Module 3

Buugga 3aad

Sorghum and Blended Food Preparation

Diyaarinta Badarka iyo Cuntada isku shiidan

unicef

FSNAU

These materials have been translated with kind permission from Ministry of Health - Sudan
Xogahani waxaa lagu tarjumey ogolaansho naxariis leh oo laga heley Wasaaradda Caafimaadka ee Dowladda Dhexe ee Sudan

Preface

This is one of six modules prepared for specific use for the displaced people of the Darfur Region, Western Sudan. Each module is composed of charts that focus on health activities that are important to the situation of the displaced and local people. Even though the fathers and mothers of the displaced are generally facing difficulties in their children's health, again the majority of the estimated two million displaced people are depending on external assistance in food, water, health, protection and education.

The displaced and the locals have rights. Besides their right to affordable food, protection, primary health services, they also have the right to know how to take care of their children, even when they are in this difficult situation.

The pictures in this book were taken from camps of the displaced people in Northern Darfur, and depict women and their children as well as the health workers who are putting a lot of efforts to improve the lives of these displaced people.

FSAU and UNICEF gratefully acknowledge and appreciate the support of the Federal Ministry of Health Sudan and UNICEF Sudan for their kind permission in allowing the translation of these materials into Somali.

Specific acknowledgement

It is important to thank the Ministry of Health of the central government and that of the region as well as other organizations including: Médecins Sans Frontiers – Spain (MSF-S), Action Contre La Faim (ACF), International Rescue Committee (IRC) and GOAL for their support and collaboration when the photographs in the charts of these modules were taken.

It is also inevitable to thank the displaced women who despite being in this difficult situation did not shy away from standing and sitting in front of the lenses of cameras. All these women were involved in health activities in order to promote the health and wellbeing of their children.

UNICEF, Sudan.

Hordhac

Buuggan waa mid ka mid ah lix buug oo loo diyaariyey in si gaar ah loogu adeegsado dadka soo barakacay ee gobolka Daar-fuur – Galbeedka Suudaan. Buug kasta waxa uu ka kooban yahay bidaaqado iftiiminaya hawlo caafimaad oo muhiim u ah xaaladaha dadka soo barakacay iyo kuwa degaanka. Halkaas oo hooyooyinka iyo aabbayaashuba ay guud ahaan haysato duruufo caafimaad oo daran. Iyada oo ay hooyooyinka iyo aabbayaashu ay dhibaatooyin daran ka haystaan caafimaadka carruurtooda, haddana dadka labada milyan lagu qiyaasey ee soo barakacay waxa ay badidoodu ku tiirsan yihiin taageero dibadeed ee dhinaca cuntada, biyaha, caafimaadka, ilaalinta iyo waxbarashadaba ah.

Dadkan soo barakacay iyo kuwa degaanka waxa ay leeyihiin xuquuq. Xuquuqda ay u leeyihiin kharashka caafimaadka, cuntada, ilaalinta, adeegyada caafimaadka ee aasaasiga ah ka sokow waxaa ay sidoo kale xaq u leeyihiin in ay garanayaan sida ay carruurtooda u daryeeli lahaayeen xataa iyaga oo ku jira xaaladdan aadka u ba'an.

Sawirrada buugga waxaa laga soo qaadey xerooyinka dadka soo barkacay ee waqooyiga Daar-fuur, waana haween iyo carruurtooda iyo weliba shaqaalaha caafimaadka ee dadaalka weyn ku bixinaya sii wanaajinta xaaladda nololeed ee dadkan soo barakacay.

FSAU iyo UNICEF Somaliya waxay mahad balaaran u celinayaan taageeradii wasaaradda caafimaadka ee Sudaan iyo UNICEF Sudaan oo ay ka heleen ogolaansho naxariis leh in ay tarjumaad Soomaali ah ku sameeyaan walxahani (buugani).

Mahadnaq gaar ah

Waxaa laga-maarmaan ah in aan halkaan mahad uga soo jeedinno wasaaradda caafimaadka ee dowladda dhexe iyo tan gobolka iyo Hay'adaha ay ka mid yihiin: Dhakhaatiirta Aan Xuduudda Lahayn ee Spain (MSF-S), Hay'adda ka hortagga gaajada (ACF), Guddiga Caalamiga ah ee Badbaadinta (IRC) iyo GOAL iyaga oo looga mahadnaqayo taageradii iyo iskaashigii ay bixiyeen markii la qaadayey sawirada ka buuxa bidaaqadaha kala duwan ee buugtan.

