

Zowopsa kwa mileme

Phunziro

7

Zomwe tiphunzira sabata ino:

- Chifukwa chiyani mileme imafunikira thandizo lathu
- Mitundu ya ziwopsezo
- Kutsika kwa chiwelengero cha mileme

Moyo umatha kukhala wovuta kwambiri kwa mileme. Werengani kuti mudziwe zovuta zina zomwe timakumana nazo ...



Mukawona chizindikiro ichi:



mufunika thandizo kuchokera kwa munthu wamkulu.



Musaiwale, chizindikiro cha pensulo chimatanthauza kuti ndi nthawi yanu yoti muchitepo kanthu!

Taphatikiza mawu onse atsopano pamndandanda wamawu kumapeto!

Mudzafunika:

Zonse zomwe mungafune zalembedwa ndi zochitika sabata ino!

1

Zomwe mleme umafuna

1

Nyumba yotetezeka

Mileme imafuna malo oti itha kuzitetezedwa ku dzuwa, mphepo ndi mvula komanso kutetezedwa ku nyama zolusa. Imafunanso malo oti itha kupuma masana ndi kulera ana ake popanda chosokoneza.



2

Chakudya ndi madzi

Mileme imafuna chakudya chokwanira kuti ikhale yathanzi komanso yamphamvu, komanso madzi aukhondo kuti izimwa.

Kukhala ndi zakudya zosiyanasiyana chaka chonse ndikofunikira kwambiri kwa ife mileme. Zimatipatsa zakudya zosiyanasiyana nthawi zosiyanasiyana pachaka. Tangoganizani ngati kuli mango ambiri akupsa musabata imodzi koma sabata yotsatira manoo onse atha, mileme yodya zipatso idzafunika kupezanso malo ena oti idye sabata yotsatirayo. Zimakhala bwino ngati pali kusakaniza kwa zipatso zosiyanasiyana kuti nthawi zonse pazikhala chakudya.

3

Njira yabwino yowulukira popita kuchakudya

Mitundu yambiri ya mileme (makamaka yaing'ono monga mtundu wodya tizilombo), kuwuluka poyera kumatha kuwonetsa mileme ku nyama zolusa. Mitundu imeneyi imakonda kuuluka pafupi ndi mitengo (m'mphepete mwa nkhalango, pafupi ndi madzi, maheji, mitengo) kuti ikhale yotetezeka. Iyi imatchedwa njira yopita kokadya. Kusintha kwa njira yodziwika bwino kungaapangitse kuti mileme ivutike kusatila njira kuti ipite malo ena.



4 Abwenzi

Pomaliza mileme imafuna abwenzi Izi zikutanthauza kukhala ndi mileme ina - kumbukirani kuti amayi onse amasonkhana pamodzi pamene ali ndi pakati kuti ana azitha kukumbatirana kuti azimva kutentha.

Koma mileme imafunanso anthu akhale mabwenzi awo omwe atha kumawalankhulira.



2 Zowopsa ku moyo wa mileme

N'zomvetsa chisoni kuti pali zinthu zambiri zikuopseza miyoyo ya mileme kumwera kwa Africa (komanso padziko lonse lapansi). Atha kusowa malo okhala pamene mitengo yagwetsedwa, kapena nyumba zagwetsedwa. Ntchito zomanga, phokoso, kuwala kwa magetsi ndi mankhwala owopsa (monga omwe amagwiritsidwa ntchito polimbana ndi tizilombo) zimatha kusokoneza kapena kupangitsa malo okhala kuwonongeka. Malo abwino odyelako ndi omwerako angawonongeke ndi kusintha kwa malo (mitengo kodulidwa, madzi kuipitsidwa, malo kuyeretsedwa kuti agwiritsidwe ntchito ndi anthu), komanso njira zoyendera zitha kukhudzidwanso ndi kusintha kwa malo komanso zinthu monga kuwunikira magesi komwe kumapangitsa malo akhale owala kwambiri chomwe chimalepheletsa kuwuluka. Pomaliza inu anthu mungakhalenso chiwopsezo kwa ife mileme - ena amaganiza kuti mileme ndi yowopsa chifukwa cha zomwe adawona pa TV komanso m'mafilimu, mileme nthawi zina imatha kuphedwa kapena kudyedwa poizoni, kapena kusokonezedwa ngati anthu sakufuna kukhala nawo m'nyumba zawo. ndi munda yokhala ndi mileme.




