



HEALTH
workshop



WAKE WAZIBUZA IMIBUZO?

...Kutheni sisitya?

...Kwenzeka ntoni kukutya esikutyayo?

...Yintoni elungele imizimba yethu?

...Yintoni esigcina sisempilweni?





ICANDELO INYE

Ukutya kwenza
uzive njani?

Ukutya kwakho kwenza **UZIVE NJANI?**

Phumlile Dlamkile Diniwe Dlamkile Qunjelwe Linywa sisisu Diniwe Hluthi Qunjelwe Nwabile Hluthi Aftloke ebuhlangu Nwabile Diniwe

**uye uzive njani
emvakokuba utyile**

Linywa sisisu Nwabile Dlamkile Diniwe Hluthi Dlamkile
Intloko ebuhlangu Phumlile Qunjelwe Linywa sisisu Nwabile Phumlile
Hluthi





- Wakhe watya into kwaye waziva udiniwe emveni koko?
- Wakhe watya into waziva kunzima ukujolisa?
- Wakhe watya into ekwenza ubebuntloko ebuhlungu?
- Kokuphi ukutya okukwenza uzive udlamkile?



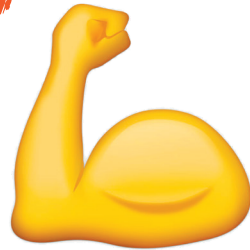
ICANDELO ZIMBINI

Kutheni
siditya?



Kutheni SISITYA?

Sitya ukuze sifumane amandla



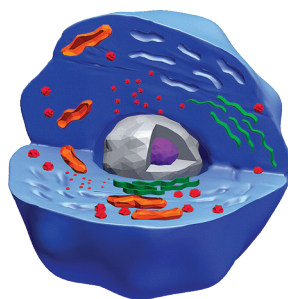
** Lamandla awahlali ekutyeni, umzimba wakho usebenzisa ukutya esikutyayo ukwenza amandla esiwadingayo emizimbeni yethu*



Siwafumana njani **AMANDLA?**

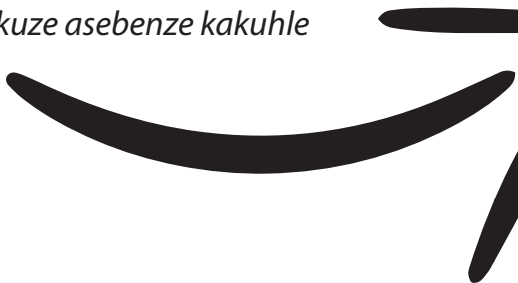


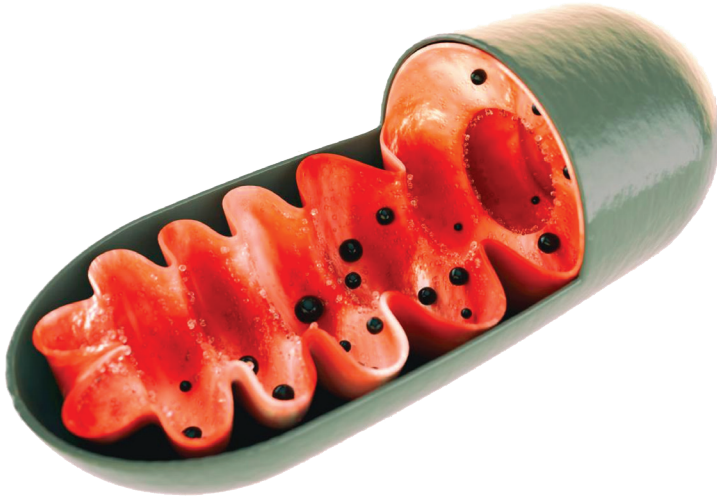
*Konke kuqala
emajonini omzimba*



Yintoni amajoni omzimba?