Waxaa iyana lagamamaarmaan ah in loo mahadnaqo haweenkii soo barakacay ee iyaga oo ku jiro xaaladaha ba'an haddana aan ka maagin in ay soo hor-istaagaan ama ay soo hor-fariistaan makiinadaha wax-sawira. Kuwaas oo dhammaantood ku hawlanaa waxqabadyo caafimaad si kor loogu qaado caafimaadka carruurtooda.

Hay'adda UNICEF -Sudan.

WFP
WORLD FOOD PROGRAMME
25 KG NET
PRODUCTION SEPT 2004
EXPIRY SEPT 2005

M3-1

Storage of blended food and sorghum requires the followings:
The sacks must be closed after every use.
The sacks must always be stored in a cool and dry place
The sacks must be raised from the ground.

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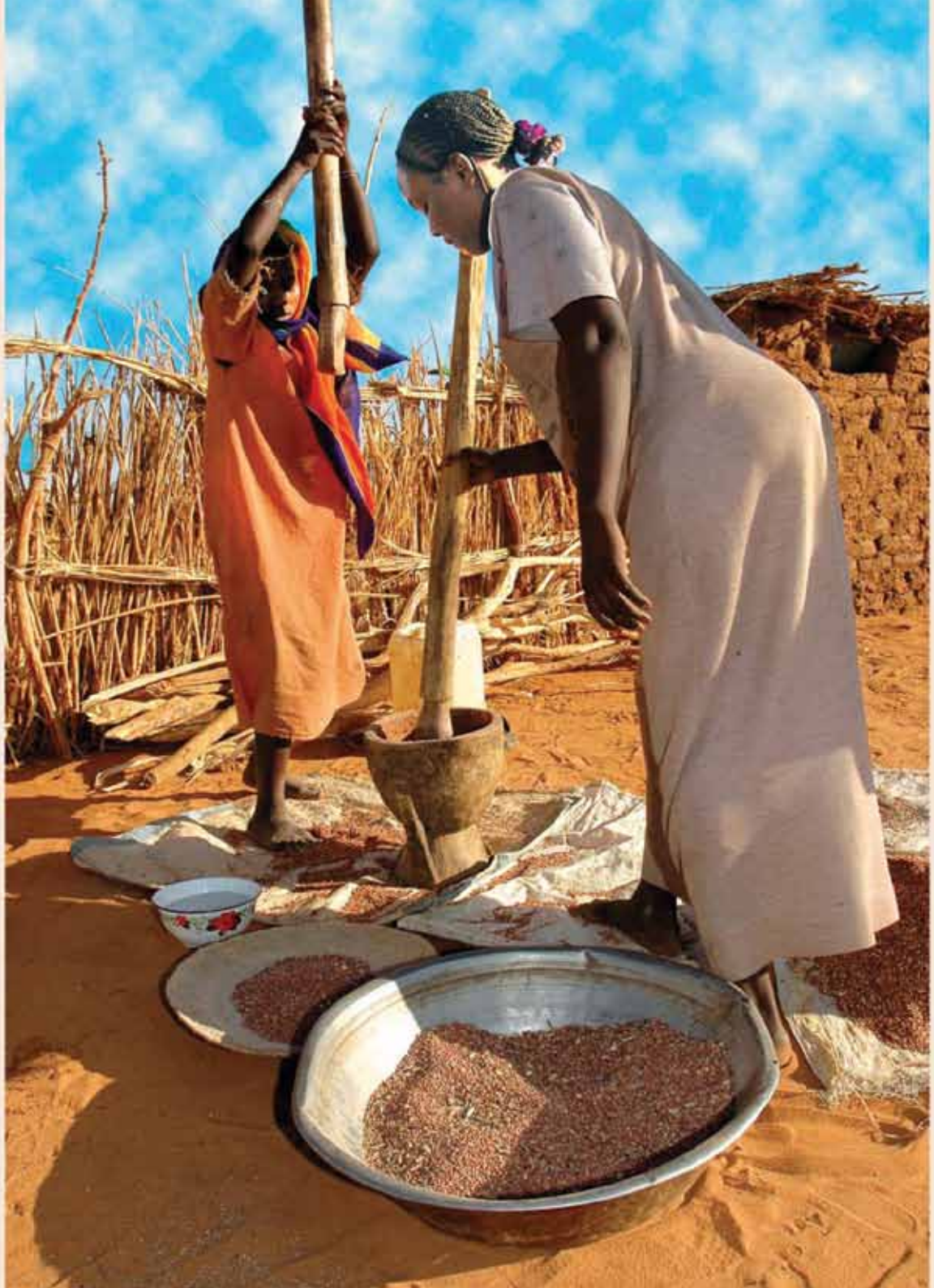
Kaydinta cuntada isku shiidan iyo badarka waxa ay
u baahan tahay waxyaabaha soo socda:
Waa in ay jawaanada mar walba si fiican loo xiro ka
dib mar kasta oo la isticmaalo.
Waa in jawaanada mar walba la dhigaa meel qabow oo qallalan oo hawo leh.
Waa in dhulka kor looga qaadaa.