Ndikulonjezani kuti ndife okoma mtima kwambiri, kungoti mitengo ndi zokudya zayamba kuvuta kupeza ndiye nthawi zina timabwera kuzapempha ngati titha kugawana nyumba yanu kapena munda wanu!



KODI
MUMADZ
IWA?

Fundo zosangalatsa - m'masiku amafilimu opanda mtundu a Dracula mileme iwiri ya zipatso idagwiritsidwa ntchito ngati mileme ya "vapay". Opanga filimu amapenta pa bokosi lamaliro jamu wa sitiroberi kuti mileme yodya zipatso iziwulukira pamenepo ndikunyambita jamuyo. (Anapanga kuti ziziwoneka ngati magari!). Mileme yeniyeni ya vapaya ndi yaying'ono, sikadawoneka yowopsa kwambiri ndipo sikadakonda jamu wa sitiroberi.

Tebulo ili m'munsili likuwonetsa zina mwa
ziwopsezo zomwe timakumana nazo!

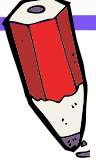


Zowopsa	Momwe zimakhudzira mileme
<p>Kuwonongeka kwa malo okhala (kudzera kuchitukuko kapena kudula mitengo)</p>	<ul style="list-style-type: none"> • Mileme imakhala ndi malo ochepa okhala. • Mileme imakakamizika kukhala m'malo omwe si abwino kwenikweni. • Mileme imakakamizika kukhala m'malo ali pafupi ndi anthu kumenenso anthu sakondwa kukhala nawo.
<p>Kuwonongeka kwa nkhalango zakale</p> 	<ul style="list-style-type: none"> • Mitengo yakale ikachepa kumakhala mitengo yochepe yokhala ndi mabowo, ngodya ndi mipata yoti mileme izitha kukhalamo. • Nkhalango ikakhala yaing'ono ndipamenenso likhoza kuonongeka ndi namondwe. Chomwe chimawononga malo okhala ambiri. • Nkhalango zazing'onozing'ono zimakhala pazokha ngati chilumba. Izi zimapangitsa kuti mileme ikhale ndi malo ochepa odyeremo, malo ochepa obisalako pokudya komanso kukhala pachiopsezo ku nyama zolusa ndi nyengo yamvula kapena mphepo. • Kuuluka kuchokera kunkhalango ina yaing'ono kupita kudusila malo oyera kumapereka chiwopsezo mileme ku nyama zolusa komanso nyengo yoipa.
<p>Kuwonongeka kwa makonde a nkhalango</p>	<ul style="list-style-type: none"> • Kuchepa kwa njira zoyendera. • Kuchepa kwa malo ogona. • Kuchepa kwa malo odyelako.
<p>Kuchepa kwa mitengo payokha</p>	<ul style="list-style-type: none"> • Kuchepa kwa malo omwe mileme imagwiritsa ntchito poyenda. • Kuchepa kwa malo okhala. • Kuchepa kwa malo odyelako.

