

Kuma yen kuunankerebe

Jyepo mɔɔn kɔbi baana



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Bozo-djenama

Nutrition

Kuma yen kuunankerebe

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Le léopard et la tortue

La bonne nutrition

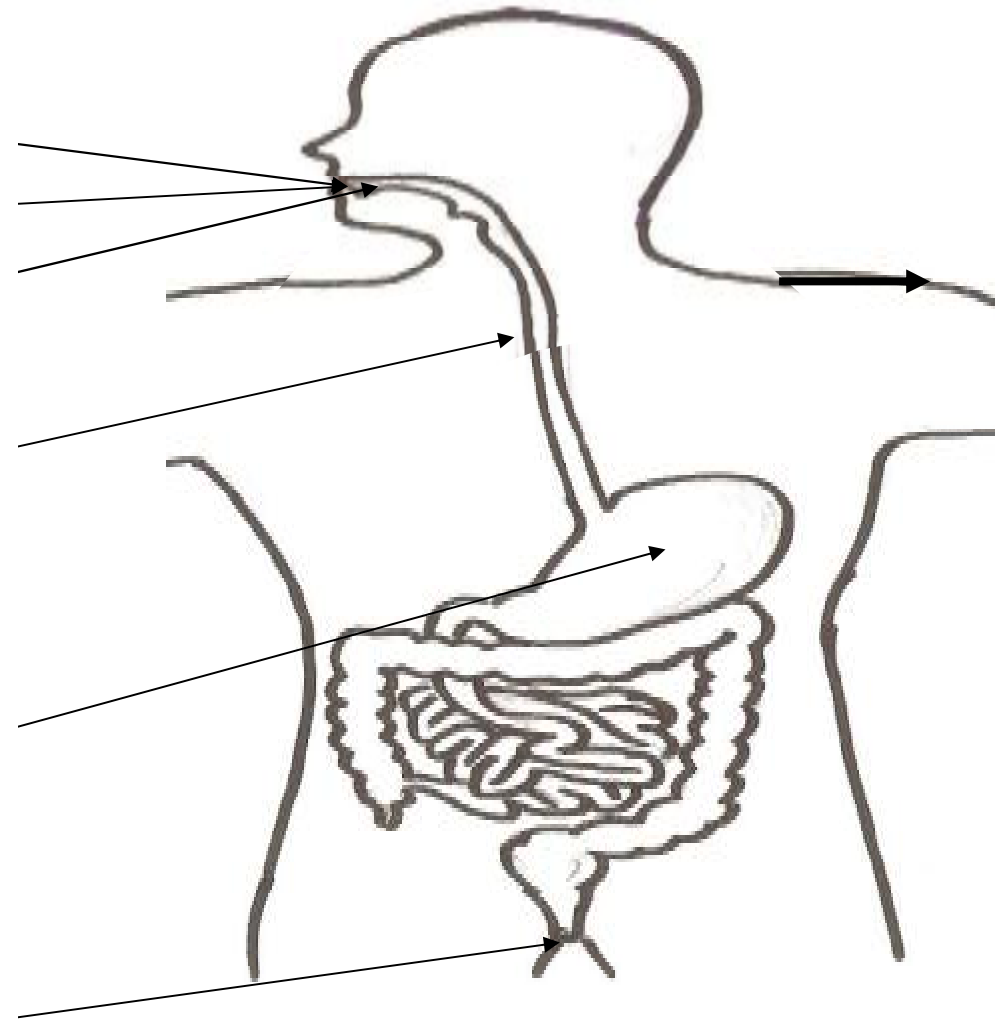
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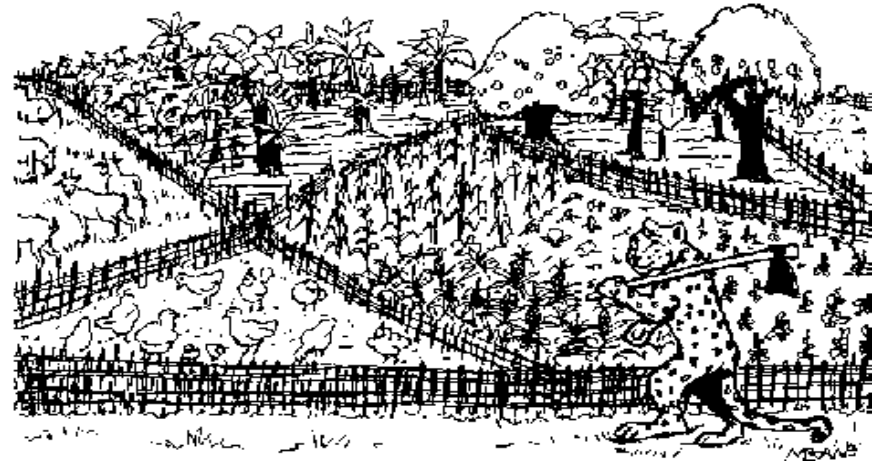
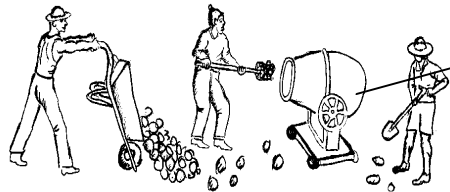
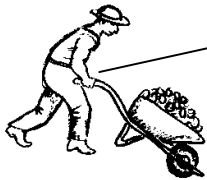
Traduit en langue bozo-djenama par
Baya Songué et Maama Thienta