- *Amajoni omzimba azizakha mzimba, kwaye imizimba yethu yenziwe ngezigidi zamajoni*
- *Cells = Amajoni omzimba = soldiers of the body*
- *Lamajoni adinga amandla ukuze asebenze kakuhle*





*Phakathi kwizakha mzimba zethu
kuhlala amalungu omzimba
- abizwa ngokuba yiMito!*

Yintoni iMito?

- IMito lilungu lomzimba elincinci kwaye linomsebenzi omnye: Kukwenza amandla esenzela amajoni omzimba ahlala ngaphakathi
- IiMito zisebenzisa ukutya esikutyayo ukwenza lamandla

7



Siwafumana njani AMANDLA?

*Masenze umzekelo
ngebhetri yefowuni?*

- *Imito yibhetri yamajoni omzimba wakho, kwaye izakhamzimba ziyayidinga ukuze zifumane Amandla*
- *Njenge fowuni yakho ifuna ibhetri ukuze itshaje, ibenamandla*
- *Yenza Amandla iwenzela amajoni omzimba, kulapho amajoni wakho, nomzimba ekwazi usebenza kakuhle*





Ungalibali

***Ngaphandle kwebhetri:**
ifowuni yakho iyafa

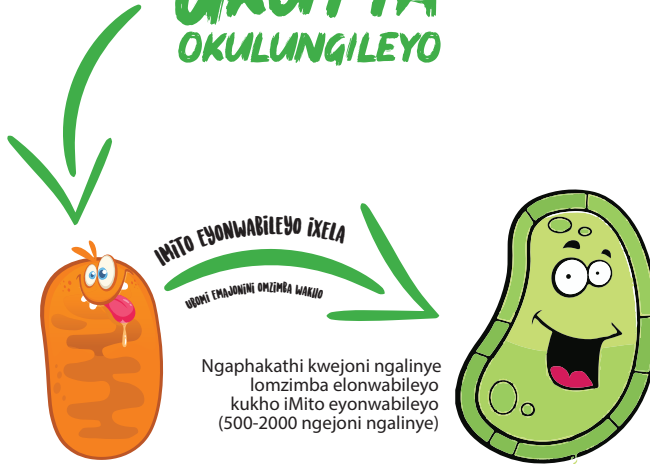
***Ngaphandle kwelungu l mito:**
Izakhamzimba zethu ziyafa

***Ngaphandle kwamajoni omzimba:**
asinakuphila



11 Siwafumana njani amandla ?

UKUTYA OKULUNGILEYO



IMITO ENGONWABANGA IXELA



Khululeka **ubhale amanqaku:**



ICANDELO ZINTATHU

Kwenzeka
Ntoni ekutyeni
esikutyayo?



KWENZE ka Ntoni ekutyeni ESIKUTYAYO ?

