

# EBIMERA BYERYA EBIRIMO ESIRIISA MU UGANDA

*ENGERI CHIKABUKHAANE ECHEKHOLA  
MU KHULIMA EBIMERA BYERYA EBYA  
BULI LUDAALO N'OKHUSIKHOLA BULAYI.*



FOOD PLANT SOLUTIONS  
ROTARY ACTION GROUP  
Solutions to Malnutrition and Food Security



A project of the Rotary Club of Devonport North and  
District 9830

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



# Ebimera byerya ebirimo esiriisa mu Uganda



Esitongole sya food plant solution situsa ebyandiko by'okhwekeserakho okhunyalisa abandu okhumanya ebiriisa biri mu bimera byerya bya buli ludaalo khandi n'okhwingiya obumanyi khu bimera biliibwa ebiri n'ebiriisa muno nga byanaliira embeera ch'ebifwo mu biri. Bilala khu bimera bino nibyo embya chitakhoseswa muno ng'ebiyakhulya khandi nga ebikhira obungi bikhira ebyakhulya bikhutusa erwanyi w'esyalo. Esitangole sya "food plant solution" situsa ebyandiko bino khulwokhuba buli dadika ya buli ludaalo abaana bataanu abali asi w'obukhulundu bw'emiika chitaanu bafwa khulwobutalya bulayi.

Khukhusangaalira khandu khusaaya obukhoonyi bwawo.

Esitongole sya "**food plant solution**" -Tekekha y'omukanda kwa Rotary club of development north nende Rotary district 9830

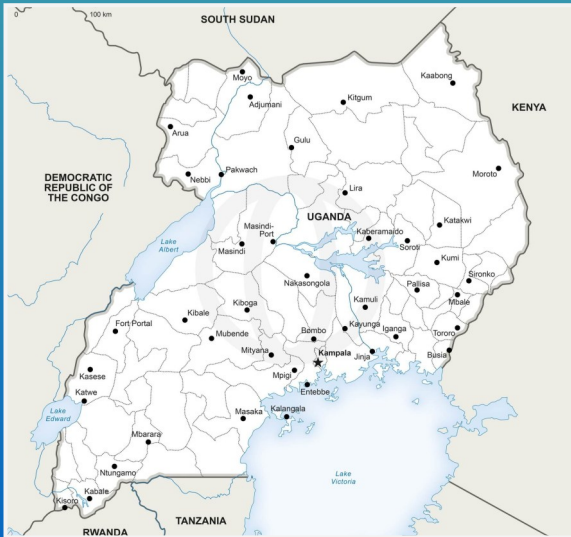
Akhatabo khano khema khu mboosi okhutula mu mbikhiro y'esitongole sya food plants International (FPI) eyatekekekehwa nende Tasmanian agricultural scientist, Bruce French, AO

Version 1, Dec 2025 (Samia)

# Okhukhosesa ebimera byerya bulayi



Eby'obulamu, okhuba bulayi n'okhuba  
n'ebyakhulaya bimala mu syalo khwema  
khukhukhosesa bulayi ebimera byerya ebiriwo.



# Ebimera byerya ebirimo esiriisa mu Uganda

Bino nibyo ebikha by'okhufumbula  
n'okhukonyeresa khu bimera byerya  
ebirimo esiriisa ebikabukhaane bikhutalya  
muno ebiri mu Uganda.



Amawuune



Enanaasi



Edoodo

# Ebiriisa by'obulamu

Okhusikale nikhuli n'obulamu bulayi, abandu boosi okhukhira abaana, bakhoya okhulya ebimera byerya ebikabukhaane. Bino bikhoya okhubaamo ebimera okhutula mu buli mbya chino:

Ebyakhulya bireeta amaani koti amabbwoni

Ebyakhulya bikhusa omubiri koti engooli

Ebyakhulya bikhingakira omubiri koti sipinachi

Bulaanu buli siriisa esidakhwa n'emibiri cheefwe chinanyoolwa makanakana.



# Okhuba n'ebiyakhulya bimala

Taaka ebimera byerya bikabukhaane,  
ebitaakwa mu bikha bikabukhaane mu  
mwaka, ebyakhulya bikhaye  
okhukhedeera mu bitundu by'omwaka  
bindi muno mubeemo ebyamo.