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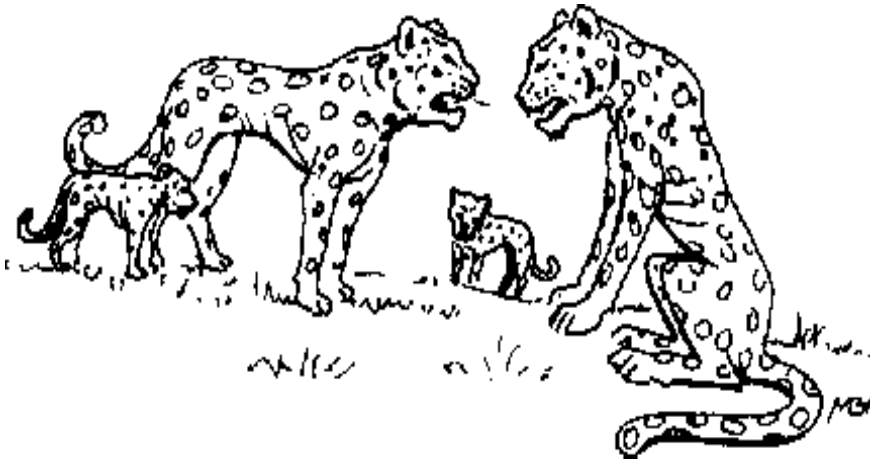




Ku ga kumalyen ken ni, naforo ga a sigi be kye sɔngɔ i kɔnbɔ suru saan na.

Swo paaron yen swo paaron yen saba paaron ga a te. Jugu paaron ga a te sana mangoro, buyaagi, lenburu yen maayee... Tye buronye ga a te. Pɔ paaron ga tinna a nii sana bananku, sabura, maatiga, tamaati, yabalyen yen masakuu. Kuma hageren ga ń tigungpɔye te, e nan mwo wagatu mon, ń ga be so e saan toro, yala ń be walen paaron kire.

Wɔ yen ń naforotuwama saan te, tɔren ga wɔ yen ń namaniingee saan kuma. Waatu saan e bananani. E kuron ga gwonna. E tuun ga ń gwo. Tegelenbee baa a denbee tuunye saan bwɔ i. E nuu yen e taba saan ga pwina.



Taran ken, kuma yen í pon be jyemu. Kuma yoo: « Naforo ga n te be kye sɔɔ i kɔnboye saan na, daaba paaron ga n sugu i; tye paaron ga n te. Wagatu saan, e ga swo tore, e be be walen paaro ni e sigi. Mwɔsii laa ni ke kuronye na kenaamana ? Mwɔsii laa tegelenbee ga ke denbee saan bwa i ? Mwɔsii la ni ke nuuye saan ga pwina ? »

E wagatu mɔɔn tinga miilagu nii. Nɔn kɔdye, yugon hangeren mɔɔn kirega. A yoo í kwɔn te : « An ga haanaa swo kuunjyenkerebe kan, sabi daaba kamuna ni, a ga pɔ paaron two. A ga dabare kiree pɔ paaron te.»