- Uyakuhlafuna

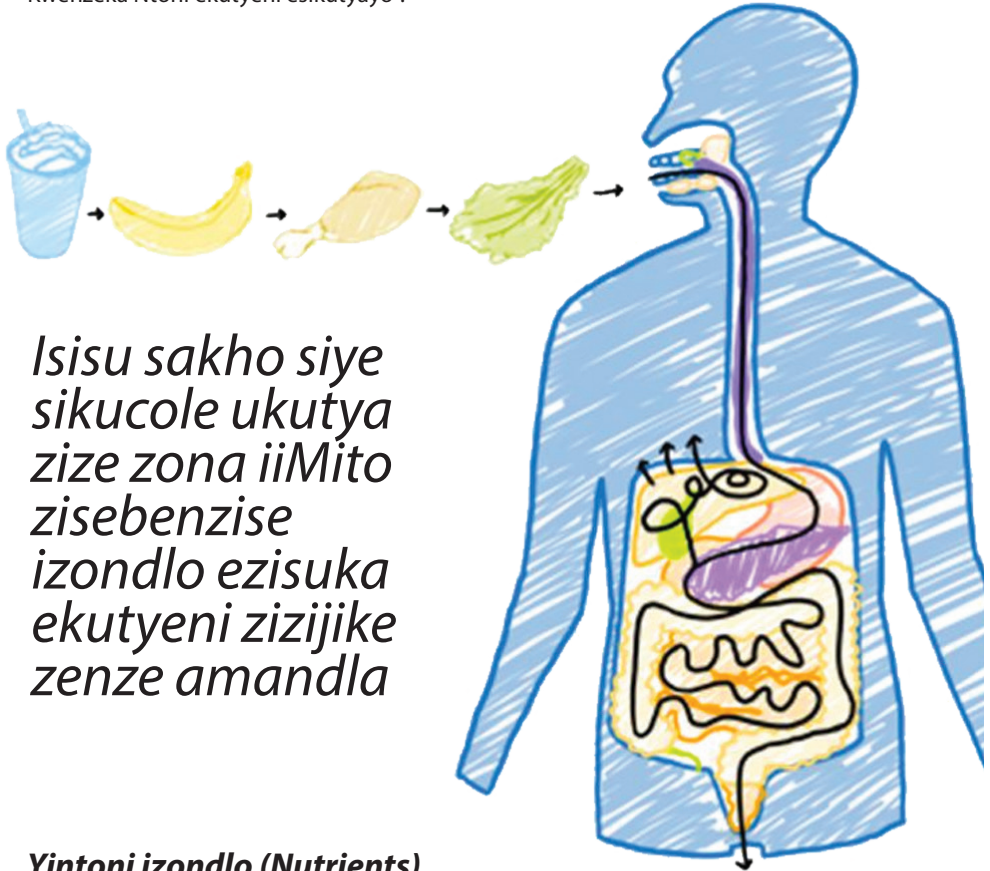
- Ukuginye

- Ukucole

Emveni koko



15 Kwenzeka Ntoni ekutyeni esikutayayo ?



*Isisu sakho siye
sikucole ukutya
zize zona iiMito
zisebenzise
izondlo ezisuka
ekutyeni zizijike
zenze amandla*

Yintoni izondlo (Nutrients)

