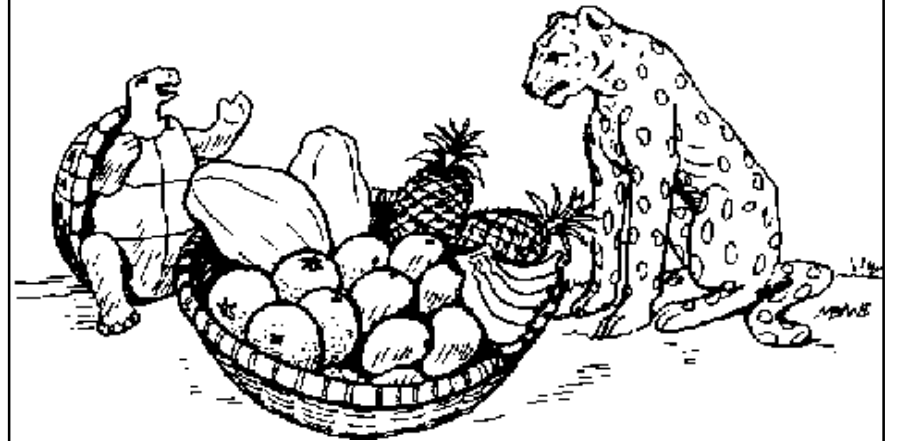


Kunuma yee kuun

Jye mayin kɔbin beɛnaa



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Bozo-Tigemaxoo

Nutrition

Kunuma yee kuun

Jye mayin kɔbin beɛnaa

Le léopard et la tortue

La bonne nutrition

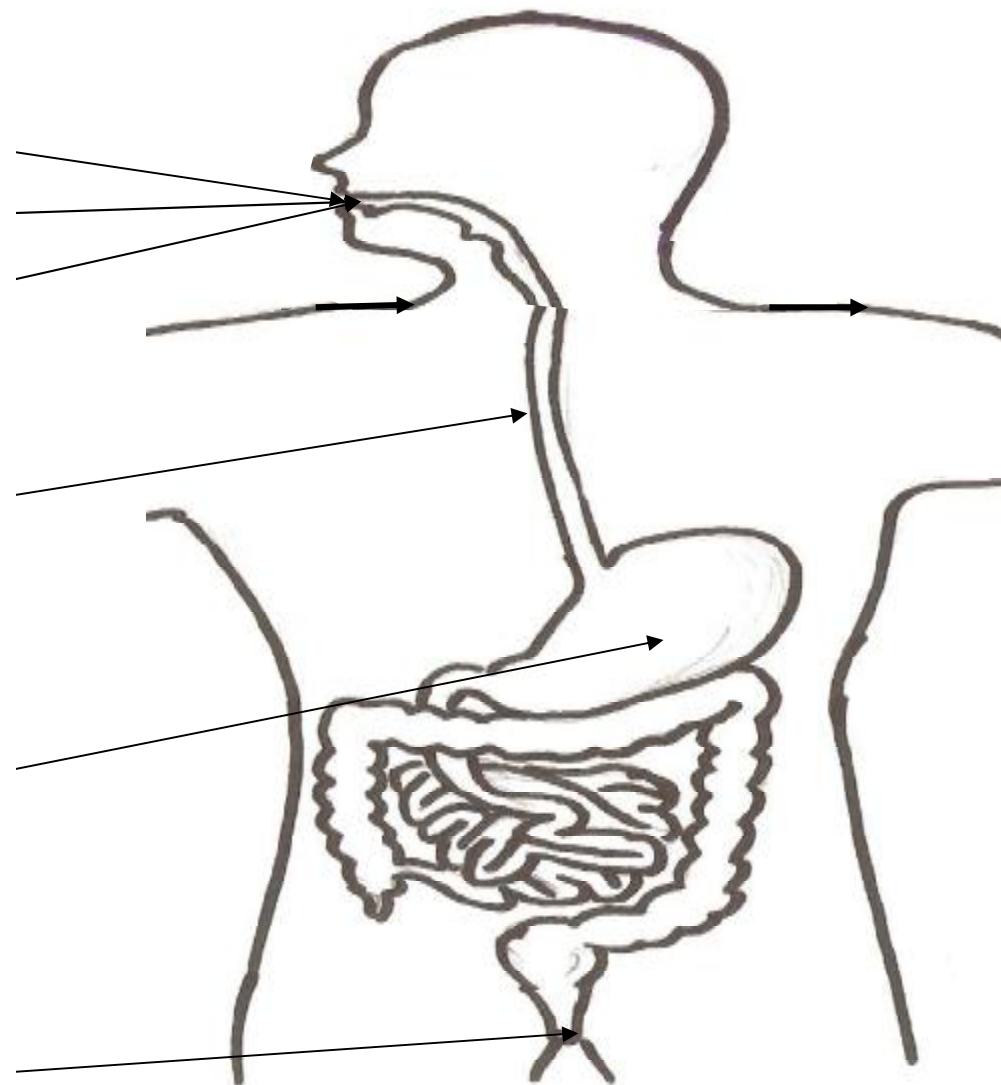
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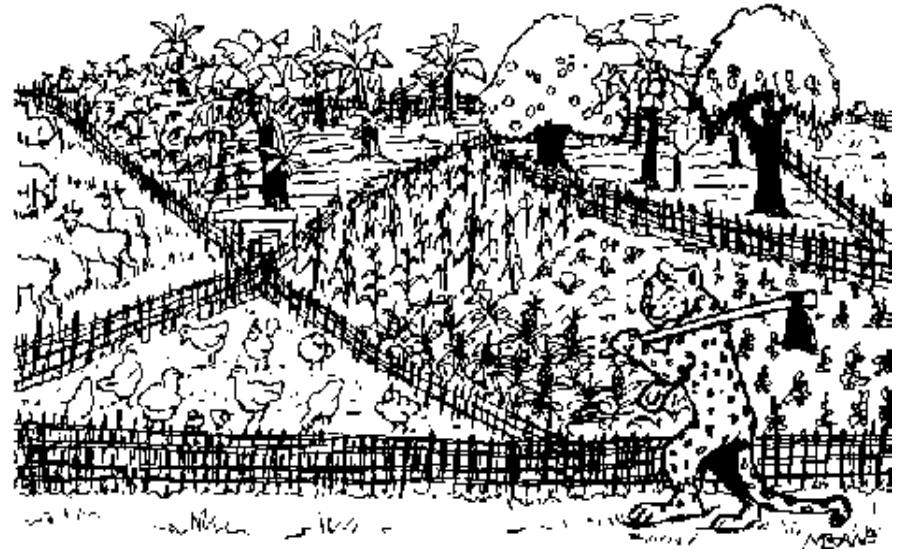
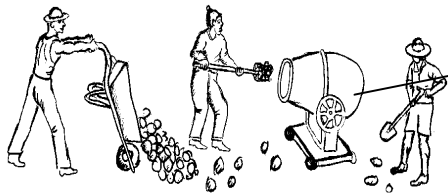
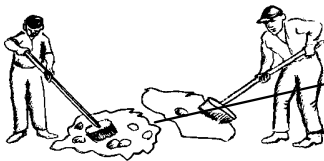
**Traduit en langue bozo-tigemaxoo par
Djédani Dienta et Maama Thienta**

