

# Makii mashanu anotivitsa pakudya kwakanaka



## Chengetedza zvachena

- ✓ Geza maoko ako nemvura inoerera usati wabata kudya, uyezve nepanguva yekugadzira zvokudya.
- ✓ Geza maoko nemvura inoerera mumashure mekushandisa chimbuzi.
- ✓ Shamba nzvimbo nezvaunoshandisa pakubika kana kugadzira zvekudya.
- ✓ Dvivirira nzvimbo yekubikira kubva kutumbuyu.

### Nekuda kwei?

Nyangwe zvazvo twumbuyu (*micro-organisms*) twakawanda twusingakonzeri zvirwere, twuriko twumwe twunongozi twunowanikwa muvhu, pavanhu nepamhuka. Twumbuyu utwu twunowanikwa mumaoko, pamachira okupukutisa nezvatinoshandisa zvakaita semapanga nendiro, asi zvikuru sei pamatanda atinochekera nyama nemuriwo. Kungokanganisa zvisihoma kunogona kutwupfuudzira pachikafu zvinozokonzera zvirwere zvinowanikwa muchikafu.



## Paradzanisa zvachikwa nezvimbishi

- ✓ Usanganise nyama mbishi, yemombe, yehuku, hove nekumwe kudya.
- ✓ Shandisa mapanga nepokuchekera pakasiyana kana uchigadzira zvokudya zvisina kubikwa.
- ✓ Zvekudya ngazvichengeterwe mumapoto nendiro dzinovharwa kuitira kudzivirira kusangana kwezvachikwa nezvisina.

### Nekuda kwei?

Zvekudya zvimbishi, zvikuru sei nyama yemombe, huku kana hove nemuto wazvo, zvinetwumbuyu twunongozi twunogona kuenda panekumwe kudya panguva yekuchengetedzwa kana kubikwa.

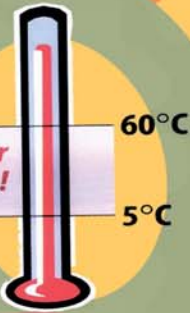


## Bika namazvo

- ✓ Bika zvokudya zvinyatsoibva, zvikuru sei nyama yemombe, huku kana hove.
- ✓ Muto ngaunyatsokwata zvekusvika pa70°C. Kana uriwenyama ingave mombe kana huku, ngausare wachena usisina ruvara rutsvuku. Shandisa *thermometer* kuyera kupisa kwepoto yako kana uchibika.
- ✓ Nyatsodziisa chikafu chambobikwa chikatonhora.

### Nekuda kwei?

Kubika namazvo kunouraya twumbuyu twunongozi twungangodaro twuri munezvokudya. Ongororo yakaitwa yakaratidza kuti kubika chikafu nemoto unekupisa kunoita 70°C, kunoita kuti kudya kunakire anokudya nekuti twumbuyu twunenge twafa. Kudya kunotevera kunoda kunyatsoigadzirwa namazvo: nyama yakagayiswa (*minced meat*), nyama dzinobikwa dzakamoneredzwa (*rolled roasts*), nyama isina kunyatsohiyiwa (*large joints of meat*) nehuku inobikwa yakadaro (*whole poultry*).



## Chengetedza kudya munharaunda inekutonhorera kana kupisa kwakafanira

- ✓ Usasiye zvekudya zvachikwa pachena kwenguva inodarika mawa maviri.
- ✓ Zvekudya zvachikwa, nezvokudya zvinokasira kuora ngazviiswe mufiriji nekukasika (kutonhora kwacho kuve pasi pe5°C).
- ✓ Zvekudya zvisati zvaburwa kana kupakurwa ngazvinge zviinekupisa kunosvika pa60°C.
- ✓ Kudya ngakusagarise kusati kwadyiwa nyangwe zvazvo kungava mufiriji.
- ✓ Kudya kwabva mufiriji ngakusanyungudutswa nekungoiswa pachena.

### Nekuda kwei?

Twumbuyu twunowanda nekukasika kana zvekudya zviri pachena. Kutonhora kuripasi pe5°C kana kupisa kuri pamusoro pe60°C kunouraya twumbuyu. Nyangwe zvazvo zvakadaro, twumwe twunogona kurarama pakutonhora kuripasi kwe5°C.



## Shandisa mvura yakachena

- ✓ Shandisa mvura yakachena nguva dzose, kana yakasviba ichenese nemushonga kana kuivhaidza.
- ✓ Sarudza kudya kwakanaka.
- ✓ Sarudza zvokudya zvakaisvogadzirwa kuitira kudzivirira zvirwere, fananidzo, *pasteurized milk*.
- ✓ Geza michero nemiriwo, zvikuru sei kana zvizhazodyiwa zvisina kubikwa.
- ✓ Usashandise kudya kwadaridza nguva yako yekushanda (*expiry date*).

### Nekuda kwei?

Zvatinoshandisa zvakaita semvura inoyerera kana yakagwamba (*ice*) zvinogona kunge zviinetwumbuyu kana mishonga inengozi. Mishonga inengozi inogona kuwanikwa munezvokudya zvakananisa zvavekuora. Kusarudza noungwaru zvatinoshandisa, uyezve nekungatora matanho ekushamba kana kumenya panenge pakafanira zvinoderedza ngozi kuhutano hwedu.

**Ngatishandei pamwechete kudzivirira Korera!**