

**Shin mecece Gubar hunhunar hatsi?**

**Guban Hunhunar hatsi** wata irin gubace wacce ta ka iya samuwa daga abinci idan yayi hunhuna musamman yawancin cimaka, misalin masara da danginta. Wannan guba tana da illa a ga lafiya dan Adam da dabbobi. Kuma tana daya daga cikin abinda ke gurbata hatsi/cimaka a najeriya.



Source: Authors



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Akwai nau'ika da dama na wannan mummnur guba wadanda akafi sani guda biyu ne: rimar hatsi, da kuma hunhuna.

**Mecece illar wannan guba?**

Wannan guba tana saka wa hatsi wani sinadari mai matukar illa ga lafiyar dan-adam, kai harma da dabbobi. Shi wannan sinadari yana haddasa sankara (kansa) ajikin dan-adam; sawa'un ga manya ko wa kanana. Idan dan adam ko dabba ta ci su cikin abinci, tana haifarda cutukka da suke da alaka da sankarn hanta. Baya ga haka, guban tana tauye girman jikin yara kanana, gubar takan tauye yaduwar sinadari mai kare garkuwan jikin dan adam. Ko da yake illar wannan guba, ba'a fahimtarsa cikin lokaci, har sai tayi matukar illa a jikin da ta shiga. Saboda haka, cin wannan guba kadan cikin abinci, na lokaci mai tsawo, kan haifarwa dan adam da cutar. Abin takaici shi ne, mafi yawancin yan najeriya

basu san illar wannan gubar ba. Yawancin mutane kan yi amfani da hatsin domin abinci idan su ka ga tana haske, kuma bata da datti. Amma a zahiri ba duka wanna cimaka ya zama mai kyau domin ci ba. Ba zaka iya gane wa da ga jikin masara mai ruma ko hunhuna rashin kwansa ba.

**Hanyoyin rage sinadarin Hunhuna da Ruma a cikin kayan abincinmu?**

Hanya daya ta rage gubar sanadrin ruma ko hunhuna cikin abinci shine a sarrafa kayan abin ta hanyar yin wadannan nau'in abinci kamar su Koko, ko kunu. Shi kunu ko kamu ko Koko nau'in abinci ne mai sauki kuma ana shan sa a koina cikin kasarnan a matsayin abin karin kumallo. Ana kuma amfani dahi wajen abincin yara idan za'a yaye su da ga mama. Shi koko yana da dadin sarrafawa a jikin yara kanana, marassa lafia da kuma tsofaffi. Anasarrafa koko domin sayarwa



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ko kuma domin amfanin mutanen gida. Idan aka sarrafa da kyau yana rage wannan sinadari da hunhuna ko ruma ke sakawa cikin abinci. Ko da yake yawancin masu amfani shi basa

sarrafashi ta hanya mai kyau da cire wannan mummunan guba. Yawancin masu sarrafa masara zuwa kamu ko koko sukan tsallake muhimman matakai ko kuma basu cika matakan ba. Saboda haka wannan dan takarda anyi shine domin samarda muhimman bayanai da kyawawan hanyoyin sarrafa masara domin iyalenku su rinka cin abinci mai lafiya.

**Jikon masara:** Jika masara muhimmin mataki ne yayin sarrafashi. Matakai biyu ake yi wurin jika masara. Matakin farko shine ana jika masara a ruwa zuwa kwanaki biyu. Kafin akaishi wurin markade. Mataki na biyu kafin kai shi ga markade za a tsame masarar a wanke da ruwa mai tsafta, sannan a kara masa ruwa mai tsaftan akai. Daga nan sai a kaishi wurin markade. Idan aka dawo da shi akan tace shi, abarshi yakwana biyu domin ya kwana ta yadda zai kwanta ya samadda kulli mai kyau, a wannan yana yi zai rinka dandano maitsami da kuma kanshin lemo. A Zahirin gaskiya yawancin mutane sukan tsallake wannan mataki na mai da shi kulli da tsami na kwana biyun. Wadansu kuma jikawan farko ne basa barin ya kwana biyu.

