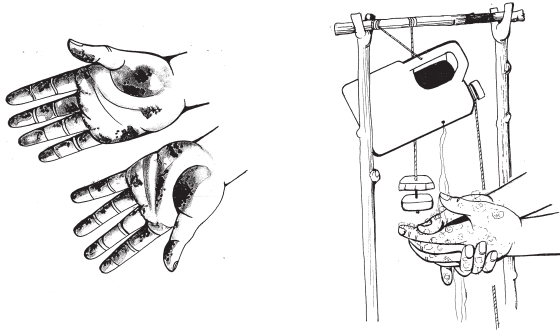


OKU WAAKUBAASA KUMARAHO OKUJANJAARA KW'OBUKOOKO OBURIKUREETA ENDWARA

Orupapura Oruriho Eby'okwegga

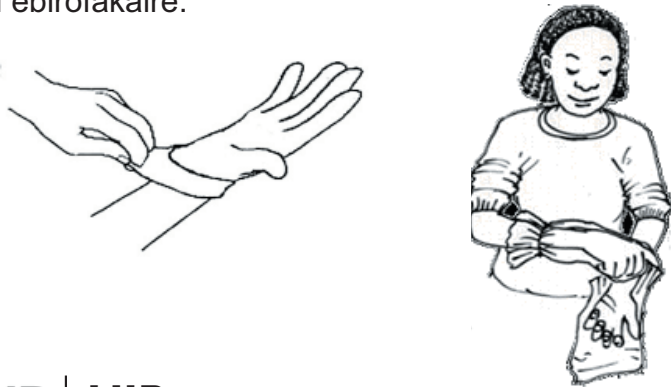
1 Naaba engaro

Naaba engaro n'amaizi hamwe na saabuuni (nari eiju) omu bwire oburikuteekwa kunaabirwamu engaro, namunonga bwanyima y'okukwata eshagama, amahira n'ebindi ebikuruga omu mubiri.



2 Rinda engaro

Buriiho jwara obupiira bw'okushoshekamu engaro (giraavu) nari ekintu kya purasitiika omu ngaro waaba nookwata ebintu ebirimu eshagama nari amahira, n'ebindi. Obundi obaasa kwejunisa ebibabi ebihango ebikumire ebitarikurabwamu maizi (nk'endeere, oburikukwata emyenda) nari ekindi kikwato kyona ky'okukwatisa ebintu ebirofakaire.



3 Okureeberera ekironda

Jwara obupiira bw'okushoshekamu engaro (giraavu) nari ekintu kya purasitiika waaba nookwata ekironda ky'omuntu. Kyaba kitarikubaasika kurinda engaro zaawe, reeba ngu waashweka ebironda byona ebiri aha ngaro zaawe nari ebiri aha muntu ou orwarize obwo orikutaho bandagi etarikurabwamu maizi.



4 Okusiimura ebintu ebyayatika ebiine akabi aha magara g'omuntu

Siimuura ebyayatika ahansi nk'eshagama, amazi, amahira nebindi obwo orikujwaza omu maizi omubazi gw'okwita obukooko (Jiiki). Ekintu eki waapimamu omubazi reeba ngu waakipimamu amaizi emirundi 9 g'okujwaza omu mubazi ogwo. Jwara obupiira bw'okushoshekamu engaro (giraavu) nari ekintu kya purasitiika. Reeba ngu ebigyere waabirinda waaba noosiimura amaizi agaruga omu mubiri gw'omuntu gakagwa ahansi.

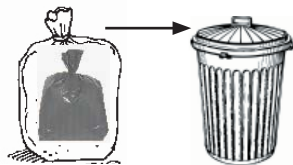


5 Okunaga ebintu ebirofakaire waaba nootuura omu NDEMBO:

Ebintu ebyayejunisibwa omu kusiimuura eshagama, amahira n'ebindi, byokibwe (ogu nigwo omuringo omurungi) nari obizinge omu bintu bibiri (kimwe omunda y'ekindi) haza eky'omunda okikome aha mutwe n'eky'aheeru nakyo okikome aha mutwe.



1) Okubyosya (omuhanda omurungi)



2) Bite omu bintu bibiri kimwe omunda y'ekindi obinage omu kasasiro

Okunaga ebintu ebirofakaire ahabw'abo abarikutuura omu byaro:

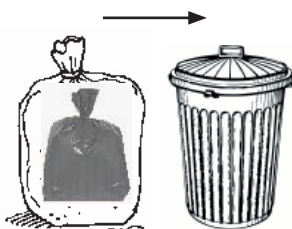
Naga ebintu abyayejunisibwa omu kusiimuura eshagama amahira n'ebindi obwo orikubinaga omu kihoroonyo (ogu nigwo omuringo omurungi), obyosye obizinge omu bintu bibiri (kimwe omunda y'ekindi) haza eky'omunda okikome aha mutwe n'eky'aheeru nakyo okikome aha mutwe.



1) Ebintu ebikoresibwe biriyo nibinagwa omu kihoroonyo



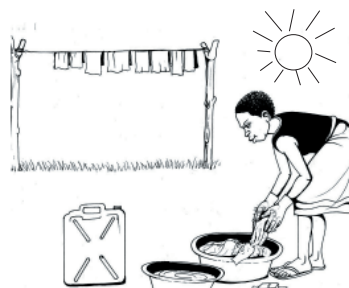
2) Okubyosya



3) Bizingwe omu bintu bibiri (kimwe omunda y'ekindi) binagwe omuri kasasiro

6 Taanuura ebintu ebirofakaire kuruga omu bindi waaza kubyosya

Emyenda nari eshuuka ezirofakazi-ibwe eshagama, amahira n'ebindi zitaanuurwe kuruga omu bindi byaba bitakatandikire kwogibwa kandi bitakayogibwa hamwe.



7 Yozya ebintu ebi orikwejunisa n'abandi bantu (ebikwato ebirikuriirwaho n'ebirikunywerwaho, emyenda n'ebindi) obaase kureka kujanjaaza obuhuka

Yozya na saabuuni hamwe n'amaizi ebintu ebirikukoresibwa abantu baingi omuntu omwe yaaheza kukoresa ekintu ekyo kitakakoresiibwe ondiijo.



8 Oteejunisa ekintu kyona n'ondiijo muntu ekiine obwogi

Oteejunisa ekintu kyona n'ondiijo muntu ekiine obwogi ekyakubaasa kucumita omubiri haza kikahika aha shagama nari aha maizi agandi goona g'omubiri ebyokureeberaho buraashi y'amaino nari omutoozo, obuti bw'amaino, obugirita, emisyo, ekikatu/ebomba y'ekikatu, empitirizo, nari ekikwato ekindi kyona ekiine obwogi.



Oteejunisa buraashi y'amaino nari akati k'amaino ebyayejunisibwa ondiijo muntu kwozya akanwa



Oteejunisa obugirita obwayejunisibwa ondiijo muntu



Oteejunisa ekikatu/ebomba y'ekikatu ebyacumita omubiri gw'ondiijo muntu



Oteejunisa emisyo eyaayejunisibwa kushara omubiri gw'ondiijo muntu