

Ibonezabuzima

Amashuri y'inshuke mu Rwanda

Umwaka wa 1, uwa 2 n'uwa 3

© 2019 Ikigo Gishinzwe Guteza Imbere Uburezi mu Rwanda (REB)

Iki gitabo ni umutungo w'Ikigo Gishinzwe Guteza Imbere Uburezi mu Rwanda.

Uburenganzira bw'umuhanzi w'ibikubiye muri iki gitabo bufitwe n'Ikigo
Gishinzwe Guteza Imbere Uburezi mu Rwanda (REB).

Ishakiro

Imiyego y'ingingo nini	1
Imiyego y'ingingo nto	14
Kugira umuco w'isuku	22
Imirire myiza	29
Indwara	43
Kwiyataho no kwita kubintu byange..	56

Iriburiro

Iki gitabo k'Ibonezabuzima cyagenewe abana bo mu mashuri y'inshuke kuva mu mwaka **wa mbere kugeza mu mwaka wa gatatu**. Murasangamo inyigisho zijyanye n'imiyego y'ingingo nini, imiyego y'ingingo nto, isuku, imirire myiza, indwara no kwiyitaho no kwita ku bintu bye ndetse n'imyitozo ijyanye na zo. Izi nyigisho zitondetse uhoreye mu mwaka wa mbere kugeza mu mwaka wa gatatu. Cyateguwe hifashishijwe integanyanyigisho nshya yateguwe muri 2015. Bityo rero, ni ngombwa kuyisoma kugira ngo ubone ibisobanuro by'inyigisho zagenewe buri mwaka w'amashuri y'inshuke.

