



FEED THE FUTURE

The U.S. Government's Global Hunger & Food Security Initiative

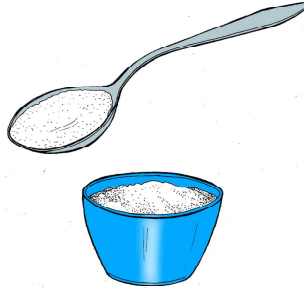
NZIRA DZEKUTEVEDZA MUKUCHENGETEDZA ZVEKUDYA KWE GORE RESE ZVINE HUTANO KUMHURI

- Kuomesa kuburikidza nekutanga wafashaidza muriwo ne michero mumvura inofashaira kwenguva pfupi, uye kuchengeta zvokudya izvi nenzira yakakodzera kunobatsira kuti mhuri iwane kudya kunovaka muviri kwegore rose.

ZVII ZVINODIWA MUKUFASHAIDZA MIRIWO NEMICHERO



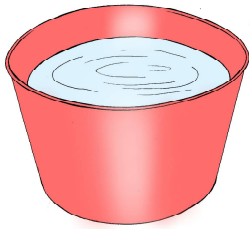
1. Marita mana emvura pa500g yega yega yemuriwo kana michero



2. Chipunu chimwechete chemunyu pa marita mana emvura.



3. Poto hombe yekubikira ine muvhano - inokwana marita mana emvura uye 500g dzemichero kana miriwo.



4. Dhishi hombe rinokwana marita mana emvura inotonhora.



5. Chiringazuva kana chimwe chinhu chinobatsira kuratidza nguva.



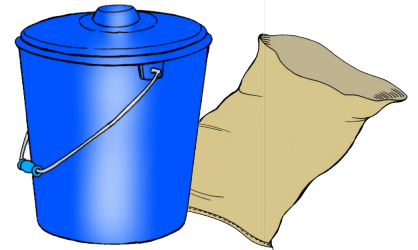
6. 500g dzemuriwo kana michero.



7. Banga.



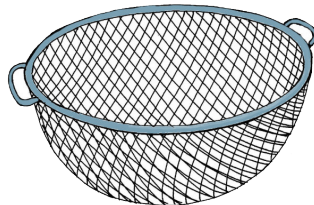
8. Chipunu kana strainer.



9. Mugomo we purasitiki une muvhano wekuchengetera zvekudya zvinenge zvafashaidzwa.



10. Chinyoreso.



11. Koriyanda.



USAID
FROM THE AMERICAN PEOPLE

Gwaro rino rakagadzirwa kuburikidza nerubatsiro kubva kuvanhu veku America uye rutsigiro rwemari kubva kusangano re Feed the Future nere USAID.




NZIRA DZINOTEVEDZWA

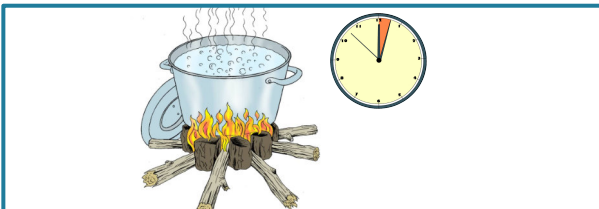
Nzira yakakodzera mukufashaidza muriwo kuisa muriwo wacho mumvura iri kufashaira kare. Tevedza mirayiro inotevera mukufashaidza mvura, miriwo nemichero:



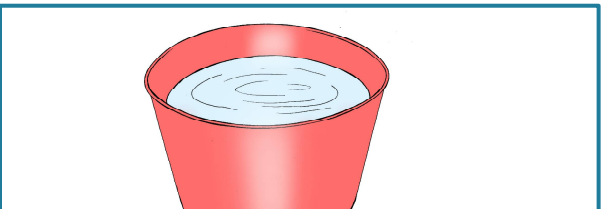
1. Gadzira miriwo nemichero inoda kufashaidzwa.
 a. Bvarura mashizha emuriwo nemawoko; usacheke nebanga kuita zvidimbu zvidiki
 b. Usabvisa makanda kubva pamakaroti, mbatatasi kana manhanga.




2. Gadzira muriwo nekubvarura.




3. Mupoto hombe ine muvhara isa mvura woisa pamoto kuti ifashaire. Wedzera munyu papoto yega yega yemvura, uye mvura iri mupoto inofanira kufashaidza 500g dzemuriwo chete wotobvisa woisa imwe 500g kusvika wapedza.



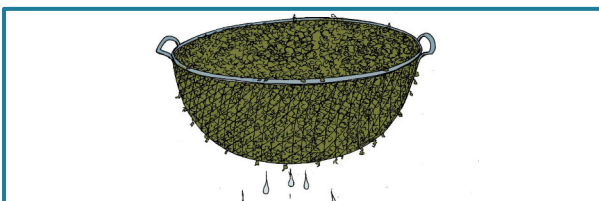
4. Tora ndiro kana dhishi uise mvura inotonhora woisa parutivi. 4 marita emvura pa500g dzemuriwo.




5. Mushure mekufashaidza muriwo pakati pemineti nemaminetsi matatu (1-3 Minutes), bvisa muriwo uchishandisa chipunu kana strainer wobva waisa muriwo mumvura inotonhora.



6. Kutonhodza muriwo kunofanira kutora nguva yakafanana nenguva yawatora pakufashaidza muriwo kutanga pamineti rimwe chete kusvika pamaminetsi matatu (1- 3 Minutes)



7. Mushure mekutonhodza muriwo isa muriwo mukoriyanda wosvina mvura yese kuti ibude. Kusarira kwehunyororo kunogona kukonzera kukanganisika kwemuriwo.



8. Chengeta muriwo mumidziyo isingapindi mhapo.