*Izondlo = yinxalenye yokutya elungileyo ezisigcina
sisempilweni*



PROTEIN



FATS

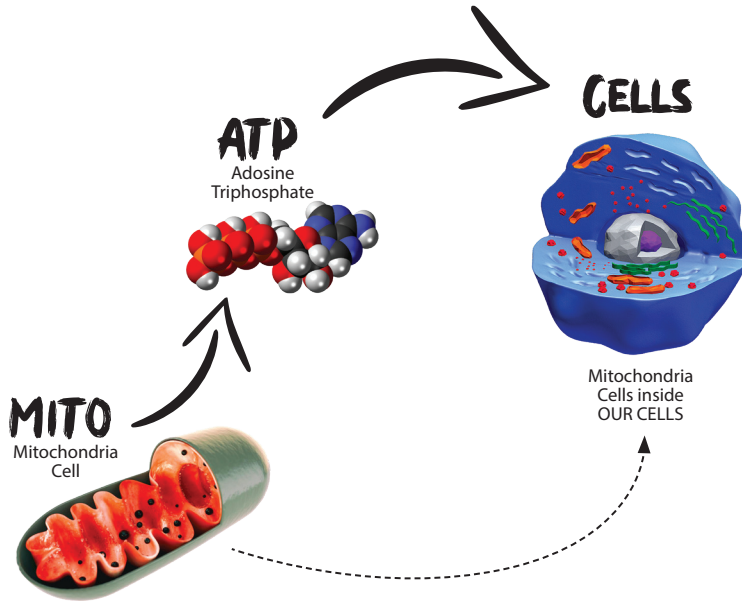


WATER



**VITAMINS &
MINERALS**

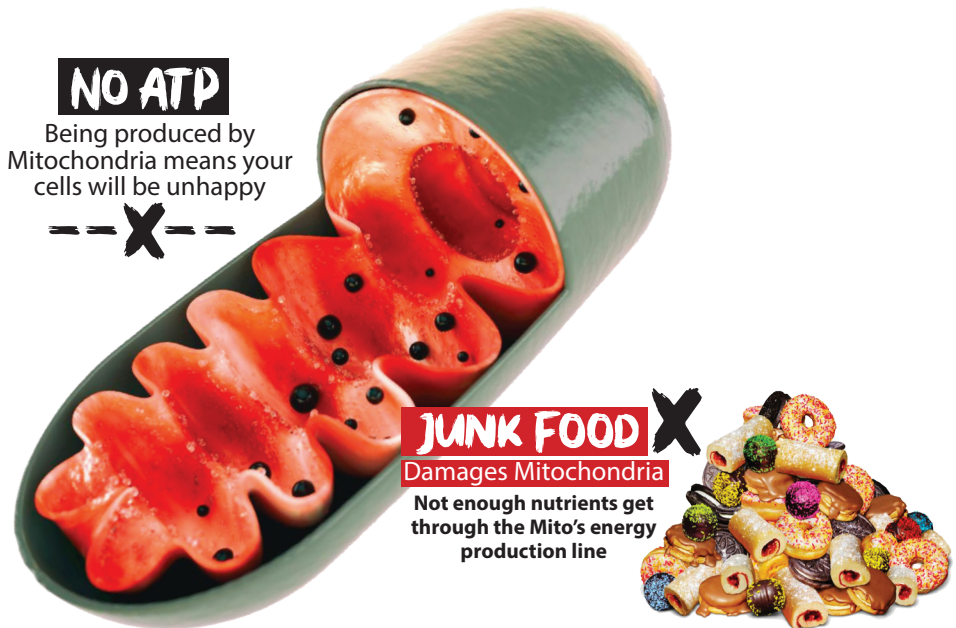




- Amandla abizwa ngokuba yiATP (Adosine Tri-Phosphate)
- IMito ifuna izondlo ezilungileyo, nezininzi ukwenza iATP
- Xa amajoni akho eneATP ayakwazi ukwenza ekufunekayo

Xa iMitos ingasebenzi amajoni awazobana mandla okusebenza ekwenzeni umsebenzi wesiqhelo

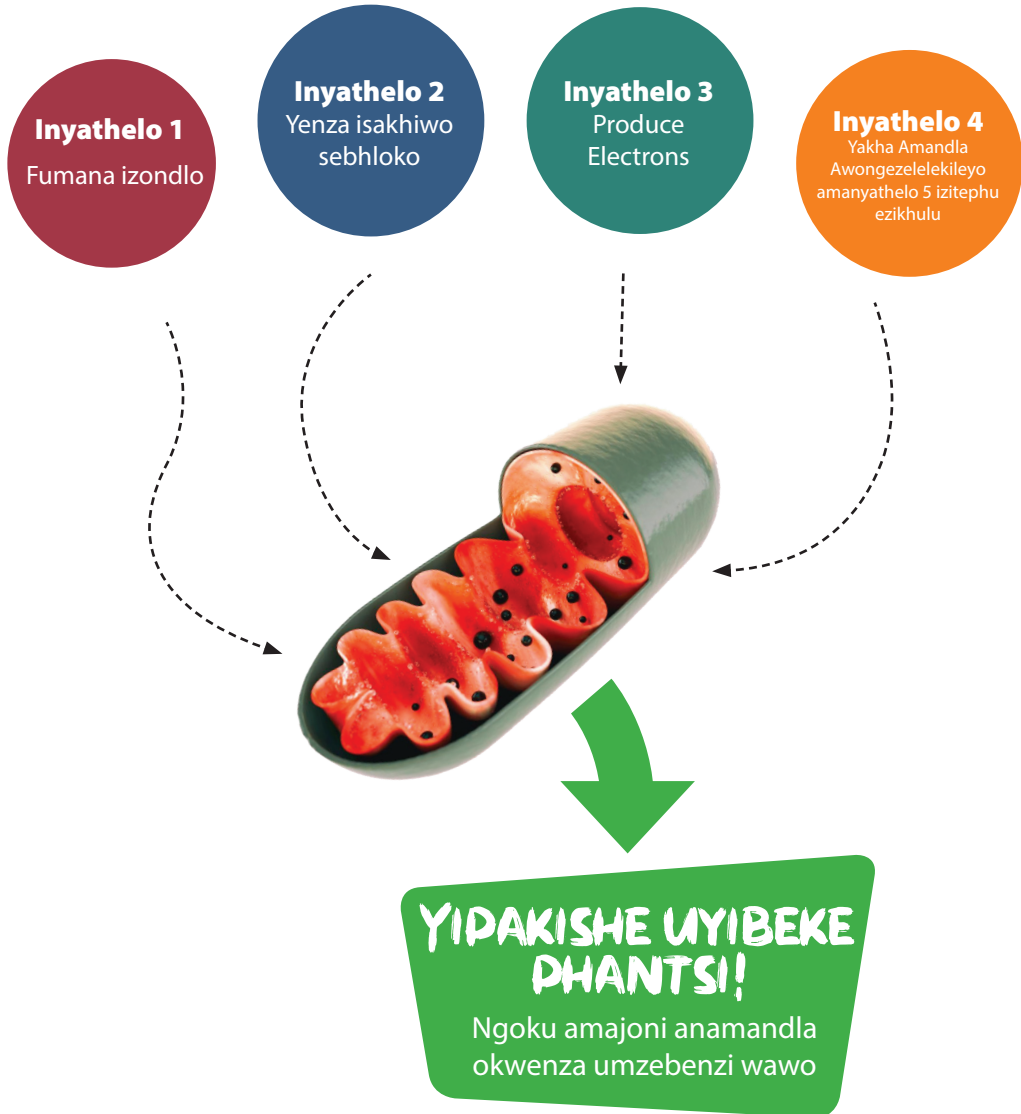
17 Kwenzeka Ntoni ekutyeni esikutyayo ?