Nos remerciements à Sékou Kementa
pour tout son soutien pratique.

Texte originale : Olive Shell, CMB, 1994
Traduit et modifié par Maama Thienta, Jedani Dienta
et Kurumi Nadio

Illustrations : Ernest Mbanji
et Haaji Karabenta (pages 15 18 19 20 21 24 25)
2^{ème} édition décembre 2010
© Equipe Bozo 2010
BP 76, Sevaré (Mopti)
République du Mali



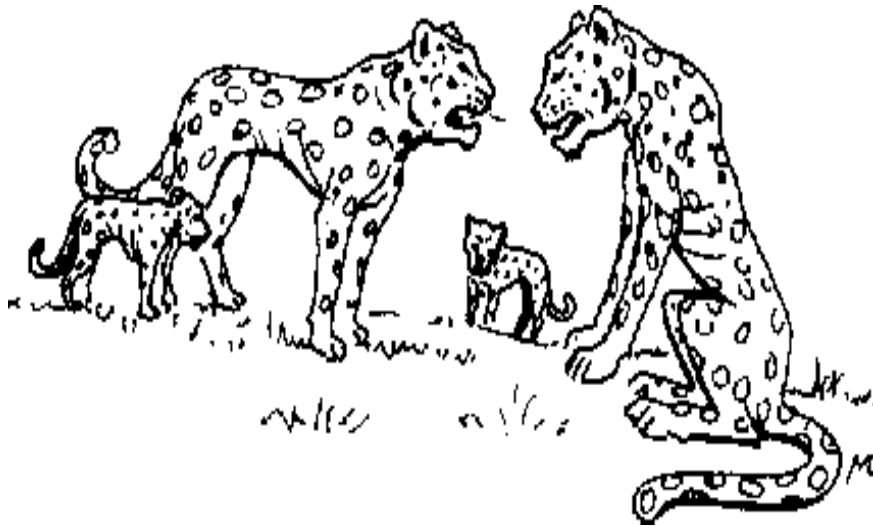


Ku ga kunuma ka nin. A nɔɔ tun ga fɔntuu nin be xeɛ fwonoyidaawa guye syen ga.

Daawa fyere g'a faa. Jiritye fyere g'a faa. Soɔya xolo teme nin. Nakɔɔ xolo g'a faa, fɔn fyere ga tibi n'a faa nwan teme i, in g'a sye bananxun, bwolo, kamaan, tamaati, jwɔjwɔn yee woso.

Yee in nanforotuuya gu syen, tɔren ka tun ga ye xuma kenema maasyen. Nanforo na yaa beɛnaa maan syen i, a di maa kenema taantoo taa.

