

## UKUTYA

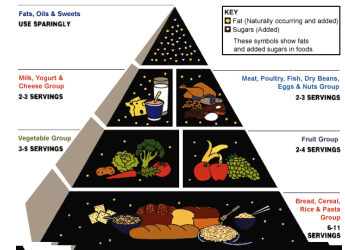
*Ukuba ujonga umntu onesifo sengqondo esiyingozi, uza kufuna ukuqinisekisa ukuba bayakonwabela ukutya, kwanokuba batya ukutya okusempilweni nokunesondlo. Kodwa ke, kwabanye abantu, njengokuba isifo sengqondo esiyingozi siqhubeka, amaxesha okutya enza ubani abephantsi koxinzelelo. Nazi ezinye iingcebiso.*

Isiqhelo semihla ngemihla esizolileyo siyakhuthaza kumntu onesifo sengqondo esiyingozi. Ukutya kufuneka ibe lixesha lokuziva uphumle, kwaye ibe sisiganeko esingangxanyelwayo. Zama ukuba kubekho ixesha elaneleyo lokutya, uze uqinisekise ukuba akukho ziphazamisi. Utshintsho kwindlela yokutya lusoloko lukhona njengokuba isifo sengqondo esiyingozi sisiya phambili.

### Ukungacaceli ukutya

Kukho izizathu ezahlukeneyo zokuba umntu onesifo sengqondo esiyingozi abe akakucaceli ukutya kwanokuba akhangeleke engenamda wokutya.

- Kumanqanaba okuqala esifo sengqondo esiyingozi, abanye abantu ababi namda wokutya ngenxa yokuba bedakumbile. Ukudakumba kuqhelekile kwaye kuqondakala kakuhle. Likhona unyango lokudakumba, ngoko ke ukuba ucingela ukuba le yeyona ngxaki qhagamshelana nogqirha wakho. Xa ukudakumba kusehla, umntu uza kufuna ukutya kwakhona.
- Basenokucinga ukuba sebetyile.
- Kusenokubakho iingxaki zamazinyo emboleko angafakwanga kakuhle okanye iintsini ezibuhlungu.
- Kokubini oku kuza kwenza ukuba kungonwabeleki ukutya.
- Kule meko, cela ukuba ugqirha wamazinyo atshekishe.



- Impilo yomlomo engalunganga.
- Ukuba umntu akukho nto ayenzayo emini, basenokungaziva belambile. Kufuneka kukhuthazwe imisebenzi esebenzisa umzimba kunye nemithambo.
- Kumanqanaba okugqibela esifo sengqondo esiyingozi, abantu basenokungakwazi ukuqonda ukuba ukutya okuphambi kwabo kulapho ukuze kutyiwe, nokuba sele belambe kakhulu.
- Oku kungenxa yokuba indlela yokuhamba imithambo-luvo esengqondweni yonakele, kwaye ke ngoko umyalezo awugqithi. Kuyakufuneka ukuba usoloko ubakhumbuza ukuba batye, okanye ude ukutya ukukhokelele emlonyeni wabo.
- Ukuhlafuna kunye nokuginya kusenokuba yingxaki njengokuba isifo sengqondo esiyingozi siqhubeka. Ukuba oku kukhangeleka kunjalo, kuya kuba luncedo ukufumana ingcebiso yengcali yokunyanga ukuthetha. Usenokuqhagamshelana nayo ngoncedo lukagqirha wakho.
- Ukuba ngaba umntu lo unesifo sengqondo esiyingozi uyazihlalela, usenokufumanisa ukuba abakutyanga ukutya obubanike kona. Basenokuqalisa ukufihla ukutya. Ukutya okuhanjiswa ngamavili akusayi kuba luncedo ngoku, kuba bayakulibala ukutya okuzisiweyo.
- Ezi ziimpawu ezibonisa ukuba umntu lo ufuna uncedo olungaphaya. Kulula ukulungiselela ukuba abantu abakhathalela emakhaya batyelele lo mntu ngamaxesho okutya, baze balungiselele ukutya okanye bahlale nabo xa besitya.
- Izifo ezingapheliyo, umzekelo, ezamathumbu, iswekile, nazo zinako ukwenza ukuba umntu angakucaceli ukutya.

Ref. Food.gov.uk



## Ukutya kakhulu

Ngamanye amaxesha umntu onesifo sengqondo esiyingozi usenokutya ngaphaya kunokutya abakufunayo. Oku kwenziwa lutshintsho olusengqondweni olwenziwa yile meko, kwaye oko kumaxesha amaninzi kokwexeshana.