Moringa



Omutere musungu



Omukhuuwa



Amabbwoni



Ebiyindiindi



Edoodo



Moogo

# Ebimera birimo obutwa

Ebimera bindi birimo ebindu binyala okhuleeta obulwaye. Wekhaliilise etekekha yaabyo notaalya. Ebyekhubonerakho bindi nibyo bino:

- Obubuukha bwa bbakiteeria obuba khu masaafu bunyala bwaleeta enda okhuchuuna. Ebyakhulya bikhoya okhudeekhwa okhwita bbakiteerya.
- Amabeere kanyoolwa mu bimera koti moogo kaleeta obululu obunyala bwetwa ebyakhulya nibideekhwa bulayi.
- Amasanda akali mu bimera koti amayuuni. Kano malulu khandi kanyala okhusamba amamiro. Okhukalukhania amaachi mu bikha by'okhudeekha bikhedeesa amasanda.
- Ebimera binyala okhufuna esilungo sya nayitureti esinyala okhuba obutwa eyiri abaana. Sino sibaawo nayitureti nisyongeswa mu lyani ly'amasaafu koti emboka.

# Ebyakhulya birimo sitaachi bireeta amaani

Ebyakhulya birimo sitaachi byakhulya bulayi mu khuleeta amaani kakhukhosesa okhukhola emirimo n'okhubaya.



Amayuuni



Amabere kaneefumo



Ebbwoni sungu (Amabbwoni masungu)



Amawuune

# Ebijanjaalo bireeta esiriisa sya poroteyini khandi bikalusa eloba okhuba ekimu

Ebijajaalo biri nende bbakiteerya khu misi chaabyo okhubinyalisa okhwingisa nayitorogeni okhutula mu mbowo okhwingisa mu loba ebimera bikhosese.

Yino mbolera yabukhaya.



# Elyani ly'amasaafu khulw'okhulya bikabukhaane nebiriisa

Elyani ly'amasaafu lindi limera mu bikha bikabukhaane mu mwaka. Amadaala kakhoya okhutaaka elyani likabukhaane okhuba n'ebiyakhulya omwaka kwosi.

Elyani ly'amasaafu n'amasaafu kandi kaliibwa kakhoya okhutaakwa awambi n'ennyumba kanyalwe okhwaywa. Koti mu bikha by'efula oba abandu nibajoongu oba nibawuma ebikha by'okhucha mu ndalo chiri eyale.



# Buli mundu akhoya okhulya elyani ly'amasaafu buli ludaalo

Ebyamo birimo obukookhwe, bireeta  
amaani, birimo omuunyu nende bitameeni  
bibuli mundu adakha okhusikala naali  
omulamu bulayi khandi ng'ali bulayi.



Mungala



Enanaasi



Omuyembe (Emiyembe)

# Ebyakhulya by'amasaafu by'obukhoonyi

Elyani ly'amasaafu kamajaani ly'obukhoonyi. Litulamo ebiriisa ng'obukookhwe, esibya n'esiriisa nga bitameeni n'omuunyu ng'ebiriisa by'obulamu.

Elyani ly'amasaafu kamajaani lilimo esilungo sikhoonyera okhukhola amabanga esiri n'obukhoonyi eyiri buli mundu muno muno abakhasi. Esilungo sikhoonyera okhukhola amabanga. Nisiri asi bituliramo okhwibula abaana balikho obulema. Buli mundu muno muno abakhasi n'abaana bakhoya okhulya elyani ly'amasaafu liyera buli ludaalo.



# Amayido kalimo ebiriisa khandi kali n'echamu

Amayido kalimo esiriisa sya poroteyini simala, amafuta, bitameeni n'omuunyu.

Kandi kakhoya okhutaakwa olwobwichayo.

Amayido kanyala kabiikhwa olwokhukhosesa mu ndaalo chiicha.