M3-2

Cleaning of sorghum before grinding.

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Nadiifinta badarka ka hor inta aan la shiidin.

M3-3

We start by washing our hands well with water and soap.
Cleaning of hands before food preparation is important to minimize food contamination
If the mother has to attend to other duties during food preparation, she must wash hands again once she resumes preparation of food.

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Waxa aan ku bilaabenyaa in aan si fiican gacmaha isaga dhaqato biyo nadiif ah iyo saabuun.
Gacmaha oo ay nadiifiyo waa lagama-maarmaan inta aan ay bilaabin diyaarinta cuntada si loo hubiyo in aaney cuntadu wasakhoobin.
Inta ay diyaarinayo cuntada haddii ay hooyadu ku khasbanaato in ay hawl kale gasho waxaa waajib ah in mar kale gacmaha la dhaqato inta aan la sii wadin cunta diyaarintii.

M3-4

We wash utensils/containers with clean water
and soap before usage.
Contamination of utensils spoils the food.

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Waxa aan weelasha ku dhaqeynaa biyo nadiif ah
iyo saabuun ka hor inta aan la isticmaalin.

Wasakhoobidda weelasha waxa ay cuntada
ku keenaan in ay xumaato.

M3-5

Making porridge from blended food is the same as making it from sorghum.

Sorghum has high quality nutrition and is rich in carbohydrate, protein and minerals.

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Sida mushaari looga sameeyo badarka waxba kama duwana sida looga sameeyo cuntooyinka isku shiidan/duqunka.

Badarkuna waxba kama duwan cuntooyinka isku shiidan, waxaana ku jira cunto tayo sare leh, waxaana uu hodon ku yahay tamarta, borotiin iyo macaadin.

M3-6

We always make sure that food is covered to protect it from dust, flies and other insects.

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Waxaan mar walba ku hubinaynaa in ay cuntada daboolan tahay iyo in aan ka ilaalino boorka , duqsiga iyo cayayaanka kale.

M3-7

Sorghum makes good food for all family members.
The flour meal from Sorghum when taken with fresh
green vegetables makes a healthy meal.

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Badarku waa cunto u habboon dhammaan xubnaha qoyska.

Soorta laga sameeyey badarka marka lagu cuno khudaar cagaaran oo cusub oo nadiif ah waxa ay cuntada ka dhigtaa quud wanaagsan oo dheelitiran.

Cuntada in ay ka kooban tahay waxyaabo kala duwan ayaa ah qaacido dahabi ah oo la raaco.

M3-8

It is important in any situation to feed the children less than six months of age only with breast milk.

After six months of age, breastfeeding should continue while giving other healthy meals.

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Waxaa muhiim ah xaalad kasta ha lagu jiree in ilmaha la siiyo keliya caanaha naaska lixda bilood ee hore.

Wixii intaa ka dambeeyana la siiyo caanaha naaska iyo cunto dheelitiran.

M3-9

Contents of the Blended Food: It is a mixture of:

- *wheat or barley flour*
- *Soya Flour*
- *Minerals*
- *Vitamins*

The Blended Food is rich in energy and protein.

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Cabbirka waxyaabaha ay ka kooban tahay cuntada isku shiidan.
Waxa ay ka kooban tahay: Budo sarreen ama qamadi ah.

- ***Budo miraha Soya ah***
- ***Macaadin***
- ***Fiitamiino***

Cuntada isku shiidan waxa ay hodon ku tahay tamarta iyo borotiinka.

M3-10

Preparing ugali from Blended Food:
Recipe:

One cup of Blended Food
Three cups of water
Sugar and salt as desired by the individual.

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Ka sameynta soorta cuntada isku shiidan:
Qiyaasaha:

Hal koob oo cuntada isku shiidan ah.
Saddex koob oo biyo ah.
Sokor iyo cusbo hadba inta uu qofku u baahan yahay.

