»Ensonga eziremesa enkoko okubiika«

Enkoko zirundibwa abantu bangi okufuna amagi wabula singa enkoko zirema okubiika oba nezibiika amagi matono bangi kubalunzi bagwaamu nyo amanyi.

Waliwo ensonga nnyingi eziviirako enkoko obutabiika oba ezimu n'ezibiika amagi matono ddala. Ekisingira ddala obukulu kyekika kye'nkoko. Enkoko ziyonza okuba naga zibiika amagi matono oba obutabikira ddala lwansonga nti buli kika ky'enkoko kirina embiika yanjawulo okugeza enkoko ezamagi zibiika amagi mangi okuviira ddala ku wiiki 22. Enkoko zino ezamagi zibiika amagi mangi ddala wakati wa wiiki 36 paka ku wiiki 56. Mungeri yeemu enkoko ennansi zilwaawo nnyo okubiika ate zibiika amagi matono ddala.

Ebigobererwa mundabirira

Endiisa: wetanire nnyo okuliisa ebinyonyi ku mmere eyo mutindo omulungi kubanga kino kiyamba enkoko okubiika amagi mangi wabula buli lwoziriisa emmere embi olwo nga zisala amaggi gezibiika. Enkoko ez'amagi zitekwa okulisibwa emmere yaazo eyitibwa layers' mash kubanag eno erimu ekirungo ekiyitibwa calcium nag kino kigumya amagumba wamu nekisusunku kye'ggi olow enkoko nebiika amagi mangi ate nga gamutindo gwawagulu.

Embeera y'obudde: Mubiseera by'omusana enkoko zibiika nnyo okusinga kubiseera by'enkuba kubanga mubiseera by'enkuba wabeerawo obunyogovu mukiyumba kye'nkoko olwo nekiviirako enkoko obutabiika bulungi kuba emmere yonna yeyanbisibwa kukola ebugumu mumubiri gw'enkoko.

Ekitangaala: Wetanire nnyo okuwa enkoko ekitangaala ekimala okumala akaseera akawerako kubanga kino kyongera kumbiika y'amaggi n'obunene bwaago.

Obulamu bw‘ebinyonyi

Embeera y‘obulamu wamu n‘enzijanjaba: Enkoko edwadde zifuna okutatanganyizibwa mubiika y‘amagi kubaga emmere yonna y‘eyambisibwa okuziimba obutafaali obw‘eyambisibwa okulwanyisa endwadde. Ekirala eddagala erimu liletera enkoko obutabiika wamu n‘okulekera awo okubiika okugeza singa ogema enjoka munkoko olwo zimala ennaku satu ng‘atezibiika magi

Emyaka gy‘enkoko: enkoko enkulu ennyo tezibiika magi mangi kusinga ezo ezikyakula.