UIPI HWEMAFETIREZA ANOGADZIRWA

PAKUDYA KUNOVAKA MUVIRI

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Mafetireza anogadzirwa **anekukanganisa kusina kunaka kwaanoita kwenguva refu** pakudya kunovaka muviri. Chinangwa chawo chete ndiko kuwedzera goho kuvarimi, asi akawedzera goho handiko kuvandudza uye kuburitsa kudya kuvaka muviri.

MuAfrica, mafetireza okugadzirwa akanangana nekurimwa kwechibage uye mupunga, kuburikidza nezvirongwa hwechikamu cherubatsiro. Izvi zvoita kuderedzwa kwehuwandu hwezvirimwa uye zvokudya zvakasiyana-siyana - zvose izvo zvinodiwa kuti vanhu varambe vakagwinya.

Varimi vanofanira kurima zvirimwa zvakawanda zvakasiyana kuti vawane kudya kwakasiyana uye kunovaka muviri. Izvi zviri kunyanya kudaro kune vari munyika dzichiri kusimukira, umo kudya kazhinji kuri kunopa simba kunovaka muviri kuri kushoma - kwakadai kungagadzirwa kubva kumhuka, michero, miriwo, bhinzi nezvimwewo zvirimwa zvinekudya kwakakosha (pulses). Kusiyana kwakadaro kwezvirimwa zvinotibatsirawo varimi kuramba vakashinga uye mbeu dza siyana-siyana dzinopa gadziriro, zvikurukuru pakunaya kwemvura shoma uye panguva yakaoma yesanduko yemamiriro okunze.

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