

Five keys to safer food



Keep clean

- ✓ Wash your hands before handling food and often during food preparation
- ✓ Wash your hands after going to the toilet
- ✓ Wash and sanitize all surfaces and equipment used for food preparation
- ✓ Protect kitchen areas and food from insects, pests and other animals

Why?

While most microorganisms do not cause disease, dangerous microorganisms are widely found in soil, water, animals and people. These microorganisms are carried on hands, wiping cloths and utensils, especially cutting boards and the slightest contact can transfer them to food and cause food-borne diseases.

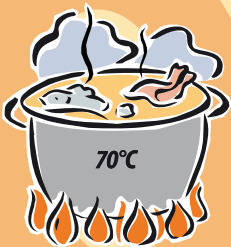


Separate raw and cooked

- ✓ Separate raw meat, poultry and seafood from other foods
- ✓ Use separate equipment and utensils such as knives and cutting boards for handling raw foods
- ✓ Store food in containers to avoid contact between raw and prepared foods

Why?

Chikafa chimbishi, kunyanya nyama, huku nechikafa chinowanikwa mugungwa nemuto yazvo, zvine utachiwana hunogona kutapukira pane kumwe kudyapanguva yekugadzirwa kwechikafa kana kuchichengetedza.



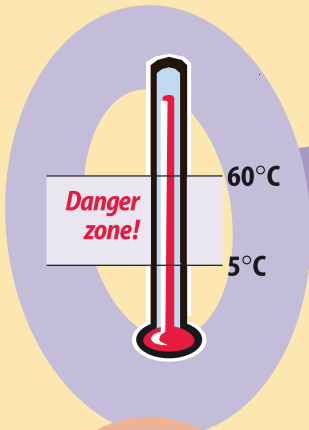
Cook thoroughly

- ✓ Cook food thoroughly, especially meat, poultry, eggs and seafood
- ✓ Bring foods like soups and stews to boiling to make sure that they have reached 70°C. For meat and poultry, make sure that juices are clear, not pink. Ideally, use a thermometer
- ✓ Reheat cooked food thoroughly

Why?

Proper cooking kills almost all dangerous microorganisms. Studies have shown that cooking food to a temperature of 70°C can help ensure it is safe for consumption. Foods that require special attention include minced meats, rolled roasts, large joints of meat and whole poultry.





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Why?

Raw food, especially meat, poultry and seafood, and their juices, can contain dangerous microorganisms which may be transferred onto other foods during food preparation and storage.

Knowledge = Prevention



Minongedzo mishanu yakakosha pakuchengetedza zvokudya



Kuchengetedza utsanana

Sei?

- ✓ Gezai maoko nguva dzose musati mabata chikafu uye nguva nenguwapamunenge muchibika kana kugadzira chikafu.
- ✓ Gezai maoko mushure mekunge mashandisa chimbuzi.
- ✓ Gezai nokushambidza (sanitize) pese pamunobata kana kushandira uye nezvamunoshandisa pakugadzira chikafu
- ✓ Dzivirirai chikafu uye nzvimbo dzamunobikira kubva kutumbuyu, zvipembenene nemhuka.

Kana zvazvo utachiwana huzhinji husingakonzeresi zvirwere, utachiwana hune njodzi huru hunonyanyowanika muijhu, mumvura, mumhuka nemumvanhu. Utachiwana uhu hunonemuvanhu, micheka yekutakurwa mumaoko, micheka yekupukutisa nemidziyo ino shandiswa pakudya, kuchekesa kana kubikisa nepatinochekera zvikabikwa. Kungogunzira kunoita kuti utachiwana hupararire kuchikafu zvinokonzera zvirwere.

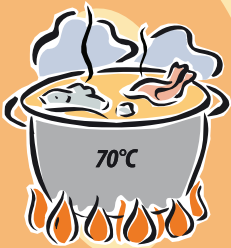


Patsanurai zvakabikwa nezvimbishi

Sei?

- ✓ Patsanurai nyama, huku nekudya kunowanikwa mugungwa nekumwe kudya.
- ✓ Musashandisa midziyo yakaita semapanga nepekuchekera panguva imwe chete pazvinhu zvakabikwa nezvimbishi
- ✓ Chengetedzai chikafu chakabikwa nechimbishi chisingabatane.

Chikafu chimbishi, kunyanya nyama, huku nechikafu chinowanikwa mugungwa nemuto yazo, zvine utachiwana hunogona kutapukirira pane kumwe kudya panguva yekugadzirwa kwechikafu kana kuchichengetedza.