Jyemu dagare

Yen aa hangeren tɔ : Tewu, ywɔ, byen yen swo nii, poroteyini paron ga kye nii. Aa man numaasan be kiye dɔ aa denbee na. Yugon nutuu yen subeniyayugon saan mago ga kyen pa be kye kayigu na.

Yen aa nɔɔtɔmɔni, aa ganan jugudenbee jye wagatu saan aa kanye nii.

Nɔn aa ga a pwɔ be nafye tin aa denbee te. Aa man sukɔɔjyepɔ san be a dɔ e na. Nkaa aa ga hinii be : maatiga, tamaron, yewupunu, yewu, tɔmɔn, swɔn, swɔ, sabura, gwo yen í numentanaayee san e te. Ton laa witaamini paaron ga kiree e nii, e ga aa denbee kisii bara gɔbɔ paaron tɔren pa.

Mwɔ sii la nimi ga tyege ?

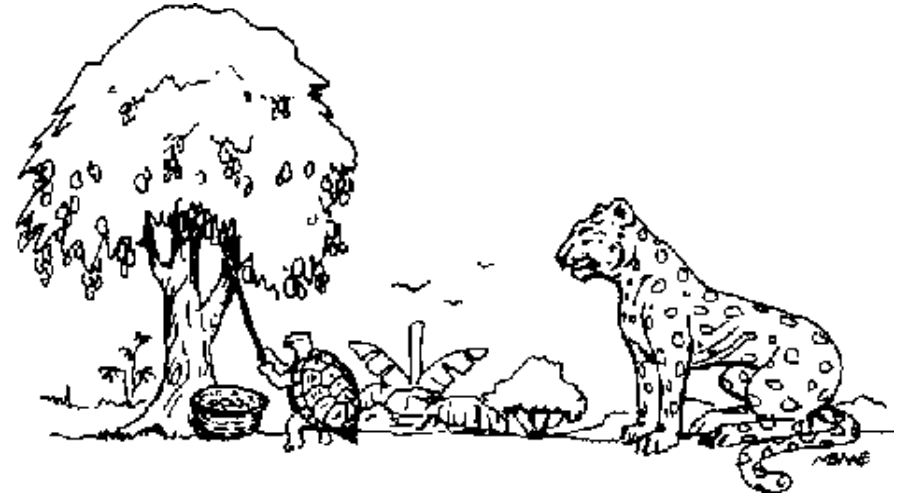
An jyetwɔ, an ga hinii tyen yen an tuunan tɔnɔ bwɔ i. Wagatudama nɔn kojye, tyen gu ga n ben gu sen maa. A nɔn bengu twɔ gu wɔ ga baadege bari. Wɔ ga tyegee ni.

Laajii laa mwɔ sii tinna ?

Nɔn an nɔn nan saa jyepɔ pa an ga mɔn pwɔ, a dafii ga an kunu. An laajii be kusaama. Nɔn laajii wɔ ga jyepɔ puruganii an lagu nii.

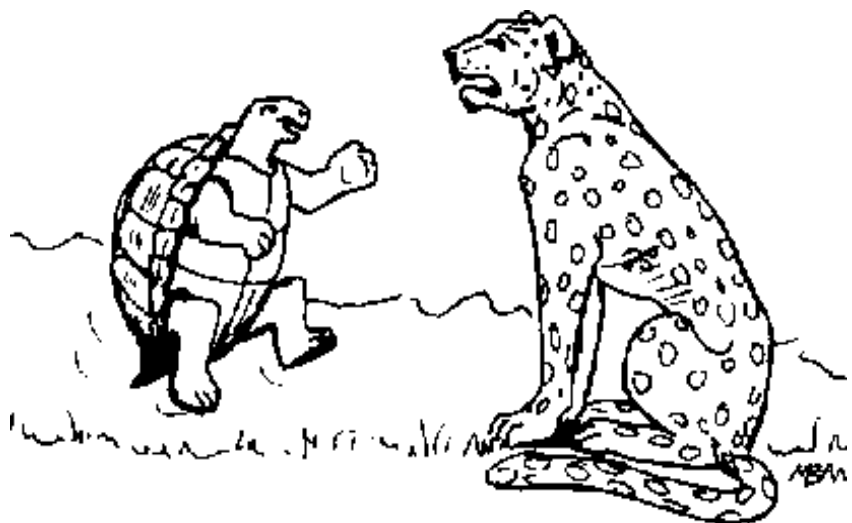
Mwɔ laa n tinna nɔn dwon nan nimi kun ?

