

Skills Required By a Volunteer in the Community

Children who are well fed i.e. the six food groups, and have received all the necessary vaccinations in good time, grow healthy.

Apart from other reasons, children more the 6 months get malnourished because of low food intake.

A volunteer should know malnutrition and its causes for him/her to be able to give good advice to the community members.

Some of the reasons why a child does not eat the six food groups are inadequate food for the household, loss of appetite due to other diseases e.g. HIV/AIDS and other diseases.

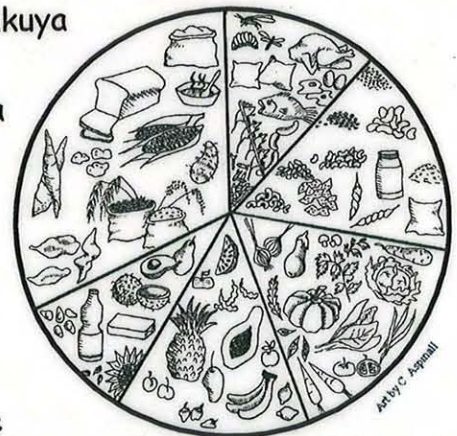
Mfundo Zomuyenereza Volontiya Woyangánira Ana Onyentchera Kutumikira Dera Lake Bwino

Volontiya adziwe izi za mwana wa Thanzi

- ❖ Mwana amene amadya chakudya chokwanira cha m'magulu asanu ndi limodzi nthawi zonse amakula bwino ndipo zizindikiro zowonetsa kuti akusuntha pa nthawi yake sizisowa; monga kusekerera, kukwawa, kuima, kuyenda, kuthamanga, kuitana maina amene amawamva panyumba, kusewela ndi zina zotele.
- ❖ Thupi la mwana amene amadya mokwanira limakhala la thanzi ndipo sikawiri kawiri kuti adwale maka ngati akulandira katemela wa ana pa nthawi yake.
- ❖ Magulu asanu ndi limdodzi a zakudya amene mwana amayeyenera kulandira tsiku liri lonse ndi awa:

Magulu asanu ndi limodzi a zakudya

1. Gulu la zakudya zopatsa nyonga monga nsima, mpunga, chinangwa, mbatata, mkate
2. Gulu la zakudya zomanga thupi kapena kuthandiza kukuza thupi zochokera ku nyama monga nsomba (usipa, utaka, mlamba, nkhanu), kalulu, nyama (ya mbuzi, n'gombe, nkhumbe, ya mtchire), nkukhu, baka, mazila, mkaka
3. Gulu la zakudya zomanga thupi zochokera ku kumunda monga nyemba, soya, mtedza, nandolo Wowuma, khobwe, nsawawa zowuma
4. Gulu la zakudya zothandiza kuteteza matenda komanso kusalalitsa khungu. Gulu ili limapezeka kwambiri mu ndiwo za masamba obiriwira monga nkhwani, khwanya, chisoso, kholowa. Komanso zakudya za kachaso wakuya monga karoti ndi maungu zili mugulu limeneli.
5. Gulu lina la zakudya zothandiza kuteteza matenda komanso kusalalitsa khungu. Gulu ili limakwanilidwa ndi zipatso makamaka zipatso zobiriwira monga papaya, mango, malalanje. Zina ndi nthochi, mapichesi, mapulamuni ndi zipatso zina za kutchile mu madela osiyanasiya
6. Gulu lopeleka mafuta monga mafuta ophikila, majarini (margarine), palm oil ndi coconut kumene amapezeka.



*Magulu asanu ndi limodzi a zakudya.
Kodi Mungathe kuwatchula?*

Kodi Nanga ndi chifukwa chiani ana ena amanyentchera?

Mwa zina zimene volontiya angalongosolere m'mudzi za m'mene mwana amephezeka kuti wanyentchera kapena kutupikana:

- ❖ Mwana akanyentchera kapena kutupikana, ndiye kuti thupi lake likupelewera zakudya za magulu ena zimene zimafunikira kuti mwana amene wakwanitsa miyezi isanu ndi umodzi ndi kupitilira, adye mokwanira, malingana ndi muyezo, wake tsiku liri lonse.

- ❖ Pali zifukwa zosiyana siyana zimene zimachitisa kuti mwana alephere kupeza chakudya chomuyenereza kuti thupi lake likule moyenera.
- ❖ Volontiya amayenera kudziwapo za kunyentchera kapena kutupikana kuti akwanilitse kulangiza ndi kuthandiza abale a m'mudzi popewa kapena pochilitsa kunyentchera ndi kutupikana.

Zina zimene zimalepheletsa mwana kudya mokwaniritsa magulu asanu ndi limodzi



Volontiya uyu Ku Mchoka ku Salima akukumbutsa mavolontiya anzake za kasamalidwe ka wana

- ❖ Kusowa chakudya chokwana kapena choyenera pa banja: volontiya ndi eni myumba kuti awunike chifukwa chake chimene chakudya chilichosakwanira pakhomopo.
- ❖ Kusasamala chakudya chikakololedwa monga kuthera kukonzela maphwando.
- ❖ Kulephera kukonza ndi kuphika bwino zakudya za pa nyumba monga ngati kusagwirisa ntchito soya pakhomo ngakhale kuti soya anakoleledwa mokwana.
- ❖ Kuleka kuyamwitsa mwana mosampatsa mwana uja mpata wokonzekera kusiya bele.
- ❖ Kubeleka pafupi pafupi kumene kumam'bera mayi nthawi yoti akalere ana ake.
- ❖ Matenda pafupi pafupi amasokoneza chilakolako cha chakudya mpaka mwana uja amofooka ndi kuyamba kukana kudya. Volontiya apa ayenera kusindikiza za ubwino ndi kufunikira koti ana a angóno angóno azigona mu ukonde kapena neti yonyikidwa mu mankhwala usiku uli onse. Izi zimathandiza kupewa malungo. Komanso, volontiya amasindikiza kuti ngati mwana wadwala malungo, apatsidwe mankhwala oyenera, mwansanga nsanga ku chipatala.
- ❖ Ana ambiri amatupikana akakhala kuti atsegula pa kanthawi. Zifukwa zotsegulira m'mimba ndi zambiri kuphatikizapo kusowa ukhondo pa nyumba. Chifukwa cha ichi, volontiya ayenera kulumikiza malangizo a ukhondo ndi kaleredwe kabwino ka mwana.
- ❖ Chifuwa chachikulu ndi matenda amene mwana amatengela kwa mai wake monga HIV/AIDS nawonso amafooketsa thupi ndi kuchotsa chilakolako cha kudya. Volontiya ayenera kuthandizana ndi banja la mwana woteroyo pomutumiza mwana uja kuchipatala mwansanga komwe volontiya naye akalandira uphungu wodyetsela ndi kasamalidwe kamwana wodwalayo.