Inyigisho **1**

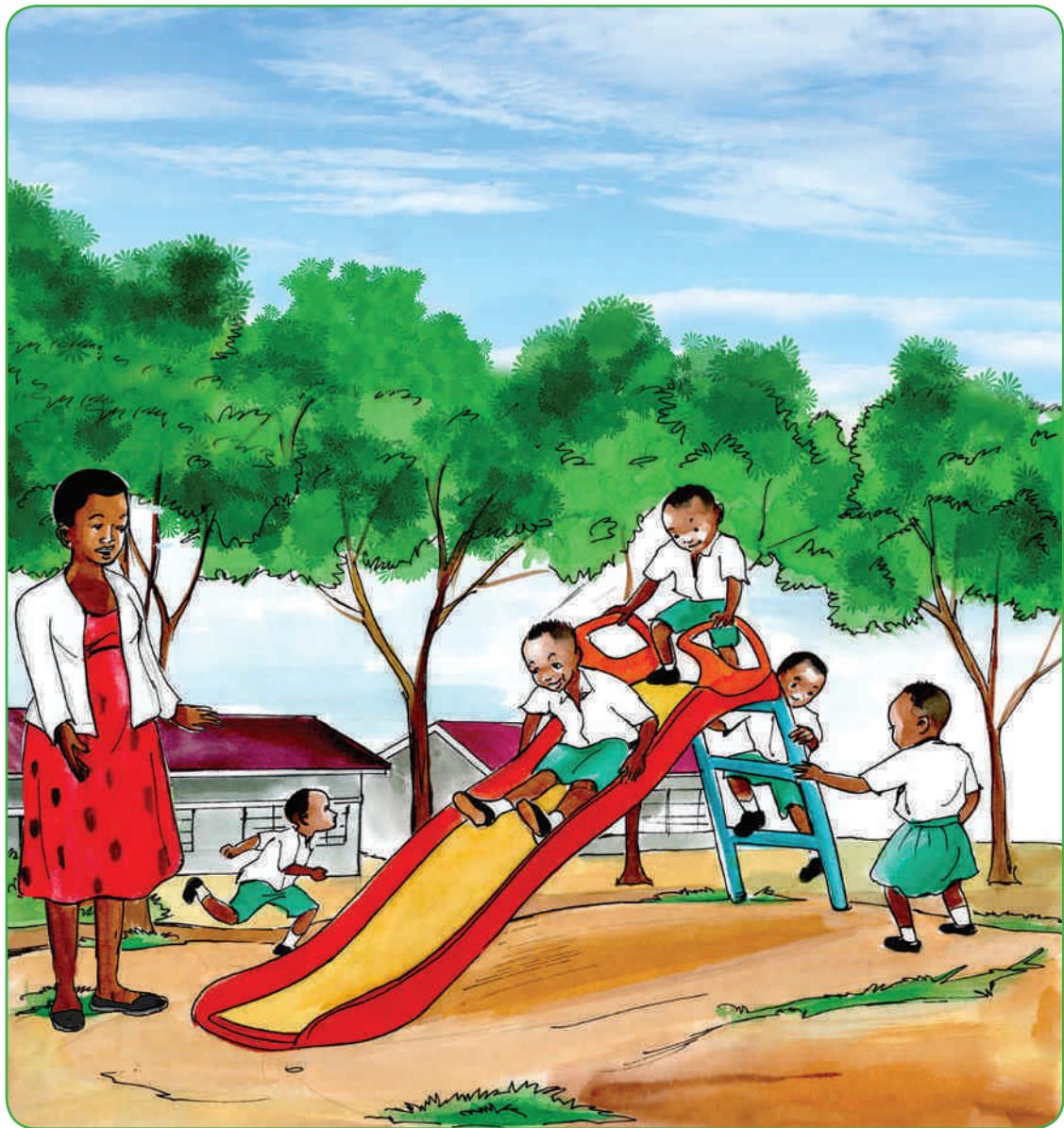
Imiyego y'ingingo nini

Gukora imiyego y'ingingo nini

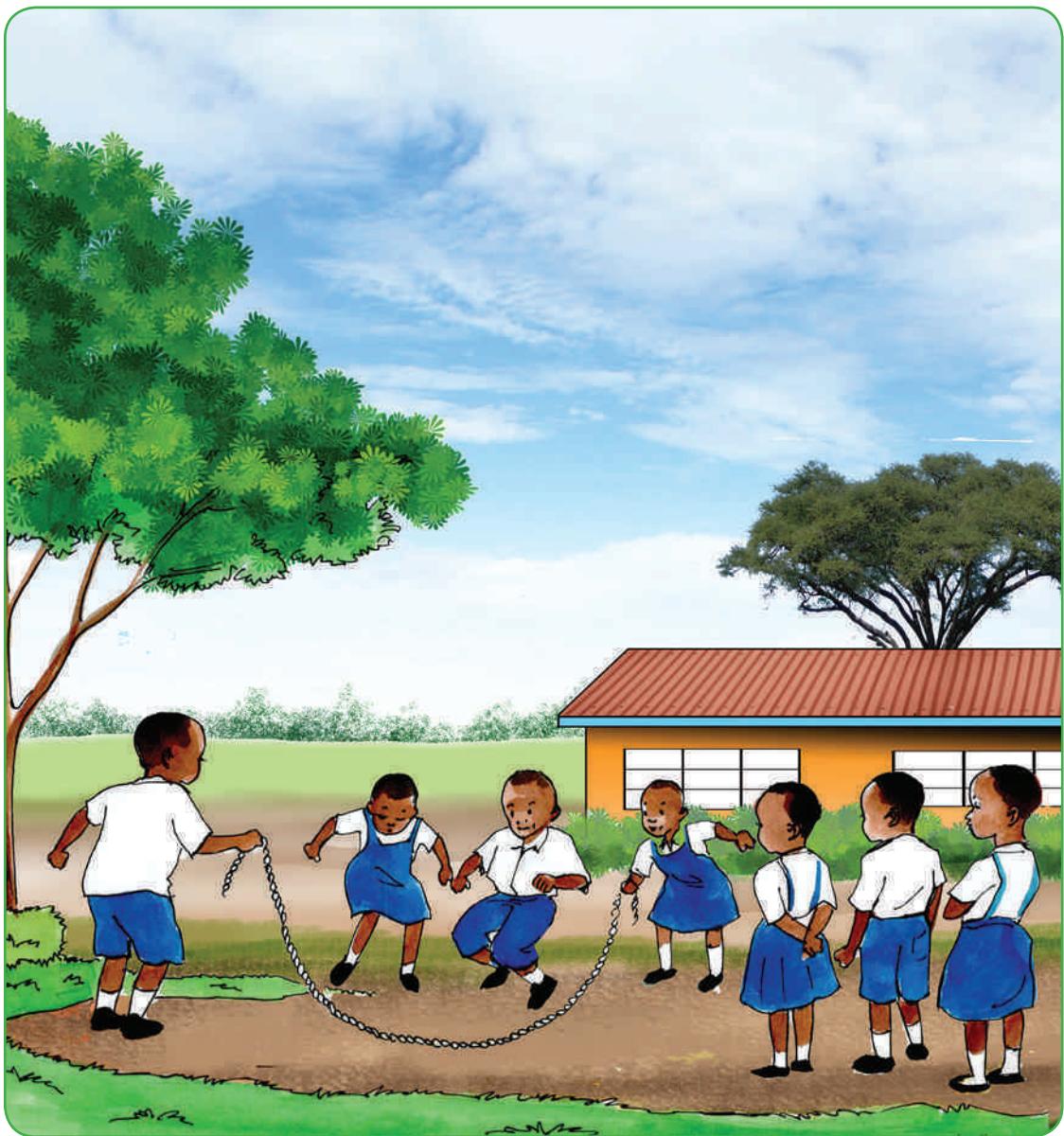
1. Ndagenda



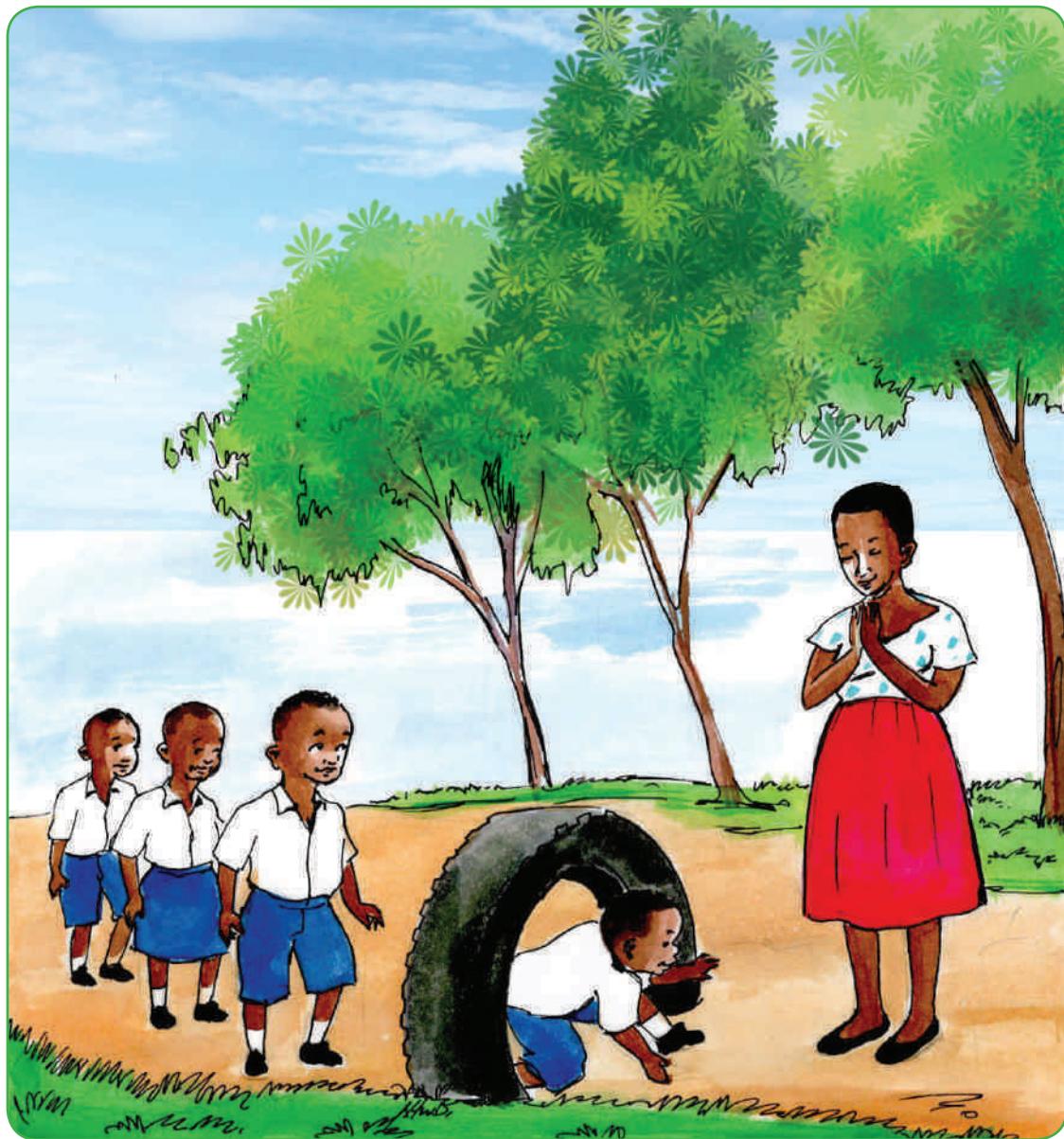
2. Ndurira nkanaserebeka



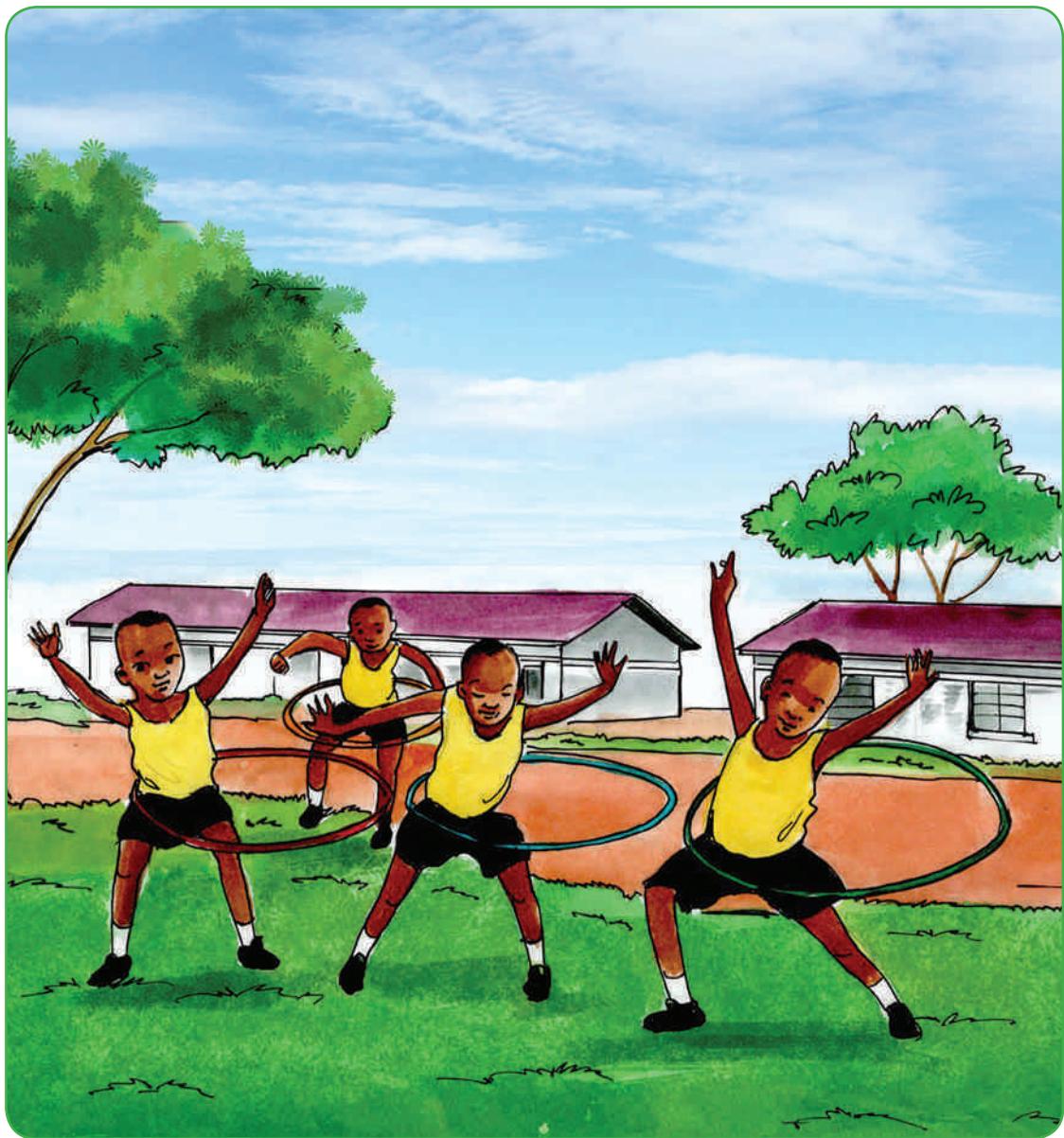
3. Ndasimbuka umugozi



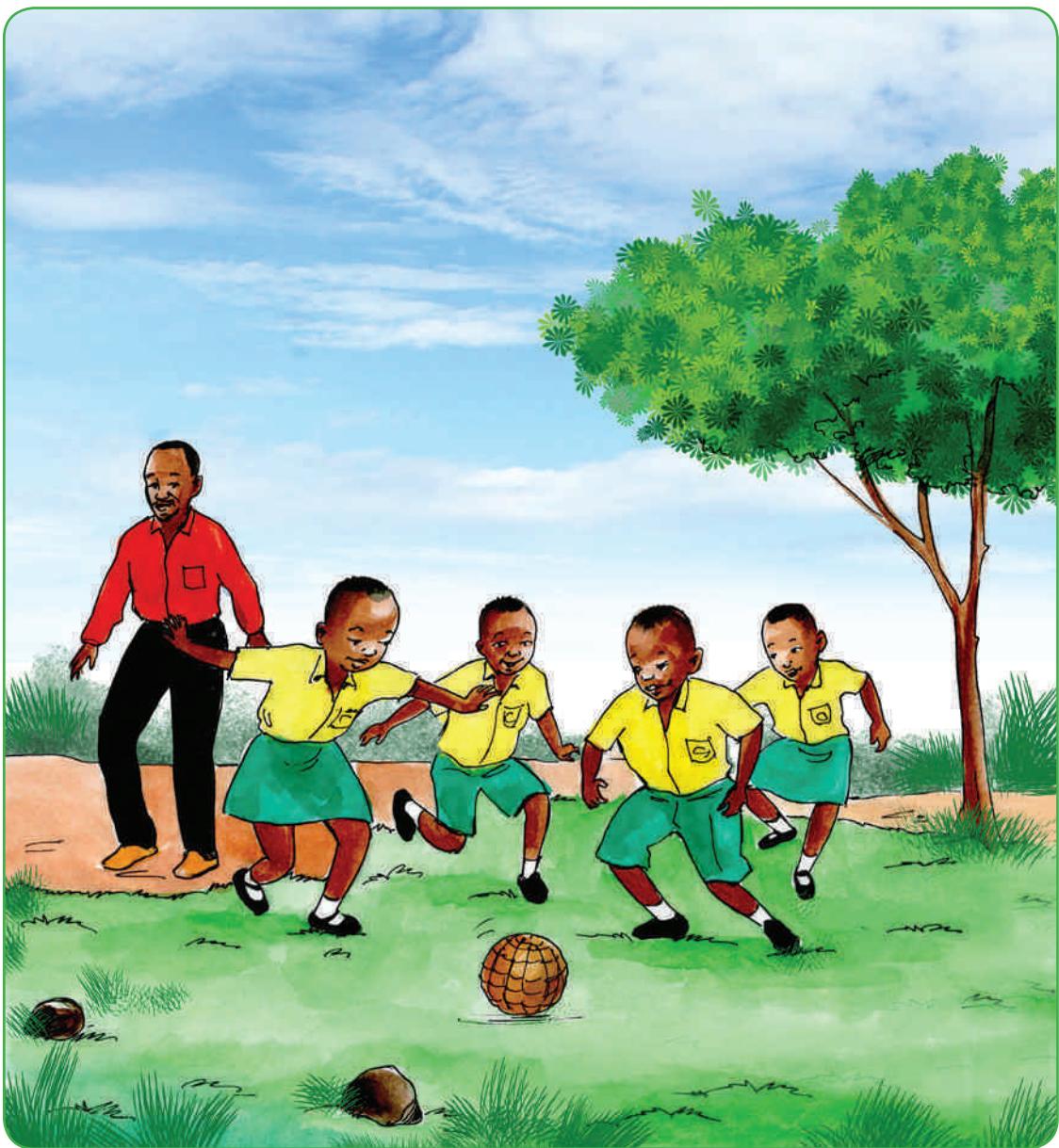
4. Ndasesera



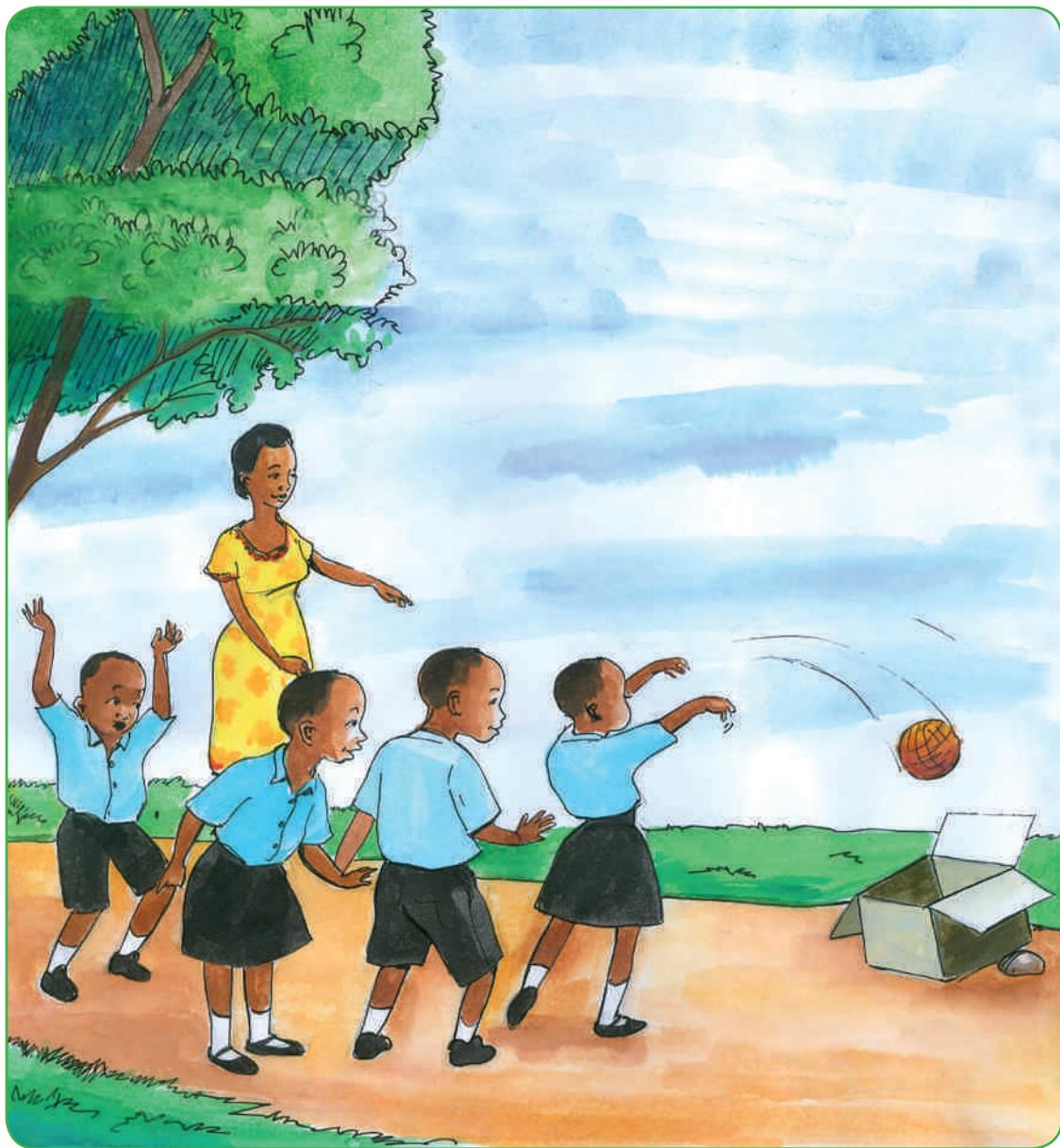
5. Ndizunguza



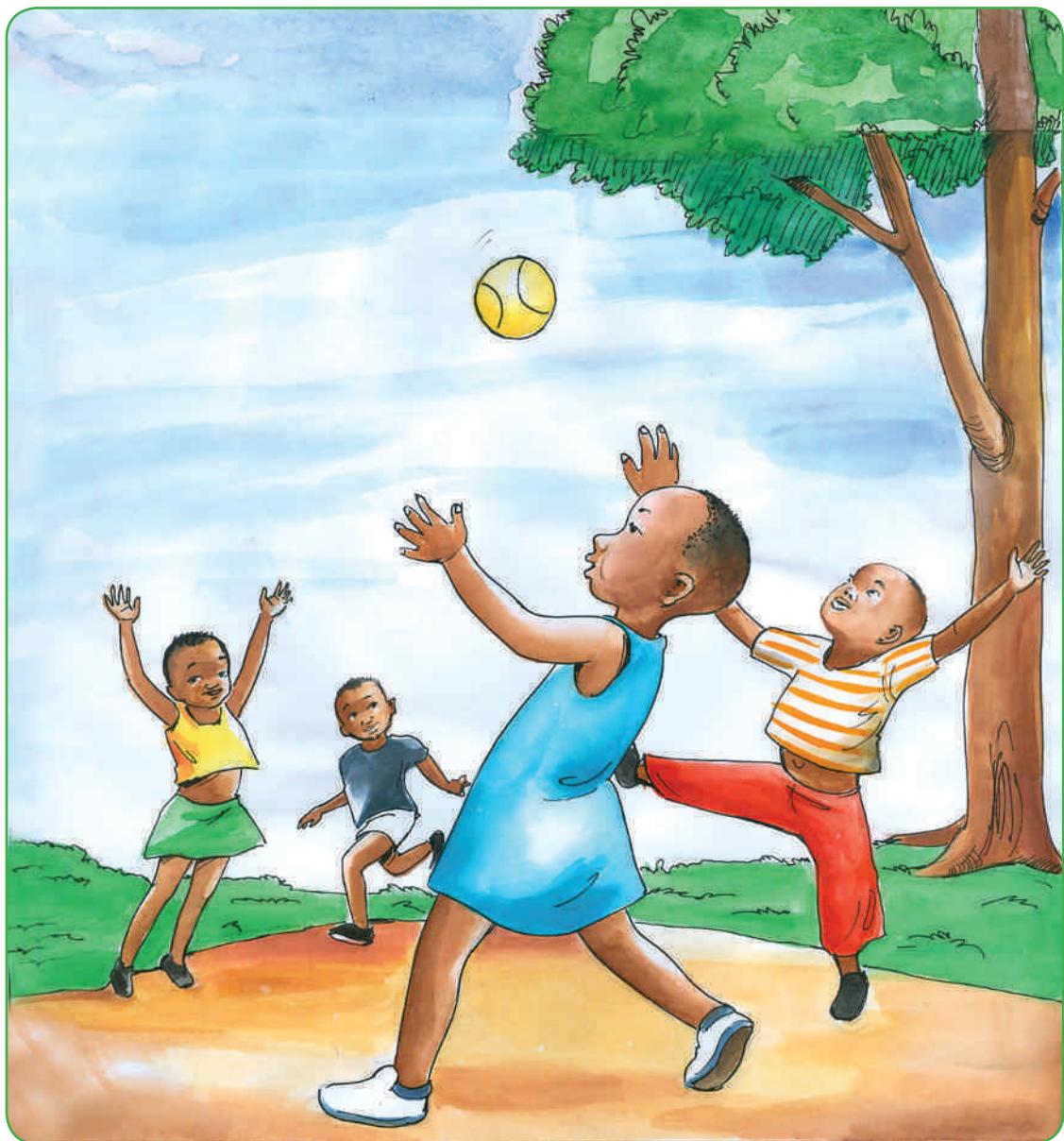