Kwezinye iimeko, ukutya kakhulu kwenziwa kukulahlekelwa yinkumbulo. Umntu lo usenokulibala kwaphela ukuba bebekhe batya – nditsho nokuba basanda kutya. Ukuba umntu utya izixa zokutya ezinkulu kakhulu, kuza kufuneka ukuba unciphise ukutya akutyayo; okanye baza kuba sengozini yokungonwabi kakhulu emva kokutya, okanye batyebe kakhulu.

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Abantu abanesifo sengqondo esiyingozi basoloko bekhangeleka bekhetha ukutya iikhabhohayidrethi kunye nokutya okuswiti.

Kusenokuba incasa yabo itshintshile, kwaye ke ngoku bakufumana oku kutya kubonwabisa.

Nangona kunjalo, kubalulekile empilweni yomntu ukuba batye ukutya okunesondlo. Ngamanye amaxesha umntu onesifo sengqondo esiyingozi uye akhangeleke enyanzelekile ukuba akhangele, aze atye noluphi na uhlobo lokutya.

Ukuba oku kuyingxaki, kuza kufuneka ukuba ukuqaphele, kuba ngaphandle kokutya kakhulu, umntu lo usenokutya okanye asele izinto ezingafanelekanga okanye eziyingozi ezinokukhangeleka ngathi kukutya okanye ulwelo olugcinwe ezibhotileni zesiselo esibandayo, umzekelo, isitsali zinkumba kunye neparafini.

- Yonke into ongafuniyo ukuba ityiwe yibeke kwindawo efihlakeleyo okanye kwindawo ekungafikelelekiyo kuyo.
- Zama ukuphazamisa ingqwalasela yalo mntu, okanye ufumane umsebenzi omanelisayo endaweni yokutya.
- Ukuba umntu lo usoloko efuna ukutya, zama ukumnika amashwam-shwam angatyebisiyo anje ngeziqhamo okanye ngemifuno ekrwada.

### Ukugcina ukuzimela

Kubaluleke kakhulu ukukhuthaza umntu lo ukuba bazityise ixesha elide kangangoko. Iindlela zokuziphatha xa besitya zisenokwehla kuba bayalitalwa, okanye ngenxa yokuba kuvela iingxaki zolungelelaniso. Kuza kufuneka ukuba ube nokuguquka kwaye ube nomonde.

- Zama ukutshintsha eyakho indlela yokuziphatha, kwaye uqwalasele iimfuno zomntu onesifo sengqondo esiyingozi.
- Oku kuthetha ukuba kufuneka ungazikhathazi ngobuxelegu. Sebenzisa iindlela zokuqiqa okukuko ezinje ngokuba namalaphu etafile eplastikhi, amanapukeni okukhusela impahla kunye nezitya endaweni yeepleyiti.
- Ingcali yonyango olumayelana nemisebenzi (i-OT) isenokucebisa ngezixhobo zokutya ezinje ngeemethi ezingatyibilikiyo, iipleyiti ezineekhushinana ezifunxayo ukuze zingatshebelezi kunye namacephe, iimela neefolokhwe ezineziphatho ezibambeka lula. Ungaqhagamshelana kunye

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nengcali yonyango olumayelana nemisebenzi ngoncedo lukagqirha wakho, iKlinikhi okanye iZiko lezeMpilo yoLuntu.

- Ukuba umntu lo ukufumanisa kunzima ukubamba icephe, ifolokhwe okanye imela, mnike ukutya kweminwe okunje ngezonka ezidityaniswe ngokutya okunesondlo. Oku kusenokufaneleka ngakumbi kubantu abaye bangonwabi bangakwazi nokuhlala etafileni kude kugqitywe ukutya.

## lingxaki zokutya

lingxaki zokutya ziqhelekile kubantu abanesifo sengqondo esiyingozi. Umzekelo, umntu usenokwala ukuvula umlomo wakhe, basenokungayivuli imilomo yabo bade bakhunjuzwe ukuba bayivule; basenokukwamkela ukutya kodwa bangakuginyi, okanye basenokukwamkela ukutya baze bakeshice.

Basenokungamvumeli umntu ozama ukubatyisa ukuba abatyise baze bamtyhalazele kude, basenokukulahla ukutya okanye bajike iintloko zabo xa benikwa ukutya okanye betyiswa.

Ezi zenzo zisenokwenziwa kukungonwabi okukhoyo emlonyeni okanye ngenxa yomonakalo engqondweni. Ayizompawu zokuba lo mntu uzimisele "ukukukhefuzisa" okanye uzenza nzima ngamabom. Tshekisha imilomo yabo ukuqinisekisa ukuba bakuginyile ukutya.

