

AGATABO K'IBIHUMYO

2024

AKARERE KA KICUKIRO

UMURENGE WA KANOMBE

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Kubukungu

Kubihinga ntibisaba igishoro kinini kandi byera vuba; umuhinzi ashobora gutangira gusarura nyuma y'iminsi 10 abihinze. Ntibisaba ikoranabuhanga rihanitse, bisaba gusa kubikurikirana.

2. Uburyo bwo guhinga ibihumyo mu butaka

Ubu buryo busaba kubaka inzu cyangwa igisharagati bishobora gutuma ubuhehere, ubushyuhe, n'amahumbezi byinjiramo.



Iki gisharagati cy'inzubayubakwamubikoreshobishoborakubuza cyakugabanya ubushyuhe, iyo ubushyuhe bushobora kwiyongera batwikirizaho ibyatsi hejuru y'inzu ihingwamo ibihumyo.



Imigina ihingwa mu gisanduku cy'igikesi kirengeje ubugari bwa 1.8m n'uburebure (biterwa n'uko n'aho wubatse hangana). (Biterwa nuko inzu ingana cyubatse.



Ubuhinzi bw'ibihumyo biribwa

Iriburiro

Muri iki gihe ubutaka bugenda buba bukeya kubera ubwiyongere bw'abatuye isi, bityo n'umusaruro w'ibikomoka ku buhinzi ukagenda ugabanuka ibi bikajyana n'ibiribwa bikize kubyubaka umubiri. Ubwo buryo buberanye n'ubuhinzi bw'ibihumyo/ibyobo kuko bidasaba ahantu hanini, icyangombwa ni ugukurikiza amabwiriza ajyanye n'ibyo ibihumyo bikenera.

1. Akamaro k'ibihumyo

Ku buzima

Ibihumyo bifite amavuta make, byagaragaye ko bigabanya kolesterone kurugero rushimishije (20-40%), twakwibutsa ko ayo mavuta iyo abaye menshi atera indwara z'imiyoboro y'amaraso. Kurya ibihumyo bigitoherewe, bishobora kugabanya kanseri nkuko

tubikesha ikinyamakuru myuzamahanga cyo kuri kanseri. Ibihumyo byongerera umubiri ubudahangarwa bigatuma umuntu adasaza vuba.

- Ku buso bwa 1m², hahingwa imigina nibura 40 ihagaritse kugeza kuri 50.
- Imigina igomba kwegerana kugirango itizanye imbaraga no muburyo bwo gukoresha itaka rikeya n'amazi makeya mugihe cyo kuvomerera
- Nyuma yo kuyitera barenzaho agataka gake cyane ku buryo umugina uba ushobora kugaragaza agatwe.



- Kuvomerera umugina amazi aringaniye atuma ubutaka bubobera nibura kabiri ku muni iyo hashyuye, ariko bishobora guhinduka bitewe nuko ikirere kimeze ukavomera rimwe gusa. Amazi agenewe kumigina 100ni 1litre (1litre/100tubes)
- Mu buhinzi bukorerwa mu butaka hagomba kwitonderwa umuswa kuko wangizq imigina ibihumyo ntibibe bikimeze.
- Kwirinda udukoko tuguruka ni ingenzi kuko dushobora gutera amagi mu bihumyo bityo hakagaragaramo utunyo.

- Iyo uguze imigina mbere yo gutera, ureba ko umuginma udafite ibara ry'icyatsi kibisi iyo urifite uwushyira kure yahoo uHINGA ukihutira kuwugarura, ukatumenyesha tukawusimbuza undi ntakiguzi.

3. ibikenerwa ku bihumyo

- Ubushyuhe bugomba kuba hagati ya 18 na 22⁰c.
- Ubuhehere , bugerwaho hamwe no kuvomerera.
- Amahumbezi, ni ukuvuga umwuka winjira mu gisharagati cg mu nzu ugomba kuba uringaniye.
- Urumuri, rugomba kuba ruhagije ku buryo umuntu yasoma ikinyamakuru bitamugoye.