Kadaa ka, kunuma yee in yaalu gaana jyemu. Kunuma woo : « Nanforoga n nɔɔ faa be xeɛ fwonoyidaawa guye



syen ga. Daawa fyere ga n faa yee tye fyere. Waxadu syen ki ga swotoore, ki ga syege wari fyere tin ki faa. Bandaa ga ki tuun i waxadu syen. Ki koron guye ga goyin, ki tuun xala ga in njoyi. Tige gaana bayi ki jwon guye syen too ma. Ye kuju ye'e naalaa ye'e tooye syen ga fuluna. Maa roo laa ki koron guye di kenena, tige ga ki jwon guye syen ma, ye kuju guye ga fuluna ? »

Ye waxadunwon mayin wale ye ga ye miila. Njwon xawo i, yaalu gu gaana naxele mayin kire. A woo in kandu'u te :

« An ga haana swokuun fan, be sa'a xuma daawa xonononon nin. A ga fon fyere teme too. A ga fyera kire fon fyere te. »

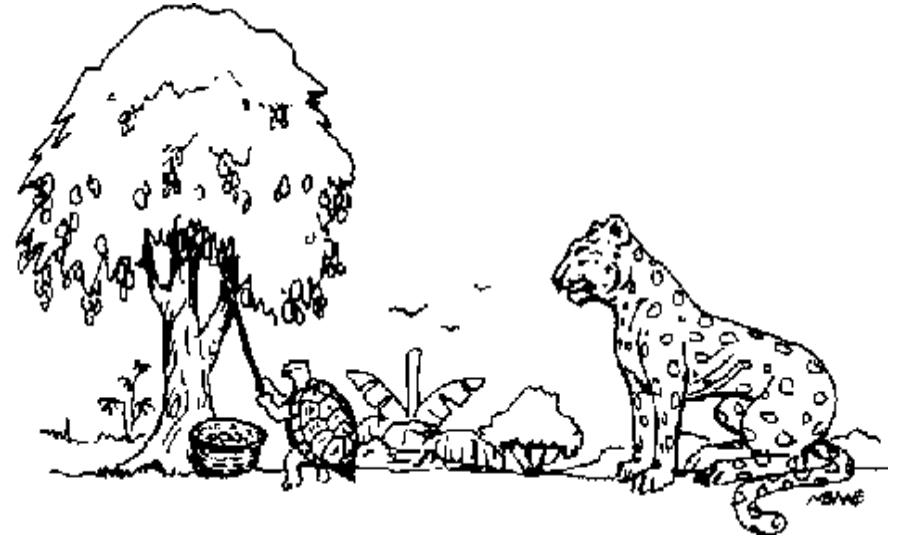


Jyemuxaan lawaan

X'a naxele tɔɔyi: Tewu, ɲɔɔ, fala ye sonboye niɲi, poroteyini fyere ga kuye niɲi. Xa ma nuumaansa be kuye la xa xalanbeye ga. Yaalu tyenana yee suweniyaaluye teme murɔɔ ga siɲe kuye ma be xeɛ xaluye ga.

Xa'a duruxɔɔ teme badaa syen xa na jirijwɔnye jya xa xunboo i.

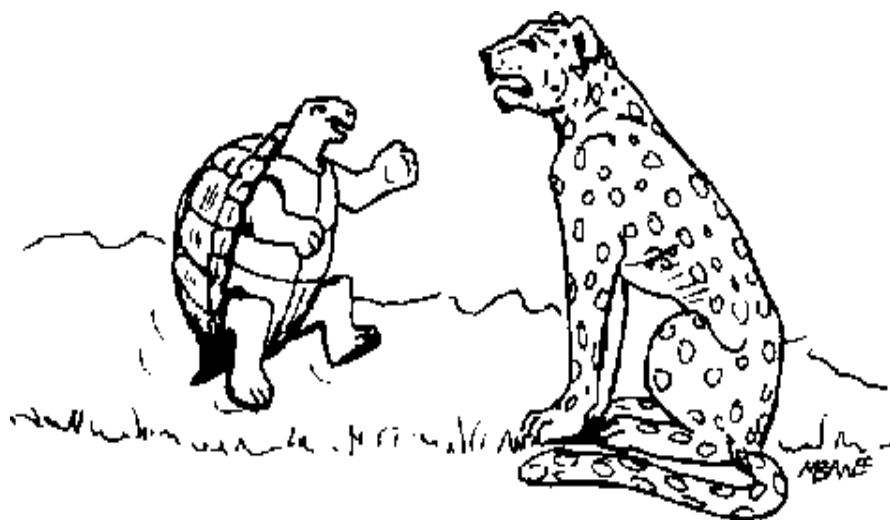
Ye xa g'a fwɔ be fɔn wale xa jwɔn guye te, xa ma sugɔrimanfɔ san b'a la ye ga. Nkaa xa ga maa: Kamaan, tamaroon, jewunxuun, jewu, tɔɔmɔ, sɔxɔɔn, sonbo, bwolo, kamaantuduye yee ye syen tanaaye syana ye te. Be sa'a xuma, witaamini fyere ga ye niɲi, ye ga xalaanbe'e taanɲa bayina gɔwɔ fyere tɔren ma.



Sawu kunuma gaana so kuun fan.

