

Limpedulo Ezihlanu Zokudla Okuphephile



Ukuhlwengeka

- Hlamba izandla zakho ngaphambi kokubamba ukudla godu nawulungisa ukudla
- Hlamba izandla zakho nawubuya endlini encani
- Hlanza zoke iinsetjenziswa ozisebenzisela ukulungiselela ukudla
- Vikela iindawo zangekhitjhini nokudla ekungenweni ziinunwana, kunye nezinye iinlwanyana

Kungani

INanyana imilwana emincane ingabangi amalwelwe, imilwanyana eyingozi kanengi ifumaneka ehlabathini, emanzini nebantwini. Lemilwana ithwala zizandla, amatjhila wokusula kunye neensetjenziswa zokusikela, kanengi emabhorodweni wokusikela ukuhlangana kwangephoso kungadlulisela lokho ekudleni bese kubanga amalwelwe wetjhefu yekudleni.



Hlukanisa ukudla okuhlaza nokudla ukuvuthiweko

- Hlukanisa inyama ehlaza, yeensiba nyenama yelwandle nokhunya ukudla
- Sebenzisa iinsetjenziswa zokupheka ezihlukeneko kunye nemikhwa namabhorodo wokusikela nawusebenza ngokudla okuhlaza
- Bulunga ukudla ngesimumathini ukuvikela ukuhlangana kokudla okuhlaza nalokho esele kulungisiwe

Kungani

Ukudla okuhlaza kanengi inyama, inyama yeensiba kunye nyenama yelwandle, kunye nemihluzayo, kungamumatha imilwana engadluliselwa kokhunya ukudla ngesikhathi kulungiselelwa ukudla nangesikhathi kubekwa ukudla.



Pheka kuvuthwe

- Pheka ukudla kuvuthwe, kanengi inyama, inyama yeensiba, amaqanda kunye nokudla kwelwandle
- Faka ukudla okufana nesopo ne-stew emanzini abilako ukwenza isiqiniseko sokobana uvuthwe kwafikelela ezingeni le 70C. Inyama nyenama yeempiko, yenza isiqiniseko sokobana umhluzi ungendlela yakhona ingasi ube- pinki.
- Ungasebenzisa ithemometha
- Futhumeza ukudla okuvuthiweko kuhle

Kungani

Ukupheka ukudla kuvuthwe kanengikubulala yoke imilwana ephilako. Amarhubhululo enziweko akhombisa kobana ukupheka ukudla ngokokutjhisa ukufikela ku 70 C kungasiza ukuqinisekisa kobana kuphephile nakudliwako. Ukudla okufuna itjhejo elikhethekileko kufaka inyama egayiwako, ama-rolled roast, inyama yamagaqa amakhulu kunye nyenama yempiko epheleleko.



Thata ukudla ukubeke ezingeni lokutjisa liphephileko

- Ungabeki ukudla okuphekiweko ekamarwaneni lezinga lokutjhisa ukudlula ama-iri amabili Faka ngefrijini koke ukudla okuphekiweko kunye nokudla kwemirorho neenthelo (kungaba ngcono nakusezingeni lokutjhisa le 5C)
- Yenza ukudla okuvuthiweko kufuthumale (kudlule ku 60 C) ngaphambi kokuphakela
- Ungabeki ukudla ngefrijini isikhathi eside
- Ungancibilikisi ukudla oku-ayisileko ekamarwaneni lamazinga wokuthjisa

Kungani

Imilwana ingaziphindaphinda kanengi lula nangabe ukudla kubekwe ekamarwaneni lamazinga wokutjhisa. Ukubeka amazinga wokutjhisa ngaphasi kwe SC namkha ngaphezu kwe 60C, ukukhula kwelwana kuyancipha namkha kuyaphela. Eminye imilwana iyakwazi ukukhula ngaphasi kwamazinga wokutjhisa angaphasi kwe SC.



Sebenzisa amanzi aphephileko neensetjenziswa ezihlaza

- Khetha ukudla okufrese nokusalungele ukudliwa
- Khetha ukudla okulungisiweko okuphephileko, njengebisi elikhitjhwe imilwana lahlanzeka
- Hlanza iinthelo nemirorho, khulukhulu nakudliwa kuhlaza
- Ungasebenzisi ukudla esele kuphelelwe sikhathi

Kungani

Iinsetjenziswa ezihlaza, kufaka namanzi neliqwa, kungafumaneka kunemilwana eyingozi namakhemikhali. Amakhemikhali anetjhefu angenziwa kukudla okumotjhakeleko. Ithlogomelo lokukhetha ukudla okuhlaza kunye namagadango alula njengokuhlamba izandla nokukela ukudla kungaphungula ubungozi

Ilwazi + Isenzo = Ukuvimbela



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