

# Palutha lela okaana sho takeende takakoko



Oludhi lwiikulya



Ikando yokulya



Ondjele yiikulya

Poomwedhi 6



Okapili niikulya yanyanyuka nawa



Lwiikando 2 sigo 3 mesiku



gandja uusindo 2 sigo 3

oomwedhi hamano sigo omugoyi



likulya yanyanyulwa



Lwiikando 2 sigo 3 mesiku niikulya ngaashi uuBiscuit lumwe sigo lwali\*



Gandja uusindo 2 sigo 3 sigo ometata lyokakopi\*\*

oomwedhi



likulya yatetwa nawa nenge iikulya yanyanyulwa niikulya mbyoka okaana taka vulu kukutha kokene



gandja iikulya lwiikando 3 sigo 4, ngoye togandja iikulya yilwe ngaashi uubiscuit 1 sigo 2



gandja iikulya yili metata lyokakopi kokaana

oomwedhi 12-24



Okaana nakalye iikulya mbi tayi liwa kaanegumbo, yatetwa nenge yanyanyulwa nge tashi pumbiwa



Gandja iikulya lwiikando 3 sigo 4 mesiku niikulya yilwe ngaashi uuChips nuuBiscuit



Gandja iikulya kokaana yuudha okakopi

\* Uumbisikiti nuuChips likulya yagwedhwapo hayiliwa pokati pomusha nenge uulalelo

\*\* Okakopi nakakale keemilileter 250



## Shono wuna kudhimbulukwa

- ✓ Yamutha sigo omvula mbali nenge tokondopo.
- ✓ Uuna okaana kagwanitha eemwedhi 6, tameka okukapa iikulya yilwe.
- ✓ Pethimbo lyokulya, yamutha tango opo nee to gandja iikulya yilwe.
- ✓ Teleka okapilili kiikwata nawa taka vulu okuliwa.
- ✓ Tameka okugandja kuyelee iikulya ngaashi omayi nge otashi pumbiwa.
- ✓ Tulapo elandulathano lyokulya tolongitha omaludhi ageshe giikulya mwakwatelwa omakunde, iiyimati niikwamboga.
- ✓ Kuutumba nookana koye mwangungumana ndele tokalombwele kalye.



kayula nawa

- ✓ Ino longitha okandami nenge okakopi kena ongumi.
- ✓ Yanda iikunwa yina osuuka nokugandja iikulya yalandwa yapya ngaashi oSoda niikulya mbyono yalongelwa osuuka nenge yatulwa omongwa ogundji.
- ✓ Shampa okaana kakuuvite nawa okaana otaka pumbwa okunwa nokunwa olundji. Yamutha lwiikando oyindji nokupa okaana iikulya iishona.
- ✓ Shampa okaana kaaluka, kala nokukapa iikulya yagwedhwapo esiku keshe opo wukakwathele mokutulako oshiviha shono sha kuthwako kuuwehame.

Republic of Namibia



Ministry of Health and Social Services



Oshiwambo

## Nkene wuna okupalutha okaana konima yoomwedhi 6

Popya nomuniilonga guundjolowelee nokutalelapo epandja lyawo [www.RightStart.com.na](http://www.RightStart.com.na). Opo wumone uuyeleelele owundji nuuVideo wa nkene wuna okupalutha okanona koye



# Shoka wapumbwa okutseya

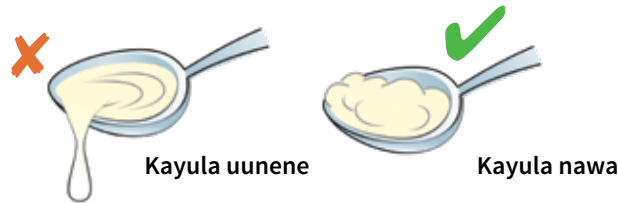
- ✓ Poomwedhi 6 dhonetameko yamutha ike okaana, ino kapa nande iikulya yilwe.



- ✓ Shampa okaana kangwanitha eemwedhi 6, tsikila okuyamutha uusiku nomutenya.
- ✓ Omashini gokontulo otaga tsikile nokukala gasimana sigo okaana kagwanitha oomvula mbali.
- ✓ Uuna topalutha okaana pokati koomwedhi 6 sigo 12, alushe yamutha tango manga inokapa iikulya yilwe.
- ✓ Shampa okaana kagwanitha oomwedhi 6 naka pewe oVitamin A lwaali momvula. Konima yomvula yimwe okaana nakapewe omuti gokudhipaga uupuka keshe konima yoomwedhi 6, uuyelege pula omuniilonga guundjolowe.

# Uuna okaana koye katameke okulya lotango

- ✓ Poomwedhi 6 pa okaana koye okasindo 1 nenge 2 wokapilili,ngoye alushe tokala togwedhako kuusindo nokomaludhi giikulya.
- ✓ Iikulya inayi kala yayula itayi vulu kiliwa nokasindo.



- ✓ Okutameka poomwedhi 6, moshiwike keshe gwemo oshikulya oshipe miitungithilutu yokaana koye.
- ✓ Tameka ashike nokapilili, togwedhapo eBanana oshihakautu shanyanyulwa. Tsikila nokugwedhamo iikulya iipe moshiwike keshe.
- ✓ Tameka okugandja iikulya yaza miinamwenyo ngaashi omayi nonyama ngaashi tashi vulika nolundji.
- ✓ Tulapo elandulathano lyokulya togwedhamo iikulya ngaashi oombundufukwa nenge omakunde, iiyimati niikwamboga.
- ✓ Omagadhi noFat ngaashi oButter ohayi gandja onkondo dhagwedhwapo kokaana. Uunona owa pumbwa ike okulya omagandhi omashona (kaagethike nookuli petata lyokasindo mesiku).
- ✓ Ino thiminikila okaana koye okulya. Kutumba mwiitalela,tongungile ndele tokalombwele nawa kalye.
- ✓ Miikulya mbyo yiholike yokaana vundakanithamo iikulya ipe ngaashi omashini gokontulo. Omashini gokontulo ohaga ningitha iikulya yinyangusuke nawa niipu okuponwa kokaana.
- ✓ Owuna kukala noku etekela iikulya iipe lwiikando oyindji opo yikale yiholike kokaana.

- ✓ Iikulya yokaana nayi longekidhwe nawa nokupungulwa peshala lyayela tapawapalele iikulya. Nakusila okaana oshimpwiyu nakoshe iikaha ye nomeya nothewa omoluukoshoki.



- ✓ Kosha omake goye nomeya nothewa manga ino tameka okulongekidha iikulya yokaana nomanga ino tameka okukapa okulya.



- ✓ Okaana nakakale kena okakopi nokayaha kako.
- ✓ Topola iikulya mbalambala ike konima yokuyilongekidha.

- ✓ Ndjenea iikulya mbyo yatelekwa telekwa noyakala yapungulwa uule wethimbo yakonda powili.



- ✓ Pomwedhi hetatu okaana otaka vulu kutameka okulya kukokene. Tsikila okukutumba nako nokukalombwela kalye,ngoye toshilipaleke kutya omake gokaana niikulya oya yela.