Zowopsa	Momwe zimakhudzira mileme
<p>Kugwiritsa ntchito mankhwala ophera udzu</p> 	<ul style="list-style-type: none"> • Kuchepa kwa maluwa akutchire kumachepesa chakudya cha milime yomwe imadya timadzi tashuga m'maluwa, mungu ndi zipatso zamutchire. • Kuchepa kwamaluwa akuchepesanso tizilombo tokhala m'maluwa tomwe timadyedwa ndi mileme yodya tizilombo.
<p>Kugwiritsa ntchito mankhwala ophera tizilombo</p>	<ul style="list-style-type: none"> • Kuchepa kwa tizilombo timene timadyedwa ndi milime. • Mankhwala omwe alimu tizilombo amalowelela m'thupi la mileme ndikuwononga nthanzi lawo.
<p>Chisokonezo pamalo okhala mileme</p>	<ul style="list-style-type: none"> • Phokoso limene anthu amapanga likhoza kusokoneza mileme. • Kuunikila magesi owala kuthanso kusokoneza mileme.
<p>Kuunikila magesi owala koposa muyezo</p> 	<ul style="list-style-type: none"> • Mileme imatha kusamuka m'nyumbayo ngati zimagonamo • Zimachititsa kuti nyama zolusa aziwona milime mosavuta • Zimakopa tizilombo kumalo otseguka kumene mileme yamanyazi simafuna kufikako.
<p>Kusintha kwanyengo (mphepo yamkuntho yachilimwe, nyengo yosintha nthawi zonse)</p>	<ul style="list-style-type: none"> • Mleme imabereka pang'onopang'ono. Kawirikawiri amakhala ndi mwana mmodzi pachaka (mapasa ndi osowa). Ngati nyengo silibwino(kutentha kwambiri, kuzizira kwambiri, kwamphopo kapena konyowa kwambiri) amayi ali ndi pakati kapena akudyetsa ana, sakwanitsa kupeza chakudya chokwanira kuti mileme yaing'onoyo ikhale ndi moyo. • Nyengo ikhala yoipa imathanso kupha mileme yachichepere yochulukira pamene ikuphunzira kuuluka.
<p>Kupha mwachisawawa</p>	<p>Milime imamvetsetsedwa molakwika, imangofuna kukhala abwenzi anu. Koma nthawi zina anthu amachita mantha kapena kudana ndi mileme, ndeno amazivulaza, kuzipha kapena kuzisokoneza.</p>



Kwa inu!



Ntchito 1: Mpikitsano wothamanga pakana kunyumba

Sewerani masewera athu ofana ndi njoka ndi makwerero!

Mudzafunika:



Purinta



Sizasi



Chiwengero ndi dayi



Momwe mungasewere

Cholinga cha masewera awa:

- Khalani mleme woyamba kufika pamtengo wa malambe (mu boxi yolembedwa 99).

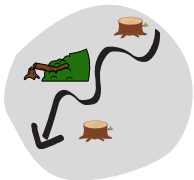
Zomwe muyenera kusewera:

1. China chilichonse chinga yimire mileme wanu chikhalenso chosiyana ndi "mleme" ya azinanzu (mwachitsanzo mwala, chikhokho, mtedza kapena batani).
2. Dayisi.
3. Mupulinte bolodi ili musiyi.
4. Makhadi amwayi oomwe mutha kulemba kapena kupulinta.

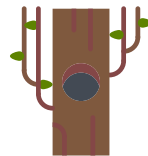
Momwe mungasewere

- Masewerawa ndi ofana pang'ono ndi njoka ndi makwerero koma angowonjezedwa "makadi a mwayi".
- Mileme yonse imayambira mu boxi 1.
- Wosewera wachichepere pagulu yanu ayambe ndipo aponye dayi ndikusuntha namabala yama boxi asonyezedwa pa dayisiyo.
- Muzichita kusinthana kuti aliyense aponye nawo dayiyo ndikumapitiriza.

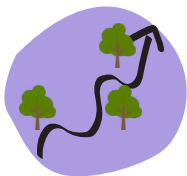
Chinsinsi



Oo Mulungu wanga!
Nkhalango yadulidwa.
Yendani pansi pa bolodi.



Malo okhala
amumtengo



Tsatirani mitengo
pamwamba pa bolodi.



Malo okhala
amumphanga.



























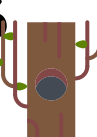




















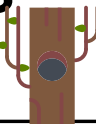


















Tenga khadi la mwayi, litha kukhala dalitso kapena tsoka! Pamene mwawerenga khadi lanu liyikeni pansi pama khadi enawo

Mpikitsano Wothamanga pakana kunyumba

Mpikitsanani ndi anzanu kuti mukafike kumtengo wa Malambe.
Mukumana ndi zinthu zina zoopseza zomwe zizakuchedwetsani m'njira.
Koma palinso maboxi othandiza!

