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

# KUDYA KWAKANAKA, KWAKASIYANA SIYANA, KUCHENGETEDZWA KWE MVURA NE HUTSANANA (WASH)



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## KUDYA KWAKANAKA

**KUDYA ZVAKASIYANA SIYANA** - Kudya kunovaka muviri, kunopa simba, kunodzivirira zvirwere.



Idya zvekudya zvakasiyana siyana nechinangwa chekuti uwane zvinovaka muviri, zvinopa simba, zvinodzivirira zvirwere zvakanandudzwa kuti mhuri ikure yakasimba uye ine hutano.



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## KUDYA KWAKANAKA

**KUDYA ZVAKASIYANA SIYANA** - Bindu rezvirimwa zvinodiwa muimba yekubikira.



Dyara zvirimwa zvinodiwa nemhuri yako mubindu repamusha, zvine kudya kwakavandudzwa kunovaka muviri, kunopa simba, nekudzivirira zvirwere.



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## KUDYA KWAKANAKA

**KUYAMWISA MWANA** - Mushure mekusununguka.



Kuyamwisa mwana mukaka wamai mukati meawa imwe chete yekusununguka.  
Ipa mwana mukaka waamai chete kwemwedzi mitanhatu yekutanga.



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## KUDYA KWAKANAKA

**KUYAMWISA MWANA** - Mukaka wamai chete kwemwedzi mitanhatu yekutanga.



Yamwisa mwana mukaka waamai chete kwemwedzi mitanhatu yekutanga.  
Musape mwana mvura yekunwa kana kumwe kudya.



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## KUDYA KWAKANAKA

**KUDYA KWEVANA VANE MWEDZI  
MITANHATU KUSVIKA MAKORE MAVIRI**



Ipa mwana zvekudya zvakatsaukana kubva pamwedzi mitanhatu kusvika pamakore maviri zvinosvika nezera. Munokurudzirwa kuenderera mberi muchiyamwisa mwana.



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## KUDYA KWAKANAKA

**KUDYA ZVAKASIYANA SIYANA** - Mbudzi, tsuro nehuku chikafu chinovaka muviri.



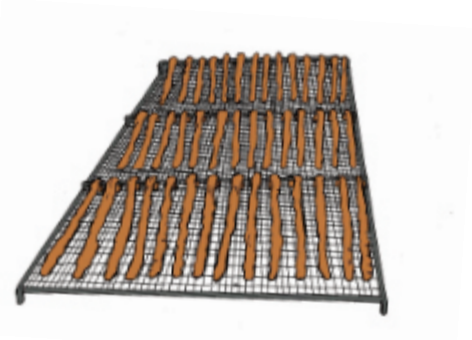
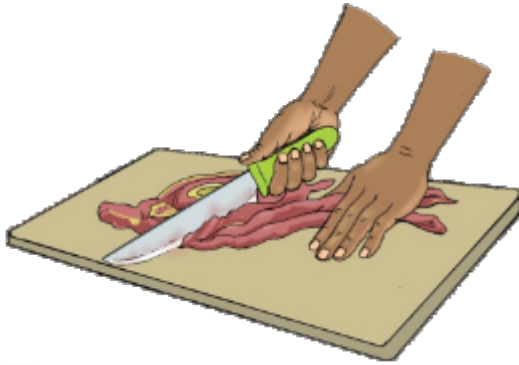
Pfuwai mbudzi, tsuro nehuku zvinova zvinobatsira kuti mhuri iwane kudya kwakasiyana siyana. Nyama yezvipfuwo inowanisa chikafu chinovaka muviri zvoita kuti vanhu vave nemiviri yakasimba.



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## KUDYA KWAKANAKA

**KUDYA KWAKATSAUKANA** - Mabikirwo nemachengeterwo ezvekudya.



Womesa zvekudya zvakaita senyama, mirivo nemichero nechinangwa chekuchengetedza chikafu chinovaka muviri nekudzivirira zvirwere. Chengetedza chikafu chaomeswa pakakodzera kuti uzokwanisa kuzvidya kana zvisisawanikwe kana kuti zvave zvishoma.



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**WASH**

**HUTSANANA** - Patsanura vana nemhuka



Chengeta vana nezvipfuwo zvakaparadzana.



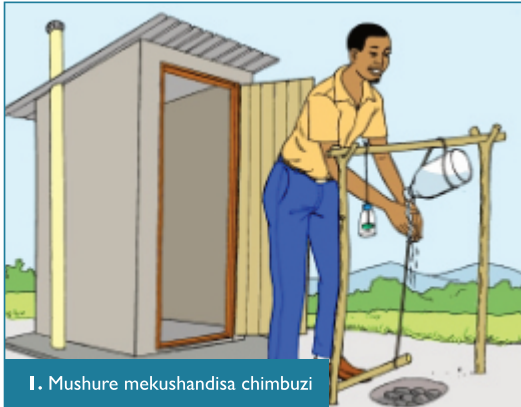
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**HUTSANANA** - Rasa tsvina nemazvo munzvimbo dzakasiyana



Rasa tsvina yemhuka munzvimbo yakadzivirirwa, sechimbuzi, uye kusingasvike vana.