Cinga ngendawo eyenza iimoto

- *IMoto ikwazi usebenza kuphela xa inamalungu wayo.*
- *Kwaye imito yenza amandla xa ifumene zonke izondlo.*
- *Xa iMito ingasebenzi, amajoni ethu awabinamandla okusebenza kwaye awazokwazi ukwenza imisebenzi yawo.*





19 Kwenzeka Ntoni ekutyeni esikutyayo ?

*Khululeka **ubhale amangaku:***

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

ICANDELO ZINE

Yintoni egcina
iiMito zethu
zisempilweni?



YINTONI egcina iMitos yethu ISEMPILWENI?

iMito
yakho
idinga



- Imifuno emibabala eyahlukeneyo iphelele
- Isixa sestatshi esincinci ngesidlo : Njenge bhatata, irayisi, i-owutsi, nombona
- Umlinganiselo ophakathi wesixa se(Protein) Kwamaqanda, nenyama, intlanzi enkonxiweyo nenkuku, nemboty
- Amafutha alungileyo maninzi: Kumaqanda, nebhotolo, avokhado, amantongomane



IPIRAMITI YOKUTYA OKUSEMPILWENI

Ukwenza ukutya okunezondlo akufunekanga ibesisigqibo esinzima, onke amaxesha khetha ukutya okukuko, imifuno nokuphi okwezilwanyana okunamafutha angawo. Xa unokwazi ukuphepha nantoni na eza isebhokisini okanye ephakethini yenjenjalo njalo. Inyama enganawo amafutha okanye umdlalo yinto yokuqala, xa kungenjalo, sukulitya kwaphela ifutha elisenyamani. Nemifuno engu mkhenkce mayibe sisigqibo sesibini kodwa kuhle xa zisahlaziyeka.



EZONA ZISELO ZISEMPILWENI

Ngamanzi, royibhosi, ne ti eluhlaza

Amafutha anezondloancedisa imeylini, inceda imizwa ezenza ingqondo yakho yondleke nangakumbi ukuze ikwazi ukumelana noxinzelelo.

