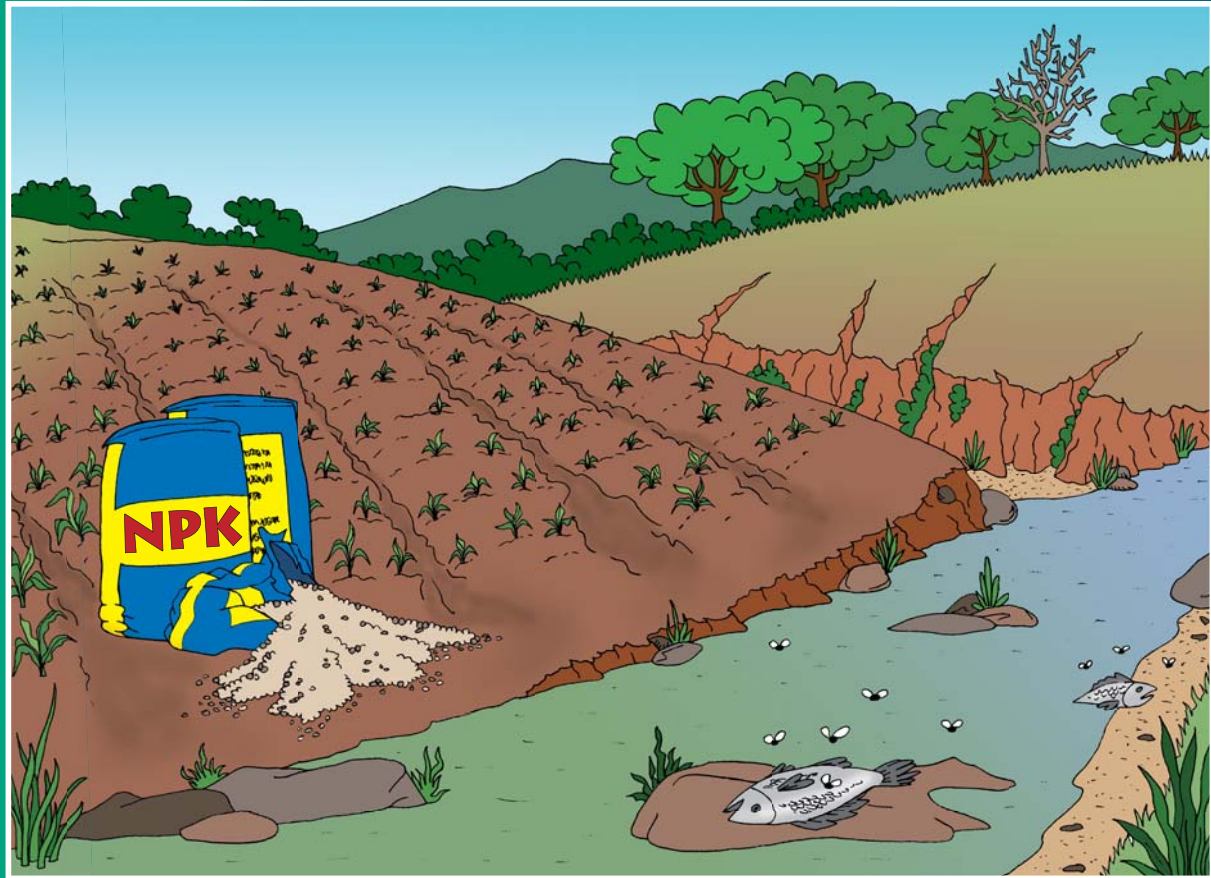


**F**ataleza wa mankhwala uli ndi mapeto oipa omwe **akhuza chilengedwe kwa nthawi yaitali**. Nthawi zambiri:

- **Umapha tudoyo tofunika mu dothi** – tudoyo tumenetu ndi twatung’ono tomwe tuli ndi umoyo ndipo tumasintha zinyalala kukhala manyowa, womwe ndi chakudya cha zishango.
- **Umagwiritsidwa nchito mopitilila muyeso** – ichi chipangitsidwa kuti muchele uchuluke m’dothi ndi kutentha mizu chomwe chipangitsa kuti zishango zizikula mochedwa, kukhala zilibe madzi ndipo pothela zimafa.
- **Umachulutsa muyeso wa asidi m’dothi** – Zishango zolimidwa mu dothi ya mtundu uyu zimakhala ndi paizoni ku anthu.
- **Limakangitsa dothi kuti liphwanyike kapena kuti likhale losagwirana**. Dothi lophwanyika kapena losagwirana limalola madzi kuti alowe.
- **Fataleza wa mankhwala umalowa m’misinje ndi m’nyanja** momwe usokoneza umoyo wa nsomba ndi kupangitsa kuti madzi akhale a mutundu woipa.
- **Umalowa m’madzi ali pansu ndi m’dothi ili pamwamba** cinthu chomwe chipangitsa kuti zishango zisapeze phindu leni-leni.
- **Umapititsa patsogolo matenda osiyana-siyana ku zishango** ndipo
- Umabeleketsa zipatso ndi ndiwo zamasamba zomwe zili ndi **zakudya zochepekela komanso sizimveka bwino kudya**.



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## KUIPA KWA FATALEZA WA MANKHWALA KU CHILENGEDWE