

# »Engeri y'okukolamu emmere y'enkoko eya layisi«

Okutandika obulunzi bw'ebinnyonyi kyanzi naye okuyimiriza wo ebinnyonyi kyetaaga ssente nnyingi okufuna wojja emmere wabula, waliwo engeri ezenjawulo ezigunjuddwa wo okusobozesa okufuna emmere y'ebinnyonyi ku layisi.

Envunnyu mmere nnungi eri ebinnyonyi ,zinno nnyangu okufuna ng'otereka obusa bw'obumyu mu mukebe omusaanikire okumala ennaku 4 . Okwongerezaako, emmere eyempeke zamugaso nnyo eri ebinnyonyi era nga muno mulimu, soya,muwemba ne kasooli wabula zinno zilina okusekulibwa bisobole okubwa mu lubutto mu bwangu.

## Enkola ez'okuyitamu

Bulijjo lisa enkoko obukunkumuka bw'emmere obufisse kubanga bulimu ekiriisa ekiwa amannyi n'kizimba omubiri.

Okwongerezaako, enkoko era zisobola okuwebwa enva endirwa kubanga zinno ziziwa ekirungo kya vitamin n'ekyo ekigumya amagumba eri ebinnyonyi.

Era ebinnyonyi biriise omuddo nga ssere n'ebisigalira eby'omunimiro kuba binno bilimu ebiriisa bingi , era ebinnyonyi biwe ku bibala byastrawberry ,amapeera zisobole okufuna ekiriisa kya Vitamini C.

Kakasa nti ebinnyonyi obiwa envunnyu ,emmere y'ensigo ekubiddwa n'ensigo z'entungo za sunflower era liisa enkoko emmere etabuddwa mu obulungi kasooli .

Bulijjo weyambise emmere y'enkoko ey'empeke ekaatuuse okumala ennaku 3 kinno kirina emigaso mingi eri enkoko n'abalunzi kubanga kiriisa ebinnyonyi bingi.

Kakasa nti ogula emmere mu bungi osobole okufuna ebirungi by'ofuna my kugula ebingi n'abatunzi okusalira ko ku bbeeyi.

Okusembayo, enkoko zikirize okwenonyeza eky'okulya wabula olina okuziwa ebirikiriza ebirala osobole okufunamu.