

Imfungurwa nziza abana batwara kw'ishule



Wame ukoresha imikate y'ubwoko butandukanye.



Gerageza imfungugwa nshasha.



Harimwo ivyamwa n'imboga buri munsu!

Gufungura neza hamwe n'ukwama unonotse

Ni wame winonora buri munsu.



Gufungura neza n'ukwama unonora imitsi bituma ugumya ibiro bihimbaye...



...kandi ikarinda umuryango wawe indwara ya diyabeti, indwara z'umutima, n'izindi ndwara.



Imfungurwa nziza z'umuryango



Kirundi

Imfungurwa nziza

Fungura imfungurwa zitandukanye iminsi yose....



Imboga nziza n'ivyamwa vyiamabara atandukanye



Imikate n'intete zimwe canke imboga zimwe zimwe



Amata amwamwe n'ivyomota ku mata



Inyama nkeyi (akarorero, inkoko, amafi, inyama y'intama) canke ibindi atari inyama (lentiye, ubushaza, ibiharage vyumye).

Utwokurya twiza



Gaburira abana utwokurya dukeyi twiza hagati y'ibigero bikuru vyo gufungura.



Izo mfugurwa n'ivyo binyobwa bituma utwo dufungurwa tumera neza.



Izi fungurwa zirimwo ibinure vyinshi, isukari n'umunyu mwinshi.
Uzirinde – canke uzirye gake

Ibinyobwa vyiza



Amata canke amazi n'ivyo binyobwa vyiza cane ku bana.



Ibinyobwa vyiza.



Ivyo binyobwa birimwo isukari nyinshi. Gerageza uvyirinde.