Edongdongo



Mupundu

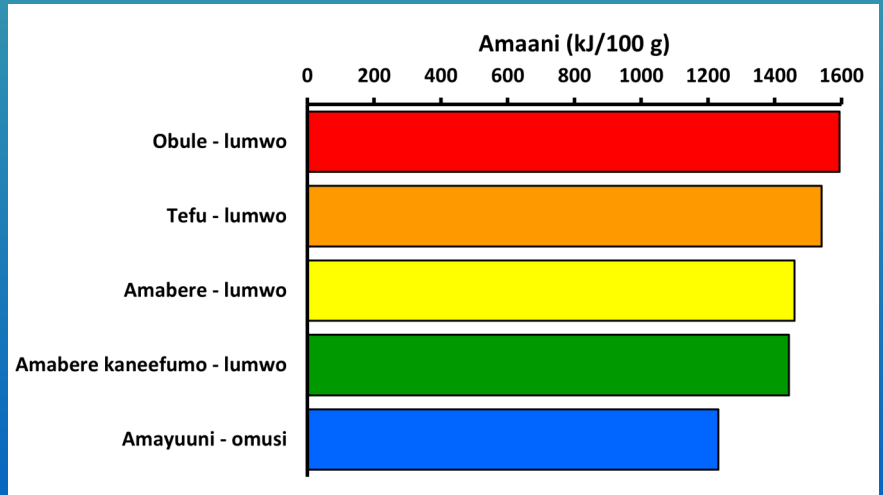


Ekoroosi

# Ebyakhulya bireeta amaani

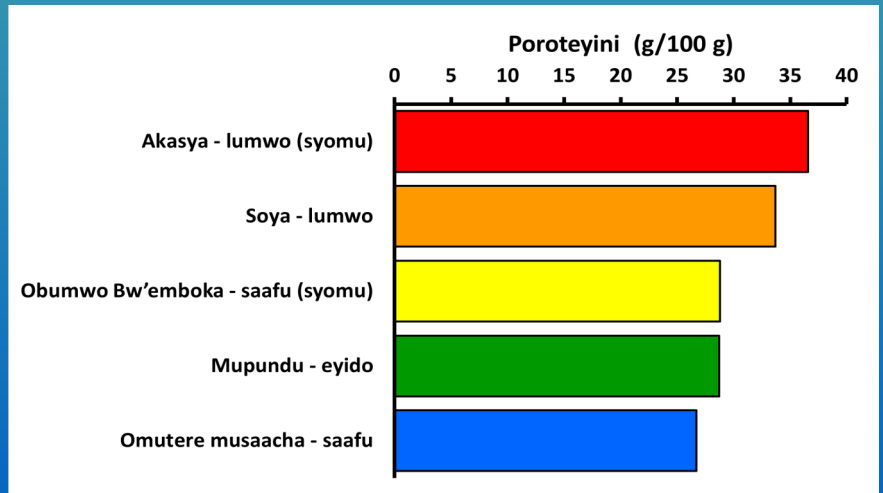
Ebyakhulya birimo sitaachi bireeta amaani khandi bikhira okhuba emisi oba obumwo.

Ebyakhulya birimo sitaachi bitatereswamo birimo obukookhwe, bitameeni n'omuunyu.



# Ebyakhulya birimo bitameeni.

Ebirime byerya byobukhoonyi mu khuleeta poroteyini, muno muno engeeni oba ennyama nibitaliwo oba nibitateerwe mu byokhulya.

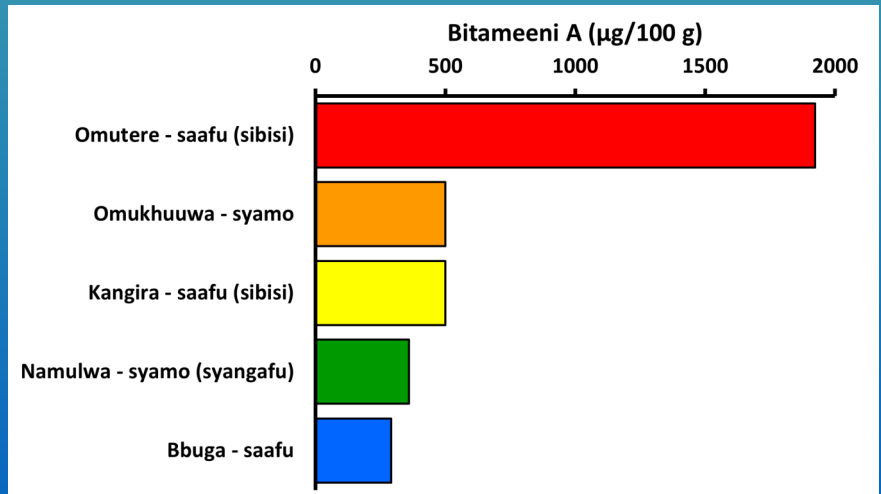


# Bitameeni A yikhoonyera okhubona

Bitameeni A ndayi khu khubona n'okhulwania endwaye, muno muno mu baana bayere n'abakhasi bali asito.

