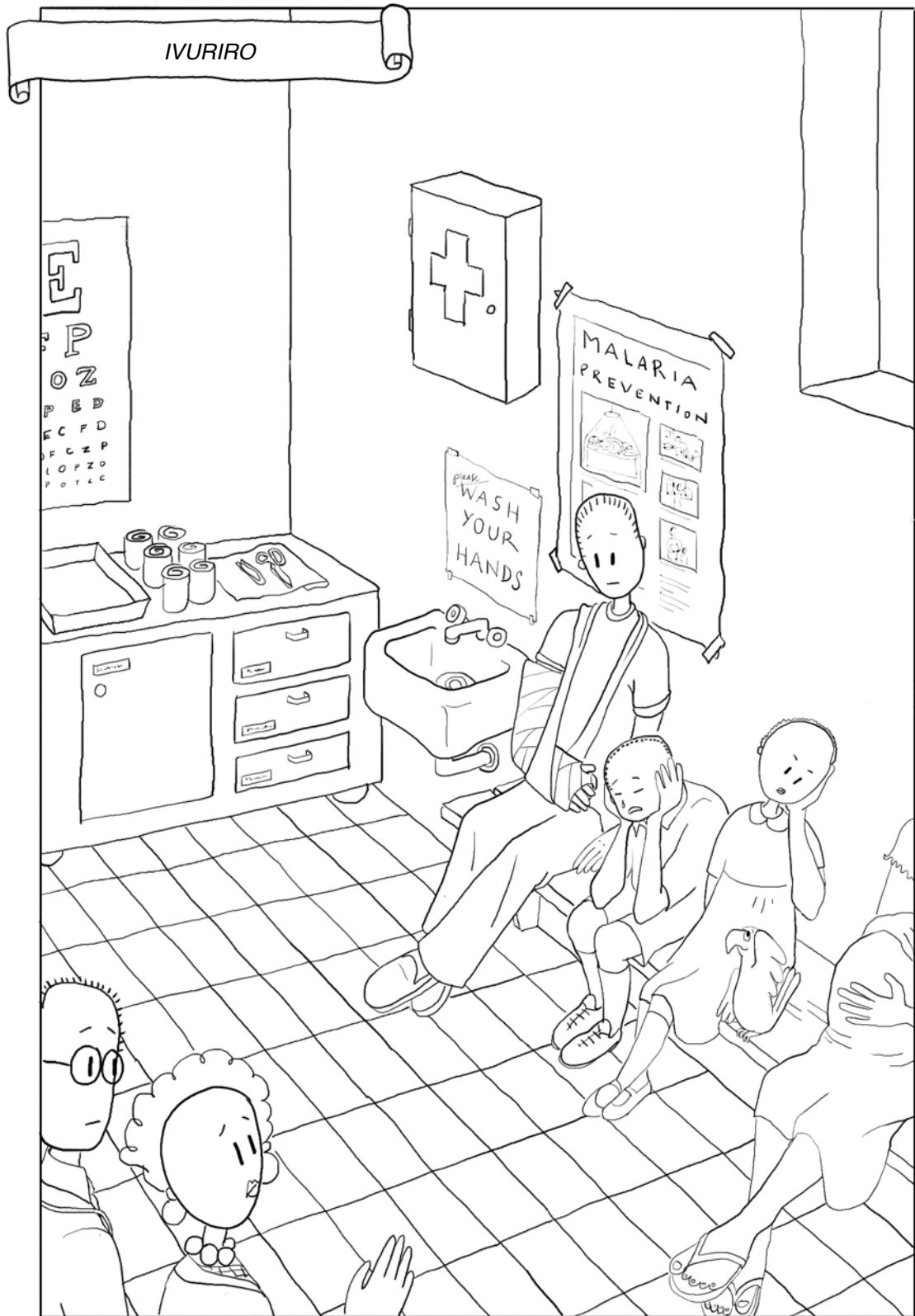
Ibyiza n'ibibi by'umuti runaka

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’imti ashingiye ku makuru?
5. Ni gute wagira amahitamo y’imti 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.



Umwitoto wa 1

Andika icyo amagambo 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 rininibihagije, n'iyo ryaba ribogamye ntacyo bitwaye

nibyo

sibyo

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

nibyo

sibyo

2. Gukora neza ni inyungu z'umuti.

nibyo

sibyo

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

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 kurusha ibindi
cyo kwibuka muri iki gitabo



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 ujye 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 wakoreshsheje 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.

