# Engeri y'okukendeezaamu ensimbi ezigenda ku mmere y'enkoko ebitundu ataano ku buli kikumi.

Okuliisa enkoko kitwala ebitundu nsanvu ku buli kikumi ku nsimbi zonna esisaasaanyizibwa mu bulunzi. Ssente zino ziyinza okukendeezebwako nga okaatuusa bukaatuusa mmere ya nkoko okumala ennaku ssatu.

Emmere enkaatuuse ya mugaso eri ebirundibwa byonna, era ensolo zifuna ebiriisa byonna ebisobola okufunibwa okuva mu mmere enkaatuuse. Okukaatuusa emmere y'enkoko kiyamba mu kukuba emmere eyo mu lubuto lw'enkoko nga kireeta obuwuka obusirikitu obw'omugaso. Okwongerezaako, okuliisa ebisolo emmere enkaatuuse kikendeeza ki asidi abeera mu lubuto, kireetawo okwenkanyankanya enkuba y'emmere mu lubuto era kisobozesa ebiriisa okuggibwa mu mmere. Wabula, weewale okuteeka emmere mu bintu eby'ekyuma kubanga bino byonoona emmere.

## Ebirungi ebiri mu kukaatuusa emmere

Okukaatuusa kuyamba okwongera ku buzito bw'amagi, kyongera ku bulamu bw'ebyenda ekireetawo omuziziko ogw'obutonde eri obuwuka obuleeta endwadde. Ate era kyongera ne ku buwuka obusirikitu obw'omugaso.
Okwongerezaako, okukaatuusa emmere y'enkoko kukendeeza obuwuka obuleeta endwadde mu byenda, bulongoosa engeri emmere gy'ekubwamu mu lubuto era kiyambako ku mubiri okufuna ebiriisa okuva mu mmere.
Era, ebisolo era birya emmere ntono enkaatuuse, ate kyongera ne ku bungi bw'amazzi ensolo ge zinywa era ekivaamu kwe kukendeeza ku ssente ezisaasaazyizibwa mu bulunzi.
Ekisembayo, okukaatuusa kuleeta ebirungo omuli ekya vitamiini n'ekirungo ekizimba omubiri mu bisolo era kino kiwa ekisolo obulamu obulungi.

# Engeri y’okukaatuusaamu emmere y’enkoko

Tandika na kukaatuusa ebitundu nkaaga mu mukaaga ku buli kikumi eby’emmere gy’obaddenga owa enkoko buli lunaku. Wabula weewale okukozesa amazzi agatabuddwamu eddagala eritta obuwuka, anti lino litta n’obuwuka bwonna obw’omugaso.
Oluvannyuma, teekamu amazzi agabikkira ddala emmere, olwo obikkeko ekintu mw’otadde emmere okumala ennaku ssatu nga bw’ogitabulamu emirundi esatu buli lunaku okuyingizaamu omukka ogw’obulamu wamu n’okwanguya ku kukaatuuka.
Bulijjo laba nga oyongeramu amazzi okutangira obuwuka obw’obulabe.
Okwongerezaako, oluvannyuma lw’ennaku ssatu, jjamu amazzi olwo emmere ogiwe enkoko. Wabula, enkoko ziwe emmere gye zisobola okumalawo osobole okutangira emmere okukukula.
Ekisembayo, oluvannyuma lw’okukola emmere, yonja ebyo mw’okaatuusirizza emmere okwewala obukuku awamu n’okutangira obuwuka obusirikitu obuleeta endwadde.