6. Ndatera umupira



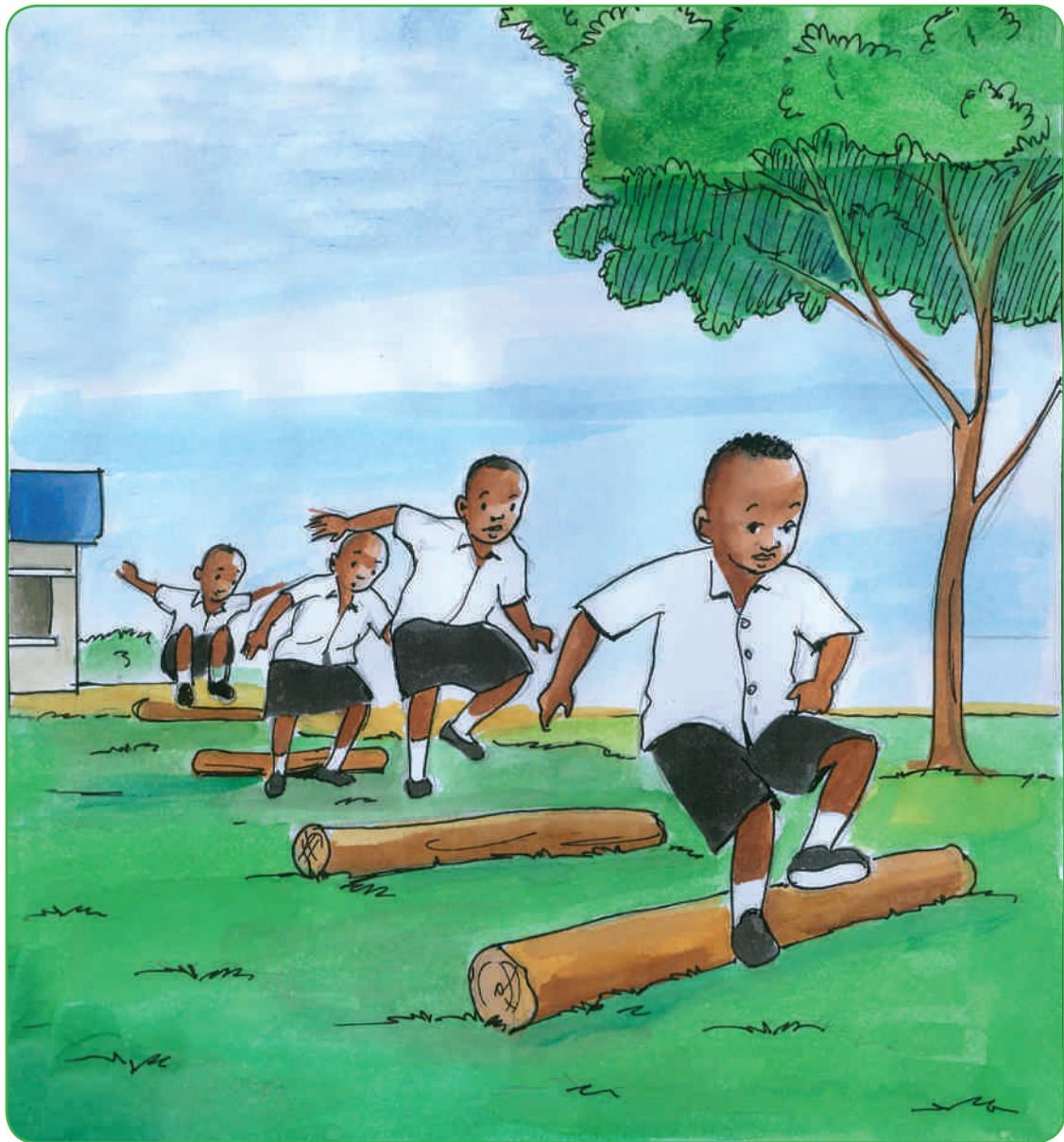
7. Ndatera mboneza



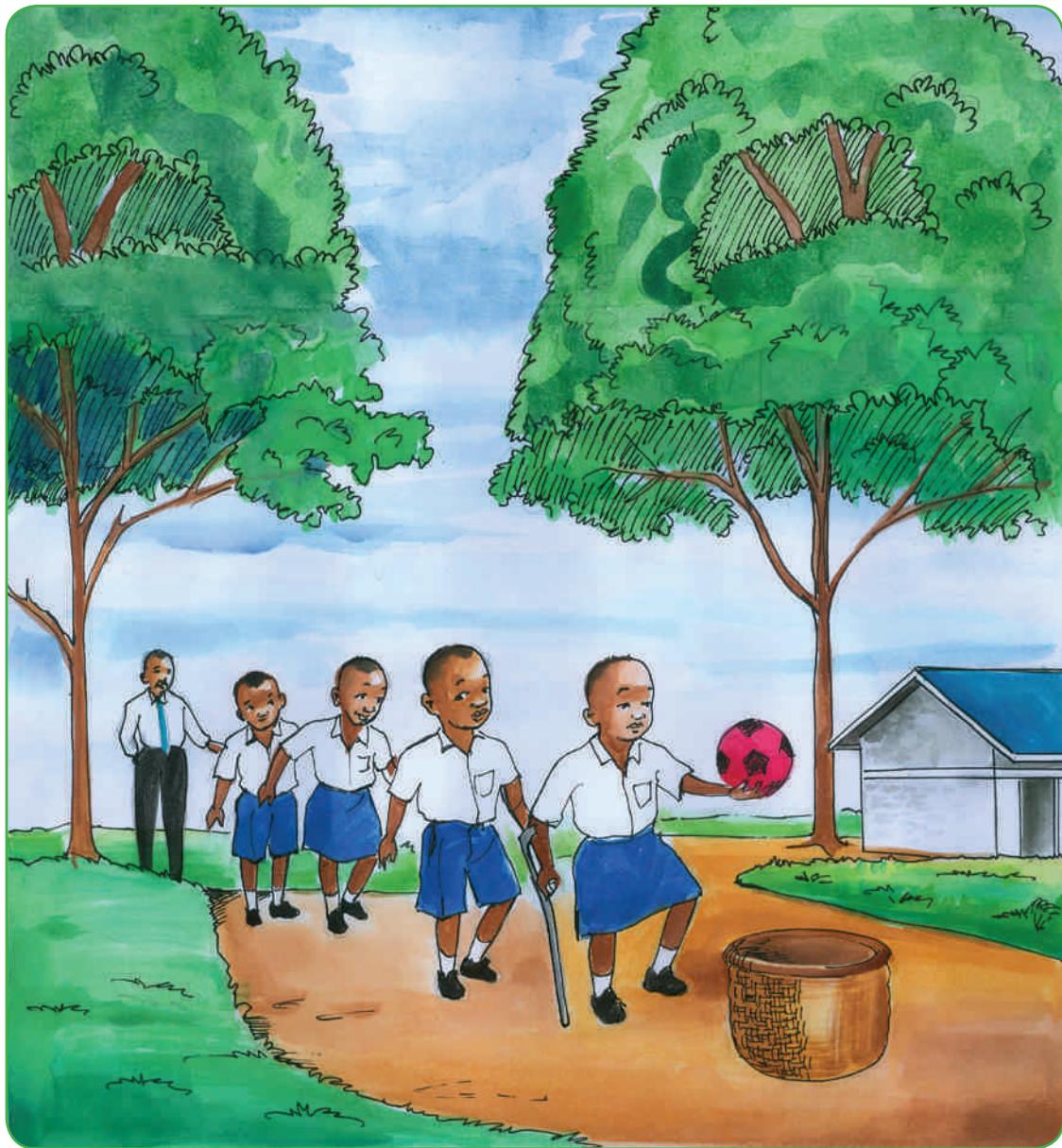
8. Ndatera ugasama



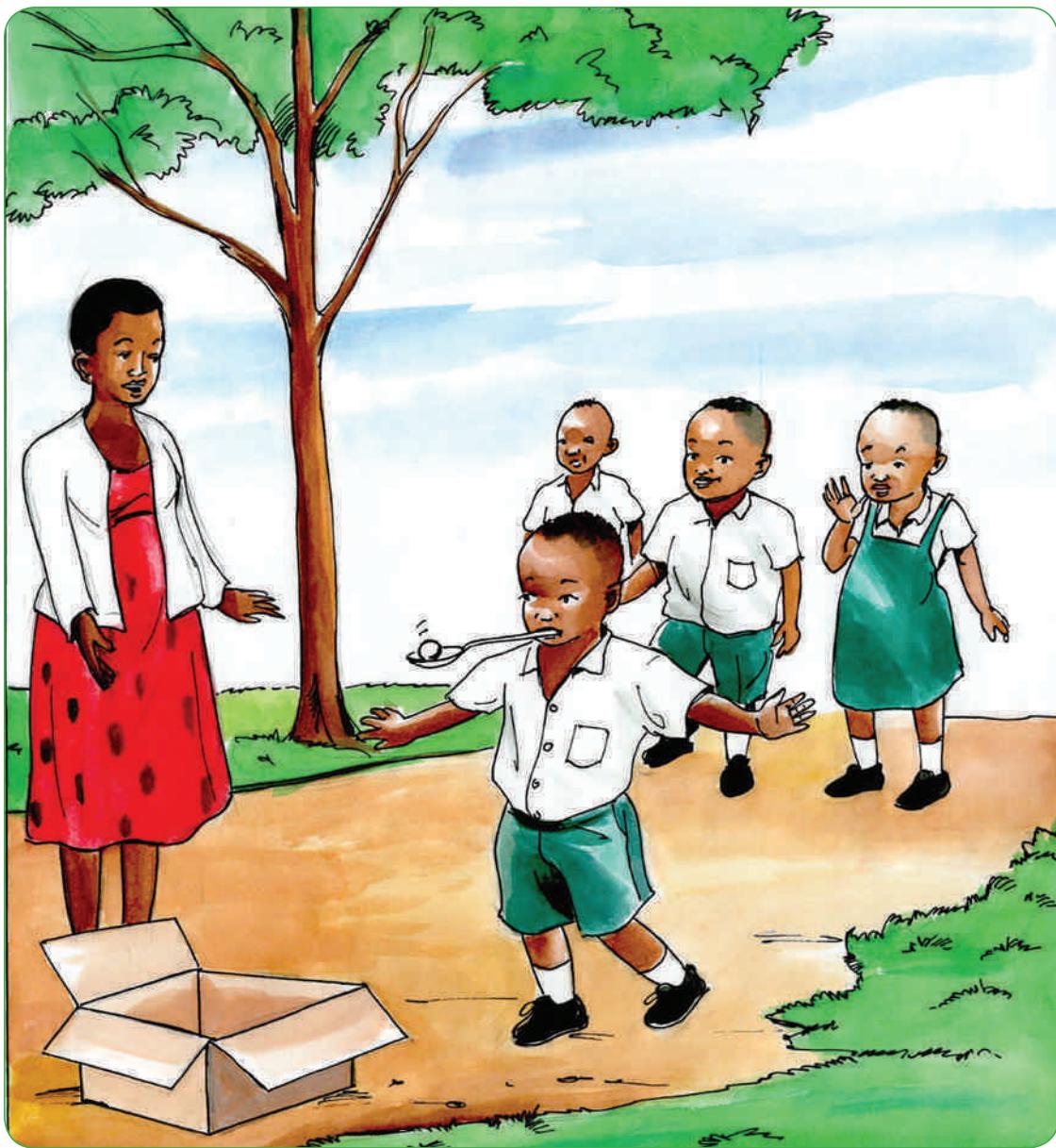
9. Ndasimbuka ibintu



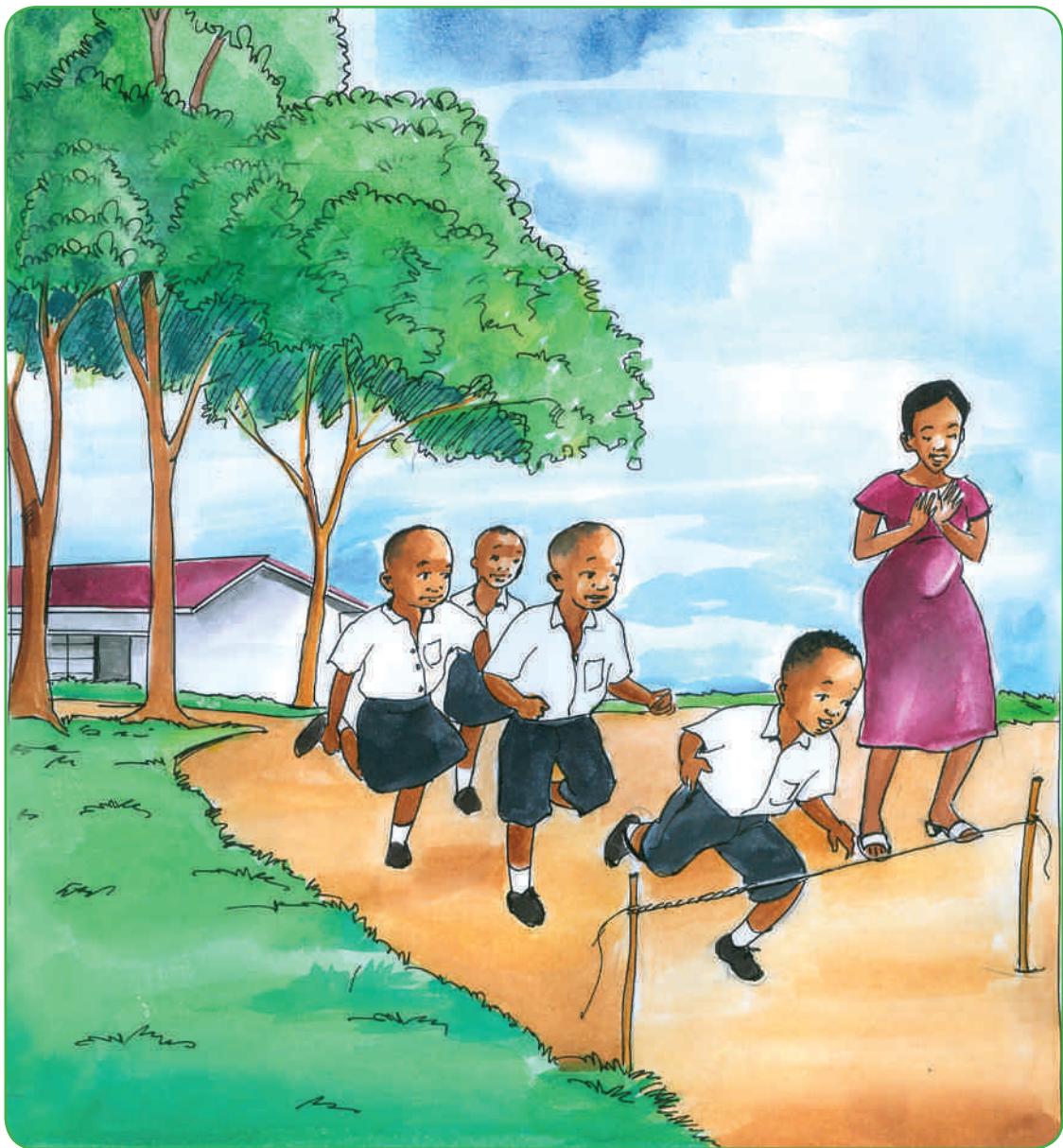
10. Ndigengesera



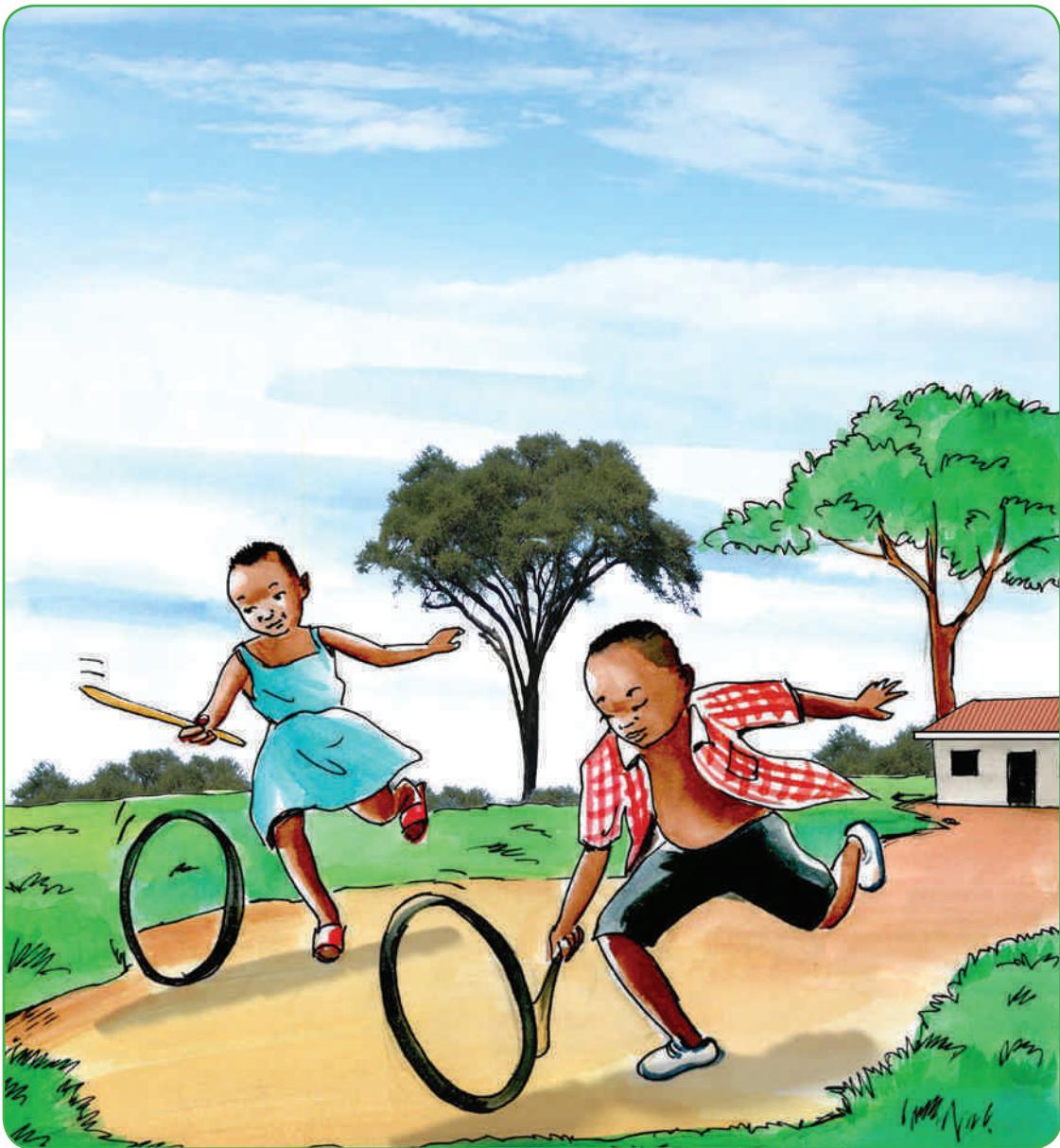
11. Ndigengesera



12. Ndasimbuka urukiramende



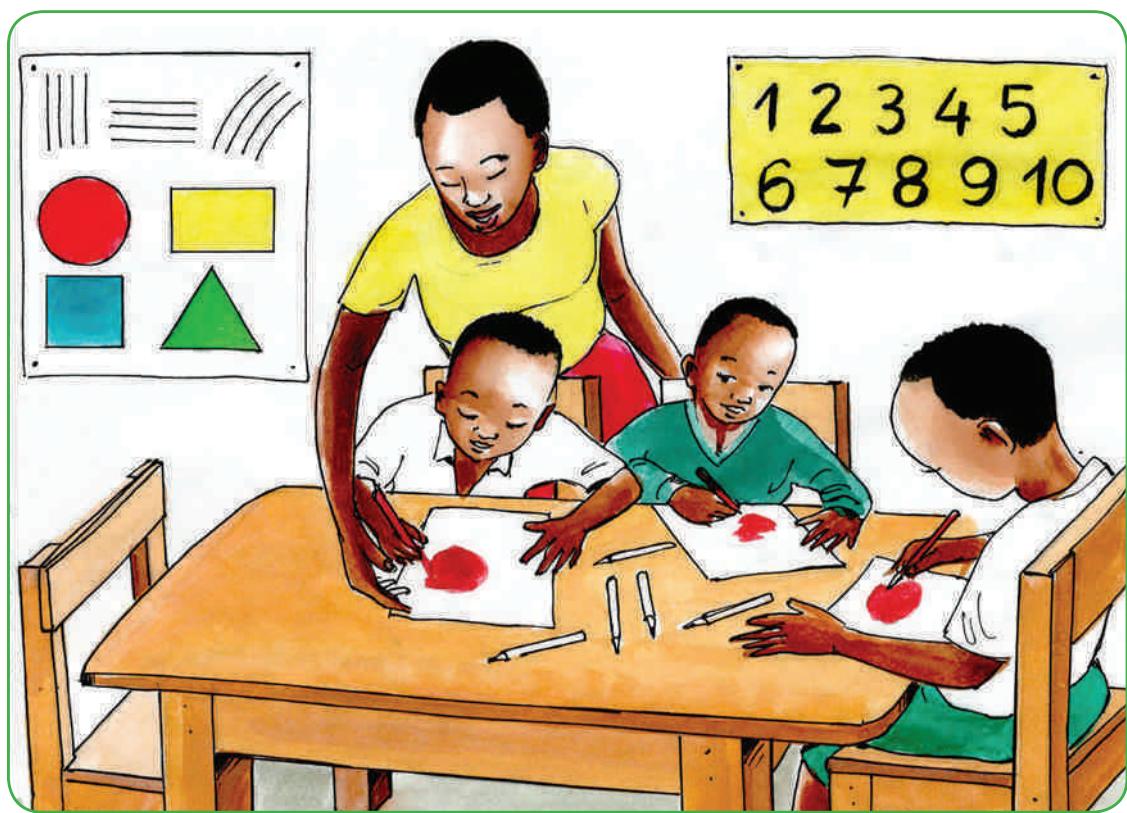
13. Ndatwara ikigurudumu



Inyigisho **2** Imiyego y'ingingo nto