Wannan jikashin da ake da kuma mai da shi kulli shine ya ke rage wa da kuma cire wannan guban sinadarin



Source: allnigerianrecipes.com

hunhuna da ruma a jikin masara da danginta. Yana da kyau a yi wannan matakn domin cimma saka mako mai kyau. Karin haske anan shine masu sarrafa masara da danginta domin kokon

gida ko na kasuwa su sani cewa jika masara a matakin farko da kuma mataki na biyu suna rage gubar hunhuna ko ruma ne dangane da yawan gubar a cikin masara kafin jikanta, kuma ya dogara da iya kyawawan hanyoyi da aka aiwatar wajen sarrafa wannan kamu. **Bisa wannane ake matukar fada karwa cewa idan za a yi amfani da masara ko za a diba daga ma'ajin abinci, ko kuma idan ajiye**

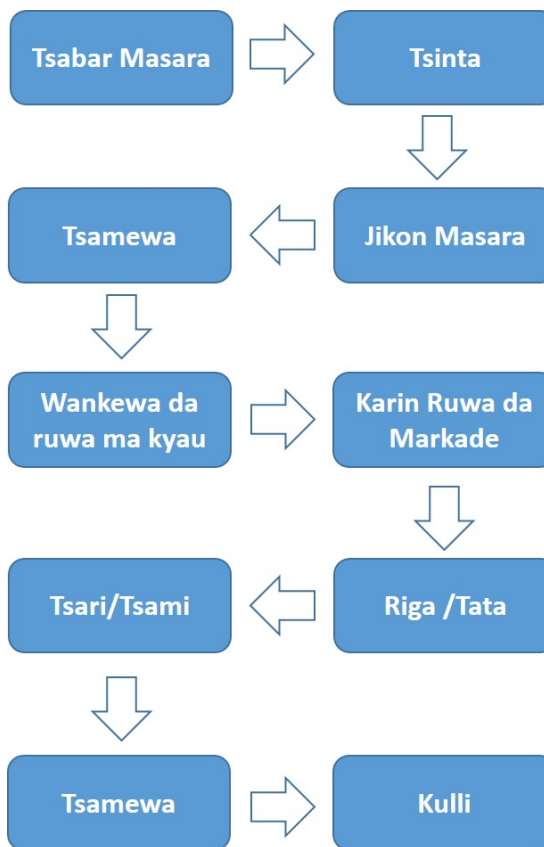
**domin gaba a tabbatar da sahihanci da lafiyar masara, akuma sarrafa shi ta hanyoyi da zasu bada kariya da lafiya.**

Daga karshe, wadannan mata kai dake kasa suna samarda kyawawan kamu domin iyali:

1. A guji sayen masara mai ruma ko hunhuna, ko wacce take akarye, ko kuma wacce jikinta a lalace. Wadannan nau'in su kufa fi dauke wannan sinadari mai guba.
2. A guji a jiye masara da danginta a wuri mai damshi, ko ruwa idan ba za sarrafashi ne ba. A tabbatar da an ajiye masara da danginta a waje busasse.
3. A tsince tsabar masara da cikin lura domin cire dukannin dauda da ke ciki.
4. A jika masara a ruwa na tsawon kwanakin da ya dace domin yin haka, yawanci kwana biyu.
5. Ana tace masara a barshi ya kara kwanaki biyu domin tsuma, kafin amfani da shi.
6. Idan anfanin gida ne akan chanza ruwan mai kyau da ke saman kamu bayan ko wanne kwana biyu har sai wannan kamu ya kare.

Translated by Baba Dahiru, Assistant Chief Technical Officer, NAERLS/ABU Zaria.

Hoton dake kasa yana zayyana matakan sarrafa masara domin samarda kamu



## AIKIN FASAHOHIN MANUFOFAR SAMARDA ABINCI DOMIN GABA A NAJERIYA

SATUMBA 2018

*JIKON HATSI KAFIN A SARRAFASHI WAJEN YIN KAMU/KOKO/KUNU*

**Jikon masara da kyau domin sarrafashi wajen yin Kamu/Koko/Kunu**

**Yin haka Zai ceci rayuwa!**



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