Igereranya ritabogama ni impamvu nziza yo kwemeza imikorere y' imiti.
Uku niko abashakashatsi mu by'ubuzima bakora igereranya 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?**

Uko bikorwa

Fungura ikaye yawe y'imyitoto 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 ubiziho.

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

Sinabimene

Imvugo:

Umuti:

Ingaruka:

Impamvu:

Ese icyo bemeza gifite impamvu yizewe?

Nibyo

Sibyo

Sinabimene

Umwitoto

Imvugo:

Umuti:

Ingaruka:

Impamvu:

Ese icyo bemeza gifite impamvu yizewe?

- Nibyo Sibyo Sinabimene

Imvugo:

Umuti:

Ingaruka:

Impamvu:

Ese icyo bemeza gifite impamvu yizewe?

- Nibyo Sibyo Sinabimene

Umwitoto

Imvugo:

Umuti:

Ingaruka:

Impamvu:

Ese icyo bemeza gifite impamvu yizewe?

Nibyo

Sibyo

Sinabimenye

Imvugo:

Umuti:

Ingaruka:

Impamvu:

Ese icyo bemeza gifite impamvu yizewe?

Nibyo

Sibyo

Sinabimenye

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

(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.

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 yerekanye no kuba wakoresha antibiyotike"

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"

Amakuru ku miti

Ni ibintu twiga cyangwa tubwirwa ku miti.

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"

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 lhuriro byagaragaye nyuma y'igereranya

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

Icyabaye ku muntu wakoreshje 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"

Igereranya ry'imiti

Ni ukureba itandukaniro riri hagati y'imiti ibiri cyangwa myinshi.

AMAGAMBO ASOBANURA IKINYURANYO: "kwiga ku miti" cyangwa "gusuzuma imiti"

URUGERO: "Abashakashatsi mu by'ubuzima bakoze igereranya hagati yo kuryama mu nzitiramubu no kutayiryamamo"

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."

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.

Ikibazo cy'ubushakashatsi

Ni ikibazo abashakashatsi bagerageza gushakira igisubizo

URUGERO: "Ikibazo cy'ubushakashatsi cyari: "Ese kuryama mu nzitiramubu bibuza abantu kurwara malariya?"

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'imiti imwe n'imwe nuko ihenda"

Kugira **impamvu** ushingiraho wemeza ikintu runaka

Ni ugushygikira 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"

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"

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."

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."

Ingaruka z'umuti runaka

Ni ikintu giterwa n'imiti runaka

URUGERO: "Kureba neza kurushaho ni ingaruka zo kwambara amadarubindi"

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"

Inzobere

Ni umuntu uzi byinshi ku kintu runaka

Kugereranya imiti

Ni ukureba itandukaniro riri hagati y'imiti ibiri cyangwa myinshi.

URUGERO: "Abashakashatsi mu by'ubuzima bakoze igereranya hagati yo kuryama mu nzitiramubu no kutayiryamamo"

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"

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"

Siyansi

reba "ubushakashatsi" hejuru

Umuhanga mu bya siyansi

reba "umushakashatsi" hejuru

Ubushakashatsi

Ni ukwigana ubushishozi ubyitondeye ikintu runaka kugirango umenye ibindi.

Ibindi byinshi kurushaho IJAMBO BISOBANYE KIMWE: "Ubuhangा"

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

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"

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"

Ubuhangा mu by'ubuzima

Reba "ubushakashatsi ku buzima" hejuru

Umuhanga mu by'ubuzima

Reba "umushakashatsi mu by'ubuzima" hejuru

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"

Ubwandum

Ni indwara iterwa n'udukoko duto tutaboneshwa amaso

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

Umushakashatsi

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

IJAMBO BISOBANURA KIMWE: "Umuhanga"

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

Umuti

Ni ikintu runaka ukora ku bw'ubuzima bwawe

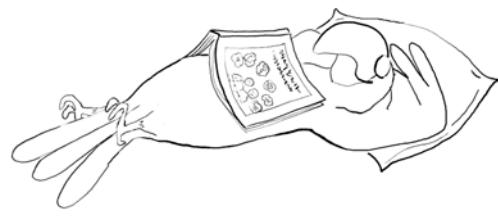
URUGERO: "Kwambara amadarubindi ni umuti"

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.



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 bawukoreshsheje
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 hejur)
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?**

TANGIRA

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SOZA