M3-11

How to prepare flour meal (porridge) from the Blended Food

1. *We add small amount of water (hot or cold) to the flour of the blended food.*
2. *We mix the flour of blended food with the remaining water.*
3. *We keep it on the fire for 5 – 10 minutes while stirring it.*
4. *We can add some oil (with vitamin A), in order to get from it more energy and for better test.*
5. *We eat it while still warm.*

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Habka loo diyaariyo soorta cuntada isku shiidan

1. ***Waxaan budada cuntada isku shiidan ku dareynaa xaddi yar oo biyo kulul ama kuwo qabow ah.***
2. ***Biyaha soo harey waxa aan ku qaseynaa budada.***
3. ***Waa in soortu ay dabka sii saarnaato iyada oo la sii walaaqayo muddo 5 – 10 daqiiqo ah.***
4. ***Waxaa lagu dari karaa xoogaa saliid oo ah nooca ay ku jirto fiitamiin "A", waxaana arrintaas loo sameynayaa in tamar dheeri ah laga helo iyo in dhadhankeedu uu wanaagsanaado.***
5. ***Soorta oo la cuno iyada oo diirran.***

M3-12

How to make sure the safety of the ugali prepared from the Blended Food
The Blended Food flour is pre-cooked; it needs 5 – 10 minutes on the fire to make porridge or a meal.
This means to keep it on the fire until we see the bubbles in order to protect the vitamins.
We eat it while still warm.
If we need to eat the remains of a previous meal, it has to be warmed until we see bubbles before eating it.

We need to take care of the following:
To wash hands with water and soap before preparing food.
To keep the cooking and eating utensils/containers clean.
To make sure that clean water is used.

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Sidee u hubin karnaa in soorta laga diyaariyey cuntada isku shiidan ay tahay mid ammaan ah
Cuntada isku shiidan hore ayaa loo soo kariyey, waxaa ay u baahan tahay oo keliya muddo kooban (5 – 10 daqiiqo) in ay dabka saarnaato, si looga sameeyo soor ama mushaari.
Taasi micnaheedu waxaa weeye in ay dabka saarnaato ilaa laga arko hawada ka soo baxaysa si loo ilaaliyo fiitamiinnada ku jira.
Waxa aan cunaynaa iyada oo weli diirran.
Haddii soorta wax mar kale la cuni karo ay ka soo haraan waxaa loo baahan yahay in la kululeeyo illaa laga arkayo hawada ka soo baxaysa.

Waxaa loo baahan yahay in feejig-naan loo yeesho:
In gacmaha lagu dhaqo biyo iyo saabuun ka hor inta aan lagu dhaqaaqin diyaarinta cuntada.
In la ilaaliyo nadaafadda weelasha cuntada lagu cuno iyo kuwa lagu kariyo.
In la hubiyo in biyo nadiif ah la isticmaalay.

M3-13

The flour meal prepared from the Blended Food is balanced and good for infants (older than six months) and all members of the family.

Blended Food can easily be cooked and does not require much fuel energy.
The Blended Food is simple for digestion and can be fed to infants and older people.
There are many ways to prepare meals from the Blended Food. This information can be gathered from the local people and they can also be involved in preparing new recipes and dishes from it.

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Soorta laga sameeyey cuntada isku shiidan waa cunto dheelitiran oo u habboon carruurta yaryar (ee ka weyn lix bilood) iyo dhammaan xubnaha qoyska.

Cuntada isku shiidan waa mid si fudud loo karin karo umana baahna shidaal badan.
Cuntada isku shiidan waa mid sahlan oo ku fudud dheef-shiidka waana mid ay cuni karaan carruurta yaryar iyo dadka waaweyn.
Waxaa jira siyaabo badan oo loo diyaarin karo cuntada isku shiidan, waxaana laga faa'iideysan karaa xogta laga helo bulshada degaanka iyo in iyaga laftooda laga qaybgeliyo dejinta hab iyo tilmaamo cusub oo loo diyaarin karo.

Children need more water.
We make sure that we fetch water from safe sources, and we make sure that water-containers are all times covered and clean.

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Carruurtu waxa ay u baahan yihin biyo dheeri ah.
Waxa aan ku dadaaleynaa in aan biyaha ka soo dhaansano ilo badbaadsan xafidan, iyo in aan mar walba ilaalino in weelka biyuhu uu daboolan yahay, weekla la darayo waa in uu nadiif yahay.