Nɔn tuun nan jyepɔ dafi, a ga kayinna kayin swo nyendondi pa, be a se n mago ga jyepɔ pa. Wagatu kyen ga bye nɔn an nan jyepɔ torewɔn kayi a ga sende an numaa an ganan a san. Jyepɔ mɔn saan na nimi paa, a na an baadwon baa.



Kuma soga kuujyenkerɛɛ kan ; a be a tin Kuunjyenkerɛɛ ga maangoro bye; E bwɔ boyi; kuma be a pon paatyɛ a bwɔ i, a yoo yala an pon yen kenden ta ? Kuunjyenkerɛɛ a jaabiga : « Baasi si na a bwɔ i, a so kayin maatigantye nii. An pye pon yen an denbee la ?»

E ga Ala tige nii. A ga n kan sabi a bandana ni. A na hinii kayin wayi. Jyenbee pye ga yan. E tuun saan pwina ni. Tegelenbee pye ga e tuun taa saan bwɔ i. Ala ye iin yaa nafortuuye ni, nka kenaama na iin tuun nii. Iin laa haanaa mwɔsi tinna, ntaama jugu ga an sugu i ?



Kuujiyenkerɛbe pɔ be ń miila wagatu guuna. A gurube tin, a kiri, a yoo : « N jugu kire aa te! Aa muraaru ga jyeɔ wɔ bwa i. Pɔ mɔn ga kɔɔ aa na be gɔɔ tenbe, be a senbeni .»

Kuma ye a jaabiga : « N na gyena be ɔn jyeɔ tuben mye. A ga kireɛ mintye ? A walen ye n kon ta ? »

Kuujiyenkerɛbe yoo a te : « A ga be ń degi an naforo wɔ nii, nka ɔn kɔɔye, an ga be an naforo togo kire tun, sabi an gabe kenaama kire, be kayin.

Ke n so n ganan jyeɔye wɔsi an na ! »

Kuma yen kuujiyenkerɛbe soga kuujiyenkerɛbe kan. Kuma pɔga gundu nii, be kuujiyenkerɛbe kurena.

Pɔɔ

Pɔɔ ga siima pende ni, yen buron bwa te : pɔɔlyenmyegu yen pɔɔburon. Pɔɔlyenmyegu wɔn n kɔsaan be kye pɔɔburon na. Pɔɔlyenmyegu wɔ ga jyeɔ gu gɔbii be a nafye ń pwɔye baa a nii, a na ń kiren, a be a kyeni swo pɔɔburon nii. ɔn jyeɔ nan kyen pɔɔburon nii a pye ga jii saan sayi bara a nii. ɔnsondo jyeɔ gu ga ń gɔbii sɔbi ni, a be sen maa a te be a bari.



Mwɔsii laa jyeɔ ga jimi saraa ?

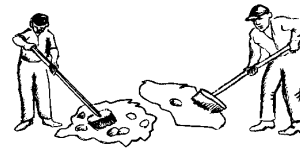
Jyeɔkyesen yen tyenkyesen ga ee poyiri bwa i. Jyeɔ kyetwɔ tyenkyesen lagu ga ń tyɛ. ɔn a lagu te ń tyɛ kyena saan jyeɔ ga a sye ń ga kye a pa. ɔn wɔ ga bye tiga gu ni, yala jyeɔ gu ga be ń ben.

Misaalu pa; Lagu nii :

Kon kayigee dwɔ ga sana an laa
niiyee, e ga jyepɔ budu-buduu be a
saan myegani.



Jii mɔn kayi gu ga sana laajii, a ga
jyepɔ gu kaamanii. An nyeren gu ga
jyepɔ gu boboo be a kyeni swo an
pɔngɔ nii. A ga sana kon kayigee
saaron kayi e sigi baanaa mɔn nii.