A gaana so kuun tawa maangoron bee. Ye gaana bɔɔ syeɲe. Kunuma gaan'a yaalu faatele a faa, yal'a ga kenena ra ? Kuun gaan'a jawaawi : « Baasi sii d'a ma, a so xayin kamaantye i. An teme yaalu y'an jwɔnye meene ? »

Kunuma woo : « Ye ga Ala tyege. A gaana kwono gɔn be sa'a xuma a ga bandana, a di maa xayin wayi. Xalenben guye teme ga gɔn. Ye tuun gu syen ga fuluna tige teme ga ye tuun taa syen ma. Ala gaana mwɔ yaa de fɔntuu nin, nkaa mwɔ kenema gu di lɔna lawu ga. Mwɔ ga haana maa rɔɔ wale ? Ta jiri g'an sin an ga maa mwɔ jyera fumaan ga ? »



Maa rɔɔ laa mwo ga in xeeraa?

An jyetoɔ gu, an ga maa teen yee an loɔmɔ gu toɔtoɔ boɔe i. Waxadupwɔn ŋwɔn xɔɔɔ i, teen gu ga syegesyen mana. A ŋwɔni syegetɔɔ gu rɔɔ ga maandige wale, ŋwɔn rɔɔ ga xeera nin.

Laajii ga maa rɔɔ walee ?

Y'an naa na saa jyefɔɔ ma, an ga fumaan fwo, a jyelafii g'an kuunuu. An laajii gu ga kuyeyaa. Ŋwɔni laajii gu rɔɔ g'an jyefɔ gu furaani an laa g'i

Maa rɔɔ ga in walee ye xɔɔŋɔ ga mwo ma ?

Y'an tuun gu murɔɔ ga jyefɔɔ ma, a ga xeene xayin swo an toɔloolo gu fan, b'a se in murɔɔ ga jyefɔɔ ma. Waxadu kare ga bye y'an na jyefɔ toorena xayii, a ga xeeni an numaa an n'a san. Jyefɔɔ maan syen di mwo faxaan, a d'an tuu xɔɔŋɔ baa.

Kuun gaana in fayi be waxadu mayin wale a ga in miila. Gereŋwɔnkɔn a sii be in taa. A woo : « N gaana jiri kire an te ! An murɔɔ ga jyefɔye rɔɔ ma, fumaan ga kɔri an ga be goɔɔ tyeme yee b'an tuun senbeeni. »

Kunuma gaan'a jawaawi : « N de dari be kunu jye siiya gu jyemu boyi. A ga fugi minde ? A wari n koon na ? »

Kuun gu woo a te : « A gu digiya an wari g'i, nkaa xɔɔɔfaa, an wari gu gu syege be jiidiya be sa'a xuma, an ga be kenema kire. Be xayii so, n n'a xaayi an ga. »



Fɔrɔmɔjɔwɔn :

Fɔrɔmɔjɔwɔn gu ga siiya fendeen nɔɔ ni, ye n xolo bɔɔ te : fɔrɔxolo xumansaa yee fɔrɔmɔjɔwɔn. Fɔrɔmɔjɔwɔn gu xiyoon be xeɛ fɔrɔxolo xumansaa gu ga.

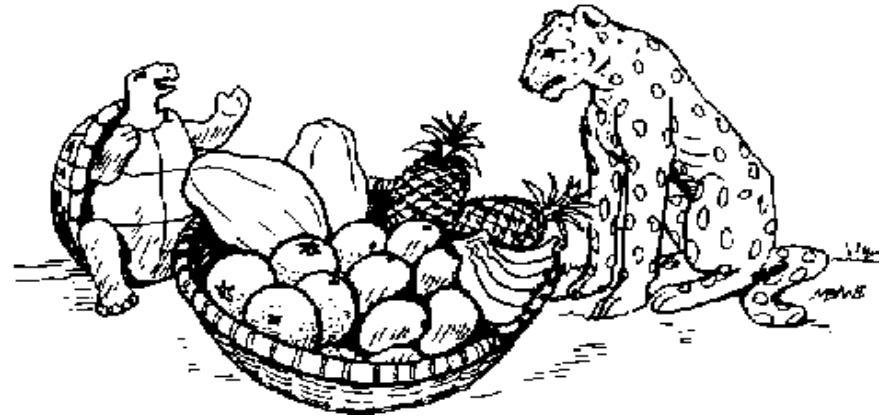
Fɔrɔmɔjɔwɔn gu rɔɔ ga jyefɔɔ gu gɔbi, b'a nefefɔɔ guye ba'a niɔi. Ŋwɔni nefefɔɔ guye rɔɔ ga swo jwɔɔ i. Jwɔɔ gu wayi b'a xeleni tuunta gu syen faa, Ŋwɔn nɔɔ ga tuuntɔɔ senbeeni.

A na in kire, a wayi b'a xeleni swo fɔrɔxolo xumansaa gu niɔi. Ye jyefɔɔ gu na siɔe gɔn teme, fɔrɔxolo xumansaa gu teme g'a jii gu syen sali bayi ye. Ŋwɔnswon jyefɔɔ gu ga yaa de fɔn kyeme nin. A na in kire, a wayi be naamene b'a baari.