MALIZA

99 	98	97 	96	95	94 	93 	92 	91
90	89 	88 	87 	86	85 	84 	83 	82
73 	74 	75 	76	77 	78 	79 	80 	81 
72 	71 	70 	69 	68	67 	66 	65	64
55 	56 	57 	58 	59	60 	61	62 	63
54 	53 	52	51 	50 	49	48 	47	46
37 	38 	39	40	41 	42 	43 	44 	45 
36	35	34 	33 	32 	31 	30	29	28 
20 	21 	22 	23	24 	25	26 	27	
18 	17	16 	15	14 	13 	12	11 	10 
2 	3 	4	5 	6 	7	8 	9	

YAMBAN



Ndi usiku wofunda, wodekha. Mutha kudya bwino ndipo muli ndi mphamvu zambiri chifukwa cha izi. Yendani malo 4.

Muli ndi mwana wa mleme woti musamalire. Phonyani kupita.

Mtengo umene mumakonda kukhalamo wadulidwa, wulukiranso kokhala kwina komwe mukupeze.

Kunjo kozizira, konyowa komanso kwamphepo kupita kokadya. Phonyani kupita.

Mwana wanu wakhanda akhoza kudzisamalira yekha. Khalani ndi mwayi wopita kachikena

Mphanga mwako mokhala mwasekedwa kuti anthu asalalowe, khalani ndi mwayi wopita kachikena

Mwapeza nkhalango yabwino. Wulukani mpaka mukafike mtengo wokhala wina

Ana asukulu pafupi ndi inu adabzala mitengo, sunthani malo atatu.

Mphepo yamkuntho yagwetsa mtengo wanu wokhalamo, sankhani kuphonya kupitilira kapena wulukirani ku mtengo wokhalamo omwe oli pafupi.

Anthu akuthamangitsani mu mtengo omwe umakhala. Bwererani kumtengo wina / phangaylomwe mungapeze (litha kukhala boxi 1).

Mwapeza nkhalango yazipatso zosiyanasiyana ndi mitengo yamaluwa yomwe imakopa tizilombo. Khalani ndi mwayi wopanga kachikena.

Alendo abwera kuzawona phanga lako ndikukusokonezani. Bwererani mtengo wanu womaliza kapena ku mphanga.

Mwavulala pothawa nyama yolusa. Phonyani kupita pamene mabala anu akuchira.

Mwapeza malo okhala ndi zakudya zokoma zambiri, khalani ndi mwayi wopita kachikena.

Anthu okoma mtima amakusiyani osakusokonezani m'munda mwawo, yendani malo anayi.

Moto wolusa awotcha mbali ina ya nkhalango yanu. Bwererani ku malo okkhala omaliza.

Nyengo yazizira mosayembekezereka. Pitani ku tophidi ndipo phonyani kupitilila.

Nyengo ili bwino kuti muzikadya. Khalani ndi mwayi wopita kachikena

Anthu amayika magetsi mkati mwaphanga lanu. Tsamukani kumalo ena okhala omwe muwapeze

Simukumva bwino mutadya tizilombo kapena zipatso zomwe zapopedwa ndi mankhwala. Phonyani kupitilila kuti mukhale ndi nthawi yochira.

Mwangozi mumatsekeredwa m'nyumba. Phonyani kupitilila (ndiye wina abwere kuzakutulutsani).

Mwapulumuka kunjoka! sunthani pa malo anayi.

Mphaka wapeza malo ako okhala ndipo sangakhalenso otetezeka. Tsamukani kuphanga kapena mtengo wapafupi.

Mwakodwa muukonde wa zipatso, phonyani kupitilila (wina abwere azakumasuleni).

Anthu am'dera amapita kukawona mileme ndipo asangalala kukuwonani ndipo akuchemelelani. Pitani pa malo atatu.

Mukapeza malo abwino ogonapo, khalani ndi njira ina.

Watera pa chinthu chomata, phonyani kupitilira kwinaku mukunyambita mapiko anu kuti ayere.

3

Mleme kum'mwera kwa Africa

Pano pali anzanga oti akuuzeni za ziwoopsezo zomwe mileme kum'mwera kwa Africa imakumana nazo.



Moni, ndine Bella, ndine mileme yamphuno yamizeremizere. Ndimagona m'mapanga, ndipo ndimasokonezedwa ndi alendo odzaona malo amene amafuna kudzacheza kunyumba kwanga, zomwe zimachititsa phokoso ndi kuwala Kochuluka.

