

UMBIKO WEZINDABA

Septhemba 2020

Imikhiqizo yobisi, umgogodla wohlelo lokudla kwezingane

Kusukela ebuntwaneni kuze kuge sebusheni, izingane zinezidingo ezikhethekile zokondleka ukuze zisekele ukukhula kwazo ngendlela enempilo. Uhlobo lokudla ezikhulisa ngalo, kanye nokudla ezikukhethayo ekhaya nasesikoleni, nakho kunomthelela ekutheni zizochitha ukuphila kwazo konke zidla ngendlela enempilo noma cha. Ngeshwa, cishe ayikho ingxene yempilo yethu yansuku zonke egcwele ulwazi oluyiphutha nemikhuba engasile njengokudla esikudlayo. Ngenxa 'yemikhuba' eshintsha njalo, edinga ukunaka kwethu kanye nendathane yokudla kwamanje okuyisimanga', kunengozi enkulu yokuthi izidingo zezingane zokondleka okufanele nokunomsoco zibekelwe eceleni.

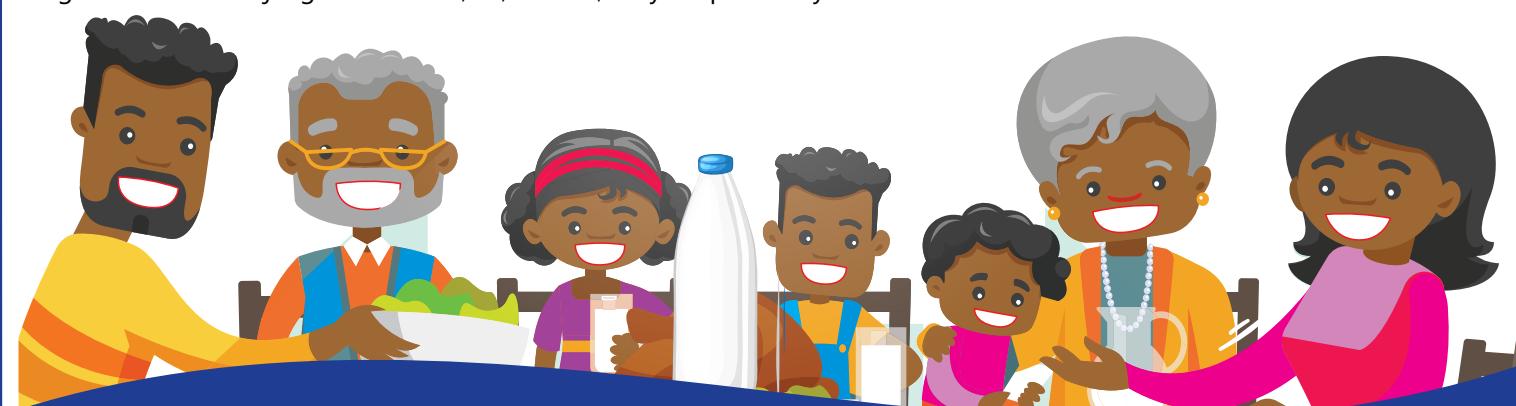
Okuwashise iminden yaseNingizimu Afrika yizibalo zakuleli ezimbi ezembula umthwalo ophindwe kabilo wezifo ezihambisana nokubhasha okuphikelelano nokuzaca, kanye nokwanda kokukhuluphala kwezingane. Ukungondleki kahle, okuholela ekubhasheni nasekuzaceni okunomthelela wempilo yonke, kuseyinkinga enkulu emiphakathini yaseNingizimu Afrika edla imbuya ngothi. Ngeshwa, le nkinga kulindeleke ukuthi bhebhethike ngenxa yemithelela ye-COVID-19 eqhubekayo kwezomnotho. Ukukhuluphala kuyinkinga enkulu yezempilo, esichaya ezifweni ezinjengoHlobo 2 Iwesifo sikashulela nomfutho ophakeme wegazi. Ukudla ukudla okudala ukuzaca noma ukukhuluphala kunomthelela ekukhuleni ngokomzimba nangokwengqondo kwezingane ezingawazi ukufinyelela amakhono azo aphelele empilweni. Ngokubungaza ukufakwa kobisi ezinhelwani zokudla zasesikoleni,

i-World School Milk Day yama-21 ngomhla ka-30

U-Maretha Vermaak, oyisazi sezokudla esibhalisiwe e-Rediscover Dairy uthi, "Amashumi amanangi eminyaka, ucwaningo Iwesayensi luqinisekise ukuthi imikhiqizo yobisi inikeza inhlanganisela eyingqayizivele yezakhamzimba ezitholakala ngokwemvelo ezisekela ukukhula okunempilo ezinganeni. Ubisi, amasi, iyogathi noshizi kutholakala ngezindlela ezihlukene ezivumelana nezimo, ukuze kuge lula ukutholela izingane imikhiqizo yobisi nokuqinisekisa ukuthi umndeni wakho uthola izingxenyen ezi-2 kuya kwezi-3 ezinconywayo zemikhiqizo yobisi nsuku zonke."