Maa rɔɔ laa jyefɔɔ ga mwo sɔndɔ?

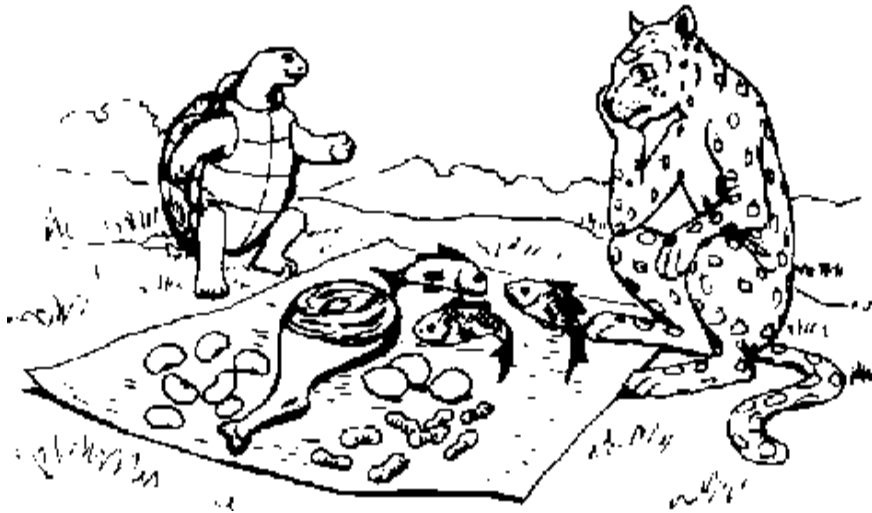
Jyefɔɔ xelesyen gu yee suunɛnteen xelesyen gu syen nɔɔ ga bɔɔ tyemee. Jyefɔɔ xeletɔɔ syen, teensyen gu ga in laatɛɛ. Y'a di in laa tɛɛ fyene, jyefɔɔ gu g'a sye in ga xeɛ a faa. Ŋwɔn nɔɔ ga bye tɔɔɔ gu tin, hila jyefɔɔ gu gu syege.



Kunuma gaana so kuun faa in jan. Kunuma gaana in fayi xunboon g'i be kuun xɔrene. Kuun gaana lo swo xɔɔ g'i be jirijwɔn naamaataanaye kɔbi be ye yaa sagi i bye. Maangoron, maanjye, buyaaxi, tamaati, karooti yee lenburu, kuni jirijwɔn guye syen tun ga sagi g'i. Kunuma kawufi, a woo : « Kuye di jyefɔɔ xerenxerenaye nin, n ga kuye rɔɔ sɔɔ. »

Kuun gaan'a jawaawi, a woo : « An ga jirijwɔn maan guye sɔɔ gu, an ga ye yaa maa rɔɔ nin, an ga ye jya rɔɔ ra ? »

Kunuma gaan'a jawaawi : « Ayi n di ye jya. Kuni jyefɔɔ guye ga wari fyere rɔɔ siɔeni mwo ma. N xalenbe guye di jirijwɔn guye kire be'e jya, be sa'a xuma n yaalu gu ga swo a syen tin fwono i be'e tooro. »



Kuun woo : « Kuni jyefo guye ga kori mwo ga b'an tuuntolo gu taaja bayi gowajwon mijwonye taren ma. »

Kunuma in toyi : « N be dawaren nwo mana sila kenema gu jiidi n xunboon g'i, n di be jirijwon mene laa. »

Kuun woo : « An koron di kenena, tige g'an jwon guye teme ma be s'a xuma, xa di jirijwonye jya. An woo, bandaan g'an tuun nunji waxadu syen. Yala xa gu senben kire xa ga haanaa tewu, jwo, fala, kamaan yee bwoloye rwo jya. Xa ga ku syen jya ra ? »

« Ayi, mwo di kuye jya. Ku ga baayin nwo nin be swa, saa yee sooye waa. Ye mwo na ye waa, ye di be jiidiya. »

Misaaliya ma : Laa niŋi :

Kunu xalu guye rwo g'a wala an jimiin, ye ga jyefo xuduxudu de mujwonye nin.



Jii gu g'a wala an laajii gu, ye ga jyefo gu xaamani. An nyemu gu ga jyefo bulunbulun b'a xeleni swo an tonboon i, in g'a sye kunu xalu guye yee in koyinfo guye xayi bole i beena ma.



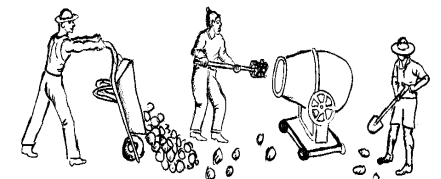
Tonboon :

Y'an na an laa i jyefo gu ton waxadu maan, ye ga hilaa ye niŋi te an tuun i swo an foroxolo i.



Foroxolo :

Foroxolo g'a wala mansiin, jyefo gu wayina siŋe a niŋi, a ga in sindi xayin laa. A g'a g'obi b'a furaani in g'a sye jiimuun.

