

Zoona Zake Zofotokoza za Nkhono!

Monga mwakafukufuku wa Dr. Bajope Baluku



Phunzirani izi:

- Kufunika kwa Nkhono pa chilengedwe
- Ndi Nkhono ziti zomwe zimafalitsa matenda, nanga mungazitetedze bwanji ku matendawa inu pamodzi ndi banja lanu?
- Nkhono monga chakudya



Chichewa version
No. 1. July, 2011



Kabuku Kolembedwa ndi Museums of Malawi
mogwirizana ndi The Field Museum, Chicago, USA

The Field
Museum

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Kodi Nkhono nchiyani?



① Nkhono ndi kanyama kamoyo

② Ndi kanyama kamene kakhala
kakupeze ka padziko lapansi kwa
zaka zochuluka

Ndi mitundu iti ya Nkhono imene imapezekaka kuno ku Malawi ?

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Kodi Nkhono nchiyani?

③

Nkhono zimamakhala pamtunda
ndi mmadzi momwe



④

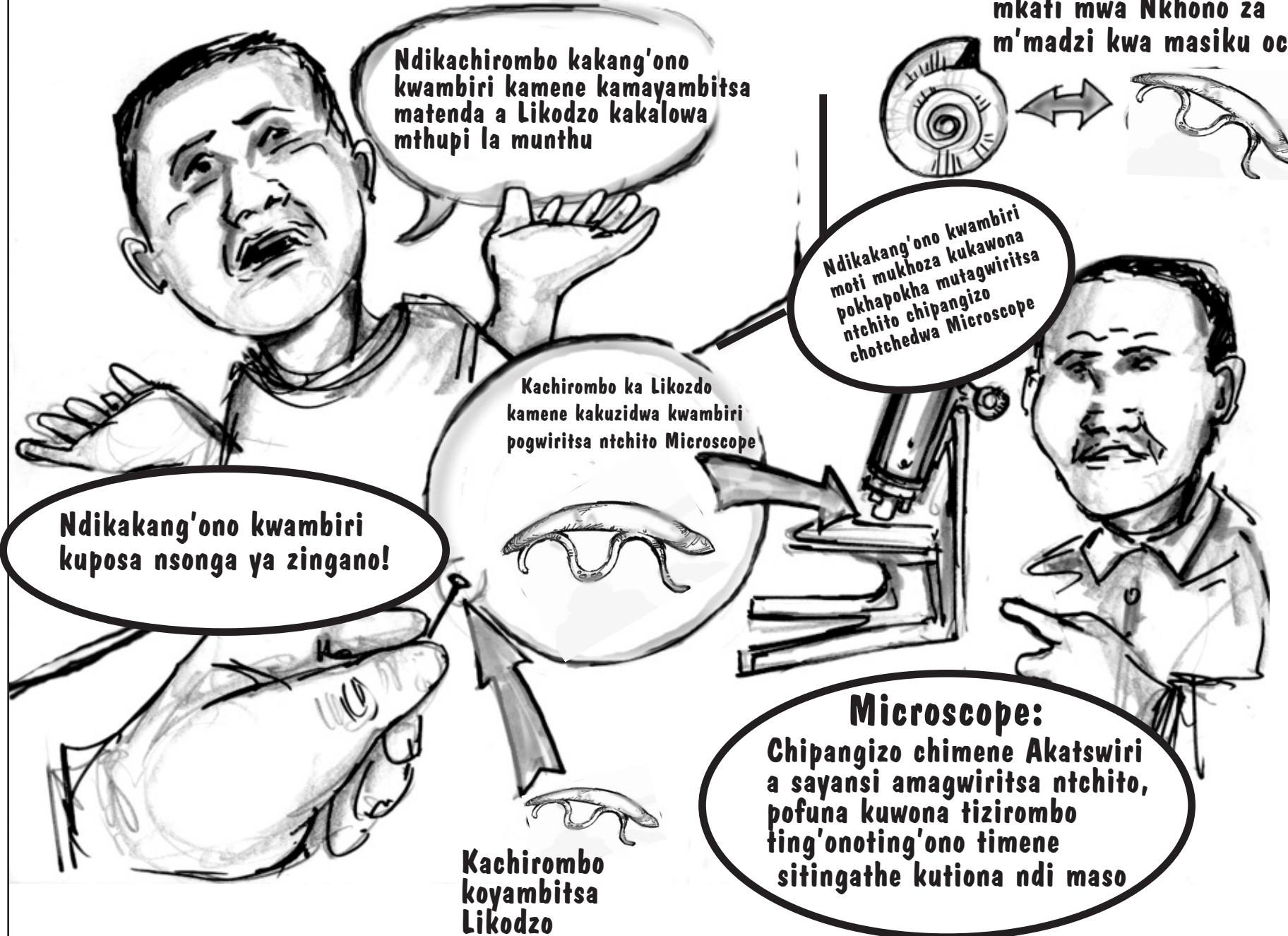
Nkhono ndichakudya
cha nyama zosiyanasiyana,
choncho ndizofunika
pachilengedwe