CLEAN STARCH (RICE, OATS, MALTABELA, NON GMO CORN) MODERATE AMOUNTS OF FRUIT

(Apples, pears and berries are best, remember fruit has fruit sugar in it, so it can make you fat. Remember fruit juice can also have the same fattening effect)

YOU NEED GOOD QUALITY PROTEIN

Meat, Fish, Chicken and Dairy. Free range, especially game, wild fish. Some legumes/ beans.

YOU NEED LOTS OF VEGETABLES AND GOOD FATS

The fats help you absorb the nutrients from the vegetables, always add fat like butter, olive oil or coconut oil



Imifuno iqulethe isityalo esikhethekileyo sezondlo esibizo iPhytonutrients, esinika imifuno umbala. Le Phytonutrients inciphisa amathuba okuhlaselwa sisifo somhlaza, ukuqunjelwa kwakunye nezinye izifo ezinobungozi.

LUMKELA UMONAKALO OWENZIWA KUKUTYA

Ingozi yamafutha asetyenziswayo ekutyeni okukhawulezileyo atshisa imibhobho yegazi, nengqondo, kwaye yenza umntu aguge ngaphambi kwexesha. Dibanisa lento ne sweyikile yingxaki ephinda phindiweyo, emzimbeni.



Ukutya okufana namakhaphetshu kunye necauliflower ziqulethe isulfure apho ifuneka kutyhefeko.



Izitatshi ezinezondlo zifana ne thanga, ibhatata, iminqatha, ircle, kunye ne outsi

Akhona namafutha anezondlo njengamafutha asuka kumantongoman, Imbewu, amaqanda kunye ne Sardines



Ukutya okuhlazekileyo

Akufuneki izinto ezongezelelweyo, zonke izondlo zikhona

Ukutya okunomkhenkce

Izondlo ezininzi zikhona

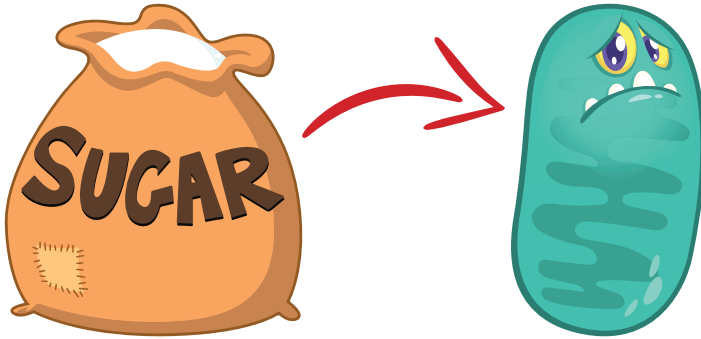
Ukutya okunkonkxiweyo

zimbalwa izondlo ezikhoyo

Ukutya okunongiweyo

*No akukho zondlo, kukho amachiza amaninzi
(zidla ngoba kwibhokisi, nakwingqayi)*





- *Iswekile ayinikezi mandla!*
- *Iswekile eninzi yenza iMito ingonwabi ichaphazela ekwenzeni amandla, oko kungakwenza ubelusizana*

QAPHELA!

Isweyikile isebenza ngqo kwingqondo, njenge ziyobisi, zikwenza uzive mnandi kodwa zenza umonakalo kuwe!