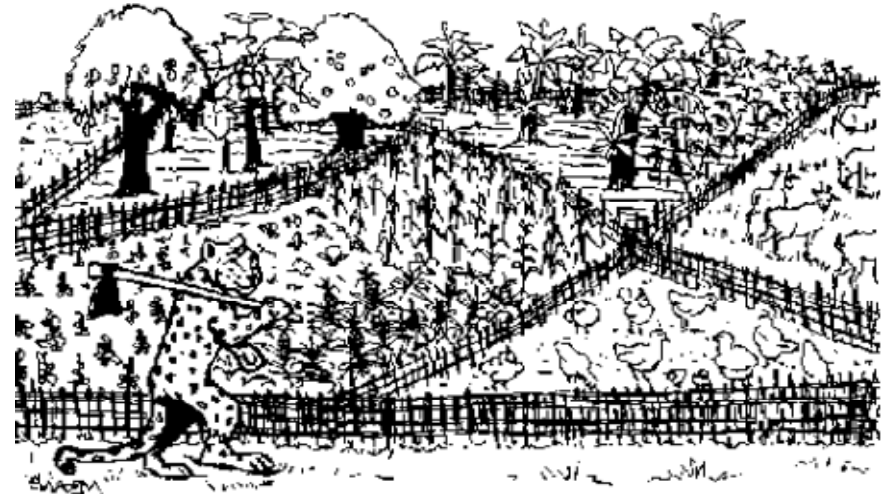
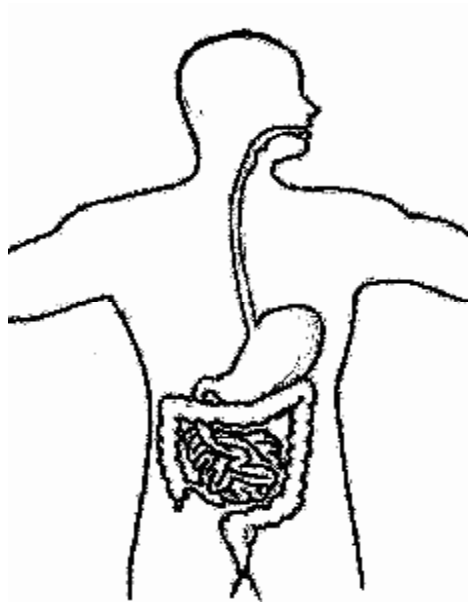


tyeme yee be tige tɛmɛ kɛnɛma nawuni. Misaali ma lenburuba, lenburukumuni, buyaaxi, maangoroo, supɔmuun ye in syen tanaaye.

Witaamini D ga mwɔ xɔɔn ye nimiinye senbɛɛni. A ga tawa fala, nɔɔ yee tyeye niɲi.

Jyefɔɔ ga swo mindeen ?

Y'an na jyɛ, an jyefɔ gu ga niɲisyen xiyoon nɔɔ lawu lee an tuun gu niɲi. Jyefɔ gu ga in niɲi gu sindi laa i be so in lawaan nɔɔ i. Tuun gu syen ga jyefɔ gu xayin ye na ye kire, syen ga in taawu lee. Kunu niɲi maan jyefɔ g'a walee gu ga in xeenii: jyefɔɔgɔbi.



Kuun gaan'a jawaawi : « An miila namayin, y'a na baara an g'a fwo be kɛnɛma kire. An ga haana jyefɔɔ mayinye rɔɔ jya. » Kunuma gaana waxadu mayin wale, a ga in miila, a woo : « N d'a fwo n tuun koron gu ga gɔwɔ sangu n be banda, n d'a fwo b'a xayɪ, tige ga bayi n jwɔn guye ma sangu ye tuun guye be'e fulu. N ga b'a tɔnɔ be kuni jyefɔ guye jya, y'a na baara an fumaan se gu ga tɛɛnɛ nin. »

Kunuma so in jan. A woo in yaalu gu te : « N yaalu, ki di haana jirijwɔn guye syen tooro : maangoron, lenburu, namasa... fumaan guye ga bayi ki tye g'i gu, an ga haana karee mara ki te. Wayi na bayi yɛ, ki xunboomwɔ guye syen ga haana jirijwɔnyɛ jya kuu syen. Ki ga haana kamaan fyere yee bwoloye jya. An ga haana swafala wala jawafala sɔlɔ ki te. »



A yaalu gu gaana in miila, a wala in kanduu gaana taan nɔɔ ! Nka'a duɗe in kanduu jyemu gu ma, be sa'a xuma, a ga fwo b'a xɔɔni.

Yaalu gu gaana in kanduu gu xoolaa badu. Badaa syen ye ga jirijwɔnye jya. Ye ga ye baa bɔɔ tin. Ye na fumaan jya wayi, ye di ŋwɔn jya nyenu. Xayi n kwɔn ŋwɔn xɔɔɔ i, xalu gu gaana b'a xayi, maa in koron gu maa fayima. A a kɔɔsi tɛmɛ, maa in di bandaa namayin kuusireenxayin gu xɔɔɔ i. A a xayi in jwɔn guye tɛmɛ tuun guye gaana mɛye. A a se in yaalu gu te : « Kuun ga tooyina ! Ki ga haana jogi a jyemuxaan guye faa. Ki ga haana jyɛfɔye jya, fumaan ga ki senbeeni be ki tuun guye kisi be'e taɗa. »

buuru. Sugɔri ga kariboyidarati nin. Kariboyidarati ga tawaa sugɔrimanfɔɔ syen niɗi.