Abandu bataali nende bitameeni A bafuna ebidinyu mu khubona esiro.

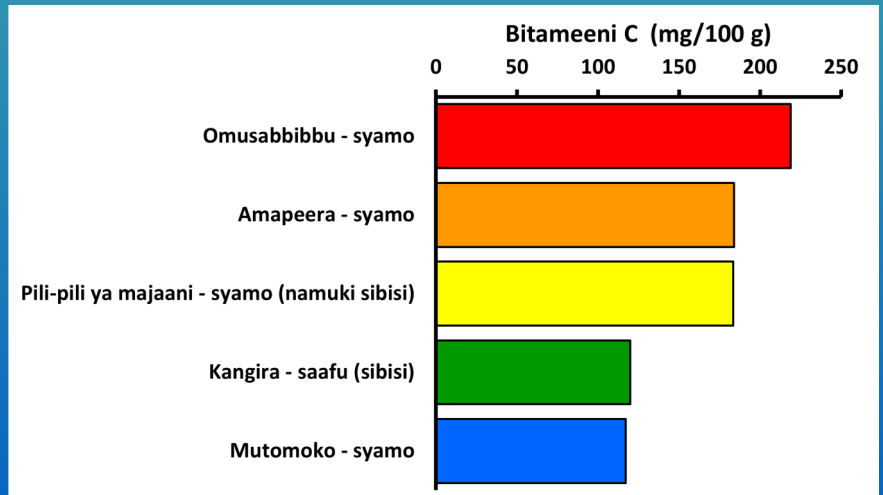
Ebimera birimo bitameeni A enjeraanu yimibiri cheefwe chikalukhania yaaba ey'obukhoonyi bungi.



# Bitameni C ndayi mu khuba n'obulamu bulayi

Bitameeni C yitukhoonya okhwekaya okhulwala n'Okhuwonia ebikonjo.

Bitameeni C yoosi yikhoonyera emibiri okhutusa esiriisa sy'esibya okhutula mu byakhulya.

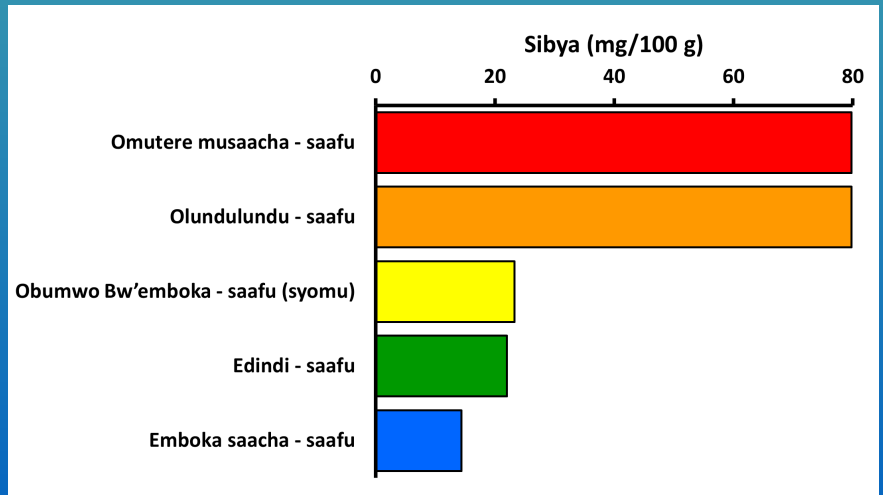


# Esiriisa sy'esibya silayi khuw'amabanga malamu

Esiriisa sy'esibya silayi mu khukhola amabanga, nisyo esikhola amabanga kafwana ranjaayi.

