

Okukuuma obuyonjo wamu n' enkwata enungi ey' ebyenyanja

Enkwata entuufu ey' ebyenyanja eyongera ku sente, etumbula omulimu wamu nobumativu bwabaguzi babyo. Ebyenyanja ebikolebwako obulungi bivaamu sente nyngi ate ebyononese bivaamu kufirwa.

Okugatako, enzymes ne bacteria byonona nnyo ebyenyanja. Bacteria asangibwa mu bifo ebikyafu era nga wabulabe eri abali beby'enyanja nolwekyo kikulu nnyo okugoberera enkola eyobuyonjo nga okwasaganya ebyenyanja. Ebimu ebikolebwa mu kubiyonja mulimu, okulongoosa ekifo, okutangira ebisolo okutuuka awabeera ebyenyanja. okwoza ebintu omubeera ebyenyanja, okukwata ebyenyanja nobwegenderza nokukakasa nti abantu ababikolamu bayonjo.

Ebirungi ebiva mu byenyanja

Ebyenyanja biwa abantu abenjawulo emirimu okugeza ababitambuza, abavuga amaato. Era bivaamu sente ezakuno n'eziba ebweru wegwange nga bitundibwa mu butale obwawaka sako nobwebweru. Okugatako, bikola nga emere eyetagiisa mu mubiri okugeza vitaminini, proteins, minerals n'amasavu.

Ebivaako okwononeka

Ebiseera ebisinga , embeera ey' ebbugumu ereeta okwononeka nga ezukusa bu bacteria obwomutawana. Okugatako, enzymes ezibeera mu mubiri gw'ekyenyanja nazo zikyonona nga kirya. Okwongerako, enkwata embi ey' ebyenyanja okugeza okubikasuka nokubirinyako nakyo kyongera ku kwononeka wamu nawakolerwa awakyafu kwosa nebikola ebikyafu. Ekisembayo, enkaza y' ebyenyanja embi okubisembereza ebisolo wamu n'enterka embi nakyo kivirako okwononeka.

Enkwata entuufu ey'ebyenyanja

Gyangamu ebyenda, ebiviri era obyoze mu mazzi amayonjo. Era eby'enyanja obikumire mu baraffu okukendeeza ku kawuka ka bacteria akabi, kwosa nokubikazaokuziyiza ebikolwa ebibyonona okuyita mu bacteria. Era ebyenyanja bifumbe mangu okuta bacteria ne enzymes. Okwongerako, ebyenynja bikumire wala n'embeera eyobukyafu okwewala obuwuka obwetabu okuyingira mu byemyanja.