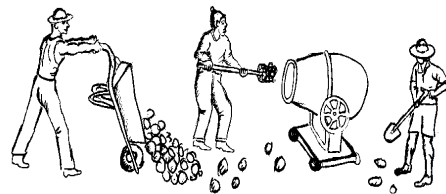
Pɔngɔ :

Nɔn an nan jyepɔ tɔn wagatu mɔn, a
ga kye n̄ jii pa an tuun nii swo hali
an kusu nii.



Kusu :

Kusu ga sana masiin, jyepɔ
ga yiren kyen a nii a ga n̄
sindii kayin wɔn. A ga a
gɔbii be a purugani sana
jiimun.

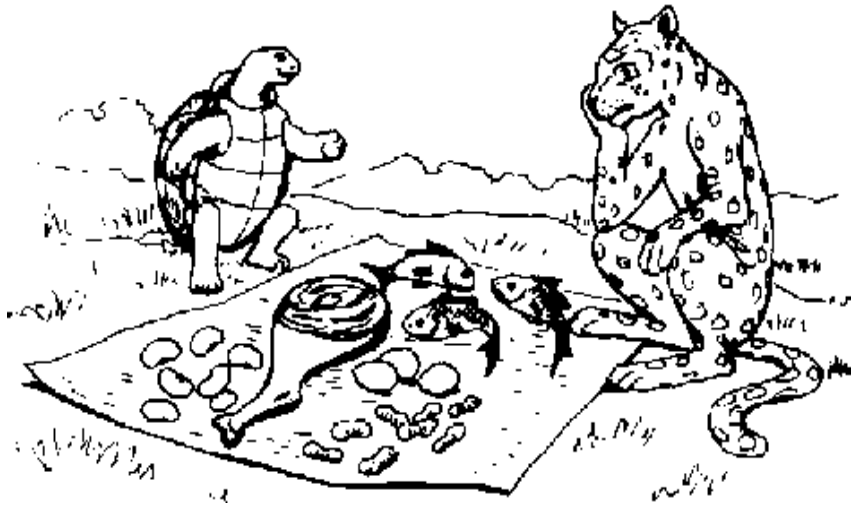


Kuujoyenkerɛbe dɔga swo namaa nii, be jyepɔnbaataneye
naa kɔbi be e yaa sɔgɔ-sɔgɔ nii, be a taani kuma tiga.

Wagatu mɔn kuma ye a kayiga, a soren ga a kuma. A bega
maangoro, maayee, buyaagi, tamaati, karooti yen lenburu.
Kun jugudenbee saan ga sɔgɔ-sɔgɔɔ nii.

Kuma yoo: « Kiye nan jyepɔ kerɛnkerɛnnaye ni, sabi n ga
kuye dwɔ swɔ. » Kuujoyenkerɛbe ye a jaabiga a yoo : « Kon
jugudenbee dwɔ ga tuun kisi bara gɔbɔ paaron bwɔ i. An
ga jugu mɔree swɔ, an ga e yaa mwɔsi ni, an ga e jyɛ ta ? »

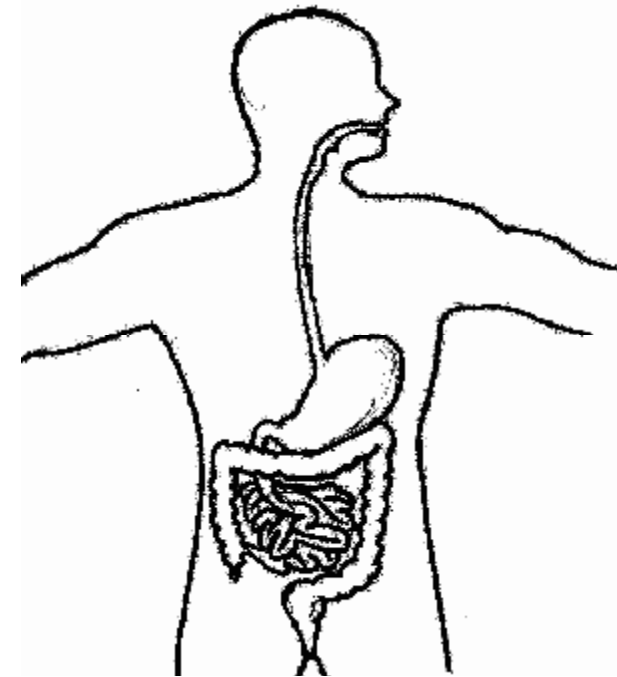
Kuma ye a jaabiga : « ɔn-ɔn ! N na e jyɛ. Kun jyepɔye ga
jyenbee dwɔ pɔnni. N jyenbee na a kirɛɛ be a jyɛ, sabi n pon
ga swo a saan toro, be a yaa naforo ni. »