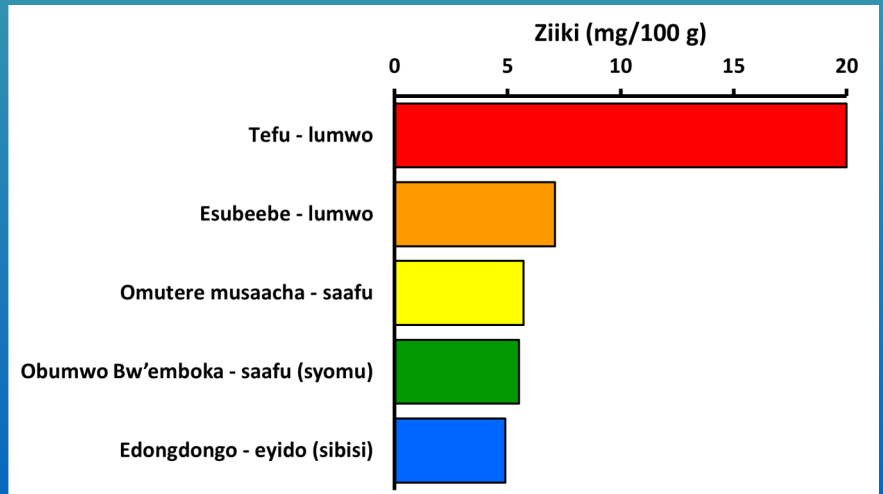
Esiriisa sy'esibya sikhoonyera omuuya kukhwingisa okhutula mu machukhu okhucha mu bitundu by'omubiri bindi khukhunyale okhukhola emirimo. Nikhutaali n'esiriisa sy'esibya khuba khuli nende aneemya {obutaba n'amabanga kamala}.

Okhuba n'esiriisa simala es'esibya bitula khu khubaawo khwa bitameeni C.



# Zinki yikhoonyera emibiri okhukhula

Zinki yobukhoonyi mu bulamu bulayi, okhukhula n'okhulwanisa obulwaye muno muno mu baana bayere n'abaraaga.



# Okhwabasa /okhusiima



**Obwandike buno buwagiirwe ohuwayo ohutula mu Interact club of Kedron High school.**

**Esyandiiko sino khasi syakhanyaliikhe ataali okhwewaawo n’obukhoonyi bwa batume abakabana esilooto sino n’obutemana ebikha byabwe okhukhoonya etekekha yino.**

**Okhwiluula, Okhulambulula n’Okhuwombakha – Rick Campbell, John McPhee**

**Okhukalukhania – Orodi Jack, Ogol Pofuojamino, Nafula Sylvia Egondi, Kawagga Susan, Namude Aidah, Wandera Charles, Mangeni Richard Sande, Mande Olinga Yowa, Mangeni Joseph, Ojiambo Godfrey Adika, Oguttu Joseph, Sanya Robert**

**Omukanda kwasoma mekhaliirisa – RC Budia (Bwire James), RSatC Lumino (Oundo Francis, Barasa Godfrey)**

Ebikhira ano twolerere khu sibanja : [info@foodplantssolution.org](mailto:info@foodplantssolution.org), website [www.foodplantsolution.org](http://www.foodplantsolution.org)

Esitongole sya food plants solution sikhola okhuchiira khu malako ka Rotary International naye khasi sikholera, oba okhukobibwa nende Rotary International

# Okhwebasa/okhusiima ab'ebifwananyi

Ebifwananyi bikhoseeswe mu syandiko sino bitula mu mbikhiro y'emoosi ya food Plants international

Okhwebasa / okhusiima khubereswa khu lw'ebifwananyi by'ebimera ebyatula khu intaneeti.

Eliita ly'abasayaasi	Eliita Iya buli ludaalo	Omukhoosi URL kw'ebifwananyi
<i>Anacardium occidentale</i>	Ekoroozi	<a href="https://pixabay.com/photos/food-snack-cashew-nuts-healthy-3093374/">https://pixabay.com/photos/food-snack-cashew-nuts-healthy-3093374/</a>
<i>Hibiscus trionum</i>	Omutere musaacha	<a href="https://i.pinimg.com/originals/29/a5/c2/29a5c2c4457308d0fc36439ee5e26310.jpg">https://i.pinimg.com/originals/29/a5/c2/29a5c2c4457308d0fc36439ee5e26310.jpg</a>
<i>Terminalia catappa</i>	Edongdongo	<a href="https://th.bing.com/th/id/OIP.-8V_YEiBToUH_GNI-09I4AHaFN?w=244&amp;h=180&amp;c=7&amp;r=0&amp;o=5&amp;dpr=1.5&amp;pid=1.7">https://th.bing.com/th/id/OIP.-8V_YEiBToUH_GNI-09I4AHaFN?w=244&amp;h=180&amp;c=7&amp;r=0&amp;o=5&amp;dpr=1.5&amp;pid=1.7</a>
<i>Tylosema fassoglensis</i>	Ekhwayuge	<a href="https://live.staticflickr.com/3680/11668753985_8e6df5c180_b.jpg">https://live.staticflickr.com/3680/11668753985_8e6df5c180_b.jpg</a>

# Obwandiike

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