Tyemanfɔ tiɗaa jaxwa ɔɔ gu n tyen be xeɛ poroteyini yee kariboyidarati ga. Tyɛ maan syen ga bayi ɗɔɔ, xaalo, kamaan, kwɔni yee menɛmenɛye niɗi ga tyɛ nin, tyɛ maree ga fɔn kɔrii mwo kenema ma. Kunu tyɛ guye bayina ye, tyɛ turɔɔ guye syen ga mwo swɔnɔ ye an na an faxaan ye ga (tewutyɛ yee naantɛ).

Jyɛfɔɔ ga myɛnina bayina kunu fɔn siiyon guye ɔɔ niɗi. Kunu sado siyon guye bayina ye, ki ga a xɛnɛ maa fɔn tinaaye ga tawaa ki jyɛfɔɔ guye niɗi. A ga in see ye ɔɔ te **witaamini**.

Witaamini ga fɔn xolo walee haadamajwɔn kenema maasyen. Kunuma yee in xunboomwo guye sii tuun di kenena be a sababu yaa de ye bitaaminijyenbariya nin. Witaamini siiya n kon, a ga siiya tan penden (20) baa. Ye syen tɛmɛ y'e xayin nɔɔ nin. Misaaliya ma :

Witaamini A ga tawaa tɔɔ, fala, karooti, maangoroo, tamaati, wosolala, woso yee pinaariye niɗi. A ga mwo paaxali jiidini hali gulu.

Bitamini C ga tawa jirijwɔn xaamuye niɗi. A n kon jirijwɔn tendɛnaye ɔɔ niɗi. A ga gɔwɔɗɔwɔn muɗɗɔwɔn fyɛɛ

An ga xɔɔya yee be senbeen kire myenaa ?

Mwɔ fyere g'a sye : « Jye namayin sala an be xɔɔya. »
Teeɛ nin, sabi jyefɔɔ mayin nɔɔ ga mwɔ lɔɔ lawu ga.
Xalanbeen maang'ye di jyefɔɔ mayin kire b'a jya guye, ye
mwɔya di lemaa. Ɔwɔnye senbeen n lɔɔn, ye maa n gun
teme be gɔwɔ.

Jyefɔɔ ga myenina bayina maa rɔɔ i ?

Ki jyefɔɔ guye ga tereɛna de tereɛntoo siiyon nɔɔ nin :
poroteyini, kariboyidarati yee tyemanfɔ.
Poroteyini g'a wala byewa maan ga tuuntɔɔ taani. Yala
tuuntɔɔ be jiidia, a murɔɔ ga siɛɛ poroteyini rɔɔ ma.
Ɔwɔn nɔɔ laa xalanbeenye murɔɔ ga siɛɛ a ma namayin be
xele xɔɔmɔɔnye ga. Poroteyini ga kɔri nuuntuu yee
suweniyaaluye ga be jwɔn kenemana kireɛ yee in sago i
xeenji.
Poroteyini fyere ga tawaa nɔɔ, tewu, fala yee sonboye niɛi.
A fɔɔwɔn ga tawaa bwolo yee kamaan teme i.
Kariboyidarati ga jaxwa laa mwɔ ga an wale sɛwe syen
niɛi.
Misaaliya ma, yaalu maan ga sɔɔ maɔɔntye i murɔɔ ga
siɛɛ kariboyidarati ma be xele yaalu maan ga fayina gii
tineɛn. Kariboyidarati ga tawaa nafaa syen i, makɔrɔni yee

Kunun kamaa gu ga jyemu ki rɔɔ ni haadamajwɔnye jaadi guye rɔɔ xuma.