Nkhono zina zimafalitsa matenda pakati pathu



5

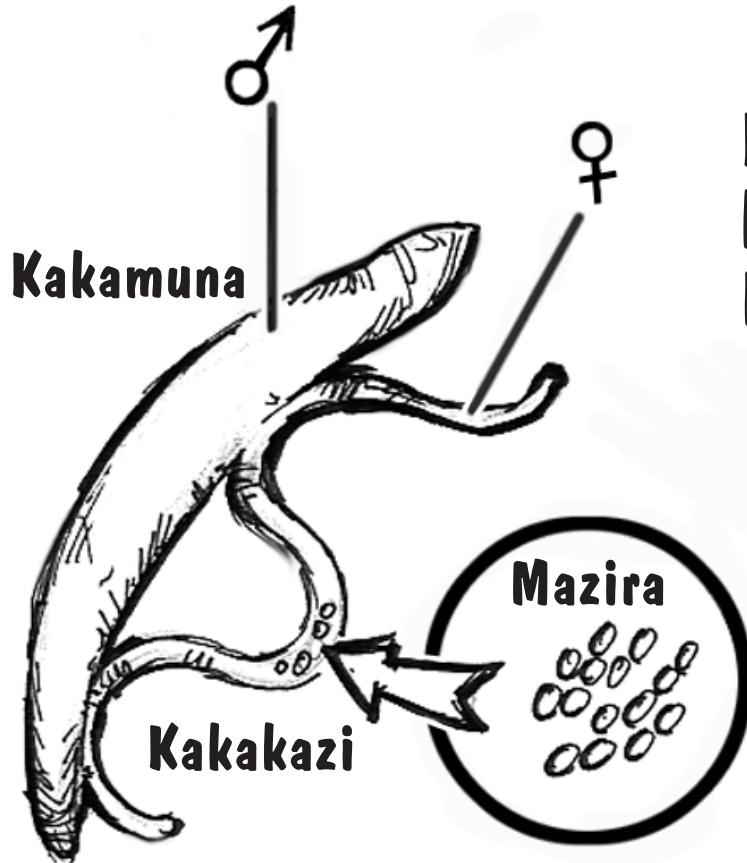
Kodi kachirombo ka Likodzo nchiyani?



Tiyeni tiwone za kachirombo koyambitsa Likodzo

Kachirombo kamene kamayambitsa
Likodzo ndi kakang'ono kwambiri

Tsopano tiyeni tiwone njira zimene zingatithandize kupewa
kachirombo ka Likodzo kulowa mthupi mwathu—



**Kachirombo
koyambitsa
Likodzo**

Apa tikuwona kachirombo koy-
ambitsa Likodzo kakamuna ndi
kakakazi. Kachirombo kakakazi
kamakhala ndi mazira ambiri.
Mazira amenewa amayambitsa
Likodzo mthupi mwathu



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Kodi Likodzo ndi matenda anji?