Ulwazi Iwesayensi lokondleka olunengqondo lubalulekile emindenini nasezikoleni. Lokhu kuyisiza ukuba ikhethe ukudla okufanele futhi ibeke phambili izidingo zokondleka zezingane. Ukuqonda ukuthi imikhiqizo yobisi enekhalisiyamu inendima ebalulekile ekukhuleni kwamathambo, hhayi nje awabantwana abancane kodwa ngisho nawentsha lapho ukujina kwamathambo kushesha khona, kusiza abazali baqiniseke ukuthi umndeni uthola izakhamzimba ezanele eziyinhloko ezitholakala ngemikhiqizo yobisi. Imikhiqizo yobisi ayinikezi ikhalisiyamu eyakha amathambo namazinyo anempilo.

Iwumthombo obalulekile wamaphrotheni angambi eqolo, ayikhwalithi ephezulu futhi lunotha ngamavithamini anjengovithamini A, B2, no-B12, kanye nephoteziyamu ne-zinc.



i-World School Milk Day yama-21 ngomhla ka-30

Amacebo Emikhiqizo Yobisi Afanele Izingane

Kungakhathaliseki ukuthi iholo malini, iminden eminingi yaseNingizimu Afrika ayizifinyeleli izingxene ezi-2 kuya kwezi-3 ezinconywayo zemikhiqizo yobisi nsuku zonke. Kodwa-ke, ngenxa yokuthi imikhiqizo yobisi itholakala ngezindlela ezihlukahlukene, kulula ngempela ukuyifaka ekudleni, kumasnekhi naseziphuzweni.

- Thasisela ubisi noma amasi ku-oats nezinye izinhlobo zedokwe.
- Faka umkhiqizo wobisi njalo ekudleni kwelantshi – izingcezu zikashizi kanye noshizi okumasemishi; amayogathi amancane; i-cottage cheese noma amadiphu aneyogathi okudla imifino namasnekhi aklamuzelayo
- Isemishi likashizi elithosiwe liyintandokazi yekhethelo ezinganeni
- Yenza iziphuzo ezehl' esiphundu ngobisi neyogathi, ufake izithelo.
- Faka ubisi noma i-buttermilk noshizi emaqanden nakuma-omelethi
- Ushizi oncibilikisiwe udla ubhedu njalo futhi uhambisana nezidlo eziningi ezinosawoti, imifino nesinkwa
- Bhaka ngobisi, nge-buttermilk neyogathi. Gcoba amakhekhe namamafini nge-icing kashizi ukuze ufake izakhamzimba ezithe xaxa ekudleni kwakho.
- Yenza oncamnce abalula abaqandayo ngeyogathi noma ngezingxube zezithelo uma wenza ophudingi abanempilo.
- Esikhundleni sonamanedi abanoshukela faka ubisi noma ama-milkshake enziwe ngezithelo noma ngobisi olunandisiwe.

U-Vermaak uthi, "Abazali kufanele bakhumbule ukuthi uma kuziwa emikhuben yokudla, bayizibonele ezinamandla kakhulu. Enye yezindlela ezilula kakhulu zokuqinisekisa ukuthi izingane zakho zidla imikhiqizo yobisi eyanele ukuqiniseka ukuthi iyatholakala ekhaya futhi nawe zikubone uyijabulela."

Nge-Consumer Education Project (CEP), i-Rediscover Dairy ibambisene ne-National School Nutrition Programme (NSNP) yoMnyango Wezemfundo Eyisisekelo (DBE) ukuqhakambisa iWorld School Milk Day. I-NSNP ifaka umkhiqizo wobisi kanye ngeviki ohlelweni lokudla kwasesikoleni ukondla izingane zaseNingizimu Afrika ezsengcupheni enkuluyokubhasha nokuzaca.

I-CEP yenza kutholakale ulwazi olujabulisayo nezinsiza zothisha zika-Grade R kuya ku-7 ku-<http://www.dairykids.co.za/>. Abazali abafundisa izingane ekhaya ngenxa yeCOVID-19 bangadawuniloda izithombe zokufundisa ezihambisana nohlelo lwezfundo, amaphepha emibuzo, izincwajana ezichaza amaqiniso athile kanye nemihlahlandlela yokufundisa. Izingane zifunda konke mayelana nokudla ngendlela enomsoco, imihlahlandlela yezokudla yaseNingizimu Afrika, indima yemikhiqizo yobisi ekudleni okunomsoco kanye nokwenziwayo uma imikhiqizo yobisi isuka epulazini ize iyofika ekhaya.

**Ukuthola amacebiso athe xaxa ngemikhiqizo yobisi joyina ikhasi
le-Facebook le-Rediscover Dairy: www.facebook.com/RediscoverDAIRY**