Ɔɔn an nan jyɛ, jyɛpɔ gu ga ɲiiwɔn daan wɔ ɲii an tuu nii. Jyɛpɔ ga ɲii sindii lagu nii be lwon dubaa. Tuun saan ga jyɛpɔɔ kayin e nan ee kiren saan be ɲ pɔn degi. Kun ɲii mɔn jyɛpɔ ga a tinna gu wɔ ga ɲ keyiri: jyɛpɔɔɔbigu.

Kuuɲyɛnkereɓɛ yoo : « An kuron na kenaamana, tegelenbee pye ga an denbee saan bɔɔ i, sabi an na jugudenbee jyɛ. An yoo banda ga an tuun nii wagatu saan. Ɔɔn an ga a pɔw aa ganan senɓɛ kire, an ga haanaa tewu, ywɔ, maatiga, sababyen yen sabura yee dwɔ jyɛ. Tamaa aa ga kiye jyɛ ? »

« Ɔn-ɔn ! Iin na kiye jyɛ. » Kuma ye a jaabi ɲɔn ni. Ku ga mayin ni, be saba yen swo yen swɔ waa. Ɔɔn mɔn nan e waa, e na be jiidi tun. Kuuɲyɛnkereɓɛ ye a jaabiga : « An miila te maɲa; ɲɔn an ga a pɔw be kenaama kire, an ga haanaa jyɛpɔ mɔɲɔn wɔ jyɛ. Kuma ɲ miila wagatu guuna, a yoo : « N na a pɔw maa n tunkuron ganan gɔɔɔ, sabi n be banda. N na a pɔw tegelenbee ganan ba n denbee bɔɔ i, sabi e tabee be pwi. N ga be kun jyɛpɔye jyɛ be a twɔn yala



Jyepɔ ga ń mayinii bara kun pɔ sigen wɔ nii.

Kun sada sigen banna a nii, ke ga a kana maa pɔ siima tinaaye ga kirɛɛ ke jyepɔye nii. A ga ń sye e dwɔ te **witaamini**.

Witaamini ga kayin buron tinna aadamajyen kenaama nii. Kuma yen ń pamaaniingee sii te kondo kenaamana witaaminin taama la.

Witaamini siima n kon, a ga siima 20 baa.

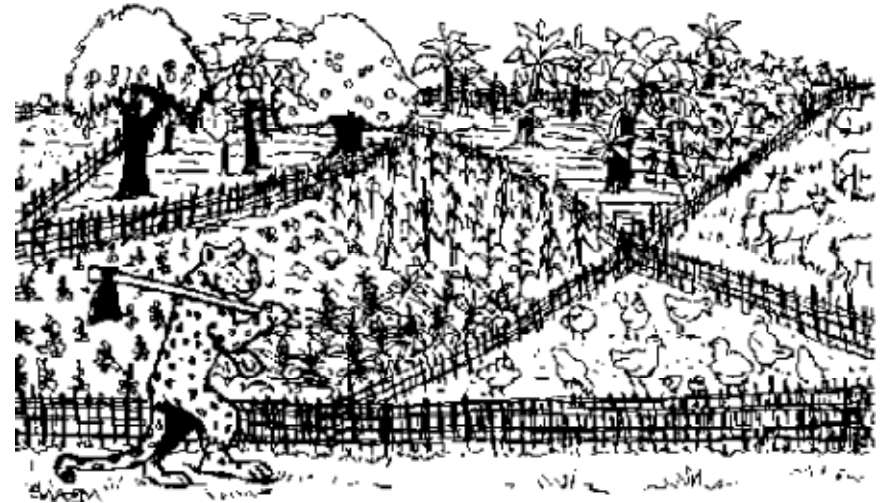
Ken saan ye ń kayin ni :

Witaamini A ga kirɛɛ twɔ, byen, karooti, maangoro, tamaati, masakudwɔ, masaku yen pinaaridwɔ nii. A ga jimi ɲɔn kayi jiidini hali gutunna.