Nthawi zambiri matendawa amapezeka m'njira yodutsa mikodzo ndi m'matumbo

Kutupa kwa mimba
ndi chimodzi
mwazizindikiro za
matendawa



Ziwalo zogaya
chakudya m'thupi

ZIZINDIKIRO ZA MATENDAWA



Kukodza mikodzo
yosakanikirana
ndi magazi

Kumva ululu pokodza

Matendawa
amawononga ziwalo
zoberekera za amuna
ngakhale akazi ndipo
akhoza kupangitsa
munthu kukhala
wosabereka

ZIZINDIKIRO ZA MATENDAWA

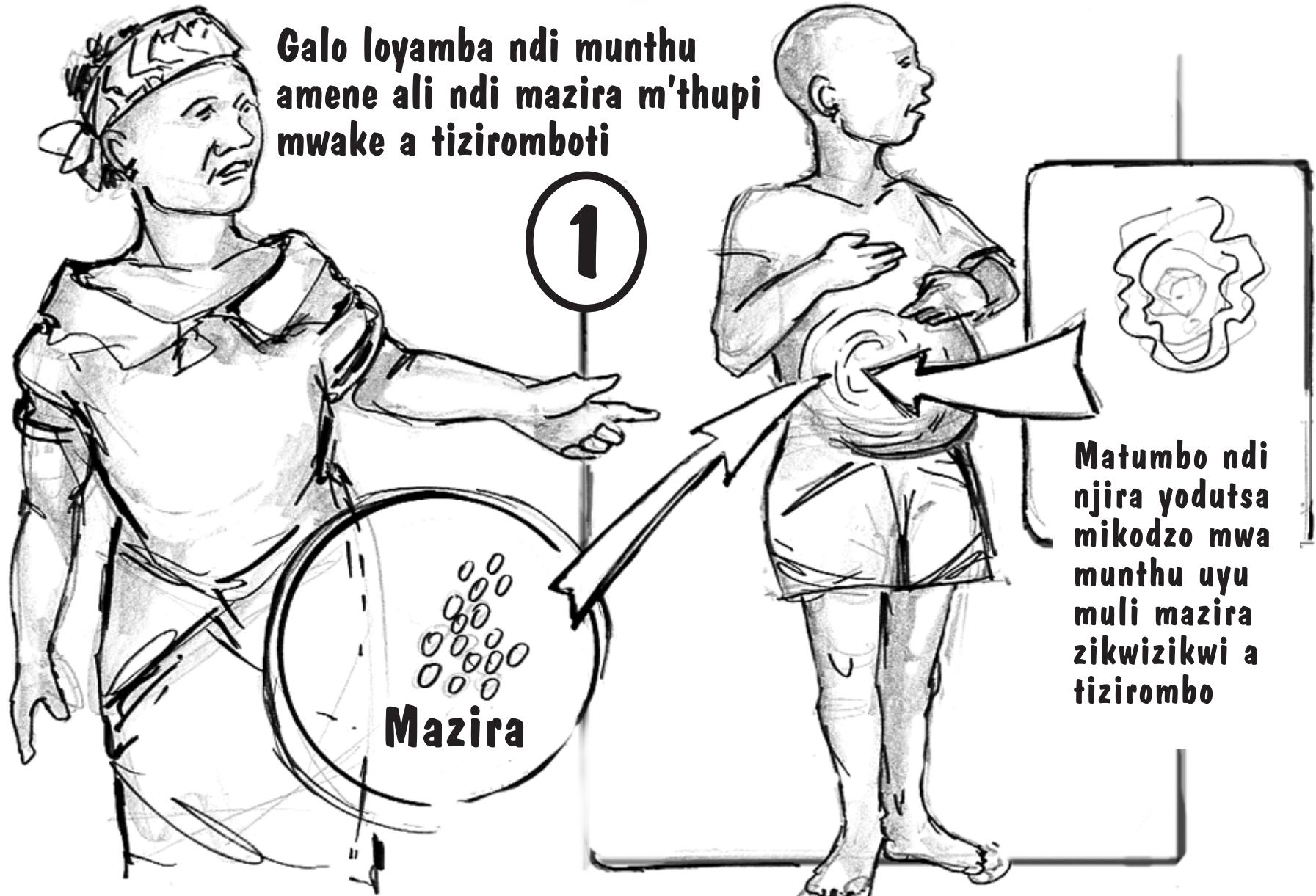


Kusagayika kwa
chakudya m'thupi

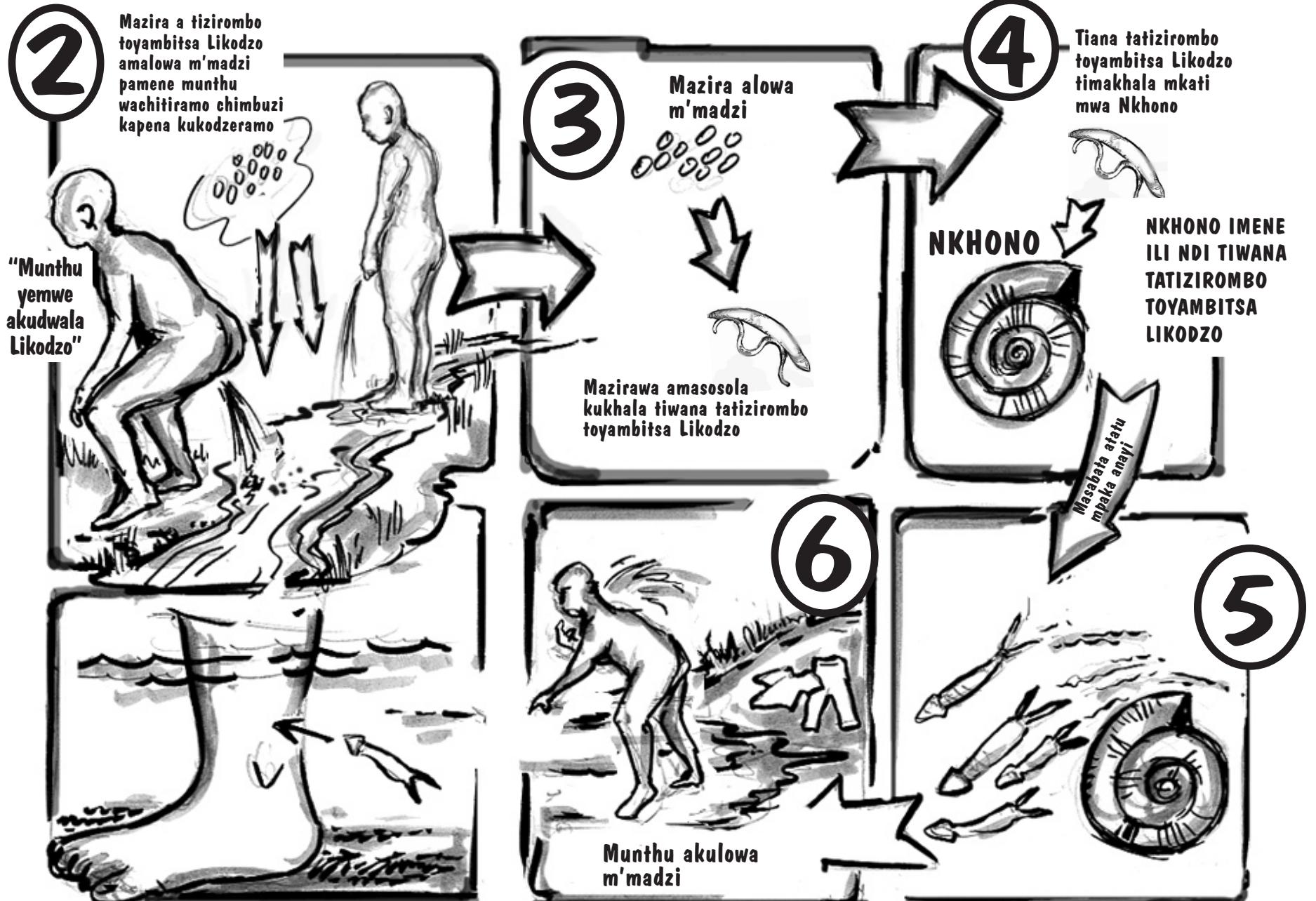
Kuchita chimbuzi
chosakanikirana ndi
magazi

