

Gutangira ibyokurya bikomeye

Gutangira ibyokurya

Aya mabwiriza agamije kugufasha kumenya ingano y'ibiryo ugomba kugaburira umwana wawe buri muni. Umwana wawe ashobora kurya ibirenze cyangwa bike ugereranyije n'iyi ngano.



Izi ni inama zacu ku birebana n'uko wakongera ibyokurya bikomeye

- Mbere na mbere konka cyangwa imfashabere.
- Gerageza ibyokurya muburyo ubwo aribwo bwose.
- Koresha ubwoko bumwe bw'ibiryo.
- Gerageza ubundi bwoko bushya bw'ibiryo mu gihe cy'iminsi 3-4.



Amezi 6-9

- **Konsa** 3 kugeza kuri 5 cyangwa inshuro zirenze izo cyangwa kumuha **imfashabere** inshuro 3 kugeza kuri 5 z'igipimo ounces 6 kugeza ku 8 (ounces 24 kugeza 32 byose hamwe).
- Muhe amashereka, imfashabere, cyangwa amazi mu gakombe kadapfundikiye.
- **Itsinda ry'Ibinyampeke byagenewe abana:** Muhe utuyiko 4 kugeza kuri 6 buri muni. Bimuhe ukoresheje ikiyiko!
- **Itsinda ry'Imboga:** Muhe utuyiko 3 kugeza kuri 4 buri muni, ziyunguruye cyangwa ziseye.
- **Itsinda ry'Imbutu:** Muhe utuyiko 3 kugeza kuri 4 buri muni, ziyunguruye cyangwa ziseye.
- **Itsinda ry'Inyama:** Muhe akayiko 1 kugeza kuri 2 buri muni, ziyunguruye cyangwa ziseye.



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Amezi 9-12

- Koresha ibiryo byakatakaswemo uduce duto ku meza nk'imateja, amashaza, karoti, inyama ziseye zitarimo ibinure, imbuto zoroshye zihase, ibirayi, n'ibishyimbo byumye bitetse.
- **Konsa** 3 kugeza kuri 4 cyangwa inshuro zirenze izo cyangwa kumuha **imfashabere** inshuro 3 kugeza kuri 4 za ounces 6 kugeza ku 8 (ounces 24 kugeza 32 byose hamwe).
- Komeza kumuha amashereka, imfashabere, cyangwa amazi mu gakombe kadapfundikiye.
- Ongera inshuro ukoresha agakombe, gabanya gukoresha bibero.
- Jya ureka umwana yitoze gukoresha akayiko kandi yigaburire akoresheje.
- **Itsinda ry'Imboga:** Muhe utuyiko 3 kugeza kuri 4 buri muni.
- **Itsinda ry'Imbuto:** Muhe utuyiko 3 kugeza kuri 4 buri muni.
- **Itsinda ry'Inyama:** Muhe akayiko 1 kugeza kuri 3 buri muni, ziseye cyangwa zikase neza. Ushobora no kumuha amagi, amafi, tofu cyangwa foromaje ikatakase.
- **Itsinda ry'Imigati n'Ibinyampeke:** Muhe ½ agace k'umugati, ½ cy'agakombe k'abana k'ibinyampeke, undi mugati ibice 3 kugeza kuri 4 buri muni.



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