

**BUKU LO  
PHUNZITSILA ZA**

# **Madzi Oyera ndi Ukhondo**



[www.nutricaremw.org](http://www.nutricaremw.org)



# Pulani ya Maphunziro (Mphindi 45)



## Mutu: Madzi Oyera & Ukhondo

**Zida:** Malo osambiramo manja (ndowa yokhala ndi tapu, sopo, tauro), mabotolo a madzi oyera ndi onyans fyluluta ya nsalu/ceramic kapena mankhwala a chlorine, ma poster a madzi otetezeka, makdi a lonjezo.

## Omvera: Ogulista a msika 15–20

1

### Kuyamba (5 min)

Kuyamba  
(5)

- Landirani ogululsa, funsani komwe amapeza madzi ndi momwe amawatsukira.
- Onetsani poster wa tizilombo toyambitsa matenda.



2

### Zoopsa za Madzi Onyansa (10 min)

Zoopsa  
za Madzi  
Onyansa  
(10 min)

- Fotokozani kuipistuwa kwa madzi: Zaumoyo (cholera, typhoid), Za manwaba (pesticides, detergenti) ndi Za zinthu (dothi, dzimbiff, pulasitiki).
- Onetsani botolo la madzi oyera ndi onyansa.



4

### Chionetsero Madzi (10 min)

Chionetero  
(5 min)

- Onetsani kusefera kapena kuwonjezera chlorine ndi kufunika kopimba mtsuko ndi kugwirizi uthoto supuni yoyera.



6

### Kukambirana (5 min)

Kubwereza

- Ƴotokozani zoyuta monga mtengo wa chiorine. kapena mtunda wa madzi, pezani malinggalri a gun..



# Kuyamba Kutsegula Bwalo (Mphindi -5)

Landirani ogulitsa ndikuyambitsa maphunziro:

- “Lero tikuphunzira mmene madzi oyera ndi ukhondo wabwino amasungira msika wathu kukhala otetezeka.”

Funso loyambitsa:

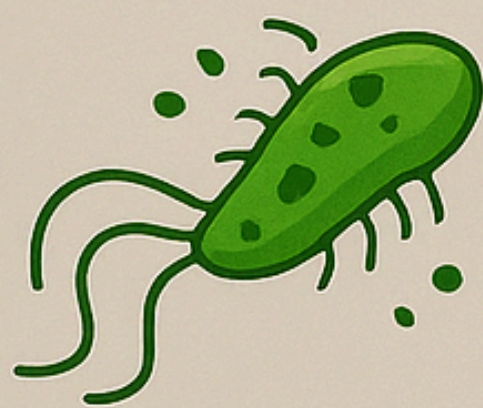
- “Madzi amene mumamwa pa msika mumawatenga kuti—ndipo mumawatsuka bwanji kuti akhale otetezeka?”



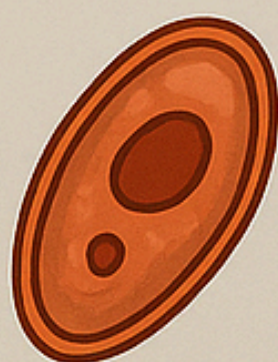


# KUKAMBILANA ZA MADZI OTETEZEKA KU MATENDA

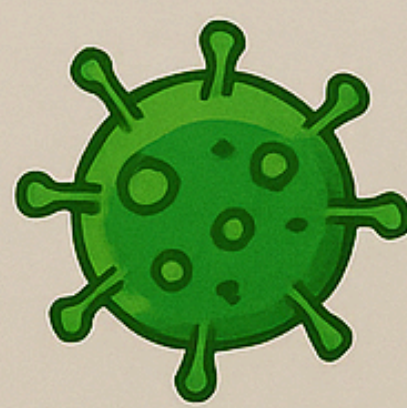
## Tizilombo Toyambitsa Matenda A M'madzi



