



Good Food for Kids

Chakula Bora kwa Watoto

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

Madini ya kalsium (chokaa) yanahitajika mwilini kunjenga na kuimarisha mifupa pamoja na kukua. Madini ya chokaa yanapatikana kwenye vyakula kama maziwa, maziwa mgando, samaki wenye vijifupa, na badhi ya mboga za majani kijani kwa mfano brokoli.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

Madini aina chuma husaidia mwili kutoa nguvu. Yanaweza kupatikana kwenye vyakula kama nyama nyekundu, kuku, samaki na maharagwe makavu.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

Karoti, spinachi na matunda mengineyo yanayo kiwango cha juu sana cha vitamini A na C. Vitamini A ni nzuru kwa macho kuona vizuri na kuweka ngozi ya mwili kuwa nyororo. Vitamini C inasaidia kukinga maradhi yasizia dhiri vizi za macho.

4. Energy is important and comes from breads, rice, cereal, and pasta.

Nguvu ni muhimu na inatokana na vyakula vya nafaka mkate, mchele na pasta.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

Chagua asusa zenye afya ka mfano matunda, mboga za majani, bidhaa zitokanazo na mifugo na mbegu za mafuta. Vyakula hivi vina lishe nzuri na havihatanishi uimara wa meno ya watoto kama vile soda, peremende na vyakula vienye sukari nyingi kama keki na chips.

6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

Mazoezi ya viungo na mwili kwa watoto ni muhimu kwa afya na nguvu za miili yao inayokua.

Swahili Language Version

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