**HUTSANANA - Kugeza mawoko**



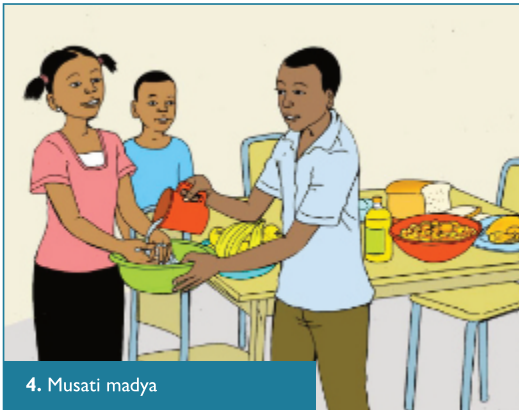
1. Mushure mekushandisa chimbuzi



2. Mushure mekuchinja mwana mutambo



3. Musati mabata kana kubika zvekudya



4. Musati madya



5. Musati makama mukaka wemombe



6. Mushure mekushanda mumunda, kubata mishonga kana zvipfuwo.

Bvisai tsvina yevanhu zvakanaka moirasa muchimbuzi. Shandisa chimbuzi wobva wageza mawoko nesipo nemvura iri kuchururuka.



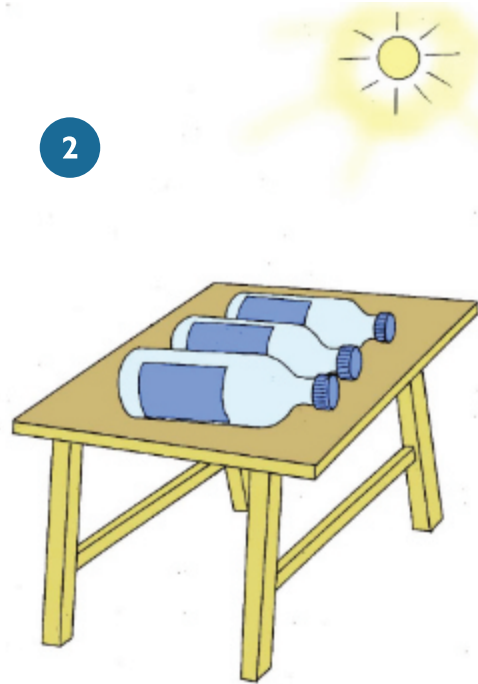
## WASH

### MVURA - Kucheneswa kwemvura

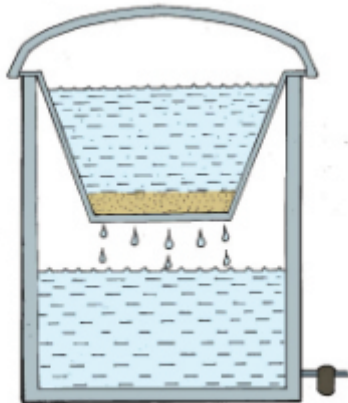
1



2



3



4



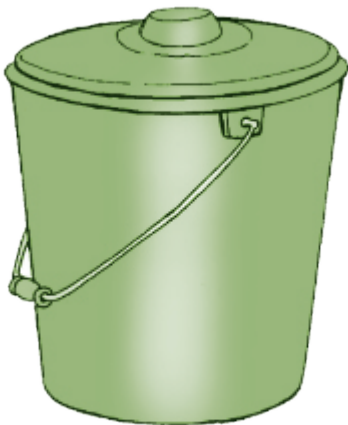
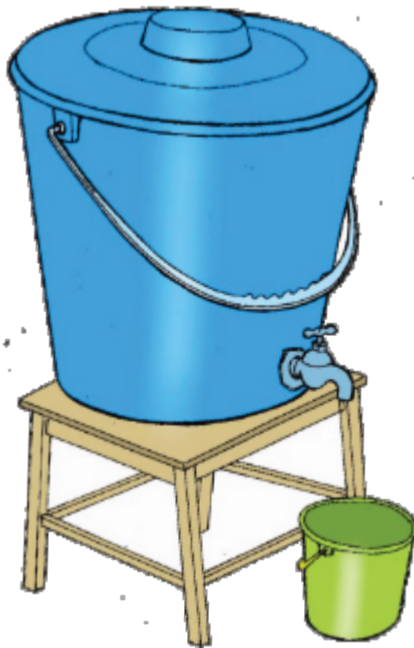
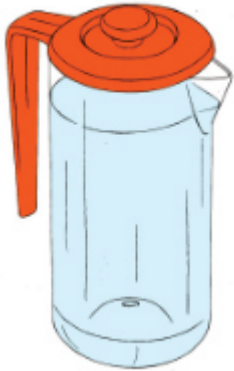
Hedzino nzira ina dzekuchenesa nadzo mvura yekunwa neyekubikisa; kufashaidza, kuisa zvigubhu zvemvura pazuva (solar), kusefa, nekuisa mushonga unochenesa mvura we chlorine.





## WASH

### MVURA - Kuchengeta mvura zvakafanira



Chengeta mvura mumidziyo yakachena ine zvivharo zvinobata zvakasimba



**MVURA** - Mvura yakachena



INWA CHETE mvura yakafashaidzwa kana yakaiswa mishonga inochenesa mvura



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