**Gukoresha ingingo nto mu gufata
ibintu n'ibikoresho**

1. Ndafata ikaramu y'igitu



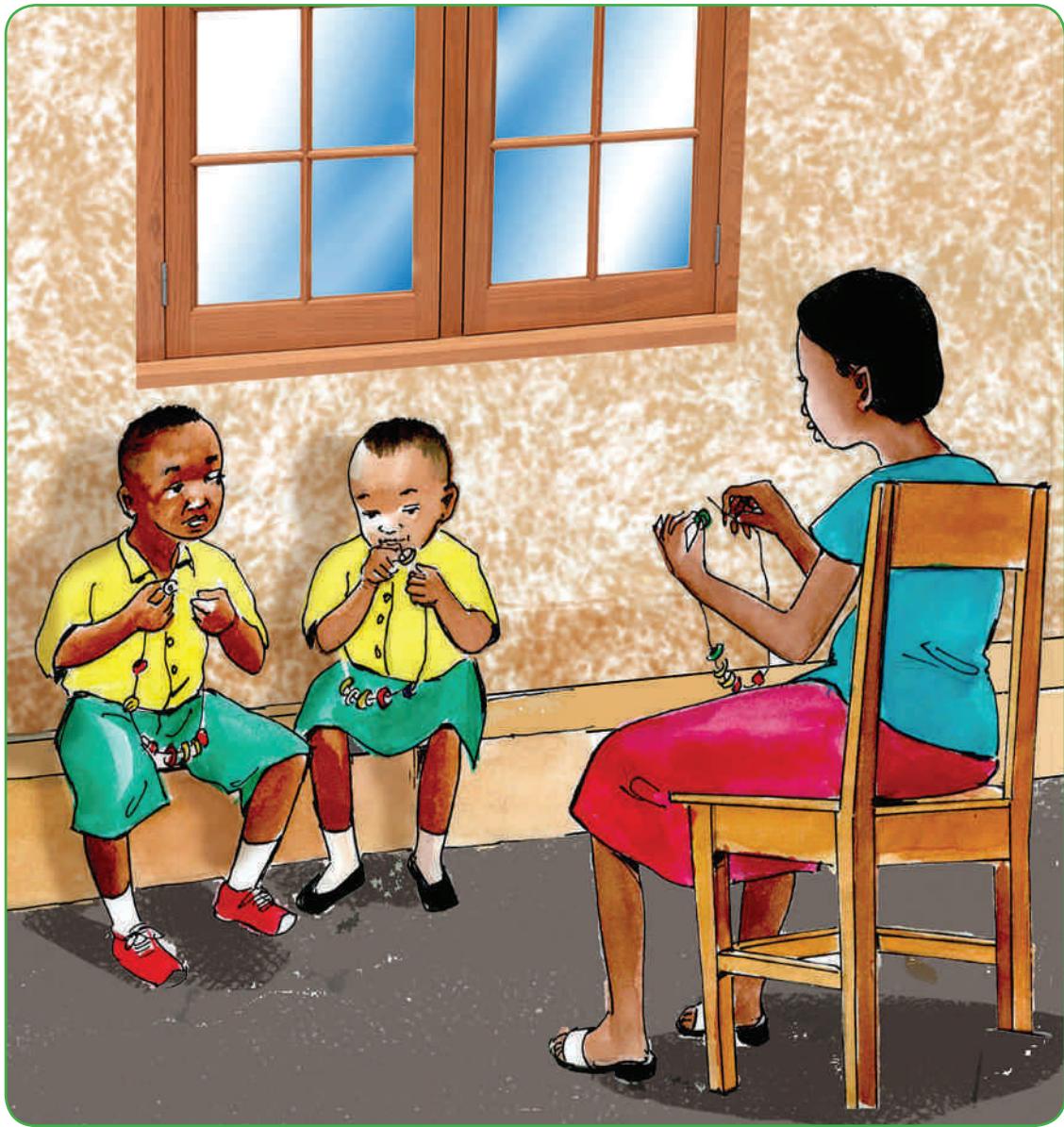
2. Ndafungura ibipesu



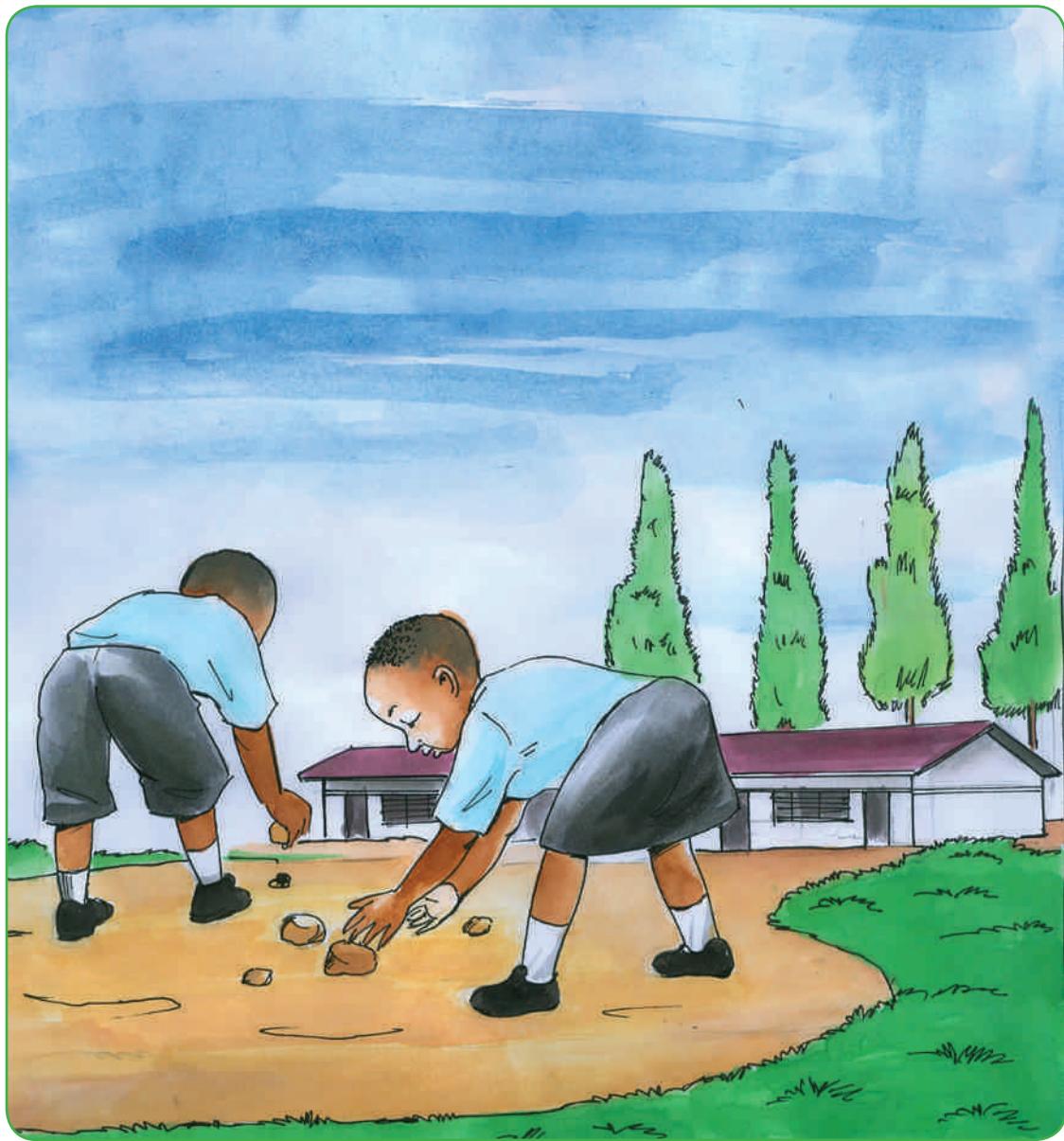
3. Ndafunga imigozi y' inkweto



4. Ndatunga urunigi



5. Ndatoragura amabuye



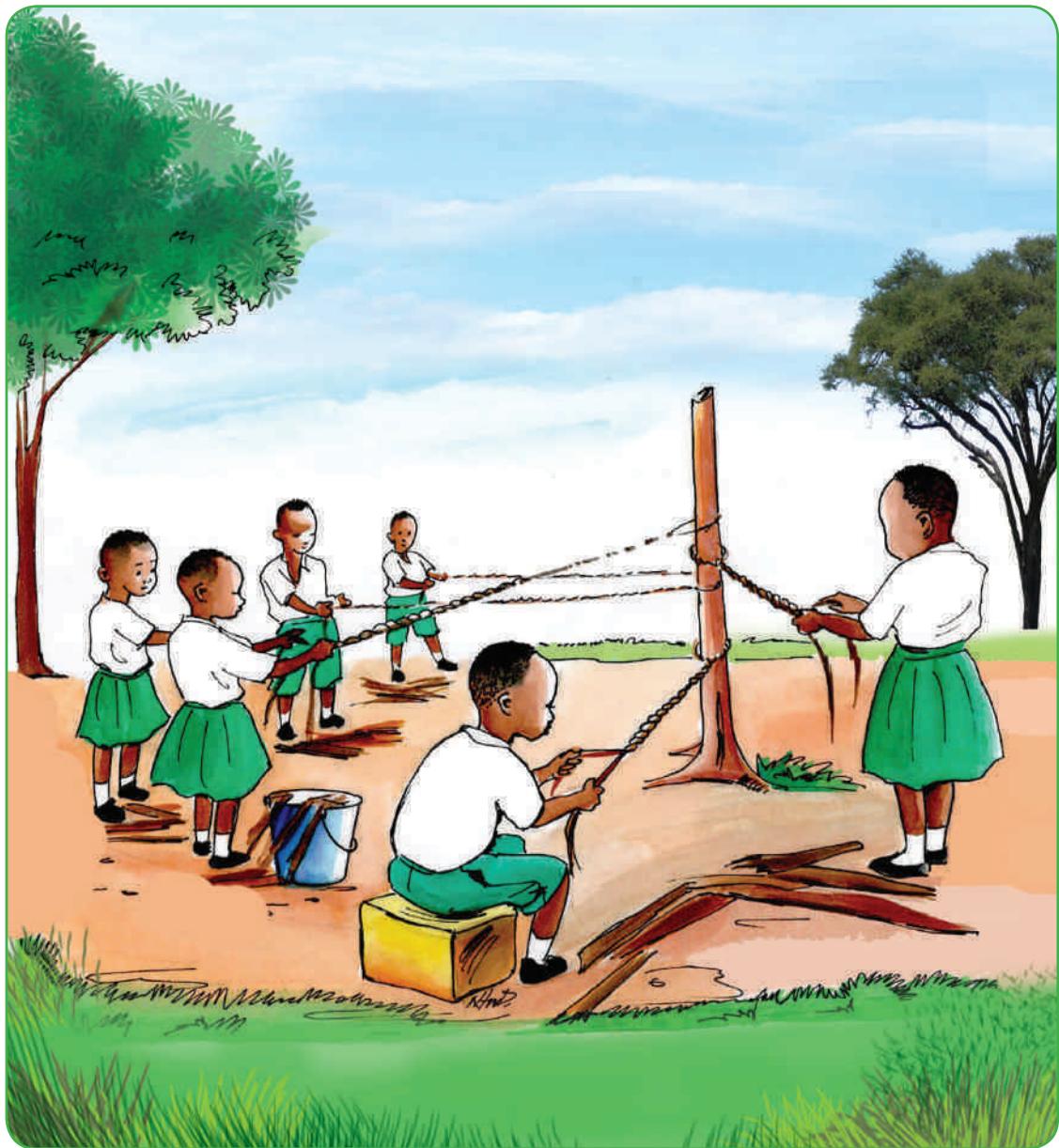
6. Ndakata amashusho



7. Ndatera irangi



8. Ndaboha ikiziriko



Inyigisho **3**

Kugira umuco w' isuku

1. Isuku y' umubiri