Moni ndine MWezi, mleme wopanda mchira waku Angola. Ine ndi anzanga timakhala m'nyumba koma nthawi zina timabweletsa fungo mu nyumba (pepani sindingachitire mwina!) choncho ena amyeseza kumanditchotsa m'nyumba zawo.



Moni, ndine Eidolon wamkulu, takumanapo kale! Kutha kwa nkhalango kumapangitsa kuti ine ndi anzanga nthawi zambiri tizikhala m'minda ndi m'mapaki, kumene anthu ena sakonda phokoso, fungo ndi zitosi lathu. Ciwerengero chathu chatsika kwambiri kotero kuti tsopano tatchulidwa kuti "tili chipsezedwa chokutha".

4

Chifukwa chiyani mileme imafunikira thandizo lathu

M'zaka khumi zapitazi chiwerengero cha mileme chakhala chikucheperachepera kwambiri ndipo mitundu yambiri ya mileme tsopano ili pangazi. Padziko lonse lapansi pafupifupi 25% ya mileme imawonedwa kuti ili pachiwopsezo cha kutha. Kum'mwera kwa Africa kuli mitundu yoposa 120 koma kwa mitundu yambiri ya milemeyo sitikudziwa bwino za mitundu imeneyi kapena mmene ikukhalira. Tiyenera kudziwa zambiri za iwo - komwe imakhala, zomwe imakonda kudyi, ndipo zili zingati. Koma chimene tikudziwa n'chakuti mitundu yonse ya mileme imeneyi imayang'anizana ndi ziwopsezo zosiyanasiyana (monga zomwe tafotokozazi!), ndipo ikufunika thandizo lathu!

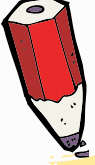
Komanso kukhala okongola kwambiri, timachitanso zinthu zambiri zabwino zomwe zimathandiza anthu. Timadya tizilombo tomwe timasungira ndalama zambiri chaka chilichonse kumakampani olima mbewu chifukwa ndife owongolera tizilombo, timateteza tizilombo towopsa ndikuwaletsa kudyi mbewu zonse! Timathandizanso kutulutsa mungu wa zomera, ndipo kudzera mu njere zomwe zili mu poo yathu timathandizira kugawa mbewu kumadera atsopano. Chifukwa chake mileme ndi yofunika kwambiri koma timafunikira thandizo ndipo timafunikira abwenzi otiyimira, kuuza aliyense momwe tilili wamkulu komanso kuthandizira kuwonetsa kuti titha kukhala mwamtendere ndi inu anthu.



Nkhani yabwino ndiyakuti pali njira zambiri zomwe mungathandizire mileme kupanga mabokosi a mileme, kuyenda koyenda mileme, kuthandizira kufufuza mileme ndikulankhula ndi anzanu za ife. Tikuwona zonse zabwino zomwe mungachite kuti muthandizire phunziro la sabata yamawa.



Kwa inu!



Ntchito 2: Sewero la zidole za pepala

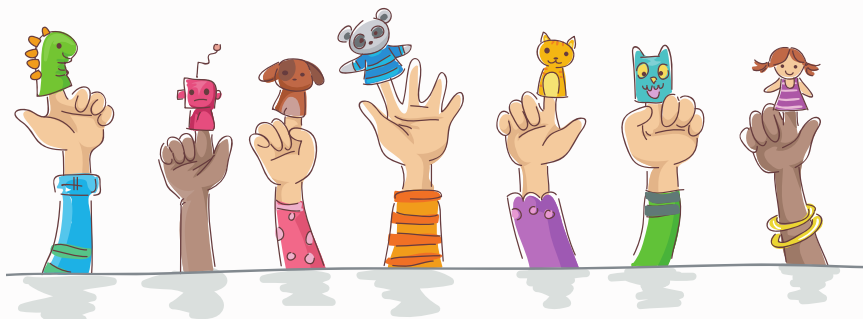
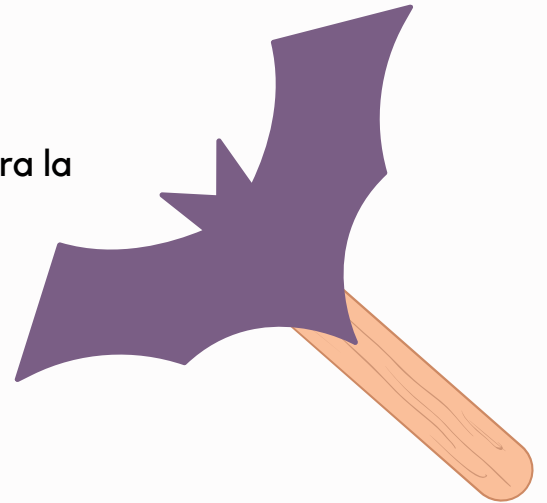
Mudzafunika:

- ✓ Pepala lina
- ✓ Ena sellotape
- ✓ Mapensulo amitundu / makrayoni kapena utoto
- ✓ Ulusi wina
- ✓ Mkasi
- ✓ Kulingalira pang'ono
- ✓ Timitengo ta kebab kapena timitengo tating'ono



Malangizo

- 1 Jambulani ndondomeko ya (onani tsamba lotsatira la ma templates!):
 1. Mtengo
 2. Tizilombo tina
 3. Mleme
 4. Mnyamata kapena mtsikana
- 2 Dulani mawonekedwe anu ndikuyika mtengo, mleme, mtsikana kapena mnyamata aliyense kundodo yake. Mukhoza kulumikiza tizilombo ku chidutswa cha ulusi.
- 3 Gwiritsani ntchito nthano kuti mulembe zidole zanu (zolemba zaperekedwa pansipa kapena mutha kupanga nkhani yanu!)





Nayi nkhani yoti munene ndi zidole zanu!

Kodi mungakhale kuno, mleme?

Mnyamata kapena mtsikana wa m'nkhanayi amakonda kwambiri mileme. Amawerenga nkhani, kujambula zithunzi komanso kulota za mileme. Usiku wina analota mileme ikuwulukira m'munda mwawo. Iwo amafunsa mileme chifukwa chimene wabwelera. Mlemeyo wati uyenera kupeza malo atsopano okhala. Nkhalango yomwe ankakhalamo ikudulidwa ndikutenthedwa mitengo. Sikulinso kotetezeka kukhala kumeneko.

Mnyamata kapena mtsikana wafunsa ngati mileme angakonde kukhala m'mundamo. Mlemewo wafunsa ngati pali malo osamalika oti ndizikhalamo. Mwanayo akuti tili ndi mitengo ikuluikulu. Mleme amayankha kuti ndi bwino. Mitengo ikhala ndi malo omwe mileme izitetezedwe ku mphepo, mvula ndi dzuwa komanso kutetezedwa ku zilombo.

Mwanayo wafunsa kuti, tsopano mlemeyo ali ndi malo otetezeka, itha kukhala m'mundamo? Mleme wayankha kuti umafunikanso malo abwino odyera. Ndi mleme wodya tizilombo. Mwanayo akuuza milemeyo kuti kunjira kwa dimba kuli dziwe. Mleme akuyankha dziwe ili bwino. Ndizitha kumwa madzi kuchokera m'dziwe komanso kusaka tizilombo tomwe timakhala mozungulira dziwelo.

Mwanayo akufunsanso kuti, kodi utha kumakhala kuno mleme, tsopano uli ndi malo ogona ndi malo odyera. Mlemeyo wayankha kuti akufunika kukhala ndi mayendedwe kuti iziwuluka motetezeka. Mwanayo akuyankha kuti ali ndi pulojekiti yapasukulu yobzala mitengo yambiri m'mudzimo makamaka m'njira zomwe ana amayenda popita kusukulu. Mleme wasangalala, njira zamthunzizo zipanga malo otetezeka kuti mileme iwuluke usiku.

