



Mabvisirwe omuchetura muupfu hwemuujimbura / mufarinya

MUCHETURA MUUPFU HWEMUJIMBURA UNOITA SEI?

Kana ukadya upfu hwakagadzirwa kubva mumujimbura inovava isina kunyatsogadzirwa zvakanaka, unokwanisa kuwana :

- Uturu uchangopedza kudya uku, zvinokonzerza kushaya kana kupera simba, kutemwa nomusoro, kurwadza komudumbu, manyoka, kurutsa uye unogona dzimwe nguva kufa.
- Mhetamakumbo, kunova kuoma zvachose kwamakumbo zvokuti munhu unotadza kufamba. Izvi zvinoitika mushure mamavhiki akati kuti mushure mokudya majimbura akashata.

TINGABVISA SEI MUCHETURA



1

Zviri nyore
zvakanyanya.
Tora huwandu hweupfu hwaunoda kubika.



2

Isa upfu mupani kana mudhishi, inzanisa pamusoro peupfu, wozotorakukwirira kwoupfu nokumberi kwebanga.



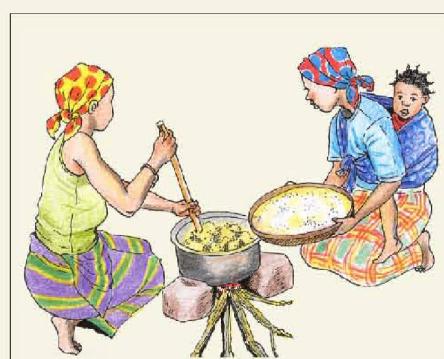
3

Wedzera mvura
zvishoma nezvishoma,
kurunga kusvika upfu
wanyorova, uye hurambe
hwaka ngoinzana napaya pahwanga
hwakasvika husati hwadirwa mvura
(pakatarwa mukati). Upfu hunofanira
kunyorova hwese, asi KWETE kuita sebota,
uyezve zvekare KWETE kuita mapundu eupfu
hwakaoma.



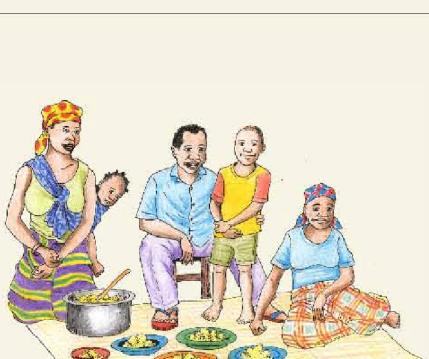
4

Paradzira upfu musefa, chiwariro, kana
chero panzvimbo yakachena, pakashama
uchishandisa chihwepura kana ruoko rwako,
uite kuti vutindi hweupfu husakwirira kudarika
nzara yako yomunye, mushure maizvozo
chisya upfu mumumvuri kwamaawa
mashanu.



5

Isa mvura mupani, ividze, uye wedzera upfu
hwakagadzirwa kusvika zvakora
zvinofanira. Zvakakosha kushandisa mvura
shoma pane zvaunowanzoita nokuti mvura
yakashandiswa pakunyorovedza upfu
inoverengwa, nokuti inenge isati yaoma.



6

Zvino unenge wava nechokwadi chokuti wava
kupa mhuri yako chikafu chakanaka, uyezve
hachizokonzeri muchetura kana kuoma mutezo.