Kusekula m'mimba

Tsopano tiyeni tiwone zigawo za moyo wa tizirombo toyambitsa Likodzo ndi gawo lomwe Nkhono zimatengapo pofalitsa matendawa



9 Zigawo za moyo wa kachirombo koyambitsa Likodzo

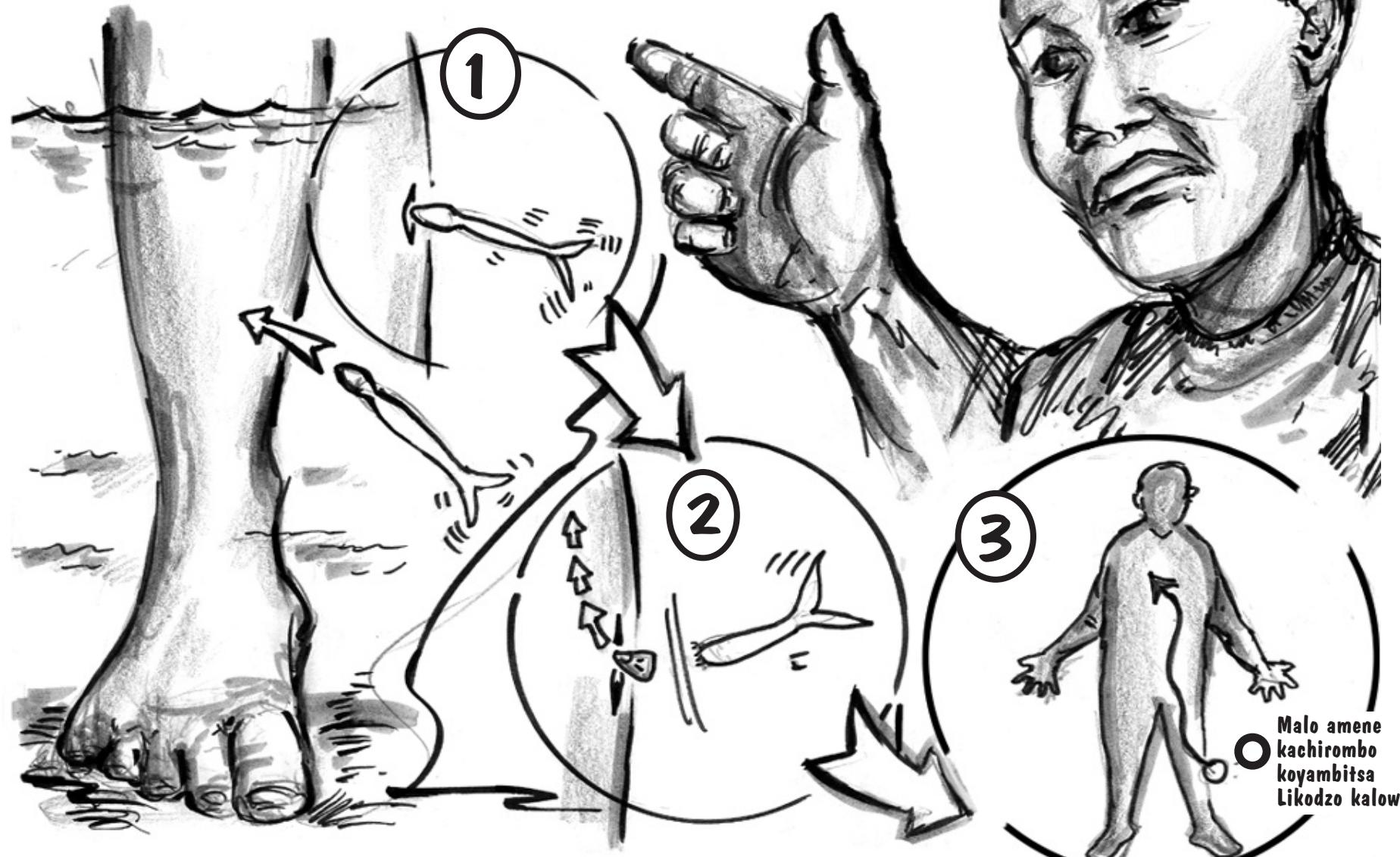


Tiwana ta tizirombo toyambitsa Likodzo timalowa
mthupi mwa munthu kupyolera pa khungu