Ndiyuhagira



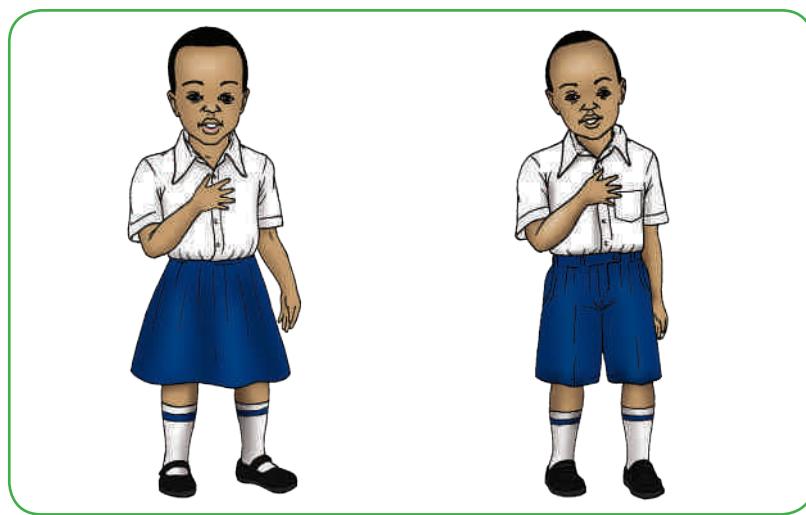
Noza amenyo



Ndipfuna/ Ndimyira



Nambara imyenda imeshe

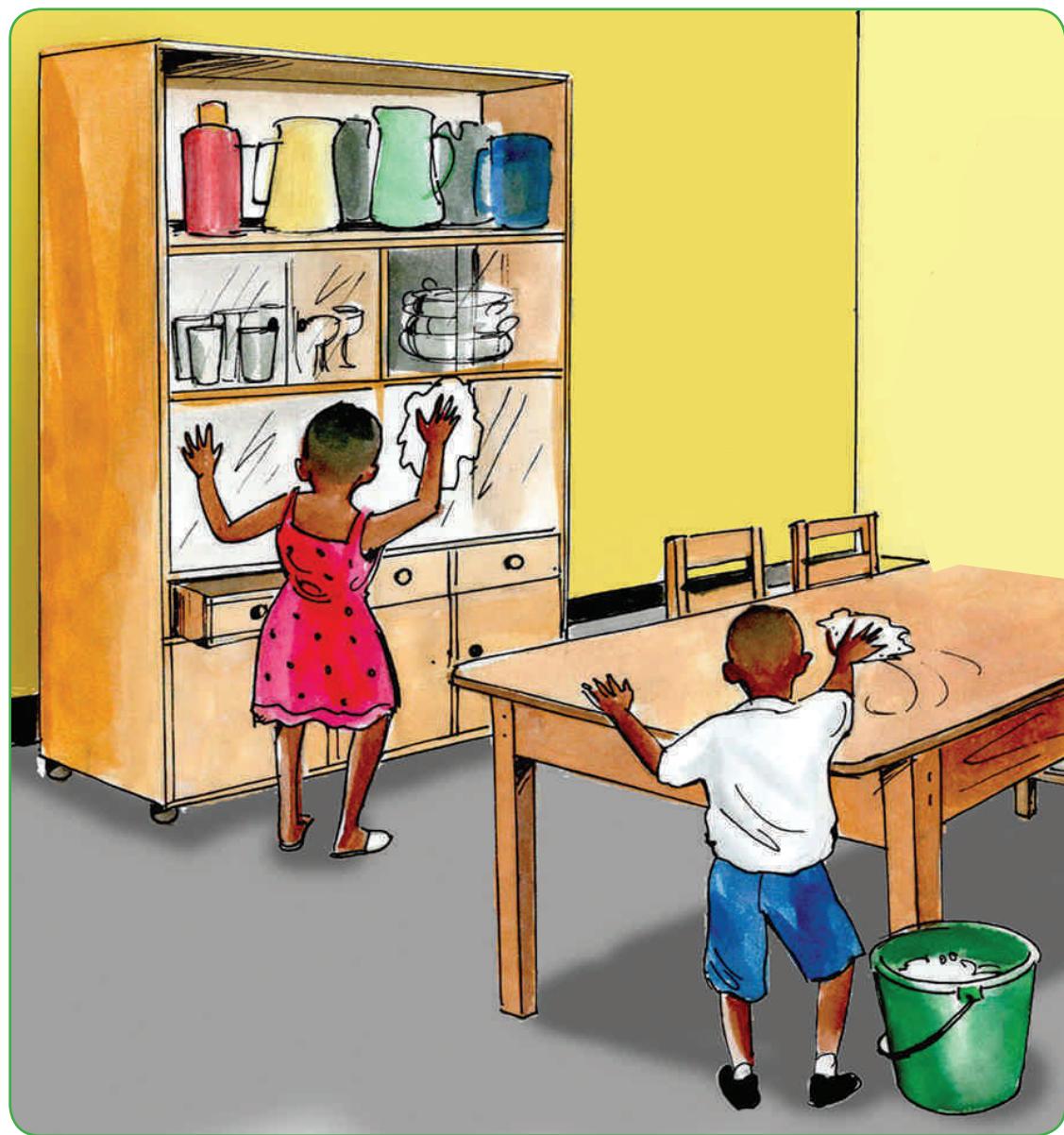


2. Isuku mu rugo

Ndakora isuku

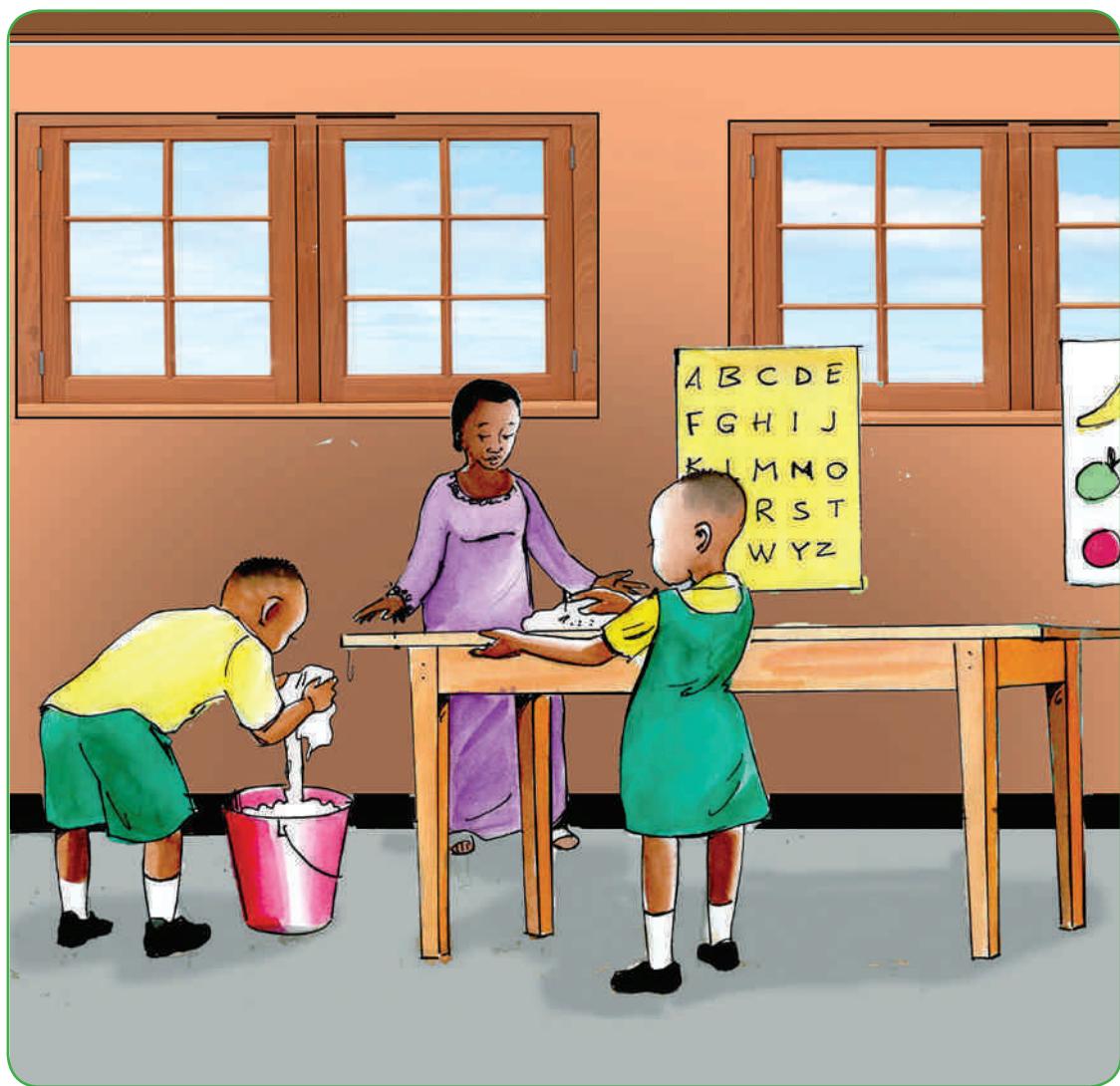


Ndahanagura

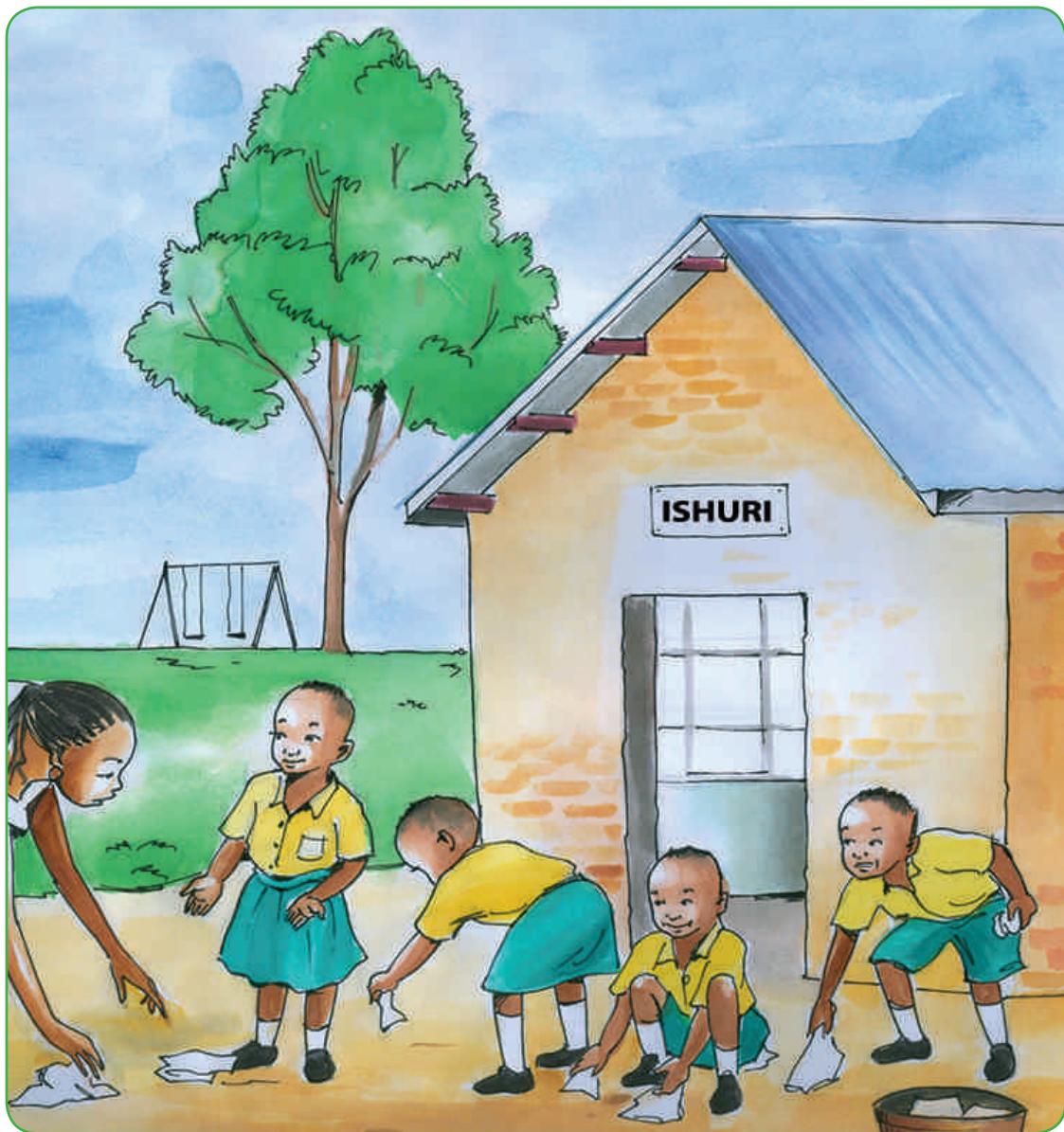


3. Isuku ku ishuri

Ndahanagura ameza



Ndatoragura ibipapuro



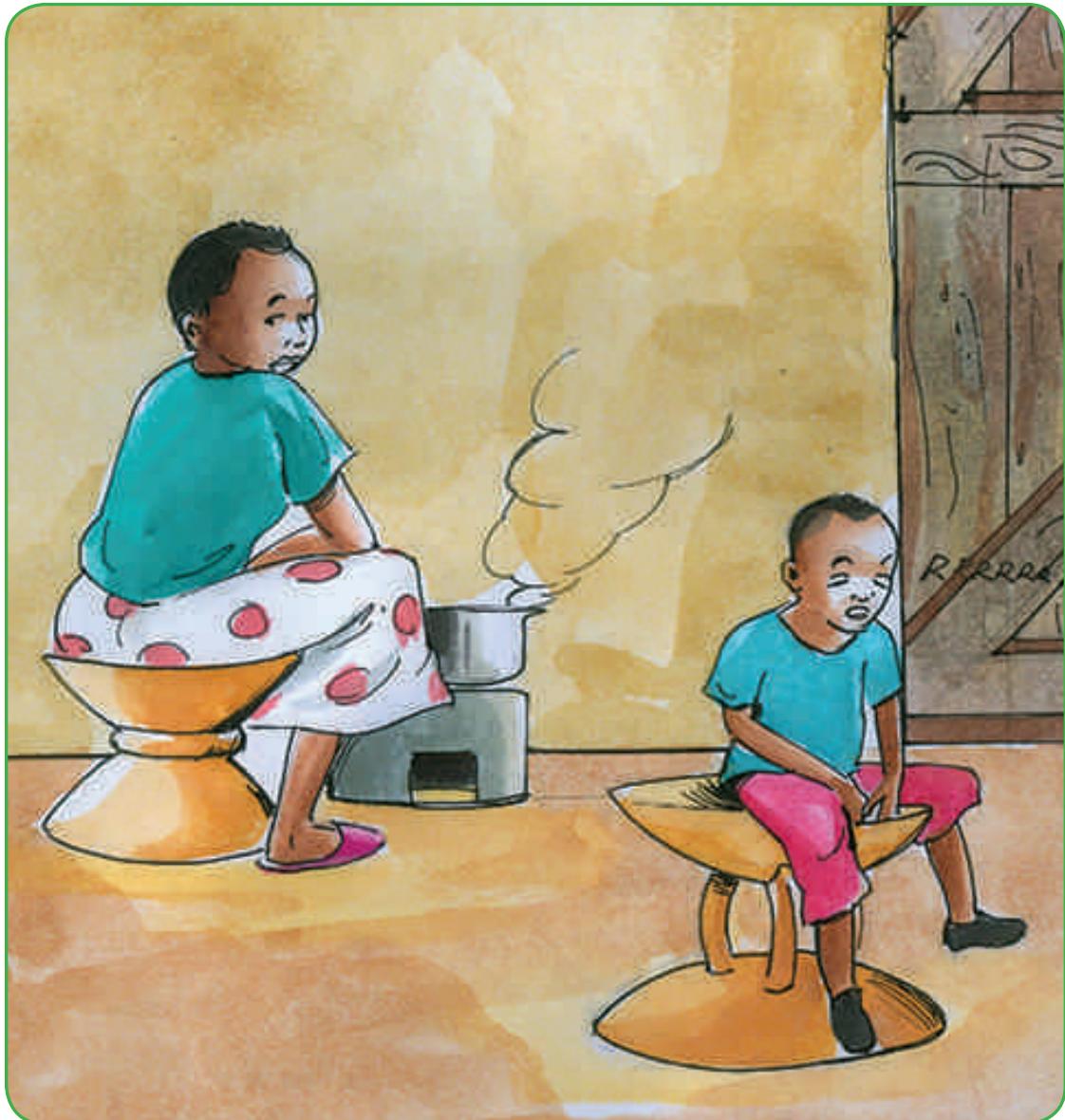
Nkaraba intoki



1. Kuvuga ibyo ukeneye Ndashonje