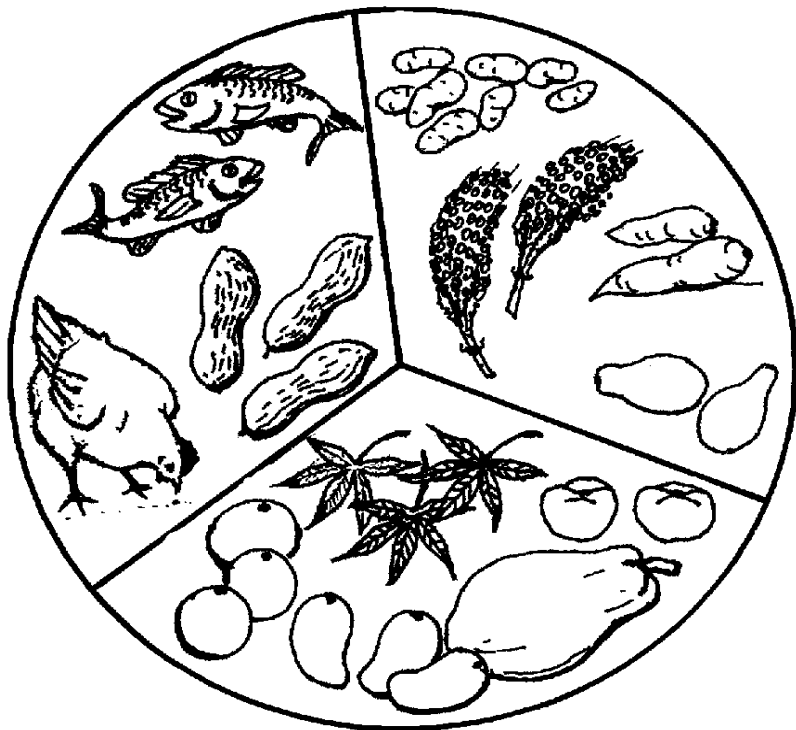
Yala be kenema kire, a di xarina jyen yee jwa lama jye ma,
nkaa y'an ga hini an ga jirijwɔn lɔɔ a tɔɔfaa, in g'a sye :
maangoron, maanjye, buyaaxi, lenburu, karooti, tamaati
ye'e syen tanaaye... Kuye syen nefee ga be gɔwɔɔwɔn
muɔwɔn fyere tyeme. A ga in se kuye rɔɔ te tubaabunxoo
i : « witamini ».

Tewu, fala, nɔɔ yee sonboye ga jyefɔɔnefɛtuuye rɔɔ nin.
Xalanben, yaalunuuntuu yee suweniyaaluye murɔɔ ga siɛɛ
kuye ma namayin be sa'a xuma ye nefee n xolo. Ye rɔɔ ga
kɔri mwɔ ga b'an xɔɔni yee b'an naxelee laajen. Y'an na
baara an di maa kuye te, an ga maa kamaan yee bwolo
taani ye taantoo.

An nɔɔ nin meneya gu, an di haan'an menefɔɔgu syen tooro
wari laa. An ga haana an tɔɔ bilani jyefɔɔ hantanaye rɔɔ

ga, yala an gu hini kire b'an xayin gu wale kenema ninji. An m'an miila warikire lama ma, an miila an xunboomwɔye laajye ɔɔ ma fanaan.

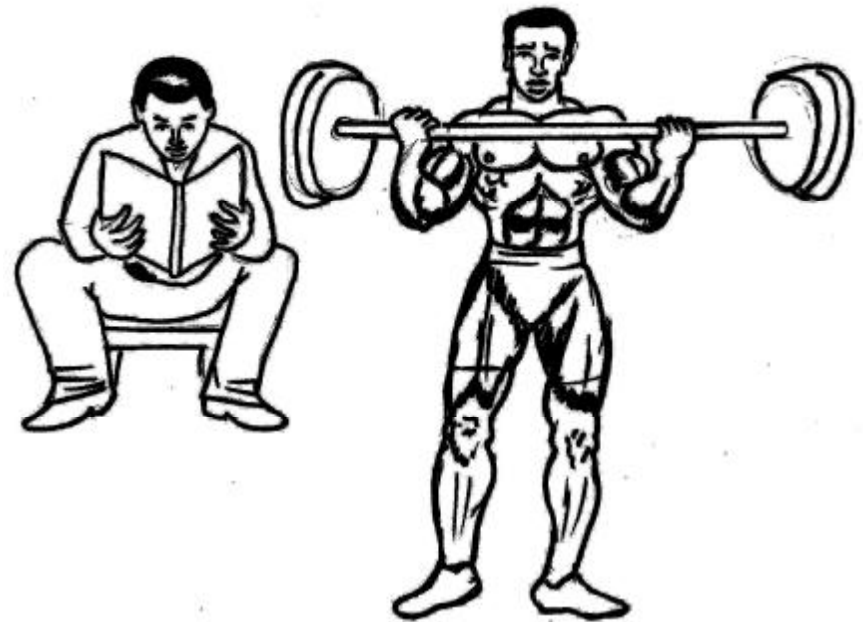
Mwɔ syen di maa yaa de nanforotuu nin. Nkaa syen ga maa in miilaa de bilanɓeenaa mayin nin. Swo an b'an miila natorokire ma, an miila kenema ɔɔ ma fanaan, be sa'a xuma, ye nanforog'an faa, nkaa y'an di kenena, an nanforo gu di foyi myeni an te. Wari ga naabaa mwɔ ma, kenema teme ga xere xolo nin.



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Maa ɔɔ laa haadamajwɔn ga jye ?

Haadamajwɔn tuun ga yena an g'a sye mɔɓeri, y'a di esaansi nin, a di maa foyi wale. Y'a di jyefɔ nin, haadamajwɔn teme di maa foyi wale in tɔmɔ te. Jyefɔ ga haadamajwɔn jaxwani be xayin hini yee ɗaxele mayin l'a ga. Hali ninji, xeele, jyemu yee fumaan syen ga maa in wale an tuun i, a sababu ga bayina jyefɔ ɔɔ i.



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