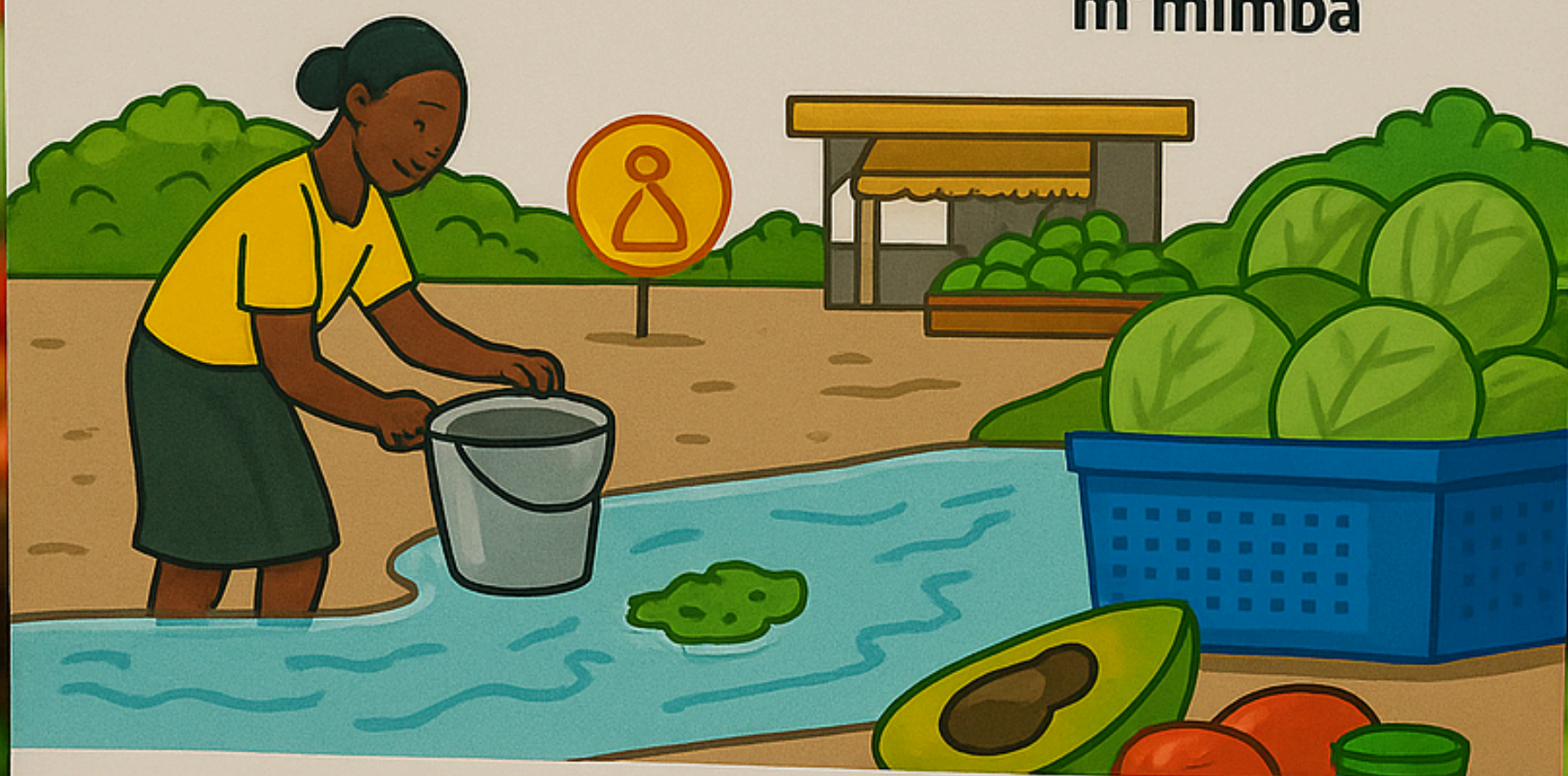
**Bakteriya**  
**Cholera**



**Parasaiti**  
**Tifoid**



**Virasi**  
**Kuchedwa**  
**m'mimba**



### **1 Kuyamba (5 min)**

Landirani ogululsta, funsani komwe amapeza madzi ndi momwe amawatsukira.



### **2 Chionetsero Ukhondo**

Onetsani kusefera kapena kuwonjezera chlorine



**5 min**



# **KUKAMBILANA ZA ZOOPSYA ZA MADZI OSATETEZEZEBWA (Mphindi 10)**

Fotokozani mitundu ya kuipitsidwa kwa madzi:

- Zaumoyo (Biological) – tizilombo m'madzi osachiritsidwa (cholera, typhoid).
- Za mankhwala (Chemical) – mankhwala ophera tizilombo, detergenti kulowa m'mabowo kapena m'mitsuko.
- Za zinthu (Physical) – dothi, dzimbiri, pulasitiki.
- Onetsani mabotolo a madzi aukhondo ndi onyansa.

Funsani: “Ndi chiti chimawoneka choyera koma madzi ake osa tetezedwa?”



# CHIONETSERO – NJIRA YOSAVUTA YOSAMALIRA MADZI (MPHINDI 10)

- Onetsani kusefera madzi pogwiritsa ntchito nsalu/fyuluta ya ceramic kapena kuwonjezera mankhwala a chlorine.
- Fotokozani kufunika kwa kuphimba bigili ya madzi ndi kugwiritsa ntchito kapu yoyera.

Itanani ogulitsa awiri kuti ayesere kusefera kapena kuwonjezera chlorine.



**Kuteteza Madzi Kuti Akhale Aukhondo**



# KUBWEREZA NDI KULIMBIKISA

## (Mphindi 5)

- Funsani: “N’chiyani chimapangitsa kukhala kovuta kusunga madzi aukhondo kapena kusamba m’manja pafupipafupi?”
- Limbikitsani gulu kupereka malingaliro othandiza (kasonkhelana ndalama za chlorine, kukubusana, kulimbikitsana).

Bwerezani Mauthenga 3 Ofunika:

- Ngakhale madzi ooneka oyera angakhale ndi tizilombo—nthawi zonse chizireni ndi kuphimba.
- Sambani manja ndi sopo musanakhudze chakudya.
- Gwiritsani ntchito mitsuko yoyera ndipo musalowetse makapu m’madzi.



# **KUBWEREZA NDI KULIMBIKISA**

## **(Mphindi 5)**

Bwerezani masitepe a kusamba m'manja a pogwiritsa ntchito malo osambira enieni.

**1 Thirirani manja  
ndi madzi otetezeka**

**2 Ikani sopo**

**3 Tsititizani mphumi  
ndi kumbuyo kwa  
manja**

**4 Tsitijiani pakati pa  
zala ndi zala  
zazikulu**

**5 Sambani misomali  
ndi ziwalo za  
dzanja**

**6 Sambani bwino  
kenaka  
muwunitse**