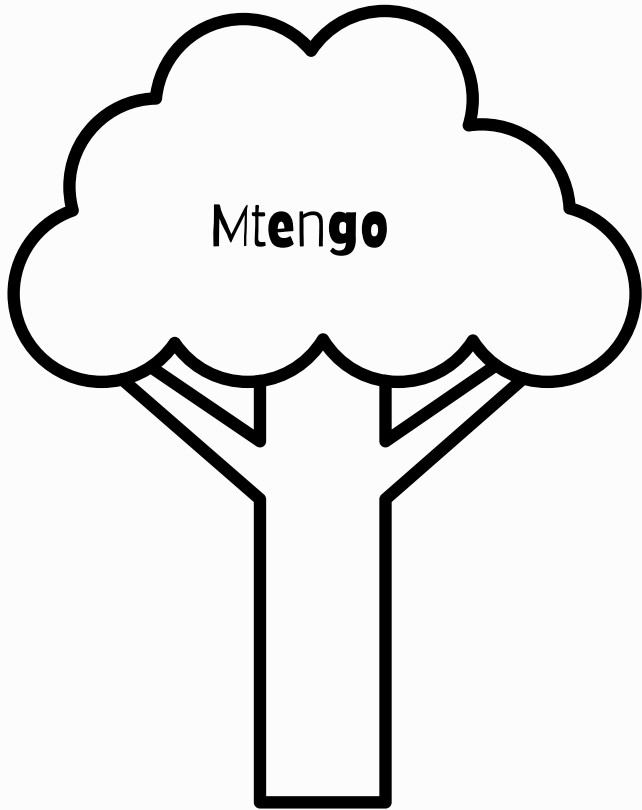
Mwanayo akufunsanso kuti, kodi utha kumakhala kuno? Mleme wayankha kuti Inde, azikhala m'mundamo. Ali ndi zonse zofunika kuti akhale ndi thanzi labwino, Ali ndi mtengo waukulu wokhalamo, dziwe lodyeramo ndi kumwa, njira yoyendera kuti lizitha kuwuluka motetezeka m'mudzimo, ndipo pomalizira pake bwenzi lamunthu. amene amakonda mileme ndipo adzagawana naye munda wawo.

Mwanayo amadzuka ndikudabwa ngati anali maloto kapena ali ndi mileme wabwera kudzakhala m'munda mwawo.

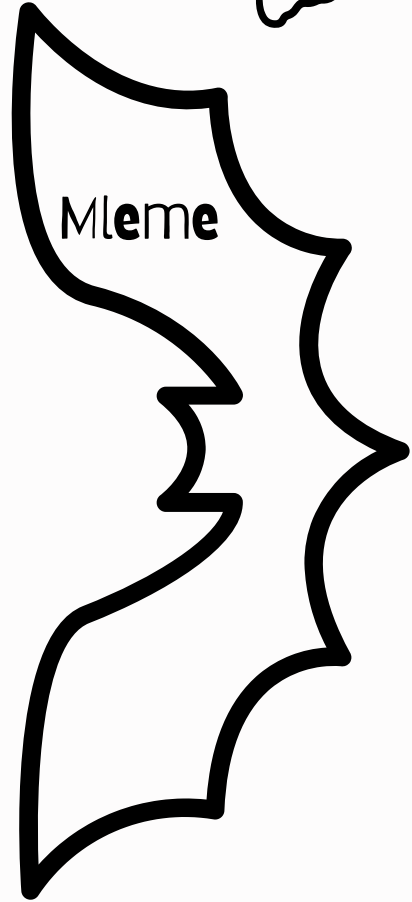
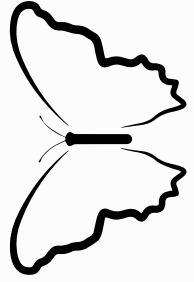
Kumapeto