4. Igenzura/ Ikurikirana

- Kuvomerera mugitondo cyangwa buri mugoroba n'amazi meza ; aha bavomerera umugina gusa iyo ibihumyo byatangiye kuzamuka wirinda ko amazi yabimenekaho kuko bigabanya ugukura kwabyo cg hakazamo uburwayi.
- Kureba niba ubushyuhe butazamutse bukarenga igipimo (Bigara iyo ibihumyo byumye ku rugara , cg kureba niba aho uHINGA hari ubuhehere n'urumuri bihagije.
- Kureba aho uHINGA ibihumyo hakinjiramo umwuka ugerereye (aha wumva niba uhumeka ntakibazo, iyo wumva umwuka utameze neza;reba uko wawinjiza aho uHINGA).
- Kureba niba nta zuba ryinjira munzu rikarasira ku bihumyo, bityo iyo ari uko ufunga aho imirasire inyura.
- Kureba ko nta dusimba twaje ku bihumyo
- Kureba ko aho uhingira hari isuku ihagije.

5. Gusarura na nyuma yo guzarura

- Mu gusarura ntibarandura basa nabakaraga igihumyo , basarura ibihumyo bitari bito bitaranasaza.
- Ugomba kwita ku isuku ukuraho ibishobora kwanduza igihumyo, ushobora gukoresha icyuma.
- Mbere yo gucuruza cg guteka ugomba kureba ko ibihumyo bifite isuku ko byasaruwe neza.
- Iyo umaze gusarura, ushyira imigina yasaruweho ikimenyetso kuruhande, ukirinda kuyivomerera ugategereza iminsi 3-4 ukabona gukomeza. Iyo uvomereye mbere aho kumera umugina urabora.

6. UMUSARURO

- Umugina umwe ushobora gutanga amagarama 400-500 mugihe cy'amezi atatu (Umusaruro mpuzandengo ku mugina) bishobora no kurenga bitewe nuko witaye ku migina yawe, Nyuma ugakomeza gutanga uduhumyo duto . Aha ningombwa ko umuhinzi asimbuza imigina indi mu rwego rwo kubyaza umusaruro aho ahinga, akanakora amasuku atera imiti yica udukoko.



7. Guteka ibihumyo

- Bishobora guterwa nk'inyama hagashyirwamo ibirungo nk'iby'inyama.
- Umuleti w'ibihumyo n'amagi
- Isupu y'ibihumyo
- Sambusa cg Pizza by'ibihumyo
- Ibihumyo bivamo Pothage

8. Uko bibikwa

- Bishobora gushyirwa muri firigo
- Ushobora kubisasa ku kameza bikamara umunsi umwe kugeza kuri itatu bitarangirika.
- Bishobora kwanikwa, bigakurwamo ifu.

9. UBUNDI BURYO USHOBORA GUHINGAMO IBIHUMYO KUBASHAKA IBYO KURYA

1.Mwibase.



2.Mu mifuka



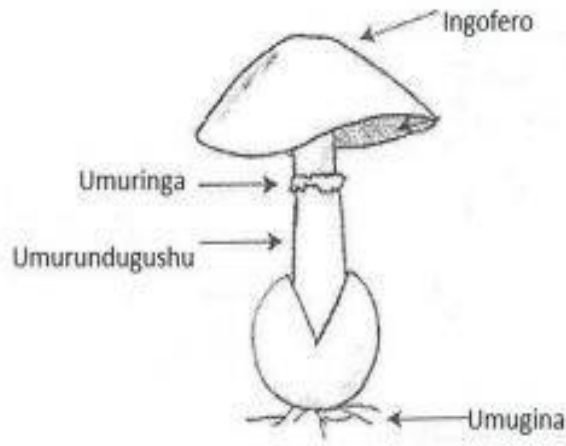
- Dufasha abahinzi kubona imigina myiza ku giciro cyiza.
- Dukurikirana abahinzi mbere no mugihe bahinga tukabaha ubufasha mu bya tekini.
- Tugufasha kubona isoko ry'umusaruro wawe



11.AMAKURU RUSANGE KU BIHUMYO

IGIHUMYO NI IKI?

Igihumyo ni igihingwa cyihariye ; ntikigira indabo cyangwaimbuto: **Umurundugushu** wacyo ntugira imizi, amashami n'amababi. Ibi bisimburwa **n'umuringa** ndetse **n'ingofero**. Uyu murundugushu niwo ufata k'**umugina** aho giteye ukavamo untunga mubiri



12.Ukeneye Ibindi bisobanuro:

Tel: 0788856701

Kanditswe na UMUBYEYI Josiane

Inzobere k'ubuhinzi bw'ibihumyo