Witaamini C ga kirɛɛ jugujyen kaaye nii. A ń kon be kirɛɛ jugujyen tandanaye dwɔ nii. A ga gɔbɔlyenmyɛgu paaron tenbe yen be tege pye kenaama nyɛgani. Misaalipa lenburuba, lenburukumuni, buyaagi, maangoro, suupɔmuun yen ee numɛn tanaaye.

Witaamini D ga jimi kwɔn yen jimi jiiye senbenii. A ga kirɛɛ byen, ywɔ yen tyeye nii.

Jyepɔ laa swo mintyɛ ?



an jyɛmu ga twɔna ni. »

Kuma so ń kan, a yoo ń pon te: « N pon, an na haanaa jugudenbee saan toro tun : maangoro, lenburu, banaana yen pɔ mɔree ga bara iin tye nii. An ga haanaa pɔye mara iin te. Wayi nan ba a nii, ɲɔn ken saan ga jugujyen pende- pende kirɛɛ be a jyɛ kubu saan. Ke ga haanaa maatiga paaron yen sabura paaron jyɛ. An ga haanaa byen paaron swɔ ke te. »

A pon ye ń miilaga, a yoo : « N kwɔn taanna ni! » Nka a



dunaga a jyemu pɔ gu pa, sabi, a ga pwo be a buraamani.

Yugon kayigu jyemu kunga. Wagatu saan e ga jugujyenbee jyɛ, ee ga e syenɛ-syenɛ. E nan pɔ mɔn saan jyɛ wayi, e na nɔn sii jyɛ naanu. Kewu ken kyena kɔdɔ pa, kayigu ye a kayi maa n̄ tuunkuron baapasamaga. A a kɔɔsi pye, n̄ nan kubu siren n̄ ga kayin, n̄ na bandaa maɲa. A a kayi pye, n̄ denbee tuunkuron saan kenaama maɲa. A a se n̄ pon te :
« Kuujyenkerebe toyina ni maɲa ! Iin ga haanaa iin two a jyemu bwɔ i. Iin ga haanaa jyepɔ jyɛ, pɔ mɔn ga iin

Poroteyini ga nuuntuu yen subeniya jidaa, be jyennan kenaamani, be a ko n̄ sago kanjii ni.

Poroteyini paaron ga kireɛ ywɔ tewu, byen ye swɔ nii.

A pɔlyen ga kireɛ maatiga yen sabura nii.

Kariboyidarati ga yakuba dwɔ jimi nii an wale sebe saan nii.

Misaalu pa, jimi mɔn ga swɔ swɔwɔn tye nii mago ga kyen kariboyidarati pa be kye jimi mɔn ga pɔɔna a ga sebe dama tan na. Kariboyidarati ga kireɛ nafaa saan nii, sana makɔɔni yen buuru.

Sukɔɔ ga kariboyidarati ni. Kariboyidarati ga kireɛ sukɔɔnɔ saan nii.

Jyepɔkisina tuun yakubani n̄ tyen be kye poroteyini yen kariboyidarati na. Tye mɔn saan ga bara ywɔ, kewu, maatiga, dewu yen mene-mene nii ga tye ni, tye mɔn ga pɔ kɔɔ jimi kenaama pa. Kun tyeyee banna a nii, tye suru kondona saan ga jimi kereɛ nɔn an nan an nuun paan a ni (tewutyɛ yen naatyɛ).

Nimi ga buraama be senbe kiree mayintin ?

Nimi paaron ga a sye : « Jye mapaatin yala an gabe buraama. » Twona ni, badi jyepo mɔɔn wɔ ga nimi dwo laa. Jyenan mɔn na jyepo mɔɔn kiree be a jye, nɔntuu buraama baana na dema. Nɔntuu senbe n dwɔn, a baanɔn be gɔbɔ.

Jyepo laa mayinina bara mwo sii nii ?

Ke jyepoye ga kapena kape sigen ni : **poroteyini, kariboyidarati yen jyepokisina.**

Poroteyini ga sana kuunjyen ni mɔn ga tuun kebee. Yala tuuntwo gabe jiidi, a mago ga kyen poroteyini wo pa. Nɔn laani jyenbee dwo mago ga kyen a pa be kye kaminaye na.

