Ba umuryango ukora

Impanuro 10 zo gukora cane nk'umuryango

Ibikorwa vy'umubiri n'ingirakamaro ku bana nabantu bakuze b'imwaka yose. Gukora cane nk'umuryango birashobora kugirira umwe wese akamaro. Umuntu akuze akeneye amasaha 2½ mundwi y'ibikorwa vy'umubiri, umwana akeneye iminota 60 kumunsi. Kurikiza iyi mpanuro hama wongere ibikorwa vyinshi mumirimo mw'inshi y'umuryango wawe.

1 Tegura amasaha y'ibikorwa vyihariye

Tomora amasaha akwiye mundwi yose igihe abantu bose bo muhira ariho bari. Mufate akanya gato muriko murakora ibikorwa vy'ukunonora imitsi bitangura. Gerageza gukora ibikorwa bikomeye uhejeje ifunguro ryo mwijoro canke utangure wikendi Kuwagatandatu mugitondo uriko uragenda n'amaguru.

2 Tegura hama ukurikirane uko uterimbere

Andiki umuteguro w' ibikorwa vyawe kuri karendari y'ibikorwa vy'umuryango. Reka abana bagufashe gutegura ivyo uzokora. Bemerere kubisuzuma niwaheza kuzuza igikorwa kimwe kimwe muvyo wateguye.

3 Harimo ibikorwa vyo muhira

Shishikariza abana ibikorwa vyo muhira n'ibindi bikorwa vyo munzu. Baze bagufashe gukurako umwavu, gukupa ivyatsi, gutera ibiti, canke kumara ivumbi.

4 Koresha ivyo ufise biriho

Tegura ibikorwa bisaba ibikoresho bikeyi canke bidasaba ibikoresho canke ibikoresho vyoroshe kuronka. Akarorero harimo ukugenda n'amaguru, kwiruka bukebuke, gusimba kumukamba, gukina mukibuga, n'ukuvyina. Umenye porogaramu z'ukunonora imitsi zitangwa kuri gusa aho uba canke bishura amahera makeyi.

5 Wige ubumenyi bushasha

Wandikishe abana mumashure bashobora kurwoherwamo nk'inkino, ukuvyina, canke tenisi. Ubafashe kwimenyereza. Ibi bizabandanya kugira ibintu biba vyiza, no kuba intango y'ubumenyi busha.

6 Tegura ibikorwa vy'ibihe vy'ikirere vyose

Hitamo ibikorwa bimwe bimwe bitajanye n'ibihe vy'ikirere. Gerageza kugenda n'amaguru muri centre y'ubucuruzi, koga muma pisine, canke inkino zibikorwa uriko urakurikirana amasanamu. Urwoherwe ibikorwa vyo hanse nk'inyongezo igihe ikirere kimeze neza.

7 Zimya Imboneshakure

Shirako itegeko yuko ntamuntu n'umwe akwiye gukoresha amasaha arenga 2 k'umunsi ariko akina inkino z'amasanamu (vieo), araba Imboneshakure (TV), no gukoresha nyabwonko(nkeretse ibikorwa vy'ishure). Aho kura Imboneshakure, mukine inkino zisusurutsa zo muhira, kuvyina imiziki mukunze, canke muje gutembera n'amaguru.

8 Tangura n'ivyoroheje

Tangura umenyesha umuryango igikorwa gishasha hama wongere ibindi vyinshi igihe urabako umwe wese yiteguye. Jana imbwa murugendo rurerure, kina izindi nkino z'umupira, canke uje muyandi mashure y'imyimenyerezo.

9 Shiramo iyindi miryango

Tumira abandi baze mubikorwa vy'ukunonora imitsi vy'umuryango. Ibi n'uburyo buhambaye kuri wewe no kubana bawe bwo gukoresha umwanya urikumwe n'abagenzi muriko murakora imikino . Tegura ibirori vy'ukuryoherwa muriko murakina inkino akarorero gukinisha boules kwiruka hari ibikuzibira, iyandikishe muri porogaramu y'imiryango kuri YMCA, canke uje muri club y'inkino.

10 Koresha umuryango ibikorwa vy'umubri binezeza

Nihagera igihe co kwishima nk'umuryango, kora ikintu ciza nk'ugutanga agashimwe. Tegure ugutembera muri zoo, parike, canke kukiyaga ushimishe umuryango.

Adapted from the USDA Center for Nutrition Policy and Promotion's ChooseMyPlate.gov website.

Kirundi