

Inwele le go ijela **mashi,** **mashi a a bodila** kgotsa **yokate** letsatsi le letsatsi

Fa o tsenya mashi, mashi a a bodila kgotsa yokate mo dijong tsa gago, e nna mkgwa o o itekanetseng wa go ithophela mofuta wa dijo. Dikuno tsa mashi di ka se balodise tatso ya dijo tsa gago fela, mme di tla go fepa dikotla tsa botlhokwa ka jalo di thuse go go kokotleletsa mmele o o tiileng, o itekanetse.



Khalsiamo

Diprotheini

E botlhokwa go tiisa marapo le meno

Di tiisa marapo le mesifa go thusa mmele go kwena

Itsenyetse fela dikuno tsa mashi mo dijong tsa gago tse di latelang go bona mosola o o molemo



Itlhophela dikuno tsa mashi – go balotsa tatso le go nna le dikotla

Dikotla ke metswako e e botlhokwa mo dijong, tse di tlhokagalang go nna le boitakanelo jo bo siameng le mmele o o tiileng.

Khalsiamo le diprotheini ke dingwe tsa dikotla tsa botlhokwa mo dikunong tsa mashi.

Dikuno tsa mashi ke eng ?



.....MASHI.....

Fa o apaya motogo, tshela bonthangngwe mashi mo boemong jwa metsi.



.....AMASI.....

Tshela mashi kgotsa mashi a a bodila (amasi) [maas] mo bogobeng, motogo o o apeilweng kgotsa diririli (Dijo tsa ditshoro).



.....YOKATE.....

Yokate ke seneke se se thomameng mo lebokosong la gago la mofago.



.....MASHI.....

Go inwela galase ya mashi ka borotho go tla go kgorisa lebaka le leele.



Bothokwa jwa mashi a a bidisitsweng

Go bedisa dijo le dino go dirisediwa mefuta e e farologaneng ya dijo. Go di bedisa ka tshwanelo go bolaya ditwatsi tse di kotsi tse di ka nnang mo dijong mme go netefatse gore dijo di siametse go jewa. Mashi a bedisiwa ka mekgwa e mene e e farologaneng. Letshwao le le mo seduting sa mashi le supa moggwa o a bidisitsweng ka ona.

Leba mekgwa e e farologaneng ya go bedisa mashi mo seduting:

- Go a tlhotlha**
- Go a tlhotlha mo maemong a a kwa godimo**
- Go a tlhotlha ka mogote o o gotetseng thata**
(o itsege ka UHT kgotsa mashi a a tshwarelelang)
- Go Soutisa**
(a bidiwa mashi a a tshwarelelang)



Mashi a a sa bidisiwang ga a siama



Mashi a a sa bidisiwang ga a siama mme a tshwanetse go bidisiwa pele a dirisiwa. Mashi a a sa bidisiwang ke mashi a a dirisiwang a tswa mo lebeleng la kgomo. Mashi a, ga a bidisiwa mme a ka nna le ditwatsi tse di kotsi tsa malwetse.

Go rekisa mashi a a sa bidisiwang ke go tlola molao mo Afrika Borwa kwa ntle ga fa a dumeletse ke bathati ba semolao ba tsa boitekanelo

Go baya mashi mo gae

Mashi otlhe a a foreshe a tshwanetse go bewa mo setsidifatsing (a gatseditswe kwa tlase ga 50°C). Mashi a a tshwarelelang lebaka a tshwana le a a foreshe fa pakana e se na go bulwa.

Dira ka bophepa le ka pabalesego fa o baya mashi. Dirisa dikgamelo le diduti tse di phepafaditsweng. (di tlhatswitswe ka metsi a a belang tsa tsidifadiwa ka mowa) go baya mashi.



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3-A-DAY LETSATS! LE LETSATS!

Ikaelele go nwa le go di ja gararo (3) ka letsatsi



Mashi 250ml



Bodila 250ml



Yokate 200ml



Letsholo la Projeke ya Consumer Education ya Milk SA

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