Ukuba kufuneka umtyise lo mntu, zama ukubeka ukutya ezandleni zabo uze ukukhokelele emlonyeni wabo, ubaquka kule nkqubo yokutya. Ungaze uzame ukubatyisa xa bekhathazekile okanye xa belele phantsi kuba basenokomiwa. Jonga indawo okuyo umzimba, uze ufunde ukwenza iqhinga i-*Heimlich*.

## Ukutya okunesondlo

Kubalulekile ukumkhuthaza ukuba atye ukutya okunesondlo. Basenokudideka kakhulu okanye bagule ukuba kukho izakha-mzimba ezithile abangenazo. Xa oku kuyingxaki, qhagamshelana nogqirha wakho, neKlinikhi okanye neZiko lezeMpilo yoLuntu. Ugqirha wakho, iKlinikhi okanye iZiko lezeMpilo yoLuntu linokugqiba ekubeni athathe iivithamini okanye ezinye izongezo zokutya.

Ngexesha lamanqanaba okugqibela, abanye abantu baba nencasa yokutya okuthile. Ukutya okunencasa enamandla kokona kuthandwa kakhulu kweli nqanaba. Oku kusekelwe kumonakalo womzimba engqondweni.

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Ukuqhinwa yingxaki eqhelekileyo, ingakumbi kumanqanaba okugqibela esifo sengqondo esiyingozi, kwaye oko kunokwandisa ukudideka. Qinisekisa ukuba umntu lona utya ukutya okutyebileyo kwifay-ibha kwaye usela ulwelo oluninzi. Ukuba ukuqhinwa kuba yingxaki emandla, yiya kwiklinikhi yezem-pilo okanye kugqirha.

Kumanqanaba okugqibela esifo sengqondo esiyingozi, ukwehla komzimba luphawu oluqhelekileyo, kodwa asikazi ukuba oko kwenziwa yintoni na. Ukuba umntu lo akakabikho kweli nqanaba liphambili kodwa umzimba wakhe uyehla, kuza kufuneka ukuba uye kugqirha wakho.

Ukuba abonwabanga kakhulu kwaye baxhalabile ngokomzimba, basenokuba basebenzisa amandla angaphaya kuneekhalori abazisebenzisayo, okanye kunokuba kukho ingxaki efuna unyango.

## lingcebiso

- Banike izikhumbuzi ezilula.
- Nciphisa uphazamiseko
- Akukho mfuneko yamaxesha okutya acwangcisiweyo. Kukwangcono ukuba amandla akho uwa-chithele ekuqinisekiseni ukuba umntu lona uyatya kwaye uyakonwabela ukutya kwakhe.
- Usenokufumanisa ukuba ukutya okuncinane nokutyiwa rhoqo, okanye amashwam-shwam ane-sondlo ngawona anomtsalane kumntu ongonwabanga okanye ongakucacelanga ukutya.
- Incasa yokutya iyachatshazelwa sisifo sengqondo esiyingozi. Kusenokufuneka ukuba uzise iisosi netyuwa nepepile, zinto ezo ebekade engazisebenzisi lo mntu. Nangona kunjalo, kuza kufuneka ukuba uzisuse ukuba ngaba lo mntu uzisebenzisa ngaphaya kokuqonda.
- Qinisekisa ukuba ukutya neziselo azishushwanga kakhulu – abantu abanesifo sengqondo esiyin-gozi basenokulahlekelwa kukwazi ukuqaphela izinga lobushushu.
- Khuthaza umntu lona ukuba asele ulwelo olwaneleyo yonke imihla. Ulwelo oluncinane kakhulu lunokukhokelela ekuphelelweni lulwelo emzimbeni, nto leyo, ngapha kwezinye, inokwenza ukuba umntu lona adideke ngakumbi. Isikhokelo bubuncinane beekomityi ezisibhozo zolwelo ngemini.
- Qiqisisa ngokuphathelene nokwakhiwa, umzekelo, incindi ethambileyo, amaqhekeza anomlin-ganiselo wokuluma.
- Beka nje ishwam-shwam okanye isiselo ezandleni zabo.
- Khumbula ukutya abakuthandayo nabangakuthandiyo
- Phazamisa, kuze kubuyelwe ekutyeni ngelinye ixesha xa oko kufuneka ukunqanda inkxalabo.
- Nqanda ukuphazamiseka okuninzi ngamaxesha okutya. Ukutya kuphake kwiipleyiti eziqhele-kileyo, uze uqinisekise ukuba amalaphu etafile/iimethi zetafile nazo ziqhelekile.

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