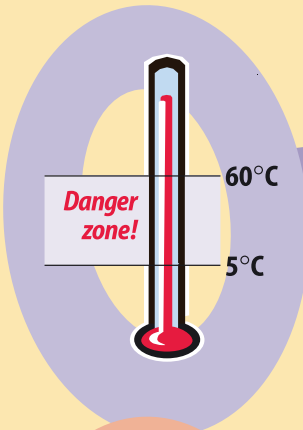


Bikai kusvika zvanyatsoibva

Sei?

- ✓ Bikai chikafu kuti chinyatso ibva, kunyanya nyama, huku, mazai nechikafu chinowanikwa mugungwa.
- ✓ Fashaidzai chikafu chakaita semuto uye nyama ine muto kusvika zvaibva zvakanaka. Kana iri nyama nehuku, ivai nechokwadi chokuti zvaibva kusvikira muto wacheneruka usisina kutsvukuruka.
- ✓ Dziisai chikafu chakambobikwa kusvika chapisa zvakananyana zvekubuditsa utsi.

Kubika kwakanaka kunouraya utachiwana hwose husina kunaka. Muzvidzido zvakaonekwa kuti chikafu chikabikwa nemoto kana kwakanyanisa zvinobatsira kuti tive nechokwadi chokuti chikafu ichi chakakodzera kudyiwa chisina njodzi. Chikafu chinoda kunyanya kungwarirwa zvikuru chinosanganisira nyama dzakagaiwa (minced meat) nyama dzakakangwa (rolled roasts) nyama nehuku dzisina kuchekwa kana kuvdzenzwa.



Chengetedzai chikafu panzvimbo isinganyanyi kupisa

Sei?

- ✓ Chikafu chabikwa ngachisagare kwemaawa anodarika maviri chisati chadyiwa.
- ✓ Idyai chikafu chichipisa chichangobva kubikwa.

Utachiwana hunowanda nokukurumidza kana chikafu chikagara kwenguva yakareba chisina kudyiwa kunyanya chisiri panotonhorera. Utachiwana hunobekana nokukurumidza muchikafu chakabikwa chinoita ku chisati chachidiyiwa



Shandisai mvura uye zvimwe zvokushandisa zvakashambidzika

Sei?

- ✓ Shandisai mvura yakachena kana kuti ichenesei nekuifashaidza kana kushandisa mishonga inochenesa mvura.
- ✓ Sarudzai chikafu chakasvika chisiri pedyo nekushata
- ✓ Gezai michero nemiriwo, kunyanya kana muchizvidya zvisina kubikwa.
- ✓ Musashandise chikafu kana chagarisa kupfuura nguva yachinotarisirwa kunge chichakanaka

Zvishandiswa zvinosanganiswa mvura nechando chakagwamba (ice), zvinogona kusvibiswa nehutachiwana nemishonga. Mishonga inokuvadza inogona kugadzirwa muchikafu chinenge chayhunda chave kuda kuwora. Ngwarirai pakusarudza zvamunoshandisa. Kumenya kana kugeza michero nemiriwo zvinoderedza njodzi.

Ruzivo=Dziviro



Investing in rural people



World Health Organization
Zimbabwe



Indlela ezinhlanu eziqakathekileyo ekugcineni ukudla kuhlanzekile



Hlala uhlanzekile

Isizatho ?

- ✓ Geza izandla zakho ungakabambi ukudla, lanjala nje lapho ulungisa ukudla
- ✓ Geza izandla zakho ngemva kokusebenzisa isambuzi
- ✓ Gezisa njalo uhlanze (sanitize) zonke indawo lazo-zonke izinto ozazisebenzisa ekulungiseni ukudla
- ✓ Vikela umkulu lokudla kuzibungu, izinanakazana, lezinye inyamazana

Lapho izibungwana ezingabonakali ngamehlo ezinengi zazo zingabangeli mikhuhlane, eziyingozi zazo zitholakala ehlabathini ngobunengi bazo, emanzini, enyamazaneni kanye lebantwini. Lezi zibungwana zithwal-lebantwini, amalembu okwesula, wa ngezandla, ezisetshenziswa emkul-wini, ikakhulu amapulanka okusikela, njalo ukuzithinta nje kancinyane kun-gazithwala kuzifake ekudleni, okung-abangela imikhuhlane etholakala ekudleni.