Kɔn jente gu ga jyemu ke dwɔn aadamadenbee jaatiye dwo kuma.

Nɔn an ga a pwo be kenaama kire, an na senna dugajye yen piinjye dama bwo i. Nkaa, nin an ga hinii, an ga jugudenbee naami a taba i naa, hɔnɔ maangoro, maayee, buyaagi, lenburu ye jugujyen siitanayee. Kuye saan ga nafye ni, be gɔbɔyɛn myeguye kuren. E ga a sye kuye dwo te tuunkwama nii : « vitamini ».

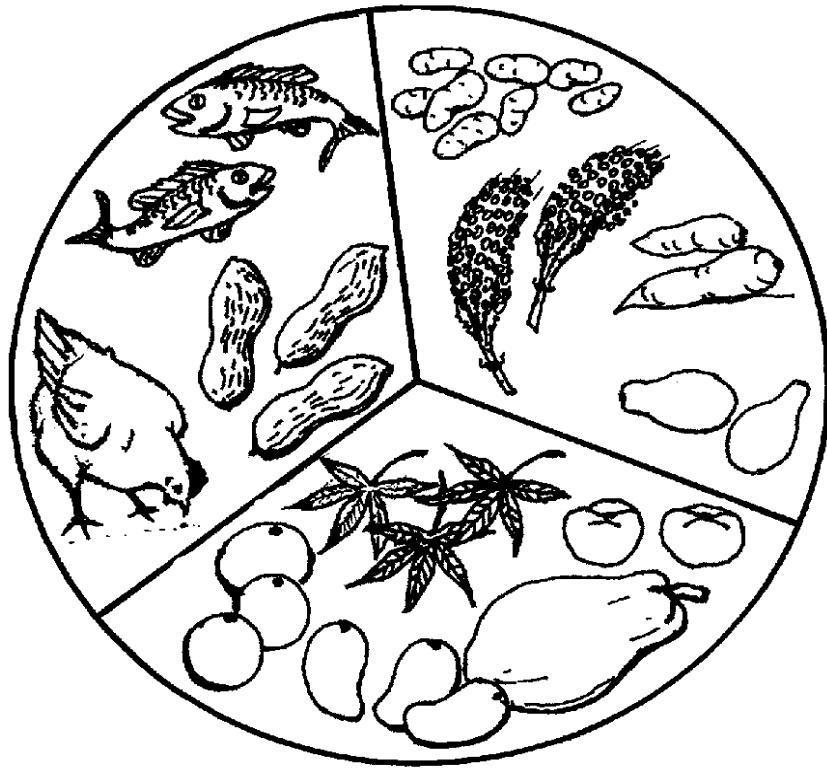
Tewu, byen, yen swo ga jyeponafyeburontye ni.

Jyenbee, nuuntuuye, densaaye, e mago ga kyen kɔn jyepoye bwo i, tonlaa, e nafye ye n buron. E dwo ga kɔn nimi na, be an buramani, be an hangeren yen.

Nɔn mɔn te hini be kuye jye, an ga hini sabura walama maatiga taani e tawɔn.

Nɔn mɔn ga myeya ni, an ga haanaa an nyen biranii swɔni, swo an be so tana birani. An ma an miila walɛn kire bwo i, an ganan an miila an pamaaniingee biranbaana mɔɔn wo bwo i.

Nimi saan na hinii be pɔ naforotuu ni. Nkaa, jimi saan ga hinii n̄ miila n̄ biranbaana mɔɔn bɔw i. So an be a miila naforo bɔw i, an miila an kenaama wɔ bɔw i. Tonlaa naforotuu mɔn te kenaama kire an naforotwama te pɔ sii mayini an te.



Mwɔ sii laa ni aadamajyen ga jyɛ ?

Aadamajyen tuun ga sana mɔtɛru. Nɔn a na a asansi ni, a na hinii pɔ sii te. Nɔn a naa nan jyɛpɔ ni, aadamajyen tuun na hinii pɔ sii tinna n̄ nyɛn te. Jyɛpɔ ga aadamajyen yakubanii be kayin hini yen hangeren mɔɔn dɔ a na. Hali jii yen kye, jyɛmu yen pɔ mɔn saan ga hinii n̄ wale an tuun nii, a sababu ga bara jyɛpɔ nii.