7

Choncho mukhoza kulowedwa tizirombo
toyambitsa Likodzo pokhapokha ngati
mwalowa m'madzi m'mene muli tiziromboti

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Tiyeni tiunikenso zigawo za moyo wa kachirombo koyambitsa Likodzo

Moyo wa kachiromboka umatheka chifukwa cha zinthu izi: kusowa ukhondo, kupezeka kwa tiziromboti, Nkhono, ndi munthu amene ali ndi tiziromboti mthupi mwake



Kodi tingapewe bwanji matenda a Likodzo?



Njira zopewera matendawa:

- Musasambe kapena kusambira m'madzi amene angoyima kapena akuyenda pang'onopang'ono. Tizirombo toyambitsa Likodzo sitikonda kukhala m'madzi amene akuyenda mothamanga kwambiri
- Tipewe kusamba kapena kusambira m'madzi am'misitsinje kapena m'nyanja amene ali munthunzi.
 - Choncho onetsesani kuti mukusamba madzi amene ali powala kapena padzuwa m'mtsinje kapena m'nyanja

Kumbukirani kuti mutha kumwa madzi omwe muli tizirombo toyambitsa Likodzo ndipo. Simungadwale matendawa!

**Simungadwale Likodzo
pomwa madzi amenewa**



**Mukhozanzo kuchapā
zovala m'madzi momwe muli
tizirombo toyambitsa
Likodzo— Simungadwale
matendawa povala zovala
zimene zachapidwa m'madzimo.**



Mungadwale Likodzo pokhapokha
ngati thupi lanu lakhuzana ndi
madzi omwe muli tizirombo
toyambitsa Likodzo, ndipo
talowa m'thupi mwanu
kupyolera pa khungu

KUMBUKIRANI!

Njira yokhayo imene mungatengere
tizirombo toyambitsa Likodzo ndi pokhapokha
ngati thupi lanu lakhuzana ndi madzi amene muli
tiziromboti kwa mphindi khumi
ndi zisanu kapena kuposera apo.



Mphindi khumi ndi zisanu!



Mutha kudya nyama ya
Nkhono chifukwa ndiyokoma!