25 Yintoni egcina iiMito zethu zisempilweni?

Khululeka **ubhale amangaku:**



ICANDELO ZINTLATU

Ukutya
okunongiweyo



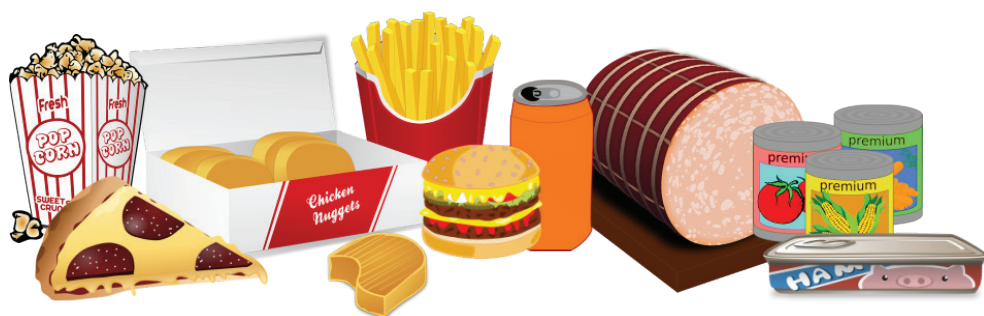
Ukutya OKUNONGIWEYO

**UMZEKELO
WOKUTYA
OKUNONGIWEYO**

**Noodles
Iziselo zamandla
Amashwam-shwam
amaqebengwane**

**Yintoni
engalunganga
ngokutya
okunezinongo:**

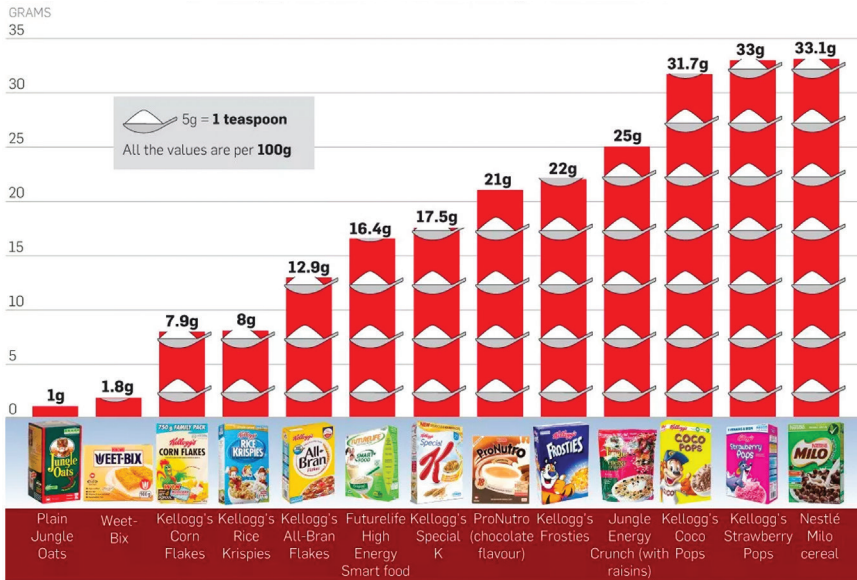
- ukutya okunongiweyo kuhlala kwishelufu iminyaka.
- maninzi amachiza angaphakathi ekutyeni ukuze kuhlale kutyeka.
- ixesha elininzi kukho iswekile eninzi ngaphakathi.
- ukutya okunezinongo kwenza ucinezelelo kwiMito yakho.



Masijonge umzekelo: we cereal (ipapa)

SUGAR-LOADED CEREALS

Although they punt themselves as a healthy, easy breakfast option, cereals are loaded with sugar. A 100g bowl of Milo cereal, for example, has about the same amount of sugar as a chocolate bar



Research: Grethe Koen

Graphics24

UQHATHANISO
LOKUTYA OKULUNGILEYO
NOKUTYA OKUNGALUNGANGA

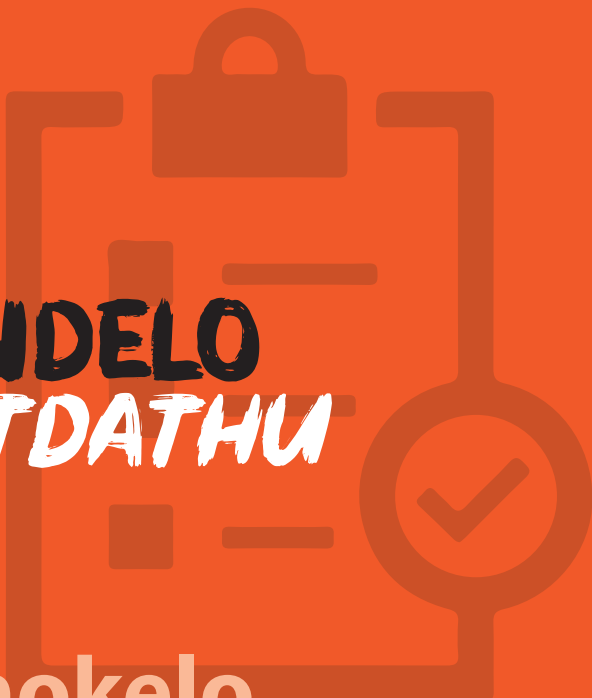
*khetha ukutya okulungileyo,
nokungalunganga kweMito*