Mfite ibitotsi

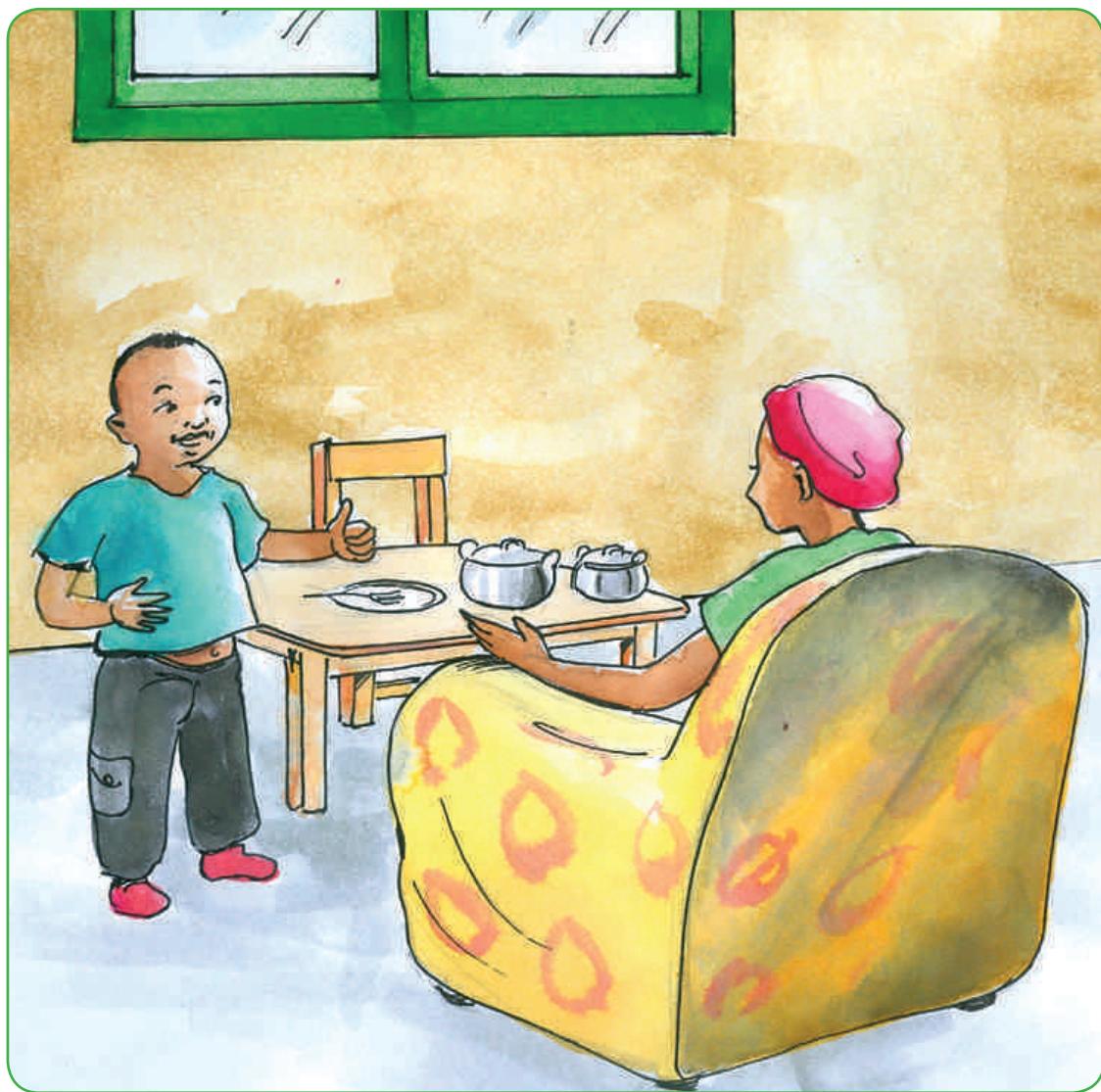


Ndarwaye

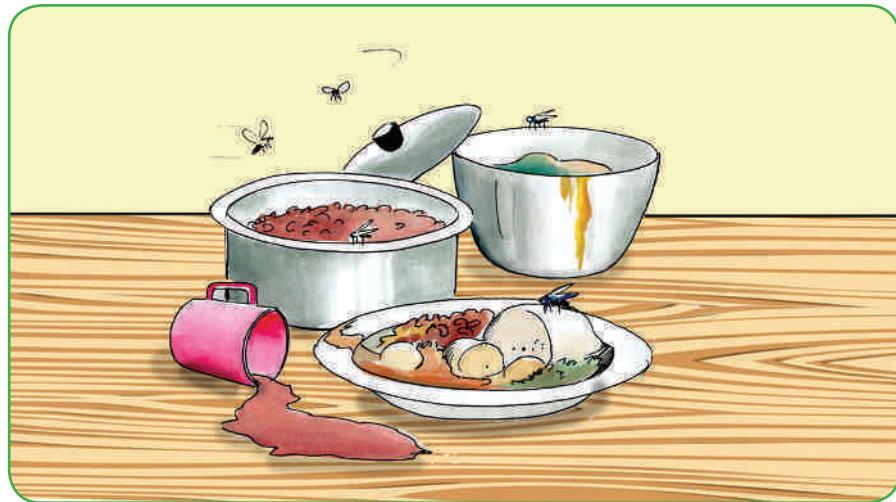


2. Ibiryo n' ibinyobwa

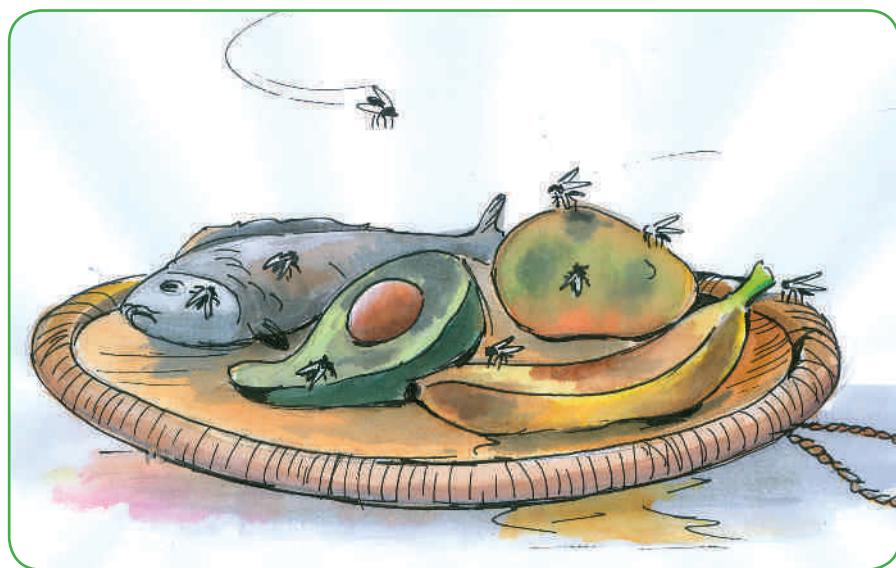
Ibiryo bimeze neza: bifite isuku



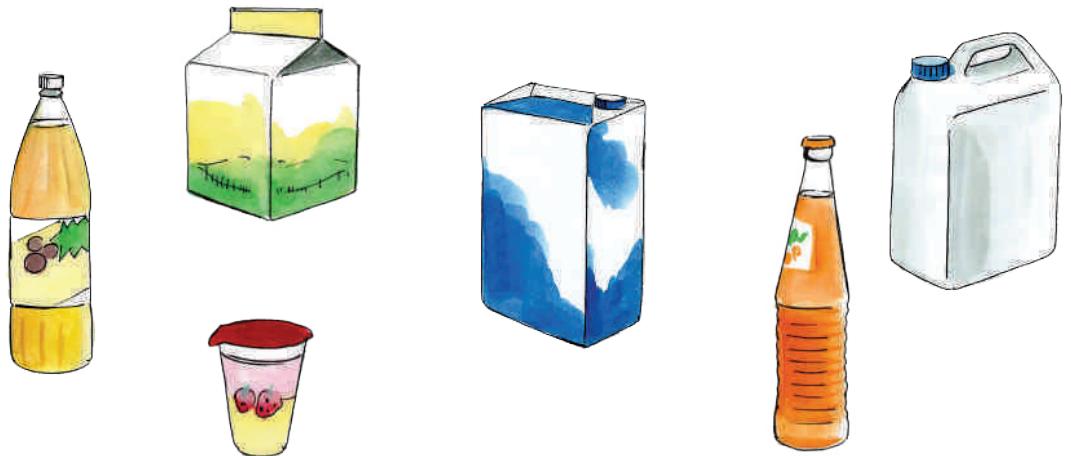
Ibiryō bimeze nabi: bifite umwanda



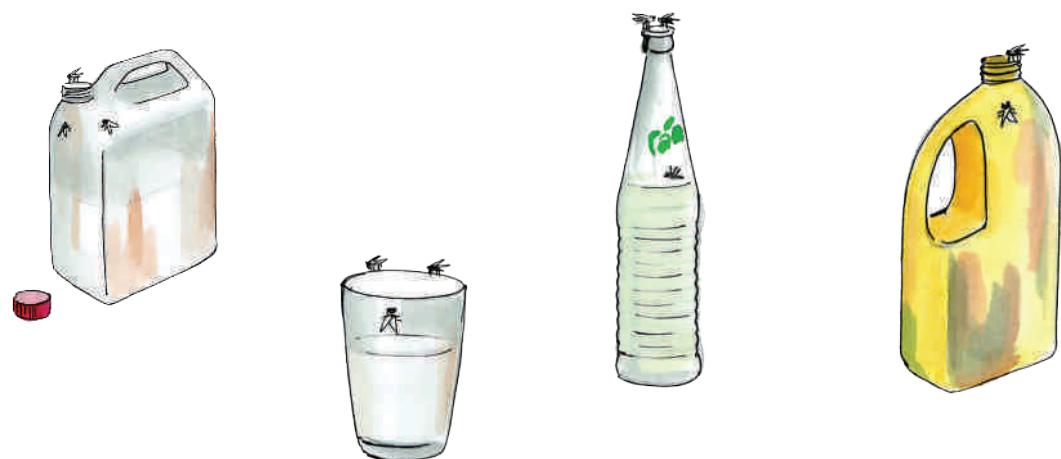
Ibiryō byangiritse



Ibinyobwa bimeze neza



Ibinyobwa bimeze nabi



Ingaruka zo kurya ibiryo no kunywa
ibinyobwa byangiritse.

