

# ZOTSATILA ZA FOTELEZA WOCHITA KUPANGA KUCHOKELA KU MANKHWALA PA MADYEDWE WOYENELA



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**F**oteleza wochita kupanga kuchokela ku mankhwala ali ndi **zotsatira zoyipa zobwela pa nthawi yayitali pa madyedwe woyenela.**

Cholinga chake ndi kuchulukitsa zokolola za alimi basi, koma kuchuluka kwa zokolola sikumathandiza ubwino wa zokudya zofunikila mthupi pa zakudya zokololedwazo.

Ku Africa, foteleza wochita kupanga kuchokela ku mankhwala amalunjika makamaka pa chimanga komanso mpunga, kudzela mu ndondomeko za zipangizo zotsika mtengo komanga zithandizo zakunja. Izi zapangitsa kulowa pansi kwa chulukeyechuluke wa mbeu za ulimi komanso kasakaniza wa zakudya – zimene zonsezi ndi zofunikila kwa anthu kuti akhale athanzi.

Alimi amayenela kumalima mbeu ndi zomela zosiyanasiyana kuti azikhala ndi chulukeyechuluke wa zakudya ndinso zokudya zoyenelela mthupi. Izi ndi zofunikila kwambiri m'mayiko amene akungokwela kumene, kumene kawirikawiri chakudya chimachulukila ndi zokhutitsa, koma zomwe zili ndi michere yofunikila zimakhala zochepa – monga zanyama, zipatso, masamba ndi nyemba. Kasakaniza wa zomela ameneyu adzathandizanso alimi kusamalira kupilira ndi chulukeyechuluke wa ndondomeko zawo za mbeu, makamaka mu nyengo za chilala ndi zovuta.



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