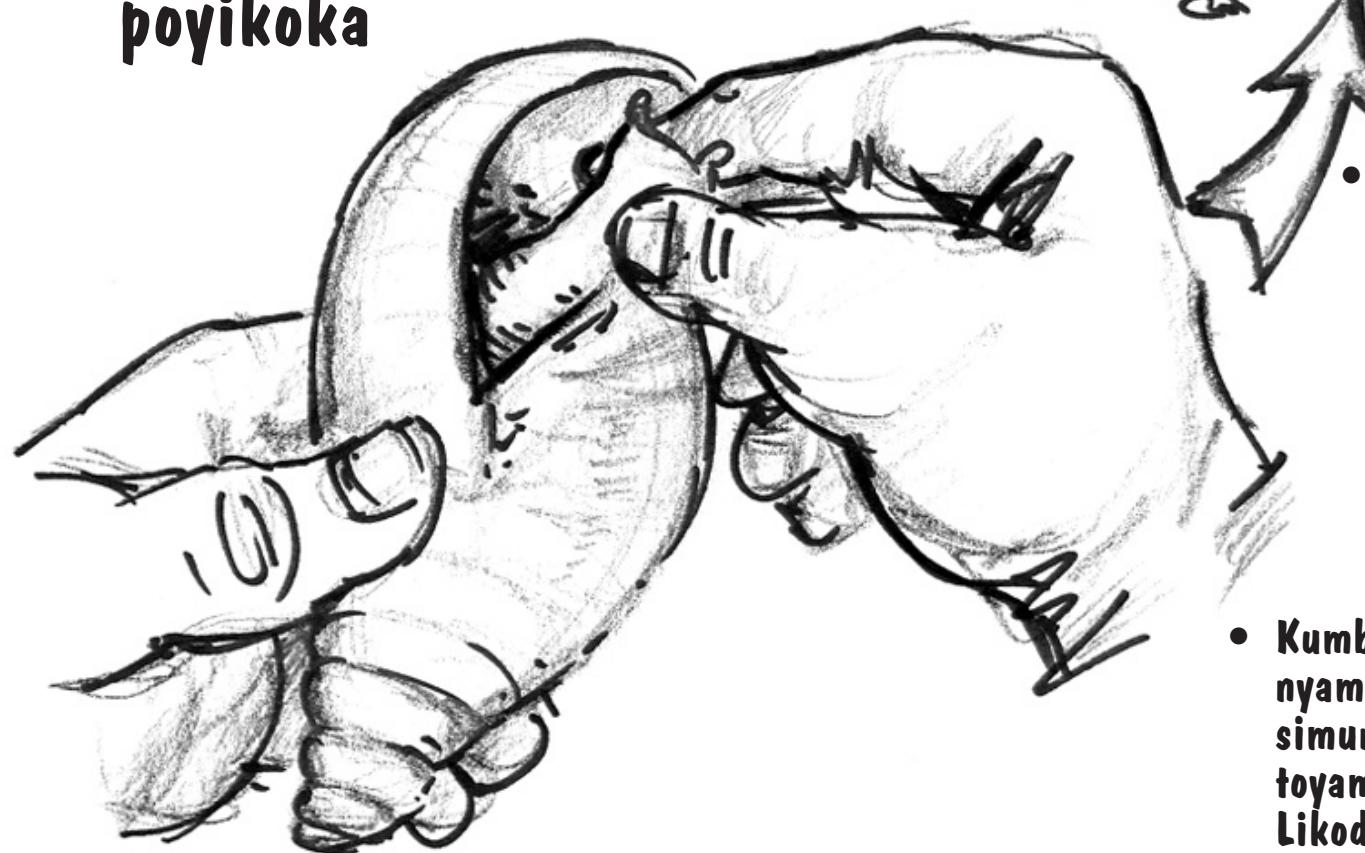
Kukonza nyama ya Nkhona kukhala
ndiwo pa banja lanu ndikosavuta



Imu ndimomwe
mungakonzere
Nkhono kukhala
ndiwo—

Nyama ya Nkhono monga nyama ina iliyonse muli chakudya chomanga ndi kukulitsa thupi!!

**Tulutsani Nkhono
m'chigoba chake
poyikoka**



- Phikani ndipo kazingani nyama ya Nkhono bwinolomwe ndipo mukhonza kudyera mpunga ngakhale nsima Mukhonza kuwonjedzeranso ndiwo za masamba
- Kumbukirani kuti kudya nyama ya Nkhono yophika simungatenge tizirombo toyambitsa matenda a Likodzo

Mukhonzanso kudya zigoba za Nkhono.

M'zigobamu mumapezeka mchere umene
umapangitsa matupi anu kukhala athanzi.

Poyamba phikani
zigoba za Nkhono



Mukhonzanzo kupanga chakudya
cha Nkhuku pogwiritsa
ntchito Zigoba
za Nkhono



Patsirani Nkhuku zanu zigoba za Nkhono zimene mwaziphwanya

- Phikani zigoba za Nkhono kwa mphindi makumi atatu
- Ziwumitseni pozianika padzuwa
- Phwanyani kapena sinjani zigobazi mpaka zitakhala ziduswa zing'onozing'ono
- Patsirani Nkhuku zanu tiziduswati

Phunzirani za zinthu zachilengedwe za ku Malawi



**Mukafuna Kudziwa Zambiri Funsani a
Museums of Malawi
(Top Mandala Museum
kapena
Chichiri Museum, Blantyre)**

Kabuku Kolembedwa ndi Museums of Malawi
Mogwirizana ndi The Field Museum, Chicago, USA

**Science Booklet Series No. 1
(Chichewa Version)
July, 2011**

Wolemba: Dan Brinkmeier ndi Christopher Salema
Wojambula Zithuzi: Dan Brinkmeier



**The Field
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This booklet was made possible by a training grant from The Council on Africa, The Field Museum,
and with additional generous assistance from Bruce and Mary Feay, Chicago