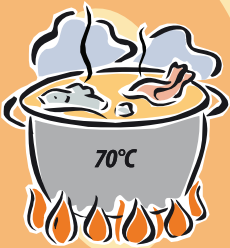


Yehlukanisa ukudla okuphekiweyo lokungaphekwanga

Isizatho ?

- ✓ Yehlukanisa inyama engaphekwanga, eyenkukhu, kanye lokudla okutholakala emanzini lokunye ukudla
- ✓ Sebenzisa izitsha ezehlukeneyo ezifanana lengqamvu, kanye lamabhodi okuqumela lapho ubamba ukudla okungaphe-kwanga
- ✓ Gcina ukudla emagabheni ehlukeneyo ukwenzela ukuthi wenqabele ukuhlanganisa ukudla okuphekiweyo lokun-gaphekwanga

Ukudla okungaphekwanga, ika-khulu inyama, inkukhu lokudla okutholakala emanzini, lemihluzi yakho, kungenelisa ukuba lezibung-wana ezingabonakali ngeliho len-yama eziyingozi kakhulu, ezingan-gena kokunye ukudla ngesikhathi kulingiswa kumbe kubekiwe

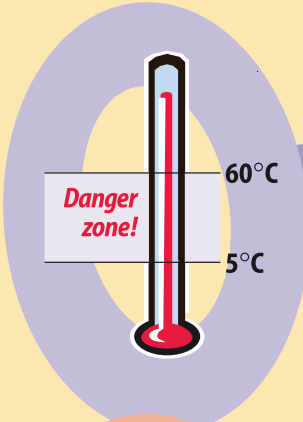


Pheka ukudla kuvuthwe

Isizatho ?

- ✓ Pheka ukudla kuvuthwe ikakhulu, inyama, inkukhu, amaqan-da kanye lokudla okutholakala emanzini.
- ✓ Xhwathisa izitsho ezifakwa imihluzi ngesikhudumezi esingaba amadigrizi angamatshumi ayisikhombisa (70°C). Enyameni kumele ube lesiqiniseko sokuthi imihluzi yakho-na ihlambululike hatshi ukuthi ibe bomvana okobuluhlaza. Kahle kahle kumele usebenzise okokuhlola isikhudumezi, ithemomita
- ✓ Khudumeza kakhulu ukudla okuphekiweyo

Ukupheka ukudla kuvuthwe ngok-upheleleyo kuyabulala zonke izibungwana eziyangela imikhuh-lane esingela kuzibona ngamehlo. Izicwaningo ezithile sezikuveze sobala ukuthi ukupheka ukudla kuvuthwe ngesikhudumezi esi-fika kumadigrizi angamatshu-mi ayisikhombisa (70°C) kwen-za ukudla kulungele ukudliwa. Ukudla okudinga ukunanzelelwa kakhulu ngokubalisa inyama egay-iweyo, okukhanzingwayo, inyama elamathambo kanye lemihlobo yez-inyoni yonke.



Gcina ukudla kusikhudumezi esiphephileyo

- ✓ Ungatshiyi ukudla kusikhudumezi (temperature) sendlu okwamahola adlula amabili.
- ✓ Phakululela abantu ukudla okusatshisa, ngesikhathi okuphekwe ngaso

Isizatho ?

Ungatshiyi ukudla kusikhudumezi (temperature) sendlu okwamahola adlula amabili. Phakululela abantu ukudla okusatshisa, ngesikhathi okuphekwe ngaso



Sebenzisa amanzi lezinto ezihlanzekileyo

- ✓ Sebenzisa amanzi ahlanzekileyo kumbe uwelaphe ukuze aphephe
- ✓ Khetha ukudla okutsha njalo okugcweleyo.
- ✓ Gezisa izithelo lemibhida ikakhulu nxa kuzadliwa kungaphekhwanga.
- ✓ Ungasebenzisi ukudla osekutshiywe yisikhathi sokusetshenziswa (expiry date).

Isizatho ?

Izinto ezisetshenziswa ukulungisa lokupheka ukudla kungancoliswa kumbe konakala kungcoliswa yizibungwana ezibangela imikhuhlane ezingabonakali ngamehlo kanye lemithi ethile. Imithi eyingozi ingadalwa yikudla okudabukileyo kumbe okonakeleyo loba okuhlobileyo. Ukunanzelela ekukhetheni lekulungiseni ukudla kuqakathekile kakhulu, lohu kubalisa ukugezisa lokuhluba kuyehlisa amathuba obungozi

Ulwazi= ukwenqabela



Key Nutrition Messages in the context of COVID-19



1

Eat a wide variety of foods every day to boost your immune system and prevent illnesses

2

Eat fruits, vegetables, legumes (e.g. beans), nuts and whole grains (e.g. unprocessed maize, millet, oats, wheat, brown rice or starchy tubers or roots such as potato, or cassava), and foods from animal sources (e.g. meat, fish, eggs and milk)

3

Eat 3 meals, and 2 snacks each day. For snacks, choose raw vegetables and fresh fruit rather than foods that are high in sugar, fat or salt.