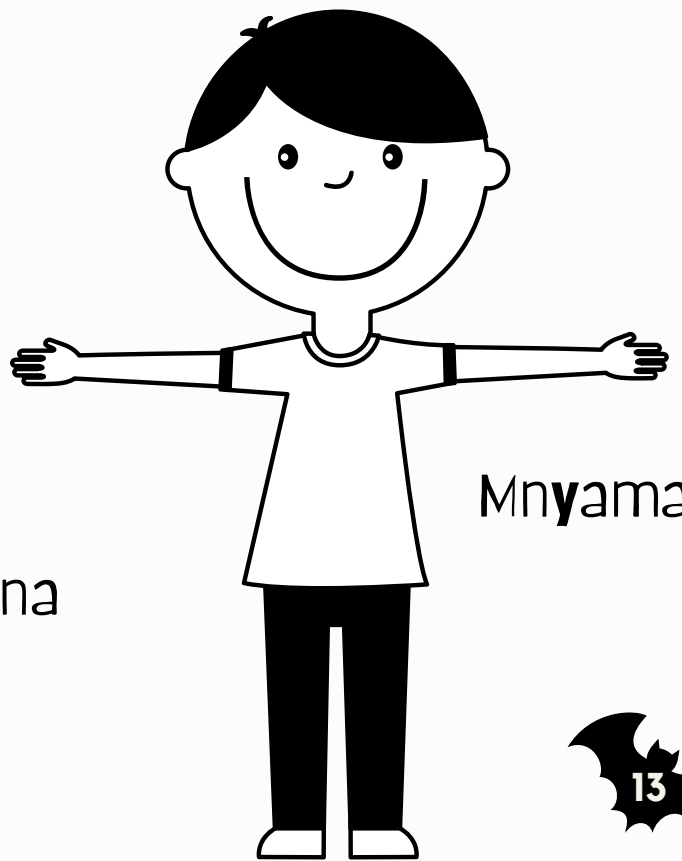
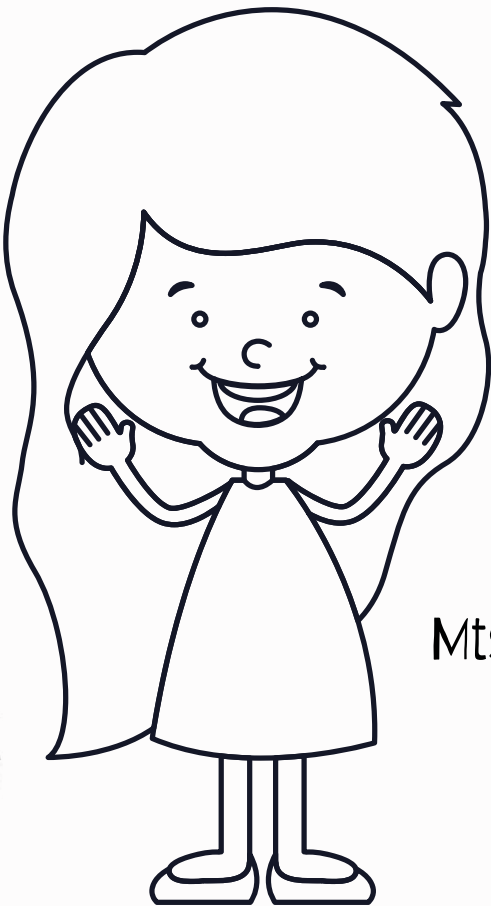
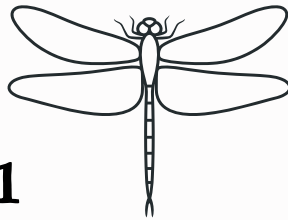
Mawonekedwe oti mudule!



Tizilombo 2



Tizilombo 1



Kafotokozedwe ka mawu (mawu omwe taphunzira lero!)

Pulideta - ndi nyama yomwe imasaka ndi kudya nyama ina. Mwachitsanzo, nyani akhoza kusaka ndi kudya mileme. Mileme imadya njenjete.

Puleyi - nyama imene imadyedwa. Mleme ndi nyama ya mbawala. njenjete ndi nyama ya mleme.

Njira yoyendera - njira yomwe imagwiritsidwa ntchito pafupipafupi. Mwachitsanzo mileme imatha kutsata mzere wa maheji umene umawatengera ku dziwe kapena kumunda komwe amadyerako. Njira yomwe amatenga kuchokera ku chisa kupita kumalo odyetserako ziweto amatchedwa njira yopita, pamenepa motsatira maheji.

Mankwala owotcha mchire - mankwala ophera zomera zina. Amagwiritsidwa ntchito paulimi kupha zomera zakutchire koma osati mbewu.

Mankwala ophera tizilombo - mankwala omwe amagwiritsidwa ntchito kupha "tizirombo" nthawi zambiri kuteteza mbewu ku tizilombo.

Bayodayivesite - mitundu yosiyanasiyana ya zamoyo m'dera. Nthawi zambiri zimakhala zathanzi (zolimba kwambiri).



Ndikukhulupirira kuti mwaphunzira zambiri lero!

Phunziro lathu lomaliza likuwonetsa zomwe mungachite kuti muthandizire mileme!