Kuruka



Guhitwa

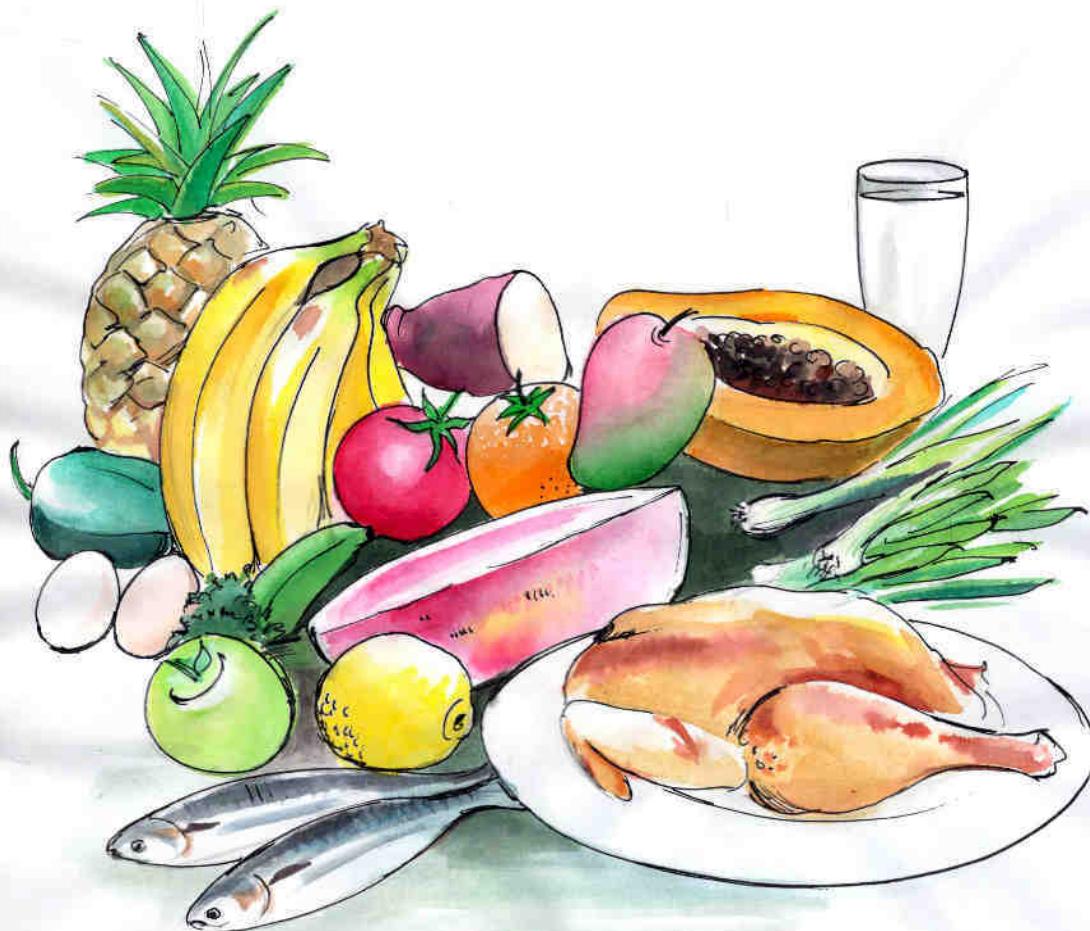


Umukoro

Ndaca uruziga ku binyobwa bimeze neza

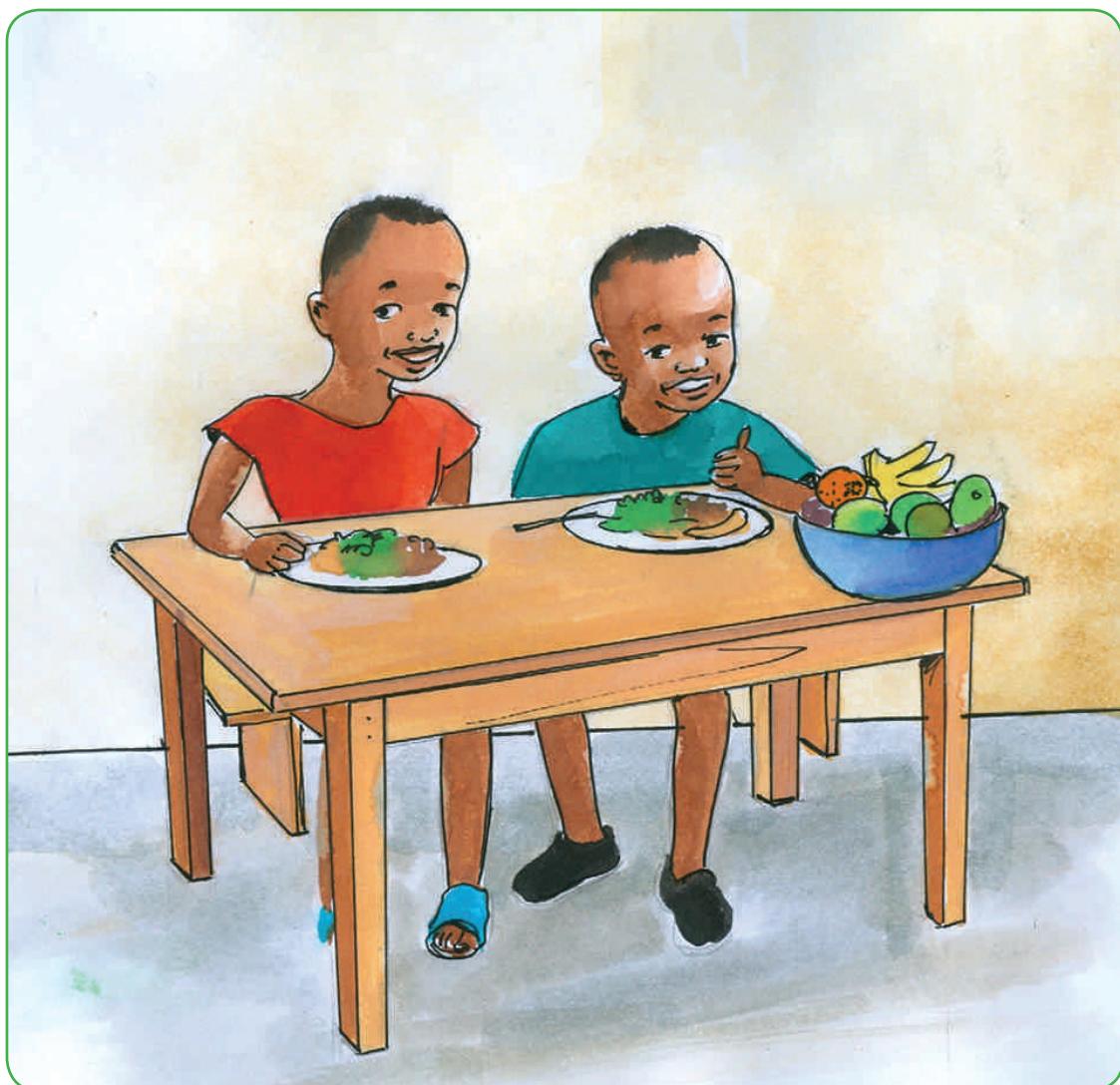


3. Indyo yuzuye



4. Akamaro ko kurya indyo yuzuye

Ngira ubuzima bwiza

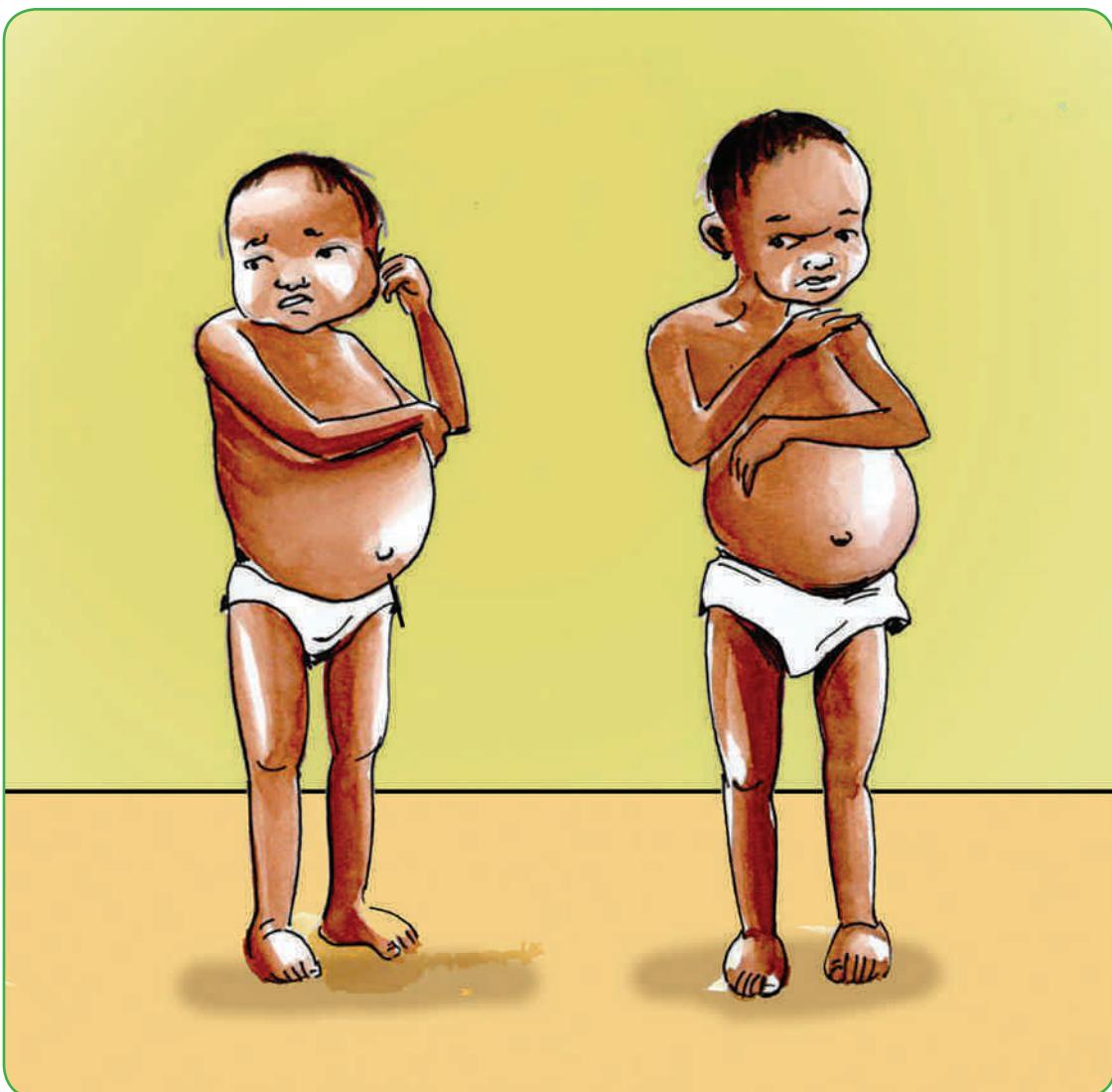


Niga neza

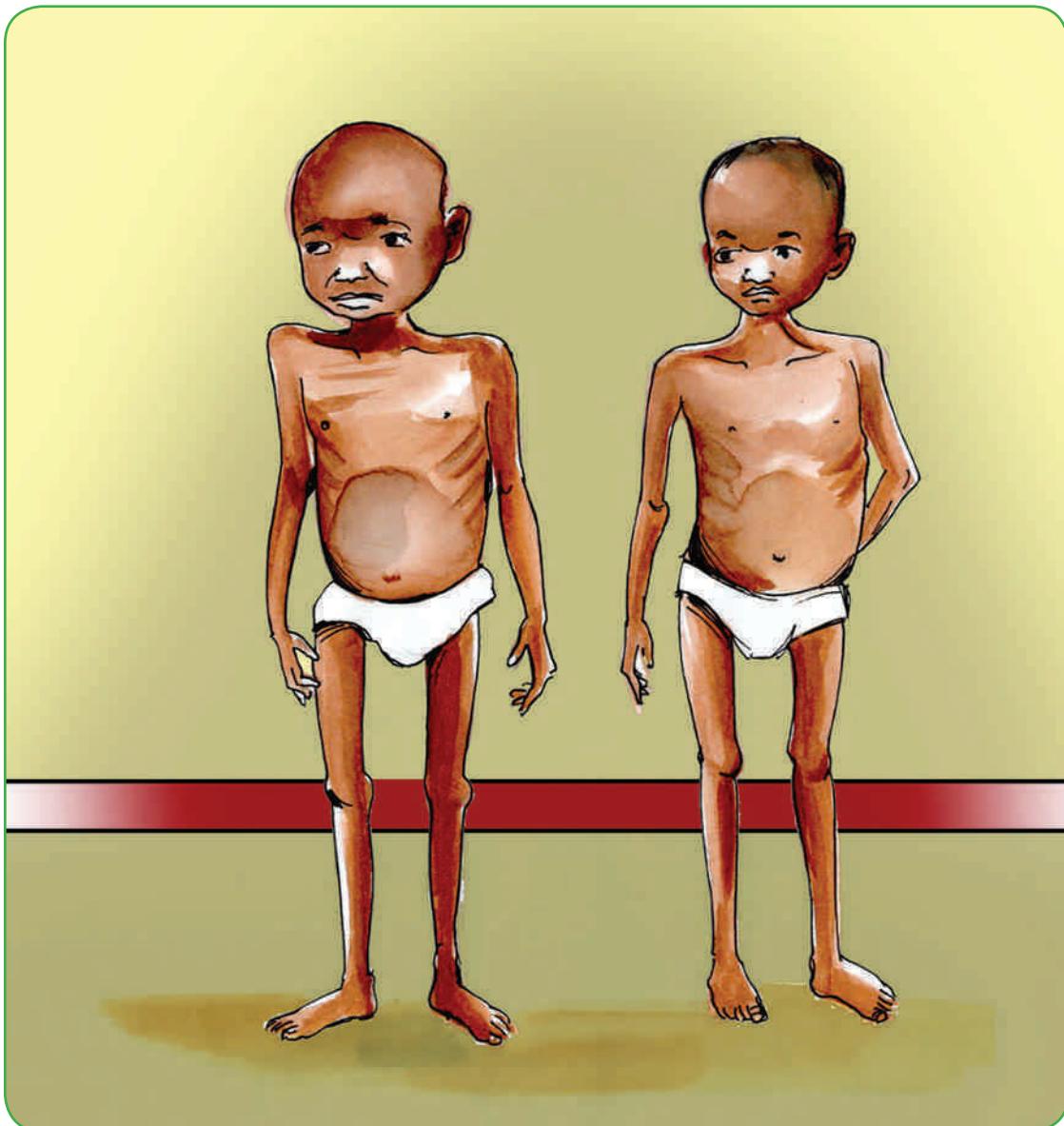


5. Indwara ziterwa n'indyo ituzuye

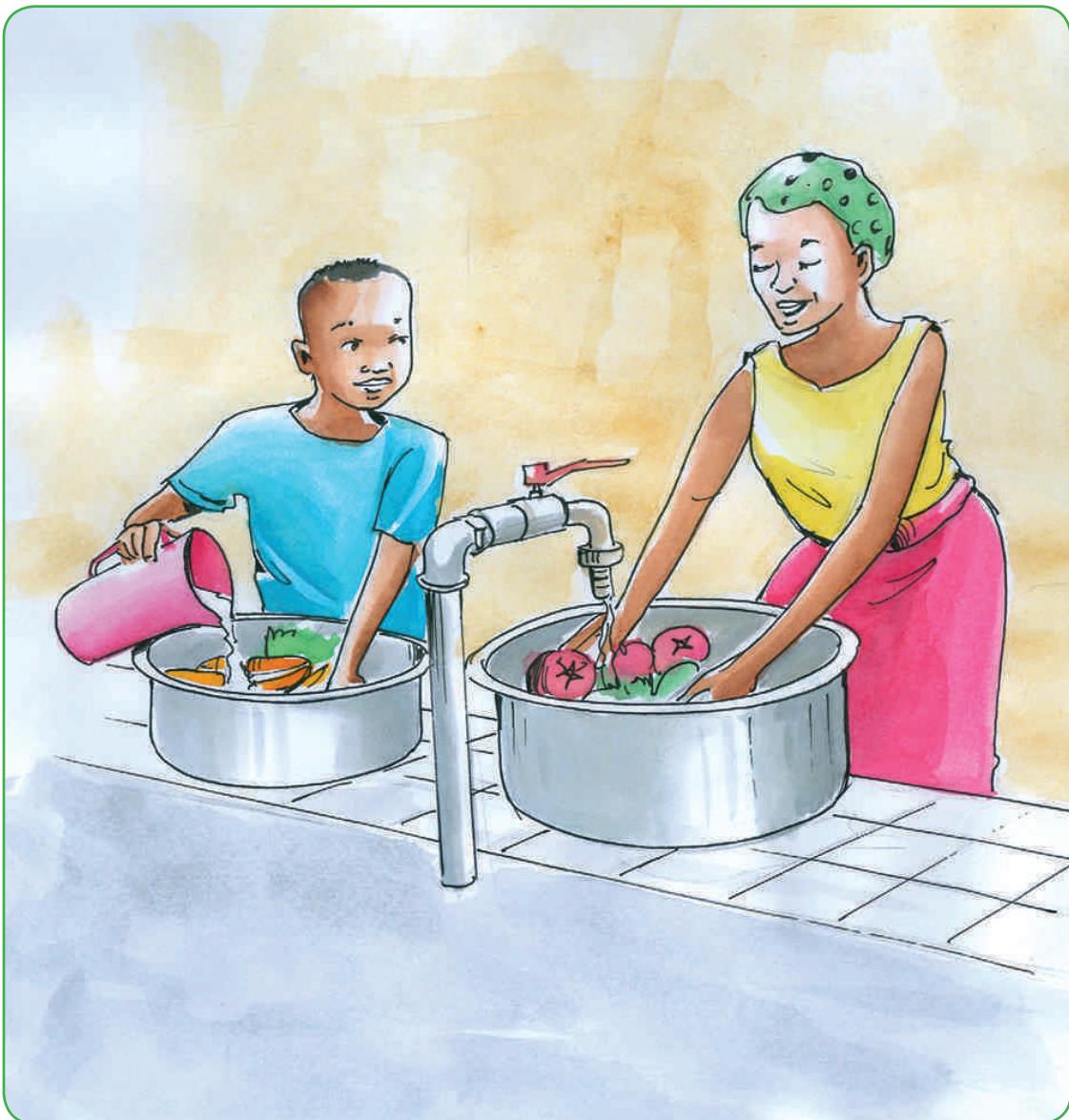
Bwaki ibyimbisha



Bwaki inanura



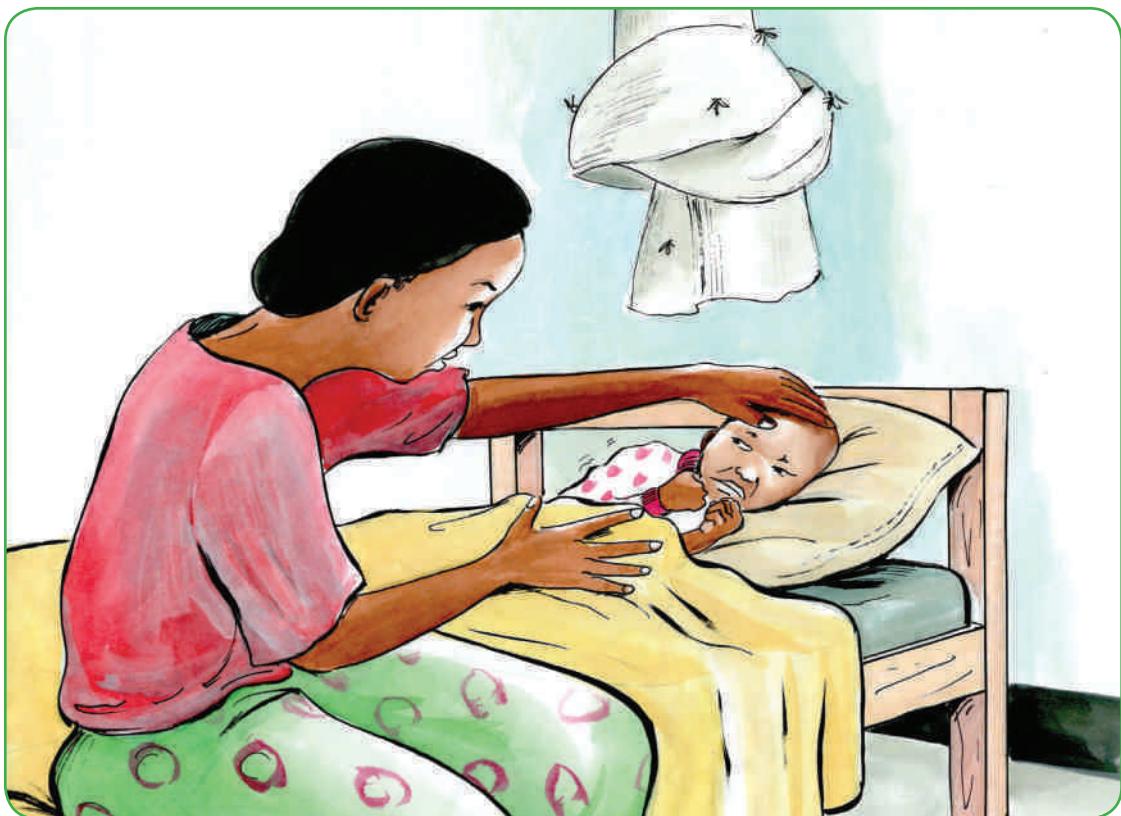
6. Isuku y' ibiribwa



Inyigisho **5** Indwara

Indwara zikunze kwibasira abana n' uburyo bwo kuzirinda

Malariya



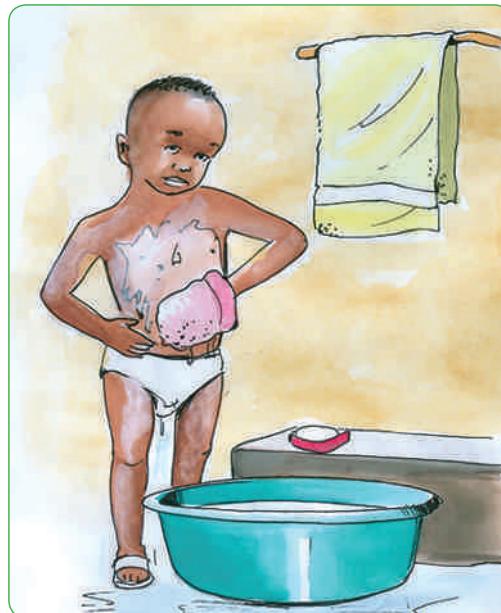
Kwirinda Malariya: kuryama mu nzitiramibu



Ubuheri



Kwirinda ubuheri: kugira isuku Kwiyuhagira



Kwambara imyenda imeshe



Ibihushi



Kwirinda ibihushi: gusukura ibikoresho byo kogosha



Ibihara



Amashamba



Inkorora n' ibicurane



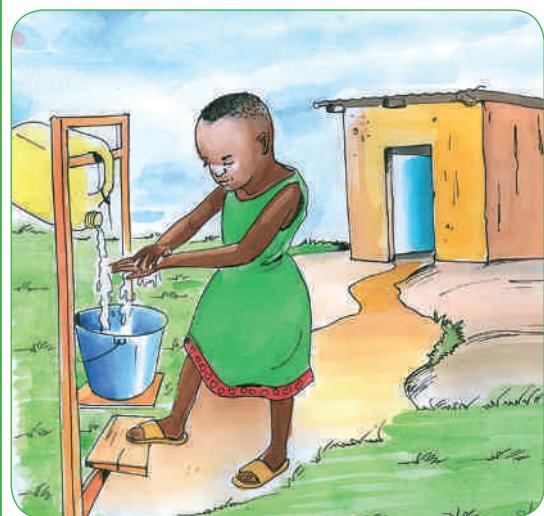