Ukutya okulungileyo	Ukutya okungalunganga



Khululeka **ubhale amanqaku:**





ICANDELO ZINTDATHU

Isikhokelo
seMito yakho
eseMpilweni

Yondla iMito yakho

**Yazi ukuba
kuvelaphi ukutya
kwakho!**

**Phantsi ngokutya
okufakelwe izinto**

**Yithi hayi kukutya
okunezinongo!**

ImiBandela YESONDLO SEMITO

**yitya njengoko
izinyanya zazisitya
ngakhona!**

**Ukutya kwenene
kuphela!**

**Kungabikho
sweyikile!**

**Thanda iphiramidi
yoktya kwe Mito!**



ZAMA ISIDLO SEMITO NGOSUKU

Ngoku sele unolwazana ngokutya okusempilweni okondla iMito yakho. Zilungiselele ukutya okondla iMito yakho ngosuku.

SAKUSASA _____

ESASEMINI _____

SANGOKUHLWA _____

ISIDLWANA _____

IZISELO _____





ICANDELO ISIXHENXE

Imibuzo
ngeMito



1. Yintoni iMitochondria?

2. Nika imizekelo emibini yokutya

3. Nika imizekelo yokulandelayo:

- Vitamins

- Minerals

- Proteins

- Fats

4. Yintoni i ATP?

5. Yintoni eyenziwa yiswekile kwi mito yethu?

6. Nika umzekelo wesidlo sakusasa esinezondlo

7. Zoba umfanekiso weMito



Khululeka **ubhale amangaku:**

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Glossary / Uluhlu lwamagama

- **Healthy/Empilweni** - *In a good physical or mental condition*
- **Energy/Amandla** - *The strength and vitality required for sustained physical or mental activity.*
- **Bloated** - *Swollen with fluid or gas.*
- **Concentrate** - *Being able to focus all one's attention on a particular object or activity.*
- **Cell** - *The smallest structural and functional unit of an organism.*
- **Mitochondria/(Mito)** - *An organelle found in large numbers in most cells, in which the biochemical processes of respiration and energy production occur.*
- **Tiny/Ncinci** - *Very small*
- **Organ** - *A part of an organism which is typically self-contained and has a specific vital function.*
- **Produce** - *Create or form (something) as part of a physical, biological, or chemical process.*
- **Digestive** - *Relating to the process of digesting food.*
- **Nutrients** - *A substance that provides nourishment essential for the maintenance of life and for growth.*
- **Adenosine Tri Phosphate** - *A compound consisting of an adenosine molecule that is present in all living tissue.*
- **Starch** - *An odourless, tasteless white substance occurring widely in plant tissue and obtained chiefly from cereals and potatoes.*
- **Proteins** - *a class of nitrogenous organic compounds which have large molecules composed of one or more long chains of amino acids*
- **Processed** - *To perform a series of mechanical or chemical operations on (something) in order to change or preserve it.*
- **Chemicals** - *A distinct compound or substance, which has been artificially prepared or purified.*



African
Cappuccino



Daily
Lunch



Freshly
Baked Goods

eat in **or**
take away!



African Cappuccino from R12



Freshly Baked Goods from R10



Daily Lunch from R25

23 Witbooi St, Walmer Township, PE

Operating hours: Mon - Fri 08h30 - 16h30

Phone: 0658219174