4

Do not overcook vegetables and fruit as this can lead to the loss of important vitamins

5

Drink 8 to 10 250ml cups of water every day

6

Consume unsaturated fats (e.g. found in fish, avocado, nuts, olive oil, soy, sunflower and corn oils) rather than saturated fats (e.g. found in fatty meat, butter, cream and cheese)

7

Avoid foods (e.g. snacks) that are high in salt and sugar

Chenjedo maringe nemadyiro akanaka anobatsira pakurwisa dzihwa mupengo re COVID-19



1

Idyai chikafu chemhando dzakasiyana siyana pazuva rimwe nerimwe kuitira kusimbisa masoja emumuviri uye nekudzivirira urwere.

2

Idyai chikafu chinobva muzvirimwa chakaita semiriwo, michero, nzungu, nyimo, bhinzi uye zvirimwa zvetsanga zvakaita sechibage, mhunga, maotsi, gorosi, mupun-ga mutsvuku kana midzi inemunyepfu kana kuti sitachi zvakafanana ne mbambaira, mbatatisi kana mufarinya) nekudya kunobva muzvipfuyo zvakaita senyama, hove, mazai nemukaka.

3

Idyai chikafu katatu pazuva uye pamusoro peichi chikafu, idyai tudyo twunovaraidza kanokwana kaviri pazuva. Patudyo twunovaraidza, sarudzai kudya kwakaita semiriwo kunyanya mimbishi uye nemichero ichangotanhwa pane kudya chikafu chakawanda tsvigiri, mafuta kana munyu.

4

Musabike miriwo nemichero kusvika yaibvisa nokuti izvi zvinoita kuti tirasikirwe nemavi-tamini akakosha.

5

Inwai makapu emvura akakura 250mls kanokwana Kasere kana gumi pazuva.

6

Idyai mafuta anobva muhove nemuzvirimwa zvakaita semakotopeya, nzungu, mafuta eorivhi, soyi, runinga, mafuta ekokonati, maringazuva etc. Mafuta emuhove neemuz-virimwa akanakira miviri yedu uye haagwambi sezvinoita anobva muzvipfuyo nezvi-nogadzirwa muzvipfuyo zvakaita bhata, ruomba, kana chizi).

7

Musadya chikafu chine munyu kana tsvigiri yakawandisa zvakaita semakeke, zivhwitsi nezvimwewo.



Imilayezo emqoka yokudla ngendlela eqondileyo ngesikhathi seCOVID-19



1

Dlana ukudla okwehlukeneyo nsuku zonke, ukuze uthuthukise amasotsha omzimba wenqabele lokugula

2

Dlana izithelo, imibhida, indumba, amazambane lomgayiwa, uhayezi, ama-oats, inyawuthi, irayisi ensundu (brown), kumbe imbambayila noma amagwili, amadumbe, umjumbula , kumbe ukudla okusuka enyamazane-ni, okufana lenyama, inhlanzi, amaqanda lochago.

3

Dlana kathathu ukudla ngelanga, wengezelela phezu kwalokhu kudla, dlana kabili izidlo ezincinyana, ngosuku. Khetha imibhida engaphekanga lezithelo nxa ususidla ukudla okuncinyane, kulokudla okuletshekela , amafutha kumbe itswayi elinengi

4

Ungapheki ngokwedlulisile imibhida lezithelo ngoba lokho kungabangela ukuthi ulahlekelwe yikudla okuvikela umzimba(vitamins) okuqakathekileyo

5

Natha inkomitsho eziyisitshiyagalombili kusiya kutshumi ezingange 250mls ngayinye ezamanzi nsukuzonke.

6

Dlana amafutha (afana lawenhlanzi, avokhado, amazambane, amafutha e-oliva, ndumba, sunflower, kanye lawomumbu), kulawa mahwahwa (acengwa enyameni enonileyo, ibhatha, ikhirimu kanye letshizi.

7

Nqabela ukudla okuletswayi kumbe itshukela elinengi