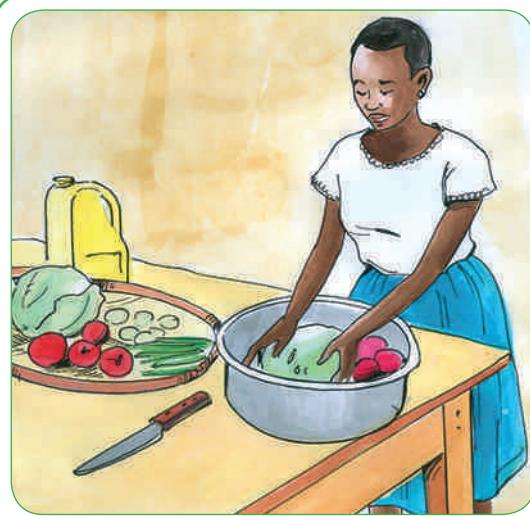
Kwirinda inkorora n'ibirane: kwifubika



Kuruka no guhitwa

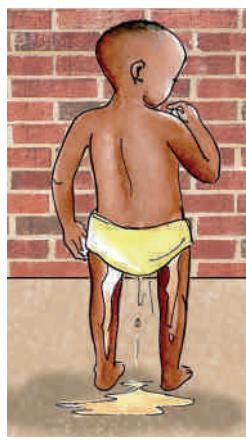
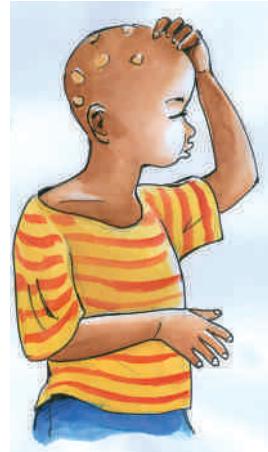


Kwirinda kuruka no guhitwa: kugira isuku



Umukoro

Ndaca uruziga ku bana batarwaye

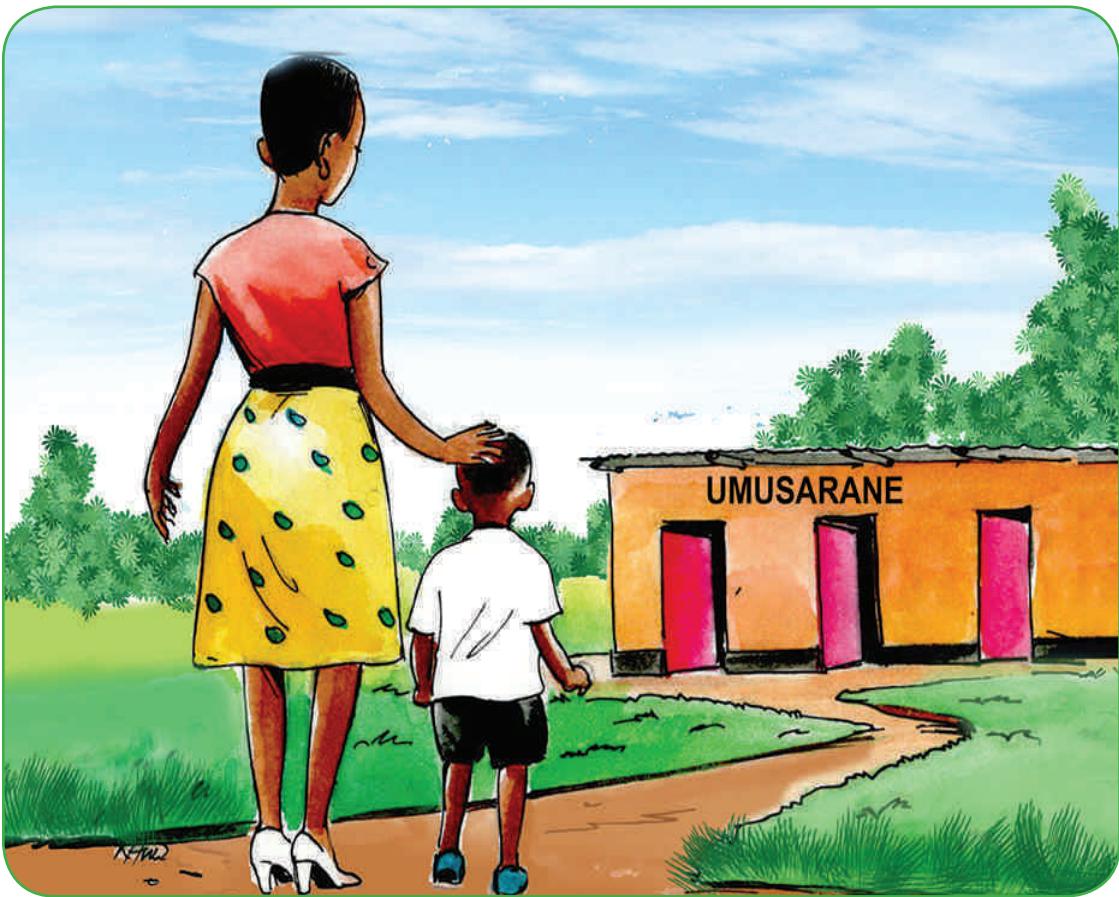


Inyigisho **6**

Kwiyatoho no kwita ku bantu byange

1. Kuvuga ibyo nkeneye

Ndashaka kujya mu bwiherero



Ndigaburira



Ndipfuna/ Ndimyira



Ndafunga ibipesu by'ishati yange



Ndafunga imigozi y'inkweto



Ndabika neza ibintu byange

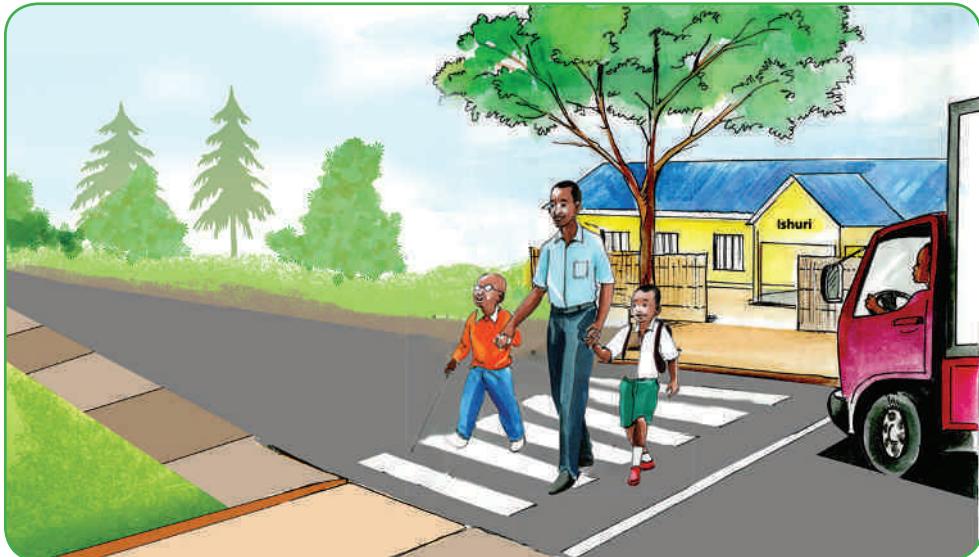


2. Imyitwarire myiza

Ndavuga ibyambayeho

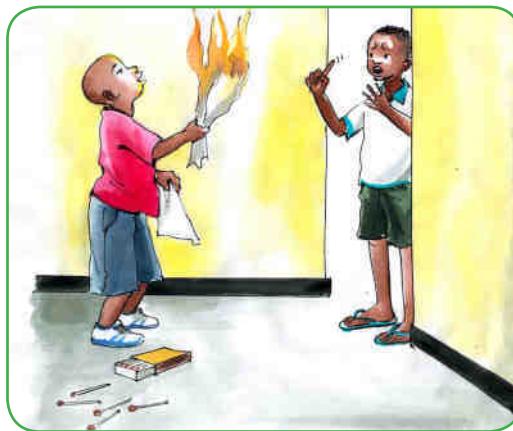


Kubana neza n' abandi



3. Kwirinda impanuka

Kwirinda gukinisha ikibiriti



Kwirinda amashanyarazi



Kwirinda ibikebana



Kwirinda ibintu bishyushye



Kwirinda gushotora inzuki



Kwirinda amahwa

